

Adult Tennis Lessons



Session Seven: September 8–November 2

Advanced Beginner Class

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

When

Monday: 8:00 – 9:30 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

Wednesday: 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

Saturday: 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

Thursday: 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

Monday: 7 – 8 pm

Wednesday: 7 – 8 pm and 8 – 9 pm

Friday: 9:30 – 10:30 am

Saturday: 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

Tuesday: 9:30 – 11:00 am

Thursday: 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

Tuesday: 8:30 – 9:30 am

Friday: 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 Connor Greenwald for an evaluation at
cgreenwald@nmhfc.com or 847.802.7014.

