



OJAI VALLEY ATHLETIC CLUB

RAIN OR SHINE, THE WATER'S ALWAYS FINE!

Call Jen* for an appointment today!
Private Lessons
Small Group Lessons
Stroke Development
Junior Swim Team
**WSI Certified & Lifeguard Trainer

Your Health



Your Life



SAVE THE DATE!
Please join our Aquatics Director, Jen Scarminach,
On
April 17th
From 12:00pm to 4:00pm
for
Kids At The Klub Day!

Your Club



February 2010

409 S. Fox St. Ojai, CA 93023 805-646-7213 FAX 805-640-1530

KIDS CLUB OPEN HOUSE

Moms drop everything! Grab a friend and join the Kids Club Staff for an Open House Friday, February 26th from 5pm – 7pm. Each non member guest will receive a tour and a 5-Day guest pass (and don't forget the wine and cheese, of course!). This is an opportunity for your friends to check out the club and childcare. Childcare and snack provided. As an added bonus, each member who brings in a guest will get 3 hours of free childcare!



JUST A REMINDER...

Kids Club is back to its regular afternoon hours Monday – Thursday!

VALENTINE'S DATE NIGHT

Mom and Dad make your reservations now! Drop the kids off at Kids Club....YES...DROP THEM OFF for 2 ½ Hours of free time... Yippy!

Sign up today to reserve your date night! Space is limited.

Friday, February 12th

5pm – 7:30pm

Ages Infant to 8yrs

\$20.00 for 1 child

\$30.00 for 2 children

\$40.00 for 3 children

Sign up at the Front Desk or call 805-646-7213 and leave a message and callback number at ext 109.

SHARE THIS HEART-HEALTHY DIP WITH YOUR VALENTINE!

SPINACH AND CANNELLINI BEAN DIP

Popeye knew firsthand the value of eating spinach. Hands down, spinach is the powerhouse of the vegetable kingdom. Its rich, dark color comes from the multiple phytochemicals, vitamins, and minerals (especially folate and iron) that also fight disease, protect against heart disease, and preserve your eyesight.

Ingredients

- 2 cloves garlic, minced
- 2 (6-ounce) bags baby spinach
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1 tablespoon fresh lemon juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Directions

In a large nonstick skillet, heat 1 tablespoon of the oil, over medium heat. Add the garlic and cook until fragrant, about 1 minute. Add 1/2 of the spinach and cook for 2 minutes until wilted. Repeat with the remaining spinach. Let the mixture cool for a few minutes.

Place the remaining olive oil, spinach mixture, cannellini beans, lemon juice, balsamic vinegar, salt, and pepper in the bowl of a food processor.

Blend until the mixture is smooth. Transfer to a small serving bowl. Serve with endive spears, crostini or pita chips.

What are you cooking to stay fit and healthy? Email your favorite recipe to share with OVAC members to csolow@wcaclubs.com



MASTER'S SWIM SCHEDULE

Monday-Wednesday-Friday

6:00 AM Masters

9:00 AM Technique

12 Noon Lunch Bunch Masters

4:30 PM Masters

Tuesday-Thursday

8:00 AM Masters I

9:00 AM Senior Swim

Saturday

7:30 AM Masters I

TENNIS NEWS

I hope everyone had a great New Year here at OVAC. I also hoped everyone stayed dry through most of January! It was an interested month here on the courts as rain hit us for consecutive days and put a delay on some tennis. Our interclub ladies are getting back in the swing of things. We are having some great matches at the club on Wednesday mornings. We also are getting our USTA Leagues going again. Right now we have a fun Mixed doubles team going at the club. We will be having many different USTA Leagues going on for the Spring Season. If you are interested in joining one of our many teams this Spring please contact via email. Have a great February!

See Ya on the Courts!
Ryan



WINTER TENNIS CLINIC SCHEDULE

Pee Wee Clinic

Ages 5-7
Thursdays 4:00 – 4:30pm
Cost: \$8.00

Beginning/Intermediate Clinic

Ages 8 & Up
Tuesdays 4:00 – 5:00pm
Cost: \$14.00

Advanced Clinic

Contact Ryan
Mon. & Wed. 4:00 - 5:00pm
Cost: \$14.00

High School Clinic

Contact Ryan
Mondays 5:00 – 6:00pm
Cost: \$14.00

Sweetheart CPR

February 11th from 6-8pm

Bring your loved ones!

\$10.00 for members (for certification)

Free to members who do not want certification

Childcare will be available by reservation

DEDICATED TO THE HEART

Special Event Workshop

In honor of

Valentine's Day

Friday February 12th, 4-5:30pm

Join Sherry Sidoti from FLY Yoga in this 90 minute Yoga Workshop. Together we will explore opening into compassion, towards ourselves, others and the divine web that keeps us all connected. We will safely explore a back bending/heart opening sequence, as well as practice breath work and meditation techniques that guide us back home to our hearts- where we will have fun, get creative and PLAY.

Some partner work will be explored so if you have a friend or a honey to bring, please do! If not, allow us to supply the partner!

Make it a date night! Bring your sweetheart! Child care available by reservation! After class enjoy a glass of wine from our Overhead Café and a hot tub!

(Contact Child Care for information.)

Who says play-dates are just for kids?

Free to members

"I know what the greatest cure is- it is to give up, to relinquish, to surrender, so that our little hearts beat in unison with the great heart of the world"- Henry Miller



YOGA NEWS FEATURING ROBERT EVANS...

OVAC's very own Robert Evans has just returned from the Maya Tulum resort in Mexico where he taught his Dancing Warrior Yoga to other instructors. His combination of a flowing strength with strength were a huge hit! Robert credits his inspiration for strength as coming from his teacher John Friend (the founder of Anusara Yoga), his compassion from Saul David Ray, and his "let-it-rip" style from Sadie Nardine (the founder of Fierce Yoga). Lucky for you, you don't have to travel all the way to Mexico for this special experience. Just drop into Robert's Tuesday or Thursday 8:35am Yoga classes here at OVAC to experience the same fun and hard work. But, Yoga is only one of Robert's many passions and talents. You will find Robert at OVAC most days either leading the weekly Hike class, teaching Spin classes, teaching Qi Gong, teaching water aerobics and educating members through personal training. We encourage you to contact Robert at (805)798-2810 to learn more about how he can benefit you one-on-one or in a small group setting with his diverse knowledge and skill set. Or simply stop by one of his many classes – we know you'll love him as much as we do!



SPIN PLUS!

Join Robert Evans Friday's at 3:30pm beginning February 12th for a wonderful new small group experience. Robert will begin with ½ hour of Spinning and then follow it up at 4:00pm with ½ hour of his own special brand of personal training combining strength, yoga, Qi gong and flexibility work in our new Functional Training fitness center. \$20 for the entire hour (or select just one of the ½ hour segments for \$10). Minimum commitment of 5 weeks. The personal training section will be limited to 6-10 people so contact Robert today at (805) 798-2810 to reserve your spot.

SEMI-PRIVATE CROSS TRAINING LESSONS FOR SWIMMING *AND* RUNNING *AND* BIKING – YOUR WAY TO A NEW EMPOWERMENT OF SELF!

ELITE INSTRUCTION PROVIDED BY TRIATHLETE QUANAH RIDENOUR

Get ready for your next event with enthusiastic people! Come experience what we love to do! Or, just get out of your old training rut! Set new goals this year – run your first half-marathon *or* do your first triathlon *or* enter a swim meet or 10K *or* just come to have fun and work hard. Just come! Eight weeks of Saturday morning fun and motivation beginning February 13th - 7:00am sharp! Swim or not. Bike or not. Run or not. It's your choice. Register early at the front desk for \$145 (\$159 at the door). (Non-members \$155 early/\$169 at the door). Questions? Contact Quannah at (805)844-1311. **TAKE ACTION NOW – NOT NEXT YEAR!** Still not sure? Quannah will be offering a complimentary introduction session on February 6th at 7:00am so that you can see how truly amazing these lessons will be. Meet at the bike rack in front of OVAC. No cost, no commitment, just come and check it out. If you have your triathlon gear, please bring it with you.

FEBRUARY SMALL GROUP FUNCTIONAL FITNESS CHALLENGE

If you haven't yet taken advantage of the complimentary small group functional training workout we are offering to all of our members, February is your month. Why? To have fun! Dynamic, empowering, motivating, cutting-edge, challenging, plus a whole lot of fun...that's what functional group training is all about. Let us get your body in motion and show you real results – quickly! Once you try it, you'll be hooked. And to top it all off, we are offering prizes in the month of February. Anyone who does their complimentary small group session in February will be entered into a drawing to win 5 more free sessions (that's a \$150 value)!



ROTARY HIP MACHINE FOR SALE

This used piece of Cybex equipment is being sold as-is. It is in working order. We are asking \$250 plus tax or best offer. Questions? Contact Danielle Williams at (818)219-4835.



STRENGTH AND POWER FOR TEENS BEGINNING FEBRUARY 10th

Join certified personal trainer Dan Kiely on Wednesdays at 5pm for a 5-week program designed to help your son or daughter tap into their fitness potential. Dan will lead a group of 6-10 teens through a functional training workout designed to maximize results in the least amount of time. Cost \$50. Payment is required by February 7th to reserve your spot.

CONGRATULATIONS 2009 TEAM 100

Would you like to join these esteemed members and be a part of the 2010 Team 100? All you need to do is record at least 100 workouts in the Team 100 binder located in the upstairs gym to qualify as a member of this elite group. It's that simple!

2010 TEAM 100 WINNERS!

Gerry Banahan 265
Norby Beilschmidt 177
Gary Belshe 117
Pinky Belshe 150
Jack Bertsch 355
Gayle Bertsch 279
Bob Boschan 338
Mitch Breese 278
Mike Caldwell 232
Ann Charlesworth 188
Fran Christiansen 156
Jim Christiansen 263
Lawrence Clevenson 221
Sheila Cohn 363
Chip Collins 191
Tom Collins 100+
Liz Cossairt 102
Ruby Cossairt 152

Ing-Marie Currie 124
Leonora Deferios 101
Ben Engle 114
Ruth Farnham 295
Frank Finck 161
Maudette Finck 119
Mike Flanagan 105
Dan Grimm 150
Rose Grimm 175
Anne Helson 152
Buddy Houchin 179
Chuck Irwin 100+
Robin Johnston 125
Nancy Kochevar 132
Jeff Kustal 360
Lyn Kustal 114
Gabrielle Lashley 107

Kathy Leary-Wilde 217
Donna Lechman 101
Gale Lefkowitz 109
Anne Leis 138
Maralisa Long 153
Bill May 108
Robert May 101
Jay McArthur 198
Bill Miley 100+
Brenda Mercano 205
Phil Moncharsh 159
Gail Moore 200
Rick Moore 224
Elena Owen 126
Jenny Owen 185
Rod Owen 147
Richard Parsons 170

Tim Peddicord 146
Jan Rains 121
Lori Selzer 104
Dan Singer 120
Corkey Solow 253
Dan Sommer 172
Terry Tallent 180
Anna Thomas 108
Ernie Underhay 100+
Mike Urbanek 232
Sandy Wayman 100
Paulette Whiting 134
Beth Wickstrum 141
Justin Wilson 357
Dennis Wood 192
Peggy Wood 239
Alan Zusman 155
Diane Zusman 222
Pam Zusman 118

I wanted to share with you this month the following wonderful article entitled “Only One Body” by Mike Boyle of functionalstrengthcoach.com. I’m hoping it will get you thinking and motivated to take advantage of the incredible opportunities our facilities, personal trainers, group fitness instructors, swim coaches, and tennis pro’s offer. If you are not sure where to begin, please contact me at (818)219-4835.
-Danielle Williams, CPT, CES
Fitness Director



ONLY ONE BODY

Imagine you are sixteen years old and your parents give you your first car. They also give you simple instructions. There is one small hitch, you only get one car, you can never get another. Never. No trade-ins, no trade-ups. Nothing.

Ask yourself how would you maintain that car? My guess is you would be meticulous. Frequent oil changes, proper fuel, etc. Now imagine if your parents also told you that none of the replacement parts for this car would ever work as well as the original parts. Not only that, the replacement parts would be expensive to install and cause you to have decreased use of your car for the rest of the cars useful life? In other words, the car would continue to run but, not at the same speed and with the efficiency you were used to.

Wow, now would we ever put a lot of time and effort into maintenance if that were the case.

After reading the above example ask yourself another question. Why is the human body different? Why do we act as if we don’t care about the one body we were given. Same deal. You only get one body. No returns or trade-ins. Sure, we can replace parts but boy it’s a lot of work and it hurts. Besides, the stuff they put in never works as well as the original “factory” parts. The replacement knee or hip doesn’t give you the same feel and performance as the original part.

Think about it. One body. You determine the mileage? You set the maintenance plan? No refunds, no warranties, no do-overs?

How about this perspective? One of my clients is a very successful businessman. He often is asked to speak to various groups. One thing he tells every group is that you are going to spend time and money on your health. The truth is the process can be a proactive one or a reactive one. Money spent on your health can take the form of a personal trainer, massage therapist and a gym membership, or it can be money spent on cardiologists, anesthesiologist, and plastic surgeons. Either way, you will spend money.

Same goes for time. You can go to the gym, or to the doctors office. It’s up to you. Either way, you will spend time. Some people say things like “I hate to work out”. Try sitting in the emergency room for a few hours and then get back to me. Working out may not seem so bad. However, in so many ways the body is better than a car.

With some good hard work you can turn back the odometer on the body. I wrote an article a while back (Strength Training-The Fountain of Youth) that discussed a study done by McMaster University which showed that muscle issue of older subjects actually changed at the cellular level and looked more like the younger subjects after strength training.

Do me a favor, spend some time on preventative maintenance, it beats the heck out of the alternative. Just remember, you will spend both time and money.



SWEETHEARTS + VALENTINE'S DAY X OVAC = FEBRUARY'S MEMBER'S OF THE MONTH!

Does exercise and a healthy lifestyle make for a better *love* life? If you have met Kathy and Allyn Wilde you would answer *YES!*

Kathy has a marriage and family therapy practice in Ojai and works with Camarillo Hospice for children who have lost a parent. Allyn has worked in the medical surgery equipment business for 25 years and develops custom procedure trays for operating rooms.

Between them they have four grown children. Spending social/family time with them is a *joy*.

Kathy and Allyn have been in *wedded bliss* for 15 years. Both have lived in Ojai for about 30 years and have been members of Ojai Valley Athletic Club for most of those years. Kathy *loves* the classes offered here at the club. She is *sweet* on mixing up her routine between On the Ball, Yoga, Zumba and Spinning as well as working out in the weight room. Allyn's *passion* is Spinning classes and training with weights.

Q. What keeps them *true* to OVAC?

A. "The beautiful environment, the people and the exceptional instructors"

Kathy and Allyn are choosing their lifestyle. Their *passion* for a healthy lifestyle focuses on balance. Kathy credits much of her belief in finding balance in her life to an article from a previous OVAC newsletter by General Manager, Nancy Prather, advocating the value of exercise for well being and stress management. This advice made a difference for Kathy when she decided to go back to school and change careers to become a marriage and family therapist. Both Kathy and Allyn also help care for their parents. This pair of *lovebirds* satisfies their craving for balance with the time they spend cycling, exploring the high Sierras and traveling to their favorite *romantic* destination, Europe.

When I asked Allyn if he and Kathy would be our member's of the month for February he asked why.

I said, "In honor of Valentine's day. You are still *sweethearts* aren't you?"

He *blushingly* replied, "We are! We're very much *in love*." (Ahh!)

Happy Valentine's Day and a *gushing* thank you to Kathy and Allyn for *sharing the love* of a healthy lifestyle!

