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LETTER FROM THE GM

Hello Wightman Families,

I hope everyone had a fabulous summer. While we are always happy to see our regular visiting members each day, the extreme heat this summer brought friendly faces we don't always see throughout the year. Thank you all for coming and making it such a successful season! (Please remember that although the summer is over the outdoor pool season will be extended until the end of September!)

This edition of the Wightwash highlights the wide variety of activities that occurred over the summer, as well as provides a preview into our fall programming. One major change that took place in June was the change in Board Members. I personally want to thank the new Board Members for jumping right into their roles: Membership Chair Stephanie Zelman has formed her committee and has created a new member referral requirement and screening process for people to join our Wait List. She has also initiated a new member orientation program. Wightman's Aquatics Chair, Michael Grossman, has been visible at the outdoor pool this summer, gathering feedback from members and working with staff and committee members to enhance programs and facilities. We are also fortunate to have Attia Linnard as the Fitness Center Chair. She and Fitness Director Cory Grimes will be doing some dynamic programming in the Fitness Center, as well as making some equipment alignment changes--

stay tuned! In addition to forming her committee, Tennis Chair Jane Clark has been meeting with numerous people in order to identify the strengths and weakness of the tennis program and to establish goals for future enhancement. Lastly, Cecily Cassum, VP Operations, has been taking a critical look on how we can improve as an organization, from our capital needs to how to enhance our organization from all aspects of operations. Thank you, Cecily, for teaming with staff to continue our mission!

The Locker Room Committee obtained copies of the architectural bid documents, which have been sent out to contractors this week. The Committee has been fantastic in working together to bring forward tasteful and timeless choices for materials to be used in the project. We will soon be sharing the timeline and final cost of the upcoming renovation.

President George Berbeco has spent numerous hours investigating the recent vandalism, prompting us to reexamine our security functions. Cecily Cassum, VP of Operations, has explored new enhancements to our security systems, utilizing law enforcement and security professionals, which will be presented to the Board.

Lastly, I'd like to thank Bob Ciccarelli and his company, MetroWest Catering, for his dedication and hard work in serving quality food at our cafe this summer. We welcome your feedback for enhancements to our menu and customer service for next year at our cafe. Please email me at kurt@wightmentennis.org with suggestions or feedback.

Happy fall everyone,

Kurt Douty
General Manager

WELCOME, NEW MEMBERS!

Wightman would like to welcome the following new members:

- * Gokhan & Selen Hotamisligil
- * George & Jacqueline Stathis
- * David Kim & Yoon Chun
- * Jeff Wang & Jie Bai
- * Jim & Annie Newman
- * Reinier Dobbelman & Aimee Debrot
- * Jack & Alison Barlow
- * Nathan Jones & Lauren Ferrara
- * Juan & Kirstin Small
- * Brian & Susan Enyeart
- * Ari & Irene Axelrod

We would also like wish the following members best wishes for happiness and health as they move forward:

- * Mark & Paula Waxman
- * Ted & Lilly Yun
- * Ed & Vicky Rudnitsky
- * Larry & Robin Kalis
- * Stephen Bliss
- * Brook Spaulding
- * Michael & Maureen Ecker
- * Ian & Terry MacDuff
- * Louis & Hope Crosier
- * Peter & Jennifer Resnick



EVENTS

UPCOMING NEWS & EVENTS

PICKLE BALL AT WIGHTMAN

LEARN TO PLAY PICKLE BALL

Thursday, September 20 | 1:00 - 2:30 p.m.

\$20.00 fee

Pickleball will be introduced to members on Thursday, September 20th from 1:00 - 2:30 p.m. Learn the rules and basic skills needed to play. Additional clinic dates and times will be announced. Contact kurt@wightmantennis.org for more details.

Pickleball Court Time

Located on the pavement near outdoor court 11, this modest pickleball court will be available to members at all times immediately following the clinic on September 20. Wightman has 4 rackets and balls which members can sign out at the front desk. Have fun playing this fast-paced game!



TENNIS

TENNIS NEWS

Tennis: Summer Wrap Up

For the second summer Wightman's courts were used by some of New England's top junior players who participated in Tim Mayotte's program. Carel and Ward enjoyed working with Tim and his group, and we hope they will return next year.

In addition to holding his program at Wightman, Tim also hosted a fun Round Robin night in which many of our members enjoyed sharing the court with the former world #7.

Throughout the summer, member Sam Gersten organized a very well attended Wednesday

Tennis: Fall Programs

ADULT TENNIS PROGRAMS

Wightman will offer the following adult tennis programs:

MEN'S 3.5 - 4.0 TRAINING SESSION

Monday nights

STROKE OF THE WEEK CLINIC

Wednesday mornings

CARDIO CLINIC

Friday mornings

COMING SOON! ADULT & JUNIOR TENNIS PROGRAMS

Soon to be announced adult and junior programs:

MEN'S 3.5 - 4.0 TRAINING SESSION

Evenings

WOMEN'S TRAINING SESSION

Evenings

JUNIOR MATCH PLAY

Friday evenings

OCTOBER INDOOR TOURNAMENT

Carel, Ward and Niko are all looking forward to the fall season. Please don't hesitate to contact them for lessons, more information on clinics and programming, or any tennis-related question.

Carel Pretorius (carel@wightmantennis.org)

Ward Januzzi (ward@wightmantennis.org)

Niko Bubnic (niko@wightmantennis.org)



FITNESS

FITNESS NEWS

Wightman's Training Center is now open! Stay tuned for a future email with new offerings,

including body composition analysis, nutrition counseling and massage therapy.

In addition to upcoming new class offerings in the Training Center, Wightman will also be making changes in the main area of the Fitness Center. The free weights will soon have a new area, and the cardio equipment will be rearranged to provide members with a more functional workout space.

Fall Programs

BARRE CLASS

Fridays | 10:00 a.m. - 11:00 a.m.

with Becca Lucas

Wightman will offer a Barre Class on Fridays from 10:00 a.m. - 11:00 a.m. in the Wightman Training Center. This program will be offered as a 5-week session beginning on Friday, October 12th.

Try a free class on Friday, September 28th from 10:00 a.m. - 11:00 a.m.!

About Becca Lucas

Becca Lucas is the owner and head instructor at Barre & Anchor located in Weston MA. Becca created an athletic style of barre based fitness classes that are safe and suitable for all fitness levels. Becca's love for fitness started at a young age when she started cheerleading and gymnastics. Becca competed all over the country, winning numerous state and national titles and eventually began cheerleading at the professional level for the New England Patriots. She began teaching barre 7 years ago for one of the top barre franchises, is Exhale barre certified, and has taught and managed multiple studios in the Boston area! Join Becca for a motivating and inspiring workout that will make you look and feel your best!



Sign up for [free](#) class on 9/28!



JUNIOR FITNESS PROGRAM

Tuesdays | 4:00 p.m. - 5:00 p.m.
with Cory Grimes

***"Champions behave like champions before they are champions."
- Bill Walsh***

Wightman is excited to announce the continuation of the highly successful Junior Fitness Program for the 4th year in a row. This program targets juniors 10+ years old and will be instructed by Certified Youth Exercise Specialist Cory Grimes.

Classes are held on Tuesdays from 4:00 p.m. - 5:00 p.m., beginning on September 11.

The curriculum will focus on:

- Stretching & Flexibility
- Balance
- Safe and Effective Strength Training
- Functional Training
- Injury Prevention
- Cardiovascular Conditioning

To sign up or to learn more, contact Cory at (781) 237-3324 ext. 103 or email cory@wightmantennis.org.

JUNIORS EARLY RISERS FITNESS CLASS

Thursdays | 7:30 a.m. - 8:30 a.m.

with Cory Grimes

- * ***Take advantage of the Weston Public Schools late start time***
- * ***Keep your young athlete disciplined and involved in a structured workout program!***

The Juniors Early Risers Fitness Class is a weekly drop-in class designed for juniors in middle school and high school who are interested in getting an early morning workout.

Perfect for:

- Athletes participating in fall sports who want to maintain strength, flexibility, and prevent injuries
- Those needing motivation, structure, and discipline to stay healthy and fit

To sign up or to learn more, contact Cory at (781) 237-3324 ext. 103 or email cory@wightmantennis.org.



LETTER FROM THE AQUATICS DIRECTOR

Dear Members:

Before getting into all of the exciting things happening at our pools, I want to start by saying thank you all for welcoming me to the Wightman community with open arms. My first summer here at Wightman would not have been so successful without the support and feedback from all of you. Not only do I want to thank all of you, but I wouldn't be here, in such a great place, if it weren't for Ann. Some of you may not be aware, but Ann is someone who had an immense impact on my life, as I know she did many of yours. From 1998-2001, I swam under Ann's coaching expertise at Bridgewater State University. During those years, Ann pushed me, encouraged me, and got me to believe in myself and what I am capable of.

In an effort to show her how much she means to all of us, I would like your help. I am creating a memory book for her, which will consist of stories, letters, pictures, etc. which illustrate the impact she's had on so many of us. To get started, I am looking for volunteers to help compile these memories into a creative book. If you are able to assist in putting this together, please email me at jen@wightmantennis.org.

In the meantime, please submit your memories and pictures to myself (jen@wightmantennis.org) or Chrystal at chrystal@wightmantennis.org. We look forward to reading all of your stories!

Jen Bithell
Aquatics Director

AQUATICS NEWS

It's hard to believe the end of summer is officially here! The outdoor pool has been the place to be to escape from the hot and humid days we've had over the past few months. It has been humbling to see so many members relaxing and enjoying all the club has to offer.

As the busiest part of the outdoor pool season draws to a close, please join me in thanking all of the lifeguard staff that assisted in keeping our pools safe. I am pleased that our local guards will continue to work at the indoor pool throughout the school year. I am also looking forward to many of our college guards returning for holidays, winter break, and next summer.

Aquatics: 50/100 Mile Swim Club

In addition to seeing lots of splashes, dives and endless basketball games, I've loved hearing the excitement and seeing the tremendous amount of swimmers who have taken on the 50/100 Mile Swim Club Challenge. Thirty-three members of all ages and swimming abilities have signed up, and they are setting goals that they are determined to achieve. It's not too late to join the list of swimmers below who are going for the gold!

Herb Kosstrin	Rosemary Quinn	Duncan Warden	John Benedick	Les Silverstein
Fred Roberts	Susan Glazer	Alex Gavis	Hilary Berbeco	Heidi Angle
Mark Bauer	Pam Fox	Emily Livingston	Derin Hotasmisligil	Gayatri Pradhana
DJ Shah	David Maltz	Laura Schwartz	Dorothy Berbeco	Bart Tayer

Michael Kafker	Bella Marlow	Cecily Cassum	Owen Simko	Deborah Shammash
Roger Kafker	Bob Birnbaum	Rich Kosowsky	Peter Slater	George Berbeco
Barry Libert	Tali Schwartz	Bonnie Hausman		

Aquatics: Recognition of Achievement

In this Wightwash edition, I would like to recognize one young member who has been crushing his swimming fears and goals: **Cody Smallman**. Cody and I have been working together all summer and I couldn't be more proud of this kiddo. He is swimming laps, learning new strokes, and recently conquered one of his biggest fears: the diving board. If you see Cody around Wightman be sure to congratulate him on a job well done! Cody and I are now setting new goals for Level 4 of the American Red Cross Learn-to-Swim program.



Aquatics: Fall Programs

On Monday, September 10th we began offering a variety of new aquatic programs. Our **Junior Swim Clinic** being held on Monday afternoons is a huge hit. I am excited to be able to bring my coaching background to young Wightman members in hopes of creating competitive swimming excitement. We still have plenty of room for interested swimmers to join in on the fun!! Also, our **Water in Motion** class begin held on Tuesday mornings from 10:30-11:30 has ignited the interest of swimmers of all ages and swimming abilities.

DAY	TIME	CLASS
Mondays	4:30 - 5:30 p.m.	Junior Swim Clinic
	6:30 - 7:30 p.m.	Deep Water Running & Conditioning
Tuesdays	10:30 - 11:30 a.m.	Water in Motion
Wednesdays	3:30 - 4:15 p.m.	Intermediate / Advanced American Red Cross Learn-to-Swim Junior Clinic
	4:45 - 5:30 p.m.	Beginner / Rookie American Red Cross Learn-to-Swim Junior Clinic

If you aren't able to join in one of our fun new programs, I am also available for private and small group lessons that can incorporate any of the exercises performed in the above programs. Would you like to brush up on your stroke technique, learn to swim, or rehab an injury? I am also available to help in any way I can.

If you are interested in any of our new programming or would like to schedule a private / small group lesson contact me at jen@wightmantennis.org.

Let's get swimming!!

YOGA



YOGA PROGRAMS

SUNDAY FREE YOGA

with Dushyant Shah

By popular demand, Free Sunday Yoga with Dushyant (D.J.) Shah returns for its 7th year in October. This program typically features two yoga classes: Yoga Fundamentals (Beginning Yoga) and Yoga for the Continuing Student.

Ideal for beginners and students who have basic knowledge of yoga fundamentals, these classes cultivate self-compassion and focus on gradually awakening the body and mind to move and expand smoothly.

Classes focus on the progression of knowledge of yoga to wisdom of yoga, encouraging students to learn:

- The key principles of correct alignment in the yoga poses
- How to use the breath
- How to relax
- Foundational poses to develop strength, flexibility, and balance
- How to refine of poses, building strength and stamina, and develop a steady mind

Keep an eye on your inbox for more information regarding the Fall Session. If you have any questions, please email D.J. at yogawithdushyantshah@gmail.com.

About Dushyant

Longtime Wightman member and past President of the club, Dushyant Shah volunteers his time to serve fellow members in teaching his practice.

Dushyant is a student of internationally recognized Patricia Walden, Linda DiCarlo, Peentz Dubble, and Jarvis Chen. Dushyant has completed a two-year "Yoga Teacher Training" course with them. Yoga is Dushyant's hobby and he is passionate about its benefits and how it can make people feel better. His wife, Andrea, and their children, Lisetta and Vinay, also practice yoga. He offers these classes as a way to thank Wightman for what it has given his family.

CLUB NOTICES & REMINDERS

New Prime Time Guest Rate

Wightman recently adopted a new Tennis Prime Time Guest Rate to encourage

members to bring non-member guests to play during low-usage times.

Tennis Prime Time Guest Fee

\$25.00 / Individual Player

- **Indoor Prime Time** consists of court times beginning at 8:00 a.m. and ending at 12:00 p.m. daily, and beginning at 5:00 p.m. and ending at 8:00 p.m. Monday - Thursday
- **Outdoor Prime Time** applies to the four lit courts with court times beginning at 5:00 p.m. and ending at 8:00 p.m. Monday - Thursday.

Reservations, Late Cancellations, and No-show Reminders

The busy indoor season is quickly approaching! Please remember that courts can be reserved three days in advance, beginning at 8:00 a.m., either by calling the club at (781) 237-3324 or booking online at <https://wightman.clubautomation.com/>. Each member is allowed **3 reservations per week**. During any week, a member may use an unlimited number of Walk On courts, which may be obtained within 24 hours of the intended time of play. (*House Rules 3.0 - 3.8*)

Late cancellations (within 2 hours of starting time) and no-shows will be charged a \$25.00 fee to the Primary Member on the reservation.

Disappearing Towels

Please help the club keep operating costs down by returning any Wightman towel to any of the towel bins--no questions asked!

Bring your shoes!

Before we know it, the winter season will be upon us. Please remember to carry your workout shoes into the club to avoid tracking salt and other unwanted debris onto the courts or into the Fitness Center.