

2021 TENNIS ACADEMY PROGRAMME

OCTOBER HALF TERM 2021

18th - 29th OCTOBER



LA MANGA CLUB
sport & leisure

ADULT ACADEMIES

5-DAY ACADEMY

It works on the core skills to develop an all-round game. Within small groups our coaches work with players on specific techniques for each shot, analysing all aspects of the game in order to reach excellence. Intensity of the programme is adjusted according to the ability of each group.

3-DAY ACADEMY

It is specifically designed for players who usually compete in the doubles matches and wish to improve their technique and tactics while learning new strategies.

PROGRAMME	DAYS	NO. HOURS	TIMING
5-day	Monday to Friday	10 hours	9:00-11:00
3-day	Monday to Wednesday	6 hours	11:00-13:00
Master Classes on: Serve, Volley, Intense baseline & Footwork	Monday, Tuesday and Friday	1 hour	15:00 - 16:00

TOURNAMENTS including: supervisor, balls, complimentary drinks & winners prize		
TYPE	DAY OF WEEK	STARTING TIME
Men's & Ladies Doubles	Wednesday	16:00
Mixed Doubles	Thursday	16:00

JUNIOR

All ages & abilities, beginners to performance. Red ball, 1 hour daily sessions

Focus is on the development and technique of basic strokes, coordination, footwork and physical training – always in a fun and social environment.

For the performance players it is essential that we match you to the appropriate groups. If we can't achieve a good match or you require additional sessions, we have the option to join the resident performance academy that operates from 16:00 daily.

PROGRAMME	DAYS	NO. HOURS	TIMING
5-day	Monday to Friday	10 hours	11:00 - 13:00
5-day	Monday to Friday	5 hours	11:00 - 12:00 (Red ball)

The **five-day academy** programme and **week-end warriors** are **fully operational through the autumn and winter season**. All academy players are

- strongly encouraged to join our **induction session on Sunday at 17:00**. This comprises of one hour of social play and allows us to position you into the best suited group for your fun and development.

Bookings & inquiries:

info@lmctennis.com / Tel: +34 637 91 67 06