



The Club Life @

June 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
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GLEN HERRELL, PGA

Director of Golf
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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

Update to Club Attire Standards



The updated attire standards for the Clubhouse and amenities is available on the Member website & app under Club Resources and we thank you for sharing these with your guests. Please note the update that gentlemen must remove hats before entering the Clubhouse.

Father's Day Woodford Engraving

On Father's Day, Sunday, June 15th from 12-2pm a representative from Brown-Forman will be in the Wine Room to engrave custom messages onto Woodford Reserve bottles for a unique Father's Day gift!

Members can engrave up to two lines of text on the front of a 1L bottle of Woodford Reserve. The cost of engraving is \$50 and the bottle of bourbon is free! This year we had an engraved bottle to give as a prize at our Derby Party to give an idea of what the engraving looks like. No registration required!



Employees of the Month Recognition

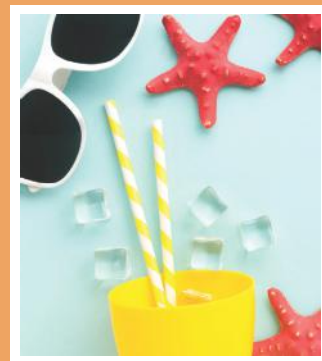


We would like to recognize our employees of the month for both May & June.

Our May employee of the month is Bella Evans who is both a Fitness & Pool attendant that always greets you with a warm hello and a big smile!

Our June employee of the month is Abbey Maydak, also a dual role here at SQCC as a Server & Bartender in the Club Grille and has such a positive energy to her!

Both Bella & Abbey embody the Heritage 5 Star Fundamentals and we're so happy they're part of our SQCC team.

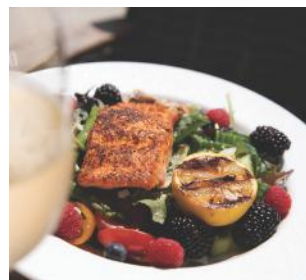


Mark Your Calendar! June:

- 2-6 Golf Course Aerification & Tennis Camp II
- 3 Live Music
- 4 Couples' Cornhole Social
- 7 Kid's Club Craft
- 11 Summer League Begins
- 12 Family Trivia Night
- 14 Live Music Saturday Night
- 15 Father's Day Brunch & Woodford Engraving
- 17-20 Jr. Golf Camp I
- 18 Mixology - Rum Cocktails
- 21 MGA/LGA Tournament
- 24 Live Music
- 25 Wine Dinner
- 26 Book Club
- 27 Dive-in Movie - Moana 2
- 28 Parent/Child 9-hole Event
- 29 Character Brunch



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

Father's Day Brunch - Sunday, June 15th

Join us in the Grille for Father's Day features, our FULL Lunch AND Brunch menus, Happy Hour drink prices, and a Build Your Own Bloody Mary Bar!

Father's Day Features:

Ribeye or Filet \$30

Served with baked potato & green beans

Steak 'n Eggs \$28

Served with breakfast potatoes

Add a skewer of 4 Grilled Shrimp to your Steak \$5!

BBQ Pulled Pork Or Chicken \$26

Served with baked potato and green beans

Build Your Own Bloody Mary Bar \$8

Dining reservations can be made online or in the app!

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!

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	Aqua Fit 9:30am
Fit & Firm 9:30am	Aqua Fit 9:30am	Fit & Firm 9:30am	Aqua Fit 9:30am	Fit & Firm 9:30am	Vinyasa Yoga 9:30-10:30am
Aqua Fit 9:30am	SQ Lift 7pm	Aqua Fit 9:30am		Aqua Fit 9:30am	Kids' Yoga 10:45am
Pilates Fit 6pm		Gentle Yoga 10:45-11:45am Pilates Fit 6pm		Yin Yoga 11am	

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

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

Complimentary Classes

Fit & Firm Mondays at 9:30am

SQ Lift Tuesdays at 7pm

SQ Strong Thursdays at 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



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 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 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.

Call the Fitness Center 912.450.1703 to schedule!

Complimentary Round Robin Event!

Friday, May 9th 5-7pm, event capped at 24 players.
Register via the Club Calendar online!



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

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

- Men's Summer League - June 11th
- Parent/Child 9-hole event - June 28th
- 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.

OluKai Has Arrived!

Our new vendor, OluKai has sent in a shipment of shoes just in time for summer. Stop by the Golf Shop to see our new inventory!



Glen Herrell, PGA
Director of 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

Course Aerification June 2nd-9th

The course & practice facilities will be closed for annual aerification June 2nd through the 9th with tee times resuming Monday, June 10th.

The Practice range will open with mats only Saturday, June 7th & Sunday June 8th.

During Aerification the Golf Shop will operate on limited hours to assist with reciprocal tee times and for retail purchases. The Golf Shop will be open 9am-3pm during the aerification week.

Congratulations to our Champions!

2025 Junior Club Champions:
18-holes Chris Butler
9-holes James Butler

2025 Senior Club Champions:
Ladies - Jan Meikle
Men - Stevie Cannady

Bunker Clinic

Wednesday, June 25th 9-10am join John for a co-ed session to improve your skills with bunker play. \$35 per person, register via Golf Clinics on the website/app.

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! 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.



1ST ANNUAL LADIES GOLF INVITATIONAL

Putt now, Wine later

Save the date for our inaugural Ladies' Invitational hosted by the Ladies of SQCC at Savannah Quarters Country Club

- 9:30am Shotgun Start
- 4 Person Teams - Two Better Balls
- Max Handicap 36

Monday, Sept 15th 2025

\$500 per team (\$125/player) includes golf, carts, continental breakfast, lunch, and beverages/snacks on the course.

- Cash Prizes for Overall Winners plus 1st & 2nd place in all Flights
- Raffle Prizes

Savannah Quarters Country Club | 8 Palladian Way, Pooler, GA 31322

Bunker Clinic

Wednesday, June 25th 9-10am

Having trouble getting out of our bunkers with the new sand? Join John for this informative session and learn to easily hit quality shot with a proper setup and technique. This co-ed session is \$35 per person, register via the Clinics tab on the Member website/app - space is limited!



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



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 II

June 2nd - 6th

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 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



Season Sponsors

Thank you for supporting the Sailfish!

Diamond Sponsors:



THE [TACO] STACHE

Sam Sharpe, Agent



(912) 748-7300

Pooler, GA

Platinum Sponsors:



ZIEL'S
ANTIQUe AND TRADITIONAL
WIDE PLANK FLOORING
912-313-0726

Gold Sponsors:





CLUB LIFE EVENTS

May Member Events

Couples' Cornhole Social

Wednesday, June 4th 5:30-7:00pm | Clubhouse Patio
Registration: via Club Calendar online/app
Cost: Complimentary!

Kid's Club Craft - Father's Day Gifts

Saturday, June 7th 1:30-2:30pm | Wine Room
Registration: via Club Calendar online/app
Cost: \$12 per child participant, Adult helper required

Family Trivia Night

Thursday, June 12th 6-8pm | Norman Grille
Registration: via Club Calendar online/app
Cost: \$25++ per person, Dinner is included!

Father's Day Brunch

Sunday, June 15th 10:00am-5:00pm | Club Grille
Registration: Reservations via online/app
Cost: Features & Ala Carte Menu available

Father's Day Woodford Engraving

Sunday, June 15th 12:00-2:00pm | Wine Room
Registration: No Registration Required
Cost: \$50 for engraving & bottle is free!

Mixology - Rum Cocktails

Wednesday, June 18th 6-8pm | Norman Grille
Registration: via Club Calendar online/app for seating
Cost: \$45++/person includes dinner & 3 cocktails

Quarterly Wine Dinner

Wednesday, June 25th 5-8pm | Norman Grille
Registration: via Club Calendar online/app for seating
Cost: \$100++/person includes dinner & wine pairings

Dive-In Movie - Moana 2

Friday, June 27th 8:30pm(ish!) | Pool
Registration: None required
Cost: Complimentary!

Parent/Child 9-Hole Event

Saturday, June 28th 2pm Shotgun Start | Golf Course
Registration: via Golf Genius on Member website/app
Cost: \$50/player - includes lunch & awards

Character Breakfast

Sunday, June 29th 10am-12pm | Club Grille
Registration: Dining reservations are required
Cost: Sunday Brunch Ala Carte Menu available

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, June 5th 11am-1pm - Norman Grille

Incorporating Nature in Your Community with

Naturalist Brittany Dodge. Pre-registration is required, buffet Lunch \$24++

Ladies Golf Association (LGA)

Every Tuesday & Thursday

Book Club

Thursday, June 26th 7pm in the Wine Room

Your Table is Ready, Michael Cecci Azzolina.

June's Speaker: Tracey Clark

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.

Live Music Nights in the Lounge

Tue, June 3rd - Stephen Primatic - *pianist*

Sat, Jun 14th - Chuck Courtenay

Tue, Jun 24th - David Pena

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

Live Music in the CLUB LOUNGE

Tuesday, June 3rd 6-8pm



Stephen Primatic

COUPLES' CORNHOLE *Social*

Wednesday, June 4th 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!



Kids Club

GIFTS FOR DAD!

**SATURDAY, JUNE 7TH
1:30-2:30PM**

We're making Father's Day gifts in the Wine Room with a fun painting craft for all ages! Participants should wear clothing that can get washable paint on it.

Cost is \$12 per participant and children will need an adult helper with them. Come for the fun and leave with a personalized gift for Father's Day!

Event capped at 10 Children. Register via the Club Calendar on the Member Website and App or call Leigh Ann, 912.450.2289



Family Trivia Night

Thursday, June 12th 6-8pm
in the Norman Grille

Teams of 6 will compete to see who knows more random facts! Some questions are for the adults, some are for the kids, but the fun is for everyone! Dinner is included, with Pizza, Chicken Fingers, French Fries, and Brownies. \$25++ per person, prizes for the winning team!

Event capped at 36, teams are max of 6. Register online or the app via the Club Calendar.



Live Music in the CLUB LOUNGE

Saturday, June 14th 5-8pm



Chuck Courtenay

FATHER'S DAY BRUNCH

SUNDAY, JUNE 15TH 10AM-5PM

Celebrate Dad at our annual brunch in the Club Grille! Ribeye & Filet features, Steak 'n Eggs, a Build Your Own Bloody Mary Bar PLUS our FULL Lunch & Brunch menus with Happy Hour drink prices all day! Reservations can be made online or in the app.

Want an extra special gift for Dad this year? Stop by the Wine Room Noon-2pm on Father's Day for a custom engraved liter bottle of Woodford Reserve, only \$50!



June Mixology Rum Cocktails

Wednesday, June 18th 6-8pm

It's a taste of the tropics right at the Clubhouse! Kaylynn has come up with three Hawaiian Inspired Rum cocktails for us to shake up this month and we're pairing that with a Luau inspired menu for the buffet!

Hawaiian BBQ Chicken Sliders, Macaroni Salad, Potato Salad, and Coconut Cream Pie 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!



Live Music in the CLUB LOUNGE

Tuesday, June 24th 6-8pm



David Pena

June Wine Dinner

Wednesday, June 25th 5:00-8:00pm

Join us for the June Wine Dinner featuring Stag's Leap wines of Napa Valley, California.

Register via the Club Calendar online or in the app, event is capped at 32 participants, \$100++ per person includes a four-course meal and pairings.

First Course

Whipped Honey Ricotta Crostini

Second Course

Grilled Caesar with Crispy Calamari

Third Course

Italian Sylte Beef Bracirole

Fourth Course

Lemon-Lavender Panna Cotta w/Berries



DIVE-IN MOVIE AT THE



Friday, June 27th | 8:30(ish)pm

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



Character Breakfast & Photos

Sunday, June 29th 10am-Noon

Dining Reservations required, and our two friends will be here from 10:30-11:30am for photos. We will have the Grille's Sunday Brunch Ala Carte menu. Come dressed as your favorite princess or superhero and be ready for photos! Reservations can be made online or in the app for up to 8 people. For a reservation over 8 please contact Mike, 912.450.2280 x252 or by email at mvalicento@heritagegolfgroup.com



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



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.

Group Fitness Classes are \$12 - SQ Lift is Complimentary for June
Register Online via the Club Calendar

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



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

Gentle Yoga

Wednesdays 10:45-11:45am with Ace

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

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.

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



FIT & FIRM

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

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



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.

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



Vinyasa Flow Yoga

Saturdays 9:30-10:30am with Sapna

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

YIN YOGA

Friday Mornings 11am-12pm with Ace

Yin is slow, meditative, and deliberate - sequences target fascia, ligaments, joints, and bones. Guided breathwork allows yogis to connect the mind to the spirit for a more peaceful practice. Yogis will hold poses for up to three minutes, followed by simple counter poses to align the body.

This style of yoga assists in calming nerves, balancing emotions, boosting circulation, improving flexibility, enhancing mental focus, reducing stress, and improving sleep. Beginners and advanced yogis can participate in Yin Yoga.

Modifications and variations of poses are offered to accommodate range of motion limitations. Yogis are encouraged to move out of a pose when the body needs to change and when the mind is interrupted.



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

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!



June 2025



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

July 2025



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

August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					SPIN Fit & Firm Aqua Fit Yin Yoga	Aqua Fit Vinyasa Yoga Kids Yoga
3	4	5	6	7	8	9
	Pilates Fit (am & pm) Aqua Fit Fit & Firm	Live Music Night SQ Strong Fit & Firm SQ Lift <i>Jr. Tennis Clinics</i>	Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga <i>Beginners Tennis</i>	SQ Strong Aqua Fit <i>Jr. Tennis Clinics</i> Cigars on the Patio	SPIN Fit & Firm Aqua Fit Yin Yoga	Live Music Night Aqua Fit Vinyasa Yoga Kids Yoga
	----- Golf Course Aertification Monday Aug 4th - Wed Aug 6th -----					
10	11	12	13	14	15	16
	Pilates Fit (am & pm) Aqua Fit Fit & Firm	MGTG SQ Strong Fit & Firm SQ Lift <i>Jr. Tennis Clinics</i>	Mixology - Mezcal Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga <i>Beginners Tennis</i>	SQ Strong Aqua Fit <i>Jr. Tennis Clinics</i> Cigars on the Patio Mystery Book Club	Dive-In Movie: Jumanji SPIN Fit & Firm Aqua Fit Yin Yoga	MGA Aqua Fit Vinyasa Yoga Kids Yoga
17	18	19	20	21	22	23
	Pilates Fit (am & pm) Aqua Fit Fit & Firm	SQ Strong Fit & Firm SQ Lift <i>Jr. Tennis Clinics</i>	Blues, Brews, & Burgers Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga <i>Beginners Tennis</i>	SQ Strong Aqua Fit <i>Jr. Tennis Clinics</i> Cigars on the Patio	SPIN Fit & Firm Aqua Fit Yin Yoga	Couples' Championship Aqua Fit Vinyasa Yoga Kids Yoga
24	25	26	27	28	29	30
	Pilates Fit (am & pm) Aqua Fit Fit & Firm	Live Music Night SQ Strong Fit & Firm SQ Lift <i>Jr. Tennis Clinics</i>	Wine Tasting Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga <i>Beginners Tennis</i>	SQ Strong Aqua Fit <i>Jr. Tennis Clinics</i> Cigars on the Patio	SPIN Fit & Firm Aqua Fit Yin Yoga	Aqua Fit Vinyasa Yoga Kids Yoga
31	1					