



cañastennis

PATHWAY



TINY TOTS
Age: 3-5 yrs

TRAINING PROGRAMS

- AFTER SCHOOL
- PRIVATE LESSONS
- SUMMER & WINTER CAMP

QUICK START
Age: 5-8 yrs

TRAINING PROGRAMS

- AFTER SCHOOL
- PRIVATE LESSONS
- SUMMER & WINTER CAMP

PLAY & COMPETITION

- RED BALL MATCH PLAY
- ORANGE BALL TOURNAMENTS

JUNIOR
Age: 9 & up

TRAINING PROGRAMS

- AFTER SCHOOL
- PRIVATE LESSONS
- GROUP LESSONS
- SUMMER & WINTER CAMP

PLAY & COMPETITION

- CLUB TOURNAMENTS
- USTA LOCAL TOURNAMENTS

ADULTS
Age: 18 yrs +

TRAINING PROGRAMS

- PRIVATE & SEMI-PRIVATE LESSONS
- GROUP CLINICS
- CARDIO TENNIS
- TENNIS X-PRESS

PLAY & COMPETITION

- CLUB LADDER
- ROUND ROBINS
- LEAGUES & CLUB TOURNAMENTS

DEVELOPMENT PATH

PRE ACADEMY
Age: 9 & under

TRAINING PROGRAMS

- AFTER SCHOOL
- ONE ON ONE TRAINING
- TRAVELING PROGRAM
- SUMMER & WINTER CAMP

PLAY & COMPETITION

- USTA TOURNAMENTS
- ITF COMPETITIONS
- UTR SERIES

ACADEMY
Age: 10 & UP

TRAINING PROGRAMS

- FULL TIME PROGRAM
- WEEKLY PROGRAM
- ONE ON ONE TRAINING

PLAY & COMPETITION

- USTA TOURNAMENTS
- ITF COMPETITIONS
- UTR SERIES

FULL TIME ACADEMY
Age: 13 & UP

TRAINING PROGRAMS

- FULL TIME PROGRAM
- WEEKLY PROGRAM
- ONE ON ONE TRAINING

PLAY & COMPETITION

- USTA TOURNAMENTS
- ITF COMPETITIONS
- UTR SERIES

ADULT COMPETITIVE
Age: 18 yrs +

TRAINING PROGRAMS

- FULL TIME PROGRAM
- WEEKLY PROGRAM
- PERSONAL TRAINING

PLAY & COMPETITION

- USTA OPEN'S
- ITF COMPETITIONS
- ATP & WTA TOURNAMENTS

PERFORMANCE PATH

CANAS TENNIS PROGRAM PATHWAY OFFERS EACH PLAYER THE POSSIBILITY OF FINDING THE PROGRAM THAT BEST SUITS THEIR EXPECTATIONS, ABILITIES AND MOTIVATIONS FOR PLAYING TENNIS. THIS PATH OFFERS DEVELOPMENT POSSIBILITIES TO CHILDREN, YOUTH AND ADULTS WHO WANT TO PRACTICE A SPORT TO IMPROVE THEIR QUALITY OF LIFE, THEIR HEALTH, THEIR TECHNICAL SKILLS OR DEVELOP A COMPETITIVE PATH THROUGH IT. TENNIS – A SPORT FOR LIFE – JOIN US