



# ADULT OUTDOOR WEEKLY DRILLS

May 6, 2024 - September 18, 2024

## 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. The Pro will send out weekly invites for each class.

### 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 (Clay Courts)

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

Cost per class: Member \$30, Non-Member \$40

### Strategy Drills

Improve your game to be more consistent and reduce unforced errors. Learn different ways to win on offense and defense. Maximize your time on shot selections by improving your tactical knowledge through drills and point play. Focusing on live ball pressure point-play scenario in both doubles and singles.

**Women's 3.0-3.5** Level Saturdays 12:00-1:30pm (Clay Courts)

**Men's 3.0-4.0** Level Saturdays 12:00-1:30pm (Clay Courts)

Cost per class: Member \$30, Non-Member \$40

### 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 (Clay Courts)

Cost per class: Member \$25, Non-Member \$30

### Learn to Play - Open to all 201 and 301 Participants (SUPERVISE PLAY)

If you're looking to improve your doubles and singles match skills, this class is perfect for you. You'll have the opportunity to play a competitive match against your opponent while receiving guidance from the Pro instructor on positioning, strategic tactics, point-play scenarios and shot selection. **Please keep in mind that this class is not intended for beginners and ball-feeding drills are not included.**

Mondays 6:00-7:30pm (Clay Courts)

Tuesdays 6:00-7:30pm (Clay Courts)

Thursdays 12:00-1:30pm (Clay Courts)

Saturday 9:00-10:30am (Clay Courts)

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

### 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 (Clay Courts)

Saturdays 8:00-9:00am (Clay Courts)

Cost per class: Member \$25, Non-Member \$30

#### 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 (Clay Courts)

Saturdays 8:00-9:00am (Clay Courts)

Cost per class: Member \$25, Non-Member \$30

### 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 \$125
- Adult Drills Package - Member \$150

For more information:

Contact Sam Chhoeun, Director of Adult Tennis  
[sam@tcr1886.com](mailto:sam@tcr1886.com) (585) 381-2529 x 134



# ADULT & JUNIOR TENNIS LESSONS

## Tennis Professionals Rates

## Private & Group

### 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 minutes: \$80

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

#### Jordan Benjamin

##### Director of Junior Tennis

USPTA Professional  
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: \$80

**email: [bfrank2217@gmail.com](mailto:bfrank2217@gmail.com)**

#### Jason Stephens

USPTA Professional  
60 minutes: \$80  
**email: [jcstephens27@hotmail.com](mailto:jcstephens27@hotmail.com)**

#### Sam Hall

USPTA Professional  
60 minutes: \$75  
**email: [srhall175@gmail.com](mailto:srhall175@gmail.com)**

#### Nathaniel Foster

USPTA Professional  
60 minutes: \$70  
**email: [nathaniel@tcr1886.com](mailto:nathaniel@tcr1886.com)**

#### Luke Petrosino

Tennis Instructor  
60 minutes: \$70  
**email: [luke@tcr1886.com](mailto:luke@tcr1886.com)**

#### Carter Casimir

Tennis Instructor  
60 minutes: \$60  
**email: [cartercasimir@gmail.com](mailto:cartercasimir@gmail.com)**

### Private Groups

#### 90 Minute Training Sessions (Open to all levels)

Member Fee - \$35.00

Non-Member Fee - \$45.00

Min of 4 players needed for a group. Lesson can be built to meet your groups goals and needs. You have the ability to chose your own Pro and meet once a week at a set time the group agreed on.

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**

Our Learn to Play program is led by professional staff who will teach you everything you need to know about match procedures, strategies, positioning, and rules while having a great time.

This class is perfect for players who want to enhance their doubles and singles match skills. During the program, participants can hit live balls against their opponents while receiving guidance from the instructor on proper positioning and shot selection.

*Please note that this class is not suitable for beginners.  
Ball-feeding drills are not included.*

**Mondays 6:00-7:30pm**

**Tuesdays 7:30-9:00pm**

**Saturdays 9:00-10:30am**

Cost Per class: Member \$25, Non-Member \$35

