



PERSONAL TRAINING PRIVATE PILATES REFORMER

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

	Master	Elite	Exp Days
1 Hour Private	\$110	\$130	N/A
6 Hour Package	\$600	\$700	30
12 Hours Package	\$1140	\$1350	60
24 Hours Package	\$2160	\$2550	90
48 Hours Package	\$4080	\$4810	120

INTRO PRIVATE 3 PACK: \$210

First time clients only

Sessions expire after 60 days



GROUP PILATES REFORMER

RATES

	Mem	Non Mem
1 Hour Class	\$50	\$75
10 Hour Package	\$450	\$675

Full payment due with reservation

A 24 hour cancellation rule applies to all appointments



TRANSPORTATION

We offer door-to-door transportation for all your TCR needs!

RATES

One Way:	\$40
Round-Trip:	\$70
Round-Trip 10 Pack:	\$600
One Way 34 wks:	\$1,100
Round-Trip 34 wks:	\$2,150

Add the ultimate convenience and peace of mind to your services with TCR Member Transport.



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 so as to make your aquatic exercise time more efficient and productive.

RATE(S):

	Swim Associate	Director
1 Hour Private	\$110	\$125
5 Hours Private	\$525	\$625
10 Hours Private	\$950	\$1250
1 Hour Semi-Private	\$65/person	\$75/person
5 Hours Semi-Private	\$300/person	\$375/person
10 Hours Semi-Private	\$530/person	\$750/person

Seasonal Packages

Fixed day, time & coach

17 Hours Private	\$1700	---
34 Hours Private	\$3400	---

Please note: A 24 hour cancellation rule applies to all appointments!
Swim Private Sessions expire 120 days from purchase date.



THE GOLF CENTER

RATES

Private Lessons & Packages

	Adult	Junior
1 Hour	\$140	\$120
5hr Package	\$665	\$570
10hr Package	\$1260	\$1080
1 Hour Semi-Pvt	\$85/person	\$70/person
5hr Semi-Pvt Pkg	\$400/person	\$330/person
10hr Semi-Pvt Pkg	\$765/person	\$630/person

Simulator Rental

1 Hour	\$50
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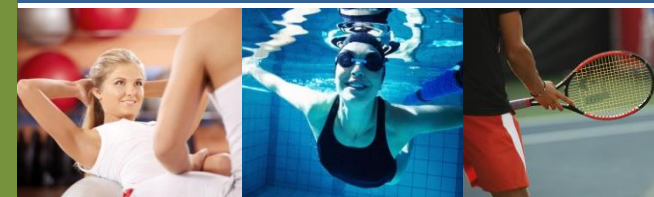
TCR



Services

2020

Private Tennis Lessons
 Personal Training
 Private Swim Lessons
 Seasonal Tennis
 Private Golf Lessons
 Transportation



The Club of Riverdale
 2600 Netherland Ave
 Riverdale, NY 10463

718-796-9099

www.tcr-nyc.com



TCR Services

2020



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*	\$205	\$245
Head Pro*	\$235	\$285
Senior Pro	\$295	\$355

Packages of 10 Lessons

	10 HR	10 HR SEMI
Associate Pro*	\$1,845	\$2,205
Head Pro*	\$2,115	\$2,565
Senior Pro	\$2,950	\$3,550

Privates are booked week to week

Full payment 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 (WITH OUT TRANSPORT)

	34 WKS	34 WKS SEMI
Associate Pro*	\$7,650	\$9,790
Head Pro*	\$8,670	\$11,010
Senior Pro	\$10,030	\$12,400

SEASONAL COURT TIME

Non-Prime (Mon – Fri)	
6:00 – 10:30 AM	\$2,360 (90 Mins)
10:30 – 3:00 PM	\$2,990 (90 Mins)

Prime: After 3:00 PM (M- Fri) & Weekends
34 Weeks (Prime): \$4,850 per hour



OPEN COURT TIME

RATES

Member	Prime Time	Non-Prime
1 Hour:	\$60	\$30
Non-Member	Prime Time	Non-Prime
1 Hour:	\$90	\$70

M-F
SAT/SUN

Prime Time
After 3 PM
Before 6 PM

Non-Prime
All other times
All other times

MEMBER BONUS

Book your court the same day of play, and pay only \$20/hr

Courts are complimentary in months of July and August.

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 a court up to 2 weeks prior to day of play.

