

# The Court Report

Volume 5, Issue 10

Huntsville Athletic Club

October 2006

## Congratulations

### *HAC 9.0 Mixed Doubles Team*

Good luck to the HAC members representing Alabama at Sectionals in Cary, North Carolina Oct. 20th. They are the HAC 9.0 mixed team which includes Peggy Richardson, Eugene McNutt, Robby, Rowan, Leila Anne Rowan, Sam Vickroy, Penny Sumners and Steve Sumners.



### Champions The HAC Fall NTRP tennis tournament

<u>Division</u>	<u>Champions</u>
Mens 4.0 Singles	Alex Pols
Mens 4.0 Dbls	Randall Roland/Sam Vickroy
Womens 4.0 Dbls	Kasi Duckett/Jennifer Williams
Womens Sr. 3.5 Dbls	Millie Harris/Arlene Taylor
Mixed 8.0 Dbls	Paula McCarty/Frank Craig
Mixed 7.0 Dbls	Lynne Bangert/Simon Richards
Mixed Sr. 7.0 Dbls	Arlene Taylor/Clyde Wilder



**HAC's Hours**  
Mon. - Thurs. 5:30 am. to 10:00 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. 9 am - 9 pm  
Fri. 9 am - 4 pm  
Sun. 2:30 pm - 8 pm  
(All hours subject to change!)

Phone 256-881-0931

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www.hsvathleticclub.com

# 2006 - 2007 NEW Block Dates!

## TENNIS NEWS

You asked for it- we've got it! Blocks will be starting later in the year. We will now offer an October Block (Oct. 2 - Oct. 29) and two 12 week blocks starting October 30 and extending through April with a Holiday hiatus during Christmas break from Dec. 23 - Jan. 7 (at \$22 per court). Please check your groups and note any changes on the list at the Front Desk.

**\*\* October Block- billed on September Invoice\*\***

### October 2 - October 29

New this year! An extended block period for those wishing to start early.

### 1st Block- billed on September Invoice

#### October 30 - December 22 AND January 8 - February 4

Thursday Blocks will be billed 11 weeks to account for Thanksgiving.

### 2nd Block- billed on December Invoice

#### February 5 - April 29

Any block times affected by the Volley for the Kids Tournament will be billed 11 weeks.

Please check your groups to see if the same members will be in your block. Please OK your groups and mark any changes on the list at the Front Desk. Mark "OCT" next to your group to add an October Block.

**\*\*\*New Light Time Rates\*\*\***

### Block Rates

Block 1 and Block 2:

Day Block (until 5:30 PM) \$28 x 12 = **\$336** (\$84 per person in a group of 4; \$7 per person)

Night Block (5:30 PM to close) \$32 x 12 = **\$384** (\$96 per person in a group of 4; \$8 per person)

October Block:

Day Block (until 5:30 PM) \$28 x 4 = **\$112** (\$28 per person in a group of 4; \$7 per person)

Night Block (5:30 PM to close) \$32 x 4 = **\$128** (\$32 per person in a group of 4; \$8 per person)

Beginning October 2, 2006 - new non-block light time rate per 1 1/2 hour.

### Non-Block Rates

All Day \$36 per court (\$9 per person)



## Adult Tennis Leagues Begin the Week of Sunday, October 1st!

### Sunday: Mixed Doubles

3:00 - 4:30 pm Open Mixed  
 4:30 - 6:00 pm 8.0 Mixed  
 6:00 - 7:30 pm 7.0 Mixed  
 7:30 - 9:00 pm 6.0 Mixed

### Monday: Men's Doubles

8:30 - 10:00 pm 7.5 Men's Dbls

Sign up at the Front Desk, and see Nancy with any questions!

## Ladies Doubles

We are trying to get some Ladies Doubles Started on Wednesday & Thursday at 12 pm. Wednesday will be for Ladies with a USTA rating of 3.0 and up. Thursday will be for Ladies with a USTA rating of 3.5 and up. Steve will send out an email Monday or Tuesday and will fill up the courts as he gets responses. We will play outside as long as possible and then move indoors when the weather dictates.

If you would like to be on the email list send Steve your email address, USTA rating, and on which lists you would like to be included.

Steve's email address is sales@HSVathleticClub.com

## Drop In Clinics

### Jennifer

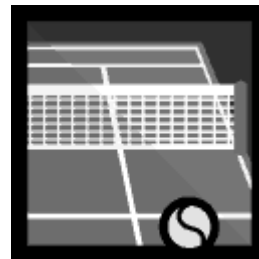
Monday 7:30 - 8:30 pm  
 Nooner - Thursday 11am - 12 pm

### Chris

Eye Opener Tuesday & Thursday 6:30 - 7:30 am  
 Early Bird Friday 7:30 - 8:30 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)



## Junior Development - October

Starts Sept. 25th and ends Thursday Oct. 26th.  
No JD the week of Oct. 9 - 13.

### Fall Break JR. Tennis Camp (It will feature video analysis.)

Monday Oct. 9 - Thursday Oct. 12  
4:00 - 5:30 pm  
Members \$70, Non-Members \$85



Kids Round Robin  
& Pizza  
Oct 21  
11:00 - 1:00 pm  
Cost \$10

**MORE  
TENNIS  
NEWS**

HAC Jr. Championship  
Tournament  
Nov. 10 - 12.



### Halloween Swingers Friday, Oct. 27th 6:30 - 9 pm

Come in your best Costume!!!  
Prizes will be given.

Come play tennis, sip some Halloween magic potion, and listen/dance to your favorite music.  
\$15 Members, \$20 non-members



### Kickboxing is Back!

Starting Oct 3rd, Leigh Anne will be teaching a Cardio Kickboxing class every Tuesday at 5:30 pm. Please join us for a good cardio/kickboxing workout!

**FITNESS  
NEWS**

### D. Knott's Women's Powder Puff and Men's Flag Football Game

2 women's and 2 men's teams wanted

All I hear is my college team is better than this or that team. Well now show me how good **YOU** are!!

Sunday Oct. 15th from 3 - 6 pm.

If you can not play with the big dogs stay off the field.  
This game is for grown folks!

## Get in Shape for Xmas Dinner

3 month deal for 1 special dinner

- Take these 3 months and work out hard, eat right and on Xmas day you can wear what you want and eat what you want.
- Increase your cardio starting today.
- Cross train - cross training is an excellent way to get in shape
- If you don't want to workout alone, D. Knott still has openings in his training groups.
- See D. Knott's for details!!!

## Check out David's Fat Challenge!

Starts the week of Sept. 5 - 10 and ends Dec. 22. The member who loses the greatest percentage of body fat wins 3 MONTHS of FREE DUES!

### Lockers for Rent!

There are lockers for rent. Check with the front desk. The annual fee is billed in October.

Free Dues Winner  
**Karen Evans**

# SEPTEMBER 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		Pilates (downstairs) Jana		Pilates (downstairs) Jana		Pilates (downstairs) Jana	
10:15 AM		<b>**Pilates Fundamentals Jana</b>					
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	Yoga (restaurant area) Ann Kickboxing Leigh Anne	Step Lenny Ballroom Dance Neal Reisel	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 is limited to 12 people ages 12 and up. Fencing cost—\$90 for 8 weeks. For information, email [blittle@hiwaay.net](mailto:blittle@hiwaay.net) or visit [www.huntsvillefencingclub.org](http://www.huntsvillefencingclub.org).

**\*\* If you are interested in taking a Pilates class, come to the Monday 10:15 Pilates fundamentals class. It will give you a better understanding of what Pilates is and will help you learn the basics for any class you take.**