



NAC Performance Classes
Tuesday, Thursday 4:30-7:00pm
Fall II session October 11 - November 19



Elite II Option #1: 1 day per week, \$154(m) \$169(nm)

➤ 15 hours of total tennis training per session:

- ❖ 2 hours of group training per week
- ❖ ½ hour of structured fitness per week

Elite II Option #2: 1 day per week, \$180(m) \$195(nm)

➤ 21.5 hours of total tennis training per session:

- ❖ 2 hours of group training per week
- ❖ ½ hour of structured fitness per week
- ❖ 1 hours of supervised match play per week
- ❖ One ½ hour private lessons per session
- ❖ Tuesday or Thursday (Friday included)

Elite II Option #3: 2 days per week, \$308(m) \$323(nm)

➤ 30 hours of total tennis training per session:

- ❖ 4 hours of group training per week
- ❖ 1 hour of structured fitness per week

Elite II Option #4: 2 days per week, \$350(m) \$365(nm)

➤ 40 hours of total tennis training per session:

- ❖ 4 hours of group training per week
- ❖ 1 hour of structured fitness per week
- ❖ 2 hours of supervised match play per week
- ❖ Two ½ hour private lessons per session
- ❖ Tuesday or Thursday (Friday included)

Drop in rate: \$45

If you have any questions, please feel free to contact:

Tom Bour- Head Tennis Pro

Idris V Smith- Director of Tennis (219) 879-4401

ismith@NorthwestAthleticClub.net

(219) 879-4401 tbour@NorthwestAthleticClub.net

All players must be approved by NAC staff pros



NAC Performance Classes

Tuesday, Thursday 6:00-8:30pm

October 11 - November 19



Elite I Option #1: 1 day per week, \$154(m) \$169(nm)

➤ **15 hours of total tennis training per session:**

- ❖ 2 hours of group training per week
- ❖ ½ hour of structured fitness per week

Elite I Option #2: 1 day per week, \$180(m) \$195(nm)

➤ **21.5 hours of total tennis training per session:**

- ❖ 2 hours of group training per week
- ❖ ½ hour of structured fitness per week
- ❖ 1 hours of supervised match play per week
- ❖ One ½ hour private lessons per session
- ❖ Tuesday or Thursday (Friday included)

Elite I Option #3: 2 days per week, \$308(m) \$323(nm)

➤ **30 hours of total tennis training per session:**

- ❖ 4 hours of group training per week
- ❖ 1 hour of structured fitness per week

Elite I Option #4: 2 days per week, \$350(m) \$365(nm)

➤ **40 hours of total tennis training per session:**

- ❖ 4 hours of group training per week
- ❖ 1 hour of structured fitness per week
- ❖ 2 hours of supervised match play per week
- ❖ Two ½ hour private lessons per session
- ❖ Tuesday or Thursday (Friday included)

Drop in rate: \$45

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