

Summer Hours

Club and Pool Hours

Monday - Friday 6 a.m. to 9 p.m.
 Saturday - 8 a.m. to 7 p.m.
 Sunday - 10 a.m. to 7 p.m.

Lifeguards on Duty

Monday - Friday - 11 a.m. to 6 p.m.
 Saturday - Noon to 5 p.m.
 Sunday - Noon to 5 p.m.



Swimming lessons

\$35 Members/\$45 Non-Members

- Session 1 - June 15-25
- Session 2 - June 29-July 9
- Session 3 - July 13-23
- Session 4 - July 27-Aug 6
- Session 5 - Aug 10-20

Private lessons, \$35/person

To sign up for Red Cross swim lessons contact
 Haley at HaleyHyatt@aol.com or 252-202-4253.

OBX Swim Team practice

Monday/ Wednesday/Friday

8 & under 5pm -6pm

9&10 yr. olds 6pm - 7pm

11&12 yr. olds 5:30pm-7pm

13&older 5:30pm-7pm

June, July, August \$200.

Contact: Craig Bialorucki

252-599-7946 or craig.bialorucki@gmail.com

www.swimobx.com



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Contact Ben Cook

www.challengersports.com





Mixed doubles season is coming to an end. Playoffs will be Aug. 15-16.

Men's and Ladies' Combo League registration begins July 6th with a deadline of July 31st. Each team is required to have at least 6 players and a captain to register. Play begins August 24th and all regular season and playoff matches are to be completed by November 2nd. Each match consists of 3 best of 3 doubles matches. Contact Jim Scott for assistance in registering your team at 252-491-8626 or jimscott97333@yahoo.com

Pictured left: Henry Blaha, Jack Brady, Markus Heyder and Marty Barnette.

Junior Tennis

July Junior Tennis Camps

Fridays, July 10, 17, 24, & 31 9:00 am - 2:00 pm
Teaching pros Ivo Dentchev and John Wells will instruct a series of clinics designed for the competitive junior tennis player preparing for tournaments, high school, and college tennis. Drills include 2 hours of on court instruction, 1 hour of coached singles, and doubles play on hard and clay courts. Each clinic will include, lunch, free play time on the courts and or swimming in the Olympic pool. Please register by July 2nd by calling the pro shop, 252-491-8626

Non members – \$50 per clinic or 4 for \$180
Members - \$40. per clinic or 4 for \$160.

Tournament updates

Eben Wells traveled to the 2009 Southern Closed Championship Tournament in Cary, NC in June where he placed #5 in singles and #1 in doubles with his partner Tommy Paul in the Boy's 12 category. Eben continues to work on his ranking and has risen to #3 in the state of North Carolina and #48

in the Southern Region comprised of 9 states and over 5,000 players. Way to go Eben! Your hard work on the court pays off. Eben Wells, Kate Power, and Elizabeth Leary represented our club at the Tar Heel Qualifier in Winston Salem.

OBTA Tennis Camps

A big thank you to tennis instructors Ivo Dentchev and Jim Scott as well as Amy Wells, Ian Kahler, Spencer Gregory and junior players Eben Wells and Kate Power for coaching the Outer Banks Tennis Association's two tennis camps held at Dare County Parks and Recreation in June. More than 80 children attended. The goal of OBTA is to grow tennis on the Outer Banks. To find out more about OBTA or to join contact Jim Scott (252) 491-8626



drills & clinics ... drills & clinics ... drills & clinics ... drills & clinics ... drills & clinics ... drills & clinics

- ▶ Aces (ages 4-5) Mondays and Wednesdays, 3:30 to 4 p.m.
- ▶ Little Stars (ages 6-7) Tuesdays and Thursdays, 4:30 to 5 p.m.
- ▶ Futures (ages 8-11) Mondays and Wednesdays, 4 to 5 p.m.
- ▶ Juniors Advanced, Mondays-Thursday, 5 to 6:30 p.m.
- ▶ Basics Clinic - Saturdays, 11 a.m. to Noon
- ▶ Advanced Clinic - Wednesdays, 9:30 to 11 a.m.
- ▶ Intermediate Clinic - Mondays, 10 to 11 a.m.
- ▶ 3.0+ Clinic - Tuesdays, 7 to 8 p.m.
- ▶ Drill Clinic - Mondays and Fridays, 9 to 10 a.m. Wednesdays, 8:30 to 9:30 a.m.
- ▶ Cardio Tennis - Tuesdays, Thursdays, Saturdays 10 to 11 a.m., Mondays, 7 to 8 p.m.
- ▶ Men's Night, Wednesdays, 6 to 8 p.m.
- ▶ Ladies' Night, Thursdays, 6 to 8 p.m.
- ▶ Free Outer Banks Tennis Association Clinic monthly on Saturday – dates to be announced

Fitness Corner



Fitness is not an option...

Do you want to feel good about yourself when you wake up every day? Do you want to be self-sufficient and also be able to help others? Do you want to be able to play with your kids or grandkids? Then fitness is not an option—it is a requirement. As we age we lose bone density, muscle mass and are more susceptible to develop heart disease, diabetes, osteoporosis and many other chronic illnesses. These can be eliminated and/or improved with such a simple and free option called exercise. There are no co-pays and no deductibles. Just get moving!

How do you begin? Find an activity that you enjoy and start today. The key is to work out regularly and gradually increase the amount of time you are active. Walking, weight training, running or tennis are all great activities to choose from, but they aren't your only options. Any activity that gets your heart rate up is acceptable.

Plan your workouts—don't wait for it to be convenient. Keep a record of your workouts on the fridge or on your desk at work. Find a buddy to keep you accountable. You can also keep a record of your food intake to help with weight loss. Don't wait another day. Start your fitness regimen today!

Fitness Classes

Please sign up in advance for any of the following fitness classes: (\$10 - members, \$15 - non members)

Circuit Training Tuesdays and Thursdays, 9 to 10 a.m.

Core Training Wednesdays, 6 to 6:50 p.m.

Free Wellness Evaluations

Stop by the gym to schedule your appointment with one of our personal trainers. It will include body measurements, blood pressure, cardiovascular step test, flexibility test and bench press test. Re-tests should be done again in 4-6 weeks.

club events

July

- ▶ 7/6 - First Day to Register Adult/Sr Combo League
- ▶ July 18th 7/18 - Member Guest Doubles Tournament
- 9am Women's play followed by lunch and awards
- 2pm Men's play followed by light dinner and awards
- ▶ 7/22 - 6 pm Way to Walk 10,000 Steps Club Meeting
- Pro Shop

August

- ▶ 8/22 - "Hawaiian Tennis Mixer", 6-9 p.m.
- ▶ 8/15 and 16 - Mixed Doubles Playoffs

Coming Soon

- ▶ 9/22 - US Open "Bushwacker" Tennis Mixer 6-9 p.m.
- ▶ Save the date Charity Classic October 1st - 4th
- ▶ Save the date Outer Banks Junior Open Oct. 16-18

Weekly tennis socials

- ▶ Wednesdays, 6-8 p.m. - Men's Night
- ▶ Thursdays, 6-8 p.m. - Ladies' Night
- ▶ Sundays, 4-6 p.m. - Mixed Doubles

Killer Dunes 2-Mile Footrace and ¼-Mile Fun Run



July 4, Jockey's Ridge State Park. Presented by Kilmarric Health & Racquet Club and Outer Banks Running Company.

Net proceeds donated to the Leukemia & Lymphoma Society and Outer Banks Honored Patient Lori Campbell, the Friends of Jockey's Ridge and the Outer Banks Running Club.

The ¼ mile Fun run for children under 13 is free of charge and begins following the footrace.



New Members

Denise Griffis & Charles Marvel
 Nancy Hennessy
 Maureen King
 Kristen & Kevin Bernard
 Cecilia & Steven Green
 Kathy & Joe Lassiter
 John Wade
 Suzanne Odum
 Laura and Craig Tillett
 Tracy Martz
 Madolin Rose Kelly
 Joe & Julie Dugan
 Fred & Carolyn Ayers
 Tommy Ackiss
 John Heilia
 Sean Davis
 Brian and Cheryl Miller
 Susan Seay
 Nicholas Bartolotta
 Shelby Lanier
 Joshua Mangum
 Brent & Alice Coley
 Bruce & Kim Reese
 Mary & Kevin Cosnahan
 Daphne and Clay Hauser
 Phillip and Susan Bates
 John Bikcen
 Lauren Valley

Lonnie Whelchel
 Jim and Lori Douglas
 Emilie and Chris MacDonald
 Pete and Elizabeth Kelly
 Marty and Kathy Patt
 Dianne Hendrix
 Stephanie Layton
 Mary and Stuart Torbeck
 Evelyn and John Sullivan
 Mike Day
 Dawn O'Donnell
 Jem Chapman
 Kimberly Parks
 Doug and Becky Schmoyer
 Candice Holland
 Christian & Trisha Richardson
 Sydney Copeland
 Will Tilbury
 Tom and Becky Rogers
 Pierce Herring
 Nicole Watts
 Cary Mcmillen
 Chuck and Aleca Miller
 Marvin Wheeler
 Candace and Randy Owens
 Jack Myers

Health Partnerships

Kilmarlic Health & Racquet Club's Health Partnership Program is designed to encourage a healthy lifestyle for participating company employees. Call the club for more information.

Gold Level

Southern Insurance Inc.
 Atlantic Dentistry
 Embarq
 Resort Quest



Silver Level

R. Lawson Construction
 Gateway Bank
 Vincent Law Firm
 National Assoc. Speed and Explosion
 Ramada Inn
 Hilton Garden Inn
 The Pointe Golf Club
 North Beach Services
 The Blue Point Bar and Grill
 State Farm – Kimberly Carroll
 Coldwell Banker and Seaside Realty
 Shaklee: Global Wellness Solutions
 The Bean Drop Cafe
 Try my nuts, Nut company
 Currituck Tennis association
 Outer Banks Tennis Association
 SeaScape Beach & Golf
 Poseiden Ventures
 Chilli Peppers
 Coastal Sports & Entertainment



summer camps

Jr. Sports camps

\$145 Members/\$170 Non-Members
 (Jr. camps include golf, tennis, swimming, basketball & lunch)
 ▶ Jr. Sports Camp (ages 8-16)
 July 13-16 - 8:30 a.m. to 2 p.m.
 Aug. 3-6 - 8:30 a.m. to 2 p.m.



British soccer camp

Aug 10-14
 ▶ First Kicks (ages 3-4),
 9 to 10 a.m. - \$70
 ▶ Mini Soccer (ages 4-6),
 10 a.m. to noon - \$90
 ▶ Half Day (ages 6-16)
 9 a.m. to noon - \$110
 ▶ Half Day (ages 6-16)
 1 to 4 p.m. - \$110
 ▶ Advanced (ages 9-16)
 5:30 to 8:30 p.m. - \$110
 ▶ Full Day (ages 8-16)
 9 a.m. to 4 p.m. - \$160



Photo by Laurie Sage