



# Kildaire Farms Racquet and Swim Club Kildaire Farms Racquetball and Fitness Center

# News

*The Premier Tennis, Swim, Fitness and Racquetball Club in Cary — Fall 2005*

## MANAGER'S REMARKS



The 2005 fall season is here with warm days, cool nights, and many tennis, fitness, and racquetball programs underway. This summer the swim and tennis facilities were active with junior and adult activities including tennis leagues, children's tennis and swim programs and social events.

The pool staff managed by Jessica Randell, the swim team coaches Margaret Matkins and Tori Pendergrass, the tennis staff and our new staff tennis professional Kirstie Marx all did an outstanding job. A special thanks goes to our office manager Harriet White for the great job she does and the many hours of overtime she has logged over the past several months.

Our acquisition of the Cary Fitness and Racquetball Club was completed in August, and our members now have access to the new Kildaire Farms Fitness and Racquetball Center. I feel the center will be a valuable new benefit for our members and offer stability for the members of the former fitness and racquetball club. The fitness club staff has done an excellent job during the acquisition and merger. I would especially like to thank the Board of Directors who, led by Club President Charlie Bridges, spent countless volunteer hours coordinating the financial, legal and membership issues required to facilitate the acquisition.

I look forward to the fall and winter seasons with many new indoor programs now available. If you have any questions, requests or suggestions, please feel free to call me at 467-4313.

*Warm regards,*  
**Tommy Dixon, Manager**

## Pool Summer Wrap Up

Thanks to Pool Manager Jessica Randell and her staff for a great season at the pool. Meanwhile, Coach Margaret Matkins led the Kildaire Farms Killer Whales swim team to its first division championship in over a decade! We look forward to seeing even more members at the pool next summer.



**October 7 OktoberFest Mixed  
Doubles**

**October 22-23 Kildaire  
Farms/ MacGregor Downs  
Junior Classic**

**November 5-6  
Racquetball Tournament**



## New Tennis Ball Machine

The Racquet and Swim Club has purchased a new ball machine. See page 2 for details and rental information.

## Welcome New Members

A special welcome to all members from the Cary Fitness and Racquetball Club. We look forward to seeing you at the pool and Fitness Center and on the tennis courts!

## Kildaire Farms Racquet & Swim Club Management Office

**Tommy Dixon, General Manager & Tennis Professional**

**Kirstie Marx, Tennis Professional**

**Harriet White, Office Manager**

**Management Office:** 162 Pebble Creek Drive,  
[in the Tennis Pro Shop]

**Phone:** 467-4313; **Mailing address:**

P.O. Box 4741, Cary, NC 27519-4741

**E-Mail:** kildairefarmsrs@bellsouth.net

**Please contact the staff if you have questions concerning Racquet and Swim Club membership, Clubhouse rental, pool parties, or any other items.**

## Kildaire Farms Fitness and Racquetball Center

**Phone:** 467-1852

**Hours of operation:** 6:00 am-1:00 pm  
4:00 pm-10:00 pm

**Visit Our Websites:** [www.kildairefarmsclub.com](http://www.kildairefarmsclub.com)  
or [www.caryclub.com](http://www.caryclub.com)



### Tennis News

**Phone Reservation Policy** Phone reservations may be made at any time during Pro Shop hours. Next day walk-in court reservations are not allowed from 9:00-10:00 am Monday through Saturday and 2:00-3:00 pm on Sunday.

#### New Tennis Ball Machine - "The Smash"

The Racquet and Swim Club has purchased a new ball machine called "The Smash". Some of its features include variable topspin and backspin, seven-shot programmable direction, and electronic height control.



The ball machine is a great way to practice whether you are a beginner or advanced player. The machine is available during Pro Shop hours for a rental fee of \$15.00 per hour. A year's pass for unlimited use is available at \$100.00 per individual or \$150.00 per family. *Please call the Pro Shop to reserve the machine.*

#### Kildaire Farms/MacGregor Downs Junior Classic



October 22-23  
Boys and girls ages 12 and under through 18 and under  
USTA tournament  
Visit [www.NCTA.com](http://www.NCTA.com), [www.USTA.com](http://www.USTA.com) or call the Pro Shop for details. Online registration is available.

#### Pro Shop and Management Office Hours



April 1 thru Oct. 31  
9:00-6:00 pm  
Nov. 1 thru March 31  
9:00-5:00 pm

#### Clay Court Schedule

Weekdays (Mon.-Fri.)  
Daily 9:00 am - 10 pm

#### Hard Court Schedule

Daily (Sunrise - 10:00 pm)  
Courts are reserved on the hour or half-hour.



Harriet White  
Office Manager

### Ratings and Upcoming Tennis Events

Following you will find a listing of the fall programs including leagues, socials and tournaments. These activities are set up to accommodate all levels of play from beginner to advanced players. The National Tennis Rating Program is a system that rates players from 1.0 (has never hit a ball) to 7.0 (world class professional). The NTRP is now used in almost all leagues, tournaments, and group lessons to determine at which level you should play. Most club players are rated 3.0 (advanced beginner), 3.5 (intermediate), 4.0 (advanced intermediate), or 4.5 (advanced). To sign up for any of the programs, call the Pro Shop or place your name on the sign-up sheets on the Pro Shop wall. For assistance in determining your rating or if you have other questions concerning these events, please contact Tommy or Kirstie.



#### Men's & Women's Fall & Winter Singles Computerized Ladder—

Computerized singles ladders for levels 3.5, 4.0, and 4.5. You may play as much or as little as you prefer. Weekly standing will be e-mailed to participants. You may join anytime. A great way to meet people and play matches for those who need a flexible schedule!

#### Junior Tennis

We have extensive year-round junior tennis programs available for all ages and ability levels. Call Tommy or Kirstie for more details.

#### OktoberFest Tennis Party

The Kildaire Farms Racquet and Swim Club Tennis Committee is sponsoring an OktoberFest Tennis Party.

**Date:** Friday, October 7, 2005

**Time:** 6:30 pm until ???

**Events:** Women's, Men's, Mixed, "Mixed-up" Doubles

**Cost:** \$10/person (Guests are welcome)

**What's Included:** Brats, hot dogs, sauerkraut, cole slaw, potato salad, cookies, tennis balls, and fun

**Sign-up deadline:** 5:00 pm, Thursday, October 6

#### Tennis Partners

If you need tennis partners, information on leagues, events, etc. call Tommy or Kirstie at 467-4313.

**NOTE: The Tennis Committee meets quarterly. Call the Pro Shop for specific dates and time.**

## Kildaire Farms Fitness & Racquetball Center Programs

### Dance Classes Now Offered at the Kildaire Farms Fitness & Racquetball Center

*Graceful Expressions* strives to provide dance education at its finest: training in proper technique paired with a warm, caring and engaging atmosphere that encourages creative development. By making children feel valued and comfortable in their class, the best possible learning environment is created. Emphasis is placed on developing the lasting benefits of dance—discipline, confidence, a sense of accomplishment, a love for the art, and creativity. Careful consideration is given to all costume, music and choreography selections so that they are modest and appropriate for the children. Classes in pre-school dance, ballet, jazz and tap are offered for ages 3 through middle school. Worship dance classes, taught to Christian music, are offered for ages 2 (parent-child class) through high school.



**Contact April Schweitzer at 272-2576 or [gracefulexpressions@hotmail.com](mailto:gracefulexpressions@hotmail.com) for more information.**

\*More exercise programs will be available starting in November.  
Contact the Fitness Club at 467-1852 for more details.\*

#### Yoga Instruction

**Starts:** October 4 10:00-11:00 am **Cost:** \$30/session

##### Course Description

Numerous reasons exist why people shy away from trying yoga. They might have a misconception that yoga is a form of religion—which it's not. They might have seen yoga postures that look next to impossible and think, "I could never do that." They even might feel out of condition and fear getting injured. The good news is: **YOGA IS DONE AT YOUR OWN PACE.** You learn to listen to your body and do what's comfortable for you. The Club will offer YogaFit, a type of yoga which follows the ancient disciples of breathing, stretching, and practicing poses. The poses offer various options for students of all levels. The practice promises to be just plain fun so come give yoga a try.

Laura Robinson will be our yoga instructor. She and her family have been members of Kildaire Farms Racquet & Swim Club for nine years. Laura has been a student of YogaFit for the past three years. Last year, she completed the teacher training for YogaFit I and II. She currently teaches yoga at Cary Presbyterian Church where for the past year, she has enjoyed teaching all levels and ages. Call 467-1852 to register.

#### Racquetball Programs

For all racquetball programs including lessons, tournaments, and events contact Racquetball Director Ed Remen at 467-1852.

#### Aerobics Classes Available

**Time:** 6:00-7:00 am **Contact:** Audy Brady  
**Phone:** 233-1881

#### ITA Taekwondo

For class times call 523-5139.

Locker Rentals—\$120.00/year

#### Massage Therapy & Chiropractic Services

The club is excited to welcome Preston Family Chiropractic and Nirvelli Day Spa. Starting October 15th, they will be offering on-site chiropractic care on Tuesdays and Fridays between 8 am-1pm. Nirvelli will be providing massage therapists here at Kildaire Farms Fitness and Racquetball Center on Mondays and Wednesdays between 4 pm-7pm. The therapists offer a wide variety of massages including deep tissue, Swedish, sports, and Thai. Other hours are available by appointment only. Please call their office located in the Preston area at 238-5040 or use the sign up sheet here at the Fitness Center to schedule.

#### Weight-Room Orientations

Members will be able to schedule an appointment for a weight-room orientation with our club personal trainer Sue Marjoram. Orientations will take about one hour and appointments should be made by contacting Sue directly:

At the Club (467-1852)      Cell phone (434-9624)

**Cost for initial consultation:** \$25.00

Sue is also available for personal training sessions with those members wanting a customized workout program.

#### MOMfit

This class will be taught by Julie Berkowitz and is designed to focus on toning for mothers after childbirth. Mothers are encouraged to bring their own babies (BYOB). We will use a variety of exercise formats such as yoga, exercise balls, weights, standard exercise moves, stroller walking, and our babies to get back into shape and spend quality time with our babies. Class format will vary depending on baby ages and wants and needs of the mothers. Please obtain permission from your doctor before starting any exercise.

**When:** Tuesdays 9:00-10:00 am starting October 4

**Cost:** \$35 for four sessions      Minimum 4 students



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**P.O. Box 4741**  
**Cary, NC 27519-4741**