

ADAMS FARM SWIM & TENNIS CLUB

N E W S L E T T E R



Dear Club Members

We have some great activities going on this month. The Annual Mother & Son Breakfast and Daddy & Daughter Dinner/Dance will take place on February 12th. If you have not yet sent in your RSVP, please make sure to do so soon. Don't forget to check out the menu on page 3!

There are also some March dates to check out. We will be hosting a Tween St. Patrick's Day Party, so get ready to get lucky!

As always, remember to check out the website and Facebook for more information, weekly updates and pictures of your family and friends having a great time at Adams Farm!

Lea Frederick
General Manager

Mother and Son Valentine's Day Breakfast

Saturday, February 12th at 9:00am

Young gentlemen and their mothers are invited to Adams Farm's third annual Valentine's Day Breakfast. We will be serving breakfast items and have fun contests for small prizes. Dress is semi-formal for this event. ***You must RSVP by Thursday, February 10th at 5:00pm!***

Daddy and Daughter Valentine's Day Dinner and Dance

Saturday, February 12th

5:30 - 7pm Ages 7 & Under 7:30 - 9pm Ages 8 & Up

Young ladies are invited to bring their special man out for a night of dinner and dancing. We will be serving dinner from Above & Beyond Catering. Please let us know your entree choice when you RSVP. Dads are asked to dress in business casual and young ladies are to appear in semi-formal. ***You must RSVP no later than Thursday, February 10th at 5:00pm!***

Cost: \$18 for a Couple; \$8 for each additional participant

Kid Activities

Make sure to RSVP your kids for all this months Activities with Ms. Mandi!

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Tween Mardi Gras Party

Come out dressed in green, purple and gold to celebrate Mardi Gras with your friends!

Page 2

Euchre and Snacks

Come out and enjoy yourself with some good food, fun games and a great time!

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March Activities

Don't forget to check out the last page for most of the March activities!

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ADAMS FARM SWIM & TENNIS CLUB



Activities with Ms. Mandi



Kids Movie Night

Friday, February 18th

Chestnut: Hero of Central Park (G) 6:00pm - 7:30pm

Nanny McPhee (PG) 7:45pm - 9:30pm

Parents; bring your kids up to the Clubhouse for Kids Movie Night. Please sign them in with a phone number you can be reached at during the night. We'll provide juice and popcorn.



Punt - Pass - Kick

Sunday, February 6th at 2:00pm

Kids are invited out for Adams Farm's Annual Punt, Pass and Kick Competition. Kids will be grouped by age and gender. Meet us at the Clubhouse and we will walk up to the soccer field to compete for prizes.



Tween Mardi Gras Party

Friday, March 4th 7:30pm - 10:00pm

This month, Tweens are invited up to a Mardi Gras Party at the Clubhouse. Grab a mask, some beads and come dressed in green, purple or gold. We will have drinks, snacks, and beads for our participants. It is very important that we get an accurate number of participants, so please remember to RSVP!



Adult Activities Programing



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.

Workout Class

Tuesdays and Thursdays from 8:00 - 9:00am

Warm up with 15 minutes of low impact high energy Cardio. Continue with exercises to improve balance, strength, and the flexibility of all joints. Invest in yourself. Look and feel better!

Euchre & Snacks

Friday, February 6th at 7:30pm

Adults are invited out for some good food, fun games and a great time. Euchre is an easy game to learn and a great time to hang with friends and neighbors. Please BYOB and a snack to share.

Adams Farm Women's Club

Thursday, February 5th at 8:00pm

Adams Farm Ladies are invited out to the Clubhouse for some food, socializing and a good time.

Daddy and Daughter Valentine's Day Dinner and Dance

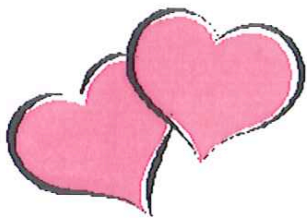
Saturday, February 12th

Ages 7 & Under: 5:30 - 7:00pm Ages 8 & Up: 7:30 - 9:00pm

Young ladies are invited to bring that special man in their life out for a night of dinner and dancing. We will be serving dinner from Above and Beyond Catering. The Dinner Menu for the night is provided below. Dads and daughters will participate in our Valentine's BINGO for small prizes. Then, we will dance the night away to some great oldies. Men are asked to dress in business casual and young ladies are to appear in semi-formal.

Space is limited and you must RSVP with your Payment no later than Friday, February 10th at 5:00pm!

Cost: \$18 for a Couple; \$8 for each additional participant



~ Entrees ~

Baked Spaghetti
Cheese Tortellini
Chicken Santa Fe

~ Side Items ~

Salad with Ranch and Herb
Fresh Fruit
Bread Sticks with Butter



~ All dinners come with drink & dessert ~



UNITED STATES TENNIS ASSOCIATION

Mariana Hollman Named to United States Margaret Court Cup Team

For Immediate Release

Contact: Lesley Waite, *Press Relations*, 2011 Margaret Court Cup Team

Ph: 858-755-8110 Fax: 858-755-6147 email Lesleywaite@aol.com

January 18, 2011

The United States Tennis Association selected Mariana Hollman of Winston-Salem NC to join the 2011 Margaret Court Cup team (Women's 45) that will compete in the Senior World Team Championships to be held on hard courts in Christchurch, New Zealand, February 21-26. It is an International Tennis Federation event that also runs the Federation and Davis Cups. This is the tenth year Hollman has earned a place on the four-woman team. She was a member of the Young Cup team (Women's 40) 2003-2007 and the Margaret Court Cup team in 2008-2010.

Hollman won the 2010 World 35 Doubles Championship in Mexico and both the World 45 Singles and Doubles Championships in Turkey in 2008. She holds many titles including the 2010 National Grass and Hard Court Doubles, 2009 45 Hard Court Singles, 2008 National 45 Grass Court and Hard Court Doubles; the 2007 National 45 Hard Court Singles and Grass Court Doubles; 2006 National 40 Clay Court Singles. She has won 27 national titles in singles and doubles.

She graduated from Pepperdine University where she was on the tennis team for four years and was their assistant tennis coach for two years after graduating. For eight years she was a high school math teacher and tennis coach. A teaching professional for the past 17 years, Hollman is currently at Adams Farm Swim and Tennis Club in Greensboro and is the head women's tennis coach at Salem College.

As one of only four players chosen from the United States' top senior women players, Hollman adds strength and valuable singles and doubles experience to the US team. She joins Gretchen Magers (San Diego CA), Frances Chandler (Jackson TN), and Rhona Kaczmarczyk (Denver CO).

Contact Mariana Hollman: (H)336-794-0273 (C)336-682-6018 waves86mh@aol.com

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The USTA is the national governing body for the sport of tennis in the U.S. and the leader in promoting and developing the growth of tennis at every level -- from local communities to the highest level of the professional game. It owns and operates the US Open, the largest annually attended sporting event in the world, and launched the Olympus US Open Series linking 10 summer tournaments to the US Open. In addition, it owns the 94 Pro Circuit events throughout the U.S., and selects the teams for the Davis Cup, Fed Cup, Olympic and Paralympic Games. A not-for-profit organization with more than 725,000 members, it invests 100% of its proceeds in growing the game. For more information on the USTA, log on to usta.com.

ADAMS FARM SWIM & TENNIS CLUB

Reminders & Dues Reimbursement

Dues Reimbursement

Did you know some companies reimburse their employees as part of a health & wellness benefits? We offer a 24-hr fitness room as well as fitness classes. Several members have asked us to present a receipt for their yearly dues to get reimbursed towards health and wellness initiatives. We are happy to do so! So, ask your company if they will reimburse you for belonging to a fitness club. Some will match and some will pay a portion of it! Every little bit helps and many companies are looking at these type of incentives to encourage healthy lifestyles.

Inclement Weather

Just a friendly reminder that our programs follow the same guidelines as the Guilford County School system. If they are closed, our programs are also cancelled. If they are opening 2 hours late or closing 2 hours early, any programs during that time frame (prior to 10am or after 2pm) will also be cancelled. Especially in the case of freezing rain, or re-freezing during the night, our entrance way is very icy. We do not want this to create a dangerous hazard and while we make every attempt to clear ice/snow, it is not always feasible for early morning activities. This includes exercise programs.



Summer Employment



Looking for Summer Employment?

While we have a full staff for the Snack Bar attendants, we are accepting applications for summer Lifeguards. Lifeguards must pass the American Red Cross Lifeguarding and Professional CPR class (classes are offered through any Red Cross www.redcross.org - check times/details for upcoming classes).

Minimum requirements to take the course are as follows:

- At least 15 years of age on or prior to last day of course
- Must be able to swim 300 yards continuously (100 front crawl, 100 breast stroke & final 100 either front or breast stroke)
- Must be able to swim 20 yds, retrieve a 10lb brick and return to surface to swim 20 yds.
- Course will cover Lifeguarding skills, CPR for professional rescuer, AED skills.

Lifeguarding teaches team building principals, injury prevention, risk management and emergency response planning skills. If you are interested in becoming a lifeguard this summer, please call or come up to the clubhouse (*no parents please*; unless as a parent, you are applying for the position) to pick up an application and schedule an interview.

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

Tennis Programing



Remember to register your next court space using our new online program. Check it out at 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 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

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

Adult Beginner Clinics

If interested please sign up by emailing Mariana at 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

ADAMS FARM SWIM & TENNIS CLUB



Golden Gatherings



Senior Potluck Dinner

Sunday, February 20th 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.



1903 Adams Farm Parkway Greensboro NC 27407

General Manager

Lea Frederick

336-854-4487

Tennis Director

Mariana Hollman

wave86mh@aol.com

Activities Director

MandiWestfall

www.adamsfarmclub.net

Mark your Calendar!

Tween Mardi Gras Party

Friday, March 4th

Kid's Movie Night

Friday, March 11th

Tween St. Patrick's Party

Friday March 18th

Easter Bunny Breakfast

Saturday April 16th