

# Youth Tennis Lessons

## Session Seven: September 8–November 2

### Youth Red Beginner (4–6 years old)

Intro to tennis, covers coordination and basic tennis skills.

#### When

Tuesday: 3:30 – 4:15 pm

#### Cost

\$112 for members

\$136 for non-members

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

Designed for those new to tennis.

#### When

Tuesday: 4:30 – 5:30 pm

Thursday: 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

Tuesday: 5:30 – 6:30 pm

Thursday: 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

Tuesday: 6:30 – 7:30 pm

Thursday: 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

Monday: 4:00 – 5:30 pm

Wednesday: 4:00 – 5:30 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 Connor Greenwald for an evaluation at  
[cgreenwald@nmhfc.com](mailto:cgreenwald@nmhfc.com) or 847.802.7014.

# Junior Tennis Lessons



## Session Seven: September 8–November 2

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

Designed for those new to tennis.

#### When

Thursday: 5:30 – 6:30 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

Thursday: 6:30 – 7:30 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

Thursday: 4:00 – 5:30 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

Monday: 4:00 – 5:30 pm  
Wednesday: 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

Monday: 5:30 – 7:00 pm  
Wednesday: 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 Connor Greenwald for an evaluation at [cgreenwald@nmhfc.com](mailto:cgreenwald@nmhfc.com) or 847.802.7014.



# 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](mailto:cgreenwald@nmhfc.com) or 847.802.7014.

