

NAPER OLYMPIC NEWS

Naper Olympic Health Club, 101 E. 75th Street, Naperville, Illinois 60540 Phone: 630-357-7200



6th Annual Naper Olympic Golf Outing - August 25th

Come celebrate summer with your friends from Naper Olympic on **Friday August 25, 2000**. This year we will be teeing off at Tamarack Golf Club in Naperville. Tee off starting at 1:00pm. Fee includes Golf, Cart, Dinner and Lunch. Great raffle prizes and trophies. Of course there will be closest to the pin, longest drive and longest putt competitions for both men and women. Don't delay, sign up today at the front desk. Cost is only \$65.00. Non-members are also welcome. Beware of the Naper Olympic league golfers who have been playing all summer on Monday nights at Tamarack. If you want to get in a little practice before the golf outing come join us any Monday night at 5pm. League fee is \$22.00 per round.

RACQUETBALL

TOURNAMENT NEWS

Congratulations are in order for some of our members who participated in the USRA season ending tournaments. First **KRYSTAL CSUK** who played in the USRA's 27th Junior Olympic Nationals. Krystal came home with the **GOLD** Medal in the girls 18 & under Doubles (with Kristen Walsh). Krystal also took the **SILVER** medal in the girls 18 & under singles, losing to Kristen Walsh 15-4, 7-15, 1-11.

At the USRA 33rd National Singles Championship **CHERYL GUDINAS** won her second straight national singles title. **CHERYL KIRK** took 2nd place in Womens B; **CATHY RADLOFF** took 3rd place in Womens B and quarterfinals in Womens A/B. **LYNN HIORNS** made quarterfinals in Womens A/B;

CARLA MOATS made quarterfinals in Womens C/D; **CHERYL KIRK** made quarterfinals in Womens A/B 40+; **CARY SLADE** placed 3rd in Mens A/B 30+.

CONGRATULATIONS TO EVERYONE!

LEAGUE NEWS

The summer 2000 racquetball leagues are in full swing, with 21 leagues this summer, 2 more than last year. Remember to call your opponents when you are going to be out of town. Also, please try to make every effort to reschedule your matches as soon as possible. If you need a boost in your game we have a great group of racquetball pros ready for lessons anytime. See the front desk for details. See you on the courts.

Attention Ladies

Join us for a fun Evening of dinner and friendship.

GIRLS

NIGHT OUT

Tuesday August 8th

5:00pm

Clara's Restaurant

Hobson & Rt. 53 Lisle

Sign up at front desk, space is limited.

Babysitting available. P.S. Karin will be here!

Summer 2000

And, some tips from your fitness department:

When the weather is warm and especially humid, remember to make sure that you are drinking plenty of water! Hydration is important at any time, but especially during the warmer, more humid months! Our bodies lose more fluids due to increased sweat as well as more frequent urination due to our increased fluid intake. Stay away from sugary or carbonated drinks, as they actually increase the thirst instead of quenching it, especially caffeinated ones. Dehydration is one of the leading causes of headaches.

Also, remember to wear loose fitting, light weight, cotton or cotton-blend clothing. These clothes breath easier, keeping you cooler and are better for your skin. Change out of sweaty work out wear immediately to help keep skin healthy, fresh & clear. If at anytime during your workout you find yourself dizzy, disoriented or extremely fatigued, slow your pace down to a walk, drink fluids and let the body temperature settle back to normal. If problems continue see your doctor.

As a final reminder... Make sure that you clean up after yourself in the free weight room. By everyone putting their own weights away, it will keep the room neater, make things easier to find, and, in turn, move our workouts along quicker and safer. Also, please wipe down equipment when finished.

Thank you and if you ever have fitness questions or concerns we are always available to help you with your workouts. Next time your in see the fitness professional on duty.

What's happening?

We are down to the very end of our construction and its starting to all come together. You will notice a lot of painting going on. New colors all around, even new wallpaper around the front desk coming soon. The New Cybex room door has been cut out and is ready for finishing as I type. It will be painted, new carpeting and equipment moved within the next few weeks. Then the New Cycle Room, Karin has some great - High-Tech ideas for that room with lighting and sound to match the décor. The Fun Zone looks great and Molly is working on exciting lettering to go on the front wall and large fabric designs to go on the rest of the room for decoration and sound. The wallyball, racquetball training room will be next - we are looking to mark out the best kill shots. Our pros will be designing practice sessions that will improve your game dramatically.

What about the open area upstairs? We anticipate using all that space for personal training and stretching. We have just added the idea of a heavy bag and some speed bags to this area to give you more variety in your workouts.

Thanks again for your patience as we work hard to keep Naper Olympic the best club in Naperville.

HOUSE CHARGES NOW AVAILABLE

Tired of sticking that dollar in your shoe for a cold water after your workout? House charges are now available, you can charge any pro shop items, services, lessons, personal training or children's programs directly to your existing membership account and it will be billed with your monthly dues. Notify the front desk that you would like to begin your house charge and we can get it opened immediately. Even if you pay in full for the year we can set up a charge with a credit card. The front desk will be greatly appreciative when they do not have to handle that wet sweaty dollar again!

Kids Korner



HAPPY BIRTHDAY

Looking for a new, exciting, fun party for your child on their birthday, try Naper Olympic. Leave all the work to us! Age appropriate games, custom themes, Fun Zone fun, Obstacle Courses, Pinatas and much, much more. Ages 3 and up. See Molly for details.

Tuesday, July 25th is Water Day
Wear your suits and bring a towel.
Be prepared to get wet and have fun with water games and fun.

Every Wednesday
Rollerblading Day
Bring your blades and helmets and skate with Ryan. They have been having a great time playing games on their blades.

**CLUB CLOSED
LABOR DAY
SEPTEMBER 4TH
HAVE A HAPPY &
SAFE HOLIDAY**

Management Staff

Dave Gebraski

General Manager

Margo Gebraski

Financial & Member Services

Karin McAreavy

Group Exercise Director

Molly Wood

Children's Program Director

Jane Springman

Fitness Director