

## Adult Pass Benefits

### More Value With The Purchase of a Pass

Adults who purchase an **Annual, Winter, or Summer Pass** will receive the following benefits:

- Free outdoor courts all the time
- Reduced private & semi-private lesson rate
- Reduced indoor courts
- Reduced prices on ball machine
- Additional price reduction on indoor courts Mon-Fri, 11 am-3 pm

All pass pricing can be found at woodstennis.com (click on "Pricing/Membership").

Family, Junior, and Senior memberships and monthly options are available.

## Adult League Play Opportunities

If you are interested in finding out more about our Adult Leagues during the school year, visit our website.

If you're interested in joining a USTA team, please contact Lincoln League Coordinator at [pshalla@hotmail.com](mailto:pshalla@hotmail.com).

## Scholarship Opportunities

Woods Tennis Center takes its theme of "Taking the Game to the Community" seriously. Each year several adults and juniors receive scholarship assistance to learn and play tennis. Please contact us for scholarship information. Everyone should have the ability to learn this lifetime sport.

**Woods Tennis Center**  
**401 South 33<sup>rd</sup> Street**  
**402-441-7095**  
**woodsleagues@gmail.com**  
**woodstennis.com**

## ADULT TENNIS INFORMATION

### Cardio Tennis

A great way to get in shape, stay fit, challenge yourself, and hit plenty of balls. Classes require a minimum of 4 players. Reserve your spot weekly at the front desk or by calling 402-441-7095.

**Cardio schedule for Session III will be posted 1/9/23, please check our website for current schedule.**

#### Cardio Pricing

**Cardio Drop in:** 60-min class - \$12

**Cardio Drop in:** 90-min class - \$18

**Cardio Card:** 6 Cardio classes for \$60 (no exp date)

**Saturday Family Cardio Special:** \$12 for first family member and **\$6** for each additional family member.

### Adult Group Classes



**Register for group classes online**

← point your camera app here or go to our website: woodstennis.com

**Early Registration:** Received on or before Jan 3

**Late Registration:** Received on or after Jan 4

**Refunds/credits given for injury or illness only**

#### Adult Beginner 2.5-3.0 NTRP

A perfect skill-building class for those new to the game and a great way to meet new people.

|     |            |             |            |
|-----|------------|-------------|------------|
| Mon | 9:30-11 am | Early \$107 | Late \$125 |
| Tue | 7-8 pm     | Early \$71  | Late \$83  |
| Tue | 8-9 pm     | Early \$71  | Late \$83  |

#### Adult League Prep 3-3.5 NTRP

A more advanced class for those looking to develop tactical knowledge to go with their technical skills. These players are looking to join, or are involved in, league play and tournaments.

|                              |                |             |            |
|------------------------------|----------------|-------------|------------|
| Mon                          | 11 am-12:30 pm | Early \$107 | Late \$125 |
| Wed                          | 11 am-12:30 pm | Early \$107 | Late \$125 |
| Thu                          | 9:30-11 am     | Early \$107 | Late \$125 |
| Fri                          | 11 am-12:30 pm | Early \$107 | Late \$125 |
| Sat                          | 11 am-noon     | Early \$59  | Late \$69  |
| 2-Pack (any two 90M classes) |                | Early \$195 | Late \$231 |

#### Adult Competitive 3.5-4.0 NTRP

Our most advanced adult group class designed for those who are regular league players looking for more in-depth instruction.

|     |        |            |           |
|-----|--------|------------|-----------|
| Tue | 7-8 pm | Early \$71 | Late \$83 |
|-----|--------|------------|-----------|



**Session III Winter 2023**  
**January 9 – February 17**  
**(6 weeks)**

**NO CLASSES!!!**

**Saturday, February 18**

**Early Registration:** Received on or before Jan 3

**Late Registration:** Received on or after Jan 4

#### Future Sessions:

Session IV Feb 27-Apr 8 (6 weeks)

Session V Apr 10-May 20 (6 weeks)



Point your phone camera here to register online

### Upcoming Tournaments

**USTA NE BG 12-18 L6, Jan 6-8**

**L4 USTA MV B14, Feb 18-20**

**Jr Indoor Club Championships, Feb 20-26**

**Early Registration:** Received on or before Jan 3

**Late Registration:** Received on or after Jan 4

**Refunds/credits given for injury or illness only**

## Little Aces, Red, Orange, Green (R.O.G) Group Classes

These classes are run according to the *USTA Net Generations* guidelines, as well as the Missouri Valley Pathway. Net Gen tennis uses size, skill, age-specific courts, balls, and racquets to help players develop all tennis-related skills.

### **Little Aces-Foam** 4-6 years old

A fun motor and co-ordination skills class with a tennis focus. Foam balls on a 36' court and 21" racquet or smaller

|                    |            |             |            |
|--------------------|------------|-------------|------------|
| Thu                | 6-7 pm     | Early \$69  | Late \$81  |
| Sat                | 11 am-noon | Early \$58  | Late \$68  |
| 2-Pack (Thu & Sat) |            | Early \$119 | Late \$141 |

### **Red** 7-11 years old

A beginner class designed to teach players the basics and skills. Red Balls on a 36' court and 23" racquet or smaller

|                          |              |             |            |
|--------------------------|--------------|-------------|------------|
| Mon & Wed                | 6-7 pm       | Early \$143 | Late \$167 |
| Tue & Thu                | 6-7 pm       | Early \$143 | Late \$167 |
| Fri                      | 5:30-6:30 pm | Early \$74  | Late \$86  |
| Sat                      | 10-11 am     | Early \$63  | Late \$73  |
| 2-Pack (Fri & Sat)       |              | Early \$124 | Late \$146 |
| 3-Pack (Mon, Wed, & Sat) |              | Early \$188 | Late \$222 |
| 3-Pack (Tue, Thu, & Sat) |              | Early \$188 | Late \$222 |

### **Orange** 7-13 years old

A step up from Red, designed to help players improve rallying, with an increase in point play. Orange balls on a 60' court and 25" racquet

|                          |              |             |            |
|--------------------------|--------------|-------------|------------|
| Mon & Wed                | 5-6 pm       | Early \$143 | Late \$167 |
| Mon & Wed                | 6-7 pm       | Early \$143 | Late \$167 |
| Tue & Thu                | 6-7 pm       | Early \$143 | Late \$167 |
| Fri                      | 4:30-5:30 pm | Early \$74  | Late \$86  |
| Sat                      | 9-10 am      | Early \$63  | Late \$73  |
| Sat                      | noon-1 pm    | Early \$63  | Late \$73  |
| 2-Pack (Fri & Sat)       |              | Early \$124 | Late \$146 |
| 3-Pack (Mon, Wed, & Sat) |              | Early \$188 | Late \$222 |
| 3-Pack (Tue, Thu, & Sat) |              | Early \$188 | Late \$222 |

### **Green** 8-15 years old

Class designed for players who have graduated from the Orange class. Green balls on a 78' court and 26"+ racquet

|                          |          |             |            |
|--------------------------|----------|-------------|------------|
| Mon & Wed                | 5-6 pm   | Early \$143 | Late \$167 |
| Tue & Thu                | 5-6 pm   | Early \$143 | Late \$167 |
| Sat                      | 10-11 am | Early \$63  | Late \$73  |
| 3-Pack (Mon, Wed, & Sat) |          | Early \$188 | Late \$222 |
| 3-Pack (Tue, Thu, & Sat) |          | Early \$188 | Late \$222 |

## JUNIOR TENNIS INFORMATION

### Teen Green, Yellow, Challenger, UTR 1, 2, & 3 Group Classes

#### **Teen Green**

13-18 years old

A class created for teenage players relatively new to the game and looking to learn tennis skills. Green balls on a full-size court

|                    |              |             |            |
|--------------------|--------------|-------------|------------|
| Fri                | 4:30-5:30 pm | Early \$74  | Late \$86  |
| Sat                | 9-10 am      | Early \$63  | Late \$73  |
| 2-Pack (Fri & Sat) |              | Early \$124 | Late \$146 |

#### **Yellow**

10-14 years old

Our first yellow ball class designed for middle school players with match experience that have graduated through the youth pathway. Yellow balls used on a full size court.

|                          |         |             |            |
|--------------------------|---------|-------------|------------|
| Mon & Wed                | 6-7 pm  | Early \$143 | Late \$167 |
| Tue & Thu                | 6-7 pm  | Early \$143 | Late \$167 |
| Sat                      | 9-10 am | Early \$63  | Late \$73  |
| 3-Pack (Mon, Wed, & Sat) |         | Early \$188 | Late \$222 |
| 3-Pack (Tue, Thu, & Sat) |         | Early \$188 | Late \$222 |

#### **Challenger**

High School Players

Reserve, JV, and Varsity players. This class is perfect for players who are getting ready for and loving playing high school tennis and want to learn and push themselves in a fun environment.

#### **UTR 1**

Tournament Players

Players with a UTR of 3 & above and/or have prior Head Pro approval. Most players in this range will be in the initial stages of competing in tournaments across the state.

#### **Challenger and UTR 1 Schedules:**

|                               |           |             |            |
|-------------------------------|-----------|-------------|------------|
| Tue & Thu                     | 4:30-6 pm | Early \$212 | Late \$248 |
| Tue 3-4:30 pm & Thu 4:30-6 pm |           | Early \$212 | Late \$248 |
| Tue 3-4:30 pm & Thu 7-8:30 pm |           | Early \$212 | Late \$248 |
| Tue 4:30-6 pm & Thu 7-8:30 pm |           | Early \$212 | Late \$248 |
| Saturday Challenger           | 1-2:30 pm | Early \$92  | Late \$107 |
| Saturday UTR 1                | 2:30-4 pm | Early \$92  | Late \$107 |
| 3-Pack (Tue, Thu, & Sat)      |           | Early \$280 | Late \$331 |

#### **UTR 2**

Tournament Players

Players with a UTR of 5-7 **and** have prior Head Pro approval. Most players will be high level Varsity high school and junior high players with a USTA district or sectional ranking.

#### **UTR 3**

Tournament Players

Players with a UTR of 7 or more **and** have prior Head Pro approval. Most players will be playing Valley and National Tournaments

#### **UTR 2 and UTR 3 Schedules:**

|                          |           |             |            |
|--------------------------|-----------|-------------|------------|
| Mon & Wed                | 4:30-6 pm | Early \$212 | Late \$248 |
| Sat                      | 2:30-4 pm | Early \$92  | Late \$107 |
| 3-Pack (Mon, Wed, & Sat) |           | Early \$280 | Late \$331 |



**Register for group classes online**

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## Homeschool Group Classes

We have pros available during weekdays to do classes with homeschoolers. Please register online if you'd be interested in joining a class. We need a minimum of four players in a class, so if we get four or more people interested, we'll contact you to set up days/times to hold a class.

## Junior Pass Benefits

### More Value With The Purchase of a Junior Pass

Juniors who purchase an **Annual, Winter, or Summer Pass** will receive the following benefits:

- Free outdoor courts all the time
- Reduced private & semi-private lesson rate
- Free in-house tournaments
- Ball machine:
  - Free "day-off":
    - Call the day you want to use the ball machine
    - 60-minute limit per day
  - Reduced ball machine when reservation made a day or more in advance
- Indoor court time:
  - Free "day-off":
    - Call the day you want a court and your portion of the court will be free
    - Opponents/parents will pay for their share of the court unless they're a junior pass holder
    - 90-minute limit per day
  - Reduced indoor courts when reservation made a day or more in advance

**Juniors in our Group Classes without a pass will receive free outdoor courts on a Drop-In basis.**

