



# WOODCROFT CLUB

## Labor Day Palooza

Monday, September 5th

Pool Hours: 9:00am-7:00pm

Celebrate Labor Day with us at the Club! Hamburgers and hotdogs will be available for purchase pool side from 11:00-1:00pm. Games and activities will take place throughout the day. Holiday guest rates apply. For more information on specific games, activities, and guest fees, please check out page 4.

## Coffee Break

Every other Tuesday, starting September 13th;

7:30-9:30am

IT'S BACK! Come to the Club for breakfast! We'll have bagels, muffins, pastries, the ever popular sausage biscuits, OJ, Coffee, and many more items to start your day off the right way! In case of inclement weather, the Club will follow the same closing schedule as Durham Public Schools.

**NO RSVP REQUIRED.**

## Cardboard Boat Regatta

Sunday, September 18th

2:00-3:00pm

Our Cardboard Boat Regatta will feature boats made solely of cardboard and duct tape. Awards will be given to the winner of the race along with the "Ugliest Vessel" and "Fastest Sinker"! Teams will be given 1 hour to create their vessels. Each boat is made for one Captain to man. On the whistle the boats set out powered by their captain who is armed with just one kickboard. Duct tape and some boxes will be supplied but feel free to bring extra if you have them laying around. **Must RSVP by Friday 8/16.**

## RSVP's Required

RSVP's are required for ALL events at least 2 days prior to EACH event or activity so we can plan appropriately.

## Sr. Potluck

Tuesday, September 20th & October 18th

Dinner starts at 6:15pm

Come out and enjoy a potluck dinner at the Club. The main dish is provided, just bring a salad, side or dessert to pass for your spot at the table. Your side should feed at least 15 people.

## Multi-Family Yard Sale

Saturday, September 24th;

7:00-11:00am

Cost: \$5/family for two parking spots

It's time to make some room for those winter coats! Reserve a spot in the Club parking lot to sell any items you need to get out of the house. The Club will take care of the advertising and signs. We'll have hot coffee available in the clubhouse for all of our participants. Sellers must provide their own tables for set up. Set up will start at 6:15am unless other arrangements have been made with a Manager.

## Drool in the Pool!

Saturday, September 24th;

9:30-11:00am

**MEMBERS ONLY EVENT**

Your pups have patiently stayed home this summer while you enjoyed the pool. Now it's their turn! Bring your pups to the pool for some swimming and treats. The Club will provide fresh water and treats for all the dogs that brave the waves. Owner must remain with dog(s) at all times. If your dog is easily intimidated or aggressive to other dogs, please leave him at home for this event.

## How Do You RSVP?

1. Call the Club office at 489.7705
2. Email us at [wcaactivities@nc.rr.com](mailto:wcaactivities@nc.rr.com)
3. Stop by the Office!



# Reminders from Woodcroft Club

The summer has flown by and I hope the school year has gotten off to a great start. I can't believe that it's almost time to put another season into the books! I have enjoyed seeing everyone out for all of the holiday's and TGIF's and I hope that you've enjoyed your summer as much as I have!

Even though we're winding down the pool season, we have plenty of activities going on for the rest of the year! You don't want to miss out on our Labor Day Palooza, Drool in the Pool, Trick or Treat on Trunk Street, and of course our monthly Kids Movie Nights! I will also continue the weekly e-mails. If you're interested in being on that mailing list or haven't been receiving weekly e-mail from the Club, please e-mail the office at woodcroftclub@nc.rr.com.

At the end of every summer, I look to you, our members, for valuable feedback and constructive criticism. After all, like you, I want the Club to be the best it can be! You will be receiving a link to our Club survey via e-mail. It will also be posted in the November/December Newsletter. Please note that all evaluations are kept confidential and are a vital part of the Club's growth and development. So if you have any suggestions for activities or renovations for the 2012 year please make note of these on the survey.

Also, coming up in November, I'll be sending out update letters and a notice of renewal. All memberships are considered year-round memberships that are kept on the calendar year. Memberships are automatically renewed unless a written letter of cancellation is received by the office prior to January 1st 2012.

Thanks so much for a great summer,

*Priscilla*

## CONGRATULATIONS WHIRLWINDS!

**The team placed 2nd overall in the DSSL league, and 3rd at Championships in July!**  
**This is a HUGE accomplishment for all team members, coaches and parents! We'd like to thank Coaches Becky, Britt, Candace, and Agustina, and our 2011 Parent Reps for a wonderful season as well as thank the awesome swimmers for all your hard work this summer.**  
**Interested in next year's swim team information? Stay tuned to [www.woodcroftwhirlwinds.com](http://www.woodcroftwhirlwinds.com)!**

**Movie Tickets are still available!**

**\$6.50/per ticket**

These tickets are good for any movie at the Southpoint Cinemas that has been out for at least two weeks.

## Activities at Woodcroft Club

### Float Night!

Sunday, September 11th

5:00-7:00pm

Keep cool in the Woodcroft pool at our last Float Night of the summer! Float around in the pool with your favorite raft, ring, or blow up fish. Floats size is limited to no larger than 68 x 24 inches and by Club discretion. Floats will not be allowed in the pool prior to 5pm.

### Chilly Willy Wednesday

Wednesday, September 7th

4:30pm

Stop by the snack bar to chill out and pick up a complimentary chilly willy while supplies last!

Limit one per person.

### I Scream, U Scream (Durham Early Release)

Wednesday, September 14th

2:30-4:30pm

Cost: \$8/child (members); \$12/child (guests)

I scream, you scream, we all scream for ice cream! Head over to the Club for our very own ice cream social!

The Club will provide all of the toppings you need to pile your sundae high with goodies!

### Magical Mayhem

Friday, September 16th;

6:00-8:00pm

Magician Geoff Lloyd will be walking around during the beginning portion of TGIF performing all sorts of magic and tricks. Don't miss out on the show!

### Kids Movie Night

Friday, September 30th - "RIO" (G) & Friday, October 21st "Ernest Scared Stupid" (PG)

6:00-9:00pm

Cost: \$10/child (Members)/\$15/child (Guests)

Let us entertain your kids with a movie, pizza, popcorn, and even some games! Kids are welcome to wear their pj's and bring pillows, blankets, and/or sleeping bags.

### Terrific Tuesday

Tuesday, October 4th

10:00am-12:00 am

Cost: \$8/child(members); \$12/child (guests)

Calling all preschool aged children! Let us watch the kids while you run errands or just relax. Two fun hours of stories, games and spooky crafts await your child here at the Club! Refreshments and snacks will be provided. All children must be potty trained for this event.

# Activities Cont. at Woodcroft Club

## RSVP Information

RSVP's are required for ALL events at least 2 days prior to EACH event or activity unless otherwise noted.

### How Do You RSVP?

1. Call the Club office at 489.7705
2. Email us at wcaactivities@nc.rr.com
3. Stop by the Office!

\*\*Please note that the Club reserves the right to cancel any event if the minimum number of participants is not met by the RSVP deadline.

## Just Dance!! ( Durham Early Release)

Wednesday, October 12th,

2:30-4:30pm

It's time to put on your dancing shoes! Come hang out when school gets out and dance your heart out to Wii's Just Dance! An afternoon snack will be provided.

## Crazy Cakes

Monday, October 17th; 4:00-5:30pm

Cost: \$8/child (members); \$12/child (guests)

Come on out to the Club to celebrate National Cake Decorating day! Everyone will be able to decorate their own cupcake to take home, and we'll even have a cake walk at the end for some lucky kids to be able to win some fun prizes as well!

## "Love Your Skin" Ladies Night Out

Wednesday, October 19th

6:00-8:00pm

Ladies, take a night off and come spend the evening getting pampered and learning how to achieve beautiful skin at any age, plus the opportunity to get a complete facial makeover from Mary Kay. Wine & light snacks will also be available.

## Pumpkin Patch

Thursday, October 20th

4:00-5:00pm

Cost: \$5/child(members); \$10/child (guests)

Come down to the Club to pick your very own pumpkin from Woodcroft's pumpkin patch to decorate in a spooky, cooky, crazy and crafty way ! The Club will provide everything that is needed but please dress for a mess.

## Goblins, Graveyards, & Ghouls

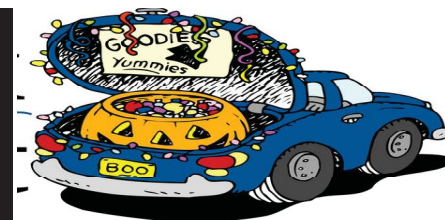
Wednesday, October 26th; 4:00-6:00pm

Cost: \$8/child (members); \$12/child (guests)

With Halloween this weekend, send the kids to the Clubhouse to create their own ghostly ghouls and ghostly grave stones along with other great Halloween goodies, treats, and spooky crafts. Because of the skill level of this event, children under age 5 must have an adult present to assist with the activities.

# Trunk or Treat

Friday, October 28th, 6-8pm



Trunk or treat is a twist on the tradition of trick or treat, providing children the safety of the Club parking lot to collect candy and other goodies from the trunks of cars and the backs of minivans and SUV's. All attending grown-up's are encouraged to decorate their car trunks and hand out Halloween treats. We will be giving out a special treat for the most festive trunk! There is no soccer this night so the parking lot will be open prior to 6pm if you need a little extra time to make your trunks SPOOKTACULAR! We ask that all trunks be ready for treater's & judging by 6:30pm.

Don't have time to decorate & just want to come for the party? No worries! You are still welcome to come check out everyone else's decorations and join in on the Clubs festivities. Kids don't forget to wear your costumes and bring your goodie bag! Glitter the Clown will be here all night to put those finishing touches on all of our super heroes, princesses, ghost & goblins!



The Club will be playing all sorts of ghoulish games and making creepy crafts throughout the night. And don't miss out on the costume contest at 7:30. Light refreshments and heavy candy will also be available inside!

# LABOR DAY PALOOZA!

**POOL HOURS 9:00AM-7:00PM**

**ACTIVITIES 9:30AM-3:00PM**

**9:30-10:30am: Glitter Tattoos**

**10:45am- Rubber Duck Pool Race**

**11:00am-4:00pm: DJ Tyler spinning your favorite tunes!**

**11:00am-3:00pm: Adrenaline Rush and the Screamer Slide**

**11:00am-1:00pm: Hamburgers and Hotdogs for purchase hot off the grill!**

**1:00-4:00pm: Mimi the Clown**

**1:30pm: Limbo**

**1:50pm: Adult Beer Dive**

**2:15pm: Field Games:**

**Sponge Run; 3-Legged Race; Centipede; Sack Race ; Egg Toss**

**3:00pm: Belly Flop Contest**

**Don't miss out on the Woodcroft Gift Basket Raffle!**

The basket will include great Woodcroft gear including a WC pool bag, license plate, 2012 Guest Pass and much much more!

One raffle ticket per member will be distributed upon check-in.

## **Labor Day Guest Rates:**

**\$8.00/Guest**

**\$2.00 for every relative or punch used from punch pass**

**RELATIVE PASS MUST BE REQUESTED A MINIMUM OF 24 HOURS PRIOR TO SEPTEMBER 5TH.**

## **PLEASE NOTE:**

**You are more than welcome to bring your own chairs & umbrellas as ours will surely be taken quickly!**

**Upon entering the facility, you are NOT allowed to save more seats than members present & your belongings may NOT be dropped off at opening and left until later in the afternoon. If your belongings are seen unattended by staff, they will be removed and placed in the lost and found.**

**4**

**Thank you all for helping to make it a great day!**

# Fitness & Aquatics at Woodcroft Club

## 25-Mile Club Challenge

### **1 mile: 35 laps; 25 miles: 880 laps**

The summer is coming to an end but don't give up yet because the 25 mile challenge doesn't end until September 18th. For those of you who have been tracking your laps, please make sure that you put your full name and phone number on the top of your log. The prize this year will remain your choice of a 2012 Season ten guest punch pass or twenty-five snack bar bucks! Please feel free to write your preference on the top of your log sheet. If you have any questions, feel free to contact the office at 489-7705.

## Water Aerobics

Every Tuesday & Thursday Through September 15th;

7:00pm-7:45pm Cost: \$5/class

Hop in the pool for a water workout! Enjoy water aerobics twice a week in the evening for a water work-out Woodcroft style!

### **PLEASE NOTE:**

The Club staff does straighten and check the space daily as well as have a cleaning company service the entire facility every Wednesday evening. If there is ever anything you notice that needs immediate attention, please don't hesitate to contact the office.

## 10 ways to FALL into Fitness

Here are 10 ways to start making the most of the season. And who knows? This year, you might be in great shape before that New Year's Eve party rolls around.

- 1. Take advantage of the weather.** Exercise outdoors by walking, hiking, cycling, fetch with your dog or even raking leaves and yard work.
- 2. Think outside the box.** Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Many classes at gyms start in the fall, so look around and see if something intrigues you.
- 3. Be an active TV watcher.** Many people get geared up for fall premieres of their favorite television shows. While you watch, you can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights.
- 4. Integrate exercise into your life.** Park farther away; take stairs instead of elevators; take a walk during your lunch break.
- 5. Rejuvenate yourself.** Get a massage after your run. Learn to meditate. Take an art class.
- 6. Remember the 30-day rule.** It takes about four weeks for the body to adapt to lifestyle changes. So don't give up!!
- 7. Strive for the 3 Cs-** Commitment, Convenience, and Consistency.
- 8. Deal with darkness.** It's getting darker earlier, and staying dark later in the morning, so wear a reflective vest or use a flash light to be noticed by vehicle traffic.
- 9. Dress in layers.** Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed.
- 10. Find your motivation.** Is it losing weight, strengthening and toning, or preparing for a race/event. Choose something you'll enjoy doing and will be likely to keep up, whether it's walking or hiking with a friend, working with a trainer, or taking part in a "boot camp" class.

# RDU Tennis at Woodcroft Club

All tennis programming is handled by RDU Tennis. You can contact RDU Tennis Owner, Brian Rosenthal for any tennis questions you have including clinic information and tennis RSVP's.

## **Contact Information: Brian Rosenthal**

**brian@rdutennis.net www.rdutennis.net 919-395-7329**

## Fall Tennis Clinics

### **10 Week Session**

**Fees: \$100/members; \$120/non-members**

At these clinics, everyone will learn basic to moderate stroke production, develop hand-eye coordination, understand the rules & regulations, proper etiquette, and play and compete in matches and games.

### **Mondays Schedule**

#### **Stating September 12th**

4:30-5:30pm Junior Clinic Ages 4-6  
5:30-6:30pm Junior Clinic Ages 7-11  
6:30-7:30pm Adults Beginner Level Clinic

### **Wednesday Schedule**

#### **Starting September 7th**

4:30-5:30pm Junior Clinic Ages 7-11  
5:30-6:30pm Junior Clinic Ages 12-14  
6:30-7:30pm Adults Intermediate Level Clinic

## Private Lessons

Private lessons are available upon request. For prices and information please contact Brian directly.

## Walk-On Doubles

**MEN**

Tuesdays at 5:30pm or Saturdays at 9:00am

**WOMEN**

Thursdays at 6:00pm or Saturdays at 9:00am



# WOODCROFT CLUB

1203 Woodcroft Parkway West  
Durham, NC 27713  
Office (919) 489.7705  
www.woodcroftclub.org

Club Newsletter September/October 2011

## Pool Hours

**September 1st to September 18th:**

Monday-Thursday 4-8pm

Friday 4-9pm

Saturdays 10am-9pm &

Sundays 11am-7pm

**Labor Day 9/5 : 9am-7pm**



## **Final Weekend**

**Saturday, September 17th, 10am-9pm**

**Sunday, September 18th, 11am-7pm**

## **Looking for a place to have your holiday party?**

**Consider the Woodcroft Club!**

The Clubhouse is available for rental on weekends and in the evenings. Ask a Manager about the different options for rentals at our facility.

Member rate: \$30/hour

Non-member rate: \$50/hour

### Woodcroft Club

1203 West Woodcroft Parkway

Durham, NC 27713

Office: (919) 489.7705

Fax: (919) 419.0554

Club Email: woodcroftclub@nc.rr.com

Website: www.woodcroftclub.org

**RSVP Email:**

Activities Email: wcactivities@nc.rr.com



## **Don't Forget about TGIF**

**September 2nd, 9th, & 16th; 6:00-8:00pm**



Don't miss out on the last three TGIFridays of the summer!! We will have hamburgers, bocca burgers, and hotdogs available for purchase straight off the grill! The Club provides fixins of cheese, lettuce, tomatoes, onions, and pickles. Meal deals are also available including chips and a drink.

**NO RSVP REQUIRED.**