



Kitsap Tennis & Athletic Center



Newsletter

June 2016

Greetings!

Thank you for being a part of the Kitsap Tennis and Athletic Center. We strive to update and communicate with all of our members and we are very pleased you are reading our June Newsletter. Be sure to check in next month for more updates and information. We hope you enjoy reading our June newsletter. Please feel free to contact us if you have any questions or if you would like to receive any further information.



Aquatics

Summer registration is now available! Our classes are fit for all ages. Swim camp information can be found by clicking the link at the bottom of this newsletter.

We are looking for donations for swim toys and life jackets. Your donations to our swimming pool can be a great way

to earn enhancement hours. **One enhancement hour equivalent \$15.00 donation with receipt provided.**

Public Swim Special: Monday-Friday 2:00 p.m.-4:30 p.m. \$5.00 per person or \$15.00 for a family.

Water Safety Instructor Training will run July 5th-15th.

If you have any questions or would like more information contact the front desk at KTAC or contact our Aquatics Director, Chriss at swim@kitsaptennis.com

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Thank You!



We appreciate our volunteers. Special thanks to **Laura Girard** for all of her hard work on our new website! **David Kidd** for his help in pressure washing the outdoor courts. **Robin Muir, Diane**



Tennis

We would like to thank everyone who donated food for our Kitsap Tennis Advance tournament! All of the parents and players appreciated our warm welcome when they came to play at KTAC. **Kitsap Cup is coming up soon on June 10th.** We are forming

mixed doubles teams to play against Bainbridge Athletic Club. If you would like to sign up or receive more information, please contact Chizu Salisbury.

The Mixed 40 and Over USTA league is about to start! Matches begin June 20th. If you would like to sign up for a team, please contact one of the team captains.

Saturday June 18th, the Center will be holding a Pickleball Open House from 8:00 a.m.-12:00 p.m. All members are welcome (for free)!

Tennis Camps will be starting soon! Click the link at the bottom of this newsletter for more information.

If you have any questions or would like more information, contact our Tennis Director Will Herbert at the Center 360-692-8075 or via email at tennis@kitsaptennis.com

Fitness

Starting **June 7th**, we **will be offering a new weight lifting class** on Tuesday evenings from 7:00 p.m. to 8:00 p.m. This class will take place in the weight room and will focus on proper weight lifting techniques to help everyone safely experience the benefits of lifting while avoiding common mistakes that can lead to injury. This class will be instructed by Alex Phinney.

Misty's Tuesday evening class and Friday evening Advanced Yoga w/Janie will both be on hiatus for the summer and will return this fall.

If you have any fitness questions email our Fitness Director, Angela at fitness@kitsaptennis.com

ATTENTION!

The KTAC SilverSneakers will be hosting senior wellness seminars, beginning this summer!

Each seminar will take place on the first Wednesday of every month at 11:45 a.m., immediately following the SilverSneakers exercise class. The public is welcome, so please feel free to invite your friends.

The next seminar is July 3rd and will feature Speaker Mike Dougherty, our own medical massage therapist.

Koch, Rose Riedel, Travis Dean, Shoko Fritchman, Tom & Marilyn Anderson and Taylor Fite for helping at last Saturday's Kid's Day event at the Fairgrounds. **Lucy Golden** for providing new artwork in the women's locker room and upstairs restrooms. **Mike Sechrest** for providing our upcoming staff CPR training.

Karate & Self Defense



For **karate and/or self defense** class information please call Chieko Huse at (360)271-1027

Ninja Camp



Get ready for **Ninja Camp June 27th-July 1st 9:30 a.m. to noon!** For more information, contact Mary Stivers at (360)204-9897 or mceuinbros@gmail.com

Quick Links

[Summer Pool Schedule](#)

[Summer Fitness Schedule](#)

[Summer Swim Camps](#)

[Summer Tennis Camps](#)

Summer Memberships & Tennis, Play & Swim Camps



Three month summer memberships are **now available!** Please spread the word to friends and family! Click the link below for more information.

[3 Month Summer Membership](#)

Looking for activities for your children this summer? Please **check out our summer swim and/or tennis camp schedules!** Click the links below or at the bottom of this newsletter for complete camp info or pick up a copy in the lobby.

[Tennis & Play Camps](#)

[Swim Camps](#)

Lost & Found

We will be **donating all unclaimed items** in the near future. Please be sure to check the lost and found next time you come to the Center! Racquets, electronics, accessories, glasses and other small items are kept at the Front Desk.



Enhancement Hours



Looking to get started on your work enhancement hours? **We have a number of areas around the Center that could use some help.** There are closets that need cleaning, the kitchen needs organizing and an inventory taken, touch-up painting in the fitness center, hallway and locker rooms. Two more outdoor courts to be cleaned and the weeds have made a tremendous comeback! **If you have an hour or two please give us a hand and pick an area around the parking lot or outdoor courts.**

From The Board



The Board recently approved the addition of a **Full Couple Limited Membership!** Thanks to member suggestions, we were able to add this new membership. Let us know if you have any questions or if you have a suggestion for us as well!

Contact Information

KTAC Team

(360) 692-8075

Email: membership@kitsaptennis.com

You can also find us on Facebook or at www.kitsaptennis.com