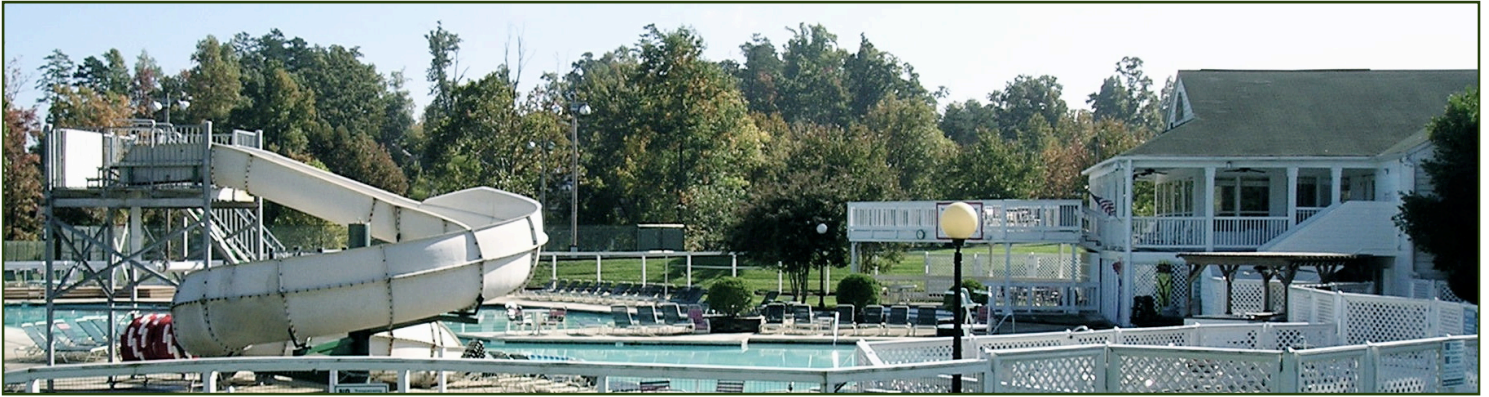


# ADAMS FARM SWIM & TENNIS CLUB

# NEWSLETTER



## Dear Club Members

Summer isn't over yet! (as you can obviously tell with record temperatures-ugh!) We still have two more TGIF band nights as well as Watermelon day, family bingo and Cool The Pool weekend!

Congratulations to our Aqua Dragons swim team who came in 8th overall in the CSA City Meet! What a great improvement from 14th in 2010!! Several of our swimmers also broke pool records! There is a file folder with lots of meet/team pictures and medals in it in the clubhouse if you haven't picked them up yet!

**Don't forget community National Night Out effort! On Tuesday, August 2nd the HOA will be holding a very fun event in our parking lot and by the gazebo from 6:00-8:00pm.**

This month Mariana will be starting a Ladies' Beginner Clinic on Tuesday evenings at 6pm...be sure to check out all the clinics she holds for both kids and adults!

Thank you for your continued support !

Do you love the Teriyaki Chicken for TGIF? Did you know you can buy the sauce in the clubhouse? This month, Club Member and sauce creator, Sam

Kanakanui is offering a great discount!

**\$1 OFF (only \$4)**

**for a bottle of sauce**

Bring coupon to Snack Bar to get your own bottle on the way home for dinner tonight!



## National Watermelon Day

**Wednesday, August 3rd, 2pm-?**



Join us while supplies last for come cool, refreshing watermelon in the snackbar!

**FREE while supplies last.**

## COOL THE POOL week!

**Friday-Sunday, August 5-7th**

Yup...Its hot! So is our pool...Bring a bag/cooler of ice and dump it in the pool for a FREE ICEE!! (1 icee per bag/cooler). Join us for this fun way to cool our pool. This was a fun for all event we did last year when our pool temps soared as high as the outdoor temps and

## National Night Out!!

**Tuesday, August 2nd, 6:00pm-8:00pm**

In conjunction with the Adams Farm HOA and the local police department, we will be participating in the nation wide community awareness event, National Night Out! Free Pizza, drinks and a DJ will all be a part of this fun community event! Be sure to plan on joining forces with your community and neighbors and plan on being in the parking lot/gazebo area for a night of FUN! For more information on NNO see <http://www.nationaltownwatch.org/nno/>

## Final Summer TGIF Band Lineup!



Friday, August 5th  
Wishful Thinking

Friday, August 19th  
Patrick Rock



# ADAMS FARM SWIM & TENNIS CLUB

## *Kids Activities*

### **Family Bingo**

*Sunday August 7th  
2:00pm - 3:00pm*

Grab the kids for some quality family time at the Club. We will be playing BINGO on the lower deck for small prizes and candy.



### **Freeze Pop Friday**

*Friday, August 12th  
while supplies last*

The first 50 people to the pool will get a Free Freeze Pop, but only while supplies last!!

### **Water Balloon Hot**

### **Potato Toss**

*August 12th*

*Sunday, August 21st 3:00pm*  
Join the fun! We'll be passing the water balloon toss...hope it doesnt pop on you!

## **Euchre Cards**

*Saturday, August 20th, 8:00pm (note time due to snack bar being open)*

Euchre is an easy card game with a rotating partner format. If you don't know how to play, we can teach you in just a few minutes. Come to the clubhouse and meet some new members while having a fun night of cards! Remember, BYOB and if you choose, bring some munchies to share.



## *Golden Gatherings*

### **Covered Dish Dinner**

*Sunday, July 21st at 7:00pm*

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.

# ADAMS FARM SWIM & TENNIS CLUB

## Pool Hours

Monday - Friday  
10:00am-9:00pm

Saturday                      Sunday  
10:00am-8:00pm          Noon -8:00pm

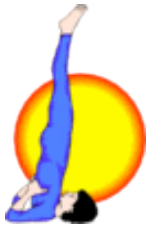
*\*Note: **Starting August 25th**, we will begin after school hours during the week 4-7pm*

## Snack Bar Hours

Monday - Saturday  
11:00am-7:00pm

Sunday  
12:00pm-7:00pm

*\*Note that ice cream and sodas will still be available at the check in desk until the pool closes.*



### 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.

### Morning Lap Swim

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

Wake yourself up with a refreshing swim!

### Aquacise

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

Great early morning low-impact workout!

### 25 Mile Lap Challenge

Record your miles in the book at the check in desk - what a great goal for summer fitness!

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



### 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.

### Deep Water Energizer

*Mondays and Thursdays from 7pm - 8pm*

Come out for deep-water cardio at its best!

### Hydroworks

*Wednesdays from 7pm - 8pm*

Low-impact night class in the 4 foot!



# ADAMS FARM SWIM & TENNIS CLUB

## 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 offers Adams Farm Members Private, Semi-Private and Group Clinics year-round, six days a week. **Please remember to let Mariana know if you plan to attend clinics by sending her an E-mail at [waves86mh@aol.com](mailto:waves86mh@aol.com).** Mariana is also available to string your old racquet or help you find a new racquet that fits your style.



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MON: 9-10am Age 9-12 QUICKSTART  
10-11am Intermediates (3 or less\$15)  
11am-1pm Elite Jrs (Advanced)  
6-7pm Stroke of the Day- Ladies

TUE: 10-11am Age 7-8 QUICKSTART  
11am-1pm Elite Jrs. (Advanced)  
**NEW!! 6:00pm Ladies Beginner Clinic**

WED: 9-10am Age 9-12 QUICKSTART  
10am-11am Intermediate  
11am-1pm Elite Jrs. (Advanced)

THUS: 10-11 am Age 7-8 QUICKSTART  
11am-1pm Elite Jrs. (Advanced)  
4:30-5:30pm PLAYDAY (Free of Charge)  
5:30-6:30 pm Age 4-6 QUICKSTART  
5:30-6:30pm Age 7-8 QUICKSTART  
6:45pm Men's Cardio Drills

### Clinic Cost

1 hour Private Lessons - \$40

1 hour Semi-Private Lessons - \$45

1 hour Group Clinic - \$15 if 3 or less participants  
\$10 if 4 or more participants

1½ hour Group Clinics - \$15



### Completely Useless/Funny Information:

The following are actual courses being offered at major American colleges:

*Philosophy of Star Trek - Georgetown University*

*Harry Potter Literature - Ohio State University*

*Video Game Studies - MIT*

*Tree Climbing - Cornell University*

*Maple Syrup - Alfred University*

*Stupidity Occidental College*

*Zombies - Ole Miss*

*Arguing with Judge Judy - Berkeley*

**Voorhees, Don The Perfectly Useless Book of Useless Information, New York: Penguin Group, Inc., 2010**

  
**ADAMS FARM**  
**SWIM AND TENNIS CLUB**

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