



Welcome to Saddlebrook Resort • August 2011

## DINING AT SADDLEBROOK

### In-Room Dining

Available 24 Hours. *Touch 4750.*

### Dempsey's Steak House

Open Friday and Saturday from 6 pm to 10 pm. *Touch 4574.*

### Dempsey's Too

#### Restaurant & Lounge

Open Sunday through Thursday from 5 pm to midnight. *Touch 4574.*

### Tropics Restaurant

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

Open for lunch from 11 am to 5 pm Sunday through Friday. *Touch 4441.*

### T.D.'s Sports Bar

Open Friday from 5 pm to midnight; Saturday from noon to midnight. *Touch 4572.*

### Poolside Café

Open daily from 7:30 am. *Touch 4206.*

### Pool Bar

Open daily from 11 am. *Touch 4224.*

### Coffee Bar

Open daily from 6 am.

## ACTIVITIES

### Golf

Our two Arnold Palmer signature golf courses are available for daily play from 8 am, and tee times are booked through our Golf Shop. *Touch 4566.*

Our Play With A Pro program (4 hours) is offered both in the morning and in the afternoon, and can be booked through our Saddlebrook Golf Academy office. *Touch 4653.*

Complimentary 30-Minute Golf Clinics are offered Monday through Saturday at 8 am and 3 pm. Please reserve your spot 12 hours in advance. *Touch 4653.*

### Tennis

You may play on one of 45 courts of all Grand Slam surfaces, from 8 am through the evening (5 lighted) by booking through our 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.*

Complimentary 30-Minute Tennis Clinics are offered Monday through Saturday at 8 am and 3 pm. Please reserve your spot 12 hours in advance. *Touch 4556.*

### Swimming

Our 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 8 am with towels, sun screen, etc. *Touch 4202.*

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

## RECREATION & MORE

In addition to golf and tennis, guests can rent bicycles at the Swim Shop and bike around the resort. Maps with measured distances and routes are available for biking, walking, or jogging. The Swim Shop also has fishing rods which can be used at selected lakes. *Touch 4202.*

Basketball and volleyball play are available at our Sports Village, and 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 and stimulating, supervised activities from 9 am to 4 pm each day. \$40 per half day; \$80 per full day; family rates available. 24-hour advance reservations, please. *Touch 4202.*

### The Spa

The Spa offers a variety of services and treatments for both men and women. The Salon is located within The Spa, and both provide services by appointment. The Spa is open Tuesday, Wednesday and Thursday from 10 am to 6 pm; Friday from 10 am to 8 pm; Saturday from 9 am to 8 pm, and Sunday from 9 am to 6 pm. *Touch 4419.*

## Fitness Center

State-of-the-art cardiovascular and strengthening equipment plus free-standing weights are available for resort guests at our 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 6 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 - August 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	
9am		9:00 - 9:30am Core & Stretching		9:00 - 9:30am Core & Stretching			
10am						10:00 - 11:00am Zumba	
1pm						1:00 - 2:00pm Family Craft Hour	1:00 - 2:00pm Pool Games
2pm	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*
3pm	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	
5pm						5:00 - 6:00pm Wine Tasting and Children's Social	
8:30pm						8:30 Dive-In Movie	

**Morning Power Walk (45 minutes)** - Get your morning started off right! Meet at the Swim Shop for an invigorating 45-minute power walk led by one of our Fitness Instructors. Free to all members and guests.

**Core and Stretching (30 minutes)** - Relax your mind and work-out your body during this 30-minute stretching and core-strengthening routine. Meet by the Swim Shop. \$10 fee.

**Intro to Fitness (30 minutes)** - Designed for people who are new to fitness or who have been out of the gym for a while and are looking for instruction on the proper use of machines and weights. Meet in the Fitness Center. Free to all members and guests. *12 hour advance sign-up required.*

**Family Craft Hour (1 hour)** - Come join us each week for a different creative family activity that guests of all ages can enjoy. Meet by the Swim Shop. Free to all members and guests.

**Pool Games (1 hour)** - Come hang out in the pool and enjoy fun and games led by a Guest Activities Team Member. Meet by the Swim Shop. Free to all members and guests.

**Zumba (1 hour)** - Join a work-out party atmosphere with Latin and international music and flair! Meet at Dempsey's Patio. Free to all members and guests.

**Wine Tasting with Flight of Cheeses (1 hour)** - Complimentary reception featuring American regional cheeses paired with California's favorite wines. **Children's Social** - Kids enjoy their own supervised fun. Meet at T.D.'s Sports Bar Patio, unless notified of a location/time change.

**Dive-In Movie (Approx. 90 minutes)** - It's showtime! Join us as the S'Kids Club presents a family-friendly movie at the Superpool with popcorn and refreshments provided, unless notified of a location/time change.



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