

# *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

**William Noblitt**  
**Head Tennis Director**

(919) 848-9928

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April 1, 2024

Dear Members,

As Director of Seven Oaks Swim and Racquet Club, I want to thank all of you for helping make the summer of 2023 another great year. 2024 will be our 41<sup>st</sup> 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 \$400.00 fee and \$25.00 per lifeguard per hour (3 guard minimum)

Main Pool 8:00 - 12 midnight \$800.00 fee and \$25.00 per lifeguard per hour (3 guard minimum)

Slide Pool 8:00 - 11:00 \$900.00 fee and \$25.00 per lifeguard per hour (6 guard minimum)

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

**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.

***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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# Seven Oaks Swim and Racquet Club

## SWIMMING POOL RULES AND REGULATIONS

1. 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.

2. The Pool Director and his staff will regulate the use of the swimming pool and will maintain control of the pool during operating hours.
3. 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.
4. No one will use the pool unless there is an employed swimming instructor or lifeguard on duty.
5. 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.
6. 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.
7. 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.
8. Each member entering the swimming pool must present a Seven Oaks membership I.D.
9. Guest policies - Out of town guests may swim for \$10.00 fee.  
In town guests (within 25 miles of Seven Oaks) may visit on Wednesdays - Guest Day. Fee is \$10.00.
10. NO children under 12 years of age shall be left at the pool without direct supervision of a responsible person.
11. Pets are not allowed around Swim and Tennis areas.
12. No hard balls, hard toys, or water guns are allowed in the pool. Floats may be used in shallow end of pool (inside lifeline).
13. 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.
14. Adults shall be responsible for children using **baby pool**.
15. 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.
16. **RESERVATIONS FOR SPECIAL PARTIES (Birthday, Office, Church) WILL BE HANDLED BY POOL DIRECTOR AT REGISTRATION DESK.**

**Fee for Pool Parties:**

\$ 400.00 for parties of 80 people or less 8:00pm-10:00pm  
\$ 800.00 for parties of 80 people or less 8:00pm-12:00 Midnight  
\$ 25.00 per hour for each lifeguard. (NOTE: Minimum 3 guards necessary for each party [safety reasons].)

**Fee for Seven Oaks**

**Slide Party:**

**\$900 for Parties of 80 people or less 8:00-11:00  
(6 guard minimum) \$ 25.00 per hour each**

**Fee for Birthday Parties:**

**\$150.00 Fee. Tables are first come, first served.  
Please limit parties to two hours. Maximum 15 people per party.  
No Birthday Parties on Wednesday, Saturday - Sunday or holidays. Set up no more than one hour prior to party.**

(OVER)

# **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 \$10.00 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 - \$10.00 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*

## IMPORTANT SWIMMING POOL DATES

May 1	Annual dues and initiation fees are due.
May 13-16	Swim team practice begins. Pool closed during this time for all but swim team. See calendar.
May 18	<b><u>Pool opens for season - 10:00 a.m.</u></b> Registration for Group Swim Lessons (No registration by phone.) (Starting June 10 classes will be 10:00, 10:45, and 6:30)
May 26	Music & Food Trucks
May 27	Music & Food Trucks
June 4	Practice Meet-Time Trials 6:00 pm  Team Pictures 5:00
June 10	Group swim lessons begin (Register at pool on May 18 or after for first session, June 10 - June 21) 6-8 lessons for \$100.00 • 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 \$20.00 per member, \$25.00 per guests. Pizza served & snack bar open until 10:00 pm. (Slide open, Games, and Fun!)
June 22	Seven Oaks Members Party (BYOB) - No children. Music provided / 7:30-10:30 pm Members free / Guests \$20.00 per person
July 4	Festivities start at 1:00 pm
July 16	Last swim meet of the year
July 23	Team Banquet

*June, July and August activity calendars will be available at the pool  
or [SevenOaksRaleigh.com](http://SevenOaksRaleigh.com)*

# MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Annual Dues &amp; Initiation Fees Due</b> Please mail do not deliver - annual dues to Membership Office	<b>Seven Oaks</b> May 2024 Pool Schedule Phone: 919-848-8313 www.SevenOaksRaleigh.com In-town Guests: Wednesday Only (Fee \$10.00) Out-of-Town: Any Day (Fee \$10.00)	1	2	3	4	
5	6	7	8	9	10	11
<b>POOL OPENS FOR SEASON MAY 18<sup>th</sup></b>						
12	13	14	15	16	17	18
SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	NO PRACTICE	<b>POOL OPENS FOR SEASON</b> <b>10:00am - 8:00pm</b> Swim Lesson Sign-up 10:00 AM Starting June 10 Classes will be 10:00, 10:45, & 6:30
19	20	21	22	23	24	25
POOL OPEN 10:00 AM - 8:00 PM  SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	POOL OPEN 10:00 AM - 8:00 PM  SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	POOL OPEN 10:00 AM - 8:00 PM  SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	POOL OPEN 10:00 AM - 8:00 PM  SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	POOL OPEN 10:00 AM - 8:00 PM  SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	POOL OPEN 10:00 AM - 8:00 PM  SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	POOL OPEN 10:00 AM - 8:00 PM
26	27	28	29	30	31	
POOL OPEN 12:00 PM - 8:00 PM  <b>FOOD TRUCKS BAND PARTY</b> <b>2-5pm</b>	POOL OPEN 10:00 AM - 8:00 PM  <b>FOOD TRUCKS BAND PARTY</b> <b>2-5pm</b>	POOL OPEN 10:00 AM - 8:00 PM  SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	POOL OPEN 10:00 AM - 8:00 PM  SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	POOL OPEN 10:00 AM - 8:00 PM  SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	POOL OPEN 10:00 AM - 8:00 PM  SWIM TEAM PRACTICE 6 & UNDER 4:30 - 5:00 7 & OVER 5:00 - 6:00	Sign-up for Summer Tennis Clinics and Tennis Teams Call 919-848-9928 or come by 11am - 4:30pm, Mon-Fri.

## MEMBERS

Please visit our website: [www.SevenOaksRaleigh.com](http://www.SevenOaksRaleigh.com)

While at the site... [register for our Newsletter to receive our e-mailings](#) with updates and announcements concerning tennis happenings.

When you become a member we will create a Court Reserve account for you and your family. This is how you will access anything dealing with tennis.

\*\*\*All tennis members must have a Court Reserve account to reserve courts and register for clinics/lessons.

The Newsletter and Court Reserve will provide some of 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.

### • ADULT TENNIS

The Seven Oaks Adult Tennis Program offers numerous opportunities to learn and play the sport of tennis. We welcome you to join us for adult clinics, socials, tournaments and USTA league play.

Contact the tennis shop at (919)848-9928, or email Kaitlin at [7oaks.kaitlin@gmail.com](mailto:7oaks.kaitlin@gmail.com), if you need any additional information on adult tennis programs.

We would love for you to join us for a fun year of tennis at Seven Oaks! Whether, you are an experienced tennis player or just looking to get started we can help you get involved in tennis this upcoming season. Check out our adult tennis offerings below and start the year off right. You can register on Court Reserve!

#### **Mondays:**

11am -12 pm: 4.0+ Cardio Tennis; 12-1 pm: Workout and Strategy (3.0+)  
5-6:30 pm: 4.0+ Cardio Tennis  
6-7 pm: Tennis 102

7-8 pm: Singles Clinic 7-8 pm: Tennis 201

**Tuesdays:**

11am-12 pm: Workout and Strategy (2.5-3.0); 12- 1pm: Workout and Strategy (3.5+)

12-1 pm: Tennis 101

6-7 pm: Cardio Tennis (3.0+)

7-8 pm: Tennis 101

**Wednesdays:**

11-12 pm: Extra Burn Cardio (3.5+)- Games with additional ladders, running, and weights

12-1 pm: Tennis 201

12-1 pm: Workout and Strategy (3.0+)

1-2 pm: Tennis 102

6-7 pm pm: Cardio Tennis (3.0+)

7-8:30 pm: Workout and Strategy (4.0+)

**Thursdays:**

12-1 pm: Workout and Strategy (2.5-3.0); 7-8 pm: Cardio Tennis (3.5+)

**Fridays:**

9:30-10 am: Serve and Return Clinic

10-11 am: Advanced Beginner Clinic (USTA 2.5); 10-11 am: Cardio Tennis (3.5+)

11am- 12 pm: 3.5+ Ladies Doubles Clinic

**Saturdays:**

9-10 am: Recreational Cardio Tennis; 9-10 am: 3.0-3.5 Cardio Tennis

**Other adult play opportunities include...**

**Ladies Nights (Open Level), Men's Nights (Open Level), Drills and Drinks**

**NEW TO TENNIS? Follow the Seven Oaks Pathway for Beginner Tennis Players**

**Tennis 101:**

This clinic is perfect for "new to tennis" or beginner tennis players. The clinic focuses on teaching new tennis players proper tennis technique, footwork, and basic tennis strategy.

### **Tennis 102:**

This clinic is a great fit for tennis players with a basic knowledge of the game or players looking to pick-up the game again after a break. The clinic focuses on improving existing tennis technique, introducing singles/ doubles strategy, and preparing players to begin playing competitive matches.

### **Recreational Doubles League:**

This clinic provides guided instruction on basic tennis scoring, doubles strategy, and doubles movement for beginner tennis players looking to begin playing matches. It is highly recommended that you complete Tennis 101 and Tennis 102 before registering for this clinic.

### **Recreational Cardio Tennis:**

A fun-filled cardio tennis workout for beginner/recreational tennis players. The clinic includes heart pumping music, fast-paced drills, and games to keep you moving for a full hour.

### **Tennis 201:**

This clinic is designed for tennis players playing at the 2.5-3.0 level. In this clinic the instructor will focus on the technical and tactical skills needed to play competitive USTA league and tournament matches.

### **Tennis Ladders:**

Summer Singles/ Doubles Ladder: June 1st- August 31st

Fall Singles/ Doubles Ladder: September 1st- November 30th

Winter Singles/ Doubles Ladder: December 1st- February 28th

### **Inter-Club Leagues:**

Summer Women's Beginner League (Day) Summer 2.5-3.5 Men's/ Women's League (Night)

Winter Combo Inter-Club League (Weekend)

Check back in for upcoming clinics/ leagues/ and events!



## **JUNIOR TENNIS**

Seven Oaks offers clinics, socials, tournaments, and Junior Team Tennis (JTT) play in our robust junior program. The junior program offers opportunities for all ages and skill levels to learn and play the sport of tennis. You can check out our junior tennis offerings on Court Reserve.

If you have additional questions on how to get your junior(s) started in our tennis program please do not hesitate to contact our Tennis Programming/ Instruction Director, Paul-Henri, at 7oaks.paulhenri@gmail.com.

## **JUNIOR CLINICS**

### **SESSIONS** *(Subject to change)*

Spring session - 10 weeks - From 3/4/24 to 5/2/24

Late Spring session - 6 weeks - From 5/6/24 to 6/13/24

Summer camps - 10 weeks - From 6/17/24 to 8/23/24 Fall session - 10 weeks - From 8/26/24 to 10/31/24 Late Fall session - 7 weeks - From 11/4/24 to 12/19/24

## **JUNIOR TEAM TENNIS**

Offered twice a year. Seasons in the Spring and Fall and run for 8 weeks

### **TIMES AND COST**

PRACTICES - JTT practice sessions will run at 4pm-5:30pm and 5:30pm-7pm (groups will be determined after registration).

MATCHES - All matches will take place on Saturday COST - \$200 for the season

## **JUNIOR CLINICS**

### **ALL LEVELS, 3-18 YEARS OLD**

#### **Monday**

Orange Ball: 4:15pm-5:15pm

Green Ball: 5:15pm-6:15pm

Advanced Green Ball: 4:30pm-6pm

Yellow Ball: 4pm-6pm

## **Tuesday**

Tiny Tots: 4:30pm-5pm  
Red Ball: 5pm-6pm  
Orange Ball: 5pm-6pm  
Yellow Ball: 4pm-6pm

## **Wednesday**

Orange Ball: 4:15pm-5:15pm  
Green Ball: 5:15pm-6:15pm  
Advanced Green Ball: 4:30pm-6pm  
Yellow Ball: 4pm-6pm

## **Thursday**

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

## **SUMMER CAMPS**

### **BEGINNER AND INTERMEDIATE**

*10 weeks - From 6/17/24 to 8/23/24*

Half Day (Morning) - Monday through Friday from 9am to 12pm  
Cost - \$215 (Full week) - \$50 (Morning drop-in)

Afternoon - Monday through Thursday from 12pm to 5pm  
Cost - \$160 (Full week) - \$60 (Afternoon drop-in)

### **ADVANCED AND HIGH PERFORMANCE**

*10 weeks - From 6/17/24 to 8/23/24*

Full day - Monday through Thursday

Cost - \$215 (Full week) - \$65 (Full day drop-in) - \$35 (Half day drop-in)

Time - 10am to 12pm and 1:30pm-3:30pm

\*Clinic days and times subject to change from season to season. Updates will be made on Court Reserve

## Seven Oaks Pickleball

### Ladies Night

#### **Wednesdays**

Join us for a fun night of pickleball play and drinks! Play will be guided by a pickleball instructor. All levels are welcome, but registrants must know how to keep score.

### Men's Night

#### **Thursdays**

Join us for a fun night of pickleball play and drinks! Play will be guided by a pickleball instructor. All levels are welcome, but registrants must know how to keep score.

### **Intermediate Co-Ed Ladders (check out court reserve to find out more info or to sign up)**

### **2024 Clinics:**

#### **Beginner Pickleball Clinics (Introduction to Pickleball):**

##### **Wednesdays from 12-1 m (1 hour)**

This clinic will introduce you to all of the Pickleball basics such as; strokes, lines, scoring, and strategy. Perfect for those who are new to the sport and working towards matchplay.

#### **Intermediate Pickleball 1:**

##### **Fridays from 11-12 pm**

This clinic is designed to take you from a 3.0 player to a 3.5 player. Each clinic will emphasize stroke production and the instructor will begin introducing basic pickleball strategy. To attend you must already know how to keep score and/or completed our beginner pickleball clinic.

#### **Intermediate Pickleball 2:**

##### **Tuesdays from 11 am- 12 pm**

This clinic will focus on Pickleball strategy and shot selection each week. Open to 3.25+ pickleball players.