

Forest Lakes Community News

March 2019

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As spring arrives in Forest Lakes, we are all looking forward to spending more time outside in the warm weather. With more residents enjoying the outdoors, please drive safely through our community, observe posted speed limits and watch for children, walkers, bicyclists/runners and pets.

The Forest Lakes Board of Directors is in the midst of an initiative to ensure that all fences in Forest Lakes are ARB-approved. This will encompass the right to require homeowners with non-compliant fences to remove them at their own expense when the property is sold, and that any new fence erected without ARB approval will be required to be removed at the owner's expense. When the initiative is complete, final details will be posted in the newsletter.

The FLCA office routinely makes neighborhood inspections. Please make sure all yard toys are picked up each evening, no boats or trailers are parked in your driveway or street, trash totes are taken off the street after collection, and your yard and house are in good appearance. See the “Make a List” page in this newsletter! Let's all help to keep Forest Lakes a beautiful community in which to live.

We are always pleased with the number of community activities slated for the year; including the Farmer's Market, swim and tennis lessons, monthly coffee group, Book Club, Card Crafters and Bible Study, as well as our annual 4th of July bash.

Please submit any new ideas you may have regarding social programs to the FLCA office at manager@forestlakes.net. Your support and ideas are always welcomed!

Sincerely,
Your FLCA Board of Directors

Derek Duval, *President*
duvaltarheel@duvalsearch.com

Sue Friedman, *Vice President*
sue_friedman@hotmail.com

Scott Elliff, *Treasurer*
scott@ducardvineyards.com

Carmine Covais, *ARB Chair*
covais01@comcast.net

Jimmy Baranik, *Director*
jbaranik@crutchfield.com

Mary Manley, *Director*
manleyfamily4@gmail.com

Mike Tubridy, *Director*
m.tubridy@yahoo.com

Function	Organization/Person	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> Tamera Hammond <i>Community Group, Inc.</i>	1828 Pavilion Circle Charlottesville, VA 22911 (434) 973-4596 manager@forestlakes.net thammond@forestlakes.net
After-hours emergencies involving common areas, buildings or facilities	Community Group Emergency Hotline (call 911 also if necessary)	1-804-270-1800. Follow prompts for Homeowner Services; include your contact info and description.
Arbor Lake, Ashland	Stephanie Crouch <i>Real Property, Inc.</i>	(434) 823-4407 Arborlakesmanager@gmail.com ashlandmanager@gmail.com
Ravenswood and Ravenscroft	James Watson <i>Real Property, Inc.</i>	(434) 202-1873 ravensmanagerrpi@gmail.com
Willow Bend, Worth Crossing	John Duffy <i>Real Property, Inc.</i>	(434) 202-1872 willowbendmanager@gmail.com worthcrossingmanager@gmail.com
Springridge	Mark Marshall <i>Real Property, Inc.</i>	(434) 202-1852 springridgeassociationmanager@gmail.com
Gateway Village	Sanjay Suri <i>Community Group, Inc.</i>	(434) 984-0700 ssuri@communitygroup.com
Mailbox Nameplates and Repairs	Dick Billings	(434)960-4999 dick.billings@gmail.com
Soccer Field Reservations	Tamera Hammond	thammond@forestlakes.net
Tennis Pro	Jim Labinski	Tennis Pro Shop (North): (434)974-5567 Cell: (434) 249-6420 Zentennis929@gmail.com 1818 Pavilion Circle, C'ville 22911
Webmaster Forest Lakes Website – www.forestlakes.net	Tamera Hammond	thammond@forestlakes.net
	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 & 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

Keeping in the Loop

THE DMV....IT'S COMING BACK!

February's DMV visit was a huge success—maybe too huge! The response was so great that it was impossible for the staff to get through all patrons. The mobile DMV will be back on Tuesday, April 16th at the North Pavilion from 1:00-6:00pm. They'll have more staff on hand. They will not be taking phone numbers and calling patrons back this go around. They provide all services except for driver testing. If you are interested in getting a "Real ID" the documents you will need are: 1) Official birth certificate from a state vital records department, (NOT the one from the hospital with footprints on the paper) If you have changed your name as a result of marriage DMV will need the marriage license, not from the church but the official one issued by the clerk of court. A valid passport with current legal name can take the place of birth certificate and marriage license 2) Proof of social security number- must be the actual card, a W-2, a 1099, or another official letter from SSA with the full SSN on the letter. A tax filling form such as a 1040 is not acceptable, it must come from SSA not something you send to the IRS. 3) Two proofs of address/residency, if address is correct on your driver's license or ID card that will count as proof. The second proof can be anything that comes in the mail with name and address on it.

To familiarize yourself more with the services provided, visit www.dmvNOW.com/DMV2go.

SPRING BULK PICKUP AND SHRED DATES

Start planning now – clean out those closets, desk drawers and back yards and garages for the annual Bulk Pick Up and Shredding days! Shredding will be held at the North Pool parking lot on Friday, April 19th from 10:00am -2:00pm. Please make sure your shredding papers are free of paperclips and paper binders.

Bulk pickup will be the following day, Saturday, April 20th, beginning at 7am. You may dispose of regular household items such as small furniture, bags of trash, small metal items such as toasters, small televisions, etc. Please limit your materials to weigh no more than 50lbs per item and have your materials curbside for removal by 7am. Materials EXCLUDED: Computers, printers, monitors and like equipment; large appliances such as washers, dryers, water heaters, stoves or motorized equipment; rocks, concrete, dirt, sod, tree stumps, free liquids, paint, motor oil, construction trash/renovation debris, combustibles, toxic or hazardous wastes, or any other material excluded from the disposal site or any applicable state or federal law as being

hazardous or toxic (asbestos, paint or gasoline) as well as flammable products such as petrol chemicals or propane tanks from barbeque grills; dead animals, fecal matter, manure, brick, landscaping timbers, friable asbestos, lead acid/wet cell batteries, bio hazardous material, needles and ALL other medical waste.

WE ALL LOVE THE HOLIDAYS, BUT.....

While the holidays are fun and festive, they're over! Please, if you have not taken down your holiday lights and décor from the exterior of your home, please do so. Thank you!

UPDATE YOURSELF!

You can find a Resident Information sheet in this newsletter. If you have never filled one out and filed it with the FLCA office, please do so and drop it off at the office. This will ensure that you get your pool cards in May. If you have UPDATES to this form (birth of a child, kids moving out, kids moving in, phone number change, new email address, etc.) please fill out and bring by the office so we have the most updated and accurate information on our residents.

If you rent a home in Forest Lakes, you need to bring in your executed lease with this form. If the FLCA Office doesn't have a current lease on file, you will not be receiving pool cards

FARMER'S MARKET COMING IN APRIL

The Forest Lakes Farmer's Market will begin Tuesday, April 23rd and will continue every Tuesday at the South Facility parking lot from 4:00-7:00pm through October 29th.

If you or someone you know is interested in becoming a full or part time vendor at the market, you may contact the market manager, Alisa Wildman, at Forestlakesmarket@gmail.com or alisawildman@gmail.com to get a vendor application for the upcoming 2019 Forest Lakes Farmers Market season. The market is a local, producer market, meaning items must be made, grown or produced by you the vendor.

UPCOMING TREE PROJECT NOTICE

There will be several large pine trees removed within the next month along the path on Ashwood Boulevard between Powell Creek Drive and the entrance to the South Facility. The tree roots are upending the asphalt and the branches are preventing a clear walkway for those utilizing the path.

Neighborhood Notes

FLCA MONTHLY BOARD MEETING

The next regular Board Meeting will be on Wednesday, March 27th at 6:00pm at the North Pavilion. The agenda for the meeting is available one week prior to the meeting at the association office and on the website. Please note that the topics for the meeting can change.

COFFEE GROUP

The Forest Lakes Coffee Group will meet Thursday, March 21st at the North Pavilion from 10 am – 12 pm. Please join us for fresh fruit, pastries, coffee or assorted teas as we welcome in the new year. Be sure to invite any new residents as all residents are invited to join us. Looking forward to seeing everyone and hearing about everyone's holiday activities!

YOGA AND SMOVEY CLASSES

These non-impact classes are held at the north Poolhouse.

Yoga: Tech and Flow 1

Tuesdays and Thursdays: 11:15am–12:15pm

Chair Yoga

Tuesdays and Thursdays: 12:30–1:30pm

Please call, text, or email Karen Schultz for information, prices, and to pre-register. 434-962-2208 or leprofsch@gmail.com

Yoga: Hatha

Tuesdays: 6:15-7:15pm

Please call or email Kumud for pricing and information. 434-985.1785 or kmdvanderveer@gmail.com

Smovey, Senior Fitness

Fridays: 9:30-10:30am

For questions about Smovey, contact Antje Waxman, (434) 227-0438 or antjewaxman@gmail.com

FOREST LAKES CARD CRAFTERS

Crafters group will meet March 11th at the North Pavilion from 6:30 – 8:00 pm. We will be trying the One Sheet Wonder technique. Supplies needed are a piece of 12"x12" double sided paper in a print of your choice. (Tuesday Morning carries some if needed), paper trimmer, 6 – 8 A2 card bases in colors to coordinate with your printed paper, glue or tape runner and a pencil. Two templates will be available from which to choose. Many other templates can be found on Pinterest if you want to look there for ideas of layouts. Looking forward to trying this new technique with all who are interested! You will be able to make several cards at once. Hope to see you there! Sherry Sinard

FOREST LAKES BOOK CLUB

The Forest Lakes Book Club will meet Wednesday March 27th at the North Pavilion at 1pm.

Our book this month will be "Loving Frank" by Nancy Horan, a book of historical fiction exploring the relationship between Frank Lloyd Wright and his lover Mamah Borthwick Cheney.

Our April book for those of you who like to plan ahead will be "Educated", by Tara Westover

Happy Reading! Maggie Pearsall gp2mp4@comcast.net

BIBLE STUDY

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

FOREST LAKES COMMUNITY ASSOCIATION

1828 PAVILION CIRCLE

Monday–Friday: 9:00am–5:00pm

Telephone: (434) 973-4596

Fax: (434) 973-1344

Email: manager@forestlakes.net

PICKING UP AFTER YOUR PETS

It is every Forest Lakes resident's duty, as a responsible pet owner, to pick up after their pet. This includes on common areas, in yards (including your own), on or near the trails/paved walking paths, in or near the woods, on the sidewalks, in the day or night, in the cold or heat. Every time and anywhere your pet goes, it needs to be picked up, carried away and put in the trash. Parents, if you let your child/teenager walk your dog, teach them to pick up as well. If they cannot pick up waste, they should not walk the pet!

Not only is leaving pet waste on the ground an unwelcome mess, it increases public health risks by allowing harmful bacteria and excess nutrients to wash into storm drains and eventually into local water bodies. In Forest Lakes, there are several lakes and many creeks and streams that pet waste will eventually run into. Something to consider the next time you don't pick up after your pet – no matter how big or small the waste. FLCA has also put many trash bins throughout our community for easy disposal of bagged waste.

So please, be considerate and pick up after your pet! It's the right thing to do and.....

Everyone thanks you!



March is “Make a List” Month

Those outdoor projects are coming up – help keep Forest Lakes looking its BEST by taking a look outside your house. Do any of these apply to you?

- Mailboxes – is yours discolored, dented or just plain old-looking? Replace it! You can find them at Lowe’s – large, black metal 11” x 23 ½”.
- Mailbox Posts – A fresh coat of WHITE paint is always a good bet for spring. Scrub off the green stuff and dirt and paint with a good outdoor white paint. Be sure to paint your name and house letters in black!
- House exterior – with all of the wet weather we’ve had, there’s more than likely green stuff growing on your siding....please have this removed. Don’t forget your front porch and remove the grime there too!
- Does your house have rotting wood that needs to be replaced? Schedule your handyman now to fix before he’s booked!
- How about those weeds? Treat your lawn to a pre-emergent in early spring to prevent summer weeds.
- Trash Toters - Where are yours being stored? Hopefully out of street-view! Nobody wants to see a bunch of trash toters at the top of everyone’s driveway.

Take a walk around your home, see what needs to be done this spring and make a list!

Dear Forest Lakes residents,

I'm so excited that March will be a busy month around the tennis courts of Forest Lakes. USTA league matches, team practices, and after school juniors will be getting into full stride in the upcoming weeks.

Court reservation sheets

With the increased traffic on the courts, it is ESSENTIAL to check and use the court reservation sheets provided at the Pro Shop at North and at the reservation sheet box located at the entrance to court one at South. Matches, clinics, lessons and practices will be clearly marked on the sheets about a week in advance. I also put out "Court reserved for..." announcements at the gates of the courts on the day of the event. Please respect your neighbors and check the sheets before taking a court. Or risk getting "bumped." Also, court one at South and court five at North are "permanently" reserved for lessons, thank you.

Court courtesies

Just a friendly reminder... Refrain from bad language, temper outbursts, and the like. (People notice!) Brush and line your court at North after playing. Limit play to one hour for singles, and one-and-a-half hours for doubles when people are waiting. (Hopefully that will be a non-issue when using the reservation sheets!) Place your trash in the receptacles. Recycle your tennis balls in the carton by the Pro Shop. There is a small basket for other recyclables at the Pro Shop.

Spring After School Junior Tennis

There remain available openings for the Forest Lakes After School Tennis clinics which begins Monday, March 11. This will be an eight-week program, with a free week added for make-ups. (Nine weeks for the price of eight!) There is also a four-week option. Participants can opt in for one, two or three times per week. Forms are available on the Forest Lakes Community Association website, at the FLCA office, or at the Pro Shop. Call, text or email me to get more information.

"Swing into Spring" adult tennis clinics

If you don't participate in USTA league tennis, don't be left out of the action! In March, I will be implementing the new "pilot program" for residents and their guests to "Swing into Spring." Swing into Spring will be a four-session course of hour-long lessons. These classes are designed to introduce the adult participants to the great sport of tennis. These lessons will also be a great way for former players to get back into the game. The first session introduces the forehand groundstroke. The second focuses on the backhand. The third session zooms in on specialty shots, and the fourth lesson "puts it all together." I call it a "pilot program" as I want to see if there is a desire for non-USTA participation by "recreational players." Call, text or email me for more information.

Instruction/coaching options

In addition to the after-school program and the Swing into Spring program, I will be conducting 3.0 Women's Team practice on Mondays at 6:30. I will also be conducting 3.5 Women's Team practice on Tuesdays at 7:30. On Thursdays at 7:30, I will conduct an Advanced Men's workout. I am also available for lessons by appointment. An hour-long private lesson is \$50. A six-pack of hour lessons is \$250. A half-hour lesson is \$30, and a six-pack of half-hour lessons is \$150. Call, text or email me to schedule a lesson.

The new Dunlop rackets are in!

I am an authorized Dunlop dealer, and their 2019 line of rackets are available. Come in and see the new rackets, and demo one. Remember I also offer restringing and regripping service. When the weather is ready, make sure you and your equipment are ready as well.

Thanks for your consideration and support,

Jim Labinski

Forest Lakes Professional
434.249.6420
zentennis929@gmail.com

Join us for a Parent Workshop

Forest Lakes Residents*
04/23/19
6:00PM to 8:00 PM
North Pavilion
1828 Pavilion Cir
Charlottesville, VA 22911



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- Avoid jeopardizing your retirement nest egg
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Eventbrite

To RSVP, visit our website at:

<https://www.thecollegefundingcoach.org/class/forest-lakes-residents/>

Parent Reviews:

"Excellent Class!" – John & Monica M.

"Highly informative!" – Bill & Renee M.

"The presentation was excellent; I was impressed as a counselor and a parent." – Patrick C.

"First seminar I attended that addressed all the issues of college funding & what to expect as parents." – Maria C.

"By my calculations, over the course of four years the evening we spent will save our family \$126,180." – John S.

Meet the Founder: Brock T. Jolly, CFP®, ChFC®, CLU®, CLTC, CASL®, CFBS®, is a Financial Advisor and regular educator in community and professional groups on college financing, tax reduction strategies, and retirement planning. His practice is dedicated to helping families implement creative long-term financial strategies to fund college and retirement with minimal out-of-pocket cost. Brock is a graduate of the University of Virginia. For additional questions, please feel free to call Brock at 703-424-2401.

*This event is for Forest Lakes residents and their guests only.



ZEN TENNIS AFTER SCHOOL PROGRAM AT FOREST LAKES
2019 SPRING 8-WEEK Youth Tennis Program
BEGINS Monday, March 11, 2019

Beginners I, II and III (Guidelines) Player has little or no experience. Beginner I is for very young players, Beginner II is for slightly older beginners. Beginners III is for beginners that are 12 or older.

Advanced Beginner (Guidelines) Player must be able to hit 10 balls in a row against backboard from 20 feet away (forehand & backhand), rally with partner from the baseline 10 balls in a row each, serve 5 of 10 balls into appropriate service box, know how to keep score, and play a complete tennis match.

Intermediate (Guidelines) Player must be able to hit 20 balls in a row against backboard from 20 feet away (forehand and backhand), rally from baseline with partner 30 balls in a row, serve 6 of 10 serves to each service box, and must have played at least 5 complete tennis matches. Player must exhibit proper stroke mechanics and grips for all shots and must know the rules of tennis.

Tournament Training (Guidelines) Player must be able to maintain a baseline rally of 40 balls, properly execute volleys and overheads, and be able to execute flat, slice and kick serves. Players should also be training for high school or tournament competition.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30-4:30	BEGINNER I AGES 4-7	BEGINNER II AGES 7-11	BEGINNER I AGES 4-7	BEGINNER II AGES 7-11	BEGINNER II Ages 7-11
4:30-5:30	ADV. BEG AGES 7-11	INTERMED. 4:30-6:00	ADV. BEG AGES 7-11	INTERMED. 4:30-6:00	ADV. BEG AGES 7-11
5:30-6:30	BEGINNER III & Adv. Beg. 12+	TOURN. TRAINING 6:00-7:30	BEGINNER III & Adv. Beg. 12+	TOURN. TRAINING 6:00-7:30	BEGINNER III & Adv. Beg. 12+

- MINIMUM OF 3 STUDENTS PER CLASS required

Jim Labinsky
Director of Tennis
Forest Lakes
434.249.6420 (cell)
Zentennis929@gmail.com

PROGRAM REGISTRATION

ZEN TENNIS AFTER SCHOOL PROGRAM AT FOREST LAKES 2019 SPRING 8-WEEK Youth Tennis Program

<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>	<u>WEEK 4</u>	<u>WEEK 5</u>	<u>WEEK 6</u>	<u>WEEK 7</u>	<u>WEEK 8</u>	<u>WEEK 9</u> <u>(free week)</u>	<u>WEEK 10</u> <u>(if necessary)</u>
3/11-3/15	3/18-3/22	3/25-3/29	4/1-4/5	4/8-4/12	4/15-4/19	4/22-4/26	4/29-5/3	5/6-5/10#	5/13-5/17#

#Make up weeks, if necessary, are 5/6-5/10, 5/13-5/17, and 5/20-5/24.
PLEASE ☒ BOXES FOR WEEKS WHICH YOU ARE REGISTERING

NAME _____ AGE: ____ CLASS: _____ 4 WKS. 8* WKS.
M T W Th F

NAME _____ AGE: ____ CLASS _____ 4 WKS. 8* WKS.
M T W Th F

NAME _____ AGE: ____ CLASS _____ 4 WKS. 8* WKS.
M T W Th F

PARENT NAME _____ PHONE _____

EMAIL _____

Reserve your place in this fall's tennis program in person, or with an email to Coach Jim at zentennis929@gmail.com.

PLEASE RETURN THIS FORM W/ CHECK PAYABLE TO: **FOREST LAKES TENNIS**

PRICES

BEGINNER AND ADV. BEG.

1 DAY PER WEEK	4 WEEKS	\$75
	8* WEEKS	\$135
2 DAYS PER WEEK	4 WEEKS	\$140
	8* WEEKS	\$210
3 DAYS PER WEEK	4 WEEKS	\$165
	8* WEEKS	\$300

INTERMEDIATE AND TOURNAMENT

1 DAY PER WEEK	
4 WEEKS	\$105
8* WEEKS	\$200
2 DAYS PER WEEK	
4 WEEKS	\$180
8* WEEKS	\$300

*= 9 weeks for the price of 8 (one week free)

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Happy Spring 2019!

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Need your screen door fixed? Call a handyman!

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**FOREST LAKES COMMUNITY ASSOCIATION
2019 RESIDENT INFORMATION**

Neighborhood: _____

*E-NEWS (Pertinent emails from the FLCA Office) OPT-OUT Only ☐

Check box below owner or renter:

HOMEOWNER(S): ☐

RENTER(S): ☐

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

Address: _____ **E-mail:** _____

Home #: _____ **Work #:** _____ **Cell #:** _____

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

Work #: _____ **Cell #:** _____ **E-mail:** _____

***In case of Emergency contact** _____ **#** _____

CHILDREN/DEPENDENTS - (others living @ residence)

<i>First and Last Name</i>	<i>Age</i>	<i>Grade (2018-2019 school year)</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I have read all of the rules, understand, and agree that all residents, dependents, and household guests are expected to follow the rules for the safety of everyone at the Forest Lakes facilities. I also understand that pool membership cards are non-transferable under any circumstance. Fitness Center electronic cards are transferable only at the time of ownership transfer.

Signature _____ **Print Name:** _____

OFFICE USE ONLY:

Fitness Center Card # _____ / _____ **Date** _____

Additional card(s) issued

_____ / _____ **date** _____ **#** _____ / _____ **date** _____ **#** _____ / _____ **date** _____

AD SPACE OFFERED

The Forest Lakes Community Newsletter offers ad space in each monthly issue. 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 emailed as a PDF to thammond@forestlakes.net.

For further questions, please email or call (434) 973-4596.



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3rd Annual Sunset Run

The only 2.4 mile fun run!

The Sunset Run is a fun run with all proceeds going to the UVA Children's Hospital. It was created as Catie Swansiger and Samantha Sanford's school project to make the world a better place. Sunset Run is a run/walk, family friendly, dog friendly event with **plenty of raffles** after the run.

Where- Forest Lakes South, beginning and ending at pool parking lot

When- Saturday, May 11th starting at 7:00 PM (Yes at sunset!)

Cost- \$20 includes t-shirt if **registered by Friday, April 19th**

Contact Info- Samantha and Catie at sunset.run@yahoo.com

Parking- limited space available please carpool

Name _____ Age _____

Email _____

Amount enclosed: Race Fee \$20 + Donation \$ _____ = Total \$ _____

****Cash and check only. Make checks payable to Lynette Sanford (put Sunset Run in memo line)****

Circle Tee shirt size Youth S Youth M Youth L Youth XL

Adult S Adult M Adult L Adult XL

_____ I would like all my registration fee to go directly to the UVA Children's Hospital (no tee shirt)

I understand that running a road race is a potentially hazardous activity. I should not enter unless I am medically able. I agree to abide by all decisions of the race officials relative to my ability to complete the run safely. I assumed all risks associated with running this event, including, but not limited to: falls, contact with other participants, effects with weather, traffic, and conditions of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this course. I, for myself and anyone entitled to act on my behalf, waive and release the organizers, race volunteers, Forest Lakes Community Association from all claims or liabilities of any kind arising out of my participation in this event. In addition, I understand that if the race is canceled by circumstances beyond the control of the organizers, my registration fee will not be refunded. I grant permission to all the foregoing to use photographs, motion pictures, recordings, or other record of this event for any legitimate purpose.

Signature: _____ Date _____

Parent/Guardian's Signature (if under 18): _____

_____ Date _____

****Mail form to: Sunset Run 1581 Thornridge Way, Charlottesville, VA 22911****



"The free Saturday stroke clinics and individual instruction from the coaches just add to the great value of the Hurricanes."

- FLST Swim Dad

Online Registration opens April 1st

<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 5 (by June 1st) to graduating high school seniors 18 years old.

After school practices begin in mid-May. Daily morning practices start when Albemarle County public schools end. Most swim team events are held at the South pool, including six free

The mission of FLST is to provide a fun, team oriented summer activity. FLST is a competitive swim team whose goals are to develop a healthy competitive spirit, instill self-discipline, sportsmanship, team goals, spirit and friendship among the swim team members, and introduce swimmers to the year-round sport of swimming.

FLST has six swim meets (three home and three away) with other local teams in the JSL. Our season ends in July, with the JSL Championships at UVA on July 26 & 27, where all



"We have been on the swim team for several years and it is such a highlight for our family. Out of all the activities at Forest Lakes I think FLST brings the most families together. They accept all swimmers and provide a fun, safe and rewarding summer experience. It brings families from public school, private school, and home-schoolers together."

- FLST Swim Mom

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



Forest Lakes Tropical Storms

Swimming Up To Hurricanes

Register online at forestlakesswimteam.wordpress.com

Starts June 18th – July 21th

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 2019 FLST season and programs. Please use flsthurricanes@gmail.com to request specific information and to be added to our email distribution for the 2019 season.

Need to sell your home?

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I can't overstate how good Tara & her team are. She is not afraid to be honest when it comes to price and she is an advocate for her sellers through the whole process. Tara is the consummate professional and her extra touches make all the difference. I could not have been happier with my experience and would recommend her a hundred times over.

"The Savage Team are amongst the top Realtors in this area. Their knowledge of the Charlottesville marketplace is second to none. Their relationship with other realtors in town is also a big plus. I would use them again in a heartbeat. Great job! "

"The Savage team is incredible. They helped us buy and sell a home this year and did so in record time. From the professional photographer they brought in to take pictures to using their moving truck free of charge to their incredible work ethic, they are great. "



"Judy was an ideal realtor. She responded quickly when we decided to list our home. In the initial walk through she provided specific guidance on how to best present our home to buyers explaining the reasons behind her thinking. She was open to discussion if our thoughts differed from hers. The photographs of our home accurately portrayed our home to prospective buyers".

"The Savage Team did an excellent job of working through a sales process that required a fair amount of negotiating. They were very patient and pragmatic in their approach. They staged my empty home as needed and was definitely a large value add to my selling process. "

"Due to my career, we have moved around and sold several houses. We have never had someone work as hard for us to make the process work as The Savage Team."



Judy & Tara Savage
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A man in a dark suit and light blue shirt stands in front of a large window with a view of a brick building.

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A logo featuring a stylized bird in flight above the words 'NEST REALTY'.