

Camano Swim, Fitness, & Social Club



Contact Office Manager (Yorlly)

If you would like to book the banquet hall or have specific clubhouse membership questions please call me direct.

During Office Hours (M, W, Th 11am-2pm)
360-387-1655 OR call/text 360-941-1918 and
email camanocountryclub@frontier.com

Volunteer Spotlight - Judy H



Judy joined the club in 1992 when she moved to Camano Island and started volunteering immediately for many clubhouse activities over the last 26 years including:

- Front desk volunteer (Since 92)
- Clubhouse Committee (94)
- Clubhouse Committee Chair (multiple years)
- Volunteer Coordinator over the past 12 years
- Gardener for the past 23 years
- Admin work on quarterly mailings
- Financial Advisor to the Clubhouse (present)

Judy also enjoys:

- Her five adult grandchildren and two great-grandchildren
- Travelling in her motor home to such parks as Banff in Alberta, Canada and Yellowstone.
- Her memory of being a synchronize swimmer for two years with the Seattle Kaleidoscopes.

When asked about what she enjoys most about Camano Island it's the quiet, peaceful culture of the island away from the hustle and bustle.

Newsletter

September 2018

Upcoming Events



Camano Country Club Clubhouse

- ✓ Saturday, November 3, 2018
- ✓ 9am to 4pm
- ✓ Holiday Bazaar Vendors Wanted
- ✓ Table (8 foot) rentals at \$50 each
- ✓ Call Kathleen 360 572 4112 or
- ✓ email sandsci@wavecable.com



A Smile for September

Giving a man his physical, the doctor noticed several dark, ugly bruises on his shins, so he asked, "Do you play hockey, soccer, or some physical sport?" "No," he answered. "I play bridge with my wife."

Swim Class Addition in October

New Class: Endurance Class

What: New Class to hone in on your lap swimming skills

Who: Anyone desiring to improve their strokes and swim longer and with more ease (open to non-members)

Where: Camano Swim, Fitness and Social Club (Camano Country Club)

When: Oct. 6, 13, 20, 27

Time: 10:00 am

Price: 65.00 members 75.00 non members

Registration: Leave cash or check with volunteer at the front office by October 5th

Teacher: Kim Williams (Red Cross Certified)

Prerequisites: Knowledge of free style/crawl, breast, back and side strokes



Swimming Laps

5 simple rules to follow to make ALL our lap swimming workouts more pleasurable

More members is a great thing for our pool, but means busier pool. There are some unwritten rules when swimming laps. I would like to impart these rules to you all to make our workouts more enjoyable. If you see a lane roped off this means it is for lap swimmers only. Please stay free of this lane unless you want to continuously swim laps. If you see the pool divided in half by a lap rope this means the side with the stairs is open swim, while the side without the stairs is for swim lessons, water aerobic classes or multiple lap lane swimming.

For an individual lap lane these are the unwritten rules in the swim world:

1. Be courteous!
2. Swim in a circle unless there is only 2 people in the lane and you have decided together to split the lane.
3. Splitting a lane - you will swim side by side going back and forth the same path you previously swam down not deviating from it in returning to starting wall.
4. Swimming in a circle - you will swim on the right side of the lane line on the bottom of the pool much like driving a car. You start swimming after the person in front of you has a 2-person length head start. If you should catch up to that person then you tap them on the foot. At the wall the person who is front will let the person in the rear pass them, and you both continue swimming as per the circle rule.
5. Whether splitting a lane or swimming in a circle you ALWAYS enter the lane and wait at the wall to the side till ALL the other swimmers in the lane know you are there.

In the future look forward to signing up for the "Endurance" class taught by Kim Williams our swim instructor. A once a week class for 4 weeks to hone in on your strokes. Must know the basics of freestyle/crawl stroke, breast stroke, back stroke and side stroke for those of you who struggle to breathe in the water. Kim will teach breathing techniques in and out of the water and streamline swimming for faster and easier mobility.

August Luau a Success!

The Luau held on August 25th at the clubhouse was an outstanding success. Many thanks to Debbie C for her organizing skills and hard work in running the event. There were 45 people that attended and enjoyed a Kahlua Pork & Chicken dinner and the events noted below.

Many thanks to the volunteers that supported the event. Thanks to all who contributed food for the potluck and all who help clean up.

Planned and Prepared by: Kathleen S, Kathy H, Judy F, Evie P, Kay S, Jo Don S and Diane M were the gracious **servers**

Thanks to all who contributed food for the potluck and all who help clean up!



Sheila T on the ukulele played and sang "Over the Rainbow."



Josephine G provided the dance entertainment



Best Male Hawaiian look - Michael S

Most authentic/ audience favorite Hawaiian look - Lois S