

The Charleston Tennis Club

304-346-5391

Charlestontennisclub@gmail.com



Charleston Tennis Club is pleased to welcome Susie Murad with “Serve It Up”. Susie has accepted the position of Director of Food & Beverage for the club. We are excited about this summer and beyond with Susie at the helm!

The Board had recently approved the repair of the Fitness Center roof and the project has now been completed. Additionally, funds were appropriated and approved for the two upper outdoor hard courts for crack repair, resurfacing and painting and for the two lower outdoor hard courts to be pressure washed, painted, and lined for (4) pickleball courts and (2) tennis courts. A storage shed will also be purchased and placed at the lower courts.



You can now call the Pro Shop to check a Pro's availability for a lesson. If the court time and Pro are available the Pro Shop staff can book the lesson for you.

CTC would like to thank Dee Payne once again for all the amazing and popular fitness classes she has organized for us!



Reminders for Summer

- Please turn off outdoor lights if you are playing past 9PM.
- Pool lost & found will be emptied weekly.
- All pool guests must sign-in and are only allowed to come 2 times per month.

Summer Employment at CTC

CTC Lifeguards

CTC Swim Coach

Restaurant Wait Staff

Maintenance Workers

[CTC Employment
Application \(click here\)](#)

Spring Training!

As the weather improves, most of us begin to expand our outdoor activities—running, walking, hiking, gardening, swimming, cycling, etc. Just like the transition from winter to spring to summer occurs over a period of months, so too should you allow your body to build up to increased physical demands.

Here are some tips to accomplish this safely:

Use realistic expectations as you start slow and finish strong. Build a good base of fitness to work with and develop; increase your work, training, or sports gradually over a period of weeks or months.

Follow a training program. It keeps you consistent and from doing too little or too much too soon.

Listen to your body. At the first warning signs of injury, acute pain, unusual or prolonged pain, take a break and avoid “too much, too fast” injuries, “Pain = No Gain” is the real rule.

-Wylie Faw



Upcoming Events

Ladies Night Out

Hosted by Overbrook Elementary's Parent Teacher Organization
Thursday, April 4, from 6:00-9:00 PM at the CTC clubhouse.

Walking, Running, & Hiking Kick-Off

Saturday, April 6th at 8:30 AM

Essential Oil Seminar

Sunday, April 7th 2:00-3:00 PM

Swim Team Kick-off Party

Monday, April 8th, 2019
6:00-7:30 PM

Pizza Party ☺ Jumpy House ☺ Swim Team Kits ☺ Gear ☺ Order Forms ☺ Team Info

Bunko Night

Monday, April 15th at 7:00 PM

Seminar on Nutrition

Sunday, April 28 from 3:00-4:00 PM