



LA CAMARILLA
 RACQUET, FITNESS & SWIM CLUB
NEWSLETTER

February 2012

Vol. 30

No 8

(480) 998-3388
 www.lacamarilla.com

Tennis Special Events



Walk-In
**MEMBER - GUEST
 MIXED DOUBLES
 PARTIES**

EVERY TUESDAY at 7:00PM

MEMBERS: FREE

Individuals Welcome

GUESTS \$10 per person or per couples
 of MEMBERS:

**TENNIS
 REFRESHMENTS
 Pro-Directed Mixer**

WALK-ON ANY WEEK or EVERY WEEK

\$99
 Save \$81⁰⁰



"GET YOUR TENNIS GAME IN SHAPE!"

If you've never tried private lessons or feel a little help will get you to the next level, here's a deal from our USPTA certified pro staff.

**3 PRIVATE ONE HOUR LESSONS
 \$99**

(Regular Value \$180)

Good for first time clients only

Call Cady or Chris to schedule a time to fit your schedule

Expires Feb. 29, 2012



29TH ANNIVERSARY!!!

Member Referral Joining Special
 Tell your friends and family that we're having an
Anniversary Membership offer



THEY GET: \$29 INITIATION FEE

THEY GET: \$29 FIRST MONTH'S DUES

YOU BOTH GET: FREE CHILDCARE for 1 YEAR!

(valid on ALL 1 year memberships)

YOU ALSO GET: A pair of HARKINS MOVIE PASSES

Offer extended until February 15th, 2012.

This offer will not be offered to the general public. So tell everyone you know!!!



RACQUET NEWS

HIT WITH A PRO

Hitting lessons are a great way to hone your tennis skills and match-play.

Instead of having a ball fed to you, you are hitting in continuous rallies that are more realistic of match-play.

This can be very helpful for players in the range of just starting to play matches up to seasoned veterans of the game.



Hit with **CORY ROCKOW**
 -USTA Nationally Ranked
 -All-Conference Collegiate
 -USPTA Tennis Professional
1-on-1

\$60/hr
 (minimum 30 minutes) - no maximum
 or
Group of 3 with Cory as your fourth!
\$20/hr/person
 (minimum 60 minutes - no max)

Less Talk, MORE PLAY!!
Call Cory to schedule: 602-316-9491

2011 SPRING LEAGUE SCHEDULE LEAGUES begin FEBRUARY 20TH

ONLY \$28.00 (BALL FEE) FOR 14 WEEKS
BONUS! PLAY OR GET A SUB ALL 14 WEEKS
AND YOUR \$28 IS REFUNDED!

LADIES	LADIES
LADIES DOUBLES MON, 9:00AM	(INDIVIDUAL SIGNUP) OPEN ENDED
LADIES DOUBLES WED, 9:00AM	(INDIVIDUAL SIGNUP) OPEN ENDED
LADIES DOUBLES FRI, 9:00AM	(INDIVIDUAL SIGNUP) OPEN ENDED

MIXED	MIXED
MIXED DOUBLES TUES, 7:00PM	PRO DIRECTED MIXER
(WEEKLY WALK-IN)	NO FEES

MENS	MENS
MENS DOUBLES MON, 7:00PM	(INDIVIDUAL SIGNUP) OPEN ENDED
MENS SINGLES NIGHT WED, 7:00PM	(INDIVIDUAL SIGNUP) 4 LEVELS
MENS DOUBLES THURS, 7:00PM	(INDIVIDUAL SIGNUP) OPEN ENDED
PLAY WITH THE PROS	STAFF PARTICIPATION

SENIORS	SENIORS
SENIOR DOUBLES	WE HAVE PLAY UP TO 4 MORNINGS SEE ROGER FOR DETAILS PER WEEK AS WELL AS SATURDAY

INTERCLUB TEAM PROGRAM
Friendly Competition Against Area Clubs.
See Roger for placement.

LADIES	
OPEN LEVEL 5.0 & UP	FRIDAY 9AM
A-1, 2,3,4 LEVELS 4.0 & UP	THURSDAY 9AM
B-1,2,3 LEVELS 3.5 TO 4.0	TUESDAY 9AM
C-1,2 LEVELS 2.5 TO 3.5	WEDNESDAY 9AM
MENS	
LEVEL 4.0 & UP	SUNDAY 9AM

JUNIOR TENNIS ACADEMY

Spring 2012



SESSION III STARTS MARCH 5TH

SMALL RATIOS - REASONABLE PRICING
ALL USPTA ACCREDITED STAFF
FREE RACQUET - FIRST TIME PARTICIPANTS

TENNIS TOTS (QUICK START INCLUSION) **Ages 3 - 7**
 This class will meet once weekly for an hour with an optional second day available to participants at a 20% discount. Designed as a fun introduction to the game of tennis, emphasis in this group will be to give the students a solid beginning while developing good eye-hand coordination and agility. Through fun games we will be able to develop racquet control, proper grip, stroke production, positioning and even a general understanding of rules and play. This class includes a free racquet for first time participants!
Class meets: Wed: 3 - 4pm and/or Friday: 3 - 4pm
and/or Wed: 5:30 - 6:30pm and/or Friday: 5:30 - 6:30pm

FUTURE STARS (QUICK START INCLUSION) **Ages 6 - 11**
 This class will meet once weekly for 1 1/2 hours with an optional second or third day available to participants at a 20% discount. Designed for the beginner through the new intermediate player, this class will aid students needing to concentrate on strokes and techniques. Ground strokes, serves, net volleys, overhead shots and the tactics for using these techniques will be emphasized. Also, students will develop a solid understanding of singles and doubles rules and play. This class includes a free racquet for first time participants!
Class meets: Tues: 4-5:30pm and/or Fri: 4-5:30pm and/or Fri 5:30 - 7pm

JUNIOR CHAMPIONSHIP (QUICK START WHERE APPROPRIATE) **Ages 8 - 14**
 This 1 1/2 hour long class, designed for those with basic tennis knowledge, will concentrate on developing competitive players. Along with this class is the option to choose an additional practice day. This can be added at a 20% discount off the regular price. Although stroke mechanics will be an important part of each class, full court drills emphasizing consistency and control will be utilized. Spins, placement, approach shots, passing shots, volley control and other more advanced techniques will be developed at this level. Players will also learn good singles and doubles strategy and tactics. Although this program is designed for students who have had some basic tennis experience, an older beginner (age 12-14) can be worked into this group. This group is usually divided into a gold and silver division to accommodate the variety of ages and abilities.
Class meets: Mon: 4 - 5:30pm and/or Wed: 4 - 5:30pm

JUNIOR ELITE SILVER **Jr High/ High School age**
 This group will meet twice weekly for 1 1/2 hours during the week. Students will work on developing and improving a full court game with emphasis on patience, consistency and intelligent play. Everything from stroke production to match control to fitness will be a part of practice at this level. High School, Phoenix district, Southwest section participants and beyond will typically be players in these groups.
Class meets: Mon: 5:30 - 7pm and Thurs: 4 - 5:30pm

JUNIOR ELITE GOLD **For the Serious Player**
 Meeting twice weekly for 1 1/2 hours, this program is the ultimate and is designed for the serious player. Those selected must possess not only playing skills, but also the dedication and desire needed to achieve their full potential. High School, tournament, district, regional players and beyond will find this group appealing. Tournament play will be encouraged and supported.
Class meets: Tues: 5:30 - 7pm and Thurs: 5:30 - 7pm

****OVERLAP IN AGES DUE TO VARIOUS SKILL LEVELS****

All Programs are Open to Non-Members and Members.

~ SESSION PRICES ~

TENNIS TOTS	\$ 162.00	2ND DAY OPTION (20% Discount)	\$128.00
FUTURE STARS	\$ 243.00	2ND DAY OPTION (20% Discount)	\$194.00
JUNIOR CHAMPIONSHIP	\$ 243.00	2ND DAY OPTION (20% Discount)	\$194.00
JUNIOR ELITE (2 DAY)	\$ 486.00	INCLUDED - 2 DAY PROGRAM	



Brochure and Signups available at the Front Desk
See Tennis Staff for complete details.

KATHY' S CORNER



CHANGE . . is it needed, and if so where . . . Since the most productive change can often happen by including everyone in the process, we are asking you to help us. We would like to know what programs you would like to see that would help you with your quest for health, fitness and general well being.

For example:

What classes are missing on the current schedule that you would like to see

How would you like nutritional information provided to you
Need more help . .

What workshops would you like to have provided.

We are anxious to hear from you . .

Please email Kathy at bodybuds@gmail.com

BODY BUDDIES GROUP TRAINING PROGRAM with Kathy

Hours of group times are listed on the back of our general group training schedule. Openings are currently available for all levels, I simply ask that we meet first to determine the goals you have and the best path for you to pursue. The groups provide a support system to help you better achieve your fitness goals with discussions surrounding nutrition, health and well being.

SHARING A LIFESTYLE OF HEALTH AND FITNESS WITH FRIENDS

is an amazing adventure . . I look forward to being a part of your adventure . .

You can contact me through email at bodybuds@gmail.com

HEALTHY HABITS from Chris Murphy

ANTI-AGING FOODS

The big question is do anti-aging foods really exist? In a culture obsessed with youth and beauty, there are many products on the market that promise to keep you young-looking and your skin fresh and dewy.

However, few people realize that instead of spending a fortune on these remedies, you can get the same benefits from a diet rich in anti aging foods. The youthfulness and elasticity that our skin retains can be directly improved by seeking out these anti aging foods and finding ways to increase our intake. Anti aging foods are items rich in Beta-Carotene, which is converted to Vitamin A by the body.

Vitamin A is an antioxidant which prevents against the harmful effects of free-radicals which are all around us, keeping us youthful and resistant to infection. It can be toxic if taken in excess, so nutritionists don't recommend taking supplements. Instead, try and boost your dietary intake of foods containing A or Beta-Carotene, which is converted into A.

All foods which are orange in color contain Beta-Carotene. That means carrots, peaches, apricots and sweet potatoes all help to keep you looking youthful. It's also found in dark green vegetables such as spinach and broccoli. Including these items more frequently in your diet will not only add interest to a familiar routine, it'll help your skin stay fresh and smooth.

Summary: Make sure you increase your beta-carotene with dark green vegetables, carrots, peaches, tomatoes and mangos for a younger, better you! There are lots of creative ways to increase your intake of these nutritious items. Put grated carrots in pasta sauces where they will not be noticed but will up the Beta-Carotene count. Add spinach leaves to salads. Make fruit smoothies with peaches and mangos. Substitute mango for tomatoes in salsa. Make your own fresh juices.

The options are endless!

GO KIWI CRAZY!

Kiwi fruit can offer a great deal more than an exotic tropical flair in your fruit salad. These emerald delights contain numerous phytonutrients as well as well known vitamins and minerals that promote your health.



New research shows that eating three Kiwi fruits daily can significantly lower your blood pressure. Kiwis are rich in the powerful antioxidant lutein, which may be responsible for their blood-pressure-lowering effect. One kiwi contains more vitamin C than an orange and is also high in fiber, contains potassium and lots of skin-friendly vitamins A and E.

Including kiwi in your daily fruits allowance may also add protection against ARMD, age-related macular degeneration!

Have as a morning snack, add slices of kiwi to your morning cereal, toss one or two in a smoothie or low-fat greek yogurt to boost a heart-healthy diet. For a more elegant meal, decorate any fish dish or fruit salad with kiwi slices.



ABAY' S WORKOUT CLASSES

Come to my classes IF YOU DARE!

Tuesdays 9am-10am Wednesdays 9:30am-10:30am

Fridays 9am-10am

Here's the best part - it's only **\$20 per class.**

Pay as you go.

YINGONG WORKSHOP

with

DANIELLE

Saturday, FEBRUARY 25th

6:00-7:30pm

Cost: \$5 members, & \$10 non-members



CLUB NEWS & NOTES

BIO SCAN TESTING

Measure your Anti-oxidant level!

MONDAY, FEBRUARY 6th
4-7PM

SATURDAY, FEBRUARY 11th
8:00AM - NOON

Non-invasive simple test just takes a few minutes.

Cost: \$20 Members and Non-members

Please register through our front desk. Limited spots available.



Super Saturday
ATA/LaCamarilla Non-Elimination
Junior Tennis Tournament

February 25th 3pm

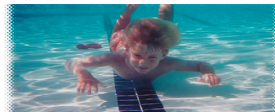
Enter through ATA

Deadline is Thursday before the Tournament.

Or Call ATA 480-970-0599

LORI'S SWIM SCHOOL

Call Lori to enroll in the
February Session which
starts February 6th
602-787-5977



Advanced Skin Technology



Discover the Little known Secrets to
slowing your aging process down today!

**YOU CAN TAKE
CONTROL NOW!**

- ◆ Your "Fast-Track" Facelift
- ◆ Advanced Skin Facials & Light Peels
- ◆ Anti-aging products-20-80% OFF now

STOP Your AGING Process NOW!

Call Linda Now 480-443-3445

Advanced Skin Technology
Exciting "before & after"
photos: www.mybeautifulskin.com
LindaL@myarbonne.com



*Happy
Valentines
Day*



The Salon at La Camarilla

Come visit Gina

Gina has 12 years experience as a nail technician.

She is a specialist in Gel nails and uses Gelousy Gel, IBD Nail Systems and Gelish 14 day chip free polish.

A high percentage of her business is from repeat customers and referrals.

All her customers are happy with their nails and she's confident you will be too.

Now Offering: **Pedicures Manicures**

Gelish Manicures - 14 day chip free polish.

\$5 OFF any service on first visit to new visitors Offer expires 2.29.12
Please call Gina at 602-743-5066 for prices and availability.

Call for an appointment today! Walk-ins welcome

Complete Hair & Nail services

Monday - Saturday 8am - 6pm 480-609-1133

Olympian



Happy Valentine's Day!

Treat your loved one to a massage -
\$49 for 1st One-Hour massage for 1st time clients.

PLUS

**\$5 off each massage when
you buy 5 or more.**

MASSAGE RATES

1/2 Hour Session - \$40.00 1 Hour Session - \$60.00

1 1/2 Hour Session - \$80.00

CALL 480-998-3388

Regular Club Hours

Mon-Fri: 5am - 10pm Sat: 6am - 7pm Sun: 7am - 7pm

Child Care Hours

Mon-Thurs: 7:30am-Noon & 4-8pm Fri: 7:30am - Noon Sat & Sun: 7:30am - Noon

FREE GUEST DAY:

Bring a friend on the first Friday of every month for **FREE!**

This month's date is **FRIDAY, JANUARY 6th.**