

Tennis Class and Event Schedule

Session Two: October – December 2019



Adult and Junior Tennis Lesson Schedule

Session Two: October 28 - December 22 (No classes October 31 (junior only) and November 28)

Monday

4:00 - 5:30 pm	Silver JDP	Junior
4:00 - 5:30 pm	Green Advanced JDP	Junior
5:30 - 7:00 pm	Gold HS JDP	Junior
5:30 - 7:00 pm	Gold Pre-HS JDP	Junior
7:00 - 8:00 pm	Cardio Tennis	Adult
8:00 - 9:30 pm	Beginner	Adult

Tuesday

8:30 - 9:30 am	Senior Cardio Tennis	Adult
11:00 - 12:30 pm	Cardio Tennis Plus	Adult
12:30 - 1:30 pm	Tennis in Four Weeks	Adult
12:30 - 2:00 pm	Advanced Beginner	Adult
4:30 - 5:30 pm	Youth Orange Beginner	Junior
4:30 - 5:30 pm	Youth Red Advanced	Junior
5:00 - 6:30 pm	Bronze JDP	Junior
5:30 - 6:30 pm	Youth Orange Advanced	Junior
6:30 - 7:30 pm	Youth Green Beginner	Junior
6:30 - 8:30 pm	Competition JDP	Junior
7:30 - 8:30 pm	Middle/High School Intro	Junior
7:30 - 9:00 pm	Advanced	Adult

Wednesday

9:30 - 11 am	Advanced	Adult
4:00 - 5:30 pm	Green Advanced JDP	Junior
4:00 - 5:30 pm	Silver JDP	Junior
5:30 - 7:00 pm	Gold Pre-HS JDP	Junior
5:30 - 7:00 pm	Gold HS JDP	Junior
7:00 - 8:00 pm	Cardio Tennis	Adult
8:00 - 9:30 pm	Advanced Intermediate	Adult

Thursday

9:30 - 11:00 am	Intermediate	Adult
11:00 - 12:30 pm	Cardio Tennis Plus	Adult
4:30 - 5:30 pm	Youth Orange Beginner	Junior
4:30 - 5:30 pm	Youth Red Advanced	Junior
4:45 - 5:30 pm	Youth Red Beginner	Junior
5:00 - 6:30 pm	Bronze JDP	Junior
5:30 - 6:30 pm	Youth Orange Advanced	Junior
6:30 - 7:30 pm	Youth Green Beginner	Junior
6:30 - 8:30 pm	Competition JDP	Junior
7:30 - 8:30 pm	Middle/HS Intermediate	Junior

Friday

8:30 - 9:30 am	Senior Cardio Tennis	Adult
9:30 - 10:30 am	Cardio Tennis	Adult

Saturday

10:30 am - Noon	Intermediate	Adult
11:00 - 11:45 am	Youth Red Beginner	Junior
Noon - 1:00 pm	Cardio Tennis	Adult
1:00 - 2:30 pm	Green Advanced JDP	Junior

Sunday

2:30 - 4:00 pm	Green Advanced JDP	Junior
4:00 - 5:00 pm	Youth Orange Beginner	Junior
4:00 - 5:00 pm	Youth Orange Advanced	Junior
5:00 - 6:00 pm	Youth Green Beginner	Junior
5:00 - 6:00 pm	Middle/High School Intro	Junior
6:00 - 7:00 pm	Middle/HS Intermediate	Junior

Rate chart

Youth RED Beginner • 45-minutes			
	Member	Non-member	
One Day / Week	\$96	\$129	
Two Days / Week	\$182	\$245	
Youth RED Advanced, ORANGE and GREEN • 60-minutes			
One Day	\$128	\$172	
Two Days	\$243	\$327	
Middle/HS Intro and Intermediate • 60-minutes			
	Premiere	Classic	Non-member
One Day	\$128	\$148	\$172
Two Days	\$243	\$281	\$327
Green Advanced, Bronze, Silver and Gold JDPs • 90-minutes			
One Day	\$192	\$222	\$258
Two Days	\$365	\$422	\$490
Competition JDP • 120-minutes			
One Day	\$256	\$296	\$344
Two Days	\$486	\$562	\$654
All Adult Classes • 90-minutes			
One Day	\$192	\$222	\$258
Two Days	\$365	\$422	\$490
Cardio Tennis			
Per class	\$9	\$11	\$16
Cardio Tennis Plus			
Per class	\$13	\$16	\$24
Senior Cardio Tennis			
Per class	\$7	\$9	\$11

All tennis classes are held on the indoor tennis courts at our Huntley location. Refer to rate chart for all tennis class fees. One make-up class per session allowed, space permitting. Rates subject to change without notice. See center for complete details.

Tennis Evaluations

If you are unsure of your level of play, schedule a 30-minute evaluation with our tennis manager to determine which clinic or class is right for you. Evaluation fee is \$15.

Tennis in four weeks

	Member	Non-member
10/29-11/19	\$28	\$32
11/26-12/17		

Private Tennis Lessons

Improve your game with concentrated instruction, proven to be one of the best methods. Private group lesson rates per person are based on the number of people in the group. One-hour individual private lesson pricing listed below.

Premiere	Member	Non-member
\$67	\$72	\$77

Package of 6 or 12 may be purchased at discounted per lesson rates.

Tennis Leagues

In-house

Northwestern Medicine Huntley Health & Fitness Center ("HHFC") offers singles and doubles leagues that range from Advanced Beginner to Advanced for both men and women. Some leagues play on assigned days or evenings while others are offered on a flex schedule.

Our junior leagues are held on Friday and Sunday nights. All matches are played at HHFC. Members and non-members are welcome to participate.

Travel

The Northern Illinois Traveling Tennis League is a competitive women's doubles league that plays against other clubs in the area from September through May. HHFC currently has five teams participating. Each team has a drill once per week and matches on either Thursday or Friday. A HHFC membership is required to play in this league. NITTL has teams with participants that range in USTA rating from 2.5 to 5.0. Visit nittl.com for more information.

The United States Tennis Association offers adult travel leagues of varying levels. HHFC teams compete against other clubs in the area in singles as well as doubles. A USTA membership is required to play in this league. Visit USTA.com for more information and to find leagues.

For more information about Northwestern Medicine leagues, contact our tennis manager at 847.802.7014.

Pickleball Open Play

Pickleball is similar to tennis, but is played on a shorter court with a lower net, using a perforated plastic ball and square paddles. Paddles and balls can be checked out at the tennis desk in Huntley or at the concierge in Crystal Lake. Pickleball Open Play is free for all members on a drop-in basis.

Northwestern Medicine Crystal Lake Health & Fitness Center | Gymnasium

Thursdays, 5:30 - 7:30 pm • Saturdays, Noon - 2:00 pm

Northwestern Medicine Huntley Health & Fitness Center | Gymnasium

Tuesdays, 3:30 - 5:30 pm • Saturdays, 10 am - 1:00 pm

Junior USTA Tournaments:

ORANGE BALL USTA CO-ED 10U TOURNAMENT

Saturday, November 9 • 1:00 pm

GREEN BALL USTA BOYS & GIRLS 10U TOURNAMENT

Saturday, November 9 • 3:00 pm

USTA SINGLE DAY SHOWDOWN BOYS & GIRLS 12U

Saturday, November 16 • 1:00 pm

USTA SINGLE DAY SHOWDOWN BOYS & GIRLS 12U

Friday, November 29 • 1:00 pm

USTA SINGLE DAY SHOWDOWN BOYS & GIRLS 14U

Saturday, November 30 • 1:00 pm

ORANGE BALL USTA CO-ED 10U TOURNAMENT

Saturday, December 7 • 1:00 pm

GREEN BALL USTA BOYS & GIRLS 10U TOURNAMENT

Saturday, December 7 • 3:00 pm

USTA SINGLE DAY SHOWDOWN BOYS & GIRLS 12U

Friday, December 27 • 3:00 pm

USTA SINGLE DAY SHOWDOWN BOYS & GIRLS 18U

Saturday, December 28 • 1:00 pm

Tennis Court Hours

Monday-Friday	5:00 am-11:00 pm
Saturday	6:00 am-10:00 pm
Sunday	6:00 am-9:00 pm

For more information and to register for any tennis programs, call 847.802.7021 today.

Adult tennis classes

Beginners class

A class for those who have never played tennis before or have very little experience. Grip, technique and proper form will be emphasized.

Advanced beginners class

This class is for individuals who have prior playing experience and have developed a level of consistency in their game. Strategy, footwork and proper court movement will be emphasized, as well as proper stroke production.

Intermediate class

A class for individuals with match play experience who want to take their game to a higher level. More aggressive net play and situational match strategy will be developed, with an emphasis on becoming more consistent from the baseline. USTA 3.0 - 3.5 rating.

Advanced intermediate class

A class for players who have been playing matches on a consistent basis. Focus will be on net play, strategy and fine tuning technique. USTA 3.5 rating.

Advanced class

This is a fast-paced class with a lot of situational play. Serving, returning and increasing power and consistency will be emphasized. Setting up points and poaching also will be stressed. USTA 3.5+ rating.

Cardio tennis

This class features drills and games to give players of all ability levels a high-energy workout.

Cardio tennis plus

Similar format to Cardio Tennis class with an additional 30 minutes for added intensity.

Senior cardio tennis

Similar format to Cardio Tennis class tailored for senior players.

Tennis in four weeks

This adults-only class teaches the fundamentals of tennis over a four-week period. Players are limited to a single four-week session.

Junior tennis classes

Youth red beginner • 4-5 years

This fun introduction to tennis covers coordination and basic tennis skills to form a foundation for our youngest players. Parents are invited to join their children on court if they wish. Red balls/36 ft. court.

Youth red advanced • 5-7 years

This class will work on ground strokes, volley and serve development. A progression toward rallying and match play will be the focus. Red balls/36 ft. court.

Youth orange beginner • 6-8 years

This class is for children who have had little or no previous tennis instruction. Basic tennis ground strokes, volleys and serves will be taught. Orange balls/36 ft. and 60 ft. courts.

Youth orange advanced • 7-9 years

This class is for children who have progressed through Red Advanced and/or Orange Beginner. Lessons will focus on court movement and consistency. Serves and rallying in preparation for match play will be developed. Orange balls/60 ft. court.

Youth green beginner • 9-11 years

This class is for children who have had little or no previous tennis instruction. Basic tennis ground strokes, volleys and serves will be taught. Green balls/standard court.

Green advanced junior development • up to 11 years

For players who have completed Orange Advanced classes and are now playing Green Ball tournaments. Players will focus on serving accuracy and preparing for tournament play.

Middle/high school intro to tennis • 12-18 years

For players new to the game, this class teaches the fundamentals of tennis. Learn the basics of scoring and run through typical tennis drills in a less competitive environment.

Middle/high school intermediate • 12-18 years

For players with some previous playing experience or those who have progressed through our intro class and newer players on their junior varsity high school team. Emphasis will be on technique as this group transitions to match play.

Bronze ball junior development program

For players who have progressed through Green Advanced JDP or Middle/High School Intermediate. These players are playing tournaments and leagues using yellow balls.

Gold pre-high school junior development program

For players who have progressed through Bronze, but are not yet in high school. These tournament players will be challenged with drills and strategy, while fine-tuning technique.

Silver junior development program

For players who have progressed through Bronze or Middle/High School Intermediate. Also for those who are strong junior varsity high school players.

Gold high school junior development program

This class is appropriate for moderate tournament players. Those seeking to play on their high school varsity team or those who already do are also welcome. Challenging drills and games will take these players to the next level.

Competition junior development program

This is the most advanced class offered for our competitive tournament players. Registration must be approved by a tennis professional. Intended for serious tournament players, challenging drills and game play will take players to the next level.

For more information and to register for any tennis programs, call 847.802.7021 today.