

August **OCOTILLO** EVENTS

BASKETBALL

Basketball Night training

Monday's, August 9, 16, 23, 30 | \$20 p.p.
6:30pm-7:30pm - Ages: 9-13
Rome | rwilliams@dmbclubs.com

Intro to Basketball

Friday, August 13th | FREE
5pm-6pm - Ages: 6-8
6pm-7pm - Ages: 9-13
Rome | rwilliams@dmbclubs.com

Basketball Skills Camp

Saturday, August 21st | \$20 p.p.
9am-10am - Ages: 4-5
10am-11am - Ages: 6-8
11am-12pm - Ages: 9-13
Rome | rwilliams@dmbclubs.com

THE ULTIMATE FITNESS RACE FOR EVERY BODY

Saturday, August 28th

9am | \$95 per team (3 person team)
A fun & exciting timed Relay Team competition with 3 team members, competing for the best time, that starts with a 200 yd swim (8 Laps), followed by 3 functional workouts on the Lawn, followed by a 400 meter run on a outdoor course. Completed in a circuit 3 times. Top 5 Teams win prizes, all competitors get choice of post-race beverages. Register on the Village Mobile App or Contact Rodney | rkinney@dmbclubs.com

ADULT FUN

Rest, Relax, Restore Workshop

Sunday, August 15th - Rejuvenate body, mind & spirit with a peaceful yoga
12:30pm-2pm - Limit 14 participants
\$40 Members | \$50 Non-Members
Linda | lbernal@dmbclubs.com

Group Fitness Bingo

Today - August 16th
A fun way for Members to try other classes. Pick up your Bingo Cards can be picked up in the Mind Body Yoga Studio and Hot Yoga Studio

Group Swim training & workouts

Mon.'s & Fri.'s - 5:30am | Wed.'s - 11:30am
swimming sessions are for all levels
Rodney | rkinney@dmbclubs.com

Back to School, Back to the Basics

Nutrition series with Jamie Miller R.D.

Wed.'s, August 4, 25 & Sept. 15 | 5pm-6pm
Member: \$15 per seminar or \$30 for series
Non-Member: \$25 per sem. or \$60 for series
Emily | Ejannis@dmbclubs.com

KIDS CLUB

Family Luau

Sunday, August 8th
2pm-4pm | \$5 per person
Marcia | MLeach@dmbclubs.com

Parents Day Out

Saturday, August 14th
12pm-4pm | \$30 per child
Marcia | MLeach@dmbclubs.com

Parents Night Out

Friday, August 20th
4pm-8pm | \$30 per child
Marcia | MLeach@dmbclubs.com

August **OCOTILLO** **EVENTS**

TENNIS, RACQUETBALL & SQUASH

ROGY Junior Tennis Program | Starts Aug. 2nd

Contact Shelby for details | SAndersson@dmbclubs.com

Tennis Ball Machine Clinics

M, Th & Sat - 8 - 9:30am - \$20

Serve Development with Brian Cheney

Tuesdays at 8 Am - \$25 | BCheney@dmbclubs.com

Tennis for the TOTAL Beginner with Shelby Andersson

Wed. 7:30-8:30am - \$20 | SAndersson@dmbclubs.com

Stroke of The Week with Brian Cheney

Thursdays at 7am - \$25 | BCheney@dmbclubs.com

Live Ball Doubles Drills 3.5+ With Josh Bates

6pm -8pm - Includes Beverages - \$30 | JBates@dmbclubs.com

Cardio Tennis with Shelby Andersson

Monday at 7:30am - \$20 | SAndersson@dmbclubs.com

Cardio Tennis with Steve Etchells

Wed. at 6:30pm & Fri. at 7am - \$20 | SEtchells@dmbclubs.com

Juniors Racquetball

4pm-5:15pm (Ages 7-17) | Every Week: Starts July 20th Ends Sept. 7th
\$120/member; \$90 for a second child (siblings)

Includes: Eye guards, racquets, racquetballs, instruction, and fun!
Jim Winterton | jwinterton@dmbclubs.com

Intro to Racquetball with Coach Jim Winterton

Free (1 session) | 5:15pm-6:00pm

Every other Tuesday - Aug 3, Aug 17, Aug 31 | Must RSVP

Jim Winterton | jwinterton@dmbclubs.com

Intro to Squash with Coach Jesse Giron

Free (1 session) | contact Jesse for times

Every other Saturday - starting August 7 | Must RSVP

Jesse Giron | jgiron@dmbclubs.com