



Park Crossing Swim & Racquet Club October 2017 Newsletter

Thank you

All too often we forget to acknowledge the people that help with events. We would like to thank the members that helped make the Labor Day cook out a success; Brian Moran, Evelyn Chin, Winston Chin, Roddy Broadnax, Glen Sedam, Ken Hogan, Sandy Hogan, Kathy Petras and Mary Lou McElhaney. Thank you.

Labor day was also a big turn out for the Blood Drive. The final count was 103 units of blood which exceeded last years turn out. This will help a lot of people. Thank all of you that were able to help.

Food Truck Friday

Food Truck Friday will be October 13, 2017 5:30 pm - 9:00 pm. Come and enjoy. The vendors will be announced at a later date.

Club Field

Club Field-Rental Driving Cachet and Incremental Revenue

You may have noticed Charlotte United is using our fields as a training campus. Having a neighborhood "club team" has not only been a convenience for the team but a tidy profit for the club. This partnership helps improve our facilities. They've begun drawing and maintaining lines with portable soccer goals creating a usable soccer field and three small toddler fields. The domino effect is an increase in value for the whole Park Crossing Neighborhood. They've expressed interest in running winter camps on the weekends and we've been contacted by a local school. The cachet of having a Charlotte U campus in our neighborhood gives us enticing website fodder as prospective home buyers could find a campus appealing. If anyone has interest in securing our fields for a block of time with unlimited guests, we offer a competitive hourly rate, good parking, bathrooms and other facilities to entertain your little ones. If you have an organization with a need, we require a rental agreement with the proper releases and your insurance carrier to send us a certificate of coverage with the COIF named as additional insured. If you have any questions or concerns, feel free to contact me at bmoran311@yahoo.com.

Dues

The club invoices will be mailed to our members October 1, 2017 and the full payment is due by November 1, 2017. Please pay immediately to avoid the monthly finance charge of \$25.00. The finance charge will automatically be added to your bill on November 2, 2017. We accept check or cash only **no credit cards**. To avoid confusion, please write your account number on your check.

Important Contact Information

Park Crossing Swim & Racquet Club Office
Number 704-542-2743

Park Crossing Swim & Racquet Club Email
Address
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Tennis

Fall Junior Clinics-you may join at any time

Session Dates

Session IV- October 2-November 2

Pricing is per session

Red I & II (Ages 4-7) Orange II & III (Ages 7-9) Students will learn the basic skills of the game using the red & orange low compression tennis balls. Through games and drills, your child will have a blast running and playing tennis just like the big kids. Overall emphasis on the basics will be a recurring theme.

Tuesdays & Thursdays	4:30-5:30 pm	<u>\$65/1 day a week per session</u>
Wednesdays	5:30-6:30 pm	\$120/2 days a week per session

Green III (Ages 10-11) Players will focus on increasing their power, overall control, shot selection and consistency during class. They will work on a lot of movement drills and games with certain rules to create match type situations. Players from Advanced Beginner to Intermediate level will thrive in this class as all improve their skill set and knowledge of the game.

Thursdays	5:30-7:00 pm	\$99/1 day a week per session
Wednesdays	6:30-8:00 pm	\$180/2 days a week per session

Green II & Yellow II (Ages 12-15) Players will focus on bettering their strategy based on their individual skill level. Even if you have not played before, this is the right class for your child's age and we will get them on a path to success. Our overall goal is to make them proficient in tennis quickly to play and compete.

Thursdays	5:30-7:00 pm	\$99/1 day a week per session
Wednesdays	6:30-8:00 pm	\$180/2 days a week per session

Competitive Player Development (Age 9+ tournament level) Orange I, Green I, Yellow I This class is geared toward tournament level players wanting to take their game to the next level. There will be a weekly focus on a certain stroke or strategy and attention on developing that skill set. Players should expect to work hard and reap the benefits from their dedication. Prospective students need to contact Todd before entering the class. This group will also be playing in 3-4 tournaments together over the fall with the pros in attendance and offering guidance.

Monday & Wednesday	5:30-7:30 pm	\$125/1 day a week per session \$230/2 days a week per session
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Tennis

Fall Adult Clinics

Mens Workout (All levels welcome) This class is high energy, fast paced and built for giving you a great workout while working on your tennis skills. After an hour of drills and games, stay after for doubles, paired up by the pro. Guaranteed to make you sweat.

Thursdays 8:00pm - 9:00 pm \$13.00 per class

Cardio Workout- Need a kickstart to your workout regime? Members have been enjoying a weekly Cardio blast that combines tennis drills and competitive games with footwork and upper body strength training. All classes are Coed and all levels are able to participate. Please call or email. Space is limited. Class times will be posted in the weekly email blast. \$13.00 per class or \$100/10 classes.

WOW-Women on Wednesdays- If you have played before and would like to get back into the game, we are able to help. Our weekly drills can be attended on a drop-in basis and you get great music, cardio and tennis with friends.

Wednesdays 7:30pm - 8:30 pm (Intermediate/Advanced) \$13.00 per class

Queen City Ladies Teams

Our fall season is here and match play began on September 6th. We have 4 teams that compete in the Queen City Tennis League. Teams 1 & 2 play on Wednesdays and Teams 3 & 4 play on Thursdays at 9:30 am. If you would like to join us, please contact Todd and learn how to get involved.

Weekly Practices are ongoing

Team 1- Monday 11:00-Noon

Team 2- Tuesday 9:00-10:30 am

Team 3- Monday 9:30 - 11:00

Team 4- Tuesday 10:30-Noon

Queen City Saturday Mens & Womens Teams

We field 2 Mens Teams and 1 Ladies Team on Saturday mornings this fall. The Men play at 8:30 am and the women start at 11:30 am. Each team plays 4 lines of doubles and this is a terrific opportunity for competitive play for those members who work during the week. The season begins on Saturday, September 10th and continues through October. You are not obligated to play each week and can sub as available. Contact Todd to be put in touch with the team captains.

Our weekly clinics include a daily theme based on previous week's matches and the progression set by the pro staff. If you would like to be part of the women's teams, please email Todd @

pcrctennis@gmail.com or call 704-543-0440.

Private Lessons & Clinics

If you would like to improve your tennis game either individually or with your partner, please give Todd a call. They are very flexible with times to accommodate most schedules. Todd and Brett have a great deal of experience working with players of all levels to improve their tennis games. Book a lesson today to take your game to the next level!

1 hour private lesson- Todd (\$60) Brett (\$55)

1 hour group lesson- \$32 each (2 players), \$22 each (3 players), \$17 each (4 players)

To be on the weekly reminder email or for more information, please contact Todd at 704-543-0440 or pcrctennis@gmail.com.

Yoga

Summer has come to an end. We have returned from vacation, school is in session, and it's time to get back on track with the things you can do to take care of YOU. Like YOGA! **Give yourself permission to seek activities that bring you a more balanced life -- mind, body, and spirit.**

Have you been looking for a class that is:

- gentle
- challenging
- convenient
- affordable
- friendly
- small
- in a safe, comfortable atmosphere
- offering a mind-body-spirit philosophy
- appropriate for anyone
- providing a great sense of community
- great for seniors

If you are looking to **stretch** and **strengthen** your body in a safe yet challenging way, I encourage you to try a class. If you want better **balance of your mind, body, spirit**, join us! Your FIRST class is FREE so what do you have to lose?!!

The **Stretch & Strengthen** classes are growing and maturing. It is a great practice for anyone who has participated in yoga in the past and/or anyone who is in good to great shape physically and can just dive right in. This class is suited for the beginner, intermediate or advanced student using stretching and strengthening poses to tone muscles, improve posture, increase flexibility and improve balance. The class includes a series of postures and movements to build core strength, endurance and flexibility. The focus is on proper stretching, breathing, and relaxation techniques to strengthen one's body and clear the mind. Alternative postures and modifications are provided to encourage safe exploration to build confidence, flexibility, balance and strength.

Stretch & Strengthen Yoga Tuesdays & Thursdays 9:30-10:30 am

Tuesdays 6:45-7:45 pm

Saturdays 10:00-11:00 am

The **Gentle Yoga** classes are meeting the needs of our students who are needing a slower pace, needing to accommodate injuries and/or who are just beginning. This class is perfect for seniors, someone just beginning an exercise regimen, and/or people recovering from illness or injury. The class focuses on stretching and strengthening exercises to tone muscles and improve posture. This is a low intensity workout that can be done from a mat or chair. Exercises will focus on safe ways to improve balance and flexibility, breathing for relaxation and healing, and meditation for releasing tension and increasing self-awareness.

Gentle Yoga Tuesdays and Thursdays 10:45-11:45 am

Intermediate & Advanced class is a great fit for someone who has practiced yoga in the past and is familiar with yoga postures. It is very similar to the Stretch & Strengthen class based on the Kripalu tradition of yoga and emphasizes the Hatha and Vinyasa styles of yoga.

Intermediate/Advanced

Mondays 6:00pm-7:00 pm

Thursdays 6:00 pm -7:00 pm

One-on-one sessions for anyone who would prefer to practice privately. This option is appropriate for anyone struggling with an injury or coming back from an illness or injury. It is also appropriate for the beginner, or someone who is wanting an individualized, advanced yoga practice. I am currently running a promotion and offering these sessions at \$60 an hour.

We have **something for everyone** and would love to see you join a practice that meets your needs. We practice at the Clubhouse. For more details; you can also go to www.ParkCrossingRec.com/yoga.php.

If you have any questions, contact our certified yoga instructor, Lori Walker, RYT at Lori@YogaForYouStudios.com. Or, just show up for class -- registration is *not* necessary. Classes are ongoing and you may start at *any* time!

