

SPRING & SUMMER 2009

Get Serious Air-Time at SAC Basketball Academy



Steve Garrity lends his skills to a new generation of players...
Athletes L to R: Hailey Garrity, Kaitlyn Llorens,
Sarah Akau, Taylor Hamblen.

After a successful college basketball career, Steve Garrity played and coached professionally both in the US and in Europe. He is an expert coach of individual skill development and in teaching the fundamentals of the game to players of all ages and abilities.

Steve brings a dynamic but fun approach in learning basketball skills and developing players to achieve their potential with the abilities they have. Here's your opportunity to experience professional level coaching at Sunset Athletic Club.

Serious Athletes want Serious Clinics

Our goal for Academy Clinics and Sessions is to cater to Basketball players of all abilities, both boys and girls. These concentrated classes are packed with individual contests and develop specific individual skills according to the abilities of each participant. Programs will develop players footwork, drive, lay ups and game tactics.

We are now offering a Girls 6th to 8th grade session; "These dates are set aside for the serious minded female basketball players looking for individual skill development. Workouts are intense and focus on the proper fundamentals of one on one moves, shooting, ball handling, and both post and guard play. This is for the serious athlete that intends and aspires to play varsity basketball."



Basketball photos: Brook Kirkin

The schedule is ongoing and sessions will be added for a variety of skills and grade levels. Please check back often!

Registration is required for all programs. Contact the Service Desk for a complete list and to register, or

For more information,
contact Steve at:
(503) 875-8281 or
coachgarrity@yahoo.com

Taylor Hamblen hits a running
jump shot as coach Garrity critiques.

Indoor Aquatics Center Group Fitness & Special Event Classes

Throughout the year we schedule both Group Fitness and Special Classes in the Indoor Aquatics Center. Members who are eligible for Group Fitness classes are also welcome to join our free Aquatics Group Fitness classes. Special Classes, such as "Swim Technique Workshops" and "Conditioning Programs", have extra fees involved.

Water Fitness; Conquer the Columbia

During the month of May we will attempt to conquer 1,200 miles of the Columbia River. For every water fitness class you attend, you will cover 100 miles. So, get in 12 classes in May and you'll enjoy the healthy benefits of a water workout, a beautiful souvenir certificate and a great prize! Just sign up the first day you attend class in May!

Please remember; For the health and safety of our pool users, Spectators are not permitted on the pool deck. We encourage you to observe pool activities from our viewing balcony.

Summer Group Swim Lessons

See the enclosed yellow insert for more swim lesson info. Please note, all children must have a swim evaluation before they register for their "first-ever" SAC group swim lesson. Contact **Gale Parsons**, Indoor Aquatics Director, for information on days, times, fees and registration procedures.

Swim Technique Workshops

These are designed to improve your overall swimming abilities. Prerequisites: Swim one length of the lap pool, freestyle and backstroke. Select any or all to attend.

Workshop 1:	Tuesday, June 9th	Breaststroke & Freestyle
Workshop 2:	Wednesday, June 10th	Backstroke & Butterfly
Workshop 3:	Thursday, June 11th	Starts, Dives & Turns

Swim Conditioning Program - Ages 7 and over

Mondays and Wednesdays, June 15th-August 10th, from 4:30 pm to 5:15 pm.

Sign up for all classes at the Aquatics Center...
and enjoy a great time in the water!

SAC Notes

Share the Health
and Give...

Blood Drive at Sunset Athletic Club

June 22nd,
12 Noon to 5:00 pm



Your Club Connection

Owner - Chuck Richards
General Manager - Carleen Prentice
Bookkeeper - Nancy Johnson
Member Services/Event Mgmt
Jen Prentice
Member Services - Barb Johnson
Special Projects - Kathi Marcus
Systems Support - Ron Daley
Tennis Director - Niren Lall, USPTA
USPTA Tennis Staff
Brad Erickson, Niren Lall,
Rob Peterson, Tim Smither,
Kristi Somers, Mike Tammen,
Michelle Thomas, Chris Wolff
Personal Training Staff
Farrah Thomason, Dr. Bruce Farmer,
Al Granville, Zane Kelly,
Eleni Kehagiaras, Jason Mead,
Joni Neilson, Cindy Pinkard,
Jane Richardson, Jamie Sanne
Clubhouse Director
Erin Cahill
Racquetball Director
Paul Maduell
Group Fitness Director
JoAnne Kehagiaras
Climbing Director
Laura Davis
Indoor Aquatics Director
Gale Parsons
Outdoor Aquatics Director
Matt Young
Facilities Technician - Bryan Hall

website: www.SunsetAC.com

SAC is proud to be a member of



Outdoor Aquatics

The Outdoor Aquatics Center will soon be open...

**When we all follow the rules below
it will be a great summer!**

- * Please bring a beach towel from home if you are using the outdoor pools. Club towels may only be used inside the club.
- * Members may bring one guest up to five times in one year. Guest fees are \$10.00 per visit and all guests must sign in at our guest registry located at any of our Service Desks.
- * Organized parties are not allowed at SAC unless sanctioned by Sunset Athletic Club.



Swim Team-SAC Attack!

Be sure to mark you calendar on **May 1st** at 5:00 am
when Swim Team Open Registration begins!
NEW Alumni Registration begins April 30th*

*MUST have been on the team for 2 consecutive
seasons to qualify. So, this would be your 3rd season.

With another fun year ahead, don't forget the club opens at 5:00 am for registration. Please note: Registration is in the main lobby, not the Aquatics Center. Space is limited and by registration only. Child must be a member to register. Questions: SacAttackSwimming@hotmail.com

Group Fitness

Private Pilates Studio OPEN HOUSE

You are invited to stop by the studio anytime from **7:00 am to 9:00 pm, Wednesday, April 15th.**

- Meet the Pilates Coaches; Jane, Eleni, Marie and Juanita
- Get information about our program
- Get familiar with the Reformer Pilates package options to bring down the session rates.

We hope to see you there!

Exercise is Proven to Beat Stress

The cheapest and most valuable medicine we have is exercise! It increases the body's ability to mobilize energy and prepares us to better cope with life's many stresses.

One great source of stress is procrastination. Don't go there! DO come HERE...To Group Exercise classes, that is. We offer an abundance of weekly classes including: 27 Spinning classes, 41 classes in our Body Conditioning Studio, 22 Water Fitness classes and 40 classes dedicated to Mind-Body-Spirit.

Across the hall from our Mind-Body studio is the Private Pilates studio, hosting 7 weekly Reformer classes (Sign up required). Check out our new Spring Schedule, effective April 1st, offering new and exciting fitness classes. We are here to help you to reach your goals and look forward to seeing you in class! - Your Group Exercise Staff

Rock Climbing Wall

Opportunities Abound at Rock Climbing Wall

Exciting times at the rock climbing wall! In February at the youth national bouldering competition in Boulder, CO, Carlos Peralta, a climber from the team established by the Sunset Athletic Club competition training program, competed and finished 18th in the nation in his division - quite a feat for a climber in his first season competing! Congratulations Carlos!

With the bouldering season complete, the team now competes in sport climbing competitions around the Northwest. The kids look forward to competing for the opportunity to climb at the national sport climbing competition in July. The team will also continue to practice all summer, a great time for interested climbers to get a feel for the team.

Summer climbing camps offer another great way for kids to get involved with climbing, and we have ten weeks of camps scheduled this summer. Climbing isn't just for kids, however, so we provide instructional courses (based on experience and instructional needs) every Saturday for kids and adults.

Climbing can be a great workout and a fun way to "hang out" with the family. Open climb times provide the opportunity with five weekly sessions during the summer. Need climbing gear? Visit our pro shop. We carry harnesses, chalk and chalk bags. Also be sure to join us for ice cream and climbing at the Ice Cream Social hosted by the Clubhouse on Tuesday, August 25th.

Visit www.sunsetrockclimbing.com for all the details!

Summer
2009



**SAC
Aquatics**

Indoor Pools Summer Programs

Indoor Aquatics Director - Gale Parsons

Registration for Swim Camps and Swim Lesson Request forms are available at the Athletic Service Desk.

Want to get everyone into the water?

Contact the Service Desk and upgrade to a Family Membership!

Summer Swim Camp

Surfin' Safari!

3-days: Tues./Weds./Thurs.

June 30 through July 2nd.

Call for details!



Private Lessons - Indoor Pools

Private swim lessons must be purchased in advance, in packages of four 30 minute lessons. Dates and times are arranged between the instructor and student. Lesson packages expire one month from date of purchase and are non-refundable and non-transferable.

Fill out your lesson request form at the Service Desk. An instructor will call you based on availability.

Private Swim Lesson Rates

Private Lessons: Four lessons, 30 minutes each:
\$72.00 Member/\$108.00 Non-Member

Semi-Private Lessons: Four lessons, 30 minutes each:

Two students with 1 instructor, must sign up together. Price is total for both.
\$108.00 Member/\$144.00 Non-Member

Remember: bring your beach towel from home if you are using our outdoor facilities. Club towels are for indoor use only. Thank you!

Outdoor Pool Swim Team-SAC Attack!

Coach & Outdoor Aquatics Director:

Matt Young

Be sure to mark your calendar for **May 1st**
Swim Team - Open registration.

NEW Alumni Registration begins April 30th*

**MUST have been on the team for 2 consecutive seasons to qualify. So, this would be your 3rd season.*

The team will be limited, so sign up early!

Sunset Athletic Club welcomes Matt Young as Head Coach of the highly successful SAC Attack Swim Team. Matt is excited to see the program continue to grow each year. Last year, 200 swimmers enjoyed an incredible summer together.

The team capped off the season by taking first place in the **Metro Portland Summer League Championships!**

We are already looking ahead to the success of the 2009 summer team.

GO SAC ATTACK!!!

The Swim Team Program includes a Swim Team T-shirt and 8 weeks of instruction. Information on practice times and other details will be available before the sign up dates.

This is a very popular program, so sign up early!

Group Lessons - Indoor Pools

Morning Lessons, Monday-Friday, 10:15 am-12:30 pm

30 minute lessons, 5 days a week for 2 weeks. \$60 member/\$90 non-member

Session 1: June 15 - June 26 (registration Friday, June 12)

Session 2: July 6 - July 17 (registration Friday, June 26)

Session 3: July 20 - July 31 (registration Friday, July 17)

Session 4: August 3 - August 14 (registration Friday, July 31)

Session 5: August 17 - Aug. 28 (registration Friday, Aug. 14)

Afternoon Lessons - Tuesday & Thursday 2:00-4:15 pm

Evening Lessons - Monday & Wednesday 5:30-7:45 pm

30 minute lessons, 2 days a week for 4 weeks. \$50 member/\$75 non-member

Session 1: June 15- July 16* (registration Friday, June 12)

Session 2: July 20 - August 13 (registration Friday, July 17)

*Note: No classes June 30th, July 1st or July 2nd

Adult Lessons - Tuesday Evenings 6:30-7:15 pm

45 minute lessons, 1 day a week for 5 weeks. \$50 member/\$75 non-member

Session 1: June 16- July 14*

Session 2: July 21 - August 18

*Note: No classes June 30th, July 1st or July 2nd

Please note: Every child must have a swim evaluation before their first session. Evaluations will take place on Thursday, June 11th from 3:30 - 4:00 pm and on Thursday, July 16th from 1:00 - 2:00 pm.

Registration must be done in person, and payment is due at the time of registration. Our refund policy: If you withdraw before the start of the first lesson you are entitled to a full refund; if you withdraw before the third class meeting you are entitled to a 50% refund.

Contact Gale in the Aquatics Center for complete information on swim lessons. 503-645-3535 x262

SUNSET ATHLETIC CLUB SUMMER CAMPS 2009



**All of our Camps are
High-Spirited & Fun!**

Sports Camps below run Monday - Friday
9:00 am to 1:00 pm

*OTHER CAMPS - TIMES AS NOTED

ADVANCED REGISTRATION IS REQUIRED!

Please pick up forms at the Service Desk

Cost: \$79 member - \$89 non-member, unless noted

Sports & Activities Camps - Ages 6 to 10 -

We will play a variety of sports including
basketball, soccer, climbing wall,
swimming & tennis.



Our great coaches provide the energy and
leadership to insure a fun summer full of
fantastic memories!

- Session 1: June 15 - June 19
- Session 2: June 22 - June 26
- Session 3: July 6 - July 10
- Session 4: July 20 - July 24
- Session 5: July 27 - July 31
- Session 6: August 3 - August 7
- Session 7: August 10 - August 14
- Session 8: August 17 - August 21
- Session 9: August 24 - August 28

Squirts Sports Camps - Ages 4 to 6 -

Our skill-building adventures range from sports, water-
play and hikes to circle games and relays. It's always
about fun and friendly activities where everyone wins!

- Session 1: Not Available
- Session 2: June 22 - June 26
- Session 3: July 6 - July 10
- Session 4: July 20 - July 24
- Session 5: July 27 - July 31
- Session 6: Not Available
- Session 7: August 10 - August 14
- Session 8: Not Available
- Session 9: Not Available



WHAT TO BRING (for Sports Camps above):

PLEASE LABEL YOU CHILD'S BELONGINGS!

1. Wear play clothes that can get dirty.
2. Wear tennis shoes with non-marking soles.
3. All campers should bring swimming suits every day.
4. Your child will need a sack lunch Monday - Thursday.
Friday we celebrate the last day of camp with a pizza lunch!

Summertime Monkeys Climbing Camps

- 3 Day Sessions, Ages 6 to 12 -

Play climbing games, learn climbing skills, develop fitness
and have fun! Climbs are safe and supervised. All gear
is included. **Please bring a sack lunch.** Limited to 10
climbers/camp - Minimum of 5 climbers required.



Sessions run Mon/Weds/Friday: 10:30 am-1:30 pm



- | | |
|------------|---------------------|
| Session 1 | June 22- June 26 |
| Session 2 | June 29 - July 3 |
| Session 3 | July 6 - July 10 |
| Session 4 | July 13 - July 17 |
| Session 5 | July 20 - July 24 |
| Session 6 | July 27 - July 31 |
| Session 7 | August 3 - Aug. 7 |
| Session 8 | August 10 - Aug. 14 |
| Session 9 | August 17 - Aug. 21 |
| Session 10 | August 24 - Aug. 28 |

Climbing, Per Session Cost: \$90 Members - \$115 Non Members

Summer Tennis Camps

Classes taught by Tennis Director Niren Lall, and Pro's Kristi
Somers, Tim Smither and Chris Wolff.

**All Tennis Camps are designed for Advanced/Beginning,
Intermediate and Advanced level players, ages 7 and up.**

Held Monday - Thursday, 10:15 am - 1:15 pm

\$144-members, \$168-fitness, \$204 Non Members

Camp 1: June 15th - 18th Camp 3: July 13th - 16th

Camp 2: June 22nd - 25th Camp 4: July 27th - 30th

Camp 5: August 17th - 20th



"Fun that's Out
of this World!"

Clubhouse Camps

Half-Day, Full-Day & Full Week Camps

Monday through Friday

Register at the Service Desk, or
online at: www.sacclubhouse.com

The Clubhouse Crew has a variety of camps for ages 4-13

New reduced rates mean more fun for less! Each week offers
non-stop, energetic activities designed for every age range.

Themes include: Games Galore, Kids Campfire, Wild & Wacky
Weekdays, Circus Carnival, Lizards & Reptiles and Fun in the Sun.

- Camp I runs 9:00 am to 12:00 noon
- Kids Club Lunch runs Noon to 1:00 pm
\$5 per day (included if participating in AM and PM camps)

- Camp II runs 1:00 pm to 4:00 pm
Member; \$15 per camp or \$60 weekly rate per camp
Non-member; \$20 per camp or \$75 weekly rate per camp

• Camp Schedule:

- Ages 4-7: 12 Camps available, AM and PM; June 15 - Sept. 4
- Ages 7-11: 12 Camps available, AM and PM; June 15 - Sept. 4
- Ages 9-13: 7 Camps available, PM only; July 6 - August 21

Kids Club Summer Hours*, Mon-Thurs: 8:00am to 8:00pm

Fridays: 8:00am to 6:00pm & Saturdays: 8:00am to Noon

Hourly Rates are \$3/member - \$4/non-member. - \$5.00 from Noon
to 1:00 (includes lunch) Two-hour maximum per visit. Four hour max,
per day. *Hours effective June 15th.

Children age 3; Invited to participate with parents on-site only. Potty
training required. Children ages 4 and up; Parents can be on OR off-site.

Please ask at the Service Desk for full descriptions & schedules.

Clubhouse

Birthday Parties and Rentals... *We do the work, You have the fun!*

Is it time to schedule your next birthday party or special event at the S.A.C. Clubhouse? Looking for a fun clubhouse activity party? Explore swimming, rock climbing or watch a movie in our theater!

Let the Clubhouse Crew help personalize your special occasion to fit your needs and interests, with YOU designing your party to fit within your budget! Each party is unique. Pay one base price to reserve your area, and use our Big Bonus list to add extra fun to your event!

Complete a request form online today: www.sacclubhouse.com.

Parent's Night Out – Saturday evenings, 5:00–9:00 pm

A date night for parents, a fun night for kids! Activities may include Sports, Crafts, Indoor Games, Movies, Inflatables & Themed Fun.

Enjoy a pizza dinner and snack too!

Sat. June 6th: Summer Camp Preview Night
Sat. June 20th: Summer Kick-off Party
Sat. July 11th: Red, White and Blue
Sat. July 18th: Sportsmania
Sat. August 1st: A Day at the Zoo
Sat. August 15th: Last Chance Summer Excitement

\$20.00/child or \$35.00/family – \$10.00/non-member guest.
Optional \$5.00 per swimmer and/or \$10.00 per rock climber.

Wacky Water Wonder Wednesday - Free Party!

July 29th from 5:00-7:00 pm

Water Slide*Water Balloons*Water Gun Tag

An evening of FREE aquatic fun for kids of all ages! Be the first to pick up the 2009 Autumn booklets with new Back-to-School programs!

Don't miss out on the FREE FUN!!!



American Red Cross Classes

Babysitting Certification Class – Become a certified babysitter in one day! A trained Red Cross instructor will teach kids ages 11–15 the basic training and necessary requirements to become certified after this seven hour course. Please bring your own lunch.

Classes run from 10:00am–4:30 pm; June 20th, July 19th & August 15th
\$50.00/member – \$60.00/non-member

When I'm in Charge Classes – This 2-hour course helps kids ages 8–11 learn how to take care of themselves and be safe at home alone.

Parent participation is encouraged for the last 30 minutes of each class.
June 13th or July 11th; 9:30 am–Noon or Aug. 9th; Noon–2:30 pm

\$30.00/member – \$40.00/non-member

Do YOU have a scout troop, sports team or special group of friends that you want to have a special class for?

Call the SAC Clubhouse today and we'll design a class just for you!

Middle School to Midnight –Friday, June 19, 8:00 pm–Midnight

ATTENTION TEENAGERS!!! Must be in middle school to participate.

Cost: \$15.00 per member + Bring one non-member FREE!!!

Hoping to make new friends from other schools to hang out with this summer? Join the Clubhouse Crew once for an event to remember:

*Late night swimming & hot tub*Game room*Dance party and sports*

Pizza, pop, and snacks are provided!

4th of July Craft Club – Friday, July 3rd, 9:00 am–11:00 am

Come enjoy a variety of American arts and crafts projects to help celebrate 4th of July! Remember to wear your red, white and blue!!! A morning of fun just for the Clubhouse Kids!

Open to ages 5 to 8. Cost: \$8.00/member \$10.00/non-member

Clubhouse Runners keep your child safe!

The Clubhouse Crew can escort your child to any camp, class or activity within the club, during regular Kids Club hours.

Contact Erin with the details and we'll take care of the rest!

Racquetball & Squash

Sunset Athletic boasts Racquetball Champs

Sunset Athletic Club racquetball players win state and national championship titles. Many of our players travel all season round to ORA Tour events and Nationals.

Congratulations to the following 2009 State and National Champions from SAC! Krystle Boyle – Women's D, Daniel Maduell – Men's B, Joanie Hofmeister and Shawn Wilson – Mixed Elite Doubles. Charlie Pratt – Nationals Men's 24 & Under Doubles Champion.

Sunset High School Racquetball Team ends the 2008/'09 season as champs! Over 30 SAC members play for SHS and represent the future of our sport. Congrats to all of them for their accomplishments this year.

Racquetball is YEAR ROUND at Sunset Athletic Club. Get into the club and get fit playing racquetball. Join a league or sign up for private lessons with our club pro Paul Maduell. Organize regular play with others and find out the benefits of the fast and fun sport of racquetball.

Play Safe! Remember that proper protective eye wear are required at all time when playing racquetball and squash. Check out the lobby pro shop or service desk for proper equipment.

Spring tune up for your racquet... Bring your racquet to the tennis center desk and ask for Paul to inspect your racquet for optimum performance. SAC Pro Shop offers 24 hour turnaround on most re-stringing and grips can usually be done while you wait.

Junior Regionals comes to SAC...May 15– 17, 2009. Sunset will host the 2009 USA Racquetball Junior Regionals. This event will showcase the top elite juniors from around the northwest states. For more information go to www.oregonracquetball.org.

A.I.M.

ATHLETES IN MOTION

"Train like a pro even if you're not"

Join Zane's Athletic Training Program

1 – 5 days a week / ages 8 – 80

Groups forming now!

Check website for details

www.AthletesInMotion.info

Clubhouse

Outrageous Overnight Lock-in

Friday, August 14th/Saturday, August 15th from 8:00pm–8:00am

Join the Clubhouse Crew for some all night fun! Late-night pizza and snacks are provided. Kids will remain safe under direct supervision at all times. Open to boys and girls, ages 8–12

\$20.00/member \$25.00/non-member

Ice Cream Social – Tuesday August 25th: 5:00–7:00 pm

Join the Clubhouse Crew at the Second Annual Ice Cream Summer Social! 105 years ago, the first ice cream cone was invented– now the Clubhouse Crew wants to take it one step further! Kids will enjoy an evening of rock climbing and clubhouse games, followed by making and enjoying, their own Ice Cream Sundaes! Don't miss out on the Delicious Fun!

\$8.00/member \$10.00/non-member

Junior Tennis

Summer Tennis Lessons

Taught by our SAC Tennis Pro's, designed for boys and girls from Beginning to Advanced levels, who wish to develop and fine-tune their skills. One-week sessions, prices per week. Class size is limited, register early to reserve a spot!

Beginning (Tiny Tots Tennis) - Ages 3 to 6

Emphasis on fun, for children with little or no experience.

Tuesdays & Thursdays, 12:00 noon - 12:45 pm

\$20-members, \$24-fitness members, \$28-non members

Beginner & Advanced Beginner - Ages 7 and up

For children with little experience. Intro to racquet handling, hand-eye skills, grips, strokes and playing concepts.

Mondays & Thursdays, 1:00 pm - 2:00 pm

\$48-members, \$56-fitness members, \$68-non members

Intermediate - Players divided into ability/age groups

Stroke Technique combined with movement is taught.

Students should be able to get serve in and be able to rally with some consistency.

Mondays & Thursdays, 2:00 pm - 3:00 pm

\$48-members, \$56-fitness members, \$68-non members

Advanced Tennis

Beginning Tournament players that have little tournament experience and high school players will benefit from this class.

Tuesdays & Thursdays, 3:00 pm - 4:30 pm

\$36-members, \$42-fitness members, \$51-non members

Pre-Invitational Class

Players working towards invitational level.

Lower level "A" or "Champ" level players.

Mondays & Wednesdays, 3:00 pm - 4:30 pm

\$19 per class, members and non-members

Invitational Class (Invitation only)

For Juniors who are "A" or "Champ" level tournament players. Guest Pro's play in. Need SAC staff, USPTA Pro permission to sign up.

Mondays & Wednesdays, 3:00 pm - 4:30 pm

\$19 per class, members and non-members



Body, Mind & Soul.

Three essential elements that will be focused on during your visit to

Angelic Healing Hands, Inc.

All of our licensed therapists are certified in Deep Tissue and Swedish massage, while some offer their own treatments. For example, one hour facial treatments that also include 30 minutes of hand and feet massage.

Owner, Rod Dudley has often been told over the years that his personal therapeutic massage worked through an angel's healing touch and he takes pride in seeking out therapists with similar qualifications.



Enjoy our restful massage rooms in the Aquatics Center!
Call 503-644-6109 for your appointment
or visit www.AngelicHealingHands.com

We provide the following Massage Services at all of our locations:

Deep Tissue Massage - Relaxation/Swedish
Pregnancy - Reflexology - Hot Stone - Injury Recovery
Couples Massage - Foot Massage - Seated Chair (Back)

Session Dates for Tennis Lessons

Session 1 Lessons: June 29th - July 1st*

Session 2 Lessons: July 6th - 9th

Session 3 Lessons: July 20th - 23rd

Session 4 Lessons: August 3rd - 6th

Session 5 Lessons: August 10th - 13th

*No class on Thursday, July 2nd.

Sign up in the Tennis Center or call
503-645-6713

Tennis

Welcome back tennis players - to spring! Upcoming events at SAC include **The Greased Lightning Mixed Doubles Tournament**, April 15 through 18th. Be sure to sign up by April 7th. It will be a combined rating event at levels 5.0-10.0 and above. There will be a huge celebration on the evening of the 18th with a 50's party. Be sure to wear your favorite outfit from the movie Grease! Pick up an entry in the tennis center and sign up or call Niren for details.

Also upcoming is a **Charity Tennis Auction** event for **Folktime** which is a charity that helps the mentally ill get back into society. An amateur will get to play with one of the top pros in the northwest and the teams will be auctioned off at the event with the money going to the charity as well as the chance to win great vacation prizes to the winners. There is an entry fee for the amateur, if they wish to play, that includes 5 tickets to the brunch and the event for their friends and family. This is a great opportunity to play against some of Portland's legendary pros such as **Brian Joelson, Wayne Pickard** and **Mike Tammen**. Please call Niren if you are interested in participating the event will take place Sunday, May 31st from 10:30 am to 3:00 pm. Any amateur from 3.0 to 4.0, man or woman, may choose to play in this event.

Included in this newsletter is the summer schedule for lessons and camps. Please pick up a registration form in the tennis center to sign up for summer. There will be five camps this year which will include all levels from advanced beginner, intermediate and advanced levels. Up to 36 spots are available for these camps so sign up today! Please see schedule for dates. The other weeks there will be hourly lessons for all different ages and level including tiny tots ages 3 to 5. All the info will be available in the tennis center for sign up.

Greased Lightning Tennis Tourney in April

