

## Class Selection and Payment

Session 1     Session 2     Both Sessions

**Early Registration:** Received on or before May 24 for Session I and on or before June 28 for Session II.

**Late Registration:** Received on or after May 25 for Session I or on or after June 29 for Session II.

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**Little Aces** Mon-Thurs     11 am-noon     1-2 pm

Sess. 1: Early \$210, Late \$219    Sess. 2: Early \$220, Late \$230  
Both Sessions: \$410

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**Red**     Mon-Thurs 10-11 am + Fri 1-2:30 pm

Mon-Thurs 2-3 pm + Fri 1-2:30 pm

Sess. 1: Early \$263, Late \$275    Sess. 2: Early \$274, Late \$287  
Both Sessions: \$513

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**Orange** Mon-Thurs 2:30-4 pm + Fri 1-2:30 pm

**Green** Mon-Thurs 4-5:30 pm + Fri 1-2:30 pm

**Teen Green** Mon-Fri 1-2:30 pm

Sess. 1: Early \$428, Late \$455    Sess. 2: Early \$446, Late \$474  
Both Sessions: \$801

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**Yellow\*** Mon-Thurs 1-2:30 pm + Fri Interclub matches

Sess. 1: Early \$360, Late \$382    Sess. 2: Early \$378, Late \$400  
Both Sessions: \$679

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**Challenger\***

**UTR 1\***

Mon-Thu 11 am-12:30 pm + Fri 10 am-noon

Sess. 1: Early \$448, Late \$475    Sess. 2: Early \$466, Late \$494  
Both Sessions: \$841

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**UTR 2\***

**UTR 3\***

Mon-Thurs 9-11 am + Fri 10 am-noon

Sess. 1: Early \$448, Late \$475    Sess. 2: Early \$466, Late \$494  
Both Sessions: \$841

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**\*Extra sessions included in price:**

**Strength/Conditioning, Matchplay, Serving, Mental Skills**

Tentative times (will be confirmed closer to the session):

**Tuesdays: Ch/UTR 1** 10-11 am, **UTR 2/3** 11 am-noon, **Yellow** noon-1 pm

**Wednesdays: Ch/UTR 1** 9:30-11 am, **UTR 2/3** 11 am-12:30 pm

**Thursdays: Ch/UTR 1** 10-11 am, **UTR 2/3** 11 am-noon, **Yellow** noon-1 pm

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**Adult Beginner** Tues 6-7 pm

**Adult League Prep** Tues 7-8 pm

Early: \$58    Late: \$63    Both Sessions: \$105

## Adult Instruction and Cardio

Whether you are new to tennis, returning from time away, or a weekly player looking to improve, we offer a wide variety of classes and cardio.

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**Cardio Tennis:** A great way to get in shape, stay fit, challenge yourself and hit plenty of balls. Classes require a minimum of 4 participants.

- Mondays and Wednesdays, 6-7 pm

Call in advance to register: 402-441-7095.

### Cardio Card

Buy 5 Cardio Classes at \$60 and receive a 6<sup>th</sup> class free! (No expiration date for Cardio Card)

Drop in cost—1 hour class: \$14

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**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.

**Adult League Prep (3-3.5 NTRP)** A more advanced class for those looking to develop some tactical knowledge to go with their technical skills. These players are looking to join (or are already involved in) league play and tournaments.

**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. This class will return in the fall.

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### ***Same Day Free Courts for Participants in our Summer Groups and Private Lessons***

**Jr & Adult Groups:** *Call the day of* and you can play outdoors for free as long as there is court availability.

**All Private Lesson Participants:** *Call the day of* and you can play indoors or outdoors for free as long as there is court availability, limit one hour per lesson taken.

**Non-lesson/group participants:** will pay for their part of the court.

[Refunds/credits given for injury or illness only.](#)



## Junior & Adult Registration

**Session 1:** May 31-July 1

**Session 2:** July 6-August 12

**NO CLASSES/LEAGUES**  
July 20-22: State Games

### **Early Registration:**

Session 1: Received on or before May 24

Session 2: Received on or before June 28

### **Late Registration:**

Session 1: Received on or after May 25

Session 2: Received on or after June 29

**\*Note we will be closed July 4<sup>th</sup>**

**401 South 33<sup>rd</sup> Street**

**Lincoln, NE 68510**

**402.441.7095**

**WoodsLeagues@gmail.com**



Point camera app here to  
register online

# Yellow, Challenger, UTR 1, 2, 3

## Yellow: 10-14 year olds

Our first yellow ball class designed for middle school players with match experience who have graduated from Green. Yellow balls used on a full size court.

## Challenger Training: High School Tennis

Reserve, JV, and lower-level varsity players. This class is perfect for players who are getting ready for, and loving, playing high school tennis and want to learn in a fun environment.

**Tournament Pathway:** A new pathway initiative for consistent tournament players to play and practice with like-minded athletes. Classes will be split mainly by using the Universal Tennis Rating. More info can be found at [myutr.com](http://myutr.com)

**UTR 1:** Players with a UTR of 3-5 and/or have prior Head Pro Approval. Most players in this range will be in the early stages of competing in tournaments.

**UTR 2:** 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:** Players with a UTR of 7 or more and have prior Head Pro Approval. Most players will be playing Valley and National Tournaments

## Woods Junior League Play

It is expected that all UTR level juniors organize their own matches at least once per week. On top of this Woods will be offering match play opportunities to all levels of juniors.

## More Value with a Junior Pass

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

- REDUCED private lesson rate
- FREE in-house tournaments
- FREE Junior Turkey and Indoor Club Championship Tournaments
- FREE ball machine use, reservation made same-day
- FREE Day-of Court Time & DISCOUNTED Advanced Reservations
  - Call the DAY OF and receive your portion of the court for FREE. Opponents/parents pay their share of the court unless they, too, have a Jr. pass.
  - Reserve courts in advance and play at the DISCOUNTED pass rate.

**Juniors in the program without a pass will continue to receive free outdoor court use on a Drop In basis.**

## \*New this year\* Classes offered at Pine Lake.

Point your phone camera here to see schedule and pricing.



# Little Aces, Red, Orange, Green

Little Aces, Red, Orange, and Green all utilize the [USTA Net Generation](#) Guidelines. Net Generation tennis uses size, age, and skill appropriate courts, balls, and racquets to help players develop all tennis-related skills and progress at a faster rate in a fun environment.

## Little Aces: 4-6 years old (Indoor Lesson)

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

## Red: 7-11 years old (Indoor Lesson)

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

## Orange: 7-13 years old

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

## Green: 8-15 years old

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

## Teen Green: 13-18 years old

A class created for teenagers new to tennis and looking to learn tennis skills.

*See Class Selection and Payment for days/times for all classes.*  
*Refunds/credits given for injury or illness only.*

## 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 this lifetime sport. Please contact us for scholarship information. Everyone should have the ability to learn tennis.

## Junior Tournament Supervision

Continuing this year we will make every attempt to have at least one coach attend District level, in-state tournaments. The cost for this is included in the price of lessons. Overnight trip expenses for coaches will be shared by participants.

## Registration Methods

In order to streamline the registration process, we're offering alternative methods of registration, recommending in the following order:

### 1) Online Registration (preferred)

Go to <https://forms.gle/Q7V4EyFy9cwaz5ad7> or point your phone camera at the QR code on the front of this brochure to get to the online form.

### 2) Call

Call us at 402-441-7095 to register; please have a CC ready.

### 3) Drop off in person

Fill out the registration form and bring it to the front desk to register & pay in person.

# Contact Info & Waiver

Participant Name: \_\_\_\_\_

Parent Name (if junior): \_\_\_\_\_

Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency phone: \_\_\_\_\_

Email: \_\_\_\_\_

Check here if HS boy. Aug. 8-12 classes will be prorated out due to HS boys' season starting.

**For Office Use ONLY:**

Employee \_\_\_\_\_ Date \_\_\_\_\_ Amt Paid: \_\_\_\_\_

I hereby waive and release the camp directors, tennis staff and Friends of Woods Tennis Inc., Lincoln Parks and Recreation and Lincoln Public Schools liability for any injuries and illnesses incurred while at camp. I hereby warrant that my child/myself is a participant in this program.

Signed: \_\_\_\_\_

See **Registration Methods** for recommended ways to turn in your registration.

**Woods Tennis Center**  
401 South 33<sup>rd</sup> St  
Lincoln, NE 68510

Checks made payable to:  
Woods Tennis Center