

AUGUST 2022



Pro Shop,
843-856-9000

Grille,
843-856-9378

Fitness Center,
843-881-8735

duneswestgolfclub.com

Join us!

Breakfast

Monday-Friday,
8-11AM

Saturday & Sunday,
8AM-Noon

Lunch

Daily,
11AM-3PM

Dinner

Thursdays,
5-8:30PM

Dunes West

GOLF & RIVER CLUB

upcoming events

August Farmer's Market & Social

Thursday August 11 ● 5-7:30PM
Located in front of the Athletic Club.
Come and check out our local vendors and music.

2022 Double Bogey 5K

Saturday, October 29 ● 8 AM

If you would like to sponsor this event, email jenn.devaney@duneswestgolfclub.com.



around the club

The Grille Dinner Menu

Dinner, 5-8:30PM

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
- **House Salad** Mixed greens with tomatoes, onions, cucumbers & choice of dressing

CONTINUED »

Food Truck Fridays

- August 5:** Shaka Shrimp
- August 12:** Pita Stroller
- August 19:** Tatornator
- August 26:** Tobo Sushi



Upcoming Events!

SATURDAY,
SEPTEMBER 3
ANNUAL FOOD
TRUCK FESTIVAL
(At the Athletic Club):
Dashi, Trippy Dogs &
Immortal Lobster

THURSDAY
SEPTEMBER 8
FARMER'S
MARKET
& SOCIAL
5-7:30PM

THURSDAY,
OCTOBER 13
FARMER'S MARKET
& SOCIAL
5-7:30PM

SATURDAY,
OCTOBER 29
DOUBLE BOGEY 5K
(Starts at the Golf
Club House)



CONTINUED »

APPETIZERS

- **Bacon Wrapped Shrimp**
Brushed with chipotle bbq and served with a side of creamy lemon dill dipping sauce, \$11

ENTRÉES

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

- **Chicken Francaise**
Egg-dipped chicken sautéed in a white wine lemon butter sauce on a bed of mashed potatoes with char-grilled asparagus, \$18
- **Pork & Grits**
Slow-cooked pulled pork & Cheddar-Jack cheese, on a bed of creamy bacon grits drizzled with Alabama white BBQ sauce, topped with fried onion straws, \$18

- **Fried Seafood Platter**
Shrimp, flounder & calamari, served with hand-cut fries, coleslaw & tartar sauce, \$20
- **Prime Rib** with au jus, mashed potatoes & char-grilled asparagus.

8 oz. Queen-Cut, \$20
12 oz. King-Cut, \$24

SANDWICHES & SALADS

- **Burger***
Have it with or without bacon. Choose from American, cheddar, Swiss or smoked gouda and served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun with fries, \$14
- **Beyond Burger**
Plant-based burger, vegan cheddar, lettuce, pickles, tomato, on a Brioche roll, \$15
- **Chicken Sandwich**
Have it grilled or fried, with or without bacon. Choose from American, cheddar, Swiss or smoked gouda. 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

Ages 11 and under only. Choose one side.

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

*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.

the courts

Dunes West Fall Junior Tennis Program

August 29

Summer Tennis Camps were a blast! With games like Space Invaders, Mouse in the House, Around the World, Survivor Island, and Fruit Salad, how could you not have fun? The after school tennis program will begin the week of August 29.

Deadline to sign up is August 26. We must have at least four juniors signed up to conduct a six class series. The programs will be coached by Director of Tennis Jack Miller, Head Pro Dave Cavanaugh, and Staff Coaches. It is our goal each week to provide a safe and fun environment for your child or children to learn the game of tennis. They will learn the rules and strokes through a variety of games promised to keep their attention.

Refund/Make-Up Policy: After the first week of the junior series there will be no refunds unless you move from the local area. Any classes missed due to the weather, instructor illness, or holidays will be added to the end of the series. No refunds will be given for missed classes and there will be no carryover credit at the end of the

2022 Pickleball Event!

series. If the student misses a scheduled class there are no make-ups or credits given. Participants will not be allowed to class jump (i.e., Tuesday this week, Wednesday next week, etc.). The only exception for missing a class is for family emergencies (such as a death in the family) or a serious illness (will be decided on a case-by-case basis). In this case, this would be considered an excused absence and we would allow a carryover credit to the next series.



Monday Ankle Biters

Red Ball Class

Ages 4-6 ● 4:30-6PM
\$180 / 6-Class Series

Monday Knee Knockers

Orange Ball Class

Ages 7-10, Beginner-Intermediate
● 4:30-6PM
\$180 / 6-Class Series



Play Pickleball

We currently have two sets of lines on court 3 and court 10 by the golf clubhouse. Nets can be checked out from the golf pro shop during normal business hours which are currently 6:30AM-6PM. You will need your own paddles and pickleballs. You must book the court in order to use it. Please contact Jack at 843-345-2995 if you need help setting up a tennis account to book the courts. If you would like to get some lessons from our Top 20 in the World Pickleball coach, please contact Anderson Scarpa at 843-460-0762.

We offer Ladies day teams ranging from 2.5-4.0 levels, Ladies evening teams ranging from 2.5-3.5 levels, and evening teams for the Men ranging from 3.0-3.5. If you would like more information on how to get started in a league, please contact Jack at 843-345-2995.

New Fitness Session

Our new fitness session begins August 1. We have a new schedule. Please double check class times.

Try a new class for free.

Pop in as you'd like for \$10.

Sign up for three months of unlimited classes for \$150.

Monday

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

Tuesday

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

Court Reservations

Just a reminder that you must make a court reservation in order to use the tennis or pickleball courts. We ask that you only book the court for the amount of time that you plan on playing and that you delete the reservation if you are not going to use the court that you booked. If it is close to the time that you were going to play and the system does not allow you to delete your court, please text Jack at 843-345-2995 to let him know that you will not be using the court.

Tuesday Intermediate / Advanced

Green/Yellow Ball Class

Ages 10 & above ● 4:30-6PM
\$180 / 6-Class Series

Wednesday Ankle Biters

Red Ball Class

Ages 4-6 ● 4:30-6PM
\$180 for the six class series.

Wednesday Knee Knockers

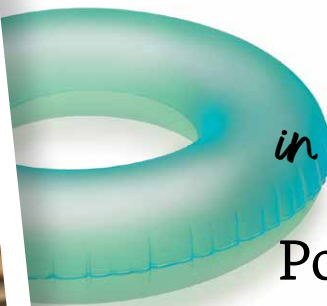
Orange Ball Class

Ages 7-10, Beginner/Intermediate
● 4:30-6PM
\$180 / 6-Class Series

Please log in to your Dunes West 10sportal account to sign up or contact Jack Miller at 843-345-2995 if you have any questions. We look forward to working with your juniors this fall.

Fall Adult USTA League

Sign ups will begin mid-August and the leagues will begin mid-September.



in the pool

Pool Info

TLH & The Main Club Pool

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

Hartford Village pool

10AM-8PM
There is no lap swimming in the Adult Only Hartford Village pool.

- Thank you for being respectful of the residents near this pool and leave at closing time.
- 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 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.
- August 14 is the last day for full time lifeguards.
- Starting August 15, the GUARDS will only be working on weekends (Saturdays and Sundays). This means that the waterslide will only be open on Saturdays and Sundays.
- Sunday, September 25 is our GUARDS last day of Summer Guarding is Sunday September 25. This means that the waterslide will be closed for the season after September 25.
- The Dunes West Pools will remain open until October 31.

Save the Date!

DW FLEA MARKET
Saturday,
November 5
(at the Athletic Club)

FARMER'S MARKET & SOCIAL
Thursday,
November 10
5-7:30PM

OUR ANNUAL CRAFT SHOW
Saturday,
November 12
(at the Athletic Club)

CHRISTMAS COOKIE EXCHANGE
Saturday,
December 3

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
Yin for You, Tracy – 9:30AM

Saturday
No classes at this time.

Sunday
Chisel, Jim – 8AM

Please reach out to Jenn Devaney
jenn.devaney@duneswestgolfclub.com
For any questions about fitness classes.

Gym News

We just added three brand new Elliptical machines. Thank you, Charleston Fitness, for making it happen!

No one under 18 years of age can work out 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.



Swim Lessons

Contact www.lowcountryswimschool.com or 843-981-2885. Wendy Cox mentioned that they will also be offering lessons for swim team prep.

Dunes West Aqua Aerobics is Happening!

Monday, Wednesday, Friday ● 10:30AM
Thomas Lynch Hall
Drop-in, \$10 ● 12 Classes, \$55

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

Swim Team

Dunes West Swim Team has just finished their 2022 swim season. They have a Facebook page. If you need more information for plans for next summer: www.facebook.com/duneswestswimming.

Oceanside will be practicing in TLH starting Monday, August 8 on weekdays 8-10AM. Season ends Friday, October 7.

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



ABOVE: 2022 MGA Champion Ben Little



2022 Hole-in-One Chris Clemins

Holes-in-One!



2022 Hole-in-One Larry Siupa

your patience with the new process. For questions and passes, contact jenn.devaney@duneswestgolfclub.com or 843-856-9000.

golf news

Save the Dates:

Club Championship

Women's: August 26 & 27

Men's: August 27 & 28

Details and signup info will be emailed throughout the month.



Folds of Honor

Tuesday, August 9

GM Rich Rankin will attempt to play 252 hole (14 Rounds) on August 9 to raise money and awareness for those brave men and women who serve our country and who have made the ultimate sacrifice.

Happy that .91¢ cents of every dollar goes to the military families in the form of scholarships.

Please be on the lookout for emails on how to donate coming throughout the month.

Freedom is not free!

Hole-in-One!

Chris Clemins

June 28 ● Hole #12

● 150 Yards

Witnesses: John Kiser, Jim Seney, Mike Evans

Larry Siupa

April 27 ● Hole #6

127 yards ● 8-Iron

Witnesses: Brent Reeves, Sam Reynold



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	SMGA, 8:18-9:21 LGA, 7:51-8:09 Total Body, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Hackers, 3:30 Vinyasa, 7AM Cardio Sculpt, 8:30 Restorative Yoga, 6:30	SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Vinyasa, 7AM Cardio Sculpt, 8:30 Butts 'n Guts, 11:30 Restorative Yoga, 6:30 Thursday Dinner, 5-8:30PM RSVPs Recommended 843-856-9378	SMGA, 8:18-9:21 LGA, 7:51-8:09 Total Body, 7AM Yin, 9AM Aqua Aerobics, 10:30AM	MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 No Classes
	8	9	10	11	12	13
MGA, 7:15-7:42 Chisel, 8AM	Aerify Total Body, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM	Aerify Vinyasa, 7AM Cardio Sculpt, 8:30 Restorative Yoga, 6:30	SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Vinyasa, 7AM Cardio Sculpt, 8:30 Butts 'n Guts, 11:30 Restorative Yoga, 6:30 Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378	SMGA, 8:18-9:21 LGA, 7:51-8:09 Total Body, 7AM Yin, 9AM Aqua Aerobics, 10:30AM	MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 No Classes
	14	15	16	17	18	19
	MGA, 7:15-7:42 Chisel, 8AM	SMGA, 8:18-9:21 LGA, 7:42-8:09 Total Body, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Hackers, 3:30 Vinyasa, 7AM Cardio Sculpt, 8:30 Restorative Yoga, 6:30	SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Vinyasa, 7AM Cardio Sculpt, 8:30 Butts 'n Guts, 11:30 Restorative Yoga, 6:30 Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378	SMGA Chapman, 8:18-9:39 LGA, 7:51-8:09 Total Body, 7AM Yin, 9AM Aqua Aerobics, 10:30AM
	20	21	22	23	24	25
	MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 No Classes	MGA, 7:15-7:42 Chisel, 8AM	SMGA, 8:18-9:21 LGA, 7:51-8:09 Total Body, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Hackers, 3:30 Vinyasa, 7AM Cardio Sculpt, 8:30 Restorative Yoga, 6:30	SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Vinyasa, 7AM Cardio Sculpt, 8:30 Butts 'n Guts, 11:30 Restorative Yoga, 6:30 Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378
	26	27	28	29	30	31
	SMGA, 8:18-9:24 Ladies Club Championship, 7:15-8:09 Total Body, 7AM Yin, 9AM Aqua Aerobics, 10:30AM	Mens Club Championship, 7:15-8:54 Ladies Club Championship, 9:03-10:06	MGA, 7:15-7:42 Chisel, 8AM	Mens Club Championship, 7:15-8:54 Chisel, 8AM	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Hackers, 3:30 Vinyasa, 7AM Cardio Sculpt, 8:30 Restorative Yoga, 6:30	SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30

