

**ADULT CLINIC REGISTRATION
2017-2018**

Name

Street

City

Phone

Email

First Choice

Second Choice

Amount Paid

Today's Date

Programs and times subject to change.

2017 - 2018 SEASON RATES
BEGINS SUN. SEPT. 10 – SAT. MAY 12

34 WEEKS

MONDAY - FRIDAY	1 HR	1 ½ HR
7AM - 9AM	\$1377	\$2066
9AM - 12PM	\$1726	\$2589
12PM - 4PM	\$1547	\$2321
4PM - 10PM	\$2108	\$3162
10PM - CLOSING	\$1445	\$2168

SATURDAY - SUNDAY	1 HR	1 ½ HR
7AM - 9AM	\$1615	\$2423
9AM - 2PM	\$1896	\$2844
2PM - CLOSING	\$1615	\$2423

OPEN TIME RATES

MONDAY - FRIDAY

5:00 AM – 9:00 AM	\$41
9:00 AM – NOON	\$51
NOON – 4:00 PM	\$46
4:00 PM – 11:00 PM	\$62

SATURDAY - SUNDAY

7:00 AM – 9:00 AM	\$48
9:00 AM – 2:00 PM	\$56
2:00 PM – 6:00 PM	\$48

MEMBERSHIPS

SINGLE \$129 FAMILY \$199 SENIOR \$99
GUEST FEE \$9 PLUS COURT FEE

PRIVATE LESSONS

\$50.00 (1/2 HOUR) \$90.00 (1 HR)

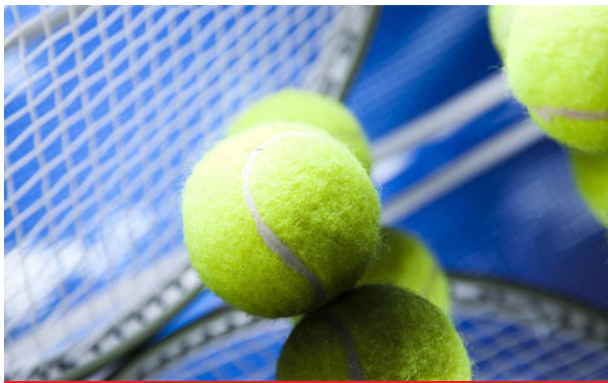


**ADULT TENNIS
PROGRAMS**
2017-2018

**BEGINS
SEPTEMBER 11, 2017**

**USTA Teams • Grand Prix
Friday Night Tennis Party
Daytime Doubles Ladder
Daytime Singles League
Clinics • Cardio Tennis**

100 Elm Street • North Haven, CT 06473
www.NHHR.com • 203.239.5665



North Haven Health & Racquet Club Tennis Professionals are committed in bringing the finest tennis programs. Our programs are designed to give the most well rounded education in tennis enabling each individual to enjoy the sport throughout their entire life.

USTA Teams

We have various teams playing at NHHR and we are looking to add more teams-levels 3.0-5.0.

Winter and summer available with practice!

Call 203 239-5665

Many of our teams have made it to sectionals.

Beginners

We would love for you to participate in beginners special classes \$25/hr.

Please let me know your best times!



GRAND PRIX

GRAND PRIX is a chance to enhance your game through match play. M-TH 8:30 PM – 10:45 PM
Singles play Sunday doubles 3:30 PM – 5:45 PM.
(Alternate time 5:30 PM – 7:45 PM)

Mon.-Thurs. \$35 Members/\$39 Non-Members
Sun. \$28 Members/\$31 Non-Members

Call Christine for an evaluation!
203-239-5665

FRIDAY NIGHT TENNIS PARTY

Join in the fun and bring a friend. Meet new people playing round robin doubles. Enjoy tasty snacks, food, beverages and conversation.

Fridays 7:00 PM – 10:45 PM

Cost: \$30 per person

Call Christine for more information!
203-239-5665

DAYTIME DOUBLES LADDER/ DAYTIME SINGLES LEAGUE

LADDER PLAY: Enjoy competitive weekly doubles play arranged by our staff. Progressive play format – teams move up/down each week depending on the total games won/lost. You do not need a partner.

\$25 for 2 hours of play.

Please let me know your best day and time for play, also include your level.
Time TBD.

Introducing New This Season:
PICKLEBALL

CLINICS

We are pleased to offer adult clinics for every level of play. 1 ½ hr clinics are ideal for the player looking for strokes, strategy and match play.

You can customize your clinic time to accommodate your schedule.
Come in with 3 of your friends or we will find a group for you at your level!

Point Play 6 people for 1 ½ hours
\$25.00

Murder 4 people for 1 hour
\$25 per person

Clinic 4 people for 1 ½ hours
\$37.50/\$42.50 per person

Call the club for clinic times and availability: 203-239-5665 x 30

CARDIO TENNIS

NHHR puts the fun in tennis. Cardio Tennis is a fast paced program that offers adults the opportunity to enjoy music and live drills in ways they never have before. Exercise has never been so much fun!

1 hour classes available \$22
Please call club for time

- New to the cardio tennis program are 3 unique classes designed to focus on your specific needs. We will have a strength training class using medicine balls, ladders, and weights.
- Another fun cardio class will consist of high energy games and fast paced feeding to focus on footwork.
- A toning cardio class will focus on a more yoga-like atmosphere of lengthening and core strengthening.