



THE CORE CONNECTION

October 2011

Pilates News

Try Unlimited STOTT PILATES for \$29!

That's right. Try our Unlimited STOTT PILATES for two weeks for only \$29. Take as many classes as your body and schedule can handle. Go to appleathleticclub.com and click on the STOTT PILATES link, register, and schedule your first class. Mention this ad and your instructor will sign you up for the great rate of \$29 for two weeks. See what Pilates is all about and how it can make you look and feel better. If



you'd rather call to schedule, call Nicki Thiel at 529-8600.

SPORTS

Junior Volleyball League

Hey Girls in 4th – 7th grade, we will be offering a fun volleyball league in October. Look for more information on the website or the gym bulletin board.

Cost will be \$30/player. Registration forms will be available up at the member service desk or the display board in the hallway going to the gymnasium. So get your team ready for some Fall Volleyball Fun!! Contact Liz for more information.



Group Fitness News

New Instructor

We have a new instructor, and her name is Christine Spontseller. She is certified in Group power and is getting her AFFA group Fitness certification. She will be teaching the 6:30pm Step class on Wednesday

They're Back

The 6:30 pm Tue/Thur Group power class with Alana has been gone for the summer and is now back. Also, a reminder that the ZumbaTomic (Kids) class is back in the afternoon with Tia, as well as Kangoo class on Tue/Thu at 5:30pm, BOOTS ARE FREE so come join in the fun.

Black Light Zumba

Apple Athletic Club will be hosting another Zumba black light party on October 28th, for Breast cancer awareness month. Look for flyers and more information throughout the club.

Aquatics News

Outdoor Pool

The outdoor pool should officially close on Labor Day, but

since the weather is beautiful, it will be open as long as the weather permits. Hooray!!

Tri Training

Come try the new Tri Training class in the pool. It focuses on the swimming end of your triathlon. Improve your skills, gain endurance, and learn! Melissa is a great instructor and motivator. Monday and Wednesday 5 am in the pool.

Lap Swimming Remider

Remember there is no lap swimming during H2O Group Fitness classes. Lots of times to choose from for lap swimming—anytime there IS NOT a class scheduled or swim club.

Adult Swim Classes

Watch for details on specialty swim classes for adults. Our first few classes were a great success. We will be offering more. Any level of skill can be improved!!

Fall/Winter Swimming Lessons

Lessons in the fall/winter are 4 weeks long, 2 days per week, M/W or T/TH, 30 minute classes. OR Saturdays, 4-60 minute lessons (recommended for kids 6 or older). Registration forms are available now at the member service desk or on line at Appleathleticclub.com the dates and times are listed. Swimming lessons are \$38 for members and \$48 for non-members for the 4 week session. Remember there is a \$2 late fee for registration forms turned in after cut-off date.

Swim Club Reminder

Swim Club uses the entire lap pool, M,T, W, TH from 4:00-5:30pm.

Fall Schedule

Pick up a schedule so you know when and what is happening in the pool. Come try a Group Fitness class in the water. A workout that's easy *on you* but not an easy workout. Bring a friend to any of the water fitness classes; ask the, wonderfully helpful membership coordinators for a pass.

Private Lessons

Private swimming lessons are available anytime. Our private lessons are taught by our most experienced instructors. Cost is \$35 for members and \$40 for non-members for one hour, one on one, just you and the coach. Improve your stroke or kick or learn basics. Private lessons are exactly what *you* need.

Tennis News

Guess What???

Tennis Courts 4 & 5 have been resurfaced at the Apple Athletic Club Tennis Facility. Come take a look. These are the first and thus far only courts in Idaho ready for 10 and under and 8 and under tournament play.

Sports, Personal Training & Youth News

Racquetball

Free Racquetball Clinic

Sign up for a free clinic taught by AmPRO Certified instructor, Derek Thomason. The clinic will cover basic skills, forehand, backhand, serving, receiving and safety on the first and third Monday of every month. The clinic is for new members and members who have never played before or had formal instruction. The available dates for October is the 3rd and the 17th, from 7:00 – 8:00 pm. The class is limited to six people, so sign up today.

PICKLE-BALL ANYONE??

The net court game Pickle-Ball uses light weight wood paddles and a plastic, perforated ball – a “slowed-down” version of tennis that places the emphasis on coordination, patience and strategy rather than strength or brute power. Pickle-Ball is easy to learn and fun to play. Come join us on Fridays from 11 am to 1 pm for a Pickle-Ball game. Beginning Friday, October 7th. For more information, contact Liz Panter.

Personal Training News

Women’s Only weight Loss Class

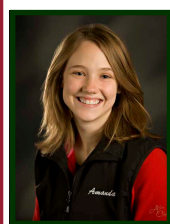
Start losing weight and getting in shape instead of just thinking about it. Join our Women’s Only Weight Loss Classes taught by our excellent staff of Personal Trainers.

October Class Schedule

6:00 PM Monday/Wednesday starting October 3rd with Amanda Campbell

7:30 PM Tuesday/Thursday Starting October 18th with Brooke Young

10:00 AM Monday/Wednesday starting October 17th with Lisa Morton.



Call 529-8600 or stop by our Member Service Desk for more information! Or go to appleathleticclub.com and click on Women’s Only Weight Loss tab under the Personal Training Tab.

The classes focus on weight loss and lady-friendly exercise with lectures and fitness testing. You will meet two times per week for eight weeks. Following the program, participants lose one to three pounds per week while lowering blood pressure and improving health and appearance. Cost is \$299 members or \$349 nonmembers. Come and enjoy the motivation of a personal trainer! Call 529- 8600, ask for Lisa Morton.



Kettlebell Class, Friday’s at 4:00 PM with Aaron Schow

What is a Kettlebell? Kettlebells are the latest in personal training to get you results in fat loss, definition, and great fitness gains. Aaron Schow is offering a Friday at 4:00 PM class. If you’d like to try a complimentary class, give Aaron a call at 529-8600 or sign up at the window to the Personal Training office at the top of the main stairs. Kettlebells Rock!



Youth News

A Note For You

Dear Members:

As some of you know, we have had a little bit of a “make over” in our nursery. We are excited about these changes and it would appear that you have also really liked it. These changes have also prompted some other changes which we thought to briefly share with you.

We ask that you please familiarize yourself with the “Kids Club” policies. If you use our nursery, you are committing to abide by our policies, even if you haven’t read them. We always have policies which you can take home or we invite you to read them on our website at: appleathleticclub.com. We have updated our policy recently. The changes are listed below:

- 1) Please understand that we do our best to accommodate everyone with the limited resources we have in our nursery. Some requests made are very difficult with which to follow through. Amongst other things, if your child is one that you DO NOT want touched, either by our staff or other children, then it would probably be best to consider a private sitter as we cannot guarantee this request.
- 2) If you have a child whom you need to breast feed, Apple Athletic Club has designated our “baby room” in the nursery for privacy for this purpose. Otherwise, you will need to be adequately covered up so that the children cannot see what other parents do not want them to see.
- All of the trees in the “Tree House” have been painted. Because of this it really makes no sense to continue to call ourselves the Tree House, rather we will now refer to the nursery as the “Kids Club.”
- Since the carpet has been removed from the “Kids Club,” of necessity, we will soon be removing all shoes so as to keep the floor dry. Thus we will require that all kids wear socks. If they don’t have socks on them, we will “sale” you a pair and charge it to your punch card.
- Our hourly rates in the nursery have not been raised in over nine years. We are doing all we can to continue to offer rates that are unmatched for child care. However, as a staff, we have been very inconsistent in how we interpret the time regarding our rates. Beginning today, we will charge the rates as listed on the hourly charge sheet but we will round all times to the 5 minute mark, always in your favor. For example, if you dropped off 1 child at 9:41am, we would list your check-in time at 9:45am, thus giving you 4 minutes. Then if you came to check your child out at 11:24am, we would round down to 11:20am, again in your favor. BUT, we will then calculate the time you were gone and charge you at that exact amount of time. In this case, the total time gone would have been 1 hour and 35 minutes. Because this was 95 minutes rather than 90, you WILL BE CHARGED the next rate. This would mean that your cost would be \$3.50 instead of \$2.50. We do not have an arbitrary “grace period” and will work very hard to be as consistent as possible.
- Parents, before you initial your punch card, please check that the listed information is correct, including cost & time. Once you and the shift leader initial your punch card, it’s very difficult to go back and make changes.

Thanks so much. We really do try to make certain that our decisions are WIN / WIN. Should you have concerns, please take the time to leave Barbara Ehardt a message. Together we’ll try to find a solution.

Thanks so very much,
Barbara Ehardt –
Manager, Youth Programming

1st graders & Combined 2nd / 3rd Grade Developmental Basketball League

For the first time EVER, Apple Athletic Club will run a fall basketball league for 1st grade and combined 2nd & 3rd grades. This league will be designed to be competitive as well as instructive. It will be run a bit differently from our winter league as coaches will be asked to ref WHILE they coach. However, we are also greatly reducing the cost of the league as we see it as an introductory league to our Winter league, which will begin in January. Coaches will be asked to call fouls, double dribbles and traveling while they also coach.

All games will be held at Apple Athletic Club on Saturday mornings beginning November 5th, 2011. Space will be limited. To participate in the 1st grade and combined 2nd & 3rd grade league, one must join as part of a team which you put together. The cost per team will be \$110 (does not include team jerseys). You won’t find a better league out there for this age group. Come play with us!

For more information & brochures, contact Apple Athletic Club at 529-8600 or Coach Ehardt at 403-6686.

Tennis News

10 and Under Tennis

The US Open is barely behind us. We may remember some matches, some players. We may even remember watching Rafael Nadal. What we did not see was "Rafa" working with kids under the age of 10 a few days prior to the US Open. The kids will remember. There is a push across this country, and really, across tennis playing nations across the globe, to get the proper equipment into the hands of young, aspiring players.

Not only are the racquets shorter, do the balls have lower compression but the courts have been downsized as well. Apple Athletic Club is the first club in Idaho to pay tribute to this improved way of kids learning and playing the game by painting 36 and 60 foot court lines onto two of its indoor courts. Players age 8 and Under will play on a court 36 feet deep and 18 feet wide. Those 9 and 10 play on a court 60 feet deep and 21 feet wide.

Even before the permanent lines were added Apple had followed the new path with great success. Retention in the younger age groups has been substantially higher. The kids love to be able to play; the parents love to see their kids compete in a non-threatening environment. From an instructional point of view we had to rethink our approach. What constitutes tennis is changing. If a three-year-old scrapes his racquet across the court, moving a ball under the net to the other side on Day One he or she is playing tennis. Yes, they are playing tennis, period!

Traditionally, kids stand in line while an instructor "feeds" the ball to them, one at a time, maybe even two at a time. People who have done the research figure that a child being taught that way has about 200 touches of the ball in an hour. With the appropriate equipment on the proper size court and partnered with another kid or instructor the number increases to 1,200. Quite significant an increase. At times kids would not compete for two or three years, because - so conventional wisdom went - they "were not ready". Now they compete much, much earlier and they have fun doing so.

This summer Apple hosted mini tournaments for players 10 and Under and 8 and Under with great success. Competing in a non-elimination format everybody enjoyed themselves. Parents were asking for more.

All competition for these age groups will be with appropriate equipment and on properly sized courts in the future. Coaching at a Regional Training Camp for the top 10 and Under players in a six-state area, parents were reluctant to have their children "step back" to a 60 foot court and a lower compression ball. Two hours into the training camp the question became "Why do we not have this at our club". Apple Athletic Club in its tennis department was the first in Idaho to embrace the concept of kid-size tennis and is now the first and thus far only club to sport permanent lines for kid-size tennis. Do you want your child to enjoy his or her first experience with tennis? Do it with a properly sized racquet, a low compression ball (maybe even a foam ball) on the right court size and you are almost guaranteed he or she will fall in love with the game. As a parent you just have to be ready for them to take you on, wanting to compete with you in their arena immediately.

Tennis, School, College

Fifteen years ago tennis coaches at Apple Athletic Club maintained contact with the young players who had graduated school by phone. Then e-mails became more prevalent. Now, it's facebook. Regardless of the communication method, coaches and erstwhile students stay in touch.

Let's say your child starts tennis at the tender age of six. With the new child appropriate equipment, low compression balls and kid-size court, she will enjoy it and have some immediate success. Sooner or later, she will start playing tournaments, first club tournaments at Apple: non-threatening in a non-elimination format. Then she will play some local events sanctioned by the United States Tennis Association (USTA), followed by events in Pocatello, Jackson, Twin Falls, Bozeman and Boise. Some of these will count towards a ranking in Idaho, computed by the Idaho Tennis Association.

At times she will travel with her parents, other times coaches at Apple Athletic Club put together a group trip. Gretchen Maloney has a long-standing history of organizing successful trips to Jackson, Wyoming, in November, with up to 40 players from Apple Athletic Club dominating the tournament. She will stay with girls her age group in a condo rented for the week-

end. Meals are being cooked in the condo. Friendships are formed. Win or lose, laughter is the order of the day. She will be supported by Apple coaches and her friends from the club.

Competing at the USTA Intermountain level can be lonelier. Some players go that route. Others stay within the established radius, not venturing into this more costly realm. Somewhere high school tennis becomes a part of the tennis experience. Hardly ever does a player from Bonneville, Hillcrest, Idaho Falls or Skyline High School make it to the State tournament, if they have not participated in one form or another in an Apple tennis program. Heath Hartman, Gretchen Maloney, Holger Nickel, Jenna Odell and Tollan Whitlock support the local high school programs by running, assisting, helping coach at District and/or State and definitely augmenting the school's instructional component with individual or group lessons.

You might be interested to know how Idaho Falls area players fared against the rest of the State: 2010 Idaho Falls Boys won State at 5A, Hillcrest Boys and Girls won State at 4A, with Bonneville Girls taking second at 4A. 2011 Idaho Falls Girls won State (5A), Hillcrest Boys won State (4A) and Bonneville Girls won State (4A).

Many players now elect to go to college for educational reasons. Some combine it with competitive collegiate tennis. Two of the latest examples are Brooke Sailer on the Hofstra University Girls' Team and Andrew Warren on the University of Montana Boys Team. Of the instructor/coaches at Apple Gretchen Maloney (Montana State), Jenna Odell (Furman) and Dave Pigott (Utah State) have themselves played college tennis and are able to assist aspiring players. Tennis Director has contacts far and wide and can facilitate placement, sometimes with, sometimes without an athletic scholarship.

Ultimately, it is not about the titles won or the placement of athletes. The rewarding moments come when former players (students) of Gretchen and Holger send their own children to participate in the program such as Julie Arfman (formerly Call), Mark Marlowe and Andrea Steffenson (Olsen) have done. Or when former players return and the conversation turns quickly away from scores - if they are even mentioned - to the stories of the trips, the friendships and the wonderful memories created.



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Apple Business Connections

The core connection has initiated a "Business Connections" section. We see the Business Connection as a mechanism to not only allow Apple Athletic Club members to become more aware of what other members do, but to act as a referral service for those searching for the myriad of goods and services our members and their businesses provide.

We are proud of what our members have done in their business endeavors and hope that by listing them in the business connections they will be able to realize increased success. A fee of \$5 is required for your business name and address. A full advertisement would run \$50.

Dentists

Dr. Phillip Lowder
Specialist in Orthodontics
250 S. Skyline Dr.
524-4104

Dr. Vernon Gaffner
Center for Cosmetic Dentistry
333 South Woodruff Avenue
Idaho Falls, ID 83401
524-2034

Doctors

Idaho Eye Center
2025 East 17th Street
Idaho Falls, ID 83404
524-2025

Idaho Kidney Institute
2375 East Sunnyside Road
Idaho Falls, ID 83404
904-4780

Idaho Urgent Care
740 South Woodruff Avenue
Idaho Falls, ID 83401
542-9111

Mountain View Hospital
2325 Coronado Street
Idaho Falls, Idaho 83404
557-2700

Rocky Mountain Diabetes and Osteoporosis Center
3910 Washington Parkway
Idaho Falls, ID 83404
(208) 523-1122

Teton Radiology
2001 South Woodruff Ave. # 17
Idaho Falls, ID 83404
524-7237

Media

Post Register
333 Northgate Mile
Idaho Falls, ID 83401

Printers

All American Sports
915 E Lincoln Rd
Idaho Falls, ID 83401
529-3080

Digital Color

1573 E 17th Street
Idaho Falls, ID 83404
524-0456

Restaurants

Applebees
635 North Utah Avenue
Idaho Falls, ID 83402
528-8985

Dominoes
945 W Broadway St
Idaho Falls, ID 83402
523-7530

Fiesta Ole'
450 1st Street
Idaho Falls, ID 83401
529-1499

Jamba Juice
1803 South 2500 East
Idaho Falls, Idaho 83404
542-0231

Lucy's Pizza
725 E Anderson St
Idaho Falls, ID 83401
524-2800

North Hi-Way Café & Catering

460 Northgate Mile
Idaho Falls, ID 83401
522-6212

Orange Leaf
2797 South 25th East
Ammon, ID 83406
542-6964

Subway
995 East 17th Street
Idaho Falls, ID 83404
528-0812

Wendy's
1275 W Broadway St.
Idaho Falls, ID 83402
542-5322

Vendors

Pepsi
714 W. Sunnyside Rd.
Idaho Falls, ID 83402
522-1500

Lubricants

Amsoil Synthetics and Lubricants
2&4 Cycle Stroke Oils and Products
Mike TenEyck P.E.
1271 Londonderry Ave.
Idaho Falls, ID 83404
589-4660

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589-4660

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