

Fremont Hills

Country Club



www.fremonthills.com

650-948-8261

March 2015



Valentine's Day Dinner

This sold out event provided Members & guests with an elegant setting to enjoy an intimate multi-course Valentine's Dinner.

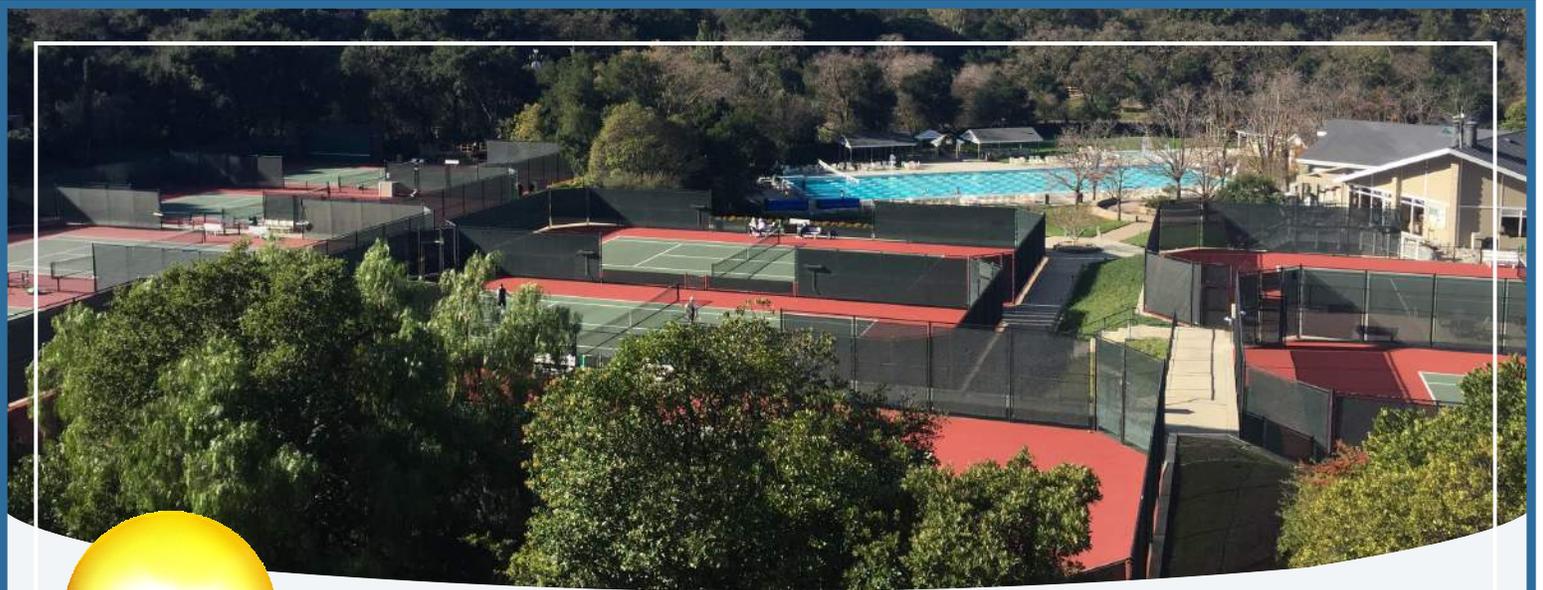
Pairings of fine wines were offered with each course, and enjoyed by many during this special occasion.

Ladies' Night In - Champagne Tasting

This annual spirit night was all about sparkling wines, including Champagne from France, Prosecco from Italy, and American Sparkling wine.

Guest speakers included Scott Judd, Division Wine Manager with Young's Market and Food & Beverage Director, John Modiri "Sommelier".





TENNIS COURT LIGHTING PROJECT GETTING UNDERWAY SOON!

Detailed construction plans have been completed, and a contractor, Vintage Contractors, Inc., has been selected for the tennis court lighting project. Lighting will be added to illuminate five of our ten tennis courts, specifically #4 thru #8. The work is expected to begin between the middle and end of March. When we know the exact date when trenching for electrical components and other work will commence, an email blast will be sent notifying Members. The construction area will have temporary fencing to prevent children and others from entering where materials, equipment and dangerous areas of excavation may exist. Please make sure to abide by signs, fencing and yellow caution tape to prevent access, and please strongly advise your child or children to keep out of these areas for their safety. From start to finish, the project is estimated to take 12 weeks, which means that the project might be completed by the first week of June 2015. Periodic updates will be provided to the Membership during the construction period.

Your patience and understanding regarding limited access to certain areas of the Club and disruptions or inconvenience to some of the tennis programs during the construction period will be appreciated. The five tennis courts that are not part of the tennis court lighting project (courts #1, #2, #3, #9, #10) will be available for use. Tennis Director, Jim McLennan, will be preparing a master schedule which will be available online and updated routinely so that Members will be able to see court availability and times when USTA matches, junior and adult clinics and lessons are scheduled. A priority will be made for Member recreational play on Friday, Saturday and Sunday mornings until 11AM. Use of the ball machine may be limited to certain days and times to allow for more recreational tennis as well. Additional details regarding the master schedule and the ongoing management of court usage during the construction period will be emailed to Members as soon as the start for construction work is finalized.

Thank you for your continued support!



Having trouble logging into your online Member account? Forgot your login and/or password? First time visiting the Club's website?

Contact the Front Office at memberservices@fremonthills.com with questions or to reset your online login. The Members' website is extremely useful and user friendly. Check it out at www.fremonthills.com

Welcome New Members
*Please join us in extending
a warm welcome to the newest Members
of Fremont Hills Country Club!*

Anatoly Machulskiy & Irina Machulskaya

Sofiya (23), Vasiliss (24)

Peter & Cori Mehring

Collin (24), Morgan (22)



FLOWER POWER

**Wednesday
March 25, 2015**

**Cocktails 6pm
Presentation 6:30pm
Dinner 7:15pm**

Have you ever wondered what to do with that treasured antique from your Aunt Hazel or the best way to display prized roses from your garden?

Join FHCC Member Kathy Goumas of Plaid Petal Designs for a night of fun and floral. Learn about the latest floral trends and some fool proof techniques for making an arrangement at home that you can be proud of.

\$18++ Per Person ~ Guests are welcome & encouraged!



MEN'S NIGHT ~ SCOTCH TASTING

**Wednesday, March 11, 2015
6:30pm Start Time**

What is a blended Scotch, and what is a Single Malt Scotch?! How are they made? How do they taste?

Join us on for a short education about various types of Scotches, and taste them side by side. Enjoy the Chef's creation of food to compliment this hardy feast, and have a ball! **\$32++ Per Person**



MORGAN Winemaker Dinner

Saturday, March 21, 2015

**6pm Reception
6:30pm Morgan Wine Pairing Dinner**

Morgan Winery and Fremont Hills Country Club's culinary staff will be spoiling you and treating your sophisticated pallet to an incredible food and wine pairing at this winemaker dinner night.

\$69++ Per Person



Fremont Hills

Country Club

Los Altos Hills, CA



Sign Up Now!

Camp Fremont is a fun filled, jam packed day camp for campers ages 5 to 12. Each day campers participate in tennis, horseback riding, swimming, arts & crafts, and classic field games and activities - all led by our outstanding Camp Fremont Counselors, the Tennis, Stables, and Swim Instructors. A delicious/nutritious camp lunch is prepared daily at Fremont Hills' own Barracuda Grill, and campers refuel with a morning and afternoon snack- the perfect way to cap off a busy day!

Don't miss out on the fun!

*Forms are available in the FHCC Clubhouse Lobby & online at www.campfremont.com

For questions, contact Camp Director, Jason Rolle, at camp@fremonthills.com
Office (650) 948-8261 Ext. 304
Direct (650) 575-4678

2015 Camp Sessions

8:45am - 3:30pm

Session 1: June 15 - 19

Session 2: June 22 - 26

Session 3: July 6 - 10

Session 4: July 13 - 17

Session 5: July 20 - 24

Session 6: July 27 - 31

Session 7: August 3 - 7

Session 8: August 10 - 14

* Special 2 and 3 Day enrollments are available

* Extended care is available:
8:15-8:45am & 3:30-5:00pm



Aquatics



FHCC MASTERS –

Congratulations on the completion of another AMAZING event! The 2015 Drop Out 50s

was the best in our memory! We not only had beautiful weather, an awesome cheering squad and some pretty solid performances, we also had the most participants ever! Winning the 1:30 send-off was Lucille Glassman, while Greg Doyas took down all the coaches winning the 1:15 starting send-off. In total, our efforts raised over \$3500 donation to the V Foundation! This was truly a community event which we hope to build upon and grow in the coming years!

BARRACUDAS -

Summer is fast approaching which means that the FHCC 'Cuda Season is almost here as well! We will start our preparation with Spring'Cudas. This introductory program is aimed at all skill and commitment levels, taught in 2 week blocks with practices running Monday through Thursday, swimmers are given the opportunity to start getting into the groove!

(Ages 8 & Under: 4-4:30pm)
(Ages 9 & above: 4-4:45pm)

Monday thru Thursday

Session 1: March 1-12, 2015

Session 2: March 16-26, 2015

Session 3: March 30- April 9, 2015

Session 4: April 20-30, 2015



AGES

8 & Under:
\$30/Session

9 & Above:
\$35/Session

We will also be running our Mini 'Cuda Session. This is for confident swimmers aged 4-6 who have some experience swimming, but may not be ready for a full swim team experience yet. This 6 week camp is designed to build skill and confidence so that our Mini's will be able to fully compete in the Barracuda meet season! Classes start April 27th and will run Monday, Wednesday and Friday from 3:45-4:15pm with at least 1 coach in the water. \$75 for members, \$95 for non-members.

Barracuda season Kick Off Party! Mark your calendars NOW! Friday, May 1st all former and future Barracudas are invited for a pool party! This event will run from 4-6pm and will feature some of the FUN events which will become a regular part of our training for the Summer Season! Our first day of Barracuda swim practice will be Monday, May 4th!

FREMONT HILLS COUNTRY CLUB POOL RULES

USAGE & SCHEDULE

Usage schedule will be posted at the pool and on the Club's website; times are subject to change.

The Club reserves the right to remove swimmers lacking proper supervision or swimming skills, or exhibiting unsafe or unacceptable behavior.

Children under fifteen must be under adult supervision when no lifeguards are present.

Children under 11 must be supervised by an adult at all times.

Children not potty trained must wear a swim diaper. Swim Diapers are available from the aquatics staff.

DIVING BOARD & STARTING BLOCKS

Starting blocks are not to be used unless under the supervision of staff. **NO DIVING** from the diving board when lifeguards are not on duty.

BEHAVIOR

FHCC is a non-smoking facility. Always leave areas clean after use. No running, and no diving in the shallow end. No flotation devices allowed unless provided by the Club.

FOOD & BEVERAGE

Alcoholic beverages must be purchased from or provided by FHCC. Beverages and food should be consumed in the designated seating areas only. **NO GLASS ALLOWED IN OR AROUND THE POOL AREA.**

Did you know?

Did you know that there are new and exciting items that have been added to the Brunch, Lunch, & Dinner Menu!?

Yes - our talented and creative culinary staff has done it again! In addition to trying this month's dinner specials, we invite you to try the new menu items as well!

These new menu items are freshly designed for your enjoyment and encourage you to not miss out!

Place your dining reservations online or with the Front Office (650) 948-8261

Chef SPECIALS

Chef Specials / March 2015

March 4 – March 13

Classic Veal Piccata

Asparagus & Wild Mushroom Risotto

FHCC Dungeness Crab Cioppino

Fresh Corn Cobette, Garlic Bread

March 18 – March 27

Rib Eye Steak, Chinese B-B-Q Sauce

Garlic Potatoes, Fried Onions, Marinated Cherry Tomatoes

FHCC Dungeness Crab Cioppino

Fresh Corn Cobette, Garlic Bread

Bon Appétit!

Executive Chef, Steve Chan ~ chef@fremonthills.com 650-948-8261 Ext. 208

HAPPY HOUR

*Available Wednesday, Thursday, Friday
From 4 to 6pm (Members' Bar Only)*



Featured Beverages

Happy Hour Drinks	\$5
Selected House Wine & Bartender's Special	\$6
Draft Beer	\$3.50

Bar Bites

Crispy Calamari	\$5
Lemon Tartar & Red Cocktail Sauces	
Angus Beef Slider	
Caramelized Onions, La Boulangere Bun	
Classic Shrimp Cocktail	
Traditional Cocktail Sauce, Lemon Wedge	
Cheese & Grape Plate	
A Trio of Artisan Cheeses, Seasonal Grapes, Crackers	
Buffalo Chicken Wings	
Frank's Red Sauce, Blue Cheese, Celery	
Jalapeno Poppers	
Crispy Cream Cheese filled Peppers with Ranch Dipping Sauce	
Sticky Baby Back Ribs	
Smoked Ribs in Honey BBQ Sauce, Fried Onions	



Fitness

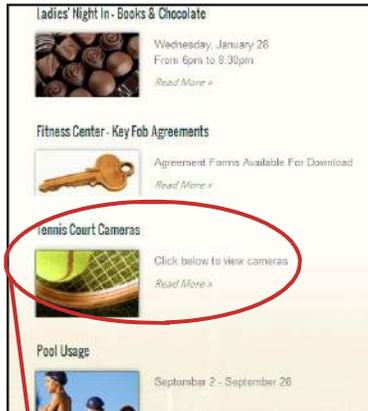
GROUP EXERCISE CLASS SCHEDULE -



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SPIN</p> <p>INSTRUCTOR: VICTORIA 9AM - 10AM</p>	<p>PILATES</p> <p>INSTRUCTOR: VICTORIA 9AM - 10AM</p>	<p>BOOT CAMP</p> <p>INSTRUCTOR: TRACY 10AM - 10:55AM</p>	<p>PILATES</p> <p>INSTRUCTOR: VICTORIA 9AM - 10AM</p>	<p>YOGA</p> <p>INSTRUCTOR: JULIE 8:45AM - 9:45AM</p>
		<p>CORE FIT</p> <p>INSTRUCTOR: TRACY 11AM - 11:55AM</p>		<p>BOOT CAMP</p> <p>INSTRUCTOR: TRACY 10AM - 10:55AM</p>
		<p>INTERVAL TRAINING</p> <p>INSTRUCTOR: ANDY 3PM - 4PM</p>	<p>CORE FIT</p> <p>INSTRUCTOR: TRACY 11AM - 11:55AM</p>	



Tennis



Click on the following icon which can be found on the Member homepage of the club website

Tennis Court Camera

Wondering if the courts are dry if it ever stops raining? If so go to the club website and check out our “tennis court cameras.”

With views of both court 1 and court 5 you can clearly see if the courts are playable. If damp, you may use the squeegee. Or if soaked, take the day off of tennis.

Ball Machine -

This is both a valuable, but equally dangerous practice resource. Let's all use this as a practice resource, and for younger children I recommend that parents use soft under hand tossing. It is both more personal but equally for your son or daughter, much more useful and easier for them to see and watch the ball. *Minimum age is 10 years old.*



2015 USTA Adult League

As our winter league season winds down, we are gearing up for the Adult Open league season beginning in April.

Team matches will use a split start 3/2 format, where the individual matches begin on 3 courts, and when those matches conclude the remaining 2 matches take the open court(s).



Junior Tennis Update

We are doing a lot more with the “Games Based Approach” in our afternoon junior classes. In this method, using the red, orange, and green balls – a progression of

games and cooperative drills develop tennis skills – from our youngest beginners through to our tournament and ranked players. The classes are organized by age and ability, and scheduled weekday afternoons at 3:45pm and Saturday at 3pm. And in March we will emphasize backhand across all the classes.

And of course, our summer flyer with class schedules, interclub and USTA junior league information and more – is now available!!! You can find it online on the club website, and flyers are available in the clubhouse.

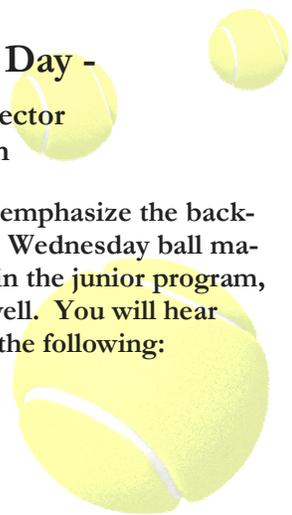


Shot of the Day -

By Tennis Director
Jim McLennan

In March I will emphasize the backhand within the Wednesday ball machine clinic, across all the levels in the junior program, and even in our adult clinics as well. You will hear about and then experiment with the following:

- * Back and back
- * Prepared at the bounce
- * Unit turn
- * Finish on balance



Tennis & Travel -

We just had a group return from the Australian Open. They had a great time, we have now met a new “tour operator” and if you are thinking of Wimbledon, the French Open, the season ending ATP championship in London or more – drop Tennis Director, Jim McLennan a note. If you have Mexico in mind for November, we have a bit of a warm-up scheduled – a Mexican Train dinner and dominoes tournament on May 1, 2015.



Court Reservation Master Calendar -

Master Calendar is no longer included in the newsletter. Please refer to the FHCC website www.fremonthills.com



Junior Tennis



JUNIOR TENNIS SCHOOL YEAR PROGRAM

September 2 - June 2015

Our junior tennis program is designed to serve players of all levels from beginners to those nationally ranked players. We offer Group Lessons and Tournament Training for both FHCC members and non-members. We are very excited you have decided to join us and are confident you will find our program to be a great fit for your junior tennis player.

We look forward to seeing you on the courts!

CLINICS

Tiny Tots/Quick Start - Ages 5 to 7
(Limited space - preregistration required) (Wednesday & Thursday 3:45 - 5:15pm)

Beginners/Intermediate - Ages 8+ (Tuesday, Wednesday, Thursday 3:45 - 5:15pm)
(Saturday 3:00 - 4:30pm)

Tournament Training/Advanced - Ages 12+ (Monday 3:45 - 5:15pm)
(Saturday 3:00 - 4:30pm)
(By invite only, please inquire if eligible)

BILLING

Clinics are offered on a DROP-IN basis and are purchased in Clinic Packs. The Clinic Packs are valid for one year, can be used all year long and 30 packs (ONLY) can even be shared by siblings. Clinic Packs are non-refundable and non-transferrable. There is no need to register ahead once you've purchased your package (except for Quick Start).

CLINIC PACKS

	Member	Non-Member
Five Pack	\$175	\$215
Fifteen Pack	\$450	\$560
Thirty Pack (Can be shared amongst siblings)	\$750	\$935

*For additional FHCC Junior Tennis information or to reserve,
contact Tennis Director - Jim McLennan
jim@fremonthills.com ~ 650-948-8261 Ext. 203*





WINDY HILL - HORSEMANSHIP CAMP

Located at
Fremont Hills Country Club Stables
lessons@windyhilleq.com
(650) 469-3138

Windy Hill Horsemanship Camp is coming this summer! Come learn all about horses. We cover grooming, handling, riding, feeding programs, and everything that taking care of a horse entails. If you have an animal lover in your household, they will love this camp!

Camp runs from 1pm - 5pm Mon-Fri for Beginners, and Tue-Fri for Intermediate and Advanced riders.

- * Session 1 (Beginner): June 15 – 19 (5 day camp)
- * Session 2 (Beginner): June 23 – 26 (5 day camp)
- * Session 3 (Beginner): June 29– July 3 (5 day camp)
- * Session 4 (Intermediate I): July 7 - 10, 14 – 17 (8 day camp)
- * Session 5 (Intermediate II): July 21 - 24, 28 – 31 (8 day camp)
- * Session 6 (Advanced): Aug 4 – 7, 11 - 14 (8 day camp)
Horse Show Fieldtrip on Aug 8th

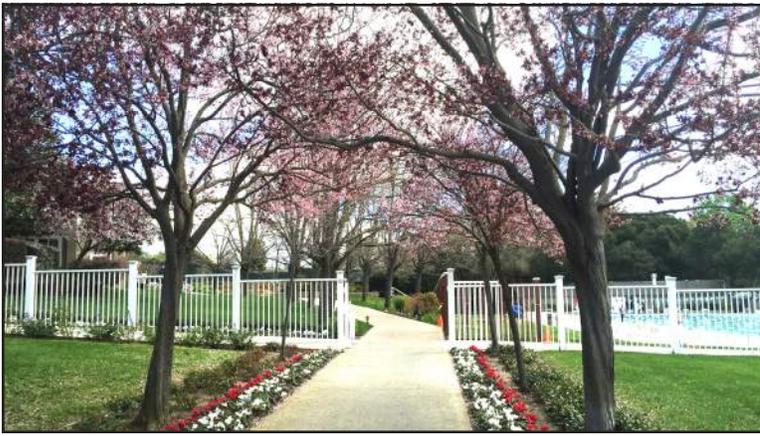
Session Fees:

Sessions 1-3 (5 day camp)

FHCC Members \$345 Non-Members \$400

Sessions 4-6 (8 day camp)

FHCC Members \$500 Non-Members \$575



March 2015

Fremont Hills Country Club

Go to www.fremonthills.com -
or call the Club for the latest Calendar Updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Clubhouse Closed	3	4 No Corkage Fee Every Wednesday	5	6	7
8	9 Clubhouse Closed	10	11 Men's Night Scotch Tasting 6:30pm Start Time 	12	13	14
15	16 Clubhouse Closed	17	No Corkage Fee Every Wednesday	19	20	21 Morgan Winemaker Dinner 6pm Start Time 
22	23 Clubhouse Closed	24	25 Ladies' Night-In Flower Power 6pm-8:30pm 	26 Board Meeting	27	
29	30 Clubhouse Closed	31				

Clubhouse Hours

Lunch: Tuesday - Friday (11am - 2:30pm)

Dinner: Wednesday, Thursday, Friday (5pm - 8:30pm)

Brunch: Saturday/Sunday (10am - 2:30pm)

Bar: Tues/Sat/Sun (10am - 6pm)
Monday - Closed

Club Office:

Tuesday - Saturday (9am - 5pm)

Sunday/Monday - Closed

Fitness Room:

Daily (6am-10pm)

Swimming Pool:

Daily (6am - 8pm)



Fremont Hills

Country Club

12889 Viscaino Place
Los Altos Hills, CA 94022
www.fremonthills.com

Club Management & Professionals -

		<i>EXT.</i>
Scott Domnie	General Manager <i>sdomnie@fremonthills.com</i>	201
Gary Zuniga	Member Services Manager <i>memberservices@fremonthills.com</i>	200
John Modiri	Food & Beverage Director <i>diningandevents@fremonthills.com</i>	206
Nancy Montes	Accounting Manager <i>accounting@fremonthills.com</i>	202
Dana Kirk	Aquatics Director <i>aquatics@fremonthills.com</i>	212
Jim McLennan	Tennis Director <i>jim@fremonthills.com</i>	203
JJ Whitlinger	Tennis Professional <i>jj@fremonthills.com</i>	204
Patrick McLennan	Tennis Professional <i>patrick@fremonthills.com</i>	303
Andy Gers	Fitness Director <i>fitness@fremonthills.com</i>	207
Steve Chan	Executive Chef <i>chef@fremonthills.com</i>	208
Laura Gerst	Equestrian Manager 650-380-2431 <i>lessons@windyhill.eq.com</i>	
Charlie Joseph	Building & Grounds Manager <i>maintenance@fremonthills.com</i>	

Reservations & Information -

Club Office	650-948-8261
On-line	www.fremonthills.com
Club Fax	650-948-3271

Board of Directors 2014-2015

- Michael Stanley - President
- Henry Massey - Vice President
- Amir Ameri - Treasurer
- Greg Doyas - Secretary
- Carol Lobitz-Stearns - Director
- Warren Kocmond - Director
- Katie Boissicat-Randall - Director
- Sharon Allyn - Director
- Michael Grady - Director

Committee Liasons -

- | | |
|----------------------|-------------------------|
| Aquatics - | Greg Doyas |
| Building & Grounds - | Henry Massey |
| Equestrian - | Katie Boissicat-Randall |
| Finance - | Amir Ameri |
| Membership - | Carol Lobitz- Stearns |
| House - | Sharon Allyn |
| Tennis - | Warren Kocmond |

Committee Chairs -

- | | |
|----------------------|-------------------------------------|
| Aquatics - | Greg Doyas |
| Building & Grounds - | Larry Russell |
| Equestrian - | Katie Boissicat-Randall |
| Finance - | Ken Goldman |
| Membership - | Marta Kenehan
& Celeste Randolph |
| House - | Sharon Patterson
& Kathy Eggers |
| Tennis - | Andy Drexler |