



A Message from the Manager

Dear Valued Members,

I can't believe it is September already! This has been quite a year for KTAC. As we move forward into the fall, our membership numbers are staying steady at 439. I see quite a few new faces and some familiar ones coming back from being on hold.

We have helped a fellow Non-Profit with a food drive last month and are doing another one for Meals on Wheels this month. There are flyers up at the front desk for this one and it is as simple as purchasing a boxed lunch for yourself and they donate 2 free meals to the Seniors of Kitsap County. This will take place on September 17th and we are making it a get together for lunch day here at the Center.

KTAC is having another big membership drive in October followed by the Halloween Carnival. This was a huge success last year and we can use your help to spread the word and/or volunteer for the Carnival.

We are in the process of looking at a few new pieces of equipment for the weight room. I have received some bids for leasing some new treadmills, elliptical's and 3 pieces that are missing from the upstairs weight circuit including a leg extension. I realize some pieces will have to go and we will be making them available for sale to those of you that might want your favorite machine.

I want to say thank you for all of the support you have given myself and the Center in the past year and I look forward to many more!

Sincerely,
Katrina Fulkerson
General Manager



CALENDAR OF EVENTS

September

- September 8th - Member Appreciation Picnic ([read more](#))
- September 8th - Farwell to Dave and Lisa Kidd During and After the Picnic
- September 8th - Kids Night Out ([read more](#))
- September 8th - Over 40 USTA Season Starts
- September 14th - Mixed Double Tennis Social ([read more](#))
- September 10th - Silver Sneaker Open House ([read more](#))
- September 17th - Lunch at KTAC with Meals on Wheels Fundraiser
- September 28th - Kitsap Cup @ Bainbridge Island Club ([read more](#))

October

- October 1st - 31st - No Joining Fee Special
- October 1st - 24th - Swim Lessons Mon & Wed ([register now](#))
- October 2nd - 25th - Swim Lessons Tue & Thur ([register now](#))
- October 3rd - Health & Wellness Seminar (details to come)
- October 8th - 10th - Columbus Day Racquetball Tournament (flyer to come)
- October 13th - Kids Night Out ([read more](#))
- October 26th - 28th - Lifeguard Instructor Course ([register now](#))
- October 27th - Halloween Carnival and Open House (flyer & details to come)



AQUATICS UPDATES

A Message from an Inspiring Member

Hey Friends! Many thanks for the training I have been able to accomplish at KTAC. I've been in rehab for brain surgery/stroke that went bad. Three years ago I began swimming and working in the pool. Last year I swam 1-mile across Hood Canal. Just two Saturdays ago, I swam across Hood Canal and back, 2.6 miles! My personal best, I had not swam more than 2 miles since 1988, when I was 28! Here is a brief slideshow that highlights my swim: ([here](#)) I was raising funds for Central Pain Syndrome Foundation, more info here: ([here](#)) I Wanted you to know that good things are happening at our pool. Thanks again for leading us in fitness!

S. Scott Fontenot

Fall Swim Lessons are Here & Registration is Open!

Lifeguarding Instructor Course

October 26th-28th

Registration Deadline is October 12th

\$195

Friday 4-7pm, Sat 8am-5pm, Sun 9am-5pm



Kitsap Kids Learn 2 Swim Community Outreach Program



We will be hosting 5 schools for Kitsap Kids Learn to Swim first grade program this coming school year. We are looking for people interested in working with the students in the pool. Please contact Chriss for more information (email).

Welcome to KTAC

Welcome to our latest aquatics staff member: Kaycee Barnes, please help us in making her feel welcome.



NEW CLASS - Water Fitness with Abby



A dynamic moderate to high intensity total body workout with no impact. This class may use water exercise equipment in shallow and deep water and is suitable for most fitness levels. Intensity can be increased or decreased according to each participant's effort and exertion.

INSTRUCTOR: Abby: SCHEDULE: Tuesday & Thursday 12:00-1:00PM



TENNIS UPDATES

Tennis Reservation Policy

The reservation policy for courts needs to be clarified. The 6 hour period starts from the time you start playing until the time you would start playing again. Example: start at 9am and you would have to wait to play again at 3pm unless you walked on as a last minute sub or went onto an open court. There has been some confusion on this matter and we hope this helps.

Morning Adult Drills with Will are Returning

On Tuesdays and Thursdays at 10:30 am to 12 pm starting on September 4th!



FITNESS UPDATES

Now that we are heading into fall it's time to come back inside and check out our amazing fitness classes! We have something for everyone. Keep an eye on the schedule for some new classes coming later in the fall.



MONEY CORNER

Dehumidifier Grant

It has been verified that we meet the qualifications for the grant process for partial funding of the new dehumidifier. We will provide more updates as they become available on the process and status of the grant.