



PERSONAL TRAINING

We focus on building a strong foundation through proper movement, stability, and strength. For those seeking improved performance, physique, or overall conditioning, we refine your technique and program design to ensure every workout is efficient, purposeful, and results-driven.

Private package

Associate

1 Hour	\$130
6 Hour Package	\$720
12 Hour Package	\$1380
24 Hour Package	\$2640
24 Hour Package	\$5040

Elite

1 Hour	\$150
6 Hour Package	\$840
12 Hour Package	\$1620
24 Hour Package	\$3120
24 Hour Package	\$6000



SPA SERVICES

Appointments Available

Wednesdays 5PM – 8:30PM
Saturdays 9AM – 1:30PM

SWEDISH MASSAGE RATES

	Member	Non-Mem
1hr Swedish Massage	\$126	\$140
5 Hour Package	\$540	\$630

Additional 4.05% Service Tax

All 1 hour services include a day pass to the club!



PRIVATE SWIM LESSONS

Whether for the beginner or the advanced swimmer, our professional swim coaches will make your time in the water more enjoyable. For the novice we will stress life-sustaining flotation and elementary propulsion. For those seeking cardio benefits through lap swimming, we will perfect your technique to make your aquatic exercise time more efficient and productive.

RATE(S):

1 Hour Private	\$190
5 Hours Private	\$900
10 Hours Private	\$1710
1 Hour Semi-Private	\$120/person
5 Hours Semi-Private	\$570/person
10 Hours Semi-Private	\$1100/person

Seasonal Packages

Fixed day, time & coach

5 Hours Private	\$1025	Semi-Private	\$650
10 Hours Private	\$2050	Semi-Private	\$1300
17 Hours Private	\$3485	Semi-Private	\$2210

24 hour cancellation policy applies to all appointments!
Lessons booked individually unless using seasonal package



THE GOLF CENTER

Private Lessons & Packages

	Single	Semi Pvt
1 Hour	\$160	\$120/person
5hr Package	\$760	\$570/person
10hr Package	\$1440	\$1080/person

Simulator Practice & Play

Practice & Play is the perfect opportunity to work on your game on our state-of-the-art simulator while enjoying a round of golf on the best courses in world.

1 Hour	\$50
5 Hour Package	\$225
10 Hour Package	\$450
20 Hour Package	\$850



SERVICES

2026

Private Tennis Lessons
Personal Training
Private Swim Lessons
Seasonal Privates
Private Golf Lessons
Spa Services



The Club of Riverdale
2600 Netherland Ave
Riverdale, NY 10463

718-796-9099

www.tcr-nyc.com



TCR Services

2026



PRIVATE TENNIS LESSONS

Our staff of professionals will strengthen your fundamentals; give you the experience of playing with a "Pro" while perfecting your strategic awareness.

RATES (WITH OUT TRANSPORT)

Individual Bookings

	1 HR	1 HR SEMI
Associate Pro*	\$240	\$155/person
Head Pro*	\$275	\$175/person
Senior Pro	\$315	\$185/person

Packages of 10 Lessons

	10 HR	10 HR SEMI
Associate Pro	\$2,160	\$1,450/person
Head Pro	\$2,475	\$1,650/person
Senior Pro	\$3,000	\$1,850/person

Individual and 10 pack lessons are booked individually

Credit card is due with reservation

Please note: A 24 hour cancellation rule applies to all appointments!

Private Tennis sessions expire 12 months from purchase date.



SEASONAL TENNIS PRIVATES

For those who love a weekly time with their coach our STP are just the tickets. Book your session following the 34 - week Fall/Winter. Cancel your session with 24 - hour advanced notice and make up the private during the remainder of the session.

(Fixed day, time, and pro)

RATES (WITHOUT TRANSPORT)

	34 WKS	34 WKS SEMI
Associate Pro	\$9,300	\$6,050/person
Head Pro	\$10,370	\$6,360/person
Senior Pro	\$11,730	\$7,545/person

SEASONAL COURT TIME

Non-Prime (Mon – Fri) 34 Weeks (Non-Prime):	\$3,230 per hour
Prime: After 3:00 PM (M- Fri) & Weekends 34 Weeks (Prime):	\$6,195 per hour



OPEN COURT TIME

RATES

	Prime Time	Non-Prime
Member 1 Hour:	\$70	\$40
Non-Member 1 Hour:	\$115	\$90
M-F SAT/SUN	Prime Time After 3 PM Before 6 PM	Non-Prime All other times

MEMBER BONUS

Book your court the same day of play, and pay only \$30/hr

During the months of July and August ALL court bookings are \$30/hr

Extend your time for FREE if court is open after your booking!

Booking members must pay for court time at time of booking.

Member may only book one court at a time. This includes being part of another court booked by another member.

One may book up to 2 weeks prior to day of play.

