



Net News



The Newsletter of the Eugene Swim & Tennis Club
May/June 2005

Swimming Pool Opens May 14th!

The sun is out, the weather is getting warmer, and outdoor activities begin to increase. So what does this mean? It's got to be only one thing; the ESTC pool is about to open. Another exciting summer of fun in the sun is approaching! We've got all the favorites such as youth swim lessons, ESTC Swim Team, water fitness classes, and some new programs planned. Pick up a complete pool schedule and program guide at the front desk. See you at the pool!



Masters Swim Workout NEW

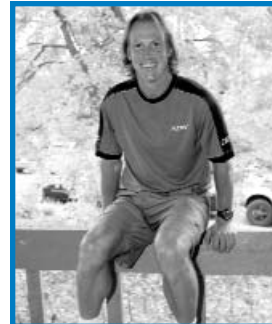
You won't want to miss the new ESTC masters swim workout for adults (ages 17 & over) every Wednesday morning from 6:15 A.M. – 7:15 A.M. and Saturday mornings from 9:30 A.M. – 10:30 A.M. The workouts will be coached, and is excellent for those of you who are triathletes, competitive swimmers, or just looking for a good workout. Training sessions are tailored to your goals. No prior swim team experience necessary.

This program is FREE to members and no registration or sign up necessary... just be ready to get wet! Non-members \$20 per month. **Workouts start Wednesday, June 1st!**

Pro Beach Volleyball 3rd Annual ESTC Open

Men's Sand Doubles Tournament Saturday, July 9th
Women's Sand Doubles Tournament Sunday, July 10th

This year both women and men will battle for the crown and prize money. The areas top volleyball players will bring their game to the best club in town. Don't miss this exciting event happening along with the 43rd Annual Pac-West Tennis Championships. Contact Mike Gaffaney for more information. Sponsored by Nike and ESTC.



Former U.S. Davis Cup Star & '93 French Open Doubles Champion Luke Jensen visits ESTC May 28th!

Tennis legend and superstar Luke Jensen will visit ESTC Saturday, May 28th. The always flamboyant and sometimes outrageous Luke Jensen will be bringing his unique brand of excitement and energy to the Eugene Swim & Tennis Club like no one else can. It will be a day full of high energy clinics, seminars and an exhibition for adults and juniors. The event marks the first time Luke has ever visited Eugene, and is guaranteed to be a memorable day for everyone.

Luke captured 10 ATP doubles titles with his brother Murphy including the 1993 French Open crown. Luke was a member of the 1991-92 US Davis Cup Team, and has tour singles wins over Pete Sampras, Andre Agassi, Ivan Lendl, Jimmy Connors and Boris Becker.

Luke, currently an ESPN tennis commentator, will be our celebrity clinician along with the ESTC Tennis Staff for a day of tennis and fun Saturday, May 28th.

Ticket information and event details are available at the front desk or by calling 342-4414. **Don't miss this one of a kind opportunity!**

Summer Volleyball 2005

Co-Ed Sand Leagues & Tournaments

Our popular co-ed sand volleyball league will start in June with both the "recreational" (aka Fun league), and the "competitive" (aka Fun 2 league). Start organizing your teams NOW!

Registration deadline: June 1st (season runs 7 weeks)

Recreational (Fun):

Co-ed teams of 4 or 6 players, at least 2 girls on the court at all times. Tuesday nights, season starts: June 7th

Competitive (Fun 2):

Co-ed teams of 4 (2 girls & 2 guys) Thursday nights, season starts: June 9th.

Fees: Member Teams \$120 Non-member Teams \$150

Each team captain must complete a required registration packet that includes team roster, waiver and league rules. Pick this material up at the front desk.

CLUB HOURS MAY 1ST TO OCTOBER 1ST

MON.-FRI. 5:00 A.M. – 10:00 P.M.
SATURDAY 7:00 A.M. – 10:00 P.M.
SUNDAY 7:30 A.M. – 9:00 P.M.

CHILD CARE HOURS

MONDAY, WEDNESDAY, FRIDAY 9:00 A.M. – 1:00 P.M.
TUESDAY, THURSDAY 9:00 A.M. – 12:00 P.M.

EXTENDED CHILD CARE HOURS

MONDAY – THURSDAY 3:30 P.M. – 7:00 P.M.

E.S.T.C. E-MAIL ADDRESSES

STAFF EMAIL ADDRESSES:

Mike Gaffaney, General Manager
mikeg@estc.org

Amy Freeman, Fitness Director
amyf@estc.org

Don Paitrick, Tennis Director
donp@estc.org

Sharon Silvers, Member Services Director
sharons@estc.org

Eldon Wilson, Head Pro
eldonw@estc.org

Melanie Bennett, Front Desk Supervisor
melanieb@estc.org

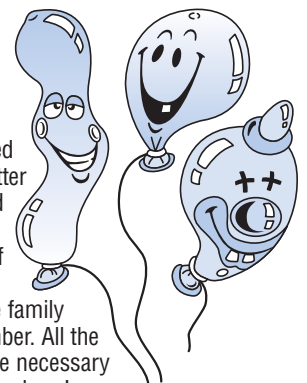
BOARD OF DIRECTORS

MAX KESSLER - PRESIDENT, ERIN KOSS - VICE PRESIDENT, WARREN BROWN, TERRY BURGESS, PAM PEAKE, KEITH THERRIEN, AND JAY GETCHELL

ESTC Family Summer Carnival

Saturday June 18th

Join us in an all club family carnival hosted by your very own ESTC staff. It doesn't matter what age you are, you'll enjoy a day of old fashioned fun and games that only a carnival can offer. This will be a full day of games, food and fun! We've got some special surprises for every member of the family and we're going to make it a day to remember. All the fun starts at 12:00 NOON! No sign-ups are necessary because this event is FREE to all ESTC members!



Visit the new ESTC website for up-to-date class schedules and event dates www.estc.org



TENNIS DEPARTMENT NEWS

Spring-Summer Adult Programming

Check out these fun, free or low cost, tennis programs for all ages and ability levels; a great way to improve your game and meet new people. Also pick up a copy of the weekly tennis calendar or see the schedule on our web site.

Mondays:

6:30 P.M.–7:30 P.M. – Adult Intermediate Tennis Class (Instructional)

6:30 P.M.–8:00 P.M. – Ladies Doubles Night

Tuesdays:

9:00 A.M.–11:00 A.M. – Ladies Doubles Day

12:30 P.M.–3:30 P.M. – Men's Doubles Drop in

6:30 P.M.–7:30 P.M. – Welcome to Tennis Beginner Class (Instructional)

6:30 P.M.–7:30 P.M. – Intermediate Skills and Drills Class
(Class time changes to 5:30 P.M. - 6:30 P.M. June 14th thru the end of summer)

Wednesdays:

10:00 A.M.–11:00 A.M. – Welcome to Tennis Beginner Class (Instructional)
(Class time changes to 9:00 A.M. - 10:00 A.M. June 15th thru the end of summer)

12:30 P.M.–1:30 P.M. - Co-ed Skills and Drills Class

5:30 P.M.–6:30 P.M. - Advanced Men's Workout Class (4.0-4.5)

Thursdays:

10:00 A.M. - 11:00 A.M. - 2.5-3.0 Ladies Workout Class (Doubles Oriented)
(Class time changes to 9:00 A.M. - 10:00 A.M. June 16th thru the end of summer)

12:30 P.M. - 1:30 P.M. - Co-ed Skills and Drills Class

5:30 P.M. - 6:30 P.M. - Adult Intermediate Skills and Drills Class

6:30 P.M. - Men's Night Doubles

Fridays: (Once a Month)

May 6th- "Cinco de Mayo" Party at the Club

No June "Party at the Club" See you in July

Saturdays:

11:00 A.M. - 2:00 P.M. - Co-ed Doubles Drop in Play
(No Co-ed drop in May 21st and 28th, or June 11th and 25th)

Sundays:

4:00-5:00 pm- Welcome to Tennis Beginner Class (Instructional)
(No class May 29th- or June 12th and 26th)

2005 Senior/Masters Sport Festival

ESTC will host this multi sport event that will attract athletes from the Eugene area and around the state. Participants compete in events such as tennis, golf, croquet, racquetball and sand volleyball. This year marks the 23rd annual with ESTC hosting the tennis and sand volleyball events. ESTC will also host the festival dinner on Saturday, July 23rd. Our very own ESTC member Doug Post is the Executive Director for the event and is excited about having the club host the festival and seeing many of our members participating. Event entry forms will be available at the front desk soon.



May – June Dates to Remember

MAY 12-13TH	4J High School Districts
MAY 20-21ST	OSAA High School Championships
May 20-22nd	OSAA High School 3-2-1A State Championships
MAY 27TH-30TH	USTA Junior A'S Tournament
MAY 28TH	Luke Jensen Clinic
JUNE 10-12TH	USTA Adult League District Playoffs at ESTC
JUNE 13TH	Summer Junior and Adult Programming Begins
JUNE 24-26TH	PAC-WEST Adult NTRP Doubles Tournament

Check the front desk or our 2005 summer magazine for more details regarding these events.

2005 Pacific Continental Back Pac-West Championships

ESTC is proud to announce the **PACIFIC CONTINENTAL BANK** is once again this year's **Title Sponsor** for the **\$12,000 PAC-WEST CHAMPIONSHIPS**. Play begins Thursday July 7-10th. Players from the entire country as well as noted foreign players will compete in divisions from open-80's. Come by and see some of the best tennis on the west coast.

Pac-West Circle of 100 Club!

The **Circle of 100 Club** returns for this year's Pac West Championships. It's a great way to show your support for this historical tournament at ESTC.

For a tournament sponsorship of \$100 you receive:

- Two VIP tent privileges the entire tournament, which includes refreshments, coffee, snacks, and Ben and Jerry's ice cream!!
- A Special **Circle of 100 Club** gift
- Two tickets to Friday Pizza Party-Saturday Lunch-Saturday Players Dinner Party.
- Invitation for two to three **Circle of 100 Club** tennis clinics in 2005/06
- Name recognition on **Circle of 100 Club** Poster at ESTC.

To become a **Circle of 100 Club** Member sign up at the front desk.

Pacific Continental Bank Pac-West Championships Official Program

This will be our first year to offer an official PCB-PAC WEST program to members, guests, spectators and players. The program will be full of player information, match highlights from the past, current and former great players and much more.

If you wish to advertise your business in this program please contact Don in the Tennis Department. Ad sizes are available from business card size to full page.

2005 Pac-West Volunteers

Anybody wishing to volunteer for this year's PCB-PAC WEST tournament please check the front desk to sign for your volunteer category.

We will be looking for people to work the Registration Desk, Tournament Desk, all our parties, Sponsors Tent, player housing, and all around tournament helpers.

If you have any questions contact Don.





FITNESS DEPARTMENT NEWS

Parents: Keep your kids fit this summer!

Check out the Fitness Department's Youth Summer Programs:

Hip Hop & Jazz	Ages 6-9	Tuesdays, 11:15 A.M.-12:00 P.M.
	Ages 10-14	Thursdays, 11:15 A.M.-12:15 P.M.
ESTC Cheer	Grades 1-8	Mondays, 5:30 P.M.-7:00 P.M.
Teen Fitness	Ages 12-15	10:30 A.M.-11:30 A.M. (2 Week Series)
Sport Conditioning	Ages 11-16	Mon./Wed., 11:30 A.M.-12:30 P.M.
Female Self Defense	Ages 8-12	Wednesday, 7/13, 10:30 A.M.-11:30 A.M.

Back By Popular Demand – Female Self Defense

w/Adam Roberts; Wednesday, July 13th

Ages 8-12, 10:30 A.M.-11:30 A.M.
(\$10.00)

Ages 13 & over, 6:30 P.M.-8:00 P.M.
(\$15.00)

Participants will learn:

- Self defense techniques to overcome larger & stronger opponents
- Environmental awareness to prevent a threatening situation
- Realistic strategies to remain safe and protect yourself

You are guaranteed to learn invaluable strategies to help keep you and your children safe.



COMMIT TO BE FIT – 2005



**Weight Loss • Goal Setting
Accountability
Education • Results**

“Commit To Be Fit” Continues To Deliver Outstanding Results!

w/Conditioning Specialist, Michael Spino

- Weight Loss
- Decreased Body Fat
- Development of Exercise Consistency
- Camaraderie

Members achieved such drastic results with this New Year's program that we are offering it as an ongoing class. Receive 2 hours of group training per week for 8 weeks; \$89. Registration is limited, so sign up now.

FitLife



Please Welcome Kara Schmidt

We are happy to welcome Kara to our Group Fitness Staff at ESTC. Kara is teaching the Tuesday/Thursday Step-Lift Combo Class from 5:00 P.M.-6:00 P.M. Her enthusiasm and originality make this class a great addition to our current exercise schedule. Get out of your workout rut and add Kara's class to your workout routine. Classes are drop-in and are free of charge.

Are you interested in spinning classes?

Amy is currently organizing a fund raiser with visions of offering spinning classes at ESTC. Please contact her if you are interested in being a part of this committee. She is looking for motivated individuals with connections within the community and maybe some experience with fund raisers or auctions. amy@estc.org



YOGA NEWS

Breathe In...Breathe Out

Pranayama is loosely translated as prana or breath control. Breathing is so simple and so obvious we often take it for granted, ignoring the power it has to affect the body, mind and spirit. Breathing can make us excited or calm, tense or relaxed, or even make our thinking confused or clear. Pranayama is used in yoga to help focus the mind, enhance relaxation, and increase energy.

When the body is under stress it reacts with muscle tension and restriction of breath. Over time this can lead to chronic muscle tightness, especially in the neck and shoulders, fatigue, inability to think clearly, insomnia, and even high blood pressure. Pranayama can be utilized to train your body to respond appropriately to stressors and can reverse the negative physical effects of stress. Practicing Pranayama exercises with yoga on a regular basis will allow your body to transfer the relaxation benefits of the yoga class to your daily life. Learn how to incorporate pranayama and yoga into your fitness routine. Yoga – MON./WED., 5:30-6:30PM w/Jennifer.



MASSAGE NEWS

Gul & Julia helped spread the cheer with free chair massage at the April Tennis Party!

Summer Members – Don't forget to use your \$5 Coupon on your first 60-minute massage.

Watch for pool-side chair massage this summer! Only \$1/minute. Days and times to be announced.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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May

1 Welcome to Tennis Class 3.0 & Below 4:00-5pm	3 Adult Inter. Class 3.0 & Above 6:30 pm Ladies Night 6:30 pm	3 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm	4 Welcome Tennis Class 3.0 & Below 10:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 5:30pm	5 2.5-3.0 Ladies Class 10:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	6 Junior Pizza Night 6-7:30 pm Ages 7-11 "Cinco De Mayo" Party at the Club Tennis Social 7pm	7 Co-Ed Drop-in Doubles 11 am-2 pm
8 Welcome to Tennis Class 3.0 & Below 4:00-5pm	9 Adult Inter. Class 3.0 & Above 6:30 pm Ladies Night 6:30 pm	10 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm	11 Welcome Tennis Class 3.0 & Below 10:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 5:30pm	12 2.5-3.0 Ladies Class 10:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	13 4J High School District Tennis Tournament Thursday & Friday	14 POOL OPENS Co-Ed Drop-in Doubles 11 am-2 pm
15 Junior Pizza Day 2-3:30 pm Ages 7-12 Welcome to Tennis Class 3.0 & Below 4:00-5pm	16 Adult Inter. Class 3.0 & Above 6:30 pm Ladies Night 6:30 pm	17 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm	18 Welcome Tennis Class 3.0 & Below 10:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 5:30pm	19 2.5-3.0 Ladies Class 10:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	20 OSAA 3,2,1A State Tennis Championships	21 OSAA 3,2,1A State Tennis Championships
22 Welcome to Tennis Class 3.0 & Below 4:00-5pm	23 Adult Inter. Class 3.0 & Above 6:30 pm Ladies Night 6:30 pm	24 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm	25 Welcome Tennis Class 3.0 & Below 10:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 5:30pm	26 2.5-3.0 Ladies Class 10:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	27 USTA Jr. A's Tennis Tournament	28 USTA Jr. A's Tennis Tournament Luke Jensen Celebrity Tennis Clinic
29 USTA Jr. A's Tennis Tournament	30 USTA Jr. A's Tennis Tournament Adult Inter. Class 3.0 & Above 6:30 pm Ladies Night 6:30 pm	31 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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June

			1 Welcome to Tennis Class 3.0 & Below 10:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 5:30pm	2 2.5-3.0 Ladies Class 10:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	3 Junior Pizza Night 6-7:30 pm Ages 7-11	4 Co-Ed Drop-in Doubles 11am-2 pm
5 Welcome to Tennis Class 3.0 & Below 4:00-5pm	6 Adult Inter. Class 3.0 & Above 5:30 pm Ladies Night 6:30 pm	7 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm	8 Welcome to Tennis Class 3.0 & Below 10:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 5:30pm	9 2.5-3.0 Ladies Class 10:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	10 USTA Adult League District Play-Offs	11 USTA Adult League District Play-Offs
12 USTA Adult League District Play-Offs	13 Adult Inter. Class 3.0 & Above 5:30 pm Ladies Night 6:30 pm	14 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 5:30 pm	15 Welcome to Tennis Class 3.0 & Below 9:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 5:30pm	16 2.5-3.0 Ladies Class 9:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	17	18 Co-Ed Drop-in Doubles 11am-2 pm
19 Junior Pizza Day 2-3:30 pm Ages 7-11 Welcome to Tennis Class 3.0 & Below 4:00-5pm	20 Adult Inter. Class 3.0 & Above 5:30 pm Ladies Night 6:30 pm	21 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 5:30 pm	22 Welcome to Tennis Class 3.0 & Below 9:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 5:30pm	23 2.5-3.0 Ladies Class 9:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	24 Pac-West NTRP Doubles Tennis Tournament	25 Pac-West NTRP Doubles Tennis Tournament
26 Pac-West NTRP Doubles Tennis Tournament	27 Adult Inter. Class 3.0 & Above 5:30 pm Ladies Night 6:30 pm	28 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 5:30 pm	29 Welcome to Tennis Class 3.0 & Below 9:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 5:30pm	30 2.5-3.0 Ladies Class 9:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm		

JUNIOR TENNIS NEWS

Junior Development Programs (JDP)

ESTC Spring Jr. Lesson Schedule May 2 - June 11th (6 Weeks)

Tournament-High A Ranked Players

Tuition Member \$192 Non-Member \$216

Monday and Wednesday: 4:00-5:30 P.M.

Players will be introduced to advanced match play and tournament play. High School team tennis preparation, tournament drills and stroke production, advanced footwork and conditioning and supervised match play.

Little Tennis

Tuesdays and Thursdays 3:00-3:30 P.M.

Tuition: \$62 members, \$80 non-members - 6 weeks

Little tennis is for kids 4-7. Emphasis is on eye hand coordination, basic ball skills, racquet introduction and fun through tennis

Getting started

Tuesday and Thursday 3:30-4:30 P.M.

Tuition \$148 - member / \$164 - non-member.

Getting started is for players age 7-10 who are beginning to play tennis. Fundamentals of the game, footwork, eye-hand coordination and fun drills are covered.

Rookies

Tuesday and Thursdays 4:30-5:30 P.M.

Tuition \$148 - members / \$164 - non-member.

Rookies is the next step up from getting started. Players age 10-13 learn advancing skills, point and match play and tennis etiquette. This is a lead up class to middle school/high school.

Middle school/High school JV's

Tuesday and Thursday 5:30-6:30 P.M.

Tuition \$148 - member / \$164 - non-member.

This class is for players 13-17 that wish to continue their progress into high school and USTA tournaments. Match play, strategy and tactics, advancing footwork and skill drills are covered.

Special Class Needs

Any parent/student with special class time needs, i.e. can only make it once a week this session, please contact Eldon for arrangements. Thanks.

2005 Jr. Summer Tennis Camps

Jr. Summer Tennis Camps Begin June 13 - August 18th

CLASS DESCRIPTIONS: ALL CAMP TUITIONS ARE FOR ONE WEEK

Little Tennis Mon.-Thur. 12-12:30: \$19.00 members \$25.00 non-member

Getting Started (age 7-10) Mon.-Thur. 10:30-12:00: \$54.00 members \$68.00 non-members

Rookies (age 10-14) Mon.-Thur. 10:30-12:00: \$54.00 members \$68.00 non-members

Middle/High School (age 13-17) Mon.-Thur. 3:00-4:30: \$54.00 members \$68.00 non-members

6th Annual ESTC Jr. Team Tennis June 13 - August 5th

ESTC'S Junior Team Tennis is a program for Rookie-Middle/High School level play. Emphasis is on point and match play, singles and doubles. Team competition is with other clubs or in house. Team members practice twice a week. Matches and play days are on Fridays. TEAM TENNIS is a low cost program to supplement our other tennis camps. Players are not required to be at every session.

Team tennis practices are Mondays and Wednesdays 11:00-12 P.M.

Match play days are Fridays 11:00-12:00 Wimbledon Group and 12:00-1:00

U.S. Open Group. Tuition \$104.00 Member \$144.00 Non-Member

Fee covers entire summer. No pro rates.

All camp registration is at the front desk. Early sign-up is recommended.

ESTC JUNIOR ACTIVITIES

What's a Kid to Do?

We want to make it easy for parents and juniors at ESTC to find out what there is to do. So we're putting together a special section completely devoted to our junior members. In addition to finding out what's going on at the club through posters, signs, and the web site; this section will outline all the upcoming happenings. Check each issue of Net News for fun and exciting programs, classes, activities and specials events designed especially for our junior members.

ESTC Summer Swim Team 2005!

The always popular ESTC Junior Swim Team is a great opportunity for juniors age 6 through high school to participate on a recreational summer swim team. No prior team experience is necessary, but participants should be able to swim one length of the pool crawl stroke (at the advanced beginner level). Head Coach, Kristin Quirke and Assistant Coach, Jeremy Strickland are both returning and excited about the upcoming season. Contact the front desk or ask a lifeguard for more information. Complete details are in the ESTC Summer Magazine.

The rescheduled parent meeting will be held on Sunday, June 12th at 6:00 P.M. The meeting will cover practice and meeting schedules along with a question and answer session. It's a great opportunity for parents and swimmers to meet with the coaches and visit with others on the team. **GO ESTC!**

Youth Swim Lessons

Classes are forming now for the 2005 summer season. Group swim lessons at ESTC are among the most popular in the area and provide a safe and enjoyable atmosphere for any age or ability level. Classes are 1/2 hour in length, between the hours of 10am - Noon / Mon. - Thurs. Session dates are as follows:

- June 20th - 30th
- July 5th - 14th
- July 18th - 28th
- August 1st - 11th
- August 15th - 25th
- August 29th - Sept. 2nd (5 days / Mon.-Fri.)

Fees: \$32 for sessions 1,3,4,5 (member) / \$38 non-member
\$28 for session 2 (member) / \$33.25 non-member
\$20 for session 6 (member) / \$23.75 non-member

Private and semi private swim lessons are also available. Talk to a lifeguard about scheduling a private lesson.

Water Babies

What's a water baby you ask...this 30 min. swim class is for both parents and kids (ages 6 months - 3 years). Parents learn valuable safety skills and teaching techniques for their little ones. This is not only a rewarding and fun class that both parent and child experience together; it's a wonderful way to introduce your child to the water in a safe and comfortable environment. Please have your trusty water diapers (elastic fitting) that are available for purchase at the front desk.

Water Babies will be offered during these sessions only:

June 20th - 30th: 11:30 A.M. - Noon • July 18th - 28th: 11:30 A.M. - Noon
Fee: \$32 member / \$38 non-member

2005 Summer Kids Camps!

The ESTC Summer Kids Camp is a great day camp packed with arts & crafts, organized games, tennis and swimming. Campers between the ages of 4 & 10 will enjoy hanging out with friends while making new ones along the way. Camp runs Monday thru Thursday with an optional Friday camp. Kids Camp is intended to stimulate camper's interests in swimming and tennis. Appropriate dress for camp includes comfortable activity clothes and athletic shoes (no black soles or sandals). In addition, campers will need to bring a swimsuit and towel. We prefer that parents apply sunscreen before camp each day.

Session Schedule

- | | | |
|---------------------|--------------------------|---------------------------|
| 1. June 20th - 23rd | 5. July 18th - 21st | 9. Aug. 15th - 18th |
| 2. June 27th - 30th | 6. July 25th - July 28th | 10. Aug. 22nd - 25th |
| 3. July 5th - 8th | 7. Aug. 1st - 4th | 11. Aug. 29th - Sept. 1st |
| 4. July 11th - 14th | 8. Aug. 8th - 11th | |

Camp Fees:

First Camp - \$60 / \$55 subsequent camps (members)
\$70 / \$65 (non-members) Friday (optional) \$15

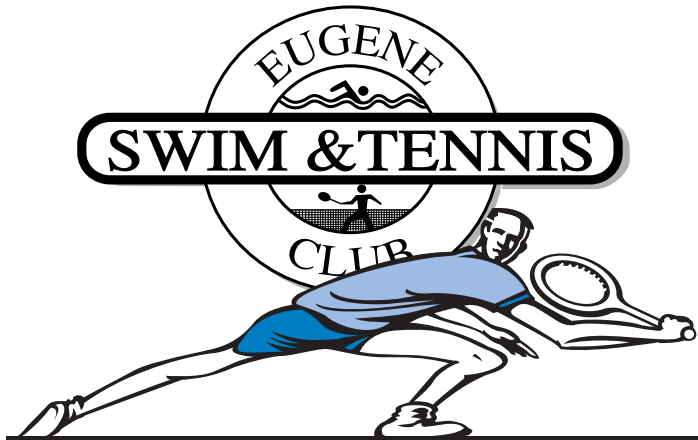


MEMBER NEWS



The Tax Day Party at the Club was a huge success!

We had over 60 participants playing tennis and having fun with friends. Thanks to Julia and Gul for coming out and giving those wonderful chair massages and helpful tips on how to keep our body's healthy and injury free so we can all keep playing our favorite sport. A special thanks to Michelle Charpentier for running our Texas Hold'em game and dealing cards the entire night! You're awesome Michelle! Congratulations to Carey Beneke and Greg Sheley who won their rounds of poker and walked away with ESTC duffle bags. There was no generation gap at last month's party. Guests started as young as little Keegan Getchell, to grandparents Jack and Kathy Hayes, and don't forget parents Jay and Jenna Getchell. Jay has been newly elected to our Board of Directors and is a big help at all of our parties. Thanks Jay! And a big thanks to all of our members and ESTC staffers from David and Walter for making our club parties so much fun to be a part of! **Now mark your calendars and join your friends at next month's fun Cinco de Mayo Party at the Club on May 6th** from 7:00 to 11:00pm. We'll have great tennis, Blackjack Tournaments throughout the night with special guest Kevin Blackwood—author of "Play Blackjack Like the Pros"—and tasty Mexican food catered by Burrito Amigos. **See you there!**



WELCOME NEW MEMBERS

Please help us welcome the following new members to our club:

Tennis Memberships

Teresa Homer
 Haley Wilson
 Kelly & Patty Sargent
 Peter Kwak Family
 Kevin Early
 Rod & Nancy Ruhoff
 Mal Bosisto
 Juan Hernandez
 Michael & Trisha Dryden
 Shaun Tygart
 Dayna & Haley Rager
 Bill & Diane Reinhard
 James Mitchem Family
 Stuart Sabin

Fitness Memberships

Todd & Ivonne Lynch
 Ryan & Janel Query
 Les Anderson
 Ilene Hershner
 Bryan Like
 Norm & Debby Magnuson

Swim/Fitness Memberships

Randy Zenke Family
 Shawn Gergen Family



New Indoor Court Lighting Project

We are very pleased to announce that ESTC has completed all the preliminary details related to the addition of a new tennis court lighting system. The new system incorporates the latest in lighting technology and will be installed on indoor courts 1 – 8. The new system will offer superior light quality with consistency throughout all the eight courts. The system will include occupancy controls that will automatically dim the lights when players exit, but will not completely turn off.

With the latest technology come dramatic energy savings and less maintenance costs. Members will notice that the new system will be direct lighting rather than indirect. Direct lighting provides enhanced visibility and greater tennis ball lamination. The project will start early August and continue throughout the month. Each construction phase will close three indoor areas of the club. The first will be the building that houses courts 1-3, the second courts 4 & 5, and the final phase courts 6-8. Every effort will be made to minimize the inconvenience on members as possible. We appreciate everyone's understanding and cooperation during the construction.

Help Maximize Tennis Court Usage & FUN!

Please help ensure we get every minute of enjoyment out of all our tennis courts. Here are some friendly reminders for everyone...

With an increase in tennis court usage, we all need to stick with the court cancellation policy. Currently the policy states... Cancellations made less than two hours before playing time will result in a \$10 fine divided among those whose names appear on the reservation. No shows will result in a \$20 fine divided among those whose names appear on the reservation.

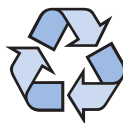
As the weather warms and you want to play outside, please notify the front desk in advance so that someone on the wait list may use your indoor court.

If you schedule back-to-back court times and will be leaving early, notify the front desk.

We appreciate the cooperation from everyone. **Thank you!**

New Board Members Elected

We'd like to take this opportunity to express our appreciation to the four members of the ESTC Board of Directors who recently ended their term and service to the club. Those individuals are Glenn Klein, Mike Black, Michael Backus and Cheryl Burke. At the ESTC Annual Meeting held March 29th, the newly elected board members were announced. Terry Burgess, Pam Peake, Jay Getchell and Keith Therrien will begin their term as board members and assist management in moving our club forward. Special thanks go out to all the candidates who ran for positions this year. We very much appreciate your interest and continued support of ESTC.



Recycle...New On-Court Recycle Containers

It's never too often to remind ourselves that recycling is a good and necessary thing to do. ESTC is committed to encouraging our members to recycle and we've tried to make it as easy as possible. Members should now notice new, more convenient recycle containers on all indoor courts. The new containers are well marked and provide drop areas for both garbage and recycle material. Additional recycle containers are located throughout the club and are also well marked. Please make the effort and spread the word that recycling is a good thing to do. Thank you!