

Class Selection and Payment

Session I Session II Both Sessions

Early Registration: Received on or before May 23rd for Session I or Both Sessions and on or before June 27th for Session II.

Late Registration: Received on or after May 24th for Session I or on or after June 28th for Session II.

Little Aces/Foam Monday-Thursday Indoor Lessons

1:00-2:00
4-6 year olds
Early:\$195/Session Late:\$205/Session Both Sessions Early:\$370

Beginner-Red Monday-Thursday Indoor Lessons

1:00-2:00 2:00-3:00 3:00-4:00
Early:\$195/Session Late:\$205/Session Both Sessions Early:\$370

Advanced Beginner-Orange Monday-Thursday

1:00-2:00 3:00-4:00
Early:\$195/Session Late:\$205/Session Both Sessions Early:\$370

Green Dot Monday-Thursday

2:00-3:00 4:00-5:00
Early:\$195/Session Late:\$205/Session Both Sessions Early:\$370

Intermediate-Yellow Monday-Thursday

1:00-2:30 2:30-4:00
Early:\$293/Session Late:\$308/Session Both Sessions Early:\$555

Challenger Training Monday-Friday 11:00-12:30

Futures Training Monday-Friday 9:30-11:00

Grand Slam Training Monday-Friday 9:30-11:00

Early:\$404/Session Late:\$422/Session Both Sessions Early:\$769
Drop in cost--\$95/week or \$19/day due at start of week/class

Adult Beginner Tuesdays 6:00-7:30

Adult Adv Beginner Tuesdays 7:30-9:00

Early:\$83/Session Late:\$98/Session Both Sessions Early:\$150
Drop in cost--\$20/class

Cardio Tennis Mon/Wed/Thur 6:00-7:00pm

Buy 6 Cardio Classes at \$60! (No expiration date for Cardio Package)

Drop in cost--\$12/class 6-7pm

Adult Instruction and Cardio

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

Cardio Tennis: The popular heart pumping fitness class! All skill & fitness levels welcome. Tons of repetition and movement at your own pace to get in shape, stay in shape or work on each stroke in your game!!! Attend when your schedule allows. Simply call by 5:00 pm the day of each class to make sure you are signed up. A minimum of 4 necessary to run each class.

- Monday: 6:00-7:00 pm
- Wednesday: 6:00-7:00 pm
- Thursday: 6:00-7:00 pm

Adult Beginner Tips and Drills

(2.5-3.0 NTRP) For those just starting to play, getting back into the game, or looking to advance to the next level. 30 minutes will consist of supervised play to introduce participants to match play.

- Tuesday: 6:00-7:30 pm

Adult Advanced Beginner

(3.0-3.5 NTRP) The next step. These players are extremely interested in preparing for entry level league and tournament play. 30 minutes will consist of supervised play to prepare participants for league and tournament play.

- Tuesday: 7:30-9:00 pm

Additional Benefits of Adult Lessons at Woods

Adult Drop in Court Rate

Adult players in group or private lessons are able to get free "drop in" court time. Call the day of and if there are available courts you can challenge a friend, practice serves or use the ball machine at no cost. Free practice time!



Woods Tennis Center Junior & Adult Registration

Summer 2017

Session I: May 30 – June 30

Session II: July 5 – August 11

NO CLASSES

July 3-4 Holiday

July 7 District Championship

July 26-28 State Games

Early Registration

Session I: Received on or before May 23rd

Session II: Received on or before June 27th

Late Registration

Session I: Received on or after May 24th

Session II: Received on or after June 28th

401 South 33rd Street

402.441.7095

woodsheadpro@windstream.net

www.woodstenniscenter.com

Grand Slam, Futures, Challenger and Intermediate Classes-Yellow

Grand Slam Training

Must have prior Head Pro Approval, a USTA sectional ranking and play Missouri Valley or National tournaments.

- Monday through Thursday: 9:30-11:00
- Friday: 9.30-12.30

Futures Training

Must have prior Head Pro Approval, high level Varsity high school and junior high players with a USTA district or sectional ranking. Must play at least district level tournaments.

- Monday through Thursday: 9:30-11:00
- Friday: 9.30-12.30

Challenger Training

For High, Reserve, JV and lower level varsity players. These players should show interest in playing USTA district level tournaments.

- Monday through Thursday: 11:00-12:30
- Friday: 9.30-12.30

Intermediate: 10-14 year olds

Green and Yellow balls used on a 78' court

- Monday through Thursday 1:00-2:30
- Monday through Thursday 2:30-4:00

Additional Benefits of Lessons at Woods

Woods Junior League Play

League information regarding dates and times will be available at the beginning of summer.

All Woods players are strongly urged to participate in this fun new format. Play will be based on class and skill level.

Off Court Strength, Conditioning, Speed and Agility Training

- Tue and Thur Grand Slam/Futures training 11:00-12:00
- Tue and Thurs Challenger 10:00-11:00

We will be offering extra physical training to all players in the Grand Slam, Futures and Challenger groups. It is expected that everyone in these groups take advantage of this great opportunity to become better athletes and players. Cost is included in the price of lessons.

Junior Tournament Supervision

Again, this year we will make every attempt to have a coach attend district level tournaments when Woods students are participating. The cost for this is included in the price of lessons. Overnight trip costs will be shared by participants. A calendar with tournaments staff are planning to attend will be available at the start of summer.

Singles Challenge Ladder-Match Play Opportunities

Players from all class levels will be able to participate in match play every day during open court time outside of their class. Take what you learn in lessons and put it to work in a competitive setting. This court time is included in the price of lessons.

Green Dot, Advanced Beginner-Orange, Beginner-Red and Little Aces-Foam (Youth Pathway)

Advanced Beginner, Beginner and Little Aces classes all utilize the [Youth Pathway](#) Guidelines. Youth Pathway 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.

Green Dot: 8-15 years old

The perfect class for High School and Junior High players new to tennis, and the step up from Advanced Beginner.

- Green balls on a 78' court and 26"+ racquet
- Monday through Thursday 2:00-3:00
- Monday through Thursday 4:00-5:00

Advanced Beginner/Orange: 7-14 years old

Orange balls on a 60' court and 25" racquet

- Monday through Thursday 1:00-2:00
- Monday through Thursday 3:00-4:00

Beginner/Red: 7 – 11 years old (Indoor Lesson)

Red Balls on a 36' court and 23" racquet or smaller

- Monday through Thursday 1:00-2:00
- Monday through Thursday 2:00-3:00
- Monday through Thursday 3:00-4:00

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

Foam balls on a 36' court and 21" racquet or smaller

- Monday through Thursday 1:00-2:00 (4-6 yr olds)

Play Days

Friday 12:30-3:00 pm

The ability to play matches in a fun, non-competitive environment is just as important for younger players' development as it is the older ones.

We run free supervised *Play Days* every Friday for players in all levels of lessons. Come in and put into play what you are practicing.

Scholarship Opportunities

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

Junior Drop in Court Rate

Junior players in regular lessons are able to get free "drop in" court time. Call the day of and if there are available courts you can challenge a friend, practice serves or use the ball machine at no cost.

Contact Info & Waiver

Participant Name: _____

Parent Name (if Junior): _____

Birthdate: _____

Address: _____

Phone: _____

Emergency phone: _____

Email: _____

For Office Use ONLY:

Payment Type: Cash _____ Credit _____ Check _____

Employee _____ Date _____ Amt Paid: _____

Confirmed Further Action _____

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: _____

Complete this form for each participant and drop it off or mail to:

Woods Tennis Center
401 South 33rd St
Lincoln, NE 68510

Checks made payable to:
Woods Tennis Center