



WELCOME BACK

Welcome back to another indoor season!

Thank you again for all of your continued support for the Tennis & Health Club.

We will continue to strive to offer the best municipal facility and amenities in the South Suburban area.

Once again we have proven to have some of the best Adult Teams in Chicagoland and we look forward to another successful indoor Team Tennis Season.

Please join our Facebook page to stay updated on all news and events. We look forward to seeing you in the upcoming season.

Sincerely,

Brad Skoryi
Manager and Tennis Professional
Park Forest Tennis & Health Club

EVENTS

Visit the Facebook page for the Park Forest Tennis and Health Club for all current events.

FREE TRIAL FOR PARK FOREST RESIDENTS SEPTEMBER & OCTOBER

Open Monday through Friday between the hours of 11 am-3 pm, Park Forest residents can use our workout area, rent tennis court time or just come in and enjoy the facility for a FREE two month trial period!

PERMANENT COURT TIME

Permanent court time is available. Contact Brad Skoryi if you are interested.

First session: September 13 -December 18 (14 weeks).
No PCT Thursday of Thanksgiving .
Second session: Begins January 3, 2022.

FRIDAY NIGHT DOUBLES

Friday Nights - 6:30 pm-8:30 pm
Open to men and women 3.0 and above. Call the Club to add to contact list.

LEAGUES

Call The Tennis & Health Club for more information.

- The Club sponsors men's and women's teams in both the Illiana and Jack Berry Leagues.
- If you are interested in any other league, contact Brad Skoryi at 708-481-6060.

PICKLEBALL

The sport of the future! Low impact, smaller court, but still the hand-eye coordination and skill of Tennis. Call the Park Forest Tennis & Health Club for more information on Pickleball lessons, leagues, equipment and court rental for the indoor season.

RACQUET STRINGING

We offer 24-48 hour service for tennis and racquet ball racquets.

SENIOR DROP-IN

Seniors are invited to drop-in between the hours of 8 am-2 pm Monday-Friday and enjoy the spaciousness of our courtside lounge. Bring games, cards, books or whatever and enjoy the company of others. Free Wi-Fi access in the facility.

Park Forest Tennis & Health Club



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

2021-2022 Season

Season Begins September 7, 2021

www.villageofparkforest.com



The Park Forest Tennis & Health Club is a regional facility that has served numerous local communities since 1981. The facility has six indoor tennis courts (with great LED lighting), a fitness area, and saunas in each locker room. There is also a Courtside lounge that you and your family can relax in during or after a workout. We also offer professional tennis instruction and racquet stringing. Check out our Pro Shop and find the lowest prices on tennis equipment and apparel around. The Park Forest Tennis & Health Club is a family oriented facility and we look forward to seeing you this fall. Call the Tennis & Health Club at 708-481-6060 for more information on our facility.

One Day Exercise Pass

\$10 a day gives you full access to workout area and locker room facilities.

OPERATING HOURS

Sept. 7, 2021-Sept. 2, 2022

Monday-Friday (7:30 am-10 pm)

Saturday (7:30 am-6 pm)

Sunday (8 am-6 pm)

Summer Hours May 9, 2022-Sept. 2, 2022

Monday-Friday (7:30 am-11 am) TBD

Monday-Thursday (5-9 pm) depending on court usage.

Closed Friday evenings, Saturday & Sunday all day and all Holidays

Summer Court Rates - \$22 per hour

The Club reserves the right to close before the above scheduled time when courts have not been reserved in advance.

MEMBERSHIP INFORMATION

Season: September 7, 2021-September 2, 2022

Membership Fees	Resident	Non-Resident
3-5 years	No Charge	No Charge
Kindergarten-5th grade	No Charge	No Charge
6th-12th grade	\$50	\$60
Adult	\$175	\$190
Senior (65+)	\$110	\$120
Family	\$295	\$325

BENEFIT OF MEMBERSHIP

Members of the Park Forest Tennis & Health Club will receive additional benefits. These benefits include:

- Access of Courtside Lounge Rental
- Full Access to Workout Area and Locker Room Facilities
- Discount on Group and Private Tennis Instruction
- 10% Discount on all Pro Shop Purchases
- Discount on all Racquet Stringing and Regripping
- Discount on Permanent Court Time Paid in Full prior to September 13, 2021.

COURT TIME & RATES Member Non-Member

Early Bird/Weekday Special	\$22/hr	\$32/hr
Jr/Sr Rate Non-Prime Time	\$22/hr	\$32/hr
Non-Prime Time	\$26/hr	\$36/hr
*Prime Time	\$32/hr	\$42/hr

*Prime Time - Mon-Thurs 5-9 pm / Sat-Sun 9 am-Noon

See Court Rate Sheet for Additional Court Time Rates.

Junior Walk on Court time - High School or Younger

A junior member can reserve a court (must reserve the day of usage) and receive a rate of \$22 an hour at any time during the day if courts are available. This applies only to 18 years or under, players or a parent that is playing with the junior player.

TENNIS INSTRUCTION

The Tennis & Health Club offers private and group lessons with the professionally trained instructional staff to any player of all ages and skill levels. Our professional instructors are top-notch players who take a personal interest in you and your journey in order to create the best results.

For our current tennis lesson schedule, please visit:

Website: www.villageofparkforest.com, in the search field, input "tennis club". The first result will lead you to the Park Forest Tennis and Health Club website.

Facebook—Visit the Facebook page for the Park Forest Tennis and Health Club for all current class schedules.

Call the Tennis & Health Club at 708-481-6060

Private Lessons

Private lessons take a deep dive into technical or tactical improvements. Contact the club for more information. Discounted private lessons to members.

Junior Excellence/Academy

Junior Excellence/Academy program is for the serious tournament, junior high or high school player. This class is designed to train players through live ball hitting drills. The drills are designed to aid in stroke mechanics, shot selection, competing, as well as stressing footwork. This program will also focus on how to train and recover appropriately. Players will be encouraged and aided in setting up matches and tournaments to assist in their development. To sign up for this class, you must have an evaluation by the Tennis Manager or Head Tennis Professional. Please contact the Club at for proper class placement.

