



Private Tennis Lessons

Strengthen your fundamentals with a dedicated personal hour of instruction:

Individual Bookings

	1 HR	1 HR SEMI
Associate Pro	\$225	\$140/person
Head Pro	\$260	\$160/person
Senior Pro	\$300	\$185/person

Packages of 10 Lessons

	10 HR	10 HR SEMI
Associate Pro	\$2,025	\$1,300/person
Head Pro	\$2,340	\$1,500/person
Senior Pro	\$3,000	\$1,850/person

Seasonal Privates & Court Time

Seasonal Private Lessons

	34 WKS	34 WKS SEMI
Associate Pro	\$8,850	\$5,745/person
Head Pro	\$9,985	\$6,405/person
Senior Pro	\$11,730	\$7,575/person

SEASONAL COURT TIME

Non-Prime (Mon – Fri)
34 Weeks (Non-Prime) \$3,060 per hour

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



All Levels Welcome!

Cardio Tennis is an engaging, 1-hour group fitness program featuring the heart pumping effects of tennis drills, games, and skills delivering the ultimate full body and calorie burning aerobic and anaerobic workout.

	<u>Wednesday</u> 8 - 9PM	
	<u>Members</u>	<u>Non-Members</u>
10 Pack Drop In:	---	\$500
Drop In:	\$15	\$60

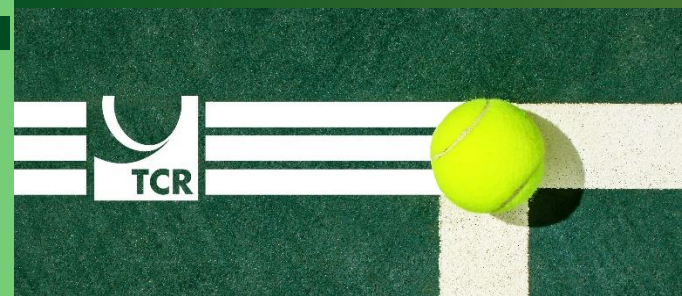


**Space is limited,
call or email to sign up!**

718-796-9099 Mariana@tcr-nyc.com

ADULT TENNIS & PICKLEBALL

2025



GET TENNIS FIT!

**Adult Tennis Clinics
Drop-In Classes
Private Lessons
Court Reservations
Pickleball**



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TCR-NYC.com

Fall & Winter 2024/25 INSTRUCTIONAL TENNIS CLINICS

17/34 Week Session

Fall 2024-25 Session: 9/9 – 1/31

Winter 2024-25 Session: 1/20 – 6/13

Are you looking to improve your tennis game? At TCR, tennis is more than just a sport, it's a **life changing experience!** Our **engaging and passionate coaches** ensure that each session is both **fun and productive**, helping you reach your full potential.

Rates

	<u>17wks</u>	<u>34wks</u>
Member/JD Parent:	\$1850	\$3600
Non-Member:	\$2450	\$4600

Clinic Times

Monday - Friday

9AM-10:30AM

10:30AM – 12PM

8PM – 9:30PM

Class Levels

Beginner/Advanced Beginner)

Low/Mid Intermediate

High Intermediate/Low Advanced



Tennis Drop-in Descriptions

Member: \$15 Non-Member: \$60

Learn-to-Play

Join our beginner-friendly Tennis drop-in classes led by a certified pro. Learn the fundamentals of the sport & grow your skills quickly with personalized instruction. Whether you're new to the sport or curious about Tennis, we've got you covered in our dynamic 1-hour classes.

Open-Point-Play

Join our Tennis point play sessions where players of all levels rotate partners and play various games together. Everyone gets a chance to play, and it's a great way to get to know other players!

Cardio Tennis

A program featuring high-energy drills that give players of all skill levels a fun aerobic experience. It includes a warm-up, a fast-paced workout maximizing repetition of strokes, and a cool-down phase. If you want an exciting way to burn calories while improving your game.

Court Reservations

Book an available court and enjoy a game of Tennis or Pickleball with your friends!

Member	Prime Time	Non-Prime
1 Hour:	\$65	\$35
Non-Member	Prime Time	Non-Prime
1 Hour:	\$105	\$85
M-F	Prime Time	Non-Prime
SAT/SUN	After 3 PM	All other times
	Before 6 PM	All other times

Pickleball Drop-in Descriptions

Open Play

Players of all levels are welcome to join during the following times to rotate in and out of games and play with different partners. Everyone gets a chance to play, and it's a great way to get to know other players!

Learn-to-Play

Hearing all the buzz about pickleball? Looking to learn the rules and basic concepts of the game? We have you covered with our 1-hour class that is open to beginners with no prior experience!

Drop-In Rates

Mem: \$15/pp

Non-Mem: \$60/pp

