

CARDIO TENNIS

CARDIO TENNIS™ is a fun, high-energy fitness activity combining tennis and a cardiovascular workout similar to interval training. Improve your cardio. Improve your stamina. Burn calories and get in shape.

CARDIO TENNIS MAX - Players 3.5 and higher can take it up a notch with this cardio tennis class at max intensity! This class is more challenging and competitive than regular cardio tennis to meet the needs of a higher level player.

Tennis Members may sign up 3 days in advance (at class start time) HC/PB Members 1 day prior (at class start time), up until class time or until class is full. Players register by logging into their online WSC/Club Automation account and selecting 'Group Activities', or on WSC App under 'Classes'. *WSC Guests may register 12 hours in advance.

Players can cancel online up to 24 hours prior to class. Players who cancel in less than 24 hours or register and don't show will be charged a \$15 fee.

Players can sign up for 1 class where multiple classes are offered in a row, and can add additional classes if there are open spots 24 hours prior.

Class schedules are subject to change.

Maximum 8 participants per class.

DAY	TIME	PLAYER LEVEL
Mon	6-6:55pm	CT Max 3.5+
Mon	7-7:55pm	All Levels
Tues	8-8:55am	All Levels
Tues	7-7:55pm	All Levels
Tues	8-8:55pm	CT Max 3.5+
Wed	1-1:55pm	All Levels
Thurs	6-6:55am	All Levels
Fri	8:00-8:55am	All Levels

RATE TYPE	TENNIS MEMBER	HEALTH CLUB MEMBER	GUEST
Cardio Tennis™ 10-Pack*	\$112	\$152	N/A
Cardio Tennis™ Drop-In Rate	\$16/ class	\$21/ class	\$29/ class*

PURCHASE A CARDIO TENNIS 10-PACK!

Email tennis@wheatonsportcenter.com to purchase a 10-pack. 10-packs apply to any regular Cardio Tennis class, following the drop in registration procedures.

POLICIES & ADDITIONAL INFORMATION

GROUP LESSON MAKE UP & REFUND POLICY

Students are responsible for attending the lesson for which they have registered. A maximum of 2 missed lessons may be made up per session with prior approval of the Tennis Manager. Student must email tennis@wheatonsportcenter.com 24 hours prior to the missed lesson. Lessons must be made up during the current session and are NOT guaranteed. Approval for make up lesson is based on class space availability. Refunds are honored for any reason if notification is given 72 hours prior to the first lesson. After a lesson session has started, refunds are only given for illness or injury with a doctor's note. A \$10 fee per registrant will be charged for all refunds.

RACQUET STRINGING & SALES

Wheaton Sport Center offers on-site, same-day racquet stringing. We have a great selection of strings in every category. Whether you need more power, feel, control, comfort, or durability, we have the perfect strings for you! All racquets are strung on our state-of-the-art, constant pull, digital, Wilson Baiardo stringing machine for a consistent, accurate string job every time.

Are you looking for a new racquet? We offer affordable racquet prices that are comparable to online stores. If you need help choosing the right racquet for your game, our tennis professionals are happy to help.

- To take advantage of restringing services, drop off your racquet at the front desk or stop in the Tennis Welcome Center for assistance.

BALL MACHINE RENTAL

Ball machine is available year-round on Court 1. Additionally, it is available on Court 7 from mid-October through mid-May. WSC members can rent a ball machine by choosing the ball machine option when making a court reservation. Please contact tennis staff if you have any questions about ball machine usage.

TIME	TENNIS MEMBER	HEALTH CLUB MEMBER
30 minutes	\$13	\$16
60 Minutes	\$26	\$32

PRIVATE LESSONS

TENNIS MEMBER RATES	
Teaching Pro	1 student 1/2 hour
Bill Eng	\$36.00
Jill Personius	\$36.00
Mark Exner	\$45.00
Russ Ruffolo	\$32.00
Mike Fessel	\$45.00
Emily Connolly	\$45.00
Danilo Kovacevic	\$45.00
Rick Huffman	\$47.50
Matt Roszkowski	\$50.00
Anne Mache	\$36.00
Karl Peterson	\$52.50
Linda Wright	\$45.00
Anders Singdahlsen	\$40.00
Brant Buckley	\$40.00
Keith Mills	\$40.00
Jeff Porto	\$40.00
Keith Giltner	\$32.00

HEALTH CLUB MEMBER RATES	
Teaching Pro	1 student 1/2 hour
Bill Eng	\$40.00
Jill Personius	\$40.00
Mark Exner	\$48.00
Russ Ruffolo	\$36.00
Mike Fessel	\$48.00
Emily Connolly	\$48.00
Danilo Kovacevic	\$48.00
Rick Huffman	\$50.50
Matt Roszkowski	\$53.00
Anne Mache	\$40.00
Karl Peterson	\$56.00
Linda Wright	\$48.00
Anders Singdahlsen	\$44.00
Brant Buckley	\$44.00
Keith Mills	\$44.00
Jeff Porto	\$44.00
Keith Giltner	\$36.00

GUEST RATES	
Teaching Pro	1 student 1/2 hour
Bill Eng	\$44.00
Jill Personius	\$44.00
Mark Exner	\$52.00
Russ Ruffolo	\$40.00
Mike Fessel	\$52.00
Emily Connolly	\$52.00
Danilo Kovacevic	\$52.00
Rick Huffman	\$54.50
Matt Roszkowski	\$57.00
Anne Mache	\$44.00
Karl Peterson	\$59.00
Linda Wright	\$52.00
Anders Singdahlsen	\$48.00
Brant Buckley	\$48.00
Keith Mills	\$48.00
Jeff Porto	\$48.00
Keith Giltner	\$40.00

ADULT TENNIS



WINTER 2 2026
JAN 12 - MAR 29, 2026

11-WEEK SESSION

GROUP LESSONS
TENNIS DRILLS
ADULT LEAGUES
PRIVATE LESSONS

Tennis Manager: Lori Mills | lmills@wheatonsportcenter.com
Evolution Kids Tennis Coordinator: Matt Roszkowski | mroszkowski@wheatonsportcenter.com
Tennis Administrators: tennis@wheatonsportcenter.com



630-690-0887 | www.wheatonsportcenter.com

GROUP LESSONS (4-WEEK SESSIONS)

New classes begin the 1st week of each month.

TENNIS UNIVERSITY (INTRO TO TENNIS FOR BEGINNERS) Designed for all non-tennis players, Tennis University offers an introduction to basic tennis strokes. Bring a tennis racquet if you have one, or our pro will provide one for you. Get into the game of tennis – this lifetime sport is a great way to stay fit!

*To register for your free class, send an email to Lori Mills: lmills@wheatonsportcenter.com

MONTH	DAY	TIME	TENNIS MEMBER	HEALTH CLUB MEMBER	GUEST
September - Aug	Tues	12:00pm - 1:00pm			
September - Aug	Thurs	6:00pm-7:00pm	1st Time- FREE*/ \$85	1st Time- FREE*/ \$100	\$115
September - Aug	Fri	10:00am-11:00am			
September - May	Sunday	12:30pm-1:30pm			

TENNIS UNIVERSITY PhD Have you graduated from Tennis University and are ready for the next level? Tennis University PhD introduces additional strokes and technical skills while reinforcing your Tennis University skills. A new 4-week session starts the first of each month, beginning in September. Register online or on the WSC App.

DAY	TIME	TENNIS MEMBER	HEALTH CLUB MEMBER	GUEST
Thurs	6-7pm	\$89	\$104	\$120

ADVANCED BEGINNER SKILLS & DRILLS This 4-week class is for Tennis University PhD graduates & players with some experience. It combines 1/2 hour of technical instruction with 1/2-hour of supervised point play. Players continue to develop their tennis skills while also learning how to use them in game situations. Register online or on the WSC App.

DAY	TIME	TENNIS MEMBER	HC MEMBER	GUEST
Tue	7:00pm-8:00pm			
Fri	11:00am-12:00pm	\$89	\$104	\$120

INTERMEDIATE SKILLS & DRILLS Continue your tennis development by advancing from Advanced Beginner Skills and Drills to the Intermediate level class. This class focuses technical skills for a variety of shots as well as more advanced strategies. Players moving up from the Advanced Beginner should confirm with their coach that they are ready for this level. Register online or on the WSC App.

DAY	TIME	TENNIS MEMBER	HC MEMBER	GUEST
Tue	8:00pm-9:00pm	\$89	\$104	\$120
Sat	9:30am-10:30am	\$89	\$104	\$120

MEN'S 3.5+ DRILLS

SESSION 1: Jan 12 - Feb 22 (6 weeks) **SESSION 2: Feb 23 - Mar 29 (5 weeks)**

Level approval is needed to participate. Drills and point play situations to practice technique and strategy. Training for singles and doubles competitive play. Weekly Drop-in option: Sign up on your WSC App. The no-charge cancellation deadline is 24 hours prior to class. Weekly sign up Fees: Tennis Member: \$38; Health Club Member: \$44; WSC Guest: \$51

DAY	TIME	TENNIS MEMBER (\$1/52)	HEALTH CLUB MEMBER (\$1/52)	GUEST (\$1/52)
WED	6:30pm-8:00pm	\$204 / \$170	\$240 / \$200	\$276 / \$230



TENNIS DRILLS

WEEKLY SIGN UP OPTION

for Evening Power Play, Adult Evening Drill & Play, and Doubles Competition Class.

Players now have two options for participating in tennis - register for the full 4-week session, or sign up on a weekly basis. Weekly sign up is online or on the WSC App and must be a minimum of 24 hours in advance. Please note: the no-charge cancellation deadline is 24 hours prior to class. Weekly sign up Fees: 1 hour class, Tennis Member: \$27; Health Club Member: \$30; WSC Guest: \$35; 1.5 hour class, TM: \$38; HC: \$44; WSC Guest: \$51

ADULT POWER PLAY 3.5+

5 WEEK SESSIONS

SESSION 1: Jan 12 - Feb 22 (6 weeks)

This class offers competitive point play and drills in a challenging, fast-paced format. Focus is on movement, high intensity and game-based activity. Register for weekly option on the WSC App or online, minimum of 24 hours in advance. Minimum 3 players for class to run. Email tennis@wheatonsportcenter.com to register for Power Play 4.0+

CLASS	LEVEL	DAY	TIME	TENNIS	HC MEMBER	GUEST
Evening Coed	3.5+	Tues	6:00pm-7:00pm	\$150 / \$125	\$168 / \$140	\$198 / \$165
Power Play (max 8 players)	4.0+ Instructor approval required	Thurs	8:00pm-9:00pm	\$19.50/wk	\$21.75/wk	\$24.50/wk

DOUBLES COMPETITION CLASS

SESSION 1: Jan 12 - Feb 22 (6 weeks)

SESSION 2: Feb 23 - Mar 29 (5 weeks)

This class focuses on fast-moving doubles drills and point play with instruction on doubles positioning, strategy, and technical components associated with different doubles situations. This is a great way to improve your doubles game and supplement team practices for travel team players to gain specific training on doubles play.

CLASS / LEVEL	DAY	TIME	SESSION FEES (Session 1/Session 2)		
			TENNIS	HC MEMBER	GUEST
Ladies / 3.0 Level	Wed	12:00pm-1:30pm	\$204 / \$170	\$240 / \$200	\$276 / \$230
Ladies / 3.25-3.5 Levels	Tues	10:30am-12:00pm	\$204 / \$170	\$240 / \$200	\$276 / \$230
COED/3.5+	Thurs	7:00pm-8:00pm	\$150 / \$125	\$168 / \$140	\$198 / \$165

ADULT EVENING DRILL & PLAY

SESSION 1: Jan 12 - Feb 22 (6 weeks)

SESSION 2: Feb 23 - Mar 29 (5 weeks)

Join us on court to work on both your singles and doubles game. Each class will focus a specific skill or strategy – the first half hour will give instruction through drills that reinforce the skill/strategy of the week, then will continue with instruction/feed back as players apply it in the context of match play.

CLASS / LEVEL	DAY	TIME	TENNIS MEMBER	HEALTH CLUB MEMBER	GUEST
Adult Evening Drill & Play	Thurs	7:00pm-8:00pm	\$150 / \$125	\$168 / \$140	\$198 / \$165

HIT & HUSTLE

If you want to get in some extra hitting, need to get ready for an upcoming match, or just want a fun time on the court, this weekly sign-up drill is a great option for you. WSC's Coaches will run a variety of drills and point play and keep you moving on the court. The no-fee cancellation deadline is 24 hours prior to class. Players can sign up on the WSC App.

CLASS / LEVEL	DAY	TIME	TENNIS MEMBER	HEALTH CLUB MEMBER	GUEST
Hit & Hustle	MON	12:00-1:00pm	\$27	\$30	\$35

TAKEOVER TUESDAYS

LEARN TO RULE THE COURT!

Sharpen your skills and strategy and become a force on the court! These bi-weekly clinics will focus on developing tools for tennis success. Players sign up on a week-to-week basis.

CLASS / LEVEL	DAY	TIME	TENNIS	HC MEMBER	GUEST
JAN 13 MASTER GROUNDSTROKE TECHNIQUE	TUES	10-11:30am	\$35	\$41	\$47
JAN 20 CHOOSING THE RIGHT SHOT	TUES	10-11:30am	\$35	\$41	\$47
JAN 27 WHEN TO ATTACK	TUES	10-11:30am	\$35	\$41	\$47
FEB 3 IDENTIFYING YOUR OPPONENTS WEAKNESSES	TUES	10-11:30am	\$35	\$41	\$47
FEB 10 LOBBING / DEFENDING LOBS	TUES	10-11:30am	\$35	\$41	\$47
FEB 17 DOUBLES STRATEGY	TUES	10-11:30am	\$35	\$41	\$47
FEB 24 UTILIZING ZONES OF THE COURT	TUES	10-11:30am	\$35	\$41	\$47
MARCH 3 MASTERING THE SLICE	TUES	10-11:30am	\$35	\$41	\$47
MARCH 10 FOOTWORK PATTERNS	TUES	10-11:30am	\$35	\$41	\$47
MARCH 17 SINGLES STRATEGY	TUES	10-11:30am	\$35	\$41	\$47
MARCH 24 YOUR SERVE AS A WEAPON	TUES	10-11:30am	\$35	\$41	\$47

TENNIS LEAGUES

In-house leagues are open to WSC Tennis Members ages 18 and over. First-time participants are evaluated by a WSC tennis professional to ensure placement at the proper level. Register for Leagues now online or on the WSC App ([under classes](#)).

Registration Deadline: December 31

Session Dates: January 12 - March 29 (11 weeks)

WOMEN'S LEAGUES	LEAGUE	DAY	TIME	FEES
	2.0 Women's Scheduled Doubles	THU*	10:00-11:30am	\$55
	3.0 Women's Scheduled Doubles	THU*	6:00pm-7:30pm	\$55
	3.5 Women's Scheduled Doubles	WED	6:00pm-7:30pm	\$55
	3.25-3.75 Women's Self-Scheduled Singles	***		\$55

MEN'S LEAGUES	LEAGUE	DAY	TIME	FEES

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