

Schedule of Play

	Fall 2026 17 Weeks	Winter-Spring 2027 17 Weeks
Sunday	9/20-1/24 (not 11/29, 12/27)	1/31-6/1 (not 2/14, 3/28, 4/18, 5/30)
Monday	9/14-1/25 (not 9/21, 12/28, 1/18)	2/1-6/14 (not 2/15, 4/19, 5/31)
Tuesday	9/8-1/12 (not 11/3, 12/29)	1/26-6/8 (not 2/16, 3/9, 4/20)
Wednesday	9/9-1/30 (not 11/11, 11/25, 12/30)	2/3-6/9 (not 2/17, 4/21)
Thursday	9/10-1/21 (not 11/26, 12/24, 12/31)	2/4-6/10 (not 2/18, 4/22)
Friday	9/11-1/22 (not 11/27, 12/25, 1/1)	1/29-6/18 (not 2/19, 3/26, 4/23, 5/28)
Saturday	9/19-1/23 (not 11/8, 12/26)	1/30-6/19 (not 2/20, 3/27, 4/24, 5/29)

Make-ups

Make-ups must be completed on or prior to the make-up dates for each session. Please schedule with your child's coach.

Junior Tennis Safety Guidelines

Air Filtration MERV air filters that filter out viruses and purify the air have been installed both in the lobby and in the tennis court air filtration system.

Hand Sanitizer Hand Sanitizer has been made available at exits and entrances to the building and to the tennis courts.

Pickup/Drop Off One Parent/Guardian is allowed to stay during the lesson. We encourage parents with players ages 10 and under to please stay during the lesson in case the player needs to use the restroom.

Fitness Areas No children are allowed in the Fitness Area. Students 15 and older may purchase a fitness membership which includes 1 free Personal Training Session.

Lounge Area Our lounge is set up to allow easy egress for everyone, especially in case of an emergency. We are a multi-use facility; out of respect to all members, please do not block the staircase or hallway with chairs. Each couch can easily accommodate 3, if not 4 people. Please do not sit on the armrests or backs of the couches. Please keep feet off the couches. Please do not allow your children to jump or climb on the furniture. Racquets are for court use only, not to chase each other with, throw around, or practice strokes in the lobby.

We enjoy having you and your family be part of our family, and we look forward to many years of mutual respect and appreciation.



Tennis

Fall 2026-Winter/Spring 2027

Junior Academy – Dix Hills

Eastern Athletic Club's Junior Academy offers a wide range of programs for the beginner to the advanced player. Our experienced staff of dedicated tennis professionals are ready to help your child learn and enjoy the sport for a lifetime.



EASTERN ATHLETIC

BLUE POINT 9A MONTAUK HIGHWAY 631 363-2882
DIX HILLS 854 EAST JERICO TURNPIKE 631 271-6616
EASTERNATHLETICCLUBS.COM



EASTERN ATHLETIC

Guidelines For All Programs

Membership	NO MEMBERSHIP IS REQUIRED TO PARTICIPATE IN LESSON PROGRAMS. Membership <i>is</i> required if a student wants to use the Fitness Center.
Fees	To guarantee your reservation, all fees are to be paid in full upon registration (payment plans are available for a small additional fee). 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. LIMITED TO ONE CANCELLATION PER SESSION. ANY AUTHORIZED MAKE-UP MUST BE COMPLETED BY JANUARY 28, FOR THE FALL SESSION AND BY JUNE 20, FOR THE WINTER/SPRING SESSION.
Pros	WE RESERVE THE RIGHT TO SUBSTITUTE PROS.
Basics	If your child participates in other sports or has other commitments, please take this into consideration when booking their lesson spot—it will be very difficult to make changes once the program is underway. No parents are allowed to stay on the court during the students' tennis lesson.
Contact	631 773-6293 or 631 271-6616. EacTennis@yahoo.com
Directors	Laurie Tenney Fehrs, Michael Fehrs

Fall 2026 & Winter/Spring 2027 17-Week Programs (except as noted)

Private Lessons

These lessons are the best way to improve you child's game with the individual attention of our experienced tennis professionals. Lessons are focused on the specific needs of the student, from basic skills to game-winning strategies.

17 Lessons	
½-hour	\$1625
¾-hour	\$2410
1-hour	\$3145

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 semi-private group and register together. Fee is per student.

17 Lessons	
½-hour	\$ 855
¾-hour	\$1235
1-hour	\$1625

Create Your Own Group Lessons

A weekly lesson with one of our dynamic tennis professionals. Students form their own group and register together. Fee is per student.

17 Weeks	Group 3	Group 4
½-hour	\$ 595	—
¾-hour	\$ 855	\$ 695
1-hour	\$1115	\$ 855
1½-hour	\$1625	\$1185

For The Beginner & Advanced Beginner

A program designed to teach the fundamentals of tennis to the beginner player. The equipment used (*i.e.*, small nets, low-compression balls) and court size are determined by age. This allow students and parents to see development from the start. This is a quick, fun way to progress and learn the game. Fee is per student.

Fee \$855 per child

17 Weeks	Ages 5-7	Ages 8-10	Ages 1-13
Saturday	12-1pm	1-2pm	2-3pm
Sunday	3-4pm	4-5pm	5-6pm

Elite Player Training – by invitation only

Instruction, drills, and match play for Elite players by invitation only. Proper court positioning, footwork, shot selection, strategy and progressions will be taught. Fitness training segments will be used to build stamina and endurance. This program offers competitive players the coaching they need to excel. Fee is per student.

Level	17 Weeks	Fee
The Challengers	Mondays, 6-7.30pm	\$ 995 Co-ed, Multi-Level
The Contenders	Wednesdays, 6-7.30pm	\$ 995 Co-ed, 5-8 Grade
Davis-Fed Cup	Thursdays, 7.30-9pm	\$ 995 Co-ed, Junior Varsity
The Futures	Tuesdays, 6.30-7.30pm	\$ 855 Co-ed
	Thursdays, 6.30-7.30pm	\$ 855 Co-ed
The Future Stars	Saturdays, 12.30-2pm	\$ 995 Co-ed
High Performance	Tuesdays, 7.30-9pm	\$ 995 Co-ed, Varsity

Off-Court Training (15 weeks)

A training program designed to improve overall performance and decrease the risk of injury. Individualized group training sessions will to help build stamina, endurance, strength and a lifetime of athletic achievement. Off-Court Training will enhance the athletic development of the student, helping them achieve their goals safely and efficiently. We offer a complimentary assessment and evaluation to provide the trainer with information to design the safest, most effective program for the individual student.

Fee \$300 per child (15 sessions)

Saturdays, 10-11am

Coed Match Play (16 weeks)

This supervised singles/doubles league is for Intermediate to Advanced players. It offers match play with a Pro supervising, as well as guidance on their basics when deemed necessary. All players must be rated for proper placement. Each student plays 12 of 16 weeks, allowing for 4 "byes". Fee is per student.

Level	Sundays	Fee
Level 1	1-2pm	\$ 575
Level 2	2-3.15pm	\$ 725
Level 3	3.15-4.30pm	\$ 725
Level 4	4.30-6pm	\$ 725

High School Coalition (16 weeks – starts November 7th)

Love your school? Have pride in your school by coming together and competing against other high school teams in the area! Join The Coalition – players will compete in singles and doubles matches while being helped by some of the best coaches on Long Island. Coalition players will enjoy friendly competition, as well the opportunity to meet other highschoolers and face different styles of play. High intensity Drills, Coaching, and Matches will be from 4-6pm. Players are organized in 3 teams of 8 players each. Fee is per student.

Level	16 Weeks	Fee
JV/Varsity	Saturdays, 4-6pm;	\$ 795

Open Time for Junior Academy Players

To qualify, a player must be enrolled in a 17-week program and all course fees paid in full. Courts are very limited and may be booked up to 6 hours in advance for \$20/court hour providing that all participants are in our Junior Academy. Any other players, parents, and friends included are allowed to join the Junior Academy member and play for an additional \$10/person per hour.

Fee
 (examples) 1 Junior Academy member and 1 friend/parent \$20 + \$10 = \$30 per hour.
 2 Junior Academy members \$20 per hour.
 2 Junior Academy member and 2 friends/parents \$20 + \$10 + \$10 = \$40 per hour.

All rates valid through June 30, 2027.

