

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.

: Members:

1 Hour Private \$100
10 Hours Private \$800*
10 Hours 2 People \$600* / person
14 Hours Private Fixed time \$1300
14 Hours Private Fixed time 2 People \$850 / person
28 Hours Private Fixed time \$2400
28 Hours Private Fixed time 2 People \$1500 / person

: Non-Members:

10 Hours Private \$1000*
10 Hours 2 People \$800* / person
14 Hours Private Fixed time \$1500
14 Hours Private Fixed time 2 People \$950 / person
28 Hours Private Fixed time \$3000
28 Hours Private Fixed time 2 People \$1800 / person

Full payment due with reservation!

Please note: A 24 hour cancellation rule applies to all appointments!

*Booked week to week/ Non- reserved

Swim Private sessions expire 120 days from purchase date.

REGISTRATION

Account Number: _____

Student's Name: _____

Email: _____

Address: _____

Town: _____ State: _____ Zip: _____

Home Phone: _____

Dad's Phone: _____ / _____

WORK CELL

Mom's Phone: _____ / _____

WORK CELL

Dad's Name: _____

Mom's Name: _____

School: _____ Grade: _____ Age: _____

PAYMENT

AMEX VISA MASTER DIS

CARD# _____

EXPIRATION DATE: _____

CASH CHECK

STAFF _____ DATE ENROLLED: _____

PLACED _____ INITIALS _____

CONFIRMED BY _____ DATE _____

OFFICIAL USE ONLY

COST _____ FULL _____

DEPOSIT _____ BALANCE _____

NO REFUNDS. TCR CREDIT ONLY AT DIRECTOR'S DISCRETION

Member Services

At TCR
it's all about you...



Private Tennis Lessons
Personal Training
Private Swim Lessons
Seasonal Tennis
2010

TCR

2600 NETHERLAND AVE.
 RIVERDALE, NY 10463
 PHONE: 718 796 9099
 FAX: 718 796 9530
 WEB: WWW.TCR-NYC.COM

TCR Where Membership has value!

Private Tennis Lessons

A perfect way to work on your game, allowing you to get to the next level. Our staff of professionals will strengthen your fundamentals; give you the experience of playing with a "Pro" while perfecting your strategic awareness. Drill all of your strokes while gaining the benefit of an intense aerobic workout. Do one or do all but treat yourself today by booking your first session with one of your professionals.

Non – Prime : M-F before 3:00 pm
Prime: All other times



: Members Rate:

1 Hour Non – Prime	\$145
1 Hour Prime	\$170
10 Hours Non –Prime	\$1300*
10 Hours Non – Prime 2 People	\$850* Per Person
10 Hours Prime	\$1550*
10 Hours Prime 2 People	\$1000* per person

: Non- Members Rate:

10 Hours Non –Prime	\$1550*
10 Hours Non – Prime 2 People	\$1000* Per Person
10 Hours Prime	\$1850*
10 Hours Prime 2 People	\$1200* per person

Full payment due with reservation!

Please note: A 24 hour cancellation rule applies to all appointments!

Private Tennis sessions expire 6 months from purchase date.

* Booked week to week: Non Reserved

Fitness Center or Reformer Pilates

A qualified 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. Mix and match strength training with Pilates reformer work, yoga, aquatic training.... You name it; if it makes sense fitness wise, our staff can do it!



: Personal Training Rates:

1 Hour Private	\$100
10 Hours Private	\$800
10 Hours 2 People	\$500 per person
20 Hours Private	\$1500

: Members:

Reformer Pilates: 10 Classes \$250

:Non-Members:

Reformer Pilates: 10 Classes \$500

Full payment due with reservation!

Please note: A 24 hour cancellation rule applies to all appointments!

Personal Training sessions expire 120 days from purchase date.

Seasonal Tennis Private

Limited Availability: Must be a TCR member or member of Junior Program.

For those who love a weekly time with their coach our STP is just the ticket. Book your session following the 28 - week Fall/Winter Session or 14 - week fall or winter session for same time and day of the week. Cancel your session with 24 - hour advanced notice and make up the private during the remainder of the session. Sessions must be made up by 08/31/09. (Fixed day, time, and pro)



:Rates:

14 Fall/Winter Session Hours	\$2900
14 Fall/Winter Session Hours 2 People	\$1850 / person
28 Fall/Winter Session Hours	\$5200
28 Fall/Winter Session Hours 2 People	\$3200 / person

Open Time

Open time reservations for TCR member only!

Prime Time (After 3:00PM & Weekend)	Non-Prime
1 hour \$80	1 hour \$50
2 hour \$110	2 hour \$70