

The Paseo Club

Valencia

Newsletter

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www.thepaseoclub.com

March 2004

First Annual Tennis & Fitness Expo A Huge Success!!!

The Paseo Club had its best membership drive to date for the month of February. With all of your help we had 21 members take advantage of the Membership Referral Program! They are receiving a FREE month's dues for March. This month anyone that refers a friend that join during the month of March receives \$50 credit towards their next month statement!

Also during the month of February we had a very successful Tennis and Fitness Expo! We had hundreds of members and their friends come out to a very special day provided by Jodi Stokes our Fitness Director and her staff and Darren Miller our Tennis Director and his staff. It was so exciting watching the

kids and adults enjoy tennis drills, spinning on the pool deck, dance class, Ti Bo and even a fashion show! If you were unable to come out this year definitely put it on your 05 calendar.

In conclusion, the club is really starting to become a "social" family atmosphere with members meeting new friends and enjoying themselves while at The Paseo Club. The staff is diligently trying to improve the level of service it gives to the members so the experience each and everyone of you have is fantastic. Just take a look at the members photos at the end of this newsletter and you can see how much everyone is enjoying themselves!



A Word from the General Manager

Dear Members,

Even though it doesn't feel like it yet, with all of the rain we have experienced over the last couple of weeks, spring is right around the corner. As you can see, we have many activities planned for you. We are finalizing our summer programs now and will get that information to you in the near future. We will be offering swimming lessons and workouts, a sports and tennis camp, and a variety of social events for you and your families to enjoy.



Desi McBride

In case you didn't know, we have a beer and wine license and are gearing up for barbeque's in the summer. Along with the many events and programs we have planned for you, we hope you will simply enjoy coming and hanging out here at The Club. Remember, this is your club, and our goal is to provide you with events, activities and programs that you will enjoy, so if any of you have any requests, feel free to offer them.

We are also continuing to add the final touches to the facility. We have now completely secured our Kids Corner Playground. Both gates are locked from the inside and we plan on alarming the fire exit gate, so that in the event someone enters through the gate, an alarm will sound. We have added extensions to the mens showers so that the taller gentlemen can enjoy the showers without breaking their backs. The fireplace in the loggia is now operational and is very warm. Finally, we now have music in the lobby, locker rooms, and pool areas, as well as the fitness center.



I look forward to seeing you here at The Paseo Club soon.

See you soon, *Desi McBride*
General Manger and Owner

Membership & Events

The Paseo Club had its first annual **Tennis and Fitness Expo** with Darren Miller running the tennis and Jodi Stokes organizing and running the fitness side. Both did a terrific job and both kids and adults had a wonderful time.

Then came **Valentines Day** with tow events happening at The Paseo Club. First, a tennis tournament run by Darren and Kati with both adults and kids playing together. Everyone had a great time and the kids enjoyed competing in a friendly environment with their parents. Next came an afternoon/evening social with again parents and kids enjoying themselves with a wonderful dinner prepared by Earlene Hayes and her staff.



Steve McAvoy

Coming up in March we have a **Member Guest Social** on Friday night March 7 @ 7:00 PM with the tennis professionals and Darren Miller running a round robin and appetizers and drinks immediately following for only \$10 per person. These Member/Guest socials are a chance for you to invite your friends out to play and not have to pay a guest fee but sign up early because they will fill up fast!!! Then comes our famous **St. Patrick's Day Social** on Saturday March 19 @ 7:00 PM. See the front desk or the website for details!

Our Membership Referral Program was a huge success last month so this month we have decided to keep the program going with one small change! Every member that refers a friend that joins during the month of March will receive a free Paseo hat and be entered into a drawing to **WIN A \$2,000 ELLIPTICAL MACHINE!!!** This will be given to the lucky member at the end of the month so let your friends know about The Paseo Club and all it has to offer!



Warm Regards,
Stephen McAvoy
Marketing Director and Owner



The Paseo Club's Tennis Program

Dear Members,

February, although a little rainy, was a very busy and successful month for the Tennis Department here at your Paseo Club. Our early Spring League session began and has been a huge success. We have eight adult leagues running with over 130 people participating! We have also started a junior league on Friday afternoons which promises to be as competitive as the adults.

I would also like to thank those who participated in the first ever Parent/Child Tournament. It was very entertaining to watch the children and their "coaching ability". I am happy to report that we have some *very* patient parents here at The Paseo Club.

As far as the tennis calendar is concerned, we have 3 events for the month of March scheduled here at the club. If you would like to sign up, please do so at the Front Desk. The events are as follows:

March 5th Member / Guest Social (Invite a guest to play against members and see the club)

March 13-14th Adult Mixed Doubles Championships

(Enter and see who is the best mixed doubles team in each playing level)

March 27th Top Seed Interclub Social

(Come hang out and play with members from Calabasas Tennis & Swim Center and North Ranch Country Club)

As always, if you have any questions concerning the events or anything tennis related, please feel free to contact me via email at dmiller@thepaseoclub.com or call the club...I'm at extension 205!

See you on the courts! **Darren Miller**, Tennis Director



Darren Miller



Fitness Center

Top O' the Day to You!

Welcome to **March Madness!** Here's what we have in store for you **lucky** members this month:

- 4 new classes: F.I.T (Fun Interval Training) Pilates Mat, Mom & Me, and Running Club.
- 4-person training sessions (semi-private training; \$75 divided between 4 people)
- 13th St. Patty's Day 5K Walk / Run
- 16th Motivational speaker and author Michiko Roleck at 7pm in the studio

Everyone has a lot in life. When I say that, I mean that everyone has a purpose, job or responsibility. It could be that you're raising children, fulfilling work responsibilities, taking care of your parents, managing your home and social life, volunteer work or all of the above. With such responsibilities, how do you find time for regular exercise?



Jodi Stokes

Vanity is not the only reason to initiate fitness into your life; decreased risk of disease and illness, longer life expectancy, increased productivity, preventing osteoporosis and having more energy are more important reasons. So let me tell you this: All exercise counts, even daily activities.

This month I would like to share with you some activities you may do every day that burn calories. I like to call them:

Random Acts of Fitness

- *Gardening = 350
- *Housework = 180
- *Picking up Legos = 70
- *Grocery shopping/putting away groceries = 150
- *Stroller ride w/kids (1 hr) = 200
- *Uphill stroller ride = 275

Heavier Exercise/Workouts

- Bicycling = 370 • Yoga = 200
- Tennis (singles) = 380
- Swimming = 270
- Spinning = 412

ATTENTION MEMBERS

We have received some complaints from you fellow members regarding children utilizing the Fitness Center and equipment without **proper** parental supervision. Please be considerate when bringing your children into the Fitness Facility. For the safety of your children and other members, please adhere to the rules posted at the front desk. Thank you.

Please also note that we now offer Private Yoga Training with Dani.

A huge Thank you for all of you who came and brought friends to the Fitness/Tennis Expo, it was a great success – next one will be even bigger and warmer. Thanks, Jodi

Healthfully Yours,

Jodi Stokes, Fitness Director





The Paseo Club

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2004 Calendar of Events

March

5th	Member/Guest Tennis Social
13th	St. Patty's Day 5k Walk/Run
13,14	Adult Mixed Doubles Championships
16th	Evening Running Club Starts
19th	St. Patini's Day Feast and Beer Tasting
23rd	Mental Fitness Author, Michiko Rolek, "Yoga off of the Mat" Lecture
27th	Top Seed Interclub Tennis Social

7pm - 10pm
8am
All Day
5pm - 6:30pm
7pm - 11pm
7pm
All Day

April

9th	Night Tennis Social
11th	Easter Brunch and Easter Egg Hunt
13th	Evening Swimming Club Starts
17th	Pro/Am Tennis Tournament
19th	Private Trainer Sara Wheeler will give a workshop of Core Training
23rd	Member/Guest Tennis Social

7pm - 10pm
10:30am - 1:30pm
5pm - 6:30pm
All Day
7pm
7pm - 10pm

Tennis Tips..... G'day members, in my last article I shared some tips on how to play in the wind, well this month we have incurred more rain then wind, so my tip for playing in the rain is lob, with your opponent looking up, waiting anxiously for the ball, the frustration of constant rain drops in the eyes will anger your opponent and they are bound to miscue their overhead. On a more serious note, I would like to write about NERVES! Feeling nervous is good, it means you care, but how do you deal with it? Here are a few suggestions.



Brad Sceney

Use great footwork, meaning; in the warm-up be on your toes, get your blood flowing and your adrenaline up, try to build up a sweat before you start the match. So when you start the match you are already into it. Being nervous will make you tight when you hit, thus pushing the ball rather than hitting through it. Sacrifice a game and hit-out, this will release tension and relax your more into your natural game. If you don't you may still feel that tension for the set or match. You may even win the game you sacrifice. If you still feel nerves once you get into the match, focus on other things other then the match in between points. For example; play with your strings, bounce the ball with your racquet, and observe things outside the court, count things on the court, in doubles talk to your partner about anything other then tennis. Just find ways to take the attention away from the game itself after the point, but remember, always take a few seconds to re-focus just before the next point.

Finally, go out there and just enjoy the moment, you are playing a game you love, have fun with it. Don't over emphasize winning, that can create pressure, emphasize enjoyment and you will be surprised how winning comes along with that. So next time you are out there competing and feeling nerves, try some of these tips, and thrive on the challenge of getting through it, you will always find that it isn't as nerve wracking as you thought once you get out there and compete.

Cheers,

Brad Sceney, Head Teaching Professional



Junior Development

Hi everyone! I would like to congratulate Nick Amico, Heather Kershen, and Anne Susdorf for winning their respective divisions in the Parent/Child tournament recently held on Valentine's Day. The tournament was a great success and I thank everyone who participated. There are a few upcoming events in March that I hope all of our juniors will sign up for.



Katy Smith

On March 6th, there is the Saturday Junior Challenge from 3:30-6:00. Juniors can sign up at the front desk for an afternoon of the singles matches and a free drink coupon from the Paseo Café. On March 28th, there will be an interclub challenge where our top juniors will be competing against two outside tennis clubs. There will be more information provided soon. If any juniors are interested in these two events, please feel free to contact me for more information.



Lastly, The Paseo Club will be offering a summer day camp starting in June. A schedule will be printed soon so please be on the lookout!

Again, thanks to all the new and existing juniors in all of our tennis programs. Keep up the hard work!

Katy Smith, Director of Junior Development

The Paseo Club Café

Dear Members ,
As your Food and Beverage Manager my job is more than just maintaining the café and menu. My job is also to help you in your day to day routine, TO MAKE LIFE EASIER.



In this day and age we are now faced with both parents working trying to maintain some kind of balance between work, home, and play, while still teaching our children values both in and out of the home. My goal is to create a menu that the whole family can enjoy together.

Starting mid March The Paseo Café will be introducing family meals to either eat at the club or take home and enjoy in your own homes. The meals will be set up for two and four, so that our couples and singles can also enjoy this service.

Menus will consist of: Fajitas with all the trimmings Roasted chicken with rosemary · Garlic mashed string beans. Lemon chicken, boneless skinless · Breasts, wild rice pilaf, Gingered carrots · Enchiladas- black beans, and rice · Cajun Salmon, julienne carrots, and peppers, on citrus rice

Just to name a few. If you are interested in these menu's I will be posting what is available at the café. At first they will need to be preordered and there will be a list of what is available on what days.

Sincerely,
Earlene Hayes, Food and Beverage Manager

Member Spotlight

The Benitez family is our member spotlight of the month here at The Paseo Club! Anthony, Monica, Brigitta, and Gianna can be seen throughout the club, be it Anthony and Brigitta playing in the Parent and Child tournament , to Gianna playing Grand Prix, and Monica working out in the gym, they truly take full advantage of the club. Besides being a wonderful family to meet and be around, the Benitez family bring to The Paseo Club what we modeled are club for, a positive family environment. Thanks again for being apart of The Paseo Club family and the member spotlight of the month!



Employee Spotlight

The employee spotlight for the month of March is **Hilary Landrum**! She is doing a fantastic job ever since coming on board here at The Paseo Club last September. She is very energetic, helpful and friendly to all the members and their families. Hilary will be graduating in May from The Masters College and will be also getting married this spring! Congratulations on both and keep up the outstanding job you are doing!



The Paseo Club *"Bringing the Family Together"*

