

July 2019

# Dunes West

GOLF & RIVER CLUB

843-856-9000 Pro Shop ■ 843-856-9378 Grille  
843-881-8735 Fitness Center ■ www.duneswestgolfclub.com



## UPCOMING EVENTS

### Red, White & Blue 4th of July Pool Party

July 4 ■ 11-1 p.m.

Come celebrate the 4th of July with us at the Main Pool! Games and prizes.

Cool off from the heat on our giant inflated water slip and slide.

You must have your swipe card to enter into the pools. Absolutely NO GLASS is allowed in the pool area. We hope to see you there!

### Pig Roast

Saturday, July 27  
6-7 p.m. Cocktails  
7 p.m. Dinner

Adults, \$24 per person  
Kids, 11 & under, \$12

Reservations 843-856-9378

#### Menu

##### ■ Whole Pig

Slow-roasted over 8 hours, served with two BBQ sauces

■ Oven-Roasted Chicken with



our signature dry rub

##### ■ Homemade Mac & Cheese

Our four-cheese blend, baked to perfection

##### ■ Bacon Bleu Cheese Slaw

■ Corn Bread with honey butter

■ Apple Cobbler with fresh cream

*What Happens at the Pig Roast, stays at the Pig Roast!*

### DW Grille Thursday Dinner

#### APPETIZERS

##### ■ Coconut Fried Shrimp

with cilantro lime aioli, \$9

##### ■ New England Clam 'Chowdah'

\$4 / \$7

### Save the Date!

#### New Eagle's Nest Menu

Every Friday | 5-9 p.m.

#### Thursday Dinner

5-8:30 p.m. | RSVP 843-856-9378

#### July 4

4th of July Pool Party

#### July 5

First Friday Dinner

#### July 27

Pig Roast

### ENTRÉES

*All entrées served with fresh baked focaccia with our signature garlic Parmesan dip.*

##### ■ Jerk Chicken

Dry rubbed, oven baked chicken with char-grilled zucchini, squash & red onion with rice & beans & fried festival bread, \$16

##### ■ Cuban Pork Belly

Seared, Cuban spiced pork belly bites with char-grilled zucchini, squash & red onion, on a bed of black beans & rice and finished with an over-easy fried egg, \$17

##### ■ Seared Sea Scallops

Served on a bed of orzo pasta tossed with petite peas in a white wine, lemon butter sauce, \$20

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*New Greens Coming!*

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▪ **Steak Chimichurri**

8 oz. Marinated flank steak, sliced & topped with a homemade Chimichurri sauce served with spicy chili-dusted, hand-cut fries, \$20

▪ **Dunes West Burger**

American cheese, cheddar cheese, fried pickles & our homemade secret sauce with shredded lettuce, tomato & onion on a buttered & grilled brioche bun, \$12

▪ **Charleston Chicken**

Grilled or fried chicken breast with pimento cheese, shredded lettuce & fried green tomato, on a buttered & grilled brioche bun, \$12

▪ **Dunes West Salad**

Bleu cheese crumbles, dried cranberries, candied walnuts, Mandarin oranges, red onion & raspberry vinaigrette, \$8

**Add:** Grilled chicken, shrimp, bourbon marinated salmon, flank steak or fried green tomato \$4

## SALAD

*Add to any entrée for \$4.*

**Caesar Salad** with homemade croutons & Parmesan cheese

**Romaine Wedge** with crumbled bleu cheese, diced tomatoes, bacon bits & Bleu cheese dressing

**House Salad**

Mixed greens with tomatoes, onions, cucumbers & choice of dressing



## DW SIGNATURE DRINKS

**Southern Sour**

Woodford Reserve Bourbon with fresh lemon juice, honey infused simple syrup & a cherry, \$9

**Charleston Tonic**

Charleston based Nippitay Gin elder flower tonic & lime wedge, \$9

**Dunes West Mule**

Tito's Vodka, Ginger Beer & lime juice, garnished with a lime, \$9

## Friday Night Food Trucks at the Athletic Club

Fridays in July ▪ 5-8 p.m.

By popular demand we are going to have a food truck every Friday night at the Athletic Club this July.

The trucks are subject to cancellation if there is inclement weather.

**July 5:** Krystyna's Food Truck – Authentic Polish Food

**July 12:** Roti Rolls – World Inspired on Roti Bread

**July 19:** Wally Gyros – Gyros & Mediterranean Food

**July 26:** Area 51 – Subs, Wraps & More



## A Note from Linda in Accounting

- 1 If you plan on moving and canceling your membership, please call Linda at 843-856-9000 before your move. A 30-day written notice is required and if we don't have notice, your bill will continue to accrue until we have a statement by phone and in writing.
- 2 Please inform us if you change your email address. It is important that we have the correct one on file for billing purposes.
- 3 Pools open next month! Be sure to pay your balance in full so we can activate your pool cards!

## DW Grille First Friday

### APPETIZERS

▪ **Queso Dip**

Homemade queso cheese dip & tortilla chips, \$8

▪ **New England Clam 'Chowdah'**

\$4 / \$7

### ENTRÉES

*All entrées served with fresh baked focaccia with our signature garlic Parmesan dip.*

▪ **Prime Rib**

8 oz. Queen-cut, \$17  
12 oz. King-cut, \$21

Served with au jus, mashed red potatoes & char-grilled asparagus

▪ **BBQ Chicken**

Two grilled chicken breasts brushed with BBQ sauce topped with smoked gouda, shredded cheddar cheese, two strips of bacon, diced tomatoes & scallions on a bed of mashed red potatoes and braised collard greens, \$15

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## Did You Know?!?

We offer EZ Pay Billing for both your Athletic & Golf Dues! You simply need to provide us with a debit or credit card to draft from, and afterwards you can sit back, relax and never worry about another bill again!

Simply call Linda Jamison, Office Manager, and provide her with your debit or credit card number and updated email address. We will pull the funds for your monthly dues between the 1st and 5th of each month and send you an email showing how much was deducted.

How easy is that?! Give us a call today to set up your EZ Pay account!  
843-856-9000

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### ■ Grilled Salmon

Topped with a lime butter sauce on a bed of fresh green bean & lemon orzo, \$19

### ■ Three Little Pigs Burger

8 oz. Burger with grilled ham, seared pork belly & two strips of bacon, topped with cheddar cheese and homemade sriracha aioli, with lettuce, tomato & onion, served with hand-cut fries, \$12

### ■ Hawaiian Chicken Sandwich

Grilled chicken breast, topped with char-grilled pineapple wedge, grilled ham & smoked gouda cheese, with lettuce, tomato & onion, served with hand-cut fries, \$12

### ■ Caesar Salad

Romaine lettuce, croutons & Parmesan cheese, \$8

**Add:** Grilled chicken, shrimp, bourbon marinated salmon, flank steak or fried green tomato, \$4

*Tennis Anyone?*

## SALAD

Add to any entrée for \$4.

■ **Caesar Salad** with homemade croutons & Parmesan cheese

■ **Romaine Wedge** with crumbled bleu cheese, diced tomatoes, bacon bits & bleu cheese dressing

### ■ House Salad

Mixed greens with tomatoes, onions, cucumbers & choice of dressing

## DW SIGNATURE DRINKS

### ■ Southern Sour

Woodford Reserve Bourbon with fresh lemon juice, honey infused simple syrup & a cherry, \$9

### ■ Charleston Tonic

Charleston based Nippitaty Gin elder flower tonic & lime wedge, \$9

### ■ Dunes West Mule

Tito's Vodka, Ginger beer & lime juice, garnished with a lime, \$9

## Eagle's Nest Friday Night Menu

5-9 p.m.

Special Drink Prices

Happy Hour Pricing All Night Long!

### \$3.50 Tacos

All tacos served in a soft flour tortilla.

Substitute a lettuce wrap at no additional charge.

### ■ Carne Asada

Marinated flank steak thinly sliced with caramelized sweet onions and drizzled with our house queso. Topped with diced tomato, lettuce and creamy avocado.

### ■ Chicken Fajita Taco

Chicken breast onions and peppers seasoned with our signature mix of spices topped with Monterey Jack cheese, and creamy avocado.

### ■ DW Fish Taco

Battered and fried fish dressed with a tequila-key lime vinaigrette and topped a grilled pineapple salsa.

### ■ The Veggie

Roasted cauliflower and mushrooms with goat cheese topped with diced tomatoes and scallions

### ■ Buffalo Shrimp

Fried shrimp tossed in wing sauce, with bleu cheese crumbles, diced tomatoes, diced red onion, shredded lettuce & drizzled with bleu cheese dressing

### ■ Eagle's Nest Nacho

Fresh fried tortilla chips topped with our house queso and choice of steak or chicken, tomatoes, scallions, onions, and creamy avocado, \$10

■ **Churros** with cinnamon sugar, \$3

## Bar Snacks

■ **Pimento Cheese** with Captain's wafers, \$6

### ■ Queso Dip

Tortilla chips & homemade queso dip, \$8

### ■ Specialty Drink

Margarita, \$9

Ask your server for the nights special.

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*Boating  
Anyone?*

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## AROUND THE CLUB

### Aqua Aerobics 2019

#### Session 2: July 8 – August 30 (8 weeks)

Monday, Wednesday & Friday:  
Thomas Lynch Hall Pool  
10:30-11:30 a.m.

**Trial week July 8-12:** Come try these fun and beneficial classes. You will only be charged for the session if you enjoy and continue with the classes.

This water fitness work out combines cardio, toning and stretching for an excellent work out. Excellent for cross-training, the water allows you to work out more effectively with less impact to the joints.

#### Session Fees:

July 8 – August 30: \$80 per person

To sign up please contact Neal Cavallon at 843-881-8735 or [neal.cavallon@duneswestgolfclub.com](mailto:neal.cavallon@duneswestgolfclub.com).

### Dunes West Swordfish Home Swim Meets

Thomas Lynch Hall pool will also be closed during our four home swim meets on July 1 & 3 from 4-8 p.m. We are sorry for any inconvenience.

### Summer Fitness Session

July 8 – October 5

The Summer Fitness Session starts July 8. Get ready for pool season!

Get involved with our fitness classes and meet new people while getting in shape. We would love for you to join.

#### Schedule

##### Monday:

Pilates, 8 a.m.  
Body Conditioning, 9:15 a.m.

##### Tuesday:

Cardio Sculpt, 8:30 a.m.  
Restorative Yoga, 6:30 p.m.

##### Wednesday:

Pilates, 9 a.m.  
Restorative Yoga, 6:30 p.m.

##### Thursday:

Cardio Sculpt, 8:30 a.m.  
Restorative Yoga, 6:30 p.m.

##### Friday:

Body Conditioning, 9:15 a.m.

##### Saturday:

Mat Barre 8:30 a.m.

**Fee for Spring Fitness Session**  
**Unlimited Classes:** \$145 per person  
You will receive three months of unlimited classes, 6 days per week!  
Only \$1.50 per class!

We are no longer offering the night/weekend class option.

**Drop-In Fee:** \$10 (for those who just want to come every now and then!)

Sign up today for our Spring Fitness Session! 843-881-8735 or [neal.cavallon@duneswestgolfclub.com](mailto:neal.cavallon@duneswestgolfclub.com)

### Follow Us on Facebook & Twitter

**Did you know that we have Facebook/Twitter Accounts for different features of the clubs?**

**Dunes West Golf Club:** You'll find out all you need to know about golf specials, special dinner menus, member socials, special events and more! Information about pool events, tennis socials, fitness updates and more posted here

**Dunes West Tennis:** This is our newest page and is for ALL things tennis! Jack, our Director of Tennis, will be posting updates and pictures of tournaments and socials. It's a great way to keep in touch with fellow players and to ask Jack specific questions regarding lessons, camps and clinics!

We hope you 'Like' some or all of these pages! It's a great way for us to keep you in the loop in real time.

A link to both the Facebook and Twitter social networks can be found on our website: [www.duneswestgolfclub.com](http://www.duneswestgolfclub.com).



*\*Please drop off payments either in the black box on the office door in the lobby or in the mail slot of the Athletic Club.*

### Summer Camps

#### KE Camps 2019

June 10 – August 2

Do you want to know where your child will have the most enjoyable and rewarding summer? At camp! Camp

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is that special place where friendship, fun and festivities coincide to create memories that will last well beyond the summer months. Camp Dunes West, for campers ages 4-10, is that special place. The best part...it is right here at our Club!

Camp Dunes West offers a traditional day camp experience in the convenient and familiar setting of our club atmosphere. At camp, your child will have the opportunity to participate in a variety of exciting activities including swimming, group tennis instruction, arts & crafts, fun with foods, team building, super science projects, a weekly community service project, wacky wednesday theme days, camp traditions, special events, and more.

The structured camp program operates from 9 a.m.-4 p.m., Monday-Friday, with before and after-care available. Camp Dunes West prides itself on its dedicated, talented and CPR/First Aid certified all-adult staff. Campers will benefit from an incredibly spirited, responsible and creative team of

counselors whose number one goal is to provide a fun, safe and inclusive camp environment.

Please call KECamps at 877-671-2267 or visit them at [www.kecamps.com](http://www.kecamps.com) to inquire or enroll!

GOLF NEWS

Dunes West Golf Club 2019 Junior Programs

July 29-August 2

8:30-10 a.m.  
8:30-10:30 a.m. Friday

Ages 6-16

Members, \$120  
Non-Members, \$130

**Includes:**  
Refreshments, Instruction, Contests  
Rules & Etiquette  
Friday Play Day

**Each participant will receive:**  
Golf hat, golf towel, divot tool

Sign up in the Pro Shop  
Limited to 24 Juniors  
843-856-9000

MGA & Dunes West Updated Tournament Schedule

**DW Club Championships**  
August 23, 24 & 25

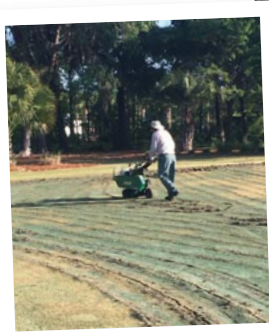
**MGA Championship**  
September 14 & 15

**Whispering Marsh Ron Wheet**  
September 27 & 28

**Member-Guest**  
November 9 & 10

**Ryder Cup**  
November 23 & 24

**\*\*MGA CUP**  
December 7



# July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SMGA, 8:18-9:12 LGA, 7:33-8:09 Pilates, 8 a.m. Body Conditioning, 9:15 a.m. DW Swordfish Meet, 4-8 p.m. Thomas Lynch Hall Pool	2 LGA 7:42-8:18 SLIP, 9:03-9:21 GOB, 9:30-9:57 Cardio Sculpt, 8:30 a.m. DW Swim Meet Restorative Yoga, 6:30 p.m.	3 MGA, 7:15-8 LGA, 8:09-8:27 SMGA, 8:36-9:30 LGA 9 & Lunch, 9:39-10:15 Pilates, 9 a.m. Restorative Yoga, 6:30 p.m. DW Swordfish Meet, 4-8 p.m. Thomas Lynch Hall Pool	4 MGA, 7:15-8:09 LGA, 8:18-8:54 SLIP, 9:03-9:21 GOB, 9:30-9:57 4th of July Party Main Pool, 11-1 p.m. No Thursday Dinner Due to July 4th Holiday <i>Independence Day</i>	5 SMGA, 8:18-9:12 LGA, 7:33-8:09 Body Conditioning, 9:15 a.m. First Friday Dinner – Prime Rib & Live music with Savahhah Godolphin RSVPs 843-856-9378	6 MGA, 7:15-7:33 Mat Barre, 8:30 a.m.
7 MGA, 7:15	8 SMGA, 10:51-11:45 LGA, 10:06-10:42 Pilates, 8 a.m. Body Conditioning, 9:15 a.m. Aqua Fitness, 10:30 a.m. Thomas Lynch Hall Pool	9 LGA, 10:06-10:42 SLIP, 10:51-11:09 GOB, 11:18-11:45 Hackers Golf, 3:30 p.m. Cardio Sculpt, 8:30 a.m. Restorative Yoga, 6:30 p.m. No Ladies Wine & Dine in July or August – We will be back on September 10.	10 SMGA, 8:18-9:12 LGA 9 & Lunch, 9:39-10:15 Pilates, 9 a.m. Restorative Yoga, 6:30 p.m. Aqua Fitness, 10:30 a.m. Thomas Lynch Hall Pool	11 LGA 7:42-8:27 SLIP, 9:03-9:21 GOB, 9:30-9:57 Cardio Sculpt, 8:30 a.m. Restorative Yoga, 6:30 p.m. Thursday Night Dinner – RSVPs 843-856-9378	12 SMGA, 8:18-9:39 LGA, 7:33-8:09 Body Conditioning, 9:15 a.m. Aqua Fitness, 10:30 a.m. Thomas Lynch Hall Pool	13 MGA, 7:15-7:33 Mat Barre, 8:30 a.m.
14 MGA, 7:15	15 SMGA, 8:18-9:12 LGA, 7:33-8:09 Pilates, 8 a.m. Body Conditioning, 9:15 a.m. Aqua Fitness, 10:30 a.m. Thomas Lynch Hall Pool	16 LGA 7:42-8:18 SLIP, 9:03-9:21 GOB, 9:30-9:57 Hackers Golf, 3:30 p.m. Cardio Sculpt, 8:30 a.m. Restorative Yoga, 6:30 p.m.	17 SMGA, 8:18-9:39 LGA 9 & Lunch, 9:48-10:24 Pilates, 9 a.m. Restorative Yoga, 6:30 p.m. Aqua Fitness, 10:30 a.m. Thomas Lynch Hall Pool	18 LGA 7:42-8:27 SLIP, 9:03-9:21 GOB, 9:30-9:57 Cardio Sculpt, 8:30 a.m. Restorative Yoga, 6:30 p.m. Thursday Night Dinner – RSVPs 843-856-9378	19 SMGA, 8:18-9:12 LGA, 7:33-8:09 Body Conditioning, 9:15 a.m. Aqua Fitness, 10:30 a.m. Thomas Lynch Hall Pool	20 MGA, 7:15-7:33 Mat Barre, 8:30 a.m.
21 MGA, 7:15	22 SMGA, 8:18-9:12 LGA, 7:33-8:09 Pilates, 8 a.m. Body Conditioning, 9:15 a.m. Aqua Fitness, 10:30 a.m. Thomas Lynch Hall Pool	23 LGA 7:42-8:18 SLIP, 9:03-9:21 GOB, 9:30-9:57 Hackers Golf, 3:30 p.m. Cardio Sculpt, 8:30 a.m. Restorative Yoga, 6:30 p.m.	24 SMGA, 8:18-9:12 LGA 9 & Lunch, 9:39-10:15 Pilates, 9 a.m. Restorative Yoga, 6:30 p.m. Aqua Fitness, 10:30 a.m. Thomas Lynch Hall Pool	25 LGA, 7:42-8:18 SLIP, 9:03-9:21 GOB, 9:30-9:57 Cardio Sculpt, 8:30 a.m. Restorative Yoga, 6:30 p.m. Thursday Night Dinner – RSVPs 843-856-9378	26 SMGA, 8:18-9:12 LGA, 7:33-8:09 Body Conditioning, 9:15 a.m. Aqua Fitness, 10:30 a.m. Thomas Lynch Hall Pool	27 MGA, 7:15-7:33 Mat Barre, 8:30 a.m. Pig Roast, 6 p.m. – RSVPs 843-856-9378
28 MGA, 7:15	29 SMGA, 8:18-9:12 LGA, 7:33-8:09 Pilates, 8 a.m. Body Conditioning, 9:15 a.m. Aqua Fitness, 10:30 a.m. Thomas Lynch Hall Pool	30 LGA 7:42-8:18 SLIP, 9:03-9:21 GOB, 9:30-9:57 Hackers Golf, 3:30 p.m. Cardio Sculpt, 8:30 a.m. Restorative Yoga, 6:30 p.m.	31 SMGA, 8:18-9:12 LGA 9 & Lunch, 9:39-10:15 Pilates, 9 a.m. Restorative Yoga, 6:30 p.m. Aqua Fitness, 10:30 a.m. Thomas Lynch Hall Pool	<p><i>Tis the season for golf!</i></p>		