



NEWPORT HILLS SWIM AND TENNIS CLUB  
5464 119<sup>th</sup> Ave. SE - Bellevue, WA 98006  
425-746-9510  
Website: [www.nhstc.com](http://www.nhstc.com)  
Email: [newporthills@mindspring.com](mailto:newporthills@mindspring.com)

Club Board

President	John Virden
Vice President	Kevin Bartels
Secretary	Terri McDonald
Treasurer	Bill Dennis
Membership	Jim Granger
Programs	Jill Lakin
At Large	James Park
	<u>Staff</u>
Club Manager	Eric Bartleson
Asst. Manager	Tom Campbell

**CLUB NEWS AND UPDATE – April 2006**

**ANNUAL MEMBERSHIP MEETING AND PRESIDENTS MESSAGE:**

Newport Swim and Tennis club is the place to be this summer. Get ready for another great year with outdoor pools, a new hot tub and lots of fun activities for the kids this year. We are continuing to make improvements to the pool based on our member suggestions and regular preventative maintenance. We look forward to seeing you at the pool this year, and hope that you have a wonderful summer.

Our annual meeting was held on March 7, 2006. We discussed our current club financials and plans for the future development and maintenance of our club. We also agreed that based on the 27% increase in utilities along with increased labor costs, we need to bump up the monthly dues to cover our additional expenses. Our goal is two-fold for the increase. The first is to give us some additional breathing room with our current operating budget. The second is to build a reserve fund to either pay off some short term or long term debt. We also need funds to improve the club cleanliness, grounds maintenance, tennis courts, and to accomplish other projects that will benefit our club aesthetics and membership base. Last year the general membership voted to increase dues, but we did not raise the dues at that time. This year we need to pull together as a membership community and understand that we need to be in a better financial position to continue to have such a wonderful club.

I want to say thank you to Karen Yellman and James Moffat for the generous time and effort they gave to the club the past two years. We also welcome two new board members: Jill Lakin and Bill Dennis.

We have started our new membership drive for this year. Please tell your friends what a great club we have and take advantage of the referral fee. (Year-round members receive one month free dues when you refer a new member to the club)

See you at the pool,  
John Virden - President  
NHSTC

**APRIL MEMBERSHIP DRIVE:** The club is having an Initiation Fee Sale until the end of April. The Initiation Fee has been reduced from \$325 to \$200 until the end of April so let your neighbors know that it is time to join. The Club will host an Open House Saturday, April 15<sup>th</sup> from 2 – 5 PM. Tell your friends and neighbors to come, enjoy the club and enter our drawing for a free initiation fee. Remember: you will receive a free month dues when you refer a new member. (Year-round members only)

**NEW SUMMER ONLY MEMBERSHIPS:** At the annual meeting a new Summer Only membership category was approved. The number of summer only memberships is limited to 50 this year. The cost is \$325 with annual dues of \$600. (New and current members must pay the \$325 fee). This membership allows full usage of the club from May 1<sup>st</sup> to Labor Day each year.

**WEBSITE UPDATE:** The club's website has been updated and improved. You can check it out at [www.nhstc.com](http://www.nhstc.com)

**DUES INCREASE STARTING APRIL 1<sup>ST</sup>:** At the annual meeting, the membership approved a dues increase. So starting April 1<sup>st</sup> dues will be: Family - \$80, Single - \$54, Senior - \$40, and Silver Member are only \$240 annually. Those of you who like paying annually will receive your choice of a 12 visit guest pass, aquacise card or master's card. Members may also sign-up at the front desk to have their dues automatically withdrawn monthly from you checking/saving account.

# Program News

**SWIM TEAM SIGN-UP DATE:** Get ready for another great summer of swimming. The Sign-up Date will be May 13<sup>th</sup> from 11 AM – 3 PM. Meet the new summer coaches and order your team sweats while signing up for the team. The swim board will be announcing the new summer swim coaches April 10<sup>th</sup> so check for news on the website.

**SUMMER TEAM SIGN-UP:** Tennis, Dive, and Water Polo team sign-ups will start May 13<sup>th</sup>. Please check the May newsletter and the website for more up to date information as the date gets closer.

**WINTER SWIM LESSONS:** Classes are held between 5:00 PM and 6:00 PM on Mon. & Wed. or Tues. & Thur. Sessions run for four weeks. Session VII March 27 – April 27(No lessons week of April 10th) Session VII May 1<sup>st</sup> – May 25<sup>th</sup>. Sign-ups for each session are the Monday prior to the first day of the Session, Non-members can sign-up starting the Wednesday prior to the first day. Cost: Members \$33, Non-members - \$60

**WINTER SWIM TEAM:** Please join us in welcoming Tyrell Hardtke as our new winter Swim Team coach. Many of you know Tyrell from her years at NHSTC as a receptionist, lifeguard and swim instructor. Currently, Tyrell is working towards her Masters degree in High School Science Teaching at the University of Washington. She recently completed her student teaching in biology at Bellevue High School. Tyrell earned her Bachelors degree from Whitman College, where she was on the swim team; she also interned as a coach for the Walla Walla YMCA team during her college years. Tyrell swam for Newport High School and for the Newport Hills Swim and Tennis Club during her swimming career as well. Since her days as a 10 and under, Tyrell has hoped for the opportunity to coach the Newport Hills swim team and is extremely excited to do so this winter. Winter Swim Team's second session will start January 30<sup>th</sup> to May 15<sup>th</sup>. Cost \$60 members, \$240 non-members.

**YOGA CLASS:** New Students are welcome to the six week series of Hatha Yoga being held every Tuesday and Friday morning from 10 to 11:15 AM. This is a gentle form of yoga, ideal for beginners, as well as athletes. Joani Glasser, M.S. is a Registered Yoga Teacher with the Yoga Alliance and a member of the International Association of Yoga Therapists. She has been teaching yoga for over 25 years. Also, a Licensed Massage Therapist, she often integrates a mini massage into the class. You will learn correct breathing techniques, improve body alignment, flexibility and learn meditation. May-June Series will be same days, 9:30 to 10:45 AM

Please call Joani at 425-204-8676 for more information, or email [yogawithjoani@yahoo.com](mailto:yogawithjoani@yahoo.com)

Cost: once a week: \$65, twice a week: \$105. Drop in : \$15.

**AQUACISE:** Our Aquacise sessions provide a year-round, total workout in a comfortably heated pool. Our instructors begin this full hour workout with a warm-up and stretching period, followed by a vigorous aerobic period, and finish with a cool-down and strengthening section. This is all put to music, which makes the workout more enjoyable. We operate on a 12-class punch card system that you can use when you choose. Aquacise is also available to non-members, so bring a friend. The first class is FREE!

Cost: Members: 12 class punch card \$30 Non-members: 12-class punch card \$60

**MASTERS:** Masters is for anyone who wants to improve his or her strokes and endurance. Workouts are customized for the beginner, intermediate, and advanced swimmer. If you are tired of just swimming laps, try out Masters. Workout times are 6:00 PM to 7:00 PM on Mon., Wed., & Fri. Please contact Tom Dunning during practice for more information.

Cost: Members: \$20 for 12-workout card, Non-members: \$60 for 12-workout card

## BUBBLE DOWN DAY:

The bubble will be coming off the pool Saturday, May 13<sup>th</sup>. The Jacuzzi and both pools will be closed Friday, May 12<sup>th</sup>, and Saturday, May 13<sup>th</sup>. The Sauna will be closed in the morning on Saturday. The North Pool will reopen Sunday, May 14<sup>th</sup> with the South Pool reopening as soon as the new pool water is ready for swimming. The new spring schedule will be available at the front desk and on the website May 1<sup>st</sup>.