



August 2011

Dear Ridgewood Club Members,

I can't believe that this summer is already winding to a close and school is just around the corner. The past three months have been such a whirl-wind, and I want to thank everyone for helping make this transition such a great experience. So much has been going on, from our trials with the new door lock system to the construction around the facilities - a big "thank you" for all your continued support and understanding.

Starting this month, Ridgewood Members will be receiving monthly newsletters to better keep everyone up-to-date on the latest events and activities. Newsletters will be e-mailed in PDF format monthly and will include information on Clubhouse Hours, Fitness and Tennis Programs, and the Social Activities. Hard copies will also be available in the Clubhouse and as a link on the website. Ridgewood also has a Facebook page with pictures and upcoming event information to keep you connected with the Club.

With the school season approaching and the summer winding down, the Social Calendar will begin to expand. Suggestions of the types of activities that you, the member, would like to see offered at Ridgewood are always welcome and encouraged. Please take the time to stop by the office to discuss what programs you would like to see that would add value to your membership.

Kirsten Rempfer
General Manager

Grille Hours

Monday—Thursday 11am to 7pm

Friday—Sunday 11am to 9pm

Pool Hours

Sunday—Thursday 10am to 8pm

Friday—Saturday 10am to 9pm

Please note that when Guilford County Schools go back on 8/25, guards will not be on duty at the Pool until after 4:00pm. Children under the age of 14 must be with a parent or be sent with a note.



Ridgewood Fitness Center

Grand Opening



August 1st, 3rd, and 4th from 6:00pm to 8:00pm

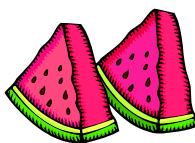
Come out and familiarize yourself with all the new strength and cardio equipment in the Fitness Center!

Social Activities & Events

National Watermelon Day

Wednesday, August 3rd

The Ridgewood Courtside Grill will be selling slices of fresh watermelon for \$1 in honor of National Watermelon Day!



Wet n Wild Wednesday

Wednesday, August 10th
6:00pm—8:00pm

Kids—come to the pool for an evening of organized water games! Parents, kids must be able to swim without flotation to participate!

Teen Late Night Pool Party

Sunday, August 14th

This is it! Make sure you don't miss out on the last Teen Pool Party of the Season! Cost is free for members, \$3 for guests.



Adult Late Night Pool Party

Saturday, August 20th
9:00pm—Until??

The kids are headed back to school and it is time to celebrate!! Bring your floats and we'll provide the rest. This event is for members 21 and Up. \$10 cover per person for food and beverages.

Family Float Night

Friday, August 12th
6:00pm—10:00pm



Bring your family and the floats out to the pool this Friday for Family Float Night. The pool will be open an extra hour until 10:00pm.

Back to School Kids Krafternoon

Saturday, August 20th
2:00pm—4:00pm

Kids—bring your plain folders and notebooks to the Kids Room on the 2nd level of the Clubhouse and decorate them for back to school!

Coming Up Next Month...

Ridgewood Fantasy Football Draft

Friday, September 3rd at 8:00pm

Well it took long enough, but it looks like the 2011—2012 NFL season is going to happen and the official Ridgewood Fantasy Football League is on! Cost is \$25 and there are no trade or drop/add fees. League must have a min of 8/max of 12 participants. Multiple leagues can be formed if there is enough interest. Sign up in the office with Kirsten no later than August 31st. League fee must be paid at sign up to guarantee your spot. Payouts will go to 1st—3rd place and monies are dependent on the number of people in the league.



Labor Day Pool Party

Monday, September 5th

Last Day of the Pool

Sunday, September 18th

Mom's Morning Off

Thursday, September 22nd



Kids Kitchen

Thursday, September 22nd

Kids Krafternoon

Thursday, September 29th



Tennis with Jim



Ridgewood Tennis Championship

August 26th, 27th, 28th

Sign up to play in this years Adult Tennis Championship. Events include Singles, Doubles, Mixed Doubles and Senior (over 55). Registration forms are in the Pro Shop and must be submitted to Jim no later than August 22nd. Cost is \$15 for the first event, and \$5 for each additional event. Final draw will be posted on the Tennis Board on August 24th after 5pm.



Interclub End of Season Party

August 6th
Noon—2:00pm

All participants of the 2011 Sumer Junior Interclub League are invited out to the Club for an end of season pizza and awards party with Jim. Make sure to bring your racquet for a game. For 2011 participants only.

Summer Junior Tennis Clinics

August 1st—19th

The following Junior Tennis Schedule will run through August 19th. Please remember to sign up with Jim prior to the clinic.



Attention: New Ridgewood Members

Free Tennis Clinics!

August 8th—13th

If you are a new member to the Club at Ridgewood, we want to show you what our tennis programs are all about! Sign up with Jim to participate in a *FREE* tennis clinic! Racquets will be provided upon request.

Monday 8/8

10:00am—11:00am

6:00pm—7:00pm

Tuesday 8/9

6:00pm—7:00pm

Wednesday 8/10

10:00am—11:00am

Thursday 8/11

9:00am—10:00am

6:30pm—7:30pm

Saturday 8/13

10:30am—11:30am

Tiny Tots—\$28 Middle School—\$60

Monday &/or Wednesday Tuesday &/or Thursday

9:15am—10:00am

10:30am—Noon

Beginners—\$32

Match Play—\$20

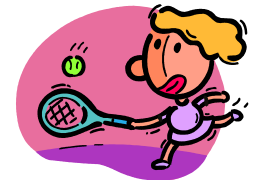
Monday &/or Wednesday

10:00am—11:00am

USTA Juniors—\$60

Monday &/or Wednesday

11:00am—12:30pm



Tennis Social

Friday, August 19th
7:00pm—9:00pm

Ladies Fall Gate City Interest Meeting

August 2nd at 5:30pm

Ladies Tennis Night

Mondays from 7:00pm—9:00pm

Men's Tennis Night

Tuesdays from 7:00pm—9:00pm

Mixed Doubles Tennis Night

Thursdays from 7:00pm—9:00pm



Tuesdays & Friday

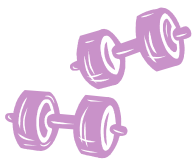
8:00am—9:00am

Saturdays

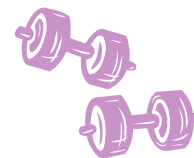
7:30am—9:00am

9:00am—10:30am





Ridgewood Fitness



All aerobics classes at Ridgewood are free of cost to our members. Please direct any questions or suggestions to our Fitness Director, Donna Warrick, at 644-1608 or dkwarr1@aol.com.

1/2 & 1/2

Class format consists of the first half of class being cardio and the second half of class being sculpt, tone and flex.

Body Sculpt

Sculpts and Shapes muscles. Increase your lean muscle mass so you burn more calories during rest. No choreography.

Cardio Interval

This class is the most effective for weight loss. Combines intervals of cardio with strength training. Helps burn fat and build muscle.

Pilates

A system of exercises that focus on strength without bulk, increasing flexibility, agility, core strength and improving posture.

Yoga

A system of exercises that focus on strength without bulk, increasing flexibility, agility, core strength and improving posture.

Aqua

Low impact resistance class that allows you to burn 3 times the calories that you would on land. Bring your swim suits!

Cardio Ball

Half cardio and half fitness ball core work. This class cardio class incorporates weights and conditioning using the ball.

Cardio Kick

A series of drills set to music, including shadow boxing, kicks, push-ups, jump rope, jumping jacks, shuffling and combos.

F.I.R.E.

Functionally integrated resistance exercise. Works on developing muscle strength, endurance, and mobility.

Step

This class incorporates the step for a great high intensity, low impact aerobic workout. Learn correct form and technique.

Cardio Blast

More effective for weight loss, this is a maximum fat burning class. Makes your heart stronger and helps increase lung capacity.

Nike TBC

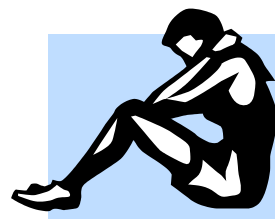
Nike Total Body Conditioning is a step-circuit class. Step aerobics combined with sculpting exercises at different stations

Power Pump (PP)

Builds lean muscle mass while doing intervals of cardio. Steps, tubes and weight may be used. All levels, no choreography.

Zumba

A fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music. Zumba uses the principals of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning.



August

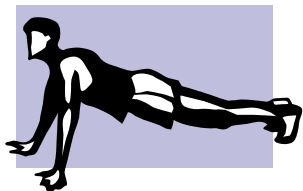
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------------------------------|------------------------------------------------------------|----------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------|-----------------------------------|
| 1 8:30 F.I.R.E - Martha 6:00 PP - DW | 2 8:30 Step - Cassy 7:00 Zumbai - RA | 3 8:30 1/2&1/2 - GW | 4 8:30 Cardio Kik - GW 10:00 Aqua - Martha 7:00 Pilates - RA | 5 *8:30 Yoga - Phoebe | 6 8:30 Zumbai - Sheila |
| 8 8:30 Pilates - RA 6:00 Zumbai - Sheila | 9 8:30 Step - Cassy 7:00 Pilates - Corinna | 10 8:30 Cardio Kik - GW | 11 8:30 PP - Sheila 10:00 Aqua - Martha 7:00 1/2&1/2 - RA | 12 *8:30 Yoga - Phoebe | 13 8:30 Cardio Blast! - Sheila |
| 15 8:30 Cardio Blast - Martha 6:00 Body Sculpt - DW | 16 8:30 Nike TBC - Martha 7:00 Cardio Int. - Corinna | 17 8:30 Step - Cassy | 18 8:30 F.I.R.E. - Martha 10:00 Aqua - Martha 7:00 Pilates - RA | 19 *8:30 Yoga - Phoebe | 20 8:30 Cardio Ball - DW |
| 22 8:30 Zumbai - RA 6:00 Zumbai - Sheila | 23 8:30 20/20/20 - Cassy 7:00 Pilates - Corinna | 24 8:30 Step - GW | 25 8:30 Body Sulpt - Martha 10:00 Aqua - Martha 7:00 Cardio Ball - DW | 26 No Class Corporate Event | 27 8:30 PP - DW |
| 29 8:30 Cardio Ball - Martha 6:00 Body Sculpt - DW | 30 8:30 PP - Cassy 7:00 Cardio Ball - Corinna | 31 8:30 Cardio Kik - GW | | | |

DW Donna Warrick RA Ruth Ann GW Gretchen Wilkins

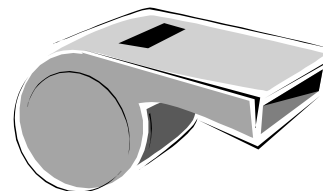
*Denotes a 90 minute class

*** Questions or suggestions? Contact Donna Warrick at 644-1608 or dkwarr1@aol.com

RIDGEWOOD BOOTCAMP



Do you dread going to the gym?
Tired of the same old routine?
Not getting the results your looking for?
Come let us kick you into shape!



What is Ridgewood Bootcamp?

- Ridgewood Bootcamp is a six week training course led by our trainer, Carl Powers, that is designed to improve your level of fitness in a variety of ways. The course is geared to push everyone hard, but also make the workout an enjoyable and rewarding experience.
- We must have a minimum of 10 participants to hold a session.

When is the Bootcamp?

- Bootcamp will be held from 6am to 7am on Mondays, Wednesdays and Fridays.
- First training session begins August 26th and runs through October 5th.
- Second Training session begins on October 7th and runs through November 16th.

What is the cost?

- The six week Ridgewood Bootcamp will cost \$300 per person.

Carl Powers- Personal Trainer

- Over 19 years of experience
- Certifications- AFFAA, NASM,
- Specializes in:
 - Weight-loss
 - Weigh-strength gain
 - Diet programs
 - Body sculpting

Personal Training with Carl

- Carl will be offering personal training sessions at 45 minutes per session.
- If you schedule 5 or more sessions, the rate will be \$35 per session.
- Individual sessions will cost \$50.
- Contact Kirsten at the club to set up your personal training sessions. Session dates and times will then be scheduled one on one with Carl.

General Manager

Kirsten Rempfer

Tennis Pro

Jim Lanzi

Fitness Coordinator

Donna Warrick

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