



LAKEWOOD
NATIONAL
Golf Club

WEEKLY UPDATE MAY 19TH, 2023

LAKEWOODNATIONALGC.COM



HOA

Good Evening Lakewood National Residents,

Please see the details below about upcoming meetings:

Board of Directors Meeting: The next Board of Directors meeting is scheduled for **May 25, 2023, at 3:00 PM**. This meeting will be held in person in the Amenity Center- Aerobics Room A. You may attend in person, or you may attend virtually using the link below. Once you've registered, you will receive confirmation and instructions on how to join the meeting.

<https://attendee.gotowebinar.com/register/3927404288427560537>

Architectural Review Committee Meeting: The next Architectural Review Meeting is scheduled for **May 24th, 2023 at 3:00PM**. ARC requests for this meeting are due no later than Friday, May 5th. ARC requests received after this date will have to be reviewed at the next regularly scheduled meeting. This meeting with the Committee will be held virtually and you are welcome to participate by clicking on the link below or dialing in by phone.

<https://meet.goto.com/380172277>

You may also dial in using your phone.

United States (Toll-Free): 1 877 309 2073

United States: +1 (646) 749-3129

Access Code: 380-172-277

Get the app now and be ready when your first meeting starts:

<https://meet.goto.com/install>

Please note: All exterior modifications must be approved by the Committee, prior to commencing any work. If you have any questions about this process, please email me at bebeling@theiconteam.com.

DID YOU KNOW?



Lakewood National
Community Rules &
Regulations Reminders

Children under 12 and non swimmers must be accompanied
by a parent or responsible adult supervisor

Note from ArtisTree

This week we finished all the mowing by Thursday, Detail crews we trimming trees in common areas and wrapped up the trimming at Veranda 1,2and3 associations.

Last Saturday, we did get some rain but the winds were the big issue uprooting trees, We are working on the bracing. The horticulture department was treating weeds and looking out for pests. The drought has not gotten any better, we are thankful for a rain here and there until a steady summer rain season starts.



DEEPER ROOTS. HIGHER STANDARDS.®

Brittany Ebeling
Community Association Manager



FROM THE MANAGERS DESK

Dear Members,

We are excited to let you know of some changes at the pool that will benefit all members and their guests. **Effective Monday, May 22, 2023:**

1. The entrance through the Breezeway gate will be the only entry point into the pool area. The two other gates, Tiki Bar gate and club pedestrian gate to the right of the bathrooms will be locked for entry and will be exit gates only.
2. All members **MUST** present their membership cards to the Pool Ambassador upon entry, even if the member is going to the Tiki Bar only.
3. Members **MUST** sign in their guests upon entry. No guests will be admitted unless accompanied by a member.
4. We have hired two additional Pool Ambassadors which allows for the pool area to be covered from **9:00AM-7:00PM** and until **8:00PM** during the summer months.

Gentle Reminders:

1. Parents are responsible for their children and their guest's children. Children under age 12 may **not** be left unattended.
2. Under no circumstances should members or guests use the side exit gates to allow anyone into the pool area or Tiki Bar.
3. Coolers, outside beverages, and food are not allowed in the pool area, except for baby food, formula, etc.

Your safety and security as well as your enjoyment of our beautiful amenities are very important to us here at Lakewood National!

Enjoy your weekend!

Gina Plotkin

Assistant General Manager



LIFESTYLE

Good Afternoon Lakewood National,

By now, you would have received an email alerting you that due to the backend of the Lakewood National website being inaccessible. We have temporarily moved over to Constant Contact to send out email communications to you all. We apologize for any inconvenience this has caused.

We are excited to share with you some upcoming events around the community. **BINGO** is back on Tuesday, May 23rd at 5:30pm. This is a very popular event so please be sure to arrive in plenty of time to grab yourself a table.

Monday, May 29th is **MEMORIAL DAY** and we honor the sacrifice of our nation's fallen heroes. We will be holding a Pool Bash at the tiki bar and pool. You will see below from the flyer, food service will start at 11:00am and then music at 12:00pm and pool games at 1:00pm. We ask you to please RSVP below just so we can get an approximate count of people joining us.

As soon as we are up and running again with the Community Website all the events will be inputted into our events calendar including Golf, Lifestyle, and Food and Beverage so please familiarize yourself with this tool.

Thank you

Rob Commissar
Lifestyle Director

LIFESTYLE



Hosted By Rob C

NIGHT



**JOIN US FOR
GAMES,
FUN, & PRIZES**



**TUESDAY MAY 23
TIKI BAR - 5:30PM**



**SEATING IS FIRST COME, FIRST SERVE
THIS WILL BE REGULAR STYLE BINGO**

LIFESTYLE



MONDAY MAY 29TH

MEMORIAL DAY

★ ★ ★ ★
POOL BASH

WE INVITE YOU AND YOUR FAMILY TO THE TIKI
BAR AND POOL FOR FOOD, MUSIC AND FUN AS WE
HONOR THE SACRIFICE OF OUR NATIONS FALLEN
HEROES

LUNCH MENU
STARTING AT 11:00AM



POOL GAMES
FROM 1PM - 3PM



POOLSIDE MUSIC BY
'TWINKLE' 12PM - 3PM



PLEASE RSVP BELOW FOR POOL GAMES

FIRST COME FIRST SERVE *NO RESERVATIONS*

[RSVP HERE FOR POOL GAMES](#)

LIFESTYLE

CLICK HERE FOR ACTIVE GROUPS



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

Member Run Groups

Run a Group Today

We are excited to announce that we are now accepting applications for Member Run Groups.

The purpose of the Member Run Groups is to bring together residents with a common interest or talent in an organized manner that will enhance the leisure opportunities available within the community.

Each group will have a leader that will be responsible for all things within the group. Once the groups have been formed and approved the Lifestyle Director will market the group to the community so that members can reach out to the leader to join.

We are very excited for you all to be able to start these groups.

You choose your Group

If you are interested in forming a group then please click the below links to fill out the relevant forms and submit to your Lifestyle Director

All groups and contacts will be uploaded to the community website

Benefits of forming a group

- ☐ Choose your group type
- ☐ Meet other members
- ☐ Find friends that have a passion for what you have a passion for
- ☐ Book a room for your group
- ☐ Have fun

If you would like more information then please don't hesitate to contact Rob Commissar
rcommissar@theiconteam.com

MEMBER RUN GROUPS GUIDELINES
MEMBER RUN GROUPS APPLICATION



FOOD & BEVERAGE

Greetings from the Food and Beverage Team!

We are thrilled to inform you that the clubhouse is being prepared for soft openings. To help our staff and kitchen familiarize themselves with the steps of service, we will be providing an Open Table link for sign-ups. However, please note that the number of members we can serve will be limited during a period of three nights next week. We kindly request your patience as we accommodate a small guest count each night. We are eager to welcome everyone, but currently, we can only accept a limited number of guests. For future weeks, we will be releasing more available times.

Please be aware that these reservations are exclusively for **ACTIVE** members, and no additional guests or parties over 6 people will be permitted. If you have already signed up for one night out of the three, attempting to reserve another night will result in removal from the second reservation. Kindly book only one time to ensure fairness. Our staff will be monitoring the open table reservations to ensure proper implementation.

For now, we kindly request that you use the open table widget we provide to reserve your spot. Unfortunately, we cannot accept reservations via phone or email at this time.

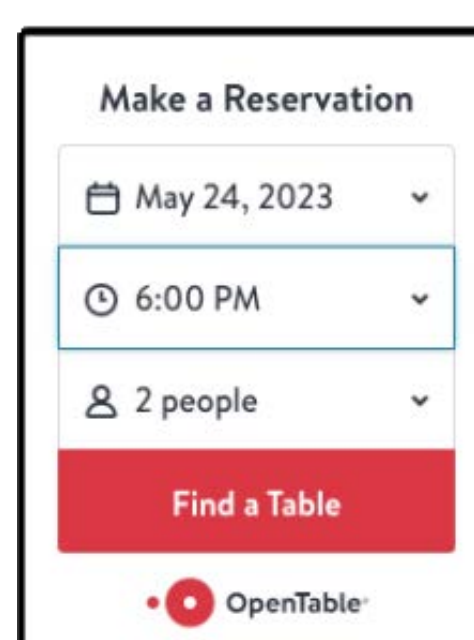
Please bear in mind that this is a learning period for our staff, and we greatly appreciate your patience.

Reservations are available only for May 24th, May 25th, and May 26th.

Thank you!

CLICK BELOW TO RESERVE

Kristin Hickey
Food & Beverage Director



Make a Reservation

May 24, 2023

6:00 PM

2 people

Find a Table

OpenTable



FOOD & BEVERAGE

TIKI BAR WEEKLY SPECIALS MAY

SATURDAY 20TH & SUNDAY 21ST

APPETIZER SMOKED MAHI FISH DIP \$12

Served with assorted crackers

MONDAY, 22ND

FRIED CHICKEN CLUB \$15

Fried crispy chicken breast, swiss cheese, bacon, lettuce and tomatoes. Side of choice

TUESDAY, 23RD

CHICKEN TACO SALAD \$16

Fajita chicken, shredded cheese, lettuce, tomatoes, pickled jalapeños, and pickled red onions. Chipotle ranch dressing.

WEDNESDAY, 24TH

SHRIMP ALFREDO FETTUCINE \$18

Grilled shrimp tossed in a creamy garlic Alfredo sauce served with garlic bread.

THURSDAY, 25TH

ANTIPASTO SALAD \$14

Romaine, black olives, green olives, cherry tomatoes, pepperoni, roasted red peppers, salami, and mozzarella cheese, tossed in a lemon olive oil dressing.

FRIDAY, 26TH

BLACKENED RAINBOW TROUT SANDWICH \$20

Rainbow trout blackened on a hoagie roll with lettuce and tomatoes tater sauce on side. Choice of side

*****SPECIALITY DESSERTS \$11*****

Please ask your server about our new boozy desserts



FOOD & BEVERAGE

2 FOR \$30 WEEKLY SPECIALS

MAY 20TH - 26TH

GRILLED BBQ CHICKEN BREAST *(DINE IN PRICE \$16)*

Two grilled chicken breast covered in barbeque sauce, saved with baked beans and coleslaw.

GRILLED BBQ SALMON *(DINE IN PRICE \$18)*

Grilled salmon covered in barbeque sauce, saved with baked beans and coleslaw.



GOLF



Special **SALE** for a Father's Day
or Graduation Gift!!

Please scan the QR code
to view the special offer.

Password: FJ





GOLF MAINTENANCE

Good Afternoon,

With the Piper course shutting down for aerification and summer maintenance I wanted to share a video update of things you may notice while enjoying your views from your homes over the course of the next three weeks.

We have a lot planned for this closure but as always, Mother Nature will be the deciding factor of what we are able to accomplish. Please excuse any dust coming from the golf course with us lowering the height of cut to scalp down fairways and rough we will be creating a lot of debris that will need to be blown into wind rows and vacuumed up before being disposed of.

The team will do whatever we can to avoid dust and clippings floating in the air. We thank you for understanding, be on the lookout for future video updates during the closure.

PLEASE CLICK ON THE BELOW IMAGE TO WATCH THE VIDEO

Joel Ehrhart
Golf Superintendant





LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

Volunteers Needed!

DRIVE CHIP & PUTT

Lakewood National is hosting a Drive, Chip, and Putt Qualifier on Thursday July 6, 2023.

If not familiar with the Drive, Putt, and Chip it is a joint initiative founded in 2013 by the Masters Tournament, United States Golf Association and The PGA of America, Drive, Chip and Putt is a free nationwide junior golf development competition aimed at growing the game by focusing on the three fundamental skills employed in golf.



DRIVE CHIP & PUTT



By tapping the creative and competitive spirit of girls and boys ages 7-15, Drive, Chip and Putt provides aspiring junior golfers an opportunity to play with their peers in qualifiers around the country. Participants who advance through local, sub-regional and regional qualifying in each age/gender category earn a place in the National Finals, which is conducted at Augusta National Golf Club the Sunday before the Masters Tournament and is broadcast live by Golf Channel.

If interested in volunteering please email Mike McClellan at mmcclellan@theiconteam.com

LAKEWOOD NATIONAL

Summer JUNIOR GOLF CAMP 2023



JUNE: 5-9 | 12-16
26-30

JULY: 17-21 | 24-28

ALL SKILL LEVELS
AT LAKEWOOD NATIONAL

CAMP INCLUDES:

- ✓ PUTTING INSTRUCTION
- ✓ PITCHING/CHIPPING/BUNKER
- ✓ FULL SWING PRACTICE
- ✓ INSTRUCTION FROM PGA PROFESSIONAL STAFF
- ✓ ON-COURSE FUN EVERYDAY!

**MONDAY-
FRIDAY
9AM-4PM**

**BOYS & GIRLS
AGES 7-15**

**COST:
\$325 PER WEEK**

-LUNCH INCLUDED EACH DAY-

**TO REGISTER: VISIT THE GOLF SHOP OR
EMAIL MIKE: mmcclellan@theiconteam.com**



MORE INFO: 941.720.3046



RACQUET SPORTS

Over the next few weeks, there will be minor maintenance conducted on the playing surfaces for the Tennis and Bocce courts. You will see below some before and after photos of the Bocce and Tennis courts that we have been working on.

Due to the harsh Florida environment, there is an ongoing process to produce the best, safest playing surfaces for the residents of Lakewood National Golf Club. This will not affect play in any way, and we look forward to seeing you out there.

Please stop by the Pro Shop and say "Hi" to me. We look forward to helping you with any of your racquet sports questions and needs.

Justin Pickham
Racquet Sports Director

Before



After



FITNESS

Fitness Updates

GROUP CLASSES

- **Expect some unannounced "pop-up" classes from time to time throughout the summer (Check Salix).**
- **Oriella's Monday Circuit class has been discontinued for the summer.**

Class Cancellations: For morning classes, you must cancel the night before (by 8pm). For classes that are held in the afternoon, you must cancel at least 5 hours prior to the class on the same day.

NEED A CLASS PASS OR **Salix** ACCOUNT?

Find Olivia in the Fitness Center on Weekends from 8am – 12pm, and select week day hours. Email Olivia at OVoegelin@theiconteam.com for Salix or class questions, and to ask about varying weekday availability.

Subject to change from time to time. If you do not receive a response from Olivia in more than two days, contact Sabina. **Class Passes are non-refundable.*



PERSONAL TRAINING & FITNESS CENTER ORIENTATIONS

Personal Training is tailored to your needs: corrective exercise, strength training, toning, golf-specific TPI plans, weight loss, mobility/flexibility, and more! To get started, schedule your free consultation with Sabina today.

For Questions or Appointments:

Sabina Z. Hart, Director of Fitness and Personal Trainer:

Szhart@theiconteam.com | mobile: (754) 245-2136

Olivia Voegelin, Fitness Center Attendant: OVoegelin@theiconteam.com

Fitness Center phone: (941) 777-7020

FITNESS

Personalized **NUTRITIONAL COACHING**

with Sabina Hart

*Fitness Director, Personal Trainer,
Nutrition and Wellness Consultant*

Services May Include:

- Evaluation of current eating patterns
- Setting goals and monitoring progress
- Estimation of caloric needs
- Improve cooking practices with nutritional education
- Healthy recipes and cooking ideas
- Ingredient label reading
- And more! Customized to your needs!



For Questions or Appointments,
Please contact Sabina: szhart@theiconteam.com
941.777.7020 (office) | 754.245.2136 (mobile)

FITNESS



CLASS PASSES

\$10 ONE-TIME PASS

OR

\$80 PUNCH CARD

(for 10 classes)

OR

\$125 ONE-MONTH

UNLIMITED PASS

OR

**\$275 UNLIMITED
QUARTERLY PASS**

3 Months Unlimited!

OR

**\$900 ANNUAL
UNLIMITED PASS**

OR

**GUESTS
\$12 ONE-TIME PASS**

**PURCHASE CLASS PASSES IN
THE FITNESS CENTER.**

Passes are Non-Refundable.

**SIGN-UP FOR CLASSES
ON SALIX.**

Instructions online under
"fitness"

Lakewoodnationalgc.com

If you do not have a
Salix account, please email
Olivia to get set up:

**OVoegelin
@theiconteam.com**

Questions? Contact
Sabina Hart:
szhart@theiconteam.com
941.777.7020 (office)
754.245.2136 (mobile)

**SCHEDULE IS SUBJECT TO CHANGE—ALL
CHANGES WILL BE REFLECTED IN SALIX.
PLEASE BRING TOWEL AND WATER
BOTTLE TO CLASSES.**

Min. 3 participants must be
registered for a class to take
place, or class will be
CANCELLED.

MAY GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>9:30am</u> Stretch & Sculpt Amy	<u>6:30am</u> Xtreme HIIT Elaine (Int./Advanced) *No class 5/9 & 5/16	<u>8:30am</u> Spin Carmen	<u>9:15am</u> Chair Yoga Carmen	<u>9:30am</u> Tight-N-Tone Tracy No class 5/5	NEW! <u>9:30am</u> Aqua Fun & Splash Andrea
<u>10:30am</u> Trouble Zone Tone Carmen	<u>9:30am</u> Barre Tracy	<u>9:30am</u> Strength & Serenity Yoga Tracy	<u>10:15am</u> Trouble Zone Tone Carmen	<u>10:45am</u> Yin Yoga Tracy No class 5/5	<u>10:30am</u> Circuit Bootcamp Elaine *No class 5/13
	<u>10:45am</u> Yin Yoga Tracy		<u>11:15am</u> Pilates Carmen		



FITNESS

CLASS DESCRIPTIONS

Most classes are approx. 50-60 minutes of active time.

AQUA FUN & SPLASH: Take the plunge for a fun filled shallow water class with lively music to keep you moving! Enjoy all the benefits of water exercise to stay fit with low impact moves that are easy on the joints. Just the resistance of the water helps improve cardio fitness, gain endurance, flexibility, and strength!

BARRE: Barre is a rigorous hybrid workout incorporating elements of ballet, yoga and Pilates! The low impact exercises focus on high repetitions, small range and isometric movements - expect to feel the burn and shake a little (or a LOT!) Barre is also ideal for flexibility, overall balance and coordination.

CHAIR YOGA: Bend, stretch and rejuvenate your body from the comfort of a chair. Enjoy traditional yoga poses and breathe without coming down to the mat! A gentle yoga well suited for those with limitations.

CIRCUIT BOOTCAMP: A total body workout focusing on upper and lower body strength, core stability, speed and agility. This circuit can accommodate all levels by increasing or decreasing the amount of weight used for the strength circuit, and increasing or decreasing the speed, intensity and ROM (Range of Motion) on any exercise. No matter what level you consider yourself, you will find a challenge in this workout!

PILATES (MAT): In this mat Pilates class, primary focus is placed on postural and core muscles that provide support to the spine. Regular Pilates exercise strengthens the deep torso muscles and brings breath awareness and spinal alignment. If you want to increase flexibility, core strength and develop or maintain a balanced, well-postured body, then this class is key.

SPIN: All levels! Hop on a bike and enjoy the RIDE. Achieve fast results (with consistency) and be challenged with a combination of HIIT (high intensity interval training) and endurance training. Enjoy the music and the challenge!

STRENGTH AND SERENITY YOGA: A hybrid yoga class. This blended style combines both traditional flows and poses with deep breathing techniques and static stretches to bring both strength and serenity to the body and mind.

STRETCH & SCULPT: This low intensity class will start off with stretching, balance work and mobility work (such as foam rolling) in order to alleviate tightness, target pressure points to help lengthen muscles, increase range of motion, and reduce stiffness. The remainder of the class will transition into light "sculpting" of different body parts each week. Focus of sculpting may change from week to week, going from lower body priority (glutes and thighs) one week, and focusing on upper body (back and arms) another week.

TIGHT-N-TONE (TNT): A simple to follow workout featuring a low weight, high repetition format to help build a lean, sculpted body! Improve your muscle strength, endurance, posture and balance as you pump those muscles to fun and familiar tunes. Resistance bands and tubes may be utilized as well to gain maximum training results. Finish with a core workout as well as a refreshing, lengthening stretch. Great for most fitness levels.

TOTAL BODY CIRCUIT (45 MINUTES): Full body toning with a blend of cardio and strength that keeps you burning calories at a higher rate. Consists of a consecutive series of varying exercises performed one after the other with short amounts of rest between each.

TROUBLE ZONE TONE: A total body strength and toning workout designed to target those notorious trouble zones with upper- and lower-body sculpting exercises to help torch fat faster and tighten your problem areas. So come on in to lift your seat, tone your thighs, sculpt those abs, and say goodbye to those muffin tops and wobbly arms! Dumbbells and some accessories may be used. Low impact and appropriate for most fitness levels.

XTREME HIIT: A High Intensity Interval Training (HIIT) workout designed for the intermediate/advanced person wanting to lose fat, tone muscle and improve cardio endurance. You won't get bored with this mix of plyo, weights, and core sculpting moves! Get this workout done first thing in the morning and you'll elevate your metabolism throughout the day!

YIN YOGA: Focuses on the internal, passive, cooling and downward aspects of Yoga. Poses/stretchers are held 3-5 minutes to allow work on the deep, dense connective tissues and joints in the body. A slower, more relaxing style of Yoga.



FITNESS

Group Fitness Class Guidelines

- Reservations are required on Salix (see instructions below).
- A minimum of 3 participants must be registered by 7 PM the day prior in order for a class to take place the next *morning*, or the class will be cancelled. For afternoon classes the cutoff time will be 10 AM day of, at which point class will be cancelled if less than 3.
- Must have a class pass to attend (purchase in fitness center; no online option). Show class pass to instructor upon check-in.
- Members are encouraged to bring personal yoga mats, if possible. Otherwise, mats will be available on a limited basis.

How To Sign Up for Salix

- * A Salix account is required to make reservations for group fitness classes.

Please email Olivia for a Salix account : OVoegelin@theiconteam.com

Important user TIPS for the Salix Reservations system:

- Once your account has been created, go to Go to: <https://app.salixreservations.com/#!/login> and log in using your email address and password provided through email. You can later change the password under your profile.
- To make a reservation, go to "Fitness Reservations" from the dashboard (on the left). Reservations can be made **3 days** (72 hours) in advance for FITNESS classes, but *not* further out.
- Use the calendar (in top left of page) to find the day for which you would like to make a reservation.
- **CANCELLATIONS:** For morning classes, you must cancel by the night before, by 8:00pm. For classes that are held in the afternoon, you must cancel at least 5 hours prior to the class on the same day. **How?** Go back into Salix and follow the same steps you took to sign up for the class. Once you click on the box to see your name on the list, click the trash can to the right of your name and you will be removed from the class.
- If using a laptop or desktop, simply click, drag, and release the cursor over the corresponding time slot that you would like to reserve.
- If using a tablet or a phone to make the reservation, click the "Book +" button.

Questions? Contact Fitness Attendant Olivia Voegelin at OVoegelin@theiconteam.com; OR
Sabina Z. Hart, Fitness Director and Personal Trainer
szhart@theiconteam.com | 941.777.7020 (office) | 754.245.2136 (mobile)

SPA

NEW ARRIVALS

oka:B

Handcrafted in America



As a women led company, we know what it takes to make the perfect sandals and ballet flats. Our shoes are designed for amazing fit so they feel as good as they look!

Oka-B began as the perfect spa shoe, integrating the principles of reflexology and ergonomics for ultimate comfort.

All Oka-Bs are made with love in Buford, GA.

**Come into the Spa today to
see these Styles and More!!!**

CONTACTS



WARREN LEE, CCM, General Manager
941-777-7036 wlee@theiconteam.com

GINA PLOTKIN , Assistant General Manager
941-777-7035 gplotkin@theiconteam.com

NICK CAMPBELL, Director of Golf
941-777-7034 ncampbell@theiconteam.com

ROB COMMISSAR, Lifestyle Director
941-777-7033 rcommissar@theiconteam.com

BRITTANY EBELING CAM (Estate and Executive Homes)
941-777-7021 BEbeling@theiconteam.com

JUSTIN PICKHAM, Racquet Sports Director
941-777-7019 (ext. 401) JPICKHAM@theiconteam.com

SABINA HART, Fitness Director
941-777-7020 szhart@theiconteam.com

KRISTIN HICKEY, Food & Beverage Director
941-777-7032 khickey@theiconteam.com

Administrative Office
941-777-7011 LWNAdmin@theiconteam.com

MIKE MCCLELLAN, Director of Instruction
941-777-7013 mmcclellan@theiconteam.com

HOURS OF OPERATION

Administrative Office
Monday - Friday
9:00AM-4:30PM

Tiki Bar & Grill
Sunday-Tuesday 11:00am-8:00pm
Wednesday- Saturday 11:00am-9:00pm

Fitness Center
24/7

Pool
Dawn-Dusk

Golf Shop
Daily
6:30AM-6:00PM

Tennis Shop
Monday - Friday: 8:00AM-5:00PM
Saturday & Sunday: 8:00AM-1:00PM

Front Guardhouse: 941-210-7146