



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

**WEEKLY UPDATE
OCTOBER 20, 2023**

LAKEWOODNATIONALGC.COM



HOA

,The Management Office is open Monday – Friday 9:00 AM – 5:00 PM

Our upcoming meeting schedule is as follows:

Architectural Review Committee Meeting

This is held virtually on the 2nd & 4th Wednesday of every month. The next meeting will be held on October 25th at 3:00 PM. All applications for this meeting must be submitted by October 23rd by 5:00 PM. Any applications submitted after the deadline will be reviewed at the next meeting. You can email your Architectural Review Request to cefoster@theiconteam.com **Please send it in PDF format. Screenshots will not be accepted.** All ARC Requests must adhere to the Architectural Design Standards.

<https://us02web.zoom.us/j/6683289040?pwd=Wjd1YmRpd1o5RkxkSEFIYtEUk1PUT09>

Meeting ID: 668 328 9040

Passcode: 6w6CKj

Or dial-in: 305-224-1962

Meeting ID: 668 328 9040

Passcode: 436853

Golf Cart Registration

All private golf carts must be registered with LWN. If your cart is not registered and you do not have a registration sticker on your cart, you must fill out the form below. Send it back to Sheila at sbryant@theiconteam.com with proof of insurance and a picture of your golf cart. We will contact you for an appointment to place the sticker on your cart.

GOLF CART REGISTRATION FORM

Membership Cards

We now have two new levels of Membership Cards. Residents under the age of 12 can receive a Card that will access the pedestrian gates only. Residents between the ages of 12-15 can receive a Card that will access the pedestrian gates and the main pool gate. Please fill out the membership Request Form below and email it back to LWNAdmin@theiconteam.com along with a photo of the resident.

MEMBERSHIP CARD REQUEST FORM



HOA

Refuse, Garbage, and Recycling

Garbage and recycling containers may not be placed out for collection sooner than 8:00 PM the night before collection and must be removed by 8:00 PM the day of collection. Containers must be stored in the garage on non-collection days. Garbage containers (cans) must be utilized rather than plastic bags.

Garbage and recycling containers (dumpsters) at the Verandas and Terraces are for use by the residents of those buildings ONLY.

Pets

Pets should not be left unattended outside, even if the area has been enclosed. In accordance with Manatee County Ordinance 22-26, Pets MUST remain on a leash no longer than six (6) feet long while in Common Areas. Pet owners are to respect the private property of other residents and avoid allowing their pets to roam on other residents' property. Please NO dog walking on any Lakewood National Courses.

Transponders

The Administrative team is experiencing a very high volume of traffic in the office. In order to process new transponders efficiently, please email your request and a copy of your vehicle registration to LWNADMIN@theiconteam.com. Additional transponders are \$25.00.

Replacement Membership Cards: Please email your request to
LWNADMIN@theiconteam.com Replacement cards are \$10.00.

Speed Limit

While driving please be mindful of walkers, bikers, and golf carts. The speed limit within the community is 25 MPH.

Holiday Decorations

Exterior holiday decorations may be installed up to one month prior to the holiday and must be removed no later than two weeks after the holiday. Decorations should not interfere with the routine landscaping performed by the Association.

Irrigation and landscaping

As always, if you have a landscaping or irrigation issue the best and fastest way to have it addressed is by submitting a work order directly to Artistree. This can be done directly through the website under the HOA tab and under Documents & Forms. The link is at the bottom of the page. The community code is LAKE-727.



HOA



TRASH DISPOSAL - CONDOS

HOW TO DISPOSE OF YOUR TRASH:

- If your item doesn't fit in our blue recycling bins (too big or the blue cans are FULL) or it is something that cannot be recycled, it needs to go in the dumpster.
- If it doesn't fit in the dumpster (too big or the dumpster is FULL), it's the resident's responsibility to identify where to properly dispose of the item.
- If it is recycling that is too large to fit in one of our dumpsters, there are nearby FREE recycling dumpsters provided by the County located at the Lakewood Ranch Park (5350 Lakewood Ranch Boulevard) and Braden River Park (5201 51st Street East). These are huge dumpsters that can accommodate giant tv boxes, car seat boxes, furniture boxes, etc.
- If it cannot be recycled at one of the free recycling dumpsters, it should be donated somewhere if in usable condition or taken to the Lena Road Landfill.
- Again, nothing should ever be on the dumpster area floor. If there is trash on the floor in front of our dumpster, the truck driver will not attempt to empty them and we will have to spend additional money for Junkluggers to come out.

VISIT THE LENA ROAD LANDFILL WEBSITE TO LEARN MORE:



FROM THE BOARDROOM

Upcoming Board of Directors Meetings

The next LWN Board meeting will be the Budget Town Hall meeting this coming Monday, October 23rd at 6:00 p.m. at the Bayside Church, 15800 SR64, Bradenton, FL. The meeting will be live streamed and recorded. We hope many members will attend this important meeting.

[CLICK HERE FOR THE LIVE STREAM](#)

The purpose of this Town Hall meeting is to present the proposed 2024 Budgets (Operating, Capital, and Reserve) and annual member assessments, followed by an open forum.

There will also be a regular Board meeting next week on Thursday, October 26th at 3:00 p.m., in the Champion's Room in the Clubhouse. Topics may include:

- Adoption of the 2024 Budgets and member assessments
- Member Disciplinary Actions
- Allied Universal Access Control/Security contract decision
- Speeding Control presentation

[CLICK HERE TO REGISTER](#)

Agenda topics are subject to change, so please look for the Board meeting invitation (and Meeting Agenda).

Prior meeting videos and upcoming agenda topic presentations (for Decision) are posted on the LWN website under the HOA, Board of Directors Meetings section.

Upcoming Meeting Schedule

- **Monday** October 23rd – 6:00 p.m. – 2024 Budget Town Hall - Bayside Church
- October 26th – 3:00 p.m. – 2024 Budget Adoption
- November 16th – 3:00 p.m.
- December 14th – 3:00 p.m.



FROM THE MANAGER'S DESK

Dear Members,

We hope you are all enjoying this seasonable weather! With more Members coming back to the property, we would like to update you on a few of our policies:

- **Golf Cart Registration:** If you own a private golf cart, it must be registered with the Association. Please see the Golf Cart Registration Form below. Kindly fill it out and send it back with your proof of insurance and a picture of your golf cart to sbryant@theiconteam.com. All unregistered golf carts will be subject to ticketing and towing.

GOLF CART REGISTRATION FORM

- **Membership Cards:** We want to remind you that you may not lend your Membership Card to anyone for use in the gym, pool, etc. Giving your Card to a Non-Member may result in fines and/or suspension of your Membership. Card-holding Member is allowed up to six (6) guests each. As always, your guests must remain with you at all times when you are at the pool, Tiki Bar, fitness center, etc. When you enter the pool area, the Pool Ambassador will ask for your card. You will not be admitted if you simply tell them your name and Member number.
- **Member Charge Policy:** All Members must present their cards to the Tiki Bar Host or Server upon entry. All purchases will be charged to the Member account and paid monthly via EZ Pay. If you are with a Guest, who would like to pay, they may use a credit card with your permission. We do not accept cash.

We appreciate your cooperation! Have a wonderful weekend.



LIFESTYLE

save the date

SNO BALL

Gala

DECEMBER 2ND
6:00PM – 10:00PM

Clubhouse

LIFESTYLE

A Halloween-themed poster for a costume party. The background is dark with blue spider webs and two white ghost silhouettes. At the top, the word 'HALLOWEEN' is written in a large, stylized orange font, with a large, realistic red and white eyeball replacing the letter 'O'. Below it, 'COSTUME PARTY' is written in red. The date and time 'OCTOBER 27TH 6:00PM - 10:00PM' are in orange. The venue 'LWN HAUNTED CLUBHOUSE' is also in orange. A white spider icon with '\$50 PP++' is on the right. The bottom features three glowing jack-o'-lanterns. Text at the bottom describes the event: 'Come dressed in your best Halloween costume as we transform your clubhouse into a spectacular haunted house while you enjoy delicious food, drinks and hours of music.' Below this, it says 'COSTUME CONTEST | BEST DRESSED | MOST ORIGINAL' and 'WELCOME DRINK INCLUDED'. A small logo with the letters 'LY' is in the bottom left corner.

HALLOWEEN
COSTUME PARTY

OCTOBER 27TH
6:00PM - 10:00PM
LWN HAUNTED CLUBHOUSE

\$50 PP++

Come dressed in your best Halloween costume as we transform your clubhouse into a spectacular haunted house while you enjoy delicious food, drinks and hours of music.

COSTUME CONTEST | BEST DRESSED | MOST ORIGINAL
WELCOME DRINK INCLUDED

LY

REGISTER HERE

LIFESTYLE



Halloween is Coming!!

To make Halloween as enjoyable as possible for the entire community, I wanted to let you know the plans for this year with ample time to put them in your calendar. If you would like to participate in handing out goodies to Trick or Treaters, you can do so by clicking the link below. We will share this list with residents prior to Halloween.

[CLICK HERE TO REGISTER YOUR HOUSE](#)

I have also listed some other relevant Trick or Treating information below

Trick or Treat Etiquette:

Most homeowners who are participating will have an orange balloon tied to their lamp post. Also remember, by simply turning off the outside lights, you will alert trick or treaters to skip your house and go on to the next.

Putting the car in the garage may also remove the question of whether someone is home.

Knock One Time and One Time Only: If no one answers, move on to the next house. Know when it's appropriate to knock. Trick or treating generally starts just before sunset and ends by 9PM.

Safety Tips for Motorists:

- Watch for children walking on roadways, medians and curbs
- Enter and exit driveways and alleys carefully
- At twilight and later in the evening, watch for children in dark clothing
- Discourage new, inexperienced drivers from driving on Halloween



LIFESTYLE

MONDAY ~ OCTOBER 30TH

HAUNTED HOUSE DECORATING CONTEST

SHARE YOUR WICKED WAYS AND TALENTS!

OUT-BOO YOUR NEIGHBORS BY ENTERING
THE HAUNTED HOUSE DECORATING CONTEST!

NOTE: NO FORMAL ENTRY IS REQUIRED.

JUDGING:

SCARIEST:

JUDGE'S FAVORITE:

BEST EFFECTS:

BEST OVERALL THEME:

ENTRIES WILL BE JUDGED ON SPECIAL EFFECTS, AND
OVERALL SENSE OF FRIGHT!

THIS CATEGORY IS DECIDED BY THE JUDGES.

THIS CATEGORY INCLUDES SPECIAL EFFECTS,
INCLUDING LIGHTS AND MECHANICAL EFFECTS TO
SURPRISE AND ENTERTAIN EVERYONE!

SHOW US A HALLOWEEN-BASED THEME THAT FOCUSES
ON A SPOOKY TOPIC OR GENRE!

RULES:

DO NOT COVER/INTERFERE WITH ANY FIRE SAFETY
EQUIPMENT OR WALKWAYS AND KEEP EVERYTHING PG-13!
WE WILL CONDUCT JUDGING DURING THE EVENING OF
MONDAY, OCTOBER 30TH. JUDGING WILL ONLY INCLUDE THE
PORTION OF YOUR YARD/HOUSE THAT IS VISIBLE FROM THE
DRIVEWAY OR STREET. WINNERS WILL BE ANNOUNCED VIA
MASS EMAIL ON HALLOWEEN DAY!



LIFESTYLE

A vertical poster for a Pumpkin Carving Contest. The background is a dark, textured surface with a subtle pattern of orange and yellow. At the top, there is a small, ornate logo featuring a stylized 'L' and 'V' inside a diamond shape. Below the logo, the text 'PUMPKIN CARVING' is written in a bold, orange, sans-serif font. Underneath that, the word 'Contest' is written in a large, white, cursive script font. To the right of 'Contest', the text '& CANDY CORN GUESSING GAME!' is written in a smaller, orange, sans-serif font. Below this, the date and time 'MONDAY, OCTOBER 30 | 11 AM - 5 PM' are written in a white, sans-serif font. In the center of the poster, there is a photograph of three carved jack-o'-lanterns. The leftmost jack-o'-lantern has a bat design, the middle one has a classic scary face, and the rightmost one has a cat design. They are all lit from within, casting a warm orange glow. The jack-o'-lanterns are surrounded by autumn leaves and small pumpkins. At the bottom of the poster, there is a block of text in a white, sans-serif font that reads: 'BRING YOUR CARVED OR DECORATED PUMPKIN TO THE TIKI BAR TO BE JUDGED AND DISPLAYED. PUMPKINS CAN BE DROPPED OFF STARTING AT 11 AM AND DEADLINE TO DROP OFF PUMPKINS IS 5 PM. DON'T FORGET TO TAKE A GUESS AT HOW MANY CANDY CORNS ARE IN THE JAR!'. At the very bottom, in a smaller white, sans-serif font, it says: 'THE WINNERS WILL BE ANNOUNCED VIA EMAIL ON HALLOWEEN DAY'.

LIFESTYLE

New Member Website

We're excited to share that the new and improved Community website is now live!

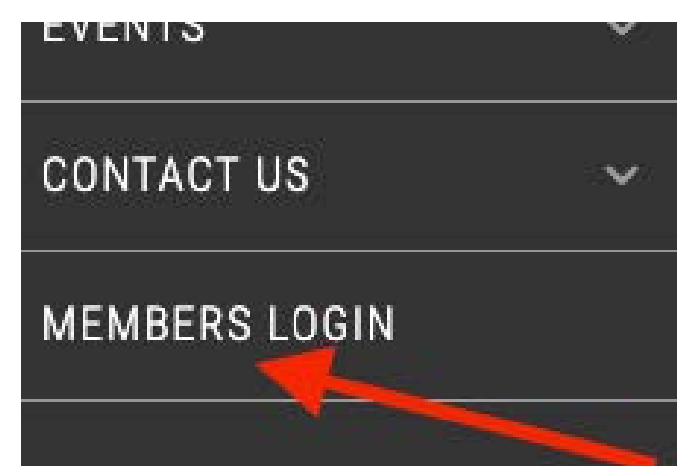
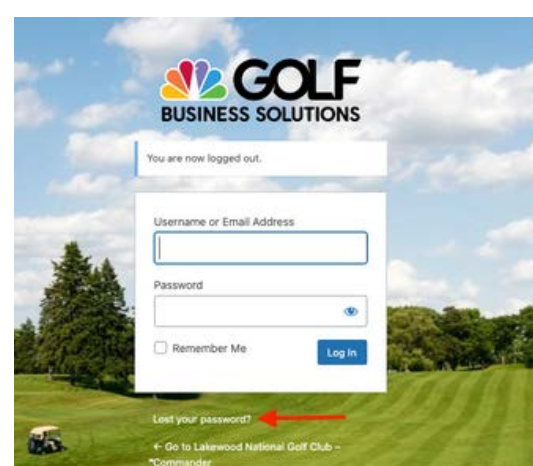
You can log in using your previous credentials from the old website. However, if you can't remember your password, please refer to the image below for instructions. Simply click on 'Lost Your Password' and enter your email address. You'll receive an automated email from 'Wordpress,' containing a link to reset your password. Once you've completed this process, you'll be able to access the new member website. If you don't receive the email, please check your 'Junk Email.' If you still can't find it, please send an email to sbryant@theiconteam.com.

To Log Into the Members Only Site:

To access the Members Only site, click on the 'Members Login' on the left-hand side, followed by 'Login' and enter your credentials. You can also use the 'Remember Me' option to keep your login information saved.

We understand that technology can sometimes have glitches, and we're working closely with the website company to address any issues that may arise. We appreciate your patience and cooperation.

If you encounter any further issues with the website or emails, please contact sbryant@theiconteam.com.





LIFESTYLE

New Member Calendar

Exciting News! You can now access the New Website Events Calendar which includes all upcoming events in the community. To find it, simply visit the Member Side of the website and scroll down to the bottom of the page where you'll see 'Member Calendar'.



<div>< > This Month</div> <div>OCTOBER 2023</div>						
MON	TUE	WED	THU	FRI	SAT	SUN
25	26 5:00 PM Karaoke – Tiki	27	28 6:00 PM – 9:00 PM Live Music – Clubhouse	29 Pickleball Tournament...	30	1 10:00 AM – 3:00 PM Sunday Brunch
2	3 3:00 PM – 5:00 PM Board Meeting	4	5	6 12:00 PM – 2:00 PM Fresh Catch Fish Truck	7 FSGA Junior Tournament...	8
9	10 7:30 AM – 3:00 PM On-Site Dermatology 5:00 PM – 8:00 PM Team Trivia – Clubhouse	11	12 10:00 AM – 1:45 PM Titleist Fitting Day 3:00 PM – 5:00 PM Board Meeting	13 10:00 AM – 11:00 AM Healthcare Hour 12:00 PM – 2:00 PM Fresh Catch Fish Truck	14 8:00 AM – 2:00 PM Blood Drive	15 10:00 AM – 3:00 PM Sunday Brunch
16	17 5:30 PM Bingo	18	19 5:00 PM – 10:30 PM Off-Site Brewery Tour	20 10:00 AM – 11:00 AM Healthcare Hour – Knee/Hip Pain 12:00 PM – 2:00 PM Fresh Catch Fish Truck	21	22
23 6:00 PM Budget Town Hall	24	25 1:00 PM – 3:00 PM Two Blooms Flower Arranging	26 3:00 PM – 5:00 PM Board Meeting – Budget Adoption 6:00 PM – 9:00 PM Live Music – Clubhouse	27 12:00 PM – 2:00 PM Fresh Catch Fish Truck 6:00 PM – 10:00 PM Halloween Costume Party	28	29 1:00 PM Sunday Social

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 Lakewood National,

I wanted to take a moment to express my gratitude to everyone who joined us at the Tiki Bar for Bingo and the Sunday Night Football game last week. We had a blast soaking up the beautiful weather with you all. Additionally, I would like to remind you of some upcoming events that we have planned for your enjoyment:

- Don't miss the showdown between the Miami Dolphins and the Philadelphia Eagles this week on Sunday Night Football at the Tiki Bar (10/22).
- Live music will be returning to the Tiki on 10/26.
- Please note that the Tiki Bar will be closing at 4pm on 10/27 to prepare for the Halloween party at the Clubhouse.

Speaking of the Halloween event, please make sure to register before it's too late by clicking the link below the poster included in this update. Don't forget to pick up your wristbands ahead of time from the Clubhouse Front Desk.

Lastly, we have some exciting news! A new drink list will be introduced at the Tiki Bar featuring seven speciality cocktails and three new frozen drinks. Come by soon to try one of our new delicious creations!

Thank You

Hayden Orgeron

Tiki Bar Manager



Clubhouse Reminders

No guest entry without the accompanying member

Please have your member ID ready to present at the hostess stand

Deke's Dress Code

Men

Permitted

Shirts with Collars & Sleeves
Tennis Attire
Shirts Tucked
Untucked Tommy Bahama Style Shirts
Sweaters
Pull-Overs
Golf/Dress Shorts
Jeans Free of Tears Rips Etc
Golf Shoes (Softs Spikes)
Hats
Visors

Not Permitted

T-Shirts
Athletic T-Shirts
Athletic Shorts
Tank Tops
Untucked Shirts
Swim Wear
Pool Attire
Jeans with Tears, Rips, Etc
Cargo Shorts/Pants
Clothing with Offensive Language or Images
Flip Flops
Athletic Slides

Women

Permitted

Blouses with or Without Sleeves
Tennis Attire
Dresses
Skirts & Skorts
Sweaters
Pull-Overs
Golf/Dress Shorts
Jeans Free of Tears Rips Etc
Golf Shoes (Softs Spikes)
Hats
Visors

Not Permitted

T-Shirts
Athletic T-Shirts
Athletic Shorts
Tank Tops
Uncovered Sports Bras
Bra Style Top
Excessively Revealing Clothing
Exposed Undergarments
Swim Wear
Pool Attire
Jeans with Tears, Rips, Etc
Clothing with Offensive Language or Images
Flip Flops
Athletic Slides

Palmer Room Dress Code

Same as Deke's except hats and visors are not permitted

FOOD & BEVERAGE

HOW TO RESERVE A DINNER TABLE

If you would like to reserve a table for dinner or brunch, click the below widget that will redirect you to the Open Table reservations page. Once you arrive at this page you will be able to select your table capacity (Max of 8) as well as the date, time and table selection (bar, hightop, regular table or fireside patio table). Once you have made your selection it will display available reservation times if your time selection is full.

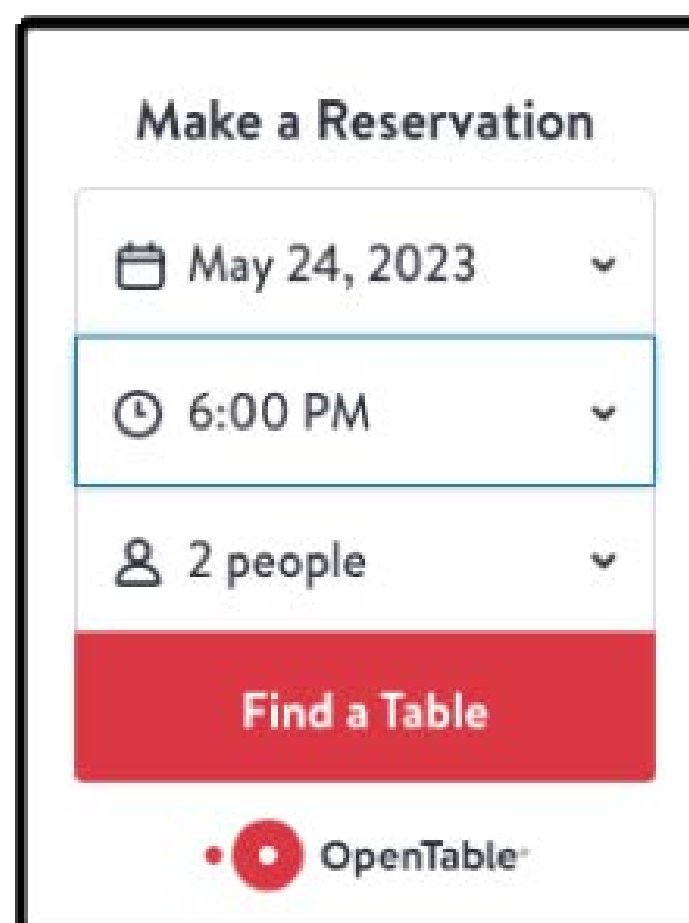
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

Please note reservations can only be made 7 days in advance. Reservations not cancelled within 48 hours will be charged a \$25 fee or the events fee per person.

CLUBHOUSE RULES & RESERVATIONS

CLUBHOUSE DRESS CODE

Host Stand - 941-777-7030

A screenshot of the OpenTable reservation widget. It features a white background with a black border. At the top, it says "Make a Reservation". Below this are three dropdown menus: the first shows a calendar icon and "May 24, 2023", the second shows a clock icon and "6:00 PM", and the third shows a person icon and "2 people". A red button with white text "Find a Table" is positioned below the dropdowns. At the bottom, there is the OpenTable logo, which consists of a red circle with a white dot inside, followed by the text "OpenTable".

←
**Please Click the
widget
to reserve a
table**

FOOD & BEVERAGE

LWN TIKI BAR

SUNDAY NIGHT FOOTBALL SPECIALS

**KITCHEN OPEN UNTIL 10PM
WITH THE FOLLOWING LIMITED MENU:**

BEEF EMPANADAS \$10
SIX BEEF EMPANADAS SERVED WITH A SIDE OF QUESO

PRETZEL BITES \$9
GOLDEN BROWN PRETZEL BUTTERED, SALTED, AND SERVED WITH A SIDE OF QUESO

SMOKED GOUDA MAC AND CHEESE BITES \$10
FRIED BITES SERVED WITH A SIDE OF RANCH

ARANCINI BITES \$10
FRIED, STUFFED WITH RICE, CHEESE AND SPINACH, SERVED OVER QUESO

CHICKEN WINGS \$16
YOUR CHOICE OF BUFFALO, BBQ, TERIYAKI, MANGO HABANERO, GARLIC PARM, SWEET THAI CHILI, OR JERK WING SAUCE. SERVED WITH YOUR CHOICE OF RANCH OR BLEU CHEESE

FRIED COD SANDWICH \$14
SERVED WITH LETTUCE, TOMATO, AND TARTAR ON THE SIDE. CHOICE OF FRIES, SWEET POTATO FRIES, ONION RINGS, COLESLAW, OR FRUIT

LIMITED MENU FROM 8PM - 10PM

BAR BUCKET SPECIALS (DINE-IN ONLY):
5 for \$18 on Coors Light, Miller Lite, or Yuengling
5 for \$20 on High Noons (Flavors: Black Cherry, Pineapple, Peach, Watermelon, or Lime)



GOLF

2023/2024 Golf Information

Residents,

The Lakewood National Golf Professional Staff, along with the Golf Course Agronomy Staff are excited and anxious to communicate the details surrounding our upcoming golf season. Director of Agronomy, Joel Ehrhart has done a wonderful job preparing the golf courses, and practice facility for the winter months. Newly appointed Head Golf Professional, Jeff Miller, is invested in providing an operation that will both service your day-to-day needs and provide an unrivalled atmosphere in which members will enjoy being a part of every day. As your Director of Golf, I am looking forward to launching a new marketing strategy for our events here at Lakewood National, and ensuring the community has the information they need at their disposal to improve their experience here at the club. We would ask everyone to take the time to read through the Member Guide below and watch the video about new information for the upcoming season, and improve access to information. The more informed the community is, the better the staff can accomplish their daily goal of providing unparalleled service to this wonderful community.

[Information Video](#)

[Golf Member Guide](#)



GOLF

Click on the flyer to download



Gameday

Tuesday's Nov - July 8:30 Shotgun \$20 Plus Cart Fee

Registration Information
Registration will open 14 days in advance at 12:00 PM.

Event Eligibility
This Event is Open to all Resident Owners with a Valid USGA GHIN Handicap registered at Lakewood National GC. Transfer Members may register however if the event is waitlisted, Resident Owners will have priority.

Format
Formats will alternate. All events will be flighted, and there will be overall gross prizes and net prizes within the flights. Each week will include individual Canadian Skins and CTP's on Every Par 3.

Sign Up Deadline
Registration will close on Saturdays at 5:00 PM.

Season Long Points Race
Season Long Standings will be tracked to crown the 1st LWN Men's or Ladies' Gameday Champions.

What are Gamedays?

- Gamedays occur every Tuesday from November - July. Gamedays will alternate between Men's Events, Ladies' Events, and Couples Events.
- Gamedays include a lunch buffet after play and will be scored, and awards will be announced in the clubhouse. This will track towards your food minimum at the club.
- Gamedays will also serve as qualifier's to compete on the manatee county interclub team for LWN.

Head Golf Professional
Jeff Miller
JMiller2@theconeteam.com
941-777-7017 ex.205

REGISTER ONLINE
lakewd.chelseareservations.com



Nine Hole Ladies Golf

If you are a beginner, or someone that is looking to develop into an 18 hole competitive player, or someone who prefers a more social environment, then the Nine Hole Ladies' Group is for you! This program is designed to build confidence, to develop not only your game, but your course knowledge, etiquette, and understanding of the rules of golf.

Play Days - Every other Tuesday November through April. May through October will be reviewed based on participation.

Start Time - 2:00pm shotgun

Max Field - 60 Players

Formats - Alternating between individual, team, competitive, and social.

Start Date - November 7th.

Head Golf Professional
Jeff Miller
JMiller2@theconeteam.com
941-777-7017 ex.205

REGISTER ONLINE ONLY
lakewd.chelseareservations.com



MANATEE COUNTY INTERCLUB

Men's Team

- Competing Clubs and Host Dates
 - Lakewood National Golf Club - November 2nd
 - Bradenton Country Club - December 6th
 - The Founders Club - January 17th
 - The Ritz Calton Members Club - February 22nd
 - Palm Aire Golf Club - March 21st
 - Longboat Key Club - April 11th
- Details
 - 7 Members + 1 Pro for each event
 - \$60 per player Charged by Home Club
 - \$20 Cash per player collected at Host Club
 - Max Handicap of 18
- Qualifying Information
 - 10/30/23 Tee Times for 11/2/23 Match at LWN
 - 11/14/23 Gameday for 12/6/23 Match at BCC
 - 1/2/24 Gameday for 1/17/24 Match at TFC
 - 2/13/24 Gameday for 2/22/24 Match at RCMC
 - 2/27/24 Gameday for 3/21/24 Match at PAGC
 - 4/2/24 Gameday for 4/11/24 Match at LBKC

Ladies' Team

- Competing Clubs and Host Dates
 - The Ritz Calton Members Club - November 16th
 - Palm Aire Golf Club - December 7th
 - Longboat Key Club - January 4th
 - Lakewood National Golf Club - February 22nd
 - Bradenton Country Club - March 20th
 - The Founders Club - April 3rd
- Details
 - 4 Members for each event
 - \$80 per player Charged by Home Club
 - \$5 Cash per player collected at Host Club
 - Max Handicap of 36
- Qualifying Information
 - 11/7/23 Gameday for 11/16/23 Match at RCMC
 - 11/28/23 Gameday for 12/7/23 Match at PAGC
 - 12/19/23 Gameday for 1/4/24 Match at LBKC
 - 2/6/24 Gameday for 2/22/24 Match at LWN
 - 2/20/24 Gameday for 3/20/24 Match at BCC
 - 3/12/24 Gameday for 4/3/24 Match at TFC

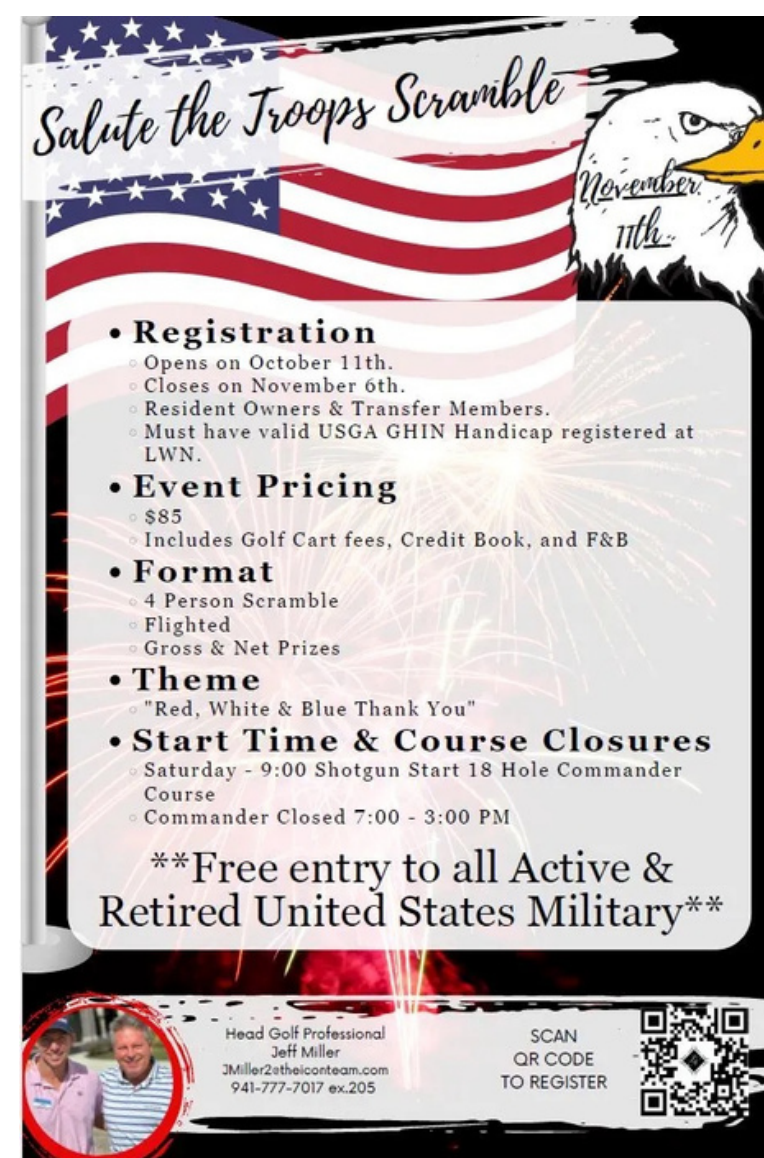


Turkey Trot Cross Country November 18th

- Registration**
 - Opens on October 18th.
 - Closes on November 13th
 - Resident Owners & Transfer Members
 - Must have valid USGA GHIN Handicap registered at LWN.
- Event Pricing**
 - \$85
 - Includes Golf Cart fees, Credit Book, and F&B
- Format**
 - Custom Course Set Up Scramble
 - Flighted
 - Gross & Net Prizes
- Theme**
 - "Thanksgiving"
 - The Menu will be planned with Thanksgiving inspired dishes.
- Start Time & Course Closures**
 - Sunday - 9:00 Shotgun Start 18 Hole Commander Course
 - Sunday - Commander Course Closed until 3:00 PM

Head Golf Professional
Jeff Miller
JMiller2@theconeteam.com
941-777-7017 ex.205

REGISTER ONLINE ONLY
lakewd.chelseareservations.com



Salute the Troops Scramble November 11th

- Registration**
 - Opens on October 11th.
 - Closes on November 6th.
 - Resident Owners & Transfer Members.
 - Must have valid USGA GHIN Handicap registered at LWN.
- Event Pricing**
 - \$85
 - Includes Golf Cart fees, Credit Book, and F&B
- Format**
 - 4 Person Scramble
 - Flighted
 - Gross & Net Prizes
- Theme**
 - "Red, White & Blue Thank You"
- Start Time & Course Closures**
 - Saturday - 9:00 Shotgun Start 18 Hole Commander Course
 - Commander Closed 7:00 - 3:00 PM

****Free entry to all Active & Retired United States Military****

Head Golf Professional
Jeff Miller
JMiller2@theconeteam.com
941-777-7017 ex.205

SCAN QR CODE TO REGISTER

GOLF INSTRUCTION



Junior Golf Academy

Practice will be on Tuesdays starting on September 19th, and matches will be on Saturdays starting on September 23rd.

PGA Jr. League Golf is a fun, social, and inclusive opportunity for boys and girls ages between ages 7 – 13.

Utilizing the popular scramble format PGA Jr. League creates a nurturing environment for learning the game.

As with other youth sports, participants wear a home or away numbered jersey and play on teams with their friends.

THANKSGIVING JUNIOR GOLF CAMP (3 DAYS) GOLF CAMP (3 DAYS)

- \$150
- November 20th, 21st & 22nd
- Boys & Girls Ages 7 -15
- Time: 9:00 am – 12:00 pm each day
- Putting, Pitching, Chipping, Full Swing instruction and games
- Lots of Fun!

DECEMBER JUNIOR GOLF CAMP (3 DAYS)

- \$150
- December 27th, 28th & 29th
- Boys & Girls Ages 7-15
- Time: 9:00 am - 12:00 pm each day
- Putting, Pitching, Chipping, Full Swing instruction and games
- Lots of Fun!

Fall Programs

GOLF 101

- \$200
- Do you want to learn, play, and enjoy the game of golf in a fun atmosphere?
- Designed for new or relatively new golfers. Includes instruction on all aspects of the game from Full Swing basics to Short Game skills to Golf Terminology to Golf Rules/Etiquette. Golf clubs are provided if you need them.
- Five Consecutive Fridays
 - Session 1: Oct. 20 & 27, Nov. 3 & 10 from 2:00 pm - 3:00 pm; Nov. 17 from 4:00 pm to 5:30 pm for on-course play.
 - Session 2: Oct. 20 & 27, Nov. 3 from 5:00 pm - 6:00 pm; Nov. 10 from 4:30 pm - 5:30 pm; Nov. 17 from 4:00 pm - 5:30 pm for on-course play
- 5 1/2 Hours of Instruction

GOLF 201

- \$200
- Do you want to learn, play, and enjoy the game of golf in a fun group atmosphere?
- Class is for those who have completed Golf 101, or for intermediate players. The focus will be on fundamentals and proper technique for full swing, short game, course management, and how to practice with purpose.
- Five Consecutive Fridays
 - Session 1: Dec. 1, 8, 15, 22 from 2:00 pm - 3:00 pm; Dec. 29 from 4:00 pm - 5:30 pm for on-course play.
 - Session 2: Dec. 1, 8, 15, 22 from 4:30 pm - 5:30 pm; Dec. 29 from 4:00 pm - 5:30 pm for on-course play.
- 5 1/2 Hours of Instruction.

SHORT GAME SCHOOLS

- \$100
- SATURDAYS: OCTOBER 21, NOVEMBER 4, NOVEMBER 18, DECEMBER 16, DECEMBER 30
- TIME: 9:00 AM TO 11:00 AM
- IMPROVE YOUR SHORT GAME AND LOWER YOUR SCORES. WILL COVER PUTTING, CHIPPING, PITCHING, AND BUNKER SHOTS.

1-DAY GOLF SCHOOLS

- \$150
- Sundays: October 22, November 5, November 19, December 3, December 17
- Time: 9:00 a.m. to 12:00 p.m.
- Full Swing & Short Game (Chipping/Putting) Instruction
- Video Analysis
- 4:1 Ratio

GOLF INSTRUCTION



Practice will be on Tuesdays starting on September 19th, and matches will be on Saturdays starting on September 23rd.

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GOLF 201

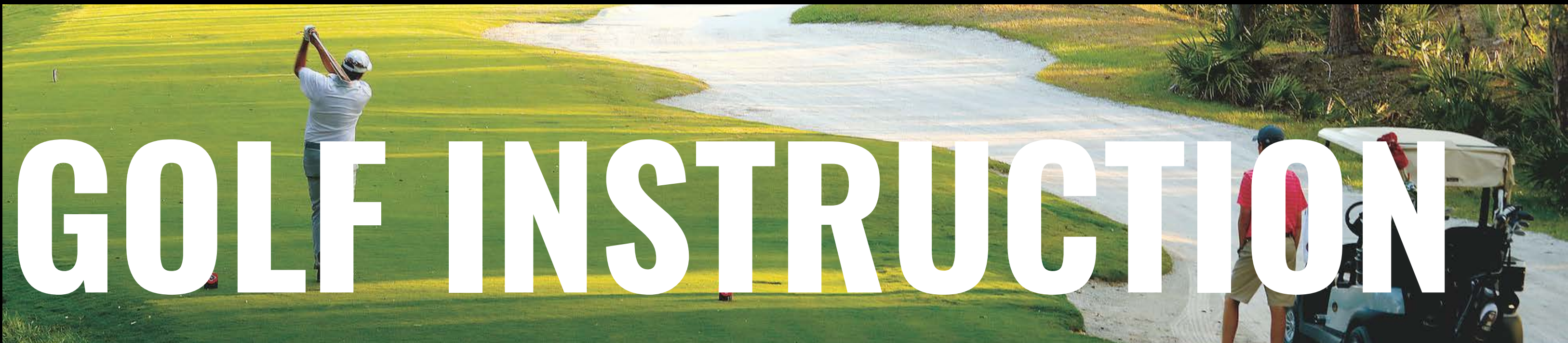
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- 5 1/2 Hours of Instruction.

SHORT GAME SCHOOLS

- \$100
- SATURDAYS: OCTOBER 21, NOVEMBER 4, NOVEMBER 18, DECEMBER 16, DECEMBER 30
- TIME: 9:00 AM TO 11:00 AM
- IMPROVE YOUR SHORT GAME AND LOWER YOUR SCORES. WILL COVER PUTTING, CHIPPING, PITCHING, AND BUNKER SHOTS.

1-DAY GOLF SCHOOLS

- \$150
- Sundays: October 22, November 5, November 19, December 3, December 17
- Time: 9:00 a.m. to 12:00 p.m.
- Full Swing & Short Game (Chipping/Putting) Instruction
- Video Analysis
- 4:1 Ratio



GOLF INSTRUCTION

CLICK ON EACH FLYER FOR MORE INFORMATION

SHORT GAME SCHOOLS

**LAKEWOOD NATIONAL**
Golf Club
AT LAKEWOOD RANCH

**\$100 PER STUDENT**



IMPROVE YOUR SHORT GAME AND LOWER YOUR SCORES.

WILL COVER PUTTING, CHIPPING, PITCHING, AND BUNKER SHOTS.

SATURDAYS FROM 9:00 AM TO 11:00 AM

OCTOBER 21ST

NOVEMBER 4TH

NOVEMBER 18TH

DECEMBER 16TH

DECEMBER 30TH



TO SIGN UP, EMAIL MIKE MCCLELLAN AT [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@theiconteam.com)

**LAKEWOOD NATIONAL**
Golf Club
AT LAKEWOOD RANCH

GOLF 101

\$200

DO YOU WANT TO LEARN, PLAY, AND ENJOY THE GAME OF GOLF IN A FUN GROUP ATMOSPHERE?

DESIGNED FOR NEW OR RELATIVELY NEW GOLFERS. INCLUDES INSTRUCTION ON ALL ASPECTS OF THE GAME FROM FULL SWING BASICS TO SHORT GAME SKILLS TO GOLF TERMINOLOGY TO GOLF RULES/ETIQUETTE. GOLF CLUBS ARE PROVIDED IF YOU NEED THEM.

DATES: CONSECUTIVE FRIDAYS

SESSION 1: OCTOBER 20, 27, NOVEMBER 3, 10 FROM 2:00 PM - 3:00 PM; NOVEMBER 17 FROM 4:00 PM - 5:30 PM FOR ON-COURSE PLAY.

SESSION 2: OCTOBER 20, 27, NOVEMBER 3 FROM 5:00 PM - 6:00 PM; NOVEMBER 10 FROM 4:30 PM - 5:30 PM; NOVEMBER 17 FROM 4:00 PM - 5:30 PM FOR ON-COURSE PLAY.

5 1/2 HOURS OF INSTRUCTION

TO SIGN UP, EMAIL MIKE MCCLELLAN AT [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@theiconteam.com)

**LAKEWOOD NATIONAL**
Golf Club
AT LAKEWOOD RANCH

1-DAY GOLF SCHOOL

\$150 per Student

Sundays from 9:00 am - 12:00 pm

October 22nd, November 5th, November 19th, December 3rd, and December 17th

Full Swing and Short Game (Chipping/Putting) Instruction

Video Analysis

4 to 1 Ratio

To sign up, email Mike McClellan at [MMClellan@theiconteam.com](mailto:mmcclellan@theiconteam.com)

**LAKEWOOD NATIONAL**
Golf Club
AT LAKEWOOD RANCH

GOLF 201

\$200

DO YOU WANT TO LEARN, PLAY, AND ENJOY THE GAME OF GOLF IN A FUN GROUP ATMOSPHERE?

CLASS IS FOR THOSE WHO HAVE COMPLETED GOLF 101, OR FOR INTERMEDIATE PLAYERS. THE FOCUS WILL BE ON FUNDAMENTALS AND PROPER TECHNIQUE FOR FULL SWING, SHORT GAME, COURSE MANAGEMENT, AND HOW TO PRACTICE WITH A PURPOSE.

DATES: CONSECUTIVE FRIDAYS

SESSION 1: DECEMBER 1, 8, 15, & 22 2:00 PM - 3:00 PM; DECEMBER 29 4:00 PM - 5:30 PM FOR ON-COURSE PLAY

SESSION 2: DECEMBER 1, 8, 15, & 22 4:30 PM - 5:30 PM; DECEMBER 29 4:00 PM - 5:30 PM FOR ON-COURSE PLAY

5 1/2 HOURS OF INSTRUCTION

TO SIGN UP, EMAIL MIKE MCCLELLAN AT [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@theiconteam.com)

**LAKEWOOD NATIONAL**
Golf Club
AT LAKEWOOD RANCH

Holiday JUNIOR GOLF CAMP 2023

DECEMBER 27, 28, 29

ALL SKILL LEVELS

AT LAKEWOOD NATIONAL

CAMP INCLUDES:

✓ PUTTING INSTRUCTION

✓ PITCHING/CHIPPING/FULL SWING

✓ LOTS OF FUN

✓ INSTRUCTION FROM PGA PROFESSIONAL STAFF

9:00 AM - 12:00 PM EACH DAY

BOYS & GIRLS AGES 7-15

COST: \$150 PER WEEK

TO REGISTER: VISIT THE GOLF SHOP OR EMAIL MIKE: [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@theiconteam.com)

MORE INFO: 941.720.3046

**LAKEWOOD NATIONAL**
Golf Club
AT LAKEWOOD RANCH

Thanksgiving JUNIOR GOLF CAMP 2023

NOVEMBER 20, 21, 22

ALL SKILL LEVELS

AT LAKEWOOD NATIONAL

CAMP INCLUDES:

✓ PUTTING INSTRUCTION

✓ PITCHING/CHIPPING/FULL SWING

✓ LOTS OF FUN

✓ INSTRUCTION FROM PGA PROFESSIONAL STAFF


9:00 AM - 12:00 PM EACH DAY

BOYS & GIRLS AGES 7-15

COST: \$150 PER WEEK

TO REGISTER: VISIT THE GOLF SHOP OR EMAIL MIKE: [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@theiconteam.com)

MORE INFO: 941.720.3046

**LAKEWOOD NATIONAL**
Golf Club
AT LAKEWOOD RANCH

GAME CHANGER CLINIC CLUB

MEMBERS OF THE GAME CHANGER CLUB HAVE ACCESS TO 8 CLINICS PER MONTH. EACH CLINIC WILL FEATURE A FUNDAMENTAL TOPIC AND WILL BE EXPLAINED, ILLUSTRATED, AND DISCUSSED BEFORE PARTICIPANTS BREAK INTO HITTING STATIONS AND RECEIVE INDIVIDUAL ATTENTION FROM THE PROFESSIONAL STAFF. A RANGE OF DIFFERENT TOPICS WILL INCLUDE WEDGE PLAY, PUTTING, FULL SWING TOPICS, IRONS, DRIVER, AND MUCH MORE.

ALL CLINICS START AT 2:00PM

NOVEMBER CLINICS

WEDNESDAY, NOVEMBER 1ST IRONS

THURSDAY, NOVEMBER 2ND PUTTING

WEDNESDAY, NOVEMBER 8TH CHIPPING

THURSDAY, NOVEMBER 9TH HYDRIS

WEDNESDAY, NOVEMBER 15TH DRIVER

THURSDAY, NOVEMBER 16TH GREEN READING

WEDNESDAY, NOVEMBER 29TH PITCHING

THURSDAY, NOVEMBER 30TH FAIRWAY WOODS


CLINIC CLUB

BECOME YOUR BEST WITH EIGHT 1 HOUR CLINICS PER MONTH

GAME CHANGER CLUB MEMBERS - \$150 PER MONTH

SINGLE CLINIC FEE - \$30

TO SIGN UP, EMAIL MIKE: [MMCLELLAN@THEICONTEAM.COM](mailto:mmcclellan@theiconteam.com)

**LAKEWOOD NATIONAL**
Golf Club
AT LAKEWOOD RANCH

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ALL CLINICS START AT 2:00PM

DECEMBER CLINICS

WEDNESDAY, DECEMBER 6TH ALIGNMENT

THURSDAY, DECEMBER 7TH IRONS

WEDNESDAY, DECEMBER 13TH DRIVER

THURSDAY, DECEMBER 14TH WEDGES

WEDNESDAY, DECEMBER 20TH SPEED, SPEED, SPEED

THURSDAY, DECEMBER 21ST PITCHING VS. CHIPPING

WEDNESDAY, DECEMBER 27TH BUNKER

THURSDAY, DECEMBER 28TH PRE-SWING FUNDAMENTALS

CLINIC CLUB

BECOME YOUR BEST WITH EIGHT 1 HOUR CLINICS PER MONTH

GAME CHANGER CLUB MEMBERS - \$150 PER MONTH

SINGLE CLINIC FEE - \$30

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GOLF



SUNDAY SOCIAL 18-HOLE DIVISION

6/25/23 – 1-2-3 on 3-4-5

7/23/23 – 1-2-3 Waltz

8/27/23 – 2 Better Ball of 4 Shamble

9/17/23 – 2 Better Ball of 4 Stableford

10/29/23 – 2 Better Ball of 4 NET

****Pick your own foursome at registration or sign up as individuals, twosomes, or threesomes to get paired by the professional staff****

****Competition will be flighted based on total team handicap index****

****Gross & Net Prizes within the Flight****

**Chelsea
Registration closes
at 5:00 pm 3 days
prior to the event**

Entry Fee - \$85

**Maximum Players -
100**

8:30 Shotgun

**Social hour with food
and drink following
play**



GOLF



SUMMER SEASON NINERS

5/23/23 – Individual Quota**

6/6/23 – 1-2 on 3 - 4 & 5

6/20/23 – Individual Gross and Net**

7/18/23 – Individual Skins** (Canadian Skins)

8/1/23 – 2 Better Balls of 4

8/15/23 – Individual Quota**

8/29/23 – 1-2 on 3 - 4 & 5

9/12/23 – Individual Gross and Net**

9/26/23 – 1-2 Waltz

10/10/23 – Individual Skins** (Canadian Skins)

** -Individual events pick your own foursome.

All team events will be paired by handicap ABCD.

Chelsea
Registration closes
at 5:00 pm 3 days
prior to the event

Entry Fee - \$21

Maximum Players -
32

8:30-9:30am

10th tee
start

Tee
Times



GOLF



SUMMER SEASON MGA

6/12/23 – Individual Quota**

6/26/23 – 1-2-3 on 3-4-5

7/10/23 – Individual Gross and Net**

7/24/23 – 1-2-3 Waltz

8/7/23 – Individual Skins** (Canadian Skins)

8/21/23 – 2 Better Balls of 4

9/4/23 – Individual Quota**

9/18/23 – 1-2-3 on 3-4-5

10/2/23 – Individual Gross and Net**

10/16/23 – 1-2-3 Waltz

** -Individual events pick your own foursome.

All team events will be paired by handicap ABCD.

Chelsea
Registration closes
at 5:00 pm 3 days
prior to the event

Entry Fee - \$35

Maximum Players -
44

8:30-10am

Tee
Times



GOLF



SUMMER SEASON LGA

5/23/23 – Individual Quota**

6/6/23 – 1-2-3 on 3-4-5

6/20/23 – Individual Gross and Net**

7/18/23 – Individual Skins** (Canadian Skins)

8/1/23 – 2 Better Balls of 4

8/15/23 – Individual Quota**

8/29/23 – 1-2-3 on 3-4-5

9/12/23 – Individual Gross and Net**

9/26/23 – 1-2-3 Waltz

10/10/23 – Individual Skins** (Canadian Skins)

** -Individual events pick your own foursome.

All team events will be paired by handicap ABCD.

Chelsea
Registration closes
at 5:00 pm 3 days
prior to the event

Entry Fee - \$35

Maximum Players -
44

8:30-10am

Tee
Times





RACQUET SPORTS



Racquet Sports Starting November 1st.

We have a few changes going on for the Lakewood National Racquets community. Keep an eye out on Salix for clinics and small changes to the schedule. For Pickleball starting November 6th, there will no longer be daylight savings time.

Starting November 1st we will add clinics to pickleball and tennis. Please see the flyers and sign up in Salix for your spot.

Pickleball Schedule

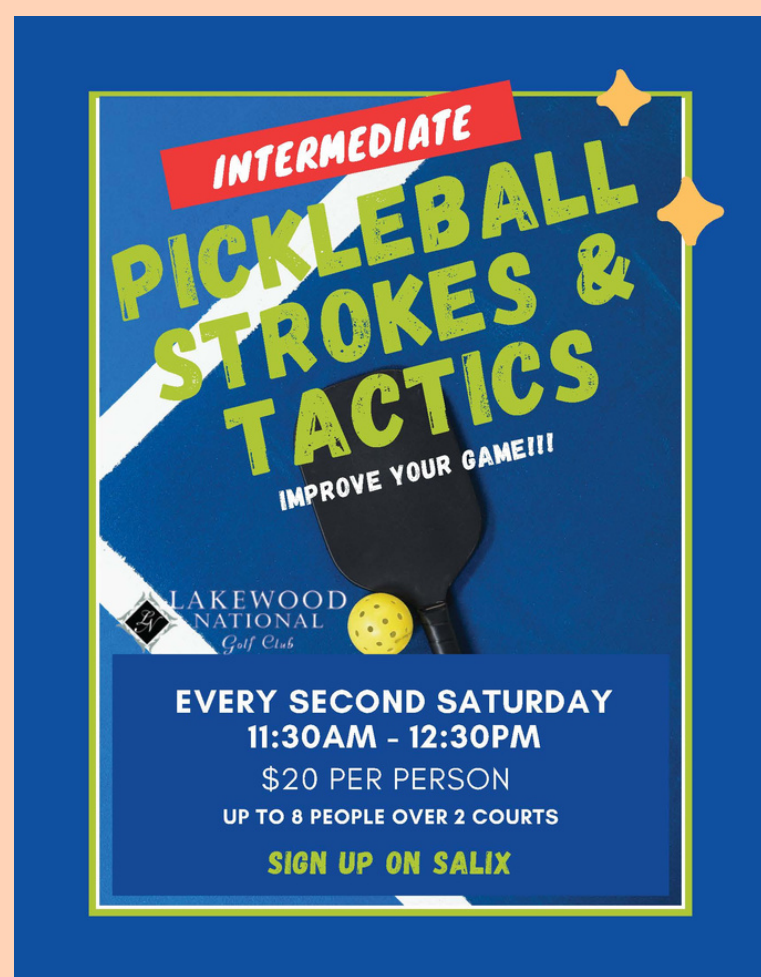
Tennis Schedule

RACQUET SPORTS

PICKLEBALL

Pickleball schedule has added a time slot for beginner/novice players 3 times a week on Monday's, Wednesday's, and Friday's. Courts will be limited to two (2) until we gauge interest and if there is an additional need for more or less. If you are new to the game or not yet comfortable with all aspects of the game, this might be the best option for an easier "Novice Open Play" time. This will help you practice at a more competitive level and help you to gain the skills needed before moving up to regular open play.

We have two clinics starting on a short term basis. They will alternate on Saturdays until we find if there is a need to add additional clinics. We will make adjustments in the new year accordingly. The first is a beginner/novice "Strokes and Tactics" session designed to help players understand the game better, work on the skill required to enjoy the game better and achieve a higher playing level. The second one is for the intermediate "Strokes and Tactics" players looking to sharpen already said skills and learn new ways to manipulate opponents and become a more dominant player on court. Sign up for either on Salix.



Click On the
Image to download



RACQUET SPORTS

TENNIS

The schedule will remain the same. Please note that the lights on courts three and four are currently under repair and should be working by end of day Monday or Tuesday.

We have a “Stroke of the Week” clinic set to start the first Saturday of November. This is a clinic designed to help players on a specific stroke/movement pattern/or tactic, which is then followed by some fed ball game play to help institute the technique. The second clinic is a level based “Doubles Strategy” clinic that has a tactical aspect as the focal point. This will be separated into a 3.0 to -3.5 level, and a 3.5+ to 4.0+ level. Again, we will assess the need and make changes accordingly. Sign up for either on Salix.



Click On the
Image to download


FITNESS

Fitness Updates

We Want To Hear From You!



We value your input and would love to know your preferences for new classes!

Please Email Sabina (details below)  to express your interest in any of the following types of classes:

- **Self-Defense Class**
- **Dance Lessons (Ballroom, Cha Cha, etc.)**
- **Bootcamp**
- **Advanced Spin/Cycle**
- **Evening or Late Afternoon Classes? – What Type Would You Like To See?**



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

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

Personal Training, Nutritional Consulting, & Fitness Center Orientations

Tailored to your needs! Types of training include corrective exercise, strength, 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. Tsvetkova, Director of Fitness

STsvetkova@theiconteam.com ***New Email*** | (754) 245-2136

Olivia Voegelin, Fitness Center Attendant:

OVoegelin@theiconteam.com | Fitness Center phone: (941) 777-7020





FITNESS

NEW

ZUMBA CLASS

Discover the Fusion of Lively Latin Music and
Easy-to-Learn Dance Moves in this

**NEW Zumba Class with
NEW Instructor Adriana!**

Get Ready to Groove Your Way to a
Fitter You! *Wednesdays at 10:30am*

SIGN UP ON SALIX

Questions?

Contact Sabina Tsvetkova
STsvetkova@theiconteam.com



FITNESS

WATER WARRIOR

Dive into this high energy, challenging aqua-fitness class, focusing on cardiovascular and muscular endurance while toning muscles with the natural resistance of the water. You will show your inner warrior and feel the burn in this aerobic and toning class without the harsh force or impact on your joints!



Starts on 9/30
Saturdays at 9:00am
with Sandy

NEW!

WATER WARRIOR

Please check Salix for class updates!



NEW!

SPIN 45

SPIN 45

This 45 minute high intensity class combines endurance intervals, rolling hills, sprints, climbs, runs, surges and jumps, all to music hand-picked to motivate and inspire. Whether you're training for a marathon, riding for fun, or just looking to work on your overall cardiovascular health, Oriella will get you there!

Saturdays at 10:00am
with Oriella

This is a "pop-up" class; times will vary week-to-week. Refer to Salix.



FITNESS



Organic Veggie Box Subscription

Savor the goodness of nature with delightful veggie boxes! Good news - Lakewood National IS already a pick up location for Honeyside organic veggie boxes! The more subscribers we can get, the better for the farm (and your health)! Spread the word!

- Enjoy 7-9 seasonal, farmer's choice veggies each week
- Weekly or bi-weekly pick up. No delivery fee!
- Starts in November - Ends in May
- Cancel Anytime
- This season: \$41/box bi-weekly or \$39/box weekly
 - \$2 off each box if paid up-front!
- Choose "Lakewood National Golf Club" under "PICKUP OPTIONS" so that you can forego the delivery fee and pick up your box for FREE (in Aerobics Room B on Saturday mornings)

Questions?

Contact Farm Manager **Ida VanDamme** (details below) or Lakewood National Fitness Director Sabina Tsvetkova: STsvetkova@theiconteam.com or (754) 245-2136

ORDER HERE:



www.HoneysideFarms.com

IVanDamme@HoneysideFarms.com

(941) 405-0015

FITNESS



OCTOBER GROUP FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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. <i>Passes are Non-Refundable.</i> SIGN-UP FOR CLASSES ON SALIX. Instructions online under "fitness" Lakewoodnationalgc.com	<u>9:30am</u> Stretch & Sculpt Amy	<u>6:30am</u> Xtreme HIIT Elaine	<u>8:30am</u> Spin Carmen	<u>9:00am</u> Chair Yoga Carmen	New! <u>6:30am</u> Xtreme HIIT Elaine	New! <u>9:00am</u> Water Warrior Sandy
	<u>10:30am</u> Trouble Zone Tone Carmen	<u>9:00am</u> Barre Tracy	<u>9:30am</u> Strength & Serenity Yoga Tracy	<u>10:00am</u> Trouble Zone Tone Carmen	<u>9:00am</u> Tight-N-Tone Tracy	New! <u>10:00am</u> Spin 45 Oriella <i>*Only on Oct 14th & 28th</i>
		<u>10:00am</u> Yin Yoga Tracy	New! <u>10:30am</u> Zumba Adriana <i>*No class on Oct 18th</i>		<u>10:15am</u> Pilates Plus Elaine	
				Please cancel ahead of time if you cannot make it to a class.		
If you do not have a Salix account, please email Olivia to get set up: OVoegelin@theiconteam.com	Questions? Contact Sabina Tsvetkova: STsvetkova@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 .	



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! *With inclement weather, water aerobics will be cancelled & instructor may offer indoor class. Bring change of clothes/shoes.

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 45 (NEW): Circuit Bootcamp is a total body workout focusing on upper & 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 on any exercise. No matter what level you consider yourself, you will find a challenge in this workout! Class length is approx. 45 minutes.

DANCE FUSION (NEW): This fun class focuses on easy-to-follow dance moves and light body weight training, all while listening to energetic pop and international music. Feel the music and reshape your body and mind in this exciting dance atmosphere!

PILATES PLUS: Welcome to Pilates Plus! No Pilates experience necessary! You will be guided through pilates-style moves to increase balance, build a strong core, tone your entire lower body including glutes, inner & outer thighs, PLUS use light weights to tone and strengthen your entire upper body. We'll be targeting the back, biceps, triceps, and shoulders so you can feel confident all summer long!

PIYO (NEW): Combine the health benefits of Pilates and Yoga all in one fitness class! This functional training workout is designed to strengthen your entire body in a controlled manner to improve mobility and flexibility.

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. Tsvetkova, Fitness Director and Personal Trainer stsvetkova@theiconteam.com | 941.777.7020 (office) | 754.245.2136 (mobile)

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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-5:00PM

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: 941-210-7147