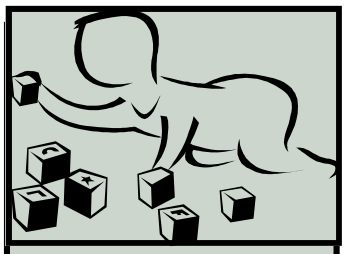
KAC Newsletter—December 2007

KINGWOOD ATHLETIC CLUB

December 2007

Drop & Shop Saturday, December 8, 2007



Drop & Shop Saturday

December 8, 2007

4:30—10:00PM

AGES 9 Months—12 Years

Reservations must be made by Noon, Friday, Dec. 7th.

Parents drop your children off at the Cottage while you do your Christmas shopping.

Pizza is included.

RESERVATIONS REQUIRED

DON'T MISS OUT!

Drop & Shop Cost

Member Rate:

$25 First child

$20 each additional child

Non-Member Rate:

$30 First child

$25 each additional child

Cottage Kids Breakfast w/Santa

Saturday, December 15th
9:00-10:00 AM
Reservations are required!
Reservations must be made by Noon, Friday, Dec. 4th
Bring the kids to the cottage for pancakes, juice, milk and fruit. $12 per child includes picture with Santa. Parents are encouraged to stay w/ children. Cameras are allowed. *Contact Penny Ward* ***281-358-4117***

Winter Break Camp

December 26, 27, 28 and January 2, 3, 4 and 7.
8:00AM –5:00 PM

Member Rate $35 per day

Non-Member Rate $42.50 per day

Kids ages 1st grade—11 years enjoy days filled with games, moonwalk, swimming and lots more.

Items to bring:

*backpack

*lunch

*swimming suit

*towel

Contact Penny Ward

281-358-4117

FIRST AID BASICS

The purpose of the American Red Cross First Aid course is to give individuals the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illness until advanced medical personnel arrive and take over. This course does not include information on breathing or cardiac emergencies. Course Length– 4 hours $65 May be scheduled upon request, Please call

Dawn Gillespie

281-358-7765 ext 227

CPR/AED in the WORKPLACE

American Red Cross procedures for rescue breathing, clearing an obstructed airway and performing CPR on adults, children and infants will be taught. This class is critical for anyone who may potentially be a first responder until professional help arrives.
December 6th
9:00AM-5:00PM
$65 per participant
CPR/AED in the WORKPLACE CHALLENGE
Participants must have current CPR card
December 12th
9:00AM-1:00PM
$55 per participant
281-358-7765 x 227
Must pre-register at Hospitality Desk

MEET, RETREAT, PARTY or PLAY

Let us show you how to have a great party! We can help you arrange everything from an intimate pool deck gathering, to a full-blown lock-in, or special event. We will meet all of your needs within a beautiful setting, right here in Kingwood. Facility Rentals: Full Club Rental, Studios, Indoor Pool, Outdoor Pool, Sand Volleyball Courts, Basketball Courts, Gymnasium (Hourly, Half Day and Full Day Rentals are available.) *Contact Tammy Gross 281-358-7765 ext 222*

GIRL & BOY SCOUTS

Swim level and safe boating classes are offered. Available by appointment only.
$15/child
To Register call
281-358-7765 x227

1st Annual Member/Guest Fall Festival

The Kingwood Athletic Club's 1st Annual Fall Festival was held on Oct. 20th from 6-10pm. It was a huge success with over 200 members and guests in attendance enjoying Bar-b-que and live music during a perfect Texas Fall evening. Door prizes that were given away included a bottle of wine, a night at Homewood suites, dinner from Chuck and Jack's Shucking Shack, personal training, massages and a 3 month complimentary membership. Parents got to unwind while their children enjoyed kid friendly activities in the gym. By response of those in attendance plans are already underway for next years event.

Stay tuned……

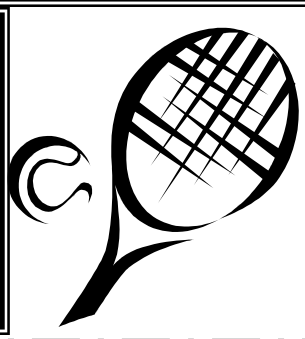
ACTIVTRAX / TRACK YOUR WORKOUTS

Fitness doesn't have to be confusing! Let our Customized Workouts and our Online Exercise Book take the guesswork out of your getting in shape. Our revolutionary web-based technology creates customized workouts designed around an individual's fitness goals, experience, and strength, and unlike any other program, uses the equipment available at your health club. Discover your potential Customized Workouts at your fingertips.

Contact Steven Miller 281-358-7765 ext 238

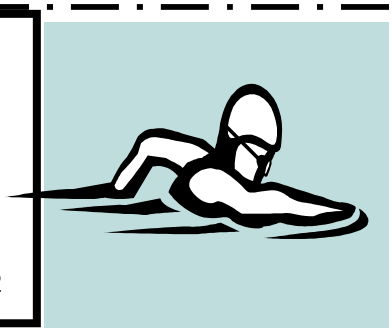
FALL 2007 TEX-AUSSIE Tennis Academy

We offer 4 different classes for ALL Junior Players.
JOEY'S (4-6 Years olds)
ROO'S (7 years and up) Beginner
CROC'S (7 years old and up) Intermediate
KANGA'S Advanced/Tournament Player
TO ACCESS MORE INFO CONTACT
Svalentine@kaconline.com 0r CALL 281-358-7765 ext.245



On the 12th day of Christmas, my true love gave to me..

8 Personal Training Sessions & A Full Body Massage for $430
8 Personal Training Sessions for $360
4 Personal Training Sessions $200
PLUS:
20% Discount on your Next 24 Pack Renewal
15 % Discount on your Next 12 Pack Renewal
10% Discount on your Next 8 Pack Renewal
Contact Steve Miller at smiller@kaconline.com

Congratulations to Elizabeth Tillotson!!

She earned a position to compete November10-11 at the Texas All Star Swim Meet in Corpus Christi. As a swimmer for NEHA, she along with other Gulf Swimmers from other USA Swim Teams competed as a team and won the meet! Elizabeth placed 3rd in the 50 breast and 8th in the 100 breast. The coaches are proud of her accomplishment and for a great job representing North East Harris Aquatics.