



**SPANISH WELLS
GOLF & COUNTRY
CLUB**



May 2024 Newsletter



May 2024 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Tuesday All Day Menu 11a-6p. Happy Hour 3p-6p. Bar open until 8p. Wednesday All Day Menu 11a-6p. Happy Hour 3p-6p. Bar open until 8p. Thursday All Day Menu 11a-5p. Happy Hour 3p-6p. All Day Menu w/Chef's features 5p-8p. Friday All Day Menu 11a-5p. Happy Hour 3p-8p. TGIF Buffet 5p-8p. Saturday All Day Menu 11a-5p. Happy Hour 3p-6p. All Day Menu w/Chef's features 5p-8p. Sunday All Day Menu 11a-6p. Happy Hour 3p-6p.</p>			1	2	3	4
5	6 CLUBHOUSE & GOLF CLOSED	7 New Summer Hours Start Today!	8	9 A la Carte Dinner 5p-8p	10 TGIF Buffet 6p-8p	11 A la Carte Dinner 5p-8p
12 Mother's Day Brunch 10:30a—12:30p	13 CLUBHOUSE & GOLF CLOSED	14	15	16 A la Carte Dinner 5p-8p	17 TGIF Buffet 6p-8p	18 A la Carte Dinner 5p-8p
19	20 CLUBHOUSE & GOLF CLOSED	21	22	23 A la Carte Dinner 5p-8p	24 TGIF Buffet 6p-8p	25 A la Carte Dinner 5p-8p
26 Memorial Day BBQ & Golf Tournament 9am Shotgun Lunch 12p-2p	27 CLUBHOUSE & GOLF CLOSED	28	29	30 A la Carte Dinner 5p-8p	31 TGIF Buffet 6p-8p	

MAY/JUNE 2024

FROM THE DIRECTOR OF GOLF

Reciprocal season begins May 1st. The reciprocal list will be emailed to all Members on May 1st.

During summer season, only 18 holes will be open at any time.

Recent Events Winner:

- **Tyler's Red Team took back the Ryder Cup.**
- **Men's Presidents Cup Winners:**
 - **Blue/White Division: Chris Casperson**
 - **Red/White Division: Chris Phillips**

Memorial Day Golf Event: Sunday May 26th with a gam Shotgun.
Barbeque Lunch served from 12:30p – 3:00p.

Tyler's Tip of the Month:

How to flush your iron shots more consistently.

1. Line up square to your target.
2. Play the ball in the middle of your stance.
3. Use your lead arm (left arm for RH golfers) to drive the club on a downward angle to strike the ball. Don't try to lift the ball.
4. Finish your swing with your belt buckle and belly button facing the target.

Spanish Wells

GOLF AND COUNTRY CLUB

\$25++

Friday, May 3, 2024

6:00p - 8:00p

T.G.I.F Buffet

CHIPS & SALSA FOR ALL

Salad Bar

Tossed Green Salad
Mexican Salad
Fresh Fruit
Fiesta Salad

Dessert

Tres Leches
Spiced Hot Chocolate
Brownies

Entrée

Carnie Asada
Arroz con Pollo
Carnitas
Seared Mahi Mahi
Yellow Rice
Mexican Rice
Grilled Street Corn
Calabacitãs

IF YOU HAVE SPECIAL DIETARY RESTRICTIONS, WE ARE HAPPY TO ACCOMMODATE. JUST LET US KNOW WHEN YOU MAKE YOUR RESERVATION. RESERVATION REQUIRED-CALL 239.992.5100 X201 OR EMAIL DINING@SPANISHWELLSCOUNTRYCLUB.COM DEADLINE IS 5PM ON MAY 1 AT 5PM.

CANCELLATION POLICY: 24 HOURS NOTICE

GUEST WILL BE CHARGED TO MEMBER ACCOUNT WITHOUT EXCEPTION. DRESS CODE: COUNTRY CLUB CASUAL, NO T-SHIRTS, BLUE JEANS OR FLIP FLOPS

KENTUCKY DERBY BUFFET

SATURDAY, MAY 4, 2024

5:00p - 6:30p

\$19 ++

STARTERS

BURGOO STEW

DEVEILED EGGS

OLD KENTUCKY BIBB SALAD

BLUEGRASS SALAD

MIXED GREEN SALAD

COLE SLAW

FRESH FRUIT

DESSERT

DERBY PIE

BOURBON BALLS

Buffet

PULLED PORK BBQ

MINI-TURKEY HOT BROWNS

FRIED CHICKEN

KENTUCKY BOURBON STEAK

TIPS W/RICE

LYONNAISE POTATOES

SOUTHERN STYLE MAC &

CHEESE

GREEN BEAN CASSEROLE

IF YOU HAVE SPECIAL DIETARY RESTRICTIONS, WE ARE HAPPY TO ACCOMMODATE. JUST LET US KNOW WHEN YOU MAKE YOUR RESERVATION. RESERVATION REQUIRED-CALL

239.992.5100 X201 OR EMAIL

DINING@SPANISHWELLSOUNTRYCLUB.COM

DEADLINE IS 5PM ON MAY 2ND AT 5PM. CANCELLATION POLICY:

24 HOURS NOTICE GUEST WILL BE CHARGED TO MEMBER ACCOUNT WITHOUT EXCEPTION. DRESS CODE: COUNTRY CLUB CASUAL, NO T-SHIRTS, BLUE JEANS OR FLIP FLOPS

MOTHER'S DAY BRUNCH

Sunday, May 12th

10:30a - 12:30p

Assorted Pastries, Muffins

Fresh Fruit

Shrimp Cocktail

Salad Bar

Scrambled Eggs

Bacon & Sausage

Eggs Benedict

Breakfast Potatoes

Vegetable Quiche

Carving Station: Roast Beef

Tenderloin w/Au Jus &

Horseradish Cream

Broiled Salmon Topped w/Crab

Meat & Hollandaise Sauce

Chicken Victoria

Rice Pilaf

Steamed Asparagus

Dessert Station

\$45++

If you have special dietary restrictions, we are happy to accommodate. Just let us know when you make your reservation. Reservations are required. Please call 239-992-5100 x 201 or email dining@spanishwellscountryclub.com. Deadline for reservations is Friday, May 8th at 5pm. 24 hour cancellation notice. Dress code: Country Club casual, no jeans, no t-shirts or flip-flops. Guests will be charged to your member account without exception.

Spanish Wells

GOLF AND COUNTRY CLUB

MEMORIAL DAY BBQ & GOLF TOURNAMENT

SUNDAY, MAY 26TH | LUNCH 12P-2P

\$30++

PER PERSON FOR LUNCH. PRICE
DOES NOT INCLUDE SERVICE
CHARGE OR SALES TAX

**9:00AM
SHOTGUN**

FOR DINING RESERVATIONS CALL
239-992-5100 x201

or email:

dining@spanishwellscountryclub.com

FOR GOLF RESERVATIONS CALL
239-992-5522

BUFFET MENU

Deviled Eggs

Potato Salad

Macaroni Salad

Cole Slaw

Fiesta Salad

Barbecue Ribs

Barbecue Chicken

Grilled Italian Sausage & Peppers

Corn on the Cob

House-made Baked Beans

Sliced Watermelon

Fresh Strawberry Cream Cake

GOLF FEES INCLUDE:

GOLF, LUNCH BUFFET & PRIZES:

FULL GOLF MEMBERS: \$40

SPORTS & SOCIAL MEMBERS: \$65

DINING MEMBERS: \$75

RESIDENTS: \$80

If you have special dietary restrictions, we are happy to accommodate. Just let us know when you make your reservation. Reservations are required. Please call 239-992-5100 x 201 or email dining@spanishwellscountryclub.com. Deadline for reservations is Wednesday, May 24th at 5pm. 24 hour cancelation notice. Dress code: Country Club casual, no jeans, no t-shirts or flip-flops. Guests will be charged to your member account without exception.

MAY 2024 FITNESS CALENDAR

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 9a-9:45a Bands & Bars	2 9a-9:50a Zumba 9a-9:45a AquaFit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga	3 9a-9:50a Zumba	4 11:15-12p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
6 8a-8:50a Core, Strength, Balance 9a-9:50a Zumba 2:30-3p Men's Class	7 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	8 NO CLASSES	9 9a-9:50a Zumba 9a-9:45a AquaFit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga	10 NO CLASSES	11 11:15a-12:15p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
13 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class	14 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	15 9a-9:45a Bands & Bars	16 9a-9:50a Zumba 9a-9:45a AquaFit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga	17 10a-10:30a Cardio Intervals 10:35a-11:30a Yoga Sculpt	18 NO CLASSES
20 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class	21 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	22 9a-9:45a Bands & Bars	23 9a-9:50a Zumba 9a-9:45 AquaFit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga	24 NO CLASSES	25 Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
27 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class	28 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	29 9a-9:45a Bands & Bars	30 9a-9:45 AquaFit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga	31 10a-10:30a Cardio Intervals 10:35a-11:30a Yoga Sculpt	

Fitness Center: 239-992-7005

Wellness Director: Casey Kelley at ckelley@spanishwellscountryclub.com

Fitness Class Descriptions

Aquafit: This low-impact class is performed in water and is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells and flotation belts.

Bands & Bars: A new strength training class designed to build healthy muscle. We will use a combination of body bars and resistance bands for a full-body workout. Perfect for someone who is looking to gain strength, tone, and sweat!

Butts & Guts: A strength and conditioning class that focuses on glutes and core. This will help you build a strong foundation for the rest of your body. It will begin and end with gentle stretching.

Cardio Step: 30 minutes of high intensity cardio step movements with fun music, no dancing required.

Cardio Intervals: Simple cardio movements, no dancing required. We'll work in intervals of 30 seconds of higher intensity effort followed by 15 seconds of lower intensity effort. Set to a fun, upbeat playlist, the moves are simple, but the workout will still challenge you and get your heart rate kicking.

Cardio Strength Intervals: A class that combines strength and cardio exercises in an interval format. Tone your muscles and increase endurance as you alternate between 20 second breaks and 30 second exercises for 45 minutes.

Chair Yoga: 30 minutes of seated stretching. Chair yoga provides the same flexibility and balance training as traditional yoga, without having to get up and down off the floor. A class for all levels.

Core, Strength & Balance: This class is truly suitable for every level of fitness. We'll use light weights and resistance bands to practice stability and improve strength. Every exercise can be modified to work around physical limitations or scaled up to challenge the most fit individual in the class.

Full Body Blast: This is a full body workout that involves cardio to increase the heart rate, and resistance and weight training to sculpt the arms, legs, butt, and core.

Gentle Yoga: A slow flowing class with focus on poses that relax and lengthen, as well as strengthen the muscles. We will start off very gentle, move into a more rigorous flow, and then slow back down toward the end. We'll breathe slowly and move mindfully before drifting off into a soothing savasana.

Men's Stretch, Strength & Balance: Exclusively for men, this class will focus on basic stretching for flexibility, light strength training, proper mobility of the body, and balance.

Yoga Sculpt: A blend of yoga, strength training & body weight movements. This class will strengthen, tone, and lengthen muscles, while pushing you to break a sweat.

Zumba: A dance-fitness class that uses upbeat music to maximize fun and improve cardio. These classes incorporate interval work, which alternate between **fast** and slow rhythms. A class for all levels.



Mother's Day

Monday, May 13th - 8:30 AM



Double Elimination
Pickleball Tournament

Women Only
All Levels Welcome



Please sign up for events with Dominic at
dominic.dent@spanishwellsclub.com



Connect with the Spanish Wells Pickleball Community!

**Communicate with other
players and receive updates!**

**Download
TeamReach
in your
App Store or
Google Play Store.**

**Group Code:
SWPBOP**

