



# Adult Tennis Lessons and Cardio Tennis

Blue Point Fall 2024-Winter 2025

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. Cardio Tennis is a high-intensity tennis workout with drills and games for all levels. All play is on indoor climate-controlled Decoturf tennis courts – the same surface as at the U.S. Open.



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# Guidelines For All Programs

- 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 make-ups for any program except Private and Semi-Private Lessons. No make-ups without 24-hours advance notice to cancel the entire lesson. Private Lessons: limit 1 per season. **NO CREDIT for missed sessions.** Any authorized make-up must be completed by June 15, 2025.
- Contact** Gary Gaudio, 631 363-6063; eacjrtennis@gmail.com

## Fall 2024–Winter-Spring 2025

### 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.

	16 Lessons	Single Lesson
½-hour	\$1195	\$ 80
1-hour	\$2250	\$ 145

### 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.

	16 Lessons	Single Lesson
1 hour	\$1195	\$ 80

### Cardio Tennis

Cardio Tennis is a high-energy fitness activity that combines the best features of tennis with cardiovascular exercise. Each session includes dynamic warm-up activities, fast-paced drills, and Cardio Tennis games. Cardio Tennis is designed for all ability levels and includes music, agility ladders, and low-compression orange tennis balls. Cardio Tennis is a great workout!

Fall 2024 –16 Weeks	Schedule
Monday, 10-11am	9/16-1/13 (no play 12/23, 12/30)
Friday, 10.30-11.30am	9/20-1/24 (no play 11/29, 12/27, 1/3)

Winter-Spring 2025 –16 Weeks	Schedule
Monday, 10-11am	1/27-6/2 (no play 2/17, 4/14, 5/26)
Friday, 10.30-11.30am	1/31-5/30 (no play 2/15, 4/18)

**Fee** \$ 650 (32 plays), \$425 (16 plays), \$250 (8 plays)

### Learn & Play

Learn to play in 10 weeks in a fun, supportive environment. Each week there will be a mix of drill, instruction, and supervised play. A pro will oversee the program with 4 students per court.

Fall 2024 –10 Weeks	Schedule
Thursday, 11am-12.30pm	10/10-12/19 (no play 11/28)

Winter-Spring 2025 –10 Weeks	Schedule
Thursday, 11am-12.30pm	1/16-3/27 (no play 2/20)

**Fee** \$ 595

All rates valid through August 31, 2025.



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