

CLUB CHAT

SBC NEWSLETTER

MAY 2026

May at SBC

- May 1 Greater Suburban End of Season Party
- May 1 Summer Programming Now Available
- May 1 Last Day to order Swim Team Uniforms
- May 9 JTT Championship Green Ball
- May 13 Lilacia Park - Adult Trip
- May 15 Outdoor Courts Open (weather permitting)
- May 15 Summer Kick Off- Sip, Shop & Play
- May 15 Last Day To Sign Up For Summer Swim Team
- May 19-21 Adult Trip to Springfield
- May 25 Memorial Day Outdoor Pool Opens
- May 26 Pool Open Daily 11am-7:30pm



THE OUTDOOR POOL OPENS SATURDAY, MAY 23rd

[For Memorial Day pool weekend hours.](#)

[Your safety is our top priority, please review the pool information.](#)

[Outdoor swim lane reservations are required from 6am -11am](#)

[Summer swim registration is NOW available online at sbpd.net](#)

Eat Well, Live Well

CAVATAPPI PASTA SALAD

Prep time: 15 minutes Cook time: 10 minutes

Servings: 8-10 Calories: 730

Ingredients

- 8oz Arugula
- 8oz Spinach/Mixed Greens
- 16oz Cavatappi pasta, cooked
- 1 pint Strawberries
- 1 Cucumber diced
- 1C Cherry Tomato, diced
- 1C Fresh Mozzarella Balls
- ½ C Basil
- 2 Chicken Breasts, diced (optional)



Balsamic Vinaigrette

- 1C Olive oil • 1C White Balsamic Vinegar • 4 tbsp Dijon mustard • 4 tbsp honey
- ½ C lemon juice • ½ tsp salt • ¼ tsp pepper

Directions: Cook cavatappi pasta with package instructions. Dice cucumber, strawberries and cherry tomatoes into bite sized pieces. Mix arugula and spinach with the diced fruit and vegetables. Combine fresh mozzarella and basil with the salad mixture.

Use a food processor or blender to make the salad dressing.

Place the salad into a large serving bowl and garnish with extra basil, salt and pepper. Top the salad with the dressing. ENJOY!

Dear South Barrington Club Members,

Welcome to the NEW Club Chat.

I want to take a moment to sincerely thank each and every one of you for being a valued part of the South Barrington Club community. Your continued support, loyalty, and presence are what make this club such a special place.

Our goal is simple but important—we want every visit to the club to be a memorable experience. Whether you are here to play tennis, working out, doing yoga or just here to spend time with family and friends, we are committed to providing an atmosphere that is welcoming, enjoyable, and reflective of the high standards you deserve.

We are always looking for ways to improve and elevate your experience, and your feedback plays a vital role in that process. Please don't hesitate to share your thoughts with me or our team at any time.

Thank you again for your membership and for being such an important part of our community. We look forward to continuing to serve you and making every visit to the club one you truly enjoy.

Warm regards,

Kurt

Kurt Kopp
Club Manager
South Barrington Club



Memorial Day Hours 7am-7pm

Outdoor Pool Hours

May 23	7am-11am Lap Swim	11am-7:30pm Open Swim
May 24	7am-11am Lap Swim	11am-7:30pm Open Swim
May 25	7am-11am Lap Swim	11am-6:30pm Open Swim

FITNESS MOVE OF THE MONTH

The Goblet Squat

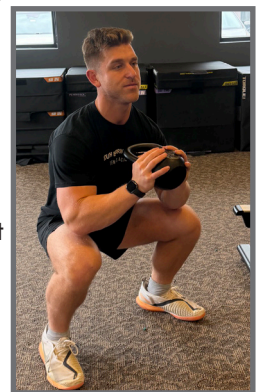
A simple, effective move for all fitness levels!

Why it works:

- Strengthens legs, glutes & core
- Improves posture
- Easy to learn and progress

How to do it:

1. Hold a dumbbell or kettlebell at your chest
2. Feet shoulder-width apart
3. Sit back and down
4. Keep chest up, elbows inside knees
5. Drive through heels to stand



PERSONAL TRAINER BRANDON DECHTER

Try it..... 3 sets of 8-12 reps • Rest 60-90 seconds

Add push-ups, rows, and a plank for a quick full-body workout!



south
BARRINGTON
club

Staff Spotlight - Real People. Real Impact. | Jolie Davis

Since moving to South Barrington in 2008, Jolie has been an active member of Barrington's community, plus a member of SBC, since 2010. You can often spot her enjoying the club's amenities, whether it's in the fitness room, at the pool, or on the indoor/outdoor tennis courts. Jolie offers a unique perspective, as she is not only a member but has also operated her healthy food business, RAW, Inc., within the club since 2018. Understanding that a healthy lifestyle is a combination of physical activity, social connection, stress management, and good nutrition, Jolie utilizes her health expertise, and familiarity with SBC, to help fellow members achieve their healthiest selves right there within the club's community.



The Tennis Corner



Fox Valley Ladies Summer Travel Tennis League

Drills start May 19th
Matches start the week of May 26th

Pickleball Intermediate Drill and Play-

May 6-May 20
12:15-1:45pm. (M-\$75, NM \$96)

Men's In-House- We are always looking for more players for the Men's In-House 2.5+ group. They play Tuesday nights from 7-9pm. Please email Lisa Pearson lpearson@sbgpd.net to get more info.

Membership Connection

Welcome New Members

The South Barrington Club is pleased to welcome The Ayesha Shah Family, Toni Perconti, The Moreira Family, The Pappas Family, John Seifert, The Amy Shah Family, The Humbert Family, The Naqvi Family, The Neravetla Family, Kate Feit, The DeMent Family and Hina Yousuf.

Referrals are where it's at!!

We love a good referral! Did you know when you refer a new member, you receive a \$40 gift card plus 2 guest passes?? Thank you for those who continue to talk about their club experiences with others!

Refresh Yourself for Summer

Please take the time to update any personal information for your Membership file. Having your membership details up to date keeps your membership running smoothly! Is 1966 your birth year? Did you know once you turn 60, you can switch to a Senior

Membership

Membership Advantages/Guest Pass Promotion (until May 31st)

Buy 3 Get 1 Free

Adults (4 Passes for \$66) Juniors (4 Passes for \$54)
Purchase guest passes before the Summer Season begins!

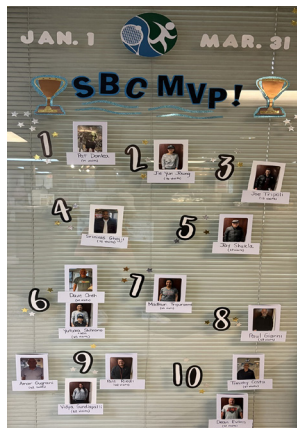
Congratulations to our Top 10 SBC MVP's that truly make SBC a great place to be!

These quarterly winners use consistency as their health superpower!

Their check-in rates for 3 months are truly remarkable!

1. **Pat Donlea** (79 visits)
2. **Jie Yun Jung** (76 visits)
3. **Joe Tripoli** (73 visits)
4. **Srinivas Gheji** (70 visits)
5. **Jay Shukla** (67 visits)
6. **Dave Cheh, Yutaka Shikano** (65 visits)
7. **Madhuri Tripuraneni** (64 visits)
8. **Paul Gianni** (63 visits)
9. **Bill Riedl, Vidya Gundlapalli, Amar Gugnani** (62 visits)
10. **Timothy Costa, Dean Evans** (61 visits)

Wonder who will win next?? We will find out in July!



Stars and Strides 250 Mile Challenge

We have over 144 members participating in our Stars and Strides 250 Mile Challenge. Members log their activities and accumulate "miles" while participating in weekly challenges and pop up double and triple mile days! Keep up the great work!

Being consistent and focused will get you to the finish line!

Guest passes can be picked up monthly at the front desk.

1 Guest for every 50 miles earned (up to 250 miles).

Paddle Pulse

2026 SBC Member / Guest Flight A
Champions will be crowned April 25, 2026

Results of our 4 Divisions of
CLUB CHAMPIONSHIPS

OPEN, 60+, 90+, 110+ PTIS

Open: Kevin Kamenjarin and Matt Ohlsen

60+ PTI: David Morkes and Brandon Dechter

90+ PTI: Geghard and Sarkis Najarian

110+ PTI: Tom Kavanagh and Young Lee

2026 Married Mixed Paddle Nationals

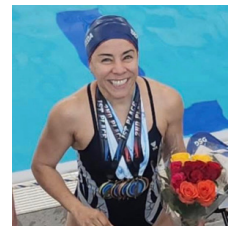
Matt & Megan Ohlsen
Flight CI
Quarterfinal Reprieve
Champions



Mike & Laura Fitch
Flight CI
Quarterfinal Reprieve
Champions

Congratulations Migdalia

Migdalia participated last week in the IL State Masters Swimming Championship. It was a 3 day competitive swim competition She placed 1st in the 400yd IM, 2nd in the 200yd fly. Her team the Blue Wave, placed 1st.



What's "HOT" at the ProShop

RHONE

We carry Rhone at the Pro Shop for men & women. This brand was founded in 2014 and

is meant to make performance apparel worthy of the whole person.

It's the perfect fit, classic and the softest fabric.

RHONE
XXX

Performance apparel fit for progress.™

MAXIMIZE YOUR MAY

EVERYTHING YOU LOVE ALL MONTH LONG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aerobic Cycle 9am-10am	Gentle Stretch 7:30am-8:30	Bootcamp 6am-7am	Aqua Power Splash 6am-7am	Bootcamp 6am-7am	Aqua Plus 7:30am-8:30am	SPF 9am-10am
Water Babies 9:30-10am	Power Splash Aquafit 7:30am-8:30	HIIT 9am--10am		HIIT 9am-9:55am	Step Interval 9am-10am	Power Cycle 9am-10am
Start Restart 10am-11am	HIIT 9:00am-9:55	Pilates 9am-10am	Total Body Step 9am-10am	Max Perf. Spin 9am-10am	FIT Tennis 9am-10am	3.0 Drill & Play 9am-10:30am
Toddler Swim 10:05am-10:35	Water Babies 9:30am-10am	Toddler Swim 9:30am-10:00	Power Core 10:10am-10:50	Preschool Swim 9:30am-10:10	Chair Yoga 11:40am-12:20	Water Babies 9am-9:30am
Adv Preschool & Preschool 10:40am-11:20	Toddler Swim 10:15am-10:45	Preschool Swim 10:34-11:10	Fitness Yoga 10:50am-11:40	Open Badminton 10am-11:30	Start Restart 12pm-1pm	Preschool Swim 9am-9:40am
Level I II III 11:25am-12:10	3.0 Drill & Play 10:30am-12pm	Max Perf. Spin 10am-11am	WOW 2pm	2.0 Drill & Play 12:30pm-2pm	WOW 12:30pm	Toddler Swim 9:45am-10:15
Level I II III IV 1pm-1:45pm	Spongeball 12:30pm-1:15pm	Power Sculpt 10am-11:50am	Preschool Swim 3:30pm-4:10pm	Level I II III 4:45pm-5:30	2.5+ Drill & Play 1pm-2:30pm	Adv Preschool & Preschool 9am-10:25
Open Pickleball 11am-12:30	Open Badminton 1pm-2:30	Fitness Yoga 10:50am-11:40	Level II 3:30pm-4:15	Redball 4pm-5pm	Open Pickleball 1pm-2:30pm	Adv Preschool 9:45am-10:25
Adv Preschool & Preschool 12:15pm-12:55	Preschool Swim 4pm-4:40pm	Redball 4pm-5pm	Spongeball 4:15pm-5pm	Orange Ball 4pm-5:30pm	WOW 2:30pm	Level I II III IV 10:25am-11:10
Teen/ Adult Swim 2pm-2:45pm	HIIT 4:30pm-5:15	Orange Ball 4pm-5:30pm	HIIT 6pm-7pm	HIIT 4:30pm-5:15	Splashball 4:30pm-5:15pm	3.5 Drill & Play 10am-11:30am
	Zumba 5pm-6pm	WOW 4:30pm	Elite Academy 7pm-9pm	Zumba 5pm-6pm	Water Polo 5:30pm-6:30pm	Spongeball 11:15am-12pm
	Level I II III 4:45pm-5:30	Elite 5pm-7pm	Elite 7pm-9pm	Green Ball 5:30pm-7pm		Redball 12pm-1pm
	Level III 5:35pm-6:20	Green Ball 5:30pm-7pm	Private Tennis Lessons Availabe Contact Tanya Haber	Swim Team Clinic 5:40pm-6:40		Green Ball 1:30-3pm
	Preschool Swim 5:30pm-6:15pm	Aerobic Cycling 6pm-7pm		Barre to TRX 6:15pm-7:15		HIIT 9:30am-10:15
	Swim Team Clinic 5:40pm-6:40	Total Body Blast 6pm-7pm		3.0 Drill & Play 7pm-8:30pm		Water Dynamics 11:15am-12pm
	Barre to TRX 6:15pm-7:15	Start Restart 7pm-8pm		Adult Swim 7pm-7:45pm		2.5 Drill & Play 12pm-1:30pm
		Elite Academy 7pm-9pm		Water Polo 6:20pm-7:20pm		Elite 3pm-5pm
		Elite 7pm-9pm		Paddle Spring 7pm League		Orange Ball 4pm-5:30pm
		Mens Tennis League 7pm-9pm				Tread & Shed 4:30pm
		Paddle Spring League 7pm				Rising Stars 5pm-6:30pm
						Elite Academy 5pm-7pm