TENNIS ACADEMY



tennis academy

TENNIS ACADEMY PROGRAMS - SUMMER

3 days per week: \$165

Saturday only: \$90



3 days per week: \$165

Saturday only: \$90

CHALLENGER/ZAT

WTA's Challenger/ZAT program is designed for students taking their first steps into organized tournament play. The Challenger/ZAT Program focuses on developing wellrounded skills in the context of game play. This program emphasizes establishing a proper and solid technical foundation, introducing simple strategy, tactics and patterns of play. Players take their first steps into conditioning while transitioning from overall motor skills development into tennis-specific speed and agility training. Ages 7-18

Drills: Monday – Thursday 11:30 am – 2 pm

\$120 per week

CHAMP/SUPER CHAMP

Players must qualify to participate. The program is designed for players with solid fundamentals and minimum few years experience in the USTA tournament system. The program's philosophy is based around personalized training plans. WTA stresses continuous technical and strategical improvement while the emphasis shifts towards mental and physical conditioning. Players are being exposed to tennis specific mobility with focus on increasing range of motion. Ages 7-18

Drill Days: Monday – Thursday 11:30 am – 2 pm

\$120 per week

* Future Stars / Quickstart and Jr. Development are billed per session. Session 1: June 3 – 29; Session 2: July 8 - August 3; Session 3: August 5 – 31. No classes week of July 1 – 6.