

2024 **ACTIVITY GUIDE**

**LET THE
FUN
BEGIN!**



**PICK FROM AN AMAZING VARIETY OF SPORTS
AND FITNESS PROGRAMS FOR EVERYONE IN YOUR FAMILY**

Cardio • Weight Training • Personal & Small Group Training • Group Exercise • Yoga • Pilates
Tennis • Pickleball • Aqua Classes • Lap Swimming • Children's Sports & Fitness • Childcare • Parties

PLUS THESE FAVORITES



Swim Lessons



Junior Tennis



Summer Camp



Summer Socials

2024 ACTIVITY GUIDE

Program Key: 🧑🏻 Ages 📅 Program Dates 🕒 Days/Times

Group Exercise

Yoga

🧑🏻 13+ 📅 Ongoing 🕒 M, T, W, Th, F, Sa, Su; times vary
The Yoga for every body. This mind/body class uses traditional yoga poses, Pilates, tai chi, and breathing techniques to strengthen and lengthen and calm the body and mind.

Mommy and Me Hula

🧑🏻 3+ 📅 Ongoing 🕒 Sat, May 18, 12:00 PM - 1:00 PM
Pop-Up Event. Bring kids 3 and up to dance with mom and enjoy a tea party after.

Strong Nation

🧑🏻 13+ 📅 Wednesday, 4:30 PM
Discover this total body HIIT workout where every move is synced to the beat.

Daddy and Me Boxing

🧑🏻 9+ 🕒 Sat, June 8, 11:15 AM
Pop-Up Event. Kids 9 and up can have fun boxing with Dad and enjoy a BBQ after.



Fitness

Smart Start Program

🧑🏻 13+ 📅 Ongoing
Reclaim your mobility and balance by discovering dysfunctions that are keeping you from being the best version of yourself. The Smart Start program includes anthropometric measurements to establish initial fitness baselines. The Functional Movement Screen™ is performed to find any dysfunctions or asymmetric imbalances in your body. A corrective program is then generated and given to you at no cost!

Personal & Small Group Training

🧑🏻 13+ 📅 Ongoing 🕒 By Appointment w/Trainer
Achieve optimal results by incorporating strength, endurance, cardiovascular, and flexibility training! As you receive ongoing monitoring and support, you'll increasingly progress to a higher level of fitness.

Tennis & Other Racquet Sports

Cinco De Mayo Tennis Social

🧑🏻 Adults 📅 April 27 🕒 Saturday 9:00 AM - 1:30 PM
Enjoy some great food and some great tennis as you kickoff the summer socials.



Memorial Day Tennis Social

🧑🏻 Adults 📅 May 27 🕒 Saturday 9:00 AM - 12:30 PM
This fun but competitive social will get your doubles game in shape for the summer season.

Summer Junior & Adult Tennis Camps

🧑🏻 Adults 📅 June- Aug 🕒 Mon - Thu 10:00 AM - 12:30 PM All Levels Welcome
A great way to get that competitive edge!

Junior Team Tennis

🧑🏻 18 & Under 📅 Fridays 4:30 PM - 6:00 PM, Sundays 1:30 - 3:00 PM
Junior players who are developing the interest to participate in organized tennis competition will want to join the team.

Junior and Adult Tennis Lessons

🧑🏻 5+ 📅 Ongoing Year-Round 🕒 By Appointment w/Pro
Thinking about a new sport for your child or yourself. Tennis is one of the best sports to develop one's athletic skills, while learning the value of teamwork and good sportsmanship. Private and group lessons available.

Pickleball

🧑🏻 5+ 📅 Ongoing Year-Round
California's fastest growing sport. Pickleball combines elements of badminton, table tennis, and tennis. Great for all ages. See Playtime Scheduler for activity details.

Youth Pickleball Series 101

🧑🏻 7+ 📅 May 23
Check with the Club for times

Squash Championship Tournament

🧑🏻 16+ 📅 May 5 9:00 AM - 1:00 PM
Squash is a great game for kids and adults of any level. Squash is one of the best cardio workouts around

Swimming

Gators Swim Team

🧑🏻 5-18 📅 April 1 - July 31 🕒 Mon - Fri
This program emphasizes the values of individual effort, teamwork, sportsmanship, and a strong team spirit.

Group & Private Swim Lessons

🧑🏻 3 - Adult 📅 April - August
The ability to swim is one of the best skills someone can have. Swimming encourages participation in a variety of healthy and enjoyable water activities. Levels range from non-swimmer beginners to those who want to fine tune their techniques.

Lap Swim

🧑🏻 14+ 📅 Ongoing 🕒 Everyday from open to close
Enjoy a great cardio workout year-round in our heated swimming pools, from the time we open to the time we close. Reservations accepted.

Other Sports

Drop-In Volleyball

🧑🏻 Adults Tuesdays 7:00 PM - 9:00 PM 🧑🏻 Juniors Thursdays 7:00 PM - 9:00 PM
This Co-Ed sport provides a fun workout for people of all ages.

Badminton Drop-In

🧑🏻 18+ 📅 Ongoing 🕒 M/Th, 5:00 - 7:00 PM
This dynamic doubles drop-in night features indoor badminton play. This energetic game requires stamina, speed, agility, and strength.



Kids' Programs

Kids' Summer Camps

🧑🏻 6-12 📅 June-July 🕒 Mon - Fri 9:00 AM - 5:00 PM
We've got Basketball, Tennis, and Day Camps to keep your kids entertained all summer long. Check with the club for more details.

Kids' Night Out

🧑🏻 6-12 📅 Second Friday of the Month; 5:30 - 8:30 PM
Attention Parents: this monthly event will have your babysitting needs covered. The evening will include dinner for the kids, crafts, games, and lots of fun.

Fit Kids

🧑🏻 4+ 🕒 Wednesdays, 4:30 PM
A fun fitness class using a variety of activities and equipment to keep our youngest members moving.



Social Programs

Cinco De Mayo Fiesta

🧑🏻 21+ 📅 May 3 🕒 5:00 PM - 7:00 PM
Start with some Latin inspired dancing and end with some delicious food.

Friday Night Lights

🧑🏻 18+ 📅 May 10 🕒 6:00 PM - 9:00 PM
This is one of our most popular Pickleball socials. Register on Playtime Scheduler and bring a food dish to share.

Bingo Brunch

🧑🏻 18+ 📅 Aug 13 🕒 11:00 AM - 1:00 PM
Join us for some Bingo fun, prizes, mimosas and brunch style snacks!