

# 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
JUNE 26	JUNE 27	JUNE 28	JUNE 29	JUNE 30	JULY 1	JULY 2
<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>10:00am</b> Gentle Stretch	<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>8:00am</b> Zumba
	<b>8:30am</b> Aquabilities		<b>5:00pm</b> Pickleball Clinic	<b>8:30am</b> Aquabilities		<b>8:30am</b> Aquabilities
	<b>9:00am</b> Aquabilities		<b>5:30pm</b> Stretch on the Rooftop			<b>9:00am</b> Seagate Sweat
			<b>6:00pm</b> Pickleball Mixer			
JULY 3	JULY 4	JULY 5	JULY 6	JULY 7	JULY 8	JULY 9
<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>10:00am</b> Gentle Stretch	<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>8:00am</b> Zumba
	<b>8:30am</b> Aquabilities		<b>5:00pm</b> Pickleball Clinic	<b>8:30am</b> Aquabilities		<b>8:30am</b> Aquabilities
	<b>9:00am</b> Aquabilities		<b>5:30pm</b> Stretch on the Rooftop			<b>9:00am</b> Seagate Sweat
			<b>6:00pm</b> Pickleball Mixer			
			<b>6:30pm</b> Guided Meditation			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

# Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 10	JULY 11	JULY 12	JULY 13	JULY 14	JULY 15	JULY 16
<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>10:00am</b> Gentle Stretch	<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>8:00am</b> Zumba
	<b>8:30am</b> Aquabilities		<b>5:00pm</b> Pickleball Clinic	<b>8:30am</b> Aquabilities		<b>8:30am</b> Aquabilities
	<b>9:00am</b> Aquabilities		<b>5:30pm</b> Stretch on the Rooftop			<b>9:00am</b> Seagate Sweat
			<b>6:00pm</b> Pickleball Mixer			
JULY 17	JULY 18	JULY 19	JULY 20	JULY 21	JULY 22	JULY 23
<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>10:00am</b> Gentle Stretch	<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>8:00am</b> Zumba
	<b>8:30am</b> Aquabilities		<b>5:00pm</b> Pickleball Clinic	<b>8:30am</b> Aquabilities		<b>8:30am</b> Aquabilities
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			<b>6:00pm</b> Pickleball Mixer			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

# Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 24	JULY 25	JULY 26	JULY 27	JULY 28	JULY 29	JULY 30
<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>10:00am</b> Gentle Stretch	<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>8:00am</b> Zumba
	<b>8:30am</b> Aquabilities		<b>5:00pm</b> Pickleball Clinic	<b>8:30am</b> Aquabilities		<b>8:30am</b> Aquabilities
	<b>9:00am</b> Aquabilities		<b>5:30pm</b> Stretch on the Rooftop			<b>9:00am</b> Seagate Sweat
			<b>6:00pm</b> Pickleball Mixer			
JULY 31	AUG 1	AUG 2	AUG 3	AUG 4	AUG 5	AUG 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>10:00am</b> Gentle Stretch	<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>8:00am</b> Zumba
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## 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**  
**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*

## EMPOWERED ROTATION YOGA

**Yacht Club Roof Top**  
**Wednesdays | 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*

## 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**  
**Saturdays | 9am - 9:30am**  
**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*

## 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.



# PIE EATING *Contest*

**Friday, July 1 | 4pm - 5pm**

**Complimentary | Country Club - Main Ballroom**

Eat your heart out this Independence Day Weekend during our Pie Eating contest, with your choice of cherry, apple or blueberry pie.

Enjoy Happy Hour pricing in the Grill Bar while watching your friends and family dig in for the win!

## PIE EATING CONTEST RULES AND REGULATIONS

1. The contest is open to all ages, contestants under the age of 18 will be required to have their parent or guardian sign the contest application form.
2. There is a maximum of 20 contestants.
3. Whoever finishes their pie first is the winner!
4. The winner will receive a Trophy & bragging rights.
5. The Pie Eating Judges have the final say.
6. Oh, by the way, contestants will not be permitted to use their hands. Contestants will be allowed to use their hands to drink water.

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



# RED, WHITE & BLUE WORKOUT

Monday, July 4 | 9am - 10am  
\$10 per person | Country Club - Wellness Center

Join the Wellness Team for a 4th of July themed workout. Wear your red, white, and blue and come ready to sweat!

All levels welcome!

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





# INDEPENDENCE DAY BBQ

Monday, July 4 | 12pm - 3pm

Adults \$25\* | Kids 6 - 12 \$10\* | Kids 5 & Under Complimentary  
Country Club - Courtyard

## SALAD BAR

Avocado & Corn Salad  
Coleslaw  
Pasta Salad  
Red Skin Potato Salad  
Cobb Salad Bar

## CHARCOAL GRILL

Veggie Burger  
Cheese Burger  
Blackened Salmon  
Sausage & Peppers  
BBQ Chicken Drumsticks

## SIDES

Sautéed Seasonal  
Vegetables  
Lyonnaise Potatoes  
Corn on the Cobb

## DESSERTS

Ice Cream Sandwiches | Brownie Bites | Fresh Fruit | Cookies

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

*\*Plus tax and gratuity. All adult beverages will be charged to your Room Account.*



# 4th of July Celebration

## AT THE BEACH CLUB

**Monday, July 4 | 11:30am - 8pm**  
**Adults \$45\* | Ages 6 - 12 \$19\* | Kids 5 & Under Complimentary**  
**Beach Club**

Celebrate Independence Day at the Beach Club!  
Join us for an All-American style cookout buffet  
featuring traditional BBQ favorites. Entertainment  
provided by a local DJ.

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### SALAD BAR

Mediterranean Watermelon Salad  
Roasted Pumpkin & Green Bean Salad  
Three Potato Salad  
Macaroni Salad  
Tropical Coleslaw  
Summer Greens Salad

### CHEF ATTENDED STATION

Swordfish Kabobs  
Classic Burgers  
Grilled Skirt Steak  
Wagyu Hot Dogs  
Bratwurst

### FROM THE CHAFERS

Roasted Vegetable Medley  
Brussel Sprouts with Bacon Vinaigrette  
Street Corn  
Curly Fries  
Baked Mac & Cheese  
Jerk Jumbo Shrimp  
Chicken Tenders  
Cajun Seafood Boil  
Hickory Smoked Half Chicken  
Peach BBQ Baby Back Ribs

### DESSERT STATION:

Peach Cobbler | Apple Pie | Cookies  
Fruit Shortcake | Fresh Fruit Cups

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**Dining reservations are required.**  
**For dining reservations, please contact the Beach Club**  
**or visit [OpenTable](#).**

*\*Plus tax and gratuity.  
Regular dining menu will not be offered during event.*



DELRAY BEACH

# FIREWORKS

AT THE BEACH CLUB

Monday, July 4 | 7pm - 9:30pm  
Beach Club - Oceanside

The Seagate Beach Club's Beach will be open by reservation only for viewing the Delray Beach fireworks show. The Pool Deck Bar will be available along with pre-reserved beach baskets for your enjoyment.

When reserving your spot for the firework viewing, beach basket ordering will be available at the Hotel Concierge.

**BEACH  
BASKET**  
**\$79\***

Includes a charcuterie box featuring assorted meats and cheeses, fig jam, apricot spread and truffle honey. Also includes a bottle of your choice: Ramey Chardonnay, Pazo de Lusco Albarino, Talbot Pinot Noir, or Daou Cabernet Sauvignon.

*Basket must be pre-ordered by Tuesday, June 28.*

*Dining reservations in the Clubhouse will be held separate from the beach viewing. Please visit the Hotel Concierge or call for availability.*

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

*\*Plus tax and gratuity.*



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.*

# Caftans & Cocktails

**Thursday, July 14 | 4pm - 6pm**  
**The Seagate Hotel**

Shop the latest styles with our AQUA retail TEAM. Seagate Members enjoy 20% off retail pricing!

Enjoy specialty complimentary cocktail and seasonal lite bites, while learning tips and tricks on the newest fashion trends and load up on your summer must-haves.

**To RSVP, visit the Hotel Concierge.**

*Charge bar will be available.*





# Shucks, We are Halfway through Summer

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## HAPPY HOUR

**Friday, July 29 | 5pm - 7pm**  
**Country Club - Grill Bar**

Join us for the "Halfway through Summer" Happy Hour! We will be shucking oysters and enjoying some summer cocktail specials.

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

# Summer Sunset Menu

Wednesdays, starting June 1 | 5pm - 8pm

Adults \$20.95\* | Kids 6 - 12 \$10.95\* | Kids 5 & Under Complimentary  
Country Club - Center Dining Room

Join us for the summer sunset series, featuring a special 3-course menu on Wednesdays, all summer long.

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

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





# Menu

## SOUP & SALAD

All menu Options are served with your choice of  
Chef's Soup, Market Salad or a Caesar Salad

## ENTRÉES

### Herb Crusted Prime Rib

Au Jus & Horseradish Crème Fraiche, Yukon Gold Mashed Potato

### Grilled Local Swordfish

Preserved Lemon Compound Butter & Sautéed Spinach

### Pan Roasted Organic King Salmon

Ginger Orange Beurre Blanc, Lemongrass Scented Jasmine Rice, Soy Glazed Green Beans

### Bell and Evans Chicken Picatta

Sautéed Chicken Breast, Lemon Caper Butter Sauce, handmade Spaghetti Noodles

### Broiled Prime Filet Mignon

Six-Ounce Prime Filet Mignon, Local Tomato and Balsamic Fondue, Truffle Salt Fries

### Kung Pao Cauliflower

Wok Roasted Cauliflower, Cashews, Red Peppers, Tamari Soy Glaze, Sesame Soba Noodles

### Crab Stuffed Shrimp

Blue Crab Stuffed Jumbo Shrimp, Summer Corn and Bacon Succotash, Old Bay Butter

## DESSERT

### Ice Cream Sundae Bar

Choose from Vanilla, Chocolate, Coffee, or Oreo Cookie Ice Cream with Your Favorite Toppings to include Sprinkles, Caramel, Hot Fudge, Whipped Cream, Cookie Crumbles, Brownie, Chocolate Sauce, and Cherries

# GUIDED MEDITATION

**Wednesday, July 6 | 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.*



# FULL MOON YOGA

**Tuesday, July 12 | 7:30pm - 8:30pm**  
**Member \$10 | Member Guest & Hotel Guest \$20**  
**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.*

# summer SEASIDE KIDS activities

**Weekly Thursdays - Sundays | 11am - 3pm**

**Members & Guests Complimentary | Beach Club - Oceanside**

Drop by the Seaside Kids tent for fun family-friendly activities and crafts all Summer. You never know what game we may be playing so swing by and have fun!

*Seaside Kids activities will be extended during the holidays.  
Please check your Member Website for scheduling.*



A photograph of four children (two boys and two girls) standing on a sandy beach at sunset. They are all smiling and have their arms around each other. The boy on the far left is wearing blue patterned shorts. The boy next to him is wearing orange shorts. The girl next to him is wearing a black and pink floral bikini. The girl on the far right is wearing a black and pink one-piece swimsuit. The background shows a beach with trees and a bright sunset sky.

# Delray Beach Water Sports

## SUMMER CAMP

**June & July, Monday - Friday | 9am - 12:30pm**  
**Ages 5 - 15 | \$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

**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*

# Summer KIDS' CAMP

**Tuesday, June 7 - Friday, August 12 | 9am - 2pm**  
**Kids 5 - 12 | \$80\* per day | \$300\* per week**  
**Country Club - Kids' Club Room**

It's officially summer and Kids' Camp is back!  
Campers ages 5-12 are welcome to join us for all of the best  
summer activities led by Seagate professionals and your  
favorite Kids' Club Counselors.

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

*\*Plus tax and gratuity.*



## TUESDAY SCHEDULE

9am: Kids Arrive & Check In

9:30am: Snack Time

10am: Swimming

11:30am: Lunch in Kids' Club

12:15pm: Golf

2pm: Pick Up

## WEDNESDAY SCHEDULE

9am: Kids Arrive & Check In

9:30am: Snack Time

10am: Swimming

11:30am: Lunch in Kids' Club

12:15pm: Tennis

2pm: Pick Up

## THURSDAY SCHEDULE

9am: Kids Arrive & Check In

9:30am: Fitness Center/Snack

10:30am: Swimming

12:15pm: Lunch in Kids' Club

1pm: Craft/Organized Activity

2pm: Pick Up

## FRIDAY SCHEDULE

9am: Kids Arrive & Check In

9:30am: Snack Time

10am: Swimming

11:30am: Lunch in Kids' Club

12:15pm: Field Day/Wild Card

2pm: Pick Up

## TUESDAY

### MORNING SNACKS

Assorted Yogurts | Granola Bars  
Seagate Water & Juices

### LUNCH

Cheesy Pizza with steamed broccoli and carrots  
Water, Lemonade, Assorted Gatorades & Juice Boxes

### AFTERNOON SNACKS

Ice Pops, Chocolate Chip Cookies, or Brownies

## WEDNESDAY

### MORNING SNACKS

Assorted Yogurts | Granola Bars  
Seagate Water

### LUNCH

Deli Box: Sliced turkey meat, cheese, red grapes  
and gluten free crackers  
Water, Lemonade, Assorted Gatorades & Juice Boxes

### AFTERNOON SNACKS

Ice Pops, Chocolate Chip Cookies, or Brownies

## THURSDAY

### MORNING SNACKS

Assorted Yogurts | Granola Bars  
Seagate Water

### LUNCH

Crispy Chicken Fingers with French Fries  
Water, Lemonade, Assorted Gatorades & Juice Boxes

### AFTERNOON SNACKS

Ice Pops, Chocolate Chip Cookies, or Brownies

## FRIDAY

### MORNING SNACKS

Assorted Yogurts | Granola Bars  
Seagate Water

### LUNCH

Hot Dog or Cheeseburger with chips  
Water, Lemonade, Assorted Gatorades & Juice Boxes

### AFTERNOON SNACKS

Ice Pops, Chocolate Chip Cookies, or Brownies

\*\*GLUTEN FREE ITEMS AVAILABLE UPON REQUEST\*\*

## The Seagate Hotel & Spa

### AQUA RESORTWEAR

**Hours**  
10am - 7pm | Tue. - Sat.  
10am - 6pm | Sun. & Mon.

**Phone**  
561-665-4940

### ETC. CAFÉ & GIFTS

**Hours**  
Café: 6:30am - 6pm | Daily  
Gifts: 6:30am - 8pm | Daily

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

### FITNESS CENTER

**Hours**  
24 Hours

### HOTEL POOL

**Hours**  
7am - 8pm

### 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

**Brunch**  
10am - 3pm | Saturday & Sunday

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

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

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

**Dinner Service**  
5pm - 8pm | Sunday - Thursday  
5pm - 9pm | Friday & Saturday

**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

#### COMPLIMENTARY COFFEE & BAGELS

##### 19th Hole

7am - 10:30am | Tuesday - Sunday

#### BISTRO DINING MENU ONLY

##### Courtyard and 19th Hole

11:30am - 4pm | Tuesday - Sunday

##### Upstairs Dining

4pm - 8pm | Friday Only

#### Summer Sunset Menu

5pm - 8pm | Wednesday

Reservations Recommended

#### Bar Menu

4pm - 7pm | Thursday, Saturday &

Sunday

#### Happy Hour

4pm - 7pm | Tuesday - Friday

#### Beverage Cart

9am - 4pm | Tuesday - Sunday

#### Reservations

Call 561-665-4990

**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)



# TRANQUIL TUESDAYS

Every Tuesday, indulge in a 90-minute massage or facial for the base price of the 60-minute service.



SEAGATE  
SPA

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

*\*Some exclusions may apply. Available May 31 - August 30, 2022.*