



# ASHEVILLE RACQUET CLUB

## WEEKLY NEWSLETTER

## FITNESS

### APRIL GROUP FITNESS CLASSES

Here are the new changes for April.

#### DOWNTOWN

Friday

9:30a balance the beast is replaced with  
9:30a yoga with Mike

#### SOUTH

Dana's classes on Monday, Wednesday, Friday  
at 8:15a move to 8:30a

Thursdays 6:15p Yoga moves to 4:30p

## STEP UP FOR MENTAL HEALTH

Every year an estimated 800,000 people are killed by suicide. Stepping Up For Mental Health is a way to bring awareness and to show the power of connection. Even when the challenge feels insurmountable, connecting with others makes anything possible.

Join us as we collectively travel 800,000 miles this year! See the flyer below for more information. If you have any questions, please reach out to our Wellness Supervisor at [Kmilller@ashevilleracquetclub.com](mailto:Kmilller@ashevilleracquetclub.com).



## TRY-ATHLON

ARC Inagural Try-Athlon at ARC  
Downtown.

\$25 for ARC Members,  
\$40 fee for non-members.

Registration opens: 07MAR2022

### Sprint Triathlon Distances:

1/2 mile (750 meters) swim  
12.4 miles (20K) bike ride,  
3.1 miles (5K) run

### TRY-ATHLON NUTRITION COACHING WITH DANIELLE

Looking to try the Try-Athlon but not sure where to start to get the nutrition you need Danielle is offering a 4-week program specifically designed to fit your individual nutrition needs leading up to the triathlon and recovery.

To register for this program, email Danielle at [Diannucci@ashevilleracquetclub.com](mailto:Diannucci@ashevilleracquetclub.com)  
Open to members and nonmembers.

Member Price \$199 Non-member price \$259



# STEPPING UP FOR MENTAL HEALTH

Join us as we challenge ourselves to collectively achieve a goal of 800,000 miles in the Year 2022! Our goal is to bring awareness to mental health and prove anything is possible when we work together!  
#EveryStepCounts

## How To Participate In 4 Easy Steps

- 1) Download the Pacer App (Click Here) or Scan the QR CODE
  - 2) Click "Enter Challenge Code" and enter "Linked4Life"
  - 3) Create an account (Free) and select a team to join.
  - 4) Get out there and walk/jog/run/or whatever you desire...
- \*Click Here for Detailed Instructions for the Pacer App



Pacer for Teams

## Mental Health Resources

(Click on the Logo's for Additional Resources)



Text "Home" to 741741 to connect to a trained crisis counselor 24/7



#LINKED4LIFE

# PICKLEBALL



## TRY PICKLEBALL

Want to try out the sport everyone is talking about?

Make new friends and have FUN staying active with Pickleball! We are offering a special 4-week class in February to learn the basics and get plugged into Pickleball at ARC. Email [mkinnear@ashevilleracquetclub.com](mailto:mkinnear@ashevilleracquetclub.com) or text 828.808.3260 to sign up today!

**WHERE:** Asheville Racquet Club South

**COST:** Early bird: \$40 by March 21st  
\$50 by March 28th

**WHEN:** Thursdays, April  
7th, 14th, 21st, & 28th

Morning Session  
11:00p - 12:00p

Evening Session  
6:00p - 7:00p



## MINOR LEAGUE PICKLEBALL

Join our 8-week co-ed team pickleball league! Teams will be a minimum of 4 and a maximum of 6. There will be two flights; 2.5-3.499 & 3.5 - 4.0+.

Key Dates:

Registration Closes-Sunday, April 10th  
Team Announcements -Friday, April  
15th

Matches Begin Week of May 2nd



**REGISTER NOW**

**\$20**

**Contact Person:**

Genyu Yang

To register & for more  
Information email:

[arcpbleagues@ashevilleracquetclub.com](mailto:arcpbleagues@ashevilleracquetclub.com)

### WHAT YOU NEED TO KNOW!

- Matches consist of two games of women's doubles, one men's doubles, and four mixed doubles games.
- Teams will be made through Drafting - the top 3 rated women and top 3 rated men will draft the players.
- Teams will be 2 male/ 2 female
- League games are to be scheduled outside

### PLAY TIMES

2.5 - 3.499 Flight : 8:00A - 10:00A Every Friday

3.5 - 4.0+ Flight : 8:00A - 10:00A Every Tuesday



<https://ashevilleracquetclub.com/pickleball>



NEW INDOOR PICKLEBALL AT ARC SOUTH

# GRAND OPENING EVENTS





# AQUATICS

## REMINDERS FOR AQUATICS

- Opening Early in 2022 – The ARC South pool will open on Monday, May 16....TWO WEEKS EARLY!
- The hours of operation at the ARC South pool will change slightly for the first couple of weeks and then our full summer schedule will begin Sunday, May 29th.

## UPCOMING SWIM PROGRAMS:

*Please see flyer for more information, how to register, and the cost. There will be no late registration for any program. Flyers are available at the front desk of ARC Downtown.*

### 6 Week Swim Team

- Tryouts are Monday, April 4th, and Wednesday, April 6th
- Those who have never been on our ARC Swim Team or who have not been on the team within the last six months must attend tryouts before they can register.
- Practices are Monday, April 4th through Wednesday, May 4th
- Registration is currently open through Wednesday, April 6th.

## PLEASE HELP US CONGRATULATE COLLIN!



Collin Stout has been promoted from head lifeguard to Assistant Manager for our the aquatics department!

# TENNIS

## SHOW UP & PLAY

One of the programs we offer at ARC Downtown is Show up and play on Sundays from 9:00a - to 11:00a. This is open to everyone and a great opportunity for new members to get involved! We ask if you plan on attending Show up & Play to please arrive by 8:40 am and stay the entire time to have the maximum amount of time to play good tennis!

## UNCA Senior Send Off



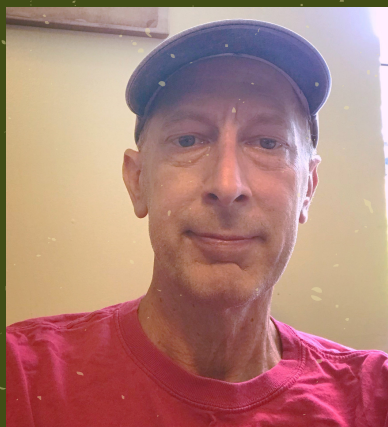
Did you know that you have a Division 1 Tennis Program right here at your club?? The entire roster for both the Men's and Women's UNCA tennis teams are incredible players and young adults. Let's support these seniors for their last home match at ARC Downtown. The last match will be held Thursday, April 7th from 1:30p-5:00p. Please see the attached flyer for more details.

## JUNIOR TENNIS PROGRAMS

**Session 6:** April 25 - June 3

We have 1 session remaining. You can sign up at the ARC South Front Desk in advance for this sessions. Spots are limited so make your reservations today!





## RUMI YOU WILL BE MISSED!

We regret to inform you that Rumi Kakareka is leaving ARC. Rumi has always brought with him a love for tennis that exudes from him when he is on the court with all ages. His gentle and fun demeanor is so approachable by all players and we have absolutely loved having his positive energy at ARC for the last 3 ½ years. Rumi has stepped up in so many ways over the years with us, including Directing the tennis ship at ARC DT. We are so appreciative of his dedication to ARC and our members. He will be greatly missed!

## CONGRATULATIONS DAN!



We're thrilled to inform you Dan Giammalvo has been promoted to Director of Tennis for ARC. Dan brings with him great experience, knowledge, and excitement to continue to grow ARC's tennis program. Dan will be working alongside Mindy Mettee with all tennis operations and as time goes on, he will continue to take on more and more responsibility on his own. Dan has been at ARC a little short of one year and continues to learn about the ARC community and also WNC tennis. He is taking the great initiative to try new things and grow ARC to offer the best programming around. You can get to know Dan on the court in one of his clinics, participate in a lesson, or just find him on the property at either ARC to chat him up a little bit. He will be on-site at both ARC locations throughout each week. If you have any questions regarding tennis at ARC, please begin to direct those questions to Dan at [dgiammalvo@ashevilleracquetclub.com](mailto:dgiammalvo@ashevilleracquetclub.com). Dan looks forward to meeting/working with each of you if he hasn't had the chance to already!



## PRO SHOP

The 2022 Wilson Blade frames are now available at ARC. Try out a demo today. New frames are available to purchase.

Brand new frames, but older models

- 1- Wilson Pro Staff Roger Federer 97, 3/8 grip - \$174.30
- 2- Wilson Clash 100 (3/8 grip or 1/4 grip) - \$174.30

The following used demos are for sale for \$75.

- 1 - 2018 Blade 100 L (1/4 grip)
- 1 - 2018 Wilson Burn 100 ULS (3/8 grip)
- 1 - 2018 Wilson Burn 100 LS (3/8 grip)

If you are interested in buying a racquet please email Mindy Mettee at [mmettee@ashevilleracquetclub.com](mailto:mmettee@ashevilleracquetclub.com)



# OUR OUTDOOR SEASON IS ALMOST HERE!

- An e-mail will come out separately this weekend regarding the opening schedule for both ARC locations. No permanent courts will be assigned for at least the first week that the courts are open. All contract courts are still scheduled indoors through April 10, 2022. Stay tuned for more details.
- As we transition outdoors, please read below for some reminders for our tennis members and guests
  - Please practice tennis etiquette at all times
  - Do not enter your assigned court until it is your assigned time; the “court” includes the benches so please do not place belongings on a bench until it is your turn to play on court
  - Please always get confirmation about which court(s) you are assigned and report to that court, not a different court because it is “open”
  - When your designated court time is done, if others are waiting, you need to stop play immediately and move off of the court. Please do not continue playing to complete a game or set
  - To retrieve a ball from another court or to return a ball to another court, wait until the players have completed a point
  - Proper court manners will be observed at all times. Abusive language or conduct will not be tolerated
  - Cell phones need to be on silent if they are on the bench, in your tennis bag or anywhere else around the courts
  - Please keep noise levels to a minimum on your court. If lengthy conversation is required, please meet your opponents at the net to talk, rather than yelling across the court
  - Music is NOT allowed on any court at ARC. That is very distracting to players around you and will not be tolerated
  - Appropriate tennis attire must be worn at all times when playing on courts. Wearing a shirt is required at all times
  - Regulation tennis shoes must be worn at all times. If you are unsure about what a regulation shoe looks like, please ask one of our teaching professionals
  - Bringing alcohol onto the ARC property is against ARC policy and can lead to us losing our beer and wine license. We have beer and wine for sale, please support ARC and purchase your drinks from us.

## 2022 ALL SPORTS CAMP

ALL SPORTS CAMP FOR ALL YOUNG ATHLETES. KIDS WILL BE KEPT IN GROUPS WITH OTHER KIDS OF THE SAME AGE. HALF-DAY AND FULL-DAY OPTIONS ARE AVAILABLE FOR 5 TO 14 AGES.

This camp has a combination of sports and campers will be working on learning and improving all aspects of sports games. They will also enjoy the opportunity to participate in other sports throughout the day including pickleball, basketball, various games, and swimming!

Campers need to be able to change their clothes and carry their belongings.

- Members can register over the phone, online in the ARC member portal, or at the front desk at ARC South.
- Pickleball racquets will be provided.
- Non-members will need to email Camp Director Paige Cook at [arcsouthcamps@gmail.com](mailto:arcsouthcamps@gmail.com) or come by ARC South.
- For any questions about the camp, please contact Camp Director Paige Cook at [arcsouthcamps@gmail.com](mailto:arcsouthcamps@gmail.com).
- Each camper will need a waiver filled out to confirm their camper's spot. If you have not filled out the waiver please visit our website and go to the camps tab to find the link.





# ★ ARC ALL SPORTS ★

## CAMP 2022

Asheville Racquet Club South

Full Day: 8:30a - 4:00p

Half Day: 8:30a - 12:00p

### PRICES

#### ARC Members (Silver, Gold, and Platinum)

1 week, full day- \$313	1 week, half-day- \$233
2 weeks, full day- \$563	2 weeks, half-day- \$403

#### Non-ARC Members

1 week, full day- \$354	1 week, half-day- \$274
2 weeks, full day- \$645	2 weeks, half-day- \$485

### CAMP DATES

June 13th - June 17th  
June 27th - July 1st  
July 11th - July 15th

July 18th - July 22nd  
July 25th - July 29th

The weeks of 6/13, 6/27, & 7/25 are very close to being full.  
To join a waitlist for the Full weeks please visit the website.

### CAMP SCHEDULE

8:30-9:00 Check in and warm up

9:00-10:30 Tennis/Pickleball Instruction Group 1

10:30-12:00 Tennis/Pickleball Instruction Group 2

12:00-12:30 Half-day pickup / Full-day Lunchtime

12:30-1:30 Sport game rotation

1:30-2:30 Tennis Match Play and Games

2:30-4:00 Pool time

4:00 Pick up

All Sports Camp for ALL young athletes. Kids will be kept in groups with other kids their same age. Half-day and full-day options are available for 5-14 ages.

This camp has a combination of sports and campers will be working on learning and improving all aspects of sports games. They will also enjoy the opportunity to participate in other sports throughout the day including pickleball, basketball, various games, and swimming!

Campers need to be able to change their own clothes and carry their own belongings.





# DEPARTMENT CONTACTS

## ARC Downtown:

### General Manager

Dina Bassett - dbassett@ashevilleracquetclub.com

### ARC DT Sales Manager

Mike Greene - mgreene@ashevilleracquetclub.com

### Guest Service Manager

Avah Smith - asmith@ashevilleracquetclub.com

### Director of Group Fitness

Kim Boose - kimboose@yahoo.com

### Director of Childcare

Cynthia Smart - cynthiasmartcc@gmail.com

### Aquatics Director

Greg Brown - gbrown@ashevilleracquetclub.com

## ARC South

### Senior General Manager

Mindy Mettee- mmettee@ashevilleracquetclub.com

### Director of Tennis

Dan Giammalvo - dgiammalvo@ashevilleracquetclub.com

### Director of Junior Tennis

Alex Appelt - alexwappelt@gmail.com

### ARC South Sales Manager

Roger Angel - rangel@ashevilleracquetclub.com

### Director of Pickleball

Michael Kinnear - mkinneer@ashevilleracquetclub.com

### Guest Services Manager

Kim Burleson - kburleson@ashevilleracquetclub.com

### Director of Marketing and Activities

Emily Perry- eperry@ashevilleracquetclub.com

### Wellness Supervisor

Kenneth Miller- kmiller@ashevilleracquetclub.com

## DON'T FORGET TO STOP BY HAMILTON'S CAFE!

We have weekly delivered Earthfare entrees, protein smoothies, snacks, draft beer, & wine!



## FOLLOW US ON SOCIAL MEDIA!

Website:

<https://ashevilleracquetclub.com/>

Facebook: Asheville Racquet Club

Instagram: @arcracquetclub

App: ARCmember App

### ARC Downtown Hours

Monday	6am - 9pm
Tuesday	6am - 9pm
Wednesday	6am - 9pm
Thursday	6am - 9pm
Friday	6am - 9pm
Saturday	8am - 8pm
Sunday	8am - 8pm

### ARC South Hours

Monday	6am - 9pm
Tuesday	6am - 9pm
Wednesday	6am - 9pm
Thursday	6am - 9pm
Friday	6am - 9pm
Saturday	7am - 8pm
Sunday	8am - 8pm