

WINTER 2010

Shake off your winter jacket and grab your racquet!

Racquetball programs abound during the winter months



Sometimes experience beats youth! Kaylee Stosig & Sheila Schoonover.

The 2009 Turkey Shoot PRO AM Racquetball Tournament was a fantastic success! Congratulations to all of the Sunset Athletic Club members who played. Thanks to our sponsors who made this our best Turkey Shoot ever! (See photos on this page and more on the SAC website, Photos & Newsletters page).

Kick off the new year with racquetball lessons. Learn to take better shots and strategies for success. Contact Paul to set up a lesson today!

Sunset High School Racquetball Team practices will run through February. Times are Tuesdays at 3:30pm and Thursdays at 7:00pm.

SAC will co-host the 2010 Oregon State High School Championships, January 28th through the 30th. More info is available at the Athletic Service Desk.

The Sunset Junior Program runs on Sundays from 2:00 - 4:00. Sessions start September 13th and are every Sunday (except when there is a sanctioned tournament that weekend). Contact Ed Boyle for information: 971-242-9872.

SQUASH leagues and challenge play continue to grow at Sunset Athletic. Contact Stephen or Oko for more information on the program. Also, check the bulletin board or ask at the Athletic Service Desk. Private lessons are also available.



Elliott Saunders & Brad Hardy

Photo: the page: Brock Kichlin

SAC Pro Shop has all of the latest racquets for tennis and racquetball from HEAD and Prince. Special member pricing – see the tennis desk staff for details. Strings lose their elasticity over time... check to see if it is time for a new set by contacting one of our stringing professionals.

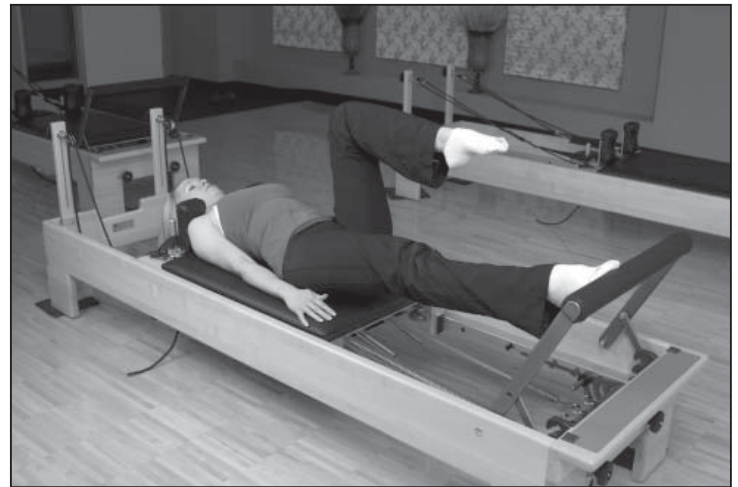
Hit the Reformer! Reformer Pilates, that is...

Pilates is as to the body as a trunk is to a tree. A strong foundation is necessary to grow from; to work, to play and to move with awareness and ease.

Cardio classes are fun and lifting weights is, of course, beneficial – but, the Pilates Method of systematic exercises on the Reformer goes above and beyond any other fitness routine – progressing you to a more optimal and balanced fitness level.

Reformer work brings you into proper alignment, decreasing risk of injury as well as enhancing your body and mind in ways you can't imagine. You will definitely notice a huge difference in your performance levels and the way you feel in your body.

Do yourself some good and make time for a weekly Reformer class. Your body will thank you!



The entire Pilates Method coaching staff can get you started on Reformer Pilates, regardless of your fitness level.

Our Pilates coaches are always available to educate you on the Reformer. Contact them through the Athletic Service Desk.

Check out the weekly class schedule posted outside the studio. Join any class, or get your own group together and we will schedule a class just for you! Contact JoAnne at 503-644-1278 to get more information.

Members who complete the Nutrition 101 series with Dr. Young will be placed in a drawing to win a complimentary session of Reformer Pilates! Learn more about the classes on page 2.

January Reformer Pilates Special

Hire any one of our coaches to work privately with you on the Reformer during the month of January and receive a complimentary second session!

SAC Notes

Delightful Piano Music
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Sunset Athletic Club

Your Club Connection

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Administrative Director -
Jen Prentice
Office Manager - Barb Johnson
Special Projects - Kathi Marcus
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Tennis Director - Niren Lall, USPTA
USPTA Tennis Staff
Michelle Aman, Brad Erickson,
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JoAnne Kehagiaras
Climbing Director
Laura Davis
Indoor Aquatics Director
Gale Parsons
Facilities Technician - Bryan Hall

Website: www.SunsetAC.com

SAC is proud to be a member of



Outdoor Aquatics

2010 SAC Attack Swim Team - Registration is May 1st!



Join Laura Cantwell, Head Swim Team Coach, with assistant coaches Tommy Young and Alysse Hamlin for another great season - they have all been with the team for many years and are very excited about leading our swimmers to a very exciting and successful summer!

With another fun year ahead, don't forget open registration is May 1st.

The club opens at 6:30am for registration. (Please note: Registration is in the Athletic Club Lobby, not the Aquatics Center). Be the first one in line to be sure your child has a spot on the team. Space is limited and by registration only. Child must be a member to register.

Group Fitness

Health 101 - Presented by Laretta Young, M.D.

Make time this winter to improve your mental health and well-being. Learn evidence-based techniques to manage your stress in ways that value your time. Learn what works and what is worth doing to improve your energy, your mental and physical health and your longevity.

Learn about the effects of stress on long-term health and aging. If you have a condition that is made worse by stress and want to learn self-care techniques that will help, this is or you; People with high blood pressure, diabetes, headaches, GI problems and more can benefit from proven techniques. You may take one or all of the sessions, which include:

New research on why stress causes poor health and the options for self care interventions.

The Relaxation Response which has hundreds of scientific articles supporting its effectiveness.

Food and Stress helps you navigate the very confusing bombardment of information on the latest miracle food and supplement - what really is the evidence about how to eat to shut off stress response and improve health.

The rest of the plan - how to tame your worry, reduce interpersonal stress and develop resiliency.

The series is taught by Laretta Young, MD, board certified psychiatrist, recently retired from 25 years in the field.

Health 101 is a series of four Classes, offered on Thursdays;

January 7th, 14th, 21st and 28th, from 10-11:00 am.

Mind/Body class slated for Friday Nights

Our Friday night 7:30pm Mind/Body class returns! See the weekly schedule posted outside the Mind/Body Studio for each week's style of class.

Remember to pick up our New Fitness Schedule which includes even more new classes that will enhance your overall wellness! Plus, Up-to-date Schedules online: www.SunsetAC.com



Junior Racquetball

The Winter Blast Junior Racquetball
Tournament runs January 8th - 10th



Heart Healthy Conference at SAC

In recognition of American Heart Month, February 2010, Sunset Athletic Club is honored to present a lunch conference on Wednesday, February 17th at 11:00am.

Please join our audience as Dr. Suzanne Hall discusses the essential fact everyone needs to know concerning America's number one killer – Heart Disease.

Following Dr. Hall's presentation and Q&A session, we welcome another guest - Brett Csordas, a licensed acupuncturist practicing in Cedar Mill since 2006. Brett will discuss the prevention and treatment of cardiovascular disease, based on the traditional modalities of acupuncture, moxibustion (a traditional Chinese medicine therapy utilizing moxa, or mugwort herb) and herbal medicine. Brett has also offered to provide "mini-treatments" for those who are interested in experiencing acupuncture.

Our next presenter, Rod Dudley, is owner and founder of Angelic Healing Hands, Inc.. Rod and his staff are all highly experienced therapists. They have been a part of the Sunset Athletic family for about six years.

Rod employs six to eight licensed Massage Therapists. Between them they offer a wide menu of treatments, including; Swedish Massage, Deep Tissue, Injury Management, Pregnancy Massage, Full Range-of-Motion Stretching and Hot Stone Massage.

Rod will offer "mini-treatments" to interested participants at the conclusion of our program.

Please join us for a light lunch, an informative and stimulating conference and a goodie bag to take home with you! For more information, leave your contact info at the Athletic Service Desk, attention Judith Skinder.

Registration is required and available at the Athletic Service Desk. Cost \$25 for Members, \$30 for non-members

Make a Change in 2010

For sailing ships, the worst possible situation is "no wind at all". The best situation is "the wind at your back". But, the most common situation is a headwind from varying angles. Sailors can reach their destination in a headwind by "tacking" into the wind; setting their sails so they can move forward toward their destination in a zigzag fashion. Progress can be slow, but it is "steady". The best sailors are those who know how to make the best forward progress against resistance and who know exactly when to "come about" or make a TURN and RESET the sails.

Lifestyle changes are that way too!

RESET your priorities, realign yourself with "steady" forward progress and re-establish your fitness goals.

WAIT NO LONGER! Take that TURN and make a CHANGE. "Come about" with renewed lifestyle commitments for 2010. We are here to help you.

Be well! – Your Group Exercise Staff

Exercise Training for Your Profession

Many of us depend on our bodies to do our jobs. There are the obvious professions, such as police officers, firefighters and professional athletes, but many other jobs also demand a high level of fitness.



Fitness instructors, nurses, EMTs, LMTs, construction workers, landscapers, line workers, teachers, computer operators and even physical therapists have a great amount of physical stress placed on their bodies and also need to stay in shape in order to meet the physical demands of their job. Young athletes in middle and high school are presenting with injuries related to overuse and serious injuries needing surgical repairs.

However, most people have never been properly instructed how to use the equipment they have access to. Many people fall back on outdated, often incorrect methods they learned while in high school. Too often we rush in to do a quick workout and forget to warm up or stretch. Our brains let us believe that we are still that young athlete and injury will not happen. These improper techniques, exercises, and behavioral thoughts are more than just unhelpful: improper lifting and exercises can lead to injury, with sometimes permanent consequences.

Achieving and maintaining physical fitness is more than simply buying a gym membership or having access to a gym or tying running shoes on and hitting the pavement. Careful thought needs to go into what level of fitness you are trying to achieve, what your personal goals are, and any significant medical conditions or past medical history. For example, a marathon runner will have a vastly different workout than a sprinter. Weekend athletes must stretch and work up to the demands that will be placed on their body. The same principle applies to a dentist who spends much of his or her time bent forward, needing a different strengthening routine than an electrician, who is often looking up and balancing on a ladder.

However, there are some general guidelines we can all follow to maintain overall health:

Balance your workout - In addition to maintaining a balance between cardiovascular training resistance training, one must also have balance in working upper body versus lower body, and anterior (or front) muscles.

Use proper posture and alignment - Make sure you have good alignment in your daily work position as well as your sleep position at night. A proper pillow to support the neck is important to avoid sleeping with the arm under the pillow or on your stomach. - Consult with an ergonomic specialist at your work to review your worksite setup. - Consider custom orthotics to prevent foot pain and tendonitis.

Stretch - After your warm up, but before your workout - Stretch every 30 minutes while sitting at your desk - Four to five times a day, 30 second holds, if trying to elongate a tight muscle

Recover - Give your body proper time to recuperate after a vigorous workout. - Don't lift the same muscle groups two days in a row; if you lift everyday, consider alternating upper and lower body, or front and back muscles.

Many of these concepts are somewhat difficult to put into practice independently. Get the professional help you need to make sure that your workouts are tailored to do what you need them to do for you. A physical therapist can also help give you one on one attention and give specific exercises for your body type and to minimize or eliminate any pain you are already having. Consult with your personal fitness trainer if you are having pain or difficulty performing your exercises. They will evaluate how your form looks, using the fitness equipment to assure proper workout postures. When taking fitness, Pilates, yoga or swimming classes, let your trained instructor know that you are having a concern and they can watch your form during the class. Remember, never try to work harder than your core will allow, as you will substitute with the wrong muscle groups causing an imbalance which in turn will lead to dysfunction and pain.

Laurelhurst Physical Therapy Clinic, LLC at Sunset Athletic Club offers free 15 minute consultations for any concerns that you might have related to pain, posture and exercise. Insurance coverage is available for the first 60 days without a physician referral for most insurance carriers. We will happily bill your insurance company.

The key is early intervention when you hear your muscles "whispering" unhappily. Happy muscles lead to better workouts, good sleep, productive work and good health. Call today for your FREE CONSULTATION at 503-726-8880.

Here is to good health and fitness in the New Year!

- Joni Fischer Jones PT - Ariel Salzman DPT - Jessica Coe PTA

Tennis

Happy New Year, Tennis Players! A new season for tennis is underway. USTA Men's and Women's season is upcoming and will start the beginning of February, so make sure you have signed up in the tennis center in the USTA book. Super seniors (60 and over) is also starting up, so be sure to come see me if you are interested in playing. We have had a great fall and winter season for tennis – with many successful tennis events such as tournaments and mixed doubles nights – Including a great turnout for the Old Hollywood singles and doubles tournament with over 100 players competing. Thanks everyone for playing, enjoy these photos from the party! Sign up and come down for Mixed doubles night on Friday, January 15th, which is always a free event and a potluck. So, feel free to bring a food or drink of choice to share with all. Junior Lessons will start up Monday, January 4th, so get signed up for the New Year. Remember junior lessons are required to sign up for the month, for weekday lessons that run Monday through Thursday. Junior weekend lessons, Friday through Sunday, are signed up on a week to week basis.

Hope to see you on the courts soon! – **Your Tennis Director, Niren Lall**

Scenes from the Old Hollywood Tournament & Party!



Mens 4.0 doubles winners
Brandon and Jorge Irvine



Rock Climbing Wall

Winter Fun...climbing warm, dry and indoors

In November, the rock climbing wall celebrated 5 years of fun at the annual anniversary event. Heading into another year, the climbing wall will continue to have open climbing times seven days a week. Monday through Thursday evenings from 5:00-9:00pm, Thursday mornings from 6:00-10:00am, Fridays from 4:00-6:00pm and Saturdays and Sundays from 10:00am-2:00pm.

In December, the company that manufactured and serviced the autobelay devices used by the rock climbing wall announced its intent to discontinue business in the climbing industry, leaving the climbing program at Sunset Athletic Club and the hundreds of other affected climbing gyms around the world, to do things the old-fashioned way. Until a suitable autobelay replacement can be found, climbers will need to use the ropes and work with belay partners, as traditionally done in climbing gyms.

To learn how to belay, participate in instructional courses offered on Saturday afternoons by rock climbing wall staff. Courses include "Get Me On The Wall", an introductory course to initiate members and guests 12 and older in the basics. "Kids Climb" is the course for kids younger than 12. "Belay Basics" teaches belaying techniques. "Climbing Technique" and "Lead Climbing" provide more advanced instruction. See climbing staff for more information.

Youth climbers will have special opportunity to climb on their days off of school at "No School! Open Climb" sessions and during spring break at rock climbing camp. Dedicated youth climbers can also join the competitive rock climbing team at Sunset Athletic Club. Tryouts for the sport climbing season will be held at the end of January. Competitive climbers practice three days a week throughout the school year and compete on select Saturdays.

For the details on these and all other rock climbing programs, check the climbing Website at: www.sunsetrockclimbing.com

SAC Pro Shop in the Main Lobby

Equipment,
Apparel &
Accessories for
Fitness,
Aquatics,
Climbing, Tennis,
Racquetball,
Squash & more!



SAC Men's Social Luncheon - Say hello to Jerry, Gale, Duncan, Jack, Wilson, George, Gene, Larry, Clay, John, Glen, Paul, Ted, Merle and Mike!

Body, Mind & Soul.

Three essential elements
that will be focused on
during your visit to...



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in the Aquatics Center!

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for your appointment
or visit

www.AngelicHealingHands.com

Indoor Aquatics Center

Children's Group Swim lessons for winter...

Classes are offered 2 days a week, for 4 weeks (8 classes per session) Choose M/W evenings, or T/TH afternoons, or Saturdays.

Walk-In Registration: First come, first serve. Wednesday, January 6th, from 5:30-7:00pm. A child may register for Session I OR Session II, and/or Saturdays. No phone in registrations taken at this time.

All Session Rates: \$50 for members, \$75 for non-members

Please note: All children must have a swim evaluation before they register for their "first ever" group swim session at SAC.

Children must be at least 4 years of age on the first day of the session to participate in any group swim lesson. See specialized program for 3 year olds (Guppies).

Winter Session I: January 11th - February 4th
Winter Session II: February 15th - March 11th
Saturday Session: January 16th - March 6th (8 classes)

Tuesdays & Thursdays

1:00-1:30pm Guppies & Preschool (levels 1-3)
1:30-2:00pm Preschool (levels 1-3)

Mondays & Wednesdays

5:30-6:00pm Guppies Level 1
6:05-6:35pm Level 2 Level 2
6:40-7:10pm Level 3 Level 4/5

Tuesdays & Thursdays

3:30- 4:00pm Guppies Level 1
4:05- 4:35pm Level 2 Level 2
4:40- 5:10pm Level 3 Level 4/5

Saturdays

10:45-11:15am Level 3 Level 4/5
11:20-11:50am Level 2 Level 2
11:55am-12:25pm Guppies Level 1

SCHEDULE IS SUBJECT TO CHANGE!



Guppies Swim Program (3 years of age only)

Because the American Red Cross now recommends that children be at least 4 years of age to participate in the Learn To Swim Program, SAC has created a swim readiness program for children who are 3 years of age. A 3 year-old wanting to participate in group swim lessons must enroll in the Guppy Class. Upon successful completion the child will be eligible to enroll in the Learn To Swim Program.

More Swimming Lessons...

For the following classes you may register at the Athletic Center Service Desk. Space is often limited, please register early.

Water Babies, ages 6-36 months (Child needs adult in pool & swim diaper)

Come play with us, Tuesday's & Thursday's, 12:30 - 12:55pm

Session I: January 12th - February 4th

Session II: February 16th - March 11th

Members \$50, non-members \$75, psst - adults get in free!

Youth Swim Lessons, ages 11-15 years

This swim program is ideal for those with limited swimming experience. Increase your comfort in the water, better your swimming strokes and learn some life saving skills. Classes are 40 minutes.

Winter Session I: Mondays, January 11- February 1, 7:15-7:55pm

Winter Session II: Mondays, February 15 - March 8, 7:15-7:55pm

Fees, per session: \$40 for members, non-members \$65

Swim Conditioning Program

In this conditioning class, stroke technique will be addressed while swimming laps. Participants will also work on starts, turns and pacing. Prerequisites: Swim a length of the lap pool freestyle, backstroke and breaststroke Demonstrate the butterfly and a forward dive. (Please note: If participant is unable to demonstrate these skills on the first day, they may not be allowed to continue with the session). Must be at least 7 years of age. Each squad limited to 12.

Winter Session: Saturdays, January 9th - March 6th

Squads A & B (ages 7 and older) 10:00-10:40am

Members \$50, non-members \$75

Winter Session Mon/Wed/Fri - January 11th - March 12th

Squad C (ages 7-10) 3:50-4:30pm

Squad D (ages 11 and older) 4:35-5:15pm

Members \$100, non-members \$150

SPECIAL FREE EVENT Contests, Games & Races

Saturday, March 13 starting at 10:15am

For ALL Swim Conditioning Participants! (MWF & Sat)

No fee, but indicate on your registration form if you plan to participate.

Adult Swim Lessons, you're never too old to learn!

Whether you are a beginning swimmer or need to brush up your swimming skills, our adult group swim lessons are for you. Classes are 40 minutes and available to those 16 years and older.

Winter Session I: Wednesdays, Jan. 13 - Feb. 3, 7:15-7:55pm

Winter Session I: Saturdays, Jan. 9 - Jan 30, 9:15-7:55am

Winter Session I: Wednesdays, Feb. 17 - March 10, 7:15-7:55pm

Winter Session I: Saturdays, Feb. 13 - March 6, 9:15-7:55 m

Fees, per session: \$40 for members, non-members \$65

Special Events - Indoor Aquatics

Swim Camp - Spring Break 2010

Monday/Tuesday/Wednesday, March 22nd, 23rd & 24th

Choose any or all days: from 1:00 to 3:00pm. All levels and abilities welcome to come learn, play and have fun!

Two age groups: Children; 4-6 years & Youth; 7-10 years.

Member cost: 1 day: \$9 - 2 days: \$16 - 3 days: \$21

Non-member cost: 1 day: \$12 - 2 days: \$22 - 3 days: \$30

Underwater Easter Egg Hunt

Sunday, March 28, 4:00-5:30pm - All Ages Welcome!

Come join in the fun and hunt for special Easter Eggs in the swimming pool! Participants will be divided into separate age groups for the hunt. Families may choose to be grouped together if space is available. Parent must enter the pool with any child under the age of 7. Registration is required and opens Feb. 1, 2010.

No refunds granted after March 25 (regardless of registration date)

Water Fitness Update

It's back! Sunday morning water fitness class, now called Water Dynamics...It meets from 9:00-9:50am in the lap pool! Come enjoy the benefits of deep water exercise to increase your health and fitness.

Congratulations to the following water fitness participants who earned Holiday Presents!

Sue Birkemeir, Tig Brown, Darlene Buchanan, Holly Danks,
Rose Donald, Carrie Elkjer, Pat Kane, Phyllis Mackie, Harry Namitz,
Paula Wolfe, Jo Anne Roglien and Mimi Shaw.

"Please remember; For the health and safety of our pool users, spectators are not permitted on the pool deck. We encourage you to observe pool activities from our designated viewing balcony."



SAC Clubhouse... Fun that's out of this world!

Personalized Parties and Rentals. We do the work, You have the fun!

Schedule your next birthday, sports team party or special event at the Sunset Athletic Club's Clubhouse! Looking for a fun clubhouse activity party? Explore swimming, rock climbing or watch a movie in our theater!

Let the Clubhouse Crew help personalize your special occasion to fit YOUR needs and interests, with YOU designing your party to fit within your budget! Each party is unique. Pay one base price to reserve your area and use our Big Bonus list to add extra fun to your event!

Complete a request form online today: www.sacclubhouse.com

Hourly Kids Club

Monday-Friday: 8:00am-Noon / Monday-Thursday: 4:00-8:00pm
Saturdays: 8:00am-Noon / Daily Hourly Limits: Two hours per visit and 4 hours per day. Clubhouse Pass is valid with this program.

Member Price: \$33/hour per child. Non-member Price: \$4/hour per child

Parent's Night Out

Saturday evenings, 5:00-9:00pm. A date night for parents, a fun night for kids! Ages 4-12 years.

Enjoy a pizza dinner and snack too!

- Sat. Jan. 9th: Pirate Party
- Sat. Jan. 23rd: Super Bowl Sports
- Sat. Feb. 6th: Sweet Valentine
- Sat. Feb. 20th: Hawaiian Luau
- Sat. March 6th: Superhero Showdown
- Sat. March 20th: St. Patrick's Day

\$20.00/child or \$35.00/family - \$10.00/non-member guest.
Clubhouse Pass is valid with this program. Additional options each night: \$5.00 per swimmer and/or \$10.00 per rock climber.

Skippin' School Program

Fun times for those days off from school.

Morning and afternoon sessions available,
Kids Club pizza lunch in between.

Session 1: 9:00am - Noon

Kids Club Lunch: Noon - 1:00pm (Cost \$5.00, or free if you stay all day!)

Session 2: 1:00pm - 4:00pm

Winter Dates (Based on Beaverton Schools):

Monday, Jan. 18th/Friday Feb. 1st/Monday Feb. 15th
Members: Child: \$15.00/session. Family: \$25.00/session.
Clubhouse Pass is valid with this program.

American Red Cross Classes - Clubhouse Passes are valid for these.

Babysitting Certification Class - A trained Red Cross instructor will teach kids ages 11-15 to become certified after this seven hour course. Please bring your own lunch.

Monday, January 18th - 10:00am-4:30pm / Sunday, Feb. 21st,
10am-4:30pm / Sat., March 13th, 10am-4:30pm.

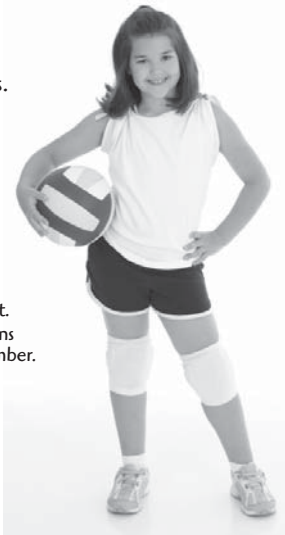
Cost: \$50.00/member - \$60.00/non-member.

Special evening session: Tuesday and Wednesday, February 2nd & 3rd - 4:30 - 7:30pm (Must attend both sessions)

When I'm in Charge Classes - This 2 1/2 hour course helps kids ages 8-11 learn how to take care of themselves and be safe at home alone. Parent participation is encouraged for the last 30 minutes of each class.

Sunday, Jan. 12th, Noon-2:30pm / Saturday, Feb. 6th, 9:30am - Noon
Monday, Feb. 15th, 1:00 - 3:30pm / Sunday, March 7th, Noon - 2:30pm

Cost: \$30.00/member - \$40.00/non-member



Spring Break Camps

Monday-Friday: March 22nd-26th

If you attended last year, you know we will have a BLAST! Themes are "Games Galore" & "Active Adventures".

Kids will be divided by ages 4-7 & 7-11.

Morning Session I: 9:00am-Noon: "Games Galore"

Kids Club Lunch/Game Room Time: Noon-1:00pm

Afternoon Session II: 1:00-4:00pm: "Active Adventures"

Daily Prices per daily session: \$12.00/member \$15.00/non-member

Kids Club Lunch price: \$5.00 each (FREE when attending full day)



New! Drop-in Homework Help Club

Mondays and Thursdays 4:30-6:30pm

Kids grades **Kindergarten - 4th grade** are now invited to come to the SAC Clubhouse for a little extra help with their homework!

Led by a certified school teacher, your child will get one-on-one assistance and help with difficult concepts, studying, finishing a packet, or general guidance with work. Just show up with your child and tell us what needs a little help.

Assistance is available for grades 5-8 with prior notice and a reservation.

Members: \$6.00/hour per child (billed in five minute increments)

Clubhouse Pass is valid with this program.

- One-on-One Tutoring -

We know that some kids need a little one-on-one support with their studies, and we are here to help!

With two experienced teachers ready to help kids ages K-High School, your kids will be on their way to success in various subjects right away. Jeanne and Dan Woods have both been educators in the Beaverton School District for over 34 years, and they are ready to share their talents with your kids! Tutoring sessions will be scheduled individually; days and times are flexible to fit around your schedule! Sign up to schedule your orientation with the director and your tutor and get started on your help today!

Members: 45 minute session - \$15, One hour session - \$20
Clubhouse Pass is NOT valid with this program.

- Special Events for Winter -

Pirate Party - For scallywags ages 4 years and up!

Sunday, January 17th, Noon to 3:00pm.

Reptile Man is back...AGAIN! - More fun with his scaly pals!

Friday, January 22nd, starts at 7:00pm

Ultimate Classic Games Night

Friday, January 30th, 7:00-10:00pm

Valentine's Day Zoolantine's Party

Sunday, February 7th, 1:00 to 3:00pm - Ages 4 and up.

Middle School Madness

Saturday, February 13th, 8:00 to 11:00pm. Must be in middle school to participate.

Circus Day with BJ the Clown

Sunday, February 28th, Noon to 2:00pm

Superhero Sunday - Don't make me go all "Batman" on you!

Sunday, March 14th, 1:00 to 3:00pm.

All registration information and pricing is now available online: www.sacclubhouse.com

**Purchase your Clubhouse Pass today - Pay one price each month to participate in unlimited Clubhouse Fun!
\$60 for one child or \$100 per family**