

Central Park - The Tennis Players Club

Baseline Newsletter

May 2022



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The calendar has turned to May but by looking outside, it seems as though we're still stuck in March! Despite that, the amount of pollen on the courts seems to have been supercharged this year. I have fingers crossed that we will get payback in the form of a long, warm, sunny summer.

The weather hasn't kept the work of the Club from being done. The pickleball social event on April 29th was a big success. The event filled up quickly and everyone had a great time. It was a large turnout that would have been larger if we could have accommodated everyone on the event waitlist.

Along those lines, at our April board meeting, the pickleball exploratory committee presented a proposal to temporarily implement pickleball at Central Park. Their work is representative of how changes and improvements happen at Central Park. Several months ago, informal discussions seemed to indicate a sizable portion of our membership would like having pickleball at our Club. A group of members brought the idea to the board, who commissioned an ad-hoc committee to develop a plan to explore pickleball in greater detail.

That committee surveyed the membership and contacted the other tennis and racquet clubs in the area to see if and how they had implemented pickleball, what the level of play has been, and what benefits and challenges they encountered. The committee explored ways pickleball could be implemented at our Club and metrics to measure what the long term utilization of pickleball courts might be. They developed a plan that minimally intrudes on tennis yet provides enough access to determine if this trial should move forward to exploring a permanent option. They investigated the costs to temporarily bring pickleball to our Club.

The pickleball exploratory committee organized this information into documents for the board to consider. A representative of the committee came to the board meeting to present their proposal and to answer questions from the directors. After a thorough discussion, the board voted to implement the pickleball committee's proposal. This process is how our Club continues to serve the needs of our members.

I want to end this month with a short personal story. I got injured a while ago and was unable to play tennis. Sitting at home munching on bon bons, I realized it's not the tennis I missed but more so were my friends at the Club. So against doctor's orders, I got on court and hobbled around. Even if I still had to chase down lobs and drop shots, there was no better medicine than being around at the Club and realizing how much of a part of my life all of it has become. Let's all take great care of our second home!

See you on the courts!



PRESIDENT
WAYNE LIM

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

May 2022

Monday, May 2

Sunday, May 8

Monday, May 9

Tuesday, May 10

Friday, May 13

Saturday, May 14

Monday, May 16

Wednesday, May 18

Tuesday, May 24

Wednesday, May 25

Pickleball Committee Meeting - 6:00pm

Mother's Day

Tennis Committee Meeting - 6:00pm

Facilities Committee Meeting - 4:30pm

Electronic Ballots Mailed

Member Work Party/Vlad's Retirement

Membership Committee Meeting - 4:30pm

Finance Committee Meeting - 6:00pm

Pickleball Committee Meeting - 6:00pm

Board of Directors Meeting - 6:00pm

Welcome to our New Members

Welcome New Equity Members

Leon Ma & Family



Best to our Resigning Members

Dave Munoz

Howard Behr & Family

Pavlo Pylypenko & Family

Dar Khalighi & Family

CPTC Election of Directors

Notice of Annual Meeting to Equity Members

Please mark your calendars for the Club's Annual Meeting, which will take place at the Club on Monday, June 20, 2022, beginning with the President's Reception at 5:30pm. At this meeting, the results of the election of directors will be announced, and the three new directors will be introduced. Further details will be provided in the June Baseline Newsletter.

—Kevin Harrang, Secretary Treasurer, Central Park Tennis Club Board of Directors

The Nominating Committee has completed their work in selecting members who are willing to serve on the Board. **Laura Laun** chaired the Committee comprised of **Nancy Goldberg** (current board member), **Leslie Bouton** (immediate past nominating committee member), **Anne Glenny**, **Walt Paulson**, **Jonathon Smith**, and **Tim Malone**.

The candidates for election to the Board are **Anna Duff**, **Lana Hansen**, **Jake McRoberts**, **James Stanfill**, **Joanna Stewart**, and **Tom Werner**.

Check out their bios [HERE!](#)

The 2022 Election will be conducted with a convenient and secure electronic voting system with Electronic Ballots to be emailed on Friday, May 13th. Please complete your ballot online by Monday, June 13th.



Anna Duff



Lana Hansen



Jake McRoberts



James Stanfill



Joanna Stewart



Tom Werner

COMMITTEE REPORTS

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

The Membership Committee met on April 18th; highlights included an upcoming “call list” to facilitate play during early AM court times between existing members and those on the waiting list (which currently stands at approximately 72 people, quite a long way from the depths of the pandemic!) And a “thank you” to Laurie for her hard work in expanding it.

We are also happy about the first CPTC Pickleball Social that was held on the 29th, followed later on in the summer by Karaoke Night and the return of the Beach Bash. And of course, our 50th Anniversary Celebration in September (which by all accounts will be spectacular!)

In summary, lots of exciting events on the near horizon! And as a committee we're thrilled at being able to plan social gatherings once more.

FACILITIES | CHAIR [STEVE COLEMAN](#)

Please plan on joining with our fellow club members on Saturday, May 14 for our annual Member Work Party. Signups are now available on Gametime [HERE](#). Vlad will be in attendance and we will be celebrating his retirement. As always, lunch will be provided to all participants. The new automatic exit gate is currently scheduled for installation in June or July. The ongoing water intrusion on the North side of the Reed Building has been concluded and should resolve this long-term issue. We are working to update the on-court cameras with new, higher quality units and studying moving them to different locations to provide better coverage. The club is adding stairs to the workout berm to allow easier access to the to the equipment located at the top of the berms. The maintenance of the court heater on Court 12 has been completed. The Facilities Committee has recommended to the Board the approval of the estimate for the sealing and striping of the parking lot to be done over this summer. The next Facilities Committee meeting will be on Tuesday, May 10 at 4:30 PM.

TENNIS | CHAIR [KIRSTEN BARNES](#)

The Tennis Committee had no major business to cover this month. Central Park has many 18-plus teams competing this season including 11 women's teams and seven men's teams. We also have one 65-plus team competing. Good luck to all of those participating! Next meeting will be Monday, May 9th.

FINANCE | CHAIR [PETRA CARL](#)

This month we talked about increasing our initiation fee. The current waitlist has over 70 people! That is the most I have seen in a long time. We feel that increases should be done in a more systematic way, so we asked if the Board what information would be useful in the decision making process.

PICKLEBALL | CHAIR [ELIZABETH GRAVES](#)

Over 60 members of all ages and stages enjoyed a fun evening of pickleball at the Social on Friday April 29. Thanks to the Pros who taught some of us the basics of play, and to the volunteers who loaned equipment and helped with set up and clean up. It was delightful to see so many smiles and hear so much laughter. In response to the survey and with many hours of research and thought, the Committee brought a proposal to the Board for a Summer pickleball trial in order to gauge interest, usage and feasibility in real time. The Board approved the proposal and the Trial will run June 1 through September 15. The Trial will involve four pickleball courts on court 18 with very specific times listed in GameTime for pickleball play (all other times remain tennis only). More details about how the trial will run will be forthcoming.

MANAGER'S MISCELLANY

Have your allergy sniffles started yet? I know I can attest to the change in air quality! I am sure you can see it all over your car and especially caking our outdoor courts. What a difference the last 2 springs were with being in masks. We are close to begin our pressure washing, looking toward mid-May when our contractor is available. We will keep you posted on our schedule and share updates with you as we move forward.

With the Board recently approving the Adhoc Pickleball Committee's request to stripe court 18 for a summer trial of pickleball at CPTC, we have a lot of work to do! Please be patient while we roll out the policies, be considerate of those around you and kind to your staff who is working to make sure we implement this in a manner that is fair to everyone and the least intrusive to our CPTC community. We ask that everyone take the time to read the policies and understand the importance of following them. The success of this trial relies a lot on being able to manage it!

Laurie, Darin and Easter Bunny Barry hosted a wonderful Easter Egg Hunt for about 40 kids. The weather held out and fun was had by all. Laurie calls it a great year... no tears, just big smiles, and laughter.

Spring means it is time for our Member Work Party Saturday, May 14, and this year we are combining it with a last hurrah for Vlad Radojevic! We have some special fun planned, along with all the projects the Facilities Committee could use help with – it's a great way to pitch in, see a lot of members (and your staff) in a different atmosphere – plus a BBQ – how can you pass it up?? Sign-up is available on GameTime - we would love to have you here to participate.

Other things happening:

- Watch for the 50th Anniversary Trivia questionnaire - excited to see who remembers what!
- Open Enrollment for membership changes is still [open](#) until May 15.
- Cup applications for the 2022-2023 season are available [here](#).
- We have a great slate of Board candidates for this year's election. Ballots will be emailed mid-May and the results will be announced at our annual meeting scheduled for Monday, June 20.
- Memorial Day weekend we are back to pool time! We will have the pool open Friday, May 27 through the holiday, and then we will be on a weekend only schedule until school is out. Please check this newsletter for the policies for kids using the pool.
- Seasonal Members return June 1.

Look forward to seeing you here –

Julie Wheadon
Club Manager

Member Work Party 2022 & Vlad's Retirement Celebration!

What?

We will be hosting our annual Member Work Party, a fun event where Members volunteer to help with work projects to get the Club ready for the summer season! We will also be celebrating our Maintenance Supervisor Vlad Radojevic's retirement after 29 years at the club! After the tasks have been completed, we will barbeque out by the pool area. Bring your appetite!



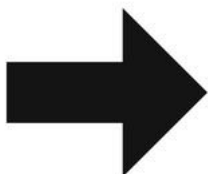
When & Where?

- Saturday, May 14th at CPTC
- Member Work Party from 9am-1pm
- Vlad's Retirement Celebration to follow

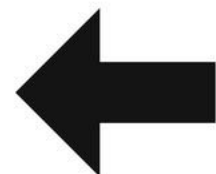


Tasks Include:

- Setting up/Washing Pool Furniture
- Flower Pot Planting
- Table Umbrellas
- Weeding
- Cleaning BBQ's
- Tent Setup
- Painting
- Culvert Cleanout



RSVP HERE



50TH ANNIVERSARY

How well do you know Central Park? When was our club incorporated, or what was the original amount raised to build it? You think you got the answers? Take the 50 Trivia of Central Park Challenge [HERE](#)! Contest runs until the end of May.

Need a gift? Don't forget Mother and Father's Day. Looking for a special and unique gift, find it [HERE](#). Order details in the order form. We will also have more branded merchandise throughout the summer.

50th Anniversary Calendar of Events

May: 50 Trivia of Central Park Contest

June: Presidents Luncheon

July: Wood Racquet Tournament and "King vs Rigs" expo

September: CP 50th Anniversary Disco

You don't want to miss the CP Party of the YEAR!! Mark the dates on your calendars, more details to follow.



SAVE THE DATE!

Artist: Carol Lelivelt

2022 Open Enrollment Details

Open Enrollment still AVAILABLE [HERE](#) until May 15th!

The annual open enrollment period is from April 1 to May 15, dues to be effective June 1.

Current Equity Dues Structure – Monthly membership fee*

*Equity Member	\$221.00
+ Spouse/Partner	\$25.00
+ 1st child	\$10.00
+ each additional child	\$5.00

**Single member with no guest passes*

*plus capital fund and taxes

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

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

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

Cup Applications Available!

[Kingco \(4.5+\)](#)

[Challenge \(4.0\)](#)

[Rainier \(high 3.5\)](#)

[Classic \(low to moderate 3.5\)](#)

[Emerald \(3.0\)](#)

[Evergreen \(2.5-3.0\)](#)

Wednesday, June 8th - Last date for applications

CPTC teams finalized by the end of June

OUTDOOR COURT PROJECT

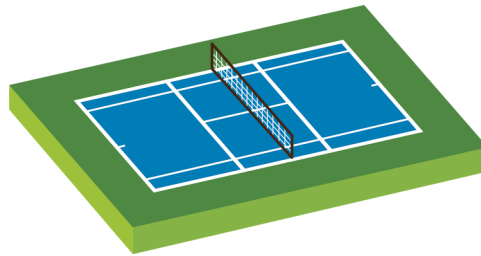
Outdoor Court Rebuilding Project – Jack Goldberg

Our committee is still looking at alternatives after the latest cost estimate for rebuilding the outdoor courts. John Barnes and Brian Darrow will be meeting with a new geotechnical engineer to see if they have ideas on why water is seeping up through the asphalt and cracking the court surfaces. We are also exploring ways by which we could phase the project.

Questions can be directed to any of 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](#)



WE ARE LOOKING FOR LIFEGUARDS!

If you have a child or know of someone looking for a lifeguard position this summer please contact [Darin](#). The American Red Cross is currently offering certification classes around the Seattle/Eastside area. Central Park will reimburse full cost of certification after 30 hours of employment!



Pickleball Social - April 29th

Thank you to all who attended our Pickleball Social! It was a night filled with good play, laughs, and lots of eating. If you participated in the event and didn't fill out our feedback survey yet, please do so [HERE](#).



2022 Summer Jr. Program

Summer Dates:

June 27th – August 19th

- Classes held weekly Monday - Thursday
- Register by the week

[Click Here for More Info, Pricing, & Registration!](#)

Late Fall Session Awards

Red

Most Improved: *Ashika Garg* **Player of the Session:** *Mila Ermak*

Orange

Most Improved: *Abbie Deng* **Player of the Session:** *Spencer Ott*

Green

Most Improved: *Lydia Ryvkin* **Player of the Session:** *Lucas Chaney*

Bronze

Most Improved: *Avery Liang* **Player of the Session:** *Chloe Yang*

Silver

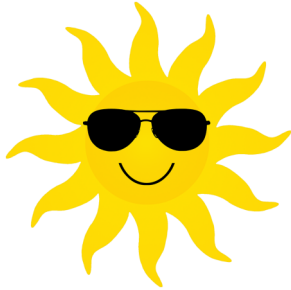
Most Improved: *Richard Tsao* **Player of the Session:** *Chris Lum*

Gold

Most Improved: *Charlie Du* **Player of the Session:** *Alan Wen*

Pool Opening May 27th!

It's that time of year again! The pool will be open for business on Memorial Day weekend. For tracking purposes, we ask you to reserve spots in Gametime (same as last year) and please list all guests. Pool guests will need to sign our guest waiver, and pay the \$8 guest fee. We're excited to have you back and can't wait to enjoy that summer sun!



Shock Top Beer Coming to CP!

Stay tuned for draft Shock Top Belgian White beer. Shock Top will be available for purchase May 4th! Please drink responsibly, and never take alcohol onto tennis courts. Thank you.



USTA 2022 ADULT 40+ & 55+ Mixed

Applications Due May 13th!

Please email [Darin](#) for the application form.

For members interested in joining a team:

Visit the link [HERE](#) for confirmed captains emails

HEALTHY CORNER COOKING



Easy Crunchy Asian Salad

Inspired by FeastingatHome.com

Serves: 6

This is one of my favorite salads - so bright and colorful and packed with nutrient dense veggies. Perfect for Spring!! You will absolutely love the asian flavors bursting from this dish. Feel free to add crispy tofu, grilled salmon or chicken to complete this as a main meal. *To your Health - Cathy*

INGREDIENTS:

- 1 lb shredded veggies (your choice of cabbage, carrots, bell pepper, snow peas, broccoli slaw, Brussel sprouts, etc) roughly 6-7 cups.
- 3 scallions, sliced
- 1 cup cilantro (or Italian parsley or mint) chopped

Amazing Asian Slaw Dressing:

- 2 tablespoons olive oil
- 1 tablespoon toasted sesame oil
- $\frac{1}{4}$ cup rice wine vinegar
- 3 tablespoons maple
- 1 tablespoon soy sauce (or GF alternative or Coconut Aminos)
- 1 garlic clove, finely minced (use a garlic press)
- 1 tablespoon ginger, finely chopped
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon chili flakes or chili paste (optional)

Optional toppings: Toasted sesame seeds and/or peanuts or cashews

DIRECTIONS:

- Toss slaw ingredients together in a large bowl. Add cilantro and scallions.
- Whisk Asian Slaw Dressing ingredients together in a small bowl
- Pour dressing into slaw and toss well.
- Garnish with sesame seeds and/ or nuts.



* This dish stays crunchy even the next day!!!



Wave to our.... HIGHLIGHTED NEW MEMBERS!

Atul Alatkhar & Family

We have been living in Redmond for almost 12 years. I am in software development and currently work at Microsoft.

I am a 4.5 tennis player and love to play singles as well as doubles. My kids, Aneesh & Anika, got introduced to tennis at Central Park and they are getting excited about the game!

Central Park has excellent tennis and Gym facilities. The staff are very friendly and so is the management! Looking forward to playing more and meeting more tennis lovers and having a good time!

Thanks & Regards,
Alatkhar Family



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

Work ethic, Mental toughness, Motivation. This is what it takes to be a winner. Rafael Nadal has been and still is today a prime example of these 3 attributes.

Every time he steps out on the court, whether it is a grand slam finals match or a daily practice, he puts in 100% of his energy and effort. He treats practice as if he is playing a tournament. He shows work ethic by grinding for every point and hustling for every shot and it pays off.

Being able to play through a match and never letting your opponent see your emotions is true mental toughness. No matter how upset or angry Nadal is on court, you will never see him break down or quit. Having the ability to have that toughness within makes it harder on your opponents because they know that even at match point, Nadal will fight to come back.

Competing for 18 years on the pro tour and striving to be one of the greatest of all time requires motivation. At 35 years old, with countless injuries and roadblocks throughout his career, never once has he given up. His fighting spirit is one to always admire. It takes a lot of effort and will to play at the highest level.

These 3 attributes are a formula for success on and off the court. We hope to instill this into all our young players here at Central Park.



Mark Shkrebtan
Tennis Professional



RACQUET STRINGING AVAILABLE - DROP OFF SERVICE!

Ready to get your racquets serviced?

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

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

Tips for Winning More Second Serves

Tennislifemag.com

You have two chances to serve the ball and get it into play, and tennis experts agree: the second serve is more important than the first serve. Obviously, you need that second serve to start the point if you make an error on your first serve; and if you have a good second serve, you can afford to be more aggressive on the first serve. Unfortunately, however, not everyone has a good second serve (even at the professional level), and though that is a pretty major weakness, all is not lost!

Commit to the following tips to win more second serve points:

1. Have a plan.

Many recreational players hit their second serves with no goal in mind other than to just get it in. Rather than be surprised with what comes off your racket and *then* react to it, you should create the point to your advantage.

Since the second serve is usually weaker than the first serve, placement is key. Formulate a second-serve strategy based on your opponent's strengths and weaknesses. Serving down the T, whether it's the forehand or backhand is always a good idea on your second serve. That way, even if your opponent does get a piece of it, you know that it's probably coming back up the middle as you've taken away their angles. A slice second serve into the body is effective as well, especially if your opponent is somewhat lead-footed. Most club players have no split step and literally plant themselves at the baseline, making it harder for them to move out of the way of the ball. More than likely, their return will be short, if it makes it over the net at all.

2. Use more spin.

Generally, players have trouble handling heavy spin, so use the slice and kick serve often. The great thing about this serve is that it's pretty effective no matter where the ball ends up landing. The spin not only causes the ball to move sideways as it travels through the air but it also gives the ball a wicked sideways bounce making it more difficult to return. Just make sure and hit the ball hard...at least as hard as you hit your first serve, if not harder. Don't worry about it going into the net or out, as the speed will make sure it gets over the net, and the spin will bring it down into the service box.

3. Mix it up.

Don't be predictable. If you always serve your second serve to an opponent's backhand, you are literally giving them a lesson on how to return backhand serves, and before long, they will be crushing them. Throw in some body serves and serves down the T to their forehand. And if you've noticed that they don't move well, surprise them with a serve out wide. Keep them wondering where you'll serve next, and you will keep them from properly preparing for their return.

4. Always be ready for a return.

Speaking of returns...don't assume that because it's your second serve that it won't go in, or that your opponent is going to crush it. Decide where you will place the ball and as soon as you hit that second serve, get ready for the return. Use your serve to anticipate where your opponent may hit the return before he/she makes contact with the ball. For example...Did you serve down the T? Then be prepared for the ball to come back in the same direction. Was it a serve to the body? Be prepared to move in because chances are it will be short.

5. Put in the effort.

Neither your second nor first serves will get better from playing a league match once or even twice a week...you have to really work on them. Rent a bucket from your club or save the balls from your practice and league matches, and spend some time every weekend just serving (make sure and practice BOTH serves, not just your first serve.) Work on increasing speed, adding spin, and improving placement, and before long you'll have a second (and first) serve to be proud of. You will gain consistency with landing them, which will make you more confident when it's your turn to serve. Not only that, but the frequent service repetition will also increase your muscle memory which will help you find your rhythm much faster when warming up for your league matches.

Frequently Asked Questions

Q: What are the club's vaccine requirements?

A: **The club no longer has a vaccine or proof of negative test requirement.**

Q: What is the current mask policy?

A: **Masks are optional.**

Q: Where is the link for the pickleball survey results?

A: **The link to the pickleball survey can be found [HERE](#).**

Q: Where is the link to the post survey pickleball FAQ page?

A: **The link to the pickleball FAQ page can be found [HERE](#).**

Q: Where can I send my questions for the pickleball committee?

A: **You may send your questions to pickleballfeedback@centralparktennisclub.com.**

Q: I see you're looking for Lifeguards - where can my child get certified?

A: **Please refer to this [LINK](#) for classes offered by the American Red Cross in our area.**

Q: Is the Phone Mount holder only available on Court 4?

A: **Yes. We have a designated bracket on Court 4 to hang the mount. We will gauge interest and discuss adding additional brackets on other courts if the demand is there.**

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

A: **There are no current limits for the amount of spectators for USTA matches.**

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

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	6	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
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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



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CONDITIONING
TODAY!**

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NEW Class
for
FREE!*

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!!

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!