

# Dunes West

843-856-9000 Pro Shop ■ 843-856-9378 Grille ■ 843-881-8735 Fitness Center  
www.duneswestgolfclub.com ■ www.theclubatduneswest.com

## UPCOMING EVENTS

### DJ & Dogs 4th of July Cookout

☆ Sunday, July 4 ■ 11 a.m.– 3 p.m.

The Main Pool is the place to be this year for the 4th! We will have our Dunes West Grille cooking up hotdogs and hamburgers and there will be drinks to purchase. A DJ will be provided for your listening pleasure! No RSVP is required. Please bring your swipe card and guest passes if you have friends that will be joining you.



### Book Club

July 13 ■ 7:30-9 p.m.

Club Members are welcome to join The Book Club at The Club at Dunes West. This club meets the second Tuesday of every month in The Club's Meeting Room. If you have any questions or would like to find out what this month's reading is, please contact Christine Cote at christine.cote@yahoo.com.

## 2010 Summer Luau

☆ Sunday, July 18 ■ 4 p.m.

Grab those hula skirts and leis and make your way down to the Main Pool for a night of fun with your family & friends! Our annual luau is back and better than ever! We will have a DJ for your entertainment and to play some Polynesian music so you can show off your "hula" dancing skills. Special food & drinks will be available for purchase.

A "slip and slide" jump castle will provide your little ones hours of fun along with our luau games!

And don't forget about the waterslide competitions!

Start practicing now! ☺

Entry to the luau is complimentary this year. Just be sure to bring any guest passes for those friends that will be with you...

The Main Pool will close at 2 p.m. to give us time to turn the pool into an island oasis! The luau officially begins at 4 p.m. and ends promptly at 7:45 p.m.

Please RSVP so that we know who to expect! 843-881-8735 or candace.bailey@duneswestgolfclub.com.

## Ladies Bridge

Hostess: Julia Ellis ■ 856-3184  
July 19 only this month.

## AROUND THE CLUB

### Summer Fun at DW!

☆ The Club at Dunes West is offering a sensational summer camp program filled with fun activities and supervised by highly qualified and professional staff. Kids Entertainment, the leader in operating

## Save the Date!

### Dinner at Dunes West Every Thursday

5:30-8:30 p.m.

RSVP 856-9378

### Happy Hour at Dunes West

Every Thursday, 4-7 p.m.

July 4

DJ & Dogs 4th of July Cookout

July 13

Book Club

July 18

Summer Luau

July 19

Ladies Bridge

July 25

Couples Golf

July 30

Carroll Brown

Mojito Mondays  
Every Monday in August

Country Club Day Camps, will make sure your child is safe, healthy and having a great time every step of the way. Activities will include athletics, fun with foods, martial arts, specialized instruction in golf and tennis, swimming daily, theme weeks, special events and much, much more. Be there for our weekly adventures such as, to the Galaxy and Beyond, as well as, Lights, Camera, Action and much more! In addition to the below themed activities, campers will receive an array of athletics, fitness, martial arts, golf,

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## Follow The Club Facebook & Twitter

Find the latest news on events and get announcements in



real-time! Discussion topics are available along with office hours, pool closings, etc. Both the Facebook and Twitter links can be found at www.theclubatduneswest.com.

# LGA Having a Ball

tennis, swimming daily, and other awesome special events.

Enroll now as space is limited, contact Kids Entertainment at 800-627-2267 or enroll online at [www.kecamps.com](http://www.kecamps.com).

\*\* Enrollment lasts all summer long!  
It's never too late to sign up your child for a summer of fun at Dunes West!

## Wanna Be a Rockstar!

Week 5: July 5-8

Get ready to party like a rockstar! Come join our crew and let's all play the air guitar! This week you create your own instruments and maybe play a gig or two. Games will include Balloon Pop, Rock-a-Doodle-Do, Freeze Dance, Musical Chairs, air guitar jam sessions. You will make sweet sunglasses and party frames for your pictures when you are on stage.

## Wacky Water Wonders

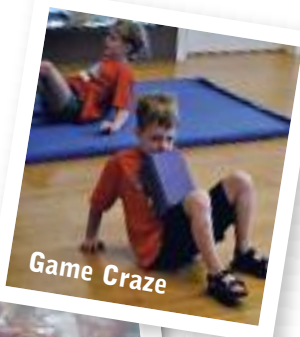
Week 6: July 12-16

Get ready to cool off during this week of slip-sliding fun! To get started, we will compete in games such as the Soggy Sweat Pants relay, Slippery Balloon Pop, Sponge Wars, Beach Ball Squirt and Clothes Line. And snacking on homemade ice cream and frozen fruit kabobs will be a chillin' treat to beat the heat.

## Lights, Camera, ACTION!

Week 7: July 19-23

Get ready to walk the red carpet this week with MOVIE MADNESS! Have you ever wanted to see your hands on the Walk of Fame? This is the week that you won't want to miss! You will be transformed into a movie star with games including Vogue, Stop and Snap, and Pin the Oscar on the Star. Enjoy V.I.P treatment while "taking in a show"



Game Craze



Take Flight Camp



featuring the latest of entertainment. And get ready to say "CHEESE!" when you leave your mark on your very own walk of fame.

## Save the Planet

Week 9: July 26-30

How can just one person save the planet? How about planting a tree? Or turning trash into treasure with sculpting? Campers will enjoy an eco-friendly adventure by embarking on a Save the Planet scavenger hunt and making a Save the Planet t-shirt with dyes and waxes. Did you know you can make a terrarium out of a soda bottle and then plant it at home? Campers will also learn to make snacks such as "global rounds" rice crispy earths, and trail mix that is perfect for nature walks. It starts with only one... come to camp this week to learn how **you** can be the one who starts it all.



Women Who Wine

and descriptions can be found at [www.theclubatduneswest.com](http://www.theclubatduneswest.com). Just click on <Fitness> in the gray bar on the left.

Our Fall Fitness Session begins on July 19!  
Check your email for more updates!

## GOLF

## 2010 Gentlemen's Invitational Tournament

### Hole Sponsors:

Black Forest Imports, Dave Hicks, Jeff Armstrong, Deron Lewis, Blues House of Wings, Low Country Mulch, Gringo's, Mellow Mushroom, Jim Clark, Jamie O'Brien, Sandra Connell, Rene Clark, Ron Ellis, Bob Smith, John Carey, Jeff Porzenski, Joe Landing, Ed Clark

### Companies and individuals making contributions to the prize fund:

Ben Arnold Beverage, East Cooper Medical Center, Carrabba's Italian Grill, Neil Jordan's Restaurant, Sandra Connell, Rene Clark, Charleston National Golf Club, RiverTowne Golf & Country Club, Coosaw Creek Country Club, The Links at Stono Ferry, Dick's Sporting Goods, The Post House, Dunes West Golf Club, The Golf Club at Westcott Plantation, Wild Dunes Resort, Publix, Cyndie & Gary McManus, Gringo's, Patriots Point Links, Pro Golf, New Adventure Travel, Kathy & Mike Eovino

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GOLF MEMBERS ONLY

## The Carroll Brown Band is Back!

Friday, July 30 ■ Downstairs 7-10 p.m.  
Tickets available at the door  
\$5 Members ■ \$10 Non-Members

Low Country Boil \$12++ ■ 6-8 p.m.  
Includes: A domestic beer or glass of wine and a bowl of Frogmore stew with shrimp, smoked sausage, corn & potatoes simmered in a seafood broth served with hush puppies.

Call 843-856-9378 and let us know if you will be attending the show **and** if you are planning on having dinner. We will not be reserving tables for this event.

## Summer Fitness Session

April 25 – July 17

Sign up today for our Summer Fitness Session! It's sure to give you a great workout and help you get that bathing suit body that you have always wanted! This session is open to all Athletic & Premier Members. Fees to join the session and class times

ATHLETIC CLUB MEMBERS & PREMIER MEMBERS

*Member / Guest  
Flight Winners!*

Overall Winners  
BELOW (L-R):  
Mark Torres  
& David Hicks

## 2010 MGA/Dunes West

### Member – Guest Results

#### Overall Winners:

David Hicks & Mark Torres

#### 1st Place Flight Winners:

**1st Flight:** David Hicks/Mark Torres, 37½

**2nd Flight:** Deron Lewis/Eric Pakulla, 30½

**3rd Flight:** Greg Lewis / Drew Sussillo, 32

**4th Flight:** Joe Davies/Michael Heiderman, 35

**5th Flight:** Mike Eovino/Mike Eovino III, 31½

**6th Flight:** Jeff Armstrong/Randy Wright, 29 ½

**7th Flight:** Ed Rose / Ed Rose III, 32½



## MGA Thursday Tee Times

6-6:30 p.m. through September 30

POOL

## Swim Season 2010!

### Athletic & Premier Members –

We are looking forward to a fun and safe pool season this year. Our season ends this year on September 30. Note the slide rules and gate access info below:

- **Pool Gate Access:** This year, you will use your fitness access cards to gain entry into the Main Pool behind the Clubhouse and the Thomas Lynch Hall Pool. If you do not have your card, you will not be able to enter into the pool gates. Please be prepared to give the pool attendant your last name so that they can check you into the pool. You must bring guest passes for any guests that are with you. As a reminder – only Members are allowed into the pool area – Guests **must** be with a Member at all times!
  - Pool hours are from 10 a.m.-8 p.m.
  - Lap swim is at the Main Pool this year from 6 a.m.-10 a.m.
  - **Swim Diapers:** Please make sure that your child is wearing the proper swim attire if they are not potty trained. Be prepared to show the pool attendant that your child is wearing the proper swim attire when you enter into the gates.
- **Slide Rules/Hours:** Our slide is open daily from 10 a.m.-8 p.m.
  - You must be at least 42" inches tall to ride the slide; no exceptions.
  - No child is allowed to use "floaties" or any other water toys or flotation devices on the slide.
  - No one is allowed to catch children at the bottom of the slide.
  - Please remember that we have a **no smoking policy** at all of our pools. You are

welcome to smoke outside of the pool gates.

- Swim lessons can only be taught by staff of The Club at Dunes West. Any person who is teaching a lesson who is not a staff of The Club will be asked to leave.

## Couples Golf

### 9 & Dine

Sunday, July 25 ■ 3 p.m.  
Shotgun followed by dinner  
Hosted by the Artale's and  
the Brocco's



## The Club at Dunes West Lobby Hours

☆ In order to assist you with payments and Membership packet pickup, we have extended our office hours:

Monday, Wednesday & Friday:  
9:30 a.m.-12 p.m. ■ 1-5 p.m.  
(Lunch is taken between 12-1 p.m.)

Tuesday, Thursday: 9:30 a.m.-1 p.m.  
\*We will be working on some Saturdays.  
Please call 881-8735 for that schedule.

If these lobby hours do not work for you,  
please call us at 881-8735 to schedule an  
appointment outside of these hours.

## Water Aerobics is Back!

☆ Adults & teen/tween classes offered!  
Our water aerobics have been a huge hit  
so far and we hope that you join us!

### Aqua Fitness – Adults

Monday-Thursday  
4-5 p.m. at the Hartford Village Pool

This high energy water fitness work out  
combines cardio, toning and stretching  
for an excellent work out. Excellent for  
cross-training, the water allows you to  
workout more effectively with less  
impact to the joints.

### Session Fees:

May 24-July 15: \$80 per person (32 classes)  
July 19-September 9: \$80 per person  
(32 classes)

\*Every Thursday is Aqua Happy Hour  
after class!

\*\*Halfway through the session we cut  
the price, so if you haven't been yet,  
no worries! Sign up today!

## Aqua Fitness – Tweens & Teens

Monday-Thursday 2:30-3:30 p.m.  
Thomas Lynch Hall Pool

☆ Calling all tweens (ages 10-14)! Sign up  
today for a great water workout! You'll get  
to mingle with guys/gals your age and get a

## Dear Members,

■ Our first aerification of the year is behind us and we are so pleased with the results. The golf course healed nicely and is back in great shape. Thank you to **Rob Mackie, Aaron Benson** and our entire staff for their hard work and dedication to making this process go so well this year.

■ Also you may have noticed some cart path work on holes# 1, 7 & 18 have been completed and in the near future you will see some work being done on the lake banks on holes# 16 & 17 around the greens to address the erosion of those banks.

■ **Thank you again for your understanding and cooperation during the filming of the Little Red Wagon.**

The producer and production company were so grateful that they were able to use the Dunes West facility and wanted me to pass along to all our members their thanks and gratitude. On behalf of Dunes West and John Wieland thank you again!

■ Due to the filming we were not able to offer ½ price lunch on June 6 so we would like to offer ½ **price breakfast on Friday, July 2.** See you at the club!

■ I would also like to pass along some behind the scenes good news. In an effort to continue making improvements to the course we will be receiving new maintenance equipment sometime in July or August. The new equipment will allow us to take advantage of new technologies and designs leading to improved playing conditions throughout the year.

■ The pool and pool activities are in full swing. We do hope that you are taking advantage and enjoying the summer camps, fitness classes and events this summer. If you have any suggestions on how we can serve you better please do not hesitate to contact us with your ideas.

great workout at the same time! Best of all, you get to pick the music for the class, so no boring stuff! We will combine cardio, muscle toning and stretching along with fun games for a versatile creative workout.

See you  
at the Pool!



When you sign up, be sure to list three songs you would like to work-out to!

**Session Fees:** June 14-August 5: \$80 per person (32 classes)

\*Halfway through the class, we drop the price! So if you haven't been yet, you're still welcome! Sign up today! ☺

## Aqua Assessment & Personal Training

★ By appointment only, 843-971-8521 or 843-814-4575

Personal Aqua Fitness Trainer, **Lydia Linton Pontius** is offering her services to The Club at Dunes West Members. She recommends doing a series of 5 sessions. The first session will be a full assessment done in the water, this combined with your goals will be used to design your own personal workout. This is great for anyone who is getting over an injury or wanting to cross train. Water fitness cross-training is highly recommended for marathon runners, people training for triathlons, golfers, tennis players and anyone who loves the water and wants to get in better shape or target special needs. Find more info at [www.theclubatduneswest.com](http://www.theclubatduneswest.com). Cost: \$50 per hour

## Pool Closings!

★ **July 6 @ 5 p.m.**

The Main Pool will close for the last swim meet of the Summer, ParkShore vs. Swordfish.

**July 12 @ 6:30 p.m.**

The Main Pool will close early for a Lifeguard Inservice/Meeting.

**July 17 @ 2 p.m.**

The Main Pool will close early so that we can turn the pool into an island oasis for the 2010 Summer Luau. Pool will re-open for the luau at 4 p.m.

## 2010 Group & Private Swim Lessons

Our group swim lessons began in June and we still have a few more to take advantage of in July! We have options for every swimmer! If you're not sure what level your child is, call us and we can help you with your decision!

**July 12-5**

**Main Pool:** Parent-Tot: 8:30-9 a.m.

**Thomas Lynch Hall Pool:**

Pre-Beginner 5-5:30 p.m.

Beginner: 5:30-6 p.m.

Advanced Beginner: 6-6:45 p.m.

**July 19-22**

**Main Pool:**

Pre-Beginner: 9-9:30 a.m.

Beginner: 9:30-10 a.m.

Advanced Beginner: 10-10:45 a.m.

\*All weekly sessions are 4 days long; Monday-Thursday (Fridays are make-up days). Each lesson must have at least 3 kids in attendance for the lesson to proceed.

### Does your child get too distracted in group lessons?

We also offer private swim lessons. An instructor will be placed with your child at a time that is determined by you and the instructor. Your child will receive one-on-one attention.

Fees for private swim lessons are \$25 per half hour. If you have two children that would like to swim together, it is \$30 per half hour. There is no limit to how many swim lessons you can schedule for your child!

Please call Candace at 881-8735 to schedule a private lesson.

# July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> LGA 7:15-7:24 Charleston Claims Assoc., 9 a.m. <b>Happy Hour 4-7 p.m.</b> <b>Dinner 5-9 p.m. RSVP 856-9378</b> <b>Charlie &amp; the Chocolate Factory Camp</b>	<b>2</b> SMGA 8:27-9:12 <b>Member 1/2 Price Breakfast 8-11 a.m.</b> <b>Charlie &amp; the Chocolate Factory Camp</b>	<b>3</b> MGA 7:15-8:09
<b>4</b> MGA 7:15-7:33 <b>☆ DJ &amp; Dogs 4th of July Cookout 11 a.m.</b>	<b>5</b> SMGA 8:27-9:12	<b>6</b> LGA 8-8:18 <b>Main Pool Closes Early for Swim Meet 5 p.m.</b>	<b>7</b> SMGA 8:27-9:12 LGA 9-holers 9:21-9:39	<b>8</b> LGA 7:15-7:24 MGA 6:03-6:21 <b>Happy Hour 4-7 p.m.</b> <b>Dinner 5-9 p.m. RSVP 856-937</b>	<b>9</b> SMGA 8:27-9:12	<b>10</b> MGA 7:15-8:09
☆ Wanna Be a Rockstar Camp						
<b>11</b> MGA 7:15-7:33	<b>12</b> SMGA 8:27-9:12 <b>Swim Lessons @ TLH Pool</b> <b>Main Pool Closes Early for LG Inservice Mtg. 6:20 p.m.</b>	<b>13</b> LGA 7:15-7:24 Hackers Golf League 3:38-4:51 <b>Swim Lessons @ TLH Pool</b> <b>Book Club 7:30 p.m.</b>	<b>14</b> SMGA 8:27-9:12 LGA 9-holers 9:21-9:39 <b>Swim Lessons @ TLH Pool</b>	<b>15</b> LGA 7:15-7:24 MGA 6:03-6:21 <b>Swim Lessons @ TLH Pool</b> <b>Happy Hour 4-7 p.m.</b> <b>Dinner 5-9 p.m. RSVP 856-9378</b>	<b>16</b> SMGA 8:27-9:48 Flag Tournament Presidents Cup Dinner 6:30 p.m.	<b>17</b> Presidents Cup 7:33 <b>Both Sides / Main Pool Closes 2 p.m.</b>
☆ Wacky Water Wonders Camp						
<b>18</b> Presidents Cup 7:33 Both Sides / Presidents Cup Lunch <b>☆ Pool Reopens for Summer. Luau 4 p.m.</b>	<b>19</b> SMGA 8:27-9:12 Swim Lesson @ Main Pool <b>Ladies Bridge</b>	<b>20</b> LGA 7:15-7:24 Hackers Golf League 3:38-4:51 <b>Swim Lessons @ Main Pool</b>	<b>21</b> SMGA 8:27-9:12 LGA 9-holers 9:21-9:39 Member Social <b>Swim Lessons @ Main Pool</b>	<b>22</b> LGA 7:15-7:24 MGA 6:03-6:21 <b>Happy Hour 4-7 p.m.</b> <b>Dinner 5-9 p.m. RSVP 856-9378</b> <b>Swim Lessons @ Main Pool</b>	<b>23</b> SMGA 8:27-9:12	<b>24</b> MGA 7:15-8:09
☆ Lights, Camera, Action! Camp						
<b>25</b> MGA 7:15-7:33 Couples Golf 3 p.m. Ⓞ Couples Dinner	<b>26</b> SMGA 8:27-9:12	<b>27</b> LGA 7:15-7:24 Hackers Golf League 3:38-4:51	<b>28</b> SMGA 8:27-9:12 LGA 9-holers 9:21-9:39	<b>29</b> LGA 7:15-7:24 MGA 6:03-6:21 <b>Happy Hour 4-7 p.m.</b> <b>Dinner 5-9 p.m. RSVP 856-9378</b>	<b>30</b> SMGA 8:27-9:12 <b>Music with Carroll Brown &amp; Low Country Boil</b>	<b>31</b> MGA 7:15-8:09
☆ Save the Planet Camp						