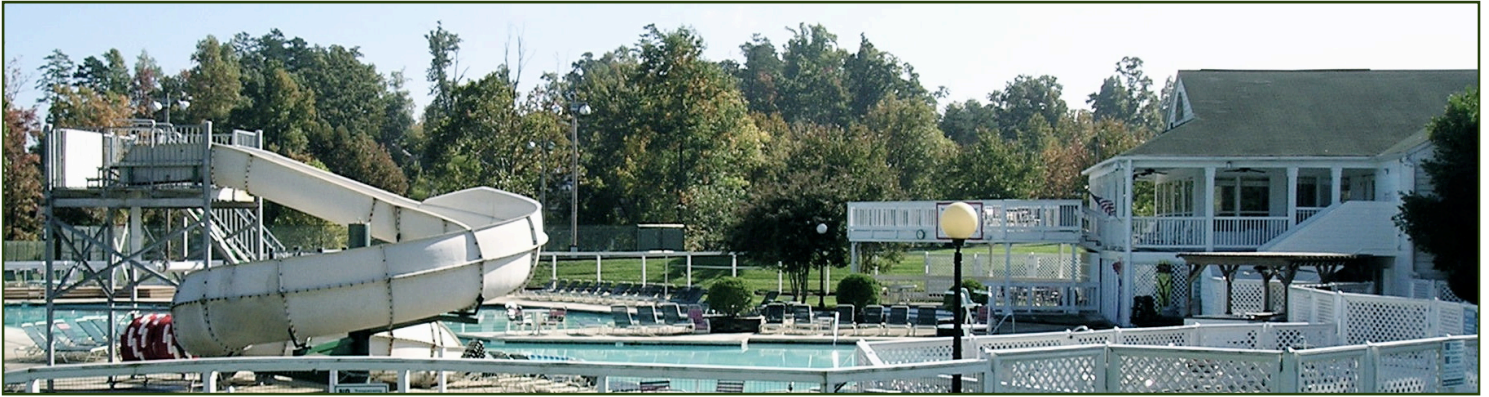


# ADAMS FARM SWIM & TENNIS CLUB

# N E W S L E T T E R



## Dear Club Members

We hope you are making plans to spend your 4th of July holiday with us here at the pool! As always, we'll be hosting activities all day, a great cookout and more! ***As a reminder, there will NOT be any swim team or water aerobics the morning of Monday July 4th.*** You may also want to consider bringing your own chairs or umbrellas to ensure you have adequate seating and shade, as its always at a premium and extremely crowded that day.

A note on our fitness room; it took a bit longer to fix the door than anticipated. We should have it back this coming week and once its installed, we'll be replacing the treadmill as well. Thank you for your patience.

Our undefeated Aquadragons will be hosting a swim meet here on Tuesday, July 5th so please note the pool will be closing at 3:30 that afternoon in order to set up for the meet. Feel free to come cheer on the kids! Thank you to everyone who donated to the Swim for Cancer raffle last weekend...over \$600 was collected and donated to the American Cancer Society! Great Job!

We have been noticing the inflatable floats are growing this year and we would like to remind everyone that if they use a float, it has to be 36" or less and preferably see-thru.

Make sure to stop by and load up those Adams Farm Gift Cards and start earning Member Rewards Points; gift cards also make great gifts. As always, check out the website for more information at [adamsfarmclub.net](http://adamsfarmclub.net).

## Summer 2011 TGIF Band Lineup!



Friday, July 1st  
Big Bump & the Stun Gunz

Friday, July 15  
The Fairlanes

Friday, July 22nd  
Tracy Thornton (steel drums)

Friday, August 19th  
Patrick Rock



<p><b>Activities</b> <i>Make sure to RSVP for all the activities going on this month for Kids and Adults!</i> <b>Page 2</b></p>	<p><b>Water Fitness Schedule</b> <i>Water Fitness Classes are starting up. Make sure to mark your calendars for day and time!</i> <b>Page 4</b></p>	<p><b>Adams Farm Aquadragons</b> <i>Home Meet Tuesday, July 5th- pool closes at 3:30pm!</i> <b>Page 5</b></p>	<p><b>Swimming Lessons</b> <i>There is still time to learn to swim! Private lessons are available!</i> <b>Page 5</b></p>
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# A D A M S F A R M S W I M & T E N N I S C L U B

## *Kids Activities*

### **Family Hot Dog Day**

*Saturday, July 16th 5:00pm - 8:00pm*

Come celebrate National Hot Dog Day with us! We will be grilling hot dogs down at the pool. Buy a drink and get a FREE HOT DOG!

### **Family Bingo**

*August 7th from 2:00pm - 4:00pm*

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.

### **Tie-Dye**

*July 23rd from 2:00pm - 4:00pm*

Kids! Come down to the grassy area by the pool to tie-dye! We will supply the dye, rubber gloves, and rubber bands, please bring your own shirt, shorts, pillowcases, etc.

### **Freeze Pop Friday**

*August 2nd while supplies last*

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

### **Euchre Cards**

*Saturday, July 23rd, 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 24th 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*

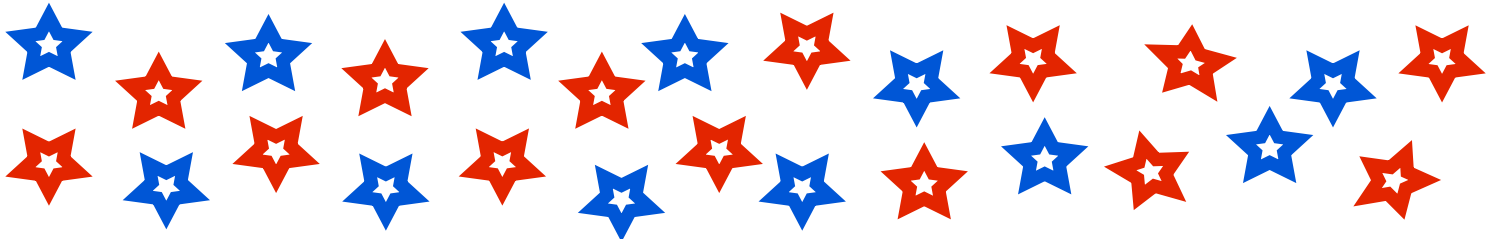
Empty nesters are invited to the Clubhouse for an afternoon of cards and fun. Please bring a small snack.



# July 4th at the Pool



## Schedule of Events and Activities



**10am:** Pool Opens

**10am - 4pm:** Moon-bounce/Face Painting (until 3pm)

**11am:** Limbo

**Noon:** 3-Legged Race

**Noon-3:00** Music by *Heartbeat of Soul*

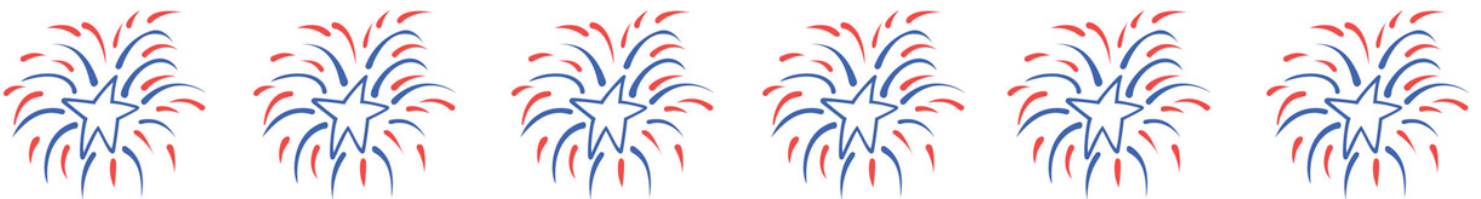
**1pm:** Water Relay Race

**2pm:** Splash Out Water Balloon Toss

**3pm:** Slide Race

**4pm:** Splash Contest

**8pm:** Pool Closes



**Food 11am - 3pm**

**\$6 Meal Deal**



**2 Hotdogs or 1 Burger, Chips, Drink & Cookie**

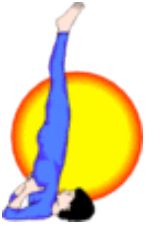
# A D A M S F A R M S W I M & T E N N I S C L U B

## Pool Hours

Monday - Friday  
10:00am-9:00pm  
Saturday  
10:00am-8:00pm  
Sunday  
12:00pm-8:00pm

## 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

## *Swim Team*

### Practice Schedule

#### *Morning Practice*

8 & Under; 9 & 10: 8:00am - 9:00am

11 & 12: 8:45am - 10:00am

13 & older: 9:30am - 11:00am

### Important Dates

Pasta Dinner: July 6th at 7:00pm

### Swim Meet Schedule

#### **Monday July 5th:**

*Pine Top and Southeast at Adams Farm*

### City Championships

Lindley Pool July 7th, 8th & 9th

## *Lower Deck Party Rentals*

Adams Farm offers our members the convenience of reserving the lower deck for private parties all summer long. Whether it is a birthday, family reunion or corporate get-together, our Party

Packages will make your next event truly memorable, and hassle free! With three levels of service, we can tailor your event to fit your vision and budget. Remember, you will earn 1 reward point for each \$1 you spend!\*

Stop by the office to schedule your party today!

## *Swim Lessons*

Sign up your kids for either Group or Private/Semi-Private Lessons and earn 1 Rewards Point for every \$1 that you spend!

### Group Lessons

#### **Infant/Toddler (age 18mo-3yrs)**

\$45 for two week session

Mon/Wed/Fri 9:00-9:30am\*

Session II July 11-22nd

#### **Level 1 (age 4-8 typically)**

\$60 for two week session

Mon, Tue, Wed, Thurs (Fri for rain makeup)

9:30-10am\*

Session II July 11-22nd

*\*Times may vary based on class participants*

You can download swim lessons registration forms online at [www.adamsfarmclub.net/pool.html](http://www.adamsfarmclub.net/pool.html).

Participants will be expected to attend all clinics, and no refunds will be given for student related absence. Lesson cancellations due to inclement weather or instructor absence will be rescheduled.

### Private & Semi- Private

Private and Semi-Private lessons with swim instructors can be scheduled on an individual basis.

Private Lessons will be scheduled on a first come, first serve basis. Lessons will be scheduled by appointment between the instructor and parent. Each Private Lesson Session will include 6 one-on-one lessons for 20 min. and costs \$95. You can also arrange for Semi-Private lessons if two participants are of similar ability. You can view download registration forms online at

[www.adamsfarmclub.net/pool.html](http://www.adamsfarmclub.net/pool.html).

# 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.

MON: 9-10am age 9-12 QUICKSTART



11-1pm Elite Jrs. (Advanced)

5-6pm Junior Intermediates

6-7pm Stroke of the Day- Ladies

TUE: 10-11am age 7-8 QUICKSTART

11am-1pm Elite Jrs. (Advanced)

5:30-6:30pm age 7-8 QUICKSTART

(Afternoon clinic for working parents!!!)

WED: 9-10am age 9-12 QUICKSTART

11am-1pm Elite Jrs. (Advanced)

5-6 pm Junior Intermediates

THUS: 10-11 am age 7-8 QUICKSTART

11am-1pm Elite Jrs. (Advanced)

4:00-5:30pm PLAY MATCHES day  
(Free of Charge)

5:30-6:30 pm age 7-8 QUICKSTART

(Afternoon clinic for working parents!!!)

5:30-6:30pm age 4-6 QUICKSTART

6:45 pm Men's Cardio

### 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



### Adult Evening Clinic Schedule

Stroke of the Day: Mondays at 6:00pm

Men's Cardio Clinics: Thursdays at 6:45pm

### Men's Night

Mondays & Thursdays at 7:30pm

Come out the Club for some informal doubles match play with your friends.

### Friendly Reminder:

Courts are available to all members.

Adults have playing priority in the evening hours as the kids can play during the daytime hours.

The courts are lit until 11pm in the evenings.

Also, pets are never allowed on the courts.

# ADAMS FARM SWIM & TENNIS CLUB



1903 Adams Farm Parkway Greensboro NC 27407

## **General Manager**

*George Frederick*

336-854-4487

## **Tennis Director**

*Mariana Hollman*

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**[www.adamsfarmclub.net](http://www.adamsfarmclub.net)**

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