

2020



PACKET

- 1. Table of Contents**
- 2. Covid -19, CHECK-IN AND POOL HOURS**
- 3. SWIMMING POOL RULES**
- 4. AQUATICS PROGRAMS**
- 5. TENNIS COURT RULES**
- 6. ADULT TENNIS**
- 7. LADIES DAY & INTRO TO PICKLEBALL**
- 8. MIXED DOUBLES/PRIVATE LESSONS/CONTACT INFO**
- 9. JUNIOR TENNIS PROGRAM**
- 10. JUNIOR TENNIS LESSONS**
- 11. PARENTS PLAY TOO & MEN'S MONDAY NIGHT LEAGUE**
- 12. TEAM TENNIS**
- 13. MEN'S INTR CLUB LEAGUE**
- 14. MEN'S FALL DOUBLES LEAGUE**
- 15. YOGA**
- 16. ZUMBA**

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

For questions contact the following people regarding:

Aquatics: Meghan Klement meghanklement@gmail.com

Nicole Miller millernicole14@gmail.com

Membership: Karen Rybakowicz membership@thevillageclubinc.com

Facilities: Joe Paul jfpaul@waukesha.k12.wi.us

Tennis Lessons: Scott Ficks scottfickstennis@gmail.com

Private Lessons: Scott Ficks or John Brandes Brandejr@gmail.com

Monday Night Tennis: scottfickstennis@gmail.com

Ladies Tennis Day: scottfickstennis@gmail.com

Adult State League: Brandejr@gmail.com

Men's Fall Tennis: Brandejr@gmail.com

Sunday AM Tennis: Mark Kass mkass@scglobal.net

Team Tennis: Jane jpmLenar@gmail.com

Connie Connie.kocourek@gmail.com

Yoga for Adults: Mary Hanneken omhanneken@wi.rr.com

Zumba: Sarah Pierangeli sarahpierangeli@yahoo.com

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

Due to COVID-19

- **There will be no social events (family picnic, teen social, etc.)**
- **Patio furniture must remain in assigned places. Extra chairs may be added, as needed for family, not friends.**
- **All members must maintain a social distance of 6ft from non-family/non-household members.**
- **The number of showers will be limited for social distancing**
- **All sales will be made using credit card or key tag. No cash.**
- **Concession sales will only be prepackaged items and slushies.**
- **Remain 6ft apart on when waiting in the concessions line.**
- **There will be no basketball hoop or ping-pong table.**
- **If you have a cough, fever, or any illness, please STAY HOME**

CHECK-IN

You must have your Village Club key tag and a picture on file for each member on your membership. New key-tags can be purchased at check-in and pictures can be taken at check-in. You must remain 6ft apart on pre-marked dots provided when checking in.

POOL HOURS

May 30 - Aug 30	
•Sun-Thur	11am – 8:30pm
•Fri & Sat	11am – 9:00pm
•M-F Lap lane only	9 am – 11am
Aug 31-Sept 4	4 pm – 8 pm
September 5-6	11 am – 9 pm
September 7	11 am – 6 pm

THE CLUB CLOSES WHEN THE POOL CLOSES

Members should exit the club immediately at closing time.

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. Children 6 years and under must be with an adult 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 large pool. Must be toilet trained.**
- 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 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. FOOTBALLS OF ANY SIZE ARE NOT ALLOWED INSIDE THE CLUB.**
- 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°.**

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 members.

Your cooperation makes it better for all of us and is expected at all times.

AQUATICS PROGRAMS

Upon review group lessons will not be offered due to Covid19 concerns. Private swim lessons for all levels are available from the Aquatics Managers, the head guards and the lifeguards at check-in.

Swimming Lessons:

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. The child should be 3-4 years old.
- Level I: The child is comfortable in water and can bob.
- Level II: Child can float on their front and back with some assistance; hold their breath underwater 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. The 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 stroke,
- EWS: Emergency Water Safety, a pre-lifeguard course. Child has passed Level VII. Offered only during the first week of Session 4. Fee \$15

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 on tennis courts
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. 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.
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.

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 pickle-ball play with pickle-ball equipment.

Covid-19 Tennis Recommendations for Safe Play:

- **Use every other court when practical**
- **Stay on same side of court and avoid switching sides**
- **If changing sides, use opposite sides of the net**
- **Use racket/foot to return tennis balls to opponent or another court**
- **Use new tennis balls on a regular basis**

- **Bring own towel and water and space personal items a safe distance away from other players**
- **Air bumps or racket bumps instead of handshakes**
- **Spectators maintain social distance**

Adult Tennis (2020)

Saturday Morning Adult Practice and Play

**9:00 – 10:00 A.M. Women / 10:00 – 11:00 A.M. Men
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 and all levels. Registration is not required but highly appreciated and helps our staff plan for quality programs.

New Program For Parents During Junior Drills

Parents Play Too!

This new adult beginner program is for parents of students in the morning groups. Join us for a stress free tennis experience while your kids are in lessons. Get some exercise and have some fun while you wait.

Monday 8:00-8:40

Tuesday 8:50-9:30 Wednesday 9:50-10:30 Thursday 10:40-11:20

Racquet Restringing Services

Racquet stringing services will be offered this summer for all members and guests. We will also offer replacement and over-grip sales and

installation. Information will be posted at the club or see Scott for details.

Ladies Tennis Day

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

**8:00 am – 9:30 am - Experienced Competitive Players
9:30 am – 10:30 am- All Players**

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. \$10 Per Player 8:00 am-9:30 am
\$5 Per Player 9:30 am - 10:30 am**

Please register with the tennis staff or Scott/John by Thursday afternoon of the week that you want to participate. Each supervised play session is limited to the first 12 players who sign up. No shows will be charged a \$15 No Show Fee.

All levels are welcome to participate. Please sign up for the appropriate time for your ability. Questions can be directed to Scott @ scottfickstennis@gmail.com or text to 414-704-5562

Intro to Pickleball

Learn the fastest growing racquet sport in America with a fun, low stress introductory lesson. Skills and scoring will be

covered with competitive play to follow. See Scott for schedule and information.

Friday Night Mixed Doubles

June 26, July 31, and August 21

Mixed Doubles from 6:00 to 7:30 P.M. Bring your own food and beverages. Sign up via email to John at: BrandeJR@gmail.com at least 48 hours prior to each individual event. Our goal is to play some fun mixed doubles. \$5 per player to be paid on the night of event.

Adult State League

Contact John at BrandeJR@gmail.com for information.

Fourth Annual Tennis Challenge for Charity

Date to be determined

Private Lesson Rates

1 Hour Private W/ Scott: \$60 1 Hour Private W/ John: \$45 Group of 3: \$25/Player Group of 4: \$20/Player Groups of 5 or More: \$15/Player

Can be paid via Cash / Venmo / Check / CC

Tennis Contact Information

Scott Ficks

Tennis Director

Text/Call: (414) 704-5562

Email:

scottfickstennis@gmail.com

John Brandes

Tennis Professional

Text/Call: (414) 614-0451

Email: BrandeJR@gmail.com

Junior Tennis Program (2020)

The VC Junior Tennis Program will be held from Monday, June 15th until Friday, August 7th. Please note: Prior sign up is required online and payment of \$75 must be received by Monday, June 15th. The \$75 fee will be credited to your account if your child does not make the team. The first week will give the instructors an idea of how each player fits into his/her age group. Players must be 8 years of age or older in order to participate in the Junior Tennis Program. Any player interested in playing competitive tennis 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. A player may sign up for junior lessons and still try out for state league.

Practices Dates/Times:

Practices will start on Monday, June 15th and will run until Friday, August 7th at the designated times:

High School & 14 & Under 12:30 pm - 1:45 pm
10 & 12 & Under Boys and Girls 2:00 pm- 3:00 pm

Practices will be held every Monday, Tuesday, Thursday, and Friday. We will have Intra-Club Match Day every Wednesday. (See Below) Practices have been shortened by 10-minutes compared to previous years in order to clean tennis equipment (baskets, carts, etc.) and to promote social distancing during class transitions.

Wednesday Club Match Days

- Intra-Club Match Day will promote match play between fellow junior tennis program players. Our goal is to create a

similar feel to state league matches by dividing available players into two teams in order to compete in matches against each other while being coached by VC Tennis Staff.

- HS Age Group + 14 & Under Group: 12:30 pm - 1:50 pm
- 12 & Under + 10 & Under Group: 2:00-3:20

Due to Covid-19 we will not be participating in any traveling Junior State League matches but hope to offer our Village Club players match play opportunities.

Junior Tennis Lessons (2020)

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 running Monday-Friday mornings.

Each session costs \$30.

The sessions will run as follows:

Session 1 Session 2 Session 3 Session 4

Class times:

Ages 8 and older

Ages 8 and older Ages 8 and older Ages 8 and older

June 15 – June 26 June 29 – July 10 July 13 – July 24 July 27 – August 7

8:00 – 8:40 A.M. 8:50 – 9:30 A.M. 9:50 – 10:30 A.M.

10:40 – 11:20 A.M.

Please note the time and age changes above. We will limit the number of students in each class to 16 to promote social distancing and safe play.

Tennis for our 7 & Under Players will be delayed until we are comfortable with having our youngest stars together again. We will re-evaluate in late June and hope to offer programs in July.

Parents Play Too!

This new adult beginner program is for parents of students in the 8 and older groups. Join us for a stress free, first time tennis experience while your kids are in lessons. All times coincide with youth tennis groups. Get some exercise and have some fun while you wait.

Monday 8:00-8:40

Tuesday 8:50-9:30

Wednesday 9:50-10:30

Thursday 10:40-11:20

Other Tennis Offerings

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 encouraged to sign up. The season runs from June 8 to August 24

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

Your \$20 Fee Includes:

- Reserved courts each Monday night**

- No travel - all play at the VC!
- New balls each week

Sign-up Online for Monday Nights Men's League:

- Once you sign up online email John @ BrandeJR@gmail.com your name, phone number and email, dates your are unable to play, and whether you want to play as a sub or a regular. You must be signed up online by May 31st.

2020 Adult Team Tennis

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, compete and to have FUN!
- This is a FRIENDLY league for players of all levels.
- Tennis balls are provided*
- NEW FORMAT- Sign up and pay only for the days that you know you can make it
- June 27 is a Trial Day - Come out, give it a try and experience the fun! No sign up necessary for this day.
- You may be asked to bring a new can of tennis balls

TEAM TENNIS DATES FOR 2020

Saturday @ 1:00 PM

Dates: June 27 (Trial Date), July 11 & 25, August 8 & 22

COST

Players fee: \$5 per date per person (\$10 max)

Social members: One time \$10 fee for beverages

SIGN UP

Pay in person on June 27th (or email with your dates for the season)

- **OR email by 6 PM on the Thursday prior to each team tennis date**

- **CONTACTS: Jane jpmlenar@gmail.com or Connie Connie.kocourek@gmail.com**

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. If players prefer, a court or two of singles will be offered.

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 27th 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

We need 2 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 27th can get put on the sub list.

Name: _____ Regular: ____ Sub Only: ____ (No Fee) Phone: _____ Rating: ____ State League Player ____ Email Address: _____ Willing to be a captain: _____

Please circle dates you are unable to participate:

June: June 7 June 14 June 21 June 28

July: July 5 July 12 July 19 July 26

VC Men's Fall Doubles League

OPEN ONLY TO MEMBERS OF THE VILLAGE CLUB

- **Sunday Morning: September 6th through October 25th**
- **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 Sunday's you can play**
- **\$10 fee paid in cash on September 6th (\$5 new balls)**
- **League players help take down windscreens on October 18th and/or October 25th (earn \$5 of league fee back)**

**Sign-up online and email John @ BrandeJR@gmail.com
Include email address, phone number, and dates you are unable to play**

Deadline to sign-up is Thursday, August 27th

The schedule will be made Saturday, August 29th

Pickle-ball Courts

Quick Start Courts #1 & #2 are permanently lined for pickle-ball. Pickle-ball is an easy game to learn and one that combines elements of badminton, tennis, and table tennis. Tennis Courts #1 & #2 are still lined for pickle-ball play. Pickle-ball balls and paddles are available to rent at the Concession Stand and will be cleaned after each use.

VC Tennis Social Media Accounts

Twitter: @VCTennisProgram

Instagram: villageclubtennis

Yoga

This five week session of yoga classes will cover basic yoga postures, breathing techniques, meditation and 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.

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

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

We will space our yoga mats 6 feet apart to allow for proper social distancing.

Meet on Tennis Court #10

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

We will space our yoga mats 6 feet apart to allow for proper social distancing.

Meet on tennis court 10.

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

Social distancing will be practiced during class.

TUESDAYS & THURSDAYS @ 10:30 A.M

June 18, 23, 25, 30

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

Meet on the small pool deck.

Sarah Pierangeli

Licensed Zumba Instructor

sarahpierangeli@yahoo.com

The Village Club

6263 Sherwood Rd.

Greendale, WI 53129