



NORTH HAVEN
Health & Racquet
A FAMILY SPORTS AND FITNESS CENTER

MARCH NEWSLETTER

NHHR WISHES YOU A HAPPY MARCH!



WHAT'S NEW?

**NEW RACQUETBALL PRO
JOSE FLORES!**

BRITANY'S BOOT CAMP

Additional class time!

Thursdays at 5:15pm

MASSAGE THERAPIST

At NHHR 3 days a week!

Call or Text Matthew at 203.631.2961

FOR SALE AT THE FRONT DESK

TENNIS RACQUETS FOR SALE!

T-Shirts: \$9-10 | Sweatshirts: \$33 | Towels \$5+tax



NHHR PICKLEBALL

PICKLEBALL CAMP

March 15th-16th

Join us for a special premiere camp that is catered to the individual player. Learn from the best instructors! To register email toby@nhhr.com & see our flyer for more info!

BEGINNER PICKLEBALL CLINIC W/ TOBY

Saturday, March 23rd 10:30am-12:00pm

Always wanted to learn how to play pickleball? Now is the perfect time! Email toby@nhhr.com

MEET OUR NEW PICKLEBALL PRO TOBY!

Toby is a PPR Certified Instructor, USAPA Ambassador and Sponsored Dealer for Paddletek. The highlight of her tournament play is the gold medal in women's doubles at the 2018 US Open in Naples, FL last April! Toby is available for private, semi-private, & group lessons! Contact toby@nhhr.com

PICKLEBALL OPEN PLAY

SIGN UP REQUIRED: email toby@nhhr.com

Monday: 10:00am -12:00pm \$8

Thursday: 10:00am-12:00pm \$8

Saturday: 12:00-2:00pm \$10

Sunday: 1:30-3:30pm \$10

HOURS OF OPERATION

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

Friday: 5:00am-9:00pm

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

NHHR TENNIS

JUNIOR PROGRAM

Spring session begins April 1st! We offer a variety of junior programs for every level! See brochure for programs & times. Email megin@nhhr.com

INSTANT TENNIS

Beginners Only! 6-week session

Instant tennis is back and better than ever. Bring a friend and learn how to play tennis in a fun setting. Email megin@nhhr.com

CARDIO TENNIS

Saturdays at 9:00am

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! Email megin@nhhr.com

TENNIS LEAGUES

Mon-Thurs 8:30-10:45pm

Friday Night Party 6:30-10:45pm

Sundays 3:30-5:45pm

We have plenty of days to choose from! Be evaluated by Christine!

ADULT TENNIS CLINICS

Point Play, Murder, Clinics, Cardio, & Ladder. We offer adult clinics for every level of play Email megin@nhhr.com to join!

LOOK FORWARD TO THESE!

CT MASTERS' GAMES RACQUETBALL

April 12 & 13th

MEMBER APPRECIATION DAY

Date TBA

Contact Us:

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Instagram: @northhavenhealthandracket

Facebook: @nhhandr