



# Adult Tennis Lessons

## Session Three: January 8 - March 2

### Beginner Class

Designed for those new to tennis.

#### When

Tuesdays: 7:30 - 9 pm

#### Cost

\$234 for Members

\$282 for Nonmembers

### 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

\$282 for Nonmembers

### 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

\$282 for Nonmembers

### Advanced Intermediate Class

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

#### When

Wednesdays: 8 - 9:30 pm

#### Cost

\$234 for Members

\$282 for Nonmembers

### 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

\$282 for Nonmembers

### 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

\$282 for Nonmembers

### 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  
(January 9 – 30)  
(February 6 – 27)

#### Cost (per four-week session)

\$28 for Members  
\$32 for Nonmembers

### 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 (per class)

\$11 for Members  
\$13 for Nonmembers

\*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 (per class)

\$11 for Members  
\$13 for Nonmembers

\*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 (per class)

\$16 for Members  
\$20 for Nonmembers

Northwestern Medicine  
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[nmhfc.com](http://nmhfc.com)



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.