



December 2015 Newsletter



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Holiday Hours:

- Christmas Eve, Dec 24th**
Open 8:00 am-1:00 pm
- Christmas, Dec 25th**
Closed
- New Years Eve, Dec 31st**
Open 8:00 am-1:00 pm
- New Years Day, Jan 1st**
Closed

From The Tennis Court:



Flashback of a cold winter on the KTAC courts

Junior Tennis: This week, our 14 and Under Junior Tennis Team left for South Carolina to compete at Nationals! Good luck to coach Will Herbert and players: Taylor Fite, Jack Hillyer, Oliver Doerr, Thomas Williams, Tayva and Cabri Jacobsen, Yayoi Junior and Erin Crane. We are very proud of you and we know you will represent us and the Pacific Northwest fabulously!

Holiday Tennis Social: This month we will have a Holiday Tennis Social! **The social will be held on Friday, December 18th, 2015 from 4:00-7:00pm.** All members, family, friends, and guests are welcome! Sign-up now at the Front Desk. The format will be as follows: Ladies and gentlemen will be randomly paired by skill level with even ability players (combined 6.0 vs 6.0, 7.0 vs 7.0, etc.). Players will compete for 45 minutes and switch-out for next pairing. Come bring your racquets, food, drinks, White Elephant gift (optional), party pants, best ugly Christmas sweater, and holiday cheer!
2015 Turkey Shoot Results: Congratulations

From the Chair:

Take heart, fair members- only one more missive from me after this!

The Board has approved the 2016 Operating Budget. It proposes a Net Ordinary Income (NOI) for the year of approximately \$40,000; however, that does not reflect Capital output for such items as mortgage and equipment loans. Although positive cash flow for the year will be less than the NOI due to Capital expenses, the Board has resolved the set aside 25% of any net income to develop a Capital Project fund that has been absent since the reconstruction of the pool walls. **The 2016 Operating Budget does include a 2.5% increase in dues and the price of some merchandise.**

This increase will be effective January 1st, 2016. It also includes a small cost of living increase for hourly staff.

In the November meeting, the Board also voted to offer the official General Manager position to Cathy and to remove the Interim classification. Cathy has accepted this role in addition to her accounting duties. She will continue to distribute more responsibilities to staff and to increase collaboration among the departments of our organization. Please continue to support Cathy and the staff as they rework our processes to interface with our new automation.

HAVE A GREAT HOLIDAY SEASON!

-Sandy Byrne

players! For the list of the players names, scores, and results see the front desk **or click the following link:**

[Link To: Turkey Shoot Results](#)

USTA: The USTA 40 and Over is about to start! All coaches please contact Will Herbert and let him know if you are interested in being the captain of a team.

From the Fitness Center:



It's only cold if you're standing still!

The holidays are a fun and busy time of the year and it is easy to get distracted from our healthy habits and let good nutrition slide. Here are 6 ways you can avoid the fitness naughty list:

1. Stick to your regular exercise routine.

As busy as life can get this time of year, it's easy to get overloaded and stressed out. Keeping your regular fitness routine can help maintain a sense of structure and normalcy during the chaos of the holidays. Also, remember that exercise releases "happy hormones" that can help keep you in the holiday spirit!

2. Stay hydrated!

A bit of a no-brainer, but please make sure to drink plenty of water (about 2 liters per day). Studies show that drinking water helps with calorie control, kidney function, healthy skin, and can even help fight fatigue.

3. Portion control.

There is no reason to limit your choices, just don't go too crazy!

4. Choose indulgences wisely.

So many goodies, so little time-right? A good trick to keep the insanity of all the decadence to a minimum is to keep your choices focused on the special treats that aren't usually offered year round.

5. Plan and prepare your regular meals.

Having a simple and nutritious meal plan can keep the fast food drive-up folks from getting to know you on a first name basis. Simplicity is the key. Make sure to include lean proteins and lots of veggies.

6. Start a new festive fitness tradition!

With family coming together, perhaps squeezing fitness into the festivities could start a new tradition.

The Story Doodle and "Almost True Christmas Stories":

We would like to share a story from the touching book "Almost True Christmas Stories" in remembrance of the beloved Ron Corcoran. His book contains many wonderful stories, one of which we would love to share. His stories are intended to be read by children, parents, grandparents, aunts and uncles, and older sisters and older brothers-and for reading to the younger children in their families. This collection of precious stories are heart-warming and enchanting. For one of the stories featured in his book, **be sure to click the link below** to enjoy the full story. **Copies are available at the Front Desk.**

Link To: "Then One Foggy Christmas Eve..."

Prepayments & Dues Increase:

Prepay for 2016: See the Front Desk for more information about prepaying your membership for the full year of 2016. Payments are accepted by check only and all prepaying members get a 5% discount off dues! For more info please **click the link below:**

Link To: Prepayment Info
2016 Dues Increase: We want to remind our members that your monthly membership dues will be

Whether it is a family football game, family fun run, couples strength training session, or whatever you can think- just keep that heart rate going and get the blood pumping. Exercise will not only keep your metabolism running smoothly and burn some of those holiday calories, but re-energize everyone involved. Keep it fun!

From The Aquatics Center:



Swim lesson with Cheryl

Spread the word: Take advantage of this special deal over the Christmas Break. \$5.00 per person or \$15.00 for a family to use the pool for the day. The dates will be **December 21st-23rd, and December 28th-30th.**

Lifeguard Training: We will be holding a Lifeguard Training Course on **December 28th-30th.** The cost for this class will be \$200.00.

No Water Fitness: Water fitness classes will not be held on **December 24th and December 31st** due to our Holiday Hours.

From The Racquetball Court:



Kitsap Splat Tournament 2015

Splat Tournament: We had such a terrific turnout at the Splat Tournament this year. We had live streaming from the courts so others could enjoy the action! The word on the street is that next year we may even be able to add a woman's event as well! We are so excited and so grateful for all of our members and guests who helped or participated in

increased by 2.5% starting January 1st, 2016. For more info, see the Front Desk, or **click the link below:**
Link To: 2016 Dues

this event.

Silver Sneakers:



Remembering KTAC Friends and Family:

As the year ends, we would like to remember the special members who touched our lives and all those around them. Robin Mair, Virginia Pace, Mable Moy and Ron Corcoran, we will never forget the memories we shared and we will forever celebrate the wonderful life that these loving members shared with us.

Silver Sneakers Event & Reminder: Monday, **December 14th, 2015 at 11:45am** we will host our Silver Sneakers Christmas party. Bring your favorite Christmas dish, and a friend! Ham, desserts, and drinks will be provided. Be sure to stick around for the special visit from Santa and Mrs. Clause!

Just a Reminder: We want to remind our members that Full and Associate memberships cover ALL fitness classes INCLUDING Silver Sneaker fitness classes! We recently became aware that some folks thought Silver Sneaker fitness classes were designated for Silver Sneakers only-and they aren't! All Full members and Associate members can feel free to join any and all classes even if they are listed as a Silver Sneakers class.

Quick Links:

[Fall Pool Schedule](#)
[Fitness Schedule](#)
[Massage Prices](#)

*We hope you enjoy reading our December 2015 Newsletter. Contact/find us at:
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Phone: (360) 692-8075
Email: membership@kitsaptennis.com
Online: Kitsaptennis.com
Or Follow us on Facebook*

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