

# 2023

KEY DATES | SWIM | TOURNAMENTS  
FAMILY FUN | PICKLEBALL | POOL  
TENNIS | CAMPS

W A M C L U B S

*Endless Summer*

PROGRAM  
GUIDE





# Details

- Registration begins April 10 @ 11am
- All programs must be paid in full at the time of registration
- Nonmember participation in TENNIS LESSONS ONLY
  - Nonmember registration opens April 24
  - 40% rate increase from the listed fee
  - Nonmember & Health member tennis lesson openings contingent on availability as of April 24

REGISTER @  
WAMCLUBS.COM  
OR  
WAMCLUBS  
APP



## Cancellations

- We require program cancellations to be made at least 7 days in advance
- No Credits or make-up classes for absences
- Registration is non-transferable
- All program cancellations must be submitted in writing via cancellation form.

**Forms available @ service desk.**







*West Hills*

## ANNUAL TEAM TENNIS TOURNAMENT JULY 28-29

This fun, semi-competitive tournament that consists of Women's Doubles, Men's Doubles and Mixed Doubles.

Sign up as a team or individually and we will place you  
8 Players per team | 4 Men, 4 Women

More information to come!

Registration for the tournament will begin in July.

*West Hills*

## ANNUAL PICKLEBALL IS GREAT TOURNAMENT JULY 21-23

SAVE THE DATE! More information to come!

**REGISTER @  
WAMCLUBS.COM  
OR  
WAMCLUBS APP**





# SUMMER AT

## *Mountain Park*

### SUMMER UTR TOURNAMENTS

- Tournaments held once a month in June July and August
- Dates TBD
- Stay up to date by going to [MyUTR.com](https://MyUTR.com)

### ANNUAL *SUMMER SLAM* & ICE CREAM SOCIAL

JUNE 24-26

- UTR Tournament
- Pro exhibition matches under the lights!
- Ice cream sundaes & pro match - June 26



# Junior Tennis West Hills

SESSION	DAY	LEVEL	TIME	FEE
JUNE 19-22	MON-THURS	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
June 26-29	MON-THURS	GREEN BALL	9-3p	\$550
		YELLOW BALL	9-3p	\$550
July 10-13	MON-THURS	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
JULY 17-20	MON-THURS	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
July 24-27	MON-THURS	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
July 31-Aug 3	MON-THURS	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
Aug 7-10	MON-THURS	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
AUG 14-17	MON-THURS	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
MONTHLY LESSONS				
July	Sunday 9,16,23,30	ORANGE BALL	12-1p	\$100
		GREEN BALL	1-2p	\$100
August	Sunday 6,13,20,27	ORANGE BALL	12-1p	\$100
		GREEN BALL	1-2p	\$100

\* Nonmembers & Health members incur 40% rate increase

## RED

Adaptive court and equipment, fun games and drills for coordination and physical development, social skills and exercise. Our focus is to make tennis enjoyable, while starting to develop skills that will help them improve as they grow. Grips, footwork patterns, and basic swing paths are introduced.

21"- 23" racquets required. Ages 4-7

## ORANGE

The orange ball is 50% of the inflation of a standard yellow tennis ball, which means it will bounce half as high as a standard tennis ball. This three hour lesson offers skill development, basic strategies, and match play procedures. This allows them to hit more balls, and develop better strokes and technique. 23"- 26" racquet required. Ages 7-12

## GREEN

The green dot ball is 75% of the inflation of a standard yellow tennis ball. This ball begins to move quicker through the court and bounce a little higher, but still manageable for kids. These juniors are developing grip and swing path fundamentals, and show confidence with beginning skills. 24"-26" racquet recommended. Ages 8-14

## YELLOW

This is a standardized tennis ball that is inflated 100%. Once your child's technique has been set up through the orange and green dot ball, transitioning into the yellow ball is much easier. Improving stroke techniques, constructing points, and match play strategies are the focus for intermediate and advanced juniors.

24"-26" racquet recommended. Ages 9-14

## SATELLITE

These players have their tennis foundation well established (splits steps, ready positions, grips and stroke techniques), and now can focus on point play and strategies. This group can look ahead to JTT and high school tennis competition.

**REGISTER @**  
**WAMCLUBS.COM**  
**OR**  
**WAMCLUBS APP**



# Adult Tennis West Hills

REGISTER @  
WAMCLUBS.COM  
OR  
WAMCLUBS APP

## CARDIO TENNIS | 3.0 +

Cardio tennis is a fun fast paced tennis class taught with music. It involves mostly doubles drills with running and limited instruction. We work on your movement, balance, and endurance. This is a great workout!

## TENNIS 101 | BEGINNERS

Tennis for beginners and those coming back to the game.

## TENNIS NOW | 2.0

For the player who is getting back into tennis after years of time off. If you have taken Tennis Now classes and feel you are ready for the next level, this class is for you. This player should be able to rally 4 to 5 shots, have knowledge of all the strokes, and should be able to understand basic doubles strategy.

## STROKES AND DOUBLES PLAY | 2.5

Enjoy fast-paced drills to improve your technique, footwork, shot selection and strategy. Expect a great workout!

## SINGLES DRILLS AND STRATEGY

Learn the finer points of singles play. Singles tactics, strategies, and learning how to maximize your strengths in match play are the focus, along with a great workout.

## DOUBLES DRILLS

Learn the finer points of doubles play. Practice drills that repeat shot sequence and placement that will give you greater confidence in your match play.

## ADULT CAMP | 2.5-4.5

Adult camps are open to levels 2.5-4.5. Players are placed in groups of 4 at their ability level. Focus will be on doubles movement, strategy, and shot selection. Players may sign up with or without a partner/groups of 4!

SESSION	DAY	TIME	FEE
<b>CARDIO TENNIS</b>			
JUNE 1-30	Wed	7-8:15p	\$94
JULY 1-31 *No class July 5	Wed	7-8:15p	\$71
AUG 1-27	Wed	7-8:15p	\$94
<b>TENNIS NOW 2.0 BEGINNERS</b>			
JUNE 1-30	Tu	10:15-11:30a	\$104
	Wed	5:45-7p	\$104
JULY 1-31 *No class July 4,5	Tu	10:15-11:30a	\$78
	Wed	5:45-7p	\$78
AUG 1-27	Tu	10:15-11:30a	\$104
	Wed	5:45-7p	\$104
<b>STROKES AND DOUBLES PLAY 2.5</b>			
JUNE 1-30	Wed	5:45-7p	\$104
JULY 1-31 *No class July 5	Wed	5:45-7p	\$78
AUG 1-27	Wed	5:45-7p	\$104
<b>Tennis Now 1.5 -2.0</b>			
JUNE 1-30	Sun	8-9a	\$84
JULY 1-31	Sun	8-9a	\$105
AUG 1-27	Sun	8-9a	\$84
<b>DOUBLES PATTERNS 3.5</b>			
JUNE 1-30	Thu	7-8:15p	\$130
JULY 1-31	Thu	7-8:15p	\$104
AUG 1-27	Thu	7-8:15p	\$104
<b>SINGLES DRILLS AND STRATEGY</b>			
JUNE 1-30	Thu	5:45-7p	\$130
JULY 1-31	Thu	5:45-7p	\$104
AUG 1-28	Thu	5:45-7p	\$104
<b>ADULT CAMP</b>			
JUNE 5,6,7	Mon-Wed	9-11:30a	\$156
Aug 21,22,23	Wed	City league F G 9-11:30	\$156
Aug 21,22,23	Wed	City league B, C, E 11:30-2	\$156

\* Nonmembers & Health members incur 40% rate increase



SESSION	DAY	LEVEL	TIME	FEE	PRO
JUNE 19-22	MON-THURS	RED Ball	3:30-4:15p	\$45	MA
		ORANGE Ball	10:15-11:45a	\$120	CG
		ORANGE Ball	4:30-5:45p	\$90	MC
		GREEN Ball	10:15-11:45a	\$120	MC
		GREEN Ball	4:30-5:45p	\$90	AP
		Futures	12-1:30p	\$120	HO
		Satellite	4:30-6p	\$120	HO
		Performance	1:30-3p	\$120	TBD
		High Performance	12-1:30p	\$120	TBD
June 26-29	MON-THURS	RED Ball	3:30-4:15p	\$45	MA
		ORANGE Ball	10:15-11:45a	\$120	CG
		ORANGE Ball	4:30-5:45p	\$90	MC
		GREEN Ball	10:15-11:45a	\$120	MC
		GREEN Ball	4:30-5:45p	\$90	AP
		Futures	12-1:30p	\$120	HO
		Satellite	4:30-6p	\$120	HO
		Performance	1:30-3p	\$120	TBD
		High Performance	12-1:30p	\$120	TBD
July 10-13	MON-THURS	RED Ball	3:30-4:15p	\$45	MA
		ORANGE Ball	10:15-11:45a	\$120	CG
		ORANGE Ball	4:30-5:45p	\$90	MC
		GREEN Ball	10:15-11:45a	\$120	MC
		GREEN Ball	4:30-5:45p	\$90	AP
		Futures	12-1:30p	\$120	HO
		Satellite	4:30-6p	\$120	HO
		Performance	1:30-3p	\$120	TBD
		High Performance	12-1:30p	\$120	TBD
JULY 17-20	MON-THURS	RED Ball	3:30-4:15p	\$45	MA
		ORANGE Ball	10:15-11:45a	\$120	CG
		ORANGE Ball	4:30-5:45p	\$90	MC
		GREEN Ball	10:15-11:45a	\$120	MC
		GREEN Ball	4:30-5:45p	\$90	AP
		Futures	12-1:30p	\$120	HO
		Satellite	4:30-6p	\$120	HO
		Performance	1:30-3p	\$120	TBD
		High Performance	12-1:30p	\$120	TBD
July 24-27	MON-THURS	RED Ball	3:30-4:15p	\$45	MA
		ORANGE Ball	10:15-11:45a	\$120	CG
		ORANGE Ball	4:30-5:45p	\$90	MC
		GREEN Ball	10:15-11:45a	\$120	MC
		GREEN Ball	4:30-5:45p	\$90	AP
		Futures	12-1:30p	\$120	HO
		Satellite	4:30-6p	\$120	HO
		Performance	1:30-3p	\$120	TBD
		High Performance	12-1:30p	\$120	TBD

July 31-Aug 3	MON-THURS	RED Ball	3:30-4:15p	\$45	MA
		ORANGE Ball	10:15-11:45a	\$120	CG
		ORANGE Ball	4:30-5:45p	\$90	MC
		GREEN Ball	10:15-11:45a	\$120	MC
		GREEN Ball	4:30-5:45p	\$90	AP
		Futures	12-1:30p	\$120	HO
		Satellite	4:30-6p	\$120	HO
		Performance	1:30-3p	\$120	TBD
		High Performance	12-1:30p	\$120	TBD
Aug 7-10	MON-THURS	RED Ball	3:30-4:15p	\$45	MA
		ORANGE Ball	10:15-11:45a	\$120	CG
		ORANGE Ball	4:30-5:45p	\$90	MC
		GREEN Ball	10:15-11:45a	\$120	MC
		GREEN Ball	4:30-5:45p	\$90	AP
		Futures	12-1:30p	\$120	HO
		Satellite	4:30-6p	\$120	HO
		Performance	1:30-3p	\$120	TBD
		High Performance	12-1:30p	\$120	TBD
AUG 14-17	MON-THURS	RED Ball	3:30-4:15p	\$45	MA
		ORANGE Ball	10:15-11:45a	\$120	CG
		ORANGE Ball	4:30-5:45p	\$90	MC
		GREEN Ball	10:15-11:45a	\$120	MC
		GREEN Ball	4:30-5:45p	\$90	AP
		Futures	12-1:30p	\$120	HO
		Satellite	4:30-6p	\$120	HO
		Performance	1:30-3p	\$120	TBD
		High Performance	12-1:30p	\$120	TBD
Aug 21-24	MON-THURS	RED Ball	3:30-4:15p	\$45	MA
		ORANGE Ball	10:15-11:45a	\$120	CG
		ORANGE Ball	4:30-5:45p	\$90	MC
		GREEN Ball	10:15-11:45a	\$120	MC
		GREEN Ball	4:30-5:45p	\$90	AP
		Futures	12-1:30p	\$120	HO
		Satellite	4:30-6p	\$120	HO
		Performance	1:30-3p	\$120	TBD
		High Performance	12-1:30p	\$120	TBD

\* Nonmembers & Health members incur 40% rate increase

# Junior Tennis Mountain Park

REGISTER @  
WAMCLUBS.COM  
OR  
WAMCLUBS APP

## RED

Adaptive court and equipment, fun games and drills for coordination and physical development, social skills and exercise. Our focus is to make tennis enjoyable, while starting to develop skills that will help them improve as they grow. Grips, footwork patterns, and basic swing paths are introduced.

21" - 23" racquets required. Ages 4-7

## ORANGE

The orange ball is 50% of the inflation of a standard yellow tennis ball, which means it will bounce half as high as a standard tennis ball. This three hour lesson offers skill development, basic strategies, and match play procedures. This allows them to hit more balls, and develop better strokes and technique.

23" - 26" racquet required. Ages 7-12

## GREEN

The green dot ball is 75% of the inflation of a standard yellow tennis ball. This ball begins to move quicker through the court and bounce a little higher, but still manageable for kids. These juniors are developing grip and swing path fundamentals, and show confidence with beginning skills.

24"-26" racquet recommended. Ages 8-14

## FUTURES / HS FUTURES

Players will begin to progress from the green dot to the yellow ball. Green dot balls are used as needed for specific skill development. This group continues to solidify stroke techniques, and patterns of play. Practice outside of class and JTT encouraged. Ages 9-14

## HS SATELLITE

These players have their tennis foundation well established (splits steps, ready positions, grips and stroke techniques), and now can focus on point play and strategies. This group can look ahead to JTT and high school tennis competitions. Ages 11-16

## PERFORMANCE

Grips, stroke techniques, footwork and movement, and positive energy are consistent characteristics displayed on and off the court. A willingness to listen and implement coaching is expected. JTT and USTA entry-level tournament play, practice outside of class, and/or private lessons is expected. Pro staff will determine appropriate age and skill level.

## HIGH PERFORMANCE

This group is for the player who focuses on tennis as their sport. A positive attitude, consistent work ethic, and willingness to be coached is expected. Consistent USTA intermediate & advanced tournament play, practice outside of class and/or private lessons is expected. Pro staff will determine appropriate age and skill level.

\* Invitational group =  
registration by pro  
class

minimum of 5  
participants to hold

SESSION	DAY	TIME	FEE	PRO
<b>CARDIO TENNIS</b>				
JUNE 12-24	Sat	8-9am	\$30	CG
JULY 1-31	Sat	8-9am	\$75	CG
AUG 1-27	Sat	8-9am	\$60	CG
<b>TENNIS NOW 101</b>				
JUNE 12-30	Mon	5:45-7pm	\$75	MK
	Wed	10:15-11:30am	\$75	MA
	Wed	5:45-7pm	\$75	MC
	Sat	9-10am	\$40	CG
JULY 1-31 *No class July 4	Mon	5:45-7pm	\$125	MK
	Wed	10:15-11:30am	\$75	MA
	Wed	5:45-7pm	\$75	MC
	Sat	9-10am	\$100	CG
AUG 1-27	Mon	5:45-7pm	\$75	MK
	Wed	10:15-11:30am	\$100	MA
	Wed	5:45-7pm	\$100	MC
	Sat	9-10am	\$80	CG
<b>Tennis Now 201</b>				
JUNE 12-30	Tue	6-7:15pm	\$75	HO
	Thu	9-10:15am	\$75	MA
	Sat	10-11am	\$60	CG
JULY 1-31 *No class July 4	Tu	6-7:15pm	\$75	HO
	Thu	9-10:15am	\$100	MA
	Sat	10-11am	\$100	CG
AUG 1-27	Tu	6-7:15pm	\$125	HO
	Thu	9-10:15am	\$125	MA
	Sat	10-11am	\$80	CG
<b>Tennis Now 301</b>				
JUNE 12-30	Tu	10:15-11:30am	\$75	MA
	Thu	5:45-7pm	\$75	MK
JULY 1-31 *No class July 4	Tu	10:15-11:30am	\$75	MA
	Thu	5:45-7pm	\$75	MK
AUG 1-27	Tu	10:15-11:30am	\$75	MA
	Thu	5:45-7pm	\$75	MK
<b>The Move Class</b>				
JUNE 12-30	Thu	7-8:15pm	\$75	GS
JULY 1-31 *No class July 4	Thu	7-8:15pm	\$75	GS
AUG 1-27	Thu	7-8:15pm	\$75	GS

Minimum of 5 registrants to hold class

SESSION	DAY	LEVEL	TIME	M/W/C	PRO	June	July	Aug
<b>STROKES AND STRATEGY</b>								
JUNE 12-30	Thu	2.5/3.0	6-7pm	Co-Ed	GS	\$60	\$80	\$100
	Fri	2.5/3.0	10:15-11:30am	Co-Ed	MA	\$75	\$100	\$100
	Mon	3.0/3.0+	9-10:15am	Women	HO	\$75	\$125	\$100
	Tu	3.0/3.5	5:45-7pm	Co-Ed	AP	\$75	\$100	\$125
	Thu	3.0/3.5	10:15-11:30am	Co-Ed	MK	\$75	\$100	\$125
	Thu	3.0/3.5	6-7:15pm	Co-Ed	HO	\$75	\$100	\$125
	Mon	3.5/4.0	6-7:15pm	Men	HO	\$75	\$125	\$100
	Thu	3.5/4.0	7-8:15pm	Men	AP	\$75	\$100	\$125
	Mon	4.0/4.5	7:15-8:30pm	Women	HO	\$75	\$100	\$100
JULY 1-31 *No class July 4	See June Schedule							
AUG 1-27	See June Schedule							

# Adult Tennis Mountain Park

## TENNIS NOW | 101

Cardio tennis is a fun fast paced tennis class taught with music. It involves mostly doubles drills with running and limited instruction. We work on your movement, balance, and endurance. This is a great workout!

## TENNIS NOW | 201

Tennis for beginners and those coming back to the game.

## TENNIS NOW | 301

For the player who is getting back into tennis after years of time off. If you have taken Tennis Now classes and feel you are ready for the next level, this class is for you. This player should be able to rally 4 to 5 shots, have knowledge of all the strokes, and should be able to understand basic doubles strategy.

## STROKES AND STRATEGY | 3.0-3.5

Enjoy fast-paced drills to improve your technique, footwork, shot selection and strategy. Expect a great workout!

## THE MOVE CLASS

Learn the finer points of singles play. Singles tactics, strategies, and learning how to maximize your strengths in match play are the focus, along with a great workout.

**REGISTER @  
WAMCLUBS.COM  
OR  
WAMCLUBS APP**

**\* Nonmembers & Health members  
incur 40% rate increase**



# Pickleball | WH

CLINIC FEES:  
\$19 PER CLINIC  
PER PERSON

## LEARN TO PLAY DOUBLES CLINICS 8 PLAYERS MAX

- JUNE: 6, 8, 13, 15, 20, 22 | TU|TH 8:45am-9:45am
- JULY: 6th | THURSDAY 8:45am-9:45am
- JULY: 14, 21, 28 | FRIDAYS 8:45-9:45am

## DOUBLES CLINIC 3.0-3.5 8 PLAYERS MAX

- JUNE: 7, 14, 21 | WEDNESDAYS 8:45AM-9:45AM
- JULY: 7, 28 | FRIDAYS 8:45-9:45AM
- AUGUST: 16, 23 | WEDNESDAYS 8:45-9:45AM

## JUNIOR LEARN TO PLAY 8 PLAYERS MAX

- JUNE: 10 | SATURDAY 10AM-11AM
- JUNE: 22 | THURSDAY 11:30AM-12:30AM
- JULY: 8, 15, 22 | SATURDAYS 10AM-11AM
- AUGUST: 5, 12, 19 | SATURDAYS 10AM-11AM

## DROP IN PLAY – BEGINS JUNE 1

- BEGINNER|INTERMEDIATE | TUE|THUR 8-11:30AM
- INTERMEDIATE|ADVANCED | MON|WED 8AM-11:10AM
- ADVANCED COMPETITIVE PLAY | TUE|THUR 5:45PM-8:15PM
- ALL LEVELS | SAT|SUN 8AM-11:30AM

\*NO CHARGE FOR DROP IN PLAY

REGISTER @  
WAMCLUBS.COM  
OR  
WAMCLUBS APP

### LEARN TO PLAY CLINIC

Never played pickleball before? Join Pro Brian for this weekly clinic. Learn technique, strategy and rules of play. A great way to learn and improve your game. Come see what all the fun is about.

### JUNIOR LEARN TO PLAY

Is your child interested in improving their tennis game with pickleball? Learn technique, strategy and rules of play. Come see what all the fun is about! 8 -14 year olds.

### DOUBLES CLINIC

For 3.0-3.5 to intermediate players, the focus of this clinic, becoming consistent with doubles strategies/teamwork including third drop shot (long, long, short).

### DROP IN PLAY

Looking to connect with other pickleball enthusiasts? This is the program for you. Show up ready to meet new players and have some fun.

\*no sign up required

PRIVATE AND PRIVATE GROUP LESSONS AVAILABLE! Contact [Brian.Loomis@wamclubs.com](mailto:Brian.Loomis@wamclubs.com)

# SUMMER FITNESS

*West Hills*

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All classes are 10-11am and held in the outside courtyard next to the weight training floor.

## Boot Camp

Come ready to sweat! You'll experience a total body workout, adaptable to all fitness levels. Please bring a water bottle.

June 10 | July 8 | August 12

## Yoga

Experience a total body workout with focus on proper alignment, mindfulness, and connecting movement with breath.

Please bring a yoga mat and water bottle.  
(Mats will be provided as needed).

June 24 | July 22 | August 19



Register by emailing:  
[holly.howard@wamclubs.com](mailto:holly.howard@wamclubs.com)



# SWIM



JUMP IN

JUMP IN

JUMP IN

JUMP IN

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**JUMP IN**

JUMP IN

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***LIFEGUARDED OPEN SWIM BEGINS SATURDAY, MAY 6TH!***

Open Swim: May 6th – June 18th (weekends only)

Summer pool schedule & swim programs begin : **June 19th**

TO VIEW OUR MOST RECENT POOL SCHEDULE, VISIT OUR WEBSITE  
**[WAMCLUBS.COM/SWIM](http://WAMCLUBS.COM/SWIM)**

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# Adult Aquatics

Aqua Exercise

Monday | Wednesday | Friday

11am– 12pm

June 19 – September 1

We invite you to join our wonderful aquatic exercise group every Monday/Wednesday/Friday. Get ready for a dynamic, fun, and energetic workout in the gem of West

Hills– our outdoor pool! This class is excellent for anyone looking for a low-impact workout.

Come join us for a rehabilitative hour of beneficial exercise!

\*No sign up necessary





# WAVES SWIM TEAM

Season | June 26th – August 4th

Monday – Friday

9:30–10:15a or 10:15a–11:00a

Fee: \$250

\*Placement on squad/time is determined by Waves Coaches after assessment of 1st trial.

## Squad Placement and Pizza Party

Saturday, June 10th at 2:00pm

Please arrive on time and ready to jump in the pool!

## Details

Our youth Waves Swim Team is the perfect way to enjoy the summer and be part of a fun and competitive program that focuses on improving stroke technique, building endurance while developing our student-athletes overall swimming skills in a positive learning environment.

The season consists of daily training sessions, home and away swim meets as well as end of season championships.

It's going to be an epic summer and the Waves Swim Team is sure to make it unforgettable!



REGISTER @  
WAMCLUBS.COM  
OR  
WAMCLUBS APP

QUESTIONS? EMAIL HAYDEN AT [AQUATICS@WAMCLUBS.COM](mailto:AQUATICS@WAMCLUBS.COM)

# SWIM LESSONS

REGISTER @  
WAMCLUBS.COM  
OR  
WAMCLUBS APP

SESSION	DATES (2 week Sessions)	DAYS	PRICE
1	June 19-29	Mon-Thur	\$115
2	July 3-13 (no class 7/4)	Mon-Thur (No Tuesday)	\$100
3	July 17-27	Mon-Thur	\$115
4	July 31 - August 10	Mon-Thur	\$115
5	August 14-24	Mon-Thur	\$115

\*NO GROUP LESSONS ON FRIDAYS

## GROUP SWIM LESSONS

1/2 hour classes between 12:00pm-1:00pm (M-Th)

To best determine your child's class level, we are requiring a swim assessment prior to the session starting.

## REGISTRATION

Register to reserve a space in group lessons. Level and specific time (between 12-1) will be determined post the level assessment. A Swim instructor will contact you with this information.

Swim instructors will be providing assessments on MAY 21st from 1-3:00pm. If you are unable to attend please email [aquatics@wamclubs.com](mailto:aquatics@wamclubs.com) to set up a time for an assessment prior to the first day of the swim session you are intending to register in.

## PRIVATE SWIM LESSONS

Private swim lessons are typically 30-minute sessions and are designed specifically to the needs and level of the student. Youth and adult private swim lessons are available on weekends beginning in March through October and daily throughout the summer depending on pool and instructor availability.

### 30 Minute Session

Private (1 person): \$40

Semi-Private (2+ people): \$50 (\$25 per person)

\*Minimum age is 3yrs

Private lessons can be arranged by contacting [aquatics@wamclubs.com](mailto:aquatics@wamclubs.com) or connecting in person with one of our swim instructors.

Our lifeguards will be on duty during scheduled Open Swim (May - Oct). Please see our pool schedule for Open Swim times.

[WAMCLUBS.COM/SWIM](http://WAMCLUBS.COM/SWIM)

QUESTIONS? EMAIL HAYDEN AT  
[AQUATICS@WAMCLUBS.COM](mailto:AQUATICS@WAMCLUBS.COM)

## LEVEL 1

Creates an environment where swimmers can become comfortable in the water while having fun learning new skills and becoming familiar with basic water safety. Swimmers will build confidence while learning that swimming is both fun and rewarding. Floating, blowing bubbles, submerging, kicking, and arm movements are among the level 1 skills. Prerequisite: Must be at least 3 years of age and able to sit on the pool edge without parent.

## LEVEL 2

Swimmers will learn some of the most basic and fundamental swimming skills. These include an introduction to arm-strokes, back and front glides, exploring underwater swimming, and developing arm and leg propulsion. Also, students will learn to do all of the level 1 skills without support. Prerequisite: Must be able to comfortably submerge while blowing bubbles and push off the wall from underwater.

## LEVEL 3

Builds upon the fundamental skills by teaching freestyle (front crawl) and backstroke (back crawl). In addition to coordinating breathing with arm and leg movements, Level 3 introduces a more advanced set of skills: breaststroke, proper streamlines, and diving. Prerequisite: Must be able to demonstrate unassisted forward progress on front and back for at least 5 yards.

## LEVEL 4

Swimmers will combine the level 3 skills with proper breathing techniques, arm, leg, and body positions. Level 4 teaches correct pulling, kicking, and arm recoveries. The breaststroke will be fully formed in this class and swimmers will also begin to swim full lengths of the pool consistently. Prerequisite: Must be able to swim at least 25 yards of freestyle followed by 25 yards of backstroke.





# WEST HILLS

# POOL RULES



## POOL RULES

1. Children ages 7 and under must be accompanied by an adult in the water at all times (even if the child has floaties on) unless the child can pass the swim test
2. Children ages 8-12 must have an adult observer on the deck unless they can pass the swim test
3. The pool will be divided by a lane line: Children ages 12 and under must stay on the shallow end of the lane line unless they pass the swim test administered by a lifeguard
4. Parents: PLEASE do not leave your children unattended. Water wings and life jackets alone are not substitutes for adult supervision. You must be the first pair of eyes watching your children. Our lifeguards are there in case of an emergency.

## ADDITIONAL RULES

- Running is not allowed
- Shower before entering the pool
- No horseplay
- Pushing others into the pool is not allowed
- Always look before you jump
- Hanging on the lane lines is not allowed
- Diving in the shallow end of the pool is not allowed
- Glass containers or other items that can shatter are not allowed
- Sitting and standing on kickboards is not allowed
- All swimmers ages 12 and under must complete the swim test every day
- Proper swimming attire is required
- No food or drink besides water in or over the pool or hot tub
- Toys, Balls, and Floats are allowed at the lifeguards discretion
- No swimming during inclement weather (thunder, lightning, heavy hail, excessive wind)
- Flips, spins, and cartwheels are not allowed when entering the pool
- No jumping from the diving blocks
- Always listen to the lifeguards instructions

## Swim Test

Swimmers ages 12 and under must see the lifeguard on duty to complete the swim test before swimming in the deep end. The swim test is swimming freestyle (over arm strokes, from the wall by the lifeguard to the lane line, and swim backstroke on the way back to the wall.)

lil' Athletes  
**KID  
KAMP**



# KID KAMP

## SUMMER SCHEDULE

REGISTER @  
WAMCLUBS.COM  
OR  
WAMCLUBS APP

### Lil' Athletes KID KAMP Ages 4-9

SESSION	DATES	DAY	TIME	FEE
1	JUNE 19 - JUNE 23	M-F	10a-3p	\$300
2	JUNE 26 - JUNE 30	M-F	10a-3p	\$300
3	JULY 10 - 14	M-F	10a-3p	\$300
4	JULY 17 - 21	M-F	10a-3p	\$300
5	JULY 24 - 28	M-F	10a-3p	\$300
6	JULY 31- AUGUST 4	M-F	10a-3p	\$300
7	AUGUST 7 - 11	M-F	10a-3p	\$300
8	AUGUST 14 - 18	M-F	10a-3p	\$300

### Kamp Activities

#### PLAY TENNIS/PICKLEBALL

PARTICIPATE IN FUN ON-COURT DRILLS WITH OUR PROFESSIONAL TENNIS STAFF.

#### GET FIT

PLAY FUN GAMES & ACTIVITIES LED BY OUR CERTIFIED FITNESS TRAINERS.

#### COOL OFF

MAKE A SPLASH IN THE POOL WITH SUPERVISED OPEN SWIM.

#### BE CREATIVE

ARTS & CRAFTS WITH FUN AND EDUCATIONAL WEEKLY THEMES.

#### TAKE A BREAK

ENJOY LUNCH IN OUR PICNIC AREA UNDER THE SHADE OF THE OLD OAK TREE.

### Notes for Kamp

#### NOTES FOR KAMP

CHILDREN WHO ARE PICKED UP LATE AFTER KID KAMP ENDS WILL INCURE A FEE (PER EVERY 10 MINUTES THERE AFTER.)

### Early Drop Off

8:00-10:00A | \$45 PER SESSION

FOR YOUR CONVENIENCE, WAMCLUBS OFFERS EARLY CARE PRIOR TO THE START OF LIL' ATHLETES

KAMP FOR KAMP PARTICIPANTS.

PRE-REGISTRATION IS REQUIRED 24 HOURS IN ADVANCE. WE ARE UNABLE TO ACCOMMODATE DROP-INS. ALL CHILDREN REGISTERED FOR EARLY CARE WILL BE CHARGED FOR THE FULL WEEK REGARD-

LESS OF HOW MANY DAYS USED - NO PRORATING.

### Items to Bring

-SWIMSUIT, TOWEL, AND A BAG FOR WET ITEMS  
-SUNSCREEN AND TENNIS RACQUET (IF YOU HAVE ONE)

WATER BOTTLE WITH NAME

-BEACH BAG OR BACKPACK (TO PUT ALL THEIR BELONGINGS)

-SACK LUNCH

PRE-PACKAGED ITEMS ARE ALSO AVAILABLE AT CAFE WAM.

-AFTERNOON SNACK

-LIFE JACKET OR ARM FLOATIES FOR NON-SWIMMERS AND CHILDREN WHO AREN'T STRONG SWIMMERS

-PLEASE DO NOT BRING TOYS OR ELECTRONICS (IPODS, PHONES, ELECTRONIC GAMES, ETC.) FROM HOME

-PLEASE REMEMBER TO LABEL ALL OF YOUR CHILD'S BELONGINGS.





WEST HILLS & MOUNTAIN PARK  
RACQUET & FITNESS CLUBS

West Hills  
2200 SW Cedar Hills Blvd  
Portland, OR 97225  
(503) 646 - 4106

Mountain Park  
3 Botticelli Street  
Lake Oswego, OR 97035  
(503) 635 - 3776