

○ APRIL

○ 2011

# Ojai Valley

## *Athletic club*

## YOUTH TRAINING AT OVAC

OVAC Trainer Rick Walker is leading 10-12 year olds on a 6-week fitness journey designed to increase strength, speed, agility, quickness and weight loss. The kids are having a blast while they are exercising. If you would like to enroll your child, call Rick Walker at 760-628-9591!



## TENNIS NEWS

I am always excited and (slightly stressed!) when April comes around. We are always working hard to get the club in "Ojai" shape but once it gets here there is nothing better in the tennis world! On a serious note, we are working on the side courts starting early this month. Courts 3, 6, 7 & 8 will be getting resurfaced and should take around a week to get completed. Please be aware that during the first couple of weeks it will be a little crazy on the hard courts. It might be a great time to check out our clay courts! Thanks for your patience as we get our courts looking good!

See Ya on the Courts!

*Ryan*



## TENNIS, WINE, & DINE (PART 2!)

Friday, April 22nd 6pm-??

**\$20 per person**

We had such a great time with this event the first time, we are going for round 2! This is a mixed doubles round robin event where we play a couple of hours of tennis and then have a fun wine tasting while having a great dinner outside on the deck.

Each couple will need to bring a bottle of wine to share with the group. We will "brown bag" the wine and people will vote for their favorite. This time we will focus on Syrah (\$20-\$35). The winner will get a fun prize!

This is a great event to meet new tennis couples and have a fun date night!

Sign up at the front desk ASAP as we will limit the event to 12 couples!



## SPRING CLINICS

### PEE WEE CLINIC

Ages 5-7

Thursdays 4:00-4:30pm

Cost: \$8.00

### FUTURES CLINIC

Ages 8 & Up

Tuesdays 4:00-5:00pm

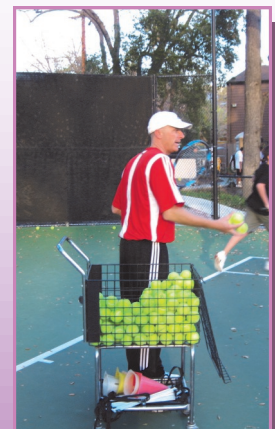
Cost: \$14.00

### ADVANCED CLINIC

Contact Ryan

Mondays & Wednesdays 4:00-5:00pm

Cost: \$14.00





## THE BASICS WITH JOANNE TERRY ON TUESDAYS FROM 7:45-8:30AM

...is perfect for seniors, and new and returning or recovering exercisers. Joanne's class explores Yoga, Qi Gong, Feldenkrais, foam rolling and some light weights. Joanne's focus is on helping her students with restorative and strengthening postures, with attention to form, breath, and body awareness. She also concentrates on exercises that improve balance and coordination and increase strength and bone density. For those who have specific conditions the objectives is to find ways to work out and increase flexibility while learning correct form.

JoAnne Terry has a BA in dance and choreography from Virginia Commonwealth University in VA. While there she studied courses in Feldenkrais, Body Mind Centering, Modern dance, Irene Dowd body alignment technique as well as Anatomy and physiology. Joanne has studied numerous styles of yoga and has her 250 hours with the Yoga Alliance as well as 500 hours of Massage training. Joanne is AFAA certified, and a certified Zumba instructor. She currently studies multiple styles of dance and movement classes, with Negma Bellydance Company and La Petite Chouette Aerial Dance Company. You can also join Joanne for **Zumba on Thursdays from 5:00- 6:00pm** and on **Sundays from 8:30-9:30am for Cardio Jazz**. Joanne is passionate about the concept of healing the body through movement.

The Basics is also offered on Thursday's from 7:45-8:30am with Kirby.

## APRIL'S MEMBER OF THE MONTH

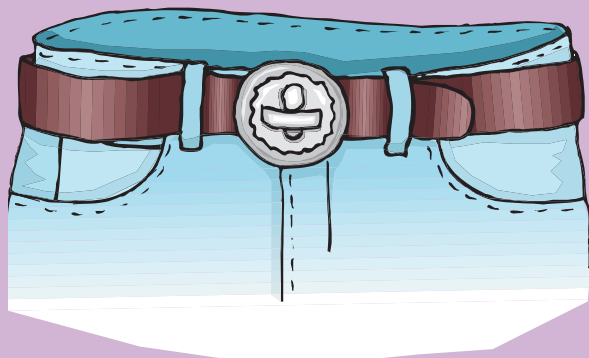
We've got proof that it is never too late to begin a healthier lifestyle. Our April Member of the Month, Rockne Green, retired from his job of 29 years with the Ventura County Assessor's Office. 29 years of sitting at a desk. 29 years of snacking throughout the workday. 29 years of going home and sitting in front of the TV eating ice cream. 29 years of slowly becoming more and more fatigued, and lethargic. Rockne's weight continued to increase despite his efforts with various diets. Six months ago Rockne retired on a Friday. The following Monday he joined The Club and signed up to begin training with one of our personal trainers, Barry Portnoy. Today Rockne is 20 lbs. lighter and has noticed significant changes in how he feels. Rockne admits that having the appointment with Barry three times a week has really helped to keep him on track. He says Barry is very encouraging and helps him set goals. Rockne now looks forward to his workouts. Exercise has become a habit for Rockne. He has noticed that he has more energy throughout the day and that life is easier without the extra weight. Rockne also has noticed other effects of exercising on a regular basis - he is physiologically encouraged to continue with his healthier lifestyle. He has become more conscious of what and how he is eating, choosing healthier options like whole grains and opting for smaller portions. Now Rockne thinks twice before serving up some ice cream. He may still have the ice cream but not every day and he'll have a smaller portion! Rockne not only retired from his job of 29 years - he retired from 29 years of bad habits in just 6 months! Congratulations, Rockne! Thank you for letting us share your success story and inspiring all of us.



## DREAMS JEANS IS COMING...NUTRITION...FITNESS... EMPOWERMENT

OVAC's 8 week fat loss program is a proven success, not to mention a lot of fun – you will be wearing your skinny jeans in just 8 short weeks. **Be sure to check out the May newsletter for more details** or contact Fitness Director Danielle Williams at 818-219-4835, email [dwilliams@wcaclubs.com](mailto:dwilliams@wcaclubs.com). The next round will begin May 9<sup>th</sup> so dust off the skinny jeans and get ready to feel confident in your swimsuit.

**SIGN-UP BY APRIL 15<sup>th</sup> AND RECEIVE AN EARLY BIRD BONUS – A 20% DISCOUNT COUPON FOR THE NOOK.**

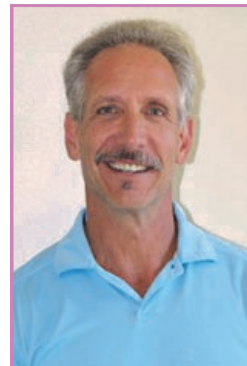


### SPRING CLEANING IN THE NOOK

**Enjoy 15% off regular priced items** in OVAC's pro shop, The Nook, during the entire month of April. Plus, the sale rack is constantly being updated with amazing 50% off rock bottom deals. Don't forget Mother's Day is right around the corner – take advantage of The Nook's April special to show mom how much you care.

## WIN FREE PERSONAL TRAINING

Stop by the Front Desk anytime in April to fill out a raffle ticket for 10 personal training sessions with Barry Portnoy. A nationally certified personal trainer, Barry makes personal training fun and informative while making life altering changes to your body. Must be 14 years or older to enter. All sessions must be used by May 31, 2011.



## SEMI-PRIVATE COACHING - FREE DEMONSTRATION CLASSES IN APRIL

Meet Fitness Director Danielle Williams downstairs **any Thursday in April at 9:45am** to experience the power of semi-private coaching. This unique experience will teach dynamic movement patterns to both seasoned and beginning exercisers of all ages. Learn coordinated whole body strength and power movements that will open up a whole new level of fitness. Ideal for those looking to tone, build strength and lose fat in a fun, supportive environment. Not available Thursdays? Contact Danielle at 818-219-4835 for additional options.

## OVERCOMING BARRIERS TO PHYSICAL ACTIVITY IN CHILDREN

*By Fitness Director Danielle Williams, PES, CES, CPT*

Sad but true, children are faced with a lot of barriers when it comes to physical activity. Barriers can range from physical (not being able to walk to school), to institutional (schools no longer offer as much, or any, physical education), to social (children are drawn to sedentary activities like electronic entertainment). And parents have the primary responsibility to help our children overcome these barriers. Positive experiences with physical activity during childhood increase the probability that children will adopt a physically active lifestyle that continues into adulthood. Parents can help by controlling children's sedentary activities, encouraging outdoor play, provide an environment that encourages physical activity (balls, bikes, etc.), offer multiple opportunities for activity (sports, rec programs, visits to the park, hikes, etc.). Finally, parents should be physically active with their children as frequently as possible. OVAC's SGT (small group training) program is an excellent way for parents and children to get fit and active together. For further ideas or assistance, contact

Fitness Director Danielle Williams at  
818-219-4835.

# KIDS AT THE CLUB DAY

**Saturday, April 16th**

**At the**

**OJAI VALLEY ATHLETIC CLUB**

**11:00 – 11:30 AM**

**Free**

**Parent/Child Swim Class  
with Swim Director  
Jen Scarminach**

**NO GUEST FEES!!!  
OPEN TO THE PUBLIC  
FREE EVENT!**



**12:00 – 4:00 PM**

**Free Swim**

**Kids Club fun Jolly  
Jump  
Beach Ball Volleyball  
Arts and Crafts**



**12:30 PM**

**Free Tennis Clinic with  
pro Ryan Gaston**



**3:00 to 4:00 PM**

**Fit Kids class with  
Instructor  
Tami Holland**

**Call today to sign up at 646-7212, ext. 106  
Or email Jen at [jscarminach@wcaclubs.com](mailto:jscarminach@wcaclubs.com)**

**All children must be accompanied and directly supervised by an adult.**

**No more than 5 children per adult.**

**Non-member guests must have a liability waiver signed by the child's parent.**

**Go to [www.wcaclubs.com/ovac](http://www.wcaclubs.com/ovac) to print a copy of the liability waiver.**