

# WAMCLUBS

## NEWS AND NOTES

### FEBRUARY SNAPSHOT

February 1-28	Winter Term   Adult & Junior Group Tennis Lessons   <a href="#">MP</a> & <a href="#">WH</a>
February 7,14,21,28	Flash Group Lesson - Focus on Skills   <a href="#">MP</a>
February 11	Flash Group Lesson - Mixed Doubles Drills   <a href="#">MP</a>
February 11	Mixed Doubles Night   <a href="#">WH</a>
February 14	Spring Term Tennis Lesson Registration 9:00a Junior Lessons   9:30a Adult Lessons
February 18	Junior Match Play   <a href="#">WH</a>
February 18	Flash Group Lesson - Happy (Tennis) Hour+   <a href="#">MP</a>
February 18	Pickleball and Pizza Night - Ages 21-35   <a href="#">WH</a>
February 19	Junior Match Play   <a href="#">MP</a>
February 19	Flash Group Lesson - Tennis For Beginners   <a href="#">MP</a>
February 21	Macro Monday! Nutrition Coaching by Whitney   <a href="#">WH</a>
February	Flash Private Lessons   <a href="#">MP</a>
Saturdays	Junior Flex Group Lessons   <a href="#">MP</a>
Wed/Fri	Pickleball Drop In Play   <a href="#">MP</a>
Mon/Thu/Fri Sat/Su	Pickleball Drop In Play   <a href="#">West Hills</a>

# WEST HILLS & MOUNTAIN PARK TENNIS

## SPRING TERM LESSON REGISTRATION

Registration is **Monday, February 14**

- 9:00a | Junior Lessons
- 9:30a | Adult Lessons
- Spring lesson schedules will be emailed by Feb 7

Register via [wamclubs.com](http://wamclubs.com) or the WAMClub app

- How To Register [HERE](#)

Contact your Tennis Director or Tennis Pro for more information.

Spring weather and longer days means great tennis ahead! Get your game in top shape!

## HOSTED DROP-IN EVENTS

Mountain Park

- Women's Night | Mondays, 545-7p
- Ladies Day | Wednesdays, 9-1015a
- Men's Night | Wednesdays, 430-7p
- No Fee

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

## TENNIS VACATION IN MALLORCA IN JUNE !

Only four spots remain for a tennis vacation in Palma, Mallorca. Join Camp Director Steve Vaughan and MP Director/camp staff Pro Roger McKee at the Wild West Tennis camp, June 21-28.

There will be tons of tennis on the clay courts, sightseeing on the island, plus a tennis camp day and tour at the Rafa Nadal Tennis Academy and museum.

If that is not enough, add on a few days in London with a day at Wimbledon on July 1!

For more information, contact [Roger](#) or Steve Vaughan at [wildwesttennis.com](http://wildwesttennis.com).

Make your tennis dream vacation come true this summer!

# WEST HILLS & MOUNTAIN PARK TENNIS

## JUNIOR MATCH PLAY

### MOUNTAIN PARK

- February 19 | 3:15-4:30p
- Level | Yellow Ball juniors
- Space is limited to 12 players / 4 per court
- Fee : \$10
- Sign up via [wamclubs](#) or the WAMClub app
  - How To Register [HERE](#)
- Info Flyer [HERE](#)

### WEST HILLS

- February 18 | 4:30-5:45p
- Level | Yellow Ball juniors
- Space is limited to 12 players / 4 per court
- Fee : \$10
- Sign up via [wamclubs](#) or the WAMClub app
  - How To Register [HERE](#)

*Join Tennis pro, Taylor as she works with you on doubles strategy, court position and shot selection.*

## MIXED DOUBLES NIGHT

**Mixed Doubles Night returns - Hosted by WAMClubs tennis pros!**

The pro will match you up with players of like ability, every half hour you will switch partners and play another set.

**February 11 | 7-9:30p at WEST HILLS**

- Limited to 18 men and 18 women
- Fee: \$5.00 - tennis balls and organization are included
- Sign up with or without a partner
- Levels 2.5 and higher
- Sign up via [wamclubs](#) or the WAMClub app
  - How To Register [HERE](#)

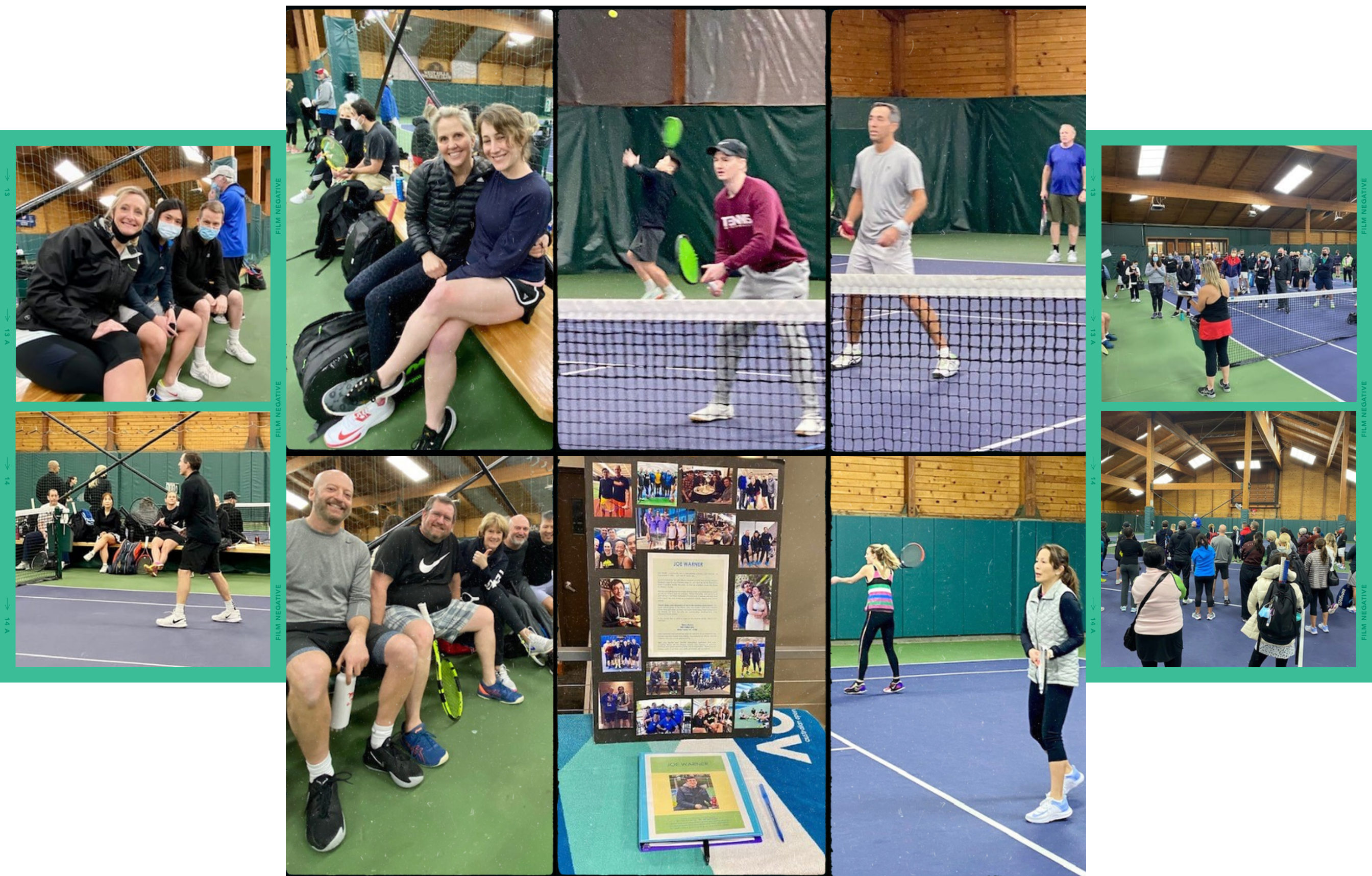


# WEST HILLS TENNIS



The Joe Warner Memorial Tennis Tournament Fundraiser was a huge success!

Thank you to all that participated and /or donated to the GoFund Me in honor of Joe. The tournament raised \$4000 and will be given to Joe's wife and children.



Joe was a big supporter of the WAM clubs and was an active participant including playing on multiple USTA teams. Joe was only 47 years old when he passed away. All proceeds from the tournament will go to Joe's wife and his two young children.



# 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](http://WAMCLUBS.COM) OR VIA THE WAMCLUBS APP.

- HOW TO REGISTER [HERE](#)

FLASH LESSON IN FEBRUARY:

- FEB 11, FRIDAY, MATT | 11:30A
- FEB 12, SATURDAY, HENRY | 11:00A
- FEB 13, SUNDAY, ANDREW | 6:30P
- FEB 14, MONDAY, ROGER | 2:00P
- FEB 18, FRIDAY, MIKE K | 2:00P
- FEB 19, 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, 12:45P | FEB 7, 14, 21, 28 | [FOCUS ON SKILLS - SERVE](#)

FRIDAY, 5:45P | FEB 11, 545-7P | [MIXED DOUBLES](#)

FRIDAY, 5:45P | FEB 18, 545-7P | [HAPPY \(TENNIS\) HOUR+](#)

SATURDAY, 2:00P | FEB 19, 2:00P | [TENNIS FOR BEGINNERS AND THOSE COMING BACK TO THE GAME](#)

## NIKE TENNIS CAMPS JUNIOR BOARD

JUNIORS...GET READY TO GET ACTIVE ON THE NIKE TENNIS CAMPS POINTS BOARD STARTING MONDAY, FEB 14. YOU EARN POINTS FOR YOUR TENNIS ACTIVITIES AT MP, AND WORK TOWARDS THE GOAL OF 150 POINTS. EARN 150 PTS, AND YOU GET A PERSONALIZED TROPHY AND A CHANCE TO WIN SOME GREAT NIKE GEAR.

POINTS BOARD INFO FLYER [HERE](#)

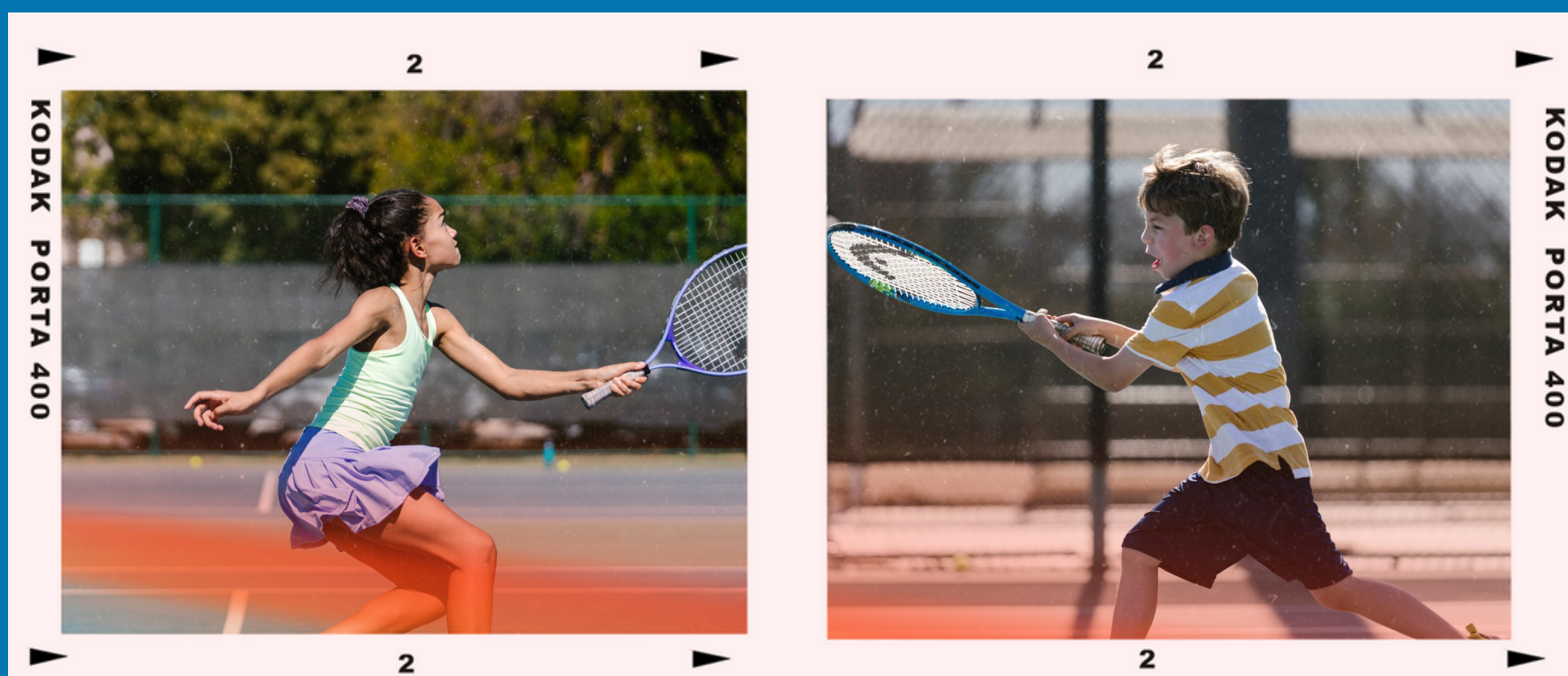
WATCH FOR MORE INFORMATION ON THE POINTS BOARD IN THE CT #3 HALLWAY.

THIS PROGRAM IS A GREAT WAY TO SEE YOUR TENNIS PROGRESS, AND EARN YOUR REWARDS!

CONTACT PRO [KEVIN HUGHES](#) FOR MORE INFORMATION. SEE YOU ON THE COURTS!

# MOUNTAIN PARK TENNIS

## **NEW!** **JUNIOR FLEX GROUP LESSONS**



THESE NEW JUNIOR GROUP LESSONS GIVE MEMBERS THE FLEXIBILITY OF DROP-IN, WEEK-BY-WEEK GROUP LESSONS WITHOUT THE COMMITMENT OF A FULL MONTH REGISTRATION.

PRO KEVIN HUGHES IS READY FOR ORANGE BALL AND GREEN DOT PLAYERS.

THERE IS NO ADVANCE SIGN-UP NECESSARY, HAVE YOUR JUNIOR COME FOR THE 60 MIN LESSON AT THE TIME LISTED.

**ORANGE BALL** | SATURDAYS, 3:30P

**GREEN DOT** | SATURDAYS, 4:30P

THE COST OF THE LESSON WILL BE BASED ON THE NUMBER OF JUNIORS ATTENDING.

- ONE JUNIOR ATTENDING FOR THE HOUR = PRIVATE LESSON RATE
- TWO PERSONS ATTENDING FOR THE HOUR = SEMI-PRIVATE LESSON RATE
- THREE JUNIORS = THREE PERSON RATE
- AND SO ON UP TO SIX PLAYERS
  - LESSON RATES

CONTACT PRO, KEVIN FOR MORE INFORMATION.





# WEST HILLS & MOUNTAIN PARK PICKLEBALL

## PICKLEBALL & PIZZA NIGHT

JOIN PICKLEBALL PRO, ELIOT FOR A NIGHT OF PICKLEBALL, PIZZA AND BEER/WINE!

**FEBRUARY 18 | 8:15-11:00P AT WEST HILLS**

- SPACE IS LIMITED TO 24 PLAYERS
- FEE | \$10 INCLUDES FOOD, 1 DRINK AND GAME ARRANGING
- GUESTS ARE WELCOME
- AGES 21-35
- SIGN UP VIA [WAMCLUBS.COM](http://WAMCLUBS.COM) , WAMCLUBS APP OR EMAIL [ELIOT](mailto:ELIOT)
  - HOW TO REGISTER HERE



### 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

### PICKLEBALL DROP IN PLAY

#### 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

Questions? Email [Eliot](mailto:ELIOT)



FEBRUARY IS **HEART** HEALTH AWARENESS MONTH!

LET'S **CELEBRATE** OUR HEARTS WITH A FUN CARDIOVASCULAR **HIIT** WORKOUT  
DESIGNED BY FITNESS DIRECTOR, HOLLY!

3X3X3

3 CIRCUITS, 3 EXERCISES PER CIRCUIT, 3 ROUND PER CIRCUIT  
30 SECONDS WORK, 10 SECONDS REST, 18 MINUTES TOTAL

**MOCK JUMP ROPE**  
**PLANK WALK OUTS**  
**BODY WEIGHT SQUATS**

**JUMPING JACKS**  
**SPEED SKATERS**  
**SKIPS IN PLACE**

**SKI SHUFFLES**  
**REVERSE LUNGES**  
**PLANK W/ MT CLIMBERS**

TAKE ADDITIONAL BREAKS AS NEEDED, LISTEN TO YOUR BODY. NEED ADDITIONAL GUIDANCE ON THESE MOVEMENTS OR ANYTHING FITNESS RELATED PLEASE CONTACT FITNESS DIRECTOR, [HOLLY](#).

**WANT TO LEARN MORE ABOUT MACRO NUTRITION?**  
CHECK OUT 'THE EXHALE - OURCOLLECTIVEBREATH  
NEWSLETTER' [HERE](#)

**WANT TO TRY A MACRO BALANCED MEAL?**  
JOIN US FOR MACRO MONDAY IN FEBRUARY AT WEST  
HILLS!

- WHEN: FEBRUARY 21 | 12P
- WHERE: WEST HILLS
- COST: \$15 PER PERSON/PLATE
- EMAIL FITNESS DIRECTOR [HOLLY](#) TO RSVP!





# 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 – 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)