



Bear Creek

Swim and Tennis Club

3180 S. Pierce Street, Lakewood, Colorado 80227
(303) 988-9808

May - June 2022

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Message from the President

I want to thank everyone who volunteered their time to help clean up the club. Together, we crossed off many necessary elements to get our beautiful club ready for the summer with only a few final touches remaining. I know everyone is excited to get back to Bear Creek and have a great summer.

Our staff is in place for the 2022 season, you will see some familiar faces and a few new ones as well! We would like to welcome **Ryan Freeman** back as our tennis pro and **Joy Curry** as our new swim coach. The facility managers for this summer are **Miranda Wilson, Alyssa Banister, Alexis Rowe, Miles Van Zweden** and **Jasmine Dix**. A big thank you to Miranda Wilson for all her dedicated effort this last week to organize and inventory the pool for us.

There have been many updates in place over the winter that you will see down at the club this summer. We have poured concrete at the tennis/park gate and solved the water/mud problem at the entrance. We are also in the process of getting new gates down at this entrance and putting a wooden enclosure around the port-a-potty for more privacy and to make a changing area for when it is needed. You will notice that there is now a trash enclosure to hide our dumpsters to help make the bottom gate area more appealing.

The board has planned many exciting events for this summer. Please look at the Calendar of Events page at the end of this newsletter for further details and mark your calendars. You don't want to miss out on the great events we have scheduled!

A few reminders:

- Club rules stipulate that parents or caregivers keep an eye on their children when swimming and playing in the park or on the playground.
- Children playing on the playground should not climb on the outside of the tunnel tubes.
- With our club at full capacity, please keep in mind that per club rules, adults (16 years and over) have priority on lounge chairs.

- Guests may only use the club in attendance with members and must pay the entry fee. Not to do so may result in permanent expulsion of the guest from the club and disciplinary action for the member.
- Also, don't forget to put your umbrella down when the wind picks up suddenly!

The BCSTC volunteer board works extremely hard all year round to make this club the club we all love. When you see them around the deck, please thank them for all of their work.

You can reach out to me with any of your concerns and all of your compliments at info@bestc.org.

Can't wait to see our summer family back together again!

John Wilson
President



Parties at Bear Creek Swim & Tennis Club

BCSTC has always been a great place to host a party. It's also a good way to showcase our club to potential new members. There are guidelines for parties that our members should be aware of. If you are planning a party during open hours, always check with the facility manager first just to make sure there are not other parties scheduled. You may want to choose a different day for your party if that is the case.

If you have a party, your guests are charged the normal guest fees (\$5.00 on Monday - Thursday or \$7 on Friday, Saturday, and Sunday). If you hosting a party with 15 or more guests, you must first alert the facility manager, as we must have additional staff. There is a \$25 charge above the normal guest fees per every 25 guests (to pay for the extra staffing) in attendance. In addition, there is a reservation form that must be filled out with the manager. This form ensures that we have adequate staff and can meet the needs for your party. Again this year, the member host will need to pay a \$100 deposit for parties of 15 or more prior to the beginning of the party. In addition, the host member must collect guest fees from his/her guests and then square up with the manager at the conclusion of the party. It also can be helpful to create a guest list so our staff can check in your guests as they enter the club, but it is not a requirement. Please do not bring glass (bottles) into the club.



Pool Opens:

Memorial Day Weekend, May 28 - May 30

Open Swim.....10:00 a.m. - 8:30 p.m.

Deck Hours.....10:00 a.m. - 9:00 p.m.

Monday - Thursday (May 31 - July 28):

Swim Team7:00 a.m. - 9:45 a.m.

Swim Lessons.....10:00 a.m. - 11:30 a.m.

Open Swim.....12:00 p.m. - 8:30 p.m.

Deck Hours.....12:00 p.m. - 9:00 p.m.

Fridays (June 3 - July 29):

Swim Team.....7:00 a.m. - 9:45 a.m.

Open Swim.....11:00 a.m. - 8:30 p.m.

Deck Hours.....11:00 a.m. - 9:00 p.m.

Saturday & Sundays (June 4 – July 31):

Open Swim.....10:00 a.m. - 8:30 p.m.

Deck Hours.....10:00 a.m. - 9:00 p.m.

Monday - Friday (August 1 - August 12):

Open Swim.....12:00 p.m. - 8:00 p.m.

Deck Hours.....12:00 p.m. - 8:30 p.m.

Saturday & Sundays:

Open Swim.....10:00 a.m. - 8:00 p.m.

Deck Hours.....10:00 a.m. - 8:30 p.m.

Post-Season Hours Monday - Friday:

August 15 - September 2 ...4:30 p.m. - dusk

*This date reflects when most schools start back, so we have no guards to lifeguard during the morning. If we end up with staff to cover opening earlier in the day, we will announce this at a later date. Saturday and Sundays hours will be 10:00 a.m. – dusk

Note: all dates and times subject to change.

Pool Closes:

Labor Day, September 5...10:00 a.m. - dusk

Extended Weekend:

September 10 & 11 ...12:00 - 7:00 p.m.

Weather permitting!

Club Closure Policy:

The facility manager on duty determines when to close the pool/club. If the air temperature is **BELOW 65 degrees**, the pool will be closed. If lightning has been seen in the area, the pool (and the deck) will be closed for 30 minutes after the last lightning strike has been observed. Please call the club at

303.988.9808 **BEFORE** you come over to make **SURE** that the pool/club is open. Texts and emails will be sent out for extended pool closures, etc.

Adult Swim Schedule:

Daily 12:00-12:15; 1:15-1:30; 2:30-2:45;

3:45-4:00 and 5:00-5:30

2022 SWIM LESSON SCHEDULE

Session 1: June 6 - June 16

Session 2: June 20 - June 30

Session 3: July 11 - July 21

Session 4: July 25 - August 4

Swim Lesson Registration Information:

1. A \$45 fee will be charged for each session taken. Payment for lessons can be made at the concession stand. Payments are due by the Sunday prior to the first day of lessons.
2. Registration will open from the Wednesday through Saturday the week prior to the start date. Members can register anytime during normal pool hours at the concession stand. Parents may only register their immediate family.
3. For the proper lesson placement, parents should read the course description on the following page.
4. Instructors are available on week days upon request to pre-test any student prior to sign-up.
5. All lessons will be Monday through Thursday. If a lesson is canceled due to inclement weather, a make-up session may be scheduled on the following Friday or Saturday. Please call the pool office at 303.988.9808 twenty minutes prior to the lesson if you have questions regarding cancellation.



Swim Lesson Registration cont'd.

6. Stroke & Turns Clinic is offered for 6 sessions: June 6 - July 18 (no session July 4). The session is 1 day a week (Mondays) for 6 weeks. Must have basic swimming skills of all 4 strokes (this is not a swim lesson). Clinic includes a break down of all 4 strokes, starts, turns, and finishes. Three coaches on hand in the water. No make-up sessions. Sign up through SWIMTOPIA. Cost is \$95 per swimmer, limited to 21 participants.
7. For advanced skilled swimmers, we encourage you to join the swim team. A child must be able to swim at least one length of the pool, using any stroke, without stopping, to be eligible for the swim team.

COURSE DESCRIPTIONS**LEVEL ONE**Skills to Work On:

Nose Bubbles
Eyes Under the Water
Ice Cream Scoops
Straight Leg Kicks
Front/Back Floats

Skills to Advance:

10 Submerged Bobs w/Bubbles
Assisted Front/Back Float

LEVEL TWOSkills to Work On:

Front/Back Float Unassisted
Arm Rotations
Front/Back Glide in Streamline
Front/Back Roll

Skills to Advance:

Unassisted Front/Back Floats
Front/Back Glide 10ft.

LEVEL THREESkills to Work On:

Front/Back Glide in Streamline
Front/Back Rolls
Straight Leg Kicks
Full Arm Rotations (Back/Front)

Skills to Advance:

Full Arm Rotation 10ft.
Straight Leg Kick in Streamline 10ft.

LEVEL FOURSkills to Work On:

Front/Back Rolls
Sidekick w/Breath
Full Arm Rotations (Front/Back)
Dolphin Kick
Breast Kick

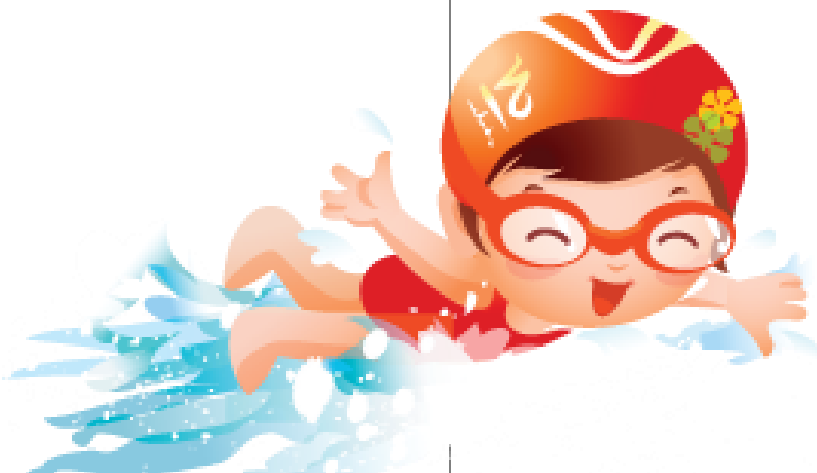
Skills to Advance:

Freestyle with Back Roll
Backstroke 10ft.

LEVEL FIVESkills to Work On:

Backstroke
Freestyle with Side Breath
Butterfly
Breaststroke
Diving
Flip Turns

Please note all classes will have a minimum of 3 students





SWIM TEAM NEWS:

Registration: You can still sign-up for swim team during our evening practices, **May 24 - 30** from 4:00 - 6:00 p.m. (9:00 p.m. on May 30). If you are interested in signing up after that date, please send an e-mail to bearcreekswim@gmail.com. Team fees are \$175 for the first swimmer, \$160 second swimmer, and \$135 for additional swimmers. We will also have a \$350 volunteer deposit required per family. It is extremely important that all families volunteer so we can have a successful season. We need parents to pitch in! Please go to **SWIMTOPIA** for Swim Team registration, volunteer sign up, and get all other details for the Bear Creek Swim Team! The registration fee includes a team photo, and entry fees for various meets. ***Due to liability, registration and all fees must be paid prior to participation!***

Team Suits: Please note that team suits are not required but are encouraged. If you still need to order a team suit, please call Monica at **Out of Breath Sports**, 303-798-5037. Tell her you are with Bear Creek Swim & Tennis Club for the correct suit/pricing. Out of Breath Sports is located at 42 East Arapahoe Road, Littleton, CO 80122. Silicone and latex swim caps will be available for purchase for at the concession stand this summer.

Practice Times:

May 31 - July 28 (Tuesday - Friday)

Upper division (ages 11 & up): 7:00 a.m.-8:00 a.m.

Lower division (ages 9 -10): 8:00 a.m.-8:45 a.m.

8 & under: 8:45 a.m.- 9:30 a.m.

Swimmers need to come ready to swim with caps and goggles at their assigned practice time.

Early-Season Practice Times:

May 16 - 18 (Monday - Wednesday)

May 24 - 26 (Tuesday - Thursday)

swimmers ages 10 & under 4:00 p.m. - 4:50 p.m.

swimmers ages 11 & older 5:00 p.m. - 5:50 p.m.

Parent Meeting will take place **May 15** at **3:45p.m.** and **4:45p.m.** for all parents. We will review important information, so please plan on attending.

Contact Information: bearcreekswim@gmail.com

2022 Swim Team Schedule

5/15 - Parent Meeting at **BC** *3:45p.m. and 4:45p.m.

5/24 - 5/30 Registration at **BC** during practice times

6/4 - Swim vs. Columbine Knolls, Woodbourne at **WB**

6/8 - Team Pictures (wear team suits, 8-9:30a.m. at practice)

6/11 - Swim vs. Platte Canyon at **BC**

6/18 - Swim vs. Grant Ranch, Governor's Ranch at

GVR

6/20-22 - **Gator Open Virtual** meet run during practice times

6/24 & 25 - Ken Caryl Invitational at **Ken Caryl**

7/2 - No Meet

7/4 - Bake Sale 10:00 a.m. - 2:00 p.m. at **BC**

7/9 - Swim vs. Grant Ranch at **GR**

7/16 - Swim vs. Ken Caryl at **KC**

7/20 - Team Movie Night

7/22 - **League Championships** at **Bear Creek** 4p.m. start

7/23 - **League Championships** at **Governor's Ranch**

7/27 - Swim Team Breakfast & Awards 8:00 a.m.

7/29, 7/30 & 7/31 State Meet at **TBD**

***All swim meets start at 7:00 a.m. warm-up starts at 6:00 a.m. unless otherwise noted**

Locations:

Governor's Ranch - 9050 West Prentice Ave. - Littleton
303.978.1566

Grant Ranch - 7255 Grant Ranch Boulevard - Littleton
303.734.8888

Ken Caryl - 7676 South Continental Divide - Littleton
303.979.4070

Platte Canyon - 5380 West Coal Mine Avenue - Littleton
303.973.3570 (not available during meets)

Woodbourne - 11082 Rowland Drive - Littleton
No phone at pool

Columbine Knolls - 6191 West Plymouth Drive - Littleton
303.979.5120



Good Things come to those who Swim



Stroke & Technique Clinic

Session: June 6 - July 18 (NO July 4 clinic)

When: Mondays • 8:00 - 9:15a.m.

Cost: \$95 per swimmer/per session

Details: The 6 week stroke clinic is for ALL swimmers, not just the Swim Team!

All four strokes (free, back, fly & breast) are broken down along with starts and turns with coach instruction.

Swimmer must have a basic ability in each stroke to participate in the clinics.

The clinic will be run by the Head Coach and Assistant Instructor.

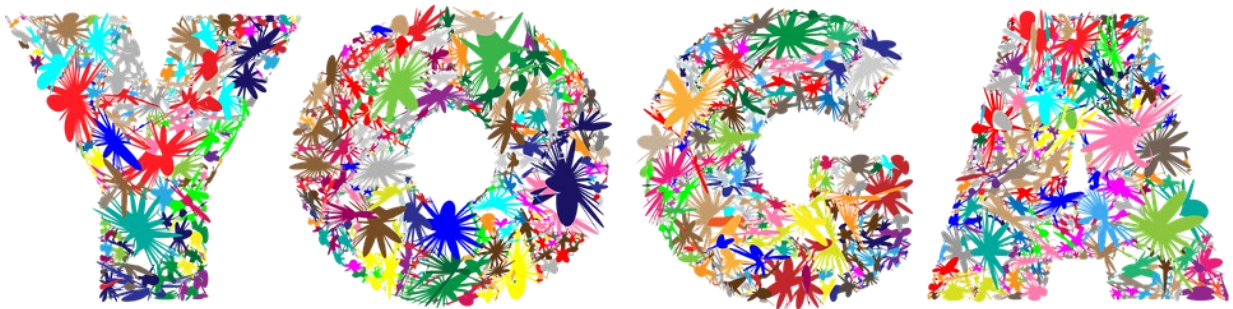
The Stroke Clinic fee is \$95 per swimmer.

Sign up through SWIMTOPIA

No Make-Ups

21 participants

Questions? Email: BearCreekSwim@gmail.com



When: Fridays • 9:00 - 10:00a.m.

Cost: \$10 per person • cash, check or VENMO

Details: Yoga in the Park, every Friday at 9:00a.m. (weather permitting), beginning May 27th. Please bring water and a mat if you have one! Enter through the tennis gate.

Yoga Instructors are Melissa Gray and Jamie Henderson!



Tennis Updates

Tennis leagues have begun and drills will be in full swing beginning the week of May 31. To kick off the summer the Memorial Day Tournament is on Monday, May 30 and drills begin June 1. We welcome back Ryan Freeman our returning Pro, as well as his new summer tennis interns! We are looking forward to a great summer of tennis!

Adult Drill Sign Up - ReserveMyCourt.com - Participants will be required to sign up for ALL regular drills and events on the tennis reservation website, by 7pm the evening before the event. Sign up in advance is necessary to ensure proper staffing and management of the waiting list. If you have trouble with your account, signing up for a drill, or making your own tennis reservation, please email Amber and Colleen at bearcreektennis1@gmail.com for help.

Adult Drills and Lessons - There are many tennis events and drills offered throughout the summer, and you can always contact Ryan at ryan@ryanfreemantennis.com if you would like to set up private lessons, want to learn how to play, or have questions about adult or junior tennis.

Please sign up for all tennis events on ReserveMyCourt.com by 7pm the evening before. All payments are made directly to the Pro via cash, check or VENMO (@Ryan-Freeman-22).

Free Learn to Play Tennis: Saturday, June 18 and Saturday, July 16 from 8:00 - 9:00am; For adults who've never played before, come get a fun introduction to the game!

Saturday 1/2 Price Drills: Saturday, June 18 and Saturday, July 16 - For 3.5+ players from 9:00 - 10:30am; For 2.5 - 3.0 players from 10:30am - 12pm; \$10 per player

Saturday Drills: April 9 - October 29, weather permitting (except holiday weekend and other events) - For 3.5 players from 9:00 - 10:30am; For 2.5 - 3.0 players 10:30am - 12pm; \$20 per player

Friday Night Adult Mixers: June 24 (FREE!), July 22 (\$10), August 26 (\$10) - The Pro will provide tennis balls. Please bring your own beverages, and a dish (side or dessert) to share. All members are welcome to attend!

Cardio Tennis: All levels of players welcome! Wednesdays from June 1 - July 27, 7:00 - 8:00am; \$15

Daytime Drills: For 2.5 - 3.0 players - Wednesdays from June 1 - July 27, 11am - 12pm; For 3.5+ players - Fridays from June 3 - August 19, 11am - 12pm; \$15

Evening Drills: Thursdays from June 2 - July 21; For 2.5 - 3.0 players from 6:00 - 7:00pm; For 3.5+ players from 7:00 - 8:00pm; \$15

TENNIS NEWS

Junior Tennis Lesson registration is going on now for Session 3 which ***begins June 1st***. There are no drop-in lessons, you must register. For more information, please contact Ryan Freeman, our head tennis pro at ryan@ryanfreemantennis.com or by phone or text at 240-731-3872.

FREE Memorial Day Doubles Tournament is Monday, May 30, from 9am - 12pm. If you want to participate in this fun social tournament, please email Ryan at ryan@ryanfreemantennis.com or call/text him at 240-731-3872 with your name, partner's name, NTRP, and cell number. Register as a team or a single and we will try to find you a partner, ages 18 and over. Two divisions; 2.5 - 3.0 and 3.5 - 4.0. Registration deadline is Friday, May 27 at 5pm. Space is limited to 8 teams/per division.

Adult Drills, Evening Drills, and Cardio Tennis are beginning in one week! Please sign up for drills by 7pm the evening before on ReserveMyCourt.com. Drills are \$15 per player for all 60 minute drills. Payments are accepted by cash, check, or VENMO (@Ryan-Freeman-22). Questions? Email Ryan at ryan@ryanfreemantennis.com or by phone or text at 240-731-3872

Adult League Tennis Deadlines Approaching: The minimum player deadlines for the following Adult Tennis Leagues are coming up soon! ITA Mixed Doubles and CTA 65+ deadlines are June 10th (6 players), CTA Twilight deadline is June 17th (5 players), and CTA Women's Summer Daytime deadline is July 1st (5 players). Teams are forming now, so don't be left out! Contact Amber or Colleen our volunteer adult tennis coordinators, at bearcreektennis1@gmail.com with questions.

You can find our updated tennis calendar and link to the court reservation system at bcstc.org/tennis See you on the courts!

MARK YOUR CALENDAR FOR THE FIRST FRIDAYS

WHEN: FRIDAYS; June 3, July 1, August 5, and September 2

DJ TONO and DJ BOOTZ will provide the music

TIME: 6 P.M. TO 10 P.M.

DETAILS: THESE WILL BE FAMILY EVENTS. WE WILL HAVE MUSIC, A FOOD TRUCK, AND THE POOL WILL BE OPEN FOR SWIMMING UNTIL 10P.M.! BRING YOUR DINNER/OR ORDER FROM THE FOOD TRUCK, THEN STAY AND SWIM UNDER THE STARS.



What a great chance to bring some friends to get acquainted with everything Bear Creek Swim and Tennis Club has to offer (guest fees will apply).

FATHER'S DAY FLOATS

WHEN: SUNDAY, JUNE 19 (OF COURSE!)

TIME: 12:00 P.M. TO 5:00 P.M.

FLOATS CONSIST OF: 12 OZ. ROOT BEER & BIG SCOOP OF VANILLA ICE CREAM

COST: \$2.50 PER DRINK

Honor your Dad this year and treat him to a Root Beer Float. Yummy!!!



CONCESSION STAND NEWS

The Bear Creek Café will once again be providing a variety of choices in the concession stand. We will continue with a variety of ice cream and fruit bars, pizza, hot dogs, nachos, pickles, popcorn, candy and a variety of pop, bottled water, and Gatorade. Don't forget to purchase your gift card for the concession stand. We are always looking for suggestions for food and drink items.

WINE & CHEESE SOCIAL

WHAT: WINE & CHEESE

WHEN: FRIDAY, JUNE 17, 2022

TIME: 7:00-10:00P.M.

COST: WINE OF BOTTLE PER COUPLE

Back by popular demand! This event is for adults 21 years of age and older ONLY! The club will provide cheese, crackers, fruit and veggies. Live saxophone music provided by Patty Shaw. Guests are welcome, please bring a bottle of wine to share per couple.



Welcome To Our New Members

Steve & Natalie Addison
Everett '20 Lennon '22

Nick & Crystal Pirnack
Lila '16 Theodore '19

Dillon & Megan Matthews
Nolan '19 Hadley '21

Josh & Torie Burchfield
Augustus 'Auggie' '21

Katie Ryan & Skyler Olsen
Oliver '11 Iggy '18
Zuri '14

Nathan & Amanda Moralez
Sloan '11 Londyn '14

Rolando & Meg Luarca
Owen '11 Vivian '14





Bear Creek Swim & Tennis Club

P.O. Box 27412

Lakewood, CO 80227

Calendar of Events

USTA Mixed Doubles 18 & over	April 3	Friday Adult Tennis Mixer	June 24
JTT Registration Deadline	April 14	Dead Heads on the Deck	June 24
USTA Adult 18 & over	April 18	First Fridays-music/swimming til 10p.m.	July 1
USTA Adult 55 & over	April 27	4th of July Party	July 4
Volunteer Day - (Clean-up)	May 7 (9am-4pm)	ITA Fall Mixed Doubles	July 10
Volunteer Day - (Clean-up)	May 14 (9am-1pm)	Movie Night	July 16
CTA Women's Daytime Doubles	May 10	Friday Adult Tennis Mixer	July 22
Swim Team Parent Meeting	May 15 (3:45 & 4:45)	Swim Team Breakfast & Awards	July 27
Pre-Opening Workouts	May 16-18 & May 24-26	CTA Twilight	July 25
USTA Mixed Doubles 40 & over	May 22	CTA Women's Summer Daytime	August 1
Pool Opens	May 28	First Fridays-music/swimming til 10p.m.	August 5
First Fridays-music/swimming til 10p.m.	June 3	Teen Night	August 10
USTA Adult 40 & over	June 6	Brew Fest	August 13
CTA Adult 18-39	June 6	Friday Adult Tennis Mixer	August 26
CTA Women's 2.5 League	June 8	Boogie Night	August 27
Swim Team Pictures	June 8	First Friday-music/swimming til 10p.m.	September 2
Wine & Cheese Social	June 17	EOS (End of Summer) Party	September 4
Father's Day Floats	June 19	Extended Pool Weekend	Sept. 10-11

