

Lessons

About our Pro Staff

*Our Professional Tennis Staff offer
private
semi-private
and group lessons
for adults and juniors.*

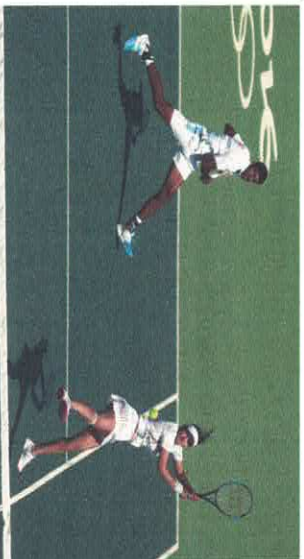
DAN JOHNSTON 310-614-2295
Dan teaches all levels of tennis and specializes in the mechanics of strokes and doubles strategies. He has been instructing for over 40 years at West End producing more than 40 Nationally ranked Juniors including: Lindsay Davenport, Pete Sampras, Jeff Tarango, Michael Joyce, Hana Mandlikova, Kathy Jordan and Janson Jung.



CHRIS LEGRAND 310-213-7670
Chris enjoys the technical aspects of the game of tennis with an emphasis on methodical stroke production. He has been coaching juniors and teaching tennis for 29 years. He got his start at the University Club of Palo Alto and Ladera Oaks Tennis Club while playing for Foothill College under Coach Tom Chivington. He worked as an apprentice instructor under John Whittinger at Stanford University from 1992-95.

CHRISTOPHER DUNDAS 310-955-8475
Chris is the strategy specialist and loves coaching doubles and singles strategy. He was ATP world ranked in doubles in 1995-96. With a booming serve of 118mph, he was twice ranked #1 in Southern California Men's Singles. He played for Chapman College (indicted into their hall of fame in 2012) and USC.

LISA HALL 310-283-6846
Lisa has been playing and teaching tennis for over 50 years. She trained with Robert Lansdorp as a junior player and achieved state and national rankings. She earned a tennis scholarship and graduated from CSULB. Lisa has extensive experience working with Juniors including being the Tennis Pro at a Montessori pre-school for more than 10 years. She is thrilled to be part of our Junior program and teaching our Tiny Tots at West End.



Racquet and Health Club, Inc.

Summer 2021



Weekly Adult Tennis

4343 Spencer Street
Torrance, CA 90503
(310) 542-7373

Weekly Scheduled Adult Activities—Summer

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

TUESDAY & THURSDAY:

Drop In Mixed Doubles

1—3PM Court 9 & 10

(3.0 & 3.5)

Meet new players, work on your doubles game. No fee, No partner needed, just show up ready to play!

FRIDAY:

Drop In Mixed Doubles

(3.0 & Up)

6—8:00 PM (Meet on Courts 11, 12 & 14)

Cost: \$2.00 (West End to supply balls)

No reservation needed

Westendactivities@aol.com

SATURDAY & SUNDAY:

Doubles Challenge Court

(4.0 & Up)

8 am— 2 pm on Ctr Court

Sign up sheet at court control

No reservation or partner needed!



Club Workouts with our Pros:

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: \$25.00

Maximum 6 people per workout

Email: chris@chrisdundas.com

Call or Text: 310-955-8475

Tung Le Adult Workout

Starts June 2nd

Wednesday 6 - 7:30pm (Court 4)

3.0/3.5 players

Fun Drills, cardio and point play

Sign up sheet on Bulleting Board

Workout Fee: \$20

Limited to 6 people

Lisa Hall Workouts:

Wednesdays 11-12:30 PM (Court 4)

3.0 and 3.5 players

Games, Drills and Doubles strategy

Sign Up Sheet on Bulletin Board

Workout Fee: \$25 per person

Maximum 6 people per workout

Email: Loanogren@aol.com

Call or Text: 310-283-6846

Leagues

Women's Marine League

Teams from 11 Clubs and Parks throughout the South Bay compete—Division 1 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