

Mother's Day ~Sunday, May 9, 2010~

A mother is...eccentric, unique, genuine, caring, strong, childlike and angelic, but most of all, loving.

Celebrate Mother's Day with us at Bear Mountain. Enjoy a night at the luxurious Westin hotel; indulge in Sunday brunch at the Copper Rock Grill; revitalize your mind and spirit with a yoga class, or enjoy a refreshing dip in the salt water pool at the Mountainside Athletic Club. The possibilities are endless...



Take advantage of our special drop in rate at the MAC for Mother's... just \$8 for the entire day!

If you need a gift for the fitness Mom in your life, check out our new Spring line of clothes from Sugoi and Chlorophyll. Or how about a one-on-one personal training session that will give her workout a spring make-over!

From the staff at the Mountainside Athletic Club, to all the special mom's, "*Happy Mother's Day!*"

Get Ready for Summer With These Specials



Tanning Special
2 Months
Unlimited Tanning



Only \$54.95

Months must be used consecutively

Save 30%!

Infrared Sauna
10 Visit Punch Pass

Now Only

\$35





The Grand Opening of the new CrossFit gym was another successful event for Bear Mountain. If you missed the Opening, you can still enter to win 'One Month Free' CrossFit by filling out an entry form at the MAC front desk.

What is CrossFit?

CrossFit is a sport – the sport of fitness! It is a strength and conditioning program that delivers a broad, general and all inclusive fitness program. It is constantly varied, randomized, functional movements executed at a high intensity.

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

The CrossFit program is designed for universal scalability making it the perfect workout for all ages and fitness levels. The same routines are used for older individuals as are used for elite athletes. The needs of Olympic athletes and our grandparents differ by degree, not kind. The human body requires strength and conditioning in functional* movement to remain mobile and independent.

**Functional movements are movements that are performed in everyday life.*

If you haven't experienced CrossFit yet, your first workout is on us. WARNING! Be prepared to sweat!

Rates:

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

MAC Members: \$12

10 Workout Punch Card: \$150

MAC Members: \$100

~ *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



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 wins 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.



New Towel System

Just a reminder that all towels are being handed out to you by a MAC associate. While you are in the club, you will be responsible for your towel(s). When you have completed your workout and shower, all towels MUST be returned to the front desk. Laundry hampers are no longer available in the change rooms.

We ask that you present car keys or a twoonie in exchange for the towel(s) and that item will be returned to you when we receive the towel(s) back. Thank you for your patience and cooperation while we continue with the transition of the new towel system.

Lost & Found

We have many, many items that have been left behind following member and guest visits to the club. If you feel you are missing something from your wardrobe, please stop by the front desk and ask a MAC associate to show you the lost and found area. We have a mountain of items ranging from water bottles, shorts, shirts, shoes, bathing suits, jackets to you guessed it...underwear! We will be sorting through the items and sending them off to Goodwill in 30 days. You have until May 30th to claim your lost items.

Changes to the Group Fitness Schedule

On **Monday, May 10th**, the new Group Fitness Schedule takes effect. Please review the new schedule on the web site or on the 'Information' board at the MAC.

We have blended the 9:00am and 10:30am classes together and are now offering one class only at 9:30am Monday thru Sunday.

For our dancers, a second Hip Hop class will be added to the schedule as of Thursday, May 13th.

****Aqua Fit will be cancelled on Saturday, May 8th**. We apologize for any inconvenience.

Group Tennis Lessons Now Available

Tennis is an awesome sport that provides players the opportunity to improve hand-eye coordination, aerobic and anaerobic conditioning while getting in shape 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, May 9 – 30th**

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 would like to provide you with a safe water environment that will enable you to relax, ease your apprehension, and finally learn to swim! She 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, May 13th – June 17**

Time: 10:30 am – 11:15 am

Cost: \$50 per person for 6 sessions

Stroke Correction Sessions:

Date: **Tuesdays, May 11th – June 1**

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.

The MAC Rents Rocky Mountain Bikes!

Our Rocky Mountain Fusion Bikes have been brought out of winter storage and are ready to ride! Each bike comes equipped with front shocks for absorption, disc brakes, Marzocci fork, and gel seat for your riding comfort. We also supply a helmet, tool kit, and bike lock. Various sizes are available to fit both youth and adults. Rocky Mountain Fusion bikes are great for cross country or recreational rides along the Galloping Goose Trail.

Rent yours today and experience cycling on Vancouver Island!

Cost: \$10 per hour or

\$30 for the day

Rental Hours: Dawn to Dusk





Teen Tennis Camps Now at Bear Mountain

Nestled between the Fairways Westin Hotel and Finlayson Reach condominiums are two new 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.

10 Great Gut Busters

Associated with an increased risk of cardiovascular disease, diabetes, and some cancers - belly fat isn't always a pretty thing.

Cutting calories is the key to losing weight. However, when it comes to combating an expanding waistline, research shows that it might not necessarily be how much we eat, but rather what we eat. The following 10 foods can help you to lose weight and trim your tummy in time for summer.

- ❖ Yogurt
- ❖ Avocado
- ❖ Salmon
- ❖ Blueberries
- ❖ Apples
- ❖ Almonds
- ❖ Beans
- ❖ Steal-cut oatmeal
- ❖ Oranges
- ❖ Watermelon



Source: Alive magazine, 2010

Curried Cauliflower/Broccoli Combo

It's difficult to overestimate broccoli's healing power. This crisp, delicious member of the cruciferous family has been shown to fend off a host of serious conditions including heart disease and cancer. Cauliflower is known to boost the immune system.

2 cups (500ml) broccoli florets

2 cups (500 ml) cauliflower florets

1 banana, peeled

1/2 medium onion, diced

1/2 tsp (2 ml) lemon rind

Juice of two lemons

1/4 cup (60 ml) cold-pressed sunflower oil

2 Tbsp (30 ml) vegetable broth

2 Tbsp (30 ml) sour cream or kefir

1 tsp (5 ml) curry powder

1/4 tsp (1 ml) Herbamare, Spike or other herbal salt

pinch cayenne pepper

sliced almonds, for garnish

Blend everything but broccoli and cauliflower florets. Drizzle over florets, garnish with almonds and serve.

Enjoy...

Source: alive #220, February 2001

