

# Baseline Newsletter

## June 2019



### OTHER NEWS

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I write my last newsletter to you all. Hopefully, my remarks have helped you to stay up to date with what your board has been working on this year. I would like to thank all my fellow board members for all the assistance and participation this year. We will say goodbye to Dundeeana Doyle, Dave Stafford and Roger Perrin and thank you for serving!! We will welcome three new board members at the June 19 President's reception. Molly Lambers and her committee have recruited a great slate of members to select from this year: Lynda Carlson, Wayne Lim, Teresa Morrow, Steve Shimkus, Kirk Stanford, and Helen Suk. Your ballots will be delivered shortly and can be turned into the front desk until June 19, 3:00 p.m. to be counted.

Thank you to everyone who participated in the Member Work Party on May 18. We had a huge turnout and tackled many tasks. Thanks also to Julie and the staff for organizing the tasks and to Phil for his excellent grilling!! It was so much fun to see so many people at this event.

We are finalizing the annual survey questions. This is your opportunity to provide feedback regarding all aspects of the club. Each member is encouraged to provide feedback. We will have online and hard copy versions available. Results will be tabulated and reviewed by the board and the appropriate committee. Look for the survey in July.

The board approved an additional \$80,000 toward retiring the debt on the Roberts Building. Retiring the debt is a key component towards any future building plans. Regarding future clubhouse planning, the board is looking at some shorter-term options for improving our facility. We will start work on a revamp of the Reed building lobby and the Facilities committee continues to explore options for restrooms nearer to this building. Many hours were spent in the board meetings this year regarding future clubhouse options and assessing the current state of our clubhouse. The conclusion of this work indicated that we are not in a financial position to move forward on a new clubhouse project in the near term without a dues increase plan or a significant capital call. It is our intention to continue to solicit your feedback regarding our clubhouse and work towards improving our facility.

June will bring the Women's Benefit Challenge on June 3rd, Women's Doubles Night on June 4th and USTA 18+ Playoffs June 13-16th.

Finally, it has been my privilege to serve as your president this year. I would like to thank all the members who participate in the club – committees, surveys, work parties, snow shoveling and the myriad other activities that get done around here. You all inspire me! I would like to thank Julie for all her support and her continued excellent work in ensuring our club runs so well.



**President**  
**Kim Skorupa**



# JUNE

## Important Dates



Thursday, May 30-Saturday, June 1

Monday, June 3

Monday, June 3

Tuesday, June 4

Wednesday, June 5

Friday, June 7—Sunday, June 9

Monday, June 10

Monday, June 10

Friday, June 14—Sunday, June 16

Friday, June 14

Tuesday, June 18

Tuesday, June 18 & Wednesday, June 19

Wednesday, June 19

Wednesday, June 19

Saturday, June 22

Sunday, June 23

Monday, June 24

Monday, June 24

Wednesday, June 26

Friday, June 27 –Saturday, June 28

Sunday, June 30

USPTA Convention

Women's Benefit Challenge —8:30 am

Membership Committee Meeting 5:30 pm

Women's Night Doubles—7:00 pm

Summer Women's team tennis sign up available

Wild Card Playoffs 18+

Cup Committee Meeting - 1pm

Tennis Committee Meeting - 6pm

USTA 18+ Playoffs

USTA Mixed 55+ and 40+ begins

Facilities Committee Meeting - 4:30 pm

USTA 65+ Playoffs

Election of Directors—Ballots due at 3:00 pm

President's Reception & Annual Meeting 5:30 pm

Stars and Bronze Play Day 9:00—11:30 am

Last day of Late Spring Junior Team

Pool opens daily- lifeguard on duty 11 am to 8 pm

Summer Jr. Tennis Camps begin

Election of Officers & Board Meeting - 5:30 pm

15th Annual MXD benefitting Fred Hutch

Club transitions to summer hours—

no Sunday court reservations 8:30 pm

## DON'T MISS THIS

President's Reception & Annual Meeting

**Wednesday, June 19**

Election ballots are due by: Wednesday, June 19 at 3:00 pm

President's Reception: Wednesday, June 19 at 5:30 pm

Annual Meeting: Wednesday, June 19 at 6:30 pm



# MANAGER'S MISCELLANY

Thank you to everyone that pitched in for the Member Work Party and to our staff that helped to organize the tasks that needed to get done! We were all so efficient we kept adding more jobs until Phil was ready to BBQ. What a beautiful day! All these efforts helped get the pool open for our Memorial Day weekend. While the pool wasn't overly used Saturday and Sunday, that 80 degree Memorial Day had the pool full! While we have some returning lifeguards we do have a few new faces joining us by the pool. Please let Vlad know how they are doing out there!

With the little amount of pollen that has fallen this year – we decided to go ahead and take advantage of some rainy weather to start the pressure washing of the outdoor courts. Remember, outdoor court policies are the same as indoor court policies. And if you have an indoor court and decide to move outside, contact the front desk to make sure it isn't already reserved.

Our June starts off with the USPTA Convention. The PNW President, our very own Chad Smith, will host about 170 pros that will attend clinics on and off court, and spend Friday and Saturday honing in on their skills. The USPTA appreciates being able to hold this event in the local area and what a better way for Chad to end his term, on his own turf. Thanks for your hospitality.

Monday, June 3—we will cohost with Bellevue Club, Mercer Island, and Pro Club, the Women's Benefit Challenge; fun tennis benefitting the Ronald McDonald House. Raffle tickets are still available!

Friday – Sunday, June 7 through the 9, we will be hosting our teams that have qualified for the 18+ USTA Wildcard weekend. Match play will tentatively be here Friday, Saturday and Sunday nights – seeing what teams will advance to the Adult 18+ Playoffs that we are hosting the following weekend Friday, June 14 through Sunday, June 16. Come watch some fun, lively competition, and hopefully some of our own teams will be participating. Courts will be limited so please be prepared when calling the front desk for those weekend courts.

The following week we will have the President's Reception and Annual Meeting. There will be some great presentations by your Committee Chairs and the announcement of our three new Directors. We also have some special awards that we would love to share with you, so please make an attempt to join us Wednesday, June 19 – 5:30 pm we socialize and 6:30 pm the Annual meeting begins.

With summer upon us – a few policy reminders for around the club.

For those at the pool - before entering the Clubhouse, swimmers MUST dry off, and put on cover-up attire and footwear. Please avoid sitting on the lounge furniture in a wet swim suit.

For those on the courts – proper tennis attire is a must. Men please keep your shirt on and avoid tank tops on the courts. Ladies – a top over your sports bra – and everyone – definitely no flip flops or jeans on the courts.

For those bringing younger kids to the club – please make sure they are well supervised. While we want everyone to have fun, please avoid disruptions to your fellow members' tennis time. If you need help connecting with some members that might have a teen at home that can help “babysit” while you are here – let Laurie or me know – we have some great helpers that we can ask if they are available.

## Cancellation/Moving of Courts

It is mandatory to cancel a reserved or assigned court at least four hours prior to court time to avoid a penalty. For events and programs, we require members to cancel at least 24 hours prior to the start of the event. The person who reserved the court MUST be the one to call in to cancel or move the court. The front desk is enforcing this rule, so please make note of it.

## Waitlist Courts

If you add yourself to the waitlist, you do have an option to specify how much notification you need to be able to take the court. An email notification will let you know if you have received the court – if you need to cancel it – call the front desk immediately to avoid a late cancel or no show.

Have a great summer – and hope to see you here!

Julie Wheadon, Club Manager

# COMMITTEE REPORTS

## TENNIS | CHAIR CHRISTINE GARNETT

The tennis committee is working on developing policies regarding non-members ability to play on CPTC USTA teams. We have had numerous petitions this USTA season. We encourage all captains to be as inclusive of existing members before petitioning the committee. We anticipate having these policies in place for the start of the fall USTA season.

## MEMBERSHIP | CHAIRS ANNE GLENNY AND BRAD BENNETT

The Membership Committee met on May 6th. Our waitlist continues to be very strong at 55. Waitlist members are being told that they can expect a wait of up to 12 months before buying in as a full equity member. This month 3 families moved off the waitlist. Laurie has been busy giving tours. Central Park continues to be an attractive club to join.

Last month we celebrated Cinco de Mayo. Thank you to all that helped organize the event, and bring a little bit of Mexico to Central Park. We look forward to celebrating summer and sunshine with our Luau 7/27, and a Mariners game 7/7 against our division rivals the Oakland A's. Sign ups will be out shortly. Nothing says summer more than grass skirts, Hawaiian shirts, flip flops and baseball.

As always thank you for participating!

## CUP | CHAIR ELIZABETH GRAVES

While the Cup season is dormant from a player perspective, the Committee is making plans and setting agendas for next year. Applications have been completed, teams are being formed, and rosters will be submitted, in compliance, to the SACT (Seattle Area Cup Tennis) by the end of the month.

## FINANCE | CHAIR ROSS LAURSEN

The Finance Committee convened on its normal day in May. Financials remain favorable year to date. Multiple capital projects approved by the Board in April have come in lower than originally projected. Based on a strong operating fund cash position, the committee recommended an additional principal payment toward our bank note, which the Board subsequently approved. Additionally, the committee recommended a new policy to add a payment surcharge to cover the transaction costs associated with new members electing to pay their initiation fee by credit card rather than cash. This recommendation was also passed by the Board. The depository options for the Capital Fund were discussed again due to changing information and a course of action was solidified. Finally, the committee discussed our initiation fee history along with our current new member waitlist. No action was proposed at this time, however the topic was presented as a Board discussion with feedback and next steps identified. The committee will review the manager's report and financials virtually during the months of June and July.

## FACILITIES | CHAIR BRIAN DARROW

Look for some new improvements around the Club in the very near future. We should have some new benches for the outdoor tennis courts (opposite the current benches) in the next couple weeks. Also, the new ice/water machine should be arriving soon so we will have more options for hydration near the multipurpose and fitness rooms just in time for summer. Lastly, the Reed Building viewing area will undergo some minor remodeling to enhance entertainment activities during and after matches. We hope you enjoy these improvements.

In other good news, the lighting manufacturer has agreed to replace ALL the indoor tennis lighting this summer. Thanks to Steve Coleman for working diligently to get this pushed through without any cost to the Club. Work is scheduled to be done sometime late summer.



## BOARD OF DIRECTORS - CANDIDATE PHOTOS

The Annual Meeting and Election of Directors will take place on Wednesday, June 19th at 6:30pm in the Clubhouse Lounge, preceded by the President's Reception at 5:30pm. All members are invited and encouraged to attend. Ballots for the 2019-2022 Board of Directors have been mailed out. Please see Club Manager, Julie Wheadon if you did not receive one. Ballots are due by 3pm on Wednesday, June 19th. Below are the photos and names of your Board of Director candidates. Their bios can be found [here](#).



Lynda Carlson



Wayne Lim



Teresa Morrow



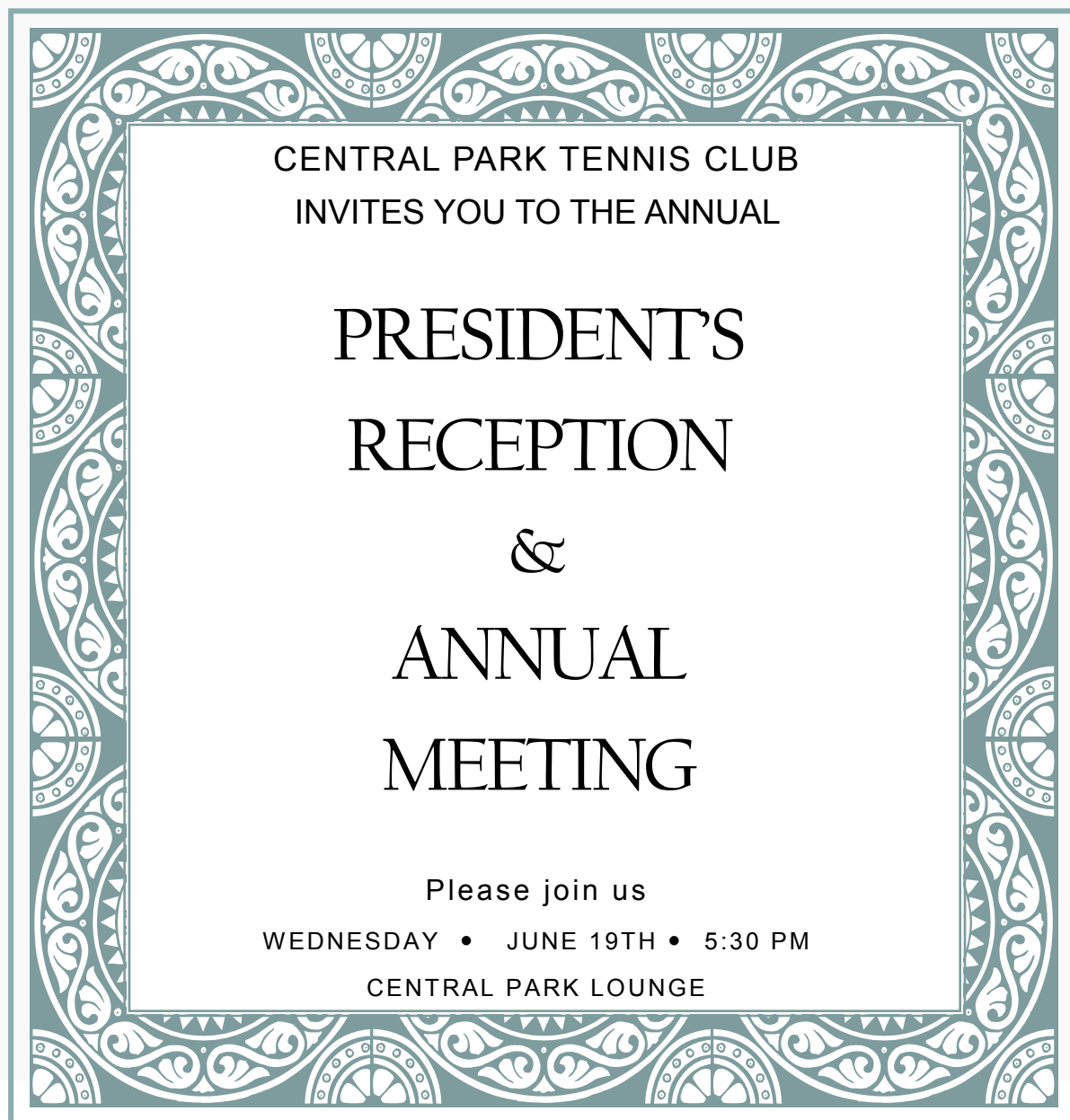
Steve Shimkus



Kirk Stanford



Helen Suk



# FITNESS COURT

**JOIN US** for our *third EPIC adventure*, hiking the *Grand Canyon* in 1 day. It's a long 23 miles, but so worth it. **September 26-28<sup>th</sup> 2019**

**CONTACT** us Today for more information: [clay@fit2playnw.com](mailto:clay@fit2playnw.com) or 206.595.3021



## *Spot Training: Truth Or Myth?*

You've probably heard the claims that you can change your body overnight with this brand new gadget or exercise program

*"Lose the belly" "Banish your trouble zones"*

*"Drop stubborn fat off your thighs by drinking this special shake"*

There are so many gadgets, supplements, nutritional products and exercise programs on the market these days telling us we can lose the fat off our thighs, arms and belly. It's no wonder we're more confused than ever!

## **BUT, CAN YOU REALLY LOSE FAT FROM SPECIFIC PLACES - AND NOT OTHERS?**

A recent study compared the results of women who focused on diet changes only, and those who made dietary changes but also did abdominal strengthening exercises. Researchers wanted to see if the addition of abdominal exercises had any bearing on belly fat loss.

**And, the results?** Both the exercising group AND the non-exercising group saw almost identical results!

All of the participants lost overall body fat, reduced their BMI and lost belly fat. The women who added abdominal exercises were no further ahead at reducing belly fat (or overall body fat) than their non-exercising counterparts.

**And, the takeaway?** You can't pick and choose where you want your body to lose fat.

Our bodies are unique and we store fat differently based on our body type.

When we lose weight, our bodies decide where it's going to keep fat and where it's going to release it.

Factors such as our age, gender, hormones and genetics all play a role in how and where our bodies store fat.

## **BUT, CAN YOU "SPOT TONE"?**

So, if you can't spot reduce certain areas of your body, can you "spot tone" them? Well, sort of.

If you want to achieve that 6-pack look, you *can* start working on your core training regime. Over time you will gain strength and build muscle. However, if you're still carrying a hefty layer of body fat over your abdominals, you won't be able to see your hard-earned definition.

Furthermore, only training one or two specific muscle groups on your body is not the most "functional" way to train; all our muscles work together to move us safely and efficiently every single day.

*For a balanced body we should work all muscle groups. So, what actually works to shed body fat and tone "trouble areas"?*

## FITNESS COURT CONTINUED

[Chris McGrath](#), ACE Fitness Consultant says, *“The whole is greater than the sum of its parts. If you want to burn more fat and ‘sculpt’ more muscle, increase your fitness level.”*

He advocates for full-body resistance training exercises and focusing on larger muscle groups with [simple body-weight] exercises such as:

- Squats
- Lunges
- Pull-ups
- Push-ups

McGrath also adds, *“These movements incorporate large and small muscles, giving you far more bang for the buck. Work them in a circuit fashion that promotes non-stop movement and you can improve your fitness even more.”*

### NUTRITION IS THE MAGIC BULLET!

The one thing that both groups in the previously mentioned study had in common was a change in dietary habits.

A balance of proteins, healthy fats, fruits and veggies will give you a strong advantage in reducing your overall body fat. Sorry if this wasn't the “magic bullet” many are seeking, but nutrition really does play a huge part in (re)shaping our bodies.

Check out this Spicy Fat Burning Chili with the [metabolic boosting advantage of chili peppers](#) to reduce your overall body fat.

**Bottom line:** What you eat is going to make the biggest difference in shaping your body and keeping up a well-rounded fitness routine will have you moving better, feeling better and living well.

Ready to make a lifestyle change around your eating habits? Tired of trying the latest fad diet only to be back where you started? Food is only part of the equation the other part is you, your mindset, triggers.....

[Contact Vicki](#) to find out how she can help

### **CLASSES**

**Boot Camp** MWTH 9-10am//**Boot Camp** TTH 5:45-7pm//**Fit'n'45** TH 12-12:45pm

\***Contact Clay CSCS**// [Clay@fit2playnw.com](mailto:Clay@fit2playnw.com) 425.822.2206 ext 126

\***Contact Vicki NBC-HWC**// [Vicki@thewellfitlife.com](mailto:Vicki@thewellfitlife.com) 425.822.2206 ext 122





# PROS COURT

## Finding My Motivation

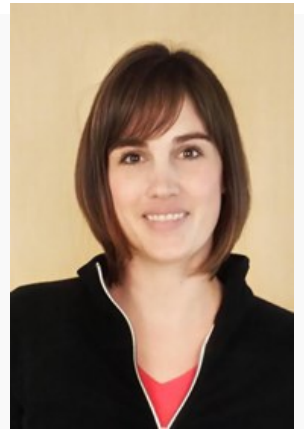
After playing college tennis I was burned out on the sport. Competition, or even the thought of competing was emotionally draining. Winning wasn't a good enough feeling anymore to overpower the downsides. I took a number of years off from competition but I was teaching a ton and still would go out for a hit with friends. That is actually how I met my husband!

When I did start to compete again it was in USTA leagues. I still had the ups and downs, and definitely the soul crushing (as coach Blakeley, I think accurately, describes it) awful days. I remember those days I would ask myself THE question "why am I doing this?" I can't say my first season was much fun and I'm not sure if it was even a losing season. Luckily I had a fantastic group of people where we played in California who showed me there is so much more. There's more. I was glad to be part of a team again, and happy for the support. The social aspect of tennis, sharing food and drink and laughs and stories after playing. The friendships that continue off the court. I have met most of my closest friends through tennis. I started to have fun tinkering with my game, both technique and strategy. Dinking around with weird spins, trying to perfect a shot, getting fit and seeing the results on the court. I began to enjoy the battle, and giving it everything I had even in defeat did not leave me feeling drained. Winning and losing didn't define me.

Winning matches, improving and having a successful season are always a goal. Of course I want to win! But if you get the opportunity to play this game for life, and I am a lifer as long as my body can take it, you have to have more than winning as your motivator. Slumps happen and it's the pits. I am currently shoveling my way out of one. But I find it interesting that even on my worst days; you know the ones where not only did you lose but you helped your opponent win, I have not once fallen out of love with the sport. There's just so much more and I think much of that is thanks to our tennis community especially here at Central Park.

See you on the courts (with my shovel)!

[Kathryn Osborne USPTA Professional](#)



# WOMEN'S NIGHT

## DOUBLES

**Tuesday, June 4th at 7 pm**

Online & paper sign ups available  
1 week prior





# CPTC JUNIOR ACCOMPLISHMENTS

## 2019 Washington State High School Results

### Boys Singles

3A	1 <sup>st</sup> Place	Alan Yim	Lakeside
	2 <sup>nd</sup> Place	Brett Pearson	Lake Washington
	4 <sup>th</sup> Place	Cameron Yang	Bellevue
	7 <sup>th</sup> Place	Joshua Kim	Bellevue
2A	2 <sup>nd</sup> Place	Josh Chou	Sammamish
1B/2B/1A	2 <sup>nd</sup> Place	Ezra Magaram	Seattle Academy

### Girls Singles

4A	Participant	Sophie Wu	Newport
3A	3 <sup>rd</sup> Place	Addie Eklund	Interlake
	5 <sup>th</sup> Place	Olivia Sun	Interlake
	6 <sup>th</sup> Place	Ellie Gershaw	Lake Washington
2A	3 <sup>rd</sup> Place	Luciano Sobrino	Liberty

### Boys Doubles

3A	3 <sup>rd</sup> Place	Jason Edmonds/Jack Delafield	Lakeside
	5 <sup>th</sup> Place	Shubu Purohit/Alex Levine	Lake Washington

### Girls Doubles

4A	5 <sup>th</sup> Place	Evelyn Wong/Kaitlyn Ye	Newport
3A	1 <sup>st</sup> Place	Sylvia Eklund/Charlize Yeh	Interlake
	2 <sup>nd</sup> Place	Amber Edmonds/Crystal Xu	Lakeside



Please be sure to share your tennis news with us. Send an email to

[Tennispros@centralparktennisclub.com](mailto:Tennispros@centralparktennisclub.com)

CENTRAL PARK TENNIS CLUB

# TENNIS SUMMER CAMPS '19

WEEKLY CAMPS

JUNE 24 - AUGUST 15, 2019



**Annual Club Luau**

**July 27, 2019**

**CPTC CLUB CHAMPIONSHIP  
DATES FOR 2019**

**ADULT: OCTOBER 3-13**

**JUNIORS: NOVEMBER 8-10**

## **Time for some Parent Child Tennis Fun in the Sun!**

If you have a kid or two or three in the program and would like to spend some QT with them, this would be a great opportunity to do it...

Coach Dea and Phil will be there to have some fun format of tennis games and doubles. So, dust off your racquet and join your kids and find out why tennis is so fun for the whole family...

This is perfect for all levels of play, we will be using low compression balls and modified court size to keep things light and fun....

Snacks and balls are provided. Just come with your pair of tennis shoes and racquet (if you don't have any racquet that's fine we will provide some racquets too)

Oh and bring your kiddos too!

**Sign up goes out June 10.**

Date: Sat, June 22nd

Time: 9:00-11:30am

Cost: \$35/pair

Location: check in at the Wright Building



# 31ST ANNUAL WOMEN'S BENEFIT CHALLENGE—JUNE 3



Please join us as we partner with Bellevue Club, Pro Club and Mercer Island Country Club to raise money for the Listen and Talk.

**Open to the entire club!**

From Mariner box seats to date nights to tennis lessons. There are just too many Incredible items to list.

[Click here to see all of the raffle items!](#)

Deadline is Monday, June 3

Drawing: Monday, June 3 at 6:00 pm

Winners **DO NOT** need to be present to win.

Please turn in your raffle form to the front desk.



## Mixed 40+

6.0	<a href="#"><u>Twyla Baird</u></a>
7.0	<a href="#"><u>Leslie Bouton</u></a>
7.0	<a href="#"><u>Joanna Bengford</u></a>
8.0	<a href="#"><u>Merrie Vieco</u></a>
8.0	<a href="#"><u>Dundeana Doyle</u></a>
9.0	<a href="#"><u>Dundeana Doyle</u></a>

## Mixed 55+

7.0	<a href="#"><u>Wie Antono</u></a>
7.0	<a href="#"><u>Christine Garnett</u></a>
8.0	<a href="#"><u>Tara James</u></a>

## USTA MIXED TEAMS

## SEASON BEGINS JUNE 14



Friday, June 14 through Sunday, June 16 we will be hosting the Adult 18+ Playoffs. Courts will be limited. Come watch some great tennis!



# MEMBERSHIP INFORMATION

## New Equity Members

Ann Hoang & Michael Wallent  
Aaron & Aileen Song

## New Intermediate Members

Jordan Bluedhorn

## Resigning Members

Ellen Kubes  
Grant Santee  
Pat & Lee Englund (Seasonal)  
Jeannine & Greg Gilmer (Seasonal)



**Thanks to everyone that helped at  
our Member Work Party!**

June 27– 30, 2019 15TH ANNUAL  
**ALL-MIXED DOUBLES TENNIS EVENT**  
DIVISIONS ARE FLIGHTED  
BY USTA RATING:  
6.0, 7.0, 8.0 & OPEN LEVELS  
[REGISTRATION INFO >](#)

MAIN DRAW WITH FIRST ROUND CONSOLATION,  
GUARANTEE OF TWO MATCHES PER TEAM.  
ALL TOURNAMENT PARTICIPANTS RECEIVE GIFT BAGS  
& ENTRY TO THE SATURDAY NIGHT PLAYER PARTY.

Matches will be at  
CPTC and  
Bellevue Club



# POOL INFORMATION

## LIFEGUARD HOURS

Weekends ONLY from May 25th - June 23rd, lifeguard hours are 11:00 am - 8:00 pm.

Starting June 24th, lifeguard hours will be Monday-Sunday from 11:00 am - 8:00 pm.

## YOUTH SWIM

**Anyone 17 years or younger may only use the pool when a lifeguard is on duty.**

## POOL GUEST FEES

All members and their guests must sign in with the front desk.

There is a \$5 swim guest fee that either the guest or accompanying member must pay.

Please visit our website to read our pool rules.



**PLEASE SAVE THE DATE**  
**SUNDAY, JULY 7TH**

Join us as we hop aboard the **BIG WOODY PARTY BUS** and head to the **MARINERS GAME**

Seattle Mariners vs Oakland Athletics, 1:10 pm

Tickets for the game included



Space will be limited so save the date today!

# MASSAGE



Hello New Members,

Redeem your 30 minute - Massage Gift Certificate at  
Freeman J. Held Massage.

Choose between Facilitated Stretching,  
Classic Swedish/Deep Tissue Massage or  
gentle CranioSacral Treatment.

[Freeman.YouCanBook.Me](http://Freeman.YouCanBook.Me)

Hope to see you soon.



## ADVERTISEMENTS

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Bellevue  
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Wesley K. Nomi, DMD  
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## SCOTTSDALE CONDO RENTAL W/ POOLS, SPAS & TENNIS COURTS!

Escape to Scottsdale in this club member owned 2 bedroom, 2 bath condo with 3 community swimming pools, spas and tennis courts. It is 6 minutes away from Scottsdale tennis center and 10 minutes from many different golf courses. The condo is owned by a club member.

**FRIENDS & FAMILY DISCOUNT - 10% OFF!**

View & book the property online at [evolvevacationrental.com](http://evolvevacationrental.com) or call 877-818-1014. Property ID: 420231. Use the Friends & Family code FF10 to receive a 10% discount.