

20 PROGRAM 10 GUIDE

[WINTER 2010]


Club Sport[®]

VALLEY VISTA

sports • fitness • tennis





MEMBER SPOTLIGHT

THE NOMURA FAMILY

LIZ, WHEN AND WHY DID YOU JOIN CLUBSPORT VALLEY VISTA?

"My husband, Brent, and I joined Valley Vista on a "fitness couple" membership at the end of 1999. We had recently bought a home in the area and liked the convenience of the club. Our son, Daniel, was only a baby at the time, and I was very impressed with the childcare program directed by Jean. Leaving our son with Jean and Sherrie almost felt like leaving him with family. When my youngest child entered preschool and I had some mornings free, we upgraded our membership to a tennis membership. Because I had absolutely zero tennis experience, I enrolled in a Tennis 101 clinic with Dale Miller. That was only 3 ½ years ago!"

WHO IS YOUR FAMILY?

"The Nomura family consists of myself, my husband, Brent, son - Daniel (11), and daughter - Maddie (8)."

WHAT ARE YOUR HOBBIES?

"I work part-time as a nurse anesthetist. On the weekday mornings I am not working, I can be found on the courts at Valley Vista! Much of the rest of my time is spent as sports/social coordinator for my 2 kids."

WHAT ACTIVITIES AND THINGS DO YOU MOST ENJOY ABOUT CLUBSPORT VALLEY VISTA?

"The first day of my Tennis 101 with Dale Miller, he announced confidently to the group that it was obvious I had never played! Just as I was about to quietly exit the court, he asked me for my racket and explained, "You still have the cellophane on your racket handle!". And so, I watched, while he peeled the cellophane off my Costco racket and the rest became history."

"Now, 3 ½ years later, my daughter, Maddie, had taken the "Munchkin" tennis classes and two summers of tennis camp. My son, Daniel, is enjoying his second year of the Junior Tennis College program and has participated as a member of the Junior Touring Team. He is presently playing in the Junior Singles Circuit and plays for the Valley Vista Vipers in the new Contra Costa Junior Team Tennis League. My husband, Brent, loves to hang out with the rest of his family on laid back Sunday afternoons at the Club, where we often squeeze in a quick set of family doubles."

Thank you Liz for sharing your ClubSport Valley Vista story!

MEMBER APPRECIATION PARTY

Join us at the annual ClubSport Valley Vista Member Appreciation Party. Bring the family, meet other members, enjoy Italian offerings from Linguini Restaurant and have a chance to win raffle prizes.

FRIDAY, MARCH 19
6:00PM - 8:00PM

Members: Free

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

▶▶ ADULT TENNIS

ADULT TENNIS CIRCUITS

Registration is still open for a few more days. Don't let the winter weather keep you from enjoying tennis and staying active. Circuits are a great way to challenge yourself, improve your game and meet new playing partners. Sign up now for singles, doubles or mixed doubles.

JANUARY 15 - APRIL 15

Members: \$10 per player, \$8 online

Sign up online at www.leaguesforfun.com, visit the Front Desk or call 934-4050 for more information.

USTA LEAGUE PLAYERS

Interested in playing on a team? Teams are now being formed for USTA Adult and Super Senior events.

BEGINS IN FEBRUARY

For more information, contact Tennis Director, Dale Miller, at dmiller@clubsports.com or call 934-4050 x210.

RACQUET RESTRINGING

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

Contact Ben at 934-4050 x209.

ClubSport Valley Vista
is on Facebook!

BECOME A FAN TODAY!

facebook

ALL MEMBER TENNIS SOCIAL

We will be hosting two socials at the same time! Socials for our adults, levels 2.5 and up, and juniors, ages 9 and up, will feature round robin doubles, prizes and a fun lunch. Register now, space is limited.

REGISTER BY MONDAY, FEBRUARY 15
SUNDAY, FEBRUARY 21
10:00AM - 1:00PM

Members: \$15

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

TENNIS CASINO MIXER

Do you feel lucky? Join us for a fun mixed doubles social. Adult players, levels 2.5 and up, will play with and against others of the same level. A barbecue lunch, prizes and balls are included. There's a twist – you can win through your tennis and the luck of cards!

REGISTER BY MONDAY, MARCH 15
SATURDAY, MARCH 20
10:00AM - 1:00PM

Members: \$15 per player, \$12 with online registration.

Sign up online at www.leaguesforfun.com, visit the Front Desk or call 934-4050 for more information.

SAP TICKETS ON SALE

SAP SEMI-FINALS:
SATURDAY, FEBRUARY 13

Discount tickets are on sale now at the Pro Shop for the semi-final matches at San Jose's HP Pavilion. 20 tickets are available for the sidelines (sections 103-104).

For more information, 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, 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

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.

FRIDAYS
7:00PM - 9:00PM

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

TUESDAY NIGHT DOUBLES

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.

TUESDAYS AT 7:00PM

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

DROP-IN CLINICS

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

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

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

MONDAY NIGHT ADVANCED MEN'S DOUBLES

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.

ADVANCED REGISTRATION REQUIRED
MONDAYS AT 7:00PM

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

FIND A MATCH

Log into www.clubsportvalleyvista.com and post your schedule. Then click the "Find A Match" tab to have an instant list of players that match your level and schedule.

**THE PRO SHOP**

February

For Valentine's Day, take 20% off any red colored item (excluding rackets) this month. Gift certificates are also available for that special someone.

March

Check out our new spring tennis and fitness apparel collection including Bolle, Adidas, Pure Lime, Tail and Life is Good.

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

JUNIOR TENNIS**JUNIOR TENNIS COLLEGE**

We have over 70 juniors, ages 8 and up, working hard on their tennis skills in Junior Tennis College. Students receive weekly 90-minute group lessons, play in socials and team matches against other clubs, and participate in ongoing skills tests to measure improvement.

BEGINS FEBRUARY 1

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

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.

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.

KIDS SOCIAL**VALENTINE'S DAY PARTY**

Drop off your child at ClubKid for our annual Valentine's Day Party. Children will enjoy activities including craft making, exchanging of valentines and lunch.

FRIDAY, FEBRUARY 12
12:00PM

Members: \$8, Guests: \$10

Sign up at ClubKid 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.

▶▶ GROUP TRAINING

FIT QUEST

(WITH JAMIE LEE)

Fit Quest is a timed workout, perfected at Renaissance ClubSport, and now being offered here at Valley Vista. Join Certified Personal Trainer and CrossFit Coach, Jamie Lee, for this exciting workout that will help you reach your fitness goals in half the time of conventional workouts. This workout will help you improve your stamina, flexibility, speed, balance, power, cardio respiratory endurance, coordination, accuracy and strength.

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.

MONDAY AT 4:00PM
WEDNESDAY AT 6:00AM & 7:00AM
FRIDAY AT 4:00PM

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.

TEAM CLUBSPORT MEMBERSHIP

Be part of the TEAM and meet new training friends. Renaissance ClubSport, ClubSport Valley Vista, ClubSport Pleasanton and ClubSport Fremont have joined together to form TEAM ClubSport. The TEAM membership will include weekly group workouts, option to participate in monthly races, events and fundraisers as a united team, shopping discounts at local sports retailers and on TEAM apparel and an end of season party. All levels are welcome.

SIGN UPS BEGIN FEBRUARY 1, 2010
SEASON RUNS MARCH – NOVEMBER 2010

FIRST TEAM MEETING
SUNDAY, MARCH 7 FROM 1:00PM – 3:00PM
AT RENAISSANCE CLUBSPORT

Receive TEAM ClubSport information and calendar of events, purchase team apparel, receive a bike tire changing demo and more.

Register at the Renaissance ClubSport Activities Desk or for more information email Glenda Smith at gsmith@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 March 2010 - November 2010

Free First TEAM Meeting:
March 7 from 1:00pm - 3:00pm
at Renaissance ClubSport

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

▶▶ WELLNESS

THE MELTDOWN CHALLENGE

Melt away unwanted pounds, look leaner and get stronger in six weeks. The challenge includes weekly workout routines, "Fit & Lean" nutrition tips, two free body fat measurements, and discounts on personal training, nutrition, and spa services. Winners will receive prizes.

REGISTRATION: JANUARY 1-20

Meltdown Challenge: Free to members

Contact Behzad Izadbakhsh, at 934-4050 for more information.

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, 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. Seminar will be held at Renaissance ClubSport.

THURSDAY, JANUARY 21
6:30PM - 8:00PM

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. Just click on "Wellness and Nutrition", then on the "NuShape Free Weight Management Tool" link.

Members: Free

Go online to www.clubsports.com

5 KEYS TO OPTIMUM HEALTH & SUCCESSFUL WEIGHT LOSS

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. Seminars will be held in the Banquet space.

WEDNESDAYS AT RENAISSANCE CLUBSPORT
JANUARY 13, FEBRUARY 17 & MARCH 24
7:00PM - 8:00PM

Members: Free
Guests: Free

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

DON'T WAIT TO LOSE WEIGHT (WITH ROSEANN RENZULLO)

Struggling to lose weight and keep it off? Confused about what and when to eat to optimize weight loss? Join Nutrition Coach, Roseann Renzullo for a free one-hour seminar and learn five simple and practical ways to approach weight loss.

TUESDAY, FEBRUARY 2
6:30PM - 7:30PM
Members: Free
Guests: Free

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

OSTEOPOROSIS SCREENING

Diablo Clinical Research will be conducting screenings for osteoporosis (bone density) at ClubSport Valley Vista.

WEDNESDAY, JANUARY 27
9:00AM - 11:30AM

Members: Free, Guests: Free

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

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 rscav-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.



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love

TENNIS TRIVIA

Where did the crazy 15/30/40 tennis scoring system come from? The origins are not fully known, but one common explanation describes that back in medieval times, a clock face was used on the court. The clock hand would move a quarter for each point. When the hand moved to sixty, the game was over. Therefore, the scoring would be love, 15, 30, 45, and 60 instead of the traditional 0, 1, 2, 3, and 4. The first player to score 60 (4 points) would win the game. However, instead of using "zero", the word "love" was used. Since, the word "love" comes from the French word l'oeuf, meaning egg which symbolizes nothing, it is assumed that "love" was used because it represents zero.

Another explanation for the use of the word "love" is because the egg looks like a zero. Eventually, the 45 was shortened to 40, and people quit saying 60 altogether. Interestingly, while the English mispronounced l'oeuf as love, the French eventually changed back to using zero, and the English kept "love". The term "love" also implies that someone who plays and scores zero points must truly love the game.