



Bainbridge Athletic Club



Bulletin

Vol. 5, No. 6 July 2009

BACspace Opens More Options for Older Kids

Countless parents have asked for a space for their older kids to hang during their workouts. Summertime is hard enough to stay on track with your workout routine let alone the kids being out of school and nowhere for them to go.

At the age of 7 or 8, Kids Club isn't cool anymore. Sitting courtside gets boring and staying home alone is not an option. Well, we heard you and during our remodel last fall we included a space in the old building, down by tennis, to accommodate a game room for pre-teens.

"BACspace" made its debut this week. We have stocked BACspace with lots of fun, interactive games. Wii Sports and Wii Play, Wii Mario Brothers, Bean Bags, nerf basketball, Ping Pong and other games are set up and ready to go. Hours are the same as morning Kids Club: Monday - Friday 8am to 1:30pm, and Saturday 9am to 1pm. During the fall we will accommodate more afterschool hours. Book your reservation at the Front Desk.

Hourly rates: Family members, \$5 first child, \$4 second. Non-family members, \$6 first child, \$4.50 second. Two hour maximum.



Construction Update Bubble Replacement Well On the Way

We are making good progress on the construction of a new building to replace the bubble. Progress is continuing on permitting, financing, pricing, and construction scheduling. The design is for a first-rate, attractive 14,000 sq. ft. steel building that will house one tennis court and one all-purpose gymnasium. We are very excited about the possibilities this will provide for all our members: a structure divided by a wall that will house a dedicated tennis teaching court on one side and a gym floor on the other. Planning and work is also ongoing on a seasonal, outdoor pool that would be ready for summer 2010. We are pushing the schedule as hard as possible with the city, the bank, and the contractors, all of whom have been very responsive. Watch your email and future newsletters for progress reports.

4th of July

Special Hours are 6:30 am-2 pm. There will be no scheduled exercise or tennis classes. Come join us to march in the parade. Sign up at the Front Desk and get a cool BAC t-shirt for the walk.



Reach us at 842-5661 or visit www.bainbridgeathleticclub.com



New Fitness Classes

Terminal Velocity

Crazy cardio for teens and adults

Full cardio and strength training workout. We will be doing some beginning jump rope for cardio along with other challenging and fun activities. Make friends, have fun getting into great shape! Coached by Julie Leachman CSCS, AFSAA/CPT, USA Jump Rope Coach

Mondays July 6-27 6:45-7:30 pm
Cost: \$48 Members/\$60 Non-members

Kick Boxing Circuit

This is not a typical cardio kickboxing! This is circuit fitness training that combines the benefits of boxing/kick-boxing, both the cardiovascular conditioning of the movement and the anaerobic impact of bag and pad training. This is a high energy, explosive workout packed in 45 minute session that will challenge you to your core. Instructor: Yasuyo Sousa

***must have your own bag gloves**
**** first timers please see instructor for assessment prior to first class**

Mon/Wed 6:45-7:30pm June 29-July 22
\$65 Members/\$80 Non-members

Pilates Essentials

Learn fundamental principles in this fun four week series.

Pilates offers a challenging workout for everyone, regardless of physical condition or body type. A solid understanding of Pilates basics is essential for establishing a new relationship with your body—a relationship that will constantly evolve as you grow stronger.

BAC requires that all beginners start with the Essentials series before coming to drop-in classes which ensures a core understanding of the fundamental principals. This series is the best way to receive the highest quality structured, comprehensive instruction. The powerful curriculum that builds on itself week after week, results in a solid foundation for continuing study of this exciting, dynamic form. Sign up at the Front Desk. Instructor: Betsy Emison

Saturdays 8-9:30am July 18-Aug 8
Cost: \$78 Members/\$96 Non-members

Little Black Dress

Come and see what the fun is all about!!

New session July 6 - August 14

Mon/Wed/Fri 7:15-8:15 am
Tue/Thur 7:15-8:15 am
Tue/Fri 8:15-9:15 am



NEW EVENING TIME!

Tue/Thur 6:30-7:30 pm

Session price: \$270 3/week, \$180 2/week

Core Fusion: Body Sculpting

Turn your body into THE body

New session starts July 21 - August 11
No class July 30

Tue/Thur 8:15-9:15 am

Instructor: Stephanie Dalton

**\$84 Members/
\$104 Non-members
Drop in: \$18/\$22**



Youth

Tennis, Pizza & Fun for Youth!

Sign up for our Monthly Junior Tournaments for kids in the Intermediate class and up. Drop off your kid for an afternoon of fun and tennis. We provide the pizza and Gatorade and Elliot will be there to keep them busy. Cost is \$15 for kids signed up in the current session of Junior Tennis Clinics and \$20 for all others. July 31, 5-8pm

Summer Jr. Clinics in Full Swing

Our summer Junior Tennis Clinics are off and running. Call the Front Desk to reserve your spot. Classes are available for kids ages 4 and up. You can view our Summer Flyer on our website or call the Front Desk to get the details. If you have questions about the right class for your child, contact Joanne in the Tennis Department.



Fitness

Weights and Yoga The Ultimate Summer Work Out!!

Don't have time to work out in the summer with the children home? This class will address two fitness essentials. We will tone our bodies with 45 minutes of strength training and then retreat to the training studio for a relaxing 30 minute yoga session. What a great way to start your week and your day!!!

We will primarily be using free weights and working every muscle group each class, developing strength and lean muscle mass. We will end our workout with some much needed stretching and yoga. The class is open to all levels, and no experience is required. Instructor: Jennifer English

Mondays July 6-27 8:15-9:30 am
(childcare available!)
\$65 Members/ \$80 Non-members



Intro to Yoga

Have you always wanted to try yoga but didn't know where to begin? Then this is a great place to start. Our bi-weekly, three-week sessions are specially designed for anyone new to yoga or returning students interested in reconnecting with the fundamentals of a physical yoga practice. Class size is limited to allow for maximum one-on-one feedback and comprehension. Series includes basic yoga postures, breathing practices and elements of Vinyasa Flow . This series will prepare your body, mind and spirit for the ongoing basic yoga classes offered at BAC. Ideal for the first time student! Instructor: Michelle Hutchins

Tue/Thur June 30-July 16 11 am-12 pm
\$72/ Members/ \$92 Non-members

Yin Yoga

Restorative/Preventative Yoga

Slip away from the office and enjoy a quiet, meditative, restorative practice.

Simple postures are held, with relaxed muscles, stretching connective tissue and stimulating Meridian channels for overall well-being and integrated health. Enjoy this beautiful, serene practice that balances the *hustle bustle* of daily life.

Mon/ Fri 12:15 -1:15pm July 6-Aug 14
Members \$12./Non-members \$15.

Save on Series

\$120 Members/ \$144 Non-members

Instructor: Kristy Tonti RYT
(International Yoga Alliance) AAFA Personal Trained



Join the Relay for Life

On **July 18th & 19th 2009**, for the fourth year, Bainbridge Island will participate in **The American Cancer Society's Relay For Life at Woodward Middle School**. We will join over 4000 Relay communities from around the world in the fight against cancer as we honor and remember those whose lives have been touched by cancer.

Relay For Life is the American Cancer Society's nationwide signature event. This annual overnight event involves teams of 8-12 people who raise money in advance through donations and fundraising to support cancer research, educational programs, patient services and advocacy.

If you are interested in forming a team from the **Bainbridge Athletic Club**, please contact Terri Segadelli at 842-8633. Or feel free to join us on July 18th at 4 pm for the kickoff. Of special interest is the moving luminaria ceremony at 10 pm, which honors all those fighting the disease, as well as those that have passed away. You can visit our website at: www.relayforlifeofbainbridge.org for more information.



Social News

Saturday Morning in the Courtyard

Please join us for BAC's new summer tradition of Saturday in the Courtyard. We gather from 8:30 until 10:30 am, offering orange juice, coffee,



healthy refreshments, and some time to hang-out and socialize, before or after your court time or workout, with fellow members and BAC staff.

This is an opportunity to fuel up or just relax. We'll be looking for you on **Saturday, July 18**. No fees, just your presence is required!

Bunco is Back at BAC!

Back by popular demand, we are bringing ladies' Bunco night to BAC on Wednesday, July 22 at 7 pm, this time with a tropical flair. Wear your summery, floral best, along with your favorite flip flops and join us in the courtyard for refreshments, tropical drinks, and lots of laughter! No Bunco experience is necessary. Grab a girlfriend and save your places at the Front Desk. There is room for only 16, and last time we filled up, with a waiting list! Fee is \$10 for BAC members; \$15 for non-members.



Summer Co-Ed Poker



BAC Poker is back. This time it's co-ed! What could be more fun than summer poker at the Club? Join us Thursday evening, July 30, 6:30-9:30

pm. Pizza, beer, poker accoutrement (cards, poker chips, tables, etc.) and good times will be supplied. No cigars or spittoons please! Spaces are limited, so sign up at the Front Desk. Members: \$15.

Doggie Bag

Take your puppy to the park with a BAC Doggie Bag. 100% recycled tennis balls in our signature pouch. \$5.99/refills are only a buck. Great gift idea.



Summer Rewards

Stay motivated to keep in shape this summer and have some fun at the same time! Summer Rewards is in full swing and it's not too late to get started. Just ask for your card at the Front Desk and get a staff signature each time you show up to the Club to work out, take a class, or play some tennis. If you get 22 days signed off, you win a one-of-a-kind silver BAC luggage tag/luggage chain!



Remember, you can always get double credit for bringing a guest to the Club to workout with you, or if you take a class you have never taken before. AND we have some **special double credit** reward days approaching: **Thursday, June 25th**, wear a t-shirt with your high school or college name or logo; **Wednesday, July 1st**, work out or play tennis in your patriotic red, white and blue; and **Tuesday, July 14th**, wear any baseball cap to the Club. Join the fun and get some extra energy this summer!

Summer Language Series

There is still time to sign up for our Summer Language Series:

Intro to Spanish - 8- 9am, Saturdays, June 20-July 18, \$80

Conversational Japanese - 6:30-7:30pm, Sundays, July 12-August 2, \$80

Sign-ups will be taken at the Front Desk.



Tell your friends and family to mention you when they join the Club and we'll reward you with a \$25 credit on your account or a BAC Gift Card, your choice.

Tennis



Women's 4.0 Team Wins!

Congratulations to our 4.0 Women's USTA team. The team, captained by Kerrie Houston-Reightley, won their division and went on to win the league playoff June 19-21.

In divisional play, the team tied with the Amy Yee team with 6 wins and one loss. The timebreaker is a game count and our BAC gals beat them by five games for first place.

In playoff, the Saturday match against Stanwood was won 3-2 by BAC. Another 3-2 win against Amy Yee iced the victory. Now its on to the Regional playoffs in Portland August 6-9. Go team! Congratulations to the team members: Sarah Footh, Laurel Cripe, Louise Cullen, Rachel Baldwin, Dawn Snider, Heather Devries, Gretchen Robinson, Jill Queen, Adrienne Crowley, Corrine Dean, Heidi Zwicker, Katherine Van Slyke, Dinah Satterwhite, and Kerrie Houston-Reightley.

Improve Your Game

Sign up for a summer tennis adult series and work on your game during the off-season. We have great programs for all levels, skills and drills, men's night, BAC to Tennis, 301, 401 are just a few examples. You can call the Front Desk for dates and times or contact Joanne if you need to know what program is best for you.

Get Those Forms In

USTA Senior and Supersenior team confirmation forms are due July 17. For more information, contact Joanne.

Ladies Flights Ongoing

Congratulations to Norma Miner, our spring flight winner.

Sign up now for our Summer session of flights. Flights is a great way to meet players and improve your doubles game and is for players with a USTA rating of 2.5-3.0 on Wednesday. Laurel will be there from 11-11:30 to run a warm up game and give doubles tips. Set play will be from 11:30-12:30. Cost for 8 weeks of play is \$80. We will also be running a flight program at 8am on Monday mornings. This flight will be doubles play only and will not include the warm up game with Laurel. There will be a flight party on July 8th and all flight players are invited.

Wednesday Flights at 11am, Cost for 8 weeks of play \$80. Play starts July 8

Monday Flights at 8am, Cost for 8 weeks of play \$45. Play starts July 13.



BAC Member Nationally Ranked!

Elsie Horath and Dinah Satterwhite.... Super Senior* Mother-Daughter Doubles (division)... 11, USTA National Ranking. This division requires a combined age of 120 or over and Dinah and her mom were at the highest combined age of all the teams there! Congratulations; this is quite an honor!

Junior USTA Winners

Congratulations to our Junior USTA players for winning their first match. Great job August, Kirsten, Connor and Robin.

Tennis Staff Win Tournament

Joanne Franklin and Laurel Cripe played in Wenatchee's Racquet and Athletic Club Tournament and won the open division of the Ladies Doubles. This tournament is run in a round robin format so you get to play lots of tennis over two days. They are having a mixed doubles tournament September 17-19. Laurel will be going and if you would like to go, you can contact Joanne in the tennis department for more details. Let's get a group together and go have some fun.

June/July 2009 Calendar of Special Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Club Key Fitness = Blue Tennis = Green Programs = Orange	22 Skills & Drills 9:30 am every Monday Singles Workout w/ Elliot 6-7 pm Yoga for Men 7:30-8:30 pm	23 Skills & Drills 9:30 am every Tuesday Core Fusion: Body Sculpting 8:15-9:15am	24 TRX Circuit 9:45-10:45am Yoga for Men 7:30-8:30 pm	25 Summer Rewards Double Credit Day Core Fusion: Body Sculpting 8:15-9:15am	26 Skills & Drills 9:30 am every Friday	27 Spanish Language Series 8-9am
28	29 Singles Workout w/ Elliot 6-7 pm KickBoxing Circuit 6:45-7:30pm Yoga for Men 7:30-8:30 pm	30 Core Fusion: Body Sculpting 8:15-9:15am Intro to Yoga 11am-12pm	1 Summer Rewards Double Credit Day TRX Circuit 9:45-10:45am KickBoxing Circuit 6:45-7:30pm	2 Core Fusion: Body Sculpting 8:15-9:15am Intro to Yoga 11am-12pm	3	4 <u>Holiday</u> Club Hours: 6am-2pm
5	6 Weights and Yoga 8:15am-9:30am Yin Yoga 12:15pm-1:15pm KickBoxing Circuit 6:45-7:30pm Terminal Velocity 6:45-7:30pm	7 Core Fusion: Body Sculpting 8:15-9:15am Little Black Dress 8:15-9:15am 6:30-7:30pm Intro to Yoga 11am-12pm	8 Little Black Dress 7:15-8:15am Ladies Flights 11am-12:30pm KickBoxing Circuit 6:45-7:30pm	9 Little Black Dress 7:15-8:15am 6:30-7:30pm Core Fusion: Body Sculpting 8:15-9:15am Intro to Yoga 11am-12pm	10 Little Black Dress 7:15-8:15am 8:15-9:15am Yin Yoga 12:15-1:15pm	11 Spanish Language Series 8-9am
12 Japanese Language Series 6:30-7:30pm	13 Ladies Flights 8am-9:30am Weights and Yoga 8:15am-9:30am Yin Yoga 12:15pm-1:15pm KickBoxing Circuit 6:45-7:30pm	14 Summer Rewards Double Credit Day Core Fusion: Body Sculpting 8:15-9:15am Little Black Dress 8:15-9:15am 6:30-7:30pm	15 Little Black Dress 7:15-8:15am Ladies Flights 11am-12:30pm KickBoxing Circuit 6:45-7:30pm	16 Little Black Dress 7:15-8:15am 6:30-7:30pm Core Fusion: Body Sculpting 8:15-9:15am Intro to Yoga 11am-12pm	17 Little Black Dress 7:15-8:15am 8:15-9:15am Yin Yoga 12:15-1:15pm	18 Spanish Language Series 8-9am Saturday in the Courtyard 8:30-10:30am Pilates Essentials 8-9:30am
19 Japanese Language Series 6:30-7:30pm	20 Ladies Flights 8am-9:30am Weights and Yoga 8:15am-9:30am Yin Yoga 12:15pm-1:15pm KickBoxing Circuit 6:45-7:30pm	21 Core Fusion: Body Sculpting 8:15-9:15am Little Black Dress 8:15-9:15am 6:30-7:30pm	22 Little Black Dress 7:15-8:15am Ladies Flights 11am-12:30pm KickBoxing Circuit 6:45-7:30pm BUNCO! Night 7-9pm	23 Little Black Dress 7:15-8:15am 6:30-7:30pm Core Fusion: Body Sculpting 8:15-9:15am	24 Little Black Dress 7:15-8:15am 8:15-9:15am Yin Yoga 12:15-1:15pm	25 Pilates Essentials 8-9:30am

Visit our website at www.bainbridgeathleticclub.com for details on all classes and programs.