



# Bear Creek

## Swim and Tennis Club

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

May 2019

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### Message from the President

I want to thank everyone who volunteered their time to help clean up the club. With your help, we accomplished many tasks. A few things still need to be done before the club opens; flowers to be planted, and a thorough cleaning of the concession stand, office and restrooms. I know everyone is excited to get to the club and have a great summer.

Our staff is in place to start the 2019 season, you will see some familiar faces and notice a few new ones as well! We would like to welcome back our facility managers for this summer, **George Stieduhar** and **Mikayla Wilson**. With this duo, we should be in good shape for this summer!

Our improvement projects this spring included: new LED lights that light up our parking lot and park area, pruning of the majority of our trees, a new retaining wall around the expanded playground, and the awesome new playground and zipline were our biggest expense and improvement this season. Check out the new Bear Creek sign on the front of the club house, if you think that it looks good during the daytime, it looks even better illuminated during the evening!

The board has been busy all winter to make Bear Creek safe & fun! Bear Creek is a great place to make memories with your friends and families! Here are a few of the events we have planned for the summer: First Fridays, Father's Day Floats, Wine & Cheese Social, Movie Nights, 4th of July Party, Teen Night, Beer Fest & 60 Anniversary Celebration, and PJ Zahn Band to cap off the season.

A few reminders, please always keep an eye on your children when in the park and when they are playing on the play set. Yes, even when they are swimming, please. Also, don't forget to put your umbrella down when the

wind picks up suddenly. With our club at full capacity, keep in mind that adults (16 years and over) have first dibs on lounge chairs, as stated in the club's bylaws. Be understanding if an adult asks to use a lounge chair that your child is using. We will be on the lookout for unpaid guest again this year. Remember, if everyone snuck in guests, we'd have a very crowded pool and club! We all pay dues to belong so let's take care of each other.

Please be patient when checking in this summer, our club management and entry system that we use may require that you provide an ID or other information.

As always feel free to contact me directly at [paul@trpinc.com](mailto:paul@trpinc.com)

Here's to a great summer!

Paul Daghljan

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 25 - May 27

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

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

**Monday - Thursday (May 28 - July 31):**

Swim Team .....7:00 a.m. - 10:00 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 (May 31 - July 26):**

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

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

**Saturday & Sundays (June 1 - July 28):**

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 9):**

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

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

**Saturday & Sundays:**

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

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

**Post-Season Hours Monday - Friday:**

August 12 - August 30...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 2...10:00 a.m. - dusk

**Extended Weekend:**

September 7 & 8 ...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 62 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

**2019 SWIM LESSON SCHEDULE**

**Session 1:** June 3 - June 13

**Session 2:** June 17 - June 27

**Session 3:** July 8 - July 18

**Session 4:** July 22 - August 1

**Swim Lesson Registration Information:**

1. A \$30 fee will be charged for each session taken. Payment for lessons can be made at the concession stand.
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.

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**Swim Lesson Registration cont'd.**

6. Stroke & Technique Clinic is offered for 1 session: June 7 - July 19. The session is 2 days a week (Mondays and Fridays) 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.
7. Cost: \$80 per swimmer, limited to 22 participants.
8. 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****Cubbies:** Parent-tot

Class size: 3 Students Minimum  
10 Students Maximum

Designed for infants 6 - 36 months accompanied by mother and/or father.

Water fun and Exploration

Face in water, Blow bubbles

Back Float

Jump off side or step to parent/instructor

Elementary Backstroke (introduction)

Big arm stroke, Kicking (front & back, with help)

Scooping-underwater

**Teddies:** Preschool

Class size: 4 Students minimum  
6 Students maximum

Designed for preschool youth 3 - 4 years.

Water fun and Exploration

Face in water, Blow bubbles

Back Float

Jump off side or step to parent/instructor

Elementary Backstroke (introduction)

Big arm stroke, Kicking (front & back, with help)

Scooping-underwater

**Koalas:** Beginning Level

Back Float (with support)

Front Float (with support)

Bobs (blowing out air)

Streamline off side to instructor

Front/Back Float with kick

Jump off side

Big arms, Kicking (front & back)

Elementary Backstroke

**Pandas:** Beginning Stroke Development

Front Crawl (short distance to instructor)

Elementary Backstroke (independent)

Crawl Backstroke

Begin rotary breathing with kickboard

Jump off board, Sit Dive

**Polars:** Stroke Development

Rotary breathing with front crawl (across width of pool)

Crawl Backstroke

Breaststroke (introduction)

Tread Water

Front Dive (kneeling dive)

**Grizzlies:** Intermediate Stroke Development

Butterfly

Breaststroke

Flip Turns with Crawl

Front Dive (standing, at side or blocks)

**Kodiaks:** Stroke Refinement

Technical instruction in all strokes

Starts and Turns

Full length of pool, all strokes (legal)

***Please note all classes will have a minimum of 3 students, maximum of 10 students***

**OTHER WATER CLASSES****Diving**

Diving skills on a one meter board including the front dive, the back dive, half twist and the inward dive will be offered (pending an instructor).

**Aqua-Exercise**

A class for both men and women (ages 16 and up) designed to tone muscles, condition, and stretch. Water aerobics and water resistance exercises are used. This class is offered Monday - Thursday at 11:30 a.m. and 5:15 p.m. and is 45 minutes long (pending an instructor).

**Aqua-exercise classes will now use a punch card system to track payment and attendance. An eight class punch card can be bought for \$30 on registration days only. Members can use the card until eight classes are "punched" even if they stretch over two different sessions.**



### **SWIM TEAM NEWS:**

**Registration:** You can still sign-up for swim team during our evening practices, **May 21 - 24** from 4:30 - 6:30 p.m. If you are interested in signing up after that date, please send an e-mail to [bearcreekswim@gmail.com](mailto:bearcreekswim@gmail.com). Team fees are \$160 for the first swimmer, \$150 second swimmer, and \$125 for additional swimmers. We will also have a \$300 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! Also, this year we are piloting *SWIMTOPIA* for registration, volunteer sign up, and all other details for the Bear Creek Swim Team! This 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. Swim caps will be available for purchase for \$12 at the concession stand this summer.

### **Practice Times:**

May 28 - July 25 (Tuesday - Friday)

Upper division (ages 13 & up): 7:00 a.m. - 8:15 a.m.

Lower division (ages 9-10 & 11-12): 8:00 a.m. - 9:15 a.m.

8 & under: 9:15 a.m. - 10:00 a.m.

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

### **Early-Season Practice Times:**

May 21 - 24 (Tuesday - Friday)

swimmers ages 10 & under 4:30 p.m. - 5:30 p.m.

swimmers ages 11 & older 5:30 p.m. - 6:30 p.m.

**Parent Meeting** will take place **May 29 at 9:15 a.m.** for all parents. We will review important information, so please plan on attending.

**Contact Information:** [bearcreekswim@gmail.com](mailto:bearcreekswim@gmail.com)

### **2019 Swim Team Schedule**

5/21 - 5/24 Registration at **BC** during practice times

5/29 - Parent Meeting at **BC** \*9:15 a.m.

6/1 - Swim vs. Governor's Ranch at **BC**

6/8 - Swim vs. Platte Canyon at **Platte Canyon**

6/15 - Swim vs. Grant Ranch at **BC**

6/19 - **Gator Open** at **Governor's Ranch**

6/21 & 22 - Ken Caryl Invite at **Ken Caryl**

6/25 - Team Pictures (wear team suits, 8a.m. during practice)

6/29 - Swim vs. Woodbourne at **BC**

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

7/6 - Bye Week

7/13 - Swim vs. Ken Caryl at **Ken Caryl**

7/16 - **Prelims** at **Grant Ranch** 6:30am warm-up, 7:30am start

7/17 - **Prelims** at **Platte Canyon**

7/20 - League Swim Meet at **Governor's Ranch**

7/22 - Swim Team Banquet 10:00 a.m.

7/26, 7/27 & 7/28 State Meet at **Stapleton**

**\*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







## Stroke & Technique Clinic

**Session:** June 7 - July 19 (NO July 5 clinic)

**When:** Mondays • 8:30 - 9:30am  
Fridays • 9:30 - 10:30am

**Cost:** \$80 per swimmer/per session

**Details:** We are offering 1 session. The session is 2 days a week (Mondays and Fridays) for 6 weeks. Must have basic swimming skills of all 4 strokes (this is not a swim lesson). For intermediate or advanced swimmers. Clinic includes break down of all 4 strokes. Starts, Turns, and Finishes.

**No Make-Ups**

**22 participants**

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Name of Swimmer(s): \_\_\_\_\_

\_\_\_\_\_ Age: \_\_\_\_\_

\_\_\_\_\_ Age: \_\_\_\_\_

\_\_\_\_\_ Age: \_\_\_\_\_

Membership Number: \_\_\_\_\_

Are you on the Swim Team? Yes No

*\*Due to liability, all fees must be paid prior to any swimmer entering the pool*

**Send completed form to:  
Bear Creek Swim & Tennis Club  
Attn. Stroke Clinic  
P.O. Box 27412  
Lakewood, CO 80227**

Please include a check made payable to Bear Creek Swim & Tennis Club. Walk-in registration is welcome if the session is not full, but mail-in registration will speed your entry on our starting day and guarantee your spot.

Questions? Email: [BearCreekSwim@gmail.com](mailto:BearCreekSwim@gmail.com)



## Tennis Updates

Tennis leagues have begun and drills will be in full swing beginning the week of May 27. To kick off the summer tennis season, there is a FREE drill on Saturday, May 25, the Memorial Day Tournament is on Monday, May 27 and drills begin May 29. Welcome back Ryan Freeman our returning Pro! We are looking forward to a great summer of tennis!

**Adult Drill Sign Up** - Participants will be required to sign up for ALL drills (including free and pay Saturday drills) on the tennis reservation website: <https://www.reservemycourt.com> If you do not have a user name and password, you will need to create one. Please email Linda at [bearcreektennis1@gmail.com](mailto:bearcreektennis1@gmail.com) to get the unique code for BCSTC. For instructions on how to sign up for a drill - go to the reserve my court website, click on the FAQ tab at the top and read the instructions toward the bottom of the page. It is very important that you sign up so the Tennis Pros know how many players to expect for each drill. All drills are \$10 for 1 hour, paid with a punch card unless otherwise noted. Punch cards can be purchased at the concession stand.

**Adult Drills** - There are lots of drills available - contact Ryan at [ryan@ryanfreemantennis.com](mailto:ryan@ryanfreemantennis.com) if you want to set up private lessons, want to learn how to play or have questions.

**Saturday FREE Drills** - 9:00 - 10:30am for 3.5+ players and 10:30am - noon for 2.5 - 3.0 players  
May 25, June 22, July 6, July 20, August 3, August 17

**Saturday Drills** - 9:00 - 10:30am for 3.5+ players and 10:30am - noon for 2.5 - 3.0 players beginning June 1, \$20 per person (please pay the pros directly, no punch cards for these drills), offered on Saturdays that we don't have a Free Drill scheduled

**Daytime Drills** - Wednesdays beginning May 29 (2.5 - 3.0) and Fridays beginning May 31 (3.5+) 11am - noon

**Cardio Tennis** - Wednesdays, 6:00 - 7:00a.m. and 7:00 - 8:00a.m., beginning May 29

**Evening Drills** - Thursdays, 6:00 - 7:00pm (2.5 - 3.0 players) and 7:00 - 8:00pm (3.5+ players) beginning May 30

**Friday Adult Mixers** - Please bring a can of balls and an appetizer/snack to share. 7:00 - 9:00pm  
May 31, June 14, June 28, July 12, July 26, August 9



## TENNIS NEWS

Junior Tennis Lesson registration and payment is **due May 24th**. There are no drop-in lessons, you must register. Please fill out the form for the Junior Tennis Drills found on the website and send it along with the payment to Linda Schley. Questions? Contact Linda, our tennis coordinator at [bearcreektennis1@gmail.com](mailto:bearcreektennis1@gmail.com)

**Memorial Day Tournament** is Monday, May 27, beginning at 9:00-10:00a.m. FREE warm up drills followed by match play from 10:00a.m.-12:00p.m., unless otherwise notified. If you want to participate in this fun social tournament, please email Ryan at [ryan@ryanfreemantennis.com](mailto:ryan@ryanfreemantennis.com) with your name, partner's name, NTRP, and cell number. Format will be doubles only and you can play as a single gender team or mixed, ages 18 and over. Please bring a can of balls. Stay tuned for cancellation news (weather permitting).

**Adult Drills, Evening Drills, and Cardio Tennis** are beginning in one week! Don't forget to purchase your punch cards at the concession stand, our pro cannot accept cash for drills. 3 punch card for \$30 or 10 punch card for \$100

**ITA Fall Mixed Doubles** deadline is **June 7th**, **CTA Women's Summer Daytime** deadline is **June 14th**, and **CTA Twilight** deadline is **June 21st**. These leagues are approaching quickly, don't be left out! Contact Linda Schley our tennis coordinator at [bearcreektennis1@gmail.com](mailto:bearcreektennis1@gmail.com).

If you are playing adult league tennis, there is a \$40 one-time (not per league) fee to play on a Bear Creek team. You have the option of paying by PayPal. Just go to the website ([www.bcstc.org](http://www.bcstc.org)), click on the Tennis page on the left hand navigation, then select the payment option from the drop-down menu on the PayPal button. There is a 3% processing fee included, you still have the option of paying by check or cash to avoid the fee.

Check out our updated tennis calendar and court reservation link on our website; [www.bcstc.org](http://www.bcstc.org).

## MARK YOUR CALENDAR FOR THE FIRST FRIDAYS

WHEN: FRIDAYS; June 7, July 5, and.....August 2

TONO PRODUCTIONS will provide the music

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

DETAILS: THESE WILL BE A FAMILY EVENT. WE WILL HAVE MUSIC AND THE POOL WILL BE OPEN FOR SWIMMING UNTIL 10 P.M.! BRING YOUR DINNER, 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 16 (OF COURSE!)

TIME: 1:00 P.M. TO 3:00 P.M.

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

COST: \$2.00 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 \$25.00 concession cards. We are always looking for suggestions for food and drink items. Again this summer we are trying to go "green" and recycle aluminum cans and plastic, please help us and our environment out!



## WINE & CHEESE SOCIAL

WHAT: WINE & CHEESE

WHEN: FRIDAY, JUNE 21, 2019

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

Mike & Lindsay Burke  
Hudson '07 Beau '16  
Piper '10 Collyns '18

Chris & Wendy Flusche  
Emma '02 Evan '13

Mike & Jodi Moon  
Emma '04 Samantha '08

Harry & Jesica Cigliano  
Dominic '07  
Marco Antonio '09

Jered & Lorene Garcia  
Jered Jr. '00 Jace '08

Steve & Janie Tyler  
Amelia '10 Addison '12  
Hudson '12 Faven '13

Brian & Lindsay Edgar  
Norah '10 Owen '12

Lincoln & Robyn Harberger  
Jones '18

Bill & Linda Wright





*Bear Creek Swim & Tennis Club*

*P.O. Box 27412*

*Lakewood, CO 80227*

## Calendar of Events

Trio League	March 23	Father's Day Floats	June 16
Spring Swim	April 28 - May 19	Movie Night	June TBD
USTA Mixed Doubles 18 & over	April 7	Wine & Cheese Social	June 21
Youth Tennis Registration Day	April 6 & 13	Swim Team Pictures	June 25
USTA Adult 18 & over	April 22	4th of July Party	July 4
JTT Registration Deadline	April 27	First Fridays-music/swimming til 10p.m.	July 5
USTA Adult 55 & over	May 1	ITA Fall Mixed Doubles	July 14
<b>Volunteer Day</b> - (Clean-up)	May 4 (10am-4pm)	Swim Team Banquet	July 22
<b>Volunteer Day</b> - (Clean-up)	May 5 (noon-4pm)	CTA Women's Summer Daytime	July 29
<b>Volunteer Day</b> - (Clean-up)	May 11 (10am-4pm)	CTA Twilight	July 29
CTA Women's Daytime Doubles	May 14	First Fridays-music/swimming til 10p.m.	August 2
Pool Opens	May 25	Teen Night	August 7
USTA Mixed Doubles 40 & over	May 26	60th Anniversary & Beer Fest	August TBD
Swim Team Parent Meeting	May 29 (9:15am)	Movie Night	August TBD
First Fridays-music/swimming til 10p.m.	June 7	Annual Meeting	August TBD
USTA Adult 40 & over	June 10	PJ Zahn Band-music/swimming til 10p.m.	August 31
CTA Adult 18-39	June 10	Extended Pool Weekend	Sept. 7-8
CTA Women's 2.5 League	June 12		

