

## Baseline Newsletter

### April 2021



#### Directory

Important Dates.....	2
Manager's Miscellany.....	3
Committee Reports.....	4
Healthy Corner.....	5
PRO Report/Stringing.....	6
Open Enrollment.....	7
New/Resigning Members.....	7
New Member Highlight.....	8
Survey Results.....	8
Junior Program.....	9
To Do.....	9
FAQ.....	10
Tennis Tips.....	11
Clinics/Programs.....	12

Spring is in the air; we're re-awakening from Winter; we've entered Phase 3; and good things are happening at Central Park.

#### Mask changes

Word traveled fast that the mask requirement for tennis play has been eliminated with the Phase 3 rules. To clarify, masks are still necessary in all areas of the Clubhouse and walking to and from your court. And masks are still required for any sort of indoor instruction – a group lesson, a private lesson, junior team, etc. – basically anytime a Pro is on an indoor court with you.

This change is due in large part to the group of tennis facility managers (which includes our beloved Julie!) and their efforts to work with and educate their contact in Olympia. This decision follows the re-categorizing of tennis as a “low-risk” sport, separating tennis from higher contact recreational activities which have more strict guidelines.

#### Open Enrollment

April 1 also marks the beginning of our “Open Enrollment” period – the only time of year where members can make changes to their membership composition. Those with the newer Single Equity memberships may add spouses, partners, and dependents to their membership and those with the older Family Equity memberships have the opportunity to convert to Single Equity. Laurie can answer any questions if you're trying to decide what is right for you.

#### Summertime Preparation

Expect to see sign-ups for summer junior programs soon. We are excited to be a place where kids can hit balls, learn the game, and just have fun.

Fingers crossed – we'll be opening our pool this summer. We may have to make adjustments from “pool as usual”, but hey, we're used to that by now! Stay tuned.

And in preparation for warmer weather, pool season, and socializing on the deck, there will be a member work party on Saturday, May 15. This is the time when members volunteer a few hours to spruce up the Club by planting flowers, weeding, painting, and other jobs the Facilities Committee and Vlad assign us. If you haven't done this before, consider pitching in. It is a fun way to meet your fellow members

#### Outdoor Courts

Nice weather = outdoor tennis! The courts will be cleaned as soon as the pollen season passes so in the meantime, be cautious as pollen plus rain means slippery.

Speaking of outdoor courts, some of you may have noticed seeping water, cracks, bubbles, and some crumbling asphalt on our outdoor courts.

This committee, along with a tennis court engineer, will be meeting with the City of Kirkland for to determine any specific requirements the City may impose when this project is undertaken. Expect more to come on this in future months.

As always, I'm happy to hear from members, [so reach out if you have any questions or concerns or feedback.](#)



**PRESIDENT**  
**[NANCY GOLDBERG](#)**

# Nominating Committee Report

The Nominating Committee has completed their work in selecting members who are willing to serve on the Board. **John Iwanski** chaired the Committee comprised of **Kevin Harrang** (current board member), **Andrea Gerth** (immediate past chair of committee), **Leslie Bouton**, **Mary Czerwinski**, **Girish Patwardhan**, **John Thekkethala**.

The candidates for election to the Board are **Leslie Bouton**, **Mary Czerwinski**, **Elizabeth Graves**, **Girish Patwardhan**, **Pam Peters**, and **Fred Wurden**.

Thank you to the Committee for their work and to the candidates willing to serve. Election Process Nominations will remain open to petition candidates for 25 days following date of publication. This can be accomplished by filing a petition signed by no less than 25 equity members with the Secretary of the Club, Helen Suk. Ballots, with supporting biographical material and candidates' pictures, are mailed to membership no less than 40 days after date of publication of nominees' names, and no less than 20 days before our Annual Meeting. The new Directors will be announced at the Annual Meeting of Central Park Tennis Club, June 16th, 2021.

Nominating Chair John Iwanski said it best as he wrapped up his Committee work:

*"As a final note, I would ask members to please consider becoming more involved with our member-owned club, particularly by volunteering for committees. This will provide you better insight and perspective on club activities, while providing an opportunity to potentially get to know more great people. In particular, if asked to run for the CPTC board in the future, it is a great opportunity to lend your expertise to the governance of the club in enhancing its success for the years to come."*

## April 2021



Sunday, April 4

Happy Easter!

Wednesday, April 7

Women's Team Tennis Begins

Friday, April 9

Membership Committee Meeting 9:00 am

Monday, April 12

Tennis Committee Meeting 6:00 pm

Tuesday, April 13

Facilities Committee Meeting 4:30 pm

Tuesday, April 13

Fitness Committee Meeting 6:00 pm

Wednesday, April 21

Finance Committee Meeting 6:00 pm

Wednesday, April 28

Board of Directors Meeting 6:00 pm

# MANAGER'S MISCELLANY

APRIL 2021 – A start of spring, longer days, allergy season and summer planning. We are hopeful to continue the path of re-opening more of CPTC to our members and look forward to getting back to the days of passing one another in the Clubhouse, gathering for an after-tennis beer without QR codes and organizing member socials.

We were pleased to enter Phase 3 and announce the new mask regulations. We also have additional opportunities for more tennis with the expansion of Friday and Saturday times, more ball machine times, and the ability to reserve tables to have that draft beer you have been longing for. If you missed that information or are looking for more details, [click here](#). For this month we are looking at opening the use of showers and bringing more Fitness options to you. Watch your inbox for an email announcing what will be opening.

This month we begin our Open Enrollment period allowing you to make any additions/deletions or changes to your current membership plan. For more information you can click the [link here](#) to access the enrollment form.

The Tennis Staff has also determined the schedule for our summer junior program. Information and sign up can be found on our [club website here](#).

Your Facilities Committee and maintenance staff are developing the annual Member Work Party task list – mark your calendar to join us Saturday May 15. Fingers crossed for a sunny day as we work to prepare for Summer at CPTC.

The Membership Committee is ready to organize those member socials when allowed – if you have some ideas on social distancing party ideas -- please reach out to [Laurie](#).

We also start preparing for our Election of Directors, relying on our members to be involved and nominate 3 new Board members to start in June. In March we reached out to some members to potentially join the Finance Committee and were pleased that some accepted. Being involved in the Club Committees is a great way to meet members and learn how the Club functions. And it really is not all that time consuming – maybe 1-2 hours a month. As always, feel free to contact me if you have any questions or interest in getting involved. We also have each Committee's mission statement posted [here](#), as well as the Chairs email addresses.

Before we know it...the first paragraph will say DECEMBER 2021 – we made it!

Looking forward to a busy and productive year... with a lot of tennis being played and good memories being made.

[Julie Wheadon](#)

Club Manager

**Important Reminder!**

Please remember to check your emails!



# **COMMITTEE REPORTS**

## **MEMBERSHIP | CHAIR [ANNIE OTTESEN](#) & [JOYCE ISMON](#)**

It's Spring, no mask while playing!! What more could we ask for at CPTC???? WE are FULL! We have a 2-3 month waitlist to join our club! Job well done Laurie. On your way to courts let her know your appreciation!

---

## **FACILITIES | CHAIR [STEVE COLEMAN](#)**

Assistant Manager Darin Rauso and Facilities Committee Member Bill Skilton continue to monitor the CO2 levels throughout the club in regard to the issue of indoor air safety. Darin has been taking readings with a CO2 meter and logging the data. CO2 is produced by humans exhaling, which is an indicator of potential for viruses spread by aerosol droplets such as COVID. So far, the readings indicate in every measured area at all dates and times at which readings were taken, a typical level found in occupied spaces with good air exchange. The auto gate opener to exit the club has proven to be quite popular to the point that it has already worn out and will be replaced by a high-volume commercial gate opener here shortly. The small roof leak on Court 11 has been fixed and moss control is underway on the roofs of all the indoor court buildings. Jack Goldberg continues to provide leadership on documentation and cost estimates which will be provided to the Board on the maintenance/upgrading/replacement of the outdoor and championship courts. Now that it's Spring, the annual member work party has been scheduled for Saturday May 15. All members are invited and encouraged to participate. The next Facilities Committee meeting is scheduled for Tuesday, April 13 at 4:30 PM.

---

## **TENNIS | CHAIR [KIRSTEN BARNES](#)**

With the "Healthy Washington" Phase 3 Guidelines in place, some changes in mask rules have occurred at CPTC. Please consult GameTime for current details on facial covering requirements.

Last month a survey was distributed to members requesting feedback regarding Men's Night and Cup Tennis. The responses will be reviewed to determine if any updates or changes should be made to these programs. Hopefully you were able to provide your input where relevant to you.

---

## **FINANCE | CHAIR [PETRA CARL](#)**

February was a good month for us as we were able to be open and resume more activities. We saw an uptick in revenue due to more tennis lessons, guest fees from USTA matches and membership sales. Our expenses remain steady, but we did receive our property tax assessment and we will make our payment in April.

Our discussion this month was what should we do with our cash. Our balance is growing, and we are assessing our options. Should we pay down our loan or should we save for club improvements? A few years ago we put some of our funds into CD's, but now interest rates are so low that it really doesn't make sense. We have invited a few more members to be part of our committee, so this month we will discuss our upcoming cash needs and make some decisions. If you have any input, please let me know.





## Salmon Tacos with Mango Avocado Salsa

Total Time: 40 min

Serves: 4 (2 each)

Calories: 441

*These are delicious and a great way to lighten up a regular taco - perfect for Spring! There are a ton of healthy stars in this dish: Avocados - healthy fats, Salmon - a great source of Omega-3's to help fight inflammation, Cilantro - loaded with phytonutrients and Red Bell Peppers - more Vitamin C than an orange! Inspired by <https://diethood.com/salmon-tacos-mango-avocado-salsa/> with a few healthy swaps from me (\*)! Cathy Long*

### SALMON

- \*1 lb fresh *wild* salmon fillet or 4-4oz fillets
- 2 Tbsp extra virgin olive oil
- 1 fresh lime, halved
- 1/4-1/2 tsp chili powder
- \*8 low-carb or gluten free warmed soft tortillas (I like Siete brand - grain free)
- \*4 cups shredded lettuce or chopped cabbage slaw

### MANGO AVOCADO SALSA

- 1 mango, pitted, peeled and diced
- 1 avocado, pitted, peeled and diced
- 1/3 cup finely diced red bell pepper
- 3 Tbsp chopped fresh cilantro
- juice of 1 whole lime
- 2 Tbsp extra virgin olive oil
- S & P to taste

### CILANTRO-YOGURT SAUCE

- \*3/4 cup plain yogurt (or almond yogurt)
- 2 Tbsp chopped fresh cilantro
- 1 Tbsp fresh lime juice



### Instructions

- Preheat oven to 425F.
- Line a baking sheet with parchment paper.
- Transfer salmon to the prepared baking sheet.
- Drizzle with olive oil and squeeze lime juice over the entire fillet.
- Rub the chili powder into the salmon, and season with salt and pepper.
- Bake for 15 to 18 minutes, or until salmon is cooked through.
- Remove from oven and let stand couple minutes.

### In the meantime, prepare the salsa and cilantro yogurt sauce.

- Combine diced mango, avocado, pepper, cilantro, lime, oil, salt and pepper in a mixing bowl; toss to combine. Set aside.
- Prepare the cilantro yogurt sauce by combining yogurt, cilantro, lime juice, salt and pepper in a separate mixing bowl; whisk until thoroughly incorporated. Set aside.

### TO ASSEMBLE THE TACOS

- Break the salmon into pieces.
- Spread a dollop of the cilantro yogurt sauce on each tortilla.
- Top with fish and shredded lettuce or cabbage.
- Add mango avocado salsa and garnish w cilantro yogurt sauce over the top!

## **PRO REPORT**

To string, or not to string? Unless it's obviously broken, that is the question! How often, and how you string your racquet is completely up to you. Everyone has their own personal preference. It used to be said that for however many times you play in a week, that's how many times you should string your racquet in a year. With today's more durable strings, that statement doesn't always hold true. I'm on the court 30-40 hours a week and restringing my racquet every 4-6 months. I use a Poly string (RPM Blast Rough) mostly for its durability, but also for its more muffled, controlled feel.

With Poly strings, one way to tell if they need replaced is to slide the strings to the side with your finger. If it doesn't snap back to where it was, this means it's lost some elasticity. Along with you accelerating your swing hard, the snapping back of the string is what imparts power and spin on the ball. If that snap is gone you're probably due for a restring.

Multi-filament strings such as Natural Gut or Wilson NXT, are easier to determine when they're due to be restrung. They tend to fray and look ragged as the strands begin to break. You can see when they are about to go as the strings get thinner and hairier. I always feel that this is when they play their best, as they get thinner and hairier. Maybe the string companies should come out with a new thin-hairy string that will be the next great thing. I'll make sure I suggest that one to them and get some commission.

Another telltale sign that you need new strings with both Poly and Multi-filament, is if you move the strings to the side, and there are notches left where the strings have been rubbing against each other. This means they're due to be restrung. If you notice notches when you first pick your racquet up from your technician, this means it was a very bad string job, where they must've been rushing while pulling the string through, and burned the notches into it. You should find a new technician if that's the case.

I was researching how some of the top pros string their racquets. It's interesting how much of a variety there is. Roger Federer for instance uses a hybrid (Natural Gut 16 gauge on the mains, and a Poly, Alu Power Rough 125 on the crosses). His tension varies depending on the conditions. He will start with a base tension of 55/59 lbs, have a couple strung tighter, a couple strung looser and then in his practice session at a particular tournament, decide which one he likes best. He gets his racquets strung within 5 hours of his match time. Jack Sock on the other hand, uses all Poly strung at 35 lbs. Rafael Nadal uses RPM Blast (Poly) at 55 lbs.

Like I've said, how often and how you string your racquet is a matter of personal preference. I've really been enjoying stringing racquets at the club again. I put my headphones on, get in a meditative state, and try to visualize how each individual I string for plays. It might not be realistic to take 6-10 racquets out there and experiment like Roger, but I'm always up for discussing any needs you have with your equipment and we can adjust as needed. Once pandemic restrictions lift, come visit me in the basement where I've set up our new stringing shop. In the meantime, you can always email me at [Phila@centralparktennisclub.com](mailto:Phila@centralparktennisclub.com) if you have any questions or ideas.

I look forward to seeing you out there on the courts. I hope you're staying safe and healthy!



Phil Ansdell  
[Tennis Professional](#)

---

## **RACQUET STRINGING AVAILABLE - DROP OFF SERVICE!**

Ready to get your racquets serviced?

Simply fill out the stringing information [form online here](#) or under the *About Tab* at [www.centralparktennisclub.com](http://www.centralparktennisclub.com)

Email Phil to set up drop off and pick up  
[Phila@centralparktennisclub.com](mailto:Phila@centralparktennisclub.com)

# 2021 Open Enrollment Details

Open Enrollment is NOW AVAILABLE [HERE](#)! THIS IS FOR CURRENT MEMBERS ONLY!

The annual open enrollment period is from April 1 to May 15, dues to be effective June 1.  
Equity Dues Structure – Monthly membership fee\*

*Equity Member	\$215.00
+ Spouse/Partner	\$25.00
+ 1st child	\$10.00
+ each additional child	\$5.00

\*Single member with no guest passes

\*plus capital fund and taxes

- Lowest club number members will have priority to switch to the new equity dues structure.
- Only 50 memberships per year will be allowed to convert to the equity dues structure.
- Changes or adjustments to fee structure can only be done during each year's enrollment period.
- Members who opt for the New Equity Membership shall not be able to revert to any previous membership structure.
- Any special circumstances that fall outside of the enrollment period may come before the Board and decided on a case by case scenario.

[Click here](#) if you are an Equity Family, Single or Corporate Membership and want to switch to the Single Equity Dues Structure (above).

[Click here](#) if you are currently under the Single Equity Dues Structure and need to make changes to your membership plan.

## **Welcome New Equity Members**

Venkata Mahankali  
Brett Vandenberg  
Shelby Cantu Family  
Kaushik Purohit Family

## **Best to our Resigning Members**

Audria Stubna  
Amitabh Shrivastava  
Ricky Uy  
Greg Wing



## **New Junior Members**

Ella Xu



***Wave to our.... HIGHLIGHTED NEW MEMBERS!***

## **Chandra Srinivasan**

"I have been playing USTA tennis leagues for a long time. More of a singles player. But lately focusing more on doubles to preserve my knees. Our son, Darsh, is a middle schooler and started playing competitive tennis last year. We would love to meet/play with new people at the club. Maybe even start a Father-son league at Central Park if there is none currently."

**We'd love to hear your story!!**

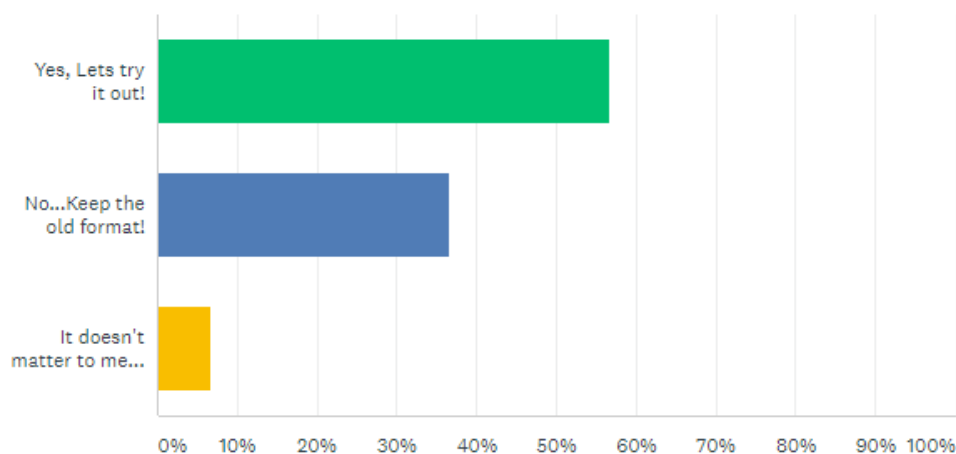
**Please send a small paragraph about yourself and/or your family and a picture, if you'd like, so we can share with our members in the next Newsletter.**

**Contact Laurie: [membership@CentralParkTennisClub.com](mailto:membership@CentralParkTennisClub.com)**

## **Suggested Men's Night Sign-up Change Survey Results**

- The suggested change from the current day of (7am-1pm) sign-up would be a 48 hour sign-up starting at 7:00am the Saturday before and closing at 8:30am Monday morning. The results from the Member survey are pictured below. With 57% of the responses suggesting we try it, this change will be implemented **Saturday May 1**.

Answered: 30 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes, Lets try it out!	56.67%	17
No...Keep the old format!	36.67%	11
It doesn't matter to me. I just want to play tennis!	6.67%	2
TOTAL		30



# Central Park Junior Tennis Program

*We are committed to the **DEVELOPMENT** of **GOOD ATHLETES** & **GOOD PEOPLE***

**Spring Junior Program May 3 – June 20**

**Registration Opens April 5 @ 1:00 pm**

Click [HERE](#)

## **Red Stars I & II**

*Tuesday/Thursday 3:30 pm - 5:00 pm &*

*Sunday 8:30 am - 10:00 am*

## **Orange Stars I & II**

*Tuesday/Thursday 3:30 pm - 5:00 pm &*

*Sunday 8:30 am - 10:00 am*

## **Green Stars I & II**

*Monday/Wednesday 4:00 pm - 5:30 pm*

*& Sunday 10:00 am - 11:30 am*

## **Bronze I & II**

*Monday/Wednesday 4:00 pm - 5:30 pm*

*& Sunday 10:00 am - 11:30 am*

## **Silver**

*Monday/Wednesday 3:30 pm - 5:30 pm*

*& Sunday 11:30 am - 1:30 pm*

## **Gold**

*Tuesday/Thursday 5:00 pm - 7:00 pm*

*& Sunday 1:30 pm - 3:30 pm*



**SUMMER**

**JUNIOR PROGRAM**

**WEEKLY CAMPS STARTING**

**JULY 5TH**

**CLICK [HERE](#) FOR  
MORE INFORMATION!**

## ***To Do: Update YOUR GameTime Profile***

Interested in playing USTA? Please select which leagues you'd like to play in your [GameTime](#) profile pictured below. This will help us send pertinent information to you about your selected leagues so you don't miss out!

- Interested in Playing USTA?:**
- ☐ Adult 55 & Over
  - ☐ Mixed Adult 18+ & Over
  - ☐ Adult 40 & Over
  - ☐ Adult 18 & Over
  - ☐ Adult 65 & Over
  - ☐ Mixed 40 & Over
  - ☐ Mixed 55 & Over
  - ☐ Junior Team Tennis
  - ☐ Coed 18-39

## Frequently Asked Questions

**Q: Do I need to wear a mask for my court reservation or USTA Match?**

**A: No.** You may remove your mask once you step on court for play (inside & outside). You must have a mask on at all other times including fitness. No exceptions.

**Q: Do I need to wear a mask if I am taking a lesson?**

**A: Yes.** You **MUST** wear a mask if you are participating in a lesson, clinic or junior program, unless this activity is outdoors. Pros will be required to be masked.

**Q: Do I have to wear a mask if I am the only person in the fitness area?**

**A: Yes.** You must wear a mask that covers your nose and mouth in the fitness area, even if you are the only person in a room.

**Q: I am having problems paying my Club dues. What can I do?**

**A: Please [contact](#) Club Manager Julie Wheadon.** She may also be reached at 425-822-2206, ext. 111.

**Q: When is the ball machine available?**

**A: Ball Machines** are now available for reservations at all times except for the first court of the day and Prime Time. (Prime Time is Monday-Thursday 5:30, 5:45, 7:15 & 7:30 pm).

**Q: When will the lounge open for socializing again?**

**A: Indoor tables** are now open for reservations in GameTime Monday-Thursday from 5:15 to 9:45 pm. (Reservations are for one hour and fifteen minutes). Outdoor tables will be available on a walk in basis. Outside of the reservation times, members will be able to sign up for walk in reservation (for indoor or outdoor tables) using a QR code at the front desk (bring your phone). Masks will be required when not actively eating or drinking.

**Q: The tennis buildings are so cold! Why is that?**

**A: In accordance** with guidance from the Governor's office and health agencies, ventilation of the indoor tennis buildings has been made the highest priority. Bringing in that amount of fresh air makes the heaters ineffective so the buildings will be colder than normal.

**Q: May I close an open door in the tennis buildings to make things a bit warmer?**

**A: No.** Doors which are propped open must remain open so the ventilation can be maximized.

## Questions Received from Women's Cup Survey

**Q: Can the days of different cup levels change year to year or rotate?**

**A: Unfortunately,** we don't have any control over the days of cup matches, this is determined by Seattle Area Cup Tennis.

**Q: Regarding Cups advancement or "moving up,"** is the committee going to look at last year's win/loss percentages or what level we would be now if we were on the cusp of moving up? Will challenge petitions be considered?

**A: This is all part** of the cup sign up process and will be clearly outlined once we start taking applications. We realize a year has passed and your level of tennis may have changed, so if needed, we will look at requests to stay or move up as we have done in the past.

# 5 Tennis Tips for Beginners

Provided by courtreserve.com

There's a big difference between understanding the rules of tennis and learning how to play well. Once you go from the stands to the court, it's a whole other ball game.

Whether you're playing in a singles match or playing doubles, you have to be prepared for all the challenges ahead. To play your best game possible, use the tennis tips below.

## 1. Always Follow Through

The fundamental part of learning how to play tennis is getting used to each of the swings. You have to get comfortable with using your forehand and work on putting the same amount of power on your backhand.

Whatever kind of motion you're doing, though, you have to remember to follow through! Some beginner tennis players won't complete their full range of motion on a swing. This hinders the amount of force you can put on the ball.

Stop doing things halfway if you really want to know how to get better at tennis. A little more focus on your swing can create incredible results.

## 2. Recover, Recover, Recover

As important as it is to swing the whole way through, you have to focus on the next movement, too. Don't just stand there and admire your accuracy or force behind a swing. Move!

Recovering in tennis means to go back to your starting position. You have to go from sending a full swing over the net right back to receiving the next swing that comes your way.

## 3. Know How to Set up a Proper Serve

A serve is what sets all the swings of each point in motion. Contrary to popular belief, though, of all tennis tips, there's not one that says you have to give a serve all you've got.

Most professional players focus on the position of their serve rather than the brute force behind it. They follow through, of course, but not just to see how hard they can hit.

Be more like them. Work on your placement and overall strategy rather than trying to win a match by power alone.

## 4. Find Your Rhythm

Speaking of strategy, do your best to find your go-to swings. These will help you create a rhythm on the court. It's part of what sets the new players apart from their more advanced tennis opponents.

Once you've been playing for a little while, you know what you're good at and what you're not so good at. You become less scrappy and more focused. The sooner you do this, the better.

## 5. Learn to Spot Weaknesses

Just as you need to learn to play your strengths, you have to know how to spot your opponent's weaknesses, too. The next time you're in a match, try to figure out the other person's pattern before they figure out yours.

The swings they're avoiding are the ones they can't hit as well. Try to place the ball in a way that forces them to come up and volley or switch to a backhand. This may be the difference between winning more matches or losing once again.

## Take These Tennis Tips to the Court

Ready to see what these tennis tips can do for your game? Stop waiting around and researching tennis tips for beginners and get out there!

Good luck!

## **Clinics & Programs At CPTC**

Click [here](#) to refresh yourself about our clinics. Here are the details –all sign up begins 1 week prior:

Clinic	Day of Play	Time	Max # of people	Cost
Lisa's Skills & Strategy 2.5 Intermediate	Monday	8:45 - 9:45 am	4	Sign up dependent
Lisa's Skills & Strategy 3.0+	Monday	9:45 - 10:45 am	4	Sign up dependent
Chad Cardio Tennis	Tuesday	8:45 - 9:45 am	6	\$20 per person
Chad Cardio Tennis	Wednesday	9:45 - 10:45 am	6	\$20 per person
Phil's Skills & Drills 3.5+	Wednesday	7:15 —8:45 pm	6	Sign up dependent
Lisa's Skills & Strategy 3.5+	Thursday	9:45 - 10:45 am	4	Sign up dependent
Chad Cardio Tennis	Friday	8:45 - 9:45 am	6	\$20 per person
Lisa's Skills & Strategy 3.0+	Friday	8:45 - 9:45 am	4	Sign up dependent
Chad Cardio Tennis	Friday	9:45 - 10:45 am	6	\$20 per person
Ethan Skills & Drills 3.5+	Sunday	5:30—7:00 pm	6	Sign up dependent

Click [here](#) to refresh yourself about our programs. Here all the details:

All program sign ups are online in GameTime. Program times will be **one hour and 30 minutes**.

**Program sign ups open at different times. GameTime will open the sign up for the following programs. See schedule and times below:**

Program	Day of Play	Time	# of courts	Sign up Starts	Sign up Ends
Men's Night	Monday	5:45-7:15 pm	4	Day of Play 7 am* *changes May 1	Day of Play 1 pm
Women's Night	Tuesday	5:45-7:15 pm	4	One week prior	Monday prior at 7 pm
Women's Team	Wednesday	10:45am–12:15pm	4	Sign up period has ended	
Singles Night	Wednesday	5:45-7:15 pm	4	Monday prior 12 pm	Tuesday prior 5:30 pm
Saturday Men's Doubles	Saturday	9:00 – 10:30 am	4	One week prior	Friday prior 9 am
Saturday Women's Doubles	Saturday	9:00 – 10:30 am	1	One week prior	Friday prior 9 am

**Sign up in GAMETIME for our weekly programs or clinics:**

- Click “Classes & Events” tab on the top left of screen next to “Dashboard” and “Tennis”.
- Click on “Select” on event that you want - Spot is held for 5 minutes.
- Click “Register” and then follow prompts – you will get a confirmation page & email when you finish



## ADVERTISING

### Thinking of a Move?



**Jim Muenz**  
Managing Broker - Top 1% Nationally and Locally

206-920-1200 CELL  
425-897-1319 OFFICE  
jmmuenz@cbbain.com



Certified Previews Luxury Specialist  
Relocation Specialist  
25+ years of experience  
For all your Real Estate Needs



Overtake Service, Inc. dba



**Dan & Denise Stumpf**  
Owners  
dans@kirklandeastsideside.com

12676 NE 85th  
Kirkland, WA 98033

Phone: 425.827.8686  
Fax: 425.828.3141

[www.eastsideautomotive.com](http://www.eastsideautomotive.com)  
"Your Complete Automotive Service Center"

## Bridle Trails & Spring District Family Dentistry's 'New Patients Welcome'

6507 132nd Ave NE  
Kirkland  
425-881-9333

12301 NE 10th Pl #304  
Bellevue  
425-454-4298



**Russell K. Nomi, DDS**  
1981 UW Dental School

**Wesley K. Nomi, DMD**  
2017 Arizona School of Dentistry  
and Oral Health



**Bradley Van Vechten, CFP®, CIMA, CLU, ChFC, AIF®**

**Private Wealth Management Solutions, LLC**

Independent, Fee Only, Financial Advisor

(Phone) 425-896-7617

### **Cathy Long** **Nutritional Health Coach**

1 on 1 mentoring to help you achieve your health goals through diet & lifestyle.

#### **Specializing in:**

Digestive Health    Hormonal Health    Weight Mgmt    Sleep



Follow me on Instagram @  
spark\_health\_coaching or go to  
[SparkHealthCoaching.com](http://SparkHealthCoaching.com) for a free Health  
History to see if coaching can help you feel your  
best!