



*A Monthly Publication of the
Pierpont Racquet Club*



PIERPONT
RACQUET CLUB

500 San Jon Road, Ventura
CA 93001 (805)648-5161

SIDELINES

Member News

MARCH 2020

Welcome New & Returning Members:

Jason Barksdale, Ron & Kimberly Cook,
Christen Dayton, Sally Herman,
Audrey & Werner Keller,
M'Lou Mashburn,
Ty Otto & Noxolo NcBue,
Jennifer Palocsay & Wendy Zirbel.

Daylight Savings Time Begins
Sunday, 3/8/20! Spring Forward
at bedtime on Saturday 3/7/20!

**HAPPY ST. PATRICKS DAY
MARCH 17TH !**

**Annual Dues increase effective
April 1st - New rate sheets will be
available at the Member Services
Center March 15th, 2020.**

Our annual dues increase (less than a Starbucks or Craft Beer) will be effective 4/1/20 so that we may continue to offer our members excellent service and the finest facilities and programs. You can also look forward to more facility improvements in 2020.

**PRC MEMBERS REFERRAL FRIENDS & FAMILY
SPECIAL OFFER EXPIRES 3/31/2020.**

It's not too late to **win one month's dues credit** for referring a new member that joins the Club! Just give your Friends & Family Coupon you received in the mail, to a friend! Their Join Fee is only **\$150** with the Friends & Family Coupon! Contact Membership with any questions! Hurry this offer will end on 3/31/20!

Got Text Alerts? Why not give it a try?

Don't miss out on the important news and events at the PRC! Just sign up at the Member Services Desk tablet to receive the latest club news, alerts and special info, including our monthly newsletter links, on your cell phone! **A FREE month's dues given away annually!**

Go Green Tip-UNPLUG!

When not in use, unplug all appliances and chargers!

March is Nutrition Month

NUTRITION TALK

March 11th Keto vs. Vegan 12:15-1:15

St Patrick's Day Sampler and Nutrition Talk. Learn about the differences between the 2 diets and which diet might best suit you! Lecture includes a Q & A period with Stace Nelson-Hicks, DACM.

**RSVP to the Member Services Desk
PRC Members Free, Guests \$15**

BOOK IN ADVANCE for your Spring or Summer event at Pierpont Racquet Club. Our beautifully remodeled Clubroom is a great place for your party or meeting. Our BBQ area and our pools are also available to rent and perfect for the warm weather to come. **SPECIAL OFFER: 20% off the space rental for the first 3 that make a reservation! Contact Ryan today for rates and availability.**



AMERICAN CANCER SOCIETY

RELAY FOR LIFE * MAY 2-3, 2020

Fighting cancer takes many things, like research, free rides to chemo near hospitals, and a 24/7 helpline!

To join our PRC Relay for Life Team or to donate, see Patsy or Evelyn at the PRC Member Services Desk.

For more information on Relay For Life, contact Lisa Morris, Team Captain Chair at 805-216-7471, or visit relayforlife.org/ventura.ca

The PRC will host team meeting on 3/18/20 & 4/15/20
@ 6:00pm in the Clubroom.

PRC Hiking Club: We will plan to meet at Pierpont Racquet Club at 9:00 am sharp on Saturday, March 7th to arrange carpools to the Ventura River Preserve trailhead. This trail is a 2.9 mile loop trail in Ojai that features a river and is good for all skill levels. Dogs on leash are also able to use this trail.

Group Exercise

Fitness & Wellness



Melt Method Workshop with Mary!

MELT Method helps relieve low back pain. MELT reduces chronic low back pain, increases flexibility, and initiates real change in the connective tissue.

Wednesday, April 1st from 3:30 – 4:30 pm

Members \$35, Guests \$50.

Sign up at PRC Member Services Desk.

Space is limited to 15.

Kids Fitness

Kids Yoga with Mary in the Studio!

Four Mondays at 3:30 pm February 24th, March 2nd, 9th, & 16th

Ages 6-9 yrs. 30 minutes.

Signups start January 27th at the Member Services Desk.

Free for members. Guests-\$12

Kids Dance Fitness with Tonya in the Studio!

April 20th, 27th, May 4th & 11th.

Ages 6 - 9. 45 minutes.

Members FREE—Guests \$12 per class.

Sign-ups start March 16th at the

Member Services Desk.

Racquet Sports

Pickleball is Here!

Court 8 has been transformed, with two beautiful new courts ready for play!



The time allotted is the same as for Tennis. One hour for singles and one hour and fifteen minutes for doubles. Court PB 1 can be reserved up to two days in advance. Court PB 2 is on a first come first served basis.

All FULL CLUB members can use the courts for free. Health & Swim members may use the courts for a \$10 per use fee (time use as stated above).

We will have some Intro to Pickleball days, and Pickleball Exhibitions in March & April. Please look for information on the Tennis Patio Board!

Shuffleboard is coming this Spring on Ct. 8 next to Pickleball! Shuffleboard is fun and easy to play for all ages!!!

Swimmer's Circle

Night Swim is on Friday March 6th from 6:00 pm - 7:30 pm! This family swim event is a great way to meet other swimmers, our lifeguarding staff and have lots of fun in the pools before the time change hits.

Safety Swim Clinic starting April 13th! Kids will learn all 4 strokes and learn to be safe in and around the pool! Sign-up at the Member Services Desk!

FMS

FUNCTIONAL MOVEMENT SCREENING

As we engage on our individual paths to wellness, assessment of quality of function is something to consider as benchmarks along the way. Quality of function are movement and posture habits built through proper exercise, that allow us to perform everyday tasks in an alignment that reduces the friction and sheer force on the connective tissue (ligaments, tendons, joint capsules, etc). Just like a car with good steering alignment has less wear and tear on the tires, a balanced body also functions with minimal wear and tear on the joints. The FMS, or Functional Movement Screen, is a 30-minute assessment done here at the PRC. This assessment can measure your quality of movements through 6 simple to complete, hard to master, tasks that will demonstrate to the trained eye, what movement patterns need to be improved through strength training. After the 30-minutes assessment and PRC trainer analysis, a follow-up appointment is arranged with the trainer to review a corrective exercise protocol that will be individually designed to improve YOUR functional movement patterns. For more questions, contact Jon Osumi or Melinda Pacheco in the PRC Fitness Department.



Dance Lessons with Paul Sulzman

Ballroom Dancing! Thursday evenings @ 7:00 pm.

All levels are welcome! \$15 per class.

Please pay instructor. No partner required.

PRC Members & Guests are welcome!

Bring a Friend!



PRC Kid's Club

St. Paddy's Day Special

Join us for a very special fun filled day in Childcare, on **Tuesday, March 17th from 10:00 am-4:30 pm.**

We will be making St. Patrick's Day themed arts and crafts and reading stories throughout the day! Call the Member Services Desk at (805)648-5161 to book your reservation.

All Reservations booked a day or more in advance will earn 25% off their child's visit on St. Patrick's Day.



Courtside Café



All month the Courtside Café will offer

Green Cookies and will feature our delicious **Sweet Green (Veggie Power) Smoothie!**

March 17th come to the Courtside Café for a traditional Green Beer or try our Irish Beer. St. Patrick's Day, check out our "green food" specials!

