

JUNIOR TENNIS WINTER PROGRAM

Strength & Conditioning

No Classes: November 27th - November 30th | December 24th - January 2nd

 **Strength & Conditioning Program w/Coach Harrington | \$25/Player/Class**

Monday - Thursday | 5:30 pm - 6:30 pm

Train smarter and move better with Coach Shaun Harrington, a performance expert with 30+ years coaching elite athletes. This program builds strength, speed, and confidence for juniors through safe, sport-specific workouts focused on movement, agility, and injury prevention.

[CLICK](#) to Register for Monday

[CLICK](#) to Register for Tuesday

[CLICK](#) to Register for Wednesday

[CLICK](#) to Register for Thursday

