

A yellow silhouette of a tennis player in a ready stance on the left, and a blue tennis racket with a yellow ball on the right. The background is a dark blue splash shape on a green field.

TOURNAMENT TRAINING

FALL 25

WITH TNA TENNIS ACADEMY

THE TOURNAMENT TRAINING GROUP IS DESIGNED FOR COMPETITIVE PLAYERS WHO ARE ACTIVELY PARTICIPATING IN TOURNAMENTS OR PREPARING TO COMPETE AT A HIGH LEVEL. EACH SESSION IS TWO HOURS LONG, FEATURING 1.5 HOURS OF HIGH-INTENSITY TENNIS TRAINING FOCUSED ON ADVANCED TECHNIQUE, TACTICAL PATTERNS, POINT CONSTRUCTION, AND MATCH PLAY SCENARIOS. THE FINAL 30 MINUTES ARE DEDICATED TO FITNESS TRAINING TO ENHANCE AGILITY, STRENGTH, AND ON-COURT ENDURANCE. LED BY FORMER COLLEGIATE PLAYERS AND CERTIFIED COACHES, THIS PROGRAM CHALLENGES ATHLETES BOTH PHYSICALLY AND MENTALLY, REINFORCING DISCIPLINE, RESILIENCE, AND MENTAL TOUGHNESS. IT IS IDEAL FOR JUNIOR PLAYERS LOOKING TO ELEVATE THEIR PERFORMANCE AND GAIN A COMPETITIVE EDGE. A \$20 MATERIALS FEE IS DUE TO THE INSTRUCTOR ON THE FIRST DAY TO COVER TENNIS BALLS, CONES, FOOTWORK LADDERS, ELASTIC BANDS, AND MEDICINE BALLS. FOR AGES 12-17. CLASSES WILL BE HELD AT WALNUT RANCH PARK 20101 AMAR RD, WALNUT, CA 91789.

FRIDAY 6:00PM - 8:00PM

#13406 - SEPTEMBER 19 - OCTOBER 10

#13407 - OCTOBER 24 - NOVEMBER 14

4 WEEK SESSION: \$245 RESIDENT / \$250 NON-RESIDENT

**REGISTER ONLINE AT WWW.CITYOFWALNUT.ORG OR CONTACT
WALNUT GYMNASIUM AT (909) 444-7959.**