

# May 2007

SUN MON TUE WED THU FRI SAT

	SUN	MON	TUE	WED	THU	FRI	SAT
5							YOGA 9am Clean-up 9-1
6							17 YOGA 9am Clean-up 9-1 Swimteam Kick-Off 3-5
13							19 YOGA 9am Open House 1-4
20	Open House 2-5	21 Swim Team 4:30-6:30	22 Swim Team	23	24 Nordic Walking 7pm	25 Nordic Walking 7pm	26 YOGA 9am <i>Opening Day!</i>
27		28 Memorial Day	29 Swim Team 4:30-6:30	30 Pizza Night 6pm	31 Nordic Walking 7pm		



## Sardis Forest Swim & Tennis Club

Aimee Dodson  
Social Director  
704-362-2851  
tnadodson@aol.com

### Swimsuit Season Approaches ... let's get fit together.

**Hatha Yoga** - A form of yogic exercise that emphasizes specific postures in combination with controlled breathing. Yoga helps to bring about a sound, healthy body and a clear, peaceful mind, stretches and aligns the body, promoting balance and flexibility. Join us on the tennis courts Saturday mornings at 9 am beginning on April 28th. \$5/session or 5/\$20

Saturdays 9am



The folks at **GRAND KRUNNING CO.** have offered to lend us some of their state-of-the-art Nordic walking poles and give us a little instruction on how to maximize this amazing form of exercise for three weeks at NO CHARGE. So join us on Thursday, April 26th at the pool parking lot for the Nordic Walking Club.

- increased overall strength and endurance in the arms
- greater ease in climbing hills
- burning more calories than in plain walking or running
- improved balance and stability
- less stress on the shins, knees, hips and back



### EARLY June Dates to Note...

- Sat., June 2nd- Swim Team Mock Meet 8:30 am
- Thu., June 7th - First HOME swim meet
- Fri., June 8th- CMS Last Day of School
- Sat., June 9th- Steven's Mill Band 8-11 pm
- Mon., June 11th - AWAY swim meet

