

# CENTRAL PARK TENNIS CLUB

## **BASELINE NEWSLETTER**

### February 2024



## **PRESIDENT REPORT**

### **FRED WURDEN**

Can't believe how fast another month has passed already in 2024! We have such an amazing club, and it is doing incredibly well, I'm very proud, to say the least. As I reflect on Central Park and what matters the most, I would like to ponder a question. "Could you make Central Park even better for all members, guests of our club, staff and the broader tennis community?"

Tennis, with its universal appeal, goes beyond being just a sport; it creates a shared experience that can bring people together or divide in certain circumstances. The outcome is purely based on each of our own actions. I believe having a curious and truly open mindset allows the best to emerge from our amazing varied experiences where we can unite in the love for the game. Be quick to think what it is like to walk in the shoes of each other. It's our bonds in the end that make our tennis community so fun and special.

While the exhilaration of a well-fought match is undeniable, the true magic often happens after the last point is played. We encourage all members (some have this down to an art already) to embrace post-match social etiquettes, as these moments present valuable opportunities to connect, share experiences, unwind and understand each other. Let's keep the tradition of being great hosts after matches (practice or USTA) at all levels of play the best in the PNW.

Everyone has a unique journey with tennis. Take the time to share your experiences and learn from others, possibly someone you don't know even. These stories bind us together and create lasting connections.

In conclusion, let's celebrate the power of tennis to bring us together not only during matches but also in the moments that follow. As we strive for our best performance on the court, let's also champion the spirit of camaraderie and connection off the court in all that we do better than ever.

Warm regards,  
Fred Wurden,

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READ PAST BOARD MINUTES [HERE](#)

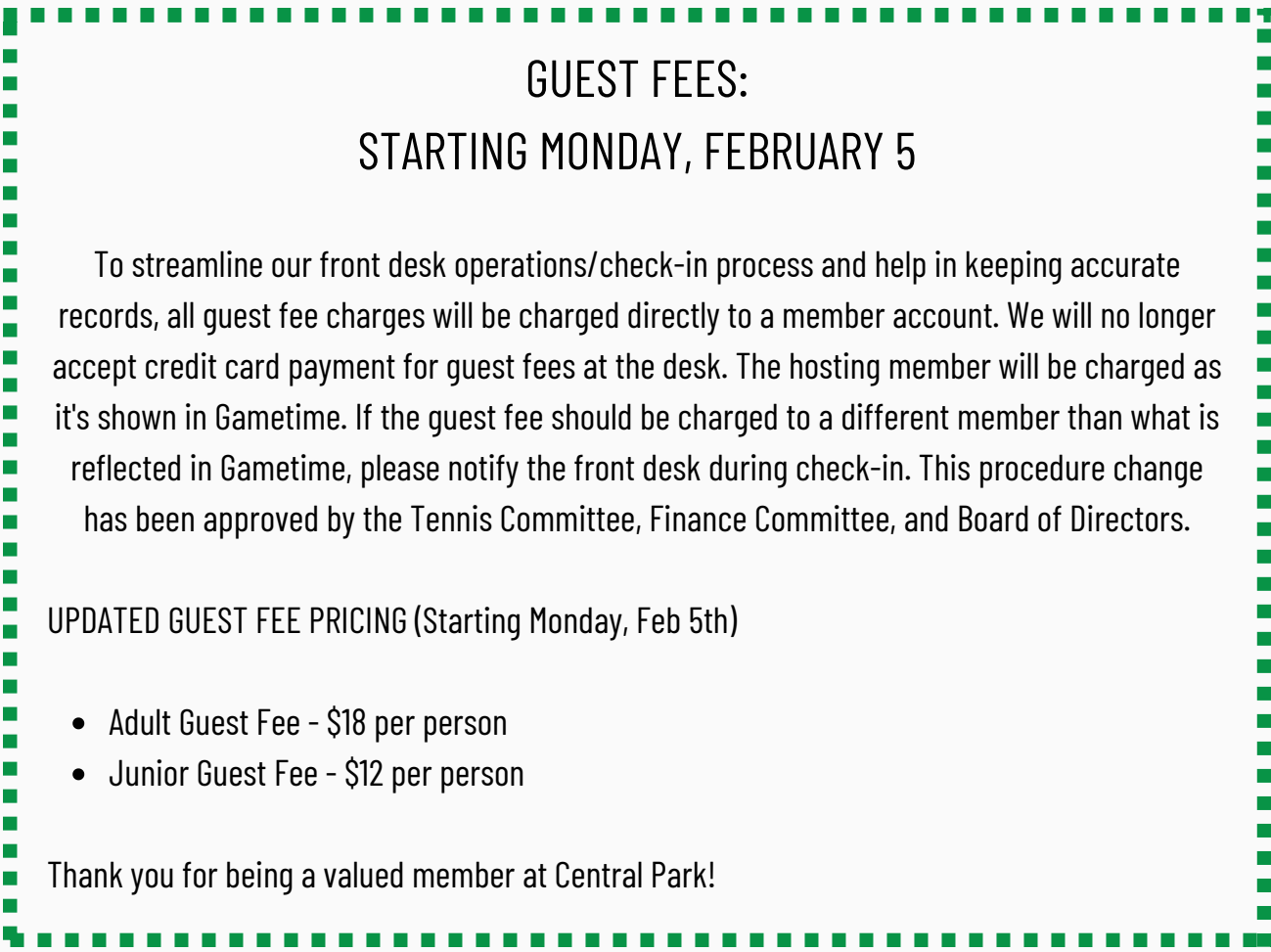


## **WELCOME NEW MEMBERS**

Robin de Looze & family  
Shanshan Hu & family  
Bob Serr & Scotti Records  
Issei Komatsu & family  
Valerie Mukherjee & family  
Natalie Lepire  
Junior: Muskaan Chaudhry

## **BEST TO RESIGNING MEMBERS**

Peter Nowadnick & Anna Kitsons  
Mauro Giusti  
Bob & Carolyn Norman (transitioning to Seasonal)  
Sandy Gurtler (transitioning to Seasonal)  
Ken Bang & family  
Neil Roberts  
Junior: Grant Mundel



## **GUEST FEES: STARTING MONDAY, FEBRUARY 5**

To streamline our front desk operations/check-in process and help in keeping accurate records, all guest fee charges will be charged directly to a member account. We will no longer accept credit card payment for guest fees at the desk. The hosting member will be charged as it's shown in Gametime. If the guest fee should be charged to a different member than what is reflected in Gametime, please notify the front desk during check-in. This procedure change has been approved by the Tennis Committee, Finance Committee, and Board of Directors.

### **UPDATED GUEST FEE PRICING (Starting Monday, Feb 5th)**

- Adult Guest Fee - \$18 per person
- Junior Guest Fee - \$12 per person

Thank you for being a valued member at Central Park!

# February

SUN	MON	TUE	WED	THU	FRI	SAT
				1  CP/BC Tournament 1st-7th	2	3
4	5	6	7  CUP Fundraiser	8	9  Pickleball & Pizza Social	10  
11	12  CUP committee 1pm  Tennis Committee 6pm	13  Facilities Committee 4:30pm	14  Fitness Committee @ 1pm  	15  Membership Committee 5:30pm	16	17
18	19  	20  Long Term Planning Committee 6pm	21	22  Finance Committee 5pm	23	24
25	26	27	28  Board of Directors 6pm	29		

[Click here to view the full calendar](#)



- **Reserved courts require a 1:1 member to guest ratio. Waitlist members count as guests.**
- **Ball machines are not allowed on reserved courts during prime time (Mon-Thurs 10am, 5:30pm, 6pm, 7pm & 7:30pm)**
- **Please email your line ups to the front desk. It is very helpful and will help speed up the check in process.**
- **You are not allowed to bring your own coach and play on our courts.**
- **The front desk will no longer be used for members to drop off things for other members.**
- **USTA captains MUST give their lineups to the front desk.**

On January 25th Ben Franklin Elementary School hosted a fundraiser in the Roberts Building to raise money to reduce the cost of Camp Seymour for the 5th grade class. It was a huge success!





# **CENTRAL PARK/ BELLEVUE CLUB TENNIS TOURNAMENT**

**THURSDAY, FEB. 1 - WEDNESDAY, FEB. 7**

M 5.0 - Fri. Feb. 2 | Playoffs - Sun. Feb. 4

M 6.0 - Fri. Feb. 2 | Playoffs - Sun. Feb. 4

M 7.0 - Thurs. Feb. 1 | Playoffs - Sun. Feb. 4

M 8.0 - Thurs. Feb. 1 | Playoffs - Sun. Feb. 4

M Open - Sat. Feb. 3 | Playoffs - Sun. Feb. 4

W 5.0 - Fri. Feb. 2 | Playoffs - Sun. Feb. 4

W 6.0 - Fri. Feb. 2 | Playoffs - Sun. Feb. 4

W 7.0 - Fri. Feb. 2 | Playoffs - Sun. Feb. 4

W 8.0 - Thur. Feb. 1 | Playoffs - Sun. Feb. 4

W Open - Sat. Feb. 3 | Playoffs - Sun. Feb. 4

Mixed 6.0 - Mon. Feb. 5 | Playoffs - Wed. Feb. 7

Mixed 7.0 - Tues. Feb. 6 | Playoffs - Wed. Feb. 7

Mixed 8.0 - Mon. Feb. 5 | Playoffs - Wed. Feb. 7

Mixed Open - Tues. Feb. 6 | Playoffs - Wed. Feb. 7



CUP fundraiser on  
**Wednesday February 7th**  
benefitting



## *Acres of Diamonds*

Acres of diamonds is a 501c(3) organization that sets out to ensure that every homeless woman and child that comes to Acres receives the opportunity to rewrite their story. With homeless families experiencing generations of poverty, abuse, neglect and addiction, Acres of Diamonds aims to provide holistic, long-lasting solutions to help address the problems. The ticket price of \$35 provides one night of safety for a mom and her kids.

### Fundraiser Overview:

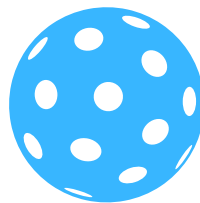
The Cup Committee is excited to host a Social + Fundraiser this year. On Wednesday, February 7th all CUP players are invited to play tennis, enjoy lunch and participate in a live raffle. We are also happy to bring back the all-club silent auction during the week preceding the event where ALL club members will be able to bid and out-bid each other for some amazing gift baskets. This year we hope to fundraise \$5,000.

Donation matching from Harry's Hounds Foundation-Supporting a loving and forever home for all animals. Consider adoption.

# PICKLEBALL & PIZZA

5:30-7:00PM  
SOLD OUT

**ALL SKILL LEVELS,  
INCLUDING BEGINNER COURT!**



**\$25**  
PER PERSON



# TENNIS CAMPS

JUNIOR & ADULT

**AUGUST 5th-9th 2024**

at Central Park Tennis Club

**MORE ADULT TIME SLOTS ADDED!**

**REGISTRATION NOW OPEN TO THE PUBLIC**

[JUNIOR REGISTRATION](#)

[ADULT REGISTRATION](#)



## Womens Flex League

CPTC Women's Flex League is in full swing this winter! Over 70 members of all skill levels are participating. There are six different divisions of teams and a flexible schedule of 5 or 6 matches for each team. Standings and scores are posted weekly and displayed on the monitors by the front desk. Members are enjoying the friendly competition with no travel or fees. I am considering running a similar Flex League in the spring/summer for mixed doubles...let me know if you would be interested!

Questions, comments and feedback welcome: [carolyn@werners.me](mailto:carolyn@werners.me)

# OPEN LESSONS IN GAMETIME

Each pro is offering an open one-hour private lesson each week, for members to reserve in Gametime! Find the lessons in the Classes & Events tab. Lessons will open up 7 days in advance each week. Waitlist may register 4 days in advance.

Mark Shkrebtan - Mondays 8-9am

Blakeley Bean - Tuesdays 3-4pm

Chad Smith - Thursday 12-1pm

Phil Ansdell - Thursdays 2:30-3:30pm

Lisa Moldrem - Thursdays 11:30am-12:00pm / Fridays 10:30-11am

Jeff Eicher - Fridays 10-11am

Nikita Moroz - 2-3pm/3-4pm

Nick Kamisar - Saturdays 11:30am-12:30pm

## PRIVATE LESSON INTEREST LIST

Are you interested in being contacted for a private lesson opening? As the pros get openings or cancellations they will reach out to those on these lists. We at Central Park hope this will help connecting with a tennis professional much easier. Use the links below or search for the list in the classes & events tab in Gametime.

[WEEKEND INTEREST](#)

[DAYTIME INTEREST](#)

[EVENING INTEREST](#)

## Winter Weather

As we are in the heart of the winter weather season, please keep in mind and be prepared for adjusted hours/closures at the club. Management will make these decisions based on the safety of our members, staff and guests. When the decision is made, an email will be sent, Gametime will be updated in the Dashboard and a banner on the tennis page. It's important that you monitor your email and Gametime if we have inclement weather.



# USTA Senior Tournament Results

January 11-14th 2024

**Men's 55+ Singles Winner: Phil Ansdell**

**Men's 55+ Doubles Finalist: Ross Laursen & Hunter Liggett**

**Women's 35+ Singles Winner: Kristi Tremble**

**Women's 35+ Doubles Winner: Kristi Tremble**

**Women's 45+ Singles Winner: Joanna Stewart & Finalist: Leah Gray**

**Women's 55+ Singles Winner: Eugenia Salvo**

**Women's 55+ Doubles Finalist: Eugenia Salvo**

38 CPTC members participated in this tournament



**We are looking for summer camp counselors to help build the program at CPTC. Contact Madison if you know someone who would be interested!**

**Do you have a couch or other furniture that you could to donate to the new jr lounge? Contact Blakeley.**



## Multi-Purpose Room

We have switched some things around and added new equipment to the multipurpose room.

Go check it out!



The USTA season has begun!  
Captains & other resources  
can be found in the members  
only tab on the website under  
Tennis Activities tab.

[View Here](#)



## FOLLOW US ON SOCIAL MEDIA



[Central Park Tennis Club](#)  
&  
[CPTC Members Only](#)



[@centralparktennisclub](#)  
&  
[@cptcjuniorteam](#)

# COMMITTEE REPORTS

## MEMBERSHIP | CHAIR Heidi Nevin

The membership committee kicked off the first meeting of 2024 collaborating on events and ideas for 2024. We came up with some fantastic ideas and will be adding a few events that you won't want to miss!! Please be sure to read the newsletter for upcoming details. The next membership committee will be Feb 15th at 5:30pm.

## FACILITIES | CHAIR Lynda Carlson

February will be a busy month around the club. We are putting the plans together to start the refresh of both the Ladies and Men's locker rooms this month. As well as the upgrades to the security system, which will include some additional cameras in our parking lots. We always appreciate your feedback on improvements or any needed repairs.

## TENNIS | CHAIR George Hays

The Tennis Committee did not meet in January. Next meeting is Monday, February 12th at 6pm.

## FINANCE | CHAIR Matt Osborne

The finance committee has been discussing the structuring of the future be it 5-year or 10-year and how to get to certain goals. There was discussion over cash flow, debt carried, look of any potential, large-scale project and what that path looks like. We're looking at building models to try our best to predict and goal set for said 10-year improvement. Our next scheduled meeting will be February 22nd

## FITNESS | CHAIR Youngmee Kim

The fitness committee met on 1/10/24 and discussed further improvements made on the Multipurpose (MP) room and Weight room. Please check out the MP room, with new Cable TV/Tennis Channel access. Also please notice there are utilization/tally sheets located in the Weight room and MP room. Please mark the items you used when in the fitness areas. Also, members may write down suggestions on these sheets and the fitness committee can discuss them at our next meeting. We are scheduled to meet on 2/14/24.

## CUP | CHAIR Lana Hansen

We have some great basket themes already underway to support Acres of Diamonds, for the 2023-2024 CUP season. Our event will take place on February 7th. There will be an all-club portion to the fundraiser where members can bid on specific baskets, including pro-lessons. Separate donations to Support Acres of Diamonds welcomed. \$35 supports a homeless mother and child for a night of shelter. We have chosen \$35 to be the entrance fee for the event in order to have an immediate impact for the organization. I hope every participant of our cup tennis league is finding great daytime, fun, and competitive tennis as our season hits the home stretch.

## LONG TERM PLANNING | CHAIR Anna Duff

We mean it this time: Look for a short – but very important – survey this month from our committee. The more member feedback we get from it, the better. Your feedback will help us define a 10-year goal for Central Park, as well as some shorter-term improvements we can make to help us get there. Thanks for your participation!

# MANAGER'S MISCELLANY

I hope everyone had a great start to the new year that was filled with lots of tennis! January was a fun month here at the club. We kicked it off with our New Year's Day social event with tennis and mimosas which is an event that our members love every year. We then rolled into our USTA Senior Tournament which hosted over 200 players! The draw included a lot of our Central Park members and even our own Phil Ansdell who got the trophy! A huge THANK YOU to Lisa Moldrem for organizing and running the tournament. The tournament was another success under Lisa's leadership, and we'll look forward to hosting it again next year!

February will include the Bellevue Club/Central Park tournament from 2/1-2/7. Please come out to watch and support your fellow members compete! On February 7th the Cup committee will be hosting their annual fundraiser event benefiting the charity Acres of Diamonds which is a program that supports homeless moms and kids as they rebuild their lives. The event will include tennis, food, and gift baskets for raffle. All proceeds will be donated directly to Acres of Diamonds. Cheers to your great work, Cup Committee and thank you to all that will donate to the great cause. On February 9th, we will be hosting another pickleball social in the Roberts building with pizza! Our pickleball socials are always very popular, and I thank all the member volunteers making it happen!

This month and into March will include some important facility improvements for the club. We will start the renovation of the women's locker room which will include new vanities, mirrors, tile, lighting, furniture, and new paint. We are excited to get that project underway and completed. The men's locker room will receive a similar renovation after the completion of the women's locker room. We ask for your patience and cooperation as we have contractors working in those spaces. There may be times when areas of the locker rooms are blocked off, and we will communicate that to members in advance so you're prepared.

We will also start the project of upgrading our security camera system, which will include all new updated cameras in our existing locations, as well as new locations in both parking lots, the pool area, and others. This project will enhance our security and benefit our staff to have oversight on all areas and courts of the club. The project will also include cameras on courts 3 & 4 in the Reed Building that will show on TV's which will be in the Reed Building lounge for better viewing of those courts. Stay tuned!

I would also like to update the membership on where we are in the hiring process for the new Club Manager. As I type this article, we have the job posted on various job boards. We are accepting applications as they come in and will close the posting in the next week or so. Once the posting is closed, the hiring committee will review and narrow down candidates to be selected for interviews. The interview process will follow with the hopes of the final candidate selected shortly thereafter. We will keep you posted as new information is made available, and please feel free to reach out to me ([Darin](#)) if you have any questions.

I hope the month of February for you is filled with health, happiness, and as much tennis as possible. Let's all treat each other with respect and kindness and continue the family environment that we all appreciate about Central Park. Cheers to another great month!

Club Manager  
[Darin Rauso](#)



# **PROGRAM DIRECTOR:** **Chad Smith**



## **Nurturing Great Sportsmanship at Central Park Tennis Club**

In the dynamic world of tennis coaching, I often find myself emphasizing the significance of being a great sport. It's not just about perfecting that backhand or acing the serve; it's about instilling a mindset that values fair play, mutual respect, and the joy of the game. Picture this: a group of players rallying with infectious enthusiasm, sharing tips, and celebrating each other's victories – that's the magic of embracing good sportsmanship.

Central Park Tennis Club becomes a training ground for champions not just in skill but also in character. Whether you're a rising star or a seasoned player, the courts offer a canvas for camaraderie and positive interactions. Playing on USTA teams further emphasizes the importance of teamwork and the collective pursuit of excellence. It's a journey where victories are sweeter when shared, and defeats become stepping stones to improvement.

As a coach, my goal is to nurture not only technical prowess but also a love for the game and a commitment to sportsmanship. The joy of tennis at Central Park Tennis Club lies not just in winning matches but in the smiles exchanged, the encouragement shouted across the net, and the friendships forged in the heat of competition. So, let's continue to serve aces, both on the scoreboard and in the art of being great sports, making Central Park Tennis Club not just a training ground for tennis players but a home for champions of the game and champions of character.



## **RACQUET STRINGING | DROP OFF SERVICE**

Ready to get your racquets serviced?

Simply fill out the stringing information form on the kiosk  
at the front desk.

Email Phil to set up drop off and pick up.

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

# PRO REPORT: Blakeley Bean

In the peak of USTA season – I get a lot of requests to improve poaching. Being an active & aggressive net player can be challenging. I've highlighted some key tips to keep in mind while trying to become a better poacher.

- **Stay Active:** We often underestimate the importance of footwork, especially in this scenario. To hit a successful poach while remaining stationary throughout cross court rallies is very difficult. Being at the net in doubles requires constant movement – even when you're not hitting the ball. Work on finding ways to ensure you are moving up & back (following the ball) throughout every point. If you don't have specific plans to poach – this movement is still crucial for bettering volleys in general.

- **Focus Forward:** When making attempts to cross over in the middle of the point – it is common for players to move more horizontally than laterally. The most important direction needed for poaching is usually forward. Once you have moved forward, it is much easier to step diagonally across than it is when you are farther from the net. Additionally, your opponents can feel the pressure of forward movement across from them. Showing that you aren't fearful of getting close, forces players to do more with their shots.

- **Identify Struggle:** When trying to make an aggressive move – our opponents often give cues that we need. You should constantly be looking for your opponents to show any sign of struggle. If the player who is about to hit a ball is really low, high, jammed, or out of position – this is time for you to capitalize. In these moments, players have very little control of their shot, leaving opportunity for you to step forward & attack.

- **Take Risks:** Poaching is a gamble. You're not going to be successful 100% of the time – don't expect to. In order to become an aggressive net player you absolutely have to be willing to take risks. You can't let failed attempts stop you from being as active in future points. During failed attempts, you are still sending aggressive messages to your opponents that force them to stay on their toes.

Happy poaching!

Coach Blakeley



# ON THE RISE: JUNIOR PROGRAM



## Winter 2024

**January 8th - March 3rd**

**No classes February 12-18**

## Early Spring 2024

**March 4th- April 28th**

**No classes April 8th-14th**

**REGISTRATION OPENS FEB 19TH 1PM**

## **MORNING HITTING PROGRAM** **Monday-Thursday 6:00-8:00am**

- Playing Tournaments and UTR events year round
- Year-round commitment to tennis
- Exhibits strong effort and attitude
- Extra court time for players looking to hit more live balls and work on point play
- Must be approved by Mark Shkrebtan
- Sign up price: \$70 member, \$80 non-member (Price per day)
- Drop in price: \$85 member, \$95 non-member (Price per day)

## **DROP OFF, ENTRY & EXIT**

**PLEASE DROP OFF & PICK UP ALL PLAYERS IN THE GRAVEL LOT. OUR PARKING LOT BECOMES EXTREMELY BACKED UP WHEN PLAYERS ARE DROPPED/PICKED UP AT THE FRONT ENTRANCE. YOU WILL BE ASKED TO MOVE IF STALLING IN DRIVING PATH OR FIRE LANE NEAR THE FRONT ENTRANCE.**

## **LOOKING TO PLAY UTR MATCHES?**

If you are looking for match play that you can set up on your own, please reach out to Coach Mark as he is creating a list of players that are looking to set up matches on their own time that will count towards their UTR's. Since there aren't a lot of USTA events happening during this time of the year, this gives players an opportunity to set up their own matches. Even if you have never played a match before, all that is required is for you to set-up a UTR account at [app.universaltennis.com/join](http://app.universaltennis.com/join). If you have any questions, please feel free to contact Coach Mark.

# ON THE RISE: JUNIOR PROGRAM



You may remember Rainier Athletes (RA) as the beneficiary of our ribbon cutting event in September. Central Park Tennis Club is excited to announce we're continuing a year-round partnership with RA!

## **RA's Mentoring Movement**

RA's mission is to affirm our youths' sense of purpose and belonging by connecting their core community of teachers, coaches, families, and mentors. RA begins the journey with students and their families in 4th or 5th grade and continues through high school graduation and beyond. Each student is fully sponsored year-round to participate in extracurriculars, paired with a dedicated mentor that meets with them every week all year round, and motivated to achieve both on and off the field through RA's classroom engagement and self-advocacy model.

Mentoring affirms students' sense of belonging and brings connection and opportunity to youth in all the spaces they are meant to thrive - classrooms, tennis courts, art studios, robotics labs, college campuses, and throughout their community.

## **Get Involved**

Interested in following Central Park's lead and getting involved more deeply? Become a volunteer mentor with RA! In just 4 hours per month, you can make a significant impact on a young person's life. Check out the links below for more info.

Learn More: [Mentor Info and Application](#)

Video: [Josue's Journey](#)

Video: [Celebrating 10 Years of Impact](#)



**Click [HERE](#) to view Winter 2024 Newsletter**

### **Contact for Stars & Futures**

**Blakeley Bean, Tennis Professional**

Director of Junior Programming

Email: [blakeleyb@centralparktennisclub.com](mailto:blakeleyb@centralparktennisclub.com)

Call or Text: (678) 595-3560

### **Staff Contact for Challengers, Tour & Morning Group**

**Mark Shkrebtan, Tennis Professional**

Director of Junior Development

Email: [marks@centralparktennisclub.com](mailto:marks@centralparktennisclub.com)

Call: (425) 503-9487



## Join the Mentoring Movement with Rainier Athletes

**Help clear our wait list!**

RA supports students furthest from educational and social justice. Our goal is to bring connection and opportunity to youth in all the spaces they are meant to thrive.

**Classrooms | Sports Fields | Art Studios | Robotics Labs | College Campuses  
Throughout Their Community**



**RA mentors and students are also artists and engineers - their passions are what inspires a deeper conversation.**

**No athletic skills or experience working with youth required!**



### Your Commitment

Mentors typically spend 1 hour per week volunteering between check-ins at the student's school, reports, and invitations to cheer at their mentee's activities or celebrate milestones. We ask mentors to commit for at least one school year.



### Our Commitment

RA's unique ONE Team model supports students from 4th grade through high school graduation and beyond. Each student is paired with a dedicated mentor who meets with them weekly and fully sponsored to participate in the activities of their choice. Mentors receive annual training and ongoing support.



**Get Started!**

"In addition to helping my mentee grow positive beliefs about himself, being a mentor has only grown my desire to bring my best out into the world."

"My mentee has expanded my knowledge, she keeps me 'cool' and also humble. Some days I wonder who is the mentee and who is the mentor."

*Our mission is to affirm our youth's sense of purpose and belonging by intentionally connecting their core community of teachers, coaches, families, and mentors.*

[www.rainierathletes.org](http://www.rainierathletes.org) | [hello@rainierathletes.org](mailto:hello@rainierathletes.org)

# CLINICS & PROGRAMS AT CPTC

Clinic	Day of Play	Time	Max # of people	Cost
Lisa's Drills & Strategy 3.0+ Intermediate	Monday	8:30 - 9:30am	4	Sign up dependent
Phil's Skills & Drills 3.0+	Monday	8:30-10:00pm	6	Sign up dependent
Chad Cardio Tennis	Tuesday	10:00 – 11:30 am	6	\$35
Chad Cardio Tennis	Wednesday	10:00 – 11:30 am	6	\$35
Phil's Skills & Drills 3.5+	Wednesday	8:30-10:00pm	6	Sign up dependent
Blakeley Cardio Tennis	Thursday	10:00-11:30am	7	\$35
Chad Cardio Tennis	Friday	8:30 – 9:30 am	6	\$25
Chad Cardio Tennis	Friday	9:30 – 10:30 am	6	\$25
Lisa's Advanced Beginner Skills & Drills	Friday	9:30 - 10:30 am	6	Sign up dependent

Click [here](#) to refresh yourself about our programs. Here are 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	2	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





# 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

## Thinking of a Move?



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

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



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



## NEW CLIENT PROMO

50% OFF A PRIVATE SESSION

~~-\$115~~  
**\$57.50** PLUS TAX

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info@bellevuepilates.com



JOIN FIT2PLAY  
CONDITIONING  
TODAY!



CONTACT FOR MORE INFORMATION  
clay@fit2playnw.com  
206.595.3021

TTH 5:45-6:50pm  
Saturday 9-10am

Muliti-Purpose Room  
and/or Outside

- Blend Strength and Endurance
- Core
- Flexibility
- Mobility
- Aerobic Fitness
- Balance

CLASSES DESIGNED TO HELP YOU  
MEET YOUR GOALS!!

**CONTACT US TO HAVE  
YOUR AD HERE!**