



Dimond Athletic Club

Notices

Our lap pool will be closed for maintenance from May 15 to June 20. We apologize for the inconvenience, but members can show their card at the YMCA pool (5353 Lake Otis Parkway) and swim there during this time. Our smaller pool will remain open.

Effective June 1, 2011, membership fees paid with a credit card through auto pay will be charged on the 5th of every month, instead of the 10th. Members will still need to pay fees by the 25th of each month to avoid late fees. Please feel free to contact the accounting office at 907-929-7129 if you have any questions or concerns.

The waiting list for swim lessons at the DAC is currently closed to both members and non-members. Please contact us in early September for updated swim lesson availability.

GET FIT FOR SUMMER AT THE DAC!

Fast Relaxation:

Who says they don't have time to unwind? Not DAC members, who are flocking to Express Yoga with Stefanie. Clocking in at just 60 minutes – but with plenty of time for the sun salutation or downward dog – this class fits in to crazy schedules. Join us Thursday at 11 am or Sunday at 10 am.

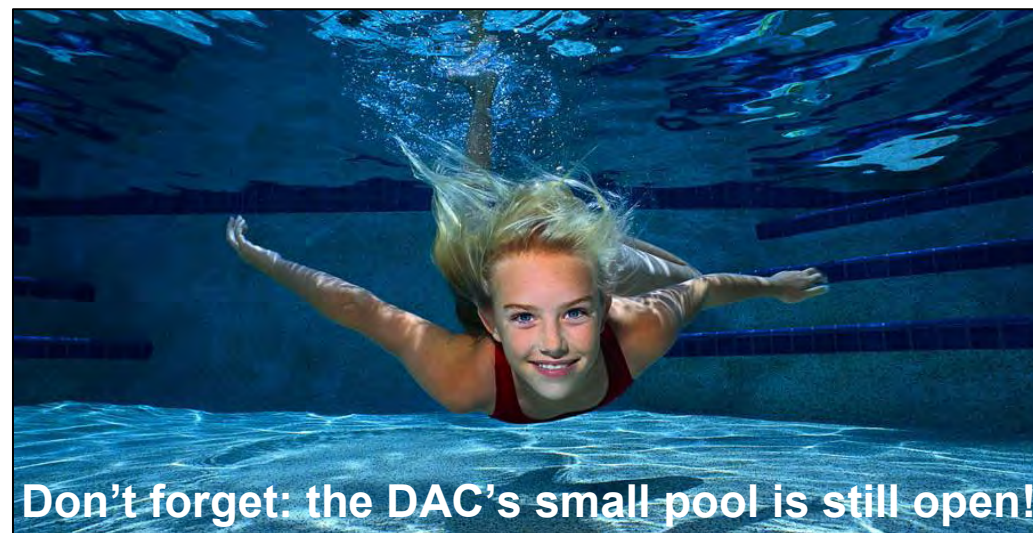
Dance your way to fitness:

Shake, shimmy and party – all while shaping up – with Zumba instructor Addison. Now you can dance to Latin-inspired beats four times each week and regular classes are always free with your DAC membership. Check out our class schedule for more information.

Unwind with the DAC's newest massage therapist:



The DAC welcomes massage therapist Cassandra Hillman to the family, and invites members to take make an appointment to unwind. Specializing in neuromuscular, deep tissue and prenatal massage, Cassandra is available Monday from 10-6, Tuesday from 2-8 and Friday from 10-6, perfect times to unwind those cramped muscles at lunch or after work.



Don't forget: the DAC's small pool is still open!

Recipe of the month:

Shrimp and Potato Salad (Anchorage Style)

Fresh Alaskan side stripe shrimp are showing up in stores, and Anchorage farmers' markets are bringing in local produce from the Matanuska Valley. Take advantage of spring's bounty with this slightly modified recipe from Bon Appetit magazine.

Ingredients:

- 1 small red onion, sliced into thin rings
- 5 Tbs. red wine vinegar
- 1 ¾ unpeeled Matanuska Valley potatoes
- Kosher or other salt
- ¼ C. dry white wine
- fresh ground black pepper
- 1 pound cooked and peeled side stripe shrimp
- 3 plum tomatoes cut into ½" chunks
- 5 Tbs. extra virgin olive oil
- 6 fresh basil leaves, thinly sliced

Place the onion slices in a strainer, rinse under cold water and then drain. Place the onion in a large bowl, add the vinegar, toss and set aside. Meanwhile, boil the potatoes in salted water until tender, but not soft. Let cool and then slice into ¾" cubes. Place the potatoes in a separate bowl and drizzle the white wine over them. Finally, add the shrimp, tomatoes and oil to the onion, toss and then add the potatoes. Add salt and pepper to taste, and the basil and then toss once more. Let the salad sit for 15 minutes before serving.

Coming soon:

Celebrate the Dimond Center Mall's monthly Girl's Night Out with the Dimond Athletic Club. From 6 to 8 pm, June 7 (the first Tuesday of the month) the DAC is opening its doors – as well as hot tub, steam room, sauna and gym – to participants.

Come relax and enjoy a free chair massage from the DAC's therapist Cassandra, free childcare, Dairy Queen smoothie samples, mall discounts and prizes.

If you are feeling a bit more active, try our popular Zumba class from 6 to 7 pm, or learn self-defense from Jim Grady at 7 pm. We hope to see you all at Girl's Night Out!



Veg In, Don't Veg Out

Spring is here and so (finally!) are fresh fruits and vegetables. Start incorporating them into your diet by adding an apple at breakfast, carrots for a mid-day snack and steamed greens with dinner.



Use People Power

Now that the snow is gone, dust off that bicycle and pull your walking shoes out of the closet. Take advantage of the many trails in Anchorage and maybe even loose a few pounds.



Build Up Your Bones

Weight training has been shown to help people of all ages form denser bones. So give your skeleton a break and come to the DAC and use our Nautilus equipment or dedicated free weight room.



Get A Sunny Glow

Tired of that fish-belly-white skin left over from Alaska's long winter? Get your glow back in the DAC's stand-up tanning beds – just \$6 per tan, or \$50 for a ten tan punch card.