

FARM TALK

2020 (REVISED FEB. 5TH)



#1 Alice Ingram Circle
Chapel Hill, NC 27517

(919)962-FARM (3276)
www.uncfarm.org

ANNUAL MEETING ANNOUNCEMENT

Farm Members are welcome to join us for the Annual Meeting of the FSRA Board of Directors on Thursday, March 5, 7:30 pm in the FSRA Clubhouse. This meeting is your opportunity to offer suggestions and give feedback on The Farm. Please email Ben at uncfarm@hotmail.com if you have questions about Farm governance.

LINKS TO IMPORTANT FORMS

CAMPS:

Mini-Camp Application Form:

<https://uncfarm.org/files/2015/06/2019-2020-Mini-Camp-Application.pdf>

Summer Camp Application Form:

<https://uncfarm.org/files/2020/01/2020-Camp-forms-FULL-1.pdf>

Non-Member Summer Camp Application Form:

<https://uncfarm.org/files/2020/01/2020-Non-Member-Camp-Forms-FULL.pdf>

Basketball Camp Application Form:

<https://uncfarm.org/files/2020/01/2020-Basketball-Camp-application-1.pdf>

Summer Camp Information for Parents:

<https://uncfarm.org/files/2015/06/2019-Letter-to-Parents.pdf>

Summer Camp Calendar:

<https://uncfarm.org/files/2020/01/2020-Farm-Camp-Calendar-1.pdf>

Farm Camp Counselor Application Form:

<https://uncfarm.org/files/2020/01/2020-Counselor-Application-1.pdf>

CIT Application Form:

<https://uncfarm.org/files/2020/01/2020-CIT-Application.pdf>

TENNIS:

Spring Junior Clinic Registration Forms:

<https://uncfarm.org/files/2020/01/2020-Spring-Junior-Clinics-Registration-.pdf>

Summer Camp Registration Form:

<https://uncfarm.org/files/2020/01/2020-Summer-Tennis-Camp-Registration-Form.pdf>

Summer Quickstart Registration Form:

<https://uncfarm.org/files/2020/01/2020-Quickstart-Tennis-Camp-Registration-Form.pdf>

Fall Junior Clinic Registration Forms:

<https://uncfarm.org/files/2020/01/2020-Fall-Junior-Clinics-Registration-.pdf>

POOL:

High Dive Waiver Form:

<https://uncfarm.org/files/2019/04/Minor-3M-Use-acknowledgement-of-risk-waiver-and-release-of-liability-2018-version.pdf>

Swim Team Registration Form:

<https://uncfarm.org/files/2020/02/2020-Farm-Swim-Team-Application.pdf>

Diving Application Form:

<https://uncfarm.org/files/2020/01/2020-Farm-Dive-application.pdf>



SUMMER CAMP INFORMATION
Seth Pomerantz, Assistant Manager

SUMMER CAMP REGISTRATION INFORMATION

2020 Farm Camp applications are included in this newsletter. Farm Camp will be held in weekly sessions beginning June 15 and ending August 21. Day Camp and Youth Camp run the entire summer. Little Farmer's begins Week 1 (June 15-19) and ends Week 9 (Aug 10-14). Call (919)962-3276 or email uncfarm@hotmail.com for more camp information. Space is limited in all of our camps so sign-up today!

Non-Members have the ability to enroll in summer camp as well! This will give your neighbor or classroom friend a chance to attend one of the best camps in Chapel Hill. Please read below as some rules apply:

- Non-members must be sponsored by a current Farm member. The sponsoring member does NOT have to have a child enrolled in camp for a non-member to attend.
- Non-member camper enrollment will begin March 13 for all weeks of camp. Non-members are welcome to send in their forms as early as they like to be put first on the waiting list.
- All camper spots will be on a first come, first serve basis. Spots will be limited due to early Farm member enrollment.
- Please direct non-member friends to our website for non-member registration forms. We will accept non-member forms early and enroll them in open spaces in the order they were received.
- Payment must come from the sponsoring Farm member.

COUNSELOR INTERNSHIP TRAINING (CIT) APPLICATIONS

The Farm Camp experience does not need to come to an end once campers age out of camp. The Farm CIT program is the training ground for creating top notch Farm Camp Counselors and is often a first work experience. 14 year olds interested in becoming future counselors should start with the CIT experience. Some responsibilities include regular camp duties, a mandatory orientation meeting, weekly meetings and writing reflection logs. Counselor Internship Trainees (CIT's) must be 14 year olds the week they work. They will be given the opportunity to work a week in Little Farmer's and a week in Day Camp. The position is to be treated as a true work experience so we ask for your child to personally complete his/her application

form and be responsible for all future correspondence. CIT's must complete applications and return to The Farm by Friday, March 13 to be considered for a position. Please visit our website www.uncfarm.org for the CIT application.

COUNSELOR APPLICATIONS

Anyone interested in joining The Farm Camp staff must complete a counselor application which can be found on our website www.uncfarm.org. Counselor positions are highly competitive. Please treat this application process as you would any other and make sure to list references you are confident in and provide a resume. The Farm expects all communication be made by counselors applying for the position and not a parent. Applications must be in by Friday, March 13 to be considered for a position.

2020 FARM SUMMER CAMP SCHEDULE	
Week 1	June 15-19
Week 2	June 22-26
Week 3	June 29-July 3
Week 4	July 6-10
Week 5	July 13-17
Week 6	July 20-24
Week 7	July 27-31
Week 8	August 3-7
Week 9	August 10-14
Week 10	August 17-21



TENNIS INFORMATION
Nate Lipson (919)225-2286
Ryan Lewis (919)672-2204

SPRING TENNIS COURT HOURS

Courts 1-6 open at 8:30 am
 Courts 7-12 open at 9:00 am

Please call during inclement weather: 919-968-7645

A message will be updated no later than 30 minutes before opening time. All tennis courts close at 9:00 pm (10:00 pm beginning on March 9)

SPRING JUNIOR CLINICS

Session 1: March 9 – April 22

Session 2: April 27 – June 3

FALL JUNIOR CLINICS

Session 1: August 24 – September 30

Session 2: October 5 – November 18

Smashers- 8 and under beginner (Mon/Wed, 3:45-4:30 pm)

We use oversize Quickstart tennis balls and smaller courts to teach the game to our youngest crowd. Quickstart involves improving reflexes, hand/eye coordination and basic stroke form as well as introducing basics such as footwork and scoring.

Aces- Beginner/Intermediate (Mon/Wed, 4:30-5:30 pm)

Kids who have graduated from the Beginner class or have the ability to rally several shots. Players should be prepared to work on serves, returns, volleys, footwork and basic match play strategies. Orange ball and green-dot balls used.

Rack Pack-Intermediate/Advanced (Mon/Wed, 5:30-6:30 pm)

The Rack Pack is a group for players able to rally and serve in point play. No real age requirement for this clinic. This group will be doing a lot of rallying and match play. Mainly regular balls will be used. This season will have two separate groups determined by the tennis pros.

High Performance (Tues/Thur, 4:30-6:30 pm)Year Round

For competitive tournament players of all ages. Contact Nate Lipson for enrollment.

ADULT CLINICS

(Please email farmtennispros@gmail.com for registration)

Triangle Ladies Team Practice (Mondays 9:00-10:30 am)

Start Date- Monday April 1st

This clinic is open to all ladies interested in playing on the Triangle Ladies Teams. It is a variety of drills, match play strategies and stroke production. It is also a great way to meet other members who actively participate in Team Tennis at The Farm! The starting date for TTL practice will be announced. Practice will run throughout the regularly scheduled TTL Spring schedule.

Men's 3.5+ Evening Drills (Wednesdays 6:30-7:30 pm)

For men rated 3.5 or higher. Want a workout? Want to get aggressive with your game? Come on out!

Adult Beginner Evening Clinic (Thursdays 6:30-7:30 pm)

For ladies or men looking to have a lot of fun on the court! This clinic offers a lot of variety from drills to match play scenarios.

Adult "Rust & Dust" Advanced Beginner Clinic

(Saturdays 9:00-10:30 am)

This clinic is for folks who have taken some time off and are wanting to get back into tennis or players who want to fine tune their skills.

Adult Beginner Clinic (Saturdays 10:30-11:30 am)

This is for the true beginner. A great chance to get a lot of repetition and work on your technique. A great way to get into tennis and a good bridge to the Advanced Beginner Clinic.

SUMMER TENNIS CAMP

June 15-July 31

The Farm Summer Tennis Camp accommodates a wide range of young tennis players from the beginner to the advanced player. We have a great time with technical instruction, games and match play. Camps are available in weekly sessions (Monday-Friday) from June 15-July 31. The week of June 29-July 1 will be a tournament week. We expect a lot of sign-ups this year so get those registration sheets (attached) in as soon as possible.

If you are looking for an all-day option, you can sign up for both Tennis Camp and Farm Camp and receive a discount for Farm Camp. Any questions concerning this option or Tennis Camp, please email farmtennispros@gmail.com.

UPCOMING EVENT

April 25th – Quick Start Parent/Child Play Day (9-10:00 am)
If you have a 4-5 yr old that you want to get started in tennis or just have a great time being active, this clinic is for you! Emily will guide you through some fun and silly tennis drills designed just for this age group! You will get some game ideas that you can play on your own plus 3 quick start balls that you can keep. We will provide racquets and lollipops! Space is limited and parents are expected to participate in the event. Contact Emily at Ekutner@eocketmail.com if you are interested or have questions.

EVENTS

March 21st – Flapjacks and Forehands (9:00-11:00 am)
April 10th -Easter Mixer (9:00-10:30 am)
April 25th – Quick Start Parent/Child Play Day (9-10:00 am)
May 25th – Memorial Day Mixer (9:00-10:30 am)
May 30th – Burgers, Beers, Backhands (6:00-8:00 pm)

Clinic Rates (based on number of people)

4 or more- \$13 per hour, 3-\$17 per hour
2- \$25 per hour, 1- lesson rate

LESSON RATES

Nate Lipson- \$50/hr
Ryan Lewis, Emily Kutner, Sam Weissler - \$48/hr
Leon Poplawski, Hannah Stevens, Kelsey Grambeau - \$46/hr

Make sure you are on the tennis listserv to receive the latest on upcoming events and clinics. To join the listserv, please email uncfarm@hotmail.com and ask to be added.

If you have any questions regarding dates and times for lessons or clinics, please call Nate at (919)225-2286 or email farmtennispros@gmail.com. Please call if you would like us to schedule a clinic that is not currently offered. We want to offer something for everyone!

TENNIS SHOP

2019 model racquets will be on sale so come get a great price on some of last year's frames. The Farm Tennis Shop has many new offerings for the new year. With a new shipment of racquets for 2020, there is a racquet for everyone. Ask Nate about all of the new strings for 2020 or order just about anything and we will match the price you find online. Hope to see you in the shop.

9:00-1:00 pm, 3:00-5:00 pm Weekdays
9:00-3:00 pm Saturdays, Sundays, and Holidays

For more information, please call the Tennis Shop at (919)968-7645 or email farmtennispros@gmail.com



FITNESS INFORMATION – (919)923-7448
Contact Becky Woodruff, Fitness Coordinator
Email: uncfarmfitness@gmail.com

Farm Fitness Room Hours

7:30am-9:00pm Current - March 10
7:30am-10:00pm March 11 - November 3

INDIVIDUALIZED FITNESS PROGRAMS

Free Fitness Room Orientations (by appointment)

If you have never used the Fitness Room and would like to do so, please contact Becky for a free orientation. Becky will also set you up with an individualized exercise program.

Personal Training (by appointment)

The Farm has three very qualified Certified Personal Trainers to provide you with an individualized fitness program. Hannah Southard, and Becky Woodruff work with members on a wide variety of goals from sports conditioning, weight loss, injury rehabilitation, to overall body conditioning. Each program is individualized to meet specific needs and goals. Bios for our personal trainers can be found on our website.

Senior Fitness Testing (by appointment)

Becky provides the Senior Fitness Test for adults 55+ years of age. Becky will also provide recommendations and exercise prescription based upon the results of your Senior Fitness Test.

ONGOING ADULT GROUP FITNESS PROGRAMS

Sunrise Boot Camp Fitness with Gina

Days: Mondays, Wednesdays, Fridays

Time: 5:00-6:00 am

Location: Hard Tennis Courts

Cost: \$10 paid to Gina

Program Description: Looking for a great way to get your workout in before a busy work or kid's days? Join Gina Althoff for this high-intensity interval training group program to start your day! This Boot Camp style fitness program alternates between short periods of intense anaerobic exercise with less intense recovery periods to help you reach your cardiovascular limits. Gina also incorporates strength training and core work in to the program. No sign up necessary. \$10 per class paid to instructor. Please contact Gina at cell phone # 919-636-8639 for more information.

PopUp Cardio/Toning Workout with Katie Corley

Days: Tuesdays

Time: 8:30am-9:30 am

Location: Clubhouse

Cost: \$10 paid to Katie

Program Description: PopUp Workout is an hour long, full body workout that will challenge your body and deliver real results. Each class incorporates cardio and toning intervals that are focused on strengthening and lengthening all of the muscles in your body. Compound movements

using light weights, resistance bands, balls, and gliders work both small and large muscle groups to fatigue. Cardio bursts keep the heart rate up for maximum calorie burn. Finish off with a great stretch and you will leave energized for the rest of your day. For more information please visit our website: www.popupworkout.com or contact Katie Corley at katie@popupworkout.com.

PopUp Sculpt,Flow & Cardio

Dates & Times: Thursdays, 8:30-9:30 am

Where: Farm Clubhouse

Cost: \$10 paid to the instructor

Program Description: This “Yoga style” class combines lengthening, toning & cardio and is great for all levels of ability. You will leave feeling invigorated and recharged.

Total Body Conditioning with Bekah Ryan

Dates & Times: Tuesday and Thursday: 6:00-7:00 pm

Where: Farm Clubhouse

Cost: \$10 billed to account

Program Description: Get ready for swim suits and summer time! Total Body is a low impact fitness program that uses body weight with compound exercise movements to target large muscle groups while also hitting those smaller muscle groups that create strong muscle definition. Hand weights, kettle bells, resistance bands, sliders in to this workout for increased energy expenditure and exercises can be tailored to meet each participant needs. Intermittent low impact cardio moves will raise heart rates and burn calories for those who would like to address weight loss (we can do weekly weigh-ins if desired). Focus will be on overall strength (legs, arms, core), cardio and endurance, flexibility and balance. No sign up necessary. We hope that you will come and join Bekah for this new Spring Program.

ONGOING MIND/BODY HOLISTIC PROGRAMS

Tai Chi With James Sutton

Dates & Times: Mondays 6:30-7:30 pm

Location: Clubhouse

Cost: \$10 billed to account

Program Description: Tai Chi is a martial art and exercise for overall well-being and conditioning incorporating dynamic movement that improves energy flow throughout the body. Tai Chi helps to ease tension, enhance awareness, and improve balance and strength. This class will focus on the Chen style and various Qi (energy) enhancing exercises. Please wear comfortable clothing, athletic/ soft soled shoes. For more information please contact Becky, Farm Fitness Coordinator, at uncfarmfitness.com or James directly at scepticusg@gmail.com.

Morning Sunrise Yoga with Noel

Dates & Times: Tuesdays 7:00-8:00 am (starting October 1)

Location: Clubhouse

Cost: \$10 billed to account

Program Description: Wake up and move the body while

cultivating focus and concentration on the breath. This class is welcoming to students of all levels and is designed to be accessible and relaxing to aid mobility and recovery. Noel will also incorporate the fundamentals of a seated meditation practices. Gentle movements and intention setting for the first few minutes of classes, before sitting quietly and mindfully with the breath. Come move and breath and start your day in a great way.

Intro to Iyengar Yoga with Carolyn

Dates & Times: Fridays 11:30-12:30 pm & Saturdays 8:45-9:45 am

Location: Farm Yoga Room

Cost: \$10 (billed to account)

Program Description: Program Description: Intro to Yoga is designed to teach you the basics of yoga in a small group setting with plenty of explanation. This program is perfect for those new to yoga or wanting a refresher and will help you move to the next levels at a pace that is good for you. Contact Becky via email if you are interested at uncfarmfitness@gmail.com.

Iyengar Yoga Level 2 with Carolyn

Dates and Times: Fridays & Saturdays 10:00- 11:00 am

Location: Farm Yoga Room

Cost: \$10 (billed to account)

Program Description: This is Carolyn’s most advanced Yoga class at the Farm and it is recommended that participants take the first two levels before joining the level 2 class and/or have prior yoga experience. Carolyn is a certified Iyengar yoga teacher. Carolyn uses props, such as belts, blocks, and straps as aids to help participants into asanas (poses) one step at a time. Focus is on structural alignment, development of strength, stamina, flexibility, balance and concentration (Dharana). For more information about Farm Yoga, you may also email Becky, Fitness Coordinator at uncfarmfitness@gmail.com, visit the Farm website at www.uncfarm.com.

Afternoon Adult Yoga with Kat

Dates & Times: Wednesdays 3:00-4:00 pm

Location: Yoga Room

Cost: \$10 billed to account

Instructor: Kit Thorburn

Program Description: From an early age, Kat began her Yoga and Pilates journey and it was while she was studying ballet that she was empowered to utilize these useful practices. Now, as a teacher to both children and adults, she pulls from years of experience to create a fun mat and movement class that incorporates flexibility, core alignment, balance, and overall body awareness that allows her students to find strength within their own practice. Kat has an energetic yet light-hearted approach to her teaching and wishes to share that sentiment with everyone she meets on the mat. You can also find her at The Farm teaching her after-school program called “Kid’s Finding Balance”. To

contact Kat for more information please email:
kyogayou@gmail.com or call 910-620-5006.

FITNESS PROGRAM/CLINIC PAYMENT OPTIONS

Fitness clinic/program participation can be billed to your account or you can pay instructor directly.

Individual Fitness Programs Costs: Personal Training & Nutritional Counseling & Senior Fitness Testing): \$50/hour, \$37.50/45 min, \$25/half hour

Adult Group Fitness & Mind/Body Programs:

See program descriptions for costs

For more information, call/email Becky Woodruff, Farm Fitness Director, at (919)923-7448 or email:
uncfarmfitness@gmail.com



RECREATION INFORMATION: (919)962-FARM

Seth Pomerantz, Assistant Manager

Upcoming Recreational Events

- Food and Wine Lab:** March 6 (6:00-9:00 pm)
- Mini-Camps:** March 13, April 3, 6-9 (8:30-5:30 pm)
- Parent's Night Out:** Feb. 21, Mar. 20, Apr. 17, & May 22
- Chili Cook Off:** February 22 (4:00-6:00 pm)
- Family Archery Day:** March 8 (12:00-2:00 pm)
- Egg Hunt:** April 10 (beginning @ 11:00 am)
- Camp Out:** May 15 (beginning @ 6:00 pm)
- Wine Tasting:** May 29 (7:00-9:00 pm)
- July 4th Water Carnival:** July 4 (beginning @ Noon)
- Pre-Teen Pool Party:** June 12 (6:45-8:45 pm), July 17 (6:45-8:45 pm), Aug. 21 (6:00-8:00 pm)
- Wild Animal Encounters:** July 18 (6:30-8:00 pm)
- Adult Pool Parties:** June 26, July 25 (7:00-10:00pm)
- Mondays on the Porch:** Every other Monday June 8 – August 17 (6:00-8:00pm)
- Bingo Night:** August 7 (6:30-8:30 pm)

FOOD AND WINE LAB

March 6 (6:00-9:00 pm)

We have a new event we are happy to announce, "Food and Wine Lab with Piedmont Wine Imports". Our resident wine expert, Jay Murrie will be hosting a special evening of wine with food pairings from a James Beard award nominated chef. This event is open to 40 participants. Due to the nature of the event, RSVPs are binding. You are purchasing a ticket/2 tickets to the event that may be transferred to friends but are non-refundable. This evening's theme is "Burgers and Barolo".

A trashy/classy theme, with dressed up versions of classic Americana sides (and dessert!). Featuring wines from Azelia winery, a certified-organic, legendary estate in the Italian Piedmont. Food by Phoebe Lawless, James Beard award nominated chef/owner of Scratch baking in Durham and words/wine service by Jay Murrie of Piedmont Wine Imports and Jeff Bramwell, author of Vinoburger and wine director for Mothers and Sons, Mateo, and St. James restaurants in Durham. There will

be an order form for the wines, so guests can go home with bottles of their favorites from the dinner. Jeff Bramwell will be selling his fun cookbook directly to our guests at a very appealing promo price. \$35 per person for a lovely evening of food made by a James Beard Award nominated cook, and some legendary wines.

MINI-CAMPS

March 13, April 3, 6, 7, 8 and 9 (8:30-5:30 pm)

Mini-Camps will be held each day during Chapel Hill Carrboro City Schools Spring Break. Applications can be found in this newsletter, the office, or on our website. We ask that your child please bring a lunch and a tennis racquet for your child. We will provide snacks and activities. Mini-Camps fill up very quickly and are limited to member's children only. Prices for mini-camp are \$50 for one child or \$80 for two children from the same family.

PARENT'S NIGHT OUT

Feb. 21, March 20, April 17, May 22 (6:00-9:00 pm)

This is a great opportunity for parents and children alike to have a great evening. Once a month from 6:00-9:00 pm, The Farm provides a babysitting service for up to thirty kids. While here, we make home-made pizzas, ice cream sundaes and watch a fun movie. This gives parents the night off to do whatever they would like, whether it be a tennis match or going out for dinner. Make sure to sign up in advance because these evenings tend to fill up quickly. Prices are as follows: \$15 for one child or \$25 for two children from the same family.

THE GREAT CHILI COOK OFF

February 22 (4:00-6:00 pm)

Want to attend? \$5 per guest which includes CHILI, S'MORES and BEER. Guests will also have the chance to pick the best chili. Non-alcoholic drinks will be available for kids and non-drinkers. We will have a camp fire outside and s'mores for everyone, weather permitting. Want to cook chili and win money!? All types of chili are included in this event; however we ask that you please provide a sign with all ingredients in your chili. Best chili will win a \$50 visa gift card and the coveted Farm Chili Cup! There will also be a prize for best table decorations.

FAMILY ARCHERY DAY

March 8 (12:00-2:00 pm)

Ever fancy yourself a marksman or woman? Want to see who in your family has better aim? Now's your chance to come out and prove yourself on the archery range! Due to the overwhelmingly positive response from last year's archery day, we will have reserved blocks of time. Please email me your name and the number of people attending in your group. I will then provide you with a fifteen minute time block for your archery instruction. I look forward to seeing you all out here! We will meet at the archery range behind the hard courts and through the woods. Time slots will range from 12:00-2:00 pm.

EGG HUNT

April 10 (beginning @ 11:00 am)

The Egg Hunt is a great way to welcome in the spring season at The Farm. Children aged 2-12 are welcome to participate in hunting for eggs on the softball field, the playground and in front of the main building. We have three different areas to keep the bigger kids separate from the little ones and to ensure everyone has a chance at as many eggs as possible. Remember to bring a basket for the eggs and a camera for the memories! Egg hunting rules will begin promptly at 11:00 am in the upper shelter so please arrive ten to fifteen minutes early.

CAMP OUT

May 15 (beginning @ 6:00 pm)

We will roast marshmallows and make s'mores around the campfire in the evening and share OJ and doughnuts in the morning. For those of you who are not the camping type, we encourage you to spend a night with us at this year's campout. 'Roughing it' is not part of the campout mentality, for bathrooms, showers and running water are just right around the corner! Please RSVP for this event so we can buy breakfast food and s'mores accordingly.

WINE TASTING

May 29 (7:0-9:00 pm)

Come join The Farm for a lovely evening away from the kids. Wines from across the world and foods that pair nicely are offered up for your enjoyment. Jay Murrie from Piedmont Wine Imports will guide us through the descriptions and flavors of various wines. Due to the popularity of this event, spots are limited to the first forty people to RSVP. Sign up today! \$25 per person and let me assure you for those who have come in the past, the samples will be larger and the food will be plentiful. This event will take place in the clubhouse from 7:00-9:00 pm.

JULY 4TH WATER CARNIVAL & PING PONG TOURNAMENT

July 4 (beginning at 12:00 pm)

The Ping Pong Tournament will be open to all ages. It will be a single elimination tournament and there will be three divisions that are broken down by ages (8 and under, 9-13, 14 and older) pending interest in the event. The winner will receive a gift from the Snack Shack! The Ping Pong Tournament will be held on Saturday, July 4th at Noon (before the July 4th Pool/Picnic Celebration). The July 4th water carnival begins around 3:30 pm and consists of a money toss for all ages, lifeguard target practice, relay races, and a few other fun activities. Make sure to stay around for the watermelon provided by The Farm.

PRE-TEEN POOL PARTY

June 12 & July 17 (6:45-8:45 pm), Aug. 21 (6:00-8:00 pm)

These parties are held three times a summer and are for the 9-13 year olds and their friends. The pool shuts down early and the kids take over the area! Floats, toys and buoys are

allowed anywhere in the pool, relay games are played and music is provided. The night usually comes to an end with an extreme belly flop competition. Pizza, drinks, and ice cream are also provided for the kids. \$10 per child and members are welcome to bring up to two guests each.

WILD ANIMAL ENCOUNTERS SHOW

July 18 (6:30-8:00 pm)

The Farm will be hosting Dan the Animal Man for an evening of wild animal encounters. Dan has been known to bring monkeys, alligators and kangaroos to shows in the past and you never know what fun critters he will bring! Show will run approx. one hour with a chance to take photos with the last animal he talks about. We hope you can join us for a fun filled evening of animals and education!

ADULT FIESTA PARTY

June 26, (7:00-10:00 pm)

These parties only happen twice a summer so make sure to sign up early; last summer's parties topped over 80 people at each event! Parties include a DJ set-up, Mexican themed dinner, and fun in the pool with the largest beach ball imaginable. The Farm will provide beer but feel free to bring your own drinks as well. Alcoholic drinks will be present so sign your children up for our baby-sitting. Baby-Sitting will take place in the clubhouse while you have fun at the fiesta party. Children will get to have pizza, ice cream sundaes, and movie night. Games and playground fun are always included. Fiesta Party: \$10 per person, members and guests are welcome (must be 21 to attend). Baby-Sitting: \$15 for one child or \$25 for two children from the same family (must be 5-13 years of age).

ADULT LOW COUNTRY BOIL

July 25 (7:00-10:00 pm)

These parties only happen twice a summer so make sure to sign up early; this will be our second low country boil so get ready for some fun! Party will include a DJ set-up, low country boil themed dinner, and fun in the pool with the largest beach ball imaginable. The Farm will provide beer but feel free to bring your own drinks as well. This event is low country themed, so come in your straw hat and sandals. Beer will be flowing and all the shrimp, potatoes, sausage and corn you can eat! Alcoholic drinks will be present so sign your children up for our baby-sitting. Baby-Sitting will take place in the clubhouse while you have fun at the luau party. Children will get to have pizza, ice cream sundaes, and movie night. Games and playground fun are always included. Luau Party: \$10 per person, members and guests are welcome! Baby-Sitting: \$15 for one child or \$25 for two children from the same family.

MONDAYS ON THE PORCH

Begins June 8 and ends August 17 (6:00-8:00 pm)

The Farm will be hosting Mondays on the Porch EVERY OTHER MONDAY beginning June 8 through August 17.

Join us on the clubhouse front porch for music, chips, salsa, guacamole, cheese dip and beer! \$5 per person and we encourage you to bring guests. This event is from 6:00-8:00 pm.

BINGO NIGHT

August 7 (6:30-8:30 pm)

Come and enjoy a traditional Farm event! This event is open to all ages and will be held from 6:30-8:30 pm by the snack shack. Snacks and drinks can be purchased at the snack shack and there will be donations from local sponsors given away as prizes. Some top prizes in the past included a free week of camp, a night stay at The Siena, UNC Football Tickets and much more.

BASKETBALL CAMP

July 13-17, 10-13 year olds (5:00-7:00 pm)

July 20-24, 6-9 year olds (5:00-7:00 pm)

Basketball Camp is right around the corner! Every summer, UNC sends over some of their brightest and most talented athletes to coach a one week basketball camp for Farm campers. Past Farm "Coaches" have included Tar Heel greats such as Kendal Marshall, John Henson, Danny Green and Luke Maye. Be sure not to miss this amazing opportunity to have your child learn from the best and even get a few autographs in the process

All sessions are \$70 per child/ per session. All participants will receive a reversible Farm Basketball Camp jersey. An application form can be found in this newsletter as well as at www.uncfarm.org.



2020 POOL INFORMATION
Ben Allred, FSRA Manager

FARM SWIMMING POOL

We are slated to open Saturday, May 16 at 12:00 pm. Please be sure to put the date on your calendar and bring your family. We promise the water will be refreshing! As opening day nears, there are a couple of things that the pool staff encourages you to do. Please check on the website (www.uncfarm.org) for pool information. The website will provide you with all the information you need to know about the upcoming pool season including, pool rules and policies, pool hours, and schedules. In addition, please note dates such as opening day, time changes, swim team schedules, swimming lesson dates, and pool parties. Also note that county regulations could require a 24 hour pool closure following a fecal contamination. The Farm management asks all parents to follow our swim diaper policy and ask toilet trained children to make frequent bathroom breaks when swimming at the pool.

SCHEDULING A POOL PARTY?

If you are scheduling a party of more than 5 non-members, we ask that you please contact the pool supervisor at farmpool1967@gmail.com. Please note, we ask that you limit parties to no more than 15-20 non-members. Parties

are not guaranteed specific areas of the pool deck, all spaces are first come first serve on the day of your event. There is no additional charge for having a party at the pool, simply the non-member guest fees. Parties may **not** be scheduled on weekends 2:00-5:00 pm and swim team practice times. Other dates excluded from party reservations include last day of school and summer holidays. Parties are encouraged to sign up in advance as the pool will only schedule one party at a time.

2020 POOL CALENDAR

Pool Hours

May 16-22	Pool Open 12:00-7:30 pm
May 23-June 5	Pool Open 10:00-8:00 pm
June 6–August 9	Pool Open 10:00-8:45 pm
August 10-Sept. 7	Pool Open 10:00-8:00 pm
September 8–13	Pool Open 12:00-7:00 pm
September 14-18	Pool Open 3:00-7:00 pm
September 19-20	Pool Open 12:00-7:00 pm
Sept. 20 -Oct. 2	*Lap Swimming only 4:30-6:30 pm

Pool Special Events & Hours

May 26	Pre-School Beginner Classes Start
June 6	Swim Meet @ Farm (Morning), Lower Pool Open For Members
June 10	Swim Meet @ Farm (Afternoon), Lower Pool Open for Members
June 12	Pre-Teen Pool Party: Pool Closing at 6:30 pm
June 19	Camp Pool Party 11:00-1:00 pm
June 20	Swim Meet @ Farm (Morning), Lower Pool Open for Members
June 26	Adult Fiesta Party 7:00-10:00 pm (Pool Closing at 6:30 pm)
June 27	Swim Meet @ Farm (Morning), Lower Pool Open for Members
July 4	Ping Pong Tourney @ Noon, Water Carnival: 3:30-5:00 pm
July 17	Pre-Teen Pool Party: Pool Closing at 6:30 pm
July 23	Camp Pool Party 11:00-1:00 pm
July 25	Low Country Boil 7:00-10:00 pm (Pool Closing at 6:30 pm)
August 5	Pool closing at 6:00 pm for staff party
August 7	BINGO Night 6:30-8:30 pm
August 21	Pre-Teen Pool Party: Pool Closes At 5:30 pm

*Pool schedule pool temperature and weather permitting

LIFEGUARD CLASS

The Farm will be offering a lifeguard class for anyone interested in becoming lifeguard/ first aid/ CPR certified. This 30 hour class will meet several times during an approximately two week program in late-May at The Farm pool. The first day of class will be Tuesday, May 19 at 6:00 pm. The schedule for the rest of the class will be determined at the first meeting of the class. Students are required to attend all class sessions, so please make sure your schedule will fit within class expectations.

FARM SWIM TEAM SWIM SUIT FITTING

Have a Farm swim team member who needs a suit? Join us Sunday, April 19 from 2:00-4:00 pm in the clubhouse to try on and order new team swim suits. The design will be the same as in previous years. Please contact Ben Allred for any swim team related questions.

FARM SWIM TEAM KICK OFF PICNIC

The Farm Swim Team Kick-off Picnic is scheduled for Sunday, May 17 at 6:00 pm in The Farm shelters. We will meet the coaching staff, distribute and accept application forms and fees, and have all your swim team questions answered. More information will be coming soon!

2020 FSRA/Y SWIM TEAM SCHEDULE

- April 19 Swim Team Suit Fitting in The Farm Clubhouse
TBD Swim Team Suit Fitting at The Y
- May 17 Swim Team Kickoff Picnic at The Farm (6:00 pm)
- May 18 First day of afternoon practice at The Farm (All practices at The Farm May 18-22)
Six and unders 5:00-5:30 pm, 7/8's 5:30-6:00 pm, 9/10's 6:00-6:45 pm, 11 and ups 6:45-7:30 pm
- May 20 First day of pre swim team (Meets at 4:30 pm on M,W, F at The Farm)
- May 25 No swim practice (Memorial Day)
- May 26 First day of afternoon practice at Meadowmont/Y (Tuesdays and Thursdays)
- May 27 Suit Pick-up/goggles and accessories for sale at afternoon practice at The Farm
- May 30 Farm/Y @ TEST (CH Tennis Club pool, 9:00 am)
- June 6 BC @ Farm/Y (The Farm pool, 9 am)
- June 10 HSP @ Farm/Y (The Farm pool, 5 pm)
- June 12 No swim practice – Last day of CHCCS schools
- June 15 First day of morning practice (All morning practices at The Farm, Monday - Friday)
- June 20 SVGC @ Farm/Y (The Farm pool, 9 am)
- June 26 Last day of pre swim team
Different Afternoon Practice Schedule
Pre swim team thru 7-8's normal, 9 and ups (6:00-6:30 pm) pool closes early for Adult Pool Party
- June 27 H3AC @ Farm/Y (The Farm pool, 9 am)
- July 1 Farm/Y @ HRST (Hollow Rock lap pool, 5:00 pm)
- July 2 No morning swim practice
- July 9 Pasta/Poster Party (The Farm Clubhouse, 5:15 6:30 pm) – replaces afternoon practice
- July 10 First Championship Meet Session for ages 13 and up (Koury Natatorium, 6:00 pm)
- July 11 Morning Championship Meet Session for Six and unders and 7/8's – 8:00 am
Afternoon Championship Meet Session for 9/10's and 11/12's – afternoon
Both Sessions at Koury Natatorium
- July 12 End of Year Swim Team Banquet (The Farm shelters, 6:00 pm)
- TBA: Social Events

Weekday meets: Home team warms up at 4 pm; visitor warm up at 4:25 pm; meets starts at 5 pm.

Saturday meets: Home team warms up at 8 am; visitor warm up at 8:25 am; meets starts at 9 am.

Volunteer arrivals: Chaperones should arrive 10 minutes before our team's warm-ups. All other volunteers should plan on checking in at least 20 minutes before the meet starts.

FARM ANIMALS DIVE INTO 2020

Time to dive in to the summer! The Farm is one of the few pools in the triangle area to provide a summer diving program for members. It is a great opportunity not only for kids but also for adults. The goal of The Farm Summer Diving Program is to teach safe diving techniques (of utmost importance), to promote the diver's physical and mental development and coordination (body awareness) and provide a successful and fun experience that enhances overall confidence level and self-esteem. For safety, a child must have earned his/her Farm Swim Badge to participate in diving lessons.

This summer we will offer diving lessons during the 10 weeks of Farm Day and Youth Camp. So as not to conflict with other Camp offerings, Youth Camp Diving will be offered this summer at 9:30 am and Day Camp Diving at 10:30 am, Monday - Thursday. If you wish to sign up your child for diving during the Day or Youth Camp Program please mark the weeks of interest on the Farm Camp Application (located with tennis and swim lessons) so that we receive that information with your child's Farm Camp Form. A reminder that non-campers and non-members may sign up to dive during any of the lessons, space permitted.

We will be offering afternoon private and small group diving lessons this summer based on interest. If you are interested in evening diving classes, please fill out the 2020 Farm Dive Application located in the Newsletter and on the Farm website. Please complete your application and send it with your payment to the Farm. And as always, please feel free to call Becky Binney Woodruff, Summer Dive Program Coordinator at the Farm Office at 919-962-3276/ cell 919-923-7448 if you have questions!

"CHALLENGE BY CHOICE" SUMMER FARM DIVE MEETS

Summer Dive Meets (Ice Cream Socials as I like to call them) are held weekly in July (meet schedule TBA), with the Summer Dive League Championship Meet/Potluck Party to be held at The Farm tentatively the last week of July or early August. Any diver may participate in the dive meets. All summer divers are invited to attend all of the summer dive meets even if they did not dive the week before the meet.

We are also thinking about having the "Travel Team" this year again this summer (with the UNC Year-round Dive Program). We will be confirming this and send out an interest list as we approach the spring.

