



Adult Classes Weekly Drills



585-381-2529 x 130



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570 Kreag Rd,
Pittsford, NY 14534

2026-2027 Indoor Season: September 17th - April 30th

Register at tcr1886.clubautomation.com or on the TCR app on a weekly basis at least 24 hours in advance.
To be added to the roster for specific classes, please contact the TCR Front Desk: 585-381-2529x6

Tennis 301 Drills

This program is designed for Tennis 201 graduates (2.5-3.0 level) who want to continue to improve their playing level and compete in match play. Participants will learn new drills to help them focus on quicker anticipation, consistency, and court positioning.

- **Mondays 7:30-9:00 PM**
- **Tuesdays 12:00-1:30 PM**
- **Saturdays 9:00-10:30 AM**
- Cost per class: Member \$32, Non-Member \$42

Women's Drills

For 3.0-3.5 level players looking to sharpen their skills, boost their confidence in doubles strategy, court positioning, and stroke refinement through drilling and live-ball hitting.

- **Tuesdays 10:30 AM-12:00 PM**
- **Thursdays 10:30 AM-12:00 PM**
- Cost per class: Member \$32, Non-Member \$42

Strategy Drills

Advanced Players Level (3.5-4.5)

Coed drills with a focus on live ball point play scenarios in both singles and doubles. Fast-paced hitting with tactical drills to improve shot selection and defense-to-offense positioning.

- **Saturdays 12:00-1:30 PM**
- Cost per class: Member \$32, Non-Member \$42

Shot of the week

Each week, the class focuses on specific tennis strokes: forehand, backhand, volleys, overheads, slice, lobs, and serves.

- **Thursdays 12:00-1:00 PM**
- Cost per class: Member \$27, Non-Member \$32

Learn to Play

Open to levels 2.0-2.5

Learn to Play is designed for players to participate in semi-competitive doubles or singles matches against opponents while receiving guidance from professional instructors. Participants will focus on strategic tactics, various point play scenarios, and shot selection to enhance their gameplay.

- **Mondays 6:00-7:30 PM**
- **Tuesdays 7:30-9:00 PM**
- **Saturdays 9:00-10:30 AM**
- Cost per class: Member \$32, Non-Member \$42

Cardio Tennis

Beginner & Intermediate Level (1.5-2.5)

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

- **Saturdays 8:00-9:00 AM**

Advanced Level (3.0-4.0)

High energy fast paced, rapid fed balls, constant hitting and fun tennis games!

- **Tuesdays 5:00-6:00 PM**
- **Saturdays 8:00-9:00 AM**

All Levels

Constant movement and games with use of a low-compression ball to allow for all levels of play to join.

- **Fridays 7:00-8:00 AM**
- Cost per class: Member \$27, Non-Member \$32

Drill Packages

- Members Only
- 6-class package for the price of 5!
- Can not be used towards Private groups
- No refunds for unused classes
- 90-minute drills: \$160
- 60-minute drills: \$135

Flip the page for the full calendar schedule

Weekly Adult Drop-in Drills

Sept. 17th - Apr. 30th



2026-2027 INDOOR SEASON

Courts will be divided by skill level, and the Pro will send out weekly invitations for each class. To be added to the roster for specific classes, please contact the TCR Front Desk: 585-381-2529x6.

MONDAY

EVENING	6:00 PM - 7:30 PM	LEARN TO PLAY (USTA 2.0-2.5) (UTR 1-1.5) - HARD COURT
	7:30 PM - 9:00 PM	TENNIS 301 (USTA 2.5-3.0) (UTR 1.5-2) - CLAY COURT

TUESDAY

MORNING	10:30 AM - 12:00 PM	WOMEN'S LEVEL BOOSTER DRILLS (3.0-3.5) - HARD COURT
AFTERNOON	12:00 PM - 1:30 PM	TENNIS 301 (USTA 2.5-3.0) (UTR 1.5-2) - HARD COURT
EVENING	5:00 PM - 6:00 PM	ADVANCED 3.0-4.0 LEVEL CARDIO CLASS - HARD COURT
	7:30 PM - 9:00 PM	LEARN TO PLAY (2.0-2.5) - HARD COURT

THURSDAY

MORNING	10:30 AM - 12:00 PM	WOMEN'S LEVEL BOOSTER DRILLS (3.5) - CLAY COURT
AFTERNOON	12:00 PM - 1:00 PM	SHOT OF THE WEEK (ALL LEVELS) - CLAY COURT

FRIDAY

MORNING	7:00 AM - 8:00 AM	EARLY MORNING CARDIO (ALL LEVELS) - HARD COURT
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SATURDAY

MORNING	8:00 AM - 9:00 AM	INTERMEDIATE LEVEL CARDIO (2.0-2.5) - HARD COURT
	8:00 AM - 9:00 AM	ADVANCED LEVEL CARDIO (3.0-4.0) - HARD COURT
	9:00 AM - 10:30 AM	TENNIS 301 (2.5-3.0) - HARD COURT
	9:00 AM - 10:30 AM	LEARN TO PLAY (2.0-2.5) - HARD COURT
AFTERNOON	12:00 PM - 1:30 PM	STRATEGY DRILLS (3.5 - 4.5) - HARD COURT

ADDITIONAL program information and pricing can be found on the back page.