

# h-f racquet & fitness club

## JR DEVELOPMENT GROUP TENNIS PROGRAM

### 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: \$120 M / \$168 NM

Age	Dates	Day / Time	Wks	Code
3-5	Apr 6 - May 25	Sat 8 - 8:45 am	8	152100-1A

### 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: \$120 M / \$168 NM

Age	Dates	Day / Time	Wks	Code
4-6	Apr 1 - May 20	M 4:30 - 5:30 pm	8	152110-1A
4-6	Apr 3 - May 22	W 4:00 - 5:00 pm	8	152110-1B

### 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: \$120 M / \$168 NM

Age	Dates	Day / Time	Wks	Code
6-8	Apr 1 - May 20	M 4:30 - 5:30 pm	8	152120-1A
6-8	Apr 6 - May 25	Sa 9 - 10 am	8	152120-1B

### 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: \$120 M / \$168 NM

Age	Dates	Day / Time	Wks	Code
8-11	Apr 1 - May 20	M 4:30 - 5:30 pm	8	152130-1A
8-11	Apr 3 - May 22	W 5 - 6 pm	8	152130-1B
8-11	Apr 4 - May 23	Th 5:30 - 6:30 pm	8	152130-1C
8-11	Apr 6 - May 25	Sat 10 - 11 am	8	152130-1D
8-11	Apr 6 - May 25	Sat 2:30 - 3:30 pm	8	152130-1E

### 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: \$176 M / \$224 NM

Age	Dates	Day / Time	Wks	Code
11-14	Apr 1 - May 20	M 4:30 - 6 pm	8	152140-1A
11-14	Apr 2 - May 21	Tu 5:30 - 7 pm	8	152140-1B

## JUNIOR PERFORMANCE EXCELLENCE GROUP TENNIS PROGRAM

### ROOKIE RALLIERS

FEE: \$176 M / \$224 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
7-11	Apr 2 - May 21	Tu 5 - 6:30 pm	8	152210-1A
7-11	Apr 5 - May 24	F 5 - 6:30 pm	8	152210-1B

### TOURNAMENT TOUGH

FEE: \$176 M / \$224 NM

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

Age	Dates	Day / Time	Wks	Code
11-14	Apr 1 - May 20	M 5 - 6:30 pm	8	152220-1C
11-14	Apr 2 - May 21	Tu 4:30 - 6 pm	8	152220-1A
11-14	Apr 4 - May 23	Th 4:30 - 6 pm	8	152220-1B

### CHALLENGER

FEE: \$240 M / \$288 NM (8 WKS) - \$180 M / \$228 NM (6 WKS)

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 tournaments.

Age	Dates	Day / Time	Wks	Code
13-17	Apr 1 - May 20	M 6:30 - 8:30 pm	8	152230-1C
13-17	Apr 2 - May 21	Tu 6:30 - 8:30 pm	8	152230-1E
13-17	Apr 3 - May 22	W 4:30 - 6:30 pm	8	152230-1A
13-17	Apr 4 - May 9	Th 4 - 6 pm	6	152230-1B



### VARSITY

FEE: \$240 M / \$288 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	Apr 2 - May 21	Tu 6:30 - 8:30 pm	8	152240-1A
14-18	Apr 3 - May 22	W 6:30 - 8:30 pm	8	152240-1B
14-18	Apr 4 - May 23	Th 4:30 - 6:30 pm	8	152240-1C
14-18	Apr 7 - May 26	Su 8:30 - 10:30 am	8	152240-1D

Sign up for two days of any Junior Tennis Program and receive a 10% discount or three days and receive a 15% discount. Prices are based on a minimum of four players.

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## ADULT TENNIS 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+	Apr 1 - May 6	M 11 am - 12:30 pm	6	152340-1A
19+	Apr 4 - May 9	Th 10 - 11:30 am	6	152340-1B
19+	Apr 4 - May 9	Th 7:30 - 9 pm	6	152340-1C

### 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: 552517-3M

### START/RESTART TENNIS

Learning or returning to tennis has never been easier! Classes meet twice weekly for nine weeks, 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+	Apr 1 - May 8	M/W 1 - 2:30 pm	6	152320-1A
19+	Apr 2 - May 9	Tu/Th 8 - 9:30 pm	6	152320-1B

## 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+	Apr 1 - May 6	M 7 - 8 pm	6	152350-1D
19+	Apr 7 - May 12	Su 9 - 10 am	6	152350-1C

## 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+	Apr 1 - May 8	M/W 8 - 9:30 pm	6	152330-1A
19+	Apr 2 - May 9	Tu/Th 1 - 2:30 pm	6	152330-1B

## LIVE 4 TENNIS

Adult drill and play group focusing on improving skills and match play.

Fee: \$132 M / \$168 NM

Age	Dates	Day / Time	Wks	Code
19+	Apr 6 - May 11	Sa 3:30 - 5 pm	6	152380-1A

## BREAKFAST SPECIAL

Enjoy two hours of organized 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+	Apr 3 - May 8	W 8 - 10 am	6	152350-1A

## 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 / \$126 NM (6 weeks)

Class	Dates	Day / Time	Code
Basic Skills	Apr 4 - May 9	Th 5:30 - 6:30 pm	152370-1A
Comp Adaptive	Apr 4 - May 9	Th 5:30 - 6:30 pm	152370-1B

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## USTA WHEELCHAIR TENNIS

Wheelchair tennis is a great way to stay active, healthy and best of all, fun to play. This program consists of stroke production, mobility and strategic play.

Fee: \$90 (Introductory Rate)

**NEW!**

Age	Dates	Day / Time	Wks	Code
19+	Apr 3 - May 8	W 8 - 9:30 pm	6	152370-1C

## CO-ED DOUBLES

Enjoy two hours of organized tennis doubles with rotating cross-over partners. All levels are welcome.

Fee: \$132 M / \$168 NM

Age	Dates	Day / Time	Wks	Code
19+	Apr 5 - May 10	F 7 - 9 pm	6	152513-1B

## spring calendar of tennis events

March 15	St. Patrick's Day Adult Tennis Mixer
March 16	Shamrock Single Day Showdown Jr. USTA Tournament*
April 6-7	Spring USTA Level 4 Jr. Tournament*
April 12	April Fool's Adult Tennis Mixer
May 3	Cinco de Mayo Adult Tennis Mixer
May 4	May Single Day Showdown Jr. USTA Tennis Tournament*
May 25-26	"Little Mo" Midwest Sectionals Jr. Tournament

Check [hfracquetandfitness.com](http://hfracquetandfitness.com) for more events.

\*Sign up for Jr. USTA Tournaments at [tennislink.usta.com](http://tennislink.usta.com)

## 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.



## INTRO TO PICKLEBALL

**NEW!**

This instructed course will cover the basics of pickleball rules, terminology, primary skills, coordination and more. We provide paddles and balls.

Fee: \$79 (Introductory Rate)

Age	Dates	Day / Time	Wks	Code
19+	Apr 2 - May 7	Tu 12:30 - 1:30 pm	6	152350-1F
19+	Apr 6 - May 11	Sat 11 am - 12 pm	6	152350-1G

## 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.

## racquet sports membership

Racquet Sports memberships include access to racquet sports.

<b>Primary (ages 18 - 61)</b>	\$231
Add One	\$430
Add Two	\$476
Add Three	\$499

<b>Youth Indv. (ages 11- 17)</b>	\$62
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<b>Senior (ages 62+)</b>	\$199
Plus One Sr.	\$398

Individual/Senior enrollment fees are \$49 and \$19 for each additional member.

## Court Sports Daily Guest Fees:

\$9 / Adult • \$7 / Under 18