



Newport Hills Swim & Tennis Club

Winter 2008 Newsletter

Newport Hills Swim & Tennis Club

Volume 50, Issue 1
January 2009

Presidents Message

Last fall's newsletter began with a resounding "Happy New Year" in recognition of the Club's 50th anniversary. Aside from our 12 month January to December calendar, I sometime think that our lives take on a cadence that is more applicable to the ways we live and the seasons than the calendar. So, welcome to the winter and soon to come spring seasons for your club.

The summer swim program for the club was exceptional again. Many thanks to the staff, instructors and you parents for getting your kids to practice, meets and supporting and encouraging them in their participation. The summer swim, dive and water polo programs are both a great physical and social experience for all the age groups participating. I think the parents also enjoy meeting new friends through their kids association with the swim program.

Newport Hills did well this year in Midlakes competing against the 26 other swim clubs in the league. The "A" swimmers took 5th in the championships, the "B" swimmers finished 3rd, Diving finished 1st and water polo won the 17/14 girls division and Women's Open. Tennis Team had over 50 kids participating this year. Congratulation to all of our youth team that distinguished themselves with great participation, performances and final standings.

We appreciate your membership and your support of your club. The club membership numbers throughout the year are fairly predictable; fall, winter and spring being the slower seasons with less family participation in the water programs but increased participation by the membership in the aerobics and weight room utilization. Amongst the several challenges facing the board year after year is evening out the peaks and valleys of the Club's revenue stream and the judicious allocation of those funds where they're most needed. The Board is continuing on with exploring the feasibility of an expanded and year around tennis program. This involves a new tennis facility and the infrastructure to support a new tennis program than can operate on a year around basis, providing a steadying influence in the revenue peaks and valleys. Further, we anticipate it will have a stabilizing affect on the ongoing membership dues requirements.

The study for the tennis facility is being expanded to include looking at a new club house facility and ultimately, reconfiguring the pool locations and sizes to better address the membership utilization of the facility over the next 10 to 15 years.

These are exciting times for your club and your interest and participation in this visioning process would be greatly appreciated.

Jim Granger, Board President

Inside this issue:

<i>50, 100, 800 mile swim, run, bike. And Winter Pool Safety</i>	2
<i>Banquet Room, Fitness Classes, Yoga Information, Weight Room Orientations & Masters</i>	3
<i>Winter Swim and Dive team information</i>	4
<i>Winter Swim Lessons</i>	5
<i>New Aquarobics Class information</i>	6
<i>Winter Pool Schedule</i>	7

2009

Board of Trustees

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

2009 Membership Dues

Family - \$92 per month Single - \$63 per month Senior - \$46 per month

Silver - \$240 per year every April

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.

50 Mile Swim, 100 Mile Run, 800 Mile Bike

Congratulations to all who participated.
You can pick up your shirt at the front desk.

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

50 Mile Swim

Steve Gallemore, Jim Singleton, Kathy Blore, Cassie Crawford, Gareth Beale

100 Mile Run

Kristi Renkert, David Gale, Marc Martin, Kathy Jacobs, Gail Pierepiekarez, Julie Brunings, Holly Beale, Kathy Blore, Mollie Hurd Tom Campbell

800 Mile Bike

Barb Mudrovich, Gail Pierepiekarez



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.

Daily Guest Pass: \$30 for 12 guests

Out of Town Guests: (allows unlimited use of club)

Individual pass: \$10 per week

Family pass: \$20 per week

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/weather 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 guests 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) - \$150: 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 11 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.

Please visit our Front Desk 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.

Palates with Kristy Guadalupe

Looking for a great workout that works your core while helping maintain your flexibility. Come and Join Kristy for a beginning palates mat class on Monday and Wednesday mornings from 9:40—10:40 AM.

Please check with Kristy for class fees.

Thomas Total Training

Are you looking for an effective physical training at Newport Hills Swim & Tennis Club? Thomas Total Training offers group exercise classes as well as individualized personal training designed to meet your specific fitness needs. Group classes are held in the Banquet Room every Monday night.

Core and Abs: 5-5:30 PM cost: \$4

This class focuses heavily on the core muscles of the body through simple for focused exercises to build strength, stability, and balance throughout.

Get your year off to a great start with a free Weight Room Orientation:

Brook and Jeff will be offering free weight room orientations the first Saturday of every month. Please sign-up at the front desk for your orientation today. Max 10 participants per class with 2 per Saturday. Classes will last 45 min - 1 hour.

Orientation Dates: 1/3/09 and 1/13/09 10 AM and 11 AM

and then the first Saturday of every month.

For personal training that fits your schedule, please contact Brook at brookesthomas@comcast.net (425-244-7719) or Jeff at jeffrthomas@comcast.net (425-244-7725)

HATHA YOGA

Gentle and flowing style 6 week series: Tuesdays at 9:45 AM and 7 PM and Fridays at 9:45 AM in the Banquet Room

Please email Joani for the current session schedule Call: Joani: 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. Bring Yoga mat, Dress to stretch, no jeans, belts, zipper, Avoid food prior to class

Cash or check only make payable to Joani Glasser 6 classes (once a week) \$65 12 classes (twice a week)...\$105 Drop in (pay per class)..... \$13

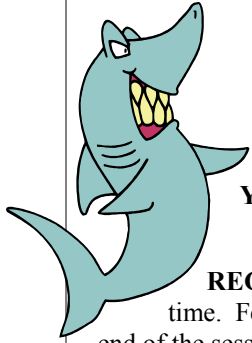
Instructor: Joani Glasser, MS, Registered Yoga Teacher and Licensed Massage Therapist specializing in *Shiatsu*, has been teaching Yoga for over 25 years. She teaches a gentle form of yoga, ideal for beginners, as well as athletes. She has studied yoga nationally and internationally and has taught thousands 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 January 6th.

Swim Team

Winter Swim Team

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



REGISTRATION: You can start swim team at any time. Fees will be pro-rated from the time you start to the end of the session.

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

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.

Winter Dive Team



For those divers who are looking to improve your skills or just maintain what you learned, Maraea Skeen will be offering Winter Diving. Practices started November 4th on Tuesday & Thursday evenings. Beginners 7 – 8 & and Advanced 8 – 9 PM. Sign-up starts September 15th. All divers must join AAU Diving to participate and you can start at any time.

Session I – November – January

Session II February – Mid May

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

Our Winter Dive Coach this year will be Maraea Skeen.

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.

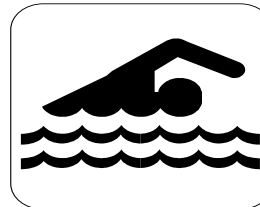
Novice Swim Team:

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.

Winter Swim Meets

Sign-up for each meet will begin two week prior to the meet and must be turned into the front desk by the Thursday prior to the meet. Dates will be announced at practices.

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

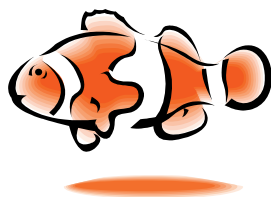
laps, try out Masters Swim Team.

Winter Workout times:

Evening time: Mon/Wed/Fri - 6:00 to 7:00 PM

New morning time: Mon./Wed. 5:30 to 6:30 AM
Cost per 12-punch card: \$20 members - \$60 non-members

2008-09 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 1/2 hour. Please sign-up at the front desk anytime. For questions about group or private swim lessons, please contact Tom Campbell at the club.

Group lesson Cost: Members - \$38 per session. Non-members - \$65 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!

<u>Session</u>	<u>Session Dates</u>	<u>Session sign-up dates</u>	
		<u>Member</u>	<u>Non-member</u>
Session IV	Jan. 12—Feb. 5	Jan. 5	Jan. 7
Session V	Feb. 9 – March 4	Feb. 2	Feb. 4
Session VI	March 9 – April 2	Mar. 2	Mar. 4
Session VII	April 13 – May 7	April 6	April 8
Session VIII	May 18 – June 11	May 11	May 13

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.

To our Aquacise Family,

The club would like to sincerely thank you for your loyalty in support of the Aquacise program for so many years. Yours is truly a unique and committed group that blends exercise and socializing in a very special way. The club's goal is that this will be continued with the new Aquarobics. We are excited to introduce you to a new format which will begin Monday, November 17th. Aquarobics has been offering water fitness classes for more than 30 years and understands that while getting fit you want to have fun getting there. The club will still offer Aquacise under the old format in the evening on Tuesday and Thursday 6-7 PM. For those of you that have unused punches on your Aquacise Card after November 12th, the club will give a full refund for any unused punches. Please fill out the refund form, attach the card and give it to our front desk.



GET IN. GET FIT.

If your goal is a leaner, stronger, fit body and you want to have fun while you get there—Aquarobics is for you! Our water fitness program uses the water's resistance and buoyancy to promote quicker muscle tone and a vigorous cardiovascular workout. Our professionally trained instructors will inspire you to move and burn those calories away with all over body exercises set to your favorite tunes. This 60 minute workout will get you in shape while reducing the risk of injury and impact to your joints. Our

shallow water workout does not require swimming skills and is perfect for all levels of fitness. You make the commitment to your health, we'll make it fun. Get in. Get fit.

New sessions start every five week but all are welcome to join at any time. The first session will begin November 17th, the next session will begin January 6th.

Aquarobics classes are held Monday - Wednesday - Friday 9:00—10:00 AM

Night Aquacise

Tuesday – Thursday 6:00 - 7:00 P.M.

Our night 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!!

Winter Pool Schedule: Please visit the website for more information at www.nhstc.com

South Pool

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
5:30 AM	Masters	Chinook	Masters	Chinook	Chinook	Pool Closed	Pool Closed								
6:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim										
6:30 AM															
7:00 AM															
7:30 AM															
8:00 AM															
8:30 AM	Aquarobics	Open/Lap Swim	Aquarobics	Open/Lap Swim	Aquarobics										
9:00 AM															
9:30 AM															
10:00 AM															
10:30 AM															
11:00 AM	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed										
11:30 AM															
12:00 PM						Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim				
12:30 PM						Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim			
1:00 PM															
1:30 PM															
2:00 PM															
2:30 PM															
3:00 PM															
3:30 PM															
4:00 PM	Swim Team	Swim Team	Swim Team	Swim Team	Open/Lap Swim										
4:30 PM															
5:00 PM	Swim Lessons	Novice Lap	Swim Lessons	Lap	Swim Lessons								Novice Lap	Swim Lessons	Lap
5:30 PM	Lap Swim	Masters	Lap Swim	Aquacise	Lap Swim	Masters	Lap Swim	Aquacise	Lap Swim	Masters					
6:00 PM															
6:30 PM															
7:00 PM											Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Float Night
7:30 PM															
8:00 PM															
8:30 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Open Swim	Adult Swim									
9:00 PM	There will be at least 1 lap lane open during all Open Swims. Two Lap Lanes are available during Swim Lessons														

Weight Room Opens at 8:00 AM on Saturdays

Dive Team will practice 7 - 9 PM Tuesday & Thursday. One Lap Lane During Float Night.

Club will be closed on 11/22, 12/25 and 1/1. We will close at 4 PM on 12/24 and at 7 PM on 12/31.

**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!

PRSTD STD
U. S. Postage
Paid
Bellevue, WA
Permit No. 144

Annual Membership Meeting

The club's annual membership meeting will be Tuesday, March 3rd starting at 7 PM. All members will receive an agenda for the meeting with your February Statement. The club will be looking for two new board members this year. So if you are interested, please contact Club President Jim Granger or Club Manager Eric Bartleson by the end of February.

Parent's Night Out

Please join us for our Parent's Night Out. Parents will be able to drop off your children at 6 PM and pick them up between 9:30 and 10 PM. Children will have the choice of doing crafts or swimming from 7:00 – 8:30 PM (they can bring a float for this night). We will be serving Pizza and drinks from 6 – 7 PM along with popcorn during the movie. The movie will be shown from 8:30 to 10 PM. For children aged 5 and up. Cost \$10 Maximum of 25. January 2nd for February 14th, and March 1st for April 10th.

Dates:

Saturday, February 14th 6-10 PM, and Friday, April 10th 6-10 PM