



GROUP EXERCISE & PILATES

by Cyndi Shatswell

Another great Les Mills program is set to launch at the end of May. BODYVIVE is the exciting new Group Exercise class that we will be adding to our schedule. This class is geared toward the beginning exerciser, seniors, and the pre and post-natal client. This gentle, low impact class includes use of a VIVE ball and resistance tubing for a well rounded workout. Please

see me or any membership advisor for a ticket to attend the launch classes. Times and dates for launch classes will be posted throughout the club. You will need to sign up for a class as space is limited due to the use of the equipment.

It is deep water time again and we hope that even more of you will try this unique class held in our outdoor pool. This high intensity, non-impact workout is done in the deep end of the pool using a flotation belt. There is no impact to joints. This is a great workout for those with knee or back problems.

We have recently cancelled some of our group exercise classes. Please grab a new schedule or check us out at www.ycrc.com to get an update. We will also update in mid-May to add the BODYVIVE classes.

Are you looking for a way to include Pilates in your workout but you don't want to lose your strength training time? We have the answer:

Pilates - Beyond The Core

This workout combines Pilates core work with traditional strength training. It is done in the quiet pilates studio with a Certified Personal Trainer who is also a Certified Pilates Instructor. You DO NOT need prior Pilates experience. If you are interested in this fabulous new combo workout please contact me for prices and a demo. You can also contact Julie Krueger for this information.

CLUB HOURS

THE RACQUET CLUB

Monday - Friday

5:00am - 10:00pm

Saturday - Sunday

7:00am - 8:00pm

*The tennis courts are open

until 10:00pm seven days a week.

RANCHO CORTEZ

Spring Hours

Monday - Sunday

9:00am - 6:00pm

CLUB CAFÉ HOURS

Monday - Friday

8:00am - 4:00pm

Closed Saturday & Sunday

Snack Bar is always open

IPTS HOURS

Monday - Friday

7:00am - 6:00pm

Saturday by Appointment



Yuba City Racquet & Health Club



CLUB VENTURES

MAY / JUNE 2007

EZ DIET

by Ernest Zeringue MD, California IVF: Davis Fertility Center, Inc.

Article compiled by Dr. Larry Ozeran

[Ed. note - Many local doctors heard Dr. Zeringue speak and some have recently started the diet, with good results. Unlike most other diets, this one is based upon scientific data and is practical enough to be followed for the rest of your life.]

Diet plans, diet pills, weight loss gimmicks face us every day. The problem with a lot of these approaches is that they lack any scientific merit. The weight loss industry has become a multi-billion dollar marketing frenzy. Many diet books have been published recently, and scientific studies have shown that most of them are effective if people stick to them. Unfortunately, these same research studies show us that long term compliance with these diet programs needs to improve. In my experience, the more people understand about how the body works, the better they are at mastering weight loss.

The good news is that weight loss science can be simplified, and an easy to follow set of rules can be used by practically anyone. Instead of a book that provides you with a day to day list of foods which you may not like, my approach is to provide you with foods that should be avoided and then let you make up your own meal plan. By eating foods that you like, your chances of long term changes will be much higher.

Now for the bad news. Many of the foods we like are actually on the list of bad foods. Foods are ranked based on how they affect insulin. Foods high in sugar are ones that have the highest impact on insulin. That is because insulin is made by the body to keep blood sugar levels normal. As blood sugar levels increase, so do insulin levels. This elevated insulin can trigger activity in different parts of our body that can have very different effects. In fat cells, insulin will trigger storage of excess energy as fat. In the liver, it can increase production of cholesterol and other lipids. Excessive insulin can also cause skin changes, mood disorders, and problems with fertility. The science behind insulin is developing rapidly, but it's clear already that foods causing excessive release of insulin should be limited in our diet.

Using the goal of lowering insulin release, we can develop our individual meal plans by avoiding foods known to increase insulin in our blood. I have already mentioned sugar, and this would include things such as sodas (with sugar), fruit juices, and sports drinks. Candy of course would be included in this list. What many people don't understand is that foods such as breads, cereals, and potatoes are starches that break down into sugar. Flour and flour based foods should also be avoided. Rounding out the bad list would be bananas, yogurt, white wine, rice, and pasta.

I am often asked, "what's left?" You can eat as much as you would like from the remaining foods that are not listed above or made from the foods listed above. This would include any meats, fruits, vegetables, nuts, or dairy products. With this simplified approach, it is not necessary to limit portion sizes, count calories, or stay hungry. If you find yourself hungry, you can satisfy this hunger with foods from the good list. There is no need to avoid fats or to use low fat products as long as you do not eat an excessive amount of fatty foods, including deep fried foods (most of them also have flour). Corn and corn derived products may also be eaten. This would include corn chips, corn tortillas, and popcorn.

I've heard all types of responses by this point. "Easy to understand." "Difficult to give up a favorite food." "Impossible! How could this possibly work?" My answer is simple. 4 weeks can change your life. If you have a long term goal to maintain a healthy weight, have more energy, and decrease your chances of long term diseases, you can commit to 4 weeks. You can see and feel the changes in as little as 4 weeks.

During these 4 weeks you should expect to feel hungry more often than you are used to. You can solve this by eating more frequent snacks from the list of good foods. This will usually improve after 2 weeks. By the end of 4 weeks you should notice an improvement in your energy level as well as a decrease in your weight. You should now have several items from the bad list to see how your body responds to high insulin levels. Most people do not like the feeling this creates. This helps make the long term commitment to making the changes to your eating habits a permanent change.

We have to be realistic and know that there will be times when we will eat foods from the bad list after the initial 4 weeks. Foods from the bad list should be limited to 3 servings per week. In addition to these 3 servings, you get one day per week that you can call your "cheat day" and eat anything you want. You may be surprised that you really don't eat so bad on cheat day because many of the cravings for bad foods are long gone. Be careful though. If cheat days start to come more frequently, the cravings will return. If this happens to you then you need to repeat the 4 weeks without bad foods.

This plan, though simple, can provide you with the long term tools needed to lose weight and maintain a healthy diet. All that is required is your commitment to make it work.

Inside this newsletter is a Dietary Modification Plan insert to help you achieve your diet goals.



Yuba City Racquet & Health Club

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YUBA CITY RACQUET CLUB

825 Jones Road • Yuba City, CA 95991
Phone: 673-6900

RANCHO CORTEZ

1471 Richland Road • Yuba City, CA 95993

MOMS IN MOTION

By Kim Barrow



Did you know that recent research states that regular exercise is not only okay, but recommended for pregnant women? In studies done by Dr. James Clapp III, women who exercise during pregnancy experience limited weight gain as well as less complicated births. In fact, labor has shown to be an average of 2 hours less for exercising mothers! As if that isn't enough to get you moving, it has also been proven that exercising can reduce the need for an epidural and the use of forceps. Sounds good right?

However, a woman experiences many physiological changes during pregnancy and it is important to take these changes into consideration when deciding on an exercise plan.

At the moment of conception a hormone called relaxin is secreted throughout the body. This hormone does just what its name implies; it relaxes everything from connective tissue to tendons and ligaments. This is why many women feel arthritic like pain in many of their joints throughout pregnancy and up to 18 months postpartum. Due to the instability this can cause, it is important that pre and postnatal women exercise in a safe and stable environment. It is even more important for them to practice good form and posture during exercise to decrease the risk of injury to their vulnerable joints.

There are also many conflicting theories about abdominal work during pregnancy. Some women are cautioned by their doctors not to lie on their backs, which makes abdominal work difficult (but not impossible). However, most women are okay to be on their backs for short periods of time. The American Council on Gynecology (ACOG) agrees with Dr. Clapps findings by stating recently that pregnant women can lie supine (on their backs) for up to two minutes. However, each women and each pregnancy are different and it is important that they discuss these things with their individual doctors.

The good news for pre and postnatal members of YCRC is that help is on the way! Over the past year I have had the opportunity to learn quite a bit about this exciting population. I am now Moms in Motion certified, and am excited to bring this new program to YCRC. In order to provide personalized and quality instruction this program will be offered to small groups beginning in May, and you don't have to be a member to join. We will work on maintaining and possibly increasing strength, flexibility, and cardiovascular endurance. I'm excited to take this journey with you! For dates and times please contact me, Kim Barrow, at 673-6900 x245.



INQUIRING MEMBERS WANT TO KNOW

The trainers and instructors in the fitness department have been getting a lot of inquiries concerning a number of things.

- 1. Is it O.K. to save a machine (Stairmaster, bike, treadmill etc.) by putting a towel and water bottle there and then coming back later to claim it?**
The answer to that burning question is simply "NO". Our club (and all others I can think of) work on a first come, first serve basis. If "your" machine is not available, move on to something else. And please never-ever leave a treadmill running while you go get a drink or whatever. Imagine how it feels to be thrown face first down onto the treadmill ramp after you inadvertently stepped on one that was going! It hurts! So, no saving, OK? And yes, this includes "spin" classes!
- 2. Should I wipe down my machine after I have worked out on it?**
The answer to that is a resounding "YES"! No one wants to be making friends with your germs! And please don't think "I barely sweat". Everybody sweats and it is just gross to walk up to a machine that is dripping with some one else's DNA! We have disinfectant bottles and towels everywhere. So please help yourselves! (It's part of your workout and you'll burn more calories!)
- 3. What's the rule on cell phones?**
While you are working out or taking class, phones should be off or on vibrate. If you simply must talk, please go to the lobby area to make your calls. Again, think of your fellow club member who has to listen to you yelling into your phone. "But, I don't yell" you say. Well, trust me, you do! If you are part of police or fire departments or a physician "on call", let the membership department know and special allowance will be made. Just keep it on vibrate. Also, please do not bring "camera" cell phones into the Club.
- 4. May I wear fragrance / perfume to the Club?**
Please refrain from wearing any fragrance or perfume to the Club. We have many members with allergies and asthma and it is aggravated when they are working out while inhaling strong fragrances.
- 5. Should I come to the Club when I'm sick?**
We love to see all of your smiling faces at the Club but out of consideration for other members, please do not come to the Club when you are sick. We want to keep all of our members healthy!

OK, these are pretty "common sense" things. But obviously they need to be mentioned judging by the amount of questions we have had. We accommodate a lot of people here at YCRC, so let's all work together to make it an even better place! Thank you!

COMPLIMENTARY ONE DAY GUEST PASS

Give this coupon to a friend or family member and let them enjoy a day of fun and fitness at the Yuba City Racquet & Health Club!



825 Jones Road
Yuba City, CA 95991
(530) 673-6900



One coupon per month only please. Some restrictions apply. Expires 6/30/07.



YCRC SWIM

By Dottie Banta

This year was the 30th National Mail-in, One Hour Swim and it always takes place in January. There are thousands of entries which are mailed in so it takes until March to get everyone registered. In this competition, each swimmer swims as far as they can in one hour, while someone records each split by 50 yards.

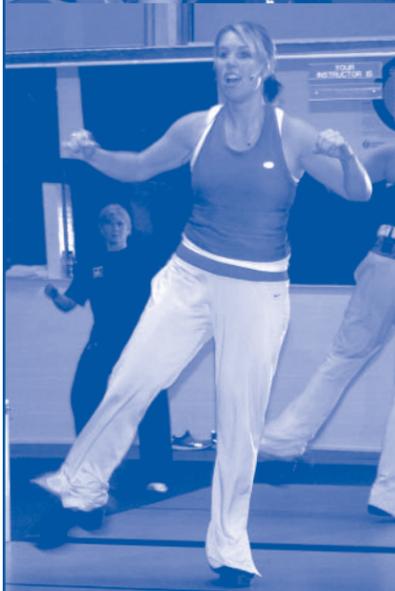
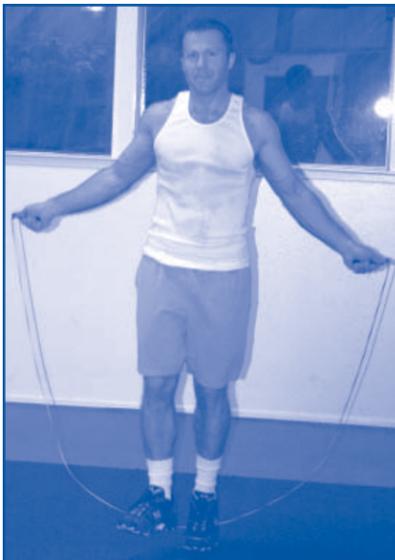
The Yuba City Racquet Club had eleven adult swimmers and six teen swimmers take part in this event. Of the eleven adult swimmers, seven are registered U.S. Masters Swimmers and compete year round.

Somehow, four of our Masters Swimmers did not get their entries mailed in time. However, they clocked in a respectable amount of yards. Merry Finch swam 4,315 yards, Barbara Taylor with 4,015 yards, Stan Lee had 3,965 yards and Cheryl Hare swam 3,752 yards.

Registered Masters Swimmers who turned their entries in were coach Diane Smith, with an impressive swim of 4,805 yards (3.75 miles) and she earned a fifth place medal! Diane swims in the 40-44 age division. Dottie Banta, also a coach, and the oldest Master Swimmer at our club, swam 3,050 yards placing 16th in the 65-69 age division.

Club swimmers who also participated were Kelly Swanson (3,690 yds), Pam Clifton (3,110 yds), Jeanne McClard (2,225 yds) and Bob McClard (1,900 yds). Teen swimmers were Brandon Prisswood (4,535 yds), Elda Nijjar (3,975 yds), Simran Nijjar (3,805 yds) Taylor DeBeer (3,605 yds), Alexandria Moore (3,150 yds) and Bodhi Yeaton (2,540 yds).

A great effort by all! Also, a big thank you to all the club swimmers for working around us through that time!



SPRING DE-TOX

By Chris Litton



Spring is a time of new beginnings and it is no different for your body. According to research at the University of South Carolina School of Medicine in Columbia, the body optimizes production of energizing and weight-regulating hormones and biochemical's as the days grow longer and we're exposed to more sunshine. This revitalizes organ systems so they are better able to detoxify.

Toxins have an affinity for fat cells. As we begin a weight loss program it is important to support the body's de-tox organs to optimize weight loss. Many

times a weight loss plateau is caused by the release of body toxins in fat cells. When the body is not able to handle the toxic build up the weight loss stops and toxins are reabsorbed. Spring is the ideal time to rid the body of excess weight and support the body to eliminate toxins that are stored in fat cells.

Some simple baby steps to take are:

1. Upon rising in the morning juice ½ lemon into 8oz of warm water. Lemon promotes intestinal muscle contractions that speed toxin elimination by the liver and lymph system and hot water stimulates gastric nerves for the most efficient detox.
2. Eat at least three cups of vegetables and two colorful fleshed fruits each day. Vegetables and colorful fruits contain high levels of antioxidants called "Carotenoids" and "Flavonoids". The liver requires these substances in order to complete Phase II Liver de-tox which converts a fatty toxin into a water soluble molecule so that the body can eliminate it. Fruits and vegetables also contain fiber to support proper bowel elimination.
3. Include garlic and onions into your daily diet. Sulphur compounds in garlic and onions are also supportive of liver de-tox as well as immune boosting.
4. Drink 1-2 cups per day of Dandelion tea. Dandelion tea has been shown to boost the liver's production of detoxifying enzymes by as much as 244% according to research at New Zealand's University of Otago. The tea also promotes healing of the digestive tract; flushes excess fluid out of the lymphatic system and boost the gallbladder's production of bile to speed metabolism and the elimination of toxins.

For a complete "de-tox" program contact Chris Litton, CNC at 530-692-9606 or go to www.chrislitton.com and click on "Health Library"

References:

Steelsmith, Laure N.D., *Natural Choices for Women's Health*, Three Rivers Press, 2005
Gittleman, Louise, Ph.D., *The Fast Track One-Day Detox Diet*, Morgan Road, 2005



DIABETES!!

HYPOGLYCEMIA & INSULIN RESISTANCE!

Do you, or someone you know, have it?

Can you prevent it? Is it reversible?

Do you struggle with weight loss? You may be insulin resistant!

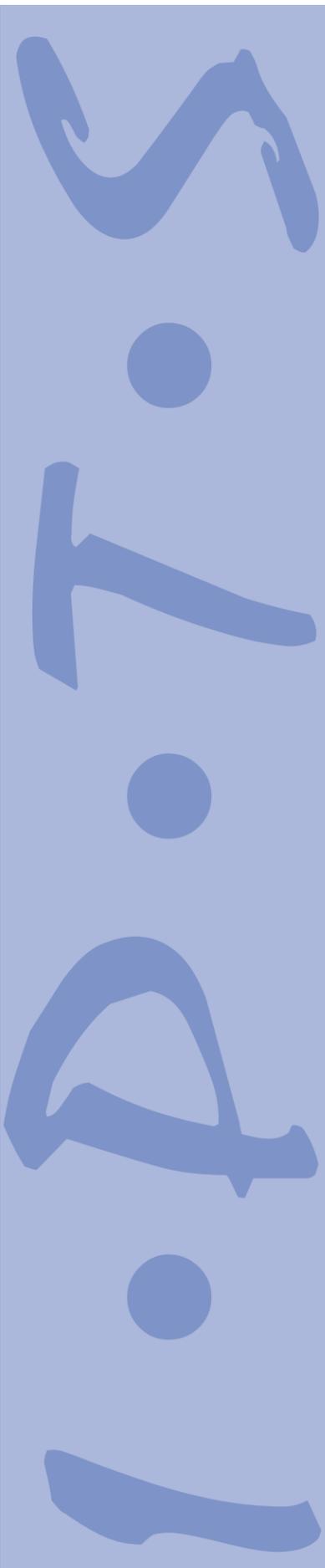
Come and learn what nutrients are essential for diabetes prevention and support.

Tues May 22nd @ 7pm (upstairs)

No charge Bring a friend!!

Talk given by nutritionist Chris Litton

Sign up at the fitness office



INTEGRATED PHYSICAL THERAPY SERVICES

**Torben Ulrich
&
Tricia Malone**



Ouch! My Aching Head!!

I have a headache! I have a headache! Headaches are the most common pain-related health problem in both adults and children. So what is a headache and what can you do to prevent or minimize them. Types of headaches include tension, migraine, cluster and cervical headaches.

A tension headache causes a constant ache and tightness around your forehead, temples, or the back of your head and neck. Usually, pain from a tension headache is mild to moderate and doesn't keep you from performing your daily tasks. However, the pain can sometimes be severe or continuous and disruptive. Tension headaches do not often cause nausea, vomiting, or sensitivity to light and noise. Tension headaches can last anywhere from 30 minutes to several days. Chronic (recurring) tension headaches may occur up to 15 days a month. Medications recommended or prescribed by your doctor may include over-the-counter (OTC) pain relievers including acetaminophen (Tylenol), aspirin, or Ibuprofen (Motrin) medications, muscle relaxants or antidepressants. One of the most common causes of headaches, stress and tension may make the muscles that run from the back of the head across the back of the shoulder (trapezius muscle) feel tight and painful. You may not be able to move your head without pain

Migraines are painful, throbbing headaches that are often accompanied by nausea, vomiting, and sensitivity to light, noise, and smell. These headaches usually occur on only one side of the head, although the pain can shift from one side of the head to the other, or can occur on both sides at the same time. Migraines involve changes in chemicals and blood vessels in the brain, which trigger pain signals. Migraine headaches tend to recur. A migraine headache typically lasts 4 to 24 hours but in some cases can last up to 3 days. Some people see an aura before the migraine begins. When you have aura symptoms, you may first see spots, wavy lines, or flashing lights. Your hands, arms, or face may tingle or feel numb. There are 2 types of drugs used to treat migraine symptoms once they have started (abortive drugs) and to prevent future attacks (preventive drugs). Medications may include NSAIDs (non-steroidal anti-inflammatory drugs), triptan drugs (serotonin receptor medications), antidepressants and anticonvulsants. There is evidence that Botox, often used as a cosmetic agent, can reduce the frequency of both migraine and tension-type headaches. This treatment appears to work well for people who do not respond well to other headache medications.

Cluster headaches are severe, one-sided headaches that recur in groups, or "clusters," over a period of weeks to months. While common headaches can be painful, cluster headaches can be debilitating. Cluster headaches are relatively rare, and they are the one type of headaches that affect men more often than women. The cause of cluster headaches is unknown. They may be genetic. Cluster headaches may be caused by a problem in an area of the brain called the hypothalamus. This area of the brain seems to be more active in people who have cluster headaches. Inhalation of high flow oxygen has proven to be effective in providing pain relief during a cluster headache.

Cervical headache symptoms vary widely but are often present when waking and may worsen as the day progresses. Often the headaches begin with prolonged and sustained sitting and neck posturing due to activities such as driving, reading, and working at a desk. Poor posture can lead to increased strain on the spine. Cervical headaches tend to be one-

EASTER EGG HUNT

Were you at the Annual Easter Egg Hunt & BBQ? If you were, thank you for coming and having fun with us. We barbecued hotdogs, found eggs Dawson McPeak, Joseph Martinez found the Golden Eggs and won stuffed rabbits bigger than them! Everyone was a winner their eggs had candy in them or prizes. The Easter Bunny said he had a lot of fun with us! Some kids even swam; if you stayed long enough you got to see Miss Missy get thrown into the pool!

A Huge Thank You to all of you who volunteered in the fun family event; Thank you Bonnie, Cassi, Duane, Erika, Glen, Janine, Lil, Mark, Missy, Nicole, Pam, Rob, Stephanie, Tiffany, and Tina!



Childcare Notes (4 weeks - 6 years old)

Please do not bring sick children to the nursery.

• In consideration of other members, please call in advance for: (A) Reservations, (B) Cancellations or changes. A \$5 fee will be charged each time you do not cancel.

• PLEASE label your child's belongings so that the staff will know what belongs to whom.

• Childcare Hours are 8am-1:30pm and 3:30-8:30pm M-F and Saturday 9am-12pm.

Kidz Klub Notes (7-13 years old)

• Please label items brought to Kidz Klub with your child's name (clothing, games, books, etc.)

• When children are signing in, please have them use the last name that the membership is set up under.

• Any Playstation games brought from home must be **E** rated.

• **Parents must be on site (YCRC)**

There is a snack bar @ Kidz Klub and we have \$10 and \$20 cards available for your convenience. Cash is also welcome. Check out our list of available items posted @ KK.



ARE YOU INTERESTED IN HAVING A PARTY?

We have three sites to choose from. Great for all ages!

- **Rancho Cortez** offers 6 Tennis courts, pools (including baby pool), and volleyball with grassy area, ping-pong, great kids play yards, covered picnic tables, BBQ and nice restrooms.
- **YCRC** offers outdoor pool, Jacuzzi, ping-pong, volleyball, grass area, and covered picnic tables, BBQ & bathroom.
- **Kidz Klub** has an outdoor pool with slide, hardwood floors, kitchen, a great playroom that offers, ping-pong, pool table, air hockey, and table games, also our children's indoor and outdoor play area.

Remember to plan and schedule your parties in advance! Call Pam Gardner @ ext. 206 or Brenda Page @ ext. 105 to reserve your party today!

KIDZ KORNER

By Brenda Page

KIDZ NIGHT OUT!

KIDZ NIGHT OUT, was a GREEN BLAST from 5-10pm! Everyone dressed in green and some had green faces! Kaley Shatswells was our BIG winner! We ate pizza and had root beer floats! The leprechaun had a rainbow with a BIG pot of candy at the end, children guessed how many coins and candy was in it - Austin Emery won the pot. We played dodge the shamrock ball, DDR (PS-2), swam in the indoor/outdoor pool and many did the polar bear plunge in the cold plunge.



KIDZ TIME/TYKES IS NOT JUST FOR MEMBERS

Opportunity is knocking for those who have wanted to enroll your child in Kidz Time. Our spring enrollment list is growing; don't miss out on signing up your child for one of the greatest programs this community has to offer.

Our Tyke program (preschool) has been up and running, going on our second year! Our Tykes program is for children 2-5 years old, (potty trained). Our Hours of operation are M-F, 6:30am to 1:30pm. The beauty of a half day program is to introduce little ones to a structured environment without it being such a long day away from home. Stop by Rancho, (Kidz Time I), for a look around our center. Any questions call Brenda Page @ 673-6987 x 105

Reminder KT Tykes (pre-school) is closed in the summer and school holidays. Call any time to enquire and register your child.

sided with pain in the neck and nerves in the back of the skull. Trauma to the upper cervical spine or degenerative joint disease often plays a role in cervical headaches.

What can Physical Therapy do to treat your aching head? At IPTS, our initial evaluation includes a full medical history review of the onset, frequency and duration along with the precipitating and relieving factors of your headaches. We will review your general medical history, occupational and recreational activities and current medications. In addition, a comprehensive physical examination measuring range of motion, strength and stability of neck and cervical postures and reflex assessment. Integrated Physical Therapy Services can help devise a treatment plan with a stretching and exercise program to relieve muscle tension. Physical therapy may strengthen your neck muscles, improve your posture, and increase your mobility and reduce the number of headaches that you suffer from. Physical Therapy may be beneficial to conditions such as Fibromyalgia, arthritis and lupus whose symptoms often include headaches.

Members of the Yuba City Racquet Club and the Yuba Sutter area are welcome to visit Integrated Physical Therapy Service located conveniently at YCRC. Physical Therapists: Torben Ulrich and Tricia McDaniel provide one on one, hands on treatment's for any condition limiting your ability to perform daily or recreational activities including neck & back pain, joint replacement, post surgical rehabilitation, work and sports related injuries and spine & extremity rehabilitation. In addition, IPTS offers the only Aquatic Therapy program provided by a licensed physical therapist in the Yuba-Sutter area in the indoor/ outdoor heated pool. Torben and Tricia will explain the course of therapy that will work for you specific condition, help you set recovery goals and assist you in developing an exercise program that is suited for your condition after your therapy is completed.

We look forward to providing this service to our YCRC members and the Yuba Sutter community as a whole. You make reach IPTS at 673-0567.

YCRC's NEW CERTIFIED MASSAGE THERAPIST



Meet our new Certified Massage Therapist, Tracy Guthrie. Originally from Kentucky, she moved to California in 1991. Tracy attended massage school at The HealingArts Institute in 2003 in Roseville, CA. After completing massage school, Tracy opened her own spa in Yuba City. Deciding to sell her spa, she has now joined our team here at the Yuba City Racquet & Health Club. Tracy has certificates in Swedish Massage, Hot Stone, pre-natal, infant massage, chair massage and reflexology. She is available Monday and Tuesday evenings. Call for an appointment today 673-6900 or 713-0217.

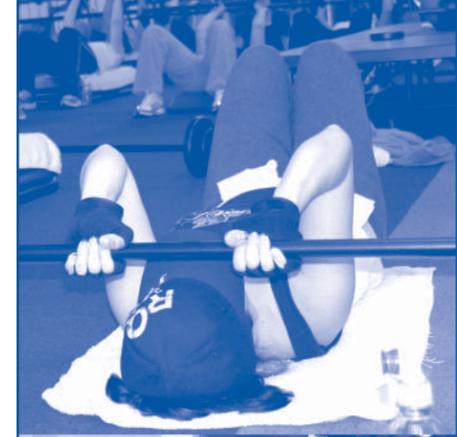
\$10.00 OFF

60 or 90 Minute Massage with Tracy or Janeen

825 Jones Road
Yuba City, CA 95991
(530) 673-6900



Some restrictions apply. Expires 5/31/07.



YUBA CITY RACQUET CLUB TENNIS

Get Your Tickets!

Sunset Moulding/YCRC Challenger is just around the corner. Yuba City is one of only 22 host cities throughout the entire country to be chosen for this prestigious event.

- WildCard Event June 1-2, 2007 FREE
- Qualifying Play June 3-4, 2007 FREE
- Main Draw Play Begins Tuesday, June 5, 2007 - Thursday, June 8, 2007 FREE
Compliments of Sunset Moulding and the Morrison Family.

Day Pass - \$10 Friday June 9
Proceeds from ticket sales go to Selected Charities

General Admission Day pass is \$10 each day and seating is on the West Side Covered Bleachers.

All event VIP passes to include VIP OPEN BOX seating area, Social Events Pro-Am Dinner, A taste of Yuba City Dinner and Sunday Finals Brunch:

\$125 individual \$225 2 persons \$325 3 persons \$425 4 persons

Junior Pro Circuit Beginner Tennis League

Four week league introducing the sport of tennis in a grassroots little league format. League will last from May 7th through May 30th with the finals on June 4th.

When: Ages 7-9 Monday 6:00 pm - 8:00 pm
Ages 10-12 Wednesday 6:00 pm - 8:00 pm

Cost: \$75.00 includes new Wilson racquet
\$65.00 without racquet
Cost includes instruction with team coach, team t-shirt and match play

Place: Rancho Cortez
Finals will be moved to YCRC

For more information, please contact Anton Talle at 415-1073 or the YCRC Tennis Department at 673-6900. Number of participants will be limited.

Friday Night Junior Tennis Pizza Night: Parents Night Out!

Ages: 7-16
Dates: May 11, June 15, July 13
Time: 5:45 pm - 7:45 pm
Cost: \$25
\$20 if player is enrolled in any current full session after school program

Please contact Anton Talle for more information at 415-1073.



YCRC's New Head Tennis Professional



Hello, my name is Han Herrick and I am the new Head Tennis Professional at the Yuba City Racquet & Health Club. I am originally from Portland, Oregon and played junior tennis in the Pacific Northwest. I was a member of the Irving Tennis Club which is the oldest club in Oregon.

I have been a USPTA Certified Professional (P-1) since 1987, a member of Southern Oregon State (NAIA) Nationals teams. I have been a Tennis Professional in Northern California since 1985 and have worked at various tennis facilities for over 20 years: most recently, the Director of Tennis at the Discovery Bay Athletic Club in Discovery Bay, California, the Chico

Racquet Club & Resort in Chico, California, Tennis Director at the Millennium Sports Club in Vacaville, California, and the Manager/Tennis Director at the Tennis Club of Rio Del Mar in Aptos, California. I have coached many USTA adult teams to Sectional and National Championships, numerous juniors that have gone on to pursue collegiate tennis scholarships and have introduced hundreds of new players to the game through "Quick Start Tennis." I am a member of an elite group of NTRP verifiers for 9 years and captain/player of the men's 5.5 National team 2001.

I am here at the Yuba City Racquet Club to provide the members with a variety of adult tennis clinics, such as: Cardio Tennis, Quick Start Tennis "Learn to play in just 3 weeks," USTA team clinics, 3 & me, new member orientations, private / semi-private lessons and various other activities. I look forward to meeting you and your family, friends, neighbors, guests and business associates.

My hours will be from 4-8pm, Tuesday through Friday and Saturdays from 8am to 1pm. I can be reached on my cell phone at 530-570-6043 if you have any questions or need a ringer for some doubles!

Tennis Quick Start for Beginning Adults

Adult Beginning Tennis (18+ yrs) with 6 hours of tennis instruction and 3 hours of practice time!

| | | | |
|-----------|--------------------------------------|--------------------|---------|
| Session 1 | Monday, April 16, 23, 30 | 6:00 pm - 8:00 pm | w/Anton |
| Session 2 | Tue-Practice (includes ball machine) | 6:00 pm - 7:30 pm | |
| Session 3 | Wed, April 18, 25 & May 2 | 7:30 pm - 9:30 pm | w/Han |
| Session 4 | Thursday, April 19, 26 & May 3 | 6:00 pm - 8:00 pm | w/Han |
| Session 5 | Saturday, April 21, 28 & May 5 | 8:00 am - 10:00 am | w/Han |

Cost for YCRC members is \$75 or \$99 with racquet. Non members add \$25 to cost. Price includes one session and Tuesday practice.



CALLING ALL VOLUNTEERS!

The success of past Challenger tournaments have been the result of our fantastic volunteers. We depend on you again this year. We have several committees forming and will be holding a meeting very soon. Please contact our new Tournament Coordinator, Vickie Lizardo, in the tennis department at 530-673-6900 ext 122 or stop on in!

BALL PERSONS NEEDED!

Must be at least 10 years old and have a willingness to work hard, and a 2-3 hour shift daily. Must also be willing to have fun! We will hold several information clinics on the ins and out so contact the tournament coordinator, Vickie Lizardo, in the Tennis Department at 673-6900 ext 122.

JAMAICAN THEME PIGGY ROAST

Get ready Tennis Players for the annual "Jamaican Theme Piggy Roast" weekend!

Sunset Moulding, Yuba City Racquet Club Open & NTRP Tennis Tournament July 6, 7, & 8. Men's and Women's Divisions 2.5-5.5; singles, doubles and mixed doubles divisions.

Entry closes on July 1, 2007. Players must go to www.ustanorcal.com to enter this popular event. For questions contact Jennifer at jkiehn@comcast.net

NTRP players may be scheduled to play Friday, July 6 at 5:00pm.