

### **PRC Tennis Roadtrip!!**

PRC members had a great time on the PRC Roadtrip event to UCLA last month to watch Andy Murray in singles & the Bryan Brothers in doubles, battle it out on the tennis courts at the Farmer's Classic!



## **PRC Updates...**

### **Labor Day Club Hours Monday, September 6th 7:00 a.m.–5:00 p.m.**

- Childcare will be available 9:00 a.m. to 2:00 p.m. (no evening hours).
- Fitness Class Schedule:
  - 8:00 a.m. Tai Chi
  - 9:15 a.m. Body Toning
  - Noon Yoga with Adam

Enjoy a safe and happy holiday!

### **Air Force Opportunity For Dale Collins**

On a sad note, we are announcing that Dale Collins has encountered a fantastic opportunity to further his career as the Exercise Physiologist of Vandenberg Air Force Base.

Sad for the PRC, but this is definitely a step up for Dale... congratulations!

Fortunately we will still see Dale on a limited basis on Saturdays at the PRC!

## **PRC Annual Maintenance Week Scheduled To Start Tuesday, September 7th**

The PRC will be closed September 7th through 12th for annual maintenance, repairs and upgrades!

Join us for "welcome back" coffee and muffins when we re-open on Monday, September 13th at 5:30 a.m. We are sure you will be pleased with the results of our hard work to improve the Club while we were closed!

## **PRC Member Survey Update**

Thanks to all of you wonderful members who completed and submitted a survey! Those of you that returned your surveys by July 31st were entered to win **One Month Free Dues!**

The lucky winners were **Bob & Betty Gips**, PRC members since 1987! Congratulations! **There is still time to return your completed survey and win some fun prizes!** Please remember to include your name on the survey so you can win! We may have questions and/or we would like to respond to your comments as well!



## **Club Winter Hours Begin October 1st**

Starting October 1st, the Club will close one hour earlier— 8:00 p.m. Friday night, and 7:00 p.m. on Saturday and Sunday nights.



## **Open Mic Night Thank You!**

Thanks to all the participants at our Open Mic evening. Peter Boles was the master of ceremony and performed some music from his upcoming CD. Brycen and Davis Ulrich were 'rock stars' as well as Joshua and Daniel Brackett. The music was outstanding and enjoyed by all. We are looking forward to having another open mic night in October.

## Member News & Services

### Please Welcome New & Returning PRC Members

James Bottoms & Elise Goin, Christie Cunningham, Tammy Dickey, Mike & Janet Harrington, Seyed Khoddami & Neda Heidari, Kathrine Heinzman, Casey & Robin McLaughlin, David & Hilary Romero, Lee Priebe, Brian Storts, and Kelsey Tribble.

### Time Zone Reminder

Members with **Limited & Special Hours Memberships**, please keep in mind that if you plan to use the Club outside of your designated times of member usage, you will be charged an **out of time zone fee of \$7.50**.

### Kids Listed On PRC Membership

The PRC does not charge membership dues for members' children under the age of 6, but we require that they be listed on the family membership if they are coming into the Club with you regularly.

Guest fees and dues are charged once the child reaches the age of 6. **If children 6 and older are not on your membership, a guest fee does apply and will be charged to your account when bringing in your children to utilize the Club.**

For safety reasons we are required to have anyone entering the Club grounds as a guest or visitor to have a completed waiver on file with us. This includes all family members you bring in who are not listed on your membership. Please contact the Membership Dept. for any questions regarding membership upgrades.

### New Website

Our new website is now up and running! Please visit [www.pierpontrc.com](http://www.pierpontrc.com). We are now working on the member log-in portion of our site. We are planning to offer members the convenience of accessing and downloading some of the member forms, waivers, and other info pertinent to members, as well as a blog section for members! Please check it out and send us your contact info for a member user password to get into the "Member's Only" portion of our website!

**Member Log-In Instructions:** Click on member log-in and follow the directions on the page. We will contact you when the section is ready to access.

### Member Referral Contest

#### Invite your friends to join the Pierpont Racquet Club!

When they join during the months of September, October or November, you will be entered to win an overnight stay for two at the Four Points Sheraton Hotel in the Ventura Harbor, with breakfast for two and a couples' massage from Spa by Diane Loring included! Don't forget to tell your friends about how much you love being a member of the PRC! (Trial memberships not applicable until conversion to a regular membership occurs).



## Keeping Fit & Healthy

### Step Across California Fitness Program

Thank you to all who are currently participating in our **Stepping Across California** fitness program. We have a great group of active participants who are making their virtual way through the California Desert right now, heading into the Sierra Nevada mountain range. Hope you brought layers of virtual clothes to get you through the passes!

### New Suspension Training System Starts This Fall

Coming this Fall is a new group training class lead by Jon Osumi. This class will be on court 8 in the early mornings (*to take the morning boot camp class time*) and focus entirely on using our new suspension training system. This type of exercise will take ordinary exercises and increase the effects on the **CORE!** We are keeping the classes small, groups of 3-4 for better instruction. Sign-up at the Service Desk and we will contact you to form classes based on times requested and availability.

### Introduction To Yoga First Friday Each Month • 5:30 p.m.

Join Lindy for an "Introduction to Yoga" the first Friday of each month! We hope to see you Friday, September 3rd at 5:30 p.m.

### New Belly Dance Session

Please sign-up on the interest list at the Service Desk for a new Belly Dance class session this Fall.

### New Zumba Instructor

Welcome Kelly Skaar our new Zumba instructor! Join Kelly on Thursday evenings at 5:30 p.m. for a fun energy filled work-out!

### Zumba Toning Begins Friday, October 1st • 9:15 a.m.

Come try this fun "salsa style" body toning work-out! Guaranteed fun for all levels and ages! Instructor: DaLauna.

### Runners and Walkers! Ho Ho Ho...

Anyone interested in joining us to train for the **3rd Annual Santa to the Sea Half Marathon** sign-up on the interest list at the Service Desk and we will contact you. This event will not be quite as dirty as our last adventure (*The Mud Run*) but fun for all ages and abilities! This event also offers a 2-Person Relay for those wanting to split the Half Marathon distance or a 5K Fun Run! Visit the website for more info—[www.santatothesea.com](http://www.santatothesea.com). Early registration deadline is Sept. 31st! Questions? Contact Kerrie Anderson.

### Nutrition Check-ups With Lois Zsarnay MS, LMFT, RD

Schedule your Free 20-minute nutrition check-up with our nutrition and behavior expert at the Service Desk today!

- Friday, 9/17 from 12 Noon–1:00 p.m.
- Monday, 9/20 from 6:30–7:30 p.m.





## Tennis & Racquetball

### Adult Beginners

Any new members or members who are relatively new to tennis may contact Greg if they would like to be in a clinic for beginners to intermediate tennis players and we will form a group at a time that works for everyone.

### New Singles Ladder

The new singles ladder is up and running and members are reminded they may join any time. If you wish to be part of our year-long ladder, just give your info to Greg. Good luck to all the players and please try to play one match each week and avoid prime times in order to finish your match.

### Junior Tennis

All of our junior tennis programs will begin prior to Maintenance Week, September 7th. If you would like to reserve a spot in Mini Tennis or any other program look for the fliers on the tennis patio and/or contact Greg or Nancine.

### Upcoming Tennis Events

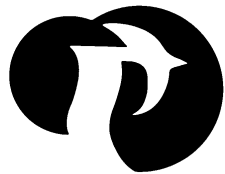
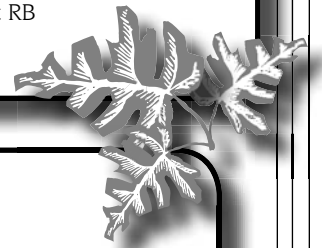
Members are reminded that the Fall Doubles Tournament is coming in early November, so plan on playing some fun competition. Thanks to all our members playing the So Cal Designated Seniors event and a special thank you to Nancine who runs this prestigious event.

### Racquetball Monthly Round Robin Resumes

**Tuesday, October 5th • 5:30–7:00 p.m.**

The first Tuesday of each month we will have a Racquetball Round Robin from 5:30–7:00 p.m. **Beer by the glass specials available for those who play! Just \$3.75 for your choice of any beer on tap by the cup.**

Sign-up at the Service Desk to participate in the Round Robin. For more info contact RB Director Jeff Ross.



## Pro Shop

### Member Benefit

**NEW PRO SHOP DISCOUNT!**

PRC members whose accounts are current receive a

**15% Discount**

on regular priced Pro Shop clothing & accessories

and a **20% Discount**

on any PRC logo clothing!!!\*

\*Some exclusions apply.

### F.Y.I. Breathing Tip: Emergency Breathing

When we experience stressful situations our breath pattern is interrupted; often holding the breath and decreasing oxygen to the brain. You can aid the flow by extending your exhale 3-4 times the length of the inhale and then letting the inhale occur by itself.

Next time something stressful happens, try instantly forcing out the breath and then letting the breath come in all by itself. Notice how easy the bigger inhale can be & how calming it can feel.

Want more breathing awareness? Join a Pilates class at the PRC! The PRC offers four Pilates classes. Check the PRC Fitness Class Schedule for the best Pilates class to meet your needs & schedule!

[PRC members receive a 10% Discount at the Mind & Body Wellness Studio.]

## Spa by Diane Loring, Inc. Soothes Members At Four Points By Sheraton!

Spa by Diane Loring, Inc. invites PRC members to enjoy spa services at our other location, Four Points by Sheraton at Ventura Harbor while the PRC is closed during Annual Maintenance Week, September 7–12! PRC members' discounted rate of \$75 per regular spa hour will be honored during this week. We can accommodate singles or doubles!






Please check our website for services, [www.spaventura.com](http://www.spaventura.com) and call us to book your appointments.

## Spa by Diane Loring, Inc. Speaker Series At The PRC Continues!

Presenting Dr. Priscilla L. Partridge de Garcia, Resident Artist and Clinical Psychologist to speak on, "Dreams, what they mean to you, your mental health and brain stimulation," Thursday, September 30th, from 5:30 p.m. to 6:30 p.m. upstairs in the PRC Clubroom.

Please RSVP to 805-641-0022 and visit website for more information at [www.spaventura.com](http://www.spaventura.com) at 805-641-0022!

# • Pierpont Racquet Club Happenings •

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>September is National Preparedness Month!</b> <b>Prepare. Plan. Stay Informed!</b> <b>Visit: <a href="http://www.ready.gov">www.ready.gov</a></b>			 <b>1</b>	<b>2</b> Zumba 5:30p	<b>3</b> Intro To Yoga, 1st Friday of the month 5:30p	<b>4</b> Morning Challenge Court
<b>5</b> Morning Challenge Court	<b>6</b> Labor Day Holiday Hours 7a-5p	<b>7</b> Maintenance Week Club Closed	<b>8</b> Maintenance Week Club Closed	<b>9</b> Maintenance Week Club Closed	<b>10</b> Maintenance Week Club Closed	<b>11</b> Maintenance Week Club Closed
<b>12</b> Maintenance Week Club Closed	<b>13</b> Club Reopens! 5:30a	<b>14</b> Dolphin Swim Team 3p	<b>15</b> Ladies Interclub Tennis 9-11a	<b>16</b> Zumba 5:30p	<b>17</b> Nutrition Check-Up Noon-1:00p	<b>18</b> Morning Challenge Court
<b>19</b> Morning Challenge Court	<b>20</b> Nutrition Check-Up 6:30-7:30p	 <b>21</b>	<b>22</b> Advanced Swim Clinic Starts Today	<b>23</b> Zumba 5:30p	 <b>24</b>	<b>25</b> PNO 4:00-8:00p
<b>26</b> Morning Challenge Court	 <b>27</b>	 <b>28</b>	<b>29</b> Ladies Interclub Tennis 9-11a	<b>30</b> Lecture "Dreams" 5:30p	...Upcoming Events... <ul style="list-style-type: none"> <li>• Zumba Toning October 1st</li> <li>• TBA Open Mic/Karaoke Night</li> <li>• 11/4 Business Networking Mixer</li> </ul>	

## Swimmer's Circle...

### Off-Season Group Swim Registration

Enrollment and schedules will be available on September 13th at the Service Desk. Session A will commence on September 20th. Group lessons will be held between the hours of 3:00 p.m. and 5:00 p.m. on Mondays and Wednesdays.

### Dolphin Swim Team

Dolphin Swim Team will switch times after Maintenance Week (9/7-9/12) to 3:00-4:00 p.m., same days, Tuesdays and Thursdays, starting September 14th. Contact Coach Melissa should your child want to continue swimming during the winter months. Continuation will be determined by the enrollment. Use of the indoor pool is limited to inclement weather.

### Advanced Swim Clinic Starts September 22nd

Advanced Swim Clinic will start back up on September 22nd for a six week session ending on October 27th, Wednesday afternoons from 4:00-5:00 p.m. Session fees are \$80 for members and \$120 for non-members.

### Stroke By Stroke Adult Class Starts October 5th

Stroke by Stroke Adult Class will start on October 5th. This is a half hour class focusing on one stroke each week. Each session is 4 weeks, every Wednesday from 5:30-6:00 p.m. and the fee is \$40. Sign up at the Service Desk after September 13th.

## PRC Fit Kidz & Jr's Club

### Parent's Night Out Sports Team Mania!! Saturday, September 25th 4:00-8:00 p.m.

Does your child have a favorite sport, sports team or athlete? Have them wear their favorite jersey or uniform/outfit. We will be celebrating sports team mania—GO TEAM PRC!!!

Bring your children on over for a night of tailgating games, dancing, music, food, and fun! Sign up at the Service Desk NOW as space is limited... \$25 for the first child, \$15 for siblings and/or friends!

### Kids Club Afternoon Discount Rate

Starting in September the Kids Club welcomes back our afternoon discount rate of \$2/hour per child from 12:00 noon to 2:00 p.m. Ask one of our childcare attendants for more details.

**Positive thinking won't let  
you do Everything, but it will  
help you do Anything better  
than negative thinking.**