

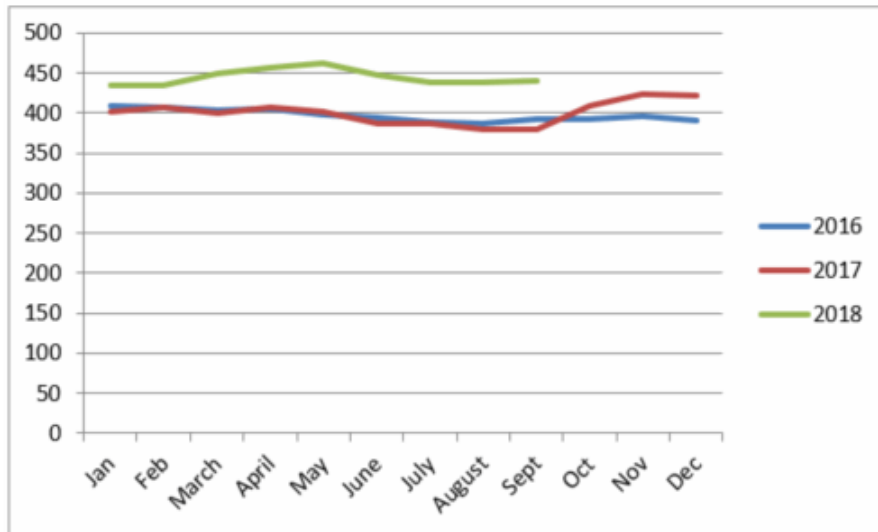


# October 2018 Newsletter

## A Message from the Manager

Dear Valued Members,

Membership Metrics are still looking good year to date. We are at 440 right now with a Val Pak coupon going out October 3rd to 35,000 homes. The last Val Pak coupon we did in April brought KTAC to 463 memberships. The spike you see from last year was the special we had before and after the Halloween Carnival and we had increased to 424. We have consistently stayed above all numbers in the past 5 years.



KTAC is staying healthy but we can use your help to support our community outreach programs with either a monetary donation or volunteer time. We have 5 schools coming in the next school year with the Central Kitsap School District for our Kitsap Kids Learn to Swim program. The average cost per school is about \$1500.00. Any help would be greatly appreciated! Please come by and see me!

Sincerely, Katrina Fulkerson General Manager



# CALENDAR OF EVENTS

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## October

- October 1st - 31st - No Joining Fee Special in the Val-Pak Mailer
- October 1st - 24th - Swim Lessons Mon & Wed ([register now](#))
- October 2nd - 25th - Swim Lessons Tue & Thur ([register now](#))
- October 8th - 10th - Columbus Day Racquetball Tournament (registration now closed)
- October 11th - Kettlebell AMPD ([learn more](#))
- October 13th - Kids Night Out ([read more](#))
- October 19th - Halloween Mixed Double Social
- October 22nd - SilverSneakers® 20th year Anniversary ([read more](#))
- October 26th - 28th - Lifeguard Instructor Course ([register now](#))
- October 26th - 27th - Boys 2A District High School Tournaments
- October 27th - Halloween Carnival and Open House ([learn more](#))

## November

- November 2nd - 4th-Kitsap Splat Racquet Ball Tournament ([learn more](#))
- November 4th - Daylight Savings Time Change
- November 10th - Kids Night Out([read more](#))
- November 16th - 18th - Turkey Shoot Tennis Tournament ([register now](#))
- November 22nd - Thanksgiving Holiday Hours 8 am-12 pm
- November 23rd - Regular Hours for Black Friday

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## AQUATICS UPDATES

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Fall Swim Lessons are Here & Registration is Open!

[Click here to Register Now!](#)

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### Lifeguarding Instructor Course

October 26th-28th

Registration Deadline is October 12th

\$195

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



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## Kitsap Kids Learn 2 Swim Community Outreach Program



Help us in welcoming Brownsville Elementary Students & Staff to our facility on Tuesdays & Fridays during the month of October! They will be here the following Tuesdays; October 2nd, 9th, 16th and 23rd from 9:30-11am and Fridays; October 5th, 12th, 19th from 10:30-11:45 and on Wednesday October 24th from 9:30-11am. We are looking for people interested in working with the students in the pool. Please contact Chriss or Katrina for more information.

[Volunteer Now](#)

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## 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.

[Click here to View the Full Reservation Policy](#)

# CONGRATULATIONS



Taylor Andersen

For being a finalist in the Girls Level 4 tournament at Eastside Tennis Center on September 7-9th! She also made the Quarterfinals of the Mike Agassi No Quit- USTA Level 3 National tournament in the Girls 18 division on September 22-24.



Ella, Aiyaan, & Jonah

For being a finalist in the Girls 14 advance division and winning the Girls 14 intermediate; Aiyaan Juneja for being a finalist in the Boys 14-16 intermediate division and winning the Boys 12 intermediate; and Jonah Pantig for winning the consolation in the Boys 10 division at Sprinker on September 14-16th!

## Ian & Ronan

Congratulations to Ian McGowan for winning the Boys 12 advance division, and Ronan Horn for making the Semifinals of the Boys 16 advance division over the weekend in Olympia!

## 2018 Turkey Shoot



Turkey Shoot is coming up! The tournament will be November 16th-18th. You may sign up online through [tennislink.usta.com](http://tennislink.usta.com) (Tournament ID: 600018118) or with an entry form. Entry forms will be out this week so look for them! You can sign up through tennis link even if you do not have a USTA number, but you will need to make a free login. Entry fees are \$35 for your first singles event, \$30 for a second singles event, \$20 (per player) for your first doubles event, and \$15 (per player) for your second doubles event. If you sign up online, tennislink will add an additional \$3 to the entry fee.

[Register Online Now](#)

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# FITNESS UPDATES

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A promotional poster for a Kettlebell AMPD class. The background shows a group of people in a gym setting, some performing kettlebell exercises. The text is overlaid on the image. At the top, it says 'SIMPLE MOVES', 'GREAT MUSIC!', and 'ALL FITNESS LEVELS'. Below that, 'LOW WEIGHT, HIGH REPS'. The main title 'KETTLEBELL AMPD' is in large, bold, white letters with a green outline. Below the title, it says 'At KTAC'. A pink banner on the left says 'NEW CLASS!'. To the right of the banner, it says 'Thursdays 6:15 PM to 7:15 PM'. At the bottom, a blue banner contains the text: 'KETTLEBELL AMPD TAKES GREAT MUSIC AND COMBINES IT WITH BASIC KETTLEBELL MOVES TO CREATE A FUN, TOTAL BODY WORKOUT. CHECK OUT THE LATEST GROUP FITNESS CLASS TODAY!'.

## NEW CLASS - KETTLEBELL AMPD

Starting October 11th at 6:15 PM

Instructor: Angelika

Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine. Real people for real results — Kettlebell is for anyone and anybody who is looking to have fun. Weights vary anywhere from 5-15lbs, so the workout can be adjusted and moves modified to suit your individual needs. Anyone can take this class! The music is diverse, and our moves are simple and easy to learn. Get lost in the music and push yourself with the most effective, fulfilling, and lively workout available!

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# DONATIONS - VOLUNTEERS

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# Halloween Carnival & Open House

The annual Halloween Carnival/Open house is October 27th from 10:00 am to 1:00 pm. We need volunteers, candy, and baked goods for the cake walk and healthy snacks for the food table. This is an enhancement hour opportunity. We are taking donations for the candy now and the other items a few days before the event.

## **CANDY DONATIONS & VOLUNTEERS NEEDED!**

**EARN ENHANCEMENT HOURS!**

### **CANDY**

We are looking for bags of individually wrapped candy, COSTCO sized or equivalent. \$15 value for 1 enhancement hour.

### **SMALL PRIZES**

We are looking for small prizes, toys, and party favors for the Halloween carnival. \$15 value for 1 enhancement hour.

### **VOLUNTEER**

We are looking for members wishing to volunteer during this event, Saturday October 27th 10 AM - 1 PM. We will also be looking for help before and after to help set up and tear down. If you are interested in volunteering please sign up at the front desk.



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