

Tennis Master Academies

Adult Developmental System (NTRP • UTR)

BEGINNER PROGRAM (Duration: 1 Hour)

NTRP: 1.0–2.5 • UTR: 1.0–3.0

Designed for players new to tennis or with limited experience. • Basics — grips • Forehand & Backhand • Rallying Players will build confidence while learning the key fundamentals that make tennis accessible and enjoyable. This stage focuses on coordination, correct technique, and comfort on court in a positive environment.

INTERMEDIATE PROGRAM (Duration: 1 Hour)

NTRP: 2.5–4.0 • UTR: 3.0–6.0

Perfect for players looking to improve consistency and elevate their technique. • Stroke precision • Serve and return strategies • Court positioning Lessons combine drills and games to help players integrate tactical play while improving fitness, endurance, and overall match understanding in a dynamic and social environment.

ADVANCED PROGRAM (Duration: 1–2 Hours)

NTRP: 4.0–6.0+ • UTR: 6.0–10.5+

Tailored for experienced players aiming to compete at a higher level. • Stroke refinement • Match strategies • High-intensity fitness drills • Precision and execution under pressure This program focuses on performance, helping players dominate during match play. Training is aligned with competitive goals, including league and tournament preparation. Contact the program director for scheduling.