

**SPRING
2025**

TENNIS

ADULT PROGRAMS AND LEAGUES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN DRILL			9:30-11AM 6:30-8PM			9-10:30AM	
NICK IN THE MORNING						10:30AM-12PM	
RALLY W/ ROKSHA		9:30-11AM		9:30-11AM			
NICK @ NIGHT		6-7:30PM		6:30-8PM 8-9:30PM			
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 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. 2.5-3.5 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/ROKSHA 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 ROKSHA68@GMAIL.COM OR NSTROYNICK@GMAIL.COM



"TO INSPIRE AN ACTIVE LIFE"

2902 US RT 9W
NEW WINDSOR, NY 12553
845-565-7600