



## WAMClubs NEWS & NOTES | MAY 2023

### **WAM TENNIS**

#### CITY LEAGUE | 2023-2024 season registration is now open!

This league is for women and is played during the week, on Tuesday or Wednesday and seniors play on Thursday. This is a competitive league for all levels with home and away matches. Matches consist of 1 singles line and 5 doubles lines. Matches start around 11:30 and finish up around 3:15 depending on the round you play in.

Season runs from May to September | Fee \$35

- MP Information [HERE](#)
- WH Information [HERE](#)

#### Outdoor Courts

Court fees will be charged for outdoor courts beginning June 1.

### **MP TENNIS**

- Memorial Mimosa Mixer | May 29, 9-11:30a
  - Details [HERE](#)
- Coed Drop-In Nights | May 12 - 7p
  - Details [HERE](#)

Contact Colin Gillam at [colin.gillam@wamclubs.com](mailto:colin.gillam@wamclubs.com) for more information.

### **WH TENNIS**

#### 5A High School State Tennis Tournament | May 19, 7:00a-7:00p

West Hills is proud to host the first day of the 5A State High School Tennis Tournament on Friday, May 19. Tennis players from all over the state will be coming to West Hills to compete for the 5A state title. All indoor and outdoor tennis courts will be used for the matches. The schools will start warming up at 7:00a and matches will continue until 7:00p. If matches finish early we will open up the courts for reservations. Call the club or login to play by point to view if courts have opened.

- Members will still have access to the pool, cardio/weight room, locker rooms and group fitness classes will run as scheduled.
- Parking spots will be reserved for members in the back portion of the parking lot past the mailbox.
- Members are welcome to come and watch the tournament, no charge for the event.

### Adult Tennis Camp | June 5,6,7 | 9-11:30a

- Join the West Hills tennis pros for an adult tennis camp! 3 days of drills, strategy, movement and fun.
- Sign up via [wamclubs.com](http://wamclubs.com) or WAM app

Contact Dave Edwards @ [dave.edwards@wamclubs.com](mailto:dave.edwards@wamclubs.com) for more information.

### **WH PICKLEBALL**

Pickleball clinics for the newer player will be held indoors from 7:30-9pm during Monday night drop-in at West Hills. If necessary the outdoor courts will also be used, please dress accordingly. No registration required, complimentary.

- Dates are May 1, 8, 15 and 22

Summer pickleball drop-in begins June 1<sup>st</sup>. Drop-in will be held on outdoor courts 9A-9D at West Hills. \*No fee for drop-in play

- Tue/Thu 8:00-11:30a | Beginner/Intermediate
- Mon/Wed 8:00-11:00a | Intermediate/Advanced
- Tue/Thu 5:45-8:15p | Advanced Competitive Play
- Sat/Sun 8:00-11:30a | All Levels

Question email Brian Loomis at [brian.loomis@wamclubs.com](mailto:brian.loomis@wamclubs.com)

### **WAM FITNESS**

NEW CLASS ALERT at Mountain Park starting May 5!

Strength Training | Fridays, 8-9:00a

- Join Fitness Director, Holly as she leads you through a total body strength training routine that will get you weekend ready!
- Drop-in format, no sign up required

Group Fitness Class Schedule [HERE](#)

Email Fitness Director [holly.howard@wamclubs.com](mailto:holly.howard@wamclubs.com) for additional information.

## **WAM SUMMER**

- Weekend only open swim from 1-8:00p begins Saturday May 6 – June 18! Lifeguards will be on duty.
- Join the Waves Swim Team – Be a part of a fun and competitive program that focuses on improving stroke technique, building endurance while developing our student-athletes overall swimming skills in a positive learning environment. See *summer guide link below for more info.*
- Summer pool schedule & programs begin June 19.
- Summer program guide [HERE](#)
- Current pool schedule [HERE](#)

## **CLUB REMINDERS**

- All members are required to check-in at the Service Desk using their key card or barcode via the WAMClub app. This includes children on the membership.
- Guests must be accompanied by a member and are subject to the same rules as members- guests must check in, register & pay the guest fee at the Service Desk upon entry.
- Reminder of our alcohol policy - members and guests are not allowed to bring their own alcohol to the Club or leave the premises with an opened can or bottle of alcohol.
- Proper cover ups, shirts, shorts & shoes are required when entering the club from the pool area.
- Towels are provided for club/locker room use only. Please provide your own towel when using the pool or hot tub.
- All junior members (12yrs and under) must be accompanied by an adult while at the club, including lobby, pool/hot tub and locker room area. Juniors ages 5-12 must be in a supervised or monitored program at all times if they are not with an adult.
- Do not leave valuables in your locked vehicle. The Club is not responsible for any damage to or loss of personal belongings of any member or guest while using the facilities.

## **WAM MEMBERSHIP**

Membership change policy: Please email Johanna at [Johanna.zimbelman@wamclubs.com](mailto:Johanna.zimbelman@wamclubs.com) no later than the 20<sup>th</sup> if you wish to adjust your membership by the 1<sup>st</sup> of the following month. Our membership changes reflect our billing cycle of the 1<sup>st</sup> – 1<sup>st</sup>, we do not prorate dues when adjusting a membership.

## **MEMORIAL DAY WEEKEND HOURS/PROGRAM CHANGES | May 27-29**

CLUB | Regular hours

### MP TENNIS

- May 27-29 | No group tennis lessons – spring session
  - Check with your pro regarding private/private group lessons

### WH TENNIS

- May 26 | Women's Day will run as scheduled
- May 27 | Men's Day will run as scheduled
- May 27-29 | No group tennis lessons – spring session
  - Check with your pro regarding private/private group lessons

### FITNESS

- May 27 | Classes will run as scheduled at West Hills
- May 28 & 29 | Fitness classes cancelled at MP & WH

### POOL

- May 27 | No Dolphins practice – additional lap lane reservations available
- May 28 | Regular schedule
- May 29 | Open swim- lifeguards on duty, 11:45a-3p

### WAMClubs

West Hills | 2200 SW Cedar Hills Blvd Portland OR 97225 | 503.646.4106

Mountain Park | 3 Botticelli St Lake Oswego OR 97035 | 503.635.3776