

**FALL
2024**

TENNIS

ADULT PROGRAMS AND LEAGUES

**BEGINS
SEPT 10TH**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN DRILL			9:30-11AM 7-8:30PM			9:00-10:30AM	
NICK IN THE MORNING						10:30AM-12PM	
RALLY W/ ROKHSHA		9:30-11AM		9:30-11AM 11-12:30PM			
NICK @ NIGHT		6-7:30PM		6:30-8PM 8-9:30PM			
MENS 3.0-3.5 SINGLES		SEE TOM					

OPEN DRILL: COMBINATION OF POINT BASED GAMES, SHOT SELECTION DRILLS, EXERCISE, AND TRASH TALKING AT IT'S FINEST. SO FUN! 3.0-4.5 LEVEL

(WEEKLY SIGN-UP THROUGH FRONT DESK OR 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. 2.0-3.5 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	\$33	\$40
RALLY W/ROKHSHA NICK @ NIGHT	\$280*	\$330*	\$400
MEN'S SINGLES MEMBERS ONLY	\$125	N/A	N/A

*DROP-IN FEE \$40

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

**SUMMER
2024**

TENNIS

ADULT PROGRAMS

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN DRILL	NEW <i>STARTS 7/3</i>	9-10:30AM 10:30-12PM 2.0-2.5 LEVEL 6:30-8PM			9-10:30AM
NICK IN THE MORNING					10:30AM-12PM
NICK @ NIGHT	6-7:30PM		6:30-8PM 8-9:30PM		

OPEN DRILL: COMBINATION OF POINT BASED GAMES, SHOT SELECTION DRILLS, EXERCISE, AND TRASH TALKING AT IT'S FINEST. SO FUN! 3.0-4.0 LEVEL. (WED 10:30-12PM 2.0-2.5 ONLY) (WEEKLY SIGN-UP THROUGH APP) *MEMBERS GET PRIORITY OVER NON-MEMBERS

NICK AT NIGHT/MORNING: PERFECT FOR THE NEW OR LIMITED EXPERIENCED PLAYERS. LEVELS FROM 2.0-3.0 WELCOME. (12-WEEK SESSION FOR SUMMER)

FEES	TENNIS MEMBER	HEALTH MEMBER	NON-MEMBER
OPEN DRILL	\$28	\$33	\$40
NICK @ NIGHT	\$336	\$396	\$480

OPEN DRILLS: SIGN UP VIA SPX PORTAL OR CALL THE FRONT DESK
TENNIS LESSONS: SIGN UP BY CONTACTING NSTROYNICK@GMAIL.COM

**SPRING
2024**

TENNIS

**MARCH -
JUNE**

ADULT PROGRAMS AND LEAGUES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN DRILL			9:30-11AM 7-8:30PM			9:00-10:30AM	
NICK IN THE MORNING						10:30AM-12PM	
RALLY W/ ROKSHA		9:30-11AM 11-12:30PM		9:30-11AM 11-12:30PM			
NICK @ NIGHT		6-7:30PM		6:30-8PM 8-9:30PM			
MENS 3.0-3.5 SINGLES		SEE MARK					

OPEN DRILL: COMBINATION OF POINT BASED GAMES, SHOT SELECTION DRILLS, EXERCISE, AND TRASH TALKING AT IT'S FINEST. SO FUN! 3.0-4.5 LEVEL

(WEEKLY SIGN-UP THROUGH FRONT DESK OR APP) *MEMBERS GET PRIORITY OVER NON-MEM

RALLY W/ROKSHA & NICK @ NIGHT: DESIGNED FOR THE INTERMEDIATE PLAYER. SKILL BUILDING THROUGH DRILLS AND GAME BASED PLAY. 2.0-3.5 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	\$30	\$40
RALLY W/ROKSHA NICK @ NIGHT	\$280*	\$300*	\$400
MEN'S SINGLES MEMBERS ONLY	\$125	N/A	N/A

*DROP-IN FEE \$40

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

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