

20 ACTIVITIES & 10 EVENTS

[SPRING 2010]

Club Sport[®]

VALLEY VISTA

sports • fitness • tennis



▶▶ ADULT TENNIS

CLUB SINGLES ROUND ROBIN TOURNAMENT

REGISTER BY APRIL 5
EVENT: SATURDAY APRIL 10
9:00AM – 1:00PM

This new, fast-paced round robin singles tournament is open to all tennis members; men, women and juniors. Divisions will be set depending on level only, making it exciting since some divisions will include men, women and even juniors who play at the same skill levels. Lunch from Mavericks Barbecue, prizes and a day of fun tennis make this an event you don't want to miss.

Sign up at the Front Desk or call 934-4050 for more information.

CINCO DE MAYO TENNIS SOCIAL

REGISTRATION DEADLINE: MONDAY, APRIL 26
EVENT: SATURDAY, MAY 1
3:00PM - 6:00PM

Once again, we'll be sippin' Margaritas on the deck, dipping tortilla chips in salsa and, of course, playing mixed doubles tennis. This round robin format enables you to play with and against many different partners. Event includes balls, prizes and dinner from La Tapatia.

Members: \$20, \$12 for dinner only

Sign up at the Front Desk or call 934-4050 for more information.

ADULT TENNIS CIRCUITS

SUMMER CIRCUIT RUNS MAY 15 – AUGUST 15

Circuits are a great way to stay active, improve your game and meet new playing partners. The website leaguesforfun.com makes it easy and fun to arrange matches and view results. Sign up now for singles, doubles or mixed doubles.

Members: \$10, \$8 with online registration

Sign up online at leaguesforfun.com or call 934-4050 for more information.

MEN'S DOUBLES MIXER

SUNDAY, JUNE 6
10:00AM – 12:30PM

Join us for the battle of the guys that includes barbecue, brew, tennis, prizes and best of all bragging rights. During this fun round robin, players are grouped in two levels (3.0-3.5 and 4.0+) and will accumulate event points during matches. Subsequent pairings are done each round based on total points.

Members: \$15

Sign up online at leaguesforfun.com or call 934-4050 for more information.

TENNIS 101

Our Tennis 101 program offers beginning adults the opportunity to take unlimited weekly group tennis lessons. Players are introduced to stroke fundamentals and tennis games, and may continue with the class until they reach level 2.5.

Members: \$79
Guests: \$119

For more information including class dates and times, visit the Front Desk or call 934-4050.

FRIDAY NIGHT MIXED DOUBLES

FRIDAYS
7:00PM - 9:00PM

Friday Night Mixed Doubles is a great way to enjoy a fun, drop-in tennis social. Meet at the Tennis Office and a host will pair you up for mixed doubles. Chips, salsa and soft drinks are included; you provide the tennis balls and racquets.

Members: Free

No sign-ups necessary. Visit the Front Desk or call 934-4050 for more information.

RACQUET RESTRINGING

Racquet restringing or regripping is available with a 24-hour return time.

Contact Ben at 934-4050 x209.

TUESDAY NIGHT DOUBLES

TUESDAYS AT 7:00PM

Join us Tuesday nights for a fun evening of drop-in tennis. Adult members at levels 3.0 for men and 3.5 for women are welcome. Forget the hassle of arranging a match, just show up ready to play and the ClubSport Valley Vista staff will arrange one for you.

Members: Free

Sign up at the Front Desk or call 934-4050 for more information.

DROP-IN CLINICS

WEDNESDAYS FROM 10:30AM - 12:00PM
SATURDAYS FROM 3:30PM - 5:00PM

Drop-in clinics are held year round and are an ideal way to tune-up your stroke. Players of all skill levels are welcome.

Members: \$17
Guests: \$30

No advance sign-ups necessary. Sign up at the Front Desk upon arrival or call 934-4050 for more information.

MONDAY NIGHT ADVANCED MEN'S DOUBLES

REGISTER ONE WEEK PRIOR
MONDAYS AT 7:00PM

Great fun and competition can be found every Monday night for men with current NTRP ratings of 4.0 and higher. Space is limited to 12 participants.

Members: Free

To sign up or for more information, contact Ken Calvert at (510) 409-9212.

FIND A MATCH

Visit leaguesforfun.com and post your schedule. Click the "Find A Match" tab for an instant list of players.

▶▶ JUNIOR TENNIS

JUNIOR TENNIS COLLEGE TENNIS TOURNAMENT

REGISTRATION DEADLINE: THURSDAY, APRIL 15
TOURNAMENT: SUNDAY, APRIL 18
1:00PM - 4:00PM

Register now for our next Junior Tennis College Tennis Tournament. There will be trophies awarded for first and second place. The format will include multiple singles matches in a non-elimination format. Players will be entered in either the Bronze/Silver division or the Gold/Platinum division based on their age and ability.

Members: \$10, must be enrolled in the Junior Tennis College

Sign up at the Front Desk or call 934-4050 for more information.

JUNIOR TENNIS COLLEGE

Juniors, ages 8 and up, receive weekly 90-minute group lessons, play in socials and team matches against other clubs, and participate in ongoing skills tests to measure improvement.

1 day per week, monthly
Members: \$70, **Guests:** \$85
2 days per week, monthly
Members: \$110, **Guests:** \$136
3-4 days per week, monthly
Members: \$144, **Guests:** \$180

To sign up or for more information, visit the Front Desk or call 934-4050.

USTA SENIOR SECTIONAL CHAMPIONSHIP

FRIDAY, MAY 7 - SUNDAY, MAY 9

ClubSport Valley Vista is hosting the USTA Senior Sectional Championships for Northern California for the third year in a row. While the courts will be very busy on this weekend, the tennis will be amazing to watch.

Note: There will be heavy court usage during this weekend.

TENNIS PROGRAMS FOR YOUNG BEGINNERS

We have a variety of tennis programs for an hour a week that will help introduce your youngster to the game of tennis and prepare them for the next level of programs available to improve their skills. Programs include Munchkins Tennis for beginners from 4-6 years old, Pee Wee Tennis for beginners from 5-8 years old and Junior "Aces" Tennis for beginner/intermediates from 8-12 years old.

Members: \$50 per month
Guests: \$65 per month

For more information including class dates and times, visit the Front Desk or call 934-4050.

UNLIMITED JUNIOR GAME ARRANGING

Experience our complimentary game arranging service for juniors ages 8 and up. Finding a match has never been easier for our juniors. Sign up at the Front Desk or call 934-4050 for more information.

▶▶ GROUP TRAINING

TEAM CLUBSPORT MEMBERSHIP

SEASON RUNS MARCH – NOVEMBER 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, swim and bike workouts
- Monthly event/race options
- Discounted TEAM apparel & shopping
- Incentive program & gifts
- TEAM Yahoo Group Access
- Monthly TEAM Talk newsletter
- TEAM clinics & workshops
- End of season party

Members: Free

Register at the Renaissance ClubSport Activities Desk or for more information email Glenda Smith at gsmith@clubsports.com

DISCOUNTED CAL BASKETBALL TICKETS

Visit their website below and enter the promo code.



www.calbears.com/code
promo code: CLUBSPORT

FIT QUEST

MONDAYS AT 4:00PM
WEDNESDAYS AT 6:00AM & 7:00AM
FRIDAYS AT 4:00PM

Fit Quest Group Training is a high intensity core strengthening and conditioning program that delivers guaranteed results. It focuses on all 10 components of optimal physical fitness and will deliver time-tested measurable health and fitness improvements in less time than conventional workouts.

Participants of all ages and fitness levels will be challenged and can improve their sports performance. Classes vary in length from 15 - 40 minutes based on your needs.

Members:

\$15 per session
\$12.50 per session for four sessions*
\$60 per month for unlimited sessions**

Guests:

\$25 per session
\$20 per session for four sessions*

*One session per week for one month.
**Up to 16 sessions.

Sign up at the front desk or call 934-4050 for more information.

NEED EXTRA MOTIVATION?

One-on-one personal training gives you the opportunity to exercise with a fitness professional who understands your exercise goals and will keep you motivated. Your personal trainer will customize a fitness program that is interesting, fun and corresponds to your fitness level and goals. Call 934-4050 to get started today.

▶▶ WELLNESS

SUMMER-IZE YOUR BODY IN SIX WEEKS

REGISTRATION DEADLINE: THURSDAY, APRIL 15

Two great options for one great summer body. Option one is a self guided program and is free to members. Option two is a customized program and offers results guaranteed or your money back.

Contact Behzad Izadbakhsh at 934-4050 or by email at behzad.izadbakhsh@clubsports.com

BURSTING WITH ENERGY

THURSDAY, APRIL 22
6:30PM - 8:00PM

If you're tired of being tired and looking for a sound solution, don't miss this cutting edge seminar with award-winning nutritionist, Laura Bartron. Discover energy essentials including the most controllable factors that zap your energy, learn how to access the underlying causes of fatigue and related symptoms and gain understanding on how to boost your energy level. Seminar held at Renaissance ClubSport.

Members & Guests: Free

Sign up at the Renaissance ClubSport Activities Desk or call 942-6382 for more information.

TAKE THIS, NOT THAT

WEDNESDAY, JUNE 23
6:30PM - 8:00PM

Get the most out of your dietary supplements. What should you take? What brand is best? Are there any risks? Get the answers from Nutritionist, Laura Bartron, to questions about dietary supplements for safe and effective use. Seminar held at Renaissance ClubSport.

Members & Guests: Free

Sign up at the Renaissance ClubSport Activities Desk or call 942-6382 for more information.

5 KEYS TO OPTIMUM HEALTH & SUCCESSFUL WEIGHT LOSS

THIRD WEDNESDAY OF EACH MONTH AT
RENAISSANCE CLUBSPORT
7:00PM - 8:00PM

This is a free nutrition class taught by Renaissance ClubSport's nutrition coach. Emphasis will be placed on eating the right foods, at the right time, in the right combinations and portions. When applied consistently, this will help jump start the metabolism, control appetite and cravings and improve energy, body composition and overall sense of well-being.

Members & Guests: Free

Call Nutritionist, Laura Bartron, at 942-6366 for more information.

NUSHAPE ONLINE

Visit us online for this free self-guided weight management program available to our members.

Go to www.clubsports.com/valley-vista. Click on "Wellness and Nutrition", then on the "Weight Management Tool" link and then the "NuShape" link.

Members: Free

Go online to clubsports.com/valley-vista/home.do



THE PRO SHOP

May
Come in for great gift ideas for Mother's Day. Keep Mom seeing great with specials on Bolle tennis sunglasses.

June
Looking for something sporty for the Dad or Grad in your life? Skip the crowds at the mall and find that perfect gift here.

Visit the Pro Shop or call 934-4050 for more information.

▶▶ AQUATICS

MASTERS SWIM

TUESDAYS & THURSDAYS
7:00PM – 8:00PM

Masters swimming is an organized swim program offering coached swim workouts for fitness. Our goal is to provide a positive, supportive and fun environment for swim workouts. The program is open to adult (18 years and older) swimmers at a range of levels (fitness, competitive or triathlete) who are dedicated to improving fitness through swimming. Swimmers must have a basic level of fitness and be able to swim freestyle for 200 yards without stopping. Consistency and technique are more important than distance. New swimmers are encouraged to start slowly and build gradually until they can complete an entire workout. Structured workouts range anywhere between 1,500 - 3,000 yards.

Instructor: Anne

Members: Free

For more information including class dates and times, visit the Front Desk or call 934-4050.

▶▶ JUNIOR SWIM

CUDAS PROGRAM

EVALUATION: SUNDAY, MARCH 14
9:00AM - 12:00PM
PROGRAM RUNS: APRIL 12 - MAY 14
3:30PM - 3:55PM OR 4:05PM - 4:30PM

The Cudas Program provides swim lessons for children ages 4 and older and is an excellent preparation for swim team. Practice takes place five days a week, 25 minutes each day for five weeks. Swimmers must be able to "dog paddle" or breathe in any way unassisted. All swimmers must have a Cudas evaluation at ClubSport Valley Vista which will be held on a first come basis with priority to swim team siblings. Time slots will be filled by the directors based on safety of numbers and ratios.

For more information regarding the Cudas Program, contact BJ Henry at 788-1008 or at bjmaryus@astound.net

CLUBSPORT VALLEY VISTA BARRACUDAS SWIM TEAM

EVALUATION: SUNDAY, MARCH 14
9:00AM - 12:00PM
REGISTRATION (AT SPORTS BASEMENT):
TUESDAY, MARCH 16
6:00PM - 9:00PM
PRE-SEASON: BEGINS MONDAY, APRIL 19
MANDATORY NEW PARENT MEETING:
THURSDAY, MAY 13, 7:00PM
PROGRAM RUNS: APRIL 12 - MAY 14
3:30PM - 3:55PM OR 4:05PM - 4:30PM

ClubSport Valley Vista Swim Team is more than just lap swimming - we are the home of the Barracudas. Our great team of coaches work with the swimmers to encourage the mastery of stroke technique, gaining strength and increasing endurance. Swimmers will learn self-discipline, how to set realistic goals and develop good sportsmanship. Improve your swim technique, take part in fun activities and make new friends. Parents concerned about their swimmer's readiness for the swim team are welcome to come to evaluation day.

For more information regarding the Swim Team, contact Michelle Sharpes at 296-0450 or at mdsharpes@aol.com



TEAM ClubSport

Participation in **TEAM ClubSport** is free 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**. All levels are welcome.

The TEAM Will Include:

- Weekly Run & Bike Workouts
- Monthly Event/Race Options
- Discounted **TEAM** Apparel
- Incentive Program & Gifts
- **TEAM** Yahoo Group Access
- Monthly **TEAM** Talk Newsletter
- **TEAM** Clinics & Workshops
- End of Season Party

TEAM ClubSport Season:
March 2010 - November 2010

Members: Free

Sign up at the Activities Desk or contact
Glenda Smith at gsmith@clubsports.com
for more information.

▶▶ CAMPS

JUNIOR SUMMER TENNIS CAMPS

REGISTRATION BEGINS IN MARCH
CAMPS RUN: JUNE - AUGUST, MONDAY - FRIDAY
11:00AM – 3:00PM

Improve your tennis skill, swim, meet new friends and have fun. Children will keep active and have fun during these week long camps. Camps are an 8:1 ratio and are grouped by age and tennis ability. Camps will include specific stroke instruction, drills strategy and lots of games. Campers will also have time to play in the pool so remember their suits.

Members: \$120 per week
Guests: \$160 per week

Visit the clubhouse for a detailed brochure and registration form or call 942-4050 for more information.

MUSICAL THEATRE SUMMER CAMP

WEEK OF JUNE 15 – JULY 29
TUESDAY & THURSDAYS 1:00PM - 4:00PM

Does your child like performing on stage? This camp is an excellent opportunity for children ages 7-12 to engage in theater. Camp will begin with an audition to fill the roles for the play. Rehearsal and the learning of techniques in all aspects of musical theater will be covered. Camp will conclude with the final performance.

Techniques developed will include:

- Auditioning
- Character development
- Acting techniques
- Improvisation skills
- Singing (ensemble and solos)
- Dancing (Jazz, Tap, Ballet and Musical Theater)
- Connection with the audience and fellow actors
- Expressing yourself through performance

Members: \$250 per child

To sign up or for more information, contact Courtney at (925) 858-7559 or by email at courtney@mbuddy.net

▶▶ KIDS SOCIAL

CLUBKID EASTER EGG HUNT

SATURDAY, APRIL 3 AT 9:30AM

Join us at Arbolado Park for an "egg-citing" Easter Egg Hunt and a visit from the Easter bunny. Make sure you sign up early to reserve a spot.

Members: \$8 per child
Guests: \$10 per child

Sign up at the Front Desk or call 934-4050 for more information.



BRING YOUR PARTY TO US

Host your birthday party, graduation or anniversary at ClubSport Valley Vista. Members may rent out space and have a party on the deck or in the picnic area. We provide the tables, chairs and relaxing ambiance; you provide the fun.

For more information or to reserve your space, contact Behzad Izadbakhsh at behzad.izadbakhsh@clubsports.com or (925) 934-4050.

ClubSport Valley Vista
is on Facebook!



BECOME A FAN TODAY!

facebook®

Tennis Rules you should Know

When may the receiver or the receiver's partner call foot faults?

In a non-officiated match, the receiver or the receiver's partner may call foot faults after all efforts (warning the server and attempting to locate an official) have failed and the foot faulting is so flagrant as to be clearly perceptible from the receiver's side.

How much time may elapse from the moment the ball goes out of play at the end of the point until the serve is struck to start the next point?

When practical this time should not exceed 20 seconds. This limit does not apply if a player has to chase a stray ball.

value your comfort



MEMBER HOTEL DISCOUNTS

AT RENAISSANCE CLUBSPORT HOTELS

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.

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 rscav-reservations@clubsports.com.



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