



**RACKETS  
ACADEMY**  
*Dubai*

# Performance Program 2024

Our Performance Program is designed for players who are taking the first steps into competitive tennis. This program is designed more to give players everything they need to compete in Tournaments and that aspire to be part of our [Elite Program](#). The program looks at technique and tactics based around competing in national level events.

There is also a specific strength and conditioning coach brought in to do extra off court work with the players. They will also have access to Sport Psychologist and NLP trainer. The program runs two squads a day with an option of additional fitness session on 3 days with monthly match play.

### Monthly Matchplay Saturday 8-10.30am

Once a month per level at Taj Hotel,  
The Palm including Pool and Beach  
Access for parents and siblings. 75  
AED Per Player

### Program includes Match Shirt



Day	Venue	Squad 1	Squad 2	Fitness
Monday	Motor City & Dubai Hills	5-6.30pm	6.30-8pm	6.30-7.30pm
Tuesday	Atlantis & Al Waha	5-6.30pm	6.30-8pm	
Wednesday	Al Waha	5-6.30pm	6.30-8pm	6.30-7.30pm
Thursday	Atlantis & Al Waha	5-6.30pm	6.30-8pm	
Friday	Motor City	4.30-6pm	6-7.30pm	

Session	Price
Squad 90min (Tennis Only)	190 AED
Squad 2hr 30min (Tennis & Fitness)	240 AED

*All lessons are paid by the term. All prices are inclusive of VAT.*

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