

March 2011

All the News You Need to Know from the
H-F Racquet & Fitness Club



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CALENDAR NOTES

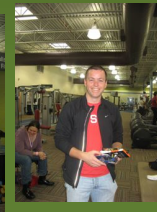
FITNESS

TENNIS

2nd Annual Indoor Triathlon

Swimming - Biking - Running

They came from near and far - some were repeats
from last year & for some, this was their



first.

The winners are

MEN

1st place - Mark Higgins

2nd place - Chris Burke

3rd place - Francisco Camacho

WOMEN

1st place - Kimberly Curlin

2nd place - Sue Saviski

3rd place - Kelly Gicewicz

You can check out the complete results and photos on
your Club's website by clicking [Triathlon](#)
and look for more photos on [Facebook](#) 

HOT ITEMS FOR YOUR *SPRING* CALENDAR!

Wed., March 2 - Swim Lessons/Spring Session I (5, 5:35 & 6:10 p.m.)

Sat., March 5 - Swim Lessons/Spring Session I (9 & 9:35 a.m.)

Sat., March 12 - Mixed Doubles Tennis Mixer (info below)

Sun., March 13 - **Daylight Savings Time Begins**

*(Set your clocks ahead! You don't want to be late for a
class or your tennis match!)*

THURSDAY, MARCH 17 - ENTER THE MEMBERS ONLY RAFFLE!

Thurs., March 24 - Fit Body Challenge II, 8 - 9 p.m.(info below)

Sat., March 26 - Member Doubles Tennis Championships (info below)

Tue., March 29 - **SSSRA Pool Party, 1- 3 p.m. (pool closed)**

Tue., March 29 - Senior Spring Social (see info below)

FUTURE DATES & HAPPENINGS - Be in the Know!

Fri., April 1 - **Park District Camp Pool Party (Pool Closed 1 - 3 p.m.)**

FITNESS

Group Fitness Class Schedule Beginning March 7 - available Fri., Mar. 4

GROUP FITNESS CHALLENGE! March 1 - 31

How many classes can you take in one month at the Club?

Join at least 20 classes to receive a free t-shirt!

Sign up on the board located in the fitness studio.

Questions? Contact Sandi B.

FIT BODY CHALLENGE II - March 24

Don't let the summer season catch you unaware! Register for this popular class. Start with a weigh-in followed by a 35- to 45-minute *varying* workout from Cardio Blast 3 -2 -1 to mat Pilates to Bollywood booty.

Fee: \$50 Club member / \$75 Non-member

INDOOR SWIM LESSONS - Children & Adults, March 2 - April 9

Before the summer swim season starts, get ready! Register for this popular Club program.

Fee: \$42 Club member / \$63 Non-member

(Day-of-class registration: \$62 Member / \$83 Non)



FAMILY SWIM ON SUNDAYS,

March 6 - 27, 1 - 3 p.m.



This is the last month of winter family swim on Sundays. Take advantage of this membership benefit for you and your children. Children can practice their swimming lessons or just enjoy fun in the water. **Family Swim will continue on Fridays, 5:30 - 7 p.m. and Saturdays, 3 -**

4:30 p.m.

SENIOR SPRING SOCIAL - Tuesday, March 29 from Noon - 1:30 p.m.

Join your fellow club and group fitness class members for a "POT LUCK LUNCHEON". **Please sign up at the Welcome Center and let us know what dish you would like to bring!**

TENNIS

Time for Applause and Kudos!

Congratulations to our own ...



Nancy Hoekstra who was recently recognized by the Professional Tennis Registry as its **Humanitarian of the Year.**

Arnie Villagomez honored as the Tennis Official of the Year.



ONE NIGHT SHOWDOWN CLUB SINGLES CHAMPIONSHIPS

All Around Champion - Lawrence Smith

Men's 4.0 - Lawrence Smith
Men's 3.5 Henry Calo
Men's 3.0 - Michael Denne

Women's Open Singles - Angela Gipson
Boys' 14/12 - Devohn Hall

Saturday, March 12, 6 - 8 p.m.
MIXED DOUBLES FUN FORMAT NIGHT

Doubles play with rotating partners and opponents playing mini-sets.
Mostly 3.0 - 4.0 level players. **Code: 552516-iE**

Register at the Tennis Concierge Desk or the Welcome Center or
call 708-799-1323. Questions? Email John Bhatti @
bhatman70@yahoo.com

Saturday, March 26 - ONE NIGHT ONLY!

Your Chance to be a Club Champion!

MEMBER DOUBLES CHAMPIONSHIPS

Men's & Women's, Boy's & Girl's

USTA rules apply. A short set format. Winner of each division will advance
to "sudden death" showdown! Entrants must be current members.

Fee: Doubles \$15 per person (\$30/team) Player may only enter one
division.

Entry Deadline: March 20 @ 6 p.m.

PERMANENT COURT TIME (PCT) - priority 2011-12 season renewal
for **existing PCT members only** is now open. Please check your mail for
information on fees, options and deadlines. **Option 1 deadline** for the 36-
week season must be **prepaid by April 21 @ 6 p.m.** **Contracts will not**
be honored without full payment.

QUICK LINKS

hfracquetandfitness.com

Questions? Need more information?

Stop at the Welcome Center, Tennis Concierge Desk,
call 708-799-1323 or visit hfracquetandfitness.com

Member Services
H-F Racquet & Fitness Club



MARCH 7 - 17
Any regular-priced item.

20% OFF

Not valid with any other offer.



MARCH 18 - 31

***WALK/RUN INTO
SPRING***

Any regular-priced
running and/or walking shoes
or socks

20% Off

Not valid with any other offer!