

Golden Bear Lodge TENNIS COURTS

Cap Cana harbors for the tennis enthusiast four (4) illuminated Har-Tru (green clay) tennis courts located at the Golden Bear Lodge complex. The Har-Tru tennis courts are among the group of the slower tracks on the circuit, although they are faster than their peers in red clay. In addition, the ball gives a higher bounce on this surface, marking another difference from red brick dust.

Because of these "details" is the reason that more aggressive game players often feel more comfortable on green clay or at least less uncomfortable than in classical, heavy and slow clay used in much of Europe, North Africa and in a wide region of Latin America.

Another advantage, compared to other types of tracks, is that Har-Tru dries much faster than red clay courts and, conversely, in the days of high temperatures absorbs less heat than hard surfaces.

Finally, Har-Tru reduces the chance of injury when compared with the fast tracks. According to a study from the University of Calgary, asphalt and concrete courts, to give two examples, are much more harmful. According to this research, surfaces that allow players to slide tend to have 85% more lesions than those in which players cannot slide.

These courts are built according to the International Tennis Federation (ITF) specifications, 23.78 meters (78.0 feet) long, 10.97 meters (36.0 feet) wide. Their width are 8.23 meters (27.0 feet) for singles matches and 10.97 meters (36.0 feet) for doubles matches.^[2] The service line is 6.40 meters (21.0 feet) from the net.

The Golden Bear Lodge courts have Ball Boys available. Please book your court 12 hours in advance.

RATES

Tennis Court Rental: US\$20.00 per hour, an additional US\$10.00 per hour for playing at night for court lights.

Tennis Racket Rental: US\$5.00 per hour.

Ball Boy: US\$5.00 per hour.

Tennis Balls: US\$10.00 for tube of three balls.

Information displayed can be change with out prior notice.

TENNIS CLASSES AND CLINICS

Tennis classes and clinics are offered for players of any level. Beginners will learn the basic strokes, scoring and rules of tennis. Intermediate and Advanced players will improve strokes, incorporate spin, learn stroke variety, develop approach shots, volleys and second serves, and will improve placement, control and power through, fast-paced drills, game strategies and point play.

Tennis Class and Clinic Requirements:

Students must bring their own tennis racquet. If student does not bring his/her racquet, they must rent one. Clinics must have a minimum of four (4) participants and a maximum of ten (10).

Tennis classes have a fee of US\$55.00 per hour. This includes Court rental, one ball boy, and tennis balls. Night classes must pay an additional US\$10.00 per hour for court lights.

Clinics:

Fee to be negotiated with the tennis pro.

Schedule:

Monday through Saturday from 7:00am to 10:00pm.

Reservations:

Please book your court, tennis class or clinic by emailing us at reservastennis@capcana.com.

Cancelation policy

Classes and clinics must be cancelled 24 hours prior from the scheduled hour. Charges apply if cancelation is not done on time.