

JULY 2021



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

See page 2  
for more events!



# Dunes West

GOLF & RIVER CLUB

## upcoming events

### Summer Movie Nights!

We're excited to announce that MOONLITE ON THE GO will be providing Dunes West Athletic Members and guests inside the gates for the very first Summer movie series. The first movie will play Saturday, June 5 beginning at 8:30PM in the field next to the pools and gym. Tickets are on sale now for the first movie, [www.moonlitechs.com](http://www.moonlitechs.com). Tickets are \$10 per person and Dunes West members will receive a free popcorn at the entrance. All seating will be lawn seating so bring blankets and/or lawn chairs. There will be concessions for purchase. Please call Todd with any questions, 917-804-0732 or Jenn [jenn.devaney@duneswestgolfclub.com](mailto:jenn.devaney@duneswestgolfclub.com).

- **July 3:** Onward – Complimentary
- **July 17:** Tom & Jerry
- **July 31:** The Croods New Age
- **August 14:** Wonder Woman 1984

More to come...

### 4th of July Children Festival

July 4 ● 10AM-12PM  
Dunes West Athletic Club

#### Featuring:

- The Ice Cream Team – Ice cream truck
- Dunes West Hotdogs & Beverages
- Patriotic Temporary Tattoos
- Charleston Jump Castles
- Take your picture with our surprise visitor.
- Fun 4th of July Craft
- Balloonist from *Balloon Smiles*



### Calling All Runners & Walkers!

Saturday, July 24 ● 10AM  
Athletic Club

The Athletic Club will be having an interest meeting to organize Running and walking groups. Now that we can get out and stretch our legs more, it's time to bring the community together. Bring your friend and meet some new ones.

### Pig Roast

Saturday, July 10  
6-7PM Cocktails & Cheese Board  
7PM Buffet Dinner

\$25\* per person  
Kids 11 & under \$12 (plus tax & gratuity)

Reservations (843) 856-9378

#### Menu:

- **Cheese Board, 6-7PM**

Chef's selection of assorted cheeses, spreads & accompaniments



Continued »

# Save the Date!

## July 2

Food Truck Friday:  
Immortal Lobster &  
Gelato

## July 3

Summer Movie  
Nights!: Onward

## July 4

4th of July Children's  
Festival

## July 9

Food Truck Friday:  
Krystynes Polish

## July 10

Pig Roast

## July 16

Food Truck Friday:  
Smokin' Gringos

Friday Night Prime:  
Prime Rib &  
Salmon Dinner

## July 17

Summer Movie  
Nights!: Tom & Jerry

## July 23

Food Truck Friday:  
Stuffed

Friday Night Prime:  
Prime Rib &  
Salmon Dinner

## July 24

Calling all Runners  
& Walkers!

## July 30

Food Truck Friday:  
Tobo Sushi

## July 31

Summer Movie  
Nights!: The Crows  
New Age

## August 14

Summer Movie  
Nights!: Wonder  
Woman 1984

*Pig Roast Continued »*

- **Whole Pig**  
Slow roasted over eight 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
- **Peach Cobbler** with fresh cream

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



## Food Truck Fridays

Please come and show them love and  
order. Even if it's a 'not so good' pool  
day, have the Food Truck of the day  
do dinner for your family.

### July's Schedule:

July 2: Immortal Lobster & Gelato

July 9: Krystynes Polish

July 16: Smokin' Gringos

July 23: Stuffed

July 30: Tobo Sushi

## Around the Club

### Thursday Dinner

Dinner served from 5-8:30PM  
The Grille Room

#### Thursday Specials

See the special board:  
\$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
- **House Salad**  
Mixed greens with tomatoes, onions,  
cucumbers & choice of dressing

#### Appetizer

- **Coconut Shrimp** with a cilantro  
cream dipping sauce, \$9

#### Entrées

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

- **Wild Mushroom & Mascarpone Risotto**  
with rosemary, olive oil & garlic marinated  
chicken breast, char-grilled, sliced and  
served over risotto, \$17
- **Grilled Meatloaf** served on a bed of  
mashed potatoes, with fire roasted corn, drizzled  
with a homemade whiskey bbq sauce, \$18
- **Low Country Boil:** Shrimp, smoked  
sausage, potatoes, corn on the cob in  
a homemade seafood broth, \$20
- **Pork Belly Mash:** Crispy pork belly  
medallions on a bed of mashed potatoes  
with fire roasted corn & a dried apricot  
demi glace, \$18

*Continued »*

Thursday Dinner Continued »

## SALADS & SANDWICHES

### ● **Burger\***

Have it with or without bacon. 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. 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

### ● **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, \$16

## Kids

Choose one side.

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



# Friday Night Prime

Friday, July 16

Friday, July 23

The Grille Room ● Dinner, 5-8:30PM

Reservations: 843-856-9378

## Wine 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



### ● **House Salad**

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

## APPETIZER

### ● **New England Clam 'Chowdah'**

Cup, \$6; Bowl with crackers, \$9

## Entrées

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

- **Prime Rib** with au jus, mashed potatoes & fresh green beans, 8 oz. Queen-Cut, \$19 ● 12 oz. King-Cut, \$23

- **Bourbon Marinated Salmon** with scallion rice & fresh green beans, \$19

## Salads & Sandwiches

### ● **Burger\***

Have it with or without bacon. 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

Continued »

# KE Camps 2021

June 21 – July 30

● 9AM-4PM

Dunes West Athletic Club

KE Camps 2021 is here and will be running until the end of July.

**Who:** Kids ages 4-10; Staff is all-adult and are First-Aid and CPR certified.

**What:** Group activities including swimming and tennis, themed days, arts and crafts, team building, educational and service activities and good, old fashioned, friendship building fun!

**When:** Weekly sessions (Monday-Friday) beginning June 21 through July 30. Camp hours are 9AM-4PM with before and after care available

## 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

Friday Night Prime Continued »

● **Chicken Sandwich**

Have it grilled or fried, with or without bacon. 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

**Kids**

Choose one side.

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

## Summer Fitness Class Session

July 4 – September 5

**Free Trial Week: July 4-10**

**Unlimited Spring Session:** \$150

*Please note the small price bump.*

**Drop-in Class Fee:** \$10/class

To register and pay for classes, please email Jenn at [jenn.devaney@duneswestgolfclub.com](mailto:jenn.devaney@duneswestgolfclub.com).

**Class Schedule**

**Mondays:**

Pilates 9AM  
Aqua Aerobics, 10:30AM

**Tuesdays:**

Cardio Sculpt, 8:30AM  
Restorative Yoga, 6:30PM

**Wednesdays:**

Pilates, 9AM

*Just another hazard!*



Aqua Aerobics, 10:30AM  
Restorative Yoga, 6:30PM

**Thursdays:**

Cardio Sculpt, 8:30AM  
Restorative Yoga, 6:30PM

**Friday:**

Yoga for You, 9:30AM (*note time change*)  
Aqua Aerobics, 10:30AM

**Saturday:**

Chisel, 8AM

## Fitness Facility Updates

● Please continue to practice safety by wiping and cleaning equipment before and after use.



● Reminders on children in the fitness facility: No children under 13 may be in the fitness facility at any time for any reason. Children ages 13-17 must be with an adult 18 years of age or older.

● There will be random swipe card checks – Some non-members using a code (that has been changed) have been using the gym and we want to discourage this.

● Please note that there will be repairs on the vinyl cushioning on several pieces of equipment in the gym starting in August. We will try our best to not disrupt too many pieces at once so work outs don't get disrupted. ●

## 2021 Pool Season

● All three pools are open and will be open 6-10AM for Adult lap swimmers and 10AM-8PM for Family swim. Pools are included in Athletic and Premier memberships. Members must have access cards to enter the pools. To replace lost access cards, please contact the office at 843-856-9000.

● Lifeguards and Pool Attendants are being hired and managed by American Pool Management Company/Atkinson Pools. Please contact them with questions, comments or suggestions at 843-568-5371.

● There has been quite a good amount of items left behind pool side. If you're missing something, please check the Lost & Found bin.



● Keep in mind that the Lifeguards are there for slide safety. Parent supervision is still required at all times.

● Dunes West Swim team will start swimming in the Thomas Lynch Hall Pool from 7-10:30AM for practice.

● The Swordfish Swim team is a family swim team in the East Cooper Swim League (ECSL). They provide swimmers of all levels ages 4-18 with fun, instruction-based swimming while offering the opportunity to compete in different level swim meets. Go Swordfish!



| Sunday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--|--|---|---|--|--|
|  |  |   | 1   | 2  | 3  |
|  |  |   | LGA, 7:33-8:18<br>SLIP, 9:03-9:21<br>GOB, 9:30-10:06<br>Cardio Sculpt, 8:30AM<br>Thursday Dinner<br>5-8:30PM RSVPs<br>Recommended<br>843-856-9378 | SMGA, 8:18-9:21<br>LGA, 7:33-8:09<br>Restorative Yoga,<br>6:30PM   | MGA, 7:15-8:09<br>LGA, 9:12-9:21<br>GOB, 9:30-9:57   |
| 4  |  |   | 8   | 9  | 10   |
| MGA,<br>7:15-7:42<br>Pilates, 9AM                | MGA,<br>7:15-8:09<br>LGA, 8:18-8:54<br>SMGA,<br>9:03-10:06<br>Aqua Zumba,<br>9AM | LGA, 7:33-8:18<br>SLIP, 9:03-9:21<br>GOB, 9:30-10:06<br>Hackers Golf, 3:30<br>Restorative Yoga,<br>6:30PM | SMGA,<br>8:18-9:21<br>LGA 9 & Lunch,<br>9:39-10:24  | LGA, 7:33-8:18<br>SLIP, 9:03-9:21<br>GOB, 9:30-10:06<br>Cardio Sculpt, 8:30AM<br>Thursday Dinner<br>5-8:30PM RSVPs<br>Recommended<br>843-856-9378. | MGA, 7:15-8<br>GOB, 9:30-9:57<br>LGA, 9:12-9:21<br>Restorative Yoga,<br>6:30PM<br>Pig Roast, 7PM<br>RSVP 843-856-9378  |
|  |  |   |   |  |  |
| 11   | 12   | 13  | 14  | 15   | 16   |
| MGA,<br>7:15-7:42                                | SMGA,<br>8:18-9:21<br>LGA, 7:33-8:09<br>Yoga for You,<br>9:30AM                  | LGA, 7:33-8:18<br>SLIP, 9:03-9:21<br>GOB, 9:30-10:06<br>Hackers Golf,<br>3:30PM                           | SMGA,<br>8:18-9:21<br>LGA 9 & Lunch,<br>9:39-10:24<br>Chisel, 8AM   | LGA 7:33-8:18<br>SLIP, 9:03-9:21<br>GOB, 9:30-10:06<br>Thursday Dinner<br>5-8:30PM RSVPs<br>Recommended<br>843-856-9378                            | SMGA, 8:18-9:21<br>LGA, 7:33-8:09<br>Cardio Sculpt, 8:30AM<br>Friday Night Prime –<br>Featuring Prime Rib &<br>Salmon -5-8:30PM<br>RSVPs Recommended<br>843-856-9378           |
|  |  |   |   |  |  |
| 18   | 19   | 20  | 21  | 22   | 23   |
| MGA<br>Presidents Cup,<br>7:33-9:12              | SMGA,<br>8:18-9:21<br>LGA,<br>7:33-8:09<br>Pilates, 9AM                          | LGA, 7:33-8:18<br>SLIP, 9:03-9:21<br>GOB, 9:30-10:06<br>Hackers Golf,<br>3:30PM<br>Aqua Zumba,<br>9AM     | SMGA Ringer,<br>8:18-9:39<br>LGA 9 & Lunch,<br>9:48-10:33<br>Restorative Yoga,<br>6:30PM  | LGA, 7:33-8:18<br>SLIP, 9:03-9:21<br>GOB, 9:30-10:06<br>Thursday Dinner<br>5-8:30PM RSVPs<br>Recommended<br>843-856-9378                           | SMGA Ringer,<br>8:18-9:39<br>LGA, 7:33-8:09<br>Cardio Sculpt, 8:30AM<br>Friday Night Prime -<br>Featuring Prime Rib &<br>Salmon –5-8:30PM<br>RSVPs Recommended<br>843-856-9378 |
|  |  |   |   |  |  |
| 25   |  | 27  | 28  | 29   | 30   |
| MGA,<br>7:15-7:42<br>Restorative Yoga,<br>6:30PM | SMGA,<br>8:18-9:21<br>LGA,<br>7:33-8:09  | LGA, 7:33-8:18<br>SLIP, 9:03-9:21<br>GOB, 9:30-10:06<br>Hackers Golf, 3:30<br>Yoga for You,<br>9:30AM     | SMGA, 8:18-9:21<br>LGA 9 & Lunch,<br>9:39-10:24   | LGA 7:33-8:18<br>SLIP, 9:03-9:21<br>GOB, 9:30-10:06<br>Chisel, 8AM<br>Thursday Dinner<br>5-8:30PM RSVPs<br>Recommended<br>843-856-9378             | SMGA,<br>8:18-9:21<br>LGA, 7:33-8:09   |
|  |  |   |   |  |  |
|  |  |   |   |  | 31   |
|  |  |   |   |  | MGA, 7:15-8:09<br>LGA, 9:12-9:21<br>GOB, 9:30-9:57<br>Cardio Sculpt,<br>8:30AM   |



*Independence Day!*

*See You at the Club!*