

JUNIOR DEVELOPMENT GROUP PROGRAM

TINY TENNIS

Designed for the true tennis beginner. Motor skills and hand-eye coordination are the primary focus. Classes taught on 36 ft. court.

Fee: \$90 M / \$126 NM

Age	Dates	Day / Time	Wks	Code
4-6	Jan 7 - Feb 11	M 4:30 - 5:30 pm	6	452110-1A
4-6	Jan 9 - Feb 13	W 4 - 5 pm	6	452110-1B
4-6	Feb 18 - Mar 25	M 4:30 - 5:30 pm	6	452110-2A
4-6	Feb 20 - Mar 27	W 4 - 5 pm	6	452110-2B

PEE WEE

Beginner stroke mechanics will be introduced on the forehand, backhand and serve. All six year-olds must have completed one session of Tiny Tennis. Classes taught on a 36 ft. court.

Fee: \$90 M / \$126 NM

Age	Dates	Day / Time	Wks	Code
6-8	Jan 7 - Feb 11	M 4:30 - 5:30 pm	6	452120-1A
6-8	Jan 12 - Feb 16	Sa 9 - 10 am	6	452120-1B
6-8	Feb 18 - Mar 25	M 4:30 - 5:30 pm	6	452120-2A
6-8	Feb 23 - Mar 30	Sa 9 - 10 am	6	452120-2B

FUTURE STARS

Designed for the player with basic understanding of stroke mechanics. This player is beginning to rally and movement to the ball is improving. Classes taught on a 60 ft. court.

Fee: \$90 M / \$126 NM

Age	Dates	Day / Time	Wks	Code
8-11	Jan 7 - Feb 11	M 4:30 - 5:30 pm	6	452130-1A
8-11	Jan 9 - Feb 13	W 5 - 6 pm	6	452130-1B
8-11	Jan 10 - Feb 14	Th 5:30 - 6:30 pm	6	452130-1C
8-11	Jan 12 - Feb 16	Sa 10 - 11 am	6	452130-1D
8-11	Feb 18 - Mar 25	M 4:30 - 5:30 pm	6	452130-2A
8-11	Feb 20 - Mar 27	W 5 - 6 pm	6	452130-2B
8-11	Feb 21 - Mar 28	Th 5:30 - 6:30 pm	6	452130-2C
8-11	Feb 23 - Mar 30	Sa 10 - 11 am	6	452130-2D

ALL STARS

This player is beginning to move to the ball and contact has improved. Drills will be designed around stroke execution along with improvement of the serve. All 10-year-olds must complete one session of Future Stars.

Fee: \$132 M / \$168 NM

Age	Dates	Day / Time	Wks	Code
11-14	Jan 7 - Feb 11	M 4:30 - 6 pm	6	452140-1A
11-14	Jan 8 - Feb 12	Tu 5:30 - 7 pm	6	452140-1B
11-14	Feb 18 - Mar 25	M 4:30 - 6 pm	6	452140-2A
11-14	Feb 19 - Mar 26	Tu 5:30 - 7 pm	6	452140-2B

JUNIOR PERFORMANCE EXCELLENCE GROUP PROGRAM

ROOKIE RALLIERS

FEE: \$132 M / \$168 NM

Players should be able to rally, serve, score and had prior playing experience. Beginning to use proper stroke techniques and fundamental strategies. This is a live ball class.

Age	Dates	Day / Time	Wks	Code
8-10	Jan 8 - Feb 12	Tu 5 - 6:30 pm	6	452210-1A
8-10	Jan 11 - Feb 15	F 5 - 6:30 pm	6	452210-1B
8-10	Feb 19 - Mar 26	Tu 5 - 6:30 pm	6	452210-2A
8-10	Feb 22 - Mar 29	F 5 - 6:30 pm	6	452210-2B

TOURNAMENT TOUGH

FEE: \$132 M / \$168 NM

This class is designed for the junior who will be trying out for their respective high school teams. Drills will be designed around stroke execution along with the introduction of flat and spin serves.

Age	Dates	Day / Time	Wks	Code
11-14	Jan 7 - Feb 11	M 5 - 6:30 pm	6	452220-1C
11-14	Jan 8 - Feb 12	Tu 4:30 - 6 pm	6	452220-1A
11-14	Jan 10 - Feb 14	Th 4:30 - 6 pm	6	452220-1B
11-14	Feb 18 - Mar 25	M 5 - 6:30 pm	6	452220-2C
11-14	Feb 19 - Mar 26	Tu 4:30 - 6 pm	6	452220-2A
11-14	Feb 21 - Mar 28	Th 4:30 - 6 pm	6	452220-2B

CHALLENGER

FEE: \$180 M / \$216 NM

Players are on or about to try-out for their high school team and are seeking consistency in their groundstroke, volleys and serve. This class will help players train for match play and USTA tournament play.

Age	Dates	Day / Time	Wks	Code
13-17	Jan 7 - Feb 11	M 6:30 - 8:30 pm	6	452230-1C
13-17	Jan 9 - Feb 13	W 4:30 - 6:30 pm	6	452230-1A
13-17	Jan 10 - Feb 14	Th 4 - 6 pm	6	452230-1B
13-17	Feb 18 - Mar 25	M 6:30 - 8:30 pm	6	452230-2C
13-17	Feb 20 - Mar 27	W 4:30 - 6:30 pm	6	452230-2A
13-17	Feb 21 - Mar 28	Th 4 - 6 pm	6	452230-2B

VARSITY

FEE: \$180 M / \$216 NM

Targeted at high school age players who compete at local, sectional and national junior tournaments. Drill will be designed around point construction. This is a competitive program and includes fitness. An evaluation is required.

Age	Dates	Day / Time	Wks	Code
14-18	Jan 8 - Feb 12	Tu 6:30 - 8:30 pm	6	452240-1A
14-18	Jan 9 - Feb 13	W 6:30 - 8:30 pm	6	452240-1B
14-18	Jan 10 - Feb 14	Th 4:30 - 6:30 pm	6	452240-1C
14-18	Jan 13 - Feb 17	Su 8:30 - 10:30 am	6	452240-1D
14-18	Feb 19 - Mar 26	Tu 6:30 - 8:30 pm	6	452240-2A
14-18	Feb 20 - Mar 27	W 6:30 - 8:30 pm	6	452240-2B
14-18	Feb 21 - Mar 28	Th 4:30 - 6:30 pm	6	452240-2C

h-f racquet & fitness club

PARENT/TOT TENNIS

Learn on the court with your child! Instructors will help guide your child with fundamentals and offer tips on how to help your child practice. Parent/guardian must participate. Loaner racquets available.

Fee: \$90 M / \$126 NM

Age	Dates	Day / Time	Wks	Code
3-5	Jan 12 - Feb 16	Sa 8 - 8:45 am	6	452204-1A
3-5	Feb 23 - Mar 30	Sa 8 - 8:45 am	6	452204-2A

ADULT LESSONS, LEAGUES & DRILLS

ADULT DRILLS & SUPERVISED PLAY

Players are able to sustain long rallies and are able to play singles or doubles matches. This program will consist of drills, strategy and games geared to improving skills and match play.

Fee: \$132 M / \$168 NM

Age	Dates	Day / Time	Wks	Code
19+	Jan 7 - Feb 11	M 11 am - 12:30 pm	6	452340-1A
19+	Jan 10 - Feb 14	Th 10 - 11:30 am	6	452340-1B
19+	Jan 10 - Feb 14	Th 7:30 - 9 pm	6	452340-1C
19+	Feb 18 - Mar 25	M 11 am - 12:30 pm	6	452340-2A
19+	Feb 18 - Mar 25	Th 10 am - 11:30 pm	6	452340-2B
19+	Feb 21 - Mar 28	Th 7:30 - 9 pm	6	452340-2C

STROKE OF THE WEEK

Need to fix that one stroke that is costing you matches or can't commit to a regular weekly class? This 60 minute class is for you with instruction and play.

Fee: \$17 M / \$23 NM (per clinic)

Sign up for the current month for a 20% discount. (Members only.)

Time: Tu 6 - 7 pm Code: 552517-2M

CARDIO TENNIS



A new, fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Includes warm-up, cardio workout and cool down phases resulting in "Heart Pumping Fitness!"

Fee: \$90 M / \$126 NM

Age	Dates	Day / Time	Wks	Code
19+	Jan 7 - Feb 11	M 7 - 8 pm	6	452350-1D
19+	Jan 13 - Feb 17	Su 9 - 10 am	6	452350-1C
19+	Feb 18 - Mar 25	M 7 - 8 am	6	452350-2D
19+	Feb 24 - Mar 31	Su 9 - 10 am	6	452350-2C

START/RESTART TENNIS



Learning or returning to tennis has never been easier! Classes meet twice weekly, for 90 minutes of instruction, drills and games.

Free t-shirt and a chance to win a starter racquet included.

Fee: \$132 M / \$168 NM (12 Classes)

Age	Dates	Day / Time	Wks	Code
19+	Jan 7 - Feb 13	M/W 1 - 2:30 pm	6	452320-1A
19+	Jan 8 - Feb 14	Tu/Th 8 - 9:30 pm	6	452320-1B
19+	Feb 18 - Mar 27	M/W 1 - 2:30 pm	6	452320-2A
19+	Feb 19 - Mar 28	Tu/Th 8 - 9:30 pm	6	452320-2B



STAY IN THE GAME

Class is designed to help players refine their current knowledge of the game. Building on fundamental techniques, stroke mechanics and court positioning are included.

Fee: \$264 M / \$336 NM (12 Classes)

Age	Dates	Day / Time	Wks	Code
19+	Jan 7 - Feb 13	M/W 8 - 9:30 pm	6	452330-1A
19+	Jan 8 - Feb 14	Tu/Th 1 - 2:30 pm	6	452330-1B
19+	Feb 18 - Mar 27	M/W 8 - 9:30 pm	6	452330-2A
19+	Feb 19 - Mar 28	Tu/Th 1 - 2:30 pm	6	452330-2B

USTA ADAPTIVE TENNIS

Basic Skills - Entry level skills for Special Recreation athletes. Focus on fun and social exercises. Players may register a parent or guardian (free) as their buddy.

Competitive Adaptive - Training for Special Olympics Competition.

Fee: \$90 M / \$125 NM

Class	Dates	Day / Time	Wks	Code
Basic	Jan 10 - Feb 14	Th 5:30 - 6:30 pm	6	452370-1A
Comp	Jan 10 - Feb 14	Th 5:30 - 6:30 pm	6	452370-1B
Basic	Feb 21 - Mar 28	Th 5:30 - 6:30 pm	6	452370-2A
Comp	Feb 21 - Mar 28	Th 5:30 - 6:30 pm	6	452370-2B

BREAKFAST SPECIAL

Enjoy two hours of organized tennis doubles, drills and match play followed by a light breakfast and tennis chat.

Fee: \$132 M / \$168 NM

Age	Dates	Day / Time	Wks	Code
50+	Jan 9 - Feb 13	W 8 - 10 am	6	452350-1A
50+	Feb 20 - Mar 27	W 8 - 10 am	6	452350-2A

NTRP CO-ED SHOWDOWN

Co-ed doubles in tennis is a rare professional sporting event that pits one male-female team against another. Co-ed doubles meets every other Friday, excluding holidays.

Fee: \$132 M / \$168 NM

Age	Dates	Day / Time	Wks	Code
19+	Jan 11 - Mar 22	F 7 - 9 pm	6	452513-1B

TRAVEL TEAM LEAGUES

Represent the H-F Racquet & Fitness Club by joining our Illianna or Jack Berry in-house tennis leagues, playing against other area clubs. All NTRP levels available. Contact the H-F Racquet & Fitness Center at 708.799.1323.

SETS IN THE CITY

Two hour social recreational fun in-house tennis doubles league that meets at varying times throughout the year. Please sign up at the Club's Welcome Center. **\$10 for members or \$20 for non-members.**

PRIVATE & SEMI-PRIVATE TENNIS LESSONS

Get serious about your game and try our private and semi-private year-round tennis lessons taught by professionally-trained staff. To arrange stop by the Tennis Desk or call Umang Chadda (Racquet Sports Manager) at 708.799.1323 for lesson rates and tennis pro information.

Cancellation Policy: You are financially responsible for private lessons if you cancel less than 24 hours in advance.

RACQUETBALL

The racquetball court at the H-F Racquet & Fitness Club offers a chance for all members of the family to learn, improve their game, stay in shape and make friends. Racquetball is included in your Racquet Sports Membership and you can rent courts during Club hours. For more information, visit the Welcome Center or call 708.799.1323.

INTRO TO PICKLEBALL

NEW!

If you never played pickleball before, this is designed especially for you! This instructed course will cover the basics of pickleball rules, terminology, primary skills, coordination and more. Plus we provide paddles and balls.

Fee: \$79

Age	Dates	Day / Time	Wks	Code
19+	Jan 8 - Feb 12	Tu 12:30 - 1:30 pm	6	452350-1F
19+	Jan 12 - Feb 16	Sa 11 am - 12 pm	6	452350-1G
19+	Feb 19 - Mar 26	Tu 12:30 - 1:30 pm	6	452350-2F
19+	Feb 23 - Mar 30	Sa 11 am - 12 pm	6	452350-2G



winter calendar of tennis events

Jan 11	New Year's Adult Tennis Mixer
Jan 19-21	MLK Day Junior Camp Event
Jan 26-27	USTA Midwest Level 2 Jr Tournament – Girl's 14
Feb 8	Valentine's Day Adult Tennis Mixer
Feb 16	H-F President's Day Tennis Classic USTA Level 4 Tournament - Boy's & Girls 14 & 18
Feb 17-18	Presidents Day Junior Camp Event
Mar 1	Special Pro-Am Doubles Tennis Event
March 15	St. Patrick's Day Adult Tennis Mixer
March 25-28	Spring Break Junior Camp Event

For more information about Tennis Events, please call the H-F Racquet & Fitness Center at 708.799.1323.