



Father's Day Breakfast & Pancake Flipping Contest!

Saturday, June 20th come to the PRC Father's Day Pancake Breakfast and enjoy a meal of pancakes, sausage, coffee and orange juice. Breakfast will be served from 8:00–10:00 a.m. There will also be a craft table for the kids to make a card for their dads.

Price of the breakfast is \$7.00 for adults and \$ 4.00 for kids (under 10 years) if purchased by Friday, June 19th.

Day of the event price will be \$8.50 & \$5.00. Please sign up at the Service Desk as space is limited.

Pierpont Inn Update

Our neighbor, the Pierpont Inn, has recently been sold as many of you already know. The Inn will be offering Pierpont Racquet Club members 10% off published rates for rooms based on 70% or less occupancy and availability. The restaurant will not be offering a discount at this time. We will keep you posted should there be any change concerning member discounts.

Upcoming Events

- **Wine Paring and Italian Appetizers Event with Rhys Keck & Dennis Jenks...** coming in July.
- **4th of July BBQ** – Please sign the interest list at the Service Desk if you are interested in participating in a BBQ, potluck and round robin tennis on July 4th.

**One & Three Month
Trial Memberships
Available Now!
Tell your friends
& co-workers!
Visit the Service Desk
for more info!**



A great group gathered for the Winery Bike Tour to the Santa Ynez Valley wineries this past month!

Winery Bike Tour Was A Great Success!

The famous Winery Bike Tour returned May 2nd for a biking excursion through the Santa Ynez Wine Country. Seven intrepid bikers started from Firestone Winery, and braved 12 miles of hilly terrain to enjoy wines from Zaca Mesa, Curtis and Firestone Vineyards. A potluck picnic lunch was enjoyed on the grass at Zaca Mesa Winery. Everyone survived and enjoyed the wines, the scenery, and the great company. It was such a fun event that another Winery Bike Tour will be held in the Fall. Stay tuned for further information in upcoming Sidelines.

The next PRC Social Committee meeting will take place Friday, June 5th @ 5:30 p.m. in the Cafe. Please feel free to join us and bring along any suggestions for future social events at the PRC!

Three Self Defense Programs Coming To The PRC!

- **Teen Girl's Self Esteem and Self Defense**
12 to 17 years / \$175 per student / 6 hrs. of instruction
- **Children's Smart and Safe Program**
Boys & Girls 5 to 11 years / \$145 per student / 5 hrs. of instruction
- **Women's Self Defense and Empowerment Program**
\$149 per student / 4 hrs. of instruction

Classes are taught by professional and experienced instructors. Visit the Service Desk for informational fliers and to sign up. We need a minimum of 4 participants to offer a class.



Member News & Services

New Members

Please join us in welcoming Patrick & Julie McCasslin, Fredy Fernandez and Eliana Zapien, Daniel Ginsberg and Pamela Holcomb, Lisa Jackson, Tom and Joe Rizk, Chris Urrea, Cindy Vanleeuwen and Peter Boles.

Management Team and Member Chat Wednesday, June 3rd • 5:00–6:00 p.m.

Management Team and Member Chats & Chips are now on Wednesday nights. Stop by to chat with members of the PRC Management Team and meet new friends! Join us in the Café area the 1st Wednesday of every month from 5:00–6:00 p.m. to enjoy chips and salsa. We'd love to get to know all of our members better!

PRC Lecture Series: Next Presentation In July

Date and speaker to be announced in July *Sidelines*. See Dennis if you are interested in being a presenter for future lectures or workshops.

PRC Juniors & Childcare

Summer Programs for PRC Kids

The Summer Camp brochure is out. You can sign your kids up by the day/theme. Camp will be held Monday, Wednesday, and Friday from 9:00 a.m.–1:00 p.m., followed by Supervised Swim until 2:15 p.m. Please sign your child up by June 1st to avoid paying a \$10 late registration fee. *Reminder: be sure to have your child swim tested before signing up for Supervised Swim, if you haven't already done so.*

Parents' Night Out Taking A Break

Parents' Night Out will resume at the end of the summer. If you are interested in organizing a mid-summer night out, please call Angie in Childcare.

TGIF Kids Zone Friday, June 26th & July 31st

TGIF Kids Zone continues on the last Friday of each month. The fun starts in the pool at 4:00 p.m. and continues with fun sports and games until 6:00 p.m. when kids are picked up in the Café area. Bring non-marking shoes and a change of athletic clothes. Cost is \$5.00 per child. Sign up at the Service Desk. Mark your calendars and sign up for Friday June 26th and July 31st. *All children must pass a swim test and a parental waiver must be completed.*

Note: Kids Zone on Wednesdays at 5:00 p.m. will be discontinued for the Summer months due to low participation.

Celebrate Your Birthday At The PRC!

Yes! It is true! The PRC can host your child's next birthday party! From tennis to swim themes and everything in-between; contact Angie Moore for more information.

Spa by Diane Loring, Inc. welcomes Mary Osborne, professional surfer, model and ambassador for several companies! Mary is ranked as one of the world's top female surfers, has graced the cover of several surf publications, and is co-author of a women's surf book, *Sister Surfer*; is a television host and serves as a role model for women all over the world!

Mary will be offering surf lessons to anyone interested in learning how to surf and at all levels. If you have ever envied Mary's sun kissed glow, you can now get that same tan from the pro long boarder herself!

Keeping Fit & Healthy

June Is National Safety & Sun Sense Month

Use sunscreen, stay hydrated and enroll in CPR, First Aid and Water Safety classes this month!

New Fitness Question & Answer Board

Have a question concerning equipment or work outs? Would you like to contact a trainer? Ideas or suggestions you would like a quick response to? Write it on the Q & A Board in Fitness and Jon Osumi, PRC Fitness Director will post the answer and/or contact you!

Real Solutions Weight Loss Class

We are looking to add a weekly class to our nutritional program. Real Solutions will provide guidance for people seeking to lose weight and maintain weight loss. This class will provide information about weight loss, safe and effective activity guidelines, calorie tables, a food record form, as well as principles of behavior modification: self monitoring, goal setting and creating an environment that does not promote overeating. This class will inform and encourage thought and action by the participant. If you would be interested in participating in this class, contact Anne Fenwick at 644-4111 or leave your number at the Service Desk and you will be contacted.

PRC Climbers' Club Update

As our climbers work their way up Mt. Pierpont, we wanted to offer some kudos: congratulations to Gary Swenson, Rossi Acree, and Mike O'Brien for reaching the Matterhorn peak in just the first 3 weeks! Make sure you pick up your free bottled drink at the Café as a reward! As the altitude increases and the air gets thinner, the climbers will have to keep pushing to reach Everest Peak!

PRC Summer Boot Camp Is Back!

After a 4 year absence, Boot Camp is back at the PRC with our own Drill Sergeant, Dale Collins! Sign up at the Service Desk as an individual or get your friends together and join as a group. Some of the most effective exercise techniques do not involve weights or machines—we will guarantee a genuine heart-pumping, calorie-burning, endorphine-building workout that will not be anything less than SPECTACULAR!

New Zumba Class! Saturdays at 11:30 a.m.

Meet new instructor Terry Boad Saturdays at 11:30 a.m. Dance your way to a fitter you with exciting and unique Latin moves and rhythms. Steps are fun and easy to follow! For questions contact DaLauna at 320-4800.

Biggest Loser Profiles: How Did They Do It?

Check out the Biggest Loser Profiles in the Fitness Area to learn the weight loss secrets of our successful participants!

May Nutrition Check ups:

Lois Zsarnay, MS, LMFT, RD / (805) 650-0507 / www.nutritionmentor.com
Schedule your free 20 minute nutrition check-up with our nutrition and behavior professional at the Service Desk today! Times available:

- Thursday, June 25th at 6:00, 6:20 and 6:40 p.m.
- Friday, June 26th at 9:00, 9:20 and 9:40 a.m.

Tennis News

Adult & Junior Tennis Clinics

Clinics are in full swing and players are working at their tennis. Remember if you want to start your own group just contact Greg and we will make it happen for you.

Junior Tennis

Congratulations to all our tournament players for their great performances recently. Brendan McClain won the Prestigious Ojai Tournament this year in the 14 and under category and Camille Gonzalez won the VCJTA Novice Tournament at Camino Real Park on the 10th of May. Way to go champions!

Tennis Tip: Loosen Up For Power

This month we are providing a simple tip to help you get more power into your shots! Often we get an easy ball and try too hard to kill it with that monster forehand, only to see the speed of our shot not be that impressive. Try holding the racquet a little looser and not gripping it too tight and see if your power improves. Remember to hold it tight enough to stay in your hand (or no one will want to play with you!). Have fun and relax that grip a bit!

Upcoming Tennis Events

Look for the sign up for our Summer Social Round Robin Doubles Event scheduled for Sunday, May 31st. The sign up will be on the board so don't delay as the last 4 socials have been full with a waiting list to get in!. We look forward to a fun event!

Tennis Across America

Tennis Across America was a fun event that brought out tennis enthusiasts from the Ventura area as well as our own members who participated in the various tennis activities of the day! Thanks to B95.1 and DJ Bo Jaxson for the live radio remote and promotions of our Tennis Across America and Get Active America Campaigns. Bo got to experience the fun and exhilarating ZUMBA class at the PRC!

Tennis Summer Camp & Junior Clinics For PRC Kids

Summer camp forms are available out by the tennis patio and near the Service Desk for all our members. We have Mini Tennis in the mornings this year and remember the kids can go to PRC Kids Camp after tennis. Children nine years and up have tennis camp in the morning and then we have our junior clinics available in the afternoons. The cost is very competitive, so sign up your junior tennis stars for as many weeks as you wish. If you have any questions see Greg! His phone number is available at the Service Desk should you prefer to call.

Racquetball:

Lessons are available by appointment! Contact Jeff Ross, PRC Racquetball/Squash instructor for details.

Unique Graduation & Father's Day Gifts For Your Dads & Grads From Spa By Diane Loring!

Surf n' Tan Package Give the gift of a one and a half hour surf lesson with Mary Osborne, professional surfer (wetsuit and board provided). Included is a one hour chocolate body scrub from Spa by Diane Loring followed by a spray tanning session! All of this for only \$187.50! A savings of 10% off the package price!

Hot Stone Massage A great way to relax and release stress and muscle tension! One Hour \$99.00 (regular price \$110.00); one and a half hours \$148.50 (regular price \$160.00).

Purchase your Gift Certificates at the PRC Service Desk! Spa by Diane Loring, Inc. 805-641-0022.

Visit us at www.spaventura.com. Thank you!

Pro Shop SALE!

— Father's Day Sale —

For that Special Dad in your life, the Pro Shop has the perfect gift!

Get 20% off Men's clothing, socks & hats June 1-21!*

Also get a **racquet tune up** for just **\$27.99** with any choice of **Head strings** and your choice of any **grip** in stock at the Pro Shop! Ask our stringer, Don at the Service Desk, for the **"Tune-Up Special!"**

(Valid June 1-21, 2009. *Excludes shoes, racquets & balls)

— Not valid with any other coupons —

Café News

Summer Grilling Ideas With Rhys Keck!

**Monday, June 1st
6:00–7:00 p.m.**

Come out to taste and get recipes for some delicious salsas, sauces, marinades & herb bastes for grilling your favorite summer foods! Join Rhys out by the PRC BBQ area on Monday, June 1st, from 6:00–7:00 p.m.

Go Green!

Receive a .10 cent discount on your coffee or drink by bringing your own cup!

Café After Hours

Limited snacks and beverages are available to purchase after the Café closes! Please contact the Service Desk or a Fitness Staff Member as they will be happy to assist you! All purchases must be charged to your member account during this time please.

Big Wednesdays! 6:00 p.m.

Dennis is "stoked" to announce the return of "Big Wednesdays" to the Courtside Café every Wednesday Night @ 6:00 p.m. "Drop in" for waves of fun! The crowds are picking up again so come early for free popcorn and a good seat! Check out the tennis bulletin board for the movie of the week.

Swimmer's Circle

Beginner Guppy Swim Team

Beginner Guppy Swim Team gathers on Mondays from 4:15–5:15 p.m. in the outdoor pool. \$40 per month/PRC Members; \$60 per month/Non member.

Guppy Swim Team Meet

Our first Guppy Swim Team meet of the season was a great success with good participation! Congratulations to everyone who competed, everyone worked hard. You are all great competitors and winners! The schedule for future meets is as follows: June 8th at 4:15 p.m., July 13th, Sept. 14th; and the last meet of the season—Oct. 26th. Keep posted by checking *Sidelines* and the Service Desk for details to come.

Advanced Dolphin Swim Team

Switches to summer hours starting June 16th. Currently we meet from 3:00–4:00 p.m. Tuesdays and 4:30–5:30 p.m. Thursdays. \$80 per month/PRC members; \$120 per month/non-members.

Swim Lesson Schedule

Registration forms for summer sessions are currently available at the Service Desk for members and non-members. Sign up is on a first come first serve basis. Lessons will be held in the mornings and afternoons on Mondays, Wednesdays and Fridays, and to assist our working parents we have a Tuesday/Thursday late evening schedule (6:30–8:30 p.m.).

We will be having a special class on Saturdays this summer for our junior members called *Swim & Safety*. Be sure to check it out in the summer brochure.

New Water Exercise Class

New class starts Tuesday, June 16th from 4:30–5:15 p.m. on Tuesdays & Thursdays. Instructor Debbie Bergevin. No sign up required — just come and enjoy!

Go Green! A Plea From Mother Earth...

Please reuse the plastic bags located by the swimsuit spinners or bring a small reusable lunch bag to transport wet items. Our future depends on every small effort to reuse and recycle!

Summer Pool Safety — Prevention Is The Key!

Summer is here and we all want safety at the forefront of our minds. Here are a few reminders to get us thinking along those lines. Remember that there is **NO LIFEGUARD ON DUTY**. Please remember the "buddy system" is in effect at all times and we recommend that you never swim alone. Juniors under the age of 14 are not allowed in the pool areas without an adult.

Please do not ask children to wait in the pool area until you get there, it is too tempting. Children must be directly supervised by an adult while using the pools. Teenage siblings under the age of 18 are not allowed to supervise. The Jacuzzi is not a play area and children are requested to not put their heads under the water or bring kickboards, toys etc. into the hot tub.

Individuals should not utilize the whirlpool while under the influence of drugs or alcohol. If you have just finished a strenuous workout limit your time to 3 minutes in the hot tub. Please refer to the Membership Booklet and read the pool rules over with your family. Thank you for your continued support in helping us all stay safe while having fun this summer.

1st Fridays of the month "Intro to Yoga" with Lindy at 5:30 p.m.

Pool & Jacuzzi Temperatures

We have received many requests concerning the outdoor pool temperature. The lap swimmers have requested that the thermostat be turned down to a more comfortable level for vigorous lap swimming since we do have the indoor pool available for lap swimming at a higher temp. We have turned the thermostat down just a bit but please remember that if you swim in the evenings during the Spring and Summer that the pools are at their warmest during those afternoon and evening hours.

As many of you have noticed the Jacuzzi temperature is set to stay between 103-104 degrees as requested by the Ventura County Health Dept. to ensure that we do not exceed the legal temperature maximum.

Please allow the windows and sliding doors to remain open to keep the pool areas properly ventilated!