

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h2>Pilates for Men</h2> <p>Mon & Fri 7am March 19 - April 14 Only \$144 (8 classes) Sign Up with Guest Services</p>				1 JUNIOR SWIM TEAM - New Session - T+Th 5-6pm	2 JUNIOR RACQUETBALL - thru June 16 - Saturdays 11am / 12pm	3	
4	5	6	7 CARDIO TENNIS - New Tennis Clinic - W 11am-12pm DRILL + PLAY - New Tennis Clinic - W 6:30-8pm	8	9 CLUB SINGLES TOURNAMENT >	10 CLUB SINGLES TOURNAMENT - continued -	
<div style="border: 1px solid black; padding: 5px;"> <p>WEEKLY ADULT TENNIS EVENTS</p> <p>Monday Morning Drop-In Clinic : M 9-10am \$15 Tuesday Night Drill Class : T 5-6pm \$15 *NEW* Cardio Tennis : W 11am-12pm \$40 (4 classes) *NEW* Drill + Play (3.5+): W 6:30-8pm \$20</p> </div>				<div style="border: 1px solid black; padding: 5px;"> <p>RACQUETBALL TIP OF THE MONTH</p> <p>Know the shots of the game. Do you know "pass", "crosscourt", "wide angle", "pinch", "reverse pinch", "splat", "ceiling", "around wall", "Z"? If not, ask Brian or one of the Intermediate/Advanced Juniors. Know the shots and when to use them.</p> </div>			
11 < CLUB SINGLES TOURNAMENT	12	13	14	15	16 RACQUETBALL POTLUCK SOCIAL & PLAY	17	
18	<div style="background-color: black; color: white; padding: 10px; text-align: center;"> <h2>SPRING BREAK CAMP & SWIM</h2> <p>- Mon - Fri, March 19 - 23 -</p> </div>				22	23 PARENT'S NIGHT OUT 6-10pm	24
25	26	27	28	29	30 FAMILY "PICTIONARY" GAME NIGHT 6:30pm	31	
<div style="border: 1px solid black; padding: 5px;"> <p>WEEKLY JUNIOR TENNIS CLINICS (\$)</p> <p>MiniTennis (Ages 4-6) T+Th 3:30-4:15pm Rookies (Ages 7-9) M+W 3:30-4:30pm Junior Dev't (Ages 10&up) T+Th 4:15-5:45pm Adv. Dev't (Ages 7-10) M+W 4:30pm-6pm New Sessions Start March 27 ></p> </div>							

6 MONTHS FREE

Refer Your Friends & Get 6 MONTHS FREE!
See Membership Services for complete details >

JUST FOR KIDS!

PARENTS NIGHT OUT

Friday, March 16 | 6-10pm

\$20 Child (Member) / **\$15** added siblings

\$25 Child (Guest) / **\$20** added siblings

SPRING BREAK CAMP & SWIM

Monday - Friday, March 19 - 23

For more information, please email

summercamps@pvac.com >

FAMILY "PICTIONARY" NIGHT

Friday, March 30th | 6:30PM

Time to test your artistic skills and come to Family Pictionary Night. Prizes will be given out to the first place team! Bring the family and friends.

Sign up at with Guest Services today! **FREE**

contact: Alexis Webb

email: alexis@pvac.com

AQUATICS

JUNIOR SWIM TEAM

Monthly Sessions February thru May

Tue & Thu 5-6pm

\$50 Members / **\$60** Guests

PETALUMA VALLEY SWIM SCHOOL

Private Lessons & Adult Swim Training available year round. **Ask about Spring Group Lessons.**

contact: Kayla Brogna

email: aquatics@pvac.com

phone: 789-9898 x38

RACQUETBALL

CONGRATULATIONS JUNIORS!

Eight (8) PVAC Juniors (Luke Sewall, Dima Gafarov, Ben Jenkel, Sara D'Ambrogia, James D'Ambrogia, Justin Marion, Heather Mahoney and Jason Rigney) attended the Junior State Championships in Pleasanton Jan. 21st. Luke won 2nd place in 18 & Under. Luke and Dima won Advanced Doubles. James won 2nd place in 10 & Unders and got 2nd place, along with partner Ben, in 12 & Under Doubles. Sara won 2nd place medal in girls 12 & Under. Congratulations to all!

JUNIOR RACQUETBALL

Saturdays 11am-12pm (BEG)

-or- Saturdays 12pm-2pm (INT/ADV)

\$25 Members / **\$30** Guests

RACQUETBALL POTLUCK SOCIAL

Friday, March 16

Stay tuned for more information >

NEED RACQUETBALL GEAR? Need

racquets, eyeguards, gloves, balls, etc? Ask Vinnie >

contact: Brian Dixon

email: bri@jupe.com

TENNIS

USTA SEASON REMINDER

All USTA Adult League teams must be organized by **February 26th**. Season starts **March 26th**. If you have not signed up on the tennis board, please do so ASAP.

CLUB SINGLES CHAMPIONSHIP

Men's and Women's 3.0 / 3.5 / 4.0 / 4.5+

Friday - Sunday, March 9-11

Come work on your singles game and help each other get to the next level of tennis. Have a fun time in a competitive environment and work on improving different aspects of your game.

Guaranteed at least two matches. Sign-up at Tennis office or email tony@pvac.com.

\$25 entry fee

NEW DROP-IN CLINIC

Men's and Women's 3.5+ Drill and Play

Wednesdays, starting March 7 | 6:30-8pm

We will be holding a clinic that will be 45 minutes of practicing specific shots, followed by 45 minutes of live ball game and point play, using the shots and strategies that were practiced.

\$20 per class (Limited to the first 8 players)

CARDIO TENNIS IS BACK!

Wednesdays, March 7-28 | 11am-12pm

Get a fun workout on the tennis court. To sign-up, email me at tony@pvac.com or sign-up on the office door.

\$40 for all 4 classes (\$15 drop-in)

MONDAY MORNING

DROP-IN CLINIC

Mondays 9-10am

Come out to brush-up on your strokes, hit a lot of balls and get a good workout in this technique and footwork clinic. All levels welcome.

\$15 per class

TUESDAY NIGHT DRILL CLASS

with Wayne

Tuesdays 5-6pm (Drop-Ins Welcome)

Great drills and great fun. Come out to meet new players and work on your game. All levels are welcome.

\$15 per class

JUNIOR TENNIS (Ages 4 – 17)

MINITENNIS (Ages 4-6)

Tue+Thu 3:30-4:15pm

ROOKIES (Ages 7-9)

Mon+Wed 3:30-4:30pm

JUNIOR DEVELOPMENT (Ages 10&up)

Tue+Thu 4:15-5:45pm

ADVANCED DEVELOPMENT (Ages 7-10)

Mon+Wed 4:30pm-6pm

contact: Tony Delario

email: tony@pvac.com

phone: 789-9898 x39

FITNESS & RECREATION

NEW CLASSES!

CARDIO PUMP - Mon 5:30-6:30am (Linda)

SPIN ATTACK - Tue 5:30-6:30am (Linda)

"20-20-20" - Tue + Thu, 12-1pm (Laura)

Rev up your workout with a fast paced 20 minute cardio + weight workout + 20 minutes core strengthening + 20 minutes deep stretch.

FLIRTY GIRL FITNESS® - M 6:30-7:30pm (Corrie)

Cardio-intensive, dance fitness class challenges multiple muscle groups for a fabulous, fun and effective total-body workout for all ages. All moves focus on serious toning and balance.

> See MARCH Class Schedule for full class list!

ONE-ON-ONE YOGA THERAPY

One-on-One Yoga therapy focuses on health and wellness at all levels of an individual's needs: physical, mental, and energetic. Dr. Helaine Sheias is now offering sessions at PVAC as an integral part of members' workout experience.

contact: Dr. Helaine Sheias

phone: 707.208.1474

NUTRITION & WELLNESS

RESOLUTIONS

Wow! After 2 weeks, our participants have already lost over **60 pounds!** They are doing so well and are very enthusiastic. Congratulations to each of them on their fantastic start! Their progress will continue to accumulate through the rest of the sessions. So stay tuned for more success!

RESOLUTIONS "ONE-ON-ONE"

Waiting for the right time to change your eating habits? Want to lose weight without feeling deprived? There is no better time than the present to make lifestyle changes! Achieve your goals with personal nutrition counseling.

\$30 (30 minutes) / **\$60** (55 minutes)

contact: Charlotte Klein

email: charlotte@pvac.com

phone: 529-1766

BIGGEST LOSER

We are having a great time with our Biggest Loser program. Our group lost **253.50 pounds** in just 16 days. Our Biggest Loser program includes challenges, group support, fitness and nutritional advice, workouts and much, much more. Congratulations to all the Biggest Losers for their efforts that are making a difference in their lives.

contact - Jennifer Buol

email - jennifer@pvac.com

BENEFITS OF MASSAGE

Treat yourself to a relaxing and restorative massage with either of our on site Certified Massage Therapists:

Mara Yetter: gentlewoman@yahoo.com

707-789-9898 (office) | 707-290-0283 (cell)

Anne Marcalo: avanmar@sbcglobal.net

707-789-9898 (office) | 707-235-6709 (cell)