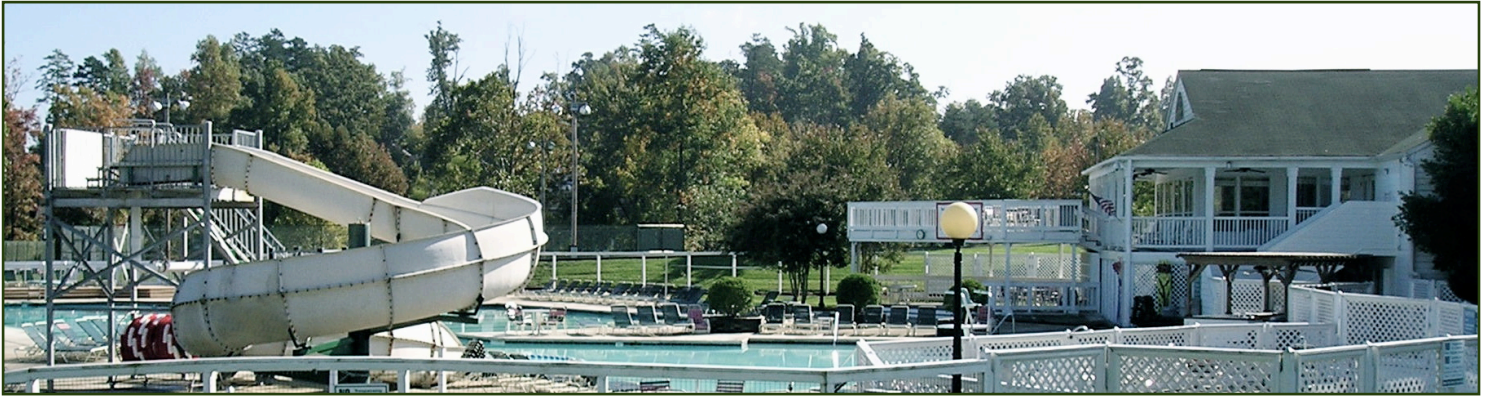


# A D A M S F A R M S W I M & T E N N I S C L U B

# N E W S L E T T E R



## Dear Club Members

There are just a few more weeks until the pool opens and summer can officially begin. The Pool Hours for May are listed to the right. We're going to start the summer off right out of the gate with our first TGIF on Friday, May 27th with live music from Patrick Rock!!! Join us for a great start to the Memorial Day weekend and a kickoff to summer! We'll be grilling our famous "George burgers", hotdogs, and chicken both Friday night and on Monday for Memorial Day.

Adams Farm is still accepting partnerships for our 2010 Season. Check out the website for some of our package ideas or stop by the office to discuss a plan for your business. Partnerships are a great way to earn the business of fellow members and earn Member Rewards Points!

Many of you took advantage of the Reward Points which we started last year. In order to credit your account we need you to bring your "gift card" to us. If you don't have a AFST gift card yet, consider getting one, they're FREE, you don't have to worry about having cash and you earn Reward Points for things such as swim lessons, rentals and preloading your gift card! Every 100 points equals \$10 free bucks to you towards next pool season. Reward points restart every May 1.

*Remember that you must have your card or your license to enter the pool. If you need new cards please email us at [afstclub@bellsouth.net](mailto:afstclub@bellsouth.net). They are \$5 a card.*

As always, check out the website and facebook for more information, weekly updates and pictures of your family and friends having a great time at the Club!

Thanks,  
Mandi Westfall  
Activities Director

### May Pool Hours

**May 27th:** 4:00pm - 9:00pm\*  
**May 28th:** 10:00pm - 8:00pm  
**May 29th:** Noon - 8:00pm  
**May 30th:** 10:00am - 8:00pm

### June Pool Hours

**June 3rd:** 4:00pm - 9:00pm  
**June 4th:** 10:00am - 8:00pm  
**June 5th:** Noon - 8:00pm  
**June 6th:** 4:00pm - 8:00pm  
**June 7-9th:** 4:00pm - 8:00pm  
**June 10th:** 4:00pm - 9:00pm\*  
**June 11th:** *Regular Hours*

**Monday - Friday**  
**10:00am-9:00pm**  
**Saturday**  
**10:00am-8:00pm**  
**Sunday**  
**Noon-8:00pm**

**\* Band Nights**

<p><b>Mother &amp; Daughter Tea</b>  <i>Make sure that you RSVP for the annual Mother &amp; Daughter Mothers Day Tea on May 4th!</i>  <b>Page 2</b></p>	<p><b>TGIF</b>  <i>Make sure you mark your calender for the First TGIF with Patrick Rock on May 27th</i></p>	<p><b>Swim Lessons</b>  <i>Sign your kids up to learn to swim early! We have lowered our Prices you should check them out!</i>  <b>Page 5</b></p>	<p><b>Memorial Day Celebration</b>  <i>Join us to kick off the Summer. We'll be grilling your favorites and have games for the kids!</i>  <b>Page 8</b></p>
---	--	---	---

# A D A M S F A R M S W I M & T E N N I S C L U B



## Activities



### **Mother and Daughter Mother's Day Tea & Brunch**

*Saturday, May 7th 10:30am - Noon*

Moms and their Daughters are invited out for an early afternoon Tea at the Club. The Club will provide breakfast and lunch foods, and drinks. Ladies' dress for this event is semi-formal.

***Space is limited and RSVP's are required for this event!***

## Adult Programing



### **Euchre & Dinner**

*Friday, May 6th at 7:30pm*

Adults are invited out for some good food, fun games and a great time. Bring your drinks and the Club will provide the Dinner. Due to demand, Euchre will now continue through the Summer on Saturday evenings.

### **Senior Potluck Dinner**

*Sunday, May 15th at 6:00pm*

Come down and join your friends for an evening of food and socializing. Please bring a covered dish item to share, and the Club will provide the drinks. Stick around after dinner for some coffee and a game of cards.

### **Brunch and Bunco**

*Tuesdays, 10:00am - Noon*

Come down to the Clubhouse for a fun, easy dice game! Enjoy breakfast snacks and coffee.

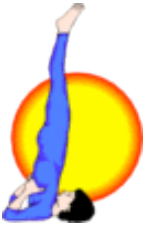
### **Senior Cards**

*Fridays, Noon - 3:00pm*

Empty nesters are invited to the Clubhouse for an afternoon of cards and fun. Please bring a small snack.



# A D A M S F A R M S W I M & T E N N I S C L U B



## *Fitness at the Club*



### **Sunrise Yoga**

*Tuesdays and Thursdays from 9:00 - 9:45am*

Yoga is a science of life, developed over thousands of years. It promotes health and happiness by working on the mind, body and spirit. Come out to the Clubhouse and make Yoga part of your weekly routine. Please bring a towel or yoga mat.

### **Flexibility Class**

*Tuesdays and Thursday from 8:00am - 9:00am*

Flexibility Class offers a series of light stretches and exercises to wake up the joints and muscles.

Stretching is great to of-set joint and muscle stiffness. This is the perfect morning activity for our golden members.

***Morning Lap Swim Begins Monday June 6th!***

***Aquacise Begins Monday June 6th!***

***Deep Water Energizer and Hydroworks Begins the Week of June 6th!***

### **Morning Lap Swim**

*Monday, Tuesday, Thursday, Friday from 6am - 8am*

Wake yourself up with a refreshing swim!

### **Deep Water Energizer**

*Mondays and Thursdays from 7pm - 8pm*

Come out for deep-water cardio at its best!

### **Aquacise**

*Mondays, Wednesdays and Fridays from 8am - 9am*

Great early morning low-impact workout!

### **Hydroworks**

*Wednesdays from 7pm - 8pm*

Low-impact night class in the 4 foot!

### **25 Mile Lap Challenge!**

Are you up for the challenge? Track your laps at the check-in desk from Memorial Day through Labor Day...if you reach the goal at the end of summer, you'll receive a prize!

***Social Members may participate in our Water Fitness Classes without paying the Social Fee. Please let us know at the Check-in Desk.***



# A D A M S F A R M S W I M & T E N N I S C L U B

## Swim Team

Adams Farm Swim Team is a great way to get your kids involved at the Club, meet tons of new friends and enjoy the wonderful sport of swimming! Please understand that the Swim Team *is not* designed to teach your child to swim. If your child needs to learn to swim, please register them for Swim Lessons.

Remember to check out all Swim Team Information as it becomes available online at [www.adamsfarmclub.net/swim.html](http://www.adamsfarmclub.net/swim.html). Please direct any questions to [adamsfarmswimteam@yahoo.com](mailto:adamsfarmswimteam@yahoo.com)

### Requirements

Ages 8 & Under must be comfortable with one length of the pool (25 Yards) unassisted.

Ages 9 & Up must be comfortable with two lengths of the pool (50 Yards) unassisted.



### Practice Begins May 31st!

Ages 10 & Under: 4:00pm - 5:00pm

Ages 11 & Up: 5:00pm - 6:00pm



### Swim Team Events

Adams Farm Swim Team Pancake Breakfast, May 21st from 8-10am at O'Charley's Restaurant off of Wendover Avenue. The cost is \$5.00. Korina McGill is who to contact at [tkmcgill@triad.rr.com](mailto:tkmcgill@triad.rr.com).

### Cost

\$65 for the First Child

\$55 for the Second Child

\$50 for each Additional Child

### Registration

The Swim Team is doing their registrations on an online format but they need to be there to accept the payment. You can come to the YMCA practices to sign-up or at the Charley's Pancake Breakfast.

# ADAMS FARM SWIM & TENNIS CLUB

## *Swim Lessons*

Sign up your kids for either Group or Private/Semi-Private Lessons and earn  
1 Rewards Point for every \$1 that you spend!

### **Group Lessons**

The Club offers Group Lessons in accordance with the American Red Cross's Learn to Swim guidelines. Class size is limited and all lessons will be assigned on a first come, first serve basis. Adams Farm offers

#### **Group Lessons for Infant/Toddler and Level 1.**

**Group Lessons are \$60 (Infant/Toddler is \$45)**

#### **Group Lesson Sessions**

Session 1 : June 13th-24th

Session 2: July 11th -22nd

#### **Infant/Toddler are ideal for children ages 8mos-3yrs.**

It is a water adjustment class and held on Monday, Wednesday and Fridays at 9:00-9:30am. A parent is in the water with the participant for this class.

#### **Level I classes are ideal for children ages 4-8yrs old.**

Students will not necessarily be swimming independently by the end of this class but should be comfortable in the water and will learn the basics to progress to the next level. This class focuses on floating, gliding, and water safety. Classes are Mon-Thur (with Friday as a makeup for inclement weather) at 9:30am-10:00am.

### **Private & Semi- Private**

Private and Semi-Private lessons with swim instructors can be scheduled on an individual basis. Private Lessons will be scheduled on a first come, first serve basis. Lessons will be scheduled by appointment between the instructor and parent. Each Private Lesson Session will include 6 one-on-one lessons for 20 min. You can also arrange for Semi-Private lessons if participants are of similar ability. Private Lessons are \$95.

*You can view download registration forms online at [www.adamsfarmclub.net/pool.html](http://www.adamsfarmclub.net/pool.html).*

# Tennis Programing



Remember to register your next court space using our new online program.

Check it out at [www.adamsfarmclub.net/tennis](http://www.adamsfarmclub.net/tennis) and start using it today!

Mariana Hollman will be offering Group Clinics for our Junior Players throughout the Spring. Please contact Mariana at [waves86mh@aol.com](mailto:waves86mh@aol.com) to get on her contact list for information on days and times the clinics will be held.

## **Pee Wees**

Ages 6-8 (BEGINNERS)



## **Smashers**

Ages 9-12 (BEGINNERS)

## **Grand Slam**

Ages 9-12 (INTERMEDIATE)

## **Top Guns Developmental Team**

Ages 10-14 (INTERMEDIATE)

## **Top Guns Competition Team**

Ages 12 and UP (ADVANCED)

## **Tennis Socials**

Be on the lookout for dates to come out to courts for some fun and match play with other members! Dates are still to be determined but we'll be sure to let you know via email and on facebook! The Club will provide the bottled water and the courts....you bring the fun, a racquet and a snack to share. As usual its also byob. All levels of play welcome!

## **Clinic Cost**

1 hour Private Lessons - \$45 for Members and \$50 Non-members per hour

1 hour Semi-Private Lessons - \$55

1 hour Group Clinic- \$10 if 4 & more participants

1½ hour Group Clinics - \$15(5 or more)

Package of 5 (valid 2 mos)- \$200



## **Ladies Cardio Clinic**

**Wednesdays, 6:00pm**

Cost \$15 per session for 4 people or less/\$10 for 5 people or more. Email Mariana if interested at

[waves86mh@aol.com](mailto:waves86mh@aol.com)

## **Stroke of the Day**

**Tuesdays, 6:00pm**

These clinics will focus on the proper technique of a specific or combination of strokes, tactics, or footwork (in combination with a stroke). Focus is primarily on the 4 main strokes in tennis. There will be a maximum of 8 per group. The cost is \$15 per session for 4 or less/\$10 per session for 5 or more. Email Mariana if interested at

[waves86mh@aol.com](mailto:waves86mh@aol.com)

## **Adult Beginner Clinics**

If interested please sign up by emailing Mariana at [waves86mh@aol.com](mailto:waves86mh@aol.com) The cost is \$15 per session for 4 or less/ \$10 per person session for 5 or more.

## **Men's Night**

**Thursdays at 6:30-7:30pm Cardio Clinic**

**7:30-9:00pm Informal Doubles Matches**

# Memorial Day Celebration



**Monday, May 31st**



**Food, Music and Fun!**

*Bring the family out for the seasons first family party at the pool. We will selling food off the grill from noon-2pm and have fun games for the kids as well!*



1903 Adams Farm Parkway Greensboro NC 27407

**General Manager**

*George Frederick*

336-854-4487

**Tennis Director**

*Mariana Hollman*

wave86mh@aol.com

**Activities Director**

*Mandi Westfall*

**[www.adamsfarmclub.net](http://www.adamsfarmclub.net)**