



# Youth Tennis Lessons: Session Five (6 weeks)

Session Dates: May 2 – June 12

No classes May 28 – May 30

## Youth Red Beginner (4 - 5 years old)

Designed for those new to tennis.

### When

Thursdays: 4:45 - 5:30 pm

### Cost

One-Day: \$72 for Members and  
\$97 for Non-Members

## Youth Orange Beginner (6-8 years old)

Designed for those new to tennis.

### When

Tuesdays: 4:30 - 5:30 pm

Thursdays: 4:30 - 5:30 pm

### Cost

One-Day: \$96 for Members and  
\$129 for Non-Members

Two-Day: \$182 for Members and  
\$245 for Non-Members

## Youth Orange Advanced (7 - 9 years old)

For youth that have progressed through Red Beginner or Orange Beginner and will be playing in Orange tournaments.

### When

Tuesdays: 5:30 - 6:30pm

Thursdays: 5:30 - 6:30pm

### Cost

One-Day: \$96 for Members and  
\$129 for Non-Members

Two-Day: \$182 for Members and  
\$245 for Non-Members

## Youth Green Beginner (9 - 11 years old)

Designed for those new to tennis.

### When

Tuesdays: 6:30 - 7:30 pm

Thursdays: 6:30 - 7:30 pm

Sundays: 3 - 4 pm

### Cost

One-Day: \$96 for Members and  
\$129 for Non-Members

Two-Day: \$182 for Members and  
\$245 for Non-Members

### **Green Advanced (up to 11 years old)**

For youth that have progressed through Orange Advanced or Green Beginner and will be playing in Green tournaments.

#### **When**

Mondays: 4 - 5:30 pm

Wednesdays: 4 - 5:30 pm

#### **Cost**

One-Day: \$144 for Members,  
\$194 for Non-Members

Two-Day: \$274 for Members,  
\$369 for Non-Members

**If you are unsure what level to sign up for, contact Kathleen Pudlo for an evaluation at [kpudlo@nmhfc.com](mailto:kpudlo@nmhfc.com) or 847.802.7014.**

**Northwestern Medicine  
Crystal Lake Health & Fitness Center**  
200 East Congress Parkway  
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# Junior Tennis Lessons: Session Five (6 weeks)

Session Dates: May 2 – June 12

No classes May 28 – May 30

## Middle / HS Intro to Tennis (12 - 18 years old)

Designed for those new to tennis.

### When

Tuesdays: 7:30 - 8:30 pm, Sundays: 4 - 5 pm

### Cost

One-Day: \$96 for Tennis Members, \$111 for Standard Members and \$129 for Non-Members

Two-Day: \$182 for Tennis Members, \$211 for Standard Members and \$245 for Non-Members

## Middle / HS Intermediate Tennis (12 - 18 years old)

For youth with some previous experience or players who progressed through our intro to Tennis class.

### When

Thursdays: 7:30 - 8:30 pm, Sundays: 5 - 6 pm

### Cost

One-Day: \$96 for Tennis Members, \$111 for Standard Members and \$129 for Non-Members

Two-Day: \$182 for Tennis Members, \$211 for Standard Members and \$245 for Non-Members

## Bronze JDP

For youth that have progressed through our Green Advanced JDP or MS/High School Intermediate class.

### When

Tuesdays: 5 - 6:30 pm, Thursdays: 5 - 6:30 pm

### Cost

One-Day: \$144 for Tennis Members, \$167 for Standard Members and \$194 for Non-Members

Two-Day: \$274 for Tennis Members, \$317 for Standard Members and \$369 for Non-Members

## Silver JDP

For youth that have progressed through Bronze or Middle/High School Intermediate Tennis or will be playing JV in high school.

### When

Mondays: 4 - 5:30 pm, Wednesdays: 4 - 5:30 pm

### Cost

One-Day: \$144 for Tennis Members, \$167 for Standard Members and \$194 for Non-Members

Two-Day: \$274 for Tennis Members, \$317 for Standard Members and \$369 for Non-Members

## Gold Pre-HS JDP

For youth that have progressed through Bronze and are playing tournaments.

### When

Mondays: 5:30 - 7 pm, Wednesdays: 5:30 - 7 pm

### Cost

One-Day: \$144 for Tennis Members, \$167 for Standard Members and \$194 for Non-Members

Two-Day: \$274 for Tennis Members, \$317 for Standard Members and \$369 for Non-Members

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### Gold Teen JDP

For youth that have progressed through Silver, and are playing tournaments and on their high school varsity team.

#### When

Mondays: 5:30 - 7 pm, Wednesdays: 5:30 - 7 pm

#### Cost

One-Day: \$144 for Tennis Members, \$167 for Standard Members and \$194 for Non-Members

Two-Day: \$274 for Tennis Members, \$317 for Standard Members and \$369 for Non-Members

### Competition JDP

For youth that are our highest-level junior players that are competing in advanced-level tournaments.

#### When

Tuesdays: 6:30 - 8:30 pm, Thursdays: 6:30 - 8:30 pm

#### Cost

One-Day: \$192 for Tennis Members, \$222 for Standard Members and \$258 for Non-Members

Two-Day: \$365 for Tennis Members, \$422 for Standard Members and \$490 for Non-Members

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# Adult Tennis Lessons: Session Five (6 weeks)

Session Dates: May 2 – June 12

No classes May 28 – May 30

## Beginner Class

Designed for those new to tennis.

### When

Mondays: 8 – 9:30 pm

### Cost

\$144 for Tennis Members, \$167 for Standard Members and \$194 for Non-Members

## Advanced Beginner Class

Designed for those that have developed some consistency in their game.

### When

Thursdays: 9:30 – 11 am

### Cost

\$144 for Tennis Members, \$167 for Standard Members and \$194 for Non-Members

## Intermediate Class

For adults that have a substantial amount of playing experience. USTA rating: 3.0 – 3.5.

### When

Saturdays: 10:30am – Noon

### Cost

\$144 for Tennis Members, \$167 for Standard Members and \$194 for Non-Members

## Advanced Intermediate Class

For adults that have competitive match experience. USTA rating: 3.5.

### When

Wednesdays: 7:00 – 8:30 pm

### Cost

\$144 for Tennis Members, \$167 for Standard Members and \$194 for Non-Members

## Advanced Class

For adults that are high-level players and want a fast-paced class. USTA rating: 3.5+.

### When

Wednesdays: 8 – 9:30 am

### Cost

\$144 for Tennis Members, \$167 for Standard Members and \$194 for Non-Members

## Tennis in 4 Weeks

Designed for beginners, this four-week sessions is a condensed overview of playing tennis.

### When

Tuesdays: 12:30 – 1:30 pm  
(May 3 – 24)

### Cost

Cost per Four-Week Session: \$28 for Members and \$32 for Non-Members

### Cardio Tennis (12+ years old)

For class features drills and games-for a high-level workout. All levels welcome to attend.

#### When

Mondays: 7 - 8 pm  
Wednesdays: 7 - 8 pm  
Fridays: 9:30 - 10:30 am  
Saturdays: Noon - 1 pm

#### Cost

Cost per Class: \$9\* for Tennis Members, \$11 for Standard Members and \$16 for Non-Members

\*First two classes per month are complimentary for Tennis Members.

### Senior Cardio Tennis

For class, for seniors, features drills and games. All levels welcome to attend.

#### When

Tuesdays: 8:30 - 9:30 am  
Fridays: 8:30 - 9:30 am

#### Cost

Cost per Class: \$7\* for Tennis Members, \$9 for Standard Members and \$11 for Non-Members

\*First two classes per month are complimentary for Tennis Members.

### Cardio Tennis Plus (12+ years old)

This 90-minute class features drills and games -for a high-level workout. All levels welcome to attend.

#### When

Tuesdays: 11 am - 12:30 pm  
Thursdays: 11 am - 12:30 pm

#### Cost

Cost per Class: \$13 for Tennis Members, \$16 for Standard Members and \$24 for Non-Members

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