



# Adult Tennis Lessons

Session One: September 5- October 29

Session Two: October 30- December 23 (No class November 23)

## Beginner Class

Designed for those new to tennis.

### When

Tuesdays: 7:30 - 9 pm

### Cost

\$234 for Members and  
\$282 for Non-Members

## Advanced Beginner Class

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

### When

Thursdays: 11 am - 12:30 pm

### Cost

\$234 for Members and  
\$282 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

\$234 for Members and  
\$282 for Non-Members

## Advanced Intermediate Class

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

### When

Wednesdays: 8 - 9:30 pm

### Cost

\$234 for Members and  
\$282 for Non-Members

## Advanced Class

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

### When

Wednesdays: 9:30 - 11 am

### Cost

\$234 for Classic Members and  
\$282 for Non-Members

## Stroke of the Week

Each week of this class will specialize in a different tennis skill.

### When

Wednesdays: 11 am - 12:30 pm  
Thursdays: 7 - 8:30 pm

### Cost

\$234 for Classic Members and  
\$282 for Non-Members

### Tennis in 4 Weeks

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

#### When

Tuesdays: 6:30 - 7:30 pm  
(September 5-26)  
(October 3-24)

#### Cost

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

### 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.

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.

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