

# Central Park - The Tennis Players Club

## Baseline Newsletter

### December 2021



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The Thanksgiving Holiday is in the rearview mirror and the December holidays will soon be here. A very busy USTA season is wrapping up and we've had a successful Turkey Trot. The food drive again showed the caring and generosity of our membership. The winds of change will soon blow in bringing us to 2022, the 50th anniversary year of Central Park Tennis Club.

At last month's Tennis Committee meeting, a petition was brought forward by a large group of members to consider the addition of pickleball at the club. The Tennis Committee discussed the pros and cons, looked at ramifications of the proposal, and voted to forward the petition up to the board for further consideration.

Pickleball has been a topic of discussion a few times over the past years. The previous proposal a few years ago almost reached an implementation stage but it never became realized. The board thoroughly discussed the petition leading to the decision that this is the proper time to give pickleball an official and detailed investigation into how it might be implemented in a thoughtful and enduring manner.

The board approved the creation of an ad hoc pickleball exploratory committee. I've asked Elizabeth Graves to chair that committee and Fred Wurden to be the board liaison. Elizabeth and Fred are both first year directors and their combined presence will help by anticipating questions the board might have, as well as ensuring continuity if a pickleball implementation becomes a multi-year process. Filling of the pickleball committee members has already begun and future updates will be provided in both the board minutes and in upcoming issues of Baseline.

As we look forward to 2022, the winds of change have brought news that both makes me very happy and very sad. Vlad Radojevic has announced his retirement at the end of 2021, moving to part-time for the first portion of 2022 to ensure a successful transition of his duties to Chris Kenan.

Vlad started with Central Park in October 1993, a bit over 28 years ago. That was before Amazon was a thing! Vlad has seen many changes during those years - the Roberts building immediately comes to mind, along with the big change in where we park and how we drive to enter the club. There was also a big remodel to the fitness areas, along with a lot of other structural changes throughout our club. We've endured numerous windstorms, snow storms, atmospheric rain events, and power outages. Each time, Vlad and his crew have worked overtime and have gotten the club back to normal operations in record time, often working before or after a normal day's court times so membership could enjoy as much tennis as possible. Just think of the magnitude of maintaining three large tennis buildings, each around 30000 square feet, plus a clubhouse and outdoor courts. That we hardly ever notice maintenance issues is a true tribute to how Vlad goes about his work.

So it is with a great sense of happiness that Vlad is able to retire on his own terms, and a great sense of sadness that his friendly smile and willingness to help no matter what is needed, will soon be leaving Central Park. Vlad and I worked on many little projects over the years and I've enjoyed every one of those times with him. Please join me in offering the very best to Vlad as he goes on to new and more relaxing adventures!

See you on the courts!

[Check out our website for past Board minutes.](#)



**PRESIDENT**  
**WAYNE LIM**

# December 2021

Thursday, December 2

Monday, December 6

December 11-12

December 13-16

Monday, December 13

Tuesday, December 14

Wednesday, December 15

Friday, December 17

Sunday, December 19

Friday, December 24

Saturday, December 25

Friday, December 31

Saturday, January 1

Finance Committee - 6:00pm

Winter Junior Registration Opens

JR Orange/Green Tournament

Member Appreciation Week

Tennis Committee Meeting - 6:00pm

Facilities Committee Meeting - 4:30pm

Board of Directors Meeting - 6:00pm

JR Team Social: 4:00-7:00pm

Staff Holiday Party - Closing @ 7:00pm

Closing @ 1:00pm

Closed

Closing @ 8:30pm/Last day for Logo Contest!

Opening @ 8:30am

Welcome  
to our  
New Members

## Welcome New Equity Members

*Dominic Calvert-Lee*

*Lucy Zhang & John Leo Canciller*

*Jacob Che & Fern Zhang*

*Lael Banner & Family*

*Nancy Auth*



## Best to our Resigning Members

*Dundeana & Dan Doyle*

*Nick & Michele Marchi*

*Alex Takagi-Stewart*

## Welcome New Seasonal Members

*Rebecca Brown & Gary Wakatsuki*

## Welcome New Junior Member

*Aidan Conley*



# CPTC COVID INFORMATION



King County Health Order  
Update 12.1. 2021

We are now 30+ days following the [September 16 King County Health Order](#) - here's where we are:

Members/Guests/Staff are required to always wear a mask, except while playing tennis, eating or drinking, or while showering. Staff may remove mask if they are working alone in a closed office.

Members over 12 years old must show or have on file verification of vaccination or a negative Polymerase chain reaction Covid test taken within 72 hours of tennis reservation, private tennis lesson with a pro or fitness workout.

Guests over 12 years old must show or have on file verification of vaccination or a negative Polymerase chain reaction Covid test taken within 72 hours of tennis reservation, private tennis lesson with a pro or fitness workout.

To limit access to the Clubhouse, Junior team participants are required to enter and exit via the gravel lot adjacent to the swimming pool. Participants and pros are required to wear a mask during the program.

Ventilation throughout the Tennis Bldgs. and Clubhouse continue. Doors with signage stating LEAVE DOOR OPEN, is to remain open during operational hours.

For more detailed information, [click here](#).

Please remain diligent in staying healthy and safe, and keeping our doors open to enjoy CPTC.

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## *Please Input All Players Names in Gametime!*

Player 1:	<input type="text" value="fed, roger"/>	<input checked="" type="checkbox"/>	✓
Player 2:	<input type="text" value="Rauso, Darin"/>	<input type="checkbox"/> Guest	✓
Player 3:	<input type="text" value="Wheadon, Julie"/>	<input type="checkbox"/> Guest	✓
Player 4:	<input type="text" value="Uhrich, Laurie"/>	<input type="checkbox"/> Guest	✓
<input checked="" type="checkbox"/> Email players?			
<input type="button" value="Book"/>			

Inputting all players names in Gametime beforehand really helps our desk staff during the check-in process. Please do your best to list all names when you reserve your court.

Thank you!





# CENTRAL PARK LOGO CONTEST

Central Park is turning 50!

YOU can be part of Central Park's history! Design a logo to commemorate CP's 50<sup>th</sup> Anniversary. Winning design will be used for all promotional materials throughout the year. Winner will receive super-cool gear featuring your awesome design. For reference, see the 40<sup>th</sup> Anniversary winning logo below.

See contest rules and guidelines [HERE](#).



## CONTEST DETAILS

### MUST INCLUDE:

CENTRAL PARK TENNIS CLUB

*and*

50 OR 50TH ANNIVERSARY

### OPTIONAL:

ESTABLISHED 1972 OR

1972-2022

### DEADLINE:

DECEMBER 31, 2021

## REQUIREMENTS:

Must be an active CP member

Submit to

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

# MANAGER'S MISCELLANY

**“Like sands through the hourglass, so are the days of our lives”**

I imagine there are women reading this tagline thinking “Wow” a soap opera reference? The soap opera has stood the test of time and Days of our Lives is still on TV. Meaning of the catchphrase? Life passes by very quickly. *Life measured by the grains of sand slip through one side of the hourglass to the other in a flash.*

And no, I have not been watching soap operas, but I have been thinking how quickly life passes us by.

Especially as we share the news about our devoted Maintenance Manager, Vlad Radojevic. Vlad will be working his way towards retirement from our CPTC team. Vlad started with CPTC in 1993 and has decided that 2022 will be the year to slowly transition the reins over to Chris Kenan, his secondhand man.

When Vlad told me about his plans, we reminded each other we joined the staff within months of one another and laughed about the first computers, the running of network lines, telephone lines, filling in on the court for Men’s Day and Women’s Day programs, transitions of maintenance assistants and life-guards, (many were CPTC members), and a big one .... finally getting Vlad a cell phone! It seems like just yesterday we planted the gardens in the old parking lot (now a path by the Roberts Building) and by court 14 (completely overgrown but a bit of color), and the camellia outside my office window (blooming right now).

Reviewing CPTC spending history, since 2000 Vlad and I have been involved with twenty-five different projects equaling \$5.1 million dollars. Of course, the biggest and most expensive project being the Roberts Building at \$3.2 million, but still an impressive list. And every time we get into something the surprises, the impacts and the change slowly work themselves out, leaving us more knowledgeable and ready for the next one.

I am grateful Vlad has agreed to spend the first few months of 2022 with us on a part time basis. We will glom on to the useful knowledge he has to share with us and send him off with love and admiration to that island that he has been dreaming of. Please make sure to give him that well deserved pat on the back, and a big thank you for twenty-eight great years. We appreciate your family allowing you to be available 24/7 (at least when you remember to turn your cell phone on) and your insight on almost everything (whether we wanted to hear it or not) will surely be missed.

May the days of your life be full of sand between your toes and your cell phone nowhere to be found!

*Julie Wheadon  
Club Manager*

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## Holiday Hours...



Sunday, December 19th - Closing @ 7pm

Friday, December 24 - Closing @ 1:00pm

Saturday, December 25 - Closed

Friday, December 31 - Closing @ 8:30pm

Saturday, January 1 - Opening @ 8:30am

# COMMITTEE REPORTS

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

I hope you all have seen the "Connection Board" hanging on the wall as you enter the lounge. Be sure and check it out! Cathy Long is the master of creativity. It highlights info on what is happening at the Club, member pictures, upcoming events and lots more!

In November there was a food drive to provide "Pantry Packs" for kids in the Lake Washington School District. Laurie and Darin's office was full of all the donations!

In December the "Giving Tree" will support kids at Friends of Youth. They serve the youth and young families in our community who are facing homelessness. They also provide foster care and mental health counseling. Thank you to the generosity of our members we spread a little joy to these families.

Central Park has 48 members on the waitlist to join the Club. It could take 6-8 months before they become equity members. The membership committee created the "Tennis Buddy" program to welcome new waitlist members to the club. The role of a "Buddy" is to get them on the court, introduce them to other players, suggest they take a lesson or join a clinic. If you are interested in being a "Buddy" and want more details please contact Annie Ottesen, [Anniegrace-ottesen@msn.com](mailto:Anniegrace-ottesen@msn.com) or Joyce Ismon, [joyce@ismon.net](mailto:joyce@ismon.net).

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

At our November Facilities Committee meeting, the Committee was updated on changes to the heating and cooling of the tennis buildings that have been approved by the Board. With more recent usage and the change of seasons, the Club is proceeding in obtaining estimates for limited lighting in the gravel parking lot. This project will not only provide security for members and staff evening parking but with the gravel lot being used for junior drop off and pickup, provide additional traffic safety. The handicap service gate exit from the facility has been approved by the Board and we will advise installation ETA when available. The next Facilities Committee meeting will be on Tuesday, December 14 at 4:30 PM.

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

Last month's Tennis Committee meeting was focused on a recent member request to provide the option to play Pickleball outdoors on Court 18. The Committee voted unanimously to approve the request and move it forward to the Board. Best wishes for a Happy Holiday Season to you and your families!

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

The finance committee is going to meet on December 2<sup>nd</sup> to review the budget for 2022. At that time, we will also discuss the status of our refinance of the Roberts Building. Our year to date numbers are better than we predicted and that is wonderful. I hope that everyone had a nice Thanksgiving!



# OUTDOOR COURT PROJECT

## Outdoor Court Rebuilding Project – Jack Goldberg

We had an onsite meeting with the engineering firm on November 23<sup>rd</sup>. They have made slow but steady progress on our project. We are excited about seeing the first drawings soon and hopefully even an illustration that we can hang in the clubhouse. If you haven't already, please take a look at the Question & Answer document. ([LINK](#)) This document will be updated as members have questions and as the project moves forward. Any additional questions can be directed to our committee members – Jack Goldberg, Brian Darrow, John Barnes, Matt Osborne and our Board liaison Beth Lehman-Brooks.

EMAIL:

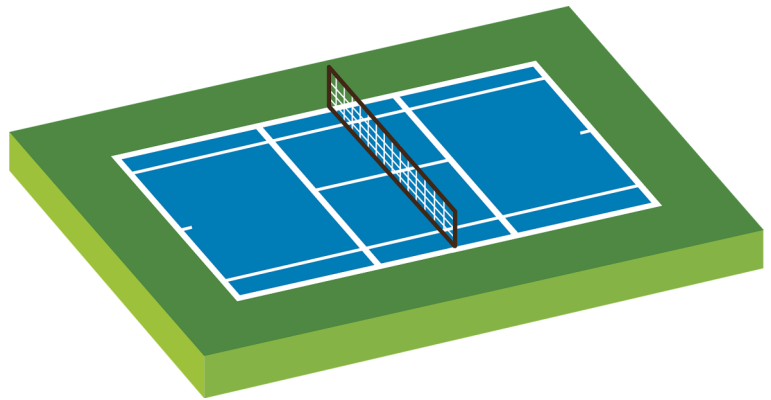
[Jack Goldberg](#)

[Brian Darrow](#)

[John Barnes](#)

[Matt Osborne](#)

[Beth Lehman-Brooks](#)



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## MEMBER APPRECIATION WEEK!

Monday, December 13 - Thursday, December 16

More info to come. Stay tuned!

**WE**   
**OUR MEMBERS**

**THANK YOU!**  


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## **SAVE THE DATE!**

January 1st - New Years Day Tennis & Social

Details to Come!



# **VLAD RADOJEVIC**

Our maintenance supervisor, Vlad, will be transitioning to part-time starting in January. Vlad is looking to spend more time with family and we are very happy for him! Vlad will be here Tuesdays, Wednesdays, and Thursdays. We will miss seeing him here five days a week!



**WE APPRECIATE YOU!**

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## **Adult Northwest Tournament January 13th-16th. Hosted by Central Park**

- Enter on the PNW USTA site. Entries close Wednesday, January 9<sup>th</sup>.
- This is a high level tournament divided by age groups not abilities.
- Events offered:
  - Men's and Women's Singles and Doubles
  - 35 years old and older
  - 45 years old and older
  - 55 years old and older.
- Maximum of two events. Single elimination.

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## **Gift Cards Available!**



Purchase a gift card [HERE](#)  
for your favorite member  
this holiday season!



# TURKEY TROT CALL-IN

Thank you to all who attended the Cup Mixer held on October 27th! It was a fun filled event with costumes, tennis, food, and many laughs!

Photo Credit: Barry Thompson



# Central Park Tennis Club

## Early Fall Session Awards

### **Red**

**Most Improved:** *Mila Ermak*

**Player of the Session:** *Aavik Joshi*

### **Orange**

**Most Improved:** *Carter Vandenburg*

**Player of the Session:** *Sheryl Ma*

### **Green**

**Most Improved:** *Oliver Cho*

**Player of the Session:** *Mohib Mujtaba*

### **Bronze**

**Most Improved:** *Nikhil Sirivara*

**Player of the Session:** *Richa Badi*

### **Silver**

**Most Improved:** *Vedant Balan*

**Player of the Session:** *Mercan Draman*

### **Gold**

**Most Improved:** *Vedaant Kulkarni*

**Player of the Session:** *Taraneh Khalighi*

**REMINDER:** JUNIOR CLASS PICK UP/DROP OFF IS NOW BEING DONE AT THE GRAVEL LOT IN CPTC PARKING LOT!!!! Please do not enter or exit through main building. Thank you for your efforts in helping to keep our parking lot clear & safe.

# Central Park Junior Tennis Program

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

## Upcoming Winter Session 2022

January 10th - February 27th

**\*\*Registration opens Monday, December 6th**

### Class Schedule:

**Red Stars:** Tuesday/Thursday 4:00 pm - 5:00 pm & Sunday 9:00 am - 10:00 am

**Orange Stars:** Tuesday/Thursday 4:00 pm - 5:30 pm & Sunday 9:00 am - 10:30 am

**Green Stars:** Tuesday/Thursday 5:30 pm - 7:00 pm & Sunday 10:30 am - 12:00 pm

**Bronze:** Monday/Wednesday 4:00 pm - 5:30 pm & Sunday 12:00 pm - 1:30 pm

**Silver:** Monday/Wednesday 4:00 pm - 6:00 pm & Sunday 1:30 pm—3:30 pm

**Gold:** Tuesday/Thursday 4:00 pm - 6:00 pm & Sunday 1:30pm - 3:30pm

### In House Tournaments

***If you participate in CPTC junior classes this is a great opportunity to gain some experience competing against other at level players!***

**Orange:** Friday, December 10th 4:00 pm - 7:00 pm: Register Soon!

**Green:** Saturday, December 11th 11:30 am - 2:30 pm: Register Soon!

**Bronze:** December 27th - 31st schedule/time TBD

**Silver/Gold:** December 27th - 31st schedule/time TBD

SESSION	DATES	REGISTRATION OPENS
<b>Late Fall 2021</b>	October 25th - December 19th, 2021 <b>**No Class Nov 22-28</b>	Monday, September 27th 1:00pm
<b>Winter 2022</b>	January 10th - February 27th, 2022	Monday, December 6th 1:00pm
<b>Spring 2022</b>	March 7th - April 24th, 2022	Monday, February 7th 1:00pm
<b>Late Spring 2022</b>	April 25th - June 12th, 2022 <b>**Memorial Day: No Class May 29-30</b>	Monday, March 28th 1:00pm



# Front Desk Feature

## Get to Know: Ash Reynolds

Hi! My name is Ash and I've been working the front desk at Central Park since September! I work the weekend opening shift both Saturday and Sunday. I don't play tennis and my job interview was only the second time I had ever actually been to the club so you most likely haven't seen me around. You've probably seen my parents around however: Scott and Wendy Reynolds!

I've lived in the greater Seattle area my whole life and currently attend Inglemoor High School while doing Running Start classes at Cascadia College. I'm planning to take off to a 4-year college next year but I may be back at the desk over the summers.

When I'm not working the front desk, I'm usually working on making graphics for my school's drama program! I'm the marketing manager and our budget is very small so I am pretty much doing everything all the time (P.S. Come see me in my school's production of *Clue* January 28th and 29th at 7pm!). Outside of that, I'm an editor at a young adult online literary magazine: Love Letters Magazine. When I'm not working on any of those things, you could probably find me sitting at home streaming the latest Taylor Swift album on Spotify.

Thanks everyone for your patience as I figure out all the goings-on at the club. I look forward to seeing you all at the desk in the next couple months!



## CP MEMBERS - TENNIS IN THE DESERT!







## VEGAN PEPPERMINT PATTY HOLIDAY SLICE (10 slices)

by OH SHE GLOWS

*Being Canadian, one of my favorite desserts is a Buche de Noel at Christmas. Here's a twist on that holiday dessert that will lighten things up with healthier ingredients! Cacao Nibs are considered a superfood high in antioxidants and add a great crunch. This show stopper is sweetened with only natural maple syrup to keep your glycemic index lower than refined sugar. Have fun wowing your guests with this nutritious, decadent and easy, dessert!*

*To your health - Cathy*

### INGREDIENTS:

#### Filling

- 3/4 cup raw cashew butter (or soak 1-1/4 cups of cashews in boiled water for an hour then pop in a high speed blender to make your own cashew butter)
- 1/2 cup maple syrup, room temp
- 1/2 cup virgin coconut oil, melted
- 6 Tbsp almond milk, room temp
- 1-1.5 tsp peppermint extract, or to taste
- 1 cup packed baby spinach (make sure you have a strong mixer)
- pinch of fine sea salt

#### Chocolate Ganache:

- 1/2 cup non-dairy chocolate chips (I use Enjoy Life)
- 2 Tbsp full fat coconut cream (refrigerate a can of coconut milk overnight then scoop out the top the next day for cream)
- Dash fine sea salt
- 1.5 Tbsp raw cacao nibs and crushed candy cane, plus more for serving
- Fresh mint leaves for garnish



### PREPARATION

- Line a small (4x8") loaf pan or 6-inch cake pan w plastic wrap so the slab will be easy to lift out after freezing
- Add all of the filling ingredients (cashew butter, maple syrup, melted oil, almond milk, 1 tsp peppermint extract, spinach and salt) into high speed blender. Blend on high until smooth. Make sure no chunks of spinach leaves remain. Taste and add more peppermint extract if desired.
- Pour the filling into the prepared pan. Place the pan on a flat spot in the freezer and freeze for 4-5 hours, until filling is solid. There's no need to cover it unless you plan on keeping it in the freezer longer than 8 hrs.
- When the filling is solid, prepare the ganache topping. In a medium pot, combine the chocolate chips, coconut cream (make sure water is drained before adding), and salt.
- Melt the chips over the lowest heat setting, stirring frequently, until smooth.
- Remove the filling from the freezer and, gripping the plastic wrap as a handle, lift it out of the pan. Flip the filling onto a large plate and peel off the plastic wrap.
- Pour the ganache over top of the solid filling, starting in the center, and allow it to cascade down the side a bit. Immediately scatter the crushed candy cane and cacao nibs all over the ganache. Return to freezer, uncovered, and freeze for 10 mins until ganache is firm.
- Slice and garnish w fresh mint and sprinkle additional cacao nibs or crushed candy cane on top of each slice. Return to freezer to keep solid.



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

### **Jesse and Becca Chen & Family**



"We are the Chen Family and we love tennis! While Juju, our daughter, currently prefers her ballet slippers over her tennis shoes, she enjoys watching matches and picking up the tennis balls. Isaiah has been playing tennis since he was two and loves hitting winning shots. Jesse is newer to the game but his experiences in soccer and track and field have proven quite useful with the footwork and mobility. You can see him zoom across the court and catch a glimpse of his days playing striker.

Becca started playing tennis when she was young and then competitively through high school but took over a decade-long

hiatus while attending college and until meeting Jesse and starting a family of tennis loving folks.

We are excited to be members of this vibrant community that shares the love and passion for this great sport. When we're not playing tennis, you can find us enjoying music at the symphony, admiring artwork at museums, learning about animals at the aquariums and zoos, hiking at St. Edward's Park, indulging in delicious food or zoning out in front of the latest Bluey episode. We look forward to meeting all of you!"

*Becca*



### **Regan & Aaron Tyler**

Aaron and I wanted to find a way to be active and introduce some additional social avenues into our life. It felt like Central Park would be perfect for us. I'm very new to tennis and have been enjoying lessons and getting to know the game. Aaron has been enjoying meeting members and honing his skills.

We have a four year old daughter and we're excited for her to join us when she gets a little older and can start youth camps.

We're both from the Pacific Northwest and have loved calling Kirkland our home for the past ten years. *Regan*

**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)**

## PRO REPORT

Hello Everyone,

Being active on court for hours a day is something that I love about being a tennis instructor. I always look forward to chasing down your hard-to-get shots. Pushing my physical limits is a large part of what attracted me to tennis and this profession, but there is a cost for all that time on my feet. I find that if i'm not careful i get aches and pains that never used to be there and they take way more time to heal. I found a current solution to this setback that works for me.

I've been working out in the gym twice a week for about an hour each day. It's been about 8 months now and I feel like this extra work has been paying off big time in terms of my physical health . No longer do I focus on not trying to hurt myself day in and day out. Now it's about how hard I want to go and my body is on board with the extra push.

2021 was an amazing year for teams at Central Park. Congratulations to everyone for reaching new heights in your tennis game. As you all push your game and bodies to the limit, take some time to protect yourself from the rigors of more time on the tennis court. 2022 is going to be another fun and exciting year for Central Park tennis. Stay safe and healthy so we can all be part of it together.

Happy Holidays!

Coach Chad



Chad Smith  
[Tennis Professional](#)

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### USTA 2022 ADULT 40+

#### Applications Due December 6th!

Please fill out the [Captain's Form](#) and email to [Darin](#).

[Click here to see a list of 40+ teams!](#)

### USTA Update:

Laurie Ono's 9.0 40+ Mixed Team Competed in Nationals

Gamage Viriththamulla 6.0 55+ Advancing to Sectionals

Margaret Zimmerman's 8.0 55+ Team Competing in Playoffs on 12/4

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### **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)

# Tips to Stay Tennis Fit for the Holidays

tennisfixation.com

I've got a fantastic idea. Instead of throwing all of our tennis fitness out the snow-covered window over the next few weeks, how about staying "fit to hit" over the holidays? Join me in putting these tennis fitness tips into action and we can be sure to be in amazing tennis shape and ready to hit the courts when tennis starts back up in the new year! Here we go:

**1. Schedule time for your workouts.** Maybe during your "normal" life, you can keep up with some kind of "plan" and have a "regular" workout schedule. My normal life plan is to do something physical every day and I am usually able to pull this off when its not holiday-crazy time. But during the holidays, I realize my daily workout schedule may not . . . work out. Instead, I make a point to schedule in a workout at least every other day – no matter what. Even if it means doing something late in the day or in the evening. Even if it means getting in a 10 minute workout instead of a two hour tennis match. Do the same for yourself and your body will thank you later.

**2. Choose some activity over no activity.** While you may not be able to get in that 5 mile training run or that Body Pump class or that hour-and-a-half of hot yoga, any kind of workout beats no workout at all. So schedule some type of physical activity to keep your energy up and your stress down. How about a long walk in your neighborhood or a few extra laps around the shopping mall? Visit that gym or health club you rarely make time for when you're playing league tennis and put in some miles on the treadmill. Or try a new fitness class and get friends and/or relatives to join in.

**3. Keep it short and sweet.** If your big complaint is you just don't have enough time to work out, I'm sorry to tell you that there are tons of incredible workouts that can be done in no more than 10 minutes. No gym needed. No special equipment needed. Just you and your determination.

**4. Keep it interesting.** Why not look at the havoc of the holidays as the perfect excuse for trying something different and fun? Ice skating might not be part of your usual routine but this is the most wonderful time of the year so give it a try. How about those fitness classes you've always wanted to drop in on? Give them a visit.

**5. Take care of yourself.** It's easy to get caught up in making sure everyone BUT you is happy over the holidays. But don't shortchange yourself. Get plenty of beauty sleep. Keep the junk food to a minimum. And, above all, make the time to put these tennis fitness tips into action! You'll definitely see the payoff when its back to tennis business as usual in January.

So those are my best tips for staying tennis fit throughout the holiday season. What about you? How are you staying in tennis shape right now?



## **Frequently Asked Questions**

**Q:** What are the clubs vaccine requirements?

**A:** The *Verification of Vaccination* order started October 25th, and is requiring all members and guests over the age of twelve to provide proof of a full vaccination with an FDA-authorized vaccine, or a negative FDA-approved PCR test administered within 72 hours of entering Central Park grounds.

**Q:** Where do I show my vaccination card?

**A:** You may email a picture of your vaccination card to [vaccineverification@centralparktennisclub.com](mailto:vaccineverification@centralparktennisclub.com)/ show your card to Darin, Laurie or Julie, or manually use the iPad at the front desk.

**Q:** How are guests providing vaccination cards?

**A:** Guests are showing their vaccination cards to the front desk for our staff to verify upon each entry.

**Q:** With the club following the vaccine order, will we still need to wear masks?

**A:** Yes. The mask policy has not changed. You must wear a mask at all times unless actively playing tennis.

**Q:** What is the iPad at the front desk for?

**A:** The iPad at the front desk is currently for Guest check-in, or Racquet Services.

**Q:** Where is the Junior Program Entering/Exiting?

**A:** The junior program will be entering and exiting in the gravel parking lot through the pathway to the left of the pool. Signage is posted in the gravel parking lot.

**Q:** How do we reserve the multi-purpose room for FitnessOnDemand?

**A:** Go to Gametime, select the tab "Fitness On Demand" and reserve your one hour slot!

**Q:** Do we still need reservations for Tables?

**A:** No. Tables will be available first come, first served.

**Q:** How many spectators may I have for my USTA Match?

**A:** There are no current limits for the amount of spectators. All spectators must show proof of vaccination or negative PCR test within 72 hours and sign social guest agreement if they're a non-member.

**Q:** Is the ball machine available for the first court time of the day?

**A:** Yes! The ball machine is now available to reserve for the first court time of the day.

## **Clinics & Programs At CPTC**

**PLEASE NOTE CHANGES FOR FALL!**

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

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	5:30-7:00 pm	4	Saturday prior 7 am	Day of 11:30 am
Women's Night	Tuesday	5:30-7:00 pm	4	One week prior 7 pm	Monday prior 7 pm
Women's Day	Wednesday	10:00-11:30 am	4	One week prior 9:30 am	Tuesday prior 10:00 am
Singles Night	Wednesday	5:30-7:00 pm	4	Monday prior 12 pm	Tuesday prior 5:30 pm
Saturday Men's Doubles	Saturday	8:30-10:00 am	3	One week prior 7 am	Friday prior 8:30 am
Saturday Women's Doubles	Saturday	10:00-11:30 am	2	One week prior 7 am	Friday prior 8:30 am

## Thinking of a Move?



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