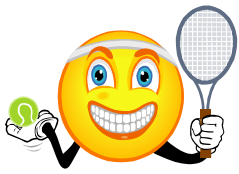


NCAC's Summer Calendar



Monday's **Cardio Tennis** 5:30pm Get your heart rate pumping with exciting tennis drills set to tunes & quick play! \$5—12 people, \$8—8 people, \$10—5 people

Wednesday's **Tennis Doubles Night** 5:30

or 7:00pm Work your way up our tennis ladder by playing 3 sets with 3 different partners. Great People, Great Tennis! *Price included in membership.*

Thursday's **Tennis Mixed Doubles Night** 5:30 or 7:00pm Improve your teams play by signing up for NCAC arranged Mixed Doubles matches. *Price included in membership.*

April 28th-June 16th **Thursday's Adult Beginning Tennis Lesson** 8:30-9:30 New to tennis? Want to learn the basics? Come Thursday mornings to work on the fundamentals. *Price determined by number of participants.*

April 30th, May 7th, & May 14th **Tennis Social Saturday's** Enjoy an evening out with tennis instruction, dinner & good fellowship. *Only \$36 per person for all 3 nights! Space is limited.*

May 2nd-18th **Kids After School Tennis Lessons** 3:45-4:15 (ages 4-9) \$35 members/\$39 non-member., 4:15-5:15 (ages 10+) \$59/\$69 Join our Tennis Coaching staff to increase your child's fitness & love of the game.



Develop your Millennium forehand, serves, and basic tennis skills.

May 23rd-June 8th **Kids After School Tennis Lessons** 3:45-4:15 (ages 4-9) \$35 members/\$39 non-member, 4:15-5:15 (ages 10+) \$59/69.

Mixed Doubles Fest Tennis Tournament

June 11th-12th **Mixed Doubles Fest** Kick your summer off right, with a mixed doubles tournament! Round Robin play insures lots of game time with lots of fun people! Register soon, as space is limited! *\$50 per Athlete*

June 11th **Omak Overnight Senior Graduation Party**



June 20th-24th **Kids Summer Soccer Camp** 4-4:45 (ages 3-6), 5-5:45 (ages 7-9) Our Soccer camp is designed to teach skill development, teamwork, fitness, and fun in a non-competitive atmosphere. *\$25 per child.*

June 20th-24th **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.* Join forces this summer with dynamic coaching team Mark Milner, NCAC Tennis Pro & Dave Buchheim, Seattle Tennis Pro. For the first time together, these Pro's are available to maximize your tennis skill and increase your love for the game! Whether beginner or an experienced player, attending camps & private lessons insure improvement & game play effectiveness. With over 35 years combined vested in coaching, they look forward to taking your game to the next level! Come see why "Tennis is for All Ages!"



June 27th-July 1st **Kids Sports Combo** 4-4:45 (ages 3-6), 5-5:45 (ages 7-9) Our Sports Combo camp is designed for kids to learn a variety of sports in a fun, non-competitive atmosphere. *\$25 per child.*



July 4th-8th **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 (plus tournament fees).* Arbys Junior Tournament in Wenatchee for ages 10+. This week's tennis camp offers something special! For those registered in the Wenatchee tournament, you will travel & stay in Wenatchee throughout your tournament play. Those unable to attend will have the collegiate tennis player Brad Bator as their coach. Whether traveling or staying this is going to be an excellent week of instruction & growth!

July 5th-9th **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 5th **Summer BootCamp** is a one month intensive training program. We will offer you the chance to experience motivational teaching, accountability, and hard core results. Have you wanted to change but just couldn't find the motivation? Well here is your chance. NCAC has a new way to motivate you to JUST GO! Your



(Over for the rest of the season)

Drill Sergeants will not only provide intense trainings four times weekly, but will also be available for accountability and encouragement throughout BootCamp. Our program is designed to give you safe & effective tools to get you on track. If you are ready for change, NOW IS YOUR TIME! Grab a friend and Enlist Today! \$99 members / \$199 non-members.



July 9th **Group Power**
New Release 8:30am

July 11th-15th **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!

July 11th-15th **Kids Sports Combo Camp** 4-4:45 (ages 3-6), 5-5:45 (ages 7-9) Our Sports Combo camp is designed for kids to learn a variety of sports in a fun, non-competitive atmosphere. \$25 per child.



July 25th-29th **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. This is the last full week of tennis offered by the dynamic coaching duo, Mark & Dave. Kids are given a great opportunity to bring their game to the next level.

August 3rd **BootCamp Graduation** Celebrate of the completion of a hard-working 4 weeks with: Squad competitions, Pushing your Personal Limits & Measuring your Success!

Mid-Valley Tennis Tournament

August 4th-5th **42nd Junior Mid-Valley Tennis Tournament** This is our last tournament of the season. Kids travel from across the state to enter into this annual event. \$28 Singles \$17 Doubles

August 5th-7th **42nd Mid Valley Tennis Tournament** This is a great multi-country, multi-state event! \$42 One Event \$59 Two Events \$69 Three Events (must be available Friday at 4 p.m. Possible 6 matches played daily)



Omak's WARRIOR Stampede August 20th, 2011

August 20th **Omak Warrior Stampede** The Omak Warrior

Stampede is a 3+ mile obstacle battle. Find your inner Warrior as you repel down 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 rockin' music, costume contests & a free beverage!



and race day.

Just \$30 per Warrior if registered before 6/1/11, \$35 by 7/1/11, \$40 between 8/1/11 and race day. Or register as a Clan(10 Warriors) \$275 by 6/1/11, \$325 by 7/1/11, \$375 between 8/1/11

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



(509) 826-5552

568 Pine Street

Omak, WA 98841

Call the front desk
for more Info!

NCAC's Summer Calendar

(Over for the rest of the season)