



REGULAR PROGRAM (R.O.G.H.)

ABOUT THE PROGRAM

Our Tennis Program follows the Red, Orange, Green and Hard progression pathway. All players will be placed in their respective playing levels and train according to the same groupings.

DATES: 1st MARCH – 25th APRIL | 8 WEEK PROGRAM |

Group 1: Red Ball Program

Group 2: Orange Ball Program

Group 3: Green Ball Program

Group 4: Hard Ball Program

TIME SLOTS

	RED BALL	ORANGE BALL	GREEN BALL	HARD BALL
MONDAY	N/A	N/A	4:00 pm – 5:00 pm 5:00 pm – 6:00 pm	4:00 pm – 5:00 pm 5:00 pm – 6:00 pm
TUESDAY	5:00 pm – 6:00 pm	5:00 pm – 6:00 pm	4:00 pm – 5:00 pm	4:00 pm – 5:00 pm
WEDNESDAY	N/A	N/A	4:00 pm – 5:00 pm 5:00 pm – 6:00 pm	4:00 pm – 5:00 pm 5:00 pm – 6:00 pm
THURSDAY	5:00 pm – 6:00 pm	5:00 pm – 6:00 pm	4:00 pm – 5:00 pm	4:00 pm – 5:00 pm
FRIDAY	N/A	N/A	4:00 pm – 5:00 pm 5:00 pm – 6:00 pm	4:00 pm – 5:00 pm 5:00 pm – 6:00 pm
SATURDAY	9:00 am – 10:00 am	9:00 am – 10:00 am	10:00 am – 11:00 am 11:00 am – 12:00 pm 12:00 pm – 01:00 pm	10:00 am – 11:00 am 11:00 am – 12:00 pm 12:00 pm – 01:00 pm
SUNDAY	9:00 am – 10:00 am	9:00 am – 10:00 am	N/A	N/A

CHARGES | 8 WEEK PROGRAM |

	RED BALL	ORANGE BALL	GREEN BALL	HARD BALL
1 Session Per Week (Total Sessions: 8)	KES 8,000/- (8 Week Program)	KES 8,000/- (8 Week Program)	KES 8,000/- (8 Week Program)	KES 8,000/- (8 Week Program)
2 Sessions Per Week (Total Sessions: 16)	KES 15,200/- (8 Week Program)	KES 15,200/- (8 Week Program)	KES 15,200/- (8 Week Program)	KES 15,200/- (8 Week Program)
3 Sessions Per Week (Total Sessions: 24)	KES 21,600/- (8 Week Program)	KES 21,600/- (8 Week Program)	KES 21,600/- (8 Week Program)	KES 21,600/- (8 Week Program)
4 Sessions Per Week (Total Sessions: 32)	KES 27,200/- (8 Week Program)	KES 27,200/- (8 Week Program)	KES 27,200/- (8 Week Program)	KES 27,200/- (8 Week Program)
5 Sessions Per Week (Total Sessions: 40)	N/A	N/A	KES 32,000/- (8 Week Program)	KES 32,000/- (8 Week Program)

***NOTE:**

- 1. All payments MUST be made in advance to secure your slot on the program.**
- 2. In the event that sessions have not been honoured, cover up sessions will be organized during the course of the program and will NOT be carried forward into the next program. Further, these sessions will be limited to a maximum of 1 weeks' worth of sessions depending on the package paid for i.e. 3 sessions per week will entitle you to a maximum 3 cover up classes***

ELITE GROUP TRAINING

ABOUT THE PROGRAM

The program focuses on more complex aspects of the game and will expose the players to a more competitive and challenging tennis environment.

DATES: 1st MARCH – 25th APRIL | 8 WEEK PROGRAM |

PACKAGES

ELITE GOLD KES 57,200/-	ELITE SILVER KES 43,200/-	ELITE BRONZE KES 36,400/-
Benefits Include: 1. 13 Training Hours Per Week (Total of 104 Training Hours) 2. High Quality Training 3. Tactical & Technical Development 4. Video Analysis (Per Player) 5. Performance Seminars & Physiotherapy	Benefits Include: 1. 9 Training Hours Per Week (Total of 72 Training Hours) 2. High Quality Training 3. Tactical & Technical Development 4. Video Analysis (Per Player) 5. Performance Seminars & Physiotherapy	Benefits Include: 1. 7 Training Hours Per Week (Total of 56 Training Hours) 2. High Quality Training 3. Tactical & Technical Development 4. Video Analysis (Per Player) 5. Performance Seminars & Physiotherapy

TIME SLOTS (Program Is Subject To Change)

	ELITE GOLD	ELITE SILVER	ELITE BRONZE
MONDAY	4:00 pm – 6:00 pm (Hourly)	4:00 pm – 6:00 pm (Hourly)	4:00 pm – 6:00 pm (Hourly)
TUESDAY	4:00 pm – 6:00 pm (Hourly)	4:00 pm – 5:00 pm	4:00 pm – 5:00 pm
WEDNESDAY	4:00 pm – 6:00 pm (Hourly)	4:00 pm – 6:00 pm (Hourly)	4:00 pm – 6:00 pm (Hourly)
THURSDAY	4:00 pm – 6:00 pm (Hourly)	4:00 pm – 5:00 pm	4:00 pm – 5:00 pm
FRIDAY	4:00 pm – 6:00 pm (Hourly)	4:00 pm – 6:00 pm (Hourly)	4:00 pm – 6:00 pm (Hourly)
SATURDAY	10:00 am – 1:00 pm (Hourly)	10:00 am – 1:00 pm (Hourly)	10:00 am – 1:00 pm (Hourly)
SUNDAY	REST DAY	REST DAY	REST DAY

NOTE: The Elite Training Program is non-refundable & sessions cannot be carried forward to the next program



ONE – ON – ONE TRAINING

ABOUT THE PROGRAM

Our one-on-one sessions are a great way for players (boys & girls) to improve on the technical, physical and mental aspects of their game. These sessions are of a very high standard and are tailored to the learning style and personality of each individual. The program includes:

- Video Analysis
- Monthly Structured Program
- Monthly Training Assessments and Progress Reports

TIME SLOTS (*Subject To Availability)

MONDAY	8:00am – 4:00pm (Hourly Slots)
TUESDAY	8:00am – 4:00pm (Hourly Slots)
WEDNESDAY	8:00am – 4:00pm (Hourly Slots)
THURSDAY	8:00am – 4:00pm (Hourly Slots)
FRIDAY	8:00am – 4:00pm (Hourly Slots)
SATURDAY	8:00 am – 9:00 am & 1:00 pm – 4:00 pm (Hourly Slots)
SUNDAY	9:00am – 3:00pm (Hourly Slots)

CHARGES

Walk-In / One Off Sessions – KES 2,500/- Per Session

4 Sessions Per Month – KES 8,000/- (KES 2,000/- Per Session)

8 Sessions Per Month – KES 15,200/- (KES 1,900/- Per Session)

12 Sessions Per Month – KES 21,600/- (KES 1,800/- Per Session)

16 Sessions Per Month – KES 28,000/- (KES 1,750/- Per Session)

NOTE: All payments to be made in advance to secure your slot / in regards to cancellation/postponement of sessions, kindly refer to the Cancellation Policy

PRIVATE GROUP TRAINING

ABOUT THE PROGRAM

Similar to our One-on-One Training Program, these sessions are a great way for players to improve on the technical, physical and mental aspects of their game. Players now have the option to book a slot for groups of two or more so that they are able to train together in a more competitive and engaging environment.

TIME SLOTS (*Subject To Availability)

MONDAY	8:00am – 4:00pm (Hourly Slots)
TUESDAY	8:00am – 4:00pm (Hourly Slots)
WEDNESDAY	8:00am – 4:00pm (Hourly Slots)
THURSDAY	8:00am – 4:00pm (Hourly Slots)
FRIDAY	8:00am – 4:00pm (Hourly Slots)
SATURDAY	8:00 am – 9:00 am & 1:00 pm – 4:00 pm (Hourly Slots)
SUNDAY	9:00am – 4:00pm (Hourly Slots)

CHARGES

NO. OF PLAYERS PER GROUP	4 Sessions Per Month (KES)	8 Sessions Per Month (KES)	12 Sessions Per Month (KES)	16 Sessions Per Month (KES)
2	14,000/-	28,000/-	42,000/-	56,000/-
3	12,000/-	24,000/-	36,000/-	48,000/-
4	16,000/-	32,000/-	48,000/-	64,000/-
5	20,000/-	40,000/-	60,000/-	80,000/-
For groups of 6 or more, will be charged at KES 1,000/- per player				

NOTE: All payments to be made in advance to secure your slot / in regards to cancellation/postponement of sessions, kindly refer to the Cancellation Policy