

The Club Life ©
July 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

Fitness Center:

Mon-Sun: 5am-10pm
Staffed daily: 7am-8pm

Golf Shop:

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

Golf Course:

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

Practice Range:

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

Beverage Cart:

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

Resort Pool & Bar

Mon: 10am-4pm
Tue-Sun: 10am-8pm

Lap Pool & Jacuzzi:

Mon: 7am-4pm
Tue-Sun: 7am-8pm

Pool Kitchen 5/23-8/3

Mon: Closed
Tue-Sun: 11am-7pm

Pool Kitchen 8/3-9/30

Mon-Thu: Closed
Fri-Sun: 11am-7pm

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 Parties

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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LEIGH ANN BRYAN

Social Lifestyle Director
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MIKE VALICENTO

Director of Food & Beverage
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GREG JACKSON

Executive Chef
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FINA PRIMATIC

Sports Director
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GREG MCDANIEL

Head Tennis Professional
912.450.1703
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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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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

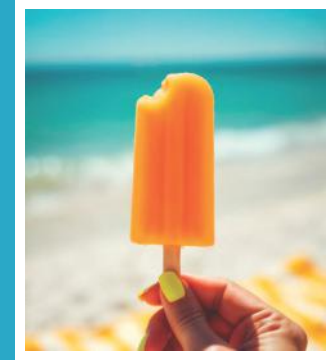


CLUB NEWS

3rd of July Fireworks & Patio Party

The Club's annual fireworks show is set for Thursday, July 3rd. The Clubhouse and Grille will close early on the 3rd to prepare for the BBQ and Patio Party and we will re-open the Clubhouse at 6pm for the party. Members may begin setting up chairs and blankets on the 18th fairway at 6pm.

Fireworks will begin at dusk at about 9pm, the BBQ Buffet is 6-8pm and the Patio Party is 6-9pm. We hope you'll join us for this year's fireworks. Registration for the BBQ is open via the Club Calendar!



Mark Your Calendar!

July:

- 3 Club Fireworks & BBQ
- 4 Pool Party & Golf Social
- 7-11 Tennis Camp Session III
- 8 Swim Team Banquet
- 8-11 Jr. Golf Camp Session II
- 10 Cornhole & Cocktails
Mystery Book Club
- 12 Summer League Begins
- 14-18 Tennis Camp Session IV
- 16 Mixology - Tequila
- 18 Dive-In Movie: Sharknado
- 19 MGA Monthly Tournament
Live Music Saturday Night
- 22 Meet a Mermaid
- 29 Live Music Night
- 30 Wine Tasting
- 31 Book Club

4th of July Pool Party & Boat Races



Get your cardboard and duct tape and start building your boats! The annual cardboard boat races are at 12:30pm on Friday, July 4th during our Pool Party! Register via the Club Calendar as a single or team in your age group division.

Prizes for the individuals and teams that win PLUS we have a DJ from 11am-2pm and the Pool Kitchen will have a limited holiday menu all weekend! 11am-3pm we'll have fresh burgers and hot dogs right off the grill for our BBQ, burger & chips or 2 hot dogs and chips for \$10++ on the upper pool deck.

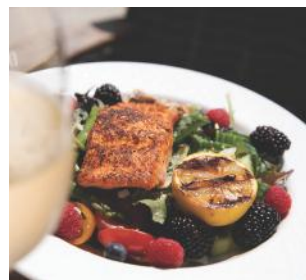
Update about Golf Shop from GM

As you may have heard, the Club's Golf Shop was broken into during the early morning hours on Wednesday, June 25th. The Pooler Police Department responded immediately, and Detectives are working on the case. The Club's security system did its job and the response time for the police was excellent. As this is an active case, we are unable to share details and we will update you if there are any new developments.

Thank you,
Chris - General Manager



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

July Wine Tasting - New Event & Time!

You asked and we listened! Wine Tastings are now from 6-8pm to allow for a less rushed experience, and we modified from light hors d'oeuvres to heavy. This month, Mike has added a fun twist to the event, blind tasting trivia! How well do you know your wines?

Each table of 8 will compete to see if they can be the first to correctly identify the varietal and region for each of our 5 wines. First correct team each round gets a point. The winning team gets an EXTRA 10% off the Member price for wine ordered at the event!

Join us Wednesday, July 30th from 6-8pm in the Norman Grille for a fun and friendly challenge that could result in bigger discounts on wines.

Register via the Club Calendar online or in the app, event is capped at 32 participants, \$40++ per person.

Member Private Parties & Events

If you would like to host a private event at the Club, please contact Mike to reserve the Wine Room, Norman Grille, or if you would like to have a pool party in the Pool Gazebo!

MValicento@HeritageGolfGroup.com



Mike Valicento

Food & Beverage Director



FITNESS

Fitness Center Hours

Mon-Sun 5am-10pm | Staffed Daily 7am-8pm

Group Fitness Class Schedule

Register for classes via the Club Calendar online & in the app!
Instructors may vary based upon availability.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Fit 8:15am	SQ Strong 9am	Pilates Fit 8:15am	SQ Strong 9am	Fit & Firm 9:30am	Vinyasa Yoga 9:30-10:30am
Fit & Firm 9:30am	Aqua Fit 9:30am	Fit & Firm 9:30am	Aqua Fit 9:30am	Aqua Fit 9:30am	Aqua Fit 9:30am
Aqua Fit 9:30am	Abs & Assets 6pm	Aqua Fit 9:30am			
Tone & Step 5:30pm	SQ Lift 7pm	Gentle Yoga 10:45-11:45am			

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.

Fitness Consultation

Sign-up for a FREE 30-minute fitness consultation with Rebeka! During the session she'll work with you to identify your goals & create personalized plan to help achieve them. Call to schedule, 912.450.1703.

Certified Personal Trainers

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

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

July Complimentary Classes

Fit & Firm Mondays at 9:30am

Abs & Assets Tuesdays at 6pm

SQ Lift Tuesdays at 7pm

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



Fina Primatic
Sports Director



TENNIS



Court Hours

Mon-Sun 7am-10pm

Reservations

Court reservations are required for a maximum of 2 consecutive hours. 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 to free it for others to play.

USTA & STL Play

Email Greg, GMcDaniel@HeritageGolfGroup.com, 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 Camp

With Coach Greg

Session III July 7th-11th 9:30-11:30am ages 7+

\$275/Members (\$250 siblings)

\$305/Non-Members

Session IV July 14th-18th 9:30-11:30am ages 10+

\$300/Members (\$275 siblings)

\$330/Non-Members

Beginners Tennis Clinic

Coach Greg will teach the basics of Tennis including fundamental strokes, strategy, and drills, \$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.

For Kids' Private Lessons, Contact Coach Greg
Call the Fitness Center 912.450.1703 to schedule!



Greg McDaniel
Head Tennis Professional



Pool

Pool Hours

Resort Pool: Tue-Sun: 10am-8pm | Mon: 10am-4pm
Lap Swim & Jacuzzi: 7am-pool close, enter via Fitness Center prior to Pool opening.

Lap Pool Open 7am-Pool Close

To access the Lap Pool & Sun deck prior to daily pool opening, please check-in with the Fitness Attendant & 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-pool close.

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 or at the pool's edge.** Please enjoy them on the deck.

Towels

Pool towels are complimentary and available one per person via the Pool Reception desk.

Floats/Toys

Personal sized pool floats are permitted. Pool staff may restrict personal float use for any reason. Only soft toys are permitted, no hard toys or balls may be in the pool or thrown on the pool deck.

Fountain

No sitting, swimming, playing in the fountain is permitted. The fountain is not considered a pool and should not be used as one.

Pool Operations

Fina Primatic, Sports Director
Fitness Office: 912.450.1703

Sky Hoyt, Pool F&B Service Manager

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.

Member Access to the Pool

The Pool entrance requires a Member fob at all times. SQCC staff will not open the gate for Members who do not have their fob. Fobs are available in Fitness Center. All Members are required to check-in guests with staff prior to entering the Pool deck.

The Club will provide an optional towel service, one towel per person. Because the Pool is now open every day, we will close at 4pm on Mondays for cleaning and maintenance.

No children under the age of 12 are permitted in the pool area without being accompanied and supervised by an adult. No swimming is permitted in the Resort Pool when there are no lifeguards present.

Pool Cabana Rentals

There are four cabanas available for reservation, it is \$25/hour for a minimum 3-hour reservation and maximum of 6 people per cabana. Members may reserve a cabana up to 2 weeks in advance to 4 hours prior to the reservation time and must use the online reservation portal to book a cabana.

If you would like to reserve a cabana for longer than 3 hours, please contact Fina, our Sports Director, at the Fitness Center by calling 912.450.1703. Cabanas have a 48-hour cancellation policy other than for inclement weather.



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

Titleist Fitting July 24th

Titleist fitting reps will be at the Practice Range on Thursday, July 24th. Make your appointment by calling the Golf Shop, 912.450.2700.

New Product: Strokes Gained Hydration

The Golf Show now carries Strokes Gained packets to mix into bottled water! Designed for golfers who demand peak performance. These individual drink mixes improve hydration and replenish electrolytes lost during play, especially in the heat! Stop by the Golf Shop to pick up a packet before heading out to play!

Stick-X July 31st

Stick-X will be here on Thursday, July 31st from 10am until 2pm. Bring in your old clubs and range finders to exchange for credit in the Golf Shop. Contact the Golf Shop with questions.

Summer Jr. Golf Camp is Filling Up

Junior Golf Camp June session is filling up quickly but there is still space for the July camp! We have one more camp session scheduled for July 8-11th from 9-11am daily 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.

Upcoming Events - Registration OPEN

- Couples' Championship - Aug 23rd
- Labor Day Event - Sept 1st
- Westbrook Cup - Sept 6th & 7th
- Shark Cup - Sept 13th
- Club Championship - Sept 26th - 28th

Save the Date - Ladies' Invitational

Ladies mark your calendar for Monday, Sept 15th for the inaugural Ladies Invitational at SQCC. This four person team - two better balls has a 9:30am shotgun start and has a max handicap of 36. \$500 per team includes cart, golf, continental breakfast, lunch, and drinks/snacks on course plus cash prizes to the overall winners and 1st & 2nd place in all Flights.



Glen Herrell, PGA
Director of Golf

Pool Thunder & Lightning Policy

We use WeatherBug to monitor lightning in the area. Our policy for the Pool is to close the Pool & Deck if lightning is within a 10-mile radius. Once it moves out of that radius, we will re-open.

For thunder with no lightning, we clear the water and must wait until there is no audible thunder for 30 minutes before allowing Members to re-enter the Pool.



Scan QR Code to
Download the
WeatherBug App



Apple App Store



Google Play Store



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! Each day of tennis camp has the last half-hour at the Pool!

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

Junior Camp III

July 7th-11th
9:00-11:30am

Ages 7+

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

Junior Camp IV

July 14th - 18th
9:00am - 12:00pm

Ages 10+

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

SAVANNAH QUARTERS COUNTRY CLUB

JUNIOR *Golf Camps*

For players 8-14yrs old!

\$250 SACC Members*

\$300 Non-Members

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

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





CLUB LIFE EVENTS

July Member Events

Annual Fireworks & BBQ

Thursday, July 3rd 6:00-9:00pm | Clubhouse Patio
Registration: via Club Calendar in the app for the BBQ
Cost: Complimentary!

4th of July Pool Party & Cardboard Boat Races

Friday, July 4th 1:30-2:30pm | Club Pool
Registration: via Club Calendar in the app for Races
Cost: Complimentary!

Cornhole & Cocktails

Thursday, July 10th 5:30-7pm | Club Patio
Registration: via Club Calendar in the app
Cost: Complimentary!

Mixology - Tequila

Wednesday, July 16th 6:00-8:00pm | Norman Grille
Registration: via Club Calendar in the app
Cost: \$45++/person, includes dinner & 3 cocktails

Dive-In Movie Night - Sharknado

Friday, July 18th 8:30pm(ish) | Club Pool
Registration: No Registration Required
Cost: Complimentary!

Meet a Mermaid!

Tuesday, July 22nd 6:00-7:30pm | Club Pool
Registration: No Registration Required
Cost: Complimentary!

Wine Tasting Trivia

Wednesday, July 30th 6-8pm | Norman Grille
Registration: via Club Calendar in the app
Cost: \$40++/person for tasting & heavy hors d'oeuvres

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, July 10th 11am-1pm - Norman Grille
Finding Health & Harmony with your Best Four-Legged Friend with certified Canine Behavior Consultant, Maria Huntoon. Pre-registration via WOW newsletter link is required, buffet Lunch \$16++

Ladies Golf Association (LGA)

Every Tuesday & Thursday

Book Club

Thursday, July 31st 7pm in the Wine Room
The Rabbit Hutch, Tess Gunty
July's Speaker: Jerri Ellis

Lending Library

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

NEW Mystery Book Club - 1st Meeting in July!

Thursday, July 10th 7pm in the Wine Room
The Thursday Murder Club, Richard Osman

August Meeting: Thursday, August 14th 7pm

The Moonstone, Wilkie Collins

Live Music Nights in the Lounge

Sat, Jul 19th - Chuck Courtenay

Tue, Jul 29th - Hollee Spring

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

3RD OF JULY

FIREWORKS & BBQ

BBQ BUFFET 6-8 PM

DJ & PATIO PARTY 6-9 PM

FIREWORKS START AT DUSK (9pm-ish)

Members may begin setting up chairs on the 18th fairway at 6pm

BBQ Buffet
Adults \$24++ | Kids 12 & Under Free!

On the Buffet:

- Hamburgers
- Hot Dogs
- Pulled Pork BBQ
- Potato Salad
- Coleslaw
- Fresh Fruit
- Club Chips
- Cookies & Brownies



4TH *Of* JULY POOL PARTY & BBQ

Friday, July 4th 11am-2pm at the Club Pool

Join us at the Pool for Cardboard Boat
Races, a DJ, and Family FUN!
Party starts at 11am and goes until 2pm

Boat races begin at 12:30pm, pre-register
online via the Club Calendar & bring your
boat to compete - cardboard & duct tape only!

11am-3pm Visit the Pool upper deck for
Burgers & Hot Dogs fresh off the grill!

Burger & Chips \$10++

2 Hot Dogs and Chips \$10++

Pool Kitchen is offering a limited holiday
weekend menu Friday-Sunday!



CORNHOLE & Cocktails

Thursday, July 10th
5:30-7:00pm

Make new friends and meet fellow Members while having fun playing cornhole! Don't want to play? Come anyway! Join us to watch and still be part of the fun, the more the merrier! Tables on the back patio will be reserved for Cornhole participants to relax and enjoy between rounds.

This complimentary event will take place on the Clubhouse patio & back lawn, register via the Club Calendar online or in the app if you'd like to join us!



July Mixology TEQUILA!

Wednesday, July 16th 6-8pm

Whether you prefer it in a margarita or with just some salt and lime, don't miss out on July Mixology - Tequila! Kaylynn has concocted a new twist on the old fashioned and a margarita she's sure you'll love.

Quesadillas (Chicken or Veggie), Chips & Salsa, and Key lime pie for dessert plus three FULL size cocktails, only \$45++ per person!

Tables are max of 4 people, event is capped at 20. Register via the Club Calendar online or in the app!



DIVE-IN MOVIE AT THE

POOL *Sharknado*

Friday, July 18th | 8:30(ish)pm

Personal sized floats permitted, please do not bring oversized floats. Dive-In Movies are Weather Permitting.



Live Music in the CLUB LOUNGE

Saturday, July 19th 5-8pm



Chuck Courtenay

MEET A *Mermaid*

TUESDAY
JULY 22ND

6:00-7:30PM AT THE CLUB POOL

Our Mermaid friend is
BACK for photos and a
magical time!

No registration required for this
complimentary event!



Live Music in the CLUB LOUNGE

Tuesday, July 29th 6-8pm



Hollie Spring

July Wine Tasting

Wednesday, July 30th 6:00-8:00pm

This month has a new spin: do you know your wines? Each table will work together to determine the varietal and region for our 5 July wines. First table to get the correct answer wins a point.

The table with the most points gets an additional 10% off the Member price for wine ordered at the tasting!

Register via the Club Calendar online or in the app, event is capped at 32 participants. You've asked, and we listened: wine tastings are now two full hours and include heavy hors d'oeuvres with the wines. \$40++ per person.



Pilates Fit

Mondays & Wednesdays 8:15am

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.

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



Water Aerobics at SQCC

Water aerobics is a group fitness class that involves a series of exercises performed in shallow water, typically waist-deep or deeper, to improve cardiovascular fitness, strength, and flexibility. The exercises are designed to be low-impact, making it an excellent option for people who are recovering from injuries, have chronic pain, or are looking for a low-impact alternative to traditional land-based exercises.

AquaFit

Monday - Saturday 9:30am

Aqua Fit is low-impact on your joints but rigorous, challenging, and always a fun workout with water weights.

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



FIT & FIRM

Monday/Wednesday/Friday Mornings at 9:30am

Monday sessions complimentary in July!

Join us for the low impact, yet rigorous class using light weights, bands, and Pilates rings. In class we sit & stand. This class will help condition you for all of your daily life activities and help you live life to your fullest!



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



TONE & STEP

Mondays 5:30pm

This new class combines energizing step aerobics with targeted toning exercises to give you a full-body workout. Burn calories, build strength, and improve coordination in this fun, fast-paced class suitable for all fitness levels.

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



SQ Strong

Enhance total body strength and promote maximum metabolic burn. 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 9:00 am



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

Abs & Assets

Tuesdays 6:00 pm
Complimentary in July!

We're focus on toning, strengthening, and leaning out your midsection while strengthening and toning your glutes! Get your abs and assets in their best shape with this bi-weekly class.

This class is complimentary in July
Register Online via the Club Calendar



SQ LIFT

Tuesdays 7pm
Complimentary in July!

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.

SQ Lift is Complimentary for July
Register Online via the Club Calendar



Gentle Yoga

Wednesdays 10:45-11:45am

Gentle Yoga is ideal for beginners and experienced yogis wanting a slow-paced yoga experience with less intense poses.

Gentle yoga offers yogis physical and mental release while easing through traditional yoga poses. Breathwork is encouraged to purify the body, clear the mind, and balance energy flow.

Yogis can expect more seated poses than standing poses. Props are used for modifications, deep stretches, and counter poses to align the body. This class is designed to help improve flexibility, concentration, and circulation.



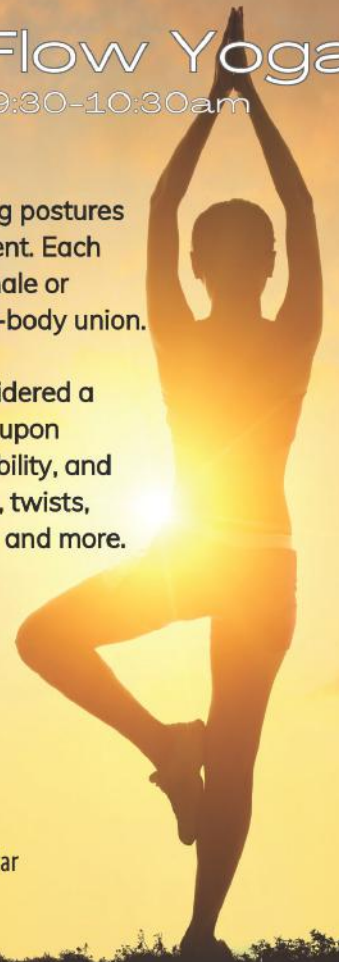
Group Fitness Classes are \$12
Register Online via the Club Calendar

Vinyasa Flow Yoga

Saturdays 9:30-10:30am

Vinyasa Flow Yoga is flowing postures combining breath & movement. Each movement is linked to an inhale or exhale, connecting the mind-body union.

This method of Yoga is considered a moving meditation focusing upon strengthening, mobility, flexibility, and balance with forward bends, twists, backbends, Sun Salutations, and more.



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

CARDBOARD Boat Races

12:30 on the 4th of July!

The annual cardboard boat races are now held at the 4th of July Pool Party, so it's time to start building your boat!

Register as an individual or as a team of 2 for this year's boat races. Teams of 2 must be in the same age division.

Boat dimensions must be: 24" wide, no more than 18" tall, and between 36-48" long. Boat & Oar materials: ONLY duct tape and cardboard are permitted!

Age Divisions (Individual & Team)

- 4-6 years old
- 7-10 years old
- 11-13 years old

Register via the Club Calendar on the Member website/app!

Prizes awarded for 1st & 2nd place in each division!



Tennis Clinics

Jr. Tennis Camp Session III

July 7th - 11th 9:30-11:30am ages 7+
\$275 for Members (2 or more siblings, \$250 each)
\$305 for Non-Members

Jr. Tennis Camp Session IV

July 14th - 18th 9:30-11:30am ages 10+
\$300 for Members (2 or more siblings, \$275 each)
\$330 for Non-Members

For private Kids' Lessons - Contact Coach Greg

Adult Beginner Clinic

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



July 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 SQ Strong Aqua Fit Abs & Assets SQ Lift	2 Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis Summer League	3 Club Fireworks & BBQ SQ Strong Aqua Fit Jr. Tennis Clinics Club Grille Closes at 3pm to prepare for BBQ & Party	4 4th of July Pool Party & BBQ Fit & Firm Aqua Fit	5 Aqua Fit Vinyasa Yoga
6	7 Pilates Fit Fit & Firm Aqua Fit Tone & Step	8 Swim Team Banquet SQ Strong Aqua Fit Abs & Assets SQ Lift	9 Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis Summer League	10 Cornhole & Cocktails WOW Luncheon SQ Strong Aqua Fit Cigars on the Patio Mystery Book Club	11 Fit & Firm Aqua Fit	12 Aqua Fit Vinyasa Yoga
----- Junior Golf Camp July 8th - 11th 9:00 - 11:00 am -----						
13	14 GSGA Mid Am Qualifier - Cart Path Closed 8am-4pm Pilates Fit Fit & Firm Aqua Fit Tone & Step	15 MGTC SQ Strong Aqua Fit Abs & Assets SQ Lift	16 Mixology - Tequila Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis Summer League	17 SQ Strong Aqua Fit Cigars on the Patio	18 Dive in Movie at the Pool Fit & Firm Aqua Fit	19 Live Music in the Lounge MGA Aqua Fit Vinyasa Yoga
20	21 GA Open Qualifier - Cart Path Closed 8am-4pm Pilates Fit Fit & Firm Aqua Fit Tone & Step	22 Meet a Mermaid at the Pool! SQ Strong Aqua Fit Abs & Assets SQ Lift	23 Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis Summer League	24 SQ Strong Aqua Fit Cigars on the Patio	25 Fit & Firm Aqua Fit	26 Aqua Fit Vinyasa Yoga
----- School Supply Drive for Brightside Child Advocacy & Savannah CASA -----						
27	28 Pilates Fit Fit & Firm Aqua Fit Tone & Step	29 Live Music Night SQ Strong Aqua Fit Abs & Assets SQ Lift	30 Wine Tasting Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis Summer League	31 SQ Strong Aqua Fit Cigars on the Patio Book club	1	2

August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 Fit & Firm Aqua Fit	2 Aqua Fit Vinyasa Yoga
3	4 Pilates Fit Fit & Firm Aqua Fit Tone & Step	5 Live Music Night SQ Strong Aqua Fit Abs & Assets SQ Lift	6 Craft Night Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	7 WOW Luncheon SQ Strong Aqua Fit Cigars on the Patio	8 Fit & Firm Aqua Fit	9 Live Music Night Aqua Fit Vinyasa Yoga
----- Golf Course Aerification Monday Aug 4th - Wed Aug 6th -----						
10	11 Pilates Fit Fit & Firm Aqua Fit Tone & Step	12 MGTG SQ Strong Aqua Fit Abs & Assets SQ Lift	13 Mixology - Mezcal Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	14 SQ Strong Aqua Fit Cigars on the Patio Mystery Book Club	15 Dive-In Movie: Jumanji Fit & Firm Aqua Fit	16 MGA Aqua Fit Vinyasa Yoga
17	18 Pilates Fit Fit & Firm Aqua Fit Tone & Step	19 SQ Strong Aqua Fit Abs & Assets SQ Lift	20 Blues, Brews, & Burgers Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	21 SQ Strong Aqua Fit Cigars on the Patio	22 Fit & Firm Aqua Fit	23 Couples' Championship Aqua Fit Vinyasa Yoga
24	25 Pilates Fit Fit & Firm Aqua Fit Tone & Step	26 Live Music Night SQ Strong Aqua Fit Abs & Assets SQ Lift	27 Wine Tasting Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	28 SQ Strong Aqua Fit Cigars on the Patio Book Club	29 Fit & Firm Aqua Fit	30 Aqua Fit Vinyasa Yoga
31	1					

September 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Labor Day Pool Party & BBQ Pilates Fit Fit & Firm Aqua Fit Tone & Step	2 SQ Strong Aqua Fit Abs & Assets SQ Lift	3 Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	4 WOW Pool Party SQ Strong Aqua Fit Cigars on the Patio	5 Fit & Firm Aqua Fit	6 Aqua Fit Vinyasa Yoga Westbrook Cup
7 Kite Flying Fun Westbrook Cup	8 Pilates Fit Fit & Firm Aqua Fit Tone & Step	9 MGTC SQ Strong Aqua Fit Abs & Assets SQ Lift	10 Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	11 SQ Strong Aqua Fit Cigars on the Patio	12 Dive-In Movie: Kids' Choice Fit & Firm Aqua Fit	13 Aqua Fit Vinyasa Yoga Shark Cup Begins
14	15 Ladies Golf Invitational - Cart Path Closed 8am-4pm Pilates Fit Fit & Firm Aqua Fit Tone & Step	16 SQ Strong Aqua Fit Abs & Assets SQ Lift	17 BEER 101 Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	18 SQ+ Happy Hour SQ Strong Aqua Fit Cigars on the Patio Mystery Book Club	19 Fit & Firm Aqua Fit	20 Fall Festival & Oktoberfest Aqua Fit Vinyasa Yoga
21	22 Pilates Fit Fit & Firm Aqua Fit Tone & Step	23 SQ Strong Aqua Fit Abs & Assets SQ Lift	24 Wine Dinner Pilates Fit Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	25 SQ Strong Aqua Fit Cigars on the Patio Book Club	26 Fit & Firm Aqua Fit Club Championship	27 Aqua Fit Vinyasa Yoga Club Championship
28 Club Championship	29 Pilates Fit Fit & Firm Aqua Fit Tone & Step	30	1	2	3	4