



ADULT TENNIS PATHWAY

PLAY

*Play & Compete in a
coach-organized
league*

1.5 - 2.0

2.5 - 3.0

3.5 - 4.0

LEARN

*Improve your
skills,
systematic
instruction*

1.5 - 2.0

2.5 - 3.0

3.5 - 4.0

PRACTICE

*High-intensity drill
sessions
to build on your
skills*

1.5 - 2.0

2.5 - 3.0

3.5 - 4.0

SOCIAL MIXERS

*Meet & Mix with
other
players, social
nights*

1.5 - 2.0

2.5 - 3.0

3.5 - 4.0

Cardio Tennis

assessment is
required
for 2.5+

All levels welcome,
drop in, sign up every
week or guarantee your spot
for the whole session



JUNIOR TENNIS ACADEMY

PROGRAM FEATURES

Play as much as 5 days per week tournament planning
focused performance fitness groups Flexible annual programming,
4-days per week training 360deg vision for development passion
parent-player support 3-days per week training
Convenient 4-6pm groups intensity video analysis
performance groups socials, team culture live streaming practices, games
hands-on coaching

RED

*5- and 6-YEAR
OLDS*

ORANGE

*7- and 8-YEAR
OLDS*

GREEN

*9- and 10-YEAR
OLDS*

YELLOW

11+ YEAR OLDS

Kids Tennis introduces children aged 5 to 10 to the sport in a fun and engaging way. Using modified equipment (smaller racquets, softer balls, and smaller courts), young players experience early success and quickly develop fundamental skills.

Endorsed by Tennis Canada, this approach helps kids rally sooner, build confidence, and transition smoothly to full-court play — making tennis enjoyable from day one.



TENNIS FOR LIFE PATHWAY

PROGRAM FEATURES

Play as much as 2 hours per week

schools programs during the week

matchplay opportunities

parent-player support

Convenient weekend groups

groups socials, family fun

access to private lessons

Tennis Canada Progressive Tennis Curriculum

in-house leagues

video analysis

passion

live streaming practices, games

hands-on coaching

assessment opportunity for performance groups

RED

**5- and 7-YEAR
OLDS**

ORANGE

**8- and 10-
YEAR OLDS**

GREEN

**10- and 12-YEAR
OLDS**

YELLOW

13+ YEAR OLDS

Kids Tennis introduces children aged 5 to 10 to the sport in a fun and engaging way. Using modified equipment (smaller racquets, softer balls, and smaller courts), young players experience early success and quickly develop fundamental skills.

Endorsed by Tennis Canada, this approach helps kids rally sooner, build confidence, and transition smoothly to full-court play — making tennis enjoyable from day one.

IQ TENNIS & PICKLEBALL CENTRE PROGRAM GUIDE

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TENNIS & PICKLEBALL
CENTRE

FALL 2025 TO JUNE 2026

FOUNDING MEMBERSHIPS
ARE LIMITED! BE AMONG
THE FIRST 350 TO SIGN UP
AND RESERVE YOUR SPOT
TODAY.

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25%
OFF
FOR 6 MONTHS FROM
OPENING DATE

ALL-IN-ONE MEMBERSHIPS
INCLUDE ACCESS TO BOTH
TENNIS & PICKLEBALL!

FOR MORE INFORMATION
CONTACT INFO@IQTPC.CA



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FALL 2025 TO JUNE 2026

GROUP SESSIONS: RATIO

PLAY LEAGUES	1:4
LEARN CLINICS	1:6
PRACTICE CLINICS	1:6
SOCIAL MIXERS	1:4
CARDIO TENNIS	1:8

MEMBER PRICING

	PRICE/HOUR/PERSON
PLAY LEAGUE	\$25.00 + GST
LEARN CLINIC	\$22.00 + GST
PRACTICE CLINIC	\$22.00 + GST
CARDIO TENNIS	\$20.00 + GST
SOCIAL MIXERS	\$10.00 + GST
TENNIS SPECIFIC	
FITNESS GROUPS	\$40.00 + GST

NON-MEMBER PRICING

	PRICE/HOUR/PERSON
PLAY LEAGUE	\$28.00 + GST
LEARN CLINIC	\$27.00 + GST
PRACTICE CLINIC	\$27.00 + GST
CARDIO TENNIS	\$25.00 + GST
SOCIAL MIXERS	\$15.00 + GST
TENNIS SPECIFIC	
FITNESS GROUPS	\$40.00 + GST



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PROGRAM DATES

FALL:

Sept 2 - Oct 26, 2025 (#1)

Oct 27 - Dec 21, 2025 (#2)

WINTER:

Jan 5 - Feb 15, 2026 (#1)

Feb 16 - Mar 22, 2026 (#2)

SPRING:

Mar 30 - May 10, 2026 (#1)

May 11 - June 28, 2026 (#2)

SUMMER:

July 2 - July 5, 2026 (#1)

July 6 - July 12, 2026 (#2)

July 13 - July 19, 2026 (#3)

July 20 - July 26, 2026 (#4)

July 27 - July 30, 2026 (#5)

Aug 4th - Aug 9th, 2026 (#6)

Aug 10th - August 16th, 2026 (#7)

Aug 17th - Aug 23rd, 2026 (#8)

DATES

Session Codes

OFF DAYS & SESSION PRICE

OFF DATES

SEPT 1ST, 2025

OCT 13TH, 2025

NOV 11TH, 2025

JANUARY 1ST, 2026

FEBRUARY 16TH, 2026

APRIL 3RD TO 6TH, 2026

MAY 18TH, 2026

JULY 1ST, 2026

AUGUST 1ST to 3RD, 2026

HOLIDAYS

LABOUR DAY

THANKSGIVING

MONDAY

REMEMBRANCE

DAY

NEW YEAR'S DAY

FAMILY WEEKEND

EASTER WEEKEND

VICTORIA DAY

CANADA DAY

HERITAGE DAY

LONG WEEKEND

PROGRAM CODES

FALL (#1 AND #2)

WINTER (#1 AND #2)

SPRING (#1 AND #2)

SUMMER (#1 THROUGH #8)



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DATES

**Session
Codes**

OFF DAYS & SESSION PRICE

Sessions	Session Codes	Length of Session	Days and Times	Price of Session Member/Non Member + GST
Play Leagues	Fall #1	8 weeks, once weekly	Mondays to Thursdays, 6-7pm	\$200.00 (M) \$224.00 (NM)
Learn Clinics	Fall #1	8 weeks, once weekly	Weekdays 9-10am, 10-11am, 11-12pm, 12-1pm; Saturdays 4-5pm, Sundays 3-4pm	\$176.00 (NM) \$216.00 (NM)
Practice Clinics	Fall #1	8 weeks, once weekly	Weekdays 9-10am, 10-11am, 11-12pm, 12-1pm; Saturdays 4-5pm, Sundays 3-4pm	\$176.00 (NM) \$216.00 (NM)
Social Mixers	Fall #1	8 weeks, once weekly	Friday & Saturday Nights, 6-7pm, 7-8pm; Sunday Afternoons 5-6pm	\$80.00 (M) \$120.00 (NM) *\$20.00 drop in rate
Cardio Tennis	Fall #1	8 weeks, once weekly	Mondays to Fridays, 6-7am, 7-8am; Weekdays 9-10am, 10-11am, 11-12pm, 12-1pm; Saturdays 4-5pm, Sundays 3-4pm	\$160.00 (M) \$200.00 (NM)
Tennis Specific Fitness Groups	FG	Weekly sign ups	Mondays to Fridays, 6am, 7am, 2pm, 3pm (1-hour sessions on court)	\$40.00/person, flat rate



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JUNIOR TENNIS ACADEMY GUIDE

FALL 2025 TO JUNE 2026

GROUP SESSIONS		RATIO	MEMBER PRICING	PRICE/HOUR/PERSON
RED BALL ACADEMY		1:6	RED BALL ACADEMY	\$20.00 + GST
ORANGE BALL ACADEMY		1:5	ORANGE BALL ACADEMY	\$20.00 + GST
GREEN BALL ACADEMY		1:5	GREEN BALL ACADEMY	\$20.00 + GST
YELLOW BALL ACADEMY		1:5	YELLOW BALL ACADEMY	\$20.00 + GST
			TENNIS SPECIFIC	\$40.00 + GST
			FITNESS GROUPS	
			NON-MEMBER PRICING	PRICE/HOUR/PERSON
			RED BALL ACADEMY	\$27.00 + GST
			ORANGE BALL ACADEMY	\$27.00 + GST
			GREEN BALL ACADEMY	\$27.00 + GST
			YELLOW BALL ACADEMY	\$27.00 + GST
			TENNIS SPECIFIC	\$40.00 + GST
			FITNESS GROUPS	



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Session Codes

OFF DAYS & SESSION PRICE

PROGRAM DATES

FALL:

Sept 2 - Dec 21, 2025 (#1, 2025)

WINTER:

Jan 5 - Mar 22, 2026 (#1, 2026)

SPRING:

Mar 30 - June 28, 2026 (#1, 2026)

SUMMER:

July 2 - July 5, 2026 (#1)

July 6 - July 12, 2026 (#2)

July 13 - July 19, 2026 (#3)

July 20 - July 26, 2026 (#4)

July 27 - July 30, 2026 (#5)

Aug 4th - Aug 9th, 2026 (#6)

Aug 10th - August 16th, 2026 (#7)

Aug 17th - Aug 23rd, 2026 (#8)

OFF DATES

SEPT 1ST, 2025

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JANUARY 1ST, 2026

FEBRUARY 16TH, 2026

APRIL 3RD TO 6TH, 2026

MAY 18TH, 2026

JULY 1ST, 2026

AUGUST 1ST to 3RD, 2026

HOLIDAYS

LABOUR DAY

THANKSGIVING

MONDAY

REMEMBRANCE

DAY

NEW YEAR'S DAY

FAMILY WEEKEND

EASTER WEEKEND

VICTORIA DAY

CANADA DAY

HERITAGE DAY

LONG WEEKEND

PROGRAM CODES

FALL ACADEMY #1 (2025)

WINTER ACADEMY #1 (2026)

SPRING ACADEMY #1 (2026)

SUMMER ACADEMY #1 THROUGH #8 (2026)



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DATES

**Session
Codes**

OFF DAYS & SESSION PRICE

Sessions	Session Codes	Length of Session	Days and Times	Price of Session Member/Non Member + GST	Included in Price
Red Ball Academy	Fall Academy #1 2025	16 weeks	Mondays to Fridays, 4-5pm, 5-6pm, <i>choose between 2, 3, 4 & 5 days per week</i>	\$640.00, 2x weekly (M) ; \$864.00, 2x weekly (NM)	
Red Ball Academy	Fall Academy #1 2025	16 weeks	Mondays to Fridays, 4-5pm, 5-6pm, <i>choose between 2, 3, 4 & 5 days per week</i>	\$980.00, 3x weekly (M) ; \$1,316.00, 3x weekly (NM)	academy shirt
Red Ball Academy	Fall Academy #1 2025	16 weeks	Mondays to Fridays, 4-5pm, 5-6pm, <i>choose between 2, 3, 4 & 5 days per week</i>	\$1,300.00, 4x weekly (M) ; \$1,748.00, 4x weekly (NM)	academy shirt
Red Ball Academy	Fall Academy #1 2025	16 weeks	Mondays to Fridays, 4-5pm, 5-6pm, <i>choose between 2, 3, 4 & 5 days per week</i>	\$1,620.00, 5x weekly (M) ; \$2,180.00, 5x weekly (NM)	academy shirt
Orange Ball Academy	Fall Academy #1 2025	16 weeks	Mondays, Tuesdays and Thursdays, 4-6pm	\$1,940.00 (M) ; \$2,612.00 (NM)	academy shirt
Green Ball Academy	Fall Academy #1 2025	16 weeks	Mondays, Wednesdays and Fridays, 4-6pm	\$1,940.00 (M) ; \$2,612.00 (NM)	academy shirt
Yellow Ball Academy	Fall Academy #1 2025	16 weeks	Mondays to Fridays, 4-6pm	\$3,220.00 (M) ; \$4,340.00 (NM)	academy shirt



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JUNIOR TENNIS FOR LIFE GUIDE

FALL 2025 TO JUNE 2026

GROUP SESSIONS RATIO

RED BALL 1 TFL	1:6
RED BALL 2 TFL	1:6
ORANGE BALL 1 TFL	1:6
ORANGE BALL 2 TFL	1:6
GREEN BALL TFL	1:6
YELLOW BALL TFL	1:6

PROGRAM CODES

FALL TFL #1 (2025)
WINTER TFL #1 (2026)
SPRING TFL #1 (2026)
SUMMER TFL #1 THROUGH #8 (2026)

MEMBER PRICING

RED BALL 1 TFL	\$20.00 + GST
RED BALL 2 TFL	\$20.00 + GST
ORANGE BALL 1 TFL	\$20.00 + GST
ORANGE BALL 2 TFL	\$20.00 + GST
GREEN BALL	\$20.00 + GST
YELLOW BALL	\$20.00 + GST
TENNIS SPECIFIC FITNESS GROUPS	\$40.00 + GST

PRICE/HOUR/PERSON

NON-MEMBER PRICING

RED BALL 1 TFL	\$27.00 + GST
RED BALL 2 TFL	\$27.00 + GST
ORANGE BALL 1 TFL	\$27.00 + GST
ORANGE BALL 2 TFL	\$27.00 + GST
GREEN BALL	\$27.00 + GST
YELLOW BALL	\$27.00 + GST
TENNIS-SPECIFIC FITNESS GROUPS	\$40.00 + GST

PRICE/HOUR/PERSON



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DATES

**Session
Codes**

OFF DAYS & SESSION PRICE

Sessions	Session Codes	Length of Session	Days and Times	Price of Session Member/Non Member + GST
Red Ball 1 TFL	Fall TFL #1 2025	16 weeks	Saturdays and Sundays, 9-10am, 10-11am	\$320.00 (M) ; \$432.00 (NM) <small>*once weekly prices, can choose to sign up for 2x weekly, multiply this price by two</small>
Red Ball 2 TFL	Fall TFL #1 2025	16 weeks	Saturdays and Sundays, 9-10am, 10-11am	\$320.00 (M) ; \$432.00 (NM) <small>*once weekly prices, can choose to sign up for 2x weekly, multiply this price by two</small>
Orange Ball 1 TFL	Fall TFL #1 2025	16 weeks	Saturdays and Sundays, 9-10am, 10-11am	\$320.00 (M) ; \$432.00 (NM) <small>*once weekly prices, can choose to sign up for 2x weekly, multiply this price by two</small>
Orange Ball 2 TFL	Fall TFL #1 2025	16 weeks	Saturdays and Sundays, 9-10am, 10-11am	\$320.00 (M) ; \$432.00 (NM) <small>*once weekly prices, can choose to sign up for 2x weekly, multiply this price by two</small>
Green Ball TFL	Fall TFL #1 2025	16 weeks	Saturdays and Sundays, 11-12pm, 12-1pm	\$320.00 (M) ; \$432.00 (NM) <small>*once weekly prices, can choose to sign up for 2x weekly, multiply this price by two</small>
Yellow Ball TFL	Fall TFL #1 2025	16 weeks	Saturdays and Sundays, 11-12pm, 12-1pm	\$320.00 (M) ; \$432.00 (NM) <small>*once weekly prices, can choose to sign up for 2x weekly, multiply this price by two</small>



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Eligibility Criteria

ensuring a great experience for all participants



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Eligibility Criteria

ensuring a great experience for all participants



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Class	Criteria #1	Criteria #2	Criteria #3	Criteria #4	Criteria #5
Cardio Tennis	Adults over 18	No need for level of play assessment	Must Sign Health & Physical Activity Waiver	Participants are expected to commit to the full duration of the program. Please note: no make-up sessions will be offered for missed classes.	No membership required. Drop-ins are welcome if space is available—please check with a front desk staff member before entering the court
Adult Clinics	Adults over 18	Level of play assessment is required for 2.5 and above participation	Must Sign Health & Physical Activity Waiver	Participants are expected to commit to the full duration of the program. Please note: no make-up sessions will be offered for missed classes.	Same as above, please note level of play is required for 2.5 and above drop in. Check with a front desk staff member for assessment times
Fitness Groups for Juniors	Juniors between ages of 4 and 17	Junior groups will be formed when two or more participants of similar age, body size, and height are registered. Groups will include up to 8 participants to ensure quality instruction and a safe training environment.	Must Sign Health & Physical Activity Waiver	Classes are held on the tennis court using fitness equipment, and are planned and led by tennis professionals and/or certified fitness trainers with expertise in racquet sport-specific conditioning.	No membership required. Drop-ins are not allowed, must sign up in advance
Fitness Groups for Adults	Adults between ages of 18-25; 26-50; 51 and above	Adult groups will be formed when two or more participants of similar age, body size, and height are registered. Groups will include up to 8 participants to ensure quality instruction and a safe training environment.	Must Sign Health & Physical Activity Waiver	Classes are held on the tennis court using fitness equipment, and are planned and led by tennis professionals and/or certified fitness trainers with expertise in racquet sport-specific conditioning.	No membership required. Drop-ins are not allowed, must sign up in advance
Social Mixers for Adult Pathway	Adults over 18	No need for level of play assessment when participating in the 1.5 - 2.0 mixers. Assessment is required for 2.5 and above participation	Must Sign Health & Physical Activity Waiver	Participants are expected to commit to the full duration of the program. Please note: no make-up sessions will be offered for missed classes.	No membership required. Drop-ins are not allowed at \$20.00/person
Red Ball 1 TFL	Children between ages of 5 and 7	No need for level of play assessment	Ideal for first-time participants	Participants are expected to commit to the full duration of the program. Please note: no make-up sessions will be offered for missed classes.	No membership required. Drop-ins are not allowed, must sign up in advance
Red Ball 2 TFL	Children between ages of 5 and 7	No need for level of play assessment	Ideal for players with some experience who can rally, serve and score	Participants are expected to commit to the full duration of the program. Please note: no make-up sessions will be offered for missed classes.	No membership required. Drop-ins are not allowed, must sign up in advance
Orange Ball 1 TFL	Children between ages of 7 and 10	No need for level of play assessment	Ideal for first-time participants	Participants are expected to commit to the full duration of the program. Please note: no make-up sessions will be offered for missed classes.	No membership required. Drop-ins are not allowed, must sign up in advance
Orange Ball 2 TFL	Children between ages of 7 and 10	No need for level of play assessment	Ideal for players with some experience who can rally, serve and score	Participants are expected to commit to the full duration of the program. Please note: no make-up sessions will be offered for missed classes.	No membership required. Drop-ins are not allowed, must sign up in advance
Green Ball & Yellow Ball TFL	Children between ages of 10 to 12, and 13 and above	No need for level of play assessment	Ideal for players with some experience who can rally, serve and score	Participants are expected to commit to the full duration of the program. Please note: no make-up sessions will be offered for missed classes.	No membership required. Drop-ins are not allowed, must sign up in advance
Red Ball Academy	Children between ages of 5 and 7	No need for level of play assessment	Participants of 3x weekly and above are encouraged to hold an active Tennis Alberta membership. A minimum attendance requirement applies throughout the year, and players are expected to meet benchmark standards for both training commitment and performance progression. Contact Head Coach for details	Participants are expected to commit to the full duration of the program. Please note: no make-up sessions will be offered for missed classes.	No membership required. Drop-ins are not allowed, must sign up in advance
Orange Ball & Green Ball Academy	Children between ages of 8 and 10	Level of play assessment is required, contact Head Coach for details	Players are expected to meet benchmark standards for both training commitment and performance progression. Contact Head Coach for details	Participants are expected to commit to the full duration of the program. Please note: no make-up sessions will be offered for missed classes.	No membership required. Drop-ins are not allowed, must sign up in advance
Yellow Ball Academy	Children between ages of 10 and above	Level of play assessment is required, contact Head Coach for details	Players are expected to meet benchmark standards for both training commitment and performance progression. Contact Head Coach for details	Participants are expected to commit to the full duration of the program. Please note: no make-up sessions will be offered for missed classes.	No membership required. Drop-ins are not allowed, must sign up in advance