

Central Park - The Tennis Players Club

Baseline Newsletter

November 2021



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The time seems to have flown by and it is amazing that November is here. Veterans Day and Thanksgiving are not far around the corner, and holidays will follow soon afterwards. Indoor court times are filling up throughout the day and a bit more planning is required to get those prime time court reservations. Fortunately, daylight savings time will give us all an extra hour of sleep on November 7th so we can take advantage of the early morning court availability. It's great to see the tennis courts so full of activity at all hours.

In a special meeting on September 27th, the board approved adoption of the Verification of Vaccination order issued on September 16th by King County Health Officer Jeff Duchin. Those protocols took effect on October 25th. A huge thanks goes out to Central Park staff who created and implemented processes to make compliance with the order as simple as possible, and an equally huge thanks to all members for promptly doing what is necessary to have had that day go smoothly. We can be fairly sure there will be curveballs in the future of the pandemic. We are in this together and if we remain diligent in following the protocols for the benefit of us all, we will be able to overcome future challenges that come our way.

In this Baseline, you will also see that changes are being made to increase the comfort of playing on the indoor courts. We've had our share of cold mornings already and more are on their way. Ventilation and heating are being adjusted so we don't have to look like the Michelin Man during those cold days. It may take a couple of tweaks to get everything dialed in so your patience and your willingness to bring extra layers of clothing is appreciated.

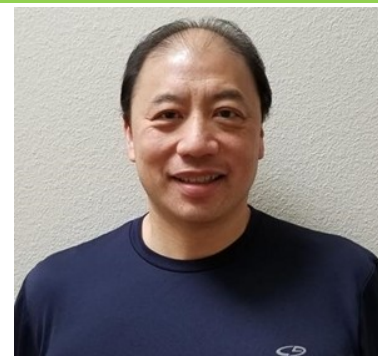
As we move towards playing indoors, work on the outdoor court rebuild project has continued. The engineering firm is working towards finalizing the initial set of drawings which should be completed in the next few weeks. More detailed information will be presented as the project continues, leading to an important vote of the membership that must gain approval in order to start construction. This large maintenance project is critical to providing the highest quality of outdoor court play. Please keep a close eye on the information that will be coming your way so you can make an informed vote.

We continue to inch closer to 2022, which is the 50th anniversary year for Central Park. There are many special events in the planning stage for the celebration, starting off with a 50th anniversary logo contest. That logo will be used on merchandise, gear, and prizes available next year and probably not again afterwards. Some of my 40th anniversary logo wear is my favorite and I can be often seen still wearing that clothing from ten years ago. We have many talented, creative, and artistic members and I can't wait to update my wardrobe and gear with all the cool stuff that is coming next year, which I hope to be proudly wearing in 2032 and beyond.

With all of this happening and more, you can see that all of the committees are working full speed heading into the winter. There are continuing opportunities to become involved and to contribute your expertise and enthusiasm in all that is going on, and the committee chairs and members are always available to answer any questions you have and to take your input. An informed and involved membership is the foundation of a strong and healthy Club!

See you on the courts!

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



PRESIDENT
WAYNE LIM

November 2021

Sunday, November 7

Monday, November 8

Tuesday, November 9

Tuesday, November 9

Thursday, November 11

Monday, November 15

Monday, November 15

Wednesday, November 17

Saturday, November 20

Sunday, November 21

Thursday, November 25

Daylight Savings Time - Fall Back!

Tennis Committee Meeting - 6:00pm

Facilities Committee Meeting - 4:30pm

Fitness Committee Meeting - 6:00pm

Veteran's Day

Cup Tennis Meeting - 1:00pm

Membership Committee Meeting - 4:30pm

Board of Directors Meeting - 6:00pm

Turkey Call-In Tennis - 11:30am

JR Team Award Celebration - 5:00pm

Thanksgiving - Closing at 1:00pm

Welcome
to our
New Members

Welcome New Equity Members

Jean Donati

Regan Tyler & Family

Steve & Yukie Carrigan

Rajiv Badi & Family

Jenny Schell

Becca & Jesse Chen

Welcome New Seasonal Members

Kris Gibson

Welcome New Young Professionals

Tongtong Lian

Austin Liu



Best to our Resigning Members

Daniel Avery

Ming Liu & Family

Kris Gibson

Lisa Strang

Steve & Maggie Maita



CPTC COVID INFORMATION



At a special meeting held on September 27th, the board of directors approved a motion to comply with the [Verification of Vaccination](#) order, issued by Local Health Officer Jeff Duchin on September 16, 2021. The Verification of Vaccination protocols became effective at Central Park Tennis Club October 25, 2021.

The *Verification of Vaccination* order requires 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.

Please remember this does not mean that every person you encounter at CPTC is vaccinated and breakthrough covid infections may happen, even for those that are fully vaccinated. Masks are still required at all times except while playing tennis, or eating or drinking.

Please Verify Your Vaccination Card!

Ways to verify your card:

1. Show card to Laurie, Darin or Julie
2. Show card to Front Desk Staff
3. Email: vaccineverification@centralparktennisclub.com

Return Towels Please!



Please go through your belongings at home and see if you may have any of our towels by mistake. We will gladly take them back without questions. Thank you!!



CENTRAL PARK LOGO CONTEST

Central Park is turning 50!

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

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



CONTEST DETAILS

MUST INCLUDE:

CENTRAL PARK TENNIS CLUB

and

50 OR 50TH ANNIVERSARY

OPTIONAL:

ESTABLISHED 1972 OR

1972-2022

DEADLINE:

DECEMBER 31, 2021

REQUIREMENTS:

Must be an active CP member

Submit to

membership@centralparktennisclub.com

MANAGER'S MISCELLANY

Someone sent me an email stating so many changes this last year it's tough to remember it all! My comment was...you're telling me? We ended October implementing the King County order requiring verification of vaccination (or providing a negative covid test) upon entry. Thanks to AM Darin Rauso preparing software to pre-register and a staff meeting to bring our front lines up to date – the first week went smoothly. We appreciate those that pre-registered and those that were patient while we checked everyone in for their visit. Please remember for court reservations, having everyone's name in the system will make that check in process quicker.

We also ended the month installing our new VOIP system with hardware and training complete and the new system up and running. This will allow us to update our phone system with any changes or notifications that you may need at a moment notice. A huge need for that rainy day or dare I say, snowy day that we must close the club. We are grateful for your patience as we work out any lingering kinks as we learn the new system. The functionality for our ever-changing needs should be a huge asset.

Our Cup Tennis and Social and Adult Halloween Mix up were lower in numbers than what we have seen in the past. Due to overactive tennis players? Not sure – but hopefully we are meeting the needs and offering you events on the right days at the right times. If you have an idea – please reach out to [Joyce Ismon](#) or [Annie Ottesen](#), your Membership Committee co-chairs.

This weekend brings DAYLIGHT SAVINGS and since we survived the Bomb Cyclone, we know autumn is truly here. Just throw in the holidays and the mad dash begins!

The Holiday food drive will begin Thursday, November 4 and will run until December 6th. Bins will be available in the lobby. We will also have our annual Turkey Call in on Saturday, November 20. Canned food or donations will be taken to participate in this fun social event

Our Tennis Staff will also be hosting our annual Junior Team Awards celebration Sunday, November 21 at 4:30pm. We have some great up and coming junior tennis players that will amaze you with their talents. They have been working hard and dedicated to the sport!

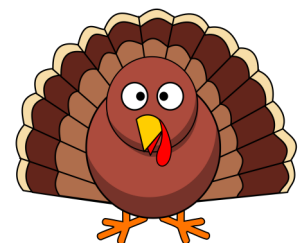
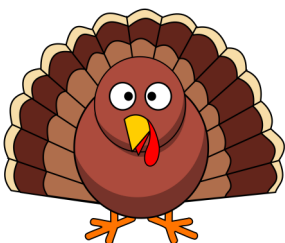
This time of year, we are limited to our indoor courts only and the impact on popular times can be overwhelming. The staff does their best to monitor court use and works to be proactive in making sure the courts are being utilized by those that reserve them. Please remember we do have a twenty-four-hour cancellation policy. If you must cancel less than twenty-four hours you need to notify the front desk.

DO REMINDERS: • Check yourself in (and check your guest in) at the front desk for your court. • Wear appropriate tennis attire and tennis shoes – no street shoes allowed on the courts. • Use the exterior walkways to access courts 2, 3, 4 and 5. • Wait for your court time to walk on the court and to be courteous, wait for play to finish before entering the court. • Do turn your cell phone to mute. • Clean up all your tennis balls, water cups and towels; ball machines users, clean up that ball fuzz and put the ball machine away with balls in the machine, not in the mower. • Enjoy your time while here and remember to be respectful of those around you.

We will be open Thanksgiving Day until 1 pm – walk on courts for Friday, November 26 can be made after 10 am on November 25.

Enjoy and be healthy! - [Club Manager Julie Wheadon](#)

THANKSGIVING DAY CLOSING AT 1PM



COMMITTEE REPORTS

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

The Pandemic and now “Bomb Cyclones”! I have my flashlight and candles ready to go! If it is like predicting snow.....it may never happen!! Let’s turn off the news and just play tennis!!!!

Even though we lose a few members every month we continue to have more people wanting to join our club. There are 42 equity members on the waitlist and 60 junior members waiting to train and play at Central Park.

We are trying to create some social activities and will have more updates in the coming future.....

FACILITIES | CHAIR [STEVE COLEMAN](#)

The staff reported at the October Facilities Committee meeting that the new VOIP phone system has been installed and should be fully operational. In the clubhouse, the carpets have been cleaned and the inoperable broken windows will be repaired soon. The leak between courts 1 and 2 has been repaired and will be monitored with the advent of the Fall rainy season. The Committee discussed a possible new clubhouse wireless fire alarm system as well as two options on the exit gate, one option with a heavy-duty commercial grade plunger and the other with a sliding type mechanism. In the Men’s and Woman’s locker rooms we are considering upgrading to touchless controls. Lastly, with the advent of everyone needing a proof of vaccination or a recent negative COVID test, we would be returning the indoor courts to pre-COVID air circulation and seasonal temperature controls subject to Board approval. The next Facilities Committee meeting is scheduled for November 9th at 4:30 PM.

TENNIS | CHAIR [KIRSTEN BARNES](#)

October was a very quiet month with no new business for the Tennis Committee. The fall club tournament had solid participation and the format was well received. Members can look forward to a wood racquet event in the first quarter of next year to commemorate Central Park’s 50 Year Anniversary. Our next meeting will be Monday, November 8th.

FINANCE | CHAIR [PETRA CARL](#)

Next year, Central Park Tennis Club is going to celebrate its 50th year anniversary. Did you know that dues in 1972 were \$25?! This month our committee discussed the history of dues increases and how we think that process should or could go moving forward. I think it is important to have a strategic approach to increasing dues and initiation fees and how we allocate funds to pay for capital expenses. Next month, we will start to review the operating budget for next year as well as understand what capital improvements will be in the pipeline, so understanding all the inputs is necessary for that conversation. Stay tuned...



OUTDOOR COURT PROJECT

Outdoor Court Rebuilding Project – Jack Goldberg

The topographic survey work has been completed. The engineering firm is now focused on the grading and elevation for the courts and perimeter walkways, walls and seating for the stadium courts. We are hoping to see initial drawings in the next few weeks. If you haven't already, please take a look at the Question & Answer document. [\(LINK\)](#)

This document will be updated as members have questions and as the project moves forward. Any additional questions can be directed to our committee members – Jack Goldberg, Brian Darrow, John Barnes, Matt Osborne and our Board liaison Beth Lehman-Brooks.

EMAIL:

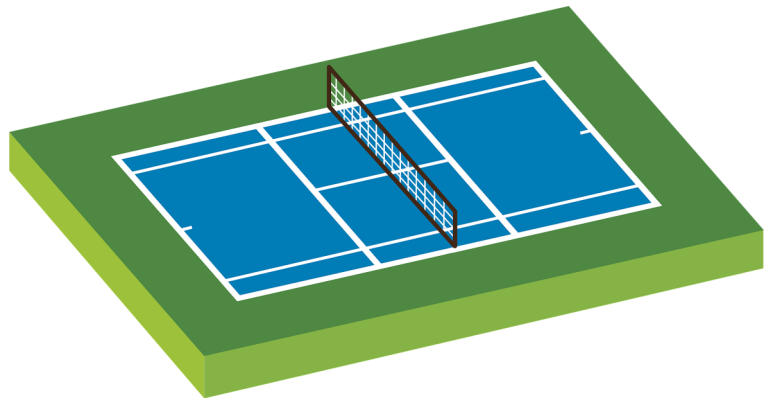
[Jack Goldberg](#)

[Brian Darrow](#)

[John Barnes](#)

[Matt Osborne](#)

[Beth Lehman-Brooks](#)



Heating & Cooling Protocol

At the most recent Facilities Committee and Board of Directors meeting the topic of ventilation protocols were discussed to address concerns of the much cooler temperatures on the courts. It was determined to work towards a “happy medium”.

- Exit doors to the courts and lounge areas will be open as long the doors are under cover and do not impede member play.
- Intake vents will remain open.
- Air will be circulated by fans three times throughout the day for 30 minutes at a time.
- Heat systems will be set to 58 degrees.

Thanks for your patience as we work to determine the right mix for safety and comfort.

TURKEY CALL IN TENNIS

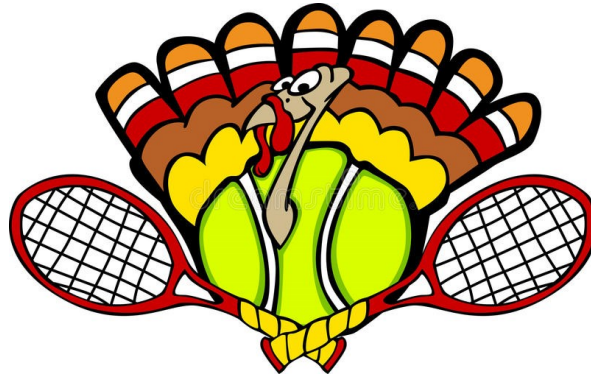
When: Saturday, November 20th @ 11:30am

Social to follow with light refreshments and snacks!

Cost: \$15 or 4 cans of food

All proceeds will be donated.

Sign up will be available in GameTime



Food Donations & the Holidays

From November 4th to December 6th, we will be accepting food donations in the clubhouse for one of our local foodbanks. Please donate anything you are able. Every donation small or large, is appreciated!



Daylight Savings Time - Fall Back!

Sunday, November 7th



Accepting Applications For:

USTA 2022 ADULT 40+

Forms are due December 6 -- Season will run January-March

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

New Phone System

We have updated our phone system! We have transitioned to a Voice Over Internet Protocol Phone system and have setup brand new phones around the Club. The updated system will help the staff in many different areas, as well as being able to access during power outages and weather issues.



Reminder: Power Outages

Power outage season is quickly approaching. This is a reminder that in the event of a power outage, the staff will do its best to communicate to membership all details as soon as possible. We ask for your patience and understanding during these situations. We don't want the power to go out either!

Central Park Tennis Club

Adult Club Championship Results

Mixed 9.0 Doubles: *Champion - Mike Costello/Lydia Sun*
Runner Up - Masa Terada/Carolann Castell

Mixed 8.0 Doubles: *Champion - Glenn & Alyssa Chinn*
Runner Up - Dan Stumpf/Merrie Vieco

Mixed 7.0 Doubles: *Champion - Girish Patwardhan/Helen Suk*
Runner Up - Andrew Shen/Tracy Qi

Mixed 6.0 Doubles: *Champion - Robert Liu/Tara Darrow*
Runner Up - Eric & Twyla Baird

Women's 4.0+ Singles: *Champion - Gail Domingos*
Runner Up - Carly Oberg

Women's 3.5 Singles: *Champion - Helen Suk*
Runner Up - Alexandra Crane

Men's 4.5 Singles: *Champion - Aaron Song*
Runner Up - Ian Morris

Men's 4.0 Singles: *Champion - Lyle Li*
Runner Up - Aki Shirahama

Men's 3.5 Singles: *Champion - Qian Liang*
Runner Up - Arjang Tahmasebie

Men's 3.0 Singles: *Champion - Stan Ching*
Runner Up - Michael Robon



Central Park Junior Tennis Program

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

Save the Date

Player Award Ceremony, Drills, & Pizza

Come join us as we recognize our players and all their hard work through 2021!

Sunday, November 21st

Red/Orange/Green: 5:00pm - 6:30pm

Bronze/Silver/Gold: 6:30pm - 8:30pm

[**REGISTER HERE NOW!!**](#)

Orange & Green In House Tournament

We will be hosting a tournament for Orange & Green players in December. This is a great way to introduce your child to competition or have them gain more match play experience.

December 10th - 11th

REGISTRATION COMING SOON!!

JR Program New Enter/Exit

The junior program will now be entering and exiting from the gravel parking lot through the gate on the left hand side of the pool. Signage will be posted for direction, and parents will drop off and pickup at that location. Please don't park cars outside the main entrance, as this clogs up our main parking lot area. The new entry/exit location is implemented for the safety of our juniors, as well as separating the paths of the kids and our members/guests for traffic flow.

Red Stars

Most Improved: Mila Ermak

Player of the Session: Aavik Joshi

Orange Stars

Most Improved: Carter Vandenburg

Player of the Session: Sheryl Ma

Green Stars

Most Improved: Oliver Cho

Player of the Session: Mohib Mujtaba

Fall Session Awards

Bronze

Most Improved: Nikhil Sirivara

Player of the Session: Richa Badi

Silver

Most Improved: Vedant Balan

Player of the Session: Sheryl Ma

Gold

Most Improved: Vedaant Kulkarni

Player of the Session: Taraneh Khalighi

Front Desk Feature

Get to Know: Kaitlin Brasfield

Hi! My name is Kaitlin, and I've been working the front desk at Central Park part-time since August! I've been mostly working weekday closing shifts, usually Mondays and Wednesdays. I don't play tennis regularly, so you probably haven't seen me around the club too much. But you likely know my sister Fiona, or my parents, Eileen O'Shea and Denis Brasfield, all of whom are club regulars.

I grew up on Mercer Island and in 2013 I moved to Baltimore, Maryland to study at the Maryland Institute College of Art, which is the oldest art school in the country! I graduated in 2017 and started working at a small Baltimore game studio, where I made concept art for several original game projects as well as a Bethesda-owned property set in the famous Elder Scrolls universe!

I moved back to the Seattle area in August and took over front desk duties from my sister, who's headed back to school in New Orleans full-time. When I'm not at the front desk, I'm working remotely at a design firm that specializes in creating custom user-interfaces for software and video games. I'm thrilled to be able to create the fantasy art that I'm passionate about, and I really enjoy the visual challenges that game art and UX design poses. I also like to take on more traditional freelance illustration projects in my downtime.

On the weekends I enjoy hiking, backpacking, and generally being outdoors in the beautiful PNW! I love drawing and reading, and I'm a big sci-fi/fantasy nerd. I also enjoy amateur astronomy and astrophotography. If you want to get me talking, just ask me about the best eyepieces for a Celestron Omni 127 Schmidt-Cassegrain.

Thanks everyone for making my first few weeks at Central Park so welcoming! I look forward to seeing more of you in the coming months!



WOMEN'S CUP MIXER

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



HEALTHY CORNER COOKING

Comforting African Peanut Soup

Inspired by Oh She Glows

Get ready tennis friends to add this amazing Fall soup to your weeknight dinners. It's truly fast and fabulous! Loaded with flavors and spices to warm you up. Healthy fibers, proteins, beta carotene and vitamin C are just some of the all stars in this dish to keep you not only feeling good but also giving you an amazing healthy glow. Serve with some warm sourdough whole grain bread and BOOM..... - magic!! "To your Health"
- Cathy

Ingredients: *(Always use organic when possible)*

- 1 tsp extra virgin olive oil
- 1 medium sweet onion
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 jalapeño, seeded, if desired, and diced (optional)
- 1 medium sweet potato, peeled and chopped into ½-inch pieces
- 1 (28-ounce) can diced tomatoes, with their juices
- Himalayan sea salt and freshly ground black pepper
- ⅓ cup natural almond or peanut butter
- 4 cups low sodium vegetable broth, plus more as needed
- 1½ tsp chili powder
- ¼ tsp cayenne pepper (optional)
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 handfuls *chopped baby spinach or kale
- Fresh cilantro or parsley leaves, for serving
- Roasted almonds or chopped peanuts, for serving



Directions:

- 1.) In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes, or until the onion is translucent.
- 2.) Add the bell pepper, jalapeño (if using), sweet potato, and tomatoes with their juices. Raise the heat to medium-high and simmer for 5 minutes more. Season the vegetables with salt and black pepper
- 3.) In a medium bowl, whisk together the peanut butter and 1 cup of the vegetable broth until no clumps remain. Stir the mixture into the vegetables along with the remaining 3 cups broth, chili powder and the cayenne cayenne (if using)
- 4.) Cover the pan with a lid and reduce the heat to medium-low. Simmer for 10 to 20 minutes, or until the sweet potato is fork-tender.
- 5.) Stir in the chickpeas and spinach and cook until the spinach is wilted. Season with salt and black pepper to taste.

* **Fun Fact:** Chopping greens *before* you put them into soups (heat) keeps their powerful phytonutrients in tact. Heating unchopped leaves loses most of the benefits.



Wave to our.... HIGHLIGHTED NEW MEMBERS!

Lillian and Jeff Stauber

We are so excited to join Central Park! My husband and I are empty nesters.

We have a daughter in med school in TX and a son who's a junior in college in Boston.

We moved from London, England during Covid and settled in Sammamish.

We were members of another tennis club in the past but haven't been able to play much tennis in the last few years, so a bit rusty, to say the least. Jeff is already enjoying Saturday men's men's doubles and hoping to join a drill/play during the week. I recently discovered pickle ball during the wait period and love it! Hoping to play tennis as well if that works.

Look forward to meeting many of you.

Erik and Deborah Anderson

We love tennis and want to learn and get better.

I am from Southern California and am a Chiropractor. I've have had my clinic in Kirkland for 22 years.

Erik is from Spokane and is an Investor and spent the last 15 years building Top Golf (coming to Renton in July.)

The kids are all adults. A son who is a junior in college in California and two girls working and living in New York. Our family loves tennis, golf, waterskiing, wake-surfing and building things.

Fun Fact we have a hamburger restaurant in Sandpoint, Idaho called The Burger Dock.

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

We have a saying amongst us tennis pros here at Central Park which I think holds true.. we've even posted it on the walls of the Wright building. "How you do anything, is how you do everything".

It's interesting having strung hundreds of tennis racquets over the past year how you can tell one's personality, by the type of racquet they use, and the condition it's in. Invariably, if I come across a racquet with a grungy grip, a beat up head guard and it is all scratched up, I can almost guarantee its owner has a car they use as a garbage can, and is always in a rush. To me, a disheveled racquet equals a disheveled life!



Phil Ansdell
[Tennis Professional](#)

So.. at this point, if you're looking at your racquet (and your car) and feeling a little guilty, I apologize for making you feel that way. I'm here to help though (with your racquet that is.. not your car). Just drop it off at the front desk, and I can spruce it up within 48 hours! I even promise to keep my judgmental comments to myself.

One of the more popular strings people are using lately, is Wilson Element. Used by such legends at our club such as Neil Roberts, Scott Pearson and Kevin Harrang, they really seem to enjoy the softer Poly, which gives them great feel and medium power. You too can play like them, It's all in the attention to detail.

Lastly, I would like to welcome our new Pros to the Central Park family. Mark Shkrebtan and Nick Kamisar. We also have Henry Barkhudariyan, who has jumped on to help our junior program. I've known all three of these guys since they were juniors and am thrilled to have them with us to share all their knowledge with us, because they're great. We're lucky to have them and I hope you get to meet them soon.

Happy holiday season everyone! 2022 will be here before you know it! Take care, and play well!



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

Nutrition Tips for Tennis Players on Match Day

tenniscamper.com

When we think about working hard and getting ready for a tennis match, there usually isn't nearly enough attention given to the types of food you should be eating and when those meals should be happening.

Would you put anything other than the right type of gas into your car so it could get you from Point A to Point B? Of course not, so think of your body as the car and the food you put into your body as the gas – you need it to get from Point A to Point B and to accomplish whatever goals you may have!

A balanced diet that'll give you fuel to perform at top levels is always necessary, but we'll solely be focusing on what you should be doing on the day of a match – from start to finish.

Before a Match

This part of your routine is likely to vary depending on the timing of your match, but it shouldn't change the fact that the last full meal you have before hitting the courts should take place between 3-4 hours before. Something that's high in carbs, low in fat, and a decent source of protein is a good mixture to help you play at your peak performance.

Having a pre-match meal like this doesn't mean you shouldn't fuel up a bit closer to the first point happening, though. There can't be a much more frustrating feeling than being a little hangry in the middle of a match. So, having some kind of snack an hour or two before — like an energy bar or banana — is perfect, along with hydrating properly, of course.

During a Match

You're expending a ton of energy throughout the course of any match, so it's important to properly and strategically refuel yourself to stay at optimum performance as long as possible. Water should be a staple here, but that also includes sports drinks that are high in complex carbohydrates. Don't just have a drink when you're thirsty, either – that's the trap! Consistently drink fluids throughout a match so your energy levels are never too low.

And it's never a bad idea to have another banana or energy bar in your bag in case of an emergency.

After a Match

We just talked about how much energy you burn off during the course of a match, and taking care of your body doesn't stop once the final point is won! You can start right after the match is finished by having a sports drink, but a meal to help your body properly recover high in protein and carbs (like meat and potatoes, etc) within a couple hours.

Don't forget that to play up to the ability you know you can play at, the preparation goes far beyond the court. Knowing how you're feeding your body and doing it at the appropriate times that work best for you is a crucial building block to everything.

Frequently Asked Questions

Q: What are the clubs vaccine requirements?

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

Q: Where do I show my vaccination card?

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

Q: How are guests providing vaccination cards?

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

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

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

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

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

Q: Where is the Junior Program Entering/Exiting?

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

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

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

Q: Do we still need reservations for Tables?

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

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

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

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

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

Clinics & Programs At CPTC

PLEASE NOTE CHANGES FOR FALL!

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

Click [here](#) to refresh yourself about our programs. Here all the details:

All program sign ups are online in GameTime. Program times will be **one hour and 30 minutes**.

Program sign ups open at different times. GameTime will open the sign up for the following programs. See schedule and times below:

Program	Day of Play	Time	# of courts	Sign up Starts	Sign up Ends
Men's Night	Monday	5:30-7:00 pm	4	Saturday prior 7 am	Day of 11:30 am
Women's Night	Tuesday	5:30-7:00 pm	4	One week prior 7 pm	Monday prior 7 pm
Women's Day	Wednesday	10:00-11:30 am	4	One week prior 9:30 am	Tuesday prior 10:00 am
Singles Night	Wednesday	5:30-7:00 pm	4	Monday prior 12 pm	Tuesday prior 5:30 pm
Saturday Men's Doubles	Saturday	8:30-10:00 am	3	One week prior 7 am	Friday prior 8:30 am
Saturday Women's Doubles	Saturday	10:00-11:30 am	2	One week prior 7 am	Friday prior 8:30 am

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