



Adult Tennis Lessons

Dix Hills Summer 2022

Lessons can provide a strong foundation, give confidence that allows growth, or hone already advanced skills. Drills strengthen your strokes and game skills, plus warm you up for a match.



EASTERN ATHLETIC

Guidelines For All Programs

Fees	To guarantee your reservation, all fees are to be paid in full upon registration. It is also understood that enrollment in any of our programs is for the full session and NO REFUNDS will be given for withdrawals after the session begins.
Make-ups	NO CREDIT for missed sessions.
Contact	631 773-6293, eactennis@yahoo.com
Directors	Laurie Tenney Fehrs, Michael Fehrs

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Private Lessons

These lessons are the best way to improve your game with the individual attention of the Club Pro. Each lesson is focused on the specific needs of the student, from basic skills to game-winning strategies.

	8 Lessons	Single Lesson
½-hour	\$ 520	\$ 70
1-hour	\$ 880	\$ 120

Semi-Private Lessons

With only 2 students on the court, these lessons offer individual attention with the benefit of peer support. Students form their own group and register together. The fee is per student.

	8 Lessons	Single Lesson
½ hour	\$ 280	\$ 40
1 hour	\$ 520	\$ 70

Group Lessons

A weekly lesson with a Club Pro. Classes are scheduled based on player and court availability. Students form their own group and register together. The fee is per student.

	Group 3 8 Lessons	Group 3 Single Lesson	Group 4 8 Lessons	Group 4 Single Lesson
¾-hour	\$ 280	\$ 40	—	—
1-hour	\$ 320	\$ 45	\$ 280	\$ 40
1½-hour	\$ 520	\$ 70	—	—

Damage Eliminator

This is a high-energy, fast paced, and fun way to get your cardio workout and play tennis at the same time. Cardio Tennis incorporates non-stop movement and stroke production. Increase your cardio endurance, speed, and agility while having fun!

Wednesday, 9.30-10.30am	6/15-7/20	\$ 199 (6 weeks)
	7/27-8/31	\$ 199 (6 weeks)

Zone

Fast-paced point play with a touch of King-of-the-Court. Positions change with points won and lost.

Tuesday, 9.30-11am	5/31-8/30	\$ 450 (play 10 of 14 weeks)
Thursday, 9.30-11am	6/16-8/25	\$ 360 (play 8 of 12 weeks)

League Level 3.0-4.0

Men's Singles league set up like a ladder. A match is scheduled each week Monday through Thursday night depending upon your availability. Opponents are determined by the previous week's score, which moves your placement up or down the ladder.

Weeknights, 9-11pm	6/6-8/25	\$ 395 (play 8 of 12 weeks)
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