

LIFETIME TENNIS

2023 Program Information

Ambiwerra Centre



Achieve your dreams!

INTRODUCTION | ABOUT LIFETIME

Firstly, we want to thank everyone involved in LifeTime Tennis programs in 2022. It was a difficult year for many and our team really appreciates the support and positivity shown from all players and families.

For over 30 years LifeTime Tennis has provided quality tennis programs to players wishing to play tennis at a professional level or attain a US College scholarship. Our team of experienced and passionate coaches have a proven track record of developing several of Australia's best players.

LifeTime is recognised by many as one of Australia's Leading Tennis Academies. Players such as Pat Rafter, John Millman, Jason Kubler, Oliver Anderson, Naiktha Bains and many others who have gone on to attain a world ranking have trained with our team.

We have the knowledge and track record to help give players the best possible opportunity to reach their tennis goals.

Over the years we have noticed that players who have gone onto play at the highest level have some common traits. Our experiences and unique team allow us the know-how to teach players what other academies cannot and in turn this allows our players to do what other players can't.

For returning players thank you for trusting our team to help you to continue improving your tennis, if you are new to LifeTime thank you for taking the time to explore our Academy and we hope that we are given the opportunity to help you reach your tennis goals in 2023 and beyond.

We offer a Free Trial lesson in all our squad programs to allow you to see what makes us different and make sure you make the right choice of program. After the trial completion our coaching team will give a recommendation on which sessions and program is best suited.

While we try to be flexible it is important to understand our programs are playing level based and not age. Pending on the players current level we will make our recommendation.

We look forward to seeing you on court at a LifeTime centre soon.

LifeTime Tennis Brisbane West Director
Marc Svenson



SUMMARY OF CHANGES

- There will be slight increase in most service prices in 2023. As is the case with most businesses the price increase is to offset the higher supplier and lease increases.
- Pro Tennis programs will be split into 3 separate sessions based on players UTR rankings. UTR 0 – 4 & UTR 4+ at Ambiwerra (also UTR 6+ at Indooroopilly). We hope by doing this it will make more sessions available for all players and group players in closer standards and in turn provide an even better experience.
- UTR 6+ Indooroopilly – **NOT** available on Friday Term 1 but we are offering Tuesday. From Term 2, we will go back to Mon / Wed / Fri AM, this is due to other school tennis training held at Indooroopilly courts
- UTR 6+ Indooroopilly sessions available to players once again however this will be brought in line to our Pro Tennis programs with a 2-session minimum requirement and included in our fortnightly direct debit.
- Red Ball now reduced to 75min session from Term 1 - 2023

We ask that players to register and nominate training days as soon as possible.

We will return to lessons on Monday the 23rd of January 2023.

Please take your time to read this document as you will find important information on the following:

- Programs explained
- Payment Methods
- **Terms and Conditions**
- 2023 Prices & Membership fees
- Additional Services and Communication
- Direct Debit Dates
- Term Dates
- FAQ available to help you manage booking / payment

If you have any questions, please do not hesitate to contact us on 3716 0077 or email admin@lifetimetennis.com.au

PROGRAMS EXPLAINED | TOTAL TENNIS 75min (Red Ball)

Learn the correct way and keep your tennis improving all year round with our play n learn coaching team.

A fun learning experience that integrates the technical, tactical, and psychological components of tennis to help develop your technique. Giving players the skills required to progress to Orange ball. We also provide tennis clinics during the school holiday.

- 1 hour session + 15 minutes of game / skill work mixed in
- No more than 6 players to 1 coach
- Available from 1 session per week but recommend starting 2 sessions per week

WHO IS IT FOR?

The red ball program is aimed at players new to tennis or with less than 1 year experience. Players are generally aged 5 - 8 years of age who have little experience playing / not quite ready for orange ball class.

WHAT IS THE PRICE?

Your sessions will be calculated based on the number of sessions per week and will be debited fortnightly.

75 MINUTE LESSON – Total Tennis	
Non-Members	Premium Members
1 Squad - \$45 / Wk \$90 Fortnight	1 Squad - \$40.50 / Wk \$81 Fortnight (Save \$4.50 Wk)
2 Squads - \$90 / Wk \$180 Fortnight	2 Squads - \$76.50 per Wk \$153 Fortnight (Save \$13.50 Wk)
3 Squads - \$135 / Wk \$270 Fortnight	3 Squads - \$108 per Wk \$324 Fortnight (Save \$27 Wk)
4 Squads - \$180 / Wk \$360 Fortnight	4 Squads - \$135 per Wk \$270 Fortnight (Save \$45 Wk)
5 Squads - \$225 / Wk \$450 Fortnight	5 Squads - \$157.50 per Wk \$315 Fortnight (Save \$67.50 Wk)

When is it available	Where is it available
Monday Wednesday Friday 3:45 – 5:00pm	Ambiwerra Centre – Corinda (Only)

We recommend each player become a Premium Member to receive the discount rate session.

PROGRAMS EXPLAINED | PRO TENNIS DEVELOPMENT 90min (Orange Ball)

LifeTime Tennis has developed a proven pathway for players who are serious about their tennis and wish to take their game to the higher level. This is known as the Pro Tennis Program and we also provide weekly squads and tennis clinics.

Pro Development Squad is for younger players who are starting to get serious about tennis and is our entry point to Pro Tennis Academy programs.

- 1.25 hour sessions + 15 minutes of game / skill work mixed in
- No more than 4 players to 1 coach

WHO IS IT FOR?

The Pro Tennis Development program is designed for younger players who have started competing in some fixtures or tournaments. Players are generally aged 7 - 10 years of age. This does vary slightly for very advanced players who may be ready for Pro Tennis at an earlier age.

WHAT IS THE PRICE?

Our pricing is based on a minimum of 2 weekly sessions and will be debited fortnightly.

90 MINUTE LESSON – PRO TENNIS DEVELOPMENT	
Non-Members	Premium Members
2 Squads - \$108 / Wk \$216 Fortnight	2 Squads - \$91.80 per Wk \$183.60 Fortnight (Save \$16.20 Wk)
3 Squads - \$162 / Wk \$324 Fortnight	3 Squads - \$129.60 per Wk \$259.20 Fortnight (Save \$32.40 Wk)
4 Squads - \$216 / Wk \$432 Fortnight	4 Squads - \$162 per Wk \$324 Fortnight (Save \$54 Wk)
5 Squads - \$270 / Wk \$540 Fortnight	5 Squads - \$189 per Wk \$378 Fortnight (Save \$81 Wk)

When is it available	Where is it available
Monday Wednesday Thursday Friday 3:45 – 5:15pm	Ambiwerra Centre – Corinda (Only)

We recommend each player become a Premium Member to receive the discount rate session.

PROGRAMS EXPLAINED | PRO TENNIS 135min (Green & Yellow Ball)

The Pro Tennis Squad Program is for players who are seeking national, state or regional rankings. This program is designed for players who want to get the most out of their tennis and have goals of playing college tennis, tournaments and perhaps one day making a career out of tennis. This program is for players who regularly compete in tournaments or fixtures. We also provide tennis clinics during the school holiday.

Available sessions are based around UTR ranking bands. Players will have suitable and recommended sessions made available to them based on their current UTR.

- Session Length: 2.25 hours with 45 minutes of fitness mixed in

TYPICAL SESSION:

- Stretching and movement exercises, and speed, agility and skill work
- Specific hit-up routine incorporating technique adjustment
- On court drilling with focus while under physical and psychological stress
- Point play and Warm Down / training diaries

WHO IS IT FOR?

The Pro Tennis Programs are designed for advanced players who are currently playing tournaments and/or fixtures. Players are generally aged 8 – 17 years of age. We group players in UTR rankings to ensure similar standards.

WHAT IS THE PRICE?

Our pricing is based on a minimum of 2 weekly sessions and will be debited fortnightly.

We recommend each player become a Premium Member to receive the discount rate session.

135 MINUTE LESSON – PRO TENNIS	
Non-Member	Premium Members
2 Squads - \$145 / Wk \$290 Fortnight	2 Squads - \$123.25 per Wk \$246.50 Fortnight (Save \$21.75 Wk)
3 Squads - \$217.50 / Wk \$435 Fortnight	3 Squads - \$174 per Wk \$348 Fortnight (Save \$43.50 Wk)
4 Squads - \$290 / Wk \$580 Fortnight	4 Squads - \$217.50 per Wk \$435 Fortnight (Save \$72.50 Wk)
5 Squads - \$362.50 / Wk \$725 Fortnight	5 Squads - \$253.75 per Wk \$507.50 Fortnight (Save \$108.75 Wk)

Training Time	Available Players & Location
Monday to Friday 4:30 – 6:45pm	UTR ranked 0 – 4 (at Ambiwerra Centre)
Monday to Friday 3:45 – 6:00pm	UTR ranked 4 – 10 (at Ambiwerra Centre)
Monday Tuesday Wednesday 6:30 – 8:00am	UTR ranked 6 – 10 (at Indooroopilly Centre)
Tuesday Thursday 6:30 – 8:00am	UTR ranked 4 – 6 (at Ambiwerra Centre)

PROGRAMS EXPLAINED | COACH SUPPORT

Over the years LifeTime Tennis offered a number of tournament support. During selected events LifeTime will offer full coach support where we offer full day support. These events will have a small daily charge. (Rod Laver tournaments only)

Over the course of the year our coaching team will be attending tournaments where possible, we do not charge a fee for this. Please feel free to join warm ups and pick our brains if you see us at your next tournament!

PROGRAMS EXPLAINED | HOLIDAY CLINICS

During school holiday breaks LifeTime Tennis operate Performance Tennis Clinics with half day training options available. In our experience the school holidays provide a great opportunity for players to get additional time on court. Some of the most significant improvements in players games are made in tennis clinics.

Tennis Clinics are offered during all school holidays except public holidays.

PHYSIO / STRENGTH AND CONDITIONING

Through our partnership between LifeTime Tennis and Ignite Physical Performance we will endeavour to develop more athletic and resilient tennis players. We aim to provide a consistent, progressive and disciplined program based on best practice management.

We value hard work, dedication and young athletes who are striving to become good people. Ignite Physical Performance offers one on one and additional small group fitness sessions for players wanting more. We recommend contacting Cody and his team for more information.

Strength and Conditioning

Sherwood Districts AFC

41 Chelmer Street East

ignitepp.com.au

Physio

537 Boundary Street, Spring Hill (Located at Lindsay Triggar Physiotherapy)

PROGRAMS EXPLAINED | MEMBERSHIP BENEFITS

To be awarded the full discount we recommend all players sign up for Premium Memberships.

WHAT DO YOU GET!

- Tennis QLD Insurance and Membership | My Tennis ID renewal (needed for tournament entry)
- Members rate Private and Shared Private Lessons
- Members rate squad pricing (Max savings \$1015 per Term!)
- FREE Daytime Court Hire **1.5 hours per day** and 25% OFF Night-time Court Hire
- 15% OFF Pro Shop Equipment & Members Restringing Rates

Premium Memberships	
	Month to Month Contract
Single Member	\$27
Family Membership 2+	\$54

Family Membership is available up to 4 x immediate family members

Important

We often get asked if the membership can be shared between children and family members. Our membership is a single membership just like gym memberships and we cannot extend your private discount to a second player & other family member.

Remember to book your Free Day Time court by logging in as players

Players are the members, not parents.

We often receive emails and call regarding not successfully book a court.

Please [click here](#) for our support / common questions

PRO TENNIS SQUADS PAYMENT METHODS | POLICIES

Minimum of 2 Weekly Squad Sessions

To be a Pro Tennis Academy athlete (Orange, Green & Yellow ball squads), players must attend a minimum of 2 Pro Tennis squad or Pro Tennis Development Squad sessions each week.

Why? There is no shortcut for volume of time on court. We do not believe that by seeing a player only once a week we can make a real difference to their tennis.

The Pro Tennis Academy is all about making a difference to players. We have decided not to accept players who cannot commit to more than one session per week.

We understand that the above can be a sticking point for some players and we acknowledge that our programs are not for everyone, it is a very strong principal of ours and to remain consistent we will not be able to make allowances.

We have a structured discount available to assist players attending more sessions and for players with siblings who are also registered.

Fee Charges

Direct Debit Only

Master card, Visa, AmEx, Cheque or Savings available

Our office does not issue invoices for squad lessons rather our year runs to the public-school terms. You will be direct debited the agreed amount every 2 weeks during school term only. This will remain unchanged until the end of Term 4 2023 unless you wish to make changes.

You will not be billed over the holiday periods. When you first sign up our admin team will send you an email with Term 1 ~ Term 4 break down of charge dates. Please read carefully and understand the term dates, charge dates and book your make up before the end of each term.

If you attend additional sessions above the paid and agreed amount, our team will reconcile at the end of each term and send an email detailing additional sessions and charges.

Important: You can find all account and billing information online under your account in mindbody. As such LifeTime does not issue statements and you will be able to view all the needed information online. Please contact the office if you are unsure or require technical support.

Make up Lessons

1. Players must complete registered sessions by the end of each term.
2. No credit apply for any missed sessions which include rain / public holidays, this also include competing in tournament during the school term.
3. We ask you to contact office to book your missed sessions include rain days and public holidays, it is up to you to complete all registered sessions by the end each term.

It is important that players attend lessons to improve, we want to make a difference with players and expect a level of commitment from them.

If you feel that you would not be able to prioritise your tennis training at LifeTime Tennis first, please reconsider signing up to LifeTime Academy Squads as they are programs which require a high level of commitment.

While we do our best to be fair. Make ups should not be seen as a given. Please check your calendar and work out what days you will be absent, and we can help you book for early make ups if the spots are free in the right session. Please help us by letting our team know as early as you can and put your tennis first where possible.

1. Make up lessons cannot be rolled over from term to term.
2. Make up squads cannot be used for Holiday Tennis Clinics
3. Make ups cannot be traded for any other service (privates, Restrings etc.)
4. Term 4 make ups must be completed in term 4. Remaining lessons will be missed.

Sign Waiver

It is important that you sign the 2023 waiver before commencing our program. This is a way of us know that you have read the important information and are happy to continue with registration. We value transparency and want everyone to be on the same page.



Once the waiver is signed and you have agreed to the direct debit schedule your registration will be complete.

After completion of registration, you will receive a **FREE** LifeTime training shirt per calendar year + training diary in 2023.

Also if you have been with LifeTime Tennis for more than 12 months and have not collected your **FREE** Training bag please see our admin team.

PRIVATE LESSON PAYMENT METHODS | POLICIES

Maximum of 1 Private in Peak Time

In line with our philosophy of squads taking priority in the development of players over private lessons, we continue to only allow a maximum of 1 private per player in peak times.

Peak times are 3:45 - 7:45PM Monday - Friday.

Players are encouraged to communicate with your private coach and arrange lessons on weekends, during school hours or before school when available.

Prerequisite for Private Lessons

Our performance coaching team prioritises Academy players. We require that players attend a minimum of two squads weekly to be eligible for a private lesson with performance coaches.

Performance Coaches Available

Marc Svenson | David Glinster | Michael McGlinchey | Darren Verrall | Jack Moore

Fee Charges / Credits / Accounts for Privates

Direct Debit Only

Private lessons charges are separate to squad charges, private lessons are charged every night from the payment method on the player's file.

An email receipt will be sent once the payment has been processed.

Private lessons are only charged after the completion of the lesson. We DO NOT charge prior to the lesson.

Late cancel

If you cancel your lesson with less than 6hours notice, there will be a charge of 50% of the lesson value. This will help to cover the cost of the coach's time.

2023 Pricing List *Effective 23 Jan 2023

75 Minute Lesson – Total Tennis (Red Ball)		
	Non-Members	Premium Members
1	\$45 / Wk \$90 Fortnight	\$40.50 / Wk \$81 Fortnight (Save \$4.50 Wk)
2	\$90 / Wk \$180 Fortnight	\$76.50 per Wk \$153 Fortnight (Save \$13.50 Wk)
3	\$135 / Wk \$270 Fortnight	\$108 per Wk \$216 Fortnight (Save \$27 Wk)
4	\$180 / Wk \$360 Fortnight	\$135 per Wk \$270 Fortnight (Save \$45 Wk)
5	\$225 / Wk \$450 Fortnight	\$157.50 per Wk \$315 Fortnight (Save \$67.50 Wk)

90 Minute Lesson – Pro Tennis Development (Orange Ball)		
	Non-Members	Premium Members
2	\$108 / Wk \$216 Fortnight	\$91.80 per Wk \$183.60 Fortnight (Save \$16.20 Wk)
3	\$162 / Wk \$324 Fortnight	\$129.60 per Wk \$259.20 Fortnight (Save \$32.40 Wk)
4	\$216 / Wk \$432 Fortnight	\$162 per Wk \$324 Fortnight (Save \$54 Wk)
5	\$270 / Wk \$540 Fortnight	\$189 per Wk \$378 Fortnight (Save \$81 Wk)

135 Minute Lesson – Pro Tennis (Green / Yellow Ball)		
	Non-Members	Premium Members
2	\$145 / Wk \$290 Fortnight	\$123.25 / Wk \$246.50 Fortnight (Save \$21.75) Wk
3	\$217.50 / Wk \$435 Fortnight	\$174 per Wk \$348 Fortnight (Save \$43.50 Wk)
4	\$290 / Wk \$580 Fortnight	\$217.50 per Wk \$435 Fortnight (Save \$72.50 Wk)
5	\$362.50 / Wk \$725 Fortnight	\$253.75 per Wk \$507.50 Fortnight (Save \$108.75 Wk)

Performance Coach Private Lesson		
	Non-Members	Premium Members
60min	\$115	\$103.50
45min	\$92	\$82.80
30min	\$66	\$59.40

Assistant Coach Private Lesson / Hitting Session		
	Non-Members	Premium Members
60min	\$78	\$70.20
45min	\$62	\$55.80
30min	\$45	\$40.50

LifeTime Tennis Brisbane West Billing and Lesson Schedule 2023

Term 1 Week 1 DD	Week 2	Week 3 DD	Week 4	Week 5 DD	Week 6	Week 7 DD	Week 8
23/01 ~ 29/01	30/01 ~ 05/02	06/02 ~ 12/02	13/02 ~ 19/02	20/02 ~ 26/02	27/02 ~ 05/03	06/03 ~ 12/03	13/03 ~ 19/03
Week 9 DD	Week 10	Holiday Week	Holiday Week	Term 2 Week 1 DD	Week 2	Week 3 DD	Week 4
20/03 ~ 26/03	27/03 ~ 02/04	03/04 ~ 09/04	10/04 ~ 16/04	17/04 ~ 23/04	24/04 ~ 30/04	01/05 ~ 07/05	08/05 ~ 14/05
Week 5 DD	Week 6	Week 7 DD	Week 8	Week 9 DD	Week 10	Holiday Week	Holiday Week
15/05 ~ 21/05	22/05 ~ 28/05	29/05 ~ 04/06	05/06 ~ 11/06	12/06 ~ 18/06	19/06 ~ 25/06	26/06 ~ 02/07	03/07 ~ 09/07
Term 3 Week 1 DD	Week 2	Week 3 DD	Week 4	Week 5 DD	Week 6	Week 7 DD	Week 8
10/07 ~ 16/07	17/07 ~ 23/07	24/07 ~ 30/07	31/07 ~ 06/08	07/08 ~ 13/08	14/08 ~ 20/08	21/08 ~ 27/08	28/08 ~ 03/09
Week 9 DD	Week 10	Holiday Week	Holiday Week	Term 4 Week 1 DD	Week 2	Week 3 DD	Week 4
04/09 ~ 10/09	11/09 ~ 17/09	18/09 ~ 24/09	25/09 ~ 01/10	02/10 ~ 08/10	09/10 ~ 15/10	16/10 ~ 22/10	23/10 ~ 29/10
Week 5 DD	Week 6	Week 7 DD	Week 8	Week 9 DD	Week 10 DD	Holiday Week	Holiday Week
30/10 ~ 05/11	06/11 ~ 12/11	13/11 ~ 19/11	20/11 ~ 26/11	27/11 ~ 03/12	04/12 ~ 10/12	11/12 ~ 17/12	18/12 ~ 24/12

Direct Debit Week = **Week 1 / 3 / 5 / 7 / 9** (written in Yellow) | Holiday Week = No Charges

Term Dates 2023 and Public Holidays (No Lessons on Public Holidays)

Term 1 - Monday 23/01 ~ Friday 02/04 (10 weeks)

- Thursday 26/01 – Australia Day

Term 2 – Monday 17/04 ~ Friday 25/06 (10 weeks)

- Tuesday 25/04 - Anzac Day
- Monday 01/05 - Labour Day

Term 3 - Monday 10/07 ~ Friday 17/09 (10 weeks)

- Wednesday 16/08 – Ekka Holiday

Term 4 - Tuesday 03/10 ~ Friday 10/12 (10 weeks)

- Monday 02/10 – King's Birthday

Weekend Make Up Lessons

There will be weekend make ups available for above public holidays. Players can also attend additional / different days then their normal schedule to catch up.

Additional Make Up lessons will be offered pending on weather and other events which occur throughout the year. These sessions will be released closer to the date of the make-up.

CONCLUSION | SOCIAL MEDIA & COMMUNICATION

Please use our website and support desk.

We do our best to provide players and parents with the most up to date news, invitations to events and specials. Even though we do our best there will be times that emails are missed or end up in promotions folders etc. To avoid missing out we recommend you make it a habit to check in with our website at least once a month to make sure your up with our latest.

We will do our best to keep all important information on there and we also encourage you to use our online help desk and support. Here you will find most of the answers to questions commonly asked.

Email

Please make sure you let our office know if your email address requires updating. If you do not receive our e-newsletter once a month, please check to make sure that we have the correct email address and that you are on the mailing list. If you change your email address, please notify office as well as updating in mindbody.

Website

We endeavour to update the website with all information for online bookings including camps, tournaments, tours, coach support and make up sessions. You can always log into your mindbody online account via the website.

Social Media

Don't forget to follow our facebook click here: <https://www.facebook.com/lifetime.tennis.1> and Instagram click here: <https://www.instagram.com/lifetimetennis/>

FAQ / Support

We have spent a lot of time creating a very useful support base online which players and parents can always access to find answers to our most common questions. Information on using mindbody, make ups, lesson dates etc can all be found on this. Check it out now.

On our website – www.lifetimetennis.com.au > [Go to Support.](#)

Please sign the 2023 waiver through our office and complete the registration process with Jason and Ike. If you have any questions, please do not hesitate to ask our friendly team.

Thank you for reading and bring on 2023!
LifeTime Tennis Brisbane West