



NADIA SABLON



NAOUFAL HOUMAIRY



ROD MENDEZ



KYLE ANDERSON



LEAH KADESCH



NARITH PROEUNG



ANDERS LUNDBERG



IBUKUN ILESANMI

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

DEDHAM HEALTHTM & Athletic Complex



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TennActive is a set of 6 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
6 Classes, 1 Round Robin	\$360	\$435

For more information or to register email
Naoufal Houmairy, Tennis Director
at naoufal@dedhamhealth.com

APPLICATION FORMS AT THE FRONT DESK
AND ONLINE

ADULT PROGRAMS

TENNIS THAT FITS YOUR LIFESTYLE



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6 DYNAMIC CLASSES • 1 ROUND ROBIN

2026/2027 SESSION SCHEDULE

Session	Start Date	End Date
Session 1	September 21	November 1
Session 1: Round Robin on Saturday, October 31st		
Session 2	November 2	December 20
Session 2: Round Robin on Saturday, December 19th		
NO SCHEDULED CLASSES FROM 11/22 through 11/29		
Session 3	January 4, 2027	February 14
Session 3: Round Robin on Saturday, February 13, 2027		
Session 4	February 22	April 4
Session 4: Round Robin on Saturday, April 3rd		
Session 5	April 5	May 23
Session 5: Round Robin on Saturday, April 4th		
NO SCHEDULED CLASSES FROM 4/18 through 4/25		



- 6 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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