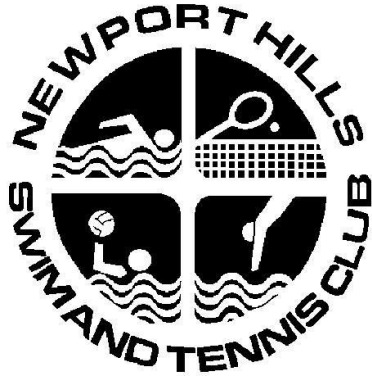


**Newport Hills Swim &
Tennis Club**

5464 119th Ave. SE
Bellevue, WA 98006

Phone: 425-746-9510
Website: www.nhstc.com email:
newporthills@mindspring.com



We have it all!

Bulk Rate
U. S. Postage
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Bellevue, WA
Permit No. 144

Bubble up Day.

We will be putting the bubble on the pool Saturday, September 30th. Please be on the lookout for track installation during the week of September 25th as we test all the anchors and make any repairs. On Saturday, both pools, the sauna and hot tub will be closed. The weight room will be open from 9 AM to 7 PM. We will reopen Sunday, October 1st at Noon.



Newport Hills Swim & Tennis Club

Winter 2006

Newport Hills Swim & Tennis Club

Volume 49, Issue 2
September 2006

Presidents Message

Greetings members,

Hang on to those memberships...they are going fast. This year was a record year for the NHS&TC relative to our new membership numbers. Our new record number of memberships is a testament to the great facility that we all can share right here in our neighborhood. We had an overwhelming number of new families join this year and our banquet room seems to be booked with new events every weekend. If you haven't attended a party at the club or booked the room for your own party, take advantage of the great member rates and the outstanding view over looking the pool. The small increase in dues has significantly improved our financial situation. Although it is always a challenge to manage our cash flow, the extra income helps us to relieve some of the financial pressure, but more importantly keep the club maintained and pay off some of our long term debt.

We are always looking for improvements to make to the club. Whether it is adding flowers or painting the locker rooms, the 50 year old club gives us plenty of projects to work on. As we start budgeting for 2007, please feel free to make suggestions to any of the board members or Eric for club improvements next year. The Club's annual membership meeting will be held Tuesday, March 6th at 7:00 PM. Please be on the lookout for the meeting mailer in February.

Our youth programs continue to grow with enthusiasm each year. This year as the Swim Team placed 8th at League Champs, the Dive Team won League Champs for the 9th year in a row, our Tennis Team has grown from 20 participants to a record 60 and won Division I of the Eastside Junior Tennis League, and the Water Polo team continues to be strong with teams finishing 1st to 5th in the Championship tournament. We look forward to continued grow in our winter Swim & Dive Teams and lessons. Sign-up for the winter programs begins September 25th.

We all know the fortunate situation we are in with having a great community pool so close to our homes. It really takes a huge effort for all of us to keep the club operations moving along. I can't thank all of you enough for being such supportive and understanding members. I want to thank the Board, Eric, Tom, and all of the volunteers who make this club such an asset to the community.

See you at the Club,
John Virden, Board President

Fall Initiation Fee Sale

The club is having a membership drive through the month of October. The initiation fee will be reduced from \$325 to \$200 until October 31st. Our goal is 25 new memberships. Remember, if you refer someone to Newport Hills Swim & Tennis Club and they become a member, you will receive a coupon good for one month's dues free.

2006 Membership Dues

- Family - \$80 per month
- Single - \$54 per month
- Senior - \$40 per month
- Silver - \$240 per year every April

For those of you who like to pay annually it is Family - \$960, Single - \$648 and Senior - \$480.

Members who pay annually will receive their choice of a Guest Pass, Aquacise Card, or Masters Card worth 12 uses.

Referral Policy: Receive a free month for every member you refer! If you refer someone to Newport Hills Swim & Tennis Club and they become a member, you will receive a coupon good for one month's dues. To redeem the coupon, just return the coupon to the front desk in place of your normal monthly payment and a credit equal to one month's dues will be applied to your account.

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2006

Board of Trustees

- President John Virden
- Vice President Kevin Bartels
- Secretary Terri McDonald
- Treasurer Bill Dennis
- Facilities Jill Lakin
- Membership Jim Granger
- At-large Jamie Park

50 Mile Swim, 100 Mile Run, 800 Mile Bike

Congratulations to all who participated.

**Here is a list of those that completed the swim,
run, or bike.**

50 Mile Swim

Steve Gallemore, Sara Simmons, Steve Plate

800 Mile Bike

Holly Beale, Elden Altizer, Tom Campbell, Paul Lebar

100 Mile Run

David Gale, Ann Gale, Gareth Beale, Sharon Ray, Holly Beale, Vicki Altizer, Tom Campbell, Steve Bergquist, Molly Hurd



Membership check-in & Guest Policy

Please remember to bring your I.D. cards when coming to use the club facilities. Children ages 6 and under must be accompanied by an adult and will not be issued a card until they have demonstrated swimming competency. Your I.D. cards are extremely important in monitoring **Members Only** use of the facility. To remove the hassle of remembering to bring money when inviting a guest to join you at the club, Members may purchase a guest pass at the front desk. The pass is good for 12 guests and cost \$30. The guest pass is kept for your use at the front desk.

Club Guest Policy:

Members may bring the same locally living guest two times a month (not including parties). For out of town guests, members may purchase a weekly guest pass of \$10 for an individual and \$20 for a family that includes unlimited use of the club for the week.

Current Guest Fees:

Daily - \$3.00 each for the first two guests and then \$1.50 for each additional guest that day.

WINTER POOL SAFETY

With the bubble up, here are some safety rules when using the pool once the bubble is up.

- ◆ Please use the revolving door to enter or exit the Bubble. Only use the side doors for getting large objects into the pool area that will not fit through the revolving door. Please have a staff member assist you and make sure the door is securely closed once through.
- ◆ When entering the revolving door, please go slowly one at a time and watch young ones hands and fingers. Also look for someone coming from the other side prior to entering the door.
- ◆ In the case of a power outage, flashlights are located on the shallow end guard stand. All patrons must exit using the **REVOLVING DOOR**. The backup generator for the blowers will come on automatically so that the bubble will not collapse.
- ◆ Please call the club on days when thunderstorms, high winds, or snow is in the forecast as the pool may be closed.
- ◆ Any time the Bellevue School District closes school for snow the club will not have lessons or team practice that day.

Winter Fun at the Pool

Friday Night Float Night

Each Friday evening from 7:00 to 8:30 p.m. the pool is reserved for float night. You may bring in any rubber floatation item to use in the pool, (water wings are not allowed).

Open Swim Pool Parties

Trying to plan a pool party? Consider us. We offer a fun, entertaining and inexpensive atmosphere. Please call ahead of time to let us know the date, time, and the number of people attending the party so we can make any necessary accommodations and reserve the tables next to the pool. Parties may be scheduled during any open swim time. Cost is \$3 for the first two guest and then \$1.50 for every additional guest.

Banquet Room Rentals

The upper floor of the New Clubhouse is available for rental by members and non-members. The room can accommodate 80 seated and 100 standing. Members' rental rates are half the non-member rates. Member Rates are as follows:

1/2 Day (up to 4 Hours) - \$100: renter sets up and cleans up room.

1/2 Day (up to 4 hours) - \$200: includes table setup and room cleaning by club.

Full Day (over 4 hours or going later than 9:00 PM) - \$340: includes table setup and room cleaning. Room will be ready by 10 AM the day of the rental and rental can go until 11:00 PM.

Reservations for the facility are accepted on a first-come, first-served basis only. For a Full Day rental a \$50 (\$100 for non-members) non-refundable deposit, which shall be applied toward the total cost of the rental, will reserve your rental date. The remainder will be due 45 days prior to event, the full amount will be due for any events booked less than 45 days out. For a ½ day rental the full amount will be due with the rental agreement. No refund will be given for cancellation less than 14 days prior to your rental date.

The club can provide you with a list of preferred caterers for your event. Please see Eric if you have any questions or would like a tour of the room. You may pick up a rental agreement at the front desk.

There are currently plenty of open days in November and December for you to host a holiday party or family gathering at the club.



Annual Boy Scout Troop 626

Christmas Tree Sale:

The Boy Scouts will be back selling Christmas Trees starting the last week of November. They will be next to the Banquet Room. The proceeds from the sale of Christmas Trees support outdoor camping, travel, and real-life educational experiences for over 70 boys. Dates and times will be posted at the club in November.

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.



COST PER CARD: \$30 member - \$60 non-members

COME IN AND EXPERIENCE THIS ENERGIZING WORKOUT - THE FIRST CLASS IS ON US!!

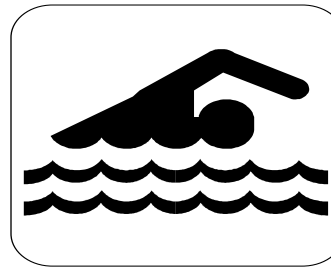
Class Schedule

Winter (Sept – May):

Monday - Wednesday - Friday 9:00 AM

Tuesday – Thursday 6:00 P.M.

Masters Swim Team



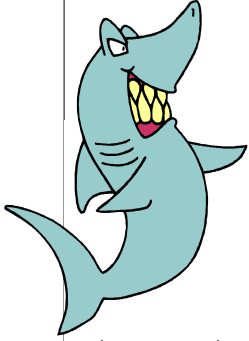
Masters is for anyone who wants to improve his or her strokes and endurance. Workouts are customized for beginner, intermediate, and advanced swimmers. If you are tired of just swimming laps, try out Masters Swim

Team.

Workout times are 6:00 PM to 7:00 PM on Mon., Wed., & Fri. Please contact Masters coach, Tom Dunning, for more information.

Cost per 12-punch card: \$20 members - \$60 non-members

Swim Team



This summer, our swim team was more focused on improvement and spirit than ever before. All swimmers, ages 6 to 18, succeeded at developing their strokes and improving their times. We have a lot to be proud of! Not only did the B team place 4th at B Champs and the A team 8th at A Champs, but we also earned over 36 minutes of improvements!

Congratulations to the following award winners:

Most Outstanding:

Nathan Tat and Caroline Van Maren

Most Inspirational:

Michael Patterson and Amanda Gonzalez

Most Improved:

Ross Quarre' and Ellie Clawson

New Club Record:

Caroline Van Maren (11-12 Girls 50 Breast)

Volunteer of the Year: Lisa Stone

We are very excited to continue our rise to the top next season! See you in May!

Coaches Tyrell, Sara, Zach, and Kim

Winter Swim Team

Yes, it's time to get back into the swim of things!!

REGISTRATION BEGINS: Monday, September 25th (You can start swim team at any time. Fees will be pro-rated from the time you start to the end of the session.)

PRACTICES BEGIN: Monday, October 2nd

DAYS & TIMES: M, T, W, Th, F: 4:00 PM – 5:00 PM (NOVICE: 5:00 PM – 5:30 PM M, W, F)

SESSION DATES:

Session I: Oct. – Jan. Session II: Feb. – May

REGISTRATION FEE:

Members \$60 & Non-Members \$240 Per Session

WHAT YOU NEED:

Everyone needs a proper fitting swimsuit. (Girls, make sure the straps don't slip off, and guys need trunks that are not too big!) Goggles are good to have, and if you have long hair, you must wear a swim cap. All ages and ability levels are welcome to come and be a member of the awesome **Newport Hills Sharks**. All swimmers must be able to swim crawl stroke the length of the pool, and have some experience doing backstroke. If you are unsure of your abilities, please come

to the first practice and give it a try- the coaches will be happy to work with you.

Our coaching philosophy for the winter swim team is to focus primarily on learning more about the competitive sport of swimming, proper stroke, start and turn technique and overall fitness level. We also focus on team participation, personal goal setting, and good sportsmanship. Members of the team are not required to attend every practice; however, we would like to see everyone at least once a week.

Novice Swim Team:

The Novice program is for first time swimmers who have never participated on swim team. Swim lesson participants who have passed level V and can swim the length of the pool can join the Novice Swim Team. The workouts are a lot less strenuous, and focus primarily on learning the strokes. The novice team will practice 5:00 PM – 5:30 PM on Monday, Wednesday, & Friday.

Swim Meets are held once every 6 weeks. They are held on Saturday, usually start at 9:30 AM and last until about Noon. Your swimmer will get an information and sign up sheet two weeks before the meet letting you know all the details. Swimmers will receive place ribbons, and get participation awards.

Dive Team



Thirty eight divers joined the NHSTC Dive Team this summer to better their personal diving skills and to compete in the Midlakes Summer Dive League. A very successful dual meet season prepared the divers for their big competition: the Junior and Senior Championships held the first weekend in August. At the conclusion of the Championship meets, the Newport Hills Dive Team was awarded the First Place Team Trophy.

"Congratulations" to our Midlakes Age Group Champions and to every member of our team! It was an incredible summer season. The Dive Team celebrated their successes and each team member received a personal contribution award at the Annual Team Celebration and Awards Party.

CONGRATULATIONS TO ALL OUR DIVERS... YOU ARE THE BEST!

Jake and Amanda

Winter Diving

For those divers who are looking to improve your skills or just maintain what you learned, Jake will be offering Winter Diving. Practices will start October 3rd on Tuesday & Thursday evenings. Beginners 7 – 8 & and Advanced 8 – 9 PM. Sign-up starts September 25th. All divers must join AAU Diving to participate.

Session I – October – January

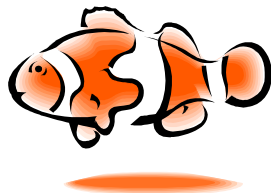
Session II February – Mid May

Cost: Members \$50 per session, Non-Members \$100 per session.

Winter Swim Lessons

Winter swim classes are held at 5:00 PM and 5:30 PM Monday & Wednesday or Tuesday & Thursday evenings with a maximum class size of five students. Eight 1/2 hour classes are offered which include safety skills for all levels. Member sign-up starts the Monday prior to the session start day, Non-members may start signing up the Wednesday prior to the session start date. Members may schedule private lessons with any Newport Hills instructor during open swim hours. Private lessons are \$25 per ½ hour. Please sign-up at the front desk anytime. For questions, please contact Tom Campbell at the club.

Group lesson **Cost:** Members - \$33 per session. Non-members - \$60. Maximum of 5 students per class.



LEARN-TO-SWIM BOOKLETS: Along with the new Learn-To-Swim classes, children in Levels 1 to 4 will be receiving a new booklet! Parents are encouraged to review these booklets with their children to help reinforce the skills and safety, as well as to make lessons more fun. As a parent you will also be able to see what skills are being taught in each class! Simply bring the booklet with you on the second to last day of lessons and your instructor will check off the skills accomplished and inform you as to what is next for your little swimmer!

Session sign-up dates

<u>Session</u>	<u>Session Dates</u>	<u>Member</u>	<u>Non-member</u>
Session I	Oct. 2—Oct. 26	Sept. 25	Sept. 27
Session II*	Oct. 30—Nov. 22	Oct. 23	Oct. 25
Session III	Nov. 27—Dec 21	Nov. 20	Nov. 22
Session IV	Jan. 8—Feb 1	Jan. 2	Jan. 3
Session V#	Feb. 5 – March 8	Jan. 29	Jan 31
Session VI	March 12 – April 5	March 5	March 7
Session VII	April 16 – May 10	April 9	April 11
Session VIII	May 14 – June 7	May 7	May 9

*T-Th lessons will have 7 classes for Session II (cost is \$29/Members - \$53/Non-Members). No classes on Thanksgiving Nov. 23rd

There will be a 1 week break (Mid-Winter Break) in the middle of this session Feb 19 - Feb 23.

Our Swim Lesson Program is available for those ages 3 and over. Experienced Red Cross Certified instructors teach classes.

Swim Lesson Levels

Level I: Introduction to Water Skills

Level II: Fundamental Aquatic Skills

Level III: Stroke Development

Level IV: Stroke Improvement

Level V: Stroke Refinement (after completing this class your child can join the novice swim team)

HELPFUL REMINDERS:

- Please shower before entering the pool.
- Make an effort to attend the first class.
- Please have toddlers wear swim diapers ie “Little Swimmers”. These can be purchased at the front desk.
- Little guys and gals with long hair should wear swim caps.
- Please wait on the deck until instructor is available to accompany child to the pool.
- Parents must stay in the seating area, not by the pool.
- No refunds will be given after the first day, except for medical reasons.

2006 Newport Hills Junior Tennis Team Wrap Up

The NHSTC Tennis Team capped off another Championship season, only this time they were the Division 1 Jet League Champs after getting bumped up from Division II last summer.

Our 55 member team played well in all of their Friday matches and came into the August 11th Jet League Championships with every opportunity to claim victory. By earning points for a top 4 finish in the Friday tournaments, the kids earned points towards the Championship. The final tally had Newport Hills edging out Gold Creek by one point, 18-17, with Robinswood (16), Pro Club (13) and Central Park (13) close at our heels.

Some of the key scorers were:

- 16 Girl's Doubles Champions Haley Zeylmaker & Alice Yankov
- 12 Girl's Doubles Champions Sabrina Eng & Haley Strandberg
- 12 Girl's Doubles Finalist Kristal Kozai & Natalie Vlahositiros
- 18 Boys Singles Semi-finalist David Rittenhouse
- 16 Boys Doubles Champions Trevor Takami & Mark Ishimitsu
- 14 Boys Doubles Finalists Tommy Truong & Eric Truong
- 12 Boys Doubles Semi-Finalists Josh Holcomb & Derek Lee



Congratulations to all of the tennis team members and parents, all of the effort by the kids and volunteer time from parents paid off handsomely!

Junior Tournaments: Next Summer NHSTC will be hosting two USTA Junior Tournaments at the club. One will kick off the summer and one will wrap it up. We will have more information by the beginning of the year, please check the NHSTC tennis website for details.

Adult Teams: Our club will offer tennis teams again this winter. Practice for Mixed Doubles teams will start in October with Men's and Women's team practices beginning in November. For more information on these opportunities please contact Head Pro Steve Bergquist at 425-306-7569

Water Polo

Congratulations to all the age groups this year! This summer was a rebuilding year for NHSTC water polo. Across all skill levels each player developed their individual skills while learning to work together and function as a cohesive team. With positive attitudes and eager minds, look for Newport Hills domination across the board next summer!

How our teams finished:

10&U - 2nd, 12&U - 5th, 14&U - 4th, 17/14&U Girls - 1st, 17&U - 3rd, Women's Open - 2nd, Men's Open 3rd.

All the teams had a great time this year thanks to coaches Chris Heide, Alex Blore and Carolyn Glidden

Award Winners

<u>10&U</u>	Most Valuable	Conner Baumann
	Most Improved	Collin Renkert
<u>12&U</u>	Most Valuable	Nick Glidden & Scott Hughes
	Most Improved	Ellen Peterson
<u>14&U</u>	Most Valuable	Alex Keith
	Most Improved	Adam Dootson
<u>17&U</u>	Most Valuable	Aaron Blore & Colin Walters
	Most Improved	Mark Molnar
<u>14/17&U Girls</u>		
	Most Valuable	Jordan Heide
	Most Improved	Mackenzie Maynes

Winter Pool Schedule:

Please visit the website for more information at www.nhstc.com

HATHA YOGA

Gentle and flowing style 6 week series: Tuesdays and Fridays in the Banquet Room

Starts: Sept. 5 and 8 To: October 10 and 13

Times: 9:30 to 10:45

Call: Joani: [425-204-8676](tel:425-204-8676), or 206-300-2978 Email: yogawithjoani@yahoo.com

Fees: All classes and make-ups must be taken within this 6 week schedule. If you are unable to commit to all 6 weeks, a flexible schedule is available for 4 or 5 weeks.

Cash or check only make payable to Joani Glasser

6 classes (once a week) \$65 *Bring Yoga mat

12 classes (twice a week)...\$105 *Dress to stretch, no jeans, belts, zippers

Drop in (pay per class)..... \$13 *Avoid food prior to class

Instructor: Joani Glasser, MS, Registered Yoga Teacher and Licensed Massage Therapist specializing in *Shiatsu*, has been teaching Yoga for over 25 years. She teaches a gentle form of yoga, ideal for beginners, as well as athletes. She has studied yoga nationally and internationally and has taught thousands of students. *Joani is registered with the Yoga Alliance at the 500 level.*

Benefits: Yoga stimulates the flow of energy and encourages balance for both body and mind. You will learn correct breathing techniques, promote better body alignment and increase flexibility. You will gain strength, manage stress and tension better, and learn deep relaxation techniques. At the end of each class you will feel relaxed and energized.

Next series starts October 24 & 26

Seminars in the Banquet Room

Join Mike Halliday, a licensed Financial Advisor with Ameriprise Financial Services, for a series of seminars to help NHSTC members build "Financial Fitness" into their lifestyle. The next seminar will review college funding strategies. It will be held in the Club's meeting facility on Thursday, October 26th at 7:00 PM. Please RSVP as follows:

Phone: 425-372-4753 Email: michael.j.halliday@ampf.com