

Dunes West

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

UPCOMING EVENTS

Pamper Your Mom Mother's Day Spa at The Club

☆ Saturday, May 8 ■ 11 a.m.-2 p.m.
Seating sessions limited to 12 attendees
90 minute SPA appointment
Appointments will fill up fast, so sign up now!
Cost: \$25



Looking for that perfect Mother's Day gift? How about treating your mom to a day of pampering right in the neighborhood!? The Club at Dunes West is bringing the SPA to you. One of the nations leading spa, skincare and cosmetics companies, BeautiControl, will have certified skincare and spa consultants at the Club for One Day of Pampering!

Indulge in a unique spa experience and try the hottest, most talked about, high-end, quality spa products on the market. A few of the fabulous treatments for you to experience in the clubhouse:

■ **Age-specific facial cleansing treatments:** restore the vibrancy of youth with powerful ingredients that work on the surface of the skin to cleanse, moisturize and prepare the skin for your repair products.

■ **BC SPA resurface multi-acid resurfacing peel:** Loosens the "glue" that holds dead skin cells together. Helps reduce the appearance of lines, wrinkles and age spots.

■ **Microderm abrasion treatments:** Physical exfoliator, along with a facial buffer, removes the dead skin cells loosened by the multi-acid resurfacing peel. Helps to

dramatically increase skin firmness, while reducing the appearance of lines, wrinkles and skin discoloration.

■ **Tight firm and fill face cream and eye firming serum:** Immediately tightens and firms the skin while hyaluronic filling spheres immediately plump and fill wrinkles. The eye serum immediately reduces the appearance of lines and wrinkles as it tightens and firms the skin around the eyes and eyelids with it's patent-pending peptide blend.

■ **Manicure and pedicure treatments:** reveal younger looking skin on the hands and feet.

■ **Mineral foundations and glamour cosmetics** enhance your natural beauty while improving your skin.

You will want to take home your favorites, so be sure to bring your wallet. There will be limited quantities on hand, so come early for best selections. Gift certificates will also be available.(All forms of payment will be accepted, however, no purchase is required.)

To get the most out of your Day of Pampering, visit www.makeovermagic.net.

This will take you to the link for BeautiControl. Click on the <BeautiControl Products> tab, and then click on <Skincare e-profile>. Answer questions about your personal skin so that a customized regimen will be established for you. Print the summary of suggestions and bring to your appointment for a \$10 discount on any purchase.

Questions? Call the club or contact Beverly Murphy, the BeautiControl contact consultant at 803-599-3169.

Mother's Day Brunch

Sunday, May 9 ■ 10 a.m. -1 p.m.

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.

May 8

☆ Mother's Day Spa at the Club

May 9

Mother's Day Brunch

May 11

☆ Book Club

May 13

Business Social Network

Women Who Wine

May 15

Summer KickOff Party

May 24

Water Aerobics Begins

May 31

Memorial Day Cookout

Call 843-856-9378 early for reservations – They fill up quickly!
Adults \$19.99++
Children under 12, ½ price
Children under 3, free

All moms receive a complimentary Mimosa.

Breakfast Menu

- Fresh fruit & muffins
- Scrambled eggs with cheese
- Waffle station with strawberries, chocolate chips & fresh whipped cream
 - Bacon & sausage
 - Breakfast potatoes

The Easter Bunny at The Club!



Lunch Menu

- Salad Station: Make your own salad with assorted toppings
 - Shrimp & grits with taso gravy
- Carving station: Herb marinated sirloin & brown sugar & mustard glazed ham
- Dessert station with the chef's selection of assorted cheesecakes & chocolate favorites
 - Coffee & juice included

9.5% sales tax & 18% gratuity will be added to the bill

Book Club

★ May 11 ■ 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.

Business Social Network

Thursday, May 13 ■ 6:30 p.m.

This month Independent Arbonne Consultant Sonya Woschenko and Oxyfresh Distributor Betsy Heinmiller will be hosting the Business & Social Networking Meeting at the Dunes West Athletic Club. Betsy and Sonya are committed to providing you the best in

Health & Wellness. Please join us for beverages and light snacks as we "see and sample" some great products and meet others who work and live in our community. Everyone is welcome! Club membership is not required. RSVP necessary. Please RSVP as soon as possible but no later than May 9 by emailing dwmmeetings@aol.com.

Summer Kick Off Party!

Saturday, May 15 ■ 11 a.m.

Summer is right around the corner and what better way to celebrate than to bring your family to the pools for a few hours of fun! We will have a DJ by the pool, water slide competitions, a waterslide jump-castle for the kids, lots of games by the pool and prizes! Don't miss out on this great event!

Tickets go on sale May 1 at The Club at Dunes West and the John Wieland Sales Center. Cost includes a hot dog or hamburger, slice of fruit and soda or bottled water per person plus all games and activities. Additional food and drinks will be sold at an extra cost. Deadline to sign up is May 12.

Cost: Single, \$7 ■ Couple, \$14 ■ Family, \$26

Memorial Day Cookout by the Pool

Monday, May 31 ■ 11 a.m.-3 p.m.

Come out and celebrate Memorial Day by our pool! Dunes West Grille will be selling hotdogs, hamburgers, ice cream, drinks and other concessions and a DJ will be providing music for your listening pleasure. No entrance fee. Just make sure that you have your pool passes with you to enter the pool area!

AROUND THE CLUB

Athletic Club Members: Please Read!

Invoices were mailed to you in January for your 2010 Athletic Club Membership. This

year, you will have the option to pay monthly. Please make sure to sign up for EZ Pay so that this process is handled as smoothly as possible. If for some reason you did not receive an invoice and still wish to continue with your Membership, please contact Candace as soon as possible (881-8735) so that we can get one to you.

Our policies have changed for picking up/receiving your 2010 Membership items, so please pay close attention. In order to receive any items for 2010 (car decals, fitness access cards, swim passes, etc.) you must bring in your drivers license and credit card so that we may make a copy for your file. Until we have these items, Membership packets will not be mailed or handed out. Thank you for your cooperation in this matter. If you live away from Dunes West at this time, you may bring in these items when you are back in town and we will make copies for you and hand you your Membership packet at that time.

Save the Date!

Summer Luau ■ July 17
More Information to Follow!

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 and descriptions can be found on our website, www.theclubatduneswest.com. Just click on <Fitness> in the gray bar on the left.

The Club at Dunes West Lobby Hours

To assist you with payments and Membership packet pickup, we've extended our office hours:

Follow The Club Facebook & Twitter

You'll be able to find out 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 social network links can be found at www.theclubatduneswest.com.



Hop into Spring Tournament



LGA 9-hole Hop into Spring golf tournament held on March 24

Monday, Wednesday & Friday:
9:30-12 p.m. & 1-5 p.m.
Lunch is taken between 12 & 1 on M,W,F's

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.

Summer Fun at Dunes West!

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 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 more!

Enroll now as space is limited, contact Kids Entertainment at 800-627-2267 or enroll online at www.kecamps.com.

Weekly Themes:

Game Craze

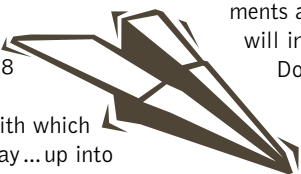
Week 1: June 7-11

Let's twist and shout into a monopoly of games. We will explore games from around the world including Elastics, Chen Qiu Rong from China, Futbol from Spain, Cat and Mouse from Korea, Big Snake from Ghana, Foot Game from Indonesia, Tock Tock, Tockeeya from Israel, and much, much more! By the end of the week, you will learn many new and exciting games from friends all over the world. In addition to the above themed activities, campers will receive an array of athletics, fitness, martial arts, golf, tennis, swimming daily, and other awesome special events.

Take Flight

Week 2: June 14-18

If I had a pair of wings, with which to fly, I'd soar straight away... up into the sky. Would you do the same? Let's all



take flight in the world of things that soar! This week we will indulge in fan relays, kite flying, snacks that will spark your imagination, plane flights, highflying bird masks, highball toss game and Fricket. In addition to the above themed activities, campers will receive an array of athletics, fitness, martial arts, golf, tennis, swimming daily, and other awesome special events.

To the Galaxy & Beyond

Week 3: June 21-25

5... 4... 3... 2... 1... BLAST OFF! Get ready to explore space with rockets, astronauts, stars, and possibly a few roaming aliens. We will play Shoot for the Stars, Sweep the Meteors, Space Golf, and Astro-Orbiters in addition to making our very own universe. Have you ever had Space Pudding? If not, you will this week! In addition to the above themed activities, campers will receive an array of athletics, fitness, martial arts, golf, tennis, swimming daily, and other awesome special events.

Charlie & the Chocolate Factory

Week 4: June 28-July 2

Where did all the Oompa Loompas go? Tremendous things are in store for you this week. We invite you to be our guest at the chocolate factory, as we explore exciting games such as the Loli-Pop Trot, Race to Chocolate Mountain, Search for the Golden Ticket, and Violet Beauregarde Blueberry Juicer. You will be able to make Rock Pop Soda, Candy Necklaces, Edible Play Dough, Chocolate Burgers, and Snowball Cookies. In addition to the above themed activities, campers will receive an array of athletics, fitness, martial arts, golf, tennis, swimming daily, and other awesome special events.

Wanna Be a Rockstar!

Week 5: July 5-9

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. In addition to the above

themed activities, campers will receive an array of athletics, fitness, martial arts, golf, tennis, swimming daily, and other awesome special events.

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. In addition to the above themed activities, campers will receive an array of athletics, fitness, martial arts, golf, tennis, swimming daily, and other awesome special events.

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

to the above themed activities, campers will receive an array of athletics, fitness, martial arts, golf, tennis, swimming daily, and other awesome special events.

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. In addition to the above themed activities, campers will receive an array of athletics, fitness, martial arts, golf, tennis, swimming daily, and other awesome special events.

British Soccer Camp

June 14-18

British Soccer Camp is back for 2010!
Make sure to sign up today as
space is limited!

Visit www.challengersports.com to register!

Free Tutoring at The Club at Dunes West

The Club at Dunes West is happy to offer a new after school tutoring program held here in our clubhouse. This program will be organized by The Women's Ministry of Providence Presbyterian Church.

The Women's Ministry of Providence Presbyterian Church will be providing FREE tutoring for children 1st through 12th grade at The Club at Dunes West clubhouse.

Tutoring sessions will be on Wednesdays between the hours of 3:30 p.m. and 4:30 p.m. Students will have 30 minutes to 1 hour depending on their age and needs.

Our volunteers have backgrounds in teaching, ESL, math and the sciences. We also have older children willing to work with elementary children on reading and other basics.

Member / Member Tournament

RSVP to Kim Jackson at
kimjax@msn.com or Donna Brown
at browntownten@gmail.com
with the following:

- Your child's name
 - Grade
- Subject that your child needs tutoring in
 - Any other pertinent information that we may need to know

They will send you a confirmation email. Students need to bring their school books/materials (such as graphing calculators, etc.) as well as a notebook and pencil for all children. Parents may stay or leave, but need to return promptly to pick up their children at 4:30 p.m. unless they have been given permission to bike/walk home.



GOLF

2010 Member – Member Results

Saturday

1st Place:

Bill Schneider, Roger Hawkes — 63

2nd Place:

Michael Evans, David Papagoda – 64

Sunday

1st Place:

Joe Gallagher, Joe Landing – 65

2nd Place:

Bill Schneider, Roger Hawkes – 65

Overall Winner

1st Place:

Bill Schneider, Roger Hawkes – 63-65-128

2nd Place:

Michael Evans, David Papagoda –
64, 67-131

Proximities Closest to the Pin:

Hole #6: Beau Inabinet
Hole #8: Adrian Wewers
Hole #12: Michael Evans
Hole #17: Carlos Jensen
Congratulations to the Winners!

Our Madrid, Spain Exchange Students are Back!



There is an opportunity for families to experience a cultural exchange for 28 days this summer! This is an incredible opportunity to learn about a different culture, share

what it's like to live in America and practice your Spanish all in the comfort of your own home. Thirteen students from

Barling School, a private English academy located in Madrid, Spain, will be coming to Charleston during the month of July to study and refine their English skills.

Jennie de Diago, the organizer of the program, is looking for host families to welcome these Spanish students (ages 13-16) from Spain, Europe into their homes from June 28-July 26. We meet as a group Monday to Friday 9-5. Transportation/carpooling can be arranged. Meeting point will be at the Seacoast Church located on Long Point Drive. Host families responsibilities will include board, transportation and spending time with them on nights and weekends. Interested families please contact Jennie de Diago at 843-830-9961.

2010 Junior Clinics

June 14-June 18 ■ August 2-August 6
8:30-10 a.m. M-Th ■ 8:30-10:30 a.m.

Ages 6-16

\$100 Members ■ \$110 Non-members

See you
at the Pool!



Includes:

- Refreshments, instruction, contests
- Rules & etiquette
- Friday play day
- Each participant will receive:
golf hat, golf towel, divot tool

Sign up in the Pro Shop or 856-9000!
Limited to 24 juniors.

POOL

Swim Season 2010!

Athletic & Premier Members –

Our pools opened on Thursday, April 15.
Our season ends this year on September 30.

We are looking forward to a fun and safe pool season this year. Please note the slide rules and gate access information 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: 10 a.m. – 8 p.m. The Main Pool is open for lap swim from 6-10 a.m.

Swim Diapers: Please make sure that your child is wearing the proper swim attire if they are not potty trained. Swim Diapers are required and will be available for \$1 at the gate if you do not have them handy.

Slide Rules/Hours: The slide at the main pool will be open on weekends only until school is out of session. After school is out for the summer, we hope to have the slide open daily.

- 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.

We look forward to seeing all of you enjoying the pools in the coming months!

Pool Closings!

May 10 ■ 6:30 p.m.

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

Water Aerobics is Back!

Adults & teen/tween classes offered!

We are offering our water aerobics sessions again this year, with the adult sessions beginning in May and the teen/tween sessions beginning in June. Check out the exciting classes that we will be offering:

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.

Free Demo Classes:

Wednesday, May 19 ■ 4 p.m.
Thursday, May 20 ■ 4 p.m.

Session Fees: 32 classes

May 24-July 15: \$80 per person
July 19-September 9: \$80 per person

Aqua Fitness – Tweens & Teens

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

This water fitness work out is great for young people who enjoy the water but are not interested in competitive swim teams. It is also a great way to cross-train for other sports such as swim, golf, tennis and more. We will combine cardio, muscle toning and stretching along with fun games for versatile creative workout. When you sign up, be sure to list 3 songs you would like to work-out to!

Free Demo Classes:

Wednesday, June 9 ■ 2 p.m.
Thursday, June 10 ■ 2 p.m.

Session Fees: 32 classes

June 14-August 5: \$80 per person

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 five 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 triathalons, golfers, tennis players and anyone who loves the water and wants to get in better shape or target special needs.
Cost: \$50 per hour

More information is on our website:
www.theclubatduneswest.com. ●

May

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|---|---|
| | | | | | | 1 MGA 7:15-8:09 |
| 2 MGA 7:15-7:33 | 3 SMGA 8:27-9:12 | 4 LGA 8:27-8:45 Santee Cooper 9:30 a.m. Hackers Golf League 3:38-4:51 | 5 SMGA 8:27-9:12 LGA 9-holers 9:48-10:06 Tutoring at TCADW 3:30 p.m. | 6 LGA 8:27-8:45 Dinner 5-9 p.m. Happy Hour 4-7 p.m. 856-9378 | 7 SMGA 8:27-9:12 | 8 MGA 7:15-8:09 ★ Mother's Day SPA at TCADW *By appt. only |
| 9 MGA 7:15-7:33 Mothers Day Brunch 10 a.m.-1 p.m. RSVP 856-9378 | 10 SMGA 8:27-9:12 Main Pool Closes at 6:30 p.m. for LG Inservice /Meeting | 11 LGA 8:27-8:45 Farm Bureau 9 a.m. Hackers Golf League 3:38-4:51 ★ Book Club 7:30-9 p.m. | 12 SMGA 8:27-9:12 LGA 9-holers 9:48-10:06 Tutoring at TCADW 3:30 p.m. | 13 •LGA Member/Guest 8:27-9:57 •Golf League, 5 p.m. •Dinner 5-9 p.m. Happy Hour 4-7 p.m. 856-9378 •Women Who Wine •Business Social Network Group, 6:30 p.m. | 14 SMGA 8:27-9:12 | 15 MGA 7:15-8:09 ★ Summer Kickoff Party! 11 a.m. |
| 16 MGA 7:15-7:33 Couples Golf 1 p.m. Couples Golf Dinner | 17 SMGA 8:27-9:12 | 18 LGA 8:27-8:45 Hackers Golf League 3:48-5:51 | 19 •SMGA 8:27-9:12 •LGA 9-holers 9:48-10:06 •Member Social ★ •Adult Aqua Fitness Demo 4 p.m. at Hartford Village Pool •Tutoring at TCADW 3:30 p.m. | 20 LGA 8:27-8:45 Member Guest Stagg Night Dinner ★ Adult Aqua Fitness Demo 4 p.m., Hartford Village Pool | 21 Men's Invitational Course Closed Mom's Club 9:30 a.m. at TCADW | 22 Men's Invitational Course Open at 2:30 p.m. Member Guest Awards Dinner at the Athletic Club |
| 23 MGA 7:15-7:33 | 24 SMGA 8:27-9:12 ★ Adult Aqua Fitness Session #1 Begins! 4 p.m. at Hartford Village Pool Golf League | 25 LGA 8:27-8:45 Hackers League 3:48-5:51 | 26 SMGA 8:27-9:12 LGA 9-holers 9:48-10:06 Tutoring at TCADW 3:30 p.m. | 27 Pro-Lady 8:27-9:12 The Golf League 5 p.m. Dinner 5-9 p.m. Happy Hour, 4-7 p.m. 856-9378 | 28 SMGA 8:27-9:12 | 29 MGA 7:15-8:09 |
| 30 MGA 7:15-7:33 | 31 SMGA 8:27-9:12 MGA 7:15-8:00 Memorial Day Cookout at TCADW 11 a.m.-3 p.m. | | | | | |

Can't wait to see you at the club!

