

20..... ACTIVITIES & 11..... EVENTS

[FALL/WINTER 2011]

Club Sport[®]

VALLEY VISTA

sports • fitness • tennis



▶▶ ADULT TENNIS

THANKSGIVING TENNIS SOCIAL

REGISTER BY MONDAY, NOVEMBER 14
EVENT ON SATURDAY, NOVEMBER 19
10:00AM - 1:00PM

This round robin format tennis social will allow for great play with and against many different players. There will be pre-event bagels and coffee, post-event prizes, as well as a delicious on-site barbecue turkey lunch. This event is open to all adult members levels 2.5 and up.

Members & Guests: \$20, \$18 with online registration

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

ADULT TENNIS CIRCUITS

FALL CIRCUITS: SEPTEMBER 15 - DECEMBER 15
WINTER CIRCUITS: JANUARY 15 - APRIL 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: \$12, \$10 with online registration

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

ADULT TENNIS COLLEGE

Our Adult Tennis College continues to grow with member interest. Learn better stroke technique and high percentage tactics through our "learn by doing" games based teaching. Classes are offered at a variety of days and times to fit your schedule and level. Classes are weekly one-hour sessions and are available for levels 2.5-3.0, 3.0-3.5 and 3.5-4.0.

Members: \$45 per month

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

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.

FIND A MATCH

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

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.



JOIN FOR THE FUN.
TRAIN TO FINISH
STRONG.

THE TEAM WILL INCLUDE:

- » Start of the Season Kick-Off Meeting
- » Weekly Run & Bike Workouts
- » Option to Participate in Monthly **TEAM** Events & Races
- » Discounted **TEAM** Apparel
- » Incentive Program & Gifts
- » **TEAM** Yahoo Group Access
- » Monthly **TEAM** Talk Newsletter
- » Discount Shopping Parties
- » **TEAM** Clinics & Workshops
- » End of Season Party

All levels are welcome. Season continues through November 2011)

To register or for more information
email [Glenda Smith at gsmith@clubsports.com](mailto:Glenda.Smith@clubsports.com)



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AND LOUNGEWEAR

A PLACE FOR MOM

DIABLO REGIONAL ARTS ASSOCIATION

▶▶ JUNIOR TENNIS

JUNIOR TENNIS COLLEGE TOURNAMENT

REGISTER BY FRIDAY, OCTOBER 14
TOURNAMENT ON SUNDAY, OCTOBER 16
1:00PM - 4:00PM

Register now for our next Junior Tennis College Tournament. The format will consist of multiple singles matches in a non-elimination format with trophies being awarded for first and second place. Players will be entered into divisions based on their age and ability.

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, will 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, (3+)x 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

Celebrate your birthday, graduation or anniversary at ClubSport Valley Vista. Members may rent out space including tables and chairs and have a party on the deck, at 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 available programs. 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.

▶▶ 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

To register or for more information, email Glenda Smith at gsmith@clubsports.com

▶▶ WELLNESS

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 swimmers (18 years and older) 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.

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.

▶▶ JUNIOR SWIM

FALL SWIM PROGRAM

SEPTEMBER 12 - NOVEMBER 16
MONDAYS, TUESDAYS & WEDNESDAYS
4:00PM - 4:30PM FOR AGES 5-6
4:30PM - 5:15PM FOR AGES 7-8
5:15PM - 6:15PM FOR AGES 9+

Take advantage of Valley Vista's heated pool and keep swimming through the end of the year. Children, ages 5-14, will receive instruction from experienced and supportive coaches on proper stroke technique, racing starts, turns and finishes. Practices will be held after school with low swimmer to coach ratios.

To sign up or for more information including age bracket times and pricing, visit the Front Desk or call 934-4050.

▶▶ KIDS SOCIAL

HALLOWEEN CARNIVAL

FRIDAY, OCTOBER 28
12:30PM

Join us for our annual ClubKid Halloween Carnival. Children will enjoy a club-wide trick-or-treat parade to show off their costumes. The parade will be followed by games and refreshments.

Members: \$8

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

CLUBKID HOLIDAY CELEBRATION

THURSDAY, DECEMBER 15
12:00PM

Join the ClubKid elves for our annual Holiday Celebration. Your children will enjoy a celebration of the holidays including a visit from Santa. Parents, remember to bring your cameras to capture the memorable moments.

Members: \$10

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

ClubSport Valley Vista
is on Facebook!



BECOME A FAN TODAY!

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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
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email rscwc-reservations@clubsports.com.

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AIRPORT

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email rscav-reservations@clubsports.com.

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