



Arlington Forest Club, Inc.

5401 North Carlin Springs Road • Arlington, Virginia • 22203

Letter from the President

To AFC Membership:

Welcome to a new pool season!

It is hard to believe that the pool will officially open on Saturday, May 14, 2016. Soon you will be able to view the pool calendar and newsletter online at www.arlingtonforestclub.org. The calendar lists the pool hours and the times when the pool is hosting swimming and diving events. The newsletter will give you important updates regarding membership, swim and dive team, tennis team, swim lessons, water aerobics and special events.

Rules:

The AFC Board has updated and made some revisions to the rules for the 2016 season, so please review the rules before heading to the club. A downloadable version of the rules is available via the AFC website at:

<http://www.arlingtonforestclub.org/rules/rules.pdf>

Dues and Registration:

This is our second year of paperless registration. You will be able to complete your membership information online. You will also be able to pay your summer dues by electronic transfer from your bank account or by credit card. However, if you choose to use a credit card, you will be responsible for a portion of the credit card merchant fees that we have to pay. The online registration portal will allow you to register and pay for dues, guest passes, babysitters, tennis keys, tennis teams, tennis clinics, dive team, water aerobics, and swimming lessons. Swim team payments may also be included on the same payment, but separate registration on Swimtopia will be required.

Dues for the 2016 season remain the same as last year at \$550. The summer dues payment is due on May 1, 2016. Please note that summer dues are different from the annual fall bathhouse assessment of \$310 which was due on November 1, 2015. AFC is using these funds to pay down the \$1.6 million loan for the bathhouse project. This was the fifth assessment out of ten assessments and your certificate is now valued at \$2,175. After the 10th assessment, your membership certificate will be worth \$3,375.

Selling:

If you are interested in selling your membership, please use the sell link on our website under membership. If you know that you will be selling your membership, please consider selling it before May 1, 2016. We will refund you your certificate fee of \$2,175, less any sums owed to the club, and less a transfer fee of \$50. Recently many members have expressed dismay regarding the



commercialization by a few former members of membership sales. In response to the concerns of members and to provide for consistent and transparent administration of private sales, transfer regulations are included in the revised rules. The sale of memberships must be approved by the board.

Communications:

All of AFC's communication is through email and our website. If you need to update your email address, please contact Jan Skelton at membership@arlingtonforestclub.org. If you have not subscribed to the AFC announcement Google group, please see the instructions on the AFC website or contact Mark Alves at communications@arlingtonforestclub.org.

Announcement of Spring Membership Meeting:

Please join the AFC Board at the spring membership meeting on Sunday April 10, 2016 from 7 pm to 9 pm at the Arlington Central Library Auditorium. As a volunteer based club, please consider volunteering on the board, for the swim or dive team, for the tennis team or at a special events activity.

I look forward to seeing you at the Spring Membership Meeting and at the pool this summer.

Sincerely,

Karen Serfis
AFC President

General Management

Susan Archer

Thanks to all of the AFC members for making 2015 great year! I am looking forward to an equally enjoyable 2016 season. Thanks to their exceptional performance, High Sierra will continue as our management company again this year. We have had a very successful relationship with them and hope it will continue for some time. We also look forward to the return of many of our AFC member lifeguard crew! Remember, anyone interested in lifeguarding should contact [High Sierra Pools via its website](#). Lifeguards must be 16 years old at the start of the season. See you on opening day!

Buildings and Grounds

Pete Messman and Mark Weiser

We are pleased to welcome everyone back with new AFC signs. No major work is planned this season, but we will continue to move forward with long-term drainage improvement and ongoing maintenance. Please remember that all **glass containers are strictly prohibited on the pool deck**. This is a safety issue and there are no exceptions!

**Communications:****One Weird Tip to Find Out What's Really Going on at AFC***Mark Alves*

Ever show up at the pool only to find it closed because of thunder? Or a diaper blunder? You no longer need to wonder. All you have to do is check the Club's home page, www.ArlingtonForestClub.org.

Here's the trick: On the homepage we embed the AFC Twitter feed making it easier than ever to get real-time updates. The lifeguards update the status whenever the pool closes unexpectedly. So check the home page OR the Twitter feed directly at <http://twitter.com/afcpool> for the fastest way to see if the pool is still open.

What about keeping informed on other Club business, such as events, news and reminders? That's where the AFC email list comes in. Join more than 700 fellow Club members who receive email announcements via Google Groups. Sign up on our home page or contact Mark Alves at communications@arlingtonforestclub.org.

Snack Bar*Lynn Clark*

The Tiger Cafe will begin regular hours on June 25 (M-F 11-7, Sat 11-7:30, Sun 1-7:30). Earlier in the season, we will open when possible, based on weather and availability of staff. The menu will remain mostly the same as last season, with hot dogs, pizzas, burgers, hot pretzels, drinks, ice cream, etc. During the swim team season, we will be offering breakfast from 8-11 am.

The Tiger Cafe is fully staffed and is no longer accepting applications for the upcoming season.

Special Events*Renee Gorsky and Marcie Williams*

It's getting hard to wait, but July will be here soon and we all know what that means . . . the return of FLOAT 'N GRILL nights every Saturday night in July and August (weather permitting). But there's a lot more to look forward to at the pool this summer than just swimming, diving, grilling and floating. Mark your calendars now for the following wildly anticipated social events!

- Friday, June 17 -meet the board wine and cheese
- Sunday, June 19 - Adult swim brunch
- Saturday, July 9 adult party
- Sunday, July 17 crab feast
- Friday, July 22 - meet the board wine and cheese

And of course the crown jewel of any swim season, Divisionals will be on Saturday, July 30. So mark your calendars and get your fast on!



Water Aerobics

Steve Nadherny

We are excited to have Suzy Thompson returning again to offer water aerobics classes for the 2016 season.

Classes will be offered on the below dates from 7:30-8:30pm. Equipment will be provided by the instructor. You can sign up for a 10 class pass (\$50), a 5 class pass (\$30), or simply drop in (\$10 to be paid directly to the Instructor). Class sessions are non-transferable. Additional bonus classes may be added at the end of the 10 class session. If you have any questions or are interested in finding more about the class passes please email atlarge@arlingtonforestclub.org.

2016 Water Aerobics Summer Session:

Monday, June 27
Wednesday, June 29
Wednesday, July 6
Monday, July 11
Wednesday, July 13

Wednesday, July 20
Wednesday, July 27
Monday, Aug 1
Wednesday, Aug 3
Monday, Aug 8

*Make-Up Dates if needed will be announced at a later time.

Tiger Swim Lessons

Audrey Tsai

We are excited to have Trina Wood returning again to offer swim lessons for the 2016 season.

AFC will again be offering a variety of learn-to-swim lessons for all ages this summer. The lessons will be weekly. Fees: \$42 for a 1 week session.

Mornings

Morning sessions include 4 30-minute classes over 1 week. Classes meet Monday-Thursday, unless noted below. Make-up days are Fridays. There are two choices for lesson times: 9:45-10:15am or 10:20-10:50am.

Week 1: June 27 – 30

Week 2: July 5 – 7 ** Tuesday-Friday

Week 3: July 11 – 14

Week 4: July 18 – 21

Week 5: July 25 – 28

Week 6: August 1 - 4

Week 7: August 8 - 11

Week 8: August 15 - 18

Week 9: August 22 – 25



Evenings

Evening weeks include 3 40-minute classes over 1 week. Classes meet Tuesday - Thursday unless noted.

Make-up days are Fridays. All levels EXCEPT Clinic are offered in the evenings.

There are two choices for lesson times: 5:00-5:40pm or 6:00-6:40pm.

Week 1: June 27, 28, 30 ** Monday, Tuesday, Thursday

Week 2: July 6 - 8 ** Wednesday, Thursday, Friday

Week 3: July 11, 12, 15 **Monday, Tuesday, Friday

Week 4: NO PM

Week 5: NO PM

Week 6: August 2 - 4

Week 7: August 9 - 11

Week 8: August 16 - 18

Week 9: August 23 - 25

Swim Team

Shanna Neumann and Rick Holt

Swimtopia

This is the second year for our Swimtopia swim team web portal and it remains your one-stop-shop for all things AFC swim team. The public portions of the site are available now at <https://afctigers.swimtopia.com/>. This web interface will allow Swim Team families to straightforwardly execute a whole host of swim team related functions from the comfort of their own laptop/phone.

- Swimmer Registration
- Medical Forms and Liability Waivers
- B-Meet Signup
- Volunteer Signup and Tracking
- Access to Meet Information - Timing and Locations
- Access to Swimmer Metrics and Ladders
- Meet Sheets and Results
- Team Communication
- Out-of-Town Notification
- Purchase Tiger Merchandise
- And much-much more!

One of the most critical functions of Swimtopia is swimmer team registration. It is important to understand that Swimtopia is the only way to register a child for the AFC swim team. In particular, this spring swim team dues will be computed and collected using a set of AFC-developed on-line portal. Completing this payment process is not sufficient to join the team. Parent must separately visit Swimtopia and complete the swimmer registration process. ***The swimmer registration sections of the website are available online now!***



Division and Schedule

AFC Swim was moved up to NVSL Division 7 (from Division 8) for this year's swim season. We are seated fifth among the six teams.

- Sully Station
- Mosby Woods
- Mansion House
- Villa Aquatic
- Arlington Forest
- Dominion Hills

It is nice that our neighbors at Dominion Hills moved up from 8 to 7 as well.

As for B-Meets, we are sticking with the same five partners we have had for several years now.

- Chesterbrook
- Dominion Hills
- Donaldson Run
- Dowden Terrace
- Forrest Hollow

We will end the season with an intra-squad family meet/pot-luck (instead of the Knights of Columbus Holy Mackerel meet).

Arlington Forest Club will host the NVSL Division 7 Individual Championships on July 30. Dominion Hills will host the NVSL Division 7 Rely Carnival on July 13.

Please see the Swimtopia site for additional information on the meets, including date, time, and location.

Coaching

Please join us in welcoming **Ben Hilt as the new AFC Head Swim Coach!** Coach Ben is an elementary school teacher in Fairfax County and has been coaching swim for over 10 years. We also want to welcome a familiar face to our coaching staff; Kait Luncher will be joining us as a new Assistant Coach this year. Coaches Julie Gallion, Malin Serfis and Ryan Hindman will also be returning year. See the Swimtopia site for more information on our coaching staff.

Key Dates

The Swimtopia site contains a full Swim Team calendar. Here are a few key upcoming dates to keep in mind.

- May 15: Parent Meeting
- May 23: Afternoon Practice Starts
- June 18: Time Trials
- June 27: Morning Practices Start

All swim families should send at least one parent to the May 15 Parent Meeting, which will be held at the Arlington Central Library Auditorium according to the following schedule.

- 7:15p – 7:45p New Swim Parent Orientation
- 7:45p – 8:30p General Meeting

**Bottom Line**

The AFC Tiger Swimtopia site <https://afctigers.swimtopia.com/> is your one stop shop for all swim team related information. Additional interesting topics covered include

- Team Coordinators
- Volunteer Requirements
- Meet Policies
- Officials Training
- Mini-Tiger Guidelines

Remember, the Swimtopia site is where you can register your swimmer for the team and registration is open now!

Please feel free to reach out to Shanna or Rick with any questions at swimteam@arlingtonforestclub.org.

Dive Team

Tom Smialowicz

The Dive Team will kick off the 2016 season in early June, with our annual cook-out after the first pre-season practice. This is a great opportunity for new dive families to meet the coaches and ask questions. Coach Bobby Meeks and Asst. Coach Mary Lynn Clark will be returning this year, and due to the successful season in 2015, the Tigers have moved up to Division 1!

The Dive Team has tons of fun every season in a welcoming and relaxed atmosphere. Each diver learns at his or her own pace, in a supportive and encouraging environment. If your child thinks the diving board is fun, give Dive Team a try!

Our first A-meet is scheduled on June 28, and the first B-meet is July 7. A-meets are always on Tuesday evenings, and B-meets are on Thursday evenings. Our regular season runs from June 28 to July 26, followed by Divisionals and All-Stars in the post-season. Regular season practice begins on June 27, and has flexible hours for divers who attend camp or AFC tennis. The Dive Team calendar available via the AFC website has the complete listing of Dive Team events.

Group dive lessons will once again be offered by Coach Bobby. Please see the AFC website for more information. Additionally, private lessons may be arranged with Coach Bobby or Coach Mary Lynn. You do not have to be on the team to take group or private lessons.

Dive Team registration for the 2016 season is *via* the AFC website. Please email the AFC Dive Team Reps, Tom and Laura Smialowicz at diveteam@arlingtonforestclub.org to receive the complete calendar and to be added to the Dive Team email list. Looking forward to seeing you on the AFC boards this summer!



Tennis

Kenny Clark and Annie Harold

Men's #1 Tennis Team

The AFC Men's #1 Team competes in the NVTL 7-B division, which consists of some very strong teams from the Northern Virginia area. Matches are Saturday mornings at 9 AM from May through July. To play for the #1 team, you should have an NTRP rating of at least 4.0. Each week, three singles players and two doubles teams will compete. Roughly half the matches are at home; the rest are "on the road."

Men's #2 Tennis Team

The AFC Men's #2 team plays in the NVTL 10-D league. Each week, four singles players and three doubles teams will compete. Matches are on Saturday mornings (starting at 9 AM) from May through July. Roughly half the matches are at home; the rest are "on the road." To play for the #2 team, you should have an NTRP rating of between 3.0 and 4.0. If you were on either of the teams last year and your contact information has not changed, you'll be hearing about the season soon.

Women's Tennis

Currently, AFC does not have a women's tennis team.

Junior's Tennis Teams and Clinics

The AFC Junior's Tennis team is run by Coach Gilbert Chen. There are multiple age divisions for boys and girls from 10 and under to 18 and under. Team practice starts the Wednesday after Memorial Day and continues through the end of the season. League matches start in late June and run for five or six consecutive weeks. Matches are held at approximately 8:00 a.m.

In addition to coaching our Juniors teams, Gilbert is also the head of our Junior Tennis Clinics, teaching group classes for beginning, intermediate, and advanced players during the summer. Clinics start around the end of June and run through July. For more information contact Gilbert Chen at 703 623 6446, or email him at: strungoutman23@gmail.com

Private Tennis Lessons and Adult CardioTennis Clinics

AFC Tennis Teaching Pro, Gilbert Chen, is available for private and group lessons and also holds weekly adult Tennis Cardio Clinics (men's and women's). For more information about private lessons and cardio clinics please contact Gilbert at 703-623-6446, or email him at: strungoutman23@gmail.com

Court Reservations

All court reservations are to be made online. We are currently in the process of choosing a new online court reservation website (the previous website, TeamTraks, went out of business). Details will be available on the tennis page of the Arlington Forest Club website.



Off-Season / After-Hours Tennis Court Access

To get a key to the tennis court for off-hours and off-season usage, please send a check for \$20 (made payable to AFC) to:

Jan Skelton
528 N. Oxford St.
Arlington, VA 22203

Please return unneeded tennis keys to Jan at the address above to receive a \$10 refund.

Rules

Tom Smialowicz

As you get ready for the upcoming 2015 season, please check out the AFC website with the current rules <http://www.arlingtonforestclub.org/rules/rules.pdf> and by-laws <http://www.arlingtonforestclub.org/pool-board/bylaws.php>.
