

# SHIP & SHORE

NORFOLK YACHT AND COUNTRY CLUB | MARCH 2020

## UPCOMING EVENTS

Jr. Tennis Spring Break Camp  
March 2nd-6th | 9AM-12PM

Spine Health Series  
Sunday, March 8, 15, 22, 29 | 1:30-3PM

First Friday Wine Tasting  
Friday, March 6th | 6-8PM

Parents Night Out (kids pool party)  
Friday, March 6th | 5-9PM

NYCC Swim School Open Enrollment  
Saturday, March 7th

Jr. Tennis Pizza Party  
Friday, March 13th | 5:30-7:30PM

Family Sock Hop  
Saturday, March 14th

St. Patrick's Day Dinner Buffet  
Tuesday, March 17th

Parents Night Out (kids fun with clay)  
Friday, March 20th | 5-9PM

Happy Hour with Guest Bartender  
Friday, March 20th | 5:30-7:30PM

Breathwork and Meditation Workshop  
Saturday, March 21st | 1-2:30PM

Annual Sock Burning  
Saturday, March 21st | 5:30PM

Youth Activities Fair  
Wednesday, March 25 | 5:30-7:30PM

Ladies' Night: Wine & Yoga  
Thursday, March 26th | 6:00PM

Men's Poker Night  
Thursday, March 26th | 6:30PM

Indoor Tennis Singles Club Championship  
March 27-29th

Wednesday Pasta & Pizza Night  
March 4, 11, 18, 25



February 21st Game Night

## FRIDAY NIGHT FUN

*"Parents Night Out"  
is the best of both worlds*



February 7th Dance Party



February 21st Game Night

## BOARD OF GOVERNORS

Patrick Baker, President  
John Murray, Vice President  
Marianne Scott, Secretary  
David Chase, Treasurer  
Ben Schill, Commodore  
Gary Boswick, Governor  
Courtney Challoner, Governor  
Tim Lockhart, Governor  
Mollie McCune, Governor  
Sarah Weinberg, Governor  
Doug Wilson, Governor

## COMMITTEE CHAIRS

Chip Finch, Entertainment  
Gray Grandy, Food & Beverage  
Doug Wilson, Health & Fitness  
Mollie McCune, House  
PJ Trudell, Junior Sailing  
Rob Brown, Membership  
Gary Boswick, Tennis  
Ben Schill, Yachting

## NYCC STAFF

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Send story ideas and photos to Leigh Knowles at [lknowles@norfolkyacht.com](mailto:lknowles@norfolkyacht.com)

## FROM THE PRESIDENT

In today's world, people are physically active well into their 80's. NYCC Fitness offers its members excellent choices in both competitive and non-competitive activities. Subsequently, with exercise and competition, comes the necessity to maintain a certain level of athletic fitness. Couple this with the acute "it happened this morning on the court" and chronic "it's been bothering me for years" injuries and you begin to become an active participant in the world of REHAB. Sprained ankles, torn ACL's and damaged rotator cuffs are but a few of the impairments "enjoyed" by our members not to mention the chronic conditions such as arthritic hips, knees and hands. Fortunately medicine has developed therapies to manage and in some cases cure these maladies. Typically, one is treated for a specific condition by the appropriate health care provider and when necessary, referred to a physical therapist to assure normal everyday activities are resumed. While these steps will get you to the point of "physically able" they do not typically get you "game ready" to be back in the pool, on the court, in a kayak, or out on that paddle board.

Relative to the various conditions, Cheryl Lehmkuhl and her talented staff are just what the Doctor ordered to take us from "physically able" to "physically or athletically fit". They can develop an individual regimen that will not only get us back to game shape but also

minimize the possibility of exercise related setbacks. For those chronic conditions that often result in surgical procedures, her team can focus on a "prehab" routine to maximize a quick and effective recovery.

Getting back to the court, given the age of many of today's participants, is more involved than it once was. The fitness staff can also assist in post treatment cardiovascular rehab and as the recovery phases continue, pending PCP approval, resistance training, free weights, and stretching can all be added to customize any recovery strategy. And ALL in the friendly confines of our NYCC Fitness Facility.

It's fantastic that many of us can continue to engage in the activities we love. If we want to maximize our time on the court, we must change with the times and our bodies and consider maintenance exercise habits while healthy. In addition; if we are injured, appropriate pre and post treatment regimens will only accelerate our return to the activity we love.

As that beloved #8 once said, (no Nuzzy, talkin' about that other #8) "The future ain't what it used to be."

Patrick Baker, D.D.S.  
President



## FROM THE GENERAL MANAGER

Course Description: Country Club Food & Beverage Management 101  
Course Instructor: Ken Underwood, CCM  
(Certified Club Manager)

This beginner course focuses on the reasons country club food and beverage operations lost an average of 9-14 cents on every \$1 of revenue in 2017 (as reported in a PBMAres' statistical review of private clubs). It is important the club manager communicate the explanation of why it is the norm for clubs to lose money in their restaurants. Professor Underwood utilizes his home club of Norfolk Yacht and Country Club in Norfolk, VA as a case study to make this point:

- More than 60% of the club's operating cost is in labor (versus 35% in public restaurants); many times it is not known how many are coming; when they are coming, and what they will be ordering. Norfolk restaurants have a total population of more than 244,000 to draw from (and have more predictable volume, normally within 5% accuracy, which leads to more efficient labor scheduling, food ordering, and less spoilage); NYCC has a market of 1,125 families (only about 2,500 potential people). According to some estimates, a full half of club members eat at their club fewer than one in ten dining out experiences.
- Area restaurants pay their service staff at a rate of \$2.13 per hour plus tips (mostly tax free tips by the way), whereas NYCC compensates servers on a straight hourly rate (tips are not kept by staff and 100% of income is subject to income tax)...plus the club provides benefits to attract and retain staff. Add it all up and you can see why labor cost is nearly double that of a local spot on Colley Ave.
- High waste: NYCC has erratic volume, and relatively

poor predictability of what items will be sold, which leads to unsold food and thus waste. Restaurants have narrow menu offerings...NYCC members do not accept a narrow selection, in fact demand variety, and special orders are common.

- Volume: restaurants simply do more sales because of "turnover" (how many times people sit at their tables). Restaurants normally re-seat each table 3-4 times a day (according to the National Restaurant Association). NYCC turns over its tables less than 1 time a day.
- Quality: most restaurant chains serve frozen product; NYCC uses ingredients that are fresh and of high quality (and consequently high cost), because members expect excellence.
- Clubs are in the dues business, not the Food & Beverage (F&B) business...it is a service amenity for the members, like the fitness center, pools or tennis. If NYCC were in the profit business, it would certainly not limit its customer base; however limiting access to a finite number of patrons is the inherent reason clubs are formed.

I hope you enjoyed this little education piece on clubs, however please rest assured our goal is to lose as little as possible, and we performed better than the average club in 2019 due to robust banquet business and your support of our 4 dining venues.

See you at the club,

Kenneth C. Underwood, CCM  
General Manager

P.S. If you find your membership # hidden in this newsletter, call the club to receive a complimentary dinner for two.



## CLUB EVENTS

For reservations and registration, call the club at 757.423.4500 or Email [reservations@norfolkyacht.com](mailto:reservations@norfolkyacht.com). Visit [www.norfolkyacht.com/events](http://www.norfolkyacht.com/events) for details.

**Saturday, March 14<sup>th</sup> | 5:30-7:30 p.m.**

### FAMILY SOCK HOP

Let's twist and shout and shake it all about! Put on your 1950s threads and head over to NYCC for a family sock hop! Featuring ice cream floats, diner-style food, dancing, a DJ, photo ops, limbo, and hula hoop contest. Plus, father/daughter and mother/son dances.

Cost: \$18.96++ for adults; \$10++ for kids 12 and under; Ages 4 and under are free.

Registration is required. Call the Club at (757) 423-4500 or register Online.

Minimum of 50 registrants needed by March 10th. Registration closes at 5PM on March 13th.



**Friday, March 6<sup>th</sup> and 20<sup>th</sup> | 5-9 p.m.**

### PARENTS NIGHT OUT

Mom and Dad, drop off your kids and enjoy an evening at the Club! On March 6th, the Fitness Center will be hosting a kids indoor pool party. All children intending to swim must be able to swim the length of the pool unassisted. March 20th is kids craft night: "Fun with Clay".

Children 6 months to 12 years old are welcome. Infants and toddlers will be in the childcare room with staff.

Drop off at 5PM; pick up by 9PM. Cost is \$15 per child (dinner included). Registration required. Register Online at [www.norfolkyacht.com/events](http://www.norfolkyacht.com/events).



**Tuesday, March 17<sup>th</sup> | 5:30-9:00 p.m.**

### ST. PATRICK'S DAY BUFFET

Celebrate St. Patrick's Day with an Irish dinner buffet at NYCC! \$18.96++ for adults; \$10++ for kids. Reservations are recommended. Wear green for your chance to win a free meal at the club!



**Friday, March 20<sup>th</sup> | 5:30-7:30 p.m.**

### HAPPY HOUR WITH GUEST BARTENDER

Join us on March 20th for happy hour with guest bartenders Elly Smith and friends. Plus, special guest Old Dominion Head Football Coach Ricky Rahne.

We're still looking for members to be our guest bartenders the third Friday May-August. Come sling some drinks for your fellow members! Get free food and drinks while on duty. No experience needed. If interested, contact John Williams at [jwilliams@norfolkyacht.com](mailto:jwilliams@norfolkyacht.com).

**Saturday, March 21<sup>st</sup> | 5:30 p.m.**

### ANNUAL SOCK BURNING

It's time to say "goodbye" to winter and welcome the start of boating season! All members are invited to join NYCC's Yachting Division for the Annual Sock Burning. See page 7 for details.



**Wednesday, March 25<sup>th</sup> | 5:30-7:30 p.m.**

### YOUTH ACTIVITIES FAIR

Come learn about the opportunities for children at NYCC this summer! Our staff will be available to answer your questions and help with camp registration. Youth fair will take place during Pasta & Pizza Night in the Deck. Kids dine for free!

**Thursday, March 26<sup>th</sup> | 6:30-9:00 p.m.**

### MEN'S POKER NIGHT

Join the guys in the Grill for food, beer specials, and poker. We'll start playing around 7:30. Bring cash to play. \$30 buy in. Visit the club's website for details.



**Friday, March 6<sup>th</sup> | 6-8 p.m.**

### FIRST FRIDAY WINE TASTING



**Thursday, March 26<sup>th</sup> | 6-8:00 p.m.**

### 'YIN AND VIN' LADIES' NIGHT: WINE & YOGA



Details on page 6

**Saturday, April 4<sup>th</sup> | 10 a.m. - 12 p.m.**

### EASTER PARTY & EGG HUNT



**Wednesday, April 15<sup>th</sup> | 7:00 p.m.**

### TRIVIA NIGHT



**Sunday, April 26<sup>th</sup> | 2-4 p.m.**

### AFTERNOON TEA IN THE DINING ROOM



## History Corner: The Wood Family



ABOVE: 1968 OYSTER BOWL (old clubhouse)  
Left to Right: Wiley Wood III, Betsy Wood, Mildred Dallas, Wiley Wood Jr., Jane Wood, Dallas Wood, Lynn Moss Wood



ABOVE: 1971 REVELERS (new clubhouse)  
Left to Right: Unknown, Cyrus Grandy, Mimi Cooke, Richard Ray, Lynn Wood, Wiley Wood

We have many generations of families that are club members. The club is now into its 4th generation of Woods. Current member Wiley Wood told Legacy Committee chairwoman Anne Lockhart it all started back when Wiley's grandfather, a WWI veteran who was born in 1896, joined the club. Wiley's dad and his uncle also joined the club.

Wiley's dad was President/Treasurer when the present clubhouse was built. Wiley recalls his father and friends who enjoyed Monday night "sleepless nights" playing gin rummy in the old clubhouse (located on the footprint of the current Fitness Center). They would order steaks from Black Angus and enjoy a men's night out.

Wiley and wife Lynn were married at the club in 1972 in what Wiley recalls was one of the first banquets in this building. Wiley's sons, Wiley IV and McCoy, and their kids are also members today and enjoy swimming and playing tennis.

Perhaps there will be a 5th generation of the Wood family to join the Club in the future!



**Sunday, April 12<sup>th</sup> | 11 a.m. - 2 p.m.**

NYCC is offering our traditional Easter buffet in the Ballroom and the Deck, and a plated option in the Main Dining Room. Reservations will be available beginning at 11 a.m.

**\$29.95++ for adults; \$15++ for children 4-14; children 3 and under dine for free**

The buffet menu will feature many soups, salads, sides, and seafood selections. Plus, brunch items like eggs benedict, bacon, sausage, and pancakes. Entrées of seafood newberg, broiled filet of salmon, roasted lamb, chicken marsala, carved baked ham, and more. Just leave room for the delicious dessert spread!

**Reservations are required. Call the club at (757) 423-4500 to make a reservation.**

## HELLO GOVERNORS

Mollie McCune and Courtney Challoner are the latest members to join the Club's Board of Governors. Both bring a world of experience to the Board, where they will serve three-year terms.



Mollie McCune

McCune, who is a third-generation member of NYCC, has been a part of the club "since I was a kid." Already chairwoman of the House Committee, she retired at the end of 2018 after 17 years at ODU, where she was a project manager in the Construction and Design Department. She was involved with 25 of the buildings that have been built or renovated at ODU

in the last years.

Her expertise in construction and maintenance will be invaluable in keeping things operating smoothly as a member of the Asset Replacement team. "For years maintenance at the club was largely ignored. If a boiler goes or a refrigerator stops working, we've got to have a plan in place."

McCune, who is probably best known as being one of the judges at the club's annual holiday Boat Lighting contest, said, "I've only been to one board retreat so far, but it's fascinating to see what goes on behind the scenes."

Courtney Challoner and husband Chris joined the club "9 or 10 years ago" and been "active members ever since." Courtney hits the club early as a member of the 5:30 a.m. group exercise class. She

is the coordinator for volunteers for the Sea Dragon swim team, an important role.

She worked in orthopedic medical devices sales for 15 years. Her current position is in dental sales.

With 3 children under the age of 10, she sees her role on the board as "representing a younger demographic who have kids" and says she's looking forward to her years as a governor. "I'm excited the Board sought me out and I look forward to being able to contribute to the club for my kids and the future."



Courtney Challoner

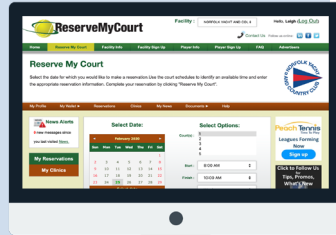
*Around the World*

Princess Anne Country Club is hosting a 2020 Club Mixer. NYCC members are invited to come enjoy live music, large variety of food stations with complimentary beer and wine. RSVP to NYCC.

Saturday, March 28<sup>th</sup>  
7:00 p.m. at PACC  
\$50++ per person

# Racquet Sports Online Reservations

Norfolk Yacht and Country Club members can now check court availability and reserve a court Online. First, you must go to **'Reserve My Court'** ([www.reservemycourt.com](http://www.reservemycourt.com)) and register as a New Player. Select "Norfolk Yacht and Country Club" from the **Home Facility** drop-down list, and continue entering your information as requested. Once complete, you can log in to reserve a court up to 7 days in advance.



### TO RESERVE A COURT (after you have registered):

1. Go to Reserve My Court ([www.reservemycourt.com](http://www.reservemycourt.com))
2. Enter your username and password in the upper right corner
3. Click on "Reservations" in the left column
4. Select the date for your reservation
5. Enter the start and finish time
6. Enter your phone number in the "Notes" field
7. Click on "Reserve My Court"
8. Your reservation will appear on the calendar

### TO CANCEL A RESERVATION:

1. Log into Reserve My Court
2. Click on "Reservations"
3. Select the date of your reservation on the calendar
4. Click on your reservation
5. Select your reservation from the list
6. Click on "Delete Selected Reservations"

**Tip:** "Bookmark" the Reserve My Court website in your Internet browser for easy access later.

**INDOOR SINGLES CLUB CHAMPIONSHIP**

**March 27-29, 2020**  
Friday-Sunday

**SIGN UP TODAY**

Cost: \$30 per person  
Levels of play: 2.5 to 5.0  
Mens and Womens Draws  
3 Matches Guaranteed  
Sign up at the Tennis Shop (757) 489-5385

NORFOLK YACHT & COUNTRY CLUB

## UPCOMING EVENTS



Date	Event	Time
Monday, March 2	Spring Break Camp (Mon. - Fri.)	9 am-12 pm
Friday, March 13	Jr. Tennis Pizza Party	5:30-7:30 pm
Saturday March 21	USTA Junior Tournament L5 (Sat. & Sun.)	TBD
Saturday, March 28	Singles Club Championship (Fri. - Sun.)	All weekend
Friday, April 10	Junior Spring Kickoff Party	5:30-7:30 pm
Monday, April 13	Spring Break Camp II (Monday - Friday)	9-12 pm
Friday, April 17	Happy Hour in the Dome	5:30-7:30 pm
Saturday, April 25	Virginia Cup @ Country Club of Virginia	9-3 pm
Sunday, April 26	USA Fun Cup hosted by Cavalier	9-4 pm

## NYCC JR. TENNIS SPRING BREAK CAMP

**DATES**  
Session 1: March 2nd-6th  
Session 2: April 13th-17th

**TIME**  
9:00 AM-12:00 PM

**AGES**  
4-18 (All levels)

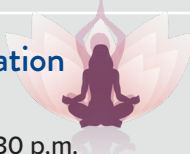
**COST**  
\$200 for the week  
Drop-in rate is \$45/day

**SIGN UP**  
Visit the Tennis Shop  
or call (757) 423-6737

### Let the Madness Begin

March fitness incentive is here! Earn your "Let the Madness Begin" t-shirt by signing up and participating in our NYCC Fitness Bracket for March Madness! In addition, make your pick for the NCAA Champion - if you pick the winning team, you'll be entered in a raffle drawing. Watch for more details!

### Breathwork and Meditation for Health and Healing



Saturday, March 21<sup>st</sup> | 1:00-2:30 p.m.

Instructor Jivani Lisa will teach techniques of breath control and meditation for balancing energy levels and managing feelings of fatigue, depression, restlessness, and anxiety. No experience necessary. Registration is required. Please register at the fitness front desk or call (757) 489-5385. Cost is \$10. Minimum of 6 participants needed.

### "Yin & Yin" Ladies' Night Wine & Yoga

Thursday, March 26<sup>th</sup> | 6-8 p.m. | Clubhouse

Hannah G. will be instructing one hour of yoga, then we'll enjoy wine and light hors d'oeuvres. First glass is complimentary! Sign up at the Fitness front desk or on the Club's website.

# NYCC Sea Dragons SWIM SCHOOL

**OPEN ENROLLMENT AND ASSESSMENT DAY:  
SATURDAY, MARCH 7<sup>TH</sup> AT NYCC'S INDOOR POOL**

Ages 3-4 from 1:00 to 1:30 p.m. | Ages 5-8 from 1:45-2:15 p.m.  
~Sign up at the Fitness Center front desk or call (757) 489-5385~

#### SEA TURTLE

Level One



#### Goals:

1. Water acclimation
2. Backfloat assisted to unassisted
3. Full submersion
4. Jump in, roll over, and float assisted to unassisted

#### SEA OTTER

Level Two



#### Goals:

1. Float Independently for 30 seconds
2. Backfloat and kick assisted to unassisted
3. Unassisted beginner freestyle
4. Front crawl assisted to unassisted
5. Unassisted beginner backstroke
6. Safe entry and exit

#### SEA HORSE

Level Three



#### Goals:

1. Experienced freestyle with side breath
2. Experienced backstroke with straight arms
3. Tread water
4. Streamline

## SPINE HEALTH SERIES

Four 90-minute sessions on Sundays in March - 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, & 29<sup>th</sup> - from 1:30-3:00 p.m. \$10 drop-in rate or \$35 advance registration for all 4 sessions. Advance registration includes free childcare. Minimum of 6 participants needed for each weekly session. Please sign up at the Fitness Center front desk or call (757) 489-5385.

### SESSION I: EXPLORING THE FULL RANGE OF MOTION

- Key aspects of cultivating and maintaining a healthy spine
- Safe and deep core strengthening exercises
- Safe backbending, forward bending, lateral movements and restorative twists for various sections of the spine
- Restorative savasana

### SESSION II: STABILITY AND MOBILITY: EXPLORING SAFE BACK BENDING

- Open/move into the thoracic spine in the backbends
- Strengthen the back chain muscles while opening through the front to further support a healthy back bend and spine
- Neutralizing twists and counter movements and a restorative savasana

### SESSION III: STABILITY AND MOBILITY: GOING INWARD FOR MINDFUL FORWARD BENDS

- Develop core stability through compression strength building exercises
- Open and condition the fascia (connective tissue) that runs along the back from the forehead to the heels
- Dynamic exercises to train the elasticity of the tissue
- Restorative savasana

### SESSION IV: LATERAL MOVEMENTS & RESTORATIVE DEEP TWISTS

- Deep twists and stretches for side body stability and mobility
- Detoxifying twists to help open and unwind the entire body
- Deep guided relaxation



**MARCH MEANS SPRING BREAK** The Fitness Center will be very busy during local Spring Break weeks. Please make sure you review our Youth and Pool Hours as well as our Guest Policy. Feel free to stop by or call with any questions you may have.

ANNUAL SOCK BURNING ► MARCH 21<sup>ST</sup>



## Sockin' It to Winter

What better way to welcome Spring than... burning your socks? Join Club boaters on Saturday, March 21st for this nautical tradition in the hopes of hastening the return of warmer weather and the beginning of boating season. There'll be food and drinks and games for the kids. The fun begins at 5:30 on the lawn by the flagpole. Bring an old pair of socks!



**All members welcome!**

◀ Commodore Ben Schill burns his socks at last year's event.

## JUNIOR SAILING

Junior Sailing isn't all about regattas and trophies. NYCC Junior Sailing Summer Camp and programs include exciting activities for all ages and skill levels. On and off the water, NYCC Junior Sailing provides a great balance of learning and fun. Summer camp sessions begin June 15<sup>th</sup>. Stay tuned for details and registration.



## There are Races ...and then there are RACES



Club member Mike Cummings and his 53-foot sailboat Challenge Accepted will be taking on the granddaddy of all races, the 635-mile Newport Bermuda Race. It is the oldest regularly scheduled ocean race. Founded in 1906, the race, contested biennially, goes off for the 52nd time, June 19. It is also one of just two regularly scheduled races in the world that takes place almost entirely out of sight of land.

Mike's almost all-NYCC crew includes PJ Trudell, David Chase, John Searing, Evan Harrell, Dr. Paul Gibney, Ron Williams and Arnd Wussing.

Before actually racing, Cummings and crew will have to sail from the club to the starting line in Newport, R.I., no small feat. Mike has been prepping his boat for months, but there is still lots to do. If something breaks (which is almost inevitable) or someone is hurt, there's no one to help except the crew. So, there's mandatory safety and communications equipment to install and extra sails and hardware to stow. Boats must be precisely measured and weighed and even tipped over to make sure they can be righted.

We'll follow Cummings and crew and talk with club sailors that have competed in the Newport Bermuda in future articles and email blasts.



Crew members pictured above (left to right): Evan Harrell, David Chase, Skipper Mike Cummings, Paul Gibney, and John Searing



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

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# MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>1</b></p> <p>Breakfast/Brunch Buffet, 9am-2pm</p> <p>Platform Tennis 10-11:30am</p> <p>Prime Rib Dinner</p>	<p><b>2</b></p> <p>Main Clubhouse Closed</p> <p><b>Jr. Tennis Camp (March 2-6)</b> </p> <p>CardioTennis 9am</p> <p>Fitness: Small Group Training 6:30am; 6pm</p> <p>Tennis: Shot Makers 5-6:30pm</p>	<p><b>3</b></p> <p>Tennis: Rising Stars 4:30-5:30pm</p> <p>Swim Clinic, 6:30pm</p> <p>Pickleball 6-7:30pm</p> <p>Platform Tennis 6pm</p>	<p> <b>4</b></p> <p>Pasta &amp; Pizza Night Wine Wednesday</p> <p>CardioTennis 9a, 6:30p</p> <p>Fitness: Small Group Training 8-9am</p> <p>Tennis: Shot Makers 5-6:30pm</p>	<p><b>5</b></p> <p>Tennis: Ladies' Round Robin 10am-12pm</p> <p>Tennis: Rising Stars 4:30-5:30pm</p> <p>Youth Swim Clinic 6:30pm</p>	<p><b>6</b></p> <p>CardioTennis 9am</p> <p><b>Parents Night Out (kids pool party) 5-9pm</b></p> <p><b>First Friday Wine Tasting, 6-8pm</b> </p> <p>Pickleball 6-7:30pm</p>	<p><b>7</b></p> <p>CardioTennis 10am</p> <p><b>NYCC Swim School Enrollment and Assessment Day</b> </p> <p>Prime Rib Dinner</p> <p>Tennis: Rising Stars 10:30-11:30am</p>	
<p><b>8</b></p> <p>Breakfast/Brunch Buffet, 9am-2pm</p> <p>Platform Tennis 10-11:30am</p> <p><b>Fitness: Spine Health Series #1, 1:30-3pm</b></p> <p>Prime Rib Dinner</p>	<p><b>9</b></p> <p>Main Clubhouse Closed</p> <p>CardioTennis 9am</p> <p>Fitness: Small Group Training 6:30am; 6pm</p> <p>Tennis: Shot Makers 5-6:30pm</p>	<p><b>10</b></p> <p>Tennis: Rising Stars 4:30-5:30pm</p> <p>Swim Clinic, 6:30pm</p> <p>Pickleball 6-7:30pm</p> <p>Platform Tennis 6pm</p>	<p><b>11</b></p> <p>CardioTennis 9am, 6:30pm</p> <p>Pasta &amp; Pizza Night Wine Wednesday</p> <p>Fitness: Small Group Training 8-9am</p> <p>Tennis: Shot Makers 5-6:30pm</p>	<p><b>12</b></p> <p>Tennis: Ladies' Round Robin 10am-12pm</p> <p>Tennis: Rising Stars 4:30-5:30pm</p> <p>Youth Swim Clinic 6:30pm</p>	<p><b>13</b></p> <p>CardioTennis 9am</p> <p>Pickleball 6-7:30pm</p> <p><b>Jr. Tennis Pizza Party 5:30-7:30pm</b></p>	<p><b>14</b></p> <p>CardioTennis 10am</p> <p>Prime Rib Dinner</p> <p>Tennis: Rising Stars 10:30-11:30am</p> <p><b>FAMILY Sock Hop</b> </p>	
<p><b>15</b></p> <p>Breakfast/Brunch Buffet, 9am-2pm</p> <p>Platform Tennis 10-11:30am</p> <p><b>Fitness: Spine Health Series #2, 1:30-3pm</b></p> <p>Prime Rib Dinner</p>	<p><b>16</b></p> <p>Main Clubhouse Closed</p> <p>CardioTennis 9am</p> <p>Fitness: Small Group Training 6:30am; 6pm</p> <p>Tennis: Shot Makers 5-6:30pm</p>	<p> <b>17</b></p> <p><b>St. Patrick's Day Buffet 5:30-9pm</b></p> <p>Rising Stars 4:30pm</p> <p>Swim Clinic, 6:30pm</p> <p>Pickleball 6pm</p>	<p><b>18</b></p> <p>CardioTennis 9am, 6:30pm</p> <p>Pasta &amp; Pizza Night Wine Wednesday</p> <p>Fitness: Small Group Training 8-9am</p> <p>Tennis: Shot Makers 5-6:30pm</p>	<p><b>19</b></p> <p>Tennis: Ladies' Round Robin 10am-12pm</p> <p>Tennis: Rising Stars 4:30-5:30pm</p> <p>Youth Swim Clinic 6:30pm</p>	<p><b>20</b></p> <p>CardioTennis 9am</p> <p>Pickleball 6-7:30pm</p> <p><b>Parents Night Out (kids fun with clay) 5-9pm</b></p> <p><b>Happy Hour w/ Guest Bartender 5:30-7:30pm</b> </p>	<p><b>21</b></p> <p>CardioTennis 10am</p> <p>Prime Rib Dinner</p> <p><b>Breathwork and Meditation Workshop, 1-2:30pm</b></p> <p>Tennis: Rising Stars 10:30-11:30am</p> <p><b>Yachting: Sock Burning 5:30pm</b></p>	
<p><b>22</b></p> <p>Breakfast/Brunch Buffet, 9am-2pm</p> <p>Platform Tennis 10-11:30am</p> <p><b>Fitness: Spine Health Series #3, 1:30-3pm</b></p> <p>Prime Rib Dinner</p>	<p><b>23</b></p> <p>Main Clubhouse Closed</p> <p>CardioTennis 9am</p> <p>Fitness: Small Group Training 6:30am; 6pm</p> <p>Tennis: Shot Makers 5-6:30pm</p>	<p><b>24</b></p> <p>Tennis: Rising Stars 4:30-5:30pm</p> <p>Swim Clinic, 6:30pm</p> <p>Pickleball 6-7:30pm</p> <p>Platform Tennis 6pm</p>	<p><b>25</b></p> <p>CardioTennis 9am, 6:30pm</p> <p><b>Youth Activities Fair</b> </p> <p>Pasta &amp; Pizza Night Wine Wednesday</p> <p>Small Group Training 8am</p> <p>Shot Makers 5-6:30pm</p>	<p><b>26</b></p> <p>Ladies' Tennis 10am</p> <p>Rising Stars 4:30pm</p> <p><b>Ladies' Wine &amp; Yoga 6pm</b></p> <p>Youth Swim Clinic 6:30pm</p> <p>Board Meeting, 6pm</p> <p><b>Men's Poker Night</b> </p>	<p><b>27</b></p> <p>CardioTennis 9am</p> <p>Pickleball 6-7:30pm</p> <p><b>Indoor Singles Club Championship</b></p> <p><b>Seafood Buffet 5:30-9pm</b></p>	<p><b>28</b></p> <p>CardioTennis 10am</p> <p>Prime Rib Dinner</p> <p>Tennis: Rising Stars 10:30-11:30am</p> <p><b>Indoor Singles Club Championship</b> </p>	
<p><b>29</b></p> <p>Breakfast/Brunch Buffet</p> <p><b>Indoor Singles Club Championship</b></p> <p>Platform Tennis 10-11:30am</p> <p><b>Fitness: Spine Health Series #4, 1:30-3pm</b></p> <p>Prime Rib Dinner</p>	<p><b>30</b></p> <p>Main Clubhouse Closed</p> <p>CardioTennis 9am</p> <p>Fitness: Small Group Training 6:30am; 6pm</p> <p>Tennis: Shot Makers 5-6:30pm</p>	<p><b>31</b></p> <p>Tennis: Rising Stars 4:30-5:30pm</p> <p>Swim Clinic, 6:30pm</p> <p>Pickleball 6-7:30pm</p> <p>Platform Tennis 6pm</p>	<p><b>CLUB HOURS OF OPERATION</b></p> <p><b>Restaurants (Closed Mondays)</b></p> <p><b>Dining Room</b> Lunch: Tues-Sun 11:30am-2:30pm Dinner: Tues-Sun 6-9pm</p> <p><b>Deck</b> Sunday Breakfast/Brunch: 9am-2pm Lunch: Tues-Sat 11:30am-2:30pm Dinner: Tues-Sun 5:30-9pm</p> <p><b>The Grill</b> Lunch: Tues-Sat 12-2:30pm Dinner: Tues-Sat 6-9pm</p>			<p><b>Fitness Center</b></p> <p>Mon-Thurs: 5am-8pm Friday: 5am-7pm Sat-Sun: 7am-6pm</p> <p><b>Youth Fitness</b></p> <p>7 days/week: 12-5pm Mon-Thurs: 7-8pm</p>	<p><b>Childcare</b></p> <p>Mon-Sat: 8am-12pm Tues-Thurs: 5-8pm Sunday: 12-4pm</p> <p><b>Tennis Shop</b></p> <p>Mon-Fri: 8am-8pm Sat-Sun: 7:30am-6pm</p>

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