



Adult Tennis Lessons

Session Five: May 1 - June 11 (No classes May 27-29)

Session Six: June 12 - August 13 (No classes July 1-7)

Beginner Class

Designed for those new to tennis.

When

Thursdays: 7:30 - 9 pm

Cost

\$176 for Members and
\$212 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

\$176 for Members and
\$212 for Non-Members

Advanced Intermediate Class

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

When

Wednesdays: 8 - 9:30 pm

Cost

\$176 for Members and
\$212 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: \$11 for 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: \$11 for Members and
\$13 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: 9:30 am - 11 am

Thursdays: 9:30 am - 11 am

Cost

Cost per Class: \$16 for Members and

\$20 for Non-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.

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