

2021

ADULT PROGRAMS



ABOUT US

Canas Tennis was founded in 2009 and is a full-service tennis management company that develops programs in all segments of tennis for people of all levels and ages.

MISSION Create a path through SPORTS and EDUCATION that impacts people and society in a positive way, generating healthy habits and accompanying them in the enjoyment of a better quality of life to all those people who choose TENNIS as a sport.

PHILOSOPHY AND VALUES At Canas Tennis we have a philosophy of building teams of professionals that are seeking excellence in what they do by providing service to our clients and sharing six values that act as pillars on how we manage our facilities and conduct our programs. Our six values are:

- ✓ COMMITMENT
- ✓ SACRIFICE
- ✓ INCLUSION
- ✓ DISCIPLINE
- ✓ TEAMWORK
- ✓ PERSEVERANCE



PRIVATE & SEMI-PRIVATE LESSONS

Private & Semi-Private tennis lessons are coached by qualified and experienced team members through sessions that incorporate all parts of the modern game. Lessons are tailored to the individual requirements of the player to help them achieve the outcomes they desire.

DEVELOPMENT PLAYERS: The key coaching development areas of focus for lessons are:

- ✓ Ground strokes
- ✓ Rally
- ✓ Net play
- ✓ Serve and return
- ✓ Game base
- ✓ Physical development

COMPETITIVE PLAYERS: The key coaching competitive areas of focus for lessons are:

- ✓ Fundamental tactics
- ✓ Linking tactics
- ✓ Technique
- ✓ Serve and return
- ✓ Game development

PRIVATE LESSON

\$70 per hour with Staff Coach

\$650 10-hour lessons package with Staff Coach

\$80 per hour with Coach Leader

\$750 10-hour lessons package with Coach Leader

\$275 per hour with Guillermo Canas

\$65 Hitting Partner

\$600 Package of 10 hours Hitting Partner

SEMI-PRIVATE LESSON

(2 PEOPLE)

\$85 per hour with Staff Coach

\$750 10-hour lessons package with Staff Coach

\$90 per hour with Coach Leader

\$800 10-hour lessons package with Coach Leader

GROUP PRIVATE LESSON

(3 PEOPLE)

\$90 per hour with Staff Coach

\$800 10-hour lessons package with Staff Coach

\$100 per hour with Coach Leader

\$900 10-hour lessons package with Coach Leader



GROUP CLINICS

There are a variety of group lesson options that link to the stage of development of each player.

All group lessons align with the Canas Tennis pathway, which helps guide each player's tennis journey. A foundation of all group lessons is having fun! Players will always learn and develop if they are enjoying tennis in a fun and supportive environment.

All group lessons are energetic, high participation, and small in size per court to create a great environment to progress learning and promote individual development. As the players progress, the emphasis is placed on tactical and technique awareness. Players will be placed in groups of similar levels.

WEDNESDAY 7PM-8:30PM
SATURDAY & SUNDAY 9AM- 10:30AM

COST PER CLINIC

\$40

TENNIS XPRESS

Tennis Xpress is an ITF Official Program and is an easy, active and fun coaching program for adults.

Tennis Xpress is designed as a 6-session course of 9-hours (6 x 1.5 hours) and is a specific 'off-the-shelf' course that has been developed by the ITF to introduce starter adult players to tennis using the slower balls.

The aim is to help starter adults to serve, rally and score (play the game) from the first session and to ensure that by the end of the course:

- ✓ All adults will know the basic techniques, tactics and the Rules of Tennis.
- ✓ All adults will be able to play competitive points using the Green ball on a full court.

For the purpose of this course, adult starter players are defined as those who:

- ✓ Are complete beginners to tennis i.e. have never played tennis before, or
- ✓ who have received basic coaching but have never played the game outside of a coaching environment, or beginners returning to tennis after a long absence

MONDAY & WEDNESDAY
7PM-8:30PM

COST PER SESSION

\$35



CARDIO TENNIS

ABOUT CARDIO TENNIS

Cardio Tennis is a fun group activity for anyone at any playing level looking for a fun way to burn calories & interact with others outside of the gym. Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

HIGH ENERGY

Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

SOCIAL

It is a very social and fun class for players of all ability levels taught by a tennis teaching professional or fitness professional. If you've never played tennis before it is a great way to be introduced to the sport and if you are an experienced high-level tennis player, it is the best way to train for tennis.

ENGAGING AND WELCOMING

Most classes have mixed ability and some facilities offer classes which are more specific to ability/fitness level. However, regardless of ability or fitness level the Cardio Tennis Leader is trained to provide the ultimate workout for each person.

THE PURPOSE:

- ✓ To train in your proper heart rate and aerobic zones.
- ✓ To burn calories.
- ✓ To train for tennis.

TUESDAY & THURSDAY
7PM-8:30PM

COST PER SESSION

\$30