



*January 2018*

Dear Ridgewood Club Members,

I hope that everyone had a fantastic holiday season with their families and managed to avoid the flu!

We had an astounding turnout at the Breakfast with Santa event in December. We enjoyed Santa Jac this year and have already booked him for 2018! We raised \$620 dollars for MS during the event.

With the new year comes new resolutions. For many of you, those resolutions might have something to do with exercise. Make sure you check out our fitness times and classes when you're looking through this newsletter. Also, it is likely there will be more usage of our fitness room in the upcoming months. Please sign in when going to the fitness room so we can see how many members are taking advantage of the fitness equipment and what your favorite equipment is. Please notify us immediately if you see a problem with any of the equipment or lounges.

Winter is here and there is lots going on at the club! So don't forget to RSVP on the sign up genius thru our social tab on our website.

A quick note on our Winter Weather Policy. If Guilford County Schools have been closed due to inclement weather, club events and activities will be also be cancelled. It is very important that you RSVP to all events and activities that you wish to participate in at least 24hrs in advance so we can notify you of any changes.

Michelle James  
General Manager



**Pardon our Dust!!**



We currently have several projects around the pool going on. We are resurfacing the much needed beach entry portion of our pool. We will be adding more deck space . The slides have been taken out due to the age. The pool leaks have all been fixed. We are so EXCITED about the fresh look the pool will have for the 2018 season!!

Please direct all questions concerning construction to the office.

# Social Activities & Events

## ***Awesome 80's Dance Party***

Saturday, January 20th,

8:00pm til midnight

RSVP by January 10th

**ADULTS!** This is YOUR Decade! Step back into a decade of leg warmers and moonwalking! It's not too early to book those sitters! We will have a DJ, food, and drinks are BYOB . \$10 per person



## ***'Tween Snow Ball***

Saturday, Jan 27th

7:00pm til 9:00pm

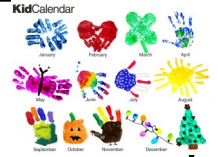


It's time to beat the winter blues for all you 5th to 8th graders out there. We will be having a DJ with some rock-in' music, appetizers, and punch for our very first Snow Ball Semi-formal at the Ridgewood Swim and Tennis Clubhouse. Fee is \$10 per couple. RSVPs required by January 15th.

## **Kids Craft**

January 10th 4:30pm– 5:30pm

We will be making cute handprint calendars for 2018. This event is free for members.



## **Kids Theme Movie Night**

January 13th 6pm-9pm

**FROZEN**

Snowball Fight, Pizza and a Movie (Frozen)

We will have an indoor "snowball " fight, eat pizza, and watch the movie Frozen. The cost is \$10 for members.

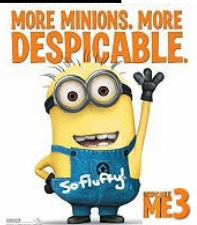


## **Kid Movie Night**

January 26th 6pm-9pm

**Despicable Me 3**

Bring your pillows and blankets up to the Clubhouse to watch Despicable Me 3. We will provide snacks and drinks. The cost of the event is \$5 for members.



For All Events , Please Remember:

Please RSVP as space is limited. If an event fills up, we will start a wait list. The number of spaces for each event is determined by the activity planned and the staff available.

Children of all ages are welcome to attend kid's events. They must be potty trained and they must follow the rules and instructions of Ridgewood employees. If you have a suggestion or idea for future kid's events, please email [manager@ridgewoodswimtennis.com](mailto:manager@ridgewoodswimtennis.com)



# Ridgewood Fitness



**Mat Science:** A pilates based class using a series of nonimpact exercises designed to develop muscular strength and increase flexibility. Please bring your yoga mat.

**Nike TBC:** Nike Total Body Conditioning is a step-circuit class. Step aerobics combined with sculpting.

**1/2 & 1/2–** Class format consists of the first half of class being cardio and the second half of class being sculpt, tone and flex.

**Pilates:** A system of exercises that focus on strength without bulk, increasing flexibility, agility, core strength and improving posture.

**Dynamic Flow Yoga:** Dynamic yoga is a modern and athletic style of vinyasa yoga. Vinyasa simply means flow, so each pose flows into the next. Prepare to build up a sweat!

**Slow Flow/Deep Stretch Yoga:** Slowing down the flow can help you maintain control of your breath, build determination, and intensify your practice. True to its name, SFDS is a smooth linking of unhurried breath with movement, intensified by mindfully holding postures for several breaths, awakening your body and clearing your mind. Explore the details of each posture at a comfortable pace to allow your body to deepen into a stretch or pause in a strength-building pose. Expect deep hip, back and leg openings with longer holds to gain strength and increased mobility. Get into the rhythm of this truly invigorating class and find true balance in this moving meditation. Good for all levels.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  7pm – Pilates Ruth Ann	2	3  8:45 1/2 & 1/2 Martha  5:30 Slow Flow & Stretch Yoga Karen	4	5  8:45 Dynamic Flow Yoga Karen	6  9:00am Tennis Conditioning Martha
8  8:45 Nike TBC Martha  7pm – Pilates Ruth Ann	9	10  8:45am 1/2 & 1/2 Martha  5:30 Slow Flow & Stretch Yoga Karen	11	12  8:45 Mat Science Donna P	13  9:00 Total Body Donna P
15  7pm – Pilates Ruth Ann	16	17  8:45am 1/2 & 1/2 Martha  5:30 Slow Flow & Stretch Yoga Karen	18	19  8:45 Dynamic Flow Yoga Karen	20  9:00 Fluid Flow & Stretch Yoga Karen
22  8:45am Nike TBC Donna  7pm – Pilates Ruth Ann	23	24  8:45am 1/2 & 1/2 Martha  5:30 Slow Flow & Stretch Yoga Karen	25	26  8:45 Mat Science Donna P	27  9:00 Tennis Conditioning Donna P
29  8:45am Total Body Donna  7pm – Pilates Ruth Ann	30	31  8:45a, 1/2 & 1/2 Martha  5:30 Slow Flow & Stretch Yoga Karen			



# Tennis at RWST



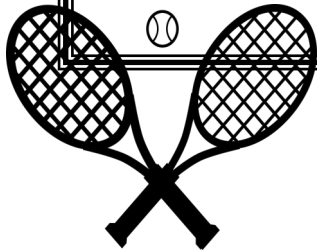
The Courts at Ridgewood are open in the Spring, Summer and Fall seasons from 8am to 9pm. They are currently closed for the winter due to freezing weather. They are clay that is live material that freezes and needs warm temps to thaw. They will be reconditioned and in pristine condition for the Spring season.

## Indoor Play and Tennis Instruction/Clinics

If you want to blow the dust off your racquet and take lessons or get together a group for clinics over the winter you can contact our tennis pro, Peter Copeland. Barber Park and Piedmont Indoor tennis is open for the winter. You can call the Pro Shop 336-643-6180.

## Indoor Cardio Tennis

Cardio Tennis will be offered throughout the winter and emails will be sent to our tennis players. Please contact Vivian in the Pro Shop if you would like to be on our Cardio Tennis email. Look for an email soon announcing a date in February for an indoor tennis social!



## Online Court Reservations

Please remember to use the online court scheduler to reserve your court times. The scheduler can be used to make reservations up to 1 week in advance. You can access the scheduler at [rwst.onlinecourtreservations.com](http://rwst.onlinecourtreservations.com) which can also be accessed through our website. Your user name will be your three digit membership number and the password is "Tennis".

**General Manager: Michelle James**

**Pro Shop Manager: Vivian Carlin**

**Children Events Director: Amy Payne**

**Tennis Pro: Peter Copeland**

**Assistant Tennis Pro: Kevin Koval**

808 James Doak Parkway

Greensboro NC 27455

Office (336)644-0006

Pro Shop (336)643-6180

[www.ridgewoodswimtennis.com](http://www.ridgewoodswimtennis.com)

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