

### Advanced Junior Team

Continue to work on all of the shots of the game using proper grips and technique. Players will develop consistency and shot placement.

Emphasis will be on shot selection, anticipation and mental toughness. Match-play outside of class in leagues and tournaments is encouraged.

Tuesday 3:30 – 4:30 pm (13 weeks)

M - \$117.00 NM - \$130.00

Thursday 3:30 – 4:30 pm (13 weeks)

M - \$117.00 NM - \$130.00

\*Note: 10% discount if child participates in two class times for the entire session.

#### Fees per time:

Member (M) \$11.00

Non-Member (NM) \$12.00

All tennis classes will be taught by Todd Willing. USPTA certified instructor.

Private and group lessons may be arranged.



### QRC Tournament Team

This class is for players who are committed to take their game to the next level. These players have sound tennis fundamentals and compete in local and out-of-town tournaments. Emphasis on stroke production, match strategies, physical and mental discipline. Players will develop a performance plan by setting short and long term goals. Challenge matches with juniors and adults is encouraged.

Monday 3:00 – 4:00 (12 weeks)

M - \$108.00 NM - \$120.00

Wednesday 3:00 – 4:00 (13 weeks)

M - \$117.00 NM - \$130.00

**To Register, contact**  
3336 State Street  
Quincy, IL 62301

**Phone: 224-6161**  
**Email: [racquets@qrctennis.com](mailto:racquets@qrctennis.com)**  
**Website: [www.qrctennis.com](http://www.qrctennis.com)**

For more local tennis information, check out [www.quincytennisassociation.com](http://www.quincytennisassociation.com)



# Junior Tennis Program

Fall Session

August 24 – November 21, 2009

No Classes Labor Day Weekend  
September 4 – 7, 2009



**Telephone: (217) 224-6161**

Todd Willing, USPTA  
Head Tennis Professional

# Junior Tennis

## Fall Session 2009

### QuickStart Tennis (ages 5 -6)

Each class emphasizes hand-eye coordination and movement skills through a series of fun games and activities.

Thursday 5:30 – 6:30 pm (13 weeks)

M - \$117.00 NM - \$130.00

\*\*Offered in conjunction with Tennis 101 for adults and teens so that the entire family can come out and play.

### QuickStart Tennis (ages 7 – 8)

A format used to help kids learn and play the game of tennis. The court is adjusted to 36' x 18'. Players will need to serve and play points. Games will be played to seven points. A foam ball or low compression ball will be used.

Wednesday 5:00 – 6:00 pm (13 weeks)

M - \$117.00 NM - \$130.00

Saturday 9:30 – 10:30 am (12 weeks)

M - \$108.00 NM - \$120.00

### Fees per time:

**Member (M) \$11.00**

**Non-member (NM) \$12.00**

### QuickStart Tennis (ages 9 – 10)

A format used to help kids learn and play the game of tennis. The court is adjusted. Players will need to serve and play points. Introduction to traditional scoring will be offered. A low compression ball will be used.

Thursday 4:30 – 5:30 pm (13 weeks)

M - \$117.00 NM - \$130.00

Saturday 10:30 – 11:30 am (12 weeks)

M - \$108.00 NM - \$120.00

### Junior Novice (ages 11 & up)

Introduction to the basics of tennis, including: serve and return, forehand and backhand groundstrokes, volleys and overheads. These players will learn the scoring system of tennis and begin to rally while using correct techniques.

Wednesday 4:00 – 5:00 pm (13 weeks)

M - \$117.00 NM - \$130.00

Financial Need scholarships are available. Please contact Monica Hinkamper 224-6161, for more information.

### Junior Team

Players will continue to work on the basics of tennis, including: serve and return, forehand and backhand, groundstrokes, volleys and overheads. These players are involved in match-play during leagues and outside of scheduled class times.

Monday 4:00 – 5:00 pm (12 weeks)

M - \$108.00 NM - \$120.00

### Tennis 101

This class is designed for teens and adults who are interested in getting started in the game of tennis. Classes will emphasize basic skills needed to play. Class is offered in conjunction with QuickStart Tennis (ages 5 – 6) so that the entire family can come out and play.

Thursday 5:30 – 6:30 pm (13 weeks)

M - \$117.00 NM - \$130.00

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