

Yuba City Racquet & Health Club

CLUB VENTURES

MAY / JUNE 2011

LOSING SOMEONE WHILE THEY'RE STILL ALIVE

by Judie Jacoby

In today's world we all know someone who has been diagnosed with Alzheimer's disease. They are someone's husband, or parent, or perhaps someone you once worked with, or someone from your church.

I have a best friend who is leaving me with this horrendous disease. Now I know why Alzheimer's is so devastating to the families it touches. It has no discretion! It cares not if you are rich or poor; a high achiever or a failure; whether you are successful, brilliant, artistic or any other attribute you may possess. It strikes and it DESTROYS. You will never be the same again and there is absolutely NO CURE. And no-one understands, "Why them?"

I feel blessed to have lived so long being in such good health (thank you YCRC). But this disease is not about good health. It strikes the brain, shrinks it gradually – until one day it (your brain) is literally gone.

It does not make sense to me that once we reach an age when we have acquired much of life's wisdom - to not need to make the same mistakes over and over again so that we may live somewhat confidently in our "later" years – that we could have our knowledge stripped away from us – slowly – for all to see.

My friend is slowly leaving me. I feel helpless because we no longer can carry on a normal conversation. I know she'll not remember what I say in just a little while. When I bring up a friend or family member she knew well – there is a void – then she says, "Now who is he/she again?"

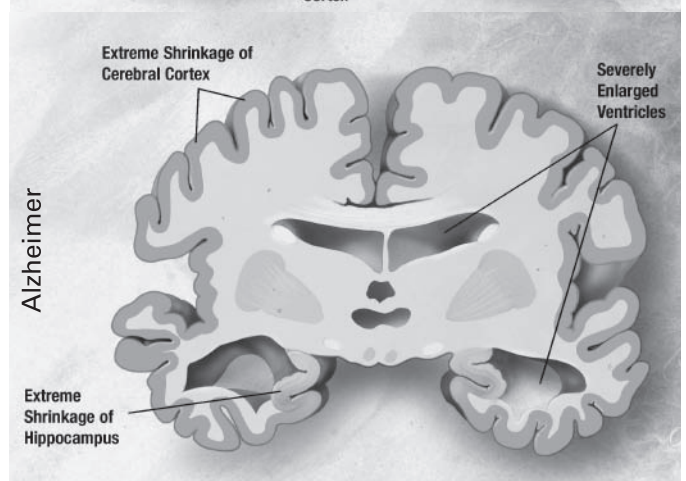
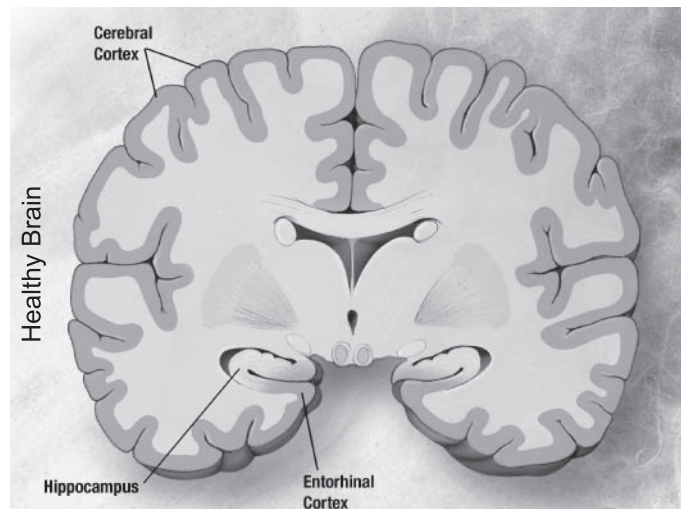
We all wonder when we cannot remember a name, a place, an event, a book or movie title... "Oh my, is this Alzheimer's?" But I am learning that our memory can be elusive and work powerfully at one moment and fail us totally at another.

This dreaded disease, I am becoming all too familiar with, is different. It destroys brain cells rapidly, yet we are powerless to control it.

I miss my friend. I miss her wit, her business acumen, her devotion to her family, her energy, her beauty, her style – all gone now – so quickly.

Why am I sharing my grief? Well, during my 35 years at YCRC, I have lost my mother, my daughter, my special Golden Retriever, Annie and rejoiced in the miracle birth of my special Granddaughter. I have watched so many kids from the club grow up and become wonderful adults. And I've watched special senior members of our club work out year after year and suddenly, one day, not appear except as statistics in the obituary column in the newspaper. These have been my life lessons and, though stressful and heart wrenching, I know that I will carry on and hold my head up hoping that the next challenge will be a bit easier to bear.

Yet I feel cheated with this disease. I wish that we could learn more about it and do more to eliminate it from our planet. Please do not strike another close friend of mine...or anyone else for that matter.



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MY HEARTFELT THANKS TO OUR MEMBERS

by Dan Duran

When I changed careers a couple years ago, I never imagined where it would lead me... At almost 42 years of age I'm doing my first triathlon? I hate running, don't swim well, and prefer driving over riding a bike! How did this happen? Is it a midlife crisis? Is the Corvette next?

No... What happened is I have been blessed with forming hundreds of relationships with members of the Yuba City Racquet Club. As a trainer and instructor, I provide a service to members. Part of that service is keeping you motivated, but the true blessing is the education and motivation I receive from all of you!

One of my first clients was Tony, a 44 year-old man training for his first triathlon. I thought that was pretty cool! Little did I know we'd be doing a race together in just over a year! A short time later, I began training Brian, who was in his early forties training for an ironman! Brian was 6'5" tall and weighed 265 pounds! He once did a triathlon on a beach cruiser for fun! Next was Jon, and at almost fifty he has four decades of triathlons under his belt. Chris gave up smoking and took control of his health and is hooked on endurance training. Kerri lives and breathes endurance training and Carol is one of my biggest fans. She knew my times from checking online before I even knew them! Stephanie and Erin are training for half marathons which they will have done when you read this and Rosie already did hers. Angela, Carol, Traci and Stephanie push themselves harder than most any women I've ever met. Brittany gave me swimming lessons and Big Brian taught me to never give up-that

I can do it if I want it. I learn from each and every one of them. I ask advice and receive more encouragement than I deserve.

And talk about accountability! Having graduated over a hundred Transitions Lifestyle System students, I can't go through a drive through or have junk food in my shopping cart because someone is always watching! I journal with the class and lay it all out there for them to give me feedback and keep me in line.

I am a big believer in practicing what I preach so it's important to me to not only eat well, but to stay fit by not skipping workouts. How can I expect this from others if I don't do it myself? I used to work out because I enjoyed it. Now I not only enjoy it, but it's a job requirement!

In my former career, my motto was to "Be polite and professional and be prepared to kill everyone in the room." When I changed careers, I told myself my new motto would be "Be polite and professional and touch the life of everyone you meet." What I did not expect was that so many people would have an impact on MY LIFE. I could not mention everybody's name but just know that you have all made a difference in my life, and for that, I am eternally grateful.

I look forward to the hundreds more relationships still to be developed and selfishly await the many positive things that will come of them.

Be well and God Bless



MAKING IT FUN: THE METABOLIC PLAYGROUND

by Rodney Corn

Is it just me or has the whole traditional process of “working out” become a bit boring...? Even the name we have given it seems a bit odd, don't you think... “working” out...? I mean c'mon, you work all day and then you come the gym to 'work' out? Or, you show up early in the morning to 'work' out before you head off to work. Whatever happened to the concept of 'play'? What if we had a “play-out” instead of a workout? And, what if by chance that 'play-out' produced a better overall result for our health and wellness. How would that would sound?

So, I would suppose that the next logical question may be, “How can we inject fun back into our training routine?” I believe if we can view things differently, it is easier to do things differently and interestingly enough, there is more power behind this statement than many of us may realize. Research in many different fields of study provides some very powerful support for the need to continually modify and manipulate the types of movements and demands we place upon our bodies.

For example, here is a riveting piece of research – it has been shown that when people enjoy activities they are more likely to participate in them and stick with it for extended periods of time. Yes, people really do research things like this. But, think about it, how many people do you know (not you, but perhaps a friend you know) who quit exercising or never start an exercise program because they get bored, or they complain that it just isn't “fun” enough...? In fact, recently in the Fitness Industry many organizations have conducted their own internal research and found that a majority of gym members feel that the club is 'boring' and leave due to a lack of enjoyment / participation.

The bottom line is that when we enjoy an activity, “time flies”. Literally. Researchers have shown that our perception of time is altered when we partake in activities that were novel, challenging and engaging. In other words, when we are given the ability to 'play' – interacting with others of like mindedness or desires performing some fun activities that require us to challenge ourselves within a safe level.

Dr. John Rately, author of the book *Spark*, explains that the right type of exercising increases many aspects of our brain that can effect enjoyment and pleasure such as our ability to focus and pay attention, our motivation, patience and having a more optimistic mood. He also states that when we increase the intensity and complexity of our

exercise, it stimulates what is called **brain-derived neurotrophic factor** (BDNF) which is like a wonder drug for the brain enabling it to function at a much more optimal level. On a similar note, other researchers have found that learning, such as that seen in performing a new and/or more complex exercise, activates the reward centers of the brain – kind of like chocolate for many of us. How cool is that...? Exercise can actually make you feel like chocolate – when done right ☺.

On a physical level, when we perform newer and more intense and complex exercises, it also helps to increase the health of our tissues – better bones, healthier connective tissue, stronger muscles and a more prepared nervous system to handle the activities of our daily lives. It can enhance our hormonal system a give us a better hormonal balance to help build up our tissue and not tear it down. All of this can dramatically decrease the risk of injuries.

Now, if you are like me you may be saying that this all sounds really cool, but what does it mean for me? Enter the Metabolic Playground... The Metabolic Playground is a concept that provides us with a different mindset about our exercise programs. They can now become play-outs with a purpose. In the coming weeks, the Metabolic Playground will be a new YCRC group training session that will put all of this information into a fun, engaging & effective play-out. We will use heart rate training, the new Power Plate vibration training machine, TRX, battling ropes, the new ViPRs™ and many other forms of training and combine them into a playground designed to rev up your metabolism.

Please join us in welcoming Rodney Corn to our professional training staff!



Rodney Corn is a co-founder of PTA Global [www.ptaglobal.com]. He holds a Master's degree in Biomechanics from California State University, Chico where he was also on the Kinesiology Dept Advisory Board. He is currently an adjunct faculty at California University Pennsylvania & University of San Francisco. Rodney is an international author and presenter in the Fitness Industry and has extensive scientific and practical experience in wellness, sports performance and corrective exercise. With over 20 years in the industry, he has helped educate trainers & consult for health clubs worldwide. He is also the husband of an amazing wife and a proud father of 2 beautiful girls.

INTEGRATED PHYSICAL THERAPY SERVICES

**Ashley Christensen,
DPT**

Spring is finally here! The warmer temperature makes most of us eager to go outside and get our hands dirty in the yard. This season is when we tend to see increase low back pain patients secondary to the repetitive bending and lifting. As a preventative measure, I would like to give some words of advice. Always listen to your body; we tend to ignore our pain to get a task done. However it is very crucial to listen to your body, your back is hurting for a reason. If you begin to experience low back pain maybe you need to take a break from a particular repetitive movement, maybe you are lifting too much weight and might need assistance, or possibly you are lifting and bending over with improper mechanics. Always remember to bend your knees and use your legs to lift. If you continue to experience low back pain with these modifications, come in and schedule a consultation for further instruction.

Message from the Aquatics Director

I've noticed many of you are taking advantage of our heated indoor pool. During this busy time I would like to thank you in advance for your patience and cooperation while adhering to the following Swimming Etiquette and Sensibilities:

1. Members must be 14 years and older (Family Swim available 12:00 p.m. - 7:45 p.m. Sat and Sun).
2. Please return any equipment you may use during exercise. Pool equipment for indoor pool only.
3. If you desire or require a lane all to yourself, please choose non-prime times, such as mid-day, evenings after 7:30 p.m., or weekends.
4. Sharing lanes is requested during busy times. Please ask before entering to share a lane.
5. When possible, walkers should use the outside lanes and swimmers the center lanes.
6. Never use lane lines to support your weight; their sole purpose is to divide the lanes.
7. Please dry off before entering locker rooms.
8. Must be 18 or older to use the indoor spa, sauna and steam room.
9. If there are 16 or more participants in an Aqua Class, then the entire pool is reserved for that class. A lane is always open if there are less than 16 participants.
10. Aqua classes begin at their scheduled times, **ONLY THE INSTRUCTOR** may ask swimmers to vacate their lane in order for the class to begin.
11. **ONLY THE INSTRUCTOR** may remove the lane lines.
12. Please be considerate of other aqua class participants and your instructor.
13. No food in or around pool and/or spa area.
14. Please do not leave your personal items, including but not limited to, bobby pins, band-aids, hair clips.
15. For emergencies, phone is located on the wall between locker room doors.

Following is a summary of the many current, as well as upcoming aquatics programs offered here at Yuba City Racquet Club:

Parent and Me

Parent & Me is a water readiness class to prepare children ages 6 months to 6 years to learn basic swimming skills and to teach parents how to help their child interact positively with the water. Skills include becoming adjusted to the water and the pool environment, blowing bubbles, arm and leg movements, voluntarily allowing water submersion, and being comfortable floating on tummy and back with assistance. Lessons are held in groups. **Additional Information:** Children who are not potty trained must wear a swim diaper at all times. Parent must be in the water with their child at all times.

Location: Indoor Pool at Main Club - 825 Jones Road
Cost: \$45/Session, 8 half-hour classes.
Sessions: Mondays & Wednesdays 6:00pm-6:30pm

Private & Semi-Private Swim Lessons

Private lessons and Semi-Private lessons are offered 7-days a week based on instructor availability. All swim instructors are WSI certified. Lessons are available for both children and adults. One session consists of 8-half hour swim lessons. The price listed is per swimmer. To schedule private lesson times, please contact Terry Townsend at 530-673-6900 x109 or terry@ycrc.com.

Location: Indoor Pool at Main Club - 825 Jones Road
Sessions: 8-half hour swim lessons
Cost: Private: Member \$90/Session, Non-Member \$105/Session
Semi-Private (2-students): Member \$60/Session, Non-Member \$75/Session
(10% discount to all returning participants)



AQUATICS

Junior Stroke

Junior Stroke is specifically designed for children, ages 4-18, who know how to swim and are serious about improving their swimming skills. The primary focus is to teach and refine stroke technique while increasing endurance in a non-competitive environment. Junior Stroke is coached by Dottie Banta. **Additional Information:** Must be a Yuba City Racquet Club Member to participate. For further information, contact the Aquatics Department at (530) 673-6900 x 109 or terry@ycrc.com.

Location: Indoor Pool at the Main Club - 825 Jones Road
Cost: Beginner (\$45/month) Intermediate/Advanced (\$55/month)
Days: Beginner Tuesday and Thursday 3:30 - 4:00pm
Intermediate/Adv Tuesday and Thursday 4:00 - 5:00pm

Level Descriptions:

Beginner - Must be able to swim 25-yards (one length of the lap pool) with fins in any stroke form. Also must be cooperative and able to swim with other children.

Intermediate - Increased endurance with refined stroke technique of all 4 competitive strokes. Also must be cooperative and able to swim with other children.

Advanced - Competitive swimmers and swimmers interested in conditioning while improving strokes and turn techniques.

Junior Swim

This program is specifically designed for children, ages 5-18, that know how to swim and are serious about improving their swimming skills. The primary focus is to develop / refine stroke technique and increase endurance in a non-competitive environment. Junior swim is coached by Amy Triphan, Morgan Stacy & Brittany Sheahan. Contact Terry Townsend at terry@ycrc.com for further information.

Location: Indoor Pool at Main Club - 825 Jones Road
Monthly Program
Cost: \$45/month for one session \$80/month for two sessions
Days: Session 1: Monday & Wednesday 6:30 - 7:30pm
Session 2: Tuesday & Thursday 6:30 - 7:30pm

Additional Information: Must be a Yuba City Racquet Club Member to participate.

Junior Lifeguard

Ages 10 and up (if younger please contact aquatics department). Participants must be able to swim 25 yards without stopping with little difficulty. All participants will receive lunch and a souvenir. no certifications will be given. Contact Brittany Sheahan at 673-6987 ext 289.

Session 1: July 9th 11am-4pm
Session 2: July 23 11am-4pm
Cost: \$50

Red Cross Community CPR

For ages 15+, open to the public. Students will learn and be certified in American Red Cross community adult CPR, AED, and how to handle breathing emergencies. Participants should bring a pencil and a notepad. Contact Brittany Sheahan at 673-6987 ext 289.

Cost: \$35
Date: June 4th
Time: 10:00 am - 4:00 pm

Lifeguard Training

This course is designed to teach you the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities will also prepare you to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. For ages 15 and up (if younger please contact aquatics department). Contact Brittany Sheahan at 673-6987ext 289. Cost: \$160.00

Session 2: May 1,7,8,14 9am-5pm
Session 3: May 15,21,22,28 9am-5pm
Session 4: June 6,7,8,9,10 10am-4pm

Title 22 Training

Ages 15 and up. Title 22 is an advanced first aid course for emergency personnel; a state requirement for lifeguards, fire fighters and peace officers. Participants should bring a pencil and a notepad. Contact Brittany Sheahan at 673-6987ext 289. Cost: \$100.00

Session 1: May 16-19 5:30pm-8:30pm
Session 2: June 18-19 9:00am-2:00pm

Lifeguard Re-Certification

Ages 15 and up. This class intended for those students with current certifications in lifeguarding, CPR, and Title 22 needing recertification. Participants should bring a pencil and a notepad. Contact Brittany Sheahan at 673-6987 ext 289. Cost: \$50.00 + \$10.00 per card

Date: June 3, 2011
Registration Deadline: May 29, 2011

Basic Water Rescue

Ages 15 and up. Basic water rescue is a one day class for non-professional rescuers. This class is designed to teach you how to handle water emergencies. State requirement for foster parents. Participants should bring a pencil and a notepad. Contact Brittany Sheahan at 673-6987 ext 289. Cost: \$45.00

Session 1: June 18 - 2:30pm-5pm
Session 2: July 16 - 12pm-3pm
Session 3: August 6 - 12pm-3pm

TENNIS CAMP

Summer Adult Beginning Tennis Camp Level 1

Series of 4 lessons in a one week camp format designed to provide basic tennis skills, focusing on forehand & backhand strokes, serve, volley, overheads & return of serve. Camps held at Yuba City Racquet Club, Main Club.

- Session 1 - June 6-9
- Session 2 - June 13-16
- Session 3 - June 20-23
- Session 4 - June 27-30
- Session 5 - July 11-14
- Session 7 - July 25-28

Time: M, T, W & TH 5:45pm - 6:45pm

Pricing: \$79 per session

Summer Adult Beginning Tennis Camp Level 2

Series of 4 lessons in a one week camp format designed to provide basic tennis skills, game management, drills, singles and doubles play – must complete level 1.

- Session 1 - June 13-16
- Session 2 - June 20-23
- Session 3 - June 27-30
- Session 4 - July 11-14
- Session 5 - July 18-21
- Session 6 - July 25-28

Time: M, T, W & TH 7:00pm - 8:00pm

Pricing: \$79 per session

Pee Wee Summer Junior Tennis Camp

Designed for children 5-6 years old to experience the basic fundamentals of tennis, then play fun, tennis-related games and drills.

- Session 1 - June 6-9
- Session 2 - June 13-16
- Session 3 - June 20-23
- Session 4 - June 27-30
- Session 5 - July 11-14
- Session 6 - July 18-21

Time: M - TH 8:15am - 8:45am

Pricing: \$39 per session

Summer Junior Tennis Camp

Designed for children 7-15 years old to experience the basic fundamentals of tennis, then play fun, tennis-related games and drills. Followed by a sac lunch and a half hour of supervised swim time.

- Session 1 June 6-9
- Session 2 - June 13-16
- Session 3 - June 20-23
- Session 4 - June 27-30
- Session 5 - July 11-14
- Session 6 - July 18-21

Time: M - TH 9am - 12pm

Pricing: \$129 per session

JUNIOR PROGRAMS

JUNIOR AFTER SCHOOL - AGES 5-6 (QUICKSTART) CONTINUING THROUGH SUMMER

This program is designed for children who are new to tennis. These children are trained in basic and advanced motor skills. We incorporate throwing, catching, rolling, skipping, jumping and running to improve their overall athletic ability. A minimum of 4 children must be enrolled to facilitate this class. Contact Jim King at jimking@ycrc.com for further information.

Days: Mondays & Wednesdays **Time:** 3:00pm - 3:30pm
Cost: Member: \$49 full session, \$29 1/2 session, \$12 day rate
Non Member: \$59 full session, \$39 1/2 session, \$15 day rate

JUNIOR AFTER SCHOOL - AGES 7-9 - CONTINUING THROUGH SUMMER

This program is designed to focus on footwork and timing, grips and shot making. A minimum of 4 children must be enrolled to facilitate this class. Contact Jim King at jimking@ycrc.com for further information.

Days: Mondays & Wednesdays **Time:** 3:45pm - 4:45pm
Cost: Member: \$89 full session, \$59 1/2 session, \$20 day rate
Non Member: \$109 full session, \$89 1/2 session, \$30 day rate

JUNIOR AFTER SCHOOL - AGES 10-15 - CONTINUING THROUGH SUMMER

This program is designed to focus on footwork and timing, grips and shot making. A minimum of 4 children must be enrolled to facilitate this class. Contact Jim King at jimking@ycrc.com for further information.

Days: Tuesdays & Thursdays **Time:** 3:30pm - 4:30pm
Cost: Member: \$89 full session, \$59 1/2 session, \$20 day rate
Non Member: \$109 full session, \$89 1/2 session, \$30 day rate

JUNIOR EXCELLENCE TRAINING (J.E.T.) - CONTINUING THROUGH SUMMER

J.E.T Tennis is a junior training program open to all high school age players. Focusing on conditioning, drills, strategy and fundamentals of the game. J.E.T is a great way to prepare for a player's high school tennis team or Jr. USTA Team. Contact Jim King to check your eligibility for the program.

Days: Mondays, Wednesdays & Thursdays
Time: May 4:30pm - 5:30pm / June - Mid August 11:30am - 12:30pm
Ages: High School Age (or appropriate skill level, determined by Tennis Director Jim King)
Cost: Member Rate: \$129 full session, \$99 half session, \$20 day rate
Non-Member Rate: \$149 full session, \$119 half session, \$25 day rate

SUNDAY JUNIOR BEGINNING TENNIS (QUICKSTART)

This program is designed for children who are new to tennis. These children are trained in basic and advanced motor skills. We incorporate throwing, catching, rolling, skipping, jumping and running to improve their overall athletic ability. Beginner tennis is the perfect starting point for your growing child. A minimum of 4 children must be enrolled to facilitate this class. Contact Jim King at jimking@ycrc.com for further information.

Days: Sundays **Time:** Ages 5-7: 12:45pm - 1:45pm / Ages 8-12: 2:00pm - 3:00pm
Cost: Member: \$49 per session, \$15 day rate
Non-Member: \$59 per session, \$20 day rate

JUNIOR/SENIOR TENNIS TOURNAMENT

When: Saturday, May 21, 2011 **Time:** 9:00am - 12:00pm
Format: Round Robin **Cost:** \$25 per team (Lunch Included)
A - Super Star Flight (Advanced)
B - Rising Star Flight (Intermediate)
C - Daddy/Mommy & Me Flight (Beginner)
Sign up at the front desk or contact the tennis department.

JUNIOR FRIDAY NIGHT TENNIS & PIZZA

Come out and enjoy an evening of tennis and hot pizza!
Date: Friday, May 20, 2011
Time: 5:00pm - 6:30pm
Ages: 7-15

ONGOING PROGRAMS

ADULT "QUICK START" TENNIS (BEGINNING CLASS)

Six adult group lessons designed to provide basic tennis skills. Minimum 4 persons enrolled to hold class).

Ages: Adults **Days:** Monday & Wednesday

Time: 6:00 pm - 7:15 pm (Monday & Wednesday evenings)

Cost: \$89 per person / \$79 per person when signing up with a buddy (Buddy Special)

QUICK START SATURDAY ADULT GROUP (BEGINNING CLASS)

Quick Start Saturday Adult Group is a series of Four 1.5 hour group lessons designed to provide basic tennis skills. This class will be held at the Main Club and will focus on forehand ground strokes, serve and volley, backhand ground strokes, serve and return, and the doubles game.

Days: Saturdays **Time:** 9:00 am - 10:30 am

Dates: Session 1 - May 7, 14, 21, 28 Session 2 - June 4, 11, 18, 25
Session 3 - July 9, 16, 23, 30 Session 4 - August 6, 13, 20, 27

Cost: \$89 Includes 6 Hours of lessons for one individual
Buddy Special - \$79 per person if you join with a friend

QUICK START SUNDAY ADULT GROUP (BEGINNING CLASS)

Quick Start Sunday Adult Group is a series of Four 1.5 hour group lessons designed to provide basic tennis skills. This class will be held at the Main Club and will focus on forehand ground strokes, serve and volley, backhand ground strokes, serve and return, and the doubles game.

Days: Sundays **Time:** 11:00 am - 12:30 pm

Dates: Session 1 - May 1, 15, 22, 29 Session 2 - June 5, 12, 19, 26
Session 3 - July 10, 17, 24, 31 Session 4 - August 7, 14, 21, 28

Cost: \$89 Includes 6 Hours of lessons for one individual
Buddy Special - \$79 per person if you join with a friend

WED NIGHT MEN'S 3.0 CLINIC

Focusing on technique and play based drills. (Minimum 4 persons enrolled to hold class)

Date: Every Wednesday Evening

Time: 6:00 pm - 7:00 pm

Cost: \$12.50 drop in fee

TUESDAY NIGHT MIXED DROP IN CLINIC 3.5-4.5

High octane drills focusing on singles and doubles. (Minimum 4 persons enrolled to hold class)

Date: Every Tuesday Evening

Time: 6:00 pm - 7:00 pm

Cost: \$12.50 drop in fee

THURSDAY MORNING WOMEN'S 2.5/3.0 CLINIC

Come work on your game with Tennis Instructor Jim King. This clinic is for full club members only (Minimum 4 persons enrolled to hold class).

Date: Every Thursday Morning

Time: 9:00 am - 10:00 am

Cost: \$12.50 drop in fee

SUMMER ADULT SINGLES FLEX LEAGUE

Sign up's begin in May.

Contact the tennis office for more information.

Play Begins: June 1, 2011

Cost: \$25 per player

MON NIGHT WOMEN'S 2.5 CLINIC

Come work on your game with YCRC Tennis staff. (Minimum 4 persons enrolled to hold class)

Date: Every Monday Evening

Time: 6:00 pm - 7:00 pm

Cost: \$12.50 drop in fee

WED NIGHT WOMEN'S 3.0 CLINIC

Come work on your game with Tennis Instructor Jim King. This clinic is for full club members only (Minimum 4 persons enrolled to hold class).

Date: Every Wednesday Night

Time: 5:45 pm - 7:00 pm

Cost: \$12.50 drop in fee

THIRSTY THURSDAYS

Come out and enjoy some doubles tennis. No partner needed.

Date: June 2, July 14, July 28, Aug 11, Aug 25

Time: Warm up at 6pm - Play begins at 6:30pm

Cost: \$10 (dinner included)

BALL MACHINE PROGRAM

Take advantage of our Ball Machine Program and work on your game. Starting as low as \$25 per month for unlimited usage.

Sign up at the front desk or contact Christy at (530) 673-6900 ext 122 / christy@ycrc.com

SUNSET MOULDING YCRC NTRP

Date: June 24-26, 2011

Divisions: NMW(Op,3.0-4.5)sd, SE;
NX(Op,3.0-4.5)d, SE; MW(Op)sd, SE;
X(Op)d, SE

Entry Fee: \$41.35 per player singles
\$27.00 per player per event doubles
Entry Type: Entry to this tournament is open to all USTA members.

Entries must be submitted by Sunday, June 19, 2011 11:59:00 PM Pacific Time. USTA members can register online.

BEV'S SPRING FLING

Format: Round Robin

Who: Senior Adult Men & Women

Date: June 1, 2011

Time: 9:00am - 11:00am

Cost: \$10 per person (Lunch Included)

PIGGY ROAST

June 25, 2011

\$20 per person

Tickets on sale at the front desk.

TENNIS LESSON PACKAGES

We now offer Tennis lesson packages from 1 to 25 lessons. Financing options available.

For more information please contact Jim King at (530) 673-6900 ext. 121 or jimking@ycrc.com

If you need more information regarding any of our Junior programs please contact the Tennis department at (530) 673-6900 ext 121 or jimking@ycrc.com. Pricing is designed on an eight class session with extra days to accommodate for inclement weather.

Tennis Staff

Jim King - Director of Tennis

Ulrich Capaul

Brandon Reyes

Miguel Barranon



CHILDCARE NEWS:

Reminder to our parents, no snack in the 0-6 age group (nursery)!
Any questions, please see Tina.

Kidz Annual Easter Egg Hunt & BBQ

The Kidz Annual Easter Egg Hunt, BBQ, Tennis and Swim was a great success and fun for the whole family! It was a perfect day for it all! Kids had fun swimming, the Tennis Dept. was there and had tennis instruction, drills and anyone who just wanted to hit have a good time. There were 174 people, 79 kidz and 95 adults. We stuffed 760 plastic eggs, WOW! The Easter Bunny was there to welcome everyone and lead us as we started the egg hunt. GOLDEN EGG winners were; Garren Dill, Nevaehis & Eliy Hoffman!

Kerri from Walgreen's Photo dept. (Tharp Rd.) took great candid pictures and also any of the children who liked the Easter Bunny. Walgreen's has a great discount photo package when you stop in at the Tharp Rd. store location (just say you are looking for the pictures from The Racquet Club Easter Egg Hunt).



A HUGE thank you to all the volunteers who helped make it a fun day for the whole family: Tina & Carlo Serusa, Samantha Malino, Bonnie Chin, Lillian & Ron Dill, Matthew & Erica Tanner, Melanie Peyret, Missy Dutton, Lindsey Garewal, Vicky Jensen, Tiffany Calabrese, Zack Lansky, Ashley Townsend!

Also the Girl Scouts Group # 2634 - AJ, Hannah, Zoe, Killian, Sarah, Lindsey & Samantha who helped out doing their community work by stuffing about 400 plastic eggs with candy!

Are You Planning A Party?

We have the perfect places! If you are looking for that great place, besides your own home, to have a party, call or e-mail to reserve a great location.

Rancho Cortez: Offers 6 tennis courts, pools (including a baby pool), volleyball with a large grass area, ping-pong, covered picnic tables, BBQ and restrooms.

The Main Club: Outdoor pool, jacuzzi, volleyball, ping-pong, grassy area, covered picnic tables, BBQ and restrooms

Kidz Klub: Pool with slide, hardwood floor for dancing, kitchen, a great playroom with a pool table, air hockey, tables & chairs, the childcare room and outside play area.

Remember to schedule your parties in advance! Contact me by e-mail and receive a rental packet: brenda@yrc.com or 673-6987 ext. 105.



Kidz Time Preschool: A Unique Preschool

(Brought to you by The Yuba City Racquet Club)

Did you know that The Racquet Club has a full time Preschool/Kindergarten Center? We are open M-F, 6:30am-6:00pm. Our Preschool program was built on the desire to nurture and prepare children for Kindergarten as they develop a love for learning. Our staff is highly qualified. At our Preschool you will find curriculum covering, but not limited to, Language, Math, Social Studies, Science, Art, Music and Dramatic Play. There are two great outdoor playgrounds that offer swings, rock climbing wall, tire swing, slides, and our new covered playworld with crawl tubes and more slides, new sandbox and bike trail. Kidz Time is a safe, fun, learning place where your child can enjoy being a kid! Check us out at 1471 Richland Rd. or call 671-2255 (BALL). Ask for Miss Lindsey (Director).



KIDZ EASTER EGG HUNT



Transitions



lifestyle system®

Clinically Proven Weight-Management System

When you want to lose weight, is it your first instinct to find a new book, magazine, or buy the latest fad diet secrets from a late night infomercial? Do you find yourself cutting your portions in half? Eating portion control package food or even shakes for meals or maybe even eliminating whole food groups? Do you feel you have traded the joy of sitting down to a real meal for junky diet bars and non-nutritious shakes? Is your weight not moving on the scale even though you are restricting your calories and are working out hard at the gym weekly?

Are diets making you crazy? YCRC is pleased to announce Transitions Lifestyle System.

What's Transitions all about?

A new lifestyle - a new you! Transitions is a comprehensive lifestyle system designed to help you achieve your weight loss goals and be healthy!

Not a diet... Transitions is an extensive plan that covers everything you'll need to get fit and trim, not just a set of foods you can or cannot eat. In fact, a big part of the Transitions Lifestyle System is helping you make healthy choices while still eating a normal, diverse diet!

...it's a Total Lifestyle! Our plan doesn't focus just on food like many other systems. The Transitions Lifestyle System™ provides a total-system approach that promotes healthy food choices, behavior modification and menu plans.

The Transitions Lifestyle System includes: low-glycemic index (GI) meal plans and references, a daily journal to guide you, weight-management supplements to accelerate weight loss, behavior modification and support materials to ensure your success, and more!

The biggest plus is the personalized coaching by our certified Transitions Lifestyle System instructors.

So ask yourself this question. Are you sick and tired of struggling with your weight? Transitions Lifestyle System will help you get healthy, lose weight and body fat while EATING! That's right, LOSEWEIGHT and BODY FAT while EATING!

For more information on upcoming classes please contact Dan Duran at (530) 673-6900 x217 or coachdan@yubahealth.com. You can also read more about the program under the "Nutrition" tab at www.ycrc.com.

TLS TESTIMONIAL

by Rosie Vasquez

Deciding to join the Transitions Lifestyle program at the Racquet Club has been one of the best health choices I have made for myself. I had been sticking to my usual fitness routine and thought I had pretty good eating habits. After leading an active and semi-healthy lifestyle, I decided to kick it up a notch shortly after turning 40. No matter how hard I worked out and ate well, the scale and my body didn't reflect my efforts, perhaps I had reached a plateau. I noticed the results of Transitions clients and thought that whatever they are doing, IS WORKING! Transitions Lifestyle for me has changed the way I eat by making better food choices for myself by following the advice of Christy & Dan. I learned that not all fruits and vegetables are created equal and by eating low glycemic foods, I was able see and feel results that I'd been searching for. Weekly classes helped me stay focused on eating well and working out routinely as the accountability factor played a major part of my motivation. Christy and Dan offered suggestions to my current fitness regimen which included more weight lifting, something that I was lacking. The loss of inches was quite a shocker for me. I still can't believe the number of inches you are capable of losing by following the Transitions Lifestyle program. Weight loss was just a perk from low glycemic eating along with noticeable loose clothing that was pretty snug fitting before. I couldn't be more pleased with my fitness results. Christy and Dan are a huge part of my results as they supported me with phone calls, texts and emails on tips for success but mostly with encouragement and the belief that I could reach my personal goal. They were (and still are) our own, individual nutrition and fitness coaches that "customize" our paths to meet our health goals as they are different from person to person. I would encourage anyone to try Transitions Lifestyle program. You won't be disappointed.

TRX FUNCTIONAL TRAINING

by Elias Mendoza



The utilization of suspended bodyweight as a form of strength training has been around for generations. Acrobats and gymnasts have used this method of training to generate remarkable strength and the amazing

physiques that have helped distinguish these incredible athletes.

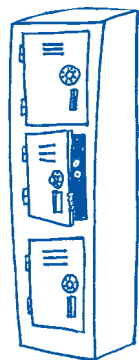
As training has evolved and has taken into more functional styles, the value of suspension training has taken a more active role in this new trend. No longer is suspension training limited to the highly advanced athletes whose athleticism we admire. This effective style of functional training can be integrated into the fitness programs of a wide population of users.

The trend of the new millennium in sports programming is inarguably functional training. This trend has had tremendous impact not only in how we go about training but in the modalities we are using to achieve our goals. With this departure from isolated action, there has been an increased demand for exercise modalities that are movement based and that require coordination and engagement from the entire body. Pros and

amateurs alike recognize that while looking great is important, the ability to apply those aesthetics to performance is even more essential to long term performance and quality of life. This is what true functional training is all about. So how does suspension training help to meet these goals?

The strength required to generate and control movement in a destabilized environment is a type of strength unlike any other. In many suspension training environments, the center of gravity is displaced outside of the base of support. This setting requires that the core is in a heightened state of activity to maintain postural alignment and exercise position. Additionally, suspension training presents a slightly unstable environment from which the subject has to work. This is proven to produce increased muscular activation and proprioceptive demands on joint stability. This kind of full body muscular engagement is most apparent when performing some of the very demanding bodyweight exercises that can be employed to build strength using suspension training.

In addition, the improved balance, stability, and athleticism gained from training with functional suspension training will be unlike any other type of training.



NEW MONTHLY RENTAL LOCKERS AVAILABLE NOW!

With easy to use Digilock Key Pad

Please see Vickie in Member Services or call 673-6900 ext. 113 to set yours up today, while supplies last.

COMPLIMENTARY ONE DAY GUEST PASS

Give this coupon to a friend or family member and let them enjoy a day of fun and fitness at the Yuba City Racquet & Health Club!



825 Jones Road, Yuba City, CA 95991
(530) 673-6900



One coupon per month only please. Some restrictions apply. Expires 6/30/11.



GROUP EXERCISE AND PILATES

by Cyndi Shatswell



The YCRC Group Exercise Instructors are excited to be in our new and improved Group Exercise and Spin Rooms. We hope all of you like the changes and upgrades we have made. We are making some changes and upgrades to our schedule as well. We are proud to introduce TWO new classes from the Les Mills Family. First let me introduce SH'BAM. This class is a party in itself, and you are all invited. This fun, fabulous dance class has only two requirements. Smile and Sweat! There are easy to follow dance moves that anyone can do. SH'BAM is only 45 minutes long and will leave you in a happy place. We will launch SH'BAM on May 11th at 6:30 pm. Be here for the party. Next, I want to tell you about CX30. This is a 30 minute AB-Kickin' class you will love to hate. All Core and No More!! This class is coming to YCRC very soon so keep your eyes peeled for the announcements. These classes will join the other 70 Les Mills and free style classes we offer each week as a part of your membership. If you are having trouble staying on track, remember that when asked, 90% of people say they prefer to work out in a group so they stay motivated and committed. Join us!

In the Pilates studio we have a new program as well. This is a great combo class called TRX-Beyond the Core. This class combines the best of TRX training and Pilates with some weight training thrown in for good measure. This class is just \$125/month for two sessions a week and runs at 10 am Tuesday and Thursday mornings. You do not need previous training in Pilates or TRX to participate. Contact Julie Krueger or Cyndi Shatswell for information or to sign up.



MEMBER APPRECIATION DAY JUNE 18TH 11AM-3PM

Open House...Guests Welcome!

JOIN US FOR... Food & Drinks, Tennis, Petting Zoo,
Jump House, Inflatable Games, Family Fun!



Yuba City Racquet & Health Club

825 JONES ROAD
YUBA CITY, CALIFORNIA 95991

CLUB HOURS

THE RACQUET CLUB

Monday - Friday
5:00am - 10:00pm

Saturday - Sunday
7:00am - 8:00pm

*The tennis courts are open
until 10:00pm seven days a week.

RANCHO CORTEZ

Winter Hours (in effect now)
TENNIS ONLY
9:00am - 6:00pm
Monday - Friday

POWER BLENDZ SMOOTHIE BAR

Mon - Fri 5:00am - 10:00pm
Sat & Sun 7:00am - 8:00pm

IPTS HOURS

Mon - Fri 7:00am - 6:00pm
Saturday by Appointment

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Effective 5-13-2011	MON	TUES	WED	THURS	FRI	SAT	SUN
5:15AM	BODYPUMP	MORNING RIDE	BODYPUMP	INTERVAL RIDE			
8:00AM	BODYVIVE	BODYPUMP	INTERMEDIATE STEP	BODY FLOW	BODYPUMP	GROUP RIDE	BODY FLOW
9:00AM			GROUP RIDE		POWER CYCLE		
9:30am	BODYPUMP	BODY FLOW	ZUMBA	BODYPUMP	INTERMEDIATE STEP	BODYPUMP	
	POWER CYCLE						
10:00am				POWER CYCLE			
	BODY FLOW	BODYVIVE	BODY PUMP	BODYVIVE	BODY FLOW	BODY FLOW	
	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS		
11:00AM	AQUA AEROBICS	SH'BAM	AQUA AEROBICS		AQUA AEROBICS	YOGA	
	BODY VIVE		YOGA	ZUMBA			
12:00PM	BODY COMBAT	BODYPUMP	BODY COMBAT	BODYPUMP			
	SILVER CIRCUIT				SILVER CIRCUIT		
4:30PM	BODY FLOW	BODYPUMP	BODY FLOW	BODYPUMP			
5:15PM	CRAZY CYCLE	PEDAL TO THE METAL	CRAZY CYCLE	PEDAL TO THE METAL			
5:30PM	BODYPUMP	INTERMEDIATE STEP	BODYPUMP	BODY COMBAT	BODY COMBAT		
6:30PM	POWER CYCLE		POWER CYCLE				
	BODY COMBAT	BODY FLOW	ZUMBA	BODY FLOW	SH'BAM		
7:30PM	YOGA (A/O)	BODYPUMP	YOGA (A/O)	BODYPUMP			

ALL OF OUR CLASSES ARE FOR MEMBERS 11 YEARS OF AGE AND UP (CHILDREN 11-13 MUST BE ACCOMPANIED BY THEIR PARENT) UNLESS THE CLASSES ARE MARKED A/O WHICH ARE FOR ADULTS ONLY, 14 YEARS OF AGE AND UP.

AQUA CLASSES

- Aquatic Therapy** - A pool therapy program for IPTS (Integrated Physical Therapy Services) patients. Lane 1 only from 8am to 5pm. Days and times may vary seasonally. Check Group Exercise Menu for exact times.
- H2O Combo** - Combo of wave and kickboxing with stretching also. Exercises geared toward arthritis sufferers as well as anyone who likes to be fit.
- Jr. Stroke Class** - Stroke lessons with Dottie Banta. See flyer for more details.
- Wave Aerobics** - Water specific aerobic exercise to motivating tunes. Walk, jog, kick, jump, rock and scissor your way through a great workout. Great for beginners.
- Deep Water Aerobics** - (Deep water is only held in the summer months.) Held in outdoor pool using a flotation belt (belt is provided). NO IMPACT! Water specific aerobic exercise to motivating tunes. Walk, jog, kick, jump, rock and scissor your way through a great workout. Great for beginners. These classes are held in the outdoor pool during the summer months.
- Swim Instruction** - Lessons for preschool, youth and adults. Offering private, semi-private and group instruction. For more information contact Terry Townsend, 673-6900 x109 or terry@ycrc.com.

GROUP EXERCISE CLASSES

- BODYCOMBAT** - This energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Strike, punch, kick and kata your way through calories to superior cardio fitness.
- BODYPUMP** - Weight training to music... "The Fastest Way in Universe to Get In Shape!"
- BODYVIVE** - Is a low-impact class, integrating aerobic exercise for heart fitness, resistance training for strength and stability, as well as stretching and mobility work. Using Vive balls, Vive tubes and optional hand weights.
- BODYVIVE CARDIO 1/2 Hr** - A 1/2 hour of the cardio portion of the Body Vive program.
- SILVER CIRCUIT** - Senior members work on balance, strength and cardio in the Pilates room. Ask Irene Asay or Mindy Dupont for details.
- TUBE-ILATES** - Pilates with tube strength work.
- ZUMBA** - The Zumba® program fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program.

INDOOR POOL
Lane 1 Reserved
10am-12pm &
1:30pm-2:30pm
For
Aquatic Physical
Therapy
Mon.- Fri.

↓

FAMILY SWIM
12-7:45pm

Sat. & Sun. in
Indoor Pool

AQUA AEROBICS

A/O are adult only classes 14

Group Exercise

MIND BODY

CYCLING CLASSES

MIND BODY

- BODYFLOW** - Combo of Tai Chi, Yoga & Pilates mat exercises.
- Butts, Guts & Yoga** - Lower body conditioning followed by 45 minutes of yoga.
- YOGA** - Builds muscle strength and flexibility with continuous yoga movements.

CYCLING CLASSES

- Crazy Cycle** - Cycling class with Cyndi Shatswell.
- Group Ride** - Cycling class with various instructors.
- Power Cycle** - Cycling class (1 hour).
- Morning Ride** - Early morning cycling class.
- Pedal to the Metal** - Cycling class.
- Interval Ride** - Interval training that will include hill climbing, sprints & jumps.
- For children 11-13 who participate in a cycling class, riders must fit on the bike appropriately according to the instructor, to be in the class.**

Kidz Classes

Group Exercise Programs

What : **Kidz Fitness** - Ages 3-6

When : Monday thru Thursday 3:30 - 4:15 pm

Where : Held in the Group Exercise Room

What : **Kidz Tennis** - Ages 5-6

When : Thursdays 4:30-5:00 pm

Where : Main Club Tennis Courts

(**Children may take this class a maximum of 2 times)

What : **Kidz Tennis** - Ages 7-12

When : Sundays 1:00-1:30 pm

Where : Main Club Tennis Courts

(**Children may take this class a maximum of 2 times)

For more information:

call Cyndi at 673-6987 X 123 or Cyndi@ycrc.com



Classes are open to all children who are on family memberships, please see the membership department if you wish to add your children to your membership to participate in these fitness programs.