

Adult and Junior Group Classes

Whether you are new to tennis, returning from time away, or a weekly player looking to improve, we offer a wide variety of classes. Please see the *Adult & Junior Tennis Information* for schedules and pricing.

Registration Methods for all group classes:

We're offering three methods of registration, recommending in the following order:

1) Online Registration (preferred)

Fill out the online registration form using the QR code on the front of this brochure or online at woodstennis.com

2) Call

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

3) Drop off in person

Pick up a registration form at the front desk and bring it in along with your payment when you've completed it

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 this lifetime sport.

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.

Woods Tennis Center
401 South 33rd 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 II will be posted 10/24, 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 online at woodstennis.com

Early Registration: Received on or before Oct. 18

Late Registration: Received on or after Oct. 19

Refunds/credits given for injury or illness only

2-Pack (sign up for 2 or more days and receive a 10% discount)

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 \$160	Late \$187
Tue	7-8 pm	Early \$94	Late \$110
Tue	8-9 pm	Early \$94	Late \$110

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.

Mon	11 am-12:30 pm	Early \$160	Late \$187
Wed	11 am-12:30 pm	Early \$125	Late \$146
Thu	9:30-11 am	Early \$125	Late \$146
Fri	11 am-12:30 pm	Early \$125	Late \$146
Sat	11 am-noon	Early \$71	Late \$83

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 \$94	Late \$110
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Session II Fall 2022
October 24 – December 20
(7ish weeks)

NO CLASSES!!!

November 5

November 21-26

Early Registration: Received on or before Oct 18

Late Registration: Received on or after Oct 19

Future Sessions:

Session III Jan 9-Feb 18 (6 weeks)

Session IV Feb 27-Apr 8 (6 weeks)

Session V Apr 10-May 20 (6 weeks)



Point your camera app here to register online

Upcoming Tournaments

USTA NE Linc Adult Open Fast 4 Singles Oct 23

USTA MV L4 G16 Team Event Nov 5-6

Turkey Pro-Am Fundraiser Nov 20

Junior Turkey Tourney Nov 21-23

Early Registration: Received on or before Oct. 18

Late Registration: Received on or after Oct. 19

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 \$81	Late \$95
Sat	11 am-noon	Early \$69	Late \$81
2-Pack (Thu & Sat)		Early \$140	Late \$166

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 \$178	Late \$208
Tue & Thu	6-7 pm	Early \$178	Late \$208
Fri	5:30-6:30 pm	Early \$86	Late \$100
Sat	10-11 am	Early \$74	Late \$86
2-Pack (Fri & Sat)		Early \$145	Late \$171
3-Pack (Mon, Wed, & Sat)		Early \$231	Late \$273
3-Pack (Tue, Thu, & Sat)		Early \$231	Late \$273

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 \$178	Late \$208
Mon & Wed	6-7 pm	Early \$178	Late \$208
Tue & Thu	6-7 pm	Early \$178	Late \$208
Fri	4:30-5:30 pm	Early \$86	Late \$100
Sat	9-10 am	Early \$74	Late \$86
Sat	noon-1 pm	Early \$74	Late \$86
2-Pack (Fri & Sat)		Early \$145	Late \$171
3-Pack (Mon, Wed, & Sat)		Early \$231	Late \$273
3-Pack (Tue, Thu, & Sat)		Early \$231	Late \$273

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 \$178	Late \$208
Tue & Thu	5-6 pm	Early \$178	Late \$208
Sat	10-11 am	Early \$74	Late \$86
3-Pack (Mon, Wed, & Sat)		Early \$231	Late \$273
3-Pack (Tue, Thu, & Sat)		Early \$231	Late \$273

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 \$86	Late \$100
Sat	9-10 am	Early \$74	Late \$86
2-Pack (Fri & Sat)		Early \$145	Late \$171

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 \$178	Late \$208
Tue & Thu	6-7 pm	Early \$178	Late \$208
Sat	9-10 am	Early \$74	Late \$86
3-Pack (Mon, Wed, & Sat)		Early \$231	Late \$273
3-Pack (Tue, Thu, & Sat)		Early \$231	Late \$273

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 \$264	Late \$309
Tue 3-4:30 pm & Thu 4:30-6 pm		Early \$264	Late \$309
Tue 3-4:30 pm & Thu 7-8:30 pm		Early \$264	Late \$309
Tue 4:30-6 pm & Thu 7-8:30 pm		Early \$264	Late \$309
Saturday	1-2:30 pm	Early \$109	Late \$127
3-Pack (Tue, Thu, & Sat)		Early \$344	Late \$407

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 \$264	Late \$309
Sat	1-2:30 pm	Early \$109	Late \$127
3-Pack (Tue, Thu, & Sat)		Early \$344	Late \$407



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Homeschool Group Classes

Classes for students who are available to play during the day.

Please email treyson.mcgill@gmail.com for more details.

Smalls

9-11 years old

Mon & Wed	1-2 pm	Early \$178	Late \$208
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Bigs

12 years old and up

Mon & Wed	2-3 pm	Early \$178	Late \$208
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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:

- REDUCED private & semi-private lesson rate
- FREE non-USTA tennis events
- FREE Junior Turkey and In-house 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 court fee FREE to practice serves or match play. Opponents pay their share of the court unless they, too, have a Junior Pass.
 - Reserve courts in advance and play at DISCOUNTED Pass Rate.

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

