

2024 ACTIVITY GUIDE

LET THE
FUN
BEGIN!



**PICK FROM AN AMAZING VARIETY OF SPORTS
AND FITNESS PROGRAMS FOR EVERYONE IN YOUR FAMILY**

Cardio • Weight Training • Personal & Small Group Training • Group Exercise • Yoga • Pilates
Tennis • Pickleball • Aqua Classes • Lap Swimming • Children's Sports & Fitness • Childcare • Parties

PLUS THESE FAVORITES



Swim Lessons



Junior Tennis



Summer Camp



Summer Socials

2024 ACTIVITY GUIDE

Program Key: 🧑🏻 Ages 📅 Program Dates 🕒 Days/Times

Group Exercise/Pilates

Group Classes

🧑🏻 Adults 📅 Ongoing 🕒 Mon - Sunday (See Website)
Strengthen your body and mind. HIIT, Iron Fit, Cardio Combat, Cardio Dance, Strength, Yoga, Qi Gong, Barre, Senior Classes and Fit Kids.

Cycle

🧑🏻 Adults 📅 Ongoing
Smooth even ride with great music and a fun instructor. 30, 45 and 60 minute classes

Pilates Reformer

🧑🏻 Adults 📅 Ongoing
Strengthen your core, improve your posture, increase flexibility and reverse aging.

Aqua Classes

🧑🏻 Adults 📅 Ongoing 🕒 M, W & F 9:30-10:30 am
Movement classes in our heated swimming pool. A great workout that is easy on the joints!



Fitness

Personal Training

🧑🏻 Adults 📅 Ongoing
Customized personal training to help you achieve your desired results.

Small Group Training

🧑🏻 Adults 📅 Ongoing
You're in this together! Feed off the energy of your fellow participants to achieve your fitness goals even faster.

Tennis & Other Racquet Sports

Club Sponsored Doubles

🧑🏻 Adults 📅 Ongoing 🕒 Mixed: Tue 6:30 pm, Mens: W 6:30 pm & Sat 9:00 am
Mixed & Men's Doubles managed through a sign-up system.

Socials & Friday Night Lights

🧑🏻 Adults 📅 Ongoing 🕒 Quarterly & Monthly
Theme based Socials are offered throughout the year. Friday Night Lights is monthly social doubles round robin last day of the month. Guests are welcome.

Tennis Leagues

🧑🏻 Adults 📅 Ongoing
Competitive adult tennis leagues for men and women (USTA, UTR and SATA Leagues available).



Private Tennis Lessons - Jr. & Adult

🧑🏻 4+ 📅 Ongoing
Learn the game of tennis or take your game to the next level. Our experienced and talented team of tennis professionals will make your tennis learning experience fun and challenging.

Spare Time Tennis Academy

🧑🏻 10 - 18 📅 Ongoing
High performance Jr. Academy. Invitation only.

Jr. Teams/Tournaments

🧑🏻 10 - 18 📅 Ongoing 🕒 See Website
Competitive fun league play for boys and girls with other local clubs using the Universal Tennis Team format. Great for tournament and high school players as well as juniors just starting to play matches.

ACE Junior Tennis Program

🧑🏻 5 - 18 📅 Ongoing 🕒 See Website
Comprehensive junior tennis program for all levels of play starting at age 5 with our Ace's class through 18 with our Teen Tennis.

Pickleball Drop-ins

🧑🏻 Adults 📅 Ongoing
Join us for some friendly competition playing America's fastest going sport. Players of all levels welcome. Regular weekly AM/PM drop-ins.

Pickleball Clinics

🧑🏻 Adults 📅 Ongoing
Learn the basics of the game in these fun, low cost group lessons.

Pickleball Tournaments

🧑🏻 Adults 📅 Ongoing
Shotgun style tournament play.

Squash/Racquetball/Badminton

🧑🏻 Adults 📅 Ongoing
High energy racquet sports for a great cardio workout. Individual play and competitive drop-in.



Swimming

Masters Swim

🧑🏻 Adults 📅 Ongoing 🕒 M,W,F, 6:00-7:00 am
A great way to get a recreational, low impact cardiovascular workout and some competitive swim training. Masters swim is a free program for Adult members.

Barracuda Swim Team

🧑🏻 6 - 18 📅 April 22 - July 26 🕒 M - F Start times based on age groups

Broadstone's swim team is a motivating program for kids who love to swim. Practice is offered 5 days a week. The program integrates stroke work, endurance training and activities that help build self-esteem.

Jr. Barracudas

🧑🏻 6 - Under 📅 TBD
Swim program designed to help young swimmers prepare for Barracuda Swim Team.

Learn to Swim Lessons

🧑🏻 3+ 📅 April - August (see website)
Swim instruction equips children with some of the most important skills they can learn. It encourages participation in a variety of healthy and enjoyable water activities.

Youth Programs

Play Center

🧑🏻 6 Weeks - 6 years 📅 Ongoing 🕒 M-F 8:30 am-12:00 pm, 3:30-7:00 pm Sat. 8:30 am-12:00 pm Sun. 9:00 am-12:00 pm

The play center offers a wide variety of enriching activities that focuses on the development of your child's fine and motor skills and social interaction skills.

Kids' Club

🧑🏻 7+ 📅 Ongoing
Join us at the "coolest" club in town, engage in crafts, fun activities and sports.

Kids' Night Out

🧑🏻 3-12 📅 Ongoing
Designed for parents to have a night out on the town knowing their children are in a safe and fun environment. Dinner, games and activities included.

Camp Broadstone

🧑🏻 6+ 📅 June 3 - July 19
Each week of camp has a different educational and creative theme (i.e., science, animals, nature, art, etc.) and incorporates a variety of fun and interesting activities as well as a field trip.

Basketball Camp/Lessons

📅 Ongoing
Fun one week camp for all levels of players, taught by former Harlem Globetrotter Sterling "Smooth" Forbes. Private and Group Lessons also available.

Kids' Parties

📅 Ongoing
Let us help make a special day even better! Bounce House, pool usage and other party hallmarks available.

Kids' Fitness

📅 Ongoing 🕒 Tue 3:30 - 4:15 pm
This class keeps our young athletes and fitness enthusiasts moving with fun and age appropriate drills and active games.

Junior Small Group Training

📅 Ongoing
Participants will build strength, speed and confidence while making friends with other junior members.