

The WRAC

Wenatchee Racquet & Athletic



REGISTER NOW for... SUMMER SWIM & TENNIS CLASSES!

Call the club today, or go online to www.wrac.org to sign up for all sessions you want and *Vacation at the WRAC!*

- **Swim Lessons** start July 12, Aug. 2 & Aug. 23.
- **Tennis Camps** are offered all summer by the week.
- **USS Swim Team** continue workouts through July at the City Pool. See schedule on website.
- **Summer Swim League Championships** will be at the Ephrata Pool, **Saturday, July 31st.**

SUMMER SPECIAL MEMBERSHIPS

STILL LOTS OF SUMMER YET!

Have your family join you or invite a friend to join!!
Priced NOW for July 1st through September 15th.

DROP-IN TENNIS/BBQ NIGHTS, Thursdays July 15, 22, 29!

Bring something to grill and to share, play a little tennis, splash in the pool or just sit, visit and enjoy the evening!



PLANNING A SUMMER PARTY?

The Outdoor Facility or new pool area is a great location for a special summer event. Plan for it now by picking up a rental information form at front desk.

Welcome NEW STAFF to...

Front Desk: Scott Bromiley

Pool Staff: Steve Shrader (Pool Manager), Lauren Ballinger, Sierra Butler, Adria Gundersen, Kristiana Lapo, Rachel Levitsky, Carolyn MaGee, Whitney Riegert and Sam Zook.

Summer Tennis Staff: Jamie Carter, Molly Mayer, Mitchell DeCamp, Jared Vidano and Tim Scheumann.



JULY 2010 EVENTS...

4 -4th of July - Regular hours

12- Swim lessons 2nd session

6-8 -Arby's NCW Jr. Tennis Tourn.

Note: All indoor & outdoor courts will be used for this event. Please be sure to check with the front desk for limited court availability on these days. (No Programs held July 5-8th.)

19-23 **HEAD Jr. Tennis Camp**

Aug. 2 Swim Lessons 3rd session

23 Swim lessons 4th session



WANT A SUMMER TAN?

The sun hasn't been out much lately so, 2 months
Unlimited Tanning...\$48

Per person. Offer ends July 31.

STAY BETTER INFORMED BY GIVING CLUB YOUR E-MAIL ADDRESS:

It really helps the club save \$, and it helps you stay more informed of club events, if we can send your statement, newsletter and mid-month updates via e-mail. You'll receive them sooner plus get all mid month updates so you don't miss out. Check with our front desk today to see if we have your current address. **Thanks!**

WRAC BOARD OF DIRECTORS

Randy Asplund	663-6585
Michael Bendtsen	884-2971
Stewart Cusick	663-2554
Wendy Focht	662-2778
Brian Gundersen (P)	662-9632
Bryan Noyd	663-3782
Tom Rechten (V-P)	662-3363
Earl Tilly	663-3390
Maureen Woodward (S)	662-6014
Evy Gillin, Club Manager	
evy@wrac.org	Club #: 662-3544

**Pro Shop
MID SUMMER
BLOWOUT...**
**Shirts, Skirts & Shorts...
30% OFF!!**
Shoes...15% OFF!
10% More off Sale Rack!
July 2-10th ONLY!!!!

Limited to in-stock only items.
No additional member discount.

DERMALOGICA PRODUCT CLOSEOUT...

**Buy \$50 of product
(before discount),
SAVE 15%!**

\$100 = 20% OFF!

\$150 + = 25% OFF!
TIME TO STOCK UP!

Thank you Sherry Anderson for providing fresh bouquets at the desk. Sherry, "The Garden Girls", can be found at Farmer's Market each Saturday this summer.

SUMMER CLUB HOURS

Monday - Friday

5 am - 9:30 pm

Saturday & Sunday

7:30 am - 8 pm

SUMMER KIDS CLUB

M W F 8:30 - 10:30 am

TU & TH 8:15 - 10:30 am

www.wrac.org
662-3544

SUMMERTIME TENNIS



CHARL'S TENNIS TIP...

When you start your game, select a serve that is easy for you to do and that you do with a high percentage of success. Then build in to your more aggressive serves as you build momentum in your game.

Don't get caught risking too much on those first serves, getting them in is most important. - Charl Grobler, Head Tennis Pro

Cusick Cup Winners and photos of the event are posted on the Tennis Website page and FACEBOOK. Congratulations!

The next adult tournaments are **Octoberfest Mixed Doubles #1-Sept. 18-19** and **Octoberfest #2, Oct. 2-3**

WILSON TENNIS CAMPS - These camps are geared to challenge junior players to be at the top of their game throughout the summer tournament season. Sign up now for: **HEAD CAMP, July 19-23** and **BABALOT CAMP, Aug. 16-20**. Offered each week:

4-6 yrs.: 10-10:40 Mon-Fri. or 6:15 - 7 p.m. T TH

7-9 yrs: 9:15 - 10:10 or 10:15 - 11:10 Mon.-Fri. or 6:15-7 p.m. T TH

10+ yrs.: 8:30-10 Mon.-Fri. or 10:15-11:45 a.m. Mon.-Fri.

Camps offered by the week.

Register online or call the club today!!

Co-Ed Beg. Tennis - w/Betty

Tues...8-9:30 pm \$12 / M; \$16 / WM

THINKING ABOUT PLAYING BUT DON'T KNOW WHERE TO START?

Contact Charl to line up one of our great instructors to meet with you soon! You'll be having fun in no time!



FUN, HARD WORK AND SPORTSMANSHIP... is what it's all about.



Summer USS Team

practices are being held at the Wenatchee City Pool through July. July schedule is available online, www.wrac.org. New swimmers can join any time. Check it out!

Coaches: Darcy Bruggman, Kathy Elwyn and Kathy Peterson. **SUMMER SWIM TEAM** meets every morning at the WRAC pool and has meets each Wednesday through the summer. Coaches: Steve Shrader, Carolyn MaGee and Adria Gundersen.

ARBY'S NCW Jr. Champs, Challengers & Rookie Tennis Tournament ...July 6-8

ALL tennis courts will be used during this 3 day event! Good Luck WRAC Jr. Players!

Spectators are welcome to see all these exciting Juniors in action!

Volunteers are still needed.

Talk w/Charl.

FITNESS

R-BALL

SUMMERTIME R-BALL...? ABSOLUTELY!

Tuesdays -Call Evy if you want to play or e-mail: evy@wrac.org

KIDS KARATE

Wednesdays 5:30 - 6:30

Talk with instructor, Richard Dinius for more information about our program.



CRUNCH TIME w/K.C....

Ages 13-18, Thursdays, 5:30-6:30 p.m. A variety of activities, something new each week from outdoor fitness, yoga and circuits to obstacle courses! Give it a try!

SUMMER... New Moves in GROUP POWER!

New routines, new music...because every hour counts!

New Moves will be introduced in all Group Power classes in July.

Never tried Group Power? Come give it a try, "change is on the way"!

See Video clip on our website fitness page.

WATER WORKOUTS

11:15-12:15 M-TH w/Adria Gundersen; Fri. w/Susan

6-7:00 p.m. T & TH with Susan Brunner

See class video on **WRAC FACEBOOK** page.

OUTDOOR CYCLE RIDES WITH THOM

Meet 6 p.m. at the Arlberg, Tuesday evenings, for these "no drop" rides, meaning that, no one gets left behind. Thom will take care of you.

Join the group for some summer outdoor cycling.

NEW!! YOGA/PILATES WITH CAROL ON THURS., 6:45 P.M.

Connie's FIT TIP:

Never Too Late! It's never too late to start a strength training routine. Studies show that when looked at under a microscope, the muscle fibers of a 70 year-old look the same as those of a 20 year-old. Strength gains can happen at any age. The drop of **metabolic rate** and muscle mass as we age certainly makes it more challenging to achieve a sculptured physique, but the benefits are too great not to try. One benefit is that it makes our **bones stronger**, which keeps osteoporosis at bay. Getting stronger will also help you feel younger, capable, and in control of your body.

Resistance can come in many different forms. There are traditional methods using free-weights and machines, but also a slew of innovative and fun ways to increase muscle strength. Ask a WRAC trainer to set up a program to meet your needs and workout tastes.

Building muscle strength takes consistency, but it doesn't have to be boring. Mix up your workouts and you'll keep your muscles guessing and functionally strong, and your strength will help take you into your golden years.

POOL NEWS

Register now for Swim Lessons.

Sessions starting July 12th, August 2 and 23.

Bobbin Babies 3 mo-3 yrs.

Swim Lessons 3 yrs.+

Summer Swim League

USS Swim Team

Water Workout

Lap Swims

Recreation Swims

Get full schedule online.