

# WEST HILLS RACQUET & FITNESS CLUB



Celebrating  
**50**  
YEARS

## Activities Guide SUMMER 2018

*A lifetime of fun in one endless summer.*



INSPIRING PAST - PRESENT - FUTURE  
1968 - 2018

# SUMMER PROGRAM REGISTRATION

## HOW TO REGISTER ONLINE:

1. Go to [www.westhillsracquet.com](http://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



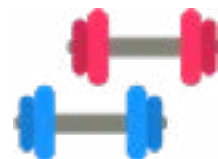
## REGISTRATION DETAILS

- 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.





WEST HILLS

*Celebrating*

# THE GOLDEN YEARS

SUMMER TEAM TENNIS TOURNAMENT

26-28 July 2018

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!!

*Celebrating*  
**50**  
YEARS



# SUMMER ADULT TENNIS

**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 LESSONS

SESSION	DAY	TIME	PRICE
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### CARDIO TENNIS

JUNE 6-27	WED	6-7PM	\$70
JULY 11-25	WED	6-7PM	\$52.50
AUG 1-15	WED	6-7PM	\$52.50

### SINGLE DRILLS/STRATEGY LEVELS 3.0-4.0

JUNE 8-29	FRI	12-1:30PM	\$103
JULY 13-27	FRI	12-1:30PM	\$77.25
AUG 3-24	FRI	12-1:30PM	\$103

### BEGINNER TENNIS 2.0 & 2.5 STROKES AND DOUBLES PLAY

JUNE 5-26	TUE	12:45-2PM	\$85
JULY 10-31	TUE	12:45-2PM	\$85
AUG 7-21	TUE	12:45-2PM	\$63.75

### ADVANCED BEGINNER TENNIS 2.5

JUNE 6-27	WED	7-8PM	\$70
JULY 11-25	WED	7-8PM	\$52
AUG 8-22	WED	7-8PM	\$70

## TENNIS IN NO TIME

JUNE 6-26	WED	7-8PM	\$70
JULY 11-25	WED	7-8PM	\$52
AUG 8-22	WED	7-8PM	\$70

## CITY LEAGUE TENNIS CAMP

TEAMS	DATE	TIME	PRICE
G,H,I	AUG 20-22	9-11:30AM	\$130
A,C,E	AUG 20-22	12-2:30PM	\$130

## TENNIS BOOT CAMP

DATE	TIME	PRICE
JUNE 4,5,6	9-11:30AM	\$130





# SUMMER JUNIOR TENNIS

## TENNIS LESSONS

SESSION	DAY	LEVEL	TIME	PRICE
JUNE 18-21	MON-THURS	RED BALL	12-1PM	\$70
		ORANGE BALL	12-2PM	\$140
		GREEN DOT BALL	2-4:30PM	\$173
		YELLOW POWER BALL	9-11:30AM	\$173
JUNE 25-28	MON-THURS	RED BALL	12-1PM	\$70
		ORANGE BALL	12-2PM	\$140
		GREEN DOT BALL	2-4:30PM	\$173
		YELLOW POWER BALL	9-11:30AM	\$173
JULY 9-12	MON-THURS	RED BALL	12-1PM	\$70
		ORANGE BALL	12-2PM	\$140
		GREEN DOT BALL	2-4:30PM	\$173
		YELLOW POWER BALL	9-11:30AM	\$173
JULY 16-19	MON-THURS	RED BALL	12-1PM	\$70
		ORANGE BALL	12-2PM	\$140
		GREEN DOT BALL	2-4:30PM	\$173
		YELLOW POWER BALL	9-11:30AM	\$173
JULY 23-26	MON-THURS	RED BALL	12-1PM	\$70
		ORANGE BALL	12-2PM	\$140
		GREEN DOT BALL	2-4:30PM	\$173
		YELLOW POWER BALL	9-11:30AM	\$173
JULY 30- AUG 2	MON-THURS	RED BALL	12-1PM	\$70
		ORANGE BALL	12-2PM	\$140
		GREEN DOT BALL	2-4:30PM	\$173
		YELLOW POWER BALL	9-11:30AM	\$173
AUG 6-9	MON-THURS	RED BALL	1-2PM	\$70
AUG 13-16	MON-THURS	RED BALL	1-2PM	\$70

## TENNIS CAMPS

AUG 6-9	MON-THURS	ORANGE BALL CAMP	1-4PM	\$210
		GREEN DOT BALL CAMP	9-4PM	\$490*
		YELLOW POWER BALL CAMP	9-4PM	\$490*
AUG 13-16	MON-THURS	ORANGE BALL CAMP	1-4PM	\$210
		GREEN DOT BALL CAMP	9-4PM	\$490*
		YELLOW POWER BALL CAMP	9-4PM	\$490*

### 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 that instead of your child hitting a ball that will over power 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

\*Lunch is included in the cost for camps

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

[SEE PAGE 2 FOR REGISTRATION DETAILS](#)

# 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

*Questions, please email Holly*  
holly.howard@whrhc.com

### 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.

# YOUNG ATHLETES SGT

(SMALL GROUP TRAINING)

MONDAY & WEDNESDAY  
FROM 4 - 4:30PM

\$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](#)



# 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

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

[SEE PAGE 2 FOR REGISTRATION DETAILS](#)

## LIL' ATHLETES KID KAMP

SESSION	DATES	TIME	PRICE
1	JUNE 25-29	10-3PM	\$210
2	JULY 9-13	10-3PM	\$210
3	JULY 16-20	10-3PM	\$210
4	JULY 23-27	10-3PM	\$210
5	AUG 6-10	10-3PM	\$210
6	AUG 13-17	10-3PM	\$210
7	AUG 20-24	10-3PM	\$210

## 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







# SUMMER POOL 2018

*A moment lasts a second  
but the memory lives forever.*

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](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! 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

## 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.

## 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

## LIFEGUARD RE-CERTIFICATION

This class is designed for current lifeguards that need to recertify or updated their certification to meet the 2016 changes to the American Red Cross Lifeguarding Program. This 10 hour, 2 day course will certify participants in the new lifeguarding techniques for 2 years.

## LIFEGUARD CERTIFICATION

This course provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. This course will be provided in a Blended Learning style, with course work to be completed at home on the computer, as well as in class hands-on techniques to prepare you for the final tests. You must be present at each class as well as show you have completed the online course work to successfully complete the course.

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

[SEE PAGE 2 FOR REGISTRATION DETAILS](#)

# WAVES SWIM TEAM

GROUP	SESSION	DAY	TIME	PRICE
RED	JUNE 11-15	MON-FRI	9:30-10AM	\$18
	JUNE 18- AUG 17	MON-FRI	9:30-10AM	\$140
WHITE	JUNE 11-15	MON-FRI	10-11AM	\$27
	JUNE 18 - AUG 17	MON-FRI	10-11AM	\$215

## 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

- On June 2nd, during spring practice, the swimmers will be divided into 2 practice groups.
- Practice group placement will be determined by the waves coaches based on swimmer's ability.
- Participants will be billed according to practice group placement.

## ADULT STROKE CLINIC

FRIDAYS 11-12PM

COST | Drop in  
 Members \$10/session

## LIFEGUARDING COURSES

COURSE	SESSION	TIME	PRICE
RE-CERTIFICATION	May 12 & 13	12-5pm	\$130
	May 19 & 20	12-5pm	\$130
CERTIFICATION	June 25, 27 & 29	12-7pm	\$250

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.







# SUMMER SWIM LESSONS



## GROUP SWIM LESSONS

LEVEL	TIME	PRICE
1	11-11:30AM	\$40
2	11:30-12PM	\$40
3	11-11:30AM	\$40
	11:30-12PM	\$40
4	11-11:30AM	\$40
5	11:30-12PM	\$40

### SESSIONS | 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.
- Classes 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 assesment available upon request. Contact Aquatics Director at [aquatics@whrfc.com](mailto: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](mailto:aquatics@whrfc.com)

### 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 atleast 3 years of age and able to sit on the pool edge without parent.

### LEVEL 2

Students 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 in the water.

### 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: 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

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. The breaststroke will be fully formed in this class and 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

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 butterfly 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 and breaststroke; a minimum of 25 yards each.



Celebrating  
**50**  
YEARS



WINTER OF 1968 - 1969  
West Hills begins to take shape

## SUMMER DELI

OPENS JUNE 20TH

*Enjoy*  
Snacks

- Hot Dogs
- Beverages
- Ice Cream
- AND MORE.....

## LIL' ATHELETES 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)