

Seven Oaks Swim and Racquet Club

Todd McClung
Club Director / Aquatics Director
(919) 848-8313 (Pool) April 20 - Labor Day
(919) 848-9570 (Office) Labor Day - April 19

7474 Creedmoor Road #300
Raleigh, North Carolina 27613
(919) 848-9570

Kaitlin Bisplinghoff
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Head Tennis Directors
(919) 848-9928

April 1, 2019

Dear Members,

As Director of Seven Oaks Swim and Racquet Club, I want to thank all of you for helping make the summer of 2018 another great year. 2019 will be our thirty-sixth year and we expect to continue having fun.

Our new staff includes mature, energetic lifeguards and coaches.

We will continue having float night on Thursdays (see calendar), Guest Day on Wednesdays and parties for anyone that reserves our informal setting. Rentals will be limited to two times per week; therefore, reservations should be confirmed in advance to ensure availability. Rental is only available for parties of 80 people or less. Rental fees are as follows:

Main Pool 8:00 - 10 pm \$200.00 fee and \$15.00 per lifeguard per hour (3 guard minimum)

Main Pool 8:00 - 12 midnight \$400.00 fee and \$15.00 per lifeguard per hour (3 guard minimum)

Slide Pool 8:00 - 11:00 \$600.00 fee and \$15.00 per lifeguard per hour (6 guard minimum)

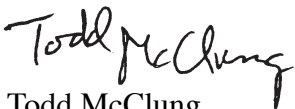
We will also continue offering tennis instruction and competition play on our twenty lighted courts. The tennis pro shop will be open for your tennis needs.

Our swim team will again compete in TSA league and we encourage everyone to be involved in our program. The 2018 swim season was fun filled and packed with exciting meets. We ended the season 3-3 in Division I.

Congratulations to the 2018 Swim Team on taking second place at the TSA Championship!

The slide will only be open at designated times which will vary depending upon weather and attendance. All swimmers must be at least 42 inches in height to slide. A trained employee will supervise slide activities. Only one person will be allowed to use the slide at one time; no water wings or balls permitted on the slide. You must slide feet first, lying down on your back. Bathing suits must be free of buckles, metal buttons, etc. (please be aware that all the water used in the operation of the water slide is recycled water).

Due to the large number of dues that we collect from April to May, we ask that you please not hand deliver, but mail all checks:



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SWIM TEAM

Greetings Marlins!

We are excited to kick off another fun-filled swim season in a few weeks. Please make a note of the important dates below:

REGISTRATION:

- ★ **Wednesday, May 8th & Thursday, May 9th from 4:30-5:30pm**
- Cost is \$100 for the first swimmer and \$90 for all others
- A late registration fee of \$25 will be added on Saturday, May 25th
- All swimmers need to be registered by Wednesday, May 29th

BATHING SUITS:

- The team suit will be RISE black bathing suit with embroidered green marlin
- Suit fittings/purchasing will be conducted at the pool on May 15th and May 17th from 4:30-5:30
- You may purchase your suit early at All American Swim Wear on Tuesdays or Thursdays:
6070 Six Forks Rd Suite K Raleigh, NC 27609
- Questions regarding bathing suits? Call Barb: 919-439-8678 ext 1016

PRACTICE SCHEDULE:

- May 13th-17th
7 & over 4:30-5:30
- May 20th-June 14th:
6 & under* 4:30-5:00
7 & over 5:00-6:00
- *Swimmers must be able to swim 15 yards.
- June 17th-July 16th:

Morning Practice (Mon-Sat)

All age groups 9:00-10:00

Afternoon Practice (Mon-Fri)

6 & under 4:00-4:30

7&8s 4:30-5:30

9&10s 5:00-6:00

11 & over 5:30-6:30

MEET SCHEDULE:

- Tuesday, June 4th at 6:00—Time Trials (practice meet)
- Tuesday, June 11th, 18th, 25th, July 2rd, 9th and 16th—Dual Meets (times and locations TBD)
- Saturday, July 20th or Sunday, July 21st—TSA Championship at Triangle Aquatic Center (more information forthcoming)

OTHER IMPORTANT DATES:

- Informational Meeting for NEW parents: Wednesday, May 15th at 5:30
- Team Banquet: Tuesday, July 23rd at 6:00
- Social activities (Ice Cream Social, Drag Day, etc.): check the monthly pool calendar

*Our swim team is designed for fun and exercise. Therefore, we are flexible about practice/meet attendance. Even if you have already planned vacations and camps, you are still encouraged to join in the fun while you and your family are in town! GOOOOOO Marlins!

NOTE

ALL USAGE OF THE SEVEN OAKS FACILITY BY ANY GROUP MUST BE AUTHORIZED BY THE DIRECTOR.

INFANTS MUST WEAR SWIM SAFE DIAPERS

GAS AND CHARCOAL GRILLS ARE NOT ALLOWED ON POOL DECK.

(GRILLS BY PING PONG AREA ARE FOR PRIVATE PARTIES AFTER HOURS AND MAY BE SIGNED UP FOR AT DESIGNATED TIMES)

ALL GUESTS MUST BE REGISTERED AND FEE PAID BEFORE USING FACILITY. IN-TOWN GUESTS ARE WELCOME ON WEDNESDAY FOR A \$5.00 FEE. UNDER ONE YEAR OLD FREE. OUT-OF-TOWN GUESTS (THOSE WHO LIVE OUTSIDE A 25-MILES RADIUS) ARE WELCOME ANY TIME, EXCEPT FOR THE 4TH OF JULY, ACCOMPANIED BY A MEMBER. FEE - \$5.00 PER PERSON.

ALL LOUNGE CHAIRS AND TABLES ARE TO BE USED ON A FIRST-COME BASIS.

FOR EVERYONE'S SAFETY, GLASS, GLASS BOTTLES, GLASS FOOD CONTAINERS ARE NOT PERMITTED AT ANY TIME WITHIN THE POOL ENCLOSURE. ANY MEMBER CAUGHT BREAKING THIS RULE WILL BE SUSPENDED

BAND-AIDS AND BANDAGES NOT ALLOWED IN WATER.

WE RESERVE THE RIGHT TO SUSPEND ANY MEMBER WHO FAILS TO OBEY THE RULES OF THE CLUB OR JEOPARDIZES THE SAFETY OF ANY MEMBER.

Seven Oaks Swim and Racquet Club

SWIMMING POOL RULES AND REGULATIONS

- Seven Oaks Swimming Pool Schedule
HOURS - Monday-Saturday 10:00 a.m. - 8:00 p.m.
Sunday 12:00 noon - 8:00 p.m.
All persons using the pool do so at their own risk. The Club assumes no responsibility for injury or damage resulting from such use.
- The Pool Director and his staff will regulate the use of the swimming pool and will maintain control of the pool during operating hours.
- Pool rules and regulations are designed to provide the greatest pleasure for the membership and guests. The Pool Director is given full authority to enforce all swimming regulations.
- No one will use the pool unless there is an employed swimming instructor or lifeguard on duty.
- Glass containers are not permitted within the pool enclosure, and no food or drinks shall be consumed except in the area separated and designated for this purpose. Every member and guest is expected to cooperate to keep the pool premises clean and attractive and free of debris.
- No horse play, dunking, splashing, running, boisterous, or rough play shall be allowed in or around the pool, and violators will be subject to discipline by Pool Director. Repeated violations shall be grounds for suspension.
- Swimmers who have passed a swim test (1 length of the pool in the deep end) may use diving boards.
 - One person allowed on diving board at a time.
 - Diver may bounce once on board, no double or multiple bounces.
 - Upon completing dive, swim to closest ladder.
- Each member or guest entering the swimming pool must present a Seven Oaks membership I.D.
- Guest policies - Out of town guests may swim for \$5.00 fee.
In town guests (within 25 miles of Seven Oaks) may visit on Wednesdays - Guest Day. Fee is \$5.00.
- NO children under 12 years of age shall be left at the pool without direct supervision of a responsible person.
- Pets are not allowed around Recreational Center.
- No hard balls, hard toys, or water guns are allowed in the pool. Floats may be used in shallow end of pool (inside lifeline).
- There will be a ten-minute break each hour. All persons under the age of 18 will be required to get out of the water during this break.
- Adults shall be responsible for children using **baby pool** and **play area**.
- Lifeguards shall be on duty at all times during pool hours. Their first duty shall be safety and they will be responsible for enforcing the pool rules. However, parents are expected to personally supervise their children and the responsibility of adults who accompany children to the pool does not cease because a lifeguard is on duty. All persons with children in their care are required to watch, protect, supervise and control these youngsters at all times when they are on Club property.
- RESERVATIONS FOR SPECIAL PARTIES (Birthday, Office, Church) WILL BE HANDLED BY POOL DIRECTOR AT REGISTRATION DESK.**
 - Fee for Pool Parties:** \$ 200.00 for parties of 80 people or less 8:00pm-10:00pm
\$ 400.00 for parties of 80 people or less 8:00pm-12:00 Midnight
\$ 15.00 per hour for each lifeguard. (NOTE: Minimum 3 guards necessary for each party [safety reasons].)
 - Fee for Seven Oaks Slide Party:** **\$ 600 for Parties of 80 people or less 8:00-11:00 (6 guard minimum) \$ 15.00 per hour each**
 - Fee for Birthday Parties:** \$ 70.00 Fee. **Tables are first come, first served. Please limit parties to two hours. Maximum 14 people per party. No Birthday Parties on Wednesday, Saturday - Sunday or holidays. Set up no more than one hour prior to party.**

(OVER)

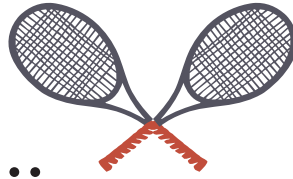
Seven Oaks Swim and Racquet Club

IMPORTANT SWIMMING POOL DATES

May 1	Annual dues and initiation fees are due.
May 13-17	Swim team practice (4:30-5:30). Pool closed during this time for all but swim team. NOTE: Ages 6 and under will not work out at this time (cold water). See calendar.
May 15	Parents' Meeting with Coaches: 5:30-6:00
May 15 and 17	Suit Fitting and Purchasing 4:30-5:30
May 18	<u>Pool opens for season - 10:00 a.m.</u> Registration for Swim Lessons (No registration by phone.) (Starting June 10 classes will be 10:00, 10:45, and 6:30)
May 26	Music, Ice Cream, Food Trucks
May 27	Music, Food Trucks
June 4	Practice Meet-Time Trials 6:00 pm Team Pictures 5:00
June 8	Seven Oaks Members Party (BYOB) - No children. Music provided / 7:30-10:30 pm Members free / Guests \$5.00 per person
June 10	Swim lessons begin (Register at pool on May 18 or after for first session, June 10 - June 21) 6-8 lessons for \$70.00 • Classes of 6 or less
June 11	First Swim Meet
June 15	Lock-in for ages 8-12 / 7:30 pm-10:30 pm Fee \$10.00 per member, \$15.00 per guests. Pizza served & snack bar open until 10:00 pm. (Slide open, Games, and Fun!)
July 4	Festivities start at 1:00 pm
July 16	Last swim meet of the year
July 20 or 21	Swim Championships. 8:00 am
July 23	Team Banquet

*June, July and August activity calendars will be available at the pool
or SevenOaksRaleigh.com*

2019 Tennis



Members... Please Go to... **www.SevenOaksRaleigh.com**

While at the site... **register to receive our e-mailings** with updates and announcements concerning the tennis program. Also be sure to create an account to 10sPortal.com. You will find this in the tennis section of the website on the left side of the screen. (Tennis decisions and additions to the web site are approved by the tennis staff, and do not rest with our webmasters.)

The Newsletter and 10sPortal will provide the following information:

- Tennis Calendar for Events Happening and Courts They Will Utilize.
- Instruction and Clinics
- Junior Team Play, Instruction, and Clinics
- Tournaments and Charity Tennis Events.
- Court Crunches... Days & times when courts will be taken for club matches or club events.

INSTRUCTION

Juniors

We offer year round clinics for all levels of juniors ages 4-18. We also offer Junior Team Tennis in the Spring, Summer, and Fall. JTT is a great way for your child to start playing competitive matches.

“10 and Under”

Our tennis instruction for novice juniors will use the new “10-and-under” format that incorporates bigger, slower balls. A smaller court size and lighter racquets go along with this program. *Success is immediate!*

As the children grow in strength and ability the ball gradually reduces in size until they are using the standard ball. The age of the participant determines what ball and racket size is used.

Clinics are ongoing and Junior Team Tennis will start up March 10th.

Camps are offered throughout the summer for all levels ages 5 and up. M-Th 9am - 12pm

Sign up in the Pro Shop begins in March.

Please come by the Pro Shop or call for more information. (919) 848-9928

Clinics Monday - Thursday. Starting 4/1

Monday & Wednesday: Orange Ball - 4:30 - 5:30pm Green Ball - 4:30-6pm Yellow Ball - 4:30-6pm

Tuesday & Thursday: Tiny Tots - 4:30 - 5pm Red Ball - 5-6pm Yellow Ball - 4:30-6pm

Adult Tennis Clinic's

Adult Tennis Clinics (Beginning March 2019)

All Clinics are drop-in and \$14 per person. You must contact kaitlin@sevenoaksraleigh.com or paulhenri@sevenoaksraleigh.com at least one day in advance to reserve your spot. There is a two-person minimum for clinic to take place.

Monday @ 6pm - Cardio Tennis 3.5+

Tuesday @ 9am - Cardio Tennis

Thursday @ 9am - Cardio Tennis

Saturday @ 9am - Workout Clinic

Team Warm ups - available upon request

Team Practices - available upon request

Try-Tennis / Try Play - Wednesday @ 6pm. *Starting April -August*

Please stop by the Pro Shop or call for more information on any of these clinics.

WHAT YOU SHOULD KNOW

HOW DO I GET INVOLVED IN TENNIS AT 7 OAKS ? Call us in the pro shop (919) 848-9928 and talk to someone or drop by and ask the shop personnel what is going on for a new member. Sign up for a clinic in the morning or after work with one of our teaching pros, or get a private lesson to tune up your game and get acquainted with one of the staff, who can steer you in the right direction.

SEVEN OAKS TENNIS LADDER Seven Oaks now has an adult tennis ladder for all levels. The ladder runs twice a year, once in the summer and once in the winter. This is a great way to meet other members and play with different people.

HOW DO I GET ON A TEAM ? Teams at 7 Oaks are formed by the captains. The staff knows who the captains are and, many times, if they need another player or not. If you are playing on the ladder, and or coming out to club socials and events, your chances of being on a team are pretty good for the next season.

WHAT IS THE DEAL WITH SOFT COURTS VERSUS HARD COURTS ? Soft courts are basically green clay. Since the surface is easy on the joints, adults tend to favor it over the hard surfaces, and since all high school and colleges play on hard courts, our junior play is primarily on our 8 hard tennis courts. Proper shoes (with minimal or no uneven tread on the soles) are required for play on the clay courts. Members are responsible for the correct shoes of their guests when desiring to play on our soft courts.

WHEN IS A GOOD TIME TO GET A COURT AND NOT HAVE TO WAIT ? There seems to be no sure answer to when courts will be uncrowded, but generally late morning thru mid-afternoon is slow during the week. The week-end is less predictable with many teams playing in the afternoon, but middle of the day on Saturday and early Sunday are good bets. Busy times are after the normal work-day Monday through Thursday, Saturday mornings and Sunday afternoons. Check the 10sportal online (directions at our website) and the tennis e-mailings to keep up with both court conditions and/or event reservations that might limit the number of courts available for play.

GUEST POLICIES CONFUSE ME...HOW DOES 7 OAKS, HANDLE IT ? At 7 Oaks members may bring a guest if they register this guest and pay the appropriate fee **before** taking the court. A guest may not begin play without the sponsoring member present. Our current rule allows a guest to use our club only **one time a week, if they are a Wake county resident.**

TENNIS RULES AND ETIQUETTE

1. Courts at 7 Oaks are procured on a "First come, first served" basis. A member must go to the club with an opponent/partner and sign up in the Pro Shop for a court as well as swiping their membership key. THERE ARE NO RESERVATIONS FOR TENNIS COURTS AT 7 OAKS. You are able to see current court usage and updated court conditions online. To do so please visit the tennis section of the website and click on 10sportal.com on the left side of the screen. *Follow instructions to set up an account.

BUMPING SOMEONE OFF THEIR COURT. If all courts are occupied and properly signed for, our system of rotating courts fairly involves members "bumping" the court that has been used the longest (**if it has been used for the one and one/half hour allowed time or more**). While in the pro shop, we will inform you of which court is to be bumped. Go to the general area of that court and at an appropriate lull in the action (between games or points), inform them that you are bumping them because all other courts are full. Adults have priority at all times on the clay courts. Juniors have equal priority on the hard courts at all times. This means that Juniors can get bumped from a clay court at any time if they are full, but only after their one and one/half hours is up on the hard courts.

2. PROPER ATTIRE. Appropriate tennis wear is required at all times on our courts. Bathing suits or cut off jeans are not allowed. Tennis players must wear appropriate tennis shoes...no sandals or street shoes allowed nor is playing barefoot. Smooth soled shoes only on the clay courts. Shirts must be worn at all times on 7 Oaks tennis courts.

3. NO UNATTENDED CHILDREN ON OR AROUND THE TENNIS COURTS. The deck is not a day care area.. Parents must plan accordingly to maintain a tennis atmosphere at our club.

4. NO PETS ON SEVEN OAKS PROPERTY. Yes you have the cutest and best behaved one in the world, but leave it at home, please.

5. NO WHEELS OF ANY TYPE ON OR AROUND THE TENNIS COURTS. The use of skateboards, scooters, roller skates, in-line skates, bicycles, tricycles, etc. is not allowed.