

2025

KEY DATES | SWIM | TOURNAMENTS
FAMILY FUN | PICKLEBALL | POOL
TENNIS | CAMPS

WAMCLUBS

Summer

PROGRAM GUIDE



Details

REGISTER @
WAMCLUBS.COM
OR
WAMCLUBS
APP



- Registration begins **March 12 at 11am**
- All programs must be paid in full at the time of registration
- Nonmember participation in **TENNIS LESSONS ONLY**
 - Nonmember registration opens March 19
 - Must have guest account - contact Johanna at johanna.wilson@wamclubs.com
 - 20% rate increase from the listed fee
 - Nonmember & Health member tennis lesson openings contingent on availability as of March 19

Cancellations

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

Forms available @ service desk.





SUMMER SLAM

Mountain Park

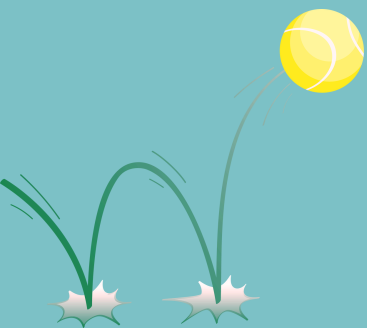
JULY 19-20

- **Men's, Women's, Mixed Doubles**
- **Two match guarantee**
- **More details to come**
- **Stay up to date by going to [USTA.com](https://www.usta.com)**

Saturday, July 20th, 6:00pm

Member Appreciation Dinner!

We invite all members to join us for our annual member appreciation celebration! Watch the tournament & enjoy a delicious dinner , served by WAM staff!





West Hills

ANNUAL TEAM TENNIS TOURNAMENT JULY 25-26

This fun, semi-competitive tournament that consists of Women's Doubles, Men's Doubles and Mixed Doubles.

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

More information to come!

Registration for the tournament will begin in June.

REGISTER @ WAMCLUBS.COM OR
WAMCLUBS APP

West Hills

ANNUAL BEAVERTON BASH PICKLEBALL IS GREAT TOURNAMENT JUNE 27-29

SAVE THE DATE!

Registration and more information [HERE](#)



Adult Tennis Mountain Park

Class	Level	Day	Time	Pro	M,W,CO	#	June	July	August
DAYTIME									
Stroke & Strategy	3/3+	M	9 - 10:15a	Henry	W	6	\$112	\$112	\$84
Stroke & Strategy	3	Tu	10:15 - 11:30a	Colin	CO	6	\$112	\$140	\$84
Stroke & Strategy	3.5/3.5+	Tu	11:30a - 12:45p	Gaby	CO	6	\$112	\$140	\$84
Stroke & Strategy	2.5/3	Th	10:15 - 11:30a	Gaby	CO	6	\$112	\$140	\$84
The Move Class	3/3.5	Th	10:15 - 11:30a	Owen	W	6	\$112	\$140	\$84
Stroke & Strategy	3+/3.5	F	10:15 - 11:30a	Matt	CO	6	\$112	\$112	\$112
Stroke & Strategy	3.5/3.5+	F	11:30a - 12:45p	Matt	CO	6	\$112	\$112	\$112
The Move Class	3/3+	Sa	9:00 - 10:15a	Henry	CO	8	\$112	\$112	\$140
The Move Class	3/3+	Sa	7:45 - 9:00a	Henry	CO	8	\$112	\$112	\$140
Stroke & Strategy	3.5	Sa	10:15 - 11:30a	Henry	CO	6	\$112	\$112	\$140
Tennis Now 101	2/2.5	Su	9 - 10:15a	Owen	CO	8	\$112	\$112	\$112
Tennis Now 201	2.5/3	Su	10:15 - 11:30a	Owen	CO	6	\$112	\$112	\$112

See Tennis Director or Staff Pros regarding individually arranged daytime group lessons

EVENING									
Stroke & Strategy	3.5/4	M	5:45 - 7pm	Henry	M	6	\$112	\$112	\$84
Stroke & Strategy	2.5/2.5+	M	5:45 - 7pm	Owen	CO	6	\$112	\$112	\$84
Stroke & Strategy	3/3+	M	5:45 - 7pm	Matt	CO	6	\$112	\$112	\$84
Stroke & Strategy	4/4.5	M	7 - 8:15pm	Henry	W	6	\$112	\$112	\$84
Stroke & Strategy	3/3.5	Tu	7 - 8:15pm	Henry	W	6	\$112	\$140	\$84
Stroke & Strategy	3/3.5	Th	5:45 - 7pm	Riley	CO	6	\$112	\$140	\$84
Stroke & Strategy	3.5/4.0	Th	7 - 8:15pm	Riley	CO	8	\$112	\$140	\$84
The Move Class	3/3+	Th	7 - 8:15pm	Gulsu	CO	6	\$112	\$140	\$84

Minimum of 5 registrants to hold class

* Nonmembers & Health members incur 20% rate increase

SUMMER SESSION

June 1 - 30

July 1 - 31

*No lessons July 4 - 6

August 1 - 25

*No lessons August 25 - 31

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

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.

TENNIS NOW | 101

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 NOW | 201

Tennis for beginners and those coming back to the game.

TENNIS NOW | 301

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.

REGISTER @
WAMCLUBS.COM
OR
WAMCLUBSAPP

Adult Tennis West Hills

SESSION	DAY	TIME	FEE	PRO
CARDIO TENNIS 3.0-3.5				
JUNE 1-30	WED	5:45-7p	\$100	T/M
JULY 1-31	WED	5:45-7p	\$125	T/M
AUG 1-20	WED	5:45-7p	\$75	T/M
TENNIS NOW 101				
JUNE 1-30	TU	10:15-11:30a	\$112	T
	WED	7-8:15p	\$112	T
	THU	7-8:15p	\$112	Q
	SUN	10-11a	\$115	Q
JULY 1-31 *No Class 7/6	TU	10:15-11:30a	\$140	T
	WED	7-8:15p	\$140	T
	THU	7-8:15p	\$140	Q
	SUN	10-11a	\$69	Q
AUG 1-31	TU	10:15-11:30a	\$84	T
	WED	7-8:15p	\$84	T
	THU	7-8:15p	\$84	Q
	SUN	10-11a	\$69	Q
DOUBLES DRILLS 3.0				
JUNE 1-30	WED	5:45-7:00p	\$112	Q
JULY 1-31	WED	5:45-7:00p	\$140	Q
AUG 1-20	WED	5:45-7:00p	\$84	Q
DOUBLES STROKE AND STRATEGY 2.5-3.0				
JUNE 1-30	WED	7-8:15p	\$112	Q
JULY 1-31	WED	7-8:15p	\$140	Q
AUG 1-20	WED	7-8:15p	\$84	Q
ADULT CAMP				
JUNE 2 - 4	M-W	9-11:30a	\$168	N/M/T/D
AUG 18 - 20	M-W	City League F, G 9-11:30a	\$168	N/M/T/D
AUG 18 - 20	M-W	City League B, C, E 11:30a-2p	\$168	N/M/T/D

* Nonmembers & Health members incur 20% rate increase

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 NOW | 1.0

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.

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.

DOUBLES STROKES AND STRATEGY | 2.5-3.0

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

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!

REGISTER @
WAMCLUBS.COM
OR
WAMCLUBS APP

Junior Tennis Mountain Park

SESSION	DAY	LEVEL	TIME	FEE	PRO	Max
June 16 - 19	MON-THU	RED BALL	3:30-4:30p	\$92	Momo	12
June 23 - 26	MON-THU	RED BALL	3:30-4:30p	\$92	Momo	12
July 7 - 10	MON-THU	RED BALL	3:30-4:30p	\$92	Momo	12
July 14 - 17	MON-THU	RED BALL	3:30-4:30p	\$92	Momo	12
July 21 - 24	MON-THU	RED BALL	3:30-4:30p	\$92	Momo	12
July 28 - 31	MON-THU	RED BALL	3:30-4:30p	\$92	Momo	12
August 4 - 7	MON-THU	RED BALL	3:30-4:30p	\$92	Momo	12
August 11 - 14	MON-THU	RED BALL	3:30-4:30p	\$92	Momo	12
August 18 - 21	MON-THU	RED BALL	3:30-4:30p	\$92	Momo	12

* Nonmembers & Health members incur 20% rate increase

Class Descriptions

RED

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

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

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

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 competitions.

Ages 11-16

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

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.

* Invitational group = registration by pro class

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.

minimum of 5 participants to hold

REGISTER @
WAMCLUBS.COM
OR
WAMCLUBS APP



Junior Tennis Mountain Park



Junior Tennis Summer Day Camps

Full Day (9a - 3p): \$700

Half Day (9a - 12p): \$415

Futures/Satellite

June 16-20, July 14-18, August 4-8

Orange and Green ball

July 14-18, July 21-25, August 18-22

The full day afternoon session includes a coached tennis match for real-time feedback



Sibling Discount! 15% off 2+ children for same week

Please bring your own lunch! Snacks are provided

SIGN-UP via [Wamclubs.com](https://www.wamclubs.com) OR the WAM clubs app

* Nonmembers & Health members incur 20% rate increase

Junior Tennis Mountain Park

**Full Day
(9am-3pm)
\$800**

**Half Day
(9am-12pm)
\$450**

Mountain Park

Junior Tennis Summer Day Camps

**Performance & High Performance:
Coach Approval Required**

Join our camp for an exciting mix of tennis, fitness, and skill-building! With personalized coaching, you'll sharpen your game, boost your confidence, and take your skills to the next level—all while having fun on the court.

Sibling Discount

15% off 2+ children for the same week

Please bring your own lunch, snacks are provided

Register!

Pro approval & registration - Contact Pro if interested

Camp Dates:

July 7-11

July 28-Aug 1

Aug 11-15



* Nonmembers & Health members incur 20% rate increase

Junior Tennis West Hills

SESSION	DAY	LEVEL	TIME	FEE
JUNE 16-19	MON-THURS	RED BALL	9-10a	\$108
		ORANGE BALL	11:30a-2:30p	\$276
		GREEN BALL	11:30a-2:30p	\$276
		YELLOW BALL	2:30-4:30p	\$184
June 23-26	MON-THURS	RED BALL	9-10a	\$108
		ORANGE BALL	11:30a-2:30p	\$276
		GREEN BALL	11:30a-2:30p	\$276
		YELLOW BALL	2:30-4:30p	\$184
June 30-July 3	MON-THURS	RED BALL	9-10a	\$108
		ORANGE BALL	11:30a-2:30p	\$276
		GREEN BALL	11:30a-2:30p	\$276
		YELLOW BALL	2:30-4:30p	\$184
JULY 7 -10	MON-THURS	RED BALL	9-10a	\$108
		ORANGE BALL	11:30a-2:30p	\$276
		GREEN BALL	11:30a-2:30p	\$276
		YELLOW BALL	2:30-4:30p	\$184
July 14 - 17	MON-THURS	RED BALL	9-10a	\$108
		ORANGE BALL	11:30a-2:30p	\$276
		GREEN BALL	11:30a-2:30p	\$276
		YELLOW BALL	2:30-4:30p	\$184
July 21 - 24	MON-THURS	RED BALL	9-10a	\$108
		ORANGE BALL	11:30a-2:30p	\$276
		GREEN BALL	11:30a-2:30p	\$276
		YELLOW BALL	2:30-4:30p	\$184
July 28 - 31	MON-THURS	RED BALL	9-10a	\$108
		ORANGE BALL	11:30a-2:30p	\$276
		GREEN BALL	11:30a-2:30p	\$276
		YELLOW BALL	2:30-4:30p	\$184
AUG 4 - 7	MON-THURS	RED BALL	9-10a	\$108
		ORANGE BALL	11:30a-2:30p	\$276
		GREEN BALL	11:30a-2:30p	\$276
		YELLOW BALL	2:30-4:30p	\$184
Aug 11-14	MON-THURS	RED BALL	9-10a	\$108
		ORANGE BALL	11:30a-2:30p	\$276
		GREEN BALL	11:30a-2:30p	\$276
		YELLOW BALL	2:30-4:30p	\$184
Monthly Lessons				
June	Sunday 1,8,15,22,29	ORANGE BALL	12-1p	\$115
July	Sunday 13, 20, 27			\$69
August	Sunday 3,10,17,24			\$92
June	Sunday 1,8,15,22,29	GREEN BALL	1-2p	\$115
July	Sunday 13, 20, 27			\$69
August	Sunday 3,10,17,24			\$92
Bi-Weekly Lessons				
June 16 & 18	MON & WED	High School Satellite	2:30-4:30p	\$66
June 23 & 25	MON & WED	High School Satellite	2:30-4:30p	\$66
June 30 & July 2	MON & WED	High School Satellite	2:30-4:30p	\$66
July 7 & 9	MON & WED	High School Satellite	2:30-4:30p	\$66
July 14 & 16	MON & WED	High School Satellite	2:30-4:30p	\$66
July 21 & 23	MON & WED	High School Satellite	2:30-4:30p	\$66
July 28 & 30	MON & WED	High School Satellite	2:30-4:30p	\$66
August 4 & 6	MON & WED	High School Satellite	2:30-4:30p	\$66
August 11 & 13	MON & WED	High School Satellite	2:30-4:30p	\$66

RED

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

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

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

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.

* Nonmembers & Health members incur 20% rate increase

REGISTER @
WAMCLUBS.COM OR WAMCLUBS APP

SUMMER FITNESS

WAM

Stay active and feel your best with group fitness classes offered Monday through Sunday, personal training, and massage therapy to support recovery and relaxation!

✓ **GROUP FITNESS** Classes – Energizing, expert-led workouts to improve strength, endurance, and flexibility while staying motivated in a supportive community.

✓ **PERSONAL TRAINING** – One-on-one coaching tailored to your goals, whether you're building strength, enhancing mobility, or boosting overall fitness.

✓ **MASSAGE THERAPY** – Relieve muscle tension, improve circulation, and speed up recovery so you can perform at your best.

Make this summer your strongest and healthiest yet –join us at WAM!

Group Fitness Schedule [HERE](#)

SWIM LESSONS

REGISTER @
wamclubs.com
or on the app

Questions?
Email Hayden at
aquatics@wamclubs.com

Week	Dates	Day	Price
1	June 16 - 20	MON-FRI	\$85
2	June 23 - 27	MON-FRI	\$85
3	July 7 - 11	MON-FRI	\$85
4	July 14 - 18	MON-FRI	\$85
5	July 21 - 25	MON-FRI	\$85
6	July 28 - August 1	MON-FRI	\$85
7	August 4 - 8	MON-FRI	\$85
8	August 11 - 15	MON-FRI	\$85

Level 1

Creates an environment where swimmers can become comfortable in the water while learning essential water safety skills.

Swimmer will build confidence and learn how to have fun in the water while being safe. Blowing bubbles, kicking, and floating are among the level 1 skills.

Prerequisite: Must be at least three years of age AND be able to sit by the edge of the pool without a parent.

Level 2

Swimmers will learn fundamental swimming skills and be introduced to basic strokes and techniques.

Content will include streamlined leg propulsion, over-arm recovery, and elementary backstroke.

Level 3

Swimmers will build upon the skills they learned in previous levels by strengthening the basic strokes, working on endurance, and coordinating breathing with arm and leg movements. In addition, swimmers will be introduced to breast-stroke and head-first entries (diving).

Level 4

Swimmers will further develop their endurance and technique and begin to swim full lengths of the pool. We will refine the skills learned previously and introduce more advanced swimming techniques like treading water, and the butterfly.

Group Swim Lessons

Group swim lessons are 1/2 hour classes between 12 and 1 pm (Mon-Fri). We recommend registration in multiple weeks to allow for optimal progression in swimming abilities. In order to best determine your child's class level, we are requiring a swim assessment prior to registration.

Swim Instructors will be providing assessments on June 8th from 1:00pm-3:00pm. If you have a conflict please send an email to aquatics@wamclubs.com to set up a time for an assessment prior to the first day of class.

Assessments: June 8th | 1:00-3:00p | Email Hayden at aquatics@wamclubs.com to schedule.

Registration- Group Swim Lessons

Register to reserve a space in group lessons. Level and specific time (between 12-1pm) will be determined after the level assessment. A Swim Instructor will contact you with this information.

Private/Semi Private Swim Lessons

Private swim lessons are 30-minute sessions and are tailored to the needs and level of the swimmer. Youth and adult private lessons are available on weekends March through October and daily throughout the summer season depending on pool schedules and instructor availability.

*Private lessons offered March - October (limited availability pre/post summer season)

30 Minute Session:

Private (1 person): \$45

Semi-Private (2+ people): \$70 (\$35 per person)

Private/Semi Private lessons can be arranged by contacting aquatics@wamclubs.com or by connecting in person with one of our swim instructors.

Cancellation Policy: Private/Semi Private lessons cancelled less than 24 up to 2 hours of the lesson will be charged 50% of the lesson fee. Lessons cancelled 2 hours or less/no show will be charged full lesson fee.

LIFEGUARDED OPEN SWIM BEGINS SATURDAY, MAY 17TH!

Open Swim: May 17th – June 15th (weekends only)

Summer pool schedule & swim programs begin : June 16th

VIEW OUR MOST RECENT POOL SCHEDULE, VISIT OUR WEBSITE WAMCLUBS.COM/SWIM

Adult Aquatics

Aqua Exercise

Monday | Wednesday | Friday

11am– 12pm | June 16 – August 29

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 excellent for anyone looking for a low-impact workout.

Come join us for a rehabilitative hour of beneficial exercise!

*No sign up necessary

Fun Friday

Come Join The Fun! Hosted by the Aquatics Dept

Fridays | July 11 – August 22

3:00 – 5:00pm

Come join in the fun! Enjoy games, like Marco Polo, Sharks and Minnows, Relays: T-shirt, kickboard and greased watermelon in addition to other fun structured water activities.

All ages welcome!

- No sign up necessary
- Drop In lap swim is not available during Fun Friday hours



NEW! Youth Water Polo

Looking for a fun and exciting way to stay active in the pool? Dive into our Youth Water Polo program!

This class is perfect for kids who want to learn a new sport while playing engaging water games. Participants will develop essential skills like swimming, treading water, passing, shooting, teamwork, and communication—all in a fun and supportive environment.

Week 1: August 4–8

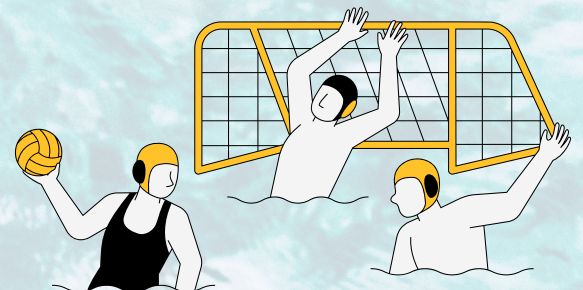
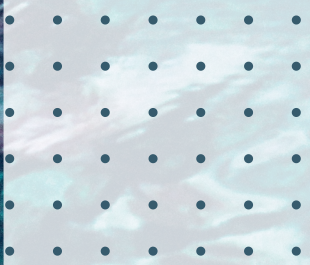
Schedule: Monday–Friday, 12:00–1:00PM

Ages: 7–13 years old

\$100

Prerequisites: Must be able to swim 25 yards using overarm strokes, 25 yards backstroke, and tread water for one minute.

Join us for an action-packed week in the pool!



**REGISTER @
WAMCLUBS.COM OR WAMCLUBS APP**

JR LIFEGUARD CAMP

Jr. Lifeguard camp is for juniors who are looking to learn life-saving techniques while having fun at the pool! Campers will learn the various tasks of being a lifeguard & more!

DETAILS:

- Two Camps
 - July 14-18 | 11a-3p
 - August 11-15 | 11a-3p
- Age Requirement: 9-15 yrs
- The camp will take place both in the water and on land
- Introduction of swimming for fitness, aquatic life-saving techniques, first aid, and other topics covered in lifeguard training classes
- Campers will shadow a lifeguard and assist with his/her daily duties, in addition to participating in swimming drills and water games.
- Camp does not provide lifeguard certification
- Prerequisites required
 - Testing will be held June 21st from 1:00p-3:00p
 - If you are unable to attend the testing please email Hayden at aquatics@wamclubs.com



FEE: \$250 per camper

Register @
wamclubs.com or on the
WAM app



PREREQUISITES

Demonstrate an ability to swim 50 yards freestyle, 25 yards backstroke, 25 yards breaststroke, tread water for 30 seconds, and dive down and touch the bottom of the pool in the deep end (9 feet).



WEST HILLS

POOL RULES



POOL RULES

1. Children ages 7 and under must be accompanied by an adult in the water at all times (even if the child has floaties on) unless the child can pass the swim test
2. Children ages 8-12 must have an adult observer on the deck unless they can pass the swim test
3. The pool will be divided by a lane line: Children ages 12 and under must stay on the shallow end of the lane line unless they pass the swim test administered by a lifeguard
4. Parents: PLEASE do not leave your children unattended. Water wings and life jackets alone are not substitutes for adult supervision. You must be the first pair of eyes watching your children. Our lifeguards are there in case of an emergency.

ADDITIONAL RULES

- Running is not allowed
- Shower before entering the pool
- No horseplay
- Pushing others into the pool is not allowed
- Always look before you jump
- Hanging on the lane lines is not allowed
- Diving in the shallow end of the pool is not allowed
- Glass containers or other items that can shatter are not allowed
- Sitting and standing on kickboards is not allowed
- All swimmers ages 12 and under must complete the swim test every day
- Proper swimming attire is required
- No food or drink besides water in or over the pool or hot tub
- Toys, Balls, and Floats are allowed at the lifeguards discretion
- No swimming during inclement weather (thunder, lightning, heavy hail, excessive wind)
- Flips, spins, and cartwheels are not allowed when entering the pool
- No jumping from the diving blocks
- Always listen to the lifeguards instructions

Swim Test

Swimmers ages 12 and under must see the lifeguard on duty to complete the swim test before swimming in the deep end. The swim test is swimming freestyle (over arm strokes, from the wall by the lifeguard to the lane line, and swim backstroke on the way back to the wall.)

QUESTIONS? EMAIL HAYDEN AT AQUATICS@WAMCLUBS.COM

SHIRTS, SHOES, APPROPRIATE COVERINGS MUST BE WORN AT ALL TIMES WHEN IN THE CLUB

lil' Athletes

KID KAMP



KID KAMP

SUMMER SCHEDULE

REGISTER @
WAMCLUBS.COM
OR
WAMCLUBS APP

Lil' Athletes KID KAMP Ages 4-9

SESSION	DATES	DAY	TIME	FEE
1	JUNE 16 - JUNE 20	M-F	10a-3p	\$350
2	JUNE 23 - JUNE 27	M-F	10a-3p	\$350
3	JULY 7 - 11	M-F	10a-3p	\$350
4	JULY 14 - 18	M-F	10a-3p	\$350
5	JULY 21 - 25	M-F	10a-3p	\$350
6	JULY 28 - AUGUST 1	M-F	10a-3p	\$350
7	AUGUST 4 - 8	M-F	10a-3p	\$350
8	AUGUST 11 - 15	M-F	10a-3p	\$350

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

NOTES FOR KAMP

CHILDREN WHO ARE PICKED UP LATE AFTER KID KAMP ENDS WILL INCURE A FEE (PER EVERY 10 MINUTES THERE AFTER.)

Early Drop Off

8:00-10:00A | \$50 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 REGARD-

LESS 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

PRE-PACKAGED ITEMS ARE ALSO 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.

SUMMER REMINDERS!



Shirts, shorts, cover ups, shoes must be worn at all times when entering the club from the outdoor pool area.

Shirts must be worn on all tennis/pickleball courts at all times.

Towels are for club/locker room use only. Please provide your own towel for pool use.

Alcohol Policy - No personal outside beer/wine/alcohol allowed on the premise. Beer/wine available to purchase on site.

All members and guests are required to check in at the Service Desk.

Click [HERE](#) for full list of policies in our WAM Clubs Handbook

THANK YOU!



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