

West Hills

Class	Day	Level	Time	Day/Eve	Club	M,W,C	Spaces	March	April	May	Pro
City League Practice	M	G Team	9-10:15a	Day	WH	W	12	\$105.00	\$175	\$105.00	M,N,T
City League Practice	M	F Team	10:15-11:30a	Day	WH	W	12	\$105.00	\$175	\$105.00	M,N,T
Tennis Now	Tu	2.5	12:45-2p	Day	WH	Coed	6	\$78.00	\$130.00	\$104.00	Taylor
Doubles Drills	W	3.0	9-10:15a	Day	WH	Coed	6	\$78.00	\$104.00	\$130.00	Morgan
Cardio tennis	W	3.0-3.5	10:15-11:30a	Day	WH	Coed	8	\$69.00	\$92.00	\$115.00	Morgan
Stroke and Strategy	Th	3.0	9-10:15a	Day	WH	Coed	6	\$78.00	\$104.00	\$130.00	Taylor
Movement and Agility	Th	All Levels	9-10a	Day	WH	Coed	8	\$30.00	\$40.00	\$50.00	Morgan
Cardio Tennis	Th	3.5	10:15-11:30a	Day	WH	Coed	8	\$69.00	\$92.00	\$115.00	Taylor
Cardio Tennis	Su	3.0-3.5	7:45-9a	Day	WH	Coed	8	\$69.00	\$92.00	\$69.00	Morgan
Tennis 101	Su	Beginner	10-11a	Day	WH	Coed	6	\$63.00	\$84.00	\$63.00	Quintin
Stroke and Strategy	W	2.5	7-8:15p	Eve	WH	Coed	6	\$78.00	\$104.00	\$130.00	Taylor
Cardio Tennis	W	3.0-3.5	5:45-7p	Eve	WH	Coed	16	\$69.00	\$92.00	\$115.00	Taylor/Mor
Doubles Drills	W	3.0	5:45-7p	Eve	WH	Coed	6	\$78.00	\$104.00	\$130.00	Quintin
Doubles Strategy	Th	3.5	7:00-8:15p	Eve	WH	Coed	6	\$78.00	\$104.00	\$130.00	Quintin

Mountain Park

Class	Level	Day	Time	Pro	M,W,CO	Spaces	MARCH	APRIL	MAY	
DAYTIME										
Stroke & Strategy	3/3+	M	10:15-11:30	Henry	W	6	\$78.00	\$130.00	\$78.00	
Stroke & Strategy	3	Tues	10:15-11:30	Colin	CO	6	\$78.00	\$130.00	\$78.00	
Stroke & Strategy	3.5/3.5+	Tues	11:30-12:45	Andrew	CO	6	\$78.00	\$130.00	\$78.00	
Stroke & Strategy	2.5/3	Thurs	10:15-11:30	Luke	CO	6	\$78.00	\$104.00	\$104.00	
The Move Class	3/3.5	Thurs	10:15-11:15	TBD	W	6	\$63.00	\$84.00	\$105.00	
Stroke & Strategy	3+/3.5	F	10:15-11:30	Matt	CO	6	\$104.00	\$104.00	\$130.00	
Stroke & Strategy	3.5/3.5+	F	11:30-12:45	Matt	CO	6	\$104.00	\$104.00	\$130.00	
The Move Class	3/3+	Sat	9:00-10:00	Henry	CO	8	\$63.00	\$84.00	\$63.00	
The Move Class	3/3+	Sat	8:00-9:00	TBD	CO	8	\$63.00	\$84.00	\$63.00	
Stroke & Strategy	3.5	Sat	10:00-11:15	Henry	CO	6	\$78.00	\$104.00	\$78.00	
Tennis Now 101	2/2.5	Sun	9:00-10:00	Kaitlin	CO	8	\$63.00	\$84.00	\$63.00	
Tennis Now 201	2.5/3	Sun	10:00-11:00	Kaitlin	CO	6	\$63.00	\$84.00	\$63.00	

See Tennis Director or Staff Pros regarding individually arranged daytime group lessons

EVENING										
Stroke & Strategy	3.5/4	M	5:45-7	Henry	M	6	\$78.00	\$130.00	\$78.00	
Stroke & Strategy	2.5/2.5+	M	5:45-7	Quintin	CO	6	\$78.00	\$130.00	\$78.00	
Stroke & Strategy	3/3+	M	5:45-7	Matt	CO	6	\$78.00	\$130.00	\$78.00	
Stroke & Strategy	4/4.5	M	7-8:15	Henry	W	6	\$78.00	\$130.00	\$78.00	
Stroke & Strategy	3/3.5	Tues	7:15-8:30	Henry	W	6	\$78.00	\$130.00	\$104.00	
Stroke & Strategy	3/3+	Tues	7:00-8:15	Matt	CO	6	\$78.00	\$130.00	\$104.00	
Tennis Now 101	2/2.5+	Thurs	7:15-8:15	Luke	CO	8	\$63.00	\$84.00	\$105.00	
The Move Class	3/3+	Thurs	7:00-8:15	Gulsu	CO	6	\$78.00	\$104.00	\$130.00	
Stroke & Strategy	3/3.5	Thurs	5:45-7	Luke	CO	6	\$78.00	\$104.00	\$130.00	
Stroke & Strategy	3.5/4	Thurs	7-8:15	Keyan	M	6	\$78.00	\$104.00	\$130.00	

Minimum 4 registrants to hold class

Participants will be signed up automatically for all 3 months

Contact pro by 20th of the month to cancel following month registration

SPRING TERM TENNIS 2024

March 1-23 | Mountain Park

March 1-23 | West Hills

* No lessons 3/23-31

April 1-30 | Mountain Park

April 1-30 | West Hills

May 1-31 | Mountain Park

May 1-31 | West Hills

* No lessons 3/25-27



- Participants will be signed up automatically for all 3 months
- Minimum 4 participants to hold classes
- Register via your WAMClubs App or online at WAMCLUBS.com

Questions?

colin.gillam@wamclubs.com

dave.edwards@wamclubs.c.com

Adult Tennis Lesson Class Descriptions

TENNIS NOW!

Are you new to the game? Coming back after a layoff or career?

Tennis Now! gets you back on the court hitting tennis balls and getting great exercise.

Racquets provided , access to the ball machine practice included as well as the opportunity to meet other players!

STROKE OF THE WEEK

Ready for stroke technique in a group lesson setting? This is your class!

The weekly sequence of technique training will include:

Groundstrokes | Net play, volleys & overhead | Combination shot sequence

Oh yes, footwork included!

CARDIO TENNIS

Get ready to move on the court and get your workout for the day!

Bring your heart rate device - track your heart rate, recovery rate & mileage .

Music on the court adds to the fun!

THE MOVE CLASS

Get ready to move on the court and get your workout for the day! Benefit from both technique instruction and exercise!

STROKE AND STRATEGY

Enjoy fast-paced drills to improve your technique, footwork, shot selection and strategy.

SINGLES STRATEGY

Learn the finer points of singles play in this class.

Single tactics, strategies and learning how to maximize your strengths in match play are focus....along with a great workout!

CITY LEAGUE TEAM PRACTICE

This class includes the following focus:

Competition games | Tactics and strategies in double play | Serving | Point play

Sign up with your partner or individually.

The pro staff will have you ready to go for your upcoming city league match!

DOUBLES DRILLS | DOUBLES PATTERNS | MATCH PLAY

Learn the finer points of doubles play.

Practice drills that repeat shot sequences and placement that will give you greater confidence in your match play. This class is great for the City League and USTA player!