

Central Park - The Tennis Players Club

Baseline Newsletter January 2022



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Happy New Year and welcome to 2022! After a frigid and snowy week, we've turned the calendar and are now in the 50th anniversary year of Central Park Tennis Club!

As excited as I am for what is to come, I can't help but look back at the year that has been. 2021 started with Central Park being closed, having been shut down on November 16, 2020 and not re-opening until January 11th. After eight weeks of no indoor tennis, we came back rusty, maybe a bit out of shape, and having to wear masks while playing tennis.

Less than one week later, we lost power in two of our three indoor tennis buildings. In mid-February, we had a winter storm that closed the club for more than two full days. We had to wear masks indoors until March 23rd and I wasn't able to enjoy a hot shower and a fluffy white towel at Central Park until May 4th.

Summer came, and it seemed we were well on our way back to full normalcy. Then the delta variant hit, and now we are in the midst of the omicron variant.

What has been revealed by the challenges of 2021 are those qualities that make Central Park so special. Difficult decisions have been made and a lot of extra precaution have been required of everyone. While no choice has been perfect, it has been the diligence and efforts of members and staff to follow the protocols which has enabled us to keep our club open. We will need to face 2022 with the same determination and dedication for the health and safety of all of us.

I can't close the calendar on 2021 without mentioning the giving tree that was at the front desk. It was so amazing to see the caring and kindness of our members as the lobby was overflowing with gifts for those in need. The requests were so quickly filled and special holiday memories were undoubtedly created for many people.

As we start our 50th anniversary year, the Northwest Washington Senior Tournament resumes at Central Park after a one year hiatus. Held starting January 13th, it features play in the 35, 45, and 55 year old age categories, with many Central Park members entered. There is still time to sign up so compete if you can, and come by the club to cheer on our friends as they play! This tournament is just the first event of what will be a busy and exciting year.

We are starting off 2022 in better conditions than 2021. We're fully open and our waitlist to join is larger than it has been since before the pandemic began. Central Park is in financially good shape and we have initiatives underway to enhance what our club offers. The main one of these is the court rebuild project that has been ongoing for a few months. The walkways and changes in elevation that make up our scenic club grounds needed creative solutions to ensure easy access for not only players and staff, but also court maintenance equipment. Much more information will be coming as designs are finalized, leading to a member vote before proceeding. The preliminary plans our court rebuild committee have been working towards will significantly enhance our Club's outdoor tennis experience.

With the calendar page now showing 2022, I want to express my appreciation to the community that is our club. We have many new and enthusiastic members, and will have many events to get to know those who will soon be our new friends. Let's continue our efforts to follow all of safety protocols in place so we can celebrate this anniversary year in style!

See you on the courts!



PRESIDENT
WAYNE LIM

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

January 2022

Monday, January 10
Monday, January 10
Tuesday, January 11
January 13-16
Monday, January 17
Monday, January 17
Tuesday, January 18
Wednesday, January 26

Winter Junior Program Begins
Tennis Committee Meeting - 6:00pm
Facilities Committee Meeting - 4:30pm
NW Washington Senior USTA Tournament
Martin Luther King, Jr. Day
Cup Committee Meeting - 1:00pm
Membership Committee Meeting - 4:30pm
Board of Directors Meeting - 6:00pm

Welcome
to our
New Members

Welcome New Equity Members

*Jennifer Kalman
Jennifer Cherney
Mary Jean Waite & Family
Nikolai & Roo Mulligan
Steve Connelly
Chintan Bakshi & Family*

Welcome New Seasonal Members

Nancy Auth

Welcome New Junior Member

Owen Conley



Best to our Resigning Members

*Mimi Cook
David Pearce
Joyce Ismon
Erin Parsons & Family
Charlie Valdman*



CPTC COVID INFORMATION



King County Health Order
Update 1.1. 2022

We are now 60+ 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.

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

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

** Policy Reminder of the Month **

Please keep in mind, whoever reserves the court, must be present for the court or a no-show violation will be given. You can't reserve the court in your name and have another member, or family member play on it without you there. If any questions about this policy, please email [Darin](#).



COMMITTEE REPORTS

MEMBERSHIP | CHAIR [ANNIE OTTESEN](#) & [BARRY THOMPSON](#)

As we start a new year, our 50th Anniversary year, and we continue to battle a pandemic, we felt this would be a suitable time to reach out to our membership to help plan our social events for 2022. With the hopes of Covid being managed and our goal to foster an atmosphere of enjoyable social activities for all our members, we are asking that you give us your feedback regarding events you might like to see at CPTC. Please take a few minutes to complete the survey below! Our next meeting is Tuesday, January 18th.

<https://www.surveymonkey.com/r/SocialsCPTC>

FACILITIES | CHAIR [STEVE COLEMAN](#)

In an effort to provide additional ventilation in the tennis buildings as a corona virus safety mitigation, the club has been leaving the doors open. We have received several requests to continue to leave the doors open by some members and requests to close the doors by others. It has been determined to leave the doors up to members discretion – those that would like them open can open and those that want them closed can close. Hopefully with the recent change in exterior temperatures we can find an acceptable solution to all. The Board has decided to appoint an adhoc Pickleball Committee to explore short- and long-term solutions to pickleball at Central Park. Elizabeth Graves will chair the committee and Fred Wurden, who is currently Facilities Committee Board Liaison will also be pickleball liaison. Julie has submitted the 2022 Capital Budget to the Finance Committee which includes the Reed Building roof repairs, the Gravel Parking Lot Lighting, door entries to courts 5 and 7, a fire alarm upgrade, lounge furniture replacement, fitness equipment replacement as needed and in the Men's Locker room, a Vanity replacement and in the Women's Locker room converting the existing carpeting to tile. The next Facilities Committee meeting will be Tuesday, January 11 at 4:30 PM.

TENNIS | CHAIR [KIRSTEN BARNES](#)

The Tennis Committee had a short meeting in December. Feedback for the reservation policies continues to be primarily positive and we are continuing to monitor any effects on court usage. Next meeting January 10th at 6pm. Happy Holidays to everyone!

FINANCE | CHAIR [PETRA CARL](#)

This month we reviewed the budget for 2022. It is important to review all the expenses so that we understand how much it really costs to operate the club. Along with that, we need to plan and save for future projects. We are working on a 10 year model that will allow us and the Board to do more strategic planning. We need to work through things like; how much cash should we keep on hand, how much debt are we comfortable with, how much can we borrow, etc. Having a tool will help us forecast what increases are necessary and when we should make them. Generally speaking, our financial structure is fairly simple, but we want to plan ahead so that when we need to do big projects, we are in a position to do so and we have a way to run out the predictions.



MANAGER'S MISCELLANY

Happy New Year and welcome to 2022!

I looked back to my January 2021 newsletter to determine what was going on at the time, and I must admit a bit of anxiety hit me and a bit of relief as well!

2021 started out a bit rough, but over the year important things happened!

We came back to tennis (organized programs, lessons, small tournaments), outdoor and indoor socializing, showers, and the pool re-opening. We hired Darin Rauso, our new Assistant Manager, new teaching pros Mark Shkrebtan and Nick Kamisar, and fresh faces joined our team at the front desk. Our committees started to meet on a regular basis, face-to-face and we held our annual meeting, outdoors with over forty people in attendance. A little hiccup returning us back to masks indoors (not on the tennis courts) and in October a state order requiring vaccination or a negative PCR test. Compared to where we were January 2021 – as a tennis community – we have done well this year and you all deserve a thank you and a well done!

As we work together to stay safe and healthy from Covid, Omicron and the normal stressors of life, please remember to take care of yourself, and those around you. This is a time when we are low on energy, cannot get outside because it is SUPER COLD and crazed with starting a new year, ALREADY! And remember to point out to your family and friends, or just ask them, if you think something is not right – they seem distant, pale, or super sweaty (more than a tennis game sweat). Over the last few months, I have heard too many stories about tennis players coming to play so the team was not short, only to find out they were having heart issues and wound up in the hospital with a stint or two. IT'S TENNIS!!! And the late cancellation letter might have been waived!

In this newsletter, make note of the Automated External Defibrillator locations placed throughout the Clubhouse. Do a little computer perusing “how to” administer CPR and start stretching, warming up and cooling down. The multi-purpose room Fitness on Demand program has a ton of videos to get you going! Check it out and put yourself first this year!

2022 will prove to be full of changes and excitement. Celebrating our 50th year with all sorts of CPTC fun, determining next steps on our outdoor courts and keeping our tennis community going strong!

All my best to you and yours – and I look forward to seeing you here!

[Julie Wheadon, Club Manager](#)

AED Locations



Exit Door to Courts



Wright Building Lobby



Roberts Building Lobby

OUTDOOR COURT PROJECT

Outdoor Court Rebuilding Project – Jack Goldberg

We have almost completed the “Schematic Design” phase of the project. Along with the overall design, this will address a variety of details including court and perimeter walkway elevations, doors, ramps, utility locations, cabanas, fencing, etc. All of this still has to be reviewed and approved by the board and then ultimately voted on by members. If you haven’t already, please take a look at the Question & Answer document [HERE](#). 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:

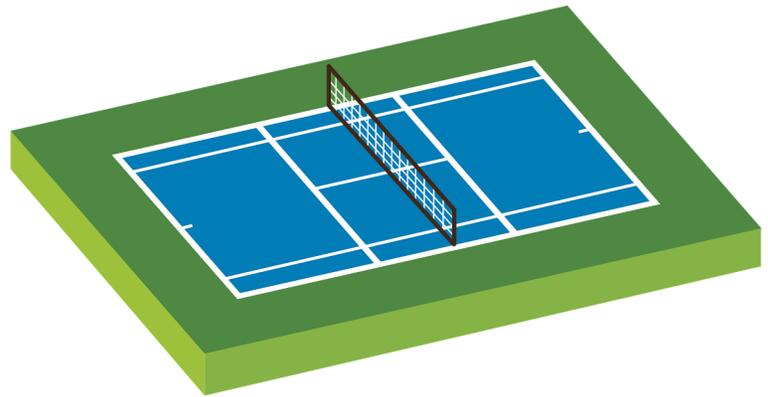
[Jack Goldberg](#)

[Brian Darrow](#)

[John Barnes](#)

[Matt Osborne](#)

[Beth Lehman-Brooks](#)



Winter Weather Reminder

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 as a banner on the tennis page, and our phone attendant will be programmed to relay the message should it be a delay or closure. It’s important that you monitor your email and Gametime if we have inclement weather. Stay safe and warm this winter season!



NW Washington Senior USTA Tournament January 13th-16th. Hosted by Central Park

- Enter on the PNW USTA site [HERE](#). **Entries close Wednesday, January 5th.**
 - 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.
-

Central Park/Bellevue Club Tournament February 3rd-9th

- Link for entries will be ready on Jan 2nd.
 - Events offered are all doubles (Men's, Women's, and Mixed).
 - Each player is limited to one Men's/Women's Doubles event and one Mixed event.
 - Flights for all events will be 5.0 6.0, 7.0, 8.0, and Open.
 - An email will be sent out on Jan 2nd with the signup forms where the exact dates for each event and further info will be listed.
 - All registration will be done online.
-

Personal Ball Machines

A reminder: personal ball machines are only permitted in the Wright Building (Courts 5-8). Please do not bring your ball machine in the Reed or Roberts buildings. Thank you!

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 open now.**

Register [HERE](#) (Select Winter JR Team Registration).**

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

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



HEALTHY CORNER COOKING

Italian One-Pot Buttery Tomato, White Beans & Farro (plant based, GF, dairy free, vegan - by Oh She Glows)

So over the holidays I have 4 men who I cook for so if I'm cooking vegan it better be good! Well, here's a huge hit! It's one of my favorite dishes: easy, fast, healthy and the guys can't get enough of it. Great Italian flavors that lift this dish with basil and sun dried tomatoes!

"To your health" - Cathy

Serves 5+ (1 cup servings)

Total Time: 45 minutes

INGREDIENTS:

- 3 Tbsp extra-virgin olive oil
- 2 cups diced onion (1 large)
- 3 gloves garlic, minced
- 1 Tbsp Italian Seasoning
- 1 tsp red pepper flakes
- 1 cup, dry quick cooking farro, rinsed and drained
- 2 1/4 cup water or vegetable stock
- 1 1/4 cup low sodium marinara sauce (I make my own)
- 1 can low sodium white beans, rinsed and drained
- 1/3 cup oil packed unsalted sun-dried tomatoes, drained and minced
- 1/2 tsp fine sea salt, to taste
- Freshly ground black pepper
- 1/2 to 1 1/2 tsp fresh lemon juice, to taste
- 3/4 cup fresh basil leaves, packed and chopped



DIRECTIONS:

1. In a large pot, heat oil over medium heat. Add onion and garlic and saute, reducing heat as necessary to prevent burning, 7-9 minutes, until the onion is soft.
2. Stir in Italian seasoning and red pepper. Cook for 1 minute or until fragrant.
3. Add farro to pot, stir and cook for another minute.
4. Add water (or stock), marinara, drained beans, sun-dried tomatoes and a dash of salt and pepper. Stir to combine.
5. Increase heat to high and bring to low boil. Immediately reduce the heat to medium. Simmer rapidly, uncovered, stirring frequently for 18-23 minutes, then check farro. Add the basil when the farro is tender and sauce is thickening. Allow basil to wilt. Squeeze in fresh lemon juice. Taste and add salt, pepper and red pepper flakes if desired.



Wave to our.... HIGHLIGHTED NEW MEMBERS!

Jacob Che & Fern Zhang Family

We are super excited to join Central Park. We like the facility and members here at Central Park. It feels cozy and relaxing while in the club.

I first picked up my racket during my freshman year in university. Luckily they offered us free tennis lessons and the court was less than \$1 per hour after the class. I instantly fell in love with the sport and never stopped playing since then. In fact, I'm super proud that Li Na is my Alumni. I watched her practice with her husband/couch on campus, which is long before she made her first grand slam.

Regarding myself, I'm a software engineer for a Korean E-commerce company called Coupang. My wife, Fern Zhang, and I came to the US for our Ph.D. studies back in 2007. We have two twin kids, Clifton and Stella, who are 7 years old. We are very happy to join the Central Park family and looking forward to meeting more friends in the club.



Nancy Auth

During Covid I spent my days at my seasonal home in Florida. I found lots of time to renew my love of tennis and back home in Kirkland I was looking for a local tennis club. A friend told me I needed to look at Central Park and I'm forever grateful for that suggestion!

I grew up in Milwaukee, WI and lived in Minneapolis (and deep down inside still consider myself a Midwest girl!). I worked in technology and investment banking until I met my husband and moved to Seattle in 1995. We built a Florida home and started spending winters there in 1997. I began flying in 1997 which still consumes much of my time.

I have a husband, 3 children/6 granddaughters I acquired through marriage ;-)

My hobbies are, well, tennis of course; aviation; photography; travel when it was a "thing"!

I'll be looking forward to meeting other players during my summer months back in the Northwest, and being humbled on hard courts after winter months of pampering my body on Har-tru!



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

PRO REPORT

Hello everyone,

We've all been told that practicing is crucial for improving your game, but at some point you may hit a wall if you're not having a *purposeful* practice. I've seen players at all levels eventually stagnate if they're not making necessary adjustments to their strokes and game style. Practicing for several hours a week with flawed strokes and improper technique is analogous to preparing for a NASCAR race by repeatedly riding a bicycle around the racetrack. You can get very good at riding a bicycle, but you won't be crossing the finish line ahead of the field. The same applies to your tennis game. No matter how many hours you spend hitting balls in practice, you won't advance (or win matches against players with superior stroke production and tactics) if you're not correcting your flaws and applying proper technique.

It's often comfortable to use practice sessions to work on your strengths, repeating what you know you already do well, but I recommend taking a hard look at the strokes or other aspects of your game that make you uncomfortable and put effort into improving them. For example, if you have a good slice backhand but lack confidence hitting topspin on that side, you should commit to hitting more topspin backhands during practice, even if it's initially frustrating. Eventually you'll feel at ease hitting that stroke. It's also helpful to seek technical advice from your coach so you know what to focus on in practice. For example, if your coach tells you to make contact further in front, focus on that tip as you hit the ball in practice. The only way to improve your game is to continue to adjust, and that process can sometimes be frustrating or tedious. But the more you work on these adjustments the more comfortable you'll be with the changes. Eventually those changes will become second nature and you won't hesitate to use them in matches.

Looking forward to seeing you all on the courts!

Nick Kamisar



Nick Kamisar
[Tennis Professional](#)

USTA 2022 ADULT 18+ Weekday/Weekend & 65+ Weekday

Applications Due by February 25th.

Please email [Darin](#) for the Captain's Form.



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

Email Phil to set up drop off and pick up
Phila@centralparktennisclub.com

7 Core Principles to Improve Tennis Footwork

tennisfitness.com

1. POSTURE

Setting good posture enables players to move from a good platform, have better **tennis balance**, and maintain control of their shot. Most players know what the “**Ready position**” is, but what happens after this and they actually move and change direction or have to stop. Learning how to hold posture through movement and holding posture whilst hitting is what this principle is about. We have developed techniques that focus on these areas.

2. COORDINATION

Tennis Coordination is often undertrained in tennis players. At a young age improving the connection within the neuromuscular system is critical for enhanced hand-eye/foot-eye coordination, ball tracking, and movement response time (reaction). One area we have seen the biggest benefit from focusing on this area is a player's ability to take **prep steps or adjustment steps**. Players often either take lazy small steps or large power steps. Having the ability to take small controlled steps holding a wide base is important for getting in the right position to contact the ball. We have some fundamental drills that work well to make this happen.

3. BRAKING/DECELERATION

This principle is definitely the most undertrained area in **on-court conditioning**. Everyone wants to move quicker, and we see a large number of drills targeting this. However, having the capacity to stop effectively, absorb load through the right chain (joints and muscles) is crucial in many ways – Injury prevention, better positioning for ball contact, balance, setting up a good platform to transition from. We believe improving this area can reduce the number of injuries players can incur due to hitting the ball in a bad position, overloading certain areas of the body, and not allowing the body to effectively adapt to the negative loads associated with slowing down and stopping. It is very important to train this principle in a controlled environment, get the technique right, overload the body, and then let it recover. This is how we build a robust player, that can stop on a dime!

4. FIRST STEPS/ACCELERATION

Having dynamic movement is important, the first 1-3 steps of court movement determine how effective you get from point A to point B. Players on average cover distance using what we call **tennis power steps** between 2-6m each movement. So, the first steps set up the speed and therefore are crucial in determining how quickly you get around court. Every athlete loves training acceleration. I do believe a lot of players can be doing their **tennis drills** a lot more effectively if they focus on some key areas. Contact with the ground needs to be focused on. Strong forceful steps, using a wide base. Training these two points alone, we have seen dramatic shifts in first step speed.

5. REACTION

We found once we improve a player's **reaction** capabilities their anticipation improves (ability to read the play or shot). This is due to the fact that once a player is highly reactive and coordinated, they have the capacity to focus on more than just the ball, they start to be able to read body language better and almost have more time (think being in the moment and everything seems like slow motion). What we encourage is to push a player's reactive training past the point they can manage. This overloading of the sensors related to the drill stimulates the nervous system and challenges the response time, this leads to rapid improvements in reaction time. It is important to only train 5-10min of reactive drills. There are other key elements that need to be followed in order to gain maximal results.

6. TENNIS AGILITY AND CHANGE OF DIRECTION

Change of direction and tennis agility training are 2 highly sort after areas for players. In short change of direction (COD) is when you move following a sequence where you know what you are doing and where you are going. Agility involves stimulus, it is more reaction-based movement. We use the change of direction drills to focus on certain chains of movement and movement techniques. We use agility drills to focus on direct specificity to court movement and match play. This principle is where we pull everything together and encourage players to move using their targeted areas as focal points. It is more specific and allows players to understand how isolating movement and then incorporating it into more specific movement is so effective. We enjoy this principle, we get to have fun and always see the gains players have achieved.

7. INTENSITY

Principles 1-6 are futile if we do not adopt the right attitude towards the movement. I do not care if a player is relaxed off-court, however when they step on court every player needs to have a good “Movement Attitude”. It is one of the responsibilities of a **tennis fitness coach/trainer** to educate and motivate players to make this happen. If you cannot develop this skill you will be so limited with your progress as a tennis trainer/coach. We have developed some great techniques to encourage aggressive, proactive, and high-intensity movement. I will share the most basic with you. Using a stopwatch to time a player's movement will change how they move, they will always want to improve their time, this leads to more effort and a higher intensity mindset. The more they are exposed to it, the more comfortable it will become, and the more their bodies will adapt in a positive way.

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 show your vaccination card to the front desk staff.

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, Racquet Services, or Junior Registration.

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: May I bring in my personal ball machine?

A: Yes. However, it can only be used on Courts 5-8.

Clinics & Programs At CPTC

PLEASE NOTE CHANGES FOR WINTER!

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 Beginner Skills & Drills	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	\$25 per person
Chad Cardio Tennis	Wednesday	8:30 - 9:30 am	6	\$25 per person
Chad Cardio Tennis	Wednesday	9:30 - 10:30 am	6	\$25 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	\$25 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	\$25 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?



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



 **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

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 Management



Follow me on Instagram @
spark_health_coaching or go to
SparkHealthCoaching.com for a free Health
History to see if coaching can help you feel your
best!