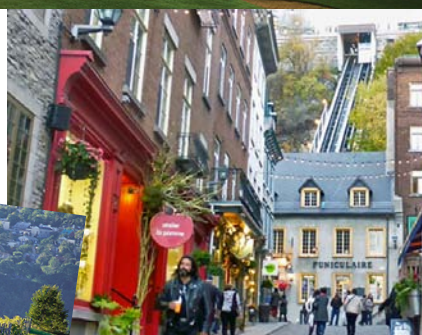


GOLF, TENNIS, AND YOGA



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GOLF

RYDER CUP GOLF TOURNAMENT

Monday, July 10, 1:00 p.m., Royal Québec Golf Club

Founded in 1874 and located in Boischatel since 1925, the Royal Québec is a first-class golf club and one of the oldest in North America. Located minutes from the Old Capital, the Royal Québec offers spectacular views of the city as well as the countryside and provides 36 premiere holes of golf. *The registration fee is \$290.00 USD per person and includes roundtrip transportation, greens fees, boxed lunch, bottled waters, prizes, and tournament costs.* Thank you to Golf Chair Joshua Leader.

SPONSORED BY EXPONENT

TENNIS

Located just down the hill from the Fairmont Le Château Frontenac, the Montcalm Tennis Club provides both indoor and outdoor tennis courts and is stunningly located on the St. Lawrence River. Transportation for the IADC sponsored tennis event will be provided. Thank you to Tennis Chairs Dan and Dale Reisler.

MEN'S AND WOMEN'S TENNIS TOURNAMENTS

Wednesday, July 12, 1:00 - 4:00 p.m.

Test your tennis mettle against other meeting attendees in our men's and women's round robin tournaments. *The registration fee is \$50.00 USD per person and includes court fees, tennis balls, refreshments, and prizes.*

YOGA

Tuesday, July 11 and Wednesday, July 12, 9:00 - 10:00 a.m.

Yoga can be as much or as little as you want it to be. For some, it is purely a physical pursuit, keeping the body toned, strong, and flexible. For others, yoga becomes more of a mindset and a way of living. Whatever your reason for practicing, or your level of experience, we welcome you to join one or both of these classes. All skill levels welcome. *No additional fee or sign-up required for this event.*