

**SUMMER  
2025**

# TENNIS

ADULT PROGRAMS

**JUNE 28 -  
SEPT 6**

**MON TUES WED THUR FRID SAT**

<b>OPEN DRILL</b>			<b>9-10:30AM 6:30-8PM</b>			<b>9-10:30AM</b>
<b>NICK IN THE MORNING</b>						<b>10:30-12PM</b>
<b>NICK @ NIGHT</b>		<b>6-7:30PM 7:30-9PM</b>		<b>6:30-8PM</b>		
<b>CARDIO TENNIS</b>				<b>12-1PM ENDS 6/26</b>	<b>5-6PM ENDS 8/8</b>	

**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

**NICK @ NIGHT:** DESIGNED FOR THE INTERMEDIATE PLAYER. SKILL BUILDING THROUGH DRILLS AND GAME BASED PLAY. 2.5-3.5 LEVEL OF PLAY. (10-WEEK SESSIONS).

**NICK AT NIGHT/MORNING:** PERFECT FOR THE NEW OR LIMITED EXPERIENCED PLAYERS. LEVELS FROM 2.0-3.0 WELCOME. (10-WEEK SESSIONS)

**CARDIO TENNIS:**

A HEART PUMPING HOUR OF FUN TENNIS FOR ALL LEVELS. WEEKLY SIGN UP ON APP (FREE FOR MEMBERS/\$10 FOR NON-MEMBERS)

<b>FEES</b>	<b>TENNIS MEMBER</b>	<b>HEALTH MEMBER</b>	<b>NON-MEMBER</b>
<b>OPEN DRILL</b>	<b>\$28</b>	<b>\$34</b>	<b>\$41</b>
<b>NICK @ NIGHT</b>	<b>\$280/\$289*</b>	<b>\$340/\$351*</b>	<b>\$410/\$423*</b>

**\*DENOTES CASH- CHECK/CREDIT CARD FEE**

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

**TENNIS LESSONS: SIGN UP BY CONTACTING [ROKSHA68@GMAIL.COM](mailto:ROKSHA68@GMAIL.COM) OR [NSTROYNICK@GMAIL.COM](mailto:NSTROYNICK@GMAIL.COM)**



"TO INSPIRE AN ACTIVE LIFE"

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