

COMMUNITY

connection



5 TO 7:30 PM DEC. 15TH
MEMBER HOLIDAY PARTY
 CLICK HERE TO REGISTER

Happy Holidays! Thank you to all of our members for sticking with us through the Refuge renovations and the Fish & Game Culvert Project. We are just as pleased as you are to have this all behind us.

Our **Thanksgiving Member Appreciation party** was a HUGE success and we were so happy to see so many of you join us! It was truly great to see so many familiar faces as well as meet new ones!

This month we will be hosting our **Member Family Holiday Party** on **Friday, December 15th** from 5:00 pm to 7:30 pm. We are planning this to be a family affair with kid's crafts and photo opportunities with Santa! Photos will be available online for you to download.

This will be a complimentary event for our members only. So that we are able to plan our food & beverage appropriately, we will need each member to make sure you are registered through the member portal. If you are a family membership, please make sure each member planning to attend is registered for the event. Deadline to register for this event will be Monday, December 11th. After that date you will need to call the Concierge desk to check for availability. We look forward to celebrating with you then!

Thank you for a terrific year and we look forward to an even better 2024!

Kim Beene
 General Manager

CVAC & REFUGE HOLIDAY HOURS

December 11th: Close at 5 pm for
 our Employee Holiday Party
 Christmas Eve: 10 am — 3 pm
 Christmas Day: Closed
 New Year's Eve: 10 am — 3 pm
 New Year's Day: Regular
 Schedule

CVAC Café will be closed
 Thursday, December 21st
 through Monday, January 15th.
 The CVAC Café will reopen
 January 16th.

SAVE THE DATE

January — Soundbath
 with Wendy Moro



December Events



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Tennis ROP
3 Tennis & Pickleball ROP	4	5 Pickleball ROP	6	7	8 CVAC Tennis Club Championship	9 CVAC Tennis Club Championship
10 Hike with Pups CVAC Tennis Club Championship	11 Row Better! Workshop Close at 5 pm	12 Pickleball ROP	13	14	15 Member Holiday Party	16 Ugly Sweater Round Robin
17 Tennis & Pickleball ROP	18	19 Pickleball ROP	20 Parent's Night Out	21	22	23 Tennis ROP
24 Tennis & Pickleball ROP Holiday Hours 10 am - 3 pm	25 Closed No GroupX Classes	26 Pickleball ROP	27	28	29	30 Tennis ROP

TENNIS & PICKLEBALL ROP (REGISTERED OPEN PLAY)

Tennis: 10:30 am Saturdays & Sundays. Pickleball: 4-6 pm Tuesdays, Thursdays & Sundays and 11 am-1 pm Saturdays. 24-hour pre-registration is advised.

ROW BETTER! FREE WORKSHOP

Rowing is one of the best cardio workouts. Join Fitness Director Kimi Hori for this free workshop discussing the benefits as well as practice drills for proper posture. Free. 11 am in the Fitness Center.

CVAC CLUB CHAMPIONSHIP

Sign up for our Club Tennis Championship tournament

(rescheduled due to rain) and let's see who rules the court! Open to CVAC members. Men's and women's singles, doubles and mixed doubles. Singles: \$30. Doubles: \$40 per team. To register, email Zack@CVAClife.com.

HIKE WITH PUPS

Join us for a 4-mile moderate hike at Garland Ranch. Pups not required. Free. No registration needed. Meet at Garland Ranch flag pole at 9 am.

UGLY SWEATER ROUND ROBIN

Throw on your best (worst) ugly sweater and come play tennis! Zack will be doing the pairings. Register with your level of play. 10:30 am.

MEMBER HOLIDAY PARTY

Join us for a complimentary, members-only event featuring a family photo op with Santa, kid's games and craft tables, live entertainment and delicious bites from Chef Moises. Register by Dec. 11. 5:00 to 7:30 pm.

PARENT'S NIGHT OUT

Sign your children up for our Kid's Club Happy Holidays Party! They'll spend the evening with friends writing letters to Santa, decorating cookies, and enjoying pizza and refreshments. Registration required. \$35 per child. 4:00 to 7:00 pm.

CLICK HERE TO REGISTER OR CALL THE CVAC CONCIERGE AT (831) 624-2737.



MEMBERSHIP NEWS

From Jeff Reyes, Membership Director

We are looking forward to 2024 and bringing you more fun and social activities! Anyone interested in attending a Giants game?? I would love to know your interest and feedback on dates and teams that you would like to see next season. In order to receive the biggest discount, we would need to purchase group tickets by December 20th. Please email me your interest and feedback on preferences to attend next season. Please find the 2024 Giants schedule [here](#).

Go Giants!

Thank you for attending our Member Appreciation Party on November, it was great to see everyone! Please see [the flyer for our Membership Family Holiday Party](#) on December the 15th from 5 pm- 7:30 pm. This is a members only party and registration is required by December 11th.



**Last
Chance!**

This Holiday Season, Give the Gift of Health

**DO YOU HAVE FRIENDS OR FAMILY
INTERESTED IN JOINING THE CLUB?**

Please see Jeff to receive a gift certificate for friends and family that would like to join with up to \$1000 off of the initiation fee. This Membership Referral Program will launch on November 16 and will end on December 31. New members must sign up by January 31, 2024 to receive the discount. Some conditions apply.

Fitness Classes		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM	BODYPUMP 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio		BODYPUMP 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio	Effective December 1st HAPPY HOLIDAYS! * Please register online due to space/equipment limitations (allows us to communicate with you also!) * To allow members on waitlist to take class, please cancel if unable to attend			
	7:00 AM	Cycle HIIT 7:15 - 7:45 AM <i>Peggy</i> Cycle Studio		SPRINT 7:15 - 7:45 AM <i>Kimi</i> Cycle Studio				
	8:00AM	RPM 8:00 - 8:45 AM <i>Terri</i> Cycle Studio	BODYPUMP 8:00 - 8:45 AM <i>Tamara</i> Mind & Body Studio	RPM 8:00 - 8:45 AM <i>Michelle</i> Cycle Studio	BODYPUMP 8:00 - 8:45 AM <i>Tamara</i> Mind & Body Studio	RPM 8:00 - 8:45 AM <i>Terri</i> Cycle Studio	RPM 8:00 - 8:45 AM <i>Michelle</i> Cycle Studio	
		BELLY DANCE 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio		BELLY DANCE 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio				
	9:00 AM	STAYFIT Fluidity 9:00 - 9:45 AM <i>Kaleo</i> Fitness Studio	STAYFIT Mat 9:00 - 9:45 AM <i>Susie</i> Fitness Studio	STAYFIT Cardio 9:00 - 9:45 AM <i>Kimi</i> Fitness Studio	STAYFIT Mat 9:00 - 9:45 AM <i>Susie</i> Fitness Studio	STAYFIT Energy 9:00 - 9:45 AM <i>Kimi</i> Fitness Studio	YOGA FLOW 9:00 - 9:45 AM <i>Peggy</i> Mind & Body Studio	BODYPUMP 9:00 - 9:45 AM <i>Terri / Tamara</i> Mind & Body Studio
		HOT YOGA 9:00 - 10:15 AM <i>Jamie</i> Mind & Body Studio	BODYCOMBAT 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	VINYASA YOGA 9:00 - 10:15 AM <i>Dana</i> Mind & Body Studio	BODYCOMBAT 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	HOT YOGA 9:00 - 10:15 AM <i>Brook</i> Mind & Body Studio		
	10:00 AM	Qi Gong 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio			Qi Gong 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio		BODYPUMP 10:00 - 10:45 AM <i>Peggy</i> Mind & Body Studio	RPM 10:00 - 10:45 AM <i>Terri / Michelle</i> Cycle Studio
	11:00 AM	MAT PILATES 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio	BARRE 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio	BALANCE/CORE/ STRENGTH 11:00 - 11:45 AM <i>Diana</i> Mind & Body Studio	BARRE 11:00 - 11:45 AM <i>Kimi</i> Mind & Body Studio	CORE-LATES 11:00 - 11:45 AM <i>Brook</i> Mind & Body Studio	BODYCOMBAT 11:00 - 11:45 AM <i>Tamara</i> Mind & Body Studio	YIN FLOW YOGA 11:00 AM - 12:15 PM <i>Brook</i> Mind & Body Studio
							BODYBALANCE 11:00 - 11:45 AM <i>Peggy</i> Fitness Studio	
Pool	12:00 PM	BODYPUMP 12:00 - 12:45 PM <i>Tamara</i> Mind & Body Studio	HATHA YOGA 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	BODYPUMP 12:00 - 12:45 PM <i>Terri</i> Mind & Body Studio	HATHA YOGA 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	SPRINT 12:00 - 12:30 PM <i>Tamara</i> Cycle Studio		
	4:00 PM / 5:00 PM						HOT YOGA: FLOW&RESTORE 4:00 - 5:15 PM <i>Brook</i> Mind & Body Studio	
		STRENGTH & CONDITIONING 5:00 - 5:45 PM <i>Michelle</i> Mind & Body Deck						
	5:30 PM		BODYPUMP 5:30 - 6:15 PM <i>Terri</i> Mind & Body Studio		BODYPUMP 5:30 - 6:15 PM <i>Elizabeth</i> Mind & Body Studio	December Events: Register via Member Portal Sun 12/10 9am Hike at Garland Ranch Mon 12/11 11am Row Better! workshop 12/24 & 12/31 Modified Schedule Mon 12/25 - CLUB CLOSED		
	6:00 PM	HOT YOGA 6:00 - 7:15 PM <i>Brook</i> Mind & Body Studio		HOT YOGA 6:00 - 7:15 PM <i>Jamie</i> Mind & Body Studio				
Pool	6:30 PM		RPM 30 6:30 - 7:00 PM <i>Terri</i> Cycle Studio		BODYCOMBAT 6:30 - 7:15 PM <i>Elizabeth</i> Mind & Body Studio			
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:00 AM	AQUA 10:00 - 10:45 AM <i>Freddie</i> Pool	AQUA 10:00 - 10:45 AM <i>Michelle</i> Pool	AQUA 10:00 - 10:45 AM <i>Freddie</i> Pool		AQUA 10:00 - 10:45 AM <i>Freddie</i> Pool	AQUA 10:00 - 10:45 AM <i>Sabrina</i> Pool	



Cycle Room Schedule

Virtual and Live Cycle Classes		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM	Virtual RPM 6:00 - 6:50 AM	Virtual SPRINT 6:00 - 6:30 AM	Virtual RPM 6:00 - 6:50 AM	Virtual THE TRIP 6:00 - 6:30 AM	Virtual RPM 6:00 - 6:50 AM		
	7:00 AM	HIIT CYCLE Live 7:15 - 7:45 AM Peggy	Virtual RPM 7:00 - 7:50 AM	SPRINT Live 7:15 - 7:45 AM Kimi	Virtual RPM 7:00 - 7:50 AM	Virtual SPRINT 7:00 - 7:30 AM		
	8:00 AM	RPM Live 8:00 - 8:45 AM Terri	Virtual SPRINT 8:00 - 8:30 AM	RPM Live 8:00 - 8:45 AM Michelle	Virtual SPRINT 8:00 - 8:30 AM	RPM Live 8:00 - 8:45 AM Terri	RPM Live 8:00 - 8:45 AM Michelle	Virtual THE TRIP 8:00 - 8:50 AM
	9:00 AM	Virtual SPRINT 9:00 - 9:30 AM	Virtual THE TRIP 9:00 - 9:50 AM	Virtual SPRINT 9:00 - 9:30 AM	Virtual THE TRIP 9:00 - 9:50 AM	Virtual SPRINT 9:00 - 9:30 AM	Virtual RPM 9:00 - 9:50 AM	Virtual SPRINT 9:00 - 9:30 AM
	10:00 AM	Virtual RPM 10:00 - 10:50 AM	Virtual SPRINT 10:00 - 10:30 AM	Virtual RPM 10:00 - 10:50 AM	Virtual SPRINT 10:00 - 10:30 AM	Virtual RPM 10:00 - 10:50 AM	Virtual SPRINT 10:00 - 10:30 AM	RPM Live 10:00 - 10:45 AM Terri / Michelle
	11:00 AM	Virtual SPRINT 11:00 - 11:30 AM	Virtual RPM 11:00 - 11:50 AM	Virtual THE TRIP 11:00 - 11:30 AM	Virtual RPM 11:00 - 11:50 AM	Virtual SPRINT 11:00 - 11:30 AM	Virtual RPM 11:00 - 11:50 AM	Virtual SPRINT 11:00 - 11:30 AM
	12:00 PM	Virtual THE TRIP 12:00 - 12:50 PM	Virtual SPRINT 12:00 - 12:30 PM	Virtual RPM 12:00 - 12:50 PM	Virtual THE TRIP 12:00 - 12:30 PM	SPRINT Live 12:00 - 12:30 PM Tamara	Virtual SPRINT 12:00 - 12:30 PM	Virtual THE TRIP 12:00 - 12:50 PM
	1:00 PM	Virtual SPRINT 1:00 - 1:30 PM	Virtual RPM 1:00 - 1:50 PM	Virtual SPRINT 1:00 - 1:30 PM	Virtual RPM 1:00 - 1:50 PM	Virtual RPM 1:00 - 1:50 PM	Virtual THE TRIP 1:00 - 1:50 PM	Virtual SPRINT 1:00 - 1:30 PM
	2:00 PM	Virtual RPM 2:00 - 2:50 PM	Virtual SPRINT 2:00 - 2:30 PM	Virtual THE TRIP 2:00 - 2:50 PM	Virtual SPRINT 2:00 - 2:30 PM	Virtual THE TRIP 2:00 - 2:30 PM	Virtual SPRINT 2:00 - 2:30 PM	Virtual RPM 2:00 - 2:50 PM
	3:00 PM	Virtual SPRINT 3:00 - 3:30 PM	Virtual RPM 3:00 - 3:50 PM	Virtual SPRINT 3:00 - 3:30 PM	Virtual RPM 3:00 - 3:50 PM	Virtual RPM 3:00 - 3:50 PM	Virtual RPM 3:00 - 3:50 PM	Virtual SPRINT 3:00 - 3:30 PM
	4:00 PM	Virtual RPM 4:00 - 4:50 PM	Virtual THE TRIP 4:00 - 4:30 PM	Virtual RPM 4:00 - 4:50 PM	Virtual SPRINT 4:00 - 4:30 PM	Virtual RPM 4:00 - 4:50 PM	Virtual SPRINT 4:00 - 4:30 PM	Virtual RPM 4:00 - 4:50 PM
	5:00 PM	Virtual SPRINT 5:00 - 5:30 PM	Virtual RPM 5:00 - 5:50 PM		Virtual RPM 5:00 - 5:50 PM	Virtual THE TRIP 5:00 - 5:30 PM	Virtual RPM 5:00 - 5:50 PM	Virtual THE TRIP 5:00 - 5:30 PM
	6:00 PM	Virtual RPM 6:00 - 6:50 PM	RPM30 Live 6:30 - 7:00 PM Terri	Virtual THE TRIP 6:00 - 6:50 PM	Virtual SPRINT 6:00 - 6:30 PM	Virtual RPM 6:00 - 6:50 PM	Virtual THE TRIP 6:00 - 6:30 PM	Virtual RPM 6:00 - 6:50 PM

* Due to noise (Refuge and tennis disturbance), door and windows must remain closed from 10:00am - 10:00pm

* Please shake off excess dirt off of shoes outside of the room before using the bike

* Please wipe down your bike with the wet wipe after use



THE PILATES STUDIO

DECEMBER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM - 12:00 PM	GROUP REFORMER 7:00 - 7:50 AM Kimi					GROUP CLASS PRICING CVAC Member / Non-Member 1 Session - \$35 / \$40 6 Sessions - \$174 / \$198 12 Sessions - \$312 / \$372 24 Sessions - \$576 / \$696 Contact Kimi Hori, Fitness Director: KIMI@CVAClife.com	
	CARDIO MIX 8:00 - 8:50 AM Kimi	GROUP REFORMER 8:30 - 9:20 AM Kimi		GROUP REFORMER 8:30 - 9:20 AM Meg			
		GROUP REFORMER 9:30 - 10:20 AM Kimi		GROUP REFORMER 9:30 - 10:20 AM Meg			
		GROUP REFORMER 11:30 AM - 12:20 PM Kimi			GROUP REFORMER 11:00 - 11:50 AM Kimi		
12:00 PM - 8:00 PM	RESTORE & RESET 12:00 PM - 12:50 PM Kimi		CARDIO MIX 12:00 PM - 12:50 PM Kimi			Group Reformer: Mixed level. Use of the Reformer, Tower, Combo Chair, Jumpboard, and Arc Barrel Restore and Reset: Mixed level. Focus on gentle exercises, deep stretches, fascia release, and mobility Cardio Mix: Blend of Reformer, Floor, Jumpboard to increase the heart rate (Previous reformer experience required)	
	GROUP REFORMER 4:30 - 5:20 PM Kimi			RESTORE & RESET 4:30 - 5:20 PM Meg	GROUP REFORMER 4:30 - 5:20 PM Kimi		
				GROUP REFORMER 5:30 - 6:20 PM Meg			
	GROUP REFORMER 6:30 - 7:20 PM Kimi						

For Pilates Reformer information, please contact
Kimi Hori, Fitness Director, at Kimi@CVAClife.com

If you are new to Pilates Reformer, please contact Kimi Hori, Fitness Director, for an initial consult and complimentary reformer introductory session. This will allow you to attend classes with better knowledge of set up.

Pilates Studio class policies:

- Please cancel out of classes 24-hours in advance to allow wait-listed members to attend
- Socks are required. Grippy socks are recommended
- Dress in layers to ensure appropriate body heat for safe movement
- Inform your Pilates teacher of any injuries, body adjustments, or special conditions prior to your session
- There are no refunds on packages purchased at Carmel Valley Athletic Club

Equipment

The Pilates Reformer is a sophisticated system of springs, straps, and pulleys that acts as resistance to aid the body while working on a rolling platform called the carriage. Benefits of the Reformer include: versatile and efficient movement patterns with the use of different tools such as jumpboard, standing platform, reformer box, and dowels; Build strong muscles and bones; Increase flexibility and mobility; Gentle on joints; Stability training. The Pilates Tower is attached to the Reformer and allows the opportunity to sit, stand or lie down (based on the exercise) using a variety of springs and bars to increase strength, flexibility, stabilization, and muscular endurance. The Pilates Chair resembles a backless chair with a padded seat on top and pedals attached to offer strong, medium, or low resistance. Exercises can be performed sitting or standing on the padded surface, standing behind or in front of the chair, lying on the padded surface while pushing down on the pedals with hands, and more. Benefits of the Chair is unique balance training, deep core strength, and total body endurance.



JOIN US FOR A

Member Holiday party

5:00 PM TO 7:30 PM FRIDAY, DECEMBER 15TH

REGISTER BY DECEMBER 11TH

FAMILY PHOTO OP WITH SANTA
KID'S GAMES & CRAFT TABLES • LIVE ENTERTAINMENT
DELICIOUS BITES FROM CHEF MOISES
COMPLIMENTARY, MEMBERS-ONLY EVENT

[CLICK HERE TO REGISTER](#)

Registration through the Member Portal is required to attend. Register by Monday, December 11. After this date, members can call to check availability (831) 624-2737. Photos with Santa will be available online for members to download.



Throw on your best (worst) ugly sweater and come play tennis! Round Robin will start at 10:30 am and finish around 12 pm. Zack will be doing the pairings. Please register with your level of play. Free.

[Click here to register](#)



PARENT'S NIGHT OUT

HAPPY HOLIDAYS



4-7 PM WEDNESDAY DEC. 20TH
AT KID'S CLUB
\$35 PER CHILD

Happy Holidays! Parents, sign your children up for our Kid's Club Happy Holidays Party. They'll spend the evening with friends writing special letters to Santa, decorating cookies, enjoying pizza and refreshments, holiday crafts and Santa will also be making an appearance!

[CLICK HERE TO REGISTER](#)



Row Better!

Free Workshop with Kimi Hori

Location: Fitness Center

When: 11:00 am Monday, December 11th

[Click Here to Register](#)

Rowing is one of the best cardio workouts that is time-efficient and a total body workout. Benefits of rowing include: 86% of muscle utilization (including the arms, legs, and core), and incredible cardiovascular endurance training while remaining low impact. Improper rowing movements can increase the risk of injury and decrease physical benefits.

Join Kimi to discuss and practice drills for proper posture and techniques to help you add this incredible workout to your fitness routine. During this session, both rowers will be utilized. Contact Kimi Hori, Fitness Director, for any questions at Kimi@cvaclife.com.



Let's be social!

HIKE WITH PUPS

9 AM SUNDAY, DEC. 10TH
AT GARLAND RANCH

Bring your hiking buddy—whether it be your pup, a friend or a neighbor—and let's enjoy a hike at Garland Ranch. This is (approximately) a 4-mile, moderate hike. We will go up the Mesa Trail, so bring trekking poles if needed, along with water, snacks and any dog necessities. Pups not required to join the hike. Feel free to invite any friend or family member. The more the merrier! No registration required. Meet at the Garland Ranch flag pole at 9 am. Contact Kimi Hori, Fitness Director, for more information.

If you have suggestions for other meetups, please feel free to let Kimi know at Kimi@cvaclife.com



2023 TENNIS CLUB CHAMPIONSHIP

(RESCHEDULED DUE TO RAIN)

DECEMBER 8-10

\$30 SINGLES | \$40 DOUBLES (PER TEAM)
OPEN TO CVAC MEMBERS ONLY

Sign up for our Tennis Club Championship tournament and let's see who rules the court! Beginner/intermediate men's & women's singles, doubles and mixed doubles. Open men's & women's singles, doubles and mixed doubles. Doubles must register with partner. Two events per entrant.

Double elimination. Championship hat awarded for participating.

To register, or for questions, email Zack@CVAClife.com.

Sign-up forms will also be available at
the Front Desk.



USTA Tennis

Starting January 2024

*The 40+ and 18+ USTA season is starting in January 2024.
If you have an interest in playing or have questions,
contact Zack at Zack@CVAClife.com. The current
teams are listed below.*

Women's — 40+ 3.0 & 40+ 3.5

Men's — 40+ 3.5 & 40+ 4.5

Mixed — 18+ 7.0

Liveball

is back!

*Fast-paced, champ-of-the-court style doubles with music!
The level is 3.0-3.5. Saturdays from 12:00 pm to 1:30 pm,
starting Dec. 16th. Sign up required. Click [here](#) to register.*





Winter JUNIOR'S SCHEDULE

Session 1: Nov. 27-Dec. 22

Session 2: Jan. 9-Feb. 2

(4 week sessions)

We are excited to launch our Junior Tennis program's winter sessions. Our experienced teaching pros will focus on proper technique, footwork, strategy and fun in a safe and engaging environment to help grow your child's skills and love for the game. See below for the class schedule, pricing and registration details.

TUESDAYS & THURSDAYS

Junior Smash Stars (9-10 yr olds)
4:00 to 5:00 pm.

Grand Slam Seekers (11+ yr olds)
5:00 to 6:30 pm.

WEDNESDAYS & FRIDAYS

Tiny Tennis Titans (5-6 yr olds)
4:00 to 5:00 pm.

Mini Racquet Rookies (7-8 yr olds)
5:00 to 6:00 pm.

Session Pricing

TWO CLASSES A WEEK

Grand Slam Seekers:
\$240 Members / \$280 Guest

Tiny Tennis Titans, Mini Racquet Rookies & Junior Smash Stars:
\$160 Members / \$200 Guest

ONE CLASS A WEEK

Grand Slam Seekers:
\$120 Members / \$140 Guest

Tiny Tennis Titans, Mini Racquet Rookies & Junior Smash Stars:
\$80 Members / \$100 Guest

DROP-IN (if space available)

Grand Slam Seekers:
\$35 Members / \$40 Guest

Tiny Tennis Titans, Mini Racquet Rookies & Junior Smash Stars:
\$25 Members / \$30 Guest

For more information, or to register, please email Zack at Zack@CVAClife.com. Please include session number and class. Classes require at least 3 students per class to run. Parents will be notified in case of cancellation. Make up classes/refunds will be offered if needed.



TENNIS -CLINICS FOR ADULTS-

Looking to learn or grow your tennis game?

CHRISTY



ZACK



BRIAN



ALICE



CHRISTY TAYLOR'S TENNIS CLINICS

Doubles Strategy Co-Ed 3.5+

Tuesdays from 10:30 am to 12:00 pm and Wednesdays from 9:30 am to 11 am.

New to Tennis/Getting the Rust Off, Co-Ed 2.5/3.0

Wednesdays from 11:00 am to 12:30 pm.

Men's 3.5 +

Sundays from 9:30 am to 11:00 am.

Make Your Serve a Weapon Clinic

Tuesdays from 10:00 to 10:30 am. Cost is \$30 per player.

Doubles Strategy & Play

Thursdays from 6:00 to 7:30 pm.

Clinics are \$30 per player. Please make reservations by emailing Christy at Christy@CVAClife.com or calling 831-717-7054.

ZACK JUHRE'S TENNIS CLINICS & LESSONS

Beginner Pickleball Clinic

Fridays from 10:00 to 11:00 am.

Liveball!

Saturdays from 12:00 to 1:30 pm, starting December 16th. Fast-paced, champion-of-the-court style doubles with music! Level 3.0-3.5. Sign up required.

4.0 Clinic

Thursdays from 10:00 to 11:30 am.

Please contact Zack directly at Zack@CVAClife.com to schedule clinics, private lessons, and to learn more about upcoming tennis events.

BRIAN CORY'S TENNIS CLINICS

Co-Ed 3.5+ Clinic

Fridays from 12:00 noon to 1:00 pm.

Contact Brian at 831-594-5699 or corytennis@aol.com to confirm clinics will be running. Need minimum 4 players to hold clinic. Members: 5 players or less \$25 per player per clinic; 6 players or more \$20 per player per clinic. Add \$5 more for non-members.

ALICE CORY'S TENNIS CLINICS

Co-Ed 3.0/C Team

Saturdays from 10:00 am to 11:00 am and from 11:00 am to 12:00 noon on the following days: December 2, 9 & 16, 2023.

Contact Alice at corytennis@aol.com or 831-594-0848 to confirm clinics will be running. Members: 5 players or less \$25 per player, per clinic; 6 players or more \$20 per player per clinic. Add \$5 more for non-members. Attending both clinics: \$45 for members.

Sign ups for clinics now available on the app! You can also sign up for clinics through the Member Portal, Front Desk, or by contacting the Tennis Pro.



THANK YOU

*for supporting the Monterey Food Bank
at our 10th annual 5K Turkey Trot!*