



2021 -2022 Maple Panda Table Tennis Workshop

Online Workshop

Workshop Location: Zoom/ YouTube

Date & Time: Every Sunday 8Pm – 9Pm (Toronto Time)

Number of Participants: up to 500

Activity description:

workshops Space/Time line:

Professional workshops Space will use Zoom App to online and 60 minutes per class

10' educate everyone about table tennis Skills

40' physical training

10' Q&A

The coach will make the 30 minutes physical assailment for each day to all participants by end of the workshop

How to join the workshop:

Participants first need to go to www.pandacup.ca to register for the program,

Maple Panda will send the zoom address and password to the participant registration email one day before the workshop start.

Participants can conduct online learning and online communication with workshops Facilitators in class, ask questions, Complete the physical assailment etc.

participants needs to complete total scale of physical training home work weekly - 30 minutes * 7days = 210 minutes

Offline Workshop

Workshop Location: Table Tennis Club in Ontario (TBD)and Zoom / YouTube

Date & Time: Every Saturday 8pm – 9pm (Toronto Time)

Number of Participants each workshop : 6 Participants at venue and up to 500 Participants at zoom /YouTube

workshops Facilitators:

Professional Facilitators work in offline venues to have the workshop.

Each workshop requires 3 table tennis tables and allows up to 6 athletes to participate.

The remaining participants who failed to participate in the venue can learn and interact with the instructor online(Zoom)