



Spring Session 2: April 18 – May 11

Aces (ages 5-8)

This class focuses on motor skills and hand-eye coordination. Stroke mechanics will be introduced on the forehand, backhand and serve. Classes will be taught with age appropriate red balls on a 36' tennis court.

| Day | Dates | Time | Member Price | Non-Member Price |
|---------|-------------------|----------------|--------------|------------------|
| Monday | 4/18/22 – 5/9/22 | 4:00 - 5:00 PM | \$63 | \$72 |
| Tuesday | 4/19/22 – 5/10/22 | 4:00 - 5:00 PM | \$63 | \$72 |

Futures (ages 8-10)

Futures is for the beginner to intermediate player. Players will develop skills to rally, improve their footwork and learn to track the ball. Stroke mechanics will be developed on the forehand, backhand, volley and serve. This class will use age appropriate orange balls on a 60' court.

| Day | Dates | Time | Member Price | Non-Member Price |
|---------|-------------------|----------------|--------------|------------------|
| Monday | 4/18/22 – 5/9/22 | 5:00 - 6:00 PM | \$69 | \$79 |
| Tuesday | 4/19/22 – 5/10/22 | 5:00 - 6:00 PM | \$69 | \$79 |

Challengers (ages 10-13)

Challenger is for the junior with an understanding of tennis strokes. This player is moving to the ball and consistently hitting the ball. Stroke mechanics and movement will be reinforced and improved. This class will use age appropriate green balls on a full court.

| Day | Dates | Time | Member Price | Non-Member Price |
|-----------|-------------------|----------------|--------------|------------------|
| Wednesday | 4/20/22 – 5/11/22 | 4:00 - 5:00 PM | \$69 | \$79 |

High School Prep (ages 10-17)

High School Prep is for the player that is in Junior High/High School and looking to develop the skills to help make the tennis team. This program is perfect for junior that is looking to fine-tune the skills needed to better understand the game and learn to succeed in singles and doubles

| Day | Dates | Time | Member Price | Non-Member Price |
|-----------|-------------------|----------------|--------------|------------------|
| Wednesday | 4/20/22 – 5/11/22 | 5:00 - 6:00 PM | \$72 | \$81 |



Adult 1

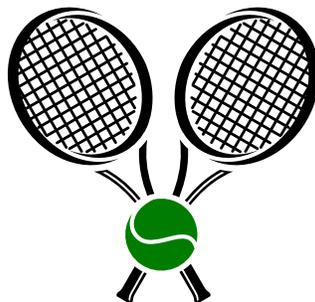
Adult 1 is perfect for the beginner tennis player that is looking to understand the game or just getting back into the game. The player will learn the strokes of tennis and learn the fundamentals of playing singles and doubles. USTA rating 2.0-2.5

| Day | Dates | Time | Member Price | Non-Member Price |
|--------|------------------|----------------|--------------|------------------|
| Monday | 4/18/22 – 5/9/22 | 6:00 - 7:30 PM | \$111 | \$126 |

Adult 2

Adult 2 will help players refine their knowledge of the game. Drills will help improve the players understanding of shot selection, where to move, strategy and stroke production. USTA rating 3.0-3.5

| Day | Dates | Time | Member Price | Non-Member Price |
|-----------|-------------------|----------------|--------------|------------------|
| Tuesday | 4/19/22 – 5/10/22 | 6:00 - 7:30 PM | \$111 | \$126 |
| Wednesday | 4/20/22 – 5/11/22 | 6:00 - 7:30 PM | \$111 | \$126 |



Park Forest Tennis & Health Club

Park Forest Tennis and Health Club | 290 Westwood Drive, Park Forest, IL 60466 | **708.481.6060**