

Forest Lakes Community News

June 2017

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DIRECTOR'S LETTER

Dear Forest Lakes Residents,

Many of you may have already been on the Forest Lakes website at www.forestlakes.net. Many of you may have not. If you haven't, please take time to visit! Please know that you will first need to REGISTER (not log in) when using for the first time. To register you will need your Homeowner's Association account number and zip code. If you do not know your account number, please call the FLCA office and the staff can help you obtain it.

This website is password protected – only residents can access pertinent information.

Here are some of the features of our new site:

Calendars: There are both a Community Calendar and a Field Reservations Calendar. The Community Calendar shows all Forest Lakes activities, meetings, and events. The Field Reservation Calendar shows all reservations at both the North and South fields

Forms and Documents: Forms available include Architectural Review applications, Resident Information Forms, Pavilion and Poolhouse rental contracts. Documents available include maps, all governing documents, board meeting minutes, and budgets. You can also find the current Fitness Schedule, Tennis Flyers and Newsletters among many more documents and informative

Phone Book: Residents can add their own information to the online phone book. Remember, only other residents will be able to access the information!

E-News Sign up: Sign up for E-News announcements if you aren't already!

New Resident Information: New to Forest Lakes? Access the "For New Members" page to answer many of your questions you may have upon moving into Forest Lakes.

Have a general Forest Lakes Question? The "Frequently Asked Questions" page may have your answer.

Order a Disclosure Packet: Moving and selling your home? All homeowners are required to order a Homeowner's Disclosure Packet. This is all done online – go to the "Selling Your Home" link and order!

Take time to explore the site and see all the things it has to offer. If you have any suggestions or questions, you may direct them to Tamera Hammond at the FLCA office or email her at thammond@forestlakes.net.

Sincerely,

FLCA Board of Directors

FUNCTION	PERSON/ORGINIZATION	CONTACT INFORMATION
FLCA Site Manager (dues, ARB, common ground maintenance requests, building rentals, pool, and other FLCA issues or questions).	Julia Stinnie, <i>Community Group, Inc.</i>	1828 Pavilion Circle Charlottesville, VA 22911 (434) 973-4596 Manager@foreslakes.net
After-hours emergencies involving common areas, buildings, or facilities	Community Group Emergency Hotline (call 911 also if necessary)	1-800-270-1800. Follow prompts for Homeowner Services; include your contact info and description
Arbor Lakes, Ashland, Willow Bend, Worth Crossing	Stephanie Crouch, <i>Real Property, Inc.</i>	Stephanie@realpropertyinc.com (434) 202-1852
Springridge	Mark Marshall, <i>Real Property, Inc.</i>	Mark@realpropertyinc.com (434) 202-1852
Ravenswood/Ravenscroft	James Watson, <i>Real Property, Inc.</i>	James@realpropertyinc.com (434) 202-1873
Gateway Village	Tim Durrer, <i>Community Group, Inc.</i>	tdurrer@gommunitygroup.com (434) 984-0700
Mailbox Nameplates and Repairs	John Schmidt Dick Billings	(434) 996-6041, jpsbks@gmail.com (434) 960-4999, dick.billings@gmail.com
Athletic Field Reservations	Tamera Hammond	thammond@forestlakes.net
Tennis Pro	Jim Labinski	Tennis Pro Shop (North): (434) 974-5567 Cell: (434) 249-6240 zentennis929@gmail.com 1818 Pavilion Circle Charlottesville, VA 22911
Webmaster	Tamera Hammond	thammond@forestlakes.net
Neighborhood Watch	Block Captains for each neighborhood	Contact the FLCA Office
OTHER CONTACTS		
Drivers/Car Licenses	Virginia Department of Motor Vehicles (DMV)	866-368-5463 www.dmvnow.com
Electricity	Dominion Virginia Power	(888) 667-3000
Roads and Signs, Snow Plowing	Virginia Department of Transportation (VDOT)	1-800-FOR-ROAD 800-367-7623
Trash removal	County Waste	(434) 296-6000
Water and Sewer	Albemarle County Service Authority	(434) 977-4511
Gas	City of Charlottesville	(434) 970-3211
Albemarle County Police Non-Emergency		(434) 977-9041

BOARD OF DIRECTORS

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fulton@kw.com

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scott@ducardinveyards.com

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janes215@yahoo.com

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duvaltarheel@duvalsearch.com

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sue_friedman@hotmail.com

Carmine Covais, *Director/ARB*
covais01@comcast.net

Jimmy Baranik, *Director*
jbaranik@crutchfield.com

Keeping in the Loop

POOL NEWS

Our pools are up and running! We had another successful opening on Memorial Day weekend, despite a few thunderstorms! Pool hours will begin on a “normal” schedule beginning Friday, June 9th. Please see the Pool Hours flyer in this newsletter for details.

Don't forget to bring the kids to the **Annual School's Out party!** There will be music, treats and fun!

Please remember to always bring your pool cards with you when coming to the pool—no card, no entry! Pool cards must not be given to non-residents for use at any time. If you are bringing guests to the pool, you must stay with them the entire visit.

If you missed the swim lesson sign ups, there's still time to register! If you'd like a class at the South Pool, a sign-up book is available at the guard station at that pool. If you'd like a class at the North Pool, find the book at the guard station at the North Pool!

Early morning lap swim begins on Tuesday, June 13th at the South Pool from 6:30-7:30am. The pool will be open for Forest Lakes adults only (bring your pool card!) on Tuesday, Wednesday and Friday mornings through July.

LAWNS 'N WEEDS

It's that time of year when the grass in your yard seems to grow at sonic speed and the weeds grow at supersonic speed! It's up to every resident in Forest Lakes to take care of their lawns and surroundings. If you can't find the time to mow, hire someone! Help keep your property, your neighborhood, and Forest Lakes well-maintained. Mow the grass, pull the weeds, and don't leave items in your driveways or yard. Your neighbors and HOA thank you!

TRASHIN' IT

Looking ahead, there will be NO affect to our trash service for the 4th of July and Labor Day holidays. Our trash will be picked up on the normal Wednesday.

Please be sure to store your trash toter out of sight from the street. Also, remember toters are not to be brought out to the curb until the EVENING before trash pickup and taken in as soon as possible after trash has been picked up. All trash toters should be off the street and out of view by Wednesday evening. Thank you!

TENNIS LIGHTS

A new lighting system has been installed at both the north and south courts. Residents will need your gym card to activate the lights. Simply tap your card onto the box at the middle of each court to turn the lights on. They will stay on for 90 minutes. If you need them to stay on longer, tap the box with your card again. The activation system begins at 8:00pm. You will not be able to turn the lights on after midnight.

ONGOING EVENTS

The Farmer's Market continues every Tuesday at the South Pool parking lot from 4-7pm. Stop by and pick up dinner, buy fresh produce or shop the crafts.

Pickleball continues Thursday evenings from 6-8pm at the South Courts. Contact Jane Cook at forestlakes.pickleball@gmail.com for more information.

From the desk of Tennis Director, Jim Labinski

June 2017

Dear Forest Lakes residents,

Too much rain lately for your tastes? I tend to look on the bright side of things.

After a rain shower, I can't begin to tell you what a joy it is to play on the Clay Tech courts at the Forest Lakes North tennis center. Here are a few tips to get the most out of your clay court experience:

Once it stops raining, give the courts about one to two hours of draining and the courts are ready for play. Once the puddles have disappeared, quite often the courts are "wash and wear." Or should I say, "dry and play."

If there was a lot of rain, often the clay court material "migrates" across the courts. The lines get caked over with material. The lines need to be scrubbed with the "toothbrush" shaped liner. Then it is a good idea to brush the courts to help "redistribute" the material evenly over the court.

Now the court will have a nice, even dark gray color. It is ready to be enjoyed—game on!

As the weather heats up however, we might not always have Mother Nature to water the courts for us. I suggest coming out a few minutes early and water your court. It's simple. If you come fifteen minutes early you can give it about 5-7 minutes of water, while you limber up. Come earlier, and give it more water! Or text ahead and I might be able to water the courts before your reservation. The courts play so much better when they have been watered!

Of course, when you are finished, be sure to brush and line the court you played on. Be sure to hang the brushes and liners on the fence, well off the ground. If the courts have dried out, set the time for five minutes of watering as you leave.

The spring showers have played havoc with the USTA teams of Forest Lakes. However, it appears that only a couple matches remain to be made up, much to the delight of the team captains.

The Spring After School Tennis Program has been a whopping success. Only a couple of make-up sessions remain. Parents, thank you so much for supporting your children's tennis development.

Now it is time to gear up for the Junior Summer Tennis Camp, which begins on Monday, June 12. There are nine-week, four-week, and single-week options. There are also one-, two- and three-hour per day options.

The Pro Shop is open! Come by and see the new tennis deck that will be finished soon! Stop in and see the new Dunlop Precision racket. Buy a can of tennis balls, or a junior racket for your toddler. Bring your racket by to get a new string job. Enjoy the shade as you watch a little tennis.

The new light switches have been installed at both north and south courts. Don't forget to bring your FLCA-issued card (the one that gets you into the fitness center) to the courts if you wish to play night tennis.

I urge all tennis players to “give the boot” to anyone using the courts that you know is not a Forest Lakes resident. If you are uncomfortable “giving them the boot,” let me know and I will.

On behalf of the tennis players of Forest Lakes, I want to give a “SHOUT OUT” to the Hapgood family. They recently moved from Forest Lakes, but their impact on the Forest Lakes tennis scene was great.

Chris, looked out for the everyone’s interests in all matters Forest Lakes (especially tennis), as he served for many years on the FLCA board. Pascale’s spirited play and team captaincy will be missed on the north courts—though I’m sure she will be around playing with her Forest Lakes tennis mates. And the top junior players will fear no longer the wrath of Margaux’s wicked backhand. Best wishes as you all pursue your future tennis endeavors at “a club on the other side of town.”

The dog days of summer are nearly upon us. Respect the heat, stay hydrated and play a lot of tennis.

See you on the courts,

Jim Labinski
Director of Tennis, Forest Lakes
zentennis929@gmail.com
434.249.6420 (cell)

FOREST LAKES COMMUNITY ASSOCIATION OFFICE HOURS

Monday–Friday: 9:00am–5:00pm

Telephone: (434) 973-4596

Fax: (434) 973-1344

Email: manager@forestlakes.net

Neighborhood Notes

FOREST LAKES PLAYGROUPS!

Any moms and/or dads of Forest Lakes who would like to start a playgroup, meet at the playgrounds and do other fun things with your youngsters, please call Kate Syms. Kate is a resident of Forest Lakes and would love to organize playgroups and meetups with other Forest Lakes toddlers, moms and dads. Call her at 410-507-0301 or email her at ksyms82@gmail.com.

BIBLE STUDY

Bible Study is held every Wednesday from 10-11am at the North Pavilion. Come and join us as we follow the missionary journeys of Paul. Our group will be led by Reverend Dave Johnson. Any questions please call Becky Rohrback at 434-202-1373. Hope to see you there!

BABYSITTERS/PET SITTERS

Need a sitter for a night out or a pet sitter for a weekend away? The Forest Lakes Office has a list on hand with names of residents who will be happy to help you out! Stop by the office for a copy of the list. This is for Forest Lakes residents use only!

COFFEE GROUP

The Forest Lakes Coffee Group will meet on Thursday, June 15th, 2017 at the North Pavilion from 10am-12 noon. Linda Gehle has kindly agreed to host the June meeting as I need to assist my daughter with moving to Oahu! Our July meeting will be at Gabriel Kleinmichel's The Garden Barn. We may want to start earlier to avoid the summer heat. No meeting is scheduled for August as many are vacationing. In September, we will carpool to the Market at Grelen to shop for fall flowers and enjoy lunch. We look forward to seeing everyone again and remember to invite your neighbors and any new residents. Hope you take time to enjoy our pools, trails, pickle ball and tennis courts.

Sherry Sinard

FLCA MONTHLY BOARD MEETING

The next regular Board Meeting will be on Wednesday, June 28th at 6:00 pm at the North Pavilion.

Please note that the topics for the meeting can change. The agenda for the meeting is available one week prior to the meeting at the association office and on the webpage.

FOREST LAKES COMMUNITY ASSOCIATION

Summer 2017



**Pools Open
Saturday, May 27th!**

REGULAR POOL HOURS

NORTH POOL

10am – 9pm Daily

SOUTH POOL

12pm – 9pm Mon. – Fri.

11am – 9pm Weekends

POOL HOURS DURING SCHOOL DAYS (through June 9th)

North Pool

4:30pm – 8:00pm Mon – Thursday

4:30pm -9:00pm – Friday

10:00am – 9:00pm Saturday

10:00am; - 8:00pm Sunday

South Pool

10am -3pm and 6pm – 8pm Mon – Fri*

Open regular weekend hours

* During school days, the South pool will close from 3:00 - 6:00pm for Swim Team Practice.

GUEST FEES

\$3 per person Weekdays

\$5 per person Weekends/Holidays

10 punch pass \$20.00

No charge for children aged 2 & under.

Three (3) guests allowed per adult resident.

Two (2) guests allowed per youth card holder.

ADULT EARLY MORNING LAP SWIM – SOUTH POOL

Tuesday, Wednesday and Fridays

6:30am – 7:30am

Begins Tuesday, June 13th

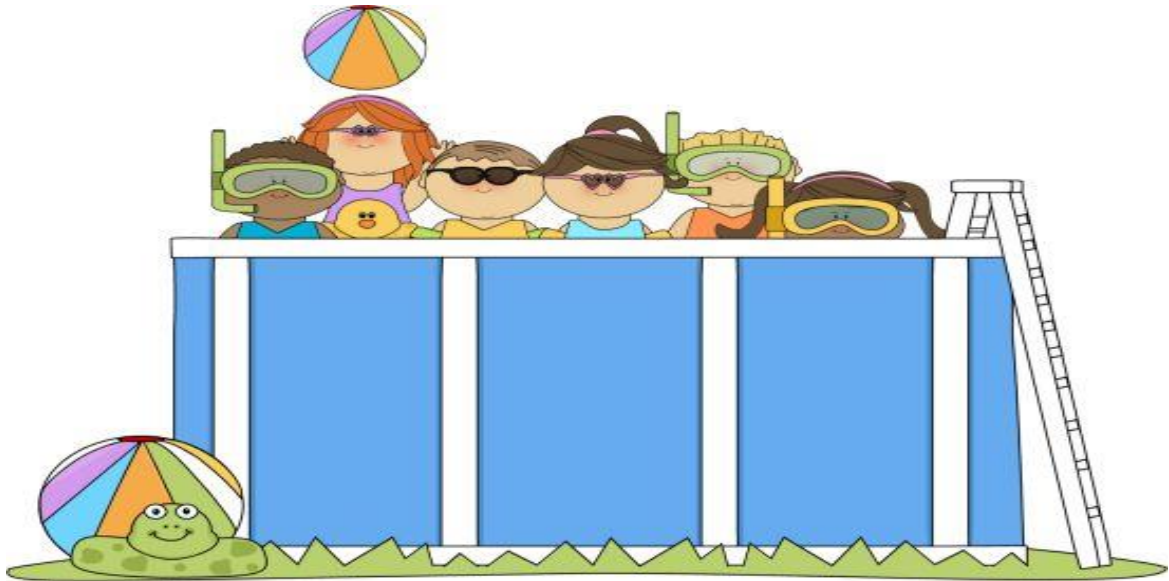
Forest Lakes Residents Only

Please bring your Poolcard

**ALL RESIDENTS MUST SHOW THEIR POOL CARDS AND SIGN-IN
WHEN ENTERING POOL AREA**

ABOUT YOUR POOL CARDS.....

The Forest Lakes Swim & Tennis Facilities are open to all Forest Lakes residents. All adult residents and dependents that are rising 6th grade and above will be issued pool cards which must be presented upon entering the pool area. Children below the 6th grade must be accompanied to the pool by a parent or responsible resident (age 15 or older). All residents must sign in and show their pool card upon entering the pool.



WHAT: Annual School's Out Party!

WHERE: Forest Lakes North Pool

**WHEN: Friday, June 9th
7:00-9:00pm**

**WHY: To celebrate another school year
and the beginning of ~~Summer~~!!**

**WHO: You! Your Forest Lakes Friends,
and your family!**

**CAKE, LEMONADE AND TREATS WILL BE SERVED.
COME HAVE SOME FUN!**

RAIN WILL CANCEL. CHECK THE FOREST LAKES WEBSITE FOR INFO.

Whether you are buying or selling your home in Forest Lakes,
trust the Realtor who knows our neighborhood!



Longtime Forest Lakes Resident

Todd McGee
ASSOCIATE BROKER
434.882.1327
todd@nestrealty.com
BuyCharlottesvilleHome.com



MICHIEHAMLETT
ATTORNEYS AT LAW

Greg Webb
Personal Injury Attorney
MichieHamlett
500 Court Square, Suite 300
Charlottesville, Virginia 22902
Direct: 434-951-7237
gwebb@michiehamlett.com

Forest Lakes resident since 1998.

MichieHamlett has been helping clients for 70 years. The firm's three groups, Commercial, Personal Injury, and Personal Services, focus on domestic relations, estate planning, real estate, business, commercial litigation and personal injury law.



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Personal Injury Litigation - Plaintiffs
Lawyer of the Year 2012.



Forest Lakes Tropical Storms

Swimming Up To Hurricanes

Register online at forestlakesswimteam.wordpress.com

Starts June 19th – July 20th

The Tropical Storms is a five week development program of the Forest Lakes Hurricanes Swim Team (FLST). It is designed to be an introduction to the competitive swim team. This program will provide the basics of competitive swim strokes. This program is not a substitute for swim lessons.

Tropical Storms are for children 4 years old and all new swimmers under 7 years old.

The program will introduce young swimmers to the swim team style of swimming and advance them to be able to swim at least 1 pool length (25 meters) of Freestyle and Backstroke. This 45-minute practice is intended to be an introduction to the swim team. The Tropical Storms goal is to encourage as many young swimmers to enjoy the swimming sport in a fun and friendly environment. They will practice 3 times a week, Monday, Tuesday, Thursday from 12:00-12:45 at the South Pool.

Spread the word

Please share this information with your new neighbors and friends who might be interested in learning more about the 2017 FLST season and programs. Please use flsthurricanes@gmail.com to request specific information and to be added to our email distribution for the 2017 season.



Online Registration Now Open!

<https://forestlakesswimteam.wordpress.com>

The Forest Lakes Swim Team is one of 18 summer swim teams in the Jefferson Swim League. We are open to Forest Lake resident swimmers from age (by June 1st) to graduating high school seniors 18 years old.

Pre Season (Afterschool) IN WATER Practices at the SOUTH Pool will be as follows (Monday-Friday):

From May 22 Through June 12:

3:30 pm – 4:00 pm = all swimmers currently in grades K - 2

4:00 pm – 5:00 pm = all swimmers currently in grades 3 - 5

5:00 pm – 6:00 pm = all swimmers currently in grades 6 - 12

No Practice on Monday May 29th (Memorial Day Holiday).

We have six swim meets with other local teams in the JSL (on Wednesday evenings). Our season ends in July, with the JSL Championships on Friday and Saturday, July 28-29.

Regular morning practice times begin on **Monday, June 12, 2017**

2017 Registration Fees

The initial registration period and pricing structure will run from April 1 until May 21.

One child: \$150. Second Child: \$140. Any Additional Children are \$130 each.

The late registration period and pricing structure will run from May 22 until June 30.

One child: \$160. Second Child: \$150. Any Additional Children are \$140 each.

These fees are inclusive of the following items:

- Daily practice "pool time," including six Saturday Stroke Clinics
- Team T-shirt and Team swim cap
- All online registration processing fees
- Team Insurance
- JSL registration fees
- Food concession support
- Spirit events (i.e., Thursday Fun Day practice refreshments)
- End of season trophy and awards

For more information go to our team web site at: <https://forestlakesswimteam.wordpress.com>

Please send inquiries for specific questions via email to: flsthurricanes@gmail.com

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so you don't have to!"*



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RECOMMENDED SERVICES

- **Large & Small Tree Removal**
- **Pruning** *Remove unsightly or dangerous limbs.*
- **Topping** *Reduce tree canopy by up to 50%.*
- **Bush Trimming** *Trim hedges to your desired size and shape.*
- **Stump Grinding** *Roots and trunk are chipped.*
- **Hauling Debris** *Get rid of all that brush build-up!*
- **Tree Feeding** *Strategically placed fertilizing!*
- **Lot Clearing** *Start from scratch with a clean yard!*



BENEFITS

Personal Service

- You now have a **dependable tree guy** that will show up on time and get the job done quickly, safely and correctly.

Peace of Mind

- We have a **\$1,000,000 Insurance Policy**

3 Month Follow Up

- **We stay in touch**, so you don't have to worry about losing our number!

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TREE TOO DANGEROUS? NOT A PROBLEM!!

We do dangerous and hazardous removal. Check out our
POV Videos on our Facebook page or Youtube Channel.

Local
Postal Customer

TESTIMONIALS

"Took out a large oak tree, which was in a challenging location, next to a retaining wall and my house! Great work! Luke & team are highly skilled" -Katie B.

"Very good work, professionally done. I recommend Grubb Tree Service and would engage again." - Marie J.

"I'm a first time home buyer. Didn't realize how much work my relatively big yard would require. There were bushes and some unnecessary trees everywhere. Grubb Tree Service did excellent work." -David H.

Want to see what we do
first hand? Check out
our POV Videos!



Angie's list

Forest Lakes Fitness Class Schedule June 2017

GENERAL FITNESS

Tuesday/Thursday

6:00–7:00 am	Boot Camp Beth Solak
9:15–10:15 am	Women's Strength and Conditioning Randi Marshall

SENIOR FITNESS

Fridays

10:00–11:00 am	Smovey Antje Waxman
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CORE BARRE

Monday/Thursday

5:00–6:00 pm	Suzette Buck
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Monday

7:30–8:30 pm	Suzette Buck
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YOGA

Monday

6:15–7:15 pm	Tech and Flow I Karen Schultz
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Wednesday

6:15–7:15 pm	Tech and Flow I Karen Schultz
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KARATE

Tuesday

5:00 –6:00 pm	Intro to Okinawan Karate Youth ages 8-12
6:00-7:00pm	Intro to Okinawan Karate Adults and Youth ages 13 and up

Wednesday

4:30–5:15 pm	Intro to Okinawan Karate Youth ages 8-12
5:15–6:00 pm	Intro to Okinawan Karate Adults and Youth ages 13 and up

The Forest Lakes Fitness Center is located at the South Pool area, 1650 Ashwood Boulevard. It is open to all Forest Lakes residents 7 days per week, 24 hours a day. Key access cards are assigned to each home. Please remember that children under 12 years old are not permitted to use the fitness center equipment and are not allowed in the gym. Children ages 12–15 may use the equipment ONLY if being directly supervised by a parent or adult. Youth ages 16-18 may use the equipment independently provided they follow posted policies. Please respect the equipment and fellow gym patrons.

Thank you for your cooperation.

GENERAL FITNESS

For the **Strength and Conditioning** class, contact ACE certified personal trainer Randi Marshall at 960-1168 or email her at: rsrmarshall31@embarqmail.com. An exercise ball is required.

Boot Camp Fitness: Get your day off to a great start. All levels (and genders) welcome. My Boot camp is a small group class that mixes traditional calisthenics with body weight exercises, interval training and strength training. A wide variety of different exercises with little rest in between = maximum results. Get fit, have fun and make friends in an environment that encourages but does not intimidate! We will hold the class outdoors when the light/weather cooperate and move inside when necessary. First class is free! Drop-ins are welcome. Individual classes are \$12, 5 for \$50. Please bring a water bottle and towel. I am an ACE Certified Personal Trainer and Health Coach since 2002. For more information or to register please contact Beth Solak @ (845) 269-0490 or Beth@Dontjoinagym.com or visit www.dontjoinagym.com.

CORE BARRE

Core Barre is a high energy, low impact, fat burning workout. Its focus is on intensive movements that sculpt the thighs, tone and firm the glutes, flatten the abdominals and define the arms. Focused and isolated stretching to lengthen, tone and increase joint flexibility compliments a total body workout. It incorporates current principles of pilates, ballet and general fitness concepts and is available to all fitness levels for those that safely want to change their appearance and have fun doing so. Classes are 55 minutes long, First Class is Free! Individual classes Are \$20, 10 pack for \$150. No experience is necessary. For more information, contact Suzette Buck at 531.8596 or playtolearn@earthlink.net.

KARATE

For full details, see information posted in this newsletter!

YOGA

Tech and Flow I – A meditative flow of yoga moves concentrating on alignment and technique.

For more details and to register, contact Karen @ 434.962.2208. Yoga Certification: International Yoga Institute; ACE Personal Trainer Certification;

ACE Group Fitness Certification. Teaching since 1986.

SMOVEY: SWING, MOVE AND SMILE!

Smovey is a dynamic fitness from Austria that is like no other! Smovey provides a dynamic upper and lower body workout that gets you fit while stabilizing your back and spine. It cannot only help you improve your health, balance, posture, coordination, mobility and strength but you will also absorb the healing frequencies from the Smovey through your reflexology zones of your hands. It burns fat and uses 97% of the body's muscles. The Smoveys are 2 spiraled, grooved tubes containing 4 rolling steel balls inside corrugated tubes. Swinging motion produces vibrations in the palms of the hands benefiting the musculo- skeletal and nervous system. Join Antje Waxman for a fun class and leave the class relaxed and reenergized like never before. All fitness levels!

The first class is always complementary! Costs: \$12/class.

For more information please contact Antje Waxman (434) 227 0483 or antjewaxman@gmail.com. Please reserve your spot as space is limited!

Antje Waxman is a certified Posture Alignment Specialist, Smovey Coach, Nordic Walking and Nia instructor.



NEW SCHEDULE!



We heard you. The Ruffner wait is gone.

Get to work 5 minutes earlier.

Get home 8 minutes sooner.

DEPARTURE SCHEDULE

A	Food Lion Forest Lakes	7:00 am	8:00 am
B	Hollymead Towncenter	7:05 am	8:05 am
C	UVa Ruffner Hall	7:22 am	8:24 am
D	UVa Hospital Jordan Hall Side	7:30 am	8:30 am
E	Downtown Library	7:40 am	8:40 am

RETURN SCHEDULE

E	Downtown Library	4:40 pm	5:20 pm
F	UVa Hospital West Complex Side	4:52 pm	5:30 pm
G	Memorial Gym	5:00 pm	5:35 pm
A	Food Lion Forest Lakes	5:20 pm	6:02 pm
B	Hollymead Towncenter	5:26 pm	6:07 pm

Still free for UVa employees & students!



Forest Lakes Swim Lesson Program

Summer 2017 REGISTRATION

Tuesday, May 16th **6:00pm-7:30pm** **North Pavilion**
Saturday, May 27th **1:00pm-2:00pm** **North Pool**

You may sign up for any class at either registration. Swim lessons are for Forest Lakes residents only.

Session 1: June 19- June 30

North Pool

Level I 10:35 am; 11:10 am; 6:05 pm
Level 2 10:35 am; 11:45am; 5:30 pm
Level 3 10:00 am; 11:10 am
Level 4 10:00 am ; 6:40 pm

South Pool

Level I 5:30 pm
Level 2 6:05 pm
Level 3 6:40 pm

Session 2: July 3– July 14

North Pool

Level I 10:35 am; 11:10 am; 5:30 pm
Level 2 10:35 am; 11:10 am
Level 3 10:00 am; 11:45 am
Level 4 10:00 am; 6:40 pm
Aquatots/Water Babies 6:05 pm

South Pool

Level I 6:05 pm
Level 2 5:30 pm
Level 3 6:40 pm

Session 3: July 17-July 28

North Pool

Level I 11:10 am
Level 2 10:35 am; 11:10 am ; 11:45 am
Level 3 10:00 am; 10:35 am; 5:30 pm
Level 4 10:00 am; 6:05 pm
Level 5 6:40 pm

South Pool

Level I 5:30 pm
Level 2 6:05pm
Level 3 6:40 pm

Parent Assisted Classes

Waterbabies/Aquatot (6 mos to 2 yrs) A great first class! Emphasis on water adjustment, safety and supported movement through the water.

Preschool (2 years to 3 years) Same skills as aquatot. Emphasis on breath control, jumping-in and beginner forms of propulsion.

Class size: minimum 6 children, maximum 12.

Level I (3 years and up) First class without a parent. Skills include floating, kicking, bobbing, arm movements, breath control, rolling over and safety. All skills are done with support.

Level 2 (3 years and up) Must have completed Level 1 skills. Skills emphasized are rhythmic breathing, unsupported front/back floats and glides, finning, front crawl, elementary backstroke and safety.

Level 3 (5 years and up) Must have completed Level 2 skills. Skills emphasized are front crawl with breathing to side, elementary backstroke, treading water, butterfly kick, scissor kick, survival float and diving.

Level 4 (6 years and up) Must have completed Level 3 skills. Skills emphasized are deep water bobbing, breast stroke, sidestroke, back crawl, butterfly and endurance in front crawl and elementary backstroke.

Level 5 (6 years and up) Must have completed Level 4 skills. Skills emphasized are endurance of previous skills, sculling, shallow and surface dives, flip turns and safety.

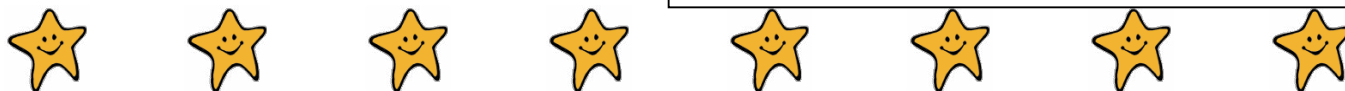
Late registration: Sign up books with listings of open classes will be available at the lifeguard tables at the pools beginning on Monday, May 29th.

Swim lessons are taught in **two-week sessions** consisting of eight half-hour classes each session. There are two built-in make-up days per session in case of inclement weather.

Semi-private classes will be offered if there are less than 4 children registered for a class. **Private** lessons are available for children and adults.

Class size: Minimum 4 children; maximum 6 children (except for parent-assisted classes)

Cost: Cost per child per session is \$70.



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AD SPACE OFFERED

The Forest Lakes Community Newsletter offers ad space in each monthly issue. The newsletter reaches 1400 households – all within five minutes of many businesses in Charlottesville and northern Albemarle County. The **submission deadline** for advertisements is the 23rd of each month. The newsletter is delivered the 1st weekend of every month.

The prices are as follows:

	Price Per Month	Size (wide x tall)
Business card	\$20.00	3.5" x 2"
1/4 Page	\$45.00	4" x 5"
1/2 Page	\$75.00	7.5" x 5"
Full Page	\$150.00	7.5" x 9.5"

A 10% discount is available for prepaid ads placed to run at least 3 months.

Ads are subject to approval by the Forest Lakes Community Association. Ads should be print ready and preferably emailed as a PDF to thammond@forestlakes.net. For further questions, please email or call (434) 973-4596.

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The Neighborhood Page



LOST SOMETHING? FOUND SOMETHING?

The FLCA office continuously receives lost items found around Forest Lakes, in the Fitness Center, at the pools, on the trails. If you've lost something, check with us! If you've found something, bring it to us!

FLCA Office
1828 Pavilion Circle 973-4596

Is your neighborhood having a get together? Do YOU HAVE SOMETHING TO SELL? Are you having a garage sale soon?

Renting your house? **Looking for something special?** Welcome to The Neighborhood Page! This page is open to all Forest Lakes residents to "advertise" for free. Professional service ads are not accepted on this page. For information call the FLCA office, 973-4596, and ask for Tamera or email her at tammond@forestlakes.net

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INDEPENDENCE DAY 5K RUN

WHEN: Tuesday, July 4, 2016, at 7:30 a.m. **WHERE:** Forest Lakes Subdivision: Sutherland Middle School



and Hosted by Kiwanis Club of Charlottesville and Charlottesville Track Club

To Benefit Camp Holiday Trails

Over \$130,000 has been donated to this charity over the years!

REGISTRATION INFORMATION

Fee: \$25 CTC members, \$26 non-CTC members, \$20 Students, \$30 all race day entries
Please make checks payable to: Kiwanis Club of Charlottesville

4 Ways to Register:

By Mail, prior to June 30: Kiwanis Club, 925 Dorchester Place #303, Charlottesville, VA 22911

Hand-Deliver, by 5 p.m. on July 2: Ragged Mountain Running Shop

Online: <http://charlottesville-trackclub.org>

In-Person on Race Day, 6:30 a.m.: Sutherland Middle School Cafeteria, 2801 Powell Creek Drive

Award categories for all age groups, including the youngsters (10 & younger)!

"My 4th of July experience has been enriched over the years, thanks to this wonderful community event." ~ Mark Lorenzoni

For more information, email: independence5k@gmail.com or visit our Facebook Page: **Kiwanis Independence Day 5K**

Last Name: _____ **First Name:** _____

Address: _____ **City:** _____


State: _____ **Zip:** _____ **Daytime Phone:** _____ **Email (optional):** _____

Age on Race Day: _____ **Sex:** M F **T-Shirt Size:** Child S M L XL 2XL **CTC Member:** Y N

LIABILITY WAIVER MUST BE SIGNED


I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by all decisions of the race officials relative to my ability to complete the run safely. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of my accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Kiwanis Club of Charlottesville, the Charlottesville Track Club, Forest Lakes Community Association, the County of Albemarle, all beneficiaries, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Furthermore, I agree to be bound by the rules established with respect to this event. In consideration of the safety of all participants, I understand that absolutely no baby joggers, baby strollers, headphones, animals on leash, skateboard, skates, roller blades or bicycles are allowed on the course. In addition, I understand that if the race is canceled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

SIGNATURE (Parent or Guardian, if under 18): _____ **Date:** _____



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