

TENNIS CLUB OF ROCHESTER ADULT TENNIS PROGRAMS & LESSONS

Spring & Summer 2018

TCR BEGINNER 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!

TCR Tennis 101-Beginner

- Tuesdays 11:30am-1:00pm
- Thursdays 7:30-9:00pm
- Saturdays 11:30-1:00pm

Per Session:

\$90 Members
\$110 Non-Members

TCR Tennis 201-Adv. Beginner

- Tuesdays 11:30am-1:00pm
- Thursdays 7:30-9:00pm
- Saturdays 11:30-1:00pm

Per Session:

\$90 Members
\$110 Non-Members

Session Selection

6 week sessions with 6 90 minute classes

- Session 1: 4/24 - 6/2/18
- Session 2: 6/5 - 7/14/18
- Session 3: 7/17 - 8/25/18

Make-ups available on another class day offered for the same level.

Pro-rating a session is possible
Privates Lessons are Offered

Lesson Rates Range from \$60-80/hour

Contact Deanna Kernan for more information
Deanna@TCR1886.com (585) 381-2529 ext.103

MAY MADNESS

May 1-26th (4 weeks)

Tactical training & drills for the competitive edge!

Members: \$120 (one day/week)

Non-Members: \$140 (one day/week)

LADIES/MEN:

Adv.Beg.- Low Interm. (2.6-3.0)

Wednesdays 9:30-11:00am (May 2-23)

Saturdays 12:00-1:30pm (May 5-26)

LADIES:

Ladies Intermediate (3.1-3.5)

Tuesdays 10:00-11:30am (May 1-22)

Wednesdays 9:30-11:00am (May 2-23)

Thursdays 11:30-1:00pm (May 3-24)

Saturdays 1:30-3:00pm (May 5-26)

Ladies Advanced (3.6-4.0+)

Thursdays 7:30-9pm (May 3-24)

Fridays 8:00-9:30am (May 4-25)

Saturdays 1:30-3:00pm (May 5-26)

MEN:

Men's Intermediate (3.1-3.5)

Low Advanced (3.6-4.0)

Advanced (4.0+)

(Courts separated by level)

Tuesdays 5:30-7:00pm (May 1-22)

Wednesdays 6:30-8:00pm (May 2-23)

Saturdays 1:30-3:00pm (May 5-26)

Make-ups available on another class day offered for the same level.

Name:
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female Birthdate:
Any known medical concerns or allergies:
Phone Number:
Email Address:
Home Address:
Emergency Contact Name:
Emergency Contact Number:

Participant Agreement: TCR has permission to use photographs, slides or videotapes of me in promotional materials such as brochures, ads, web sites, or newspaper releases. I will not be informed or reimbursed for such photographs. TCR athletic programs are structured activities and can be physically challenging. I hereby certify, after consultation with my health care provider, that I am in a state of health appropriate to the activity and is capable of participating safely.

Any exceptions should be noted: _____

Signature _____ Date _____

Contact the TCR Pro Shop for more Information: info@tcr1886.com (585) 381-2529 ext. 114
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: ____/____/____

TENNIS CLUB OF ROCHESTER ADULT TENNIS PROGRAMS & LESSONS

Spring & Summer 2018

STROKE OF THE WEEK

(MAY 19-AUG 11)

Saturdays, 11am-12pm

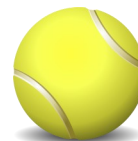
Members: \$20

Non-Members: \$25

(Minimum 3 players)

- May 19:** Serves
- May 26:** Volleys
- June 2:** Groundstrokes
- June 9:** Overhead
- June 16:** Serve Return
- June 23:** Doubles Tactics
- June 30:** Singles Tactics

- July 7:** Approach Shots
- July 14:** Passing Shots
- July 21:** Lobbing
- July 28:** 2-Handed Backhand
- Aug 4:** Topspin
- Aug 11:** Slice



DROP-IN DRILLS

(June - August)

Saturdays (start 6/3)

Wednesdays (start 6/7)

90 minutes of drills & play situations

Members: \$25

Non-Members: \$30

LADIES/MEN:

Adv.Beg.- Low Interm. (2.6-3.0)

Wednesdays 9:30-11:00am

Saturdays 12:00-1:30pm

LADIES:

Intermediate (3.1-3.5)

Wednesdays 9:30-11:00am

Saturdays 12:00-1:30pm

Ladies Advanced (3.6-4.0+)

Thursdays 6:00-7:30pm

Saturdays 1:30-3:00pm

MEN:

(Courts separated by level)

Thursdays 6:00-7:30pm

Saturdays 1:30-3:00pm

CARDIO TENNIS

(starts 5/1)

Cardio Tennis is a high energy fitness class that combines the best features of the sport of tennis with cardio-vascular exercise delivering a calorie burning aerobic workout.

Members: \$15

Non-Members: \$20

Tuesdays 7:00-8:00am

Wednesdays 9:00-10:00am

Thursdays 7:00-8:00am

Saturday 11:30-12:30

*24 hour sign-up deadline/cancellation
Max 6/Min 3 people per court*

TEAM DRILLS

(Interclub or USTA Teams)

\$25.00 per 90 minute training

April-July

Min. 4 players needed for a practice session

Set up one or multiple practices for your season

**TEAM CAPTAINS CONTACT DEANNA KERNAN
FOR PRO & COURT AVAILABILITY**

Private Instruction

Lesson rates range from \$55-\$75 per hour

*Non-Member pays addl. \$12 Guest Fee

**'MEET A PRO SPECIAL'
\$10 Off your first Private Lesson with any of
our Professionals
(May 1-June 22nd)**

PRIVATE INSTRUCTION

Gary Minges

Tennis Professional

D3 Collegiate Tennis RIT

USTA Coach

60 minutes: \$75

Sam Chhoeun

Tennis Professional

USTA Clinician Certified

Former YMCA Sports Director

Love 15 Director

60 minutes: \$70

Tom Linhart

Tennis Professional

PTR Certified Professional

RIT Men's and Women's Tennis Coach

D3 Collegiate Tennis St. John Fisher College

60 minutes: \$70

Brie Ernst

Tennis Professional

Mercy Girl's JV Tennis Coach

D3 Collegiate Tennis Plattsburgh State

60 minutes: \$55

Eric Seiler

Tennis Instructor

Ripon College Assistant Women's Coach

D3 Collegiate Tennis Ripon College

60 minutes: \$55

Kevin Kulawiec

Tennis Instructor

D3 Collegiate Tennis St. John Fisher College

TCR Racquet Stringer

60 minutes: \$50

Non-Members pay an additional \$12 Guest Fee



**REGISTER ONLINE AT TCR1886.COM OR FILL FORM OUT AND MAIL TO:
570 Kreag Road Pittsford, New York 14534 or call (585)381-2529**