

MAY 2024

MAY 7, 14, 21, 28

TACO TUESDAY!

5:00 - 7:00 pm | CVAC Cafe

Enjoy delicious tacos with all the trappings while soaking up the sunshine on the Cafe deck.

FRI, MAY 10

**PARENT'S NIGHT OUT:
TIE-DYE**

5:00 pm - 8:00 pm | Kid's Club
\$35/Child

Enjoy a night off property and let your kids unleash their tie-dye creativity! Please bring your own shirt to tie-dye. Pizza will be provided. Ages 2+.

MAY 14 & 15

**SANDJUNE ATHLETIC WEAR
POPUP SALE**

Tues, May 14 | 8:30 am - 1:30 pm
& 4:00 - 6:00 pm

Wed, May 15 | 8:30 am - 12:30 pm
Fitness Center Lobby

Join us for the SandJune Athletic Wear Sale. Find the perfect balance of style and function in their athletic wear. Plus, stop by our Trainer table to say hi and enter the raffle for a chance to win a 3 session Jump Start package. **Must purchase a PT package to enter raffle.*

SUN, MAY 19

**RED CROSS ADULT &
PEDIATRIC CPR/AED
CERTIFICATION**

10:00 am - 1:30 pm | Fitness Studio
\$90/Member | \$100/Non-Member

Help save a life with an American Red Cross CPR/AED First Aid certification through American Red Cross Instructor Kimi Hori! Learn skills for handling emergencies and practice CPR/AED skills. Certificate is valid for 2 years. Ages 13+.

SUN, MAY 26

HIKE WITH PUPS!

9:00 am - 1:00 pm | Garland Ranch

Join us at Garland Ranch on the Garzas Canyon Loop Trail for a 5.8 mile moderate to challenging hike with an elevation gain of 1,610ft. Come with your pup, or just yourself! 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!

MON, MAY 27

**MEMORIAL DAY BBQ
& POOL PARTY**

12:00 - 3:00 pm | CVAC Pool

Join us this Memorial Day for an unforgettable BBQ & Pool Party! Dive into fun with our selection of pool floaties, and groove to the beat with family-friendly music. Indulge in delicious flavors as our chef fires up the grill for a barbecue feast. It's the perfect way to kick off summer. Please register through the Member Portal.

MON, MAY 27

**MEMORIAL DAY TENNIS &
PICKLEBALL ROUND ROBIN**

Tennis Round Robin: 10 am - 12 pm
Pickleball Round Robin: 1 pm - 3 pm

Join us for a spirited Tennis Round Robin, Pickleball Round Robin or both! To register, please sign up with the front desk, through the app, or by contacting Zack at zack@cvaclife.com.

SAVE THE DATE

**6/10—CVAC SUMMER CAMPS
BEGIN!**

**6/15—15-DAY ABS & GLUTES
CHALLENGE BEGINS**

6/21—PARENT'S NIGHT OUT

To register, visit the Member Portal or call the CVAC Concierge at (831) 624-2737.



PARENT'S NIGHT OUT TIE-DYE



5-8 PM | FRIDAY, MAY 10TH

AT KID'S CLUB

\$35/CHILD

Enjoy a night off property and let your kids unleash their tie-dye creativity! Please bring your own shirt to tie-dye.

Pizza will be provided. Ages 2+.

REGISTER THROUGH THE MEMBER PORTAL



SANDJUNE ATHLETIC WEAR SALE

*Shop at our Two-Day
Pop-up Event!*

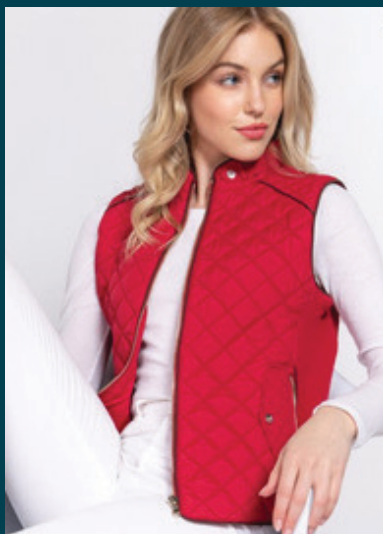
TUESDAY, MAY 14
8:30 TO 1:30 PM & 4:00 TO 6:00 PM

WEDNESDAY, MAY 15
8:30 AM TO 12:30 PM

FITNESS CENTER LOBBY

STOP BY OUR TRAINER TABLE TO SAY HI AND ENTER THE RAFFLE
FOR A CHANCE TO WIN A 3 SESSION JUMP START PACKAGE.

*MUST PURCHASE A PERSONAL TRAINING PACKAGE TO ENTER RAFFLE.



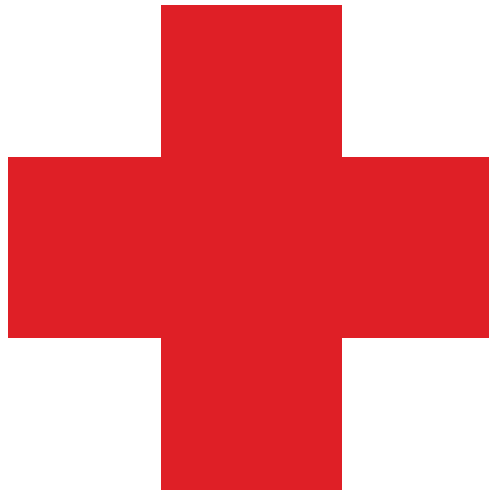


ADULT & PEDIATRIC CPR/AED FIRST AID CERTIFICATION

Sunday, May 19th | 10:00 AM - 1:30 PM

Ages 13+ | Member Price: \$90.00

Location: Fitness Studio



Help save a life with an American Red Cross CPR/AED First Aid certification through American Red Cross Instructor Kimi Hori. Learn skills for handling emergencies and practice CPR/AED skills. Certificate is valid for 2 years.

Please register through the Member Portal.



Let's be social!

HIKE WITH PUPS

9 AM - 1 PM | SUNDAY, MAY 26TH
GARLAND PARK

Join us at Garland Ranch on the Garzas Canyon Loop Trail for a 5.8 mile moderate to challenging hike with an elevation gain of 1,610ft. Come with your pup, or just yourself! 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 to receive event updates.

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



MEMORIAL DAY

BBQ & POOL PARTY

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MONDAY, MAY 27TH

12 PM - 3 PM

TENNIS ROUND ROBIN:

10 AM - 12 PM

PICKLEBALL ROUND ROBIN:

1 PM - 3 PM

Join us for our annual Memorial Day BBQ & Pool Party from 12 pm to 3 pm and celebrate the unofficial start of summer at CVAC with swimming, music, and delicious food. No lap lanes 11:30 am to 5 pm.

Start the fun early with our Tennis Round Robin at 10 am, burn off the BBQ with our Pickleball Round Robin at 1pm, or play both back to back. Sign up through the Member Portal, Front Desk Concierge or email Zack at Zack@CVAClife.com.

**SIGN UP THROUGH THE MEMBER PORTAL
RSVP BY MONDAY, MAY 20TH**