

## ■ Upcoming Events & Enhancement Hour Opportunities

### Easter Egg Hunt & Open House

We will be having our Annual Easter Egg Hunt and Open House **Saturday, April 15th from 10:00 am to 12:00 pm followed by an Aqua Egg Hunt at 12:30 pm.** We are looking for volunteers to help as well as donations of candy, small prizes (of \$15 value) and baked goods which is a great way to earn enhancement hours. We are also looking for food donations of carrots, veggies, pretzels, etc.

Candy/food donations and volunteer sign-up sheets are at the Front Desk. **This is a free community event so be sure to grab a flyer to share with your friends, family and neighbors.**



### Kids Night Out

Kids Night Out continues **Saturday, April 8th from 6:00 pm to 8:30 pm** and on the 2nd Saturday of every month. We had a great turn out for our first event. This is another great enhancement hour opportunity and we could use the help of volunteers. The kids and adults had a blast playing tennis, board games, ping pong and swimming so come on out and let the kid in you play again!



### SilverSneakers® Potluck

**Monday, April 24th, 2017 at 11:45 am** we will have our next SilverSneakers® potluck. Drinks and desserts will be provided. Bring your favorite dish to share. **Fitness, fun, and friends!**



## In This Issue

[Upcoming Events](#)

[Did You Know?](#)

[Welcome New Members](#)

[Local Sports News](#)

[Weight Room Policy](#)

[KTAC Testimonials](#)

[Kitsap Great Give](#)

[Enhancement Hours](#)

[AmazonSmile](#)

## Did You Know?



Donations to KTAC benefit the entire community by helping fund our community outreach programs: Teaching Elementary

## ■ Fitness



Craig Orwin lifting 507 lbs for a WA state record

**Congratulations to Craig Orwin**, our morning Front Desk staff member, for his extremely impressive achievements at the USPA Southern Oregon Iron Classic Weight Lifting Competition. The picture here shows him lifting 230 kg (507 lbs) for a **Washington state record** in his weight and equipment division! He also bench pressed 132.5 kg (292 lbs) and dead lifted 200 kg (441 lbs) at the same competition.

### Wednesday Wellness Seminars Continue

These free seminars begin at **11:45 am on the first Wednesday of the month.** All members and guests are welcome, so come by and bring a friend! The next seminar will be held **May 3rd with Ear Nose & Throat Doctor David Kessler.** **Be sure to check out our upcoming events section** for more dates and details.

### Free Weight Room Orientations

The KTAC fitness department offers every member a free

Students to Swim, Merit Badges and youth tennis scholarship programs like The Cameron Scholarship. This Spring will mark the 39th year since we first awarded The Cameron Scholarships to youth ages 14 and up with financial need who express a desire to improve their tennis skills. The Joseph Cameron Tennis Scholarship was established in 1978 by Muriel Cameron in loving memory of her husband, Joseph. Muriel was extremely dedicated to the Center and after 25 years she became the longest tenured General Manager in KTAC history! This scholarship was initially intended to provide a 3 month Tennis Membership to the singles winners in the Bremerton Parks Departments Junior Tennis Tournament. Unfortunately, this tournament was not held for several years so the criteria was revised to seek deserving applicants from local High Schools. Most recently, those awarded receive a Full Family Summer Membership including tennis lessons twice a week.

### Welcome New Members



We have had over 42 new memberships at the Center since January! If you see some new faces, be sure to welcome them to the KTAC family. One of the things we are most grateful for is our friendly and welcoming members! Keep up the good work and be sure to invite new people to join your favorite

weight room orientation on how to safely and effectively use the equipment in our weight rooms. Orientations are now being scheduled Wednesdays at 6:00 pm and Fridays at 10:15 am. Please sign up at the front desk at least 24 hours prior to the orientation you plan on attending as they will not take place without sign-ups.

**Weight Room Policy For Minors:** All junior members and guests age 11-17 are required to attend an orientation before using equipment in the weight room and must fill out a Weight Room Policy form. These forms, available at the front desk and on our website, must be signed by the both the junior and a parent prior to the weight room orientation. Please make an appointment with Angela or Alex for a junior orientation. Please note, there is no charge-these orientations are not personal training sessions.

## Tennis

**The USTA 18+ & 65+ season starts soon!** If you missed signing up for a team, you can still sign up downstairs on the tennis board and a captain will get in touch with you if they still need players.

**Well done, Adult League players!** As the 40 and over season comes to an end, we would like to say congratulations and way to represent KTAC!



**Congratulations** and great job to all of our juniors that played in our Kitsap County Junior Advance tournament on the weekend of March 3rd. **Tye Loan** took 2nd in the Boys 18s division, **Olivia Andersen** won the Girls 16s division, **Erin Crane** won the Girls 14s division, and **Kai Junior** won the Boys 12s consolation! Be sure to click the green links below to read more about High School Sports in the Kitsap Sun.

### Interested in joining Ladies Night?

Contact Katrina at the Front Desk or by email at [membershipdirector@kitsaptennis.com](mailto:membershipdirector@kitsaptennis.com). We have two time slots available **5:00 pm-6:15 pm** or **6:15 pm-7:30 pm**. Whether you are a beginner or intermediate player, ladies night is all about having fun. Our Tennis Pro, **Will Herbert** also does an hour drill for us on the 1st Monday of the month at 6:00 pm. \$12 for members or \$22 for non-members.

[Kitsap Sun A-Z High School Sports Article](#)

[Kitsap Sun High School Girls Tennis Article](#)

## Aquatics

**KTAC Crawler's Masters Swim Team** is moving along swimmingly! Practice times are **Tuesday** and **Thursday** evenings from **5:30 pm-7:00 pm** with Coach Michelle Ross. Monthly sessions are \$25 for members, \$40 for non-members.



**Mini Triathlon June 10th at 10:00 am.** This can be done singly or as a 3 person team. The event will utilize our

class, go for a swim or hit with you on the courts.

### Bob Fredericks Story



Our very own Bob Fredericks, one of the Centers founding fathers was in the **Kitsap Sun Sports section** on March 14th. Be sure to check out this touching and intriguing story by clicking the link below or pick up a copy at the Center.

Kitsap Sun Bob Fredericks Article

stationary bikes and pool. More info to follow soon.

**Swim lessons** are in full swing with times to meet many lifestyles. **Monday/Wednesday** all ages and levels 4:30 pm-7:00 pm, **Tuesday/Thursday**, Levels 1-3 as well as beginning preschool, 5:00 pm-7:00 pm, and **Saturdays**, Levels 1-3 and adult, 9:00 am-12:00 pm.

### Upcoming Swim Clinic Dates & Topics:

**April 15th** - Breaststroke fundamentals, tips and improvement techniques, **May 20th** - Time will be dedicated to work on all strokes, and **June 17th** - Backstroke technique and improvement. These monthly clinics are only \$3 for members, \$7 for non-members.

**Be sure to check out the upcoming events section** for more events, lifeguard training courses, re-certification classes and more.

## Racquetball

### Fall/Winter Ladder Results:

#### Singles:

1. Rocco Vega
2. Karl Kirchofer
3. James Zeitler

#### Doubles:

1. James Zeitler
2. Larry Tuke
3. Kevin Naud



**For the full ladder results (1st-10th) please click the following link [Ladder Results](#)**



<b>Wellness Seminar</b> Wed. April 5th 11:45 am	<b>Nan &amp; Rex Farewell Social</b> Fri. May 12th 5-8pm
<b>Kids Night Out</b> Sat. April 8th 6-8:30 pm	<b><a href="#">Nan &amp; Rex Farewell Social Sign-Up Link</a></b>
<b>Easter Egg Hunt &amp; Open House</b> Sat. April 15th	<b>Kids Night Out</b> Saturday May 13th 6-8:30 pm
<b>Swim Clinic</b> (breaststroke tips) Sat. April 15th	<b>Girls 2A District Tournament</b> May 17th-18th
<b><u>CLOSED</u> Easter Day Sunday April 16th</b>	<b>Kitsap County Advance Tour.</b> May 19th-21st
<b>SilverSneakers® Potluck</b> Mon. April 24th 11:45 am	<b>Lifeguard Training Course</b> May 19th-21st
<b>The Kitsap Great Give</b> Tues. May 2nd	<b>Swim Clinic</b> (stroke techniques) Sat. May 20th
<b>Wellness Seminar</b> Wed. May 3rd 11:45 am	<b>Wellness Seminar</b> Wed. June 7th 11:45 am
<b>Cinco De Mayo Social</b> Fri. May 5th 5-8 pm	<b>Mini Triathlon</b> Saturday June 10th 10:00 am
<b>Kitsap Cup vs Bainbridge at BAC</b> Fri. May 5th	<b>Lifeguard Re-certification</b> June 17th 12:30 pm
<b>Girls 2A League Tournament</b> May 10th-11th	<b>Swim Clinic</b> (backstroke focus) Sat. June 17th

## More Ways To Help KTAC & The Community

### The Kitsap Great Give

KTAC will be participating again this year in The Kitsap Great Give **May 2nd, 2017**. We're joining more than 100 communities across the country to raise millions of dollars for the greater good. Every gift given to local nonprofits will be increased by a national pool of matching funds. We're partnering with area nonprofits, businesses and community members to raise funds for local needs. The giving website [kitsapgreatgive.org](http://kitsapgreatgive.org) makes it easy and safe to give to organizations already doing essential work in our community.



**Shop Online & Donate To KTAC!**



Did you know, you can support KTAC while shopping on AmazonSmile? AmazonSmile is a website that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon. The only difference is the **AmazonSmile Foundation will donate 0.5%** of the price of eligible purchases to the charitable organization of your choice when you shop using AmazonSmile. The following link will send you directly to [smile.amazon.com](https://smile.amazon.com) where KTAC can be chosen as the charity you wish to support. Be sure to use this link and select the Center as your charitable organization and let us know if you have any questions.

### Share Your Own KTAC Testimonial!

#### We want to know the impact the Center has made on YOU!

Recently, one of our members had a wonderful suggestion which helped re-spark an idea that the staff has been wanting to do for quite some time. We are asking our **members to share with us their KTAC testimonials!**



Whether you are new to the Center or have been with us since the beginning, we would love to hear your story to share with others and utilize in marketing materials. This is **open to ALL members, ages, and staff with no limit to testimonial length.** We want to hear your story! Our Center is all about inclusiveness, growing together as a family, and enjoying the time we spend together. If you would like to learn more or if you have a testimonial to share, please email Sharon at [marketing@kitsaptennis.com](mailto:marketing@kitsaptennis.com). Thank you in advance for sharing your story, and thank you Sheila Dean for encouraging this idea!

**Interested in filming?** We are **looking for someone to help us video tape testimonials!** So if you have any experience in this area and want to earn a few enhancement hours, please let us know!

---

(360) 692-8075 | [marketing@kitsaptennis.com](mailto:marketing@kitsaptennis.com) | [www.kitsaptennis.com](http://www.kitsaptennis.com)

---

Forward this email

STAY CONNECTED

