

2017 FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>HAPPY VALENTINES DAY!</p>			1	2	3	4 CUPID'S CRAFT CORNER (3:00-4:30pm) HIKING GROUP (8:30am)
5	6 RACQUETBALL CHALLENGE COURTS MON (Court 1) 5-10pm JUNIOR CHALLENGE WED (Court 1) 3pm-5pm	7	8	9 HANDBALL CHALLENGE COURTS - THURSDAYS- (4:00pm-6:00pm)	10	11 JUNIOR RACQUETBALL EVENT - SATURDAYS- (11:00am-2:00pm)
12	13	14 PILATES 101 SERIES THROUGH FEBRUARY 18 - TUES and SAT -	15	16	17 PLANT NITE FOR ADULTS (6:00pm)	18 HANDBALL CHALLENGE - SATURDAYS- (7:00am-10:00am)
19	20	21	22	23	24 FINDING DORY (6:00-9:30pm)	25
26	27	28	<div style="border: 1px solid black; padding: 5px;"> <p>WEEKLY ADULT TENNIS CLINICS Drop-In Clinic: M 9-10am \$15 Drop-In Drill Class : T 6-7pm \$15 MORE INFO ONLINE at pvac.com ></p> </div>			

RACQUETBALL

CHALLENGE COURTS

Open Court: Mondays from 5:00pm
Junior Challenge: Court 1, 3:00-5:00pm
Doubles Challenge Court: 8:30-10:30am

CHANGE OF PACE

Try Pickleball on the racquetball courts. We have nets, loaner rackets, and balls. Kevin is our Pickleball "expert"!

JUNIOR RACQUETBALL EVENT

FEBRUARY 11-JUNE 17 | Saturdays

Beginners: 11:00am-12:00pm

Learn a great game, Meet new friends, and Have fun! Get remarkable coaching and mentorship. These classes are coached by Brian Dixon, Advanced AMPRO Racquetball Instructor and Director of California Junior Racquetball. Registration forms are at the front desk and the racquetball wall.

For more information contact Brian Dixon

\$25 Session Members | \$30 Guests

contact: **Brian Dixon**
bri@jupe.com
phone: **707-789-9898**

AQUATICS

JUNIOR SWIM TEAM

MONTHLY SESSIONS

Tuesdays + Thursdays 5:00pm-6:00pm

NOTE TIME CHANGE!

Our Junior Swim Team is a non-competitive team focusing on building swimming skills in a fun and enjoyable environment. Ages: 7+

\$55 Members / \$65 Guest

PRIVATE SWIM LESSONS

ADULT & YOUTH

AVAILABLE YEAR ROUND

Swim lessons emphasize water safety while encouraging stroke development. Adults receive advanced training to target specific swimming goals.

FOR MORE AQUATICS INFORMATION

contact: **Laura Fossi**
aquatics@pvac.com
phone: **707-789-9898 x38**

HIKES

INDIAN VALLEY OPEN SPACE PRESERVE HIKE

FEBRUARY 4 | Saturday 8:30am

Join Phil Johnson and John Martin for this great winter destination hike. Enjoy this 3.5 mile hike in our backyard open space!. Bring plenty of water, snacks, layered clothing, and wear hiking shoes. Sign up at the front desk.

Meet at RHC at 8:30am for carpooling.

*** FREE***

ADULTS

PLANT NITE

FEBRUARY 17 | Friday 6:00pm

In the Café Lounge

Come join us in our first Plant Nite! We will be making beautiful Valentine's Day terrariums. Bring your friends, create your terrariums, have a glass of wine, and have a fun night! Go to www.plantnite.com to purchase tickets for this event. Make sure to use the promo code **PVAC35** at checkout for our special member discount.

Members and guests are welcome

PILATES

PILATES 101 BEGINNER SERIES

JANUARY 24 – FEBRUARY 18

Tuesdays 6:00pm + Saturdays 9:30am

This 8-session, 4-week series teaches basic Pilates moves, sets up your custom chart, and gets you comfortable with the equipment. Completion clears you to work out on your own and/or continue in any of our classes.

Only \$160 Members / \$240 Guests

STABILITY BALL CLASS

THIRD THURSDAYS | 5:30pm

Come to the Group Exercise Room on the third Thursdays of the month and challenge your core strength. All are welcome!

*** FREE ***

contact: **Carol Appel, B.S., PMA CPT**

carolappel@pvac.com

phone: **707-789-9898 x49**

TENNIS

MONDAY MORNING DROP-IN

Mons, 9:00am-10:00am **Only \$15** class

Footwork, technical work & game strategy

TUESDAY NITE DRILL CLASS

Tues, 6:00pm-7:00pm **Only \$15** drop in

Tony will run you thru new drills and games.

SATURDAY MORNING OPEN COURTS

Courts 1 & 2, 8:30am-10:30am

Meet new players, enjoy social tennis!

FOR MORE TENNIS INFORMATION

contact: **Tony Delario,**

tony@pvac.com

phone: **707-789-9898 x39**

WEIGHT LOSS & NUTRITION

PERSONAL NUTRITION COUNSELING

The holidays are fast approaching. Now is the perfect time to improve your eating habits before the holiday food frenzy begins! There is plenty of time to make positive changes to address those multiple holiday food choices and avoid the perils of overeating during this holiday season.

"The difference between who you are and who you want to be is what you do!"

Charlotte Klein is ready to assist you on your journey to healthy nutrition.

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

SEMI-PRIVATE & MINI GROUP SESSIONS may be arranged. GUESTS welcome.

FOR MORE NUTRITION INFORMATION

contact: **Charlotte Klein,**
charlotte@pvac.com
phone: **707-529-1766**

JUST FOR KIDS!

CUPID'S CRAFT CORNER

FEBRUARY 4 | Saturday 3:00-4:30pm

Come join us. We will create some fun Valentines crafts, make our own game board to take home, and play some minute-to-win-it games.

FREE Members & Guests

FINDING DORY

FEBRUARY 24 | Friday 6:00-9:30pm

Join us for an undersea adventure as we wade through the coral reef to try and find Dory. We will create fish aquariums, have a pizza party, and enjoy popcorn while we watch the movie "Finding Dory". Sleeping bags, pillows, and pajamas enhance the fun!

Ages 4+ (must be potty trained)

\$25 Member | \$30 Guests

\$5 OFF added siblings!

FOR MORE KIDS INFORMATION

contact: **Amanda Wagner,**
amanda@pvac.com
phone: **707-789-9898 x42**