

**MAY/JUNE  
2025**

# TENNIS

## ADULT PROGRAMS

**MON TUES WED THUR FRID SAT**

<b>OPEN DRILL</b>			9:30-11AM 6:30-8PM			9-10:30AM
NICK IN THE MORNING						10:30-12PM
<b>NICK @ NIGHT</b>		6-7:30PM		6:30-8PM 8-9:30PM		
<b>RALLY W/ ROKHSHA</b>		9:30-11AM		9:30-11AM		

**OPEN DRILL:** COMBINATION OF POINT BASED GAMES, SHOT SELECTION DRILLS, EXERCISE, AND TRASH TALKING AT ITS FINEST. SO FUN! 3.0-4.0 LEVEL (WEEKLY SIGN-UP THROUGH FRONT DESK OR APP) \*MEMBERS GET PRIORITY OVER NON-MEM

**RALLY W/ROKHSHA / NICK @ NIGHT:** DESIGNED FOR THE INTERMEDIATE PLAYER. SKILL BUILDING THROUGH DRILLS AND GAME BASED PLAY. 2.5-3.5 LEVEL OF PLAY. (5-WEEK SESSION).

**NICK AT NIGHT/MORNING:** PERFECT FOR THE NEW OR LIMITED EXPERIENCED PLAYERS. LEVELS FROM 2.0-3.0 WELCOME. (6-WEEK SESSION)

FEES	TENNIS MEMBER	HEALTH MEMBER	NON-MEMBER
OPEN DRILL	\$28	\$34	\$41
NICK @ NIGHT	\$168/\$173.40*	\$204/\$210.60*	\$246/\$253.80*
<b>RALLY W/ ROKHSHA</b>	\$140/\$144.50*	\$170/\$175.50*	\$205/\$211.50*

\*DENOTES CASH- CHECK/CREDIT CARD FEE

**OPEN DRILLS: SIGN UP VIA SPX PORTAL OR CALL THE FRONT DESK**

**TENNIS LESSONS: SIGN UP BY CONTACTING ROKHSHA68@GMAIL.COM OR NSTROYNICK@GMAIL.COM**



"TO INSPIRE AN ACTIVE LIFE"

2902 US RT 9W  
NEW WINDSOR, NY 12553  
845-565-7600