

# Around The Club

## Yoga Sessions

**Tuesdays 9:00 a.m.**

**July 9<sup>th</sup> - August 13<sup>th</sup>**

**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.**

**July 10<sup>th</sup> - August 14<sup>th</sup>**

**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



## Saturday Cook Out's

**Saturday's 11:30 - 2:30**

**RiverTowne Patio**

**\$12.00 buffet**

Hamburgers, Hot Dogs, Pasta Salad, Chips,  
and Cole Slaw

## 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.

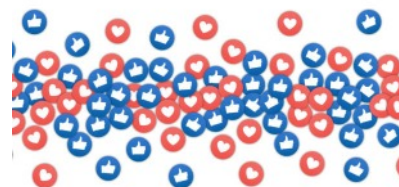
You may view the complete 2019 RiverDogs schedule at [www.riverdogs.com](http://www.riverdogs.com).

You may reserve your tickets by calling Carly at 843-849-2400 ext 2 or email [clawson@rivertownecountryclub.com](mailto:clawson@rivertownecountryclub.com)



## On Social Media?

Please consider following RiverTowneCC on Facebook, Instagram and Twitter

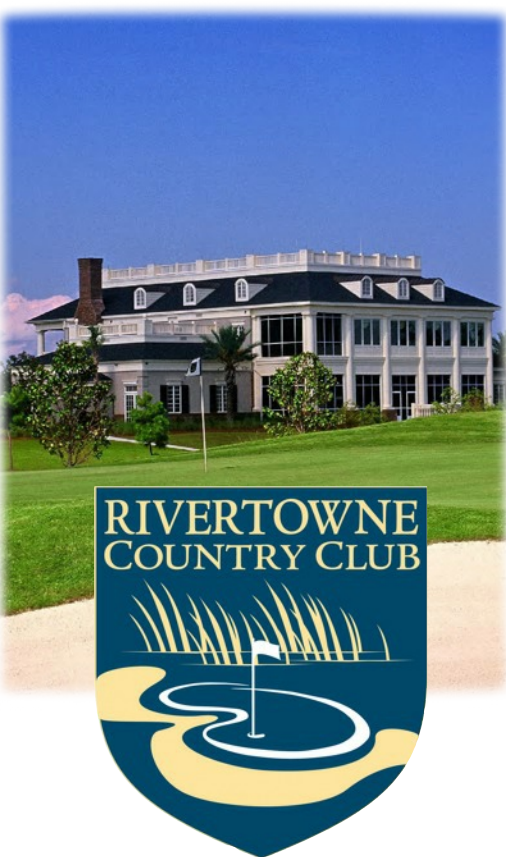


**Happy 4<sup>th</sup> of July from  
RiverTowne CC!**

Wishing all of our members and guests a safe and happy 4<sup>th</sup> of July!

**4<sup>th</sup> of July Hours:**

Tee times end at 1 pm, kitchen closes at 3 pm, bar, pro shop and club closes at 4 pm



**July 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](http://rivertownecountryclub.com)**

**Member Website:**

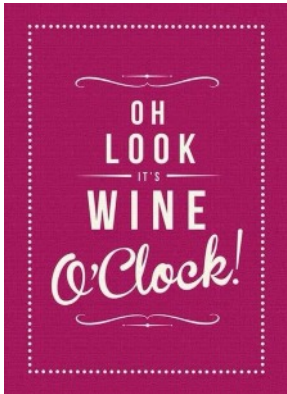
**[rivertownecountryclub.  
memberstatements.com](http://rivertownecountryclub.memberstatements.com)**

# 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](mailto:pete@athleticgolf.net)

Take 2 Fix 2. If you've played golf outside of RiverTowne you know just how good the greens are at RiverTowne! Rob Daniel and his staff continue to maintain some of the best greens in the area and we would love to have you help in keeping it that way!

Please take a couple of 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 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!

## Feel is Not Real

*Trust results over feel...*

I believe 'feel' can be an important part of learning golf. I also know that 'feel' is incredibly personal and often unreliable. Don't you just love this game?

Change in golf is difficult for many reasons. Some golfers can't feel even dramatic swing errors while others don't like the 'feel' when they make changes in their swing. Even the best golfers in the world are often shocked to find out what they 'felt' like they were doing did not match up to the videos of their swings. My mentor, David Lee, tells fascinating stories about how far off Jack Nicklaus and Lee Trevino were sometimes in what they felt and what was actually happening in their swings\*.

Now the best players work on RESULTS... They take those results and then translate them into 'feels'... The 'feel' may have little to do with reality, but it helps them create results- and that's more important. It's why so many really good players have individualistic swings.

So an important key for any golfer is to build skills of IMPACT, BALL FLIGHT, and BALANCE. Pretty doesn't really matter if you can get the results you are striving for. From these skills, you can then create your own 'feel' in order to repeat the swing or get your swing back in shape.

The real key is in the order of events. Most golfers are in a constant search for the swing fix, or the 'feel' that will make their swing work. That's BACKWARDS! Build skills first, then create the feels for those results! Got it? Good.



Now go PLAY GOLF!

\*Don't hesitate to stop me to ask about some of the stories David's told me about Jack, Lee, Arnold and more. They're hilarious as well as insightful!

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

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Carly Lawson

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## Congratulations to our Mixed

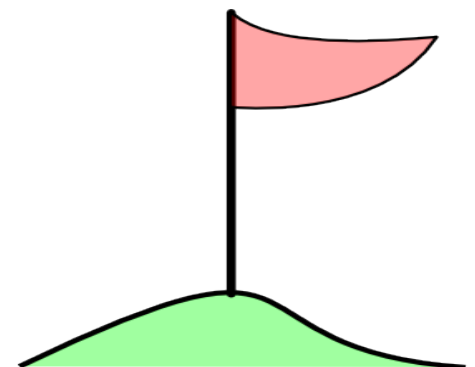
### Couples Champions:



Rick and Lynda Bartemeyer

## Upcoming Events:

July 15<sup>th</sup> : Match Play Begins!



# July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Monday Maintenance			Red, White, and Blue Tournament	Friday Night Happy Hour	
7	8	9	10	11	12	13
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	
14	15	16	17	18	19	20
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	
21	22	23	24	25	26	27
	Course Aeration	Yoga	Yoga	Course Aeration	Course Aeration	
		Course Aeration	Course Aeration			
28	29	30	31			
	Monday Maintenance	Yoga	Yoga			