



Newsletter

May 2024

Bo's Spring Tournament

It's that time again to celebrate the best weather of the year while playing some fun competition. Starting Friday, May 17, the event begins with an evening party for everyone. There will be music and some very entertaining top tennis starting at 4:30pm, with the party starting at 6pm.. As in the past, although this is called a "tournament," the main focus of the event is for all players to enjoy a celebratory environment as well as having a chance to meet others. Entries are available on-line and in the Reception Area. Any questions and Bo will get back to you right away.

Summer All-Sports Camps

This year's camps are the weeks of June 17 & 24, July 15 and August 5 & 12. Registration is open now. If you would like more information, please email katiekelly@mttamrc.com or go to the website to sign up.



Summer Tennis Camps

Once again, the Club will offer morning summer tennis camps for the kids. Camps will begin June 10, and run for another 9 weeks of the summer. The camp will run Mon.- Thur. - Friday from 9-11:30am. The price for members is \$300 per week, and \$400 per week for non-members. Camps are for kids between the ages of 8-13. Please pick up a form at the tennis board or contact Shibu Lal for more information.

All reservations are made through MyClubLives.
Not needed for Gym.

Club Hours:

Weekdays: 4:45am - 9:00pm
Weekends: 6:45am - 9:00pm
Café: Daily 11am - 5pm,

Indoor Courts are closed Monday mornings

Memorial Day

Monday, May 27
Club Hours 7am—9pm
No Fitness Classes

Line Dance Party

Spend an evening Line Dancing with Dolly Urquhart Saturday, May. 4. Evening fun begins at 6:30 with a mixer, then dancing from 7:00 to 9:00pm. Dolly offers Line Dance party the first Saturday of every month.

And There's Zumba

ZUMBA Dance Party with guest instructor Efren Buzzo (date to be announced). Efren is a highly energetic and popular instructor who specializes in Latin and Caribbean dance styles, as well as contemporary Jazz and modern. All levels and ages welcome and no dance experience required!

Self Defense with Al

Self Defense, Sat., May 18 at 11:30am, Tai Chi, Wed. May 22 at 6pm. If you have never attended these free classes, you are missing out on a wonderful opportunity to discover a great new skill and also get a great workout.

Don't Forget Your Children

Plan the perfect birthday party at the Club. You could have those attending enjoy Pickleball, basketball, outdoor swimming, great food at the Café, just have to email Kaitlyn@mttamrc.com

Spark Fundraiser

Sat. May 4, 4:30pm

With rain forecasted, this event will move inside and use two courts. Sylesh will be running this program and the Café will be hosting for that evening.

Address correspondence to:

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Fitness and Swim Updates

Why Reservations for Classes

The answer is easy; it provides the best quality classes and instructors. This process also ensures that the space and the equipment will be ready for use. As a comparison, if you want to have the pleasure of eating at a fine restaurant, you make a reservation so that your service and preparation of the food can be the best quality. Or, you can just hop into your car and take a quick trip to a fast food place without any reservations and settle for that product. Also, there is the mental preparation every instructor needs to provide the best guidance and at structure. When an instructor comes to that class, knowing the attendance and demands allows them to mentally and emotionally prepare. There'll be no interruptions with late or last minute attendees, and the format and instruction will be clear from the get-go.

Get Back on Track

New HIIT circuit class with Marta– Wed. 8am

High intensity interval training challenges this barrier by incorporating an effective workout in half that time. In our time-pressured culture, HIIT has claimed a spot in the top 10 fitness trends since 2014 as surveyed by the American College of Sports Medicine.

New Chair/Flow class with Stacie– Sat. 11am

Chair Yoga is a yoga practice for all levels from the Beginner to Advanced Yogi, using a stable chair to assist in taking poses. This class is held upstairs and there are plenty of chairs already there put aside for this class. Again, confirming attendance helps make sure the class has the chairs set up.

Tennis Updates

Free Clinics with Rod

Sunday, May. 12, 12:30pm.

Each session provides a different topic that will be worthwhile to every level of player. We spend a 1/2 hour with instruction and then take to the court to meet new people and practice.

New for Tennis

Again, the Pro Staff is teaming up to host and organize a weekend event on Sat. May 11 at 2pm. Last month players had an opportunity to meet and greet others who are learning, and most importantly, to share phone numbers and names and how to access court time at the Club.

Monthly Tennis Tip

Who believes in luck when they play? A let cord, a gust of wind that keeps a ball in instead of going out. It happens and it's part of the game. How you handle it depends on how you are doing during the match. The fact is, luck is uncontrollable and random, which means it cannot be calculated or part of any game plan. The same could be said about occasional bad calls; sometimes they are just that, a bad call because of poor vision or someone just not watching where the ball lands. The fact is, as long as players are mis-hitting the ball, which happens due mostly to not watching the ball, then it's likely that there will also be bad calls. The point is, don't let what you can't control dictate how you handle the situation, be it bad luck or bad calls...it happens.

The Biggest Suggestion Box We Could Make...

It's common for businesses to ask for customer feedback. You buy something on the Internet and within seconds you will get an e-mail asking you to take a few minutes to fill out a questionnaire about the experience you just had. Most people don't, not because they don't have the time, but because they have no idea who they are responding to or if those people even exist. We've tried "Suggestion Boxes" and the like, but have found that it has always been more effective just to have the manager's office open and available right in the Front Lobby. Technology might provide an easier method of communicating, and it may help reach out to more people, but technology falls short of actually creating the benefits of live interaction and discussion. This is especially true in the club industry, where the members feel that they have individual needs that are unique. Many members also feel that they are responsible for creating ongoing input, not because they are complaining, but because they are concerned and want to be part of the solution.

This has always been the environment that we have tried to create; that members feel the Club is theirs to both participate in and be involved in the transitions the Club takes on to improve and change. We operate with the mantra that all ideas and input have merit. Some work and some don't, but it is in everyone's interest to listen and learn. So with that said, we thank you for taking the time to share your ideas and input. At the end of the day, how the Club looks and operates should be the direct result of what the members want to see happen.