

## PROGRAM SUMMARY

Emil (Assistant Tennis Professional) is also our certified tennis performance trainer (TPT) and will lead this new tennis footwork program. As a certified tennis footwork specialist, Emil will conduct on site TSFT (Tennis Specific Footwork Training) which will include: Periodization & Planning, Testing & Assessment, Tennis Specific Endurance, Resistance Training, Tennis Movement, Tennis strokes mechanics and Nutritional education, Injury prevention, and Flexibility and Recovery. The TSFT program offers private and group sessions. Private sessions are available to everyone regardless of level or ability, group sessions are geared towards performance juniors and competitive adults.

Part of the  
Stonebrook Tennis programs



AND

Designed by Emil Tennis Method



### Members Price List:

Private TSFT session - \$27

45 Minutes per session. Working on improving balance, court movement, quickness, coordination and more.

Private TSFT (Package Deal) - \$104

4 weeks of 45 minute sessions, once per week

Group TSFT session - \$20 daily

Specially designed for our competitive and tournament players. Program runs once a week for an hour. Limited to 6 players with a minimum of 3. Every Wednesday from 4-5 PM.

\*Adult Group sessions are available upon request, please contact Emil for more information.

### NON Members Price List:

Private TSFT \$37

Group TSFT \$30