

WAMCLUBS SUMMER PROGRAM GUIDE

SUM

MER

@

WAM







# SUMMER REGISTRATON

Register @

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

or

WAMClubs app

\* See Fitness & Swim Lesson pages for registration details



## Details

- Registration begins *April 11th @ 11am*
- All programs must be paid in full at time of registration
- Nonmember participation in **TENNIS LESSONS ONLY**
  - Nonmember registration opens *April 25th*
  - Nonmember & Health member tennis lesson openings contingent on availability as of April 25th
  - 40% rate increase from listed fee

## Cancellations

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

# Wam Family Fun!

## WAM End of August CARNIVAL!

cotton candy,  
bounce houses,  
dunk tank & more!



## MOVIE UNDER THE STARS July

Bring your lawn  
chairs and come  
hungry for popcorn!



## CHECK OUT Cafe WAM @ West Hills



Food and  
Beverage Items!

Seasonal  
items!

Beer & Wine  
on tap!



# West Hills

## Annual Team Tennis Tournament

August 5-6

*1950's style*

This is a fun semi-competitive tournament that consists of Women's Doubles, Men's Doubles and Mixed Doubles. Dust off your poodle skirts, bobby socks, letterman jackets as we rewind to the golden era of 1950! Flip your lid and get ready to rock to the jukebox tunes of the 50's! You are guaranteed to have a ball at our nifty bash Saturday evening - food, drink and awards!

Sign up as a team or individually and we will place you  
4 Players per team | 2 Men, 2 Women

More information to come!

Registration for the tournament will begin in July.



# Mountain Park

## Adult Summer Doubles Tournament

*July 22-26*

For WAM members only! NTRP level events offered for Women's Doubles, Men's Doubles, and Mixed Doubles. This will be a great event to play, or just to socialize. Matches will be played both indoors and on MP's picturesque lighted outdoor courts. The Summer Classic event finishes with the fun ICE CREAM SOCIAL for WAM members and the tournament finals on Monday, July 26. Watch for more details and registration information this spring.

for more information contact Pro Roger @  
[Roger.mckee@mprctennis.com](mailto:Roger.mckee@mprctennis.com)

## UTR Tournament

*July 8-10*

Age group and ability events for girls and boys. Watch for more details and registration information this spring.

For more info contact Pro Teri @  
[Teri.hartshorn@mprctennis.com](mailto:Teri.hartshorn@mprctennis.com)



# Junior Tennis West Hills

SESSION	DAY	LEVEL	TIME	FEE
JUNE 13-16	MON-THUR	RED BALL	11:30a - 12:30p	\$92
		ORANGE BALL	11:30a - 1:30p	\$184
		GREEN DOT BALL	1:30 - 4:30p	\$276
		YELLOW BALL	1:30 - 4:30p	\$276
	MON/WED	SATELLITE	4:30-6p	\$68
JUNE 20-23	MON-THUR	RED BALL	11:30a - 12:30p	\$92
		ORANGE BALL	11:30a - 1:30p	\$184
		GREEN DOT BALL	1:30 - 4:30p	\$276
		YELLOW BALL	1:30 - 4:30p	\$276
	MON/WED	SATELLITE	4:30-6p	\$68
JUNE 27 - JUNE 30	MON-THUR	RED BALL	11:30a - 12:30p	\$92
		ORANGE BALL	11:30a - 1:30p	\$184
		GREEN DOT BALL	1:30 - 4:30p	\$276
		YELLOW BALL	1:30 - 4:30p	\$276
	MON/WED	SATELLITE	4:30-6p	\$68
JULY 5-7	TUE-THUR	RED BALL	11:30a - 12:30p	\$69
		ORANGE BALL	11:30a - 1:30p	\$138
		GREEN DOT BALL	1:30 - 4:30p	\$207
		YELLOW BALL	1:30 - 4:30p	\$207
	MON/WED	SATELLITE	4:30-6p	\$68
JULY 11-14	MON-THUR	RED BALL	11:30a - 12:30p	\$92
		ORANGE BALL	11:30a - 1:30p	\$184
		GREEN DOT BALL	1:30 - 4:30p	\$276
		YELLOW BALL	1:30 - 4:30p	\$276
	MON/WED	SATELLITE	4:30-6p	\$68
JULY 18-21	MON-THUR	RED BALL	11:30a - 12:30p	\$92
		ORANGE BALL	11:30a - 1:30p	\$184
		GREEN DOT BALL	1:30 - 4:30p	\$276
		YELLOW BALL	1:30 - 4:30p	\$276
	MON/WED	SATELLITE	4:30-6p	\$68
JULY 25-28	MON-THUR	RED BALL	11:30a - 12:30p	\$92
		ORANGE BALL	11:30a - 1:30p	\$184
		GREEN DOT BALL	1:30 - 4:30p	\$276
		YELLOW BALL	1:30 - 4:30p	\$276
	MON/WED	SATELLITE	4:30-6p	\$68
AUG 1-4	MON-THUR	RED BALL	11:30a - 12:30p	\$92
		ORANGE BALL	11:30a - 1:30p	\$184
		GREEN DOT BALL	1:30 - 4:30p	\$276
		YELLOW BALL	1:30 - 4:30p	\$276
	MON/WED	SATELLITE	4:30-6p	\$68
AUG 8-11	MON-THUR	RED BALL	11:30a - 12:30p	\$92
		ORANGE BALL	11:30a - 1:30p	\$184
		GREEN DOT BALL	1:30 - 4:30p	\$276
		YELLOW BALL	1:30 - 4:30p	\$276
	MON/WED	SATELLITE	4:30-6p	\$68
AUG 15-18	MON-THUR	RED BALL	11:30a - 12:30p	\$92
		ORANGE BALL	11:30a - 1:30p	\$184
		GREEN DOT BALL	1:30 - 4:30p	\$276
		YELLOW BALL	1:30 - 4:30p	\$276
	MON/WED	SATELLITE	4:30-6p	\$68
<b>MONTHLY LESSONS</b>				
JULY	SUNDAY 10, 17, 24, 31	ORANGE BALL	12:00-1:00p	\$92
		GREEN DOT BALL	1:00-2:00p	\$92
AUGUST	SUNDAY 7, 4, 21, 28	ORANGE BALL	12:00-1:00p	\$92
		GREEN DOT BALL	1:00-2:00p	\$92

\* Nonmembers & Health members incur 40% rate increase

## Red Ball

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 Ball

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 Dot

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 Ball

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. Ages 11-16



# Adult Tennis West Hills

SESSION	DAY	TIME	FEE	PRO
<b>CARDIO TENNIS</b> Max of 8 per class and/or per court				
JUNE 1-30	WED	10:15-11:30a	\$117.50	Morgan
	WED	6-7p	\$95	Katie
	THUR	10:15-11:30a	\$117.50	Taylor
JULY 1-31	WED	10:15-11:30a	\$94	Morgan
	WED	6-7p	\$76	Katie
	THUR	10:15-11:30a	\$94	Taylor
AUG 1-28	WED	10:15-11:30a	\$94	Morgan
	WED	6-7p	\$76	Katie
	THUR	10:15-11:30a	\$94	Taylor
<b>TENNIS 101 BEGINNERS</b>				
JUNE 1-30	SUN	8-9a	\$94	Quintin
JULY 1-31	SUN	8-9a	\$94	Quintin
AUG 1-28	SUN	8-9a	\$94	Quintin
<b>TENNIS NOW 2.0 BEGINNERS</b>				
JUNE 1-30	TU	10:15-11:30a	\$94	Taylor
	WED	6-7:30p	\$142.50	Caitlin/Taylor
JULY 1-31	TU	10:15-11:30a	\$94	Taylor
	WED	6-7:30p	\$114	Caitlin/Taylor
AUG 1-28	TU	10:15-11:30a	\$94	Taylor
	WED	6-7:30p	\$114	Caitlin/Taylor
<b>STROKES AND DOUBLES PLAY 2.5</b>				
JUNE 1-30	WED	6-7:30p	\$142.50	Caitlin/Taylor
JULY 1-31	WED	6-7:30p	\$114	Caitlin/Taylor
AUG 1-28	WED	6-7:30p	\$114	Caitlin/Taylor
<b>STROKES AND STRATEGY 3.0-3.5</b>				
JUNE 1-30	WED	7-8:15p	\$117.50	Katie
	THUR	9-10:30a	\$142.50	Morgan
JULY 1-31	WED	7-8:15p	\$94	Katie
	THUR	9-10:30a	\$114	Morgan
AUG 1-28	WED	7-8:15p	\$94	Katie
	THUR	9-10:30a	\$114	Morgan
<b>SINGLES DRILLS AND STRATEGY</b>				
JUNE 1-30	THUR	5:45-7p	\$117.50	Quintin
JULY 1-31	THUR	5:45-7p	\$94	Quintin
AUG 1-28	THUR	5:45-7p	\$94	Quintin
<b>DOUBLES DRILLS</b>				
JUNE 1-30	WED	9-10:15a	\$117.50	Morgan
JULY 1-31	WED	9-10:15a	\$94	Morgan
AUG 1-28	WED	9-10:15a	\$94	Morgan
<b>ADULT CAMP</b>				
JUNE 6-8	M-W	9-11:30a	\$195	

\* Nonmembers & Health members incur 40% rate increase

## Questions?

Email Tennis Director,  
Dave @ [Dave.edwards@whrfc.com](mailto:Dave.edwards@whrfc.com)

## 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 beginner who wants to learn the proper grips and strokes. Get your game started on the right foot by learning the proper fundamentals and avoid developing bad habits!

## Strokes and Doubles Play | 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 Strategy | 3.0-3.5

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!

# Junior Tennis Mountain Park

SESSIONS				
JUNE 13 - JULY 2   JULY 11 - 30   AUGUST 1 - 20				
DAY	LEVEL	TIME	SPACES	FEE
<b>FOUNDATIONS</b>				
M	RED BALL	3:30-4:30p	6	\$57
TU	RED BALL	9:15-10:15a	6	\$57
THUR	RED BALL	9:15-10:15a	6	\$57
THUR	RED BALL	3:30-4:30p	6	\$57
M	ORANGE BALL	10:15-12p	6	\$100
M	ORANGE BALL	4:30-5:45p	6	\$70
TU	ORANGE BALL	10:15-12p	6	\$100
TU	ORANGE BALL	4:30-5:45p	6	\$70
WED	ORANGE BALL	10:15-12p	6	\$100
THUR	ORANGE BALL	10:15-12p	6	\$100
THUR	ORANGE BALL	4:30-5:45p	6	\$70
M	GREEN DOT	10:15-12p	6	\$100
M	GREEN DOT	4:30-5:45p	6	\$70
TU	GREEN DOT	10:15-12p	6	\$100
TU	GREEN DOT	4:30-5:45p	6	\$70
WED	GREEN DOT	10:15-12p	6	\$100
THUR	GREEN DOT	10:15-12p	6	\$100
THUR	GREEN DOT	4:30-5:45p	6	\$70
<b>CHALLENGERS</b>				
M	FUTURES	5:45-7p	6	\$70
TU	FUTURES	12-1:30p	6	\$85
WED	FUTURES	3:15-4:30p	6	\$70
THUR	FUTURES	12-1:30p	6	\$85
M	HS FUTURES	12-1:30p	6	\$85
TU	HS FUTURES	4:30-5:45p	6	\$70
WED	HS FUTURES	12-1:30p	6	\$85
THUR	HS FUTURES	4:30-5:45p	6	\$70
TU	HS SATELLITE	12-1:30p	6	\$85
THUR	HS SATELLITE	12-1:30p	6	\$85
<b>CHAMPS</b>				
M	PERFORMANCE*	5:45-7p	6	\$70
TU	PERFORMANCE*	5:30-6:45p	6	\$70
THUR	PERFORMANCE*	5:30-6:45p	6	\$70
TU	HIGH PERFORMANCE*	4-5:30p	5	\$102
THUR	HIGH PERFORMANCE*	4-5:30p	5	\$102

\* Nonmembers & Health members incur 40% rate increase

\* Invitational group = registration by pro minimum of 5 participants to hold class

## 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.

## Red Ball

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 Ball

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 Dot

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 competition. Ages 11-16

## 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.

# Adult Tennis Mountain Park

SESSIONS				
JUNE 13 - JULY 2   JULY 11 - 30   AUGUST 1 - 20				
DAY	LEVEL	TIME	SPACES	FEE
<b>TENNIS NOW 101</b>				
MON	2/2.5	5:45-7p	6	\$70
WED	2/2.5	10:15-11:30a	6	\$70
WED	2/2.5	5:45-7p	6	\$70
SAT	2/2.5	9-10a	6	\$57
<b>TENNIS NOW 201</b>				
TU	2.5/3.0	5:45-7p	6	\$70
THUR	2.5/3.0	9-10:15a	6	\$70
SAT	2.5/3.0	10-11a	6	\$57
<b>TENNIS NOW 301</b>				
TU	3/3.0+	10:15-11:30a	6	\$70
THUR	3/3.0+	5:45-7p	6	\$70
<b>STROKE &amp; STRATEGY</b>				
TU	2.5/3	7-8:15p	6	\$70
FRI	2.5/3	10:15-11:30a	6	\$70
SAT	3.0	9-10a	6	\$57
M	3/3.0+	9-10:15a	6   Women	\$70
TU	3/3.5	5:45-7p	6	\$70
THUR	3/3.5	10:15-11:30a	6	\$70
THUR	3/3.5	5:45-7p	6	\$70
SAT	3.5	10-11a	6	\$57
M	3.5/4	6-7:15p	6   Men	\$70
THUR	3.5/4	7-8:15p	6   Men	\$70
M	4/4.5	7:15-8:30p	6   Women	\$70
<b>THE MOVE CLASS</b>				
THUR	3/3.5	7-8:15p	6	\$70
<b>STROKE OF THE WEEK</b>				
FRI	3/3.5	10:15-11:30p	6	\$70

Minimum of 5 registrants to hold class

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

## Questions?

Email Tennis Director,  
Roger @

[Roger.mckee@mprctennis.com](mailto:Roger.mckee@mprctennis.com)

The Mountain Park staff professionals are ready to help take your game to the next level. Join us on the court and enjoy the summer!

### Tennis Now | 101

Players New to the Game. Racquets provided access to the ball machine practice included as well as the opportunity to meet other new players!

### Tennis Now | 201

For NTRP 2.5/2.5+ and those with some playing experience.

### Tennis Now | 301

Players coming back to the game, with estimated NTRP 3.0 and above.

### Strokes and Strategy | 3.0-3.5

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

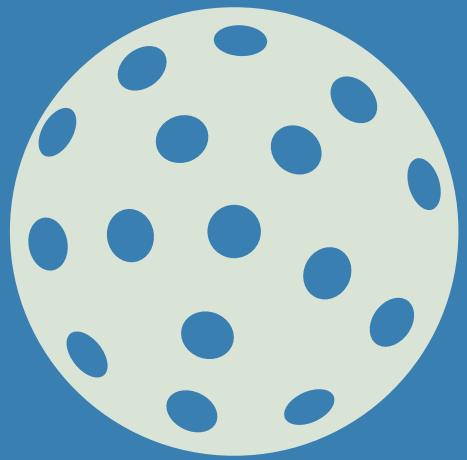
### The Move Class

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.

### 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: Ground-strokes | Net play, volleys & overhead | Combination shot sequence. Footwork included!





# Pickleball | WH

LEARN TO PLAY CLINIC (Max 6pp)			
DATES	DAY	TIME	RATE
June 14,16,21,23,28,30	TU/THU	9-10a	\$15/day
July 12,14,19,21,26,28	TU/THU	9-10a	\$15/day
August 2,4,9,11,16,18	TU/THU	9-10a	\$15/day
DOUBLES CLINICS 3.0 (Max 6pp)			
June 15, 22, 29	W	9-10a	\$15/day
July 13, 20, 27	W	9-10a	\$15/day
JUNIOR LEARN TO PLAY (Max 4pp)			
June 14, 21, 28	TU	10-11a	\$15/day
July 12,19, 26	TU	10-11a	\$15/day
August 2, 9, 16	TU	10-11a	\$15/day
DROP IN PLAY			
LEVEL	DAY	TIME	RATE
Beginner/Intermediate	TU/THU	8-11:30a	No Fee
Intermediate/Advanced	M/W	8-11:30a	No Fee
Advanced Competitive Play	TU/THU	5:45-8:15p	No Fee
All Levels	SA/SU	8-11:30a	No Fee

## Learn To Play Clinic

Never played pickleball before? Join Pro Eliot Stevenson 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! This is a weekly clinic for 8-14 year olds.

## Doubles Clinic

For novice to intermediate players, the focus of this clinic becoming consistent with long serves, long service returns, and third shot drops (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 Eliot to book @ [Eliot.stevenson@northp.com](mailto:Eliot.stevenson@northp.com)

# Move



Register @

[Holly.howard@northp.com](mailto:Holly.howard@northp.com)

# Summer Fitness | WH

All classes are **9-10am** 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 11 | July 9 | August 6**

## Yoga

---

Experience a total body workout with focus on joint alignment, mindfulness, and breathing techniques. Please bring a yoga mat and water bottle. (Mats provided if needed).

**June 25 | July 23 | August 20**



MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH  
MAKE A SPLASH



Lifeguarded open swim begins Memorial Day Weekend!

Open Swim: *May 28th - June 19th (weekends only)*

Summer pool schedule & swim programs begin : *June 20th*

To view most recent pool schedule, visit our website

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



## Adult Aquatics

Aqua Exercise

Monday | Wednesday | Friday 11am- 12pm

June 20 - August 31

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 great for anyone looking for a low impact workout. Come join us for a rehabilitative hour of beneficial exercise! \*no sign up necessary

# Swim Team

## WAVES SWIM TEAM

SEASON	DAY	TIME*	FEE
JUNE 20 - JULY 29	MON-FRI	9:30-10:15a or 10:15-11a	\$200

\*Placement on squad/time is determined after assessment of level

### Info

---

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!

Season runs June 20th-July 29th

### Squad Placement and Pizza Party

---

**Saturday, June 18th @ 1pm**

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

\*Squad placement will be determined by the Waves Coaches based on swimmers ability.

# Swim Lessons



Register @

[aquatics@whrfc.com](mailto:aquatics@whrfc.com)

## Group Swim Lessons

SESSION	DATES   2 Week Sessions	DAY	FEE
1	JUNE 20-30	M-TH*	\$95
2	JULY 5-14 (no class 7/4)	TU-TH*	\$85
3	JULY 18-28	M-TH*	\$95
4	AUGUST 1-11	M-TH*	\$95
5	AUGUST 15-25	M-TH*	\$95

\*No Lessons on Fridays

## Group Swim Lessons

½ hour classes between 12:00pm-1:00pm (M-Th)

To best determine your child's class level, we recommend a swim assessment available prior to registration. Our swim instructors / lifeguards are available at the pool during any scheduled Open Swim. Please see our pool schedule for Open Swim times. If you are confident as to the class / ability level of your child, you may pre-register for your first session.

## 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 throughout the summer depending on pool and instructor availability.

30 Minute Session

Private: \$35

Semi-Private: \$40 (\$20 per person)

Private lessons can be arranged by contacting [aquatics@whrfc.com](mailto:aquatics@whrfc.com) or connecting in person with one of our swim instructors / lifeguards. Our lifeguards will be available at the pool during any scheduled Open Swim (late May - late Sept). Please see our pool schedule for Open Swim times.

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

## 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 of 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.



Athletes  
**Kid**  
Kamp

@ West Hills

# Kid Kamp Summer Schedule

SESSION	DATES	DAY	TIME	FEE
1	JUNE 20 - JUNE 24	M-F	10a-3p	\$250
2	JUNE 27 - JULY 1	M-F	10a-3p	\$250
3	JULY 11 - 15	M-F	10a-3p	\$250
4	JULY 18 - 22	M-F	10a-3p	\$250
5	JULY 25 - 29	M-F	10a-3p	\$250
6	AUGUST 1- 5	M-F	10a-3p	\$250
7	AUGUST 8 - 12	M-F	10a-3p	\$250
8	AUGUST 15 - 19	M-F	10a-3p	\$250

ages 4-9 years old



## 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

---

Children who are picked up late after Kid Kamp ends will incur a fee (per every 10 minutes there after.)

## Early Drop Off

---

8:00-10:00a | \$40 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 regardless 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 - Lunch will NOT be available to purchase from the deli this year. Pre-packaged items are 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