



INFORMATION

Welcome to  
**Foothills**  
Tennis & Swimming Club

3351 Miranda Avenue, Palo Alto, CA 94304 / 650.493.8540 / [info@foothillsclub.org](mailto:info@foothillsclub.org)

[www.foothillsclub.org](http://www.foothillsclub.org)

## Foothills Tennis and Swimming Club

### **Mission Statement**

Foothills Tennis and Swimming Club (FTSC) is a proprietary club that provides a social and recreational center for families and individuals who seek a well-appointed but casual environment in which to develop a community of friends.

The Club provides a regular schedule of social events, a program of children's swim lessons and competitive activities, and a tennis program with lessons and competitive activities for all ages. It seeks to serve the needs and interests of families and of individual Members.

FTSC's Members share a commitment to the values of the Club community:

*Friendliness* - Members, guests, and club staff treat one another in a friendly, courteous manner.

*Participation* - FTSC relies upon volunteer effort to set the direction of its programs and to provide the array of activities that meet Members' priorities. For this reason - and because friendships are made when people work together to further shared interests - we encourage Members to become involved in helping plan and put on our social, swimming, and tennis activities. Opportunities for involvement include working on single events, serving on standing committees (e.g., Tennis, Swim Team, Membership) and on the Board of Governors.

*Good Sportsmanship* - in all athletic activities, we place a premium on mutual respect among competitors and on the old-fashioned idea that one should be modest in victory and gracious in defeat. We cheer for our own teams, not against our opponents.

*Financial Prudence* - careful management of its physical and monetary resources, based upon long-range plans ratified by the entire membership, allows FTSC to offer quality programs in attractive premises at a reasonable cost to Members.



## Foothills Tennis & Swimming Club

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### Membership Information

January 2019

A member-owned club, Foothills provides a social and recreational center in which to develop a community of friends. Our informality, the close proximity of all facilities, and the friendly cooperation among Members, are special attributes of Foothills. These features combine to create a comfortable home environment that is unique among clubs in the area. Members take proprietary pride in their Club and are expected to volunteer their time to organize activities, set the direction of our programs, and share in the upkeep of the clubhouse and grounds.

#### Programs

- A variety of regularly scheduled social events
- Adult tennis lessons, league teams, and tournaments for all skill levels
- Year-round junior tennis, including clinics, matches and team activities
- Children's summer swim team (for swimmers up to 18 years old)
- Swim lessons, year-round
- A summer swim and tennis day camp, for children 5-9 years old

#### Facilities

- 7 tennis courts (*lighted*)
- 75-foot swimming pool, open all year
- Fitness room, includes treadmills, cycles, elliptical, rower, free weights, etc.
- Short court and tennis backboard
- Sport court and children's playground
- Clubhouse living room, junior lounge, self-service kitchen, locker rooms
- Poolside snack bar, open June-August

## Application Process

- 1. Potential applicants are encouraged to stop by Foothills to take a look around and obtain an application. Prior to submitting an application, prospective Members may request a tour of Foothills including the grounds, clubhouse, and amenities.
- 2. Applicants must be sponsored by two current proprietary Members. One of these Members must have known the applicant for at least one year. The primary sponsor must write a recommendation letter to be included at the time of application submission. The secondary sponsor simply signs the application. No sponsor may be related by blood or be associated in business with the applicant.
- 3. A family introduction and photo must also be included with the application.

Once the complete application has been submitted:

- 1. The applicant's family name, city, and sponsors will be posted on the bulletin board in the clubhouse lobby.
- 2. Applicants must be interviewed by a member of the Membership Committee. The committee member will recommend the prospective Member for board approval.
- 3. Upon approval, the entire family will be invited to a mandatory New Member Orientation given by the General Manager and a member of the Membership Committee or Board. The orientation is an informal opportunity for applicants to meet current Club Members and exchange information, learn about the Club programs and rules, and sign insurance liability forms and photo release forms.

These steps are required prior to the membership offer. Admission to Foothills requires the approval of the Board of Governors.

## Fees and Dues

Entrance fee: \$4,950

Refund upon resignation in good standing: 25% of the current entrance fee at the time of resignation.

Quarterly dues: \$840 + \$150 Capital Maintenance Reserve Fund Fee

## Additional information

The Club's staff will be happy to answer questions about membership. Please call the office at (650) 493-8540 or e-mail us at [info@foothillsclub.org](mailto:info@foothillsclub.org).



# General Club Rules

## Autumn/Winter/Spring Hours

### Clubhouse:

8am-\*8pm Mon-Fri

8am-6pm Sat-Sun

### Office:

9am-8pm Mon-Fri

9am-5pm Sat

Closed Sunday

Fitness room: 5am-11pm Daily

Grounds: 5am-11pm Daily

Pool: 6am-9pm Daily

## Summer Hours (Memorial Day – Labor Day)

### Clubhouse:

8am-9pm Daily

### Office:

9am-8pm Mon-Sat

9am-5pm Sun

Fitness room: 5am-11pm Daily

Grounds: 5am-11pm Daily

Pool: 5am-11pm Daily

\*Clubhouse may close as early as 6pm if there is a Club rental, check the website calendar.

## General

- Free wireless internet access is available throughout the grounds and clubhouse. Login information is posted on the clubhouse bulletin board.
- Members are required to cleanup after themselves and their children in all areas. Please deposit all litter in compost, trash or recycling receptacles.
- No eating, drinking, or gum is permitted in the pool, locker rooms or junior lounge.
- No squirt guns or toy guns are allowed at the Club.
- Bicycles and roller blades may be ridden to the Club but not on Club grounds.
- While alcohol is permitted at the Club, you may be asked, by any staff member including lifeguards, to leave if you become over intoxicated or your behavior becomes unacceptable.

## Guest Privileges

- Guests are to be accompanied by a Club Member, who must sign in at the front desk for the guest upon arrival. Guest fees are charged to the Member.
- A Non-Member may be a guest at the Club twice in one month.
- Out-of-town visitors (residing more than 100 miles away) may be issued an 8-week privilege. Cost is \$35 per week per person. Ask the Manager when applicable.

## Use Of The Clubhouse

### *Living Areas*

- The junior lounge is a place for quiet activities for children and teenagers. Food, drink and boisterous play are not permitted. Young children must be supervised.
- The living room, kitchen, and coffee machine are open to children over 14 and adults. Children under 14 are not allowed in these areas, except in the company of their parent(s).
- Bathing suits may not be worn in the living room at any time. Members and guests leaving the Club in wet suits should exit through the outside gate near the locker rooms.

### *Kitchen*

- Kitchen facilities may be used by adult Members on a first-come, first-served basis, except when exclusive use has been pre-arranged through the Manager. Kitchenware is available only for general Club function and Member gatherings at the Club. Members may NOT remove any kitchen supplies (plates, napkins, utensils, etc.) from the premises.
- Exclusive use of the clubhouse and/or kitchen is available only by Club rental. Please contact the office for details about renting the Club.

### **Use Of The Grounds**

- The grounds are *closed* from 11pm – 5am.
- When the Clubhouse is closed, enter and exit through the side gate with the gate key. The last Member to leave the grounds at night is expected to ensure that the gate is locked.
- Use of grounds by organized groups of more than 10 people must be pre-arranged through the office.
- No pets are permitted on the grounds unless specifically approved by the Board.

### **Fitness Center**

- The fitness center is *closed* from 11pm – 5am.
- Proper athletic attire must be worn at all times, including athletic shoes. No jeans.
- An orientation is required to ensure proper use of the fitness equipment.
- Minimum age to use the Fitness Center is 16 years.
- Locked facility, Members purchase a key fob or card for a \$25 deposit, please see the office.
- No guests allowed.

### **Locker Rooms**

- Children in the locker rooms must be supervised by their parent or caretaker.
- Please keep showers brief (5 minutes).

### **Tennis**

- Rules for use of the tennis courts are posted near the sign-up board. Copies may be obtained from the office. All Members are expected to comply with the rules.
- Tennis courts are for tennis only. No other activity is permitted on the courts.

### **Pool**

- Rules for the pool are posted on the swim bulletin board. Copies may be obtained from the office. All Members are expected to comply.
- Lifeguards and FTSC Staff are responsible for enforcing rules and adult Members are responsible at all times for their children.
- Only lifeguards may occupy lifeguard chairs or lifeguard stands.
- Members and guests are not permitted in the pool equipment rooms.
- Glass containers are not permitted on the pool deck.

### **Lost And Found**

- Lost objects are placed in the bin by the pool. Articles of greater value are kept in the office.
- Articles remaining in the lost and found for more than one month will be donated.

### **Responsibilities Of Parents**

- Parents are responsible for seeing that their children know and obey Club rules.
- Parents are responsible for any damage to the facilities caused by their children.
- Children 14 and under must be accompanied at all times by a parent or designated caretaker, except when participating in a supervised junior activity. The Club does not have a child care program. Do not leave children at the Club without adult supervision.



## All Tennis Programs

### Overview

Private lessons from our pros are available year-round for all ages and levels. All of our instructors are patient and knowledgeable about tennis and child's development. Each instructor receives ongoing training and reviews to ensure the best tennis instruction possible.

Private tennis lessons are available for ages 5 through adult and run year-round but depend on instructor availability. Lessons are scheduled on a day-to-day basis; you may register for as many lessons as frequently as you'd like. Lessons are private, 30 or 60-minutes in duration. If interested in semi-privates, please bring players that are close to the same ability and book your lessons together.

#### How to schedule:

Lessons are scheduled through the website ([www.foothillsclub.org](http://www.foothillsclub.org)). Members may log in and view the availability on the Tennis Page. Non-Members may obtain additional information through the Tennis Director.

#### Lesson Costs:

30-minute Lesson:

- Members \$45 per lesson
- Non-Members \$65 per lesson

60-minute Lesson:

- Members \$90 per lesson
- Non-Members \$125 per lesson

**Group classes designed to help children from 5 to 18 years old develop their tennis skills in a sociable and supportive group environment. See our website for more info, or to register online. First time players should get an evaluation with Terry.**

#### Year-Round Fireballs

After-school classes are offered September through June, with each session lasting 4 to 6 weeks. Register for one or two days per week.

- **5 to 8, Beginner *Mon/Tues/Thu 3:30-4:15pm* Red dot balls, red court**
- **8 & 9, Beginner *Mon/Wed/Thu 3:30-4:30pm* Orange dot balls**
- **10 to 18, Beginner *Wed 4:30-5:30pm* Green dot balls**
- **10 to 18, Advanced *Mon/Tues/Thu 4:30-6pm* Yellow balls**

#### Summer Fireballs

From mid-June to early-August Fireballs classes are offered during the day, with each session running from Monday to Thursday and optional matches played on Fridays.

- **Fireballs *Noon-2pm or 2-4pm, Mon - Thu* All ages and levels.**
- **Fireballs *Aces 8-9:30am, Mon/Tues/Thu or Tues/Thu only.* For intermediate to advanced players; players must be approved by Terry.**
- **Match Play *Fridays.* Competitive matches against other clubs in our area. Match play is included in any full session enrollment for those players who are at the appropriate level, or you can register for our match package.**

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**Clinics with Terry Roundtree, Junior Tennis Director:** Classes are 1 hour. Registrations are by the month only, generally 4 weeks. No drop-ins accepted. Register online.

- **Tennis 101 Winter/Spring: *Mon 8:30am* Summer: *Wed 8:30am***  
For beginners; introduces adults to the fundamentals of tennis.
- **Tennis 102 Winter/Spring: *Tues 8:30am* Summer: *Wed 8:30am***  
For beginners and intermediate players; develop consistent stroke production and footwork.
- **TRX/Cardio Winter/Spring: *Thu 12pm* Summer: *Tues 7am***  
No tennis experience; a fun, high-intensity workout that combines TRX, tennis, running, and music.

**Clinics with Mariano Parris, Tennis Director:** Classes are 1-hour. Register online for each individual day you plan to attend. Drop-ins are accepted.

- **Beginners Clinic *Wed 6-7pm***  
This co-ed clinic is a fun tennis experience for first time players. It is a beginners clinic to introduce players to the Foothills Tennis Family and teach tennis fundamentals: ground strokes, volleys, and serves. This clinic offers players the basics needed to truly enjoy this lifetime sport.
- **Intermediate/Advanced Clinic *Fri 10-11am***  
This co-ed clinic is for intermediate and advanced players. We will play doubles points and run feeding ball drills for stroke production, in 15 minute rotations. We will also review doubles strategy and point play strategy.

## LEAGUE PLAY

**Year-Round Team Tennis:** Adult team play is available for Juniors, Over 18, Over 40 and Over 65 players at levels 3.0 and up through USTA, Penn League and Interclub. Call the tennis office or email Henry if interested in a team.

**USTA Mid-Peninsula Senior Tournament:** This week-long tournament in Mid-August is for players ages 45 and up. Voted USTA NorCal's Most Outstanding Senior Tournament in 2016. Entries open in early July.

**NTRP Spring Tennis Tournament:** May 20-21. Ladies 3.5 & 4.0 and Mens 3.5 & 4.0. Registration opens in April. Participants will celebrate the championship with a barbeque cookout on Saturday.

**Twilight Tennis Mixer & BBQ:** 5:30pm on the 3rd Friday of the month from April-July and Sept-Oct. Casual mixed-up doubles for all levels, followed by a friendly potluck BBQ. Register online or with the office.

**Other Tournaments & Mixers:** We organize a variety of friendly tournaments for singles, doubles and mixed play throughout the year. Check the website for upcoming events; register in the office.

## CONTACT

Mariano Parris, Tennis Director  
(650) 493-8540 x104  
Mariano@foothillsclub.org  
www.foothillsclub.org





## All Swimming Programs

### Overview

Most of our instructors come from a competitive swimming background. They are patient and knowledgeable about swimming and child's development. Each instructor receives ongoing training and reviews to ensure the best swimming instruction possible.

Private swim lessons are available for ages 3 through adult and run year-round but depend on instructor availability. Lessons are scheduled on a day-to-day basis; you may register for as many lessons as frequently as you'd like. Lessons are private, 30-minutes in duration. If interested in semi-privates, please bring swimmers that are close to the same ability and book your lessons together.

#### How to schedule:

Lessons are scheduled through the website ([www.foothillsclub.org](http://www.foothillsclub.org)). Members may log in and view the availability on the Swimming Page. Non-Members may obtain additional information through the Aquatics Director.

#### Lesson Costs:

For regular instructors:

- Members \$35 per lesson
- Non-Members \$50 per lesson

For experienced instructors:

- Members \$40 per lesson
- Non-Members \$55 per lesson

#### PSA Summer Swim Team

Foothills swim team helps kids and teens improve their technique and build strong bonds. Swimmers work together at practices, encourage each other at meets, and have a blast at team social events through the summer. They compete in five dual club meets, a relay meet, and the Championship Meet. Summer Swim Team is for Members only, ages 4 to 18.

#### PASA Year-round Swim Team

Foothills is one of six sites that train Palo Alto Stanford Aquatics (PASA) teams. Contact the Aquatics Director for more information.

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### Masters Swimming

This group offers adult swimmers' motivation to make it to the pool and swim, plus the opportunity to have fun and meet new people. We teach efficiency and technique as well as giving you a work out. Practice times are M/W/F 11:30am – 1:30pm. Open to Members and Non-Members ages 18 and up.

### Women's Swim Clinic

This is an opportunity to learn about strokes and techniques – at your own pace; and to also enjoy making your swimming more efficient and fun. We encourage Members to come out, enjoy the time together, and bring a little lunch to eat together after the clinic. This is a monthly clinic - typically held the first Thursday of each month, running September – May, 10:30-11:30am.

### Men's Swim Clinic

This is an opportunity to learn about strokes and techniques – at your own pace; and to also enjoy making your swimming more efficient and fun. We encourage Members to come out, enjoy the time together, and bring a little lunch to eat together after the clinic. This is a monthly clinic - typically held the first Saturday of each month, running September – May, 10:30-11:30am.

The Foothills pool provides a comfortable, safe and friendly family atmosphere for Members and their guests. Water toys and training aids are available for use anytime. The diving area and wading pool are always available, and at least one lane is devoted to recreational swimmers. The only exception is when we are running swim meets that require the entire use of the pool; the pool is closed to recreational swimming during these swim meets.

### **CONTACT**

Dave Zapp, Aquatics Director  
(650) 493-8540 x105  
Dave@foothillsclub.org  
www.foothillsclub.org