



June 2010 Issue

Volume 28

Happy Father's Day

~ Sunday, June 20th ~

Dad's day is fast approaching! What is on your list of activities or gifts to treat Dad? Maybe it includes a family dinner out; a Telus World Skins game ticket; a spa treatment or a just a day of relaxing poolside at the Mountainside Athletic Club? Whatever you choose, we wish all the fathers a very special day filled with lasting memories.



TELUS WORLD SKINS

The Bear Mountain Golf Resort and Spa is proud to host the Telus World Skins pro golf event on **Monday, June 21st** and **Tuesday, June 22nd**. The resort will be busy with spectators watching as Mike Weir, Camilo Villegas, Fred Couples, Ian Poulter, and Retief Goosen take to the course to see who will win this coveted event. Come out and enjoy the action! A link to event information can be found on the Bear Mountain website: www.bearmountain.ca.

IMPORTANT!

MOUNTAIN SIDE ATHLETIC CLUB CLOSURE NOTICE

Unfortunately due to a number of circumstances such as; restricted access up Bear Mountain Parkway, restricted parking, overall security and TELUS functions, the Mountainside Athletic Club will be **CLOSED JUNE 21ST AND 22ND, INCLUSIVE**. We appreciate your understanding and apologize for any inconvenience this may cause.



And the Winner of One Month Free CrossFit is...

...**Lisa Fibiger!** Congratulations Lisa - you are the Grand Prize winner of a one month CrossFit membership. We look forward to helping you take your fitness to a whole new level!

CrossFit Bear Mountain:

Check it out! Join us at the MAC today for a CrossFit workout. The schedule is posted on www.bearmountain.ca. Remember, if you have not yet tried CrossFit, your first workout is **FREE**.

Unlimited CrossFit: \$125 per month (gives you full access to the Mountainside Athletic Club, including outdoor heated pool and hot tub)

MAC Members: Upgrade your individual membership for just \$50 per month!

Family Rate: \$225 (based on 2 people. Certain restrictions apply)

MAC Members: Upgrade your family membership for \$100 per month (Based on 2 people. Certain restrictions apply)

Drop-In: \$20

10 Workout Punch Card: \$150

MAC Members: \$12

MAC Members: \$100

CrossFit specializes in not specializing, and in doing so, will make you a better athlete in sport and in life!

CrossFit on the Road: Team Training!

We will bring CrossFit to you! Whether it's on a soccer field, in a hockey rink or on a baseball diamond, Bear Mountain CrossFit coaches will lead your team through tried, tested and proven result orientated workouts.

Call the Mountainside Athletic Club at 250-391-3758 for team training rates.

Train Hard...Play Hard...LIVE Life

~ *Splash* ~ *Swing* ~ *Spike* ~ *Serve* ~ *Hike* ~

Bear Cub Sports Camps

Summer is just around the corner which means the start of our annual week-long Bear Cub Sports Camps! Your kids will spend the day golfing, playing volleyball, swimming at the MAC, hiking in the park and playing tennis!



Golf – The campers will spend the morning playing golf with Bear Mountain’s Golf Professionals. They will hone their stance, grip and *swing* as they challenge themselves to see who can hit the longest drive! Golf related games, putting, and scenic rides in the golf carts will be the focus of this fun, interactive morning session.



Swimming – The Mountainside Athletic Club’s outdoor salt water pool will be the highlight of the after lunch activities. The campers will have the opportunity to work on learning proper stroke techniques, basic water rescues, safety and, of course, fun water games! At the end of the day, the campers will enjoy a second refreshing and well deserved *splash* in the pool where sun and fun will finish off their day’s exciting adventures.



Volleyball – The beach volleyball court at Jack’s Place will be the venue for the afternoon session of volleyball. National Level II certified coach, Tanya Scheck, will be instructing the campers on how to play the game of beach volleyball. The focus will be on all aspects of the game including the volley, pass, *spike*, block and serve as well as the official rules of beach volleyball. The session will provide skill development through individual drills and team play in an exciting, fun atmosphere!



Tennis – We are very excited to include tennis to this year’s Bear Cub Camp! We will utilize the new tennis courts located between the Fairways Hotel and Finlayson Reach condominium building. Let the fun begin while learning how to play the game of tennis. The basic fundamentals will be taught including grip, swing, and *serve*.



Hiking – Hike the great outdoors on the trails in Goldstream Park leading up to Mt. Finlayson. The campers will participate in an interactive educational *hike* where they will learn about the vegetation and wild life native to Vancouver Island.

Each camper will need to bring athletic clothes, water bottle, bag lunch, swimsuit, hat and sunscreen. Register now by calling the Mountainside Athletic Club at 250-391-3758 to reserve your spot for one or more of the Bear Cub Sports Camps.

Camp Weeks:

Camp 1: July 5-9

Camp 3: July 19-23

Camp 5: August 3-6

Camp 7: August 16-20

Camp 2: July 12-16

Camp 4: July 26-30

Camp 6: August 9-13

Camp 8: August 23-27

Times: Monday – Friday 9 am to 4 pm

Ages: 7-12 years

Cost: \$250.00



Group Tennis Lessons Now Available

Tennis is an awesome sport that provides players the opportunity to improve eye-hand coordination, aerobic and anaerobic conditioning while enjoying time with friends! This spring the MAC is offering tennis lessons that will focus on correct techniques for forehand and backhand shots, ground strokes, volley and serves.

If you're new to tennis or looking to improve your skills, these lessons are for you. To participate, please register at the MAC front desk.

Date: **Sundays, June 6th – 27th**

Time: 10:00 – 11:30 am

Cost: \$55 for 4 sessions



Private Tennis Lessons

If you are interested in private tennis lessons or private lessons with a group of friends, please contact the MAC and we will arrange the lessons to fit your schedule.

Beginner:

These sessions will focus on the fundamentals of tennis. Beginners will learn basic forehand and backhand, ground strokes, volleys and serving, all while feeling confident and having fun on the court.

Intermediate:

Keeping with the consistency learned as a beginner, the intermediate lessons will include overheads, approach and passing shots, as well as strengthening core skills.

Advanced:

At a higher pace, the advanced lessons are intended for players ready to take their game to the next level. These lessons will prepare anyone for competitive play using strategy, placement of shots and spins to control the court.

Start Date: May to September. You choose the days and times that fit your schedule.

Lessons: *Group or Individual

Cost: Private one-on-one: \$50 per hour

Semi-Private (2-4 people): \$65 per hour

Group Lessons (more than 4): \$120 per hour

Looking for a partner to play tennis with? Add your name to the list at the MAC front desk and we will arrange a partner for you to play against.

For more information or to book your tennis lessons, please email Tanya Scheck at tscheck@bearmountain.ca.



Adult Swim Lessons

As adults, it is difficult to overcome our fears – especially the fear of water. If you have always wanted to learn to swim but are water shy, Robin Henderson will provide you with a safe water experience that will enable you to relax and finally learn to swim! Robin will teach the fundamentals of swimming which include floating, gliding, treading water, as well as basic front and back crawl.

For those of you who are comfortable in the water but would like someone to help you with stroke technique, join Robin in the pool on Tuesday mornings at 7:00 am. The focus of these sessions will be length swimming with technique tips given in front crawl, back crawl, and breaststroke.

Water Shy Lessons:

Date: Thursdays, June 3rd – June 24

Time: 10:30 am – 11:15 am

Cost: \$35 per person for 4 sessions

Stroke Correction Sessions:

Date: Tuesdays, June 1st – June 29th (excluding June 22nd)

Time: 7:00 am – 7:45 am

Cost: \$35 per person for 4 sessions



These are pre-registered programs. To participate, please register at the MAC front desk or email tscheck@bearmountain.ca.



Teen Tennis Camps Now at Bear Mountain

Nestled between the Fairways Westin Hotel and Finlayson Reach condominiums are two tennis courts waiting for your teens to join us for lessons this summer. New this year, the MAC will be offering half-day camps that will focus on the fundamentals of tennis, which include the basic forehand and backhand, ground strokes, volleys and serving. At the end of each day, participants will enjoy a cool swim in the MAC outdoor pool.

Camp Weeks:

Camp 1: July 5-9

Camp 3: July 19-23

Camp 5: August 3-6

Camp 7: August 16-20

Camp 2: July 12-16

Camp 4: July 26-30

Camp 6: August 9-13

Camp 8: August 23-27

Times: Monday – Friday 11:30 am – 3:00 pm

Ages: 12-15 years

Cost: \$125.00 per person

To register your child, please contact the Mountainside Athletic Club at 250-391-3758 or email tscheck@bearmountain.ca.

Did You Know...?

...Kettlebell snatches can burn 20 calories a minute? “The best form of cardio may require weights,” states researchers at the University of Wisconsin. Compare these other forms of activity to the kettlebell snatch:

In 1 minute, the number of calories a 180 lb man will burn...

... <i>Spinning</i>	14.33 calories
... <i>Rowing vigorously</i>	11.5 calories
... <i>Elliptical training</i>	9.8 calories
... <i>Stair-stepping</i> (7 minute-mile pace)	12.2 calories
... <i>Length swimming</i>	13.6 calories

Make every minute of your workout count! Book your training appointment with Thom Constable, the MAC’s kettlebell master, and burn more calories in less time!

Summer Fun!

Summer is just around the corner and we would like to take this opportunity to remind our members and guests of the MAC pool etiquette. **WARNING! NO LIFEGUARD ON DUTY**

- Appropriate swim attire must be worn at all times. Thong bathing suits and cut-off jeans are not acceptable.
- Children 11 years old and younger must be supervised in the pool area by a guardian 18 years of age or older. Children 12 – 15 years of age do not require a supervision in the pool area; however, a guardian 18 years of age or older **MUST** be in the Mountainside Athletic Club at all times. Young adults 16 years of age and older have full access to the Mountainside Athletic Club without guardian supervision.
- Five children to one adult is the maximum number permitted in or by the pool for safety reasons.
- Inflatable toys or balls are not permitted in the pool. Pool noodles, water wings, small kick boards and life jackets are permitted.
- Children should not be changed or dressed on the pool decks. Please use the appropriate change rooms.
- Boisterous conduct is not permitted in or around the pool. This includes running, pushing, swearing, and or other acts that would annoy or endanger others.
- Alcoholic beverages must be consumed in designated areas. No outside alcohol is permitted. Members and guests are permitted to purchase alcoholic beverages from resort outlets only.
- Smoking is not permitted in or around the pool area.
- No glass objects are allowed in the pool area.

Fibre-Rich Pasta Salad

More than an excellent source of fibre, this dish is also plentiful in carbohydrates, protein, vitamins and enzymes.

1 cup (250 ml) whole wheat or kamut elbow-shaped pasta
1 Tbsp (15 ml) extra-virgin olive oil
1 Tbsp (15 ml) apple cider vinegar
3 apples
Juice of 1/2 a lemon
1 cup (250 ml) walnuts, broken in pieces
2 stalks celery, thinly sliced
2 Tbsp (30 ml) organic raisins or dried cranberries
2 Tbsp (30 ml) pitted dates, coarsely chopped
1 Tbsp (15 ml) plain yogurt, chilled
1 Tbsp (15 ml) sour cream, chilled
Juice of 1/2 an orange
Sea salt and fresh ground black pepper



Cook pasta in a pot of boiling salted water for 12 minutes or until al dente. Drain and toss, while hot, with olive oil and apple cider vinegar.

Core and thinly slice apples, then toss with lemon juice to prevent oxidation. Stir in walnuts, celery, raisins (or cranberries) and dates. Mix thoroughly and combine with pasta. In a separate bowl, blend yogurt, sour cream, orange juice, salt and pepper to taste, and then pour sauce over pasta salad.

Carefully mix salad and refrigerate for at least one-half hour before serving.

Serves four. Enjoy!

Source: *alive* #232, February 2002

How to Lose a Pound a Week

Simply add exercise and subtract food.

To lose a pound a week, you need to eliminate 3,500 calories. That may sound daunting, but it's only 500 calories a day (about one large slice of pizza, fully loaded). And the easiest way to do it is with a combo approach - cut 250 calories from your diet and burn 250 by increasing your activity throughout the day. Best Health Magazine has put together a two week plan with ways to eliminate about 500 calories a day (based on a person who is 155 lb). Mix and match their suggestions to suit you - after all, if you lose weight by making changes you can live with, it's more likely to stay off. Below is a two-day sample. To view the full two week plan, visit www.besthealthmag.ca.



Monday

- Clean the house. Turn up the tunes, and dust and polish your house.

The burn: About 250 calories/hour

- Skip your morning caramel frappuccino treat (16 fl. oz).
Calories: 250

Total calories eliminated: 520

Tuesday

- Tennis with a pal. Try out the MAC tennis courts; they are fabulous

The burn: About 250 calories/30 minutes

- Skip stealing 25 french fries from your kids' fast-food meals.
Calories: 236

Total calories eliminated: 486