



ADULT INDOOR DEVELOPMENT LESSONS FALL/WINTER 2024-25

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. Join us for fun, fitness, and a smashingly good time on the courts!

Tennis 101 (Intro class for Beginner)

This program is designed for those who have never played tennis before. Our goal is to teach the necessary skills to hit the ball with proper technique and mechanics. This includes Beginner drills, how to hold the racquet the correct way, proper footwork, exercises for hand-eye coordination, how to perform different strokes, and understanding the rules and etiquette of the game.

- **Mondays 7:30-9:00pm**
- **Tuesdays 12:00-1:30pm**
- **Saturdays 10:30am-12:00pm**

Cost Per Session Member \$180, Non-Member \$215

Tennis 201 (Intermediate) (2.0-2.5 Level)

This program is designed for graduates of Adult Tennis 101 who have some prior playing experience. Participants will focus on developing topspin on groundstrokes, improving consistency on rally balls, and incorporating a first & second slice serve. Players will start to learn match play procedures.

- **Mondays 7:30-9:00pm**
- **Tuesdays 12:00-1:30pm**
- **Saturdays 10:30am-12:00pm**

Cost Per Session Member \$250, Non-Member \$285

Tennis 301 (Advanced) (2.6-3.0 Level)

This program is intended for Adult Tennis 201 graduates who want to improve their playing level and be able to compete in matches. Participants will learn strategies and tactics for competitive play, with a focus on refining serve location and increasing power and speed in groundstrokes. The program also includes training on slice groundstrokes, lobs, topspin shots, and mastering consistent rally ball.

- **Mondays 7:30-9:00pm**
- **Tuesdays 12:00-1:30pm**
- **Saturday 9:00-10:30am**

Cost Per Session Member \$250, Non-Member \$285

Session Dates

Sessions are 7 weeks long (7 classes)

Session 1: Sept 9 - Oct 26, 2024

Session 2: Oct 28 - Dec 16, 2024

No programs running on Nov 28 & Nov 30

Session 3: Jan 6 - Mar 1, 2025

No programs running on the week of Feb 17-22

Session 4: Mar 3 - Apr 26, 2025

No programs running on the week of Apr 14-19

Email sam@tcr1886.com if you miss a class and would like to see if there is a make-up class option available.

No refunds or credits for classes not attended.

Learn To Play

Register on a weekly basis

Open to all 201 and 301 Participants

If you're looking to improve your doubles and singles match skills, this class is perfect for you. You will 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

Tuesdays 7:30-9:00pm

Saturday 9:00-10:30am

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

For more information:

Contact Sam Chhoeun, Director of Adult Tennis

Sam@tcr1886.com

(585) 381-2529 ext. 134

Register Online at TCR1886.com or

On the TCR App

Online Class Registration

To register for outdoor classes using the TCR website

Please follow the following directions.

1. Go to tcr1886.clubautomation.com to create a profile or login.
2. Select get started here under register for classes.
3. Click on your desired class.
4. Select the day(s) you want to attend.
5. Make a payment.

To register for outdoor classes using the TCR App.

Please follow the following directions.

1. Download and open the TCR App.
2. Login to the App using your TCR account information.
3. Select Adult Tennis Programs under category.
4. Click on your desired class.
5. Select the day(s) you want to attend.
6. Make a payment.

Tennis Professionals and Rates

All Pros are USTA SafeSport Approved

Private Tennis Lessons

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

Jason Joseph

Director of Racquet Sports

USPTA Level 3

PTR Level 4

60 minutes: \$110

email: jason@tcr1886.com

Sam Chhoeun

Director of Adult Tennis

USPTA Level 2

60 minute: \$80

email: sam@tcr1886.com

Jordan Benjamin

Director of Junior Tennis

USPTA Level 2

60 minutes: \$80

email: jordan@tcr1886.com

Luke Petrosino

Racquet Sports Coordinator

USPTA Level 1

PTR Level 1

60 minutes: \$75

email: luke@tcr1886.com

Jason Stephens

USPTA Level 3

60 minutes: \$80

email: jcstephens27@hotmail.com

Sam Hall

USPTA Level 1

60 minutes: \$75

email: srhall175@gmail.com

Carter Casimir

60 minutes: \$60

email: cartercasimir@gmail.com

Ethan Ha

60 minutes: \$60

email: eha@westmont.edu

Ball Machine Reservations

Looking for the chance to work on your game? Look no further. TCR offers Ball Machine rentals in 30 and 60 minute blocks between the hours of 7am-5pm, Monday-Friday.

Cost:

30 minutes - \$11.50

60 minutes - \$23.00

(Guest fee) - \$17.00

Reservations must be made 24 hours in advance, by calling the front desk.
(585) 381-2529 x 6

Private Groups

90 Minute Training Sessions (Available 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 choose 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

585.381.2529 EXT. 134

