Activities Guide
SUMMER 2018
A lifetime of fun in one endless summer.
SUMMER PROGRAM REGISTRATION

HOW TO REGISTER ONLINE:
1. Go to www.westhillsracquet.com
2. Login > Member
   Login > Non-Member
3. Select program registration icon
4. Select program icon
5. Select view program
6. Add to cart
7. Add participant
8. Continue to cart
9. Choose payment method
10. Submit payment
*Please note you will receive 2 emails after you register
   • Confirmation of registration
   • Receipt of payment

HOW TO VIEW PROGRAMS YOU ARE REGISTERED IN:
1. Login to account
2. Select account information icon
3. Select reservation report icon
4. Select the date of the session you would like to view

REGISTRATION DETAILS

• Member registration begins March 22nd after 11:00am on-line.
• Non member registration begins March 26th after 11:00am on-line. 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 must be made 7 days in advance for a 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 at the service desk. Forms are available on-line or at the service desk.
• No credits or make-up classes will be offered for absences.
• Registration is non-transferable.
Join us July 26th - July 28th for food, fun, and friendly competition! Oh- and what kind of tournament would it be without a PARTY Saturday night to finish things off! There will be music, catered dinner, raffles, prizes, and more!!
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!

SINGLES DRILLS AND STRATEGY (3.0 and above): For the singles player who needs to learn patterns, singles strategy and stroke production.

BEGINNER 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!

CITY LEAGUE CAMP: Get ready for the city league season with a mini camp. We will focus on doubles drills, movement, shot selection as well as all your strokes.

TENNIS BOOT CAMP: Join the pros for three intense days of live ball drills, cardio tennis, footwork drills and doubles strategy.

TENNIS IN NO TIME: We will get you started and teach you all the basics to get your tennis game off the ground. Borrow our racquets or bring your own.

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

See page 2 for registration details.
**TENNIS CAMP**

**RED BALL:**
New to tennis

**ORANGE BALL:**
This ball is 50% of the inflation of a yellow ball. Meaning it will bounce half as high as a yellow ball. This means instead of your child hitting a ball that will overpower them and bounce up over their heads, they are able to hit a ball that bounces in their strike zone! This helps them to develop better stroke production and technique and allows them to hit more tennis balls - more hitting, less chasing means quicker improvement!

**GREEN DOT BALL:**
This ball is 75% of the inflation of a power ball. After kids have mastered the orange ball, they can progress into a dot ball. This ball will start to move quicker through the court and bounce a little higher but still be manageable for kids if they have worked on the correct technique with the orange ball. Longer rallies are able to happen because kids can swing through the ball and will still not be overpowered - which again means quicker improvement!

**YELLOW POWER 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. Kids are now able to swing with the proper technique and track the ball to the proper strike zone.

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**SUMMER JUNIOR TENNIS**

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**TENNIS LESSONS**

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DAY</th>
<th>LEVEL</th>
<th>TIME</th>
<th>PRICE</th>
</tr>
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<td><strong>JUNE 18-21</strong></td>
<td>MON-THURS</td>
<td>RED BALL</td>
<td>12-1PM</td>
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<tr>
<td></td>
<td></td>
<td>ORANGE BALL</td>
<td>12-2PM</td>
<td>$140</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GREEN DOT BALL</td>
<td>2-4:30PM</td>
<td>$173</td>
</tr>
<tr>
<td></td>
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<tr>
<td></td>
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<td>GREEN DOT BALL</td>
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<td>$173</td>
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<tr>
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<td></td>
<td>ORANGE BALL</td>
<td>12-2PM</td>
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**TENNIS CAMPS**

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<td></td>
<td>YELLOW POWER BALL CAMP</td>
<td>9-4PM</td>
<td>$490*</td>
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</table>

*Lunch is included in the cost for camps

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

SEE PAGE 2 FOR REGISTRATION DETAILS

www.westhillsracquet.com
BOOT CAMP ON THE LAWN

Bring your water bottle and get ready for a total body workout with cardio components. All fitness levels welcome!

DATES: JUN 15 & AUG 24
TIME: 8AM
COST: $10/PERSON

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

SEE PAGE 2 FOR REGISTRATION DETAILS

YOGA ON THE LAWN

Start your Friday morning off right by joining other members as Holly leads the group through a hatha style flow. Please bring a water bottle. Mats and towels provided.

DATES: JUN 29 & AUG 17
TIME: 8AM
COST: $10/PERSON

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

SEE PAGE 2 FOR REGISTRATION DETAILS
For Young Athletes

Benefits of small group fitness:

• Fitness guidance from a personal trainer
• Fun and motivating
• Customized to each person
• You will see results

Meet Andrew Nieman

“I believe that if you want something enough, you should be willing to put forth the effort to achieve your goal.”

My name is Andrew and I was born in Vail Colorado, but fondly grew up on the Oregon coast. I believe that if you have a body, you are an athlete! No matter what level of fitness you come from, you can always improve!

I believe in focusing on a solid base of core training, flexibility, functional strength and what you eat to better your fitness goals. The best way that I have found to achieve these goals, is with discipline. Discipline is doing what has to be done, when it has to be done, as well as it can be done, and doing it that way all the time.

Questions, please email Holly
holly.howard@whrfc.com

$8 per session
First session free!
LIMIT 6 PER CLASS
(must register to participate)

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

SEE PAGE 2 FOR REGISTRATION DETAILS

www.westhillsracquet.com
SUMMER
LIL’ ATHLETES
KID KAMP

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 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 or purchase a lunch from the deli
- 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 your child’s belongings

NOTES FOR 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.

EARLY DROP OFF
For your convenience WHRFC offers before 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 dropped off for early care will be charged for the full week.

Hours 8:30am-10am
Members $37/week

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

SEE PAGE 2 FOR REGISTRATION DETAILS
Join us June 20th for the official opening of the pool! Beginning in May the pool may be open on weekends only (weather permitting) with limited hours. To view the most up to date schedule, visit our website at 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! Keep an eye out for FUN FRIDAYS! These evenings will consist of poolside excitement for the entire family!

ADULT AQUATIC EXPERIENCE

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!

Monday & Wednesday 11:00 - 12:00 pm

www.westhillsracquet.com
WAVES SWIM TEAM

<table>
<thead>
<tr>
<th>GROUP</th>
<th>SESSION</th>
<th>DAY</th>
<th>TIME</th>
<th>PRICE</th>
</tr>
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<tbody>
<tr>
<td>RED</td>
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<td>MON-FRI</td>
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<td>JUNE 18 - AUG 17</td>
<td>MON-FRI</td>
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SPRING PRACTICE & PIZZA PARTY
JUNE 2 | 11:30-1:30PM
11:30am Assessment (please arrive on time on time ready to get in the pool)
12pm Announcements
12:30pm Pizza party & pool games

MOCK MEET
JUNE 22

ADULT STROKE CLINIC

Join us for this drop in class for adults (18+) to learn and develop each swimming stroke. This drop in class is designed for adults of all ages and swimming abilities that just want to be better swimmers. Instructors will work with you to achieve your swimming goals, whether you are brand new to swimming or are looking to intensify your swim workout, they will meet your swimming needs.

WAVES SWIM TEAM

GROUP SWIM LESSONS

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>TIME</th>
<th>PRICE</th>
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<tbody>
<tr>
<td>1</td>
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<tr>
<td>2</td>
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<td>3</td>
<td>11-11:30AM</td>
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MOCK MEET
JUNE 22

ADULT STROKE CLINIC

FRIDAYS 11-12PM

COST | Drop in
Members $10/session

ADULT STROKE CLINIC

FRIDAYS 11-12PM

COST | Drop in
Members $10/session

LIFEGUARDING COURSES

<table>
<thead>
<tr>
<th>COURSE</th>
<th>SESSION</th>
<th>TIME</th>
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<tr>
<td>RE-CERTIFICATION</td>
<td>May 12 &amp;13</td>
<td>12-5pm</td>
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<tr>
<td></td>
<td>May 19 &amp; 20</td>
<td>12-5pm</td>
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<tr>
<td>CERTIFICATION</td>
<td>June 25, 27 &amp; 29</td>
<td>12-7pm</td>
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TEST | June 30th from 11-3pm (for certification course only)

LIFEGUARD CERTIFICATION

REQUIREMENTS:
- Minimum age: 15 years by the end of the course
- Swim 300 yards continuously
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

Participants who successfully complete the Lifeguarding course receive:
- American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years

LIFEGUARD RE-CERTIFICATION

REQUIREMENTS:
- Current American Red Cross Lifeguard Certification
- Ability to pass the Lifeguard Pre-test (see instructions under Lifeguard Course)
- Ability to demonstrate all required skills by end of course
- Pass the American Red Cross Lifeguard and CPR tests.
GROUP SWIM LESSONS

<table>
<thead>
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<td>11:30-12PM</td>
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SECTIONS | MON-THURS
Session 1: June 18-21
Session 2: June 25-28
Session 3: July 9-12
Session 4: July 16-19
Session 5: July 23-26
Session 6: July 30 - Aug 2
Session 7: Aug 6-9
Session 8: Aug 13-16
Session 9: Aug 20-23

- Each session needs a minimum of 3 participants to hold class.
- Class sizes will not exceed 5 participants per instructor.
- WHRFC Swim Instructors have the discretion to determine level placement of participants

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

SEE PAGE 2 FOR REGISTRATION DETAILS

Level assessment available upon request. Contact Aquatics Director at aquatics@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 Monday - Friday 11-1pm and 3-4pm, Saturday & Sunday 12-3pm as space and instructors are available.

COST per 30 minute session
Private: Members $35
Semi Private: Members $19 per person

TO SCHEDULE A PRIVATE LESSON |
Contact the Aquatics Department
(503)646-4106 ext. 6879
aquatics@whrfc.com

www.westhillsracquet.com
SUMMER DELI

OPENS JUNE 20TH

Enjoy
Snacks
Hot Dogs
Beverages
Ice Cream
AND MORE.....

LIL’ ATHLETES ZONE

MONDAY - FRIDAY: 8 AM - 2 PM
SATURDAY: 9 AM - 1 PM

Parent must be on premises while child is in Lil’ Athlete Zone
(Does not include Kid Kamp)

WINTER OF 1968 - 1969
West Hills begins to take shape