

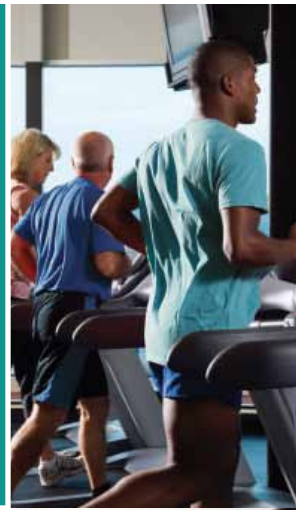
20... ACTIVITIES & 11... EVENTS

[SPRING/SUMMER 2011]


Club Sport[®]

VALLEY VISTA

sports • fitness • tennis



TENNIS RULES YOU SHOULD KNOW

Q. If a tennis ball falls out of your pocket during a point, what's the ruling? Is it a let or does the opposing team get the point even though you have won the point?

A. If you are playing social or recreational tennis, then you should ALWAYS offer to play a let (or a "do-over") when an extra ball falls from your pocket during a point. The same is true for when your hat falls off your head. Often enough, your opponent will indicate that it was not a distraction and allow the point played to stand.

In a tournament match where an official is present to call the lines, the umpire will always call a let in this circumstance. If it happens repeatedly, then the umpire can penalize the offending player by automatically awarding the point to the opposing player. This eliminates the possibility of gamesmanship.



**JOIN FOR THE FUN.
TRAIN TO FINISH
STRONG.**

THE TEAM WILL INCLUDE: 

<ul style="list-style-type: none"> » Start of the Season Kick-Off Meeting » Weekly Run & Bike Workouts » Option to Participate in Monthly TEAM Events & Races » Discounted TEAM Apparel 	<ul style="list-style-type: none"> » Incentive Program & Gifts » TEAM Yahoo Group Access » Monthly TEAM Talk Newsletter » Discount Shopping Parties » TEAM Clinics & Workshops » End of Season Party
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All levels are welcome.
(TEAM ClubSport Season March - November 2011)

Register at Renaissance ClubSport Activities Desk or email
Glenda Smith at gsmith@clubsports.com 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.

▶▶ ADULT TENNIS

USTA SENIOR SECTIONAL CHAMPIONSHIPS

FRIDAY, MAY 6 - SUNDAY, MAY 8

The Northern California USTA Senior Sectional Championships are being held at ClubSport Valley Vista for the third year in a row. While the courts will be very busy on this weekend, the tennis will be amazing and we hope to have several of our own teams playing in this post season championship.

For more information, call the Club Front Desk at 934-4050.

CINCO DE MAYO TENNIS SOCIAL

REGISTRATION DEADLINE: MONDAY, MAY 9
EVENT: SATURDAY, MAY 14
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

REGISTRATION DEADLINE: TUESDAY MAY 10
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.

CALCUTTA TENNIS AUCTION AND TOURNAMENT

DINNER AUCTION:
FRIDAY, AUGUST 5
6:30PM - 9:00PM
TOURNAMENT AND LUNCH:
SATURDAY, AUGUST 6
8:30AM - 3:00PM

Save the date for the year's most exciting mixed doubles tournament with a consolation draw. Players at levels 2.5 and up will register individually and are given a handicap rating to ensure exciting play. Participants are randomly partnered and guaranteed two matches.

Members: \$45 Entire Event
\$30 Dinner Auction only

Sign up at the Front Desk 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. Participants may continue with the class until they reach level 2.5.

Members: \$79 per month
Guests: \$119 per month

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

DROP-IN CLINICS

WEDNESDAYS
10:30AM - 12:00PM
SATURDAYS
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 per clinic
Guests: \$30 per clinic

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

MONDAYS
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, please register in advance.

Members: Free

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

TUESDAY NIGHT DOUBLES

TUESDAYS
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.

FRIDAY NIGHT MIXED DOUBLES

FRIDAYS
7:00PM

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. Snacks 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.

FIND A MATCH

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

▶▶ JUNIOR TENNIS

JUNIOR TENNIS COLLEGE TOURNAMENT

REGISTRATION DEADLINE: THURSDAY, JULY 7
TOURNAMENT: SUNDAY, JULY 10
1:00PM - 4:00PM

Registration begins June 1 for our next Junior Tennis College Tournament. 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. There will be trophies awarded for first and second place.

Members: \$10 for Junior Tennis College enrollees

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

JUNIOR TENNIS COLLEGE

MONDAY - FRIDAY
4:00PM - 5:30PM

Juniors, ages eight and up, receive weekly 90-minute group lessons and play in socials and team matches against other clubs. Ongoing skill tests will measure improvement.

Monthly fee, 1x a week

Members: \$70, **Guests:** \$85

Monthly fee, 2x a week

Members: \$110, **Guests:** \$136

Monthly fee, 4x a week

Members: \$144, **Guests:** \$180

To sign up or for more information, visit the Front Desk, call 934-4050 or contact Dale Miller at dmiller@clubsports.com

BRING YOUR PARTY TO US

Host your birthday party, graduation or anniversary at ClubSport Valley Vista. Members may rent out space including tables and chairs and have a party on the deck, in the picnic area or in ClubKid.

Take the stress out of birthday party planning, kids tennis parties are also available.

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

RACQUET RESTRINGING

Racquet restringing or regripping is available with a 24-hour return time. Contact Ben at 934-4050 x209.

TENNIS PROGRAMS FOR YOUNG BEGINNERS

We have a variety of tennis programs 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.

▶▶ TENNIS CAMPS

JUNIOR SUMMER TENNIS CAMPS

JUNE 13 - AUGUST 19
MONDAY - FRIDAY
11:00AM - 3:00PM

Weekly Junior Summer Tennis Camps teach every major aspect of tennis including stroke production, conditioning, strategy, footwork, psychology and, most importantly, fun! One-week camps are geared toward players, ages 7-16, from beginner to intermediate skill levels, and will include daily supervised pool time. Players will be grouped according to levels of play and age. Please bring a sack lunch and bathing suit. An extended care option is available from 8:30am - 11:00am and 3:00pm - 5:00pm.

Members: \$130 per week/ \$190 with extended care

Guests: \$175 per week/ \$265 with extended care

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

▶▶ KIDS CLASSES

ZUMBATOMIC

FIRST AND THIRD FRIDAY OF THE MONTH
4:30PM - 5:00PM, AGES 4-7
5:00PM - 5:45PM, AGES 8-12

Designed exclusively for kids, ages 4-12, Zumbatomic classes are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love, such as hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids; increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

Members: Free

For more information call the Front Desk at 934-4050.

▶▶ GROUP TRAINING

TEAM CLUBSPORT MEMBERSHIP

SEASON RUNS MARCH – NOVEMBER 2011

Join for the fun. Train to finish strong. Participation in TEAM ClubSport is free to all members at all levels. As a TEAM member, you will have the opportunity to meet and train with new friends, accomplish your fitness goals and receive the other great benefits listed below:

- Start of the Season Kick-Off Meeting
- Weekly Run, Swim and Bike Workouts
- Monthly Event/Race Options
- Discounted TEAM Apparel and Shopping
- Incentive Program and Gifts
- TEAM Yahoo Group Access
- Monthly TEAM Talk Newsletter
- TEAM Clinics and Workshops
- End of Season Party

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

▶▶ WELLNESS

TAKE THIS, NOT THAT

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

There are as many questions as there are dietary supplements. What should you take? What brand is best? Do they really work? Get the answers from Nutritionist, Laura Bartron, to questions about dietary supplements for safe and effective use. Also, enjoy samples of recommended products. Seminar held at Renaissance ClubSport.

Members: Free

Guests: Free

Sign up at the Renaissance ClubSport Activities Desk or call 942-6382 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 click on the "Free Weight Management" button.

Members: Free

▶▶ 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. The program is open to adult (18 years and older) swimmers at a range of levels. Swimmers must have a basic level of fitness and be able to swim freestyle for 200 yards without stopping. Structured workouts range anywhere between 1,500 - 3,000 yards.

Members: Free

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

ClubSport Valley Vista
is on Facebook!



BECOME A FAN TODAY!

facebook®



CONQUER YOUR STRESS



R Spa wants to remind you about the benefits of massage. Experts believe that a large percentage of disease in our culture is due to stress. Massage therapy can help combat and eliminate the frightening number of stress related diseases.

- Massage is proven to;
- Increase Relaxation
 - Decrease Anxiety
 - Lower Blood Pressure
 - Increase Circulation
 - Improve Sleep
 - Increase Your Ability to Concentrate



To book an appointment visit R Spa
or call 942-6379 for more information.



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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