Queen
City Racquet & Fitness Club

CLUB QC

QC Club

QC CLUB IS DESIGNED SPECIFICALLY FOR NOVICE TO RECREATIONAL-LEVEL PLAYERS WHO ARE LOOKING TO BUILD A STRONG FOUNDATION. THIS PROGRAM FOCUSES ON PREPARING ATHLETES FOR THEIR UPCOMING JUNIOR HIGH OR HIGH SCHOOL SEASONS THROUGH YEAR-ROUND TRAINING AND MATCH PLAY OPPORTUNITIES.

PLAYERS WILL DEVELOP ESSENTIAL FUNDAMENTALS WHILE ALSO LEARNING LIVE BALL DRILLS AND STRATEGIC MATCH PLAY. THE PROGRAM EMPHASIZES BOTH SKILL DEVELOPMENT AND COMPETITIVE READINESS IN A FUN, SUPPORTIVE ENVIRONMENT.

TO ENHANCE THEIR EXPERIENCE AND CONTINUE IMPROVING DURING THE OFF-SEASON, PARTICIPANTS ARE ENCOURAGED TO JOIN THE QC JUNIOR FLEX LEAGUE. THIS LEAGUE PROVIDES VALUABLE MATCH EXPERIENCE AND HELPS PLAYERS STAY SHARP YEAR-ROUND.

SEE BACK FOR REGISTRATION INFO

Jr. Flex League

The QC Flex League is a 10-week league that coincides with each program session. Players pre-register for the entire session and opt-in or out for Sunday afternoon matches. Each week players will compete in an 8-game pro-set. Scores will be reported and point standings will be created based on total games won. 3 bonus points will be awarded for every match played. For more information contact John Van Lokeren

All classes must have a minimum of 4 registered participants by the first day of class. Otherwise the class will be cancelled.

***QCRC Program Registration Policy-**

$75. annual enrollment fee for non-member participants

Program includes free walk-on (no reservations) for players currently enrolled in a Program with other clinic participants or parents. *Excludes Jr. Flex League

All Jr. players must have a valid credit card on file in order to participate in a Queen City Program

Make-ups must be scheduled within each session. Please call the front desk to schedule make-ups in advance. (Absences are built into multiple-day prices)

No refunds on pre-paid programing

If you have any questions please contact john.vanlokeren@queencityfitness.com

Permission to use child's photo for publicity, copyright purposes, advertising & web content YES/ NO

Child's Name:	**D.O.B**
Address:	**Boy/Girl:**
Parent/Guardian:	**Cell#**
Email Address:	
Medical Info:	

Club QC

Monday & Wednesday

4-5:30pm

Saturday

12:00-1:30pm

Winter Session:

Jan 4th - Mar 13th

Spring Session:

Mar 14th - May 22nd

Three Day Option: $550/session

Two Day Option: $400/session

One Day Option: $250/Session

- ☐ Monday
- ☐ Wednesday
- ☐ Saturday
- ☐ Monday & Wednesday
- ☐ Monday & Saturday
- ☐ Wednesday & Saturday
- ☐ Monday, Wednesday & Saturday