

Sonora Sports & Fitness Center

NEWSLETTER



13760 Mono Way • Sonora, CA 95370 • Ph: (209) 532-1202

email: ssf@sonnet.com • www.sonorasportsandfitness.com

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Think Tank



June 2006

Tank asked me to handle the duties for this month's newsletter article. I asked him why. He told me "The kids are out of school and I want to keep them busy." I asked him how he intended to keep them busy. He said "Kids like me so I give them the 'poor me' look and they take me for a walk."

Tank went on about how important it is to keep kids interested during the summer months. I agree with Tank.

Times have changed since I was a kid, however kids have not. They still need something constructive to do during the summer. It is sometimes difficult to do with today's hectic schedules.

I would like to share a childhood story with you. My dad signed me up for tennis the summer I was 8 years old. I thought my dad was crazy. I was a football player, not a tennis player. The first day he dropped me off for tennis on his way to work, as soon as he drove off I walked home. My mom asked me what I was doing home so soon. I told her I did not like tennis and I wasn't going to do it. My dad had different thoughts. He told me I was going to do the class and if after the class ended I did not want to play tennis, I would not have to play tennis again.

Hind sight is so great! I completed that session and the following two. Tennis was a great game. At the time I didn't realize what a great thing my dad had done. I have since given him his props.

This is not an advertisement for kids classes here as much as it is an encouragement to get your kids involved in something fun this summer. Even if they don't know it is fun initially. You know your kids better than anyone else, get them involved!

Tank & Tim

"Success is liking yourself, liking what you do, and liking how you do it."

Maya Angelou

Physical Therapy Water Class Change

Starting **Monday June 5**, the class time for Sonora Regional Medical Center's Physical Therapy water class will change to **10 to 11 am**, Monday thru Friday. As always, there will be a lane available for lap swimmers during this hour.

STAPLES

SONORA SPORTS
& FITNESS
CENTER


TRAVEL CHALLENGE FOR KIDS

Give your kids the motivation to stay active and fit this summer. In addition to our exciting youth programs we have a Kids Travel Challenge. Kids earn “miles” by doing healthy activities such as swimming, jumping rope, eating vegetables, avoiding “junk food” and video games etc... They “travel” from Sonora to Washington D.C. on the miles they earn each week. It’s easy to participate while on vacation - just keep track of your activities on the log sheets provided when you sign up! The challenge will encourage youth to get off the couch, turn off the video games and get outside. Parents and grandparents can play too (however, prizes are reserved for the kids). Challenge your family and friends to see who can do the most activities and earn the most miles in one day!

Don't forget to check out our other summer programs as well. Sports Clinic starts at the end of June and includes 4 fun-filled hours every day for a week where kids can learn or improve in Basketball, Volleyball, Soccer and Taekwan-Do! It's a great way to sample a new sport or improve in one you've already tried. Be sure to sign up for our other clinics soon – they are filling up fast!




Specialty Classes for June


 **Beyond the Distance** - a four week running program led by Ryan Levering to improve your running form, strength, and overall cardio fitness. Meets Wednesday, Friday and every other Sunday from 5:30 to 7:30 am. **Cost:** Members \$85, Non Members \$115 **May 31 to June 25**

Masters 101 - a four week swim class held in the deep water pool to introduce beginners to the sport of swimming. **Cost:** Members \$60, Non Members \$80 Mondays, Wednesdays & Fridays 11 am to 12 pm.

June 5 to June 30

 **In-House Ironman Triathlon Challenge:** You have a month to complete the distances of an Ironman Triathlon, which consists of a 2.2 mile swim, 112 mile bike ride, and 26.2 mile run. You will log your distances along the way. Prizes for 1st, 2nd & 3rd place finishers. **Cost:** \$15

June 5 to July 3

 **Rubberside Down:** Six week spinning program to improve your cycling form, strength, power, and endurance. Class held indoors on Tuesday & Thursday evenings, 4:30 to 6 pm. There will be three outdoor scheduled rides held on Saturday mornings. **Cost:** \$100 Spin Members, \$130 Members, \$150 Non Members. **June 6 to July 27**

Balance: Six week weight loss program intended to help you stop the dieting cycle and change your lifestyle. You will receive your own menu plans, an Apex educational book with exchange lists, motivation and support from others. Weekly meetings are scheduled on Thursdays at either 12:15 pm or 5:15 pm. Choose the class time that works best for you. **Cost:** Members \$100, Non Members \$125, Returning Participants \$75 **June 29 to August 3**



Additional details of the programs listed above are on our website, www.sonorasportsandfitness.com



Parent's Night Out!

Friday, June 16th
6 to 9 pm

Parent's, if you need an evening for yourself, this is the event! Our Childcare staff will watch your children, keep them entertained with fun projects and crafts, and provide healthy snacks.

This event is open to ALL members.

Cost: \$15 per child / \$35 for families of 3 or more children

SIGN UP TODAY TO RESERVE YOUR SPOT!!



Summer Youth Programs

It's not too late to sign your children up for one of our many fantastic youth classes this summer.

Classes are filling up fast, so don't wait any longer.

Sign up **TODAY** to give your child an active, healthy way to spend his/her summer days. Classes include Sports Clinic, Football Camp, Youth Water Polo, Basketball, Soccer, Tennis, Volleyball, Fun & Fit, Cheerleading Clinic, Wrestling, and more.

Check out our website at www.sonorasportsandfitness.com for class descriptions, dates and times.

DON'T MISS IT!



Pilates is here for the month of June!

Tuesday/Thursday 5 to 6 pm Class Rotation

Join Tammy Cahill to improve core strength and stabilization twice a week! All levels welcome.

Rotation Class for July: Body Blast with Erica

BALANCE -

A Nutritional Weight Loss Program with Tammy Cahill

Get the motivation, support, and education you need to make a lifestyle change.

**Six week Program - June 29 to Aug 3
Thursdays at 12:15 pm or 5:15 pm**

Pick the class time that is most convenient for you.

Program Includes: 2 Body Compositions (before & after), individualized menu plans, Apex educational meal plan book with exchange lists, samples of Apex products, weekly motivational discussions, learn EXACTLY how many carbs, protein, and fats you should be eating, supplement screening, weekly weigh-ins, emotional support from others, and MORE.

COST: \$100 Members, \$125 Non-Members, \$75 Returning Balance Members, \$10 Drop In

Do something for yourself - Be healthy & happy!

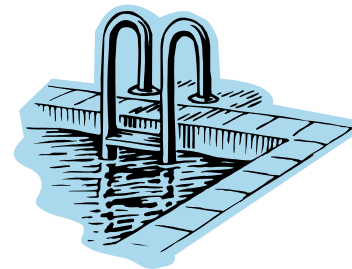


Tuolumne County Aquatics

- **Masters 101:** The next Masters 101 class begins on Monday, June 5. The four week class is for adults to get their orientation to the basics of Masters swimming prior to jumping into the Masters workouts. Instructor Dave Fairfield takes the group through the four strokes, turns, workout etiquette, and swimming lingo. Make a commitment to a healthy lifestyle by swimming for fitness. There is limited space in each class, so pre-register early. **Cost:** Members \$60, Non-members \$80.
- **Masters 102:** Masters 102 is returning! The class is for current Masters swimmers and focuses on improving your swim strokes. Class size is limited to 10 so sign up ahead of time to reserve your spot. Stay tuned for the announcement of when this class will start and when it will be held.
- **New workout:** Beginning June 12 we will be adding a new Masters workout from 9 to 10 am on Monday, Wednesday, and Friday. Beat the heat and dive in!
- **TCA Summer Schedule:** The summer schedule for youth will begin on Monday, June 12. Most of the TCA practices will remain the same but the most experienced swimmers will be assigned to a workout meeting Monday-Friday from 7:30 to 9:30 am. Specific assignments will be made by June 1.



Adult Center Pool Rules



- **Please check in at front desk before entering the pool area.**
- Children under the age of 14 must be supervised by a parent or guardian.
- Coast Guard or Red Cross approved flotation devices **ONLY**, may be used in the pool. No water wings, floating animals, or rafts. All life jackets must be coast guard approved.
- No food or glass containers in the pool area.
- Diving is **NOT** permitted.
- Designated lanes are for lap swimming only.
- Cutoff swim wear is not permitted.
- There are restroom facilities and showers for anyone under the age of 18 located pool-side, as well as in the Athletic Center.
- **Summer pool use for member guests is \$10.**

Awesome Achievers

- **Old Mill Run:** It has been brought to our attention that there were a few individuals who completed the Old Mill Run that were missed during last month's newsletter. We would like to congratulate **Kellie** and **Randy Murphy** who ran their personal bests at this race! Great job you two!
- **Pacific Masters Championship Swim Meet:** Our Masters team finished 11th, which is the highest finish at a Masters meet. The swimmers scoring 20 team records and points for our team included **Annie Alesna, Allison Autrey, Connie Birdsall, Dave Fairfield, Bob Garretson, Marylou Gerber, Craig Hallmeyer, Bobbi Hough, Carey Marmesh, Julie** and **Virgil McVicker, Sissy Mutzner, Brie Newton, Sheryl Parola, Nancy Roddy, Casey Slater, Maggie Smith, Kelly Thalman, Dick Todd, Mary Tufts,** and **Mica VanNord.** Great job swimmers!
- **Avenue of Giants Half Marathon:** Congratulations to **Eve Smith** who ran 13 miles through Humbolt Redwoods State Park and finished with a time of 1:54:03.
- **Country Music Marathon & Half Marathon:** **Carol Witwer** (5:05:29) and **Melissa Hough** (3:30:26) ran the full marathon course in Nashville, TN. This was the first marathon for Melissa. Also, **Bobbi Hough** completed the half marathon course in 1:53:26. Well done!
- **Wildflower Triathlon:** The following members completed this triathlon which consisted of a 1.5 km swim, 40 km bike, and 10 km run: **Jason Landis** (3:13:19), **Bobbi Hough** (3:04:11), **Laura Leslie** (3:29:17), **Margaret Axiak** (3:18:26), **Eric Roberson** (2:52:47), and relay team of **Michael, Brian,** and **Katie Baier** (2:45:42). Competing in the collegiate division **Emily Herndon** (2:25:32) came in 3rd in her class and 5th overall, and **Sara Painter** (2:37:54) finished 9th in her class. In addition, both of the following women placed first within their age group: **Bette Axiak** (4:30:56) and **Patti Scott-Baier** (2:39:29).
- **Angels Camp Triathlon:** This triathlon consisted of a 1000 yard swim, 16 mile bike, and 4 mile run. Members who completed the race were: **Kyle Stock** (1:25:52) came in 2nd within his age group and 3rd overall; **Jason Landis** (1:39:37) finished 7th in his age group and 17th overall; **Paul Jones** (1:41:36) came in 9th in his age group and 20th overall; **Mitchell Luce** (2:01:54) came in 20th in his age group; and **Daryl Rusch** (2:02:20) finished 21st in his age group. Awesome job!

MISSION STATEMENT

Our mission is to provide an educational, nurturing, safe, and healthy environment for our members.