FALL 2019 MAGAZINE

ACTIVITY GUIDE & NEWS

Meet Elite's most resilient examples of success! GET YOUR FAMILY READY BY PLANNING YOUR ACTIVITIES IN ADVANCE!

Uorkshops & Events for the whole family!



eliteclubs.com | v.20

Learn more about the

sport of a lifetime!





I am very honored to have been recently recognized by both the BizTimes and the Milwaukee Business Journal as a successful entrepreneur.

In May 2018, I was awarded the Bravo Entrepreneur Award and this past June the Women of Influence Entrepreneur Award—an award that I am thrilled to find out has also been given to two of our own Elite Sports Clubs members in the Community Supporter (Annemarie Scobey-Polacheck) and Innovation (Aoy Tomita-Mitchell) categories. This just goes to show the amazing network of members we have at the clubs, people of true influence in their careers and communities. I am delighted to be among such good company.

I have been an entrepreneur for the majority of my life, and it has taken a lot to get where I am today. I have learned through trial, error, and even complete failure. Yet, when it comes down to it, I've always managed by my intuition.

For those of you who dabble in astrology, I'm a Pisces-which I believe suits being an entrepreneur and this industry. This astrological sign is known to be a caregiver, which I believe lends well to being an entrepreneur. Supposedly, they have a way of bringing out the best in others and have a knack for reading a person's true intentions. They are also considered to be dreamers, visionaries who are just crazy enough to throw out the rule book altogether and do things in a whole new way. I, too, feel that these characteristics, among others, have helped me become the successful entrepreneur I am today.

Here are some mantras I live by as an entrepreneur:

1. Choose your battles.

- 2. Always negotiate from the position of strength.
- 3. When making a decision, what is the worst-case scenario and can you live with it?
- 4. Do you trust someone until they give you a reason not to? Or do you not trust someone until they give you a reason to? I'd rather trust someone first.
- 5. There are two sides to every story.
- 6. Don't stress over things you don't have control over.
- 7. Sometimes it is better to sleep on it before acting on it.
- 8. Give people the benefit of the doubt.
- 9. Try something new, learn from it, rework it, then try again.
- 10. Start small, then figure out how to grow from there.

When it comes down to it though, my favorite part of my role here at Elite is creating new programs and changing the facilities. We are constantly looking at what else we can do to add value for our members. So, with that said, I'm looking forward to another exciting season at the clubs, full of great programs and events for all to enjoy! Thank you all for letting me live my passion as an entrepreneur and club owner through Elite Sports Clubs.

CEO and Owner, Elite Sports Clubs

IF YOU'RE LOOKING TO BECOME AN ENTREPRENEUR YOURSELF, I'D ALSO HIGHLY RECOMMEND READING THE BOOK *"7* **SECRETS OF EXCEPTIONAL LEADERSHIP" BY CHRISTOPHER J. HEGARTY.**

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TENNIS FUN FACTS

Club Hours SEPTEMBER - DECEMBER **MEQUON** 11616 N. Port Washington Rd. | (262) 241-4250 Monday - Thursday 5:30am - 10:00pm

Friday 5:30am - 9:00pm Saturday & Sunday 7:00am - 7:00pm

NORTH SHORE 5750 N. Glen Park Rd. | (414) 351-2900 Monday - Thursday 5:30am - 10:00pm Friday 5:30am - 8:00pm Saturday & Sunday 7:00am - 7:00pm **Extended Hour Access 4:00am - 10:00pm**

RIVER GLEN 2001 W. Good Hope Rd. | (414) 352-4900 Monday - Thursday 5:30am - 10:00pm Friday 5:30am - 9:00pm Saturday & Sunday 7:00am - 7:00pm

BROOKFIELD 13825 W. Burleigh Rd. | (262) 786-0880 Monday - Thursday 5:00am - 10:00pm Friday 5:00am - 9:00pm Saturday & Sunday 7:00am - 7:00pm

WEST BROOKFIELD 600 N. Barker Rd. | (262) 786-3330 Monday - Thursday 5:30am - 10:00pm Friday 5:30am - 8:00pm Saturday & Sunday 7:00am - 7:00pm **Extended Hour Access 4:00am -10:00pm**

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HOLIDAY HOURS (ALL CLUBS)

Labor Day September 2 BR, ME, RG 7:00am - 6:00pm **NS, WB** 7:00am- 1:00 pm

Christmas Eve December 24 7:00am-3:00pm

New Year's Eve December 31 BR, ME, RG 7:00am - 6:00pm **NS, WB** 7:00am- 3:00 pm

GUEST POLICIES

Adults: \$15/person Limit 4 guests per member per day Children 17 & under: \$10/child when parent is on premises \$20/child when no parent on premises Limit 2 per member per day Guests limited to 4 visits annually

Thanksgiving November 28 7:00am - 12:00pm

Christmas Day December 25 Closed

New Year's Day January 1 7:00am - 3:00pm

WALLY BRONSON'S **RETIREMENT BASH**

Come wish Wally a fond farewell and best wishes in his retirement and hello to one of our most-beloved lifetime members! Join us for walking tacos and margarita specials. Wally has worked at Elite Sports Clubs' River Glen location since 1975, we want to thank him for his hard work and dedication as tennis has been his sole career. September 26 | 2:00 - 6:00pm | RG

YOGA RAVE

Ages 21+ | Glow with the flow at the Quad! Join us for 90 minutes of high-energy power yoga and the music to match, open to members and non-member guests. Proceeds go to After Breast Cancer Diagnosis (ABCD). Multiple Instructors with hands-on adjustments will be there

to guide you through poses. Includes complimentary wine tasting & appetizers, plus door prizes. Cash bar also available. Bring your own yoga mat.

General Admission: \$25

Preferred Admission: \$35

(preferred mat placement - only 30 available)

Preferred Plus Admission: \$45

(preferred mat placement + yoga tank - only 10 available) Doors open at 5:30, register at *EliteClubs.com/yogarave* September 27 | 6:00 - 9:00 pm | Tom | RG

KICKIN' IT AT THE BAR(RE)

Ages 21+ | Come for an awesome night of sweating and socializing! We will be doing a combination class of barre and boxing. This night is guaranteed to make you sweat and show off your moves at the barre! After class, we will have a social hour, light drinks, and snacks provided!

October 11 | 6:00 - 8:30 pm | Kailyn | NS | \$10

DOG DAYSfree!

Elite has gone to the dogs! Bring your dog for a swim in our outdoor pools before they close for the season. October 13 | 12:00 - 2:00 pm | Jessica | ME October 20 | 1:00 - 3:00 pm | Taylor | BR October 27 | 1:00 - 3:00 pm | Beth | RG

EVENT RECIPROCITY Members may participate in events,

tournaments & leagues at all five clubs.

FAMILY FUN NIGHT free

Bring your family for a FREE night of tennis, Quad activities and swimming! Snacks and beverages will be served.

September 20 | 6:00 - 8:00pm | Mary | RG October 18 | 6:00 - 8:00pm | Marv | RG November 15 | 6:00 - 8:00pm | Mary | RG December 20 | 6:00 - 8:00pm | Mary | RG

KIDS (AND PARENTS) DODGEBALL CLUB

Ages 7+ | Join other Elite kids and families every week to have fun playing dodgeball! Balls are soft and will not hurt on impact. Parents are ALWAYS welcome and encouraged to jump in and play! September 19 - December 12 Thursdays | 4:45-5:35 pm | Scott | BR | \$25

CHICAGO SHOPPING TRIP

We will again be traveling to Chicago to enjoy shopping, dining, and maybe even a show. Enjoy a luxury motor coach ride down and back, with plenty of snacks and drinks. We will start the day with a continental breakfast in our main lobby. Invite your friends, as this event is open to all.

December 4 | 8:00 am - 8:00 pm | Tony | BR | \$55 December 5 | 8:00 am - 8:00 pm | Carrie | RG | \$55

JINGLE IN THE WATER ARE

Join us for a 60-minute, team-taught, holiday-themed water exercise class, followed by a potluck brunch. December 14 | 9:00 - 11:30 am | Jessica | ME



Have you been looking for a fun night out or need to entertain a large group? Don't know exactly what to do or where to go? As an Elite member, we've got you covered with our Elite Seats program. We're your connection to great seats at fantastic shows! Prices vary, contact our concierge for more information or to purchase: (262) 754-3467 or concierge@eliteclubs.com.

SHEEPSHEAD

Join your fellow members weekly for a friendly game or two. Sheepshead is played with 32 cards, each with a different point value and strength. The object of the game is to get at least 61 points by taking a number of tricks. Mondays | 1:00 - 3:00 pm | NS | FREE

MAHJONG

Join other members in a lively game of Mahjong, a game played with a set of 144 tiles based on Chinese characters and symbols. Thursdays | 11:00 am | RG & WB | FREE

CARDINAL STRITCH TENNIS FUNDRAISER

Join us as we raise money for Cardinal Stritch University in this 2-hour doubles challenge! Teams will be paired during the 20-minute warm-up. Cardinal Stritch Men's and Women's teams will play as well. 15-minute rotations of Doubles Champion of the Court. Each round, the team with the most points will move up a court, the team with the fewest points will move down a court. Each round you will receive two points individually for 1st place, and one point individually for 2nd place. The top three individual players with the most rounds won at the end will win the challenge and receive a prize. Please bring cash or check payable to Cardinal Stritch University. To sign up contact magoldin@stritch.edu or (414) 617-4026. November 17 | 1:30 - 4:00 pm | Mark | NS | \$45 donation per person

Please sign up at the front desk **TRY IT TODAY!** per hour







Exclusively at River Glen





DEM BONES PUSH-UP CHALLENGE

Ages 14+ | During the month of October, we will be focusing on bone density and muscular strength. We know that in order to increase bone density, you need to be performing weight-bearing activities. So, we will be holding a challenge during every strength and fusion class this month. At the end of every class, we will challenge you to perform as many push-ups as you can with perfect form. The goal is that by the end of the month you can do more push-ups than when you started. October 1-31 | All Clubs | FREE

ACTIVE AGING SEMINAR

Ages 21+ | Active aging begins when you are in your 30s, don't just live longer but thrive longer. Exercise is seen as medicine, and fitness and health professionals are emphasizing prehab rather than rehab. Learn the techniques and strategies to be able to do the activities you want when you want to do them, at any age. Sarah Brunner, Elite's Registered Dietitian, will also weigh in with nutrition information to help you age flawlessly.

October 7 | 4:30 - 5:30 pm | Marshal | RG | FREE October 16 | 6:00 - 7:00 pm | Susie | BR | FREE October 22 | 9:00 - 10:00 am | Luke | ME | FREE October 23 | 6:00 - 7:00 pm | Luke | ME | FREE October 31 | 5:00 - 5:30 pm | Matthew | NS | FREE November 6 | 12:00 - 1:00 pm | Susie | BR | FREE

CARDIO RACE DAY

Ages 15+ | See how far you can row, bike, and run! Warm up for 10 minutes and then draw from a hat which method of exercise you'll start with. Do each exercise (rower, treadmill, spin bike) for 10 minutes and at the end of each round you'll have 1 minute to go to the next piece of equipment. Once finished with all three modes of exercise, trainers will tally the total distance by each piece of equipment and determine a 1st, 2nd, and 3rd place winner. November 3 | 9:00 - 10:00 am | Nicole | RG | FREE

ANXIETY RELIEF THROUGH BREATHING EXERCISES

Ages 15+ | Learn how to reduce your anxiety in the moment through breath work and basic meditation techniques. We will learn several Pranayama, breathing exercises derived from Yoga, as well as a 1-minute, and 3-minute mini-meditation to calm your body and your spirit. October 2 | 10:00 -11:00 am | Melissa | RG | \$10

POUND & POUR

Ages 21+ | Join your favorite POUND instructors for an extended 45-minute class, full of great music, pumping beats, and lots of fun, as you bring out your inner rock star! After your jam session, let the party continue with mimosas and a social gathering with your fellow rockers. October 5 | 10:35 - 11:20 am | Linda | BR | FREE

FALL INTO CARDIO

Ages 15+ | We will be working through the cardio equipment to help transition you from your various outdoor routines to indoor intervals. From working between machines and Tabata timing routines, we will help you get the most out of your transition inside. October 7 | 9:00 - 9:45 am | Curt | NS | FREE

LES MILLS GLOW PARTY

Ages 18+ | Get your glow on! 1.5 hours of your favorite Les Mills classes mixed together...in the dark! After we workout, we party. October 25 | 6:00 - 8:00 pm | Amy | NS | \$10

KICKBOXING CALORIE **CRUSHER**

Ages 14+ | Get in an awesome cardio workout before you take in the turkey and all the \mathcal{F} fixings! 90 minutes of kickboxing combos plus

boot camp-style intervals that will get you sweating! Let's pack the gym, not the pounds! November 27 | 10:00 - 11:30 am | Jen | BR | FREE



3 PERSONAL TRAINING SESSIONS FOR \$120 3 NUTRITION SESSIONS FOR \$80

STOPSAYING - TOMORROW -

Private PERSONAL TRAINING OR NUTRITION COUNSELING 30MIN - \$40 60MIN - \$65

Semi-Private PERSONAL TRAINING (PER PERSON, PER TIME)

> 2 people 30MIN - \$32.50 60MIN - \$45 3 people 30MIN - \$27 60MIN - \$35 1 people 30MIN - \$22.50 60MIN - \$30

Small **GROUP TRAINING 4+ PARTICIPANTS, PRICING IS PER PERSON 6-WEEK SESSION AND OPEN TO MEMBERS** JOINING GROUP AT ANY TIME 30MIN - \$79 45MIN - \$89 60MIN - \$99

ELITECLUBS.COM/FITNESS/GROUP-PERSONAL-TRAINING



Free Consultation

Meet our Registered Dietitian or Nutrition Coaches and learn more about their background and nutritional philosophy. This consultation is an opportunity for our staff to learn more about you and your overall goals, then make a suggestion as to which services would work best for you.

Intro Package

Meet with our Registered Dietitian or Nutrition Coaches regarding a wide array of topics relating to health and wellness needs. We'll help you reach your health and weight loss goals. You may attend as an individual, couple, or family. 3 sessions for \$80.

Private Consultations

Get a custom meal plan and nutrition advice from our on-staff Registered Dietitian or simply check in with our Nutrition Coaches to help answer your nutrition-related questions and concerns. By appointment. 30 minutes - \$40, 60 minutes - \$65

HEALTHYCARE INFO SESSIONS

Ages 18+ | Come learn more about the HealthyCARE 90-Day Program with Registered Dietitian Sarah Brunner! Through fitness and nutrition education, participants learn how to customize their wellness plans with the guidance of a nationally certified wellness coach. A brief description of the wellness program will be provided, program materials will be available to look through, and questions will be answered. EliteClubs.com/healthycare September 24 | 7:00 - 8:00 pm | Sarah | BR October 30 | 1:00 - 2:00 pm | Sarah | BR November 23 | 11:00 am - 12:00 pm | Sarah

"START WITH ONE" NUTRITION HABIT TRAINING

Ages 18+ | The amount of information regarding health and nutrition can be overwhelming, which then leads to confusion about where to start. That is where "Start With One" comes in-a small group offering that will help Elite members work on actionable lifestyle habits to help you achieve your goals. During the 6-week course, Elite's nutrition staff will help you begin to realize and implement long-lasting habits that can help cut through all the hype to begin living the healthy lifestyle you want! Included will be the book "Atomic Habits" that we will use as a guide. Sign up at the front desk or ask a member of the nutrition team for more information!

October 15 - November 23

| uesdays | I | 5:30 - 6:30 pm | Matt I | RG | \$99 |
|----------|---|------------------|---------|------|------|
| aturdays | | 9:00 - 10:00 am | l Jason | I ME | \$99 |
| aturdays | Т | 10:00 - 11:00 am | l Sarah | l BR | \$99 |



Physical therapy conveniently at your fingertips!

This is a lifestyle change, NOT just another diet or workout plan.

| Typical Improvements: | |
|------------------------------|-----------|
| Average weight loss | 17.5 lbs. |
| Average waist size reduction | 3 in. |
| Average blood pressure drop | 5/4pts |
| Average cholesterol drop | 10% |
| Average blood sugar drop | 5% |

HealthyCARE[®] 90 DAY PROGRAM eliteclubs.com/HealthyCare

SERVICES

- Chiropractic
- Massage & Neuromuscular Therapy

- Aquatic Therapy
- Free Injury Assessments
- Graston Technique
- Kinesio Taping
- Custom Orthotics, Braces, Wraps
- Stem Cell Injections (for arthritis, etc.)

SMART-CLINIC.COM (262) 754-3450 info@smart-clinic.com







REQUEST A FREE CONSULTATION NO PRESSURE. SPEAK TO AN ATTORNEY. NO HIDDEN FEES.

BROOKFIELD WAUKESHA WAUWATOSA PEWAUKEE DOWNTOWN GLENDALE KARP//IANCU^{SC} WWW.KARPANDIANCU.COM



More time for what matters most! Get your groceries delivered! Order online at: sendiks.com/express



Tell your fellow members about your business by joining our new Business Alliance Partnership Program!

Nominate your business today: eliteclubs.com/about/business-partners Getting into the swing of being back to school is a hectic time for the whole family! In between coordinating calendars, back-to-school nights, and adjusting to fall sports schedules, finding personal time for self-care can be challenging. With these tips and resources that Elite Sports Clubs has to offer, getting the family back to school will be as smooth as ever.

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IT IS IMPORTANT TO INTEGRATE THE WHOLE FAMILY INTO **HE BACK-TO-SCHOOL TRANSITION AND IT STARTS WITH SOLID** PREPARATION.

Get back to school as a family.

You don't have to take on the crazy time of getting back to school by yourself. It is important to integrate the whole family into the back-to-school transition and it starts with solid preparation. In order to get kids excited and learn important life lessons like budgeting and creating shopping lists, include children in back-to-school planning, and preparations.

Plan and know your schedule, get into a routine, and have a shared family calendar. Plan out a calendar as far in advance as possible and update it frequently. Although it is important to have a daily

and weekly routine, it also helps to expect the unexpected. In addition to a personal routine, establish a routine with expectations for kids. For example, make a list of things they need to do before leaving for school such as make their beds, brush their teeth, pack their gym clothes, and remember to take their lunches. If the whole family knows what is expected of them, the process will run smoothly.

Make lunches ahead of time.

It is easy to get off to a healthy start the first week, but consistency is what matters. Grocery shop as a family and include the kids in planning lunch and dinner menus. Plan ahead in order to stretch your food dollars and include variety to keep it interesting and healthy.

Plan out activities such as sports and extracurriculars before the business of school starts.

In terms of the kids, exercise and activities should be made a priority. Get them excited about what they are participating in by letting them pick it themselves. Personal exercise is just as important. Schedule activity time to exercise with the entire family. Elite offers a wide variety of free fitness classes and personal training resources, which accommodates family members who may have different preferences for their exercise and extracurricular activities.

Establish a "family time" for when things get busier before the year flies by.

Once the master calendar takes shape, prioritize family time and carve out at least a few hours a week to relax and unwind together. Enjoy time at the pool, head to the basketball courts for a family pick-up game, check out the Quad together, or enjoy Elite's family-friendly events.

Elite Sports Clubs has a number of resources to help the whole family get on track and stay organized while getting back into the swing of things!



ONCE THE MASTER CALENDAR TAKES SHAPE, PRIORITIZE **FAMILY TIME AND CARVE OUT AT LEAST** A FEW HOURS A **WEEK TO RELAX AND UNWIND TOGETHER**

TAKE ONE FOR THE

T W The Wellness and **c** Lifestyle Challenge Early registration begins **November 25!** EliteClubs.com/TWLC

It's not just a party... **IT'S AN EVENT!**

Visit eliteclubs.com/about/party-event-rentals to find out more about hosting your party at Elite!

CHECK OUT THESE *NFW* **SMALL GROUP** TRANING **SESSIONS THIS UPCOMING SEASON!**

MOMMY & ME WITH ALEX WHITE AT BROOKFIELD Mondays 5:00-6:00pm

Thursdays 9:00-10:00am

HIIT THE BARRE WITH GRACE SELWITSCHKA

AT NORTH SHORE Mondays 9:45-10:45am

Fridays 9:30-10:30am

For additional offerings and to sign up eliteclubs.com/fitness/group-personal-training

TENNIS

Learn tennis & play for the rest of your life!

Elite has the most renowned tennis program in Wisconsin with 5 clubs to choose from and 44 tennis courts indoors and out.

Lessons are not enough if you don't play

Elite offers all of these opportunities to play no matter your age or ability level. Practice what you have learned and have fun doing it.

ELITE'S 10 & UNDER PROGRAM

When your child can serve, volley, and score, they are ready for our fun Pizza & Play program (2-hours for \$25-35).

ELITE'S 11 & UP PROGRAM

Now the child is ready to play the USTA tournaments (many are hosted at Elite Sports Clubs). These are usually on the weekends and are easy to sign up for at tennislink.usta.com/tournaments

ELITE'S INVITATIONAL PROGRAM

This group is for children that have been taking lessons consistently and are ready for more strategy. These are weekend tournaments and many are played at Elite Sports Clubs. Sign up at tennislink.usta.com/tournaments

YOUTH TENNIS LESSONS

At All Elite Sports Clubs

You are never too old or too young to learn tennis. Elite has entry levels for all ages. For locations and times, please pick up our tennis brochure at the front desk or go to EliteClubs.com/tennis

| Session 1 | August 26 – November 24 |
|-----------|--------------------------------|
| Session 2 | November 26 – March 1 |
| | Winter Break: Dec. 23 – Jan. 1 |

PRIVATE TENNIS LESSONS & DRILLS

| Pricing per person | 30min | 60min |
|--------------------|---|---|
| 1 participant | \$44 | \$80 |
| 2 participants | | \$44 |
| 3 participants | | \$36 |
| 4 participants | | \$30 |
| | 1 participant 2 participants 3 participants | 1 participant\$442 participants3 participants |

ELITE CHALLENGE LADDER

Ages 8 - 18 | This is a great opportunity to play on a regular basis. See your tennis professional to learn October 2019 - May 2020 Sundays | 11:00 am - 7:00 pm | NS Pricing per person \$12 \$12

For questions about tennis, contact: MikeDierberger@eliteclubs.com Brookfield MikeSharp@eliteclubs.com West Brookfield RandyHaws@eliteclubs.com Mequon JonCalvillo@eliteclubs.com North Shore JeffAranda@eliteclubs.com or JordanAranda@eliteclubs.com River Glen

Adult Leagues, **Socials & Tournaments**

Elite Sports Clubs has various events for adults that meet all of your tennis needs. From the recreational to the competitive player, Elite Sports Clubs is the right choice to keep your play on point!

FLEX LEAGUES

Organized match play at Elite Sports Clubs, open to all tennis members. Meet members from all 5 clubs, plus this gives you the flexibility to play whenever you are available. It could be weekly or once a month. We have opportunities for all levels of play. The schedule and rules are on our website at EliteClubs.com/leagues

League Rates **Includes Balls**

90-minute Singles 90-minute Doubles Singles Package Doubles Package

\$20^{+tax} per time \$13^{+tax} per time \$90^{+tax} for 5 matches \$55^{+tax} for 5 matches

CARDIO TENNIS

We offer cardio tennis at all 5 clubs. Visa members can only play at Visa clubs. No reservation is required. \$20 per 60-minute class

ADULT TENNIS SOCIALS

All members are invited to attend any of our fun tennis socials at any of the 5 Elite Sports Clubs. Brookfield has a regular Friday night get-together once a month. The other clubs offer additional socials, but you must sign up in advance for these fun events! Prices vary from \$25-\$35 per event

TOURNAMENTS

Elite has three big all-club tournaments hosted at Meguon and River Glen. Pick up an entry form at your club to get started with the sign-up process. \$30 singles/\$40 team

TURKEY OPEN singles & doubles | November 8 - 10 WINTER OPEN singles & doubles | January 24 - 26 SPRING OPEN singles & doubles | February 28 - March 1

ADULT/CHILD TOURNAMENT

The divisions are based on the child's level. We will have a green dot and above levels. We can match anyone interested in playing with a partner.

December 6 | ME | \$25

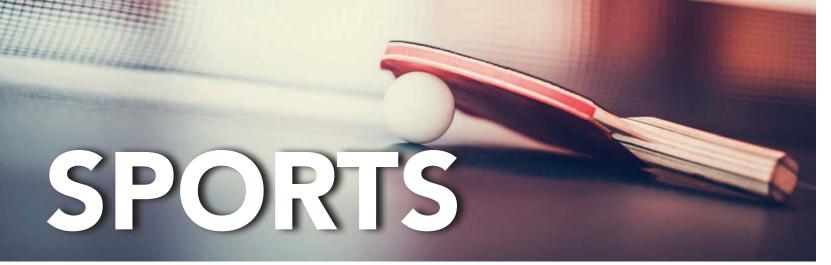
GAME, SET, MONEY MEN'S 3.5 USTA men's tournament in a round robin format of singles. The winner and second place of the series will receive prize money from the Midwest Tennis office.

October 5, November 9, and December 7 | NS | \$35

ELITE SPORTS CLUBS



REZA PAKROO ★ 80-84 SINGLES SENIOR OLYMPICS ***CHAMPIONS*



PICK-UP BASKETBALL

The court is reserved for full- or half-court pick-up basketball so you can just show up and play! All abilities are welcome. Mondays | 6:00 - 8:00 pm | WB (50+) Mondays | 5:00 - 8:00 pm | NS Tuesdays | 5:30 - 8:00 pm | RG Tuesdays | 12:00 - 1:30 pm | ME (30+) Wednesdays | 6:00 - 8:00 pm | WB (50+) Wednesdays | 7:00 - 8:30 pm | BR Thursdays | 7:00 - 8:30 pm | NS Fridays | 5:00 - 8:00 pm | NS

4-ON-4 BASKETBALL LEAGUE

Ages 15+ | Full-court competitive league. You can make your own team or join in as a free agent. The league is 7 weeks, plus a final playoff. There will be prizes for the winning team. September 3 - October 29 & November 5 - January 7 Tuesdays | 7:00 - 10:00 pm | Scott | BR | \$55

3-ON-3 BASKETBALL TOURNAMENT

Ages 15+ | Come compete in this one-day tournament. You can put together your own team or be placed on a team. There will be prizes for the winners. October 26 | 1:00 - 5:00 pm | Scott | BR | \$10

BASKETBALL SKILLS CHALLENGE

Ages 8+ | We will have 3 events: a 3-point shoot-out, dribbling and speed course, and free throws. The player with the best combined score will win the contest. All levels welcome. November 13 | 7:00 - 10:00 pm | Scott | BR | \$5

RACQUETBALL

Free Open Court Time! More info on leagues: AmyHall@eliteclubs.com | NS TonyBieri@eliteclubs.com | BR

PICK-UP VOLLEYBALL

FREE! Just show up and play! Tuesdays | 7:00 - 9:00 pm | RG Thursdays | 7:00 - 9:00 pm | ME Thursdays | 7:00 - 10:00 pm | BR Sundays | 9:30 - 12:30 pm | BR

CORNHOLE LEAGUE

Ages 12+ | You do not need a permanent partner for this recreational league but will instead rotate partners and opponents each week. All levels are welcome. We will end each session with a party and tournament. September 17 - November 5 November 12 - January 7 Tuesday | 7:00 - 8:00 pm Scott | BR | \$25

Contact ScottEigenberg@eliteclubs.com for more information on Brookfield sports.

MILWAUKEE BUCKS BASKETBALL CLINICS

Ages 6 - 12 | These Milwaukee Bucks Clinics are designed to teach the mechanics of basketball and improve the participant's overall skill level by shooting, dribbling, passing, and more! All clinics are lead by Bucks expert coaching staff that focus on correct form through explanation and practice. Do not miss out on the chance to get better at basketball and have fun! Each participant also receives Bucks giveaway items. Register at bucks.com/camps

October 5, 12, 19 & November 2, 9, 16 | 9:00 - 10:00 am | BR \$35 per day for members, \$45 per day for non-members

ELITE SPORTS CLUBS IS A PROUD SPONSOR OF



TABLE TENNIS OPEN SINGLES TOURNAMENT

Ages 10+ | Come play in this one-day tournament with your Elite friends. All levels are welcome and we will have an A and B bracket if required. Food and drink will be provided.

September 9 | 6:00 - 10:00 pm | Scott | BR | \$20

TABLE TENNIS LEAGUE (RECREATIONAL)

Ages 10+ | This league is designed for players looking to get some friendly competition and who are either learning the game or looking to work on skills. Players will be placed in one-hour time slots with other players, rotating players each week. We will have a final tournament and party at the end of each session. September 18 - November 6 November 13 - January 8 Wednesdays | 6:30 - 7:45 pm | Scott | BR | \$25

TABLE TENNIS LEAGUE (ADVANCED)

Ages 10+ | This league is for more advanced or competitive players, although all levels are welcome to participate. Players will be scheduled for 1-hour of play each week in rotating pods, playing a different group of players each week. We will end with a final tournament and party.

September 16 - November 4 November 11 - January 6 Mondays | 6:00 - 10:00 pm | Scott | BR | \$25

AMP

(Athletic Movement & Performance)

The goal of AMP is to help your child become a better athlete. During our sessions, we work on SAQ (speed, agility, quickness) to help with on-the-field movements, strength and power, and athleticism. Call to schedule your athlete's assessment and find out how we can help them become the best athlete they can be! AMP is available at all Elite Sports Clubs locations

SPORT-SPECIFIC TRAINING

Focus is on specific sport skills versus overall fitness. Sports include la crosse, basketball, golf, baseball/softball, volleyball, soccer, tennis, and more! Collegiate or semi-pro athlete taught. For more information, contact TonyBieri@eliteclubs.com

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TABLE TENNIS GROUP LESSONS

Ages 6+ | Focus will be on proper form and technique, serving skills, returns, gameplay strategy, and more. All levels are welcome. September 24 - November 5 November 12 - December 17 Kids/Parents: Tuesdays | 5:00 - 6:00 pm Scott | BR | \$99 Advanced/Adults: Tuesdays | 6:00 - 7:00 pm Scott | BR | \$99

TEAM TABLE TENNIS TOURNAMENT

Ages 10+ | This tournament will consist of both singles and doubles play in a team format. You do not need to submit your own team, but can make requests if you have friends you prefer to play with. This tournament will include food, drinks, and prizes for the winning team!

December 7 | 1:00 - 5:00 pm | Scott | BR | \$20

PLATFORM TENNIS West Brookfield

SESSION 1: October 7 - December 19 SESSION 2: January 6 - April 4 ScrAmBles Tournament: October 26

Coed Intermediate League: Mondays & Thursdays Men's Advanced League: Tuesdays Contact MikeSharp@eliteclubs.com for more info.

Platform Tennis (Paddle) at Elite Sports Club-West Brookfield offers a fun fall, winter, and spring outdoor sport. Platform Tennis is an easy transition for any tennis and racquetball player. Court rental is readily available during non-league times and equipment is available to borrow.

Elite Sports Club-West Brookfield offers two sessions of leagues throughout the year. Lessons are advised for beginners to learn the sport of platform tennis.



YOUTH SWIM LESSONS

SESSION 1: September 9 - October 19 SESSION 2: October 21 - December 7 (no class November 25-30)

Ages 3+ | Child must be on membership \$60 Passport Members, \$72 Visa Members

Brookfield:

Level 1: Thursdays 5:00 - 5:30 pm, Saturdays 10:00 - 10:30 am Level 2: Thursdays 5:30 - 6:00 pm, Saturdays 10:30 - 11:00 am Level 3: Thursdays 6:00 - 6:30 pm, Saturdays 11:00 - 11:30 am Level 4: Thursdays 6:00 - 6:30 pm, Saturdays 11:00 - 11:30 am

Mequon:

Level 1: Mondays 5:00 - 5:30 pm, Thursdays 5:00 - 5:30 pm, Saturdays 10:30 - 11:00 am Level 2: Mondays 5:00 - 5:30 pm, Thursdays 5:30 - 6:00 pm, Saturdays 11:00 - 11:30 am Level 3: Mondays 5:30 - 6:00 pm, Saturdays 11:30 am - 12:00 pm SWIM LESSON free! Level 4: Mondays 5:30 - 6:00 pm

River Glen:

Level 1: Thursdays 4:30 - 5:00 pm, Saturdays 10:00 - 10:30 am Level 2: Thursdays 5:00 - 5:30 pm, Saturdays 10:30 - 11:00 am Level 3: Thursdays 5:30 - 6:00 pm, Saturdays 11:00 - 11:30 pm Level 4: Thursdays 5:30 - 6:00 pm, Saturdays 11:00 - 11:30 pm

PARENT & CHILD SWIM LESSONS

A parent-child water class for children 6 months - 3 years. We will work on water adjustment, parent holds, getting in and out of the water, submersion, assisted floats, basic arm and leg motions, games, songs, and having fun in the water.

Saturdays | September 14 - October 19 | \$60 passport, \$72 visa Brookfield: 11:30-12:00 pm | Taylor Mequon: 10:00-10:30 am | Jessica River Glen: 9:30-10:00 am | Cenia

SWIM CLUB

Ages 7-14 | For junior swimmers who can swim 50 yards (1 full lap), and would like to improve stroke production in a fun, social environment. Swim club gives participants a taste of what being on a competitive team is like, and focus will be on competitive swimming skills and endurance.

Brookfield: September 10 - December 10 (no class November 26) Tuesdays | 4:30 pm - 5:30 pm | Taylor | \$120 Mequon: September 10 - December 10 (no class November 26) Tuesdays | 4:30 pm - 5:30 pm | Jessica | \$120 River Glen: September 11-December 11 (no class November 27) Wednesdays | 4:30 pm - 5:30 pm | Cenia | \$120

For questions about aquatics, contact: TaylorThompson@eliteclubs.com Brookfield JessicaHeller@eliteclubs.com Mequon CeniaEspinoza@eliteclubs.com River Glen

PRIVATE SWIM LESSONS

Private swim lessons available for children and adults. See Aquatics director for more information or to schedule a lesson.

| Pricing per person | 30min | 45min | 60min |
|--------------------|-------|-------|-------|
| 1 participant | \$25 | \$35 | \$45 |
| 2 participants | \$20 | \$25 | \$30 |
| 3 participants | \$15 | \$20 | \$25 |

TRY-IT DAY

before.

Ages 3 - 14 | Wondering if group swim

Join us for our FREE trial lesson! This

Mequon: December 14 | Jessica

Level 1 - 10:00 am, Level 2 - 10:30 am

Level 3 - 11:00 am, Level 4 - 11:30 am

Level 1 - 10:00 am, Level 2 - 10:30 am

Level 3 - 11:00 am, Level 4 - 11:30 am

Level 1 - 10:00 am, Level 2 - 10:30 am Level 3 - 11:00 am, Level 4 - 11:30 am

River Glen: December 14 | Cenia

Brookfield: January 4 | Taylor

lessons are the right choice for your child?

one-day event is for families who have not

participated in our group lesson program

GYM & SWIM

Ages 2 - 5 | Get your child's wiggles out! 30 minutes of gym games followed by 30 minutes of swimming. Classes run every other week, on a drop-in basis. Meet by the playroom, and don't forget your swimsuit. September 11, September 25, October 9, October 23, November 6, November 20, December 4, and December 18 Wednesdays | 9:00 - 10:00 am | Ariana | ME | \$12/day

GLOW-IN-THE-DARK POOL PARTY

Ages 7 - 14 | Let's GLOW crazy! Join us for a season-ending glow-in-the-dark party by the outdoor pools. Games, snacks, and lots of glow-in-the-dark items will make this kids party an experience you'll never forget! September 27 | 6:30 - 8:30 pm | Jessica | ME | \$15 September 27 | 6:30 - 8:30 pm | Taylor | BR | \$15 October 4 | 6:30 - 8:30 pm | Cenia | RG | \$15

FLICK & FLOAT free

Ages 6+1 Bring your floaties and watch a movie in the pool. Popcorn and lemonade provided. Movies are geared towards 6-9 year olds. Must be at least 6 years old to attend without a parent. November 1 | 6:30 - 8:30 pm | Cenia | RG November 8 | 6:00 - 8:00 pm | Jessica | ME December 6 | 6:00 - 8:00 pm | Taylor | BR December 6 | 6:30 - 8:30 pm | Cenia | RG December 13 | 6:00 - 8:00 pm | Jessica | ME

BLENDED LEARNING WATER SAFETY INSTRUCTOR CERTIFICATION

Ages 16+ | This course trains instructor candidates to teach all of the courses presented in the Red Cross Swimming and Water Safety program to all age groups. This certification is the gold standard and provides the most comprehensive training for swim instructors. Class includes 10 hours of online work and reading prior to the start of class. Must register by October 19.

November 2-3 & 9-10 | Saturdays 1:00-5:30 pm, Sundays 9:00 am - 5:00 pm | Jessica | ME | \$259

BLENDED LEARNING LIFEGUARDING CERTIFICATION

Ages 15+ | Gain the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. Successful participants earn a two-year certification in lifequarding, CPR, First Aid, and AED. Class includes online work and reading prior to the start of class. Our classes fill, so register early! Must register by December 6.

December 27 - 28 | Thursday & Friday 8:00 am - 6:00 pm | Jessica | ME | \$259

MEET RIVER GLEN'S NEW AQUATICS DIRECTOR CENIA **ESPINOZA**

 EDUCATION: UNIVERSITY OF WISCONSIN - MILWAUKEE. B.S. PSYCHOLOGY CERTIFICATIONS: AMERICAN RED CROSS WATER SAFETY INSTRUCTOR AND LIFEGUARD • INTERESTS: FITNESS, NUTRITION, AND THE MILWAUKEE BUCKS • PHILOSOPHY: BEING HEALTHY BY DOING PHYSICAL ACTIVITIES YOU ENJOY. Have a healthy and well-balanced diet to give you **ENERGY TO CONTINUE REACHING NEW GOALS.**





PETITE ELITE PRESCHOOL

We offer a developmentally appropriate setting and curriculum to encourage a positive, unique learning experience. A safe, nurturing, structured environment is provided while children learn the readiness skills needed for kindergarten. Afternoon Enrichment programming is also available. Exclusively at Brookfield. Sign up now for Fall & Spring Semesters! Contact MonicaWarren@eliteclubs.com for more info. SEMESTER I: September 19 - December 20, 2019 SEMESTER II: January 5 - May 22, 2020

TEEN NUTRITION & TRAINING

Ages 10 - 14 | TNT is a comprehensive, 3-session training program designed to educate Elite's junior members in safe and healthy exercise and nutrition habits. Working with an Elite Fitness Specialist. young members will learn etiquette and safety, body weight exercises, healthy eating, and proper use of select weights, strength, and cardio machines. Upon completion of TNT, participants may use the fitness center without a parent.

FREE TNT GROUP SESSIONS:

Mondays | 4:00 - 5:00 pm | NS Mondays | 5:00 - 6:00 pm | ME & RG Thursdays | 4:00 - 5:00 pm | BR & WB Saturdays | 11:30 - 12:30 pm | RG

FIT KIDS

Ages 5 - 12 | Exercise, fun, and social interaction for kids! Kids will get active through games, relay races, and other fun, engaging activities. Move goals will be set and healthy choice tracking will be incorporated, with prizes and recognition as motivation. Nobody is too young to learn the fun and importance of a healthy lifestyle!

October 1 - November 5 | Morgan | ME | \$89 Ages 5 - 8: Tuesdays | 5:30 - 6:15 pm Ages 9 - 12: Tuesdays | 6:15 pm - 7:00 pm

For questions about youth events, contact: AndreaEngel@eliteclubs.com Brookfield DebbieNovak@eliteclubs.com West Brookfield NatalieAndrae@eliteclubs.com Meguon ApinyaJordan@eliteclubs.com North Shore MaryBronek@eliteclubs.com River Glen

HOLIDAY SCAMP

Ages 4+ | Spend your holiday break in SCAMP! Kids will swim, play tennis, participate in games, and activities, and most of all, have a ton of fun! Bring your friends! Full- or half- day offered. Sign up is required for each day. Please sign up at the front desk. 9:00 am - 4:30 pm | \$49 full day / \$25 half day December 23, 26, 27, 30 | Natalie | ME December 23, 26, 27, 30 | Andrea | BR December 27, 30, 31 & January 1, 2, 3 | Mary | RG

SANTA'S WORKSHOP NIGHT

Ages 3 - 12 | Come visit Santa's Workshop and create presents for mom and dad while they enjoy a night out! No visit to the North Pole is complete without making a gingerbread house, hot cocoa, and a Christmas movie. December 12 | 5:30 - 8:30 pm | Cydni | ME | \$25

BREAKFAST WITH SANTA

Ages 12 & Under | Come enjoy breakfast catered by Capitol Cafe and sit on Santa's lap for a holiday photo. A breakfast of eggs, sausage, and pancakes will be served. A craft will be set out for kids to do, and then Santa will arrive to listen to all the children's holiday wishes! December 14 | 9:30 - 10:45 pm Andrea | BR | \$12

KIDS NIGHT OUT DELUXE

Fun in the Quad + Tennis

Ages 6 - 12 | Join us for tons of fun in the Quad, with the added bonus of tennis drills and games with Jeff and Jordan! Snacks and beverages will be served. Bring your tennis racquet and invite your friends!

Sign up is required, and can be done at the front desk. September 13 | 6:00 - 9:00 pm | Mary | RG | \$25 October 11 | 6:00 - 9:00 pm | Mary | RG | \$25 December 13 | 6:00 - 9:00 pm | Mary | RG | \$25

American Ninja Warrior Party

Ages 3 - 12 | Bring out your inner ninja and join us for a kicking, high-fiving good time! Complete with creating Ages 3 - 12 | Come watch the new Toy Story 4 movie your own ninja attire, a ninja warrior course, and a friendly just as it is released on DVD! No movie night is complete competition with prizes. Pizza and snacks will be provided without making your own Toy Story pal, pizza, popcorn, to fuel your little ninjas. and an ice cream bar!

October 25 | 5:30 - 8:30 pm | Cydni | ME | \$25 September 20 | 5:30 - 8:30 pm | Cydni | ME | \$25

Laser Tag

Ages 6 - 15 | Get ready to be on your toes as the suspense rolls for a fun night of Laser Tag! Snacks and beverages will be served. Bring your friends! Sign up is required and can be done at the front desk. September 28 | 6:00 - 9:00 pm | Mary | RG | \$25

MAD SCIENCE

Juniors

Ages 8 - 12 | Got your goggles? Bring your friends for next level mad science. Join us for an evening of awesome science experiments with pizza, fruit, and screen show. September 7 | 5:30 - 8:00 pm Apinya | RG | \$25

Briaht Beainners

Ages 4 - 7 | Let's spark curiosity to learn more and explore while having fun together! Hands-on, child-safe science experiments will be performed. Pizza and fruit for dinner, and a science screen show. Bring your friends! October 18 | 5:30 - 8:00 pm Apinya | RG | \$25



Trick-Or-Treat Ages 3 and we Don't Octob Octob Octob Octob Octob Than Ages : cookie Noven Novem Noven Noven Noven Holia Ages . cookie a little Decen Decen Decen Decen



Toy Story Movie Night

Roller Skating

Ages 6 - 15 | Engage in your sense of adventure during an evening of roller skating! Snacks and beverages will be served. Bring your friends! Sign up is required and can be done at the front desk. November 23 | 6:00 - 9:00 pm | Mary | RG | \$25

KIDS NIGHT OUT

Ages 3 - 12 | Drop your kids off for a night of fun while you enjoy an evening out! Pizza dinner, beverages, and a treat will be served. Kids 6+ will play in the gym, swim, and do other fun activities! Kids younger than 6 will have a playroom party. RSVP with the concierge to save your child's spot.

October 25 | 6:00 - 9:00 pm | Andrea | BR | \$20 November 8 | 6:00 - 9:00 pm | Andrea | BR | \$20 December 13 | 6:00 - 9:00 pm | Andrea | BR | \$20

HOLIDAY PLAYROOM PARTIES free

| 3+ Boo! Come to the playroom in your Halloween costume |
|---|
| e will trick-or-treat around the club to all the departments! |
| forget your Halloween bucket for lots of treats! |
| er 26 10:00 - 11:00 am Apinya NS |
| er 31 9:30 - 10:30 am Natalie ME |
| er 31 9:30 - 10:30 am Andrea BR |
| er 31 10:00 - 11:00 am Debbie WB |
| er 31 10:00 - 11:00 am Mary RG |
| ksgiving Party |
| 3+ I Gobble! Gobble! Join us for a turkey craft and |
| e decorating! Sign up at the front desk or in the playroom. |
| nber 23 9:30 - 10:30 am Andrea BR ' |
| nber 23 9:30 - 10:30 am Natalie ME |
| nber 23 10:00 - 11:00 am Apinya NS |
| nber 23 11:00 - 12:00 pm Mary RG |
| nber 27 10:00 - 11:00 am Debbie WB |
| lay Party |
| 3+ Join us for decorating holiday cookies! We will supply the |
| es, frosting, and sprinkles for your child to be creative, and even |
| messy! Sign up at the front desk or in the playroom. |
| nber 10 10:00 - 11:00 am Debbie WB |
| nber 21 9:30 - 10:30 am Natalie ME |
| nber 21 10:00 - 11:00 am Apinya NS |
| nber 21 11:00 - 12:00 pm Mary RG |
| |

MUSIC





Sport-Concept Musician Training

Mozart's Gym provides a unique and engaging music program at Elite Sports Clubs. Lessons are open to both members & non-members.



Brookfield: Piano, Guitar, Clarinet, Saxophone & Flute **River Glen:** Piano, Guitar & Violin

PRIVATE SESSION PRICING (9 Weekly Lessons)

- 30 minutes \$270
- \$405 60 minutes
- 90 minutes | \$540

- **ANNUAL PROGRAM FEE***
- \$120 1st Student/Instrument in Family
- \$80 2nd Student/Instrument in Family

*This fee covers the cost of all music

curriculum books & recitals

Register for an intro Lesson @ mozartsgym.com!



414.581.7373





DANCE CLASS SIGN-UP NIGHT TWINKLE TOES BALLET

Ages 2+ | Tutu, Twirl, Treat: Try on a tutu, twirl in the dance studio, and enjoy a treat while parents register children for dance classes and ask teachers questions. September 9 | 4:30 - 5:30 pm | BR | FREE September 10 | 4:30 - 5:30 pm | RG | FREE

TINY TOTS BALLET

Young dancers' first opportunity to explore dance using songs, games, and exercises. Dancers will begin to explore ballet with pre-school-age activities and rhythm games using props. Only for dancers who can spend at minimum 30 minutes away form their primary caregiver. The require dress code is light pink tights, light pink leotard, and light pink ballet slippers.

Ages 2 - 4 | Mondays | 3:45 - 4:15 pm | BR | \$110 Ages 2 - 4 | Wednesdays | 10:00 - 10:30 am | RG | \$1

TINY TOTS TAP

Young dancers' first opportunity to explore tap dance by focusing on rhythm, musicality, and timing. Dancers will learn basic tap foundations with added pre-school-age activities a games. This 30-minute class is a perfect add-on to the Tiny T Ballet! Children must be 2 years old by September 1st. Ages 2 - 4 | Mondays | 10:30 - 11:00 am | RG | \$1

BALLET AND TAP COMBO

30 minutes of classical ballet and 30 minutes of tap dance. Dancers will focus on performance and technique Learning in tap rhythm, musicality, and timing, and in ball coordination, focus, and balance. The required ballet dres code is light pink tights, light pink leotard and skirt (ages 4-6), black leotard and skirt (ages 7-10), and pink ballet slippers (Capiezo or Bloch brand). The required tap dress code is dance pants and black tap shoes (Capiezo "tyette or Velcro Danshuz) for girls, and black bottoms, black tap shoes, and any color top for boys. Hair should be pulled back away from face.

Ages 4 - 6 | Tuesdays | 4:15 - 5:15 pm | RG | \$198 Ages 7 - 10 | Wednesdays | 4:45 - 5:45 pm | RG | \$198 Ages 5 - 10 | Tuesdays | 6:00 - 6:45 pm | RG | \$165



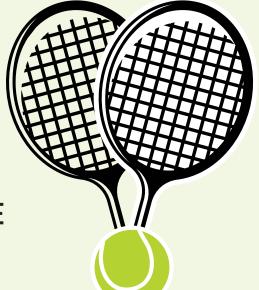
EDY Contact: Carolyn Culea, KennedyDanceCompany@eliteclubs.com Program Fee \$60: All students enrolling in classes through Kennedy Dance Company must pay a program fee the first day of dance classes to cover costume and performance for recital. Recital and costume are required as part of this performing arts educational experience

| e | games and props. Dancers will learn the discipline of classical ballet using creative movement exercises, ballet barre and center work. Dancers will learn elementary positions of dance and footwork, jumps, and across the floor movements. The required dress code is light pink tights, light pink leotard and pink ballet slippers. Ages 4 - 6 Mondays 4:15 - 5:00 pm BR \$165 Ages 4 - 6 Wednesdays 4:00 - 4:45 pm RG \$165 |
|--------------|--|
| re | PRE-TEEN BALLET & LYRICAL |
| n ed t | A great dance for pre-teens to really let their emotions out through music and dance. Dancers will warm up and stretch, learning ballet technique. Explore turns, leaps and jumps as well as lyrical choreography solo and group. Tan |
| 110 | stirrup tights and tan Capiezio pirouette turners shoes will be required. The required dress code is black leotard and skirt or leggings. Ages 9 - 12 Wednesdays 5:45 - 6:30 pm RG \$165 |
| ı | BEGINNER IRISH |
| nd | An introduction to this culturally rich dance form, which |
| ots | can be danced socially, as done historically in its roots of Ireland, as well as performance-based. Dancers will learn |
| 10 | solo dances as a group dancing soft shoe including the reel, jig, and choreography. Dancers will wear Ghillies, the traditional shoes worn for Irish dance or black ballet slippers (can be ordered online) with white socks, and their |
| et | choice of leotard and shorts or a skirt. |
| SS | Ages 4 - 7 Tuesdays 5:15 - 6:00 pm RG \$165 |
| | KIDS HIP-HOP & JAZZ |
| è" | An upbeat and fun 45-minute movement class based on studio Hip-Hop technique. A great option for students just being introduced to dance and looking to get their energy out in a controlled and fun way! The dress code consists of tennis shoes, leggings, t-shirt or clothing dancers can |
| 3 | move in. |

SEPTEMBER 23 - DECEMBER 14

TENNIS FUN FACTS

At Elite Sports Clubs, tennis is a sport that is enjoyed by members of all ages and all levels. The sport of tennis has been admired by both spectators and players since the early 12th century. Here are some facts and interesting developments that have occurred since the early history of tennis.



BEFORE TENNIS PLAYERS USED RACKETS, PEOPLE WOULD USE THE PALM OF THEIR HANDS TO HIT THE BALL BACK AND FORTH OVER THE NET.

People in the 12th century suffered from swollen and red hands in a game called "jeu de paume" meaning "game of the palm." It was not until the 16th century that racquets were used.

BEFORE YELLOW TENNIS BALLS, THEY WERE WHITE.

It wasn't until Wimbledon in 1986 when yellow tennis balls were used. Officials believed that a yellow ball would be easier for spectators to follow on TV.

THE ORIGIN OF THE TENNIS TERM "LOVE" IS UNKNOWN.

The word "love" or zero in tennis possibly derives from the French word "l'oeuf" meaning "egg," which may represent the figure zero.

DURING A MATCH, A PLAYER ON AVERAGE RUNS 3 MILES. Due to the restricted length of a tennis court, that is a difficult

3 miles of continuous back and forth moving!

RACKET VERSUS RACQUET

The spelling racket is the typical way to spell the device used in net games like tennis. The alternative spelling is racquet. Racquet is more commonly used in sports such as squash and racketball. Even though most websites will tell you that racket is the correct spelling, the USTA consistently uses the spelling racquet.

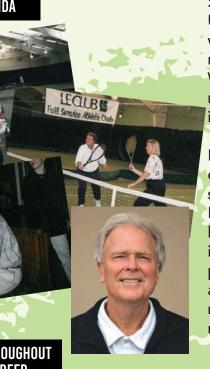
VENUS AND SERENA WILLIAMS WERE THE FIRST EVER SET OF SISTERS TO WIN OLYMPIC GOLD MEDALS IN TENNIS.

The sisters won their first Olympic gold medal in the Sydney 2000 Olympics. They now have two additional gold medals from Beijing 2008 and London 2012.

Another tennis dynamic duo is Elite Sports Clubs' tennis pros, Jeff and Jordan Aranda. Jeff and Jordan will be taking over as co-directors of tennis at Elite Sports Club - River Glen. They will be filling Wally Bronson's role who recently retired with over 50 years in the sport.



JEFF & JORDAN ARANDA



WALLY BRONSON THROUGHOU THE YEARS OF HIS CAREER

Jeff and Jordan have been part of the Elite team since 2005. They both have over 30 years of tennis teaching and experience. Jeff has been a top-10 nationally ranked player since college. As a junior player, Jeff has been ranked in the state, Midwest, and the country. As a high school player, Jordan won WIAA High School doubles crown in 1985 and 1986. Jordan, at the University of Wisconsin-Milwaukee, became the player with the most wins in school history. Jeff and Jordan reached a national ranking of #17 for the University of Wisconsin-Milwaukee in doubles and they were also ranked #2 in the country. The Aranda brothers were inducted into the UWM Athletic Hall of Fame in 2014.

Elite Sports Clubs' Wally Bronson started his tennis career in 1967. Wally has been part of the Elite team since 2012, serving as the tennis director at River Glen. He specialized in helping adult groups and private lessons to improve their technique and game. "Tennis is a lifetime game. It combines all the conditions to promote a longer life. Enjoy what you do and don't be afraid to get better." We'd like to thank Wally for his many years of service and expertise. He will truly be missed both on and off the court!

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| SUN | NON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|--|--|--|
| | | ALL Dem Bones Challenge Begins ME Fit Kids Begins | RG Anxiety Relief Through Breathing Exercises | | RG Glow-In-The-Dark Pool Party BR,NS Adult Tennis Social | BR Pound & Pour, Milwaukee Bucks Basketball Clinic NS Game, Set, Money Men's 3.5 |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| WB Red, Orange, Green Ball | RG Active Aging Seminar NS Fall Into Cardio | 00 | ME Gym & Swim | 10 | NS Kickin' it at the Bar(re) RG Kids Night Out Deluxe: Fun in the Quad + Tennis ME Junior Doubles | BR Milwaukee Bucks Basketball Clinic |
| ME Dog Days | | | BR Active Aging Seminar | | RG Family Fun Night, Mad Science: Bright Beginners | BR Milwaukee Bucks Basketball Clinic ME Adult Women's 3.5 & 4.0 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| BR Dog Days | BR, ME, RG Youth Swim Lessons Begin | ME Active Aging Seminar | ME Active Aging Seminar, Gym & Swim | | NS Les Mills Glow Party, Red Ball ME Kids Night Out Deluxe: Toy Story Movie Night | BR 3-on-3 Basketball Tournament NS Trick-Or-Treat Playroom Party |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| RG Dog Days | | | BR HealthyCARE Info Session | NS Active Aging Seminar ME, BR, WB, RG Trick-Or-Treat Playroom Party | | |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| ຕ | 4 | 2 | 9 | L | 00 | 6 |
| | | | | | | - |

SEPTEMBER 2019

| SUN | NOM | TUE | WED | THU | FRI | SAT |
|-------------------------------------|---|---|---|--|--|---|
| | ALL Labor Day | BR 4-on-4 Basketball League Begins 3 | 4 | Ŋ | 9 | 2 |
| RG Mad Science: Juniors | BR Table Tennis Open Singles Tournament, Dance Class Sign-Up Night BR, ME, RG Youth Swim Lessons Begin | RG Dance Class Sign-Up Night BR, ME Swim Club Begins | RG Swim Club Begins ME Gym & Swim | 12 | RG Kids Night Out Deluxe: Fun in the Quad + Tennis 13 | BR, ME, RG Parent & Child Swim Lessons Begin |
| 15 | BR Table Tennis League (Advanced) 16 | BR Cornhole League Begins 17 | BR Table Tennis League (Recreational) 18 | BRI Kids (and Parents) Dodgeball Club Begins 19 | RG Family Fun Night ME Kids Night Out Deluxe: American Ninja Warrior Party, Junior Doubles 20 | 21 |
| | BR, RG Dance Fall Session Begins | BR HealthyCARE Info Session, Table Tennis Group Lessons Begin | ME Gym & Swim | RG Wally Bronson's Retirement Bash | RG Yoga Rave NS Orange Ball ME & BR Glow-In- The-Dark Pool Party | RG Kids Night Out Deluxe: Laser Tag |
| 22 | 23 | 24 | CN CN | 70 | 77 | 20 |
| 29 | 30 | | 3 | n | 4 | Ŋ |
| | | | | | 11 | 12 |

2019



DECEMBER 2019

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| - | | | | | | |
|--|-------------------------------------|-----------------------------|--|---------------------------------------|---|---|
| SUN | NOM | TUE | WED | THU | FRI | SAT |
| | | | BR Chicago Shopping Trip ME Gym & Swim | RG Chicago Shopping Trip | ME Adult/Child Tournament BR,NS Holiday Social | NS Game, Set, Money Men's 3.5 BR Team Table Tennis Tournament |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| WB Red, Orange, Green Ball | | | | ME Santa's Workshop Night | RG Kids Night Out Deluxe: Fun in the Quad + Tennis ME Junior Doubles | ME Jingle in the Water ME, RG Swim Lesson Try-It Day BR Breakfast With Santa |
| 8 | 6 | 10 | 11 | 12 | 13 | 14 |
| | | | ME Gym & Swim | | RG Family Fun Night | ME, NS, RG Holiday Playroom Party |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | BR Holiday Scamp Begins | ALL Christmas Eve | ALL Christmas Day | ME Holiday Scamp Begins | ME Blended Learning Lifeguarding Certification Begins RG Holiday Scamp Begins | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | | ALL New Year's Eve | ALL New Year's Day | | | |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| Ľ | Ŷ | 7 | ¢ | 0 | 01 | |
| 2 | D | | | | | |

| Н | FRI | SAT | |
|------------------------|---|---|------|
| | ME Junior Doubles BR Adult Tennis Social | BR Milwaukee Bucks Basketball Clinic ME Blended Learning Water Safety Instructor Certification Begins | |
| 31 | 1 | 2 | |
| 7 | ME & RG Turkey Open Begins NS Red Ball | NS Game, Set, Money Men's 3.5 BR Milwaukee Bucks Basketball Clinic | |
| 14 | RG Family Fun Night ME Red & Orange Ball 15 | BR Milwaukee Bucks Basketball Clinic | BER |
| 21 | NS Orange Ball | BR HealthyCARE Info Session RG Kids Night Out Deluxe: Roller Skating BR, ME, NS, RG Thanksgiving Playroom Party | 201 |
| nksgiving 28 | 29 | 30 | 19 |
| | | | ente |

| NNS | NOM | TUE | WED | THU | FRI | S |
|---|---|---|--|--------------------|---|--|
| 27 | 20 | 29 | 30 | 31 | ME Junior Doubles BR Adult Tennis Social | BR Milw Basketbal ME Blen Water Saf Certificati |
| RG Cardio Race Day WB Red, Orange, Green Ball | 4 | BR 4-on-4 Basketball League Begins 5 | BR Active Aging Seminar ME Gym & Swim | 2 | ME & RG Turkey Open Begins NS Red Ball | NS Gam Money M BR Milw Basketbal |
| wBI Holiday Playroom Party 10 | BR Table Tennis League (Advanced) | BR Cornhole League Begins, Table Tennis Group Lessons Begin | BR Basketball Skills Challenge, Table Tennis League (Recreational) Begins 13 | 14 | RG Family Fun Night ME Red & Orange Ball 15 | BR Milw Basketbal |
| NS Cardinal Stritch Tennis Fundraiser | 18 | 19 | ME Gym & Swim 20 | 21 | Ns Orange Ball 22 | BR Heal ¹ Info Sessia RG Kids Deluxe: R BR, ME, I Thanksgiv Playroom |
| 24 | ALL TWLC Early Registration Begins 25 | ALL Youth Tennis Lessons Begin 26 | BR Kickboxing Calorie Crusher WB Thanksgiving Playroom Party 27 | ALL Thanksgiving | 29 | |
| | 3 | 3 | 4 | Q | 6 | |



Elite's Own Wonder Women

Of the 29 Women of Influence 2019 award winners, three of them belong to Elite Sports Clubs.

Kay Yuspeh

For Kay Yuspeh, owner and CEO of the five Elite Sports Clubs, staying healthy has been fairly easy ever since she started working in the fitness industry. Kay initially enjoyed playing tennis, and as Elite started to add programs, she became active in aerobics, weight training, spinning, and personal training. "It was a great way to bond with staff and members."

As she started to form deeper bonds with members, each summer she would pick out an event to train for, and she began to compete in triathlons. Another Elite resource that Kay has taken advantage of is the nutrition program and the help of the Registered Dietitian.

Kay is proud to lead a professional life that services the community as much as Elite Sports Clubs. In terms of balancing family and work, it was a juggling act that Kay seemed to master. Every spring and winter break, Kay takes time to vacation with her family. "I don't believe that the balancing act is ever 50/50. The trick is to have it balanced over a long period of time."

Kay was incredibly honored to be recognized as a Woman of Influence award winner, along with such an impressive group of women. Over the course of the 40+ years that she has dedicated to her work, she has always emphasized giving back to the Milwaukee community and creating new spaces and programs for all to enjoy.

The Yuspeh family has quite literally grown up at the clubs. Kay recalls times when her daughter, who is the oldest child in the family, would finish in the playroom at 3:00 pm every day and come into her office to nap under her desk. Over 30 years ago, Kay started SCAMP so her three- and six-year-old kids could come to work with her in the summer. This summer, SCAMP has reached the largest enrollment numbers ever. Thanks to Elite, all of her kids have acquired skills such as swimming and tennis, and all currently lead a very active lifestyle.



KAY YUSPEH

ENTREPRENEUR AWARD WINNER

1 10



Annemarie Scobey-Polacheck Annemarie Scobey-Polacheck, the director of Corporate

Annemarie Scobey-Polacheck, the director of Corporate Philanthropy at Johnson Controls and winner of the Women of Influence Community Supporter award, is very familiar with the concept of work-life balance. In order to stay on top of her game, both at work and with her family, the three things that she does are run, pray, and drink Chardonnay. For Annemarie, running and praying are critical in order to maintain a healthy physical and spiritual life. "The Chardonnay—it's not necessarily about the wine—but it represents taking time to relax and have fun with friends." Annemarie understands the importance of self-care and a meaningful social life.

When Annemarie's kids were young, she was a freelance writer, and had a flexible, part-time schedule at Johnson Controls. She was able to freelance write, which she credits for giving balance to her life. Now that her kids are older, she has taken on a full-time role. Annemarie is very thankful for the flexible leadership roles at Johnson Controls, which helped her pursue her career with a family. One of the most important keys to Annemarie's success is the support of her husband and parents.

Annemarie was surprised and honored to receive the Women of Influence Community Supporter award because she had not known that she was nominated. "I am fortunate to be in a position at Johnson Controls that is so connected to amazing community organizations, in terms of volunteering and philanthropy." From Annemarie's vantage point, she knows that it's the people who are in positions of direct service, such as teachers, youth workers, and social workers who have a profound influence on the poor and marginalized.

Annemarie and her family have been active members of Elite Sports Clubs for many years. Living just a few blocks away, her family is able to walk, run, or bike to the River Glen location. "It's a great community resource because the kids always run into someone they know if they go there to play in the Quad, swim, or work out. I like that it's a safe, healthy spot for them to go to be active."

Aoy Tomita-Mitchell



NOVATION AWARD WINNER

AOY HAS BEEN FORTUNATE

ENOUGH TO WORK AT PLACES

THAT ENABLE RESEARCHERS

LIKE HERSELF TO COME UP

WITH IDEAS THAT CAN GIVE

BACK TO PATIENTS.

Aoy Tomita-Mitchell is a professor at the Medical College of Wisconsin, co-founder of TAI Diagnostics, and investigator at the Herma Heart Institute at Children's Hospital of Wisconsin. Everyone knows her husband, a top pediatric cardiothoracic surgeon, but Aoy is a woman of a few accomplishments in her own right. She acknowledges that her success is much more than just her own doing.

Teamwork is what has helped her achieve so much professionally, while still taking time to stay healthy herself. Aoy has been fortunate enough to work at places that enable researchers like herself to come up with ideas that can give back to patients. Both of her places of employment provide an environment where researchers and clinicians can interact, and where ideas can expand to be applied across different disciplines. Throughout her career, Aoy has published 45 global research articles and graduated with her BS and PhD from the Massachusetts Institute of Technology.

Aoy also credits much of her success to the support of her wonderful family and the community she lives and works in. Aoy points to a number of supportive helpers she has in her life-her husband, children, family and great friends and neighbors. Aoy was honored to receive the Woman of Influence Innovation award and notes that she is extremely fortunate to be part of a great community of teams. "I help quantify what we do, but the ideas come from the clinicians and their patients."

The Mitchell family have been members of Elite Sports Clubs for 13 years, starting when they first moved to Wisconsin. She holds Elite close to her heart as the club has been there for her family through many phases over the years.

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ANNEMARIE SCOBEY-POLACHECK Community Supporter Award Winner

ANNEMARIE UNDERSTANDS THE IMPORTANCE OF SELF-CARE AND A MEANINGFUL SOCIAL LIFE.



Thanks for an avesome SUBMER

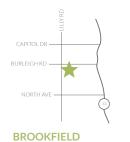
SCENIC SHORE 150

4TH OF JULY PARADE

SUMMER CAMP

OUTDOOR BADMINTON League

ELITE SPORTS CLUBS TENNIS PROFESSIONAL ANNETTE MALLOY Was selected for the uspta midwest division Nancy Mickler Award, congratulations!



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