

Forest Lakes Community News

June 2019

IN THIS ISSUE

- Pool News
- Upcoming Events
- DMV in Forest Lakes
- Hollymead Dam Update

Dear Forest Lakes Residents,

June brings the opening of our swimming pools, Tuesdays Farmers' Market at the Forest Lakes South parking lot (4-7 pm), our Forest Lakes Hurricanes swim team in competition, tennis teams in action, our community gardens in bloom, and more daylight to enjoy our miles of trails. Forest Lakes has a lot to offer all residents!

June also brings the end of another school year, with our neighborhood children walking and biking in greater numbers. As you travel our community roads, please be extra careful of children in neighborhoods and at pedestrian crossings. We encourage parents to discuss pedestrian and biking safety with your children as they enjoy our Forest Lakes amenities and visiting with friends.

Be sure to stay connected with your Forest lakes Community through E-News, the newsletter and the website at www.forestlakes.net (now easier to use!). If you haven't done so already, please sign up for E-News on our website to receive important updates and information about Forest lakes via email.

Forest Lakes is a truly vibrant and engaging community, thanks to each of you! Your Board of Directors and office staff always welcome your comments and suggestions.

Have a safe and fun-filled summer!

Sincerely,

Your Forest Lakes Board of Directors

Derek Duval, *President*
flcapresident@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

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

POOL NEWS

Memorial Day weekend was a hot one – a great way to start our pool season! A few notes about the pools:

- **No Card No Entry** – the lifeguards at the check-in stations have been given strict instructions to not let in anyone in without a valid pool card. Even if that guard is your neighbor and they know you...no exceptions! Please be considerate and remember to bring your pool card with you every time you visit the pool.
- **Kids and Pools** – Lifeguards are there to make the pool environment safe and to help in emergency situations. It is ultimately up to each parent/guardian to directly supervise their child at the pool. If your child has “swimmies” on or is not a full-fledged swimmer, you must be within arms reach of your child at all times. Inner tubes are allowed only at the lifeguard’s discretion. With a crowded pool, you may be asked to take your tube or float out of the water as guards cannot see underneath the float, especially if they are over-sized.
- **Pool Cards** – If you still have not received your pool cards, please contact the FLCA office.
- **Pool Hours** – “Regular” pool hours will begin on Saturday, June 8th. Until then, we are on a modified schedule: south pool is open daily from 10am-8pm (with a break for swim team practice from 3-6pm) and the North pool is open from 4:30-8:00pm daily.
- **Swim Meets** - There will be three home swim meets at the south pool this summer. All meets are held on Wednesday evenings with a rain date for the following evening. The South Pool will close on swim meet days at 3:00pm to prepare for meet set-up. Swim meet dates are: June 26th, July 3rd (with a rain date of July 5th) and July 10th. Go Hurricanes!
- **Early Morning Swim** - Open to Forest Lakes residents on Tuesday and Friday mornings from 6:30-7:30am for lap swimming. Residents must bring their pool pass to check in. Douglas Aquatic Management will be on deck to monitor the pool and check for passes. Swimmers will be required to leave the pool deck no later than 7:30am to the pool can be readied for swim team practice. The first early morning swim will begin on Tuesday, June 4th and end on Friday, July 26th.

UPCOMING EVENTS

Friday, June 7th: School’s Out Party! North Pool, 7-9pm

Thursday, July 4th: Annual 4th of July Celebration, North Pool 11am – 3pm

Friday, July 12th: Youth Card Night, North Pool, 9-11pm

Friday, July 26th: Open Mic Night, North Pool, 7-9pm

DMV IN FOREST LAKES-UPCOMING DATES

A reminder for upcoming dates that DMV will be in Forest Lakes: 12:00 noon – 6:00pm: June 18th, August 13th, October 22nd, and December 10th.

HOLLYMEAD DAM UPDATE

The project is a little behind schedule due to weather and some contractor delays. Burleigh Construction is currently working longer days and weekends when weather allows. Hollymead lake will maintain at the current level through September. In the next couple of weeks residents may begin to see tractor trailers making more frequent material deliveries. Current tasks being completed are: concrete outlet structure; crest walls; and new principal inlet structure.

VANDALISM AT NORTH AND SOUTH POOLS

Wednesday, May 15th between 3:00 and 3:30 am, both the North and South pools were vandalized. Two Caucasian male youths were caught on camera. The boys are approximately 14-17 years old. One is 5’7” – 5’9” tall with a stocky build. The other is approximately 5’9” – 6’ tall, slender build with a haircut with long bangs. He has a habit of continuously running his fingers through and pushing his hair back. Either a moped or small motorcycle was used for transportation. If you have any information on these individuals or the vandalism that occurred, please call the FLCA office at 434/973.4596. Your call will be treated with the utmost confidence. If no information is received, we will post pictures of the youth for aiding in identification.

DID YOU KNOW?

Our landscape contractor, D&D Landscaping, regularly cleans trash out of all of our lakes in the spring and fall – and anytime in between when needed! Help your Association be good stewards of the land and our lakes by not littering around or in the lake!

FLCA – Working for you!

Neighborhood Notes

FLCA MONTHLY BOARD MEETING

The next regular Board Meeting will be on Wednesday, June 26th 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.

OPEN MIC NIGHT!

Want to share your talent? Come to open mic night at the North Pool on Friday, July 26th from 7:00pm – 9:00pm for some fun! Families, individuals, groups of all ages– show us your stuff! We'd love to hear you! Sign up by calling the FLCA office at 434/973.4596.

COFFEE GROUP

The Forest Lakes Coffee Group will meet Thursday, June 20th at the North Pavilion from 10 am – 12 pm. Please join us for fresh fruit, pastries, coffee or assorted teas. Be sure to invite any new residents as all residents are invited to join us. Looking forward to seeing everyone!

FOREST LAKES CARD CRAFTERS

The Forest Lakes Card Crafters will not meet in June. Look in July's newsletter for the next meeting date.

FOREST LAKES BOOK CLUB

The Forest Lakes Book Club will meet on Wednesday, June, 26th at 1PM at the North Pavilion. Our June book is a nonfiction adventure/biography, *Into the Wild*, by John Krakauer. Coffee, tea and a light refreshment will be served. All Forest Lakes residents are welcome to attend.

Please join us for our review of *Into the Wild*. Happy Reading! Maggie Pearsall gp2mp4@comcast.net

PICKLEBALL OPEN PLAY – TUESDAY'S

Tuesday's 6:00-7:30 PM @ the Tennis Courts 3 & 4 @ FL South

The Forest Lakes Pickleball Club will be hosting open play for Forest Lakes residents and their guests. Our group consists of beginner to intermediate level players interested in an evening of relaxed social play. If you have never played before, and would like to learn, we are happy to teach new and beginning players. If you have any questions or wish to be placed on the email & text list, please email Jane (ForestLakes.Pickleball@gmail.com) or text @ 962-5039.

YOGA AND SMOVEY CLASSES

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

Yoga: Tech and Flow 1

Tuesday and Thursdays, 11:15am – 12:15pm

A half hour of flowing standing movement with an emphasis on technique and breathing followed by a half hour of floor time

Chair Yoga

Tuesdays, 12:30 – 1:15pm

45 minutes working with movement and breath in the chair or holding on to the chair.

For Tech and Flow or Chair Yoga: 12-pack \$120; 6-pack \$75; 4-pack \$65 (Packages expire at 18 weeks from the first class. First class free if you buy a 12 pack.) Single class \$18.00

Please call text or email Karen Schultz first if you would like to join us. All are welcome! 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

BIBLE STUDY

Bible Study is taking a break for the summer months. The journey with Paul continues Wednesday, September 11th at the North Pavilion 10:00-11:00am. For questions please contact Becky Rohrback at 434/202.1373.

JEFFERSON-MADISON LIBRARY BOOKMOBILE

The JMRL bookmobile is at the North Pool parking lot on the second and fourth Mondays of each month, from 2:00 - 2:30 pm. You can obtain a library card, turn in books, pick up a book on hold or just browse through its collection of 1500 to 2000 books for all ages and interests!

BABYSITTER AND PETSITTER LIST

The FLCA office has a list of babysitters and petsitters that are Forest Lakes residents – for Forest Lakes residents. If you would like a copy, please stop by the office! If you'd like to be put on the list, please email Tamera at thammond@forestlakes.net.

June, 2019

Dear Forest Lakes residents,

With the school year finished, I hope everyone is making plans for a fun-filled summer. I hope tennis is part of your summer plans.

The **Summer Junior Tennis Camp** kicks off on June 10. It runs for nine weeks, with single week, half season, and full summer options. I'm sure you will be able to find a way to squeeze many weeks of tennis in between jaunts to the Outer Banks and your other vacation destinations. Look over the information, and let me know if you have any questions.

The **Clay Tech courts** have been refurbished for the Summer season and they are looking good! Keep them looking good by brushing and lining your court, picking up your trash, and not leaving behind any stinky T-shirts, thank you.

The Clay Tech courts play best an hour or two after a rain shower. All three tiers of courts will have a steel bristle drag broom. This device is great after rain. The court will look like Roland Garros, except for red color. There are also line scrubs on each tier of courts. These will clear sections of lines that get caked up after a rain shower. The line scrubs also do a great job of cleaning debris off of the drag brooms.

After grooming your court, please remember to hang up all court equipment on the fences, well off the ground.

If it didn't happen to rain two hours before your scheduled court time, then come out 15-30 minutes early and give your court 5-10 minutes of sprinkler time. Your court will play better and so will you!

To perform your best on the courts during the heat of summer, you have to **STAY HYDRATED!** No one drinks more water than me, so I add fresh ice and water to the coolers everyday during the summer.

At the courts, we go through a lot of paper cone cups--thousands of them over the course of a summer. I also pick up a lot of Gatorade and plastic water bottles. Often times, these store-bought hydration containers are left behind, often with a lot of liquid still in them! Finish your beverage. Dispose of your plastic bottle properly! Reuse it! Recycle it in the basket at the pro shop. Throw your paper cup away! Please drink responsibly.

Would you like to live longer? Who wouldn't?

Tennis Magazine, *The New York Times* and countless other publications summarized the findings of a prospective population study that included detailed questionnaires regarding participation in different types of sports and leisure-time physical activity. The study concluded that tennis players live longer!

If you work out at the health club for your fitness regime you will live 1.5 years longer than if you didn't exercise at all. If you jog, add 3.2 years to your life. Badminton, 6.2 years; soccer, 4.7 years; cycling, 3.7 years; swimming, 3.4 years; If you play tennis, however, you'll live on the average 9.7 years longer!

The study attributes this to the social component of playing tennis. I also think tennis is good because it works both aerobic and anaerobic systems. It takes agility, balance, endurance and mental focus.

Tennis is truly a "sport of a lifetime."

Thanks for your consideration and support,

Jim Labinski

Forest Lakes Professional

434-249.6420

zentennis929@gmail.com

FOREST LAKES

2019 Summer Junior Tennis Camp --Rates--

	8 weeks (plus free week)	4 weeks	1 week
Basic Program One Child	\$325	\$200	\$60
1 hour x 4 days (M, Tu, W, Th/F)	4 hours weekly 32 total hours	4 hours weekly 16 total hours	4 total hours
	\$175	\$100	\$30
1 hour x 2 days (M, W; or Tu, Th)	2 hours weekly 16 total hours	2 hours weekly 8 total hours	2 total hours
Upgrade One Child	\$425	\$250	\$100
2 hours x 4 days (M, Tu, W, Th/F)	8 hours weekly 56 total hours	8 hours weekly 28 total hours	8 total hours
Heavy Duty Upgrade One Child	\$500	\$325	\$150
3 hours x 4 days (M, Tu, W, Th/F)	12 hours weekly 96 total hours	12 hours weekly 48 total hours	12 total hours
Multiple child discount:			
Second child	Take 10% off of the lower charge		
Third child	Take an additional 15% of the next lower charge		
Fourth child	Take an additional 20% of the next lower charge		

Jim Labinski

Tennis Director

Forest Lakes

Cell: 434.249.6420

Email: zentennis929@gmail.com

Forest Lakes
Summer Tennis Camp
2019

T-shirts to all participants registered for full and half sessions.

Qualifying participants* of the Forest Lakes Summer 2018 Junior Tennis Camp are eligible to compete in the Jefferson Tennis League matches against area clubs on Thursday afternoons.

When registering for half sessions, you may do so in non-consecutive weeks should your schedule demand it. An extra week has been built into the program to allow for full completion of sessions. When signing up for the full session, you get nine weeks for the price of eight.

** = To play in the JTL matches, players must be able to hit 6 of 10 serves in, know how to score, and be able to sustain a rally of ten balls.*

Jim Labinski
Tennis Director
Forest Lakes
Cell: 434.249.6420
Email: zentennis929@gmail.com

Forest Lakes Tennis—Summer 2019 Junior Tennis Camp Registration

Players must be FOREST LAKES residents

Name _____	Age _____	Tee Shirt Size: yS yM yL aS aM aL aXL	4 weeks	8 weeks
Name _____	Age _____	Tee Shirt Size: yS yM yL aS aM aL aXL	4 weeks	8 weeks
Name _____	Age _____	Tee Shirt Size: yS yM yL aS aM aL aXL	4 weeks	8 weeks
Name _____	Age _____	Tee Shirt Size: yS yM yL aS aM aL aXL	4 weeks	8 weeks

Parent Name _____ Phone _____ Email _____

Emergency contact information: _____

Pertinent medical information: _____

Please return w/ check payable to **Forest Lakes Tennis** or **Jim Labinski** to Pro Shop/Forest Lakes North.
1818 Pavilion Circle, Charlottesville, VA, 22911



WHAT: Annual School's Out Party!

WHERE: Forest Lakes North Pool

WHEN: Friday, June 7th, 7:00-9:00PM

WHY: To celebrate another school year!

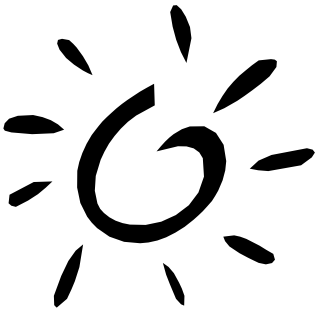
WHO: You, your family and your Forest Lakes friends!

Cake, lemonade and treats will be served. MUSIC on the porch!

Rain will cancel. Check Forest Lakes website for info.

FOREST LAKES COMMUNITY ASSOCIATION

Summer 2019



**Pools Open
Saturday, May 25th!**

REGULAR POOL HOURS

NORTH POOL

10am – 9pm Daily

SOUTH POOL

12 noon – 9:00pm Monday - Friday

11am – 9pm Saturday and Sunday

POOL HOURS DURING SCHOOL DAYS (through June 7th)

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

Tuesdays and Thursdays

6:30am – 7:30am

Begins Tuesday, June 4th
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. No exceptions.



Forest Lakes Swim Lesson Program

Summer 2019 Registration

Tuesday, May 7th 6:00-7:30pm North Pavilion

Swim Lessons are for Forest Lakes residents only. All classes are held at the North Pool.
You may sign up for any class, any session at Registration

Session 1: June 17- June 28

Session 2: July 8– July 19

Session 3: July 22- Aug 2

Level 1 10:00 am; 11:10 am; 5:05 pm; 6:15pm
Level 2 10:35 am; 4:30pm; 5:40 pm
Level 3 11:45 am; 6:50pm
Level 4 12:20pm

Level 1 10:35 am; 11:45 am; 4:30 pm
Level 2 11:10 am; 5:05pm; 5:40pm
Level 3 10:00 am; 6:50pm
Parent/Child class 6:15pm

Level 1 10:35am; 5:40pm
Level 2 10:00 am; 5:05pm; 6:15pm
Level 3 11:10 am; 6:50 pm
Level 4 11:45am

Level 1 (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

Parent/Child Class

For ages 6 months through 3 years. A great first class! Emphasis on water adjustment, safety and supporting movements through the water including jumping in and beginner forms of propulsion.

Class size: minimum 6 children, maximum 12


Late registration: Sign up books with listings of open classes will be available at the lifeguard tables at the pools beginning on Wednesday, May 26th. You may contact Roberta Cook at 296-1729, after May 8th to register.

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 \$75.




D&D Lawn Care

Landscaping • Water Garden • Irrigation



- Mowing Contract
- Commercial/Residential
- Mulch Delivery
- Fertilizer Contracts
- Landscaping
- Irrigation

Licensed **985-2429** Insured



DENTAL MEDICINE at FOREST LAKES

Serving Central Virginia Families Since 1989


Kenneth Rasmussen, DMD, PC

Today's Technology Practiced with Caring Tradition

**Preventive
Cosmetic
Restorative**

*New Patients Welcome
Nitrous Oxide Available
Insurance Accepted and Filed
VA Dental Association Member*

Forest Lakes Shopping Center
29 N, opposite Hollymead Town Center
1752 Timberwood Blvd.
Charlottesville, VA 22911

434-974-6492 

www.charlottesvilledentalmedicine.com



Edward Jones

All the usual reasons to invest with Edward Jones. *Plus one.*



Now investors in Hollymead have one more reason to feel confident about their financial future. Contact Financial Advisor Donald Giannangeli and experience how Edward Jones makes sense of investing.

Donald Giannangeli
Financial Advisor
1622 Timberwood Blvd Ste 111
Charlottesville, VA 22911-7573
434-956-4351

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Michael Frazier

Painting Contractor



- *Licensed & Insured
- *Interior & Exterior
- *Drywall Installation
- *Commercial & Residential
- *Gutter Cleaning & Mildew Removal
- *Metal Roofs
- *Free Estimates
- *References Available

434-825-7327
mrfrazier74@hotmail.com



"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 inquires 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.



Kiwanis

Charlottesville

Course Starts at Hollymead Elementary School!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ 36th Annual ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

INDEPENDENCE DAY 5K RUN

WHEN: Thursday, July 4, 2019, at 7:30 a.m. **WHERE:** Forest Lakes Subdivision: Hollymead Elementary School

Sponsored by  and Hosted by Kiwanis Club of Charlottesville and Charlottesville Track Club

To Benefit Big Brothers Big Sisters of the Central Blue Ridge
Over \$135,000 has been raised for charity over the past 35 years!

REGISTRATION INFORMATION

Fee: \$25 prior to race day, \$20 for students prior to race day, \$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, P.O. Box 6698, Charlottesville, VA 22906-6698

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.: Hollymead Elementary School Cafeteria, 2775 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

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 your 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:** _____

Need to sell your home?

Hear what people are saying about Savage & Company!



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
(434) 951-9244
www.SavageTeam.com

3510 Remson Court
Charlottesville, VA 22901

kw
KELLER WILLIAMS.

Read many
more reviews
on Zillow!



Dr. Kaitlyn Beisecker-Levin, MD and Bridget Vaughn, NP, invite you to join our family medicine practice at Forest Lakes.

When you need medical care we want you to think of us first. With one call you can access outstanding acute and preventative medicine. We offer personalized care for individuals and families in all stages of life.

Conveniently located at 1800 Timberwood Blvd, Suite A.

Call us today to schedule your appointment at (434) 305-0501.



**MELINDA NIELSEN EA
ACCOUNTING & TAX SERVICES**



Tax Preparation Services

Individual tax returns, small business tax returns, tax planning, and tax help



Accounting Services

Bookkeeping, payroll, financial reporting, year-end closing, entity formation, Quickbooks training, and unlimited consultations

MNACCOUNTINGEA.COM

434.284.8624

MNIELSENEA@OUTLOOK.COM





Interior. Exterior. Superior.

**VINNY VAN GOGH
P A I N T I N G**

www.VinnyVanGoghPainting.com

(434) 233-0222



Professional
Local
Experienced



Now offering free
inspections!
1 (434)-218-2165
[Contact@ApexRoofing
VA.com](mailto:Contact@ApexRoofingVA.com)

TIMBERWOOD GRILL

It's patio season!

I mean, of course we have awesome food and beer and service too, but, yeah. Patio season.



Don't forget Grill To Go!
Order online, pick
up in your PJs.
We don't judge.

www.timberwoodgrill.com

434.975.3311



TIMBERWOOD GRILL

1/2 OFF ANY APPETIZER

Coupon good any time; limit one coupon per table;
offer may not be combined with other offers.

Coupon expires 6/30/19

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