



# ADULT INDOOR WEEKLY DRILLS

September 19, 2024 - April 30th, 2025

## 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 (Hard Courts)

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

Tuesdays 7:30-9:00pm (Hard Courts)

Saturday 9:00-10:30am (Hard 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!

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

Saturdays 8:00-9:00am (Hard 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 (Sept 19, 2024-Apr 30, 2025)
- 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



# 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](mailto:jason@tcr1886.com)**

### Sam Chhoeun

#### Director of Adult Tennis

USPTA Level 2

60 minute: \$80

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

### Jordan Benjamin

#### Director of Junior Tennis

USPTA Level 2

60 minutes: \$80

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

### Luke Petrosino

#### Racquet Sports Coordinator

USPTA Level 1

PTR Level 1

60 minutes: \$75

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

### Jason Stephens

USPTA Level 3

60 minutes: \$80

**email: [jcstephens27@hotmail.com](mailto:jcstephens27@hotmail.com)**

### Sam Hall

USPTA Level 1

60 minutes: \$75

**email: [srhall175@gmail.com](mailto:srhall175@gmail.com)**

### Carter Casimir

60 minutes: \$60

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

### Ethan Ha

60 minutes: \$60

**email: [eha@westmont.edu](mailto:eha@westmont.edu)**

## 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

