



DEDHAM HEALTH & Athletic Complex



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

GROUP LESSONS

CARDIO TENNIS

SOCIALS

TRAVEL TEAMS

WALK ON CLINICS

PRIVATE LESSONS 7-DAYS/WEEK



For more information contact
Marianne Ricci, Tennis Director
at (781) 326-2900 or
email at mricci@dedhamhealth.com

ADULT PROGRAMS

TENNIS LESSONS



FALL AND WINTER

NEW MEMBER CLINICS

All new tennis members receive

**2 FREE NEW MEMBER TENNIS
INSTRUCTIONAL CLINICS.**

During these clinics, you will receive instruction and a tennis rating for participation in programs which match you with other members at DHAC.

TENNIS LESSON RATES

Lesson	Member Rate	Non-member Rate
1/2 hour	\$50	\$60
1 hour	\$95	\$105
Semi-Private	\$55 per person	\$65 per person
Group of 3	\$40 per person	\$50 per person
Group of 4	\$32 per person	\$42 per person

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

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





DEDHAM HEALTH & Athletic Complex



PRO SHOP OPERATING HOURS	
DAYS	HOURS OF OPERATION
Monday – Friday	9:00 am - 12:00 pm
	4:00 pm - 8:00 pm
Saturday	10:00 am - 3:00 pm
Sunday	11:00 am - 3:00 pm
SUMMER HOURS	
Monday – Friday	4:00 pm - 8:30pm
Saturday - Sunday	CLOSED CLOSED

THE TOP 5 REASONS TENNIS IS FOR EVERYONE

- It's fun!
- It's a sport that you can play forever.
- It's a family sport.
- It's a great way to make new friends
- It's an excellent workout for both your heart and your brain.

Dedham Health and Athletic Club has **NINE Certified Tennis Professionals** available to help improve any aspect of your game.

Private, semi private, and group lessons are available for children and adults, mornings, afternoons, evenings and weekends.

Non-members are also welcome to take lessons.



WALK-ON CLINICS

JUST SHOW UP!

- Never more than \$20 for members.
- Great way to meet others!
- If only 1 or 2 players, 1/2 hour lesson.
- Add \$30 to be paid at the desk if a non-member

TENNIS WALK ON CLINICS						
Skill Level	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
All Levels	12:00 pm -1:00 pm		12:00 pm -1:00 pm	1:00 pm - 2:00 pm		
	1:00 pm - 2:00 pm		3:00 pm - 4:00 pm	6:00 pm - 7:00 pm	1:00 pm - 2:00 pm	1:00 pm - 2:00 pm
1.5-3.0		7:00 pm - 8:00 pm			6:30 pm - 7:30 pm	
3.5+					7:30 pm - 8:30 pm	
		8:00 pm - 9:00 pm			8:30 pm - 9:30 pm	

200 Providence Highway, Dedham MA 02026

781-326-2900 • www.dedhamhealth.com