



SEPTEMBER 2011

MONTHLY HAPPENINGS

sunday

monday

tuesday

wednesday

thursday

friday

saturday

FAT HEAD, FAT BODY WEEKLY SUPPORT GROUP: Thursdays in September, 6:30-7:30pm

PICK-UP BASKETBALL: Monday, Wednesday & Friday: 11:00-2pm and Saturday & Sunday, 9am-1pm

OUTDOOR POOL HOURS: Monday-Friday, 5am-9pm, Saturday & Sunday, 6am-8pm

LIFEGUARD TRAINING: First & third weekend sessions: Friday, 4-10pm, Saturday & Sunday, 8am-6pm and Monday, 5-9pm

1 Tennis Drop-In
8-9:30am
Youth Basketball Academy Begins, 5-6pm
Men's Drop-In Tennis 3.0-3.5, 6-7:30pm
Tennis Drop-In, 6:30-8pm
35+Basketball League 6:30-9:30pm

2 Free Guest Day Senior Men's Tennis League, Noon-2pm
Men's Walk-In Tennis Clinics, 5-6:30pm
Sushi, Sake & Shuffleboard, 6-9pm
Tennis Mixer, 6:30-8:30pm
Badminton Drop-In 6-9pm

3 Basketball Pick-Up Games 9am-1pm
Tennis 101 11am-Noon
Cardio Tennis 1:30-3pm

4 Basketball Pick-Up Games 9am-1pm
Tennis Mixer, 2-4pm
Badminton, 5-8pm

5 Walk/Run Club, 7am
Senior Men's Tennis League, Noon-2pm
Racquetball Leagues Begin, 6-8pm
Tennis Drop-In 6:30-8pm

6 Badminton Drop-In, 6-9pm
Brain Food Seminar w/ Trader Joe's, 5:30-6:30
Racquetball Leagues 6-8pm
Nutrition 101 Seminar 6:30-7:30pm
Tennis Drop-In 6:30-8pm
Volleyball Drop-In 9-11pm

7 Walk/Run Club, 7am
Tennis 101, 9:30-10:30am
Senior Men's Tennis League, Noon-2pm
Racquetball League 6-7:30pm
How to Turn Your Body Into a Fat Burning Machine, 7-8pm
6' & Under Basketball League, 6-10pm

8 Tennis Drop-In 8-9:30am
Youth Basketball Academy, 5-6pm
Men's Drop-In Tennis 3.0-3.5, 6-7:30pm
Racquetball League 6-7:30pm
Tennis Drop-In, 6:30-8pm
35+Basketball League 6:30-9:30pm

9 Senior Men's Tennis League Noon-2pm
Men's Walk-In Tennis Clinics, 5-6:30pm
Jr. Racquetball Academy Begins, 5-8pm
Tennis Mixer, 6:30-8:30pm
Badminton Drop-In 6-9pm

10 Racquetball (Shootout) Tournament, 8am-8pm
Basketball Pick-Up Games 9am-1pm
Tennis 101, 11am-Noon
Cardio Tennis 1:30-3pm

11 National Grandparents Day
Basketball Pick-Up Games 9am-1pm
Tennis Mixer, 2-4pm
Badminton, 5-8pm

12 Walk/Run Club, 7am
Senior Men's Tennis League, Noon-2pm
Racquetball League 6-8pm
Injury Prevention Seminar, 7-8pm
Tennis Drop-In, 6:30-8pm
Open Basketball League Begins 6:30-9:30pm

13 Badminton Drop-In, 6-9pm
Racquetball Leagues 6-8pm
Tennis Drop-In 6:30-8pm
Volleyball Drop-In 9-11pm

14 Walk/Run Club 7am
Tennis 101, 9:30-10:30am
Senior Men's Tennis League, Noon-2pm
Racquetball League 6-7:30pm
6' & Under Basketball League, 6-10pm

15 Tennis Drop-In 8-9:30am
Youth Basketball Academy, 5-6pm
Men's Drop-In Tennis 3.0-3.5, 6-7:30pm
Racquetball League 6-7:30pm
Tennis Drop-In, 6:30-8pm
35+Basketball League 6:30-9:30pm

16 Senior Men's Tennis League, Noon-2pm
Men's Walk-In Tennis Clinics, 5-6:30pm
Tennis Mixer, 6:30-8:30pm
Badminton Drop-In 6-9pm

17 Basketball Pick-Up Games 9am-1pm
Tennis 101 11am-Noon
Cardio Tennis 1:30-3pm
CPR/First Aid Certification, 2-6:30pm

18 Basketball Pick-Up Games 9am-1pm
Tennis Mixer, 2-4pm
Badminton, 5-8pm

19 Racquetball League Registration Deadline
Walk/Run Club, 7am
Senior Men's Tennis League, Noon-2pm
Tennis Drop-In 6:30-8pm
Open Basketball League, 6:30-9:30pm

20 Badminton Drop-In, 6-9pm
Racquetball Leagues 6-8pm
Tennis Drop-In 6:30-8pm
Volleyball Drop-In 9-11pm

21 Walk/Run Club, 7am
Tennis 101, 9:30-10:30am
Senior Men's Tennis League, Noon-2pm
Sculpting and Defining Workshop, 1-2:30pm
Racq. League 6-7:30pm
Desert Orthotics Seminar, 7-8pm
6' & Under Basketball League, 6-10pm

22 Tennis Drop-In 8-9:30am
Youth Basketball Academy, 5-6pm
Men's Drop-In Tennis 3.0-3.5, 6-7:30pm
Racquetball League 6-7:30pm
Tennis Drop-In, 6:30-8pm
35+Basketball League 6:30-9:30pm

23 Senior Men's Tennis League, Noon-2pm
Men's Walk-In Tennis Clinics, 5-6:30pm
Parent's Night Out 5:30-9pm
Tennis Mixer, 6:30-8:30pm
Badminton Drop-In 6-9pm

24 Basketball Pick-Up Games 9am-1pm
Sculpting and Defining Workshop, 1-2:30pm
Tennis 101 11am-Noon
Cardio Tennis 1:30-3pm

25 Basketball Pick-Up Games 9am-1pm
Tennis Mixer, 2-4pm
Badminton, 5-8pm

26 Walk/Run Club 7am
Senior Men's Tennis League, Noon-2pm
Racquetball Leagues 6-8pm
Tennis Drop-In 6:30-8pm
Open Basketball League, 6:30-9:30pm

27 Badminton Drop-In, 6-9pm
Racquetball Leagues 6-8pm
Tennis Drop-In 6:30-8pm
Volleyball Drop-In 9-11pm

28 Walk/Run, 7am
Tennis 101, 9:30-10:30am
Senior Men's Tennis League, Noon-2pm
Racquetball Clinic 5-6pm
6' & Under Basketball League, 6-10pm

29 Tennis Drop-In 8-9:30am
Youth Basketball Academy, 5-6pm
Men's Drop-In Tennis 3.0-3.5, 6-7:30pm
Racquetball League 6-7:30pm
Tennis Drop-In, 6:30-8pm
35+Basketball League 6:30-9:30pm

30 Senior Men's Tennis League, Noon-2pm
Men's Walk-In Tennis Clinics, 5-6:30pm
Tennis Mixer, 6:30-8:30pm
Badminton Drop-In 6-9pm

September Spa Special

HydroLifting Facial Special: \$89

After a summer in the sun, it's time to restore your skin's natural glow. Experience immediate results with our most effective and ultra-hydrating skincare treatment. The HydroLifting Facial lifts and tightens while saturating the skin with moisture to rehydrate and lessen the appearance of fine lines and wrinkles. Stop by the Spa or call 702.454.4526 to make an appointment.

P.B. Meal Bars Promotion

PB Meal Peanut Butter Macro Bars provide 13g of easy to digest whey and rice protein. Receive 10% OFF boxes of PB Meal Bars in September. Stop by the Spa/Activities Desk or the Café.

SOCIAL HIGHLIGHTS

SEPTEMBER 2011

YOUTH BASKETBALL ACADEMY BEGINS

5-6pm, September 1

FAT HEAD, FAT BODY WEEKLY SUPPORT GROUP

6:30-7:30pm, September 1, 8, 15, 22 and 29

BRAIN FOOD SEMINAR W/TRADER JOE'S

5:30-6:30pm, September 6

NUTRITION 101

6:30-7:30pm, September 6

HOW TO TURN YOUR BODY INTO A FAT BURNING MACHINE

7-8pm, September 7

JR. RACQUETBALL ACADEMY BEGINS

5-8pm, September 9

RACQUETBALL CLINIC

8am-8pm, September 10

OPEN BASKETBALL LEAGUE BEGINS

6:30-9:30pm, September 12

INJURY PREVENTION SEMINAR

7-8pm, September 12

CPR/1ST AID CLASS

2:00-6:30pm, September 17

DESERT ORTHOTICS SEMINAR

7-8pm, September 21

SCULPTING AND DEFINING WORKSHOP

1-2:30pm, September 21 or September 24

RACQUETBALL CLINIC

5-6pm, September 28

ADULT SOCIALS

SUSHI, SAKE & SHUFFLEBOARD

6-9pm, September 2

KIDS NIGHT IN/PARENTS NIGHT OUT

5:30-9pm, September 23