

Dear Member,



As you will notice, there is a lot going on at the Club this month. However, I wanted to take this brief opportunity to congratulate **Sylvia Gothard and Nancy Watland**. A congratulatory letter from the Chicago District Tennis Association (CDTA) and the Chicago Tennis Patrons has been received, announcing that Sylvia and Nancy will be **recipients of the 2009 Mary Seelig Tournament Director of the Year Award**. It will be presented at the Chicago Tennis Patrons 2010 Annual Evening of Champions to be held in Rosemont on Saturday, Feb. 27. This will be the fourth time that Sylvia has been the recipient and the third time for Nancy.

This follows last year's award to the Club from the Chicago District Tennis Association and the Chicago Tennis Patrons as the **2008 Facility of the Year** which was presented February 2009.

Congratulations Sylvia and Nancy!

Dave Thommes, Manager

1st Annual Indoor Triathlon Saturday, Feb. 27

Be part of a Great Indoor Experience!
Participate as an Individual or be on a Team!

Swim - 10 minutes
Bike - 20 minutes
Run - 15 minutes

Transition times between each segment.

Childcare is available for a fee from
8:30 a.m. - 12:30 p.m.

Non-members Welcome!

Resident: \$30 Individual / \$60 Relay
Non-Resident: \$35 Individual / \$75 Relay

Registration Closes: Thurs., Feb.25

Late Registration: \$10 additional fee
No on-line registration.

Need more info?

Call Josh May, 708-799-1323 ext. 34 or
visit your Club website
www.hfracquetandfitness.com

ANNUAL TEEN NIGHT: After Hours @ the Club! Saturday, Feb. 20: 7 - 9 p.m.

Grades: 6 - 9 *members & non-members*
Fee: \$5

This is the night the teens take over the Club for two hours of fun and fitness from dodgeball to wallyball to table tennis to basketball. Pizza, karaoke, and more! Pool will be open for swimming *for these teens only*.

You can pre-register at the Irwin Center.

Pool! Pool! Pool! CHANGES TO NOTE!
Saturday, Feb. 20: 7 - 9 p.m.
POOL CLOSED for annual Teen Night

Saturday, Feb. 27: 6 a.m. - Noon
POOL CLOSED for the 1st Indoor Triathlon

Sunday, Feb. 28: 3 - 4 p.m.
Indoor Swim Lesson Placement Testing

Sundays in February: 1 - 3 p.m.
Family Swim

SWIM LESSONS - CHANGE OF DATES

Sunday, Feb. 28: 3 - 4 p.m.
Indoor Swim Lesson Placement Testing

Advanced registration fee: \$10
Day-of-testing registration fee: \$20

March 3 - April 10 (5 week session)
(no classes on Wed., 3/31 and Sat., 4/3)

Registration Deadline: One week prior to start of session.

More information? Stop at the Welcome Center or visit your Club website
www.hfracquetandfitness.com

BOXER'S WORKOUT: Next Session MEN & WOMEN

February 26 - April 2
6 p.m. - Men
7 p.m. - Women

Tennis! Tennis! Tennis!

Tuesday, Feb. 9: 1 - 2:30 p.m.

FAB Start/Restart Tennis

Play on a 60' court with court size appropriate racquets & balls. **A great way to get 'back in the game'.**

Non-members welcome!

Fee: \$60 for a 4-week session.

Sign up today at the Welcome Center or Tennis Concierge Desk or call 708-799-1323.

Monday, Feb. 22

Kids' USA 1-2-3 Tennis Lessons

Tennis is "HOT"!

Ages 8 - 12, Wednesdays, 4 - 5 p.m.

Ages 13 - 17, Mondays, 5:30 - 6:30 p.m.

Fee: \$99 for 11 weeks.

Club membership not required!

Sign up at the Welcome Center or Tennis Concierge Desk or call 708-799-1323.

Saturday, February 27

ONE NIGHT ONLY!

MEMBER SINGLES CHAMPIONSHIPS

Fun for all. Pick up an entry today!

Sign up at the Welcome Center or Tennis Concierge Desk.

Class maximum: 20

Fee: \$45 members / \$60 non-members

This is for the serious athlete! Taught by an experienced Boxing/Kickboxing instructor, the heavy bag work and athletic-based drills will give you an excellent cardio workout.

Hand wraps & 12 oz. heavy bag gloves are required.

COLLEGE TENNIS COMES TO THE CLUB

See the future! Be part of the gallery!

Wander down to the viewing area to see ...

Chicago State Men v. Wright State
Sunday, Feb. 7, 8 a.m. - Noon

Chicago State Women v. Ball State
Friday, Feb. 12, 7:30 - 10:30 p.m.

Chicago State Women v. Eastern Illinois
Saturday, Feb. 13, 2:30 - 5:30 p.m.

Chicago State Men v. Detroit
Sunday, Feb. 14, 8 - 11:30 a.m.

Valparaiso Men v. Bradley
Friday, Feb. 19, 6 - 9:30 p.m.

GET READY TO CELEBRATE TENNIS NIGHT IN AMERICA, March 1

Your Club joins in the celebration with the following events:

6:30 - 7:30 p.m. **FREE**

QuickStart & Cardio Clinic

6:30 - 9 p.m. **REGISTRATION**

USTA Jr. Team Tennis and
Summer Tennis Programs

7:30 - 8:30 p.m.

"How to climb the tennis ladder to
success".

Nike ReUSE A SHOE Program Feb. 1 - 14, 2010 (two weeks only)

Working on keeping the earth green ...

Join your Club in this initiative to collect **200** pairs of worn-out **athletic shoes only, any brand**. **No cleats, dress shoes, boots, sandals, slippers! No shoes containing metal; no wet or damp shoes.**

Show your shoes to the Welcome Center attendant. **Receive** a free guest pass. *One pass per person to the first 200 recyclers!*

HELP US AND NIKE RECYCLE! Until Nike ReUse-A-Shoe program came along, worn-out athletic shoes had nowhere to go but the landfill. Nike collects all brands of worn-out athletic shoes, processes them and recycles the material into surfaces like tennis courts, basketball courts, athletic fields, running tracks and playgrounds.

Save 25%

SWEETHEART OF A DEAL

Save 25% off any regular-priced apparel.

Offer Valid: Feb. 6 - 14

KIDS' ONLY FEBRUARY SPECIAL

30% OFF any regularly priced kids' clothes.

20% OFF any regularly priced kids' shoes.

10% OFF any regularly priced junior racquets.

One coupon per person. Not valid with any other offer.

Offer Valid: Feb. 15 - Feb. 28

Member Services
H-F Racquet & Fitness Club