

# CLUB CHAT

## SBC NEWSLETTER

JUNE 2026

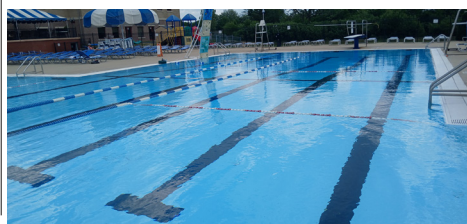
### June at SBC

Pool Open Daily 11am-7:30pm

- June 1 Summer Tennis Lessons Begin
- June 4, 11, 18 Barracuda Swim Meet  
**Pool Closes at 4pm**
- June 7 Summer Swim Lessons Begin
- June 9 Plant Bingo Event
- June 10 Adult Trip to BAPS Hindu Temple
- June 14 SBC Boys 14U Tournament
- June 15 Drop-In Intermediate Badminton
- June 21 Father's Day Games at the Pool
- June 25 Family Zumba Party
- June 24 Adult Chicago Botanic Tram Tour
- June 28 Drop-In Intermediate Pickleball

#### SAVE THE DATE

July 4 Picnic- Swim- DJ- Games



Dear SBC Members,

Welcome to summer at SBC!

As the weather warms up and the club comes alive, we are excited for another great season filled with tennis, swim, fitness, fun, and time spent with family and friends. Summer is one of the best times to enjoy everything the club has to offer, and we encourage everyone to come out and try something new.

Whether it's joining one of our Fit Tennis classes, getting involved in group activities, or signing up for the 250 Challenge, there is something for everyone. And remember – it's never too late to join the challenge and get involved!

Please also be on the lookout for upcoming summer parties and social events throughout the season. We are looking forward to creating memorable experiences for all of our members both on and off the courts.

We are especially excited that the pool officially opens Memorial Day Weekend, and we cannot wait to see families and members enjoying the club all summer long.

Thank you for being part of the SBC family. We truly appreciate your membership and look forward to seeing everyone enjoying the club this summer.

#### *Kurt*

Kurt Kopp  
Club Manager  
South Barrington Club

### Eat Well, Be Well

#### Cucumber-Basil Vodka Cooler

- 1-2 tbsp Cucumber, peeled and chopped
- 5 Fresh basil leaves, sliced
- 1-2 tbsp Lemon juice, depending on your taste
- 1.5 fl oz Vodka, of choice
- 12 oz can Club soda
- 1 Lemon slice, for garnish

#### Directions

1. Prepare cucumber and basil.
2. Squeeze lemon juice and muddle the cucumber/basil into the juice.
3. Fill a tall glass of ice and club soda.
4. Add 1 ½- 2 ounces of vodka
5. Top with cucumber-basil mixture.
6. Garnish with fresh Lemon slice.



#### Cucumber Mint

1. Muddle thinly sliced cucumbers and mint
2. Add ½ ounce simple syrup. optional
3. Add 1 ½- 2 ounces of gin
4. Add crushed ice
5. Shake and strain
6. Top with soda water

#### Strawberry Basil

1. Muddle strawberries and basil
2. Add 1 ½- 2 ounces of vodka
3. Add ½ ounce simple syrup, optional
4. Add crushed ice
5. Shake and strain
6. Top with soda water
7. Squeeze in lemon



### Fitness Move of the Month

#### THE TEASER

Maria brings this challenging Pilates move, the Teaser, to life with a level of control and strength that sets the tone for the entire class. She's been a key part of our team for over 18 years, sharing her deep expertise in both Pilates and Yoga, and it shows in every precise cue and beautifully aligned movement she demonstrates. Her Teaser is the perfect example—steady breath, anchored core, long lines, and effortless form. Join her energizing Pilates class on Tuesdays at 9:00am; no sign-up required.



### From the Pool Deck

**Outdoor pool is closed  
if the air temperature is under 70 degrees.**

#### Outdoor Lap Swim Hours ( Adults only 18 and over)

Monday, Wednesday, Thursday, Saturday & Sunday - 6am - 11am  
Tuesday & Friday - 6am-9:30 am (June 1 - July 17th)

#### Outdoor Pool hours June 1 - July 22nd:

Monday's & Wednesday's Pool closes at 6:15pm for swim practice  
Tuesday & Friday' - Outdoor Lap swim available 6am-9:30am

June 4, 11, 18, July 9, 16, 21 - Pool will close at 4pm for  
SBC Swim Meets

Swim Team Picnic- July 24 - Pool closes at 5:30pm

Tanya has been working in the Tennis Industry for over 20 years as a Tennis Professional, Administrator and Coach. She is a PTR Certified Tennis Coach and a PPR Certified Pickleball Professional. She has coached college tennis at the NCAA Division I and III levels. Tanya played NCAA Division I tennis at De Paul University. She is a former Elementary School Teacher who has a Master of Education. She has a daughter who played NCAA Division I tennis at Colorado State University in Fort Collins, Colorado. She will start her Master's Degree in Sports Management this Fall 2026 at CSU while helping with the tennis team. Tanya also has a son who just completed his Freshman year at Spring Hill College in Mobile, Alabama. He is currently playing NCAA Division II golf. Tanya, along with her husband Mike and two children, received the USTA Midwest Section Family of the Year 2024 award in Detroit, Michigan. When she is not on court, Tanya enjoys walking her Black Lab, Bella and working in her garden. She also enjoys traveling to see her children compete. Contact Tanya [thaber@sbpd.net](mailto:thaber@sbpd.net)



### The Tennis Corner

#### Fox Valley

A special shout out to Kathy Pritchett, Kathleen McLaughlin, Renee Sears, Cinda Pittman, and Robin Daugherty for being the captains of their Fox Valley summer travel team! The league isn't the same without you.

**Let's make it a great season, SBC!**

#### Men's In-House

**NOW PLAYING OUTSIDE!** Email Lisa Pearson [lpearson@sbpd.net](mailto:lpearson@sbpd.net) if you are interested in joining the Men's 2.5+ In-House League.

#### JTT

SBC's 12u JTT team that finished 3rd in the league has qualified for 12u District Championships. Congratulations!



## Membership Connection

### Welcome New Members:

The South Barrington Club is pleased to welcome Ben Grover and Family, Salim Abdul and Family, Sukanya Ganesan, Nikolaos Davis, Hemant and Vibha Pattani and Family

### Referrals are Where it's At!!

We love a good referral! Did you know if you refer a new member, you will receive a \$40 gift card and 2 free guest passes. Thank you to those who continue to talk about their club experience with others!

### Refresh Yourself for the Summer!

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

### Membership

Thank you to those who turned out for our Summer Kick Off Event! Love seeing members having a great time! Special thanks to Technifibre Racquets, Lucky in Love Clothing and Nekter Juice Bar for providing awesome products! Also, a big shout out to Jira Linville for her delicious carrot cupcakes! Stay tuned for more summer social events... A new Monthly Socials Calendar is active above the lobby drinking fountain! Check it out!

### Outdoor Pool Opening Memorial Day Weekend!

Don't forget to check into the front desk to receive your daily wristband. Wearing a wristband helps our staff know your intention for the day. Grandparents can bring their grandchildren for free every Friday! Just be sure to register your family at the front desk for this free program!

### Stars and Strides Challenge

Record your miles and stop over to see Jolie for a special Strides Treat! Keep up the great work!! The finish line is getting closer! Consistency is key!

## Paddle Pulse

The 2026 SBC Spring League Champions were the Team 5 Terrapins, who secured a 12-2 victory in the championship finals and also earned the Xenon paddle backpacks awarded to the winning team.

### Championship Team Members:

Abhi, Bob, Brandon, Colin, Faizan, Graham, Kyle (Captain), Rich, Sandeep, and Scott.



## What's "HOT" at the ProShop

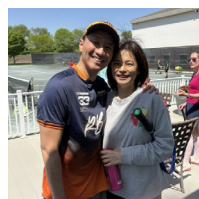
Come and check out our new bags by **Urban Expressions**

The price point is right and quality is superb.



For more information contact Gina [proshop@sbpd.net](mailto:proshop@sbpd.net)

## Summer Kick Off – Sip, Shop & Play



# JOIN THE JOURNEY IN JUNE

## EVERYTHING YOU LOVE ALL MONTH LONG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fit Tennis 8am-9am	Gentle Stretch 7:30am-8:30	Bootcamp 6am-7am	Aqua Power Splash 7:30am-8:30am	Bootcamp 6am-7am	Aqua Plus 7:30am-8:30am	SPF 9am-10am
Aerobic Cycle 9am-10am	Power Splash Aquafit 7:30am-8:30	Youth Summer Camps 8:30am-4:30pm	Youth Summer Camps 8:30am-4:30pm	Adult Inter Swim 7am-7:45am	Youth Summer Camps 8:30am-4:30pm	Youth Summer Camps 8:30am-4:30pm
Water Babies 9am-9:30	Youth Summer Camps 8:30am-4:30pm	Curious Kids 9am-12:30	Total Body Step 9am-10am	Youth Summer Camps 8:30am-4:30pm	Fit Tennis 9am-10am	Power Cycle 9am-10am
Intermediate Pickleball 9:30am-11am	Teen & Adult Swim 8:45am-9:30	HIIT 9am-10am	Curious Kids 9am-12:30	HIIT 9am-9:55am	Step Interval 9am-10am	Water Babies 9am-9:30am
Toddler Swim 9:35-10:05	Curious Kids 9am-12:30	Pilates 9am-10am	Toddler Swim 9:30am-10	Curious Kids 9am-12:30	Elite/Elite Academy 11am-3:30	Preschool & Adv Swim 9am-9:40
Preschool & Adv Swim 10:15am-10:55	HIIT 9:00am-9:55	Max Perf. Spin 10am-11am	Power Core 10:10am-10:50	Max Perf. Spin 9am-10am	Chair Yoga 11:40am-12:20	HIIT 9:30am-10:15am
Level IV 10:25am-11:10	Water Babies 9:30am-10	Power Sculpt 10am-11:50am	Fitness Yoga 10:50am-11:40	Spongeball 1pm-1:45pm	WOW 12:30pm	Toddler Swim 9:45am-10:15
Level I II III 11am-11:45	Preschool & Adv Swim 9:30am-10:10	Fitness Yoga 10:50am-11:40	Spongeball 1pm-1:45pm	Preschool & Adv Swim 1:15am-1:55	Intermediate Pickleball 1pm-2:30pm	Preschool & Adv Swim 9:45am-10:25
	2.0 Drill & Play 12pm-1pm	Spongeball 1pm-1:45pm	Elite / Elite Academy 1:30pm-5pm	Level I II III 1:15pm-2pm	WOW 2:30pm	3.5 Drill & Play 9am-10:30
	Spongeball 1pm-1:45pm	Red Ball 2pm-3pm	Red Ball 2pm-3pm	Elite / Elite- Academy 1:30pm-5pm	Splashball 4:30pm-5:15pm	HIIT 9:30am-10:15
	Intermediate Badminton 1pm-2:30pm	Orange /Green 2pm-5pm	Orange /Green 2pm-5pm	Red Ball 2pm-3pm		Level I II III 10:25am-11:10
	Preschool & Adv Swim 1:15am-1:55	WOW 4:30pm	Rising Stars 5pm-6:30pm	Orange /Green 2pm-5pm		Level IV 10:25am-11:10
	Level I II III 1:15pm-2pm	Rising Stars 5pm-6:30pm	Co-Ed Basketball Clinic 5pm-6pm	HIIT 4:30pm-5:15		2.5 Drill & Play 10:30-12pm
	Elite / Elite Academy 1:30pm-5pm	Splashball 5:30pm-6:15	HIIT 6pm-7pm	Zumba 5pm-6pm		Water Dynamics 11:15am-12pm
	Red Ball 2pm-3pm	Aerobic Cycling 6pm-7pm	Co-Ed Basketball Clinic 6pm-7pm	Rising Stars 5pm-6:30pm		Start Restart 12pm-1pm
	Orange /Green 2pm-5pm	Total Body Blast 6pm-7pm	3.0 Drill & Play 6pm-7:30	2.5+ Dril & Play 6pm-7:30		Tread & Shed 4:30pm
	HIIT 4:30pm-5:15	Start Restart 6pm-7pm	Fit Tennis 7pm-8pm	Preschool & Adv Swim 5:30pm-6:10		
	Zumba 5pm-6pm	3.5 Drill & Play 6pm-7:30	Water Polo 7:30pm-8:30	Level I II III 5:30pm-6:15		
	Rising Stars 5pm-6:30pm			Barre to TRX 6:15pm-7:15		
	3.0 Drill & Play 6pm-7:30			Teen & Adult Swim 7pm-7:45		
	Barre to TRX 6:15pm-7:15					

*This Schedule is a representation of class offerings.  
Please check with the program supervisor for availability.*

**Fitness**  
**Racquet Sports**  
**Swim**  
**Rec Programs**