

TAZH Season Courses 2018/19



TAZH - Tennis Academy Zuerich
Zuerichstrasse 63
8607 Aathal-Seegraeben
+41 - 76 - 476 80 60
tennisacademyzuerich@gmail.com
www.tennisacademyzuerich.com

Training Start/ Training End:

The **Summer Season Courses** start on **16.4.2018** and end on **21.10.2018**.

The **Winter Season Courses** start on **22.10.2018** and end on **14.4.2019**.

There is no training during the official Zuerich holidays like Easter, Auffahrt, Knabenschiessen etc. .

For the kids and juniors there is no training during the Zuerich school breaks at Christmas and summer.

For the adults there is no training during the Christmas school break in Zuerich.

Training Locations Winter:

1. Tennishalle Faellanden, Industriestrasse 40, 8117 Faellanden
2. Tennishalle Urdorf, Steinackerstrasse 20, 8902 Urdorf

Training Locations Summer:

1. Tennishalle Faellanden, Industriestrasse 40, 8117 Faellanden
2. Tennisanlage Lengg, Bleulerstrasse 41, 8008 Zuerich (only before 2 p.m.)
3. Tenniscenter Urdorf, Steinackerstrasse 20, 8902 Urdorf

On all other locations we also offer One-Time lessons and camps

Training Courses for Kids and JUNiors:

- Kids Training:

This training program is designed for beginners and kids age 4 - 7, who still play in the small court (Stage Red). The training is designed after the Swiss Tennis Program for Kids Tennis. We train at least twice a week for 60 minutes on smaller courts and with lighter and softer balls (in groups from 4 - 6 kids). In order to participate in the training program, the kids need to be able to throw and catch balls already and the parents should be willing to practice this with their kids.

- Junior Training:

This training program is designed for players, who play on the full court already (or Stage Orange or Green).

In order to participate in the Junior Training at TAZH, the players need to set tennis at TAZH as their priority and plan other activities besides school, after the training schedule was made. Only like this we can make sure that we have good training groups that enable the players to improve as much as possible. The players are required to participate in, at least, 5 tournaments per season. On 3 selected tournaments they will receive coaching on these tournaments for free.

The basic Junior Training program includes 2 x 90 minutes training per week, which consist of 1 x 60 minutes tennis training in a group of 2 players and 1 x 60 minutes tennis training in a group of 4-5 players. On top of that there will be 2 x 30 minutes tennis fitness training before or after the 60 minutes tennis training each.

Players who want to train more can book additional One-On-One Training, Sparring, or training in other group sizes.

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Training Courses for Adults:

- One-On-One Training:

This Training Program is designed for players who are looking to improve quickly. Especially if you want to improve your techniques, this intense training is the one for you. It is also a good alternative, if you don't have enough available training times to be matched with a group. It's also possible to do a 30 min. lesson before the regular group training.

- Sparring:

Especially for tournament players the sparring is a good way to get used to a more powerful and accurate game. The Sparring-Coach will make suggestions what exercises to do, but he will not give any advice for your game or techniques. It's also a good idea to do a 30 min. or even 60 min. sparring after the regular group training.

- Tennis Fitness Training:

Especially for tournament players we offer tennis specific strength and conditioning training on and off the court. For the younger ones, we do a more fun oriented fitness training with a lot of games. Training Sessions are 1-3 times a week for 60 min. each, in groups of 4 - 8 Players. It is also possible to book personal training at additional cost.

- Adult Group Training:

The Adult Group Training is available for 4 different playing levels:

Beginner: The players have never trained with a coach, but might have played by themselves.

Medium Level: The players had some training already and know the basics of all the shots and the footwork.

Advanced Level: The players have learned all the shots with different spin and know when to use them.

Tournament Players: The players have tournament experience already or are ready to start playing tournaments.

We train in groups of 4-5 players up to 3 times a week for 90 minutes each. Beginners can rent rackets from us and just need tennis shoes and sport clothes to get started.

- Students Training:

This discounted Training Program is designed especially for students and is available between 9:00 and 17:00. Non students can join these groups for an additional charge of 10%.

We train in groups of 4-6 players and beginners can rent rackets from us. We have different training groups for all levels of players. Each training session is 60 minutes.

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Applications:

Please fill out a form for each participant and course, sign it and send it either by **e-mail** to tennisacademyzuerich@gmail.com or by **mail** at Tennis Academy Zuerich, Zuerichstr. 63, 8607 Aathal or hand it in an envelope to a coach directly.

Please make sure you read our training and business policies (below), which you accept by signing the forms.

Keep in mind that your application is binding and can only be cancelled at certain charges again. In case we will have no training group for you at your desired times, you don't have to pay anything, of course and your application will be terminated automatically at the beginning of the season.

Important!

When adults apply for a course with one training session per week, you need to give us at least 6 possible training times per week and for a course with 2 or more training sessions per week, you need to give us at least 9 options. If you cannot give us enough possible training times, you should register for a two player group or One-On-One training instead.

For the kids and juniors we require at least 4 weekdays where the players are available after the school is finished. We also ask you to send us the school schedule of your kids, so we can also see when they have sport in school.

Application deadline for summer courses: 04.02.2018

Application deadline for winter courses: 01.09.2018

(New players at TAZH can still register after the deadline, if we have an opening for you or if we can build a new group. (you only pay the remaining balance for the season then)

Players who have been training with TAZH already and just missed the deadline, have to pay an extra service fee of 10%. After the training plan was made already, the extra charge is 20%.

So, please make sure to hand us the application forms in time!

TAZH Season Courses 2018/19



TAZH Training Terms & Conditions:

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As soon as the training plan for the season is done, you will receive your training time and the bill by e-mail. The bill has to be paid within 3 weeks. If you wish to pay in 2 or more payments, please send us a short request by e-mail or note it on the application form already. In case the bill was not paid in time the players can be excluded from the training until the payment was made.

The coaches will make the final decision which player will fit best in which group, but of course you can make requests on the application forms.

In case it is necessary, we can still make changes to the groups and training times during the season and will use the same training times you gave us on the forms.

Players that do not follow the instructions of the coaches can be excluded from training without receiving a refund.

In case you miss a training class, we can not refund the money or guarantee to give you a time to make up for the lesson, but we will try our best to do so. In case you can not attend a course for a longer time period (because of injury, relocation, work, etc.) you can give (or sell) your training time to somebody else. But he needs to fit into the group and it is the final decision of the coaches, to accept the substitute.

We don't take any responsibility for injuries or accidents occurring during, or on the way to a training session. Insurance is the responsibility of each participant.

The TAZH disclaims any liability.

The application for the training courses is binding and can only be cancelled under the following circumstances and cancellation fees:

1. If you cancel your application after the application deadline, you have to pay a cancellation fee of 50% of the total training fee.
2. If you cancel your application after the training plan was made, you have to pay 75% of the total training fee.
3. Once the season has started, you can not cancel your application anymore and have to pay the full training fee.

(No matter what reason (injury, relocation, work etc.) you would like to cancel your application for)

By signing the application form you accept our training terms & conditions.

We thank you very much for your application at TAZH and hope you will enjoy your training and improve your game with us as much as you want.

Kind regards,

your TAZH - Team

Application

Kids Training (small court) 2018/19



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First Name: _____

Name: _____

D.o.b.: _____ Level/ Years: _____ Ranking: _____

Address: _____

Phone: _____ e-mail: _____

I have read and accept all TAZH training terms & conditions and register myself/my child for the following courses:

- 2 x 60 Min. Kids Training/ Week Summer (1590,- CHF)
- 3 x 60 Min. Kids Training/ Week Summer (2350,- CHF)
- 2 x 60 Min. Kids Training/ Week Winter (1890,- CHF)
- 3 x 60 Min. Kids Training/ Week Winter (2790,- CHF)

Preferred language: German English Spanish French

I am ok with a smaller group at additional cost: Yes No

I would prefer 1 2 3 4 monthly payments.

I can participate in the training at the following times:
 (at least 4 possible afternoons during the week are required and please attach the school schedule)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00							
10:00 - 11:00							
11:00 - 12:00							
12:00 - 13:00							
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							
17:00 - 18:00							
18:00 - 19:00							
19:00 - 20:00							
20:00 - 21:00							

Name parent: _____

Signature: _____ City, date: _____

Application Junior Training 2018/19



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First Name: _____

Name: _____

D.o.b.: _____ Level/ Years: _____ Ranking: _____

Address: _____

Phone: _____ e-mail: _____

I have read and accept all TAZH training terms & conditions and register myself/my child for the following courses:

2 x 90 Min. Junior Training/ Week. Summer (2890,- CHF) () Winter (3490,- CHF) ()

In addition to that we book:

1 x 60 Min. Sparring/ Week Summer (2290,- CHF) () Winter (2850,- CHF) ()

1 x 60 Min. private Training/ Wo. Summer (2990,- CHF) () Winter (3790,- CHF) ()

1 x 60 Min. Group of 2 Training/ Wo. Summer (1590,- CHF) () Winter (1990,- CHF) ()

1 x 60 Min. Group of 3 Training/ Wo. Summer (1090,- CHF) () Winter (1390,- CHF) ()

1 x 60 Min. Group of 4 Training/ Wo. Summer (890,- CHF) () Winter (1090,- CHF) ()

Preferred language: German () English () Spanish () French ()

I would prefer 1() 2() 3() 4() monthly() payments.

I can participate in the training at the following times:

(at least 4 possible afternoons during the week are required and please attach the school schedule)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00							
10:00 - 11:00							
11:00 - 12:00							
12:00 - 13:00							
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							
17:00 - 18:00							
18:00 - 19:00							
19:00 - 20:00							
20:00 - 21:00							

Name parent: _____

Signature: _____ City, date: _____



Application Adult One-On-One Training / Sparring 2018/19

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First Name: _____

Name: _____

D.o.b.: _____ Level/ Years: _____ Ranking: _____

Address: _____

Phone: _____ e-mail: _____

I have read and accept all TAZH training terms & conditions and register myself/my child for the following courses:

- 1 x 30 Min. Sparring/ We. Summer (1350,- CHF) () Winter (1425,- CHF) ()
- 1 x 60 Min. Sparring/ We. Summer (2690,- CHF) () Winter (2850,- CHF) ()
- 2 x 60 Min. Sparring/ We. Summer (5290,- CHF) () Winter (5650,- CHF) ()
- 1 x 30 Min. One-On-One Tr./ We. Summer (1875,- CHF) () Winter (1875,- CHF) ()
- 1 x 60 Min. One-On-One Tr./ We. Summer (3750,- CHF) () Winter (3750,- CHF) ()
- 2 x 60 Min. One-On-One Tr./ We. Summer (7390,- CHF) () Winter (7390,- CHF) ()

Possible Training locations: Faellanden () Urdorf () Lengg (only before 2pm)()

Preferred language: German () English () Spanish () French ()

I would prefer 1() 2() 3() 4() monthly() payments.

I can participate in the training at the following times:

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00							
10:00 - 11:00							
11:00 - 12:00							
12:00 - 13:00							
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							
17:00 - 18:00							
18:00 - 19:00							
19:00 - 20:00							
20:00 - 21:00							

Name (parent): _____

Signature: _____ City, date: _____

Application

Tennis Fitness Training 2018/19



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First Name: _____

Name: _____

D.o.b.: _____ Level/ Years: _____ Ranking: _____

Address: _____

Phone: _____ e-mail: _____

I have read and accept all TAZH training terms & conditions and register myself/my child for the following courses:

- 1 x 60 Min. Tennis Fitness Training/ Week Summer (690,- CHF)
- 2 x 60 Min. Tennis Fitness Training/ Week Summer (1390,- CHF)
- 1 x 60 Min. Tennis Fitness Training/ Week Winter (690,- CHF)
- 2 x 60 Min. Tennis Fitness Training/ Week Winter (1390,- CHF)
- I am interested in Personal Training (at additional cost):

Possible Training locations: Faellanden

Preferred language: German English Spanish French

I would prefer 1() 2() 3() 4() monthly() payments.

I can participate in the training at the following times:
 (please check at least 9 possible times for 2 training session per week)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00							
10:00 - 11:00							
11:00 - 12:00							
12:00 - 13:00							
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							
17:00 - 18:00							
18:00 - 19:00							
19:00 - 20:00							
20:00 - 21:00							

Name (parent): _____

Signature: _____ City, date: _____

Application

Adult Group Training 2018/19



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First Name: _____

Name: _____

D.o.b.: _____ Ranking: _____

Address: _____

Phone: _____ e-mail: _____

Level: Beginner () Medium Level () Advanced Level () Tournament Player ()

I have read and accept all TAZH training terms & conditions and register my Team/ myself for the following courses:

1 x 90 Min. Training	Summer (1490,- CHF) ()	Winter (1490,- CHF) ()
2 x 90 Min. Training	Summer (2890,- CHF) ()	Winter (2890,- CHF) ()
3 x 90 Min. Training	Summer (4350,- CHF) ()	Winter (4350,- CHF) ()

Possible Training locations: Faellanden () Urdorf () Lengg (only before 2pm)()

Preferred language: German () English () Spanish () French ()

I am ok with a smaller group at additional cost: Yes () No ()

I can participate in the training at the following times:

(please check at least 6 possible times for 1 training session per week and 9 times for 2 sessions per week)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00							
10:00 - 11:00							
11:00 - 12:00							
12:00 - 13:00							
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							
17:00 - 18:00							
18:00 - 19:00							
19:00 - 20:00							
20:00 - 21:00							

Signature: _____ City, date: _____

Application Students Training 2018/19



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First Name: _____

Name: _____

D.o.b.: _____ Ranking: _____

Address: _____

Phone: _____ e-mail: _____

Level: Beginner () Medium Level () Advanced Level () Tournament Player ()

I have read and accept all TAZH training terms & conditions and register my Team/ myself for the following courses:

1 x 90 Min. Training	Summer (890,- CHF) ()	Winter (890,- CHF) ()
2 x 90 Min. Training	Summer (1750,- CHF) ()	Winter (1750,- CHF) ()
3 x 90 Min. Training	Summer (2650,- CHF) ()	Winter (2650,- CHF) ()

Possible Training locations: Faellanden () Urdorf () Lengg (only before 2pm)()

Preferred language: German () English () Spanish () French ()

I am ok with a smaller group at additional cost: Yes () No ()

I can participate in the training at the following times:

(please check at least 6 possible times for 1 training session per week and 9 times for 2 sessions per week)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00							
10:00 - 11:00							
11:00 - 12:00							
12:00 - 13:00							
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							

Signature: _____ City, date: _____