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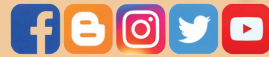
Our team of tennis professionals, led by Naoufal Houmairy, have years of experience both teaching and participating in the junior, collegiate and professional levels.

We pride ourselves in bringing out the best in YOU while keeping it fun, exciting and a great learning experience.



200 Providence Highway, Dedham MA 02026  
781-326-2900 • [www.tennis.dedhamhealth.com](http://www.tennis.dedhamhealth.com)

## DEDHAM HEALTH<sup>TM</sup> & Athletic Complex



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TennActive is a set of 5 classes and a doubles Round-Robin scheduled in advance.

The program is open to all level players who are looking for a great weekly workout, enhance tennis skills or simply to get back on the tennis court.

TennACTIVE Rates		
Session Pricing	Member Rate	Non-member Rate
5 Classes, 1 Round Robin	\$275	\$349

For more information or to register email Naoufal Houmairy, Tennis Director at [naoufal@dedhamhealth.com](mailto:naoufal@dedhamhealth.com)

APPLICATION FORMS AT THE FRONT DESK  
AND ONLINE

# ADULT PROGRAMS

## TENNIS THAT FITS YOUR LIFESTYLE



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# 5 DYNAMIC CLASSES • 1 ROUND ROBIN

## 2024/2025 SESSION SCHEDULE

Session	Start Date	End Date
Session 1	September 16	October 20
Session 1: Round Robin on Saturday, October 19th		
Session 2	October 21	November 24
Session 2: Round Robin on Saturday, November 23rd		
<b>NO SCHEDULED CLASSES FROM 11/24 Through 11/30</b>		
Session 3	December 2	January 19, 2025
Session 3: Round Robin on Saturday, January 18th, 2025		
<b>NO SCHEDULED CLASSES FROM 12/22 THROUGH 1/5</b>		
Session 4	January 20	March 2
Session 4: Round Robin on Saturday, March 1st		
<b>NO SCHEDULED CLASSES FROM 2/16 Through 2/22</b>		
Session 5	March 3	April 6
Session 5: Round Robin on Saturday, April 5th		
Session 6	April 7	May 18
Session 6: Round Robin on Saturday, May 17th		
<b>NO SCHEDULED CLASSES FROM 04/20 Through 04/26</b>		



- 5 dynamic classes of 90 minutes with a ratio of 4 adults to one coach on one court.
- Each class is a combination of cardio, workshop and lesson of the week.
- Players are grouped based on their ability level.
- There will be 3 different level classes; 3.0 and under, 3.5 to 4.0 and 4.5 and up.
- All classes are run on 5 courts with 5 certified coaches.
- There are no make-up classes, subs or refunds.



## SESSION TIMES

MONDAYS	TUESDAYS	THURSDAYS	SATURDAYS
7:30 pm - 9:00 pm	7:30 pm - 9:00 pm	9:00 am - 10:30 am	7:30 am - 9:00 am

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5 Classes, 1 Round Robin	\$275	\$349

