



THE SEAGATE

Welcome!

JULY 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.





2nd Annual Independence Day Celebration

Saturday, July 3 | 6:30pm - 9:30pm
\$80* Adults | \$25 Kids 5 - 12 | 4 & Under Complimentary
Country Club Pavers & Driving Range

Our culinary team will be creating an all-American menu of action stations for everyone to enjoy. Libations will be available with a cash bar for guests. We will have entertainment for our youngest guests and a three-piece band to keep you dancing until our fantastic fireworks display.

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

**Plus tax and gratuity. Reservations required.*



4th of July Weekend *at The Seagate Beach Club*

Saturday, July 3 - Monday, July 5

Seagate Beach Grill Out

Saturday - Monday | 12pm - 3pm

Entertainment

Saturday | BJ Parks | 12pm - 4pm

Sunday | DJ Steve Seeger | 12pm - 4pm

**Drink & Bucket
Weekend Specials**

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

Mixology Class

Thursday, July 15

5pm - 7pm

\$65 Hotel Guests

21 Year Old + Event

Country Club Upstairs Grill Bar

Guests will be coached by a professional mixologist to create the following three craft cocktails:

Flying Dutchman
Time Stopper
Sapphire Paradise

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

Reservations required. No menu available, drinks only.

THURSDAY
July
15



Movie Night

at The Seagate Beach Club

Friday, July 16 | 8pm

The Secret Life of Pets

Join us for Movie Night at
The Seagate Beach Club!

A Seagate Bucket with candy
and snacks will be offered
to the young ones.

Don't forget to make your dinner
reservation at The Beach Club by
visiting your Member Website
or by calling the Beach Club
at 561.330.3775.

FRIDAY
July
16



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.





Seagate Summer Kids' Club

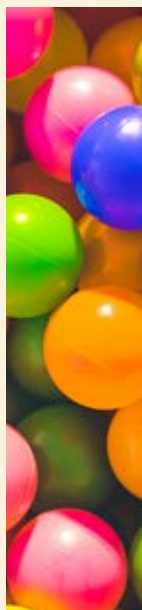
Tuesdays - Fridays | June 8 - August 6
9am - 2pm | Seagate Country Club - Kids' Club
\$300 Week | \$80 Daily Drop-off

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.



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.





Junior Golf Summer Camp

July 13 - 16 | 9am - 12:30pm
Country Club Practice Facility | \$250 Full Camp | \$60 per Day Drop-In
Open to Members & Guests Ages 6 - 14

The Seagate junior golf camp will provide instruction on full swing, pitching, chipping, and putting. The week will include one day of on-course instruction to introduce the juniors to course management, etiquette and care for the course practices.

There will be contests, games, and prizes! Participants will also receive a Seagate logoed hat.

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



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				
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	5:00pm Pickleball Clinic	8:30am Water Aerobics	9:00am Cardio Tennis Clinic	8:30am Water Aerobics				
	3:30pm Junior Tennis Clinic		6:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch					
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				
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	3:30pm Junior Tennis Clinic		6:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch					

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HOTEL		BEACH CLUB		COUNTRY CLUB		RACQUETS CENTER
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 11	JULY 12	JULY 13	JULY 14	JULY 15	JULY 16	JULY 17
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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			6:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	
					8:00pm Movie Night	

JULY 18	JULY 19	JULY 20	JULY 21	JULY 22	JULY 23	JULY 24
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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Activity Schedule

HOTEL		BEACH CLUB		COUNTRY CLUB		RACQUETS CENTER
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 25	JULY 26	JULY 27	JULY 28	JULY 29	JULY 30	JULY 31
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
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	3:30pm Junior Tennis Clinic		6:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	

AUGUST 1	AUGUST 2	AUGUST 3	AUGUST 4	AUGUST 5	AUGUST 6	AUGUST 7
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		6:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	

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, strenthened 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

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.

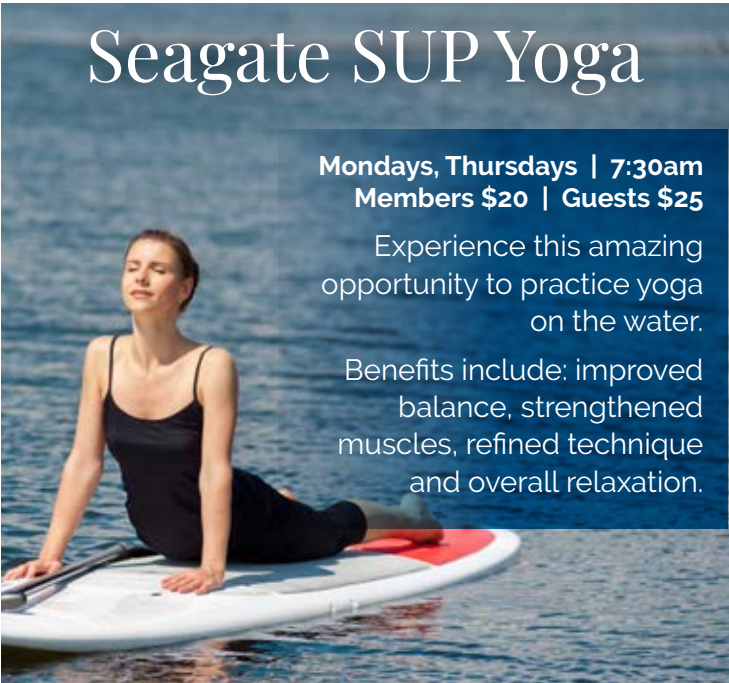
Skill Level: Beginner, Intermediate & Advanced

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 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
7:30am - 10:30am | Tuesday - Sunday

Brunch
Upstairs Dining
10am - 3pm | Sunday

Beverage Service Only
19th Hole
11am - 3pm | Tuesday - Sunday

Lunch Service
Upstairs Dining
11:30am - 3pm | Tuesday - Saturday

Tapas Menu
Upstairs Dining
3pm - 7pm | Tuesday - Saturday

Dinner Service
Upstairs Dining
5pm - 9pm | Tuesday, Wednesday & Friday

Beverage Cart
9am - 4pm | Tuesday - Sunday

Reservations
Call 561-498-8070

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 <i>(1 to 4 persons + rental)</i>	\$60	\$90

LESSONS

	1 HR	2 HR
One Person	\$70	\$105
Kite Surfing Intro	\$50 and Up	

Group rates available. Call for additional packages.

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





Enhance your 50-Minute or 80-Minute Hydrafacial™!

Receive the PERK Eye (\$45 Value) or the PERK Lip (\$35 Value) treatment with our compliments when you purchase a 50- or 80-Minute Hydrafacial™.

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



Valid every day until July 31, 2021.



Summer Shopping

Come to Aqua Resortwear to find the latest fashions and resortwear for men, women, and kids.



Now serving Counter Culture Coffee



GIFTS • COFFEE • TREATS