



# VOU News for You

VOUCA Management Newsletter/July 20, 2015

## BYOB Adult Swim Party

Friday, July 24, 2015  
6:30-9 PM

Shafer's Mill Recreation Center Pool  
Adults over 21 only

*Join us for an adults only event at the pool.  
Catered Hors d'oeuvres  
For safety, no glass containers allowed.*

This event is open to all VOU residents, 21 and over,  
and their guests (with pool guest pass).  
Please RSVP to [services@villagesofurbana.net](mailto:services@villagesofurbana.net)

## Kids Summer Camps

**I**TC Tennis is holding on-going Summer Camps for kids and juniors. Camp activities include tennis instruction and games, arts and crafts, indoor/outdoor children's games, swimming and more. Visit the VOU website Tennis page for more information and registration.



### Frederick County FCA Power

**Camp** for ages 8-13 is still accepting campers. Power Camp is a day camp right in Urbana at Mountain View Community Church from 8am-4pm, July 20th-24th, and focuses on sports specific training and multi-sport competition and recreation. They aim to teach the x's and o's of sport as well as coaching the heart and soul of the athlete.

With a 3-1 camper to counselor ratio your child is sure to get plenty of instruction and training from local high school athletes and coaches. Each camper can choose one of the following sports: Baseball, softball, basketball, football, golf, lacrosse, volleyball (outside), soccer and cheer. You can register online at [www.frederickfca.org/power-camp](http://www.frederickfca.org/power-camp). At only \$215 you can't beat this opportunity. Scholarships are available.

## Pool Hours

**T**he Harris Street Pool is open 10 AM to 9 PM daily. The Shafer's Mill Recreation Center Pool is closed Mondays (except Memorial Day and Labor Day). The Shafer's Mill Pool is open Tuesday through Sunday, 10 AM. **To access the pools you must have a valid pass in hand. It is not too late to renew your passes.**

## WEEK AT A GLANCE

### July 20

7:00 PM - Finance Committee Meeting

### July 21

5:30 - 7:00 AM - Morning Lap Swim at Harris Street Pool  
6:30 PM - Board of Directors Meeting

### July 22

7:00 - 8:00 PM - Yoga at Shafer's Mill Recreation Center

### July 23

5:30 - 7:00 AM - Morning Lap Swim at Harris Street Pool

### July 24

6:30 - 9:00 PM - BYOB Adult Swim Party at Shafer's Mill Recreation Center

### July 31

1:00 - 3:00 PM - Harry Potter Birthday Party at Natelli Community Center. RSVP today to [services@villagesofurbana.net](mailto:services@villagesofurbana.net).

## QUESTIONS? CONCERNS? CONTACT US

On-site Office: 9023 Harris St.

Frederick, MD 21704

Phone: 301-831-4810

Fax: 301-831-4811

Email: [services@villagesofurbana.net](mailto:services@villagesofurbana.net)

Office Hours: 10 AM- 4 PM

General Manager: Aimee Winegar

Resident Services: Tammy MacLaren

## COMMUNITY SCOOP

### Urbana Softball and Baseball

Registration for the 2015 Fall Softball and Baseball Season is NOW OPEN at the following links: [www.urbanabaseball.org](http://www.urbanabaseball.org) OR [www.urbanasoftball.org](http://www.urbanasoftball.org) - Just click on the baseball or softball on the main page to register.

Details regarding the registration dates and programs can be found on our website. Please note that registrations made ON OR BEFORE August 7th will be assured spots on teams while registrations made AFTER August 7th will be subject to coach/team size availability and will not be assured placement on a team. Registration will completely close on August 14th.

Please send all baseball questions to Tom Willie at [tom@tomwillie.com](mailto:tom@tomwillie.com) and send all softball questions to Teresa Reefer [treefe@comcast.net](mailto:treefe@comcast.net).

### Reminders for Pet Owners

Please be considerate when walking your dog. Pet owners are responsible for cleaning up after their pets.

### WHOM DO YOU CALL?

Frederick County Sheriff's Office  
Non-Emergency Number: 301-600-2071  
Washington Gas: 800-752-7520  
Allegheny Power: 800-255-3443  
Frederick County Water and Sewer:  
301-600-2187 M-F; 301-600-2194 after hours and holidays  
VOU After Hours Emergency:  
888-788-2678



All VOU witches and wizards, ages 8-12 and their parents are invited to

# Harry Potter's Birthday Party

Friday, July 31  
1 to 3 PM  
Shafer's Mill Recreation Center

What's a birthday party without presents? Please bring unwrapped new school supplies to donate to students in need. The supplies could range from pencils to pens, notebooks, erasers or new backpacks.

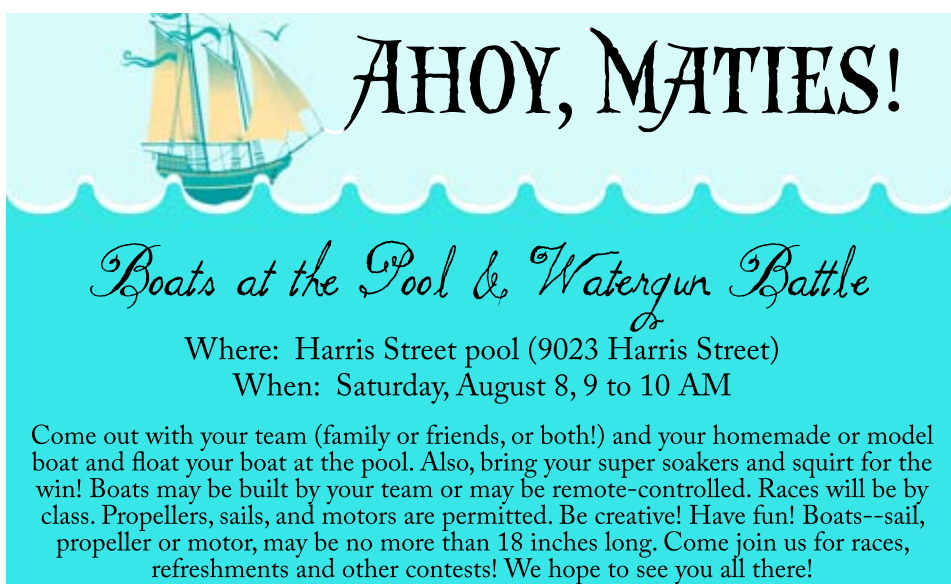
Please RSVP to [services@villagesofurbana.net](mailto:services@villagesofurbana.net)

## Dedicated Fitness in the VOU

**D**edicated Fitness returns to the VOU! Get fit and healthy with an energetic, fun, workout...provided by Dedicated Fitness PTS, LLC. Classes run thru October 2015. Format will include:

Agility Training, Conditioning, Core Training, Plyometrics, and Stability and Strength Training.

Days/Times/Locations: Tuesday/Thursday mornings (5:30am - 6:30am), Meeting in the parking lot at the Harris St clubhouse (next to the old pool). Fee: 10 sessions @ \$125, or 20 sessions @ \$200. Payments can be made at the first session attended...cash, check, or credit card (\$5 service fee). The first class is FREE! Bring water, a towel, and an exercise mat to all sessions. For more information contact [Dewey@DedicatedFitness.net](mailto:Dewey@DedicatedFitness.net). \$25 off first session package- valid until August 31st, 2015.



# AHOY, MATTIES!

*Boats at the Pool & Watergun Battle*

Where: Harris Street pool (9023 Harris Street)  
When: Saturday, August 8, 9 to 10 AM

Come out with your team (family or friends, or both!) and your homemade or model boat and float your boat at the pool. Also, bring your super soakers and squirt for the win! Boats may be built by your team or may be remote-controlled. Races will be by class. Propellers, sails, and motors are permitted. Be creative! Have fun! Boats--sail, propeller or motor, may be no more than 18 inches long. Come join us for races, refreshments and other contests! We hope to see you all there!