

LAKERIDGE



ATHLETIC CLUB

Lakeridge Athletic Club Newsletter

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There is still space
available in Summer
Camp, Swimming
Lessons and
Tennis Camp!
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really are!

Issue: # 3

July/August 2010



Dear Lakeridge Members,

Summer is in full swing and Lakeridge is buzzing with activity. The summer membership program has, once again, been a huge success drawing new members to our wonderful club and family. Our pool-side wine and cheese party topped 100 guests and was enjoyed by all. The kids are enjoying our summer camps and swim lessons and the staff is invigorated by all the extra summer activities. Please be sure and check the "Event Calendar" section below for all of our upcoming events and we hope to see you at some of them. Lakeridge prides itself on the social activities that have been a regular part of our Club since its inception and have resulted in generation after generation becoming and remaining members of the Club. We put on these events and activities simply to enhance your Lakeridge experience and to provide you with other ways to fully utilize and enjoy your membership. Please feel free to ask questions about any event or make suggestions so that we can continue to provide you with what you are looking for in a Club. See you there!

Bruce Thomas
General Manager



There Are 45 days left of Summer Vacation ... Make it a Lakeridge Summer Vacation!

Congratulations May Minute Winners!

Top Five Competitors:

- 1. Phillip Raine
2870 Minutes**
- 2. Pilar Romero 2610
Minutes**
- 3. Valerie Shiells
1680 Minutes**
- T4. Jill Vonhof
1465 Minutes**
- T4. David White
1465 Minutes**

There are approximately 45 days left before the kids head back to school! Yikes! What to do with those 45 days ... If you have a membership with Lakeridge, take advantage of it! Enroll the kids in Summer Camp, Swim Lessons or Tennis Camp. Take advantage of our Parents Night Out activities and give your child a fun adventure while you have your own adventure off-site! Lakeridge is a great place for your children to make new friends and enjoy some playtime being active and having fun!

For Parents, Summertime at Lakeridge can be a trip to the Club after breakfast where you can leave your children in the Little Members Room to play while you take in a class, and afterward take them in the pool for some outdoor fun. Bring a picnic lunch, or buy something from our snack area. Whether you come in the morning, afternoon or evening, Lakeridge is a wonderful place to be. Enjoy your last 45 days of Summer Vacation at Lakeridge Athletic Club.

2010 Event Calendar

Mark your calendar for these upcoming Events at Lakeridge Athletic Club.

- 08/21/2010** Wine & Cheese Reception 4:00 p.m. ~ 7:00 p.m. and Free Guest Day!
- 08/28/2010** Parents' Night Out! 4:00 p.m. ~ 8:00 p.m.
- 09/12/2010** Grandparent's Day! Free Guest Day for all Grandparents!
- 09/18/2010** Lakeridge Luau
- 10/05/2010** Flu Shots 7:00 ~ 9:00 a.m. & 4:00 ~ 6:00 p.m.
- 10/11/2010** 9th Anniversary! Lakeridge Member Appreciation Day
- 10/29/2010** Halloween Parade starts in Childcare at 10:00 a.m.
- 11/13/2010** Parents' Night Out! 4:00 p.m. ~ 8:00 p.m.
- 12/03/2010** Lakeridge Holiday Party

Summer Golf Camps for Kids!

Mira Vista Golf & Country Club is offering Kids' Golf Camps and Clinics throughout the months of July and August. Please pick up a flyer at the front desk, call them directly at 510-237-7045 or go to their website at www.miravista.org. This event is open to the public (Non-members welcome!). Remember, as a full-time Lakeridge Member, you are entitled to use the facilities at Mira Vista Country Club. Have lunch in the dining room, partake

in their social activities or let us schedule a round of golf for you!

"People often say that motivation doesn't last. We'll neither does bathing - that's why we recommend it daily."

~ Zig Ziglar

Pool-side Party ~ Saturday July 10th Was A Pool-side Success!

The first ever Pool-side Wine & Cheese Party at Lakeridge was a fantastic success! Children played in the pool and on the grass while parents, grandparents, adults and teenagers listened to the music of Randy Mayer, Manny Vega & Lisa Wellhausen. It was a fun social gathering of friends and Lakeridge Members getting to know one another. The wine, fruit-infused iced tea, and punch was fabulous and the cheese, strawberries, dips, chips and Ghirardelli Chocolates were delicious. The crowd topped 100 people at times and a festive time was had by all. Don't miss the next pool-side party on August 21st, but please sign up at the front desk so that we can anticipate how much food and drink to purchase.



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Bingo For Breast Cancer!

Please join us on Saturday July 17th @ 7:00 p.m. for a Bingo Night to benefit the Susan G. Komen Breast Cancer Walk. This will be an exciting night of prizes and fun and the cash proceeds go to benefit a great cause. The price is \$25.00 for advanced purchase and \$30.00 at the door! Any questions should be directed to Peggy @ 510-222-2500. We hope to see you there!

Parents Night Out will be back in August!

Our June Parent's Night Out was a huge success, and we look forward to the next one! The last Parents Night Out for the Summer will be on August 28th! Don't miss this super-fun kids favorite! Please look for the sign-up sheets at the front desk and in Childcare a couple weeks before the event. Parents Night Out is the only time that you can take your children to childcare and leave the club! Enjoy your time away knowing that your children are safe, happy and entertained.

Can Pickle Juice Stop Muscle Cramps?

Recently, 10 healthy male college students filed into an exercise laboratory at Brigham Young University in Utah to drink pickle juice. Many people involved in sports are convinced that the briny fluid combats muscle cramping. In a 2008 survey, a quarter of the athletic trainers interviewed said that they regularly dispense pickle juice to cramp-stricken athletes. Many also report that, in their experiences, the stuff quickly brakes the cramping. The athletic trainers have told researchers that they believe the pickle juice must be replenishing the salt and fluids the athletes had lost to sweat. But no laboratory science had verified that theory. Read complete story at the link below:

[Click Here!](#)