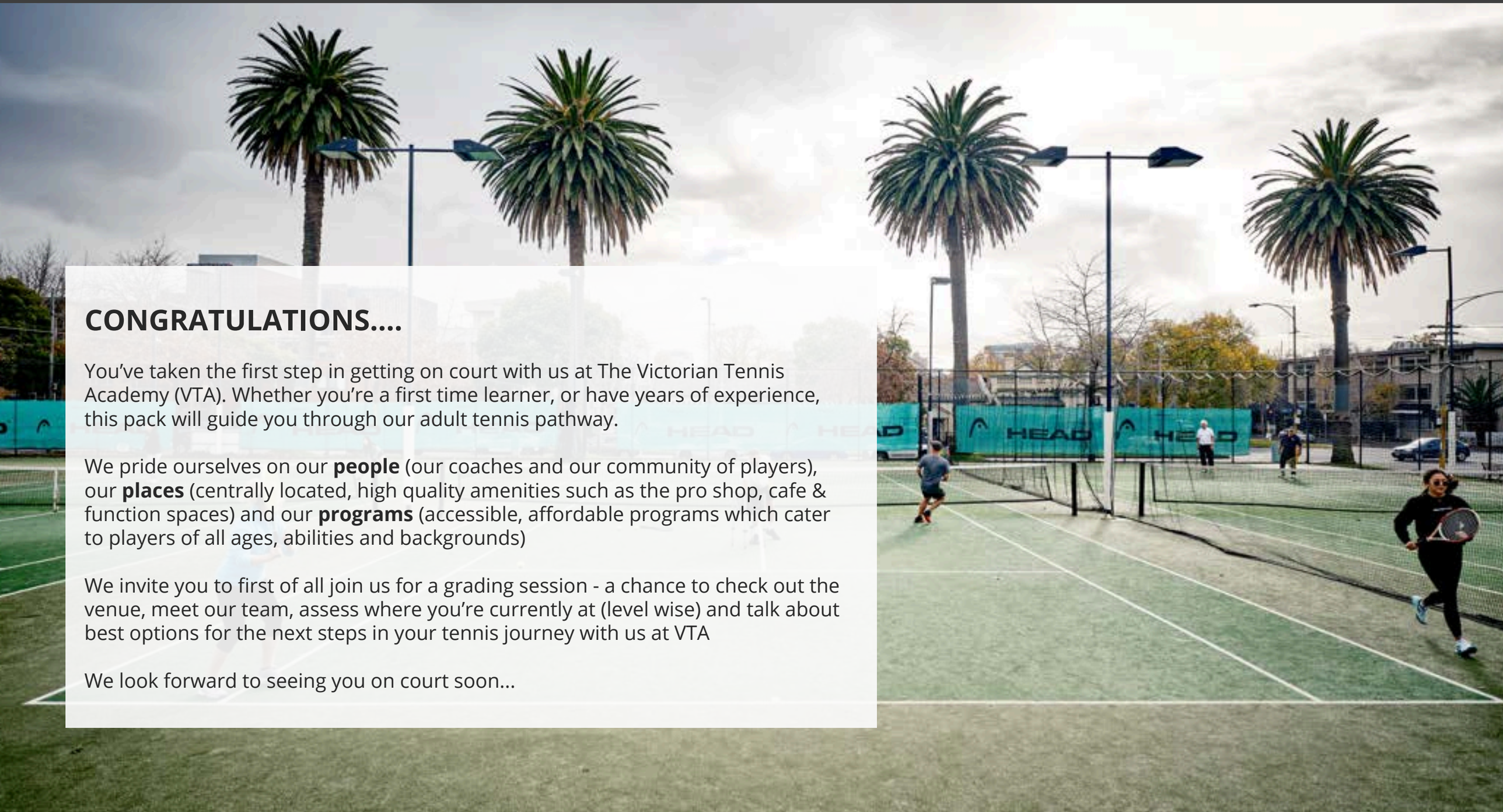


VTA adult tennis welcome pack

Please read through this welcome pack before your first session

Victorian Tennis Academy
Inspiring Tennis



CONGRATULATIONS....

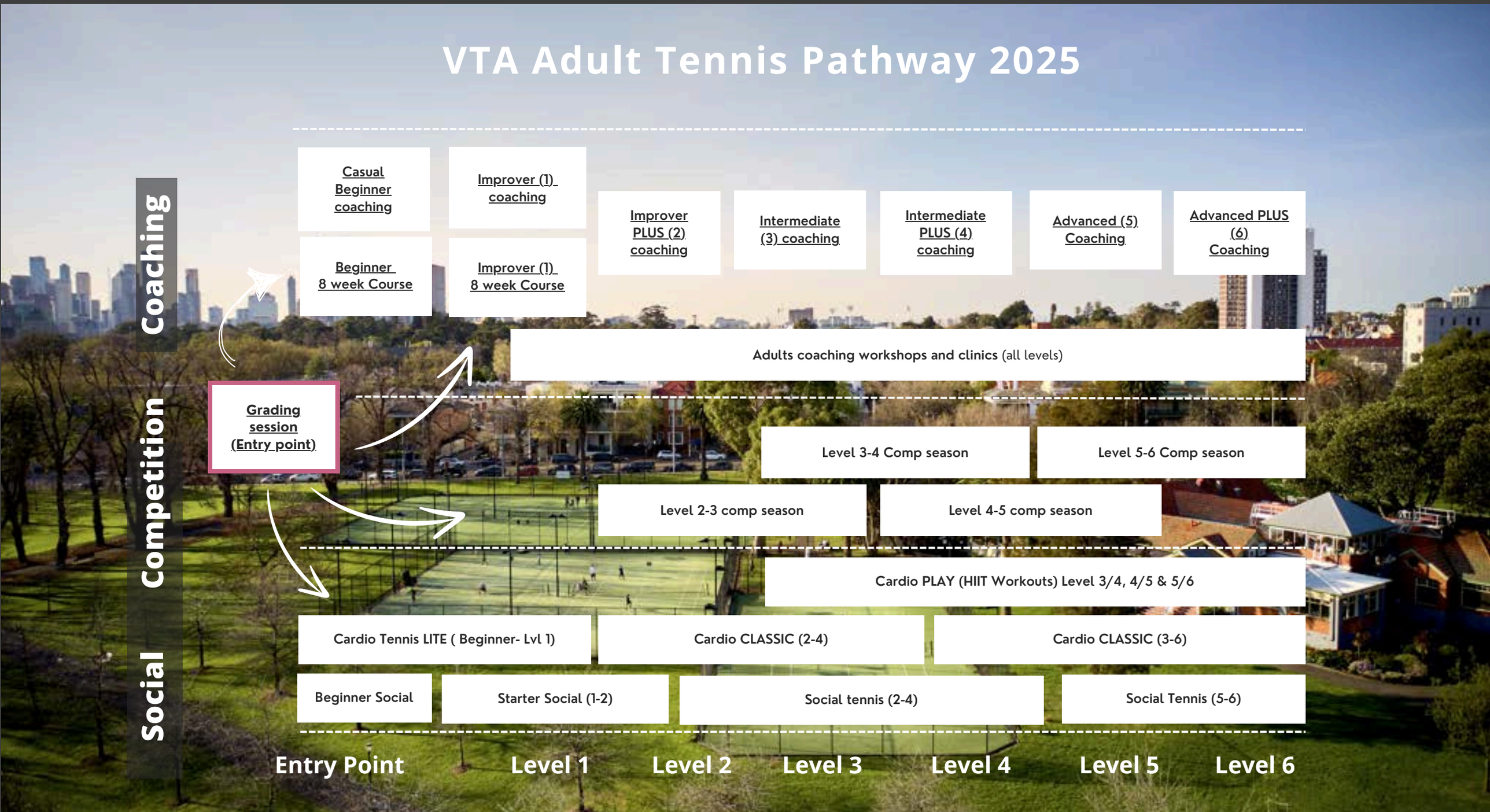
You've taken the first step in getting on court with us at The Victorian Tennis Academy (VTA). Whether you're a first time learner, or have years of experience, this pack will guide you through our adult tennis pathway.

We pride ourselves on our **people** (our coaches and our community of players), our **places** (centrally located, high quality amenities such as the pro shop, cafe & function spaces) and our **programs** (accessible, affordable programs which cater to players of all ages, abilities and backgrounds)

We invite you to first of all join us for a grading session - a chance to check out the venue, meet our team, assess where you're currently at (level wise) and talk about best options for the next steps in your tennis journey with us at VTA

We look forward to seeing you on court soon...

VTA Adult Tennis Pathway 2025





GRADING SESSIONS

- This is our entry point for new players who have previous experience
- Players can book this as part of a introductory trial pack or casual as a one off
- It involved drills led by a coach, time to discuss your next steps and then a follow up with best options for coaching, cardio, social play and competitions

Who should join?

This is the starting point for all new players



BEGINNER

- This is our entry level
- We encourage everyone to start with an 8 week course
- We also offer casual sessions
- For players new to tennis or who haven't played in a long time
- Beginner coaching is a slower paced session, to allow players to learn in a comfortable environment
- Hold basic hand-eye coordination skills

What can I join?

- Beginner course
- Casual beginner
- Private lessons



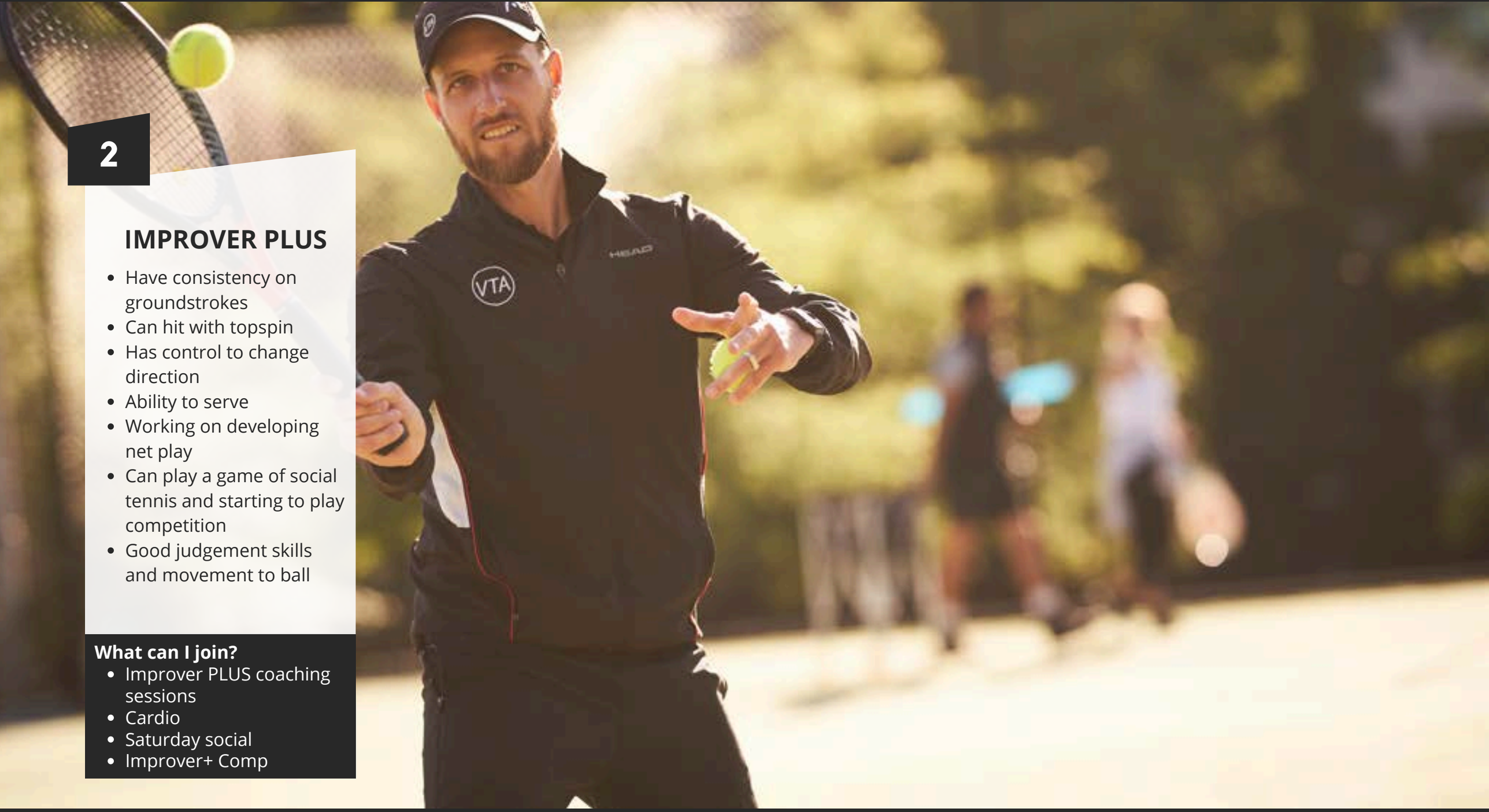
1

IMPROVER

- Players have completed the 8 week beginner course, or have previous experience playing tennis
- Can hold a short rally
- Can serve consistently
- Have an understanding of positioning, scoring and rules
- Have a basic understanding of net play
- Players have perception skills and can make good contact, but may lack technique

What can I join?

- Improver coaching sessions
- Cardio Tennis
- Saturday social



2

IMPROVER PLUS

- Have consistency on groundstrokes
- Can hit with topspin
- Has control to change direction
- Ability to serve
- Working on developing net play
- Can play a game of social tennis and starting to play competition
- Good judgement skills and movement to ball

What can I join?

- Improver PLUS coaching sessions
- Cardio
- Saturday social
- Improver+ Comp



3

INTERMEDIATE

- Can generate spin and pace off groundstrokes
- Can volley/finish at the net with confidence
- Can generate different types of spin
- Can change direction on the serve
- Good understanding of positioning, tactics and doubles play
- Looking to play comps

What can I join?

- Intermediate coaching sessions
- Cardio/ Cardio PLUS
- Intermediate comps



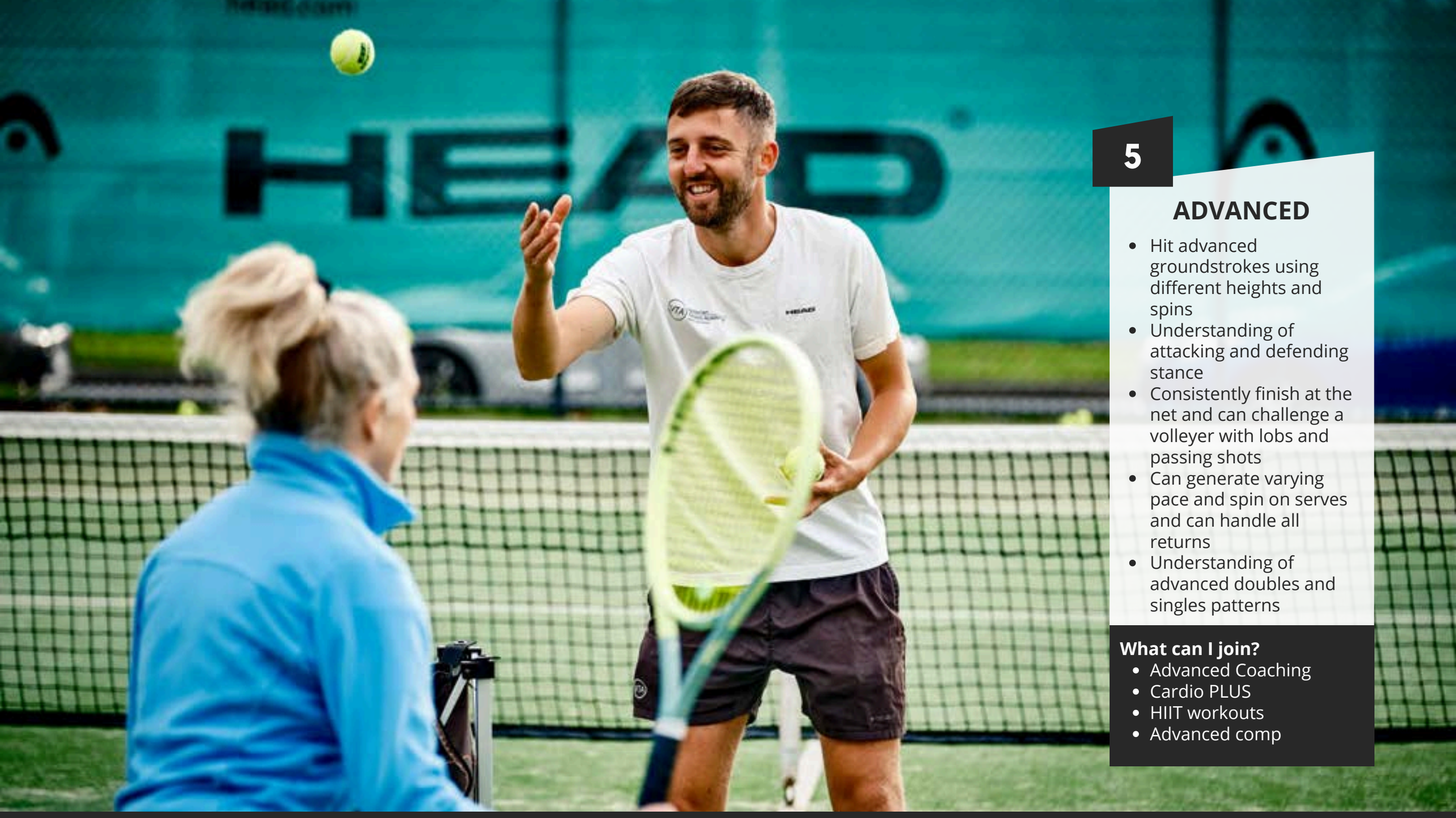
4

INTERMEDIATE PLUS

- Can execute groundstrokes, serve and net play consistently
- can generate pace, spin, placement & direction off both sides
- generate spin on serve
- use of slice
- Can implement tactical gameplay
- should have weapons at disposal
- Participate in weekly comp

What can I join?

- Intermediate PLUS Coaching sessions
- Cardio PLUS
- HIIT Workout
- Intermediate Comp



5

ADVANCED

- Hit advanced groundstrokes using different heights and spins
- Understanding of attacking and defending stance
- Consistently finish at the net and can challenge a volleyer with lobs and passing shots
- Can generate varying pace and spin on serves and can handle all returns
- Understanding of advanced doubles and singles patterns

What can I join?

- Advanced Coaching
- Cardio PLUS
- HIIT workouts
- Advanced comp

6

ADVANCED PLUS

- This is an invitational session and players should be approved by the coaching team prior to joining
- Players attending level 5 who demonstrate an ability to compete and have excellent technical, tactical, mental and physical skills could take that next step

What can I join?

- Advanced PLUS coaching
- Cardio PLUS
- HIIT Workouts
- Advanced Comp





CANCELLATION POLICY

- We run a flexible adult tennis program - meaning you don't have to lock into a set time or day (we do however recommend it)
- **Cancellation policy:** Should your plans change, you'll need to cancel your session via the Mindbody booking site (or VTA app) **12 hours prior to the start time** and you'll receive a credit to rebook
- Unfortunately fixed courses cannot be allocated make ups due to the set structure, but we have factored into the costings that players may miss a lesson due to unforeseen circumstances.
- For **social events, workshops and private lessons we required 24 hours** notice.
- You should work on the basis that programs are running unless we contact you to advise otherwise. **In the event of cancellation due to rain or heat (37 degrees), we will contact you via SMS or email** (you can choose this preference in your account settings - click here to adjust). If you are unsure, please contact the venue reception
- Players arriving later than 10 minutes past the start time may be declined from joining the session for safety reasons. In this event, your pass will be forfeited.

Packages

Flexible, accessible, affordable options for all players.
Buy classes casually or in packages.

Casual Cardio
$32

$30 per class
Valid for 30 days

10x Cardio
$285
Book ahead for term

$28.50 per class
Valid 90 days

Casual Coaching
$37

$37 per class
Valid for 30 days

10x Coaching classes
$320
Book ahead for term

$32 per class
Valid 90 days

Casual coaching
(90 minutes)
$45

$45 per class
Valid for 30 days

10x coaching classes
(90 minutes)
$400

$40 per class
Valid for 90 days

Playing Passes

Fortnightly direct debit. No first time joining fee. Passes can be used for both Cardio tennis, group coaching & social tennis.
Effective 1st of September 2025-31st August 2026

2x Weekly
$120/fortnight

2 classes per week
$30/per class

3x Weekly
$150/fortnight

3 classes per week
$25/per class

4x Weekly
$180/fortnight

4 classes per week
$22.50/per class

All playing pass holders receive the following additional benefits:

- 30% discount off casual court hire bookings
- 30% discount off additional group classes
- 30% discount off competitions



Private lessons

Why take private lessons?

- Tailored learning to your needs - our coaches will customise your lesson and learning to suit your goals and current stage of progress
- Focus on technical changes in a focused environment
- Learn at your own pace with the full attention of your coach
- We recommend prvate lessons compliment other training, such as group or competitive options

Policy

- For cancellation/reschedule of private lessons we required 24 hours notice.
- 10 packages receive a 10% discount, with 3 month expiration to complete the package
- Please notify your venue reception should you need to cancel lessons
- Lessons with more than 1 player will incur additional fees

Pricing options

Casual (1:1) 30 Min $65	**10 Package 30 Min (1:1)** $600	**10 Package 60 Min (2:1)** $53pp
Casual (1:1) 45 Min $88	**10 Package 45 Min (1:1)** $800	**10 Package 60 Min (3:1)** **$**40pp
Casual (1:1) 60 Min $110	**10 Package 60 Min (1:1)** $990	**10 Package 60 Min (4:1)** $35pp

All casual lesson to be booked online via www.victennisacademy.com.au
Prices inclusive of 10 package discount



Demo Programme

Try before you buy

Each time you rent a demo-racquet for $10 you will receive an equal credit on your account (up to $30 credit).

If you decide to purchase a racquet, your accumulated credit will be applied to the purchase price.

The Demo Programme expires 30 days after the first visit .

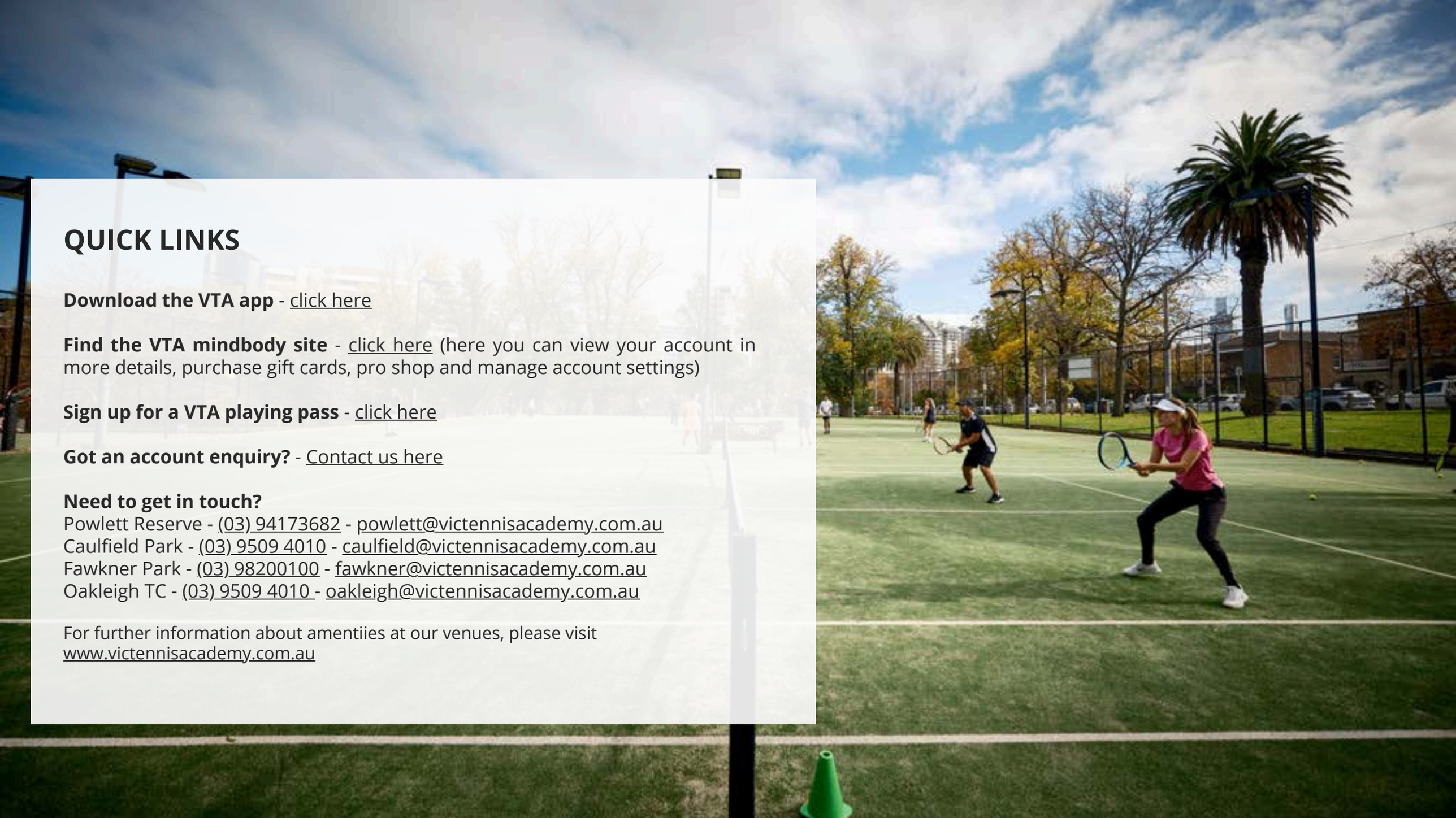
Racquet Rental

Need a racquet for your session?

Stop by our Pro Shop and chat with one of our friendly Staff members

Racquet hire: $5

Demo hire: $10



QUICK LINKS

Download the VTA app - click here

Find the VTA mindbody site - click here (here you can view your account in more details, purchase gift cards, pro shop and manage account settings)

Sign up for a VTA playing pass - click here

Got an account enquiry? - Contact us here

Need to get in touch?
Powlett Reserve - (03) 94173682 - powlett@victennisacademy.com.au
Caulfield Park - (03) 9509 4010 - caulfield@victennisacademy.com.au
Fawkner Park - (03) 98200100 - fawkner@victennisacademy.com.au
Oakleigh TC - (03) 9509 4010 - oakleigh@victennisacademy.com.au

For further information about amentiies at our venues, please visit www.victennisacademy.com.au


VTA
Victorian
Tennis Academy
Inspiring Tennis