

Arbor Heights Swim and Tennis Club

eNewsletter, June 23

This weekly newsletter is intended to keep you informed on all that is going on at the club. You can also check out the website for more information at <http://www.ahstc.com/>

This week at the Arb...

Hours: the pool is open from 1:30-9pm on weekdays, and 1-9pm on weekends.

View the pool calendar at <http://www.ahstc.com/Calendar/wc200806.htm>

Early closures

The club will close at **6pm** on Tuesday, **June 24** for the Pre-Teen Night.

The club will close at **3pm** on Thursday, **June 26** for a swim meet.

Pre-Teen Night

Tuesday, June 24, 7-9pm. A great time for 9-12 year olds to hang out with friends, eat pizza and play some games. Friends are invited too! The cost is \$5 per person (both members and non-members). Parents, please feel free to stay since chaperones are needed.

Friday Night Potluck

Our next Friday Night Potluck is this Friday, June 27 at 6:00pm. It will be a great time to come and get to know your fellow members. Plan on bringing your own main dish and something to share (side dishes, salads, and desserts). We will set up the potluck table in the BBQ area.

Teams

TEAM PHOTOS: Friday, June 27 at 8am. Order forms are available in the office.

All Teams Pancake Breakfast: Friday, June 27 at 9am (following the team photos). You don't want to miss this delicious event! Pancakes (even with chocolate chips if you'd like!), ham, fruit...

Swim Team

MEET: Our first meet is at Arbor Heights this Thursday, June 26 against Twin Lakes. Swimmers need to be at the pool by 4:45pm.

SSSL Participation Form: Our first meet is Thursday at AH. Swimmers **must** have the SSSL forms filled out (these were the last two pages of the

registration packet). These forms are available in the office or on the website: <http://www.ahstc.com/teams.htm> .

Swim Meet Absences: If your swimmer will not be able to participate in a meet please sign them out on the dated sheets on the wall just inside the cabana. The coaches need to know in advance about absences. If there is a last minute absence **PLEASE** let the coaches know.

Summer practice change: Because of the large number of younger kids participating, the 10 and unders will practice 9:30-10:30am (8 and unders will still practice 10:30-11:30am). There will be no Senior or 14 & under dryland practice. See the website for the complete practice schedule.

Water Polo

Practice is Monday, Wednesday and Friday, 12:30-1:30pm.

Synchro

Parent Meeting: Monday, June 30, 5:30pm. Come find out what's happening this summer with synchronized swim.

Practice is Tuesday and Thursday, 12:30-1:30pm.

Dive

Dive Team Parent Meeting: has been rescheduled - Tuesday, June 24 (tomorrow), 5:15pm.

Summer practice change: Because of the large number of younger kids participating, the 10 and unders will practice 8:30-9:30am (8 and unders will still practice 9:30-10:30am). See the website for the complete practice schedule.

Team Packets

Team packets are available in the pool office or you can download the forms from the Arbor Heights website at <http://www.ahstc.com/> **Water Polo** and **Synchro** are due June 27.

Adult Swim

Adult swim is Monday evenings, 8-9pm, except holidays (combined with free swim, lap lanes will be added when necessary) and Saturday mornings, 12-1pm (adults only). Early Bird Swim is Monday through Friday mornings, 5:45-7:45am.

Lost and Found

Are you missing a beach towel? How about a pair of swim trunks? Our lost

and found is already overflowing with swim paraphernalia! Next time you're at the pool please take a minute to check it out. The lost and found is located behind the changing room building (north side).

Looking Ahead...

Special pool hours: Tuesday, July 1, pool hours will be 1:30-3pm.

Session 2 lesson sign-ups: The sign-up for swim, dive, and tennis (members only) lessons will be July 2 for members and July 3 for non-members.

4th of July: The pool will be open from 1-9pm.

Teen Night: Teen Night is scheduled for July 19. ***For this event to happen we need to have volunteers to put it on.*** Please email Noël Foulk at ngfoulk@gmail.com if you are interested in being part of a planning committee.

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