



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)	
6:00 – 10:30 AM	\$3,570 (90 Mins)
10:30 – 3:00 PM	\$4,335 (90 Mins)

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.

Class Times:	Tuesday	Wednesday
	8 - 9PM	8 - 9 PM
	Members	Non-Members
17 Week Session:	\$605	\$740
10 Pack Drop In:	---	\$500
Drop In:	\$8	\$60



Space is limited,
call or email to sign up!

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

ADULT TENNIS & PICKLEBALL



GET TENNIS FIT!

Adult Tennis Clinics
Pickleball
Cardio Tennis
Private Lessons
Seasonal Courts



718-796-9099 TCR-NYC.com

Fall & Winter 2023/24

INSTRUCTIONAL TENNIS CLINICS

17 Week Session

Fall 2023 Session: 9/11 – 1/26

Winter 2024 Session: 1/23 – 6/17

Whether you are still learning the basics, it's been a while since you last played or are a regular on court, our staff of pros can help you develop an improved game with more consistency and a greater variety of shots. Max 4 students per court.

17 Week Rate

90 Min

Member/JD Parent: \$1800

Non-Member: \$2300

Clinic Times

Monday through Thursday

9AM-10:30AM

8PM – 9:30PM

Class Levels

Low Intermediate (2.5 - 3.0)

Intermediate (3.0 – 3.5)

High Intermediate (3.5 – 4.5)



Tennis Skill Rating

What's your level?

Low Intermediate (2.5-3.0)

You are developing your strokes and beginning to gain consistency with ground strokes and serves, and are at the early stages of playing singles and doubles matches.

Intermediate (3.0-3.5)

You can keep a ball in play 10 times from the baseline and can put the serve in court and play out the point with reasonable consistency in singles and doubles matches. You are showing signs of offense and attacking the net.

High Intermediate (3.5-4.5)

You are able to execute all fundamentals with a controlled consistency, show an understanding of point play, movement towards the net and a high level of fitness.

PICKLEBALL

Available for TCR Members Only

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!

Mondays & Wednesdays

8-10PM

Tuesdays & Thursdays

9-11AM

Saturdays

6-8PM & 8-10PM

Drop-In: \$50/pp

5 Pack: \$150/PP

Court Reservations

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

Mon-Thurs: 12-3PM

Mondays: 8-10PM

Saturdays: 6-10PM

Court Rate: \$40 per hour