

# July FitNews



*Our mission is to teach, encourage, and motivate you to a higher level of fitness and health through fun and exciting programs and fellowship.*

568 Pine St  
Omak, WA 98841  
Phone: 826-5552  
[www.ncac-omak.com](http://www.ncac-omak.com)

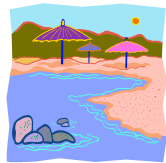


Lydia Hamilton  
Club Manager

## Manager's Minute

Hope everyone had a safe and happy 4<sup>th</sup> of July! I would like to give a big welcome to our newest NCAC team member, Elicia Duncan. Congrats to Darren and Elicia on their recent union!

We are now only a month away from our first ever Omak Warrior Dash! Have you gotten your clan signed up? This is going to be the event of the summer and you do not want to miss it! It is still not too late to register. Show us your warrior spirit. You will survive! Boot camp has started and if you missed the beginning, you can always do a drop in. Check out our drop in rates at the front desk.



## Kid's Summer Camps

**July 5<sup>th</sup>-9<sup>th</sup> Kids Flag Football Camp** 4-4:45 (ages 3-6), 5-5:45 (ages 7-9) Our Flag football camp is designed to teach the basics of the exciting game of flag football! *\$25 per child.*

**July 11<sup>th</sup>-15<sup>th</sup> Kids Sports Combo Camp** 4-4:45 (ages 3-6), 5-5:45 (ages 7-9) See above detail. *\$25 per child.*

**July 11<sup>th</sup>-15<sup>th</sup> Kids Tennis Camp** 8-8:30 (ages 4-6) \$29, 8:30-9:00 (ages 7-9) \$29, 9-12 (ages 10+) *\$150 per child.* Don't let summer slip away before increasing your tennis game!

**August 23<sup>rd</sup> & 25<sup>th</sup> Kids Tennis Camp** 4-6pm (ages 10+) Last chance session! Just 2 days-4 hours for \$40.



## JULY 5TH-AUGUST 2ND

It's not too late to join! 3 weeks for just \$69,  
2 weeks only \$49! \$8 Mem / \$12 Non Drop-Ins



\*Build Stamina \*Lose Fat \*Gain Confidence \*Accountability \*Have a Blast!

Get up-to-date Club info at either: [www.ncac-omak.com](http://www.ncac-omak.com) or on Facebook

### Programs

Tuesday Morning Ladies Doubles  
Wednesday Night Doubles  
Thursday Night Mixed Doubles

# NCAC's Summer Tennis Program

### Cardio Tennis

Monday's 5:30pm

Want to get a great workout outside? Improve your game & physique! *Cardio Tennis will blast off the calories by delivering high intensity drills that won't leave you standing in line! Just \$5 for 12 people—\$8 for 8—\$10 for 5 Show up and see why tennis is the game for all ages.*

### Private or Group Lessons

Available upon request

### Adult Beginning Lessons

Thursday Mornings 8:30am



## 41st Mid-Valley Tennis Tournament

August 4th & 5th, 2011 *Juniors*

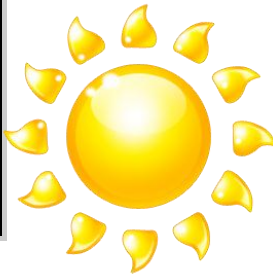
August 5th-7th, 2011 *Adults*

#### Club Hours

Mon - Thurs 5 a.m. - 10 p.m.  
Friday 5 a.m. - 8 p.m.  
Saturday 7:30 a.m. - 8 pm  
Sunday 12 p.m. - 5 p.m.

#### Supervised Kid's Room

Mon-Fri. 8:30 a.m. - 10:30 a.m.  
Mon-Thurs 4:30 p.m. - 7 p.m.  
Saturday 8:15 a.m. - 10:45 a.m.



Omak's  
**WARRIOR**  
*Stampede*  
August 20th, 2011

- Forge through 3+ Miles \* Battle over 10 Obstacles
- \* Celebrate with a Smashin' Victory Party!
- \* \$35 Per Warrior / \$325 Per Clan (10 Warriors)
- \* 10am Recreation / 12pm Competitive Warriors

## FIND YOUR INNER WARRIOR

The Omak Warrior Stampede is a 3+ mile obstacle race. Find your inner Warrior as you descend our World Famous Suicide Hill, forge the mighty Okanogan, high step through tires, burst across fire, crawl through pits and fight many other battles in order to win the war! Then celebrate your Warriorhood with rock-in' music, costume contests & a free beverage!



### REGISTER TODAY!

[www.ncac-omak.com/omakwarriorstampede.aspx](http://www.ncac-omak.com/omakwarriorstampede.aspx) (509) 826-5552

**VOLUNTEERS NEEDED!** Not interested in getting down & dirty, but still want to participate in this outrageous event? WE NEED YOU! Contact Mandy Holz 826-5552 for a variety of ways to enjoy on August 20th!