

SHIP & SHORE

NORFOLK YACHT AND COUNTRY CLUB

MEMORIAL DAY WEEKEND 2019 SUMMER KICKOFF



FRIDAY, MAY 24TH | Season opening of the outdoor pools and newly renovated pool bathhouse and cafe, *The Galley*.
SUNDAY, MAY 26TH | Family fun, poolside cookout, live music, flag raising ceremony, and more! *Details on page 3.*

BOARD OF GOVERNORS

James Forrester, President
Patrick Baker, Vice President
Marianne Scott, Secretary
Richard Keatley, Treasurer
Ben Schill, Commodore
Gary Boswick, Governor, 2020
David Chase, 2022
Tim Lockhart, 2022
John Murray, Governor, 2021
Sarah Weinberg, Governor, 2021
Doug Wilson, Governor, 2020

COMMITTEE CHAIRS

John Stine, 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

Club Phone: (757) 423-4500

Ken Underwood, General Manager
kunderwood@norfolkyacht.com; ext. 105

Michele Hessel, Catering Director
mhessel@norfolkyacht.com; ext. 135

Marty Riddle, Executive Chef
mriddle@norfolkyacht.com

Suzanne Lyons, Controller
slyons@norfolkyacht.com; ext. 103

Betsy Glover, Membership Director
bglover@norfolkyacht.com; ext. 183

Leigh Knowles, Communications Coordinator
lknowles@norfolkyacht.com; ext. 102

Cheryl Lehmkuhl, Director of Fitness
clehmkuhl@norfolkyacht.com

Everett Ferguson, Food & Beverage Director
eferguson@norfolkyacht.com

Jason Mueller, Director of Tennis
jmueller@norfolkyacht.com

Arielle Darrow, Waterfront Director
waterfrontdirector@norfolkyacht.com

Mike Nash, Harbormaster
harbormaster@norfolkyacht.com

Please send story ideas and photos to:
Leigh Knowles at Lknowles@norfolkyacht.com



FROM THE PRESIDENT

I believe that May is always a month of great anticipation at NYCC. This year it will likely be that way and then some. As families gear up for their summer activities they are planning what they hope to do outdoors and try to integrate as much recreation into their lives as possible. This year people will see a new tennis facility in its final stages, redesigned and improved bathroom facilities at the pool as well as a redesigned pool cafe. These are going to be a visual treat to see and an improvement in the member experience. I emphasize the improved member experience because it is a critical goal in our strategic plan. A future focus will be on the waterfront and more pool area improvements, and of course, the clubhouse.

As the dust settles on our various projects please be mindful that this has been a huge team effort. Our Board has consistently looked to the various committees for their vision about the future.

Then the Long Range Planning Committee helps fit that vision into the overall club vision. This is a 50,000 foot view that is then passed on to the Board with recommendations. Typically, plans are reviewed by the Finance Committee which helps manage the needed funds. So while it may seem chaotic to some, it involves a lot of work, coordination and commitment by a lot of members to create the final product.

It's working. NYCC is your club and becoming something in which you can all take pride and something that many members have helped produce.

During the month of May, I hope you have the opportunity to enjoy what many of you have created.

Jim Forrester
NYCC President



FROM THE GENERAL MANAGER

In full disclosure, I am writing this column in mid-April with crossed fingers. If the weather continues to cooperate, about half of the outdoor racquet sports complex will become available for use in early May. Although this project is behind due to 20+ days of rain since it began, this first phase should be ready any time now with 4 clay tennis courts, 4 pickle ball courts and 2 paddle tennis courts. The remaining 5 tennis courts will come on board over the next two months as these are under separate building permits, since they are new and/or different than the courts we had before. A beautiful landscaping plan for the area has been approved by the city which features more trees than were removed, winding sidewalks, multiple shade structures, and numerous plantings offering year-round color. Improvements to the entrance road landscaping are also planned to greatly enhance the first impression of NYCC on Hampton Boulevard.

By now you have probably noticed the upper deck of the tennis Pro Shop has been removed, before it fell on its own by the way... yes it was in that bad of shape. Architectural plans are currently being designed for renovations to the Pro Shop, of which a major change calls for an on-grade, slightly raised covered patio in lieu of an upper deck. We'll keep you updated as these plans come to life.

Since the pool house renovation project was not impacted by weather, I am much more confident about the scheduled arrival of all new

bathrooms and a refreshed Poolside Café. In fact, so refreshed that we have renamed it The Galley. When the outdoor pool opens May 24th, The Galley will offer all new furniture, a streamlined menu built for speed featuring fresher ingredients, pizza by the slice, soft-serve ice cream, and a self-serve beverage station with unlimited refills. Come celebrate the start of the summer season on the pool deck with dancing to a DJ until 10pm. Look for construction photos and other timely information about the status of pool and tennis renovations on the club website.

Speaking of the website, an app is now under development that will greatly ease your use of the club website on your mobile device. It will offer the ability to register for a club event, make a dining reservation, book a court time, search the member roster, view your statement and much more. We will let you know how to download it from the Apple App Store or Google Play when the app is ready.

See you around the club!

Ken Underwood, CCM
General Manager



P.S. There's a hidden membership number somewhere in this newsletter. If you find **your** number, call the club to receive a complimentary dinner for two!

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.



KENTUCKY DERBY PARTY

Saturday, May 4th | 5:30 p.m. | Grill

Grab your big hats and your bow ties and come watch "the most exciting two minutes in sports" in the Grill. Featuring Mint Juleps, complimentary Southern fare, and derby decor. Wear your best hat for the derby hat contest. Get creative with it! One man and one woman will win a prize!



Mother's Day BUFFET

Sunday, May 12th

Celebrate Mother's Day with a special brunch and dinner buffet in the Deck and Main Dining Room. Reservations Required. Brunch is 11:00 a.m.-2:00 p.m. Dinner is 5:30-9:00 p.m.

Price: \$24.95++ for adults; \$12++ for children 4-12; kids under 4 eat for free.



MEMORIAL DAY WEEKEND SUMMER KICKOFF Celebration

FRIDAY, MAY 24TH

- 4PM Opening of Outdoor Pools and Renovated Pool Cafe, 'The Galley'
- 5:30PM Youth Activities Fair
- 6-9PM TGIF Poolside Party with DJ Eric

SUNDAY, MAY 26TH

- 10AM FUN Regatta (new this year!)
- 12PM Parade of Sail
- 3-5PM Kids Activities
Pony Rides, Bounce House, Face Painting
- 4-7PM Poolside Cookout
- 4-8PM Live Entertainment by Power Play
- 5PM Flag Raising Ceremony

Plus, games and contests at the pool throughout the afternoon!



CINCO DE MAYO

Sunday, May 5th | 5:30 p.m. - 9:00 p.m.

Join us in the Deck for a Mexican themed buffet! We'll have \$5 margaritas and \$4 Corona bottles and El Guapo draft.

Cost: \$19.95++ for adults; \$10++ for kids; ages 3 and under dine for free.

Reservations are encouraged.



Friday, May 17th | 6:15 p.m.

Join Chef Andrew McKee for a five-course dinner with wine pairings from the Pacific Northwest. Reservations required. Please call the club to reserve a table. Cost is \$70 per person. Space is limited. Visit www.norfolkyacht.com/events for details.



First Friday Wine Tastings

Friday, May 3rd | 6-8 p.m. | The Deck

Join us each month for our new wine tasting series! The tastings are complimentary and the wines will be available for purchase by the bottle. Plus, receive 10% off if you buy a case.



Saturday, May 11th | 11 a.m. - 1 p.m.

Calling all superheroes! Join Batman, Spiderman, and Wonder Woman for story time, balloon art, photo-ops, and lunch! Cost is \$15++ for adults and \$8++ for kids. Ages 3-and-under are free. Reservations required. Please call the club.



Friday, May 24 | 6-9 p.m. | Outdoor Pool

Kickoff the weekend at NYCC with dinner, drinks, and a dip in the pool! Featuring live entertainment on select dates. TGIF Poolside Parties will be held every Friday throughout the summer. Our first party of the season is on Friday, May 24th during opening night at the pool.

More Upcoming Events

- **Fishing Seminar | May 19, 2pm**
See details on page 6
- **Youth Activities Fair | May 24, 5:30pm**
Learn about youth programs and summer camps at NYCC. Balloon art & magic show!
- **Happy Hour Speaker Series | May 29, 6pm**
Joe Flanagan of "Joe's Job"; WVEC reporter (ret.). Please RSVP to the club.

More info: www.norfolkyacht.com/events

MORE FUN, NO FEES

Pool Guest Fees Waived for Immediate Family Members

As a trial for 2019, members may bring immediate family members as guests to the pools without having to pay guest fees. Such guest visits are limited to 14 days annually for each individual.

Immediate family members, which include their spouses, are defined as children, grandchildren, parents, or grandparents of current members. Immediate family members do not include siblings, aunts, uncles, or cousins.

CHILDCARE UPDATES: NEW RATES

Thank you to the 39 families that participated in our recent childcare survey. In response to your feedback, we are happy to announce the following changes will become effective May 1, 2019:

- Hours on weekdays and Saturdays will now be 8 a.m. to 12 noon
- We've added Tuesdays from 5-8 p.m. and Sundays from 12-4 p.m.
- A monthly rate is available which includes unlimited childcare: \$75/month for one child or \$95/month for 2 or more children.
- The per-use, drop-in childcare rate is \$6/hour for one child and \$4/hour for each additional child.

Visit the club website or the Fitness Center front desk for more information about childcare at NYCC.

WELCOME NEW MEMBERS

NYCC is pleased to welcome these new members and their families!

Victor and Emily Brannon

John and Kate Butler

Branton and Erica Byrum

Jack and Buffy Devnew

Kevin Flahaut and Catherine Brink

Kevin and Taylor Gordon

Andrew and Stefanie Griffey

Thomas Krysil & Molly McNamara

Stephen and Jillian LeBlanc

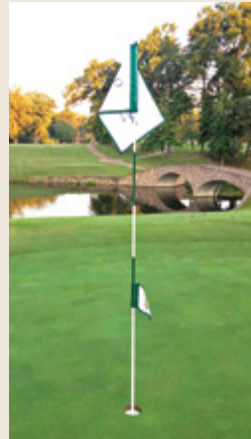
Denise Romeo and Kristian Gripp

William Waff

DUAL MEMBERSHIP: NYCC & JRCC

Our friends at James River Country Club (JRCC) invite you to experience their club located in Newport News. Members of Norfolk Yacht and Country Club now have full reciprocal privileges at JRCC and visa versa!

NYCC members receive "Social Membership" benefits at JRCC. This membership closely resembles the single NYCC membership classification that JRCC members will enjoy at NYCC. No limitations on dining, pool visits, or special events. NYCC members are allowed unlimited guests. However, a particular individual guest has the following annual limits: 4 rounds of golf (the prevailing guest rate is \$70/18 holes, \$42/9 holes), 4 tennis outings, 4 pools visits, 6 special events.



NYCC members will enjoy the JRCC Social member rate of \$55/18 holes and \$33/9 holes, plus cart fee (currently \$20/18 holes, \$15/9 holes; walking is always permitted); those who would like unlimited golf can pay \$1,200/year (\$40/month spouse fee for unlimited golf); golf instruction is also available individually or in groups. NYCC members paying the unlimited golf fee will also have the option for lockers and bag storage, on a first come basis, space permitting.

For more information, visit www.norfolkyacht.com/JRCC.

Mark your calendars for NYCC's 57th annual Member-Guest Club Championship, to be played on the brand new tennis courts!

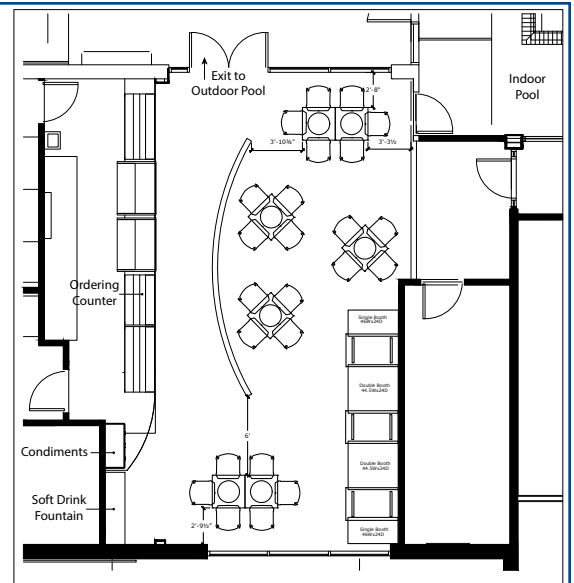
Friday, July 19 through Sunday, July 21, 2019



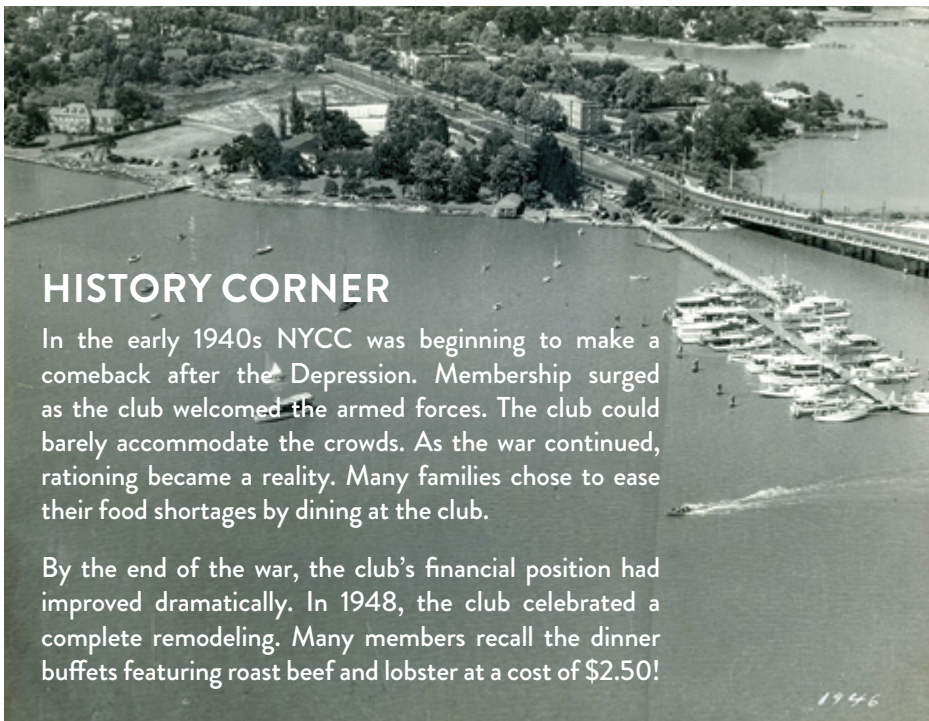
NYCC's Poolside Café is getting a new look and a new name! The grand opening of "The Galley" will be Friday, May 24th at 4:00 p.m. along with the season opening of the outdoor pools and renovated pool bathhouse.



Some of the new things you can expect to see in The Galley are fresh paint, new skylight, slip-resistant tile floors, new furniture, refreshed menu, self-serve soda fountain, and pagers that alert you when your order is ready. We hope you enjoy the updated design and functionality!



FOR MORE INFORMATION ABOUT THIS PROJECT AND THE FACILITIES ENHANCEMENT PLAN, VISIT WWW.NORFOLKYACHT.COM/2020



HISTORY CORNER

In the early 1940s NYCC was beginning to make a comeback after the Depression. Membership surged as the club welcomed the armed forces. The club could barely accommodate the crowds. As the war continued, rationing became a reality. Many families chose to ease their food shortages by dining at the club.

By the end of the war, the club's financial position had improved dramatically. In 1948, the club celebrated a complete remodeling. Many members recall the dinner buffets featuring roast beef and lobster at a cost of \$2.50!

1946

A CLEANER BAY IN ONE DAY

Plastic bags don't stand a chance. Clean the Bay Day on June 1st promises to be the club's largest assault on debris in the waters around the club. Last year's efforts produced 1,180 pounds of rubbish. Over the 10 years NYCC has participated in Clean the Bay Day, we have removed tons of refuse from our waters.

"We're hoping to expand our efforts and our commitment to be more environmentally conscious," said Tom Lira, our Coordinator of this year's event and a veteran sailor and club member for 20 years. "Hopefully this will be the launch for involvement on many levels."

It all starts with more volunteers. Lira has enlisted the help of Ben Schill and PJ Trudell of our youth sailing programs and Waterfront Director Arielle Darrow to interest junior high and high school sailors in volunteering.

"It's an excellent way of getting young sailors invested in giving back. They use the waters," said Lira. And hopes are that NYCC can join forces with Nauticus and recruit even more volunteers.

Participants will also be going farther out in the Lafayette River on skiffs. Previously, the Chesapeake Bay Foundation had limited our efforts to the areas around the club and behind NIT terminals.

All of this is great news to member Ruth McElroy, who has been a part of Clean the Bay Day with her boys (Christopher, now 22 and Patrick, 17) for 10 years. "With all the changes and construction going on at the club, this is an excellent time for the club for making the environment better and generating more community service," said McElroy.

"When young people, especially, see being the amount of plastic coming from our waters, it opens up their eyes to how much work has to be done."

If you want to be a part of Clean the Bay Day or learn more, contact the club at 423-4500 or Tom Lira at tlira5752@aol.com.



Saturday, June 1st | 9AM - 12PM

VOLUNTEERS NEEDED!

Visit www.norfolkyacht.com/events for details.



OYSTER GARDENING PROGRAM

Did you know a single adult oyster can filter up to 50 gallons of water a day? Imagine how clear our waterways would be if we had more oysters! Oysters are the Chesapeake Bay's best natural filters and they also provide essential habitat for fish and other Bay creatures.

Help grow the population of oysters by becoming an oyster gardener. Gardeners will grow and care for their oysters in the cages for about one year. Oysters can be grown from a private dock, community pier, marina, friend or neighbor's dock, etc. After one year, return the mature adult oysters to Chesapeake Bay Foundation at an Oyster Round Up. All of the returned oysters are transplanted onto sanctuary (non-harvest) reefs in nearby waters.

First-time oyster gardeners are required to attend a short seminar to learn the process. On **Thursday, June 13th from 6-8 p.m.**, the Chesapeake Bay Foundation is holding a seminar at NYCC. For registration and additional seminar dates this June, please visit www.cbf.org/vaoystergardening.



PINTS & PADDLES Waterfront Excursion

NYCC will be hosting its first Pints and Paddles Waterfront Excursion on **May 11th at 11 a.m.** with our Head Coach Jocelyn leading the way. Sign up to use an NYCC paddle board or kayak or bring your own and we'll head out on the Lafayette River for a pint at Mack's Barge, located on Colley Avenue in Norfolk.

To sign up, please contact Arielle Darrow, Waterfront Director at (757) 409-0170 or waterfrontdirector@norfolkyacht.com. We would like reservations made no later than one week before the event is held. The cost is free!

Experience the waters of Hampton Roads all summer long with NYCC's monthly paddle board and kayak trips. This is a great way to meet other members!

We'll be paddling to Back Bay National Wildlife Refuge on June 2nd and to Hoffer Creek Wildlife Preserve on July 13th. Visit www.norfolkyacht.com/waterfront-activities for more locations and dates.

YACHTING & JUNIOR SAILING

FISHING WITH KEN

Sunday, May 19th at 2:00 p.m.

Learn from local fishing guru Ken Lampert how to come back with more in your cooler than empty beer cans. Ken has been fishing for over 60 years. Within casting distance of NYCC, he successfully fishes for puppy drum, speckled trout, stripers, flounder, etc.

Ken will share how and where he catches fish in the Lafayette. Attendees will receive a variety of tips, techniques and even Ken's "secret spot locations." So please join us for this free seminar and make your next fishing season the best one ever! RSVP to the Club.



The youngest members of NYCC are the latest to benefit from the Long Range Fleet Replacement Plan. Jr Sailing Chair, PJ Trudell, is proud to announce the arrival of 6 new SailCubes, which are replacing our oldest Optis.

The SailCube is a rotomolded boat (think Kayak material) designed from the ground up to be as close to an Optimist as possible, while improving on the durability, maintenance cost, and ease of use. The SailCube is the perfect complement to the Optimist in a club

program. It has almost identical dimensions and all of the spars, sails, dollies, and blades are directly compatible with the Optimist.

The SailCube also has built-in flotation between the inner and outer hull which serves several purposes. It maximizes the open space in the cockpit so that 2 or more kids can fit inside. It raises the deck of the interior so that the bailers are above the waterline, allowing the boat to auto-bail, and it eliminates the need for expensive airbags. The bottom of the hull has 3 built-in drag strips for those inevitable occasions when the boat is dropped or run aground. The SailCube weighs only 10lbs more than an Optimist and is a perfect beginner boat due to its simplicity and durability.

Long term, the fleet will be a blend of Cubes and traditional Optis. Our Harbor Mice sailors, ages 6-7, are in for a treat this summer!

MEMORIAL DAY WEEKEND FESTIVITIES

Sunday, May 26th

FUN Regatta | 10 a.m.

Junior Sailing and Yachting are hosting a FUN Regatta on May 26th. Please be rigged by 9:10am; Competitor's Meeting at 9:40am; First Run at 10am. This FUN Regatta is open to Opti Green, Opti RWB, FJs, Flying Scots, Melges 14s and Lasers. If you would like to race, please email the Waterfront Director at waterfrontdirector@norfolkyacht.com.

Parade of Sail | 12 p.m.

Boaters are invited to dress their vessels with flags and pennants and join the Parade of Sail beginning at 12 noon.

Flag Raising Ceremony | 5 p.m.

We will commemorate Memorial Day and mark the official beginning of boating season on May 26th at 5 p.m. at the flag pole.

KEELBOAT RACE SERIES

Race Schedule:

- May 17 @ 6 p.m.
- May 4 @ 4 p.m.*
- May 24 @ 6 p.m.
- May 10 @ 6 p.m.
- June 1 @ 4 p.m.*

If you're interested in crewing or need a boat, contact the Yachting Committee.

*First Saturday Dock Party after the race, 6PM on C dock. Bring a dish to share and your favorite beverage. Everyone is welcome!

SPRING JR. SAILING

Spring Sailing classes are open to our Red, White, Blue Opti sailors on Sundays from 1pm to 4pm. Dates are **May 5th and May 12th** and cost for members is \$35/class. This is a great way to warm up before the start of summer. To register, please visit www.norfolkyacht.com/Youth_Sailing.

NYCC is also hosting US Sailing Instructor Level 1 course for anyone looking to get certified in teaching sailing. Dates: **May 18-19, May 25-26**. Please see the US Sailing website to register.

COMMODORE'S CRUISE British Virgin Islands

Mark your calendars for the member info briefing on the inaugural "Commodore's Cruise" in the British Virgin Islands in 2020. On **Wednesday, May 8th at 6:00 p.m.** come learn about how to plan a bare-boat charter cruising vacation and travel in a flotilla with other Norfolk Yacht members Contact PJ Trudell at pjtrudell@yahoo.com with questions.



FEATURED RACE COACH



Vir Menon, Head Opti Race Coach

Vir Menon has been competitively racing all his life in hopes of making it to the Olympic Games in the Laser.

Vir started sailing the Optimist at the age of 5 in India and competed at regional, national and international championships while representing the Indian National Squad until the age of 14. He was the Indian National Champion until he moved into the Laser where he competed in 4 World Championships, 3 European Championships and was National champion in the 4.7, Radial and Full-Rig disciplines.

Vir is now the Captain of Christopher Newport University's Varsity Sailing team where he is also majoring in History with a minor in Leadership Studies.

As the Opti Head Coach this summer, he is looking to work on fine tuning the sailors' tactics and strategy by spending time going over the routine and tips that helped him succeed in the class. Vir is ready to take on his first year coaching at NYCC and HYC.



Registration for the 2019 Sea Dragons season is now open. This is going to be an exciting season! New coaches, new logo, new caps and a new team in our division! Pick up your registration form at the Fitness Center or download it from the website. Registration is \$150 with a multi-child discount available. Fee increases after May 31st. No fee for swimmers 15 and older.

Time trials are on June 1st and our first away swim meet is June 8th at Chesapeake Golf Club. View the full schedule and more information Online at norfolkyacht.com/swimteam.

Come out and meet our new swim team coaches on **Monday, May 19th at 2:00 p.m.**



Head Coach Alyece Galbreath, Assistant Coaches Dodi Paykaer and Meg Lockhart

SPRING SQUASH

Mr. Sunday Squash Round Robin began April 28th. It's an informal weekly gathering of players from all skill levels, from 9-10 a.m. As more players come out, we will extend the time to 11 a.m. Invite your friends to come out and play! Visit norfolkyacht.com/squash for info.

Spring Squash Tournament May 17th-19th. This Double Elimination Tournament will have A & B Adult Brackets. Cost for members is \$45 and Non-Members (sponsored) is \$75. Register by May 10th by emailing Noel Flemmer at ncflemmer@gmail.com.

Congratulations to the winners of the **Squash League Championship** on March 31st! Pictured below (L-R): Sean Meehan, Ed Whitmore, Noel Flemmer, McCoy Wood, Jonathan Beck. Not pictured: Will Yearick



MOTHER'S DAY MESSAGE

Spoil Mom this year with a relaxing 60-minute massage focusing on the muscles in the lower back and a little more attention to the feet. Purchase a gift certificate at the Fitness Center.

MEET CARMEN



Carmen Marascalco began practicing yoga in 2004 while attending Cayce/Reilly school of Massage. She immediately felt more connected, peaceful and resilient and continued to practice many different types of yoga in many settings. Carmen enrolled in Hatha Yoga Teacher training in 2010 and is a 200-hour Yoga Alliance Certified Yoga Instructor with specialty trainings in breathwork, prenatal yoga, restorative & yin yoga.

Carmen believes yoga is the path to greater self-awareness and healing. As a teacher, she hopes to inspire and guide students in a compassionate and nurturing environment.

Carmen teaches Yoga Flow, Restorative Yoga, and Chair Yoga at NYCC. Check out the group exercise schedule for days and times!

Carmen is teaching "Mamaste", a mama care workshop on **May 18th, 10:30am-12:30pm**. Learn how to restore yourself with breathwork, slow flow yoga and essential oils (specific to moms w/kids over 24 months). Cost is \$25 for Members; \$35 for Non-members. Sign up by 5pm on May 16th.

MEMBER SPOTLIGHT



Caitie Sullivan

Caitie Sullivan is making an impact on and off the tennis court during her freshman year at Columbia University. She has not only helped the team to a 12-1 non-league start and a 2-1 record at press time in Ivy League play, but she is also one of the leaders of the school's women sports program. Caitie and fellow tennis player, Paulina Ferrari founded Female Athletes Standing Together (FAST). It all started in February when buddies Ferrari and Caitie founded FAST to support, unite and empower female athletes on Columbia's campus.

"Going to college and being an athlete is a stressful culture," said Caitie in a telephone conversation. "And women athletes often play sports that don't get large followings. We needed to support each other and share experiences."

As Caitie notes, the movement has just "taken off." FAST now has more than 50 members with all 12 female sports teams at Columbia being represented.

Currently, FAST is teaming with PowerPlay NYC, an organization that raises money to advance the lives of girls through participation in sports. FAST hopes to raise \$2,000 this year to fund 4 girls in a college readiness program.

In addition, the Women's Leadership Council, a network of former Columbia female athletes, is helping by mentoring FAST members. It's been very rewarding, says Caitie. And it appears

this is only the beginning. Columbia hopes to introduce FAST to the rest of the Ivy League and possibly bring it to other campuses.

"That would be great, but we don't want to move too fast," she says.

Anyone at the club who knows Caitie from the days she was a tyke slamming around a tennis ball and attending summer camps, they're not surprised how her freshman year has gone.

She went on to Norfolk Academy where she became a stellar student and led the Bulldogs to a state title, earning all-conference honors.

She will be returning to the club this summer as the lead tennis instructor, doing what she does best – helping others. "I'm looking forward to coming back, teaching and seeing the new tennis facility."

Learn more about FAST at www.cu-fast.com.



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



Follow: [norfolkyachtcc](https://www.instagram.com/norfolkyachtcc)



Join: facebook.com/groups/norfolkyacht



Subscribe: www.norfolkyacht.com/email

MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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; Sun 12-9pm		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	1 Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Happy Hour 5-7, Grill Fitness: Small Group Training 8-9am; 6-7pm	2 Youth Swim Clinic, 6:30-7:30pm Happy Hour 5-7, Grill	3 First Friday Wine Tasting, 6-8pm Friday Happy Hour 5:30-7:30pm	4 Keelboat Race #2 4pm First Saturday Dock Party, 6pm on C dock Kentucky Derby Party 5:30, Grill Prime Rib Dinner
5 Breakfast/Brunch 9am-2pm, Deck Squash Round Robin Spring Jr. Sailing, 1-4 Cinco de Mayo buffet, 5:30-9pm Prime Rib Dinner	6 Main Club Closed Fitness: Small Group Training 8-9am; 6-7pm	7 Check your email for dining features. Youth Swim Clinic, 6:30-7:30pm Happy Hour 5-7, Grill	8 Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Commodore's Cruise interest meeting, 6pm Happy Hour 5-7, Grill Small Group Training	9 Youth Swim Clinic 6:30-7:30pm Happy Hour 5-7, Grill	10 Friday Happy Hour 5:30-7:30pm Keelboat Race #3 6pm	11 Superhero Luncheon 11am-1pm Pints & Paddles Waterfront Trip Prime Rib Dinner
12 Breakfast 9-11am Squash Round Robin Mother's Day Brunch 11am-2pm Dinner 5:30-9pm Spring Jr. Sailing, 1-4 Prime Rib Dinner	13 Main Club Closed Fitness: Small Group Training 8-9am; 6-7pm	14 Check your email for dining features. Youth Swim Clinic, 6:30-7:30pm Happy Hour 5-7, Grill	15 Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Happy Hour 5-7, Grill Fitness: Small Group Training 8-9am; 6-7pm	16 Youth Swim Clinic 6:30-7:30pm Happy Hour 5-7, Grill	17 Friday Happy Hour 5:30-7:30pm Pacific Northwest Wine Dinner Keelboat Race #4 6pm Squash Tournament	18 Prime Rib Dinner "Mamaste" Mama Care Workshop at Fitness, 10:30am-12:30pm Squash Tournament
19 Breakfast/Brunch 9am-2pm, Deck Squash Round Robin Fishing Seminar 2pm Prime Rib Dinner	20 Main Club Closed Fitness: Small Group Training 8-9am; 6-7pm	21 Check your email for dining features. Youth Swim Clinic, 6:30-7:30pm Happy Hour 5-7, Grill	22 Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Happy Hour 5-7, Grill Fitness: Small Group Training 8-9am; 6-7pm	23 Youth Swim Clinic 6:30-7:30pm Happy Hour 5-7, Grill Board Meeting 5:30pm	24 Outdoor Pool Opens at 4pm Youth Activities Fair 5:30-7:30pm TGIF Poolside Party with DJ E, 6-9pm Keelboat Race #5 6pm	25 Prime Rib Dinner
26 Breakfast/Brunch 9am-2pm Summer Kickoff Schedule on Page 3 Parade of Sail, 12pm Flag Raising, 5pm Prime Rib Dinner	27 Main Club Closed Fitness: Small Group Training 8-9am; 6-7pm	28 Check your email for dining features. Youth Swim Clinic, 6:30-7:30pm Happy Hour 5-7, Grill	29 Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Happy Hour 5-7, Grill Fitness: Small Group Training 8-9am; 6-7pm Speaker Series 6pm Joe Flanagan	30 Youth Swim Clinic 6:30-7:30pm Happy Hour 5-7, Grill	31 Seafood Buffet Deck, 5:30-9pm TGIF Poolside Party HM Johnson Band, 6-9pm	NYCC GUEST ROOMS HAVE NEW LOWER RATES! STANDARD RATES Sun-Wed: \$99 + tax Thurs-Sat: \$120 + tax HOLIDAY RATES Sun-Wed: \$119 + tax Thurs-Sat: \$140 + tax NorfolkYacht.com/Rooms

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