

Tennis for Everyone from Beginners to High Performance

Build New Future in Zimbabwe

Whether you just want to polish your game for one week during the holidays or you are looking for a yearly program to make it on the professional level, we have a program for you.

You will receive personalised attention from our staff to help you maximize your chances to reach your goals.

We have good hitting partners for elite players. We also provide for advanced players looking for general exercise and lifestyle.

[Book A Lesson](#)
[Chat On WhatsApp](#)

Here's what you get:

INDIVIDUAL PRIVATE LESSONS

One on one (private) lessons are suited to all players from beginner to advanced, who are looking to technically improve their game.

Players' specific games are thoroughly analysed from a technical, mental point of view and corrections and enhancement are implemented to ensure maximum improvement.

Individual lessons will help you improve your game faster focusing on a specific area of your game, which needs more special attention.

[Learn more](#)


SEMI-INDIVIDUAL PRIVATE LESSONS OR JOINT LESSONS

When players are grouped in compatible pairs with the intention of the players pushing each other and gaining from each individual different ability.

Session shared with the joint lesson time with the coach. Technical identification, cause and correction.

Players compete against each other while being coached to grow.

[Learn more](#)

GROUP LESSONS

Players get to be put in groups according to their level and ability with more of a tactical approach. The goal of the groups is to maximize number of balls hit, as we believe players improve with every ball they hit and the more balls you hit the faster your improvement.

Without much one-on-one pressure from the coach, the groups push each other and improve faster.

Players get used to or are exposed to different game styles and learn how to develop different strategies and tactics to counter the different game styles.

[Learn more](#)


SQUADS FOR ADULTS

Squads for adults are designed to the more competitive adult training either at a club level or national tour level.

The two squads concentrate heavily on tactics and strategy in a match play, related tennis fitness training, movement, footwork and specific based drills and match play.

These programs promote the development of a player's individual style, technique, strategy and tactics, so that they can be in the competitive zone of their tennis journey.

[Book Now](#)

JUNIOR SQUADS

The purpose Junior Squad training is to build up a broad base of tennis players and to provide quality coaching to these aspiring youngsters.

These squads are organized for the purpose of more competitive player training to compete on a tournament stage.

It also serves as a major channel through which talented kids are identified and promoted to join training at higher levels.

[Book Now](#)


MINI TENNIS (3yrs – 8yrs)

This is the foundational phase of introduction of a tennis game in a non-competitive environment, however more into a fun way.

Your kids will learn the fundamentals of tennis and practice co-ordination (hand-eye), tactical and stroke development.

It's a perfect way to learn to love the game and have passion in a fun filled environment.

[Book Now](#)

CARDIO TENNIS

Cardio Tennis is an engaging group fitness program featuring the heart pumping effects of tennis drills, games, and skills delivering the calorie burning and anaerobic workout.

It's a very social activity for all ages, ability, and fitness level.

It's an excellent way for beginners to get into the game and have a fun workout – all at the same time.

[Book Now](#)


TENNIS CAMPS

4-day tennis camps are held during school holidays.

Kids will be introduced to tactical and stroke development, endurance training and physical fitness training, competition in a fun way, without any pressure.

Check the calendar for the upcoming tennis events.

[Calendar](#)

HITTING SESSIONS

The intention is on repetition and to hit as many balls as possible. Playing with a coach or another player of a higher level will automatically raise your game.

A hitting session allows the player the time they need that is necessary to both excel and enhance their tennis game without the constraint of instruction.

It's a great workout: muscles in your feet, legs, arms, shoulders, and core are all engaged during the session.

[Book Now](#)


TOURNAMENTS

Get involved in our RED BALL, ORANGE BALL, GREEN BALL, YELLOW BALL AND ADULTS tournaments at For Life Tennis Academy.

We have open tennis tournaments, closed tennis tournaments, regional tennis tournaments and national tennis tournaments.

This is the best way to put into practice what you've learnt during tennis lessons. Check the calendar for upcoming tournaments.

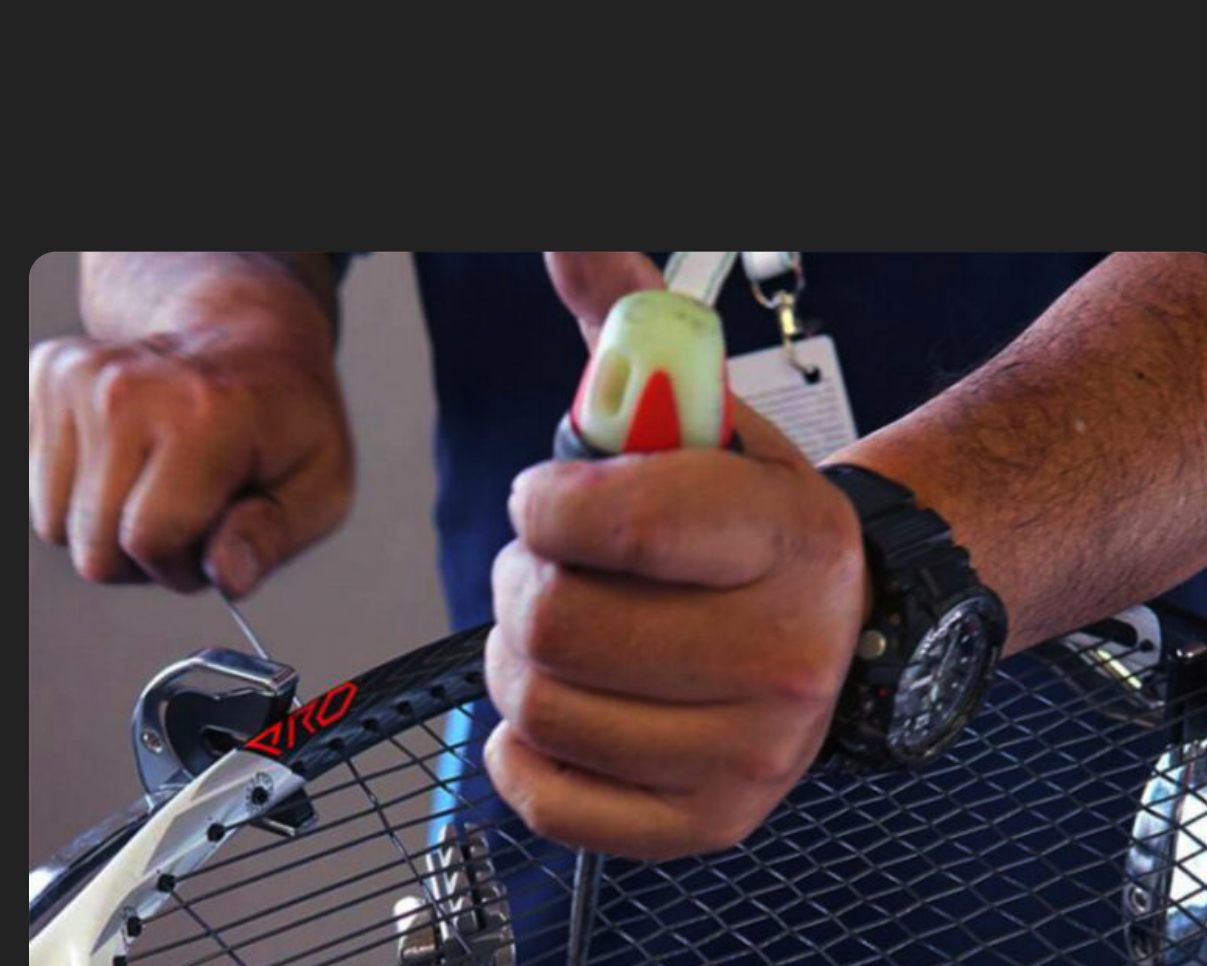
[Calendar](#)

RESTRINGING OF RACQUETS

Over time, the strings of your racquet can lose their resilience, creating a stiff or dead feeling that can also be harsh on your arm.

A freshly strung racquet will absorb the shock better upon contact, providing more comfort and control.

With the special equipment, we do restringing of tennis racquets, squash racquets, and badminton racquets. Learn more about restringing & costs.

[Request Restringing](#)


Tennis Racquets

Squash Racquets

Badminton Racquets

What People Say About Us

Coaches at FOR LIFE TENNIS ACADEMY are positive, enthusiastic, supportive, trusting, focused, goal-oriented, very knowledgeable, observant, respectful, patient and clear communicators. Been working there for a while.

Bridget Peter
Harare, Zimbabwe

Great coaching for kids, would love to come back again with more kids.

Ireen Mwila
Lusaka, Zambia

I engaged in rigorous tennis training for four weeks. The facilities are top-notch and world class instruction is also provided. There is a welcoming atmosphere and fantastic service.

Percy Magoroshu
Harare, Zimbabwe



Let's Get In Touch

Drop a message

Name *

Email * Phone

Message *

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