



LAKEWOOD
NATIONAL
Golf Club
AT LAKEWOOD RANCH

**WEEKLY UPDATE
OCTOBER 27, 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 November 22nd at 4:00 PM. All applications for this meeting must be submitted by November 15th 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=Wjd1YmRpd1o5RkxkSEFIYytEUk1PUT09>

Meeting ID: 668 328 9040

Passcode: 6w6CKj

Or dial-in: 305-224-1962

Meeting ID: 668 328 9040

Passcode: 436853

Coffee with the CAM

Please join Celina for coffee and donuts at the next Coffee with CAM on Wednesday, November 8, 2023, at 9:30 a.m.

Wildlife

Please do not disturb, feed, or touch wildlife. Birdfeeders and any other device used to feed the wildlife are prohibited. Florida prohibits feeding certain animals including alligators, sandhill cranes, pelicans, and raccoons. For more information about alligators in Florida please visit: <https://myfwc.com/wildlifehabitats/wildlife/alligator/snap/>

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.



HOA

Pedestrian Safety

While driving, please be mindful of pedestrians using the crosswalks within the community. Pedestrians do have the a right of way. The speed limit is 25 MPH.

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

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 to submit 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

Board of Directors Meeting Notes - 10/26/23

This meeting was recorded and can be viewed by clicking on the link on our member website – HOA/Board of Directors Meetings/Recordings. Presentations given at this meeting are also available for viewing on the same web page (/Presentations).

- **2024 Budget Adoption** – The 2024 budget was unanimously adopted by the Board. This was the culmination of hundreds of hours of work by the Treasurer, the Finance Committee and other committees, and ICON Management. The Board expressed its appreciation to all the people who contributed to the successful completion of this task.
- **Access Control/Security Contract** – The Board approved contracting Allied Universal to provide access control and security to LWN, including 24/7 roving patrol service. The Board approved severing the services of RAMCO.
- **ARS Violations** – Three violations of the Governing Documents and the Architectural Review Standards Manuals were presented, and the Board voted to levy fines for these violations pursuant to our Covenant Enforcement Policy. The violations included no pool cage, a damaged pool cage and unapproved paint on the exterior of a house.
- **Member Code of Conduct Discipline** – The Board voted to suspend two members 90 days each for violating LWN's Code of Conduct.
- **Reserve Bank Account** – The Board voted to authorize the Treasurer to open a reserve bank account for the deposit of member reserve assessment monies.
- **Speeding Control System** – Gina Plotkin, Assistant General Manager, presented for discussion a speeding control system that will utilize radar speed signs and a speed camera to manage the speeding problem in our community and make our roads safer. The next step will be to determine what additional policies and activities will be needed if this system is approved.



FROM THE BOARDROOM

Board of Directors Annual Budget Town Hall Meeting – 10/23/2023

- **2024 Budget and Member Assessments** – The Treasurer gave a final presentation of the 2024 budget and member assessments to the membership.
- **Open Member Forum** – Members had an opportunity to ask questions of the Board on various matters.

Upcoming Meeting Schedule

- **November 16th** – 3:00 p.m.
- **December 14th** – 3:00 p.m.



FROM THE MANAGER'S DESK

Dear Members,

We would like to bring a safety concern to your attention. We have noticed that some parents and grandparents are parking in no-parking zones while waiting for the bus to pick up their children. Please do not park in the median in front of the gatehouse or in the yellow-striped area between the entrance/exit to the property on Uihlein Rd. Instead, you may park on Cessna Run, and use the crosswalk to the sidewalk along the exit road from the property.

This week, management has witnessed many cars parked between the roadway and children running to their parent's cars as vehicles exited the property. This creates an extremely dangerous situation for all involved.

Thank you and have a wonderful weekend.

We appreciate your cooperation! Have a wonderful weekend.



LIFESTYLE

save the date

SNO BALL

Gala

DECEMBER 2ND
6:00PM – 10:00PM

Clubhouse

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



PUMPKIN CARVING *Contest*

& CANDY CORN GUESSING GAME!

MONDAY, OCTOBER 30 | 11 AM - 5 PM



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!

THE WINNERS WILL BE ANNOUNCED VIA EMAIL ON
HALLOWEEN DAY



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'.



| OCTOBER 2023 | | | | | | |
|-----------------------------------|--|--|--|--|--|---|
| MON | TUE | WED | THU | FRI | SAT | SUN |
| 25 | 26 6:00 PM - 8:00 PM LawnMatic - TRN | 27 | 28 6:00 PM - 8:00 PM LawnMatic - Clubhouse | 29 6:00 PM - 8:00 PM LawnMatic - Clubhouse | 30 | 1 10:00 AM - 3:00 PM Supply Brunch |
| 2 | 3 6:00 PM - 8:00 PM Board Meeting | 4 | 5 | 6 12:00 PM - 2:00 PM Fresh Catch Fish Truck | 7 PSGA Junior Tournament | 8 |
| 9 | 10 7:00 AM - 3:00 PM Dr. Sporn - Dermatology 5:00 PM - 8:00 PM Team Trivia - Clubhouse | 11 | 12 10:00 AM - 1:00 PM Tirest Filling 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 5:00 PM Bingo | 18 | 19 5:00 PM - 10:00 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 8:00 PM - 10:00 PM Live Music - Clubhouse | 27 12:00 PM - 2:00 PM Fresh Catch Fish Truck 8:00 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 from the Food and Beverage Team,

We would like to express our gratitude to everyone who joined us on Tuesday night for our very first wine dinner. The Chef truly outdid himself and we were even honored with the presence of the owner of Amici Wines, who shared insights on the wines.

We shared details for Thanksgiving Day at both the Tiki and Club House. Please note that Open Table reservations offer the option of standard or outdoor seating. If you make a reservation for an outdoor table, your seating will be outside.

Please refer below to the Thanksgiving Day flyers for further details.

We are thrilled to announce live entertainment in the Club House next week, beginning at 6pm on November 2nd. Don't forget to make your reservations for the 2nd!

Thank you

FOOD & BEVERAGE

Thanks Giving

NOVEMBER 23, 2023

**PRE-ORDER TO-GO, DINE-IN AT TIKI OR
BUFFET AT THE CLUBHOUSE**

LOOKING FOR THANKSGIVING DAY OPTIONS? CHECK OUT
THE FLYERS BELOW TO SEE WHAT LAKEWOOD NATIONAL HAS
TO OFFER THIS YEAR.

IF YOU PLAN ON ORDERING THE PRE-ORDER TO-GO OPTION,
KINDLY LET THE WINDOW KNOW ABOUT YOUR MEAL
SELECTION AND PICKUP TIME BY NOVEMBER 21ST. PLEASE
NOTE THAT THESE PICKUPS WILL BE DONE THROUGH THE TIKI
TO-GO WINDOW, NOT THE CLUBHOUSE. YOU CAN ALSO DINE
IN AT TIKI, BUT REMEMBER THAT IT'S FIRST COME, FIRST SERVE
WHILE SPECIALS LAST. TIKI'S HOURS ARE FROM 11AM-4PM.
ALTERNATIVELY,

YOU CAN OPT FOR THE THANKSGIVING DAY BUFFET AT THE
CLUBHOUSE, OPEN FROM 11AM-4PM. CLICK
THE OPEN TABLE LINK BELOW TO MAKE A RESERVATION.

FOR PARTIES OF MORE THAN EIGHT PEOPLE, PLEASE CALL THE
HOST STAND TO CONFIRM WHETHER WE CAN ACCOMMODATE
A LARGE GROUP AT THAT TIME. ALL GROUPS LARGER THAN
EIGHT WILL BE SEATED AT TWO TABLES NEXT TO EACH OTHER.

PLEASE NOTE THAT THE EAGLE ROOM CANNOT
BE RESERVED ON THIS DAY.

FOOD & BEVERAGE

Happy Thanksgiving BUFFET MENU

SHRIMP COCKTAIL

lemon cocktail sauce

MASHED YUKON GOLD POTATOES

butter sweet cream

MIXED FALL GARDEN

mixed greens | roasted butternut squash
shallots | roasted pumpkin seed | ricotta
salata | dried cranberries | aged maple
vinaigrette

ROASTED GARLIC & SAGE STUFFING

brown butter | onion | herbs

ROASTED BEETS

baby kale | shallots | walnuts | goat cheese
| honey dijon vinaigrette

AGED WHITE CHEDDAR MAC AND CHEESE

butter | cream

CHEDDAR BISCUITS

maple Vermont butter

CARAMELIZED BRUSSEL SPROUTS

with pancetta

FRENCH GREEN BEAN CASSEROLE

wild mushroom | crispy onion

ENTREES

HERB-ROASTED PORK TENDERLOIN

with apple demi

SEAFOOD NEWBURG

with lemon herb orzo

CHICKEN CACCIATORE

braised chicken with onions, herbs, tomatoes, root vegetables
and wild mushrooms.

SWEET CORN POLENTA RAVIOLI

sweet corn ravioli | spinach | butternut squash | sundried
tomatoes | mushroom | truffle goat cheese cream

CARVED

BRINED & BUTTER BASTED ORGANIC TURKEY

cranberry & orange sauce
roasted pan gravy

DESSERTS

PUMPKIN PIE

sweet whipped cream

SWEET POTATO PIE

ASSORTED SLICED FRUIT

COOKIES

MINI PASTRIES

\$45
per adult

\$25
per child
ages 5-12

children
under 5
FREE





~ CELEBRATE THANKSGIVING ~ AT LAKEWOOD NATIONAL

CALL 941.777.7012 TO PREORDER BY NOVEMBER 21ST & PICK UP TIMES FROM 12PM-4PM AT
TURN WINDOW. TIKI BAR OPEN FROM 11AM-4PM. WINDOW OPEN 8AM-4PM.

~ THANKSGIVING SPECIALS ~

HERB ROASTED TURKEY SERVED WITH BUTTERMILK WHIPPED POTATOES, GREEN BEAN CASSEROLE, SWEET SAUSAGE AND FUJI APPLE STUFFING, CRANBERRY SAUCE. HOUSE MADE GIBLET GRAVY ON SIDE. \$32++

SLOW ROASTED CARVED PIT HAM SERVED WITH BUTTERMILK WHIPPED POTATOES, GREEN BEAN CASSEROLE, SWEET SAUSAGE AND FUJI APPLE STUFFING, CRANBERRY SAUCE. \$32++

GROUPEL OSCAR: BAKED GROUPEL TOPPED WITH BACKFIN CRAB AND HOLLANDAISE. SERVED WITH BUTTERMILK WHIPPED POTATOES, CHAR-GRILLED ASPARAGUS. \$38++

COMES WITH SIDE SALAD, DINNER ROLLS, AND CHOICE OF APPLE OR PUMPKIN PIE.

~ LIMITED MENU IN TIKI BAR ~

APPETIZERS:

Chicken Wings \$16
10 Wings with your Choice of Sauce: Buffalo, BBQ, Teriyaki, Sweet Chili, or Garlic Parmesan
All drum of flats add \$2

Salt and Pepper Calamari \$15
Fried and tossed in our signature salt and pepper seasoning blend and sauce

ENTREES:

Wagyu Beef Sliders \$16
Three Wagyu beef slider patties, topped with sautéed onions and mushrooms, American cheese, and tiki sauce.

Jerk Chicken Club \$16
Grilled chicken, pineapple slaw, bacon, pickled red onions, and sliced jalapenos

ENTREES: (cont.)

Classic Burger \$15
Brioche bun, lettuce, tomatoes, and onions.

Black Bean Burger \$14
Brioche bun, lettuce, tomatoes, and avocado

Large House Salad \$10
Romaine lettuce, tomatoes, shredded carrots, onions, cucumbers and mix cheese.

Large Caesar Salad \$10
Romaine lettuce, parmesan cheese, croutons, and tossed in Caesar dressing.

Antipasto Salad \$13
Mix of Romaine/ arugula lettuce, salami, ham, pepperoni, provolone, olives, cucumber, tomatoes, red onions, pepperoncini, and Italian dressing



FOOD & BEVERAGE



\$35
Per
Person

LAKEWOOD
NATIONAL'S

INAUGURAL

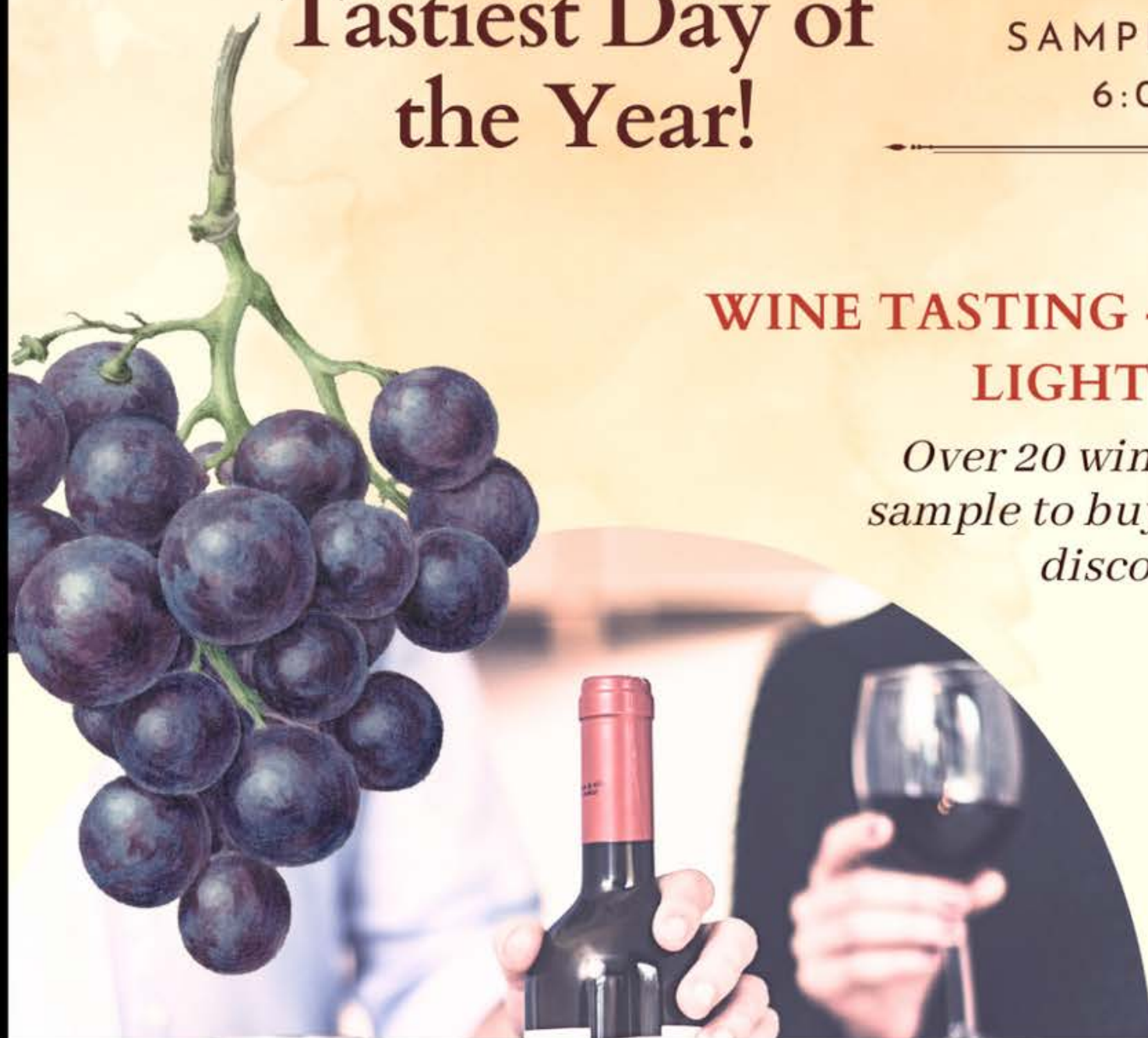
Wine Tasting EXPO

*Join Us for the
Tastiest Day of
the Year!*

NOVEMBER 7
AT THE CLUBHOUSE
SAMPLING TIMES FROM
6:00PM - 9:00PM

WINE TASTING - DISCOUNTED WINE
LIGHT APPETIZERS

*Over 20 wines will be offered to
sample to buy in bulk at extremely
discounted prices.*



[REGISTER HERE](#)



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.

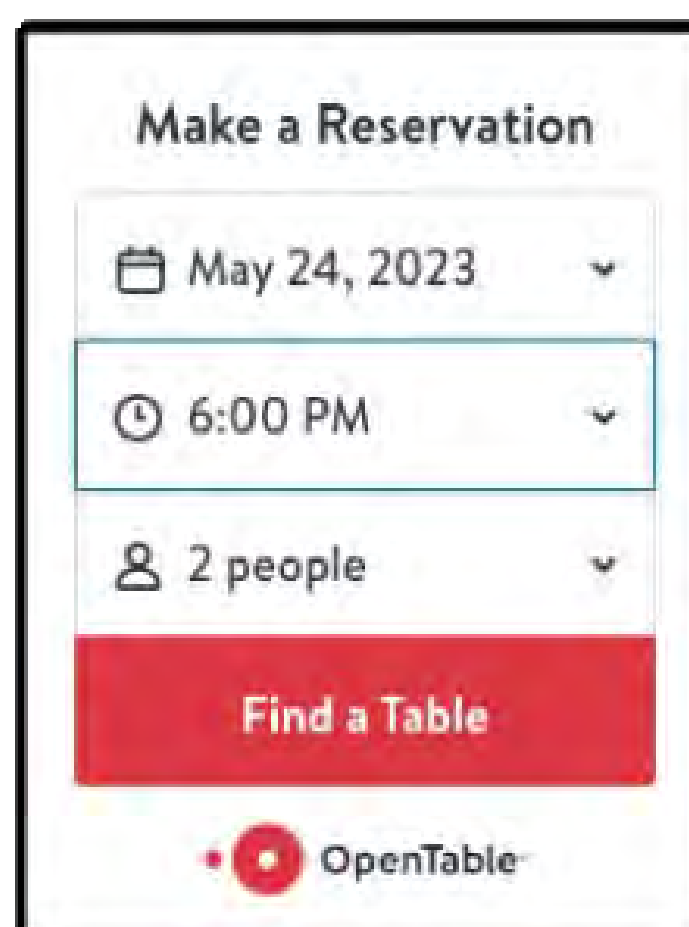
The reservation Widget is found only in the weekly updates as well as the member side of the community website. Please go to amenities, click on clubhouse dining and you will find the widget and menus located there.

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"; the third shows a person icon and "2 people". Below these is a prominent red button with the text "Find a Table" in white. At the bottom, there is the OpenTable logo, which consists of a red circle with a white dot inside, followed by the word "OpenTable" in a sans-serif font.

←
**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 is 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, 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 improved 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@chelseareteam.com
941-777-7017 ex.205

REGISTER ONLINE
lakewd.chelseareervations.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@chelseareteam.com
941-777-7017 ex.205

REGISTER ONLINE ONLY
lakewd.chelseareervations.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@chelseareteam.com
941-777-7017 ex.205

REGISTER ONLINE ONLY
lakewd.chelseareervations.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@chelseareteam.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

CLICK ON EACH FLYER FOR MORE INFORMATION

SHORT GAME SCHOOLS

LAKEWOOD NATIONAL Golf Club

\$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

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

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 MMcClellan@theiconteam.com

LAKEWOOD NATIONAL Golf Club

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

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

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

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)

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

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

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

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

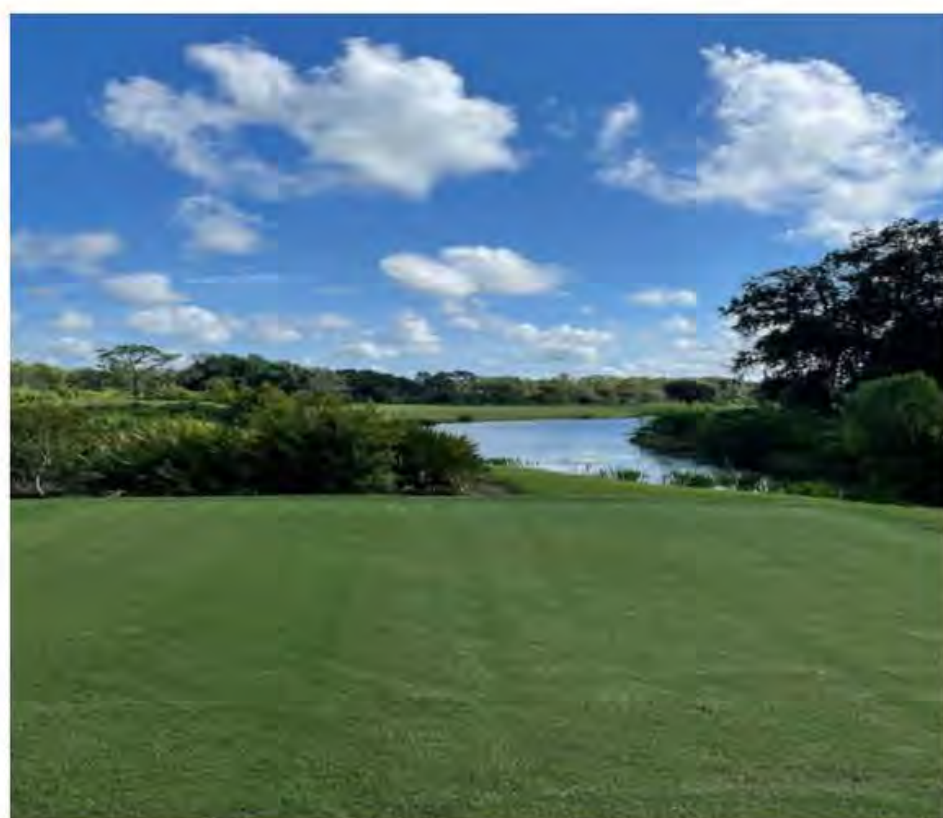
**Maximum Players -
100**

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

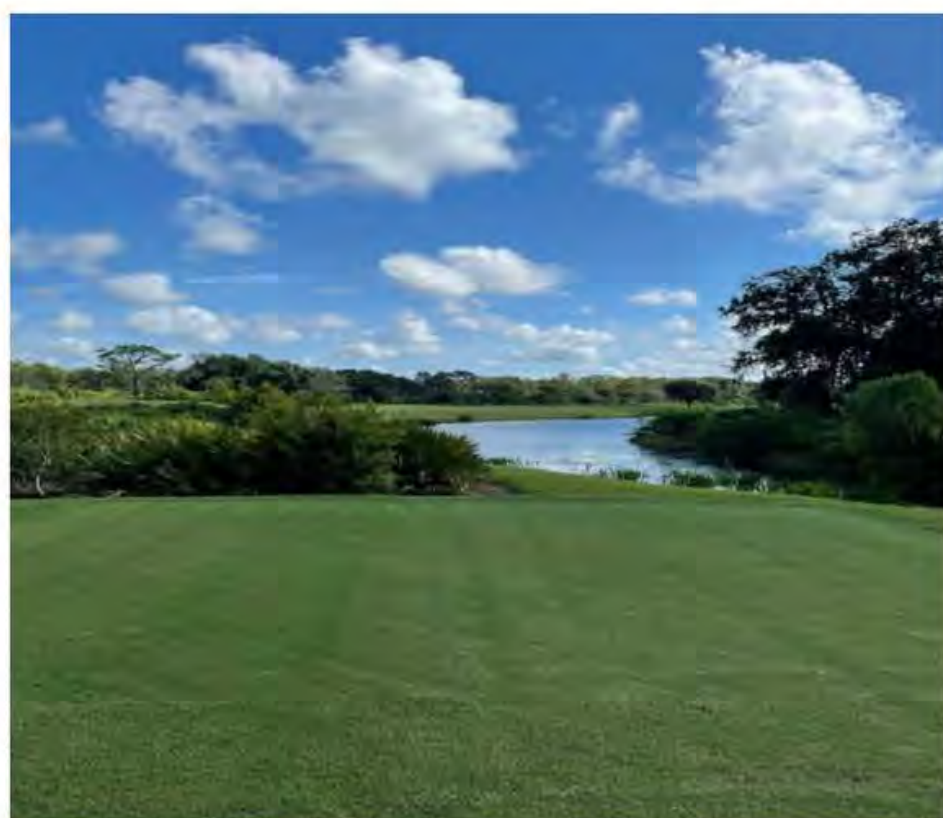
Maximum Players -
44

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

PICKLEBALL

Small changes are about to happen on November 6th. With the time changing on the Sunday we will start making the seasonal times with:

- Reservations starting at 7am
- Open play will follow at 8:30am and go until 11am Monday through Saturday

(Please note, there will be a change in the open play system to the paddle saddles. The next four paddles will be taking the next open court. When you are ready to play, please place your paddle in the holders provided and wait until the four people in the designated holder have the open court. We will be there to provide assistance.)

- Beginner Open play Monday, Wednesday, and Friday 11am – 12:30pm

(Please note, the same system will be in effect and beginner open play will start with 2 courts until we see the need for more to be added.)

Good luck to those who are playing league matches throughout the fall. We have had a couple of good wins already with multiple levels playing.

Keep an eye out for the Saturday clinic with Angelo. He is alternating weeks with “Beginner strokes and tactics” and “Intermediate Strokes and tactics”. Sign up on Salix to be a part of that.

We have ordered new windscreens for the Pickleball Courts which should arrive late November/early December. We will have them up on the fences as soon as possible.

[PICKLEBALL SCHEDULE](#)

RACQUET SPORTS



**Click On the
Image to download**



RACQUET SPORTS

TENNIS

Court resurfacing is under way and will continue through next week. This is the annual addition of Har-Tru that happens at the end of hurricane season. We lose some clay over the summer months with torrential downfalls of rain washing away some of the surface. This process will help rejuvenate the surface and help keep the courts safe and playable through the season.

Starting the week of November 1st:

Tuesdays, we will have a 3.0 to -3.5 Doubles Strategy clinic starting at 9am followed by 3.5 – 4.0+ at 10:30. Both clinics are 90 min long. This will be with Coach Justin.

Wednesday's, Coach Abdul still has his clinics at 8am for anyone 3.0 and below.

Friday, Coach Abdul does a separate clinic for 3.5 players and above. Saturday Coach Angelo will have a Stroke of the Week clinic at 9am.

All clinics should use Salix for sign ups.

Windscreens for tennis have also been ordered and will be arrive late November/early December which will replace the old ones.

[TENNIS SCHEDULE](#)

RACQUET SPORTS

New Clinic

DOUBLES STRATEGY & GAME PLAY

TUESDAY

10:30AM-12PM

Level 3.5 to 4.0+

\$30 P.P.

Sign up on Salix



New Clinic

DOUBLES STRATEGY & GAME PLAY

TUESDAY

9AM-10:30AM

LEVEL 3.0 TO -3.5

\$30 P.P.

Sign up on Salix



**Click On the
Image to download**



STROKE OF THE WEEK 9:00AM

ALL LEVELS WELCOME

SATURDAY 9AM - 10AM | \$20 PER PLAYER

UP TO 8 PEOPLE IN A GROUP
WORKING ON SPECIFIC STROKES OR TACTICS
EACH WEEK WITH FUN GAME PLAY

RACQUET SPORTS

Bocce Ball

Both courts are back up and running with Bocce. The palm trees were respectfully taken down by your fantastic golf course maintenance crew to stop the roots growing into the court. The court has been treated before resurfacing to provide a great playing surface.



Pro Shop:

New products have been ordered with more soon to be ordered. Head tennis products are trickling into the store. We will be making an order for pickleball products very soon as well as more clothing to round out a better store and experience for you all. In the future, if there are items you want/need, we will be happy to get for you on special order.

FITNESS

FITNESS UPDATES

✦ Starting in November ✦



Cycle + Strength



Get the best of both worlds in this hybrid class—cardiovascular conditioning on the indoor bike and strengthening exercises off the bike! Spend the first 30 minutes riding to the beat of high energy music, torching calories and revving your metabolism. The final 20 minutes will be off the bike sculpting and toning a variety of muscle groups with weights. You get to target it all in 50 minutes.

The Perfect Way to Kickstart your Monday!

🕒 **Mondays at 8:30am with Lisa**

🌟 *Sandy's Saturday Water Warrior will be at **9:30am** in November!* 🌟



Ongoing class additions and pop-ups will be announced throughout November and will appear on Salix. Be sure to keep an eye out!

Personal Training & Nutritional Consulting

Customized to match your unique requirements, Personal Training and Nutritional Guidance are designed exclusively for you!

Training options include:

- Corrective Exercise
- Strength Building
- Golf-specific TPI plans
- Weight Loss Regimens
- Mobility and Flexibility



SABINA TSVETKOVA (754) 245-2136 STsvetkova@theiconteam.com

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



NOVEMBER GROUP FITNESS CLASSES

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:
OVogelin@theiconteam.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|---|
| New! <u>8:30am</u> Cycle + Strength <i>Lisa</i> | <u>6:30am</u> Xtreme HIIT <i>Elaine</i> | <u>8:30am</u> Spin <i>Carmen</i> | <u>9:00am</u> Chair Yoga <i>Carmen</i> | <u>6:30am</u> Xtreme HIIT <i>Elaine</i> | <u>9:30am</u> Water Warrior <i>Sandy</i> |
| <u>9:30am</u> Stretch & Sculpt <i>Amy</i> | <u>9:00am</u> Barre <i>Tracy</i> | <u>9:30am</u> Strength & Serenity Yoga <i>Tracy</i> | <u>10:00am</u> Trouble Zone Tone <i>Carmen</i> | <u>9:00am</u> Tight-N-Tone <i>Tracy</i> | <u>10:00am</u> Spin 45 <i>Oriella</i> <i>*Only on 11/11 & 11/25</i> |
| <u>10:30am</u> Trouble Zone Tone <i>Carmen</i> | <u>10:00am</u> Yin Yoga <i>Tracy</i> | <u>10:30am</u> Zumba <i>Adriana</i> | | <u>10:15am</u> Pilates Plus <i>Elaine</i> | |
| <div>Classes range from 45-55 minutes in length.</div> <div>Check Salix regularly for "pop-up" classes that do not appear on the regular schedule.</div> | | | | | |
| 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.

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.

CYCLE + STRENGTH: Get the best of both worlds in this hybrid class—cardiovascular conditioning on the indoor bike and strengthening exercises off the bike! You will spend the first 30 minutes riding to the beat of high energy music, torching calories and revving up your metabolism. The final 20 minutes will be off the bike sculpting and toning a variety of muscle groups with hand weights. You get to target it all in 50 minutes—a victorious way to start your Monday!

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!

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!

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!

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.

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.

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!

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/stretchches 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)

SPA



Special drink with
your pumpkin facial
or mani & pedi

November Specials



Pumpkin Peel Facial \$165

This facial is rich with antioxidants, anti-aging properties and ingredients that will rejuvenate the skin and reduce inflammation. The pumpkin paired with the lactic acid peel will stimulate collagen, hydrate and brighten the skin leaving a firm luminous glow.

Spiced Pumpkin Mani & Pedi \$100

Relax with a warm neck roll while receiving your nail service, including pumpkin exfoliation, hot towels, hot stone message and quick-drying non-toxic polish finishing with a moisturizing mousse.

“Fall” in love with your hair

Are you ready to step into the enchanting world of fall? Transform your look with the rich, warm hues of the season. All over color with haircut & style. \$10 off



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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