

Pilates at TCA

Monday 8:30 am - 9:30 am
Wednesday 5:15 pm - 6:15 pm
Friday 9:30 am - 10:30 am

First Class: Free
Drop In: \$20
10 Classes: \$150
Taught by Mary Jayne Johnson
Call for info at 301-9064

RESIGNATIONS

*Jennifer & Percy Pentecost
Ruth Speer
Holly Traver
Letitia Hill
Yin Segalman
Mike Hontas*

Board of Directors

Kathy Sanchez President
Nora Bizzozero Vice President
Angie Casias Secretary
John Kennedy Treasurer
Marianne Chiffelle
Gregg Flynn
Sarah Hartford
Bobby John
Arnie Melnikoff

Sandia Racquet Services

Moving Specials:

SHOES up to 70% OFF
RACQUETS up to 25% OFF

Snack Bar Closing

The Grill in the Snack Bar is closing down November 1st. and will re-open sometime in the spring. Drinks, ice cream and non-grill items are still available year round. We are sorry for any inconvenience.



FITNESS CENTER NOTICE

In order to keep the Fitness Center more secure we suggest that the front door remain closed after hours *from 5:30 pm to 8:30 am. Thank You!*

AD INS & WELCOME

Jaime Lastra
Natalie Boyd
Cindy Zedalis & Jeff Hanrahan
Rory & Cole



The Racquet

November 2009

Tennis Club of Albuquerque

TEAM # 3

Kim Funk, C
Terese Bridges
Marianne Chiffelle
Margaret Cornelius
Kelly Gallagher
Liz Keefe
Alex Kiska
Teri McMillan
Alice Myers
Jennifer Ochotorena
Beth Simpson

TCA Fall League Champions 2009

*Thanks to all those who
captained and participated in the Fall
League. Especially,
thanks to
Bobby John
for being the League
Commissioner! Let's do
it again next Fall 2010*

TEAM # 4

Rich Feddersen, C
Bill Burrell
Charlie Finley
Jon Garcia
Bill Lagattuta
Tony Leonard
Stephen Madeyski
Tony Martino
Walt Simpson
Jim Strozier
Bob Wornall



Happy Thanksgiving on the 26th!

Board of Directors Candidates

TCA is looking for interested members who desire to make a difference for the future of TCA by volunteering to be a candidate for the Board of Directors. Three slots will be elected on January 20, 2010, at the Annual Meeting of Members. Please call Cathie or any of the current Board of Directors if you are interested in being a candidate. This is your opportunity to help make OUR club become an even better place for you and your family. Take an active role and volunteer TODAY!



Mix-it-Up Ends for the Year
We Meet again in March 2010

Thanks to JR Lopez & Roxanne Guerra and helpers for hosting this year's final Halloween theme Mix-it-Up. Keith brought in the cotton candy maker; Sheri invited Liz & Mike Keefe's Swinggrass band to entertain us with their music. Ocho and Liz organized the fun kids tennis games. We had a great turnout of adults and kids. Also, thanks to all you other hosts throughout the year. Great Job!!! Mix-it-Ups will start up again the 3rd Friday in March, 2010.

AED at TCA

TCA will purchase an Automated External Defibrillator (AED) that can save lives in the event of sudden cardiac arrest. CPR can keep the blood circulating, but only an AED can deliver the shock necessary to restart the heart during ventricular fibrillation. Recently a member had a heart attack on one of our tennis courts. Due to the lifesaving techniques by club members and staff and the quick response of Paramedics, the member survived because an AED was used within minutes of the cardiac arrest.

Group Exercise Classes
One on One Fitness

One on One Fitness is now offering the following classes at the TCA Fitness Center. Classes will include:

- Spinning Mon & Fri at Noon;**
- Spinning Tues & Thurs at 5pm**
- Stability Ball Mon, Wed & Fri at 5:30pm**
- Stability Ball Tues & Thurs at Noon**

Please call Joe Behrend for more information at 450-3748



Attention Ladder Players!!!

Due to the HUGE turnout of our Ladder, we are asking for participants to try to play as many matches during the week as possible due to court constraints during the weekend. Weekend afternoons are less crowded than weekend mornings. Also, the club will be following the TCA Rules when it comes to priority of play on doubles courts. Playing a ladder match on a doubles court will subject you to possibly being bumped by a doubles match. Thanks for your understanding.

Dates To Remember:

- * Oct. 27-Jan. 18 - Singles Ladder
- * Nov. 1 - Daylight Saving Time Ends
- * Nov. 27 - Thanksgiving (Club Closed)
- * Dec. 1 - Roster Changes Due
- * Dec. 5 - Christmas Party
- * Dec. 6 - Sinterklaas Day at TCA
- * Dec. 25 - Christmas (Club Closed)
- * Jan. 24/25 - TCA Singles Tournament

Drop In Tennis

We would like to hear from you if there is an interest in more Drop-In Tennis times and dates.

Keep TCA Secure!

A reminder to make sure the side gates and bathrooms are kept closed and locked at night after hours. This will help keep our club secure.

Roster Changes

Please have any change of information for the 2010 Club Roster to the TCA staff by Dec 1, 2009.

OCHO'S TENNIS SHORTS

WINTER PROGRAM

TCA Junior Development

NEW FORMAT for Tournament Group. The Tournament group will now be billed on a monthly basis. The classes will be Tuesday, Thursday and Saturday for 1.5 hours. Due to the fact that there will be NO make-ups for any reason and the session is pre-billed, there will be extra lesson days on Fridays. Fridays will be free workout days for one hour with one instructor. If you attend all classes, Fridays are free (4 to 5 - hours per month - free). The monthly fee will be \$175 for members, \$190 non-members (plus tax). *The sessions will continue monthly.*

Classes will be:

- Tuesday & Thursday - 4:00-5:30 pm
- Saturday Instruction: 2:00-3:30 pm
- Friday Instruction: 4:00-5:00 pm
- Unsupervised Match Play will follow instruction.

Young Future Stars

***Saturday Group
6-12 Year Olds**

This program will be held on Saturday for a 5-week session, one hour per week, \$44, member, \$49, non-member (plus tax). Starting times - Please check with the teaching staff on start dates

Beginners

Saturday: 11:00 am- Noon

Intermediate

Saturday: Noon - 1:00 pm

**Young Future Stars
*Wednesday Group
6-12 Year Olds**

This program will be held in addition to the Saturday class. This program will be held on Wednesdays for a 5-week session, one hour per week, \$44 member, \$49 non-member (plus tax). Starting times - Please check with the teaching staff on start date

**Beginner/
Adv. Beginner**

Wednesday: 2:30-3:30 pm

Intermediate

Wednesday: 4:00-5:00 pm

Class size is limited to 8, so reserve your slot now!