



# Downtown Athletic Club

999 Willamette St., Eugene, OR 97401 • (541) 484-4011 • www.downtownac.com

July 2011

## Social Events

### Live Music at the Top of the DAC

Saturdays, All Month

8-11 p.m. - Ax Billy Grill

- 7/2 Robert Meade
- 7/9 Mike Denny
- 7/16 Carl Woideck
- 7/23 Jeremy Pruitt
- 7/30 Brooks Robinson

Try out our new menus while listening to live local music at the Ax Billy Grill from 8-11 p.m. There is no cover charge, great acoustics and comfortable seating. Don't miss our two new Saturday Night Live Music artists.

### Third Thursday Tasting

Thursday, July 21 5-7 p.m.

You're invited to mix, mingle and learn more about Sweet Cheeks at this month's wine tasting in the Ax Billy Grill. Enjoy food, fun and socializing while unwinding with friends at the top of the DAC.

### DAC Book Club

Let the Great World Spin by Colum McCann

Monday, July 11

7-8 p.m. - Club Library

Colum McCann's novel is a portrait of early-1970s New York, and the narrative of one man on a high wire as a metaphor for the way we all somehow play out our personal sorrows. Join us to discuss this highly original and wondrous novel. For additional information, visit our website or contact Sarah Wilson at ext. 256.



### 2011 Book Club Selections

Aug - *The Whistling Season* by Ivan Doig

Sep - *First Tycoon* by T.J. Stiles

### DAC Book Club Dinner

Make an evening of it! DAC Book Club meets for fun informal non-Club sponsored dinners in the Ax Billy Grill at 5:30 p.m. before Book Club meetings begin. No sign up necessary.

## New to the Club

### Weekday Morning DAC PAC

While you work out, drop your kids off at our new summer DAC PAC Monday through Friday from 9am to 10:30am. DAC PAC, located in the Newberry Gym, provides kids age 6 - 12 the opportunity to play games and interact with friends every morning. Please contact Youth Director, Lou Kaczewski at ext. 223 for more details.



### Summer Fitness Challenge

July 11 - August 21

Are you movin' and shakin' this summer? It's easy to let the summer heat keep you from staying fit. Our summer fitness challenge is your tool for staying accountable. Here is how it works:

- Challenge yourself and fellow members
- Sign up at the back desk to get your name on the fitness challenge board
- Use the board to track your workouts throughout the week
- Complete four workouts per week to be eligible for weekly prizes and bragging rights

All fitness levels are encouraged to participate. For details, pick up an information sheet at the back desk.

**Summer Member Social**  
July 21, 5:30 - 7:00 p.m.

**AX BILLY GRILL**

**Special Tapas Menu, Wine & Live Music!**

## July

SU	M	T	W	TH	F	SA
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 1 | Court Refurbishing Begins
- 2 | Saturday Night Live Music
- 4 | **Club Closed Holiday**
- 8 | Friday Night Sports and Games
- 9 | Saturday Night Live Music
- 11 | Book Club
- 11 | Summer Fitness Challenge Begins
- 16 | Saturday Night Live Music
- 20 | Jim Dodd Golf Clinic
- 21 | Thursday Wine Tasting
- 21 | Fall Weight Loss Clinic Meeting
- 23 | Saturday Night Live Music
- 24 | **Club Closed at 2 p.m.**
- 30 | Saturday Night Live Music

## August

SU	M	T	W	TH	F	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 5 | First Friday Family Night
- 6 | Saturday Night Live Music
- 8 | Book Club
- 13 | Saturday Night Live Music
- 18 | Thursday Tasting
- 19 | Friday Night Sports and Games
- 20 | Saturday Night Live Music
- 27 | Saturday Night Live Music

## Club Hours:

Monday - Friday 5 a.m. to 9 p.m.

Saturday - Sunday 7 a.m. to 8 p.m.

## Youth



Mark your calendar and sign up with all of your friends. Both 2011 camps are open to non DAC members. Register for the whole week and save. Brochures and registration forms are now available online. Contact Youth Director, Lou Kaczenski at youth@downtownnac.com or ext 223 for more information. Camp is fun for kids and easy for parents with extended care available every day until 6pm.

### Summer in the City

#### Ages 5 to 12

Weekdays, June 20 - September 2

8 a.m.-4 p.m.

We are very excited to offer a summer long camp of Eugene exploration. The children will be immersed in weeks of field trips to local spots and experience all that our beautiful city has to offer. Campers experience a unique summer program with art, sports, outdoor activities, games, swimming and field trips traveling via public transportation to each destination. This camp is designed to offer your child the most possible fun they could have without you!

### Downtown City Events

The Downtown Athletic Club and the City of Eugene invite you downtown for this summer's family-friendly festivities in Kesey Square. Enjoy over 40 free events of live music and other outdoor activities like open air movies. Take part in a variety of fun and games, including dodgeball, opera and a fashion show hosted by local artists. *For details on events please visit [www.eugene-or.gov/](http://www.eugene-or.gov/) SummerintheCity.*

### All-Sports Kids' Camp

#### Ages 10 to 14

Weekdays, June 20 - September 2

8 a.m.-4 p.m.

With long summer days around the corner, the DAC's new All-Sports Kids' Camp is just the right way to get your kid off the couch and out of the house. Our camp's unique focus is on your young athlete, working with them to improve their speed, strength, coordination and teamwork skills to better prepare them for all sports. Each week will focus on a specific area of athletic development with instruction from experienced coaches and trainers.

**KIDS EAT FREE\***  
**1ST FRIDAY OF**  
**EVERY MONTH**

Ax Billy Grill  
at the DAC



\*Offer valid with purchase of an adult entrée



## Member Spotlight: Ladies of the Weights



The Ladies of the Weights plus Lou Kaczenski, shown left to right: Karen, Laura, Lou, Lynn and Kathy. (Not pictured: Jessica Hyland.)

During a time while most of us watched steam rise from our coffee mugs, the DAC weight room provided a boost of its own to a different group of members than usual. On Tuesday and Thursday mornings during the month of April, Fitness Director, Lou Kaczenski led a group of women into a realm they dared not enter before. Like many forms of exercise will do, that realm proved deep and addicting to these ladies. They continue their lifting sessions together to this day, even though the instructor has set them loose on their own.

This inaugural course, entitled "Women's Weight Training," was held at 6:30 in the morning and was aimed at creating "a non-intimidating group setting designed specifically for women wanting to learn the fundamentals of weight training." Members Kathy Hermens, Lynn Jolly, Laura Parrish, Karen Logvin and Jessica Hyland all agree that with minimal prior training, the weight room could be both intimidating and daunting. Facing that fear, these five ladies completed that course and have gained a new sense of confidence and understanding about utilizing the weight room, about themselves, and about each other.

"Lou was an excellent teacher; the classes took us from the beginning and let us build a foundation that will make

us healthy and strong. Each class was mostly instruction... learning what muscles you were using and how to target certain ones," says Kathy. Demonstrations were also provided "where we could observe each other." "There was time for each of us," Lynn added. Lou tailored the class to fit their needs and the regular instruction helped the ladies gain knowledge and insight into effective exercise, proper technique and overall healthier lifestyles. "Now we don't feel self conscious with our low weights. If you're doing it right, it doesn't matter how much you lift."

Laura came to the class for more than the usual desire to tone and build muscle by lifting weights. "We wanted to learn how to build and tone muscle, (but) with all of us being close in age, osteoporosis prevention was another concern for all of us." Currently in remission from breast cancer, Laura's weight lifting was also a great choice to fulfill her goal of building bone density.

With a little guidance from a trustworthy source, these ladies were able to conquer their fears and take control of their health. Not only that but they have formed a camaraderie amongst themselves that aids the motivation to keep them going. Hitting the gym with friends tends to be more effective than working out alone. "It's a way to hold each other accountable," says Lynn. The women have agreed to continue to meet as a group outside of a class setting and have stuck with the schedule that worked for them. One woman joked, "We meet during a time that's hard to miss. That early...I can't even use the excuse that I needed to feed my cat. The support is great!"

If you enjoyed reading this article and would like more information about future weight lifting classes, look for more details this fall or contact Lou Kaczenski at [athletics@downtownac.com](mailto:athletics@downtownac.com).

## Family Fun

### First Friday Family Night ON HOLD

Join us again in **AUGUST** for the arrival  
of our **NEW BOUNCE HOUSE!**

Friday, August 5

5:30 - 6:30 p.m. - Newberry Gym

Bring the whole family to the DAC the first Friday in August for Family Night and the unveiling of our new bounce house. Begin the night in the Newberry gym with group games and activities for kids and parents alike. When the kids wind down, join us upstairs for dinner at the Ax Billy Grill, where kids eat free\* the first Friday of every month. *No sign up necessary, complimentary.*

\*Offer valid with purchase of adult entrée



## Aquatics

### Introducing Jessi Atherton

We are pleased to announce our newest DAC kids' Swim Academy Coach, Jessi Atherton.

For the past ten months, Jessi has been teaching swim lessons and life-guarding at the DAC. As



Jessi Atherton

head coach of "Age Group" she plans to provide quality stroke instruction, endurance training and create a fun environment for her group of nine to fourteen year olds. She also plans to work extensively with competitive swimmers on performing their best at swim meets.

DAC Swim Academy is comprised of two groups: the "Age Group," ages 9-14 and "Novice," ages 5-8. Both groups practice Monday through Thursday, with Jessi leading the Age Group from 3:45-5:00 p.m. and the Novice Group continuing to meet with me from 3:45-4:45p.m.

The DAC Swim Academy is open to all member and nonmember children who can successfully complete 25 yards of freestyle and 25 yards of backstroke. The first week is complementary and swimmers may join at any time. We are excited for upcoming meets this summer at Eugene Country Club, Eugene Swim and Tennis, and the Junction City pool. Competing at swim meets is optional.

Don't let your kids miss out on a fun summer of swimming. Feel free to visit the pool area or drop by and have your child participate. Please call me with any questions at 541-484-4011 ext. 237. Jessi and I hope to see you soon!

by Aquatics Director,  
Meredith Verberkmoes

## Fitness



### Why Not Gyro?

Do you know about our Pilates and Gyrotonic studio and what it can do for you? Gyrotonics and pilates are often used by golfers, tennis players and other athletes who need alignment training. If you are curious take a peek inside our studio or contact Marilyn Hinson at x419. Studio entrance located on the second floor of the Newberry Building at 980 Willamette Street.



### Golf Series with Jim Dodd

#### Basic Swing: Sequence of Motion

Wednesday, July 20

6-7 p.m. - River Ridge Golf Course

The golf swing is a deliberate procedure more than a reaction. This clinic presents methods and techniques to give participants awareness and feel for the sequence of motion needed for successful shots. Hosted by local golf pro Jim Dodd. Bring your own golf clubs. 12 person limit. For more information, directions to the Golf Course or to sign up, visit the back desk. Cost: \$10



### Running Club

Be sure to cheer on the Downtown Running Club this 4th of July during the 38th annual Butte to Butte. All levels of runners are invited to join us for our weekly track workout, Wednesdays at 6:30 p.m. at the South Eugene High School Track.

#### COURT REFURBISHING

**JULY 1 - 4**

The Newberry Gym, Family Workout Area and Studio II will be closed for court resurfacing.

#### CLUB CLOSURE

**MONDAY, JULY 4**

The DAC, Newberry Child Care, Kidstop & Ax Billy Grill and Sports Bar will be closed in observance of the Independence Day.

#### CLUB EARLY CLOSURE

**SUNDAY, JULY 24**

The DAC will be closed at 2 p.m. for an employee appreciation event.

### Coaching and Counseling for the Worried Well

Get Your Mojo Back

**Kay Porter, Ph.D.**

Individuals/Businesses/Teams



**541-342-6875**

kayporter1@comcast.net  
www.thementalathlete.com

