WSCC Newsletter

Next Meeting: May 10, 2010 **April, 2010**

Hurray! Hurray! It's Opening Day!

Starting Saturday April 24, the pool will be open at weekends from 12-6pm. (Weekday openings will commence on June 18.)

Memorial Day BBQ Monday, May 31; 12 noon to 6 pm

2010 SWIM LESSONS AT THE CABANA CLUB

All sessions will run from Monday – Thursday

Each session consists of 8 lessons, lasting 30 minutes each

Prices: Members $80, Non-members $90

DATES	
Session1:	6/21/10-7/1/10
Session 2:	7/5/10-7/15/10
Session 3:	719/10-7/29/10
Session 4*:	8/2/10-8/12/10
Session 5*:	8/1610-8/26/10

LESSON TIMES
10:00am (all levels)
10:40am (all levels)
11:20am (all levels)
5:30pm Tiny Tots and Beginners
6:10pm All levels except advanced
6:50pm All levels except Tiny Tots

***For Sessions 4 & 5, an extra class will be held at 9:20 am**

LEVELS
Tiny Tots/Beginner (Levels 1-2) 1:3 ratio
Intermediate (Levels 3-4) 1:4 ratio
Advanced (level 5-6) 1:6 ratio

MARK YOUR CALENDARS!

Sign- Ups for Swim Lessons will be held at the Cabana Club on the following dates:

Thursday April 22;	**4:00pm-7:00 pm**
Saturday May 1;	**9:00am - 12:00 noon**
Sunday May 2;	**9:00am - 12:00 noon**
Saturday May 15;	**9:00am - 12:00 noon**

(Please note: the 9 - 10am time slot is for members only)

No refunds will be issued unless we have to cancel a lesson and cannot reschedule. Only cash and checks are accepted. Payment is required at the time of sign-up. You will not be placed in a class until payment has been received.

Private Lessons will be available.

For more information call Danielle Gomes or Amanda Morris at 651-4723 (leave a message); or e-mail: Danielle@warmspringscabanaclub.com or Amanda@warmspringscabanaclub.com

You can receive $50 in guest passes if you refer a friend or family to become a Cabana Club member. Memberships are on sale now.

Contact Cindy McAlister for details.

Welcome to our new members!

Paul & Sherri Qualls

Pat & Melissa Muldoon, Ryan Michael & Kyle

We look forward to seeing you at the club.

Interested in renting the clubhouse?

The Clubhouse is available for your birthday parties, baby showers, graduations or any occasion. Reserve the clubhouse today.

Contact **Rom Villaflor** our rentals coordinator at rom@warmspringscabanaclub.com

We are also renting the pool for end of year school parties. Let Rom know if you would like to hold a party for your school.

Tell your friends.

Writing, Summer Bridge Classes @ the W.S.C.C. Beginning in July!

Local teacher, coach, and tutor, **Matt Scott**, will be leading half-day **Writing and Summer Bridge classes** in the W.S.C.C. clubhouse **beginning July 19th.** The classes -- geared toward students ages 7-14 -- will be held from **10 a.m. - 2 p.m. in 5 separate weekly sessions.**

The **"Summer Bridge"** classes (3 separate weeks) will give incoming 3rd and 4th graders a jump-start on their new grade level curriculum for the upcoming school year. **Writing Classes** (2 separate weeks) will be based on **"The 6 + 1 Traits of Writing"**, and will give participating 9-14 year olds the tools and skills they need to improve their daily and weekly class writing, as well as essay-answer report and test scores.

As well as being a fully-credentialed (CA-CLAD) teacher, Mr. Scott has an extensive writing background, having worked as a marketing communications writer for 16 years prior to earning his teaching credential.

2010 Class Schedule

Class	Date/ Times	Ages/Grade	Cost
6+1 Traits of Writing, Session #1	July 19-22 (M-TH), 10 a.m.- 2 p.m.	Ages 9-14	$179
6+1 Traits of Writing, Session #2	July 26-29 (M-TH), 10 a.m.- 2 p.m.	Ages 9-14	$179
Summer Bridge: 2nd Grade going into 3rd Grade (Session #1)	Aug. 2-6 (M-F), 10 a.m.- 2 p.m.	Incoming 3rd Graders	$199
Summer Bridge: 3rd Grade going into 4th Grade	Aug. 9-13 (M-F), 10 a.m.- 2 p.m.	Incoming 4th Graders	$199
Summer Bridge: 2nd Grade going into 3rd Grade (Session #2)	Aug. 16-20 (M-F), 10 a.m.- 2 p.m.	Incoming 3rd Graders	$199

Class Registration Information

To ensure a small teacher to student ratio, sessions will be limited to **the first 15 students** who register and pay a non-refundable $50 deposit. To register, ask questions, or get more information, contact Matt Scott at (510) 438-9326 or heymrscott@earthlink.net.

Is this the year that you are ready to get fit, feel strong, and have your best body ever? Are you ready once and for all to achieve that New Year's Resolution? Studies have found that people who workout with others, tend to not only have more effective workouts but also have better results. Join me for a 45 minute, small group, circuit workout held inside the clubhouse at the Warm Springs Cabana Club. This is a fun and effective class combining strength, cardio, core conditioning and stretching. A great fat burning and total body workout that can be modified for most fitness levels. I am a mother of two, and have been involved in sports and fitness most of my life. I have been a personal trainer for six years and have a passion for helping others reach their health and fitness goals, please let me help you reach yours. Spaces are limited to the first 12 people. Classes are held Mon/Wed mornings from 8:30-9:15 or Tues/Thurs. evenings from 6:30-7:15. Classes are $10 each if you sign up for the month or $12 each for drop-ins. To sign up or for questions, please contact Certified Personal Trainer: Tracy Sarge @ 676-2457.

While you're enjoying your day poolside at the Cabana Club

Check- out what's available at our Snack Bar.

There's no need to pack an ice chest! We offer a wide selection of food and drinks.

. (We'd be grateful if you could use smaller bills (no bigger than $10 please). This will help us out a lot.

Please take a few minutes to review some of our rules with your children and guests:

Hot Tub

1. Spa capacity may not exceed 11 people.

2. Anyone under the age of 16 must be accompanied by an adult age 18 or older, either in the spa or under the gazebo.

3. Heads of persons must remain above water at all times.

4 .No swimming is allowed in the spa at any time.

5. No- one under 18 is allowed in the hot tub during lifeguards' break.

Diving Board

1. All swimmers that use the diving board must be able to pass the lifeguard swim test.

2. Only one person at a time is allowed on the diving board.

3. No diving until the previous diver has reached the ladder.

4. With only one bounce, dive straight out and swim directly to the side.

5. No back flips without lifeguard's permission.

6. No hanging on the diving board.

Lap Swimming is available throughout the day. Word of mouth tells us that the best time of day to swim, and the least crowded, is from Noon - 2 pm and from 7:30 pm – 8:30 pm. Two lanes are available for lap swimming. If only one is up, ask the lifeguard to add another lane line. Please note that during adult swim time, anyone under the age of 18 must leave the hot tub and pool until the lifeguard resumes their position and gives the OK to re-enter the pool.

Finally, please also make sure that children stay at least two feet from the edge of the pool when no lifeguard is on duty.

Please visit the newly designed Cabana Club website!

We have rolled out the new website, but plan on updating many of the photos with new shots of our Cabana Club when the pool opens. Specifically, the feature photo on the home page will be reshot to showcase our unique facilities.

We plan to re-enact the shot of the teenager diving into the pool that is a place holder now. If you have a teenager, boy or girl, who would like to volunteer as the featured "diver" for the photo shoot, please contact Melissa Muldoon at melissa@melissadesign.com. Also, if you have personal shots you would like to contribute to the Cabana Club to be featured on the site, please send them to Melissa.

WSCC BOARD MEMBERS 2009-10

President: Dorie Nelson 770-8820	**dorie@warmspringscabanaclub.com**
Vice President: Cherie Fontes 490-6236	**cherie@warmspringscabanaclub.com**
Treasurer: Lnda Shale 651-2481	**linda@warmspringscabanaclub.com**
Secretary: Jenny Langford 659-9533	**jenny@warmspringscabanaclub.com**
Membership: Cindy McAlister 284-7646	**cindy@warmspringscabanaclub.com**
Rentals: Rom Villaflor 701-5686	**rom@warmspringscabanaclub.com**
Facilities: Bryon Dalrymple 651-5126	**bryon@warmspringscabanaclub.com**