

**Level 1 Hot Shots
Ages 4-6
Orange Balls**

This 30 minute class is an introduction to tennis with emphasis on balance and ball control. Our goal is to provide an organized and fun setting to foster a lasting enjoyment of tennis and desire to improve.

**Level 1 Meets on Fridays with
Chris Legrand
3:30, 4:00, 4:30
Cost per session (4 classes)
Members \$39
Non-members \$49
Contact Chris to RSVP
310-213-7670**

**Level 1 Meets on Tuesdays with
Kristen Flagler
3:30-4:15
\$15 per class
Contact Kristen to RSVP
310-897-9725**



**Level 2 Aces
Ages 7-9
Green Balls**

A step up from Hot Shots these workouts are for players ready to learn how to control the ball better, improve consistency and how to keep score.

**Level 2 Meets on Tuesdays with Kristen Flagler 4:15—5:15 pm
\$20 per class
Contact Kristen to RSVP
310-897-9725**

**Level 3
Ages 10-15**

**Level 3 Meets on Mondays and
Wednesdays with Chris LeGrand
4—5: 30pm**

Focus is on tennis fundamentals especially serving and receiving. The goal is to progress to competitive tennis through weekend league play.

**Cost per workout:
\$22 Members
\$25 Non members
Contact Chris LeGrand To
RSVP
310-213-7670**

**Level 4
Ages 14-17**

This 90 minute workout focuses on consistency, patterns of play, and serve and return to prepare for High School and Tournament play. It includes a dynamic warmup, drills and shot specific circuit training. Lots of balls are hit and points are played with coaches providing immediate feedback. Movement, court sense, knowledge of the rules, doubles positions and basic tactics are emphasized.

**Level 4 Meets on Thursdays
4-5:30 pm
Cost per workout:
\$25 Members
\$30 Non Members
Contact Kristen Flagler to RSVP
310-897-9725**

**Physical Education Independent
Study Available**

Students can satisfy Physical Education credits through PEIS Certified Tennis Pros On Site. Bring your school's application to be reviewed.

**For more information contact:
Kristen Flagler 310-897-9725**

Our Pro Staff

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 the UCSD's Hall of Fame.

Our Professional Tennis Staff offer private, semi-private and group lessons for adults and juniors. Contact the pros directly for appointments



All Junior Workouts are open to the public, but West End Members will have priority for enrollment. For Club Membership, contact a Membership Director at 310.542.7373 or Westendclub@aol.com



Racquet and Health Club, Inc.

Junior Tennis Winter 2020



We have a workout for every age and every level!

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