

Orchard Hills Swim & Sports Club has something for everyone!

Think Summer!



Summer "To Do" List:

***Check Out Our
Brand New
OHSS Kids'
Activity Pool!***

- ✓ Register now for OHSS Pool Membership
- ✓ Check out Summer Fun & Mini Camps: Sign up for a week or the whole summer! Contact Paula Spagnuolo at 224-5444, Ext. 216.
- ✓ Early registration for OHSS summer programming:
April 25, 9AM - 1PM at EH and The MAC
- ✓ Attend OHSS Pool Open House: May 28. Sign up for a week-long program and receive \$10 off enrollment.
- ✓ Register for the West Michigan Tennis Academy- Call OHSS: 224-8700
- ✓ Continue your summer shape-up exercise routine at EH, OH, and The MAC!

For additional Summer information view our website at www.ehac.com

GENERAL MANAGER'S CORNER

Dear Members and Friends,

What a challenging world we find ourselves in these days! Almost every business in our country and most certainly those in Michigan, has felt the impact of the plunging housing market, the failing banks, businesses in Chapter Eleven, and extremely conservative consumer spending.

We, too, have felt the impact of the poor economy we find ourselves in. While our membership remains stable and our retention rates continue to be well above the industry average, we have experienced rising utility and supply costs, the effects of the new MBT (Michigan Business Tax) and conservative member spending.

Our clubs are very solid operationally and we, along with other businesses, will weather this "economic storm". However, it does require careful attention to managing "the business" side of things, including all types of revenue and expenses.

We are working very hard to find ways to be efficient while continuing to provide the value in your membership that is important to you. Our goal is always to keep the elements intact which are important to the CORE of the health and fitness experiences that we provide inside our walls. Our quality team will continue to deliver excellent classes, services and programs.

I encourage you to continue to participate in your healthy lifestyle activities! Now more than ever, it is important to manage the most precious asset we all have. Feeling and looking good and having the energy you need help you to function effectively in all other aspects of your life!

Thanks for your continued patronage and I look forward to seeing you in the clubs!

Best regards,
MJ Smith, VP SMHMC

SAVE THE DATES!

March 6	Kids Night Out at East Hills
Week of March 9	Grand Opening: The Mane Attraction Hair Studio at The MAC
March 12	I Lost It at the Club Post Party
March 19	Naya Wine Tasting Party
March 20	Kids Night Out at The MAC
March 20-21	Annual Shoetree Classic Paddle Tennis Tournament
March 20-21	Spring Gymnastics Sleepover at EHAC
March 23	Session 6 begins
March 28	Sat. Kids Night Out at The MAC
March 28-29	East Hills 3 on 3 March Madness Tournament
April 25	Early Registration for OH Programs 9am-1pm at EH and The MAC
May 26	Gymnastics End-of-year Show 6pm
May 28	OHSS Pool Open House

MARCH MADNESS

3 ON 3

BASKETBALL TOURNAMENT

March 27th, 28th & 29th, 2009



Divisions for 3rd-12th Grades

Entry forms available beginning February 9th.
T-shirts to the first 20 teams entered in the tournament!
Download a registration form from our website,
www.ehac.com
Members and Non-members welcome!

Tri-Club Tennis Championship Winners!

Level 8 Junior Doubles: Allison Fecko & Aaron Hendrick	High School Doubles: Eric Pell & Ben Dion
Level 6 Junior Doubles: Evan Taylor & Devon Reininger	Level 4 Junior Singles: Sanchay Thamman
Men's 3.5 Singles: David Wiltjer	Mixed Open Doubles: Patrick Bruining & Caroline Aleck
Men's 8.0 Doubles: Sonny Atkinson & Javier Sanchez	Level 5 Junior Singles: Belle Gallup

Thanks to all who played!

NOW ACCEPTING APPLICATIONS FOR OHSS THIS SUMMER!

Go Paperless! Contact the Business Office with your email address to receive your monthly statement by email.



Is that knee pain keeping you from performing your best in Spinning class? Is that nagging shoulder keeping you from swimming? Time you get that checked out! Look no further than the club! We are very pleased to announce that we will again be offering physician clinics at GRSportsCenter located within the East Hills Athletic Club. We are fortunate to be joined by Dr. Patrick Zietz and Dr. Karl Roberts of West Michigan Orthopaedics. We will be taking new patients on Wednesday afternoons from 3-6 by appointment. Just call us at 233-3599 and we'll get you scheduled, verify your insurance benefits and promise to provide the most comprehensive care around.

Pro Shop News

MARCH MADNESS
DEMO SALE

March 9, 2009

9:00am at East Hills

Prince ~ Wilson ~ Head

All Sales are FINAL~ No Warranty~Demo credits cannot be applied

SUPER MEMBERSHIP - CONSIDER THE VALUE!!!

Our super membership option is one that many members find valuable. The value lies not only in the fact that all three of our indoor facilities are readily available for use. There are also many special enhancements that super members can take advantage of. A short overview of these is provided below:

- Super members receive special pricing for those listed on the membership, for almost all programs and services that the clubs offer. These include, but are not limited to: tennis, aquatics, personal training, pilates, youth classes and birthday parties.
- Super members receive special pricing for those listed on the membership, for weekly sign up programs such as cardio tennis, special events and kidfit.
- Super memberships receive special pricing on grab and go cooler food/drink items, pro shop purchases and massage.
- Super members receive a \$75.00 referral reward for referring a new super member!
- Super families can purchase the OHSS summer family pool for just \$50.00. This fee is reduced by 10% for all continuous years after the first year of membership.
- Super members will be invited to participate in a special SUPER SUMMER BASH, scheduled for the coming summer season at the OHSS pool, date to be announced shortly.

In addition, don't forget that we have installed a new toddler activity pool at the OHSS complex, along with twelve new state-of-the-art tennis courts, new home to the West Michigan Tennis Academy.

Finally, Supers will want to check out the BRAND NEW KIDS ACTIVITY ROOM, "GAME ON," located at The MAC! This area is dedicated to kids having active fitness fun!! The room includes a Makoto; eXerbikes; Dance Dance Revolution; table shuffleboard; air hockey; ping pong and foosball. Please check at The MAC for operating hours and age guidelines.

There are several super membership option types available to fit your needs. We invite you to contact our sales office today to get more information on this great membership option and get more value !!

Note: Super pricing applies only to those listed on the super membership.

ANNUAL SHOETREE CLASSIC PADDLE TENNIS TOURNAMENT 2009

A Local Tournament For Everyone!

March 20th and 21st

CONTACT WENDY MIKA TO SIGN UP: WENDYMIKA@GMAIL.COM OR 443-0580.

The MANE ATTRACTION HAIR STUDIO!!!

We are very excited to announce that
The MAC has a hair studio!!

Stylists Laura Sharkley, Lauralee Meyers and Sarah Rittersdorf are excited to be open for business and are ready to service your hair needs. The three women became acquainted while working as stylists for the Regis Corporation. They have been involved in plans during the last few months to create a salon space that offers comfort and convenience to clients, including members of the clubs!

The studio offers services ranging from haircuts and styling, coloring, facial waxing, and scalp massage for men, women and children.

Members are invited to stop by to meet the stylists and see the new salon, where you can get more information about the hair services they provide. Enjoy the convenience of having your appointment before or after your workout!

*A Grand Opening
is planned for the week of March 9th.*

The studio will be offering several promotions including:

- \$2.00 off haircuts
- Free wax with color service
- 20% off retail purchases
- Free Tea Tree service with haircut

The Mane Attraction Hair Studio is very excited to be part of The MAC! Stop by to meet Laura, Lauralee and Sarah!

Finance Charges:

Beginning April 1, 2009, monthly delinquent accounts will be assessed a finance charge of 2.5%.

To all members of East Hills Athletic Club, Michigan Athletic Club and Orchard Hills Swim & Sports club:



You are invited to an
exclusive wine tasting
hosted by

NAYA
BISTRO & WINE BAR



Where: Naya Bistro & Wine Bar
1144 East Paris SE

When: Thursday March 19th
6:30 pm - 8:30 pm

Cost: \$20 per person
(plus tax and gratuity)

R.S.V.P. By March 14th
(616) 719.4400 or
caitlin@nayagr.com

www.nayagr.com

Does your company have a corporate account with us? Stop by one of our sales offices to start one for your company today. The benefits are great for you and your employees!

Session 6 Begins March 23! Sign-up Now!

"GAME ON"

Calling all MAC and SUPER Member kids, young and old! The MAC's brand new GAME ROOM is now open! This area is dedicated to kids having active fitness fun! All MAC and SUPER Member kids are invited to check it out. Please check at The MAC for room hours and age guidelines. Then, come on out and **GAME ON!**

CLEAN SWEEP SALE



STARTS: Monday, March 9th at 9.00 am

WHERE: East Hills Athletic Club - Pro Shop
Close-Outs

Clothing, Shoes, Bags, Shoes & Racquets

Save up to 80%

Just in time for Spring Break