

CLUB CHAT

A newsletter for members of the South Barrington Club

Happy St. Patrick's Day



March 2021

Membership News

Welcome New Members

The South Barrington Club welcomes these new members: **The Humenski's, Brian Biehl, Lauren Kaiser, Emily Yang, Ravi Mehta, Sam Patel Vaghani, Peyton Urso, and Marek Pieprzyk.**

Member Referral

We would like to thank **Kelly Niese** for referring a new member to the club in February. When you refer a friend, you will receive a \$50 SBC gift card for each new membership you refer. Student, paddle and corporate group memberships are not included in our referral program. Must be a first time member when referred for this program.

PLATFORM TENNIS

Men's Platform Tennis- We have 2 matches remaining in the regular season and our teams are doing great! Series 12 is in 1st place, Series 7 & 14 in 2nd place, Series 16 & 31 in 3rd place, Series 6 in 5th place, Series 21 in 6th place and Series 26 in 9th place. The quarterfinals of the playoffs are March 9th-11th, the semifinals are March 15th and finals are March 17th! Men's Paddle drills run on Mondays from 5:30-7:00 pm and Men's Open Play from 7-8:30 pm. The team drills are on Saturdays from 9-10:30 am and 10:30 am-12:00 pm.

Women's Platform Tennis- The Series 4 team is currently in 3rd place with 3 more matches remaining in the season. The team drills are Tuesdays from 9-10:30 am.

Court Reservations- Court reservations are available for singles and doubles play. If you haven't played platform tennis, now is the perfect time to get outside and give it a try!

Please contact Adam Morgan at amorgan@sbgpd.net or 847-898-9956 if you have any questions!

TENNIS CORNER

Junior and Adult Group Tennis Classes

Winter Session **ends** March 19. Spring Session starts Sunday, March 28 – May 29 (no class Easter Sunday, April 4). Registration opens up March 1.

Junior In House Circuits/Match Play and UTR

Friday, March 5- Orange Ball 5-6 pm

Green Ball 6-7:30 pm

Saturday, March 6- UTR Match Play 5-8:30 pm

Friday, March 12- Orange Ball 5-6 pm

Green Ball 6-7:30 pm

Saturday, March 13-UTR Match Play 5-8:30 pm

Friday, March 19- Orange Ball 5-6 pm

Green Ball 6-7:30 pm

Saturday, March 20-MS/HS 5-6:30 pm

Elite 6:30-8:30 pm

Friday, March 26- Orange Ball 5-6 pm

Green Ball 6-7:30 pm

Saturday, March 27-MS/HS 5-6:30 pm

Elite 6:30-8:30 pm

If you want to sign up for any of the Match Play days, please contact Will Karydakakis at wkarydakakis@sbgpd.net.

SBCTA February Players of the Month

Orange Ball- **Olivia Styga**

Green Ball- **Arav Yousfi**

Middle/High School- **Kyra Veremis**

Elite- **Jake Smith**

March MEMBER MADNESS

A Member Challenge

To sign up, email Janet at
jlundholm@sbgpd.net
See page 3 for details

March 1-15

Fitness Corner

With **Group Exercise classes** back in full swing, we are happy to see members being able to enjoy the social aspect that makes in-person classes so special and rewarding!

In Phase 4, our new class size has been expanded to 14; still allowing for plenty of social distancing and safety.

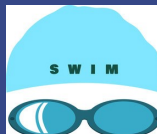
We just added a new spin class on Mondays at 9:00am. **Power Cycle** is taught by Migdalia, a 15-time IRONMAN finisher, Certified Triathlon Coach and certified CPT. This class will offer a more challenging format for those looking to improve or maintain their endurance and strength for the summer races. You don't have to be a competitive athlete to enjoy this class. The workout can be adjusted to accommodate all levels and cycle enthusiasts.

The **Fitness Center** is now allowed to have 50% capacity. This expansion will allow us to accommodate members better during our peak times, while still keeping the Fitness Center safe by not over-crowding it. Reminder: cleaning your machines, wearing your mask and social distancing continues to provide the best safety for everyone!

We are offering a **March Madness Personal Training** special for the entire month of March. Buy any 10 (or 20) package of training and receive a free session (a \$65 value). *Available to new training clients or clients that have not trained in the past 6 months. Contact the Fitness Dept for more details.

Aquatic News

- No swim lessons the week of spring break - March 18th-28th.
- Registration for spring session swim lessons will be available by March 1st.
- Swim team information will be available the first week in March.



FOR ADULTS ONLY

Open Pickleball—Monday nights 7-8:30pm.



Open Badminton—Thursday mornings 10-11am.

These programs are FREE to members!



Spring Break is just around the corner! Do you need to fine tune your nutrition to feel stronger, sustain energy and to feel your best? There are many easy ways to streamline your diet without going "on a diet." Jolie Davis can give you a quick consultation. She offers coaching packages that will fit your lifestyle and health needs. Stop over to see her in the lobby to get started. There's no better time than right now.

RAW HOURS

Monday: 10am-2pm

Tuesday: 9am-2pm, 4pm-5:30pm

Wednesday: 10am-2pm

Thursday: 9am-2pm, 4pm-5:30pm

Friday: 10am-2pm

Saturday: Closed

PRO SHOP

Let's celebrate!! Things are getting back to normal and tennis is in full swing! Come in and see all the new merchandise arriving! Nike, Lucky in Love, Sofibella and more arriving daily.

A facility of the South Barrington Park District
3 Tennis Club Lane, South Barrington, IL 60010
(847) 381-2570 • www.sbpd.net/club

March MEMBER MADNESS

MARCH 1-15, 2021

USE YOUR KEY TAG TO CHECK IN AND WORKOUT FOR
AT LEAST 1 HOUR MARCH 1-15 AND EARN 1 POINT PER VISIT
(keytag replacement fee will be waived during this promotion)

EARN A TOTAL OF 12 POINTS AND RECEIVE AN SBC GYM BAG
EMAIL JANET LUNDHOLM AT jlundholm@sbgpd.net TO SIGN UP

EARN 2 EXTRA POINTS TO GET YOU TO YOUR GOAL BY ATTENDING 1 CLASS BELOW



ZUMBA

MON MARCH 1 5PM-6PM
THUR MARCH 4 10AM-11AM
THUR MARCH 4 5PM-6PM

SWIM 50 LAPS IN THE POOL

ON YOUR OWN
(RESERVATIONS
REQUIRED)

FIT-TENNIS

FRIDAY MARCH 5
FRIDAY MARCH 12
9AM-10AM

SIGN-UP FOR THIS PROMOTION AND 1 OF THE ABOVE CLASSES
BY EMAILING JANET LUNDHOLM AT jlundholm@sbgpd.net BY FEBRUARY 28

FIRST 50 MEMBERS TO SIGN-UP RECEIVE A FREE GIFT!

MUST BE 21 OR OLDER TO PARTICIPATE

HELP BRING YOUR STUFF HOME!



The lost and found room is getting full...
I bet those water bottles were expensive.
I'm sure your ears are cold without that hat.
Your stuff misses you too!

