



# SPRING PROGRAM GUIDE

APRIL 1ST- MAY 31ST



# ROGY PATHWAY

The ROGY Pathway promotes the development and skill set of the Junior Player. Focusing on developing each player both physically and technically, players will focus on the basic fundamentals, rules, skills & techniques of Tennis. Players can advance through the pathway rather quickly, however, age, skillset and coaches recommendations will be the determining factors whether a player advances from one level to another.

## RED ACADEMY

**Thursdays, 4:30-5:30pm**

**Saturdays, 9:00-10:00am**

Players at least 5-7 years old

This QCTA early tennis and athletic development class. That is a serious title for your young players. The goal is to have FUN while learning to play tennis. We start with using QCTA Red Ball and USTA Net Generation guidelines to work on the ABC's (agility, balance, coordination) then moving onto sending and receiving skills used in tennis.

## ORANGE ACADEMY

**Thursdays, 5:30-6:30pm**

**Saturdays, 10:00-11:00am**

Players who have completed Red Academy OR are between 7-9 years old

This QCTA class involves the next steps for young tennis players to improve their skills after playing Red Academy or coaches' permission. The class content involves continued improvement of the ABC's and tennis specific movement. Tennis fundamentals focus on stroke development along with direction, depth, spin and speed. Classes utilize drills, games, and competition.

## GREEN ACADEMY

**Mondays & Wednesdays, 5:00-6:00pm**

**Saturdays, 11:00am-12:00pm**

Players who have completed Orange Academy OR are between 9-11 years old

This next level builds upon the stroke and movement development attained in the Orange Academy. Coaches' permission or prior academy participation required to attend. Players will continue to develop the ABC's with more advanced tennis specific movement on a full tennis court. Player stroke fundamentals and tactics will continue to be developed using placement, depth, spin and speed.

## YELLOW ACADEMY

**Tuesdays & Thursdays, 6:30-7:30pm**

**Saturdays, 12:00-1:00pm**

For players who have completed Green Academy or received Coaches' Permission

This class will serve players looking to get started with tennis and players with limited experience. The focus will be learning and reinforcing the basic fundamentals. The complete stroke package will be covered while learning how to apply them in singles and doubles matchplay.

# JUNIOR DEVELOPMENT PATHWAY

The Junior Development Pathway promotes the development and skill set of the aspiring Junior Player. Players will focus on the basic fundamentals of tennis and fostering a love for the game. The Junior Development Pathway is geared towards players that are just starting their tennis career and/or are interested in learning a new sport. Coach Daniel as well as Junior Pros will lead these programs

## TENNIS 4 TOTS

Players 3.5-5 years old (Kindergarten)

**Thursdays - 4:00-4:30pm**

**Saturdays - 8:30-9:00am**

Looking for a fun way to engage your tot? Tennis 4 Tots is players first introduction to the game of tennis. Using foam balls, players will work with Coaches in a group setting to learn the basics and fundamentals of the game of tennis. Grip, proper hitting techniques, teamwork and most of all what it means to have FUN in a group setting. Players **MUST** be 3.5 years old at the time of registration.



## JUMPSTART YELLOW

Players 11-13 Years Old (Junior High)

**Sundays - 1:00-2:00pm**

This class is geared towards players 11-13 years olds. Who are interested in playing tennis but not quite ready to commit to a Yellow or Academy 1 class. This class will utilize USTA Net Generation Guidelines and work on the ABC's (Ability Balance Coordination) of tennis. Players will then move on to sending a receiving skills used in tennis. This class is designed to get your player ready to enter the Academy!

# ACADEMY & HIGH PERFORMANCE PROGRAMS

**INSTRUCTORS: ERNIE KATKO, SEAN MCCABE**

The Academy & High Performance programs are geared towards players who are committed to the game of tennis. Players have tournament and/or Match Play experience and are actively seeking competitive play opportunities.

For specific questions about the Academy 1 & High Performance programming, please contact Coach Ernie at [ernie.katko@quadcitytennisclub.com](mailto:ernie.katko@quadcitytennisclub.com)

## ACADEMY 1

Players who have completed Yellow Ball or have received Coaches Permission

**Mondays & Fridays - 4:30-6:00pm**

**Saturdays - 12:30-2:00pm**

This class will prepare players for tournament play and the tournament pathway. Players attending Academy 1 level sessions will require permission of coaches or prior academy participation as well as a UTR score of at least a 2.0. This class will look at stroke fundamentals and production. Setting up point play opportunities using consistency, placement, spin & speed with serves & groundstrokes. Singles & doubles tactics will be developed. Players will develop and improve tennis specific movement through agility drills and age-based strength training

## VARSITY

Players who have completed Academy 1, have a UTR score of 4.0-4.5, or have received Coaches Permission

**Sunday: 3:00-4:00 pm**

The goal of this program is to get players prepared for high School Varsity and Regular Competition/Tournament play. The HP2 program will focus on all aspects of a player's game to build a well-rounded athlete who knows their strengths and how to execute them. on-court training will involve rigorous technical and tactical training, in addition to strategy sessions and one-on-one coaching. The off-court training will consist of tennis specific footwork, agility and age-based strength training. Aspects of mental training involving mistake management, cognitive development, problem solving and goal setting will be worked into each session. Each training is designed to prepare players for UTR/USTA tournaments, high school tennis, college & beyond.



## HIGH PERFORMANCE

Players who have completed Varsity, have a UTR score of 4.5 and above, or have received Coaches Permission

**Tuesdays, Wednesdays & Thursdays  
4:30-6:30pm**

The QCTC High Performance program will set standards of tennis instruction for juniors. We will look to build the total athlete. The on-court training will involve instruction designed to develop the player who is playing UTR/USTA tournaments, college and beyond. There will be a balance for players of instruction and competition. Technical and tactical foundations will be developed. Each player will have matches recorded for UTR ratings and progress during the sessions. Keeping in mind that UTR is just a tool that reflects the work the player does in their self-development. The off-court training will consist of tennis specific footwork, agility and age-based strength training. We will also involve aspects of mental training involving mistake management, cognitive development, problem solving and goal setting.



# ADULT TENNIS PROGRAMS

For seasoned players or players who are just starting to learn the game, the Quad City Tennis Club offers a vast array of programming for every level of player. Focusing on the fundamentals of the game and player development, our Adult Clinics aim to bring out the fun and best tennis game in everyone.

## BACK2TENNIS

Returning players with an NTRP of 1.0-2.0  
Tuesdays & Thursdays - 10:00-11:00am

Designed for the returning tennis player, Back2Tennis focuses on getting players back into the game. With fun drills in an energetic environment, players will relearn tennis fundamentals and build on skill development.

## LIVE BALL

Players with an NTRP Rating of 2.5-3.0  
Tuesdays & Thursdays - 9:00-10:00am

Live Ball is a fun, new energetic class geared towards players with an NTRP of 2.5-3.0. This class is geared towards the beginner-intermediate level tennis player who is looking to get a good workout through repetition and fun.

## LEVEL 4.0-4.5

Players with an NTRP Rating of 4.0-4.5  
Thursdays - 9:00-10:30am

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.

## LEVEL 3.0-3.5

Players with an NTRP Rating of 3.0-3.5  
Wednesdays - 10:00-11:30am

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.

## DRILLS & THRILLS

Players with an NTRP Rating of 3.0-4.5  
Mondays - 12:00-1:00pm & 6:00-7:30pm  
Wednesdays - 12:00-1:00pm & 6:00-7:30pm  
Fridays, 12:00-1:00pm  
Saturdays, 9:00-10:30am

The cardio you crave! High octane fun in a structured group setting. High intensity drills and movement followed by games while listening to your favorite tunes sets the tone for this high-level class.

*Players are required to pre-register by using the Court Reserve App to ensure spot in the class is reserved..*



## PICKLEBALL PROGRAMS

Pickleball has quickly become one of America's favorite and one of the world's fastest growing sports. Here at the Quad City Tennis Club, we can certainly attest. In Fall of 2022, QCTC built 9 brand new state of the art Pickleball courts - all with permanent, Douglas nets, moving our facility from one of the top recreational, to one of the top competitive and premier facilities in the nation. As a club, we are dedicated to providing the Pickleball community with high quality programming to match our high-quality facility. We strive to provide the right fit of programming for everyone from beginners to novice level play.

### PICKLEBALL 101

Adult players brand new to the game

**Wednesdays - 5:30-6:30 pm**

Session 1: April 4/2/25-4/23/25

Session 2: May 5/7/25-5/28/25

Pickleball 101 is a 4-week intro course designed for adults looking to learn the basics of Pickleball. In this course players will learn the fundamentals of Pickleball - scoring, serving, point play and dinking. This is a 4-week course and players are required to sign up for the entire course. There are no drop-in's for this program.

In addition to the 4 weeks of lessons, players will also receive 1 month free of membership and 3 free punch passes to our Pickleball Open Play (open daily 8am-8pm)!

### PICKLEBALL 102

Players who graduated from Pickleball 101

**Wednesdays - 6:30-7:30pm**

Session 1: April 4/2/25-4/23/25

Session 2: May 5/7/25-5/28/25

Pickleball 102 is a session-long course that further expands your technical and tactical skills in pickleball. Players will be expanding their skills in a more competitive setting.

### DINKERS

INSTRUCTOR: JUNIOR PRO'S

at least 10 years old - 14 years old

**Sundays - 12:00-1:00pm**

Starting with the basics, players will learn how to serve, drive and dink. With each week building on a different skill, Dinkers I is designed to get your player out on the courts and rallying points with their friends!

For 3-4 person privates, Please contact  
dylanwiemers@quadcitytennisclub.com

### MONDAY NIGHT LEAGUE

**Mondays | April & May**

Session 1: April 7th - April 28th (4 Weeks)

Session 2: May 12th - June 2nd (4 Weeks)

**5:00 PM 3.0-3.5 | 6:00 PM 3.5-4.0 | 7:00 PM 4.0+**

Monday Night Pickleball League is a fun and competitive league designed for players at skill levels 3.0-4.0+. This league features Men's and Women's Doubles Divisions, where players will compete in three matches per night with a random partner each week. Games are played to 11 points, and scores are tallied based on total points won throughout the league.

This league has a maximum of 16 players per division, ensuring a competitive and engaging experience. The entry fee is \$50 for members and \$75 for non-members. Registration closes day of first date of matches per session.

Email [tennis@quadcitytennisclub.com](mailto:tennis@quadcitytennisclub.com) to register.

### PRIVATE & SMALL GROUP LESSONS

|  | Private Lesson<br>1 Hour | Semi Private<br>Lessons<br>1 Hour |
|--|--------------------------|-----------------------------------|
| Dylan Wiemers<br>(PPR Certified)           | \$50                     | \$30                              |
| Karthik Ganesh<br>(Junior Pro, 5.0)        | \$40                     | \$25                              |
| Jeffrey Van Der<br>Eems<br>(PPR Certified) | \$60                     | \$35                              |

# PRIVATE & SMALL GROUP LESSONS

The Quad City Tennis Club is dedicated to helping you or your player find the right fit for you as you embark on your racquet sport journey. In addition to the multitude of class offerings, programs and leagues, the Quad City Tennis Club has multiple high-level, certified and qualified instructors to fit your needs. From one-on-one private lessons to small group lessons, QCTC has an option for everyone!

\*To participate in private lessons, players MUST be a QCTC member. If a player wants a lesson and is not a QCTC member, they will be charged a \$20 day pass for each lesson.\*

## PRIVATE, SEMI-PRIVATE & SMALL GROUP LESSONS

|                             | 30<br>minute<br>1:1<br>Lessons | 1 Hour<br>1:1<br>Lessons | Semi Private<br>Lessons<br>(2 players, 1 Pro) | 3&Me<br>(3 Players 1 Pro) | 4&Me<br>(4 Players 1 Pro) |
|-----------------------------|--------------------------------|--------------------------|---|---------------------------|---------------------------|
| Ernie Katko                 | \$45                           | \$80                     | \$45*   | \$35                      | \$30                      |
| Sean McCabe                 | \$32.50                        | \$65                     | \$35  | \$30                      | \$25                      |
| Daniel<br>Bethancourt       | \$32.50                        | \$65                     | \$35*   | \$30                      | \$25                      |
| QCTC Staff<br>Professionals | \$35                           | \$65                     | \$35*   | \$30                      | \$25                      |



### DANIEL BETANCOURT

Entering his fourth year at QCTC, Coach Daniel strives to provide a fun, inclusive and welcoming environment for all players looking to begin playing or improve their tennis game. A USPTA Certified Professional, Coach Daniel is dedicated to providing you and your players with top level instruction tailored to your needs.

Looking to book with Coach Daniel? Email him at [danielbetancourt@quadcitytennisclub.com](mailto:danielbetancourt@quadcitytennisclub.com)



### ERNIE KATKO

With over twenty years of experience, Coach Ernie has transformed QCTC's High Performance program in just two short years. Coach Ernie is highly regarded as one of the top coaches in the area, and is committed to building high level programs to serve top level athletes in the Quad Cities community.

To book a lesson with Coach Ernie, send him an email at: [erniekatko@quadcitytennisclub.com](mailto:erniekatko@quadcitytennisclub.com)



### SEAN MCCABE

A Quad City Native and former top junior player, Coach Sean is dedicated to providing players with top level training specific to each players needs. With his extensive background knowledge in tennis and training, coupled with his deep QC roots, Coach Sean is committed to providing you or your player with a well rounded training plan to up your tennis game. Book with Coach Sean by emailing him at [seanmccabetennis@gmail.com](mailto:seanmccabetennis@gmail.com)



# SPRING PROGRAM PRICING

APRIL 1ST - MAY 31ST

## Academy Program Pricing

Prices are based on per class

|                  | Members | Non-Members |
|------------------|---------|-------------|
| Red Academy      | \$20    | \$20        |
| Orange Academy   | \$25    | \$25        |
| Green Academy    | \$30    | \$45        |
| Yellow Academy   | \$35    | \$50        |
| Academy 1        | \$45    | \$65        |
| High Performance | \$60    | \$80        |

## Pickleball Program Pricing

Prices are based on per class

|                                       | Members | Non-Members |
|---------------------------------------|---------|-------------|
| Pickleball 101<br>*Per 4-week Session | \$60    | \$85        |
| Pickleball 102<br>*Per 4-week Session | \$60    | \$85        |
| Monday Leagues                        | \$50    | \$75        |
| Dinkers<br>(Drop-In)                  | \$20    | \$20        |

## Jr. Development Program Pricing

Prices are based on per class

|                  | Members/<br>Non-Members |
|------------------|-------------------------|
| Tennis4Tots      | \$10                    |
| JumpStart Yellow | \$20                    |

## Adult Clinics Pricing

Prices are based on per class

|                  | Members                           | Non-Members                       |
|------------------|-----------------------------------|-----------------------------------|
| Back2Tennis      | \$15                              | \$15                              |
| Live Ball        | \$15                              | \$35                              |
| Level 3.0-3.5    | \$25                              | \$45                              |
| Level 4.0-4.5    | \$25                              | \$45                              |
| Drills & Thrills | \$25 (1 hour)<br>\$30 (1.5 hours) | \$45 (1 hour)<br>\$50 (1.5 hours) |