



Queensland  
Tennis Centre

# ACADEMY

## **SUPER 8's**

### DEVELOP

- Train up to 3 squads per week
- Up to 5.5 hrs week
- Sessions are 1.5hrs each
- Sessions consist of on court training and off court fitness
- Includes up to 3 x 30mins fitness, movement and flexibility training per week

**Phase: Develop** – Development, improvement and refinement of fundamental technical, tactical and physical motor skills.

**6–8 years | Up to 3 Squads per week**

*Sessions are 1.5 hrs each*

### **Coaching Times**

Saturday	9:30 – 11:00am
Monday	4:00 – 5:30pm
Tuesday	4:00 – 5:30pm
Wednesday	
Thursday	4:00 – 5:30pm
Friday	

### **Term Dates**

Term 1	
Term 2	
Term 3	Monday 13 <sup>th</sup> July
Term 4	Tuesday 6 <sup>th</sup> 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

P (07) 3214 3800 E proshop@qldtc.com.au

[www.queenslandtenniscentre.com.au](http://www.queenslandtenniscentre.com.au)