

2024 SESSION DATES

- Session 1: June 24th - 28th
- Session 2: July 8th - 12th
- Session 3: July 15th - 19th
- Session 4: July 22nd - 26th
- Session 5: July 29th - August 2nd
- Session 6: August 5th - 9th
- Session 7: August 12th - 16th
- Session 8: August 19th - 23rd

DAILY ACTIVITIES

- Over 3 hours of tennis training from USPTA and PTR certified coaches (varies based on age & level)
- Off court fitness conditioning
- Pickleball and Paddle Tennis cross training
- Supervised match play
- Drill and Point play sequences
- Swimming
- Goal Setting
- Mental toughness training
- Stretching and agility training
- Organized off court games

SAMPLE DAILY SCHEDULE

9:00-10:30	Morning On-Court Training
10:30-11:00	Off-court Break
11:00-12:00	Cross Training
12:00-1:00	Lunch
1:00-2:00	Swimming
2:00-4:00	Afternoon Training, Matchplay, and Games



ABOUT TENNIS CAMP

The Tennis Club of Rochester offers a tennis specific camp for intermediate to advanced skilled juniors ages 11-18. Camp is offered in weeklong sessions(M-F) from June 24th through August 23rd. (No camp July 1st-5th).

CONTACT US

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SUMMER TENNIS CAMP

2024

WWW.TCR1886.COM

JOIN US THIS SUMMER

FULL DAY PRICING

9:00am - 4:00pm

TCR Member* \$385

Non-Member \$405

HALF DAY PRICING

9:00am - 12:00pm

TCR Member* \$285

Non-Member \$305

ADD-ONS

Lunch Package** \$42/week
\$10/day

*Summer tennis, pool, & paddle family or single w/children memberships, and children & grandchildren of equity members receive member rate

**Campers choose daily from a selection of hot/cold sandwiches, a healthy side, and a drink

CANCELATION POLICY

Camp registrations canceled at least 2 weeks in advance will receive a full refund. Camp registrations canceled within 2 weeks will not receive a refund unless we are able to fill your spot.

MULTI-WEEK OR FAMILY CREDIT

Campers registered for 3 or more weeks of camp receive a \$20 statement credit per week.+
For families, each sibling receives a \$10 statement credit per week.+

+Campers qualify for the multi-week OR family credit. Credit will be applied to camper's account at the start of the week. Credit may be applied toward TCR purchases, lunch packages, or snack shack items.



BENEFITS OF TENNIS CAMP

- Improve consistency through proper stroke mechanics and ball striking repetition
- Build confidence in shot making ability with drill and point & play sequences
- Become match tough with match play coaching
- Increase overall fitness level with strength and conditioning exercises

REGISTER FOR CAMP

To register for camp, visit www.tcr1886.com/camp or register through your TCR account you use for tennis program registration.

For more information about TCR Tennis Camp, email jordan@tcr1886.com or call (585) 381-2529 ext. 130