





DIRECTOR'S MESSAGE

The summer months are once again approaching and Memorial Day is almost here!

Pools: Douglas Aquatics will again manage the pool facilities this year and they continue to be the premier operator of community pools in the Richmond and Charlottesville areas. Both of our pools are set to open on Saturday, May 28th, Memorial Day weekend. Pool cards will be mailed to residents within the next two weeks.

Fun and Events: Summer social activities are being planned for the pools. If you'd like to volunteer for any of them, please call the FLCA office.

Internet Access: Wireless internet is again available at both the North and South Pools. You can soak up the sun and surf the web at the same time! The wifi password for each site is "forestlakes"

Safety: We are all looking forward to spending more time outside in the warmer weather. With more residents enjoying the outdoors, please drive safely through our community, observe posted speed limits and watch for children, walkers, cyclists, runners and pets.

Your Board of Directors wishes you a safe and fun summer.

IN THIS ISSUE

- New Forest Lakes Board Member
- Pool News
- Fitness Center Closed
- ❖ South Tennis Court Construction
- Farmer's Market News
- Pool Hours
- Forest Lakes Website Info
- Swim Team News
- Swim Lesson Info
- Tennis News
- ❖ Forest Lakes Tennis Academy Info
- Forest Lakes Playgroups!
- Fitness Schedule
- Bible Study
- Forest Lakes Coffee Group Changed to Third Thursday of each Month

CALL 973-4596 TO ADVERTISE IN THE NEWSLETTER

To obtain information about our community open our Community Association web site www.forestlakes.net To send us a message email manager@forestlakes.net or call 973-4596. E-mail is preferred.

| Function | Organization/Person | Contact Information | | |
|--|--|--|--|--|
| FLCA Site Manager (dues, ARB, common ground maintenance requests, building rentals, pool, and other FLCA issues or questions). | Julia Stinnie Community Group, Inc. | 1828 Pavilion Circle Charlottesville, VA 22911 973-4596 manager@forestlakes.net open Mon – Fri 9:00am – 5:00pm | | |
| After-hours emergencies involving common areas, buildings or facilities | Community Group Emergency Hotline (call 911 also if necessary) | 1-804-270-1800. Follow prompts for Homeowner Services; include your contact info and description. | | |
| Arbor Lakes, Springridge, Ravenswood, Ravenscroft | Kristen Hall Real Property, Inc. | Kristen@realpropertyinc.com 202-1856 | | |
| Ashland, Willow Bend, Worth Crossing | Stephanie Crouch Real Property, Inc. | Stephanie@realpropertyinc.com 202-1865 | | |
| Gateway Village | Tim Durrer Community Group, Inc. | tdurrer@communitygroup.com 984-0700 | | |
| Mailbox Nameplates and Repairs | John Schmidt | 996-6041 jpsbks@gmail.com | | |
| Soccer Field Reservations | Ali Davison | dson85@aol.com | | |
| Tennis Pro | Jim Labinski | Tennis Pro Shop (North) 974-5567 Cell: 249-6240 Zentennis929@gmail.com 1818 Pavilion Circle, C'ville 22911 | | |
| Neighborhood Watch | Block Captains for each neighborhood | Contact the FLCA office | | |
| | OTHER CONTACTS | | | |
| Drivers/Car Licenses | Virginia Dept. of Motor Vehicles (DMV) | 866-368-5463/www.dmvnow.com | | |
| Electricity | Dominion Virginia Power | (888) 667-3000 | | |
| Roads & Signs, Snow Plowing | VA Dept of Transportation (VDOT) | 1-800-FOR-ROAD/800-367-7623 | | |
| Trash Removal | County Waste | 434-296-6000 | | |
| Water and Sewer | Albemarle County Service Authority | 977-4511 | | |
| Gas | City of Charlottesville | 970-3211 | | |
| Albemarle County Police Non-Emergency | | 977-9041 | | |

FLCA 2016 BOARD OF DIRECTORS AND OFFICERS

Chris Hapgood President cch1@hapgoods.com

Fulton Gaylord Vice President fulton@kw.com

Scott Elliff Treasurer scottelliff@gmail.com Rich Hooper Secretary rch2r@virginia.edu

Sue Friedman Director/Contract Review sue friedman@hotmail.com

Carmine Covais Director/ARB covais01@comcast.net

FOREST LAKES COMMUNITY ASSOCIATION OFFICE HOURS

MONDAY-FRIDAY - 9:00AM-5:00PM

TELEPHONE- 973-4596 FAX - 973-1344 MANAGER@FORESTLAKES.NET

KEEPING IN THE LOOP

STEVE JANES JOINS FOREST LAKES BOARD

Steve Janes has filled the vacant spot on the Forest Lakes Board of Directors left by the departure of Dave Shifflett. Steve has lived in the Teakwood neighborhood since 2010 with his wife Barbara. He is active on the Forest Lakes Architectural Review Board, currently serves as the chair of the Albemarle County Equalization Board, and is the Chair of Places 29 North Citizen Advisory Council. He will be a great asset to the FLCA Board and our community. The Board welcomes Steve and thanks him for taking this position.

POOL NEWS

The Forest Lakes pools will be opening Saturday, May 28th. See the flyer in this newsletter for pool hours. Please note the alternate hours for when Albemarle County public schools are in session and Forest Lakes Swim Team hours (South Pool only). Pool cards will be mailed to all Forest lakes residents mid-May. If you do not receive your pool cards, please call the FLCA office.

Parents, please go over the pool rules with your youth card holders. Profanity, rough-housing and disobeying the lifeguards are not allowed at the pool.

Also, please be mindful that residents must stay with their pool guests the entire duration of their visit. Residents may not give their pool card to ANYBODY for pool use. If it is suspected that this is happening, non-residents will be approached by pool staff and asked to leave.

Wi-Fi is again available at both pools. The password is "forestlakes", all one word, lower case.

There will be three home swim meets at the south pool this summer. All meets are held on Wednesday evenings with a rain date for the following evening. The South Pool will close on swim meet days at 3:00pm to prepare for meet set-up. Swim meet dates are: June 22, July 6 and July 20th. Go Hurricanes!

Early Morning Swim will once again be open to Forest Lakes adult residents on Tuesday and Friday mornings from 6:30-7:30am for lap swimming. Residents must bring their pool pass to check in. Douglas Aquatic Management will be on deck to monitor the pool and check for passes. Swimmers will be required to leave the pool deck no later than 7:30am to the pool can be readied for swim team practice. The first early morning swim will begin on Tuesday, June 7th and end on Friday, July 29th.

FLCA MONTHLY BOARD MEETING

The next Board Meeting will be Wednesday, May 25th, 2016 at 6pm at the North Pavilion.

Please note that the topics for the meeting can change. The Agenda for the meeting is available one week prior to the meeting at the association office and webpage.

FITNESS CENTER CLOSED

The Fitness Center will be closed on Saturday May 7th from 7:00pm - 11:00pm for spring cleaning. It will be closed Sunday May 8th from 6:00am - 7:30am. Please do not use the facilities during these times. Thank you!

SOUTH TENNIS COURT CONSTRUCTION

As many of you may have already noticed, the south tennis courts are being overhauled. Construction began in April and will continue through the month of June. If the weather doesn't cooperate, construction may have to run into July. When these courts are finished, there will be some repairs done to four of the clay courts at the north courts. Thanks for your patience!

THE FARMER'S MARKET

The Forest Lakes Farmers' Market has had a great start this year (despite the thunderstorms!). Be sure to stop by the South Pool parking lot each Tuesday between 4:00 and 7:00pm for all sorts of wonderful items – tacos, baked goods and treats, sorbet, fresh eggs, herbs and plants, jams, soaps, crafts and fresh produce and more! See you at the Market!

FOREST LAKES WEBSITE

Our website is almost complete – just a few tweaks here and there! In order to have full access to the site, residents must first REGISTER. To register you will need your HOA account number and zip code. Once you enter both of those, you will choose your name on the registry and then create a password. You will then have complete access to all documents, forms, financial information and calendars with community announcements and news. The Field Reservations calendar is also available. Should you have any problems or questions, please call the FLCA office at 973.4596.



Register online at forestlakesswimteam.wordpress.com

Starts June 20th – July 21st

The Tropical Storms is a five week development program of the Forest Lakes Hurricanes Swim Team (FLST). It is designed to be an introduction to the competitive swim team. This program will provide the basics of competitive swim strokes. This program is not a substitute for swim lessons.

Tropical Storms are for children 4 years old and all <u>new</u> swimmers under 7 years old.

The program will introduce young swimmers to the swim team style of swimming and advance them to be able to swim at least 1 pool length (25 meters) of Freestyle and Backstroke. This 45-minute practice is intended to be an introduction to the swim team. The Tropical Storms goal is to encourage as many young swimmers to enjoy the swimming sport in a fun and friendly environment. They will practice 3 times a week, Monday, Tuesday, Thursday from 12:00-12:45 at the South Pool.

Spread the word

ropical Storms

Please share this information with your new neighbors and friends who might be interested in learning more about the 2016 FLST season and programs. Please use flsthurricanes@gmail.com to request specific information and to be added to our email distribution for the 2016 season.



Online Registration Now OPEN!

http://www.active.com/swimming-team/charlottesville-va/forest-lakes-swim-team-2016

The Forest Lakes Swim Team is one of 18 summer swim teams in the Jefferson Swim League. We are open to Forest Lake resident swimmers from age (by June 1st) to graduating high school seniors 18 years old.

Pre Season (Afterschool) IN WATER Practices at the SOUTH Pool will be as follows (Monday-Friday):

From May 23 Through June 7:

3:30 pm - 4:00 pm = all swimmers currently in grades K - 2

4:00 pm – 5:00 pm = all swimmers currently in grades 3 - 5

5:00 pm – 6:00 pm = all swimmers currently in grades 6 - 12

No Practice on Monday May 30th (Memorial Day Holiday).

We have six swim meets with other local teams in the JSL (on Wednesday evenings). Our season ends in July, with the JSL Championships at UVA on Friday and Saturday, July 29-30.

Regular morning practice times begin on Wednesday, June 8, 2016

2016 Registration Fees

The initial registration period and pricing structure will run from April 1 until May 22. One child: \$150. Second Child: \$140. Any Additional Children are \$130 each.

The late registration period and pricing structure will run from May 23 until June 29.. One child: \$160. Second Child: \$150. Any Additional Children are \$140 each.

These fees are inclusive of the following items:

- Daily practice "pool time," including six Saturday Stroke Clinics
- Team T-shirt and Team swim cap
- · All online registration processing fees
- · Team Insurance
- · JSL registration fees
- · Food concession support
- Spirit events (i.e., Thursday Fun Day practice refreshments)
- End of season trophy and awards

For more information go to our team web site at: https://forestlakesswimteam.wordpress.com

Please send inquires for specific questions via email to: flsthurricanes@gmail.com

The Neighborhood Page



HI NEIGHBOR!

My name is Caroline Sheppard and I live in Steeplechase, Forest Lakes. I'm 15 and I'm looking to go on my first mission trip to Romania with my church, Maple Grove. I will be taking this trip this coming summer. In Romania I will be helping the REMM team, which you can read more about on the website provided below. In addition, I'll be helping build fences, assisting at an orphanage, and teaching vacation bible school. It would be a great help if you could donate to the cause, whether it be money, prayers, thoughts, or ideas on fundraising. Any amount is much appreciated!

Here is the link to where you can donate, as well as REMM's story:

https://ciy.managedmissions.com/MyTrip/carolinesheppard1

If you have any questions you can email me here: carolinegator.sheppard@gmail.com

Thanks so much and God bless!

Important fundraiser NOTICEI I'm hoping to accomplish the \$144 envelope challenge. The way it works is that I have 144 envelopes, each with a corresponding cash amount written on them; for example one envelope for \$1, one for \$13, one for \$142, and all the rest. If each envelope is filled I'll be able to pay for my own trip as well as other people on my team who may struggle to get their own money together. I hope you'll join in with this fun idea!

Send checks to: 3185 Saddlebrook Ln, Charlottesville, VA, 22911.

O

Donate the amount of the envelope you pick at my fundraising website listed on this flyer. (https://civ.managedmissions.com/MyTrip/carolinesheppard1)

Thanks so much and happy fundraising!

Multiple family

yard sale from 8-12am,
Saturday, May 14th,
scattered through the Cove
Trace Neighborhood. The
Salvation Army has
graciously offered to be here
at 12:30 accepting donations
& providing receipts. Even if
someone is not participating
in the yard sale they are still
welcome to bring donations
& receipts from Salvation
Army.

LOST SOMETHING? FOUND SOMETHING? The FLCA office continuously receives lost items found around Forest Lakes, in the Fitness Center, at the pools, on the trails. If you've lost something, check with us! If you've found something, bring it to us! 973-4596

Is your neighborhood having a get together? Do you mave something to sell? Are you having a garage sale soon?

Renting your house? **Looking for something special?** Welcome to The Neighborhood Page! This page is open to all Forest Lakes residents to "advertise" for free. Professional service ads are not accepted on this page. For information call the FLCA office, 973-4596, and ask for Tamera or email her at thammond@forestlakes.net

FOREST LAKES

2016 Summer Junior Tennis Camp

Rates

| | 8 weeks (plus free week) | 4 weeks | 1 week | | | | |
|--------------------------------------|---|-----------------------------------|----------------|--|--|--|--|
| Basic Program One Child | \$250 | \$150 | \$60 | | | | |
| 1 hour x 4 days (M, Tu, W and F) | 4 hours weekly 32 total hours | 4 hours weekly 16 total hours | 4 total hours | | | | |
| Upgrade One Child | \$350 | \$225 | \$90 | | | | |
| 2 hours x 4 days (M, Tu, W and F) | 8 hours weekly 56 total hours | 8 hours weekly 28 total hours | 8 total hours | | | | |
| Heavy Duty Upgrade One Child | \$425 | \$275 | \$120 | | | | |
| 3 hours x 4 days (M, Tu, W and F) | 12 hours weekly 96 total hours | 12 hours weekly 48 total hours | 12 total hours | | | | |
| Multiple child discount: | | | | | | | |
| Second child | Take 10% off of the lower charge | | | | | | |
| Third child | Take an additional 15% of the next lower charge | | | | | | |
| Fourth child | Take an additional 20% of the next lower charge | | | | | | |

Jim Labinski Tennis Director Forest Lakes

Cell: 434.249.6420

Email: zentennis929@gmail.com

Forest Lakes Summer Tennis Camp 2016

T-shirts to all participants registered for full and half sessions.

Qualifying participants* of the Forest Lakes Summer 2016 Junior Tennis Camp are eligible to compete in the Jefferson Tennis League matches against area clubs on Thursday afternoons.

When registering for half sessions, you may do so in non-consecutive weeks should your schedule demand it. An extra week has been built into the program to allow for full completion of sessions. When signing up for the full session, you get nine weeks for the price of eight.

* = To play in the JTL matches, players must be able to hit 6 of 10 serves in, know how to score, and be able to sustain a rally of ten balls.

Jim Labinski Tennis Director Forest Lakes

Cell: 434.249.6420

Email: zentennis929@gmail.com

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Forest Lakes Tennis—Summer 2016 Junior Tennis Camp Registration Players must be FOREST LAKES residents

| Name | Age Te Age Te | e Shirt Size: e Shirt Size: | yS yM yL a yS yM yL a | S aM aL aXI S aM aL aXI | 4 weeks 4 weeks 4 weeks 4 weeks L 4 weeks | 8 weeks 8 weeks |
|--------------------------------|------------------|--------------------------------|--------------------------|----------------------------|---|--------------------|
| Parent Name | Phor | ne | | Email | | |
| Emergency contact information: | | | | | | |
| Pertinent medical information: | | | | | | |

Please return w/ check payable to **Forest Lakes Tennis** or **Jim Labinski** to Pro Shop/Forest Lakes North. 1818 Pavilion Circle, Charlottesville, VA, 22911

From the desk of Jim Labinski, Forest Lakes Director of Tennis

Dear Forest Lakes residents,

Summer vacation is only a month and a half away. What will your children do?

Nature camp, computer camp, cheerleading camp, lacrosse camp... the list goes on and on. How can you decide? Let Coach Jim help you simplify: choose Forest Lakes Summer Tennis Camp for the whole summer! What could be better?

The nine-week program begins Monday, June 13, and concludes Friday, August 12. Options abound! Pay for eight weeks and get the ninth week free! Group instruction and play can be taken for one, two or three hours a day, four days per week.

For the child that has a jam-packed summer already planned, perhaps the four-week option will be the way to go. The four weeks can be taken in succession or split up as he/she sees fit. And there are single week options available.

For the advanced players, intermediate players and advanced beginners there are weekly matches in the Jefferson Junior Tennis League. Some of the matches will be at Forest Lakes, and others will be at various clubs and courts in Charlottesville.

Now is the time to enroll your children in the Forest Lakes Summer Tennis Camp. Information and forms are available online at the FLCA website, the FLCA office, or at the Pro Shop. Feel free to contact me at the Pro Shop, or via email or text. I will be happy to answer any questions.

* * * * *

When was the last time your racket was restrung? That long, huh? Get a new set of strings to get the most out of your racket. Or maybe you need to get a grip. Yup, feel the difference a new grip and/or a new overgrip can make. Maybe you need a new stick! I have Dunlop demos (current and close-out models) available to try.

What you really need, however, are lessons! The women's teams are in full swing with practice sessions on Monday and Tuesday nights and Friday mornings. Women's Night has returned on Wednesday nights for the women that are "getting back into the game," looking for a light work out, or to meet some other women with whom to play. Men's night will return in June.

I am also available for private and group lessons. For more information, contact me.

* * * * *

In case you haven't been by the courts lately, things are going down!

First, over a half ton of Har-Tru material has been put down on each of the Forest Lakes North tennis courts. Remember to give your court about ten minutes of water before and they will play great! Don't forget to brush and line the clay courts after play. Hang up the brushes and liners when you are finished. Please don't let young children play with the court equipment.

Secondly, at the Forest Lakes South facility, a major construction project is underway. On April 25, the demolition of the existing courts began. Around the end of June, the new courts will be ready for play.

Following the completion of the new hard courts at South, four of the six Clay Tech courts at North will undergo a major renovation. A large portion of the underlying membrane will be replaced. This upgrade will take a couple of weeks.

During these construction projects, court time will be at a premium. Your patience will be greatly appreciated.

Thank you for your support, and I look forward to seeing you all on the courts very soon.

Sincerely,

Jim Labinski Director of Tennis Forest Lakes Cell: 434.249.6420

Email: zentennis929@gmail.com

FOREST LAKES COMMUNITY ASSOCIATION

Summer 2016



Pools Open Saturday, May 28th!

REGULAR POOL HOURS

NORTH POOL

10am - 9pm Daily

SOUTH POOL

12pm – 9pm Mon. – Fri. 11am – 9pm Weekends

POOL HOURS DURING SCHOOL DAYS (through June 7th)

North Pool

4:30pm - 8:00pm Mon - Thursday 4:30pm -9:00pm - Friday 10:00am - 9:00pm Saturday 10:00am; - 8:00pm Sunday South Pool

10am -3pm and 6pm - 8pm Mon - Fri*
Open regular weekend hours

GUEST FEES

\$3 per person Weekdays

\$5 per person Weekends/Holidays

10 punch pass \$20.00 No charge for children aged 2 & under.

Three (3) guests allowed per adult resident. Two (2) guests allowed per youth card holder.

ADULT EARLY MORNING LAP SWIM

Tuesdays and Fridays 6:30am - 7:30am

Begins Tuesday, June 7th Forest Lakes Residents Only Please bring your Poolcard

ALL RESIDENTS <u>MUST</u> SHOW THEIR POOL CARDS AND SIGN-IN WHEN ENTERING POOL AREA

ABOUT YOUR POOL CARDS......

The Forest Lakes Swim & Tennis Facilities are open to all Forest Lakes residents. All adult residents and dependents that are rising 6th grade and above will be issued pool cards which <u>must</u> be presented upon entering the pool area. Children below the 6th grade <u>must</u> be accompanied to the pool by a parent or responsible resident (age 15 or older). All residents <u>must</u> sign in and show their pool card upon entering the pool.

^{*} During school days, the South pool will close from 3:00 - 6:00pm for Swim Team Practice.

FITNESS AT FOREST LAKES

FOREST LAKES FITNESS CLASS SCHEDULE May 2016

GENERAL FITNESS

PILATES PLUS

Tuesday/Thursday

6:00 - 6:45am Boot Camp

Beth Solak

11:30 am - 12:15pm Boot Camp

Beth Solak

9:15 - 10:15am Women's Strength &

Conditioning Randi Marshall

Monday/Wednesday

9:30-10:30am Pilates +

Intermediate Level Kiersten Shue

NOTE: Pilates classes will go through June 1 and

then off for the summer!

Tuesday

10:30 - 11:15 30 Minute HIIT

Meghan Gilmour

YOGA

Monday

6:15 -7:15pm Tech and Flow I

Karen Schultz

SENIOR FITNESS

Fridays

10:00 - 11:00am Fusion Fitness Fun for

Seniors

Antje Waxman

Wednesday

6:15 -7:15pm Tech and Flow I

Karen Schultz

10:00am Strength and Yoga Training

Kathy Huddleston

(See reverse)

11:15am Gentle Yoga

Kathy Huddleston

(See reverse)

CORE BARRE

5:00 – 6:00pm Monday/Thursday

Suzette Buck

7:30-8:30pm Monday

Suzette Buck

Friday

11:15am Strength and Yoga Training

Kathy Huddleston

The Forest Lakes Fitness Center is located at the South Pool area, 1650 Ashwood Boulevard. It is open to all Forest Lakes residents 7 days per week, 24 hours a day. Key access cards are assigned to each home. Please remember that children under 12 years old are not permitted to use the fitness center equipment and are not allowed in the gym. Children ages 12-15 may use the equipment ONLY if being directly supervised by a parent or adult. Youth ages 16-18 may use the equipment independently provided they follow posted policies. Please respect the equipment and fellow gym patrons. Thank you for your cooperation.

FITNESS AT FOREST LAKES

GENERAL FITNESS

For the <u>Strength and Conditioning</u> class, contact ACE certified personal trainer Randi Marshall at 960-1168 or email her at srmarshall31@embarqmail.com. An exercise ball is required.

Boot Camp Fitness Get your day off to a great start. All levels (and genders) welcome. My Boot camp is a small group class that mixes traditional calisthenics with body weight exercises, interval training and strength training. A wide variety of different exercises with little rest in between = maximum results. Get fit, have fun and make friends in an environment that encourages but does not intimidate! We will hold the class outdoors when the light/weather cooperate and move inside when necessary. First class is free! Drop-ins are welcome. Individual classes are \$12, 5 for \$50. Please bring a water bottle and towel. I am an ACE Certified Personal Trainer and Health Coach since 2002. For more information or to register please contact Beth Solak @ 845-269-0490 or Beth@Dontjoinagym.com or visit www.dontjoinagym.com.

30-Minute HIIT - Tuesday, 10:30-11:00am; Friday 8:45-9:15am

High-intensity interval training (HIIT) continues to gain popularity because it is the best way to increase cardiovascular fitness, gain strength, and chisel the body in a short amount of time. HIIT training involves short bursts of exercise interspersed with brief rest periods. Many studies demonstrate that HIIT reduces abdominal fat, increases metabolism, and decreases one's risk of developing type 2 diabetes. The hallmark of HIIT training is the "afterburn effect," an increased metabolism for up to 38 hours following your workout! This HIIT class includes a 3-minute warmup, 25 minutes of work, and 2 minutes of stretching to get you results quickly and efficiently. This class is appropriate for the intermediate and advanced exerciser. (Many modifications will be offered to keep your workout safe and effective). \$10 per class/\$37.50 for 5 classes. Drop-ins are always welcome.

To register for 30 Minute HIIT contact Meghan Gilmour (ACE-Certified Personal Trainer/ACE-Certified Group Fitness Instructor) at Gilmour.MeghanA@gmail.com or (920) 284-1465 or visit BrunetteinBalance.com (under "Group Fitness Schedules")

YOGA

 $\label{eq:concentrating} \textbf{Tech and Flow I} - A \ \text{meditative flow of yoga moves concentrating on alignment and technique.}$

For more details and to register, contact Karen @ 434.962.2208. Yoga Certification: International Yoga Institute; ACE Personal Trainer Certification; ACE Group Fitness Certification. Teaching since 1986.

Strength + Yoga Training

A perfect combo for those looking to enhance their cardio routine. 25 minutes of circuit training followed by 25 minutes of yoga on the mat. Amazing full body workout challenging all major muscle groups. Advanced sign-up required. WEDNESDAY CLASS IS HELD AT NORTH POOLHOUSE. FRIDAY CLASS IS AT SOUTH FACILITY. Contact Kathy Huddleston, MEd, RYT, Total Barre, AFAA instructor, at kmhuddleston@hotmail.com or call 327-7450 to register.

Gentle Yoga

Using yoga standing poses and a chair to strengthen muscle groups, increase mobility (especially neck, back, shoulder and hip range of motion) and improve balance all while maintaining stress relieving breath work. Ahhhh...relief. This gentle 50 min. class can benefit all ages, fitness levels and genders. THIS CLASS IS HELD AT THE NORTH POOLHOUSE. Contact Kathy Huddleston, MEd, RYT, Total Barre, AFAA instructor, at kmhuddleston@hotmail.com or call 327-7450 to register.

FUSION-FITNESS FUN CLASS FOR SENIORS

A custom-designed class for seniors that delivers a safe, effective, grounded cardiovascular workout combining movement forms from Jazz Dance, Irish Dance, Latin Dance, Line Dance and other International dance. This class allows students to move safely based upon each person's ability and focuses on mobility, balance and flexibility. All

movements are easy to follow. For all fitness levels, no prior training is necessary. If you want to work out and have fun – this is the place to be! \$14/class, drop-ins are welcome, first class is complementary. Call Antje Waxman for more information at 296-5909.

CORE BARRE

Core Barre is a high energy, low impact, fat burning workout. Its focus is on intensive movements that sculpt the thighs, tone and firm the glutes, flatten the abdominals and define the arms. Focused and isolated stretching to lengthen, tone and increase joint flexibility compliments a total body workout. It incorporates current principles of pilates, ballet and general fitness concepts and is available to all fitness levels for those that safely want to change their appearance and have fun doing so. Classes are 55 minutes long, First Class is Free! Individual classes Are \$20, 10 pack for \$150. No experience is necessary. For more information, contact Suzette Buck at 531.8596 or playtolearn@earthlink.net.

PILATES PLUS (Intermediate)

Practitioners are familiar with the principals of alignment and how to use the breath to release tension and recruit deep support muscle. Movements will be multidirectional and often more free support of the torso is required. My background is gymnastics and dance and my certifications are many, so I tend to mesh the familiar, precise repertoire with balance and more adventurous challenges to include balance and play. 10x = \$150.00 - 5x = \$90.00 - 1x = \$20.00

I honor unique goals and needs by tailoring each class for the participants coming, so introduce yourself: kierstenshue@gmail.com and let me know when to expect you: www.signupgenius.com (creator: Kiersten Shue).

Whether you are buying or selling your home in Forest Lakes, trust the Realtor who knows our neighborhood!





Docks **Boathouses** Sea Walls **Beaches**



Siding Gutters Roofing Decks & Patios Volleyball Courts Fascia & Soffit

15% off new Docks & 25% off Roof Installations **CALL US TODAY**

540-628-5879



MOTHER'S DAY! HOUSE WASH SPECIAL...

We Clean....

Sidina Windows Roofs Gutters

Decks

Patios

Walkways Driveways Fences

and more...

Call Today to schedule your wash!

434-906-0414

Any soft wash job!

Offer good thru 5/30/16

Other discounts do not apply

cvillepowerwashing.com mrcurbappeal@yahoo.com

Are you a crafter or do you want to be? Looking for something different to do for a girl's night out or a teen or tween-ager's birthday party? Want to learn some new crafting techniques?

Hi! I'm Marcy Jahn, a Forest Lakes resident for 13 years. I recently became an Independent Stampin' Up! Demonstrator and would love the chance to introduce you to our fantastic line of products!

Contact me to set up a workshop, party or class!

Or, if you're interested in trying some of the best crafting products around, you can shop with me 24/7 on my website! (Purchase something by 5/25 using Hostess Code YJ9GCPC6 and be entered into a drawing for a fabulous prize!)

Giving something handmade is so special. Let me help you create that perfect card or gift for someone!



Ask me about Paper Pumpkin -It's great for beginners, seasoned crafters and everyone in between!

marcyjahn.stampinup.net marcyscraftroom@gmail.com 434-249-9661





The next generation of Flea and Tick prevention is here!

We now have FDA approved Nexgard beef flavored chewables. It starts by causing uncontrolled activity in the flea and tick central nervous system, causing them to die within 2 - 4 hours. Nexgard is easy to administer, it won't wash off like topicals (making it hard to bathe when needed) and dogs love it! We also carry Seresto collar for Felines and Canines. We recommend keeping Your pet on monthly flea and tick as well as Heartworm prevention year around. Call Us today to make an appointment or for more information 434-975-6006

Services offered include: annual vaccinations, pet dentistry, wellness check-ups & screening, in house blood work, digital x-rays, routine & emergency surgeries.



Forest Lakes Veterinary Clinic

3440 Seminole Trail, Suite 102, Charlottesville, VA 22911 (434) 975-6006

www.forestlakesveterinaryclinic.com www.facebook.com/ForestLakesVetClinic

We now accept Care Credit. Be sure to ask about our military discount!



Greg Webb
Personal Injury Attorney
MichieHamlett
500 Court Square, Suite 300
Charlottesville, Virginia 22902
Direct: 434-951-7237
gwebb@michiehamlett.com

Forest Lakes resident since 1998.

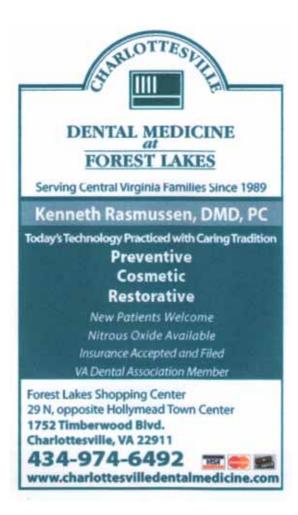
MichieHamlett has been helping clients for 70 years. The firm's three groups, Commercial, Personal Injury, and Personal Services, focus on domestic relations, estate planning, real estate, business, commercial litigation and personal injury law.



Best Lawyers in America, Virginia Super Lawyers, Multi-Million Dollar Advocates Forum, Charlottesville's Best Lawyers Personal Injury Litigation - Plaintiffs Lawyer of the Year 2012.













TECHNICAL TRAINING

Come to Own Touch for Summer Camp!

We are the area's premier indoor facility designed specifically to train, mentor & develop the individual performance of youth soccer players.

Futsal Camp – June 20th – 24th
Finishing & Freestyle Camp – June 27th – July 1st
Premier Soccer & Speed Camp – July 11th – 15th
Own Touch Tune-up Camp – August 8th – 12th

All camps run from 9:00am - 12:00pm

www.owntouchcville.com

FOREST LAKES COMMUNITY & SOCIAL EVENTS

FOREST LAKES COFFEE GROUP

The Forest Lakes Coffee for May 19th will be going to lunch at The Market at Grelen. We will carpool from the North Pavilion and depart at 9:45. If you prefer you may drive yourself. There is also a terrarium class opportunity that begins at 10 am. Two sizes are possible with supplies included in the cost of each class. The large terrarium costs \$69 and the small costs \$49. No one from our group plans on doing the terrariums so you'd need to travel yourself. Reservations are not needed to take the class. We will enjoy lunch and you may tour the grounds and shop. The spring flowers will be out in abundance. Looking forward to sharing this activity with the group. Please feel free to invite any friends and neighbors. See you at the North Pavilion at 9:45am sharp!

BABYSITTERS/PET SITTERS

Need a sitter for a night out or a pet sitter for a weekend away? The Forest Lakes Office has a list on hand with names of residents who will be happy to help you out! Stop by the office for a copy of the list. This is for Forest Lakes residents use only!

BIBLE STUDY

Come join us in Bible study at the North Forest Lakes Pavilion on Wednesday mornings from 10-11am. We are now studying the book of Acts, led by Rev. Dave Johnson. Any questions contact: Becky Rohrback@ 434-202-1373

NEIGHBORHOOD WATCH UPDATE

Thank you to those who have volunteered to be neighborhood block captains so far! Minimal work is involved – and thankfully we live in rather safe neighborhoods! The main focus for the block captain is to receive emails and notices about occurrences and alerts from the FLCA Office. The Block Captain, in turn, disseminates that information to the residents in their given neighborhood via email.

The search is still on for captains needed in the following neighborhoods:

Amberfield
Arbor Lake
Whispering Woods
Aspenwood I
Kernwood
Magnolia Bend
Pepperidge
Willow Bend

Please contact Tamera Hammond at the Forest Lakes Office at 973-4596 or thammond@forestlakes.net.

FOREST LAKES PLAYGROUPS!

Any moms and/or dads of Forest Lakes who would like to start a playgroup, meet at the playgrounds and do other fun things with your youngsters, please call Kate Syms. Kate is a resident of Forest Lakes and would love to organize playgroups and meetups with other Forest Lakes toddlers, moms and dads. Call her at 410-507-0301 or email her at ksyms82@gmail.com.



AD SPACE OFFERED...

The Forest Lakes Community Newsletter offers ad space in each monthly issue. The newsletter reaches 1400 households – all within five minutes of many businesses in Charlottesville and northern Albemarle County. The submission deadline for advertisements is the 23rd of each month. The newsletter is delivered the 1st weekend of every month.

The prices are as follows:

Business card - \$20.00 Size - 3.5" wide x 2" tall 1/4 Page - \$45.00 Size - 4" wide x 5" tall 1/2 Page - \$75.00 Size - 7.5" wide x 5" tall Full Page - \$150.00 Size - 7.5" wide x 9.5" tall

A 10% discount is available for prepaid ads placed to run at least 3 months.

Ads are subject to approval by the Forest Lakes Community Association. Ads should be camera ready and preferably emailed to thammond@forestlakes.net. For further questions, please email or call 434-973-4596.

Disclaimer

The Forest Lakes Community Association, Inc. makes no representation or warranties, express or implied, as to the accuracy and or qualifications of any advertised service or product contained within this publication.

Forest Lakes Health Center



16-0826, 02/16

At Forest Lakes Health Center, we offer primary care and preventive health services for patients of all ages.

We are pleased to welcome new providers:

Ursulla Courtney, MD

Special Interest: Women's health

Christine Dubroff, MSN, FNP-C

Special Interests: Women's health, weight loss counseling and diabetes

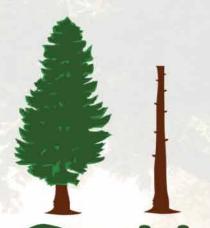
Amy Lieser, MSN, FNP-C

Special Interest: Nutritional counseling

To make an appointment, please call **434.975.7700**.







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RECOMMENDED SERVICES

- Large & Small Tree Removal
- Pruning Remove unsightly or dangerous limbs.
- Topping Reduce tree canopy by up to 50%.
- Bush Trimming Trim hedges to your desired size and shape.
- Stump Grinding Roots and trunk are chipped.
- Hauling Debris Get rid of all that brush build-up!
- Tree Feeding Strategically placed fertilizing!
- Lot Clearing Start from scratch with a clean yard!

TREE TOO DANGEROUS? NOT A PROBLEM!!

We do dangerous and hazardous removal. Check out our POV Videos on our Facebook page or Youtube Channel.

BENEFITS

Personal Service

 You now have a dependable tree guy that will show up on time and get the job done quickly, safely and correctly.

Peace of Mind

- We have a \$1,000,000 Insurance Policy
- 3 Month Follow Up
- We stay in touch, so you don't have to worry about losing our number!

PRSRT STD ECRWSS U.S. POSTAGE PAID EDDM RETAIL

Local Postal Customer

TESTIMONIALS

"Took out a large oak tree, which was in a challenging location, next to a retaining wall and my house! Great work! Luke $\mathfrak E$ team are highly skilled" -Katie $\mathbf B$.

"Very good work, professionally done. I recommend Grubb Tree Service and would engage again." - Marie J.

"I'm a first time home buyer. Didn't realize how much work my relatively big yard would require. There were bushes and some unnecessary trees everywhere. Grubb Tree Service did excellent work." -David H.

Want to see what we do first hand? Check out our POV Videos!







Angies list

PACK 206 SPRING FLING/ROCKET



Join Us for Family Fun, Cub Scout Style!

An afternoon of family fun and games. Saturday, June 4th 3:00-5:30 PM (Rain date: June 5th 3:00-5:30)

Forest Lakes South Soccer Field.

You don't need to be a Cub Scout, but can join while having fun with us! Contact Jay Gillenwater at 434-242-8336 or cubmaster@cubpack206.org



(Sponsored by the Hollymead PTO. This flyer hosted by Stonewall Jackson Area Council Boy Scouts. These materials described herein are not sponsored by the Albemarle County School Board)















Forest Lakes Swim Lesson Program Summer 2016 REGISTRATION

Monday, May 2nd 6:00pm-7:30pm North Pavilion Saturday, May 28th 10:00am-11:00am North Pool

You may sign up for any class at either registration. Swim lessons are for Forest Lakes residents only.

Session 1: June 20- July 1 Session 2: July 5- July 15 Session 3: July 18-July 29

North Pool

Level I 10:35 am; II:10 am; 6:05 pm Level 2 10:35 am; 11:45am; 5:30 pm Level 3 10:00 am; 11:10 am Level 4 I0:00 am ; 6:40 pm

North Pool

Level I 10:35 am; II:10 am; 5:30 pm Level 2 10:35 am; 11:10 am Level 3 10:00 am; 11:45 am Level 4 10:00 am; 6:40 pm Aquatots/Water Babies 6:05 pm

North Pool

Level I II:10 am Level 2 10:35 am; 11:10 am; 11:45 am Level 3 10:00 am; 10:35 am; 5:30 pm Level 4 I0:00 am; 6:05 pm Level 5 6:40 pm

South Pool

Level I 5:30 pm Level 2 6:05 pm Level 3 6:40 pm

South Pool

Level I 6:05 pm Level 2 5:30 pm Level 3 6:40 pm

South Pool

Level I 5:30 pm Level 2 6:05pm Level 3 6:40 pm

American Red Cross Program

Level I (3 years and up) First class without a parent. Skills include floating, kicking, bobbing, arm movements, breath control, rolling over and safety. All skills are done with support.

Level 2 (3 years and up) Must have completed Level 1 skills. Skills emphasized are rhythmic breathing, unsupported front/back floats and glides, finning, front crawl, elementary backstroke and safety.

Level 3 (5 years and up) Must have completed Level 2 skills. Skills emphasized are front crawl with breathing to side, elementary backstroke, treading water, butterfly kick, scissor kick, survival float and diving.

Level 4 (6 years and up) Must have completed Level 3 skills. Skills emphasized are deep water bobbing, breast stroke, sidestroke, back crawl, butterfly and endurance in front crawl and elementary backstroke.

Level 5 (6 years and up) Must have completed Level 4 skills. Skills emphasized are endurance of previous skills, sculling, shallow and surface dives, flip turns and

Parent Assisted Classes

Waterbabies/Aquatot (6 mos to 2 yrs) A great first class! Emphasis on water adjustment, safety and supported movement through the water.

Preschool (2 years to 3 years) Same skills as aquatot. Emphasis on breath control, jumping-in and beginner forms of propulsion.

Class size: minimum 6 children, maximum 12.

Late registration: Sign up books with listings of open classes will be available at the lifeguard tables at the pools beginning on Monday, May30th.

Swim lessons are taught in two-week sessions consisting of eight halfhour classes each session. There are two built-in make-up days per session in case of inclement weather.

Semi-private classes will be offered if there are less than 4 children registered for a class. Private lessons are available for children and adults.

Class size: Minimum 4 children; maximum 6 children (except for parent-assisted classes)

Cost: Cost per child per session is \$65.

















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Having a website isn't what it used to be...

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- □ Have you claimed your Yelp page?
- ☐ Is your site Mobile Responsive?
- Are Google and Bing able to index your site so you show up?
- □ Can you keep your site from getting hacked?
- ☐ If it does get hacked, how will you get off of the Black Lists?
- Is your email secure and professional?
- ☐ How can I make my website more serious and show up better on Google?
- □ What about Facebook?

How about we just deal with ALL OF THIS STUFF for you?

All of our websites are on the same hosting platform as the United Nations, Dell and IBM. We are for businesses who want a solid web presence with white-glove support.

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