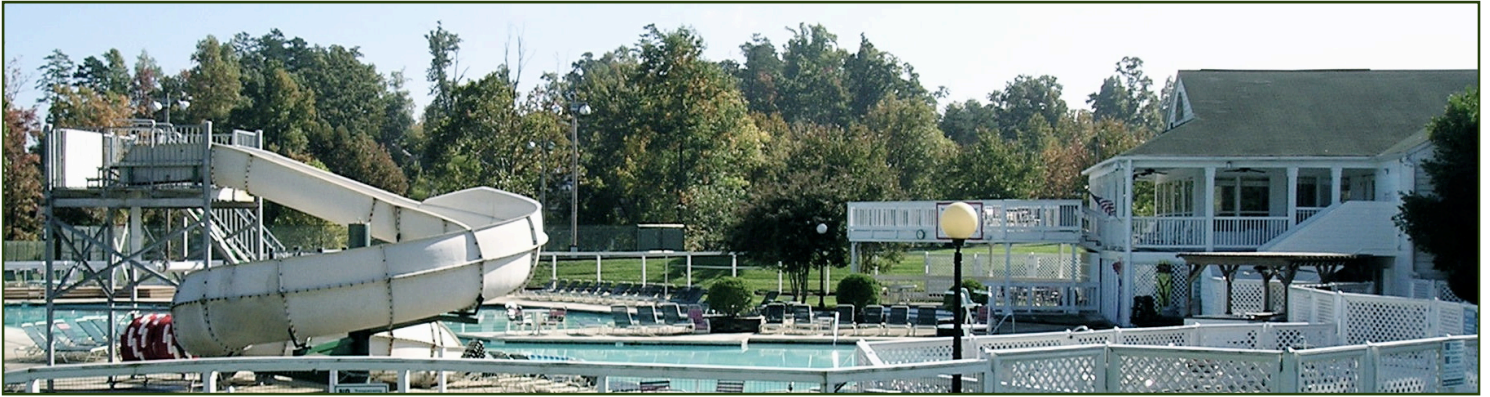


ADAMS FARM SWIM & TENNIS CLUB

NEWSLETTER



Dear Club Members

The Pool is open, which means Summer is finally here! Remember that Euchre will continue through the summer; our next game is Saturday, June 18th at 8:00pm. The Pool Hours for June can be found on Page 2 of the Newsletter and on the Pool Page of the website. ***Due to home Swim Team Meets, we will be closing the pool at 3:30pm on Tuesday June 21st and Tuesday July 5th.*** Come out to cheer on the Adams Farm Aquadragons!

Make sure to stop by and load up your free Adams Farm Gift Cards and start earning Member Rewards Points. As always, check out the website and Facebook for more information, weekly updates and pictures of your family and friends having a great time at the Club!

Summer 2011 TGIF Band Lineup! Mark Your Calendars!

Friday, May 27th
Patrick Rock

Friday, June 10th
Patrick Rock

Friday, June 17th
Wishful Thinking



Friday, June 24th
Chris Pappa Iadoro

Friday, July 1st
Big Bump & the Stun Gunz

Friday, July 15
The Fairlanes



Friday, July 22nd
Tracy Thornton

Friday, August 19th
Patrick Rock



Healthy Kids Event

Interest Meeting

Wed, June 15th, 6:30pm

We are looking for some creative parents and volunteers to help organize a 'healthy kids' event later this summer or this fall.

Suggestions we've had to date are a kids triathlon, a fun run, 5K and the like.

The goal is to keep the cost at a bare minimum but to encourage kids of all ages to participate in and enjoy fitness related activity. Come bring your great ideas and we'll discuss feasibility at our brainstorming meeting.

Activities

Make sure to RSVP for all the activities going on this month for Kids and Adults!

Page 2

Water Fitness Schedule

Water Fitness Classes are starting up. Make sure to mark your calendars for day and time!

Page 3

Adams Farm Aquadragons

Home Meets Tuesday, June 21st & Tuesday, July 5th-pool closes at 3:30pm!

Page 4

Swimming Lessons

Have your kids learn to swim this summer! Group and Private lessons are available!

Page 4

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

Father's Day Cards

Saturday, June 18th 2:00pm - 4:00pm

Come out and make a card for your father! We'll supply the card making materials you bring the creativity!

Ice Cream Sandwich Sunday

Sunday, June 19th 2:00pm - 4:00pm

Cool down with a yummy ice cream sandwich for only \$1. Ice cream will be sold at the Check-In Desk.

Sand Art

June 25th 2:00pm - 4:00pm

Kids; come out to the Pool Deck and make some sand art crafts. Please make sure to RSVP for this activity ahead of time so we have enough supplies!

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!

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. The Club will be selling Pizza, Chips, Drinks, and Ice Cream.

Guests must pay the \$8 fee.

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.

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, June 18th, 8:00pm (note new 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.

Pool Hours

Monday - Friday

10:00am-9:00pm

Saturday

10:00am-8:00pm

Sunday

12:00pm-8:00pm



Snack Bar Hours

Monday - Saturday

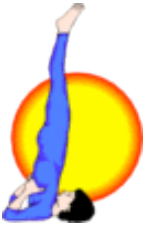
11:00am-7:00pm

Sunday

12:00pm-7:00pm

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

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



Fitness at the Club



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.

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.

Morning Lap Swim Begins June 6th;

Aquacise Begins June 6th;

Deep Water Energizer and Hydroworks Begins the Week of June 6th.

Morning Lap Swim

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

Wake yourself up with a refreshing swim!

Deep Water Energizer

Mondays and Thursdays from 7pm - 8pm

Come out for deep-water cardio at its best!

Aquacise

Mondays, Wednesdays and Friday from 8am - 9am

Great early morning low-impact workout!

Hydroworks

Wednesdays from 7pm - 8pm

Low-impact night class in the 4 foot!

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.



ADAMS FARM SWIM & TENNIS CLUB

Swim Team

Practice Schedule

Morning Practice Starts on June 13th

6 & Under; 7 & 8: 8:00am - 9:00am

9 & 10; 15 - 18: 9:00am - 10:00am

11 & 12; 13 & 14: 10:00am - 11:00am

Important Dates

Time Trials & Pictures: June 1th at 7:00am

Car Wash Fundraiser: June 11th

CSA at Grasshoppers: June 23rd

Swim for Cancer: June 24th & 25th

Pasta Dinner: July 6th at 7:00pm

Swim Meet Schedule

Monday June 7th:

Adams Farm and Henson Forest at Oak Ridge

Thursday June 14th:

Adams Farm at Burmil

Tuesday June 21st:

Sedgefield Country Club at Adams Farm

Tuesday June 28th:

Adams Farm at Lawndale

Monday July 5th:

Pine Top and Southeast at Adams Farm

City Championships

Lindly Pool July 7th, 8th & 9th

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 I June 13-24th

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 I June 13-24th

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.

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.

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!

Marianna 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. Mariana also is available to string your old racquets or help you find a new racquet that fits your style.

Junior Interclub Summer League

We will be hosting a Div II and Div V League.
Play begins June 18th! Sign up today!



Pee Wees

Beginners Ages 7 - 8
Fridays at 3:30pm for 45 min

Smashers

Beginners Ages 8 - 10
Mondays & Wednesdays at 3:30pm for 45 min



Grand Slam

Intermediate Ages 9 - 10
Tuesdays & Thursdays at 3:30pm for 45 min

Top Guns Developmental Team

Ages 10 and Up. Must have some experience in playing matches and be able to rally and serve.
Tuesdays & Thursdays at 4:30pm for 1 hour

Top Guns Competition Team

Ages 10 and Up currently at tournament level.
Mondays & Wednesdays at 4:30pm for 1 hour

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 & more participants
1½ hour Group Clinics - \$15

Gate City Clinic Schedule

Division II: Tuesdays at 11:30am
Division III: Mondays at 9:00am
Division IV: Mondays at 9:00am

Adult Evening Clinic Schedule

Stroke of the Day: Tuesdays at 7:00pm
Ladies Cardio Clinics: Wednesdays at 7:00pm
Men's Cardio Clinics: Thursdays at 7:00pm

Adult Saturday Clinic Schedule

Ladies Beginner Clinics: 11:00am
Ladies Hitting Drills*: 10:00am
*No Beginners Please
Men's Hitting Drills: 9:00am

Men's Night

Mondays & Thursdays at 7:30pm
Come out the Club for some informal doubles match play with your friends.

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 rewards point for each \$1 you spend!*

Stop by the office to schedule your party today!



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General Manager

George Frederick

336-854-4487

Tennis Director

Mariana Hollman

wave86mh@aol.com

Activities Director

Mandi Westfall

www.adamsfarmclub.net

Golden Gatherings

Covered Dish Dinner

Sunday, June 19th at 7:30pm - New Time!

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.