



## Private Tennis Lessons

Strengthen your fundamentals with a dedicated personal hour of instruction:

### Individual Bookings

	1 HR	1 HR SEMI
Associate Pro	\$190	\$226
Head Pro	\$215	\$262
Senior Pro	\$285	\$342

### Packages of 10 Lessons

	10 HR	10 HR SEMI
Associate Pro	\$1,710	\$2,034
Head Pro	\$1,935	\$2,358
Senior Pro	\$2,850	\$3,420

## Seasonal Privates & Court Time

### Seasonal Private Lessons

	34 WKS	34 WKS SEMI
Associate Pro	\$7,140	\$9,140
Head Pro	\$7,990	\$10,225
Senior Pro	\$9,690	\$12,400
Prime Time (M-F, 4-8PM)		\$14,750

### Seasonal Court Time

#### Non-Prime Time (Mon-Fri)

6:00 – 10:30AM	\$2,360 (90 Mins)
10:30AM – 3:00PM	\$2,990 (90 Mins)

#### Prime Time (Mon-Fri & Weekends)

34 Weeks (Prime)	\$4,410 per hour
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## National Tennis Rating Program

**2.0** Incomplete swings; lacks directional intent. Avoids backhands. Incomplete service motion; double faults common; toss is inconsistent; return of serve erratic. Reluctant to play net; lacks footwork.

**2.5** Form developing; prepared for moderately paced shots. Often chooses to hit forehand instead of backhand. Can get ball in play at slow pace; inconsistent serve toss; can return slow paced serve. Uncomfortable at net, especially on the backhand side.

**3.0** Fairly consistent with some directional intent; lacks depth control. Frequently prepared; starting to hit with fair consistency on moderate shots. Developing rhythm in serve; second serve is considerably slower than first. Consistent forehand volley; inconsistent backhand.

**3.5** Improved consistency and variety on moderate shots with directional control; developing spin. Hits with directional control on moderate shots; returns difficult shots defensively. Starting to serve with control and some power; developing spin. More aggressive net play; controls backhand volley but with little offense.

**4.0** Good consistency; hits with depth and control on moderate shots; developing spin. Places both first and second serves, often with power on first serve. Can direct backhand volleys but lacks depth. Follows aggressive shots to the net. Rallies still lost due to impatience.

# Adult Tennis

**Beginner Clinics**  
**Instructional Clinics**  
**Cardio Tennis**



**Fall/Winter 2018-19**

**GET IN THE GAME!**



The Club of Riverdale  
 2600 Netherland Ave  
 Riverdale, NY 10463

**718-796-9099**

**TCR-NYC.com**



## 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:** M 8:00PM Tu 10:30AM W 12:30PM

**FULL SESSION:** \$175 member / \$200 non-member  
**5 Pack Drop-In:** \$150 member / \$175 non-member



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

**718-796-9099  
Wendy@tcr-nyc.com**

## Fall - Winter 2018/19

7 Week Sessions

11/12 - 1/11 1/15 - 3/4 3/5 - 5/6

- Morning, afternoon and nighttime classes available Monday through Friday.
- Enjoy added flexibility with drop-in packages, good for the entire season.
- Additional class times may be available, email Wendy@tcr-nyc.com for more info

### BEGINNER TENNIS CLINIC - 1hr Class

Introductory pricing for beginners only! Learn the basic strokes and fundamentals of the game in a supportive and fun environment with other adult beginner players. Maximum 6 students per court.

**Class Times:** M 9:30AM W 8:00PM Th 12:30PM **FULL SESSION:** \$245 member / \$280 non-member  
**5 PACK DROP-IN:** \$200 member / \$225 non-member

### INSTRUCTIONAL CLINICS

Whether you're new to tennis, it's been a while since you 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. You choose how long you want to play; 60, 90 or 120 minutes. Maximum 4 students per court.

#### 1 HOUR CLASS

**Level:** 2.5(Adv. Beg) | 3.0 (Low Int.)  
**Class Times:** M 10:30AM Tu 8PM Th 12:30PM or 8PM | W 9PM Th 9:30AM Fri 12:30PM

**FULL SESSION:** \$350 member / \$400 non-member **5 PACK DROP-IN:** \$275 member / \$325 non-member

#### 1.5 HOUR CLASS

**Level:** 3.0 (Low Int.) | 3.5 (Int.) | 4.0 (High Int.)  
**Class Times:** Th 8:30PM | M 12:30PM Fri 9:30AM | Tu 12:30PM

**FULL SESSION:** \$525 member / \$600 non-member **5 PACK DROP-IN:** \$425 member / \$475 non-member

#### 2 HOUR CLASS

**Level:** 3.0( Low Int.) | 3.5 (Int.) | 4.0 (High Int.)  
**Class Times:** W 8PM Th 9:30AM | Tu 8PM W 9AM | M 8PM W 9:30AM

**FULL SESSION:** \$700 member / \$800 non-member **5 PACK DROP-IN:** \$550 member / \$650 non-member