



JUNIOR TENNIS

Our professional teaching staff is directed by **Charl Grobler**, a top level USPTA certified instructor as well as a top PNW competitor. Charl, and his excellent staff of very charismatic, professional and positive instructors, are eager to work with all our juniors, from the very young to the more experienced tournament players.

Team I-III level classes meet every week through the summer and are grouped according to age and ability. We teach using the Quick Start method in which students begin using foam balls, small courts and progress as they improve. We offer match play and friendly competition on Fridays for all levels. Parents are always welcome to cheer on their kids.

We host a **Junior Team Tennis (JTT) League** for 14 and under on Tuesday evenings, 7-8:30. 15 and older players meet at Eastmont HS on Wednesday evenings, 6:30-8:30. Teams are set up so players can experience team competition and camaraderie. Parents are encouraged to participate in various roles with the League. There is also an opportunity to travel to tournaments with their kids throughout the summer.

Our **Academy** is for those students who wish to maximize their potential as a competitive player and are ready to commit to this intensive training program. If this is the direction you are interested in, please talk directly with Head Pro, Charl Grobler.

Instruction Staff: Charl Grobler -Tennis Director/USPTA Certified Head Pro, Jamie Carter-USPTA Pro, Craig Vidano, Al Stonas, Jared Vidano and Tim Scheumann. **JTT Coordinators:** Jared Vidano, Cyndi Noyd, Terry Valdez



Jr. Tournaments:

**June: 11, Ellensburg
19, Wenatchee**

**July: 6-8, Wenatchee
9-11, Spokane**

**12-14, Yakima
23-25, Renton**

**16-18, Ellensburg
30-8/1, Kent**

**TBD, Portland-Team Tennis
August: 5-6, Omak**

**6-8, Tacoma
10-12, Bellingham**

**13-15, Spokane
13-15, Tacoma**

Offered by the week, June 21 through August 20 - Sign up for the weeks that meet your schedule.

Classes are divided by skills and limited in size to provide quality instruction. **FM** = Full Club Member; **NFM** = Non-Full Club Member

Fee is by the week. * Enroll in three or more camps for special "3+" discount pricing.

				Full Memb:	FM: 3+ Pk.*:	Non-FM:	NFM: 3+ Pk.*
TEAM I	4-6 years	10:00 - 10:40 am	M T W TH F	\$ 30	\$ 27	\$ 43	\$ 40
	Teaching eye hand coordination, terminology, rules, scoring, and all strokes.	6:00 - 6:45 pm	T / TH	\$ 14	\$ 12	\$ 20	\$ 18
TEAM II	7-9 years	9:15 - 10:10 am	M T W TH F	\$ 41	\$ 37	\$ 60	\$ 55
	Able to compete from inside the baseline. Ready to compete locally.	10:15 - 11:10 am	M T W TH F	\$ 41	\$ 37	\$ 60	\$ 55
		6:00 - 6:45 pm	T / TH	\$ 14	\$ 12	\$ 20	\$ 18
TEAM III	10-12 years	8:30 - 10:00 am	M T W TH F	\$ 68	\$ 60	\$ 98	\$ 90
	Able to compete on full court and ready to travel out of town.	10:15 - 11:45 am	M T W TH F	\$ 68	\$ 60	\$ 98	\$ 90
TEAM IV	13+ years	8:30 - 10:00 am	M T W TH F	\$ 68	\$ 60	\$ 98	\$ 90
	Develops consistency, placement/power.	10:15 - 11:45 am	M T W TH F	\$ 68	\$ 60	\$ 98	\$ 90

"END OF SUMMER BLAST" WEEK, AUGUST 16-20 or 23-27, 9-10:30 AM \$25 FM; \$35 NFM

TENNIS CAMPS

WILSON CAMP...June 28-July 2 - 2-5:30

Advanced Camp to prepare for the Wenatchee, Yakima and Spokane USTA Tournaments with 17.5 hrs. of instruction.

Includes camp shirt and refreshments: \$140 FM; \$165 NFM

HEAD CAMP...July 19-23 BABALOT CAMP...Aug. 16-20

2-4 p.m. Elevate your game with 10 hours of camp instruction.

Includes camp shirt and refreshments: \$80 FM; \$99 NFM



JR. TEAM TENNIS - JTT

14 & under...7 p.m. at WRAC Outdoor
15+... 6 p.m. at EHS

Pay fee to JTT Coordinator: \$30
Requires USTA membership which you may purchase online from USTA for \$19. See JTT League Flyer/ registration form for more information.



SWIM TEAM & LESSON PROGRAMS

Our skilled and experienced instruction and coaching staff is ready to make your swimming this summer **THE BEST WATER EXPERIENCE!**

WRAC SWIMMING PROGRAM is a time efficient, highly technical and successful swimming program for all ages and skill levels.

Water introduction to make water activities as comfortable and as natural as activities on land.

- Water safety points appropriate for each age and swim level in and around the water are stressed.
- A technical approach to stroke instruction which enables quick and easy understanding and recall, for efficiency and impeccable form, to benefit all swimming levels and goals.

PRIVATE SWIM LESSONS: You sign up for days and times that work for you.

Available: Mon., Tues., Wed., Thurs., 9:45, 10:05, 10:30 or 10:50

LESSON SESSION DATES:

1st: June 21 - July 9

2nd: July 12 - 30

3rd: August 2 - 20

4th: August 23- 27 (1 week)

Registration can be done online, at the club, or by phone.

All registrations require payment or member charge.

BOBBIN BABIES: Introduction class for 3 months to 3 yrs. with parent(s). T/TH 6 pm.

SWIM LESSONS: For 3 years & older students with following skills/water experience:

LEVEL I: Students with no previous lessons and zero water skills; somewhat fearful of water.

LEVEL II: Some lesson experience and lots of water play time; no fear of water; comfortable with face in water, jumping in to water; can float and kick unassisted.

LEVEL III: Experienced; swims 25 ft. on front and back; jumps into deep end and treads water
25 Minute Classes are limited in size to provide quality instruction.

Morning lessons include participation in Friday Swim Game Day, for practice and pool fun time!

Parents are invited to get in the pool with their kids on Fridays.

SUMMER SWIM TEAM: Skill assessment and workouts are **June 15-18** at times listed on next page.

Morning workouts begin June 21st. Swimmers must be able to swim a pool length of two different strokes (25 yards). Meets are held at local and surrounding community pools each Wednesday night starting at 6 p.m.

Summer League Championship Meet is Sat., July 31st. Team Awards and Potluck BBQ is Tuesday, Aug. 3rd at 6 p.m.

WVSSL Swim League meet fee: If swimmer does not wish to participate in meets, fee will be reduced by \$15 meet fee which is included in team fee. **Sorry, no fee refunds after the first meet entry deadline of June 28th.**

USS SWIM TEAM: See swim team flyer for more detailed information and registration form. Competing in USS summer meets requires summer USS membership. **Coach:** Darcy Bruggman; Assist. Coaches Kathy Peterson, Kathleen Elwyn



SWIM LESSONS - LEVELS I, II, III; ages 3 & older:	Memb:		Non-Memb:	
	1 class:	**Both:	1 class:	**Both:

AM: 9:45 M/W/F or T/TH/F	FRIDAY is SWIM GAME DAY	\$ 38	\$ 64	\$ 54	\$ 90
10:15 M/W/F or T/TH/F	FRIDAY is SWIM GAME DAY	\$ 38	\$ 64	\$ 54	\$ 90
10:45 M/W/F or T/TH/F	FRIDAY is SWIM GAME DAY	\$ 38	\$ 64	\$ 54	\$ 90

PM: 5:30 M/W or T/TH		\$ 28	\$ 56	\$ 36	\$ 72
6:00 M/W		\$ 28		\$ 36	
6:00* T/TH	Bobbin Babies (3 mo - 3 yrs. with parent(s))	\$ 28		\$ 36	
6:30* M/W		\$ 28		\$ 36	

* 6:30 Level I-III M/W & Bobbin Babies T/TH not offered in August. ** Enroll in "Both", M/W/F & T/TH/F for lessons everyday of the week.

"END OF SUMMER BLAST" WEEK, AUGUST 23-27, Morning lessons only - \$25 M; \$35 NM

PRIVATE SWIM LESSONS - Adults or children	Price per 15 minute lesson:
9:45, 10:05, 10:30, 10:50; Mon., Tues., Wed., Thurs.	each: \$9 M; \$13 NM
Call to arrange for private instruction at the day and time that is convenient for you.	6+ lessons: \$8 M; \$11 NM

SUMMER SWIM TEAM - June 15 to Championship Meet in Ephrata on Saturday, July 31st

June 15-17: half hour skills assessments workouts will be held by ages: 7 & younger-5:15 pm; 8 to 12 yrs.-5:45pm; 13+ yrs.-6:15pm

June 21 - July 30: Morning Workouts are held Monday through Friday:

Beginner Team	7 & Younger	9:00-9:40 a.m.	\$ 91 M	\$ 114 NM
Beg./Interm. Team	8-10 yrs.	8:20-9:00 a.m.	above includes \$15 meet fee.	
Intermediate Team	11-12 yrs.	7:40-8:20 a.m.		
Advanced Team	13 & Older	7:00-7:40 a.m.		

USS SWIM TEAM - Workouts held at CITY POOL

Monday through Thursday, 6:00 - 8:00 a.m.
Swimmers have option of 2x/week, or 3+x/week, workout schedule.
Fee billed monthly.



MEMB:	NON-MEMB:
3x+/wk: \$ 65	3x+/wk: \$ 96
2x/wk: \$ 50	2x/wk: \$ 76

SUMMER MEMBERSHIP...JUNE 1-SEPTEMBER 15 YOU BELONG AT THE WRAC!



**...YOUR
TICKET TO
SUMMERTIME
FUN AT THE
WRAC!**

- Juniors (Age 22 & younger)
- Young Adult (23-29 yrs.)
- Individual
- Young Couple
- Couple (family of 2)
- Young Family
- Family (3+ dependents)

FITNESS:	RACQUETBALL:	FULL:
• \$148	• \$155	• \$187
• \$187	• \$216	• \$256
• \$205	• \$241	• \$284
• \$284	• \$338	• \$436
• \$313	• \$374	• \$482
• \$331	• \$378	• \$493
• \$367	• \$418	• \$551

Out of Town rates are available for those living in Leavenworth, Quincy, Chelan, Waterville or beyond. (Dues are subject to WSST.)

JUNIOR FITNESS

- Jr. Cycle
- Jr. Yoga/Stretch
- Jr. Zumba
- Karate for Kids Wed., 5:30-6:30

Check Summer Fitness Schedule for times & days of these special Jr. Programs as well as for all the great WRAC Fitness classes.

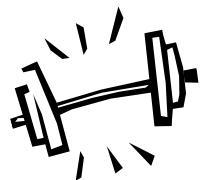


BASKETBALL

Gymnasium is open for basketball at posted times which vary through the year. Please check current schedule. **Non-marking, clean soled shoes, required on gym hardwood floors!**



COURT SOCCER Soccer on the racquetball court. Ball available at desk.



JR. LIFTER TRAINING...

- Weight room use minimum age is 16.
- An equipment orientation with our training staff is recommended before use of weight room for users ages 16 and older.
- WRAC Jr. Lifter Badge training is required

for ages 11-15 for use of weight or cardio rooms. Schedule an appointment at front desk when ready. Badge Training fee: \$10 **Become a JR. LIFTER.**

GROUP EVENTS...

The Club's outdoor facility and pool provide members a wonderful location for family or small group events and parties. Pool is available Saturday and Sundays, between 10 a.m. and 12 or 7:30 - 10 p.m. Outdoor facility rental form available at the front desk or contact evy@wrac.org, 662-3544, to reserve your date.



MAKE THIS SUMMER BE YOUR PERSONAL "POWER BREAK" MEET TUESDAY, JUNE 22ND, 6 A.M. OR 5:30 PM., AT THE WENATCHEE H.S. TRACK TO

...test your personal level of fitness with a 1 mile walk/run, push-ups, sit-ups and sit and reach. Our trainer will be there to guide you through the challenge and to provide you with information on how you can improve in any areas that you feel you need work in. Then go to work on improving your results to re-test in three weeks on **July 13th**, and again on **Aug. 3rd**, to see the results of your efforts. Make this summer your "Power Break" by making yourself as powerful as you can be!

Testing is FREE!
Pre-registration required by prior Monday of each test.
**BE A PART OF THIS SUMMER'S
WRAC "POWER BREAK" CLUB!**

It's Thursday Night... CRUNCH TIME!

Workouts for ages 13 -20 with K.C. Mulhall, 5:45-6:30 p.m., 6/24-7/29. Program will include a variety of activities, something new each week from outdoor fitness, yoga, and circuits to obstacle courses and more. M: FREE; NM: \$72 for 12 class punch card

CLUB GUEST POLICY

- Tennis Guest... \$12 / person (indoor or outdoor cts.)
- Racquetball-Squash-Fitness Guest... \$10 / person
- Pool Guest...\$5/person; \$2.50 (4 yrs. & under) Must be w/member. Guests are limited to **5 visits** per 12 month period except at pool. Age 18 & under guests are 1/2 the fee except in pool. **Members and guests** must check in at front desk of indoor facility or outdoor facility/pool office. Questions? Please ask our staff.

The WRAC

Wenatchee Racquet & Athletic Club
It's your Club!

SUMMER EVENTS

MAY

- 16 JR. TENNIS TEAM LEAGUE KICK-OFF, 1-3:00, outdoor cts.
- 22-23 USA Men's & Women's Tennis League in Tri-Cities
- 25 MEMORIAL DAY - Indoor Club hours, 7:30 am-8 p.m.

JUNE

- 1-2 Tennis Program Mixers. 6/1: Women, 6/2: Men
- 5-6 POOL OPEN, 12-1 Lap; 1-7:30 p.m. Rec. Swim
- 7-11 Tennis Programs begin session
- 15 Jr. Tennis Team League practices begin, 6 pm
- 12-13 POOL OPEN, 12-1 Lap; 1-7:30 p.m. Rec. Swim
- 12-13 Cusick Cup Doubles Tennis Tournament
- 15 Summer Swim Team Begins workouts, see info inside.
- 18 POOL OPEN, 12-1 Lap; 1-7:30 p.m. Rec. Swim
- 19 POOL OPEN-REGULAR SCHEDULE (see bottom of page)
- 19 Wenatchee Valley Jr. Tournament
- 21 Swim Lessons begin 1st, 3 week session
- 21 Tennis Summer Camps begin-offered every week of summer
- 25-30 Senior, Super Sr. & Super 70's Tennis Teams in Sun River
- 29 "ALL CLUB" SUMMER BASH and Wilson Demo night will be packed with games and fun for the whole family, outdoor facility, 6-9 pm.
- 28-7/2 WILSON Jr. Tennis Camp - 2-5:30

JULY

- 4 4th of July Holiday - Club open 7:30 am - 8 pm .
- 12 Swim Lessons begin 2nd, 3 week session
- 6-8 ARBY'S Jr. Champs & Challengers USTA Tennis Tourn.
- 19-23 HEAD Jr. Tennis Camp, 2-4 p.m.

AUGUST

- 2 Swim Lessons begin 3rd, 3 week session
- 5-8 Mid Valley Tennis Tournament (Omak)- Jrs.(5-6); Adults (7-8)
- TBD USA Tennis in Portland-Sectionals
- 16-20 BABALOT Jr. Tennis Camp, 2-4 p.m.
- 23 Swim & Jr. Tennis - End of Summer Blast, 1 week of lessons
- 30 Modified Pool Schedule - will be posted at outdoor facility

SEPTEMBER

- 5-6 LABOR DAY WEEKEND -Indoor facility closed Sun. & Mon. for maintenance. Outdoor facility and pool will be open.
- 12 Pool Final day of Summer 2010 Operation
- 13-17 Fall Session of Tennis Programs begin
- 14 Fall Series of Racquetball Doubles Night Begins
- 18-19 AUTUMFEST MIXED DBLS. TENNIS TOURN.

OCTOBER

- 2-3 OCTOBERFEST MIXED DBLS. TENNIS TOURNAMENT

See monthly newsletters for updates and additional special events! Info also available on web: www.wrac.org

SUMMER BASH June 29 6 to 9 p.m.



**WILSON
TENNIS
Demo Night!
WIN PRIZES!**

Games & Relays for Kids.

Food & Fun for All!

It's a Potluck...Please bring a hot dish or salad to share.

BBQ, beverage and place settings will be provided by club.



It's a Good ol' Fashioned

Fun Event for All!

Event held at Club Outdoor Facility.

Members & Guests...

PLEASE, RSVP by June 28.



SUMMER THURSDAY "BRING YOUR OWN" POTLUCK BBQS - 6:30 P.M. - JULY 1, 15, 29 Make it a family night at the WRAC. Informal Pool and Tennis Fun! Sign-up sheets will be posted.

POOL SCHEDULE - Workouts, Laps & Rec. Swims

MON.	TUES.	WED.	THURS.	FRIDAY	Sat./Sun.
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WATER WORKOUTS:

..... Monday through Friday, 11:15-12:15.....
6-7:00 pm TU. 6-7:00 pm TH.

AFTERNOON & EVENING LAP SWIMS:

3 lanes:	12:15-1:00 Mon.- Friday; 12:00-1:00 Weekends
1 lane:	1:00-1:30 Everyday
1 lane:	5-5:30 Monday through Thursday; 5-6 Friday
1 lane:	6:30-7 Monday through Thursday

RECREATION SWIMS:

.....Monday through Friday, 1:00-5:30.....	1:00	1:00
.....Mon.-Thurs. 7-9:00; Friday 6-9:00*.....	to 9:00*	to 7:30

*Week night closing time changes to 8:30 in August

Children by themselves at pool must be able to swim across pool and tread water in middle for 15 seconds. Request test and get approval from Guard before leaving children.

CLUB CONTACT INFORMATION - 662-3544, evy@wrac.org
Club Manager...Evy Gillin