



THE NAUTILUS

Beach Club Living

2014 Highlights

San Francisco Shopping Trip



Bubbles and Bags



SYC Pier Party

Thanksgiving



Thanksgiving

*Bubbles
and Bags*



BEACH CLUB EVENTS

JANUARY

- 1 New Year's Day Buffet
- 10 Team Tennis Mixer
- 30 Members' Dinner

FEBRUARY

- 9-15 AT&T Pebble Beach National Pro-Am
- 16 Washington's Birthday Swim
- 20 Sweetheart Dinner
- 21 Tennis Century Cup

MARCH

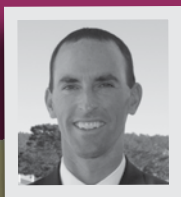
- 5-8 Pebble Beach Tennis Camp
- 13 Members' Dinner
- 14 USF Tennis Fundraiser
- 15 Fashion Show

SUNSET TIMES

- Jan: 5:03 p.m. - 5:32 p.m.
- Feb: 5:33 p.m. - 6:01 p.m.
- Mar: 6:02 p.m. - 7:29 p.m.

We don't want you to miss out on any events so please be sure to give us your e-mail address so that we can keep you informed

News



I hope you had a wonderful Holiday Season! I want to remind you that the Club offers many opportunities to get in shape. Our Clubhouse Manager Justin Eastwood and his team are ready to help you design a program that will help you meet your goals. Whether you are looking to lose weight, improve flexibility, reduce pain, build strength or improve your cardiovascular health, our team is ready to help.

Please contact our fitness desk at (831) 625-8536 to schedule an appointment for a personalized program with our personal trainers, Pilates and Gyrotonic instructor and Physical Therapist.

As we begin 2015, The Club staff and I wish each and every one of you the very best in the coming year!

Jason Tracy

*General Manager
The Beach & Tennis Club*

Promotions

It is with great pleasure that we announce that Debbie Monti has been promoted to Membership Sales Manager for both The Beach & Tennis Club and The Spanish Bay Club. This promotion will allow Debbie to use her talent for selling. Debbie's office will be located at the Tennis Pavilion. Debbie will still be spending much of her time at The Beach Club. If you have questions about membership please call Debbie at (831) 625-8576



Anne Musson has been promoted to Administrative Assistant and will be supporting the General Manager, Jason Tracy. Many of you already know Anne as she has been filling in for Kimberly Ortiz while she has been on maternity leave. Kimberly will be retuning on January 8, 2015.



Anne will be handling the administrative duties that Debbie has been handling in the past. Anne will oversee the Nautilus, membership directory, guest passes, reciprocal clubs, Stillwater Cove Golfing Society and Club Concierge service. Anne can be reached at (831) 625-8588

Please congratulate Debbie and Anne on their well-deserved promotions!

Member News

Ty Maguire

The Beach & Tennis Club is proud to announce that Beach Club Member Ty Maguire has officially signed a "Letter of Intent" to play college tennis for the University of San Francisco. To receive a tennis scholarship of this stature Ty had to put in countless hours practicing and honing his skills

on the courts of The Beach & Tennis Club. Director of Tennis Kie Foreman along with Head Tennis Professional Bill Quario and Ty's father Rocky Maguire provided the backbone to navigate Ty successfully through the Northern California Jr. Circuit. This accomplishment is truly remarkable when less than 3% of high school athletes receive some kind of athletic scholarship. We wish Ty the very best in this exciting new chapter of his tennis career.



Upcoming Events

The Beach Club Dining Room will be closed January 12-24, 2015

Seafood Extravaganza

Tuesday, January 30, 2015
6:00 p.m.
\$107.00 inclusive for adults

Washington's Birthday Swim

Monday, February 16, 2015 at 8:30 a.m.
Hot Beverages will be served
All members are welcome to this complimentary event.
Please call (831) 625-8507 to make reservations

Sweetheart Dinner

Friday, February 20, 2015 at 6:00 p.m.
Three course dinner created by Chef Elias Lopez
\$70 inclusive for adults.
Please call (831) 625-8507 to make your reservation.



2015 Del Monte Forest Emblems

We will be emailing the 2015 application soon.
Please fill out the application and mail it to:
Pebble Beach Road Fees Department
P.O. Box 1589, Pebble Beach, CA 93953

Stillwater Yacht Club

Membership Update

We are excited that the SYC has become very popular with The Beach & Tennis Club members. At the conclusion of last season we were thrilled to have 358 member families. We have a cap of 375 member families. Due to the popularity of SYC all renewals must be returned by April 30, 2015. For those members on the wait list we will begin contacting you on May 1, 2015 to add you to Stillwater Yacht Club. If you have questions please email Memberships@sycpb.org or call Terry Russey at (831)521-7111.

2015 AT&T Pebble Beach National Pro-Am

Monday, February 9 - Sunday, February 15, 2015

Lunch Reservations

Reservations Are Required

Monday-Thursday, 12:00 p.m. - 2:00 p.m.

Friday-Sunday, 11:30 a.m. - 2:30 p.m.

Bar Hours are Friday-Sunday, 10:30 a.m. - 5:00 p.m.

Tickets

For complete ticket and event information, go to

www.attpbgolf.com or call the tournament ticket office at (831) 644-0333 or (800) 541-9091.

Parking

Beach Club Member parking will be located at Bristol Curve.

A parking pass will be required to park at Bristol Curve.

Parking passes will be available at the Fitness front desk

beginning Jan. 26, 2015.

Please note, one parking pass per membership.

Parking details each day are as follows:

Friday, Feb. 6-Tuesday, Feb. 10: Park at The Beach Club Lot

The Beach Club lot may be closed for event installation and you will be directed to The Spa parking structure across from The Tennis Pavilion. Shuttle service will be provided to The Beach Club.

Wednesday, Feb. 11-Sunday, Feb. 15: Park at Bristol Curve

All parking will be at Bristol Curve (parking pass "5"). Once you have parked, The Beach Club Member shuttle will pick you up and deliver you to The Club Shuttle service from 5:30 a.m. until 8:30 p.m.

Monday, Feb. 16: Park at Spa Garage

All parking will be in The Spa parking structure across from The Tennis Pavilion. Shuttle service will be provided to The Beach Club.

Tuesday, Feb. 17: Beach Club-Park at The Beach Club lot

Starting Tuesday, February 17, Beach Club parking returns to The Beach Club lot.

Tuesday, Feb. 17-Friday, Feb. 20: Tennis-Park at Spa Garage

Tennis parking will be in The Spa parking structure across from The Tennis Pavilion.

****All guests need to be accompanied by a Beach and Tennis Club member or have a guest card to access The Beach and Tennis Club.**

Golfing Society

Stillwater Cove Golfing Society 2015-2016 Season

Membership

The season runs from April 1, 2015 through March 31, 2016. Annual cost to join is \$350 for new members and \$325 for current members that wish to renew. Please sign up by March 15, 2015.

If you are interested in becoming a member or renewing your membership please contact Anne Musson at (831) 625-8588 or by email at mussona@pebblebeach.com.

Benefits

- Pebble Beach Golf Links is your home course
- Handicap issued by N.C.G.A.
- Subscription to N.C.G.A. News (4 issues per year)
- Annual tournaments
- Twilight golf at Pebble Beach Resorts courses with special rates
- Convenience of calling Beach Club office to book your tee times
- Membership to the Duke's Club, which includes:
 - Book tee times at Spyglass Hill Golf Course and The Links at Spanish Bay 14 days in advance with three accompanied guests
 - Book tee times at Del Monte Golf Course 30 days in advance with three accompanied guests
- Annual East West Cup with Pinehurst Country Club; 2015 tournament will be held at Pebble Beach Resorts



The Spa At Pebble Beach™

New Year, New You!

One of the many ways to improve your overall health and well-being is through acupuncture. The Spa offers acupuncture on a daily basis with one of our four certified acupuncturists. Acupuncture is a 3,000-year-old healing technique of Traditional Chinese Medicine. In 1997, the U.S. National Institutes of Health (NIH) documented and publicized acupuncture's safety and efficacy for treating a wide range of conditions. Acupuncture improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites-commonly referred to as acupuncture points. Chronic pain is certainly one of the most common reasons people seek out acupuncturists. Other scientific studies have shown that acupuncture therapy can alleviate back pain, indigestion and dull persistent headaches. Coupling acupuncture and massage with personal training or physical therapy is a recipe for total body wellness! Add a fresh juice from the Juice Bar or the Dining room and you have a whole new you.

Fitness

New Year's Resolutions and Weight Loss:

Year after year, weight loss holds a strong spot on lists of most sought after New Year's resolutions. If this is your resolution, you might already be searching for ways to get closer to your desired weight. The simple secret of weight loss and body fat reduction is to eat less and move more. It is this fundamental equation of balancing calories that will determine the success of losing weight and even gaining weight if that is your objective. For example, eat more calories than you burn, and you will gain weight. Eat the same amount of calories as you burn, and you will maintain the same weight. If you burn more calories than you eat, you will lose weight. Below are eleven easy to follow calorie reducing techniques that will help anyone jump start their weight loss goals.

1. **Eat more fiber:** Fiber expands in the stomach, filling you up, so there is less room for extra food.
2. **Eat at home:** It is more difficult to control the amount of calories you consume when it is not prepared by you.
3. **Split your meals:** Many meals at restaurants have huge portion sizes. Use the to-go box and eat half your meal later in the day, or share with a friend.
4. **Don't eat from a bag:** Studies show eating straight from a bag causes mindless eating. We tend to eat until our food is gone instead of when we're full.
5. **Eat nutrient dense foods:** The more nutrients the body intakes the less likely it is to crave more food throughout the day. Nutrient dense foods include: vegetables, fruits, whole grains and other foods that are not processed.
6. **Chew your food:** Studies indicate that chewing your food longer than the average 15 chews result in consuming less calories. Strive for 30 to 40 chews instead.
7. **Use spices instead of sauces:** Spices add flavors without adding major calories. Sauces on the other hand, can be packed with large amounts of calories.
8. **Use a smaller plate:** Studies show that when plates are small this correlates with eating significantly less.
9. **Bake, broil or grill:** Compared with frying, these cooking methods are a much lower caloric way to cook.
10. **Drink a lot of water:** Water consumption is important for optimal metabolism, satiety and it has no calories.
11. **Eat with your non-dominant hand:** It is much harder to eat with your non-dominant hand. This method will translate into eating slower and thus promote fullness sooner than later.

Happy and Healthy Holidays,
Justin Eastwood
M.A.G., B.S., CPT, CES, PES, GFS

Tennis

Team Tennis Mixer with the UC Davis Women's Tennis Team

Saturday, January 10, 2015

1:30 p.m.

Members are invited to team-up with a player from the UC Davis Women's Team! Each doubles team will compete against other players and members in a round-robin format. All levels are invited to play! No need to bring a partner – we will bring the partner to you (and a good one). Advanced sign-up is required and can be made by calling the Tennis Reservation Desk. This event is looking for players that have the willingness to play hard and represent your team to the best of your ability! To register please call the Tennis Pavilion at (831) 625-8509.

15th Annual Century Cup

A Member/Guest Event

Saturday, February 21, 2015

9:30 a.m.

This member guest event is a great opportunity, don't miss this one – it's a great chance to ask your tennis playing friends from other clubs to partner up for our annual event! Here's how it works: each doubles team must have one player that is a Beach Club member and share a combined age of 100 or more. Teams winning their division will have their names engraved on the perpetual trophy on display here at the Club. This event will play a round-robin format in Mens', Ladies' and Mixed Doubles divisions. Each division will need a minimum of four teams to play. Cost is \$40 per team, which includes a catered lunch at the conclusion of play. Let's see whose names will be engraved on the Century Cup in 2015! To register, please call the Tennis Pavilion at (831) 625-8509.

Pebble Beach Tennis Camp

March 5, 6, 7, & 8, 2015

The Beach & Tennis Club will host an adult tennis camp March 5th - 8th. The camp will feature 15 hours of on-court tennis instruction, doubles workshops, along with stroke & strategy seminars. Also included in the camp is a Welcoming Reception, lunch at The Beach Club, and a delicious Saturday night dinner at Roy's. Cost for the entire camp, including food is only \$595. The Student Ratio to instructor is 4 to 1. All players are grouped into similar playing abilities. Space is limited and past history shows that these camps fill up quickly. To register, please call the Tennis Pavilion at (831) 625-8509.

College Tennis Returns to The Beach & Tennis Club

University of San Francisco Fundraiser/Luncheon

Saturday, March 14, 2015 at 1:00 p.m.

Men's Collegiate match featuring University of San Francisco vs. The Naval Academy

Sunday, March 15, 2015 at 12:00 p.m.

Saturday will kick-off the weekend with our annual fundraiser for the USF Men's team. Your donation will directly go to the USF tennis program and gives each player the opportunity to pair up with one of the USF players and compete in the round-robin tournament. Following the tournament, lunch will be provided. Each fundraiser participant will receive USF tennis merchandise to wear proudly. To register, please call the Tennis Pavilion at (831) 625-8509.

Save the Date

2nd Annual Woods & Whites Tennis Invitational – May 9, 2015

52nd Annual Don Bering Cup May 23 & 24, 2015





The Beach & Tennis Club

PEBBLE BEACH™

P.O. Box 1128 • Pebble Beach, CA 93953



PEBBLE BEACH
COMPANY

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Return
Service
Requested

Contact Info 1576 Cypress Drive • P.O. Box 1128 • Pebble Beach, CA 93953

Beach Club Management

Jason Tracy, General Manager

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Debbie Monti, Membership Sales Manager

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Stephanie Sorensen, Food & Beverage Manager

(831) 622-8776 sorenses@pebblebeach.com

Elias Lopez, Executive Chef

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Kie Foreman, Director of Tennis

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Justin Eastwood, Clubhouse Manager

(831) 625-8510 eastwooj@pebblebeach.com

Anne Musson, Administrative Assistant

(831) 625-8588 mussona@pebblebeach.com

Kimberly Ortiz, Food & Beverage Coordinator

(831) 625-8587 ortizk@pebblebeach.com

Beach Club Executive Office: (831) 625-8500

Beach Club Fitness: (831) 625-8536

Dining Room: (831) 625-8507

Tennis: (831) 625-8509

Gate Clearance: (831) 624-0123

Fax: (831) 625-8504

Member Discounts

RETAIL	10 %
PB MARKET Food/Retail	10 %
PB MARKET Alcohol	15 %
SPA SERVICES	20 %
RESTAURANTS	20 %

Beach Club Membership Card REQUIRED to receive discount. Purchase must be charged to Beach Club membership account. Members must present their membership card to receive their discount. Restaurants offer expires 3/31/15.

We don't want you to miss out on any events, so please be sure to give us your e-mail address so that we can keep you informed.