

Adult Tennis Lessons



Session Five: May 19 – July 20

Advanced Beginner Class

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

When

Thursdays: 5:30 am – 7:00 pm

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

Intermediate Strategy Class

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

When

Tuesdays: 7:00 – 8:30 pm
Saturdays: 9:30 – 11:00 am

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

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: \$15 for Members and
\$18 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: \$15 for Members and
\$18 for Non-Members

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

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
or 847.802.7014.**