

Camano Swim, Fitness, & Social Club



Contact Office Manager (Yorlly)

If you would like to book the banquet hall or have specific clubhouse membership questions please call me direct.

During Office Hours (M, W, Th 11am-2pm)
360-387-1655 OR outside these hours call/text
360-941-1918 Email: camanocountryclub@frontier.com

Our Gardeners

Judy H has spent the last 10 years tending the gardens and is handing the reins over to Donna M. Thank you Judy for your many years of support and to Donna for taking on the ongoing need!

Thanks also to Diane M, our gardener that planted and maintains the beautiful pots at the front door.

Volunteer Spotlight - Kathleen S



Kathleen joined the club in January of 2008 and has been a key volunteer for many clubhouse activities including:

- Garage Sale since 2008
- Front desk & Scheduling of volunteers
- Social events
- The Fall Bazaar over the past 4 years
- Past Co-President of Women's Club

Kathleen also contributes her time to:

- Friends of Camano Island Parks - Current board member as VP
- Member of both the Cama Beach and Camano Island Quilters

Her hobbies include sewing and gardening.

Newsletter

July 2018

Salmon BBQ - Thank You's

The club had a wonderful Salmon BBQ on Saturday, June 23. We had 57 attendees and lots of great food. Here are the club members who helped make the dinner a success.

Setup: Kathy H, Evie P, Becky A, Judy F, Kathleen S

Flowers: Evie P, Kathleen S

Cashier: Evie P

Appetizers: Janet R, Kathy R, Melodie G, Glen B, Linda B, Cathryn H, Don and Lois S

Salmon BBQ Cook: Pat M, Michael S, Paul F, John M

Kitchen Cook: Karen M, Diane M, Kathleen S, Paula M

Angel Food Cake Bakers: Sally C, Judy F, Paula M, Evie P, Kathleen S

Servers: Karen M, Diane M, Don S, Paula M

Dessert: Judy F, Mary B, Kathy H

Entertainment: Ford and his guitar

Thank you. Great job!

Kathleen S and Paula M

Pot Luck Volunteers Needed!

Pot Luck Dinner

Clubhouse would like to have a Pot Luck Dinner on Saturday, August 25 or Saturday, September 22.

If you can help please contact: Kathleen S, 360-572-4112 or sandsci@wavecable.com

From Sally's Corner

Garage Sale

We want to thank Kathleen S and her helpers for a great job for our garage sale. A job well done. Also putting the big sign on the upper road. Everyone could see it. Their efforts helped raise over \$4,000 for the clubhouse.

Hope you enjoyed the salmon dinner. Again, thanks to Kathleen and her helpers.

From the Clubhouse Committee

Clubhouse Membership Descriptions

| Type | Description |
|----------------------------------|---|
| Associate | Is not a member of the Camano Country Club HOA |
| Corporate | Homeowner is a member of the Camano Country Club HOA and is eligible for a discounted rate |
| Silver Sneakers Silver&Fit | <ul style="list-style-type: none"> A free fitness program provided by dozens of insurance plans for adults 65+ |
| Weekend (Corporate members only) | <ul style="list-style-type: none"> 3 month commitment Maximum 5 resident house members (add \$10 per month for additional resident house members) Included weekend hours <ul style="list-style-type: none"> Fridays - 5:00 PM to 8:45 PM Saturdays - 10:00 AM to 3:45 PM Sundays - 10:00 AM to 3:45 PM |
| Trial Membership | <ul style="list-style-type: none"> Good for 60 days from date of start Membership is a "Household Membership" good for all people living in the same house Must not have been a clubhouse member for the last 5 years |

Clubhouse Membership Options

| | Associate | | Corporate | |
|-------------------------|-----------|-------------|-----------|-------------|
| | Cost | Cost /Month | Cost | Cost /Month |
| Single (Annual) | \$589 | \$49.08 | \$405 | \$33.75 |
| Single (3 months) | \$170 | \$56.66 | \$115 | \$38.33 |
| Household (Annual) | \$878 | \$73.17 | \$702 | \$58.50 |
| Household (3 months) | \$253 | \$84.33 | \$200 | \$66.67 |
| Weekend (3 months) | N/A | N/A | \$150 | \$50.00 |
| Guest Pass (Each visit) | N/A | N/A | \$5 | N/A |

Clubhouse Membership Benefits

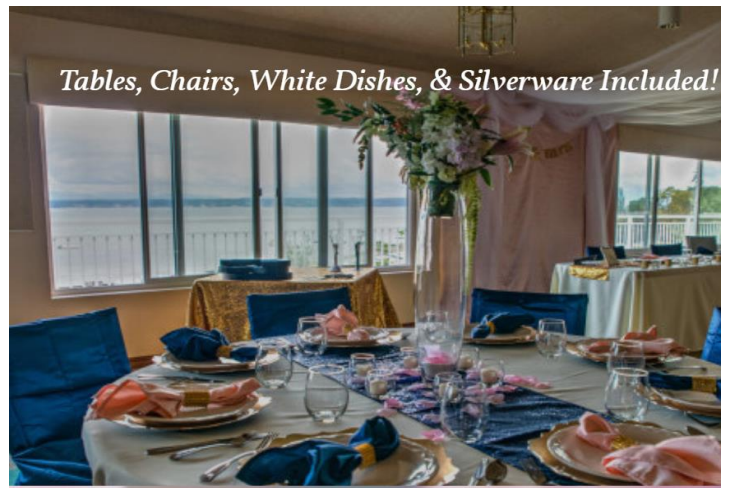
| | Pool | Hot Tub | Fitness Room | Ping Pong | Pool Tables | TV Lounge | Water Aerobics | Book Library | Yoga Class | Social Events | SilverSneakers Classic | SilverSplash |
|----------------------------|------|---------|--------------|-----------|-------------|-----------|----------------|--------------|------------|---------------|------------------------|--------------|
| Associate | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Corporate | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Silver Sneakers Silver Fit | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | | ✓ | ✓ |
| Weekend | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | | | |

Clubhouse Feature Focus Banquet Hall

The Banquet Hall is located on the main floor of the clubhouse with a panoramic view of Port Susan Bay. The hall is available for rent by members and non-members alike and is a beautiful location for your wedding & reception, private parties & meetings.

Basic rental of \$450 (Corporate Member rate) includes the following:

- ✓ Seating and tables for 200 guests
- ✓ 4 hours of event time
- ✓ Additional 3 hours of setup time for decorating and food preparation prior to party time
- ✓ Complete table settings, coffee urns and misc kitchen items.
- ✓ Kitchen has three stoves, 2 stove tops and flat top grilling area
- ✓ Setup of your floor plan request by our clubhouse staff
- ✓ Clubhouse staff cleans up kitchen and dish washing and the banquet hall
- ✓ Stereo system is built in and ready for Ipod or CD. Screen also available with projector to be provided by the renter.
- ✓ Alcohol is permitted. Renter needs to purchase banquet permit.



Tables, Chairs, White Dishes, & Silverware Included!



Classic Venue since 1979.



Banquet Hall acomodates up to 200 Guests.



Gorgeous Views of Port Susan Bay & Mt. Baker

Clubhouse Fitness Classes

Water Aerobics

Free with Swimming & Fitness access

Mon & Fri. 8:30am
Tue & Thu 4:00pm



SilverSplash Water Class

Free to Silver Sneakers /Silver & Fit Members



SilverSneakers Classic Class

Free to Silver Sneakers /Silver & Fit Members

Tue & Thu 10:15am:

Deep Water Aerobics

Tue, Thu 8:30am: ***NEW!**



Summer Swim Lessons

Kim Williams, American Red Cross Certified instructor has lessons available for children and adults of all ages.

Group lessons are two half-hour sessions per week for three weeks.

Times:

Half hour sessions are scheduled for:

Monday / Wednesday between 5:45 and 7:45pm

OR

Tuesday / Thursday between 1:00 and 3:00 pm

For ages 17 and up, other sessions are offered at more flexible hours.

Costs:

Group lessons for three weeks:

\$65 members; \$75 non-members

Private lessons per 45-minute session:

\$25 members; \$35 non-members

For more information, contact Kim directly at

kimswimntrim@gmail.com



Benefits of Yoga

Gentle Yoga

Wed 5pm & Sun 12pm



Sunrise Yoga

Mon & Wed 7am



Chair Yoga ***NEW!**

Mon & Wed 7am:

Tue & Thu 9am



Yoga

Free with Swimming & Fitness access

Wed 9am

Mind:

- Calms and clears the mind, bringing us into the present moment
- Relieves tension and stress
- Increases concentration, focus and attention span
- Promotes thinking and memory
- Stimulates auditory processing and responsiveness
- Expands imagination and creativity
- Reduces stress and anxiety
- Improves ability to be less reactive; more mindful of thoughts, words and actions
- Balances energy (high or low)

Body:

- Assists neuromuscular-development
- Promotes development of the vestibular system
- Encourages midline crossing motions; motor development on both sides of the body
- Develops a strong and flexible body
- Increases balance, body awareness and coordination
- Improves posture and alignment
- Develops core strength, essential for good posture and correct physical alignment
- Reduces injuries and improves performance
- Improves digestion, circulation and elimination
- Strengthens the immune system
- Relaxes the body, promoting better sleep

Spirit:

- Builds confidence and self-esteem
- Supports character development and emotional intelligence
- Enhances team skills and social interaction
- Develops discipline and self-control
- Supports individuality and self-expression
- Encourages social and environmental awareness and responsibility
- Supports a sense of universal connectedness
- Inspires respect for self and others

Overall:

- Improves mind/body connection
- Encourages a fit and healthy lifestyle
- Promotes an overall sense of well-being

Yoga helps us see the beauty and light within themselves, thereby boosting their self-confidence, allowing them to feel more comfortable with their bodies, and helping them get in touch with who they are inside. Practicing yoga, mindfulness and relaxation will develop essential skills for a lifetime of health and wellness in mind, body and spirit.