



ADULT OUTDOOR TENNIS LESSONS

May 1 - September 20, 2023

Weekly Drill Groups

No long term commitment

Register at 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

Women's 3.5 Level Thursdays 10:30am-12:00pm

Cost per class: Member \$25 Non-Member \$35

Strategy Drills - Courts divided by level

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

Women's 3.0-4.0 Level Saturdays 12:00-1:30pm

Men's 3.0-4.0 Level Saturdays 12:00-1:30pm

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.

Thursday 12:00-1:00pm

Cost per class: Member \$20 Non-Member \$25

Cardio Tennis Fitness Class

Beginner/Intermediate Co-ed 1.5-2.5 level

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

Tuesdays 5:00-6:00pm

Saturdays 8:00-9:00am

Cost per class: Member \$20 Non-Member \$25

Advanced 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

Saturdays 8:00-9:00am

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
- **Can not be used toward Private groups**
- **Packages are for TCR Members only**
- Cardio Package - Member \$100
- Adult Drills Package - Member \$125

Contact Sam Chhoeun
Sam@tcr1886.com
(585) 381-2529 x 134



ADULT OUTDOOR TENNIS LESSONS 2023

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: \$80

email: Sam@tcr1886.com

Jordan Benjamin

Director of Junior Tennis

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

email: Jordan@tcr1886.com

Jason Stephens

USPTA Professional
60 minutes: \$80

email: jcstephens27@hotmail.com

Barb Frank

USPTA Professional
D1 Collegiate Tennis-Ole Miss
60 minutes: \$80

email: bfrank2217@gmail.com

Sam Hall

USPTA Professional
60 minutes: \$75

email: srhall175@gmail.com

Learn To Play

Register on a weekly basis

Open to all 201 and 301 Participants

It is one of our popular class! 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

Tuesday 6:00-7:30pm

Saturdays 9:00-10:30am

Cost per class: Member \$20 Non-Member \$30

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

585.381.2529 EXT. 134

