

BASELINE NEWSLETTER

November 2023

PRESIDENT REPORT

FRED WURDEN



It's time to spook your tennis partners and teams. Do you have a goal to improve? Improvement is personal and it can be achieved numerous ways but it starts with a personal goal. First is just your health, get in better shape and become more flexible. I just hiked 2,000' vert in 16" of snow in just over 2 miles in zero degrees. Whatever works for you is fine but get after it or sign up for a class, just make it a routine! If you would like more classes or equipment please talk to the fitness committee. Second, it is about your game and improving your weakest shot as that is what opponents will take advantage of. If you have not had a lesson in awhile take one or sign up for a group lesson. Chad is a great starting point to discuss your coaching plans if you don't have any setup yet, just send him a note! Finally, socially you can get more out of the club! Just sign up for one of the many socials we have planned over the winter or get your group together afterwards for some peanuts or whatever! The club is in great shape. I'll provide a yearend summary in December.

**CHECK OUT PAST
BOARD MINUTES [HERE](#)**

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WELCOME NEW MEMBERS

Andy & Christi Allison
Jai Sainani (Junior)
Winston Warrior
Margaret Zheng
Vibhuti Bhushan & Vidya Adala

BEST TO RESIGNING MEMBERS

Renee Bibeault
Nooria Hiyeri
Denise Ryan
Kirk & Carla Stanford



FOLLOW US ON SOCIAL MEDIA



Central Park Tennis Club
&
CPTC Members Only



@centralparktennisclub
&
@cptcjuniorteam



**Too many leaves on your outdoor court?
There is now an electric leaf blower in the
pickleball bin located by court 18.**

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Food Drive for hopelink Starts Fitness Committee @ 1pm	2	3	4
5 Daylight Savings	6	7	8 Membership Committee 5:30pm	9	10	11 Veterans Day Fall Team Challenge 1-4pm
12	13 Women's CUP committee 1pm Tennis Committee 6pm	14 Facilities Committee 4:30pm	15 Board of Directors 6pm	16 Finance Committee 5pm	17	18 Turkey Tennis Mixer
19 Food Drive for hopelink Last Day	20 No Jr Team 20th-26th	21	22	23 Thanksgiving Day Club closes at 1pm 	24	25
26	27	28	29	30		

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

FALL TEAM CHALLENGE

Saturday, November 11th

1:00–4:00pm

FOUR TEAMS COMPETE FOR THE TITLE.

THREE TIMED MATCHES.

PRIZE FOR WINNING TEAM!

FOOD PROVIDED!

COST \$15



Saturday, November 18th

JOIN US FOR TENNIS AND FOOD!

11:30am-1:00pm

REGISTRATION DETAILS COMING SOON

Food Drive

Benefitting
hopelink

NOVEMBER 1ST- 19TH



We will be accepting food donations in the clubhouse for **hopelink**. Please donate anything you are able. Every donation small or large is appreciated!

Since 1971, Hopelink has served homeless and low-income families, children, seniors, and people with disabilities in King and Snohomish counties; providing stability and helping people gain the skills and knowledge they need to exit poverty for good. Hopelink's mission is to promote self-sufficiency for all members of our community to help people make a lasting change.

With service centers in Redmond, Bellevue, Kirkland, Shoreline and Sno-Valley (Carnation), Hopelink is the largest nonprofit organization in the area. Providing a network of critical social services through a number of different programs – including housing, transportation, family development, financial assistance, employment programs, adult education, financial literacy training and five food banks. The agency's service centers, housing and transportation programs help more than 63,000 people every year.

Most Needed Food Items: Frozen Turkey, Canned Meals, Canned Meat (Tuna, Chicken, etc), Cereal/Oats, Beans (Dry or Canned), Fruit (Canned), Grains (Pasta, Rice, Quinoa, Barley, etc), Nut Butters (Peanut Butter, Almond Butter, etc), Soup and Broth, Vegetables (Canned), Allergy-specific foods (gluten free, vegan, vegetarian), Dried or canned milk, Pet Food



COMMITTEE REPORTS

MEMBERSHIP | CHAIR Heidi Nevins

The membership committee met on Wednesday October 11th. There are a few events happening this month. November 11th, Fall Team Challenge, will you be crowned winner? November 18th, Turkey Tennis Mixer, join us for tennis and food! November 1st-19th, food drive for hopelink. Bring canned food and non-perishable donations to the bins in the clubhouse. The committee will meet on Wednesday November 8th at 5:30pm.

FACILITIES | CHAIR Lynda Carlson

Check out the new, self propelled, Woodway treadmill in the fitness room. The coffee machine was down for a couple weeks but happy to report a new coffee machine in place now. Thanks for everyone's patience as we got that resolved. Two new light poles have been installed in the gravel lot; these provide improved light to the entrance of the gravel lot and to the junior entrance just in time as we head into the fall/winter season. We always appreciate your feedback on any maintenance issues or any ideas for improvements.

TENNIS | CHAIR George Hays

The Tennis Committee met on Monday, October 9. It considered, but decided not to take up, a proposal to allow CPTC USTA teams to reserve warm-up courts for home team matches, feeling that the current system strikes a balance between the desire for warm-up courts while not over-taxing Club court availability. The Committee then reviewed portions of the Club survey related to tennis activity, but did not consider any specific proposals. The Committee then reviewed proposals for a Flex league in the winter season and an intra-club league in the summer. These proposals received a number of positive responses, and the Committee will continue consideration at the next meeting, which will be November 13.

LONG-TERM PLANNING | CHAIR Anna Duff

The Long-Term Planning Committee had its first meeting in October, and is at work soliciting input from CP's committees and other groups. Our goal is to create a roadmap for improvements at Central Park over the next ten years by next summer. On the committee are Lynda Carlson, Brian Darrow, Jack Goldberg, Colleen Grobstok, Wayne Lim, Eliot Low, Katie McRoberts, Scott Mullet, with Elizabeth Graves as liaison to the Board. We'd love to hear your ideas as we continue this process!



COMMITTEE REPORTS

FITNESS | CHAIR Youngmee Kim

Fitness committee met on 10/4. The new Woodway Curve has been installed. With the help of Chris and his crew, the Multipurpose room has been rearranged for members to use weights and cardio machines. Mindy is heading up our First Tennis Fit workshop on Sunday, 11/12 at 11:30am-1pm.

FINANCE | CHAIR Matt Osborne

In October the finance reviewed monthly financial and budget numbers and began working with the club's management to develop the 2024 annual budget. We also created three working groups to assess the club's dues and capital assessment structure, evaluate the club's debt service coverage, and to develop and implement an investment plan. The next finance committee meeting will be on November 16th at 5pm.

CUP TENNIS | CHAIR Lana Hansen

The Halloween Cups event was a great success. The committee put a lot of time and energy into decorations and feeding our Cups members that were able to attend the event. Thank you to all who participated and all of the awesome effort playing while costumed! Huge shout out to Carly Oberg, Heidi Nevin, Deb Murray, Emily Christensen, Kaylee Nilan, Ronni Fields. Thanks to Anna Duff for providing centerpieces as prizes. Special thanks to Staff members Madison, Laurie, Barry Thompson and Lisa Moldrem. As well and full appreciation for our Cups members who were able to attend the tennis Mixer and socialize with us afterward. It was Spooky and Fun. Check out page 15 for photos! Our next meeting will be November 13th at 1:15 in the board room, and will be discussing some of our suggested Charities for our 2024 philanthropy event. If you have suggestions on who to support please contact me or your Cups Advisor assigned to your team.

SIGN UP FOR A COMMITTEE!

Do you have an idea to help improve our club? Do you have skills that apply to certain committee? Do you wish the club would implement something or make changes to a current policy? Are you a team player that works well with others to reach a common goal? If so, then join a committee! Click [here](#) to sign up!

MANAGER'S MISCELLANY

With October in the rear-view mirror, November is sure to be another exciting month here at the club. October consisted of the wrap up of our Club tournament, outdoor tennis & pickleball on our beautiful new courts, Octoberfest week, and the annual Cup Committee Halloween Social. All events were well attended and successful! Also, thank you to our Cup Committee for putting up all the wonderful Halloween decorations in the clubhouse, they looked phenomenal!

As we transition into November and colder weather, we have some very exciting indoor events planned for our members. First up will be our Fall Team Challenge on Saturday, November 11th from 1-4pm, which will have a similar format to our usual Summer Team Challenge, just scaled down to a 1-day event. Four of our Pros will draft teams made up of 10 members each who will compete for the bragging rights of the year! If you're ready to battle, sign up using the link [HERE](#).

Our second tennis event will be our annual Turkey Tennis Mixer on Saturday, November 18th from 11:30am-1pm. This will include fun tennis and food and will lead us right into the Thanksgiving Holiday. Look for registration for the Turkey Tennis Mixer soon!

We will also be hosting our annual hopelink Food Drive from November 1st through November 19th. We hope to fill those donation boxes up to the brim! If you're able to donate this year, please bring the food items that hopelink is asking for on page 5 and drop them off in the box at the front desk. Each year our members at Central Park are very gracious in helping support our charities. Thank you for your donation and helping feed families in our area!

We are very excited to be hosting the Rafa Nadal Academy here in August of 2024! This is one of the most renowned traveling camps in the world. Registration is open now for our junior and adult members. The registration will be only for our members through November, so please sign up if you're thinking about it! This can be found on page 10.

Other items from October included the installation of our new gravel parking lot lights, which now give much needed light in the first row of the gravel lot and junior entrance area. Thank you to the Facilities Committee and Board for approving that project. We are also now accepting Captain applications for USTA 40+ and Coed 18-39 leagues coming in January! If you are interested in Captaining a team, please email [Chad](#) for the form. If you are a player and may be interested in joining a team, please visit Gametime and put your name on the USTA 40+ interest list ([MEN](#)) ([WOMEN](#)). If Captains are looking to add players, they will look to that list!

A reminder that the club will be closing at 1pm on Thanksgiving Day. I hope you and your families have a wonderful Thanksgiving, and that it's filled with good company and great food!

See you on the courts!

Darin Rauso, Club Manager



PROGRAM DIRECTOR:

Elevate Your Tennis Game:

What Every Pro Player Carries in Their Bag



As you advance on your tennis journey, evolving from an occasional player to a serious contender, the significance of a well-packed tennis bag becomes undeniable. A true tennis enthusiast knows that being court-ready isn't just about skills and technique; it's also about having the right gear at your fingertips. Here's a curated list of essentials that every dedicated player must have in their arsenal.

- **A Stellar Selection of Rackets:** String breakage and slippery grips are the nemeses of every player. Be prepared with not one, but multiple rackets. A seasoned player never underestimates the power of a reliable backup racket.
- **Jump Into Action:** Jump ropes aren't just for kids; they're an indispensable tool for warming up. Compact and versatile, they keep you light on your feet and your body primed, ensuring you're ready to conquer the court from the first serve.
- **Stay Hydrated, Stay Victorious:** The importance of hydration can't be stressed enough. Don't leave it to chance; carry your own water bottle. In the heat of the game, having a sip of water can make all the difference between fatigue and endurance.
- **First Aid on the Fly:** Blisters and minor injuries are par for the course. Equip yourself with an assortment of bandages, athletic tape, and other essentials. Being prepared for unexpected setbacks ensures you can keep playing at your best.
- **Power-Packed Nutrition:** Long matches demand sustained energy. Don't let hunger distract you from your game; pack a protein bar. Compact, non-perishable, and energy-dense, it's the perfect ally to keep your energy levels up, ensuring you're always at your peak performance.
- **A Can of Confidence:** Never find yourself without fresh tennis balls. The satisfying pop of a new can is not just music to your ears but a game-changer on the court. Always have a couple of cans in your bag, ready to unleash your A-game.
- **Stay Cool, Stay Dry:** For players who exude sweat, towels are your best friend. Keep your grip dry and your focus sharp with a soft, absorbent towel. It's the small things like these that make a big difference on the singles court.

By having these essentials in your tennis bag, you're not just prepared; you're demonstrating your commitment to the game. Your opponents might underestimate your prowess, but your well-prepared bag tells a different story—one of dedication, readiness, and a fierce determination to conquer the court, one match at a time. So, equip yourself, step onto the court, and let your game speak volumes.

Chad Smith

OPEN LESSONS IN GAMETIME

We are excited to announce that 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.

Sign up and improve your game!

Mark Shkrebtan - Mondays 8-9am

Blakeley Bean - Tuesdays 3-4pm

Jeff Eicher - Wednesdays 3-4pm

Chad Smith - Thursday 12-1pm

Phil Ansdell - Thursdays 3-4pm

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

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

CARDIO EVENT WITH CHAD & CLAY

Tuesday, November 14th

1:00-2:30pm

Register Here 3.0+

Register Here 4.0+

Chad will run a cardio tennis court and Clay will run a fitness court. Groups will rotate between courts.

There will be two groups of 8 people each.

3.0+ group and 4.0+ group.

\$40 per person for the hour and half.



TENNIS CAMPS

JUNIOR & ADULT

AUGUST 5th-9th 2024

at Central Park Tennis Club

REGISTER NOW!

CPTC MEMBERS ONLY

JUNIOR REGISTRATION

ADULT REGISTRATION

ON THE RISE: JUNIOR PROGRAM



Late Fall 2023

Session Dates:

October 22nd- December 17th

NO CLASSES NOVEMBER 20-26

Winter 2023

Session Dates:

January 8th - March 3rd

No classes February 12-18

REGISTRATION OPENS DECEMBER 18TH @ 1PM

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.

ON THE RISE: JUNIOR PROGRAM



MORNING HITTING PROGRAM

Days 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 ball and work on point play
- Must be approved by Mark Shkrebtan
- Price \$65 member \$75 non-member (Price per day)



OTR is a proud sponsor of Rainier athletes.
Click [here](#) to learn more about the amazing work RA
does for the youth in our community.
Email deb@rainierathletes.org to learn about how you
can get involved!

Contact for Stars & Futures

Blakeley Bean, Tennis Professional

Director of Junior Programming

Email: 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

Call: (425) 503-9487

NEW PROGRAM: FLEX LEAGUES

Are you interested in an alternative, or supplement, to USTA matches, with no travel and no guest fees?

Are you interested in playing competitive matches at our own club, against similarly skilled members, with flexible scheduling options on our own courts?

CPTC Women's Doubles Flex League:

- Defined partnership "teams" of 2 people
- Round robin "season" of 4-6 weeks in duration starting in mid-January
- Divisions organized by skill level (as best as possible based on expressed interest)
- 1 scheduled match per week, with flexible scheduling
- Scores reported after each match
- Rankings/standings published by win record for each Division

If you are interested, email carolyn@werners.me and include:

- Name and USTA level
- Do you have a partner in mind? If so, who?
- What is your preferred match time (Weekdays daytime only, Weekends and weeknights only, anytime)

CPTC 4.5+ Early Bird Singles:

- For singles players (women and men) who are NTRP-rated 4.5 or higher who like to play 6am, 7am, maybe 8:30am.
- 1 match every two weeks
- Very casual - scores recorded but no rankings/standings
- If you think you might be interested, email stewart_joanna@hotmail.com



PRO REPORT

PHIL ANSDELL

Hello Central Park members and friends. I hope everyone is healthy, playing lots of tennis, and making some fun plans for the winter ahead of us. For those who are not, well, I hope life gets better soon!



I would like to talk a little bit about doubles. Doubles is a forward game! An aggressive game! An offensive game! A hit or be hit, kill or be killed kind of game! Sorry if this scares some of you, but you know the old saying "if you're not moving forward, you're falling behind"? It definitely applies to the game of doubles. The sooner you can get the ball back to the other side of the net, the better. Which means between you and your partner, whoever is closest to the net should take any ball they can reach. With this mindset it should lead to lots of poaching. Great doubles players poach a lot!

I can think of 7 times which are PRIME TIME to poach:

1. When your partner hits a serve into your opponent's body. Otherwise known as a jammer, they won't be able hit a good shot. PRIME TIME to poach!
2. When your partner hits a serve down the "T". You should shift that way and look to go! PRIME TIME to poach!
3. When your partner hits a serve (or any shot) at your opponent's weakness, they most likely will float it. PRIME TIME to poach!
4. When your partner hits a good return of serve at the serve and volleyer's feet, they most likely will pop it up. PRIME TIME to poach! This is otherwise known as a reverse poach.
5. When your partner is in a deep cross court rally and you keep telling yourself you should have poached. Maybe 3-4 times you make the move, but just don't go. Well the next point just go sooner than later. Just be committed and go! It's PRIME TIME to poach!
6. When the net person on your opponent's side attempts a poach but doesn't quite reach it, their partner behind might be caught off guard and just react by getting the ball over with no directional control. PRIME TIME to poach!
7. And lastly, obviously when you or your partner give the signal to poach you have to do it! Be committed and switch sides. It's PRIME TIME to poach!

Doubles is fun when you and your partner are setting each other up, moving together and looking for these 7 opportunities to finish the point. Remember to also keep your hands up and out front. Cut in at angle and try to meet the ball above the height of the net.

Now that everyone is going to be crashing the net, I hope no one gets hurt! So take care! Good luck! And I hope to see all of you out on the courts soon!



SPOOKTAKULAR CUP TENNIS MIXER



SINGLES STRATEGIES FOR HIGH SCHOOL PLAYERS

Sound singles strategy does not rely on “being patient” and outlasting an opponent, or blasting winners from the baseline. All competitive players should strive to play forcing tennis, which focuses on either: a) forcing errors; or b) creating winner opportunities by: 1) creating short balls which can be attacked from mid-court; or 2) opening the court for clean winners.

The difference in strokes between the pros and high school players, however, dictates that there will be a difference between the pro and high school games. The main difference in game plans is that while the basic strategy might be the same, the tactics used will be different.

Strategy vs. Tactics

What is the difference between a “strategy” and “tactic?”

A strategy is “what” you want to do, while a tactic refers to “how” you’re going to do it. For example, an all-court player may use the strategy of starting out at the baseline and waiting for or producing short balls he or she can attack. The tactics this player would use would include shot combinations which exploit the geometry of the court, as well as the weaknesses of a typical opponent (e.g., hitting low-bouncing balls, shorter in the court to players with Western grips or two-handed backhands to produce weak replies).

A baseliner might want to use their steadiness or power to force errors and hit winners. The tactics this player would use would revolve around the use of depth and direction to: 1) force errors; 2) open the court for winner opportunities; 3) produce short balls which can be hit for winners.

A net rusher would want to serve and volley, as well as attack on returns. This player would use tactics that included: 1) taking speed off the serve and serving down the middle; 2) going for first-strike opportunities on first serves; 3) attacking second serves to gain the net.

While there are many strategies and tactics used in every singles match, players should focus practice on those which are most appropriate for their style of play.

Players should also develop a base of strategies and tactics based on their skill level. Since most high school players are not aggressive serve and volleyers, it’s probably a good idea to work on your team members’ fundamentals for baseline play.

This will help baseliners play more effectively from their position, while all-court players will be able to work on producing the short balls which will allow them to attack.

SINGLES STRATEGIES FOR HIGH SCHOOL PLAYERS

Following are several, basic strategies and tactics for singles play.

Return of Serve

Top players are ending points sooner, relying on “first-strike points.” These are pre-determined shot combinations off the return of serve or the serve and volley.

For example, based on where the serve lands, receivers have pre-selected and practiced the one or two highest-percentage returns.

Based on the server’s next shot after that, the receiver has one or two automatic responses. This is usually enough to end a point, or at least force the short ball or open court that forcing tennis creates.

Baseline Rally

Another strategy relies on the use of depth and direction to produce a short ball that a baseliner can attack. Making an opponent take two or three steps laterally (wide) and one or two into the court (forward) to hit a forehand gives your player an opportunity to hit the next ball deep and crosscourt to the opponent’s backhand. The opponent must now move backward, running five or six steps in the opposite direction to hit their backhand.

Any time you can make your opponent hit a backhand while running backwards, you can expect a weak response. If the opponent does not make an outright error, he or she will probably hit a short ball, which your player can now hit short and crosscourt to the open court they have created.

Passing Shots

Players should rarely, if ever, try to pass an attacking player off the advancing players’ approach shot, if the attacking player has an effective approach shot. Statistics bear out that even nationally-ranked juniors are twice as effective when they use a two-shot combination to pass

Summary

As you can see, players who play with a variety of strategies and tactics, based on their style of play, and practiced beforehand under match-play conditions will be much more successful than players who simply rely on their strokes to respond to opponents.

NEIGHBORHOOD EVENTS THIS MONTH



KIRKLAND WINTER MARKET

Kirkland Urban

Nov 13th & December 11th
10:00am–2:00pm

Sponsored by PCC Community
Markets, Puget Sound Energy &
Kirkland Urban

Organized by the Kirkland
Downtown Association &
Kirkland Urban

SAMENA
HOURS & RECREATION CENTER

Holiday Market



Crafts
Artisans
Unique gifts
Local Small Businesses

SATURDAY NOVEMBER 11

10AM-4PM

Rock-n-Roll
Seattle Presents

Diwali

Celebration 2023

Hilton Bellevue

300 112th Ave SE, Bellevue, WA 98004

Saturday, Nov **18th** | 6pm to 11pm.

Grab your
tickets fast

Drinks
available for
purchase

Tickets includes :
Food - Dance Floor - Diwali Bazaar -
Photobooth - Paparazzi Moments

Adults 75
Kids (3 to 12) 50+

Scan for tickets

Vendor/Sponsorship



DJ By



Snowflake Lane

Presented by
THE BELLEVUE COLLECTION

November 24 – December 24, 2023

Experience the wonder of falling snow, dazzling lights, festive music, toy drummers, and dancers in this complimentary nightly parade of holiday floats. Join us on the sidewalks between Bellevue Square and Lincoln Square from NE 4th to NE 8th Streets every night at 7 pm. Park in any of our free parking garages and choose your favorite spot on the sidewalk to see the show.

FREQUENTLY ASKED QUESTIONS

Q: Do we need to check in at the desk first before a lesson?

A: Yes, we are asking that you please check-in before your private lesson.

Q: What courts are the ball machines on?

A: Currently they are on courts 5, 8, & 9.

Q: Where is the Junior Program Entering/Exiting?

A: The junior program is back to using the original path from the gravel lot, down to the Roberts Building.

Q: Sometimes there are extra leaves/needles on the outdoor courts, how do I get them off?

A: We have an electric leaf blower in the pickleball bin outside Court 18. Please use it to help get the leaves and needles off the court.

Q: Am I able to bring a guest to Sunday Open Pickleball?

A: No. Guests are not permitted for the organized Sunday open pickleball play, but guests are allowed on normal reservations with guest fees charged.

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



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 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
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for
FREE!

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

CONTACT FOR MORE INFORMATION
clay@fit2playnw.com
206.595.3021

CLASSES DESIGNED TO HELP YOU
MEET YOUR GOALS!!

JOIN US FOR OUR

GRAND Opening

FRIDAY NOVEMBER 3: LOCAL BUSINESS SHOWCASE
4:00PM - 6:30PM

DROP IN TO EXPLORE OUR PILATES STUDIO & ENJOY LIGHT BITES, DRINKS, & PAMPERING

SATURDAY NOVEMBER 4: MINGLE & MOVE
9:00AM - NOON

FREE REFORMER, TOWER, and MAT CLASSES, GIVEAWAYS, LIGHT BITES, DRINKS, & MORE!



BELLEVUE
PILATES

RSVP →



990 102nd AVE NE #200, Bellevue 98004
425-484-0054
www.bellevue-pilates.com

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