



CLUB VIEWS

FROM THE GM...

This month is filled with great activities such as Caribbean Night, Kids Camp Combo, Member-Member Golf and much more. Please make your reservations early for these events.

Thank you to all our Members Weekend Sponsors. We raised over \$70,000 from the weekend and brick paver purchases. The Captains Club's goal is to raise \$175,000 to complete the patio project, renovate the ladies locker room, repair two paddle tennis courts, add new trees to the golf course and purchase some new fitness equipment. The second phase of the fundraising efforts will start this month as we will begin a campaign to get donations from our membership. Thus far we have about \$60,000 in additional pledges and hope to raise another \$50,000 to reach our goal of \$175,000.

Thanks again to all our Members Weekend and Captains Club donors for making WHCC a better club through capital improvements.

Greg Steller
General Manager



CARIBBEAN NIGHT

SATURDAY, AUGUST 6TH
On the Patio

Enjoy Cocktails, Heavy Hors D'oeuvres and Dancing.

7:00 pm Cocktails and Food Stations

7:00 to 8:30 pm
Steel Drums

8:30 to 11:30 pm
Live Band:
"The Reaganomics"

\$28.95 per person

Member Charge Bar

Please Note: The clubhouse will not be open for regular Grill Room dining.

RSVP by July 29th and receive a free drink!

RSVP by calling the club at 885-9516 or email reservations@worthingtonhills.com.

Menu to include:

- Assorted Fruit Display
- Mixed Green Salad with Tropical Fruit, Candied Almonds and Goat Cheese in a Sweet and Spicy Vinaigrette
- Gazpacho Shrimp Shooters
- Guacamole and Roasted Tomatillo Salsa with Tortilla and Plantain Chips
- Seafood Bar Featuring Shrimp, Oysters, and Tuna Ceviche
- Carved Roasted Suckling Pig
- Mashed Sweet Potato Station
- Jerk Chicken
- Coconut Crab Croquettes with Avocado Ranch Sauce
- Chocolate Fountain and Finger Desserts

MEMBERSHIP HAPPY HOUR & CAR AND MOTORCYCLE SHOW

FRIDAY, AUGUST 5TH
On the Patio

If you are interested in participating in the car and motorcycle show, please contact Greg Steller at 885-9516 or email gsteller@worthingtonhills.com.

6:00 to 7:00 pm

Complimentary beer, wine and light hors d'oeuvres.

KID'S CAMP COMBO

AUGUST 10-12
9:00 am to 1:00 pm
\$110.00 per child

Activities, games and clinics are planned for the children each day. These will include golf, tennis, swimming, and fitness.

Lunch will be served each day.

Sleepover in the Clubhouse on Friday evening!
Fun starts at 7:00 pm!

Breakfast Saturday Morning is Included

Pick up Children at 8:00 am

**Make your reservations early!
This is a sell-out program!**
RSVP by calling the club at 885-9516!



BBQ RIB NIGHT

FRIDAY, AUGUST 12TH

Appetizer	\$9.95
Half Rack	\$14.95
Full Rack	\$18.95

Each Entrée will come with your choice of soup or salad and accompanying side items.

RSVP by calling the club at 885-9516 or email reservations@worthingtonhills.com.

LADIES NIGHT HAPPY HOUR

WEDNESDAY, AUGUST 17TH

7:00 to 9:00 pm
Couple's Lounge

Enjoy a night out with friends in our Couple's Lounge!

\$5 Martini and Appetizer Specials!

PRIME RIB NIGHT

FRIDAY, AUGUST 26TH

Only \$21.95

Includes 12 oz. Prime Rib, choice of soup or salad and accompanying side items.

Reservations from 5:30 to 10:00 pm

RSVP by calling the club at 885-9516 or email reservations@worthingtonhills.com

BEER OF THE MONTH

Sam Adams
Coastal Wheat - \$4.50

LADIES ONLY POOL PARTY

WEDNESDAY, AUGUST 31ST
12:00 to 3:00 pm
At the Pool

No Husbands or Children allowed!!

Lunch Buffet and Bar Service Available

Optional Chair Massages

SENIOR TRIBUTE NIGHTS

NOT JUST FOR SENIORS!

Every Tuesday Night in August we will feature two dinner entrees at the price of \$11.00 per entrée. The entrée will include your choice of soup or salad and accompanying side items. A great meal at a great price, perfect for taking the entire family to dinner!

Tuesday menu to include:

August 2nd -

Italian Sausage with Peppers, Onions and Tomato Sauce over Parmesan Polenta - *or* - Cracker Crusted Cod with Roasted Garlic Cream Sauce

August 9th

Fried Pork Chop with a Creamy Pepper Sauce - *or* - Blackened Chicken Breast with Black Bean and Corn Relish

August 16th

Tortilla Crusted Tilapia with Fresh Tomato Salsa - *or* - Spaghetti and House-made Meatballs

August 23rd

Steak Tip Stir Fry over Rice - *or* - Cornmeal Dusted Catfish with Bacon Remoulade

August 30th

Grilled Chicken Pasta with Fresh Mozzarella, Tomatoes and Spinach - *or* - Teriyaki Glazed Flank Steak with Ginger Scallion Whipped Potatoes

FAMILY LUAU EVENT!!!

Over 140 people enjoyed the Family Luau at the Pool this year!





MARK YOUR CALENDARS!! UPCOMING SEPTEMBER EVENTS!

MEMBERSHIP HAPPY HOUR
Friday, September 2nd
On the Patio

6:00 to 7:00 pm
Complimentary beer, wine and light hors d' oeuvres.

Live Music on the Patio
6:00 to 9:00 pm

FAMILY FUN DAY AT THE POOL
Sunday, September 4th

Noon to 4:00 pm
Featuring a DJ, Games and Prizes!

TENNIS CLUB CHAMPIONSHIPS
Monday, September 5th

LABOR DAY WEEKEND CLUB HOURS
Monday, September 5th – Clubhouse Open (Sunday Hours)

Tuesday, September 6th – Clubhouse Closed

GRANDPARENTS DANCE
Friday, September 16th

Grandparents...This is a great opportunity for you give your children a break for the evening and bring your grandkids to the club for dinner and dancing.

6:00 pm Dinner
6:30 to 8:30 pm DJ and Dancing

Adults: \$17.95
Children: \$8.95

RSVP by calling the club at 885-9516 or email reservations@worthingtonhills.com.

Golf News...

A NOTE FROM THE PRO...

I would like to remind members to sign up for the 2011 Men's Member-Member tournament scheduled on August 19th, 20th, & 21st. Please sign-up in the golf shop.

As a reminder, please replace or fill all divots, repair all ball marks, rake all bunkers, and obey all green and white stakes for cart traffic. When carts are at 90 degrees only please follow the following procedure. These terms indicate players to stay on the cart paths until they reach their golf balls and make a 90-degree angle towards their golf ball. Once players are done hitting please return the cart back to the cart path at a 90-degree angle. Jim Cola and his staff do a great job at keeping the golf course in wonderful condition. Let's continue to help him out so members can enjoy a great conditioned golf course.

I look forward to seeing everyone at the club.

Brian Sparks
PGA Professional

AUGUST GOLF SHOP HOURS

Tuesday – Sunday
7:00 am to Dark
Based on Weather Conditions
Monday - Closed

UPCOMING GOLF EVENTS

MEN

August 6 Club Championship Round 3
August 7 Club Championship Finals
August 10 Men's Guest Day
August 13 Club Championship Rain Date and Scratch Event
August 19-21 Member-Member Tournament

WOMEN

August 2 Club Championship Round 1
August 4 Club Championship Round 2
August 5 Club Championship Finals
August 9 Daytona Format
August 16 ABCD-2 BB of 4
August 23 Pick your Poison
August 30 Member-Member

FORE FUN

August 3 Total Score on Even Holes
August 10 Lucky 7
August 17 Beat the Pro
August 24 Total Score on the Odd Holes
August 31 Total on Par 3's

COUPLES

August 12 Couples 9 Hole Event
August 14 Couples Championship
August 26 Couples 9 Hole Event
August 28 Couples Event

SENIORS

August 2 Battle Across the Olentangy at WHCC
August 3 Battle Across the Olentangy at York
August 9 2 Best Balls of 4 (Points)
August 16 Senior Member-Member
August 23 Individual Gross and Net Flighted
August 30 Beat the Pro

AUGUST DRIVING RANGE HOURS

TUESDAY - FRIDAY
7:30 am to 8:00 pm

SATURDAY
7:00 am to 8:00 pm

SUNDAY
7:00 am to 7:30 pm

(Due to cleaning and picking the range)





MEN'S GOLF MEMBER-MEMBER

AUGUST 19-21

Format

Two-Man teams playing nine-hole matches against five teams in a flight.
Best Ball – 1 Net BB of 2 Format will be used in five, nine-hole matches.

Scoring

Scoring will be on a point basis, the winner of each flight being the team with the highest number of points accumulated over the 45 holes played. Points are awarded on the basis of holes won or lost in each match.

Handicaps

A maximum 12 shot difference between partners. Handicaps will be dictated by the format of each nine holes.

Flights

The flights will consist of six (6) two-man teams. The teams are placed in flights according to their total combined handicap.

Registration

Only available in the golf shop beginning Saturday, July 23rd at 7:00 am. No phone calls please. This tournament is limited to the first 72 teams.

Calcutta

Paid to the following:

- First and Second Place

Winners of each flight

- Overall Shootout Winners
- Entire Flight of Shootout

Winners – All Six Teams

Cost: \$90 per member

Includes steak dinner and open bar on Friday evening.

SCHEDULE OF EVENTS

Friday, August 19th

Entire field to play one nine-hole match

2:30 pm Shotgun

- Putting Contest, Long Drive Contest and 4-hole Team Challenge

Challenge at 5:30 pm

- Stag Dinner and Steak Cookout on Patio
- Cards in Men's Lounge Following Dinner

Saturday, August 20th

Second Nine-Hole Match

8:00 to 10:30 am – Tee times off #1 and #10

Third Nine-Hole Match

11:00 am to 1:33 pm – Tee times off #1 and #10

Sunday, August 21st

Fourth Nine-Hole Match

8:00 am – Shotgun
Fifth Nine-Hole Match
10:30 am – Shotgun

12:30 to 2:30 pm Lunch Buffet

Shootout

As soon as results are posted
All Flight Winners Compete
Format: Alternate Shot

Please visit www.worthingtonhills.com for an entry form

REDUCED GUEST FEE DAYS

Bring a guest on the following Thursdays and pay only \$55 for cart and greens fee.

August 25th
September 29th
October 6th

- Open to Golf Members Only!
- Limited to three guests per member. Open to men and women
- Tee times available between 10:00 am and 3:00 pm

REDUCED GUEST FEE SPECIAL!

SATURDAY AFTERNOONS AFTER 3:00 PM

The guest rate will be \$55 plus cart from now through October.

Couples Welcome!

Family Guest Fee - \$45 plus cart

Ask for the family rate when entertaining your adult children, siblings, in-laws and parents!

MINI GOLF OUTINGS

Any golf or social member can host a mini golf outing on Wednesday afternoons. Tee times or a mini shotgun can be scheduled for up to 32 players beginning at 1:30 pm. This will not go towards the limited five rounds for social members. This is a great way to entertain clients!

Call the pro shop to check available dates at 885-9128.

MONDAY GOLF

The golf course is closed until 3:00 pm on Mondays. After 3:00 pm, you are allowed to walk the course. There are Monday outings scheduled on August 8th, 15th and 29th that will close the golf course until 6:00 pm.

ONLINE SIGN UPS!

Sign up for an event, tournament, or tee time by going to www.worthingtonhills.com

DRESS CODE

Appropriate golf clothing includes: collared shirts for men, shorts of reasonable length and/or slacks and sweaters. Jeans, athletic pants, cargo shorts and athletic shorts are not acceptable. Shirts must be tucked in and hats must be worn forward.

**Golf News...****SOCIAL MEMBER RESTRICTIONS****NOW THROUGH SEPTEMBER 15TH**

Social members and their spouses are entitled to a total of five tee times paying the social fee of \$55 per round.

A guest does not count as one of their rounds.

TIMES TO PLAY:**Tuesday**

After 1:00 pm

Wednesday

Before 10:00 am and after 3:00 pm

Thursday

Anytime

Friday

Before 11:00 am and after 2:00 pm (1 guest per member after 2:00 pm)

Saturday

After 2:00 pm (1 guest per member)

Sunday and Holidays

After 4:00 pm (1 guest per member)

MEN'S ONE-DAY MEMBER GUEST**WEDNESDAY, AUGUST 10TH**

11:30 am Optional Buffet in the Men's Lounge

12:00 pm Registration

1:00 pm Shotgun Start

Great way to entertain customers and friends!

Format: 2 Man Best Ball Member-Guest Division

1 Guest - \$130
2 Guests - \$195
3 Guests - \$260

(Fee includes cart, greens fee, heavy hors d'oeuvres and prizes)

Women's Golf...**WOMEN'S GOLF ASSOCIATION**

The Women's Golf Association sponsored a Charity golf event on Tuesday, June 14th to benefit the Young Survival Coalition (YSC) of Central Ohio. This organization is a non-profit organization dedicated to the issues of young women diagnosed with breast cancer under the age of 40. The event raised \$4,110 through hole sponsorships, individual donations and participant fees.

The event started with a round of golf and ended with a luncheon. During lunch, Andrea Applegate, a 10-year breast cancer survivor and member of YSC, spoke to the group about the issues of being diagnosed with breast cancer at the age of 33.

A sincere thanks goes to all the hole sponsors, individual donors and participants for sponsoring a wonderful event. A special thanks goes to the WHCC Pro Shop Staff and WHCC staff for all their efforts in making the day special.

**THANK YOU TO ALL THE SPONSORS AND DONORS**

Barbara & John Baker	Ralph Guarasci
Dick Barnaby	Insurance Agencies of Ohio
Gerry & Milt Bartholomew	Grace & Eldon Hall
Yvonne & Rannells Bauman	Ed & Rose James
Trinity Financial Advisors	Karen & Bruce Johnson
Patti & Ken Carey	Barb & Keith Jones
Jan & Larry Carlson	Marilyn & Phil Kiep
Valerie Carlson - Carlson Law Office, LLC	Kathy & Ron Malone
Vernon Carter	Joe & Pat Massaro
Amy & Jim Chapman	Chris & Kenny Pritchett
Star Leasing Company - Tom Copeland	Fran & Tom Rainey
Dr. Bill Coulman - The Gentle Dentist	Char & Jack Rennoe
Janey Davies	Celebrating Ameer Bell Wanzo
Pat and Ed Douglas	Judy & John Smith
Petey & Dick Ellinger	- Morgan Hubble Insurance
Audrey & Philip Eskes	Beth & Mike Sprague
Helen Fastrich	Melinda & Dan Staloch
Compu Spec - Laretta Fiorentino	Dee Sutor
Jeannie & Tom Flesch	Yorba Linda Travel - Cheryl Taylor
Michael L. Franz, M.D. Midwest Allergy	Walcott & Associates
Dr. Rhonda Gaiser	Janice & Phil Weiser
Becky & Greg Gibbons	Sue & Dave Williams
	Alan J. Wood
	The Hills Market
	Nancy & Jack Scott

SAVE THE DATE

2011 Ladies Member - Member
Tuesday, August 30th - 8:30 AM Shotgun Start
Format: 1 Net Best Ball of 2

**Women's Golf...****FORE FUN LADIES GOLF**

All events will begin promptly at 6:00 pm. All players must sign up via the online reservation system or by calling the Pro Shop at 885-9128, no later than 2:00 pm each Wednesday.

Players are welcome and encouraged to stay for dinner and drinks after play. Childcare is available for those with small children.

Feel free to contact any of the following Fore Fun Committee members if you have any questions.

Renee Haas
847-5862
renee.haas@umr.com

Susan Scott
785-9563
sscott@citynet.net

Polly Bates
648-4960
jabates@insight.rr.com

Ann McAlearney
440-8747
amcalearney@mac.com

FORE FUN LADIES GUEST DAY

WEDNESDAY, AUGUST 10TH
6:00 pm Shotgun Start

\$60 Includes Greens Fees, Cart, Prizes and Dinner

One Guest Per Member

Sign up by calling the Pro Shop at 885-9128

Couple's Golf...**COUPLE'S CLUB CHAMPIONSHIP**

SUNDAY, AUGUST 14TH

Tee Times 12:00 pm

Off #1 and #10

Hors D'oeuvres in the Couples Lounge following golf.

Sign up by calling the pro shop at 885-9128.

**COUPLE'S GOLF EVENT**

SUNDAY, AUGUST 28TH

Shotgun 2:00 pm

Dinner Buffet on Patio
Following Golf

Menu to Include:

- Tossed Salad Display
- BBQ Ribs
- Grilled Strip Steak
- Roasted Redskin Potatoes
- Corn on the Cob
- Sliced Watermelon
- Coleslaw
- Berry Cobbler with Ice Cream

Sign up by calling the pro shop at 885-9128.

More Golf...**GOLF RESULTS****MEN****Howlett Cup Results**

July 9th

- First Place
Eldon Hall
Second Place
Scott Miller

President's Cup

- Overall Champion
Sumeet Patil
Overall Runner Up
Jeff Bell / Greg Smullen

2011 Mid-Am

- Overall Champion
T.J. Brudzinski
Overall Runner Up
Matt Sands

2011 Seniors

- Overall Champion
Steve Elsea
Overall Runner Up
Dave Williams

2011 Medal Play

- First Place
T.J. Brudzinski
Second Place
Matt Sands
Third Place
Jay Boehmler

Members Weekend Golf Clash

- First Place
Paul & Sue Wirtz,
Tim & Brenda Flynn,
Rick & Suzanne Beach
Second Place
Doug & Caren Steller,
Scott & Karen Oleksa,
Barb Jones
Third Place
Norbert & Renee Haas,
Jim & Polly Bates,
Don Rose, Joe Massaro

WOMEN**Blind 9**

June 7th

- Flight 1
First Place
Teena Mottice
Second Place
Sue McNaghten
Flight 2
First Place
Barb Rowland
Second Place
Jan Carlson
Flight 3
First Place
Rita Thompson
Second Place
Nancy Scott

9 Holers

- First Place
Janet Vittorio
Second Place
Patty Miller

Charity Event

June 14th

- First Place
Barb Jones, Fran Rainey,
Nancy Elmer, Sue Beach
Second Place
Mike Copeland,
Barb Rowland,
Rita Thompson,
Jeanne Ferkany

Mutt and Jeff

June 28th

- First Place
Valerie Cahill
Second Place
Barb Rowland

3-4-5 x 2

July 5th

- First Flight
First Place
Michale Copeland
Second Place
Pat Bassett
Second Flight
First Place
Sue Beach
Second Place
Rosalene Hackman
Third Flight
First Place
Ann Christopher
Second Place
Rita Thompson

**More Golf News...****MORE GOLF RESULTS...**

2011 Blue Blazer Champions
Sue Wirtz & Becky Gibbons

Runners – Up
Amy Chapman &
Sue Williams

FORE FUN**Throw Out Your Worst 3**

June 22nd

First Place
Jill Gilbert
Second Place
Susan Scott

Total Score on Odd Holes

June 29th

First Place
Ann McAlearney
Second Place
Michelle Martin

Beat the Pro Winners

Susan Scott
Ann McAlearney
Lisa Haase
Amy Huber
Michelle Martin
Janice Freudeman
Patricia Nauseda
Jennifer Erb
Melissa Rhodes
Laura Guarasci
Kathryn Malone
Patricia Carey

From the Courts...**NOTE FROM THE PRO**

We have successfully played our way into another August. Two of my favorite events have been completed yet we still have a lot more great tennis days and nights left. August will feature our Men's Member Guest event, our Ladies Closing Day event as well as many of the Club Championship matches which will get us ready for our Finals event held on Labor Day.

The two events I particularly enjoy are our Members Weekend Tennis Smash as well as our Membership Happy Hour held at the tennis complex. This year's Members Weekend was another great success with over 50 tennis players!! Congratulations to Kristi Brown, Dana McBrien, Judy Goldstein, and Deb Bahnsen for being the "big prize" winners. Also congratulations to Becky Berger for winning \$80 by picking the correct team to win the Pro's Exhibition.

These two events allow myself and the staff to meet new members and get reacquainted with those who have been here a while. It's great to see everyone enjoy themselves on the tennis court and even better to see everyone supporting this club, which provides so many great experiences.

I'd like to thank those on the Tennis Committee for all their hard work in making the first half of this season a great success!! I look forward to a great second half of summer and look forward to seeing everyone on the courts!!

Thanks,
Amos Allison

**UPCOMING TENNIS SCHEDULE**

AUGUST 21
Men's Member
Guest

9:00 am

SEPTEMBER 5
Club Championship
Finals

9:00 am

GCTA TENNIS ROUNDUP

Our Men and Women's teams are doing a great job competing in this year's GCTA season. Our 3.0 women's career team's captained by Judy Goldstein and Susan Scritchfield are both just 2 points out of first place! The Men's Silver team, captained by Mike Hardesty, hasn't lost a match yet. And the 3.0 team, captained by Jim Whaley, is also in first place! Congrats to all our teams for competing hard and representing Worthington Hills.

*From the Courts...***MEN'S MEMBER GUEST**

Come on out for a competitive round robin from 9:00 to 11:00 am and stay for a delicious lunch out at the Tennis Courts. Every member and guest will receive a WHCC tennis shirt and grand prizes will be given to each division winner. The whole event is a lot of fun with great tennis and great friends.

Cost: \$40 per team.

**LESSON PRICES**

Head Tennis Professional
\$45 per hour
Assistant Tennis Professional
\$42 per hour
Junior Assistant
\$30 per hour

PRIVATE LESSON PACKAGES

Head Tennis Professional
10 Hours \$420
Assistant Tennis Professional
10 Hours \$400
Junior Assistant
10 Hours \$275

Billed up front: Only refunds for injuries

ADULT CLINICS

Adult Clinic Prices
Hourly: \$15 per hour
Package (18 Hours):
\$175

Members can buy a package of 18 hrs of Adult Clinics for \$175 (under \$10 per hour!). Members must sign up for the Adult Clinic Package in order to take advantage of the deal. Sign up in the pro-shop or by e-mailing whcctennis@gmail.com. This year we will bill all packages at the time of sign ups. We will continue to track your hours for you and make sure you know when your 18 hours are running out. We will allow members to attend up to 6 hrs of clinic before they decide if they want to purchase the package or simply be billed the \$15 per hour.

The Adult Clinic Package can be used for any adult clinic, which includes; team clinics, tennis 101, or any clinic that has a 4:1 member/pro ratio. If you have any questions please contact the staff at 885-4378 or email whcctennis@gmail.com.
Only refunds for injuries

LADIES WINE & ROUND ROBIN

We have moved this social tennis night back to 6:30 every Tuesday evening. All ladies are welcome to come out and enjoy a social round robin of tennis and a complimentary glass of wine.

Cost: Tennis and the first glass of wine are free!

*Junior Golf News...***MEN'S & WOMEN'S 101**

This beginner clinic is for both men and women who are either just beginning to play tennis or those looking to reunite with the game after a long separation. We do our best to put players on court with players of similar ability. The clinic will teach strokes, strategy and scoring. We try to set time aside each clinic so players can implement their skills in some sort of "game play".

Cost: Adult Clinic Package or \$15 per hour

FRIDAY NIGHT MIXED DOUBLES

All levels and abilities are welcome to come out every Friday night and enjoy a round robin of mixed doubles and fun. Come with a partner or we will pair you up with someone. Either way you'll enjoy a nice evening of social tennis and fun! The bar is full and the first drink is on the house! We also enjoy different themes for different occasions such as Wimbledon Whites Night, Bring a Guest Night, Wooden Racquet Night, Luau Night, and this year we will introduce a 50/50 raffle drawing. One lucky winner will leave with a pocket full of cash! As always, the night will conclude with the coveted One Point Tournament!

Cost: Tennis is free and the first drink is on the house!

MEN'S 4.0 & BELOW SINGLES NIGHT

Men's 4.0 and Below Singles Night:

Every Wednesday at 6:30 we will set aside two courts for men's singles play. This "league" is designed for players 4.0 and below. If you're interested please send us an email at whcctennis@gmail.com.

Cost: Tennis is free as is the first beer!

SUMMER JUNIOR SCHEDULE**Session III****JULY 25-AUGUST 11**

Prices:

Mighty Mites:

\$5 drop in rate

2 classes per week \$24

4 classes per week \$36

Future Stars:

\$10 drop in rate

2 classes per week \$48

4 classes per week \$72

Junior Development:

\$15 drop in rate

2 classes per week \$72

4 classes per week \$108



Splash Notes...

POOL HOURS

MONDAY - THURSDAY
Noon to 9:00 pm

FRIDAY
Noon to 10:00 pm

SATURDAY & SUNDAY
11:00 am to 9:00 pm

LAP SWIMMING

MONDAY THROUGH FRIDAY
6:00 to 8:00 am

FLOATING FLICKS

AUGUST 19TH
During Raft Night
Featuring the movie, "TBD"
Movie will begin at dusk

WACKY CRAFT DAYS

FREE CRAFTS AT THE POOL!

WEDNESDAYS IN AUGUST
1:00 TO 2:30 PM

FAMILY BINGO AT THE POOL

SUNDAYS IN AUGUST

2:00 to 3:00 pm
Prizes will be awarded!



**Splash Notes...****WORTHINGTON HILLS COUNTRY CLUB**

Worthington Hills Country Club Swim Championship Results

Riley Murphy	2nd	25M Free and 6 & Under Backstroke
William Plummer	1st	25M Backstroke
	6th	25M Free
9-10 Girls 100 Meter Medley Relay	5th	Merryman, Guist, Maloney, Kiser
9-10 Boys 100 Meter Medley Relay	6th	Graney, Catanzarite, Moore, Wilson
11-12 Boys 200 Medley Relay	2nd	Weirick, O'Harra, Karr, Graney
15-18 Girls 200 Medley Relay	2nd	Karr, Allison, Tugaoen, Wallin
15-18 Boys 200 Medley Relay	5th	Guist, Allison, Ramos, Wallin
9-10 Girls 50M Free	1st	Natalie Merryman
	6th	Bridget Maloney
9-10 Boys 50M Free	10th	John Catanzarite
11-12 Boys 50 Free	2nd	Jeremy Karr
13-14 Girls 50 Free	3rd	Reilly Haas
13-14 Boys 50 Free	1st	Nick Ramos
15-18 Girls 50 Free	7th	Katie Allison
9-10 Girls 25 Back	1st	Natalie Merryman
11-12 Girls 50M Back	4th	Emily Huber
11-12 Boys 50M Back	5th	Jeremy Karr
	9th	Mike Weirick
13-14 Girls Back	5th	Reilly Haas
13-14 Boys Back	1st	Nick Ramos
15-18 Girls Back	6th	Jenna Tugaoen
15-18 Boys Back	10th	Mitchell Guist
9-10 Girls 25M Fly	10th	Bridget Maloney
11-12 Girls 50M Fly	6th	Emily Huber
11-12 Boys 50M Fly	3rd	Jeremy Karr
13-14 Boys 50M Fly	1st	Nick Ramos **New Team Record**
15-18 Girls 50M Fly	2nd	Jenna Tugaoen
11-12 Girls 50M Breast	7th	Emily Huber
11-12 Boys 50M Breast	1st	Henry O'Harra
15-18 Girls 50M Breast	7th	Makenzie Karr
15-18 Boys 50M Breast	8th	Michael Allison
8&U Girls 100 Meter Free Relay	4th	Wolford, English, Isbell, Pugh
9-10 Girls 200 Meter Free Relay	3rd	Merryman, Buterbaugh, Guist, Maloney
9-10 Boys 200 Meter Free Relay	6th	Wilson, Moore, Graney, Catanzarite
11-12 Girls 200 Free Relay	4th	Davis, Helber, Noonan, Huber
11-12 Boys 200 Free Relay	2nd	Graney, O'Harra, Weirick, Gandert
15-18 Girls 200 Free Relay	2nd	Karr, Allison, Wallin, Tugaoen

Fitness and Wellness News...**SPEED AND AGILITY CLASS****MONDAYS AND WEDNESDAYS**

3:00 to 3:45 pm

Ages 10 to 15 years old

SECOND SESSION:

AUGUST 8 - AUGUST 17

Proper body mechanics will be emphasized to teach young athletes to move efficiently. Come to this class if you want to see improvements in speed, jumping ability and change of direction skills.

FREE FOR ALL TEENS!**MASSAGE THERAPY**

Are your muscles sore from tennis, golf or yard work? Or do you just feel like you need a tune-up? Schedule a massage in our fitness center today.

ONE HOUR MASSAGE

\$65

PACKAGE OF THREE, ONE HOUR MASSAGES

\$150

Call the fitness center at 885-9516 to schedule yours today!

PERSONAL TRAINING

Half Hour Session:

1 Session - \$30

4 Sessions - \$100

8 Sessions - \$180

10 Sessions - \$200

12 Sessions - \$210

Hour Sessions

1 Session - \$50

4 Sessions - \$160

8 Sessions - \$280

10 Sessions - \$325



CLASS DESCRIPTIONS

Boot Camp - A cardiovascular workout combined with strength-training intervals designed to equally challenge the heart & major-muscle groups. This intense workout includes such drills as suicide runs, plyometrics, lunges, push-ups, and challenging lifting to see maximum results.

Guts & Butts - Everyone loves to hit these target "problem" areas. This class specifically targets your core & legs to tone & tighten them throughout the workout. This is a great follow-up to the Quick HIT class.

Slow Flow Yoga* - A gentle, s-l-o-w style of Hatha Yoga where the focus is the movement coordinated with the rhythm of the breath, to reduce stress & ease tension. You will work at your own pace and, over time, may experience increased strength as well as flexibility. All levels welcome-come relax & breathe with us!

Senior Fit - Features strengthening, flexibility, and cardiovascular exercises all modified for the senior audience.

Cardio Strength & Core* - Total body strength and core for 60 minutes. Work every major muscle group while getting the heart pumping for a great workout!

Body Blast - A great training experience that combines strength endurance training & cardiovascular fitness training in one intense fitness program. From plyometrics to core strength to muscle conditioning, this class challenges people of all levels of fitness and athletic capabilities to progress to previously unobtainable fitness levels.

Spinning*- Get ready for a workout adventure. Spinning is a world-renowned group exercise class of indoor cycling. Let this class take you to new heights physically and mentally. This class can be as moderate or as challenging as the rider chooses to exercise. Remember your water and towel!

Nia - a dynamic, no- to low-impact fitness program, that is designed to allow each person to move their body's way. Each routine sets a focus and intention to allow you to connect to Your Body and move to a wide mix of music. No previous experience necessary; Nia is adaptable to all fitness levels (and injuries). Join us for a Sensational hour! Like chocolate, you just have to try it!

All classes with an ***asterisk*** are \$4 per class. You can also purchase an unlimited month for a single person for \$25 and \$40 for a couple/family.

GROUP EXERCISE SCHEDULE

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00 am	Spinning*	Boot Camp	Cardio Weights*		Spinning*		
7:00 am						7:30 am Spinning and Abs*	
8:00 am		8:15 am Nia				8:30 am Quick Hits*	
9:00 am	9:10 am Spinning*				9:10 am Spinning*	9:30 am Guts & Butts	
9:30 am		Spinning*	Spin/Strength*				
10:00 am	Cardio Strength & Core*				Cardio Strength & Core*		
10:30 am			Body Blast*				
11:00 am	Slow Flow Yoga*					Core Epress/ Spin Express*	
1:00 pm	Senior Fit		Senior Fit		Senior Fit		
2:00 pm							
3:00 pm		Aqua Aerobics		Aqua Aerobics			
4:00 pm							
5:30 pm		Core Epress/ Spin Express*					
6:00 pm			Cardio Strength / Core	Core Epress/ Spin Express*			
6:30 pm		Boot Camp					
7:00 pm			Core Epress/ Spin Express*	Slow Flow Yoga*			
7:30 pm	Spin / Strength*	Slow Flow Yoga*					



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Clubhouse Closed Fitness Center Open	2 Senior Tribute Night	3	4 Kids Eat FREE	5 WGA Club Championship Happy Hour & Car Show Tennis Tiki Bar	6 Caribbean Night Grill Room Closed
7 Sunday Brunch Men's Golf Club Championship Finals	8 Clubhouse Closed Golf Course Closed due to Outing Fitness Center Open	9 Senior Tribute Night	10 Kids Camp Combo Fore Fun Ladies Guest Day Men's Guest Day	11 Kids Camp Combo Kids Eat FREE	12 BBQ Rib Night Kids Camp Combo Couples 9 Hole Event Kid's Sleepover Tennis Tiki Bar	13
14 Sunday Brunch Couple's Club Championships	15 Clubhouse Closed Golf Course Closed due to Outing Fitness Center Open	16 Senior Member-Member Senior Tribute Night	17 Ladies Night Happy Hour	18 Kids Eat FREE	19 Men's Member-Member Tennis Tiki Bar	20 Men's Member-Member
21 Sunday Brunch Men's Golf Member-Member Men's Tennis Member-Guest	22 Clubhouse Closed Fitness Center Open	23 Senior Tribute Night	24	25 Kids Eat FREE	26 Prime Rib Night Couple's 9-Hole Event Tennis Tiki Bar	27
28 Sunday Brunch Couple's Event	29 Clubhouse Closed Golf Course Closed due to Outing Fitness Center Open	30 WGA Member-Member Senior Tribute Night	31 Ladies Only Pool Party			



CLUBVIEWS

WORTHINGTON HILLS COUNTRY CLUB

920 Clubview Boulevard South
Columbus, Ohio 43235
(614) 885-9516
Fax: (614) 436-3090
www.worthingtonhills.com

For Dining Reservations, always call
(614) 885-9516

COUPLES LOUNGE & GRILL ROOM

Tuesday - Thursday	11:00 am	to	9:00 pm
Friday	11:00 am	to	10:00 pm
Saturday	9:00 am	to	9:00 pm
Sunday	9:00 am	to	3:00 pm
	and 4:30 pm	to	8:30 pm

MEN'S LOUNGE

Tuesday - Friday	10:00 am	to	6:00 pm
Saturday & Sunday	8:00 am	to	5:00 pm

(Lunch service available from 11:00 am to 3:00 pm)

FITNESS

Monday - Friday	5:30 am	to	9:30 pm
Saturday	8:00 am	to	9:00 pm
Sunday	8:00 am	to	8:00 pm

CHILDCARE

Monday - Saturday	8:00 am	to	1:00 pm
	and 4:00 pm	to	9:00 pm
Sunday	Closed		

GOLF PRO SHOP

Tuesday - Sunday	7:00 am	to	Dark
Monday	Closed		