



Welcome!

JUNE 2021

   @TheSeagateHotel

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.



STARTS
MONDAY

June
7

Delray Beach Water Sports

Summer Camp

Mondays - Fridays | 9am - 12:30pm | Ages 5 - 15
Delray Beach Water Sports Rentals | \$300 Week | \$80 Daily

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

WEEK 1 | June 7 - 11
WEEK 2 | June 14 - 18
WEEK 3 | June 21 - 25
WEEK 4 | June 28 - July 2
WEEK 5 | July 5 - 9
WEEK 6 | July 12 - 16
WEEK 7 | July 19 - 23
WEEK 8 | July 26 - 30
WEEK 9 | August 2 - 6
WEEK 10 | August 9 - 13
WEEK 11 | August 16 - 20
WEEK 12 | August 23 - 27

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, Backpack, 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 by calling 561.272.7873

Reservations required.

STARTS
TUESDAY

June
8



Seagate Summer Kids' Club

Tuesdays - Fridays | June 8 - August 6
9am - 2pm | Seagate Country Club - Kids' Club
\$300 Week | \$80 Daily Drop-off

Kids' Camp will provide daily instruction and activities provided by our Seagate professionals, including: golf, tennis, yoga, swimming, games and more!

Morning and afternoon snacks will be provided, along with lunch.

Camp Group Sizes:
10 children | Ages 5 - 8
10 children | Ages 9 - 12
(1:10 ratio of counselor to child)

To sign up, please contact the hotel concierge at 561.665.4990.
Reservations required. 48-hour cancellation policy in effect.

STARTS
THURSDAY

June
9



Summer Racquets Clinic

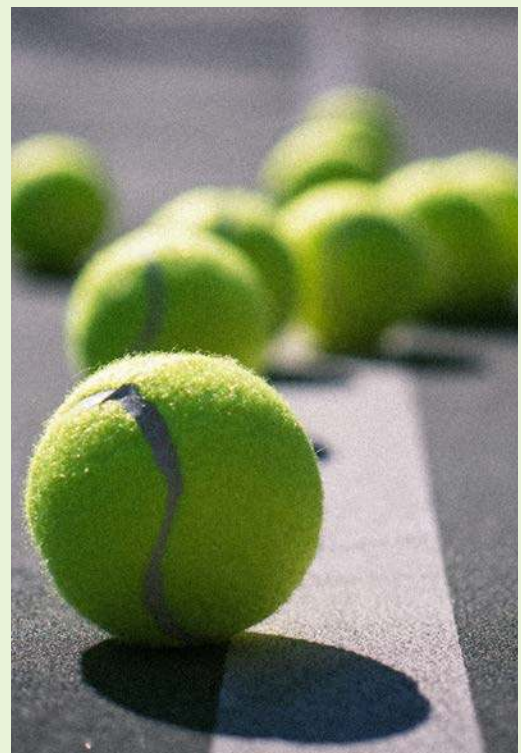
Wednesdays, Thursdays, Fridays | June 9 - August 6 | 2pm - 3pm
\$50 Week | \$30 Day | Juniors (Ages 7 - 12)

Participate in a variety of active tennis drills and games following summer camp.

To sign up, please contact the hotel concierge at 561.665.4990.

Reservations required.

48-hour cancellation policy in effect.



Paint & Sip

5:30pm - 7:30pm

\$60** Guests

Country Club Veranda

Release your inner Picasso!

Participants will work at individual easels while enjoying *unlimited* house red or white wine.

To sign up, please contact the hotel concierge at 561.665.4990.

Reservations required. Deadline to sign up is June 14. Additional beverages are available a la carte.

***Plus tax and gratuity.*

THURSDAY

June
17



FRIDAY

June
18

Father's Day Dinner

Celebrate Early

5:30pm - 8:30pm | \$75** Adults

\$20** Kids 5 - 14

Country Club Dining Room

Father's Day Surf & Turf dinner paired with a complimentary scotch flight.

While you are dining, enjoy some laughs from local comedian, Peter Fogel.

To sign up, please contact the hotel concierge at 561.665.4990.

Reservations required. Pre-set menu, regular dinner menu not available.

***Plus tax and gratuity.*



STARTS
FRIDAY

June
18

Father's Day Weekend

at The Seagate Beach Club



Friday, June 18 | 8:30pm

Movie at the Beach | *The Sandlot*

Saturday, June 19 & Sunday, June 20 | 12pm - 3pm

Seagate Beach Grill Out

Sunday, June 20th

Entertainment by DJ Steve Seeger | 12pm - 4pm

**Weekend Drink Specials
on select Bourbons and Beers**

For dining reservations at The Beach Club,
please contact the hotel concierge at 561.665.4990

STARTS
TUESDAY
June
22

Junior Golf Summer Camp

June 22 - 25 | July 13 - 16 | 9am - 12pm
South Range | \$225 Full Camp | \$60 per Day Drop-In
Open to Members & Guests Ages 6 - 14

Come learn basic golf fundamentals,
and play fun games.

Receive 3 hours of instruction ranging from
full swing, short game, and putting. Learn
about course maintenance and etiquette.

There will be contests, prizes, and more!

To sign up, please visit your Member Portal.

Reservations required.

48-hour cancellation policy in effect.



Activity Schedule

HOTEL

BEACH CLUB

COUNTRY CLUB

RACQUETS CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 30	MAY 31	JUNE 1	JUNE 2	JUNE 3	JUNE 4	JUNE 5
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Water Aerobics	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
9:00am Seagate Sweat	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Skills Tennis Clinic	8:00am Aerobics	9:00am Water Aerobics	8:00am Zumba
1:00pm Surf's Up Sundays	8:30am Water Aerobics	6:00pm Seagate Sweat	4:30pm Youth Movement Class	8:30am Water Aerobics	9:00am Cardio Tennis Clinic	8:30am Water Aerobics
	3:30pm Junior Tennis Clinic		5:00pm Pickleball Clinic	6:00pm Seagate Sweat	10:00am Gentle Stretch	
			6:00pm Pickleball Mixer		8:30pm Movie Night	
JUNE 6	JUNE 7	JUNE 8	JUNE 9	JUNE 10	JUNE 11	JUNE 12
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Water Aerobics	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
9:00am Seagate Sweat	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Skills Tennis Clinic	8:00am Aerobics	9:00am Water Aerobics	8:00am Zumba
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	3:30pm Junior Tennis Clinic		5:00pm Pickleball Clinic	6:00pm Seagate Sweat	10:00am Gentle Stretch	
			6:00pm Pickleball Mixer		8:30pm Movie Night	

Activity Schedule

HOTEL

BEACH CLUB

COUNTRY CLUB

RACQUETS CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 13	JUNE 14	JUNE 15	JUNE 16	JUNE 17	JUNE 18	JUNE 19
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Water Aerobics	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
9:00am Seagate Sweat	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Skills Tennis Clinic	8:00am Aerobics	9:00am Water Aerobics	8:00am Zumba
1:00pm Surf's Up Sundays	8:30am Water Aerobics	6:00pm Seagate Sweat	4:30pm Youth Movement Class	8:30am Water Aerobics	9:00am Cardio Tennis Clinic	8:30am Water Aerobics
			5:00pm Pickleball Clinic	6:00pm Seagate Sweat	10:00am Gentle Stretch	
			6:00pm Pickleball Mixer		8:30pm Movie Night	

JUNE 20	JUNE 21	JUNE 22	JUNE 23	JUNE 24	JUNE 25	JUNE 26
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Water Aerobics	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Skills Tennis Clinic	8:00am Aerobics	9:00am Water Aerobics	8:00am Zumba
	8:30am Water Aerobics	6:00pm Seagate Sweat	4:30pm Youth Movement Class	8:30am Water Aerobics	9:00am Cardio Tennis Clinic	8:30am Water Aerobics
			5:00pm Pickleball Clinic	6:00pm Seagate Sweat	10:00am Gentle Stretch	
			6:00pm Pickleball Mixer		8:30pm Movie Night	

Activity Schedule

HOTEL

BEACH CLUB

COUNTRY CLUB

RACQUETS CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 27	JUNE 28	JUNE 29	JUNE 30	JULY 1	JULY 2	JULY 3
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Water Aerobics	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Skills Tennis Clinic	8:00am Aerobics	9:00am Water Aerobics	8:00am Zumba
	8:30am Water Aerobics	6:00pm Seagate Sweat	4:30pm Youth Movement Class	8:30am Water Aerobics	9:00am Cardio Tennis Clinic	8:30am Water Aerobics
			5:00pm Pickleball Clinic	6:00pm Seagate Sweat	10:00am Gentle Stretch	
			6:00pm Pickleball Mixer		8:30pm Movie Night	
JULY 4	JULY 5	JULY 6	JULY 7	JULY 8	JULY 9	JULY 10
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	9:00am Water Aerobics	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Skills Tennis Clinic	8:00am Aerobics	9:00am Water Aerobics	8:00am Zumba
	8:30am Water Aerobics	6:00pm Seagate Sweat	4:30pm Youth Movement Class	8:30am Water Aerobics	9:00am Cardio Tennis Clinic	8:30am Water Aerobics
			5:00pm Pickleball Clinic	6:00pm Seagate Sweat	10:00am Gentle Stretch	
			6:00pm Pickleball Mixer		8:30pm Movie Night	

REGISTRATION

SEAGATE COUNTRY CLUB AND BEACH CLUB WELLNESS

To register, please see the hotel concierge or email Madeline Sperber: 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

Members \$15 | Guests \$25

This small, low-impact, group class is led by a certified instructor and is ideal for beginners to advanced students. It will incorporate all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement and flexibility.

10 Students Max | Skill Level: Beginner, Intermediate & Advanced
**Advance registration is required.*

AEROBICS

Seagate Country Club
Mondays, Thursdays | 8am - 9am
Members Complimentary
Guests \$15

A total body conditioning class utilizing a variety of resistance equipment designed to increase definition and strength. Pumping your heart rate up by performing cardiovascular movements with muscle conditioning exercises using, Stability balls, tubing and free weights.

Skill Level: Intermediate & Advanced

CARDIO TENNIS CLINIC

Racquets Center (Country Club)
Fridays | 9am - 10am
Members Complimentary
Guests \$30

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

GENTLE STRETCH

Country Club Main Ballroom
Fridays | 10am - 11am
Members Complimentary
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. All levels welcome.

Skill Level: Beginner, Intermediate & Advanced

PICKLEBALL CLINIC

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

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

PICKLEBALL DROP-IN

Racquets Center (Country Club)
Sundays | 8:30am - 10:30am
Members & Guests Complimentary

Members and Hotel Guests play a series of pickleball games in teams. Space is limited.

**24 Hours advance registration is required by calling or texting 561.475.0652.*

PICKLEBALL MIXER

Racquets Center (Country Club)
Wednesdays | 6pm - 7pm
Members \$20 | Guests \$20

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

SEAGATE SUP YOGA

Seagate Hotel Pool
Mondays, Thursdays
7:30am - 8:30am
Members \$20 | Guests \$25

Seagate SUP Yoga is an amazing opportunity to practice yoga on the water. 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

Must register for class with front desk. 48-hour cancellation notice is required.

SEAGATE SWEAT

Seagate Country Club
Fitness Center
Tuesdays, Thursdays | 6pm
Sundays | 9am (Until June 13)
Members \$10 | 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: Intermediate & Advanced

SKILLS TENNIS CLINIC

Racquets Center (Country Club)
Wednesdays | 9am - 10am
Members \$25 | Guests \$25

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

SUNRISE BEACH YOGA

Seagate Beach Club Beach
Saturdays | 8am - 9am
Members Complimentary
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 tend to get sandy.

Skill Levels: Beginner, Intermediate & Advanced.

SURF'S UP SUNDAYS

Seagate Beach Club - Oceanside
Sundays | 1pm
Members \$25 | Guests \$35

Payment accepted only through Member or Hotel Guest account.

Drop in to catch a swell with The Waves Surf Academy Team. Lifeguard Certified Instructors will guide you to the perfect wave.

VINYASA YOGA

Country Club Ballroom
Tuesdays | 7:30am - 8:30am
Members Complimentary
Guests \$15

A blend of yoga postures, uniting clear intelligent alignment, energetic movement, meditation, and pranayama (breathing techniques).

Skill Level: Beginner, Intermediate & Advanced

WATER AEROBICS

Seagate Country Club Pool
Mondays, Thursdays, Saturdays
8:30am - 9:30am

Seagate Beach Club Pool
Wednesdays, Fridays | 9am - 10am
Members Complimentary
Guests \$15

Moderate-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

Skill Level: Beginner & Intermediate

YOUTH MOVEMENT

Seagate Country Club
Fitness Center
Wednesdays | 4:30pm - 5:30pm
Members \$20 | Guests \$25

Different methods of movements are used to enhance performance and play with the opportunity to increase strength, mobility, and coordination. We will challenge the body and mind in a variety of ways such as crawling, jumping, rolling, running, as well as many more.

Age Group: 10-16 years old.

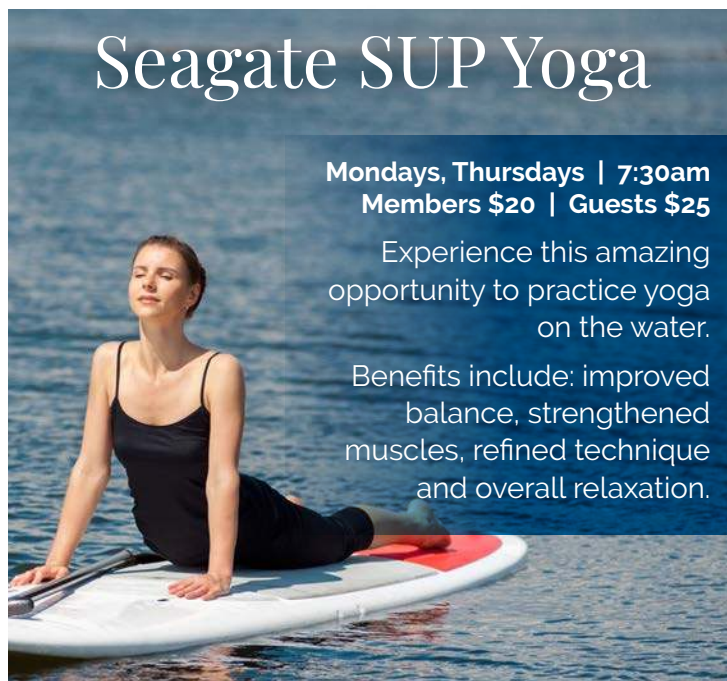
Skill Level: Beginner & Intermediate

SEAGATE ZUMBA

Seagate Country Club
Saturdays | 8am - 9am
Members Complimentary
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: Beginner, Intermediate & Advanced



Seagate SUP Yoga

Mondays, Thursdays | 7:30am
Members \$20 | 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 weatherpermitting and on a first come basis.

The Seagate Hotel & Spa

AQUA RESORTWEAR

Hours

Mon. - Sun.: 10am - 7pm

Phone

561-665-4940

ATLANTIC GRILLE + BAR

Breakfast

Mon. - Fri.: 7am - 11am

Sat. & Sun.: 7am - 9am

Brunch

Sat & Sun: 9am - 2:30pm

Lunch

Mon. - Fri.: 1pm - 2:30pm

Dinner

Sun., Tue. - Thu.: 5:30pm - 10pm

Fri. & Sat.: 5:30pm - 11pm

Happy Hour

4pm to 6pm daily

Reservations

Call 561-665-4900 or Book Online

ETC. CAFÉ & GIFTS

Hours

Café: Mon. - Sun.: 7am - 6pm

Gifts: Mon. - Sun.: 7am - 8pm

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

Mon. - Sun.: 10am - 6pm

Reservations

561-665-4950 or Book Online

The Seagate Beach Club

POOL & BEACH SERVICE

Hours

Daily: 9am - 5pm

DINING

Lunch

Daily: 11:30am - 3pm

Lite Fare

Daily: 3pm - 9pm

Dinner

Daily: 5pm - 9pm

Happy Hour

Daily: 4pm - 7pm

Reservations

Call 561-330-3775

Delray Beach Water Sports Rentals

Enjoy a wallet-free beach day! Seagate Members can charge back to their member account at this location.

399 S. Ocean Blvd., Delray Beach

561-279-0008

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

Mon. - Fri.: 8am – 4pm
Sat. - Sun.: 8am - 1pm

GOLF PRO SHOP

Hours

Mon.: 12pm – 5:30pm
Tue. - Sun.: 7am - 5:30pm

WELLNESS CENTER

Hours

Mon. - Sun.: 5am – 11pm

DINING

Complimentary Continental Breakfast

19th Hole & Outside Veranda
Daily: 7:30am – 10:30am

Lunch Service

19th Hole & Outside Veranda
Daily: 11:30am – 3pm

Beverage Cart

Tue. - Sat.: 9am - 4pm

Dinner Service

Upstairs Dining
Tue., Wed, Fri.: 5pm – 9pm

Brunch

Upstairs Dining
Sun.: 10am – 3pm

Bar

Daily: 3pm – 7pm

Lounge Menu

Daily: 3pm – 7pm

Reservations

Call 561-498-8070



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





Tranquil Tuesdays and Thursdays

Reserve any 80-Minute massage or facial and pay the 50-Minute price.

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



Valid on Tuesdays and Thursdays through September 30, 2021.



JUNE SALE

50% OFF

Selected Aqua Merchandise

30% OFF

Etc. Kids Merchandise

60% OFF

All Jewelry in Both Locations



Offer subject to change without notice.

COME ENJOY OUR

New Music Lineup

AT ATLANTIC GRILLE + BAR

Tuesdays

7:30pm - 10:30pm | Marco Turo

Wednesdays

7:30pm - 10:30pm | Thais and Flavio

Thursdays

7:30pm - 10:30pm | Orson Whitfield

Fridays

8pm - 11pm | Orson & Vanessa

Saturdays

8pm - 11pm | Orson & Tamara

Sunday Brunch

11am - 2pm | Orson Whitfield
(Outside Terrace)



ATLANTIC
GRILLE & BAR

AT THE SEAGATE HOTEL & SPA
1000 EAST ATLANTIC AVENUE, DELRAY BEACH