

# THE SEAGATE



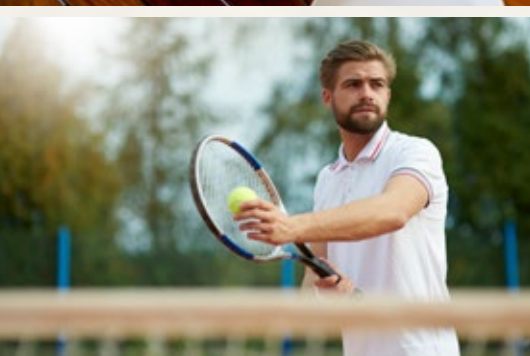




Welcome to [The Seagate Hotel & Spa](#), where your every need has been carefully considered long before you arrive in our lobby.



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



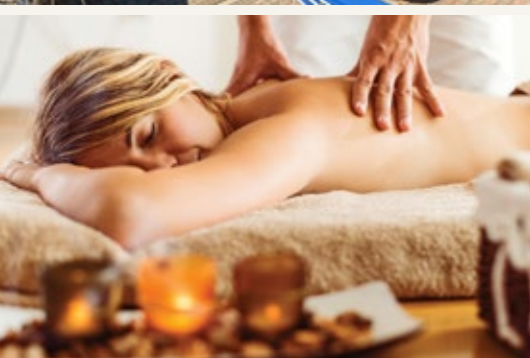
Escape to the **Seagate Spa** where every detail has been carefully designed to create the ideal environment for your relaxation and renewal. Feel your cares melt away as you enjoy a complete range of massage, skincare, and body treatments. [Learn more.](#)



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



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



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

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

# Activity Schedule

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

# Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 12	JUNE 13	JUNE 14	JUNE 15	JUNE 16	JUNE 17	JUNE 18
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	9:00am Cardio Tennis Clinic	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics	9:00am Aquabilities	8:00am Zumba
	8:30am Aquabilities		5:00pm Pickleball Clinic	8:30am Aquabilities	10:00am Gentle Stretch	8:30am Aquabilities
	9:00am Aquabilities		5:30pm Empowered Rotation Yoga			9:00am Seagate Sweat
			6:00pm Pickleball Mixer			
JUNE 19	JUNE 20	JUNE 21	JUNE 22	JUNE 23	JUNE 24	JUNE 25
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	9:00am Cardio Tennis Clinic	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics	9:00am Aquabilities	8:00am Zumba
	8:30am Aquabilities		5:00pm Pickleball Clinic	8:30am Aquabilities	10:00am Gentle Stretch	8:30am Aquabilities
	9:00am Aquabilities		5:30pm Empowered Rotation Yoga			9:00am Seagate Sweat
			6:00pm Pickleball Mixer			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

# Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 26	JUNE 27	JUNE 28	JUNE 29	JUNE 30	JULY 1	JULY 2
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	9:00am Cardio Tennis Clinic	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics	9:00am Aquabilities	8:00am Zumba
	8:30am Aquabilities		5:00pm Pickleball Clinic	8:30am Aquabilities	10:00am Gentle Stretch	8:30am Aquabilities
	9:00am Aquabilities		5:30pm Empowered Rotation Yoga			9:00am Seagate Sweat
			6:00pm Pickleball Mixer			
JULY 3	JULY 4	JULY 5	JULY 6	JULY 7	JULY 8	JULY 9
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	9:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	9:00am Cardio Tennis Clinic	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics	9:00am Aquabilities	8:00am Zumba
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	9:00am Aquabilities		5:30pm Empowered Rotation Yoga			9:00am Seagate Sweat
			6:00pm Pickleball Mixer			
			6:30pm Guided Meditation			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

## REGISTRATION

### SEAGATE COUNTRY CLUB AND BEACH CLUB WELLNESS

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

### THE SEAGATE RACQUETS CENTER

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

#### AEROBICS

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

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

*Skill Level: Intermediate & Advanced*

#### AQUABILITIES

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

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

*Skill Level: Beginner & Intermediate*

#### CARDIO TENNIS CLINIC

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

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

#### 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*

# 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

**Chef's Soup Du Jour and Farm Fresh Salad Bar Display**  
with your favorite toppings and a selection of dressings

## ENTRÉES

### **Prime Rib of Beef**

Herb au jus & horseradish crème fraîche

### **Pan Roasted Swordfish**

Pecan-thyme remoulade

### **Turkey Pot Pie**

Delicate breast of turkey with garden vegetables  
and sauce supreme topped with French pastry

### **Penne with Meatballs**

Al dente pasta topped with our homemade Wagyu  
meatballs, simmered in our house made tomato  
sauce and topped with ricotta salata

### **Fire Roasted King Salmon**

Valencia orange beurre blanc

### **Jumbo Shrimp Ala Vodka**

Jumbo shrimp sautéed with sweet peas  
and fresh basil in vodka tomato cream sauce  
and served with penne pasta

### **Sliced Grilled Skirt Steak**

Balsamic tomato fondue

### **Eggplant Francaise**

Pan-roasted chicken  
scarpariello and sausage

### **Wagyu Beef & Veal Meatloaf**

Wild mushroom gravy

### **Sliced Smoked Pit Ham**

Peach-orange glaze

All entrées served with Chef's Daily Potato and Seasonal Market Vegetables  
(Except pasta entrées)

## DESSERT

**Choose from Vanilla, Chocolate, Coffee, or Oreo Cookie Ice Cream**  
with your favorite toppings including Sprinkles, Caramel,  
Hot Fudge, Whipped Cream, Cookie Crumbles, Brownie,  
Chocolate Sauce, and Cherries

# '80s Dinner Dance

Friday, June 24 | 6pm - 10pm

Adults \$45\* | Kids 6 - 12 \$20\* | Kids 5 & Under Complimentary  
Country Club - Main Ballroom

Whip out that old '80s attire and join us for a fun-filled '80s themed dinner dance. Prize for best costume!

Kids' Club will be available for drop-off for children 5 years of age and older from 6pm-10pm, including dinner for \$20 per child.

Complete your drop-off form prior to your arrival.  
(You may request the form from the Hotel Concierge.)

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





# '80s Dinner Dance Menu

## SOUP & SALADS

**Tomato Basil Bisque**

**Caesar Salad Martini**

**Garden Greens Salad Bar**

*with assorted toppings and dressings*

**Fresh Baked Dinner Rolls**

## ENTRÉES

**Pan-Seared Swordfish**

**Pineapple-Ginger Salsa**

**Pork Tenderloin**

*Creamy polenta, cremini mushroom, red wine sauce*

**Filet Oscar**

**Tarragon Bearnaise Sauce**

**Grilled Herb Chicken Breast**

*Shrimp risotto, artichoke, tomato, leek*

**Truffle Mashed Potatoes**

*Roasted Brussels sprouts + baby carrots medley*

## DESSERT

**Chocolate Ganache Cheesecake**

**Torta Nocciola (Hazelnut Cake)**

**Mixed Fresh Berries**

*with Triple Sec + maple sabayon*



# Cooking Class

*featuring Executive Chef Rick*

**Thursday, June 30 | 5pm - 6pm**  
**\$40\* per person | Country Club - Cypress Room**

Food is as much about the moment, occasion, and company, as it is about the taste. Enjoy our pasta and plating presentation.

During this class, you will learn how to make:

**Ricotta & Spinach Stuffed Ravioli**

*Parmesan, Olive Oil, Toasted Pine nuts, Fresh Chiffonade Basil, Chicken Broth*

*Instruction and cooking materials to create the featured dish are included in the price. The Grill Bar will be available for adult beverages.*

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

*\*Plus tax and gratuity. 24-hour cancellation policy is in effect.*



# GUIDED MEDITATION

**Wednesday, June 1 | 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

**Monday, June 13 | 7:30pm - 8:30pm**  
**\$20 Hotel Guests | Beach Club - Oceanside**

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

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

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



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

*48-hour cancellation policy in effect.*



# Stretch *on the* Greens

**Fridays | 11am - 12pm | Country Club - Golf Course**  
**Complimentary for Members & Guests**

The Wellness TEAM will be on the range providing manual stretch every Friday, 11am - 12pm.

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



# Yoga, Beer & Slider Pairing

**FEATURING COPPERPOINT BREWERY**

**Wednesday, June 29 | 5:30pm - 8pm**

**\$50 per person | Yacht Club**

What to expect when you are experiencing beer yoga:

1. Beer comes second in Beer Yoga
2. Laid back atmosphere
3. Participants of all levels of experience
4. A fun and helpful instructor, Finn Yuiska
5. Beer, sliders, and socializing

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

*24-hour cancellation policy in effect.*





# DOUBLES TROUBLE

Thursday, June 23 | 6pm - 7:30pm  
\$35 per person | Country Club - Racquet Center

We invite you to an evening at the tennis courts for fun tennis games and match play. Drinks included.

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

*24-hour cancellation policy is in effect.*





# *Kids'* **SPORTS MORNING**

**Mondays, June 6 - 27 | 10am - 12pm**

**\$50 per person | Ages 7 - 11**

**Country Club - Racquet Center**

Attention kids! Join us at the courts for games,  
tennis, pickleball, and more!

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

*24-hour cancellation policy is in effect.*





# *Mini Kids'* **SPORTS MORNING**

**Mondays, June 6 - 27 | 9am - 10am**

**\$25 per person | Ages 4 - 6**

**Country Club - Racquet Center**

Calling all munchkins! Join us at the courts for a fun morning of tennis, pickleball, and other awesome games!

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

*24-hour cancellation policy is 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 young boys in the ocean, smiling and splashing water. They are in the foreground, with the ocean and a clear blue sky in the background.

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

**Phone**  
561-665-4940

ETC. CAFÉ & GIFTS

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

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

FITNESS CENTER

**Hours**  
24 Hours

HOTEL POOL

**Hours**  
Sunrise - Sundown

IN-ROOM DINING

**Breakfast Menu**  
7am - 11am

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

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

SEAGATE SPA

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

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

ATLANTIC GRILLE + BAR

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

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

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

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

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

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

The Seagate Beach Club

POOL & BEACH SERVICE

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

DINING

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

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

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

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

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

**Reservations**  
Call 561-330-3775

Delray Beach Water Sports Rentals

399 S. Ocean Blvd., Delray Beach  
561-279-0008  
delraybeachwatersports.com

ONSITE EQUIPMENT RENTAL			SAILBOATS		1 HR	2 HR
	1 HR	2 HR				
1 Man Kayak	\$30	\$45	Hobie Wave 14'		\$90	\$135
2 Man Kayak	\$40	\$60	Hobie Getaway 16'		\$140	\$210
Windsurf Gear	\$75	\$150	Hobie High Performance 16'		\$200	\$300
Surf Soft	\$15	\$23	Boat Captain		\$60	\$90
Surf Epoxy	\$20	\$30	(1 to 4 persons + rental)			
Supaddle Board Epoxy	\$35	\$50	LESSONS		1 HR	2 HR
Boogie Board	\$10	\$15	One Person		\$70	\$105
Skim Board	\$20	\$30	Kite Surfing Intro		\$50 and Up	
Mask, Snorkel & Fins	\$20	\$30	Group rates available. Call for additional packages.			

## The Seagate Country Club

### RAQUETS PRO SHOP

#### Hours

8am – 4pm | Mon. - Fri.

8am – 1pm | Sat. - Sun.

### GOLF PRO SHOP

#### Hours

12pm – 5:30pm | Mon.

7am – 5:30pm | Tue. - Sun.

### WELLNESS CENTER

#### Hours

5am – 11pm | Mon. - Sun.

### DINING

#### BISTRO DINING MENU ONLY

**Center Dining Room, Courtyard  
and 19th Hole**

11:30am – 4pm | Saturday - Tuesday

11:30am – 8pm | Wednesday & Friday

#### Happy Hour

4pm – 6pm | Tuesday - Friday

#### Beverage Cart

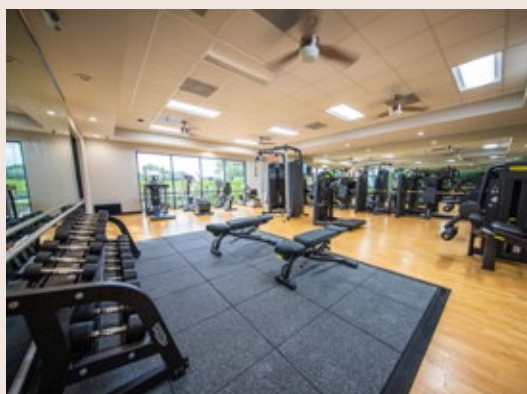
12pm – 4pm | Monday

9am – 4pm | Tuesday - Sunday

#### Reservations

Call 561-665-4990

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



### WELLNESS CENTER

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

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

Schedule an appointment

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

### RACQUETS CENTER POLICIES & PRICING

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

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

60-Minute Lesson: \$100/person

30-Minute Lesson: \$60/person

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

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

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

60 Minute Clinic: \$35/person

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





ELEMENTS OF  
*Health & Wellness*  
RITUAL

EXCLUSIVELY FOR OUR HOTEL GUESTS & CLUB MEMBERS



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

**Personal Training 60 Minute Single: \$120**

**Discounted Sports Massage \$220**

**Total Package: \$340\***

**Personal Training 60 minute couple: \$120 each**

**Discounted sports massage \$230 each**

**Total Package: \$680\***

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

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