



APRIL NEWSLETTER

NHHR WISHES YOU A HAPPY SPRING!



WHAT'S NEW?

3 POINT SHOOTING CONTEST

April 3rd at 7:00pm

Before the league playoffs. Prizes for 1st and 2nd!

SPRING BASKETBALL LEAGUE

Begins Tues. April 16th & Weds. April 17th

SPRING ZUMBINI SESSION & DEMOS

1st Demo: Tuesday, April 16th at 10:00am

2nd Demo: Saturday, April 20th at 10:00am

Spring Session April 20th-June 8th

Zumbini is an early childhood development program focused on movement and music. Ages 0-4

BEGINNER PICKLEBALL CLINIC W/ TOBY

Date To Be Announced

Always wanted to learn how to play pickleball? Now is the perfect time! [Email toby@nhhr.com](mailto:toby@nhhr.com)

PICKLEBALL OPEN PLAY

SIGN UP REQUIRED: email toby@nhhr.com

Mondays & Thursdays: 10:00am -12:00pm \$8

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

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

MEMBER APPRECIATION DAY

Monday, May 20th - prospective date

BRITTANY'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

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](mailto:megin@nhhr.com)

INSTANT TENNIS

April 1st-May 6th - Thurs. or Weds.

Beginners Only! 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](mailto: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](mailto:megin@nhhr.com) to join!

NHHR RACQUETBALL

NEW RACQUETBALL PRO

JOSE FLORES!

#1 IN CT SINGLES & DOUBLES - TOP 100 PLAYER NATIONALLY!



JR. RACQUETBALL CLINIC W/ JOSE

Sunday, April 7th 10:00 - 11:30am

Ages 12+ – Limited space available

Members: \$15 | Non-Members: \$20

RACQUETBALL CLINIC W/ JOSE

Saturday April 6th 10:00am - 2:00pm

Competitive Play Men's A, B, C tournament level

MEMBERS: \$60 | NON-MEMBERS: \$80

Contact Us:

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Instagram: @northhavenhealthandracket **Facebook:** @nhhandr