



Kitsap Tennis & Athletic Center Newsletter

February 2016



Aquatics Center

Thank you
for your
patience

during the holidays as our pool temperature had fallen inside to match that of the temperature outside! The situation has been resolved and our water temperature is now back to normal.



Adult swim lessons are starting in February. They will be held Monday and Wednesday evenings from 6:30-7:00pm. Instruction will be provided by James Meyers. Registrations are available at the Front Desk.

Our first Master's Swim workout went well! Coach Shona worked with 5 of us to help improve our strokes and gave great tips on how to achieve overall success in health and well-being. It is not too late to join the team. Please email swim@kitsaptennis.com with availability on times and days to

Tennis Center

Join us February 12th- 14th for Kitsap County Valentine's Day Challenger



Tournament! Many of our young players will be competing in it.

This will also be a great opportunity to get an early head start on your 2016 enhancement hours. We will have a sign-up sheet at the Front Desk for times to help work the tournament desk. **We could also use snacks like bagels, cream cheese, fruit, chips, pretzels, etc.** You can receive one enhancement hour for one bag of groceries with receipt.

Men's Night started February 3rd!

Match schedules can be found at the Front Desk, if you have signed up, please stop by the desk to take a look. If you would like to be on the sub list, please let Will Herbert know at tennis@kitsaptennis.com.

Racquetball Center

The 2016 Presidents Day Tournament is coming up! Pick up a green sign up form at the Front Desk or



other various spots at KTAC and return it to the Center via mail or in person with a check

swim with the team.

Board Updates

Are you interested in the plans or projects that are shaping the future of the Kitsap Tennis & Athletic Center? **Sign up at the Annual Meeting on February 26th for any KTAC committee.**

The Annual Meeting will begin with a **Potluck & Social from 6:00pm-7:00 pm followed by the Business Meeting from 7:00pm-8:30pm.**

Our fundraising/grant writing committee is reaching outside the walls of KTAC and would like your assistance! We are looking for businesses or organizations that would be willing to support our **tennis scholarships; Boy and Girl Scout badge programs and a 3rd Grade "Learn to Swim" program.** If you have ideas of who we should reach out to, email us at swim@kitsaptennis.com or membership@kitsaptennis.com. **We also would like to thank our board members.** Niran Al-Agba has agreed to act as Board Chair for the next 6 months.

Vice President: Carrie Bender

Secretary: Leslie Englehard

Treasurer: Phil Sehorn

New Board Members: Barbara Al-Agba and Charlie Mackall

Continuing Members: Karl Kirchofer, Bob Fredericks, and Derek Hilt. **A special thank you to Sandy Byrne and Pete Schlicher for their dedication to the Center and many years of diligent service.**

made out to KTAC. The **Tournament is scheduled to run February 15th-17th.**

Fitness Center

February is American Heart Month!



Heart disease is the leading cause of death for men and women in the United States and regular exercise is one of the ways to prevent heart disease! To acknowledge this awareness, during the week of **February 7th-14th, we will be having "Bring a Friend For Free" special.**

Passes will be available at the Front Desk so pick up a pass and bring a friend along!

Thank you to everyone for supporting our newest classes! If you have yet to pick up a new Fitness Schedule, be sure to do so and view all that we have to offer and see what might fit into your schedule. Let us help you reach your health and fitness goals!

Our fitness/weight rooms have a revamped filing system space for our members to store exercise logs. Log sheets, file folders, and clipboards will be provided for the storage of personal exercise records and notes.

Congratulations to Lorinda Esposito!

Lorinda was this year's winner of the Holiday Maintenance Challenge! Thank you to all who participated!



**BRING A FRIEND PASS:
Good for ALL KTAC Fitness
& Swim classes, Junior
Tennis class, and Junior
Drills.**