NORTH HAVEN Health & Racquet
A FAMILY SPORTS AND FITNESS CENTER

JUNIOR REGISTRATION
2019-2020

Name

D.O.B.

Address

City & Zip

Phone

Email

Class Day/Time

Amount Paid

Date of Payment

Guardian Signature

NO MAKE-UPS OFFERED, NO EXCEPTIONS
Please let us know if these days and times do not meet your schedule, we can create a new time just for you!

Any questions or for more information
Email Megin at megin@nhhr.com

TIMES – BEGINS WEEK OF SEPT 9TH

Quickstart – ¾ hour | Ages 4-6

Mondays	4:30-5:15pm
Wednesdays	4:30-5:15pm
Fridays	4:00-4:45pm
Saturdays	10:15-11:00am

Australian – 1 hour | Beg.-Adv. Beg.

Mondays	4:30-5:30pm
Tuesdays	5:00-6:00pm
Wednesdays	4:30-5:30pm
Wednesdays	5:30-6:30pm
Thursdays	5:00-6:00pm
Fridays	4:30-5:30pm
Saturdays	10:00-11:00am

U.S. Open – 1 ½ hours | Int.-Adv.

Tuesdays	4:00-5:30pm
Wednesdays	4:00-5:30pm
Wednesdays	5:30-7:00pm
Thursdays	4:00-5:30pm
Fridays	4:00-5:30pm
Saturdays	11:00am-12:30pm

RATES

Junior Programs

	Quickstart	Australian	U.S. Open
Fall	$315	$428	$634
Winter	$252	$343	$508
Spring	$170	$230	$340

Lessons – *Rates Per Class, Per Child*

	½ Hour	1 Hour
Private	$50.00	$90.00
Semi-Private	$27.50	$47.50
Cardio	-	$18.00
	1 ½ Hours	**2 Hours**
Friday Night Play	$20.00	-
H.I.T./Elite Training	$42.27	$58.00
Junior Point Play	$25.00	-

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JUNIOR TENNIS
2019-2020

Fall Session – *15 weeks*
September 9th – December 21st

Winter Session – *12 weeks*
January 6th – March 28th

Spring Session – *8 weeks*
March 30th – May 23th

100 Elm Street, North Haven | megin@nhhr.com
203.239.5665 | www.NHHR.com

PROGRAM OVERVIEW

Juniors are our future, so we take pride in our program!

Quickstart – Ages 4-6	45 minute class
Australian – Beg. - Adv. Beg.	1 hour class
U.S. Open – Int. - Adv.	1 ½ hour class
H.I.T.	2 hour class

Elite Tournament Training

Competitive program for tournament level players looking to improve their footwork, agility, fundamentals and mental preparation. Comprised of drilling, detailed technique instruction, and the use of innovative teaching tools to challenge players physically and mentally to improve their tournament results.

Invitation only. ***Email Megin at megin@nhhr.com***

Times – 2 Hours

Monday 4:30-6:30pm

Thursday 6:00-8:00pm

"At NHHR we are committed to bringing you the finest Tennis Programs possible. The programs are designed to give you the most well-rounded education in tennis, which will enable each child to enjoy the sport for life. This education includes tennis-specific skills like stroking, footwork, and match play, as well as court etiquette and sportsmanship! Creating good tennis players is important, but not to the exclusion of developing good people who exhibit common courtesy and a high degree of respect for other players."

-NHHR Tennis Professionals

NEW PROGRAMS 2019/2020

Starting September 10th - Highly energetic footwork-based program add-ons

Junior Friday Night Match Play

Friday Nights 5:30-7:00pm | $20

Great organized match play for every age, exclusive for junior program players.

Junior Point Play

Sunday 11:00am-12:30pm | $25

All ages and levels accepted. Kids will be divided by age and level.

Junior Cardio

Sunday 3:00-4:00pm | $18

All ages and levels accepted. Kids will be divided by age and level.

Parents Learn

Learn while you wait! | $25

Interested in learning tennis? Now you can play while your kids are learning. Special price for parents of juniors. We will supply the racquets!

Email Megin at megin@nhhr.com

H.I.T. "High Intensity Tennis"

Advanced Training Program – *all ages*

The goal of the H.I.T. Program is to bring together the area's top players to train in advanced stroking and footwork techniques, tennis-specific awareness training, and match play stress management. ALL PLAYERS must schedule an evaluation for entry. H.I.T. will be divided into three competitive training levels.

All H.I.T. participants must be evaluated for proper placement. Placement will be determined by NHHR Pros.

HIT level 1 is for the high school age student looking to learn tennis with a goal of playing on their high school team.

HIT level 2 is for the player who is currently on a school team or looking to play on a more competitive level.

HIT level 3 is for the player who is currently playing on a VARSITY level team or playing in USTA tournaments.

**Point play is an extra opportunity to be on the court for juniors currently in the H.I.T. Program and will be grouped according to level.*

H.I.T. Times – 2 Hours

Monday	3:30-5:30pm
Tuesday	4:00-6:00pm
Thursdays	4:00-6:00pm
Saturdays	1:00-3:00pm
Saturdays	3:00-5:00pm
Sundays	2:00-4:00pm