

ADULT TENNIS LESSONS

Indoor Season 2018-19

TCR Development Classes

It's never too late to learn or try tennis again! We make it easy for you to get started by providing you with a racquet, tennis balls and a knowledgeable instructor for each class. All you need to do is show up with tennis shoes on!

Tennis 101 (Beginner)

An introduction to the game of tennis. Players are introduced to the strokes, rules and etiquette of the game to work towards match play.

- Tuesday 12:00-1:30pm
- Thursday 12:00-1:30pm
- Saturday 10:30-12:00pm

Cost Per Session Member \$90
Non-Member \$110

Tennis 201 (Adv. Beginner)

Graduates of Tennis 101 or players returning to tennis with some prior playing experience.

- Tuesday 12:00-1:30pm
- Thursday 12:00-1:30pm
- Saturday 10:30-12:00pm

Cost Per Session Member \$150
Non-Member \$170

Tennis 301 (2.6-3.0 Level)

Graduates of Tennis 201 entering a 2.6-3.0 level of play.

- Tuesday 12:00-1:30pm
- Thursday 12:00-1:30pm
- Saturday 10:30-12:00pm

Cost Per Session Member \$150
Non-Member \$170

Session Dates

Sessions are 6 weeks (6 Classes)

Please Select Session(s)

- Session #1: Sept 12 – Oct 23, 2018
- Session #2: Oct. 24 – Dec 9, 2018
No class: 11/21-11/25
Session 1 & 2 Make Up Week: 12/11-12/16/18
- Session #3: Jan. 4 – Feb. 14, 2019
- Session #4: Feb. 26 – April 7, 2019
Session 3 & 4 Make Up Week: 4/9-4/14/19

Make-ups available during Make-up Week or on another class day offered for same level

Pro-rating a session is possible

Weekly Drill Groups

A combination of drills, play situations and critiqued match play for 90 minutes. Groups are organized by level of play.

No long term commitment

Register on a weekly basis at least 24 hours in advance.

Women's Drills (courts divided by level)

- 2.6-3.5 Wednesday 11:30-1:00pm
- All levels Saturday 1:30-3:00pm

Men's Drills (courts divided by level)

- 2.6-3.5 Tuesday 7:30-9:00am
- 3.5+ Wednesday 8:30-10:00pm
- All Levels Saturday 1:30-3:00pm

Cost Per Class Member \$25
Non-Member \$30

Privates Lessons are Offered

Lesson Rates Range from \$60-80/hour

Private Group Lessons are available for groups of 4 or more, rates vary.

Cardio Tennis at TCR

Cardio Tennis

Get your heart pumping with strokes, footwork, & games! Open to all levels 18 & Up.

- Tuesday 5:00-6:00pm
- Saturday 8:00-9:00am
- Wednesday 7:00-8:00am

Advanced Cardio Tennis (4.0+)

Get your heart pumping with strokes, footwork, & games! Open to all levels 18 & Up.

- Wednesday 7:00-8:00am

Cost Per Class Member \$20
Non-Member \$25

Buy 5, Get 1 Free! Save on Drills & Cardio Tennis

Purchase a 6 Class Package for our Adult Drills or Cardio Tennis classes and save! Packages can be shared among family members.

Packages are only available to TCR Members and must be purchased prior to the first class
Contact the Pro Shop for more information and to purchase

Name:	Email Address:
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Birthdate: _____ Phone #: _____
Any known medical concerns or allergies:	
Home Address:	
City/State/Zip Code:	

Contact Deanna Kernan for more Information: Deanna@tcr1886.com (585) 381-2529 ext. 103
Register Online at TCR1886.com or Fill Out this Form and Return to TCR
Tennis Club of Rochester, 570 Kreag Road, Pittsford, New York 14534

Office Use Only:

Membership Verified: **Member** **Non-Member** Payment Received: Amt: _____ **Cash** **Check** # _____ **Charge**

Profile completed? Yes No

Staff Receiving Form: _____ Date: ____/____/____