

The Court Report

Volume 5, Issue 5

Huntsville Athletic Club

May 2006

IT'S SWIMSUIT SEASON: ARE YOU READY?

SPRING INTO SUMMER

May is here and it feels like summer. As tennis players, make sure you are hydrating your bodies (with water!). Try to drink at least 8 (8 oz.) glasses of water a day. This helps to prevent injuries and dehydration. Also, don't forget to apply sunscreen every day - even on non-sunny days. Remember: if necessary, the HAC employees can revive you, but if you use caution with the heat and the sun, we won't have to!



NEW!

Upgraded Equipment!

New upgraded equipment to help you meet your goals for the summer! Don't hesitate to ask the fitness staff for assistance with this exciting new gear- *we are here to help you reach your aspirations!*

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

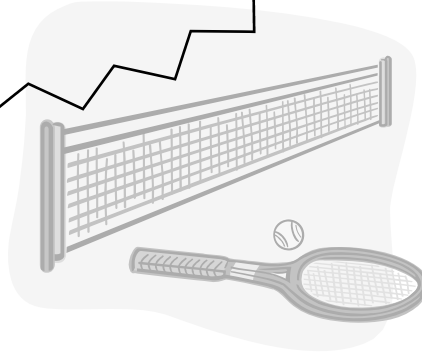
www.hsvathleticclub.com

May Junior Development

Starts Monday, May 1st - Ends Monday, May 25th.

SUMMER JUNIOR DEVELOPMENT

Same schedule as during
school year- begins
Monday, June 8th!



*Pre-Qualifying Camp
Tuesday, May 30th -
Thursday, June 1st
Time: 1 - 3 pm
Cost: \$75 for the 3
day camp, or \$30
per day.
Contact the Front
Desk if you're
interested!*

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 6:30 - 7:30 pm

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

NEW TIME!



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



Message from the Fitness Staff

We want to welcome our new employee, Molly! She will be running the restaurant in the evenings.



**OTHER
NEWS**

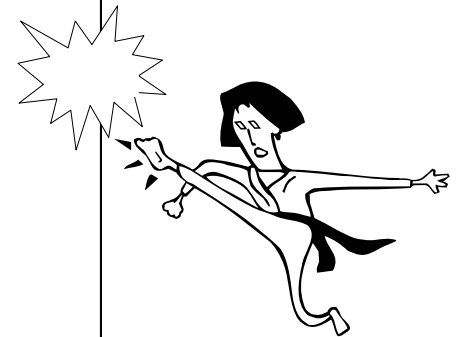


Welcome!

Self-Defense Workshop

We have been approached about offering a self-defense workshop for women here at HAC. Let the Front Desk know if you're interested - we must have at least 10 ladies signed up in order for the workshop to be taught. The class will cover:

- Defense against strikes to the head
- Natural weapons of defense, including elbows, knees, feet, hands & legs
- Defense against grabbing
- Rape prevention, and simple techniques to:
 - get a larger person off of you
 - disable a larger person & escape



Course is 2 1/2 hours - certificates awarded to participants

Cost: \$35 each for 10 participants



PARENTS: BIRTHDAYS ARE ALL ABOUT FUN!!!

How about giving your kids a 3 hour Birthday Sports Camp with D. Knott? The camp includes football, tennis and basketball- see D. Knott for more information!

Free Dues Winner
Wood Deleuil

May 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	
12:00 PM							** Fencing
2:00 PM							Fencing Practice
4:00 PM							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.

