

# activities+

AVAC®



## Camp! | Free Core Classes | Wellness Events | Team Tennis and more!

### Summer Fun

It's camp time at the Club! Open to children ages six to 12, Monday through Friday from 11 am to 3 pm. Maximum of 24 campers per week.

#### Daily Schedule

Each day will include a small group tennis lesson with one of AVAC's tennis professionals, a small group swim lesson at AVAC Swim School, lunch and free swim. Also included will be other sports activities that will range from soccer skills to ZUMBA to Yoga as



well as crafts activities. Lunch will be served daily. On Fridays we will round out the week with a trip to Jungle Island.

#### An Extraordinary Price for all this FUN!

\$245 per week for AVAC Members  
\$275 per week for non-members

We will offer a 10% discount for multiple children and multiple weeks. Extended care will be available after camp for \$5.50 per child per hour as space allows. Call AVAC Swim School 408.267.4032 to enroll

#### Weekly Sessions Start Dates

July 12 | July 19 | July 26  
August 2 | August 9 | August 16

#### It's a Jungle Over There, AVAC!

We are pleased to announce that The Jungle Island will offer special Two-for-One Admission at the Camden location (across the street from the Club). Simply present your AVAC membership card and enjoy. For more information, visit [The Jungle Island](#).



### what's inside

FREE CORE Class	2
Team AVAC to Districts	3
Your Quick Fix Lineup	4

Experiencing the AVAC  
Difference

# 2010.2

Welcome to ExtraActivities.

Contributions are welcome. Please email to [jbrown@avac.us](mailto:jbrown@avac.us); or, call 408.445.4938.

Almaden Valley Athletic Club® enriches the lifestyles of its members and the community by providing exceptional services and facilities.

looking ahead	april	may	june
<p>Planning for the added benefits that AVAC offers is just a matter of checking out the Web site regularly.</p> <p><a href="http://www.avac.us">www.avac.us</a></p> <p>Your 24/7 AVAC!</p>	<p><b>20</b> Lower Back Workshop AVAC Sports Therapy and Wellness Center <a href="#">Click here for information and to RSVP.</a></p> <p><b>24</b> 10 am to 12:30 pm Nature Hike and Wine Tasting! Take a closer look! <a href="#">Click here for the Cooper-Garrod Estate</a></p> <p>Details <a href="http://www.avac.us/programs">www.avac.us/programs</a></p> <p><b>24</b> 2 to 5 pm   Spring Swimmers AVAC Priority Day Swim School Summer Session <a href="#">Registration</a></p>	<p><b>1</b> 2 to 5 pm New and Returning Families Swim School Summer Session <a href="#">Registration.</a></p> <p><b>5</b> Cinco de Mayo Ladies' Tournament. <a href="#">Ole! Details</a></p> <p><b>8 Rejoice!</b> Celebrate the Women in your Life. <a href="#">Click here for details.</a></p> <p><b>29, 30 , 31</b> NTRP AVAC Mixed Doubles Classic "Tournament of the Year"</p>	<p><b>19</b> <b>Open House</b> 10 am to 3 pm <a href="#">More</a></p> <p>Stanford Bloodmobile San Jose Fire Department Santa Clara County Sheriff's ID Program Exciting classes Unique vendors Family Swim FREE Guest Day!</p> <p><b>25</b> Annual Summer Dessert 1 pm</p>

**Core Class**  
Adam Morrella, Kinesiologist

What would happen if you could flatten your stomach forever? Slow down the aging process? Relieve back pain? Improve your overall health? All just by strengthening one portion of your body? We have added a new class, and are proud to announce the return of Adam Morrella, kinesiologist. to help you fulfill some, or all, of these goals.



"My goal is to educate people on how they can achieve optimal health, the way nature intended us to be," Adam offer. His Core Class will be offered Tuesdays and

kinesiology |  
•k•n•e•s•i•o•l•j•;-z•-  
noun | the study of  
the mechanics of body  
movements

Thursdays at 10 am. The class is complimentary and will start when Adam receives your inquiry. Please email Adam at [amorella@avac.us](mailto:amorella@avac.us).

**JumPILATES Express**  
Thursdays at 9 am

It's heart pumping, calorie burning, total body cardio and core exercise, in a variety of combinations. Add Jumpilates to your pilates reformer workout for increased variety and intensity. [Click here for more information.](#)



AVAC Massage Therapist Erika Meir is offering a significant discount on massage sessions between 2 and 4 pm weekdays only. Discounted to \$98 (regular price is \$115), book your long, long, massage today. Call 408.472.5188 or email [erika@erikameir.com](mailto:erika@erikameir.com). This offer is valid until May 15, 2010.

"Every picture tells a story, don't it?" Rod Stewart



## Team AVAC to Districts

by Michael Lauriola  
aka "the captain"

On a moderately warm and windless evening at the torn up AVAC tennis facility, AVAC and Santa Clara GT "B" squared off with the winner to go to Districts. Each team was at full strength. Here's what happened:

Larry and Roger (the net rushing animals) played Alan Furuya and Bob Randle in the #3 doubles position. The first set was tight, but our guys found their stride and eked out the set 7-5. The second set was all AVAC as we took them 6-1. Larry and Roger applied a terrific amount of continuous pressure and broke their opponents down.

Tom and "the captain" were pitted against Ron Eng and Paul Terradista at #1 doubles. After briefly taking the lead in the first set, AVAC lost 4 games in a row to lose the first set 6-4. The second set started ominously as we were broken in the first game. We changed our game and relentlessly came to the net. This was the turning point of

the match. Tom and "the captain" won the second 6-3. With momentum on our side and an attacking style, we rode the wave to a 6-2 final set victory. Finally, Tom and "the captain" were in synch and the #3 doubles team was born. This victory sealed the deal: AVAC IS GOING TO THE DISTRICTS!

In our final match to finish, Steve and Rick faced GT's best team in Captain John Ng and Richard Wong. This was a nail biter all the way. Ng and Wong were like human backboards. Trailing at 2-5, Steve and Rick were able to get to a tiebreaker, but lost the set 7-6. The second set was equally hard fought, but with a similar result as the nearly invincible team of Camozzi and Wallraven were beaten 7-5.

So, AVAC wins 2-1 and takes our flight. We will represent the SouthBay in the districts. Congratulations to the players of the evening and to the entire team for their contributions to a very successful season. We celebrated with a glass of Champagne. We also want to thank the ramp full of people who cheered us on.

## AVAC Team Tennis 2010

Friday evenings | 6:30 pm  
April 23, May 7, May 14, May 21

[www.avac.us/teamtennis](http://www.avac.us/teamtennis)

This is a GREAT opportunity to meet and play with new people. Each week, Tennis Members will play a different team.

Pizza, wine and beer will be served after play on the fourth Friday, May 21  
Cost for all this fun? \$25 per person.



New Courts! Court renovation almost complete.

## Healthy Links

Topics include: eating, sleeping, healthcare, making time for exercise, and more.

### Bathing Suit Chronicles

Jean Cook Braun has a wandering mind - one that always manages to get back to getting more out of your life. [Read and subscribe](#). Your opinion is welcome!

### Yes! Become an AVAC Fan!

Stay connected and add your two cents whenever you want to. Visit our [Facebook](#) account.

### My Daily Moment

Diet and Fitness and much more. An email arrives every day with references to books, studies, tips, and more. [Click here](#)

### IHRSA Passport Program

As an AVAC member, you have access to more than 3,000 clubs - one on virtually every continent. [Click here to plan your workout while away](#)

## Wellness! | Save these dates!

Genealogy Search  
Friday, April 23 | 10 am

Ladies Night Out  
Friday, April 23 | 5 pm

Cinco De Mayo Celebration  
Wednesday, May 5 | 8 pm

International Trip  
Monday, May 31

Annual Summer Dessert  
Friday, June 25 | 1 pm

Information  
[www.avac.us/wellness](http://www.avac.us/wellness)

## Your Club. Your Team.

[Sue Davis](#)  
General Manager

[Jeff Doty](#)  
General Manager,  
Facilities

[Deb Buglewicz](#)  
Director of Fitness &  
Pilates

[Becky Smothermon](#)  
Director of Activities

[Manny Fernandez](#)  
Director of Tennis

[Mary Ann Smith](#)  
Director of Wellness

[Colleen LePori](#)  
Director of Accounting  
Services  
Human Resources

[Monique Watson](#)  
Manager  
Customer Services

[Lori Robitaille](#)  
Director of Membership

[Jean Cook Braun](#)  
Director of Marketing  
Webmaster

[Afy Dibazar](#)  
Marketing Specialist

[Erin Howard](#)  
ChildCare Coordinator

[Cathie Fincannon](#)  
[Danielle Griffith-Jones](#)  
[Kristin Snell](#)  
Swim School  
Site Managers

[Al Jackson](#)  
[Adriana Rancadore](#)  
[Danny Garcia](#)  
Managers on Duty

## Mix and Match for Fast Results!

### Weight Loss | Body Fat Reduction

*Keith's Saturday/Sunday Slim Down*  
Starting the weekend of May 1  
Saturdays and Sundays  
2:30 to 3:30 pm | 5 to 6 pm

[More](#)

*Fresh Air Fitness with Kathlene*  
Tuesdays and/or Thursdays  
Take your fitness outdoors! Contact  
[Kathlene](#) |

[More](#)

*Fast Action Training with John*  
Tuesdays and Thursdays or Saturdays  
Fat-burning success!

[More](#)

*Functional Circuit Training with Jackie*  
Tuesdays | Wednesdays | Fridays  
45-minute small group workout. [Contact Jackie Vail](#) to check her schedule.

### Core Strengthening Total Body Conditioning

FREE  
*TRX Demos with Keith*  
[More](#)

*Hard-Core BOSU with Jackie*  
Mondays 5:30 pm | Tuesdays 6:30 am  
The 30-minute class with special attention  
to increasing your form, function and  
balance.

[More](#)

*TRX Total Body Blast with Stephanie*  
Thursdays | 7:45 am  
Engage all your muscles with this non-  
stop TRX workout. [Contact Stephanie](#);  
[More](#)

NEW!

*TRX Small Group Training with Danny*  
Sundays | 10:15 to 11 pm  
Full body short circuit exercises using  
your own weight.

[More](#)

NEW!

*30-Minute CORE Class with Keith*  
Starting Friday, April 30  
Fridays | 5 to 5:30 pm | 7 to 7:30 pm  
Sign up with a partner and take \$5 off  
your monthly fee

[More](#)

NEW!

*Core Class Series with Adam*  
Tuesdays at 10 am | Thursdays at 7 pm  
Starts April 27  
Work on optimal health issues with  
kinesiologist Adam Morrella.  
Please [click here](#) or [contact Adam](#)

### Specialized Training

*JumPILATES Express*  
Mondays 7 pm | Thursdays 9 am  
\$20 for 30 minutes of Annie's heart-  
pumping, calorie burning total body  
cardio and core exercise on the  
Reformer's Jump Board. [More](#)

*Making Waves with Julie*  
Tuesdays and Thursdays  
5:30 am or 6:30 am  
Early morning stroke and confidence-  
building sessions in the AVAC Swim  
School indoor pool.

[More](#)

*Power Lifting with Andrew*  
Tuesdays | Thursdays | Sundays  
[More](#)

## Jr. AVAC News

### Have you been to Fit.Kids?

Fit.Kids classes are now  
included in AVAC  
memberships. For a  
complete list of classes,  
please [click here](#)



### Splashing Around

AVAC Swim School is the  
South Bay's award-  
winning facility. Each  
week, we teach

thousands of children to respect the water  
and the joys of swimming. Registration is  
ongoing. Check out the classes and get  
wet!

[Click here.](#)

[www.avac.us/swimschool](http://www.avac.us/swimschool)

408.267.4032



### Elizabeth Tackett: New Lesson Coordinator!

We have a new Tennis  
Lesson Coordinator, [Elizabeth Tackett](#).  
She will help you find the perfect Jr.  
Academy Tennis Program. [Click here for  
schedule](#)

[www.avac.us/JrTennis](http://www.avac.us/JrTennis)

408.445.4915