



NORTH HAVEN Health & Racquet

A FAMILY SPORTS AND FITNESS CENTER

NOVEMBER NEWSLETTER

NHHR WISHES YOU A HAPPY THANKSGIVING!



NHHR TENNIS

INSTANT TENNIS

Call or email Megin for current session times!

Instant tennis is back and better than ever. *Beginners only!* Bring a friend and learn how to play tennis in a fun setting. 6-week session. Email megin@nhhr.com

CARDIO TENNIS

Calling all fitness members! We supply the racquets!

Just bring your sneakers and the desire to learn tennis in a highly energetic, fun, and supportive environment! Ask for Megin!

JUNIOR PROGRAM

It's not too late to sign up!

See brochure for programs & times. We offer a variety of junior programs for every level! Program will be pro-rated if you are joining now. Ask for Megin to join!

JUNIOR PARENTS

Learn while your kids play! We will supply the racquets!

Now you can learn while your kids play! Special price for parents of junior program - \$25 for the hour. Ask for Megin!

TENNIS LEAGUES

Mon-Thurs 8:30-10:45pm

Friday Night Party 7:00-10:45pm

Sundays 3:30-5:45pm

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!

LOOK FORWARD TO THESE!

CYCLE AGAINST CANCER – March 15th

MEMBER APPRECIATION DAY – Date TBA

SMALL GROUP TRAINING NEW SESSION – Date TBA

Contact Us:

203.239.5665 | www.NHHR.com | trudi@nhhr.com

Social Media:

Instagram: [@northhavenhealthandracquet](https://www.instagram.com/northhavenhealthandracquet) | Facebook: [@nhhandr](https://www.facebook.com/nhhandr)

HOURS OF OPERATION

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

Friday: 5:00am-9:00pm

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

WHAT'S GOING ON THIS MONTH?

PICKLEBALL SOCIAL & CLINIC

November 10th

Beg. / Int. Clinic: 2:00-3:00pm - \$13

Social: 3:00-6:00pm - \$22

ZUMBATHON FOR M.S.

November 17th 11:00am-1:00pm

Enjoy Zumba, snacks & refreshments, vendors, and a raffle! This event is open to the public so bring your friends! \$10 to participate, all proceeds will be donated to M.S.

ZUMBINI OPEN HOUSE

November 17th 10:00am

Stop by and see what Zumbini is about – right before the Zumbathon! Zumbini is an early childhood development program for children ages 0-4 years and their caregiver(s). Sessions coming to NHHR soon!

PICKLEBALL CLINICS WITH RUDY

Mondays 10-11am & Thursdays 11-12am

Join us for daytime clinics with Rudy! *Calling all Tennis players!* Tennis benefits include volleys, touch, slice, & reflexes! You have nothing to lose & once you try it you will be hooked! Only \$10 per player! Sign up required - email megin@nhhr.com

WHAT'S NEW?

PERSONAL TRAINING SPECIAL W/ BRITTANY

Four ½ hour sessions for only \$99+tax!

MASSAGE THERAPIST AT NHHR

Matthew has been a Massage Therapist since 2013 and is here at NHHR Thursdays & Fridays. Call or Text Matthew at 203.631.2961

RENT A PICKLEBALL COURT

Grab your own pickleball group and come play at a time that works for you!

PICKLEBALL LESSONS

With IPTPA Level II Certified Teaching Pro Rudy

Sign up for a private, semi-private, or group lesson! Call Rudy at 203.464.4865

NHHR T-SHIRTS & SWEATSHIRTS FOR SALE

T-Shirts: \$9-10 | Sweatshirts: \$33

TOWELS FOR SALE - \$5+tax