



Developing junior athletes is a science. There are many factors that can influence junior development, both positively and negatively. The Mielke Golf Junior Academy, developed by PGA Director of Instruction Jonathan Mielke, is designed around key factors of development and the curriculum is based on long-term athletic development.

The true benefit of the academy is to develop the junior athlete's love for the game and the physical activity. You'll see it through the smiles, laughter and determination. That's what sets this program apart from others.

Teaching Philosophy

To provide a fun, exciting and challenging avenue that guides and develops junior golfer's skill while coaching life lessons through the game of golf. Through long-term athletic development programs, juniors will develop the necessary fundamental movement, athletic and essential golf skills while building a lifetime love for the game.

Facility Information

Oak Hills features an 18-hole golf course, covering more than 120 acres. We have more than 18,000 square feet of practice greens and state-of-the-art technology to record, track and analyze your swing, ball flight and putting stroke.

Oak Hills prides itself on being a family-oriented Club, and our junior play reflects our commitment to provide a family atmosphere. With weekday and weekend play options based on ages and skill level, junior players have the ability to get real time on the course.



12325 Golfing Green Drive
Omaha, NE 68137
402.895.3636
oakhillscountryclub.org

About Jonathan Mielke

Jonathan Mielke is one of the leading experts in golf instruction today and is among a select few in the country certified to diagnose and correct swing flaws related to an underlying physical or mental cause. His knowledge of swing biomechanics, human motion and tour experience, along with his energy and enthusiasm allows students to find their most efficient manner in which to swing the club.

Mielke is a PGA Class "A" Teaching Professional, a US Kids Top 50 Teacher and certified instructor, with additional certifications from the Titleist Performance Institute (TPI).

Mielke's design and implementation of the Mielke Golf Junior Academy at Oak Hills Country Club has broken new ground and shed light upon the development of junior golfers through his approach to Long Term Athletic Development (LTAD).



Screenings

The screening process will test the junior's golf skills, sport skills, locomotion, speed, coordination, mobility, stability and physical abilities. After the screening process, juniors will be placed into one of the four levels to allow them to correctly progress while having fun and finding a love for the game.

Each athlete will perform a series of tests that are graded with a pass/not passed score. The total number of passed proficiencies will determine their developmental level. Each child, regardless of their chronological age, must go through the screening process to optimize their academy experience. There's no cost for the screening.

Saturday, May 7 | 1 to 2:30 p.m.

Saturday, May 14 | 1 to 2:30 p.m.

Sunday, May 15 | 1 to 2:30 p.m.

Academy Levels

Level 1. Launch (L Division)

Session 1: 8:30 to 9:10 a.m.

Thursdays, June 2, 9, 16, 23

On-course

Session 2: 9:30 to 10:10 a.m.

Thursdays, June 2, 9, 16, 23

7:30 or 9 a.m. shotgun | June 3, 10, 17, 24

Level 2. Implement (I Division)

Session 1: 8-9 a.m.

Tuesdays, May 31, June 7, 14, 21

On-course

Session 2: 9:15 to 10:15 a.m.

Tuesdays, May 31, June 7, 14, 21

8 a.m. shotgun | June 3, 10, 17, 24

Session 3: 10:30 to 11:30 a.m.

Tuesdays, May 31, June 7, 14, 21

Level 3. Engage (E1 Division)

Session 1: 11 a.m. to 12 p.m.

Wednesdays, June 1, 8, 15, 22

On-course

Session 2: 1 to 2 p.m.

Wednesdays, June 1, 8, 15, 22

8:15 a.m. shotgun | June 2, 9, 16, 23

Level 4. Elite (E2 Division)

Session 1: 2:15 to 3:15 p.m.

Wednesdays, June 1, 8, 15, 22

On-course

8:15 a.m. shotgun | June 2, 9, 16, 23

Closing Ceremony

Wednesday, June 29 from 6 to 7:30 p.m.

Academy Cost

	Summer Program <i>(month of June)</i>	Year-round Program <i>(except June)</i>
Golf Members	\$115 per child	\$25 per session per child
Social Members	\$165 per child	\$25 per session per child
Non Members	\$200 per child	\$25 per session per child

Private Lessons

Junior lessons
Age 15 and under

30-minute session
Includes video analysis and launch monitor (weather permitting)

\$45 each

Junior Golf

Jonathan Mielke, PGA Director of Instruction

402-895-3636, ext. 216

480-221-6227

jmielke@oakhillsomaha.com

Golf Shop

402-895-3636, ext. 210

proshop@oakhillsomaha.com

Club Office

402-895-3636

admin@oakhillsomaha.com



The Tennis Facility at Oak Hills Country Club features four, lighted hard courts and has become a popular feature for Club members.

From youth clinics to lessons, to adult leagues and events, the tennis program at Oak Hills has something for players of all skills. Whether you're looking for a competitive game or just a lil' fun, you'll find it at the Club's facility.

In 2014, the Club resurfaced all four courts to U.S. Open standard blue hard courts with white lines and green out of bounds. Located next to the pool, the courts provide players access to food and other services.

Teaching Philosophy

The Tennis staff at Oak Hills aim to create a fun atmosphere for learning the sport. We believe lessons and clinics should be instructive, yet enjoyable. Drills are always organized and safe to ensure each player is getting attention. We always end with a game so players are left wanting more.

Facility Information

When the nets are up, the courts are open for play. The court lights will shut off at 11 p.m. each night. Tennis staff is available most days from 9 a.m. to 5 p.m. during the summer season.

Courts will be completely booked during the following days and times in June and July due to clinics or league play:

- Mondays, 9 to 11:15 a.m. and 6:30 to 8:30 p.m.
- Tuesdays, 9:15 a.m. to 2 p.m.
- Thursdays, 9:15 a.m. to 2 p.m. and 6:30 to 8:30 p.m.
- Fridays, 9 to 9:45 a.m. and 12 to 3 p.m. (when hosting Interclub)
- Saturdays, 9 a.m. to 12 p.m.



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About Tom Lilly

Since 1997, Tom Lilly has been the head coach of both Creighton's women's and men's tennis programs. He began his Creighton career as a player, redshirting one season and later served three years as an assistant coach for both teams.

Lilly has more than 350 coaching victories during his campaign coaching both men's and women's tennis. As a player, Lilly racked up 128 victories. He was the team's captain in his final two seasons and was voted the Most Valuable Player as a junior. He graduated from Creighton in 1993 with a degree in theology.

Lilly is married to former Bluejay tennis player Jean (Fougeron) Lilly, who serves as the assistant coach for the women's squad. The couple has two children. Tom has been with Oak Hills Country Club since 1994.

Tennis Clinics

4 to 6 years olds

First Session: June 6	Mondays and Fridays, 9 to 9:45 a.m.	\$60 per child
Second Session: July 11	Mondays and Fridays, 9 to 9:45 a.m.	\$60 per child

7 to 9 years olds

First Session: June 7	Tuesdays and Thursdays, 10:15 to 11:15 a.m.	\$80 per child
Second Session: July 5	Tuesdays and Thursdays, 10:15 to 11:15 a.m.	\$80 per child

10 to 12 years olds

First Session: June 7	Tuesdays and Thursdays, 9:15 to 10:15 a.m.	\$80 per child
Second Session: July 5	Tuesdays and Thursdays, 9:15 to 10:15 a.m.	\$80 per child

12 to 14 years olds

First Session: June 7	Tuesdays and Thursdays, 11:15 a.m. to 12:15 p.m.	\$80 per child
Second Session: July 5	Tuesdays and Thursdays, 11:15 a.m. to 12:15 p.m.	\$80 per child

High School Players

First Session: June 7	Tuesdays and Thursdays, 1 to 2 p.m.	\$80 per child
Second Session: July 5	Tuesdays and Thursdays, 1 to 2 p.m.	\$80 per child

Adults

Beginners: May 28 to Aug. 27	Saturdays, 9 to 10 a.m.	\$11 per adult
Intermediate: May 28 to Aug. 27	Saturdays, 10 to 11 a.m.	\$11 per adult
Advanced: May 28 to Aug. 27	Saturdays, 11 a.m. to 12 p.m.	\$11 per adult

Private Lessons

Private with Pro	60-minute lesson	\$60 each
Semi Private with Pro	60-minute lesson	\$30 each
Private with Asst. Pro	60-minute lesson	\$30 each

League Play

Children	Mondays, 10:15 to 11:15 a.m.	\$6 per day
Men	Mondays, 6:30 to 8:30 p.m.	\$7 per day
Women	Thursdays, 6:30 to 8:30 p.m.	\$7 per day

Non-member Fees

Non-member children are able to take lessons and participate in the summer clinics for an additional \$10 per child per session.

Tennis Ball Machine

A tennis ball machine is available for rental during the summer season by appointment. Cost is \$5 per every 30 minutes. Contact the Tennis Office to reserve a time.

Contact Us

Tennis Office

Tom Lilly, Head Tennis Professional
402-895-3636, ext. 260
tennis@oakhillsomaha.com
thomaslilly@creighton.edu

Club Office

402-895-3636
admin@oakhillsomaha.com



Relax and enjoy Nebraska's warm summer days lounging pool side. Featuring a six-lane, heated pool, the facility also has a wading pool, men's and women's locker rooms, a full-service concession stand and access to the tennis courts.

Oak Hills also offers an amazing junior swim program featuring group and private swim lessons, as well as a competitive swim team, The Olympians.

From rousing games of Marco Polo, to relaxing with an umbrella-friendly drink, the Pool at Oak Hills is bound to be a favorite spot for the whole family.

Teaching Philosophy

Our aim is to teach children to swim in a positive, safe and caring environment. Each child brings with them different emotional and developmental abilities. We recognize these differences and develop each lesson with this in mind. The swim staff works to build each child's self-esteem, confidence and love of swimming.

Facility Information

- The Pool is open from Memorial Day through Labor Day, Monday through Sunday from 11 a.m. to 8:30 p.m.
 - For the pool to open, the air temperature must be at least 67 degrees. Management will evaluate the temperature twice a day, once at 10 a.m. for a 11 a.m. opening and once at 2 p.m. for a 3 p.m. opening.
 - If normal hours need to be temporarily changed for any reason, members will be notified via Facebook and the revised hours will be posted at the Pool.
- The Pool will be closed at 3 p.m. when swim meets are scheduled at the Club, unless otherwise posted.



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About Rich Hood

For more than 30 years, Rich Hood has been the head swim coach at Burke High School, the longest in school history. Throughout his career, Hood has coached more than 50 All-American athletes and 19 swim state champions.

Hood is an active member of the swim community through his roles in leadership at the local, state and national levels, including the National Interscholastic Swimming Coaches Association (NISCA) president from 1995-1997 and a member of the USA Olympic Swim Trials Organizing Committee in 2008, 2012 and 2016. In March 2015, Hood was inducted into the National Interscholastic Swimming Coaches Association hall of fame.

Hood's passion for swimming and water safety is evident throughout his career and volunteer work. Hood has been the Aquatics Director at Oak Hills Country Club since 2014.

Swim Lessons

Oak Hills follows the swim levels set by the American Red Cross, Levels 1-6.

Level 1 Introduction of Water Skills **Level 3** Stroke Development **Level 5** Stroke Refinement
Level 2 Fundamental Aquatic Skills **Level 4** Stroke Improvement **Level 6** Swimming and Skill Proficiency

Session 1

June 6 through June 17	Monday through Thursday, 10 to 10:30 a.m.	\$45 per child
June 6 through June 17	Monday through Thursday, 10:35 to 11:05 a.m.	\$45 per child

Session 2

June 20 through July 1	Monday through Thursday, 10 to 10:30 a.m.	\$45 per child
June 20 through July 1	Monday through Thursday, 10:35 to 11:05 a.m.	\$45 per child

Session 3

July 11 through July 22	Monday through Thursday, 10 to 10:30 a.m.	\$45 per child
July 11 through July 22	Monday through Thursday, 10:35 to 11:05 a.m.	\$45 per child

Private Lessons

30-minute session	Flexible days and times available	\$21 per child per session
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Swim Team — The Olympians

The Swim Team competes in the Omaha Swim and Dive league with five other local country clubs: Champions Run, The Field Club of Omaha, Happy Hollow Club, The Players Club at Deer Creek and Shadow Ridge. Swim meets will rotate between the six clubs and are on Wednesdays at 6 p.m. A full schedule of swim meets is available.

Begins May 31 through July 15. Preliminaries and Finals are July 11 and 12.

Ages 10 and under	Monday through Thursday, 9 to 10 a.m.	\$95 per child
Ages 11 and older	Monday through Thursday, 8 to 9 a.m.	\$95 per child

Cost includes six-week instruction & swim team shirt and cap

Swim Team Clinics

Butterfly	June 6 or June 7, 6:30 to 7:30 p.m.	\$10 per child
Backstroke	June 13 or June 14, 6:30 to 7:30 p.m.	\$10 per child
Breaststroke	June 20 or June 21, 6:30 to 7:30 p.m.	\$10 per child
Freestyle	June 27 or June 28, 6:30 to 7:30 p.m.	\$10 per child

Non-member Fees

Non-member children are able to take lessons and participate in the summer clinics for an additional \$10 per child per session.

Contact Us

Pool Office

Rich Hood, Director of Aquatics
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Club Office

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