

# CLUB CHAT

A newsletter for members of the South Barrington Club

## Membership News

Welcome to the following new club members: Marcella Watkins family, Wendy McDougald, CS Bascom, Zahur Hossain, Abbas Kanji family, Shabbir Kanji family, Kara Ruffino family, Krissy Viox family, Kristin Gottlieb Family, Lois Niese, Vanessa Schippers, The Burns', the Rasheed's, Brent Burvas, the Patel's, Susan Cascino, Ken Johnson, Dipal Shah, and Anthony Armocida family.

## Permanent Lockers Available

A limited number of permanent lockers are available for rent. If you are interested in a locker, please contact Janet Lundholm at [jlundholm@sbgpd.net](mailto:jlundholm@sbgpd.net).

## Member Referral

We would like to thank Jane Eccleston, Catie Burns, Shabbir Kanji, Lara Berry, Jessica Underwood, Joy Sweet, Jaclyn Koepke and Phil Lagori for referring new members to the club. When you refer a friend during February, you will receive an \$50 SBC gift card, two guest passes and an extra FIND YOUR FIT point for each new membership. Student, paddle, corporate, and group memberships are not included in our referral program.

## Platform Tennis

Our next Paddle event will be a Margarita Mixer with a Valentine's Day theme. The event will be held on Friday, February 10th from 7-10pm. Coed play and open to all levels. Cost is \$30 per person or \$55 per couple. Sign ups can be done using the SBC club app or by emailing [rrader@sbgpd.net](mailto:rrader@sbgpd.net). Participants will earn a point in FIND YOUR FIT rewards program.

## LOVE and TENNIS the perfect "Match"

Celebrate your LOVE for tennis this Valentine's Day.

Come play some fun tennis on Thursday,

February 9th at 10-11:30am

Sign up by Sue's office by Monday, February 6th

12 players maximum \$14 per person

## Tennis, Pickle, and Pints

Come join this Fun Event on Friday, February 24th for tennis, pickleball and pints (or wine if you prefer) 7-10pm Cost \$30 per person or \$55 per couple. Sign up at the front desk.



February 2023  
Happy Valentine's Day

## Tennis Corner Adult News

Looking for some indoor activity to help deal with the Winter blues, then consider joining one of our many racquet sport programs! Whether you are a seasoned tennis veteran or a beginner looking for some more playing opportunities, we have a class for you:

- **FIT Tennis** is a high energy workout which includes tennis drills and games. Open to all adults who have completed a USTA 2.5 Drill or higher. Drop in and sign up at the Front Desk or on the SBC App. (FIND YOUR FIT pt.)  
**Tuesday 7-8:00pm OR Friday 9-10:00am**
- **Start/ Restart for Adults** is a tennis class for those adults who are new to the sport or are looking to get back into it after taking a break. Sign up at the Front Desk or online at [sbgpd.net](http://sbgpd.net).  
**Sunday 10-11:00am or Friday 12-1:00pm**
- **Various Adult Tennis Classes** are available for registration. We offer 90 minute classes for levels 2.5-3.5+. If you are looking to sharpen your skills or play some extra tennis, consider joining one of our group lessons. Call the Front Desk for times and availability.
- **Open Pickleball Play** is offered for any level player on our indoor Pickleball courts. Call the Front Desk or sign up on our SBC App. **Sunday 7-9:00pm, Wednesday 1:30-3pm or Friday 7-10:00pm** (FIND YOUR FIT pt.)

## Junior News

Match Play dates are as follows

Feb 3- *Green Ball* 5-6:30pm \$30

Feb 3- *Elite* 4:30-6:30pm \$40

Feb 4- *Elite Academy* 3-5pm \$40

Feb 10- *Orange Ball* 5-6:30pm \$30

Feb 10- *Elite* 4:30-6:30pm \$40

Feb 11- *Elite Academy* 3-5pm \$40

Feb 17- *Green Ball* 5-6:30pm \$30

Feb 17- *Elite* 4:30-6:30 \$40

Feb 18- *Elite Academy* 3-5pm \$40

Please call the front desk to sign up (847)381-2570. If you have any questions, contact Kyle Tomaska at [ktomaska@sbgpd.net](mailto:ktomaska@sbgpd.net)

**TOP GUN** HIGH School Boys Double Tennis Tournament  
Friday, February 24th-26th Starts 5:30pm ends Sunday at noon.

## Fitness News

Our "Wine down Yoga" on January 19th was a wonderful Yoga class (learn all about your Chakras!)



followed by unwinding with a glass of wine! Sue is looking forward to adding more of these special nights in the coming months, so stay tuned for the next date! We offer many different types of Yoga at the club that accommodate all levels. Check our brochure or group class schedule for all that are available.

Thinking of trying Personal Training but not quite sure what it's about? We have an "Intro to Personal Training" that will show you the basics. If you prefer working out with a buddy (perfect for Valentine's Day!) we also offer Partner Training. Stop by the Fitness office for more details or contact [dgappa@sbspd.net](mailto:dgappa@sbspd.net)

## FIND YOUR FIT

This membership reward program starts February 7th -28th. Sign up at the front desk. Earn 20 or more points and you will receive a SBC Knit Hat, 2 FREE guest passes and perhaps a new skill or activity! See page 3 & 4 for details.



## Aquatic News

- Winter Session I swim lessons end February 16th. The Winter session II beginning February 21<sup>st</sup> is filling up, so register today. Call the pool office if you have any questions regarding level placement.
- Check out our new programs! Intro To Water Polo will be on Sundays 1:40pm-2:40pm starting February 26<sup>th</sup>. We also have Adult Swim Lessons Tuesdays at 7:30am or Thursdays at 7:00pm starting February 21<sup>st</sup>.
- We are still taking applications for lifeguards and swim instructors.
- We are also taking application and resumes for an Assistant Aquatics Supervisor. This is a full time position.
- Summer swim team packets will be available this month. Call the pool office with any questions regarding summer swim team.

## Just for Adults—

### Valentines Day –Morkes Chocolate Code

#### 8960

Wednesday, February 8th 10am-12:30pm

What better way to celebrate Valentines Day than to make your own chocolates? Today we'll go to Morkes Chocolates in Huntley. We'll spend an hour making fabulous chocolates, customized for Valentines Day. We'll make chocolate pizzas, suckers, dips, etc. All will be delicious works of art! To make sure we've had our fill of chocolates and goodies, we'll stop at Fischer Nuts on the way home to browse and shop.

### Galos Salt Cave Code 8955

Thursday, February 23rd 9:30am-3pm

The first of it's kind in the US, the Galos Salt-Iodine Cafes were first brought to Chicago in the year 2000. A growing trend in holistic health, salt caves have been used for centuries to improve respiratory ailments, skin irritations, joint pain, and blood pressure. In the cave, we'll relax in zero gravity lounge chairs, enjoy peaceful music, subtle lighting, and breathe in the salty air. After our 45 minute session, we'll enjoy a Polish buffet at the Jolly Inn adjacent to Galos. This includes transportation, spa experience and lunch.



Remember your sweetheart,  
head to the Pro Shop for  
beautiful gift ideas.  
Our Pro Shop is not only stocked with  
tennis, workout, and leisure apparel, we  
have a wide selection of scarves, hats,  
and handbags.  
This month most of our men's  
apparel will be 40% off. Hurry in  
while we still have inventory.  
Join our buyers club and  
receive 25% off all full  
priced merchandise or  
40% off items  
marked 25%  
off.



A facility of the South Barrington Park District  
3 Tennis Club Lane, South Barrington, IL 60010  
(847) 381-2570 • [www.sbspd.net/club](http://www.sbspd.net/club)



# FIND YOUR FIT Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p><b>Give the Gift of Health!</b></p> <p>Refer a friend during February Initiation is only \$14. You receive a \$50 SBC gift card, 2 FREE guest passes and earn an extra point per new membership!</p>		<b>7</b> Baby it's cold outside Hot Chocolate Bar 8am-4pm  <i>Fit Tennis* \$20</i> 7-8pm  Open Badminton Gymnasium 8:30-10pm	<b>8</b> Baby it's cold outside Hot Chocolate Bar 8am-4pm  <i>Pickleball* \$8</i> 1:30-3pm  Sign up for the SBC APP if you haven't yet	<b>9</b> Baby it's cold outside Hot Chocolate Bar 8am-4pm  <i>Badminton* FREE</i> 10-11am  Walk around the Indoor Track 18 laps = 1 mile	<b>10</b> Hot Chocolate Bar 8am-4pm  <i>FIT TENNIS* \$20</i> 9-10am  <i>Pickleball* \$8</i> 7-10pm  <i>Platform Tennis Margarita Mixer* \$30</i> 7-10pm	<b>11</b> Bring a guest FREE  <i>Give the gift of Health!*</i> Refer a friend \$14 Initiation  Fruit to Go 7-10am  Open Badminton in the gym 8-10am		
		<b>12</b> Open Badminton Gymnasium 8-10am  <i>Pickleball* \$8</i> 7-9pm  Walk around the Indoor Track 18 laps = 1 mile	<b>13</b> <i>Badminton* FREE</i> 2-3pm  <i>Visit the HIIT Room*</i> Take a selfie, email to jlundholm@sbsd.net  <i>Stop by the front desk to fill out a heart- tell us why you LOVE the Club!</i>	<b>14</b> Valentine's Day <i>Wear RED today*</i>  <i>FIT TENNIS* \$20</i> 7-8pm  Open Badminton Gymnasium 8:30-10pm	<b>15</b> <i>Pickleball* \$8</i> 1:30-3pm  Walk around the Indoor Track 18 laps = 1 mile  Swim for 1 hour Don't forget to reserve a lane	<b>16</b> Fruit to Go 7-10am  <i>Badminton* FREE</i> 10-11am  Sign up for the SBC APP if you haven't already	<b>17</b> <i>FIT TENNIS* \$20</i> 9-10am  <i>Pickleball* \$8</i> 7-10pm  Swim for 1 hour Don't forget to reserve a lane	<b>18</b> Open Badminton in the gym 8-10am  <i>Visit the HIIT Room*</i> Take a selfie, email to jlundholm@sbsd.net  <i>Give the gift of Health!*</i> Refer a friend \$14 Initiation
		<b>19</b> Open Badminton Gymnasium 8-10am  <i>Pickleball* \$8</i> 7-9pm	<b>20</b> <i>Badminton* FREE</i> 2-3pm  Swim for 1 hour Don't forget to reserve a lane  Be FIT, Don't Sit!	<b>21</b> <i>FIT TENNIS* \$20</i> 7-8pm  Sign up for the SBC APP if you haven't yet  Open Badminton Gymnasium 8:30-10pm	<b>22</b> <i>Pickleball* \$8</i> 1:30-3pm  Swim for 1 hour Don't forget to reserve a lane	<b>23</b> <i>Badminton* FREE</i> 10-11am  You are almost done- See reverse side on how to earn extra points!	<b>24</b> <i>FIT TENNIS* \$20</i> 9-10am  <i>Pickleball* \$8</i> 7-10pm  Swim for 1 hour Don't forget to reserve a lane	<b>25</b> Open Badminton in the gym 8-10am  <i>Give the gift of Health!*</i> Refer a friend \$14 Initiation
		<b>26</b> Open Badminton Gymnasium 8-10am  <i>Visit the HIIT Room*</i> Take a selfie, email to jlundholm@sbsd.net  <i>Pickleball* \$8</i> 7-9pm	<b>27</b> <i>Badminton* FREE</i> 2-3pm  Swim for 1 hour Don't forget to reserve a lane  <i>Visit the HIIT Room*</i> Take a selfie, email to jlundholm@sbsd.net	<b>28</b> <i>FIT TENNIS* \$20</i> 7-8pm  Open Badminton Gymnasium 8:30-10pm	<p><b>Sign up for the SBC APP here.</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Download on the <b>App Store</b></p> </div> <div style="text-align: center;">  <p>GET IT ON <b>Google Play</b></p> </div> </div>			

**\*bold and italic earns an extra point (1 time total per activity)**