

TENNIS CLASSES & ORGANISED PLAY



1 JANUARY TO 7 ABRIL

Courts available for rental 7 days a week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						<i>TINY REDS 4-6 YEARS OLD TENNIS 9:00 – 10:00</i>	<i>MULTI SPORT CAMP 9:30 – 11:30</i>
		<i>CARDIO TENNIS 9:30 – 11:30</i>		<i>CARDIO TENNIS 9:30 – 11:30</i>		<i>ROOKIE ORANGES 7-8 YEARS OLD TENNIS 10:00 – 11:00</i>	<i>MEN'S TENNIS ROUND ROBIN 10:00 – 11:30</i>
	<i>TENNIS SHOT OF THE WEEK 11:00 – 12:00</i>		<i>TACTICS SINGLES & DOUBLES 11:00 – 12:00</i>			<i>TENNIS MIXED ROUND ROBIN 9:30 – 11:30</i>	
PM	<i>TENNIS INVITATIONAL ROUND ROBIN 13:30 – 15:30</i>	<i>TENNIS JUNIOR DEVELOPMENT 17:30 – 19:00</i>	<i>GREEN STARS 9-10 YEARS OLD TENNIS 17:30 – 18:30</i>		<i>TENNIS INVITATIONAL ROUND ROBIN MIXED DOUBLES 14:00 – 16:00</i>		
	<i>TENNIS JUNIOR PERFORMANCE 17:30 – 19:30</i>	<i>TENNIS JUNIOR PERFORMANCE 17:30 – 19:30</i>	<i>TENNIS JUNIOR PERFORMANCE 17:30 – 19:30</i>	<i>TENNIS JUNIOR DEVELOPMENT 17:30 – 19:00</i>	<i>TENNIS JUNIOR PERFORMANCE 16:30 – 19:30</i>		
	<i>GREEN STARS 9-10 YEARS OLD TENNIS 17:30 – 18:30</i>			<i>TENNIS JUNIOR PERFORMANCE 17:30 – 19:30</i>			

- TO LEARN
- TO DEVELOP
- FUN & FITNESS

- TO PLAY
 - KIDS & JUNIORS TENNIS
- Bookings 24h in advance, min 2 people

WEEKLY PROGRAMME

ADULTS PROGRAMME TENNIS

■ TO PLAY

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

A fun session with a competitive format.

Tennis Mixed Round Robin.

Tennis Family Tournament.

Tennis Men's Round Robin.

■ TO LEARN

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

Shot of the Week Tennis.

■ 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.

■ FOR FUN & FITNESS

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

Cardio Tennis.

Speed, Agility and Quickness Tennis.

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)

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