

SHIP & SHORE

NORFOLK YACHT AND COUNTRY CLUB



Bill Ripley's OBSESSION during the Keelboat Race on September 20th

CLUB EVENTS

**Oktoberfest Dinner Buffet
And Beer & Wine Tasting**
Friday, October 4th

B.Y.O.B. Wine Dinner
Friday, October 11th

Jr. Tennis & Pickleball Pizza Night
Friday, October 11th

Restorative Yoga Workshop
Saturday, October 12 and 26

Member / Guest Tournament
October 18th-20th

Waterfront Happy Hour
Friday, October 18th

Wednesday Pasta & Pizza Night
October 2, 9, 16, 23, 30

Prime Rib Night - Saturdays & Sundays
October 5, 6, 12, 13, 19, 20, 26, 27

Fall Yachting Dinner
Friday, October 25

Seafood Buffet
Friday, October 25

Family Halloween Party
Sunday, October 27

Sunday Brunch Buffet
Sunday, October 27

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

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
at Lknowles@norfolkyacht.com

FROM THE PRESIDENT

When I was elected president in January 2018 one of the many things that intimidated me was that I was not knowledgeable about the private club industry. I began to read and attend webinars to better understand the business model. Other Board members did the same and we learned together. I wanted to know what works and I quickly found out that many of my assumptions were inaccurate. For example the focus should not be on how much revenue a division of the club makes, but rather what amenities we should be providing our members. One consultant in the industry stated that “If you show me a club where the board meeting is focused on the profit and loss of food and beverage I will show you a club that is failing”. That really got my attention. So our focus should be on food quality and service not how much money we make. More member focused.

In this column in the past few months I have referenced our club culture and change. Both words have been used often in the same sentence. I believe that our Board of Governors have shown great courage to lead the culture of change for our members. They are aware that their mission is to represent the interests and aspirations of the members. In turn, the Executive Committee which is made up of the President, Vice President, Secretary, Treasurer and Commodore take their direction from the Board. In this regard the Club is led from the bottom up and best represents the membership by respecting their input which comes our way directly from members many

of whom are serving on committees. This seems quite different from how we see business being conducted in other industries, but is in line with the private club industry and clubs which have demonstrated that they can thrive.

There are activities taking place at NYCC which are facilitating this change and putting it in writing so that it will provide guidance for the future and much more continuity than we have seen in the past. The Governance Committee has been drafting charters for every committee. These charters define the purpose of each committee and describe the role and conduct expected. They include frequency of meetings, the relationship of the committee to the Board, the membership of the committee, procedural rules, etc.

The changes in our culture are not simply to have change, but to bring us more in line with the successful business models in the private club industry. The members enjoy the benefit of this because it is more member focused by providing the membership with the opportunity to have more control over the future of the club and to focus on improving the amenities for all members.

I hope you can see this happening every time you visit our club. If you have noticed something and thought “what a nice idea” or “this is fun, pretty or tasty” you are seeing the improved focus on the member experience.

Jim Forrester, President

FROM THE GENERAL MANAGER

Our esteemed President, Dr. Jim Forester, writes this month about the Board’s efforts to lead change and build membership support for vast improvements ongoing at NYCC. It is really a new era for our great club, and I have seen in my short time that your Board is focused on the right targets – growing membership, keeping the members we have, and driving a commitment to excellence in facilities and the club experience. They are doing great work. A positive cultural shift, which is always a challenge, is building momentum.

Upon my arrival over a year ago, my immediate mission was to affect a positive change in culture of the staff. I had to first get everyone on-board with embracing an overarching goal to make noticeable improvements to the member experience. This is not easy because change abounds and is generally uncomfortable for many people. The team has made great strides, and we continue to work on having a new mindset every day, but we have a long way to go.

I am a big sports guy, especially a fan of all football, and although I really don’t care for the Patriots, I love their organization’s culture. They clearly have the “Patriot Way” embedded in everything they do. They are winners. Their “Patriot Way” inspired me to affect staff culture

here through identifying and reiterating what I believe are our core principles for success. Here they are, the staff’s “Norfolk Yacht Way”:

- We extend warm welcomes to all and recognize members by name
- We create special moments through acts of kindness, and a sincere effort to make someone’s day
- We deliver what we promise, are predictable, and can be counted upon
- We provide superior experiences that consistently exceed expectations
- We have legendary attention to detail - little things mean everything to us
- We anticipate people’s needs with a sense of urgency
- We are honest and people-centered with a genuine caring and respect for everyone
- We ensure a positive, lasting impression of our club
- We make the lives of others better

We are Norfolk Yacht & Country Club.

I look forward to seeing you at the club,

Kenneth C. Underwood, CCM
General Manager

CLUB EVENTS

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



Friday, October 4th, 2019

It's Oktoberfest - NYCC style! Join us for a German dinner buffet and beer specials from 5:30-9PM in the Deck. Plus, a complimentary German beer and wine tasting from 6-8PM (RSVP Online).

Reservations encouraged for the buffet. Please call the club at (757) 423-4500 or email reservations@norfolkyacht.com.

Childcare available. Please call the Fitness Center at 489-5385 to reserve a spot.

Buffet price: \$21.95 for adults; \$9.95 for kids; ages 3 and under eat for free.

Buffet Menu

- Bavarian Lentil Soup
- Cabbage and Potato Soup with Sausage
- Warm Pretzels with Mustard Sauce
- Veal, Pork and Chicken Schnitzel
- Rhineland Salad with Dill-Marinated Cucumbers
- Roasted Beet Salad
- Red Cabbage Salad with Smoked Cheese
- German Noodle Salad
- Seafood Ravigote
- Cured and Smoked Meats and Cheeses
- Carved Mustard Brined Pork Loin with Shaved Sprouts and Spaetzle
- Sauerbraten with Ginger Snap Gravy
- Potato Pancakes with Applesauce
- Beef Rouladen with Potato Dumplings
- Steamed and Grilled Sausages with Apple Wine Kraut and Hot German Potato Salad
- Grilled Skewered Fish with German Creamed Spinach
- Oktoberfest Roast Chicken with Braised Red Cabbage
- Apple Chocolate Trifle
- Leipzig Carrot Cake
- Cherry Kuchen for Dessert



Friday, October 11th | 6:15-8 p.m.

NYCC is hosting a wine dinner on October 11th as part of our Waterfront Wine Series. This time, it's B.Y.O.B. - bring your own bottle! Chef Andrew McKee has created a delectable 5-course menu for you to enjoy with your wine.

Cocktail hour starts at 6:15PM in the Lafayette Room followed by dinner at 7PM in the Main Dining Room.

Cost is \$60 per person. Reservations must be made before Wednesday, October 9th. Please call the club at (757) 423-4500 or email reservations@norfolkyacht.com.

Childcare will be available at the Fitness Center. Please register in advance by calling (757) 489-5385.

MENU

First Course

KALE SALAD

Honey Crisp Apples, Pomegranate Seeds, Candied Pecans, Crumbled Goat Cheese, Maple Cider Vinaigrette

Second Course

CRISP PORK BELLY

Charred Broccolini Salad, Apple Puree, Hard Cider Reduction

Third Course

MAPLE LEAF FARMS DUCK BREAST

Roasted Cauliflower / Truffle Puree, Brussels Sprout Leaves, Pickled Baby Beets, Fig Duck Demi

Fourth Course

SEARED SCALLOPS

Over Oyster Mushroom and Black Garlic Risotto, Smoked Ham Stock

Fifth Course

CHOCOLATE POT DE CREME

Pretzel Crust and Espresso Whip



Friday, October 18th | 5:30-7:30 p.m.

Join us for happy hour on the Skipper's Terrace featuring s'mores, drink specials, lawn games, complimentary hors d'oeuvres, and the best sunset views around! Childcare available. Call 489-5385 to reserve a spot.

Prospective members are welcome to attend. Please register with Betsy Glover at bglover@norfolkyacht.com.



Sunday, October 27th, 5:30-8 p.m.

Party like a MonSTAR! Come rock out at our annual Family Halloween Party! Featuring a buffet dinner and entertainment with DJ Rob Dalby. Buffet Price: \$18.96++ for adults; \$10++ for kids; free for ages 3 and under.

Please register in advance Online at www.norfolkyacht.com/events or call 423-4500. Don't forget to wear your costume!



FALL WINE DINNER

Friday, November 8th

Save the date for a fine dining experience at NYCC. Chef Andrew McKee is preparing a fantastic menu, inspired by Fall and perfectly paired with hand-selected wines. Cocktail hour at 6:15, dinner at 7PM. Seats are limited. Reservations required.

More details to come.



Sundays starting at 12 Noon
Join us in the Grill every Sunday during NFL season for football, food and drink specials.

MENU

NYCC Wings \$10

Buffalo, Mango Habanero, Teriyaki or BBQ

Chips & Queso Dip \$4

Hand Dipped Corn Dog and Fries \$5

Chili Cheese Fries \$8

Cheese Quesadilla \$6

Add Chicken for \$2 or Shrimp for \$4

House Made Lumpia \$10

DRINK SPECIALS

\$2 Beer Specials

\$4 Bloody Marys and Mimosas

\$3 Wells, \$2.50 Domestic \$3.50 Imports

\$1 Off Premium Wines and Calls



SUNDAY BRUNCH

Sunday, October 27th | 11am-2pm

We're serving our traditional brunch buffet in the Deck the last Sunday of the month! Reservations are strongly encouraged.

Buffet price: \$21.95++ for adults; \$9.95 for kids 4-12; Ages 3 and under eat for free.

On the Buffet

Omelets Cooked to Order

Waffles, French Toast and Pancakes

Smoked Pork and Turkey Bacon

Eggs Benedict

Carved Prime Rib of Beef

Broiled Crab Cakes

Grilled Petit Lamb Chops

Baked Ziti Carbonara

Grits and Sausage Casserole

Baked Vegetable Casserole

And much more!

**PLUS, \$4 MIMOSAS AND BLOODY MARYS!
VISIT NORFOLKYACHT.COM/DINING FOR MORE DETAILS.**

SAVE THE DATE

First Friday Wine Tasting

Friday, November 1st | 6-8PM

Join us for a complimentary wine tasting and light hors d'oeuvres. All tasting wines will be available for sale by the bottle.

Ladies' Holiday Sip n' Shop

Saturday, November 16th | 10AM - 1PM

Come kick off the holiday season and pick up some great gifts! Vendors will be on hand with an array of merchandise perfect for everyone on your list. We'll have brunch bites and a bottomless mimosa bar. Cost is \$25 per person.

Attendees must RSVP no later than Friday, November 15. Please call the club at 423-4500 or register Online at www.norfolkyacht.com/events.

Vendors who wish to participate should contact Betsy Glover at 423-4500 ext. 183 no later than November 1, 2019. Vendors must be NYCC members.

Thanksgiving Day Buffet

Thursday, November 28th

Celebrate Thanksgiving at NYCC! We're serving our annual Thanksgiving Day feast. Reservations are required. Details to come.

Gingerbread House Decorating

Sunday, December 8th | 3:30 - 5:30PM

Stay tuned for details!

A FRIENDLY FACE AT THE FITNESS CENTER



It's still dark outside when Carla Pearson swings into the club these fall mornings. Carla unlocks the doors to the Fitness Center at 5 on the dot Monday-Friday.

If I'm not there on the minute, I hear about it from the regulars," she said with a laugh.

She's been the "Morning person" since March 2018. Carla, who has a delightful British accent, keeps the coffee pots filled, handles the register, minds the retail store, does the laundry, folds the towels and greets just about everyone who comes in for a workout.

"Hey, Joe. How was your vacation."

"Good morning, Ann."

Some give her their club number when they check in, but she knows it by heart.

"Nobody likes to see a person with a frown on their face when they walk in," said Carla, explaining her sunny disposition.

After the "early birds" have left, Carla keeps busy until her shift ends at noon. "We get busy on the hour as another group comes in. It's pretty steady."

She used to work in the floral department at Farm Fresh in Virginia Beach until it went out of business. She came to the club at the urging of Fitness Center Director Cheryl Lehmkuhl, a customer.

Carla was actually born in New York City and "spoke with an American accent." But when her dad died, her mom moved back to her native England and Carla grew up near London. She was a teacher's assistant. She came back to America 10 years ago "for a different life." She lives in Kempsville with her husband Alex. They have three grown children.

She intends to stay at the club for a long time. "It's a great place to work. The members and the staff are so friendly. There are so many nice people to chat with."

HISTORY CORNER

One unfortunate chapter in Club history is in the late 1970's when the Club allegedly denied admission to Jewish applicants, and this situation was reported in the local press. The club reacted, saying they had no such discrimination policy. But according to the article in the Pilot, bias was charged and a proposal was defeated forcing the NYCC Board of Governors to post the names of potential members.

Subsequently, nine members went to the Board stating that potential members should not be excluded on the basis of religious beliefs. A month later, the only Jewish person whose application was presented to the Board was admitted. According to one member, a long tradition ended and a more equitable application process was started.

There's a hidden membership number somewhere in this newsletter. If you find your number, call the club at 423-4500 to receive a free dinner for two!

YACHTING, JR SAILING, WATERFRONT

ANCHOR FALL YACHTING DINNER

October 25, 219

Dave Mayfield, former environmental writer for the *Virginian Pilot*, will be the guest speaker at NYCC's annual Fall Yachting Dinner on Friday, Oct. 25. Mayfield will talk about what sea level rise means to local cities. And you.



In 2017, with the help of some 1,100 volunteer "mappers," Mayfield conceived a citizen-science project named Catch the King, measuring the highest tides in hundreds of locations in Hampton Roads on the day of each year with the highest

predicted astronomical tides (not counting floods or storms). The Guinness Book of Records considers it the world's largest environmental survey. The information gained provides us with meaningful information of sea level rise. This year's Catch the King project is Oct. 27. Visit kingtide.whro.org to learn more about Catch the King.

For a great dinner and talk, register by calling the Club at (757) 423-4500; Email reservations@norfolkyacht.com; or go Online to www.norfolkyacht.com/events. Cocktails at 5:45 p.m. Seafood buffet to follow. \$29.95++ per person.



FALL SAILING PROGRAM

INTERMEDIATE OPTIMIST / INTRO TO RACING

This class is designed for students who sailed over the summer and have an understanding of the fundamentals of sailing and want to learn about racing. Emphasis will be on improving boat handling skills and confidence under a variety of wind conditions.

Prerequisite: Handling the boat on all points of sail. Being able to rig and de-rig the Opti.

Dates and Times

October 4, 5, 11, 12, 25, 26

Fridays 4-7pm (or just before dark)

Saturdays 10am-2pm

Pricing

Members: \$250 or \$30/session

Non-Members: 300 or \$35/session

LABOR DAY REGATTA / GOVERNORS CUP

The club proudly hosted the 75th Labor Day Regatta/Governor's Cup races. NYCC distinguished itself in the Flying Junior class. Kayle Bejarano and crew Susannah Day placed first. Emily Priest and crew Jessica Rousch were second, followed by Bryan Bejarano and crewman George Minton.

In conjunction with the Labor Day Regatta, the Governor's Cup was held. The 2017 Governor's Cup was held on Aug. 31, making up for it being canceled due to inclement weather, and the 2019 Governor's Cup a day later.

The Cup was established in 1944 with the

help of Gov. Colgate Darden to honor good sportsmanship and the great sport of sailing and is awarded in the Hampton One Design class. The trophy is on permanent display at the club.

NYCC's Gordy Stokes won both races. The first with crew Dan Spooner and the second with his sister Ann as crew. Winning the Governor's Cup is old hat for Gordy. He has won in 2018 as well as 2000, 2013 and '14.

Chip and crew Sarah Lollar and Chuck McCoy Jr. and crew, son John, made it a clean sweep for NYCC in both races.



OPTI RACING PRACTICE

This is to keep the race team sailors up to speed and will provide a tune up for the fall season. Green Fleet sailors (Beginner Racers) are welcome if approved by the coach (week to week). Min. 3 sailors required for each class.

Dates and Times

October 6, 13, 27

Sundays 12pm-4pm

Pricing

Members: \$30/session

Non-Members: \$35/session

COMMODORE'S CRUISE

It isn't too early to start thinking about putting the 2020 winter blues on "cruise control." The Commodore's Cruise in December 2020 is headed for the British Virgin Islands. Visit the yachting page on club's website and click on Commodore's Cruise to learn more.

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

2019 MEMBER-GUEST TOURNAMENT

October 18-20, 2019

The usual summer date was pushed back while the courts were getting a complete renovation. It should be well worth the wait. While many former players at Norfolk Yacht Tennis' signature event are returning, the real star of the tournament may be the courts themselves.

"I think we now have the finest tennis facility in Hampton Roads," said Tennis Committee Chairman Gary Boswick, who will be playing in the tournament. "It should produce an even higher quality play than in previous years".

All the clay courts (we now have 9, compared to 8 previously) have been redone, a new irrigation system for the courts is in

place and we now have lights "up to speed." Landscaping is still being completed.

Our old lighting system was less than 30 lumen's. The new lights are between 55-60 lumen's. The accepted standard is 50.

"We're so excited about the new lights, we've decided to open play Friday night," said Boswick.

"The only excuse players will have is that they lost the ball in the lights," said Director of Tennis Jason Mueller with a laugh.

The traditional Saturday night cocktail party, and Saturday and Sunday breakfast will be a part of the weekend. Come on out to see some great tennis and our new courts.

JUNIOR PLAY PROGRAM

Sundays from 1:00 to 3:00 p.m.

NYCC's Junior Play Program is a great opportunity for a FUN competitive day on the courts. We want our players to get the full experience of supervised match play and play against different opponents at the right level.

To sign up, call the Tennis Shop at 757-423-6737 or register Online at www.norfolkyacht.com/events. The cost is FREE. Bring a friend!

JUNIOR TENNIS CLINICS

Junior Tennis Clinics are conducted in month-long sessions from September through May at NYCC. If you are in doubt about the weather or court conditions please call the Tennis Shop 30 minutes prior to your clinic.

Please register in advance. Contact the Tennis Shop at 423-6737 or Jason Mueller at jmueller@norfolkyacht.com.

Fall 2019 Junior Clinic Schedule

RISING STARS

4-8 years old - all levels

Tuesday & Thursday: 4:30-5:30 p.m.

Saturday: 10:30-11:30 a.m.

Cost: \$16 per clinic, if signed up 24 hours in advance. Drop-in rate: \$18

SHOT MAKERS

9 and up - Beginner to Intermediate level

Monday & Wednesday: 5:00-6:30 p.m.

Saturday: 9:00 am-10:30 a.m.

Cost: \$24 per clinic, if signed up 24 hours in advance. Drop-in rate: \$28

MEMBER GUEST Tournament

October 18-20, 2019

Format: "Compass Draw" Matches
Six Flights: A, B, and C for Men and Women
Cost: \$200 per team

To sign up, call the Pro Shop at 423-6737 or Email Director of Tennis Jason Mueller at jmueller@norfolkyacht.com.

WEEKEND SCHEDULE

FRIDAY, OCTOBER 18

Play Begins
Limited Bar & Snacks Courtside

SATURDAY, OCTOBER 19

Breakfast at 8a.m.
Play Continues All Day
Buffet Lunch at 11:30a.m.
Courtside Cocktail Party

SUNDAY, OCTOBER 20

Breakfast at 8a.m.
Play Continues All Day
Buffet Lunch at 11:30a.m.

NEW THIS YEAR! We're adding Pickleball to the tournament. Same format as tennis. The cost is \$150 per team. Contact the Pro Shop with questions.

SENIOR TIDEWATER CUP

Our Senior Men's Team (Over 60) finished second in the 2019 Senior Tidewater Cup on August 24th. The Cup was hosted by Princess Anne Country Club.

Conrad Shumadine and Claiborne Coupland (that's a combined 150-plus years) outlasted their opponents, 14-12, in a thrilling 3-setter to give NYCC second place at the Tidewater Cup.

In addition to Shumadine and Coupland, the team was composed of Steve Clark, Paul Conkling, Scott Culberson, Don Gartrell, Mike Holley, Bobby Howerin, Arthur Jett, Tom Klevan, Elliot Webb, and Wiley Wood.



Pictured above: Conrad Shumadine (left) and Claiborne Coupland (right)



JR. TENNIS & PICKLEBALL PIZZA NIGHT
FRIDAY, OCTOBER 11 FROM 5-7PM
SIGN UP AT THE PRO SHOP 423-6737

SPINDLE CUP

NYCC Women were 2nd at Spindle Cup. Playing at Farmington Country Club Sept. 7-8th, these ladies fought hard to secure 2nd place over The Country of Virginia. Spindle Cup rookie Courtney Violette went 3-1 over the weekend, winning a 3-hour singles match along the way.

Ruth Acra, Latane Avery, Elizabeth Hope, Teresa Jett, Beth Marino, Maura Murchake, Ryan Rhodes, and Flurry Yanez made it easy for Courtney to feel part of this year's team.

SQUASH LEAGUE

The Squash League will return in October, keeping the same team format. Visit NYCC's website to register to play.

To get a feel for the game, have fun and meet other new players, the Squash League holds Sunday Round Robin from 9-10 a.m. Contact Squash Pro Noel Flemmer at ncflemmer@gmail.com to join.

Our Squash Tournament wrapped up with Mike Duquette (right) defeating Jordan Fanny (left). It was the first year we did a "handicap" tournament where players with very different skill levels played each other and all matches were very competitive.



ADULT DANCE LESSONS

Our in-house dance "phenom" Emily Drinkall will have you ready for the dance floor at those holiday parties. A world champion in line dancing, Emily offers single or couples lessons that cover everything from ballroom to Latin dances. Personal training rates apply. Register by filling out a request form at the Fitness Center.



DEEP STRETCH WORKSHOP

Saturday, October 19th | 10am-11:30am

Focused stretching allows muscles to relax and lengthen, which puts less strain on the skeletal system and reduces tension throughout the body. \$8 per person. 5 people minimum.

RESTORATIVE YOGA WORKSHOP

October 12th and 26th | 10am-11:30am

Restorative yoga is designed to restore the nervous system and help release deeply held tensions from the body and mind. \$8 per person. 5 people minimum; 11 maximum.

Sign up for these workshops in advance at the Fitness Center desk or call 757.489.5385



Year-Round
**YOUTH
SWIM**

TUESDAY & THURSDAY EVENINGS AT 6:30PM

NYCC's Indoor Pool

Sea Dragon Coaches Alyece and Dodi will be instructing NYCC's Year-Round Swim Program to keep your swimmer's technique and conditioning in top form.

Cost: \$60 per month for unlimited clinics

Participants must be able to swim the length of the pool.

REGISTER AT THE FITNESS CENTER FRONT DESK

Saturday Junior Sea Dragon Clinics

Saturdays at 1:00 and 2:00PM

Is your swimmer not quite ready for the year round program? Join swim instructor Dodi in the pool on Saturday afternoons for our Junior Sea Dragon clinic. Sessions are 45 minutes long. Maximum of 6 per session.

Cost: \$10 per clinic



FALL INTO
Relaxation

FALL MASSAGE SPECIAL

Enjoy an Apple/Pumpkin Body Scrub with Massage Therapist Marie Owens. Add this scrub to any massage or skip the massage and just get the scrub. Either way, you'll leave feeling relaxed!

Appointments are necessary and can be booked through the Fitness Center Front Desk. The 30-minute scrub is \$35. This special is available through October 31st.



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OCTOBER 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		1 Check your email for dining features. Youth Swim Clinic 6:30pm	2 CardioTennis 9am, 6:30pm Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm	3 Youth Swim Clinic 6:30pm	4 CardioTennis 9am Oktoberfest Buffet, 5:30-9pm, Deck Oktoberfest Beer and wine tasting, 6-8pm 	5 CardioTennis 10am Prime Rib Dinner Fall Keelboat Race #6 - Noon Junior Play Tennis Program, 1-3pm Jr. Swim Clinic 1 & 2pm
6 Breakfast 9am-2pm Squash Round Robin 9-10am Prime Rib Dinner NFL Sunday in the Grill	7 Clubhouse Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm	8 Check your email for dining features. Youth Swim Clinic 6:30pm	9 CardioTennis 9am, 6:30pm Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm	10 Youth Swim Clinic 6:30pm	11 CardioTennis 9am Jr. Tennis & Pickleball Pizza Night, 5-7pm B.Y.O.B. Wine Dinner, 6:15-8PM	12 CardioTennis 10am Restorative Yoga Workshop, 10am Junior Play Tennis Program, 1-3pm Jr. Swim Clinic 1 & 2pm Prime Rib Dinner
13 Breakfast 9am-2pm Squash Round Robin 9-10am Prime Rib Dinner NFL Sunday in the Grill	14 Clubhouse Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm	15 Check your email for dining features. Youth Swim Clinic 6:30pm	16 CardioTennis 9am, 6:30pm Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm	17 Youth Swim Clinic 6:30pm	18 Waterfront Happy Hour, 5:30-7:30pm Member / Guest Tennis Tournament Oct. 18-20	19 Deep Stretch Workshop, 10am Member / Guest Jr. Swim Clinic 1 & 2pm Prime Rib Dinner
20 Member / Guest Breakfast 9am-2pm Squash Round Robin 9-10am Prime Rib Dinner NFL Sunday in the Grill	21 Clubhouse Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm	22 Check your email for dining features. Youth Swim Clinic 6:30pm	23 CardioTennis 9am, 6:30pm Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm	24 Board Meeting, 6pm Youth Swim Clinic 6:30pm	25 CardioTennis 9am Fall Yachting Dinner Seafood Buffet 5:30-9pm	26 CardioTennis 10am Restorative Yoga Workshop, 10am Junior Play Tennis Program, 1-3pm Jr. Swim Clinic 1 & 2pm Prime Rib Dinner
27 Member / Guest Breakfast 9-11am Brunch Buffet 11am-2pm NFL Sunday Halloween Party	28 Clubhouse Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm	29 Check your email for dining features. Youth Swim Clinic 6:30pm	30 CardioTennis 9am, 6:30pm Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm			FITNESS CENTER Mon-Thurs 5am-9pm Friday 5am-7pm Mon-Thurs 7-8pm YOUTH HOURS 7 days/week 12-5pm Mon-Thurs 7-8pm CHILDCARE HOURS Mon-Sat 8am-12pm Tues-Thurs 5-8pm Sunday 12-4pm
						NYCC HOTEL ROOMS \$99+ Sun-Wed \$120 + Thurs-Fri Last Minute Discount: Rooms booked less than 7 days in advance will receive 20% off. Call 423-4500 to book.