



BEACH CLUB TENNIS PROGRAMME

OCTOBER 2009

Tennis Lessons

Our Professional Tennis lesson programme is delivered by **Manuel Miletic** from the world renowned Peter Burwash International Tennis Services. Through Manuel we are able to offer you a one off lesson, group clinics and social Tennis, through to a bespoke lesson programme formatted with your specific objectives in mind.

Lessons are normally available between 07:00 and 22:00 every day except Wednesday.

Prices:

Lesson Type	Ratio	Duration	Price AED
Private	1:1	45 Minutes	275.00
Semi Private	1:2	45 Minutes	175.00 Each
Group Lesson*	1:3/1:4	45 Minutes	150.00 Each
Block Lessons		45 minutes	On application

*These rates will only apply if a minimum of three guests attend, otherwise Private or Semi Private Lesson rates apply

NB: Prices are the same for both Adults and juniors

** No shows for booked lessons or hitting partners will be charged at the full rate. Please, therefore, ensure you contact the [Beach Club Reception](mailto:Beachclub.reception@kempinski.com) (02 690 7311 or Beachclub.reception@kempinski.com) prior to your booking to avoid this charge.

Hitting Partner per 45 minute session (Subject to availability).

Professional Coach: **AED150 per hour**

Beach Club Staff: **AED50 per hour**

Tennis Clinics and Social Tennis sessions

Our Tennis Clinics and Social Tennis sessions programme has been developed to allow participants access to a wide range of skills based sessions, as well as social interaction, Tennis etiquette and play. Junior sessions are for 5 to 17 year olds, all other sessions for 18 year olds and over.

October Schedule

Day	Time	Clinic/Mixer	Ability Level
Saturday	09:00 - 09:45	5 – 7 Year olds Clinic	**Beginners
	10:00 - 10:45	8 - 11 Year olds Clinic	**Beginners
	11:00 - 11:45	12 and overs Clinic	**Beginners
Sunday	09:00 – 10:30	Ladies Social Tennis	All
	17:00 - 18:00	Junior Social Tennis 5 – 10 yrs	All
	18:00 - 19:30	Adult Social Tennis (over 18's)	All
Tuesday	16:00 - 17:00	Junior Social Tennis 11 – 17 yrs	All
Friday	09:30 - 10:30	Adult Social Tennis (over 18's)	All
	11:00 - 12:00	Junior Social Tennis 5 – 17 yrs	All

** Beginners classes may only be attended for a total of four weeks by a student (it is assumed all Beach Club Members children will start from zero classes). After this time parents will have the option to book private lessons or have their children attend the weekly junior mixers. The junior mixers will be hosted by our "Sarabland" staff with the emphasis on children playing tennis games against other children, and having fun on the court.

*Please note this programme will be subject to monthly change.



Complimentary Tennis Services

Court hire
Tennis Rackets and Balls
Wilson Demo Test Rackets
Player matching (subject to availability of players in Hotel)

General Information

- Our 4 floodlit tennis courts are made out of a cushioned hard court surface. Located on the West Parklands, the courts are open from 07:00 – 22:00 (last booking 21:00).
- Bookings can be made during the above times at the West Beach Club Reception or by ringing Ext. 7311.
- Registration and payment must be made at the West Beach Club Reception prior to your lesson or court booking.
- **Appropriate tennis attire and non-marking shoes are essential. Shirts must be worn at all times and swimsuits are strictly forbidden.**
- We have a limited supply of appropriate Tennis shoes if you forgot to bring your own, which are available as a complimentary amenity.

More about our Tennis Activities

As well as the programme of Tennis activities listed we are able to offer any of the following subject to your request:

Themed Clinics

- 3, 2, 1, Contact (strike the ball cleaner and more consistently)
 - The Five Mistakes (learn why a shot is missed and how to never do it again...or not as often)
 - Balance (gain control of your movement as you fly around the court)
 - Never Touched a Racket...Literally (start taking the first steps in the right direction)
 - Shot Selection (learn a few simple ways to make the best decisions)
 - Emergency Shots (discover ways to get every ball back)
 - Understanding Spin (topspin, backspin, and slice, learn how to create and handle them all)
 - Court Positioning (get one step ahead of your opponent by being in the right place at the right time)
- *Specific stroke clinics available for any of the following:
Forehand/Backhand Weapon, Sizzling Serve, Volley Better than the Pros, Lobs and Overheads, and Serve and Return.

Ladies

- Doubles Drill
- Social Mixer
- Doubles Strategy
- Intermediate Drill

Juniors

- Kids Carnival (all juniors, fun games and skill challenges)
- Mini Tennis Tournament
- Basic Instructional Sessions (i.e. Contact, Control, Keeping Score, etc)
- Play Day (use those skills in some mini matches)

Men/Advanced

- Advanced Drill (hone your skills through different drill sets and games)
- Men's Night (come out for some fun match play)
- Match Strategy (learn how to use those skills more efficiently and become match tough)