

# 2020



# PACKET

## Contents

<b>Club Directory</b> .....	3
<b>Pool Hours</b> .....	4
<b>Swimming Pool Rules</b> .....	5
<b>Aquatics Programs</b> .....	6
<b>Diving Lessons:</b> .....	7
<b>Village Club 2020 Aquatics Calendar</b> .....	8
<b>Tennis Programs</b> .....	9
<b>2020 Tennis Events</b> .....	10
<b>Quick Start Tennis for 4 and 5-Year Old's</b> .....	11
<b>Junior Tennis Program 2020</b> .....	12
<b>Junior Tennis Lessons</b> .....	13
<b>Men's Intra Club League – 2020</b> .....	14
<b>Monday Night Men's League</b> .....	15
<b>Ladies Tennis Day</b> .....	16
<b>Friday Night Mixed Doubles Socials</b> .....	17
<b>2020 Social Tennis League (Adult)</b> .....	18
<b>The Village Club Men's Fall Doubles League</b> .....	19
<b>Racket Restringing</b> .....	20
<b>Pickleball</b> .....	21
<b>POP Tennis</b> .....	22
<b>Yoga</b> .....	23
<b>Zumba</b> .....	24

## Club Directory

**If you prefer a hard copy, please contact 414-380-2582.**

For questions contact the following people regarding:

Aquatics: Meghan Klement & Nicole Miller: [aquatics@thevillageclubinc.com](mailto:aquatics@thevillageclubinc.com)

Membership: Karen Rybakowicz [rrybakowicz@wi.rr.com](mailto:rrybakowicz@wi.rr.com)

Facilities: Joe Paul [jfpaul@waukesha.k12.wi.us](mailto:jfpaul@waukesha.k12.wi.us)

Tennis Lessons: Mike Patneade: [tennis@thevillageclubinc.com](mailto:tennis@thevillageclubinc.com)

Online Sign-up issues, cancellations: [it@thevillageclubinc.com](mailto:it@thevillageclubinc.com)

Sunday Morning Tennis: Mark Kass [mkass@scglobal.net](mailto:mkass@scglobal.net)

Monday Night Tennis: Mike Patneade [tennis@thevillageclubinc.com](mailto:tennis@thevillageclubinc.com)

Social Tennis: [tennis@thevillageclubinc.com](mailto:tennis@thevillageclubinc.com)

Ladies Tennis Day, Adult State League, Pickleball, Racket Restringing, Men's Fall Tennis: Mike Patneade: [tennis@thevillageclubinc.com](mailto:tennis@thevillageclubinc.com)

Zumba: Sarah Pierangeli [sarahpierangeli@yahoo.com](mailto:sarahpierangeli@yahoo.com)

Yoga for Adults: Mary Hanneken [omhanneken@wi.rr.com](mailto:omhanneken@wi.rr.com)

**Activities must be paid in full, before the first day of the activity!**

## Pool Hours

May 22 through September 7

May 22	3-9
May 23-25	12-9
May 26-29	12-8
May 30-31	11-9
June 1-5 & 8-12	12-8
June 15 (lessons begin)	12-9
Sat & Sun in June	11-9
Sat & Sun in July	11-9
Sat & Sun in August	11-9
August 7 (Lessons end)	12-9
August 10-28	12-9
August 29-Sept 4	4-8
September 5-6	11-9
September 7	11-6

### **The Club Closes when the Pool Closes**

Members should exit the club at 9:00pm

Cleaning crew starts promptly at 9:00pm

Club liability coverage expires at 9:00pm

## Swimming Pool Rules

1. Do not enter the pool if you have a communicable disease or open cut.
2. Shower before entering the pool and after use of toilet facilities.
3. Do not bring food, drink, gum, or into the pool.
4. Eating is not allowed in the main pool area.
5. No running or rough play in the pool areas.
6. No riding the shoulders of others in the pool.
7. No pushing or throwing others into the pool.
8. Only one person at a time on the diving board.
9. Glass and breakable objects are not allowed inside the club.
10. Appropriate swimwear is required. No leotards, cutoffs or hats.
11. Kids under 6 must be with an adult and toilet trained to use the large pool.
12. Non-swimmers may only use the shallow roped-off area of the large pool.
13. Toddlers are not allowed in the main pool area unless toilet trained.
14. Toddlers must not be left unattended in any of the pool areas.
15. Swim diapers are not allowed in the main pool.
16. Non-toilet trained children are required to wear swim diapers.
17. Baby strollers, and playpens are not permitted in the main pool area.
18. No ball playing is permitted on the decks.
19. Floating devices are not permitted.
20. Round sponge balls are the only toys allowed in the large pool.
21. No swimming in the I-pool or large pool without a lifeguard on duty.
22. Go under the guide ropes not over when crossing.
23. Avoid the lap lane when being used for swimming laps.
24. **Do not play catch from the water to the deck or vice-versa.**
25. Somersaults and backward entries poolside are not allowed.
26. Inward and reverse dives are not allowed from the diving board.
27. Parents must remain on the upper deck during lessons/practices.
28. The pools will be closed at the end of lessons/practice for 30 min.
29. Adult swim is for members who are at least 18 years of age.
30. The pools will be closed when the air temperature is below 65°.
31. Basketball hoop: You must be in the water to shoot the basketball.  
No hanging on the net or the rim and no dunking

*Safety is our first priority. Lifeguards have the responsibility and the authority to enforce the rules listed in this document. Their instructions should be followed promptly, for the safety and well-being of all.*

*Your cooperation is expected*

## Aquatics Programs



SIGN UP FOR ACTIVITIES ONLINE AT [THEVILLAGECLUBINC.COM](http://THEVILLAGECLUBINC.COM). ALL FEES MUST BE PAID IN FULL IN ORDER TO ENROLL IN ANY OF THESE ACTIVITIES.

### Swimming Lessons:

Days: Monday through Friday, June 15 – August 7

Time: 8:30 to 10:25

Fee: **\$30.00** - must be paid prior to first day of class.

A brief description of each level is listed below. This will aid you in determining your child's appropriate level. Guards will provide a swim test upon request.

- Aqua Tots:** Taught in the intermediate pool. Child should be 3-4 years old.
- Level I:** Child is comfortable in water and can bob.
- Level II:** Child can float on their front and back with some assistance; hold their breath under water and kick.
- Level III:** Child can rhythmic breathe, do front and back crawls, and can retrieve an object under chest deep water.
- Level IV:** Child can swim 15 yards of front and back crawl and can reverse direction while swimming.
- Level V:** Child can do the breaststroke and elementary backstroke and turn at the wall.
- Level VI:** Child can swim 15 yards breaststroke, sidestroke and dive from the diving board. Child can swim 50 yards of front and back crawl.
- Level VII:** Child can swim 100 yards of front crawl and back crawl and 15 yards of butterfly.
- EWS:** Emergency Water Safety, a pre-lifeguard course. Child has passed Level VII. Offered only during the first week of Session 4. Fee \$15

Aqua Tots requires a minimum of 4 children to run the class.

Levels I through VII have a maximum of 10 children per class.

<b><u>Level:</u></b>	<b><u>Time:</u></b>
VII, IV, III, EWS	8:30 – 9:05
VI, IV, III, II, Tiny Tots	9:10 – 9:45
V, II, I, Aqua Tots	9:50 – 10:25

### **Session:**

- 1 June 15 – June 26
- 2 June 29 – July 10
- 3 July 13 – July 24
- 4 July 26 – August 7

## **Diving Lessons:**

Learn the basics of diving fundamentals: the approach, safety, and different diving groups – front, back, inward, reverse, and twist.

Days: Monday through Friday, June 15 – August 7

Times: 8:30-9:00/10:15-10:45/10:50-11:20

Participants may practice (including back take-offs) from 3:00 – 3:30 p.m. M-F

Fee: **\$30.00**

### **Session:**

1 June 15 – June 26

2 June 29 – July 10

3 July 13 – July 24

4 July 26 – August 7

## **Swim Team:**

If your child can swim one length of the pool and you would like him/her to be a stronger and safer swimmer, then you are encouraged to register your child for the Swim Team. The Village Club team is open to all children to give them an opportunity to improve their swimming skills, learn competitive training techniques and compete in a number of meets throughout the summer. Children compete against swimmers their own age in all of the USS Age Group classifications beginning with “8 and under.” Swimmers are needed at all age levels. Transportation help is needed for away meets and you are welcome to join the team as a spectator, timer or helper. The Village Club Swim Team provides a low pressure, competitive atmosphere where children have fun, make new friends, and experience success through their improvement.

Days: Monday through Friday, June 15 – August 3

Times: Ages 10 and under: 10:30 – 11:30, Ages 11 and up: 10:30 – 12:00

Fee: **\$50** (\$100 maximum per family)

## **Diving Team:**

Days: Monday through Friday, June 15– August 3

Time: 9:05 – 10:10

Fee: **\$50** (no charge if you are on the swim team)

## **Synchronized Swimming Team:**

Synchronized swimming combines swimming, music and lights. Choreographed routines are taught, practiced and performed. There are three synchronized swim meets scheduled during the season. The classes end with a special program performed at 8:30 p.m. on Friday, July 31<sup>st</sup> at the Village Club.

Days: Monday through Friday, June 15 – July 31<sup>st</sup> (Practices days & time vary by section)

Times: 11:25 – 12:30 M-F, 10:00 – 12:00 noon Saturday

Fee: **\$50** (no charge if you are on the swim team)

## Village Club 2020 Aquatics Calendar

<b>Date</b>	<b>Event</b>	<b>Warm-up</b>	<b>Start Time</b>
<b><u>SWIM TEAM</u></b>			
<b>June 29 Mon</b>	<b>@ Merrill Hills CC</b>	<b>5:00pm</b>	<b>5:30pm</b>
<b>July 10 Fri</b>	<b>@ Western Racquet Club</b>	<b>8:30am</b>	<b>9:00am</b>
<b>July 16 Thur</b>	<b>@ Westmoor CC</b>	<b>12:30pm</b>	<b>1:00pm</b>
<b>July 27 Mon</b>	<b>@ VC Championships</b>	<b>12:30 pm</b>	<b>1:00 pm</b>
<b><u>DIVE TEAM</u></b>			
<b>June 26 Fri</b>	<b>@ Western Racquet Club</b>	<b>8:00am</b>	<b>9:00am</b>
<b>July 22 Wed</b>	<b>@ The Village Club</b>	<b>3:30 am</b>	<b>4:30pm</b>
<b>July 27 Mon</b>	<b>@ VC Championships</b>	<b>8:00am</b>	<b>9:00am</b>
<b><u>SYNCHRO TEAM</u></b>			
<b>July 15 Wed</b>	<b>@ Westmoor CC</b>	<b>7:00am</b>	<b>8:00am</b>
<b>July 24 Fri</b>	<b>@ Western Racquet Club</b>	<b>8:30am</b>	<b>9:00am</b>
<b>July 31 Fri</b>	<b>@ VC Synchro Show</b>	<b>8:00 pm</b>	<b>8:30pm</b>
<b><u>FUNFEST</u></b>			
<b>August 22</b>	<b>@ VC High School Meet</b>	<b>7:00 am</b>	<b>7:30am</b>

### SWIM SUITS

The official Village Club swimsuit is required for the swim team, the dive team and the synchronized swim team. Check with the Aquatics managers for details regarding the purchase of the Village Club team swimsuit.



## Tennis Programs

### Tennis Court Rules

Direct supervision of the tennis court area is the responsibility of the Tennis Director and Tennis Instructors when they are on duty. The responsibility for supervision of the tennis courts area rests with the management or the designated representative at any other time. Failure to adhere to these rules will jeopardize your membership privileges. The Village Club aims to keep our tennis courts and Quick-Start courts in the best possible shape. Thank you for your cooperation.

1. No smoking or tobacco use in the tennis court area.
2. No eating (including gum) in the tennis court area.
3. **Only tennis shoes and tennis attire are allowed on the playing surface. Playing tennis barefoot or in sandals is not allowed. Shirts are required in the tennis court area.**
4. No more than four people are permitted to play on one court at a time.
5. Non-playing children are not permitted to play in the tennis court area unless supervised by an adult.
6. Please be respectful of other courts of play. Only cross behind a court by the back fence in between points. Do not move behind a court while a point is in play.
7. Please keep the tennis court area clean by using the proper trash receptacles.
8. Club tournaments, socials, state league matches, and lessons have priority in use of the courts. **Note: Courts do NOT have to be left open during special events for open play.**
9. Adults (18 years of age or older) have preference for use of the courts after 4:00 P.M. weekdays and at all times of the weekend and during holidays.
10. Each member is responsible for the conduct of his/her guests while on the tennis courts.

### Quick Start Court Rules

1. The above tennis court rules apply to the two Quick Start courts.
2. Lessons have priority on the courts at all times.
3. The courts are designed and specified for 10 and under players and their parents using 10 and under Quick-Start equipment.
4. Quick Start courts are lined for pickleball play with proper pickleball equipment.

## **2020 Tennis Events**

### **FREE Saturday Adult Drills**

9:00 – 10:00 A.M. Women/10:00 – 11:00 A.M. Men

**June 6, June 13, June 20, June 27, July 11, July 18, August 1, August 8**

Please note the dates; adult drills are **NOT** every Saturday. They are free and open to all members. No sign up required. As a consideration to the instructors and other players please be on time.

### **Adult Junior Social**

Saturday, July 25 at 9:00 A.M.

**\*GUESTS WELCOME (\$5 guest fee)**

\*Sign up as a team (**one player must be a member**), teams grouped by ability

\*\$5 per player includes prizes and food

### **Village Club Mixed Doubles Socials** 🎾🕒

\*June 26, July 31, and August 21

\*See flyer on page 16 of this packet

### **Fourth Annual Tennis Challenge for Charity**

Saturday, July 18 during the Family Picnic

### **Adult State League**

Contact Mike at [tennis@thevillageclubinc.com](mailto:tennis@thevillageclubinc.com) for info

## **Quick Start Tennis for 4 and 5-Year Old's**

Quick Start is an exciting play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to their age, size and ability. By kid-sizing the equipment (balls, racquets and net height) and modifying play components, kids can quickly develop tennis skills. Quick Start establishes a foundation for hand-eye coordination, basic movement, and athletic tennis skills. Quick Start tennis will take place on our two 36' courts.

You may sign up your child online for Quick Start Tennis for a fee of \$30 per session. Players may borrow rackets to use during class. **A player may only sign up for one class per session. Players must be four years old by the first day of class.**

**NOTE: Four (4) players must be signed up for each class or the class will not be held. Six (6) players is the maximum for each class. We are excited to keep our classes to three players and one instructor.**

**There will be 2 four-week sessions of Quick Start for 4 and 5 Year Old's:**

**Session 1:** June 15 – July 10    **Session 2:** July 13 – August 7

**Each session will contain the following classes:**

Monday and Wednesday	9:00 – 9:40 A.M.
Monday and Wednesday	9:40 – 10:20 A.M.
Tuesday and Thursday	9:00 – 9:40 A.M.
Tuesday and Thursday	9:40 – 10:20 A.M.
Tuesday and Thursday	12:30 – 1:10 P.M.

## Junior Tennis Program 2020

Tryouts for the competitive aspect of the club's Junior Tennis Program will be held from Monday, June 15<sup>th</sup> until Friday, June 19<sup>th</sup>. **Please note: Prior sign up is required online and payment of \$75 must be received by Monday, June 15<sup>th</sup>. The \$75 fee will be credited to your account if your child does not make the team.** This first week will give the instructors an idea how each player fits into his/her age group. Any player interested in playing competitive tennis for the club must know the basic rules of the game, know how to keep score, and be able to rally and serve. Players must also respect the game, their instructors, and display good sportsmanship. If a player does not meet these criteria then they should not try out for the team. A player may sign up for junior lessons and still try out for state league. **Practices** – Practices will begin on Monday, June 15<sup>th</sup> according to the following times (tryout week follows the same schedule):

High School	12:30 - 1:30 P.M.
Boys and Girls U10	1:30 - 2:30
Boys and Girls U12	1:30 - 2:30
Boys and Girls U14	2:30 - 3:30

**Practices are Mondays, Tuesdays, Thursdays, and Fridays until Friday, August 7th. There is no practice on Wednesday except for the tryout week - Wednesday, June 17<sup>th</sup>.**

**Matches** – Competitive matches will take place in three different forms:

**A. Intra Club** – Intra Club matches are matches that are played between juniors at the Village Club. These matches are played at home on Wednesday at noon.

**B. State League** – State League matches are matches that are played between juniors of the Village Club and juniors of neighboring clubs and recreation departments. These are home and away matches and are played mainly on Wednesday afternoons. Players will be selected to play by the instructors based on tryouts and challenge ladder status and parents are expected to help provide transportation to away matches.

**C. Challenge Ladder** – Any junior can be on the Challenge Ladder. Players can play as many matches as they like as they can challenge other players on the ladder. Matches can be played any time at any courts. Players on the ladder must play at least one challenge match per week in order to keep their spot on the ladder.

## Junior Tennis Lessons

The Village Club is excited to continue to instruct our juniors following the United States Tennis Association (USTA) “Learn to Rally and Play” curriculum. Children are introduced to the game through the Quick Start Tennis format. Quick Start Tennis includes six specifications: Age, court size, racquet length, ball weight and speed, net height, and scoring format. This enables young players to practice and play real tennis to scale and allows them to play and learn at the same time.

Tennis is fun when our players are able to rally back and forth over the net and play! The goal of our classes is to get all of our players playing – rallying, serving, and scoring. Part of our class time will utilize games/mini-matches monitored by instructors with the intent of having fun and learning to play the game the right way by incorporating the skills learned during our practices.

There will be 4 – two-week sessions of lessons running Monday through Friday mornings. **Each session costs \$30.**

### **The sessions will run as follows:**

Session 1	June 15 – June 26
Session 2	June 29 – July 10
Session 3	July 13 – July 24
Session 4	July 27 – August 7

### **Class times:**

Ages 11 and older	8:00 – 8:50 A.M.
Ages 6 - 10	8:50 – 9:40 A.M.
Ages 6 - 10	9:50 – 10:40 A.M.
Ages 6 - 10	10:40 – 11:30 A.M.

## Men's Intra Club League – 2020



**Objective:** Make the Men's Intra Club doubles leagues a part of your summer. This league is designed to promote play within the club. Players of all skill levels are encouraged to participate. Minimum age of 18 to participate.

**When:** Matches will be held on Sunday mornings at 10:00 A.M. Matches will be scheduled from June through August.

**COST:** \$15.00 per player. Fees must be paid by May 20<sup>th</sup> by cash, check, or credit card to The Village Club. Captains do not pay the fee.

**Sign up:** Sign up online for Men's Intra Club and fill out the registration blank below and mail to:

Mark Kass  
1325 N. Van Buren St. #309  
Milwaukee, WI 53202  
414-427-5314

### Contact Mark Kass @ [mkass@sbcglobal.net](mailto:mkass@sbcglobal.net)

We need 4 volunteers to be team captains. If we don't have enough captains we won't have enough teams to have everyone play. **NEW MEMBERS** who have joined after May 24th can get put on the sub list.

Name \_\_\_\_\_ Regular \_\_\_\_\_ Sub Only \_\_\_\_\_ (no fee)

Phone \_\_\_\_\_ Your Rating \_\_\_\_\_ State League Player? \_\_\_\_\_

Email address \_\_\_\_\_

I'm willing to be a captain. Yes \_\_\_\_\_ No \_\_\_\_\_

Please circle dates you are **unable** to participate:

**MAY:** May 31

**JUNE:** June 7 June 14 June 21 June 28

**JULY:** July 5 July 12 July 19 July 26

**AUGUST:** August 2 August 9 August 16 August 23 August 30

## **Monday Night Men's League**

Sign up for Monday night men's doubles. It's a great way to exercise, socialize, and play tennis with a new partner each week. All levels of players are welcomed and encouraged to sign up.

**The season runs from June 8 to August 24.**

*Warm-ups start at 5:45 and play starts at 6:00 P.M.*

### **Your \$25 fee includes:**

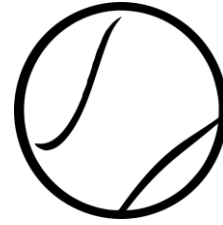
- Reserved courts each Monday night
- No travel – all play at the VC!
- New balls each week
- Treats and soda and two pizza nights

**Weekly ice-cold adult beverages with Dave Cartwright**

**Sign up online for Monday Night Men's League by May 24.**

**Once you sign up online send Mike at [tennis@thevillageclubinc.com](mailto:tennis@thevillageclubinc.com) your name, phone number and email, dates you are unable to play, and whether you want to play as a sub or a regular. You must be signed up online by **May 24th.****

## Ladies Tennis Day



Friday mornings on the courts will be Ladies Day taught by Mike and Mike Kennedy. There is no preseason sign up although there will be a weekly sign up to participate in the following:

**8:00 – 9:00 Drill for experienced players**

**9:00 – 10:00 Drill for intermediate players**

**10:00 – 11:00 Drill for beginners**

Ladies Day will take place on the following Fridays:

**June 19, June 26, July 3, July 10,**

**July 17, July 24, July 31, and August 7**

The fee to participate in Ladies Day will be \$5 for each Friday that you play. **Please sign up and pay cash at the concession stand by Thursday at 3:30 P.M. of the week that you want to participate. Each drill is limited to the first 8 players who sign up. No shows will be charged the club \$15 No Show Fee.**

All levels are welcome to participate. Please sign up for the appropriate time for your ability.

Questions regarding Ladies Day can be directed to Mike at

[tennis@thevillageclubinc.com](mailto:tennis@thevillageclubinc.com)



## Friday Night Mixed Doubles Socials

**June 26**

**July 31**

**August 21**

Mixed Doubles from 6:00 to 7:30 P.M.

Followed by pizza from Rounding Third Pizzeria

*Bring your own beverages*



*Sign up via email to Mike at [tennis@thevillageclubinc.com](mailto:tennis@thevillageclubinc.com) at least 48 hours prior to each individual event. Our goal is to play some fun, social mixed doubles. Guests are welcome.*

*\$5 per player to be paid on the night of event*

## 2020 Social Tennis League (Adult)



**Do you love to play tennis?  
Do you want to play MORE tennis?  
Do you want to meet people?**

**If your answers to the questions above were YES.....  
THEN THIS IS THE LEAGUE FOR YOU!**

- Here's your chance to meet, eat, drink and compete! And to have FUN!
- This is a SOCIAL league for players of all levels. Tennis balls are provided.
- Fresh food, tasty snacks and ice cold beverages
- NEW FORMAT- Sign up and pay only for the days that you know you can make it
- June 6 is a trial day - Come out, give it a try and experience the fun! (There will be snacks and drinks on this day). *No sign up necessary for this day.*

### **SOCIAL TENNIS DATES for 2020**

**Saturday at 1:00 pm**

**Dates: June 13 & 27, July 11 & 25, August 8 & 22**

### **COST**

Players fee: \$5 per date per person (\$30 max)

Social members fee: \$4 per date per person (\$24 max)

**SIGN UP** and pay in person on June 6th (or email with your dates for the season)

- OR **email by 6pm on the Thursday prior to each social tennis date**
- Jane [jpmlenar@gmail.com](mailto:jpmlenar@gmail.com) or Connie [Connie.kocourek@gmail.com](mailto:Connie.kocourek@gmail.com)

## The Village Club Men's Fall Doubles League

*OPEN ONLY TO MEMBERS OF THE VILLAGE CLUB*

- Sundays: Sept. 6<sup>th</sup> through Oct. 25<sup>th</sup>
- Play starts at 9:30 A.M.
- All levels of play are welcome to join the league
- Court assignment by merit
- Each Sunday you play 24 games, 8 with each player on your court
- There is no sub list – pick the Sundays you can play
- \$10 fee payable in cash on September 6<sup>th</sup> (\$5 covers new balls for the league)
- League players help take down windscreens on October 18<sup>th</sup> and/or October 25<sup>th</sup> (earn \$5 of league fee back)

**Sign up online and** email Mike Patneaude at [tennis@thevillageclubinc.com](mailto:tennis@thevillageclubinc.com) and include email address, phone number, and **dates you are unable to play.**  
**Deadline to sign up is Thursday, August 27<sup>th</sup>** as the schedule will be made Saturday, August 29<sup>th</sup>.

# Racket Restringing

By Mike Patneaude

*Get new strings for a new season – an instant game improver.*

## **When should you restring:**

- A simple rule of thumb: Restring your racket as many times in a year as you play, on average, in a week.
- When you tap your strings against your hand, dead strings will produce a “thud” while fresh strings will produce a “ping.” If you don’t hear a ping, it’s time to restring!
- If you haven’t used your racket in more than a few months then you should restring. Strings constantly lose tension and when your strings lose tension you lose control.

**Over 6,000 rackets serviced!**

**Contact Mike Patneaude**

[tennis@thevillageclubinc.com](mailto:tennis@thevillageclubinc.com)

# Pickleball

Quick Start courts 1 and 2 are permanently lined for pickleball. Pickleball is an easy game to learn and one that combines elements of badminton, tennis, and table tennis. Tennis courts 1 and 2 are still lined for pickleball play. Sign out the equipment at the concession stand.



# Table Tennis



**The Village Club has an outdoor tennis table for use.  
We'll supply the balls and paddles.**



## What is POP Tennis?

POP Tennis is the rebranding of 100-year-old paddle tennis, now made “POPular” and played on shorter tennis courts with shorter racquets, lower compression (green dot) tennis balls, and the same scoring and rules as tennis - except players only get one underhand serve. POP Tennis is a fun, social activity that adults can play and enjoy—immediately!

The club has four racquets and green dot balls to rent to players 18 and older.

Email Mike at [tennis@thevillageclubinc.com](mailto:tennis@thevillageclubinc.com) to learn how to play POP Tennis!

# Yoga



This five-week session of yoga classes will cover basic yoga postures, breathing techniques, and meditation/relaxation skills. Learn how yoga helps to build strength and flexibility while promoting overall health and well-being. Yoga is an excellent complement to tennis or any other fitness activity since it balances the body and reduces risk of injury.

Please bring a yoga mat or beach towel to class. **Taught by Mary Hanneken, PT/e-RYT**, a practicing Physical Therapist and a Certified Yoga Instructor.

**Yoga is a FREE class to Village Club members.** No prior sign up is needed and no fees are collected.

Classes will meet on the following **Fridays**  
from 8:30 - 9:30 A.M.

**June 19, June 26, July 10, July 17, July 24**

*Meet on tennis court 10.*

## Zumba



# ZUMBA®

There are a lot of ways to lose weight.  
Some are just more fun!!!  
Join the ultimate dance-fitness party that beats  
a boring old workout any day.

**FREE CLASS ~ NO SIGN UP REQUIRED**

**TUESDAYS & THURSDAYS @ 10:30**

**June 18, 23, 25, 30**

**July 2, 7, 14, 16, 21, 23**

Meet on the patio on the east side of the locker room.

**Sarah Pierangeli**

Licensed Zumba Instructor

[sarahpierangeli@yahoo.com](mailto:sarahpierangeli@yahoo.com)

The Village Club

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