

July 2010 Newsletter



4-6 yr olds in the Golf & Tennis Camp round up balls after drills with Mike Robertson.

**JULY 4TH @ THE SPORTS CLUB
GROUP EXERCISE SCHEDULE CHANGES
CAMP INFO
JUNIOR DRILLS**

Tennis!



For Tennis Coaching, Drills, Kids' & Juniors' Coaching, Pro Mike Robertson is the man for all your needs.

Take a look at our new schedule for JUNIORS' TENNIS DRILLS Tuesday afternoons:
• **4:30-5:20pm: Elementary School**

If your child is interested in the Juniors' Program, please email msimpson@chateauelan.net and register for Junior Drills. Private or group lessons are also available.

Drills are \$50 for 4 weeks, all ages.

Please email Malcolm Simpson regarding tennis opportunities for yourself, your team, or your child(ren) - msimpson@chateauelan.net.



The Pool in 2010

SWIMMING LESSONS:

- Contact is Shannon Stribos:
hr@sapmgwinnett.com, (678) 985-4030.\
- Members may also speak directly with guards.

LESSON INFO

Lesson Type	#'s required	Cost/person	# of Lessons
Individual	1	\$30 / \$180	1 les. / 8 les.
Semi-Private	2	\$22.50 / \$135	1 les. / 8 les.
Group	3 to 6	\$70	8 lessons

Pool Usage Ages

Guest Fees

AGE	Supervision Needed?	GUEST	Fees
< 14	Licensed Mbr 16+	PARENT, CHILD, GRANDPARENT, or GRANDCHILD	NONE
< 16	If Bringing Guest	Other Family	<13yrs - \$3 >14yrs - \$5
16+	NO	Friends	<13yrs - \$3 >14yrs - \$5

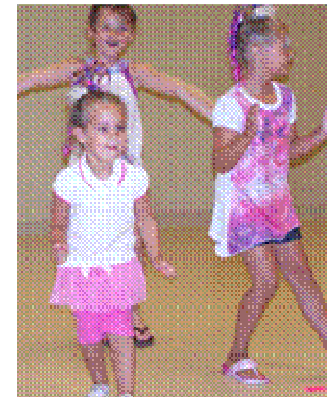
Camp Spots Still Available

Coed Basketball Camp: Ages 5+ years
July 12th - July 16th: \$125/child

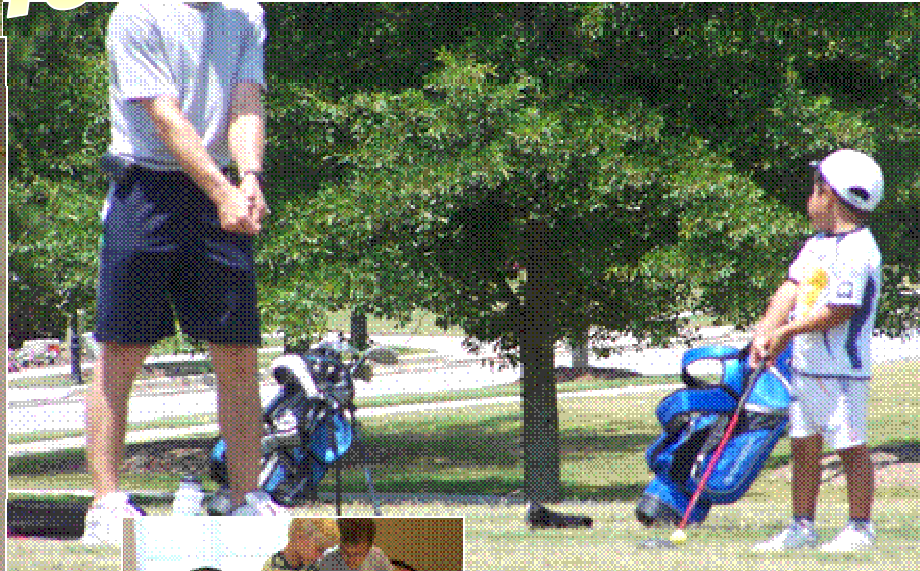
Cheerleading Camp: Ages 5+ years
July 12th - July 16th: \$125/child

Coed Sports Club Camp:
Ages 7-11 years
July 19th - July 23rd: \$115/child

Coed Magic Camp:
4-6 yrs (AM), 7+ yrs (PM)



June Camp Photos





JULY 4th 2010

July 4th 2010 is looking great at the Sports Club! Check out our activities:

- **JULY 3rd (SATURDAY) 9:45am:** Golf Cart Parade meets at Sports Club
- **JULY 3rd (SATURDAY) 12pm:** Pie-Eating Contest - teams of 2, first 10 teams to approach Malcolm get a contestant card. Winner gets a Benadryl & a Ritalin, just kidding.
- **JULY 3rd (SATURDAY) 1pm:** Water Balloon Toss
- **JULY 4th (SUNDAY): 12am-4pm Complimentary Lunch Buffet**
 - Includes Burgers, Dogs, Sides, & Dessert
- **JULY 4th (SUNDAY): 1pm-5pm DJ Dave Mueller**
- **JULY 4th (SUNDAY): 12-4pm Backyard Mural Craft**
 - **JULY 4th (SUNDAY) 2pm:** Egg Race



Group Exercise: Changes

There have been many recent changes to the group exercise schedule & monthly calendar. Please look over to see each one:

- The Pool Closes @ 4pm on 7/6 for a Home Swim Meet.
- *ZUMBA*: We are hosting a specialty class on Thurs, July 1st & 8th called *Dance N' Tone*. This is *ZUMBA* with a touch of lightweight sculpting at the end. 50min
- The Boot Camp program has shifted to Mon, Tues, Thurs. Billing is done assuming 7 weeks of class, although class is held for 8 weeks.
- Aqua Fitness at 5:15pm on Mon/Wed. 50min

Pool Info Reminders

Please Note:

The Pool will be closing at 4pm on Tuesday, July 6th.

Please also note:

NO ALCOHOL MAY BE BROUGHT IN TO THE SPORTS CLUB AT ANY TIME, NO EXCEPTIONS. Under Georgia Code, the Sports Club can lose it's liquor license if we permit this.

Also, children under 14 must ALWAYS be supervised while at the Sports Club.

Thank you!

May Group Exercise & Events

27th-Sun	28th-Sun	29th-Tues	30th-Wed	1st-Thurs	2nd-Fri	3rd-Sat
	<p style="text-align: center; color: green;">NO Yoga Stretch</p> <p style="text-align: center; color: purple;">Upper Body Pump 8:45am - Malcolm</p> <p style="text-align: center; color: blue;">AQUA FITNESS 5:15PM Malcolm</p> <p style="text-align: center;">Men's (30+)B-ball: 7pm</p>	<p style="text-align: center; color: blue;">ZUMBA 8:45am Nicole</p> <p style="text-align: center;">Jr. Drills 4:30-6:20pm</p> <p style="text-align: center; color: purple;">JUST the Core 5:15-6pm - Malcolm</p> <p style="text-align: center; color: green;">NO Candlelight Yoga</p>	<p style="text-align: center;">Interval 8:30am Ruth</p> <p style="text-align: center; color: blue;">AQUA FITNESS 5:15PM Malcolm</p>	<p style="text-align: center; color: green;">NO Yoga Stretch</p> <p style="text-align: center; color: black;">Dance N' Tone 8:45am</p> <p style="text-align: center;">Men's (30+)B-ball: 7pm</p>	<p style="font-size: 1.2em;">NO CLASSES</p>	<p style="text-align: center; color: red; font-weight: bold;">Special ZUMBA Class 9am</p> <p style="text-align: center; color: red; font-weight: bold;">GOLF CART PARADE- MEETS 9:45AM</p>
<u>4th-Sun</u>	5th—Mon	6th-Tues	7th-Wed	8th-Thurs	9th-Fri	10th-Sat
	<p style="font-size: 1.2em;">NO CLASSES</p> <p style="text-align: center;">Men's (30+)B-ball: 7pm</p>	<p style="text-align: center; color: blue;">ZUMBA 8:45am Nicole</p> <p style="text-align: center;">Jr. Drills - Mike 4:30-6:20pm</p> <p style="text-align: center; color: green;">Candlelight Yoga 6:30pm- Sue</p> <p style="text-align: center;">NO JUST The Core</p> <p style="text-align: center; color: blue;"><u>HOME SWIM MEET</u> <u>POOL CLOSE 4pm</u></p>	<p style="text-align: center;">Interval 8:30am Ruth</p> <p style="text-align: center; color: blue;">AQUA FITNESS 5:15PM Malcolm</p>	<p style="text-align: center; color: green;">Yoga Stretch 7:30am-Sue</p> <p style="text-align: center; color: black;">Dance N' Tone 8:45am</p> <p style="text-align: center;">NO KIDS' RECESS</p> <p style="text-align: center;">Men's (30+)B-ball: 7pm</p>	<p style="text-align: center; color: purple;">Lower Body Pump 8:45am - Malcolm</p>	<p style="font-size: 1.2em; color: red; font-weight: bold;">TBA</p>

Please note:

- The Pool is CLOSING on the 6th @ 4pm due to a Home Swim Meet.

11th-Sun	12th—Mon Yoga Stretch 7:30am Upper Body Pump 8:45am - Malcolm AQUA FITNESS 5:15PM Malcolm Men's (30+)B-ball: 7pm	13th-Tues ZUMBA 8:45am Nicole Jr. Drills 4:30-6:20pm JUST the Core 5:15-6pm - Malcolm Candlelight Yoga 6:30pm	14th-Wed Interval 9:00am Pilates 10:00am Ruth AQUA FITNESS 5:15PM Malcolm	15th-Thurs Yoga Stretch 7:30am-Sue TBA—8:45am Men's (30+)B-ball: 7pm	16th-Fri Lower Body Pump 8:45am - Malcolm	17th-Sat TBA
BASKETBALL CAMP(5+yrs) & CHEERLEADING CAMP(5+yrs): 10AM-4PM						
18th-Sun	19th—Mon Yoga Stretch 7:30am Upper Body Pump 8:45am - Malcolm AQUA FITNESS 5:15PM Malcolm Men's (30+)B-ball: 7pm	20th-Tues ZUMBA 8:45am Nicole Jr. Drills 4:30-6:20pm JUST the Core 5:15-6pm - Malcolm Candlelight Yoga 6:30pm	21st-Wed Interval 9:00am Pilates 10:00am Ruth AQUA FITNESS 5:15PM Malcolm	22nd-Thurs Yoga Stretch 7:30am-Sue TBA—8:45am Men's (30+)B-ball: 7pm	23rd-Fri Lower Body Pump 8:45am - Malcolm	24th-Sat TBA
COED SPORTS CLUB CAMP(7-11yrs): 10AM-4PM						
25th-Sun	26th - Mon Yoga Stretch 7:30am Upper Body Pump 8:45am - Malcolm AQUA FITNESS 5:15PM Men's (30+)B-ball: 7pm	27th-Tues ZUMBA 8:45am Nicole Jr. Drills 4:30-6:20pm JUST the Core 5:15-6pm - Malcolm Candlelight Yoga 6:30pm	28th-Wed Interval 9:00am Pilates 10:00am Ruth AQUA FITNESS 5:15PM Malcolm	29th-Thurs Yoga Stretch 7:30am-Sue TBA—8:45am Kid's Recess 5pm Malcolm Men's (30+)B-ball: 7pm	30th-Fri Lower Body Pump 8:45am - Malcolm	31st-Sat TBA
COED MAGIC CAMP (4-6yrs & 7-11yrs): 10AM-4PM						