



# Dominion Valley Country Club

MAY/JUNE 2010

15200 ARNOLD PALMER DRIVE • HAYMARKET, VA 20169 • (571) 261-1887

## Fun Times at Your Club

### VALENTINE'S BALL



*Penny & John Lawless*



*Tara & Don Witham*



*(LtoR) Linda & John Heston, Maricarmen & Jesus Henson and Lynn Rae & Dan Wentworth*

### ST. PATRICK'S FAMILY BUFFET



*DVCC Children with Dancers from the McGrath Academy of Irish Dance*

### OPEN THAT BOTTLE NIGHT



*Michael & Paula Dudley*



*Nancy & Al Perilla*

### EASTER BRUNCH



*The Lam Family*



*The Lutte Family*



*The Walther Family*

# A Message from Your General Manager

Brandon O'Neill, General Manager

The first day of summer is just around the corner; however, the warmer weather is already upon us. Most enjoy this weather by going for a walk or jog on a nicely paved path. For your own safety and the safety of your family, please remember that the golf cart paths are for golf carts only and pedestrians are not permitted to use it for recreational purposes. We truly appreciate your cooperation.

Don't miss all that we have planned for you this May & June ~ Mother's Day Brunch, Father's Day BBQ & Patio Dining at Palmer's Grille. For more information or reservations, please contact Terrilyn Richards at [trichards@tollbrothersinc.com](mailto:trichards@tollbrothersinc.com) or 571-261-1887, ext. 103 today!

## MEMBERSHIP MATTERS

Theresa Henry, Membership Coordinator

### Is the Preferred Golf Membership right for you?

If your morning schedule will not allow for a round of golf, consider the Preferred Golf Membership. It's an *afternoon only* Membership where dues are only \$150 per month (to include your Social and Fitness Memberships). This Membership makes it easy to get nine holes in after work before the sun sets on those long summer days. This upgrade option also proves to be a great "starter" membership for an active family. Introduce your children early to the great game of golf. We are also offering a Preferred Invitational Membership to non-residents. Tell your friends who live outside of the community today! They won't want to miss out on this great opportunity.

For more information on the Preferred Golf Membership and the Preferred Invitational Membership or to make an appointment to upgrade, please contact the Membership Office at [dvmembership@tollbrothersinc.com](mailto:dvmembership@tollbrothersinc.com) or 571-261-4112, ext. 102.

### Membership Office

By appointment only.

\*Located on the upper level of the Sports Pavilion.

### The Pool Season Officially Begins Memorial Day Weekend!

Do you have your photo Membership ID? Don't wait! You must have this ID card to enter the pool and to order any food or beverage from Café Splash.\* Have your picture taken and pick up your card the same day. It only takes a few minutes and there is no charge. Feel free to also e-mail us a picture. We would be happy to send it to you in the mail. Should you need to visit the Membership Office, please contact them to make your appointment at [dvmembership@tollbrothersinc.com](mailto:dvmembership@tollbrothersinc.com) or 571-261-4112, ext. 102.



Ethan & Zachary Saulsbury

\* Children under the age of 13 do not need to have their own cards. They must be accompanied by an adult at the pool at all times. Guests must also be accompanied by the Member at all times. Guest passes are available for purchase at the Fitness Center.

### Guest Pool Passes

Adult: 16 & older, Junior: 6-15, Complimentary for children 5 & younger

- One Day: \$8 (Adult) / \$5 (Junior)
- 3 Day Pass: \$15 (Adult) / \$10 (Junior)
- 7 Day Pass: \$30 (Adult) / \$20 (Junior)
- 1 Month Pass: \$60 (Adult) / \$40 (Junior)
- Season Pass: \$100 (Adult) / \$80 (Junior)

## FOOD & BEVERAGE NEWS

Laura Hoffman, Director of Food & Beverage/Catering Sales

### Summer Hours of Operation

#### Palmer's Grille

Wednesday: 11:30 AM – 8:00 PM  
Thursday (Beginning May 27th): 11:30 AM – 9:00 PM  
Friday (Beginning May 28th): 11:30 AM – 9:30 PM  
Saturday (Beginning May 29th): 9:00 AM – 9:30 PM  
Sunday (Beginning May 30th): 9:00 AM – 8:00 PM

#### Beverage Cart

Friday-Sunday: 11:00 AM – 4:00 PM  
Added weekdays will be based on the needs of the membership and golf course usage.

#### Golf Course Turn Station

Saturday and Sunday (Beginning May 29th):  
11:00 AM – 3:00 PM

#### Sports Pavilion Pool & Café Splash

All Weekends and Holidays (May 29th - June 19th)

Pool ~ 10:00 AM - 8:00 PM  
Café Splash ~ 11:30 AM - 6:00 PM

Weekdays (June 1st - June 18th & Sept. 7th - Sept. 17th)

Pool ~ 3:00 PM - 8:00 PM  
Café Splash ~ 3:00 PM - 7:00 PM

Weekdays (June 21st - Sept. 3rd)

Pool ~ 11:00 AM - 8:00 PM  
Café Splash ~ 12:00 PM - 7:00 PM

## Mother's Day Brunch



*The Traister Family*

Sunday, May 9th  
Waverley Room  
10:30, 11:00, 12:00, 12:30 & 1:00

\$24.95/adult (13 & older)

\$10.95/child (6-12)

Complimentary for children 5 & younger

Bring your Mother to the Club on her special day!  
Show her how much you care by treating her to a  
fantastic brunch. What a perfect gift!

Don't forget to visit the Golf Shop for exclusive  
Mother's Day discounts!

For reservations or more information, please contact  
Terrilyn Richards at [trichards@tollbrothersinc.com](mailto:trichards@tollbrothersinc.com)  
or 571-261-1887, ext. 103.

## Reminder:

Do you have your photo ID? Don't forget! You will  
need this before the Memorial Day Pool Opening  
Party! Please contact the Membership Office at  
571-261-4112, ext. 102 to schedule your appointment  
today: [dvmembership@tollbrothersinc.com](mailto:dvmembership@tollbrothersinc.com) or  
571-261-4112, ext. 102.

## Patio Dining at Palmer's Grille



*The first Friday of the month  
from June to September!  
(weather permitting)*

Friday, June 4th  
5:30 PM – 7:30 PM  
Palmer's Grille Patio  
\$20.95 per person

Join us on the Patio at Palmer's Grille the first Friday  
of every month on those warm summer nights to  
enjoy a scrumptious meal fresh from the grill. Simply  
choose your grilled entrée and then help yourself to  
the delicious buffet of accompaniments.

*\*Regular menu also available.*

For reservations, please contact Terrilyn Richards at  
[trichards@tollbrothersinc.com](mailto:trichards@tollbrothersinc.com) or  
571-261-1887, ext. 103.

## Summer Kickoff Pool Opening Party

Saturday, May 29th  
Sports Pavilion Pool  
10:00 AM



### Annual Memorial Day Watermelon Eating Contest

All Members are invited to the DVCC Sports Pavilion Pool for  
a summer kickoff party on Saturday, May 29th, beginning at  
10:00 AM. You'll enjoy games with the Fitness Center Staff, a  
watermelon eating contest, clowns, balloons, music and more!  
This is a complimentary event for all DVCC residents and  
their guests. Be sure to present your Membership ID card  
when signing in at the lifeguard station.

*Reservations are not required.*

### Opening Day Poolside BBQ

\$9.95 Adult (13 & older) \$5.95 Children 6-12  
Optional Buffet – Reservations are not required.

#### Menu

Italian Pasta Salad with Basil Pesto Vinaigrette  
Potato Salad with Mustard Sauce  
Mixed Green Salad and Assorted Salad Dressings  
Marinated Grilled Chicken Breast \*  
Grilled Hamburgers \*  
Hot Dogs \*  
Chicken Fingers \*  
French Fries \*  
Condiments Display  
Assorted Soft Drinks and Bottled Water

\* Available a la carte at Café Splash located at the Sports Pavilion Pool.

## Father's Day BBQ

Sunday, June 20th  
Waverley Room

Seatings at: 11:00 AM, 11:30 AM, 12:30 PM, 1:00 PM  
\$16.95 for Adults (13 & older)  
\$8.95 for Children (6-12)

Complimentary for children 5 & younger

Enjoy a delicious BBQ with your Dad on Father's Day!  
Don't forget to visit the Golf Shop for exclusive  
Father's Day discounts.

For reservations or for more information, please contact  
Terrilyn Richards at [trichards@tollbrothersinc.com](mailto:trichards@tollbrothersinc.com) or  
571-261-1887, ext. 103.



*The Tatem Family*

Please note, all prices are subject to state sales tax & gratuities. Our cancellation policy is in effect for all Member events, unless otherwise noted.

*\*As a reminder, reservations are requested for all Member events unless otherwise noted.*

**LEGEND:**  
**Golf**  
**Fitness**  
**Dining**

# MAY 2010

SUNDAY ■ MONDAY ■ TUESDAY ■ WEDNESDAY ■ THURSDAY ■ FRIDAY ■ SATURDAY

## Cinco de Mayo

Bring the whole family to Palmer's Grille & Patio and enjoy a traditional Mexican buffet to celebrate this festive occasion.

*Not interested in the buffet?*

Our regular Grille menu will also be available.

Wednesday, May 5th

Palmer's Grille & Patio • 5:00 PM

\$14.95 Adults • \$7.95 Children 6-12

Complimentary for children 5 and younger

\* Reservations are required for the buffet (only).



Our Mexican buffet will be available between 5:00 PM - 8:00 PM; however, you are welcome to stay past 8:00 PM and enjoy the rest of the evening's festivities at the Grille. For buffet reservations (required), please contact Terrilyn Richards at [trichards@tollbrothersinc.com](mailto:trichards@tollbrothersinc.com) or 571-261-1887, ext. 103.

**1**  
 Jazzercise 8:30 AM\*  
 20/20/20 9:00 AM  
 Ride Hour 10:00 AM\*  
 Brunch Menu Available  
 11:00 AM-1:00 PM  
 Prime Rib Night 5:00 PM-8:00 PM  
 MGA Lions vs. Lambs

<p><b>2</b></p> <p>Brunch Menu Available 11:00 AM-1:00 PM</p> <p>Ladies' Hybrid/Irons Golf Clinic</p>	<p><b>3</b></p> <p>Clubhouse &amp; Golf Course Closed</p> <p>Boot Camp 9:00 AM</p> <p>Jazzercise 9:30 AM*</p> <p>Total Body Circuit 6:00 PM</p> <p>Mat Pilates 7:00 PM*</p> <p><b>Greens Aeration</b></p>	<p><b>4</b></p> <p>Clubhouse Closed</p> <p>Body Sculpt 9:30 AM</p> <p>Jazzercise 9:30 AM*</p> <p>On the Ball 6:00 PM</p> <p>45 Minute Express Ride 7:00 PM*</p>	<p><b>5</b></p> <p>Cinco de Mayo</p> <p>Ride Hour 9:00 AM*</p> <p>Jazzercise 9:30 AM*</p> <p>Cinco de Mayo Buffet 5:00 PM 20/20/20 6:00 PM</p> <p>Ride Hour 7:00 PM*</p> <p>Men's Scramble</p>	<p><b>6</b></p> <p>1/2 Priced Burgers (All Day)</p> <p>Total Body Circuit 9:30 AM</p> <p>Jazzercise 9:30 AM*</p> <p>Ride Hour 10:30 AM*</p> <p>Kick Boxing 6:00 PM</p> <p>Mat Pilates 7:00 PM*</p>	<p><b>7</b></p> <p>Boot Camp 9:00 AM</p> <p>Jazzercise 9:30 AM*</p> <p>30 Minute Abs 10:00 AM</p> <p>Fish Fry Fridays (All Day)</p> <p>Finally Fridays 4:30 PM-6:30 PM</p> <p>Live Entertainment 7:00 PM-9:00 PM</p>	<p><b>8</b></p> <p>Jazzercise 8:30 AM* 20/20/20 9:00 AM</p> <p>Ride Hour 10:00 AM*</p> <p>Brunch Menu Available 11:00 AM-1:00 PM</p> <p>Prime Rib Night 5:00 PM-8:00 PM</p>
<p><b>9</b></p> <p>Mother's Day</p> <p>Mother's Day Brunch in the Waverley Room (Limited menu available in Palmer's Grille)</p>	<p><b>10</b></p> <p>Clubhouse &amp; Golf Course Closed</p> <p>Boot Camp 9:00 AM</p> <p>Jazzercise 9:30 AM*</p> <p>Total Body Circuit 6:00 PM</p> <p>Mat Pilates 7:00 PM*</p>	<p><b>11</b></p> <p>Clubhouse Closed</p> <p>Body Sculpt 9:30 AM</p> <p>Jazzercise 9:30 AM*</p> <p>On the Ball 6:00 PM</p> <p>45 Minute Express Ride 7:00 PM*</p>	<p><b>12</b></p> <p>Ride Hour 9:00 AM*</p> <p>Jazzercise 9:30 AM* 20/20/20 6:00 PM</p> <p>Ride Hour 7:00 PM*</p> <p>Men's Scramble</p> <p>All-You-Can-Eat Themed Buffet 5:00 PM-8:00 PM</p>	<p><b>13</b></p> <p>1/2 Priced Burgers (All Day)</p> <p>Total Body Circuit 9:30 AM</p> <p>Jazzercise 9:30 AM*</p> <p>Ride Hour 10:30 AM*</p> <p>Kick Boxing 6:00 PM</p> <p>Mat Pilates 7:00 PM*</p>	<p><b>14</b></p> <p>Boot Camp 9:00 AM</p> <p>Jazzercise 9:30 AM*</p> <p>30 Minute Abs 10:00 AM</p> <p>Fish Fry Fridays (All Day)</p> <p>Finally Fridays 4:30 PM-6:30 PM</p> <p>Live Entertainment 7:00 PM-9:00 PM</p>	<p><b>15</b></p> <p>Jazzercise 8:30 AM* 20/20/20 9:00 AM</p> <p>Ride Hour 10:00 AM*</p> <p>Brunch Menu Available 11:00 AM-1:00 PM</p> <p>Prime Rib Night 5:00 PM-8:00 PM</p>
<p><b>16</b></p> <p>Brunch Menu Available 11:00 AM-1:00 PM</p> <p>Ladies' Driver/Fairway/Woods Clinic</p>	<p><b>17</b></p> <p>Clubhouse &amp; Golf Course Closed</p> <p>Boot Camp 9:00 AM</p> <p>Jazzercise 9:30 AM*</p> <p>Total Body Circuit 6:00 PM</p> <p>Mat Pilates 7:00 PM*</p>	<p><b>18</b></p> <p>Clubhouse Closed</p> <p>Body Sculpt 9:30 AM</p> <p>Jazzercise 9:30 AM*</p> <p>On the Ball 6:00 PM</p> <p>45 Minute Express Ride 7:00 PM*</p>	<p><b>19</b></p> <p>Ride Hour 9:00 AM*</p> <p>Jazzercise 9:30 AM* All-You-Can-Eat Themed Buffet 5:00 PM-8:00 PM</p> <p>20/20/20 6:00 PM</p> <p>Ride Hour 7:00 PM*</p> <p>Men's Scramble</p>	<p><b>20</b></p> <p>1/2 Priced Burgers (All Day)</p> <p>Total Body Circuit 9:30 AM</p> <p>Jazzercise 9:30 AM*</p> <p>Ride Hour 10:30 AM*</p> <p>Kick Boxing 6:00 PM</p> <p>Mat Pilates 7:00 PM*</p> <p>Swing for Life</p>	<p><b>21</b></p> <p>Boot Camp 9:00 AM</p> <p>Jazzercise 9:30 AM*</p> <p>30 Minute Abs 10:00 AM</p> <p>Fish Fry Fridays (All Day)</p> <p>Finally Fridays 4:30 PM-6:30 PM</p> <p>Live Entertainment 7:00 PM-9:00 PM</p>	<p><b>22</b></p> <p>Jazzercise 8:30 AM* Sunray 5K 9:00 AM</p> <p>Brunch Menu Available 11:00 AM-1:00 PM</p> <p>Prime Rib Night 5:00 PM-8:00 PM</p>
<p><b>23</b></p> <p>Brunch Menu Available 11:00 AM-1:00 PM</p> <p>Ladies' Course Management/Etiquette Clinic</p>	<p><b>24</b></p> <p>Clubhouse &amp; Golf Course Closed</p> <p>Boot Camp 9:00 AM</p> <p>Jazzercise 9:30 AM*</p> <p>Total Body Circuit 6:00 PM</p> <p>Mat Pilates 7:00 PM*</p>	<p><b>25</b></p> <p>Clubhouse Closed</p> <p>Body Sculpt 9:30 AM</p> <p>Jazzercise 9:30 AM*</p> <p>On the Ball 6:00 PM</p> <p>45 Minute Express Ride 7:00 PM*</p>	<p><b>26</b></p> <p>Ride Hour 9:00 AM*</p> <p>Jazzercise 9:30 AM* All-You-Can-Eat Themed Buffet 5:00 PM-8:00 PM</p> <p>20/20/20 6:00 PM</p> <p>Ride Hour 7:00 PM*</p> <p>Men's Scramble LGA Madison Cup</p>	<p><b>27</b></p> <p>1/2 Priced Burgers (All Day)</p> <p>Total Body Circuit 9:30 AM</p> <p>Jazzercise 9:30 AM*</p> <p>Ride Hour 10:30 AM*</p> <p>Kick Boxing 6:00 PM</p> <p>Mat Pilates 7:00 PM*</p>	<p><b>28</b></p> <p>Boot Camp 9:00 AM</p> <p>Jazzercise 9:30 AM*</p> <p>30 Minute Abs 10:00 AM</p> <p>Fish Fry Fridays (All Day)</p> <p>Finally Fridays 4:30 PM-6:30 PM</p>	<p><b>29</b></p> <p>Jazzercise 8:30 AM* 20/20/20 9:00 AM</p> <p>Ride Hour 10:00 AM*</p> <p>Summer Kickoff Pool Opening Party 10:00 AM</p> <p>Brunch Menu Available 11:00 AM-1:00 PM</p> <p>Prime Rib Night 5:00 PM-8:00 PM</p> <p>MGA One Day Member/Member</p>
<p><b>30</b></p> <p>Brunch Menu Available 11:00 AM-1:00 PM</p> <p>Couples Event</p>	<p><b>31</b></p> <p>Memorial Day Clubhouse &amp; Golf Course Open</p> <p>Boot Camp 9:00 AM</p> <p>Jazzercise 9:30 AM*</p> <p>Total Body Circuit 6:00 PM</p> <p>Mat Pilates 7:00 PM*</p>	<p><b>25</b></p> <p>Clubhouse Closed</p> <p>Body Sculpt 9:30 AM</p> <p>Jazzercise 9:30 AM*</p> <p>On the Ball 6:00 PM</p> <p>45 Minute Express Ride 7:00 PM*</p>	<p><b>26</b></p> <p>Ride Hour 9:00 AM*</p> <p>Jazzercise 9:30 AM* All-You-Can-Eat Themed Buffet 5:00 PM-8:00 PM</p> <p>20/20/20 6:00 PM</p> <p>Ride Hour 7:00 PM*</p> <p>Men's Scramble LGA Madison Cup</p>	<p><b>27</b></p> <p>1/2 Priced Burgers (All Day)</p> <p>Total Body Circuit 9:30 AM</p> <p>Jazzercise 9:30 AM*</p> <p>Ride Hour 10:30 AM*</p> <p>Kick Boxing 6:00 PM</p> <p>Mat Pilates 7:00 PM*</p>	<p><b>28</b></p> <p>Boot Camp 9:00 AM</p> <p>Jazzercise 9:30 AM*</p> <p>30 Minute Abs 10:00 AM</p> <p>Fish Fry Fridays (All Day)</p> <p>Finally Fridays 4:30 PM-6:30 PM</p>	<p><b>29</b></p> <p>Jazzercise 8:30 AM* 20/20/20 9:00 AM</p> <p>Ride Hour 10:00 AM*</p> <p>Summer Kickoff Pool Opening Party 10:00 AM</p> <p>Brunch Menu Available 11:00 AM-1:00 PM</p> <p>Prime Rib Night 5:00 PM-8:00 PM</p> <p>MGA One Day Member/Member</p>

\* Denotes specialty classes (\$10 drop-in fee). Fitness schedule is subject to change.

**LEGEND:**  
**Golf**  
**Fitness**  
**Dining**

# JUNE 2010

SUNDAY ■ MONDAY ■ TUESDAY ■ WEDNESDAY ■ THURSDAY ■ FRIDAY ■ SATURDAY

		1 Clubhouse & Golf Course Closed Body Sculpt 9:30 AM Jazzercise 9:30 AM* On the Ball 6:00 PM 45 Minute Express Ride 7:00 PM*		2 Ride Hour 9:00 AM* Jazzercise 9:30 AM* All-You-Can-Eat Themed Buffet 5:00 PM-8:00 PM 20/20/20 6:00 PM Ride Hour 7:00 PM* Men's Scramble		3 1/2 Priced Burgers (All Day) Total Body Circuit 9:30 AM Jazzercise 9:30 AM* Ride Hour 10:30 AM* Kick Boxing 6:00 PM Mat Pilates 7:00 PM*		4 Boot Camp 9:00 AM Jazzercise 9:30 AM* 30 Minute Abs 10:00 AM Fish Fry Fridays (All Day) Patio Dining 5:30 PM-7:30 PM Finally Fridays 4:30 PM-6:30 PM Live Entertainment 7:00 PM-9:00 PM		5 Jazzercise 8:30 AM* 20/20/20 9:00 AM Ride Hour 10:00 AM* Brunch Menu Available 11:00 AM-1:00 PM Prime Rib Night 5:00 PM-8:00 PM			
		6 Brunch Menu Available 11:00 AM-1:00 PM LGA Scramble		7 Clubhouse & Golf Course Closed Boot Camp 9:00 AM Jazzercise 9:30 AM* Total Body Circuit 6:00 PM Mat Pilates 7:00 PM*		8 Clubhouse Closed Body Sculpt 9:30 AM Jazzercise 9:30 AM* On the Ball 6:00 PM 45 Minute Express Ride 7:00 PM*		9 Ride Hour 9:00 AM* Jazzercise 9:30 AM* All-You-Can-Eat Themed Buffet 5:00 PM-8:00 PM 20/20/20 6:00 PM Ride Hour 7:00 PM* Men's Scramble		10 1/2 Priced Burgers (All Day) Total Body Circuit 9:30 AM Jazzercise 9:30 AM* Ride Hour 10:30 AM* Kick Boxing 6:00 PM Mat Pilates 7:00 PM*		11 Boot Camp 9:00 AM Jazzercise 9:30 AM* 30 Minute Abs 10:00 AM Fish Fry Fridays (All Day) Finally Fridays 4:30 PM-6:30 PM Live Entertainment 7:00 PM-9:00 PM Men's Member/Guest	
13 Brunch Menu Available 11:00 AM-1:00 PM		14 Clubhouse & Golf Course Closed Boot Camp 9:00 AM Jazzercise 9:30 AM* Total Body Circuit 6:00 PM Mat Pilates 7:00 PM*		15 Clubhouse Closed Body Sculpt 9:30 AM Jazzercise 9:30 AM* On the Ball 6:00 PM 45 Minute Express Ride 7:00 PM*		16 Ride Hour 9:00 AM* Jazzercise 9:30 AM* All-You-Can-Eat Themed Buffet 5:00 PM-8:00 PM 20/20/20 6:00 PM Ride Hour 7:00 PM* Men's Scramble		17 1/2 Priced Burgers (All Day) Total Body Circuit 9:30 AM Jazzercise 9:30 AM* Ride Hour 10:30 AM* Kick Boxing 6:00 PM Mat Pilates 7:00 PM*		18 Boot Camp 9:00 AM Jazzercise 9:30 AM* 30 Minute Abs 10:00 AM Fish Fry Fridays (All Day) Finally Fridays 4:30 PM-6:30 PM Live Entertainment 7:00 PM-9:00 PM		19 Jazzercise 8:30 AM* 20/20/20 9:00 AM Ride Hour 10:00 AM* Brunch Menu Available 11:00 AM-1:00 PM Prime Rib Night 5:00 PM-8:00 PM Ladies Member/Guest	
20 Father's Day Brunch Menu Available 11:00 AM-1:00 PM Father's Day BBQ		21 Clubhouse & Golf Course Closed Boot Camp 9:00 AM Jazzercise 9:30 AM* Total Body Circuit 6:00 PM Mat Pilates 7:00 PM*		22 Clubhouse Closed Body Sculpt 9:30 AM Jazzercise 9:30 AM* On the Ball 6:00 PM 45 Minute Express Ride 7:00 PM*		23 Community Blood Drive 3:00 PM-8:00 PM Ride Hour 9:00 AM* Jazzercise 9:30 AM* All-You-Can-Eat Themed Buffet 5:00 PM-8:00 PM 20/20/20 6:00 PM Ride Hour 7:00 PM* Men's Scramble		24 1/2 Priced Burgers (All Day) Total Body Circuit 9:30 AM Jazzercise 9:30 AM* Ride Hour 10:30 AM* Kick Boxing 6:00 PM Mat Pilates 7:00 PM*		25 Boot Camp 9:00 AM Jazzercise 9:30 AM* 30 Minute Abs 10:00 AM Fish Fry Fridays (All Day) Finally Fridays 4:30 PM-6:30 PM		26 Jazzercise 8:30 AM* 20/20/20 9:00 AM Ride Hour 10:00 AM* Brunch Menu Available 11:00 AM-1:00 PM Prime Rib Night 5:00 PM-8:00 PM MGA Ultimate Scramble	
27 Brunch Menu Available 11:00 AM-1:00 PM Couples Event		28 Clubhouse & Golf Course Closed Boot Camp 9:00 AM Jazzercise 9:30 AM* Total Body Circuit 6:00 PM Mat Pilates 7:00 PM*		29 Clubhouse Closed Body Sculpt 9:30 AM Jazzercise 9:30 AM* On the Ball 6:00 PM 45 Minute Express Ride 7:00 PM*		30 Ride Hour 9:00 AM* Jazzercise 9:30 AM* All-You-Can-Eat Themed Buffet 5:00 PM-8:00 PM 20/20/20 6:00 PM Ride Hour 7:00 PM* Men's Scramble		<div style="background-color: red; color: white; padding: 5px; text-align: center;"> <b>Community Blood Drive Recycle ~ Donate Blood!</b> </div> <p style="text-align: center;"> <b>Wednesday, June 23rd</b>  <b>3:00 PM – 8:00 PM</b>  <b>Sports Pavilion Parking Lot</b>  <i>(upper level)</i> </p> <p style="text-align: center;">             To make your life-saving appointment, go to <a href="http://www.inovabloodsaves.org">www.inovabloodsaves.org</a> and click on <i>Donate Blood</i> and enter sponsor code 7118. You are also welcome to call INOVA at 1-866-256-6372. <i>See you at the drive!</i> </p> 					

\* Denotes specialty classes (\$10 drop-in fee). Fitness schedule is subject to change.

# FITNESS CENTER NEWS

Laura Smith, Fitness Director

## 2010 Summer Camps

Registration forms are now available at the Fitness Center Desk. Registration today!

For more information, please contact the Laura Smith at the Fitness Center at [lasmith@tollbrothersinc.com](mailto:lasmith@tollbrothersinc.com) or 571-261-4112, ext. 105.

Open to all DVCC Members!

### Fun & Fitness Camp

June 28th – July 2nd  
July 19th – 23rd  
August 23rd – 27th



This camp will offer a variety of sports and activities such as golf, soccer, tennis, fitness classes and games! Lunch will be served daily. Each day will end with pool time supervised by lifeguards and multiple camp counselors.

**Time:** 9:00 AM – 4:00 PM  
**Ages:** 5 - 12  
**Price:** \$235 / child per week  
**Instructor:** DVCC Sports Pavilion Staff

### Cheers-n-Tumbles Camp

August 2nd – 6th

This camp will include basic cheerleading and tumbling skills, parachute play, arts and crafts, open play, organized games, snacks and a movie.

**Time:** 9:00 AM – 12:00 PM  
**Ages:** 4 - 6  
**Price:** \$160 / child per week  
**Instructor:** Laura Smith



### Basketball Camp

June 21st – 25th  
July 26th – 30th

This camp will focus on improving offensive and defensive skills as well as team play. This camp will include one-on-one, three-on-three and full court games.

**Time:** 9:30 AM – 11:00 AM  
**Ages:** 7 - 10  
**Price:** \$80 / child per week  
**Instructor:** Jose Villegas



### Dance Camp

August 9th – 13th

Join the fun! Students will explore the world of Ballet, Tap, Jazz and Creative dance each day. In addition to dance, students will make a daily craft/prop related to dance, learn about dance history, explore the world of props and more. A daily snack will be provided.

**Time:** 10:00 AM – 12:00 PM  
**Ages:** 3 - 5  
**Price:** \$100 / child per week  
**Instructor:** Kim King



**Time:** 1:00 PM – 3:00 PM  
**Ages:** 6 & older  
**Price:** \$100 / child per week  
**Instructor:** Kim King

### Soccer Camp

July 12th – 16th  
August 30th – September 3rd

This camp provides children with the opportunity to experience the great game of soccer through fun games and activities.

**Time:** 9:00 AM – 12:00 PM  
**Ages:** 3 - 8  
**Price:** \$175 / child per week  
**Instructor:** Gol Programs



### Action & Adventure Camp

August 16th – 20th

This camp will allow children to experience a variety of arts & crafts as well as several games and activities. The children will be able to mix their passion for adventure with their creativity and energy to participate in this total camp experience.

**Time:** 9:00 AM – 12:00 PM  
**Ages:** 3 - 8  
**Price:** \$175 / child  
**Instructor:** Gol Programs



All camps are a first-come, first-served basis and space is limited in order to provide a great camp experience for all. Please contact the Fitness Center to sign up or inquire about camps. Pre-registration is required for all camps. A minimum of five (5) participants is required to hold each camp. A 72-hour cancellation policy will be in effect for all who sign up. The camp instructor must be informed of your cancellation no later than 2 PM on the Friday before the day of camp or you will be subject to applicable fees.

# GOLF HIGHLIGHTS

Golf Professional Staff

## A tip from your Pros...

Is this the year that you have decided to dedicate yourself to improving your golf game? There are many of us who do not have all day to practice and work on our game. If you can improve the quality of your practice instead of the quantity of time devoted, you should see some positive results. Make sure you make the most of your time and work on as many areas of your game as possible.

The short game is so often neglected when people decide to take the time to practice. Yes, it may be more enjoyable to stand on the range and hit numerous bags of range balls; however, if you can spend more time practicing the short game, you will shoot lower scores, guaranteed! Remember, over 80% of your game is played inside 100 yards. A good rule of thumb: You should practice your short game twice as much than you do your full swing. If you only have an hour to practice, try this simple routine the next time you're at the range:

- 15 minutes of chipping from various lies and distances
- 10 minutes of bunker practice - hone that ability to get the ball out in one try
- 25 minutes of full swing
- 10 minutes of putting - practicing long and short putts

Remember, save shots and stay sharp around the greens. That's just one key to succeeding at this great game of golf!

## LGA ~ Save these Dates!

### Thursday, May 20th

The Robbyn Rothman Memorial Swing for Life Tournament to Benefit the Fight Against Ovarian Cancer

8:00 AM Breakfast & Registration

9:00 AM Shotgun Start

Event Fees: \$70

\$20 Donation

Please register no later than Monday, May 17th.

### Wednesday, May 26th

Madison Cup vs. Piedmont

### Saturday, June 19th

Ladies' Member/Guest

For more information, please contact the Golf Shop at 571-261-4101.

For all upcoming golf events, please see pages 4 & 5 of this newsletter or visit us in the Golf Shop for the full 2010 Schedule.

# GREENS AND GROUNDS

Ray Nash, DVCC & Regency Golf Course Superintendent

## Repairing Ball Marks

Ball marks are indentations caused when a ball lands sharply on a soft green and have been ruining good putts since the days of old Tom Morris. Unrepaired ball marks take two or three weeks to properly heal, leaving behind unsightly, uneven putting surfaces. On the other hand, a repaired ball mark takes only half that time.

Beginner or pro, we encourage all golfers to fix their own marks. If you're a steward of the game, you'll even fix those marks forgotten by others while your partners are putting. There's really not much to it; however, there are a few guidelines to follow when making these repairs.

1. Use a prolonged ball mark repair tool (preferably), knife, key or tee.
2. Insert at the edges of the mark – not the middle of the depression.
3. Bring the edges together with a gentle twisting motion, but don't lift the center. Try not to tear the grass.
4. Smooth the surface with a club or your foot. You're finished when it's a surface you would putt over.

## The Proper Way to Repair a Ball Mark

- 1 Use a prolonged ball mark repair tool (preferably), knife, key or tee.
- 2 Insert at the edges of the mark – not the middle of the depression.
- 3 Bring the edges together with a gentle twisting motion, but don't lift the center. Try not to tear the grass.
- 4 Smooth the surface with a club or foot. You're done when it's a surface that you would putt over.



Source: Golf Course Superintendents Association of America

As always, if you have questions or are interested in knowing more about how we keep your course in premier condition, please feel free to contact me at [rnash@tollbrothersinc.com](mailto:rnash@tollbrothersinc.com) or 703-753-2263.

## Featured Club of the Month Mountain View

80-375 Pomelo  
La Quinta, California 92253

A luxurious golf course community in La Quinta, California, situated on an Arnold Palmer Signature golf course, Mountain View Country Club® affords you the kind of lifestyle you've always dreamed of and deserve. The architectural theme throughout this community continues the rich traditions of Spanish Colonial-style influence.

You will enjoy features like our 18-hole championship course, a state-of-the-art fitness center equipped with tennis, swimming pool, and locker facilities. Mountain View Country Club® offers only the best in southern California!



Mountain View Country Club® is one of several Toll Brothers golf communities located throughout the country. Toll Brothers is a national semi-custom homebuilder, creating beautiful communities and luxury homes throughout the US.

[www.DominionValleyCC.info](http://www.DominionValleyCC.info) • Fax 571-261-1384

## Clubhouse/Dining Hours of Operation May & June

Monday	Closed
Tuesday	Closed
Wednesday	11:30 AM - 8:00 PM
Thursday	11:30 AM - 9:00 PM ½ Priced Burgers ~ All Day!
Friday	11:30 AM - 9:30 PM Finally Fridays at the Grille ~ 4:30 PM - 6:30 PM Fish Fry Fridays ~ All Day!! Live Entertainment Fridays ~ 7:00 PM - 9:00 PM The 1st, 2nd & 3rd Friday of every month.
Saturday	9:00 AM - 9:30 PM Prime Rib Night ~ 5:00 PM - 8:00 PM
Sunday	9:00 AM - 8:00 PM

\* Brunch menu available from 11:00 AM – 1:00 PM every Saturday & Sunday.

\* To better serve all of our Members and guests, reservations are requested for parties consisting of seven (7) people or more in any of our dining areas. To do so, please call Chela Ghayour at 571-261-1887, ext. 106.

### Golf Shop

Monday	Closed
Tuesday-Friday	7:30 AM - 7:00 PM
Saturday & Sunday:	7:00 AM - 7:00 PM

### Sports Pavilion

Monday-Thursday	5:00 AM - 9:00 PM
Friday	5:00 AM - 8:00 PM
Saturday	8:00 AM - 6:00 PM
Sunday	10:00 AM - 6:00 PM

### Directory

#### CLUBHOUSE

Main	571-261-1887
Fax	571-261-1384
Brandon O'Neill General Manager	Ext:105 Direct Line: 571-261-1372
Terrilyn Richards Member Relations Director	Ext:103
Executive Chef	Ext:111
Laura Hoffman Director of Food & Beverage/Catering Sales	Ext:112
Chela Ghayour Service Manager/Banquet Coordinator	Ext:106

#### GOLF

Golf Shop	571-261-4101
Ray Nash Golf Course Superintendent	703-753-2263

#### MEMBERSHIP OFFICE (LOCATED IN THE SPORTS PAVILION)

Theresa Henry Membership Coordinator	571-261-4112, Ext:102
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#### ACCOUNTING OFFICE (LOCATED IN THE SPORTS PAVILION)

Adam Pecora Club Controller	571-261-4112, Ext:113
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#### FITNESS CENTER

Laura Smith Fitness Director	571-261-4112, Ext:106
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