



PERSONAL TRAINING

A certified personal trainer can help anyone regardless of physical condition or age, whether you want to tone up, slim down, recover from an injury or looking to improve your 'game' TCR has a multidisciplinary staff that can help you reach your fitness goal.

RATES

	Associate	Elite	Director
1 Hour Private	\$120	\$140	\$200
6 Hour Package	\$635	\$740	\$1200
12 Hours Package	\$1205	\$1425	\$2400
24 Hours Package	\$2280	\$2695	----
48 Hours Package	\$4305	\$5075	----

Non-Members may train with 50% additional surcharge.

INTRO PRIVATE 3 PACK: \$255

Available for First Time Member Clients
Sessions expire after 60 days

Full payment due with reservation
A 24 hour cancellation rule applies to all appointments



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.

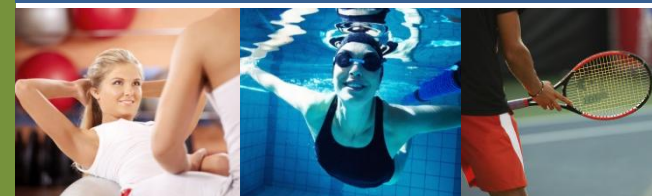
1 Hour	\$50
5 Hour Package	\$225
10 Hour Package	\$450
20 Hour Package	\$850



SERVICES

2025

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

2025



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*	\$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

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	\$8,850	\$5,745/person
Head Pro	\$9,985	\$6,405/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

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

MEMBER BONUS

Book your court the same day of play, and pay only \$25/hr

During the months of July and August ALL court bookings are \$25/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.

