



Adult Tennis Lessons

Session Five: May 6 - June 16 (No classes May 25 - 27)

Beginner Class

Designed for those new to tennis.

When

Tuesdays: 7:30 - 9 pm

Cost

\$176 for Members

\$212 for Nonmembers

Advanced Beginner Class

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

When

Thursdays: 11 am - 12:30 pm

Cost

\$176 for Members

\$212 for Nonmembers

Intermediate Class

For adults that have a substantial amount of playing experience. USTA rating: 3.0 - 3.5.

When

Saturdays: 9:30 - 11 am

Cost

\$176 for Members

\$212 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

\$176 for Classic Members

\$212 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: 11 am - Noon

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

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

*First two classes per month are complimentary for Tennis Members.

Northwestern Medicine Huntley Health & Fitness Center

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If you are unsure what level to sign up for, contact Kathleen Pudlo for an evaluation at kpudlo@nmhfc.com or 847.802.7014.