



**ISD  
PROSTYLE  
TENNIS ACADEMY**

# ISD PROSTYLE TENNIS ACADEMY

A premier destination for young players to ignite their passion and hone their skills. We offer a comprehensive program for children, blending expert coaching with a supportive environment.



## Accessibility

Easily accessible from all major residential hubs of Dubai



## Experienced Coaches

A team of seasoned national and international professionals.



## Courts

Indoor & Outdoor courts that ensure year-round play



## Fitness Zone

Fitness programs specialized for developing tennis players.



## Customer Service

Exceptional, personalized Customer Service



## Free Parking

3000+ Free Parking Spots

## KIDS TENNIS PROGRAM MAX 4 PLAYERS

### RED 4-6 Y.O. (60 MIN)

- Learn basics of ground strokes.
- Enhance player's coordination and space orientation.
- Acquire the knowledge of using the right grips during short tennis



	DURATION	TERM 1 SEP 1ST-DEC 5TH	TERM 2 JAN 5TH-MAR 15TH	TERM 3 MAR 30TH-JUN 26TH	TERM 1&2	TERM 2&3	FULL SEASON
1 X PER WEEK	60 MIN	2,086	1,490	1,937	3,416	3,273	4,995
2X PER WEEK	60 MIN	3,985	2,846	3,700	6,480	6,210	9,728
3X PER WEEK	60 MIN	5,670	4,455	5,265	9,288	8,900	13,542

## JUNIOR TENNIS PROGRAM MAX 4 PLAYERS

### ORANGE 6-8 Y.O. (60 MIN)

- Perform full shots technique.
- Play tennis games over the net.
- Apply the ability to count points during a game.
- Play points with serve.

### GREEN 8-10 Y.O. (60 MIN)

- Mainly focus on the "golden age of coordination"
- Further improve the groundstrokes.
- Further improve serves to use the full technique.
- Basic fitness workouts to improve court performance.

## YELLOW 10+ Y.O. (60 MIN)

- Enhance player's knowledge about basic strategies for tennis matches.
- Learn additional shots like slice, dropshots etc.
- Set up the right mindset for young players – mental exercises.
- Fitness workouts with body weight and long-distance running.

	DURATION	TERM 1 SEP 1ST-DEC 5TH	TERM 2 JAN 5TH-MAR 13TH	TERM 3 MAR 30TH-JUN 26TH	TERM 1&2	TERM 2&3	FULL SEASON
1X PER WEEK	60 MIN	2,315	1,655	2,150	3,770	3,610	5,515
2X PER WEEK	60 MIN	4,395	3,140	4,085	7,155	6,855	10,510
3X PER WEEK	60 MIN	6,260	4,470	5,365	11,075	9,800	15,390

## COMPETITION TEAM (SELECTED PLAYERS)

### COMPETITON TEAM (120 MIN)

- Improve game skills in matches.
- Implement more advanced shots technique.
- Hit balls to designated areas without making mistakes.
- Implement a skill of observing the opponent and adjusting the game to their weaknesses.
- Mental preparation for participating in local tournaments.
- Learn basic strategies of the game.
- Minimum 30min of strength and conditioning workouts to improve court performance.

### COMPETITON TEAM (120 MIN)

- Participate in local and international ranked tournaments.
- Fitness fully targeted to improve movement around the court and build strength with light weights.
- Deal with the difficulties of tennis matches with mental approaches.
- Improve individual features of each player to maximize his body abilities.
- Minimum 30min of strength and conditioning workouts to improve court performance.




 +97156 408 6300
  info@prostyletennis.com
  isdprostyletennis



	DURATION	TERM 1 SEP 1ST-DEC 5TH	TERM 2 JAN 5TH-MAR 13TH	TERM 3 MAR 30TH-JUN 26TH	TERM 1&2	TERM 2&3	FULL SEASON
2X PER WEEK	120 MIN	7,840	5,600	7,280	12,960	12,420	19,240
3X PER WEEK	120 MIN	10,920	7,800	10,140	18,000	17,250	26,640

## MATCH PLAY FOR JUNIOR PROGRAM

GROUP	DAY/TIME	DURATION	STUDENTS	ONE-TIME	TERM 1 OCT 5TH-DEC 7TH	TERM 2 JAN 11TH-MAR 15TH	TERM 3 APR 5TH-MAY 31ST	DESCRIPTION
ORANGE/ GREEN	SUN 9-10 AM	60 MIN	2-4 (INT/ADV)	AED 100	AED 600	AED 600	AED 500	Introduces kids to competitive tennis in a fun and supportive way. Helps them apply coaching skills in matches and transition into competition.
YELLOW	SUN 9-11:30AM	90 MIN	2-4 (INT/ADV)	AED 150	AED 900	AED 900	AED 750	Provides a structured environment for the players to develop their skills and compete. It involves playing singles and doubles matches against players of similar abilities. These sessions focus on quick matches, allowing players to experience the ups and downs of competition and learn to handle pressure. Match play is crucial for building confidence, improving shot selection, and developing mental toughness.

All prices are inclusive of VAT

\* All the packages must be paid in advance to join match play.

## ADULT TENNIS PROGRAM

GROUP	DAY/TIME	DURATION	STUDENTS	PRICE/ CLASS	PACKAGES (5/10/20)	VALIDITY	DESCRIPTION
LADIES MORNINGS	MON-FRI 8:30/9:30AM	60 MIN	2-4 (ALL LEVELS)	AED 190	AED 800/ 1500/2800	2 / 4 / 6 MONTHS	Begin your tennis journey in a social environment. Learn fundamentals, meet companions, and progress to competitive level.
ADULTS EVENINGS	MON-THUR 8/9PM	60 MIN	2-4 (ALL LEVELS)	AED 190	AED 800/ 1500/2800	2 / 4 / 6 MONTHS	Learn a new skill and connect with fellow tennis enthusiasts. Join our vibrant tennis environment and discover the joy of playing this captivating sport. Our expert coaches will guide you from the fundamentals all the way to pro-level, ensuring a seamless learning journey with every swing.

All prices are inclusive of VAT

\* All the packages must be paid in advance to join match play.

