

WAMCLUBS

NEWS AND NOTES

APRIL SNAPSHOT

April 1-30

Spring Term | Adult & Junior Group Tennis Lessons | [MP](#) & [WH](#)
****No lessons Sunday, April 17***

April 4, 11, 18, 25

Flash Group Lesson - Focus on Skills | [MP](#)

April 9

Flash Group Lesson - Tennis For Beginners | [MP](#)

April 14

Bunny Hop Cardio Tennis Night | [WH](#)

April 15

Flash Group Lesson - Mixed Doubles Drills | [MP](#)

April 18

Macro Monday! Nutrition Coaching by Whitney | [WH](#)

April 22

Mixed Doubles Night | [MP](#)

April 29

Flash Group Lesson - Happy (Tennis) Hour+ | [MP](#)

April

Flash Private Lessons | [MP](#)

Wed/Fri

Pickleball Drop In Play | [MP](#)

Mon/Thu/Fri

Sat/Su

Pickleball Drop In Play | [West Hills](#)

WEST HILLS & MOUNTAIN PARK

THIS AND THAT

Private Club CHECK-IN

Please be reminded that all members and guests must check-in at the front desk as you enter the club. As a private facility it's important that our check-in system is followed and monitored. Controlling club access at the front entrance help in providing a safe and enjoyable environment and accurate club usage statistics aid in determining operational needs.

Please check-in with the WAM Clubs app bar code, key fob bar code or ask the service desk staff member. Thank you for your cooperation.

Confirming your Court Reservation

We ask that all tennis members to please confirm your court reservation at the service desk as you enter the club prior to your scheduled court time. This allows for accurate court fee billing and determining accurate court usage by all members. We appreciate your assistance in helping us in maintaining fair and controlled court usage policies and rules for all.

Outdoor Court Fees Waived through April

Keep in mind that we are offering no court fees for outdoor court reservations through the month of April. With better weather and longer days, it's a great way to enjoy outdoor play and ample court availability. Court fees for outdoor court advanced reservations usage will return May 1.

Court Reservation Reminders & Tips

- **Beverages/food** | Only water is allowed in closed containers. No coffee, juice, soda or other liquids. No food or gum allowed.
- **Names On Court**
 - All player names must be accurate and on the court reservation prior to the court time.
 - The court host is responsible for accurately updating the names of all players playing on the court reservation

WEST HILLS & MOUNTAIN PARK

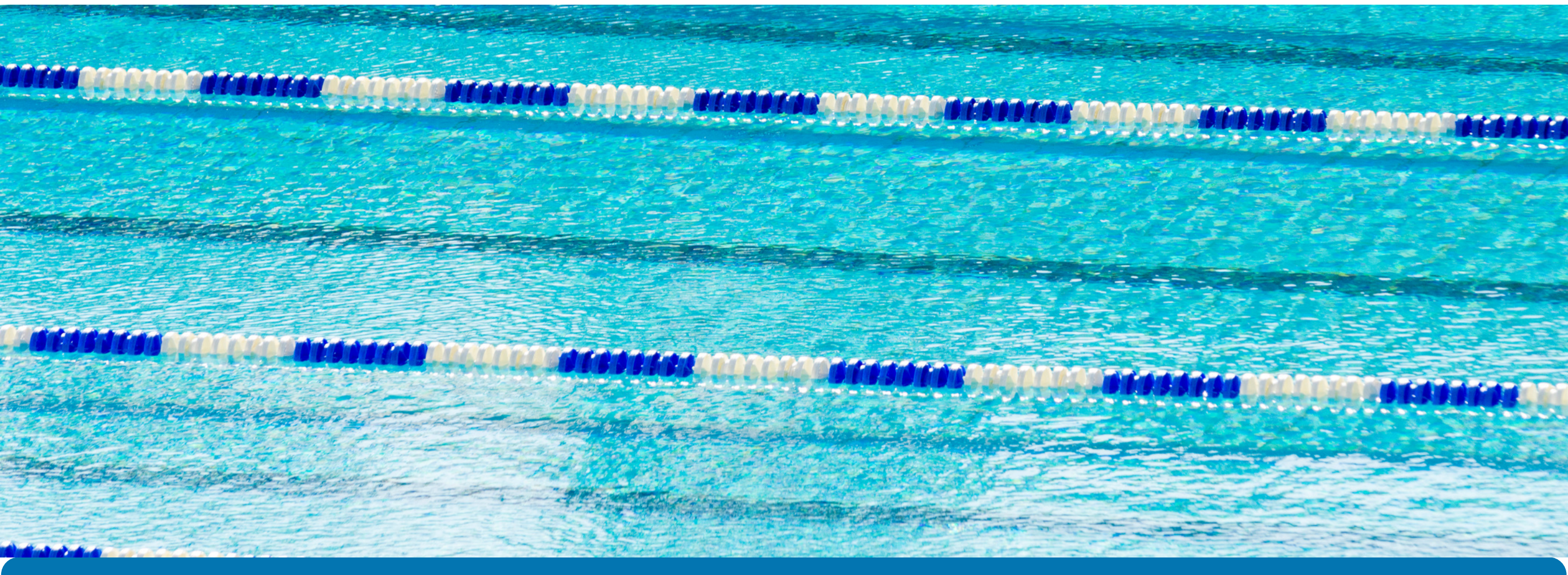
Lap Lane Reservations & Rules

As our outdoor pool at West Hills continues to gain in popularity especially for those members who enjoy lap swimming, endurance conditioning, and low impact training we want to help in reminding everyone that lap lanes can be reserved with advanced reservations through the WAM Clubs app or by calling the service desk.

Of the 5 lanes in the pool lanes 1 and 5 are open for drop in and lanes 2, 3, 4 are available for reservation. Here are some of our lap lane rules that help to provide access to everyone.

- Please arrive on time for your advanced reservation (a 10 min grace period from the start of your scheduled lane is allowed)
- A no-show fee of \$15 will be assessed (please cancel your lane at least 4 hours in advance of your scheduled advanced reservation by calling the club or through the WAM Clubs app)
- Always consider sharing your lane with family members or friends
- Drop-in lanes should be shared whenever possible (circle swim or divide the lane in half is always best)
- Families (adults & children) are encouraged to either make a lane reservation or share drop-in lanes if available

See our pool schedule for all available lap swim times throughout the week at wamclubs.com/swim. Our summer pool schedule and open swim times with lifeguards will be available soon. Look forward to our 2022 Summer Guide listing all the new and exciting WAM Clubs summer programs, events and schedules coming out soon.



WEST HILLS & MOUNTAIN PARK

It's going to be an Epic Summer!

Waves Swim Team is BACK!

After a 2-year hiatus the always fun and exciting Waves youth summer swim team will return for 2022. Not only are we super excited about the return of the Waves swim team, we can also announce that the Metro Summer Swim League will also return as organizer of the regular season swim meet schedule and coordinator of the end of season Championships.

Look for all the information on joining the Waves Swim Team in the WAM Clubs 2022 Summer Guide available soon.

Swim Lessons are Awesome!

Probably the most popular and most requested summer program is our youth group and private swimming lessons. A life skill that everyone should have is to learn personal water safety. Learning to swim at an early age is extremely important and super fun. Our group lesson sessions will be available throughout the summer with session 1 scheduled to start June 20th. Some limited private or semi-private lessons are available now but will become more available as we move into early June.

Registration information along with dates, times and class descriptions will be available in the 2022 Summer Guide coming out soon. Contact our Aquatics Department information email at aquatics@whrhc.com for general information and registration.

Updated Spring & Summer Pool Schedule

Our updated pool schedule will once again be available as we approach our late spring and early summer seasons. Weekend Open Swims (Family Swim with Lifeguards) will start May 28th just in time for the Memorial Day weekend. Weekend Open Swims will continue through June 19th. Our full summer pool schedule will begin June 20th. All updated and new pool schedules are available at wamclubs.com/swim.



WEST HILLS & MOUNTAIN PARK TENNIS

SAVE THE DATE!

Mountain Park

May 14

Watch for information about a unique spectator tennis and social event. It will be a one-day event that promises to be fun for everyone!



West Hills Annual Team Tennis Tournament August 5-6



Details coming soon!

West Hills

- Women's Day | Fridays, 9:00-11:30a
- CoEd Night | Tuesdays, 4:30-9:30p
- Men's Day | Saturdays, 12:45-4:30p
- No Fee

**HOSTED
DROP-IN
EVENTS**

Mountain Park

- Women's Night | Mondays, 5:45-7p
- Ladies Day | Wednesdays, 9-10:15a
- Men's Night | Wednesdays, 3:15-7p
- No Fee

Reminder! No Spring Term tennis lessons Adult/Junior
Easter Sunday, April 17

WEST HILLS & MOUNTAIN PARK TENNIS

BUNNY HOP **CARDIO TENNIS NIGHT**



WEST HILLS APRIL 14 | 5:45-7P

Join us for a hopping good time! Cardio tennis improves your endurance and doubles movement!

Music on the courts!

6 courts, 6 pros!

- No partner required to sign up
- If you have a partner email [Dave](#) with your request
- Limited to 48 players
- Fee | \$20/pp
- Sign up via [wamclubs](#) or the WAMClubs app
 - How To Register [HERE](#)
 - 48 hour notice required for cancellations

MIXED DOUBLES **NIGHT**

MOUNTAIN PARK

APRIL 22 | 7-9:30P

- Limited to 12 men and 12 women
- Fee: \$5.00 - tennis balls and organization are included
- Sign up with a partner
- Levels 2.5 and higher
- Sign up via [wamclubs](#) or the WAMClub app
 - How To Register [HERE](#)
- Mixed Doubles Flyer [HERE](#)



Congratulations!

Makoto Yoshino | 45 Champion
Mpaleng Khothule | 50 Champion
John Leach | 60 Finalist
Henry Bryant | 70 Champion
Larry Kaster | 75 Doubles Finalist

OREGON STATE
SENIOR MENS
INDOOR
CHAMPIONSHIPS!

WEST HILLS & MOUNTAIN PARK TENNIS

Happy Mother's Day Drills at **West Hills**

May 7, 10:15-11:30a

Doubles drills, match play and brunch! What a wonderful way to spend time together celebrating Mother's Day!

- Level 2.5 and above - Adults
- Level Yellow Ball Juniors
- Fee | \$30/pp
 - Register via [wamclubs](#) or the WAMClub app
 - How To Register [HERE](#)

Registration opens **April 1!**

Questions? Email [Dave](#)

Mom's and Kids Tennis at **Mt Park**

May 7

Family doubles tennis! Fun for mom's and Orange Ball, Green Dot and Yellow Ball juniors!

- 11:30a | Orange Ball
- 1:00p | Green Dot
- 2:30p | Yellow Ball
- Fee | \$10/team
 - Register via [wamclubs](#) or the WAMClub app
 - How To Register [HERE](#)

Registration opens **April 15!**

Questions? Email [Roger](#)

Take advantage of the fresh air on a dry day and play outdoors!
Reminder, no court fees on outdoor courts through April!



MOUNTAIN PARK TENNIS

FLASH PRIVATE LESSONS

THE MP TENNIS STAFF IS MAKING IT EASY FOR YOU TO GET ON THE COURT WITH A TENNIS PRO. BOOK A **45 MIN FLASH LESSON** (NEW EXTENDED LESSON TIME), AND WORK ON ONE OR TWO PARTS OF YOUR GAME..... AND IMPROVE!

BOOK YOUR FLASH LESSON VIA [WAMCLUBS.COM](https://wamclubs.com) OR VIA THE WAMCLUBS APP.

- HOW TO REGISTER [HERE](#)

FLASH LESSON IN APRIL:

- **APRIL 10, SUNDAY, ANDREW | 6:30P**
- **APRIL 12, TUESDAY, KEVIN | 11:30A**
- **APRIL 15, FRIDAY, MATT | 11:30A**
- **APRIL 15, FRIDAY, MIKE | 2:00P**
- **APRIL 30, SATURDAY, TERI | 1:00P**

QUESTIONS? CONTACT [ROGER](#) FOR MORE INFORMATION.

FLASH GROUP LESSONS

THIS IS A GREAT WAY TO GET STARTED WITH GROUP LESSONS, AND ENJOY THE FUN OFFERINGS.

MONDAYS, 11:30A OR 12:45P | APRIL 4, 11, 18, 25 | [FOCUS ON SKILLS - OVERHEADS & NET PLAY](#)

SATURDAY, 2:00P | APRIL 9, | [TENNIS FOR BEGINNERS AND THOSE COMING BACK TO THE GAME](#)

FRIDAY, 5:45P | APRIL 15 | [MIXED DOUBLES DRILLS](#)

FRIDAY, 5:45P | APRIL 29 | [HAPPY \(TENNIS\) HOUR+](#)



JUNIOR POINTS BOARD

NIKE TENNIS CAMPS Junior points board ends soon!

Juniors.....earn your Nike points in the spring session Nike Tennis Camps junior points board through **Sunday, April 24th**. Those with 150 pts or more are invited to the Trophy Presentation and Nike product drawings on **Wednesday, May 1, 430p**. Keep tallying up your points for on-court activities, and reap the rewards! Contact Pro [Kevin Hughes](#) for more information

WEST HILLS & MOUNTAIN PARK PICKLEBALL

PICKLEBALL DROP IN PLAY

MOUNTAIN PARK

WEDNESDAY- 9:00AM TO 11:30AM (4 COURTS)

WEDNESDAY- 6:30PM TO 8:15PM (6 COURTS)

FRIDAY- 5:45PM TO 8:15PM (6 COURTS)

- INDOOR COURTS
- NO CHARGE
- ALL LEVELS WELCOME



WEST HILLS

MONDAY- 6:00PM TO 8:15PM (4 COURTS)

THURSDAY- 12:45PM TO 3:15PM (2 COURTS)

FRIDAY- 9:00AM TO 11:30AM (4 COURTS)

SATURDAY- 8:00AM TO 11:30AM (4 COURTS)

SUNDAY- 8:00AM TO 11:30AM (4 COURTS)

- OUTDOOR AND INDOOR COURTS
- NO CHARGE
- ALL LEVELS WELCOME



NEWLY ADDED PERMANENT NETS & POSTS ON OUTDOOR COURTS!

Our new heavy duty pickleball posts are fabricated from galvanized steel, then powder-coated to withstand the harshest conditions!

Questions? Contact Pickleball Pro, Eliot

WAM WELLNESS TEAM!

We are excited to help all our members live their healthiest lives! We know wellness comes with hard work and dedication to your daily goals. To achieve greatness, we look forward to seeing you in a group class, personal training session, or nutrition coaching appointment soon!



Fitness Director Holly Howard (Mountain Park & West Hills)

Philosophy: As your Fitness Director my main goal is to provide our members with state of the art fitness programming and top notch trainers. I strive daily to provide exciting progressive fitness classes and to have the best fitness team in the PNW! My team and I believe when you know better you do better. We work on providing individualized and unique programming to fit each individual member's needs. As we move through life we learn we have the ability to make daily choices that define who we are as a whole. Living a 'healthy lifestyle' is when you achieve that fine balance between doing what you love and knowing what you should be doing to care for yourself. I always look forward to connecting with our members and will continue to stay on top of industry trends and standards, keeping Mountain Park and West Hills the best places in the PNW to work out!



Personal Trainer | Group Exercise Instructor Jolene Spear (West Hills)

Philosophy: I believe that fitness is attainable for all individuals, no matter where they are in their lives. Whether you are just returning to exercise after recovering from an injury or a sedentary person who is trying to find more energy and strength for your everyday life, I am here to help you move toward a more balanced, healthier and active lifestyle. Three things I live by:

1. Everything in moderation, including exercise and diet.
2. Use It or Lose It; as we age we must stay strong and active.
3. Happiness is not something readymade; Happiness comes from our own Actions. Making good lifestyle choices ensure you are happy and healthy for the long run.



Personal Trainer Dylan Ferrell (Mountain Park & West Hills)

Philosophy: Knowing how to listen to your body consciously will allow you TO BE comfortable, NOT BEING comfortable. I believe the mind and the body are two different things. Proprioception is a key concept I teach all of my clients. What I am trying to say is that your body is amazing. Every client is a new puzzle for me in which I actively listen to, develop a training program specific to their short and long-term goals. My Corrective Exercise Specialty has allowed me to identify muscle imbalances that lead to faulty movement patterns. This certification has given me the ability to work with all populations.



Personal Trainer Leno Pugh (Mountain Park)

Philosophy: Knowing how to listen to your body consciously will allow you TO BE comfortable, NOT BEING comfortable. I believe the mind and the body are two different things. Proprioception is a key concept I teach all of my clients. What I am trying to say is that your body is amazing. Every client is a new puzzle for me in which I actively listen to, develop a training program specific to their short and long-term goals. My Corrective Exercise Specialty has allowed me to identify muscle imbalances that lead to faulty movement patterns. This certification has given me the ability to work with all populations.



Personal Trainer Marc Gonzalez (West Hills)

Philosophy: I lead by example in my own strength training and nutritional habits by competing in the sport of Olympic weightlifting. Competing at the national level, I apply my experience and knowledge from the sport into any and all fitness environments to meet the needs and goals of my clients. When you attend a session with me, you can expect to learn how to better move and care for your body to improve strength, mobility, and conditioning. Not only will you get stronger and fit, but you'll have more energy and feel great in your day to day life.



Personal Trainer | Pilates Instructor (Mountain Park & West Hills)

Philosophy: My expertise is for pre and post injury work. I work with my clients to fix the little problems within the body and help them get back to their normal, or even surpass their normal state. With these mindful exercise you can thrive in both your sport and everyday life! Working together I will help you develop a plan to get your body moving, what you can do at home to help progress your results faster, and help re-train your body how to move once we heal your problem area. No matter your age we can always work on an injury. No matter how old or bothersome your injury is we can get you closer to your goals of movement.



Nutrition Coach | Yoga Instructor Whitney Chavez (Mountain Park & West Hills)

Philosophy: For both my nutrition and my physical practice, I believe:

1. That growth and progress is entirely personal, and must be honored and supported by following the lead of the individual and their lived experiences.
2. That consistency is really a rare form of intentional magic.
3. That feeling acknowledged and supported while practicing consistency can become the special sauce that creates long term habit change.
4. That slow, is fast- and you are always enough just as you are!

WAMCLUBS FITNESS

GETTING BACK INTO GROUP FITNESS?
CHECK OUT OUR WAM GROUP X UPDATES EFFECTIVE APRIL 1!

MONDAY|WEDNESDAY 12-12:45 VIRTUAL BARRE FUSION | MICHELLE
HYBRID - IN-PERSON AT WEST HILLS AND VIA ZOOM

MONDAY 8AM POWER SHOP & TUESDAY|THURSDAY 7:45AM VINYASA YOGA | JOLENE
IN-PERSON ONLY AT WEST HILLS

TUESDAY 6:15PM ZUMBA | CINDY
NOW OFFERED ON WEDNESDAYS AT 5:30PM AT WEST HILLS AND VIA ZOOM

CLICK [HERE](#) FOR OUR UPDATED SCHEDULE.



APRIL *Specials*

LOOKING FOR GUIDANCE AS YOU
MAKE YOUR WAY BACK INTO OUR
GYMS?

NEW CLIENTS PURCHASE A
PACKAGE OF 10 OR MORE
SESSIONS & RECEIVE **25% OFF**

EXISTING CLIENTS PURCHASE A
NEW PACKAGE OF 10 OR MORE
SESSIONS & RECEIVE **10% OFF**

PACKAGES MUST BE PURCHASED IN APRIL

MACRO MONDAY

JOIN US IN APRIL AT
WEST HILLS!



MENU: **TASTY CHICKEN SOUP**

- WHEN: **APRIL 18 | 12P**
- WHERE: WEST HILLS
- COST: \$15 PER PERSON/PLATE
- EMAIL FITNESS DIRECTOR [HOLLY](#) TO RSVP!

APRIL FOCUS IS HOW TO BUILD A
HEALTHY, BALANCED PLATE. WHY
YOU SHOULD NOT JUST BE
FOCUSING ON CALORIES IN AND
CALORIES OUT. 'EXHALE' ARTICLE
[HERE](#), BY WHITNEY WAM'S
NUTRITION COACH!

WAMCLUBS GENERAL CLUB INFO

REINSTATING CHANGE FEE

EFFECTIVE JANUARY 1, 2022 OUR STATUS CHANGE FEE AND UPGRADE POLICY WILL BE REINSTATED.

- CHANGE OF STATUS FEE IS \$25
- UPGRADE POLICY: IF UPGRADING TO A MEMBERSHIP LEVEL THAT HAS NOT BEEN HELD WE COLLECT THE DIFFERENCE BETWEEN ENROLLMENT FEES; IF THERE IS AN ENROLLMENT PROMOTION WE WILL APPLY THE % TO THE EQUATION.



CLUB HOURS

MONDAY – FRIDAY | 5:30A – 10:00P
SATURDAY | 6:00A - 10:00P
SUNDAY | 7:30A – 10:00P



PROGRAM/LESSON REGISTRATION INSTRUCTIONS

CLICK [HERE](#) FOR DETAILED INSTRUCTIONS ON HOW TO REGISTER FOR WAMCLUBS PROGRAMS AND LESSONS.



SOCIAL MEDIA

STAY UP TO DATE WITH WAMCLUB EVENTS, ACTIVITIES AND ANNOUNCEMENTS! FOLLOW US ON FACEBOOK & INSTAGRAM - @WAMCLUBS



CHANGING YOUR MEMBERSHIP?

REMINDER! ALL MEMBERSHIP CHANGE/CANCEL REQUEST FORMS NEED TO BE SUBMITTED TO JOHANNA IN OUR MEMBERSHIP OFFICE BY THE 20TH OF THE MONTH. IF RECEIVED BY THE 20TH OF THE MONTH THE EFFECTIVE DATE OF THE CHANGE WILL BE THE 1ST OF THE FOLLOWING MONTH. CONTACT JOHANNA IN MEMBERSHIP @ JOHANNA.ZIMBELMAN@NORTHHP.COM

DOWNLOAD OUR WAMCLUB APP

REMINDER TO DOWNLOAD & USE OUR WAMCLUB APP!

- CHECK-IN USING MEMBER BARCODE
- REGISTER & PAY FOR CLASSES/LESSONS.
- VIEW CALENDAR OF EVENTS
- VIEW ACCOUNT & PAY INVOICES



IOS: [HTTPS://APPS.APPLE.COM/US/APP/WAMCLUBS/ID1494938819?LS=1](https://apps.apple.com/us/app/wamclubs/id1494938819?ls=1)

ANDROID: [HTTPS://PLAY.GOOGLE.COM/STORE/APPS/DETAILS?ID=COM.CLUBAUTOMATION.MOUNTAIN.CLUB](https://play.google.com/store/apps/details?id=com.clubautomation.mountain.club)