



# SUMMER

## ACTIVITIES GUIDE

2016

West Hills Racquet & Fitness Club  
48  
Years!  
Celebrating 48 Years of Tennis Tradition

# REGISTRATION DETAILS

- Member registration begins April 12<sup>th</sup> after 11:00am online or in person.
- Non-member registration begins April 19th after 11:00am in online or in person.
- All classes, camps, teams, and activities must be paid in full at the time of registration.

## CANCELLATIONS

- Cancellations must be made 7 days in advance for an 80% refund. There will be no refund for cancellations made with less than 7 days notice prior to the activity start date..
- All cancellations must be submitted in writing on a cancellation form available online or at the service desk.
- No credits or make-up classes will be offered for absences.
- Registration is non-transferable

## SUMMER DELI



Opens June 18th

ENJOY

Snacks

Hot Dogs

Beverages

Ice Cream

And MORE...



# SUMMER CALENDAR 2016

## MAY

Sun	Mo	Tue	We	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Family Tennis Night	21
22	23	24	25	26	27	28
29	30	31				

## JUNE

Sun	Mo	Tue	We	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 Pool Opens Deli Opens
19	20	21	22	23	24 😊	25
26	27	28	29	30		

## JULY

Sun	Mo	Tue	We	Thu	Fri	Sat
					1	2
3	4	5	6 Oregon State Senior Women's Tennis Championship	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21 **West Hills Team Tennis Tournament	22	23
24	25	26	27	28	29 😊	30
31						

## AUGUST

Sun	Mo	Tue	We	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 😊	20
21	22	23	24	25	26	27
28	29	30	31			

## ADULT SUMMER HAPPY HOUR FRIDAYS OUTDOORS 😊

Happy Hour Tennis is a fun, casual tennis format. Matches will be arranged based on who participates and won't necessarily follow a traditional men's/women's mixed format. Music on the deck and appetizers will be included to add to the fun. Hosted by one of the WHRFC tennis pro's, this is a fun way to spend a Friday evening enjoying good food, company and some casual tennis!

Happy Hour Tennis will take place, weather permitting, from 5pm-7pm on:

Friday, June 24th • Friday, July 29th • Friday, August 19th

The Cost is \$8.00 per member (includes tennis balls & food).

Guests are welcome for a \$13 guest fee (includes tennis balls & food)

\*Schedule is subject to change— based on weather.

\*\*Tentative dates

# ADULT SUMMER TENNIS 2016

Date	Day	Time	Tennis Members	Health/ Non-Members
------	-----	------	----------------	---------------------

## CARDIO TENNIS LEVELS 3.0 -4.0

June 1,8,15,22,29	Wednesday	6:00pm-7:00pm	\$82.50	\$108
June 3,10,17,24	Friday	11:00am-12:00pm	\$66	\$86
June 4,11,18,25	Saturday	10:15am-11:15am	\$66	\$86
July 9,16,30	Saturday	10:15am-11:15am	\$49.50	\$65
July 12,19,26	Tuesday	9:00am-10:00am	\$49.50	\$65
July 13,20,27	Wednesday	6:00pm-7:00pm	\$49.50	\$65
July 15,22,29	Friday	11:00am-12:00pm	\$49.50	\$65
Aug. 3,10,17	Wednesday	6:00pm-7:00pm	\$49.50	\$65
Aug. 5,12,19	Friday	11:00am-12:00pm	\$49.50	\$65
Aug. 6,13,20	Saturday	10:15am-11:15am	\$49.50	\$65

## SINGLES DRILLS & STRATEGY LEVELS 3.0 & ABOVE

June 3,10,17,24	Friday	12:00pm-1:30pm	\$99	\$126
July 15,22,29	Friday	12:00pm-1:30pm	\$74.25	\$97
Aug. 5,12	Friday	12:00pm-1:30pm	\$49.50	\$65

## BEGINNER TENNIS 2.0 & 2.5

June 1,8,15,22,29	Wednesday	7:00pm-8:00pm	\$82.50	\$108
July 13,20,27	Wednesday	7:00pm-8:00pm	\$49.50	\$65

## 2.5 ADULT STROKES & STRATEGY

June 14,21,28	Tuesday	12:45pm-2:00pm	\$63	\$82
July 12,29,26	Tuesday	12:45pm-2:00pm	\$63	\$82

## CITY LEAGUE CAMP

Teams	Date	Time	Tennis Members
I,J	Aug. 22-25	9:00am-11:30am	\$165
A,B,D,E,G	Aug. 22-25	12:00pm-2:30pm	\$165

See Page 12 for class descriptions.

## BOOT CAMP

Date	Time	Tennis Members	Health/Non-Members
June 6,7,8	9:00am-11:30am	\$123.75	\$161

# JUNIOR SUMMER TENNIS

## GROUP LESSONS ( MONDAY - THURSDAY)

	Lessons	Time	Tennis	Health/ Non- Members	Session 1 July 11-14	Session 2 July 18-21	Session 3 July 25-28
	Peewee	10:30am-11:30am	\$66	\$86	•	•	•
	Level 1 & 2	11:30am –1:00pm	\$99	\$129	•	•	•
	Level 3	1:00pm-2:30pm	\$99	\$129	•	•	•
	Jr. Elite & Elite	2:30pm-4:00pm	\$99	\$129	•	•	•
	High School	4:00pm-5:30pm	\$99	\$129	•	•	•

## JUNIOR HIT CAMPS ( MONDAY – THURSDAY)

	Camp	Time	Tennis	Health/ Non- Members	Session 1 Jun 20-23	Session 2 Jun 27-30	Session 3 Aug 1-4	Session 4 Aug 8-11
	Levels 1 & 2	9:00am-11:00am	\$132	\$172	•	•	•	•
	Level 3 & Jr. Elite	11:00am-1:00pm	\$132	\$172	•	•	•	•
	Elite & High School	1:00pm-4:00pm	\$198	\$258	•	•	•	•

All junior group lessons and HIT camp sessions are Monday-Thursday.

See Page 12 for class descriptions.

## CONTACT US!

Tennis Department at WHRFC

(503)646-4106, ext. 6885

Tennis Director:

Dave Edwards

dave.edwards@whrfc.com

# SMALL GROUP PERSONAL TRAINING

## THE SUMMER SHAPE-UP

**Have you been interested in trying our small group formats but don't know how to get started or what format will work best for you?**

With Sample SGT Saturdays you get a chance to try out all the offered formats. Starting June 4<sup>th</sup>, for 4 Saturdays come work out with our Fitness Director Holly as she leads you through our small group formats. These sample classes are free and space is limited to 5 people. Contact Holly at [holly.howard@northp.com](mailto:holly.howard@northp.com) to sign up today!

JUNE 4TH TRX

JUNE 8TH GLIDE

JUNE 11TH KETTLE BELL

JUNE 25TH MOTR



### TRX & KETTLE BELLS

Build the strength you need for stronger shots. Kettle bell strength training is all about controlled power with momentum, just like your serve motion. TRX training offers a total body strength training program using just your body weight resistance, allowing you to feel strong but light and agile once you step onto the court!



### GLIDING

A high intensity, low impact workout that will help improve your leg and core strength, which is essential to strong serves and groundstrokes. It focuses on lateral movements and quick change in direction which will improve footwork. It is also a ton of fun, so that helps too!



### MOTR

Systems will help improve joint mobility. Working head to toe with dynamic flexibility will increase your range of motion, allowing you greater extension with your serve. This format will also help you to recover quickly when off the court. Core training and balance is also a main focus in these sessions.



# FITNESS CLASS SCHEDULE 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Spin 5:15am - 6:30am Jolene		S3 5:15am-6:45am Jolene			
Power Shop 8:00am - 8:55am Jolene	Yoga Vinyasa 7:45am - 8:55am Jolene	Cardio & Sculpt 8:00am - 8:55am Jody	Yoga Vinyasa 7:45am - 8:55am Jolene	Cardio & Mix 8:00am - 8:55am Jody	Mat Pilates 8:00am - 8:55am Marchond/Tracy	
Cardio Interval 9:00am - 9:55am Cagney	Cardio Mix 9:00am - 9:55am Jody	Power Shop 9:00am - 9:55am Jody	Spin 9:00am - 9:55am John	Muscle Pump 9:00am-9:45am Jody	Zumba Interval 9:00am - 9:55am Marchond/Tracy	Spin 9:00am - 9:55am Michelle
Hatha Yoga 10:00am - 10:55am Leigh	Core Body Training 10:00am - 10:55am Holly	Hatha Yoga 10:00am - 10:55am Leigh	Core Body Training 10:00am - 10:55am Holly	Restorative Yoga 10:00am - 11:15am Luciana		Yoga 10:15am - 11:30am Leigh/Claire
Aqua Aerobics 11:00 - 12:00pm Evelyn/Jennifer	*Cardiac Program 12:30pm - 2:30pm Jolene	Aqua Aerobics 11:00am - 12:00pm Evelyn/Jennifer	*Cardiac Program 12:30pm - 2:30pm Jolene		*These classes are part of special programs and are not available for open participation.	
Forever Fit 11:00am-11:55am John	*SGT 11:30am Glide	Forever Fit 11:00am-11:55am John	*SGT 11:30am Glide		*Small Group Training- \$10.00/class	
Barre 12:15- 1:00pm Michelle		Barre 12:15- 1:00pm Michelle		Barre 12:15 -1:00pm Michelle		
Tai Chi 2:00-3:00pm Jim	*SGT 2:30pm Motr		*SGT 2:30pm Motr			
Dolphin Dryland 3:15pm-3:45pm	Dolphin Dryland 3:15pm-5:20pm	Dolphin Dryland 3:15pm-3:45pm	Dolphin Dryland 3:15pm-5:20pm	Dolphin Dryland 3:15pm-6:50pm		
*SGT 5:00pm Kettle Bell /TRX		*SGT 5:00pm Kettle Bell/TRX				
S3 6:00pm - 7:00pm Nick	Spin 6:00pm - 6:55pm Annie	Yoga 6:30pm-7:30 pm Leigh	Spin 6:00pm - 6:55pm Annie			
	Muscle Pump 7:00pm - 7:45pm Annie		Muscle Pump 7:00pm - 7:45pm Annie			

# SUMMER KID KAMP 2016

## KID KAMP (AGES 4 -9) MONDAY - FRIDAY

Session	Dates	Hours	Members	Non-Members
1	June 20-24	10 am - 3 pm	\$166	\$199
2	June 27 - July 1	10 am - 3 pm	\$166	\$199
3	July 11-15	10 am - 3 pm	\$166	\$199
4	July 18-22	10 am - 3 pm	\$166	\$199
5	July 25-29	10 am - 3 pm	\$166	\$199
6	August 8-12	10 am - 3 pm	\$166	\$199
7	August 15-19	10 am - 3 pm	\$166	\$199
8	August 22-26	10 am-3 pm	\$166	\$199



## KID KAMP ACTIVITIES

- **Play tennis** 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 free 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)
- Sack lunch or purchase a lunch from the deli.
- 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.

## NOTES FOR KID KAMP

Children who are picked up past their Kid Kamp time will be charged \$10 (in increments of 10 minutes). We ask that participants not wear flip flops and please be sure they have tennis shoes with them. Only tennis shoes will be allowed on the courts.

## EXTENDED KID KAMP HOURS

For your convenience WHRFC offers child care prior to the start of Kid Kamp for Kid Kamp participants.

Pre-registration is required 24 hours in advance. We are unable to accommodate drop-ins. All children dropped off for early care will be charged for the full week.

Early Drop Off 8-10am

Members \$37/week

Non Members \$54/week

## SUMMER CHILD CARE HOURS

Monday - Friday: 8 am - 2 pm

Saturday: 9 am - 1 pm

Parent must be on premises while child is in Child Care  
(Does not include Kid Kamp)



# SUMMER POOL 2016



Join us as summer heats up to stay cool as our pool officially opens June 18th! Prior to that, the pool may have limited open swim hours– to view the most up to date schedule, visit our website at [www.westhillsracquet.com](http://www.westhillsracquet.com) or pick up a copy at the club.

Our Aquatics Department looks forward to another great summer and invites YOU to join us for group or private lessons, lap exercise, or simply for some open swim on a nice sunny day!



## ADULT AQUATIC EXERCISE

We invite you to join us for one of our most popular summer pool activities, our wonderful aquatic exercise group taking place every Monday & Wednesday 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 great exercise.

**Monday & Wednesday 11:00 - 12:00 pm**

## DOLPHINS SWIM TEAM



The Dolphins are a year around, competitive swim team practicing here at West Hills. They would like to invite YOU to try out for the team! Led by head coach Nacim Bouferrache, the team has had great success statewide, regionally and nationally. You can watch the team practicing every morning. If you are interested in joining or desire more information visit the website at [www.dolphinsswimteam.org](http://www.dolphinsswimteam.org)

\*All dolphin team members must be West Hills Racquet & Fitness Club Members.

**The Dolphins Swim Team  
Invites YOU to join!**

# SUMMER SWIM 2016

## GROUP SWIM LESSONS (MONDAY – THURSDAY)

Level	Time	Member	Non-Member	Session 1 June 20-30	Session 2 July 11-21	Session 3 July 25-Aug.4	Session 4 Aug. 8-18
1	11:30-12pm	\$82	\$107	•	•	•	•
2	11:30-12pm	\$82	\$107	•	•	•	•
3	11:00-11:30	\$82	\$107	•	•	•	•
4	11:00-11:30am	\$82	\$107	•	•	•	•
5	11:30-12:00pm	\$82	\$107	•	•	•	•

### LEVEL 1 WATER DISCOVERY

Level 1 creates an environment where students can become comfortable in the water while having fun learning new skills and becoming familiar with basic water safety. Students 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 FUNDAMENTAL SKILLS

In level 2 students will learn some of the most basic and fundamental swimming skills. These include an introduction to arm-strokes, backstroke, steamboats, 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 in the water.

### LEVEL 3 STROKE DEVELOPMENT

Level 3 builds upon the fundamental skills by teaching freestyle (front crawl), backstroke (back crawl), and elementary backstroke. In addition to coordinating breathing with arm and leg movements, Level 3 introduces a more advanced set of skills: butterfly, 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 STROKE REFINEMENT

In level 4 students will combine the level 3 skills with proper breathing techniques, arm, leg, and body positions. Level 4 teaches correct pulling, kicking, and arm recoveries. Students 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.

### LEVEL 5 STROKE REFINEMENT

Level 5 continues the stroke progression by tuning each student's performance to an advanced level. Suitable for both recreational and competitive swimmers, level 5 will teach strokes, starts, and turns, that are efficient, effective, and legal, to a competitive swimming standard. **Prerequisite:** Must be able to demonstrate proficiency in freestyle, backstroke, breaststroke, and butterfly; a minimum of 25 yards each.

**\*Each session requires a minimum of 3 participants to run**

**\*Classes sizes will not exceed 5 participants per instructor.**

**\*WHRFC Swim Instructors have the discretion to determine level placement of participants**

# 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 Monday-Thursday 12pm-12:30pm and Fridays 11am-12pm. Instructors are based on availability and per request.

**Contact the Aquatics Department for scheduling:**

503-646-4106



## Cost per 30 min session

Private Lessons: Members \$35 / Non-members \$45.

Semi Private Lessons: Members \$13 / Non-members \$17 per person.

## WAVES (SWIM TEAM)



**WEST HILLS  
SWIMMING**  
A TRADITION SINCE 1970

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 these 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.

### SPRING PRACTICE

June 4th

12:00pm for 9 & older

12:30pm for 8 & under

### SPRING FIT SESSION

June 4th

11:30am for 9 & older

12:00pm for 8 & under

Season	Practice	Time *	Members	Non-Members
June 20- August 19	Monday - Friday	9:30 - 11:00 am	\$215	\$265

\* At spring practice the swimmers will be divided into 3 practice groups:

### WHITE

will have season practice from

9:30-10:15 M-W

9:30am-10:55 Tu, Th, F

### RED

will have season practice from

9:15-10:55 M-W

9:30am-10:55 F

# ADULT TENNIS CLASS DESCRIPTION

**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 a lot of running and limited instruction. We work on your movement, balance, and endurance. This is a great workout!

**Singles drills and strategy (3.0 and above):** For the singles player who needs to learn patterns, singles strategy and stroke production.

**Beginning tennis (2.0-2.5):** 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!

**3.5 doubles and Strategy:** This is for the player who still needs help with doubles shot selection and strategy; we will also work on consistency drills for doubles play.

## JUNIOR TENNIS CLASS DESCRIPTION

**PeeWee:** This fun, introductory class is meant to give our little stars a variety of different tennis related games to match their attention level. We focus on hand-eye coordination with the help of targets, small racquets, nerf balls, hoops, etc. (Ages 5-7)

**Level 1:** This class is designed for students age 7-10. The primary focus will be on a fun tennis experience, emphasizing racquet feel, balance, and hand-eye coordination. Stroke technique will also be introduced.

**Level 2:** Ages 9-14 with players grouped by ability. Mechanics, grips, spins, and footwork are central issues that will be covered. Rallying becomes more prevalent at this level. Scoring and strategies will be introduced.

**Level 3:** Ages 9-14 with players grouped by ability. Mechanics, grips, spins, and footwork are central issues that will be covered with the ability to rally being essential. Scoring and strategies will be a large part of this group.

**Jr. Elite:** For juniors that are not yet in high school (challenger level tournament players age 8-13). This class is designed for advanced players interested in additional playing time to improve their games, and ultimately bring more tournament success.

**Elite:** Participants are involved in USTA Champs level tournaments. Stroke reinforcement, strategy, tactics, mental toughness and game plans for both singles, and doubles all receive attention. Some fitness and off-court seminars are involved as well.

\*Class requires approval from the tennis staff.

**High School:** This class has no age requirements but is a restricted, premier group that will also participate in the Elite Group. Goal meetings, off-court seminars and fitness routines are part of the curriculum. Players travel to events throughout the year and receive support for potential collegiate tennis.

\*Class requires approval from the tennis staff.