

# Newport Hills Swim & Tennis Club

## Summer 2006

Newport Hills Swim & Tennis Club

Volume 49, Issue 1  
May 2006

### Presidents Message

Dear Members,

Here comes another exciting summer at the Newport Swim & Tennis Club. The pool is a great place to hang out and visit with friends and family this year. I am very excited that the bubble is down, the days are longer and the temperatures are getting warmer. Our spring membership sale was a huge success. We will have many new members at the pool this year enjoying the benefits that our local club has to offer. I'm excited to meet all of our new members this year, so please help me make them feel welcome by saying hello and visiting while soaking up the sun on the pool deck.

We have a wonderful staff and management team at the club. They are working

hard each day to provide all of us with outstanding service and dedication to our kids when it comes to all of our swim programs.

As board members we are here to serve you, the members. We want to thank Karen Yellman and Jim Moffat for their many years of volunteer work on the board. We also want to welcome our two newest board members: Jill Lakin and Bill Dennis. We appreciate everyone efforts and commitment to make our club better each year. We can always use your help and support. Please inquire at the front desk or email me if you would like to get involved or become a future board member. All of your feedback is welcome and I personally guarantee that the board will discuss all

issues emailed to me. Please feel free to contact me via email at [jvir-den515@comcast.net](mailto:jvir-den515@comcast.net) with any questions.

See you at the pool,

John Virden  
NHSTC  
Board President

### 2006 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. 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

### Summer Team Kick Off Days

**Swim Team** has started. Registration Packets will be available 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 22nd so sign-up today. Register by Time Trials June 3rd to receive a team t-shirt.

**Dive Team** Kick off will be Saturday, June 3rd from 10 AM to Noon. Registration packets are available at the front desk.

**Tennis Team** Kick off day will be June 17th from 11:00 AM to 1:00 PM. Registration Packets are available at the front desk.

**Water Polo** Registration forms are available at the front desk. 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.



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' 49<sup>TH</sup> ANNUAL 4<sup>TH</sup> OF JULY PICNIC

### 4<sup>th</sup> 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 ect.  
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

### 50 Mile Swim

The Newport Hills Swim & Tennis Club 50-Mile Swim will begin on June 26<sup>th</sup> and end on August 31<sup>st</sup>. 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 27<sup>th</sup>. The challenge is to run or walk 100 miles before August 31<sup>st</sup>. 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 26<sup>th</sup>. The challenge is to bike 800 miles before August 31<sup>st</sup>. 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 guests and then \$1.50 for every additional guest.

### Private Pool Parties

Starting July 14th 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.

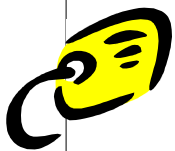
Wading Pool (max 25) - \$35/hour

South Pool:

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

Reservations 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 10th - June 25th:**

Monday – Friday 1:00 PM - 8:00 PM

Saturday 11:00 AM - 8:00 PM

Sunday Noon - 8:00 PM

### **Summer hours are as follows:**

#### **June 26th - September 4th:**

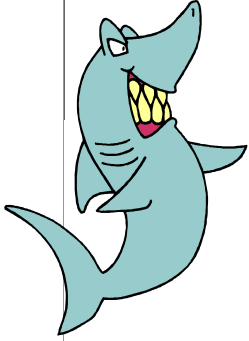
Monday-Thursday 11:00 AM - 9:00 PM

Friday 1:00 PM - 9:00 PM

Saturday 11:00 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 and skill in swimming to the next level. Joining us this year are new coaches Tyrell Hardtke, Zach Foster, and Kim Carris; Sara Simmons is a returning coach, bringing experience to coaching our large team. The Sharks are back and better than ever!

Check out these upcoming events:

### Monday, May 22- Spring workouts:

4-5 pm Novice and 8&U

5-6 pm 10&U and 12&U

6-7 pm 13&over

### Saturday, June 3<sup>rd</sup>

#### Summer Swim Team Time Trials

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

Purchase your team suit during Time Trials

### Thursday, June 8

Mandatory Parent Meeting in the club banquet room: 7-8pm

### Dual Meet Schedule

“B” Meets: **June 13 vs. Samena**, June 20 @ Edgebrook, June 27 @ MSC, **July 5 vs. MICC**, July 13 @ Fairwood

“A” Meets: June 15 @ Samena, **June 22 vs. Edgebrook**, **June 29 vs. MSC**, **July 6 vs. MICC**, **July 11 vs. Fairwood**

**Bold denotes home meet**

### Championship Meets

Division “B” Champs: July 15th @ MSC

Sr. Girls & Boys Prelims: July 17 @ TBA

Jr. Boys Prelims: July 18th @ Samena

Jr. Girls Prelims: July 19th @ Edgebrook

League “A” Champs: July 23rd @ KCAC

### Team Awards Banquet

**July 26th @ Newport Hills**

## Dive Team Sign-up Day

Saturday June 10th 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 that they can safely perform. Every

## Dive Team

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 Laffin. Jake grew up at Newport Hills, was a state diver at Newport High School and has helped

Penny Yantis with High School diving this past year.

**Spring Practice\* starts** June 12th from 5-7PM until June 21st,

**Summer Practice starts** June 22nd dive team will move to afternoon from 1-5 PM.

\*No Practice June 13th due to home swim meet.

## Water Polo

Water polo is an exciting sport that combines strength, swimming and team skills. We teach beginning to advanced water polo players. Returning this year to coach are Wilson Walter and Ryan Hall. 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 25th. Water Polo Schedule will be posted on the league website [midlakeswaterpolo.com](http://midlakeswaterpolo.com) by Wednesday, July 27th.

12 & Under games: July 28th, Aug. 4th, 11th, 10 & Under games: July 29<sup>th</sup>, Aug. 5th, 12th

14 & Under games: July 30th, Aug. 6th, 13th 17 & Under games: July 31st, Aug. 7th, 14<sup>th</sup>

Water Polo Championship Tournament Week: August 16th – 21st.

For those of you who would like to begin learning and playing Water Polo prior to the season, Washington Water Polo is offering two camps on Saturdays from 8:30 - 11:00 AM. Dates: June 4th—25th and July 2—23. For more information, please check their website [wasplclub.com](http://wasplclub.com) or pickup a flyer at the club. Camp is for those 8th grade or younger. No experience necessary.

## Summer Swim and Dive Lessons

### Swim Lessons

Summer Learn-To-Swim classes are held between 11:00A.M. and 1:00P.M., Monday through Thursday. Each session has eight half-hour classes, beginning on the half hour, and will include some safety skills for each level. Sign-up will begin Monday, June 12<sup>th</sup> at 8:00 A.M. for the first session, and at 8:00 A.M. on the final Thursday of each session there after.

**Cost:** \$33 per session. Maximum of 5 students per class. Members Only

**NEW SWIM LESSON LEVELS:** The American Red Cross has recently restructured their recommendations for Learn-To-Swim class levels. As a result, we at NHSTC have restructured our lesson levels to mirror these new recommendations. There are now only 5 class levels! We will also be offering a Fitness Swimmer class for those who have completed Level 5, but do not wish to join swim team at that time. Please look carefully at the skills for each class before you sign you child up as some skills may have shifted slightly.

**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 parents 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!

<u>Session</u>	<u>Sign-up starts</u>	<u>Dates</u>
Session I*	Mon. June 12th	June 26 - July 7th
Session II	Thurs. July 6th	July 10 – July 20
Session III	Thurs. July 20th	July 24 – Aug. 3
Session IV	Thurs. Aug. 3rd	Aug. 7 – Aug. 17
Session V#	Thurs. Aug. 17	Aug. 21 – Aug. 31

\* Class will go from Mon - Fri. and Wed. to Fri. for the first session

# Session V classes from 12 – 1 PM only #

**Private 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.

### 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 (\$13 for session IV). Max 6 students per class. Members Only.

#### Spring Sign-up May 22nd for Sessions I and II

**Spring classes are between 7 and 8 PM**

<u>Session</u>	<u>Dates</u>
Session I	May 29th - June 2nd
Session II	June 5th - June 8th

#### Summer sign-up June 12th for Sessions III - V

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

Session III	June 26th—June 29th
Session IV	July 5th – July 7th (Wed.—Fri.)
Session V	July 10th - July 13th

### 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.

**COST:** \$33 per session. Max 6 students per class. Members Only

<u>Session</u>	<u>Sign-up starts</u>	<u>Dates</u>
Session I*	Mon. June 12th	June 26 - July 7th
Session II	Thurs. July 6th	July 10 – July 20

\* Class will go from Mon - Fri. and Wed. - Fri. for the first session

## 2006 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 child after two: \$80**

### 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 Miyauchi 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](mailto:yuop@aol.com)

### Team Placement Days

Tues., June 20th 13&U 3:30—5:00 PM, 14&Over 5—6:30 PM

Sat., June 24th 13&U 10-11:30 AM, 14&Over 11:30-1 PM

### Tennis Team Kick off Day

Saturday, June 17th from 11 AM- 1 PM.

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

### Team Placement Days:

**Tues. June 20th and Sat. June 24th**





## Tennis Lessons

Tennis lessons are available as listed below. Classes are held on a weekly basis, with sign-up beginning June 12th. 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 for the week. 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, 11 – 12 Noon, 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 any tennis lesson session starting June 12th at 8:00 AM.

## **Summer Tennis Tournaments**

### **Forth of July Doubles**

Newport Hills Swim and Tennis Club holds two tournaments during the summer season. A Mixed Doubles Tournament during the annual 4<sup>th</sup> 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 double 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.

## Club Adult Programs

### Men's' Tennis Night, Wednesdays

(from 3<sup>rd</sup> week in May through mid October)

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

(from 3<sup>rd</sup> week in May through mid October)

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)

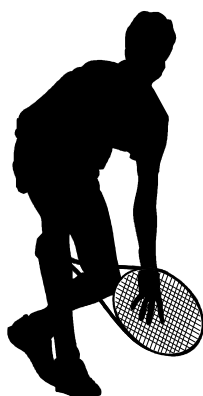
Cost

Members \$40 a 10 punch card. Non-members \$60 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.



## 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 16<sup>th</sup> – June 22<sup>nd</sup>): No Class on June 18<sup>th</sup> due to home swim meet.

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

Summer Schedule (June 23<sup>rd</sup> – September 2<sup>nd</sup>):  
Monday, Wednesday, Friday 8 - 9 AM      Monday, Wednesday 7-8 PM



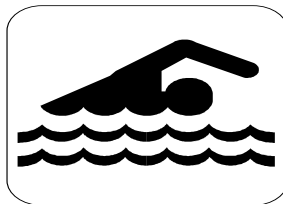
**Please watch for posted changes in class schedules due to Swim or Dive meets.**

## 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, 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



## Personal Training



Joining the club this Summer as a personal trainers will be Nick Johnson and Frank Nimo. Nick has a Bachelor degree in Kinesiology and can help you with Nutrition, Strength Training, Exercise Physiology, and Fitness. Frank has been involved in athletics and exercise for the majority of his life and has been in the fitness industry for over 25 years. He has a Master's Degree in Physical Education and years of experience in personal training, and the ability to guide and motivate you to reach whatever fitness goals you may have. To contact Nick or Frank, please sign-up at the front desk or call Nick at 206-930-2813 or Frank at 425-456-7424.

Cost: \$25 for 1/2 hour or \$45 for 1 Hour.

Personal training pass - 8 - 1 hour sessions or 14 - 1/2 hour sessions for \$320.



Please check the front desk for announcements on upcoming weight room orientation classes or leave a note for Nick if you would like to schedule an orientation.

## May 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12 Pools Closed for bubble removal Fri & Sat.	13 Swim team sign- up 11—3 PM
14	15 All team and camp sign-ups begin	16	17	18	19	20
21	22 Spring Swim Schedule starts and Swim Lesson Sign- up	23	24	25	26	27
28	29	30	31			

### Schedule of Events

- May 13th - Summer Swim Team Kick off day 11 AM - 3 PM in the Banquet Room. Sign-up, order sweats, Expanded Spring workouts begin
- May 15th - Dive, Tennis & Water Polo team and Camp I WANNA GO, Dive and Tennis Camp sign-ups begin May 15th,
- Monday, May 22nd. Pre-Summer Pool Schedule starts. Swim Team Spring Practice Schedule begins
- Last winter swim lesson and first stroke and turn class sign-up May 22nd.

## June 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Swim Team Time Trial and Dive Team Kick off Day
4	5	6	7	8	9	10
11	12 Dive Team practice begins	13 Home Swim Meet 4:30—9 PM North Pool	14	15	16	17 Tennis Team Kick off Day 11— 1 PM
18	19	20 Tennis Team Placement day	21	22 Home Swim Meet 4:30—9 PM North Pool	23	24 Tennis Team Placement day
25	26 Summer lessons and camps start	27	28 Home Dive Meet 4:45 - 9 PM South Pool	29 Home Swim Meet 4:30—9 PM North Pool	30	

### Schedule of Events

- Saturday, June 3rd - 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 3rd Dive Team Kick off day 10 AM to Noon.
- Thursday, June 8th - Swim Team Parent Meeting 6 - 9 PM in the Banquet room
- Friday, June 9th - Swim Team Kick-off party at Newcastle Beach Park @ 5:00 PM No Practice.
- Monday, June 12 Dive team practice starts 5-7 PM
- June 12th - Sign-up for Session I of Swim, Dive, Tennis Lessons and summer stroke classes starting at 8 AM.
- Saturday, June 17th - Tennis Team Kick off Day 11 to 1 PM.
- Thursday, June 22nd - Summer Schedule starts
- Monday, June 26th - First session of Summer Lessons and Camps start.



# July 2006

## Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Forth of July games and picnic Club closes at 7 PM	5 Home Swim Meet 4:30—9 PM North Pool	6 Home Swim Meet 4:30—9 PM North Pool	7	8
9	10 Lesson and Camp Session II starts & Home Dive Meet	11 Home Swim Meet 4:30—9 PM North Pool	12 Home Dive Meet 4:45 - 9 PM South Pool	13	14	15
16 Water Polo Kick off day Noon - 1 PM	17	18	19	20	21	22
23	24 Lesson and Camp Session III and Water Polo starts	25	26	27	28	29
30	31 Dive Camp Session I					

- 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
- Thursday, July 6th - Sign-up for Session II Swim and Dive lessons
- Sunday, July 16th Water Polo Kick off day Noon-1 PM. Meet the new coaches.
- Thursday, July 20th - Sign-up for Session III Swim & Dive Lessons.
- Monday, July 24th - Water Polo Starts. Signup by the 24th to receive you team t-shirt.
- Sunday, July 30th - Sr. Dive Champs at Newport Hills 8 AM to 1 PM both pools closed.

# August 2006

## Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Lesson Session IV, Dive Camp II Tennis Camp I	8	9	10	11	12
13	14 Tennis Camp Session II	15*	16*	17*	18*	19*
20*	21 Lesson session V starts 12 - 1 PM only	22	23	24	25	26
27	28	29	30 ECHS 2:30 - 4:30 PM North Pool	31		

- Monday, July 31st Dive Camp session I
- Monday, August 7th Dive Camp Session II and Tennis Camp Session I
- Monday, August 14th Tennis Camp Session II
- \*Please check the front desk and website for North Pool closure during the week of Aug 15th - 20th for hosting a Water Polo Championship Day.
- Monday, August 21st Morning practice for High School start in the North Pool.
- Wednesday, August 30th afternoon practice starts for Eastside Catholic from 2:30 - 4:30 PM North Pool

### Summer Pool Schedules:

**Please see calendar for closures due to swim or dive meets or visit the website for more information at [www.nhstc.com](http://www.nhstc.com)**

<b>South Pool June 22nd to August 21st</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8 AM Lap	6-9 AM Lap	6-8 AM Lap	6-9 AM Lap	6-8 AM Lap	Pool Closed	Pool Closed
8-9 AM Aquacise		8-9 AM Aquacise		8-9 AM Aquacise		
9-11 AM Swim Team						
11 AM - 1 PM Swim & Dive Lessons				Pool Closed for Guard In-service or Private Pool Parties	11 - 9 PM Open Swim	Noon - 9 PM Open Swim
1 - 9 PM Open Swim (Dive team practice 1-5 PM)						
<p>The South Pool will be closed during Home Dive Meets on 6/28, 7/10, 7/12 from 4:45 PM to 9:00 PM. Swim &amp; Dive lessons will be held on Friday June 30th and July 7th due to the Forth of July Holiday. Starting June 26th, the wading pool will be open from 11-9 pm Mon.-Thur. &amp; Sat., Noon on Sun. and 1-9 pm on Friday. 4th of July pool Schedule 6 - 9:30 AM Lap Swim, 10:00 AM Biathlon &amp; Club Tennis Tournament begin, 11:00 AM Land Games, Noon - Water Games, 1 - 7 Open/Lap Swim, 1:30 PM BBQ (Hot dogs, Hamburgers, etc.), 7:00 PM Club Closes. All lessons, Aquacise, &amp; teams canceled. The South pool or the Wading Pool may be reserved for your own private pool party Friday Mornings from 11:00 AM - 1:00 PM. Please see the front desk to book your party today. The first day available will be July 14th.</p>						

<b>North Pool June 22nd to September 4th</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8 AM Lap Swim					Pool Closed	Pool Closed
8 - 11 AM Swim Team						
11 AM - 1 PM Swim Lessons with 2 lanes for Lap Swim				Pool Closed for Guard In-service or Private Pool Parties 11 AM - 1 PM	Adult Swim 11 - Noon	Noon - 1 Adult Swim
1 - 2 PM Adult Swim						
2 - 6 PM Lap Swim (Adults only from 5-6 PM)					Noon - 8 PM Lap Swim (Adult Only 5-6 PM)	1 - 8 PM Lap Swim (Adult Only 5-6 PM)
6 - 7 PM Masters	6-8 PM Lap	6 - 7 PM Masters	6-8 PM Lap	6 - 7 PM Masters		
7-8 PM Aquacise		7-8 PM Aquacise		7-8 Lap		
8-9 PM Adult Swim						
There is one Lap lane available during Masters and 3 Lanes available during evening Aquacise						
<p>The North Pool &amp; Wading Pool will be closed from 4:30 - 9:00 pm during home swim meets on 6/22, 6/29, 7/5, 7/6, 7/11. Please check the front desk for any additional pool closures due to Water Polo games in August. The water polo team will take over the swim team practice times starting July 24th until Aug. 18th. Note: Masters and Aquacise will be cancelled 7/5, 7/10, 7/12 due to home swim and dive meets. Private lessons may be held in the north pool from 2 - 5 PM weekdays and during lap swim times on weekends. A maximum of 2 lanes may be used for private lessons.</p>						

## YOGA CLASS:

New Students are welcome to the six week series of Hatha Yoga being held every Tuesday and Friday morning from 9:30 to 10:45 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. Yoga will take a break during the months of July and August but will return in September.

May-June Series will be Tuesdays and Fridays from 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.



Do you want to work out, but have a young child at home and don't know what to do with them while you exercise? Well, Dizzy's Tumblebus is the answer. We are partnering with the Newport Hills Swim & Tennis Club to offer Weekly Tumbling Classes for your children between 18 months and 6 years old. Your child gets a wonderful tumbling class while you get a chance to workout in the gym. That's what we call a Win-Win!

Classes are 35 minutes long and you can pay weekly or monthly. The monthly rate is \$42/month for 4 classes per month, the weekly rate is \$15/week.

If you would be interested in taking advantage of this great program, please contact Dizzy at [dizzy@dizzys-tumblebus.com](mailto:dizzy@dizzys-tumblebus.com) or call our office at (425) 564-8287. More information about Dizzy's Tumblebus is available on our website at [www.Dizzys-Tumblebus.com](http://www.Dizzys-Tumblebus.com). If we have enough interest from NHSTC members we will offer classes on Monday mornings at 9:00am and Thursday mornings at 11:15am. If other times or days are better for you, please don't hesitate to let us know and we'll see what we can do.





## Register Today for 2006 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 12:30—3:30 PM

Session I: Monday, July 31st - August 4

Session II: Monday, August 7th - August 11

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, June 26th. 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: Good Ol Summertime - June 26 - 30

Session II: A Wild Adventure - July 10 - 14

Session III: Crazy for Carnivals - July 24 - 28

Cost:\$100 Members Only

### SUMMER TENNIS CAMPS!

10AM-1PM

Session I August 7<sup>th</sup>-11<sup>th</sup>

Session II August 14<sup>th</sup>-18<sup>th</sup>

**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](http://www.nhstc.com) email:  
[newporthills@mindspring.com](mailto:newporthills@mindspring.com)



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Permit No. 144

## Roadway and Sidewalk Construction Ahead

The city of Bellevue will begin constructing a new sidewalk on the east side of 119th Ave. SE and construct an asphalt overlay over the existing 119th roadway. They expect to start construction the first week of June 2006 and end early Winter 2007. Construction will occur Monday through Friday, from 7 AM to 6 PM and some work may be allowed on Saturdays from 9 AM to 6 PM. Please expect intermittent lane closures weekdays. The contractor will try to limit lane closures to between 8 AM and 3:30 PM. If you have any questions or comments, please contact: Mike Rodni, Project manager, 425-452-4586 or [mrodni@ci.bellevue.wa.us](mailto:mrodni@ci.bellevue.wa.us) or Bill Cross, construction inspector, 425-452-5365 or [bcross@ci.bellevue.wa.us](mailto:bcross@ci.bellevue.wa.us). The city would like to thank you for your patience and understanding as we make these transportation improvements. Note to members: This roadway and sidewalk repair and installation will affect entry into the club's small lot off of 119th, please allow for delay's in getting to this parking lot this summer and fall.

