

# ADULTS CLINICS:

## WHO ARE WE?

Andres Baca and Nelson Perez, Top Performance Tennis Academy (TPT). TPT brings with them a rich background of experience, a passion for the sport, and an unwavering dedication to coaching at the highest level.

TPT has a clear mission and that is to form and educate kids and adults about tennis, teach technique fundamentals, biomechanics, tactics, strategy and more.

### Nelson Perez - Co-Head Coach

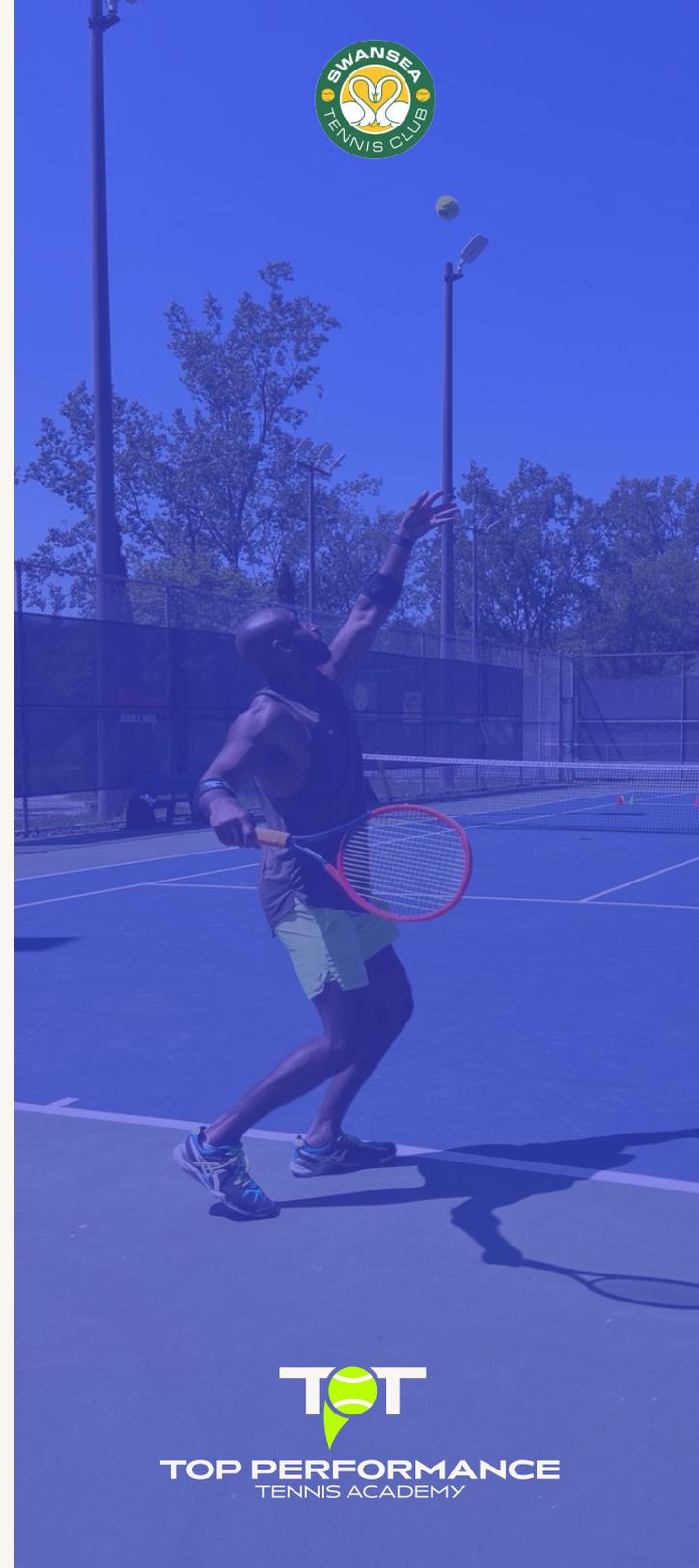


From Maracaibo, Venezuela, he came to Canada in 2014. He's an ITF and Tennis Canada Certified Coach, currently completing his Club Pro 2 Certification. A former Top-10 as a junior in Venezuela. Played competitively in the Future and Challenger tour in Venezuela for two years, and has 15+ years of coaching experience in all levels. Loves music, travelling, movies and sports.

### Andres Baca - Co-Head Coach



From Maracaibo, Venezuela, he came to Canada in 2014. He is an ITF and Tennis Canada Certified Coach, currently completing his Club Pro 2 Certification. He is a former Top-20 as a junior in Venezuela with 15+ years of coaching experience in all levels, working with athletes from all ages, from beginners to high performance players. Loves fitness, padel, travelling and food.



		START TIME	END TIME
<b>Mon</b>	Morning Workout (2.0+)	8:00 AM	9:30 AM
<b>Mon</b>	Cardio Tennis (All Levels)	12:00 PM	1:30 PM
<b>Mon</b>	Advanced Clinic (4.0+)	6:00 PM	7:30 PM
<b>Mon</b>	Decision Making Strategy <small>for Intermediates (3.0-3.5)</small>	7:30 PM	9:00 PM
<b>Mon</b>	Fundamentals Clinic <small>for Beginners (2.0-2.5)</small>	9:00 PM	10:30 PM
<b>Tues</b>	Decision Making & Strategy <small>for Intermediates (3.0-3.5)</small>	12:00 PM	1:30 PM
<b>Tues</b>	Intermediate Clinic (3.0-3.5)	6:00 PM	7:30 PM
<b>Tues</b>	Introduction to Tennis (1.0-1.5)	7:30 PM	9:00 PM
<b>Tues</b>	Advanced Clinic (4.0+)	9:00 PM	10:30 PM
<b>Wed</b>	Morning Workout (3.0)	8:00 AM	9:30 AM
<b>Wed</b>	Cardio Tennis (All Levels)	12:00 PM	1:30 PM
<b>Wed</b>	Tournament Prep Clinic <small>(4.5+for OTA active playes)</small>	6:00 PM	7:30 PM
<b>Wed</b>	Fundamentals Clinic <small>for Beginners (2.0-2.5)</small>	7:30 PM	9:00 PM
<b>Wed</b>	Intermediate Clinic (3.0-3.5)	9:00 PM	10:30 PM
<b>Thurs</b>	Decision Making & Strategy	12:00 PM	1:30 PM
<b>Thurs</b>	Cardio Tennis (All Levels)	6:00 PM	7:30 PM
<b>Thurs</b>	Doubles Strategy (2.5+)	7:30 PM	9:00 PM
<b>Thurs</b>	Decision Making & Strategy (4.0+)	9:00 PM	10:30 PM
<b>Fri</b>	Intermediate Clinic (3.0-3.5)	12:00 PM	1:30 PM
<b>Sat</b>	Intermediate Clinic (3.0-3.5)	9:00 AM	10:30 AM
<b>Sat</b>	Fundamentals Clinic <small>for Beginners (2.0-2.5)</small>	10:30 AM	12:30 PM

[www.tperformancetennis.com](http://www.tperformancetennis.com)

Email: [swansea@tperformancetennis.com](mailto:swansea@tperformancetennis.com)

Instagram: @tperformancetennis

Facebook: Top Performance Tennis Academy

Andres Baca - @andreseliasbc – 647.892.5372

Nelson Perez - @nelsonperez – 647.703.7826

# PRIVATE LESSONS

**\$90**  
WITH HEAD PRO

**\$80**  
WITH ASSISTANT PRO

# SEMI-PRIVATE LESSONS

**\$120 WITH HEAD PRO**  
(DIVIDED BY TWO)

**\$100 WITH ASSISTANT PRO**  
(DIVIDED BY TWO)

# GROUP LESSONS (3-4PPL)

**\$150 WITH HEAD PRO**  
DIVIDED BY THE GROUP

**\$120 WITH ASSISTANT PRO**  
- DIVIDED BY THE GROUP

## MORNING WORKOUT

Tennis drills combined with specific tennis-related workouts for all skill levels. Ideal to start your day with a tennis workout.

## CARDIO TENNIS

A dynamic fitness program that combines traditional tennis drills with cardiovascular exercise, aiming to enhance overall fitness levels while enjoying the sport.

## ADVANCED CLINIC

Offers intensive training for seasoned players, refining their strategic gameplay, technical proficiency, and fitness to elevate their performance to an elite level.

## DECISION MAKING STRATEGY

Hones strategic thinking and on-court intelligence, empowering players to make informed choices, optimize shot selection, and elevate their overall tactical prowess.

## FUNDAMENTALS CLINIC

Offers fundamental instruction and a supportive environment for novices to develop basic skills, build confidence, and ignite a passion for the game.

## INTERMEDIATE CLINIC

Ideal to sharpen skills, enhance consistency, and elevate the players transitioning from beginner to a more competitive level.

## INTRODUCTION TO TENNIS

Offers fundamental instruction and a supportive environment for newcomers to tennis to develop basic skills, build confidence, and ignite a passion for the game.

## ADVANCED CLINIC

Offers intensive training for seasoned players, refining their strategic gameplay, technical proficiency, and fitness to elevate their performance to an elite level.

