

# THE SEAGATE





Welcome to [The Seagate Hotel & Spa](#), where your every need has been carefully considered long before you arrive in our lobby.



Visit the **Atlantic Grille**, our eclectic restaurant on the Avenue that perfectly captures the unique flavor of Delray Beach. Join us for our daily Happy Hour 4pm - 6pm. [Learn more.](#)



Escape to the **Seagate Spa** where every detail has been carefully designed to create the ideal environment for your relaxation and renewal. Feel your cares melt away as you enjoy a complete range of massage, skincare, and body treatments. [Learn more.](#)



You won't have to go far to discover some of the most fashionable finds, unique gifts, and delectable delights anywhere in South Florida. **Aqua Resortwear** is the ideal place to find the latest fashions and resortwear for men and women. For gifts, gourmet specialties, and beach essentials, **etc. café & gifts** has everything you need. [Learn more.](#)



The **Seagate Country Club** is a world-class golf and country club featuring one of the finest championship golf courses in all of Palm Beach County. The club and its recently restored course are now open hotel guests of The Seagate Hotel & Spa and provide activities such as golf, tennis, pickleball and more. **The Seagate Wellness Center**, which provides classes and personal training in its Technogym facility is also available to hotel guests. [Learn more.](#)



The **Seagate Beach Club** offers guests the prestige of a sophisticated retreat with the allure of a refined ambiance with personalized service. Amenities include direct beach access, oceanview dining, a beachside swimming pool, poolside and beach beverage service and more. [Learn more.](#)

And so you don't miss out on any of our activities, we offer complimentary transportation on our in-house car to and from the hotel and clubs on a first-come, first-served basis.

# Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 1	MAY 2	MAY 3	MAY 4	MAY 5	MAY 6	MAY 7
<b>8:30am</b> Pickleball Drop-In	<b>7:30am</b> Seagate SUP Yoga	<b>7:00am</b> Pre-Round Golf Warmup	<b>9:00am</b> Skills Tennis Clinic	<b>7:30am</b> Seagate SUP Yoga	<b>8:30am</b> Core Flow	<b>8:00am</b> Sunrise Beach Yoga
<b>1:00pm</b> Surf's Up Sundays	<b>8:00am</b> Aerobics	<b>7:30am</b> Wake Up the Sun Yoga	<b>9:00am</b> Aquabilities	<b>8:00am</b> Aerobics	<b>9:00am</b> Cardio Tennis Clinic	<b>8:00am</b> Zumba
	<b>8:30am</b> Aquabilities	<b>6:00pm</b> Seagate Sweat	<b>5:00pm</b> Pickleball Clinic	<b>8:30am</b> Aquabilities	<b>10:00am</b> Gentle Stretch	<b>8:30am</b> Aquabilities
	<b>9:00am</b> Aquabilities		<b>5:30pm</b> Empowered Rotation Yoga	<b>6:00pm</b> Seagate Sweat		<b>9:00am</b> Seagate Sweat
			<b>6:00pm</b> Pickleball Mixer			<b>11:00am</b> Junior Beginners Golf Program
			<b>6:30pm</b> Guided Meditation			<b>12:00pm</b> Junior Advanced Golf Program
MAY 8	MAY 9	MAY 10	MAY 11	MAY 12	MAY 13	MAY 14
<b>8:30am</b> Pickleball Drop-In	<b>7:30am</b> Seagate SUP Yoga	<b>7:00am</b> Pre-Round Golf Warmup	<b>9:00am</b> Skills Tennis Clinic	<b>7:30am</b> Seagate SUP Yoga	<b>8:30am</b> Core Flow	<b>8:00am</b> Sunrise Beach Yoga
<b>1:00pm</b> Surf's Up Sundays	<b>8:00am</b> Aerobics	<b>7:30am</b> Wake Up the Sun Yoga	<b>9:00am</b> Aquabilities	<b>8:00am</b> Aerobics	<b>9:00am</b> Cardio Tennis Clinic	<b>8:00am</b> Zumba
	<b>8:30am</b> Aquabilities	<b>6:00pm</b> Seagate Sweat	<b>5:00pm</b> Pickleball Clinic	<b>8:30am</b> Aquabilities	<b>10:00am</b> Gentle Stretch	<b>8:30am</b> Aquabilities
	<b>9:00am</b> Aquabilities		<b>5:30pm</b> Empowered Rotation Yoga	<b>6:00pm</b> Seagate Sweat		<b>9:00am</b> Seagate Sweat
			<b>6:00pm</b> Pickleball Mixer			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

# Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 15	MAY 16	MAY 17	MAY 18	MAY 19	MAY 20	MAY 21
<b>8:30am</b> Pickeball Drop-In	<b>7:30am</b> Seagate SUP Yoga	<b>7:00am</b> Pre-Round Golf Warmup	<b>9:00am</b> Skills Tennis Clinic	<b>7:30am</b> Seagate SUP Yoga	<b>8:30am</b> Core Flow	<b>8:00am</b> Sunrise Beach Yoga
<b>1:00pm</b> Surf's Up Sundays	<b>8:00am</b> Aerobics	<b>7:30am</b> Wake Up the Sun Yoga	<b>9:00am</b> Aquabilities	<b>8:00am</b> Aerobics	<b>9:00am</b> Cardio Tennis Clinic	<b>8:00am</b> Zumba
<b>7:30pm</b> Full Moon Yoga	<b>8:30am</b> Aquabilities	<b>6:00pm</b> Seagate Sweat	<b>5:00pm</b> Pickleball Clinic	<b>8:30am</b> Aquabilities	<b>10:00am</b> Gentle Stretch	<b>8:30am</b> Aquabilities
	<b>9:00am</b> Aquabilities		<b>5:30pm</b> Empowered Rotation Yoga	<b>6:00pm</b> Seagate Sweat		<b>9:00am</b> Seagate Sweat
			<b>6:00pm</b> Pickleball Mixer			
MAY 22	MAY 23	MAY 24	MAY 25	MAY 26	MAY 27	MAY 28
<b>8:30am</b> Pickeball Drop-In	<b>7:30am</b> Seagate SUP Yoga	<b>7:00am</b> Pre-Round Golf Warmup	<b>9:00am</b> Skills Tennis Clinic	<b>7:30am</b> Seagate SUP Yoga	<b>8:30am</b> Core Flow	<b>8:00am</b> Sunrise Beach Yoga
<b>1:00pm</b> Surf's Up Sundays	<b>8:00am</b> Aerobics	<b>7:30am</b> Wake Up the Sun Yoga	<b>9:00am</b> Aquabilities	<b>8:00am</b> Aerobics	<b>9:00am</b> Cardio Tennis Clinic	<b>8:00am</b> Zumba
	<b>8:30am</b> Aquabilities	<b>6:00pm</b> Seagate Sweat	<b>5:00pm</b> Pickleball Clinic	<b>8:30am</b> Aquabilities	<b>10:00am</b> Gentle Stretch	<b>8:30am</b> Aquabilities
	<b>9:00am</b> Aquabilities		<b>5:30pm</b> Empowered Rotation Yoga			
			<b>6:00pm</b> Pickleball Mixer			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

# Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 29	MAY 30	MAY 31	JUNE 1	JUNE 2	JUNE 3	JUNE 4
<b>8:30am</b> Pickleball Drop-In	<b>7:30am</b> Seagate SUP Yoga	<b>7:30am</b> Wake Up the Sun Yoga	<b>9:00am</b> Skills Tennis Clinic	<b>7:30am</b> Seagate SUP Yoga	<b>9:00am</b> Cardio Tennis Clinic	<b>8:00am</b> Sunrise Beach Yoga
<b>1:00pm</b> Surf's Up Sundays	<b>8:00am</b> Aerobics	<b>6:00pm</b> Seagate Sweat	<b>9:00am</b> Aquabilities	<b>8:00am</b> Aerobics	<b>9:00am</b> Aquabilities	<b>8:00am</b> Zumba
	<b>8:30am</b> Aquabilities		<b>5:00pm</b> Pickleball Clinic	<b>8:30am</b> Aquabilities	<b>10:00am</b> Gentle Stretch	<b>8:30am</b> Aquabilities
	<b>9:00am</b> Aquabilities		<b>5:30pm</b> Empowered Rotation Yoga	<b>6:00pm</b> Seagate Sweat		<b>9:00am</b> Seagate Sweat
			<b>6:00pm</b> Pickleball Mixer			
			<b>6:30pm</b> Guided Meditation			
JUNE 5	JUNE 6	JUNE 7	JUNE 8	JUNE 9	JUNE 10	JUNE 11
<b>8:30am</b> Pickleball Drop-In	<b>7:30am</b> Seagate SUP Yoga	<b>7:30am</b> Wake Up the Sun Yoga	<b>9:00am</b> Skills Tennis Clinic	<b>7:30am</b> Seagate SUP Yoga	<b>9:00am</b> Cardio Tennis Clinic	<b>8:00am</b> Sunrise Beach Yoga
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	<b>8:30am</b> Aquabilities		<b>5:00pm</b> Pickleball Clinic	<b>8:30am</b> Aquabilities	<b>10:00am</b> Gentle Stretch	<b>8:30am</b> Aquabilities
	<b>9:00am</b> Aquabilities		<b>5:30pm</b> Empowered Rotation Yoga	<b>6:00pm</b> Seagate Sweat		<b>9:00am</b> Seagate Sweat
			<b>6:00pm</b> Pickleball Mixer			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

## REGISTRATION

### SEAGATE COUNTRY CLUB AND BEACH CLUB WELLNESS

To register, please see the hotel concierge. Reservations are required unless noted otherwise.

### THE SEAGATE RACQUETS CENTER

Sign-up by texting or calling 561-475-0652.

### AEROBICS

**Country Club Main Ballroom**  
**Mondays, Thursdays | 8am - 9am**  
**Hotel Guests \$15**

High energy, total body conditioning class that utilizes a variety of resistance equipment designed to increase definition and overall strength! Pump your heart rate up by performing cardiovascular movements with superstar instructor Rita!

*Skill Level: Intermediate & Advanced*

### AQUABILITIES

**Wellness Center Pool**  
**Mondays, Thursdays, Saturdays | 8:30am - 9:30am**  
**Beach Club Pool**  
**Mondays, Wednesdays, Fridays | 9am - 10am**  
**Hotel Guests \$15**

Get an excellent water workout without the impact of jumping in our therapeutic temperatures! Improve strength, balance, and function using equipment in the water.

*Skill Level: Beginner & Intermediate*

### CARDIO TENNIS CLINIC

**Racquets Center (Country Club)**  
**Fridays | 9am - 10am**  
**Hotel Guests \$25**

Come join us for a highly active clinic that focuses on drills and conditioning.

### CORE FLOW

**Yacht Club Rooftop**  
**Fridays | 8:30am - 9:30am**  
**Hotel Guests \$15**

In this class, you will embrace and strengthen your core while flowing through a mindfully curated core-focused yoga sequence. This class is open to all levels and will be as challenging as you make it. You will leave this class feeling strong, activated and powerful!

*Mats are available.*

### EMPOWERED ROTATION YOGA

**Yacht Club Roof Top**  
**First Wednesday of the month**  
**5:30pm - 6:30pm**  
**Hotel Guests \$15**

A yoga class that focuses on mobilizing the hips and upper spine to allow you to get more out of your golf swing.

### GENTLE STRETCH

**Country Club Main Ballroom**  
**Fridays | 10am - 11am**  
**Hotel Guests \$15**

Stretching is the key for a healthy body. Relaxation is the key for a healthy mind...The focus of this class is to help relieve the stresses of the day.

*Skill Level: All levels*

### GUIDED MEDITATION

**Yacht Club**  
**First Wednesday of the month**  
**6:30pm - 7pm**  
**Hotel Guests \$10**

Meditation is a grounding practice which helps you know yourself better, appreciate yourself and others more, and allows you to get a more relaxed and sound sleep

*Skill Level: All levels*

### KETTLEBELLS ON THE BEACH

**Beach Club - Oceanside**  
**First Saturday of the month**  
**9am - 10am**  
**Hotel Guests \$20**

Join us on the Beach for a BYOK (Bring your own Kettlebell) workout on the first Saturday of each month!

*Skill Level: Intermediate & Advanced*

### JUNIOR ADVANCED GOLF PROGRAM

**Seagate Country Club**  
**Saturdays | 12pm - 1pm**  
**Hotel Guests \$40 (Ages 6 - 12)**

Topics covered are: Full Swing, Short Game, Putting, Bunker, and Course Management.

Children will receive instruction on the golf swing, proper alignment, different club use, how to read the greens and much more.

## JUNIOR BEGINNERS GOLF PROGRAM

**Seagate Country Club**  
**Saturdays | 11am - 11:45am**  
**Hotel Guests \$30 (Ages 5 - 12)**

Topics covered are: Full Swing, Short Game, and Putting  
Children will receive instruction on proper grip, stance and posture, basic chipping and pitching, putting techniques and how to read a green.

## JUNIOR CARDIO TENNIS CLINIC

**Racquets Center (Country Club)**  
**Thursdays | 6pm - 7pm**  
**Hotel Guests \$25**

Juniors (Ages 9+) participate in a variety of highly active tennis drills and games.

## PICKLEBALL CLINIC

**Racquets Center (Country Club)**  
**Wednesdays | 5pm - 6pm**  
**Hotel Guests \$25**

Players receive instruction while participating in a variety of drills and games that improve players' performance.

## PICKLEBALL MIXER

**Racquets Center (Country Club)**  
**Wednesdays | 6pm - 7pm**  
**Hotel Guests \$30**

Players warm-up with the pro followed by several rounds of match-play. Beverage service included.

## SEAGATE SUP YOGA

**Seagate Hotel Pool Deck**  
**Mondays, Thursdays | 7:30am - 8:30am**  
**Hotel Guests \$25**

Benefits include improved balance, strengthened muscles, refined technique, and the opportunity to relax outdoors on the water. Bring stretchy, water-resistant workout attire, bathing suits, rash guards, yoga clothing, boardshorts. Limited availability.

## SEAGATE SWEAT

**Country Club - Wellness Center**  
**Tuesdays, Thursdays | 6pm - 6:30pm**  
**Hotel Guests \$15**

Train your body in the way it was intended to work, as a complete unit. This class will incorporate strength, endurance, coordination, and balance using various tools such as weights, bands, balls and body weight for optimal conditioning.

*Skill level: All levels*

## SKILLS TENNIS CLINIC

**Racquets Center (Country Club)**  
**Wednesdays | 9am - 10am**  
**Hotel Guests \$30**

Players focus on learning technique and shot selection at a steady pace.

## SUNRISE BEACH YOGA

**Beach Club - Oceanside**  
**Saturdays | 8am - 9am**  
**Hotel Guests \$15**

A creative blend of yoga postures, uniting clear intelligent alignment, energetic movement, meditation, and pranayama (breathing techniques). Bring a large towel or blanket as mats can get sandy.

*Skill Levels: All levels*

## SURF'S UP SUNDAYS

**Beach Club - Oceanside**  
**Sundays | 1pm**  
**Hotel Guests \$35**

*Payment accepted only through Hotel Guest account.*

Drop in to catch a swell with Delray Water Sports Team. Instructors will guide you to the perfect wave.

## WAKE UP TO THE SUN YOGA

**Country Club - Main Ballroom**  
**Tuesdays | 7:30am - 8:30am**  
**Hotel Guests \$15**

This class allows you to arrive and enjoy quiet stillness, warm up and energize the body, and leave class ready to enter the rest of your day with vitality and calmness.

*Skill Level: All levels*

## SEAGATE ZUMBA

**Country Club - Main Ballroom**  
**Saturdays | 8am - 8:45am**  
**Hotel Guests \$15**

The combination of dance and fitness moves done to a background of exhilarating rhythms. This class features merengue, salsa, cha-cha, reggaeton, bachata, samba, and hip-hop.

*Skill Level: All levels*

# Molds *with* Mom

**Wednesday, May 4 | 4pm - 6pm**

*(There will be two seatings: one at 4pm and one at 5pm.)*

**\$20 per Mold\***

**Country Club - Cypress Room**

These personalized wax sculptures are the perfect gift for Mom: your child's hands frozen in time, so you never forget how tiny they once were.

This fun craft is quite simple and is sure to create a treasured keepsake! What a special way to say "I love you" on this Mothers Day!

**Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.**

*\*Plus tax and gratuity. 48-hour cancellation policy in effect.*



WHY COOK? WEDNESDAYS

# Prime Rib Night



Wednesday, May 4 | 5pm - 8pm

Adults \$19.95\* | Kids 6 – 12 \$9.95\* | Kids 5 & Under Complimentary  
Country Club - Center Dining Room

## STARTERS

Clam Chowder

Grilled & Buttered Texas Toast

Spinach Salad

Cucumber, feta cheese crumble, red radish rings, raspberry vinaigrette

House Salad

With all your favorite toppings and dressings

## ENTRÉES

Roasted Vegetable Risotto

Seasonal vegetables, parmesan cheese

Seared Salmon

Topped with braised spinach, orange hollandaise sauce

Baked Potato Bar

Cheddar cheese, chorizo sausage, bacon bits, scallions, butter, sour cream

Asiago Crusted Chicken Breast

Soft polenta, chicken jus

Chef Carved Roasted

Herb Rub Prime Rib

Au jus, creamy horseradish sauce

## SIDES

Creamy Mashed Yukon Potatoes

Sautéed Green Beans

## DESSERT

Apple & Pecan Pie

Hot Fudge Sundae Bar

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

*\*Plus tax and gratuity. Regular dinner menu will not be offered during event. 24-hour cancellation policy in effect. All adult beverages will be charged to your Room Account.*

# GUIDED MEDITATION

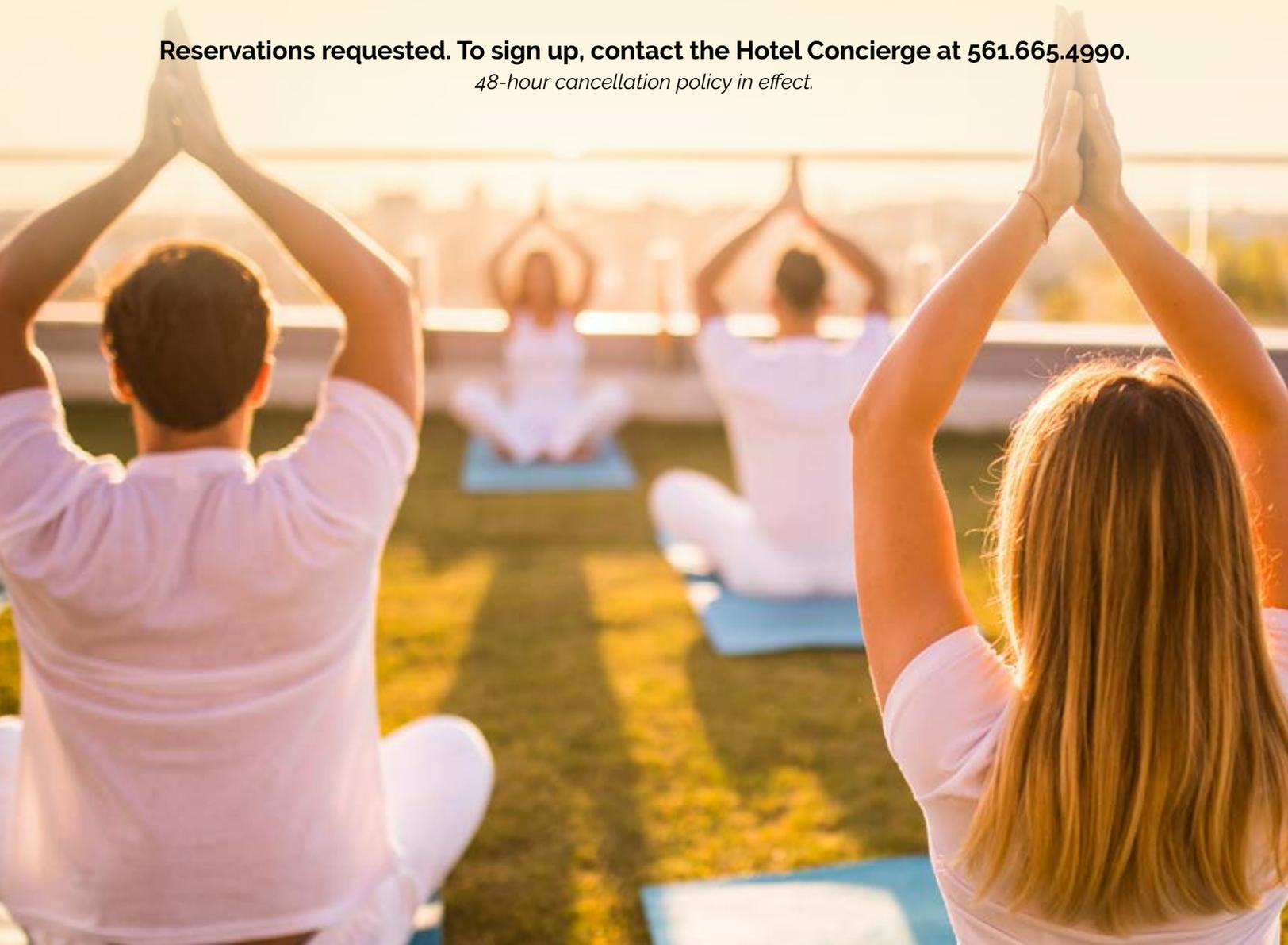
**Wednesday, May 4 | 6:30pm - 7pm**  
**\$10 per person | Yacht Club**

Meditation is a grounding practice which helps you know yourself better, appreciate yourself and others more, and allows you to get a more relaxed and sound sleep. With the glow of golden hour and the sounds of the water surrounding you in our one-of-a-kind space, join us to experience the beauty of a guided meditative practice overlooking the intracoastal .

Class Level: All Levels

**Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.**

*48-hour cancellation policy in effect.*





# Mother's Day Brunch

**Sunday, May 8 | 11:30am - 3pm**  
**Beach Club - Lower Dining**

This Mother's Day, treat mom to a delicious à la carte seaside brunch at The Seagate Beach Club.

**Reservations requested. For dining reservations,  
contact the Hotel Concierge at 561.665.4990 or call 561.330.3775.**

WHY COOK? WEDNESDAYS

# Italian Night



Wednesday, May 11 | 5pm - 8pm

Adults \$19.95\* | Kids 6 – 12 \$9.95\* | Kids 5 & Under Complimentary

Country Club - Center Dining Room

## SOUP & SALAD

**White Bean Tuscan Soup**  
with Parmesan Cheese

(Served table side)

**Classic Caesar Salad**

Romaine hearts, parmesan, croutons,  
anchovies, Caesar dressing

**Caprese Salad**

Sliced tomato, mozzarella, fresh basil

## PASTA STATION

Choice of Pasta:

**Penne | Fettuccine | Farfalle**

(Gluten-free pasta  
available upon request)

Choice of Protein:

**Shrimp | Grilled Chicken**

**Mussels**

Choice of Sauce:

**Marinara | Ala Vodka**

**Bolognese | Basil Pesto**

Pasta dishes served  
with a side of garlic bread

## SPECIALTY DINNER

**Grilled Sword Fish**

Green olive tapenade sauce, crispy  
shallots

**Eggplant Parmesan**

Mozzarella, basil ricotta, tomato sauce

**Fried Calamari**

Cherry peppers, fresh parsley, tomato  
sauce, parmesan cheese

**Chicken Piccata**

Lemon caper sauce, fresh parsley

**Pasta Primavera**

Grilled baby zucchini, parmesan,  
broccoli florets, red pepper, red  
onions

**Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.**

*\*Plus tax and gratuity. Regular dinner menu will not be offered during event. 24-hour cancellation policy in effect.  
All adult beverages will be charged to your Room Account.*

# FULL MOON YOGA

**Sunday, May 15 | 7:30pm - 8:30pm**  
**\$20 Hotel Guests | Beach Club - Oceanside**

Join us in this all levels Vinyasa class during the rise of the full moon over the ocean on Delray Beach! Come take an hour for yourself to quiet your mind and energize your body and spirit

We open with a moon meditation, followed by moon salutations, a cool down, and end as the moon rises over the ocean. Please bring yourselves, a mat, a few towels or a tapestry to place under your mat on the sand, a water bottle, and any friends who may be interested. We will meet just south of the Casuarina Road. See you on the sand!

*Weather Call: Please note as we approach the fast-moving weather season, we will be working to deliver updates 1 hour prior to Full moon yoga. We encourage you to check email prior to attending!*



**Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.**

*48-hour cancellation policy in effect.*

WHY COOK? WEDNESDAYS

# BURGER NIGHT



Wednesday, May 18 | 5pm - 8pm

Adults \$19.95\* | Kids 6 - 12 \$9.95\* | Kids 5 & Under Complimentary  
Country Club - Center Dining Room

All hand held served with fries, beer battered onion rings or salad.  
Gluten free buns available upon request.

## STARTERS

### Garden Salad

Romaine, cucumber, tomatoes,  
red onions, balsamic vinaigrette

### Spinach & Artichoke Dip

Garlic focaccia crostini

### Loaded Potato Skins

Cheese sauce, bacon, jalapeños,  
sour cream, scallions

## ENTRÉES

### Cheese Burger

Bacon, cheddar, LTO, brioche bun

### Beyond Burger

Tomato, lettuce, red beet tzatziki,  
crispy onions, multigrain bread

### BBQ Burger

BBQ sauce, crispy onions,  
cheddar cheese, brioche bun

### Nashville Hot Chicken sandwich

Honey-jalapeño jam, coleslaw,  
brioche bun

### Turkey Avocado Burger

Savory turkey meat, avocado salsa,  
roasted tomato aioli, charred jalapeños,  
arugula, honey wheat bun

## DESSERTS

### Bananas Foster

Vanilla ice cream, walnuts,  
whipped cream

### Key Lime Pie

Whipped cream, candied lime,  
white chocolate sauce

Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.

*\*Plus tax and gratuity. Regular dinner menu will not be offered during event. 24-hour cancellation policy in effect.  
All adult beverages will be charged to your Room Account.*



# BOARDING SCHOOL

## CHARCUTERIE BOARD CREATING CLASS

Thursday, May 19 | 3pm - 4pm  
\$55 per person\* | Country Club - Main Ballroom

There are no hard and fast rules for charcuterie boards, but the best charcuterie boards include the consumption of wine in the process!

Class includes instruction plus selected red and white wines to enjoy while creating your masterpiece.

**Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.**  
*\*Plus tax and gratuity. Price includes board and charcuterie supplies. 48-hour cancellation policy in effect.*



WHY COOK? WEDNESDAYS

# Seafood Night

Wednesday, May 25 | 5pm - 8pm

Adults \$20\* | Kids 6 – 12 \$10\* | Kids 5 & Under Complimentary

Country Club - Center Dining Room

## SOUP & SALAD BAR

Manhattan Clam Chowder  
Mixed Greens with a variety of  
toppings and specialty salad  
Caesar Salad

## RAW BAR

Shrimp, Oysters, Lobster

## CHEF CARVING STATION

Beef Tenderloin  
Shallot demi sauce

## PASTA STATION

Sautéed with your choice of  
mussels, shrimp, chopped  
clams, chicken breast, roasted  
vegetables

## SPECIALTIES STATION

Local Snapper Provencal  
Lemon-Thyme Chicken Breast  
Caciucco  
Ratatouille  
Garlic Mashed Potatoes

## LIVE ACTION PAELLA STATION

## DESSERTS

Assorted Cakes  
Pies  
Sliced Seasonal Fresh Fruits  
Ice Cream

**Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.**

*\*Plus tax and gratuity. Regular dinner menu will not be offered during event. 24-hour cancellation policy in effect.  
All adult beverages will be charged to your Room Account.*

# Pre-Round Golf Warmup

**Tuesdays | 7am - 7:30am**  
**\$10 per person**  
**Wellness Center - Pool Deck**

Golf conditioning is an essential part of improving a golfer's performance, regardless of their golfing abilities. What is often overlooked, especially by the recreational golfer is what it truly takes to prepare the body to meet the demands of swinging a golf club, whether during a practice session or a round of golf!

Meet us on the fitness center turf for a 30 minute pre-round warmup!

**Reservations requested. To sign up, visit your Member Website.**

*48-Hour cancellation policy is in effect.*



## The Seagate Hotel & Spa

### AQUA RESORTWEAR

**Hours**  
10am - 6pm | Mon. - Sat.  
10am - 6pm | Sun.  
Closed Thanksgiving Day

**Phone**  
561-665-4940

### ETC. CAFÉ & GIFTS

**Hours**  
Café: 6:30am - 6pm | Mon. - Sun.  
Gifts: 7am - 8pm | Mon. - Sun.

**Phone**  
Café: 561-665-4921  
Gifts: 561-665-4922

### FITNESS CENTER

**Hours**  
24 Hours

### HOTEL POOL

**Hours**  
Sunrise - Sundown

### IN-ROOM DINING

**Breakfast Menu**  
7am - 11am

**Evening Menu**  
5:30pm - 10pm

**All Day Dining**  
11am - 10pm

### SEAGATE SPA

**Hours**  
10am - 6pm | Mon. - Sun.

**Reservations**  
561-665-4950 or [Book Online.](#)

### ATLANTIC GRILLE + BAR

**Breakfast**  
7:30am - 11am | Tuesday - Friday  
7:30am - 9am | Saturday - Monday

**Brunch**  
9am - 2:30pm | Saturday - Monday

**Lunch**  
11am - 2:30pm | Tuesday - Friday

**Dinner**  
5:30pm - 10pm | Sunday - Thursday  
5:30pm - 11pm | Friday & Saturday

**Happy Hour**  
3pm - 6pm | Daily

**Reservations**  
Call 561-665-4900 or [Book Online.](#)

## The Seagate Beach Club

### POOL & BEACH SERVICE

**Hours**  
9am - 5pm | Daily

### DINING

**Lunch**  
11:30am - 4pm | Daily

**Lite Fare**  
5pm - 9pm | Daily

**Dinner**  
5pm - 9pm | Daily

**Sunday Brunch**  
11:30am - 3pm

**Happy Hour**  
4pm - 6pm | Monday - Friday

**Reservations**  
Call 561-330-3775

## Delray Beach Water Sports Rentals

399 S. Ocean Blvd., Delray Beach  
561-279-0008  
[delraybeachwatersports.com](http://delraybeachwatersports.com)

### ONSITE EQUIPMENT

#### RENTAL

	1 HR	2 HR
1 Man Kayak	\$30	\$45
2 Man Kayak	\$40	\$60
Windsurf Gear	\$75	\$150
Surf Soft	\$15	\$23
Surf Epoxy	\$20	\$30
Supaddle Board Epoxy	\$35	\$50
Boogie Board	\$10	\$15
Skim Board	\$20	\$30
Mask, Snorkel & Fins	\$20	\$30

### SAILBOATS

	1 HR	2 HR
Hobie Wave 14'	\$90	\$135
Hobie Getaway 16'	\$140	\$210
Hobie High Performance 16'	\$200	\$300
Boat Captain (1 to 4 persons + rental)	\$60	\$90

### LESSONS

	1 HR	2 HR
One Person	\$70	\$105
Kite Surfing Intro	\$50 and Up	

Group rates available.  
Call for additional packages.

## The Seagate Country Club

### RAQUETS PRO SHOP

#### Hours

8am – 4pm | Mon. - Fri.

8am – 1pm | Sat. - Sun.

### GOLF PRO SHOP

#### Hours

12pm – 5:30pm | Mon.

7am – 5:30pm | Tue. - Sun.

### WELLNESS CENTER

#### Hours

5am – 11pm | Mon. - Sun.

### DINING

#### BISTRO DINING MENU ONLY

Center Dining Room, Courtyard

and 19th Hole

11:30am - 4pm | Saturday - Tuesday

11:30am - 8pm | Wednesday & Friday

#### Happy Hour

4pm - 6pm | Tuesday - Friday

#### Beverage Cart

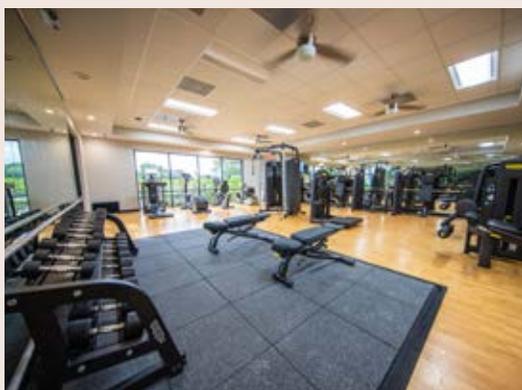
12pm - 4pm | Monday

9am - 4pm | Tuesday - Sunday

#### Reservations

Call 561-665-4990

**Starting June 6th, all Food and Beverages Operations will be closed on Mondays until further notice.**



### WELLNESS CENTER

When members and Seagate Hotel guests walk into The Seagate Technogym facility, they will be welcomed into a space that boasts high energy while focusing on total mind/body wellness. Our state-of-the-art facility houses more than 35 pieces of wall-to-wall Technogym equipment with an Omnia Room and Pure Strength side dedicating separate areas for cardio, Kinesis stations, warm-up/cool down, and free weights.

Open Monday – Sunday 5:00 am – 11:00 pm. Limited classes, personal training and complimentary virtual classes are available.

Schedule an appointment

[msperber@seagatedelray.com](mailto:msperber@seagatedelray.com)

### RACQUETS CENTER POLICIES & PRICING

1. All guests must sign-up for court time, lessons, and clinics prior to play via email at [jphillips.seagatedelray.com](mailto:jphillips.seagatedelray.com) or text 561-475-0652.
2. Due to high demand, guests are encouraged to sign-up 48 hours prior to play.
3. Guests have until 48 hours prior to play to cancel their reservation without being fully charged.
4. Court time is available for guests 7 days a week beginning at 11am until 7pm.
5. Guests have a 6-ball limit on court. (no ball hoppers allowed)

#### Lesson/Clinic Prices (effective November 1st, 2021)

60-Minute Lesson: \$100/person

30-Minute Lesson: \$60/person

60-Minute Group of 2 Lesson: \$60/person

60 Minute Group of 3 Lesson: \$40/person

60 Minute Group of 4 Lesson: \$35/person

60 Minute Clinic: \$35/person

(Guests have until 48 hours prior to lesson/court time to cancel without being fully charged)



ELEMENTS OF  
*Health & Wellness*  
RITUAL

EXCLUSIVELY FOR OUR HOTEL GUESTS & CLUB MEMBERS



Begin your journey with a 60-minute Personal Training Session with one of our Wellness Professionals between the hours of 7am and 12pm, followed by a 90-minute Sports Massage. This customized therapeutic treatment includes the use of hot and cold stones, trigger-point, deep tissue, and Swedish Massage modalities. Concentration is on increasing range of motion and flexibility, relieving muscle soreness, and promoting quick recovery due to overuse.

**Personal Training 60 Minute Single: \$120**  
**Discounted Sports Massage \$220**  
**Total Package: \$340\***

**Personal Training 60 minute couple: \$120 each**  
**Discounted sports massage \$230 each**  
**Total Package: \$680\***

**Spa bookings at [appointments@seagatedelray.com](mailto:appointments@seagatedelray.com) or contact our direct spa line (561) 665-4950.  
For personal training bookings, call the Concierge at (561) 665-4990.**

*\*Gratuity not included. Subject to availability.*