

# 20 PROGRAM 10 GUIDE

[WINTER 2010]

  
*Club Sport*<sup>®</sup>  
PLEASANTON  
sports • fitness • spa



**ACTIVITIES DESK**

M-F 8:30am-8pm; Sat/Sun: 8:30am-4pm  
Tel: 925-463-2822, x570; Fax: 925-416-1027

**TENNIS DESK**

M-W: 8:30am-8pm; Th/Fr: 8:30am-7pm; Sat/Sun: 8am-4pm  
Tel: 925-463-2822, x507

**PERSONAL TRAINING & WELLNESS**

Jeremy Connor, Wellness Director  
Tel: 925-225-2415, Email: ✉ jconnor@clubsports.com

**RACQUETBALL**

Elaine Dexter, Racquetball Professional  
Email: ✉ elaine.dexter@clubsports.com

**TENNIS**

Marc Moran, Tennis Director, USPTA  
Tel: 925-225-2423, Email: ✉ marc.moran@clubsports.com

**GROUP FITNESS, MIND & BODY**

Charli Martucci, Group Fitness Director  
Tel: 925-225-2404; Email: ✉ charli.martucci@clubsports.com

**ADULT PROGRAMS, AQUATICS & EVENTS**

Mary Arnerich, Programming Director  
Tel: 925-225-2422, Email: ✉ mary.arnerich@clubsports.com

**NUTRITION**

Roseann Renzullo, Nutrition Coach  
Tel: 925-225-2418, Email: ✉ roseann.renzullo@clubsports.com

**PRO SHOP & SPA**

Wendy Schmit, Spa & Retail Director  
Tel: 925-225-2436, Email: ✉ wschmit@clubsports.com

**JUNIOR PROGRAMS**

Dina Weir, Junior Programming Director  
Tel: 925-225-2406, Email: ✉ dweir@clubsports.com

**MARKETING & PREFERRED MERCHANTS**

Thomas Avellone, Marketing Director  
Tel: 925-225-2433, Email: ✉ tavellone@clubsports.com

**CLUBSPORT PLEASANTON**

7090 Johnson Drive, Pleasanton, CA 94588  
Tel: 925-463-2822; Online: ✉ <http://www.clubsports.com/pleasanton>

6 | WORK OUT

12 | SPORTS

18 | TENNIS

28 | MIND & BODY

32 | AQUATICS

36 | WELLNESS & NUTRITION

42 | RELAX & INDULGE

46 | KIDS WORLD

CLICK TO JUMP TO A SPECIFIC SECTION



BOOT CAMP

FIT-4-MOMS

CARDIO CYCLE

# WORK OUT

KINESIS

MELT DOWN CHALLENGE

GROUP GROOVE

20  
10  
.....  
WINTER

## PERSONAL TRAINING

### PERSONAL TRAINING

Personal training is an individualized exercise program guided by a qualified fitness professional that cares about helping you reach your fitness goals. Your certified personal trainer will help assess your needs and then customize an effective fitness routine that matches your fitness level and goals. Your trainer then coaches and motivates you through your exercise sessions.

Our team of professionally certified personal trainers have strong educational backgrounds and years of successful client experience. We require degrees in health sciences or physical education and professional certifications by nationally accredited organizations such as National Academy of Sports Medicine (NASM) and American College of Sports Medicine (ACSM).

Our elite trainers hold a masters degree in exercise science and/or at least one advanced professional certification, plus a minimum of 800 hours of personal training experience.

1-hour Session	\$60
5-hour Package	\$290
10-hour Package	\$560
20-hour Package	\$1080

For a referral to a certified trainer, contact Wellness Director, Jeramy Conner at 925-225-2415 or email ✉ [jconner@clubsports.com](mailto:jconner@clubsports.com).

### THE EDGE PRIVATE TRAINING STUDIO

We offer professionally guided personal exercise instruction in a private studio setting. The Edge Studio features the latest equipment and training tools available to ensure you maximize your results. Free Motion Strength Equipment, Iron Grip dumbbells, stability balls, medicine balls, resistance tubing, Bosus, Coreboards, cardio equipment, and a four-station Kinesis Omega Wall unit are some of the equipment offered.

With this dedicated space, your private workout can be set-up and customized in advance with more innovative, uninhibited,

and creative exercise routines. Beginners will love the safe and comfortable environment while advanced exercisers and athletes will enjoy the additional space with everything nearby for a time efficient workout.

1-hour Session	\$70
5-hour Package	\$340
10-hour Package	\$660
20-hour Package	\$1250

For a referral to a certified trainer, contact Wellness Director, Jeramy Conner at 925-225-2415 or email ✉ [jconner@clubsports.com](mailto:jconner@clubsports.com)

## SMALL GROUP TRAINING

A variety of small group training options are available for those who enjoy working out with others or seek a more affordable option. Some of our group training options include:

### TRX

Group Training with 4-6 participants utilizing TRX suspension straps. Training focuses on core stability, balance, and body weight strength training.

### KINESIS

Group Training with 4-8 participants utilizing the Kinesis 360 degree cable/pulley system in the Private Training Studio. Training focuses on multi-joint movement patterns which cannot be found using traditional cable and pulley systems.

### FIT-4-MOMS CONDITIONING

Group Training with 6-12 participants with Elite Personal Trainer, Dave Dunlap. Training focuses on movement efficiency by increasing strength, power, speed, balance, flexibility, and coordination.

### FITNESS FOR OLDER ADULTS

This new small group class helps those 60 and up to be stronger, leaner and more fit. Led by adult exercise specialist, Suzanne Ross, you'll see real benefits everyday.

*Small Group Training: typically offered twice weekly in monthly sessions. Rates vary.*

Contact the Activities Desk, x570 for details.

## TRAINING SPECIALS

### PERSONAL TRAINING 10-PACK

#### JANUARY SPECIAL

Kick off the New Year with a fitness program from a certified personal trainer. New personal training clients will get a free MicroFit Assessment-- \$65 value-- when you select a 10 pack of Personal Training. Includes a total of 11 one-hour sessions. MicroFit Assessments are the perfect starting point to develop an individualized fitness program and track your success. You'll receive a detailed report including your personal data on blood pressure, resting heart rate, aerobic fitness/sub-max VO2, body composition, back flexibility, and bicep strength.

*\$560/member. Offer valid for first time clients only; effective Jan 1-31, 2010*

For a referral to a certified trainer, contact Wellness Director, Jeramy Conner at 925-225-2415 or email ✉ [jconner@clubsports.com](mailto:jconner@clubsports.com).

### JUMP START YOUR TRAINING

#### FEBRUARY SPECIAL

Get a jump on your fitness training with this special combination package that includes a New Leaf Metabolic Assessment. This computer-monitored exercise test on your choice of treadmill or studio bike will identify your optimal cardiovascular heart rate training zones. The package includes a consultation with an Elite Personal Trainer certified in metabolic testing plus three one-hour personal training sessions.

*Special package savings; only \$295/member! Offer effective Feb 1-28, 2010*

Contact Wellness Director, Jeramy Conner at 925-225-2415 or email ✉ [jconner@clubsports.com](mailto:jconner@clubsports.com).

### METABOLIC ASSESSMENT

#### MARCH SPECIAL

The New Leaf Metabolic Assessment helps you eliminate the guesswork and avoid the risks of under- or over-training. The results help us design a program that gets you to your fitness or weight-loss goals as quickly as possible

This simple and comfortable computer-

monitored fitness test measures your body's unique caloric burn-rate in response to exercise and reveals your aerobic base and anaerobic threshold so you can precisely identify the best heart rate target or 'training zone' for maximum fat loss and training benefit. Includes a consultation with an Elite Personal Trainer certified in metabolic testing.

*\$150 for first test, \$80 for re-test*

*Offer effective Mar 1-31, 2010*

Contact Wellness Director, Jeramy Conner at 925-225-2415 or email ✉ [jconner@clubsports.com](mailto:jconner@clubsports.com).

## TAKE THE MELT DOWN CHALLENGE

### GREAT WAY TO START THE NEW YEAR!

#### Free! Sign-up January 4-20.

Melt away unwanted pounds, look leaner and get stronger in six weeks. And win one of three great prizes: 1) one-month of weekly personal training to help you continue building lean muscle, 2) one-month supply of Designs for Health nutrition supplements, or 3) free one-month membership.

The Melt Down includes a weekly workout routine featuring our top trainers, "Fit & Lean" nutrition tips, two free body fat measurements and discounts on personal training packages, nutrition services and spa appointments.

You'll get all the tools you need to lose unwanted fat and build muscles in all the right places. Sign up at the Activities Desk before January 20 to schedule your pre-challenge body fat test. All who complete the program will receive a free gift!

*Sign up at the Activities Desk, x570 between Jan 4-20. Program ends Mar 7.*

*Free for members*

### Special Melt Down Challenge Personal Training Package

- 4 Personal Training Sessions
- 1 Nutrition Assessment/Consultation
- 2 Nutrition Follow-Up Sessions (30-mins each)
- 1 Bottle of EndoTrim™
- 1 Canister of PaleoMeal™ Powder

*\$299/member*

Contact Wellness Director, Jeramy Conner at 925-225-2415 or email ✉ [jconner@clubsports.com](mailto:jconner@clubsports.com).

## GROUP FITNESS

### PILATES REFORMER

While Pilates Mat classes focus on Joseph Pilates' strengthening and postural alignment techniques on a stationary base, Pilates Reformer takes your training to a new level.

Using specialized equipment, Pilates Reformer adds resistance to your Pilates workout. Your training becomes dynamic and is aided and intensified by the use of springs and body weight to increase your total body strength, improve your alignment and coordination, maximize your flexibility, and develop better balance.

Now you can try Pilates Reformer with our free monthly 4-class introductory series. Then you can progress to our value-priced Level 1 and Level 2 continuation classes. Small group Pilates Reformer training has never been this affordable!

*Introductory 4-class series: free/member  
Continuation 4-class series: \$49/member*

*Schedules are updated monthly. See the Activities Desk, x570 for registration details.*

### POLE FITNESS CLASSES

Twirl yourself to a more confident, stronger you. This women's-only class will strengthen your entire body using fitness poles and other props in a comfortable and empowering environment.

Whether you want to put a new spin on your fitness regimen or add luster to your romantic side, our Pole Fitness program has you covered.

Small group Pole Fitness training has never been this affordable. Check it out and you'll be glad you did!

*Introductory 4-class series: free/member  
Continuation 4-class series: \$49/member*

*Schedules are updated monthly. See the Activities Desk, x570 for registration details.*

## SPECIAL GROUP FITNESS PROGRAMS

### GROUP POWER, KICK & GROOVE

FREE CLINICS & SEASONAL PREVIEWS

Learn proper technique necessary for success in our popular Group Power strength training and Group Kick kickboxing classes. Learn how to master the clean and press or show off an impressive roundhouse kick!

Each clinic will be followed by a class launching the latest quarterly release of new music and fresh moves.

Or, catch the latest beat with Group Groove high-energy cardio dance classes. Check out the new music and routines every quarter.

#### Dates & Times:

*Group Power: Jan 10, Clinic- 3:30pm;  
Q1 Launch Class- 4:30pm*

*Group Kick: Jan 17, Clinic- 3:30pm;  
Q1 Launch Class- 4:30pm*

*Group Groove Q1 Launch:  
Jan 24, 4:30pm*

*Free for members; Drop-in, no sign-up needed.*

### GROUP FITNESS SUPER SATURDAY

**Saturday, Jan 30; 7:30am-12:30pm**

Sample Group Fitness classes you've never tried. On the last Saturday in January, we'll be featuring more than 25 mini-classes taught by 15 instructors. You can try a new class every 20 minutes— like stretch, step, body sculpt, Group Power, Group Kick and cycle. Or check out Pilates Reformer, yoga and more. You can even try a circuit training regimen in The Edge Private Training Studio, relax with a chair massage, or learn more about the benefits of metabolic testing and nutrition counseling. The event schedule will be posted the week prior. Watch for it!

*Free for members; Drop-in, no sign-ups needed*

### VALENTINE'S FEMME FATALE

POLE FITNESS WORKSHOP

**Friday, Feb 5; 7pm**

**Saturday, Feb 6; 1pm**

Spice things up for Valentine's Day with this special two-hour workshop. Learn various dance moves utilizing a chair and floor work. You'll learn a full routine that's guaranteed to keep eyes on you! Plus, you'll walk away with your own feather boa! Come and rev up your romance, have a giggle and get a great workout, too. Classes are limited to 10 so sign up early!

*\$45/member*

*Register beginning Jan 15 at the Activities Desk, x570*

### MARCH GROUP FITNESS BINGO!

**Starts March 1**

We've all played BINGO but have you played it for fitness? Pick up your card at the Activities Desk, and start participating in the listed group fitness classes. Try new classes and new instructors and watch your fitness improve at the same time. Complete your card to win a prize!

*Free for members; See the Activities Desk to participate.*



TAKE THE  
**MELT DOWN CHALLENGE**  
& WIN!

MELT AWAY UNWANTED POUNDS, LOOK LEANER AND GET STRONGER IN 6 WEEKS

#### MELT DOWN WITH:

- Weekly Workout Routines Created by Top Trainers
- Weekly "Fit & Lean" Nutrition Tips from our Nutrition Experts
- Two Free Body Fat Measurements
- Discounts on Personal Training, Nutrition & Spa Services
- Melt Down T-Shirt Upon Completion (while supplies last)

You'll get all the tools you need to lose unwanted fat and build muscle in all the right places.

**FREE for Members!**

**Sign-up January 4-20  
at the Activities Desk, x570**

**Free gift for all who complete  
the program!**



BASKETBALL

LEAGUES & CLINICS

VOLLEYBALL

# SPORTS

RACQUETBALL

CHALLENGE PLAY

HANDBALL

20  
10

.....  
WINTER

## BASKETBALL

## SEASONAL BASKETBALL LEAGUES

RECREATIONAL &amp; COMPETITIVE

ClubSport offers two adult (ages 18+) basketball leagues with three 12-week seasons starting in January, April and September. Game times for the Monday Competitive and Wednesday Recreational leagues are 6:30, 7:30 and 8:30pm.

Each league typically fields 6 teams with 6-8 players each. Referees, playoffs, awards, and end-of-season social are all included. Players must each wear a numbered reversible ClubSport jersey, available at the Pro Shop, approximately \$25.

## Monday Competitive League

## Sign-up by Jan 3

Monday league teams are chosen by a standard seven-round draft format conducted by team captains. Draft date Jan 4; Play begins Jan 11. Captain will contact once drafted.

\$50/members only

Sign up at the Activities Desk, x570

Contact: Jeff Barraclough at 925.766.4942, or email ✉ [jeff@studioblueonline.com](mailto:jeff@studioblueonline.com).

## Wednesday Recreational League

## Sign-up by Jan 3

Wednesday league assures participants will play a minimum of 1 game weekly over the 12-week season concluding with a playoff game. Draft date-Jan 6; Play begins Jan 13. Captain will contact once drafted.

\$50/members only

Sign up at the Activities Desk, x570

Contact: Tom Knight at 925.963.6863, or email ✉ [tom.knight@icdfunds.com](mailto:tom.knight@icdfunds.com).

## HANDBALL

## HANDBALL CHALLENGE PLAY

TEENS 14+ TO ADULT

## Tues &amp; Thurs, 4-7pm: Sun, 9am-1pm

Handball, scored the same way as racquetball, is a game with two or more players who hit a ball against a three- or four-walled court using their hands, typically while wearing a special glove. ClubSport offers weekly challenge play, special events and tournaments. Also, monthly guest play days are held throughout the year.

Drop-in; Free for members

## FRED BANCALARI HANDBALL TOURNAMENT

JOIN PLAYERS FROM AROUND THE BAY AREA

## Super Bowl Weekend, Feb 5-7

Join Handball players from around Northern California for the annual Fred Bancalari Superbowl Handball Tournament. Compete in a wide range of division categories while enjoying the amenities and beautiful resort-like facilities of ClubSport Pleasanton.

USHA Members, non-members, collegiate and junior players welcome. Awards are provided to first and second place in each division. Tournament gift is provided to each participant.

Register Online:

✉ [www.r2sports.com/tourney.asp?TID=6221](http://www.r2sports.com/tourney.asp?TID=6221)

## VOLLEYBALL

## VOLLEYBALL OPEN PLAY

AGES 14 YEARS TO ADULT

## Tuesdays &amp; Thursdays; 8-10p

Test out your volleyball skills and play in a casual environment. Open play is free for players at any level. Drop in and have fun playing with fellow members.

Location: Gym - North Court

## VOLLEYBALL CLINICS

AGES 10 YEARS TO ADULT

## Thursdays: Beginner, 7pm; Advanced, 8pm

The beginning skills clinics cover general ball control, passing, setting, attacking, court coverage, and overhand serves.

The advanced clinic is offered in a scrimmage environment and covers blocking, team defense, advanced setting techniques, and multiple attack strategies. Higher level ball control and court awareness are required. Advanced players are selected by our coaches and must demonstrate skills proficiency, ability to be coached at a quick pace, and willingness to hustle.

To participate, drop by the 7pm clinic to meet the coaches and join the action!

Coaches: Martin Umeh & Melisa Wang

Location: Gym - South Court

Drop-in; Free for members.

Contact Martin at ✉ [volleyball@clubsports.com](mailto:volleyball@clubsports.com)

## VOLLEYBALL LEAGUES

AGES 14 YEARS TO ADULT

## Sign-up Deadline: January 4

ClubSport Pleasanton is excited to announce our new Recreational Volleyball League starting Tues, Jan 5, 7:30-10pm. This will be a 9-13 week league depending on the teams and number of participants. An end-of-season social will be held in the Sports Bar. Prizes will be awarded to the top team.

\$25/members only

Sign-up: Begins Dec 15, Activities Desk, x570.

Deadline: Draft held Jan 5, 2010

Contact Martin at ✉ [volleyball@clubsports.com](mailto:volleyball@clubsports.com)



## TEAM ClubSport

Do something new in 2010. Be part of the **TEAM** and meet new training friends! Swimmers, bikers and runners can train and compete with the support and camaraderie of **TEAM ClubSport**.

## The TEAM Will Include:

- Weekly Run & Bike Workouts
- Option to Participate in Monthly Event/Race
- **TEAM ClubSport** Yahoo Group Access
- Discount Shopping Parties
- **TEAM** Talk Newsletter
- Educational Clinics & Workshops
- Event Discounts
- End of Season Party

All levels are welcome.  
Sign ups begin February 1, 2010.

**TEAM ClubSport** season runs from March 2010 - November 2010.

**Free for Members!**

**Free TEAM Information Meeting!**

**Monday, March 8, 6:30pm**

**Register at the Activities Desk, x570.**



## RACQUETBALL

NORTHERN CALIFORNIA'S PREMIER  
RACQUETBALL CLUB

ClubSport offers eight indoor and three outdoor courts, four AmPro-certified racquetball pros, a full menu of racquetball programs and more than 300 active players. Private lessons, clinics, in-house leagues, tournaments and mixers are offered.

### ADULT RACQUETBALL LEAGUES

AGES 18+ YEARS

Our active and competitive program features early morning singles, lunchtime round robins, evening singles, doubles, and women's-only leagues. Leagues run year-round and include all levels of playing ability.

#### Upcoming Leagues:

Winter AM Singles: Begins Jan 18; 6am start  
\$25/member

Wed Evening Singles: Begins Jan 27; 5-9pm  
\$25/member

Doubles League: Begins Mar 4; 6-9pm  
\$10/member

Sign-up: See the Activities Desk, x570  
Contact: Elaine Dexter for more information;  
email: ✉ elaine.dexter@clubsports.com

### RACQUETBALL LESSONS

AGES 8 YEARS TO ADULT

Private lessons are available for members by appointment with any of our AmPro certified racquetball professionals. See the Activities Desk to sign-up for private lessons.

Instructors: Elaine Dexter, Ken Stone, &  
Carlos Contreras

\$30/member for 45-minute session

By appointment only; see the  
Activities Desk, x570.

### ADULT RACQUETBALL CLINIC

AGES 18+ YEARS

#### First Tuesday Monthly, 7-8pm

Clinics are a great introduction to the fast-paced game of racquetball. They include game rules, equipment use, basic technique and strategies.

Instructors: Elaine Dexter & Carlos Contreras

Drop-in; Free for members

### JUNIOR RACQUETBALL CLINIC

AGES 8 -18 YEARS

**Sundays, 3:30-4:30pm; Dec 13; Jan 10 & 17;  
Feb 17, 21 & 28; Mar 7, 17 & 21**

Youth will learn valuable skills, technique and strategies and are encouraged to play in local junior tournaments. For the more serious junior players, instructors encourage and assist with training for state and national competitions. Our bustling junior program boasts several junior and national state medalists.

Instructors: Elaine Dexter, Ken Stone, &  
Carlos Contreras

Drop-in; Free for members

Contact: ✉ elaine.dexter@clubsports.com

### HIGH SCHOOL DROP-IN RACQUETBALL MIXER

**Sundays, 4:30-6pm; Dec 13; Jan 10 & 17;  
Feb 17, 21 & 28; Mar 7, 17 & 21**

Come and play with your high school friends on Sundays. High schoolers are encouraged to start racquetball clubs at their school and participate in intramural high school play.

Drop-in; Free for members

Instructor: Elaine Dexter

Contact: ✉ elaine.dexter@clubsports.com

## WOMEN'S CINDERELLA CYCLE TRAINING

**First Meeting: Sat, Feb 6, 1-3pm**

**10-week Training; Event, Sat, Apr 10**

The annual Cinderella Classic 100k cycle tour is an event to experience! Over 2000 women ride in this 64-mile course through the vineyards of the beautiful Livermore Valley.

Training requirements include: road bike (no mountain bikes or hybrids), must have an aerobic base fitness level, be able to ride 20 miles comfortably, and have the desire to train and ride as a team. Training will include endurance rides, pace line riding, climbing, descending, cornering, safety, rules of the road, tire changing, on-road repairs & basic maintenance.

The first meeting on Sat, Feb 6, 1-3pm is mandatory for all new riders. A complete overview of the training program will be presented including bike fit, hands on tire changing, tube patching, riding nutrition, rules of the road and more! Bring your bike, tire irons and pump. Road bike required.

Pleasanton Coach: Melinda Wiley

Training Rides: Sat, Feb 13, 20, 27;  
Mar 6, 13, 20 & 27; April 3

\$149/member, \$175/guest; includes 10-weeks  
of training, a TEAM bike jersey &  
TEAM ClubSport membership.

Event entry fee not included.

Sign-up at the Activities Desk, x570 after Jan 15

*value your comfort*



## MEMBER HOTEL DISCOUNTS

AT RENAISSANCE CLUBSPORT HOTELS

**Aliso Viejo** ..... 30 MINUTES FROM  
50 Enterprise ..... DISNEYLAND & 20 MINUTES  
Aliso Viejo, CA 92656 ..... FROM JOHN WAYNE  
AIRPORT

For reservations, call (949) 643-6700 or  
email [rccav-reservations@clubsports.com](mailto:rccav-reservations@clubsports.com).

**Walnut Creek** ..... 30 MINUTES FROM  
2805 Jones Road ..... OAKLAND INT'L  
Walnut Creek, CA 94597 ..... AIRPORT

For reservations, call (925) 942-6388 or  
email [rscwc-reservations@clubsports.com](mailto:rscwc-reservations@clubsports.com).



RENAISSANCE®

Club Sport®

HOTEL • FITNESS • SPA

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



TENNIS 101

CARDIO TENNIS

IN-HOUSE LEAGUES

# TENNIS

ROUND ROBIN SOCIALS

STROKE CLINICS

USTA TOURNAMENTS

20  
10  
.....  
WINTER

## TENNIS AT CLUBSPORT

### PREMIER TENNIS SINCE 1981

Great tennis has been the mainstay at ClubSport Pleasanton since the beginning. Staffed with USPTA certified professionals, our world-class tennis center is unmatched with a range of private and group lessons, leagues, clinics, and more for adults and juniors of all abilities.

Our ten indoor and four outdoor lighted tennis courts will help you keep up with your game year-round. Join a competitive or social league, take a private or group lesson, or just sign up for a court and play.

In addition, we are proud to offer the largest and longest standing organized drop-in round robin program in the Bay Area. At ClubSport Pleasanton, tennis is a club within a club. Here, you have it all!

### ROUND ROBIN DROP-IN PLAY

ADULTS AGES 18+ YEARS

**Mondays, 9am-Noon**

**Wednesdays, 11am-1pm**

**Thursdays & Fridays, 7-10pm**

Our complimentary drop-in program is well known for its excellence and is open to all adult tennis members at NTRP level 3.0 or higher. Play is staffed by officially assigned long-time tennis members who organize compatible players for fun play.

Sign-ups begin five minutes prior and must be made in person. Late arrivals get added to the play list 10 minutes before the half hour.

Players are mixed and matched in doubles play, and foursomes are made as compatible as possible. Players are expected to play both indoors and outdoors on a rotating basis. Those without an official NTRP rating are assigned a Club rating after playing a few drop-ins.

*Coordinators: Mahlon Scribner, Skip Kuebel, Ken Borecek and Bill Nandor*

*Location: Meet in the upstairs Tennis Lounge*

*Free/CSP & Gold tennis members only*

## STAFF & INSTRUCTION

### PRIVATE LESSONS

ALL AGES/MEMBERS ONLY

We have four accomplished USPTA certified teaching professionals with varied availability for private, semi-private, and group clinic lessons. Our philosophy is based on teaching the scientifically proven fundamentals of tennis using unique methods of motor learning based on visual and kinesthetic processes. Our staff pursues continuing education on a regular basis and prides themselves in facilitating real on-court improvement and enhancing your enjoyment of the game.

#### Instructors:

**Marc Moran** - Tennis Director, USPTA\* Professional 1, Multiple-time industry award winner, 25 years teaching experience, Etcheberry Certified, Member Reebok National Advisory Staff.

**Steve Berry** - USPTA Professional 2, four years teaching experience, junior instructor and 5.0 singles champion.

**Kevin McQuaid** - USPTA Professional 2, NCAA Division 1 player, nationally ranked; four years teaching experience including at the junior academy level.

**Josh Uran** - USPTA Professional 1, 13 years teaching experience, HEAD National Advisory Staff, and tennis industry award winner.

#### Private lessons:

*\$70/hr tennis member; \$75/hr fitness member  
Special packages available.*

*See the Tennis Desk, x507 for details*

*\*United States Professional Tennis Association (USPTA)*

*\*\*NTRP - National Tennis Rating Program*

*Adults= Ages 18+ years*

## GROUP LESSONS

### TENNIS 101

**Mon, 11am; Tues, 6pm & Wed, 10am**

This 12-week adult tennis program is for complete beginners or someone returning to tennis after a long absence. Weekly one-hour classes focus on key fundamentals including proper grip, swing, speed, balance and vision; as well as volleys, forehand and backhand strokes, serves, footwork, and rallying skills. Students graduate once they complete the 12-week session and reach the NTRP 2.5 level. Six participants maximum.

*Instructors: Josh Uran & Kevin McQuaid*

*\$139/tennis member; \$189/fitness member  
See the Tennis Desk, x507*

### TENNIS 102

**Wednesdays 6:30pm**

This six-week adult series expands upon the concepts learned in Tennis 101. One-hour classes focus in-depth on all fundamental strokes, modern footwork patterns, hitting on the run, hitting on the rise, directing balls to angles and depth using spin variations, the use of open and neutral stances, and fundamental doubles concepts. Six participants maximum.

*Instructors: Josh Uran & Kevin McQuaid*

*\$105/tennis member; \$120/fitness member  
See the Tennis Desk, x507*

### TENNIS 103

**Thursdays, 6:00pm**

This six-week adult series builds upon concepts and skills in Tennis 101 and 102. One-hour classes focus on developing racquet head speed on serves and ground strokes; refining placements of shots to major target zones; use of offensive, neutral and defensive tactics; refining all stroke production techniques; intermediate doubles concepts, and an introduction to singles tactics. Six participants maximum.

*Instructor: Kevin McQuaid, USPTA*

*\$105/tennis member; \$120/fitness member  
See the Tennis Desk, x507*

## GROUP CLINICS

### CARDIO TENNIS

ADULTS NTRP 2.5-5.0

**Mondays, 9am & Thursdays, Noon**

Cardio Tennis is a new one-hour group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by USPTA teaching professional, Kevin McQuaid, Cardio Tennis includes a warm-up, cardio workout, and cool down. If you are looking for a great new way to get in shape and burn calories, try Cardio Tennis. Please check with your doctor before pursuing this program. Six participants maximum.

*Instructor: Kevin McQuaid, USPTA*

*Six sessions: \$102/tennis member;  
\$108/fitness member  
See the Tennis Desk, x507*

### PRE-DROP-IN CLINIC

ADULTS NTRP 3.0-3.5

**Wednesdays, 10am**

This one-hour clinic is a fast-paced, fun way to warm up and get great practice ideas before the 11am Wednesday drop-in. Each one-hour clinic is comprised of a modern footwork warm up, skill discussion, drilling the skill, and game theory utilizing multiple shots. Special emphasis is placed on key stroke fundamentals as well as tactics for doubles and singles to ensure points are won with better positioning. Clinics are based on a series of 6 progressive lessons and are open to men & women 3.0 + Levels. Six participants maximum.

*Instructor: Tennis Director, Marc Moran, USPTA*

*Six sessions: \$105/tennis member;  
\$120/fitness member  
See the Tennis Desk, x507*

## ADULT GROUP CLINICS

CONTINUED

### DRILLS AND THRILLS

WOMEN NTRP 3.0-3.5

**Thursdays, 11am & 6pm**

The perfect one-hour weekly clinic for skill development and fine tuning! The game-based approach is taken through drills and exercises with less feeding and more live ball hitting. Play is facilitated with the pro taking an active role to start points and games with the theme of the day. You will learn to change spin, direction, and speed of your shots in multiple situations. This is a fun and fast paced hour of learning. Six participants maximum.

*Instructor: Josh Uran, USPTA*

*Four sessions: \$70/tennis member;  
\$80/fitness member  
Sign-up: Tennis Desk, x507*

### STROKE PRODUCTION CLINIC

ADULTS NTRP 3.0-5.0

**Thursdays, 6pm**

This six-week, hour-long series provides a comprehensive stroke analysis using our exclusive digital video system. Since seeing is better than hearing, you'll view a digital clip of an ATP/WTA or ClubSport professional executing a shot or theme. Then you'll drill that same shot/theme and play in situations using the shot. Extensive kinesthetic and visual aids are used and thorough stroke drills from multiple positions and feeds. Players are video recorded for further digital stroke analysis. Six participants maximum.

*Instructor: Tennis Director, Marc Moran, USPTA*

*Six sessions: \$105/tennis member;  
\$120/fitness member*

*Sign-up: Tennis Desk, x507*

## USTA TOURNAMENTS

### USTA TOURNAMENTS

ADULTS AND JUNIORS

Sanctioned USTA tournaments provide a great way for members to utilize their home courts. With the only indoor courts in the East Bay, players are insured against the delays brought by inclement weather.

Tournament organization is top notch with official USTA referees to ensure fair and correct play. Entries open six weeks prior to each tournament and close two weeks prior.

Court availability for regular play is limited during these events.

#### March - Adult NTRP Singles, Doubles & Mixed Doubles Tournament

NTRP 3.5, 4.0, 4.5 and 5.0. Men's & Women's singles, Doubles and mixed doubles will be held (5.0's limited to Men's events only).

*USTA membership is required to participate.*

*See the Tennis Desk, x507 for Touch Tone telephone or online entry information.*

## USTA LEAGUES

### USTA ADULT TEAM LEAGUES

MEMBERS ONLY AGES 18+ YEARS

The USTA offers a series of team league matches throughout the year including men's, women's, mixed and senior's leagues.

Teams typically consist of 15 - 20 players and are organized by assigned captains. Some teams are highly competitive and others are more recreational.

ClubSport has a long tradition of fielding many varied teams. Our tennis staff can guide players to the appropriate captain and team.

The Club also provides catering for all home team play including set-up and tear-down so players can focus on tennis and enjoyment.

Due to court scheduling considerations, USTA team registration must be approved by the Director of Tennis. Teams may

be consolidated to provide sufficient court availability for all members. In the event of numerous team registrations, a lottery system may be used to establish league match starting times.

*REQUIREMENTS: Current USTA membership & NTRP rating. Non-refundable league fee paid to USTA.*

*USTA Membership: Sign-up online at [www.norcal.usta.com/](http://www.norcal.usta.com/)*

*See the Tennis Desk, x507 for details*

### USTA Adult Men's & Women's League

**Team Registrations: March**

Team registration is generally held in March with final rosters due in April. League season runs from mid April through July. District and sectional playoffs are held late July and August. Nationals are held in September and October. Level of play: 2.5 - open on the NTRP scale.

## LOCAL AREA LEAGUES

### SPRING LADIES LEAGUE

TENNIS MEMBERS ONLY

**Runs Jan-May; Sign-up by Jan 1**

This League is open to all women members at any level of play. The Club typically fields A, B and C level teams. Play is against other East Bay clubs with both at-home and away matches. Plan for two daytime matches per month.

*Sign-ups: Begin in Nov, deadline Jan 1.  
See the Tennis Desk, x507 for details.*

## IN-HOUSE LEAGUES

### LADIES ROTATIONAL LEAGUES

WOMEN NTRP 2.5-3.5

**Runs Jan-Mar; Sign-up by Jan 5**

Rotational leagues are offered winter, spring, summer and fall in 8-week seasons. The leagues let you enjoy practicing your skills and playing the sport of a lifetime.

Let the tennis desk coordinate your weekly round-robin play. New balls are provided and the season always ends with a light luncheon and prize party on the final day.

This is fun, member-driven tennis with a guaranteed weekly match. Please join us!

**League Days/Times:**

Tuesdays, 9am - (NTRP 2.5/3.0)  
Jan 20, Mar 24

Tuesdays, 11am - (NTRP 3.0/3.5)  
Jan 20, Mar 24

Thursdays, 12:30pm - (NTRP 2.5-3.0)  
Jan 22, Mar 26

*Coordinator: Lori Hanson*

*\$30/tennis member; includes season, balls and food.*

*Sign-up: Tennis Desk, x507; deadline is Jan 5.*

ClubSport Pleasanton  
is on Facebook!

BECOME A FAN TODAY!

facebook

## IN-HOUSE LEAGUES

CONTINUED

### DIGITAL BOX LEAGUES

ADULT MEN'S & WOMEN'S DOUBLES  
(NTRP 3.0-5.0)

**Run Jan 15-April; Sign-ups Open Nov 14**

In-house box leagues are a great way to meet new players and keep up with old friends. A flexible playing format offers easy scheduling with ladders on our online tennis program, [www.LeaguesForFun.com](http://www.LeaguesForFun.com). Leagues run for a 12-week season.

Players contact opponents and schedule their own weekly matches online. One player reserves the court (1.5 hours/match) and each brings a new can of balls. Winners take the new can home and record the scores via the online tennis program.

The box is updated by the computer. The next season the top two players move up and the bottom two players move down in the ladder.

Match champions receive 20 points, runners-up receive points equal to the games won in the match.

The champion of each box receives a Reebok gift pack. Typically, 6 players or so are assigned to each box. New participants are added to a box in their approximate playing level rating at the discretion of the league organizers.

If your playing ability doesn't match the box in which you are placed, contact your league administrator to be moved in the following month to the appropriate box.

Coordinators: Phillis Lee, & Marc Moran, USPTA, Director of Tennis

\$15/tennis member at [www.LeaguesForFun.com](http://www.LeaguesForFun.com);  
\$25/tennis member at Tennis Desk, x507.

Sign-ups open Nov 14.

## SPECIAL PROGRAMS

### ANNUAL HOLIDAY ROUND ROBIN & WHITE ELEPHANT MIXER

**Saturday, Dec 5, 9-11:30am**

Get into the season's spirit with this fun tennis mixer. Open with a fun round robin using 32-point match format—men's & women's doubles, and mixed-doubles, too. Afterwards relax and socialize with friends while enjoying tasty seasonal snacks, beverages and no-host wines & beers. Please bring a wrapped white elephant gift to exchange. Gifts may be humorous to whimsical, new or used, and certainly inexpensive. The winning team gets first pick in the gift trade!

Space is limited so sign-up early.  
\$20/member; \$25/guest

Register online at [www.LeaguesForFun.com](http://www.LeaguesForFun.com)  
or at the Tennis Desk, x507; 72 hour cancellation.

### 2010 SAP OPEN SPECIALS

SEE WORLD RANKED PLAYERS AT THEIR ONLY BAY AREA APPEARANCE!

#### ClubSport Concierge Service - Preferred SAP Seating & Pricing for All Members!

The oldest professional tournament on the West Coast, the SAP Open at San Jose Arena brings the best players in the world to their only Bay Area appearance.

ClubSport members receive discounts and premium seating exclusively through our concierge service for your choice of SAP Open sessions. The event runs Mon, Feb 8 through Sun, Feb 14.

See the Tennis Desk, x507 after Dec 4

#### ClubSport Night: SAP Open Semi-Finals Saturday, Feb. 13 at 7pm.

See three-time champion Andy Roddick (US), Lleyton Hewitt (AUS), Mardy Fish (US), Sam Querry (US), Tommy Haas (GER), and the Bryan Brothers (US) at the 2010 SAP OPEN! Limited availability-- we sold out last year! First come, first served.

Fantastic lower sideline seats: Preferred pricing only \$57 each.

Call the Tennis Desk, x507 after Dec 4.

### JOHN YANDELL OSMOSIS CLINIC II BAY AREA EXCLUSIVE EVENT!

**Sat, April 4; 9am-Noon or 1-4pm**

#### Improve Your One-Handed or Two-Handed Backhand

John Yandell, USPTA, coach to world-ranked tennis stars, instructional editor for Tennis Magazine, the Tennis Channel, and creator/director of TennisPlayer.net will be our guest instructor again this year.

Watch and learn from fascinating, hi-def ATP tour footage of pro players with expert analysis by John Yandell... because seeing is better than words alone.

Then, go on-court for drills & practice with clear keys to build better backhands.

Learn the model elements for technically superior backhands, including grips, preparation, hitting arm structures, stances, and swing patterns with

John Yandell and our staff of USPTA certified tennis professionals.

Includes digital filming of all participants' backhands with analysis by John Yandell. Plus, you'll take home an exclusive CD of the best pro models for further study and review.

#### Instructors:

John Yandell, USPTA  
Marc Moran, Director of Tennis, USPTA  
Josh Uran, USPTA  
Kevin McQuaid, USPTA  
Steve Berry, USPTA

#### Times:

One Handed Backhands: 9am-Noon  
Two Handed Backhands: 1pm-4pm

#### Sign-up:

Begins Feb 1; See the Tennis Desk, x570  
\$85/member -- a \$200 value!

Space is extremely limited.

Non-refundable 50% deposit due upon registration, 14-day cancellation required.



## Horizons East Equestrian Center

We are a **family owned and operated** stable that has trained the Tri-Valley's top riders for over 25 years. Our **beautiful facility** is centrally located 25 minutes from the Oakland Airport. We offer an **indoor and large outdoor arena** to accommodate our riders come rain or shine. Stop by & see us... you're sure to be impressed!



#### Our Services Include:

- 🕒 Classes - adults & children
- 🕒 Privates & groups
- 🕒 Mommy/Daddy & Me; ages 2-6
- 🕒 Morning & evening classes
- 🕒 Summer camps; ages 5-15
- 🕒 Introductory clinics for beginners
- 🕒 Winter horsemanship camp (over Christmas holiday); ages 5-15
- 🕒 Monthly training + Leasing + Sales + Local & National Competitions
- 🕒 Birthday Parties available all year

**\*ClubSport Members receive \$5 off 1<sup>st</sup> lesson!**

5111 Doolan Rd., Livermore, CA 94551 \* 925-960-9696 \* [www.showstables.com](http://www.showstables.com)

## TENNIS FOR JUNIORS

### OUR PHILOSOPHY

#### INSPIRING A LIFETIME OF ENJOYMENT

Youth tennis programs at ClubSport are carefully designed and well planned to inspire and motivate juniors to learn, absorb, and practice tennis fundamentals in a fun and exciting environment.

Our goals are to help your child improve technically, tactically, and physically while developing a lifetime passion for the sport.

ClubSport teaching professionals have extensive training and proven experience in coaching and developing junior players.

With our perspective of steady improvement and long-term growth, hundreds of successful junior players are emerging from our programs.

### JUNIOR TENNIS COLLEGE (JTC)

AGES 5-18 YEARS

#### Progression Based, September-May Weekly Clinics, 45-90 mins

The centerpiece of youth tennis learning at ClubSport is JTC. The program is ideal for both novices who want to learn the basics, and experienced players at all levels who aspire to long-term development.

The curriculum is progression-based running September to May with weekly clinics running 45 to 90 minutes.

#### JTC CURRICULUM & APPROACH

Weekly written lesson plans are reviewed by staff and then taught on court so your child can learn and progress in logical steps through each tennis level.

Clinics include dynamic warm-ups, key motor skill development, locomotion and modern footwork patterns, tennis skill learning and drilling, and use of the skill in theory and game situations. Kinesthetic aids are used extensively.

Our exclusive digital video system allows us to show clips of professional players then film students and compare the clips

with the pro. This bolsters visual learning by seeing, doing, and then seeing again.

Progress is monitored in 5-week increments using the GRIPS online and on-court testing system. The player's skill development, stroke mastery, movement, mental game and sport knowledge is measured. GRIPS uses a 20-level progression where players receive a color-coded racket-grip based on current skill level. This is an intrinsically motivating experience for the student.

#### JTC CLINIC LEVELS

##### **COPPER (5-8 yrs) - Grade/Elementary School BEGINNER**

45-minute clinics introduce tennis basics.

*Instructor: Kevin McQuaid, USPTA*

*Sundays: 9am, 10am & 11am*

*Mondays: 4pm*

*Monthly session of four 45-min classes:  
\$72/tennis member; \$87/fitness member*

##### **BRONZE (8-12+ yrs) - Elementary School ADVANCED BEGINNER TO INTERMEDIATE**

*(Students are grouped by age & ability)*

90-minute clinics introduce and thoroughly cover the fundamentals of footwork and stroke production: forehand, backhand, volley, overhead, and serves. Speed, spin, and directing the ball are taught.

All tennis concepts are reviewed: scoring, sportsmanship, etiquette, and more.

*Instructors: Marc Moran, Tennis Director, USPTA;  
Josh Uran, USPTA & Kevin McQuaid, USPTA*

*Tue & Thurs: 3:30pm*

*Monthly session of four 90-min classes:  
\$92/tennis member; \$107/fitness member*

##### **SILVER (10-15 yrs) - Elementary/Middle School**

*INTERMEDIATE TO ADVANCED INTERMEDIATE*

*(Students are grouped by age & ability)*

90-minute clinics develop basic stroke; serves, ground strokes, volleys and overheads. Specialty shots and advanced stroke production are introduced.

Strategy, tactics, how to defend, neutralize,

and attack the opponent are covered. Special emphasis placed on the transition from defense to offense and reverse. Silver players may play in the ClubSport ladder program, and may enter novice & challenger USTA tournaments.

*Instructors: Marc Moran, Tennis Director, USPTA;  
Josh Uran, USPTA & Kevin McQuaid, USPTA*

*Wed & Fri: 4pm*

*Monthly session of four 90-min classes:  
\$92/tennis member; \$107/fitness member*

##### **GOLD (13-18 yrs) - Middle School Advanced, & High School Intermediate**

*(Students are grouped by ability)*

Continued emphasis is placed on solid fundamentals on all strokes.

90-minute clinics emphasize logical decision making, defining a play style, improving weaknesses, and building strengths. Gold players regularly commit to tournament and school tennis and may compete at the varsity high school level.

*Instructors: Marc Moran, Tennis Director, USPTA;  
Josh Uran, USPTA & Kevin McQuaid, USPTA*

*Wed & Fri: 4pm*

*Monthly session of four 90-min classes:  
\$92/tennis member; \$107/fitness member*

##### **PLATINUM: (invitation only) - High School Varsity & Ranked Section/National Players**

Players at this level have advanced power, spin and directional abilities, can handle pace, and have improved footwork and consistency. They have a varied game plan with ability for different tactics, styles, and game strategy. They participate in the ClubSport master training to build strength, conditioning, and tennis movement; play in sanctioned USTA tournaments; hold a NorCal or national ranking; and are committed to tennis as a major lifestyle choice.

*Instructors: Marc Moran, Tennis Director, USPTA;  
& Josh Uran, USPTA*

*Saturdays: 1-4pm*

*Monthly session of four 3-hour classes:  
\$237/tennis member; \$291/fitness member*

## ADDITIONAL JUNIOR PROGRAMS

### GAINING THAT EXTRA EDGE!

#### Junior Ladder Match Play

For eligible juniors in the Bronze, Silver, Gold, and Platinum levels or any junior player who can serve and play out points. Matches are set up through the LeaguesForFun website. Ladder results are posted weekly

Players are encouraged to play one match per week and augment that play with USPTA and USTA tournaments. Sportsmanship and etiquette are emphasized.

*See the Tennis Desk, x507 for details.*

#### Weekly High School Drop-In

**Sundays, 6:30-8:30pm**

ClubSport hosts a weekly Sunday drop-in for eighth grade to high school players. An adult coordinator arranges match play according to level.

It's a great way to have fun, improve play and mix with fellow teen players from other high schools.

*Free for Tennis Member; \$10/guest*

#### Holiday Break Tennis Camps

ClubSport hosts excellent Tennis Camps offering fun and passionate instruction for all levels, ages 7-17 years.

Camps are offered for the Thanksgiving, after-Christmas and Spring school breaks.

*\* See the KIDSWORLD Section for more details.*

### GET STARTED TODAY!

For more information or to arrange private lessons see the Tennis Desk, x507 for details.

#### Questions About Class Selection?

Call Tennis Director, Marc Moran at 925-225-2423, or email him at [marc.moran@clubsports.com](mailto:marc.moran@clubsports.com).



YOGA

PILATES REFORMER

TAI CHI

# MIND & BODY

DANCE

POLE FITNESS

CLUBS

20  
10  
.....  
WINTER

## MIND & BODY CLASSES

### PILATES REFORMER

While Pilates Mat classes focus on Joseph Pilates' strengthening and postural alignment techniques on a stationary base, Pilates on the Reformer equipment takes your training to a whole new level. Specialized equipment adds resistance to your Pilates workout.

Your training becomes dynamic and is aided and intensified by the use of springs and body weight to increase your total body strength, improve your alignment and coordination, maximize your flexibility, and develop better balance.

#### Free Introductory & Low Cost Continuation Classes

Now you can try a Pilates Reformer class series with our free monthly introductory 4-class series. Then you can progress to our value-priced Level 1 and Level 2 continuation classes. Small group Pilates Reformer training has never been this affordable!

*Introductory 4-class series: free for members  
Continuation 4-class series: \$49/member*

*Schedules are updated monthly. See the Activities Desk, x570 for details.*

### POLE FITNESS CLASSES

Twirl yourself to a more confident, stronger you. This women's only class will strengthen your entire body using fitness poles and other props in a comfortable and empowering environment.

Whether you want to add a new spin onto your fitness regimen or add new luster to your romantic side, our Pole Fitness program has you covered.

Training in small groups on the Fitness Pole has never been this affordable.

*Introductory 4-class series: free for members  
Continuation 4-class series: \$49/member*

*Schedules are updated monthly. See the Activities Desk, x570 for details.*

### FEMME FATALE POLE FITNESS WORKSHOP

SPICE UP YOUR VALENTINES DAY!

**Fri, Feb 5 at 7pm & Sat, Feb 6 at 1pm**

Give your Valentine a special surprise with this special two-hour workshop. Learn various dance moves using a chair and floor work. You'll learn a full routine that's guaranteed to keep eyes on you! Plus, you'll walk away with your own feather boa! Come and rev up your romance, have a giggle and get a great workout, too. Classes are limited to 10 so sign up early!

*\$45/member*

*Register at the Activities Desk starting Jan 15.*

### GROUP YOGA CLASSES

Yoga is a great stress reliever to help you stay fit, flexible and achieve inner peace.

**Yoga Fundamentals** - Designed to help you learn the basics of each pose, working on body alignment and strength to help you grow your yoga skills.

**Basic Yoga** - This Hatha yoga class is relaxing and rejuvenating for the mind, body and spirit. Strengthen, tone and heal all in one class.

**Reach and Restore Yin Yoga** - Combines Yin stretching to reach your edge of flexibility and then restore with a deeply relaxing, stress reducing practice.

**Vinyasa Yoga** - Various yoga postures linked together in a continuous flow, with emphasis on breathing.

**Yin Yoga** - Slow long held poses open the joints for improved flexibility.

**Yoga for a Healthy Back** - Learn to ease your pain and gain strength and flexibility specifically for back, neck, hip and shoulders. No experience necessary.

**Pilates/Yoga Fusion** - Experience the best of Pilates and yoga-effective exercise for strength, flexibility and core stability.

*See the ✨ Group Fitness schedule for class selection and times.*

### ENRICH YOUR MIND & BODY WITH TAI CHI

**Sat, 10:45am & Wed, 8pm**

Tai Chi is a free flowing, fluid exercise and martial art form endorsed by health institutes world wide. It is predominantly practiced for its health enriching benefits with movements that promote integrated strength of both body and mind.

The traditional Yang Style of Tai Chi is taught by group-exercise instructor, Tim Ghazale, a 22-year practitioner, martial artist and author of two books on fitness and wellness.

*Additional class for beginners is offered monthly on the first Saturday at 12:15pm*

*Free for members; all levels & first timers invited!*

## DANCE CLASSES

### ADULT JAZZ, TAP & HIP HOP NEW CLASSES WITH LAURA HIGGINS!

**Begins mid-January, Six-week sessions**

Laura Higgins has over 30 years of dance experience and loves to teach dance to all ages and levels. As she says "you are never too young or too old to learn a new dance".

These classes will be the perfect opportunity for you to branch out and learn a new technique while getting a great workout and enjoying great music with new friends. All levels welcome

*See the Activities Desk, x570 after Dec 1 for specific class offerings, days, times and cost.*

### NIA

This Group Fitness class provides a creative mix of kick boxing, dance, martial arts and playfulness for low impact total body conditioning.

*Free for members.*

*See the ✨ Group Fitness Schedule for days & times.*

### ADULT BELLY DANCE

DISCOVER THIS LIBERATING FORM!

**Starts Jan 12 & 14; Feb 23 & 25**

Passed through generations, and honored by royalty, this empowering dance form will liberate your body and set your spirit free.

Join mid-eastern dance instructor, Tatseena as she teaches you controlled body movements as guided by music. Use of finger cymbals, and veils will also be introduced. This graceful dance is a great low impact workout for any body type.

*Beginners: Tues, 6pm*

*Intermediate: Thurs, 12 Noon*

*Six-week series: \$75/member*

*Register at the Activities Desk, x570.*

## CLUBS WITHIN THE CLUB

### BOOK CLUB

FASCINATING READS & LIVELY DISCUSSION!

Check out the ClubSport Book Club to read and discuss everything from literary classics to the newest must-reads.

Hosted by Charlotte Harvey, the club meets on the first Thursday of every month at 11am in the Sports Bar.

You are invited to drop by, but if it's your first time, be sure to confirm with Charlotte ahead in case of any last minute changes.

#### Upcoming Reading List:

*Dec 3: The Lace Reader by Brunonia Barry*

*Jan 7: Against Medical Advice by James Patterson*

*Feb 4: The Poet of Tolstoy Park, by Sonny Brewer*

*Mar 11: World Without End by Ken Follett*

*Email Charlotte at ✨ yogaharvey@hotmail.com.*

### MOMS' CLUB

Meet other ClubSport moms and enjoy a light lunch together on the second Thursday of each month at 11am in the Sports Bar

*Childcare is provided. Free for members. Contact Dina Weir, x582, or email ✨ dweir@clubsports.com.*



MASTERS SWIM

AQUAFIT

ELITE SWIM COACHING

# AQUATICS

GROUP SWIM LESSONS

JR STROKE & CONDITIONING

TIDAL WAVES

20  
10  
.....  
WINTER

## ADULT SWIM PROGRAMS

### ADULT AQUA FIT CLASSES

ADULTS AGES 18+

Aqua fitness is a great way to meet your cardio needs while being nice to your joints. These free deep and shallow water classes help you stay fit while making new friends. Morning and evening classes are offered throughout the week.

Aqua Motion for arthritis therapy and several other specialty classes are offered weekly. Check the Group Fitness Schedule for class offerings and times. See you in the pool!

### MASTERS SWIM FOR ADULTS

ADULTS AGES 18+

**Monday-Thursday, 6:15-7:30pm;**  
**Sunday, 9-10:15am**

Masters Swim at ClubSport is an organized adult swim program offering coached swimming workouts for fitness and competition. Our goal is to provide a positive, supportive and fun environment for fitness-oriented, semi-competitive and triathlete swimmers at all levels.

Masters certified coaches provide structured workouts in distances up to 2500-3800 yards. Swimmers entering the program must have a basic level of swim fitness and be able to swim 500 yards (20 lengths) at one time without stopping. Knowledge of all the strokes is not required— if you can swim freestyle you can participate in the program.

Since consistency is more important than distance, new swimmers are encouraged to start out gradually and build slowly until reaching a fitness level to complete the entire workout. In addition, some swimmers choose to compete as a team in Pacific Masters Swim local and regional swim meets

Coaches: Tom Schindler & Greg Horikoshi

Free/members only; Swimmer is responsible for optional Pacific Masters and event entry fees.

Sign-up: Contact Coach, Tom Schindler, Tel: 925-918-1384; Email: ✨ Hifunction1@aol.com

## SWIM INSTRUCTION

### YEAR-ROUND SWIM INSTRUCTION

FOR CHILDREN & ADULTS

ClubSport offers a full program of excellent year-round swim instruction with qualified teachers in our comfortably heated pools.

See the Activities Desk, x570 to register.

**Private & Semi-Private Lessons** - For adults and children, certified instructors provide 25-minutes lessons.

Private Lessons: \$35/lesson; \$130/four lessons  
Semi-Private: \$50/lesson; \$190/four lessons

**Elite Swim Coaching**- For adults or youth who are serious or emerging competitive swimmers. Lessons are 25 minutes.

Elite Private: \$42.50/lesson  
Elite Semi-Private: \$60/lesson

**Small Group Lessons** - For children and youth ages 3-17 years. Sessions begin in early March and run through late October. See Spring session dates below.

### SPRING GROUP SWIM LESSONS

AGES 4-17 YEARS

**Lessons Begin Mar 1; Sign-up Feb 1**

Get your kids water-ready for warm weather fun. They'll enjoy learning their strokes and water safety skills in our after-school group swim lessons led by experienced certified instructors.

Classes are offered for all skill levels, ages 4-17 years. We keep a ratio of no more than four students per instructor. Lessons are offered in two-week sessions with 4 class meetings of 25-minutes in length.

Session 1: March 1-11  
Session 2: March 15-25  
Session 3: March 29-April 8

Offered after-school: M&W or T&Th, 3:30-6pm

\$55/member for four lessons;  
See the Activities Desk, x570 for level selection, descriptions and registration after Feb 1.

## JUNIOR SWIM PROGRAM

### HIGH SCHOOL TEAM CONDITIONING

AGES 14-18 YEARS

**Begins Jan 4; Sign-up Dec 7**

This five-week after-school training program is for high school-aged competitive swimmers to condition themselves in advance of the upcoming competitive swim season. The training program offers both dry-land and in-water conditioning to emphasize strength building, endurance and improvement of stroke technique.

Level: Competitive High School Swimmers

Mon-Thurs: Jan 4-Feb 4  
Dry land training - 3:30-4:20pm  
In-water training - 4:30-6:00pm

\$169/member; \$225/guest  
Sign-up: four weeks prior to session start.  
See the Activities Desk, x570

For information, contact Sandie Hernbroth, x458.

### TIDAL WAVES JUNIOR SWIM TEAM

AGES 5-17 YEARS

**Sign-up Mar 22 ; Evaluations Apr 17-18**

ClubSport's award winning junior swim team, Tidal Waves, is for competitive swimmers with the practice and competitive season running May through early August.

Prior season swimmers are given team placement priority. New swimmers may be added after evaluations based upon five criteria: 1) ability to swim the length of the pool without stopping, 2) knowledge of all four of the competitive strokes, 3) technique on all four of the competitive strokes, 4) racing form for starts and turns and 5) speed/time.

Eligible new swimmers may qualify as either team members or team alternates.

Sign-up: Starting March 22, new swimmers must book evaluation appointments for the weekend of April 17-18. See the Activities Desk, x570

Contact: Team Coordinator, Sandie Hernbroth, x458.

### JUNIOR STROKE & CONDITIONING

AGES 5-17 YEARS

This is a four- or five-week after-school training program for youths who wish to develop and improve their competitive swimming skills. Three levels are offered by age: 5-8, 9-10 & 11-17 years. Swimmers must be able to swim the length of the pool without stopping. Sessions are typically offered January through April, and again September through November. You can choose training frequencies of 2x/week or 4x/week.

#### SESSION 1:

Jan 4-Feb 4 (5 wks),  
Sign-up Dec 7

#### DAYS:

Select 2x or 4x per week;  
M&W, T&Th, or Mon-Thurs

#### TIMES:

Level 2: (9-10yrs), 3:30-4:30pm  
Level 3: (11yrs & up), 3:30-4:30pm

#### COST:

2x/wk: \$88/member; \$119/guest  
4x/wk: \$119/member; \$157/guest

#### SESSIONS 2 & 3:

#### DATES:

Session 2: Feb 8-Mar 4 (4 wks), Sign-up Jan 11  
Session 3: Mar 8-April 1 (4 wks), Sign-up Feb 8

#### DAYS:

Select 2x or 4x per week,  
M&W, T&Th, or Mon-Thurs

#### TIMES - Sessions 2 & 3:

Level 1: (5-8yrs), 3:30-4:15pm  
Level 2: (9-10yrs) 3:30-4:30pm  
Level 3: (11 & up), 4:30-5:30pm

#### COST:

Varies by age & session length

#### SIGN-UP:

Four weeks prior to session start,  
See the Activities Desk, x570.

Contact: Sandie Hernbroth, x458.



NUTRITION COUNSELING

WEIGHT MANAGEMENT

WELLNESS SEMINARS

# WELLNESS & NUTRITION

GROCERY SHOPPING TOURS

NUSHAPE

NUTRITION SUPPLEMENTS

20  
10  
.....  
WINTER

## TESTING PROGRAMS

### HYDROSTATIC BODY FAT TESTING

**Tuesday, Jan 26; 7am-6pm**

Hydrostatic body fat testing, commonly known as the "dunk tank", is the most accurate body fat testing method. Test dates are offered quarterly.

Upon completion you will receive a four page report with: 1) your body fat & lean percentages, 2) an accurate reading of your Basal Metabolic Rate (BMR), 3) accurate weight-loss target to reach your goals, and 4) your personal caloric intake/expenditure chart.

First test – \$49/member; Re-test – \$39/member.  
Payable by check only made to: "Body Fat Test".

Sign-up in advance at the Activities Desk, x570

For more information contact: Jeramy Conner at 225-2415 or email ✉ [jconner@clubsports.com](mailto:jconner@clubsports.com)

### CHOLESTEROL TESTING

**2nd Saturday & 3rd Wednesday: 7-9am\***

\*Dates may occasionally vary. See the Activities Desk to confirm.

Keep heart healthy and know the levels of "good" and "bad" cholesterol in your blood. Too much of one type, or not enough of another, can put you at risk for coronary heart disease, heart attack or stroke. Knowing your cholesterol levels can help you plan your diet and exercise level for optimum health and fitness.

The cholesterol test will give you a lipoprotein profile including: Total cholesterol, "Good" HDL cholesterol, "Bad" LDL cholesterol, and Triglycerides (blood fat).

For more information about cholesterol visit the ✉ [American Heart Association Website](http://www.heart.org).

Requirements: Do not eat for 12 hours prior. Water is ok. On day of appointment, report to table in Rotunda.

\$25/member; \$40/guest  
Make appointments at Activities Desk or just drop in.

### MICROFIT ASSESSMENT

The MicroFit Assessment is the perfect starting point to develop your individualized fitness improvement program and track your progress. This computer-monitored test includes specific measures including blood pressure, resting heart rate, aerobic fitness – submax VO<sub>2</sub>, body composition, back flexibility, and bicep strength. You'll receive a personalized fitness profile so you can track your workout results

One-hour test appointment: \$65

### NEW LEAF METABOLIC TESTING TRAIN SMARTER. NOT HARDER.

Metabolic testing includes two assessments to determine your Active Metabolic Rate (AMR) and your Resting Metabolic Rate (RMR).

The AMR exercise test reveals your maximum oxygen consumption during physical activity and identifies the exact heart rate range where your fat metabolism is most efficient (aerobic base) and when fat metabolism significantly decreases (lactate threshold). The difference between these two heart rates is the "zone" within which your training should focus.

The RMR resting test helps identify your body's specific nutrition and calorie requirements making it easier to develop a sensible diet and nutrition plan.

These tests can help you achieve maximum weight loss and optimal training effectiveness so you can achieve real results in less time and with greater ease.

Individual AMR (VO<sub>2</sub>) or RMR Test:  
\$150 ea; Follow-up Test: \$80ea

AMR & RMR Complete Package:  
\$390 (includes initial & follow-up tests)

For an appointment or more information contact Jeramy Conner, Wellness Director at 924-225-2415 or email ✉ [jconner@clubsports.com](mailto:jconner@clubsports.com)

## SPINAL HEALTH CHIROPRACTIC (925) 484-2558



What can you do to:

### IMPROVE YOUR HEALTH & PERFORMANCE?

Discover the same methods many Olympic Athletes use to minimize injury and maximize performance.

Dr Ryan Spuller, DC, CCSP is a Certified Chiropractic Sports Practitioner

### ClubSport Member Special:

**FREE Consultation,  
Examination, and  
X-Rays (if necessary) for  
new patients.**

### Some conditions we treat:

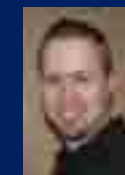
**Sports Injuries  
Neck Pain  
Back Pain  
Headaches**

**Auto Accidents  
Tennis/ Golf Elbow  
Arthritis  
Sprain/Strains**

**Ryan Spuller, DC, CCSP  
2340 Santa Rita Rd, Ste 3  
Pleasanton, CA 94566  
[www.DrSpuller.com](http://www.DrSpuller.com)**

**(925) 484-2558**

Spinal Health is a Preferred Merchant of ClubSport Pleasanton



"Don't Delay,  
Schedule Today"



## SPECIAL NUTRITION & WELLNESS PROGRAMS

### FIVE KEYS TO OPTIMAL HEALTH & SUCCESSFUL WEIGHT LOSS

**Thursday, Jan 7, Feb 4, & Mar 4; 6:30pm**

When nutrition is combined with exercise, you get better results! This free seminar with our nutrition coach will show you how eating the right foods, at the right time, in the right combination can put you on the right path. You'll discover these life enhancing benefits and learn how to jump start your metabolism, control appetite and food cravings, improve energy level and body composition and increase your overall sense of well being. This free one-hour seminar is offered monthly.

*Instructor: Roseann Renzullo, Nutrition Coach*

*Free for members & guests*

*Sign-up at Activities Desk, x570*

### THE SECRET OF VITALITY: BALANCING BODY CHEMISTRY

**Tues, Jan 26; 7pm**

Balance your body chemistry naturally with effective remedies. Learn how to reverse the affects of hormone, blood sugar and acid/alkaline imbalances that add inches to your waist and subtract quality years from your life. Find out way to seek relief from fatigue, depression, insomnia, loss of sex drive, unexplained weight gain, PMS and menopausal symptoms. Don't miss this cutting edge seminar filled with practical tips. You'll also receive a free Life Extension Checklist to help you optimize your health and fitness.

*Instructor: Laura Bartron, Regional Nutritionist*

*Free for members & guests*

*Sign-up at Activities Desk, x570*

### CLEAN, LEAN & LIGHT

**Begins Week of Feb 22, Sign-up Feb 1**

Find relief from unexplained weight gain, fatigue, depression, insomnia, PMS & menopausal symptoms with our new 6-week holistic lifestyle program. This comprehensive wellness series is designed to balance your body chemistry and hormones with a personalized, step-by-step action plan. Includes two private nutrition consultations and one weekly "Maximum Results" group training class & lifestyle workshop to empower you for long lasting success.

*Instructor: Roseann Renzullo,  
Nutrition Coach: 925-225-2418*

*\$229/member; \$325/guest; before Feb 8  
Sign-up Feb 1 at Activities Desk, x570*

### HEALTHY FUN FOODS FOR KIDS

**Thursday, March 11; 6:30-8pm**

Curious about how to improve your child's nutrition with healthy and delicious food? Concerned about the amount of sugar your child is consuming?

With childhood obesity and Diabetes II on the rise, it's critical that children limit junk food.

Join Nutrition Coach, Roseann Renzullo, for this 90-minute discussion of sugar alternatives and demonstration of great healthy recipes. Recipes will be sampled during class and attendees will receive a packet of recipes to take home.

*90-Minute Workshop:  
\$40/member; \$45/guest  
Sign-up after Feb 15 at the Activities Desk, x570*

*Contact: Roseann Renzullo, Nutrition  
Coach, Tel: 925-225-2418*

### MEMBERS FIRST PROGRAM

**JUMP-START YOUR NEW MEMBERSHIP TO GET GOING ON THE RIGHT TRACK!**

Start your membership with the fitness programs and activities that you enjoy most. Our complimentary "Member's First Program" gives you two free sessions with a Certified Personal Trainer and lets you attend our monthly nutrition workshop: "Five Keys to Optimal Health and Successful Weight Loss." Plus, new members who complete the program will receive a \$25 coupon for various club services.

#### Session 1:

Start with a consultation and MicroFit assessment test to determine your fitness level and identify reachable goals. Plus you'll receive a guided workout.

#### Session 2:

A certified personal trainer will set you up with a personalized and comprehensive workout plan that will help you successfully reach your fitness goals.

*Sign-up: Within first 30-days of your membership. Sessions are not transferable.*

*Call Birgit Kilkeny, 925-225-2448 to schedule your appointment.*



*value your health*

## THE SECRET OF VITALITY

### BALANCING BODY CHEMISTRY

Balance your body chemistry naturally with effective remedies. Learn how to reverse the affects of hormone, blood sugar and acid/alkaline imbalances that add inches to your waist and subtract quality years from your life.

#### Find Out Ways to Seek Relief From:

- FATIGUE
- DEPRESSION
- UNEXPLAINED WEIGHT GAIN
- INSOMNIA
- LOSS OF SEX DRIVE
- PMS & MENOPAUSAL SYMPTOMS

Don't miss this cutting edge seminar filled with practical tips. You'll also receive a free Life Extension Checklist to help you optimize your health and fitness.

**Tuesday, Jan 26**  
**7-8:30pm**  
FREE FOR MEMBERS & GUESTS

**Sign up at the Activities Desk, x570.**



MASSAGE

FACIALS FOR MEN & WOMAN

AROMATHERAPY

# RELAX & INDULGE

SOCIALIZE

PRIMP & PAMPER

PARTY ON

20  
10  
.....  
WINTER

## RELAX WITH FRIENDS

## THE SPORTS BAR AT CLUBSPORT

ADULTS 21+ DURING HOURS OF OPERATION

Sports and camaraderie come together at our upstairs Sports Bar overlooking the gymnasium and handball/racquetball courts. You'll find lively conversation and a fun, competitive spirit as members and guests gather to support their favorite sports teams.

Enjoy the game on our 120-inch wide-screen TV while catching a glimpse of additional sporting events airing on our three additional flat screens. Plus, our friendly and knowledgeable bartenders will help you make the right choice on anything from drinks to mouth-watering appetizers.

Special events are hosted throughout the year; Wine tastings, networking socials, game nights and special holiday parties are additional ways to mingle with friends and meet other members.

*It's also the perfect setting for your next private party! For rental information, contact Mary Arnerich at 925-225-2422, or email [\\*mary.arnerich@clubsports.com](mailto:mary.arnerich@clubsports.com).*

## NFL IN THE SPORTS BAR!

## Monday &amp; Thursdays; 6-10pm

Bring your friends to enjoy the football season on the big screen with our NFL Friends Pass. Watch Monday night games in the Sports Bar with food and drink specials throughout the season. And scheduled Thursday night games, too! You can also catch Sunday games on the big-screen with food and beverage service available from the Studio Café.

*To bring guest to watch, get an NFL Friends Pass in advance for free at the Activities Desk, x570.*

## SOCIALS &amp; MIXERS

## MEMBER HOLIDAY PARTY

**Thursday, Dec 10; Recital 5pm  
Buffet: 6-7:30pm**

Kick off the holidays with ClubSport members at our annual holiday celebration. The evening begins at 5pm on stage in the gym with our festive children's dance recital. Santa and crafts will be on hand in Studio 1 starting at 6pm so don't forget your cameras! A tasty complimentary buffet is served from 6-7:30pm at stations throughout the Club. And adults-only good cheer is on tap in the Sports Bar. No-host beverages available both upstairs and in the Studio Café. Get in the holiday spirit and join the fun!

## WINE TASTING WITH MITCHELL KATZ

**Thursday, Jan 21; 6-8pm**

Join local wine maker Mitchell Katz for this fun and educational wine tasting event! Come unwind with friends and sample a flight of wines with this fabulous Livermore Valley wine maker. Cheese & crackers and other light hors d'oeuvres will be served.

Open to members and guests. Request a sports bar activity pass if bringing a non-member—available at the Activities Desk.

*Members & Guests (Ages 21+):  
\$15/person; \$25/couple*

*Space is limited. Sign-up in advance at the Activities Desk, x570.*

## QUARTERLY NETWORKING SOCIAL

**Thursday, Jan 28; 5:30-7:30pm**

The perfect business development opportunity is right here at ClubSport. Join us in the Sports Bar to mingle with other members and local business professionals. Learn about new business opportunities, make new friends and develop great contacts and leads. Door prizes offered and the first glass of champagne is on us! Light appetizers provided. No host bar.

*Ages 21+ only: free for members; \$5/guest*

*RSVP to Mary Arnerich at 925-225-2422, or email [\\*mary.arnerich@clubsports.com](mailto:mary.arnerich@clubsports.com).*

## SUPER BOWL PARTY

**Sunday, Feb 7; 3-7pm**

Join us for the 44th annual Super Bowl broadcast from Miami in HD on our Sports Bar big screen. Enjoy the afternoon with friends while cheering on your favorite team. We will be hosting a Super Bowl Square with great prizes. Plus great stadium-style food and fun giveaways! No host bar and additional food items for purchase. Gather your friends and come enjoy the big day!

*Free for members & guests with NFL Friends Pass.*

*Pick up your NFL Friends Pass in advance of the big game at the Activities Desk, x570.*

## EXTRAS WHEN YOU NEED THEM

## THE PRO SHOP AT CLUBSPORT

PERFECT FOR LAST MINUTE NEEDS

Did you run out of sunscreen or forget your swim suit? Need a fabulous post-workout outfit to show off that newly toned body?

We've got you covered with a wide range of the latest workout and sportswear apparel and accessories from Nike, Adidas, Champion, Life Is Good, and more. You'll look great and keep your performance edge.

You'll find rackets, balls, goggles and sports gear from Head, Ektalon, and Speedo. Plus, a full line of quality vitamins and nutrition supplements by Designs for Health, and all the sundries you'll ever need.

*PRO SHOP HOURS:  
Mon-Thur: 9am-8pm  
Fri: 9am-6pm  
Sat & Sun: 8:30am-4pm*

*For more information call 925.225.2438.*

## RENEW AT THE SPA &amp; SALON

## THE SPA AT CLUBSPORT

BECAUSE THERE'S MORE TO LIFE THAN WORKING OUT

The Spa at ClubSport Pleasanton offers a full-service day spa where members and guests can enjoy a peaceful respite from the outside world. Services for men and women include a range of massage therapies, facials and body treatments to awaken your senses and help you rediscover the 3 Rs—Relax, Rejuvenate and Restore.

With massage therapies starting as low at \$35, you are sure to find a treatment for you!

For the full list of therapies, pick up a Spa Brochure at the Pro Shop or visit us online at [\\*www.clubsports.com/pleasanton](http://www.clubsports.com/pleasanton).

## Upcoming Spa Specials:

**January** - Start the year with \$5 off any 50-minute massage or facial. Plus 10% off all skin care products with any facial appointment.

**February** - Bring a friend and you both get \$5 off your massage.

**March** - Get a Microdermabrasion face treatment & get the neck done free!

*SPA HOURS  
Mon-Thur: 9am-9pm  
Fri: 9am-7pm  
Sat & Sun: 9am-4pm*

*APPOINTMENTS:  
Call 925.225-2438 to book your appointment!*

*SPA THERAPIES & TREATMENTS:  
Visit [\\*www.clubsports.com/pleasanton](http://www.clubsports.com/pleasanton)*

## DION'S SALON AT CLUBSPORT

IMPECCABLE SERVICE EVERY TIME

Cuts, styling, color and nail care— with our hand-picked staff of star stylists, Dion's delivers the highest standards of excellence with the advanced styling, straightening and finishing techniques.

Let our professionals help you find a perfect individualized look that's just for you.

*For appointments call 925.463.3263, or visit [\\*www.dionssalon.com/](http://www.dionssalon.com/)*



PARENTS' ESCAPE

STUDIO DANCE

BIRTHDAYS

# KIDS WORLD

KIDS DAY CAMPS

ATHLETIC SPORTS CONDITIONING

JUNIOR TENNIS COLLEGE

20  
10  
.....  
WINTER

## WINTER CAMPS

We understand how busy parents are, so we offer these full day & part-day camps to help keep your children engaged and active over the school break.

### MINI CRAFT CAMP

**Fridays, Dec 4, 11 & 18; 4-6:30pm**

Children, ages 5-12, can create wonderful holiday gifts during our Mini Craft Camp. We will work on new projects each Friday including a homemade pillow, collector's plate, jewelry box, ornament and more. On the last day of camp we will wrap all of our holiday gifts so we don't ruin the big surprise. Light snacks and all materials are included.

*\$100/member; \$140/guest  
Sign-up at the Activities Desk, x570.*

### JELLY BEAN DROP & SHOP

**December 11, 17 & 18; 9am-Noon**

Jelly Bean Drop & Shop days give parents the extra time they need during the busy holiday season. Enjoy time to yourself, or wrap up your holiday shopping while your children, ages 2 ½ to 5, join Miss Cassandra for a fun filled day including crafts, story time, creative movement and more. A light snack is included.

*\$30/member; \$45/guest  
Sign-up at the Activities Desk, x570.*

### WINTER BREAK CAMP

**Mon-Wed, Dec 21-23 & 28-30; 9am-4pm**

Our first session of Winter Break Camp includes plenty of holiday fun. Campers, ages 5-12, will participate in different activities while they earn "funny money" to use at our holiday auction. The second session includes plenty of time on the Rockwall, playing dodgeball, enjoying arts & crafts and an end of the year fashion and talent show. Extended care from 8am-6pm is available before and after camp.

*\$150/member, with extended care/\$180  
\$190/guest, with extended care/\$220  
Sign-up at the Activities Desk, x570.*

### AFTER-CHRISTMAS TENNIS CAMP

**Mon-Wed, Dec 28-30; 9am-Noon**

Keep your kids active through the holidays in our After-Christmas Tennis Camp. Campers, ages 7-18, will get nine hours of fun, motivational tennis instruction, a healthy daily snack, a graduation certificate and a surprise gift. Plus, get complete digital stroke analysis and a take home CD of your game. Sign up before December 10 for Early Bird pricing.

*\$109/tennis member; \$129/fitness member;  
\$149/guest  
Sign-up at the Tennis Desk, x507.*

## WINTER PROGRAMS

Check out all these exciting programs coming in the first quarter for your kids and the whole family!

### KID'S STUDIO DANCE CLASSES

AGES 2-13 YEARS

**Begins the week of Jan 18**

Miss Laura's Dance Studio begins the Winter/Spring season with dance classes for kids—Ballet, Jazz, Cheer, Hip-Hop for Boys, Mixed Hip Hop, Creative Movement and more. The season closes with a performance at our spring recital in May.

*Sign-up at the Activities Desk, x570 after Dec 1.*

### LITTLE KICKS SOCCER

AGES 2½ - 5 YEARS

**Tues, Jan 5, Feb 16 & Mar 30**

This introductory gym soccer program is perfect for the little ones, ages 2½ to 5 years. Join Coach Julie and Coach Heather as they teach beginning soccer skills. The children are sure to enjoy themselves as they exercise and develop basic coordination and social/team skills. Six-week sessions run on Tuesday mornings. These popular classes fill quickly so register early.

*Ages 2-3yrs: 9:15-9:45am  
Ages 3-5yrs: 10-10:30am  
\$50/member; \$65/guest  
Sign-up at the Activities Desk, x570.*

### FAMILY MOVIE NIGHTS

A FUN LOW-COST EVENING WITH THE KIDS

**Second Friday each Month—  
Dec 11, Jan 8, Feb 12 & Mar 12; 6:30pm**

Bring the kids and your pillows, blankets or chairs and enjoy our monthly movie night featuring recent DVD releases or long time family favorites. Enjoy free popcorn or come early and order dinner or pizza at the Studio Café. Movies are screened at 6:30pm in Studio 1. Check the website for the feature movie title. Children must be accompanied by a parent at all times.

*Free for members.*

### MONTHLY PARENT'S ESCAPE

TIME FOR A NIGHT OUT!

**Third Saturday each Month—  
Dec 19, Jan 16, Feb 20 & Mar 20; 6-9:30pm**

Our monthly Parent's Escape Nights are the perfect, affordable solution for that much needed evening out. Drop off your kids, ages 5-13, at the Club from 6-9:30pm and they'll enjoy a fun time with activities, games, and more! Kids should eat dinner ahead or bring one along. A snack is included. New reduced fees! Advanced sign-up required. Minimum 6 and maximum of 20 children.

*\$15/member, \$10/additional sibling;  
\$30/guest, \$25/additional sibling  
Sign-up at the Activities Desk, x570.*

### SPRING TIME MAGIC

CELEBRATE THE SEASON!

**Saturday, March 27, 11am-1pm**

Come with the kids to our annual Spring Time celebration where they will enjoy a fun-filled day with seasonal crafts, games, a visit with the Easter Bunny, and a 12:15pm magic show. Be sure to bring your camera to capture all those special moments. Parents must accompany their children at all times.

*Free for members.*

## SPRING BREAK CAMPS

Spring break arrives April 5 - 9 so don't let your kids get restless. Instead, keep them happy and their energy focused.

### CLUBSPORT SPRING CAMP

AGES 5-12 YEARS

**Mon-Fri, April 5-9, 9am-4pm**

At ClubSport Camp, they'll enjoy a host of active games, sports and fun along with creative crafts, and swimming if the weather allows. Kids should bring a lunch. We provide one snack daily. For ages 5-12, camp runs from 9am to 4pm and an extended care option from 8am-6pm is also available.

*\$220/member, with extended care/\$260  
\$260/guest, with extended care/\$300*

*Register beginning February 1 at  
the Activities Desk, x570*

### SPRING TENNIS CAMP

FUN & PASSIONATE INSTRUCTION  
FOR AGES 7-17 YEARS

**Mon-Wed, April 5-7, 9am-Noon**

Introduce your children to tennis and keep them improving in the sport of a lifetime! Our USTA professionally certified staff inspires solid fundamental tennis skills with modern techniques including our exclusive visual learning method that's both fun and effective.

Players watch brief video segments and then translate those concepts directly into action on the court. Game theory will have players building and enhancing skills immediately.

Includes 9 hours of fun instruction, daily healthy snack, graduation certificate, and a surprise gift.

Open to members and guests of all skill levels, ages 7-17 years.

*\$115/tennis member; \$135/fitness member;  
\$155/guest; Early bird discount ends March 15*

*Sign-up begins Mar 1 at the Tennis Desk, x507*

## BIRTHDAYS PARTIES TO REMEMBER

### CELEBRATE WITH US!

ClubSport makes birthdays memorable so you and your child can simply relax and enjoy the moment. Choose the activity and invite the guests while our party hosts do all the rest!

Party packages for 12 or more include:

- Your selected activity with popcorn, ice cream cake, lemonade, & supplies. Party prep & clean-up, too!
- Free Club use for the parents of your party guests!
- Fun two-hour themed party packages start at only \$300
- Many specialty themes and custom add-ons are available
- Parties may be sponsored by members and non-members alike.

To book your next party contact Birthday Party Coordinator, Jamie Gehring at 925.225.2411, or email ✉ [Jamie.Gehring@clubsports.com](mailto:Jamie.Gehring@clubsports.com).

## YOUTH FITNESS & SPORTS

### GROUP FITNESS CLASSES FOR JUNIORS

(AGES 9-13)

These complimentary group fitness classes are exclusively for youth ages 9-13 years. Taught by certified instructors, the series offers a great balance of cardio & strength. The classes focus on fun and are held in an encouraging, motivating atmosphere with great instructor and participant interaction. Offered three weekdays during after-school hours.

See the ✉ *Group Fitness Schedule for current classes, times and instructors.*

### SPORTS PERFORMANCE FOR YOUNG ATHLETES

(AGES 9-14)

**Jan 12, Mar 2, Apr 20, Six-weeks**

This exciting program enhances athletic and competitive performance so youth can gain that extra winning edge. Coached by Elite Trainer and athlete, Dave Dunlap, this exciting program improves sports-focused strength, speed, agility, and power while enhancing injury prevention.

Using the advanced facilities of The Edge Private Training Studio, our seasoned team of strength conditioning coaches and specialists give each athlete the personal attention needed to build confidence and progress toward their individual goals.

The program includes evaluation testing so changes can be tracked and monitored. Meets twice weekly in six-week sessions on Tues/Thurs, 4-5pm.

\$299/member

Sign-up at the Activities Desk, x570.

Contact Dave Dunlap, x456, or email

✉ [dbdunlap60@comcast.net](mailto:dbdunlap60@comcast.net).

### ROCK CLIMBING

(AGES 4-ADULT)

**Weekdays, 4:30-6:30pm**

Kids can experience the thrill of climbing the rock wall most weekdays from 4:30-6:30pm. A trained belayer takes climbers on a drop-in first come, space-available basis. Harness and climbing shoes are provided. Climbing is free of charge. Parents must be on hand to supervise their children while waiting and during climbs.

### TEEN FIT CERTIFICATION

(AGES 12-17)

**Saturdays, Noon-1pm**

Complimentary one-hour fitness orientation for our youth ensures a positive experience in the Fitness Center and the freedom to workout without parental supervision during non-prime time hours. Teen Fit Certification is offered weekly by appointment only.

Free for members.

Sign up at the Activity Desk, x570.

## JUNIOR PROGRAM REGISTRATION FORM

Participants must fill out both sides to complete enrollment.



### PARTICIPANT 1

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Phone: \_\_\_\_\_

Program Name: \_\_\_\_\_ Cost: \_\_\_\_\_

Program Name: \_\_\_\_\_ Cost: \_\_\_\_\_

Program Name: \_\_\_\_\_ Cost: \_\_\_\_\_

### PARTICIPANT 2

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Phone: \_\_\_\_\_

Program Name: \_\_\_\_\_ Cost: \_\_\_\_\_

Program Name: \_\_\_\_\_ Cost: \_\_\_\_\_

Program Name: \_\_\_\_\_ Cost: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_

Email Address: \_\_\_\_\_ (NOT used for outside purposes)

### PAYMENT

Member/Cardholder Name (please print): \_\_\_\_\_

House Account  Cash  Check (# \_\_\_\_\_)

Credit Card ( VISA or MasterCard)

Member Number: \_\_\_\_\_

Member Signature: \_\_\_\_\_

How did you hear about this program?: \_\_\_\_\_

### Jr. Program Policies

Cancellation policies vary by program. By completing this registration form, I acknowledge and agree to all noted cancellation policies.

Initial \_\_\_\_\_

**KIDS CAMPS:** Cancellation accepted up to 14 days prior to event date, less \$30 processing fee.

**TENNIS CAMPS:** Require 50% no-refundable deposit at time of sign-up. Cancellation accepted up to 14 days prior to event date. Receipt of registrations form by ClubSport does not ensure Tennis Camp placement.

To confirm placement, contact the Tennis Desk at 925-463-2822 x507.

**PARENTS ESCAPE:** Cancel at the Activities Desk up to 48-hours prior to event.

**STUDIO DANCE:** Withdrawals accepted up to two-weeks after start date for a prorated refund less a \$30 cancellation fee. All cancellations must be in writing on Withdrawal Form at the Activities Desk and dated by the attendant.

**OTHER PROGRAMS:** Inquire when registering for your program's cancellation policy.

### How to Register:

**IN CLUB:** Visit the Activities Desk (or Tennis Desk) during desk hours to submit your completed registration form & waiver (on back).

**BY FAX:** Complete registration & waiver forms in full. Include credit card information, including signature of cardholder. Fax to the Activities Desk and follow-up with a call to confirm fax was received. Fax: 925.416.1027; Tel: 925.463.2822, x570. Incomplete registration forms cannot be processed.

**\*NOTE:** Waiver on back of registration form must be completed before registration can be processed.

**MINOR PARTICIPANT RELEASE AND WAIVER OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**



The undersigned hereby certifies that I am the legal parent/guardian of \_\_\_\_\_, a minor participant (hereinafter the "PARTICIPANT") in ClubSport or Renaissance ClubSport (hereinafter the "CLUB") activities. In consideration of being permitted to enter the CLUB's premises and being granted access to the CLUB's facilities, amenities, services, and being permitted to participate in any of the activities at the CLUB, the undersigned:

1. Agrees that he/she will instruct the minor PARTICIPANT that he or she must adhere to the CLUB's Rules of Conduct (as published, but not limited to, its Member Handbook, Membership Agreement and posted signage) at all times when participating in any CLUB activity.
2. Agrees that any damages caused by the PARTICIPANT will be paid by the undersigned to the owner(s) of the damaged item(s).
3. Represents that the PARTICIPANT has medical coverage and has been released to participate in the activities conducted at the CLUB by his/her personal physician and understands that in the event of a medical emergency, the undersigned or the listed emergency contact person will be notified immediately, and if neither are available for consultation, grants permission to the CLUB to obtain medical treatment as deemed necessary.
4. Hereby releases, waives and discharges the CLUB, including its officers, agents, employees, managers, independent contractors, parent organizations, subsidiaries, affiliates and personnel ("Releasees") from, and agrees and covenants not to sue Releasees for, any claim, liability, or demand of any kind or on account of any personal injury, temporary or permanent disability, death, property damage, or other damages to PARTICIPANT or the undersigned, whether caused by the negligence of Releasees or otherwise, resulting from or in any way associated with the PARTICIPANT or undersigned's entry on the CLUB's premises or use of the CLUB's facilities, amenities, services, or participation in any of the activities at the CLUB whether using exercise equipment or not, whether exercising or not, or whether on the premises or not. Further, the undersigned agrees and covenants to indemnify Releasees for, and hold Releasees harmless, from any such claims, liabilities or demands.
5. HEREBY VOLUNTARILY ASSUMES ALL RISKS of personal injury, including temporary or permanent disability or death, property damage, economic losses, and/or other damages to PARTICIPANT and/or undersigned resulting from or in any way associated with the PARTICIPANT or undersigned's entry on the CLUB's premises or use of the CLUB's facilities, amenities, services, or participation in any of the activities at the CLUB whether using exercise equipment or not, whether exercising or not, or whether on the premises or not.
6. Acknowledges and agrees that this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT is intended to be, and is, a complete release of any responsibility of Releasees for personal injuries and/or temporary or permanent disability or death and/or property loss/damage sustained by the PARTICIPANT or undersigned while on the CLUB's premises or while using the CLUB's facilities, amenities, services or while participating in any of the activities at the CLUB whether using exercise equipment or not, whether exercising or not, or whether on the premises or not; and undersigned further acknowledges and agrees that it is specifically intended to and does include release, waiver, assumption of risk and indemnity as to premises liability claims such as (by example, not limitation) slip & falls and/or trip & falls at the CLUB.
7. Understands that this waiver and release is intended to be as broad and inclusive as permitted by the laws of this state and that if any portion of this waiver and release is held invalid, the balance shall continue in full legal force and effect.

The undersigned confirms that he/she has read and understands this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT and acknowledges and agrees to its terms, and signs it freely and voluntarily.

Signature of Participant if over 12	Date
Signature of Participant's Parent or Guardian	Date
Parent/Guardian Name _____	
Home Number _____ Work Number _____	
Emergency Contact _____ Phone Number _____	
Participant's Name _____ Age _____	
Allergies, or any other health conditions, if any _____	

**TENNIS FOR YOUTH & JUNIORS**

AGES 5 -18 YEARS

Youth tennis programs at ClubSport are carefully designed and well planned to inspire and motivate juniors to learn, absorb, and practice tennis fundamentals in a fun and exciting environment.

The centerpiece of youth tennis learning at ClubSport is the Junior Tennis College (JTC). The program is ideal for novices who want to learn the basics to experienced players at all levels who aspire to long-term development.

ClubSport teaching professionals have extensive training and proven experience in coaching and developing junior players. Our goals are to help your child improve technically, tactically, and physically while developing a lifetime passion for the sport.

With our perspective of steady improvement and long-term growth, hundreds of successful junior players are emerging from our programs.

✦ See the TENNIS Section for more details.

**RACQUETBALL FOR YOUTH**

AGES 7-17 YEARS

The Club offers an active Racquetball program for juniors and claims national & regional junior champions within our ranks. Regular youth clinics are offered monthly. On pre-scheduled Sundays, a supervised racquetball drop-in is offered for high school aged players at 5:30-7pm. The Club hosts two junior racquetball tournaments each year.

✦ See the SPORTS Section for more details.

**YOUTH VOLLEYBALL PROGRAMS**

AGES 10 YEARS TO ADULT

Youth are invited to participate with coaches Martin Umeh and Melisa Wong on Thursday nights for our free skills clinics. The beginning clinic starts at 7pm and an advanced clinic at 8pm. Advanced clinic participation requires prior approval from the coach.

Plus, a new Tuesday evening league is forming for ages 14 through adult.

✦ See the SPORTS Section for more details.

**SWIM LESSONS – GROUP & PRIVATE**

AGES 3 -17 YEARS

Private swim instruction with qualified instructors for children and adults is offered year-round in our heated pool. Elite swim coaching is also available for the emerging competitive swimmer.

Small Group Lessons for ages 5-17 begin in the spring and run through the early fall months.

Parent/Tot group lessons for tots 3 months to 3yrs with parent are offered during the summer months.

✦ See the AQUATICS Section for more details.

**SWIM PROGRAMS FOR YOUTH**

AGES 5-17 YEARS

**Stroke & Conditioning Clinics** – For the serious swimmer and aspiring competitor to develop and improve competitive swimming skills. Monthly sessions offered Jan-Mar & Sep-Dec.

**High School Conditioning** – on-land & in-water conditioning for high school aged team swimmers - January.

**Team Swimmer Stroke & Conditioning** – Clinic for those on a competitive swim team, ages 9-17 - May.

**Tidal Waves ClubSport Swim Team** – New swimmer evaluations early April; Season runs May to early Aug.

**Summer Swim Clinics** – For non-team swimmers ages 5-17 to improve technique, build endurance and compete in mini swim meets with their ClubSport peers. Offered in three 2-week sessions starting mid-June.

✦ See the AQUATICS Section for more details.



**preferred  
merchant**

## **Exercise Your Membership Card!**

*Receive discounts at local businesses just by showing your ClubSport membership card.*

American Laser Center

Bell Sports Medicine Institute

CTX Mortgage Company

Custom Exteriors

CyclePath of Pleasanton

The Data Rescue Center

Diablo Dents

Dion's Salon

Dogtopia of the Tri-Valley

East Bay Fertility Center,  
Ellen Snowden, MD

Funk's Auto Works

Girasole Grill

Hacienda Park Optometry,  
Linda Cushing, OD

Hometown GMAC,  
Roger Manning

J. Rockcliff Realtors

Mitchell Katz Winery

Pain and Rehabilitative  
Consultants Medical Grp,  
Ernest Y. Cheng, DO, CSCS

Pam Biasotti Photographpy

Pampered Palate Catering

Pleasanton Golf Center

Rachel Capil Photography

REC Solar, Inc.

Spinal Health Chiropractic,  
Ryan Spuller, DC, CCSP

Stoneridge Apartment Homes

StoneWear Jewelry

The Rose Hotel

Tommy T's Comedy Club

Turner Eye Institute

Valley Carpet Cleaning

Wente Vineyards Wine Club

For more Preferred Merchant information, visit  
[www.clubsports.com/pleasanton](http://www.clubsports.com/pleasanton)