

**FALL  
2025**

# TENNIS

## ADULT PROGRAMS AND LEAGUES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OPEN DRILL</b>			9:30-11AM 6:30-8PM			9-10:30AM	
NICK IN THE MORNING						10:30AM-12PM	
<b>RALLY W/ ROKHSHA</b>		9:30-11AM		9:30-11AM			
<b>NICK @ NIGHT</b>		6-7:30PM 7:30-9PM		6:30-8PM			
MENS 3.0-3.5 SINGLES	7-8:30PM SEE TOM						

**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 ON 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. (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)

FEES	TENNIS MEMBER	HEALTH MEMBER	NON-MEMBER
OPEN DRILL	\$28	\$34	\$41
RALLY W/ROKHSHA NICK @ NIGHT	*\$280/\$289	*\$340/\$351	*\$410/\$423
MEN'S SINGLES MEMBERS ONLY	\$125/\$129	N/A	N/A

\*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