

ADULT BEGINNER & INTERMEDIATE CLINICS

Adult Beginner is a prepaid class designed for the true beginner interested in learning the fundamentals of tennis. The focus of this class is on stroke development, control and consistency. Our goal is to help you move to the next level and enjoy the game of a lifetime!

Adult Intermediate allows you to take what you have learned and put it into action with more dynamic drills, live ball and point play.



Beginner: \$140

Mon. 6-7pm

Intermediate: \$210/*\$300

Mon 6-7:30pm

**Fall Session II:
October 11th - December 19th**

**Winter Session:
January 3rd - March 13th**

*Non-member rate

**Due to capacity, there are no make-ups for missed classes



Registration Form

Player's Name:		Male/Female	
Address:	City:	State:	Zip:
Cell#			
Email Address:			



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

Fall Session II:

Oct 11th - Dec 19th

***No class Thursday,**

Nov 26th , Thanksgiving

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



Queen
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JR. DEVELOPMENT PROGRAM

EACH PROGRAM IS DESIGNED TO MAXIMIZE YOUTH DEVELOPMENT, MEETING EACH PLAYER WHERE THEY ARE IN TERMS OF AGE AND ABILITY. PLAYERS WILL BE ASSESSED AND ADVANCE AS THEY MASTER THE GIVEN SKILLS TAUGHT AT EACH LEVEL; BEGINNING WITH BASIC TENNIS CONCEPTS AND PROGRESSING TO ADVANCED TECHNIQUE AND KNOWLEDGE OF THE SPORT.

Junior Development I

JDI is designed for players 5-8 years old being introduced to tennis for the first time. The focus of this class is to develop hand-eye coordination, tracking skills and basic stroke development. Players learn how to send and receive as well as direct balls to correct areas of the court.

Junior Development II

JD II is designed for the 8-11 year old player who knows basic stroke technique, can make contact with the ball while on the move and keep a brief rally. This class focuses on the development of correct grips, spins, serving/receiving, point play and scoring. Players grow their understanding of cooperative and competitive play.

Junior Development III

JD III is for players 12 and under and are capable of playing full court. Players continue to enhance the use of different spins and speeds in order to direct the ball. Players begin to develop a better understanding of offensive and defensive strategies as well as other tactical patterns of play. Players will choose between recreational and competitive pathway.

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 enrollment includes player t-shirt & gift bag. As well as free walk-on (no reservations) for players currently enrolled in a Jr. Development Program with other clinic participants or parents.

All Jr. players are required to have a club account with a valid credit card on file in order to participate in a Queen City Program

Make-ups must be scheduled within a session. Please call ahead in advance to schedule your make-up.
(Absences are built into the multiple day price)

NO REFUNDS ON PREPAID PROGRAMS

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

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

Class: _____ Day(s): _____ Session: _____

Junior Development 1

Monday 5:30-6:30pm

Thursday 4:30-5:30pm

Saturday 9:30-10:30am

\$150/ session for one day a week

\$270/ session for two days a week

Junior Development 2

Tuesday 4:30-5:30pm

Thursday 4:30-5:30pm

Saturday 9:30-10:30am

\$150/session for one day

\$270/session for two days

Junior Development 3

Tuesday 5:30-7pm

Saturday 10:30-12pm

\$200 session for one day

\$370 session for both days

Fall Session II

October 11th - December 19th

*No Class Thursday, Nov. 26th (Thanksgiving)