

BATH & RACQUET



WHERE SARASOTA COMES TO PLAY!



The Club Beat Newsletter

October 2009

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

- Free Friends & Family - October 3 - 4 after 1 pm
- USTA Men's National 50's Tournament, Oct 4 - 11
- Member/Guest Tennis Round Robin, Oct 23
- After School Jr. Tennis Program starts, Oct 27
- Make-A Wish Doubles Tennis Tournament, Nov 7 - 8
- Free Friends & Family - November 14 - 15 after 1 pm

Thanks to all of you who came out to wish us a Happy Birthday!



We celebrated our 40th Anniversary October 1st. We hope you had a good time. We enjoyed having you!

PLEASE NOTE

Friends & Family has been moved to the second weekend of November due to the Make-A Wish Tournament

Coming Soon ... ?

So our September launch date was too ambitious. But rest assured that we have been practicing and training diligently to bring you the best possible experience. Although our fitness instructors make it look easy, there is quite a lot of preparation behind each class you attend. We are confident that we will bring you the new BODY PUMP classes beginning in October.



BODY PUMP™ is the original barbell class that strengthens your entire body.

This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Every three months, Les Mills releases a new BODYPUMP class with fresh choreography and music.

Look for new schedule and class times

Sarasota Facials & More

Absolute

Indulgence

Individual

Lifestyle



Have you met Linda Lee Averett, the new owner of the Spa upstairs? She's offering the following package exclusively to Bath & Racquet members.

It's an amazing deal @ \$50, a fraction of it's value.

Suitable as a gift for the best of friends, or a money-saving splurge for yourself, **or both** (go on...you deserve it!)

But hurry, this introductory special won't last forever, more precisely, the offer ends at the end of October. So buy your packages soon, but schedule the services at your leisure.

*Head - To - Toe
Rejuvenation Package*
includes the following four services:

Shampoo & Style
Shampoo with scalp massage & blow dry

Waxing or Tinting
Choose from brow, lip or chin

Relaxing Escape Facial 35-45 min
Cleanse, tone, massage, mask, hydrate

Manicure & Pedicure
Clean, soak, file, cuticles, & polish

Services can be scheduled individually or together for one lavish session. Please call ahead to schedule.

Packages can be purchased at the front desk. Each of the four services have upgrade options.

Stop in to meet Linda and check out her full menu of services.

Look for monthly specials and "Happy Hour" events!

941-504-0592

www.sarasotafacials.com

NOT JUST FOR TENNIS PLAYERS!

Cardio Tennis is a great work out for all fitness fanatics. We all know that mixing up your routine is vital to its effectiveness. So, don't be afraid to try something new!



Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis.

Join Samantha Ardenfield, Tuesdays from 8 am - 9:30 am

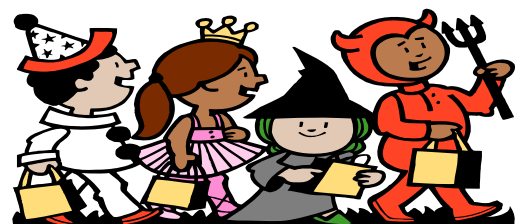
Call Samatha to reserve your spot, 284-3332.

Men's USTA National 50's Clay Court Championships,

October 4 - 11.

Courts will be limited.

Come and watch the great play!



CONGRATULATIONS LEAGUE WINNERS

MONDAY

Division 1 - Mens

1st - Phill Mihn 2nd - Blain Watkins

Division 2 - Mens

1st - Scott Fiset 2nd - John Ramsey

TUESDAY

Ladies

1st - Kris Sutton 2nd - Siri Koshes

Mixed

1st - Seth Weiser & Diana McGinty
2nd - Jerry Bernas & Mary Bernas

WEDNESDAY - Mixed

1st - Tim Gruters & Ashley Petruzzi
2nd - Blair Watkins & Jen Peters

THURSDAY - Mens

1st - Wayne Liburd 2nd - Allen Hill

MAKE-A-WISH®

Tennis Tournament

November 7th - 8th



Men's, Women's & Mixed Doubles

The Make-A-Wish Foundation® has enriched the lives of children with life-threatening medical conditions through its wish-granting work. Make-A-Wish is Sarasota's largest area tennis tournament and supports a great cause. 100% of the proceeds from this tournament go directly to Make-A Wish.

Sign up online. Follow the links from our website's "Calendar" page.

After School Jr. Program "Tapes Tennis"

By Gabriel and Susan Ferrar

Tapes Tennis is an innovative and creative tennis program that employs a system much like Martial Arts where children earn a belt color according to the skills they are able to perform. Skills Tests are given to the children everyday they attend. Not only is it their favorite part of the program, but it is a great motivator that keeps them involved in the game.

Tuesdays & Thursdays, 5 - 6 pm

8-weeks: October 27 - December 17.

**Call 448-4079 for more info.
or visit www.tapestennis.com**

MEMBER-GUEST

ROUND ROBIN

**Friday, Oct 23th
@ 6pm**

\$8 per person

Sign up in the Pro Shop.

You do not need a guest to sign up.



SEC is Coming!



Sign Up Party, Nov 11th
6 pm in the Courtside Grill



Players Party/Calcutta, Dec 4th
7 pm in the Courtside Grill



Tournament, Dec 6th - 7th
on the courts, bright & early!

MEMBER SPOTLIGHT



The first 4.5 women's team from Sarasota to go to Nationals has several names that will sound familiar!

Barb Lancer (Captain) Nina Schmidt, Lisa White, Marion Lieb, Tig Winsler, Kerry Distefano, Jo Ann DeMartini are on the team that won regionals in Bonita Springs in July, went on the take states in Daytona in August. And look out Las Vegas... The ladies head there for nationals at the end of October.

Congratulations Ladies and Good Luck!



Tennis Talk

By: Eric Davidson Director of Tennis

I think Serena Williams is so amazing and great for our sport. That said, it's too bad that she got crazy towards an official because of a foot fault. It made her look like she is above all that and never should be penalized. C'mon Serena, you are better than that. On the other hand the other end, it was pretty cool to see Kim Clisters come back and win! Unbelievable! Serena got a fine for her act. I guess Connors and McEnroe are lucky they aren't playing now, because they would be broke! They were a lot worse. Oh well, we move on and look back on a historic year with Federer becoming the All Time Grand Slam Leader. It's amazing what he has accomplished with the level of competition there is today.

Have fun,
Eric