# TennACTIVE


NADIA SABLON | NAOUFAL HOUMAIRY | ROD MENDEZ | JONATHAN ZELMAN


LEAH KADESCH | AMIR DAVIS | ANDERS LUNDBERG | IBUKUN ILESANMI


DANNY SCHWARTZ | ADANTE FULLER SMITH

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 HEALTH™ & Athletic Complex

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# TennACTIVE

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

7/30/26

# ADULT PROGRAMS

# TENNIS THAT FITS YOUR LIFESTYLE



# TennACTIVE

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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** | | |



## TennACTIVE

- 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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|---|---|---|
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