



The Club Life ©
April 2025



CLUB INFORMATION

Administrative Offices:

Mon: Open by Appointment
Tue-Fri: 9am-5pm

Club Dining:

Mon: Closed
Tue-Sat: 11am-8pm
Sun: 10am-5pm

Tennis Courts:

Mon-Sun: 7am-10pm

Golf Shop:

Mon: Closed
Tue-Sun: 7:30am-6:00pm

Golf Course:

Mon: Closed
Tue-Sun: First Tee Time 8am

Fitness Center:

Mon-Sun: 5am-10pm

Lap Pool & Jacuzzi:

Mon-Sun: 7am-7pm

Practice Range:

Mon: Closed
Tue-Sun: 7:30am-Dusk

Beverage Cart:

Mon: Closed
Tue-Sun: Starts at 10am
Time may change due to weather

IMPORTANT NUMBERS

Accounting

912.450.2280 x226

Club Dining

912.450.2301

Clubhouse

912.450.2280

Fitness Center

912.450.1703

Golf Shop

912.450.2700

Lifestyle Office

912.450.2289

Member Private Events

912.450.2280 x252

Membership

912.450.2288

Pool

912.450.2397

Westbrook Gate

912.450.2298

HOA Management Team Contact Info:

SQCC is not affiliated with the HOA.
Please direct questions to the team
members listed below:

Angie Germonprez

agermonprez@asihhi.com

Emily Hurndon

ehurndon@asihhi.com

Rachel Balsitis

rbalsitis@asihhi.com

Cooper Suddath

csuddath@asihhi.com

912.450.1174 (Local)
138 Canal St, Suite 104
Pooler, GA M-F 9am-5pm

843.785.7070
(Call Center & After Hours)

STAFF DIRECTORY

CHRIS BOWEN

General Manager
912.450.2280 x225
cbowen@heritagegolfgroup.com

DANA GAY

Club Accountant
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VICTORIA AZMANOVA

Assistant Club Accountant
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Social Lifestyle Director
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MIKE VALICENTO

Director of Food & Beverage
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STEPHEN MCLAIN

Executive Chef
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FINA PRIMATIC

Sports Director
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GREG MCDANIEL

Head Tennis Professional
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GLEN HERRELL, PGA

Director of Golf
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JOE YASHUK, PGA

Head Golf Professional
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JOHN SYVERSEN, PGA

Assistant Golf Professional
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PEYTON GRYMES III

Golf Lifestyle Director
912.450.2288
pgrymes@heritagegolfgroup.com

STEPHEN HENDRIX

Golf Course Superintendent
912.450.8800
shendrix@heritagegolfgroup.com

INFORMATION

Savannah Quarters Country Club Online

www.savannahquarterscc.com to log-in with your Member ID.
Need help? 912.450.2289 or stop by the Lifestyle Office.

Emails about events and updates

If you're not receiving emails about important Club updates,
please call the Lifestyle Office, 912.450.2289

Registration for Member Events

Check out the Club Calendar on the website or app for the
current list of events and to RSVP to attend.

Westbrook Security Gate access

SQCC does not control the 3 security gates or access to
Westbrook. Please call 912.450.1174 to speak to the HOA.

Upgrading your Membership

If you'd like to learn more about Membership options here at
SQCC, call our Golf Lifestyle Director, 912.450.2288

SQCC App

All the functions of the Members First website with the ease and
accessibility on your phone. Download the SQCC App today!

Web Login or App Login Issues

If you are unable to login to Members First or the SQCC app,
please stop by the Lifestyle Office across from the Pro Shop!

Member accounts, statements, and payments

If you have questions about your statement or would like to set
up auto-payments (ACH), call Victoria, 912.450.2280 x226



CLUB NEWS

Easter Egg Hunt & Bunny Photos



Saturday, April 19th 11am on the Front Lawns bring your basket for an Easter Egg Hunt! Register by age group via the Club Calendar online & in the app! Stick around after, the Easter Bunny will be here from 11:30am-1pm in the Wine Room for complimentary photos!

Savannah Philharmonic at SQCC!

Join us on the Clubhouse Patio Thursday, April 24th at 6:30pm for this complimentary performance by a quartet of the Savannah Philharmonic as part of the Phil the Neighborhoods Spring Series!

Patio seating is first come, first served and Members are welcome to bring blankets and chairs for seating on the back patio lawn. We will have additional tables and chairs set up plus a bar on the patio. If you would like to join us for dinner before or after the show, don't forget to make your reservation for the Lounge or Main Dining Room! No dogs at this event, please.



PHIL THE NEIGHBORHOODS

SQCC Wellness Fair, Wed. April 9th

Stop by the Clubhouse between 2-6:30pm to check out the Wellness Fair sponsored by Ranicki Chiropractic! Learn how to improve your overall wellness at this complimentary event including hearing screenings by Savannah Speech & Hearing, skin cancer screening by Georgia Skin & Cancer Clinic, chair massages (by appointment) with Ranicki Chiropractic, and so much more!



Other vendors attending:
Clean Your Dirty Face · Southcoast Health South University · Nightingale Home Care Legacy at Savannah Quarters · SQCC Fitness YMCA Coastal GA · Mind-Body-N'sync



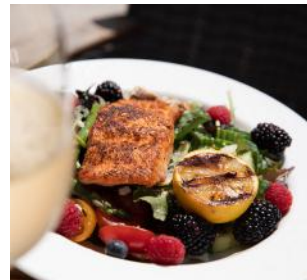
Mark Your Calendar!

April:

- 1 Live Music Night
- 3-5 Ladies Member/Guest
- 5 Round Robin Tennis Event
- 9 Wellness Fair
- 12 Master's Event & Watch Party
Live Music Saturday Night
- 16 Mixology - Gin & Tonic
- 19 Easter Egg Hunt & Bunny Photos
- 20 Easter Brunch
- 22 Live Music Night
- 23 Steaks & Stogies
- 24 Philharmonic on the Patio
- 26-27 Member x3 tournament
- 29 Yappy Hour
- 30 Wine Tasting



CLUB DINING



View our Menus

You can view all of the Club menus on the Member website and the app!

Club Grille To-Go

For To-Go orders: 912.450.2301

Food & Beverage Minimums Schedule

Last Name A-H

Jan-Mar

Apr-Jun

Jul-Sep

Oct-Dec

Last Name I-P

Feb-Apr

May-Jul

Aug-Oct

Nov-Jan

Last Name Q-Z

Mar-May

Jun-Aug

Sep-Nov

Dec-Feb

Club Grille Hours

Lunch: Tues-Sat 11am-5pm

Dinner: Tues-Sat 5pm-8pm

Brunch: Sun 10am-5pm

Easter Brunch, Sunday, April 20th

Our annual Easter Brunch buffet reservations are now open, just email Mike for a 10am or 1pm seating at MValicento@HeritageGolfGroup.com.

Carving Stations with Spiral Honey Ham and Roast Beef, Action Stations with Build your Own Omelet and Chef's Waffle & Toppings bar!

On the Buffet we have Scrambled Eggs, Bacon & Sausage, Breakfast Potatoes, Southern Style Grits, Whipped Potatoes, Mac & Cheese, Roasted Vegetables, Charcuterie, Salad Bar & Deserts!

Adults \$50++, Kids 12 & Under Free!



Stephen McLain
Executive Chef



Mike Valicento
Food & Beverage Director



FITNESS

Fitness Center Hours

Mon-Sun 5am-10pm

Group Fitness Class Schedule

Register for classes via the Club Calendar online & in the app!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Fit 8:30am	SQ Strong 8:30am	Pilates Fit 8:30am	SQ Strong 8:30am	SPIN 8-8:45am	Vinyasa Yoga 9:30-10:30am
Active Aging 9:30am	Active Aging 9:30am	Active Aging 9:30	Active Aging 9:30am	Active Aging 9:30am	Kids' Yoga 10:45am
Pilates Fit 6pm	Line Dancing 10:30am	Gentle Yoga 10:45-11:45am	Line Dancing 6pm	Yin Yoga 11am	
	SQ Strong 5pm	Pilates Fit 6pm			
	SQ Lift 7pm				

Certified Personal Trainers

- Bella Blakley
- David Collison
- Elisabeth Malinski
- Rebeka Quagliato

Group Fitness Classes

Please register for classes via the Club Calendar online or in the app. Group Fitness Class schedule is subject to changes, please check the Club Calendar for the most up-to-date schedule.

- \$12 - one class drop-in
- \$100 - 10-pack*

Guest fee applies in addition to class fee.

Personal Training Pricing

- \$50-60 - 60 min session
- \$90-100 - 60 min couples session
- \$450-540 - 10-pack* 60 min sessions
- \$315-360 - 10-pack* 30 min sessions
- \$810-900 -10-pack* 60 min couples session

*10-Packs are valid for 3 months

Upcoming Fitness Events

Stop by our table at the Wellness Fair Wed. April 9th 2-6:30pm in the Clubhouse!

Bloom & Burn Women's Fitness Sat. May 10th - \$40
9:30am Class/Clinic 10:30am Continental Breakfast

Complimentary Classes

- SQ Lift - Tuesdays 7pm
- SQ Strong - Thursdays 8:30am

Fitness Center Access

Each Member using the Fitness Center must sign-in upon entry using their keyfob. This ensures optimal security for patrons while providing needed information for safety. Stop by the front desk to get your fob! If you lose yours, replacement fobs are only \$5.00



TENNIS

Court Hours

Mon-Sun 7am-10pm

Reservations

Please utilize our online court reservation system and reserve a tennis court prior to coming out to play. When you make your court reservation, you are required to list all players in your party, including any guests you may have invited out to play (Click Add Guest button).

Please cancel your court reservation as soon as you determine you will not use it. Reservations are a maximum of 2 consecutive hours.

USTA & STL Play

Email Greg if you would like to be evaluated for levels or if you would like to play in any of our USTA and STL teams. We have 3.0 and 3.5 18+ ladies. Men's 4.0 40+, Mix and more. For the Savannah Tennis League (STL) we have C2, B2, and B1 teams.

Guests

Guest fee is \$10/player and will be billed to the Member's account who made the court reservation.

Racket Stringing Service

Contact Fina to arrange for stringing, 912.663.7071 \$20 labor fee, \$15 string fee.

Cardio Tennis - All Levels Welcome

\$15/per player Wed. 8-9am

Ball Machine Rental

To work on your game, take advantage of our ball machine rental program. It can be reserved via the court reservation module on the Member website and the SQCC App.

Please notify the Fitness Attendant when you need the ball machine so they can bring it to your reserved court. Please let them know when you've finished so they can put it away, especially during unfavorable weather conditions.

Single use or monthly unlimited rental options are available. \$7/single session OR \$20/month unlimited. *Your account will continue to be charged until you notify us to cancel monthly access.*

Reminders from our Pros

Please do not play Pickleball on the tennis courts.
Please do not play on courts when they are wet.

All programs are subject to changes with notice.

Junior Tennis Clinics

With Coach Greg

Ages 6-9 Tue/Thu 4:30-5:30pm

\$22/player, 2 kids \$20/player

Ages 10-17 Tue/Thu 5:30-6:30pm

\$25/player, 2 kids \$22/player

Mini Juniors For 5 years old Wednesdays 4:15-5pm

\$20/player 2 kids, \$18/player

Beginners Tennis

Coach Greg will teach the basics of Tennis, \$20/player
Wednesdays 5:30-6:30pm

Tennis Lesson Pricing

30 minutes - \$35 private

45 minutes - \$55 private

60 minutes - \$70 private

60 minutes - 3 players - \$25/person

Clinics (90 minutes) - \$120 divided evenly among all present participants.

Call the Fitness Center 912.450.1703 to schedule!

Complimentary Round Robin Event!

Saturday, April 5th 10am-12pm, event capped at 24 players. Register via the Club Calendar online!



Fina Prmatic
Sports Director

SAVANNAH QUARTERS COUNTRY CLUB

JUNIOR Golf Camps

For players 8-14yrs old!

\$250 **SQCC Members***

\$300 **Non-Members**

*You Do Not Have to be a Golf Member for Your Child to Participate

9am-11am
June 17th-20th
July 8th - 11th

Includes:

- Snacks & Drinks
- 2-hours of Daily Fun!
- Friday On-Course Play**

**Parent/guardian must accompany each participant for course play

Fundamentals

During this 4-day experience, participants will learn the fundamentals of Putting, Chipping, Pitching, and Full Swing.

Rules & Etiquette

From the basics to the more nuanced situations, we'll introduce and reinforce the rules and etiquette of the course, putting, short game, and practice range.

Games & Drills

Fundamentals and Rules are important, but let's PLAY! Participants will develop their motor skills through a variety of drills and games and could even win a prize or two!

Register via Member website - Golf Clinics



SQCC JUNIOR TENNIS CAMPS



Ages 7+ Open to Members & Guests!



SUMMER 2025

Five-day concentrated program of On & Off-Court Instruction, Fitness Conditioning, Fun Drill Games, and Snacks are included!

Sign-up on the Club Calendar via the Member Website/App

Junior Camp I

May 26th - 30th
9:00-11:30am

Ages 7+

- \$275 for Members (2 or more Siblings \$250/each)
- \$305 for Non-Members

Junior Camp II

June 2nd - 6th
9:00am - 12:00pm

Ages 10+

- \$300 for Members (2 or more Siblings \$275/each)
- \$330 for Non-Members

Round Robin TENNIS SOCIAL

Saturday, April 5th 10am-Noon

Join Greg at the Courts for a fun, social tennis event Round Robin style! All levels are welcome and we encourage everyone to come out and play! This complimentary event is capped at 24 players.

Register online via the Club Calendar



Tennis Clinics

Tues & Thurs Junior Clinics

Ages 6-9 Tues/Thurs 4:30-5:30pm - \$22/player*
Ages 10+ Tues/Thurs 5:30-6:30pm - \$25/player*

Wednesday Mini-Junior Clinic

For Age 5 4:15-5pm \$20/player*
*Discounted rate for siblings

Adult Beginner Clinic

Wednesdays 5:30-6:30pm \$20/player
Coach Greg will teach the basics of tennis including fundamental strokes, strategy, and drills





POOL

Pool Hours

Resort Pool & Slide: Closed for the Season

Lap Swim & Jacuzzi: 7am-7pm daily, enter via Fitness Center prior to Pool opening.

Lap Pool Open 7am-7pm

To access the Lap Pool & Sun deck, please check-in with the Fitness Attendant and sign the waiver. This must be signed upon arrival daily.

Pool/Jacuzzi Dress Code

No risqué swim attire. Please remember we are a family club. Swim diapers must be worn if a child normally wears diapers. No cut-offs or cotton material. Inappropriate swim attire will result in being asked to change or leave the pool area. Members are expected to communicate dress code to guests.

Jacuzzi

Young children need to be with an adult at the jacuzzi. Adults have priority in the jacuzzi. 7am-7pm closure

Food & Drinks

No outside food, beverage, or personal coolers are permitted on Club property. No glass at the pool. No Food or Drinks may be consumed in the pool. Please enjoy them on the deck.

Towels

Pool towels are complimentary and available by request at the Fitness Desk. Please return towels to collection bin at Fitness Desk or in locker room before leaving the pool.

Pool Operations

Fina Primatec, Sports Director
Fitness Office: 912.450.1703

Guests at the Pool

Each Membership is permitted a maximum of four (4) guests per day without prior, written notice. Guest fee is \$10 per guest, per day. Children 12 and under have no guest fee. Members and authorized users must register themselves and all guests upon entering the pool area, the Member must be present, no unaccompanied guests are permitted.





2025 SQCC SWIM TEAM



2025 Season Registration

- 2025 Team Registration is now open: sqcc.swimtopia.com
- Stroke Clinic Registration is also open: sqcc.swimtopia.com



Stroke Clinic May 6th - May 9th

- New Swimmers 5-6pm
- Returning Swimmers 6-7pm



For More Information, Contact our Coach:
MDooley@heritagegolfgroup.com



GOLF

Golf Course Hours

Mon Closed
Tue-Sun First Tee Time 8am
Please utilize the Bag Drop upon arrival at the Club

Pro Shop Hours

Mon Closed
Tue-Sun 7:30am-6:00pm

Memberx3 Sign-Up is Open

Registration is now open for the Member-Member-Member tournament scheduled for April 26th & 27th. Registration closes Tuesday, April 15th at 3pm.

9-Hole Stableford Weekly Play

Wednesday evenings we have a weekly 9-hole Stableford event at 5:30pm open to all players with a handicap. Maximum field size is 48 players, registration closes at Noon on the day of play. Register via the Club Event tab on website/app! The Spring Stableford will run until Wednesday, May 21st.

9-Hole Couples' Twilight Weekly Event

Thursday evenings we have a weekly 9-hole Couples' event at 5:30pm for some fun date-night golfing! This Spring Couples' Twilight will run until Thursday, May 22nd. Register via the Club Events tab on the website/app, only \$5 per player!

Spring Clinics with Joe

Registration is OPEN for Jr Clinic, Ladies' Beginner, and Ladies' Swing & Sip clinics with Joe Yashuk, PGA. Sign-up via the Golf Clinics page on the Member website/app to reserve your spot today!

Summer Jr. Golf Camp Sign-Up OPEN

Junior Golf Camp registration is now OPEN! Camps will be from 9-11am daily and we have two camps scheduled this year: June 17-20th, July 8-11th covering putting, chipping, pitching, full swings, and on Friday they'll play the course! For ages 8-14. Register via the Golf Clinics tab on the Member website/app.

Practice Area Hours

Mon Closed
Tue-Sun 7:30am-Dusk

Beverage Cart Hours

Daily beginning at 9am. Service may change due to weather, tournaments or Club events.

2025 Masters Event & Watch Party

It's time for the annual Masters Event on Saturday, April 12th - shotgun start at 8:30am.

An Individual Gross & Net event, combined with the 18-hole score (Saturday's round) from a PGA Tour player of your choice at the Masters. Tour players will be selected prior to Saturday play, their score will be added your gross/net score. This is a flighted event and 100% of your April 9th handicap will be used.

Registration deadline is Wednesday, April 9th at 3pm and includes awards, credit book, Masters themed lunch, and beverage:

- \$80 for Golf Members
- \$100 for Sports Members



Glen Herrell, PGA
Director of Golf



Fairways & Greens

Opening Day for the 2025-26 Year!

Saturday, April 19, 2025

9 AM Shotgun Start

We will gather at the cart barn for announcements at 8:45 AM.

Entry Fee: \$15 per player

Fee includes tee gift, payouts, and door prizes for those not receiving payouts.

If you wish to stay for lunch, select the buffet on the registration site. Your individual account will be charged.

Format: This is a 4-person team Scramble. Earn 5 points for each fairway hit. Must hit green on Par 3s. Subtract total number of putts from total points earned per hole.

Register on the SQ website

(Golf > Tournaments > LGA > Opening Day)

Deadline to register: 12 PM on April 18

Must be an LGA member to participate.

SPRING

Jr. Golf Clinic

With Joe Yashuk, PGA

Tuesdays, 4:30-5:30pm

A fun, interactive clinic designed to teach basic golf skills while keeping things enjoyable!



Ages 6-12 | Max 10 Participants

\$100 for 4-Week Clinic per Participant

First Clinic Starts Tuesday, April 8th



Ladies Golf

BEGINNER CLINICS

This 4-week clinic is open to all ladies interested in taking up or learning more about golf. Join PGA Pro, Joe Yashuk, as he provides introductory instruction to build your skills while making new friends!

4:00-5:00pm Wednesdays

Clinic Begins April 9th

\$250 for 4-Week Clinic

Topics include

- Full Swing Instruction
- Chipping Swing & Putting Instruction
- Course Etiquette & Basic Rules



Swing & Sip

Tuesday, April 15th & Tuesday, April 29th
5-6pm at the Practice Facilities

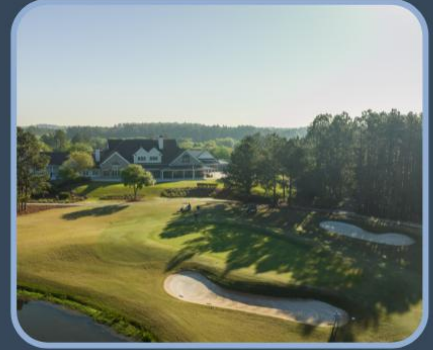
This ladies' golf clinic will help you improve your swing while enjoying a glass of wine in a relaxed and social atmosphere! Registration is open to Social, Sport, Golf Members, and their guests. \$30++ per person.

Register via the Golf Clinic page on the Member website!





*Spring, abundant sunshine, and ideal golf weather
are right around the corner*



Social, Recreational, and Sport Classic Members upgrading to a Golf or Young Executive Golf Membership during our April Initiation Special Offer will receive a \$1,000 Savannah Quarters CC Gift Card to spend on golf shop merchandise and or food and beverages

Enjoy the Benefits of Golf Membership:

- 14-day booking window for tee times
- Tournament registration priority for all Member tournaments & events
- Weekly events & play for men, ladies, and couples
- Eligible to join the Heritage Plus+ Program providing reciprocal privileges at all 41 Heritage Golf Group properties including unrestricted year-round play at the Heritage Collection of Clubs on Hilton Head Island for a preferred \$49 rate based on availability
- Summer Reciprocal Program with select local, private clubs
- Club storage & locker priority

Social and Recreational Members upgrading to a Sport Classic Membership during our April Initiation Special Offer will receive a \$500 Savannah Quarters CC Gift Card to spend on golf shop merchandise and or food and beverages

Enjoy the Benefits of a Sport Classic Membership:

- 7-day booking window for tee times
- Annual Twelve 18-hole equivalent rounds of golf (Jan-Dec)
- Unlimited use of the 11-acre Practice Facilities
- Participation in select Club Tournaments

I look forward to meeting you and sharing the dynamic membership opportunities available to you and your family. Please stop by the Clubhouse, call me at (912) 450-2288 or email me at PGrymes@HeritageGolfGroup.com

Savannah Quarters Country Club where your new old friends await you!



CLUB LIFE EVENTS

April Member Events

Round Robin Tennis Social

Saturday, April 5th 10am-Noon | Tennis Courts
Registration: via Golf Genius for Golf Event
Cost: Complimentary!

SQCC Wellness Fair

Wednesday, April 9th 2-6:30pm | Clubhouse
Registration: None Required
Cost: Complimentary Event!

Mixology - Gin & Tonic

Wednesday, April 16th 6-8pm | Norman Grille
Registration: via Club Calendar online/app
Cost: \$40++ per person, includes dinner & cocktails!

Easter Egg Hunt

Saturday, April 19th 11am | Front Lawn
Registration: via Club Calendar online/app
Cost: Egg Hunt is Complimentary!

Easter Bunny Photos

Saturday, April 19th 11:30am-1pm | Wine Room
Registration: None required
Cost: Easter Bunny Photos are Complimentary!

Easter Brunch

Sunday, April 20th 10am & 1pm | Clubhouse
Registration: email Mike to make reservation
Cost: Adults \$50++, Kids 12 & Under eat Free!

Steaks n' Stogies

Wednesday, April 23rd 6-8pm | Clubhouse Patio
Registration: via Club Calendar online/app
Cost: \$65++ per person with dinner, tasting, & cigar

Phil the Neighborhood

Thursday, April 24th 6:30-7:30pm | Clubhouse Patio
Registration: none required
Cost: Complimentary!

Yappy Hour

Tuesday, April 29th 6-7:30pm | Clubhouse Patio
Registration: Please register humans & dogs!
Cost: Complimentary with special treats for the dogs

April Wine Tasting - with Robin Pierroz

Tuesday, April 30th 6-7:30pm | Norman Grille
Registration: via Club Calendar online/app
Cost: \$30++ for hors d'oeuvres & wine tasting

Regular Events at the Club

Cigars on the Patio

Thursdays 4:30-7pm(ish)
Clubhouse Patio

Casual atmosphere & great conversation.

All are welcome! Join us for dinner afterward.

Specialty cigars are available upon request.

Women Of Westbrook (WOW) Luncheon

Thursday, April 3rd 11am-1pm - Norman Grille
"Keys to Resolving Conflict & Building Peace," with Julie Cardenas, Executive Director of The Meditation Center of the Coastal Empire.
Buffet Lunch, pre-registration required, \$18++

Ladies Golf Association (LGA)

Every Tuesday & Thursday

Book Club

Thursday, April 24th 7pm in the Wine Room
Everything Sad is Untrue, Daniel Nayeri.
April's Speaker: Jerry Ellis

Lending Library

In the hallway across from Norman Grille
Take a book, Leave a book, Give a book!

Live Music Nights at SQCC

Tue, Apr. 1st - Cyril Durant in the Lounge

Sat, Apr. 12th - Chuck Courtenay in the Lounge

Tue, Apr. 22nd - Jason Salzer in the Lounge

*Reservations required for Clubhouse Lounge nights.
Live Music will be setup in the Lounge next to the bar.*

Live Music in the CLUB LOUNGE

Tuesday, April 1st 6-8pm



Cyril Durant

SQCC Wellness Fair

Wednesday, April 9th 2-6:30pm

Join us in the Clubhouse for this informational and fun wellness day! In one loop of the fair you can get hearing and skin cancer screening, get a chair massage, and so much more!

This complimentary event is offered to all Members so join us to learn more and improve your overall wellness with these local providers:

- Ranicki Chiropractic
- Clean Your Dirty Face
- Georgia Skin & Cancer Clinic
- Nightingale Home Care, Inc.
- Southcoast Health
- Savannah Speech & Hearing
- South University
- Legacy at Savannah Quarters
- Mind-Body-N'Sync
- YMCA Coastal Georgia
- SQCC Fitness Team



Scan this code to sign-up for a chair massage time slot with Ranicki Chiropractic



Live Music in the CLUB LOUNGE

Saturday, April 12th 5-8pm



Chuck Courtenay

April Mixology Night

Gin & Tonic

Wed, April 16 6-8pm

April is Gin & Tonic month and what better way to celebrate than with learning to make 3 variations of this classic cocktail?!

Registration is capped at 20 participants and is \$40++ per person which includes 3 full-size cocktails and dinner - Chef's Soup & Salad Buffet with fresh baked cookies for dessert!

Register online via the Club Calendar or in the app for a fun evening of refreshing Gin & Tonic cocktails with Jacklyn from United!



Easter Egg Hunt

Saturday, April 22nd 11am - Clubhouse Front Lawn

This Year We Have Three Age Groups

- 3 & Under - in the Circle
- 4-7 years - Golf Lawn
- 8 & Older - Tennis Lawn

Eggs will have candy in them, a select few will have special Easter themed treats. Parents are asked to please only assist children 2 and younger.



Photos with the Easter Bunny

Saturday, April 22nd 11:30am-1pm - Wine Room

The Easter Bunny will be available for complimentary photos in the Wine Room from 11:30am-1pm.



Easter Brunch

Sunday, April 20th

Reservations at 10am or 1pm

Email Mike to make your reservation: MValicento@heritagegolfgroup.com

Adults \$50++ | Kids 12 & Under Free

Carving Station

- Spiral Honey Ham
- Roast Beef

Action Stations

- Build your Own Omelet
- Waffles & Toppings Bar

On the Buffet

- Scrambled Eggs
- Bacon & Sausage
- Breakfast Potatoes
- Southern Style Grits
- Whipped Potatoes
- Mac & Cheese
- Roasted Vegetables
- Charcuterie
- Salad Bar
- Assorted Desserts



Live Music in the CLUB LOUNGE

Tuesday, April 22nd 6-8pm



Jason Salzer

STEAKS & STOGIES

Wednesday, April 23rd 6-8pm - Club Patio

Join us on the Club Patio for a night of hand-cut steaks prepared and grilled in front of you! Plus a bourbon tasting and a cigar! Event is capped at 25 participants, \$65++ per person includes dinner, tasting, and cigar. Register online via the Club Calendar or in the app!



2025 Phil the Neighborhood
Thursday, April 24th 6:30-7:30pm - Clubhouse Patio



A quartet from the Savannah Philharmonic will be performing on the Clubhouse Patio on Thursday, April 24th and we hope you will join us for this complimentary event!

Patio seating is first come, first served and Members are welcome to bring chairs & blankets for the lawn to enjoy the show. Mike will have a mobile bar setup on the patio and Members can pre-order snacks and treats to make the night even more special and fun.

If you'd like to join us for dinner before or after, don't forget to make your dinner reservation! Reservations can be made up to 30 days in advance for the Lounge and Main Dining Room.



Tue, April 29th | 6-7:30pm | Club Patio

Warmer weather means it's time for Yappy Hour! Bring your FBF (furry best friend) for a social with other Members and their dogs on the Clubhouse Patio. We will have a special treat for each dog in attendance. Make sure to register your FBF via the Club Calendar so we know how many treats to prepare! Please ensure your FBF is friendly and on leash for the event.



April Wine Tasting

Wednesday, April 30th 6-7:30pm

Join us for the April Wine tasting and meet our special guest, Robin Pierroz, the District Sales Manager for Les Grands Chais de France wine company which represents Domaine Moillard of Burgundy and Chateau L'Hourcade and Calvet of Bordeaux. Robin holds degrees from L'Universite de Grenoble Alpes, Universidad de Castille - La mancha, and a Masters from L'Universite de Bourgogne and will be joining us to host this month's tasting!


Register via the Club Calendar online or in the app, event is capped at 32 participants, \$30++ per person includes tasting and light hors d'oeuvres



BEGINNER'S LINE DANCING

Tuesdays 10:30am & Thursdays 6:00pm

Sign-up & Line-up for these fun, 50-minute classes with Ken Roberson. Get ready for weddings, cookouts, and birthday celebrations all the while improving memory, flexibility, mood, and balance. You can't lose!

Limit of 10 students per class. Loose fitting clothes and sneakers required. Classes are \$12 and held in the Fitness Center Studio. Register via the Club Calendar on the Member website! 

SQ LIFT

Tuesdays 7pm

Take strength to the next level with a structured, progressive weight training program! This class is designed to help members build muscle, increase strength, and improve overall fitness through a carefully planned progression of resistance exercises.

Each session will focus on proper technique, gradual weight increases, and balanced muscled development to ensure consistent progress while minimizing injury risk. Trainers will also instruct Members how to track their own progress.



SATURDAY MORNING YOGA For Kids!

Bring your child age 4 and older to learn the different yoga poses with Sapna, Saturday mornings at 10:45 in the Fitness Center!

Sapna will introduce them to yoga and enrich their sense of well being. They will have fun and burn off some energy during this 30-minute class.

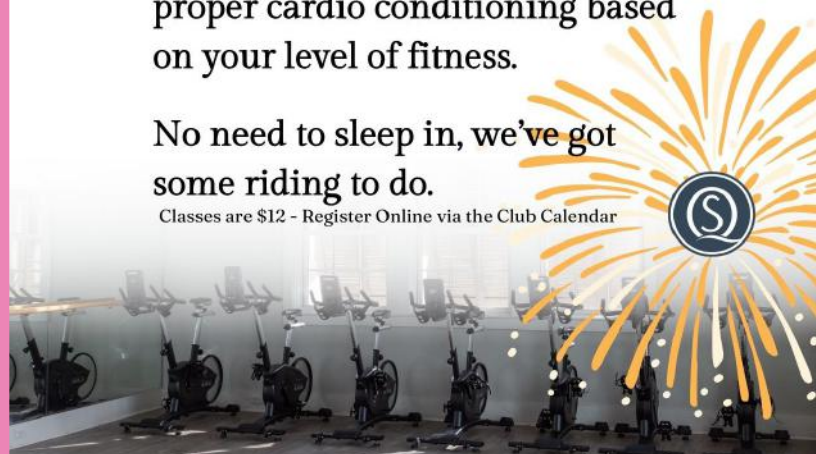
Each class is \$8, register via the Club Calendar online or in the app!



Fridays 8-8:45am with Rebeka
SPIN class is full of high energy, proper cardio conditioning based on your level of fitness.

No need to sleep in, we've got some riding to do.

Classes are \$12 - Register Online via the Club Calendar



Pilates Fit

M/W 8:30am and M/W 6pm

Strengthen, lengthen, and tone the body with Pilates Fit! This dynamic class blends classic Pilates principles with functional fitness movements to improve core strength, flexibility, balance, and overall body control. Using bodyweight exercises, resistance bands, and light weights, expect to build lean muscle while enhancing posture, flexibility, and mobility.



SQ Strong

Enhance total body strength and promote maximum metabolic burn with Elisabeth. Designed as a full body split routine, this class will focus on muscle conditioning through progressive resistance training principles utilizing resistance, balance & stability equipment, hand weights, and body bar.

Each 45 MIN session will progress through a warmup & stretch, lift, cool down & stretch challenging our bodies one level, one class at a time.

Tues/Thurs 8:30am
and Tues 5pm



Group Fitness Classes are \$12
Register Online via the Club Calendar

SQ ACTIVE AGING

Monday-Friday Mornings at 9:30am
Class Instruction Rotates with Bella, Elisabeth, and Rebeka

This class is specially designed for members who are active aging, have limited range of motion, or have prohibitive injuries. Each session blends low-impact exercises with functional movements to help maintain or improve their strength, mobility, balance, and overall well-being.



Group Fitness Classes are \$12
Register Online via the Club Calendar



Yoga Classes

Classes are \$12 - Register Online via the Club Calendar

Gentle Yoga is ideal for beginners and experienced yogis wanting a slow-paced yoga experience with less intense poses. Yogis can expect more seated poses than standing poses. Props are used for modifications, deep stretches, and counter poses to align the body. Wednesdays 10:45-11:45am with Ace

Yin Yoga is slow, meditative, and deliberate sequences targeting fascia, ligaments, joints, and bones. Guided breathwork allows yogis to connect the mind to the spirit for a more peaceful practice. Fridays 11am-12pm with Ace

Vinyasa Yoga is flowing postures combining breath & movement. Each movement is linked to an inhale or exhale, while connecting the mind-body union. It is considered a moving meditation that focuses on strengthening, mobility, flexibility, and balance with forward bends, twist, backbends, Sun Salutations, and more. Saturdays 9:30-10:30am with Sapna



April 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Live Music Night SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	2 Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Stableford 9-hole Event	3 Ladies' Mem/Guest Welcome WOW Luncheon SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	4 Ladies' Mem/Guest SPIN Active Aging Yin Yoga	5 Ladies' Mem/Guest Vinyasa Yoga Kids Yoga
6	7 Pilates Fit (am & pm) Active Aging	8 MGTG SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	9 Wellness Fair Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Stableford 9-hole Event	10 SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	11 SPIN Active Aging Yin Yoga	12 Live Music Night Vinyasa Yoga Kids Yoga SCQQ Master's Event & Watch Party
13	14 Pilates Fit Active Aging	15 SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	16 Mixology - Gin & Tonic Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Stableford 9-hole Event	17 SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	18 SPIN Active Aging Yin Yoga	19 Egg Hunt & Bunny Photos LGA & MGA Vinyasa Yoga Kids Yoga
20 Easter Brunch	21 Private tournament - cart path closed 8am-4pm Pilates Fit Active Aging	22 Live Music Night SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	23 Steaks & Stogies Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Regrip Special @Range Stableford 9-hole Event	24 SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	25 SPIN Active Aging Yin Yoga	26 Memberx3 Tournament Vinyasa Yoga Kids Yoga
27 Memberx3 Tournament	28 Pilates Fit Active Aging	29 Yappy Hour SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	30 Wine Tasting Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Stableford 9-hole Event	1	2	3

May 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				Live Music Night WOW Luncheon SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	SPIN Active Aging Yin Yoga	Kentucky Derby Party Vinyasa Yoga Kids Yoga Jr. Club Championship POOL OPENS!!
4	5	6	7	8	9	10
	Pilates Fit (am & pm) Active Aging	Live Music Night SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	Glass Etching Night 1 Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Stableford 9-hole Event	Glass Etching Night 2 SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	SPIN Active Aging Yin Yoga	Kid's Club - Gifts for Mom Vinyasa Yoga Kids Yoga Bloom & Burn Women's Fitness Event
11	12	13	14	15	16	17
Mother's Day Brunch	Pilates Fit (am & pm) Active Aging	MGTG SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	Mixology - Cosmopolitans Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Stableford 9-hole Event	SQ+ Happy Hour SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	SPIN Active Aging Yin Yoga	Sr. Club Championship Vinyasa Yoga Kids Yoga
18	19	20	21	22	23	24
Sr. Club Championship	Pilates Fit (am & pm) Active Aging	Live Music Night SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	Singles' Cornhole Tournament Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Stableford 9-hole Event	SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	End of School Glo Party SPIN Active Aging Yin Yoga	LGA & MGA Vinyasa Yoga Kids Yoga
25	26	27	28	29	30	31
	Memorial Day Pool Party! Pilates Fit (am & pm) Active Aging	SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	Wine Tasting Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Stableford 9-hole Event	SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Book Club Twilight Couples 9-hole	Dive-In Movie at the Pool SPIN Active Aging Yin Yoga	Live Music Night
----- Junior Tennis Camp I - May 26th - 30th 9:00-11:30am -----						

June 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Pilates Fit (am & pm) Active Aging	3 Live Music Night Swim Meet - Pool Closes at 4pm SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	4 Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis	5 WOW Luncheon SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	6 SPIN Active Aging Yin Yoga	7 Kid's Club - Father's Day Gifts Vinyasa Yoga Kids Yoga
----- Junior Tennis Camp II June 2nd - Friday June 6th 9:00am-12:00pm -----						
----- Golf Course Aerification Monday June 2nd - Friday June 6th -----						
8	9 Pilates Fit (am & pm) Active Aging	10 MGTC SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	11 Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Summer League	12 Family Trivia Night SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	13 SPIN Active Aging Yin Yoga	14 Live Music Night Vinyasa Yoga Kids Yoga
15 Father's Day Brunch	16 Pilates Fit (am & pm) Active Aging	17 Swim Meet - Pool Closes at 4pm SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	18 Mixology - Rum Cocktails Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Summer League	19 SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	20 SPIN Active Aging Yin Yoga	21 LGA & MGA Vinyasa Yoga Kids Yoga
----- Junior Golf Camp June 17th - 20th 9:00 - 11:00 am -----						
22	23 Pilates Fit (am & pm) Active Aging	24 Live Music Night SQ Strong (am & pm) Active Aging Line Dancing (Fitness) SQ Lift Jr. Tennis Clinics	25 Wine Dinner Pilates Fit (am & pm) Active Aging Gentle Yoga Beginners Tennis Summer League	26 SQ Strong Active Aging Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	27 Dive-In Movie at the Pool SPIN Active Aging Yin Yoga	28 Parent/Child 9-hole Event Vinyasa Yoga Kids Yoga
29	30 Pilates Fit (am & pm) Active Aging	1	2	3	4	5