



Member News

Sept 2010 Vol. 5 No.9

Contact Information

MSC Club Manager:
Paul Von Destinon
(206) 232-1622
ext. 11

Office Manager:
Joy King
(206) 232-1622
ext. 10

MSC@mercerwood.com

MSC Board President:
Tom Callahan

Board Members:
Lori Coe
David Evans
Carol Gullstad
Gordon Godfred
Sarah Hoisington
Kevin Larkin
Nate Luce
Sarah Peshkin
Cathy Somer



**Congratulations to
all of our program
participants,
Coaches, and
Parent Volunteers.
All of You did a
GREAT job this
season!!**



September

MISSION STATEMENT:

“The Mercerwood Shore Club is to provide ‘Family Fun for all Seasons’ And full value for the membership in a Friendly and Casual Environment”

Paul's Page

Congratulations to our Water Polo Coaches Colin Sterling and Kevin Goodwin as well as all of our players and volunteers for a great 2010 summer water polo season. Our 10 & under and 12 & under teams finished in 1st place, our 14 & unders finished in 3rd place and our 17 & unders finished in 2nd place!

Also, congratulations to coaches Ron Akins, Ali Fulton and Mike Reading on a greatly improved Junior Tennis Team this summer. We saw an increase in participation and tennis skills from our participants under their guidance.

Once again, many thanks to all of our parent volunteers this summer, we couldn't have done it without you!

Fall programming begins on October 4 with MSC Lite swim program and swim lessons and we are currently planning school season dive and water polo options. MSC Lite will meet at the following times:

M & W 4:00pm – 5:15pm (10 & unders swim from 4 – 4:45, 11 & older from 4 – 5:15pm)
T & Th 5:00pm – 6:15pm (10 & unders swim from 5 – 5:45, 11 & older from 5 – 6:15pm)

Swim lessons will meet at the following times:

M & W 5:00pm – 6:15pm (Three ½ hour lessons, 2 week sessions)

Stay tuned for more information on upcoming events at MSC this Fall. Plans include a movie night at the beach on Sunday, September 12 and Oktoberfest on Sunday, October 10.

As always, please feel free to contact us here at the club with any questions, concerns and comments.

MSC Club Hours

Office Hours:

Monday - Friday 9am-9pm

Weight Room Hours

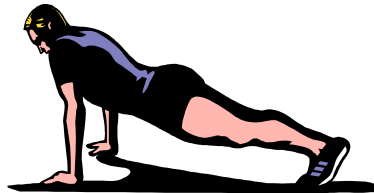
5am-10pm, 7 days a week

Cards needed for after hours.

Members....MSC will be going to e-statements. The tentative date will be the October statements. Please make sure we have a current email address for you.



FITNESS CLASSES



Monday:

Aquarobics 7:30-8:30 am

Tuesday

Circuit/Weight Training 9:00-10:00am & 10:00-11:00am (beg Sept 14)

Boot Camp 7:30-8:30pm with Earl

Wednesday:

Cardio & Strength 6:00am-7:00am with Jessica

Aquarobics 7:30-8:30 am

Thursday:

Circuit/Weight Training 9:00-10:00am & 10:00-11:00am (beg Sept 14)

Boot Camp 7:30-8:30pm with Earl

Friday:

Aquarobics 7:30-8:30am

Community Yoga 9:15-10:30 am with Ann (Free)

Cardio/Weight Training 10:00-11:00am with Earl (beg Sept 14)

Saturday: Cardio & Strength 9:00-10:00am Jessica

Sunday: Boot Camp 2:00-3:00pm with Earl

Pool & Beach hours Start of School through Labor Day

Lap*/Open Swim

Tues., Aug. 31	Pool	4 – 9pm
	Beach	4 – 8pm
Wed., Sept. 1	Pool	4 – 9pm
	Beach	4 – 8pm
Thurs., Sept. 2	Pool	4 – 9pm
	Beach	4 – 8pm
Fri., Sept. 3	Pool	12 – 9pm
	Beach	12 – 8pm
Sat., Sept. 4	Pool	12 – 9pm
	Beach	12 – 8pm
Sun., Sept. 5	Pool	12 – 9pm
	Beach	12 – 8pm
Mon., Sept. 6	Pool	12 – 9pm
	Beach	12 – 8pm

Masters M – F 5:30 – 7am (1 lane available for member lap swim)

Aquarobics M WF 8 – 9am (no class on Sept. 6)

Sun Mon Tue Wed Thu Fri Sat

<i>September</i>			1 Dancin DJ	2 Rental	3	4
5 Rental	6	7	8	9	10	11 Rental
12	13	14	15	16	17	18 Rental
19 Rental	20	21	22	23	24	25
26	27	28	29	30		