



HIGH PERFORMANCE JUNIOR TENNIS ACADEMY

Offered Monday - Friday from 3pm - 5pm

Ages 10+, Invitation Only

This program is designed for dedicated tournament players. Our High Performance program conditions all areas from fitness, conditioning and mental toughness to point play, live ball drilling, play patterns, match play and technique adjustments. Participants learn to incorporate power and different spins into their shot making. Shot patterns, proper footwork, offensive and defensive strategy will improve through drilling as well as supervised match play. Participants must understand rules and etiquette for matchplay, as this is a large aspect of our program. Private lessons are recommended at this level as each individual begins to develop his or her own playing style.

2024 SUMMER SESSION DATES:

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|----------------------|-------------------------|
| 1 : June 10th - 14th | 6: July 15th - 19th |
| 2 : June 17th - 21st | 7: July 22nd - 26th |
| 3: June 24th - 28th | 8: July 29th - Aug. 2nd |
| 4: *July 1st - 5th | 9: August 5th - 9th |
| 5: July 8th - 12th | 10: August 12th - 16th |

*excluding 7/4 prorated fee

Monday - Friday (per day)

Members: \$45 Non Members: \$55

Monday - Friday (weekly)

Members: \$180 Non Members: \$210

Scan the code to register or visit www.LaCostaJrTennis.com



For more information contact:

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