

CLUB CHAT

A newsletter for members of the South Barrington Club

Membership News

We would like to welcome our new club members: the Van Fossans, Jacob Barton, the Webers, Mason Geier, and Rebecca Huang family.



Back by popular demand, **Check-In BINGO** will begin January 5th. Sign up at the front desk. See page 3 for details.

Paddle Tennis

Happy New Year, everyone! Hope you have a great holiday break and are ready to roll into the second half of the season.

Team Rankings:

After week 11, 7 out of 8 teams are currently sitting in the top 4 spots of their series, putting us in an excellent position as we head into the final stretch of the regular season.

Coaching tip of the month:

When you're hitting overheads on offense at the net, divide your opponent's court into four zones. The deuce side is Zones 1 & 2, and the ad side is Zones 3 & 4. Before you hit, identify which zones you cannot safely attack. Most of the time you'll be playing into two of the four zones. Sometimes you'll have access to three, and occasionally only one is the smart option. Having a clear plan like this helps neutralize strong defensive or back-court teams and keeps you in control of the point.

Spring League:

Be on the lookout for Spring League registration coming soon. Spring League will begin Tuesday, March 31.

Adult Tennis

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@sbpd.net to get more information.

Greater Suburban League

Thanks for a great fall/winter season! I hope everyone enjoyed playing. We are looking forward to the winter/spring season starting the first week of January and continuing through mid-April.

Upcoming dates-

Drills start January 5th, 6th, and 7th.

Matches begin January 8th and 9th.

The regular season goes through April 16th and 17th with playoffs for the top 4 teams the following two weeks.



January 2026

Holiday Hours

Wednesday, December 24	Club	7am-3pm		
	Pool	7am-2pm		
	Nursery	Closed		
Thursday, December 25	Club	Closed		
Wednesday, December 31	Club	7am-3pm		
	Pool	7am-2pm		
	Nursery	Closed		
Thursday, January 1	Club	7am-1pm		
	Pool	7am-Noon*		
	Nursery	Closed		
	FREE Court time- 2 hour limit			
Happy New Year!				
*No lifeguard on duty				

Tennis Corner

Happy New Year from all of us at the South Barrington Club!

As we welcome the New Year, we would like to wish you and your families a happy, healthy, and successful year ahead. We look forward to seeing many of you back on the tennis courts and SBC being a part of your tennis journey in 2026.

Our upcoming tennis session begins on **January 4**, and we encourage you to register as soon as possible, as space in our programs is limited and classes fill quickly. Whether your goals include improving your skills, staying active, or enjoying time on the court with fellow members, we have programs designed for all ages and levels.

If you have any questions regarding our tennis programs or need assistance with registration, please do not hesitate to reach out.

- **Kurt Kopp**, Director of Racquet Sports and Club Manager: kkopp@sbpd.net
- **Tanya Haber**: Tennis Manager thaber@sbpd.net

We appreciate your continued support of the South Barrington Club and look forward to another great year of tennis together.

Pickleball

Interested in Pickleball?

See page 4 for winter/spring dates and times.

Aquatics News

- **Winter Session 1 swim lessons begin the week of January 5th. Classes are filling up, register today.**
- **Did you know we offer swim lessons for Adults? Many class times are available. Learn to swim before summer!**
- **Water polo is a sport offered at all the high schools. Introduce your kids to a new sport - sign up today. We have classes for kids 4-8 and 9-14 years of age.**
- **New class alert - Aqua Academy - Do you have a child that may want to be a future lifeguard at the South Barrington Park District? This class is great for swimmers that are looking to build on their existing skills, build endurance, introduce basic water polo skills and rules, and learn skills that are needed to become a lifeguard. Any questions, contact Sheena or Stacie at 847-381-2570.**

Fitness News

New Year's is a great time to start a Fitness and Wellness program. Set up a free consultation with one of our Certified Personal Trainers to get started! Whether it's weight loss...gaining strength...increasing your flexibility...or just getting healthier this year, we can help you achieve your goals. Choose from single sessions or a package, to fit your needs!

We have expanded our HIIT classes. If you are looking for a way to kick up your workout, be sure and give one a try. No reservations are needed, drop in any class-- they are free to members.

Treat yourself to a massage after a tough workout or tennis match. Migdalia specializes in sports massage and has helped many members with various injuries and pain issues. Massage helps relax the tissue, increase the flow of blood and oxygen, and decrease pain. She also offers a wonderful relaxing spa massage, if you just want to unwind and de-stress.

Contact Denise Gappa at dgappa@sbpd.net for more information or to book an appointment

Adult Programs

INTERNATIONAL LUNCH SERIES

The cold days of winter will be a perfect time to explore some new restaurants in its fun-filled international lunch series.

Mexico-Antigua Mexican Grill Code 4622

Monday, January 19th 11:15am-1:30pm

Experience colorful décor, festive vibe and time-honored recipes.

Adler Planetarium Code 4615

Thursday, January 29th 9am-3pm

We will have access to all the exhibits and experiences, plus the skyline show. These famous award winning shows are shown in the iconic domed theatre. A great day to get smart and have fun all at the same time.

**Permanent
Lockers
Available**

A limited number of ladies permanent lockers are available for rent. If you are interested in a locker, please contact Janet at jlundholm@sbpd.net

Be Rewarded for your Referrals

When you refer a friend, you will receive a \$40 SBC gift card and two guest passes for each new membership you refer. Your friend receives \$40 initiation. Corporate, junior, and paddle memberships are not included in our referral program. This deal cannot be combined with any other promotions.



Pro Shop

- Bring in the new year with new tennis shoes and apparel. Plenty of new shoes, apparel, tennis bags and more arriving daily.
- Don't forget to join buyers' club and receive 25% off full priced merchandise all year long.

Happy Holidays!

As a Holiday thank you to our members, we will be waiving Guest Fees for our member's guests over the holidays. This will take effect during December 26th- 31st.

- There is a maximum of 3 guests per membership per day.
- Member must accompany the guest.
- Each guest is limited to 3 visits.

January 1– FREE COURT TIME with a 2 hour limit.

Please remember children under 13 not participating in a supervised program must always be with a parent.



Get Ready for B-I-N-G-O!

January 5th to February 2nd

All you need to do is check-in with your key tag or phone app to participate.

When you check-in, you will receive 2 or more daily numbers.

Five in a row = BINGO = wins a fabulous instant prize! Plus, all verified winners will be entered into a raffle drawing for additional prizes like SBC knit hats and guest passes.

PICKLEBALL

DRILL & PLAY

January-Beginner

Wednesday 12:30pm-2:00pm
January 14-January 28
Fee: \$75/ \$96

February-Beginner

Wednesday 12:30pm-2:00pm
February 4-February 18
Fee: \$75/ \$96

March-Beginner

Wednesday 12:30pm-2:00pm
March 4-March 18
Fee: \$75/ \$96

April-Beginner

Wednesday 12:30pm-2:00pm
April 1-April 15
Fee: \$75/ \$96

*To register email Lisa Pearson
lp Pearson@sbpd.net
or call (847) 381-2570 x 122*