



Tennis & Fitness ACADEMY

AFTER SCHOOL FALL TENNIS PROGRAM

SGI Tennis Academy programs are designed for athletes that are willing to work hard and become the best they can be. Every athlete of any ability level will benefit from these training programs. These athletes will be evaluated on their first day of practice and placed in groups to maximize their potential in challenging groups throughout the school year. Each staff professional is dedicated to the personal development and improvement of every athlete, from intermediate to top tournament competitive players.

TECHNIQUE

SPEED

STRENGTH

STRATEGY



This program includes:

- Objective tennis and fitness training
- Live ball tennis drills
- Weekly 'Match Play' and ladder
- Technical and tactical advice in all areas
- Tournaments travel

Days per Session →	TWO	THREE	FOUR	FIVE
Session* Fee	\$360.00	\$540.00	\$720.00	\$890.00
2 Sessions	\$720.00	\$1,080.00	\$1,440.00	\$1,602.00
3 Sessions	\$1,080.00	\$1,620.00	\$2,160.00	\$2,403.00
4 Sessions	\$1,440.00	\$2,160.00	\$2,880.00	\$3,204.00
5 Sessions	\$1,780.00	\$2,680.00	\$3,580.00	\$3,985.00

PREPAY & SAVE

TRAINING SCHEDULE

MONDAY – FRIDAY
 4:30PM – 6:30PM **TENNIS**
 6:30PM – 7:30PM **FITNESS**

TRAINING INCLUDES

TENNIS

General Drills
 Match Play
 Technique Adjustment

FITNESS

Mobility
 Endurance
 Strength / Core
 Agility

Spring Session 1 Jan 2 to Jan 27	Spring Session 2 Jan 30 to Feb 24	Spring Session 3 Feb 27 to Mar 24
Spring Session 4 Mar 27 to Apr 21	Spring Session 5 Apr 24 to May 19	

Each session consist of four weeks, with minimum of tow session commitment.

One-hour private lesson included on 3, 4 and 5 days sessions.

Additional private lessons at \$55 per hour.

Non-members add 15% to listed prices