

The Club Life



March 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
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cbowen@heritagegolfgroup.com

DANA GAY

Club Accountant
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VICTORIA AZMANOVA

Assistant Club Accountant
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LEIGH ANN BRYAN

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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jyashuk@heritagegolfgroup.com

JOHN SYVERSEN, PGA

Assistant Golf Professional
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jsyversen@heritagegolfgroup.com

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

Cart Path Closed 3 Mondays



The Golf Course will be open for tee times on Monday, March 17th and there are private tournaments on Monday March 10th and March 24th. Please refrain from using the cart path on these Mondays to ensure Member safety and to avoid disruption of play.

Leprechauns on the Loose!

Six little leprechauns have gone into hiding around SQCC. Help us capture these mischief makers and claim your prize! The search begins Saturday, March 1st at 11am and continues until all six have been captured or until Tuesday, March 18th at 7pm.

Kids who successfully capture one can bring them to Leigh Ann's office Tuesday-Saturday to claim a fun prize. All leprechauns will hide where children can find and reach them unassisted. They will NOT be hiding in the locker rooms, restrooms, Fitness Center, Tennis Courts, Pool, Golf Course, Dining Rooms, or in the construction area for Pickleball. Leprechauns are in a baggie with instructions.

Clues will sporadically appear in our social media stories, so keep an eye out for hints to catch the leprechauns. Their photos and which ones have been captured will be posted in the Club Lobby.

WANTED

For spreading mischief, shenanigans, and leaving gold laying about

Finnegan 2 1/2"
1 1/2"
1"
1/2"

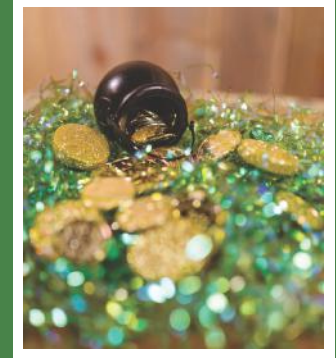
Cormac 2 1/2"
1 1/2"
1"
1/2"

Patrick 2 1/2"
1 1/2"
1"
1/2"

Seamus 2 1/2"
1 1/2"
1"
1/2"

Tiernan 2 1/2"
1 1/2"
1"
1/2"

Cillian 2 1/2"
1 1/2"
1"
1/2"



Mark Your Calendar!

March:

- 1 Tennis Exhibition
- 3 Kickball @ Practice Range
- 4 Mardi Gras Dinner Features
- 6 Live Music Night
- 12 Mixology - Irish Whiskey
- 15 Live Music Saturday Night
- 17 Golf Course Open
- 18 St. Patrick's Dinner Features Live Music
- 19 Yappy Hour
- 20 SQ+ Happy Hour
- 22 Parent/Child 9-Hole Event
Multi-Vendor Demo Day
Round Robin Tennis Social
- 26 March Wine Dinner



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 Fall/Winter Hours

Lunch: Tues-Sat 11am-5pm

Dinner: Tues-Sat 5pm-8pm

Brunch: Sun 10am-5pm

March Wine Dinner

Wednesday, March 26th 5-8pm in the Norman Grille

Mike has a fun twist for our March Wine Dinner: Sommelier Smackdown. Chef Stephen set the menu and it was sent to our two wine experts. They will both provide a blind pairing for each course and YOU decide which was better!

Event is capped at 24 people, \$100++ per person and includes 5 courses and pairings. Registration closes Friday, March 21st at 5pm.

Register online via the Club Calendar. The 48-hour cancellation policy applies to all Member Events.

The Evening's Menu:

- First Course: Heirloom Tomato Bruschetta
- Second Course: Fava Bean Soup
- Third Course: Insalata Primavera
- Fourth Course: Wild Boar Braised in Red Wine
- Dessert: Strawberry Rhubarb Lady Finger Trifle



Stephen McLain
Executive Chef



Mike Valicento
Food & Beverage Director



FITNESS

Fitness Center Hours

Mon-Sun 5am-10pm

Group Fitness Class Schedule

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

Complimentary Classes

Our complimentary classes in March are two of our newest: SQ Lift on Mondays & Tuesdays and the Teen Lift class on Fridays. These classes are complimentary for the month to try out!

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

New Classes & Times!

Thank you to everyone who filled out the February Fitness Feedback survey, we have made adjustments to our scheduled based on results of that survey and hope to see more of you joining us for our new classes and times!

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

Certified Personal Trainers

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



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!

Valentine's Tennis Exhibition

Mark your calendar for our annual Tennis Exhibition on Saturday, February 15th 2-4pm!



Fina Prmatic
Sports Director



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 Prmatic, 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.





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.

TaylorMade Fitting

TaylorMade will be here for scheduled fittings on March 15th from 1-4pm by appointment. To make your appointment you can click the link on the Golf home page or call the Golf Shop.

Multi-Vendor Fitting Event

Saturday, March 22nd at the Practice Range join us from 11am-3pm to test out the latest multiple vendors have to offer! Representatives from Ping, Mizuno, Cobra, Cleveland, Srixion, XXIO, Wilson, and FootJoy will be here and StickX for trade-in values.

Summer Junior Golf Camp

Junior Golf Camp registration will be opening soon, keep an eye on your email for updates! 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.

Shoot for your Discount 3/18-4/6

Make a basket and score bigger discounts on Golf Shop merchandise during March Madness! You're guaranteed 10% off even if you miss so there's nothing to lose. Each person gets 2 shots, each basket made is an additional 15% off - maximum discount is 40% off per person. Sale runs Tuesday, March 18th until Sunday, April 6th. Excludes lululemon.

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.

Upcoming Golf Clinics in March

Kid's Clinic with Joe Yashuk, PGA

- Tuesdays 4:30-5:30pm (3/4, 3/11, 3/18, & 3/25)
- Ages 6-12, \$100 per participant
- A fun, interactive clinic designed to teach basic golf skills while keeping things enjoyable!

Ladies' Beginner Clinic with Joe Yashuk, PGA

- Wednesdays, 4-5pm (3/5, 3/12, 3/19, 3/26)
- If you're new to golf, or want to refresh your skills this clinic is a welcoming environment for all levels to learn the basics of the game.
- \$250 per participant



Glen Herrell, PGA
Director of Golf



2025 Savannah Quarter Ladies Golf Association Net Championship
Saturday, March 15, 2025
 9:00 AM Shotgun Start

The **Net Championship Tournament** will identify the individual capable of playing 18 holes of golf at the highest level of **NET** play, thus earning the distinction of this year's SQLGA Champion. Depending on the number of participants, this division may have two separate flights based on handicap index. The player with the best overall score gets \$100. The players with the next best scores in each flight receive \$75.

Requirements for participation in the Championship Tournament:

- Player must have competed in at least two of the monthly scrambles or events.
- Player will play from their **2025 SQ Declared Tournament Tee Box**.
- Handicap will be applied to the final score to determine each player's net result.
- Player must play until the ball is in the cup.
- Hole Number 15: Player **must play** until the ball is on the island and in the cup. NO walkaround!

SQLGA is also offering a **Nine Hole Tournament** for players wishing to participate in this event. Please note that at least **four** players are required in order for this tournament to take place. The winner receives \$50.

The **Nine Hole Tournament** will play the **back 9 holes**
 Same Requirements as above

Register online under Golf->Tournament Registration->LGA.
 Sign-up deadline for both events is **THURSDAY, March 13, 2025 at Noon**.
 Handicap as of Thursday, March 13 will be used for this event.

There is NO member entry fee to participate in either event.

Buffet Lunch for those who signed up will be served in the Norman Grille, charged to each member's account.

The awards presentation will take place at the SQLGA Closing Meeting & Awards Banquet to be held on Tuesday, April 8, at 5pm.

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, March 4th



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 March 5th
\$250 for 4-Week Clinic

Topics include

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



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

Cardio Tennis

Wednesdays 8-9am \$15/player
 High-energy group fitness activity combining the best aspects of tennis with cardiovascular exercise. It is designed to provide a full-body workout, improve tennis skills, and burn calories while having fun in a social environment.

Adult Beginner Clinic

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





CLUB LIFE EVENTS

March Member Events

Tennis Exhibition

Saturday, March 1st 11am-1:00pm

Tennis Courts

Registration: via Club Calendar online/app

Cost: No cost to attend, Bev Cart will be available

Kickball at the Practice Range

Monday, March 3rd 5-6pm

Practice Range

Registration: via Club Calendar online/app

Cost: No cost to attend, Bev Cart will be available

Mixology - Irish Whiskey

Wednesday, March 12th 6-8pm

Norman Grille

Registration: via Club Calendar online/app

Cost: \$40++ per person, includes dinner & cocktails!

Yappy Hour

Wednesday, March 19th 6-7:30pm

Club Patio

Registration: via Club Calendar online/app

Cost: No cost to attend, Special Treats for dogs

SQ+ Happy Hour

Thursday, March 20th 5-7pm

Norman Grille

Registration: SQ+ Members can call/email Leigh Ann

Cost: No cost to attend

Multi-Vendor Demo Day

Saturday, March 22nd 11am-3pm

Practice range

Registration: none

Cost: Free!

Round Robin Tennis Social

Saturday, March 22nd 3-5pm

Tennis Courts

Registration: via Club Calendar online/app

Cost: \$35++ per person, includes event & snacks

Wine Dinner - Sommelier Smackdown

Wednesday, March 26th 5-8pm

Norman Grille

Registration: via Club Calendar online/app

Cost: \$100++ per person includes 5 courses & pairings

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, March 6th 11am-1pm - Norman Grille

Guest speaker, Gene Dobbs Bradford, Savannah Music Festival Executive Director.

Buffet Lunch, pre-registration required, \$22++

Ladies Golf Association (LGA)

Every Tuesday & Thursday

Book Club

Thursday, March 27th 7pm in the Wine Room

The Women, Kristin Hannah

Lending Library

In the hallway across from Norman Grille

Take a book, Leave a book, Give a book!

Live Music Nights at SQCC

Thurs, Mar. 6th - Chuck Courtenay in the Lounge

Sat, Mar. 15th - Chuck Courtenay in the Lounge

Tue, Mar. 18th - The Galway Rogues in the Lounge

Reservations required for Clubhouse Lounge nights.

Live Music will be setup in the Lounge next to the bar.

Tennis Exhibition

Youthful Energy vs Seasoned Experience

Saturday, March 1st 11am-1pm

Get ready for an exciting showdown! Meet our new tennis professionals and watch them take on the seasoned veterans in a thrilling match. Who will come out on top - the youthful energy of Bautista & Daniella or the years of experience of Fina & Greg?

Join us at the SQCC courts to cheer for your favorites and enjoy the action-packed fun! Bring the kids for some family fun and make it a day to remember! Register via the Club Calendar for this complimentary, family-friendly event!



SQCC FITNESS

KICKBALL GAME AT THE PRACTICE RANGE

MONDAY, MARCH 3 5-6PM



KICK UP SOME FUN!

This family-friendly event is complimentary! Register via the Club Calendar on the Member Website

BEVERAGE CART WILL BE AVAILABLE

Mardi Gras

Special Dinner Features
Tuesday, March 4th 5-8pm

NOLA inspired dinner features and shiny beads can only mean one thing: Let the Good Times ROLL! Join us in the Club Grille for Chef's Features and get a taste of Bourbon Street - normal Grille ala carte menu will still be available.

Shrimp Gumbo \$26
Served with Andouille Sausage and Rice

Blackened Chicken Cajun Pasta \$23
Bringing back one of our most popular dinner features!

Fried Shrimp Po' Boy \$15
Served with choice of side

Big Easy Salad \$16
Pickled okra, corn & black eyed pea salsa, tomatoes, shredded cheddar, country ham, house-made rum-raisin buttermilk ranch, and topped with roasted peanuts

Crawfish Mac & Cheese \$8

Fried Okra \$6

Red Beans & Rice \$6

Beignet Bites (5) \$4



Live Music in the CLUB LOUNGE

Thursday, March 6th 6-8pm



Chuck Courtenay



Irish Whiskey

March Mixology

Wednesday, March 12th 6-8pm

It's Whiskey like you've never tried before! Jacklyn and Roy have come up with three fun cocktails for this month's mixology featuring Slane Irish Whiskey. Join us to sample Slane and shake things up with fun ingredients for an evening full of shenanigans!

Chef is preparing his famous Guinness Beef Pie served with a tossed salad and Irish Whiskey Bread Pudding for dessert!

Event capped at 20 participants, \$40++ per person, includes 3 full-size cocktails and dinner buffet. Register via the Club Calendar online!



SLANE
IRISH WHISKEY

Live Music in the CLUB LOUNGE

Saturday, March 15th 5-8pm



Chuck Courtenay

ST. PATRICK'S FUN & FEATURES

Tuesday, March 18th
5-8pm in the Grille

Continue the celebration of St. Patrick's Day with us for dinner on Tuesday, March 18th! We have live music with the Galway Rogues 6-8pm and Chef's features from 5-8pm - the normal ala carte menu will also be available all night.

Shepard's Pie \$14

Traditional Shepard's Pie with Beef and Lamb

Irishman \$17

Pastrami & Corned Beef Reuben served with choice of side

Corned Beef & Cabbage \$17

St. Patrick's classic served with potatoes

Irish Nachos \$15

House chips, Irish Cheddar, Corned Beef, Sauerkraut, and Pickles

Irish Cheddar Mac & Cheese (side) \$8

Irish Cream Espresso Cheesecake \$10



YAPPY HOUR

Wed, March 19th | 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.



DEMO DAY

Saturday, March 22nd 11am-3pm

FJ FOOTJOY

Callaway

Wilson

PING®

cobra

SRIXON | Cleveland GOLF | XX10



Get Trade-In Credit
STICKX
GOLF

Round Robin TENNIS SOCIAL

Saturday, March 22nd 3-5pm

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! \$35++ per player, includes finger foods & soft drinks.

Register online via the Club Calendar



Spring Wine Dinner

Wednesday, March 26th 5-8pm

Mike has a fun twist for our March Wine Dinner: Sommelier Smackdown. Chef Stephen set the menu and it was sent to our two wine experts. They will both provide a blind pairing for each course and YOU decide which was better!

Event is capped at 24 people, \$100++ per person and includes 5 courses and pairings.

Register online via the Club Calendar. The 48-hour cancellation policy applies to all Member Events.

The Evening's Menu:

First Course: Heirloom Tomato Bruschetta

Second Course: Fava Bean Soup

Third Course: Insalata Primavera

Fourth Course: Wild Boar Braised in Red Wine

Dessert: Strawberry Rhubarb Lady Finger Trifle



Leprechaun Scavenger Hunt

6 little leprechauns standing on top of a gold coin will be released to go hide around SQCC on Saturday, March 1st! If you catch one, bring it to Leigh Ann in the Lifestyle Director's Office in the Golf Lobby for a St. Patrick's themed prize!

They WILL NOT be inside the Fitness Center, Pool, Tennis Courts, Golf Shop, construction area, Dining Rooms, on the Golf Course or in the locker rooms or restrooms. They WILL be in places that kids can see and reach without assistance.

Clues will be released on our FB/IG story sporadically to assist in capturing those sneaky leprechauns. Hunt ends Tuesday, March 18th at 7pm or when they are all found, whichever is first.

Leigh Ann is available Tuesdays-Saturdays to turn in your captured leprechauns!



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 LIFT

Mondays & 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 muscular 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!

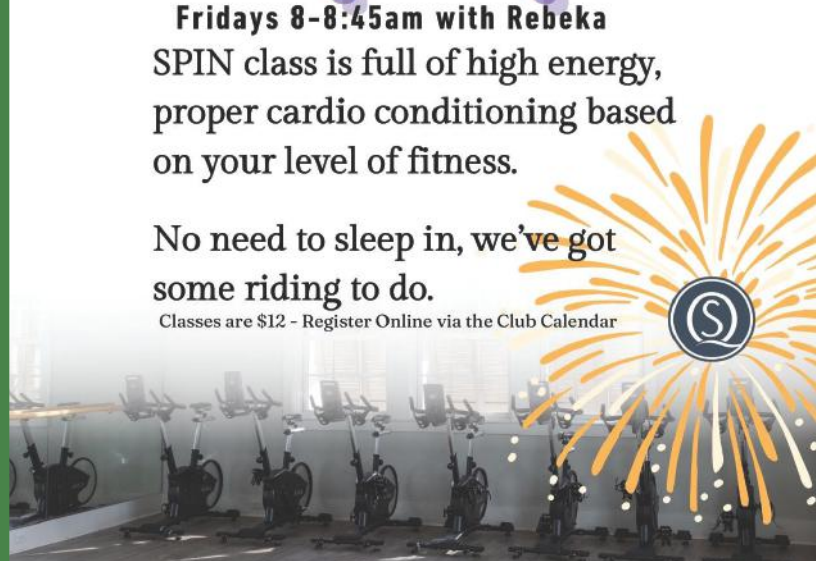


SPIN

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



BEGINNER'S LINE DANCING

Tuesdays 10:30am

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!



TEEN LIFT

Fridays 7pm

Equipping teen Members (13-18) with fundamentals of strength training in a fun, structured, and supportive environment. This class is designed to help teens build strength, confidence, and athletic performance through progressive weight training with a focus on proper lifting technique, gradual progression, and injury prevention.



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. Class is \$12. Register via the Club Calendar online.

Tuesdays &
Thursdays
8:30am



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



March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1 Hidden Leprechaun Begins! Tennis Exhibition Match Vinyasa Yoga Kids Yoga
2	3 Kickball Game Pilates Fit am & pm Active Aging SQ Lift	4 Mardi Gras Dinner Features SQ Strong am & pm Line Dancing (Fitness) Active Aging SQ Strong SQ Lift Jr. Tennis Clinics Jr. Golf Clinic	5 Cardio Tennis Pilates Fit am & pm Active Aging Gentle Yoga Beginners Tennis Ladies' Golf Clinic	6 Live Music Night WOW Luncheon SQ Strong am & pm Active Aging Rhythm STL & Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	7 SPIN Active Aging Yin Yoga Teen Lift	8 Vinyasa Yoga Kids Yoga
9 Clocks "Spring" Forward! Round 2 for Match Play Championship Begins	10 Private tournament - cart path closed 8am-4pm Pilates Fit am & pm Active Aging SQ Lift	11 SQ Strong am & pm Line Dancing (Fitness) Active Aging SQ Lift Jr. Tennis Clinics Jr. Golf Clinic	12 Mixology - Irish Whisky Cardio Tennis Pilates Fit am & pm Active Aging Gentle Yoga Beginners Tennis Ladies' Golf Clinic	13 SQ Strong am & pm Active Aging Rythm STL & Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	14 SPIN Active Aging Yin Yoga Teen Lift	15 Live Music Night Vinyasa Yoga Kids Yoga LGA & MGA Taylor Made fitting
16	17 Course Open for Tee Times - Cart Path Closed 8am-Sunset Pilates Fit am & pm Active Aging SQ Lift	18 Live Music & Irish Features SQ Strong am & pm Line Dancing (Fitness) Active Aging SQ Lift Jr. Tennis Clinics Jr. Golf Clinic	19 Yappy Hour Cardio Tennis Pilates Fit am & pm Active Aging Gentle Yoga Beginners Tennis Ladies' Golf Clinic	20 SQ+ Happy Hour SQ Strong am & pm Active Aging Rythm STL & Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	21 SPIN Active Aging Yin Yoga Teen Lift	22 Multi-Vendor Demo Day Vinyasa Yoga Kids Yoga Parent/Child 9-hole Event Round Robin Tennis Social
23	24 Private tournament - cart path closed 8am-4pm Pilates Fit am & pm Active Aging SQ Lift	25 SQ Strong am & pm Line Dancing (Fitness) Active Aging SQ Lift Jr. Tennis Clinics Jr. Golf Clinic	26 March Wine Dinner Cardio Tennis Pilates Fit am & pm Active Aging Gentle Yoga Beginners Tennis Ladies' Golf Clinic	27 SQ Strong am & pm Active Aging Rythm STL & Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole Book Club	28 SPIN Active Aging Yin Yoga Teen Lift	29
30 Round 3 for Match Play Championship Begins	31 Pilates Fit am & pm Active Aging SQ Lift					

April 2025



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

May 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 Live Music Night WOW Luncheon SQ Strong am & pm Active Aging Rythm STL & Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	2 SPIN Active Aging Yin Yoga Teen Lift	3 Kentucky Derby Party Vinyasa Yoga Kids Yoga Jr. Club Championship
4	5 Pilates Fit am & pm Active Aging SQ Lift	6 Live Music on the Patio SQ Strong am & pm Line Dancing (Fitness) Active Aging SQ Lift Jr. Tennis Clinics	7 Glass Etching Night 1 Cardio Tennis Pilates Fit am & pm Active Aging Gentle Yoga Beginners Tennis	8 Glass Etching Night 2 SQ Strong am & pm Active Aging Rythm STL & Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	9 SPIN Active Aging Yin Yoga Teen Lift	10 Kid's Club - Gifts for Mom Vinyasa Yoga Kids Yoga
11 Mother's Day Brunch	12 Pilates Fit am & pm Active Aging SQ Lift	13 SQ Strong am & pm Line Dancing (Fitness) Active Aging SQ Lift Jr. Tennis Clinics	14 Mixology - Cosmopolitans Cardio Tennis Pilates Fit am & pm Active Aging Gentle Yoga Beginners Tennis	15 SQ+ Happy Hour SQ Strong am & pm Active Aging Rythm STL & Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	16 SPIN Active Aging Yin Yoga Teen Lift	17 Sr. Club Championship Vinyasa Yoga Kids Yoga
18 Sr. Club Championship	19 Pilates Fit am & pm Active Aging SQ Lift	20 Live Music on the Patio SQ Strong am & pm Line Dancing (Fitness) Active Aging SQ Lift Jr. Tennis Clinics	21 Singles' Happy Hour Cardio Tennis Pilates Fit am & pm Active Aging Gentle Yoga Beginners Tennis	22 SQ Strong am & pm Active Aging Rythm STL & Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	23 SPIN Active Aging Yin Yoga Teen Lift	24 LGA & MGA Vinyasa Yoga Kids Yoga
25	26 Memorial Day Pool Party Memorial Day Golf Social Pilates Fit am & pm Active Aging SQ Lift	27 SQ Strong am & pm Line Dancing (Fitness) Active Aging SQ Lift Jr. Tennis Clinics	28 Wine Tasting Cardio Tennis Pilates Fit am & pm Active Aging Gentle Yoga Beginners Tennis	29 SQ Strong am & pm Active Aging Rythm STL & Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	30 SPIN Active Aging Yin Yoga Teen Lift	31 Live Music Night