

# FRANCO'S

SUMMER07



**WHAT'S INSIDE:**

Swim School Registration

Scuba Lessons

NEW BodyCombat™

Adventure Racing Camp

2006 - 2007 Club Renovations



Limited Space Available  
Register Today 792-0200

[myfrancos.com](http://myfrancos.com)

# franco's



## Classes For All Ages and Abilities

- Swimmers are grouped by age and ability
- Small Classes allow for individualized instruction
- Waterbabies Program with parent involvement introduces the child to the pleasure of the swimming environment
- Competitive lessons - students receive all the benefits of USS swimming instruction without the commitment

## FRANCO's Swim School Philosophy

Franco's program allows for parents to view the classes. Our focus is making our students more proficient swimmers as they progress through the program, promoting strong swim skills that will last a lifetime. Children's personality and their past experiences in swimming are very important in determining their readiness for swimming. Our first lesson is considered a "tryout" to determine what type of instruction is best suited to the development of the child. If for any reason a child is not suitable for group lessons we will let you know. Beginner lessons for children under four focus on aquatic adjustment and swimming readiness. We do not teach children to become accomplished swimmers at this age, or to survive independently in the water. Young children are easily confused and scared, and should always be supervised around water. We recommend that parents keep their children in direct line of sight, no matter how well their children can swim.

**SWIM SCHOOL INSTRUCTORS** - All Franco's instructors are Water Safety Instructor certified by the American Red Cross. Our staff is comprised of United States swimming coaches, national caliber swimmers and great teachers. Our lessons are also all supervised by a senior swimming instructor.

## Swim School Programs

### WATERBABIES PROGRAM

Six to eight students per teacher. Waterbabies is the first step of our swim lessons program. It is targeted to the "under 3" age group and allows children to get accustomed to the water and develop a love for being in the water. This class is not designed to turn your baby into a fish or even teach him/her to survive in the water on his/her own. Our goal is to simply provide parents with information about water safety and techniques that will make water adjustment a pleasant experience for the child. We use games, songs and laughter in an interactive curriculum with a well-organized lesson plan.

### CHILDREN'S LEARN-TO-SWIM PROGRAM

Three to four students per teacher. Franco's Children's Learn to Swim program is designed to teach children to swim independently. Beginner swimmers learn water safety skills and all the swimming techniques needed to advance through the Franco's Swim School. Children are evaluated in their first lesson and placed into groups with swimmers of similar age and ability (Ducks, Penguins, Frogs, Seals and Dolphins.)

### Franco's Basic Learn-to-swim steps

- Step 1 - getting the children comfortable in the water
- Step 2 - allowing them to develop the skills to propel themselves in the water
- Step 3 - focusing on the proper body alignment which is the single most important factor for learning to swim efficiently
- Step 4 - teaching proper propulsion and rhythmic breathing
- Step 5 - Competitive lessons

### CHILDREN'S COMPETITIVE LESSONS (FUTURE FINS)

Six to eight students per teacher. FRANCO's Children's Competitive Lessons program focuses on perfecting the four competitive stroke techniques, racing starts and turns in a non-competitive environment. This class is designed to promote strong swimming skills that will last a lifetime. This class is a great opportunity for summer league swimmers to prepare for the summer, work on technique in a smaller group setting or maintain their skills.

### ADULT LESSONS

Beginner/intermediate group lessons are for individuals fourteen and over who wish to become more efficient swimmers.

### PRIVATE LESSONS

For individuals who need special instruction at their own convenience. Beginners, competitive swimmers and tri-athletes are welcome.



## Swim School Schedules & Fees

Pre-registration required.  
Annual Registration Fee for all children's programs: \$30.00 for members and non-members.

### Children's Learn to Swim Lessons

**Summer Sessions Two week session Mondays - Thursdays.**  
**(8) Eight - 35 minute lessons**  
**Member: \$99.00; Non-member: \$129.00**

Sessions:	Class Times:
Session 2 - May 28 - June 7	10:15 am, 11:00 am, 11:45 am 4:30 pm, 5:15 pm, 6:00 pm
Session 3 - June 11 - June 21	10:15 am, 11:00 am, 11:45 am 4:30 pm, 5:15 pm, 6:00 pm
Session 4 - June 25 - July 5	10:15 am, 11:00 am, 11:45 am 4:30 pm, 5:15 pm, 6:00 pm
Session 5 - July 9 - 19	10:15 am, 11:00 am, 11:45 am 4:30 pm, 5:15 pm, 6:00 pm
Session 6 - July 23 - Aug. 2	10:15 am, 11:00 am, 11:45 am 4:30 pm, 5:15 pm, 6:00 pm
Session 7 - Aug 6 - Aug. 9 1/2 session	5:15 pm, 6:00 pm

Members \$48.50 Non-members \$65.00

### Children's Competitive Lessons

**Member: \$36.00 per month; Non-member: \$48.00 per month**

Saturday Sessions:	Class Times:
June (June 2, 9, 16, 23, )	10:15 am, 11:00 am
July (July 7, 14, 21, 28)	10:15 am, 11:00 am
August ( Aug. 4, 11, 18, 25)	10:15 am, 11:00 am
September (Sept 8, 15, 22, 29)	10:15 am, 11:00 am
October (Oct, 6, 13, 20 27)	10:15 am, 11:00 am

### Waterbabies

**Summer Sessions Two week session Mondays - Thursdays.**  
**(8) Eight - 35 minute lessons**  
**Member: \$72.00; Non-member: \$94.00**

Sessions:	Class Times:
Session 1 - May 28 - June 7	9:40 am, 4:00 pm
Session 2 - June 11 - June 21	9:40 am, 4:00 pm
Session 3 - June 25 - July 5	9:40 am, 4:00 pm
Session 4 - July 9 - 19	9:40 am, 4:00 pm
Session 5 - July 23 - Aug. 2	9:40 am, 4:00 pm

### Adult Lessons

**Member \$48.50; Non-member \$65.00**  
**Monthly Sessions Tuesdays & Thursdays**  
April - October 6:40 pm

**Private Lessons (4) Four - 30 minute lessons**  
**Private: Member \$99.00; Non-member \$129**  
**Semi-Private: Member \$60.00; Non-member \$75.00**

### Pro-Lessons

**Member**  
**(4) Four - 45 minute lesson with Aquatics Director Robby Fritscher \$200.**  
**Non-member**  
**(4) Four - 30 minute lessons \$260.00**

## SCHOONERS SUMMER SWIM TEAM



Register Today!  
Franco's Schooners is a recreational summer swim team that participates in the Scenic River Swim Association. Our summer program is designed to meet the needs of children with diverse abilities and motivational levels, to give each individual a unique swimming experience. The program offers superior stroke instruction, with a focus on improvement and having fun. The Schooners compete against local swim teams in West St. Tammany Parish. The staff is committed to giving each participant all the benefits swimming can offer.

Visit [www.myfrancos.com](http://www.myfrancos.com) for more information on the Aquatics Programs or call Robby Fritscher, Aquatics Director at 792-0200.



## SCUBA LESSONS



## BUBBLEMAKER

**Ages 8 and up • Sat. June 23rd**  
**12 noon - 4:00 pm**

### Hey Kids! Bring your parents diving

The PADI Bubblemaker introduces young adventurers to the thrill of breathing underwater. A qualified PADI instructor will take the kids on an underwater experience.

**Members: \$49.00; Non-members: \$69**  
**Registration fee includes mask and snorkel.**

For more information contact Rob Kohl,  
Seal Sports 674-0388  
or register online at  
[www.myfrancos.com](http://www.myfrancos.com)

Register before  
June 9th  
SAVE \$10.00

Pre-registration  
required by  
July 14th

## DISCOVER SCUBA!

**Ages 10 and up • Saturday, July 21st**  
**9:00 am - 1:00 pm**

If you've always wanted to try scuba diving then jump in! Here's your chance to breathe underwater in a fun, convenient session conducted by a PADI professional in FRANCO's pool.

**Members: \$49.00; Non-members: \$69.00**  
**Limited to 24 participants**  
**Registration fee includes mask and snorkel. This class is not a certification. Participants will receive a \$25.00 rebate toward scuba certification upon completion.**

For more information contact Rob Kohl,  
Seal Sports 674-3088 or register online at  
[www.myfrancos.com](http://www.myfrancos.com)

AQUATICS

# franco's TRAINING FOR KIDS

**massey's**  
professional outfitters

Mackie Shilstone's  
**GNC** Live Well.  
5 METRO LOCATIONS

**Adventure Racing**  
www.laadvantureracing.com



SPORTS CAMPS

## B. Quick Athletic Development SPORTS CAMPS

What's your sport? Franco's and B. Quick Athletic Development work with young athletes to keep them in shape and help them train during the summer season.

Campers receive individual and group instruction from professional and collegiate players. They will perform functional sports training drills/techniques, and learn about nutrition and recovery. Children will be grouped by age and ability.



### ADVENTURE RACING CAMP JULY 9-13 ages 10 - 14

By popular demand, Franco's Adventure Racing Camp is back for its second year. Adventure Campers will prepare for and then actually complete an Adventure Race in Fontainebleau State Park! During this week-long camp, they'll learn the fundamentals of participating in an adventure race, with emphasis on fitness, teamwork, fun and safety. Athletes will mountain bike, run, canoe, rock-climb, swim, and participate in mystery events designed to enhance teamwork and problem-solving skills. Adventure Racing Camp also includes:

- Map & compass reading (orienteering)
- Nutrition training
- Performance, speed and strength training
- Team problem and puzzle solving

Daily Sessions: July 9 - 13, 8:30 am - 3:30 pm  
Monday-Wednesday at Franco's Athletic Club

8:30am-12:00pm	Adventure Race Skills training
12:00pm-1:00pm	Lunch
1:00pm-3:30pm	Games, Waterslide and Fun

Thursday & Friday

8:30am-12:00pm	at Fontainebleau State Park and Northlake Nature Center
12:00pm-1:00pm	Lunch
1:00pm-3:30pm	Games, Waterslide and Fun

Registration: \$240 for members, \$270 for non-members  
Fee includes: t-shirt, Camelbak, compass and daily lunches.

Coach Dave Poletto, co-owner of LaAdventureRacing, will supervise the camp. Coach Poletto is also Director of Safety and Compliance for the United States Adventure Racing Association and raced in the 2006 Eco Primal Quest. Coach Poletto will be assisted by Larry Conner, co-owner of LaAdventureRacing and General Manager of Franco's.

LaAdventureRacing is entering its sixth year of bringing great adventure races to our area. To find out more about adventure racing, visit [www.laadvantureracing.com](http://www.laadvantureracing.com)



### PRO BASEBALL CAMP

With B. Quick Athletic Development and Mike Biguenet

Dates: June 16 and 17  
Time: 9am-1pm  
Place: Madisonville Rec Field down the Street from Badeaux's  
Price: \$100 early bird before June 5th, after June 5th \$125



### PRO SOCCER CAMP

With B. Quick Athletic Development and Nick Chetta

Dates: July 7 and 8  
Time: 9-12pm  
Place: MYB Soccer fields in front of the Madisonville Maritime Museum  
Price: \$125



### PRO FOOTBALL CAMP

With B. Quick Athletic Development and Various Professional Football Players

Dates: July 21 and 22  
Time: 9am-12pm  
Place: MYB Fields in front of the Madisonville Maritime Museum  
Price: \$150



FOR MORE INFORMATION CALL Brandt Quick 705-4974 or e-mail [bquick@myfrancos.com](mailto:bquick@myfrancos.com)

### KIDS PERSONAL TRAINING ages 8 - 13

Children's individualized training. Supervised strength activities that emphasize proper technique.

- The training increases your child's muscle strength and endurance.
- Helps protect your child's bones, joints and muscles from injury.
- Improves conditioning and performance in sports activities.

To register please call the Fitness Director 792-0231, or visit our website [www.myfrancos.com](http://www.myfrancos.com)

### j.f.i. - JUNIOR FITNESS INSTRUCTION ages 8 - 14

Give your child the opportunity to start developing an exercise program and routine that can last a lifetime. Enroll them in a j.f.i. junior fitness instruction session. Each session consists of four (4) one-and-half-hour sessions. Children ages 8 - 14 are given the knowledge of a proper workout program and an understanding of how their body works. Each child is also given access to the family fitness area for weight training and cardio training.



Enroll now. Class size is limited.

Session 1	May 29th, May 31st, June 5th & June 7th
Session 2	June 19th, 21st, 26th & 28th
Session 3	July 10th, 12th, 17th & 18th
Session 4	July 31st, Aug. 2nd, 7th & 9th

Member Fee: \$125.00 per session  
Register on-line @ [www.myfrancos.com](http://www.myfrancos.com)



- Lifting for explosive strength & power
- Speed Drills & Training
- Agility and conditioning work on the field and in the pool
- Yoga/Pilates for flexibility and core strength/stability

Athletes will also be counseled on nutrition, nutritional supplements and recovery techniques.

#### 2007 SUMMER Sports Performance Sessions:

Monday & Fridays	Lifting, speed & core work	8:45 am - 11:15 am 4:00 pm - 6:30 pm
Wednesdays	Lifting & core work	10:00 am - 11:30 am 4:00 pm - 5:30 pm
Tuesdays & Thursdays	Speed work & Yoga	4:00 pm - 6:00 pm

#### Summer 8 week session price:

June 4 - July 27  
Members \$320.00 / Non-members \$375  
Additional weeks available for up to a 12 week schedule at a discounted rate:  
Members \$40.00 / Non-members \$55.00  
May 21 - 25 • May 28 - June 1 • July 30 - August 3 • August 6 - August 10

For more information on Sports Performance of Sports Camps contact Brandt Quick at 705-4974 or e-mail [bquick@myfrancos.com](mailto:bquick@myfrancos.com)

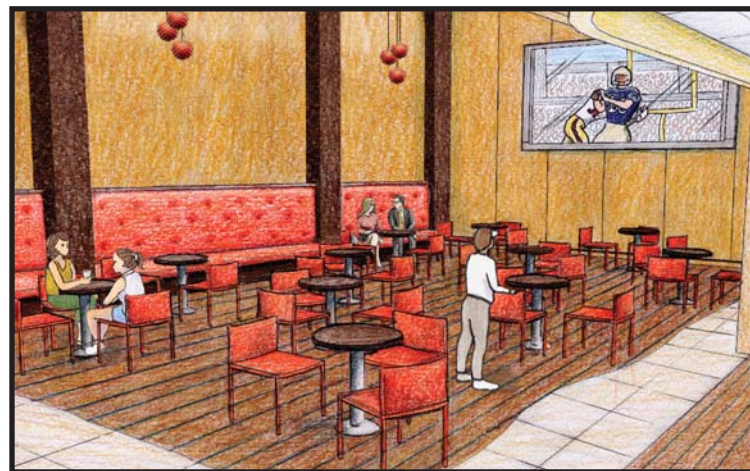




# The Northshore's Best Keeps Getting Better!

Voted Northshore's BEST ATHLETIC club, SWIM club and TENNIS club!

**A 2 million dollar expansion has transformed Franco's into a Premier "Lifestyle Club" and one of the "World's Greatest Health & Fitness Clubs."**



**Dining Area with Large Screen TVs.**

Franco's is happy to announce that the final phase of the massive expansion renovation, which began 3 years ago, will be completed in June 2007. Franco's has been busy renovating and expanding, fulfilling their mission of becoming one of the world's greatest health and fitness facilities.

Franco's nationally ranked tennis facility has been remodeled with a new tennis reception area, lounge, communication boards and newly renovated restrooms. Players will enjoy the new tennis gazebo and a towering two-story tennis observation deck that overlooks the 11 championship courts and is perfect for viewing and social events.

The **Franco's Grille** will open this June and will feature traditional favorites, gourmet food prepared fresh daily, delicious smoothies and healthy good-to-go snacks. Franco's will offer tasty alternatives to fast food that will be so good, even kids will come back for more. For all the members and guests who have asked, yes, we will be serving up our **famous grilled chicken sandwich** and delicious smoothies along with many other Franco's longtime favorites. A nutrition market located next to the grille will provide supplements, vitamins, energy drinks and healthy snacks.

The casual hip **dining and sports lounge** area will have seating accommodations for over 100. Another special feature to be added is the sports lounge, with big screen TV's for sporting events and gatherings.

Members are still talking since the opening of the **Cycling Studio**. Everyone loves the ambiance of the new room with birch walls, curved glass walls, glowing lights, 50 brand new Spinner Elite bikes, and of course the Surround Sound experience. Studio II has been renovated to a new beautifully designed **FIT circuit training studio**, showcasing the latest in circuit training fitness for fast, fun results.

The **Fitness Department** is getting a lift and a fresh new look with specialized flooring, new paint and **new equipment**. Many members are enjoying the new **abdominal training and stretching platform**. The high-tech **Sports Performance Academy** is upgrading with new specialized flooring and family-friendly equipment.

Franco's recently launched a **new weight training program**, perfect for those who want to work out on weights but do not know where to start. This program is free to members. A fitness coach will be available to assist you with the program during most club hours. It's convenient, quick, easy to learn and supervised.

The **luxurious O spa** opened last May, complete with 7 uniquely designed treatment rooms for a total relaxation experience. Unique features to this 5 star spa include a Manhattan style nail bar, a private couples' massage suite, hot stone massage, and four-hands massage, as well as a complete menu of spa services.

The **O spa Lifestyle Boutique** has been a huge hit, offering unique and exclusive products for skincare, gifts, accessories, apparel, and Spa products.

*"Our goal is to design a club that inspires total health and wellness by creating a comfortable atmosphere that encourages a balanced lifestyle."  
- Sandy Franco*



**Cycling Studio**



**O spa, A Full Service Day Spa.**



**Franco's Nutrition Store**



**Franco's Athletic Club featured on "World's Greatest!" TV Series**  
*"Innovative, dedicated to customer service and considered the leaders in their field"*  
- Gordon Freeman, Producer "World's Greatest!..." series.

Mandeville, LA - Franco's Athletic Club, a full service athletic, recreation and fitness facility and spa located in Mandeville, LA has been selected by Discover Entertainment Group to be featured as one of the World's Greatest athletic clubs. According to the Discover Entertainment Group over 500 clubs were interviewed, and Franco's was selected based on the company history and overall story, customer service, unique and vast programming for all ages and encompassing facility design. The show features "some of the most amazing and unique companies, products, people and destinations the world has to offer" and is scheduled to air on PAX, A&E and The Travel Channel.

FRANCO's was featured on the "World's Greatest!..." tv series which aired nationally on The Travel Channel and PAX TV.



**792-0200 for more information**

**www.myfrancos.com**



Tennis Gazebo with 2-Story Observation Deck.

# NEW classes and programs



## BODYCOMBAT™ now at FRANCO's!

Strike, punch and kick your way through calories to superior cardio fitness. **BODYCOMBAT™** is an empowering cardio workout that is inspired by the martial arts – karate, boxing, tae kwando, tai chi and muay thi.

- tones and shapes key muscle groups
- burns calories for a leaner body
- improves coordination and agility
- improves bones density
- improves posture and core strength & stability
- builds self-confidence

**VISIT THE FRANCO'S WEBSITE TO PREVIEW THE CLASS AND LEARN THE MOVES:**

[www.myfrancos.com/groupexercise](http://www.myfrancos.com/groupexercise)

Click on the box under "Learn the Moves"



## PILATES ALIGN AND DEFINE

**If your workouts are leaving you feeling tight, or if you're ready to challenge your mind & body routine, then it's time to add Pilates Reformer Classes to your workouts.**

The Pilates Studio at Franco's offers individualized training in a small group environment. With a maximum of seven people per class, students properly learn the more complex Pilates movements to help lengthen and strengthen the muscles. Students in Pilates Reformer Classes use a variety of specialized equipment and apparatus to help take their Pilates workouts to the next level. Classes are progressive and offer individualized training to suit each person's specific needs and goals.

**For pricing information, or to reserve a spot in one of our Pilates Reformer Classes, call 792.0273.**

**MONDAY**  
8:30 am Int.  
10:00 am Beg/Int.  
11:00 am Beg/ Int.  
6:00 pm Exp. Begin/Int.

**FRIDAY**  
8:30 am – Int.  
10:00 am Exp Beg. Int.  
PROPS CLASS

**TUESDAY**  
7:00 am Exp Beg/ Int.  
8:15 am High Intermediate  
9:45 am – Beg/Int.

**SATURDAY**  
8:30 am – Beg. Intro Class

**WEDNESDAY**  
8:30 am – Beg/ Int.  
10:00 am Int.  
5:30 pm Int.

**THURSDAY**  
7:00 am – Int.  
8:15 am Beg/Int.  
10:00 am Beg/Int.  
6:00 pm Int./High  
CARDIO PILATES



## NEW SIMPLE STRENGTH WORKOUT

The Simple strength Workout is perfect for beginner exercisers and those who prefer ongoing support from our fitness staff. A complete circuit training program, that works your large muscles first, and then your smaller muscles to give you a total body workout in only 25-30 minutes. Our dedicated fitness coaches are there with you every step of the way – they introduce you to the weight training equipment, educate you on proper form and technique, and help you track your progress on easy-to-follow workout cards.

Members who have been using the Simple Strength Workout are thrilled with the results they're seeing. This program takes the guesswork out of starting a new exercise program, and it helps jump-start an old routine to get you past that plateau.

To add even more benefits to this great program, Franco's is excited to introduce a brand-new line of circuit equipment this summer! The new Technogym Personal Selection line will be unveiled in late June to early July. This equipment offers features that will make your circuit workout even more convenient and easy-to-use. This Technogym brand takes strength equipment to the next level and has become an industry standard within the selectorized strength market.

The Simple Strength Workout is included as a part of your membership. For your convenience, the circuit is staffed by our fitness coaches during most club hours:

Monday-Thursday	6:00am-8:00pm
Friday	6:00am-6:00pm
Saturday	8:00am-5:00pm
Sunday	10:00am-4:00pm



**Stop by our Fitness Service desk upstairs – our fitness team is ready to help get you started!**

## Boomers & Beyond Update

### LUNCH & LEARN

Tuesday, July 17th at 1:00 pm  
"Exercise Prescription for the Prevention and Management of Diabetes". Guest speaker Pam Butler, a Certified Educator & Master of Science in Physiology of Exercise will address the audience. Members \$7.00; Non-members \$10.00

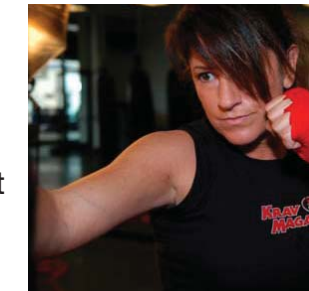
### NEW HUMANA ORIENTATIONS

June 13th  
11:00 am Franco's Conference Room  
Learn about Humana's Medicare Advantage plan, which includes the SilverSneakers® Fitness Program. Make fitness, fun and friends a part of your health plan!



## Self Defense for the Modern World Men & Women ages 14 and up

This fighting system used by the Israeli Defense Forces and numerous police departments throughout the United States is a highly effective, easy to learn system of self defense. You get a great workout, relive stress, challenge your mind and body and learn to defend yourself.



Wednesday 7:30 pm – 8:30 pm  
Saturday 11:30 am – 12:30 pm  
Join this exciting NEW program!

**Member fees \$85 per month or \$15 per session  
For more information call 985.517.4775**



## Break the Boredom of a routine exercise program.

Open Sessions  
Monday, Wednesday & Friday 6:00am – 10:00am  
A unique well-balanced, comprehensive training program designed to increase strength, endurance, explosiveness, flexibility, core strength and stability. The classes are fast paced. Individuals will work the entire body everyday.

**TRAINING INCLUDES:**  
Plyometrics • Pool exercises • Yoga/Pilates  
Platform Lifting • Medballs • Boxes

**Enrollment is limited. For more information call 792.0200 or e-mail [bquick@myfrancos.com](mailto:bquick@myfrancos.com)**

FRANCO'S

# franco's SUMMER TENNIS SCHEDULE

## YOUTH SUMMER PROGRAMS

### Scooby Doo –

Basic group instruction for ages 4 - 5 years  
 Monday, Wednesday & Friday 8:15 am – 9:00 am  
 Tuesday & Thursday 9:00 am – 10:00 am  
 1 hour \$11.50; 9 sessions \$90.00; 18 sessions \$162.00

### Jr. Aces –

Beginner to early intermediate level ages 6 – 9 years  
 Monday, Wednesday & Friday 9:00 am – 10:00 am  
 Tuesday & Thursday 8:00 am – 9:00 am  
 1 hr \$11.50; 9 sessions \$90.00; 18 sessions \$162.00

### Aces –

Beginner to Intermediate level  
 Tuesday, Thursday, & Saturday 10:00 am – 11:00 am  
 1 hour \$12.50; 12 sessions \$126.00

### Champions –

Intermediate & Novice Level Players  
 Monday, Wednesday & Friday 10:00 am – 12 noon  
 1 hour \$12.50; 2 hours \$25.00; 18 sessions \$360.00

### Academy –

Participants works with visiting international and local students that are state and nationally ranked to maximize potential through intense drilling, strategy, match play & physical conditioning.

Monday, Wednesday & Friday  
 10:00 am – 12 noon or 1:30 pm – 3:30 pm  
 Tuesday & Thursday  
 9:00 am – 11:00 am or 12:30 pm – 2:30 pm



## ADULT SUMMER PROGRAMS

### Cardio Tennis -

A nationwide fitness and tennis program started by the Tennis Industry Association(TIA) that promises "Heart Pumping Fitness." The session includes warm-up, cardio workout and cool down sessions. It is a fun group activity with non-stop action, a total body workout, great music and a chance to improve your tennis game.

Wednesdays & Saturdays 9:00 am – 10:00 am  
 \$10.00 per person per session

## LADIES PROGRAMS

### Ladies Beginner Clinic –

Small group instruction includes doubles, drills & strategy for new players  
 Tuesdays 7:00 pm – 8:30 pm  
 Friday 9:00 am – 10:00 am  
 \$12.00 per hour

## MENS PROGRAMS

**Mens Advanced Drill** – level 4.0 and up  
 Monday 6:30 pm – 8:00 pm

**Mens Intermediate Drill** – level 3.0 – 3.5  
 Wednesday 6:30 pm – 8:00 pm

Private Tennis Lessons available by appointment

## TENNIS PROS

**Patrick Lewis** • Tennis Director, USPTA Unites States

**Rob Williams** • Head Pro, USPTA United States

**Brett Custer** • Visiting Pro, USPTA Australia

**Barbara Lewis** • Pro, USPTR United States

**Conway Trott** • Professional, Bermuda

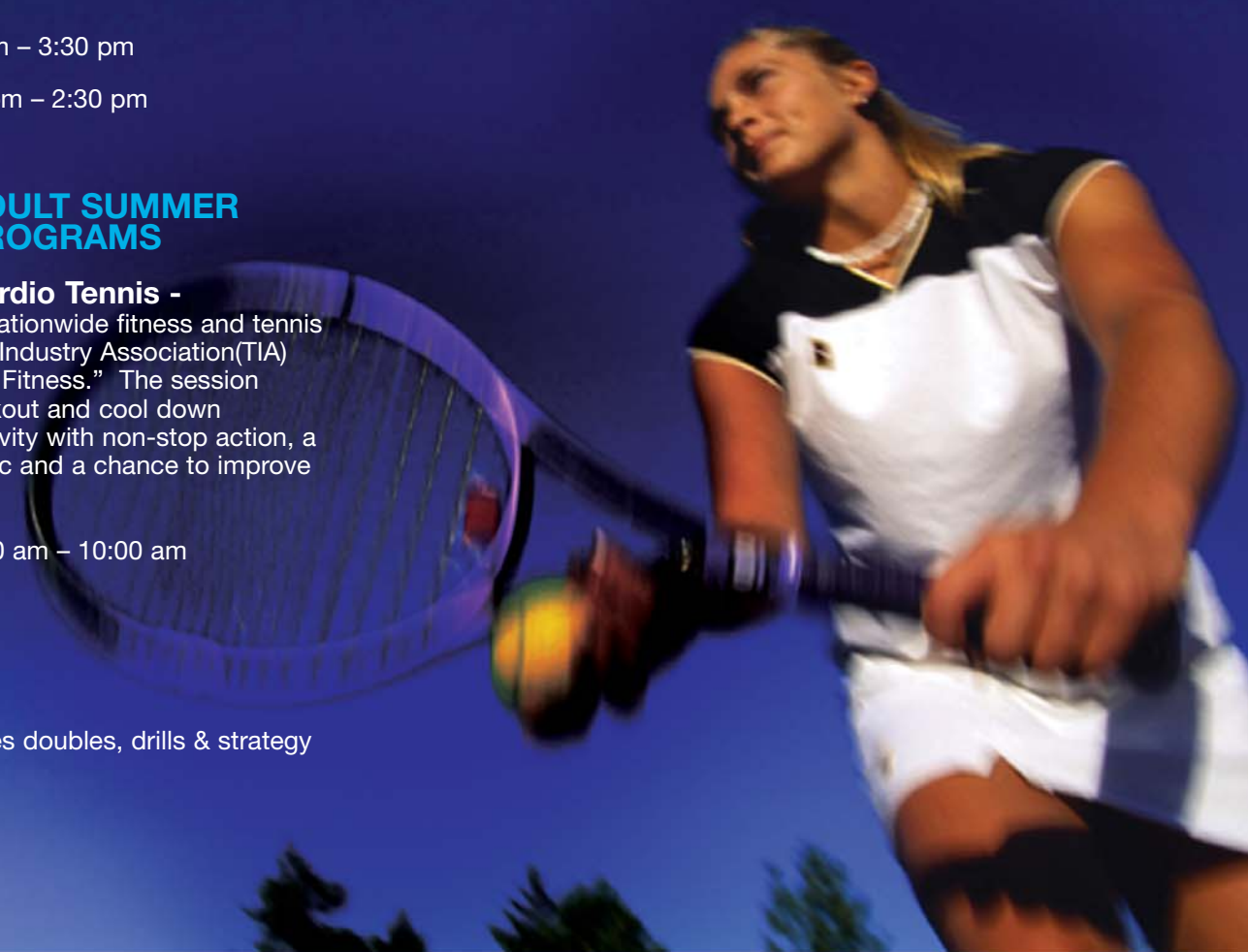
## TENNIS POTLUCK MIXER - June 15th

Join us for an evening of fun, food & tennis.

Members \$15.00 • Non-memebrs \$20.00  
 Parent's Register your kids for Parent's Night Out

## FOR MORE INFORMATION ON LEAGUES OR TENNIS PROGRAMS

visit us on the web: [www.myfrancos.com](http://www.myfrancos.com) or call us at 985.792.0260



## BIRTHDAY PARTIES



### 1 1/2 hour Party

- Up to 10 children
- 1 hour of gym fun (inflatable, sportwall, rockwall) or Super Splash Swim
- 30 minutes in party room
- Package includes: Birthday Cake, 3 large single topping pizzas, 3 pitchers of soft drinks, Ice cream and a Capri Sun per child, Balloons and Paper Products.
- COST: \$200.00 (\$13.50 for each addt'l child)



### 2 hour Party

- Up to 12 children
- 1 1/2 hour of gym fun (inflatable, sportwall, rockwall) or Super Splash Swim
- 30 minutes in party room
- Package includes: Birthday Cake, 4 large single topping pizzas, 3 pitchers of soft drinks, Chips & salsa, Ice cream and a Capri Sun per child, Balloons and Paper Products
- COST: \$250.00 (\$10 for each addt'l child)

Ask about Special Theme Packages  
**CALL TODAY! 792-0212**

FRANCO's Adrenaline Rush® II giant inflatable is available for birthday parties. Call today, 792-0200.



## SUMMERTIME PARENTS' NIGHTS OUT!

6:30 pm – 10:00 pm  
 June 15th, Aug. 3rd



## PAJAMA PARTY NIGHTS for the younger kids Ages 6 weeks – 4yrs. old

It's Pajama Party Time!

PARENTS - Escape for an evening without the kids. FRANCO's is lining up some fun-filled evenings with the kids. Let them put on their pajamas and bring their pillows. We'll have pillow fights, scavenger hunts, special arts and crafts, pizza and drinks for dinner with a special ice cream sundae, along with our special feature movie.



## SUMMERTIME SOCK HOP for the older kids 5 years – 13 years old

DJ Dan will host summertime sock hops for the older kids. Karioke, gym DJ, Games, scavenger hunts the Adrenaline Rush® II, pizza, ice cream and drinks along with our special feature movie.

MEMBERS: \$25.00 for first child;  
 \$15.00 for each addtn'l sibling  
 NON-MEMBERS: \$30.00 for first child;  
 \$20.00 for each addtn'l sibling  
 No refunds. Pre-register in childcare.

For more information call 792-0210 or visit us on the web [www.myfrancos.com](http://www.myfrancos.com)



KIDS

# Franco's New Grille Opening Summer 2007!

- Dining & Sports Lounge • Big screen TVs • Nutritional Market •

There's a lot to look forward to at Franco's new Grille, including returning favorites and new items sure to be a hit –

- ◆ On-site rotisserie
- ◆ Franco's famous grilled chicken
- ◆ Specialty salads & sandwiches
- ◆ Omelets & breakfast wraps
- ◆ Smoothies & supplements
- ◆ Special kids' only menu items
- ◆ And much more!

Please join us in welcoming the newest member of the Franco's Team – Food & Beverage Manager Kip Cullen. Kip started his career in the food & beverage industry more than 15 years ago, and has worked at and managed some of the area's most popular restaurants, including Semolina and Commander's Palace. Most recently Kip was the General Manager of Zea's Kenner location.



FRANCO'S

SUMMER OUTDOOR  
POOLSIDE THEATER

Friday Night Movie Dates

June 8th, June 22nd,  
July 6th, July 20th,  
August 3rd

Showtime 8:15 pm

New Poolside Grill  
serving til 9:30 pm

Bring the whole  
FAMILY!

FREE  
TO MEMBERS

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for more information

[www.myfrancos.com](http://www.myfrancos.com)

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