



DEDHAM HEALTH™ & Athletic Complex



200 Providence Highway, Dedham MA 02026
781-326-2900 • www.tennis.dedhamhealth.com



TROY CRICHLAW NADIA SABLON NAOUFAL HOUMAIRY ROD MENDEZ



LEAH KADESCH NARITH PROEUNG ANDERS LUNDBERG IBUKUN ILESANMI



KYLE ANDERSON

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.



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

APPLICATION FORMS AT THE FRONT DESK AND ONLINE

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ADULT PROGRAMS

TENNIS THAT FITS YOUR LIFESTYLE



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5 DYNAMIC CLASSES • 1 ROUND ROBIN

2025/2026 SESSION SCHEDULE		
Session	Start Date	End Date
Session 1	September 15	October 19
Session 1: Round Robin on Saturday, October 18th		
Session 2	October 20	November 23
Session 2: Round Robin on Saturday, November 22nd		
NO SCHEDULED CLASSES FROM 11/24 Through 11/30		
Session 3	December 1	January 18, 2026
Session 3: Round Robin on Saturday, January 17th, 2026		
NO SCHEDULED CLASSES FROM 12/21 THROUGH 1/4/2026		
Session 4	January 19	March 1
Session 4: Round Robin on Saturday, February 28th		
NO SCHEDULED CLASSES FROM 2/15 Through 2/22		
Session 5	March 2	April 5
Session 5: Round Robin on Saturday, April 4th		
Session 6	April 6	May 17
Session 6: Round Robin on Saturday, May 16th		
NO SCHEDULED CLASSES FROM 04/19 Through 04/26		



- 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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