



# ADULT INDOOR TENNIS LESSONS

## September 12, 2022 – April 30, 2023

### Weekly Drill Groups

#### **No long term commitment**

Register at [tcr1886.clubautomation.com](http://tcr1886.clubautomation.com) or on the TCR App on a weekly basis at least 24 hours in advance. Courts will be divided by level.

#### **Level Booster Drills**

Class focuses on stroke refinement through large volume live ball hitting. Focus on repetition with technical input.

- Women's 3.0-3.5 Level Tuesdays 10:30am-12:00pm (Hard Courts)**
- Women's 3.0 Level Thursdays 9:00am-10:30am (Clay Courts)**
- Women's 3.5 Level Thursdays 10:30am-12:00pm (Clay Courts)**

Cost Per Class    Member \$25  
Non-Member \$35

#### **Strategy Drills**

Improve your game by improving your tactical knowledge through drills and point play. Focusing on situational play in both doubles and singles.

- Women's 3.0-3.5 Level Saturdays 1:30-3:00pm (Clay Courts)**
- Men's 3.0-4.0 Level Saturdays 1:30-3:00pm (Hard Courts)**

Cost Per Class    Member \$25  
Non-Member \$35

#### **Shot of the Week - Open to all levels**

Classes focus on stroke development/improvement through pro fed drills with heavy technical input. 1 hour clinic that focuses on a certain shot each week (forehand, backhand, slice, volleys, lobs, overhead, serve). Classes are co-ed and open to all levels.

- Thursdays 11:00am-12:00pm (Hard Court)**

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

#### **Learn to Play - Open to all 201 and 301 Participants**

Looking to learn the ins and outs of the game? We make it easy. Each Learn to Play is led by a Pro staff, where you will learn match procedures, strategies, positioning and rules., all in a fun setting.

- Mondays 6:00-7:30pm (Hard Court)**
- Wednesdays 12:00-1:30pm (Hard Court)**
- Saturdays 9:00-10:30am (Hard Court)**

Cost Per Class    Member \$20  
Non-Member \$30

### Cardio Tennis at TCR

(Hard Courts)

#### **Beginner/Intermediate Tennis Fitness Class** **Co-ed 1.5-2.5 level**

Medium paced fed balls, slowly building up your stamina and endurance. Constant movement with fun games!

- Saturdays 8:00-9:00am (Hard Court)**

#### **Advance Tennis Fitness Class** **Co-ed 2.5-3.5 level**

High energy fast paced, rapid fed balls, constant hitting, drills and games for those looking for an intense work out!

- Tuesdays 5:00-6:00pm (Hard Court)**
- Saturdays 8:00-9:00am (Hard Court)**

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

### **Buy 5, Get 1 Free!** **Save on a Drill Package or** **Cardio Tennis Package**

Purchase a 6 Class Package for Adult Drills or Cardio Tennis classes and save!

- Packages become effective on the date they are purchased
- No refunds for unused classes
- **Packages are for TCR Members only**



# ADULT TENNIS LESSONS

## 2022-2023 INDOOR SEASON

### Private Tennis Lessons

*Non-Members pay a \$12 guest fee in addition to the hourly rate*

#### Sam Chhoeun

##### Director of Adult Tennis

USTA Clinician Certified  
Former YMCA Sports Director  
Former Love-15 Director  
60 minute: \$75

**email: [Sam@tcr1886.com](mailto:Sam@tcr1886.com)**

#### Jordan Benjamin

##### Director of Junior Tennis

USPTA Member  
D1 Collegiate Tennis-University of Dayton  
60 minutes: \$75

**email: [Jordan@tcr1886.com](mailto:Jordan@tcr1886.com)**

#### Barb Frank

USPTA Professional  
D1 Collegiate Tennis-Ole Miss  
60 minutes: \$75  
**email: [bfrank2217@gmail.com](mailto:bfrank2217@gmail.com)**

#### Sam Hall

USPTA Professional  
60 minutes: \$70  
**email: [srhall175@gmail.com](mailto:srhall175@gmail.com)**

### Private Groups

#### 90 Minute Training Sessions

Member Fee - \$30.00

Non-Member Fee - \$40.00

Min of 4 players needed for a group.  
Lesson can be built to meet your groups goals and needs.

Contact Sam Chhoeun for Pro Availability

[Sam@tcr1886.com](mailto:Sam@tcr1886.com)

585.381.2529 EXT. 134

### Learn To Play

#### Register on a weekly basis

#### Open to all 201 and 301 Participants

Looking to learn the ins and outs of the game? We make it easy. Each Learn to Play is led by a member of our staff, where you will learn match procedures, strategies, positioning and rules., all in a fun setting.

**Mondays 6:00-7:30pm (Hard Court)**

**Wednesday 12:00-1:30pm (Hard Court)**

**Saturdays 9:00-10:30am (Hard Court)**

Cost Per Match    Member \$20  
   Non-Member \$30

