

CLASSES & ORGANISED PLAY

1 OCTOBER TO 31 DECEMBER

Courts available for rental 7 days a week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						ROOKIE ORANGES 7-8 YEARS OLD TENNIS 9:00 – 10:00	MULTI SPORT CAMP 9:30 – 11:30
		CARDIO TENNIS 9:30 – 11:30		CARDIO TENNIS 9:30 – 11:30		TINY REDS 4-6 YEARS OLD TENNIS 9:30 – 10:30	MEN'S TENNIS ROUND ROBIN 10:00 – 11:30
	TENNIS SHOT OF THE WEEK 11:00 – 12:00	SHOT OF THE WEEK PADEL 11:00 – 12:00	TENNIS IMPROVE YOUR GAME 11:00 – 12:00		TENNIS SPEED, AGILITY & QUICKNESS 11:00 – 12:00	TENNIS MIXED ROUND ROBIN 9:30 – 11:30	
PM	TENNIS INVITATIONAL ROUND ROBIN 13:30 – 15:30	TENNIS JUNIOR DEVELOPMENT 17:30 – 19:00	GREEN STARS 9-10 YEARS OLD TENNIS 17:30 – 18:30		TENNIS INVITATIONAL ROUND ROBIN MIXED DOUBLES 14:00 – 16:00		
	TENNIS JUNIOR PERFORMANCE 17:30 – 19:30	TENNIS JUNIOR PERFORMANCE 17:30 – 19:30	TENNIS JUNIOR PERFORMANCE 17:30 – 19:30	TENNIS JUNIOR DEVELOPMENT 17:30 – 19:00	TENNIS JUNIOR PERFORMANCE 17:30 – 19:30		
	GREEN STARS 9-10 YEARS OLD TENNIS 17:30 – 18:30	THE CAMPUS MEN'S PADEL TRAINING 18:30 – 20:00	THE CAMPUS LADIES PADEL TRAINING 18:30 – 20:00	TENNIS JUNIOR PERFORMANCE 17:30 – 19:30	PADEL KIDS & JUNIORS 17:30 – 18:30		
	PADEL ROUND ROBIN MIXED DOUBLES 18:30 – 20:00	CORPORATE LEAGUE NIGHT 18:00 – 19:30 19:30 – 21:00		MEN'S PADEL TOURNAMENT 18:30 – 20:30			

- TO LEARN
- TO DEVELOP
- FUN & FITNESS

- TO PLAY
- KIDS & JUNIORS TENNIS
- KIDS & JUNIORS PADEL

Bookings 24h in advance, min 2 people

WEEKLY PROGRAMME

ADULTS PROGRAMME TENNIS/PADEL

■ TO PLAY

A session that lets you explore and experience tennis and padel.

A fun session with a competitive format.

Tennis/Padel Mixed Round Robin

Tennis/Padel Family Tournament

Tennis/Padel Men's Round Robin

Padel Ladies Tournament

■ TO LEARN

A session designed to improve your racket skill. Around players of all ability to improve and "improve".

Shot of the Week Tennis/Padel.

■ TO DEVELOP

A session that enhances tactical and technical skills. It is a game based on focus developing your all-around game.

Improve your Game Sessions Tennis/Padel.

Team Padel Training.

■ FOR FUN & FITNESS

A session that improves speed ability and general fitness, utilising the skills and thrills.

Cardio Tennis.

Speed, Agility and Quickness Tennis/Padel.

KIDS & JUNIORS TENNIS

Red Ball – 4-6 Years Old (these classes are 1 hour only)

Orange Ball – 7-8 Years Old (2h)

Green Ball 9-10 Years Old (2h)

JUNIOR DEVELOPMENT

11 - 14 YO (2h) (available)

An age specific programme that will provide child/teen with the most appropriate coaching according to their standard.

Regular Ball –+ 11 years old

JUNIOR PERFORMANCE

11 – 18 YO (available)

A more advanced programme for children who compete and want to improve their performance.

Kids Tournament (From 7-18 Years Old).

Family Tournament (from 8 Years Old).

KIDS PADEL

A Padel session for kids and juniors that allows them to explore and experience this upcoming sport.

Family Tournament Padel (from 8 Years old).

DROP & GO – MULTISPORTS ACTIVITIES

Drop the kids for a multi activity programme within the campus facilities: team sports, tennis, padel, athletics, football and much more fun!

From 6 – 12 Years old



- Group sessions minimum from 2 players
- To participate in any group coaching sessions, round robins or leagues players must book in advance
- To be able to address the players to the right level please consult the Head Coach or any coach on duty for assessment