

activities

AVAC®



AVAC Tennis Member Honored by NorCal | Major Court Renovations

Captain of the Year

John Munson, an AVAC Tennis Member since 1998, was honored by USTA NorCal as 2009 League Captain of the Year for the South Bay area.

John has captained twenty-eight AVAC 3.0 and 6.0 teams since 1999. He has been most active in fostering Senior and Super Senior teams at AVAC, often having to draw on his Senior Tennis class at West Valley College to fill out a team. He has also served on various NorCal League committees reviewing local rules, scheduling procedures and other items, particularly relating to Senior Men and Mixed leagues.

John's on-court activity recently has been curtailed by his third and fourth hip-replacement operations. He hopes to return

to "social tennis," but his surgeon and wife may direct him to golf this year.

John's award came during a meeting at the Palace Hotel in San Francisco. He is delighted to talk tennis any time. The family tradition is continuing, as his granddaughter is in the Jr. Tennis Program at AVAC this year.

- Courts will need to cure before color can be applied
- Resurfacing the entire tennis complex
- All court lighting will be replaced

Thank you for your patience as we enhance your club facilities.

Tennis Court Renovations

On Monday, March 1, we will begin major construction on our 11 tennis courts. We anticipate the project will take approximately four to six weeks. As with all our improvement projects, we will work diligently to always have courts available for play! The scope of the work includes

- Filling smaller cracks with a new patching product
- Overlaying two badly cracked courts with PETROMAT® and then new asphalt

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Experiencing the AVAC Difference

2010.1

Welcome to Extra! Activities. Contributions are welcome. Please email to jbraun@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

Planning for the added benefits that AVAC offers is just a matter of checking out the Web site regularly.

www.avac.us is your 24/7 AVAC!

March 8

Neck and Shoulder Workshop
AVAC Sports Therapy and Wellness Center

[Click here for information and to RSVP.](#)

March 15-31

FREE MicroFit Campaign.
Watch your email for how to sign up!

march

7 & 8

AVAC Swim School Priority Registration Day Spring Session

12

Irish Potato Night 6:30 pm

16 & 17

St. Pat's Celebrations after 1:30 pm and 7 pm Just Enough Classes

25

Craft Night | 6:30 pm
"Spring Rabbit"

april

4

Easter Sunday

9

Spring Has SPRUNG
ChildCare Date Night

24

2 to 5 pm | Spring Swimmers
AVAC Priority Day Swim School Summer Session Registration

may

1

2 to 5 pm New and Returning Families Swim School Summer Session Registration

9

Mother's Day

29, 30, 31

NTRP AVAC Mixed Doubles Classic "Tournament of the Year"

31

Memorial Day

Leave your "Comfort Zone"

Roxanne Winetz takes Fresh Air Fitness sessions with Kathlene Heinemann. Because of rain, she called Kathlene to suggest they meet another time.

"No way. I am getting out of my comfort zone (my couch and slippers) so I expect my people do the same!" was Kathlene's quick reply.

Those who showed up were rewarded with soaking wet clothing but sunshine in their souls. The group meets at Guadalupe Park, where rocks and hills are the norm. Rain? What rain. Here is a letter of 'thanks' Roxanne sent to Kathlene and the group:

Hi Everyone! This is Roxanne checking in with our group! I wanted to say that our Fresh Air Fitness on Thursday (very, very rainy day!) was excellent! I did call Kathlene that morning with a "weather report", not even sure if it would be happening... but she talked me through that comfort level - go out of our comfort zone thing, even though I said "if you're going to be there then I will." I have to say that at one point it felt like Demi Moore in the movie *G.I. Jane* when they do the unthinkable - exercising in the worst conditions. Well ladies, we did not have the "worst conditions" at all. It was wet, and, yes

a few of us were comparing jackets as to which were more waterproof! It was a great exercise morning, with great scenery - even in the rain. What's more, we all felt such an accomplishment at the end of it. Nobody melted in the rain. We all brought dry shoes to wear home. I hope that the next time it seems to be inclement weather - avoiding lightening and high winds - that all of you will turn out.

See you all next week!

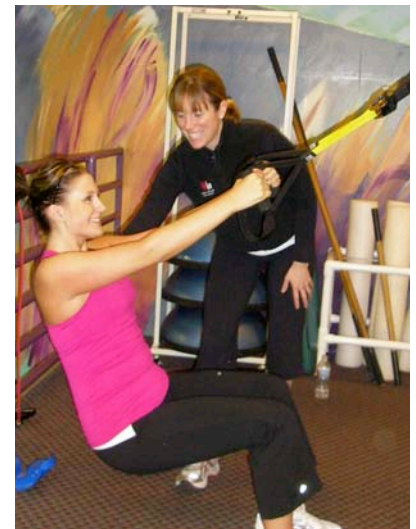
FREE TRX Demos

Now you can build ALL your muscles with this powerful workout, the TRX, developed by U.S. Navy SEAL Randy Hetrick. The program has one purpose: to allow people to stay in shape and build strength wherever they happen to be.

Stephanie Mudgett will be offering a FREE demonstration on Wednesday, March 3, from 6:15 to 7 am. On Thursdays, from March 4 to 25, she will lead a class. This workout program is designed to build strength, cardiovascular endurance, balance and flexibility.

"It's a non-stop workout that will produce results," Stephanie states.

Please check out the details at www.avac.us/specialtraining. Cost is based on a sliding scale.



Stephanie Mudgett demonstrates the power of her new class based on the Navy SEAL-designed TRX intense workout.

For more information, you could go to the US NAVY, or simply [email Stephanie](mailto:Stephanie).



Becky Smothermon's Saturday Hikers (two-legged and four-legged)

The Saturday Hiking Group

For almost six months, Becky Smothermon has been leading a lively group of AVAC members and friends (two-legged and four-legged) up and down some of San Jose's most scenic trails.

The hikes are tiered for different abilities and so far, reports have been extremely favorable. Why not join them? [Contact Becky](#) to let her know you are interested.

Programs for Everyone

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

Fast Action Training with John
Tuesdays and Thursdays or Saturdays
Fat-burning success! Burn maximum calories in minimum time!
[More information](#)

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 information](#)

Hard-Core BOSU with Jackie
Mondays at 5:30 pm
Tuesdays at 6:30 am
The 30-minute class with special attention to increasing your form, function and balance.
[More information](#)

Fresh Air Fitness
Tuesdays and/or Thursdays
Guadalupe Park, San Jose
Take your fitness outdoors! Contact [Kathlene](#) for more information or [click here](#).

Functional Circuit Training
Tuesdays | Wednesdays | Fridays
45-minute small group workout designed to burn calories and increase cardio endurance with strength training.
[Contact Jackie Vail](#) for information and to check her schedule.

"Where's your ring, dear?"

"Will my wife notice that my wedding ring is missing?" This was the chilling question Brandon Salom asked himself recently. He would not have to find out, thanks to Jeff Brongiel, who was staffing the Front Desk when Brandon called to report his ring missing.

Jeff "turned the men's locker room upside down." Just as he was about to admit defeat, Jeff decided to check all the cracks and crannies and, lo and behold, there was the ring, lodged in a tiny space on the floor beneath the sink.

Good news is great to share. Do you have a story you would like the world to know about AVAC? Let us know. [Click here for the form to tell us](#)

Healthy Links

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

[Wellness eZine](#)

You'll find this rich resource on every page of the AVAC Web site. New material every month. Video exercises. Recipes. Enough to keep you healthy when you are not at AVAC . . . or can't come because you are traveling.

[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](#)

Spa CAUTION!

Elderly persons, pregnant women, and those with health conditions requiring medical care should consult a physician before entering a spa

Unsupervised use by children under the age of 16 is prohibited

Hot water immersion while under the influence of alcohol, narcotics, drugs or medicines may lead to serious consequences and is not recommended

Do not use alone

Long exposure may result in nausea, dizziness or fainting.

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

[Erin Howard](#)
ChildCare Coordinator

[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

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

[Al Jackson](#)
[Adriana Rancadore](#)
[Danny Garcia](#)
Front Desk Managers

JUMP! | Save a Life! | Tour Italy | Spin

JumPILATES

It's heart pumping, calorie burning, total body cardio and core exercise, in a variety of combinations. All this, and more, can be the result of simply incorporating a Jump Board into your Pilates Reformer workout. The combinations add variety and intensity. We are offering FREE demos on Mondays and Thursdays throughout March. Limited registration. [Click here for more information.](#)



Save a Life! Red Cross Lifeguard Training

Jeff Griffith-Jones is conducting Red Cross Lifeguard Certification training for AVAC members and non-members. Classes will be held from 4 to 9 pm, Saturdays and Sundays, March 6 through March 21.

The cost for this vital program is \$240 for AVAC Members; \$280 for non AVAC members. To enroll and for more [information](#) call 408.267.4032.

AVAC Goes Italian!

On May 31, 2010, 14 members from AVAC will embark on the fifth international trip. This year we will be touring the Northern Lakes region of Italy. We fly to Milan and travel to Lake Maggiore, Lugano, Switzerland, Lake Como, Lake Garda, Verona and back to Milan to fly home.

We will see crystal waters, towering mountains, and lush countrysides. Lake Como provides us

with a relaxing boat trip to Bellagio which occupies one of the most scenic places in all of Italy.

We have enjoyed all our international trips and hope that one day you will travel with us to enjoy new places, friends and food. For more information, please [contact Mary Ann Smith](#), who leads these excursions.



NEW! Keiser Spin Bikes

The new Keiser Spin Cycles on the Fitness Floor offer an experience that's not to be missed. Caveat: Please observe the 20-minute limit, as, once you feel the smooth ride, you will find it's not easy to stop! And others will want the experience too!

Jr. AVAC News

FREE | FREE | FREE

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](#)



The Game of a Lifetime!

Our Jr. Academy Tennis Program produces not only champions, yes. But, more important, students learn etiquette, sportsmanship, hand-eye coordination and more. Did we mention FUN? We have a new Tennis Lesson Coordinator, [Elizabeth Tackett](#). [Click here for schedule](#)

AVAC Swim School®
408.267.4032
AVAC Tennis Academy
408.267.0453

WWW.AVAC.US