

PARK FOREST TENNIS AND HEALTH CLUB

FALL Session 2: October 25 – December 19 (8 weeks)

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	10/25/21-12/13/21	4:00-5:00 PM	\$126	\$145
Wednesday	10/27/21-12/15/21	4:00-5:00 PM	\$126	\$145
Friday	10/29/21-12/17/21	4:00-5:00 PM	\$126	\$145
Saturday	10/30/21-12/18/21	8:00-9:00 AM	\$126	\$145

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
Tuesday	10/26/21-12/14/21	4:00-5:00 PM	\$139	\$158
Thursday*	10/28/21-12/16/21	4:00-5:00 PM	\$122	\$139
Saturday	10/30/21-12/18/21	9:00-10:00 AM	\$139	\$158

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	10/27/21-12/15/21	5:00-6:00 PM	\$139	\$158
Friday	10/29/21-12/17/21	5:00-6:00 PM	\$139	\$158

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
Monday	10/25/21-12/13/21	5:00-6:30 PM	\$221	\$238
Thursday*	10/28/21-12/16/21	5:00-6:30 PM	\$193	\$209
Saturday	10/30/21-12/18/21	12:00-1:30 PM	\$221	\$238

Excellence/Academy

This is for the competitive player. Meaning that the junior is playing tournaments or competing at the top spots on their high school team. 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 Director of Tennis.

Day	Dates	Time	Member Price	Non-Member Price
Tuesday	10/26/21-12/14/21	5:00-6:30 PM	\$221	\$238
Saturday	10/30/21-12/18/21	10:00 AM-NOON	\$294	\$318

**Thursday Classes will only be 7 weeks due to Thanksgiving*



Park Forest
Live Grow Discover

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	10/25/21-12/13/21	6:30-7:30 PM	\$139	\$158

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
Wednesday	10/27/21-12/15/21	6:00-7:30 PM	\$221	\$238



Park Forest Tennis & Health Club

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