



NORTH HAVEN  
**Health & Racquet**  
A FAMILY SPORTS AND FITNESS CENTER  
**MARCH NEWSLETTER**

**NHHR WISHES YOU A HAPPY ST. PATRICK'S DAY!**



**WHAT'S GOING ON THIS MONTH?**

**PICKLEBALL SOCIAL**

**Saturday, March 10<sup>th</sup> from 4:00-8:00pm**

Join us for another Pickleball Social! We are also having two clinics during the Social with our new Pickleball Instructor Rudy! Please sign up with Trudi!

Beginner Clinic at 4:15-5:15pm – full

Intermediate Clinic at 5:15-6:15pm – only 2 spots left!

**SPRING AHEAD!**

**March 11<sup>th</sup>**

Don't forget to set your clocks forward an hour!

**"SWEAT-HEART FITNESS" APP CHALLENGE**

**February 12<sup>th</sup>- March 11<sup>th</sup>**

Be one of the first three people to complete 10 workouts and win an NHHR t-shirt!

**3 POINT SHOOTING CONTEST**

**March 14<sup>th</sup> 6:30pm**

Join us for a 3 point shooting contest – then stay to watch the final playoffs!

**BASKETBALL FINAL PLAYOFFS**

**March 14<sup>th</sup> 7:00pm**

**SPRING BASKETBALL LEAGUE**

**Sign up for the spring league with Trudi!**

**MARCH MADNESS BRACKET CONTEST**

**As soon as brackets are available!**

**UPCOMING EVENTS**

**ZUMBATHON FOR PARKINSONS, LADIE'S NIGHT OUT, & ROAD RACE FOR MS – DATES TBA**

**PICKLEBALL CAMP EXHIBITION – JUNE 29<sup>TH</sup>**

**PICKLEBALL SUMMERTIME SPORTS ACADEMY**

**JUNE 30-JULY 1<sup>ST</sup> - Go to: [summertimesports.net/camps](http://summertimesports.net/camps)**

**FALL CLASSIC PICKLEBALL TOURNAMENT – October 5-6<sup>th</sup>**

**Go to: [csmg.org/our-events/nutmeg-fall-classic-pickleball](http://csmg.org/our-events/nutmeg-fall-classic-pickleball)**

**Contact Us:**

203.239.5665 | [www.NHHR.com](http://www.NHHR.com) | [trudi@nhhr.com](mailto:trudi@nhhr.com)

**Social Media:**

Instagram: @northhavenhealthandracquet | Facebook: @nhhandr

**HOURS OF OPERATION**

Monday-Thursday: 5:00am-11:00pm

Friday: 5:00am-9:00pm

Saturday & Sunday: 7:00am-6:00pm

**WHAT'S NEW?**

**NEW PICKLEBALL PRO RUDY!**



**NEW Pickleball Clinics!**

Meet our new Pickleball Pro Rudy! Rudy Meredith has been a teacher and coach for close to 30 years! He is an IPTPA II Certified Teaching Pro and a three-time Atlantic Regional pickleball champion!

**NHHR APP**

**Search NHHR on the App Store!**

Scan in with your phone, view the class schedule, get club updates, set goals, track your progress, compete in challenges for prizes, and more!

**JOIN A TENNIS PROGRAM!**

**TENNIS LEAGUES**

**Mon-Thurs 8:30-10:45pm**

**Friday Night Party 7:00-10:45**

**Sundays 3:30-5:45pm**

Want to participate in a tennis league? We have plenty of days to choose from. Ask for Christine!

**ADULT TENNIS CLINICS**

**Point Play, Murder, Clinics, Cardio, & Ladder**

We offer adult clinics for every level of play - Ask for Megin to join!

**MEMBER OF THE MONTH**



**Mike Salvo**

**Congratulations to the winner of the Men's + Singles & 55+ Doubles during the CT Masters' Games!**

And congratulations to the rest of our winners and participants for joining us!