



PROGRAMS AND RATES: DUBAI SPORTS WORLD

SCHEDULE, 1st June – 30th June 2017

	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM
SUN	Ladies Doubles Training (120 mins)		Please contact Tennis 360 for private bookings				Private & Semi-Private Lessons (30 or 60 mins)	Private & Semi-Private Lessons (30 or 60 mins)
	Tennis Work Out (60 mins)	Please contact Tennis 360 for private bookings						
MON	Ladies Doubles Training (120 mins)		Please contact Tennis 360 for private bookings				Court Rental (60 mins)	Court Rental (60 mins)
TUES	Please contact Tennis 360 for private bookings							
WED	Social Doubles Match Play 105 (120 mins)		Please contact Tennis 360 for private bookings				Hitting 60 (60 mins)	Hitting 60 (60 mins)
THURS	Please contact Tennis 360 for private bookings							

SCHEDULE, 1st July – 31st August 2017

	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM
SUN	Kindy Smashers (60 mins)	Mini Smashers (60 mins)	Hot Shots (60 mins)	Junior Tennis Camp (180 mins)		Tennis Strength & Conditioning Group Training (60 mins)	Miss Hits (60 mins)	
	Summer Slim Down (60 mins)			-				
MON	Kindy Smashers (60 mins)	Mini Smashers (60 mins)	Hot Shots (60 mins)	Junior Tennis Camp (180 mins)		Tennis Strength & Conditioning Group Training (60 mins)	Private & Semi-Private Lessons (30 or 60 mins)	
	Summer Slim Down (60 mins)			-				
TUES	Kindy Smashers (60 mins)	Mini Smashers (60 mins)	Hot Shots (60 mins)	Junior Tennis Camp (180 mins)		Tennis Strength & Conditioning Group Training (60 mins)	Court Rental (60 mins)	Private & Semi-Private Lessons (30 or 60 mins)
	Summer Slim Down (60 mins)			-	Hitting 60 (60 mins)			
WED	Kindy Smashers (60 mins)	Mini Smashers (60 mins)	Hot Shots (60 mins)	Junior Tennis Camp (180 mins)		Tennis Strength & Conditioning Group Training (60 mins)	Miss Hits (60 mins)	Hitting 60 (60 mins)
	Summer Slim Down (60 mins)			-				
THURS	Kindy Smashers (60 mins)	Mini Smashers (60 mins)	Hot Shots (60 mins)	Junior Tennis Camp (180 mins)			Private & Semi-Private Lessons (30 or 60 mins)	
							Court Rental (60 mins)	
							Hitting 60	



PROGRAM DESCRIPTIONS

PROGRAM	DURATION	AGE	LEVEL	PLAYER: COACH	DESCRIPTION	PER SESSION / PLAYER	5 SESSIONS / WK / PLAYER
Kindy Smashers	60 mins	3 – 5 yrs	Beg	4:1	Designed specifically for little ones to promote motor skills involving agility and coordination through exercise and games while learning basic tennis skills.	AED 140	AED 625
Mini Smashers	60 mins	5 – 8 yrs	Beg / Int	4:1	Mini Smashers develops your child's basic tennis skills, agility and introduces tennis technique. Mini Smashers can regularly make contact in ball-striking and have basic coordination skills.	AED 140	AED 625
Hot Shots	60 mins	9 – 12 yrs	Beg / Int	4:1	Hot Shots focuses on improving speed and reaction, developing power and strength, while acquiring technical skills. Hot Shots are able to rally from court with basic technical ability of all strokes.	AED 140	AED 625
Junior Tennis Camp	180 mins	6 – 16 yrs	Beg / Int	6:1	Our highly-qualified team of coaches conduct a series of drills and games to improve coordination and fundamental movement skills while improving tennis techniques. Perfect to keep the kids active and learning through the summer!	AED 300	AED 1,200
Miss Hits	60 mins	5 – 8 yrs Girls Only!	Beg	8:1	Miss Hits introduces girls, aged 5 – 8 years, to tennis in a fun, lively, all-girl environment where they can develop their coordination, get to know all the strokes and learn about tennis through the Miss-Hits characters.	AED 80	AED 130 (2 sessions/week)
Tennis Strength & Conditioning Group Training	60 mins	All	All	3-6 :1	Alberto, our tennis fitness and injury rehabilitation specialist, leads group training designed for tennis movement pattern, footwork, speed and agility, strength and conditioning.	AED 150	AED 625
Summer Slim Down	60 mins	12+ yrs	All	6:1	Tennis 360's Summer Slim Down program starts on 1 May, running for 3 months. Each week there are 9 available classes: <ul style="list-style-type: none"> • Sun – Thurs, 9 – 10am: indoor at Dubai Sports World • Mon, Wed, Thurs, Sat, 7.30 – 8.30pm: outdoor at Meydan Tennis Academy 	-	AED 1,600 for 20 sessions (be taken before 28 July). Pre-booking essential
Ladies Doubles Training	120 mins	12+ yrs	Int/Adv	6:1	Weekly 2 hour training and match play for doubles strategy and tactical pattern of play to improve your doubles game.	AED 160	-
Social Doubles Match Play 105	120 mins	12+ yrs	Int	8:1	2 hours of fun 105 points-play in singles and doubles rotation. A great way to meet new players and improve your game.	AED 125	-
Tennis Work Out (TWO)	60 mins	All	Int	5:1	An intense hour of fast-paced singles and doubles point play to improve match fitness and recovery.	AED 100	-



LESSONS

PROGRAM	DURATION	PER SESSION	PACK OF 5 SESSIONS
Private Lesson	60 mins	AED 350	AED 1,600
	30 mins	AED 200	AED 850
Semi-Private Lesson	60 mins	AED 225	AED 1,000
	30 mins	AED 125	AED 550
Court Rental	60 mins	AED 95	-
Hitting 60 (hit with a coach)	60 mins	AED 300	AED 1,375

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