

SHIP & SHORE

NORFOLK YACHT AND COUNTRY CLUB

UPCOMING EVENTS

JULY

Wednesday Pasta & Pizza Night

July 3, 10, 17, 24, 31

4th of July Poolside Celebration

July 4; Cookout 5-8pm

First Friday Wine Tasting

Friday, July 5

Family Sailing & Burger Night

Thursdays - July 11, 18, 25

TGIF Poolside Parties

Fridays - July 5, 12, 19, 26

Prime Rib Night

Saturdays & Sundays, July 6, 7,
13, 14, 20, 21, 27, 28

NYCC 2020 / Facilities Enhancements Member Meeting

Wednesday, July 24

Frozé Friday at the Pool

Friday, July 26

Seafood Buffet

Friday, July 26

AUGUST

Rosé All Day Pool Party

Friday, August 9

Family Fishing Tournament

Saturday, August 17

Movie Night at the Pool

August 15 & 29



AN UNSTOPPABLE MOTHER & SON DUO

Margot and Axel Patzer completed a triathlon to benefit Operation Smile. Read their story on page 5.

BOARD OF GOVERNORS

James Forrester, President
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Marianne Scott, Secretary
Richard Keatley, Treasurer
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Gary Boswick, Governor, 2020
David Chase, 2022
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John Murray, Governor, 2021
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Doug Wilson, Health & Fitness
Mollie McCune, House
PJ Trudell, Junior Sailing
Rob Brown, Membership
Gary Boswick, Tennis
Ben Schill, Yachting

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FROM THE PRESIDENT

For Norfolk Yacht and Country Club to move forward we first had to get the support of the membership. This has required an understanding that for the Club to be successful many changes would need to occur. Change is a risky undertaking because we don't always know where a change may lead us. Hopefully we are well-informed and it will create a better future.

Even though we are taking steps to make improvements at the Club there is always some level of resistance. This concept is important because the Board of Governors is attempting to create a culture of change, not just this year, but for the future. For this to occur we must have: (1) insight into the problem, (2) understand the resistance and (3) to do the hard work to create a better future. The Board will continue to provide information about the problem, direction and method for resolving the problem and a vision about where it will lead us in the future.

As we continue on the path toward our capital improvements we are working on taking care of the existing infrastructure. Much of the Club is behind on maintenance, especially in the clubhouse and on the piers. Some of this work must be done to be safe and to avoid additional damage. This requires additional expense and the focus of staff and Board to address the most pressing issues.

I encourage each of you to ask me or other Board members questions and share your thoughts as we move forward. I am confident that the facility and the amenities you see today will continue to improve and NYCC will continue to be a better destination for your family and friends.

Jim Forrester
NYCC President



FROM THE GENERAL MANAGER

I am pleased to report club financial results for 2019 are off to a great start, in fact standing at \$29k favorable to plan through the first five months. Although banquet sales have been a little shy of budget so far, the Food & Beverage (F&B) bottom line is \$28k better than a year ago, which is quite good given overall sales are \$82k less this year. How have we done this? It has been through excellent expense control by the F&B management team, plain and simple. New performance standards set in place a year ago are now getting good traction. One of which was better control of food costs, and Chef Marty Riddle has successfully done this without reducing portion sizes or buying inferior ingredients.

And it sure helps that member F&B spending is up 6% through May. Plus the renovated poolside café, now known as The Galley, according to Fitness Director Cheryl Lehmkuhl, "has been killing it!" She's right - sales have been up 30% over 2018 since it opened.

We have also been able to better control bar costs without sacrificing quality or smaller pours. So you are in the know about bar pour sizes, our standard cocktail pour is 1.5 oz., an 'on the rocks' pour is 2.5oz, draft beer is 16oz, and wines by the glass are 6oz. The industry "standard" size glass of wine is typically 5oz, however this varies from place to place. We did take a look at our prices compared to local, high-end restaurants and our price for wine is lower by the ounce. Even better, our prices on full bottles of wine are considerably

less than area restaurants.

In NYCC 2020 / Facilities Enhancement Plan news, the outdoor racquet sports complex is indeed running behind schedule due primarily to over a month of rain since construction began. Currently the foundation grade beam for the Air Dome is being installed, and preparation for its electrical and mechanical systems is underway. Once the grade beam is complete, construction of clay courts 1-4 will commence and take two to three weeks. We are still waiting on the city for our permit for the last tennis "Centre Court" but expect to have it in hand any day. This court required a separate permit as it was additional to the old tennis complex.

Please know the Construction and Long Range Planning committees continue to oversee the project daily and continue to diligently work to deliver the entire racquet sports project as soon as possible. Please join us on Wednesday, July 24th for our next Town Hall briefing on the status of the project.

I look forward to seeing you at the club.

Ken Underwood, CCM
General Manager



P.S. Somewhere in this newsletter is a hidden membership number. If it's your number, call the club to receive a dining certificate!

CLUB EVENTS

For dining reservations and event registration, call the club at 757.423.4500 or Email reservations@norfolkyacht.com. Visit NYCC's website for details.



4th of July

Our July 4th poolside celebration will feature live music by Hot Cakes (3-7pm), a cookout (5-8pm), annual beer tossing contest at 4pm, contests and pool relay races throughout the day. Please RSVP for the cookout by July 3rd. The price increases day of. Price: \$18 for adults (\$20 day of) | \$9 for kids 4-12 (\$10 day of) | kids under 4 eat for free. Call the front desk at (757) 423-4500, Email reservations@norfolkyacht.com or register at norfolkyacht.com/events or on NYCC's app.



Fridays | 6-9 p.m. | Outdoor Pool

Kickoff the weekend at NYCC with dinner, drinks, and a dip in the pool! Live entertainment on select dates. In July, we'll have a DJ on the 12th and Beautiful Noise on the 26th.



Parents Night Out

Tuesday, July 16th | 5-7:30 p.m.

Mom and dad can spend a relaxing evening at the Club while kids ages 3-9 enjoy games, dinner and a movie in the Childcare Room. Cost is \$10++. Register Online or at the Fitness Center.



Poolside

FIRST FRIDAY WINE TASTINGS

Friday, July 5th | 6-8 p.m. | Outdoor Pool

Join us at the outdoor pool to sample a selection of Italian wine. All tasting wines will be available for purchase by the bottle.



THURSDAY FAMILY FUN SAILING AND SKIPPER'S POP-UP BURGER BAR

Thursdays Through August 8th*

Junior and adult sailboat racing for sailors of all ages and levels will begin at 4:30pm. Followed by live music, burgers and hot dogs on the grill, plus sides, cookies and drinks starting at 5:30pm on the Skipper's Terrace. Just \$10 for adults and \$5 for kids. All members welcome! *No event July 4th.



Wednesday, July 24 | 6:30pm | Clubhouse

Members will be presented with an update on the progress of the club's renovation projects. All members welcome.



BINGO BY THE POOL

Thursday, July 11th | 7 p.m. | Outdoor Pool

Join us at the outdoor pool for Family Bingo Night! We'll have prizes for all winners! Free to play; all ages welcome. Grab burgers and hot dogs beforehand at the Skipper's Terrace starting at 5:30pm.



Waterfront Excursions AT NYCC

July 5-6 July 4th weekend 45-minute free Sailboat Rides; sign up Online
July 13 Pints & Paddles Kayak/Paddle Board Trip
July 12, 19, 26 2-hour Sailboat Rides (space is limited). See page 6 for details. Sign up at www.norfolkyacht.com/events or Email waterfrontdirector@norfolkyacht.com



FROZÉ FRIDAY

Friday, July 26th | 2-9 p.m. | Poolside

Cool down and unwind with NYCC's version of frozé, which is red wine blended with soft serve vanilla ice cream! We'll be serving these tasty treats from 2-9pm at the pool with live music starting at 6pm. No pool guest fees on the 26th, so bring your friends!



MEMBERSHIP DRIVE WINNER: COLLEEN KOVACH



Colleen (right) and wife, Jeantelle

Colleen Kovach's reaction when being informed she won NYCC's Membership Drive Contest was "I did? Wow."

Colleen sponsored six new members, wrote two letters endorsing new members and provided a number of prospect leads. Wow, indeed. She wins two years of 50 percent off her membership dues.

Sully Callahan Jr. was second, sponsoring two new memberships and providing a staggering 23 possible prospects. For his recruiting efforts, Sully earned \$1,000 of "house money" he can apply to club activities.

With a big assist from all those who participated in the contest, we've added 54 new members and a total of 78 new memberships (counting former members who've returned). Almost a third of the new members are under the age of 40 with 63

percent of leads coming from member referrals.

An associate with Howard Hanna Realty, Kovach claims she didn't have to use a hard sell to recruit new members.

"I just told them how much I enjoyed being a member, all the things you can do at the club and all the new construction going on," said Kovach. "I was happy to see so many young people joining."

Kovach and wife, Jeantelle Duhon, became members just a year ago. The couple has two children, Katie, 10, is a swimmer and Chase, 8, lives to eat and play tennis.

"We appreciate the club so much" said Kovach. "It's such a great place. And especially for meeting people."

Kovach loves the new additions to NYCC, especially the renovated bathrooms at the swimming pools. The new tennis facility has her anxious to take up tennis and even try pickleball.

Thanks to all who participated in our Membership Drive. Our members are the club's greatest resource.

YOUNG SCHOLARS

Six youth from the club were recently cited in the Virginian-Pilot Scholastic Achievement Scholarship and Recognition Program.

The program acknowledges academic excellence, citizenship, school activities and community involvement from students throughout the Hampton Roads area.

Oliver Siegfried was one of 4 Maury students to be nominated. Oliver graduated as class valedictorian and a National Merit finalist with a perfect score on the ACT test and a 1580 (a perfect score is 1600) on the SAT. He also reached the state Class 6A semifinals in singles and doubles tennis. He plans to attend Pomona college in California for a career in international finance.

Carter Smith Jr. graduated Maury in the top 5 of the class and played varsity tennis. He has been accepted at the University of Virginia. Carter is considering a career in medicine.

The Laplace twins, Alexander and Celia, rising juniors at Maury, are straight A students. They completed their second year in the school's Medical Health Specialty Program. Alexander placed sixth in the regional wrestling tournament and played on the regional championship tennis team. Celia was a member of the girls championship tennis team.

James Hood just completed his senior year at Norfolk Academy where he was captain of the state championship swim team. He was a representative on the NA Honor Council. James also supplied soccer equipment to two Haitian clubs. He plans to attend Dartmouth College for a career in global health.

Ander Crenshaw has already left his mark after his sophomore year at Norfolk Collegiate. He received the Excellence in Ancient History Award, the Citizen-Scholar Award and the CHKD Magnolia Circle.

Congratulations to all. If we have omitted anyone, please let us know.

DOCK HOUSE GETS A FACELIFT

The Dock House is lookin' good. It didn't get a makeover the likes of the tennis facility or the bathrooms by the pool, but one of the oldest buildings at NYCC has been upgraded.

All it took was a little paint, a lot of elbow grease and imagination. The Dock House has received a fresh coat of paint inside, new lamps and end tables, courtesy of Yachting Committee member Cornelia Steinert who worked with club secretary Marianne Scott and Molly McCune. Harbormaster Assistant Sean Robertson stripped, varnished and polished the sign over the door. And Commodore Ben Schill created a new prototype for showing off the burgees members collect from all over the world.

But the most creative touch maybe on the

outside wall, where Schill and daughter Lauren, a talented artist, came up with a unique solution for a piece of safety equipment hanging on an outside wall. No one is going to forget where the fire extinguisher is when one is needed.

You don't have to be a boater to check out the new digs and visit with regulars like Jack Vellines, Bobby Schlagel, Vance Hull and Mike Hips. Harbormaster Mike Nash always has a fresh pot of coffee at the ready.

Drop in soon!



MILES FOR SMILES

Margot Patzer celebrated her 50th birthday like she has the previous 10, completing a triathlon and raising money for Operation Smile.

"I do one triathlon a year on my birthday or as close to the date as I can," said Patzer, who has been an Operation Smile volunteer for years, doing their medical records.

This year she added more miles to the smiles, doing an "Olympic" distance triathlon of a 1-mile swim, 25-mile bike ride and 10-kilometer run. She usually does the shorter "sprint" version.

She completed the triathlon with 15-year-old son Axel, who also volunteers for Operation Smile, at her side "for 90 percent of it, but he left me at the end. It was torture for him, running at my pace."

They raised enough money to pay for three surgeries this year, said Margot who computes the money she collects from family members into operations the organization does to fix cleft lips and repair palates on its yearly mission to other countries. Margot has



accompanied Operation Smile on its missions to Ghana, Morocco and Bolivia.

Margot only puts the bite on "uncles, aunts, cousins, grandparents" etc. "We don't ask anyone else to fund me. It's just a family tradition. Everyone has causes of their own."

The triathlons combine Patzer's desire to maintain good health and her philanthropic bent.

"I got stated doing triathlons to prove I could do it and I've always been interested in philanthropy. Operation Smile is a terrific place to volunteer. It's both local and global," said Margot who is a former social worker and Peace Corps volunteer.

Margot and husband Chris, a "retired" marathoner, have been NYCC members for three years. "We love the club," she says. "We use it all." In addition to Axel, who is a member of the Sea Dragons and mentors younger swimmers, they have an older son, Sven in college.

We know how Margot will be celebrating her 51st and many more birthdays to come.



HISTORY CORNER

The annual Anderson Cup tournament brings together some of the best women tennis players from NYCC, the Country Club of Virginia, Farmington Country Club and Princess Anne Country Club. This year's competition (June 14-15) is the 58th renewal. The cup is named in honor of Richmond sisters Margaret and Penelope Anderson, two tennis standouts.

The cup is part of NYCC's strong tennis

tradition. During the 1930-50s, NYCC hosted the City Tournament, Hotchkiss Cup and the Inter-City Tennis matches. Theodore Penzold, long-time chair of NYCC Tennis Committee was known as "the Czar of Local Tennis." NYCC has boasted several tennis players who have won national doubles titles.

If you have a story or photos to contribute to History Corner, please contact head of the Legacy Committee, Anne Lockhart, at ah1991421@gmail.com.

MEET NYCC'S NEW CLUBHOUSE MANAGER



John Williams is our new Clubhouse Manager. He will oversee all food and beverage operations.

John comes to us with an extensive background in the restaurant, hospitality and entertainment fields. Since coming on board May 29, he's been busy meeting members and learning how he can "serve them better."

"I'm excited to be working with a staff that has been here for many years and by the changes that the club is undergoing. I hope I can make a positive impact."

A "Virginia Beach guy" – born and raised – most recently he was manager of the region's busiest Outback Steak house. Prior to that, for 12 years he was at At Your Service, a corporate restaurant chain with 9 restaurants, including the popular Chick's Oyster Bar.

In his younger days, he worked in the music industry in Nashville as a booking agent, scouting bands and doing some recording and producing, following in his dad's footsteps who worked in the industry.

A people person, a major reason for making the switch from commercial restaurant to the private sector was the opportunity "to develop a relationship with members" instead of customers who come and go.

Williams, who calls himself as "a list guy," believes that if it's working, not to change it but "to make it better."

We look forward to seeing his improvements to the member experience.

Welcome aboard, John.

YACHTING, JR SAILING, WATERFRONT

SAILBOAT RIDES

July 12, 19, 26 from 5:45-7:45pm

Join us for a free 2-hour sail on the Lafayette River! If you would like to throw in a bottle of wine or a bucket of beer, we'd be happy to arrange that for you. This is an enjoyable sail with a certified instructor at the helm, or you can take over for a bit. We're also offering free 45-minute sail abouts on July 5th and 6th! Register Online or email the Waterfront Director at waterfrontdirector@norfolkyacht.com. No sailing experience needed.

LEARN TO SAIL

NYCC is running US Basic Keelboat certifications and Learn to Sail classes this summer. Learn how to skipper your own sailboat so you can take out NYCC's Flying Scots on your own. Class times: **July 6-7** (9am-5pm), **July 15-18** (5:30-8:30pm), and **July 29-Aug. 1** (5:30-8:30pm). To register, email Arielle at waterfrontdirector@norfolkyacht.com. All members welcome!

Willoughby Challenge Regatta

NYCC will host the annual regatta **Saturday July 13th**. Skipper's meeting will be July 12 at 6:30pm. The \$50.00 entry fee covers the regatta, picnic buffet and awards ceremony at NYCC for the skipper plus up to four crew, free dockage for racing boats at NYCC piers Friday and Saturday. For details and registration, visit www.norfolkyacht.com/willoughby.

DON'T GET CAUGHT IN A HURRICANE

The weather forecasts are predicting an "active" hurricane season with 5-8 named hurricanes and 3-4 major storms. "The biggest danger will be the tidal surge because of our floating docks," said member and former Naval commanding officer Peter Squicciarini, who gave a talk at the club on preparing your boat for a hurricane. "If a hurricane comes, the club will likely be flooded."

Squicciarini, who grew up on Long Island Sound and has been a member of the Coast Guard and taught marine safety after retiring from the Navy in 2004, delivered the message it is never too early to prepare. Hurricane season lasts until November 30th with most hurricanes arriving in August and September, said Squicciarini.

BIG BOAT RACING



Obsession at Southern Bay Racing Weekend

Bill Ripley piloted Obsession, his custom Hinckley, to 2nd place in Cruising Class at the Southern Bay Racing Weekend, at the beginning of June. NYCC's Waterfront Director Arielle Darrow, sailing for the Hampton Yacht Club, finished 3rd in J70 Class in Lady Vortexes. Bill represented NYCC again in the Cock Island Race on June 15 with Obsession taking 1st in the non-spinnaker class. Well done Bill!

RENDEZVOUS ON THE JAMES SATURDAY, JULY 20TH

All members are invited to a private beach party at Burwell's Bay in Smithfield, starting at 1pm; cookout at 5pm. Limited overnight lodging available. RSVP to NYCC by July 18th.

See details at www.norfolkyacht.com/events



He offered these tips:

- Boats should be secured 48 hours with double lines before an expected hurricane.
- Remove sails and canvas covers.
- Consider removing portable electronics.
- Batten down all hatches and ports.
- Make sure bilge pumps are working and battery is charged.
- Make sure insurance is up to date.
- If it's a major hurricane remove your boat from the water and don't bring it back to the marina until NYCC says it is safe.

Above all, don't go out in the storm. If you'd like a copy of Squicciarini's presentation, email him at pdsquicciarini@msn.com.

JUNIOR SAILING

Summer Camp

Jr. Sailing Summer Camp kicked off with a bang! We've had so many new children becoming sailors in just a matter of days. We still have spaces available in some of our camps. Visit the Jr. Sailing page on NYCC's website to sign up.

High School Race Clinic

NYCC is hosting a High School Race Clinic and Regatta **August 12-15** as part of their summer camp line up. If your high school sailor wants to increase their skills before the start of the season, please sign up! Cost is only \$300.

Junior Regatta

NYCC is hosting their Annual Junior Regatta **August 1st**. This event is open to Optis (all fleets, including Green Fleet), club 420s, Flying Juniors and Lasers. To register, visit NYCC's Jr. Sailing webpage. This is a great way to race in a fun environment and without leaving the area! Stick around for BBQ and live music afterwards on the back lawn.

Good Luck Sailors!

We want to wish our Racing Opti Sailors good luck in Opti Nationals taking place in Detroit from July 18-28th. The sailors have been training hard alongside HYC Opti sailors. Good luck Audrey Permenter, Pierce Brindley, Josie Brindley, Kyle Pfrang and Leila Pfrang.

Family Fun Sailing Nights

Jr. Sailing is hosting family sailing and burger nights every Thursday through August 8th (no event July 4). Our beginner junior sailors start at 4:30pm and our junior and adult racers must be rigged by 4:30pm; competitor's meeting at 4:35pm; first warning at 4:45pm. Don't know how to race? Jump in with one of our certified instructors on our club-owned Flying Scots and have a blast! Stick around afterwards for live music and a cookout. All members welcome!



SIGN UP TO RECEIVE EMAILS ABOUT WATERFRONT ACTIVITIES, SAILING, BOATING RENDEZVOUS AND MORE. VISIT WWW.NORFOLKYACHT.COM/EMAIL

PICKLEBALL COURTS GETTING A WORKOUT

The club's 4 new pickleball courts, located near the entrance have proved to be a big hit with members.

On a sultry day recently, brothers Jack, 13, and Henry, 8, were giving the game a whirl under the tutelage of instructor Caitie Sullivan.

"It's a lot of fun," said Sullivan, a varsity tennis player at Columbia and a former state champion at Norfolk Academy. "And it's easy to pick up. A ton of people have used the courts, especially at night and on weekends."

"It's fun," said Henry, echoing Sullivan.

Pickleball has been around since 1965. Invented in Seattle, it is billed as a combination of tennis, badminton and ping pong. It's played

on a court that's 20x44, considerably smaller than a tennis court. It's played with a small, plastic racquet and yellow balls with holes in them. First to 11 wins.

John Vellines, who has played pickleball with friends years ago, can attest that is game for all ages – and sizes.

"It's a great game for guys like me who don't move so fast," said Vellines. "You don't have so much court to cover."

Jack Chesson, a Norfolk Academy student, sees the game as developing his reflexes and helping his tennis game. "I'll definitely play some more."

If you have been considering trying pickleball or platform tennis, all you need to do is show up and have a person across the net. Paddle and balls are available at the Tennis Shop.

MEMBER-GUEST TENNIS POSTPONED

The Member-Guest tournament, NYCC's signature tennis event of the season, scheduled for July has been put on hold until the completion of tennis court construction. Plans call for the tournament to be held **September 13-15**. Stay tuned for details!

INTRO TO PICKLEBALL

Saturday, July 6th and 20th at 12 noon

Learn the basics of pickleball at the newly built courts at NYCC. New and beginner players are welcome! The instructor will teach the basic skills such as: how to serve, how to return a serve, dinking, third shot drop, key rules of the game, and basic play. Bring your own paddle or borrow one from the club. Balls are provided.

Please sign up by calling the Tennis Shop at (757) 423-6737 or register Online at norfolkyacht.com/events.

JR. TENNIS PIZZA NIGHT

Kids are invited to come out for tennis and pizza on **July 26th from 5:30-7:30pm!**



FITNESS

Fitness Center (757) 489-5385

SWIM TEAM SEASON

Sea Dragons are putting in the laps in preparation for a great season. Practices will continue through July, Monday-Friday from 8-10 a.m. and Monday-Thursday 3:30-6 p.m. So expect the outdoor pool to be busy. The Dragons will host two meets, July 13 and 20. The pool will be closed till 1 p.m. those Saturdays.

About 35 parent volunteers are needed per meet. Please try to volunteer for 4 halves. No experience necessary for many positions.

CHAIR YOGA WITH CARMEN

Tuesdays 5:00pm & Thursdays 10:00am

Chair yoga movements are performed seated, standing or using the chair for support combining gentle postures with breath work for relaxation. Great for beginners or experienced yogis. A nurturing yoga experience that will help you will gain strength, flexibility, balance and a deeper connection within.

RESTORATIVE YOGA WORKSHOP

July 20th from 10am-11:30am. Restorative Yoga is designed to restore the nervous system and help release deeply held tensions from the body and mind. We use props to support the postures, while gently stretching and strengthening the body. Enjoy learning basic postures, long stretches, resting on support, and breathing deeply. We will also explore the use of essential oils to enhance your calming practice. This workshop is appropriate for all levels.

Sign up at the Fitness Center front desk or Online. Minimum of 5, max of 11 participants. Cost is \$10 (includes an essential oil).



The Fitness Center will be open Thursday, July 4th from 7am to 4pm.

POOL ETIQUETTE

- Walk, don't run, when on the pool deck.
- Check in at the breezeway. Please leave skateboards, lax sticks and footballs in car or at the breezeway.
- No pets at pool or Fitness Center.
- No food or beverages brought from home; no coolers or open cups.
- Children must be at least 10 years old to use pool alone. Under 10-year-olds must be accompanied by parent or legal guardian over 16.
- Adult swim is at the top of EVERY hour. Children must be out of the pool for 10 minutes.



Norfolk Yacht & Country Club
7001 Hampton Blvd.
Norfolk, VA 23505



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JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OUTDOOR POOL HOURS Open Daily 10am-9pm Lap swimming begins: 5am Mon-Fri 7am Sat-Sun THE GALLEY Open Daily 11am-9pm	1 Main Club Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm Adult Pickleball 6-7:30pm Jr. Tennis Camp #4 Jr. Sailing Camp #3	2 Check your email for dining features. Happy Hour 5-7, Grill Chair Yoga, 5pm	3 CardioTennis 9am, 6:30 Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Happy Hour 5-7, Grill Fitness: Small Group Training 8-9am; 6-7pm	4 Fitness Center open 7am-4pm Poolside Cookout 5-8pm	5 CardioTennis 9am First Friday Wine Tasting, 6-8pm Outdoor Pool 45-minute Sailboat Rides, sign up Online	6 CardioTennis 9am Intro to Pickleball Clinic, 12pm Dock Party on C pier, 6pm 45-minute Sailboat Rides, sign up Online Prime Rib Dinner
7 Breakfast/Brunch 9am-2pm, Deck Squash Round Robin Prime Rib Dinner	8 Main Club Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm Adult Pickleball 6-7:30pm Jr. Tennis Camp #5 Jr. Sailing Camp #4	9 Check your email for dining features. Happy Hour 5-7, Grill Chair Yoga, 5pm	10 CardioTennis 9am, 6:30 Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Happy Hour 5-7, Grill Fitness: Small Group Training 8-9am; 6-7pm	11 Chair Yoga, 10am Adult Pickleball 6-7:30pm Family Fun Sailing & Skipper's Burger Bar Family Bingo Night 7pm, poolside	12 CardioTennis 9am TGIF Poolside Party with DJ, 6-9pm 2-hour Sailboat Rides 5:45-7:45pm, sign up Online	13 CardioTennis 9am Sea Dragons home swim meet. Pool closed until 1pm Pints & Paddles Kayak/Paddleboard trip Willoughby Challenge Regatta Prime Rib Dinner
14 Breakfast/Brunch 9am-2pm, Deck Squash Round Robin Prime Rib Dinner	15 Main Club Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm Adult Pickleball 6-7:30pm Jr. Tennis Camp #6 Jr. Sailing Camp #5	16 Check your email for dining features. Happy Hour 5-7, Grill Chair Yoga, 5pm Parents Night Out / Kids Game and Movie Night, 5-7:30pm	17 CardioTennis 9am, 6:30 Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Happy Hour 5-7, Grill Fitness: Small Group Training 8-9am; 6-7pm	18 Chair Yoga, 10am Happy Hour 5-7, Grill Family Fun Sailing & Skipper's Burger Bar Adult Pickleball 6-7:30pm	19 CardioTennis 9am TGIF Poolside Party, 6-9pm 2-hour Sailboat Rides 5:45-7:45pm, sign up Online	20 Sea Dragons home swim meet. Pool closed until 1pm Restorative Yoga Workshop, 10am Intro to Pickleball 12pm James River Rendezvous
21 Breakfast/Brunch 9am-2pm, Deck Squash Round Robin Prime Rib Dinner	22 Main Club Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm Adult Pickleball 6-7:30pm Jr. Tennis Camp #7 Jr. Sailing Camp #6	23 Check your email for dining features. Happy Hour 5-7, Grill Chair Yoga, 5pm	24 CardioTennis 9am, 6:30 Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday NYCC 2020 / Facilities Enhancements Member Meeting, 6:30pm Fitness: Small Group Training 8-9am; 6-7pm	25 Chair Yoga, 10am Family Fun Sailing & Skipper's Burger Bar Adult Pickleball 6-7:30pm Board Meeting New Member Reception, 7pm	26 CardioTennis 9am Frozé Friday, 2-9pm TGIF Pool Party with music by Beautiful Noise, 6-9pm Seafood Buffet Jr. Tennis Pizza Night, 5:30pm	27 CardioTennis 9am Prime Rib Dinner
28 Breakfast/Brunch 9am-2pm, Deck Squash Round Robin Prime Rib Dinner	29 Main Club Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm Adult Pickleball 6-7:30pm Jr. Tennis Camp #8 Jr. Sailing Camp #7	30 Check your email for dining features. Happy Hour 5-7, Grill Chair Yoga, 5pm	31 CardioTennis 9am, 6:30 Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Happy Hour 5-7, Grill Fitness: Small Group Training 8-9am; 6-7pm	RESTAURANT HOURS (Closed Mondays) Dining Room Lunch: Tues-Sun 11:30am-2:30pm Dinner: Tues-Sun 6-9pm Deck Sunday Breakfast/Brunch: 9am-2pm Lunch: Tues-Sat 11:30am-2:30pm Dinner: Tues-Sun 5:30-9pm Grill Lunch: Tues-Sat 12-2:30pm Dinner: Tues-Sat 6-9pm		FITNESS CENTER Mon-Thurs 5am-9pm Friday 5am-7pm Sat & Sun 7am-6pm YOUTH HOURS 7 days/week 12-5pm Mon-Thurs 7-8pm CHILDCARE HOURS Mon-Sat 8am-12pm Tues-Thurs 5-8pm Sunday 12-4pm

Login to our website www.norfolkyacht.com/events or call the Club at 757.423.4500 for dining reservations, event details and registration.