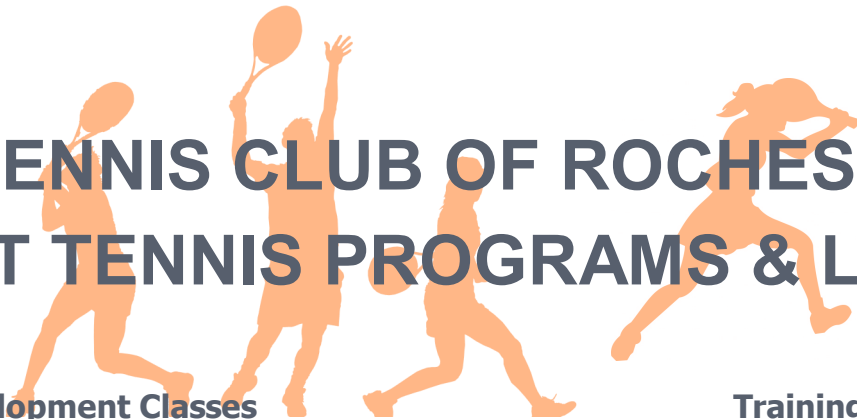


# TENNIS CLUB OF ROCHESTER ADULT TENNIS PROGRAMS & LESSONS



## TCR Development Classes

- Tennis 101 (Beginner 1.0-2.0)**
  - Monday 5:30-7:00pm
  - Tuesday 10:30-12:00pm
  - Saturday 10:00-11:30am

Cost Per Session    Member \$90  
Non-Member \$110
- Tennis 201 (Adv. Beg-Low Int. 2.0-3.0)**
  - Tuesday 12:00-1:30pm
  - Thursday 8:30-10:00pm
  - Saturday 10:30-12:00

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

### Session Dates

Sessions are 6 weeks long (6 Classes)

- Session 1: Sept 19 - Oct 29**
- Session 2: Oct 31 - Dec 10**
- Session 3: Dec 12 - Jan 28 (No Class Dec 25 - Jan 1)**
- Session 4: Jan 30 - March 18 (No Class Feb 19-25)**
- Session 5: March 20 - May 6 (No Class Apr 2-6)**
- Session 6: May 8 - June 17**

## Cardio Tennis at TCR

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

- Tuesday 7:00-8:00am
- Thursday 7:00-8:00am
- Thursday 8:30-9:30pm
- Saturday 8:00-9:00am
- Sunday 9:00-10:00am

- 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 \$15  
Non-Member \$20

## Training & Drills

- Women's Drills**
  - 2.6-3.0 Wednesday 11:30-1:00pm
  - 3.1-3.5 Wednesday 1:00-2:30pm
  - 3.6-4.0 Wednesday 12:00-1:30pm
  - 4.1+ Wednesday 11:30-1:00pm
  - 4.1+ Saturday 12:00-1:30pm

Cost Per Class    Member \$25  
Non-Member \$30
- Men's Drills**
  - 2.6-3.0 Tuesday 10:00-11:30am
  - 3.1-4.0 Tuesday 11:30-1:00pm
  - 4.1+ Tuesday 10:00-11:30am

Cost Per Class    Member \$25  
Non-Member \$30
- TCR Team Drills**  
Movement, Positioning, and Point Play with Tactical Instruction.  
Book your team with one of our Pro's today.  
Cost Per Class    Member \$25  
Non-Member \$30
- Craig's Bootcamp**  
Drill & Play (Open to First 18)  
  - Co-Ed 3.5-4.0 Thursday 11:30-1:00pm
  - Co-Ed 4.1+ Thursday 5:30-7:00pm
  - Men's 4.6-6.0 Wednesday 8:30-10:00pm

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

**Cardio Tennis & Drills** are available for weekly sign up-  
no commitment, just register up to 24 hours in advance  
**Private Lessons** are Offered for 30 minutes or 60 minutes.  
**May Madness** starts Tuesday May 1st

**Contact Craig Bobo, Director of Tennis for more information**  
craig@tcr1886.com    (585) 381-2529 ext. 127

**Register Online at tcr1886.com or**  
**Fill Out this Form and Return to TCR**

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