

## Cheers! Celebrate March!

Toast to the month of blossoms and Spring blooming gloriously as Mother Nature renews with effervescent energy and boundless beauty!



### ACTIVITIES

#### Golf

Challenge two Arnold Palmer signature golf courses, open for daily play from 8 am. Tee times are booked through The Golf Shop. *Touch 4566.*

**The Play With A Pro Program** (2 1/2 hours) is offered daily, subject to availability. *Touch 4603.*

**Golf Lesson Specials:** We have developed three à la carte offerings: Putting Video Analysis, Up And Down Program, and Trackman Radar Analysis. Whether you are a serious golfer or a weekend warrior, we know you will enjoy them. *Touch 4603.*

#### Tennis

Play on one of 45 courts of all four Grand Slam surfaces, from 8 am through the evening (5 lighted), by booking through The Tennis Shop. *Touch 4556.* The Saddlebrook Tennis Hopman Program offers instruction for players of all ability levels, morning and afternoon. Call for reservations and details. *Touch 4200.*

**Quick Start Tennis Program:** An introduction to the sport of tennis for children (ages 6 - 8) in the renowned Hopman clinic. 24-hour advance reservations required. *Touch 4200.* \$100 per child.

#### Swimming

The half-million gallon Superpool with lap lanes, water basketball hoops, water volleyball nets, and hot tubs is open from 6 am to 11 pm. The Swim Shop is open from 10 am Monday - Friday and 8 am Saturday and Sunday with towels, sun screen, etc. Cabana rentals offer comfortable amenities. *Touch 4202.*

The Serenity Pool, located behind Dempsey's Steak House, is reserved for adults 18 and over. There is a third pool at The Sports Village, next to The Fitness Center.

### RECREATION & MORE

In addition to golf and tennis, guests can rent bicycles and fishing poles at The Swim Shop. Maps with measured distances and routes are available for biking, walking, or jogging. See this agenda for our various daily activities. *Touch 4202.*

Basketball and volleyball are available at The Sports Village. Balls can be obtained at The Fitness Center. *Touch 4502.*

#### The Saddlebrook Kids' Club (S'Kids Club)

Designed for kids ages 4 - 12, the program offers a variety of fun, supervised activities from 9 am to 4 pm daily. \$40 per half day; \$80 per full day; family rates available. 48-hour advance reservations, please. *Touch 4202.*

#### The Spa

The Spa offers a variety of services and treatments for both men and women. The Salon, located within The Spa, provides services by appointment. Ask about *The Monthly Spa Feature.*

The Spa is open Tuesday, Wednesday and Thursday: 10am - 6pm; Friday: 10am - 7pm; Saturday: 9am - 7pm; and Sunday: 9am - 6pm. Closed Christmas Day. *Touch 4419.*

### Ask at the Swim Shop or Front Desk for our Nature Walk Map & Guide

### DINING

#### In-Room Dining

Available 24 Hours. *Touch 4750.*

#### Dempsey's Steak House

Open nightly from 6 pm to 10 pm. *Touch 4574.*

#### Dempsey's Too

Open Monday through Friday from 11 am. *Touch 4446.*

#### Tropics Restaurant

Open for breakfast daily from 6:30 am to 11 am Monday through Friday and until Noon on Saturday and Sunday.

Open for lunch from 11 am to 3 pm Monday through Friday. *Touch 4441.*

#### Poolside Café

Open daily from 11 am. *Touch 4206.*

#### Pool Bar

Open daily from 11 am. *Touch 4224.*

#### T.D.'s Sports Bar

Open Monday through Friday from 4 pm to Midnight; Saturday and Sunday from 11 am to Midnight. *Touch 4572.*

#### Coffee Bar

Open daily from 6 am.



## Fitness Center

State-of-the-art cardiovascular and strengthening equipment plus free-standing weights are available for resort guests at The Fitness Center, located at The Sports Village. Advanced physical training at our Elite Training Center, located next to The Fitness Center, and personal

trainers are available with prior reservations. The Fitness Center is open from 6 am to 8 pm Monday through Friday and 7 am to 6 pm Saturday and Sunday. For fitness activities, tennis shoes and work-out clothes are required. Ages 14 and up are welcome. *Touch 4502.*

## WEEKLY SCHEDULE - March 2017

### **Morning Power Walk** (8am Daily - 45 minutes)

Get your morning started off right! Meet at The Swim Shop for an invigorating 45-minute power walk led by a Fitness Instructor. Free to all members and guests.

### **Yoga** (10am Saturdays - 1 hour)

Join our tranquil time to attain physical, mental, and spiritual holistic well-being. Meet at The Swim Shop. \$15 per person.

### **Zumba** (9am Saturdays - 1 hour)

Join a work-out party atmosphere with Latin and international music and flair! Meet at The Swim Shop. \$10 per person.

### **Tai Chi / Chi Kung** (11am Saturday - 1 hour)

Learn from Grand Master Dennis Kelly, 5-time World Champion, Sport Nutritionist, Personal Master Trainer, and Author in an Americanized martial arts program designed to reduce stress; improve blood pressure, focus, concentration, and balance; build strong lean muscles; and increase metabolism. Meet at The Swim Shop. \$10 per person.

### **Family Craft Hour** (1pm Saturday - 1 hour)

Enjoy creating Fall holiday crafts! Come see what we're making each day! Meet at The Swim Shop. Complimentary.

### **Poolside Bingo** (1pm Sundays - 1 hour)

How lucky are you? Meet at The Swim Shop to get your bingo card and join in the fun! Complimentary.

### **Wine & Cheese Reception and Children's Social**

(5pm Saturdays - 1 hour)

Reception featuring American regional cheeses paired with California's favorite wines. \$10 per adult. Children enjoy their own fun. Meet at T.D.'s Sports Bar Patio, unless notified of a location/time change.

### **Dive-In Movie** (Saturdays; Mar. 4 & 11 at 7:30pm; Mar. 17 & 24 at 8:00pm. Approx. 90 minutes)

It's showtime! Join us as the S'Kids Club presents a family-friendly movie at the Superpool, unless notified of a location/time change.



The Saddlebrook lifestyle is available to you and your family year-round. For information, touch 4402 for Saddlebrook Real Estate.

*Pricing, schedule, and activities are subject to availability and change.*