



Fairbrae Filter

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August 2013

Fairbrae Swim and Racquet Club, 696 Sheraton Drive
Sunnyvale, CA 94087 (408) 739-3833
WWW.FAIRBRAE.COM

August 18th

Fairbrae Olympics & Pot luck

Games begin at 3pm and food to be served from 4pm-6pm

Games include but not limited to:

Biggest Splash in the World Contest (kid, parent and grandma divisions)

Balloon Toss

Basketball free throw contest

Relay Raft contest

Bowling...and much more

And US/Foreign Coin dive!!!

We are encouraging members to share a dish from a country of their choosing. Fairbrae has been blessed with families from many countries, representing many cultures.

Sept. 1st

Sunday Labor Day BBQ

Our annual Labor Day BBQ on Sunday, Sept. 1st

Food being served from 4 to 6pm...everything provided

Join us for games, music and other fun stuff

Tennis players sign up for our 6th annual "Bud Wilson" Labor Day Tennis Tournament

Featuring mixed doubles. Contact either Winston or Steve at the office.

And Tennis Tournament!!!

**Our sister swim team SUNN will once again
be utilizing the far four lanes beginning Sept. 3rd**

**Hours of use will be:
M-F 4:15-7:30
and M-Th one far lane from 3:30-4:15pm**

The two lanes closest to the clubhouse will be for members during this time. Any questions or concerns please contact Steve in the office.

Manager's notes...

There have been questions as to whether guests need to be signed in if they are not using the pool. All guests need to be signed in whether or not they are swimming or playing tennis. Everybody that walks through the door needs to be signed in if they are a guest.

Also, no tennis balls or anything harder than a nerf ball are allowed in the pool, too many people are being hit accidentally.

Lifeguards are to be obeyed at all times. They have been trained to observe/react, provide first aid assistance and CPR. When a lifeguard feels a child is having trouble swimming in the deeper end of the pool the lifeguard may ask the child to remain in the shallow area which is separated by a rope on busy days. Our lifeguards focus is on the pool, please do not approach a lifeguard unless there is an emergency.

OFFICE HOURS:
M-Sun...8am-11am & 3pm-6pm
Email: Steve@fairbrae.com
(408) 739-3833

Board of Directors:

Mark Chase	President
Paul Van Hoorickx	Vice President
Scott Duncan	Treasurer
Julie Colwell	Secretary
Felicia Fry	At Large
Diana Kunze	At Large
Edison Fong	At Large
Mark Schertler	At Large

Next Board meeting will be on August 12th, in the clubhouse at 7:00pm.

On Going Classes at Fairbrae:

You may have noticed the COR boot camp from 5-6pm over the past two months, providing a convenient way to have fun, stay in shape, and set a good example for the family. COR Boot Camp will have a free trial workout and BBQ at Fairbrae August 16th. We know a boot camp sounds brutal - don't let the name scare you. It is a blast! Here is what to expect: Fun, friendship, encouragement, strength, confidence and overall healthy life style.

Boot camps are strength and conditioning programs that will optimize life and maximize individual energy levels. Each session focuses on core stability, muscle strength, endurance, power, agility, mobility, and cardiovascular training. All sessions are written by Dr. G. John Mullen, DPT, CSCS and all instructors will utilize their knowledge in biomechanics, orthopedics, physiology, and kinesiology to ensure a safe, effective, efficient workout. This program has modifications for all levels - beginners, moderate and advanced.

Where: Fairbrae Clubhouse

When: Friday August 16th

Time: 5:00 pm to 6:00 pm

Instructors: COR - Center of Optimal Resoration

Find out more about COR at <http://centerofoptimalrestoration.com/> and see the bottom of the page for some testimonials!

So come on by August 16th or e-mail us at info@centerofoptimalrestoration.com if you have any questions!

[Lisa Schertler swim class Thursday mornings from 6am to 7am.](#)

For adults who can swim 100 yards. In this class you will: Learn proper swim techniques to make you more comfortable in the water! We will work on technique and turns for freestyle, backstroke, breaststroke, and butterfly too! Learn how to increase your fitness in the water! We will explore different ways to increase your aerobic fitness in the water! Have fun, get fit and swim with friends! For more information please contact Steve in the office or email Lisa at:

luluks@pacbell.net