

WSCC Newsletter

Next Meeting: April 12, 2010

March 2010



OPENING DAY:



SATURDAY APRIL 24, 2010

At 12:00pm - See you there!

Don't forget! If you haven't paid your 2010 membership dues, they are payable by April 1, 2010. In case you did not receive the membership survey in the mail, an e-mail attachment will be coming soon to your inbox. You can also download the form from our website: www.warmspringscabanaclub.com. Late fees will apply if you do not pay by the due date! Any Questions? Contact our membership chair Cindy McAlister.

Meet our Pool Manager – AMBERLEE AVINA



I grew up in Coarsegold, California in the mountains near Yosemite. My mom was the manager of the Yosemite Lakes Park (YLP) pool where she ran summer fun activities, festivals, swim races, and tons of other fun activities. I eventually became a lifeguard and swim instructor, as well as a water aerobics instructor at the YLP pool. I graduated high school in 2001 and headed off to the University of the Pacific in Stockton. During my four years at UOP I was a lifeguard swim instructor/ Assistant Aquatics director of the University pool, a personal trainer at In-SHAPE City, and a full time student! I graduated from UOP in 2005 with a BA in Sports Medicine. I then moved to San Jose to be with my family and friends. I went to National University in San Jose to start my teaching credential and was hired at Irvington High School as a PE teacher in 2006. I was the girl's tennis coach for 3 years. I am the coordinator of the SHAPE (Science, Health, Athletics and Physical Education) Health Care Academy at Irvington. In my spare time I enjoy hanging out with my dog Deja, snowboarding, hiking, camping, disc golfing, wakeboarding, horseback riding, swimming - basically doing anything outside! I am really looking forward to managing the WSCC this summer!

Meet our Assistant Pool Manager - AMANDA MORRIS



Hi! My name is Amanda Morris and I'm 20 years old. This is my seventh year at the Warm Springs Cabana Club and I couldn't be more excited. I currently attend Chico State University and will be starting my Junior year this coming Fall in hopes of becoming a PE teacher. I love working with kids, which is why I am a swim instructor as well this year. I can't wait to get this season started and I look forward to seeing you all down at the pool!

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

Session 1: 6/21/10-7/1/10

Session 2: 7/5/10-7/15/10

Session 3: 7/19/10-7/29/10

Session 4*: 8/2/10-8/12/10

Session 5*: 8/16/10-8/26/10

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 9:20am

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

TELL YOUR FRIENDS!!

You can receive \$50 in guest passes if you refer a friend or family to become a Cabana Club member.



Contact Cindy McAlister for details

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

Or check the website: www.warmspringscabanaclub.com



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.

WSCC BOARD MEMBERS 2009-10

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

COMING SOON!!!

Our website will be having a brand new look very soon! We'll keep you posted; we think you'll like it!