

What's happening at your Club?

Tennis...817-0539

Tennis Pro Shop Hours of Operation:

Monday Closed
 Tuesday-Friday 8:30 am-5:00 pm
 Saturday 9:00 am-4:00 pm
 Sunday 11:00 am-4:00 pm

Upcoming Socials

Labor Day Social

Monday, September 6 9:00 am-12:00 pm

Enjoy your holiday weekend on the courts.

Adult and Child Social

Friday, September 17 6:00-8:00 pm

Share some quality family time on the courts.

In the Pink Charity Event

Saturday, September 25

Show your support for a cure. Please call the Tennis Center for details.

Weekly Clinics and Practice

Senior Men	M, W, F	9:00 am
Ladies Hit-Around	Tuesday	9:00 am (sign-up required)
Ladies 3.5 Team	Tuesday	6:30 pm
Men's Night	Tuesday	7:00 pm
Ladies Night	Thursday	6:30 pm (sign-up required)
Men's 3.5 Team	Thursday	6:30 pm
Ladies 4.0	Friday	9:00 am
Ladies 3.5 Team	Saturday	9:30 am

Junior Fall Tennis Clinics have begun!

		Per Class	4-Week Session
Tots (Ages 4-6)	Wed. 3:45-4:30 P.M.	\$10	\$32
Challengers (Ages 6-8)	Thurs. 4:00-5:00 P.M.	\$15	\$50
Grand Slammers (Ages 8-10)	Wed. 4:30-5:30 P.M.	\$15	\$50
Davis Cuppers (Ages 10-14)	Tues. 5:00-6:30 P.M. Thurs. 5:00-6:30 P.M.	\$20	\$140

Member Events...817-0531

Labor Day Cookout

Monday, September 6 3:00-7:00 pm

Join us on the tent pad for fun for the whole family! We'll be slippin' n' a slidin', movin' n' a groovin'! Reservations are not required for this event.

On Your Own in D.C. Trip

Wednesday, September 15 Departure at 8:00 am

You choose what you want to do—shopping, sightseeing, museums—it's your choice! Lunch is on your own. We provide snacks, bottled water and transportation for \$24.00 per person. Reservations are required; first come, first served.

Member Cocktail Social

Thursday, September 16 5:30-6:30 pm

Meet old friends and make some new ones in the Rivanna Room and adjoining Library. We will have complimentary hors d'oeuvres and happy Hour pricing for beverages. Reservations are not required...just stop by the Club!

End of the Month BBQ

Thursday, September 30 5:30-8:30 pm

Join us in the Grill for a delicious, a la carte barbecue menu. We will also serve our regular dinner menu. Reservations are strongly recommend...817-0507.

Rivanna Wine Dinner

Saturday, October 2

Hors d'oeuvres at 6:30 p.m and dinner at 7:00 p.m. Price: \$65.00+ tax per person includes dinner and wine pairings. Enjoy a fall harvest formal dinner with robust wines and seasonal cuisine. Reservations are required, please call Misty at 817-0531 by Friday, September 24. Menu will be posted shortly.

Family Pumpkin Carving

Sunday, October 17 2:00-4:00 pm

Enjoy some quality time with the family and get into a spooky spirit with... a pumpkin carving contest, haunted house, and seasonal refreshments. Price: \$16.00+tax per pumpkin. Reservations are REQUIRED...817-0531

Member Cocktail

Thursday, October, 21 5:30-6:30 pm

Meet old friends and make some new ones in the Rivanna Room and adjoining Library. We will have complimentary hors d'oeuvres and happy Hour pricing for beverages. Reservations are not required...just stop by the Club!

Costume Party Pasta Night

Wednesday, October 27 5:30-8:30 pm

Join us in the Grill for a spooktacular Pasta Night Buffet! Be sure to wear your most creative Halloween costume and we will award prizes for most realistic, scariest and best overall at 7:00 p.m. Buffet Price: Adult...\$19.00+tax Youth (Ages 5-12)...\$13.00+tax Reservations are required...please call the Dining Room at 817-0507.

September 2010

JUST KIDDING



September 2010

GOLF...817-0502

Golf Operation Hours

Golf Shop: Tuesday - Sunday 7:30 am - 6:30 pm

Driving Range: Closed on Mondays

Tuesday - Saturday 7:30 am - 6:30 pm

Sunday's - 7:00 am - 4:00 pm (Range must be picked clean for Monday mowing)

*Nine holes will be open for play after 1:00 pm on Mondays. Please check with the Outside staff to check what nine will be open.

Labor Day Tournament

Monday, September 6 9:00 am Shotgun Start

(Ladies and Men's Division)

Format: Individual Skins Game. You can sign up as an individual or as foursome.

Cancellation Policy: 72 hours in advance. Entry Fee: \$15.00 + Cart Fees

Green Aerification

September 7 & 8 (9 holes open each day)

Rain Date: September 20 & 21

GWGA 9 Hole Invitational

Thursday, September 23

9:00 am Shotgun

Format: Captain's Choice

Putt-Putt Night

Friday, September 24

6:00 pm

Come join us for a fun evening, we will have a cookout and a 9 hole putting contest.

Price: \$15.00 per person includes food, prizes and lots of fun.

18 Hole Mixed Foursomes

Sunday, September 26

2:00 pm Shotgun

Format: 2 Person Best Ball/Texas Scramble. Entry Fee: \$25.00 per team plus Cart Fees

Dinner and Awards will follow. Cancellation Policy: 72 hours in advance

Men's Member-Member Tournament

Friday, October 8 - Sunday, October 10

Friday, October 8

Price: \$130.00 per person includes:

1:00 pm Shotgun Start (Format: Best Ball) Beverages on course. Dinner in the Ballroom at

6:30 pm (Participants & Spouse/Date).

Saturday, October 9

10:00 am Shotgun Start (Format: Modified Alternate Shots). Lunch and beverages delivered

to the course. Dinner in the Ballroom at 6:00 pm (Participants & Spouse/Date).

Sunday, October 10

10:00 am Shotgun Start (Format: Captain's Choice). Beverages on course

Lunch & Awards following play (Participants Only).

Entry/Cancellation Deadline: September 30

KCGA...817-0500

Fall Junior Clinics

September 7-October 14

Tuesdays & Thursdays

Ages: 4-7

4:00 - 4:45 pm

\$50.00 1x/week for 6 weeks

\$90.00 2x/week for 6 weeks

Ages: 8-17

5:00 - 6:00 pm

\$72.00 1x/week for 6 weeks

\$130.00 2x/week for 6 weeks

Non Golf Members can participate for an additional \$10.00.

We will use SNAG golf for the 4-7 year olds and this is a fun way to introduce the kids to golf. Guaranteed they will have fun and learn to love the game. The older age group will learn the fundamentals of the game of golf. We will start with short game & progress to full swing.

Sunday Afternoon SNAG Golf

September 12-October 3

Every Sunday 3:30-4:15 pm

This program is for the young golfers that cannot participate in the Fall Junior Clinics. This will be a four week program introducing the game of golf in a fun and dynamic environment.

Golf Members' Price: \$40.00 for 4 weeks

Non-Golf Members' Price: \$50.00 for 4 weeks

Beginner Ladies Clinics

September 8-October 13

Every Wednesday 10:00-11:00 am

These clinics are back by popular demand from our members. This is for the golfer that has never played or feel they can still use some help with the basics of the game. This is a six week course that will introduce you to the basic fundamentals of golf. Golf Member Price: \$99.00 for six week session (Non Golf Members can participate for an additional \$25.00).

Fall Schools

The fall season with cooler temperatures is a great time to start preparing your game for the 2011 season. Why not try some of the golf schools listed below to start improving your game.

We encourage Non-Golf Members to participate for an additional \$10.00.

Short Game School

Saturday, September 18 2:00-5:00 pm

Wednesday, September 29 1:00-4:00 pm

This school is designed to improve your game around the greens. Learn the correct fundamentals for putting, chipping, pitching, and bunker shots. Minimum of 3 students and maximum of 10 students. Golf Member Price: \$99.00

Full Swing School

Saturday, September 11 2:00-5:00 pm

Friday, October 1 9:00 am-12:00 pm

This school is designed to work on your full swing with all your clubs. We will work with short irons, midirons/hybrids, woods and drivers. Golf Member Price: \$99.00

Fitness...817-0536

Teen Sports Conditioning Class

Four Week Session begins Monday, September 13

Mondays & Wednesdays from 5:30 to 6:30 pm

This 4-week program is geared to children ages 11 and up. Classes will focus on footwork, speed drills, coordination, balance and core. Price: \$85.00 per person. To sign up, stop by the Fitness Center or email Mike at mcrawford@glenmorecountryclub.com.

Adult Boot Camp

Five Week Session begins Tuesday, September 7

Every Tuesday & Thursday at 6:00 pm & Sundays at 4:00 pm

Boot Camp is completely different than working out in a gym. We keep you motivated, driven and on point to reach and achieve your goals. This is a great experience for individuals at any fitness level. We will burn off unwanted weight while increasing core strength, flexibility and stamina. The specialized training is designed to jump start or add to your current fitness program. Price: \$130.00 per person for five weeks. Sign up in the fitness Center or email Mike at mcrawford@glenmorecountryclub.com.

Group Fitness Schedule

Please check the calendar and/or www.glenmoremember.com for the full schedule of classes.

September 2010

Member Events Fitness

GOLF Tennis

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Group Fitness Schedule</p> <p>Monday 6am X-Train 8am 20-20-20 9am Boot Camp Lite 10:15am Yoga</p> <p>Tuesday 8am Spin 9:05am Yoga 10:05am Sr. Fitness</p> <p>Wednesday 6am X-Train 8am T & T 9am ZUMBA 10:15am Yoga</p> <p>Thursday 8am Spin 9am Ball/Bosu 10am Sr. Fitness</p> <p>Friday 6am X-Train 8am 20-20-20</p> <p>Saturday 8am Bike & Box 9am See Calendar</p> <p>Sunday 9am-2pm Scheduled Massage</p>			<p>1 Men's Day 1:00pm Sr. Men 9am</p>	<p>2 GWGA 9am H2O Exercise 10:15am AB Blast 6pm Challengers 4pm Davis Cuppers 5pm Ladies Night 6:30pm 3.5 Men's Team 6:30pm</p>	<p>3 Sr. Men 9am Ladies 4.0 9am</p>	<p>4 Warriors 8am YaYas 9:40am Zumba 9am Ladies 3.5 9:30am</p>
<p>5 Warriors 8am</p>	<p>6 Labor Day Tournament 9am Labor Day Cookout 3-7pm X-Train 7am Labor Day Social 9am Sr. Men 9am</p>	<p>7 Silver Eagles 9am Jr. Clinics 4-6pm Green Aerification Adult Boot Camp 6pm Ladies Hit Around 9am Davis Cuppers 5pm Ladies 3.5 6:30pm Men's Night 7pm</p>	<p>8 Men's Day 1:00pm Beginner Ladies Clinic 10am Green Aerification Sr. Men 9am Tots 3:45pm Grand Slammers 4:30pm</p>	<p>9 GWGA 9am Jr. Clinics 4-6pm Adult Boot Camp 6pm Challengers 4pm Davis Cuppers 5pm Ladies Night 6:30pm 3.5 Men's Team 6:30pm</p>	<p>10 Sr. Men 9am Ladies 4.0 9am</p>	<p>11 Warriors 8:30am YaYas 10:10am Full Swing School 2pm Yoga 9am Ladies 3.5 9:30am</p>
<p>12 Warriors 8:30am SNAG 3:30pm Adult Boot Camp 4pm</p>	<p>13 9-Holes open 1pm Teen Cond. 5:30pm Sr. Men 9am</p>	<p>14 Silver Eagles 9am Jr. Clinics 4-6pm Adult Boot Camp 6pm Ladies Hit Around 9am Davis Cuppers 5pm Ladies 3.5 6:30pm Men's Night 7pm</p>	<p>15 Men's Day 1:00pm Beginner Ladies Clinic 10am D.C. Trip 8am Teen Cond. 5:30pm Sr. Men 9am Tots 3:45pm Grand Slammers 4:30pm</p>	<p>16 GWGA 9am Jr. Clinics 4-6pm Adult Boot Camp 6pm Challengers 4pm Davis Cuppers 5pm Ladies Night 6:30pm 3.5 Men's Team 6:30pm</p>	<p>17 Sr. Men 9am Ladies 4.0 9am Adult & Child Social 6pm</p>	<p>18 Warriors 8:30am YaYas 10:10am Short Game School 2pm Yoga 9am Ladies 3.5 9:30am</p>
<p>19 Warriors 8:30am SNAG 3:30pm Adult Boot Camp 4pm</p>	<p>20 9-Holes open 1pm Green Aerification (Rain Date) Teen Cond. 5:30pm Sr. Men 9am</p>	<p>21 Silver Eagles 9am Jr. Clinics 4-6pm Green Aerification (Rain Date) Adult Boot Camp 6pm Ladies Hit Around 9am Davis Cuppers 5pm Ladies 3.5 6:30pm Men's Night 7pm</p>	<p>22 Men's Day 1:00pm Beginner Ladies Clinic 10am Teen Cond. 5:30pm Sr. Men 9am Tots 3:45pm Grand Slammers 4:30pm</p>	<p>23 GWGA 9-Hole Invitational 9am Shotgun Jr. Clinics 4-6pm Member Cocktail 5:30pm Adult Boot Camp 6pm Challengers 4pm Davis Cuppers 5pm Ladies Night 6:30pm 3.5 Men's Team 6:30pm</p>	<p>24 Putt-Putt Night 6pm Sr. Men 9am Ladies 4.0 9am</p>	<p>25 Warriors 8:30am YaYas 10:10am Zumba 9am In the Pink Charity Event Ladies 3.5 9:30am</p>
<p>26 Warriors 8:30am 18-Hole Mixed Foursome 2pm SNAG 3:30pm Adult Boot Camp 4pm</p>	<p>27 9-Holes open 1pm Teen Cond. 5:30pm Sr. Men 9am</p>	<p>28 Silver Eagles 9am Jr. Clinics 4-6pm Adult Boot Camp 6pm Ladies Hit Around 9am Davis Cuppers 5pm Ladies 3.5 6:30pm Men's Night 7pm</p>	<p>29 Men's Day 1:00pm Beginner Ladies Clinic 10am Short Game School 1pm Teen Cond. 5:30pm Sr. Men 9am Tots 3:45pm Grand Slammers 4:30pm</p>	<p>30 GWGA 9am Jr. Clinics 4-6pm End of the Month BBQ 5:30pm Adult Boot Camp 6pm Challengers 4pm Davis Cuppers 5pm Ladies Night 6:30pm 3.5 Men's Team 6:30pm</p>		