

The Court Report

Volume 5, Issue 4

Huntsville Athletic Club

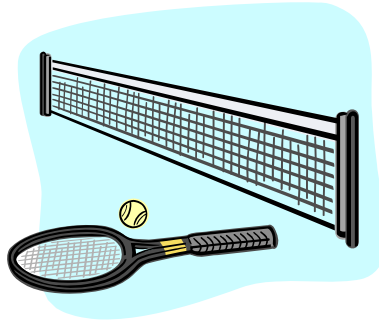
April 2006

NOTICE



Six of our outdoor clay courts will be unavailable April 1st and 2nd for the Alabama State Junior Clay Court Championships!

Make a point of supporting our local juniors by coming and watching them play!!



April Junior Development

Starts: Monday April 3rd
Ends: Thursday April 27th

Please take the time to enjoy our outdoor courts. They are in wonderful shape thanks to Johnny Cooper and Steve Sumners.

HAC's Hours
Mon. - Thurs. 5:30 am. to 10:30 pm.
Fri. 5:30 am. to 9 pm.
Sat. & Sun. 8:00 am. to 9 pm.

Nursery Hours:
Mon. - Thurs. 8 am to 7pm
Friday 8 am to 2 pm
Remember: No nursery hours on the weekends!!

Restaurant Hours
Mon. - Thurs. 8 am - 9 pm
Fri. 8 am - 3 pm
Sat. 11 am - 2 pm
Sun. 2:30 pm - 8 pm
(All hours subject to change!)

Phone 256-881-0931

Fax: 256-881-0934

www.hsvathleticclub.com

HAC MEN'S SPRING SLAM
Singles & Doubles Tennis Tournament
Open to Members & Non-Members

April 28, 29, 30, 2006

Early Registration (On or Before) April 20 - \$30/Singles - \$60/Dbls. Team
Late Registration (until): April 23 - \$40/Singles - \$80/Dbls. Team

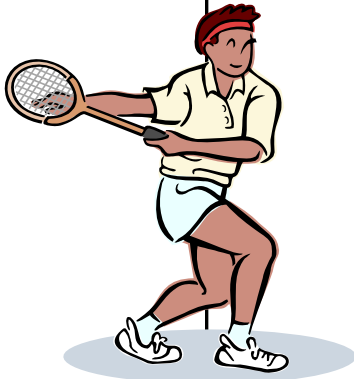
DRAWS WILL BE POSTED: Tuesday April 25 after 6 pm or call 881-0931

Limit of two (2) Events per person

Men's Singles
Men's Doubles
Senior Men's Doubles

Cookout on Saturday for lunch
Party Saturday night with entertainment

Flyers available at HAC



Drop In Clinics

Jennifer

Monday 7:30 - 8:30 pm

Paul

Early Bird - Friday 7:30 - 8:30 am
Nooner - Thursday 11 am - 12 pm

Chris

Eye Opener Tuesday & Thursday 6:30 - 7:30 am
Ladies Only, 2.5 - 3.0 Tuesday 7:30 - 8:30 pm

Look!

New Tennis Pro Rates, effective March 1st:

(per hour)

1 person \$46
2 people \$26 each
3 people \$20 each
4 people \$17 each
5 or more \$15 each

ALL DROP IN CLINICS- \$15 for members, \$21 for non-members (per hour)



All Drop In Clinics are now \$15 for members and \$21 for non-members.

“Message from D. Knott”

Not saying their names, Look at them and you can see a difference. My female workout groups are losing pounds & inches.



D. Knott is my trainer!!



3 SPORTS CAMP TIME AT HAC WAS A SUCCESS!

We burned calories!!!

With the Football, Basketball, Tennis, Pushups, Situps & Stairs each kid burned an average of 500 calories.

No slackers in D. Knott's Unit!!

OTHER NEWS

Get your house in order.

Parents sometimes kids need a push in the right direction. That's what we do here!

HAC Fitness Department

Guest Fee Policy Amended...

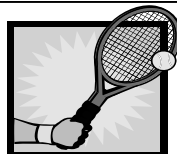
We have had several members comment about the difficulty in knowing how many times a guest of theirs has been to the club. In order to make it easier on our members, we are going to try again to set up a policy that works best for the club and for the membership. So here goes:

Our guest policy as of March 15th is:

The first time a guest comes to this facility to play tennis, there will not be a guest fee charged. The guest fee from that point forward will be \$20 (plus court charges if playing indoors). **This does not mean that everyone can now come one time free.** The free visit is valid **only** if they have **never** visited before.

We all know that sometimes there are special circumstances- you might have relatives in from out of town, or a friend visiting from Birmingham, etc.. If you believe you have such a situation, talk with Steve or Lynda and they will be more than happy to work something out. Thanks!

Free Dues Winner
Mona Soliman



Members, please take the time to demo some of the new tennis racquets in our Pro Shop! Also, we are going to have some new men's clothing with the HAC logo available. If you see something or want something that we don't have available, just ask! We'll be happy to special order it for you!

APRIL 2006 CLASS SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
5:45 AM.		Step Lenny		Step Lenny		Step Lenny	
7:45 AM.		Pilates INT. (downstairs) Rebecca Zurn		Pilates BALL (downstairs) Rebecca Zurn			
9:00 AM.			Cardio Sculpt Anna Maria				Step Lenny
9:15 AM		Beginner Pilates (downstairs) Jana		Beginner Pilates (downstairs) Jana		Beginner Pilates (downstairs) Jana	
10:30 AM							Step Lenny
12:00 PM							** Fencing
2:00 PM							Fencing Practice
4:00 PM	Step Lenny						Fencing Practice
4:30 PM		Ladies Circuit Leigh Anne	Ladies Circuit Leigh Anne Step Lenny	Ladies Circuit Leigh Anne	Ladies Circuit Leigh Anne Body Shaping Anna Maria		
5:00 PM	Yoga Nirml					Step Lenny	
5:30 PM		Body Shaping Anna Maria	Kickboxing Leigh Anne Yoga (restaurant area) Ann	Step Lenny Ballroom Dance Neal Reisel	Pilates (downstairs) Jana Yoga (restaurant area) Nirml		
6:00 PM						Fencing Practice	
7:00 PM		Step Lenny	Fencing Practice	Step Lenny	Step Lenny		ALL TIMES ABOVE ARE SUBJECT TO CHANGE.

Classes are no additional cost to members and \$5.00 per class for non-members.

***Fencing Class. Limited to 12 people ages 12 and up. *Fencing costs—\$90 for 8 weeks. *For information call Brian Parker at 881-5957.

