

Tennis Coaching

Ages 4 - 18+

Develop your tennis skills and maintain health, fitness, strength and agility

In-Person Activity



About

Tennis is a good sport for maintaining health, fitness, strength and agility. It is also great for your social life as it allows you to meet people, spend time with your friends, widen your social circles and build networks. No matter your age or skill level, you can join a league, participate in a group lesson, or play casually with friends.

Allon Rock Tennis Coaching offer professional tennis coaching for kids and adults in the Johannesburg area. All levels are catered for, from beginner to expert level. Join Allon and his team and learn how to play tennis like a true champion and have fun building your social circles.

Select from the following options:

- Childrens Tennis Lessons & Coaching
- Adults Tennis Lessons & Coaching
- Tennis Camps
- Tennis Cardio Bootcamp Workouts

Location

Tennis Coaching Venues

Victory Park

King David Victory Park
100 Club Street, Linksfield, 2192

Wendywood

Wendywood Sports Club
77-87 Darwin St, Wendywood, Sandton, 2148

Fourways

Reddam House Helderfontein Estate
1 Chattan Rd Fourways

German Country Club

131 Holkam Rd
Paulshof

Duration

14H00-19h00 onwards once a week Monday to Saturday as per lesson booking made with Allon and his team

Whole year

Cost

R150 upwards per lesson

Paid in advance.

Who can join?

Ages 4 - 18+

Programme requirements

Tennis Racquet & appropriate shoes and attire.

Learner responsibilities

Good manners, attentive, dress appropriately.

Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now

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What learners say...

"As one of your longest standing players, having trained with you for 12 years, i can confidently attest exceptional coaching abilities, unwavering dedication and commitment to my, and all of your students, personal and game development as well as your profound impact on my life.

When i first began training with you, i could barely hit the ball. Through your expert guidance, patience and encouragement, i have developed into a highly successful player with a strong technical, physical and mental game. Your coaching has both improved my tennis skills but has also instilled me with valuable life lessons like discipline, perseverance and resilience.

What sets you apart from other coaches is your loyalty and commitment to developing a personal connection with each of your players and your genuine interest in my wellbeing, both on and off the court, has created a trusting and open relationship the extends beyond the tennis court.

Your passion for tennis is contagious, and your ability to inspire and motivate players of all ages and levels is truly remarkable and admirable. I have no doubt that you would be an invaluable asset at this position and i strongly endorse your candidacy for this position.

Thank you for always being an extraordinary coach, mentor, and friend . I am extremely grateful for the opportunity to be trained by you and look forward to seeing your continued success."

Asher Meyers

Student



Serve, Smash, Score: Join Our Tennis & Pickleball Extramural Club!

Looking for a fun way to stay active and meet new people? Our Tennis & Pickleball Extramural Club is the perfect match! Whether you're a seasoned pro or a curious beginner, we welcome players of all skill levels.

Watch video →

