

Newport Hills Swim & Tennis Club

Summer 2007

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Presidents Message

6:00 AM is a great time for thinking about the Newport Hills Swim and Tennis Club, especially when you're in the water getting your laps in. I am delighted to take up the mantle of Board President in this club's 48th year of operation. We're seeing the third generation coming to the club and perhaps even...some fourth generation kids?

Newport Hills Swim and Tennis Club is certainly one of the representative icons of the neighborhood. The Club contributes a great deal to the community. Recreation, exercise, many kid's first employment opportunity and the opportunity for parents and kids to meet new friends through water, land sports and fitness activities all contribute to making Newport Hills a better neighborhood. This is your Club and we all appreciate your participation.

My thanks to retiring Board members, John Virden - Past President and Terri McDonald, Secretary. Thank you for a job well done and the successes the Club experienced in 2006. And

then, welcome to Carol Orr and Mark Walters, our newest Board members but well experienced Club members. They and their children have had a long and fruitful relationship with the NHSTC. And thank you returning Board members. We have a great team and lots of challenges ahead.

Aside from maintaining and continuing to improve overall Club operations, there are several areas that the Board will be focusing "special" attention on this year. Amongst others are maintaining a steady, year around Membership - always a challenge. Staff training and accountability will continue to be high on the Boards importance list to insure the membership is getting the attention and support we expect. And the list goes on...but a very real concern of the Board and of the membership at large, should be what I will call the Club Legacy. Simply, where are we now and what are we leaving for the next generation of Club users.

I hope to evolve a program over this year that will provide an opportunity for those current and past members of NHSTC to gift to a "to be created" capital

fund, substantial resources for the purpose of replacing the very things that make this great Club what it is. We have to begin thinking about the Club office and changing facilities. The "bubble" does not have a long life and we will not be able to replace the bubble with another bubble. The pools, although adequate, are not efficient either in use or cost and should be carefully looked at to determine their remaining life. If we don't initiate these actions today, tomorrow could bring a compromised Club to the membership.

This capital quest and visioning for the future is a "team" effort. Those of you that are interested in the Club's future, please take a moment to e-mail me at jimgranger1@msn.com. The Board needs your ideas and support! The Board will be addressing this issue in more depth as we approach the summer.

Jim Granger

2007 Membership Dues

Family - \$80 per month

Single - \$54 per month

Senior - \$40 per month

Silver - \$240 per year

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.

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Summer Team Kick Off Days

Swim Team : Kick Off Day is Saturday, May 12th from 10 AM— 2 PM Registration Packets will be at the front desk Friday so that you can fill out all of the information prior to coming in Saturday. Spring practice begins Monday, May 28th. Register by Time Trials June 2nd to receive a team t-shirt.

Dive Team Kick off is Saturday, June 2nd from 10 AM to Noon. Registration packets are available at the front desk starting May 12th.

Tennis Team Kick off day is June 16th from 11:00 AM to 1:00 PM. Registration Packets are available at the front desk starting May 12th.

Water Polo: Kick of day is July 20th from Noon—2 PM. Registration forms are available at the front desk starting May 12th.. Sign-up by July 24th to receive a team t-shirt.

You may still register for teams after the Kick off date but late registers may not receive a team t-shirt.

2007 Board of Trustees

President Jim Granger
Vice President Kevin Bartels
Secretary Jill Lakin
Treasurer Carol Orr
Facilities Bill Dennis
Membership Mark Walter
At-large Jamie Park



Have a Great Fourth of July. Join us for fun and games for all ages and at 1:30 PM for the club's annual picnic.

The club has activities for the whole family to enjoy, so be sure to plan to come to the club as part of our 4th of July celebration. In addition to lap swim & open swim times, we will have organized land & water games for the kids, Mixed Doubles Tennis Tournament, basketball, and other activities throughout the day. A schedule will be posted at the club. The club will supply Hamburgers, hot dogs, pop, chips, dessert, etc. All will be ready to serve @ 1:30 PM.

NEWPORT HILLS' 49TH ANNUAL 4TH OF JULY PICNIC

4th of July Schedule

6:00 AM – 9:45 AM
Lap Swim (No Aquacise, Teams, or Lessons)
10:00 AM Mixed Doubles Tennis Tournament
10:00 AM Biathlon (open to all ages)
11:00 AM Land Games & Three on Three basketball
12:00 PM Water Games
1:30 – 3:00 PM Picnic - Hot Dogs, Hamburgers etc.
1:00 PM – 7:00 PM Open Swim *
3:00 PM - 7:00 PM Bring a neighbor to the pool. No guest fee.

* THE CLUB WILL CLOSE @ 7:00 PM ON JULY 4TH

50 Mile Swim, 100 Mile Run, 800 Mile Bike

Complete all three and receive the tri-athlete challenge t-shirt.

50 Mile Swim

The Newport Hills Swim & Tennis Club 50-Mile Swim will begin on June 25th and end on August 31st. It's a challenge for all to swim 50 miles in the time period. It is especially inviting for those of you on Swim Team. All of your hard work will not go unrecognized. You will be rewarded with a 50-mile swim T-shirt.

Rules:

- 1) All swims must be in 1/4-mile increments.
- 2) All swims must be completed at Newport Hills Swim and Tennis Club.
- 3) No swim aids allowed.
- 4) Swim Team members must use competitive strokes.
- 5) Swim Team workouts are void.
- 6) After every swim, a card must be filled out with mileage, name, and date. No mileage will be recorded after that date has passed.

North Pool 1/4 mile = 18 lengths
South pool 1/4 mile = 16 lengths

100 Mile Run

For our runners or walkers we sponsor the "100 Mile Run" beginning on June 25th. The challenge is to run or walk 100 miles before August 31st. If you average three miles a day you will make it and will be rewarded with a T-shirt.

Each run should start and finish at the club. After your run fill out the mileage slip and we will record your totals.

800 Mile Bike

For our bikers we sponsor the "800 Mile Bike" beginning on June 25th. The challenge is to bike 800 miles before August 31st. After each bike ride, fill out the mileage slip and we will record your totals.

Register at the front desk to participate in the 100 mile run, 50-mile swim and/or 800-mile bike. There is no fee to participate.



Summer 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.

Private Pool Parties

Members may book the South Pool or Wading pool for a pool party on Fridays between 11:00 AM - 1:00 PM. Fee includes exclusive use of the pool, floats, guards, & lifeguard directed pool games for the kids. Available Dates 6/29, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31. Not available 7/6

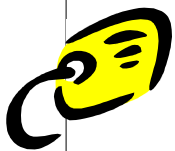
Wading Pool (max 25) - \$35/hour

South Pool:

30 or fewer - \$50/hour, 31 to 60 - \$75/hour, 61 to 90 - \$100/hour

Reservation are accepted on a first-come, first served basis only.

Must be a member of the club to rent the pool.



Membership check-in & Guest Policy

Please remember to bring your I.D. cards when coming to use the club facilities. Youths aged 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.

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. 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

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. A \$50 non-refundable deposit, which shall be applied toward the total cost of the rental, will reserve your rental date. 1/2 day rentals must pay the full rental fee when reserving the room.

Wading Pool Summer Schedule

Adults are required to supervise their toddlers when using the Wading pool. The age requirement for use is 6 and under. Members may bring toys and small floats (no water wings) for their child to use in the Wading Pool area.

The Wading Pool will be closed during all home swim meets and water polo games/practice. Wading Pool is available for Private Parties from 11 AM - 1:00 PM on Fridays during the summer.

Pre-summer hours are from:

June 9th - June 24th:

Monday – Friday 1:00 PM - 8:00 PM

Saturday 8:00 AM - 8:00 PM

Sunday Noon - 8:00 PM

Summer hours are as follows:

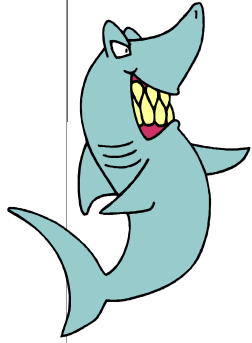
June 25th - September 3rd:

Monday-Thursday 11:00 AM - 9:00 PM

Friday 1:00 PM - 9:00 PM

Saturday 8:00 AM - 9:00 PM

Sunday Noon – 9:00 PM



Swim Team

Watch out for the triumphant return of the Newport Hills Sharks this summer! We have a brand new coaching staff that promises to help your swimmer take their enthusiasm for and skill in swimming to the next level. Tyrell Hardtke, Sara Simmons, and Kim Carris are returning to coach this year. New this year will be Erika VanderBos. The Sharks are back and better than ever!

Check out these upcoming events:

Saturday, May 12:

Swim Team Sign-up Day 10 AM—2 PM in the banquet room.

Wednesday, May 23rd

Mandatory Parent Meeting in the club banquet room: 7-8pm. New parents will meet at 6 PM

Monday, May 28- Spring workouts:

4-5 pm Novice and 8&U

5-6 pm 10&U and 12&U

6-7 pm 13&over

Sat., June 2nd Team Time Trials

9:00am Warm-Up, 9:30 Start

Purchase your team suit starting at 11:00 AM

Dual Meet Schedule

“B” Meets: 6/12 vs EB, 6/19 vs MSC, 6/26 vs MICC, 7/3 vs MIBC and 7/12 vs SAM

“A” Meets: 6/14 vs EB, 6/21 vs MSC, 6/28 vs MICC, 7/5 vs MIBC and 7/10 vs SAM

Bold denotes home meet

Championship Meets

Division “B” Champs: July 14 @ NHSTC

Sr. Girls & Boys Prelims: July 16 @ MICC

Jr. Boys Prelims: July 17 @ MIBC

Jr. Girls Prelims: July 18 @ Fairwood

League “A” Champs: July 21 @ KCAC

Team Awards Banquet

July 25th @ Newport Hills

Please visit the website for more swim team information. www.nhstc.com

Dive Team Sign-up Day

Saturday June 2nd from 10 AM—Noon. Don't miss this day, as we will be ordering team suits, collecting registration fees and handing out parent information.



Dive Team is considered a novice diving experience to introduce young people to and encourage their enjoyment of diving. The emphasis will be in skill mastery first, followed by learning new dives in a safe and fun environment for all participants. Each diver will learn basic skills, proper use of the diving board, entries, front and back jumps, progressing through forward, backward, inward, twisting and reverse dives at his or her own ability level. Every diver's goal will be to achieve his or her “Dive List” of competitive dives

Dive Team

that they can safely perform. Every team member will be guaranteed the opportunity to participate in all meets. Team workouts will begin with the opening of the south pool in June. Remember that no experience is necessary. A new diver can learn the basics of diving and have the opportunity to participate on a fun, rewarding team that promises to encourage and promote the individuals self-esteem. Coaching this year will be Jake Laflin. Jake grew up at Newport Hills, was a state diver at New-

port High School and has helped Penny Yantis with High School diving this past year.

Spring Practice* starts June 4th from 5-7PM until June 22nd,

Summer Practice starts June 25th dive team will move to afternoon from 1-5 PM. Meets start June 27th.

*No Practice June 12th and 19th due to home swim meets.

Water Polo

Water polo is an exciting sport that combines strength, swimming and team skills. We teach beginning to advanced water polo players. Age group teams are co-ed and compete as 10 & under, 12 & under, 14 & under, 17 & under, and 14/17 & Under Girls as well as both men's and women's open teams. League games are scheduled throughout the month of August. Practice begins Monday, July 23rd. Sign-up will begin May 12th. The final day to sign-up and receive a t-shirt will be Friday, July 20th. Water Polo Schedule will be posted on the league website midlakeswaterpolo.com by Wednesday, July 25th.

12 & Under games: July 26th, Aug. 2nd, 9th, **10 & Under games:** July 27th, Aug. 3rd, 10th, **14 & Under games:** July 28th, Aug. 4th, 11th, **17 & Under games:** July 29th, Aug. 5th, 12th. **Men's Open, 14/17&U Girls, and Women's Open** games will be held in the evening from July 28th—August 17th with Semi Final and Final Games the 18th and 19th.

Water Polo Championship Tournament Week: August 14th–19th.

Summer Team Fees

Swim, Dive & Tennis:

1st child - \$90, 2nd child - \$85, then \$80 for each additional child per team.

Water Polo:

\$75 per child

Must be a member to join any summer team at Newport Hills.

Summer Swim and Dive Lessons

Swim Team Stroke Classes

The coaches teach these classes for those swim team members who want or need more help on their strokes, starts, or turns. Classes are divided between a Free/Back, Breast/Fly, and Start/Turn. Each class is offered during each ½ hour. Classes run for just one week. Please talk with the coaches about which class is right for your swimmer.

Cost: \$17 per session.. Max 6 students per class. Members Only.

Sign-ups begin May 12 for All Sessions

Spring classes are between 7 and 8 PM

<u>Session</u>	<u>Dates</u>
Session I	May 28th - May 31st
Session II	June 4th - June 7th
Session III	June 11th –June 20th (M&W only)

Summer Classes are between 11:15 PM and 12:45 PM

Session III	June 25th—June 28th
Session IV	July 2nd – July 6th (No class Wed.)
Session V	July 9th - July 12th

Dive Lessons

Diving lessons are offered to all ages. Classes are held from 12:00 – 12:30 PM, 12:30 – 1:00 PM. The format includes basic skills, proper use of the diving board, entries, front and back jumps, and basic dives. Every diver will work at his or her own ability level to learn dives, progressing through forward, backward, inward, twisting and reverse dives. Lessons are offered in two-week sessions. Your child must be able to swim the length of the pool to take diving classes.

<u>Session</u>	<u>Sign-up starts</u>	<u>Dates</u>	
Session I	Mon. June 11th	June 25th - June 28th	Cost \$17
Session II	Mon, June 11th	July 2nd - July 6th (no class Wed.)	Cost \$17
Session III	Mon, June 11th	July 9th – July 19th	Cost \$33

Private Lessons

Private Swim and Dive lessons for children or Adults are available during open swim in the south pool or between 2 - 5 PM in the North Pool for those members interested. Private lessons are \$25 per ½ hour. Please sign-up at the front desk anytime. For questions, please contact Tom Campbell at the club or at tom@nhstc.com

2007 Summer Swim Lessons

Welcome to the Newport Hills Swim & Tennis Club Lesson Summer Learn-To-Swim Program. Classes are held between 11:00AM and 1:00PM, Monday through Thursday. Sessions are 2 weeks long with eight half-hour classes*. Each class provides level progression based skills along with water safety skills and fun/games. The goals of our program is to promote water safety and a lifelong love for swimming developed through a fun, safe and sensible development of water skills.

First Day to sign-up:

Sign-up for Sessions I, II, and III will begin Monday, June 11th at 8:00 A.M. On sign-up day we will not take over the phone sign-ups until 11 AM. Payment is due at sign-up. Cost: \$33 per session. Maximum Class Size: 5 Students (Pre-School class max size 4 students). Members Only

As classes are taught based on skill progression. Please talk with Tom or a Club Instructor to ensure that you find the right level for your swimmer. If needed, a free skill evaluation can be performed by one of our instructors to determine the correct level. It is important that children are in the correct level to allow for their success. Following is a breakdown of the minimum required skills to pass each level. For example, if your swimmer is able to complete item 1 for Level I: Introduction to Water Skills, but is unable to float on his/her back with support for 3 seconds, in item 2, your swimmer should be enrolled in Level 1: Introduction to Water Skills. Please keep in mind that while these are the minimum skills required to pass each level, there are many other skills that should be mastered as well and you instructor will keep this in mind when completing course evaluations.

LEARN-TO-SWIM BOOKLETS: Along with the Learn-To-Swim classes, children in Levels 1 to 4 will receive Learn-To-Swim booklets! You are encouraged to review these booklets with your children to help reinforce water and safety skills, as well as to make lessons more fun. You will also be able to see what skills your swimmer is learning in each class! Simply bring the booklet with you on the second to last day of lessons.

Session and Sign-up Dates:

Session I - June 25th - June 28th (one week session, cost \$17) Sign-up begins June 11th

Session II - July 2nd - July 6th (one week session, cost \$17, no class on the 4th) Sign-up begins June 11th

Session III - July 9th - July 19th Sign-up begins June 11th

Session IV - July 23rd - August 2nd Sign-up begins Thursday, July 19th

Session V - August 6th - August 16th Sign-up begins Thursday, August 2nd

Session VI - August 20th - August 30th (classes held between Noon and 1 PM only) Sign-up begins August 16th.

* Due to the 4th of July Holiday, the first session has been broken into two 1 week sessions with four ½ hour classes per session.

2007 Swim Lesson Levels

Pre-Schools Program (Ages 3-5 years)

Pre-School 1: Polliwogs: Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or “swim”). Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

Pre-School 2: Starfish: Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position. Push off and swim using a combination of arm and leg actions for 15 feet on the front: push off and swim using a combination of arm and leg actions for 15 feet on the back.

Pre-School 3: Clownfish: Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.

Youth Lesson Program (Ages 6 and up)

Youth 1: Guppies: Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. (Participant can walk, travel along the gutter or “swim”). Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

Youth 2: Minnows: Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position. Push off and swim using a combination of arm and leg actions for 15 feet on the front: push off and swim using a combination of arm and leg actions for 15 feet on the back.

Youth 3: Salmon: Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.

Youth 4: Sea Otters: Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Youth 5: Sharks: Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Fitness Swimmer (Max. 8 Students): This class is for the Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards. Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.

Lifeguard Readiness Swimmer (12-15 years, Max. 8 Students) Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards. Swim 20 yards using front crawl or breaststroke to a depth of 7 to 10 feet retrieve a 10-pound object, return to the surface and swim 20 yards back on the back or side to the starting point with the object (student must hold object with both hands and keep his or her face out of the water).

2007 Newport Hills Junior Tennis Team

Newport Hills Swim and Tennis Club participates in the Junior Eastside Tennis League. It is the top league on the Eastside for unranked players.

As a member of the NHSTC Tennis Team, our players will experience competition with clubs around the Eastside and focus on improving their fundamentals, all the while making their summer tennis experience enjoyable. The team format is very flexible and works around vacation plans.

Team Practices are held from 10 a.m. - 2:30pm, Monday through Thursday. The Team is divided into four groups, practicing 3 days a week Mon. through Thurs. Matches are played on Fridays vs. other Eastside clubs. Practices include singles and doubles play, drills, activities, and competition.

The Tournament team will consist of our top juniors and they will commit to playing in at least four Junior tennis tournaments on various weekends during the summer.

Cost: First child: \$90 Second child: \$85 Each additional child: \$80

Summer Practice Schedule: 14-16 players per team

Team:	Monday	Tuesday	Wednesday	Thursday	FRIDAY
Tourney Team		1:05-2:30	1:05-2:30	1:05-2:30	Matches
Team A	1:05-2:30		11:10-12:25	11:10-12:25	“
Team B	11:10-12:25	11:10-12:25		10:00-11:10	“
Team C	10:00-11:10	10:00-11:10	10:00-11:10		“

Matches

League play will take place on the Fridays beginning the last week of June and continues through the first week of August. A championship tournament follows league play.

Junior Ladder: (Flights)

The tennis team will be using a ladder system to promote friendly competition between the teams. The challenge matches will determine which team each player practices with for the week. It will be posted on the tennis board or by the front desk.

Returning head pro Steve Bergquist, assistant Matt Richter and junior assistants Michelle Miyachi and Andy Zorich are gearing up for the biggest summer of tennis Newport Hills has ever experienced!

Questions about any of this tennis information?

Please E-mail Steve Bergquist at yuop@aol.com

Tennis Team Kick off Day

Saturday, June 16th from 10 AM- Noon.

Meet the coaches and receive more information about the team format and schedule.

Team Placement Days:

Mon. June 18th & Thur. June 21st

13&U 3:30—5:00 PM, 14&Over 5—6:30 PM





2007 Summer Tennis Lessons

Tennis lessons are available as listed below. Classes are held on a weekly basis, with sign-up beginning June 11th. Classes are limited to six or eight students per class (see below). There are four one-hour classes per session Monday - Thursday. Students are asked to provide their own rackets and wear proper tennis attire. Tennis shoes only on the courts please. In the event of a rainout, the lesson will be made up on the Friday of that week at the normal lesson time. Private Tennis lessons are also available and are recommended for all ages and abilities. Talk to the Head Pro or leave a message for him at the front desk and he will schedule the date, time and the pro that will be working with you.

Junior Tennis Lesson Levels

Minnows: (5-7 year olds) - Beginning players (6 max) Class

Halibuts: (7 -10 year olds) – Advanced beginner (8 max) Class times

Salmon: (9-12) Intermediate - Participants should be able to hit backhands, forehands, and serve.

Sharks: (12 - 16 year olds) – older players new to the sport, or out to improve their skills. Experienced players should join the summer tennis team.

Adults

Please look into Adult Night Programs

Group classes offered on Saturdays depending on demand. See **adult lesson schedule** for dates.

Class Times

Monday through Thursday: 8 – 9 AM 9: - 10 AM, 10 - 11 AM, 2:30 - 3:30 PM (Times subject to change)

Saturday Junior lessons offered on 4 consecutive weekends with one rain make-up. 10-11AM

Cost: Group lessons \$33 per session. Private lessons: \$25 per ½ hour, \$40 per hour

Tennis Lesson Sign-up Day

Sign-up for all Sessions will begin Monday, June 11th at 8:00 A.M. On sign-up day we will not take over the phone sign-ups until 11 AM. Payment is due at sign-up. Cost: \$33 per session.

Summer Tennis Tournaments

Fourth of July Doubles

Newport Hills Swim and Tennis Club holds two tournaments during the summer season. A Mixed Doubles Tournament during the annual 4th of July picnic @ 10:00 AM and an All Club Singles & Double Tournament in August. Please check the Tennis Board for information on dates and sign-ups.

August Tournament

The club will be hosting a Summer ending singles and doubles tennis tournament at the end of August. Please contact Head Pro Steve Bergquist if you would like to participate in this tournament. Sign-ups will begin August 1st. Tournament Date is Saturday, August 25th.

Club Adult Programs

Men's Tennis Night, Wednesdays

(Starting June 6th)

All guys interested in playing competitively or recreationally should join in the men's night action. There is time for drills and/or matches each Wednesday night. This could carry over to the winter months as you have the opportunity to join one of our Men's USTA team's.

- ◆ Wednesdays from 6:30PM until Dark (3rd Monday in May through August)
- ◆ Wednesdays from 5:30PM until Dark (September through mid-October)

Ladies Tennis Night, Mondays

(Starting June 4th)

Any ladies interested in playing competitively or recreationally should join in the ladies night each Monday. There is time for drills and/or matches each Monday night. This could also carry over to the winter months as you have the opportunity to join one of our Women's USTA team's.

- ◆ Mondays from 6:30PM until Dark (3rd Monday in May through August)
- ◆ Mondays from 5:30PM until Dark (September through mid-October)

Cost

Members \$40 for the summer. Non-members \$70 punch card good for 10 adult nights (no expiration, first visit free)

Adult Group Lessons

Saturday Mornings

Classes are for one hour and will start at 11:00 AM. Sign up by the Thursday prior to the Saturday that you wish to take the class. Classes will be offered every Saturday from late June through the end of August. Cost is \$33 for 4 week session or \$10 per Saturday. Private lessons are also available.

MIXED DOUBLES MIXERS

On the last Friday of each Summer month, (June, July, August), the club hosts themed mixed doubles mixers. Everyone is welcome to join in the fun as we start play at 5pm. After tennis, we will have a social in the Banquet facility, some themes include BBQ, wine-tasting and cheeses, or a poker night. The fun starts at 5pm and will continue into the night. Bring your kids to swim and play while you participate. More information will be available at the front desk the week prior to the event. Please sign-up at the front desk at that time. **Cost:** Members Free/Guests: \$10

Mixed Doubles Dates: Friday, June 29th, Friday, July 27th and Friday, August 24th.



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

Pre-summer (May 28th – June 22nd): No Class on June 12th and 19th due to home swim meet.

Monday - Wednesday - Friday 9-10 AM Tuesday – Thursday 6-7 PM

Summer Schedule (June 25th – August 31st):

Monday, Wednesday, Friday 8 - 9 AM Monday, Wednesday 7-8 PM

Please watch for posted changes in class schedules due to Swim or Dive meets.

No evening class on Monday, 7/9 or 7/23

Masters Swim Team

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

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

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

YOGA CLASS:

New Students are welcome to the six week series of Hatha Yoga being held every Tuesday and Friday morning from 9:45 to 11:00 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. Classes are held every Tuesday and Friday morning from 9:45 AM - 11:00 AM. Starting in September, Joni will begin offering a Tuesday night class from 7:00 PM - 8:15 PM.

No classes will be held on the following dates: Tues. 6/19, Fri. 6/21, Tues. 7/3, Fri. 7/6, Fri. 11/23, and Tues. 11/27. This years sessions will end Fri. 12/7 and restart in January 2008.

Please call Joani at 425-204-8676 for more information, or email yogawithjoani@yahoo.com

Cost: once a week: \$65, twice a week: \$105. Drop in : \$13.



May 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12 Swim Team sign-up day 10 AM—Noon
13	14 Sign-up begins for all Summer Camps	15	16	17 Pool closed @ 7:00 PM for bubble down	18 Pools Closed for bubble removal	19 North Pool reopen @ 1 PM
20	21	22 South Pool reopens	23 Swim Team Parent Meeting	24	25	26 Pre summer sched- ule starts South pool opens @ 8 AM
27	28	29	30	31		

Schedule of Events

- May 12th - Summer Swim Team Kick off day 10 AM - 2 PM in the Banquet Room. Sign-up, order sweats, Sign-up for stroke classes.
- May 14th - Dive, Tennis & Water Polo team and Camp I WANNA GO, Dive and Tennis Camp sign-ups begin.
- Wednesday, May 23rd: New parents meet at 6:00 PM. All Parents at 7:00 PM. Mandatory;
- Saturday, May 26th: Pre-Summer Pool Schedule starts.
- Monday, May 28th: Swim Team Spring Practice Schedule begins

June 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Swim Team time Trials 9 AM—Noon Dive team Kickoff
3	4	5	6	7	8 USTA Tennis Tournament All courts	9 USTA Tennis Tournament All courts
10 USTA Tennis Tournament All courts	11 Summer Lesson Sign- up Day. In person sign-up starts at 8:00 AM	12 Home Swim Meet North & Wading Pool closed @ 4:30 PM	13	14	15	16 Tennis Team Kick- off Day: 10 AM— Noon.
17	18	19 Home Swim Meet North & Wading Pool closed @ 4:30 PM	20	21	22	23 Summer Pool Schedule Starts
24	25 Session I Summer Swim, Dive, & Tennis Lessons	26	27	28 Home Swim Meet North & Wading Pool closed @ 4:30 PM	29 Mixed Doubles Tennis Social 5 PM - 10 PM	30

Schedule of Events

- Saturday, June 2nd - Swim Team Time Trials 9:00 AM - Noon. Last chance to order team suit and receive a discount. Also final date for swim team sign-up and receive a team t-shirt.
- Saturday, June 2nd Dive Team Kick off day 10 AM to Noon.
- Monday, June 4th Dive team practice starts 5-7 PM
- Friday - Sunday June 8th - 10th: USTA Junior Tennis Tournament
- Friday, June 8th - Swim Team Kick-off party at Newcastle Beach Park @ 5:00 PM No Practice.
- June 11th - Sign-up for Sessions I - III of Swim, Dive, Tennis Lessons
- Saturday, June 16th - Tennis Team Kick off Day 10 AM—Noon.
- Saturday, June 23rd - Summer Schedule starts
- Monday, June 25th - First session of Summer Lessons
- Friday, June 29th: Adult Tennis Social 5-10 PM. All members welcome.



July 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Home Swim Meet North & Wading Pool closed @ 4:30 PM	4 Forth of July celebra- tion BBQ @ 1:30 PM	5	6	7
8	9 Home Dive Meet: South pool closed from 4:45 - 9 PM	10 Home Swim Meet North & Wading Pool closed @ 4:30 PM	11	12	13	14 Division Champs Both Pools closed from 8 AM - 6 PM
15	16 Home Dive Meet: South pool closed from 4:45 - 9 PM	17	18	19	20	21
22	23 Session III Camp IWANAGO	24	25	26	27 Mixed Doubles Tennis Social 5 - 10 PM	28
29 Sr. Dive Champs: Pools closed from 7 AM - 1 PM	30 Session I Dive Camp	31				

Schedule of Events

- Tuesday, July 4th - Club's 4th of July celebrations, Land and water games for the kids, Tennis Tournament, Biathlon, and Club BBQ at 1:30 PM
- Monday, July 9th: First session of Camp IWANAGO and Home Dive Meet.
- Sat., July 14: Club hosts Division Champs. Both pools closed from 8 AM to 6 PM.
- Monday, July 16: Session II Camp IWANAGO
- Monday, July 23: Session III Camp IWANAGO
- Fri. 7/27: Adult Tennis Social 5-10 PM. All members welcome.
- Sunday, July 29 - Sr. Dive Champs at Newport Hills 7 AM to 1 PM both pools closed.

August 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Dive & Tennis Camp	7	8	9	10	11
12	13 Tennis Camp	14 Water Polo Tourna- ment North Pool 8 AM - 6 PM	15	16	17	18
19	20	21	22	23	24 Mixed Double Tennis Social 5 - 10 PM	25 Club Tennis Tourna- ment. All Day.
26	27	28	29	30	31	

Schedule of Events

- Monday, July 30th: Dive Camp Session I
- Monday, August 6th Dive Camp Session II and Tennis Camp Session I
- Monday, August 13th Tennis Camp Session II
- Tues, 8/14: North Pool closed from 8 AM - 6 PM for Water Polo tournament
- Monday, August 20th Morning practice for High School start in the North Pool. 8 AM- Noon.
- Friday, 8/24: Adult Tennis Social: 5 - 10 PM. All members welcome.
- Wednesday, August 29th afternoon practice starts for Eastside Catholic from 2:30 - 4:30 PM North Pool

Registration begins Monday, May 14th for 2007 Summer Camp Sessions

Summer Dive Camp

Sign up now and reserve your spot at Newport Hills Summer Dive Camp! Divers will participate at their own skill level while learning the basic techniques and skills required for the sport of springboard diving. This camp emphasizes safety first as divers learn new dives in different directions. Each day dive campers will participate in dry land skill development, diving board rotations, create crafts, have snack time and play water games. No diving experience necessary - let our camp counselors teach you how to dive! Campers must be able to swim the deep end of the pool.

Camp Times 1:00—4:00 PM

Session I: Monday, July 30th - August 3rd

Session II: Monday, August 6th - August 10th

Cost: \$100 per session. Members Only

CAMP I WANNA GO

For children ages 5-11

Day Camp Adventures begin at Newport Hills Swim and Tennis Club on Monday, July 9th. Each session provides a day camp experience for children ages 5-11.

Campers will join our counselors and participate in different themed activities each week including arts and crafts, games, snacks --"roll your own ice cream" "make your own pizza". Campers will have a limited time for free swim at the end of each camp day.

Camp Times: Noon to 3:00 PM M-F.

Session I: It's a Jungle Out There - July 9th—13th

Session II: Get a Clue - Unravel a mystery! Using try it out science - July 16th—20th

Session III: Masquerade Mania - July 23rd - 27th

Cost:\$100 Members Only

SUMMER TENNIS CAMPS!

Camp Times: 10AM-1PM

Session I August 6th-10th

Session II August 13th-17th

Learn skills, play games and have fun!

SIGN UP AT THE FRONT DESK TODAY!

All Abilities welcome, kids ages 6-16

We will have a snack break

\$100 per camper per week

Contact Head Tennis Pro Steve Bergquist for more information.

**Newport Hills Swim &
Tennis Club**

5464 119th Ave. SE
Bellevue, WA 98006

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



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