

Niru's Tennis Academy : Spring 2019 Programs

Niru's Tennis Academy programs are offered by former Olympian and WTA pro Nirupama Sanjeev and Coach KV, a USTA High Performance Coach . They will be assisted by other certified and fingerprinted coaches.



REGISTRATION ONLINE at www.nirustennis.com

The program levels: Peewee, Advanced Beginner & All level Classes

The Levels :

Peewee classes (PW): For ages 5-7 yrs

Duration – 30 minutes

This PW class is for beginners who have had no prior training in Tennis. To form correct and sound foundation strokes, it's important to start early. It's equally important for kids this age to enjoy the sport, so fun and basics will be the theme. The kids will need to bring a junior racquet and water for this class. Junior racquets are available in Target, Wal-Mart and other such stores and prices range between \$12- \$30. The kids will be promoted to next level when they are ready (based on the coaches approval). Also, we recommend that a parent or guardian's is present during the class. Players will be taught with sponge, red and orange balls.

Advanced Beginner Classes (AB): For ages 7-9 yrs

Duration – 1 hr

This AB class is for kids who have taken a few Peewee sessions or had private classes before. Based on the coach's decision they will then be promoted to the next level. Basics are the main key to a solid foundation. Whatever age the player is, it is important to start the right way. It's equally important for kids of any age to enjoy the sport, so fun and basics will be the theme. Hand-eye co-ordination and basic running drills will be part of this clinic. Players will be taught with sponge, red and orange balls.

All Level Classes (ALL):

Duration – 2 hrs

This ALL class is for kids who have progressed from the 1 hr AB classes. They should be able to serve and play from the baseline (full court). These classes help in waking up your competitive side. They are useful in analyzing the different game styles by pinpointing the strengths and weaknesses of other players. Even when doing stroke specific drills or footwork exercises, these classes are useful in pushing the player to do his best while watching and competing with others at the same level. Players will be taught with regular and Green dot balls.

We offer 2 levels in this ALL class : Intermediate level and Advanced level

Intermediate Level: This type of clinic is meant for juniors who have learnt the basics but are yet to hone their rallying and consistency skills. Many new strokes will be added to their arsenal in this clinic like approach shots, serve returns and net game to get them to the next level. The

class is very essential for kids to start playing tournaments. The importance of consistency, length, direction, spin and power in the right order will be stressed upon in this clinic.

Advanced Level: . Players of the same level will be combined in this clinic to promote a healthy competitive atmosphere. This session will start with drills aiming at stroke perfection, footwork and positioning followed by matches or match-like situations. The true importance of a coach's supervision during match play will be apparent in this clinic as instant analysis of mistakes is key for improvement.

Middle and High School Clinic : This clinic is only meant for kids in Middle and High School. Beginners, Intermediate and Advanced kids are accepted in this clinic.

At all 3 levels, our coaches help the kids set goals and project a well-defined path to reach those goals. Parents receive a written progress report at every step of the way ! The student to teacher ratio is 6:1.

Schedules:

Kona Kai Swim & Racquet Club
Address: 680 Hubbard Ave • Santa Clara • CA

Kona Kai Location Schedule:

Day	Timings	Level	Session Dates	No. of Weeks	Cost	KK Member cost
Monday	4:00 - 5:00 pm	AB	3/25-5/27	10	\$250	\$200
Monday	5:00 - 6:00 pm	AB	3/25-5/27	10	\$250	\$200
Monday	4:00 - 6:00 pm	All	3/25-5/27	10	\$400	\$320
Monday	4:30 – 5:00 pm	Peewee	3/25-5/27	10	\$120	\$96
Monday	6:00-8:00 pm	MS/HS	3/25-5/27	10	\$400	\$320
Tuesday	4:00 – 5:00 pm	AB	3/26-5/28	10	\$250	\$200
Tuesday	5:00 – 6:00 pm	AB	3/26-5/28	10	\$250	\$200
Tuesday	4:00 – 6:00 pm	All	3/26-5/28	10	\$400	\$320
Wednesday	4:00 – 6:00 pm	MS/HS	3/27- 5/29	10	\$400	\$320
Wednesday	4:00 – 6:00 pm	All	3/27- 5/29	10	\$400	\$320
Friday	4:00 - 5:00 pm	AB	3/29 -5/31	10	\$250	\$200
Friday	5:00 - 6:00	AB	3/29 -5/31	10	\$250	\$200
Friday	4:00 - 6:00 pm	ALL	3/29 -5/31	10	\$400	\$320
Friday	6:00 - 8:00 pm	MS/HS	3/29 -5/31	10	\$400	\$320

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