

## ADULT TENNIS DRILLS

### Beginner's Class

A class for those who have never played tennis before or have very little experience. USTA playing level 1.0 to 2.0.

### Advanced Beginner's Class

A 90-minute class that will focus on technique, grips, doubles strategy and execution, all while learning directional intent, power and depth. USTA playing level 2.1 to 3.4.

### Intermediate Class

A class that will challenge you to learn new doubles situational strategy, aggressive back court play, net play, poaching, use of offensive and defensive lobs, and efficient court movement. USTA playing level 3.5 to 4.0.

### Advanced Class

A class designed to continue learning new doubles strategy, using signals on the first and second serve, and poaching on the return serve, all while maintaining the consistency and power of your regular game. A fast-paced drill with a lot of situational play. USTA playing level 4.1+.

### Cardio Tennis

A fun group activity featuring drills to give players of all ability levels an ultimate high-energy workout! All USTA playing levels.

### Tennis in Four Weeks

Are you interested in tennis but have never played before? Want to knock the dust off your racquet and learn the sport of a lifetime? Learn all the fundamentals of tennis over a four-week period. Plus, get fitted for your own racquet for only \$40. Space is limited!

## JUNIOR TENNIS DRILLS

### Quick Start

This format works by getting kids ages 4 to 7 into the game immediately. Within the first hour of stepping onto the court they are actually playing the game, moving around, rallying with one another and having fun! Scaling the game down to their size helps make the learning process easier and a lot of fun.

### All Stars

For players ages 8 to 10 who want to learn how to serve and play matches. Emphasis will be on learning techniques, strategy and movement, and having fun!

### Junior Development I

For tournament players or those on a high school team. Must be approved by a tennis professional. Focus is on developing tournament players who want to become the best they can. Players will be taught to develop their own individual styles and techniques.

### Junior Development II

For high school tennis players who want to learn new skills, strategies and techniques to get them ready for their upcoming season or tournaments, all in a fun environment.

### Junior Development III

For players ages 9 to 13 who are serious about improving their game. If you play at least two times per week, play in tournaments or want to make your high school team, this is the drill for you. Emphasis is on strategy, tactics and match play, all while learning your unique style of play.

### Junior Intro to Tennis

For players ages 9 to 13 who are new to the game, have played a little or just want a less competitive environment. You will learn fundamentals and scoring, all while playing games, drilling and match playing in a fun environment.

### High School Intro to Tennis

For high school students who are new to the game or have very little experience. You will learn the fundamentals of the game in a less competitive environment.

 Centegra  
Health Bridge  
Fitness Center

WELL BEYOND EXPECTATION<sup>SM</sup>  
10450 Algonquin Rd. | Huntley, IL 60142  
815.444.2900 | healthbridgefitness.com

# Tennis

## Class and Event Schedule

February 27 - April 29, 2012

HUNTLEY

Call (815) 444-2900 to register today!

# Adult and Junior Tennis Schedule

**Session 2: February 27 - April 29, 2012**

[no classes the week of March 26 - April 1]

## MONDAY

Time	Class	Type
9:30 - 11:00am	Beginner Drill	Adult
4:00 - 5:30pm	Junior Development I	Junior
5:30 - 7:00pm	Junior Development II	Junior
	Junior Development III	Junior
7:00 - 8:00pm	Cardio Tennis*	Adult
8:00 - 9:00pm	Beginner Drill	Adult

## TUESDAY

Time	Class	Type
9:30 - 11:00am	Intermediate Drill	Adult
4:30 - 5:30pm	Quick Start	Junior
5:30 - 6:30pm	All Stars	Junior
6:30 - 7:30pm	Junior Intro to Tennis	Junior
7:00 - 8:30pm	Advanced Drill	Adult

## WEDNESDAY

Time	Class	Type
9:30 - 11:00am	Advanced Drill	Adult
4:00 - 5:30pm	Junior Development I	Junior
5:30 - 7:00pm	Junior Development II	Junior
	Junior Development III	Junior
7:00 - 8:00pm	Cardio Tennis*	Adult
8:00 - 9:00pm	Intermediate Drill	Adult

## THURSDAY

Time	Class	Type
9:30 - 11:00am	Advanced Beginner Drill	Adult
4:30 - 5:30pm	Quick Start	Junior
5:30 - 6:30pm	All Stars	Junior
6:30 - 7:30pm	Junior Intro to Tennis	Junior
7:30 - 9:00pm	Tennis in 4 Weeks**	Adult

## FRIDAY

Time	Class	Type
9:30 - 10:30am	Cardio Tennis*	Adult

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## SATURDAY

Time	Class	Type
8:00 - 9:00am	Beginner Drill	Adult
9:00 - 10:30am	Advanced Beginner / Intermediate Drill	Adult
10:30 - 12:00pm	Advanced Drill	Adult
12:00 - 1:00pm	Cardio Tennis*	Adult
1:00 - 2:00pm	Junior Intro to Tennis	Junior
1:00 - 2:00pm	High School Intro to Tennis	Junior

## SUNDAY

Time	Class	Type
4:30 - 5:30pm	Quick Start	Junior
5:30 - 6:30pm	All Stars	Junior

### PRICING FOR ADULT AND JUNIOR TENNIS CLASSES

8-Week Pricing	Premiere	Classic	Community
60-minute class	\$120	\$148	\$184
90-minute class	\$180	\$222	\$276

\* Cardio Tennis (per class): \$6 Premiere, \$8 Classic, \$12 Community

\*\* Tennis in 4 Weeks - \$20 Per Session (3/1 - 3/22, 4/5 - 4/26)

All tennis classes are located on the tennis courts of the Huntley facility. Please refer to the above table for all tennis class fees. One makeup class will be allowed per session. Please let the Tennis Desk know when you will be making up a class to ensure we have the proper number of tennis professionals available.

**Tennis Evaluations:** If you are unsure of your level of play or which clinic or class you should take, schedule a 30-minute evaluation with our Tennis Manager.

**Fee:** \$15 per evaluation

**Location:** Tennis Courts

**Registration:** (847) 802-7014

### Private / Private Group Tennis Lessons

Improve your game exponentially with concentrated instruction, proven to be one of the best methods! Private group lesson rates per person are based on the number of people in the group. The larger the group, the more fun and the deeper the discount!

**BONUS:** Buy (5) 1-hour private tennis lessons and get one **FREE!** Please see the Tennis Desk for details.

## Spring Break Tennis Camps

### Aces & Aquatics Spring Camp

This instructional multisport camp features professional tennis lessons, along with basketball and other gym activities at a great price. Your child will have fun while getting tennis instruction from our tennis pros, and swim lessons from our certified swim instructors. On Friday, we'll throw a pizza / movie party! Ages 7-13.

**Date:** March 26 - 30

**Day/Time:** Monday - Friday, 9:30am - 12:30pm

**Fee:** \$75 for Premiere, \$80 Classic, \$90 Community (per child)

**Registration:** (815) 444-2900

### Teen Tennis Spring Camp

For all-level teens looking to sharpen their tennis skills over winter break.

**Date:** March 26 & 28

**Day/Time:** Monday and Wednesday, 1:00 - 3:00pm

**Fee:** \$52 for Premiere, \$72 Classic, \$92 Community

**Registration:** (815) 444-2900

## Tennis Leagues

### In-House Doubles Leagues, Spring

All new players welcome! Our league is designed with everyone in mind, so join us for our fun, affordable and competitive league. Call (815) 444-2900 to sign up or for more information.

**Date:** Starts the week of March 12 (8 weeks)

**Day/Time:** Men's A League (USTA 4.1+) Thursday, 8:30 - 10:00pm  
Men's B League (USTA 3.5-4.0) Wednesday, 8:00 - 9:30pm  
Women's A League (USTA 4.1+) Monday, 7:00 - 8:30pm  
Women's B League (USTA 3.5-4.0) Thursday, 7:00 - 8:30pm

**Fee:** \$40 Premiere, \$90 Classic, \$140 Community

**Registration:** (815) 444-2900

There will be a 10-minute meeting before the first league night match to go over rules and regulations. **If you are a non-member signing up for your first league, let us know and you will receive \$50 off!**

### Men's and Women's Singles Flex League, Spring

Each participant is assigned a different person to play each week in this league. The players then schedule their own match times.

**Date:** Starts the week of March 12 (8 weeks)

**Day/Time:** Flexible

**Fee:** \$25

**Registration:** (815) 444-2900

**Questions?** Contact Kathleen Pudlo, Tennis Manager, at (847) 802-7014 or email:

kpudlo@healthbridgefitness.com.

## Tennis

Kathleen Pudlo  
Tennis Manager

10450 Algonquin Rd.  
Huntley, IL 60142

815.444.2900

### Hours of Operation:

Mon. - Fri., 5:00am - 11:00pm  
Sat., 6:00am - 10:00pm  
Sun., 6:00am - 9:00pm

Visit us online at

healthbridgefitness.com