



SRC NEWS

Upcoming Events:

- *Sleep out*
July 12
- *Cliff Erickson*
July 15
- *Preteen Dance*
July 22
- *Right to Play*
July 22-24
- *SRC Swim Meet*
July 23
- *Preteen Dance*
July 28
- *Jr. Right to Play*
July 31
- *Beer Tasting/BBQ*
August 12

You must preregister for all events!

Inside this issue:

<i>New Mem-</i>	2
<i>Did You Know</i>	3
<i>K2 Fitness</i>	4
<i>Sleep Out</i>	4
<i>Food & Beverage</i>	5
<i>Cliff Erickson</i>	5
<i>Tennis</i>	7-8
<i>Pool News</i>	10-12

This is What It's All About

We are in full swing at the Club and the weather is made-to-order as we kick off week one. The place looks fabulous and we are excited for the season — we have many achievements to celebrate. For one, our memberships are up 43%! If you see a new face around the Club, please introduce yourselves and welcome one another.

Day Camp and tennis lessons are up almost 50%. This season we are inviting non-members to try out our Day Camp for one week in July and another in August. This marketing tool has generated not only a lot of buzz in the community, but three new family memberships, one single membership, and four sponsored children.

Rebecca Joy and Alex Latosinsky have brought on Sam Godfrey to help with the influx of students and start their Junior Tennis League. This league will give the children a great chance to use their new skills, learn the rules, and how to keep score.

Swimming Lessons have also increased and I was so impressed to see our instructors in the pool with the kids. Danny & Colin entertained the kids with a relay race – what inspiration for them all! The Junior and Senior Swim team are also off to a fine start – GO STINGRAYS...it's still not too late to join.

Eva and Marcel St-Aubin are thrilled with the general operation of the Club and our sales are up nearly 50%. Corporate bookings saw an increase this season, and with over 30 functions (weddings, anniversaries, and parties) planned, our Clubhouse is looking better than ever!

The Club is a wonderful get-away from your busy lives...come on down and enjoy it!!!

Have a great summer,

Kelly

Be sure to check out our new web site: www.sarniaridingclub.com

What a project this web site has been! Please offer any suggestions for improvement and pass along any photos you may want to share! Thank you for your patience during this transition.

Welcome to all our NEW 2011 Members!

This has been a very busy season with memberships around the Club. So busy we were having a hard time keeping the list up to date as it changed daily! If you see somebody you don't know, please introduce yourself and welcome them to the Club!



Family: Kriste & Glen Fenwick & Family
 Kirsty Kilner & Tom Holmes & Family
 Elishka & Bruno Persichetti & Family (welcome back!)
 Monica & David Robson & Family
 Amy & Adam Wettges & Family
 Sandy & Randy Reid & Family
 Ann & Mike Kelly & Family
 Lisa & Kraig Nienhuis & Family
 Cheryl & Rick Czyczurko & Family
 Angela Harris & Family
 Gina Robertson & Doug Bisson & Family
 Fiona & Richard Kelch & Family
 Sonia & Mike Rivard & Family
 Carole Legere & Brian Bailey & Family (welcome back!)

Couple: Janet & Trevor Jordan (welcome back!)

Single:	Ron Mombourquette Joanna Catterson Nadyne Dell (welcome back!) Paul Dzisiak Nicolas Gogas (welcome back!) Nancy Grogan Karen Richards Alex Szecsko Bruce Ballingall Bill Arundell	Social:	Cynthia Blanchard Margaret Elrick Cheryl Hames Linda & Ted Thompson Carol McEwin Patrisha Fleming Mary Lou Larson Jim Burgess (welcome back!) Janet Beatty (welcome back!)
----------------	--	----------------	--

Sponsored

Children:	Kylee Atkinson Esme Brown Skylar & Cory Soninine Kaleb Zeytinoglu Gabriel & Eva Elgwaily	Drew Morgan Emma Vanderveer Ayden Letang Christopher Latosinsky Simone & Nathaniel Santos-Hinton (welcome back!)
------------------	--	--

Out of Town: Elizabeth Cowper & Family from Scotland



The Board of Directors and staff would like to invite all of our **new members** to a **Wine & Cheese Welcome** on Thursday, July 14 at 7:00 pm. We look forward to seeing you all there.

Did You Know...



Our 2nd Annual 'surfer or turfer?' event on Friday, June 17th was a successful event with over 110 guests in attendance. The fiddler set the tone for the night and weather was made to order. Thank you to our volunteers who helped grill the steaks to perfection and boiled up the lobsters. It was a beautiful night to be out on the hill with new and old friends alike.

Save the Date...August 12

Beer Tasting & BBQ



Our Host: Nancy Michieli, Sommelier.

Details and pricing to follow...committee members needed! Call the office to get involved...have some FUN!

Yoga

Due to popular demand, **VINYASA YOGA with Leslie Pullen** will continue to run on Tuesday nights at The Sarnia Riding Club. Please pay special attention to the dates – they are not consecutive, but we wanted to pull together a 10-week program. The time will stay the same 7:00 – 8:00 p.m.

Cost for members \$75, non-members \$90 and drop ins are always welcome at \$10/session. Posters will be made up and handed out at tomorrow's class.

July 5 and 12, August 2, 9 and 16, September 6, 13, 20 and 27 and October 4

The yoga mat is a good place to turn when talk therapy and antidepressants just aren't enough...

K2 Fitness Camp Begins July 4

K2 Fitness is holding our 4 week Summer camp starting July 4, 2011 running every Monday, Wednesday and Friday from 8:00 am to 9:00 am. Space is limited - the last camp sold out very quickly so please sign up online if you are interested at www.k2fitness.ca. You have the option of a full camp or a flex pass (any two days a week or 8 of the 12 classes - you choose the days)



We offer towel service, Orange juice and water.

We will help you stay committed to your fitness goals during a time where it's too easy to say, 'I'll workout later' and it never happens. We're always expecting you!! Get your hour in! A challenging and fun workout...with breathtaking scenery of beautiful Lake Huron. Register online to hold your spot at www.k2fitness.ca

Hope to see you soon!

Kari & Kelly

Fitness should be Fun!



Sarnia Riding Club Members Only

Sleep out on the hill!

Tuesday, July 12 at 7:00 p.m. to

Wednesday, July 13 at 9:00 a.m.

Hosted by Lyndsay, Sian and friends!

Bring your tent, sleeping bag and pillow
...we'll provide the rest (snacks, games, fun)!

Please RSVP to Lyndsay Barnes at pool@sarniaridingclub.com or

542-5588 ext. 27 \$8/child



Food and Beverage News

Well now that summer is finally here, the Café and Bar can now move into high gear. The Café will now be open 7 days a week from noon to 6:00 p.m. (weather and demand dependent) and our menu will offer a much wider range of options (healthy to not so healthy!) You can find the NEW Summer menu on the next two pages. We also now have a Keurig Coffee machine in the café, so be sure to stop in

and give it a try!

As for the Bar we will be adding " Bud Light Lime!" to our already great selection of beer. Also available at the bar are Margaritas, Pina Coladas and Daiquiris. Cheers!

Looking forward to seeing you all on the patio!

CLIFF erickson

Always a Riding Club favourite.



Friday, July 15

Doors open at 8:00 p.m. – Cliff to start around 9pm.
Members, please call the office to get your name on the guest list.
We are now selling tickets to non-members.

Last month it was standing room only.

Sarnia Riding Club Members \$3; Non members \$7.00



Lakefront Café Summer Menu

Appetizers and Snacks

Club Nachos

Tortilla chips smothered in tomatoes, green onions, and green peppers with cheddar and mozzarella cheese, with a side of salsa and sour cream \$7
Add Jalapenos \$0.50, add pulled beef for \$2

Spinach and Artichoke Dip

Hot dip topped with cheese and served with tortilla chips \$7.50

Moza Sticks

A half dozen mozzarella stuffed snacks served with a tangy marinara sauce \$6.25

Coconut Shrimp

Six large, breaded shrimp served with a spicy Thai sauce for dipping \$7.95

Classic French Fries

A basket of thick fresh-cut fries dashed in sea salt \$3

Sweet Potato Fries

A basketful served with chipotle mayonnaise for dipping \$5.25

Poutine

Fresh-cut French fries covered in hot gravy and mixed cheeses \$4.95
Add pulled beef for \$2

Smothered Fries

Fresh-cut French fries served with a medley of bacon, green onions, tomatoes, and mixed cheese, topped with a dab of sour cream \$5.50

Salads

House Salad \$5.25

Caesar Salad \$5.75

Greek Salad \$6.50

Add Grilled Chicken to any salad for \$2.50

Kids' Menu

Grilled Cheese Sandwich \$3

Mini Deli Sub \$3.25

Mini Hot Dog \$2

Prime-Rib Slider \$2.50

Chicken Fingers 2 for \$3.50 or 4 for \$6.25



Lunch and Dinner

Chicken Quesadilla

Grilled chicken, fresh vegetables, and cheese, served with salsa and sour cream. \$7.25
Vegetarian option for \$6.50

Chicken Fingers

The Lifeguards' Favourite, 2 for \$3.50 and 4 for \$6.25.
Add buffalo sauce for \$0.50

Hot Dog

Simple yet succulent \$3
Make it gourmet by adding cheddar and pulled beef for \$1.50

Sausage

A Debrezini sausage served on a warm bun \$4.50
Add sauerkraut for \$0.50

Hamburger

Delicious 5.3 oz beef burger topped with lettuce, onion and tomato \$6.95
Add cheddar or bacon for \$1 each

English-Style Battered Haddock

A delicious fish filet, deep fried to perfection, with a side of tartar sauce for dipping \$5.25

Pulled Beef Sandwich

Hot, juicy pulled beef piled high and served on a rustic bun, served with coleslaw \$6

Classic Reuben

Corned beef, Swiss cheese, thousand islands dressing, and sauerkraut on rye, with coleslaw \$6

Chicken Club

Grilled chicken breast, bacon, lettuce, tomato, and mayonnaise on a rustic bun \$6.25

Chicken Panini

Grilled chicken breast, roasted red peppers, and zucchini grilled on a rustic bun \$7.25
Vegetarian option for \$5.25

Riding Club Wrap

Choose from: A white or whole wheat wrap, crispy or grilled chicken, and Ranch, Buffalo, Thai, or Caesar dressing \$7.25

Deli Sandwich or Wrap

Your choice of deli meat with lettuce, tomato, mayonnaise, and mustard \$5.25

**Make it a meal: Add fries, house salad or coleslaw for \$1.50
Sweet potato fries, Caesar or Greek Salad for \$2.50**



TENNIS UPDATE

The month of July is a busy one on the courts! Our programs are in full swing with the summer sessions of Junior lessons running throughout July/August. Junior League goes on Thursdays and the second session of Rusty Racquets is beginning, not to mention several exciting events: the 2nd Annual Right To Play Tournament; and a Right To Play Day to end the month off right. And that's only the beginning! To keep you updated we have started an email distribution list with weekly emails about upcoming events and changes. If you would like to be added to the list, please email tennis@sarniaridingclub.com. Rebecca & Alex.

2nd Annual Right To Play Tournament July 22 to 24

This is a singles tournament for Juniors and Adults open to Sarnia and all surrounding communities. The age divisions are **U10, U14, U18 and Open**. Cost is **\$20 per participant** and a portion from each registration fee will go directly to the charity Right To Play. Right To Play is a non-profit organization that aims to improve the lives of children in some of the most disadvantaged areas of the world by using the power of sport and play for development, health and peace. Last year we were able to raise \$350 for this great cause and we would love to double that amount this year! We will be holding raffles throughout the weekend and participants have the option of fundraising on their own using sponsor forms if they would like to help further. Also we will be having a barbecue on the Friday night around 6:00 p.m. If you have any further questions about the event or would like to volunteer that weekend please email Rebecca and Alex.

Junior Right To Play Day Sunday, July 31

New this year, we will be holding a Play Day for young Juniors where they get to play fun games and compete against each other in a friendly environment. The focus for the day is on fun and they will play a mixture of cooperative and competitive games. The games will begin at **1:00 p.m.** and finish around **3:00 p.m.** with a small awards ceremony and snack. The cost is **\$15 per participant** with a portion of the proceeds again being donated to Right To Play.

****New** Junior Tennis League**

Also new this year is a weekly league on Thursdays at 4:30 p.m. for juniors who want to get more match experience and compete against others of similar abilities. The league will **begin July 7 and end August 26**. The **cost is \$20** for the entire two months!

Adult Singles League

After hearing some requests to start an adult singles league we have decided to run one as long as there is enough interest. The night that is most available is Sundays beginning at 7:00 p.m. Both Women and Men can sign up, if we have enough of each we can organize two separate leagues on that night. The league will begin Sunday, July 11 and run eight weeks until August 29. Cost is \$30 and includes pizza and beer on the last night. If you are interested to be a regular or spare please sign up by emailing us as soon as possible so we can decide if there is enough to start up this league.

Rusty Racquets League



Rusty Racquets is designed for members who are new to tennis or players who would like to brush up on the basics. These sessions are meant to develop/improve your basic strokes and to learn more about the technique of doubles tennis. The league runs eight weeks, half of the classes will be clinics and half will be doubles play. The summer session runs from **July 6 to August 31** and costs **\$50**.

Rogers Cup CLUB Trip

The Riding Club has booked a suite for the Rogers Cup in Toronto on Thursday, August 11. The suite is air conditioned with terrace seating. Cost is \$90 which includes a parking pass, souvenir program and all taxes/fees. Van transportation is extra and will be available for those who do not wish to drive on their own.

Sign up on the bulletin board in the porch bar. For additional information, contact Bob McLeod at 542-8713.

Free Rogers Cup Tickets for Juniors

The Riding Club has been provided with a limited number of complimentary Rogers Cup tickets for our junior tennis players. Although the tickets are meant for the juniors, parents or adults accompanying the kids can also receive free tickets. The tickets are for the day session on Monday, August 8. Tickets can be picked up at the office.



Tennis Ladies Lunch, Bridge and Games

This event will be held on Thursday, July 21, 2011 with a Round Robin beginning at 9:00 a.m. and coffee, tea and a pot-luck lunch at noon. The bar will be open for refreshments.

Member & Guest cost is \$5 (*taxes and gratuities included*). Please RSVP in the porch bar – sign up sheet.

SWIMMING NEWS!

OPENING SEASON SWIM MEET/ SWIM TEAM:

I would like to thank all the swimmers who came out and participated in our first Opening Season Swim Meet. Everyone did a great job and swam hard. There were some new faces and I was so happy to see so many for the first swim team practise July 4. Great work guys! There will be a new logo this year and an order form will be there for you to buy bathing suits, sweaters and long sleeve shirts! See you in the pool. Thank you to all of the volunteers too! It is still not too late to join the Swim Team. Call Lyndsay Barnes 519.542.5588 ext. 27 or email pool@sarniaridingclub.com.



GALA DAY:

Our annual Gala Day is quickly approaching! It will be held Saturday July 23 at 1:00 p.m. Come out and play games with our lifeguards all afternoon. Some of these games include greased watermelon water polo, biggest splash contests, throw a pie in your favourite lifeguards face and more!



NORMAN ROCKWELL
High Dive

DIVING LESSONS:

Don't forget to sign up!! There have been a number of requests to have diving lessons back! We will be offering these lessons during Session II and Session IV. Scott Morrison is excited to be our diving coach! Get registered today – call Lyndsay!!!

NLS Course:

This year we are offering NLS course for those who are 16 years old. This course will be **open to members and non-members. Spread the word to friends and family** who are interested in taking the Lifeguarding Course. There is a minimum requirement of 6 people to run the course. We are looking at holding it tentatively in the month of August. It will be during the evenings for two weeks. Mary Kaye from the Sarnia YMCA will be teaching it. **SIGN UP TODAY!!**

Lyndsay Barnes, Pool Manager

'Chlorine is my perfume'

Sarnia Riding Club Spring Pool Schedule

June 30 - September 2, 2011
excluding special events days



	Monday	Tuesday	Wednes- day	Thursday	Friday	Weekend
6:00	Lazers		Lazers		Lazers	
7:00						
8:00	Senior Swim Team	Maintenance	Senior Swim Team	Maintenance	Senior Swim Team	
9:00	Junior Swim Team		Junior Swim Team		Junior Swim Team	
10:00	Swim Lessons (9:45 to 12:00)					Maintenance
11:00						Adult Swim
12:00	Masters	Bronze	Masters	Bronze	Masters	Leisure Swim
1:00	Open Swim					
2:00						
3:00						
4:00						
5:00						
6:00	Adult Swim/Masters					Adult Swim
7:00	Leisure Swim					
8:00	Open Swim					Open Swim (Pool closes Sundays)
9:00						
Pool Closes	9:30	9:30	9:30	9:30	10:00	Sat 10:00 Sun 9:00



2011 Swimming Lessons Registration

Family Name: _____ Phone: _____

Swimming lessons are for Sarnia Riding Club members only.

Please note that membership dues must be paid before lesson sign up will be accepted.

Session 1	July 4 – July 15	(return form by June 29)
Session 2	July 18 – July 29	(return form by July 13)
Session 3	August 1 – August 12	(return form by July 27)
Session 4	August 15 – August 26	(return form by August 10)

Swim Levels and Prices

Mom, Pops, & Tots.....	\$25.00	Diving Lessons.....	\$25.00
Red Cross Swim Kids 1-4	\$25.00	Adult Lessons	\$25.00
Red Cross Swim Kids 5-10	\$30.00	Bronze Star	\$60.00
Stroke Improvement/Private Lesson	\$25.00	Bronze Medallion & Cross.....	\$75.00
		plus \$40.50 manual =	\$115.50

Participant's Name:	Session	Level	Age	Price
1.				
2.				
3.				

The Sarnia Riding Club STINGRAYS Swim Team

Junior Swim Team (Up to 10 years)\$40.00

Intermediate/Senior Swim Team (10-18 years)\$75.00

Participant's Name:	Level:	Price:
1.		
2.		
3.		

SARNIA RIDING CLUB

kellysteeves@sarniaridingclub.com

office@sarniaridingclub.com

www.sarniaridingclub.com

Facebook "Sarnia Riding Club"

Phone: 519-542-5588

Fax: 519-542-8242

Have you been receiving your statements (by Email or mailed)?...Please let the office know if you have not.

An easy way to keep up with your \$10 levy each month is to **PAY ONLINE!**

Office Hours are Monday thru Friday 9:00 – 5:00pm

The office manager Selene Taylor works Monday, Tuesdays and Thursdays.

Comments? Questions? Feel free to [send](#) it to us!

Our Board of Directors:

Lori Odegard, President

Tom Lacey, Vice-President

Alice McLeod, Treasurer

Cindy Morrison, Pool

Todd Murray, House & Grounds

Chris Drope, Tennis & Squash

Helen Turner, Day Camp

Chris James

Chris Rastin



Vinyasa
Yoga

at the sarnia riding club

with Leslie Pullen - member of International Yoga



10 sessions - July 5, July 12; Aug. 2, 9, 16; Sept. 6, 13, 20, 27; Oct. 4

7-8 pm

Members: \$75

Non-members: \$90

Drop in for a single session: \$10

Bring a yoga mat, strap and water

Call the office or email us to sign up

519.542.5588

kellysteeves@sarniaridingclub.com