



# SUMMER 2026

## Tennis Program Guide



# ADULT PROGRAMMING - WEEKLY SCHEDULE

## TABLE OF CONTENTS

- [2.](#) Adult Programming Weekly Schedule
- [3.](#) Membership
- [4.](#) Court Fees
- [5.](#) Private Instruction
- [6.](#) Tennis 101
- [7.](#) Group Instruction
- [9.](#) Group Development
- [11.](#) Singles Clinics
- [12.](#) Cardio Tennis
- [13.](#) Point Play
- [15.](#) Four Seasons Racquet Club Leagues
- [16.](#) USTA Leagues
- [17.](#) Junior Summer Camp
- [19.](#) Wellness
- [22.](#) Court Reserve

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Road to 3.0 8:30 am - 10 am	Cardio Tennis 60* 8 am - 9 am	Mixed Workshop 6:30 am - 8 am	Senior Slam* 9 am - 10 am
Cardio Tennis 90 9 am - 10:30 am	Tennis 101 9 am - 10 am	Cardio Tennis 60* 9 am - 10 am	Summer Giant Point Play* 10 am - 11:30 am
Ladies Singles Clinic 1:30 - 3 pm	Senior Slam* 9 am - 10 am	Fast Four Play* 9 am - 11 am	Road to 3.5 12 pm - 1:30 pm
Men's Doubles League 5:30 pm - 7 pm	Summer Giant Point Play* 10 am - 11:30 am	3.0/3.5 Point Play 5:30 pm - 7 pm	Tennis 101 5:30 pm - 6:30 pm
4.0+ Point Play 5:30 - 7 pm	2.5/3.0 Point Play 5:30 pm - 7 pm	Road to 3.5 5:30 pm - 7 pm	2.5/3.0 Point Play 5:30 pm - 7 pm
	Strokes & Strategies 5:30 pm - 7 pm	Road to 3.0 5:30 pm - 7 pm	Men's Doubles League 5:30 pm - 7 pm
FRIDAY	SATURDAY	SUNDAY	
Cardio Tennis 90 7:30 am - 9 am	Cardio Tennis* 8 am - 9 am	Mixed Workshop 8:30 am - 10:30 am	
Strokes & Strategies 10:30 am - 12 pm	Gui's 3.5 Singles Clinic 9 am - 10:30 am	Gui's 4.0+ Singles Clinic 9 am - 10:30 am	
Road to 4.0 12:00 pm - 1:30 pm	Men's Workshop 9 am - 11 am	3.0/3.5 Live Ball 10:30 am - 12 pm	
Fast Four Play* 5:30 pm - 7 pm	3.0/3.5 Point Play 10:30 am - 12 pm	2.0/2.5 Play w/Pro 10:30 am - 12 pm	
	Road to 2.5 10:30 am - 12 pm		

\*included with Summer Membership



# MEMBERSHIP

A FSRC membership is required to use the facility

## SUMMER SESSION DATES

**Adults** | Friday, May 1st - Monday, September 7th (19 Weeks)

**Juniors** | Monday, June 22nd - Friday, August 21st (9 Weeks)

### ● Year-Round Membership | \$10/month

- Access to outdoor courts with fees
- Access to indoor courts with fees

### ● Summer Membership | \$1,650 or \$435/Month | \$3,150 or \$810/Month for Couples

*Included:*

- Cardio Tennis 60
- Access to the pool 2 adults + juniors (under 18 y.o.) + nanny
- Weekly Summer Giant Point Play & Fast Four play
- Senior Slam adult clinic
- Summer leagues (Dogwood & Men's Fairfield County)
- Water aerobics weekly classes
- Water walking weekly classes
- Free outdoor courts time, access to indoor court and with fee

*Not Included:*

- Drills (point plays), mixed workshops, clinics.
- Cardio Tennis 90
- Indoor court fees
- Free private point play

### ● Pool Membership | \$1,425 or \$498/Month

*Memorial Day - Labor Day*

- Includes 2 adults + juniors (under 18 y.o.) + nanny
- Pool access only (no tennis)

### ● Junior Membership

**Member + Junior Intelligent Tennis Membership | \$10/month**

For adults who play at the club who have children who are also players in our Junior Program

*\*First add yourself as the adult and then go into "My Family" and add your child's info*

**Non-Member + Junior Intelligent Tennis Membership | FREE**

For adults who do not play at the club, but they have a child who is in our Junior Program

*\*First add yourself as the adult and then go into "My Family" and add your child's info*

## HOW TO ENROLL IN MEMBERSHIP

Download our "4Seasons Tennis" App or go to [Courtreserve.com](https://www.courtreserve.com)

Feel free to contact Mary Wooster, membership coordinator for assistance at

[mwooster@4seasonstennis.com](mailto:mwooster@4seasonstennis.com)



# COURT FEES

### ● Basic - Year Round - Membership

- Singles: \$40/person/hour | Indoor and Outdoors
- Doubles: \$24/person/hour | Indoors and Outdoors  
\$36/person for 1.5 hours

### ● How to Book a Court

*Courts can be booked 4 days in advance*

- Use the "4Seasons Tennis" App and go to "Book a Court"
- Be sure to add the people you are playing with
- If the courts are full, do not hesitate to add yourself to the waitlist.  
You will be notified if someone cancels, and a court opens.

[CLICK](#) to go to the CourtReserve Portal. You may also call the Front Desk at (203)762-2423.



## ADULT PROGRAMMING - PRIVATE INSTRUCTION

- **Build your Own 18-Week Clinic | \$1,008/Player/60 Minute - \$1,512/Player/90 Minute**  
*A minimum 4-week commitment is required for recurring summer clinics*

If days/times don't work for you, or you have 3 or 4 friends you would like to play with every week and want a specific pro to work with, build your own clinic! If you'd like to run your clinic for fewer weeks, the pricing is:

**\$56 per hour per clinic, or \$84 for a 1.5-hour clinic.**

Contact Program Director, Rosanna Maffei, at [rmaffei@4seasonstennis.com](mailto:rmaffei@4seasonstennis.com) to build your own clinic

- **Lessons**

Lessons can be scheduled 1 week in advanced or later.

- **PRIVATE LESSONS | Pro + 1 Player**

The Four Seasons Professional Staff is available 7 days a week.  
Hourly/Half Hour Rates are below:

Chris Damone - Director of Adult Tennis | \$140/hour; \$70/half hour

Mike Slattery - Director of Junior Tennis | \$165/hour; \$82.5/half hour

Professional Staff | \$135/hour; \$67.5/half hour

- **SEMI PRIVATE LESSONS | Pro + 2 Players**

Chris Damone | \$70/Person/Hour

Mike Slattery | \$82.5/Person/Hour

Professional Staff | \$67.5/Person/Hour

- **1x Clinic Pro + 4 | \$61/Player/1hr Clinic - \$92/Player/1.5hr Clinic**

Build your own 1x Clinic. Gather 3 players of your level and book a 1x Clinic.

Sign up via CourtReserve.

Contact Program Director, Rosanna Maffei, at [rmaffei@4seasonstennis.com](mailto:rmaffei@4seasonstennis.com) to build your own clinic



## ADULT PROGRAMMING - TENNIS 101

*Please note there are no make-up classes*

- **Tennis 101 Beginner Clinic | \$400/6-Week Session**

Includes FREE racquet (\$125 value)

*Tuesday, 9:00 am - 10:00 am*

Session: May 5th - June 9th

*Wednesday, 10:00 am - 11:00 am*

Session: May 6th - June 10th

*Thursday, 5:30 pm - 6:30 pm*

Session: May 7th - June 11th

Learn to play right away — guaranteed.

This is a six-week program designed to teach the fundamentals of tennis. Divided into sections, it progressively builds through the main components of the sport: stroke development, scoring rules, equipment, and vocabulary.

Sign up via CourtReserve.

[CLICK](#) to Register for Tuesday

[CLICK](#) to Register for Wednesday

[CLICK](#) to Register for Thursday



## ADULT PROGRAMMING - GROUP INSTRUCTION

### ● Workshops

*Weekly Registration*

Our weekly workshops feature stroke production, intensive drilling, and game situations specifically designed to fit the level of the players attending

**MIXED WEDNESDAY WORKSHOP** | \$84/Player | 3.5 and Up

*Wednesday, 6:30 am - 8:00 am*

**MEN'S SATURDAY WORKSHOP** | 3.5 PLAYERS AND UP | \$112/Player

*Saturday, 9:00 am - 11:00 am*

**SUNDAY MIXED WORKSHOP** | 3.0 & 3.5 PLAYERS | \$112/Player

*Sunday, 8:30 am - 10:30 am*

Sign up via CourtReserve.

[CLICK](#) to Register for Wednesday Mixed Workshop

[CLICK](#) to Register for Saturday Men's Workshop

[CLICK](#) to Register for 3.0 Sunday Mixed Workshop

[CLICK](#) to Register for 3.5 Sunday Mixed Workshop

### ● Strokes & Strategies | \$70/Player

*Tuesday, 5:30 pm - 7:00 pm*

*Friday, 10:30 am - 12:00 pm*

*Weekly Registration*

Each class is divided into two 45-minute sections. The first will focus on a particular stroke and the second, a specific strategy. This is a great program to become a stronger, smarter player.

Sign up via CourtReserve.

[CLICK](#) to Register for Tuesday

[CLICK](#) to Register for Friday



## ADULT PROGRAMMING - GROUP INSTRUCTION

### ● Senior Slam Clinic | \$54/Player - FREE for Summer Members

*Tuesday & Thursday, 9:00 am - 10:00 am*

*Weekly Registration*

An one-hour clinic for our members who are 65 and over. One of our pros will lead you through drills and supervised play. Players are grouped according to level.

Sign up via CourtReserve.

[CLICK](#) to Register for Tuesday

[CLICK](#) to Register for Thursday

### ● Play with the Pro 2.0 - 2.5 | \$480/6 Weeks - \$84/Player Drop In

*Sunday, 10:30 am - 12:00 pm*

*Session 1: May 17th - June 21st*

*Session 2: June 28th - July 26th*

*Session 3: August 2nd - September 6th*

For players who've completed Tennis 101 and are ready to level up. Test your skills in coached doubles play with other Intro grads while practicing serve/return, movement, and taking the net. The pro will guide doubles strategy throughout. Max 4 players per court.

Sign up via CourtReserve.

[CLICK](#) to Register for Sunday Session 1

[CLICK](#) to Register for Sunday Session 2

[CLICK](#) to Register for Sunday Session 3

### ● Serve, Return & Point Development | \$84/Player

*Thursday, 9:00 am - 10:00 am*

*Weekly Registration*

Master the two most important shots in tennis — the serve and return. Learn how to start points with confidence, apply pressure early, and gain the advantage from the very first ball. 4 players max. per court.

Sign up via CourtReserve.

[CLICK](#) to Register for Thursday



## ADULT PROGRAMMING - GROUP DEVELOPMENT

### ● Road to 2.5 | \$504/6 Weeks

*Saturday, 10:30 am - 12:00 pm*

Session 1: May 23rd - June 27th

Session 2: July 4th - August 8th

Session 3: August 15th - September 19th

This program is only for players with a **2.0** NTRP Rating.

Sign up via CourtReserve.

[CLICK](#) to Register for Session 1

[CLICK](#) to Register for Session 2

[CLICK](#) to Register for Session 3

### ● Road to 3.0 | \$504/6 Weeks

*Monday, 8:30 am - 10:00 am*

Session 1: May 11th - June 15th

Session 2: June 22nd - July 27th

Session 3: August 3rd - September 7th

*Wednesday, 5:30 pm - 7:00 pm*

Session 1: May 13th - June 17th

Session 2: June 24th - July 29th

Session 3: August 5th - September 9th

This program is only for players with a **2.5** NTRP Rating.

Sign up via CourtReserve.

[CLICK](#) to Register for Monday Session 1 | [CLICK](#) to Register for Wednesday Session 1

[CLICK](#) to Register for Monday Session 2 | [CLICK](#) to Register for Wednesday Session 2

[CLICK](#) to Register for Monday Session 3 | [CLICK](#) to Register for Wednesday Session 3



## ADULT PROGRAMMING - GROUP DEVELOPMENT

### ● Road to 3.5 | \$504/6 Weeks

*Wednesday, 5:30 pm - 7:00 pm*

Session 1: May 11th - June 15th

Session 2: June 22nd - July 27th

Session 3: August 3rd - September 7th

*Thursday, 12:00 pm - 1:30 pm*

Session 1: May 7th - June 11th

Session 2: June 18th - July 23rd

Session 3: July 30th - September 3rd

This program is only for players with a **3.0** NTRP Rating.

Sign up via CourtReserve.

[CLICK](#) to Register for Wednesday Session 1 | [CLICK](#) to Register for Thursday Session 1

[CLICK](#) to Register for Wednesday Session 2 | [CLICK](#) to Register for Thursday Session 2

[CLICK](#) to Register for Wednesday Session 3 | [CLICK](#) to Register for Thursday Session 3

### ● Road to 4.0 | \$504/6 Weeks

*Friday, 12:00 pm - 1:30 pm*

Session 1: May 8th - June 12th

Session 2: June 19th - July 24th

Session 3: July 31st - September 4th

This program is only for players with a **3.5** NTRP Rating.

Sign up via CourtReserve.

[CLICK](#) to Register for Friday Session 1

[CLICK](#) to Register for Friday Session 2

[CLICK](#) to Register for Friday Session 3



## ADULT PROGRAMMING - SINGLES CLINICS

### ● Gui's Singles Clinic | \$504/6 Weeks

*Saturday, 9 am - 10:30 am 3.5 Level - Ladies & Men*

*Session 1: May 16th - June 20th*

*Session 2: June 27th - August 1st*

*Session 3: August 8th - September 12th*

This is an hour and a half clinic where you will learn singles strategy, mental toughness and tennis shots so that you can improve your singles game.

Sign up via the Four Seasons CourtReserve app or online at the Four Seasons CourtReserve portal.

[CLICK](#) to Register for Ladies Session 1 | [CLICK](#) to Register for Men's Session 1

[CLICK](#) to Register for Ladies Session 2 | [CLICK](#) to Register for Men's Session 2

[CLICK](#) to Register for Ladies Session 3 | [CLICK](#) to Register for Men's Session 3

### ● Ladies Singles Clinic | \$84/Player

*Monday, 1:30 pm - 3:00 pm*

This is an hour and a half clinic where you will learn singles strategy, mental toughness and tennis shots so that you can improve your singles game.

Sign up via the Four Seasons CourtReserve app or online at the Four Seasons CourtReserve portal.

[CLICK](#) to Register



## ADULT PROGRAMMING - CARDIO TENNIS

*Weekly Registration*

### ● Cardio Tennis 60 | \$35/Player - FREE for Summer Members

*Weekly Sign-Up*

*Tuesday, 8:00 am - 9:00 am*

*Wednesday, 9:00 am - 10:00 am*

*Saturday, 8:00 am - 9:00 am*

This high-energy, 60-minute class combines fast-paced drills and nonstop movement for a great workout on the court. You'll hit all your strokes while boosting your cardio fitness. All levels are welcome!

Sign up via CourtReserve.

[CLICK](#) to Register for Tuesday

[CLICK](#) to Register for Wednesday

[CLICK](#) to Register for Saturday

### ● Cardio Tennis 90 | \$52/Player

*Weekly Sign-Up*

*Monday, 9:00 am - 10:30 am*

*Friday, 7:30 am - 9:00 am*

This 90-minute class builds on fast-paced drills and nonstop movement, with the addition of live action drills for the final 30 minutes. You'll hit every stroke, elevate your cardio fitness, and apply your skills in real-time situations. High energy, high reps, and high engagement.

Sign up via CourtReserve.

[CLICK](#) to Register for Monday

[CLICK](#) to Register for Friday



## ADULT PROGRAMMING - PLAY

Weekly Registration

Please note, this is not an instructional program

### ● Summer Giant Point Play | \$48/Player | FREE for Summer Members

Tuesday & Thursday, 10:00 am - 11:30 am

Sign Up via CourtReserve

[CLICK](#) to Register for Tuesday

[CLICK](#) to Register for Thursday

### ● 2.5 - 3.0 | \$48/Player

Tuesday & Thursday, 5:30 pm - 7:00 pm

Sign Up via CourtReserve

[CLICK](#) to Register for Tuesday

[CLICK](#) to Register for Thursday

### ● 3.0 - 3.5 | \$48/Player

Wednesday, 5:30 pm - 7:00 pm

Saturday, 9:00 am - 10:30 am

Sign Up via CourtReserve

[CLICK](#) to Register for Wednesday

[CLICK](#) to Register for Saturday

### ● 4.0+ | \$48/Player

Monday, 5:30 pm - 7:00 pm

Sign Up via CourtReserve

[CLICK](#) to Register for Monday



## ADULT PROGRAMMING - PLAY

Weekly Registration

### ● Live Ball 3.0 - 3.5 | \$61/Player

Sunday, 10:30 am - 12:00 pm

Live Ball doubles point play with constant pro-fed scoring for nonstop action. This multiplayer format delivers a great cardio workout while sharpening your reactions, movement, and competitive instincts.

Sign Up via CourtReserve

[CLICK](#) to Register

### ● Live Ball 4.0 - 4.5 | \$61/Player

Sunday, 10:30 am - 12:00 pm

Live Ball doubles point play with constant pro-fed scoring for nonstop action. This multiplayer format delivers a great cardio workout while sharpening your reactions, movement, and competitive instincts.

Sign Up via CourtReserve

[CLICK](#) to Register

### ● Fast Four Weekly Play | \$36/Player - FREE for Summer Member

Wednesday, 9:00 am - 11:00 am

Friday, 5:30 pm - 7:30 pm

This is a doubles round robin played such that the first players to win four games win the set. All scoring is No-Ad, and the receiver chooses which side to serve from when the score is deuce. A tiebreaker is played at three games all.

Sign up as a team or an individual via CourtReserve

[CLICK](#) to Register for Wednesday

[CLICK](#) to Register for Friday

### ● Private Point Play | \$48/Player/90-Minute

Contact Program Director, Rosanna Maffei, at [rmaffei@4seasonstennis.com](mailto:rmaffei@4seasonstennis.com) to schedule your own



# ADULT PROGRAMMING - LEAGUES

## ● Ladies Dogwood League | Summer Members Only for FREE

*Mid-May through End of July*

### **DIVISION 1**

Matches: Tuesday, 9:30 am

Practice: Monday, 9:00 am - 10:30 am

### **DIVISION 2**

Matches: Tuesday, 9:30 am

Practice: Monday, 10:30 am - 12:00 pm

### **DIVISION 3**

Matches: Thursday, 9:30 am

Practice: Friday, 9:00 am - 10:30 am

If you have any questions or for more information, please contact Glen at

[gmcmurdo@4seasonstennis.com](mailto:gmcmurdo@4seasonstennis.com)

## ● Men's Fairfield County League | Summer Members Only for FREE

*Memorial Day through End of July*

*Match Time: Wednesday, 6:00 pm - 8:00 pm*

The Fairfield County League is a competitive men's doubles summer club league. Members of these teams will play other local clubs in the area.

If you have any questions or for more information, please contact Chris at

[cdamone@4seasonstennis.com](mailto:cdamone@4seasonstennis.com)

## ● Men's Doubles League | \$38/Player

*Monday & Thursday, 5:30 pm - 7:00 pm*

This league is a ladder type league which pairs up the players into foursomes based on the rankings. Every player plays a full set with every player on their court. Players move up and down based on their total matches won.

If you have any questions or for more information, please contact Chris at

[cdamone@4seasonstennis.com](mailto:cdamone@4seasonstennis.com)



# USTA LEAGUE PROGRAMMING

*Men's, Women's and Mixed Leagues*

## ● USTA League Team Participation

Four Seasons Racquet Club has one of the largest USTA Competitive Adult Programs in the area. USTA Coordinator, Eva Ortiz, can help you start a new team, find a team that is right for you and help you navigate through the USTA registration process.

*\$38/Match + USTA Registration + Four Seasons \$10/Month Membership*

If you have any questions or for more information, please contact Eva at

[eortiz@4seasonstennis.com](mailto:eortiz@4seasonstennis.com)

## ● USTA Team Practice | \$84/Player/Class

Captains pick the pro, day, and time they would like to hold a practice for their players. If you choose to book this program for 6 or more weeks, the pro of your choosing will be assigned to your team as a resource and will watch at least 1 home match. FREE use of Playsight.

All Participants must be on the same Four Seasons USTA Team

If you have any questions or for more information, please contact Rosanna

Maffei at [rmaffei@4seasonstennis.com](mailto:rmaffei@4seasonstennis.com)



# JUNIOR TENNIS SUMMER CAMP

All FSRC Coaches are CPR/First Aid and Safe Play certified

## ● Half Day Tennis Camp | Ages 4-12 | \$619/ Week

Monday - Friday | 9:00 am - 1:00 pm

**June** | [Session 1:](#) June 22nd - June 26th | [Session 2:](#) June 29th - July 3rd

**July** | [Session 1:](#) July 6th - July 10th | [Session 2:](#) July 13th - July 17th  
[Session 3:](#) July 20th - July 24th | [Session 4:](#) July 27th - July 31th

**August** | [Session 1:](#) August 3rd - August 7th | [Session 2:](#) August 10th - August 14th  
[Session 3:](#) August 17th - August 21st

- 8:00 am - 9:00 am | Early Drop Off (Add On)
- 9:00 am - 10:30 am | Drills, stroke mechanics, tactical strategy
- 10:30 am - 10:45 am | Snack
- 10:45 am - 11:30 am | Competitive play
- 11:30 am - 12:00 pm | Age appropriate fitness
- 12:00 pm - 1:00 pm | Lunch/Swim
- 1:00 pm | Pick Up

## ● Full Day Tennis Camp | Ages 4-12 | \$1,049/ Week

Monday - Friday | 9:00 am - 4:00 pm

**June** | [Session 1:](#) June 22nd - June 26th | [Session 2:](#) June 29th - July 3rd

**July** | [Session 1:](#) July 6th - July 10th | [Session 2:](#) July 13th - July 17th  
[Session 3:](#) July 20th - July 24th | [Session 4:](#) July 27th - July 31th

**August** | [Session 1:](#) August 3rd - August 7th | [Session 2:](#) August 10th - August 14th  
[Session 3:](#) August 17th - August 21st

Half day schedule + the following:

- 1:00 pm - 2:30 pm | Competitive match play
- 2:30 pm - 4:00 pm | Team fitness games
- 4:00 pm | Pick up
- 4:00 pm - 5:30 pm | Late pick up (Add On)

## ● Add On Options

Early drop off - 8 am | \$30/Day - \$150/Week

Late pick up - 5:30 pm | \$30/Day - \$150/Week

### REGISTER FOR JUNIOR SUMMER CAMPS

Sign up by clicking on the session you're interested in to be redirected to Court Reserve, or contact Ashley for assistance at [juniors@4seasonstennis.com](mailto:juniors@4seasonstennis.com)



# JUNIOR TENNIS SUMMER CAMP

All FSRC Coaches are CPR/First Aid and Safe Play certified

## ● Varsity & Academy Tennis Camp | Ages 10-18 | \$619/Week

Monday - Friday | 12:00 pm - 4:00 pm

**June** | [Session 1:](#) June 22nd - June 26th | [Session 2:](#) June 29th - July 3rd

**July** | [Session 1:](#) July 6th - July 10th | [Session 2:](#) July 13th - July 17th  
[Session 3:](#) July 20th - July 24th | [Session 4:](#) July 27th - July 31th

**August** | [Session 1:](#) August 3rd - August 7th | [Session 2:](#) August 10th - August 14th  
[Session 3:](#) August 17th - August 21st

- 12:00 pm - 12:30 pm | Dynamic & tennis warm up
- 12:30 pm - 2:00 pm | Drills, stroke mechanics, tactical strategy
- 2:00 pm - 3:30 pm | Competitive match play
- 3:30 pm - 4:00 pm | Speed, agility and footwork
- 4:00 pm - 5:30 pm | Late pick up (Add on)

## ● Add On Options

Early drop off - 8 am | \$30/Day - \$150/Week

Late pick up - 5:30 pm | \$30/Day - \$150/Week

### REGISTER FOR JUNIOR SUMMER CAMPS

Sign up by clicking on the session you're interested in to be redirected to Court Reserve, or contact Ashley for assistance at [juniors@4seasonstennis.com](mailto:juniors@4seasonstennis.com)



# WELLNESS

## Fitness + Nutrition

### ● FOUNDATION Package

- Flexible Support: \$195 | (\$235 value)

**Fitness:** Assessment + 4/Week self-guided plan + Week 4 Check In

**Nutrition:** 2 Coffee Sessions

- Full Assessment: \$210 | (\$250 value)

**Fitness:** Assessment + 4-week self-guided plan + Week 4 check-in

**Nutrition:** Initial assessment (60 min) - complete health assessment + personalized meal plan

**Optional follow-up after 4 weeks (\$80)**

### ● PREMIUM Package

- Flexible Support: \$515 | (\$585 value)

**Fitness:** Assessment + 4 weekly 1h PT sessions + Week 4 check-in

**Nutrition:** 2 Coffee Sessions

- Full Assessment: \$530 | (\$600 value)

**Fitness:** Assessment + 4 weekly 1h PT sessions + Week 4 assessment

**Nutrition:** Initial Consultation (60 min) - Complete Assessment + personalized plan

**Premium coordination:** Trainer and nutritionist communicate during 4 weeks

**Optional follow-up after 4 weeks (\$80)**



# WELLNESS

## Nutrition

### ● 15-Minute Discovery call | FREE

**What it is:** A casual, no-commitment conversation where members can discuss their wellness goals and see if I am a good fit. Book online, meet in person or virtually.

### ● Coffee Session | \$65/30-Minutes

**What it is:** A one-time or as-needed 30-minute consultation for members who want expert guidance without committing to a program.

**Best for:**

- Specific questions (meal planning, family nutrition, digestive issues, menopause, plant-based eating or any dietary pattern)
- Occasional check-ins for ongoing support with no commitment

**Includes:**

- Private recipe library (digital or printed)
- Weekly check-in emails (brief, templated)
- Access to private WhatsApp/email support during 4 weeks
- Bi-Weekly Meal planning template or grocery list tool

### ● Initial Nutrition Consultation | \$140/60-Minutes

**What it is:** The next step after your free 15-minute check-in. This is where a personalized nutrition journey begins.

**Best for:**

- Members ready to address specific health concerns comprehensively (digestive issues, inflammation, menopause, energy, body composition, weight loss)
- Those who want a complete health assessment and customized plan
- Anyone seeking expert guidance specific to their needs.

**Includes:**

- 60-minute session (in-person or virtual)
- Complete nutritional anamnesis

**What you receive:**

- Written personalized nutrition plan
- Specific recommendations you can implement immediately
- Recipe suggestions and meal templates
- Shopping list or food guides
- Clear action steps and goal

### ● Follow-Up Session | \$80/45-Minutes

**What it is:** Check-ins to review progress, adjust the plan, and troubleshoot challenges as they implement the nutrition changes. Complete assessment.



# WELLNESS

## Fitness

### ● 30-Minute Stretch Session | \$55

**What it is:** 30-minute stretch sessions 1n1 customized just for you. Sessions often involve a mix of static holds and active, dynamic movements targeting major muscle groups.

**Best for:**

- Adults or Juniors
- Improve flexibility
- Joint range of motion
- Reduce muscle tension through guided, controlled movements

### ● Personal Training and Small Group | Private \$135, Semi-Private \$67.5

**What it is:** Strength and core training, balance, flexibility/mobility, and losing that stubborn weight while staying strong.

**Best for:**

- Adults or Juniors
- Achieve fitness goals
- Maintain overall wellness while having fun

**Includes:** We will sit down first to discuss your training needs and from that we will be able to come up with the best overall plan for your needs.

### ● High-Performance Junior Tennis Training | \$25/Each

Tuesday/Thursday ITD Academy Conditioning | 5:30 pm - 6:30 pm

**What it is:** Focus on various exercises including rotational power, explosive lower-body strength, shoulder stability, and core strength.

**Best for:** Enhancing overall court performance and injury prevention.

**Includes:** Guidance through various station, learning proper technique and form on all exercises to ensure the best training as well as the best injury prevention.

### ● TRX Class | \$45/Each

Starting April 7th - Tuesday, 8:30 am - 9:30 am

**What it is:** TRX (Total Resistance Exercise) is a versatile suspension training system that uses body weight and gravity.

**Best for:** Adults - Building strength, balance, flexibility, and core stability

**Includes:** Guidance through various stations learning proper technique and form on all exercises to ensure the best training as well as the best injury prevention.



# COURTRESERVE

### ● Using CourtReserve

- *Create your Membership:* once you are set up, you will be able to book courts with ease.

- Download the "4 Seasons Tennis" App from the App Store or Google Play

Prefer to use a computer? Sign up here to create your account online and click the word "Membership" in the top left corner.

Register for programs through CourtReserve when your membership is in place!

If you have any questions or for more information, please contact Mary Wooster, Membership Coordinator, at [mwooster@4seasonstennis.com](mailto:mwooster@4seasonstennis.com)

Access CourtReserve [HERE](#)

