

Personal Training

Let one of our qualified personal trainers point you in the right direction with a custom designed fitness routine! TCR has a multidisciplinary team of trainers that can help you reach your fitness goal, and all the facilities you could need to achieve that world-class workout.

1 Hour Session	\$100
3 PACK TRIAL*	\$120
10 PACK	\$800
20 PACK	\$1500
30 PACK	\$2100

**3-Pack Offered at Enrollment Only!*

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.

TCR KidCare

Babysitting

Hours of Operation

Monday - Friday 9:00 AM – 1:00 PM & 4:00-8:00pm
Saturday / Sunday 9:00 AM – 4:00 PM

Cost (Per Child)

Members:

Two hours: \$10

Unlimited per month: \$60

Non -Members:

Two hours:\$20

Maximum 2 hours per visit

Dear Members,

Our goal at TCR, is to create a multi-sport family recreation center that is unparalleled. A place that is fun, friendly, warm and clean. A center where you can come and have all your fitness and recreational needs met for you and your entire family.

Whether you join us for one or more of our program/membership options here at TCR, we commit to providing you with the best in quality and professionalism.

Facilities for the whole family to enjoy!

SIX INDOOR TENNIS COURTS

25 METER OLYMPIC POOL

ALL – NEW FITNESS CENTER

ADULT LOCKER ROOMS

STEAM & SAUNA

KIDS LOCKER ROOMS

BASKETBALL GYM

SUN DECK

CAFÉ

Club Hours

Club opens	Mon-Fri	6:00 am
	Sat-Sun	7:30 am
Club Closes	Mon-Sun	10:00 pm
Pool Opens	Mon-Fri	6:00 am
	Sat-Sun	8:00 am
Pool Closes	Mon-Sun	9:45 pm
Café Opens	Mon-Fri	8:00 am
	Sat-Sun	12:00 pm
Café Closes	Mon-Thur	6:00 pm
	Fri-Sat	7:00 pm
	Sun	5:00 pm

Membership 2010



Join New York's Finest!

TCR

The Club of Riverdale

2600 Netherland Ave
Riverdale, NY 10463

718-796-9099

www.tcr-nyc.com



MEMBERSHIP OPTIONS

GOLD

Do you like to play tennis? Then you're Golden.

Our Gold Members can request house arranged singles or doubles matches based around their busy schedule. Includes unlimited use of all club facilities.

SENIOR

For the seasoned athlete over 62yrs.

Senior Members are entitled to unlimited use of the pool and fitness center, as well as exercise classes, rec-hall, basketball gym, sun deck and free summer tennis.

SENIOR GOLD

The winning combination.

This membership provides all the features of our Senior Membership with the added privilege of walk-on and house arranged tennis.

NANNY ESCORT

Taking care of your caregiver.

This membership is designed to allow a nanny to accompany and supervise the child member. This membership does not allow for individual privileges. The TCR KidCare nursery provides babysitting 7 days a week at additional cost.

SILVER

Get fit and relax with our basic Membership package.

Silver Members are entitled to unlimited use of the pool and fitness center, as well as exercise classes, rec-hall, basketball gym, sun deck and free summer tennis.

STUDENT

Great programs & fitness opportunities for students

Must be between 16 and 22 years of age and provide a valid student ID. Membership includes the use of the adult fitness center (18 and over), pool, exercise classes, rec hall, basketball gym and sun deck.

FAMILY

Fun & fitness for the entire family.

Packaged to include two adults and two children.

CHILD

Kids love TCR.

Entitles the child joining with an adult to use all child appropriate facilities. A child will not have reached their 16th birthday and will have reached their 3rd birthday during the contract membership year.

Enrollment Fee Package

Gold: 1 Hour Tennis Private, 1 Personal Training Sessions, 1 Pilates Reformer Classes, 2 Gold Guest Passes, 5 Fitness Guest Passes & 1 Swedish Massage.

Silver: 1 Training Sessions, 1 Pilates Reformer, 5 Fitness Guest Passes

Senior Gold: ½ Hour Tennis Private, 1 Personal Training and 5 Fitness Guest Passes

Senior: 1 Personal Training Session and 5 Fitness Guest Passes

Student: 1 Personal Training Session and 5 Fitness Guest Passes

Family: Silver x 2

Silver couple: Silver x 2

Membership Rates

	Enrollment fee**	Paid in Full	*Monthly Dues*
Gold:	\$300	\$2200	\$210
Silver:	\$200	\$1210***	\$115***
Silver Couple:	\$300	\$2200***	\$210***
Senior Gold:	\$200	\$1210	\$115
Senior:	\$150	\$935	\$95
Student:	\$150	\$935	\$95
Child:	\$50	\$385***	N/A
Family:	\$350	\$2750***	\$250***
Nanny Escort:	\$50	\$350	N/A

*** Century Residents Save 20% off these rates.

Enrollment Fee: This non-refundable fee covers the cost of membership processing as well as a package of series for each member. Our trainers will provide you with an orientation of our fitness center and help you design the exercise routine/schedule that will best meet your personal fitness goals. Our Gold members will also receive a one hour session with one of our tennis professionals who will assess your level for game arranging purpose's as well as give you suggestions for development. Service professionals at the choice of TCR. Services are non-transferable.

Cancellation policy A membership may be terminated, and a pro-rata refund given, only if the member moves more than 25 miles from the club. The membership will be pro-rated 30 days from the receipt of a utility bill from the new residence. Guests are permitted 3 visits and then require a membership.

The Club of Riverdale reserves the right to make changes without prior notice