



Queensland
Tennis Centre

ACADEMY

QTC ACADEMY TEAM

ENHANCE

- Train up to 6 squads per week
- Up to 15 hrs week
- Sessions are 4 x 2.5hrs each + 2 x 1.5hrs each
- Sessions consist of on court training and off court fitness
- Includes up to 4 x 30mins fitness, movement and flexibility training per week

Phase: Enhance – Start of performance training and competition, acquisition of solid technique and tactics during competition, development of the physical qualities specific to tennis.

12–15 years | Up to 6 Squads per week

Sessions are 4 x 2.5hrs each + 2 x 1.5hrs each

Coaching Times

Saturday	
Monday	4:30 – 7:00pm
Tuesday	6:30 – 8:00am 4:30 – 7:00pm
Wednesday	4:30 – 7:00pm
Thursday	6:30 – 8:00am 4:30 – 7:00pm
Friday	

Term Dates

Term 1	
Term 2	
Term 3	Monday 13 th July
Term 4	Tuesday 6 th October

Special Bonus Offer!

- Commit to two training sessions per week and receive a QTC Membership. Includes FREE court hire day or night. **(Valued at up to \$740 per year)**
- Commit to three training sessions per week and receive FREE Fixture Matchplay plus a QTC Membership. **(Valued at up to \$1460 per year)**

For more information or to book call **3214 3800** or visit us at the **Proshop**.

Queensland Tennis Centre, King Arthur Tce, Tennyson, QLD 4105

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www.queenslandtenniscentre.com.au