

Your Club Connection



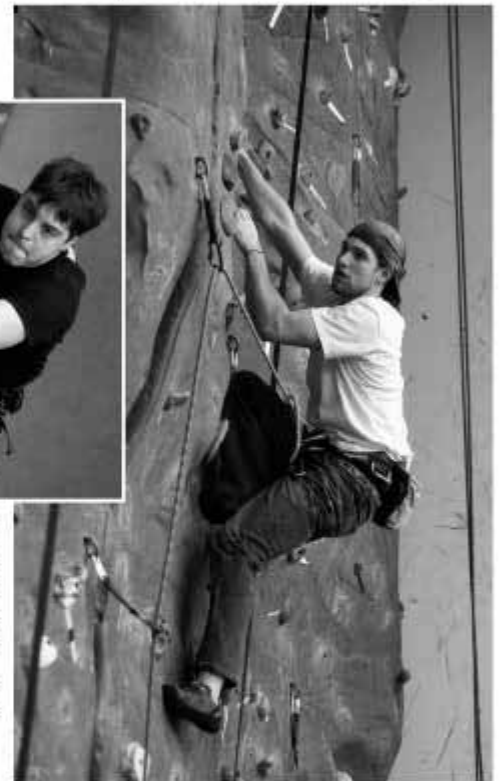
WINTER 2011-12

How to Make Climbing a Part of Your Life (and reap the rewards!)

So, you've been eyeing the climbing wall as you walk the track, shoot hoops, or wait for your group exercise class to begin, and it looks like so much fun (it is, and it is also a fantastic workout), but you don't quite know how to make it a regular part of your active life (or that of your kids'). We can help!

For kids, a great way to learn the basics and experience climbing is to participate in climbing camps. We host youth climbing camps during school breaks – winter, spring and summer. The next youth climbing camps will be held December 19th-23rd and 26th-30th. Following participation in climbing camps, kids can stay in the climbing groove by visiting the climbing wall during Open Climb. For kids who take a particular interest in climbing, we offer a youth competition training program that prepares kids for climbing competitions throughout the Northwest. The next season of competition training begins in January.

For adults, a great way to get started is to participate in "Get Me On The Wall", an introductory instructional course held on select Saturday mornings from 9:00-10:00am. It is followed by Open Climb, which creates a perfect opportunity to practice newly acquired skills. Even if the Saturday morning instructional courses don't mesh with your schedule, you can still come in during Open Climb to try it out.



Go Monkeys!

Talented climbers Nolan, Kyle, Raegyn and Justys rock out at our 7th year anniversary of the climbing wall.



Climbing is an excellent workout that adds a distinct element of fitness to your routine, with seriously improved strength, balance and confidence (we hear that kids who climb sleep well, too). Our regular climbers plan Open Climb into their schedules, just like a group exercise class or tennis match, and they will tell you that they reap the benefits. It only takes a few times to get the hang of climbing and to start feeling the changes in strength and coordination. The best way to get in shape to climb is to climb, even if just a little bit.

We make it easy to fit it into your schedule, with Open Climb seven days a week. Monday through Thursday evenings from 5:00-9:00pm. Friday mornings from 6:00-10:00am. Saturday and Sunday from 10:00am-2:00pm. You'll find a great network of climbers of all ages who will support and encourage you in your new venture into fitness.



For more info stop in to see us, or visit www.sunsetrockclimbing.com



PHOTOS BY BROOK WISLUN

SAC Notes

Holiday Hours:

Christmas Eve, Sat. Dec. 24
– Early closure 4pm

Christmas Day, Sun. Dec. 25
– Closed

New Years Eve, Sat. Dec. 31
– Early closure 4pm

New Years Day, Sun. Jan. 1
– 9am to 5pm

Enjoy a safe and happy
holiday season!



Sunset Athletic Club

Your Club Connection

Owner - Chuck Richards

General Manager - Carleen Prentice

Bookkeeper - Nancy Johnson

Administrative Director -

Jen Prentice

Office Manager - Barb Johnson

Special Projects - Kathi Marcus

Systems Support - Ron Daley

Tennis Director - Niren Lall, USPTA

USPTA Tennis Staff

Michelle Aman, Kean Feeder,

Niren Lall, Rob Peterson,

Tim Smither, Kristi Somers,

Mike Tammen, Chris Wolff

Personal Training Staff

Dr. Bruce Farmer,

Al Granville, Zane Kelly,

Eleni Kehagiaras, Jason Mead,

Joni Neilson, Jane Richardson,

Jamie Sanne, Judith Skinder,

Farrah Thomason

Clubhouse Director - Erin Cahill

Racquetball Director

Paul Maduell

Group Fitness Director

JoAnne Kehagiaras

Climbing Director

Laura Davis

Indoor Aquatics Director

Gale Parsons

Facilities Technician - Bryan Hall

Website: www.SunsetAC.com

SAC is proud to be a member of



Yoga versus Pilates?

Yoga and Pilates enthusiasts tout their workouts with a religious zeal, celebrities and athletes alike boasting about the life-changing physical and mental benefits.

Looking for a workout that will stretch and sculpt your entire body? Your yogi friends assure you that hitting the mat is the way to go. But, you've also heard Pilates is an excellent overall body conditioner. So, which should you be doing?

While yoga and Pilates have some similarities, fundamentally, they are worlds apart.

Yoga has a philosophical, spiritual focus that differentiates it from the more workout-based Pilates. Though on the surface, yoga appears to be just a series of stretches, it's actually a holistic practice steeped in ancient Indian culture that unites the mind, body and spirit through exercise, breath and meditation. Beyond mere exercise, yoga is a lifestyle.

There are many variations of yoga on our Group Fitness Schedule, from Quicker flowing, aerobic styles like Power Yoga Class (Vinyasa style – vigorous and fast paced) to the Yoga Fusion Class (a sequencing of yoga poses linked by the harmonious flow of breath, core centered poses and relaxation). So, whether you are experienced and ready to take on the challenges of Power Core Yoga, or a beginner with Gentle Yoga, don't overlook adding a Yoga Class to your workout!

The focus of Pilates is physical. It's a conditioning program that improves deep core strength, muscle control, flexibility, coordination and body tone, which produces long lean muscles. Pilates' founding father always proclaimed: "In 10 sessions, you will feel the difference. In 20, you will see the difference. And in 30, you'll have a whole new body."

The foundation of Pilates offers six principles, which have been modified since Joseph Pilates first created the method in the 1920's:

1. Centering (strengthening The Powerhouse – abdominals, pelvis, buttocks and back)
2. Concentration (bringing full attention to each exercise)
3. Control (utilizing total muscle control)
4. Precision (every movement has a purpose)
5. Breath (exercises are coordinated with the breath)
6. Flow (movements are smooth and graceful)

In our Mind Body Studio we offer mat classes as a part of our Group Fitness Schedule.

Beginning Pilates, for the novice who is interested in the basics principles, and Intermediate Pilates, for the accomplished participant.

Take advantage of the specialized Pilates Reformers equipment in our Pilates Studio.

Through the utilization of pulleys, springs and weight resistance on the Reformer, your Pilates Coach will develop a specific program to isolate and work each muscle group without creating bulk. Pilates Coaches develop personal and "small group" programs. Inquire at either of our Service Desks for costs to purchase coaching and programs.

Consult your Group Fitness Schedule on line at Sunsetac.com or ask for a schedule at one of our Service Desks to begin (or continue) your own journey. Bottom line? They're both dynamic workouts that deliver tangible results. Whichever you choose, you're guaranteed to look and feel great!

Membership Dues Change Next Year

Monthly dues will be increasing on February 1st, 2012. This increase is an overall average of approximately seven and one-half percent, which parallels the increased cost of operating over the past three years. The largest increases going to payroll, supplies (commodities), property taxes, licensing, member services and Capital Expenditures.

We will continue to reinvest in your club, so that we can continue to provide you with a quality club experience.

As we enter into our 35th anniversary year, please know that we appreciate your membership here at Sunset Athletic Club. Our programs, staff and facility will continue to offer high value for your membership dollar compared to other clubs in our area. Thank you for your understanding as we continue to grow, evolve and play an increasing role in your fitness life, and the community at large.

Indoor Aquatics Center

Swim Technique Workshop

Tuesday & Wednesday, Dec. 13th & 14th, 4:00-4:45pm

This two-day workshop focuses on specific skills and is designed to improve participants overall swimming ability.

Minimum age 7 years. Level 4 swim skills or better.

Registration forms for this workshop are on the Activity Wall.

Polar Bear Swim Camp

Monday/Tuesday/Wednesday, December 19th, 20th, & 21st from 1:00-3:00pm.

Fun times and learning for kids ages 4-10. Daily activities include theme project, safety lesson, swim instruction, aquatic games, and snack.

Registration forms for this camp are on the Activity Wall.

Children's Group Swim lessons

Winter Sessions

For complete details pick up a SAC Indoor Aquatics Center Programs packet (available early December).

Registration & Evaluations: Wednesday, January 11

Supplemental Registration: Saturday, February 11th.

Schedule:

Mon. & Weds. evenings / Tues. & Thurs. afternoons:

Session I: January 16 - February 9

Session II: February 20 - March 15

Saturday's: January 21- March 10

Registration forms for the 2012 Winter Sessions of the following programs will be available, starting December first, at the Activity Wall:

Swim Conditioning Program, Adult Swim Lessons,

Youth Swim Lessons and Water Babies.

See you in the water! - Gale Parsons



Duo Swims to Synchronized Win

We are proud to congratulate SAC members Jill Starling and Linda Pollock, who represented Sunset Athletic Club in the US Masters National Synchronized Swimming Championships, held in Rosewood, CA this past October.

These talented performers won first place in the 60-69 duet category for the eleventh year running! Synchronized swimming requires a unique combination of overall body strength and agility, grace and beauty, split-second timing, musical interpretation, stamina and dramatic flair.

Great job ladies for competing again this year. We're very excited to have you represent us by wearing SAC's blue and green.



Wine Tasting

Featuring Rizzo Winery

Thursday, December 8, 2011 from 6 to 9 pm

Sunset Athletic Club — Café Area

Special Discounts for Holiday Gift Giving!



Rizzo Winery is a micro winery focusing primarily on single vineyard, single varietal wines. Crafting each wine to express and showcase the unique characteristics of the varietal and its Terrior. All our red wines are unfiltered and celled for a minimum of 20 months on one, or a combination of new and neutral American, French and Hungarian oak depending on varietal.

Oak is used as a tool to create nuances enabling us to craft complex, beautifully balanced, full bodied, rich red wines that offer an exceptional total sensory experience and for collector wines which will cellar for years. Once you try our wines you'll know why we refer to Rizzo Wines as "the wine makers' wine".

Among the White Varietals available — Pinot Gris, Muscat, Pinot Noir Rose

Among the Red Varietals available — Cabernet Sauvignon, Pinot Noir, Syrah, Tawny Port Style

Racquetball

Thanks to everyone who participated and volunteered at the recent Rose City Racquetball Tournament. See the box at right for a special "thank you" offer for everyone at SAC.

High school league matches continue this winter. This ongoing program gives young players a chance to hone their athletic skills in a challenging environment.

Here are some upcoming dates to remember:

December 3rd - High School League match #2:

12:00 noon to 6:00 PM

December 17th - High School League match #3:

12:00 noon to 6:00 PM

January 14th - High School League match #4:

12:00 noon to 6:00 PM

Our next big event for Junior players is The Winter Blast tournament, held at Sunset Athletic Club from January 6th-8th, 2012. Stop by and watch some of these talented athletes play in exciting matches. Once you see how much fun it is, you'll want to get your kids involved in racquetball!

Right after the tourney, we begin Winter league play on January 9th. Contact Paul for more information.

Need a new racquet this winter? Looking for a holiday gift for your athlete? Our SAC Pro Shop (in the Lobby) has the newest racquets, eye-wear and accessories from HEAD — and so much more!



SAC Pro Shop

in the lobby...



climbing harnesses, aquatics gear, apparel for your workout, tennis, HEAD racquetball & squash gear, yoga mats and more

also visit the **tennis center** for adidas and Prince footwear, tennis racquets and other accessories for the courts

Our Professional Racquet Service and Selection Staff are there for **you!**

SAC Members-Only Discount — 20% Off* Food, Beverage and Hotel Rooms at...

Timberline Lodge



The Racquetball Community appreciates the patience and support of every SAC member.

We know our energetic tournaments, like the recent Rose City Pro-Am, can be a bit disruptive — and we appreciate your support. To help thank you, Scott from Timberline Lodge is offering this SAC Members-Only discount!

Just mention "SAC Racquetball" and confirm the discount when you make your reservations. *Weekends and Holidays excluded

Art & Craft Fair doubles donation

Thanks for supporting our Annual Holiday Art and Craft Fair this past November! Because of your support, we were able to donate \$665.00 to the Oregon Food Bank.

Members found treasures for holiday gift giving, everyone enjoyed the extended hours and great fun was had by all.

Inclement Weather Policy

Our Group Fitness program follows the closures of Beaverton School District. If schools are closed for the day, all our group fitness classes will be cancelled for the day. If the Beaverton School District calls for a "Late Start" contact our Service Desk for further information regarding our plan for the day. You may also check our "Breaking News" link on the website.

Massage Therapy with Jamie Sanne



Need to recover from your workout or an intense game?

Maybe you just want to relax...

Specializing in Deep Tissue Massage and Myofascial Therapy.

For appointments, please call:

Jamie Sanne, LMT
503-201-0053

Tennis

Hello Tennis Players!

Welcome to Winter tennis – Mixed and Senior USTA seasons are well under way. Look to sign up in December for Men's and Women's USTA that will start February first. Sign up in the tennis center registration book to get on a team. Many captains will be the same, so specify which team you would like to be on again (and contact your captain to let them know you would like to play for them, if there is room on their team).

The Pirates of the Caribbean tennis tournament was a big success with a hundred participants in singles and doubles. Check out the photo's! Look for the next tournament to be held in late spring-time.

Holidays are coming, so look for a Junior Holiday Camp when school gets out. Camps will be for all levels; Beginner, Intermediate and Advanced. Camps are scheduled for December 19th through the 22nd, and December 26th through the 29th and run 10:15am to 1:15pm. Invitational and Pre-Invitational Camps will go every day on those dates from 3:00pm to 4:30pm. Join the fun! Sign up in tennis center.

Finally, I just have a reminder about tennis court etiquette. When waiting to enter a tennis court when it is you're booked court time try to wait for a point to finish before entering. The players on your court will appreciate it greatly.

Also please remember, Tennis members, no coffee on the tennis courts (or any other colored beverages). Coffee is the worst culprit to our courts getting stained. Our courts are nice and clean after they all were washed in late August and we want to keep them that way.

Thanks! - Your Tennis Director, Niren Lall

Ladies in the Weight Room

Presented by Judith Skinder

Are you a lady who is age 50 or older?

Your doctor is telling you it is more important than ever to use the weight room.

We have a great solution to get you started!

Ladies in the Weight Room is a 4 session program will make you more comfortable in this unique part of the club.

Judith will offer a "hands on" approach to teach you the mechanics of the weight room. You will gain confidence while in the company of other women just like you!

This ongoing program runs each Tuesday from 1:00 to 2:00pm. Contact Judith Skinder with questions or to register at 503-292-1169.

Cost for 4 monthly sessions is \$70.00 per participant (includes 4 sessions – no prorating)





**Fun that's
Out of this World!**
Join the Adventure online at
www.sacclubhouse.com

Kids Club

Let Kids Club be the "glue" to hold your day together! Bring your kids for fun games and crafts with the Clubhouse Crew! Kids will enjoy games and playtime in our upstairs Kids Club area as well as exciting sports and special activities in our downstairs area!

Monday-Thursday: 8:00am-8:00pm

Fridays: 8:00am-6:00pm — Saturdays: 8:00am-Noon

Daily Hourly Limits: Two hours per visit and Four hours per day (A minimum of two hours must separate daily visits).

Age 3: Invited to participate with parents on the Sunset Athletic Club campus (potty-trained required). Ages 4 and up: Invited to participate with parents on-or-off the SAC Campus.

Only \$3.60/hour per member child or \$4.80/hour per non-member child. Cheaper than a babysitter... More fun with friends! Bring a non-member guest for FREE the first Friday of every month! Mark your calendars: Jan. 6th, February 3rd & March 2nd.

Parents' Night Out

Kick off the new year right by joining the Clubhouse Crew at one of our outrageously wild Parents' Night Out events! ALL THEMES ARE NEW- new activities, new games, new fun!

Kids will go home each week with prizes and special treats unique to the SAC Clubhouse. For more details on weekly activities, pick up a Winter 2012 booklet, or go to our website.

Saturday, January, 7th: Purplicious

Friday, January, 13th: Freaky Friday the 13th Fun

Saturday, January, 21st: Creepy Crawlers

Friday, January, 27th: It's All About Chocolate!

Saturday, February, 4th: Recycle It

Friday, February, 10th: Valentine's Day Delight

Saturday, February, 18th: Mardi Gras Carnival

Friday, February, 24th: Pajama Party

Saturday, March, 3rd: Happy Birthday Dr. Seuss

Friday, March, 9th: Silly Science

Saturday, March, 17th: Leapin' Leprechauns

Friday, March, 23rd: Grand Slam Night

Spring Break Day Camps: March 26th-30th

Spring is a way off, but when it comes, you'll be glad you remembered our camps! Highlighted Activities may include: Bounce Houses — Face Painting — Water Balloon Games — Dodge Ball — Relays/Races — Scooter Games — Omni-Ball — Capture the Flag — Spring Crafts — Indoor Games — Plus More Surprises!

AM Camp: 9:00am-Noon

Kids Club Lunch Hour: Noon-1:00pm

PM Camp: 1:00-4:00pm

Daily Camp Member Child Prices: \$15.00 per camp

Daily Camp Non-Member Child Prices: \$20.00 per camp

Kids Club Lunches: \$5.00 per day (included if participating in morning and afternoon camps)

American Red Cross Classes

Babysitting Training Classes: 9:00am-3:30pm. Ages 11-15 invited. \$50.00/member or \$60.00/non-member. Dates: Saturday, Jan. 21st; Monday, February 20th and Sunday March 11th.

When I'm in Charge Classes: 9:30am-Noon. Ages 8-11 invited. \$25.00/member or \$35.00/non-member. Dates: Monday, January 2nd; Sunday February 12th and Friday March 9th.

CPR, AED, and Standard First Aid Classes: Effective May 1, 2011, the CPR standards have been changed and updated! Get certified with the new and updated information at a low and affordable price! Visit our website for a class schedule and pricing.



Our Clubhouse Crew Runner Program can help get kids to/from ANY club program, lesson, or camp for Kids Club!

Contact the SAC Clubhouse today for more information!

Personalized Birthday Parties and Rentals

Is it time to schedule your next birthday party or special event at the SAC Clubhouse? Let the Clubhouse Crew help personalize your special occasion to fit your needs and interests, with you designing your party to fit within your budget!

Each party is different and unique; parents can relax, kids can play, and the Clubhouse Crew does all the work! Pay one base price to reserve your area, and use our Big Bonus list to add extra fun to your event! To begin, complete a request form online today: www.sacclubhouse.com.

Skippin' School

Days off from school get better and better each time! Join the Clubhouse Crew for a day of exciting games, sports, and crafts, including: rock climbing, swimming and a movie in our indoor movie theater. Space fills up fast each day and is limited to the first 30 kids per session. Open to ages 4-11.

AM Session: 9:00am-Noon. Rock Climbing and Movie are available for an additional fee.

Kids Club Lunch: Noon-1:00pm. Enjoy open play time and a delicious lunch for only \$5.00 or FREE when attending both sessions.

PM Session: 1:00-4:00pm. Rock Climbing and Swimming are available for an additional fee.

Dates: Monday, January 2nd; Monday, January 16th; Friday, January 27th; Monday, February 20th and Friday, March 9th.

Members: Child: \$20.00/session — Family: \$35.00/session
Non-members: Child: \$30.00/session — Family: \$50.00/session
Clubhouse Passes are valid with this program for members.