




















TCR SUMMER TENNIS CAMP SCHEDULE

LEARN • PLAY • COMPETE • GROW

A full day of tennis, fitness, swimming and team-building activities designed to help campers develop skills, build confidence and make lasting friendships.

YOUNGER CAMPERS		
	8:00 – 9:00 AM	Arrival & Camp Welcome
	9:00 – 9:45 AM	Daily Kickoff & Team Announcements
	9:45 – 10:30 AM	Tennis Fundamentals
	10:30 – 11:15 AM	Fitness & Athletic Development
	11:15 AM – 12:00 PM	Lunch
	12:00 – 12:45 PM	Arts & Crafts
	12:45 – 2:00 PM	Tennis Point Play
	2:00 – 3:00 PM	Swimming
	3:00 – 4:00 PM	Sports Skills & Tennis Games
	4:00 – 4:30 PM	Snack & Dismissal

OLDER CAMPERS		
	8:00 – 9:00 AM	Arrival & Camp Welcome
	9:00 – 9:45 AM	Theme of the Week & Team Announcements
	9:45 – 10:30 AM	Fitness & Athletic Development
	10:45 AM – 12:00 PM	Tennis Fundamentals
	12:00 – 12:45 PM	Lunch
	12:45 – 1:45 PM	Swimming
	1:45 – 2:30 PM	Tennis Point Play
	2:30 – 4:00 PM	Match Play, Davis Cup & Round Robin Competition
	4:00 – 4:30 PM	Snack & Dismissal

EVERY DAY INCLUDES



PROFESSIONAL
TENNIS
INSTRUCTION



SWIMMING &
AQUATIC
ACTIVITIES



ATHLETIC
DEVELOPMENT
& FITNESS



TEAM CHALLENGES &
SOCIAL ACTIVITIES



MATCH PLAY &
FRIENDLY
COMPETITION

SKILLS FOR LIFE. FRIENDSHIPS THAT LAST.

TCR-NYC.COM

TCR SUMMER CAMP MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburgers & Hot Dogs w/ Fries & Salad	Chicken & Broccoli Over Brown Rice w/ Salad	Chicken Tenders w/ Fries & Salad	Penne Pasta with Turkey Bolognese & Salad	Pizza with Side Salad



Lunch will be served with water and lemonade

Ice Pops provided at end of day cool-down

Campers may order food and drink from an alternate lunch menu for an additional charge



Lunch Alternates

Camper Name: _____

- Grilled Chicken Sandwich \$12
- Chicken Nuggets w/ Fries \$8
- Tuna Sandwich \$10
- Veggie Burger \$12
- Veggie Wrap w/ Fries \$12
- Chicken Caesar Salad \$12

- Camp:** Tennis Golf
 Y.O.

Time: _____

Staff Initials: _____

ALL SANDWICHES/WRAPPS SERVED WITH FRIES