



QUAD CITY TENNIS FOUNDATION

Shaping Futures Through Tennis & Pickleball



QC Tennis
Foundation

Youth Programs • Camps • Player Pathways • Community Impact

The Club

Quad City Tennis Club is the home of youth tennis and pickleball development in the Quad Cities. Our mission is to provide a welcoming, accessible, and inspiring environment where young athletes can learn, grow, and thrive.

We serve families across the region with year-round programming, professional instruction, and community-driven youth development initiatives.



Our Facilities

- Indoor tennis courts
- Outdoor tennis courts
- Indoor pickleball courts
- Outdoor pickleball courts

Amenities

- Player lounge
- Pro shop
- Locker rooms
- Family viewing areas



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After-School Program

A safe, structured, and positive environment for school-age children. Our program blends tennis, pickleball, movement, and character development.



Program Focus

- Tennis and pickleball fundamentals
- Sportsmanship and teamwork
- Physical activity and coordination
- Confidence and life-skills development

Schedule

Monday–Friday

3:00 PM – 6:00 PM



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Summer Camps

Fundamentals Camp (Ages 5–14)

- Skill development
- Games and match play
- Movement and coordination
- Fun, inclusive environment

Junior Development Camp

- Technique improvement
- Rallying and point play
- Footwork and movement
- Intro to competition

High-Performance Camp

- Advanced drilling
- Match strategy
- Tournament preparation

Session Options

Half Day: 9am–12pm or 1pm–4pm

Full Day: 9am–4pm



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Player Pathway

Player Pathway

Red Ball → Orange Ball → Green Ball → Yellow Ball → Junior Development → High School Training → High-Performance Training

Athlete Development Focus

Technique • Tactics • Mental toughness • Match strategy • Leadership



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Ball Progression Programs

Red Ball (Ages 4–6)

- Small courts
- Red balls
- Fun, balance, basic technique

Orange Ball (Ages 7–9)

- $\frac{3}{4}$ court
- Orange balls
- Rallying, serving, net play

Green Ball (Ages 9–10)

- Full court
- Green balls
- Directional control, serve development

Yellow Ball (Ages 11–13)

- Full court
- Standard balls
- Match play, movement, strategy



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Development & Training Programs



Junior Development

- Rally consistency
- Serve and return
- Basic match strategy
- Footwork patterns

High School Training

- Singles and doubles strategy
- Match play
- Movement
- Mental toughness

High-Performance Training

- Advanced technique
- Tactical decision-making
- Explosive movement
- Tournament preparation



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Community Impact

QC Tennis Foundation provides free instruction, equipment, and court access to hundreds of young people each year. Our programs help children stay active, build friendships, and gain confidence.

Many participants continue into competitive play, school teams, and lifelong involvement in the sport.

Support the Foundation

Your support helps us continue providing free tennis and pickleball opportunities for underserved youth in the Quad Cities.

To donate by check:

QC Tennis Foundation
1522 47th Ave
Moline, IL 61265

Contact

Quad City Tennis Club

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Moline, Illinois 61265
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