

SPRING & SUMMER 2010

Get a Jump on Fitness – New Summer Programs



Need a Jump Start?

A heart-pumpin', strength buildin', serious core workout is what you'll get in our new JUMPBOARD class! Come and experience a fun and challenging workout that you will want to repeat over and over again.

Classes are held in the Reformer Pilates Studio. We utilize the footboards and other aspects of the reformer benches to get fit.

Contact Juanita at 503-705-7986 or Jill at 503-292-5024 for scheduling details. Sign-up's are also outside all of the studios.

You're Serious about Basketball

Varsity/AAU session of SAC Basketball academy starts in April and continues through August

This special spring and summer session is catered to the serious High School or college player only (boys and girls 8th grade and older only)! These workouts will be intense and will emphasize the skills that will help you reach the highest level of basketball. Each player will get an individual evaluation and assessment of their skills.

Many sessions and times will be offered to work around your summer basketball schedules and activities. You will have 2-3 workouts each week to choose from. Players will get a chance to work out with Team Oregon one of the top boy's all-star AAU basketball teams in the NW, along with other college bound basketball players.

Session packages start from \$100 with flexible dates and times to work around your other sports schedules, family vacations and spring and summer activities.

Call our SAC basketball academy director Steve Garrity at 503-875-8281 to reserve your spot and with any questions.



Swim Team - SAC Attack!

Be sure to mark you calendar for Swim Team Registration Alumni Registration is April 30th at 5:00am*

*MUST have been on the team for 2 consecutive seasons to qualify. So, this would be your 3rd season.

Open Registration is May 1st at 6:30am

With another fun year ahead, don't forget the club opens early for registration.

Please note: Registration is in the main lobby, not the Aquatics Center. Space is limited and by registration only.

Child must be a member to join the Swim Team. to register. Questions: SacAttackSwimming@hotmail.com



The Outdoor Aquatics Center will soon be open...

**When we all follow the rules
below it will be a great summer!**

* Please bring a beach towel from home if you are using the outdoor pools. Club towels may only be used inside the club.

* Members may bring one guest up to five times in one year. Guest fees are \$10.00 per visit and all guests must sign in at our guest registry located at any of our Service Desks.

* Organized parties are not allowed at SAC unless sanctioned by Sunset Athletic Club. We have designed spaces that appropriately function for events to enhance the celebration for the host and minimize the impact of the event on our members not attending the event. The member hosting an un-sanctioned personal celebration of any kind can face serious penalties. Contact the business office if you have questions.

SAC Notes

Share the Health
and Give...

Blood Drive at Sunset Athletic Club

Wednesday, June 16th
2:00 - 7:00pm



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, Brad Erickson,

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,

Cindy Pinkard, 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



Group Fitness

TABATA Workout is here!

We are introducing a new, high-intensity workout, guaranteed to get your heart working and your blood flowing. Invented by Izumi TABATA of Japan, the class format alternates between cycles of TABATA training, recovery and core-based resistance training.

Since the movements are simple to learn and can be performed at one's own pace, this class is suitable for members of all fitness levels.

Give TABATA a try! Burn off calories while having fun...Tuesday evenings at 6:30pm in our Body Conditioning Studio.

Walking Class update

Effective March 29th, the 8:30am Walking Class will be held on Mondays and Wednesdays.

Indoor Aquatics Center

Throughout the year we schedule both Group Fitness and Special Classes in the Indoor Aquatics Center. Members who are eligible for Group Fitness classes are also welcome to join our free Aquatics Group Fitness classes. Special Classes, such as "Swim Technique Workshops" and "Conditioning Programs", have extra fees involved.

Water Fitness; Conquer the Columbia

During the month of May we will attempt to conquer 1,200 miles of the Columbia River. For every water fitness class you attend, you will cover 100 miles. So, get in 12 classes in May and you'll enjoy the healthy benefits of a water workout, a beautiful souvenir certificate and a great prize! Just sign up the first day you attend class in May!

Summer Group Swim Lessons

See the enclosed yellow insert for more swim lesson info. Please note, all children must have a swim evaluation before they register for their "first-ever" SAC group swim lesson. Contact **Gale Parsons**, Indoor Aquatics Director, for information on days, times, fees and registration procedures.

Swim Conditioning Program - Ages 7 and over

Tuesday and Thursday afternoons, June 22nd - August 19th, from 4:15 to 5:00pm. Please note, no classes July 6th & 8th.

Swim Technique Workshops - Ages 7 and over

These are designed to improve your overall swimming abilities in freestyle, backstroke, breaststroke and butterfly. Prerequisites: Swim one length of the lap pool, freestyle and backstroke.

June 15th & 16th, 4:15 to 5:00pm

Sign up for all classes at the Aquatics Center...and enjoy a great time in the water!

Please remember; For the health and safety of our pool users, Spectators are not permitted on the pool deck. We encourage you to observe pool activities from our viewing balcony.

SAC Pro Shop

in the lobby...

climbing harnesses, aquatics gear,
apparel for your workout, tennis,
racquetball and 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!**



AthletesInMotion.info



Group Lessons - Indoor Pools

Morning Lessons, Monday-Friday, 10:15 am-12:30pm

30 minute lessons, 5 days a week for 2 weeks. \$60 member/\$90 non-member

Session 1: June 21 - July 2

Session 2: July 12 - July 23

Session 3: July 26 - August 6th

Session 4: August 9 - August 20

Afternoon Lessons - Tuesday & Thursday 2:00-4:15pm

Evening Lessons - Monday & Wednesday 5:30-7:15pm

30 minute lessons, 2 days a week for 4 weeks. \$50 member/\$75 non-member

Session 1: June 21 - July 22*

Session 2: July 26 - August 19

*Note: No afternoon or evening classes July 5-8

Adult Lessons - Tuesday Evenings 6:30-7:15pm

45 minute lessons, 1 day a week for 5 weeks. \$50 member/\$75 non-member

Session 1: June 22 - July 20*

Session 2: July 27 - August 17

*Note: No afternoon or evening classes July 5-8

Please note: Every child must have a swim evaluation before their first session.

Registration must be done in person, and payment is due at the time of registration. Our refund policy:

If you withdraw before the start of the first lesson you are entitled to a full refund; if you withdraw before the third class meeting you are entitled to a 50% refund.

Contact Gale in the Aquatics Center for complete information on swim lessons. 503-645-3535 x262

Indoor Pools Summer Programs

Indoor Aquatics Director - Gale Parsons

Registration for Swim Camps and Swim Lesson Request forms are available at the Athletic Service Desk.

Want to get everyone into the water?

Contact the Service Desk and upgrade to a Family Membership!

Summer Swim Camps

Tropical Paradise!

3-days: Tues./Weds./Thurs.
July 6th, 7th, 8th

Arctic Explorers

3-days: Tues./Weds./Thurs.
August 24th, 25th, 26th



Private Lessons - Indoor Pools

Private swim lessons must be purchased in advance, in packages of four 30 minute lessons. Dates and times are arranged between the instructor and student. Lesson packages expire one month from date of purchase and are non-refundable and non-transferable.

Fill out your lesson request form at the Service Desk. An instructor will call you based on availability.

Private Swim Lesson Rates

Private Lessons: Four lessons, 30 minutes each:
\$72.00 Member/\$108.00 Non-Member

Semi-Private Lessons: Four lessons, 30 minutes each:

Two students with 1 instructor, must sign up together. Price is total for both.
\$108.00 Member/\$144.00 Non-Member

Remember: bring your beach towel from home if you are using our outdoor facilities. Club towels are for indoor use only. Thank you!

Outdoor Pool Swim Team-SAC Attack!

Be sure to mark your calendar for May 1st
Swim Team - OPEN Registration at 6:30am

The team will be limited, so sign up early!

Sunset Athletic Club welcomes **Laura Cantwell** as Head Coach of the highly successful SAC Attack Swim Team.

Laura is excited to see the program continue to grow each year.

Last year, 200 swimmers enjoyed an incredible summer together. The team capped off the season by taking first place in the **Metro Portland Summer League Championships!**

We are already looking ahead to the success of the 2010 summer team.

GO SAC ATTACK!!!

The Swim Team Program includes a Swim Team T-shirt and 8 weeks of instruction. Information on practice times and other details will be available before the sign up dates.

This is a very popular program, so sign up May 1st!

SUNSET ATHLETIC CLUB SUMMER CAMPS

2010



**All of our Camps are
High-Spirited & Fun!**

Sports Camps below run Monday - Friday
9:00 am to 1:00 pm

*OTHER CAMPS - TIMES AS NOTED

ADVANCED REGISTRATION IS REQUIRED!

Please pick up forms at the Service Desk

Cost: \$79 member - \$89 non-member, unless noted

Sports & Activities Camps - Ages 6 to 10 -

We will play a variety of sports including
basketball, soccer, climbing wall,
racquetball, swimming & tennis.

Our great coaches provide the energy
and leadership to insure a fun summer
full of fantastic memories!

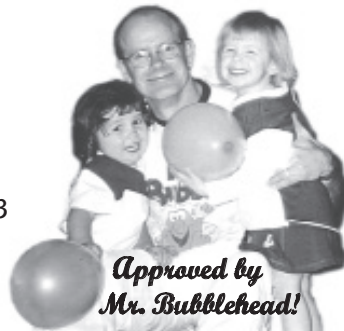
- Session 1: June 21 - June 25
- Session 2: June 28 - July 2
- Session 3: July 12 - July 16
- Session 4: July 19 - July 23
- Session 5: July 26 - July 30
- Session 6: August 2 - August 6
- Session 7: August 9 - August 13
- Session 8: August 16 - August 20
- Session 9: August 23 - August 27



Squirts Sports Camps - Ages 4 to 6 -

Our skill-building adventures range from sports, water-
play and hikes to circle games and relays. It's always
about fun and friendly activities where everyone wins!

- Session 1: Not Available
- Session 2: June 28 - July 2
- Session 3: July 12 - July 16
- Session 4: July 19 - July 23
- Session 5: July 26 - July 30
- Session 6: Not Available
- Session 7: August 9 - August 13
- Session 8: Not Available
- Session 9: Not Available



*Approved by
Mr. Bubblehead!*

WHAT TO BRING (for Sports Camps above):

PLEASE LABEL YOU CHILD'S BELONGINGS!

1. Wear play clothes that can get dirty.
2. Wear tennis shoes with non-marking soles.
3. All campers should bring swimming suits every day.
4. Your child will need a sack lunch Monday - Thursday.
Friday we celebrate the last day of camp with a pizza lunch!

Summertime Monkeys Climbing Camps

- 3 Day Sessions, Ages 6 to 12 -

Play climbing games, learn climbing skills, develop fitness
and have fun! Climbs are safe and supervised. All gear
is included. **Please bring a sack lunch.** Limited to 10
climbers/camp - Minimum of 5 climbers required.



Sessions run Mon/Weds/Friday: 10:30 am-1:30 pm



- | | |
|------------|---------------------|
| Session 1 | June 21, 23, 25 |
| Session 2 | June 28, 30, July 2 |
| Session 3 | July 5, 7, 9 |
| Session 4 | July 12, 14, 16 |
| Session 5 | July 19, 21, 23 |
| Session 6 | July 26, 28, 30 |
| Session 7 | August 2, 4, 6 |
| Session 8 | August 9, 11, 13 |
| Session 9 | August 16, 18, 20 |
| Session 10 | August 23, 25, 27 |

Climbing, Per Session Cost:
\$90 Members - \$115 Non Members

Summer Tennis Camps

Classes taught by Tennis Director Niren Lall, and Pro's Kristi
Somers, Tim Smither and Chris Wolff.

**All Tennis Camps are designed for Advanced/Beginning,
Intermediate and Advanced level players, ages 7 and up.**

Four-day long, weekly camps, 10:15 am - 1:15 pm
\$144-members, \$168-fitness, \$204 Non Members

- | | |
|--------------------------|----------------------|
| Camp 1: June 21 - 24 | Camp 5: June 19 - 22 |
| Camp 2: June 28 - July 1 | Camp 6: June 26 - 29 |
| Camp 3: July 6 - 8* | Camp 7: Aug. 2 - 5 |
| Camp 4: July 12 - 15 | Camp 8: Aug. 9 - 12 |
| Camp 9: Aug. 16 - 19 | |

*No camp Monday, July 5th - cost pro-rated



*"Fun that's Out
of this World!"*

Clubhouse Camps

Half-Day, Full-Day & Full Week Camps
Monday through Friday

Register at the Service Desk, or
online at: www.sacclubhouse.com

The Clubhouse Crew has a variety of camps for ages 4-11

Get wacky and clown around with your pals! Each week offers non-
stop, energetic activities designed for every age range.

Themes include: Space Camp, Games Galore, Kids Campfire, Wild &
Wacky Weekdays, Circus Carnival, Fun in the Sun & More!

- Camp I runs 9:00 am to 12:00 noon
- Kids Club Lunch runs Noon to 1:00 pm
\$5 per day (included if participating in AM and PM camps)
- Camp II runs 1:00 pm to 4:00 pm
- Member: \$15 daily per camp or \$60 weekly rate per camp
- Non-member: \$20 daily per camp or \$75 weekly rate per camp

• **Camp Schedule:**

- Ages 4-7: 11 Camps available, AM and PM; June 21 - Sept. 3
- Ages 7-11: 11 Camps available, AM and PM; June 21 - Sept. 3

**Kids Club Summer Hours*, Mon-Thurs: 8:00am to 8:00pm
Fridays: 8:00am to 6:00pm & Saturdays: 8:00am to Noon**

Hourly Rates are \$3/member - \$4/non-member. - \$5.00 from Noon to
1:00 (includes lunch) Two-hour maximum per visit. Four hour max, per
day. Clubhouse Pass is valid. *Summer hours begin Monday, June 21st.
Children age 3; Invited to participate with parents on-site only. Potty train-
ing required. Children ages 4 and up; Parents can be on OR off-site.

Please ask at the Service Desk for full descriptions & schedules.

Junior Tennis

Summer Tennis Camps

Taught by our SAC Tennis Pro's, designed for boys and girls from Beginning to Advanced levels, who wish to develop and fine-tune their skills. One-week sessions, prices per week. Class size is limited, register early to reserve a spot!

Sign up in the Tennis Center, or call 503-645-6713

· Beginning (Tiny Tots Tennis) - Ages 3 to 6 ·

Emphasis on fun, for children with little or no experience.

June 14th - Aug. 19th, Tuesdays & Thursdays, 2:20 - 3:15 pm

\$20-members, \$24-fitness members, \$28-non members

Ten weekly Camps running from

June 14th - August 19th

Classes run 10:15am - 1:15pm

4 day Camps - Students are split into separate groups by ability level. See enclosed Camp insert for dates.

\$144-members, \$168-fitness members, \$204-non members

· Beginner & Advanced Beginner - Ages 7 and up ·

For children with little experience. Intro to racquet handling, hand-eye skills, grips, strokes and playing concepts.

· Intermediate ·

Stroke Technique combined with movement is taught. Students should be able to get serve in and be able to rally.

· Advanced Tennis ·

Beginning Tournament players that have little tournament experience and high school players will benefit from this class.

· Pre-Invitational Class ·

Players working towards invitational level.

Lower level "A" or "Champ" level players.

Mondays & Wednesdays, 3:00 pm - 4:30 pm

\$19 per class, members and non-members

· Invitational Class (Invitation only) ·

For Juniors who are "A" or "Champ" level tournament players. Guest Pro's play in. Need SAC staff, USPTA Pro permission to sign up.

June 14th - Aug. 18th, Mon. & Weds, 3:00 pm - 4:30 pm

\$19 per class, members and non-members

Rock Climbing Wall

Hang Out at the Climbing Wall this Summer!

As summer draws near and the weather warms up, the climbing staff gets excited for all of the fun that comes with summer.



This summer, the climbing wall will host climbing camps for ten weeks, beginning the first week after school gets out and continuing through the last full week in August. Camps will be held each week on Mondays, Wednesdays and Fridays from 10:30am-1:30pm.

Space is limited to ten climbers per camp and registration is available at the service desk now, so don't delay. On weeks that significant waiting lists develop, a second camp may be added in the afternoon.

In addition to climbing camps, the climbing wall will have regularly scheduled open climb times this summer every Monday through Thursday from 5:00-9:00pm and every Saturday and Sunday from 10:00am-2:00pm.

New this summer, instructional clinics at the climbing wall will be held on Saturday mornings from 9:00-10:00am, before open climb time, allowing for participants to stay and practice their newly acquired climbing skills and knowledge during open climb.

For kids interested in potentially joining the climbing team, summer is the perfect time to find out if climbing may be the sport for them. Camps are a great way to get the initial experience needed, and for campers who then want to be more serious about climbing, summer team practices may be a good way to learn the ropes. Kids, ages 10-18, interested in the team, practice on Tuesdays and Thursdays from 2:00-5:00pm during the summer.

The latest update on the autobelay device recall is that the climbing staff has been diligently researching all of the replacement options, with a number of newcomers on the market after the recall, in addition to the market leaders. Sunset Athletic Club is looking to find the best and safest autobelay device for the facility, with the hopes of having new devices installed before the start of summer.

The options have been narrowed and a replacement decision is near. In the interim, participants are welcome to climb the old fashioned way, with a belayer on the other end of the rope. To learn, look for the appropriate Saturday instructional clinic or schedule individual instruction with climbing staff at your convenience.

For more information on any climbing programs, contact climbing staff or check out the website at: www.sunsetrockclimbing.com

Tennis

Welcome to spring tennis players! We start spring with out with a Club Tournament. Look for The GoodFellas Mixed and Combined Doubles Tourney April 28th through May 1st. Players may play either the mixed event or the combined doubles event. Which means you can combine your rating with your partner and play 5.0 through 10.0 events in either the Mixed or the Men's/Women's events. Event will start 5:00pm on Wednesday the 28th and run every night with the finals during the day on Saturday. As usual we will have a dinner and party at 6:00pm on Saturday. Come dressed your favorite Gangster and Gangster Gal from the Goodfellas mobster era!

Also in May we are having the 3rd annual Folktime Pro-Am Tournament on May 23rd. We are in need of players 3.0 to 4.0 men and women to play as Amateurs with top pro's from SAC and the Portland area such as Brian Joelson, Kean Feeder, Wayne Pickard, Rob Peterson and myself. Contact Niren for details.

Sign up now for Summer Junior Camps and lessons! New for this summer we will have Camps every week in the summer for all levels Beginner through Advanced that will occur Monday through Thursday from 10:15am to 1:15pm. Also new will be Tiny Tot classes all summer on Tuesday and Thursdays only from 2:30pm to 3:15pm. Invitational and Pre-invitational classes for champs and challenger players will be every Monday and Wednesday from 3:00 to 4:30pm on five courts, including outdoor. Summer classes will start June 14th and run through August 19th. Fill out you're registration form today to reserve you're spot in class.

Finally new for spring we have a new format for ladies night. It will be run similar to Men's Night in which you will be put on the court by the person at the desk and play for at least 20 minutes then you will be rotated around according to level. Please come down and try it out we would love to see more ladies out there using the courts on Tuesday nights. Thanks! See you on the courts! - **Your Tennis Director, Niren Lall**

Racquetball

Racquetball is Year Round at SAC

Get into the club and get fit playing racquetball. Join a league or sign up for private lessons with our club pro Paul Maduell. Organize regular play with others and find out the benefits of the fast and fun sport of racquetball.

Play Safe!!! Remember that proper protective eye wear are required at all time when playing racquetball and squash. Check out the lobby pro shop or service desk for proper equipment.

Junior Regionals comes to SAC...May 13th through 16th

Sunset Athletic Club will host the 2010 USA Racquetball Junior Regionals. This event will showcase the top elite juniors from around the northwest states.

For more info: www.oregonracquetball.org



PHOTO BY BROOK KIRKLIN

Join us in July for our Summer Doubles Shootout.
An exciting one-day shootout for all levels!

Takin' Care of Business...and our ball courts!

Please remember that the courts are for Racquetball, Handball and Squash ONLY.

- Proper Protective Eyewear is REQUIRED
- Indoor Court shoes ONLY with non marking soles
- Fitness members may play for \$5.00 fee. No Reservations.
- Play safe and have fun...ask our staff for any questions.
- Racquetball Members may reserve a court 48 hours in advance.



Enjoy our restful massage rooms
in the Aquatics Center!
Call 503-644-6109
for your appointment
or visit
AngelicHealingHands.com

Clubhouse

Fun that's Out of this World!

Join the Adventure online at www.sacclubhouse.com

You CAN have it ALL with our Clubhouse Pass...

The Clubhouse pass is a new and exciting way to save money with our outstanding children's programs. Pay one low price every month for your child or family to participate in UNLIMITED Clubhouse programs, including: Kids Club, Parent's Night Out, American Red Cross Classes and All Special Events!

- No more hourly charges!
- No more extra fees for climbing, swimming, and movies!
- No more exceeding your budget with every program and event!

Monthly Member Price:
\$60.00/child or \$100.00/family



Parent's Night Out - Friday or Saturday evenings, 5:00-9:00pm

A date night for parents, a fun night for kids! Activities may include Sports, Crafts, Indoor Games, Movies, Inflatables & Themed Fun. Enjoy a pizza dinner and snacks too!

Featured ONLY on certain nights during June, July & August, be sure to consult our website for available days: www.sacclubhouse.com

Cost: Members: \$20.00/child or \$30.00/family - Non-member: \$30.00 per child or \$40.00/family. Clubhouse Pass is valid for members. Optional climbing games: \$10.00 per rock climber.

American Red Cross Classes

Babysitting Certification Class - Become a certified babysitter in one day! A trained Red Cross instructor will teach kids ages 11-15 the basic training and necessary requirements to become certified after this seven hour course. Please bring your own lunch.

Classes run from 10:00am-4:30 pm;
Sat. June 12th, Weds. June 30th, Sun. July 25th,
Tues. Aug. 10th & Sat. Aug. 28th

\$50/member - \$60/non-member - \$50 late cancellation/no show fee

When I'm in Charge Classes - This 2 1/2 hour course helps kids ages 8-11 learn how to take care of themselves and be safe at home alone. Parent participation is encouraged for the last 30 minutes of each class.

Sat. June 19th: 1:30-4:00pm Sat. July 10th: 9:30am-Noon
Fri. July 23rd: 1:30-4:00pm Sun. Aug. 8th: Noon-2:30pm
Mon. Aug. 16th: 1:30-4:00pm Wed. Sept. 1st: 9:30am-Noon

\$30.00/member - \$40.00/non-member - \$35 late cancellation/no show fee

One on One Tutoring at SAC Clubhouse

We know some kids need a little one-on-one support with their studies, and we are here to help! With two experienced teachers ready to help kids ages K-High School, your kids will be on their way to success in various subjects right away.

Jeanne and Dan Woods have both been educators in the Beaverton School District for over 34 years, and they are ready to share their talents with your kids! Tutoring sessions will be scheduled individually; days and times are flexible to fit around your schedule!

Sign up to schedule your orientation with the director and your tutor and get started on your help today!

	Member Prices	Non-member Prices
45 minute session:	\$15.00	\$20.00
One-hour session:	\$20.00	\$25.00

Clubhouse Pass is NOT valid with this program

More details on upcoming programs, events and camps
at our website: www.sacclubhouse.com