

MAY 2022



Pro Shop,
843-856-9000

Grille,
843-856-9378

Fitness Center,
843-881-8735

duneswestgolfclub.com

Join us!

Breakfast

Breakfast

Sandwiches Only:

WED-FRI, 8-11AM

Full Breakfast:

SAT-SUN, 8AM-12PM

Sunday Brunch

Sunday, 8AM-12PM

Lunch

Daily, 11AM-3PM

Pre-made Salads

& Sandwiches:

Monday-Tuesday,

Dinner

Thursdays, 5-8:30PM

Dunes West

GOLF & RIVER CLUB

upcoming events

Cinco de Mayo Tacos & Trivia!

Thursday, May 5

Buffet, 6-7PM • Trivia, 7PM Start

\$50 Bar tab to the winning team!

Adults, \$24

**This event is 21 and over only.*

Call 843-856-9000 for RSVPs.

Buffet Menu

- **Chips & Queso**
- **Mexican Salad:** Diced tomatoes, cucumbers, roasted corn & black bean salsa, Southwestern Ranch Dressing
- **Build Your Own Tacos**
Carne Asada (Steak) • Grilled Chicken
Blackened Shrimp • Flour Tortillas
Sour Cream • Guacamole • Salsa
Shredded Cheddar • Queso Fresco,
Jalapeños • Diced Tomatoes
Shredded Lettuce
- **Mexican Rice & Beans**
- **Churros & Dipping Sauce**
with fresh whipped cream

Food Truck Fridays

May 6: Smokin' Gringo

May 13: Dashi

May 20: Krystynes

May 27: Toba Sushi



around the club

New Session Begins on May 3

May 3 – August 1

Please reach out to Jenn Devaney

to pay for the next session

jenn.devaney@duneswestgolfclub.com.

- Drop-in Fee, \$10
- 3-Month Session, \$150

Aqua Aerobics Begins This Month!

Monday, Wednesday, Friday • 10:30AM

Thomas Lynch Hall Pool

We are introducing the Pre Paid Punch card
for this class.

- Drop-in Fee, \$10
- Six Classes, \$55
- Twelve Classes, \$100

Contact Jenn Devaney or Susan will have
cards at the pool.

New Classes!

Mondays:

- Total Body Conditioning, 7AM
- Butts n' Guts, 5:30PM

Fridays:

- Total Body Conditioning, 7AM

Introducing Pool Party Passes!

As many of you know, we have a screened in porch at the pool available for rent at \$50 an hour with reservations. We also have members that have guests come to the pool for birthdays, but the Athletic Club will start asking for members to request passes for these parties of more than 10. The goal is to make sure that the pool is better schedules so that it doesn't get overcrowded with too many groups having their own parties all at the same time. A win for win for everyone. Thank you for your patience with the new process. Contact jenn.devaney@duneswestgolfclub.com or 843-856-9000 for questions and passes.

Attention Parents!

No one under 18 years of age can workout in the gym without an adult. This does not count if there is an "adult" in the gym. Other adults are not responsible for children that are not their own.

If your child would like to work out there with you supervising, they must be 13 or older. If they are told more than once that they are not allowed, I will start turning off the access cards.

Pools are Open!

Adult Swim Only, 6AM-10AM
Family Swim, 10AM-8PM

There is no lap swimming in the Adult Only Hartford Village pool. Hartford Village opens at 10AM and closes at 8PM.

Pools are included in our Athletic and Premier Memberships. Members must have swipe cards for access. Lost or non-functioning cards need to be reported to the office 843-856-9000 or email jenn.devaney@duneswestgolfclub.com.

Our Pool attendants have started working on weekends only for waterslide safety. They will be full time starting May 28. Our Pool Attendants are hired and managed by Athkinson Pools 843-568-5371.

Please be respectful of our Pool Staff. They are following the rules required by DHEC and by The Athletic Club. If there is a problem, please reach out to Jenn Devaney jenn.devaney@duneswestgolfclub.com.



Graduation Banner 2022

Let us brag about your kiddo graduating! Please email jenn.devaney@duneswestgolfclub.com with your graduate's full name and a good contact number.



Swim Lessons

For parents making summer plans and would like to up their kiddos for swim lessons, you can contact www.lowcountryswimschool.com or 843-981-2885. Wendy Cox mentioned that they will also be offering lessons for swim team prep.

Go Swordfish!

Dunes West Swim Team has a Facebook page. If you need more information: www.facebook.com/duneswestswimming

Thursday Dinner

Dinner served ● 5-8:30PM
The Grille Room
May 19 & 26 Only

THURSDAY SPECIALS

See the special board for our:
\$20 Wine Bottle Specials

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

Congrats!



Jim Versteegen



Joette Licausi



Chris Clemins

THURSDAY DINNER CONTINUED »

House Salad

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

APPETIZER

Grilled Street Corn brushed with a Parmesan & cilantro lime butter, \$9

ENTRÉES

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

Blackened Chicken with avocado cream sauce on a bed of black beans & rice, with char-grilled asparagus, \$16

Prime Rib with au jus, mashed potatoes & char-grilled asparagus, 8 oz. Queen-Cut, \$20 12 oz. King-Cut, \$24

Buffalo Shrimp Tacos Three soft tacos stuffed with buffalo shrimp, shredded lettuce, diced tomatoes & bleu cheese dressing, served with black beans & rice, \$16

Sweet Tea Pork Chop Marinated in lemon, rosemary & sweet tea, with mashed potatoes & char-grilled asparagus, \$17



SALADS & SANDWICHES

Burger*

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

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

KIDS

Choose one side.

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

golf news

Hole-in-One

Jim Versteegen

March 23, 2022

- Hole #8
- 124 Yards
- 8-Iron

Joette Licausi

April 8, 2022

- Hole #17
- 96 Yards
- 6-Hybrid

Witness: Ginny Maglio & Linda Hicks

Chris Clemins

April 24, 2022

- Hole #6
- 138 yards
- 9-Iron

*May contain ingredients that are raw or under cooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 MGA, 7:15-7:42 No Classes	2 SMGA, 8:18-9:21 LGA, 7:51-8:09 Total Body Conditioning, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Butts n' Guts, 5:30	3 LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30	4 SMGA, 8:18-9:12 Tournament, 9:30AM Vinyasa, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30	5 • Ladies Member Guest, 8:18AM • Cinco de Mayo Tacos & Trivia Night RSVPs 843-856-9378 • No Thursday Dinner • Vinyasa, 7AM • Cardio Sculpt, 8:30AM • Zumba Gold, 10AM • Restorative Yoga, 6:30	6 SMGA, 8:18-9:21 LGA, 7:53-8:09 Total Body Conditioning, 7AM Yin for You, 9:30AM Aqua Aerobics, 10:30AM	7 MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 Chisel, 8:30AM Vinyasa, 9:30	
8 MGA, 7:15-7:42 Mother's Day Brunch 10AM-1PM RSVPs 843-856-9378 No Classes <i>Mother's Day</i>	9 SMGA, 8:18-9:21 LGA, 7:42-8:09 Total Body Conditioning, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Butts n' Guts, 5:30	10 LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30	11 SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30	12 <i>Cinco de Mayo</i> • LGA, 8:27-9:12 • SLIP, 9:21-9:39 • GOB, 9:48-10:24 • Mens Invitational Mini Tournament, 1PM • No Thursday Dinner • Member Guest Tournament • Vinyasa, 7AM • Cardio Sculpt, 8:30AM • Zumba Gold, 10AM • Restorative Yoga, 6:30	13 Mens Invitational – Course Closed Total Body Conditioning, 7AM Yin for You, 9:30AM Aqua Aerobics, 10:30AM	14 Mens Invitational – Course Open, 4:24PM Chisel, 8:30AM Vinyasa, 9:30	
15 MGA, 7:15-7:42 No Classes	16 SMGA, 8:18-9:21 LGA, 7:51-8:09 Total Body Conditioning, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Butts n' Guts, 5:30	17 LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30	18 SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30	19 LGA, 8:09-9:30 SLIP, 9:39-9:57 GOB, 10:06-10:42 Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378 Vinyasa, 7AM Cardio Sculpt, 8:30AM Zumba Gold 10AM Restorative Yoga, 6:30	20 SMGA Red/White/Blue, 8:18-9:39 LGA, 7:51-8:09 Total Body Conditioning, 7AM Yin for You, 9:30AM Aqua Aerobics, 10:30AM	21 MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 Chisel, 8:30AM Vinyasa, 9:30	
22 MGA, 7:15-7:42 Couples Golf, 1PM No Classes	23 SMGA, 8:18-9:21 LGA, 7:51-8:09 Total Body Conditioning, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Butts n' Guts, 5:30	24 Tournament, 9:30AM Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30	25 SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30	26 LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Thursday Dinner 5-8:30PM RSVPs 843-856-9378 Vinyasa, 7AM Cardio Sculpt, 8:30AM Zumba Gold 10AM Restorative Yoga, 6:30	27 SMGA, 8:18-9:21 LGA, 7:51-8:09 Total Body Conditioning, 7AM Yin for You, 9:30AM Aqua Aerobics, 10:30AM	28 MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 Chisel, 8:30AM Vinyasa, 9:30	
29 MGA, 7:15-7:42 No Classes	30 MGA, 7:15-8:09 LGA, 8:18-8:36 SMGA, 9:03-10:06 Total Body Conditioning, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Butts n' Guts, 5:30	31 LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30 Lunt Group, 12:21-12:39					
 <p><i>Memorial Day</i></p>							