

Arbor Heights Swim and Tennis Club

eNewsletter, June 30

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>

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

Early closures

The club will close at **3pm** on Tuesday, **July 1** for a swim meet.

Session 2 lesson Sign-Ups - Swim/Dive/Tennis

The sign-up for lessons will be Wednesday, July 2 at 10:30am for members and Thursday, July 3 at 10:30am for non-members. Both tennis and dive lessons are also available at the sign-ups.

Team News

Swim Team

This week's meet: Tuesday, July 1. Normandy Park at Arbor Heights. Swimmers need to be at the pool by 4:45pm.

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.

Girls' Prelims

Arbor Heights is hosting the Girls' Prelims post-season championship swim meet on Monday, July 28th. Swimmers from all eight Southern Division pools will attend. We need volunteers to help us prepare for and run this meet.

Advertising - one or two people to promote and seek advertising sales in the Meet Heat Sheet Packet which will be available for sale the day of the meet. Previous years' rates, advertisers and contact information are available.

Consolidator - one or two people to consolidate Heat Sheet data and advertising, create one hard copy and have it printed for the meet on July 28th. All Swimmers' data is collected by another individual and available to add to the packet.

Do you or anyone you know have a business you'd like to promote at Girls Prelims? Advertising opportunities are available in the Heat Sheet Packet.

New this year, an Arbor Heights page! Support a swimmer or a relay team with a cheer or recognition on the A-R-B-O-R GO ARBOR! page of the Heat Sheet Packet. More details coming soon.

For more information please contact Heidi Arvish, hraaaj@msn.com

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.

Looking Ahead...

Tennis match - first match, Monday, July 7 at AH.

Dive meet - first dive meet, Friday, July 11th at AH.

Swim Team Stroke Clinic - the next Stroke Clinic will be Saturday, July 12.

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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