

# SHIP & SHORE

NORFOLK YACHT AND COUNTRY CLUB



## TEMPS ARE COOLING, BUT TENNIS IS HEATING UP

Four new courts are now open at NYCC's renovated Racquet Sports Facility. Get out there this Fall! Call the Tennis Shop to learn about clinics, lessons, court reservations, and Jr. Tennis.

**CLUB EVENTS**

Labor Day Regatta  
August 31-Sept. 1

Labor Day Weekend Celebration  
Sunday, September 1

Parents Night Out & September Sunset Dinner  
Saturday, September 14; 6-8:30pm

Yappy Hour on the Back Lawn  
Friday, September 20; 6-8pm

Junior Tennis Pizza Party - Fridays  
September 6, 13, 20, 27; 5-7pm

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

First Friday Wine Tasting  
September 6; 6-8pm

Prime Rib Night - Saturdays & Sundays  
September 1, 7, 8, 14, 15, 21, 22, 28, 29

Seafood Buffet  
Friday, September 27

## BOARD OF GOVERNORS

James Forrester, President  
Patrick Baker, Vice President  
Marianne Scott, Secretary  
Richard Keatley, Treasurer  
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Gary Boswick, Governor, 2020  
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## COMMITTEE CHAIRS

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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

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

## CLUB EVENTS



For dining reservations and event registration, call the club at 757.423.4500 or Email [reservations@norfolkyacht.com](mailto:reservations@norfolkyacht.com). Visit NYCC's website for more event details.



### Sunday, September 1st

Come celebrate Labor Day Weekend at NYCC! Our poolside celebration will take place on Sunday, September 1st. Featuring a DJ from 4-8pm, buffet-style cookout from 4-7pm, water slide, and poolside games and relay races throughout the day. Please RSVP for the cookout by August 31. The price increases day of. Call the front desk at (757) 423-4500, Email [reservations@norfolkyacht.com](mailto:reservations@norfolkyacht.com) or register Online at [norfolkyacht.com/events](http://norfolkyacht.com/events).



### Friday, September 6th | 6-8 p.m.

Join us in the Deck lounge area for a complimentary wine tasting. All wines will be available for purchase by the bottle.



### Friday, September 20th | 5:30-7:30 p.m.

Bring your furry companion out for a doggone good time! Featuring lawn games, happy hour drink specials, and cocktails on the Skipper's Terrace and back lawn.



### September Sunset Dinner

#### Saturday, September 14th | 6-8 p.m.

Join us for a special dinner at NYCC. Chef Andrew McKee has prepared a 4-course menu with suggested wine pairings. The menu is available from 6-8PM. Cost is \$40++ per person, beverages not included. Reservations are required.

Childcare will be available (see 'Parents Night Out'). Please register in advance.



#### Saturday, September 14th | 6-8:30 p.m.

Let us take care of your kids while you enjoy a night at the club! Children ages 6-months to 12-years-old are invited to the Fitness Center for a night of games, crafts, dinner and a movie! Advanced registration required. Please register at the Fitness Center or call (757) 489-5385. Cost is \$12 per child. Space is limited.

## SAVE THE DATE

S'mores on the Shore - Happy Hour  
Friday, October 18 | 5:30-7:30 p.m.

BYOB (Bring Your Own Bottle)  
Wine Dinner - Friday, October 11

Family Halloween Party  
Sunday, October 27 | 5:30-8 p.m.

Family Bingo Night  
Wednesday, November 13 | 7:00 p.m.

Ladies' Holiday Shopping Day Out  
Saturday, November 16 | 10 a.m. to 1 p.m.

## ▶ FROM THE PRESIDENT

If you have ever owned a beautiful home, car, boat or perhaps a dog you know what pride you take in its appearance. It's especially true when someone approaches you and states how lovely it is. "Your dog is so beautiful. Do you mind if I pet her?" When you hear that you take pride in your pet. Of course, only you know how much work it was when she was a puppy or the humiliating task of using the plastic bag on your walk. But at that moment when you receive the compliment you forget all the rest. You also know how much work it takes to maintain a home, car or boat. Having something aesthetically pleasing isn't always easy.

Our club is becoming more beautiful each month. Many of us are excited about the next phase with a focus on the clubhouse. I would contend that it is the most beautiful view of any dining venue in our city. Now we

have a chance to make it even better. Having something this aesthetically pleasing isn't always easy.

Within the next month we will be receiving an asset replacement schedule from a consulting firm which will outline items needing replacement and a schedule that will show when things need to be replaced in the future. Our fitness facility is 20 years old and our clubhouse is 50 years old. When we receive the asset replacement schedule we are likely to find that there are some significant items requiring urgent replacement. We are playing catch up on some of this and it will require funds and time. So far we have seen our fitness center and pool area receive some beautiful enhancements. Our tennis complex is also well on its way to becoming a beautiful top notch facility.

Asset replacement will be largely the

unseen items that will make the facility safer, more comfortable with mechanical systems, electrical systems and roofs that are reliable. This will not keep us from beginning work on new dining areas.

As we continue to improve on the member experience with new amenities we will want to be sure we have the systems that support it. That is how we help this club become the premier club in our area. We are making this facility a place for all of us to enjoy with the bones needed for our children to enjoy too. It will be worth it as we create new memories every year.

Jim Forrester  
NYCC President



## ▶ FROM THE GENERAL MANAGER

As we approach the end of summer, I want to first remind you the pool will remain open daily through the end of September on a modified schedule. The Cabana Bar and The Galley will remain open on a limited schedule as demand warrants, but for sure open on the first two weekends at least. It has been a great summer by the pool, and it was largely a result of the leadership by Cheryl Lehmkuhl, our Fitness Director since 2011. Cheryl took on an expanded role at NYCC this summer by adding management of The Galley and Cabana Bar to her list of responsibilities. I think you would agree she really put her signature on the operation, and the fun meter radiated because of the energy infused by Cheryl and her team. Bravo to the entire NYCC pool staff.

Next up is to let you know of a minor change to breakfast and brunch on Sundays in the clubhouse starting in September. Typically, an expansive breakfast buffet is served in the morning, and then we transition into a larger, heavier, and more expensive, full brunch menu just before lunchtime. We have been

tracking the consumption of both breakfast-type items and dinner-style selections, and probably of no surprise, breakfast offerings are far more popular on Sundays. In fact, the lion's share of the food waste on Sundays is from the non-breakfast fare. So, on a trial basis, we will trim back the full brunch menu to one that is breakfast focused, like the 9:00am morning breakfast buffet you know, and run this through lunchtime until 2:00pm. We think you will like the much lower price, and we will have less food discarded which saves the club money. And if you're craving a lunch dish, you may order off of the regular menu.

As mentioned in my column last month, banquet sales have noticeably dropped in 2019. The bookings through the end of the year look good but we can certainly accommodate many more events. If you have not yet selected a location for your holiday parties and celebrations, I encourage you to bring that business to your club. We recently revamped the special event menus with new items, and now offer optional packages where you simply pick what you want for the food

and bar, then pay a known price per head. No surprise bar bills and you stay easily on budget. Renovations are not planned for the clubhouse in 2019 so remove that from any concern. Contact Michele or me to help plan your next event at NYCC.

Speaking of clubhouse renovations, planning for improvements is well underway by the House and Building Committees. Request for proposals (RFPs) are scheduled to be sent to five architectural / design firms the first week of September. Bids are due in by September 30th and our goal is to present a recommended firm to the Board of Governors at their October meeting. Stay on the lookout for our next town hall briefing sometime in early November to learn more on the status of NYCC 2020/FEP.

See you at the club,

Ken Underwood, CCM  
General Manager



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Subscribe now! Go Online to [www.NorfolkYacht.com/Email](http://www.NorfolkYacht.com/Email) and sign up to receive the latest club news and updates.



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!



### Download Our App!

Make reservations, register for events, set up Online payments, and more, all from your mobile device! Visit [www.norfolkyacht.com/app](http://www.norfolkyacht.com/app) for details.

## Q&A WITH CLUBHOUSE MANAGER JOHN WILLIAMS



**Q: Why did you decide to take the NYCC position? What attracted you to NYCC?**

A: The opportunity to bring my experience with every aspect of food and beverage operations, as well as an emphasis on hospitality made this a perfect fit for me. I saw an opportunity to engage with people and develop relationships and make lives better. That's what drives me. That and making the member experience something to brag about!

**Q: What have you enjoyed most about NYCC so far?**

A: Meeting all of the members! I believe that I've started to develop some great relationships with the members that I've met and look forward to meeting with and engaging with more every day.

**Q: What challenge or challenges have you noticed?**

A: I see some opportunities to improve the overall experience for all of the members through improvements in hospitality, service, food, special events, etc. We have an incredible facility and environment here at Norfolk Yacht and we have a great team across the board and overall we do an awesome job; my goal is to get better and better every day.

**Q: What excites you most about the Facilities Enhancement Plan (FEP) and the main clubhouse renovation?**

A: There are so many great things coming down the road with the FEP plan; to be part of something of this scale and being able to have a positive impact is exciting and I am inspired by the fact that so many members are just as excited as I am.

**Q: What could members do to make their dining experience better?**

A: I welcome all feedback whether it's related to Food and Beverage or something else. I say communication is the key so if you need anything let me know! Also, as a side

note, it helps us improve the dining experience when members make advance reservations in our restaurants, especially for special events like our phenomenal Seafood Buffet.

**Q: What has been your favorite dish served at NYCC?**

A: Recently, the lamb steaks, the paella and the Cacio e Pepe with the incredible shrimp!

**Q: Favorite team: UVA or Va Tech or someone else?**

A: I attended ODU and a lot of my friends either went to UVA or Tech. ODU, of course, did not have a football program at that time, so we would go up to visit both schools. For whatever reason, I somewhat gravitated toward VT. I had a lot of fun at both, though. Years later I was made an honorary Hokie by some friends that I knew through the restaurants that I was involved with so I have to claim Virginia Tech.

**Q: Which would you pick: Beer or wine? Dessert or appetizers?**

A: Toughest one yet! Depends on the meal and the occasion, I suppose. One of my favorite things to do when dining out is actually to sit at the bar and order several appetizers or small plates and pair the wine with each app course. That being said, I don't believe it gets much better than some good hot wings and an ice cold beer!

## Sunday Breakfast at NYCC

9AM - 2PM IN THE DECK

Adults: \$14.00 | Children: \$7.00

### Featuring

Chef Attended Omelet Station  
Eggs Benedict  
Waffles, French Toast and Pancakes  
Smoked Bacon and Sausage  
Fresh Fruit and Yogurt  
Grits and Home Fries  
Bloody Mary's & Mimosas  
And much more!





Summertime fun with friends and family!

Here's a look back at another amazing summer at NYCC.



Sea Dragons End-of-Season Party



First Friday Wine Tasting



Poolside Bingo



Family Fishing Day



Memorial Day Celebration



Thursday Night Family Fun Sailing and Burger Bar



Rosé All Day Pool Party

## LET US ENTERTAIN YOU

Chip Finch calls NYCC's entertainment committee "the most fun committee at the club." Finch, who is serving his second term as Entertainment Committee Chairman, hopes to bring back some of the old-time fun, reviving some favorites such as Pork-a-Palooza and creating a bunch of new "specialty events."

"We want to make the club a place that will have something for everyone of all ages," said Finch, a 20-year member who has also sat on the Board of Governors.

"Back in the day when I first joined, we had Saturday night dances. The club was where you came. There wasn't the competition we face now, like ODU football and things like that. There wasn't the competition we have today. We have to give members more choices."

Among activities he'd like to see at the

club are more events especially for the 10-12 and 13-15 age groups. "Maybe a team fishing tournament." Finch said he's also exploring adding more fall concerts for seniors, bringing in more speakers and partnering activities with tennis and yachting. "That's just some of the ideas we're considering," he said.

Finch is looking to recruit a variety of members to help. "We need ideas from young, single members, those with kids and older people to tell us what they'd like.

"We meet once a month for 40-45 minutes," said Finch who is the Operations and Strategy Manager for the City of Norfolk. But don't call him a computer geek. "I can't spell IT," he said.

Come on out and join the committee. Sounds like you'll be in for an entertaining evening.

## HISTORY CORNER

In April of 1899, NYCC Secretary F.W. Taylor sent members a post card inquiring their position regarding a Virginia statue on the dispensing alcohol. If the club wanted to dispense wines, beer or "spirituous liquors," a license tax of \$1 per member had to be paid. To dispense only malt liquor, it would be a cost of 50 cents per member for a license.

The matter would be presented to the County Court of Norfolk later that month. What a contrast to all the issues members are asked to comment on today!

Looking forward, the Legacy Committee would like to interview or conduct oral histories of long-standing members, including past presidents and other leaders. If you are interested in sharing your stories, please leave a note at the front desk of the club.

# YACHTING, JR SAILING, WATERFRONT

75<sup>th</sup> Annual

## LABOR DAY REGATTA / GOVERNORS CUP

The club is proud to present and support the 75th Annual Labor Day Regatta and Governors Cup. This regatta is rich in history and was at one time the biggest regatta held on the bay for one design sailboats. The regatta is currently under going a resurgence of participation and support both on and off the water here at the club and should prove to be a fun weekend for all club members to enjoy. This prestigious event got its start when the club yachting committee members reached out to Governor Colgate W. Darden, Jr. back in 1944 asking for a help procuring a trophy worthy of honoring the Hampton One Design sailors in order to promote good sportsmanship among the many challengers for this event. The Governor Cup currently sits behind the bar in the Lafayette Room of the main clubhouse and is a beautiful example of a historic tradition. This years' regatta is a

free event as it has always been for race participants to enjoy. It is open to any class with three or more participants and we look forward to seeing Hampton One Designs, Flying Juniors, Flying Scots., Melges 14, Sharks, Comets, Laser, Opti's Laser, Moths and others. Individuals who wish to participate should visit the Yachting page on NYCC's website to register for the regatta. Anyone who wishes to use a club supported FJ, Flying Scot or Opti please indicate that as well, so that we can reserve one for you. This years' event will include a post-race social gathering on the back lawn for all regatta participants, volunteers, families and club members looking for a great time overlooking the harbor. We can't wait to see you there and look forward to your help building this regatta back up to the most anticipated event on and off the water as it once was.

The regatta will be held Aug. 31-Sept. 1.

## DOUBLE HEADER WEEKEND

NYCC recently hosted a pair of regattas, the 57th annual Broad Bay Sailing Regatta and the Wolcott Memorial Regatta.

The 57th annual Broad Bay Sailing Regatta took place on Saturday June 29th, which provided lots of action courtesy of the Hampton One Designs, A-Cats, Laser and FJs class sailboats. The wind held pretty consistently and provided just enough for plenty of hiking throughout the day. Gordy Stokes and his crew Harrison Thompson won the Broad Bay Bucket for finishing first in the Hampton class. The award goes to the class that has most boats entered. It was Gordy's first race in his new, wooden Hampton One

and first time Thompson crewing in one. Well done gentlemen!

The action continued on Sunday with the 20th annual Wolcott Memorial Regatta. The Regatta is held each year courtesy of the entire Wolcott family in Memorial and honor of Judge Wolcott, who was himself a past Hampton One Design national champion and huge class supporter. The wind picked up Sunday and proved to be a bit of a challenge for the race teams. In the end, the Wolcott Memorial Trophy was presented by his son Eddie Wolcott to the late judges' grandson Gordon Wolcott and his sister Sarah Wolcott. Another fantastic job!



Race participants after a great weekend on the water.

## FALL YACHTING DINNER

Save the Date for the annual Fall Yachting Dinner on **Friday, October 25th**. Our speaker will be Dave Mayfield, former environmental reporter of the Virginian-Pilot. Dave conceived Catch the King, a citizen-science project for measuring the highest tides in hundreds of locations in Hampton Roads on the day of each year with the highest predicted astronomical tide (not counting floods or storms). The findings will provide us with meaningful evidence of what sea level rise means to local cities.

Cocktails start at 5:45 p.m. followed by dinner in the Main Dining Room of the Clubhouse. Please register by calling the Club at 757-423-4500 or register Online at [norfolkyacht.com/events](http://norfolkyacht.com/events). Cost is \$29.95++.

## KEELBOAT RACE SERIES

### Schedule:

- #1 - August 30 (Friday) - 6 PM
- #2 - September 6 (Friday) - 6 PM
- #3 - September 13 (Friday) - 6 PM
- #4 - September 20 (Friday) - 6 PM
- #5 - September 27 (Friday) - 6 PM
- #6 - October 5 (Saturday) - NOON



Gordon, Sarah, and Eddie Wolcott with the Wolcott Memorial Trophy



Gordon Stokes and Harrison Thompson being presented the Broad Bay Bucket by Jerry Patenaude.

 SIGN UP TO RECEIVE EMAILS ABOUT WATERFRONT ACTIVITIES, SAILING, BOATING RENDEZVOUS AND MORE. VISIT [WWW.NORFOLKYACHT.COM/EMAIL](http://WWW.NORFOLKYACHT.COM/EMAIL)

## RESTORATIVE YOGA WORKSHOP

**September 14th 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. Give your body the time and space to release tension and free your joints from aches and pains. Enjoy learning basic postures, long stretches, resting on support, and breathing deeply.

Sign up in advance at the Fitness Center front desk or call (757) 489-5385. Minimum of 4 for class to take place and a maximum of 11. Cost is \$8 per person.

## YEAR-ROUND YOUTH SWIM

Back by popular demand! Year-Round Swim starts October 1st and will take place Tuesdays and Thursdays at 6:30 p.m. Emphasis will be on youth instruction and will focus on stroke technique, flip turns and conditioning. Cost is \$60 per month and swimmers may attend as many sessions as desired. Register at the Fitness Center front desk. Participants must be able to swim one length of the pool.

## SWIM TEAM WRAP UP

This summer was such an amazing swim season! Thank you to all the swimmers, parents, volunteers, assistant coaches, and employees of NYCC. We couldn't have run things so smoothly without your help. We accomplished 3 wins this season and sent numerous swimmers to the divisional meet and the all-star meet. Many of our swimmers set personal best times this year and a ton of fun was had by all! I'm very excited to see what next summer holds for the Sea Dragons and the swimmers. Thank you for a great season!

*-Head Swim Team Coach, Alyece Galbreath*



Now is the time to get back into your fitness routine! Check out our Group Exercise schedule. We have a lot of trendy new workouts and will continue to offer our small group training.

We can also challenge you with our **30-Day Burpee Challenge**. Do you have what it takes to enter? Complete each daily task and then check your progress. At the end of the month, you will be entered in a drawing to win some awesome prizes. Register at Fitness Center. Beginner and intermediate levels of difficulty.



## SQUASH LEAGUE

Registration is open through September 27th. Register at the Fitness Center front desk or Email Noel at [ncflemmer@gmail.com](mailto:ncflemmer@gmail.com).

Cost is \$75 for members; \$125 for non-members (sponsored by a member); team captains receive 50% off. Captains must attend draft, attend at least one team practice, report wins to Commissioner Noel Flemmer and distribute team merchandise.

Draft is Friday, September 27 at 7 p.m. Practice Week runs from Sept. 30-Oct. 4. League play begins Oct 7. Playoffs begin in mid-November and run for three weeks (no play Thanksgiving Week). Championship Sunday is in mid-December.

## LOST & FOUND

If you or a family member left any items in the locker rooms, sailing room, fitness center or indoor/outdoor pool area please ask about it soon. We will be donating ALL items on Friday, September 6th, 2019. Thank you!

# RACQUET SPORTS

Tennis Shop (757) 423-6737

## 2019 MEMBER-GUEST TOURNAMENT

**October 18-20 2019**

Grab a partner and come experience this annual championship tournament at NYCC's newly renovated Racquet Sports Complex. There will be great prizes, food and lots of competitive tennis! With a format of "back draw" matches, everyone should get plenty of court time. Stay tuned for more details.

## MORE COURTS OPEN

Tennis courts #1-4 are now available for play. Please call the Tennis Shop to reserve court time. Construction continues on landscaping, walkways, and one more court which will be used as our center court. Thank you for your patience during construction!

## JR. TENNIS SPOTLIGHT



Benji Casagrande is a 5th grader from Norfolk Academy that likes tennis as much as he likes barbecue chips. He is one of the most committed kids in our junior program. This summer Benji participated in 7 out

of 12 weeks of summer camp and we can see the improvement in his game. He is working his way to get a spot on his middle school tennis team in the future. Keep up the good work Benji!

### Fun Facts About Benji:

- Favorite Food: Mac and Cheese
- Favorite Tennis Player: Rafa Nadal



## JUNIOR TENNIS CLINICS

Jr. Tennis Summer Camp ended on a good note! We invite kids ages 4 and up to keep improving their skills at our weekly Jr. Tennis Clinics starting in September. Call the Tennis Shop to sign up. See the schedule below:

**Rising Stars: 4-8 years old - all levels**

- Tuesday & Thursday: 4:30-5:30 pm
- Saturday: 10:30-11:30 am

**Shotmakers: 9 & up - Beginner to Intermediate**

- Monday & Wednesday: 5:00-6:30 pm
- Saturday: 9:00 am-10:30 am



**JR. TENNIS PIZZA PARTY EVERY FRIDAY 5-7PM**



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



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# SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Breakfast 9am-2pm <b>Labor Day Poolside Celebration</b> - music and cookout start at 4:00pm, games and fun throughout the day Labor Day Regatta Prime Rib Dinner	<b>2</b> Main Club Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm	<b>3</b> Check your email for dining features.	<b>4</b> CardioTennis 9am, 6:30pm Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm	<b>5</b>	<b>6</b> CardioTennis 9am <b>Wine Tasting, 6-8pm, the Deck</b> Fall Keelboat Race #2 - 6pm Jr. Tennis Pizza Night, 5-7pm	<b>7</b> CardioTennis 9am Prime Rib Dinner
<b>8</b> Breakfast 9am-2pm Prime Rib Dinner	<b>9</b> Main Club Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm	<b>10</b> Check your email for dining features.	<b>11</b> CardioTennis 9am, 6:30pm Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm	<b>12</b>	<b>13</b> CardioTennis 9am Fall Keelboat Race #3 - 6pm Jr. Tennis Pizza Night, 5-7pm	<b>14</b> CardioTennis 9am Restorative Yoga Workshop, 10:00am <b>Parents Night Out/Childcare, 6-8:30pm</b> <b>September Sunset Dinner, 6-8pm</b> Prime Rib Dinner
<b>15</b> Breakfast 9am-2pm Prime Rib Dinner	<b>16</b> Main Club Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm	<b>17</b> Check your email for dining features.	<b>18</b> CardioTennis 9am, 6:30pm Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm	<b>19</b>	<b>20</b> CardioTennis 9am <b>Yappy Hour on the Back Lawn, 6-8pm</b> Fall Keelboat Race #4 - 6pm Jr. Tennis Pizza Night, 5-7pm	<b>21</b> CardioTennis 9am Prime Rib Dinner
<b>22</b> Breakfast 9am-2pm Prime Rib Dinner	<b>23</b> Main Club Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm	<b>24</b> Check your email for dining features.	<b>25</b> CardioTennis 9am, 6:30pm Pasta & Pizza Night Deck, 5:30-9pm Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm	<b>26</b> Board Meeting, 6pm	<b>27</b> CardioTennis 9am Fall Keelboat Race #5 - 6pm Jr. Tennis Pizza Night, 5-7pm Seafood Buffet 5:30-9pm	<b>28</b> CardioTennis 9am Prime Rib Dinner
<b>29</b> Breakfast 9am-2pm Prime Rib Dinner	<b>30</b> Main Club Closed CardioTennis 9am Fitness: Small Group Training 8-9am; 6-7pm	<b>RESTAURANT HOURS (Closed Mondays)</b> <b>Dining Room</b> Lunch: Tues-Sun 11:30am-2:30pm Dinner: Tues-Sun 6-9pm <b>Deck</b> Sunday Breakfast/Brunch: 9am-2pm Lunch: Tues-Sat 11:30am-2:30pm Dinner: Tues-Sun 5:30-9pm <b>Grill</b> Lunch: Tues-Sat 12-2:30pm Dinner: Tues-Sat 6-9pm				
<b>FITNESS CENTER</b> Mon-Thurs 5am-9pm Friday 5am-7pm Sat & Sun 7am-6pm <b>YOUTH HOURS</b> 7 days/week Mon-Thurs 7-8pm <b>CHILDCARE HOURS</b> Mon-Sat 8am-12pm Tues-Thurs 5-8pm Sunday 12-4pm					<b>Pool Hours:</b> The outdoor will remain open on a modified schedule during September. Please swim at your own risk when lifeguards are not on duty. The breezeway entrance to the pool will open at 4PM Mon.-Fri. and 10AM Sat.-Sun. Please check in at the Fitness Center front desk when the breezeway is not open.	

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