

Youth Tennis Lessons



Session Five: May 19 – July 20

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

Cost

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

Youth Green Beginner (9 – 11 years old)

Designed for those new to tennis.

When

Tuesdays: 6:30 – 7:30 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

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.

Junior Tennis Lessons



Session Five: May 19 – July 20

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

Designed for those new to tennis.

When

Thursdays: 6 – 7 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: 4:30 – 6:00 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



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 – 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 – 11:00 am

Thursdays: 9:30 – 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.

