



Adult Tennis Lessons

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

Session Three: January 8 - March 2

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
(November 7 - 28)

Cost

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

Masters Tennis

Class geared towards seniors or those new to tennis. It is taught on a smaller court with a slower bouncing ball.

When

Thursdays: 1 - 2 pm
(October 30 - November 22)
(November 27 - December 21)

Cost

Cost per Four-Week Session: \$32 for Members and \$39 for Non-Members

Cardio Tennis (12+ years old)

This 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

This 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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