

New Member Packet



LITTLE NECK SWIM & RACQUET CLUB

864 Little Neck Road
Virginia Beach, VA 23452
757-486-8714

Welcome to the Little Neck Swim & Racquet Club!

Little Neck Swim and Racquet Club, located at 864 Little Neck Road in Virginia Beach, is a nonprofit, neighborhood recreational facility for the residents of the Little Neck Peninsula.

We offer year round tennis on eight lighted courts, two of which are clay, accompanied by summer swimming in an outdoor, guttered, 25-meter competitive swimming pool, a junior pool with 360 degree water slide, water mushroom and beach entry, and a separate gated baby pool.

LNSRC strives to fill the recreational needs of its members by offering the following activities:

- Health and Fitness Programs
 - Exercise Classes
 - Morning Adult Swim Laps
- Organized Team Competition
 - Ladies Lunch League
 - Junior Tennis Team
 - Swim Team
- Recreational Activities
 - Tennis Round Robins
 - Summer Swimming
 - Small group and private swim lessons
- Social Events
 - Adult Tennis Socials
 - Junior Tennis Socials
 - Year-round Youth Nights
 - Family Events
 - Summer Children Events
 - Wednesday Night Family Dinners
 - Adult Socials

Membership

The following schedule of fees is current for the year 2009:

a. Regular Member

Initiation Fee	\$1,000 (refundable per conditions of the By-Laws)
Administrative Fee	\$ 200 (one time only fee)
Yearly Dues	\$ 575 (pro-rated for the first year only)
Total First Year---	\$1,775

b. Annual Member

Yearly Dues	\$ 925 (pro-rated for the first year only)
Each Year thereafter	\$ 925 (or the established rate)

**Membership fees are due by May 1 of each year.
A \$25 Late Fee is due if paid after May 20th.**

Hours of Operation

Tennis Hours: Open year round from 7am - 11pm.

During the swim season: You can gain entrance by signing in yourself and guests at the entrance pavilion to the swim area. Remember guest fees are \$5 per guest if they live within the 23452 zip code area and \$1 per guest if they live outside the area and guest are limited to 5 visits per year.

All other times: You can obtain a key to the entrance gate for \$10 from the manager. Sign yourself and guests in at the tennis announcement board by Court 3. You will be billed monthly for guest fees.

If you are the last to leave the court area, please turn off the lights and lock the gate.

Swim Hours: Swimming Pool is Open May 27 - September 4.

Adult Lap Swim: 6:00 - 6:30 am

Morning Swim Team Practice: 6:30 - 10:15 am

Group and Private Swim Lessons: 10:00 - 11:00 am

Gated Infant Pool (no lifeguard available): 10:00 am - 9:00 pm

Mushroom and Main Pools - 12:00 noon - 9:00 pm

LNSRC Swim Program

Pool and Pool Area

- Guttered, 25-meter competitive swimming pool
- Junior pool with 360 degree water slide
- Water mushroom and beach entry
- Gated baby pool
- Roped-off shallow area for small children
- Roped-off diving well, including two diving boards
- Covered shelters for birthday parties
- Clubhouse with bathrooms, showers, lockers, and changing areas
- Concessions

Swim Lessons

We follow the American Red Cross Swimming and Water Safety Program which features six levels of learn to swim instruction to help swimmers of all ages and abilities develop their swimming and water safety skills.

The six learn-to-swim levels and the objectives for each level include:

- **Level 1 - Introduction to Water Skills.** Helps students feel comfortable in the water and to enjoy the water safely.
- **Level 2 - Fundamental Aquatic Skills.** Gives students success with fundamental skills.
- **Level 3 - Stroke Development.** Builds on the skills in Level 2 by providing additional guided practice.
- **Level 4 - Stroke Improvement.** Develops confidence in the strokes learned and to improve other aquatic skills.
- **Level 5 - Stroke Refinement.** Provides further coordination and refinement of strokes.
- **Level 6 - Swimming and Skill Proficiency.** Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing students to participate in more advance courses, such as Water Safety Instructor and Lifeguard Training. These options include:
 - Personal Water Safety
 - Lifeguard Readiness
 - Fundamentals of Diving
 - Fitness Swimming

Blue Dolphin Swim Team

LNSRC is the home of the award winning
Blue Dolphin Swim Team!!

2008 Divisional Meet Champions

2008 Division Champions

2007 Divisional Meet ~ 2nd Place

2007 Division Champions

2006 Divisional Meet Champions

2006 Division Champions

2004 Divisional Meet Champions

2004 Division Champions

2003 Divisional Meet Champions

Our swim team is open to all members' children regardless of ability. Registration dates are held in late April each year. For registration dates and forms visit our website at www.lnsrc.org.

Swim team practice will start in late May with practices in the evening until school is out for the summer. Meets begin in June and extend through early August.

Team work and fun are stressed by the swim coaches. We work hard at practice learning strokes, building up endurance and improving speed. And, we work on team building out of the water by organizing activities throughout the season. Some of our activities include:

- Movie Night
- Day at Ocean Breeze
- Cook Out
- Awards Banquet

LNSRC Tennis Program

The LNSRC Tennis Program is designed to meet the tennis needs of the Little Neck Peninsula. The purpose is to offer a premier tennis program, fully utilize the club's tennis facilities and promote health and fitness in the community.

Tennis Area

- Six private lighted hard surface courts
- Two clay surface courts

Junior Tennis Program

- Private Lessons
- Weekly Round Robins with supervised play - organized by level of play
- Weekly Clinics – organized by level of play
- Host TTF Tournaments
- LNSRC Junior Team
- Drills and Match Play Clinics
- Monthly Pizza Party Socials
- Ladder Play

For those Juniors wanting to play tennis recreationally, the LNSRC can meet your needs. You can choose which activities to participate in that match your interest and schedule. And, if you are a dedicated and committed Junior interested in competing in TTF and USTA tournaments, then LNSRC's Junior Tennis Program will take your tournament preparation to a new and exciting level.

For the competitive Junior player, LNSRC tennis pros will focus in developing:

- 1) Stroke Technique - develop what works best for each player.
- 2) Individualized Strength Analysis - build weapons that suit your game.
- 3) Thrive Under Pressure - learn how to think and play like a pro.
- 4) Tennis Specific Conditioning - improves footwork through high explosive court conditioning.

- 5) Mental Toughness - will show you how to simplify the thought process in stress situations. The mind is the most powerful weapon in any player's game.

Adult Tennis Program

- Private Lessons
- Group Clinics
- Adult Socials
- Mixed Doubles Tournament
- Member/Guest Social
- Ladies' Lunch League – A, B and C Leagues
- Working Ladies Night Tennis
- Men's Night Tennis
- Weekly Round Robins
- Men's Ladder – Singles and Doubles
- Ladies' Ladder – Singles and Doubles
- Promotion of Club USTA teams

Member Services Highlights

- Pro Shop
- Ball Machine

Private Tennis Lessons

Our Tennis Pros have been teaching in the Tidewater area for over 40 years combined. While our pros are proud to have developed regional champions and nationally ranked juniors, their greatest achievement has been giving so many club members a lifetime sport. Juniors that have learned to play here at LNSRC are not only known to have sound stroke techniques but also for their display of good sportsmanship.

Whether your goal in tennis is to be a top player or simply to have a sport that the entire family can share, our pros can guide you all the way.

To schedule private or group lessons contact one of our certified pros:

Tennis Pro: Tony Benjumea 463-3960

Tennis Pro: Narh Tetteh 368-4275

Rules, policies and hours are subject to change. Call 486-8714 or visit our website at www.lnsrc.org for more information.

Social Events Information

Join your neighbors for fun at the club!

Members are very excited about our club and the social activities that occur throughout the year. Our club is one that is used and loved year round. Please check the "Social" link on our website at www.lnsrc.org for the planned social activities.