

Sentosa Cove

RESIDENTS PROMOTION

10% discount
to all Sentosa Cove residents!

Tennis coaching/lessons can be held at Sentosa for your utmost convenience and comfort.

We provide junior and adult (private or group) lessons to suit your individual needs.

For more information, call us at **6466 2643**
or log on to www.advantageschooloftennis.com



OUR TENNIS CENTRES

TURF CITY

200 Turf City, #01-63,
Singapore 287994
Tel: 6466 2643

e: turfcity@advantageschooloftennis.com

EAST COAST PARK

902 East Coast Parkway
Blk B, #02-08,
Playground @ Big Splash,
Singapore 449874
Tel: 6346 1247

e: eastcoast@advantageschooloftennis.com



For more information:

-  www.advantageschooloftennis.com
-  info@advantageschooloftennis.com
-  6466 2643 (AST Office)



TENNIS @SENTOSA

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Personal Financial Solutions.
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FAST COURSE PROGRAMMES

TOTS/MINI TENNIS

We aim to provide your Tots (18 months to 5 years old) / Juniors (6 to 10 years old) with basic tennis skills which will also help to develop their hand and eye co-ordination / movement and balance / listening skills / team work / social skills and ability to follow instructions

Above all, the lessons will be conducted in a fun indoor environment by a lively, qualified and experienced tennis coach!



JUNIOR PROGRAMMES

We offers a unique and exciting junior programme for 8 to 16 years old. Our 10-week term programmes cater to recreational players who wants to learn the fundamentals of the game in a game based approach OR high performance players currently or wishing to compete in regular tournaments and aiming to excel in the sport. Our aim is for them to learn and enjoy tennis in a fun, energetic and nurturing environment.



Advantage School of Tennis holds weekly summer camps starting from ages 6 to 16 years. Players will train daily in a structured programme with a tournament held on the last day. Prizes for winners and spot prizes are awarded.



Private lessons are available for junior players. These are excellent ways for juniors to work on techniques specific to their game.

ADULT PROGRAMMES

A unique programme aimed at **adult beginner, intermediate and advanced players**. Known as Drill & Play, players are involved in a dynamic session aimed at learning new skills, mastering old ones, a cardio workout, meeting new people in a friendly and highly energizing environment.

In addition, an internationally recognised new fitness class "Cardio Tennis" is now available.

LADIES CLUB TEAM

Our coaches have great experience in coaching and developing tennis teams and can thus pass on this knowledge and experience to your team.

Doubles drills, and precise team tactics are worked on in order to improve players and results. Individual technique is also taken into account.

LADIES SOCIAL FUN MORNINGS

These sessions are fun and players get an opportunity to meet and play with other ladies players.

DRILLS AND PLAY

These are extremely popular sessions for both men and women, with action, fitness, repetition of shots and lots of fun being the emphasis.



GET MATCH FIT

A 60-minute circuit training session to improve speed, footwork and endurance. The classes are held on Tuesday evening between 8pm to 9pm by a fully qualified fitness trainer.

TENNIS @ HOME

We offer you tennis at your doorstep. The Tennis @ Home programme means our team of certified tennis professionals will come and provide adult and junior lessons at your house or condominium.

CORPORATE EVENT PROGRAMMES

Engage us for your corporate event needs. We offer sponsorship for your company.

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