



Fitness Programs

TAUT- This program is a great way to integrate children, primarily 10 and under into tennis by using a progressive format to teach basic skills, while providing physical exercise. Kids use shorter rackets, smaller courts, slower/softer balls and simple scoring, to ensure players of all abilities can achieve.

Juniors- primarily used for players aged 11 to 17. Junior tennis uses larger rackets, full courts, speed adjusted balls and regular scoring, giving a complete introduction to the skills for the game of tennis.

Cardio Tennis- brings new players to tennis by demonstrating the exercise and fitness benefits of the sport. (group activity)

Venom Tennis Performance Academy is the next stepping stone for amateur players who are seriously interested in being involved on higher levels of tennis. Players will be coached by a professional certified tennis instructor. Players will be both physically and mentally challenged. Throughout the program, the value of education is stressed and a healthy lifestyle encouraged, through nutrition and fitness, all in fun creative ways.