

# ADULT TENNIS LESSONS

Indoor Season 2017-2018

## 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 10:30-12:00pm

Thursday 12:00-1:30pm

Thursday 5:30-7:00pm

Saturday 10:30-12:00pm

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

### Tennis 201 (Adv. Beg-Low Int.)

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

Tuesday 12:00-1:30pm

Thursday 7:30-9:00pm

Saturday 10:30-12:00pm

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

### Session Dates

Sessions are 6 weeks (6 Classes)

Session 1: Sept 19 - Oct 29

Session 2: Oct 31 - Dec 10  
(No Class 11/23-11/26)

Make-up week: 12/12-12/17/17

Session 3: Jan. 2 - Feb 11

Make-up week: 2/13-2/18/18

Session 4: Feb. 27 - April 15  
(No Class 3/30-4/8)

Make-up week: 4/17-4/22/18

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

**Pro-rating** a session is possible

**Privates Lessons** are Offered

Lesson Rates Range from \$60-80/hour

## 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 Tuesday 10:00-11:30am

3.6-4.0 Tuesday 11:30-1:00pm

All levels Saturday 1:30-3:00pm

4.1+ Saturday 12:00-1:30pm

### Men's Drills (courts divided by level)

2.6-4.0 Wednesday 11:30-1:00pm

3.5+ Wednesday 8:30-10:00pm

All Levels Saturday 1:30-3:00pm

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

**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 12:00-1:00pm

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

## 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](mailto:Deanna@tcr1886.com) (585) 381-2529 ext. 103  
Register Online at [TCR1886.com](http://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: \_\_\_\_/\_\_\_\_/\_\_\_\_