

Surina De Beer / Zalles Tennis Program Pricing: June 12th - July 19th 2024



SESSION NAME	Description	Level	Duration	Class Size	Age Group	Ball Colors
AM SESSION						
1A	Red Ball Stroke & Coordination Fundamentals	BEG/INT	180min	4-5 Players per Coach	5-9 Years	Red /Orange
1B	Orange Ball Advanced	INT/ADV	180min	4-5 Players per Coach	6-10 Years	Orange
1C	Tennis Stroke Fundamentals	BEG/INT	180min	4-5 Players per Coach	10-16 Years	Green/ Yellow
PM SESSION						
2A	Green Advanced	ADV	180min	4-5 Players per Coach	9-12 Years	Green Ball/ Yellow ball
2B	Yellow Advanced	ADV	180min	4-5 Players per Coach	9-16 Years	Yellow
Elite	Yellow Advanced	ADV	180min	4 Players per Coach	9-16 Years	Yellow

**3 Day Week Price
(WEEK 1 ONLY)**

- Week 1 | 9am-12pm | June 12-14
- 3 Day Week 1 \$480
- Single Day Price \$180

**5 DAY WEEK PRICE
(WEEK 2,3,4,5)**

- Week 2 | 9am-12pm | June 17-21
- Week 3 | 9am-12pm | June 24-28
- Week 4 | 9am-12pm | July 8-12
- Week 5 | 9am-12pm | July 15-19
- 5 Day Weeks Before April 20th \$700 (\$100 savings per week)
- 5 Day Week 1 \$800
- Single Day Price \$180

**3 Day Week Price
(WEEK 1 ONLY)**

- Week 1 | 1pm-4pm | June 12-14
- 3 Day Week 1 \$480
- Single Day Price \$180

**5 DAY WEEK PRICE
(WEEK 2,3,4,5)**

- Week 2 | 1pm-4pm | June 17-21
- Week 3 | 1pm-4pm | June 24-28
- Week 4 | 1pm-4pm | July 8-12
- Week 5 | 1pm-4pm | July 15-19
- 5 Day Weeks Before April 20th \$700 (\$100 savings per week)
- 5 Day Week 1 \$800
- Single Day Price \$180

QUICK OVERVIEW:

- **CLASS DESCRIPTION:** STROKE & CO-ORDINATION FUNDAMENTALS IN TENNIS
- **LEVEL:** BEGINNER/INTERMEDIATE
- **DURATION:** 180 MINUTES
- **CLASS SIZE:** 4-5 STUDENTS PER COACH
- **AGE GROUP:** 5-9 YEARS
- **BALL COLORS:** RED AND ORANGE

PRE-REQUISITES:

- Player must be able to take instruction and participate within a group
- A love for the sport!

PRICING AND EARLY SIGNUP DISCOUNTS:

3 DAY WEEK

- **Week 1 | 9am-12pm | June 12-14**
- 3 Day Week 1 **Before April 20th** \$420 (\$60 savings)
- 3 Day Week 1 **After April 20th** \$480
- Single Day Price \$180 available to book after April 20th if space available

5 DAY WEEKS

- 5 Day Weeks **Before April 20th** \$700 (\$100 savings per week)
 - 5 Day Week **After April 20th** - \$800
 - Single Day Price \$180 **available to book after April 20th** if space available
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- Week 2 | 9am-12pm | June 17-21
 - Week 3 | 9am-12pm | June 24-28
 - Week 4 | 9am-12pm | July 8-12
 - Week 5 | 9am-12pm | July 15-19



OVERVIEW:

- In this class, we will focus on the technical aspects of essential basic tennis strokes and rallying.
- Participants will develop basic motor skills, hand-eye coordination, ball and racket handling, and combination skills crucial for effective gameplay.
- With a slower-paced approach, the focus is on learning stroke fundamentals, movement, and footwork.
- Activities include exercises to progress to simple rallying, learning rules and scoring, promoting teamwork and sportsmanship, and engaging games.
- Participants will use colored balls suited to their skill levels.

Come join us for valuable training to improve your tennis skills in a friendly and fun environment!

1B - ORANGE ADVANCED 6-10YRS

QUICK OVERVIEW:

- **CLASS DESCRIPTION:** ORANGE BALL ADVANCED
- **LEVEL:** INTERMEDIATE/ADVANCED
- **DURATION:** 180 MINUTES
- **CLASS SIZE:** 4-5 STUDENTS PER COACH
- **AGE GROUP:** 6-10 YEARS
- **BALL COLORS:** ORANGE BALL

PRE-REQUISITES:

- Participants are expected to have a foundational skill level in tennis. It is strongly recommended that students are already receiving private coaching and plan to participate in orange ball tournaments.

PRICING AND EARLY SIGNUP DISCOUNTS:

3 DAY WEEK

- **Week 1 | 9am-12pm | June 12-14**
- 3 Day Week 1 **Before April 20th** \$420 (\$60 savings)
- 3 Day Week 1 **After April 20th** \$480
- Single Day Price \$180 available to book after April 20th if space available

5 DAY WEEKS

- 5 Day Weeks **Before April 20th** \$700 (\$100 savings per week)
- 5 Day Week **After April 20th** - \$800
- Single Day Price \$180 **available to book after April 20th** if space available

- Week 2 | 9am-12pm | June 17-21
- Week 3 | 9am-12pm | June 24-28
- Week 4 | 9am-12pm | July 8-12
- Week 5 | 9am-12pm | July 15-19



OVERVIEW:

- In this class, we will focus on using your basic tennis strokes to enhance point play.
- With a rally based approach, the focus is on implementing basic stroke tactics and using different hitting directions(i.e. cross court and down the line) together with different spins during point play.
- Emphasizing movement and footwork through drills to increase speed and agility for court coverage.
- Serve Development: focusing on accuracy and consistency for point play.
- Competition, scoring and point play on a orange ball sized court to prepare for Orange Ball tournaments.
- Going over basic game strategies, sportsmanship and mental toughness basics.
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- Remember, while technical skills are important, we strive to keep the sessions fun and engaging to foster a continued love for the sport.
- Join us to take your orange ball tennis skills to the next level!

QUICK OVERVIEW:

- **CLASS DESCRIPTION:** STROKE & CO-ORDINATION FOR YELLOW BALL FUNDAMENTALS IN TENNIS
- **LEVEL:** BEGINNER/INTERMEDIATE
- **DURATION:** 180 MINUTES
- **CLASS SIZE:** 4-5 STUDENTS PER COACH
- **AGE GROUP:** 10-16 YEARS
- **BALL COLORS:** GREEN/YELLOW BALL

PRE-REQUISITES:

- Player must be able to take instruction and participate within a group
- Eager to learn tennis! and a love for the sport!

PRICING AND EARLY SIGNUP DISCOUNTS:

3 DAY WEEK

- **Week 1 | 9am-12pm | June 12-14**
- 3 Day Week 1 **Before April 20th** \$420 (\$60 savings)
- 3 Day Week 1 **After April 20th** \$480
- Single Day Price \$180 available to book after April 20th if space available

5 DAY WEEKS

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- Week 2 | 9am-12pm | June 17-21
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- Week 4 | 9am-12pm | July 8-12
- Week 5 | 9am-12pm | July 15-19

OVERVIEW:

- In this class, we will focus on the technical aspects of essential basic tennis strokes like the forehand, backhand, basic volley, and initial serve techniques, with a strong emphasis on correct form and technique.
- Rally development using the learned technical strokes.
- Participants will do drills and exercises to enhance motor skills, hand-eye coordination, ball and racket handling, and combination skills crucial for effective gameplay.
- With a slower-paced approach, the focus is on learning stroke fundamentals, movement, and footwork.
- Activities include exercises to progress to simple rallying, learning rules and scoring, promoting teamwork and sportsmanship, and engaging games.
- Participants will use yellow balls and colored balls when needed to suit their skill levels.
- Come join us for valuable training to improve your tennis skills in a friendly and fun environment!
- We strive to keep the sessions engaging and fun, to foster a love for the sport and encourage continuous improvement at this foundational level.



QUICK OVERVIEW:

- **CLASS DESCRIPTION:** GREEN BALL ADVANCED
- **LEVEL:** ADVANCED
- **DURATION:** 180 MINUTES
- **CLASS SIZE:** 4-5 STUDENTS PER COACH
- **AGE GROUP:** 9-12 YEARS
- **BALL COLORS:** GREEN BALL

PRE-REQUISITES:

- Participants are expected to have a foundational skill level in tennis. It is strongly recommended that students are already receiving private coaching, participated in orange ball tournaments, are ready for green ball tournaments.

PRICING AND EARLY SIGNUP DISCOUNTS:

3 DAY WEEK

- **Week 1 | 9am-12pm | June 12-14**
- 3 Day Week 1 **Before April 20th** \$420 (\$60 savings)
- 3 Day Week 1 **After April 20th** \$480
- Single Day Price \$180 available to book after April 20th if space available

5 DAY WEEKS

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- Single Day Price \$180 **available to book after April 20th** if space available

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- Week 4 | 9am-12pm | July 8-12
- Week 5 | 9am-12pm | July 15-19

OVERVIEW:

- In this class, we will focus on getting used to playing on a full size tennis court and applying shot variation to enhance point play.
- With a rally based approach, the focus is on implementing stroke tactics on the bigger court through development of tactical patterns.
- Emphasizing movement and footwork through drills to increase speed and agility for court coverage.
- Serve Variation Development: focusing on types of serves, accuracy and consistency for point play.
- Competition, point play, game strategies, sportsmanship and mental toughness to prepare for Green Ball tournaments.
- Join us to take your green ball tennis skills to the next level!



QUICK OVERVIEW:

- **CLASS DESCRIPTION:** YELLOW ADVANCED / ELITE
- **LEVEL:** ADVANCED
- **DURATION:** 180 MINUTES
- **CLASS SIZE:** 4-5 STUDENTS PER COACH
- **AGE GROUP:** 9-16 YEARS
- **BALL COLORS:** YELLOW BALL

PRE-REQUISITES:

- We recommend that participants have a solid foundation in tennis, ideally with ongoing private coaching and with yellow ball tournament Level 6,7 play experience. Players will be assessed for their skill level to ensure the class is the right fit.
- We will have an Elite group running at the same time for players 4.0 UTR and up.

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OVERVIEW:

- This class is for players who are ready to enhance their tennis skills through strategic point play.
- With a rally based approach, the focus is on implementing stroke tactics and constructing points to develop a game style.
- Emphasizing movement and footwork through drills to increase speed and agility for court coverage.
- Serve & Return Variation Development: focusing on types of serves, accuracy and consistency for point play.
- Competition, point play, game strategies, sportsmanship and mental toughness to prepare for yellow ball tournaments.
- Doubles Play and Teamwork: techniques and strategies for doubles play, focusing on coordination, communication, and tactical positioning.
- This class is perfect for young, aspiring tennis players looking to compete at higher levels and refine their on-court tactics.

