



Tennis & Fitness
ACADEMY

HIGH PERFORMANCE COMPETITION TEAM

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 the training programs. The 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.

This program includes:

- Technical advice in all areas.
- ITF Tournament Travel (within the US & abroad).
- One private lesson per session.



TECHNIQUE

SPEED

STRENGTH

STRATEGY

Days per Session →	TWO	THREE	FOUR	FIVE
Session* Fee	\$450.00	\$680.00	\$940.00	\$1,180.00
2 Sessions	\$900.00	\$1,360.00	\$1,886.00	\$2,124.00
3 Sessions	\$1,350.00	\$2,040.00	\$2,820.00	\$3,186.00
4 Sessions	\$1,800.00	\$2,720.00	\$3,760.00	\$4,248.00
5 Sessions	\$2,250.00	\$3,380.00	\$4,680.00	\$5,310.00

PREPAY
& SAVE

TRAINING SCHEDULE

High Performance
Advance
Intermediate

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

FRIDAY
4:30PM – 6:30PM **MATCH PLAY**
6:30PM – 7:30PM **PRIVATE**

TRAINING INCLUDES

TENNIS
Technique
Drills
Live Ball
Live Ball + Points

FITNESS
Mobility
Endurance
Strength / Core
Agility

Fall Session 1 Aug 8 to Sep 2	Fall Session 2 Sep 5 to Sep 30	Fall Session 3 Oct 3 to Oct 28
Fall Session 4 Oct 31 to Nov 25	Fall Session 5 Nov 28 to Dec 21	

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

Fall Session 5 December 20 & 21 will run double practice.

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

Additional private lessons at \$45 per hour. Others \$65 per hour.