

2024

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

WAMCLUBS

Summer

PROGRAM GUIDE



Details

- Registration begins March 13 @ 11am
- All programs must be paid in full at the time of registration
- Nonmember participation in TENNIS LESSONS ONLY
 - Nonmember registration opens March 20
 - Must have guest account - contact Johanna at johanna.zimbelman@wamclubs.com
 - 20% rate increase from the listed fee
 - Nonmember & Health member tennis lesson openings contingent on availability as of March 20

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 AUGUST 2-3

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 19-21

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**

ANNUAL *SUMMER SLAM* & ICE CREAM SOCIAL

JUNE 21-23

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

Junior Tennis West Hills

SESSION	DAY	LEVEL	TIME	FEE
JUNE 17 -20	MON-THUR	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
June 24-27	MON-THUR	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
July 8 - 11	MON-THUR	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
JULY 15 - 18	MON-THUR	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
July 22 - 25	MON-THUR	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
July 29 -Aug 1	MON-THUR	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
Aug 5 - 8	MON-THUR	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200
AUG 12 - 15	MON-THUR	RED BALL	9-10a	\$100
		ORANGE BALL	12-3p	\$300
		GREEN BALL	12-3p	\$300
		YELLOW BALL	2-4p	\$200

Monthly Lessons				
June	Sunday 2,9,16,23,30	Orange Ball	12-1p	\$125
		Green Ball	1-2p	\$125
July	Sunday 7,14,21,28	Orange Ball	12-1p	\$100
		Green Ball	1-2p	\$100
August	Sunday 4,11,18,25	Orange Ball	12-1p	\$100
		Green Ball	1-2p	\$100
Bi-Weekly Lessons				
June 17 & 19	MON & WED	High School Satellite	3:30- 5p	\$62
June 24 & 26	MON & WED	High School Satellite	3:30- 5p	\$62
July 8 & 10	MON & WED	High School Satellite	3:30- 5p	\$62
July 15 & 17	MON & WED	High School Satellite	3:30-5p	\$62
July 22 & 24	MON & WED	High School Satellite	3:30- 5p	\$62
July 29 & 31	MON & WED	High School Satellite	3:30- 5p	\$62
Aug 5 & 7	MON & WED	High School Satellite	3:30- 5p	\$62
Aug 12 & 14	MON & WED	High School Satellite	3:30- 5p	\$62

* Nonmembers & Health members incur 20% rate increase

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

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.

Adult Tennis West Hills

REGISTER @
WAMCLUBS.COM
OR
WAMCLUBS APP

SESSION	DAY	TIME	FEE	PRO
CARDIO TENNIS**				
JUNE 1-30	WED	5:45-7p	\$92	T/M
JULY 1-31 *No class July 5	WED	5:45-7p	\$92	T/M
AUG 1-27	WED	5:45-7p	\$92	T/M
TENNIS NOW 2.5 BEGINNERS*				
JUNE 1-30	TU	10:15-11:30a	\$104	T
	WED	7-8:15p	\$104	T
JULY 1-31 *No class July 1,2	TU	10:15-11:30a	\$104	T
	WED	7-8:15p	\$104	T
AUG 1-27	TU	10:15-11:30a	\$104	T
	WED	7-8:15p	\$104	T
STROKES AND DOUBLES PLAY 3.0				
JUNE 1-30	WED	5:45-7:00p	\$104	Q
JULY 1-31 *No class July 3	WED	5:45-7:00p	\$104	Q
AUG 1-27	WED	5:45-7:00p	\$104	Q
TENNIS NOW 2.0				
JUNE 1-30	SUN	9-10a	\$105	Q
July 1-31	SUN	9-10a	\$84	Q
AUG 1-27	SUN	9-10a	\$84	Q
DOUBLES PATTERNS 3.5*				
JUNE 1-30	THUR	7-8:15p	\$104	Q
JULY 1-31	THUR	7-8:15p	\$78	Q
AUG 1-27	THUR	7-8:15p	\$130	Q
SINGLES DRILLS AND STRATEGY *				
JUNE 1-30	WED	7-8:15p	\$124	Q
JULY 1-31 *No class July 3	WED	7-8:15p	\$124	Q
AUG 1-28	WED	7-8:15p	\$124	Q
ADULT CAMP***				
JUNE 3,4,5	M-W	9-11:30a	\$156	NMTD
Aug 19,20,21	WED	City league F G I 9-11:30	\$156	NMTD
Aug 19,20,21	WED	City league B, C, E 11:30-2	\$156	NMTD
MOVEMENT AND AGILITY				
JUNE 1-30	THUR	8-9a	\$60	M
JULY 1-31 *No class July 3	THUR	8-9a	\$45	M
AUG 1-28	THUR	8-9a	\$75	M

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 NOW | 2.0/2.5

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!

MOVEMENT AND AGILITY

Improve your ability to start, stop, and change directions effectively and efficiently. Focuses on agility and movement on the court. High intensity fitness class with tennis specific exercises.

* Nonmembers & Health members incur 20% rate increase

Junior Tennis Mountain Park

SESSION	DAY	LEVEL	TIME	FEE	PRO	#
June 17 - 20	MON-THUR	ORANGE BALL	9a - 3p	\$150/day or \$600/week	TBA	18
		GREEN BALL	9a- 3p	\$150/day or \$600/week	TBA	18
June 24 - 27	MON-THUR	Performance	9a - 3p	\$150/day or \$550/week	TBA	18
		High Performance	9a - 3p	\$150/day or \$550/week	TBA	18
July 1 - 3	MON-WED	RED BALL 1	3:30-4:15p	\$47	MA	12
		RED BALL 2	3:30-4:30p	\$84	TBA	6
		ORANGE BALL 2	10:15-11:45a	\$94	CG	12
		ORANGE BALL 1	4:30-5:45p	\$79	MC	12
		GREEN BALL	10:15-11:45a	\$94	MC	12
		Futures	12-1:30p	\$94	TBA	12
		Satellite	4:30-6p	\$94	TBA	12
		Performance	1:30-3p	\$94	TBA	18
July 8 - 11	MON-THUR	RED BALL 1	3:30-4:15p	\$47	MA	12
		RED BALL 2	3:30-4:30p	\$84	TBA	6
		ORANGE BALL 2	10:15-11:45a	\$94	CG	12
		ORANGE BALL 1	4:30-5:45p	\$79	MC	12
		GREEN BALL	10:15-11:45a	\$94	MC	12
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		Futures	12-1:30p	\$94	TBA	12
		Satellite	4:30-6p	\$94	TBA	12
		Performance	1:30-3p	\$94	TBA	18
July 22 - 25	MON-THUR	RED BALL 1	3:30-4:15p	\$47	MA	12
		RED BALL 2	3:30-4:30p	\$84	TBA	6
		ORANGE BALL 2	10:15-11:45a	\$94	CG	12
		ORANGE BALL 1	4:30-5:45p	\$79	MC	12
		GREEN BALL	10:15-11:45a	\$94	MC	12
		Futures	12-1:30p	\$94	TBA	12
		Satellite	4:30-6p	\$94	TBA	12
		Performance	1:30-3p	\$94	TBA	18
		High Performance	12-1:30p	\$94	TBA	18

* Nonmembers & Health members incur 20% 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

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

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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

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

PERFORMANCE

Grips, stroke techniques, footwork and movement, and positive energy are consistent characteristics displayed on and o 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

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Junior Tennis Mountain Park

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		Satellite	4:30-6p	\$94	TBA	12
		Performance	1:30-3p	\$94	TBA	18
		High Performance	12-1:30p	\$94	TBA	18
Aug 19 - 22	MON-THUR	RED BALL 1	3:30-4:15p	\$47	MA	12
		RED BALL 2	3:30-4:30p	\$84	TBA	6
		ORANGE BALL 2	10:15-11:45a	\$94	CG	12
		ORANGE BALL 1	4:30-5:45p	\$79	MC	12
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* Invitational group = registration by pro class

HIGH PERFORMANCE

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minimum of 5 participants to hold

REGISTER @
WAMCLUBS.COM
OR
WAMCLUBS APP

Adult Tennis Mountain Park

SESSION	DAY	TIME	FEE	PRO	#
Tennis 101					
JUNE 17-30	Mon	5:45-7p	\$52	Mike	8
	Wed	10:15-11:30a	\$52	Macall	8
	Wed	5:45-7p	\$52	Matt	8
	Sat	9-10a	\$42	TBD	8
JULY 1-31 *No class July 4	Mon	5:45-7p	\$130	Mike	8
	Wed	10:15-11:30a	\$130	Macall	8
	Wed	5:45-7p	\$130	Matt	8
	Sat	9-10a	\$84	TBD	8
AUG 1-25	Mon	5:45-7p	\$78	Mike	8
	Wed	10:15-11:30a	\$78	Macall	8
	Wed	5:45-7p	\$78	Matt	8
	Sat	9-10a	\$84	TBD	8
Tennis Now 201					
JUNE 17-30	Thur	9-10:15a	\$52	Macall	6
	Sat	10-11a	\$42	TBD	6
JULY 1-31 *No class July 4	Thur	9-10:15a	\$104	MA	6
	Sat	10-11a	\$84	TBD	6
AUG 1-25	Thur	9-10:15a	\$104	MA	6
	Sat	10-11a	\$84	TBD	6
Tennis Now 301					
JUNE 17-30	Tues	10:15-11:30a	\$52	MA	6
	Thur	5:45-7p	\$52	LL	6
JULY 1-31 *No class July 4	Tues	10:15-11:30a	\$130	MA	6
	Thur	5:45-7p	\$78	LL	6
AUG 1-25	Tues	10:15-11:30a	\$78	MA	6
	Thur	5:45-7p	\$104	LL	6
The Move Class					
JUNE 17-30	Thur	7-8:15p	\$52	GS	6
JULY 1-31 *No class July 4	Thur	7-8:15p	\$78	GS	6
AUG 1-25	Thur	7-8:15p	\$104	GS	6

Minimum of 5 registrants to hold class

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.

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.

SESSION	DAY	LEVEL	TIME	M/W/C	PRO	June	July	Aug	#
STROKES AND STRATEGY									
JUNE 17-30	Mon	3.0/3.0+	9-10:15a	Women	Henry	\$52	\$130	\$78	6
	Mon	3.5/4.0	6-7:15p	Men	Henry	\$52	\$130	\$78	6
	Mon	4.0/4.5	7:15-8:30p	Women	Henry	\$52	\$130	\$78	6
	Tues	3.0/3.5	7-8:15p	Co-Ed	Henry	\$52	\$130	\$78	6
	Tues	3.0/3.5	5:45-7p	Co-Ed	Andrew	\$52	\$130	\$78	6
	Thur	3.0/3.5	10:15-11:30a	Co-Ed	Mike	\$52	\$78	\$104	6
	Thur	3.0/3.5	6-7:15p	Co-Ed	Henry	\$52	\$78	\$104	6
	Thur	3.5/4.0	7-8:15p	Men	Andrew	\$52	\$78	\$104	6
	Thur	2.5/3.0	6-7p	Co-Ed	Gulsu	\$42	\$63	\$84	6
	Fri	2.5/3.0	10:15-11:30a	Co-Ed	Macall	\$52	\$104	\$104	6
JULY 1-31 *No class July 4	See June Schedule								
AUG 1-25	See June Schedule								

STROKES AND STRATEGY | 3.0-3.5

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

* Nonmembers & Health members incur 20% rate increase

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



Pickleball | WH

LESSONS WITH BRIAN *Private/Semi Lessons Available!*

JUNE 5 9:00-10:00A

Adult | Learn To Play,
Scoring & Rules

JUNE 8 4:30-5:30P

Junior | Learn To Play
Ages: 9-12

JUNE 11 9:00-10:30A

Adult | Dinks, Resetting,
Transition Shots

JUNE 16 10:00-11:00A

Junior | Learn To Play
Ages: 13-18

JUNE 13 10:00-11:30A

Adult | Learn To Play

JUNE 22 4:30-6:00P

Junior | Match Play & Games
Ages: 13-18

JUNE 18 10:00-11:30A

Adult | Doubles Clinic,
Movement, Teamwork &
Stacking

Questions?
Brian.loomis@wamclubs.com

8 Players Max
Sign up via
wamclubs.com or
WAMClubs app

Fee Per Lesson:
\$21/pp 60min
\$31.50/pp 90min

JULY
AND
AUGUST
DATES
TBD

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

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).

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.

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



Pickleball|MP

LESSONS WITH COACH LUKE

TUESDAYS 11:30A-12:45P

Beginner Stroke and Strategy: Levels 2.5 & under:
You will learn: Rules, grips, serving, returning, volleys, dinks, point play

TUESDAYS 12:45P-2:00P

Intermediate Stroke & Strategy: Levels 2.5-3.0:
You will learn: serving, returning, dinks, volleys, drives, point play

WEDNESDAYS 9A-10:15A

Dinks & Drops: Levels 3.0 & above:
You will focus on improving your kitchen skills including dinks & drops!

**8 PLAYERS MAX PER LESSON
\$24 PER MEMBER PER LESSON
SIGN UP VIA [WAMCLUBS.COM](https://www.wamclubs.com)
OR
THE WAMCLUBS APP**

SUMMER FITNESS

West Hills

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 15 | July 13 | August 17

Yoga

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

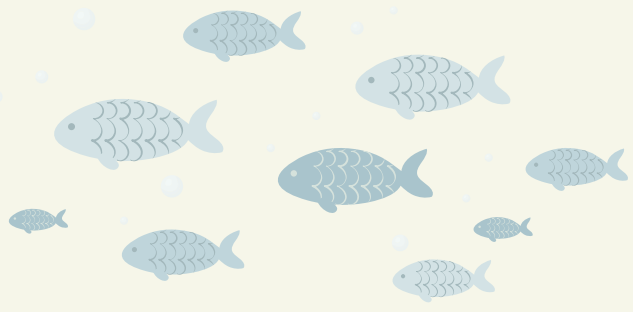
Please bring a yoga mat and water bottle. (Mats will be provided as needed).

June 29 | July 27 | August 24



Complimentary to guests when signing up with a member!

Register by emailing:
holly.howard@wamclubs.com



SWIM



JUMP IN
JUMP IN
JUMP IN
P IN

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JUMP IN
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JUMP IN

JUMP IN **JUMP IN**

JUMP IN
JUMP IN

LIFEGUARDED OPEN SWIM BEGINS SATURDAY, MAY 4TH!

Open Swim: May 4th – June 16th (weekends only)

Summer pool schedule & swim programs begin : June 17th

TO VIEW OUR MOST RECENT POOL SCHEDULE, VISIT OUR WEBSITE

WAMCLUBS.COM/SWIM

Adult Aquatics

Aqua Exercise

Monday | Wednesday | Friday

11am– 12pm

June 17 – August 30

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

Fun Friday

Come Join The Fun! Hosted by the Aquatics Department

Every Friday | July & August

2:00 – 4:00pm

Come join in the fun! Enjoy games, like Marco Polo, Sharks and Minnows, Relays – t-shirt, kickboard and greased watermelon in addition to other fun structured water activities.

All ages welcome!

* No sign up necessary



SWIM LESSONS

REGISTER @
wamclubs.com
or on the app

Week	Dates	Day	Price
1	June 24-28	MON-FRI	\$80
2	July 8-12	MON-FRI	\$80
3	July 15-19	MON-FRI	\$80
4	July 22-26	MON-FRI	\$80
5	July 29 - August 2	MON-FRI	\$80
6	August 5-9	MON-FRI	\$80
7	August 12-16	MON-FRI	\$80
8	August 19-23	MON-FRI	\$80

Group Swim Lessons

Group swim lessons are 1/2 hour classes between 12 and 1 pm (Mon-Fri). We recommend registration in multiple weeks to allow for optimal progression in swimming abilities. In order to best determine your child's class level, we are requiring a swim assessment prior to registration.

Swim Instructors will be providing assessments on June 16th from 1:00pm-3:00pm. If you have a conflict please send an email to aquatics@wamclubs.com to set up a time for an assessment prior to the first day of class.

Registration

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

Private/Semi Private Swim Lessons

Private swim lessons are 30-minute sessions and are tailored to the needs and level of the swimmer. Youth and adult private lessons are available on weekends March through October and daily throughout the summer season depending on pool schedules and instructor availability.

30 Minute Session:
Private (1 person): \$40
Semi-Private (2+ people): \$60 (\$30 per person)

Private Lessons can be arranged by contacting aquatics@wamclubs.com or by connecting in person with one of our swim instructors.

Questions?
Email Hayden at
aquatics@wamclubs.com

Level 1

Creates an environment where swimmers can become comfortable in the water while learning essential water safety skills.

Swimmer will build confidence and learn how to have fun in the water while being safe. Blowing bubbles, kicking, and floating are among the level 1 skills.

Prerequisite: Must be at least three years of age AND be able to sit by the edge of the pool without a parent.

Level 2

Swimmers will learn fundamental swimming skills and be introduced to basic strokes and techniques.

Content will include streamlined leg propulsion, over-arm recovery, and elementary backstroke.

Level 3

Swimmers will build upon the skills they learned in previous levels by strengthening the basic strokes, working on endurance, and coordinating breathing with arm and leg movements. In addition, swimmers will be introduced to breast-stroke and head-first entries (diving).

Level 4

Swimmers will further develop their endurance and technique and begin to swim full lengths of the pool. We will refine the skills learned previously and introduce more advanced swimming techniques like treading water, and the butterfly.

JR LIFEGUARD CAMP

Jr. Lifeguard camp is for juniors who are looking to learn life-saving techniques while having fun at the pool! Campers will learn the various tasks of being a lifeguard & more!

DETAILS:

- August 5th-9th | 11:00a-3:00p
- Age Requirement: 9-15 yrs
- The camp will take place both in the water and on land
- Introduction of swimming for fitness, aquatic life-saving techniques, first aid, and other topics covered in lifeguard training classes
- Campers will shadow a lifeguard and assist with his/her daily duties, in addition to participating in swimming drills and water games.
- Camp does not provide lifeguard certification
- Prerequisites required
 - Testing will be held July 13th from 1:30p-3:00p
 - If you are unable to attend the testing please email Hayden at aquatics@wamclubs.com



FEE: \$225 per camper

Register @
wamclubs.com or on the app



PREREQUISITES

Demonstrate an ability to swim 50 yards freestyle, 25 yards backstroke, 25 yards breaststroke, tread water for 30 seconds, and dive down and touch the bottom of the pool in the deep end (9 feet).

Questions? Email Hayden at aquatics@wamclubs.com



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 17 - JUNE 21	M-F	10a-3p	\$325
2	JUNE 24 - JUNE 28	M-F	10a-3p	\$325
3	JULY 8 - 12	M-F	10a-3p	\$325
4	JULY 15 - 19	M-F	10a-3p	\$325
5	JULY 22 - 26	M-F	10a-3p	\$325
6	JULY 29- AUGUST 2	M-F	10a-3p	\$325
7	AUGUST 5 - 9	M-F	10a-3p	\$325
8	AUGUST 12 - 16	M-F	10a-3p	\$325

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