

BATH & RACQUET



WHERE SARASOTA COMES TO PLAY!



April 2010

2170 Robinhood Street Sarasota, FL 34231 941.921.6675 Pro Shop 941.923.8381 bathandracquet.com

Club Hours:

Monday thru Friday 6 am - 11pm
Saturday 7 am - 6 pm
Sunday 7 am - 5 pm



Up & Coming

- 🏆 USTA Jr. 10 - 18 Super Series Tournament - April 2-4
- 🏆 Free Friends & Family - April 10 & 11 after 1pm
- 🏆 B & R Mixed Doubles Championship - April 17-18
- 🏆 USTA Pro Wild Card Singles/ Doubles Tourney, April 23-25
- 🏆 USTA Jr. 10-16 Rookie Tournament, May 1
- 🏆 Free Friends & Family - May 1 & 2 after 1pm

PLEASE NOTE

Friends & Family has been moved to the second weekend of April due to the Junior Tournament.

Thank you for your patronage this season!

MASSAGE THERAPY
CLIENT APPRECIATION DAYS

\$45.00

-purchase by April 30-
-redeem by May 31-



Appointments with
Melissa Wabnitz LMT ma21172
941-302-4581
Chris Scalzo LMT ma19308
941-302-4580

Also, due to its popularity,
we have extended the
PAIN MANAGEMENT SPECIAL thru April,
FOR CHRONIC PAIN AND REHAB

6 week package includes
4 (50 min) sessions ...\$200

Restore Yoga Event:
"Blooming Love Into Your Yoga"
with Malika Shay, RYT



DATE: Saturday, April 10, 2010

TIME: 1:30-3:30pm

at Bath and Racquet Fitness Club

Experience a gentle two hour yoga indulgence that will nurture your entire being and purify the system. Here, we will open up the heart into each pose, to experience deeper states of compassion, harmonizing the emotional body. Poetry and Heart Meditations are integrated to help bloom your heart into awakened states of deeper self-love and Beauty.

PRICE: \$15 Pre-Registration is required.

Open to Public and Members

EMAIL MALIKA AT
INFO@MALIKASHAYYOGA.COM
to Reserve your Space.

Props Needed: A yoga belt and mat
WEBSITE: MALIKASHAYYOGA.COM

IT'S AQUA SEASON AGAIN

Find out why aqua aerobics has so many devotees. It's excellent cardiovascular & strength training with minimal impact & risk of injury. You can literally add a new "element" to your workout routine.



CLASSES BEGIN APRIL 5th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am		Jon		Jon		
9:15 am	Tommy	Carol	Tommy	Carol	Tommy	Betsy
5:30 pm	Jennifer/ Betsy	Jennifer/ Betsy	Jennifer/ Betsy	Jennifer/ Betsy		

Please note that two lanes will be available for lap swimmers during classes.
Please do not remove lap lane ropes.

Don't forget

Helen's Yoga Social.

Friday, April 9th @ 7 pm

In the Courtside Grill.



Clayton's

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SPRING DIET TIPS

Gain a few pounds this winter?
Me too!

It's time shed that winter weight by tightening up the control of your food. Here are a few easy tips that should get you where you want to be quickly.

Eat small meals more often rather than three square meals. This will give you more even energy through the day plus you get a metabolic bump every time you eat.

Drink only water. It's what you are made to drink. (And it's got no calories.)

Choose only fruits & vegetables for your carbohydrates. High nutritional value. Low calorie. High fiber.

Eat lean meat like chicken & fish. Protein intake helps support your muscle growth from working out.

Work out intensely with weights. Raises your metabolism and keeps it up for a good part of the day. The new muscles you build will have your metabolism higher every day too!

Good Luck and let our Personal Training staff know if you need help.

Absolute Indulgence ~ Sarasota Facials & More ~ Individual Lifestyle

Finally Spring! You know what that means?

More sunshine, longer daylight hours...

Time to look your best!

Well your in luck!!

We have added the services of two talented professionals.

Dr. Lana, offering
Botox and injectable fillers.
Free consultation.
By appt. only.

Sandra,
formerly of "The Met",
available for Saturday appts.
Offering an intro special of
Manicure/Pedicure for \$35.



Call for more info: Linda Lee Averett, Owner
921-6675 or 504-0592



2010 CLUB DOUBLES CHAMPIONS

WINNERS

Vicki Johnson
Judy Robertson

Lynn Thompson
Jo Ann DeMartini

David Fields
John LaForge

Blair Watkins
Bud Moore

FINALISTS

Martina Waluk-Gaertner
Cheri Williamson

Jennifer Bright
Barb Lancer

Carl Watkins
Jonny Johnson

Phil Mihm
Alan Amero

LADIES

8.0

9.0

MENS

8.0

9.0



The 2010 Club Championships Series wraps up with . . .

THE CLUB MIXED DOUBLES
April 18 & 19

\$20 per person. Sign up in the Pro Shop

USTA Jr. Super Series April 2nd - 4th

*Courts will be limited during this event.
Come out & watch our future stars.*

The Ultimate Tennis Experience Friday, April 30th



Cliff Drysdale Tennis Touring Team Professionals have joined forces with **FILA, Tennis Magazine** and **Wilson Racquet Sports** to conduct a series of fully interactive **Touring Camp** clinics.

The Cliff Drysdale Tennis Touring Camps showcase a dynamic synergy of learning, match play, game strategy, team competition and camaraderie. Our Aussie-style clinics are for tennis enthusiasts of all levels and are conducted in a fun and spirited setting, creating the Ultimate Tennis Experience.

The Touring Team Professionals are hand-picked by the Tennis Legend himself, Cliff Drysdale and travel throughout the year visiting ATP tour stops and prestigious tennis clubs around the country.



We will provide more information as it becomes available. Look for it to be posted soon.



“April hath put a spirit of youth in everything”

- William Shakespeare

USA TENNIS

1 • 2 • 3

Professional Group Instruction For
Beginners & Advanced Beginners



CLASSES BEGIN APRIL 26TH

**GUARANTEED TO PLAY
TENNIS IN 3 WEEKS!**

CLASSES MEET TWICE A WEEK FOR 3 WKS.

Mon & Wed Noon to 1:00 pm

Mon & Wed 6:30 pm to 7:30 pm

Tues & Thurs 6:30 pm to 7:30 pm

CALL TO REGISTER TODAY!

COST \$70

**INCLUDES RACQUET, T-SHIRT &
USE OF CLUB DURING ENROLLMENT**

The top players in the world are coming to Sarasota!

THE 2010 SARASOTA OPEN USTA Pro Wild Card Event April 23 - 25 at Bath & Racquet

**Winners to move on to Pro Event
May 8 - 15 at Longboat Key**

Greetings Tennis Fans,

As a current member of Bath and Racquet, you are entitled to a special discount for the 2010 Sarasota Open (May 8-15th, 2010). The Sarasota Open is partnering this year with Bath and Racquet as an official corporate sponsor facility for the 2010 Sarasota Open.

Thus, Bath & Racquet members will receive the following benefits:

- 1) 10% off box seat packages
- 2) Preference for requesting volunteer positions of their choice (Volunteers receive free tickets for themselves as well as one family member and have access to meeting the players personally)
- 3) The Sarasota Open Wild-Card tournament will be played at Bath & Racquet Club April 23-25th, come & watch - no admission
- 4) Bath and Racquet Club Members who are business owners are eligible for special sponsorship pricing to promote their business.

Tickets are available for purchase online at www.sarasotaopen.org, by calling (941) 809-8996 or by stopping in at our box office location at:

Media on Main/Sarasota Open
1341 Main Street Sarasota, Florida 34236



By: Eric Davidson *Director of Tennis*

Ahhhh. . . Spring has finally arrived here in Sarasota. We always appreciate a break from the 90° days that we get here, but come on! That was a long, cold stretch, even for a me, a Michigan guy. The reason I bring that up is to give props to the tennis members that still played tennis during that January-February winter blast. All right, so let's get charged up with the warmth and enjoy all the activities that are happening in April - and there are a lot. Club Mixed Doubles Championship, USTA Pro Event, Tennis 1-2-3, Junior USTA Tournaments, and just added, a Cliff Drysdale Adult/Junior Clinic Day on April 30th. So lets get out there and enjoy.

Have fun,

Eric