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March 2026

Hours of Operation  
Monday-Friday 7:00am-9:00pm  
Saturday & Sunday: 8:00am-5:00pm



## THINGS TO KNOW ABOUT MARCH

March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American history.

- **March 3** is [Holi](#), the Indian "Festival of Colors" that marks spring and renewal.
- **March 8** is **International Women's Day**, which is a day that not only celebrates the achievements of women and the progress made toward women's rights but also brings attention to ongoing struggles for equality around the world.
- **March 8** is the start of [Daylight Saving Time](#), which begins at 2:00 A.M. that day. If your area observes it, don't forget to "spring forward" and set the clocks one hour ahead, or you may find yourself an hour late to everything!
- **March 15** is the [Ides of March](#)! Legend surrounds this ill-fated day. Beware the Ides of March!
- **March 17** is [St. Patrick's Day](#). According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.
- **March 20** brings about the [March equinox](#)—also called the **vernal** or **spring equinox** in the Northern Hemisphere—marking the beginning of spring.

### UPGRADES TO POOL EQUIPMENT

We recently purchased and installed a new circulation pump and new pool filters.

A swimming pool pump acts as the heart of the circulation system, constantly moving water from the pool through filters, heaters, and chemical feeders to maintain water sanitation, clarity, and safety. It prevents algae growth and ensures even chemical distribution.

Filters for commercial swimming pools are designed to maintain clean, safe, and clear water, acting as the primary defense against debris, contaminants, and microorganisms.

## **FOCUS ON FITNESS**

As we enter the month of March, it's time to focus on renewing our commitment to our fitness goals. With the weather starting to warm up and summer just around the corner, now is the perfect time to get back on track and start working towards the healthy, strong body you want.

To help you get started, here are 5 tips for making the most of your workouts this month:

1. **Set realistic goals:** It's important to set goals that are challenging, but also achievable. Instead of aiming to lose 10 pounds in a month, for example, focus on losing 1-2 pounds per week. This will help you stay motivated and avoid becoming discouraged if you don't see immediate results.
2. **Mix up your workouts:** Doing the same routine day in and day out can get boring and lead to a plateau in your progress. Mix up your workouts by trying one of the many [classes](#) we offer at the club. You might even discover a new favorite way to exercise!
3. **Fuel your body with healthy foods:** Eating a balanced, nutritious diet is key to reaching your fitness goals. Make sure to incorporate plenty of fruits, vegetables, lean proteins, and whole grains into your meals. And don't forget to stay hydrated by drinking plenty of water throughout the day.
4. **Get enough rest:** Getting enough sleep is crucial for recovery and muscle growth. Aim for at least seven hours of sleep per night to help your body repair and prepare for your next workout.
5. **Hold yourself accountable:** It's easy to make excuses when it comes to skipping a workout or indulging in unhealthy foods. Hold yourself accountable by keeping a workout journal or tracking your meals in a food diary. You can also find a workout buddy or work with our [personal trainer](#) Jane Mullowney to help keep you on track.

*By Fitness 1440*

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## **RIDDLE ME THIS**

**This month's riddle:** Penny has 5 children, 1st is January, 2nd kid February, 3rd is called March , 4th is April. What is the name of the 5th.



**Last month's riddle :**

Why was Ringo confused when his printer started playing music?



**Answer:** Because the paper was jamming

## **COURT REPORT**

### **BIG AL's 2026 UPDATE**

Big Al's 51st Annual Tennis Tournament will be held on 2 weekends.  
ADULTS July 10-12,  
JUNIORS July 18-19  
More information coming to soon.



### **SAVE THE DATE**

Friday Night Doubles Mixers  
March 6 and 20  
6:15-8:15 pm  
Levels 3.0-3.5  
Women and Men  
Details and Registration information posted in the lobby at the club.

### **USTA LEAGUES**

ATFC Teams this season - home match schedule to be posted on the club bulletin board soon.

March 6 - June 14  
18 + Women 4.0 - Captain: Christie Chiang  
18 + Men 4.5 - Captain: John Dix

April 10 - July 19  
65 + Women 7.0 - Captain: Ginny Whitener  
65 + Women 8.0 - Captain: Gail Patton

### **UPDATE ON OUTDOOR TENNIS COURT CONSTRUCTION**

Due to the overall warmer and drier weather since the first of the year more progress than expected has been made on constructing the outdoor courts. Weather dependent we hope they'll be available for play sometime this summer. We will keep you updated.

### **TENNIS BALL RECYCLING UPDATE**

Our club has helped keep 25, 200 tennis balls out of US landfills. Speaking of recycling tennis balls, Soundbounce by Mathilde Wittock is a surface material made from discarded tennis balls and can be applied to both furniture and wall panel formats. Mathilde is seeking a solution to the 400 million balls that are discarded each year, of which only 1% are being recycled. 'A tennis ball takes five days to produce and requires about 24 different steps,' she says, 'yet it has a lifespan of only about nine games, meaning tennis, as a sport, has a huge waste issue.'

