

Upcoming SAC Events

Attention Swimmers



Third Grade Learn to Swim Program is back



April 20th - May 13th
Mondays, Tuesdays and
Wednesdays
12:15pm - 1:15pm

**The whole pool will be utilized
for this program.**

**If this is your regular swim time, please
email Tate for an alternative option.**

“10K A DAY IN MAY” CHALLENGE



**Walk 10,000 steps a day in May or a
total of 31,000 steps for the month.**

MAY 1 - MAY 31

Track your steps each day.
Sign up at the front desk.

Let's get walking!

Ask a Trainer Presentation

“Putting Your Training Program Together”

**Join Tate, Andrew, and Nick on
Wednesday, May 6th for our next
SAC Social – a fun, interactive
evening designed to help you train
smarter, not just harder. Together,
they'll walk you through practical
strategies for optimizing your
weekly and monthly training
schedule so you can get the most
out of every workout. Whether
you're chasing a specific goal or
race this summer, or simply
looking to be more efficient with
your time in the gym, this talk is
for you. The evening kicks off with
free beverages and mingling from
5:00–5:30, followed by the
presentation from 5:30–6:15, and
wraps up with a Q&A from 6:15–
6:30. Come with your questions
and leave with a plan!**

Wednesday, May 6th
5:00pm - 6:30pm
Group Ex Room

**HAPPY
BIRTHDAY**



STAFF:

EVY : APRIL 12TH

MEMBERS: 117

***Make sure you have an updated address with SAC so you can receive your birthday card.**



Member Spotlight

JIM PETERSON

Jim grew up in Southeast Portland, Westmoreland and Eastmoreland neighborhoods. He had several friends with welcoming households and enjoyed good times playing in the neighborhood, especially playing basketball and baseball. He participated in track and basketball in high school. He still sees many friends from grade school and high school. Jim started his college education at Lewis and Clark in Portland, where he played basketball.

He finished at Seattle Pacific College and enjoyed the rowing/crew team. He met the love of his life, Diane, in 1976 and married in 1977. The 80's brought them 4 kiddos. In the 90's, he coached youth sports. In the 2,000's, he participated in soccer and golf tournaments for kids.

Jim moved from Portland to Sisters in 2017. His contractor, Johnny, invited him to swim at the club in 2019, and he's been a member ever since.

"My family has been coming to Sisters to visit. The kids and grandkids are always welcomed at the SAC pool. My oldest granddaughter, Penny, received her first swim lesson from Rebecca. Very special!"

"SAC is an outstanding place. My #1 enjoyment factor is the staff. #2 is the cleanliness and the condition of the club. It is top notch. #3 is Tate. I have never met a more conscientious and kind owner/manager of a small business. I look forward to every weekday morning to be greeted with a smile from everyone. My daughter, Elsa, calls SAC my Happy Place."

"In my younger days I enjoyed rock climbing and surf kayaking. I hiked up Monkey Face and wasn't scared at the top. Ha, liar! While surf kayaking, I met up with a rip tide. Luckily, I had a happy ending. I practiced my swim/float technique."

"Since the 2,000's, I have volunteered at shelter/recovery centers. I have developed many great friendships in the process. I enjoy reading every day. Merton, Nouwen, Lamott, Chambers, and Daily Walk Bible have helped me understand more fully the Christian Faith. My recent best read is a book by Anne Lamott - Help, Thanks, Wow."

Jim, SAC is so lucky to have you as a member. We look forward to seeing your smiling face every morning and it's always so fun talking with you.