



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 5/9-5/22

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

Pool Kitchen 5/23-8/3

Mon: Closed Tue-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 Events 912.450.2280 x252

Membership 912.450.2288

Pool 912.450.2397

Westbrook Gate 912.450.2298

HOA Management Team Contact Info:

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

Angie Germonprez agermonprez@asihhi.com

Emily Hurndon ehurndon@asihhi.com

Rachel Balsitis rbalsitis@asihhi.com

Cooper Suddath csuddath@asihhi.com

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

843.785.7070 (Call Center & After Hours)

STAFF DIRECTORY

CHRIS BOWEN

General Manager 912.450.2280 x225 cbowen@heritagegolfgroup.com

DANA GAY

Club Accountant 912.450.2280 x242 dgay@heritagegolfgroup.com

VICTORIA AZMANOVA

Assistant Club Accountant 912.450.2280 x226 vazmanova@heritagegolfgroup.com

LEIGH ANN BRYAN

Social Lifestyle Director 912.450.2289 lbryan@heritagegolfgroup.com

MIKE VALICENTO

Director of Food & Beverage 912.450.2280 x252 mvalicento@heritagegolfgroup.com

GREG JACKSON

Interim-Executive Chef 912.450.2280 x231 gjackson@heritagegolfgroup.com

FINA PRIMATIC

Sports Director 912.450.1704 mprimatic@heritagegolfgroup.com

GREG MCDANIEL

Head Tennis Professional 912.450.1703 gmcdaniel@heritagegolfgroup.com

GLEN HERRELL, PGA

Director of Golf 912.450.2280 x229 gherrell@heritagegolfgroup.com

JOE YASHUK, PGA

Head Golf Professional 912.450.2280 x233 jyashuk@heritagegolfgroup.com

JOHN SYVERSEN, PGA

Assistant Golf Professional 912.450.2280 x 224 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

Pool Opening - Saturday, May 3rd



Saturday, May 3rd, 10am the Pool is OPEN for summer! We have food trucks Saturday & Sunday 11am-5pm and the Pool Bar will be available open to close!

The full pool schedule is available on the Pool page and the Member website!

Kentucky Derby Patio Party

Join us on the Clubhouse Patio Saturday, May 3rd 5-7:30pm for some family fun before the 151st running of the KY Derby! Some fun themed additions to the ala carte menu with a mint julep in hand you'll be ready for all the events. We'll have a best hat & best bowtie contest with both adult and kids' divisions and YOU can be in the races, too! Adult bounce-horse races, kids sack races, and a toddler sprint will help us get in the racing spirit prior to the big run! Register between 5:00-5:30pm to join the contests and races.

Prior to the official start, pick which horse you think will wear the roses this year and you could win, too! All attendees get a raffle ticket to pick a winner, and we'll draw our winner from that horse's basket. Register online via the Club Calendar so we can make sure there's enough patio seating.



End of School GLOW Pool Party



Mark your calendar to celebrate the end of school and the START OF SUMMER! We're having a glow themed pool party Friday, May 23rd 7-9pm. Glow sticks, music, crazy lights, and more will help us get this summer started.



Mark Your Calendar! May:

- 3 Pool Opens!Jr. Club ChampionshipKentucky Derby Patio Party
- 7 & 8 Craft Night Etched Glasses
 - 9 Tennis Round Robin
 - 10 Bloom & Burn Kid<u>'s Club Craft</u>
 - 11 Mother's Day Brunch
 - 14 Mixology Cosmos
- 17& 18 Sr. Club Championship
 - 21 Singles' Cornhole Social
 - 23 GLOW Pool Party
 - 24 Kids Golf Fitting @ Range
 - 26 Memorial Day Pool Party & Golf Scramble
 - 28 Wine Tasting
 - 29 SQ+ Happy Hour Book Club
 - 30 Dive-in Movie













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

Club Grille Hours

Lunch: Tues-Sat 11am-5pm Dinner: Tues-Sat 5pm-8pm Brunch: Sun 10am-5pm

Mother's Day Brunch - Sunday, May 11th Sunday, May 11th celebrate Mom by joining us with

a reservation for 10am or 1pm for the Club's annual Mother's Day Brunch Buffet!

Two Carving Stations with Roasted Strip Loin & Honey-Dijon Ham Build Your Own Waffle Station Create Your Own Salad Bar Build Your Own Cheesecake Station

On the Buffet: Scrambled Eggs, Home Fries, Bacon, Southern Style Grits, Green Beans, Whipped Potatoes with Gravy, Buttered Carrots, and Fresh Fruit.

Adults \$55++ and Children 12& Under Free

Reservations required, email Mike by Friday, May 9th. MValicento@HeritageGolfGroup.com. Club Grille will close after Brunch Buffet at 3pm. Ala carte menu and to-go ordering will not be available.

Food & Beverage Minimums Schedule

Last Name A-H Last Name I-P Last Name O-Z Mar-May lan-Mar Feb-Apr Apr-Jun May-Jul Jun-Aug Jul-Sep Sep-Nov Aug-Oct Oct-Dec Dec-Feb Nov-lan

Member Private 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





Fitness Center Hours

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

Group Fitness Class Schedule

Monday	Tuesday	Wednesday	
Pilates Fit	Hydro Burn*	Pilates Fit	
8:30am	8am	8:30am	
Fit & Firm	SQ Strong	Fit & Firm	
9:30am	8:30am	9:30	
Aqua Fit*	Aqua Fit*	Aqua Fit*	
9:30am	9:30am	9:30am	
Pilates Fit	SQ Strong	Gentle Yoga	
6pm	5:30pm	10:45-11:45am	
	SQ Lift 7pm	Pilates Fit 6pm	

^{*}Water Aerobics Classes Begin Monday, May 5th

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.

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.

Bloom & Burn Women's Fitness Morning Saturday, May 10th 9:30-11:30am Kick-start your day with movement, connection, & a delicious breakfast!

9:30-10:15 Tennis Clinic, Water Fitness, or Yoga class 10:30-11:30 SO Continental Breakfast in the sunshine. Breakfast buffet includes: fresh fruit, assorted pastries, biscuits, granola, yogurt, and waffles. \$40/person, register via the Club Calendar online or in the app!

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

Thursday	Friday	Saturday
SQ Strong	SPIN	Aqua Fit*
8:30am	8-8:45am	9am
Aqua Fit*	Fit & Firm	Vinyasa Yoga
10am	9:30am	9:30-10:30am
Line Dancing	Aqua Fit*	Kids' Yoga
6pm	10am	10:45am
	Yin Yoga 11am	

Complimentary Classes

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

BONUS Complimentary Class with Sapna Mommy & Me Yoga Sunday, May 18th 8am for Mom & kids aged 3-4yrs.

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

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



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 Grea

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!



JUNIOR Golf Comps For players 8-14yrs old:

\$250 Sacc Members \$300 Non-Members

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

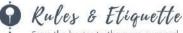
Includes:

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



Fundamentals

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



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.



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





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

Junior Camp I

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

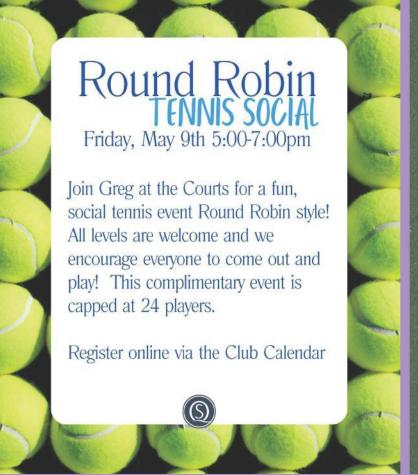
Ages 7+

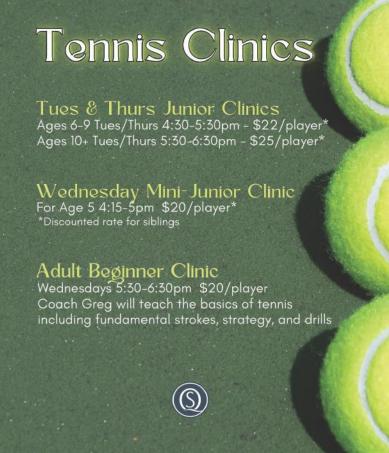
- \$275 for Members (2 or more Siblings \$250/each)
- \$305 for Non-Members

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

Ages 10+

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







Pool Hours

Resort Pool: Tue-Sun: 10am-8pm | Mon: 10am4pm 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 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

US Kids Club Fitting Day

Saturday, May 24th 10am-Noon at the Range fitting kids of all ages. No reservation required!

Handicap Smasher May Sessions OPEN

Register quick, these sessions fill FAST! John has added a May Smasher clinic scheduled for Tuesday, May 20th & Friday, May 23rd. \$169/person.

Ladies' Sip & Swing Clinic with Joe

Tuesday, May 13th & Tuesday, May 20th improve your swing with a glass of wine in a relaxed atmosphere with Joe Yashuk, PGA. \$30++ per clinic, register via Golf Genius online or in the Member app!

Summer Jr. Golf Camp Sign-Up OPEN

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

Play Ready Golf - Tips

- As you prepare for your next shot, have an extra club and the sand bottle with you. This saves unnecessary trips back to the cart.
- Enter scores on the card at the next tee box.
- Read your putt as you are waiting for your playing partners to play.

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

- · Junior Club Championship May 3rd
 - Registration closes May 1st 3pm
- Senior Club Championship May 17th & 18th
 - Registration closes May 10th 3pm
- · Memorial Day Scramble May 26th
 - Registration closes May 23rd 3pm
- Men's Summer League June 11th

Course Care - Tips from the Pros

- Pick up and dispose of broken tees on and around the tee boxes
- Rake the bunker toward the low area, always leave a bunker better than when you entered it
- · Place sand in all divots, not the piece of grass
- Repair ball marks on putting surfaces





JUNIOR GLUB CHAMPIONSHIP Saturday, May 3rd

Register in Golf Genius via the Member Website/App

SENIOR CLUB CHAMPIONSHIP

Saturday, May 17th & Sunday, May 18th



HANDICAP SMASHER SESSIONS

Day 1: Tuesday, May 20th 1pm start Day 2: Friday, May 23rd 1pm start

Back by popular demand, lower your handicap with John Syversen, PGA in this two-day clinic. This short game focused program now has an extra hour of instruction focused on lowering handicaps by 20%

Day 1 is 90 minutes of putting & chipping, Day 2 is 90 minutes of pitching & bunker play followed by 9-holes with John coaching.

\$169 PER PERSON ®

Swing & Syp Tuesday, May 13th & Tuesday, May 20th 5-6pm at the Practice Facilities

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

Register via the Golf Clinic page on the Member website!

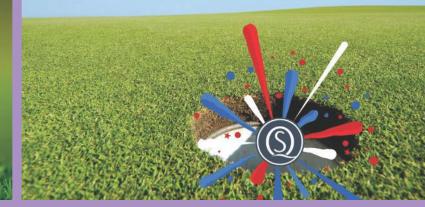


Memorial Day 4-PERSON SCRAMBLE

MONDAY, MAY 26TH | 8:30AM SHOTGUN START

Build your teams or register and be paired into a team and get ready for a fun, social scramble for Memorial Day! Entry fee is \$65 and includes lunch and awards which will immediately follow play.

Register via Golf Genius before Friday, May 23 at 3pm.





Social, Recreational, and Sport Members upgrading to a Golf Membership in May will receive a \$1,000 SQCC gift card for golf shop merchandise or food & beverage.

Social and Recreational Members upgrading to a Sport Membership in May will receive a \$500 SQCC gift card for golf shop merchandise or food & beverage.

Enjoy the benefits of Membership

- Unlimited use of the 11-acre Practice Facilities
- Men's & Ladies' Golf Associations and Leagues
- Clinics, Jr Camps, and Lessons
- Host friends, family, guests, or clients
- Numerous events for men, ladies, and couples
- Golf Members will have access to the Heritage Plus+ program which provides
 access to the full portfolio of Heritage Clubs for you and your guests for cart fee
 only and/or preferred green fees.

I look forward to getting acquainted and sharing the dynamic membership opportunities available to you and your family. Please contact me, 912.450.2288 or pgrymes@heritagegolfgroup.com.

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



CLUB LIFE EVENTS

May Member Events

Kentucky Derby Patio Party

Saturday, May 3rd 5-7:30pm | Club Patio Registration: via Club Calendar online/app Cost: Complimentary!

Glass Etching Craft Night - TWO NIGHTS!

Wed, May 7th or Thu, May 8th 6-8pm | Norman Grille Registration: Via the Club Calendar online/app Cost: \$50++ per person, includes buffet dinner!

Round Robin Tennis Social

Friday, May 9th 5-7pm | Tennis Courts Registration: via Club Calendar online/app Cost: Complimentary!

Club Craft - Mother's Day Gifts

Saturday, May 10th 1:30-2:30pm | Wine Room Registration: via Club Calendar online/app

Cost: \$10 per child participant, Adult helper required

Bloom & Burn Fitness Event

Saturday, May 10th 9:30-11:30am | Fitness Center Registration: via Club Calendar online/app Cost: \$40 per person, includes class & breakfast

Mother's Day Brunch Buffet

Sunday, May 11th 10am & 1pm seating | Clubhouse Registration: via Club Calendar online/app for seating Cost: Adults \$55++, Kids 12 & Under eat Free!

Mixology - Cosmopolitans

Wednesday, May 14th 6-8pm | Norman Grille Registration: via Club Calendar online/app for seating Cost: \$45++/person includes dinner & 3 cocktails

Singles' Cornhole Social

Wednesday, May 21st 5:30-7:30pm | Clubhouse Patio Registration: via Club Calendar online/app Cost: Complimentary!

School's Out GLOW Pool Party

Friday, May 23rd 7-9pm | Pool Registration: none required Cost: Complimentary!

Memorial Day Pool Party & BBQ

Monday, May 26th 11am-2pm | Pool

Registration: For the BBQ only - none for Pool Party Cost: Adults \$24++, Kids 6-12 \$14++ for BBQ only

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, May 1st 11am-1pm - Norman Grille Intravenous Hydration & Wellness with Bianca Graham, owner of Prime IV Hydration & Wellness. Buffet Lunch, pre-registration required, \$17++

Ladies Golf Association (LGA) Every Tuesday & Thursday

Book Club

Thursday, May 29th 7pm in the Wine Room Revenge of the Tipping Point, Malcolm Gladwell. May's Speaker: Tracey Clark

Lending Library

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

Live Music Nights at SQCC

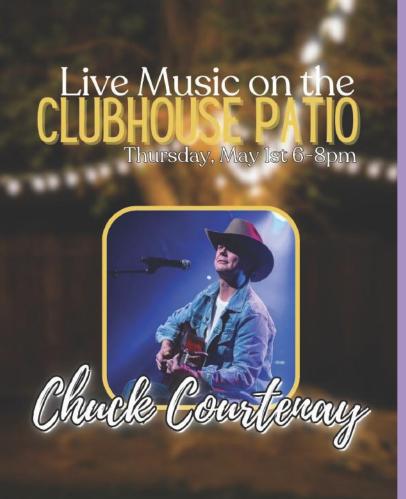
Thu, May 1st - Chuck Courtenay on the Patio

Tue, May 6th - Jason Courtenay on the Patio

Tue, May 20th - Eric Clark on the Patio

Sat, May 31st - Chuck Courtenay in the Lounge

Reservations required for Clubhouse Lounge nights. Live Music on the Patio is first come, first serve seating. Live Music in the Lounge will be setup right next to the bar.



ive Music on the

Tuesday, May 6th 6-8pm

Derby Patio Party

Saturday, May 3rd 5:00-7:30pm



Join us on the Clubhouse Patio for some Derby fun with themed ala carte menu features and Juleps of course! Prior to watching the 151st run, we'll have our own races and contests.



Bounce "horse" races for adults, sack races for kids, best hat and best bowtie contests for all ages with prizes for the winners. Register for the races and contests upon arrival between 5:00–5:30pm. Best Hat and Best Bowtie starts at 5:40pm, races begin at 6:00pm.



Choose which horse you think will wear the roses this year and YOU could win, too, in our free drawing!



Bourbon tasting provided by United Distributors featuring Woodford & Old Forester!

Register via the Club Calendar!
Must be present to win drawing



Glass Etching

Wednesday, May 7th -OR- Thursday, May 8th Both Nights are 6-8pm in the Norman Grille

It's back by popular demand and now there's TWO nights to choose from! We're making custom etched glassware. Pick which style of glass to make when you register, select 4 pilsner, rocks, or stemless wine glasses! Each night is capped at 12 participants.







Georgia w/Heart, Peach, or SQCC Logo

\$50++ per person includes dinner and supplies to make four glasses!

BUFFET DINNER Chicken Salad Croissants, house chips, fresh fruit, & freshly baked cookies!



Lids Club-Gifts for Mom!

Saturday, May 10th 1:30-2:30pm

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

Cost is \$10 per participant and children 6& Under will need an adult helper with them. Come for the fun and leave with a personalized gift for Mother's Day!

Limited to 15 participants. Register via the Club Calendar on the Member website/app or call Leigh Ann, 912.450.2289



Mother's Day Brunch

Sunday, May 11th 10am & 1pm Email Mike for reservations: mvalicento@heritagegolfgroup.com

From the Buffel

Build your Own Waffle Station Scrambled Eggs Home Fries Bacon

Seasonal Fresh Fruit Display Southern Style Grits Build Your Own Salad Station Green Beans Whipped Potatoes & Gravy \$55++ Adults

Children 12 & Under Free

Carving Station

Buttered Carrots

Roasted Strip Loin Honey Dijon Glazed Ham

Desserts

Build Your Own Cheesecake Bar



Bloom & BURN

Treat yourself or the special women in your life to a morning of movement, connection & delightful bites!

Saturday, May 10th 9:30 am - 11:30am Fitness Center

burn brunch bellinis

Register on the Member's First Website / App.

Choice of tennis clinic, aquatic fitness class or yoga class.

9:30am Clinic & Classes 10:30 am Signature SQ Continental Breakfast

Cost \$40 per member.

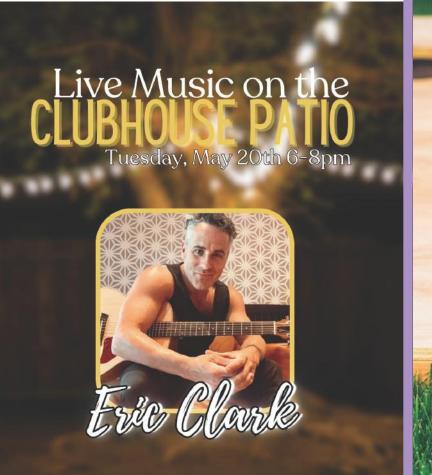


Wednesday, May 14th 6-8pm

You don't have to be a "Carrie" to enjoy this month's mixology night. We're shaking up cosmos that appeal to everyone! Traditional cosmos are great, but have you tried a Tequila Cosmopolitan? Join us in the Norman Grille to shake the night away and enjoy 3 full-size cocktails and build-your-own Nachos bar with brownies for dessert!

Register via the Club Calendar online or in the app! Event capped at 20 participants, \$45++ per person.





SINGLES' CORNHOLE

Wednesday, May 21st 5:30-7:30pm

Make new friends and meet fellow Members while having fun playing cornhole! Get paired up when you arrive - then grab a new teammate for each round of play!

Don't want to play? Come anyway!

Join us to watch and still be part of the fun, the more the merrier!

This complimentary event will take place on the Clubhouse patio & back lawn, register via the Club Calendar online or in the app!



SCHOOL IS OUT, LET'S GLOW PARTY

7-9pm Friday, May 23rd at the Pool!

Join us at the Pool for fun night of swimming and music to celebrate the END OF SCHOOL!

When the sun goes down, put on your glow bracelets and jump in the pool to kick off summer fun at this complimentary event!



Memorial Day Pool Party & BBQ

MONDAY MAY 26TH, 11AM-2PM

Join us at the SQCC Pool for fun in the sun! We'll have a DJ and Pool Games with fun prizes. No registration is required for the Pool Party.

If you're joining us for the BBQ, please register via the Club Calendar on the Member Website/App before Friday, May 23rd at 5pm.

MEMORIAL DAY BBQ MENU dults \$26++ | Kids 6-12 \$14++ | Kids 5 &Under Free

FROM THE GRILL: Hamburgers Hot Dogs Grilled Chicken ON THE BUFFET:
Mac & Cheese
Potato Salad
Club Chips
Assorted Cookies



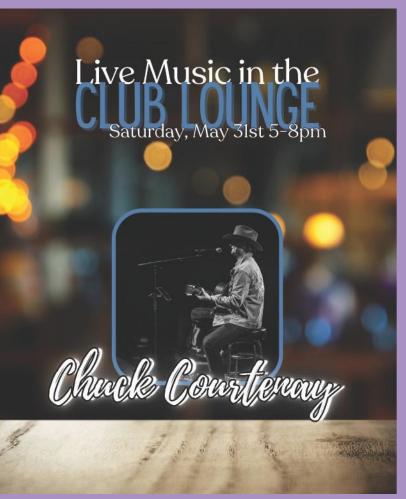


Wednesday, May 28th 6-7:30pm Quattro Theory Wines - Napa Valley

Join us for the May wine tasting featuring Quattro Theory Wines from Napa Valley, CA. We'll be tasting the full range of their wines including Cabernet Sauvignon, Merlot, Chardonnay, and Sauvignon Blanc

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







Water Aerobies at Sace

Classes Begin Monday, May 5th

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

Mon-Wed 9:30am Thu & Fri 10am Sat 9

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

Hydro Curn

Tue 8am

This class will use interval training involving pool noodles and water weights.



BEGINNER'S LINE DANCING Thursdays 6:00pm

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

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



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.



YOGA For Kids!

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

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

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





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

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

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





Pilates Fit

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

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



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





sq strong

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

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

Tues/Thurs 8:30am and Tues 5:30pm



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

Yoga Classes

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

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

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

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

May 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	Live Music Night WOW Luncheon SQ Strong Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	2 SPIN Fit & Firm Yin Yoga	3 Kentucky Derby Party Vinyasa Yoga Kids Yoga Jr. Club Championship POOL OPENS!! Food Trucks @ Pool 11am- 5pm
Food Trucks @ Pool 11am- 5pm	5 Pilates Fit (am & pm) Aqua Fit Fit & Firm	6 Live Music Night Hydro Burn SQ Strong (am & pm) Fit & Firm SQ Lift Jr. Tennis Clinics	7 Glass Etching Night 1 Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	8 Glass Etching Night 2 SQ Strong Aqua Fit Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	9 Round Robin Tennis Social SPIN Fit & Firm Aqua Fit Yin Yoga	Kid's Club - Gifts for Mom Aqua Fit Vinyasa Yoga Kids Yoga Bloom & Burn Women's Fitness Event
11 Mother's Day Brunch	Pilates Fit (am & pm) Aqua Fit Fit & Firm	MGTG Hydro Burn SQ Strong (am & pm) Fit & Firm SQ Lift Jr. Tennis Clinics	14 Mixology - Cosmopolitans Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	SQ Strong Aqua Fit Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	SPIN Fit & Firm Aqua Fit Yin Yoga	Sr. Club Championship Aqua Fit Vinyasa Yoga Kids Yoga
18 Sr. Club Championship Mommy & Me Yoga	Pilates Fit (am & pm) Aqua Fit Fit & Firm	20 Live Music Night Hydro Burn SQ Strong (am & pm) Fit & Firm SQ Lift Jr. Tennis Clinics	21 Singles' Cornhole Tournament Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	SQ Strong Fit & Firm Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Twilight Couples 9-hole	23 School's Out Glow Pool Party SPIN Fit & Firm Aqua Fit Yin Yoga	24 LGA & MGA Aqua Fit Vinyasa Yoga Kids Yoga
25	26 Memorial Day Pool Party! Memorial Day Scramble Pilates Fit (am & pm) Aqua Fit Fit & Firm	27 Sailfish Swim Meet (tentative) Swim Meet - Pool Closes at 4pm Hydro Burn SQ Strong (am & pm) Fit & Firm SQ Lift Jr. Tennis Clinics Junior Teni	Wine Tasting Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis	29 SQ+ Happy Hour SQ Strong Fit & Firm Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Book Club	30 Dive-In Movie at the Pool SPIN Fit & Firm Aqua Fit Yin Yoga	31 Live Music Night

June 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Pilates Fit (am & pm) Aqua Fit Fit & Firm	3 Live Music Night Swim Meet - Pool Closes at 4pm 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	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 Co				
8	9 Pilates Fit (am & pm) Aqua Fit Fit & Firm	MGTG Hydro Burn SQ Strong (am & pm) Fit & Firm SQ Lift Jr. Tennis Clinics	Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis Summer League	Family Trivia Night SQ Strong Aqua Fit Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	SPIN Fit & Firm Aqua Fit Yin Yoga	14 Live Music Night Aqua Fit Vinyasa Yoga Kids Yoga
15 Father's Day Brunch	16 Pilates Fit (am & pm) Aqua Fit Fit & Firm	17 Sailfish Swim Meet (tentative) Swim Meet - Pool Closes at 4pm Hydro Burn SQ Strong (am & pm) 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	SQ Strong Aqua Fit Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	20 SPIN Fit & Firm Aqua Fit Yin Yoga	21 LGA & MGA Aqua Fit Vinyasa Yoga Kids Yoga
				17th - 20th 9:00 - 11:00 am		
22	Pilates Fit (am & pm) Aqua Fit Fit & Firm	Live Music Night Hydro Burn SQ Strong (am & pm) Fit & Firm SQ Lift Jr. Tennis Clinics	Wine Dinner Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis Summer League	SQ Strong Aqua Fit Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	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 Hero & Princess 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 Hydro Burn SQ Strong (am & pm) Fit & Firm SQ Lift Jr. Tennis Clinics	Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis Summer League	3 Club Fireworks & BBQ SQ Strong Aqua Fit Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Club Grille Closes at 3pm to prepare for BBQ & Party	4 4th of July Pool Party & BBQ SPIN Fit & Firm Aqua Fit Yin Yoga	5 Aqua Fit Vinyasa Yoga Kids Yoga
6	7 Pilates Fit (am & pm) Aqua Fit Fit & Firm	8 Swim Team Banquet Hydro Burn SQ Strong (am & pm) 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 Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	SPIN Fit & Firm Aqua Fit Yin Yoga	12 Aqua Fit Vinyasa Yoga Kids Yoga
			Junior Golf Camp July			
13	GSGA Mid Am Qualifier - Cart Path Closed 8am-4pm Pilates Fit (am & pm) Aqua Fit Fit & Firm	Live Music Night MGTG Hydro Burn SQ Strong (am & pm) 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 Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	Dive in Movie at the Pool SPIN Fit & Firm Aqua Fit Yin Yoga	19 Live Music in the Lounge MGA Aqua Fit Vinyasa Yoga Kids Yoga
20	21 GA Open Qualifier - Cart Path Closed 8am-4pm Pilates Fit (am & pm) Aqua Fit Fit & Firm	22 Meet a Mermaid at the Pool! Hydro Burn SQ Strong (am & pm) 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 Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio	25 SPIN Fit & Firm Aqua Fit Yin Yoga	26 Aqua Fit Vinyasa Yoga Kids Yoga
27	28 Pilates Fit (am & pm) Aqua Fit Fit & Firm	29 Live Music Night Hydro Burn SQ Strong (am & pm) Fit & Firm SQ Lift Jr. Tennis Clinics	30 Wine Tasting Pilates Fit (am & pm) Fit & Firm Aqua Fit Gentle Yoga Beginners Tennis Summer League	SQ Strong Aqua Fit Line Dancing (Fitness) Jr. Tennis Clinics Cigars on the Patio Book club	1	2