



Tennis & Fitness
ACADEMY

AFTER SCHOOL TENNIS PROGRAMS

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
- Tournament travel

TRAINING INCLUDES

TENNIS

General Drills
Match Play
Technique Adjustment

FITNESS

Mobility
Endurance
Strength / Core
Agility

	MEMBER	NON-MEMBER
PACKAGE 1 – 2 WEEKS	\$96.00	\$111.00
PACKAGE 2 – 4 WEEKS	\$184.00	\$212.00
PACKAGE 3 – 8 WEEKS	\$352.00	\$405.00

* Program packages are for 2 times a week trainings

Please contact front desk for scheduling.