**Premium tennis coaching for beginners to advanced in the Waikato**

At the NZ Tennis Academy we offer tennis lessons and coaching to high performance youth, as well as adults and beginner kids in the Waikato.

If you would like to learn to play tennis, or improve your match play and fitness then please check out the information below on our available programmes and then get in touch. We'd love to hear from you.

HOT SHOTS

A programme for beginners, from 5 to 10 yrs old. We use softer balls and smaller courts and teach the best technique when it is easiest for the kids to learn. One hour session and racquets are provided. 4 to 6 players per coach.

Mondays 4 to 5pm and 5 to 6pm Dey St, Hamilton $95 for the term

Thursdays 3.30 to 4.30pm St Peters School, Cambridge

Saturdays 9 to10am Dey Street, St Peters

OUR SQUADS:

Mondays, Tuesdays and Thursdays are our squad days with 20 to 30 minutes of fitness per session.

Wednesday is our match play day with Junior and Elite squads together.

We are now using the Smart Sensor by Sony to improve technique as well as a GO Pro to improve game plan and body language during matches.

On Fridays we work on serves, returns and do video analysis. This is followed by a Thai kick boxing with Ethan Shepp (former world champion) to improve footwork and attitude.

JUNIOR SQUAD

This is the next step after Hot Shots for those who are committed to play at least twice a week. Focus on technique and tactics with an increase in fitness. Sessions are 1h45 long.

1 session per week, $235 for the term

2 sessions $355

3 sessions $465

4 sessions $550

5 sessions $630

Mondays 6.15 to 8pm

Tuesdays 4 to 5.45pm

Wednesdays 4 to 5.30pm (Match Play)

Thursdays 5 to 6.45pm

Fridays 4 to 5.30pm

ELITE SQUAD

For players who are playing tournaments, the emphasis is on strategy, fitness and match situation. Rally control is essential and players must play at least 6 tournaments per year.

1 session per week $295 for the term

2 sessions $445

3 sessions $595

4 sessions $695

5 sessions $750

Mondays 4 to 6.15pm

Tuesdays 5.15 to 7.30pm

Wednesdays 4 to 6.30pm (Match Play)

Thursdays 4.30 to 6.45pm St Peters school

Fridays 4 to 5.30pm

ADULTS

Group lessons 3 to 6 players, $15 to $25 per player per hour.

PRIVATE LESSONS

Available for all

One hour $65

8 one hour sessions $460

$10 per hour extra if indoors

All programmes (except Adult and Private Lessons) run for a whole term. All prices quoted are for the entire term. Prices may vary depending on the length of the term.

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