

Swim & Fitness News

CALL:
(904) 599-9020

THE
PALENCIA
CLUB

HOURS OF OPERATION

Effective July 1, 2009

Normal Lobby Hours:

Mon. - Fri. 5:30am - 8:00pm
Saturday 8:00am - 7:00pm
Sunday 10:00am - 7:00pm

Childwatch Hours:

A.M. Hours
Mon. - Fri. 8:00am - 1:00pm
Saturday 8:00am - 11:00am
P.M. Hours
Mon. - Thurs. 4:00pm - 8:00pm
Friday Evening - No Childwatch

Pool Hours:

Dawn to Dusk

Adult Pool:

Closed Tuesday at 12 noon

Family & Wading Pool:

Closed on Monday at 12 noon

Water Slide Open

10:00am - 7:00pm
Tuesday - Sunday



Halloween Spooktacular 2009 October 24, 7:00pm - 9:00pm

The Swim and Fitness Center is hosting its 6th annual Halloween celebration. Visitors young and old are invited to the Swim and Fitness Center for a hair raising experience. Visit Dracula's Lair, or take a nostalgic stroll down an eerie midway. The bravest of souls can take a peak at what spectacles dwell under our bizarre big top. Our youngest ghosts and goblins will have a special attraction just for them. Children and adults will also get a chance to register to win a door prize for guessing how many candy corns it took to fill our jar. The doors of the Swim and Fitness Center will open from 7:00pm-9:00pm on Saturday, October 24th. The cost for entry is \$5 per person. All children must be accompanied by an adult. PLEASE NOTE: All fitness classes and child watch will be cancelled on October 24th in preparation for this event. The facility will be closing at 6:30pm as well for our event.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes For Additional Information Visit: www.palenciacommunity.com	Pilates Class, 9:00am Cabaret Cardio 11:00am Power Yoga, 6:30pm	Tone & Stretch, 8:00am Yoga Flow, 9:00am Aqua Aerobics, 9:15am Cardio Blast, 6:30pm	Body Burn, 8:00am Step, 9:00am Zumba, 6:30pm	Tone & Stretch, 8:00am Excel Yoga, 9:00am Aqua Aerobics, 9:15am Pilates, 6:30pm	Cardio Burn - 9:00am Art On The Go - 10:30am	Zumba - 10:00am

Tennis News

TEL: (904) 825-4012

For Additional Information Visit Our Website:
www.palenciacommunity.com

THE
PALENCIA
CLUB

HOURS OF OPERATION

Mon-Fri 8:00am - 7:00pm
Sat 8:00am - 4:00pm
Sunday 11:30am - 4:00pm

- All clinics \$12 per person
- Clinic sign-ups are required.
- To sign up: Call: (904) 825-4012 or email: palencia_tennis@hines.com
- Minimum 3 for all clinics. Less than 3, no charge ball machine use is offered when available.
- Child daycare:
Monday - Friday:
8:00am - 12:00pm
4:00pm - 8:00pm
Saturday:
8:00am - 12:00pm

Calling All Palencia Tennis Players

The Palencia Women's Country Club League is in full swing, but there is still time to join. Come out and see what you're missing every Wednesday, Thursday and Friday. Great competition, great friends and great exercise await all who join.

Please check our website at www.Palenciaclub.com/ tennis - notes from the courts.

In Case You Didn't Know...

Palencia Tennis Club is now Twittering. Log on to twitter.com/palenciatennis and sign up for update on clinics, specials, and court conditions. Contact the Tennis Club for more info at 825-4012.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes	Women's C Team 9:00am - 10:00am Women's B Team 10:00am - 11:00am Men's Open Clinic 6:30pm - 7:30pm	Women's D Team 9:00am - 10:00am Tiny Tots Clinic (JR 4-5) 9:00am - 9:30am Dev & Hot Shots (JR 6-11) 9:30am - 10:30am Grand Prix - JR Tours. 10:30am - 12 noon Swim Fit Camp Clinic 2:00pm - 3:00pm	Team Practice (Men) 8:00pm - 9:00pm	Tiny Tots Clinic (JR 4-5) 9:00am - 9:30am Dev & Hot Shots (JR 6-11) 9:30am - 10:30am Grand Prix - JR Tours. 10:30am - 12 noon Swim Fit Camp Clinic 2:00pm - 3:00pm Women's Sr. Clinic (50+) 6:30pm - 7:30pm	Play Fast Tennis Introduction Course 9:00am - 10:00am	No Classes

