

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.](#)



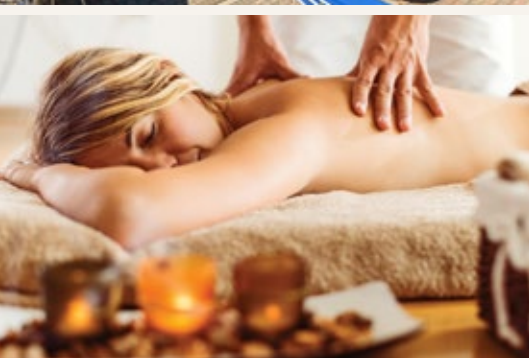
Escape to the **Seagate Spa** where every detail has been carefully designed to create the ideal environment for your relaxation and renewal. Feel your cares melt away as you enjoy a complete range of massage, skincare, and body treatments. [Learn more.](#)



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
AUG 21	AUG 22	AUG 23	AUG 24	AUG 25	AUG 26	AUG 27
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	10:00am Gentle Stretch	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics		8:00am Zumba
	8:30am Aquabilities		5:00pm Pickleball Clinic	8:30am Aquabilities		8:30am Aquabilities
	9:00am Aquabilities		5:30pm Stretch on the Rooftop	6:00pm Seagate Sweat		
			6:00pm Pickleball Mixer			
AUG 28	AUG 29	AUG 30	AUG 31	SEPT 1	SEPT 2	SEPT 3
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 Tennis Skills 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	10:00am Gentle Stretch	8:00am Zumba
	8:30am Aquabilities		5:00pm Pickleball Clinic	8:30am Aquabilities		8:30am Aquabilities
	9:00am Aquabilities		5:30pm Stretch on the Rooftop	6:00pm Seagate Sweat		
			6:00pm Pickleball Mixer			
			6:30pm Guided Meditation			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 4	SEPT 5	SEPT 6	SEPT 7	SEPT 8	SEPT 9	SEPT 10
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	8:30am Pickleball Drop-In	7:30am Seagate SUP Yoga	9:00am Tennis Skills Clinic	8:00am Sunrise Beach Yoga
10:00am Mixed Clinics	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics	10:00am Gentle Stretch	8:00am Zumba
1:00pm Surf's Up Sundays	8:30am Aquabilities		9:30am Tennis Mixer	8:30am Aquabilities		8:30am Aquabilities
	4:00pm Junior Clinic		10:00am Beginner Ladies' Clinic	6:00pm Seagate Sweat		
	5:00pm Junior Clinic		5:00pm Pickleball Clinic	7:30pm Full Moon Yoga		
			5:30pm Stretch on the Rooftop			
			6:00pm Pickleball Mixer			
SEPT 11	SEPT 12	SEPT 13	SEPT 14	SEPT 15	SEPT 16	SEPT 17
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	8:30am Pickleball Drop-In	7:30am Seagate SUP Yoga	9:00am Tennis Skills Clinic	8:00am Sunrise Beach Yoga
10:00am Mixed Clinics	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics	10:00am Gentle Stretch	8:00am Zumba
1:00pm Surf's Up Sundays	8:30am Aquabilities		9:30am Tennis Mixer	8:30am Aquabilities		8:30am Aquabilities
	4:00pm Junior Clinic		10:00am Beginner Ladies' Clinic	6:00pm Seagate Sweat		
	5:00pm Junior Clinic		5:00pm Pickleball Clinic	7:30pm Full Moon Yoga		
			5:30pm Stretch on the Rooftop			
			6:00pm Pickleball Mixer			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		

Activity Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 18	SEPT 19	SEPT 20	SEPT 21	SEPT 22	SEPT 23	SEPT 24
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	8:30am Pickleball Drop-In	7:30am Seagate SUP Yoga	9:00am Tennis Skills Clinic	8:00am Sunrise Beach Yoga
10:00am Mixed Clinics	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics	10:00am Gentle Stretch	8:00am Zumba
1:00pm Surf's Up Sundays	8:30am Aquabilities		9:30am Tennis Mixer	8:30am Aquabilities		8:30am Aquabilities
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	5:00pm Junior Clinic		5:00pm Pickleball Clinic	7:30pm Full Moon Yoga		
			5:30pm Stretch on the Rooftop			
			6:00pm Pickleball Mixer			
SEPT 25	SEPT 26	SEPT 27	SEPT 28	SEPT 29	SEPT 30	OCT 1
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Wake Up the Sun Yoga	8:30am Pickleball Drop-In	7:30am Seagate SUP Yoga	9:00am Tennis Skills Clinic	8:00am Sunrise Beach Yoga
10:00am Mixed Clinics	8:00am Aerobics	6:00pm Seagate Sweat	9:00am Aquabilities	8:00am Aerobics	10:00am Gentle Stretch	8:00am Zumba
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			5:30pm Stretch on the Rooftop			
			6:00pm Pickleball Mixer			
			6:30pm Guided Meditation			
HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER	YACHT CLUB		



AEROBICS

Country Club - Kids' Club
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 - Kids' Club
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
Tuesdays & Thursdays | 6pm - 7pm
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 - Kids' Club
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 - Kids' Club
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.

Summer Sunset

S E R I E S

Wednesdays | 5pm - 8pm

Adults \$45* | Kids 6 - 12 \$22* | 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, Truffle Salt French Fries

Pan Seared Scallops

Corn Maque Choux, Crispy Shoe String Potatoes

Pan Fried Yellowtail Snapper

Dill Tartar Sauce, Brussels Sprout Slaw

Roasted Organic Chicken

Natural chicken jus, blistered green beans

Broiled New York Strip Steak

Confit New Potatoes, Roasted Broccoli, Brandy peppercorn sauce

Sesame Crusted #1 Ahi Tuna Steak

Stir Fried Vegetables, Brown Sushi Rice, Sweet Soy Glaze

Broiled Twin Lobster Tails

Drawn Butter, Creamed Spinach, Fondant Potatoes

DESSERT

New York Cheese Cake

Macerated Berries and Sorbet

Hot Fudge Sundae

LABOR DAY BBQ

Monday, September 5 | 11:30am - 3pm

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

SALAD BAR

Corn & Red Cabbage Slaw

Pasta Salad

Three Potato Salad

Greens Salad

CHARCOAL GRILL

Veggie Burgers

Cheeseburgers

Hotdogs

BBQ Chicken

SIDES

Roasted Green Beans & Carrots
with garlic confit

Loaded Potato Skin Bar
with your favorite toppings

Corn on the Cobb

Popcorn Shrimp
with honey-pineapple sriracha sauce

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.*



GUIDED MEDITATION

Wednesday, September 7 | 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

Sunday, September 11 | 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 with the Hotel Concierge for scheduling.*



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

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

COFFEE & BAGELS

19th Hole

7am - 10:30am | Tuesday - Sunday

BISTRO DINING MENU

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

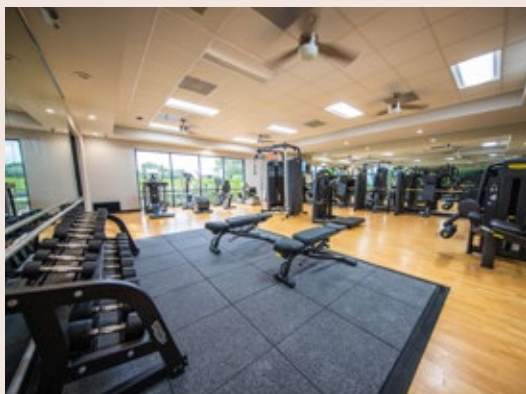
Beverage Cart

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

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 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 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.*