

Weekly Scheduled Adult Activities—Winter

Tennis workouts, drills, and activities are for tennis members only. with Tennis Memberships.

TUESDAY:

♦ **Drop-in Doubles (3.5 & Up)**

1:00 to 4:00 PM (Meet at courts 9 & 10)

WEDNESDAY (beg. Jan 29):

Drop-in Doubles (3.5 & Up)

- ♦ 7:00—9:00PM (Meet on Court 13-15)
Cost: \$2.00 (West End to supply balls)

THURSDAY

♦ **Drop-in Doubles (3.5 & Up)**

1:00 to 4:00 PM (Meet at courts 9 & 10)

FRIDAY:

♦ **Drop-in Mixed Doubles (4.0 & Up)**

2:30—5pm (Meet on courts 7 & 8)

SATURDAY/SUNDAY:

♦ **Challenge Court 4.0+ and above**

8:00 AM- 1:00 PM (Court 16)
Sign up at Court Control



Club Workouts with our Pros:

Chris LeGrand's Workout:

Friday Nights 7—9pm

Call or Text Chris directly for dates and individual workouts: 310-213-7670
Email: christiaan.legrand@gmail.com

Kristen Flagler's Workout:

Thursdays 9—10:30 (Court 4) ***3.0 & 3.5 Players***

Call or Text Kristen to reserve your spot:
310-897-9725
Email: kflag414@gmail.com

Chris Dundas' Workouts:

Saturdays 9:30—11 am (Court 1)

4.0 & above players
Doubles strategy and fast paced point play

Saturdays 11-12:30 pm (Court 1)

3.5 & Up players
Fun drills, cardio and point play

Sign up sheet on Bulletin Board

Workout Fee: \$15.00 & Up per person

Maximum 8 people per workout

Email: chris@chrisdundas.com

Call or Text: 310-955-8475



Leagues

Women's Marine League

Teams from 11 Clubs and Parks throughout the South Bay compete—Division I through 5—& Senior Levels. Matches are played weekday mornings starting at 9:00 am. Check with the Tennis Activities Coordinator for placement on teams.

Fall Session: Sept - Dec

Winter / Spring Session: Feb-May

Summer: June—Aug

USTA Adult Leagues:

USTA Coordinator-Beach Cities
Gayle Hollenbaugh
gaylehollenbaugh@sbcglobal.net

Winter—Mixed Doubles 18+—January through March. 3 Doubles matches—Combined NTRP of both players; Men's & Women's Doubles (40+) 1 Singles match, 2 Doubles matches.

Spring —April through June. 18+ Men's and Women's teams by NTRP level. 2 Singles matches and 3 Doubles matches.

Summer— July & August Adult 55+ 3 Doubles weekend & weekday; Tri-Level 3 matches—Weekends and Wednesdays

Fall—Doubles League—18+ Men's and Women's Teams at NTRP Levels. All Doubles.

Check club Bulletin Boards for more information on events, tournaments, and leagues.

*Also, find us on FACEBOOK at
www.facebook.com/westendtennis
Email:westendactivities@aol.com*

Lessons

About our Pro Staff

*Our Professional Tennis Staff offer
private
semi-private and group lessons*

DAN JOHNSTON 310-614-2295

Dan has been teaching tennis for over forty years at West End and has produced more than 40 Nationally ranked Juniors. He's worked with Kathy Jordan and Hana Mandlikova, former #3 and #5 respectively in the world, as well as Michael Joyce and Lindsay Davenport. Dan worked with Jason Jung for 8 years. He was ranked Top Ten in the nation as a junior.



CHRIS LEGRAND 310-213-7670

Chris has been teaching for 29 years. He got his start teaching at the University Club of Palo Alto and Ladera Oaks Tennis Club while playing for Foothill College under Coach Tom Chivington. Chris also worked as an apprentice instructor under John Whitlinger teaching classes at Stanford University from 1992-95. He's been teaching in the South Bay since 1996 and has been at West End for the past 20 years.

CHRISTOPHER DUNDAS 310-955-8475

ATP world ranked in 1995-96, Chris has been teaching at West End since 2000 and before that taught throughout Southern California. Chris has been twice ranked number 1 in Southern California. He played for and graduated from USC. He has taught juniors who went on to college scholarships and world rankings, and has taught throughout Southern California, Florida (with Nick Bollettieri), and Germany.

KRISTEN FLAGLER 310-897-9725

With over 30 years as a tennis pro in the South Bay, Kristen brings energy and delight to coaching at all levels, ages and abilities. She coached top ranked junior Ena Shibahara who played #1 for UCLA and is now a WTA player. As a junior Kristen played competitively then went on to 4 years NCAA championship play at UCSD. In 2018 Kristen was inducted into UCSD's Hall of Fame.



Racquet and Health Club, Inc.

Winter 2020



Weekly Adult Tennis

4343 Spencer Street
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(310) 542-7373