

Adult Tennis Classes

Tennis in 4 weeks
This adults-only beginner class teaches the fundamentals of tennis over a four-week period. Players are limited to a single four-week session.

Beginners Class
A class for those who have never played tennis before or have very little experience. Grip, technique and proper form will be emphasized.

Intermediate Class
A class for individuals with match play experience who want to take their game to a higher level. More aggressive net play and situational match strategy will be developed, with an emphasis on becoming more consistent from the baseline.

Advanced Intermediate Class
A class for players who have been playing matches on a consistent basis. Focus will be on strategy and fine-tuning technique.

Men’s Drill
A fast-paced clinic designed for men looking for high-intensity point play, tactical instruction, and competitive drilling. Perfect for players who want to train hard, improve strategy, and prepare for league or social play.

Drill and Play
A combination class that offers 45–60 minutes of live-ball drills followed by supervised doubles play. Great for players looking to improve strokes and strategies, then immediately apply them in a match environment.

Cardio Tennis
This class features drills and games to give players of all ability levels a high-energy workout. We offer both beginner and advanced cardio classes.

Cardio Tennis Plus
Similar format to Cardio Tennis class with an additional 30 minutes for added intensity.

Senior Cardio Tennis
Similar format to Cardio Tennis class tailored for senior players.

Junior Tennis Classes

Youth Red Beginner • 4-6 yrs
This fun introduction to tennis covers coordination and basic tennis skills to form a foundation for our youngest players. Parents are invited to join their children on court if they wish. Red balls/36 ft. court.

Youth Orange Beginner • 6-8 yrs
This class is for children who have had little or no previous tennis instruction. Basic tennis ground strokes, volleys and serves will be taught. Orange balls/36 ft. and 60 ft. courts.

Tennis Desk phone number: 847.802.7021

Youth Orange Advanced • 7-10 yrs
This class is for children who have progressed through Orange Beginner. Lessons will focus on court movement and consistency. Serves and rallying in preparation for match play will be developed. Orange balls/60 ft. court.

Youth Green Beginner • 9-11 yrs
This class is for children who have had little or no previous tennis instruction. Basic tennis ground strokes, volleys and serves will be taught. Green balls/standard court.

Green Junior Development Program • up to 11 yrs
For players who have completed Orange Advanced classes and are now playing or looking to play Green Ball tournaments. Players will focus on serving accuracy and preparing for tournament play.

Middle/High School Intro to Tennis • 12-18 yrs
For players new to the game, this class teaches the fundamentals of tennis. Learn the basics of scoring and run through typical tennis drills in a less competitive environment.

Middle/High School Intermediate • 12-18 yrs
For players with some previous playing experience or those who have progressed through our intro class and newer players on their junior varsity high school team. Emphasis will be on technique as this group transitions to match play.

Bronze Junior Development Program
For players who have progressed through Green Advanced JDP or Middle/High School Intermediate. These players are looking to play tournaments or join their high-school team.

Silver Junior Development Program
For players who have progressed through Bronze or Middle/High School Intermediate. Also, for those who are strong junior varsity high school players.

Gold JDP Junior Development Program
This class is appropriate for moderate tournament players. Those seeking to play on their high school varsity team or those who already do are also welcome. Challenging drills and games will take these players to the next level.

MatchFit – 12–18 yrs (Invite Only)
For advanced juniors competing in tournaments or on their high school team. Each 2-hour session includes 30 minutes of tennis-specific strength and movement training followed by 90 minutes of coached match play and competitive drills. Emphasis is on fitness, point construction and performing under pressure in a match environment.

Tennis Class and Event Schedule

Fall Session One: August 17 to October 11, 2026 – 8 weeks



Adult and Junior Tennis Schedule

Fall Session One: August 17 to October 11, 2026 – 8 weeks

NOTE: No classes Labor Day, Monday, September 7. Monday programs meet seven times and are prorated

Monday	
9:00–10:30	Drill & Play - Adult
4:00–5:30	Silver JDP - Junior
4:30–6:00	Green JDP - Junior
5:30–7:00	Gold JDP - Junior
7:00–8:00	Cardio Tennis - Adult
7:00–8:30	Beginners Class – Adult

Tuesday	
8:30–9:30	Senior Cardio - Adult
9:30–11:00	Cardio+ - Adult
4:30–5:30	Red/Orange Beginner - Junior
4:30–6:00	Bronze JDP - Junior
5:30–6:30	Orange Advanced - Junior
6:30–7:30	Green Beginner - Junior
6:30–7:30	MS/HS Intro - Junior

Wednesday	
9:30–11:00	Drill & Play - Adult
4:00–5:30	Silver JDP - Junior
4:30–6:00	Green JDP - Junior
5:30–7:00	Gold JDP - Junior
6:00-7:00	Tennis in 4 Weeks - Adult
7:00–8:00	Cardio Tennis - Adult
8:00–9:30	Advanced Intermediate – Adult

Thursday	
8:00–9:30	Men’s Drill - Adult
9:30–11:00	Cardio+ - Adult
4:30–5:30	Red/Orange Beginner - Junior
4:30–6:00	Bronze JDP - Junior
5:30–6:30	Green Beginner - Junior
6:30–7:30	MS/HS Intermediate - Junior
6:00–7:30	Drill and Play – Adult
7:30-8:30	Beginner Cardio Tennis - Adult

Friday	
8:30–9:30	Senior Cardio - Adult
9:30–10:30	Cardio Tennis – Adult

Saturday	
9:00-10:00	Orange Beginner - Junior
10:00-11:00	Green Beginner - Junior
10:30–12:00	Cardio+ - Adult

Sunday	
11:00-11:45	Red Beginner - Junior
11:00-12:00	MS/HS Intro - Junior
4:00-6:00	MatchFit (Invite Only)

Rate chart

Youth Red Beginner (45 minutes)		
	Member	Nonmember
One Day	\$100	\$120

Youth Orange Beginner/Advanced and Green Beginner (60 minutes)		
One Day	\$160	\$190
Two Days	\$270	\$325

Middle/HS Intro and Intermediate (60 minutes)		
One Day	\$160	\$190
Two Days	\$270	\$325

Green, Bronze, Silver and Gold JDPs (90 minutes)		
One Day	\$235	\$285
Two Days	\$405	\$485

MatchFit		
One Day	\$300	\$360

All Adult Classes (90 minutes)		
One Day	\$235	\$285
Two Days	\$405	\$485

Drill and Play (90-minutes, Drop-In)		
Per Class	\$25	\$30

Men’s Drill (90-minutes, Drop-In)		
Per Class	\$25	\$30

Cardio Tennis (60-minutes, Drop-In)		
Per Class	\$15	\$18

Cardio Tennis Plus (90-minutes, Drop-In)		
Per Class	\$18	\$22

Senior Cardio (60-minutes, Drop-In)		
Per Class	\$15	\$18

Northwestern Medicine Huntley Health & Fitness Center

Tennis Pathways – Adult and Junior

Adult Tennis Pathway

Step	Programs
1. Start	- Tennis in 4 Weeks - Beginners Class
2. Train	Advanced Beginner / Intermediate Drill
3. Compete	- Advanced Intermediate Drill - Drill and Play - Men’s Drill - Leagues and Match Play
4. Fitness	- Cardio Tennis - Cardio Tennis Plus

Junior Tennis Pathway

Step	Programs
1. Start	- Red Ball Beginner (4–6) - Orange Beginner (6–8) - Green Beginner (9–11) - Middle/High School Intro
2. Develop	- Orange Advanced - Middle/High School Intermediate
3. Perform – JDP	- Green JDP - Bronze JDP - Silver JDP - Gold JDP
4. Compete and Elite	- Junior Match Play - Competition MatchFit (invite only)

Tennis Evaluations

If you are unsure of your level of play, schedule a 15-minute evaluation with our tennis manager to determine which clinic or class is right for you.

Tennis in four weeks

	Member	Nonmember
August 19 to September 9	\$50	\$65
September 16 to October 7	\$50	\$65

Private Tennis Lessons

Improve your game with concentrated instruction, proven to be one of the best methods. Private group lesson rates per person are based on the number of people in the group. One-hour individual private lesson pricing listed below.

Tennis+	Standard	Nonmember
\$70	\$75	\$80

Package of 6 or 12 may be purchased at discounted per lesson rates.

Tennis + Membership Add on

Cost: \$30 per month on the agreement and \$24 per month for each additional person on the membership

Benefits include - No charge for court reservations (some exclusions may apply)

Two COMPLIMENTARY cardio tennis classes per month (60 min)

Three-day prior tennis court booking privileges

Exclusive discounts on select services and products

Tennis Leagues

Travel Leagues

The Northern Illinois Traveling Tennis League is a competitive women’s doubles league that plays against other clubs in the area from September through May. NMHFC currently has one team participating. The team has a drill once per week and matches on either Thursday or Friday. A NMHFC membership is required to play in this league. NITTL has teams with participants that range in USTA rating from 2.5 to 5.0. Visit nittl.com for more information. The United States Tennis Association offers adult travel leagues of varying levels. NMHFC teams compete against other clubs in the area in singles as well as doubles. A USTA membership is required to play in this league. Visit USTA.com for more information and to find leagues.

For more information about Northwestern Medicine Huntley Health & Fitness Center leagues, contact our tennis manager at **847.802.7014**.