



Youth Tennis Lessons

Session Three: January 2- February 26

Session Four: February 27- April 30 (No classes March 27-April 2 or April 9)

Youth Red Beginner (4 - 5 years old)

Designed for those new to tennis.

When

Thursdays: 4:45 - 5:30 pm

Cost

\$105 for Members and
\$129 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

\$140 for Members and
\$172 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 - 6:30 pm

Thursdays: 5:30 - 6:30 pm

Cost

\$140 for Members and
\$172 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

\$140 for Members and
\$172 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: 5:30 - 7 pm

Wednesdays: 5:30 - 7 pm

Cost

\$210 for Members and
\$258 for Non-Members

Northwestern Medicine
Crystal Lake Health & Fitness Center
200 East Congress Parkway
Crystal Lake, Illinois 60014
815.444.2900

Northwestern Medicine
Huntley Health & Fitness Center
10450 Algonquin Road
Huntley, Illinois 60142
815.444.2900

nmhfc.com

If you are unsure what level to sign up for, contact Kathleen Pudlo for an evaluation at kpudlo@nmhfc.com or 847.802.7014.





Junior Tennis Lessons

Session Three: January 2 - February 26

Session Four: February 27 - April 30 (No classes March 27-April 2 or April 9)

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

Designed for those new to tennis.

When

Tuesdays: 7:30 - 8:30 pm

Cost

\$140 for Members and
\$172 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: 4 - 5 pm

Cost

\$140 for Members and
\$172 for Non-Members

Bronze JDP

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

When

Thursdays: 5:30 - 7 pm

Sunday: 5 - 6:30 pm

Cost

\$210 for Members and
\$258 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: 5:30 - 7 pm

Wednesdays: 5:30 - 7 pm

Cost

\$210 for Members and
\$258 for Non-Members

Gold Pre-HS JDP

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

When

Mondays: 4 - 5:30 pm

Wednesdays: 4 - 5:30 pm

Cost

\$210 for Members and
\$258 for Non-Members

Gold Teen JDP

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

When

Mondays: 4 - 5:30 pm

Wednesdays: 4 - 5:30 pm

Cost

\$210 for Members and

\$258 for Non-Members

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Adult Tennis Lessons

Session Three: January 2 - February 26

Session Four: February 27 - April 30 (No classes March 27-April 2 or April 9)

Beginner Class

Designed for those new to tennis.

When

Thursdays: 7:30 - 9 pm

Cost

\$210 for Members and
\$258 for Non-Members

Advanced Beginner Class

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

When

Thursdays: 9:30 - 11 am

Cost

\$210 for Members and
\$258 for Non-Members

Intermediate Class

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

When

Saturdays: 10:30 am - Noon

Cost

\$210 for Members and
\$258 for Non-Members

Advanced Intermediate Class

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

When

Wednesdays: 8 - 9:30 pm

Cost

\$210 for Members and
\$258 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

\$210 for Classic Members and
\$258 for Non-Members

Tennis in 4 Weeks

Designed for beginners, these four-week sessions are a condensed overview of playing tennis.

When

Mondays: 8 - 9:00 pm
(January 9 - January 30)

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 Classic Members and \$13 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: \$9* for Tennis Members, \$11 for Classic Members and \$13 for Non-Members

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

If you are unsure what level to sign up for, contact Kathleen Pudlo for an evaluation at kpudlo@nmhfc.com or 847.802.7014.

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: 9:30 am - 11 am
Thursdays: 9:30 am - 11 am

Cost

Cost per Class: \$13 for Tennis Members, \$16 for Classic Members and \$20 for Non-Members

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