



# MONTHLY MEMBERSHIP EVENT CALENDAR

## MARCH 2024

### MARCH 1-30

#### **MOBILITY IN MARCH**

30-Day Stretch Challenge

Stretching is important to increase circulation, improve flexibility, and reduce the risk of injury. Register by contacting Kimi at [Kimi@CVAClife.com](mailto:Kimi@CVAClife.com).

### MARCH 1-31

#### **SHARE THE LOVE OF CVACLife WITH FRIENDS AND FAMILY!**

Membership | [Jeff@CVAClife.com](mailto:Jeff@CVAClife.com)

Just in time for Spring and Summer, invite your loved ones out to play a game of pickleball, swim in the heated pool or have lunch out on the Cafe deck. For every new member referral, you'll receive a \$250 gift card as a thank you for helping us grow with quality members like yourself! Email Jeff Reyes, Membership Director, for details.

### SUN, MARCH 17

#### **ST. PATRICK'S DAY TENNIS ROUND ROBIN**

10:30 am - 12:00 pm | Tennis Courts

Don your best shade of green and head out onto the court for our St. Patrick's Day Round Robin event! Register

through the Member Portal, at the front desk, or by directly reaching out to Zack at [Zack@CVAClife.com](mailto:Zack@CVAClife.com).

### SUN, MARCH 24

#### **HIKE WITH PUPS**

9:00 am | Toro Park

Join us at Toro Park for an approximate 4-mile moderate hike with your pup (or just yourself!) and let's hike. Bring water, snacks, and dog necessities. Pups are not required to join the hike, and feel free to invite any friends and family members. The more, the merrier! Contact Kimi Hori, Pilates & Group Fitness Manager, for more information.

### SAT, MARCH 30

#### **KID'S EASTER TENNIS CLINIC & EASTER EGG HUNT!**

10:00 am | Tennis Courts/Kid's Club

Open to kids aged 5-10, our Easter celebration is packed with two separate, optional activities. Choose the Tennis Clinic (\$25/child), the Egg Hunt (\$5/child), or both - each designed for Easter fun! Schedule - Ages 5-7: clinic from 10-11 AM, egg hunt from 11 AM-12 PM. Ages 8-10: egg hunt from 10-11 AM, clinic from 11 AM-12 PM. Register through the Member Portal. *If participating in the Easter Egg Hunt, kids must bring their own basket.*

### SAVE THE DATE

#### **4/1-30—30-DAY BURPEE CHALLENGE**

#### **4/13—MBFC GAME: "DEFEND THE 831"**

#### **4/14—HIKE WITH PUPS**



JOIN US MARCH 1-30 FOR OUR

# MOBILITY IN MARCH 30-DAY STRETCH CHALLENGE

Stretching is important to increase circulation, improve flexibility, and reduce risk of injuries. You will have access to weekly videos with simple stretches that can be done anywhere, anytime!

**Price: \$10**

Register by contacting Kimi Hori at **Kimi@CVAClife.com** during the first week of March and complete the challenge to enter into a raffle to win a prize!





*Let's be social!*

# HIKE WITH PUPS

9 AM SUNDAY, MARCH 24<sup>TH</sup>  
AT TORO PARK

Join us at Toro Park for an approximate 4-mile moderate hike with your pup (or just yourself!) and let's hike. Bring water, snacks, and dog necessities. Pups not required to join the hike and feel free to invite any friend and family member. The more the merrier! Contact Kimi Hori, Pilates & Group Fitness Manager, for more information.

Register on the Member Portal for us to contact you more easily with logistics or notices.

If you have suggestions for other meetups or hike locations, please feel free to let Kimi know at [Kimi@CVAClife.com](mailto:Kimi@CVAClife.com)





# *Tennis St. Patrick's Day Round Robin*

**10:30 AM TO 12:00 PM**

**SUNDAY, MARCH 17**

*Celebrate St. Patrick's Day with our festive Round Robin! It's the perfect occasion to don your best greens and elevate your game. Zack will arrange the pairings, ensuring a day of competitive fun and camaraderie in true St. Patrick's Day fashion!*

*Please register through the Member Portal, at the Front Desk, or by reaching out directly to Zack at [Zack@CVAClife.com](mailto:Zack@CVAClife.com).*

*For questions, please contact Zack at [Zack@CVAClife.com](mailto:Zack@CVAClife.com)*





# *Easter*

## KID'S TENNIS CLINIC + EGG HUNT!

**MARCH 30TH**

Open to kids aged 5-10, our Easter celebration is packed with two separate, optional activities. Choose the Tennis Clinic (\$25/child), the Egg Hunt (\$5/child), or both—each designed for Easter fun!

<u>AGES 5-7:</u>	<u>AGES 8-10:</u>
CLINIC, 10-11AM	EGG HUNT, 10-11AM
EGG HUNT, 11AM-12PM	CLINIC, 11AM-12PM

Register through the Member Portal

