

# **COMMUNITY NEWSLETTER**

### **COMMUNITY MANAGER**

Lynn Ross, LCAM Iross@theiconteam.com 239.317.2414

### **OFFICE HOURS**

9:00 AM - 5:00 PM Monday - Friday By Appointment

### **AFTER HOURS EMERGENCY**

239.285.5462 772.233.7256

### **GUARD HOUSE**

239.390.0180 theplaceguardhouse.west@gmail.com

### **AMENITY HOURS**

BAREFOOT BAR & GRILL PATIO MONDAY & TUESDAY CLOSED

WEDNESDAY, THURSDAY, SUNDAY 11 AM - 8 PM

> FRIDAY & SATURDAY 11 AM - 9 PM

TO GO ORDERS: 239.221.8628

BOURBON BAR: FRIDAY, SATURDAY 6 PM - 11 PM

> CAFE MONDAY - SATURDAY 9 AM - 5 PM SUNDAY 10 AM - 5 PM

TO GO ORDERS: 239.317.2413

POOL DECK: 7:30 AM - 8:30 PM WITH MEMBER ID SUMMER HOURS

WATER SLIDE: CLOSED MONDAY & TUESDAY 11 AM - 6 PM WEDNESDAY - SUNDAY

FITNESS CENTER: 24/7 WITH MEMBER ID

KIDS CLUB: TUESDAY-FRIDAY 10 AM - 6 PM SATURDAY 9 AM - 1 PM

PLAYGROUND / BASKETBALL / DOG PARK: DAWN TO DUSK

TENNIS / PICKLEBALL / BOCCE: DAWN - 10 PM

### HOA WEBSITE

ThePlaceHOA.com

### DIRECTOR OF FOOD & BEVERAGE

JOHN GARCEZ jgarcez@theiconteam.com

### **EXECUTIVE CHEF**

MATT ST. ONGE mstonge@theiconteam.com

### ASSISTANT DIRECTOR OF FOOD & BEVERAGE

DAWN SYFERTT dsyfertt@theiconteam.com LIFESTYLE DIRECTOR

JENNIFER NAKATA jnakata@theiconteam.com

### **KIDS CLUB ATTENDANT**

Liz Balzano Ebalzano@theiconteam.com

### DIRECTOR OF RACQUET SPORTS

PAT GLAUNERT pglaunert@theiconteam.com

### **CAFE MANAGER**

DAWN BLAUVELT dblauvelt@theiconteam.com

### ADMINISTRATIVE ASSISTANTS

MARICELA PONCE mponce@theiconteam.com MICHELE DILLON mdillon@theiconteam.com

### CLUBHOUSE: 239.317.2414

**RESTAURANT: 239.221.8628** 

CAFE 239.317.2413

A Healing Energy Massage Jan Llerena. LMT

Jan Llerena, LMT by appointment: 239.297.1885



# Members

# Favorites

# **BLACKENED REDFISH**

CAJUN SPICED & CAST-IRON BLACKENED REDFISH, CROWNED WITH BOURBON BUTTERED CRAWFISH WITH RICE PILAF, VEGETABLE, & SIDE HOUSE SALAD

\$20

### **BURNT ENDS**

SWEET & STICKY CHARRED BEEF BRISKET ENDS WITH MASHED RED POTATO, VEGETABLE, & SIDE HOUSE

SALAD \$19

# VENETIAN CHICKEN

SAUTEED CHICKEN MEDAILLONS, WITH ARTICHOKE HEARTS, SUNDRIED TOMATO, GARLIC, & SPINACH IN A WHITE WINE LEMON BUTTER WITH ORZO PASTA & SIDE HOUSE SALAD

\$18



JULY 2nd & 3rd WHILE SUPPLIES LAST

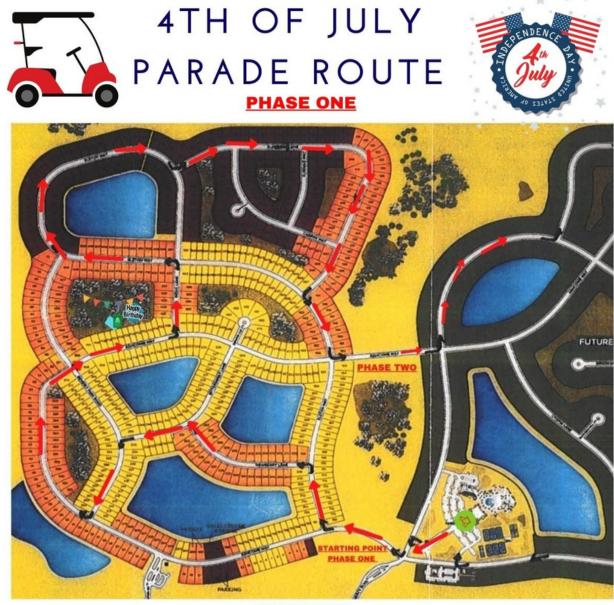




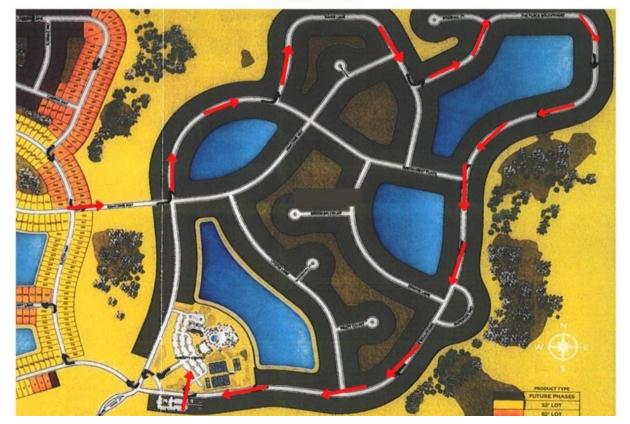
# EVERYONE WELCOME! LINE UP AT 8:30 AM IN FRONT OF THE CLUBHOUSE

PARADE ROUTE BELOW

IF YOU'RE THROWING CANDY JUST A REMINDER CHOCOLATE MELTS FAST



PHASE TWO



# ATH OF JULY POOLSIDE!

XA

DJ CERON 1 - 4 PM

H OF JULY OOLSIDE BBC CHOICE OF CHEESE BURGER 1/2# FOOTLONG DOG **BBQ CHICKEN** HALF RACK RIBS SERVED WITH POTATO SALAD, COLESLAW, & WATERMELON **SERVED FROM 12-3** 

# SUMBER

### SANIBEL SUNSET STRIP STEAK

GRILLED STRIP STEAK GLAZED WITH SUNSET GRILLING SAUCE CROWNED WITH TOMATO GARLIC RELISH ACCOMPANIED WITH ROASTED RED BLISS POTATO, VEGETABLE, & SIDE HOUSE SALAD \$24

### BAREFOOT MOJITO AHI TUNA

THAI CHILI SPICED SEAREAD AHI TUNA CROWNED WITH SWEET HONEYDEW MELON MOJITO SALSA ACCOMPANIED WITH CILANTRO LIME RICE, VEGETABLE, & SIDE HOUSE SALAD

\$19

### BONITA BEACH GRILLED OYSTERS

GRILLED OYSTERS ON THE HALF SHELL WITH GARLIC BUTTER, PARMESAN CHEESE, & DICED TOMATO ACCOMPANIED WITH RICE PILAF, VEGETABLE, & SIDE HOUSE SALAD

\$20

### CAPTIVA CALYPSO CHICKEN

TERIYAKI GRILLED CHICKEN BREAST CROWNED WITH PINEAPPLE-MANGO SALSA ACCOMPANIED WITH CILANTRO LIME RICE, VEGETABLE, & SIDE HOUSE SALAD

\$18

### JULY 9 & 10

WHILE SUPPLIES LAST



# **CHAR-GRILLED OCTOPUS**

DRIZZLED WITH LEMON PARSLEY BUTTER ACCOMPANIED WITH PARMESAN & GARLIC ORZO, TOMATO-CUCUMBER SUMMER SALAD, & SIDE HOUSE SALAD

\$22

# **CHICKEN MARSALA**

SAUTEED MEDALLONS OF CHICKEN WITH WILD MUSHROOMS AND SHALLOTS IN A MARSALA DEMI ACCOMPANIED WITH MASHED RED BLISS POTATO AND VEGETABLE SERVED WITH SIDE GARDEN SALAD \$18

# PORK OSSO BUCCO

SLOW BRAISED PORK SHANK CROWNED WITH RUSTIC TOMATO RAGOUT ACCOMPANIED WITH MASHED RED BLISS POTATO, VEGETABLE, & SIDE HOUSE SALAD \$21

# **SPAGHETTI & MEATBALLS**

SPAGHETTI WITH HOME MADE MEATBALLS & MARINARA SAUCE SERVED WITH GARLIC BREAD & SIDE HOUSE SALAD \$16

### WHILE SUPPLIES LAST

# JULY 23rd \$24th

FRESH SHUCKED OUSTERS

WITH LEMON, COCKTAIL SAUCE, HORSERADISH, & CRACKERS HALF DOZEN \$9 DOZEN \$18

# SEARED GROUPER

PAN SEARED GULF GROUPER ATOP FRESH ARUGULA & FLORIDA CITRUS SALAD DRIZZLED WITH LEMON HONEY RUM VINAIGRETTE WITH GRILLED CIABATTA

TOAST POINTS

\$19

# FRIED SNAPPER

WHOLE SNAPPER MOJO MARINATED, LIGHTLY BATTERED, & DEEP FRIED SERVED WITH RICE PILAF, VEGETABLE, & SIDE HOUSE SALAD

\$22

ROCK SHRIMP

SAUTEED SWEET ROCK SHRIMP IN GARLIC BUTTER SERVED WITH CIABATTA TOAST POINTS, RICE PILAF, VEGETABLE, & SIDE HOUSE SALAD

\$20

# WAHOO

LEMON PEPPER SPICED GRILLED WAHOO ATOP SAUTEED QUINOA WITH FRESH SUMMER VEGETABLES SERVED WITH SIDE HOUSE SALAD

\$21

WHILE SUPPLIES LAST



# SUMMER NIGHTS!!!

# MOLLY MOO'S ICE CREAM TRUCK

HAND DIPPED ICE CREAM

THURSDAY NIGHTS 7PM-9PM

NEXT TO THE PLAYGROUND

# Fresh Catch Fish Co. TRUCK Saturdays **12 PM - 2PM PAVILION NEXT TO PLAYGROUND**



711140000

eshCat

SHELL FISH

Clams King Crab

Cold or War Mussels Sea Scallops Soft Shell Crab Stone Crab Claws

POT PIE

CHICKEN

FreshCatchFishCo.com | Toll |

### DIPS

Crab Dip Lobster Dip Salmon Artichoke Dip Smoked Whitefish dip

STUFFED FISH

der with Crabe der with ricott eat feta & sp with ricotta, feta & s adterranean Stuffed Flound mon Pinwheel with Pesto mon Pinwheel with ricotta, Jacon & spinach

### WILD SHRIMP Key West Pinks, Peeled and Develoed Jumbo Key West Pinks, Shell On Argentinian Reds, Peeled and

reined



STEAKS CHOPS BURGERS

C

Brisket Short Rib Burge Culotte Cut Cap Sirloin Filet Mignon Kobe Silders NY Strip Prime Beef Burgers Rib-eye T-Bone White Heritage Chi tage Cheshire Pork Chop

### HOMEMADE PREPARED MEALS

POT PILE Beel Tenderloin Poppysied Chicken Roated Chicken Jambalaya Shrimp, Andouille Sausage & Rice Shepherdh Pie Cajun Shrimp, Mac and Cheese In Shrimp Mac and Cheese Chab Cakes Gif Cable Cheese Gif Cab Cakes Gif Cab Cakes Checken Reset son Striker S



KILLINGA holish pork sausage in hely Seasoned with firsh garlic, Seasoned with firsh garlic, 6 oz. links. Seasoned wit narjoram, black pepper, i ere are two big lin

SWEET [INILIAN ditional spices, including fennel seed, ason this authentic Tuscan style Italian pork seusage. Precise: Sever Compary's annual local flore event, our neverest businums in annual local flore event, our neverest businums in made with their Raging, Belgian Shyle RA, Ittis made with all natural Dans pook and fissh gringer, costander, and graphotic set to accemate both the fauor of the berr and the sweetses of the pook.

### HILF SMOKE

a 3.5 cc, half beef and half pork link resoned with peppet, garlic, and whole ustand seeds. The light, smokel flavor can est be complimented by a lish of spicy satad but if you want to go all out dress here with fresh diced phones, dhis, and shredded chiese.) OKORIZO PICANTE. authentic Spanish style chorizo is a fresh pork sausage made with a caveful balanc of het papeka, smokied Spanish papeka. Hesh garle, and just encough cayenne pepper. Try it as the base for a paella, or

### BRATTWURST

20% beef, seasoned with lemon zest, eks, allspice, oregano, and white pepp Top with sauerkraut and mustael, and ith peppers and poten mosed with a fried egg THE ORCHEN longside a (German-style) A beet Four 3.5 oz. links in a A lovely combination or predients including fresh-gin me juice, mild and medium i ad green curry will delight for

ORCKE'N PUPLI The combination of real apple cider make this a flavorful say kids and adults alike will love wonderful breakfast saysate. great with

### ORCHIN PASE

na Five 2

made with all natural local chicken, made with all natural local chicken, seasoned with loads of fresh basil and a int of fresh guile. This susage is great or the gril, as an addition to parsa, quiche, and so many other dishest

MEDITERRATION LOND All natural lamb seasoned with gar shallots, and cilanto. We don't use any black or white pepp this recipe, so it has tons of flavor and zero heat.

LOUB MERCUEZ

### ROSEMARY LAND

com | Toll Free 833-559-7676

FRESHCATCHFISHCO.COM TOLL FREE 833-559-7676

### -res hCa FISH WITH INTEGRITY FISH CO.

### FRESH FISH

Halibut Hog Fish Monkfish Ora King Salmon

Pompano Red Snapper Redfish Scamp Grouper

Amber Jack Amber Jack Black Grouper Chilean Sea Bass Cobia Cod Corvina Faroe Salmon Flounder Grouper Cheeks

### Haddock

### Amber Jack Black Grouper Catfish Chilean Seabass Clam Chowder Clams Cobia Cod Corvina Flounder Flounder Foroe Salmon Fresh Water Walleye Grouper Cheeks Haddock

Sea Scallops Sheapshead FROZEN FISH Halibut Hog Fish Family Pack Hog Fish Lane Snapper Lobster Bisque Lobster Meat

Lobster Tails (Cold or W Mahi Mahi Monkfish Mussels Ora King Salmon Orange Roughy Pompano Rainbow Trout

Snowy Grouper Swordfish Yellow Edge Grouper Yellowtal Snapper Trigger Fish Trigle Tail Tuna Yellowfin Sushi Grade Ahi Wahoo Wahoo

Sheepshead Sockeye Salm Swordfish TriggerFish Tripletail Tripletail Tuna Yellow fin Sushi Grade Ahi Wahoo Yellow Perch Yellow Edge Grouper Yellowtail Snapper



### Redfish Red Snapper Scamp Grouper Sea Scallops



# TUESDAY JULY 20TH

DOORS OPEN AT<br/>DOORS CLOSE AT<br/>TO BEGIN PLAY AT6:00 PM<br/>6:50 PM<br/>7:00 PM

\$10 FOR 3 CARDS 10 GAME PACK

### 50/50 RAFFLE

## CASH ONLY FOR GAME CARDS, RAFFLE, SNACKS AND HOTDOGS & POPCORN BAR IS OPEN!

(NO OUTSIDE FOOD OR DRINKS ALLOWED) 18 YEARS OLD AND UP TO ENTER

LOCATION: BAREFOOT BAR & GRILL

~ NO BINGO IN AUGUST ~ BINGO WILL MOVE TO THE FIRST TUESDAY OF THE MONTH STARTING SEPTEMBER 7TH

# **DESTINATION OF CONTRACT OF CONTRACTOR OF CONTACTOR OF CONTACTOR OF CONTACTOR OF CONTACTOR OF CONTACTOR OF CONTACT**

# 7.24.21 1 PM - 4 PM DJ KEVIN

# JULY ENTERTAINMENT



# **DAVID HUNTER**

SATURDAY 7-3-21 7 PM - 10 PM

**THE BOURBON BAR** 

# BRENDAN O'MALLEY

JULY 17TH 7PM - 10PM Bourbon Bar

### **MOVEMENT ROOM & AQUATIC CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM LET'S MOVE FITNESS BODY PUMP	7:15 AM TOTAL BODY BOOTCAMP	8:00 AM LET'S MOVE FITNESS BODY PUMP	7:00 AM REVV ABS, BUNS	8:00 AM LET'S MOVE FITNESS BODY PUMP	9:00 AM BEACHBODY	9:00 AM BEACHBODY
9:00 AM YOGA 10:00 AM ZUMBA GOLD	8:00 AM PILATES 9:00 AM BEACHBODY	9:00 AM YOGA	& GUNS 9:00 AM PILATES WITH PROPS/BARRE	10:30 AM WATER AEROBICS	10:00 AM CARDIO SCULPT 12:00 PM	
10:30 AM WATER AEROBICS 3:00 PM PETITE	3:00 PM TUMBLING TOTS	10:30 AM WATER AEROBICS 4:00 PM HIP - HOP 1		12:00 PM BALLROOM DANCING PRACTICE	ADULT BALLET 1:30 PM OVERALL PHYSICAL TRAINING	
BALLET A 4:00 PM BALLET 1A	4:00 PM ACRO 1 5:00 PM ACRO 2	5:00 PM LYRICAL / CONTEMPORARY 2	4:00 PM PRE-JAZZ 5:00 PM	4:00 PM JAZZ 1 5:00 PM		
6:00 PM PILATES 7:00 PM YOGA		7:15 PM SOCIAL & LATIN DANCING (ADULT)	BALLET 1B 6:30 PM ADULT BALLET	MUSICAL THEATRE		

WATER AEROBICS: MONDAY, WEDNESDAY & FRIDAY -10:30 - 11:20 AM **INSTRUCTOR: SUZANNE** 

**BEGINNERS THROUGH** EXPERIENCED WELCOME!

INCREASED MUSCLE STRENGTH, FAT LOSS

**BRING NOODLE OR** WATER WEIGHTS. \$6.00 PER CLASS

YOGA: **MONDAY & WEDNESDAY** 9:00 AM **INSTRUCTOR: PEGGY** 

**VINYASA FLOW YOGA** FOR BEGINNER AND INTERMEDIATE YOGIS. YOGA IS FOR EVERY BODY!

FLEXIBILITY IS THE MOST **OVERLOOKED PART OF FITNESS AND WORKING** ON IT WILL MAKE YOU STRONGER, PHYSICALLY, **MENTALLY AND** SPIRTUALLY. WE WILL WORK ON IMPROVING YOUR ALIGNMENT **BALANCE, STRENGTH** AND MIND.

\$5.00 PER CLASS FEEL FREE TO BRING PROPS, YOGA BLOCKS OR A YOGA STRAP IF YOU **USE THEM IN YOUR** PRACTICE.

### YOGA

MONDAY 7:00 PM **INSTRUCTOR: LISA 60 MINS GROUNDING** FLOW OF HIP AND HEART **OPENERS. BEGINNERS** AND INTEREDIATE YOGIS. MODIFICATIONS, STRAPS AND BLOCKS WILL BE OFFERED. FEEL YOUR STRESS MELT AWAY AS YOU JOUNEY INTO THE POSES. I BELEIVE YOGA IS ABOUT THE BALANCE

**BETWEEN STRENGTH AND** 

FLEXIBILITY.

\$5.00 PER CLASS

### **ZUMBA GOLD MONDAY - 10:00 AM INSTRUCTOR: PAT**

DO YOU WANT TO IMPROVE YOUR MUSCULAR STRENGTH AND ENDURANCE CARDIOVASSCULAR SYSTEM, RANGE OR MOTION REDUCE STRESS AND ANXIETY, MEET NEW PEOPLE AND ENHANCE YOUR OUALITY OF LIFE? JOIN ZUMBA GOLD. OPEN TO EVERYONE WHO WOULD LIKE TO JOIN! FREE CLASS

**PILATES, STRETCH: TUESDAY 8:00 AM** MONDAY - 6:00 PM INSTRUCTOR: LISA

VARIOUS EXERCISES **DESIGNED TO IMPROVE** PHYSICAL STRENGTH, FLEXIBILITY AND POSTURE. ENHANCE MENTAL AWARENESS AND DE-STRESS. COME JOIN ME! \$5.00 PER CLASS **REVV UP (HIIT):** TUESDAY - 7:00 AM **INSTRUCTOR: GABRIEL** FITNESS CENTER

HIGH INTENSITY INTERVAL STYLE TRAINING (HIIT) DESIGNED FOR MAXIMUM FAT BURN WITHIN A SHORTER TIME FRAME. PERFECT FOR ANYONE WHO WANTS RAPID FAT LOSS AND TOTAL FITNESS CONDITIONING. \$5.00 PER CLASS

### ADULT BALLET THURSDAY 6:30PM SATURDAY 12 PM **INSTRUCTOR: MS. YELENA**

**IDEALLY FOR ADULTS WHO** WISH TO PRACTICE BALLET WHILE IMPROVING FITNESS. **QUALITY DANCE** INSTRUCTIONS. INDIVIDUAL ATTENTION A CARING INSPIRING AND FUN ENVIROMNET. **\$15 CASH PER CLASS** 

### TOTAL BODY BOOTCAMP **TUESDAY 7:15 AM** INSTRUCTOR: KELLY

GET YOUR HEART PUMPING WITH THIS TOTAL-BODY, INTERVAL, BOOTCAMP STYLE, CIRCUIT! MELT FAT AND BUILD LEAN MUSCLE WHILE ROCKING OUT TO SOME GREAT MUSIC AND MEETING NEW FRIENDS BETWEEN SETS. \$5.00 PER CLASS

**REVV ABS, BUNS, AND** GUNS : THURSDAY - 7:00 AM **INSTRUCTOR: GABRIEL** 

EVERYTHING YOU NEED TO SCULPT, BUILD AND FIRM YOUR CORE, GLUTES AND ARMS. YOU WILL GAIN MUSCULAR ENDURANCE. TONE AND DEFINITION AS WELL AS EXPERIENCE AN INCREASED CALORIE BURN. \$5.00 PER CLASS

### LET'S MOVE FITNESS **INSTRUCTOR: ELYSE** YOUTUBE

USING LIGHT TO MODERATE WEIGHT WITH LOTS OF REPITITION, THIS **CLASS WILL GIVE YOU A** TOTAL BODY WORKOUT. GET LEAN, TONED & FIT! FREE CLASS

SOCIAL & LATIN DANCING INSTRUCTOR: RODNEY WEDNESDAY 7:15 PM

LESSON WILL COVER **RHYTHM, PARTNERING &** MOVEMENT. DANCES WILL BE: SWING, RUMBA, SALSA, FOXTROT AND CHA CHA TO NAME A FEW. ADULT CLASS \$10 PER PERSON OR \$15 PER COUPLE

### PERSONAL TRAINER **INSTRUCTOR: GABRIEL**

IN THIS FULL BODY WORKOUT, WE FOCUS ON STRENGTH BUILDING TO ENHANCE LEAN MUSCLE MASS INCREASE. METABOLISM AND CREATE A WITH LOTS OF MORE POWERFUL YOU! CONTACT GABRIEL 917.280.9759

### BEACHBODY MON, WED, FRI 8 AM TUES, SAT, SUN 9 AM INSTRUCTOR: LISA

THIS IS FREE AND OPEN TO ANYONE WHO WOULD LIKE TO JOIN A WORKOUT GROUP. THESE ARE **BEACHBODY WORKOUTS** THAT ARE STREAMED ON THE TV WITH INSTRUCTORS WHO LEAD **US THROUGH A 25-35** MINUTE STRENGTH-TRAINING OR CARDIO WORKOUT.

CARDIO SCULPT SATURDAY 10:00 AM **INSTRUCTOR: VICTORIA** 

**EXPERIENCE THE PERFECT BALANCE BETWEEN AEROBIC** AND BODY SHAPING FIRST WE BURN AWAY THOSE CALORIES TO A HEART PUMPING FITNESS BEAT. **GUARANTEED FUN, WHILE YOU** IMPROVE ENDURANCE AND STRENGTHENING YOUR HEART WITH 25 MINS OF NON-INTIMIDATING **AEROBIC/DANCE MOVEMENTS.** NEXT, FEEL THE BURN AS WE SCULPT, STRENGTHEN AND LENGTHEN, CONCENTRATING **ON ALL THE MAJOR MUSCLE GROUPS USING FREE WEIGHTS INSTRUCTOR:** AND FITNESS TOOLS. \$5.00 PER CLASS CASH OR VENMO/ZELLE

### **PILATES WITH PROPS AND BARRE** THURSDAY 9AM **INSTRUCTOR: JESSICA**

TRADITIONAL PILATES EXERCISES AND **PRINCIPLES WHILE** USING A VARIETY OF PROPS. THIS CLASS IS AIMED TO STRENGTHEN MUSCLES ( LARGE AND SMALL) WHILE IMPROVING POSTURAL ALIGNMENT, FLEXIBILITY AND ENDURANCE. IF YOU ARE LOOKING FOR A CHALLENGING WORKOUT VARIETY ... THIS CLASS IS FOR YOU! \$5 CASH PER CLASS

### BALLROOM DANCING PRACTICE FRIDAY 12 PM **INSTRUCTOR: STEVE**

FREE AND OPEN TO ANYONE WHO WOULD LIKE TO PRACTICE THEIR BALLROOM DANCING.

**OVERALL PHYSICAL** TRAINING: SATURDAY 1:30 PM **INSTRUCTOR: TETYANA** 

CHILDREN'S CLASS AGE 6-18 THIS CLASS IS GOOD FOR THIS CLASS IS GOOD FOR ANY OUTLETS, (FIGURE SKATERS, DANCERS, SOCCER PLAYERS, GYMNASTICS, ETC. JUST GOOD FOR OVER ALL HEALTH. THIS IS A FULL BODY WORKOUT THAT JUST HELPS WITH ALL BODY COORDINATIC BALANCE AND FLEXIBILITY.

YOU WILL NEED SNEAKERS, YOGA MAT, A JUMP ROPE, AND A BOTTLE OF WATER. **\$15 PER CLASS** 

CHILDREN'S DANCE CLASSES: GABRIELLA

CHILDREN'S DANCES CLASSES

FROM AGES 3 -18 MONDAY - FRIDAY **MULTIPLE STYLES** OFFERED

ZERO GRAVITY DANCE CENTER

\$12 PER CLASS **\$40 PER MONTH** 1 - CLASS PER WEEK **\$75 PER MONTH** 2 - CLASSES PER WEEK

305.394.2630 ZEROGRAVITYDANCECEN TER@GMAIL.COM

# BREAKFAST AT WIMBLEDON

All White Tennis Clothes Please

Racquets will be provided for all to use from the 60's & 70's

### SUNDAY, JULY 11 8-9AM FUN ROUND ROBIN PLAY ON OUR NEW GRASS COURTS!

At 9am - Watch the Men's Final at The Restaurant with Pat

### MENU

Scones Strawberries and Crème Cucumber and Cream Cheese Sandwiches Tea Champagne Stella Beer

### SIGN UP ON SALIX

\$15 PER PERSON ALCOHOLIC BEVERAGES NOT INCLUDED



### The Place New Health & Fitness Offerings! (via resident coach and massage therapist Nick Lambe)

 Kinstretch: A movement enhancement system that develops maximum body control, flexibility, joint health and USABLE ranges of motion.
Scientifically proven principles are applied in a group training class setting to create improved joint health, body control, injury prevention, physical longevity, and greater movement capacity. Unlike other systems, it was specifically created by medical and physical conditioning professionals to result in improved flexibility, strength, body control, and better quality of life. Kinstretch practice also involves a self-assessment system allowing you the ability to monitor your own body for dysfunction that may be causing pain, loss of performance, or that may be putting you at an increased chance of injury. In addition to use with everyday people, it has also been used by professional coaches and athletes from around the world including the NFL, NBA, MLB, and NHL.

This class is designed to make everything you do easier. Not only does it open up new ranges of motion for your joints, but it teaches your body how to control those new ranges. Rather than being an alternative to other forms of exercise, Kinstretch is a system that prepares you for all these other things. So whether you want to strength train, run, do yoga, garden, or play with your kids, the better you move the better you can enjoy these things.

### kids, the better you move, the better you can enjoy these things

### JOIN US A FREE TRIAL INTRO CLASS ON: SATURDAY 7/24/21 8 AM - MOVEMENT ROOM

2) Health and Fitness Concierge Membership: An affordable but comprehensive approach to improving your health and well being. The membership includes:

Unlimited group classes taught by Nick (Kinstretch, Zone 2 health conditioning)

A 60 minute session of one of the following each month: personal training, massage, fascial stretch therapy.

Access to monthly educational workshops

Unlimited questions and support via email & text

Contact Nick directly for more details at 845-612-3021

3) Kinstretch for Tennis: The kinstretch class described above specifically geared towards the mobility and joint health needed for tennis.

Will be run as a 6 week group starting August 7th

# NEW ADULT CLASS! SOCIAL & LATIN DANCING

# WEDNESDAY EVENINGS AT 7:15 PM - MOVEMENT ROOM

FREE INTRO CLASS ON JULY 7TH 7:15 PM - 8:30 PM

Lessons will cover rhythm, partnering and movement. Dances will be: Swing, Rumba, Salsa, Foxtrot and Cha Cha to name a few.

\$10 per person or \$15 per couple

### Instructor: Rodney Harris

A little about me: Originally from NY I started dancing in the clubs before teaching for both Fred Astaire and Arthur Murray. Teaching has been my life for 40 years. I teach both social and competitive styles. I believe everyone has the ability to dance, all you need is the desire to learn!

# SUMMER CA



**Registration Now** Open!

Ages 6-18 www.bacofdarimskillztraining.com

OF

Basketball Clinic





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Su	mmer Sch Wednesday	edule Thursday	Friday	
ing Tots Gatey - 4pm	1hr Technique Training Available	1hr Technique Training Available	Technique Training Ms. Gabby 3pm - 4pm	
ro 1 Gabby - Spm	Petite Ballet Ms. Gabby 4pm - Spm	Pre Jazz Ms. Grace 4pm - \$pm	Petite Ballet Mr. Alle 4pm - Spm	

6 week intensive June 21st - July 31st

Jazz 1

Ms. Allo Spm - 6pm

Lyrical 1 6pm - 7pm

ZERO

reputation of the state of the 

Enroll online at <u>swfl.soccershots.com</u> (Search "The Place")

WHERE The Place at Corkscrew

Seccer Shots

 $(\cdot)$ 

CLRSUE (Japs 3-5) Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like, dribbiling, passing and shooting. We also highlight a positive character trait each session such as respect, tearmwork and appreciation.

PROGRAMS

ENROLL FOR SOCCER 🕈

**Summer Sessions Available Now** 

manaci i me riace at LOPKSCREW WILE: Wendesdays) [Starts June 21 al Week Season Mornings: Mini @ 520a [ Jassic @ 5400 ] Premier @ 5400 bit: Mini (@ 60a 2-3) [ Classic (@ 6400 ] Premier @ 6400 bit: Mini (Agas 2-3) [ Classic (Agas 3-5) ] Premier (Agas 5-6) CBTS \$128 (525 Annual Reg Fee) \*Monthly Payment Options Available

PREMER (Ages 5-8) Soccer Shots Premier focuses on individual skill, fitness and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.



### SUMMER TENNIS 00 CAMP FOR **KIDS**

TENNIS CAMP FOR KIDS OF ALL AGES AND LEVELS. THEY WILL BE DIVIDED INTO GROUPS BY AGES AND EXPERIENCE.

CAMP WILL RUN FROM 8:30 AM - 11:30 AM JUNE 21ST - 24TH JULY 19TH - 22ND AUGUST 2ND - 5TH

COST IS \$125 PER WEEK - \$35 PER DAY. MULTI-CHILD DISCOUNT IS AVAILABLE THEY MAY ALSO INVITE FRIENDS TO ATTEND.

PAYMENT MUST BE RECEIVED IN ADVANCE TO RESRVE YOUR SPOT.

PGLAUNERT@THEICONTEAM.COM

# YOUTH ART CAMP

### **JUNE 21ST - 24TH** AND JULY 26TH - 29TH 9:00 AM - 11:00 AM

ALL SUPPLIES INCLUDED AGE 7 - 13

CAMP COST: \$100

### **AT THE PAVILION NEXT TO THE** PLAYGROUND

### **INSTRUCTOR/AWARD** WINNING ARTIST

TO REGISTER JENNYMLINCHT@GMAIL.COM

715.590.3445

WISSOTAART.COM **CLASS SIZE IS LIMITED** 



### 2021 Junior Summer Golf Camp

Our golf camps are designed to provide junior golfers an unforgettable golf experience sharing our knowledge and passion for the game to players of all skill levels

Each program will be one week long, meeting Monday to Friday, divided into

The groups will be Par Group (5-7 years) from 8:30-9:30am - \$295 Birdle Group (8-11 years) from 9:45-11:15am - \$325 Eagle Group (12-14 years) from 11:30am -130pm - \$375 Double-Eagle Group (15-17 years) from 1:45am -4:15pm - \$395

Sec.

Available weeks Week 1- June 14th - June 18th Week 4- July 26th - July 30th Week 5- August 2nd - August 6th



The declarant, management company or the association cannot be responsible for those not practicing social distancing or for those who can potentially spread or contract the COVID-19, or any other virus by utilizing any common area components of the community. All common areas of the

community are to be used at your own risk and it is recommended that you follow all CDC guidelines to protect yourselves, just as you would if you were to leave your house for any other reason (i.e.- Grocery Shopping). We do not have the staffing or resources to police the recommended social distancing practices, to sanitize common areas throughout the community or amenity campuses after each individual use, and cannot guarantee that you will not be exposed to the COVID-19 Virus or any other germs or bacteria throughout the

common areas. We will do our best to keep up with the heightened focus on cleanliness and sanitizing practices that have been adopted since this pandemic began. Even with these safeguards, there is still a risk for anyone who uses the

common areas to contract the virus. Each person, homeowner, tenant, family member or guest are responsible for their own well-being, and to protect those around you by practicing good personal hygiene, proper social distancing, wearing the appropriate PPE and to stay home, selfquarantine and seek medical attention if you have any symptoms of the virus.