



CENTRAL PARK TENNIS CLUB BASELINE NEWSLETTER MAY 2024

PRESIDENT REPORT

Spring is here and so much is going on! Besides the in progress USTA season we have May 4th - Dinko de Mayo pickleball social; May 9-10th Spring Swing team challenge with 24 participants, 4 teams, pizza & happy hour beer on last day, 3 team matches followed by a Doubles Tiebreaker Extravaganza; May 11th - Pool prep party & pizza for a May 24th pool opening; May 31st-June 1st The USPTA PNW Convention will be held in the Roberts building on May 31st and June 1st. Pros from Oregon, Wahington, Idaho and Alaska will all take part in training, networking, and more. Some pros will be testing so free group lessons will be offered to Central Park members during this event, how much could a free lesson hurt 😊

On the administrative front we have six excellent nominations for the three open board positions. The candidates are Heidi Nevin, Wayne Lim, Rose Smith, Arjang Tahmasebie, Kelly Chiang, Michael Hull. If you see them say thanks for stepping up to help improve our awesome club! Darin, as you know has moved back closer to home on the East Coast and our search for a full time Club Manager continues actively. Our Bylaws are in the process of being reviewed for suggested enhancements. The updated security system has been installed along with additional court monitors for viewing. Of course, the locker room refresh has been completed as well and they look fantastic!

Lastly, I want to thank you for following the court reservation policies. The board has approved, based on the recommendations from the Tennis Committee, a revised violation guideline. You will see an email with the specifics this week. The aim here is simple, not to penalize the first time or random violation but eliminate the repeat offenders to ensure fair access to our resources. We aim to maximize your use, short and long term access to the best courts in the PNW! Our Long Term Planning Committee will be sharing survey feedback with some interesting observations soon.

I'm looking forward to our annual membership meeting on June 19th so please put it on your calendar!

President Fred Wurden

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READ PAST BOARD MINUTES [HERE](#)

View 2024 Calendar [HERE](#)

**View 2024 Member
Survey Results [HERE](#)**

WELCOME NEW MEMBERS

Sydney Bloch (Young Professional)

BEST TO RESIGNING MEMBERS

Jay Mehta

Sally Lindquist (Social)

MAY COMMITTEE MEETINGS

Wednesday 5/1: Fitness 1pm

Wednesday 5/8: Membership 5:30pm

Monday 5/13: Tennis 6pm

Tuesday 5/14: Facilities 4:30pm

Thursday 5/16: Finance 5pm

Tuesday 5/21: Long Term Planning 5pm

Wednesday 5/22: Board of Directors 6pm

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



DINKO

de Mayo

MAY 4, 2024

**PICKLEBALL 5:00-7:00PM
WITH FOOD PROVIDED
BY TACO DEL MAR IN THE
LOUNGE AFTER**



SPRING SWING

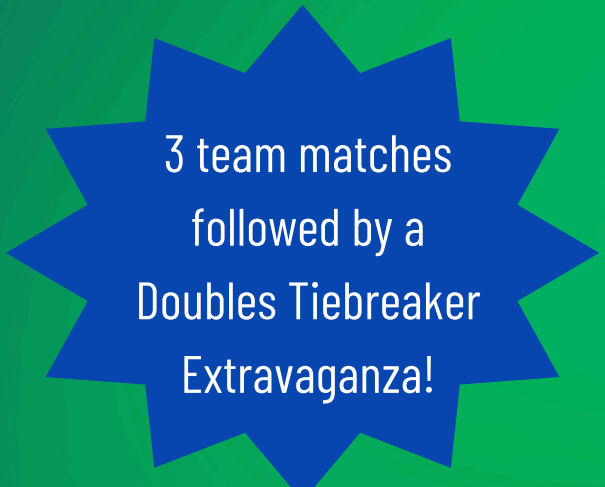
TEAM TOURNAMENT

MAY 9TH - 10TH, 4-7PM

24 PARTICIPANTS, 4 TEAMS

PIZZA & HAPPY HOUR BEER ON LAST DAY

OUTDOOR COURTS, WEATHER DEPENDENT



3 team matches
followed by a
Doubles Tiebreaker
Extravaganza!



CENTRAL PARK TENNIS CLUB INTRACLUB TENNIS

Competitive matches by skill level plus team camaraderie. Friday nights this summer, playing outside at CPTC, 4:00-8:30pm. Four teams, captains will draft players and one team will be crowned champions!

JULY 12, 19, 26, AUGUST 2 & FINALS AUGUST 3

MORE DETAILS COMING SOON!

Would you like to volunteer and help with logistics?
Email carolyn@werners.me



Member Pool Prep & Pizza Party

Saturday May 11th

Sign up in GameTime

POOL OPENS MAY 24th

Refresh yourself with our
pool policies [HERE](#)

SUMMER HIRING

LIFEGUARD:

Reach out to maintenance@centralparktennisclub.com if you are interested in being a lifeguard this summer.



The USPTA PNW Convention will be held in the Roberts building on May 31st and June 1st. Pros from Oregon, Washington, Idaho and Alaska will all take part in training, networking, and more. Some pros will be testing so from free group lessons will be offered to Central Park members during this event.



TENNIS CAMPS

JUNIOR & ADULT

AUGUST 5th-9th 2024

at **Central Park Tennis Club**

JUNIOR SESSION SOLD OUT

ADULT REGISTRATION

FOLLOW US ON SOCIAL MEDIA



@centralparktennisclub

&

@cptcjuniorteam



Central Park Tennis Club

&

CPTC Members Only

OPEN LESSONS IN GAMETIME

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.

Mark Shkrebtan - Mondays 8-9am

Blakeley Bean - Tuesdays 3-4pm

Jeff Eicher -Wednesday 12-1pm

Chad Smith - Thursdays 12-1pm

Phil Ansdell - Thursdays 2:30-3:30pm

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

Nikita Moroz - Fridays 2-3pm/3-4pm

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

PRIVATE LESSON INTEREST LIST

Are you interested in being contacted for a private lesson opening? As the pros get openings or cancellations they will reach out to those on these lists. We at Central Park hope this will help connecting with a tennis professional much easier. Use the links below or search for the list in the classes & events tab in Gametime.

[WEEKEND INTEREST](#)

[DAYTIME INTEREST](#)

[EVENING INTEREST](#)



SAVE THE DATES
ADULT 18+ PLAYOFFS
JUNE 14TH - 16TH

FREE EQUIPMENT

We are donating the following workout equipment. These are a first some first serve basis, and you must be able to take away on your own.

Contact Chad with any questions.

1 stair stepper.

Located in multipurpose room



1 bike.

Located in JR Lounge



4 bikes.

Located in JR Lounge



RACQUET STRINGING | DROP OFF SERVICE



Ready to get your racquet 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

This is a notice that there will be an increase of \$5 in our stringing prices to take effect starting May 6. We will also be implementing a \$5 rush fee for stringing requests needed within 24 hours.

Since 2023 we have seen ever-increasing costs for inventory. This increase helps us ensure our commitment to providing the very best products and services to you.

If you have any questions about the above changes, contact Phil.

We thank you for your support and continued business.



New Items for Purchase!

Place your order for a new beverage container on the sheet by the front desk.

12oz stainless steel tumbler \$23

COMMITTEE REPORTS

MEMBERSHIP | CHAIR [Heidi Nevin](#)

The membership committee has been working on several exciting and fun Spring Mixers and Socials. May kicks off with Dinko de Mayo Pickleball on 5/4. Spring Team Challenge is coming up 5/9 -5/10. The member Workday Party/BBQ is 5/11. Our next meeting will be May 8th at 5:30pm

FACILITIES | CHAIR [Lynda Carlson](#)

It's been a busy month for us. We completed the upgrade to our security system. Including additional cameras in the parking lot and in the Reed building we have installed cameras on courts 3 & 4 w/monitors in the lounge so you can watch your friends and family play who are in matches on those courts. Our Ladies locker room refresh is completed, and we are in process of updating the Men's locker room which will be completed this month. I want to thank Ashley Flinders who brought the design to life. A new bike rack has been installed at the entrance. And mid-May we will be pressure washing the outdoor courts after the last of the pollen drops. Thank you for your feedback on any issues you observe or suggestions for improvements.

TENNIS | CHAIR [George Hays](#)

The Tennis Committee met on April 8. It approved a proposal to send to the Board a request to tighten the penalty schedule for violations of Club Rules. It also received a report from the subcommittee addressing non-member participation in CPTC USTA teams and agreed to consider the matter further at the next meeting, which will be May 8. The Committee also approved use of the outside courts on May 9 and 10 for a Spring Team Challenge. Sign-ups for the challenge can be made through GameTime.

FINANCE | CHAIR [Matt Osborne](#)

The Committee met on April 18 to review the March financials noting a favorable variance to the 2024 budget. They also reviewed available cash on hand and the investment account that was initiated in February. The timeline for the 2025 budget was reviewed as well as topics that should be discussed prior to the budget being finalized, recognizing the need for the Committee to continue meeting during the summer. The Committee also reviewed the renewal for the annual insurance policy, recommending approval of and the 3% increase for 2024-2025. The Committee's next meeting will be May 16 at 5 pm.

FITNESS | CHAIR [Youngmee Kim](#)

The Fitness Committee met on 4/3/24. TRX Workshop was successfully held on 4/14/24 with Mindy Marquart as the instructor. We will continue to look for more workshop opportunities in the near future.

LONG TERM PLANNING | CHAIR Anna Duff

The Long-Term Planning Committee met this month to dig in deep on the club survey results so we could relate the story we believe it told to the Board. The main themes it told were not surprising, that we are a community of tennis lovers and that a large majority of us are looking for more opportunities to play. Emphasis on the word "community" though: We believe that Central Park members want us to work on ways that CP can be a place that fosters community among its members on and off the court. What that looks like in the short- and long-term will be the subject of our next meeting, which will include board members to help us drill down on specific actions CP can take to move forward.

CUP | CHAIR Lana Hansen

The entire CUPs committee and our CP support staff, Madison, Lisa M, Chad, and Laurie worked tirelessly on updating the Cups Guidelines this year and worked on simplifying the language and offering the sign-ups to be accessed and submitted electronically. It may look a little different than years past but we hope to build on it for the future.

- Appeal form (if-needed) due May 15th.
- Sign-up submission (required) due June 1st.

The greater Seattle CUPS board is moving up their team submission deadline as well to help facilitate the schedules being posted with a more appropriate time-line to give captains a chance to gather better availability for the first few matches. CUP tennis is a ladies daytime tennis league that fosters like-level doubles competitions across the Seattle area. Central Park has teams that represent players from 2.0 to 5.0. If you would like to know more please contact Lisa Moldrem or any of the committee members, Lana Hansen, Deborah Murray, Carly Oberg, Ronni Fields, Emily Christensen, Kaylee Nilan, Heidi Nevin.

NOMINATING COMMITTEE

The Nominating Committee has completed their work in selecting members who are willing to serve on the Board. Thank you to the Committee for their work: Jim Muenz, Chair, Barry Katz, (Board liaison), Wayne Lim (past Board member) Laura Laun (immediate past committee member and past Board member), Emily Christensen, Ross Laursen (past Board member) and Rose Smith. The candidates for election to the Board are Kelly Chiang, Michael Hull, Wayne Lim, Heidi Nevin, Rose Smith, and Arjang Tahmasebie.

- Election Process Nominations will remain open to petition candidates until Wednesday, May 22nd. This can be accomplished by filing a petition signed by no less than 25 equity members with the Secretary of the Club, Tom Werner.
- Electronic Ballots will be sent to each equity member on Friday, May 24th. There will be one vote per membership.
- The new Directors will be announced at the Annual Meeting of Central Park Tennis Club, Wednesday, June 19th.

Leadership Launch

It has been great seeing you all enjoy the new outdoor courts with this amazing weather we have been having! Speaking of weather – we are set to officially “open” the outdoor season at CPTC in the beginning of this month – with the cleaning and power washing of all outdoor courts. We hope you are as excited as we are to enjoy the first summer in our beautiful new space.

With the exit of Darin, our hiring committee has been working hard to ensure we find a strong candidate as the next Manager. This process is being handled with the patience and care that CPTC deserves in choosing its next leader. In the meantime, four of our current staff members have formed a leadership team to provide CP with the consistency and growth needed throughout this transition. With board members and Julie Wheadon as our guide – Madison, Laurie, Blakeley, and Chad are expanding interim responsibilities. As a team, we feel complete and ready for this next chapter. To better help you understand how this works, each of us has summarized our individual areas of focus below.

Madison – As Administrative Director, my responsibilities encompass a wide range of crucial tasks, ensuring the smooth operation of day-to-day activities. Front desk: observe staff performance, provide training, and monitor hiring needs. Finance: complete staff payroll, process member payments, and order food and beverages. Communication: creating email blasts, calendars, event flyers and newsletters. Committees: attend meetings, facilitate communication between committees, and help implement new policies. Recently I gave a refresh to the website and looking into a new software platform for court reservations. I look forward to working with you to make this club the best it can be!

Laurie – As the Membership Director, I am the highly visible, primary point of contact to the Membership. You can typically find me in my office, conducting a prospective member tour, or buzzing around the Club for something! My primary duty is to act as the Club Liaison fostering member relations. I oversee social events and work with our creative membership committee. I am involved with all staff in the daily operations at the Club. I am continuing to grow our Equity waitlist with a two+ year waitlist of applicants eager to join. I assist with the onboarding of our new members. We are currently working on an onboarding/orientation video—a positive, interactive way to learn or remind ourselves of tennis etiquette, rules, etc. If you have questions on policies, please reach out to me or email violations@centralparktennisclub.com. Personally, I want to instill confidence that the Club is operating in the best interest of the Membership. Thank you all!

Leadership Launch Cont.

Blakeley – As the Director of Junior Programming, I am the primary point of contact for all OTR classes and events. Our tennis staff prides itself on upholding a high-quality junior program that is always growing. Outside of my time teaching on court, I have worn different hats at CPTC throughout the years. My love for this club and community has always pulled me towards learning more about the internal operations. This transition has led me to building a leadership team and focusing on filling gaps where needed. Most recently, I have been working to implement policies forth in the Tennis Committee. It has been amazing to see our staff come together and lead the club. Please reach out with any questions or suggestions!

Chad - As the Program Director, I am point person for USTA tennis operations at Central Park, I orchestrate match schedules, ensuring accurate information is disseminated to captains and staff members. Collaborating closely with the tennis committee, I spearhead the refinement of our tennis policies, striving to enhance the experience for all Central Park members. Additionally, I maintain a proactive engagement with our tennis teaching staff to uphold and elevate the quality of experiences offered to both adults and juniors. Furthermore, I play a pivotal role in coordinating pickleball events and liaising with the fitness committee to introduce innovative enhancements and exciting new offerings across the club. I also work closely with our maintenance team to ensure our facilities are meeting the needs of our member activities. My door is always open, so please do not hesitate to reach out if you have any questions or suggestions.

Julie – As Manager Consultant I will remain behind the scenes and share knowledge about the workings of our Club. I want to encourage the leadership team to work together and understand the importance of growth, individually and collectively. I have all the confidence and appreciation for our staff and leadership. I hope you do as well.

Together, this team is equipped to move CPTC forward while also working to ensure CPTC's next Manager will be acquiring a well operated tennis club. Please do not hesitate to reach out to any of us with any questions. We are here for you!



PROGRAM DIRECTOR REPORT: Chad Smith

Hello Members!

Summer is just around the corner, and here at Central Park Tennis Club, we're gearing up for an unforgettable season filled with tennis excitement, skill-building, and plenty of fun in the sun! Get ready to make the most of the long, sunny days with our lineup of exciting opportunities for players of all ages and skill levels.

Full-Day Junior Summer Tennis Camps:

Looking for the perfect way to keep your kids active, engaged, and having a blast this summer? Look no further than our full-day junior summer tennis camps! Designed to provide a comprehensive tennis experience, our camps offer top-notch instruction, fun fitness activities, refreshing swimming sessions, and much more. From honing their tennis skills to making new friends and creating lasting memories, your kids will love every moment spent at our summer camps.

IntraClub League with Carolyn Werner:

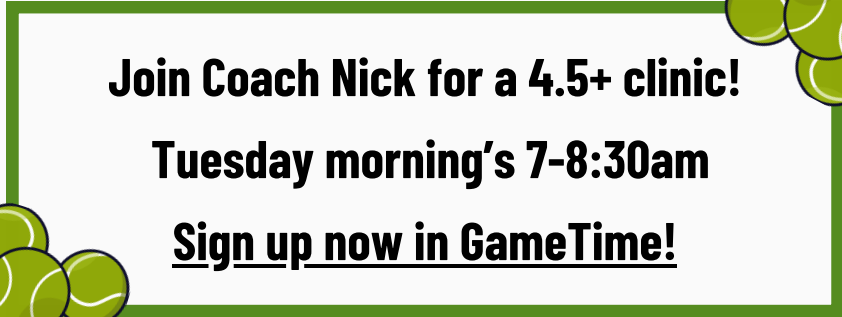
Ready to take your game to the next level and experience the thrill of friendly competition? Join us for an exciting IntraClub league led by the talented Carolyn Werner. This unique league format will see players divided into four teams selected through a draft process. Matches will take place on our six outdoor courts every Friday evening for three consecutive weeks, with an electrifying Championship round on the fourth week. And don't forget to mark your calendars for the celebration party on the final Saturday evening – it's sure to be a night to remember!

Rafa Nadal Academy Comes to Central Park:

Central Park Tennis Club will be hosting the renowned Rafa Nadal Academy from August 5th through August 9th. This prestigious event will feature junior and adult instruction conducted by experienced coaches on our ten pristine courts. Whether you're a junior player looking to elevate your game or an adult seeking to refine your skills, this is your chance to receive world-class instruction inspired by one of tennis' greatest legends. Secure your spot early and prepare for an unforgettable week of tennis excellence!

This summer, Central Park Tennis Club invites you to join us for an exciting season of tennis adventures, skill development, and endless fun. From junior camps and league matches to elite instruction from the Rafa Nadal Academy, there's something for everyone to enjoy on our courts. We can't wait to see you there!

Coach Chad



Join Coach Nick for a 4.5+ clinic!
Tuesday morning's 7-8:30am
Sign up now in GameTime!

PRO REPORT:

Growth in Point Play

Read: Use Your Vision

Plan: Form an Idea

Execute: Use Your Skills to Act on It

Clarity and purpose makes it much easier to do a job well. This is true in sports as well as in life. For me, I have always learned at a higher speed when I understood the "Why". My skills, and productivity increased substantially with my ability to read and understand.

THE READ: The best way to improve is one hit at a time. This helps center you in the present. Let your eyes and vision lead you.

1.) ZOOM VISION: Everyday this is where to start. All of your focus is zeroed in on THE BALL 100% of the time (unless the ball goes to your partner behind you in doubles). Watch the entire flight towards you to the bounce, to time the contact, to the finish of your stroke, then out traveling away from you to the hit on the other side, then back again. This skill will center you as a person, your strokes will be more productive, it will keep your head still, and will greatly reduce the negative energy of your thoughts and emotions. In the warm up and in the beginning of a practice session or match, this is where my focus begins. I will also go back to 100% focus on the ball when my skills diminish, my energy is going in a wrong direction, and when I'm in a pivotal moment (closing a point, a game especially due to no add, a set, or a match).

2.) SCANNING VISION: Once I am into the match and feeling a bit settled, I'm ready to take in more knowledge. I'm ready to open my vision a little without losing my vision on the ball one at a time. Scanning vision is done when the ball is traveling away from me. My goal is to scan on the first ½ of the flight away so I can spend the second ½ of the flight away to go back to the ball again. Obviously this is a very tight timeline to gather enough info before your need to go back to the ball. It might make more sense to you now why most tennis pros are always emphasizing the importance of depth and sometimes height on the majority of your hits. More time to scan and then act on it! Scanning will give you a higher level of read and a clearer plan which will increase your opportunity to settle into the match and continue to improve. Your ideas, positioning, ownership, and interest will develop which will keep you more centered and confident through the highs and lows of the day.

What To Scan in that short period of time: My eyes go quickly to my OPPONENT'S BODY. The biggest item I am looking for is their level of comfort vs discomfort. Comfort= balanced, relaxed, stable base, good court position, calm. Discomfort= stretching, leaning, mobile, weak base, distracted, out of position, rushed, confused.

Zoom and Scanning Vision are skills that you should practice at least as much as your execution skills. Zoom skills need to be a part of practice immediately, even as a beginner. Once you reach a low 3.0 level, eyes up for Scanning Vision is a must to practice for the rest of your career. It is a perfect way to feel like practice and match play bring out a similar level of play.

THE PLAN: While the ball is in play, stay external. Your ideas will be current and make the most sense. Through scanning, you will gain insight regarding your next target, recovery position, basic offense/ neutral/ defense mindset, and better time management. Between points, the knowledge you've gained externally can lead to an increase in clarity and purpose. This will replace the distraction of internal thoughts and emotions that clutter your ability to compete.

Learn to practice and compete one ball at a time. Zoom vision on the ball is a must. Your execution of the shot will definitely improve! Allow scanning vision as much as you can handle. Intrigue and Clarity one hit at a time takes away the nerves and distractions!

Lisa Moldrem

ON THE RISE: JUNIOR PROGRAM



Late Spring 2024

April 29th - June 16th

MORNING HITTING PROGRAM 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 balls and work on point play
- Must be approved by Mark Shkrebtan
- Sign up price: \$70 member, \$80 non-member (Price per day)
- Drop in price: \$85 member, \$95 non-member (Price per day)

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.

LOOKING TO PLAY UTR MATCHES?

If you are looking for match play that you can set up on your own, please reach out to Coach Mark as he is creating a list of players that are looking to set up matches on their own time that will count towards their UTR's. Since there aren't a lot of USTA events happening during this time of the year, this gives players an opportunity to set up their own matches. Even if you have never played a match before, all that is required is for you to set-up a UTR account at app.universaltennis.com/join. If you have any questions, please feel free to contact [Coach Mark](#).

ON THE RISE: JUNIOR PROGRAM



CENTRAL PARK TENNIS CLUB

SUMMER TENNIS CAMP



- FULL DAY & HALF DAY CAMPS
- TENNIS, SWIM, FITNESS & MORE!
- CERTIFIED TENNIS INSTRUCTORS
- WEEKLY, JUNE 24TH - AUGUST 23RD



SCAN HERE TO REGISTER!

Contact for Stars & Futures

Blakeley Bean, Tennis Professional

Director of Junior Programming

Email: blakeleyb@centralparktennisclub.com

Call or Text: (678) 595-3560

Contact for Challengers, Tour & Morning Group

Mark Shkrebtan, Tennis Professional

Director of Junior Development

Email: marks@centralparktennisclub.com

Call: (425) 503-9487



Join the Mentoring Movement with Rainier Athletes

Help clear our wait list!

RA supports students furthest from educational and social justice. Our goal is to bring connection and opportunity to youth in all the spaces they are meant to thrive.

**Classrooms | Sports Fields | Art Studios | Robotics Labs | College Campuses
Throughout Their Community**



RA mentors and students are also artists and engineers - their passions are what inspires a deeper conversation.

No athletic skills or experience working with youth required!



Your Commitment

Mentors typically spend 1 hour per week volunteering between check-ins at the student's school, reports, and invitations to cheer at their mentee's activities or celebrate milestones. We ask mentors to commit for at least one school year.



Our Commitment

RA's unique ONE Team model supports students from 4th grade through high school graduation and beyond. Each student is paired with a dedicated mentor who meets with them weekly and fully sponsored to participate in the activities of their choice. Mentors receive annual training and ongoing support.



Get Started!

"In addition to helping my mentee grow positive beliefs about himself, being a mentor has only grown my desire to bring my best out into the world."

My mentee has expanded my knowledge, she keeps me 'cool' and also humble. Some days I wonder who is the mentee and who is the mentor."

Our mission is to affirm our youth's sense of purpose and belonging by intentionally connecting their core community of teachers, coaches, families, and mentors.

www.rainierathletes.org | hello@rainierathletes.org

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 are 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



Fit2Play Conditioning
Up Your Game!

JOIN FIT2PLAY
CONDITIONING
TODAY!

TTH 5:45-6:50pm
Saturday 9-10am

Multi-Purpose Room
and/or Outside



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- Flexibility
- Mobility
- Aerobic Fitness
- Balance

CONTACT FOR MORE INFORMATION

clay@fit2playnw.com
206.595.3021

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jim@jimuenz.com



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Or schedule online at
wfmndp.com



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~~-\$115-~~
\$57.50 PLUS TAX

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