



# VOU News for You

VOUCA Management Newsletter/June 10, 2013

## News You Can Use

### Kids Activity Morning

The first Kids Activity morning will be held June 20 from 10 to 11:30 AM at the Natelli Community Center. For more information, call the management office at 301-831-4810.

### Meeting Schedule

Meetings to be held this week at the Natelli Community Center:

Monday, June 10—Grounds, 7 PM

Tuesday, June 11—Design Review, 7:30 PM

Wednesday, June 12—Covenants, 7 PM

Upcoming Meetings:

Tuesday, June 18—Design Review, 7 PM

Wednesday, June 19—Physical Assets Management, 7 PM

### Hope Commons Sealcoat and Painting Update

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### Questions? Concerns? Contact Us

On-site Office: 9023 Harris St.  
Frederick, MD 21704  
Phone: 301-831-4810  
Fax: 301-831-4811  
Email: [vouadmin@casinc.biz](mailto:vouadmin@casinc.biz)  
Office Hours: 10 AM- 4 PM  
General Manager: Aimee Winegar  
Asst. Manager: Julie Virnelson

# URBANA music festival

**SATURDAY, JUNE 22, 2013  
NOON-6PM**

**URBANA REGIONAL LIBRARY  
9020 AMELUNG STREET, URBANA, MD**

**THREE INCREDIBLE BANDS  
TRANSPORTATION ZONE, PONY RIDES, PETTING ZOO,  
MOONBOUNCE, GIANT SLIDE**

**A FREE SUMMER CELEBRATION FOR ALL AGES**

FOR FURTHER INFO, VISIT [FCPL.ORG](http://FCPL.ORG) OR CALL 301-600-7000  
IN THE EVENT OF RAIN, PERFORMANCES WILL BE MOVED INSIDE THE LIBRARY.

## Water Fitness Rocks!

Check out our summer classes at the VOU community Pool that run from June 17th—August 7th

**Shallow Water Workout:** Mondays/ Wednesdays 6:00—6:45pm

A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow. 16 classes: \$96.00 (Register for 8 classes: \$60.00)

**Deep Water Workout:** Mondays/ Wednesdays 7:00—7:45pm

This water fitness program is held in the deeper water of the pool and provides a no-impact but challenging cardiovascular workout. Participants will use flotation belts or pool noodles (provided at pool) to perform a variety of motions including water walking and running, abdominal work and toning exercises. This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone. 16 classes: \$96.00 (Register for 8 classes: \$60.00)

Questions? Please visit our web page at [www.wetyetwaterfitness.com](http://www.wetyetwaterfitness.com) or call Nancy at (301) 990-1846.

## News You Can Use

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The contractor will be returning to clean up some bad areas of sealcoat that were damaged when it rained earlier than forecast. The parking space painting will be performed as soon as weather permits.

### Summer Yard Waste

Yard Waste Recycling Pickup is now the FIRST trash day of the week. Depending on when your regular trash day is, please place your yard waste out for collection on Monday or Tuesday with your trash by 7 AM. Trash should be left out only in bags inside sealed, lidded containers, only at the edge of your own property. Remember that yard waste should be left at the curb where you place your trash, in recyclable bags only.

### Pool Pass Photo Schedule

The office is open every day from 10 AM to 4 PM.

Monday, June 10 the office will be open to 7 PM.

Wednesday, June 12, the office will be open to 7 PM.

Saturday, June 15, the office will be open from 9 AM to noon.

## Upcoming Tennis Events at the VOU

<b>6/7</b> <b>Friday</b>	Ladies Only Social! 10am-12pm Cost: \$5	<b>6/7</b> <b>Friday</b>	Adult Tennis Social! 6pm-8pm Cost: FREE
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### BONUS WEEK!!! (6/10-6/15)

with  
Coach  
Sofie!

**6/10**  
**Monday**  
Drop-in Adult  
Singles Clinic  
10am-11am  
Skill: (2.5-3.0) Cost: \$15

**6/10**  
**Monday**  
Drop-in Adult  
Singles Clinic  
11am-12pm  
Skill: (3.5-4.0) Cost: \$15

**6/11**  
**Tuesday**  
Drop-in Adult Doubles  
Strategy Clinic  
9:30am-11am  
Skill: (2.5-3.0) Cost: \$20

**6/11**  
**Tuesday**  
Drop-in Adult Doubles  
Strategy Clinic  
11:30am-1pm  
Skill: (3.5-4.0) Cost: \$20

**6/12 Wednesday**  
**Bonus Private Lessons**  
with Coach Sofie  
Open Slots: 9:30am-2:30pm  
30 Min. Cost: \$20 (Reg:\$30)  
60 Min. Cost: \$45 (Reg:\$60)

**6/15 Saturday**  
**Bonus Private Lessons**  
with Coach Greg  
Open Slots: 7:00am-1:00pm  
30 Min. Cost: \$20 (Reg:\$30)  
60 Min. Cost: \$45 (Reg:\$60)

with  
Coach  
Sofie!

Don't  
Forget!

**6/17**  
**Monday**  
Summer Activities  
Camp Begins!  
9:00am-3pm

**6/24**  
**Monday**  
Tennis & Swim  
Camp Begins!  
9:00am-3pm

Don't  
Forget!

**6/28**  
**Friday**  
Adult Tennis Social!  
6pm-8pm  
Cost: FREE  
THEME: RETRO!

**LIMITED SPOTS AVAILABLE!**  
Sign Up Now by Contacting:  
greg@tennis4life.net  
571.258.8881

### 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

**ADULT POOL PARTY**

Friday, June 28  
6-9 PM  
Shafer's Mill Pool  
Adults, 18+