

SADDLEBROOK RESORT

LABOR DAY WEEKEND 2010

Here Comes the Sun and Fun after Working the Invoked Beatles' Proverbial Eight Days a Week...

So Let Your Troubles, Work, or School Seem So Far Away! We Spy a Weekend of Fun for the Kids and Teens Since [schoolsout\(hooray!\).com](http://schoolsout(hooray!).com)

Let It Be a Perfect Wrap of Summertime!

Friday, September 3, 2010

- 8am - 8:45am **Morning Power Walk:** An invigorating wake up to freedom! Meet at *Swim Shop*. Complimentary
- 8am - 8:30am **Free Golf Clinic (Touch 4653) or Free Tennis Clinic (Touch 4556):** It's a day off, so tee off or hit the courts! Reserve your spot 12 hours in advance.
- 9am - 4pm **S'Kids Club:** We Spy... Finally Friday Fun. TGIF! Ages 4-12. Meet at *Swim Shop*. Advanced registration required, touch 4202 for more information.
- 2pm - 2:30pm **Intro to Fitness:** Designed to orient or re-adapt you to the gym and the proper use of weights and machines. Reserve your spot 12 hours in advance. Meet in *Fitness Center*. Complimentary.
- 3pm - 3:30pm **Free Golf Clinic (Touch 4653) or Free Tennis Clinic (Touch 4556):** It's still a day off, so tee off or hit the courts! Reserve your spot 12 hours in advance.
- 8pm - 11pm **Poolside Entertainment:** Join us by the *Superpool* for great lively entertainment!

~ Each evening, dine in the popular Dempsey's Steakhouse or T.D.'s Sport Bar, the eclectic Tropics or Tropics Lounge, or the casual Poolside Café. 24-hour Room Service and the Deli Service with groceries are for your convenience. Socialize at the Poolside Café or Ice Cream Shoppe until 9pm, and the Pool Bar until 11pm. ~

Saturday, September 4, 2010

- 8am - 8:45am **Morning Power Walk:** An invigorating wake up to freedom! Meet at *Swim Shop*. Complimentary
- 8am - 8:30am **Free Golf Clinic (Touch 4653) or Free Tennis Clinic (Touch 4556):** It's a day off, so tee off or hit the courts! Reserve your spot 12 hours in advance.
- 9am - 10am **Pilates Class:** Cultivate strength, flexibility, power, and "... give peace a chance." Meet at *Swim Shop*. \$20 per person.
- 9am - 4pm **S'Kids Club:** We Spy... Everybody's Birthday Fun. Ages 4-12. Meet at *Swim Shop*. Advanced registration required, touch 4202 for more information.
- 9am - 5pm **Magical Mystery Candy Guess:** Can you spies and detectives guess how many candies are in the jar? Come by the *Swim Shop* to guess. Winner will be announced at 5pm.
- 11am - 3pm **Poolside Barbeque:** Come together as you are! *Poolside Café*. \$9.95 per person.*
- 12pm - 12:30pm **Aqua Gym:** Refreshing recreation. Meet by the *Swim Shop*. Complimentary.
- 12pm - 4pm **Poolside Entertainment:** Join us at the *Superpool* to chill-out enjoying great entertainment!
- 1pm **I Spy... Creative Patriotic Picture Frame:** Celebrate freedom! *Dempsey's Patio*. Complimentary.
- 3pm - 3:30pm **Free Golf Clinic (Touch 4653) or Free Tennis Clinic (Touch 4556):** It's still a day off, so tee off or hit the courts! Reserve your spot 12 hours in advance.
- 5pm **Magical Mystery Candy Guess Winner Announcement!** Claim your prize, Master Detective! *Swim Shop*.
- 5pm - 6pm **Wine and Cheese Reception:** Adults enjoy a tasting of American cheeses paired with our favorite wines.
- Children's Social Hour:** Come to our fun-filled supervised get-together to decorate cookies, color with secret messages, and play the "I Spy" Wii challenge. *Tropics Lounge*. Complimentary.

~ See our delightful dining options with mouth-watering food and impeccable service. ~

- 7:30pm **3-D Movie:** It's show time! Join us for "Spy Kids 3-D: Game Over" (PG). Popcorn, refreshments, and glow toys provided! *Pegasus East*. Complimentary.
- 9pm - 1am **Lively Entertainment:** Join us for some great entertainment by the dance floor in *Tropics Lounge!*

Sunday, September 5, 2010

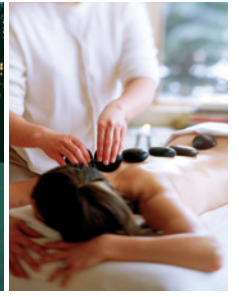
- 8am - 8:45am **Morning Power Walk:** An invigorating wake up to freedom! Meet at *Swim Shop*. Complimentary.
- 9am - 10am **Pilates Class:** Cultivate strength, flexibility, power, and "... give peace a chance." Meet at *Swim Shop*. \$20 per person.
- 9am - 4pm **S'Kids Club: We Spy...** Seasonal Sunday Fun. Ages 4-12. Meet at *Swim Shop*. Advanced registration required, touch 4202 for more information.
- 9am - 5pm **Magical Mystery Candy Guess:** Can you spies and detectives guess how many candies are in the jar? Come by the *Swim Shop* to guess. Winner will be announced at 5pm.
- 11am - 3pm **Poolside Barbeque:** Come together as you are! *Poolside Café*. \$9.95 per person.*
- 12pm - 4pm **Poolside Entertainment:** Join us at the *Superpool* to chill-out enjoying great entertainment!
- 1pm - 2pm **I Spy... Tie-Dye Shirts:** Imagine... be as imaginative as you dare! *Grand Marquee Lawn*. \$10 per t-shirt.
- 3pm **I Spy... A Wet & Wild Balloon Toss:** Play if you dare! *Grand Marquee Lawn*.
- 5pm **Magical Mystery Candy Guess Winner Announcement!** Claim your prize, Master Detective! *Swim Shop*.
- ~ See our delightful dining options with mouth-watering food and impeccable service. ~
- 8.30pm **Dive-In Movie:** Join us for a popular family film, "The Spy Next Door" (PG). Popcorn and inflatables provided! *Superpool*. Favorite snacks, refreshments, candy, and ice cream available at *Poolside Café* and the *Ice Cream Shoppe*.
- 9pm - 1am **Lively Entertainment:** Join us for some great entertainment by the dance floor in *Tropics Lounge!*

Monday, September 6, 2010 - ENJOY LABOR DAY!

- 8am - 8:45am **Morning Power Walk:** An invigorating wake up to freedom! Meet at *Swim Shop*. Complimentary.
- 8am - 8:30am **Free Golf Clinic (Touch 4653) or Free Tennis Clinic (Touch 4556):** It's a day off, so tee off or hit the courts! Reserve your spot 12 hours in advance.
- 9am - 10am **Pilates Class:** Cultivate strength, flexibility, power, and "... give peace a chance." Meet at *Swim Shop*. \$20 per person.
- 9am - 4pm **S'Kids Club: We Spy... Animal Adventure Day –** Interesting and intriguing time. Ages 4-12. Meet at *Swim Shop*. Advanced registration required, touch 4202 for more information.
- 11am **I Spy... All Kinds of Awesome Build-A-Bear Buddies:** *Dempsey's Patio*. \$10 for small animals and \$15 for large animals.
- 3pm - 3:30pm **Free Golf Clinic (Touch 4653) or Free Tennis Clinic (Touch 4556):** It's still a day off, so tee off or hit the courts! Reserve your spot 12 hours in advance.

*An 18% gratuity and applicable taxes will be added.
In case of inclement weather, please touch 4202 for alternate location or activities





Welcome to Saddlebrook Resort • September 2010

DINING AT SADDLEBROOK

In-Room Dining

Available 24 Hours. *Touch 4750.*

Dempsey's Steak House

Open nightly from 6 pm to 10 pm
Touch 4574.

Tropics Restaurant & Lounge

Open for breakfast from 6:30 am to 11 am Monday to Friday and until noon on Saturday and Sunday.
Open for lunch from 11 am to 3 pm Monday to Friday.
Touch 4441.

T.D.'s Sports Bar

Open from noon to midnight on Saturday and Sunday and from 5 pm to midnight Monday to Friday.
Touch 4572.

Poolside Café

Open daily from 7:30 am.
Touch 4206

Pool Bar

Open daily from 11 am.
Touch 4224

Coffee Bar

Open daily from 6 am.

ACTIVITIES

Golf

Our golf courses are available for daily play from 8 am and tee times are booked through our Golf Shop. *Touch 4566.*

Our Play With A Pro program (4 hours) is offered both in the morning and the afternoon and can be booked through our Arnold Palmer Golf Academy office. *Touch 4653.*

Daily 30-Minute Golf Clinics are offered at no cost Monday through Saturday at 8 am and 3 pm, and you must reserve your spot 12 hours in advance. *Touch 4653.*

Tennis

You may play tennis from 8 am and through the evening (we have 5 lighted courts) by booking your court time through our Tennis Shop. *Touch 4556.*

The Hopman Tennis Program offers instruction for players of all levels, morning and afternoon. *Touch 4200.*

Daily 30-Minute Tennis Clinics are offered at no cost Monday through Saturday at 8 am and 3 pm, and you must reserve your spot 12 hours in advance. *Touch 4556.*

Swimming

Our half-million gallon Superpool has lap lanes, water basketball hoops and water volleyball nets and is open from 6 am to 11 pm. The Swim Shop is open from 8 am to 6 pm with towels, sun screen, etc. *Touch 4202.* Our Serenity Pool is located behind Dempsey's Steak House and is reserved for adults 18 and over. There is a third pool at our Sports Village, next to the Fitness Center.

RECREATION & MORE

In addition to golf and tennis, guests can rent bicycles at the Swim Shop and bike around the resort. Maps with measured distances and routes are available for biking, walking, or jogging.

The Swim Shop also has fishing rods which can be used at selected lakes. *Touch 4202.*

Basketball and Volleyball play are available at our Sports Village and balls can be obtained at the Fitness Center. *Touch 4502.*

The Saddlebrook Kids Club (S'Kids Club)

Designed for kids ages 4 - 12, offers a variety of fun and stimulating, supervised activities from 9 am to 4 pm each day. Charges vary depending on half-day or full-day sessions and the number of children. Registration is required 24-hours prior. *Touch 4202*

The Spa

The Spa, open from 9 am to 8 pm Friday and Saturday and from 9 am to 6 pm Sunday, and Tuesday through Thursday, offers a variety of services and treatments for both men and women. The Salon is located within The Spa, and both provide services by appointment. *Touch 4419.*

Fitness Center

State-of-the-art cardiovascular and strengthening equipment plus free-standing weights are available for resort guests at our Fitness Center located at the Sports Village. Advanced physical training at our Elite Training Center, located next to the Fitness Center, and personal trainers are available with prior reservations. The Fitness Center is open from 6 am to 8 pm Monday through Friday and 7 am to 6 pm Saturday and Sunday. For fitness activities, tennis shoes and workout clothes are required. Ages 14 and up welcome. *Touch 4502.*

WEEKLY SCHEDULE - September 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	8:00 - 8:30am Free Golf Clinic Free Tennis Clinic 8:00 - 8:45am Morning Power Walk	
9am	9:00 - 9:30am Core & Stretching			9:00 - 9:30am Core & Stretching			
10am		10:00 - 11:00am Pilates				10:00 - 11:00am Pilates	
1pm						1:00 - 2:00pm Family Craft Hour	1:00 - 2:00pm Pool Games
2pm	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*	2:00 - 2:30pm Intro to Fitness*
3pm	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	3:00 - 3:30pm Free Tennis Clinic Free Golf Clinic	
5pm						5:00 - 6:00pm Wine Tasting	
8pm						8:30 Dive-In Movie	

Morning Power Walk (45 minutes) - Get your morning started off right! Meet at the Swim Shop for an invigorating 45-minute power walk led by one of our Fitness Instructors. Free to all members and guests.

Core and Stretching (30 minutes) - Relax your mind and your body during this 30-minute stretching and core-strengthening routine. Meet by the Swim Shop. \$10

Pilates (1 hour) - Participate in our brand new Pilates classes to strengthen your core and help posture, low-back pain, and overall health. Meet by the Swim Shop. \$20

Intro to Fitness (30 minutes) - Designed for people who are new to fitness or who have been out of the gym for a while and are looking for instruction on the proper use of machines and weights. Meet in the Fitness Center. Free to all members and guests. *12 hour advance sign-up required.*

Family Craft Hour (1 hour) - Come join us each week for a different family-friendly activity that guests of all ages can enjoy. Meet by the Swim Shop. Free to all members and guests.

Pool Games (1 hour) - Come hang out in the pool and enjoy a variety of games led by a member of the Guest Activities Team. Meet by the Swim Shop. Free to all members and guests.

Wine Tasting with Flight of Cheeses (1 hour) - Complimentary reception featuring American regional cheeses paired with California's favorite wines. Children welcome to their own fun, supervised gathering. Meet in the Tropics Lounge.

Dive-In Movie (Approx. 90 minutes) - It's showtime! Join us for a family-friendly movie at the Superpool with inner tubes and popcorn provided.



The Saddlebrook lifestyle can be available to you and your family year round. For information, touch 4402 for Saddlebrook Real Estate.