



THE FORESTER



April 2011 Newsletter

Forest Hill Swim & Tennis Club· P.O. Box 285 · Ellicott City, MD 21041-0285

(410) 465-1386 Pool Office

(410) 347-1412 FH Information Hotline

President's Update

On behalf of the Board of Directors, I am pleased to welcome you to another season at Forest Hill...our 53rd year! As always there are many great events and programs planned for season under the direction of Betsy Blom, our club manager, Jon Jacobson, our tennis director and our swim and dive team coaches.

Please mark your calendar for Opening Date, Saturday, May 28th. The hours will be 12:00 to 9:00 PM. This year the Welcome Back BBQ will be on Memorial Day, Monday, May 30th. This is a wonderful opportunity to reunite with old and new members. Fried chicken, hot dogs, desserts and drinks will be provided. Please bring a side dish or salad to share. If you are a new member, please join us for New Member Orientation on Wednesday, May 25th from 7:00 PM to 8:00 PM to meet key staff and learn about the club.

Be sure to check out www.fhstc.com for regular updates as well as to sign up for events. If you have any questions or would like to work on a committee or volunteer to assist with an activity, please contact me, one of the other officers or committee chairs.

Best wishes for an enjoyable season,

DeWayne Oberlander
President, Board of Directors

2011 Board of Directors

President	DeWayne Oberlander
1st Vice President	Tina Robinson
Treasurer	Cris Packard
Secretary	Ellen Harrison

Pool & Grounds Committee Update

The fall and winter months have been busy at Forest Hill. The main pool has undergone a complete overhaul, including extensive shell repair, tile replacement and a new white coat. This project, along with the overhaul of the baby pool last year, completes two thirds of the 3 year plan to overhaul the club's three pools.

The Phillip's pool will be undergoing a similar restoration during the coming off-season. The baby pool and main pool are now covered in the off-season, this lowers our opening costs and increases the life span the pool's white coat.

In an effort to address some of the landscaping issues around the pools we will be working with our landscaping contractor to over seed and fertilize the grass throughout the heavy traffic areas.

This season we have chosen to replace a proportionally larger amount of deck furniture and have added additional picnic benches.

The diving boards and platforms were inspected during the off-season and we will be installing a new diving board on one of the platforms.

Maintaining and improving a fifty-year-old facility is always challenging and the ultimate goal of the committee is to do this in a prudent and financially responsible manner.

Have an enjoyable and safe Summer season.

Jay Martin - Chair - Pool and Grounds
Joe Marino

Membership Committee Update

The annual New Member Orientation will be held at the clubhouse on Wednesday, May 26th from 7-8 pm. Light refreshments will be served and the new members will meet the management, staff and board members. There will be a tour of the club,

Ellen Harrison
Membership Chairs

Communications Update

We will be launching online credit card payments for summer pool activities which will include the ability to pay for swim and dive team, family camp out, prepaid guest cards, morning masters swim sessions, and more! You will be required to log into your member only area of the Club website where you will be able to pay and register for summer activities. Our goal for credit card processing is to accept online dues payments for the 2012 season next winter.

We are still in need of family photos for our front gate system. One photo per family in a 'jpg' or 'gif' file format emailed to Lee Draminski at ldraminski@verizon.net. If you have not already sent to Lee, please do so immediately.

We will be featuring Takeout Tuesdays this summer beginning Tuesday, June 7th. Each week we will be inviting a local vendor to provide food items for a la carte purchase on Tuesday evenings. Our first vendor will be Gypsy Queen Cafe, a mobile food truck/restaurant on wheels offering delicious menu items like Bal'mer Crab Roll, Greektown Chicken Skewers, Roasted Veggie Pita Sandwich, and more! If you know someone who owns a food business that may be interested, please email Lee Draminski at ldraminski@verizon.net.

Lee Draminski
Communications/IT Committee Chair

Club Manager's Note

We are very excited about the upcoming summer at Forest Hill! This summer we have brought back an incredible staff in all areas of the club along with a few new faces to enhance our staff. Mary Kate Lavin will be returning as an assistant manager again this summer; along with Elly Kokes and Heather Ballew. They will all be great assets to the functioning of the club and they all bring great experience.

Morgan Covert and Mary Kate Lavin will guide our new Swim America swim lesson program.

As we prepare for another summer swim season, I'd like to take this opportunity to remind you and your families of several steps you can take to ensure a healthy and safe swim season. Prior to the beginning of every summer swim season, the Centers for Disease Control and Prevention (CDC) provides tips for healthy swimming that can be found at the following webpage, (<http://www.cdc.gov/healthyswimming/>). Please help us to ensure a healthy swimming environment for all by following the guidelines listed on the above web page and posters. We also would like to reinforce the need for parents to be watchful of their children while at the club. Children under the age of four must wear rubber pants when using the swimming pools to help us maintain the cleanliness of our pools this summer. If you need to buy some rubber pants, we have them available at the club.

In addition to the tips for healthy swimming offered by the CDC, I'd also encourage you to review the club's rules and regulations available on the website and emphasize them with your children prior to the beginning of the summer swim season.

In particular, I'd like to remind you that **no food or drink is permitted on any of the pool decks except for water.**



Adherence to the pool rules provided in the rules and regulations and posted around the club helps to ensure a safe and sanitary swimming experience for all.

If you ever see anything that causes you concern or have any questions, please do not hesitate to stop by the office and speak with the manager on duty or e-mail me at (betsy.blom@gmail.com). On behalf of the managers and staff of Forest Hill, I look forward to providing you and your family with an enjoyable and safe summer!

Betsy Blom
Club Manager

Adult Masters Swim Program

Forest Hill Swim & Tennis Club will be holding an adult Master's style swim practice on Tuesday & Thursday mornings from 6:30 - 7:30am and Sunday evenings from 7:30pm until close. The Tuesday/Thursday session is a fee based session that will run for six weeks starting June 21st and going through July 28th. The fee for the six week session is \$30. The Sunday session is a free drop in class and will run the entire swim season. The practices will consist of a warm up set, some drills to improve stroke technique, a

main swim set and a cool down set. The majority of the practice will be freestyle but we will be doing some backstroke, breaststroke and butterfly on occasion. The class will be divided into three levels of swimming from casual to advanced. You should be able to swim 200 yards (8 lengths of the pool) without stopping if you are interested in joining the class. Registration for this activity can be found online.

Pool & Club Hours

The club grounds are available for use by members and their guests from 7:30am-11pm daily from Memorial Day until Labor Day. The tennis courts remain lit until 11:00pm daily. The pools are available for use by members and guests during the hours listed below. No one may use the pools during times other than those listed below.

Individual Pool Schedule:

(during the regular season daily schedule)

Main Pool: 11am until 9pm (10pm on Fri. & Sat.)

Straehle (Baby) Pool: 10am until 8pm (dusk) Monday to Friday, 11am-8pm Saturday, 12pm-8pm Sunday

Phillips (Lap) Pool: 1pm until 9pm

Summer Pool Schedule:

Opening Day until June 12 th *Lap pool will not open until 4pm on weekdays	Mon.-Thurs. 3pm-8pm Fridays 3pm-9pm Saturdays 11am-9pm Sundays 12pm-8pm
Memorial Day Holiday Monday June 13 th through Wednesday June 22 nd *Lap pool will not open until 4pm on weekdays	11am-8pm Mon.-Thurs. 1pm-8pm Fridays 1pm-9pm Saturdays 11am-9pm Sundays 12pm-8pm
Regular Season Schedule **Starting on Thursday June 23 rd **	Mon.-Thurs. 11am-9pm Fri-Sat. 11am-10pm Sundays 12pm-9pm
Howard County Public Schools Return-Labor Day (Beginning on Sunday August 28 th)	Mon.-Thurs. 4pm-8pm Fridays 4pm-9pm Saturdays 11am-9pm Sundays 12pm-8pm
Labor Day Holiday	11am-8pm

Pool Hours are subject to change. In the event of a foreseeable change, signs will be posted at the club and updated on the Information hotline, 410-347-1412.

Phillips (Lap) Pool Availability Schedule

For all of our lap swimmers; below is a consolidated schedule of dates and times when the Phillips (lap) pool will be unavailable or have limited space for general lap swim. The Phillips pool will be open to lap swim according to the individual pool schedule and summer pool schedule **except for those dates and times listed:**

Tuesday May 31 st -Friday June 3 rd	5:30-7pm
Sundays June 5 th thru September 4 th Only 3 lanes available for lap swim during this time	7:00pm-9pm
Monday June 6 th -Friday June 10 th	5:30-7pm
Monday June 13 th -Friday June 17 th	5:30-7pm
Monday June 20 th -Wednesday June 22 nd	5:30-7pm
Tuesdays & Thursdays from 6/23-7/28 Only 3 lanes available for lap swim during this time	5-6:30pm
Mondays-Thursday from 6/25-8/4 A limited number of lanes will be used for evening swim lessons during these dates and times.	6:30-8:30pm
Youth Nights – On the following dates: 6/29, 7/20, 8/17	Closes @ 6:30pm
Camp Out: Saturday July 9 th	Closes @ 5pm
Staff Appreciation: Tuesday August 9 th	Closes @ 8pm

Club Management reserves the right to close the lap pool to lap swim at other times if the need arises. In the event a lap pool closure can be foreseen in advance, notice will be provided at the club.

SWIM LESSONS

Forest Hill is pleased to offer Swim America swim lessons beginning summer, 2011. Swim America lessons are taught by members of the American Swimming Coaches Association (A.S.C.A), and offer expert instruction starting with water acclimation and eventually progress to learning proper stroke techniques. Our new Program Director, Morgan Covert, and Site Supervisor, Mary Kate Lavin, have been hard at work in the off-season undergoing certification under the auspices of Swim America to both train capable instructors and prepare for actual lessons, starting June 27, 2011.

Morgan comes to us with a wealth of competitive swimming experience. Morgan began her swimming career at an early age and continued at the collegiate level, with Radford University. After graduation, she became the Aquatics Coordinator for the Howard County YMCA. In addition to her full time duties she taught and coached swimming for individuals of all ages. Shortly thereafter, Morgan was promoted to the position of Aquatics Director for the Baltimore City YMCA's Weinberg Center, where

she developed and executed their aquatics program. Currently, Morgan is pursuing her Master's in Education in tandem with her full time position as a Physical Education Teacher at Oakland Mills Middle School. She continues to work part-time for the Howard County YMCA as a swim lesson instructor for both adults and children alike. Mary Kate Lavin, our Assistant Manager, also boasts a competitive swimming background. She recently graduated from Mt. St. Mary's College, where she played Div. 1 lacrosse, and is currently working as a Special Education Teacher for the Howard County School System, as well as coaching lacrosse for Atholton High School's girl's JV lacrosse team.

The Swim America Program, designed by professional swim coaches, utilizes the station method to effectively teach a progressive set of skills to your child. Once a child learns how to exhale under water, he/she will eventually progress through all 6 stations, focusing on learning critical skills that will enable them to breathe more effectively and swim freestyle and backstroke properly. The end goal (after completing Station 6) is to successfully swim an entire length of the pool, non-stop. Because Swim America is goal-directed, the in-water instructor to student ratio will never exceed 1:5.

Beginning June 27, 2011, we will hold three, 2-week long sessions. You have the choice of either morning or evening lessons, both of which run Monday-Thursday, for 30 minutes each day. Friday will be reserved as an inclement weather (make-up) day. In the event additional make-up days are required, the Sunday following the end of each session will also be utilized for make-up purposes.

Due to space restrictions, the evening sessions will be open to club members only. These lessons are not recommended for swim team members, as they do not cover competitive stroke technique, turns, or dives. Unless otherwise noted, all lessons are taught in the main or lap pool, both of which have a minimum depth of 3 feet. If you have any questions regarding which level would be the best fit for your child, you can contact the Program Director, _MorganCovert.

We will offer the following Swim America levels:

Station 1	Introduction to Water Skills; Adaptation
Station 2	Floats and Glides
Station 3	Kicking
Station 4	Crawl Stroke
Station 5	Freestyle
Station 6	Backstroke

Why Choose Swim America Swim Lessons?

Forest Hill is pleased to offer Swim America; a nationally recognized swim lesson program. Unlike other swim programs, Swim America is the only swim program endorsed by the American Swimming Coaches Association (A.S.C.A.), the most prestigious coaches association in the world. The Program, designed by professional swim coaches, utilizes the "station method" to effectively teach your child a progressive series of skills that are technique-oriented. Children will start by learning how to exhale under water (Station 1) and eventually progress through to Station 6, Backstroke. The focus of Swim America is twofold: provide expert technique and teach skills that will enable the child to eventually progress from Station 1, through to completion of Station 6, where they have a fully developed skill set that enables the child to swim an entire length of the pool, non-stop.

Please click on the "Swim Lesson" tab to learn more and sign your child up for lessons.

SWIM TEAM

Swim team is for FHS&TC members only! All children ages 5-18 are invited to join the Forest Hill Swim Team. As a member in the Central Maryland Swim League, we had another great season last summer in Division I with a team of fantastic coaches to lead the way! We are thrilled that Greg Morris is returning again as our head coach, as well as assistant coaches Kim Morris, Laura Drude and Mike Golebiowski! Coach Betsy will also be on deck again to help out as much as her schedule allows.

We expect 250+ swimmers on the team. As such, our practices are intended to be more general instruction, with little time for individual instruction. We will work on stroke mechanics as a group, teaching the competitive strokes through drills.

Swim team is not a substitute for swim lessons. **Swimmers must be able to swim ½ the length of the pool before they join the team; and must be able to swim the entire length of the pool, without hanging on the side of the pool or a lane line by Time Trials on June 18th to continue participation on the swim team.**

Please plan to attend our swim team parents' meeting on Wednesday, May 25th at 5:30 p.m. at the pool. The coaches have a brief presentation and will be available to answer any questions. **Cy's will be there from 4:30 – 6:30 p.m.** with our NEW swim team suit and other swim gear

for sale! This is the first year of our new two year suit. We will also have our spirit wear for sale that night.

Communications regarding all Swim Team activities is done exclusively by e-mail, so please be sure to check your e-mails on a regular basis. Please also be sure to include all e-mail addresses you wish to receive communications on your registration form.

Registration and Fees

- Registration will be done on line only this year, with payment by credit card. Log into your account on our website and go to “Purchases” and follow the instructions.
- In addition to the fee per swimmer, we have added a \$30 fee per family for concessions. There will be no concession donations this year, however, we will add volunteer jobs to assist in getting concessions ready for our home meets.

Another change this year: Registrations must be complete **on or before May 15, 2011** in order to get the “Early Bird” discount.

- Swim Team Only – \$90 per swimmer plus \$30 per family by 5/15/2011; \$110 per swimmer plus \$30 per family after 5/15/2011
- Swim and Dive Team - \$203 per athlete plus \$30 per family by 5/15/2011; \$223 per athlete plus \$30 per family after 5/15/2011

Swim Team Meet Schedule – All dual swim meets are held Saturdays begin promptly at 9:00 a.m. Warm-ups begin around 8:10 a.m. for home meets or 8:30 for away meets. The one exception this year is we are holding our July 2 meet on June 30 to allow families to enjoy a long July 4th weekend. Details will be made available as we get closer to the date. Our meet schedule for the season is as follows:

Saturday June 18 th	Time Trials @ FH
Saturday June 25 th	Away @ Watermont
Thursday June 30 th @ 5:00pm	Away @ DUL
Saturday July 9 th	HOME vs. PAD
Saturday July 16 th	HOME vs. MSC
Saturday July 23 rd	Away @ NSJ
Saturday July 23 rd	End-of-the-Year Party @ FHSTC
Wednesday July 27 th	Straehle Individual Championship @ Four Seasons
Saturday July 30 th	Division I Championship @ FH

After School Practice Schedule (June 6 – 23) Mon - Fri

- Ages 8 & Under and all new swimmers
5:30 – 6:00 p.m.
- Ages 9 & Up, returning swimmers
6:00 – 7:00 p.m.

Summer Practice Schedule (starting June 23)

- Senior Group, ages 11 – 18
8:30 – 10:00 a.m. (Mon – Fri)
- Intermediate Group, ages 9 – 10
10:00 – 11:00 a.m. (Mon – Fri)
- Junior Group, ages 8 & Under
11:00 – 11:45 a.m. (Mon – Fri)
- Stroke Clinic – All Ages
11:45 a.m. – 12:15 p.m. (Day TBD)

**Summer Evening Practice Schedule (starting June 28) –
Tues & Thurs Only**

- Ages 10 & Under 5:00 – 5:45 p.m.
- Ages 11 & Up 5:45 – 6:30 p.m.

Please note that evening practices are intended for swimmers who cannot make morning practice due to a camp, appointment, transportation conflicts, etc.

Volunteers - In order for Swim Team to function, we need a lot of hands on help! In addition to running the meets, we will continue our “spirit” activities this summer. All families participating on Swim Team are expected to volunteer. For those families where it is difficult to volunteer on the day of meets, we are adding volunteer jobs that can be done at home during the week, mostly to assist with the preparation of concessions. Our team representative, Christie Hunter, will communicate the needs as the season approaches. You can also contact Christie directly at fhs_wimteam@gmail.com.

DIVE TEAM

The Forest Hill Frogs Dive Team invites you to join the team! This year we welcome two new coaches to the Forest Hill Frogs Dive Team, *Charlotte Wright* and *Erik Moore*. Both are former Frederick Area Divers and are currently attending college. Charlotte, our new Head Coach, was a diver at Tuscarora High School in Frederick where she lettered and placed in County Championships three years in a row. She also was a diver under John Smith with Frederick Area summer divers for four years and placed in Championships three years in a row; most recently she has been an assistant coach under John for two years. Her other activities include competitive trampoline, where she was a State and Region champion and placed at the National Trampoline and Tumbling

Junior Olympics.

Erik is currently diving at University of Pittsburgh and was a diver for four years at Governor Thomas Johnson High School. He was a varsity letter athlete and was named to All Conference dive teams sophomore, junior and senior years while also being named Athlete of the Year his junior year. Also a diver under John Smith for FAD, he has been an assistant coach with John for two years.

We look forward to an exciting summer of diving with these two experienced coaches, and to continuing our success in encouraging more kids to ***dive into summer fun!***

When you join the Dive Team you can look forward to:

Learning and improving diving skills over the season

Setting and achieving goals

Improving your self-confidence,

Improving coordination and mental discipline

Making friends

Having fun!!

Practicing and competing as a team and individual in a highly supportive environment

Some frequently asked questions:

Is diving safe?

YES. Diving skills are taught and learned according to the individual. A diver's age and readiness are taken into account. The use of mats and a mini trampoline on the pool deck help in getting the new diver comfortable with the proper techniques for diving off the board.

What kinds of dives will my kids do?

Divers of all ages start by learning the fundamentals and progress as they are ready. Each child is taught and coached based on their abilities. The youngest divers start with forward and backward straight jumps and progress to dives when they are comfortable.

Does the practice schedule allow for my child to do both Dive Team and Swim Team?

Yes. If help is needed in getting a child transitioned from/to another activity, the older dive team members can assist with that. Parents can let the dive representative (Renee Quinn) know if such assistance is requested.

If you have any questions about the team or joining the team please email Renee Quinn @ fhdiver@verizon.net

Please plan to attend our dive team parents' meeting on Wednesday, May 25th @ 6pm at the pool. The coaches

have a brief presentation and will be available to answer any questions. Cy's will be there with the swim/dive team suit.

The fee for dive team is \$125. Dive team is for members only. It is an insurance requirement that team participants sign the AAU registration form before they begin practicing with the team. This can be done on the registration form online.

After-School Dive Team Practice Schedule

Monday-Friday

All divers, June 6-June 22nd	4:30-6:00 pm
June 23rd thru July 20th	
Ages 10 & under	8:45-10:00am
Ages 11 & up	9:45-11:00am

Dive Team Meet Schedule:

All meets begin at 5:30pm. Warm-ups for meets begin at 3:30pm for home meets and 4:30pm for away meets.

Dive Team Meets are held on Tuesday and Thursday evenings beginning the week of June 28th.

Tues. June 28th Home vs. Lochearn

Thurs. June 30th Away at Frederick

Tues. July 5th No Meets

Thurs. July 7th Away vs. West Howard

Tues. July 12th BYE

Thurs. July 14th Home vs North St. John's

Tues. July 19th Away at Five Oaks

Thurs. July 22nd Home vs Crosby Crossing

Sun. July 31th CMDL Championship at West Howard

Dive Team Cost: \$125/per diver

Learn How to Judge Diving

Central Maryland Diving League Judging Clinic will be held at Padonia pool on Sunday, 6/12 and St Andrew's pool on Thursday, 6/16. Anyone interested in becoming a judge for dive meets may attend as well as those interested in learning how dives are evaluated. Currently, certified judges need to attend every two years to maintain a valid certification. Registration is required. To register, please contact Renee at fhdiver@verizon.net

Learn to Dive 2011

Summer is a great time to learn the sport of Diving. These sessions are designed for divers of all ages and abilities. Diving is a great sport for young athletes. It helps children become stronger and more flexible as well as developing muscle coordination, concentration and

diving confidence. All this, and kids as well as adults have a lot of fun learning new dives!

If you want your child to learn the safe and proper way to dive, this program is a must. Adults, don't forget, it's never too late to learn the correct way to dive! Have fun learning the basics or perfecting that front flip! The program will teach the fundamentals to ensure that students learn to be safe on a diving board and the skills needed to advance into the competitive aspect of diving. Divers must be able to go off the board on their own and swim to the side of the pool.

Sessions run in June and July. Please see the website for specific details. Any questions about the program, please contact Renee Quinn at fhdiver@verizon.net

CLUB ACTIVITIES

Welcome back Forest Hill Swim & Tennis Club members! We are looking forward to seeing our old friends and making new ones with our new members! We have a great summer planned for you. I am looking forward to many relaxing sunny days at our club and have listed below the summer of 2011 events that we all will be able to enjoy! Forest Hill Swim & Tennis Club is a volunteer run club, and we ask everyone that participates in the summer activities to volunteer for at least one activity this summer. All the activities are simple and require minimal volunteer work. They all have a point of contact, so that you can contact the coordinator for the activity or you can contact me. Coordinator information can be found on the website. Thanks so much for all the volunteers from last summer, we will be issuing guest passes for our wonderful volunteers this summer as a small token of our appreciation for your help!

Laura Sullivan,
photographybyLL@mac.com
Activities Chair

May 25th – New Member Orientation: 7pm

New and current members: Please come up to the pool to meet the Board of Directors and staff, take a tour of your beautiful club, and enjoy light refreshments. Bring the whole family!

May 28th – Opening Day: 12 noon

Bring the whole family to make the first splash into summer!

May 30th – Welcome Back BBQ 5pm

Bring the whole family out to celebrate the opening of Forest Hill and reunite with friends new and old! Fried chicken, hot dogs, desserts and drinks will be provided. Please bring a side dish or salad to share for two times the number of people in your party.

June 19th –French Fry Festival

(& Father's Day!) 4-6pm

Come enjoy everyone's favorite--French Fries!
Homemade French fries & tasty watermelon

June 29th – Youth Night!! 7-10pm

Kids ages 10 & up: Come celebrate an end to the school year with a DJ, fun activities, and plenty of swimming!!

Members: \$5.00 & Non-members: \$8.00

Note: Pool & Grounds will close at 6:30pm!!

July 4th – Independence Day Celebration: 1-5pm



Come enjoy a DJ and activities at the club with your family before heading out to see the fireworks!

PLEASE NOTE: Table reservations will not be permitted on this day. The club grounds will open at 7:30am and tables will be available on a first come first served basis. Please be considerate of your fellow members and do not hold a table all day for a party later in the day. Out of respect for all members, you can not reserve lounge chairs. Feel free to direct questions to club management. Thank you for your cooperation!

July 9th – 10th Annual Family Campout: 6pm-til?

One of our most popular events! Mark your calendars now! Enjoy dinner, swimming, s'mores, and of course, camping! An



all-around, fun-filled evening!! A continental breakfast and early morning pool hours will be offered on Sunday morning! **This event is for Member families only, please no guests.** You may begin setting up your tent at 6pm on Saturday and all tents must be removed by 11am on Sunday morning!! **Cost: \$14.00/adult & \$7.00/child.**

July 20th – Youth Night!! 7-10pm

Kids ages 10 & up: Come celebrate a fun night at the pool with your friends, along with a DJ, fun activities, and of course, plenty of swimming!

Members: \$5.00 & Non-members: \$8.00

Note: Pool & Grounds will close at 6:30pm!!

July 23rd–Swim Team End-of-Year Party: 5-10pm

Come celebrate the end of the dual meet season with a pot-luck style dinner at the pool and awards. Look for signs on the Swim Team bulletin board at the club to sign-up your family.

July 27th –Bingo/Float Night: 7-10:00pm



Bring your favorite float and enjoy an extra long night of swimming with the family! Root Beer Floats will be sold for \$1.00 and the main pool will remain open until 10:00pm! Take your chances on Bingo and win some prizes! Fun for the whole family! Each bingo card is just \$1.00!

August 3rd –Family Movie Night: 8-10:00pm

Come enjoy a movie under the stars with your friends and family! Popcorn will be served. Please bring chairs or a blanket to sit on.

August 17th – Youth Night!! 7-10pm

Kids ages 10 & up: Come out for one last hurrah at the pool.

Enjoy swimming, your favorite tunes, fun activities, and socializing with friends.

Members: \$5.00 & Non-members: \$8.00

Note: Pool & Grounds will close at 6:30pm!!

August 24th – Bingo/Float Night: 7-10:00pm



Bring your favorite float and enjoy an extra long night of swimming with the family! Root Beer Floats will be sold for \$1.00 and the main pool will remain open until 10:00pm! Take your chances on Bingo and

win some prizes! Fun for the whole family!

August 28th –Back-to-School-Snowball Celebration!

Come out to enjoy a cold snowball and some family pool time on the last Sunday before HCPSS schools begin.

September 4th– Kids Triathlon

The 3rd Annual Kids Triathlon is a Forest Hill highlight! Sign up your children to swim, bike and run or come out to support the other club members as they participate. Only a limited number of spots will be available. Look for more information later in the summer.

September 5th– Labor Day Activities: 1-5pm

Come celebrate an end to another great season at Forest Hill. Make a splash before the pool closes for the season! Activities will be offered from 1-5pm!

Volunteers Wanted!

Please help us make all of our activities at FHSTC more successful by volunteering to help at events.

We need chaperones, bingo callers, food servers, and more! Please look for sign-ups, contact Laura Sullivan or speak to a manager to help make 2011 a very successful summer!

Please help keep Forest Hill clean and green!

Please utilize the abundance of trash cans and recycling containers on the property. We work very hard to keep the grounds clean and pleasant for members daily. If something needs to be addressed, please see a manager. This helps keep bugs and ants away from picnic areas.

TENNIS UPDATE

We are looking forward to another exciting and tennis-filled season at Forest Hill. Because of our extensive adult and junior program, Forest Hill Tennis offers a Web site (www.foresthilltennis.com) and weekly electronic newsletter to communicate with our tennis community. The Web site and newsletter are our primary communication mechanism. Please bookmark the Web site for fast and easy access to all the latest news, including events of the day, the events calendar for the season and weather-related information. If you have not been getting the electronic newsletter, please send your email information to our Tennis Director, Jon Jacobson, at jon@foresthilltennis.com.

Adult and Junior Programs

2011 offers a mix of programs that have remained popular through the years along with some exciting additions meant to develop your tennis game, as well as foster new friendships. This year's program includes:

- Drop in workouts for men, women and high school players
- Adult member/guest days
- Adult mixed leagues throughout the outdoor season
- 4th of July and Team Tennis events for adults
- Cardio tennis for men and women
- Opportunities to work on your singles and doubles game
- Junior twilight tennis and pizza
- Interclub play for men, women and juniors
- Junior Team Tennis

We will also offer a **full complement** of camps and mid-day tennis activities for juniors.

All tennis related information is available on the tennis Web site. If you need help deciding which activities are for you or your family, please call or email Jon.

Tennis Lessons & Other Services

Lessons are available. Discounted rates are offered for players signing up for 5 and 10 block lessons. Our tennis staff also offers racquet stringing and hitting services.

For complete information, including rates, visit www.foresthilltennis.com.

Ball Machine

Forest Hill offers a ball machine for use by members. Please limit use of the machine to **one half hour** when others are

waiting. Members are asked to sign out the machine in the space provided in the storage unit and return the ball machine to the storage unit when complete. If another member is waiting to use the ball machine, you may leave it on the court. As a courtesy to all members, **please pick up all ball machine balls** before leaving the area.

Tennis Rules

The tennis courts are presently open to members. Please remember these basic rules when using the courts:

- Proper tennis attire is required at all times. Flip-flops, sandals, Crocs and street shoes are prohibited. Additionally, players must wear athletic wear (shirt, shorts, tennis skirt, sweat pants, etc.) at all times when on the courts. Bathing suits are prohibited. Men must wear shirts.
- As a general rule, time limit for singles play is **one hour** and doubles play is **90 minutes**. Time limits will be strictly enforced during peak times.
- Courts are first come, first served. However, during the summer season a staff member may be assigned to manage court usage during peak times. Members are asked to respect the role of the staff member when court time is at a premium.
- The bottom 3 courts are reserved for teaching and programs offered at the club. Members may use these courts when not occupied, but may be asked to vacate the court(s) to accommodate lessons, clinics, workouts, etc.

Contact

Please reach out to Jon Jacobson, Tennis Director, with questions, comments and concerns.

Email: jon@foresthilltennis.com

Phone: 443.864.7732

Important information for you:

www.fhstc.com

410-347-1412 FH Information Hotline

410-465-1386 FH Main Office

How about a 20% discount on guest fees?

Discounted Guest Fee Punch Cards will be available for purchase through June 30th. Each card has 10 punches for \$5.00 each for a total value of \$50.00/per card. These cards may be used in lieu of cash at the front gate to pay for your guests. One punch for a child (17&under) guest fee and two punches for an adult (18&over) guest fee. These cards will be available for a limited time for \$40.00/per card, a 20% discount from the face value. After June 30th, these cards will be available at face value (\$50.00). You can buy these at the front gate!

You can also buy NANNY Cards at the front gate. You must register your nanny for the summer with Betsy Blom in the office. You can also send her an email with the name of your nanny/babysitter who will accompany your child/children while you are not at the pool.

betsy.blom@gmail.com

Nanny cards are 10 punches for \$20.00

Please Note: No refunds will be given for lost or stolen cards or the unused value of a card. These cards may only be used to pay for guest fees and will expire at the end of the 2011 season.

Table Reservation Information

You can reserve tables/awnings for parties at the club. Please see a manager to take care of this. Parties must be registered if they are 10 or more guests. We can only host 2 parties per day, so please do not wait. Table reservations are \$25.00 for up to 25 people, \$50 for up to 50 people (Parties of more than 30 people must have FHSTC Board approval). Please register your events so that we can be staffed appropriately and safely for all events. If you have any questions, please see someone in the office. **Table/chairs cannot be reserved on Memorial Day, 4th of July and Labor Day.**

****May/June Calendar of Events 2011****

These dates are subject to change, please see the website for the most up-to-date calendar of events.

Also check www.foresthilltennis.com for all the latest tennis information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25 Swim Team Parents Meeting 5:30pm Dive Meeting 6:30pm New Member Orientation 7-9pm	26	27	28 Opening Day! 12:00 pm
29 Pool Hours 12pm-8pm	30 Memorial Day- Grounds open @ 7:30am Pool Hours 11am-8pm Welcome Back BBQ 5pm—all members welcome!	31 Pool Hours 3pm- 8pm	June 1 Pool Hours 3pm- 8pm	June 2 Pool Hours 3pm- 8pm	June 3 Pool Hours 3pm- 9pm	June 4 Pool Hours 11am-9pm
June 5 Pool Hours 12pm-8pm Swim Clinic	June 6 Pool Hours 3pm- 8pm Swim Practice 5:30-7pm LAP Pool Dive Practice 4:30-6pm MAIN Pool	7 Pool Hours 3pm-8pm	8 Pool Hours 3pm-8pm	9 Pool Hours 3pm-8pm	10 Pool Hours 3pm-9pm	11 Pool Hours 11am-9pm
12 Pool Hours 12pm-8pm	13 Pool Hours 1pm-8pm	14 Pool Hours 1pm-8pm	15 Pool Hours 1pm-8pm	16 Pool Hours 1pm-8pm	17 Pool Hours 1pm-9pm	18 Pool Hours 11am-9pm Swim Team Time Trials
19 Pool Hours 12pm-8pm French Fry Festival 4-6pm	20 Pool Hours 1pm-8pm	21 Adult Swim Practice 6:30- 7:30am Pool Hours 1pm-8pm	22 Pool Hours 1pm-9pm Last day of HCPSS School Year	23 Normal Pool Hours Begin Adult Swim Practice 6:30- 7:30am	24	25 Swim Meet FH @ Watermont
26	27 Session 1 Swim Lessons Begins Learn to Dive	28 Dive Meet Lochearn @ FH 5:30pm	29 Youth Night 7-10pm	30 Swim Meet FH @ Dulaney 5pm Dive Away @ Frederick	July 1	July 2
July 3	July 4 4th of July Grounds Open @ 7:30am DJ & Activities 1-4pm	July 5	July 6	July 7 Dive Away @ West Howard	July 8	July 9 Home Swim Meet Padonia @ FH Family Camp Out 6pm

