



# Be in The Know

Your Member Newsletter - May 2011



## May is National Physical Fitness & Sports Month

*Your Club has Something for Everyone ...*

Check out what is happening this month, then mark your calendars!



### MEMORIAL DAY OBSERVED

**Monday, May 30**

**CLUB HOURS: 7 a.m. - 3 p.m.**

*Kids Kourt will be closed.*

### SUMMER HOURS

**May 30 - September 5, 2011**

M-F 5 a.m. - 10:30 p.m. *(no change)*

Sat. 6 a.m. - 5 p.m. *(early closing)*; Sun. 7 a.m. - 5 p.m. *(early closing)*

*Enjoy your Summer!*



### Something NEW !

## Join our VIP Club!

**Text: CLUB**

**To: 36000**

Be the first to get special offers, class changes or updates!

### SPECIAL EVENT ...

**Wednesday, May 25**

National Senior Health & Fitness Day

**Your Club is a national registered site for this event.**

Join us for this **FREE** event geared toward Senior Health & Fitness. This event is open to the community, so **invite a senior friend to join you!**

**Watch for more information** on the special group fitness classes, games, educational lectures & food!

### POOL NEWS

#### FAMILY SWIM ...

**Get Ready for Swimming Outdoors @ Lions Club Pool!**

**Family Swim on Fridays & Saturdays will end for the summer on Saturday, May 21. Pool Birthday Parties can still be booked for Fridays!**



#### LIFEGUARD TRAINING

Two lanes of the Club pool will be used M - Th, 7:30 - 10 p.m.

May 16 - 19 and May 23 - 26. **Thank you for your cooperation & understanding.**

## May ... National Tennis Month

### FREE!

#### May 14 6- 8 p.m. USA Celebrate Tennis & Teams Night

Families, Adults, Juniors & Guests join us on Saturday evening.

**Just register to participate! Code: 552516-iH**

#### Monday, May 16 9:30 - 11 a.m. or 6:30 - 8 p.m.

##### Adult USA 1-2-3 Tennis Lesson

See what you are missing! Register at the Welcome Center or call 708-799-1323.

#### Wednesday, May 25 1 - 2:30 p.m.

Adult USA Round Robin Play - register at the Welcome Center or call 708-799-1323.

#### Fundraiser Social: PRO-AM DOUBLES

Tuesday, May 17: 6 - 8 p.m. \$50 donation

Join our current sponsors School of Rock, Kenwood Metals & Homewood Drive-In Cleaners.

The USTA National Women's Indoor 35, 45, 55 Singles & Doubles Championships is an International Tennis Federation Grade 3 event and a USTA Category 1 event to be held at your Club!

#### May 18 - 22: USTA National Senior Women's

35, 45, 55 Indoor Tennis Championships. See championship tennis up close & personal at your Club.

**Spectators Welcome!** More info or to register click [National Sr. Women's Championships](#)



#### Get on the "2011 Road to the Little Mo' Nationals"!

- May 28- 30: "Little Mo" Boys' & Girls' Midwest Sectional Singles Championships.

- May 28: "Mini Mo" 2011 QuickStart Format Tennis Tournament It's a Whole New Ball Game! Fun! Fitness! Friendly!

Held in conjunction with the "Little Mo" Midwest Sectionals.

**Spectators Welcome!**

**Entry deadline "Little Mo" & "Mini Mo" is May 21, 2011 (11:59 p.m.)**

**For more info or to register click [Little & Mini](#)**

## also ... National Physical Fitness Month

**Spin Class Special: May 17 - June 22** Guarantee your place!

**Non-members Welcome!**

**Fee:** \$42 member / \$60 non-member

Tue.: 6 - 7:15 a.m. ; Thu.: 6 - 7:15 a.m.; Wed.: 8:30 - 9:45 p.m.



#### 2011 SUMMER RACE CIRCUIT

**1st Up ... Apollo 5K: Saturday, May 21**

Join us for the first race of the 2011 Summer Circuit.

**Pre-registration for the Race Circuit & the Apollo 5K closes**

Thursday, May 19 @ noon.

**Race day** registration will be between 8 - 9 a.m.

**Everyone is Welcome! Club membership is not required!**

More info? To Register? Stop in the Club or click [Race Circuit](#)

or call Josh May at 708-799-1323 ext. 34.

## Fun! Events! Activities!

Mark what you like or need to know!

Post it near your calendar!  
(see related articles & links)

- \_\_\_ May 1 - 8  
ProShop  
Mother's Day Special
- \_\_\_ Sat., May 14 **FREE**  
Tennis Celebration Night
- \_\_\_ Mon., May 16 **FREE**  
Adult USA 1-2-3  
Tennis Lesson
- \_\_\_ Tue., May 17, 6-8 p.m.  
Fundraiser Social  
Pro-Am Doubles
- \_\_\_ May 17 - June 22  
Spin Class Special
- \_\_\_ May 18 - 22  
USTA Nat'l Sr. Women's  
Indoor Championships
- \_\_\_ Sat. May 21  
H-F Summer Circuit Begins  
**Apollo 5K**
- \_\_\_ Sat., May 21  
Last Family Swim until Fall
- \_\_\_ Wed, May 25 **FREE**  
Adult USA Round Robin Play  
1 - 2:30 p.m.
- \_\_\_ Wed, May 25  
Training Begins for the Run  
for Freedom 5K on July 4
- \_\_\_ Wed, May 25  
**Special Event**  
National Senior Health  
& Fitness Day
- \_\_\_ May 28 - May 30  
"Little Mo" & "Mini Mo"  
Tennis Tournaments
- \_\_\_ Monday, May 30  
Club Hours: 7 a.m. - 3 p.m.

Next ...

**Training - Run for Freedom 5K on July 4**

Wednesdays, May 25 - June 29, 6 - 7 p.m.

**Non-members Welcome!**

**Fee:** \$20 member / \$30 non-member  
(includes 10% discount on Run for Freedom 5K)



**Personal Training**

*Change your workout routine ... make a commitment!*

- **Pilates Personal Training** ... transform the way you look & feel using a variety of techniques & equipment, including the Pilates Reformer & the Pilates Chair.
- **Yoga Personal Training** ...for all individuals, regardless of fitness or flexibility level. Maximize your physical & mental performance, and improve your overall health & fitness.

For more info contact Josh May, Fitness Operations Supervisor.



**GET YOUR RUNNING SHOES READY!**

The H-F Summer Circuit begins

**Saturday, May 21**  
with the Apollo 5K



at Apollo Park.

**Race time 9 a.m.**  
check-in and day of registration is 8 a.m.

Challenge yourself! Come for the run; stay for the fun!

Know someone who has been talking about joining the Club?

Let them know about the **SUMMER PREMIER Promotional Membership**

May 1- Aug. 14, 2011  
1-, 2-, 3-, 4-month memberships *with no enrollment fee!*

*New members only!*



BACK BY **POPULAR DEMAND**

**May 1 - Aug. 14, 2011**

**FULL SWING GOLF SIMULATOR SPECIAL**



Don't let the **WEATHER** ruin your game

**Bring it INDOORS**

Rain? No problem!  
Keep your drive ... as you and your golf buddies save your day with the

**FULL SWING GOLF SIMULATOR**

Check out the **RAINY DAY SPECIAL: May 1 - Sept. 5**  
**Club Membership is not required!**  
10% off the daily rate on rain days.  
*(Members this means a 20% discount for you.)*  
**Day of Booking only!**  
For a tee time, call 708-799-1323.

**MOTHER'S DAY - SUNDAY, MAY 8**

**Don't forget - Sunday, May 8**  
*Make your shopping easy - do it at the Club!*  
**Gift Certificates are available for**

- Massage Therapy
- Personal Training
- Spin Class Special
- Summer Premier Promotional Membership
  - Run for Freedom 5K Training
  - Race Circuit Registration
  - Tennis Lessons
  - Tennis Classes
- Time on the Golf Simulator
  - ProShop
  - Any Amount



**Mother's Day  
Pro Shop Special**

**20% OFF** apparel, shoes & accessories

**15% OFF** racquets

*Regularly priced items only!*  
May not be combined with any other offer.

**OFFER IS VALID: May 1 - 8, 2011**

**College Student  
Summer Membership  
Special**

...  
Join any day!

\$24.99 / Resident  
\$29.99 / Non-Resident  
*No Enrollment Fee*

**Requirement:** a current  
college photo ID.

**Join our VIP Club!**

**Text: CLUB**

**To: 36000**

Be the first to get special offers, class changes or updates!

**[hfracquetandfitness.com](http://hfracquetandfitness.com)**

**2920 W. 183rd St., Homewood**

**708-799-1323**

Find us on Facebook 

Follow us on 

Member Services  
H-F Racquet & Fitness Club  
708-799-1323

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