

## Birthday Parties for Children

A great way to celebrate your child's birthday! The party includes Tennis, Zumba, Racquetball, or Wallyball Instruction, followed by pizza and refreshments in the lounge.

**Blue Point** Club Services, 631 363-6063

**Dix Hills** Club Services, 631 271-2624

**Fee** \$250 for 10 children (each additional child is only \$20).

## Mixed Doubles Parties

Join us for an exciting evening of tennis, with food, drinks, and fun! Singles and couples of all levels are welcome. Fridays, 7.30-11pm (for dates, contact Club Services: 631 773-6293).

**Fee** Members and non-Members: \$50 per person (includes beverage and light snacks).

## Private Parties

Our facilities are available for rent for private parties ranging from sports-themed adventures to full-service catered affairs. Please see Club Services for information and pricing (see listings above for telephone numbers).

All rates valid through August 31, 2022.

## Schedule of Play

	Fall 2021 17 Weeks	Winter-Spring 2022 17 Weeks
Sunday	9/12-1/23 (not 11/28, 12/26, 1/2)	1/30-6/12 (not 2/20, 3/17, 5/29)
Monday	9/13-1/24 (not 12/27, 1/17)	1/31-6/13 (not 2/21, 4/18, 5/30)
Tuesday	9/14-1/11 (not 12/28)	2/1-6/7 (not 2/22, 4/19)
Wednesday	9/22-1/26 (not 11/24, 12/29)	2/2-6/8 (not 2/23, 4/20)
Thursday	9/9-1/27 (not 9/16, 11/25, 12/23, 12/30)	2/3-6/9 (not 2/24, 4/21)
Friday	9/10-1/21 (not 11/26, 12/24, 12/31)	1/28-6/10 (not 2/25, 4/15, 4/22)
Saturday	9/11-1/22 (not 11/27, 12/25, 1/1)	1/29-6/11 (not 2/26, 4/16, 5/23)

## Tennis COVID-19 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. **Players MUST use sanitizer or wash their hands upon entering the court.**

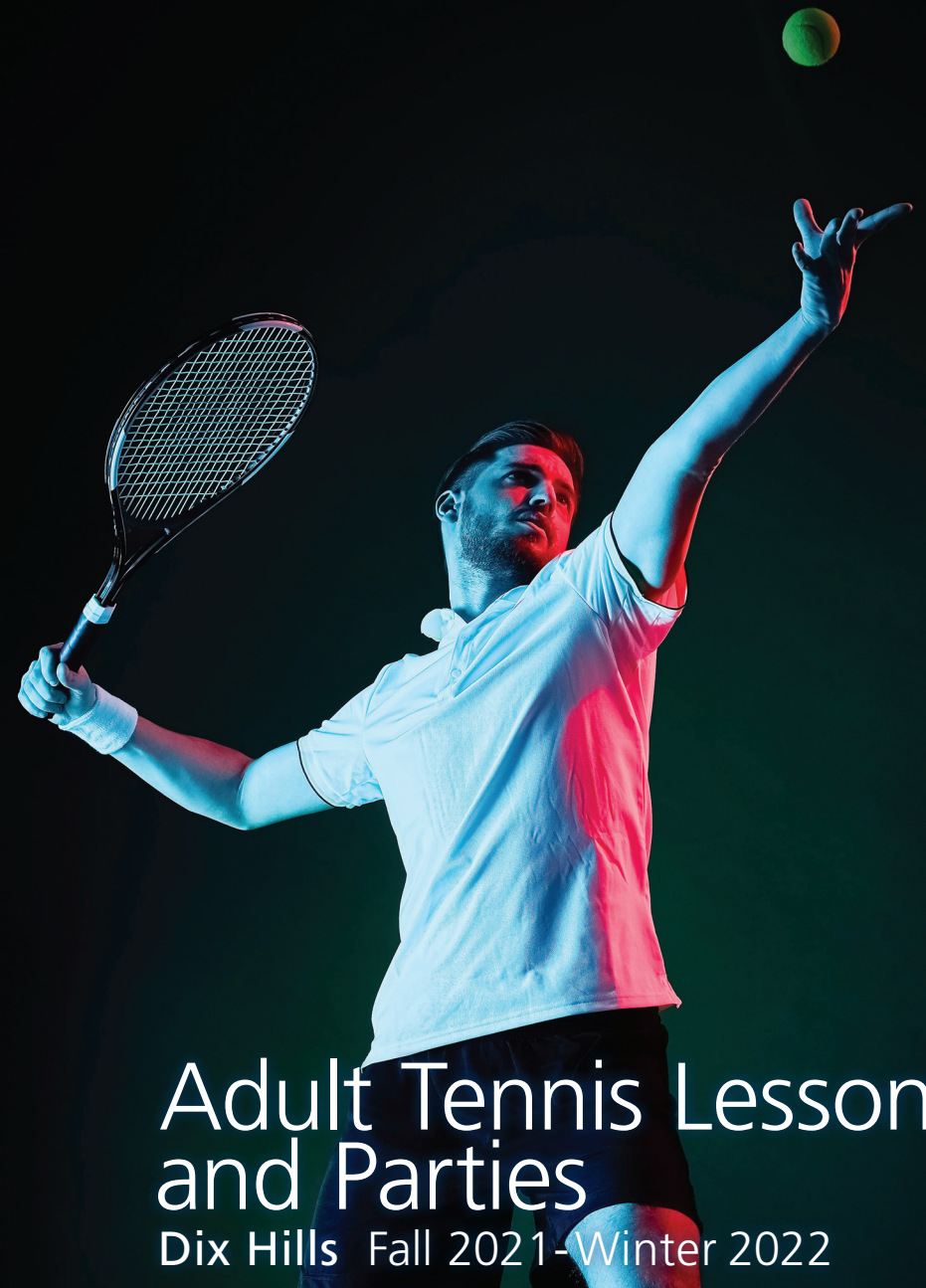
**Masks** **Masks must be worn at all times in the lobby and hallways as well as when entering and exiting the tennis courts.** Masks may be taken off when playing tennis. Coaches will have masks readily available if social distancing cannot be achieved at any point during a lesson.

**Temperature Checks** Everyone entering the club will be required to do a temperature check at the entrance to the building. Anyone experiencing symptoms of COVID-19 or has a temperature of 99.9 degrees or higher will not be admitted.

**Court Time Staggering** We have staggered starting and ending times on the half hour whenever possible so that both sides of the building are arriving and leaving at separate times. Please leave the building as soon as possible; no socializing in the lobby or hallways.

**Equipment Cleaning** Tennis Balls, Ball Carts, and Hoppers are disinfected daily.

**Player Health** **If you are experiencing ANY symptoms of COVID-19, DO NOT come to the club.** If you test positive for COVID-19, you will not be allowed to play until you have a gotten a negative test for the virus. If someone tests positive, Eastern Athletic will follow State and County Department of Health Guidelines for the safety of players, members, and staff.



# Adult Tennis Lessons and Parties

## Dix Hills Fall 2021-Winter 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. We also arrange mixed doubles tennis parties for an exciting, social, tennis-filled evening.



BLUE POINT 9A MONTAUK HIGHWAY 631 363-2882  
DIX HILLS 854 EAST JERICO TURNPIKE 631 271-6616  
[EASTERNATHLETICCLUBS.COM](http://EASTERNATHLETICCLUBS.COM)  
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## Guidelines For All Programs

<b>Membership</b>	<b>NO MEMBERSHIP IS REQUIRED TO PARTICIPATE IN LESSON PROGRAMS.</b> Membership IS required if a player wants to use the Fitness Center.
<b>Fees</b>	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 <b>NO REFUNDS</b> will be given for withdrawals after the session begins.
<b>Make-ups</b>	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. <b>NO CREDIT for missed sessions.</b> Any authorized make-up must be completed by June 12, 2022.
<b>Pros</b>	We reserve the right to substitute pros.
<b>Contact</b>	631 773-6293 EacTennis@yahoo.com
<b>Directors</b>	Laurie Tenney-Fehrs, Michael Fehrs

## Fall 2021 & Winter 2022 17-Week Programs (except as noted)

### 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.

	17 Lessons	Single Lesson
½-hour	\$1325	\$ 85
1-hour	\$2385	\$ 150

### 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.

	17 Lessons	Single Lesson
½ hour	\$ 695	\$ 50
¾ hour	\$ 975	—
1 hour	\$1325	\$ 85
1½ hour	\$1835	—

### 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.

17 Weeks	Group 3	Group 4
½-hour	\$ 475	—
1-hour	\$ 895	\$ 695
1½-hour	\$1325	\$ 895

### Adult Clinic

In this 17-week clinic, participants will be divided onto courts according to skill level. All major strokes will be covered each week and basic skills will be introduced to beginners. Advanced players will concentrate on polishing their technique and match play skills through a wide variety of drills, games, and point play. Maximum 6 per court.

17 Weeks		
1½-hour	Monday, 7.30-9pm	\$695 or \$50 per day

## Zone

Fast-paced point play with a touch of King-of-the-Court. Doubles or singles depending on the number of players with 1 Pro per court. Positions change with points won and lost. As a courtesy to our Pros, please cancel at least 24 hours in advance to avoid being charged for your session. The fee is per player.

17 Weeks		Level	Fee
1½-hour	Tuesday, 9.30-11am	3.0	\$ 650 (14 plays)
1½-hour	Wednesday, 9.30-11am	3.5	\$ 895 (17 plays)
1½-hour	Friday, 9.30-11am	3.0	\$ 650 (14 plays)

## The Burn Off

Need to get back on track after the weekend? Welcome to The Burn Off. A heavy cardio burn that consist of various court-to-court drills, live-ball drills, target practice, point play, and most importantly, sweating it out! 4 courts with a pro on every court. The fee is per player.

17 Weeks			
1½-hour	Monday, 7.30-9pm	All levels	\$ 895

## The Burn In

This is a high-energy, fast-paced and fun way to get a great 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! 6 players:1 instructor per court. The fee is per player.

17 Weeks			
1½-hour	Friday, 11am-12.30pm	All levels	\$ 895

## The Ring

A fun and competitive league with a twist. Begin with an intense warm-up for you and your partner prior to league play (there will be a 15-20 minute warm up every week with three of our Pro's). Following the warm-up, you and your partner will be playing a match against another team in the league. If you have a bye that week, 2 of the pros will be running a two court Zone, while 4 matches will be watched and coached by the 3rd pro. The fee is per player.

17 Weeks			
1½-hour	Monday, 9.30-11am	4.0	\$ 695
1½-hour	Thursday, 9.30-11am	3.0	\$ 695

## Weekend Warriors

Start your weekend early by hitting the court and competing against anyone and everyone! This morning tennis workout is based on Zone competition and is a great way to improve your game while you're sharp and fresh in the morning. Play is on 3 courts, with 1 pro and 4 players per court. The fee is per player.

17 Weeks			
1½-hour	Saturday, 8-9.30am	All levels	\$ 895

All rates valid through August 31, 2022.

