

ACADEMY PROGRAMMES

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

For October half term we have the following programmes.

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.

Adult academies

The 5-day academy 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.

The 3-day doubles programme is specifically designed for players who usually compete in the doubles matches and wish to improve their technique and tactics while learning new strategies.

Our master class programs focus intensively on specific skills.
From 18th to 29th October, we offer the following:

Serve - Volley - Intense baseline - Footwork

5-day	Monday to Friday	10 hours	09:00 to 11:00
3-day	Monday to Wednesday	6 hours	11:00 to 13:00
Master classes	Mon, Tue & Fri	1 hour	15:00 to 16:00

Tournaments supervisor – balls – complimentary drinks – winners prize

Men's Doubles	Wednesday	Start	16:00
Ladies Doubles	Wednesday	Start	16:00
Mixed Doubles	Thursday	Start	16:00

Junior academies

A full range of junior academies are available for all ages and abilities from beginner to performance. For those at red ball stage our sessions are for 1 hour daily.

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.

5 day	Monday to Friday	10 hours	11:00 to 13:00
5 day	Monday to Friday	5 hours	11:00 to 12:00 (Red ball)