



PLAY, SWIM, GET FIT

Soak Up Summer 2020

ACTIVITIES GUIDE

WEST HILLS & MOUNTAIN PARK
RACQUET & FITNESS CLUBS



Welcome Back!

*Thank you
for being a part
of our Wamclub's
community!*

Mountain Park
3 Botticelli Street
Lake Oswego, OR 97035
503.635.3776

West Hills
2200 SW Cedar Hills Blvd
Portland, OR 97225
503.646.4106

wamclubs.com

wamclubsinfo@northp.com



SUMMER PROGRAM REGISTRATION

Dear WamClubs Members,

While we all understand this could be a unique summer season, we're also hopeful to return to some normalcy in our lives and regain the activities, programs and enjoyable routines that are so important in our lives. Our 2020 Summer Guide is once again your resource to what's happening at the WAM Clubs this season and we're excited to be offering a uniquely summer experience for the entire family.

As we enter the season and registration begins, we want to assure everyone that we fully understand there may be hesitation in registering for programs or group activities and events. Please feel comfortable in signing up for these activities knowing we have made every effort to alter the dynamics of our classes and programs by our teaching methods, group organization and coaching methodology. We will also provide simple and easy cancellation policies if that is considered after registration.

Our goal is to provide safe enjoyable summer activities and events while also allowing members to feel at ease at simply enjoying the clubs, reconnecting with friends, staff and the general club community.


General Manager

New Best Practices For Our Clubs & Summer Programs

- Lesson participants will learn new "Safe Play" methods on the tennis courts.
- Adults and juniors will experience managed entry and exit from the courts, practice social spacing and specific location staging during drills.
- Enhanced coaching techniques and zero handling of the tennis balls and court equipment, convenient sanitation stations.
- Max of 4 participants in group lessons.
- Group X class sign up required via CA. All classes will practice social distancing between participants including bikes, steps, mats w/ 6ft markings on floor.
- Sanitized personal equipment before/after use (class times will be adjusted to accommodate).
- Virtual fitness participation options.
- Glass barrier at Service Desk POS.
- Increased sanitation training for all staff, wearing gloves when handling food/beverages.
- Temporarily towels will not be provided by the club.

Registration Details

- Go to wamclubs.com or via our WamClubs app!
*View individual pages for additional specifics
- Member registration begins **May 11th** after 11:00am online.
- Non-member registration begins **May 18th** after 11:00am online. Rates 30% more than listed price.
- All classes, camps, teams, and activities must be paid in full at the time of registration.
- Each participant must be ACTIVE on the account to receive the member rate for the class/camp.

Cancellations

- Cancellations - we appreciate cancellations to be made at least 7 days in advance.
- All cancellations must be submitted in writing on a cancellation form at the service desk. Forms are available [online](#) or at the service desk.
- No credits or make-up classes will be offered for absences.
- Registration is non-transferable.

Introducing

Virtual Launch Party

June 3 at 4pm!

Register by June 8

Fee: \$75 SPECIAL PRICE

(\$149 regular per season)

TRIBE FAQs

How is Tribe different from group fitness?

TRIBE sessions are smaller in size than group fitness classes. TRIBE is scientifically proven programming, with a commitment of two sessions per week for six weeks, pre and post-assessments and RESULTS!

What is a season and why do I have to commit?

TRIBE offers back to back seasons throughout the year.

Each season begins with a free Trial Week* so potential new team members can check out the workouts. The subsequent six weeks consist of twice-weekly progressive workouts.

How do I register for the season?

Register by the first session of each season via the app, website or in person at the Service Desk, or by emailing Head Coach Holly at holly.howard@northp.com

Are drop-ins allowed?

Yes, with Head Coach Holly's pre-approval. Please let Holly know of any interested participation.

Are makeups allowed?

You can make up a missed session WITHIN the same week by having your coach set you up in another team for one workout or by contacting a coach you know and ask if you can attend a session to makeup. There will also be make-up sessions, for all three formats, 3 times a season, ran on a Saturday

Can I join mid-season?

Requires approval from Coach Holly

Please contact Holly Howard at holly.howard@northp.com for additional information.

Can non-members join?

Yes! (Price for non-members is 30% more than the member rate)

TRIBE

AT MOUNTAIN PARK

TRIBE | Season Four

June 15 - July 24

June 8 - 12 | Trial Week*

6 weeks per season

2-60 minute workouts per week

Minimum 4 people required per team

Virtual participation available

[VIEW TRIBE CLASS SCHEDULE](#)



TRIBE TEAM TRAINING

BOOT CAMP

Bring your water bottle and get ready for a total body workout with cardio components. All fitness levels welcome. Must register with Holly at least one week in advance.

holly.howard@northp.com

WEST HILLS ON THE LAWN

DATES: JUNE 13 & AUGUST 2

TIME: 9:00AM

COMPLIMENTARY



YOGA

Start your Saturday morning off right by joining other members as Holly leads the group through a hatha style flow. Please bring a water bottle, towel and your own mat. Sanitized mats will be available upon request. Must register with Holly at least one week in advance.

holly.howard@northp.com

WEST HILLS ON THE LAWN

DATE: JULY 11

TIME: 9:00AM

COMPLIMENTARY



SUMMER ADULT TENNIS LESSONS

.....Location: West Hills.....

CARDIO TENNIS (Levels 3.0 and above):

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! (4 players)

SINGLES DRILLS AND STRATEGY (3.0 and above):

For the singles player who needs to learn patterns, singles strategy and stroke production. (4 players)

TENNIS NOW BEGINNERS:

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.

STROKE AND STRATEGY (3.0 and 3.5):

Enjoy fast-paced drills to improve your technique, footwork, shot selection and strategy. Expect a great workout! (4 players)

DOUBLES PATTERNS (3.5):

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. This class is great for City League and USTA players! (4 players)

.....

NON-TENNIS MEMBER RATES ARE
30% MORE THAN LISTED PRICE.

| TENNIS LESSONS | | | |
|------------------------------|------|-----------------|----------|
| SESSION | DAY | TIME | PRICE |
| CARDIO TENNIS | | | |
| JUNE 1-30 | WED | 6:00-7:00PM | \$70 |
| | SUN | 8:00-9:00AM | \$70 |
| JULY 1-31 | WED | 6:00-7:00PM | \$87.50 |
| | SUN | 8:00-9:00AM | \$52.50 |
| AUG 1-31 | WED | 6:00-7:00PM | \$70 |
| | SUN | 8:00-9:00AM | \$70 |
| TENNIS NOW 2.0 BEGINNERS | | | |
| JUNE 1-30 | TUES | 11:30AM-12:45PM | \$106 |
| | WED | 6:00-7:30PM | \$105 |
| JULY 1-31 | TUES | 11:30AM-12:45PM | \$85 |
| | WED | 6:00-7:30PM | \$131.25 |
| AUG 1-31 | TUES | 11:30AM-12:45PM | \$85 |
| | WED | 6:00-7:30PM | \$105 |
| STROKES AND DOUBLES PLAY 2.5 | | | |
| JUNE 1-30 | TUES | 12:45-2:00PM | \$106.25 |
| | WED | 6:00-7:30PM | \$105 |
| | THUR | 7:30-8:30PM | \$70 |
| JULY 1-31 | TUES | 12:45-2:00PM | \$85 |
| | WED | 6:00-7:30PM | \$131.25 |
| | THUR | 7:30-8:30PM | \$87.50 |
| AUG 1-31 | TUES | 12:45-2:00PM | \$85 |
| | WED | 6:00-7:30PM | \$105 |
| | THUR | 7:30-8:30PM | \$87.50 |
| STROKES AND STRATEGY 3.0-3.5 | | | |
| JUNE 1-30 | WED | 7:30-8:30PM | \$70 |
| JULY 1-31 | WED | 7:30-8:30PM | \$87.50 |
| AUG 1-31 | WED | 7:30-8:30PM | \$70 |
| DOUBLES PATTERNS 3.5 | | | |
| JUNE 1-30 | WED | 7:30-8:30PM | \$70 |
| JULY 1-31 | WED | 7:30-8:30PM | \$87.50 |
| AUG 1-31 | WED | 7:30-8:30PM | \$70 |
| SINGLES DRILLS AND STRATEGY | | | |
| JUNE 1-30 | THUR | 6:00-7:30PM | \$129 |
| JULY 1-31 | THUR | 6:00-7:30PM | \$161 |
| AUG 1-31 | THUR | 6:00-7:30PM | \$129 |

Please note:
Max of 4 people per class
&/or per court
Prices listed are a reduced
rate

| TENNIS LESSONS | | | | |
|------------------|-----------|----------------|--------|-------|
| SESSION | DAY | LEVEL | TIME | PRICE |
| JUNE 15-18 | MON-THURS | RED BALL | 9-10AM | \$70 |
| | | ORANGE BALL | 12-3PM | \$210 |
| | | GREEN DOT BALL | 12-3PM | \$210 |
| | | YELLOW BALL | 12-3PM | \$210 |
| JUNE 22-25 | MON-THURS | RED BALL | 9-10AM | \$70 |
| | | ORANGE BALL | 12-3PM | \$210 |
| | | GREEN DOT BALL | 12-3PM | \$210 |
| | | YELLOW BALL | 12-3PM | \$210 |
| JUNE 29 - JULY 2 | MON-THURS | RED BALL | 9-10AM | \$70 |
| | | ORANGE BALL | 12-3PM | \$210 |
| | | GREEN DOT BALL | 12-3PM | \$210 |
| | | YELLOW BALL | 12-3PM | \$210 |
| JULY 6-9 | MON-THURS | RED BALL | 9-10AM | \$70 |
| | | ORANGE BALL | 12-3PM | \$210 |
| | | GREEN DOT BALL | 12-3PM | \$210 |
| | | YELLOW BALL | 12-3PM | \$210 |
| JULY 13-16 | MON-THURS | RED BALL | 9-10AM | \$70 |
| | | ORANGE BALL | 12-3PM | \$210 |
| | | GREEN DOT BALL | 12-3PM | \$210 |
| | | YELLOW BALL | 12-3PM | \$210 |
| JULY 20-23 | MON-THURS | RED BALL | 9-10AM | \$70 |
| | | ORANGE BALL | 12-3PM | \$210 |
| | | GREEN DOT BALL | 12-3PM | \$210 |
| | | YELLOW BALL | 12-3PM | \$210 |
| JULY 27-30 | MON-THURS | RED BALL | 9-10AM | \$70 |
| | | ORANGE BALL | 12-3PM | \$210 |
| | | GREEN DOT BALL | 12-3PM | \$210 |
| | | YELLOW BALL | 12-3PM | \$210 |
| AUG 3-6 | MON-THURS | RED BALL | 9-10AM | \$70 |
| | | ORANGE BALL | 12-3PM | \$210 |
| | | GREEN DOT BALL | 12-3PM | \$210 |
| | | YELLOW BALL | 12-3PM | \$210 |
| AUG 10-13 | MON-THURS | RED BALL | 9-10AM | \$70 |
| | | ORANGE BALL | 12-3PM | \$210 |
| | | GREEN DOT BALL | 12-3PM | \$210 |
| | | YELLOW BALL | 12-3PM | \$210 |
| AUG 17-20 | MON-THURS | RED BALL | 9-10AM | \$70 |
| | | ORANGE BALL | 12-3PM | \$210 |
| | | GREEN DOT BALL | 12-3PM | \$210 |
| | | YELLOW BALL | 12-3PM | \$210 |



SUMMER JUNIOR TENNIS LESSONS

Location: West Hills

RED BALL:

Adaptive court and equipment, fun games and drills for coordination and physical development, social skills and exercise. All while having fun!

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.

GREEN DOT BALL:

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. This three-hour lesson focuses on the up-and-coming junior with the green dot tennis ball. These juniors are developing grip and swing path fundamentals, and show confidence with beginning skills. Serving with a continental grip is introduced.

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 this intermediate and advanced junior.

Please note:
Max of 4 people per class
&/or per court
Prices listed are a reduced rate

NON-TENNIS MEMBER RATES ARE
 30% MORE THAN LISTED PRICE.

Introducing

JUNIOR SUPER SPORTS CAMP

Our Super Camp will offer tennis, fitness, swimming, and pickleball! Your child will receive instruction from USPTA certified tennis pros, certified personal trainers, and PPR pickleball pros. Tennis & Pickleball pros are trained in all levels of instruction. Focus will be on stroke technique, singles and doubles play. Our personal trainers will lead them through strength and cardio conditioning, foot work, yoga, meditation and team building. After a day of tennis, fitness, and pickleball your child will enjoy wrapping up the day poolside! Participants should bring a sack lunch from home. Prepackaged items available for purchase at Cafe WAM. Ages 8-14

JUNIOR SUPER SPORTS CAMP

| DATE | TIME | PRICE |
|------------|---------------|-------|
| JUNE 22-26 | 9:00AM-4:00PM | \$499 |
| JULY 20-24 | 9:00AM-4:00PM | \$499 |

CAMP SCHEDULE

9:00am - 11:00am TENNIS

11:00am - 12:00pm FITNESS

12:00pm - 12:30pm LUNCH

12:30pm - 1:30pm PICKLEBALL

1:30pm - 2:30pm FITNESS

2:30pm - 4:00pm SWIMMING

NON-TENNIS MEMBER RATES ARE
30% MORE THAN LISTED PRICE.





NTRP Adult Summer Classic

MOUNTAIN PARK RACQUET & FITNESS CLUB
JULY 22 - 26, 2020

Plan ahead to play, spectate, and/or socialize at the new MPRFC NTRP Adult Summer Classic tennis tournament. Our popular tournament format moves into July for the first time!

Events offered are Women and Men's singles, plus mixed doubles. It's a treat to play on MPRFC's beautiful outdoor courts, and action under the lights will be featured.

The OPEN MIXED doubles event will offer prize money, and the mixed final will be the featured match for this year's Summer Slam.

Check out Tennislink for more information.
Tournament ID #600009520

SUMMER SLAM 2020!

MONDAY, JULY 27
More details coming soon



SUMMER ADULT TENNIS LESSONS

Location: Mountain Park

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.

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!

TENNIS NOW!

Are you new to the game? Coming back after time away from the game?

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!

*TENNIS NOW! 101 - Newer players to the game, and those with less experience.

*TENNIS NOW! 301 - Players coming back to the game, with estimated NTRP 3.0 and above

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

Oh yes, footwork included!

STROKE AND STRATEGY

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

Expect a great workout!

NON-TENNIS MEMBER RATES ARE
30% MORE THAN LISTED PRICE.

| TENNIS LESSONS | | | | | | | | | | |
|-----------------------------------|-----|-----------|-------------|---------|------|--------|----------|----------|---------|--|
| Class | Day | Level | Time | Day/Eve | Club | Spaces | June | July | Aug | |
| Tennis Now 101 | Th | 2.0/2.5 | 9:00-10:15 | Day | MP | 4 | \$88.00 | \$110.00 | \$66.00 | |
| Tennis Now 301 | Tu | 3.0+ | 9:00-10:15 | Day | MP | 4 | \$110.00 | \$88.00 | \$66.00 | |
| Tennis Now 301 | Th | 3.0+ | 10:15-11:30 | Day | MP | 4 | \$88.00 | \$110.00 | \$66.00 | |
| Stroke of the Week | F | 3.0/3.5 | 10:15-11:30 | Day | MP | 4 | \$88.00 | \$110.00 | \$66.00 | |
| Stroke & Strategy | Tu | 3.0+ | 11:30-12:45 | Day | MP | 4 | \$88.00 | \$110.00 | \$66.00 | |
| City League Practice (Women Only) | M | J team | 10:15-11:30 | Day | MP | 4 | \$110.00 | \$88.00 | \$66.00 | |
| City League Practice (Women Only) | M | J/K teams | 11:30-12:45 | Day | MP | 4 | \$110.00 | \$88.00 | \$66.00 | |
| | | | | | | | | | | |
| Tennis Now 101 | M | 2.5/3.0 | 7:15-8:30 | Eve | MP | 4 | \$110.00 | \$66.00* | \$66.00 | |
| Stroke & Strategy | Tu | 3.0/3.5 | 6:45-8:00 | Eve | MP | 4 | \$110.00 | \$88.00 | \$66.00 | |
| Stroke & Strategy | Tu | 3.5+ | 6:45-8:00 | Eve | MP | 4 | \$110.00 | \$88.00 | \$66.00 | |
| Stroke & Strategy | Th | 3.0/3.5 | 6:00-7:15 | Eve | MP | 4 | \$88.00 | \$110.00 | \$66.00 | |
| Stroke & Strategy (Men Only) | M | 3.5/4.0 | 6:00-7:15 | Eve | MP | 8 | \$110.00 | \$66.00* | \$66.00 | |
| Stroke & Strategy | Th | 3.0 | 7:15-8:30 | Eve | MP | 4 | \$88.00 | \$110.00 | \$66.00 | |
| The Move Class | Th | 3.0/3.5 | 6:00-7:15 | Eve | MP | 4 | \$88.00 | \$110.00 | \$66.00 | |
| Stroke & Strategy | Tu | 3.5/4.0 | 6:45-8:00 | Eve | MP | 4 | \$110.00 | \$88.00 | \$66.00 | |
| Stroke & Strategy (Women Only) | Th | 3.5/4.0 | 7:15-8:30 | Eve | MP | 4 | \$88.00 | \$110.00 | \$66.00 | |

*No Class Monday, July 27th due to Summer Slam

Please note:
Max of 4 people per class
&/or per court
Prices listed are a reduced rate



SUMMER JUNIOR TENNIS LESSONS

Location: Mountain Park

RED BALL

This group is for the youngster just getting started. The focus is fun, mobility, hand/eye coordination, and introduction to the sport. 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. These players begin demonstrating appropriate listening skills and interactions with classmates. These players use the 36' court, and should be able to rally with some success before advancing to the next level. 21"- 23" racquets required. Ages 4-7

ORANGE BALL

Techniques from Red Ball will be continued with age appropriate skills and expectations. These players should be consistent with ready position and developing proper timing with split steps, and show a desire to improve footwork. These players should be using proper grips as instructed and forming stroke fundamentals for forehand and backhand ground-strokes, volleys, overheads, and serves with continental grips. 23"- 26" racquet required. Orange ball classes use the 60' court. Ages 7-12

GREEN DOT

These players are physically ready and able to move to the 78' (full) court. Proper grips and stroke techniques are now solidified, and serves from the baseline with continental grips are successful 70%, or more. Players can feed and rally with specific direction, and can sustain rallies of 8+ shots. These players can use spin, movement, and placement to construct points, and understand the rules and etiquette of tennis. These players begin to show interest in playing tournaments and JTT. 24"-26" racquet recommended. Ages 8-14

FUTURES

Players will begin to progress from the green dot to the yellow ball. Green dot balls will continue to be used as needed for specific skill development. This group will continue to solidify stroke techniques, and implement strategies and patterns of play. Practice outside of class and JTT encouraged. Quarterly progress reports will be provided. 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

PERFORMANCE

Tennis is becoming a priority sport for this player. 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. Quarterly progress reports will be provided. Pro staff will determine appropriate age and skill level.

HIGH PERFORMANCE

This group is for the player who focuses on tennis as their sport, and continues to improve their game. 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.

NON-TENNIS MEMBER RATES ARE
30% MORE THAN LISTED PRICE.

| TENNIS LESSONS | | | | | | | |
|------------------------------------------------|-----|------|-------------|--------|----------|----------|---------|
| Class | Day | Club | Time | Spaces | June | July | Aug |
| FOUNDATIONS | | | | | | | |
| Red Ball | M | MP | 3:30-4:30 | 4 | \$87.50 | \$70.00 | \$52.50 |
| Red Ball | Tu | MP | 10:30-11:30 | 4 | \$87.50 | \$70.00 | \$52.50 |
| Red Ball | Th | MP | 3:30-4:30 | 4 | \$70.00 | \$87.50 | \$52.50 |
| Orange Ball | M | MP | 10:00-11:30 | 4 | \$131.00 | \$105.00 | \$79.00 |
| Orange Ball | Tu | MP | 5:30-6:30 | 4 | \$87.50 | \$70.00 | \$52.50 |
| Orange Ball | Th | MP | 4:30-5:30 | 4 | \$70.00 | \$87.50 | \$52.50 |
| Green Dot | M | MP | 4:30-5:30 | 4 | \$87.50 | \$70.00 | \$52.50 |
| Green Dot | Tu | MP | 4:30-5:30 | 4 | \$87.50 | \$70.00 | \$52.50 |
| Green Dot | Th | MP | 4:30-5:30 | 4 | \$70.00 | \$87.50 | \$52.50 |
| CHALLENGERS | | | | | | | |
| Futures | M | MP | 6:00-7:00 | 4 | \$87.50 | \$52.50* | \$52.50 |
| Futures | Tu | MP | 5:30-6:30 | 4 | \$87.50 | \$70.00 | \$52.50 |
| Futures/Satellite | W | MP | 4:30-5:30 | 4 | \$70.00 | \$87.50 | \$52.50 |
| Futures/Satellite | Th | MP | 3:30-4:30 | 4 | \$70.00 | \$87.50 | \$52.50 |
| *No Class Monday, July 27th due to Summer Slam | | | | | | | |
| CHAMPS | | | | | | | |
| Performance | M | MP | 5:45-7:00 | 4 | \$110.00 | \$66.00* | \$66.00 |
| Performance | Tu | MP | 5:30-6:45 | 8 | \$110.00 | \$88.00 | \$66.00 |
| Performance | Th | MP | 6:00-7:15 | 8 | \$88.00 | \$110.00 | \$66.00 |
| High Performance | Tu | MP | 4:00-5:30 | 8 | \$161.00 | \$129.00 | \$97.00 |
| High Performance | Th | MP | 4:30-6:00 | 8 | \$129.00 | \$161.00 | \$97.00 |
| *No Class Monday, July 27th due to Summer Slam | | | | | | | |

Please note:
Max of 4 people per class
&/or per court
Prices listed are a reduced
rate



SUMMER PICKLEBALL LESSONS

Location: West Hills

LEARN TO PLAY CLINICS:

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.

DOUBLES CLINICS 3.0:

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).

JUNIOR LEARN TO PLAY CLINICS:

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.

SUMMER PICKLEBALL LEAGUE:

Sign up with a partner and if you don't have one, we will find one for you. We will have 16 teams playing each night in a round rob in format. The level of play will be intermediate level and higher. \$10 per person for each month. Contact Eliot to register or for more information at eliot.stevenson@northp.com.

PICKLEBALL SOCIALS:

FRIDAY NIGHT AT MOUNTAIN PARK

SATURDAY MORNING AT WEST HILLS:

Join the fun on Friday night and Saturday morning with a hosted pickleball event. All levels welcome from beginner to advanced players. you may come with a partner or Eliot will pair you with another member. This is a drop in event, you may come and leave anytime.

PICKLEBALL PRO ELIOT STEVENSON:

Our very own Eliot Stevenson is now a PPR Certified pickleball pro. With a strong background in tennis, playing all four years in high school and two years in college.

He took to pickleball very quickly and hopes to bring the fastest growing sport in America to our membership community. His curriculum heavily mirrors that of your basic tennis stroke forms so those of you still playing tennis won't learn any bad habits alternating back and forth from pickleball to tennis.

Eliot is excited to grow and promote the sport of pickleball here at West Hills and Mountain Park and hopes to see you all on the court soon. Please contact Eliot at eliot.stevenson@northp.com



| LEARN TO PLAY CLINIC | | | |
|--------------------------------|------|-----------------|----------|
| SESSION | DAY | TIME | RATE |
| 6/15/2020 | MON | 6:00-7:30PM | \$ 10.00 |
| 6/22/2020 | MON | 6:00-7:30PM | \$ 10.00 |
| 6/29/2020 | MON | 6:00-7:30PM | \$ 10.00 |
| 7/13/2020 | MON | 6:00-7:30PM | \$ 10.00 |
| 7/20/2020 | MON | 6:00-7:30PM | \$ 10.00 |
| 7/27/2020 | MON | 6:00-7:30PM | \$ 10.00 |
| 8/3/2020 | MON | 6:00-7:30PM | \$ 10.00 |
| 8/10/2020 | MON | 6:00-7:30PM | \$ 10.00 |
| 8/17/2020 | MON | 6:00-7:30PM | \$ 10.00 |
| 6/16/2020 | TUES | 9:00-10:30AM | \$ 10.00 |
| 6/23/2020 | TUES | 9:00-10:30AM | \$ 10.00 |
| 6/30/2020 | TUES | 9:00-10:30AM | \$ 10.00 |
| 7/14/2020 | TUES | 9:00-10:30AM | \$ 10.00 |
| 7/21/2020 | TUES | 9:00-10:30AM | \$ 10.00 |
| 7/28/2020 | TUES | 9:00-10:30AM | \$ 10.00 |
| 8/4/2020 | TUES | 9:00-10:30AM | \$ 10.00 |
| 8/11/2020 | TUES | 9:00-10:30AM | \$ 10.00 |
| 8/18/2020 | TUES | 9:00-10:30AM | \$ 10.00 |
| DOUBLES CLINICS 3.0 | | | |
| 6/10/2020 | WED | 9:00-10:30AM | \$ 19.50 |
| 6/24/2020 | WED | 9:00-10:30AM | \$ 19.50 |
| 7/8/2020 | WED | 9:00-10:30AM | \$ 19.50 |
| 7/15/2020 | WED | 9:00-10:30AM | \$ 19.50 |
| JUNIOR LEARN TO PLAY | | | |
| 6/16/2020 | TUES | 10:30AM-12:00PM | \$ 10.00 |
| 6/23/2020 | TUES | 10:30AM-12:00PM | \$ 10.00 |
| 6/30/2020 | TUES | 10:30AM-12:00PM | \$ 10.00 |
| 7/14/2020 | TUES | 10:30AM-12:00PM | \$ 10.00 |
| 7/21/2020 | TUES | 10:30AM-12:00PM | \$ 10.00 |
| 7/28/2020 | TUES | 10:30AM-12:00PM | \$ 10.00 |
| 8/4/2020 | TUES | 10:30AM-12:00PM | \$ 10.00 |
| 8/11/2020 | TUES | 10:30AM-12:00PM | \$ 10.00 |
| 8/18/2020 | TUES | 10:30AM-12:00PM | \$ 10.00 |
| SUMMER PICKLEBALL LEAGUE | | | |
| JUNE 4,11,18,25 | THUR | 6:30-8:30PM | \$ 10.00 |
| JULY 2,9,16,23,30 | THUR | 6:30-8:30PM | \$ 10.00 |
| AUG. 6,13,20 | THUR | 6:30-8:30PM | \$ 10.00 |
| FRIDAY NIGHT SOCIALS AT MP | | | |
| 6/5/2020 - 8/28/2020 | FRI | 5:45PM - 8:15PM | FREE |
| SATURDAY MORNING SOCIALS AT WH | | | |
| 6/6/2020 - 8/29/2020 | SAT | 9:00AM-12:00PM | FREE |

NON-TENNIS MEMBER RATES ARE
30% MORE THAN LISTED PRICE.

Register via Online:
Login>Click Group
Activities>Choose Pickleball
Programs>Choose Day

Register via App:
Choose Classes>Scroll To Date Of
Class>Choose Date>Choose Class



West Hills Hosts LevelUp Pickleball Camp!

As a top-ranked Pickleball player in the world, SelkirkPro Tyson McGuffin, 29, is currently one of Professional Pickleball's most accomplished and recognizable players. Not only is he a four-time Grand Slam Gold Medalist in Men's Open Singles and 4x National Champion, but he also recently won his first Grand Slam in Men's Open Doubles at the 2018 Tournament of Champions. A former 5.5 ranked Tennis player turned Pickleball star, Tyson is currently competing across the professional Pickleball Tour and playing in events sanctioned by the USAPA.

It was when McGuffin became a tennis instructor that eventually led to his Pickleball introduction at a local YMCA. Though he initially struggled with the fast-paced game, he utilized his tennis skills into becoming a competitive and successful Pickleball player. McGuffin took to the sport quickly, and turned pro within just 6 months of playing. His success in the sport was immediate; he played his first USAPA Nationals tournament winning Silver in Men's Open Singles in his 1st year of turning pro. Today, he is the #1 ranked Singles player, #2 ranked Mixed Doubles player and #3 ranked Men's Doubles player, according to the World Pickleball Federation, and is actively competing across the professional Pickleball circuit. When he isn't playing in tournaments, you can find McGuffin serving as an IPTPA and PPR certified instructor for LevelUp Pickleball Camps.



Camp Details:

When: July 28-30

Registration link: paddleandmore.com

Cost: \$595

Includes:

- 15 hours of camp
- 15% product discount
- Camp notes and drill sheets to take home
- First day video review
- Post camp video (5min) with generic overdub instruction



SUMMER LIL' ATHLETES KID KAMP

West Hills

Kamp Activities

- **Play tennis/pickleball** and participate in fun on court drills with our professional tennis staff.
- **Get fit** with fun games & activities led by our certified fitness trainers.
- **Cool off** in the pool with supervised open swim.
- **Be creative** with arts & crafts enjoying fun, educational weekly themes.
- **Take a break** and enjoy lunch in our picnic area under the shade of the old oak tree.

Items to bring to Kamp

- 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

NON-MEMBER RATES ARE
30% MORE THAN LISTED PRICE.



LIL' ATHLETES KID KAMP Ages 4-9

| SESSION | DATES | TIME | PRICE |
|---------|------------|----------------|-------|
| 1 | JUNE 22-26 | 10:00AM-3:00PM | \$210 |
| 2 | JULY 6-10 | 10:00AM-3:00PM | \$210 |
| 3 | JULY 13-17 | 10:00AM-3:00PM | \$210 |
| 4 | JULY 20-24 | 10:00AM-3:00PM | \$210 |
| 5 | AUG 3-7 | 10:00AM-3:00PM | \$210 |
| 6 | AUG 10-14 | 10:00AM-3:00PM | \$210 |
| 7 | AUG 17-21 | 10:00AM-3:00PM | \$210 |

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 - TEMPORARILY CLOSED

For your convenience, WHRFC offers child 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 register for early care will be charged for the full week of early care.

Register via Online:
Login>Click Register for
programs>Drop Down Choose
Kidkamp>Choose Club>Search

Register via App:
Choose Programs>Category>
Kidkamp>Show Programs

*Please note:
Max of 10
children per camp*



West Hills SUMMER POOL

WELCOME TO WEST HILLS SUMMER POOL!

We look forward to another enjoyable, relaxing and fun sunny season! We invite YOU to join us poolside for a sparkling summer including a variety of lessons, programs, and activities for the entire family!

POOLSIDE INFO

May 23rd ** the pool will be open for another fun filled summer season!

**Date subject to change per when we re-open.

To view the most up to date pool schedule, visit our website at vamclubs.com or pick up a copy at the club.

Waves Swim Team!

Aqua Exercise Class!

Designated Lap Lanes!

Fun Fridays!

Group/Private Swim Lessons!

Open Family Swim!

FAMILY FUN FRIDAY!

JOIN US! No Better way to spend a Friday evening, poolside and together with family! Sprinkled throughout the summer these evenings will include a variety of different activities such as relays, pool games, prizes, music, food, and more! Stay tuned throughout the summer for more info with specific dates.

SUMMER SWIM PROGRAMS

Waves Swim Team

Designed for children to continue to strengthen their swimming skills, enjoy a team experience and learn about competitive swimming! As a member of the swim team, swimmers will experience the following fundamentals of competitive swimming:

- Advanced stroke drills, starts and turns
- Improve stroke technique and efficiency in the water
- Participate in competitive swim meets
- Improve endurance
- Eligibility: Must be able to swim 25 yards (one pool length) free style.

Welcome back returning Waves Coach and new Aquatics Director, Hannah Sellke!

WAVES SWIM TEAM

| GROUP | SESSION | DAY | TIME | PRICE |
|-------|------------------|---------|---------------|-------|
| RED | JUNE 15 - AUG 14 | MON-FRI | 9:30-10:00AM | \$140 |
| WHITE | JUNE 15 - AUG 14 | MON-FRI | 10:00-11:00AM | \$215 |

SPRING PRACTICE & PIZZA PARTY

DATE: JUNE 6TH

11:30am Assessment (please arrive on time on time ready to get in the pool)

12:00pm Announcements

12:30pm Pizza party & pool games

- During spring practice, the swimmers will be divided into 2 practice groups. (Red or White)
- Practice group placement will be determined by the Waves coaches based on swimmer's ability.
- Participants will be billed according to practice group placement.

MOCK MEET

DATE: JUNE 20TH @ 9:30AM

ADULT AQUATICS

Aqua Exercise

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



NON-MEMBER RATES ARE
30% MORE THAN LISTED PRICE.

AQUA EXERCISE

MONDAYS & WEDNESDAYS

11:00am - 12:00pm

COST

Members: Free





GROUP SWIM LESSONS

| LEVEL | TIME | PRICE |
|-------|-----------------|-------|
| 1 | 11:00-11:30AM | \$40 |
| 2 | 11:30AM-12:00PM | \$40 |
| 3 | 11:00-11:30AM | \$40 |
| | 11:30AM-12:00PM | \$40 |
| 4 | 11:00-11:30AM | \$40 |

SESSIONS | MON-THURS

Session 1: June 15-18
 Session 2: June 22-25
 Session 3: July 6-9
 Session 4: July 13-16
 Session 5: July 20-23
 Session 6: July 27-30
 Session 7: Aug 3-6
 Session 8: Aug 10-13
 Session 9: Aug 17-20

Requires a minimum of 3
 participants to hold class.
 Maximum of 4 per class.

WAM swim instructors have the
 discretion to determine level
 placement of participants.

Level assessment available upon request. Contact Aquatic Director Hannah @
hannah.sellke@whrfc.com

PRIVATE SWIM LESSONS

Private lessons are 30 minutes long and are constructed specifically around the
 needs and objectives of each student. Private lessons are offered as space and
 instructors are available.

30 Minute Session

Private: Members \$35
 Semi Private: Members \$19/per person

Schedule a Private Lesson

Contact the Aquatics Department
 (503)646-4106 ext. 6879
 Aquatic Director, Hannah @ hannah.sellke@whrfc.com

SUMMER SWIM LESSONS

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.

NON-MEMBER RATES ARE 30%
 MORE THAN LISTED PRICE.

Cafe WAM (West Hills Only)

Opening This Summer

New and expanded food and beverage items!

Beer and wine on tap!

Summer seasonal items!



Lil' Athlete Zone (West Hills Only)

Temporarily closed until further notice

