

Around The Club

Yoga Sessions

Tuesdays 9:00 a.m.
May 21st - June 25th

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.
May 22nd - June 26th

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



Mother's Day Brunch

Sunday, May 12th

Reservations Starting at 11:00 am
Please RSVP to Matt Barclay at 843-849-2400 ext. 3000 or
mbarclay@rivertownecountryclub.com

\$29.95++ per adult
\$14.95++ per child ages 4- 12
Children 3 and under are FREE

Menu

Breakfast Fare

Made-To-Order Omelets, Scrambled Eggs, French Toast Casserole, Bacon & Pork Sausage Links, Buttermilk Biscuits with Honey Butter, Breakfast Potatoes

Hot Soup & Chilled Salads

Lobster Bisque, Spring Broccoli Salad, Tropical Fruit Salad, Grilled Peach, Goat and Walnut Salad, Classic Caprese Salad

Chilled Seafood Selections

Smoked Salmon, Crab Claws, Boiled Gulf Shrimp With Cocktail Sauce, Fresh Lemon, Capers, Boiled Egg, Red Onion, Toasted Crostini

Carving Station

Herb Crusted Top Sirloin with Horseradish Cream, Red Wine Demi-Glace & House made Steak Sauce, Prosciutto Wrapped Pork Tenderloin with Honey-Dijon Glaze

Hot Entrée Selections

Pan Seared Citrus-Herb Atlantic Salmon, Chicken Marsala, Shrimp & Cheddar Grits, Sharp White Cheddar Mac & Cheese, Roasted Garlic Whipped Potatoes, Lemon Herb Grilled Summer Vegetables, Asparagus & Broccoli with Blue Cheese and Bacon, Hot Yeast Rolls

Assorted Pastries, Dessert Bar & Cookies

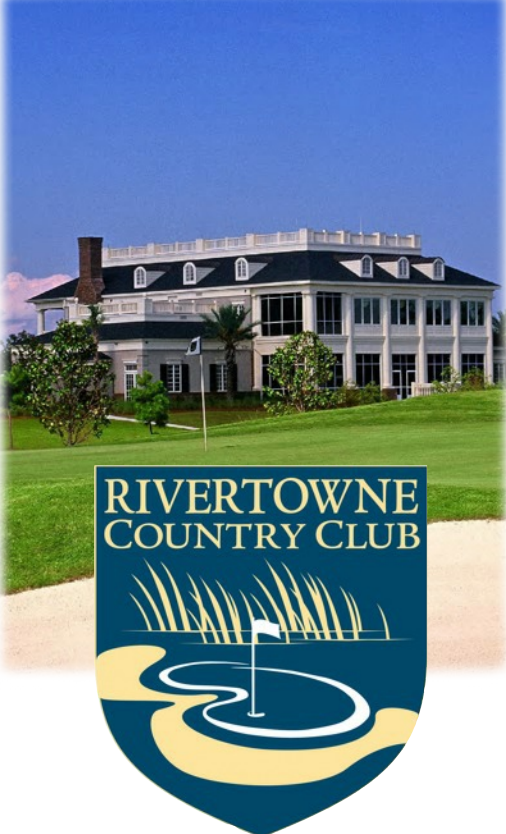
***One complimentary Glass of Rose for each Mom**

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 Carly at 843-849-2400 ext 2 or email clawson@rivertownecountryclub.com



May 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](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

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!

Physics Doesn't Change...

Why do we change our swings???

This month's title was one of the most powerful concepts I learned from my mentor, David Lee. I was talking about the difference between my wedge game and my fairway wood swing when he looked at me as he often did, with that look that says "you don't know a darn thing", and said, "Pete, physics don't change. Why are you changing your swing?"

He went on to reveal why 20 years ago, I rarely had my whole game 'on point'. If my driver was long and straight, my irons were inconsistent. If my wedges were sharp, my fairway woods were uncontrollable. I just thought that was golf. I soon realized how wrong I was, yet up to that point- everyone I talked with agreed with me... It seemed that having all parts of your game sharp at the same time was next to impossible, but that's because, well, I didn't know a darn thing...

A swing is a swing is a swing is a swing. Every swing you make CAN comply with the laws of physics. Gravity can meet rotation around the forward pivotal axis (left leg for right-handed golfers) creating centrifugal force and path integrity on every swing, whether it's a 20-foot chip or a 300-yard drive. The ball simply takes off on a tangent to the circle.

Your set up at address might change due to the demands of the shot. Your stance will change depending on the length of the club and shot you choose. But after that, whether it's a chip shot or a drive, you can get the club swinging and then simply let gravity meet rotation.



The great advantage of having just one swing (and note what Nicklaus said decades ago- "I have 1 swing and 13 clubs.") is that when I practice my irons, I'm also improving my driver and wedges. When I practice my wedges, I'm getting better at fairway woods!! What an advantage!

Learn to comply with the laws of physics when you swing and the game of golf will become easier- with every shot in your bag! One swing... 'cause physics don't change'

Now GO PLAY GOLF!

Want to improve your swing in 2019-Contact any of the pros 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. A few areas have lost some grass on the course. The long-standing drought is never great for growing grass. When the nighttime temperatures remain in the '70s and the soil temperatures increase a little more, Rob and his staff will begin to determine which areas will need some new sod, and which areas he'll be able to 'push' during the growing season.

Upcoming Events

May 17th - 19th - Men's Member Guest

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.

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	
12	13	14	15	16	17	18
Mother's Day Brunch	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Men's Member Guest	Men's Member Guest
19	20	21	22	23	24	25
Men's Member Guest	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	
26	27	28	29	30	31	
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	