



July 2010

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Hawaiian Luau



OJAI VALLEY
ATHLETIC CLUB

TENNIS NEWS

I hope everyone is having a great summer in Ojai. The weather in June was just about the best I have seen here and was perfect for tennis. The Junior Summer Camps have been a blast and I look forward to the remaining ones in July and August. I want to wish the best of luck to the USTA Senior Teams competing this summer at the club. Kick some serious butt! We will be having some fun Friday social events starting in July. Don't know exactly the date but the first idea is to have a fun tasting of unique beers from around the world while playing some doubles! Sounds like a good time to me! We will also do a brats and beers since it was so much fun last year! Hope everyone has a great 4th of July!

See ya on the courts!

Ryan

SUMMER TENNIS CLINICS

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

Mondays & Wednesdays 4:00 – 5:00pm

Cost: \$14.00

High School Clinic

Contact Ryan

Mondays 5:00 – 6:00pm

Cost: \$14.00



OVAC SUMMER TENNIS CAMPS 2010

**All Camps End
The Day With
Swimming!!!!**

PEE WEE CAMPS

Time 9:00am – 11:30am Cost: \$95.00

July 12-16

August 2-6

Camp for Ages 5-7. We want to get kids excited about tennis by playing fun games all the while learning the correct technique and fundamentals of the game. Your kids will love it!

FUTURES CAMPS

Time 9:00am – 12:00pm Cost \$125.00

July 19-23

August 9-13

Ages 8 & Up. We are getting more into fun drills and competition. Proper technique takes a high priority.

ADVANCED PLAYERS CAMPS

Time 9:00am – 12:00pm Cost \$125.00

July 26-30

August 16-20

Camp designed for players interested in Tournament Play. Should be at a certain level to compete in this camp. Good times and good competition!



GET FEISTY AT OUR FIESTA!

Live bands are back! Don't miss our Mexican Fiesta on Friday July 9th! The live music starts at 6pm and goes until 8:30pm. This party is for the whole family, so grab the kids, put on your dancing shoes and join us for a night of music and fun. The party is free, but please note food and drinks are not included. However, the café will be open & offering Fiesta Specials that night. Also, every-

one who dresses in "South of the Border" attire will be entered to win door prizes. This evening promises to be lots of fun, so plan to join us on July 9th!

....Then on Friday, July 30th our live bands will be back for a Western Party. We'll offer fun activities for the kids, plus lots of music and dancing for everyone. Again, the party is free, but food and drinks are not included. And to make the evening even more fun, we'll again be giving our door prizes. Don't miss our live bands at OVAC!

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



SUMMER SWIM LESSONS!

Jr. Swim Team & Stroke Development
New!!

Jr. Lifeguard Component

June 21st to August 20th

M W F 10:00am - 11:00am

\$Cost:

Whole Session: \$150.00 (\$30.00 savings)

July 1st - July 31st only \$80.00

August 1st - August 20th only \$60.00

Daily drop in fees (if space is available) \$10.00

To sign up, call Jen at 6467213 ext 106 or sign up at the lessons table in the pool lobby

SIZZLING SUMMER EVENT



PRIZES FOR BUYING PERSONAL TRAINING

We are going to raffle off the following great prizes:

2 Weeks FREE Dues
1 Week Guest Pass for a Friend
VO2 Max Test
Resting Metabolic Rate Test
Body Fat Test
Smoothie from the Overhead Café
Free Meal at the Overhead Café

HOW DO YOU ENTER THE SIZZLING SUMMER EVENT RAFFLE?

If you are a member who is not currently working with a personal trainer, all you need to do is purchase at least 5 one-on-one personal training sessions in July or August and you will automatically be entered into the Raffle. **Plus, we will give you an additional one-on-one personal training session for FREE.**

If you are already doing one-on-one session with one of our amazing personal trainers, you can still be entered into the Raffle! All you need to do is renew your one-on-one personal training package in July or August with a larger package than you last purchased and you will automatically be entered into the Raffle (for example, if you normally buy a 5 pack, renew with a 10 pack).

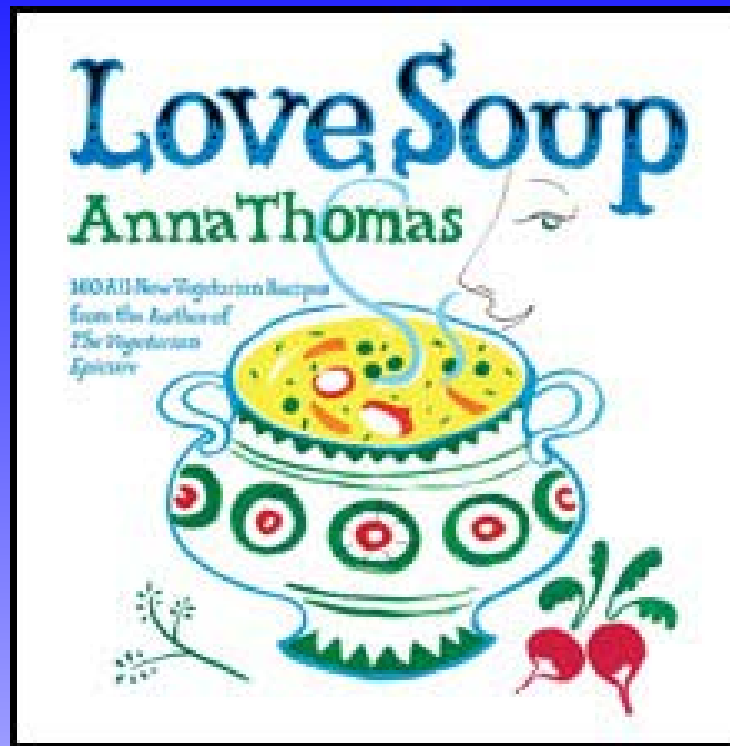
Need help selecting a Personal Trainer? Please contact Fitness Director Danielle Williams at 818-219-4835 for guidance.

IN JUST 5 SESSIONS A PERSONAL TRAINER CAN TEACH YOU A PERSONALIZED PROGRAM THAT WILL GET RESULTS!

ARE YOU READY FOR A FRESH & FUN APPROACH TO SMALL GROUP TRAINING?

Join Fitness Director Danielle Williams Mondays and/or Thursdays at 9:45am for a fast-paced, full body workout. Danielle uses cutting edge tools and techniques in our spacious downstairs Functional Training Center to deliver a workout unlike any other. Appointments required. Contact Danielle ASAP as space is limited at 818-219-4835 to reserve your spot. **Initial class is FREE.** Normal cost is \$30 per session.





WHAT'S LOVE GOT TO DO WITH IT?

Love seems to be the running theme of our July member of the month, Anna Thomas' life.

Anna's newest cook book, "Love Soup" recently won the prestigious James Beard Award in the Healthy Focus Category! "Love Soup" is so much more than just a delightful, inspiring collection Anna's yummy recipes. Once inside the pages of "Love Soup" you may start feeling as if you are right there with Anna in her kitchen. You'll feel at home with Anna, no matter what your cooking skill or size of your kitchen. She will assure you that you can make a healthy, delicious soup in every season.

Anna's life is like a big pot of soup! When you read her story you'll see that she added the ingredients as they came into season in her life. When she left home for college she had to teach herself how to cook. As she began to develop her own style she wrote her first cookbook, "The Vegetarian Epicure". Her life soup began to simmer. Young and naive to the difficult world of being selected to be published, "The Vegetarian Epicure" was a huge successful addition to her pot of soup. Her life experiences continued to greatly influence Ann's life soup. When her children were young she made "easy soups". "Green Soups" evolved when the boys were teenagers along with "go-with" foods like quesadillas that could turn a bowl of soup into a quick healthy meal for hungry boys. An 81-inch kitchen was the inspiration for "easy suppers", a hearty seasonal soup, some bread and a little something for her and her guests to nibble like olives and goat cheese.

Anna says it was while cooking those easygoing meals in the tiny kitchen that she decided to write a soup cookbook. And so from all the life ingredients that Anna had been adding to that simmering pot all those years she ladled up "Love Soup"!

When you ask Anna how we can begin to improve our diets she will answer, "Improve your shopping." Anna encourages exploring the Farmer's Markets, and moving toward less processed foods.

Like Anna's recipes she tries to balance the ingredients in the rest of her life. Anna loves walking and hiking and being outside. Other ingredients that she likes to add into her healthy 'feel great' recipe are weight training and a variety of classes here at the Club. Devoted to a healthy life-style Anna has been a member of OVAC for 22 years.

For health and happiness Anna recommends, "Be in love, Eat soup, Love soup!"

What a delicious way to live! Congratulations on your award winning book and thank you, Anna for being a member of our Ojai Valley Athletic Club family and sharing your Love Soup.

That's what loves got to do with it!