



QCTC Adult Clinics Fall Modified 2022 Program Information

8/15-9/4/22

Class Name	Class Description	Class Schedule
Drills & Thrills	The cardio you crave! High octane fun in a structured group setting. *Admission to class depends upon instructor evaluation to ensure adequate skill level for the class.	Mondays: 12-1pm; 6:30-8pm Wednesdays: 12-1pm; 6:30-8pm Fridays: 12-1pm Saturdays: 9-10:30am
Feeding Frenzy	Fast-paced made fun! Run by QCTC Tennis Professional Brian Dahlstrom, high-level players are fed a series of balls in a medium-paced structured group setting.	Tuesdays: 10-11am; 6:30-7:30pm Thursdays: 10-11am 6-7pm
NTRP 4.0	Geared towards players with a 4.0 or higher rating, this clinic focuses on a variety of tennis fundamentals and techniques focused on improving your game.	Mondays: 9-10:30 am
Level 3.0-3.5	Players with a rating of 3.0-3.5 are invited to participate in this clinic. Focusing on tennis fundamentals and footwork, this clinic helps to improve your game while having fun.	Wednesdays: 10-11:30 am
Back 2 Tennis	Designed for players who are either new to the game, or dusting off their tennis shoes after some time off. Work with a QCTC Tennis Professional on improving your game and learning some new on court skills	Mondays: 5-6pm Tuesdays: 9-10am 6:30-7:30pm Thursdays: 9-10am 6-7pm

NOTE: We require individuals to register for individual classes online or through our mobile app. This will allow us to ensure proper social distancing and adequate courts are reserved.

We require individuals to register for individual drop-in sessions online or by calling our Front Desk (309-762-2400). This will allow us to ensure proper social distancing and adequate court reservations.

QCTC Adult Clinics Summer Pricing Structure

Class Name	4-week Unlimited Classes (Member)	4-week Unlimited Classes (Non-Member)	Drop-In (Per Class, Member)	Drop-In (Per Class, Non-Member)
Drills & Thrills	\$125	<i>Members Only</i>	1 Hour Class: \$25 1.5 Hour Class: \$30	1 Hour Class: \$45 1.5 Hour Class: \$50
Feeding Frenzy			\$15	\$35
NTRP 4.0			\$22.50	\$42.50
Level 3.0-3.5			\$22.50	\$42.50
Back 2 Tennis			\$15	\$15

