



City of Los Angeles Department of Recreation & Parks



5858 Shoup Ave. Woodland Hills, CA 91367 [woodlandhills.recreationcenter@lacity.org](mailto:woodlandhills.recreationcenter@lacity.org)

# Woodland Hills Recreation Center

## WINTER 2026

**ONLINE REGISTRATION BEGINS DECEMBER 2ND AT 10 AM**

**CLASSES BEGIN MONDAY, JANUARY 20TH**

**8 WEEK PROGRAM (UNLESS OTHERWISE NOTED)**

**PARK PROUD- LA!**

**CLASSES AND PROGRAMS IN THIS BROCHURE MAY BE SUBJECT TO CHANGE OR CANCELLATION**

# Facility Information

## OFFICE HOURS

MONDAY-THURSDAY 9:00 AM-9:00 PM

SATURDAY 9:00 AM - 5:00 PM

SUNDAY- CLOSED

## IMPORTANT PHONE NUMBERS

### WOODLAND HILLS

#### RECREATION CENTER

Main Office 818-883-9370

### WOODLAND HILLS POOL

Main Office 818-704-1509

Aquatics 323-906-7953

### OTHER NUMBERS

Valley Region Office 818-756-8060

Park Film Office 323-644-6220

Non-emergency LAPD 877-275-5273

LA City Fire Station #105 818-756-8605

Valley Cultural Center 818-704-1358

Municipal Sports Office 818-765-0284

City of LA Information 3-1-1

City of LA Tax ID #95-6000735

## HOLIDAYS (CLOSED)

December 25

Christmas Day

January 1

New Year's Day

January 19

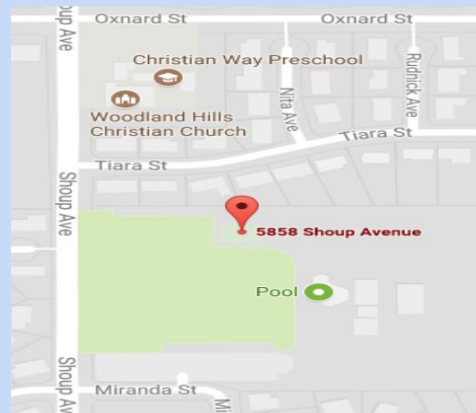
Martin Luther King Jr Day

February 16

Presidents Day

March 30

Cesar Chavez Day



## REFUND POLICY

Full refunds are only issued when the center cancels the activity. **No refunds will be issued one week prior to PROGRAM start date.** A 15% cancellation fee is assessed for all refunds, changes, or transfers. Classes, sports leagues, or camp registration will require a \$35 fee depending when refund request is submitted to the Facility Director in writing.

## Raise The Bar

*"Achieving Gender Equality Through a Continuous Commitment to Girls and Women in Sports."*

Persons with disabilities are welcome to participate in our classes and programs.

Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.

**Section 63.44 Los Angeles Municipal Code prohibits drinking alcohol, gambling, littering, amplified sound, unleashed dogs and smoking.**

## FACILITY PERMITS

Currently, we are not renting out our gym or rooms at this time. Please feel free to check back with us in the future.

## WARNER CENTER INFO

Reservation for Warner Center Park are handled at our Region Office. Contact the permit office at (818) 756-8187 or send a proposal to the address listed below to schedule an event.  
City of Los Angeles Recreation and Parks -  
Valley Region Attn: Permits 6335 Woodley Ave, Van Nuys, CA 91406

For Concerts In the Park, please contact:  
Valley Cultural Foundation (818) 704-1358



# Class Information

## Winter 2026 CLASSES : Tuesday, January 20, 2026 - Saturday, March 14, 2026

### UNLESS OTHERWISE NOTED

- Neither the City of Los Angeles nor Woodland Hills Recreation Center carries insurance or assumes any liability. Patrons must carry their own insurance coverage.
- You are responsible for your child; please do not leave your child unattended at the park.
- The classes and programs in the brochure may be subject to change or cancellation. Staff reserves the right to cancel or combine classes if the minimum enrollment is not met.
- Students must meet the age requirements by the session start date. Staff reserves the right to require proof of age at any time, and may remove a student from a class if the student is not the appropriate age and/or does not have the necessary level, maturity, or skill.
- Make-ups will not be scheduled when a class is missed by a student. No refunds and/or credits are given for classes missed by students. Makeups for classes cancelled by the instructor will be scheduled at the end of the session.

## PLAYLA WINTER SPORTS AND FITNESS PROGRAMS

PlayLA Youth and Adaptive Youth Sports Program is made possible by LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for details. (Waiver located online at time of check out)

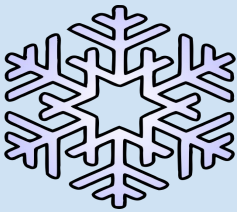
### LOCATION

**Winter classes** will be held at  
Woodland Hills Recreation Center-  
5858 Shoup Ave Woodland Hills  
**Tennis classes** will be held at  
Knapp Ranch Park  
25000 Kittridge St. West Hills

### PAYMENT

Payment must be made in full at the time of registration. Payment may be made by Visa, or MasterCard. Class fees will **not** be prorated. Payments will be made online only. Please refer to the directions below on how to make an account and pay for your activities. Payment must be accompanied by a class/program registration form to be complete.

## Registration Information

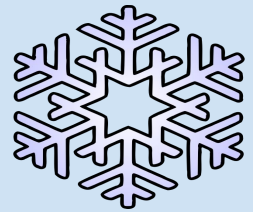


### ONLINE REGISTRATION

Begins: December 2, 2025 at 10:00 AM

Ends: January 7, 2026 at 10:00 AM

**Or until classes are full**



### STEP ONE

#### Create a Household Account (New Accounts)

1. Visit [reg.laparks.org](http://reg.laparks.org)
2. Click on "Sign in" This will open a new window
3. Click on "Don't have an account? Sign up Now"
4. Fill out the new page, keeping in mind that this is your information, not your child's. You may pick your own username and password. All red fields are mandatory.

**Note: If you are an adult and are not comfortable with entering your birthday, make one up. Make sure it's a reasonable age if you are planning on registering for an adult activity.**

5. If you plan on registering your children, spouse, or others using this system, click "Add New Member" at the bottom of the page.
6. Fill out the "Additional Family Member" section and repeat as necessary. When you are done, click "Save" or "Add New Contact" to add an emergency contact.
7. If you would like to add an emergency contact, click on "Add New Contact."
8. When you are done, click "Save" at the bottom of the page. You will automatically be logged in and redirected to the main page. Follow the instructions in STEP TWO beginning with #4.

### STEP TWO

#### Register for an Activity at Woodland Hills

1. Visit [www.laparks.org/reccenter/woodland-hills](http://www.laparks.org/reccenter/woodland-hills)

2. Click on "Register Now"

3. "Log-In" at the top of the screen

A. If you do not have an account, please click "to register for a new account" and follow the instructions under STEP ONE

B. If you have an account but have not created your own username, your household number is your username.

C. Your password is your last name. You will be able to change this password after your first log in.

4. Once logged in, click on "Search" at the top of the page then "Register for an Activity."

**Note: Please remember that online registration is limited to certain programs and activities.**

5. Click on "Activity Search Criteria" and select Woodland Hills RC as your location. Then click the search button.

6. Scroll through the list of activities.

7. Click on the "+" sign to add an activity to your cart.

8. Once all activities are added, continue until "proceed to checkout" Follow the steps for payment. Once payment is processed, you will be enrolled in the activity.



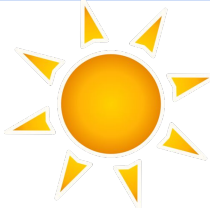
# Early Learners



## Early Learners

**Tues/Weds/Thurs 9:00 am-1:00 pm**

Child must be 3 years old by Sept.1, 2025



Miss Mimi, Miss Gee, Miss Addy

## 2026-2027 School year information will be available in our Spring Brochure

This class is designed to enhance children's confidence and build their social and cognitive skills. Children build on their pre-writing, pre-reading, and pre-math skills through art, crafts, music and movement, group time and learning experiences. Independence is fine-tuned as children become more self-reliant and are able to "do it themselves".

**Child must be 3 years old by Sept.1, 2025 • Staff ratio 1:8**

**CHILD MUST BE POTTY TRAINED (NO EXCEPTIONS!) and able to participate in group activities.**

**Bring lunch, snack & a water bottle each day unless otherwise noted. Inform instructor of any food intolerance.**

**School year runs from August 2026– May 2027**

**PAYMENT:** Payments for Early Learners must be paid by the date listed on the payment calendar to hold your spot.

**A payment of \$365 will be due each month\*. See payment calendar below.**

**Monthly installments are applied towards the full tuition.**

**No payment will be due for the month of December**

**A \$25 late fee will apply for failure to pay on time. No exceptions.**

**A non-refundable \$50 registration fee + 1st month payment is due at the time of registration.**

**\*Payment is NOT monthly, rather it is broken up into monthly payments for your convenience**

MONTH	August	September	October	November	December	January	February	March	April	May
DUE	June 22 (space pending until filled)	Tuesday . Sept. 1st	Thursday. Oct. 1st	Sunday Nov. 1st 	<b>No Payment</b>	Friday Jan. 1st	Monday. Feb. 1st	Sun March 1st	Wed. April 1st	Friday. May 1 
Amount	\$365+\$50	\$365	\$365	\$365	\$0	\$365	365	365	\$365	\$365

**For an additional day of Early Learners program add Kids in Action  
Mondays from 9:00 am -1:00 PM  
Monthly Class**

This class will help your child develop the fundamental building blocks needed for Pre-Kindergarten. Children will have circle time, arts and crafts, music, movement and more. Child must be potty trained.  
See Programs for Children on following pages.

*All classes and programs are subject to change*







# Kids in Action

**Kids in Action**

**Ages 3-5**

**Monday**

**9:00 - 1:00 pm**



This class will help your child develop the fundamental building blocks needed for Pre-School. Children will have circle time, do **arts & crafts, music, movement, science, cooking and more.** The class will have an emphasis in art to help your children with self expression. They will also work on their academics in this class. This is a drop-off class for your child to learn their new independence.

**Please bring a lunch and water for your child Child must be toilet trained.**

Join this class to help your child transition to Preschool



Month	Dates	NO CLASS	Price
December	12/1,12/8,12/15	<b>12/22,12/29</b>	\$75
January	1/12,1/26	<b>1/19</b>	\$50
February	2/2,2/9,2/23	<b>2/16</b>	\$75
March	3/2,3/9,3/16,3/23	<b>3/30</b>	\$100
April	4/6,4/13,4/20,4/27	-	\$100
May	5/4,5/11,5/18	<b>5/25</b>	\$75

Registration for this class is on a montly bases.



## Parent and Me

**Parent and Me Crafts**  
Friday

**Ages 1.5-2.0**  
9:30 - 10:30 AM

Julie Fischer  
Jan. 23 - March 13

\$130  
(7 weeks) No class 2/20

**Parent and Me Crafts**  
Friday

**Ages 2.1-3.5**  
10:45 - 11:45 AM

Julie Fischer  
Jan. 23 - March 1

\$130  
(7 weeks) No class 2/20

Come and join our Parent & Me hands on project based class where you can socialize with other parents while creating a strong bond with your child.

### **VOLUNTEER / COACHING OPPORTUNITIES**

**We are always looking for volunteers/coaches interested in assisting us with activities, sports, and special events.**

**For more information on becoming a volunteer or coach, please EMAIL:  
WOODLANDHILLS.RECREATIONCENTER@LACITY.ORG**

# Drumming Fundamentals



## Drumming Fundamentals

**Ages 12+**

Jeremy Manning

\$110

Monday

6:15 - 7:00 PM

Jan. 26 - March 9

(6 weeks) **\*No Class 2/16**

Discover the fundamentals of drumming in this engaging and hands-on beginner's class! Whether you're brand new to drumming or looking to build a solid foundation, this course will introduce you to essential techniques, rhythms, and coordination exercises. You'll learn basic stick control, simple beats, and how to play along with music. No prior experience is needed—just bring your enthusiasm and get ready to groove! Drums and sticks will be provided.



## Piano or Guitar



### Piano or Guitar - Individual Private Lessons

Private 30 minute lessons instructed by Rachael. Our instructor has taught both instruments for over 10 years.

Piano students **MUST** provide a folder with lined paper and a pencil with an eraser.

Guitar students **MUST** provide Mel Bay Modern Guitar Method Grade 1. (This book can be found on Amazon.)  
As well as their **OWN** guitar.

#### Wednesday, January 21 - March 11

Ages 7 - Adult

\$200 (8 weeks)

~1:30 - 2:00 PM	~2:00 - 2:30 PM	~2:30 - 3:00 PM	~3:00 - 3:30 PM	~3:30 - 4:00 PM
~4:00 - 4:30 PM	~4:30 - 5:00 PM	~5:00 - 5:30 PM	~5:30 - 6:00 PM	~6:00 - 6:30 PM
~6:30 - 7:00 PM	~7:00 - 7:30 PM	~7:30 - 8:00 PM	~8:00 - 8:30 PM	

#### Thursday, January 22- March 12

Ages 7 - Adult

\$200 (8 weeks)

~1:30 - 2:00 PM	~2:00 - 2:30 PM	~2:30 - 3:00 PM	~3:00 - 3:30 PM	~5:00 - 5:30 PM
~5:30 - 6:00 PM	~6:00 - 6:30 PM	~6:30 - 7:00 PM	~7:00 - 7:30 PM	~7:30 - 8:00 PM
~8:00 - 8:30 PM				



## Armenia Folk Dance

### Armenia Folk Dance

**Ages 6-11**

Taline Babalians

\$120

Tuesday

5:45 - 6:45 PM

Jan. 20 - March 10

(8 weeks)

### Armenia Folk Dance

**Ages 12+**

Taline Babalians

\$120

Tuesday

6:45 - 7:45 PM

Jan. 20 - March 10

(8 weeks)

Discover the rich rhythms and vibrant movements of Armenian folk dance! This beginner-friendly class introduces the basic steps and patterns of traditional Armenian dances. No experience is needed! Just bring your energy and enthusiasm to connect with Armenian culture through music, movement, and community.



# Resume, Cover Letters, and Interview Workshop



**Resume and Interview Workshop**  
Tuesday

**Ages 16+**  
6:00 - 7:00 PM

Mary Ozen  
Jan. 27 - Feb. 17

\$80  
(4 weeks)

Build your professional confidence and stand out to employers! In this interactive workshop, you'll learn how to craft a strong, tailored resume and write compelling cover letters that highlight your unique strengths. You'll also practice essential interview skills, from answering common questions to showcasing your personal brand. Whether you're entering the job market or advancing your career, this session will help you make a great first impression and land the opportunity you want.



## Art

**Drawing and Painting for Kids**  
Tuesday

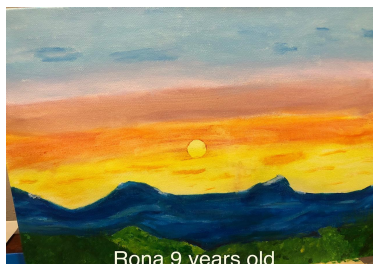
**Ages 6-9**  
2:30 - 3:30 PM

Mimi Mehrdad  
Jan. 20 - March 10

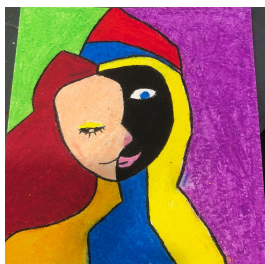
\$130  
(8 weeks)

In this art course we will be experimenting with colors and shapes. We will use a variety of materials such as oil pastels, watercolors and more

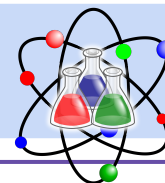
**PLEASE WEAR SOMETHING YOU DON'T MIND GETTING DIRTY**



Rona 9 years old



## Wide World of Science



**The Wonderful World of Science**  
Thursday

**Ages 6-12**  
3:30 - 4:30 PM

Rachael B. DeLeon  
Jan. 22 - March 12

\$130  
(8 weeks)

Each week we will get together and explore a new and different part of science, including: Astronomy, Physics, Biology, Earth Science, Chemistry, and many other areas. With a blend of lessons including detailed, up to date instruction with lots of pictures, and of course hands on experiments where the junior scientists gets to live the experiment before returning home to share the knowledge with their family. Each session offers all new lessons, so junior scientists can keep building on their knowledge for years to come.





# Pickleball



## TUESDAY: Jan. 20-March 10

Instructor: Gary

Intermediate Guided Play	Ages 18+	9:00-10:30 AM	\$200 (8 weeks)
Advanced Beginner	Ages 18+	10:30-11:30 AM	\$160 (8 weeks)
Beginner	Ages 18+	11:30-12:30 PM	\$160 (8 weeks)

## WEDNESDAY: Jan.21 - March 11

Instructor: Erin

Guided play 3.0 (APPROVAL ONLY)	Ages 18+	9:00-11:00 AM	\$250 (8 weeks)
Skills and Drills 2.5	Ages 18+	11:00-12:30 PM	\$200 (8 weeks)
Beginner 1.5	Ages 18+	12:30-1:30 PM	\$160 (8 weeks)

Come join us for this fun sport! Pickleball is a paddle sport combining elements of tennis, badminton and ping-pong. Played with a hard paddle & perforated plastic ball.

**Dress Requirements:** Comfortable clothing and athletic shoes required. Bring water.

**WHAT TO BRING:** Students must bring their own paddle and an unopened pack of INDOOR pickleballs (ANY BRAND)

GUIDED PLAY 3.0 REQUIRES approval and WALK IN REGISTRATION

## Pickleball Skill Level

**Pickleball 1.5 Beginners:** This class will build hand eye coordination, basic racket skills, and teach the essential rules for pickleball. If you have a lot of experience playing tennis or racquetball, this class is NOT for you.

**Pickleball 2.5/ Advanced Beginners:** Must have beginner pickleball experience OR extensive tennis/ racquetball/ badminton/ table tennis experience AND some familiarity with Pickleball rules. Ideally student will already play pickleball on a beginner level. For those who do not already play pickleball, they must commit to reviewing the basic rules and come prepared. NOT FOR BEGINNERS.

**Pickleball 3.0:** MUST have taken the intermediate pickleball class (pickleball 2.0). Competitive games and drills. MUST HAVE INSTRUCTOR'S APPROVAL TO TAKE.

**Intermediate Pickleball:** Competitive games and drills.

NO refunds will be issued ONE week prior to program start date. 15 % & \$35 fee for all refunds processed

# Shotokan Karate

<b>Karate Beg/Int.</b> Monday	<b>Ages 4-9</b> 6:45-7:45 PM	Sensai Ray Taheri \$100 Jan 26 - March 9 (6 weeks)
<b>Karate Beg/Int.</b> Thursday	<b>Ages 5-12</b> 5:10-6:10 PM	Sensai Ray Taheri \$120 Jan 22 - March 12 (8 weeks)
<b>Karate Advanced</b> Thursday	<b>Ages 5-14</b> 6:15-7:15 PM	Sensai Ray Taheri \$120 Jan. 22 - March 12 (8 weeks)
<b>Karate Beg/Int.</b> Friday	<b>Ages 5-12</b> 6:10-7:10 PM	Sensai Ray Taheri \$120 Jan. 23 - March 13 (8 weeks)
<b>Karate Beg/Int.</b> Saturday	<b>Ages 4-9</b> 12:00-1:00 PM	Sensai Ray Taheri \$120 Jan. 24- March 14 (8 weeks)
<b>Karate Beg/Int.</b> Saturday	<b>Ages 5-13</b> 1:10-2:10 PM	Sensai Ray Taheri \$120 Jan.24 - March 14 (8 weeks)

Our Shotokan Sensei, Ray Taheri, is a seventh degree black belt with more than 48 years teaching experience with children and adults. Classes will teach and build concentration, discipline, and respect along with self-confidence and flexibility.

## Dress Requirements

Comfortable clothing and athletic shoes required. Karate Gi is available to purchase from the instructor.

## Strength and Conditioning

<b>Strength &amp; Conditioning</b>	<b>Ages 10-15</b>	Drue Pawl	\$180
Monday & Wednesday 8 weeks)	4:00 - 5:00 PM		(Mon. 6 weeks, Wed.

This high-energy class focuses on building functional strength, endurance, and mobility using only your body weight. No equipment needed, just your drive to move! Each session includes dynamic warm-ups, strength-based movements (like squats, push-ups, lunges, and planks), and conditioning circuits designed to improve overall fitness. Suitable for all levels, with modifications offered to challenge both beginners and advanced participants. This class will meet 2 days a week please be sure to make it to as many classes as possible.

## Dress Requirements

Comfortable clothing, shoes with traction required. Bring a bottle of water.  
Personal hand weights are highly encouraged. Instructor will Advise.

NO refunds will be issued ONE week prior to program start date. 15 % & \$35 fee for refunds  
Refunds will not be offered for \$10 adjusted fees

# TRACK & FIELD



<b>Track &amp; Field</b> Monday	<b>Ages 6-8</b> 3:30 - 4:20 PM	Marvin Perkins Jan.26 - March 9	\$110 (6 weeks)
<b>Track &amp; Field</b> Monday	<b>Ages 9-15</b> 4:30 - 5:20 PM	Marvin Perkins Jan. 26 - March 9	\$110 (6 weeks)

Run, jump, throw, and more! Build a strong foundation of athletic and motivational skills. Help develop coordination, agility, speed and strength. Proper sprinting mechanics, parachute drills, ladder drills, and hurdle drills. This class will build strength & motivation for all sports.

No experience required.

## Dress Requirements

Comfortable clothing, shoes with traction required. Bring a bottle of water.



# Yoga

<b>Yoga Kids</b> Tuesday	<b>Ages 5-11</b> 4:30 - 5:30 PM	Rose Zahedi Jan. 20 - March 10	\$120 (8 weeks)
<b>Yoga Kids</b> Wednesday	<b>Ages 5-11</b> 4:30 - 5:30 PM	Rose Zahedi Jan. 21 - March 11	\$120 (8 weeks)
<b>Yoga</b> Wednesday	<b>Ages 12+</b> 5:30 - 6:30 PM	Rose Zahedi Jan. 21 - March 11	\$120 (8 weeks)
<b>Yoga</b> Wednesday	<b>Ages 12+</b> 6:30 - 7:30 PM	Rose Zahedi Jan. 21 - March 11	\$120 (8 weeks)

Our Yoga instructor Rose, has taught Yoga for well over 12 years. She has in-depth knowledge of Yoga poses and modifications, including but not limited to Hatha yoga, Ashtanga Vinyasa flow, power yoga, Sivananda, and Yin Yoga. She includes stress management, breathing techniques, retention, and meditation in her teaching.

## Dress Requirements

Comfortable clothing and yoga mat.



# JAZZ & HIP HOP

<b>Jazz &amp; Hip Hop</b> Thursday	<b>Ages 3-6</b> 4:15 - 5:00 PM	Aubrey Morales Jan.22 - March 12	\$120 (8 weeks)
<b>Jazz &amp; Hip Hop</b> Friday	<b>Ages 3-6</b> 4:30 - 5:15 PM	Aubrey Morales Jan.23 - March 13	\$120 (8 weeks)
<b>Jazz &amp; Hip Hop</b> Friday	<b>Ages 6-8</b> 5:15 - 6:00 PM	Aubrey Morales Jan.23 - March 13	\$120 (8 weeks)



A fun, beginner dance class that encourages creativity, coordination, and confidence through music and movement. No experience needed. This class will include warm-ups, guided movements, dance games, and simple routines that encourage self-expression and physical activity.



# Ballet Beginner



<b>Ballet Beginner</b> Saturday	<b>Ages 4-6</b> 2:30 - 3:15 PM	Taline Babalians Jan.24 - March 14	\$120 (8 weeks)
<b>Ballet Beginner</b> Saturday	<b>Ages 7-9</b> 3:15 - 4:15 PM	Taline Babalians Jan.24 - March 14	\$120 (8 weeks)
<b>Ballet Beginner</b> Saturday	<b>Ages 10-13</b> 4:15 - 5:15 PM	Taline Babalians Jan.24 - March 14	\$120 (8 weeks)

Discover the beauty and grace of ballet in our Beginner Ballet class designed for your dancer with little to no prior dance experience. This course introduces fundamental ballet techniques, posture, and movement in a welcoming and supportive environment. Join us and experience the joy of movement while building strength, confidence, and grace.

## Dress Requirements

Female students are required to wear leotard and tights to class.  
Males Students are required to wear black pants and a white shirt. Ballet shoes are required.



# Soccer Clinics

<b>Winter Soccer</b> Wednesday	<b>Ages 7-8</b> 4:30 - 5:30 PM	Peter & Raul Jan.21 -Feb.25	\$120 6 weeks
<b>Winter Soccer</b> Wednesday	<b>Ages 9-10</b> 5:30 - 6:30 PM	Peter & Raul Jan.21 -Feb.25	\$120 6 weeks
<b>Little Kickers</b> Friday	<b>Ages 3-4</b> 3:00 - 3:45 PM	Peter & Raul Jan.23 - Feb. 27	\$120 6 weeks
<b>Little Kickers</b> Friday	<b>Ages 5-6</b> 4:00 - 4:45 PM	Peter & Raul Jan. 23 - Feb.27	\$120 6 weeks

Help your child build fundamental soccer skills, teamwork, and confidence in a fun, encouraging environment!

- **Little Kickers Clinic (Ages 3–6):** Focus on fun, coordination, and basic ball control.
- **Winter Soccer Clinic (Ages 7–8):** Introduction to passing, positioning, and small-sided games.
- **Winter Soccer Clinic (Ages 9–10):** Develop tactical awareness, advanced skills, and match play.

## Dress Requirements

Comfortable clothing, shoes with traction required. Bring a bottle of water.

# Adult Stretch Lab



<b>Adult Stretch Lab</b> Monday	<b>Ages 18+</b> 5:40-6:40 PM	Taline Babalians Jan.26-March 9	\$110 (6 weeks)
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Relax, unwind, and improve flexibility in our Adult Stretch Lab, designed for all fitness levels. This class focuses on full-body, gentle stretching to enhance mobility, reduce tension, and promote overall well-being. You will gain increased flexibility, range of motion, improved posture and body awareness, stress relief, and relaxation as well as balance exercises. Join us and feel better, move better, and embrace a healthier you.



# Tennis Skill Levels



**Little Rackets Beginners: (4-6 YRS)** This class is for 4-6 year olds, new to tennis. It will primarily focus on contact points for volleys and forehand and backhand strokes. It is the basic foundations for hand-eye coordination.

**Little Rackets Advanced: (4-6 YRS)** This class is for our ADVANCED 4- 6 year old players that have completed little Rackets Beginners or bring similar skill set. .

**Racketeers I: (7-8 YRS)** This player has minimal or no knowledge of tennis. We recommend this class where this is the first experience with tennis. Basic forehand, backhand, volleys, and the serve will be taught.

**Racketeers II: (7-8 YRS)** Must have successfully completed the Racketeers I session of tennis or have taken beginning classes before. This class will build on the basic strokes towards developing game play. Tennis terms and scoring are introduced.

**Ralliers I: (9-10 YRS)** This class is designed for the new player. Concentration will be on the basic strokes: forehand & backhand groundstrokes, net play, and serves. Focus is on technique and foot work.

**Ralliers II: (9-10 YRS)** This class will focus on consistency of play and adding control to all the basic ground strokes. Players will have more interactive play and learn the concept of match play.

**High Bouncers I: (10-12 YRS)** This class is for the older player with a limited knowledge of the basic strokes and of the rules of tennis. Together with instruction, drills, and limited game play, the players are guided towards the fundamentals of the game.

**High Bouncers II: (10-12YRS)** Players are able to keep a rally going with fellow students. Players are also learning and playing singles and doubles with an introduction to tactics.

**Match Play 1: (11-15 YRS)** This class is for the intermediate to advanced player. Each week the drills will emphasise one particular stroke to give the player a chance to hone their skills on the court.

**Match Play II: (11-15 YRS)** This class is for the intermediate to advanced player. Each week the drills will emphasize one particular stroke to give the player a chance to hone their skills on the court with an introduction to strategy.

**Teen Tennis: (12-15 YRS)** The emphasis will be on rules of the game, singles and doubles strategy, and improving an all court game.

**Adult Beginners: (18+ YRS)** This class is designed to introduce the game to players with minimal or no knowledge of tennis. We will focus on basic strokes- forehand, backhand, volley and serve.

**Adult Intermediate: (18+ YRS)** This level focuses on the execution of tactics and Match Play situations. Such as Serve and Volley, Chip and Charge, and an introduction to hitting with spin and speed

**Groundstrokes: (9-10 YRS) PREREQUISITE RALLIERS I** In this class players will work specifically on forehands and backhands. No rallying in this class.

**All Strokes: (11-15 YRS) PREREQUISITE RALLIERS I** In this class players are introduced to serves, net play, rounding out their game.

- Parents/guardians may not sit on courts during youth lessons nor coach from the sidelines.
- Dress Requirements: Comfortable clothing and tennis shoes are required.
- Please bring a water bottle
- Please arrive and pick up on time for the class. Instructors are not responsible for your child once class ends.
- Please feel free to speak to the instructor about your child's progress.
- Students must bring their own tennis racket & one can of unopened Penn or Wilson tennis balls

All tennis classes will be held at Knapp Ranch Park  
25000 Kittridge Street in West Hills just off Valley Circle between Victory and Vanowen



# Tennis



## MONDAY: January 26 -March 9 (6 weeks)      No Class February 16

Groundstrokes	Ages 9-10	4:00-5:00 PM	Janiece	\$115
All Strokes	Ages 11-15	5:00-6:00 PM	Janiece	\$115
Match Play I	Ages 11-15	6:00-7:00 PM	Janiece	\$115

## TUESDAY: January 27-March 10 (7 weeks)

Little Rackets Beginners	Ages 4-6	2:30-3:15 PM	Janiece	\$125
Little Rackets Advanced	Ages 4-6	3:30-4:15 PM	Janiece	\$125
Racketeers II	Ages 7-8	4:30-5:30 PM	Janiece	\$135
Ralliers II	Ages 9-10	5:30-6:30 PM	Marvin	\$135
High Bouncers II	Ages 10-12	6:30-7:30 PM	Marvin	\$135
Beginners Tennis	Ages 18+	7:30- 8:30 PM	Marvin	\$135

## WEDNESDAY: January 28-March 11 (7 weeks)

Racketeers I	Ages 7-8	4:00-5:00 PM	Mike	\$135
Ralliers I	Ages 9-10	5:00-6:00 PM	Mike	\$135
High Bouncers I	Ages 10-12	6:00-7:00 PM	Mike	\$135

## THURSDAY: January 29-March 12 (7 weeks)

Little Rackets Beginners	Ages 4-6	3:30-4:15 PM	Janiece	\$125
Little Rackets Advanced	Ages 4-6	4:30-5:15 PM	Janiece	\$125
Racketeers I	Ages 7-8	5:30-6:30 PM	Janiece	\$135
Match Play II	Ages 11-15	6:00-7:00 PM	Nick	\$135
Teen Tennis	Ages 12-15	7:00-8:00 PM	Nick	\$135
Adult Intermediate	Ages 18+	8:00-9:30 PM	Nick	\$155

**Tennis students MUST bring their own tennis racket & one can of unopened Penn or Wilson tennis balls.**



- Parents/guardians may not sit on courts during youth lessons nor coach from the sidelines.
- Dress Requirements: Comfortable clothing and tennis shoes are required.
- Please bring a water bottle
- Please arrive and pick up on time for the class. Instructors are not responsible for your child once class ends.
- Please feel free to speak to the instructor about your child's progress.
- Students must bring their own tennis racket & one can of unopened Penn or Wilson tennis balls