



MOURATOGLOU
TENNIS CENTER
Jumeirah

A TENNIS OASIS IN DUBAI

JUNIOR PROGRAM
Fall 2021



MOURATOGLOU-DUBAI.COM

JUNIOR PROGRAM

A TENNIS OASIS IN DUBAI



Term Starts 5 of Sep and ends Dec 11 (14 weeks).

Open day: Sep 1st 2021



RED BALL AGES 3-7

The perfect initiation to tennis. The Red Ball (known as Stage 3) is 75% slower than the standard yellow tennis ball. It is taught on a smaller court with a mini-tennis net. The instructions are crafted to make kids fall in love with tennis.

DURATION **60'** MIN



ORANGE BALL AGES 7-8

The 2nd level of learning the game. The Orange Ball (Stage 2) is 50% slower than the yellow ball. Students here learn how to develop proper techniques and a deeper passion for the sport. It is taught on 3/4th of a standard court with a regular net.

DURATION **60'** MIN



GREEN BALL AGES 9-10

Green Balls (Stage 1) is 25% slower than a yellow ball. Students here are exposed to live ball drills. They learn to become more consistent and tactical players. It is taught on a full-size court with a regular net.

DURATION **60'** MIN



YELLOW BALL AGES 10+

Players must ideally progress through all 3 stages to reach the yellow ball. Players here will be ready to train as adults, and are able to compete in tournaments on a full court. Players at this level are usually above the age of 10.

DURATION **60'** MIN



JUNIOR DEVELOPMENT AGES 10+

Our high performance junior program is an intensive training program designed to help your child reach their full potential. They will train like pros, with an emphasis on fitness and tactics under the Mouratoglou methodology. The program will include 3 match play days.

DURATION **120'** MIN

JUNIOR PROGRAM

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SCHEDULE



JUMEIRAH BEACH HOTEL

Term Starts 5 of Sep and ends Dec 11 (14 weeks).

SUN

4 – 5 PM

*Red / Orange /
Green Balls*

5 – 6 PM

*Red / Orange /
Green Balls*

6 – 7 PM

Yellow Ball

6 – 8 PM

Junior Development

MON

4 – 5 PM

*Red / Orange /
Green Balls*

5 – 6 PM

*Red / Orange /
Green Balls*

6 – 7 PM

Yellow Ball

6 – 8 PM

Junior Development

TUE

4 – 5 PM

*Red / Orange /
Green Balls*

5 – 6 PM

*Red / Orange /
Green Balls*

6 – 7 PM

Yellow Ball

6 – 8 PM

Junior Development

WED

4 – 5 PM

*Red / Orange /
Green Balls*

5 – 6 PM

*Red / Orange /
Green Balls*

6 – 7 PM

Yellow Ball

6 – 8 PM

Junior Development

SAT

4 – 5 PM

*Red / Orange /
Green Balls*

5 – 6 PM

*Red / Orange /
Green Balls*

6 – 7 PM

Yellow Ball

6 – 8 PM

Junior Development

JUNIOR PROGRAMS

RATE CARD

A TENNIS OASIS IN DUBAI



JUMEIRAH BEACH HOTEL

Term Starts 5 of Sep and ends Dec 11 (14 weeks).

1x

per week

1890_{DHS}

JUNIOR DEVELOPMENT

3780_{DHS}*

2x

per week

3640_{DHS}

JUNIOR DEVELOPMENT

6950_{DHS}*

3x

per week

5250_{DHS}

JUNIOR DEVELOPMENT

9970_{DHS}*

J-Club Members receive up to 10% Off.

* Includes match days on 3 Fridays during the term.

A TENNIS OASIS IN DUBAI



JOIN US



+971-50-316 9108

Mouratoglou Tennis Center Jumeirah



04-366 6821

Madinat Jumeirah

| 04-406 8872

Jumeirah Beach Hotel



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mtcj.moonball.app

