

Adult Tennis Academy Programme

A free assessment on Sunday afternoons evaluates your standard to join the relevant group for your week's academy. There is a maximum of 6 players per court with one professional to advise and coach your group.

Below is the basic structure of the programme for the week but is subject to change dependent upon the abilities and requirements of the group.

Sunday	Welcome day	Introduction for everyone, free tennis
Monday	Consistency	Forehand and serving
Tuesday	Accuracy	Backhand, serving with spin and return of serve
Wednesday	Tactical	Volleys and double tactics
Thursday	Attacking	Midcourt balls, angled volleys and smashes
Friday	Mental	Drilling followed by match play
Saturday	No academy	

If you have opted for the DVD video analysis then an hour is added to your academy at the end of the session. Your pro will be able to assess your strokes and overall game while taking you through the analysis.

Pricing

10 hour academy	Monday to Friday - 9.00 am to 11.00 am	Hyatt Guest - £190.00
10 hour academy	Monday to Friday - 9.00 am to 11.00 am	Resident - £195.00
10 hour academy with video analysis	Monday to Friday - 9.00 am to 12.00 am	Hyatt Guest - £275.00
10 hour academy with video analysis	Monday to Friday - 9.00 am to 12.00 am	Resident - £280.00