

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

April 1, 2025

Dear Members,

As Director of Seven Oaks Swim and Racquet Club, I want to thank all of you for helping make the summer of 2024 another great year. 2025 will be our 42nd 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 12-16 | Swim team practice begins. Pool closed during this time for all but swim team. See calendar. |
| May 17 | <u>Pool opens for season - 10:00 a.m.</u> |
| May 25 | Music & Food Trucks |
| May 26 | Music & Food Trucks |
| June 3 | Practice Meet-Time Trials 6:00 pm Team Pictures 5:00 |
| June 10 | First Swim Meet |
| June 14 | 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 21 | 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 15 | Last swim meet of the year |
| July 22 | Team Banquet |

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

MAY 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|--|
| Annual Dues & Initiation Fees Due Please mail do not deliver - annual dues to Membership Office | Seven Oaks May 2025 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 |
| <h2>POOL OPENS FOR SEASON MAY 17th</h2> | | | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | 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 | POOL OPENS FOR SEASON 10:00am - 8:00pm |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| POOL OPEN 12:00 PM - 8:00 PM | 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 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| POOL OPEN 12:00 PM - 8:00 PM FOOD TRUCKS BAND PARTY 2-5pm | POOL OPEN 10:00 AM - 8:00 PM FOOD TRUCKS BAND PARTY 2-5pm | 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 |

MEMBERS

Please visit our website: 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/pickleball 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**

Beginner Tennis and Fundamentals (Level 1)

This clinic is perfect for "new to tennis" or beginner tennis players. The clinic is designed to introduce players to basic stroke mechanics, footwork, and scoring.

This is a 1 month class commitment. After completing the class, participants will graduate to "Beginner Tennis and Introduction to Strategy (Level 2)"

Beginner Tennis and Introduction to Strategy (Level 2)

This clinic is for graduates of "Beginner Tennis and Fundamentals (Level 1) Clinic.

The clinic focuses on improving existing tennis technique, introducing singles/ doubles strategy, and preparing players to begin playing matches.

This is a 1 month class commitment. After completing the class, participants will graduate to “Beginner Tennis and Introduction to Scoring and Match Play (Level 3)”

Beginner Tennis and Introduction to Scoring and Match Play (Level 3)

This clinic is for graduates of “Beginner Tennis and Introduction to Strategy (Level 2). This clinic focuses on preparing players with the tools and skills needed to compete in matches at the 2.5 level.

This is a 1 month class commitment. After completing the class, participants will be eligible to participate in any of our 2.5 level clinics.

Back to Tennis Clinic:

If you played tennis as a junior and are looking to get back into tennis, this is the clinic for you! This clinic is designed to enhance your existing technique, rebuild consistency, get you ready for match play.

This is a 1 month class commitment. After completing the class, your instructor will direct you into what clinics you are eligible to participate in.

Competitive Doubles Strategy and Play Clinic:

This clinic is designed to work with players on developing match strategies and improving consistency, mental toughness, and play patterns.

Workout and Strategy:

Join us for our Workout and Strategy Clinic! This clinic features fast-paced drills and games along with doubles and singles strategy and tactics.

Cardio Tennis Clinics:

Join us for a fun-filled cardio tennis workout! The clinic includes heart pumping music, fast-paced drills, and games to keep you moving for a full hour.

Singles Strategy Clinics:

This clinic provides players with strategies and play patterns to help them successfully compete in singles matches.

Additional Adult Summer Programs:

Doubles and Singles Tennis Ladders:

Registration Deadline: September 13th

Ladder Play will Begin on September 15th- November 29th

Men's and Women's Singles and Doubles Ladders will be offered this summer for \$15 each. Ladders will be divided by using current USTA NTRP levels. You may play up .5. (For example a 3.0 may play on the 3.5 Ladder but not the 4.0 ladder.) If you are unfamiliar with ladders we use a program which allows all matches to be proposed and accepted through email.

This online tennis ladder allows you to schedule your own matches, record your scores, and see your weekly ranking change. If you play on the Doubles Ladder you do not need a partner. The first 3 people who sign up for a proposed match will make the foursome. Teams will be decided by the proposer of the match. It's easy and fun and it is a great way to meet and play matches with other members. (If you have been trying to break into teams, playing on the ladder may help you).

How to Register:

- Login to your Seven Oaks Court Reserve Account
- Select Adult Clinics
- Select "Register" for the clinics you would like to attend (Beginner Tennis Levels 1,2,3 and Back to Tennis Clinics are 1 month flat fee for your session) Other clinics allow you to drop-in or register for a month of your desired clinic for a discounted rate.
- Clinics have a registration maximum, or cap, so we highly recommend registering early to save your spot

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 - 15 weeks - From 3/3/25 to 6/13/25

Summer camps - 10 weeks - From 6/16/25 to 8/22/25

Fall session - 14 weeks - From 8/25/25 to 11/25/25

Winter session - 11 weeks - From 12/1/25 to 2/27/26

JUNIOR TEAM TENNIS

SCHEDULE (Spring)

Feb 1 - Registration Deadline (No guarantee a spot or shirt will be available after the deadline)

Feb 25 - JTT Schedules Published Online

March 7 - First JTT Practice

March 8 - First JTT Matches

April 18-19 - No Practice/Matches (Easter Weekend)

April 26 - Last JTT Match

May 2-4 - End of Season Tournament

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 - \$215 for the season

JUNIOR LADDER

TENNISRUNGS

\$20 per player for the whole year. All JTT players must participate in the junior ladder for team placement. Any junior player can enter the ladder for some fun competitive matches.

JUNIOR CLINICS

ALL LEVELS, 3-18 YEARS OLD (*Subject to change - Check Court Reserve*)

Monday

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

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

Advanced Green Ball: 4:30pm-6pm

Yellow Ball: 4pm-6pm

Academy: 6pm-7pm

Tuesday

Tiny Tots: 4:30pm-5pm

Red Ball: 4:30pm-5:30pm

Orange Ball: 4:30pm-5:30pm

Advanced Green Ball: 4:30pm-6pm

Yellow Ball: 4pm-6pm

Wednesday

Tiny Tots: 4:30pm-5pm

Red Ball: 4:30pm-5:30pm

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

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

Advanced Green Ball: 4:30pm-6pm

Yellow Ball: 4pm-6pm

Academy: 6pm-7pm

Thursday

Tiny Tots: 4:30pm-5pm

Red Ball: 5pm-6pm

Orange Ball: 4:30pm-5:30pm

Yellow Ball: 4pm-6pm

Friday

Academy: 4pm-6pm

SUMMER CAMPS

BEGINNER AND INTERMEDIATE

10 weeks - From 6/16/25 to 8/22/25

Full Day - Monday through Friday from 9am to 3pm

Cost - \$345 (Full week) - \$85 (Daily drop-in)

ADVANCED AND ACADEMY

10 weeks - From 6/16/25 to 8/22/25

Full day - Monday through Thursday

Cost - \$225 (Full week) - \$70 (Full day drop-in) - \$40 (Half day drop-in)

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

Seven Oaks Pickleball

We offer a wide range of clinics, leagues, social events, and tournaments throughout the year for our members to enjoy!

Whether you are a beginner looking to learn the basics or an intermediate player looking to take your game to the next level, our clinics are designed to help players of all levels improve their skills. In addition to clinics, we also offer ladder play, interclub league play, and Play Team Pickleball League play where our teams compete against other clubs in the area.

No matter your skill level, Seven Oaks has something for everyone. We are dedicated to providing a welcoming and inclusive community for everyone. So come join us on the courts and see what all the excitement is about!

If you have any questions or would like more information, please reach out to Kaitlin at 7oaks.kaitlin@gmail.com. Don't forget to check out court reserve to find upcoming offerings and to sign up for our events. We can't wait to see you on the courts!