



Adult Tennis Lessons

Session Four: March 4 - May 5 (No classes March 25 - 31)

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
(March 5 - April 2) No class March 26.

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
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 Four: March 4 - May 5 (No classes March 25 - 31)

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

Designed for those new to tennis.

When

Tuesdays: 7:30 - 8:30 pm

Cost

\$156 for Members

\$188 for Nonmembers

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

Cost

\$156 for Members

\$188 for Nonmembers

Bronze JDP

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

When

Thursdays: 5 - 6:30 pm

Cost

\$234 for Members

\$282 for Nonmembers

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

\$234 for Members

\$282 for Nonmembers

Gold JDP

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

When

Mondays: 4 - 5:30 pm

Wednesdays: 4 - 5:30 pm

Cost

\$234 for Members

\$282 for Nonmembers

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Youth Tennis Lessons

Session Four: March 4 - May 5 (No classes March 25 - 31)

Youth Orange Beginner (6-8 years old)

Designed for those new to tennis.

When

Tuesdays: 4:30 - 5:30 pm

Thursdays: 4 - 5 pm

Cost

\$156 for Members

\$188 for Nonmembers

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

Cost

\$156 for Members

\$188 for Nonmembers

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

Cost

\$156 for Members

\$188 for Nonmembers

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

\$234 for Members

\$282 for Nonmembers

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