



Adult Tennis Lessons

Session One: August 19 - October 20 (No class September 2)

Session Two: October 21 - December 22 (No class November 28)

Beginner Class

Designed for those new to tennis.

When

Tuesdays: 7:30 - 9 pm

Cost

\$270 for Members and
\$324 for Non-Members

Advanced Beginner Class

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

When

Thursdays: 11 am - 12:30 pm

Cost

\$270 for Members and
\$324 for Non-Members

Intermediate Class

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

When

Saturdays: 9:30 - 11 am

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 - 9:30 pm

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

Wednesdays: 9:30 - 11 am
Thursdays: 7 - 8:30 pm

Cost

\$270 for Classic Members and
\$324 for Non-Members

Tennis in 4 Weeks

Designed for beginners, these four-week sessions are a condensed overview of playing tennis.

When

Mondays: 11 am - Noon
(September 9-30)

Cost

Cost per Four-Week Session: \$32 for Members
and \$36 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: \$12 for Members and
\$15 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 am

Thursdays: 9:30 am - 11 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: \$12 for Members and
\$15 for Non-Members

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

If you are unsure what level to sign up for,
contact Kathleen Pudlo for an evaluation at
kpudlo@nmhfc.com or 847.802.7014.

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