Queen
City Racquet & Fitness Club

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 DevelopmentII

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

Winter Session

January 3rd - March 13th

Spring Session

March 14th - May 22nd