



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

## News

— *The Premier Racquet and Swim Club in Cary* — *SPRING 2006*

### MANAGER'S REMARKS



Spring weather is on the way. After a long and cold winter, everyone is ready to be on the courts and in the pool. The Kildaire Farms Fitness and Racquetball Center has been a great addition allowing our members access to racquetball, workout facilities, a hot tub and sauna. The Fitness and Racquetball staff has done an excellent job. We are pleased that the majority of our 2005 pool staff will return for 2006. Rebecca Keegan will be the pool manager, and Eric Hockridge and Neal Robinson will be the assistant managers. Tori Pendergrass will coach the swim team, and Audrey Whitmeyer-Weathers will be the assistant coach. The coaches and pool staff did an outstanding job last year, and we look forward to another great year at the pool facility.

The spring tennis programs will gear up for the 2006 season during March. The clay courts will be resurfaced mid March. Please be patient during this process because we will experience some “down time”. The pool will open on Saturday, May 20. If you have any requests or suggestions for new or different swim, tennis, fitness and racquetball activities, please call the Pro Shop.

As always, many thanks to the Board of Directors, Pool Committee and Tennis Committee whose members put in many hours of volunteer time to make our club one of the finest anywhere. The summer newsletter will be online in May. I am looking forward to a super year.

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

**\*Swim Team Registration: Swim team registration will be held on Sunday, April 30 at the Kildaire Farms Clubhouse from 2:30-4:30 pm.**

Swim team membership is open to any member of the Kildaire Farms Racquet & Swim Club who has not reached their 19th birthday as of June 1, 2006. There is a non-refundable registration fee of \$45.00 for each swimmer which includes a Killer Whales T-shirt.



**March 12**—Kildaire Farms Racquetball Tournament

**April 28-30**—Kildaire Farms NTRP Tournament (USTA)

**April 30**—Swim Team Registration

**Dates to Remember**

**The Annual Meeting for the Kildaire Farms Racquet & Swim Club will be held Monday, March 13, 2006 at 7:30 pm in the Clubhouse.**

*All interested Club Members are invited to attend.*

### Kildaire Farms Member/Guest Doubles

**Date:** Saturday, April 22 - **Time:** 9:30 am until ???

**Events:** Men's, women's and mixed doubles

**Format:** Round robin

**Cost:** \$40.00/per team (bring a partner)

**What's included:** Food, beverages, along with tennis balls, prizes and fun!

**Sign-up deadline:** Monday, April 17

### 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:** [kildairefarmrs@bellsouth.net](mailto:kildairefarmrs@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 & Racquetball Center

**Phone:** 467-1852

**Hours of operation:** Monday-Friday

6:00 am-1:00 pm and 4:00 pm-9:00 pm

Saturday-Sunday: 8:00 am-4:00 pm

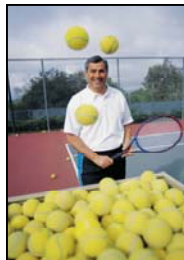
**Visit Our Website:** [www.kildalrefarmclub.com](http://www.kildalrefarmclub.com)

## Tennis News

### \* New Tennis Ball Machine—"The Deuce"

The Racquet and Swim Club has purchased a new ball machine called "The Deuce". 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 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.*



### \* Tennis Programs Available For All Levels!

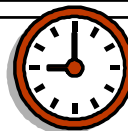
Our tennis programs are geared for players from beginner to advanced levels. We have weekday morning, evening, and weekend leagues including **RATL**, **USTA**, and **Triangle**. We also run intra-club leagues such as doubles quads, singles, and mixed doubles. The men's and women's tennis active list provides an opportunity for players to select "like" partners to play. **Social events** include round-robins with themes such as Margaritaville, Oktoberfest and Member/Guest Mixed Doubles.



### \* We Hold Four Major Tournaments a Year

**USTA NTRP Tournament** (April), **Cary Clay Courts** (July), **Dog Days of Summer Mixed Doubles** (August), and **USTA Kildaire Farms & MacGregor Downs Junior Classic** (October).

### Pro Shop and Management Office Hours



April 1 thru Oct. 31

9:00-6:00 pm

November 1 thru March 31

9:00-5:00 pm

### Clay Court Schedule

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 spring 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 Spring Singles and Mixed Doubles Computerized Ladder

Computerized 9-week singles or mixed doubles ladder 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. Starts in early May, but you can join anytime. A great way to meet people and play matches for those who need a flexible schedule!

### Ladies Spring Triangle Morning League

We will field two Triangle League teams for the spring season. These teams play on Wednesday mornings starting April. Ability levels 3.5 to 4.5. Call us for information.



### Raleigh Area Spring Tennis League

The Raleigh Area Tennis League is a weekday evening league for men and women. The competition is divided into various league levels with players using the National Tennis Rating Program as a way to determine at which level to participate.

A match consists of three doubles matches. Matches begin at 7:00 pm and are played both at home and away starting in late March. Players may form their own teams and must have a minimum of six players.

### 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.**

**Ladies' & Men's Evening Doubles Quadrant** — Doubles “ladder” league. Play with a different foursome each week. Move up or down according to your results. All levels. Ladies play Mondays, April 3 through May 22; men play Thursdays, April 6 through May 25. Starting time is 7:30 pm. No charge.

**NTRP Tournament** —The Kildaire Farms NTRP Tournament is our first USTA NTRP tournament for men and women. This year's events will be men's and women's singles and doubles 3.0-5.0 and combo mixed doubles 6.0, 7.0, 8.0 and 9.0. The tournament will be held April 28-30. Visit the USTA website [www.usta.com](http://www.usta.com) for more information.

**Summer Evening Mixed Doubles League** — “Fun” mixed doubles for all levels of play. The league runs from June 12 through July 17 on Mondays at 7:30 pm.



## *Tennis Group Lessons & Workouts*

Group lessons and workout programs for adults and juniors are available on our website. These programs use a fun positive approach to learning and improving each student's game. To sign up for lessons, workouts, or group lessons or if you have questions concerning which groups you should participate in, contact Tommy or Kirstie.

### **Group and Private Lessons: Men & Women**

Group and private lessons are available for men and women. Form your own group. See Tommy or Kirstie to schedule a time.



### **Cardio Tennis Workouts—All Levels**

The new latest craze in tennis workouts. A great high energy workout using drills and exercises all set to music.

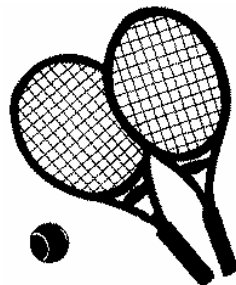
**Note:** This is a workout, not a tennis lesson.

**Dates:** May 9, May 16, May 23

**Times:** 6:00-7:00 pm

**Cost:** \$45.00 per person per session  
\$15.00 per workout

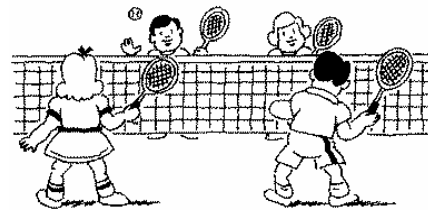
**Note:** (One session is three workouts)



### **Junior Tennis**



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



### **Junior Program Pizza Parties and Tennis**

<b>Dates:</b>	<b>March 10</b>	<b>5:00-7:00 pm</b>
	<b>April 7</b>	<b>5:00-7:00 pm</b>
	<b>May 12</b>	<b>5:00-7:00 pm</b>
	<b>June 16</b>	<b>5:00-7:00 pm</b>
	<b>July 28</b>	<b>5:00-7:00 pm</b>

**Cost: Members \$8.00 Non members \$10.00**  
(Food and tennis balls are included.)

### **Junior Tennis Banquet**

**Date: Wednesday, August 16**

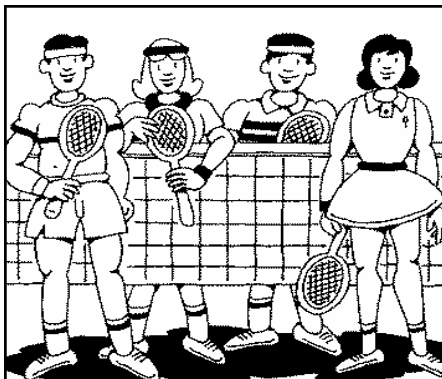
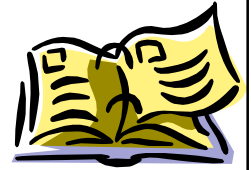
**Time: 6:00 pm**

**Place: Kildaire Farms Clubhouse**

**Pizza-Salad-Beverages-Awards**

# 2006 SCHEDULE OF TENNIS EVENTS

March	Sign up for Women's Triangle League
March	Raleigh Area Evening Tennis League (Doubles)
March	USTA Leagues Begin Play
April 1	The Clay Courts Will Reopen (Maybe earlier if weather permits)
April 3-May 22	Ladies Evening Doubles Quadrant.....Monday, 7:30 pm
April 5	Ladies Morning Triangle League Begins
April 6-May 25	Men's Evening Doubles Quadrant .....Thursday, 7:30 pm
April 22	Kildaire Farms Member/Guest Doubles.....Saturday, 9:30 am
April 28-30	NTRP Tournament (USTA Sanctioned)
May	Spring Club Singles Computerized Ladders Begin
May 12	Junior Program Pizza Party.....Friday, 5:00-7:00 pm
June 5-July 27	Summer Junior Programs
June 12-July 17	Evening Mixed Doubles League.....Monday, 7:30 pm
June 16	Junior Program Pizza and Tennis.....Friday, 5:00-7:00 pm
June 17	Junior-Senior Round Robin ..... Sat., 9:00 am-noon
July	Raleigh Area Tennis League (World Team Tennis Format)
July 14-16	Cary Clay Courts (A portion of profit goes to Cancer Benefit)
July 28	Junior Program Pizza and Tennis.....Friday, 5:00-7:00 pm
August	Sign up for Women's Fall Triangle League
August 5-6	Dog Days of Summer Mixed Doubles Tournament
August 14-15	Club Junior Championship
August 16	Junior Tennis Banquet.....Wednesday, 6:00 pm
September	Ladies Morning Triangle League Begins
September	Raleigh Area Tennis League (Mixed Doubles)
September	Fall Club Singles and Mixed Doubles Computerized Ladder Begins
Sept. 7-Oct. 27	Men's Evening Doubles Quadrant..... Thursday, 7:30 pm
Sept. 11-Oct. 30	Women's Evening Doubles Quadrant .....Monday, 7:30 pm
Oct. 13	Oktoberfest Mixed Doubles
Oct. 21-22	Kildaire Farms/MacGregor Downs Junior Classic (USTA Sanctioned)
December	Winter Club Singles Computerized Ladder Begins (Men & Women)
December	Western Wake Tennis Ladies League Begins
TBA	Margaritaville Mixed Doubles



**NOTE:** There will be other events held throughout the year. Watch the Bulletin Board, Website and Newsletter for details. During scheduled Tennis Events, court availability may be limited for general use. For more information or to sign up for any of these programs and events, call the Pro Shop at 467-4313.

## Kildaire Farms Fitness & Racquetball Center Programs

### Dance Classes Now Offered at the Kildaire Farms Fitness and 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 preschool 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.**

### Yoga Instruction

Yoga will be taught by Laura Robinson. The practice will follow the ancient disciples of breathing, stretching, and practicing poses. Class appropriate for all levels of students. Participants should provide own mat. Contact Laura at 461-2337 for more information.

**When:** Wednesdays from 9:30-10:30 am

**Cost:** \$35 for four sessions

Minimum four students

### Racquetball Programs

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



### 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:

**Fitness 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.



### Aerobics Classes

**Time:** 6:00-7:00 am

**Contact:** Audy Brady

**Phone:** 233-1881



### ITA Taekwondo

For class times call

523-5139.



### Locker Rentals—\$120/year

For details, see the front desk.



## POOL NEWS SPLASH—2006 Season

**Opening:** The pool will open May 20 and close on Sept. 4 (Labor Day). The May newsletter will have more specific hours of operation, details on all the swim programs and complete staff information.

**Staff:** We have a great staff set for the 2006 season. Rebecca Keengan will be the pool manager and Eric Hockridge and Neal Robinson will be assistant managers. Tori Pendergrass will coach the swim team and Audrey Whitmeyer-Weathers will be the assistant coach.

**Pool Telephone: 467-0121**



### Pool Committee:

The Pool Committee meets the first Tuesday of each month at 7:30 pm in the Clubhouse.



### Swim Team Events:

**Fri., June 1 Pot Luck Supper**

**Fri., June 16 Lock In**

**Fri., July 14 Pasta Night**

### Learn to Swim Group Lessons

Kildaire Farms will once again be offering various sessions of group swim lessons this summer. In order to assess each child, the first class of each session will be mostly an evaluation; the children will then be grouped according to age and skill level. By evaluating children in this manner it will allow the instructors to better suit your child's needs, but it also means that you must be present at the first class to participate.

The group lesson fee is \$40.00 for 8 (30-minute) classes. Generally this fee is non-refundable after the second class. If you have any questions regarding swim lessons, please feel free to contact the pool after May 20 at 467-0121 or 467-2963. Sign up will begin May 20. Please call or stop by the pool to sign up.

#### Session 1

**June 5, 7, 8, 9, 12, 14, 15, 16**

(The instructor will schedule make up classes with collaboration from parents).

**Class Times: 9:00-9:30 am  
7:00-7:30 pm**

#### Session 2

**June 19, 21, 22, 23, 26, 28, 29, 30**

(The instructor will schedule make up classes with parents' collaboration).

**Class Times: 9:00-9:30 am  
7:00-7:30 pm**



#### Session 3

**July 10, 12, 13, 14, 17, 19, 20, 21**

(The instructor will make up classes with collaboration from parents).

**Class Times: 9:00-9:30 am  
7:00-7:30 pm**

(A 4th session may be added if time permits & interest exists).

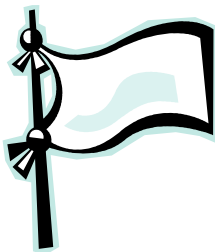
#### Private Lessons

Private lessons may be arranged with the instructor on an individual basis:

30 minutes-\$15.00 per half hour with Pool Manager

30 minutes-\$10.00 per half hour with Lifeguard-Instructors

▶ NOTE: There will be no swim classes on Tuesdays because of Kildaire Farms swim meets. ◀



### Advertise Your Business

Looking for a great way to advertise your small business? How about hanging a banner for your company or service at the pool? Banners are displayed the entire pool season, and sponsoring businesses are announced during every swim meet. Promote your business

and support the Killer Whales! Contact either Nancy Pulz at [pulz@bellsouth.net](mailto:pulz@bellsouth.net) or Melvin Newton at [mrn502@nc.rr.com](mailto:mrn502@nc.rr.com) for more details.

### RSA in May

RSA in May is a pre-summer stroke clinic and swim camp for summer league swimmers. All four competitive strokes, starts and turns will be presented in a fun learning environment by RSA's certified staff of coaches, RSA in May is held at 1013 Jones Franklin Road, Raleigh, NC 27606 right off the 440 beltline.

RSA is offering three different sessions this spring. For spring dates, e-mail Brian Gill at [bgill@swimrsa.org](mailto:bgill@swimrsa.org) or call the RSA Office at 859-4881. For additional information visit the RSA web site at [www.swimrsa.org](http://www.swimrsa.org).





**Kildaire Farms Racquet & Swim Club**  
**P.O. Box 4741**  
**Cary, NC 27519-4741**



**Tennis/Swimming/Fitness  
and Racquetball  
Memberships Available! Call  
467-4313 for information.**



**MasterCard and  
Visa accepted**