

FEBRUARY 2023



Pro Shop  
843-856-9000

Grille  
843-856-9378

Athletic Club  
843-856-9000 ext. 4

duneswestgolfclub.com

*Join us!*

**Breakfast**

Monday-Friday,  
8-11AM

Saturday & Sunday,  
8AM-Noon

**Lunch**

Daily,  
11AM-3PM

**Dinner**

Thursdays,  
5-8PM

# Dunes West

GOLF & RIVER CLUB

*this month*

## Sound Baths

February 10 & 24 ● 9:30AM

Dunes West Athletic Club is so excited to announce we are adding Sound Baths to our Group Fitness schedule. We will be having it every other Friday (replacing the Yin Class). If you have paid for the three months, this is included. Drop ins will be \$15 for this class.

*mark your calendars!*

## Man Cave Microbrew Tasting

Thursday, February 23 ● 6:30-8:30PM  
The Athletic Club

Come 'hang out' and try a variety of new beers with the opportunity to buy one to enjoy at home. All the crafters snacks and take away tasting glass. Sign up with Jenn, [jenn.devaney@duneswestgolfclub.com](mailto:jenn.devaney@duneswestgolfclub.com) or call 843-856-9000 ext. 4.

**SOLD OUT**

*around the club*

## Wednesday Buffet Dinner

The Grille  
Dinner served ● 5-8PM

Reservations are strongly recommended, call 843-856-9378.

Adults, \$20  
Children (11 & under) \$10

*Happy Valentines!*



**MENU**

The menu will change each week and will always feature:

- Salad
- Bread
- 2-3 Entrée Selections
- Dessert

Look for an email on the Monday before for the Chef's selections.

**WINE**

See the special board for our: \$25 Wine Bottle Specials

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## St. Patrick's Day Tennis Social

Saturday, March 11 ● 12-2:30PM

You need to wear green for this event. Come join us for our annual St. Patrick's Day Tennis Social. We will supply the adult beverages. We ask that everyone bring their favorite casserole dish to share. Please text Jack at 843-345-2995 to let him know what you will be bringing. Prizes will be given out at the end of the social. Cost is \$15 per person, and you can sign up by logging into your account and clicking on events then click register to sign up. **Deadline to sign up is March 9.** We look forward to seeing everyone out for this fun event.





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## Thursday Dinner

The Grille Room  
Dinner served ● 5-8PM

### THURSDAY SPECIALS

See the special board for our:  
\$25 Wine Bottle Specials

### APPETIZER

● **Poutine**

House-cut French fries, white cheddar Wisconsin cheese curds, brown gravy, \$10

### ENTRÉES

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

● **Pork Schnitzel**

Mashed potatoes, mushroom gravy, charred baby carrots, \$18

● **Beef Stroganoff**

Braised beef, cremini mushrooms, egg noodles in sour cream scallion gravy, \$19



● **Fisherman's Stew**

Shrimp, whitefish, Littleneck clams in charred tomato broth with garlic crostini, \$22

● **Chicken & Pierogis**

Smoked apple chicken sausage, crispy brussel sprouts, peppers, onions, cheddar onion pierogis, \$18

### SALADS & SANDWICHES

● **Burger\***

Have it with or without bacon and choose American, cheddar, Swiss or smoked gouda cheese. Served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun with fries, \$14

● **Chicken Sandwich**

Have it grilled or fried, with or without bacon and choose American, cheddar, Swiss or smoked gouda cheese. Served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun with fries, \$14

*Everyone's a Prom Queen!*

● **Salmon Salad**

Bourbon-glazed salmon on a bed of mixed greens with sliced almonds, Mandarin oranges, diced tomatoes, cucumbers, black sesame seeds, with our homemade mustard vinaigrette, \$18

### SIDE SALADS

*Add to any entrée for \$5.*

● **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

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## KIDS

Choose one side.

- Grilled Cheese, \$6
- Burger, \$6
- Chicken Tenders, \$6
- Cheese Quesadilla, \$6

## DESSERT

- **Double Chocolate Cake Sheet Cake** with cocoa dusted maple cream, \$7

## Tennis news

## Court Pickleball Lessons

Would like to learn how to play the fastest growing sport in the world! Then you need to learn from one of the best players in the world! Our Pickleball Pro **Anderson Scarpa** finished 13th in the world in singles and top 40 in the world for doubles! You can reach Anderson by calling or texting him at 843-460-0762.



## Pool Update

All pools at the Dunes West Athletic Club will re-open on April 1.

## Court Reservations

- In order to use the courts, you must reserve a court.
- We ask that if you decide not to use the court that you have booked, please delete your reservation.
- If the system doesn't allow you to, please text Jack and let him know.
- If you book a clay court, please sweep and line the clay court when finished so the court can be ready for the next member that's playing after you.
- We also ask that if you're playing tennis to try not to book courts 3 or 10 unless these courts are your only options as these are the only courts that the Pickleball players can play on at this time.



## After School Junior Tennis Classes

We have year-round junior tennis classes that are ongoing throughout the year. Our program is geared towards beginner to intermediate juniors. The junior series runs for six weeks, however it may take longer to complete a series due to weather or holidays. For that reason we prefer that you contact Jack as we cannot guarantee a specific start and end date for these classes.

If you would like more information on the junior classes, please contact Jack at 843-345-2995.

## Fitness Schedule

### Monday

Total Body Conditioning  
– Tracy S, 7AM  
Pilates – Tracy, 9AM

### Tuesday

Vinyasa – Megan, 7AM  
Cardio Sculpt – Pam, 8:30AM  
Restorative Yoga – Jim, 6:30PM

### Wednesday

Vinyasa – Megan, 7AM  
Pilates – Tracy, 9AM  
Restorative Yoga – Jim, 6:30PM

### Thursday

Vinyasa – Megan, 7AM  
Cardio Sculpt – Pam, 8:30AM  
Guts & Butts – Megan, 11:30AM  
Restorative Yoga – Jim, 6:30PM

### Friday

Total Body Conditioning  
– Tracy S, 7AM  
Sound Bath – Mallory, 9:30AM

### Saturday

Vinyasa – Megan, 9:15AM

### Sunday

Chisel – Jim, 8AM

*Keep it going!*



Sunday

Monday

Wednesday

Thursday

Friday

Saturday



MGA, 7:15-7:42  
Chisel, 8AM

SMGA, 9:21-10:33  
LGA, 8:45-9:03  
Total Body, 7AM  
Pilates, 9AM

LGA, 8:09-8:54  
SLIP, 9:39-9:57  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Cardio Sculpt, 8:30  
Restore, 6:30PM

1  
SMGA, 9:21-10:33  
LGA, 10:42-11:27  
Vinyasa, 7AM  
Pilates, 9AM  
Restore, 6:30PM  
Wednesday Buffet  
Dinner 5-8PM  
RSVPs Recommended  
843-856-9378

2  
LGA, 8:18-9:03  
SLIP, 9:12-9:30  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Cardio Sculpt, 8:30AM  
Guts 'N Butts, 11:30AM  
Thursday Dinner 5-8PM  
RSVPs Recommended  
843-856-9378

3  
SMGA, 9:21-10:33  
LGA, 8:45-9:03  
Total Body, 7AM  
Pilates, 9AM

4  
MGA, 7:15-8:36  
LGA, 9:12-9:21  
GOB, 10:06-10:33  
Vinyasa, 9:15AM

*Groundhog Day*

8  
SMGA, 9:21-10:33  
LGA, 10:42-11:27  
Vinyasa, 7AM  
Pilates, 9AM  
Restore, 6:30PM  
Wednesday Buffet  
Dinner 5-8PM  
RSVPs Recommended  
843-856-937

9  
LGA, 8:18-9:03  
SLIP, 9:12-9:30  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Cardio Sculpt, 8:30AM  
Guts 'N Butts, 11:30AM  
Thursday Dinner 5-8PM  
RSVPs Recommended  
843-856-9378

10  
SMGA,  
9:21-10:33  
LGA, 8:45-9:03  
Total Body, 7AM  
Sound Bath,  
9:30AM

11  
MGA, 7:15-8:36  
LGA, 9:12-9:21  
GOB, 10:06-10:33  
Vinyasa, 9:15AM

12

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15

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18

MGA, 7:15-7:42  
Chisel, 8AM

SMGA, 9:21-10:33  
LGA, 8:45-9:03  
Total Body, 7AM  
Pilates, 9AM

LGA, 8:09-8:54  
SLIP, 9:39-9:57  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Cardio Sculpt, 8:30  
Restore, 6:30PM  
Valentine's Day Dinner  
RSVPs Required (email  
only), jenn.devaney@  
duneswestgolfclub.com

SMGA, 9:21-10:33  
LGA, 10:42-11:27  
Vinyasa, 7AM  
Pilates, 9AM  
Restore, 6:30PM  
Wednesday Buffet  
Dinner 5-8PM  
RSVPs Recommended  
843-856-937

LGA, 8:18-9:03  
SLIP, 9:12-9:30  
GOB, 10:06-10:51  
Vinyasa, 7AM  
Cardio Sculpt, 8:30AM  
Guts 'N Butts, 11:30AM  
Thursday Dinner 5-8PM  
RSVPs Recommended  
843-856-9378

SMGA  
Joker Stableford,  
9:30-10:51  
LGA, 8:45-9:03  
Total Body, 7AM  
Sound Bath,  
9:30AM

MGA, 7:15-8:36  
LGA, 9:12-9:21  
GOB, 10:06-10:33  
Vinyasa, 9:15AM

*Valentine's Day*

19

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MGA,  
7:15-7:42  
Chisel, 8AM

MGA, 7:15-8:36  
SMGA, 9:30-10:33  
LGA, 8:45-9:21  
Total Body, 7AM  
Pilates, 9AM

LGA, 8:09-8:54  
SLIP, 9:39-9:57  
GOB, 10:06-10:51  
Total Body, 7AM  
Cardio Sculpt, 8:30  
Restore, 6:30PM

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Cardio Sculpt, 8:30AM  
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SMGA, 9:21-10:33  
LGA, 8:45-9:03  
Total Body, 7AM  
Sound Bath,  
9:30AM

MGA, 7:15-8:36  
LGA, 9:12-9:21  
GOB, 10:06-10:33  
Vinyasa, 9:15AM

*President's Day*

*Mardi Gras*

26

27

28

MGA, 7:15-7:42  
Chisel, 8AM

Tournament  
Course Closed  
Total Body, 7AM  
Pilates, 9AM

Tournament  
Course Open, 2:45  
Vinyasa, 7AM  
Cardio Sculpt, 8:30  
Restore, 6:30PM

