

Around The Club

Yoga Sessions

Tuesdays 9:00 a.m.

April 9th - May 14th

YOGA Restore this class is designed to be gentle and restorative while at the same time increasing energy levels with deep breathing to rejuvenate and restore the mind. Gentle sun salutations and ample floor/mat work will focus on stretch and strength and will be gentle on the joints. This is the perfect class for a beginner but also for an advanced student who is interested in a more therapeutic and meditative practice.

Wednesdays 9:30 a.m.

April 10th - May 15th

YOGA Invigorate this class is designed for students who desire to expand their practice in all areas and complexities. There will be a generous amount of flow and salutations with great stretch and strength. It will entail strength and cardio segments that will raise the heart rate and fire up muscles focusing on the mind and breath finishing with a well earned savasana! This class is for an active person that desires a physical challenge with a mantra of "Get strong/be calm"!

To reserve your spot, contact Ally Doyle
ally.doyle@sneefarmcc.com



Easter Brunch

Sunday, April 21st

First Seating 9:30 a.m.

Egg Hunt 11:00 a.m.

Second Seating 11:30 a.m.

\$30.00 per adult
\$16.00 per child ages 4-11
Children 3 and under are FREE!

Reservations are required. Please Contact
Matt Barclay

mbarclay@rivertownecountryclub.com

843-849-2400 ext. 3000

*payment required at time of reservation
and is non-refundable.

Please bring 10 Easter Eggs filled with
wrapped candy prior to the pro shop prior
to Friday April 19th for the Egg Hunt.

Menu

Brown Sugar Glazed Ham,
Rosemary-Dijon Crusted Standing
Rib Roast, Buttermilk Fried Chicken,
Shrimp & Grits, Smoked Salmon
Display, Green Bean Amandine,
Brown Butter Honey Glazed Carrots,
Three Cheese Mac & Cheese, Garlic-
Parmesan Scalloped Potatoes, Herb
Roasted potatoes, Biscuits &
Sausage Gravy, Bacon, Sausage
Patties & Links, Pancake & Waffle
Bar, Assorted Pastries, Doughnuts &
Mini Desserts

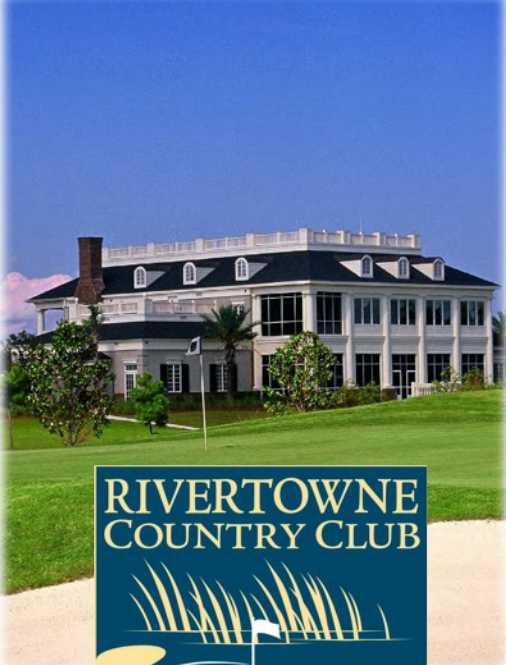


RiverDogs Tickets

As a member of RTCC, you are
also a season ticket holder
for the Charleston RiverDogs!

We have four (4) season tickets for
members of the Club to reserve and
use at your leisure. Tickets may be
reserved up to 30 days in advance.
One game permitted per membership.
You may view the complete
2019 RiverDogs schedule at
www.riverdogs.com.

You may reserve your tickets by calling
Jeff at 843-849-2400 ext 2 or email
jhanclsky@rivertownecountryclub.com



April 2019

Golf Shop Hours:

Monday

8:00 a.m. - 7:00 p.m.

Tuesday-Friday

6:30 a.m. - 7:00 p.m.

Saturday-Sunday

6:00 a.m. - 7:00 p.m.

Main Phone:

843-849-2400

Tee Times:

843-849-2400 ext 2

Membership:

843-849-2400 ext 3

Restaurant:

843-849-2400 ext 5

Club Website:

rivertownecountryclub.com

Member Website:

rivertownecountryclub.

memberstatements.com

Dining

Burgers and Brews

Each Thursday enjoy a special selection of Chef's burgers expertly paired with specially selected beer.

Additional entree specials will also be available!



Enjoy half price bottles of wine at dinner on Thursdays!

Friday Happy Hour

Enjoy 50% off snack items, Chef's nightly specials and drink specials!



Golf

Note from the Pro

Written by Pete Dunham, PGA Professional, Director of Golf.

pete@athleticgolf.net

The Take 2 Fix 2 movement is slowly catching on!!!! Please take a couple seconds and fix a couple of ball marks on each green, even if you miss the green. Even if you can't find your own ball mark... If some of the members contribute- it will have a positive effect on the roll of the greens. .. If most of the members take 2 to fix 2- you'll be part of the movement. The Take 2 Fix 2 movement is creating great putting surfaces! It's easy.

It's simple. I hope you help out in order to make your golf course better.... For you!

Goals, Habits, and Kindness

Spring is here. By now I expect that you have your golfing goals in place. If not- now's the time!! Now with the goals, you need a plan. The plan is the habits you plan to put into place which will ultimately lead to improving your golf skills. Habits are the actions that you take consistently that ultimately drive the way you train and play. In past articles, I've discussed the power of small habits practiced over time. Consistent and systematic training is critical to progress throughout the year. Think about the time you have to practice and play and create a training program that you can follow. The key is to build a program that builds a couple of important skills specifically for your game over time (think balance, impact, or ball control....). You should have 3-5 drills that you train with consistently each time you come to the range.

Be Kind to yourself! Golf is hard and you're not that good (before you get triggered, read on)! This past week the PGA Tour played at Innesbrook in Florida. The eventual winner, Paul Casey, 3 putted twice in the last round. Golf is hard! Dustin Johnson, the #1 player in the world, made no birdies in his last round even though he could reach at least 3 of the par 5's and one of the par 4's... Golf is hard! Finally, Louis Oosthuizen, with one of the best swings in golf, hit only 7 greens in regulation (he did shoot under par which tells you how important the short game is!). Golf is 'wicked' hard.

Bottom line- you've got to be kind to yourself while you train. Expect great, accept ANYTHING! Honestly, golf is so difficult that if you are too tough on yourself in terms of results on the range or on the course in the short term, you will very likely destroy your ability to keep training systematically! If you are too critical, you may look for new drills, or new 'mechanics' and fall into the never ending loop of fixing your swing instead of improving skills!!! Golf is tough. SEE THE GOOD IN EVERY SHOT!

· If you hit it solid, enjoy it- even if you blocked it or pulled it.

· If you hit a pull draw, love the draw... keep on intending to hit the shot you want

· If you hit it thin, but with perfect ball flight, love the ball flight... the next one will be better

I think you get the idea. Occasionally you'll hit a truly awful shot. Shake it off, hell laugh it off- GOLF IS HARD!- and prepare to hit the next one.

I see it every day. Golfers that don't give themselves a break while they train tend to struggle. It doesn't mean it's all roses out there, rather you work to improve by noticing the good. You build upon success rather than tearing yourself down over and over.

ACTION- Set your goals, create your training habits, train consistently and systematically, and equally important look for the good, and build upon it!

Now GO PLAY GOLF!

Want to improve your swing in 2019-Contact any of the pro's at RiverTowne Country Club!

Terese Dynjan 843-801-4101 Terese.dynjan@pga.com

Ty Gosnell tymgosnell@gmail.com

Cass Sigmon
Senseigolf@rivertownecountryclub.com

Course Update: The course is still awesome! Spread the word.

Handicap Policies for RiverTowne Tournaments

If a member chooses to play in a RiverTowne Golf Tournament, he/she also agrees to play under the policies set forth by the Handicap Committee at RiverTowne. All golfers must play a minimum of 5 rounds at RiverTowne within a 3 month period before the event. This is for 'peer review'. RiverTowne is asking RiverTowne members to play at RiverTowne with other RiverTowne members. All golfers must post when they play rounds of golf. If you play 7 holes, you can post a 9 hole score. If you play 13 holes, you can post an 18 hole score. Simply put down par+ handicap on any holes you don't play. Finally, all golfers will play to either their current index, or their tournament index formulated over the past 2 years. A golfer that does not comply with the above policies may still play in the event, but will have their handicaps reduced.

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Monday Maintenance	2	3	4	5	6 TaylorMade Demo Day 11 - 3
7	8 Monday Maintenance	9 Yoga	10 Yoga	11 Burgers and Brews	12 No Friday Dinner Service	13
14	15 Monday Maintenance	16 Yoga	17 Yoga	18 Burgers and Brews	19 Friday Night Happy Hour	20
21 Easter Brunch	22 Monday Maintenance	23 Yoga	24 Yoga	25 Burgers and Brews	26 Friday Night Happy Hour	27
28	29 Monday Maintenance	30 Yoga				