

# THE SEAGATE





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



The health and safety of our guests and staff has always been vitally important to us, but never more so than now. With **Seagate Safe**, we're doing everything possible to make certain that all our properties are safe, sanitary, and germ-free. [Learn more.](#)



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, and enjoy live entertainment Tuesday through Sunday. [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
OCT 31	NOV 1	NOV 2	NOV 3	NOV 4	NOV 5	NOV 6
<b>8:30am</b> Pickeball 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>8:00am</b> ABSolutely Seagate Pilates	<b>8:00am</b> Sunrise Beach Yoga
<b>1:00pm</b> Surf's Up Sundays	<b>8:00am</b> Aerobics	<b>9:30am</b> ABSolutely Seagate Pilates	<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>5:30pm</b> Empowered Rotation Yoga	<b>8:30am</b> Aquabilities	<b>9:15am</b> Aquabilities	<b>8:30am</b> Aquabilities
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			<b>7:00pm</b> Pickleball Mixer	<b>6:00pm</b> Cardio Tennis		<b>12:00pm</b> Junior Advanced Golf Program
NOV 7	NOV 8	NOV 9	NOV 10	NOV 11	NOV 12	NOV 13
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HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

# Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 14	NOV 15	NOV 16	NOV 17	NOV 18	NOV 19	NOV 20
<b>8:30am</b> Pickeball 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>8:00am</b> ABSolutely Seagate Pilates	<b>8:00am</b> Sunrise Beach Yoga
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# Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 28	NOV 29	NOV 30	DEC 1	DEC 2	DEC 3	DEC 4
<b>8:30am</b> Pickeball 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>8:00am</b> ABSolutely Seagate Pilates	<b>8:00am</b> Sunrise Beach Yoga
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## REGISTRATION

### SEAGATE COUNTRY CLUB AND BEACH CLUB WELLNESS

To register, please see the hotel concierge or email Madeline Sperber: [msperber@seagatedelray.com](mailto:msperber@seagatedelray.com)

### THE SEAGATE RACQUETS CENTER

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

#### ABSOLUTELY SEAGATE PILATES

**Country Club Ballroom**  
Tuesdays | 9:30am - 10:30m

**Hotel Pool Deck**  
Fridays | 8am - 9am

**Hotel Guests \$15**

This class incorporates all the fundamental principles of Pilates, such as postural alignment, breathing, core stability, controlled movement, and flexibility.

Skill Level: All levels

#### 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 | 9am - 10am  
Fridays | 9:15am - 10:15am

**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.

#### 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 | 6pm - 7pm**  
**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 | 7pm - 8pm**  
**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.

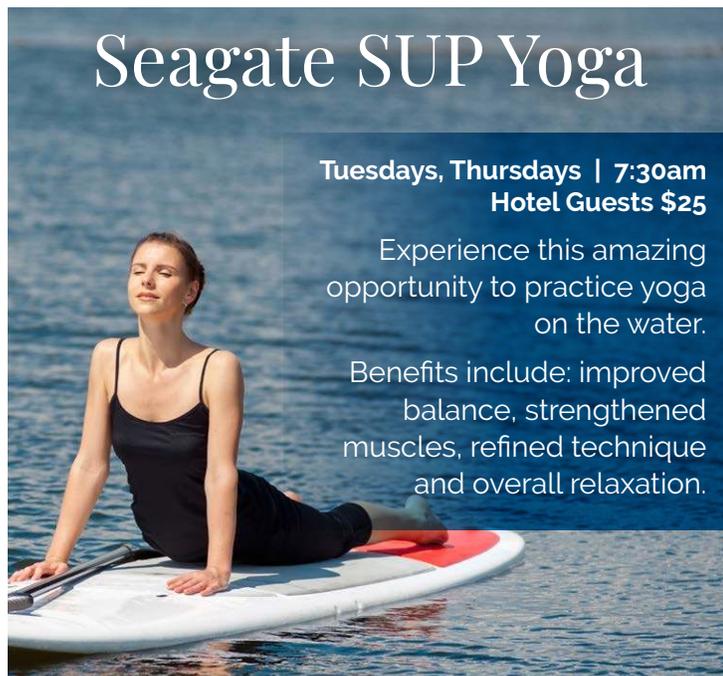
Skill Level: All levels

## 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



## Seagate SUP Yoga

**Tuesdays, Thursdays | 7:30am**  
**Hotel Guests \$25**

Experience this amazing opportunity to practice yoga on the water.

Benefits include: improved balance, strengthened muscles, refined technique and overall relaxation.



## Beach Tennis

**Monday - Sunday**  
**9:30am - 5pm**

**2 Paddles for 2 Hours: \$20**  
**4 Paddles for 2 Hours: \$30**  
(Balls included in rate)

For more information, please call 561.272.7873. Equipment will be available for pickup at the Delray Beach Water Sports Hut. This activity is weather permitting and on a first come basis.

A person is shown in a meditative pose, with their hands in a mudra (gesture) over their lap. The background is a bright sunset over a body of water, with the sun low on the horizon, creating a warm, golden glow. The person's silhouette is visible against the bright light.

WEDNESDAY

Nov.  
3

# Guided Meditation

**Wednesday, November 3 | 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.*



WEDNESDAY  
Nov.  
3

*Why Cook? Wednesdays*  
**Food Truck Takeover**

**Wednesday, November 3 | 5pm - 9pm**  
**À la Carte Pricing**  
**Racquet Center - West Lawn**

Please join us for Why Cook? Wednesdays and let us do all of the work. This week we Invite you to join us on the Racquet Center lawn for a food truck takeover and fun lawn games.

Food will be available to-go only due to an event in the Clubhouse.

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

*Center Dining Room is booked for a private Member Event.*



FRIDAY  
Nov.  
5

# Date Night

Friday, November 5 | 5pm - 9pm  
À la Carte Menu | \$20\* per Child for Drop-Off + Dinner  
Country Club - Center Dining Room + Grill Bar

We have everything needed for your next date night, including ½ off featured wine bottles with Chef's weekly specials and entertainment.

Kids' Club will be available for drop-off for children 5 years of age and older from 5pm-9pm, including dinner for \$20 per child.

Complete your drop-off form prior to your arrival.  
(Form can be found on your Member Website under the event)

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

*\*Plus tax and gratuity. Children under the age of 5 are not permitted for drop-off.  
48-hour cancellation policy is in effect.*



FRIDAY  
Nov.  
5

# Movie Night

Friday, November 5 | 7pm  
Beach Club - Boardwalk

## Disney's *Big Hero 6*

Seagate bucket with candy and snacks will be provided for children. Drink specials featuring 5 for \$25 buckets of select beers and hard seltzers will be available for adults.

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

*Reservations not required for movie night, but are strongly encouraged if joining us for dinner prior to the event.*

SATURDAY

Nov.  
6



# Kettlebells on the Beach

**Saturday, November 6 | 9am - 10am**  
**\$20 per person | Beach Club - Oceanside**

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

Class Level: Intermediate/ Advanced

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

*\*Hotel guests may request a kettlebell when reserving a spot. 48-hour cancellation policy in effect.*



WEDNESDAY  
**Nov.  
10**

*Why Cook? Wednesdays*  
**Coastal Style**

**Wednesday, November 10 | 5pm - 9pm**

**Adults \$29.95\* | Kids 6 – 12 \$10.95\* | Kids 5 & Under Complimentary**  
**Country Club - Center Dining Room**

**STARTER**

*(Choose one)*

**Pulled Duck Tostada**

Blue corn tortilla, pulled duck, black bean purée, pico de gallo, avocado crema

**Spinach Salad**

Baby spinach, shaved red onion, toasted almond, queso Fresca, blueberry vinaigrette

**Green Papaya Salad**

Shredded green papaya, long beans, peanuts, cilantro, Thai chili, fresh lime

**ENTRÉE**

*(Choose one)*

**Sugarcane Shrimp Skewers**

Chili marinated grilled shrimp kabobs, macadamia fried rice, papaya sals

**Blue Crab Linguine**

Lump blue crabmeat, slivered garlic, cherry tomato, blush tomato sauce

**Baja Fish Taco**

Panko crusted mahi, radish, avocado, roasted corn, Pico de gallo, lime crema

**London Broil**

Sliced London Broil, grilled summer squash and potatoes, sweet-sour barbecue sauce

**DESSERT**

*(Choose one)*

**Poached Pear**

Burgundy spiced poached pear, vanilla bean whipped cream

**Coastal Parfait**

Lemon sponge cake, mango mousse, fresh berries

**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. 48-hour cancellation policy in effect. All adult beverages will be charged to your Room Account.*

THURSDAY

Nov.  
11



# Veterans Day

**Thursday, November 11 | 11:30am - 9pm**  
**Seagate Clubs**

## We Salute your Service!

Veterans will receive one free  
adult beverage of their choosing  
in honor of Veterans Day.



# Movie Night

Friday, November 12 | 6pm  
Beach Club - Boardwalk

## **Pixar's *The Good Dinosaur***

Seagate bucket with candy and snacks will be provided for children. Drink specials featuring 5 for \$25 buckets of select beers and hard seltzers will be available for adults.

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

*Reservations not required for movie night, but are strongly encouraged if joining us for dinner prior to the event.*

WEDNESDAY

Nov.  
17



*Why Cook? Wednesdays*

# Mediterranean Night

Wednesday, November 17 | 5pm - 9pm

Adults \$29.95\* | Kids 6 – 12 \$12\* | Kids 5 & Under Complimentary  
The Country Club - Center Dining Room

## STARTER

*(Choose one)*

### Grilled Octopus

Meyer lemon, oregano, kalamata olive, celery, cold pressed olive oil

### Orzo Salad

Orzo, kalamata olives, red onion, cucumber, red onion, pita croutons, lemon/olive oil dressing

### Avgolemono

Greek lemon and egg soup, mini lamb meatballs

## ENTRÉE

*(Choose one)*

### Moroccan Spiced Lamb Sirloin

Roasted lemon potato, grilled fennel, rosemary demi

### Chicken Scaloppini

Sautéed chicken scaloppini, fresh lemon, capers, herb rice pilaf

### Atlantic Cod

Pan-roasted Atlantic cod, dried apricot couscous, citrus gremolata

### Fisherman Stew

Seasonal fish and shellfish, fennel, tomato, chickpeas, saffron broth

## DESSERT

*(Choose one)*

### Semolina Cake

Meyer lemon curd, fresh berries

### Pistachio Rice Pudding

Vanilla bean, lemon zest, chopped pistachio, golden raisins

**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. 48-hour cancellation policy in effect. All adult beverages will be charged to your Room Account.*



# Movie Night

Friday, November 19 | 6pm  
Beach Club - Boardwalk

## **Pixar's *Onward***

Seagate bucket with candy and snacks will be provided for children. Drink specials featuring 5 for \$25 buckets of select beers and hard seltzers will be available for adults.

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

*Reservations not required for movie night, but are strongly encouraged if joining us for dinner prior to the event.*

STARTS  
TUESDAY

Nov.  
23



# Yoga During the Holidays

**November 23, 24 | December 21, 22, 28, 29**

**7am - 8am | \$15 per person**

**Beach Club - Oceanside**

Step away from holiday planning and reconnect to your breath and practice. Roll out your beach towel and join us for a blissful flow that will nurture your body and mind so you can be present in all of the moments of joy that the season brings!

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

*48-hour cancellation policy in effect.*



*Why Cook? Wednesdays*

# Best of the West Chili Cook-Off

**Wednesday, November 24 | 5pm - 9pm**

**Adults \$29.95\* | Kids 6 – 12 \$12\* | Kids 5 & Under Complimentary**

**The Country Club - Center Dining Room**

## **Spicy Texas Chili**

*Black Angus beef, tomato, guajillo,  
and chipotle pepper*

## **White Turkey Chili**

*Ground turkey breast, chickpeas,  
white eggplant*

## **Green Chicken Chili**

*Grilled chicken, roasted poblano peppers,  
tomatillo, cilantro*

## **Three Bean Vegetarian Chili**

*Black, kidney and pinto beans,  
tomato, local squash*

*Served with Tri-color Tortilla Chips, French Fries,  
Pico De Gallo, Sour Cream, Cheddar Cheese*

**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. 48-hour cancellation policy in effect.  
All adult beverages will be charged to your Room Account.*

THURSDAY

Nov.  
25



# Burn Before the Bird

*The Turkey Workout*

**Thursday, November 25 | 8am - 9am**  
**\$10 per person | Wellness Center**

Offering a unique Pre-Thanksgiving high-intensity 60-Minute Workout - burn calories, not the turkey!

Class Level: Intermediate/Advanced

Price includes a 60-minute high-intensity workout with Seagate Wellness professional.

**Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.**  
*48-hour cancellation policy in effect.*



THURSDAY  
Nov.  
25

# Thanksgiving Dinner

Thursday, November 25 | 5pm - 9pm  
Beach Club

## STARTER

*(Choose one)*

### Sweet Potato Bisque

Torched mini marshmallows

### Mixed Green Salad

Brie cheese, candied pecans, shaved pears, pomegranate seeds, strawberry vinaigrette

### Baby Arugula Salad

Baby frisée, dried cranberries, sweet potato, crumbled feta, apple cider vinaigrette

### Roasted Brussel Sprouts

Herb bread crumbs, ricotta cheese & garlic

## ENTRÉE

*(Choose one)*

### Chanterelle Mushroom Risotto \$42\*

Black rice, crispy shallots & parsley, red pepper oil

### Oven-Roasted Turkey Breast \$46\*

Savory stuffing, chestnuts, butternut squash, Brussels sprouts, giblet gravy

### 12oz Grilled Pork Chop \$65\*

Bonito potato purée, vanilla maple butter green beans, sage pan sauce

### 18oz Dry Aged Bone-in Prime Rib \$95\*

Crispy rosemary potatoes, honey roasted baby carrots, peppercorn sauce

### Macadamia Nut Crusted Halibut \$80\*

Black rice, green beans salad, lobster cream sauce

## DESSERT

*(Choose one)*

### Pumpkin Cheesecake

with spiced whipped cream

### Traditional Warm Apple Pie

Vanilla bean ice cream & caramel

**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. 48-hour cancellation policy in effect.*



*Parents' Night Out*

# Dive-In Movie

**Friday, November 26 | 7pm - 9:30pm**

**Children \$25 - Includes Dinner**

**Beach Club - Pool Deck**

## **Disney's Moana**

This is a children's drop-off movie, so parents can leave their children to watch the movie and have dinner, while they enjoy dinner at the Beach Club themselves. Dining reservations are recommended.

*Children must be 5 years or older to participate in drop-off. Please complete your drop-off form prior to your arrival (Form can be requested from the Hotel Concierge). Parents are welcome to stay and enjoy the movie with children under 5 years old.*

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

*All adult beverages will be charged to your Room Account.*



# S'mores in the Courtyard

Friday, November 26 | 6pm - 9pm  
Country Club - Courtyard

Get toasty with dinner,  
followed by complimentary  
s'mores in the Courtyard.

**Reservations requested. To sign up, contact the Hotel Concierge at 561.665.4990.**  
*All adult beverages will be charged to your Room Account.*



*Holiday Series*  
**Junior Golf Camp**

**November 22 - 24, 26 | 9am - 12pm**  
**\$65\* per day | Ages 6 - 14**  
**Country Club - South Practice Range**

Juniors will receive instruction on the full swing, chipping, and putting. Learn basic fundamentals such as grip, stance, and posture. Participants will also learn chipping techniques and how to properly read putting greens. Play games, contests, and win prizes.

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

*\*Plus tax.*



# Thanksgiving Break Kids' Club

**November 22, 23, 24, 26 | 9am - 2pm**  
**\$80\* per day | \$300\* Full Week**  
**Country Club - Kids' Club Room**

It's time for a break! We welcome all kids to become a Kids' Club Member and enjoy daily activities, lunch and games! All kids should come prepared with their own swimsuit and sunscreen.

Complete your drop-off form prior to your arrival.  
*(Form can be requested from the Hotel Concierge.)*

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

*\*Includes activities, lunch and snacks. 48-hour cancellation policy is in effect.*

STARTS  
MONDAY

Nov.  
22



*Fall & Winter Camp*

# Delray Beach Water Sports

**November 22 - 26 & December 20-24 | 9am - 12:30pm**

**\$300 Full Week | \$80 Daily Rate**

**Delray Beach Water Sports Rentals**

Activities Include: Surfing, Paddle Boarding, Beach Games, Beach Dodge Ball, Beach Kick Ball, Swimming Beach, Snorkeling (Bring your own Snorkel), Umbrella for Shade, Marine & Eco Educational Lessons (Live Sea Animals)

What to bring: Water Bottle (Reusable), Snack, Back Pack, Face Mask, Towel, Sandals, Sunscreen face stick & body spray, Change of clothes, Plastic bag for wet clothes, Goggles, Hat, and a good attitude!!!

Surf Camp Highlights:

Lifeguard Certified Instructors | Professional Surf Staff  
1-6 Instructor to Camper Ratio | On Site Weather Shelter  
Marine Education Lessons

**Reservations required.**

**Sign up at Delray Beach Water Sports Rentals at 561.272.7873 or [dbsurfcamp@gmail.com](mailto:dbsurfcamp@gmail.com).**

*Sibling Discount: Pay full price for one child and receive 15% off for the second child*



# Seaside Kids

**Saturdays & Sundays | November 20, 2021 - April 30, 2022**  
**11am - 3pm | Complimentary**  
**Beach Club - Boardwalk**

Join us on Saturdays and Sundays through the season for an afternoon of fun with kids games and crafts. For your enjoyment, Seaside Kids will also be at the Beach Club during the holidays.

**Reservations not required.**

## 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: 7am - 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**  
7am - 11am | Mon. - Fri.  
7am - 9am | Sat. & Sun.

**Brunch**  
9am - 2:30pm | Sat. & Sun.

**Lunch**  
11am - 2:30pm | Mon. - Fri.

**Dinner**  
5:30pm - 10pm | Sun., Tue. - Thu.  
5:30pm - 11pm | Fri. & Sat.

**Happy Hour**  
4pm - 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 - 3pm | Daily

**Lite Fare**  
3pm - 9pm | Daily

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

**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

#### Reservations

Call 561-498-8070

#### 19TH HOLE

#### Continental Breakfast

7am - 10:30am | Daily

#### Menu with Grab & Go Option

7am - 3pm | Daily

#### Beverage Cart

9am - 4pm | Tuesday - Sunday

#### UPSTAIRS DINING

#### Lunch Service

Center Dining Room  
11am - 2pm | Tuesday - Saturday

#### Lounge Menu

Grill Bar  
3pm - 7:30pm | Tuesday - Saturday

#### Happy Hour

4pm - 6pm | Tuesday - Friday

#### Dinner Service

Center Dining Room  
5pm - 9pm | Wednesday - Friday



### 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)



## It's time to visit the Seagate Spa, now featuring DOCTOR BABOR Facials.

60 Minutes | \$180

80 Minutes | \$230

Specific and focused on individual skin challenges, these prescription therapies are just what the doctor ordered. Our expert skin therapists will customize an advanced cosmeceutical treatment to obtain your optimal skin care results. Combining high-performance cosmeceuticals with an indulgent facial experience, this highly-experiential treatment leaves you completely relaxed with results you can see and feel.



SEAGATE  
SPA

To book your appointment,  
call 561-665-4950.