



# Youth Tennis Lessons

## Session Four: March 10 - May 18 (no class March 24-30)

### Youth Red Beginner (4 - 5 years old)

Designed for those new to tennis.

#### When

Thursdays: 4:15 - 5:00 pm

#### Cost

\$135 for Members and  
\$162 for Non-Members

### Youth Orange Beginner (6 - 8 years old)

Designed for those new to tennis.

#### When

Tuesdays: 4:30 - 5:30 pm

#### Cost

\$180 for Members and  
\$216 for Non-Members

### 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  
Thursdays: 6 - 7 pm

#### Cost

\$180 for Members and  
\$216 for Non-Members

### Youth Green Beginner (9 - 11 years old)

Designed for those new to tennis.

#### When

Tuesdays: 5:30 - 6:30 pm  
Thursdays: 5 - 6 pm

#### Cost

\$180 for Members and  
\$216 for Non-Members

### 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 - 7:00 pm  
Wednesdays: 5:30 - 7:00 pm

#### Cost

\$270 for Members and  
\$324 for Non-Members

Northwestern Medicine  
Huntley Health & Fitness Center  
10450 Algonquin Road  
Huntley, Illinois 60142  
815.444.2900

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



Costs are per day, per session.

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.



# Junior Tennis Lessons

## Session Four: March 10 - May 18 (no class March 24-30)

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

Designed for those new to tennis.

#### When

Tuesdays: 6:30 - 7:30 pm

#### Cost

\$180 for Members and  
\$216 for Non-Members

### 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 - 8 pm

#### Cost

\$180 for Members and  
\$216 for Non-Members

### Bronze JDP

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

#### When

Thursdays: 5:30 - 7:00 pm

#### Cost

\$270 for Members and  
\$324 for Non-Members

### 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 - 7:00 pm  
Wednesdays: 5:30 - 7:00 pm

#### Cost

\$270 for Members and  
\$324 for Non-Members

### Gold JDP

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

#### When

Mondays: 4:00 - 5:30 pm  
Wednesdays: 4:00 - 5:30 pm

#### Cost

\$270 for Members and  
\$324 for Non-Members

### Gold JDP

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

#### When

Mondays: 4:00 - 5:30 pm  
Wednesdays: 4:00 - 5:30 pm

#### Cost

\$270 for Members and  
\$324 for Non-Members

### Speed and Agility (10 - 18 years old)

Increase your quickness on court with this class.

#### When

Thursdays: 4:30 -5:30 pm

#### Cost

\$90 for Members and  
\$108 for Non-Members

Costs are per day, per session.

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# Adult Tennis Lessons

## Session Four: March 10 - May 18 (no class March 24-30)

### Beginner Class

Designed for those new to tennis.

#### When

Tuesdays: 6:30 - 7:30 pm

#### Cost

\$180 for Members and  
\$216 for Non-Members

### Advanced Beginner Class

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

#### When

Tuesdays: 7:30 - 9:00 pm

Thursdays: 11:00 am - 12:30 pm

#### Cost

\$270 for Members and  
\$324 for Non-Members

### Intermediate Class

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

#### When

Saturdays: 9:30 - 11:00 am

#### Cost

\$270 for Members and  
\$324 for Non-Members

### Advanced Intermediate Class

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

#### When

Wednesdays: 8:00 - 9:30 pm

#### Cost

\$270 for Members and  
\$324 for Non-Members

### Stroke of the Week

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

#### When

Wednesdays: 11:00 am - 12:30 pm

Thursdays: 7:00 - 8:30 pm

#### Cost

\$270 for Classic Members and  
\$324 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 and 8 - 9 pm

Fridays: 9:30 - 10:30 am

Saturdays: 11 am - Noon

#### Cost

Cost per Class: \$12 for Members and \$15 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 - 11:00 am

Thursdays: 9:30 am - 11:00 am

#### Cost

Cost per Class: \$18 for Members and \$22 for Non-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: \$12 for Members and \$15 for Non-Members

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

Costs are per day, per session.

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