



Welcome!

September 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.



Flavor Palm Beach

AT ATLANTIC GRILLE & BAR

SEPTEMBER 1 - 30, 2021 | LUNCH \$23 | DINNER \$45

LUNCH APPETIZER

Watermelon Salad

Arugula, feta, cucumber, mint, lemon & honey vinaigrette

Crispy Coconut Shrimp

Fruit salsa, orange marmalade

Fried Green Tomatoes

Arugula, southern succotash, sweet corn aioli

(Select 1)

LUNCH ENTRÉE

Grilled Chicken Bowl

Quinoa, faro, avocado, almond, sweet potato, maple vinaigrette

Shrimp Soba Noodle Salad

Shredded carrot, peppers, scallion, mint, cilantro, peanuts, Asian vinaigrette

Steak Frites

Parmesan fries, compound butter, demi-glace

(Select 1)

LUNCH DESSERT

Key Lime Crème Brûlée

with coconut macaroon

DINNER APPETIZER

P.E.I. Mussels

Coconut curry broth, kaffir lime, peanuts, grilled bread

Shrimp Bruschetta

Arugula, tomato, basil, balsamic

Tomato & Watermelon Gazpacho

Feta, mint, toasted pistachio

(Select 1)

DINNER ENTRÉE

Cioppino

Clams, mussels, shrimp, fish, orange & fennel broth, grilled crostini

Fettuccini & Clams

Artichoke, tomato, spinach, garlic, lemon, herbs

Caribbean Chicken

Coconut rice pilaf, sweet potato, mango slaw, honey & pineapple glaze

Summer Vegetable Risotto

Aged parmesan, lemon, herbs

(Select 1)

DINNER DESSERT

Key Lime Crème Brûlée

with coconut macaroon



ATLANTIC
GRILLE & BAR

RESERVATIONS: 561.665.4900

STARTS
FRIDAY

Sept.
3

Labor Day Weekend

at the Beach Club

Friday - Monday | 12pm - 3pm

Seagate Beach Grill Out

Saturday & Sunday | 11am - 2pm

Seaside Kids' Tent with Crafts

Poolside Entertainment

Saturday: BJ Parks | **12pm - 5pm**

Sunday: DJ Steve Seeger | **12pm - 4pm**

**Drink & Bucket Specials
All Weekend**

For dining reservations, please contact the
hotel concierge at 561.665.4990.

MONDAY
Sept.
6



Labor Day at the Country Club

Courtyard Cookout

Monday, September 6 | 12pm - 3pm

Adults \$20* | Kids 6 – 12 \$10* | Kids 5 & Under Complimentary

SALAD BAR

Corn & Red Cabbage Slaw | Pasta Salad
Red Skin Potato Salad | Iceberg Wedge Salad

CHARCOAL GRILLE

Veggie Burgers | Black Angus Blend Cheeseburgers
Hotdogs | Herb-Marinated Chicken Breast

SIDE DISHES

Green Beans | Loaded Potato Skin Bar
Corn on the Cobb | Popcorn Shrimp Cones

DESSERT STATION

Ice Cream Bar | Brownie Bites | Fresh Fruit | Cookies

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

**Plus tax and gratuity.*

FRIDAY
Sept.
10



Movie Night

at the Beach Club

Friday, September 10 | 7:30pm
Raya and the Last Dragon

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

For the Adults: 5 for \$25 buckets.
Selections include beer from Funky Buddha,
Ketel One Botanical Vodka Spritz, and
Tanqueray cocktails.

For dining reservations, please contact the
hotel concierge at 561.665.4990.



Seagate Fitness Day

Wednesday, September 29 | 9am - 10am
Hotel Guests \$15 | Wellness Center

Seagate Fitness Day sets out to celebrate the power of physical fitness. Whether you are just starting on your path or have a full journey to share. This is the day to share it. Build up a good sweat while focusing on your fitness goals and take a step toward empowering yourself with our Seagate Professionals!

Levels: Intermediate to Advanced

This will be a 1 hour HIIT Style Class taught by Seagate Professional, Isaac Miranda, incorporating body weight, kettlebells, medicine balls, kinesis machines, and cardio equipment.

Followed by high protein snacks!

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

48-hour cancellation policy in effect.

Activity Schedule

HOTEL BEACH CLUB COUNTRY CLUB RACQUETS CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 29	AUGUST 30	AUGUST 31	SEPT 1	SEPT 2	SEPT 3	SEPT 4
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	8:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Water Aerobics	8:00am Aerobics	8:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Water Aerobics	6:00pm Seagate Sweat	5:00pm Pickleball Clinic	8:30am Water Aerobics	9:00am Water Aerobics	8:30am Water Aerobics
			6:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
						12:00pm Junior Advanced Golf Program

SEPT 5	SEPT 6	SEPT 7	SEPT 8	SEPT 9	SEPT 10	SEPT 11
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	8:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Water Aerobics	8:00am Aerobics	8:00am Cardio Tennis Clinic	8:00am Zumba
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						12:00pm Junior Advanced Golf Program

Activity Schedule

HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 12	SEPT 13	SEPT 14	SEPT 15	SEPT 16	SEPT 17	SEPT 18
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	8:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Water Aerobics	8:00am Aerobics	8:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Water Aerobics	6:00pm Seagate Sweat	5:00pm Pickleball Clinic	8:30am Water Aerobics	9:00am Water Aerobics	8:30am Water Aerobics
			6:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
						12:00pm Junior Advanced Golf Program

SEPT 19	SEPT 20	SEPT 21	SEPT 22	SEPT 23	SEPT 24	SEPT 25
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	8:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Water Aerobics	8:00am Aerobics	8:00am Cardio Tennis Clinic	8:00am Zumba
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Activity Schedule

HOTEL	BEACH CLUB	COUNTRY CLUB	RACQUETS CENTER
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 26	SEPT 27	SEPT 28	SEPT 29	SEPT 30	OCTOBER 1	OCTOBER 2
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	8:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Water Aerobics	8:00am Aerobics	8:00am Cardio Tennis Clinic	8:00am Zumba
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			6:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
						12:00pm Junior Advanced Golf Program

OCTOBER 3	OCTOBER 4	OCTOBER 5	OCTOBER 6	OCTOBER 7	OCTOBER 8	OCTOBER 9
8:30am Pickeball Drop-In	7:30am Seagate SUP Yoga	7:30am Vinyasa Yoga	8:00am Skills Tennis Clinic	7:30am Seagate SUP Yoga	8:00am ABSolutely Seagate Pilates	8:00am Sunrise Beach Yoga
1:00pm Surf's Up Sundays	8:00am Aerobics	9:30am ABSolutely Seagate Pilates	9:00am Water Aerobics	8:00am Aerobics	8:00am Cardio Tennis Clinic	8:00am Zumba
	8:30am Water Aerobics	6:00pm Seagate Sweat	5:00pm Pickleball Clinic	8:30am Water Aerobics	9:00am Water Aerobics	8:30am Water Aerobics
			6:00pm Pickleball Mixer	6:00pm Seagate Sweat	10:00am Gentle Stretch	11:00am Junior Beginners Golf Program
						12:00pm Junior Advanced Golf Program

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

Hotel 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
Hotel 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 | 8am - 9am
Hotel 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
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. All levels welcome.

Skill Level: Beginner, Intermediate & Advanced

JUNIOR ADVANCED GOLF PROGRAM

Seagate Country Club
Saturdays | 12pm - 1pm
Hotel Guests \$40 (Ages 6 - 12)

Topics covered are: Full Swing, Short Game, Putting, Bunker, and Course Management.

Children will receive instruction on the golf swing, proper alignment, different club use, how to read the greens and much more.

Reservations required.
48-hour cancellation policy in effect.

JUNIOR BEGINNERS GOLF PROGRAM

Seagate Country Club
Saturdays | 11am - 11:45am
Hotel Guests \$30 (Ages 5 - 12)

Topics covered are: Full Swing, Short Game, and Putting

Children will receive instruction on proper grip, stance and posture, basic chipping and pitching, putting techniques and how to read a green.

Reservations required.
48-hour cancellation policy in effect.

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 DROP-IN

Racquets Center (Country Club)
Sundays | 8:30am - 10:30am
Hotel Guests Complimentary

Participants 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
Hotel 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
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

Must register for class with front desk.
48-hour cancellation notice is required.

SEAGATE SWEAT

Seagate Country Club
Fitness Center
Tuesdays, Thursdays | 6pm
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: Intermediate & Advanced

SKILLS TENNIS CLINIC

Racquets Center (Country Club)
Wednesdays | 8am - 9am
Hotel Guests \$25

Players focus on learning technique and shot selection at a steady pace.

SUNRISE BEACH YOGA

Seagate Beach Club Beach
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: Beginner, Intermediate & Advanced.

SURF'S UP SUNDAYS

Seagate Beach Club - Oceanside
Sundays | 1pm
Hotel Guests \$35

Payment accepted only through 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
Hotel 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

Hotel 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
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: 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 weather permitting 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.: 11am - 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

Lounge Menu
Upstairs Dining
4pm - 7pm | Tuesday - Saturday

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

Beverage Cart
9am - 4pm | Tuesday - Sunday

Reservations
Call 561-498-8070



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

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 - 6pm

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.





Seagate Splendor Package

\$438*
(\$548 Value)

- 80-minute Aromatherapy Massage
- 50-minute Hydrafacial™

Lose yourself in the harmonious blend of essential oils during this sublime massage experience, then relax as our facial treatment refines and hydrates for a glowing result. Enjoy a complimentary glass of cabernet while you unwind!



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



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