

JUNE 2022



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

Dunes West

GOLF & RIVER CLUB

upcoming events

The Farmers Market & Social

Thursday, June 9

Our next joint event with the DW Social Committee is The Farmers Market and Social. Join us for music, food, and great company.

Restorative Yin & Sound Bath Event

Friday, June 24 ● 7PM
Group Fitness Room

Contact Jenn Devaney for reservations,
jenn.devaney@duneswestgolfclub.com.



1st Annual Yoga Series

Begins June 4 – July 16
Saturdays ● 8AM pool side.

We will be finishing with mimosas. Contact Jenn Devaney for reservations. Jenn.devaney@duneswestgolfclub.com.



around the club

Thursday Dinner

The Grille Room
Dinner served, 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

Appetizer

- **Pig Skins**
Old school style potato skins, stuffed with crispy pulled pork & shredded cheddar, drizzled with bourbon BBQ sauce & topped with scallion sour cream, \$8

Entrées

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

- **Carolina Smothered Chicken** with creamy mustard sauce on a bed of mashed potatoes with collard greens, \$16

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● **Blackened Shrimp** with Cajun cream sauce, on a bed of black-eyed peas & rice with collard greens, \$19

● **Baby Back Ribs**

Fall off the bone and brushed with a sweet & tangy BBQ sauce, with hand-cut fries & coleslaw. Half rack, \$19 Full rack, \$24

● **Country Fried Steak**

Topped with Red Eye Gravy on a bed of mashed potatoes with collard greens, \$20

SALADS & SANDWICHES

● **Burger***

Have it 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

● **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

Choose one side.

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

KE Camp

KE Camp at the Dunes West Athletic Club begins on Monday, June 13. Kids and parents are excited. The last date of camp is Friday, July 29.

Fitness Class Session

February 2 – May 2

Unlimited Session:

\$150 or prorated if joining this month.

Drop-in Class Fee:

\$10/class

First try is free. Sessions can be pro-rated for the rest of the session.

To register and pay for classes, please email Jenn at jenn.devaney@duneswestgolfclub.com.

Class Schedule

Mondays:

Total Body Conditioning, 7AM
Pilates, 9AM
Aqua Aerobics, 10:30AM
Butts & Guts, 6:30PM

Tuesdays:

Vinyasa, 7AM
Cardio Sculpt, 8:30AM
Restorative Yoga, 6:30PM

Wednesdays:

Vinyasa, 7AM
Pilates, 9AM
Aqua Aerobics, 10:30AM
Restorative Yoga, 6:30PM

Thursdays:

Vinyasa, 7AM
Cardio Sculpt, 8:30AM
Zumba Gold, 10AM (Note new time.)
Restorative Yoga, 6:30PM

Friday:

Total Body Conditioning, 7AM
Yin for You, 9:30AM
Aqua Aerobics, 10:30AM

Saturday:

Chisel, 8AM
Vinyasa, 9:15AM



Pool Hours

6-10AM

Adult LAP swim ONLY
in the Club Pool & TLH

10AM

Hartford Village (Adult Only)

10AM

Family Swim begins in
the Club Pool & TLH

8PM

All Pools Close



the pool

Pool News

- Pools are included in our Athletic and Premier memberships. Members must have swipe cards for access to the pools. Lost or non-functioning cards, please contact the office at 843-856-9000.
- The Club Pool water slide is officially open everyday for the summer starting May Memorial Day Weekend.
- Lifeguards and attendants are hired and managed by Atkinson Pools, please call 843-568-5371.
- **New at the Pool:** Purell® wipes dispenser will be installed on the old shower post to the right of the back stairs. We realize it's a challenge to keep the tables clean through out the busy pool days. Hope this is helpful.

Swim Lessons

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

Congrats!

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.

We also allow members to have guests come to the pool for birthdays, but the Athletic Club will start issuing passes for these parties of more than 10. The goal is to make sure that the pool is better scheduled so that it doesn't get over crowded with four large groups at once. A win for win for everyone. Thank you for your patience with this new process. Contact Jenn Devaney at jenn.devaney@duneswestgolfclub.com or 843-856-9000 for questions and Pool Party Passes.

Thank you...

- For double checking that you didn't leave anything behind at the pool before you leave.
- For not bringing pinatas to the pool/screened in porch
- For being courteous to others and throwing away your nut shells into the trash
- For not bringing glass of any kind to the pool (wine and champagne come in cans now)



2022 Men's Member
Member Champs Roddy
McIlain & Mackey Renner



2022 Ladies Member
Guest Winners Fraggos
& Truslow

net news

Court Reservations

With summer upon us and the courts being busy with USTA Leagues, member play, lessons and summer camps, we ask that when making reservations that you only book the court for the amount of time that you think you are going to play. The system automatically makes your reservation two hours, however the length of time can be easily changed. If you make a reservation and are unable to play, please cancel your reservation so another member will be able to book that court. We have had several complaints from members that the courts are booked and people are not showing up or are not using the courts for the amount of time that they have them booked.

Pickleball

Big win for our pickleball pro **Anderson Scarpa**. Anderson and his partner were able to defeat 1/2 of the #1 double's team in the world, **Collin Johns** who was paired with **Pat Smith**, who is a Top 10 player as well. What a great win for Anderson and his partner! Anderson is available for pickleball lessons. He can be reached at 843-460-0762.

golf news

2022 Ladies Member/Guest

1st Place – Overall:

Mary Fraggos & Carol Truslow, 138

Flight 1

1st Place:

Stephanie Kelleher & Bridget Laird, 146

2nd Place:

Karen Snyder & Karen Stawicki, 148

Flight 2

1st Place:

Pat Bigelow & Victoria Callison, 151

2nd Place:

Barbara Boyer & Marilyn Schnitz, 151

Flight 3

1st Place:

Denise Bromer & Denise Carpentier, 145

2nd Place:

Ann Thompson & Melinda Kerr, 150

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Men's Member Member Results

2022 Member – Member Results

Saturday

1st Place:

Ben Little & Scott Walker, 62

2nd Place:

Roddy Mcilwain & Mickey Renner, 63

2nd Place:

John Courtney & Justin Loya, 63

Sunday

1st Place:

Bill Godwin & Jeff Eppes, 59

2nd Place:

Roddy Mcilwain & Mickey Renner, 60

3rd Place:

Ben Little & Scott Walker, 61

Overall Winners

1st Place:

Roddy Mcilwain & Mickey Renner,
63-60 — 123

2nd Place:

Ben Little & Scott Walker, 62-61—123

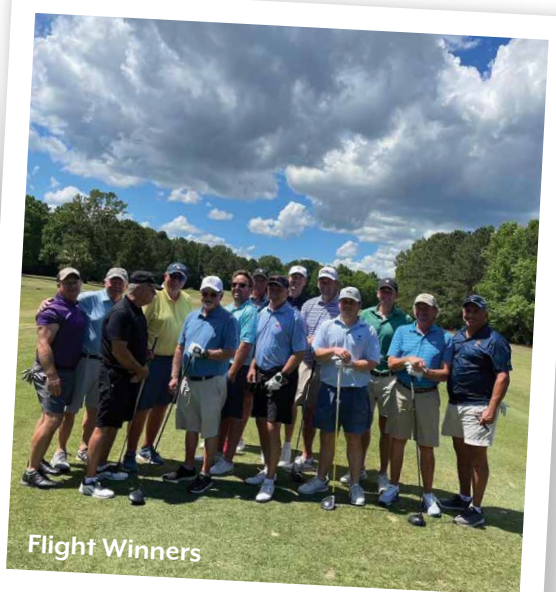
3rd Place:

Bill Godwin & Jeff Eppes, 70-59—129

Congratulations!



Rober Scoli & Carlos Jensen



Flight Winners

Men's Member Invitational Results

2022 Member – Guest Results

Overall Winners

Carlos Jensen & Robert Scoli

Flight Winners

1ST FLIGHT

1st Place:

Bill Godwin & William Faulkner

2ND FLIGHT

1st Place:

Trevor Dunn & Colin Trenery

3RD FLIGHT

1st Place:

Ben Little & Henry Moree

4TH FLIGHT

1st Place:

Eddie Smith & Daniel Smith

5TH FLIGHT

1st Place:

Carlos Jensen & Robert Scoli

6TH FLIGHT

1st Place:

Joe Zinaich & Chris Zinaich

7TH FLIGHT

1st Place:

Bill Schneider & Tom Parker

Way to Go Men's 3.0 Team

Congratulations to the Men's 3.0 Team captained by **Jay Norman** and co-captained by **Jason Bonavito**. The team went 6-0 in the regular season and won the playoffs. In doing this they have earned a USTA Champion sign that we will proudly display at the Club. They will represent the Lowcountry at the SC State Championship in June. If they win States, then the next step would be the Southern Championships. Way to go guys! Good luck at States!

Hole-in-One!

Kevin Cooper

Hole #8

8-Iron

122 yards

May 4, 2022



2022 Hole-In-One
Kevin Cooper



Wednesday	Thursday	Friday	Saturday
1 SMGA DW/RT, 8-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30PM	2 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Vinyasa, 7AM Cardio Sculpt, 8:30 Zumba Gold, 10:30AM Restorative Yoga, 6:30PM Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378	3 SMGA, 8:18-9:21 LGA, 7:51-8:09 Total Body Conditioning, 7AM Yin, 9:30AM Aqua Aerobics, 10:30AM	4 MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 Chisel, 8AM Vinyasa, 9:16AM
6 SMGA, 8:18-9:21 LGA, 7:51-8:09 Total Body Conditioning, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Guts n' Butts, 5:30PM	7 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:15 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30PM	10 SMGA, 8:18-9:21 LGA, 7:51-8:09 Total Body Conditioning, 7AM Yin, 9:30AM Aqua Aerobics, 10:30AM	11 MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 Chisel, 8AM Vinyasa, 9:16AM
12 MGA, 7:15-7:42 Couples Golf Dinner – Sign up in the Pro-Shop!	13 Total Body Conditioning, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Guts n' Butts, 5:30PM	14 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30PM	18 MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 Chisel, 8AM Vinyasa, 9:16AM
Course Closed Aeration			
19 MGA, 7:15-7:42	20 SMGA, 8:18-9:21 LGA, 7:42-8:09 Total Body Conditioning, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Guts n' Butts, 5:30PM	21 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30PM	25 MGA Champ, 7:15-9:12 LGA, 9:48-10:33 GOB, 10:06-10:33 Chisel, 8AM Vinyasa, 9:16AM
26 MGA Champ, 7:12-8:54	27 Tournament – Course Closed Total Body Conditioning, 7AM Pilates, 9AM Aqua Aerobics, 10:30AM Guts n' Butts, 5:30PM	28 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30PM	30 LGA, 8:09-9:30 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30 Zumba Gold, 10:30AM Restorative Yoga, 6:30PM Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378

*Father's
Day*

