

Baseline Newsletter

September 2021



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In the words of Yogi Berra, "It's deja vu all over again..." Starting August 23rd, Governor Inslee's mandate means that we will be masking up in our indoor spaces. It is an unfortunate but necessary step backwards. However, we can take pride in knowing that Central Park members and staff have been and continue to be extremely diligent in keeping all of us healthy. We've done a great job so far! As Yogi also said, "It ain't over until it's over". Let's all resolve to continue to do our best so we can keep our club open until Covid is under control.

As I had mentioned in last month's Baseline, the board of directors initiated a project to determine the parameters of rebuilding our outdoor courts. The court rebuild committee will be providing new information as the project proceeds. Please see their update in this month's Baseline, and please read the Questions and Answers document they have constructed. It is important to have current and accurate information as an affirmative vote of equity members will be required before we proceed.

On a happier note, way back in 1972, I was about to enter sixth grade. Finally the big boy on campus! Gas was 55 cents a gallon, and Atari was just about to introduce Pong! I had my first big crush on that cute girl in the front row. At that age, the world seemed to just take care of itself.

It doesn't happen that way in real life. Great things happen because people put their heart and soul into a passion they truly believe in. And so it was early in 1972, when a small group of avid tennis players and competitors met in a YMCA conference room. That meeting, their hard work, their friendship and camaraderie, and their love of tennis, resulted in Central Park Tennis Club. 2022 will be the 50th anniversary of our club!

Fifty years as a successful small business in Kirkland is a fantastic accomplishment! To put that into perspective, Central Park is one year older than the Totem Lake shopping mall (now the Village at Totem Lake). We would not be here today if it were not for that initial group of tennis enthusiasts, and all of the board members, board presidents, committee chairs and members, club staff, and most of all the membership that have followed in their footsteps.

This sounds like an excellent reason to celebrate, and so we will! I've asked Helen Suk to chair our 50th anniversary celebration committee, and along with our current committee chairs and committee members, and our staff, there will be some very special events put together for next year. This is an excellent time to join a committee, to share your ideas of how we can celebrate, and to make it all happen. Just like that initial group that met in 1972, if we put our heart and passion into our Club's 50th anniversary year, we will create a great send off for the next 50 years!

See you on the courts!



PRESIDENT
WAYNE LIM

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

September 2021

Monday, September 6	Labor Day
Monday, September 6	Last Day for Pool Lifeguards
Saturday, September 11	USTA 55+ & Mixed 18+ Begins
Monday, September 13	Women's Cup Tennis Begins
Monday, September 13	Tennis Committee Meeting - 6:00pm
Tuesday, September 14	Facilities Committee Meeting - 4:30pm
Tuesday, September 14	Fitness Committee Meeting - 6:00pm
Wednesday, September 15	Finance Committee Meeting - 6:00pm
Wednesday, September 22	Board of Directors Meeting - 6:00pm
Thursday, September 23	CPTC Adult Club Championships begin

Welcome
to our
New Members

Welcome New Equity Members

Stone Si
Skanda Iyer
Richard May & Xiafei Jin

Welcome New Young Professional

Riley Poppy

Welcome New Junior

Lorenzo Neri



Best to our Resigning Members

Shu Fen Huang Family
Mike Walter Family
Jasleen Shnider

MANAGER'S MISCELLANY

August was a whirlwind! Back to events. Kudos to the Tennis Staff for a memorable Summer Team Challenge and to the Membership Committee, Laurie, Darin and Vlad – for a fun and eventful Summer Bash. We also threw in a Level 6 Junior tournament mid-August and survived the weekend with heat and a bit of smoke.

And now here it is the end of summer... and we are working to complete some outstanding projects. New carpet on the interior stairs, painting, drainage around the “new exit” gate, lighting, upgrading our phone system... just like our own homes a long list that seems to never end. Vlad, Chris, and our maintenance assistants Cameron and Vladdy have had their hands full this summer and really have the facilities in good shape. This includes the pool too! Heavily used and rarely closed. Thanks to Darin for working with the lifeguards this year – not an easy task to schedule in a market where lifeguards were sparse. This month, please be mindful as you are walking the grounds -- there may be another project underway where you will need to be re-routed for safety.

We now begin Fall Season full of events and matching courts times for all starting September 6! We have Women's Day starting Wednesday, September 1 and Cup and USTA seasons begin the week of September 13. We have 6 teams playing in the Mixed 18+ league and 9 teams playing in the Adult 55 league. We also have Blakeley Bean and Mark Shkrebtan planning the junior program which will begin Tuesday, September 7.

We also have our Adult Club Championships September 26 – October 3. Check out the online sign-up form [here](#).

With the end of August, we also have some staffing changes and openings. We are looking for a few more front desk staff, if you know of someone, please have them email [Darin](#). Please help us welcome a few new (but not so new) faces to the front desk. Kaitlin Brasfield (Eileen O'Shea and Denis's daughter) will be working our close shift a few nights a week, and Annalise Larson (Allison Porter's daughter) has picked up a weekend shift. We also welcome Brendan Knox and Andrea Gerth (returning) to the team. Thanks to all the front desk staff for pitching in while we transition into our Fall schedule. Remember to be patient, check in and if you can put all the names of everyone playing on the court in GameTime ahead of play. And if you can help it... avoid calling at court change over now that we are back on the same schedules for the tennis buildings, there are more bodies coming through all at once.

Our Baby Shower and Farewell to Ethan event was bittersweet! So happy for all the exciting changes for him and his wife Michael, but bittersweet to be losing such an integral part of our team. Check out this great video Laurie posted on our [Facebook page](#). Ethan will be successful in Missoula and we look forward to hearing about their new baby and new ventures! Thanks to those that helped us send him off!

And last but not least... a few friendly reminders to get us back in full swing:

Parking lot protocol – Follow the directional arrows, don't park in the no parking areas, park within the lines and check your speed. I know sometimes you run late, but it's not worth accidentally hitting someone's car or hitting someone.

Check your bags and your cars for those towels you may have accidentally taken home. No questions asked – we appreciate the return!

For USTA tennis and Cup tennis remind your team that warm-up courts for your home matches are to be walk-on only (unless you have a club allocated warm up court) – and if you will be arriving late, you must notify the front desk, they are able to hold the court for you for 30 minutes. If your team will be arriving late, remember to not disrupt the adjacent courts already in play. If you reserve a court and play in a match, this is still considered playing on two reserved courts...unless the match is at 8:30 pm. The same rules apply for overflow courts when it comes to USTA play!

Here's to a great rest of the year with lots of tennis!

Julie Wheadon
Club Manager





CPTC Mask Mandate



Everyone will be required to wear a mask when:

- In the clubhouse (includes when using the fitness rooms, locker rooms, and socializing in the viewing area)
- In any of the indoor court viewing areas, including the indoor walkway of the Roberts building

Masks will not be required:

- When actively playing tennis, indoors or outdoors
- When walking to or from a tennis building outdoors
- When actively coaching members/juniors, indoors or outdoors
- When engaged in swimming
- When showering
- When socializing on the patio outdoors

Thanks for your cooperation and support in keeping the health and safety of our members, staff and guests our highest priority!

For more information regarding this announcement from Governor Inslee click [here](#) and for the DOH Order [click here](#).

New Court Times Starting Monday, Sept 6.

We will be transitioning back to the original court times pre-Covid, starting Monday, September 6th. All buildings, as well as the outdoor courts will be on the same schedule. Starting August 30th, you will see a new tab in Gametime titled "**Tennis Sept 6**". You will use this tab to reserve courts on Sept 6th onward.

Weekday

6:00-7:00am
7:00-8:30am
8:30-10:00am
10:00-11:30am
11:30am-1:00pm
1:00-2:30pm
2:30-4:00pm
4:00-5:30pm*
5:30-7:00pm
7:00-8:30pm
8:30-10:00pm

TENNIS SEPT 6

Weekend

7:00-8:30am
8:30-10:00am
10:00-11:30am
11:30am-1:00pm
1:00-2:30pm
2:30-4:00pm
4:00-5:30pm
5:30-7:00pm
7:00-8:30pm
8:30-10:00pm

Roberts building Monday-Thursday will be 4-6pm for Junior Program

OUTDOOR COURT PROJECT

Outdoor Court Rebuilding Project – Jack Goldberg

You may have heard that we are looking into rebuilding the outdoor courts, sidewalks, retaining walls, fencing and seating. This is a big project and it is important that members stay up-to-date and informed. This Question & Answer document can answer many of your questions: [LINK TO DOCUMENT](#). 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:

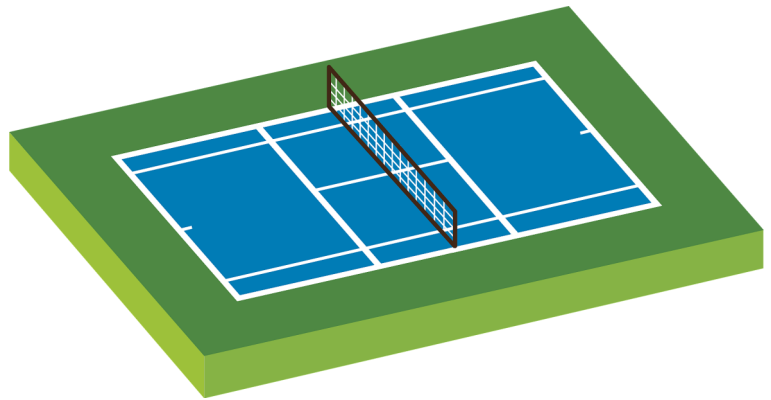
[Jack Goldberg](#)

[Brian Darrow](#)

[John Barnes](#)

[Matt Osborne](#)

[Beth Lehman-Brooks](#)



SIGN UP FOR A COMMITTEE!

Do you have an idea to help improve our club? Do you have skills that apply to certain committees? Do you wish the club would implement something or make change to current policy? Are you a team player that works well with others to reach a common goal? If so, then join a committee! Our current committees are Tennis, Membership, Facilities, Fitness, and Finance. If any of these interest you, please use the link below to submit your interest! The more minds we have collaborating on all aspects the better for the club and our membership. [LINK TO COMMITTEE PAGE](#)

**GET
INVOLVED!**

COMMITTEE REPORTS

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

WOW! What a great time we had at the Beach Bash! THANK YOU to Cathy Long for her creative mind and Oliver Graves for the amazing CPTC Burgers!!!! After 18 months we finally were able to be social!! We are looking forward to many more special events this coming year!!!

Interested in joining the Membership Committee? Click [HERE](#)

FACILITIES | CHAIR [STEVE COLEMAN](#)

The Facilities Committee is taking their annual break over the summer and will return with our September meeting. If you would like to join the Facilities Committee for the upcoming year, please [email me](#) or click below.

Interested in joining the Facilities Committee? Click [HERE](#)

TENNIS | CHAIR [KIRSTEN BARNES](#)

The Tennis Committee is continuing to monitor feedback from members about the new change in policy to 24 hour cancellation and 8pm walk on courts. We value your feedback to any new change and we appreciate your understanding during this transition period. The Tennis Committee will meet formally again in September and are discussing topics through email until then.

Interested in joining the Tennis Committee? Click [HERE](#)

FINANCE | CHAIR [PETRA CARL](#)

The Finance Committee is on summer hiatus, however virtually reviewing the monthly financials to make sure we are staying on target with our 2021 budget. We will reconvene in September with a heavy to do list planning the 2022 budget and reviewing upcoming capital expenditures.

Interested in joining the Finance Committee? Click [HERE](#)



Summer Team Challenge

Thank you to all who participated in the 2021 Summer Team Challenge! It was an action-packed two days with competitive matches, good food, and memories made! We would like to congratulate Lisa & Jeff's Team the Fijian Fire Ants as the Champions! Lisa & Jeff's Team will have their own T-Shirt made as well as bragging rights for the rest of the year. We look forward to next years event!

Coaches: Lisa Moldrem & Jeff Eicher

Players: Emily Christensen, Dianne Discolo, Elizabeth Graves, Priscilla Kloess, Prakash Kondepudi, Mindy Marquart, Girish Patwardhan, Dan Stumpf, Amy Taylor, Frank Taylor, Merrie Vieco, Carolyn Werner, Tom Werner, Tony Zhao



Hiring Front Desk Staff!

We are currently looking to add to our front desk team! We have opening shifts on week-ends available, as well as others. If interested or know of someone interested, or have questions, please reach out to [Darin](#). Thank you in advance!



Summer Beach Bash

The Summer Beach Bash was a massive success! Thank you to everyone who attended and participated in our activities. Also a big THANK YOU to the Membership Committee for planning, coordinating, and implementing such a fun filled event!

Volleyball Winners:

- 1st place: - Regan Smith, Elden Smith, Cyrus Tahmasebie
- 2nd Place: Amy Wang, Arjang Tahmasebie, Jack Flanagan, Harper Flanagan, Aavik Joshi
- 3rd Place: Priyanka Joshi, Madhur Joshi, Mark Shkrebtan, Marshall Winget

Table Tennis:

- 1st place: Ethan Vaughn
- 2nd Place: Arjang Tahmasebie
- 3rd place: Nathan Winget



Central Park Tennis Club

Adult Club Championships

Thursday, September 23 - Sunday, October 3

Entry Form – Singles \$30.00 Doubles \$25.00 per person

REGISTRATION DEADLINE: MONDAY, SEPTEMBER 13

- **Mixed Doubles** will be held Sunday, September 26 – Thursday, September 30
- **Men's and Women's Doubles** will be held Thursday, September 23 – Sunday, September 26
- **Men's and Women's Singles** will be held Thursday, September 30– Sunday, October 3 ·
- You MUST be free during the time period of your event.
- Players are responsible for checking match schedule times.
- Draws will be posted 3 days before your event.
- Matches will be USTA scoring (no ad, 10-point tiebreaker for the third).
- Consolation rounds for first match losers in all events, other than round robins.
- Match play is weekday evenings after 5:30 pm and all day on weekends, 10 am to 5:30 pm.
- **Entry Deadline is Monday, September 13.**

You may play up to 1 Singles, 1 Doubles and 1 Mixed Doubles.

Check the events you want to enter (Top Level – Flight 1...etc.)

[REGISTER HERE](#)



Pool Hours Update

The last day for pool Lifeguard hours will be Labor Day (Monday, Sept 6). We will have adjusted Lifeguard hours until then with High School starting back on September 1. Please refer to Gametime to see adjusted hours as well as for making your reservation beforehand. Adult swim will remain after Labor Day, weather permitting. Make sure to get the family out to the pool for one week left of fun family pool time! We loved seeing all the activity in the pool this season and we can't wait to see you back next year!

POOL
HOURS

Women's Cup Tennis 2021-2022

2021-2022 Teams

- [Kingco](#)
- [Challenge](#)
- [Rainier](#)
- [Classic](#)
- [Emerald](#)
- [Evergreen](#)



WHAT NEXT?:

Time to gather and organize. Start thinking about how your team will operate and who might be a good leader that's willing to be a captain. Most importantly determine what your role will be to have a fun, social and competitive team! Please try to have at least one team meeting and a captain chosen ASAP. Season starts on Monday, September 13th.

[Click here](#) to find team rosters and contact information.

Looking forward to a great season!

Central Park Junior Tennis Program

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

Early Fall Junior Program September 7 – October 24

Registration Open NOW. Click [HERE](#)

Red Stars I & II

Tuesday/Thursday 4:00 pm - 5:00 pm & Sunday 9:00 am - 10:00 am

Orange Stars I & II

Tuesday/Thursday 4:00 pm - 5:30 pm & Sunday 9:00 am - 10:30 am

Green Stars I & II

Tuesday/Thursday 5:30 pm - 7:00 pm & Sunday 10:30 am - 12:00 pm

Bronze I & II

Monday/Wednesday 4:00 pm - 5:30 pm & Sunday 12:00 pm - 1:30 pm

Silver

Monday/Wednesday 4:00 pm - 6:00 pm & Sunday 1:30 pm - 3:30 pm

Gold

Tuesday/Thursday 4:00 pm - 6:00 pm & Sunday 1:30 pm - 3:30 pm

Central Park Intermediate Tournament Winners

Boys 12 & under singles—Andrew Chu

Boys 14 & under singles—Adrian Marin

Boys 16 & under singles—Collin Qu

Boys 18 & under singles—Ethan Griffith

Girls 12 & under singles—Lilah Mithun

Girls 14 & under singles—Sae Komatsu

Girls 16 & under singles—Peyton Wilmot

Boys 12 & under doubles—Loukiantchikov/Ma

Boys 14 & under doubles—Agarwal/Marin

Boys 16 & under doubles—Oswald/Ghorai

Boys 18 & under doubles—Chavan/Misra

Girls 14 & under doubles—Ying/Xiong

Girls 16 & under doubles—Yoon/DeGracia



HEALTHY CORNER COOKING



Portobello "Steak" Fajitas

Inspired by Oh She Glows - Angela Liddon

Makes: 4 fajitas

Hey - here's another way to fire up your grill and get a little more outdoor time before summer ends. Did you know that mushrooms contain a powerful anti-cancer fighting compound? These delicious fajitas will have your guests forgetting about wanting real meat! Savory and sooooo good!!

To your Health - Cathy

INGREDIENTS:

6 large portobello mushrooms

Marinade:

½ cup grapeseed oil
½ cup fresh lime juice
4 tsp dried oregano
4 tsp ground cumin
3 tsp chili powder
1½ tsp salt & pepper to taste

The Stir-Fry:

2 large red peppers thinly sliced
1 large yellow pepper thinly sliced
1 large orange pepper thinly sliced

Assemble:

6-8 whole wheat flour tortillas *or* lettuce wraps
Any/All of the following: Cilantro, salsa or avocado



DIRECTIONS:

1. Prepare the portobellos. Scrape out gills and remove stems with a small spoon. Wash gently or alternatively wipe with a damp cloth. Slice into long ½ inch wide strips.
2. Thinly slice peppers and onions
3. Prepare the marinade by whisking together the grapeseed oil, lime juice, dried oregano, ground cumin, chili powder, salt and freshly ground pepper (to taste).
4. Add cut mushrooms to one large flat baking dish and peppers/ onion to the other.
5. Set the pepper/ onion mix in the fridge until later.
6. Toss the mushrooms well with about ¾ of the marinade. Set the remaining ¼ of the marinade aside for later. Leave the mushrooms marinating for at least half an hour (preferably longer) tossing every 30 minutes as able. Cover and refrigerate.
7. When you're ready to eat, toss the pepper mix with the remaining marinade. Preheat a large skillet and pour in contents of the bowl containing peppers/onions/ marinade. Saute over medium for about 10 minutes or until veggies are softened.
8. Meanwhile preheat a grill pan over med or high heat. Lay the marinated mushrooms on the pan and grill 3-5 minutes per side until they have nice char lines.
9. Warm tortillas in a separate skillet.
10. Place tortilla on a plate and layer with mushrooms, pepper/onion mix, cashew cream, guacamole or avocado if using, cilantro and any other desired toppings. Roll and enjoy!



Wave to our.... HIGHLIGHTED NEW MEMBERS!

Lisa Taylor

"I already love the club!

I'm excited to join Central Park – even though I keep wanting to call it Central Perk! I am a Native Washingtonian and grew up in Seattle and Bellevue. I graduated from Bellevue High School (go Wolverines) and Seattle University.

I work with my daughter in the estate business (EstateTeams.com) and help families and heirs with the entire estate, start to finish. I'm a professional auctioneer, asset appraiser and real estate broker with Realogics Sotheby's!

I started playing tennis about 5 years ago on a regular basis and love it. I wanted to meet a great group of ladies to play with and am so lucky I have found some at Central Park (Perk). I hope to meet you all soon!" Lisa

Mindy and Justin Marquart

- Mindy and I are newlyweds (married in Lake Chelan on July 31, 2021) who began dating just before Covid and bonded around our mutual love for tennis.
- I attended Washington State University and played 4 years of baseball for the Cougs (91 – 95). I have taken up tennis in the past few years and really enjoy it.
- Mindy attended University of Washington and was a cheerleader for the Huskies (94 – 98). She too took up tennis later in life.
- Justin grew up in West Linn, Oregon.
- Mindy grew up in Lake Forest, California.
- We both now live in Kirkland.
- We are a blended family and have 7 kids between us with ages ranging from 12 – 20.
- Justin works as the vice president and senior consultant for Ruffalo Noel Levitz, a fundraising consulting firm.
- Mindy is the regional manager and head trainer for Orange Theory Fitness in Washington.
- When we are not working or chasing kids activities you can find us playing singles tennis against each other (Mindy almost always wins!) J, traveling or enjoying the great foods and wines of the PNW.



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



Raffle Prizes!

From September 1 to October 31, for every TWO FitnessOnDemand classes completed your name will be entered in a raffle to win the below prizes!

- Free ball machine for a month
- Free 1 hour Lesson by one of our Pros
- One free logo apparel item and/or merchandise

Please email [Darin](#) after every two classes taken for him to confirm and then enter your name in the raffle

The type/length/difficulty of class does not matter. Lets reach those fitness goals and win prizes while doing it!



New Program Price—\$2.50

Program prices will be raised from the current \$1.00 to the new price of \$2.50. The programs include Men's Night, Women's Night, Women's Day, Singles Night, Saturday Men's Doubles & Saturday Women's Doubles. Please refer to page 17 for the updated Fall list for Programs and Clinics at CPTC.



PRO REPORT

Fun within the safety of CPTC

One of the main strengths of Central Park is that it feels like a second home to so many. With the challenges we all have faced over the last couple of years, a second home is just what we need! People caring about people, exercise while doing a sport we enjoy, camaraderie, helping other, being helped, and a sense of positive energy. I love how our new members have jumped right in and been welcomed to our home.

We've been limited in opportunities to have events and to participate in organized competition for awhile. This summer our opportunities have returned! USTA leagues and tourneys are back. Central Park's evening events and mixers were allowed attracting lots of players. This all has created another level of positive energy in the air.

The most memorable event was our favorite yearly Summer Team Challenge! This filled the club with 56 players on 4 teams, numerous staff, natural mixing, meeting players of many different levels, partnering with old friends and new, ending with socializing and much laughter well into the night. What a great feeling to have the ability for members and staff to enjoy each other's company once again!



Lisa Moldrem
Tennis Professional

Good news, there are more events right around the corner so mark your calendars. All provide a wonderful chance to play, make new friends, and to socialize!

First is our **Annual Adult Club Tournament** being held September 23rd through October 3rd.

There will be singles, doubles, and mixed. Each will be played in a 4 day span using USTA scoring (two sets no ad, and if needed a super tiebreaker to decide the third). Spread the word to your friends!

Second is the new format of **Women's Day** we tried this summer. The new format is signing up weekly as an individual. It was very well received so we will continue with the new format in the school year.

Weekly we also offer **Men's night, Women's night, Singles night**, as well as **Sat AM men's and women's doubles**.

These are all excellent events to meet new friends, reconnect, play this sport we love, and enjoy our time on the courts. So get out and join in on the fun!

-Lisa Moldrem



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

5 Stretches for Tennis Players

eliteclubs.com

Tennis need not be strenuous on your joints and muscles. Some simple everyday stretches can help prevent wear and tear on your body. Hold each stretch for at least 20 seconds.

1. Tennis Elbow Stretch – This allows the tendons and ligaments surrounding the elbow to loosen and stretch.

- Extend your arm out with your palm facing down and bend your wrist down. Your palm should be facing inward towards your body.

Take the opposite hand over to the extended arm and pull down on your fingers while your arm is staying straight out in front of you still.

2. Cross Shoulder Stretch – This loosens up the back area of the shoulder.

- Take your arm and place it across your chest so that your arm is parallel to the floor.

With the opposite arm, grab the placed elbow and pull it away from the armpit.

3. Rotating Wrist Stretch – This lengthens the muscles toward the radial side versus the ulnar side.

- Similar to the Tennis Elbow Stretch, start with extending an arm to be parallel to the ground with your wrist bent down and palm facing your body.

Take your opposite arm and rotate your wrist away from the body going upwards as far as you can.

4. Assisted Reverse Chest Stretch – This stretches the lower chest muscle group

- Start standing upright facing away from a table or surface that comes halfway up to your body.

Put your hands on the surface and slowly lower your body down until you're in a squat-like position.

5. Kneeling Achilles Stretch – This stretches and lengthens the achilles and calf muscles.

- Kneel down on one knee, placing the other leg forward in front of you.

Lean toward the front leg, putting all your body weight on it keeping your heel on the ground.

Frequently Asked Questions

Q: Do I need to wear a mask if I am fully vaccinated?

A: **Yes. Regardless of vaccination status you must wear a mask indoors at the Club. You don't need to wear a mask when actively playing tennis or eating/drinking.**

Q: Are occupancy limits reinstated?

A: **As of now, we don't have occupancy limits for any of our spaces. Based on Government guidelines, this is subject to change.**

Q: Why do the court times keep changing, I can't keep up!?

A: **We understand the changes are not ideal, however we've had to adjust for many different reasons due to Covid. We feel it is best to get all courts on the same schedule, as they were pre-Covid. We very much appreciate your cooperation through all of these changes.**

Q: May we bring a guest to the Fitness Court

A: **Yes, you may bring a guest at an \$8 charge. Please have them sign the [Fitness guest agreement](#) before coming to the Club for a faster check-in.**

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: When is the Pool closing?

A: **The last day for Lifeguard hours (children allowed to swim) will be Monday, September 6. Adult swim will continue after Monday, September 6—weather permitting.**

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

A: **There are no current limits for the amount of spectators. This is subject to change if Government occupancy limits are reinstated.**

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.**

Q: May I park in the gravel parking lot?

A: **Yes. The gravel lot is available for you to park.**

Clinics & Programs At CPTC

Click [here](#) to refresh yourself about our clinics. **PLEASE NOTE CHANGES FOR FALL!**

Clinic	Day of Play	Time	Max # of people	Cost
Lisa's Skills & Strategy 2.5 Intermediate	Monday	8:30 - 9:30 am	4	Sign up dependent
Lisa's Skills & Strategy 3.0+	Monday	9:30 - 10:30 am	4	Sign up dependent
Phil's Skills & Drills 2.5+	Monday	8:30 - 9:30 pm	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 - 10:00 pm	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.

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?



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