Dear Members,

The search for your permanent general manager has been completed and David Lee has been hired. You may have received a formal announcement but if not, it will be sent soon. As I write this article, his arrival date has not been determined.

It has been my sincere pleasure and honor to have served as your Interim General Manager for the last few months. The Ballantyne Country Club is a special club with great history. The continued support from the long time and new members during good and bad times is one reason why this is such a great club. I encourage all of you to be active members by participating in club events, activities and functions as well as inviting your family, friends and business associates to become a member. All things are possible through growing the club’s membership! The best and most successful way to fill the club’s roster is with your friends. I hope to see you at the club before I leave.

Thank you for being a member!
CLUBS WITHIN A CLUB HIGHLIGHTS!

Mommy & Me Club

Contact: Courtney Smith, Assistant FAC Director | csmith@ballantyneclub.com

A great opportunity for moms to meet other moms at the Club and develop new friendships and support. Being a parent, especially a new parent, is certainly rewarding, but can be challenging at times. It is beneficial to have a group where you can learn from other parents, ask questions, develop friendships, participate in events & activities with your little ones, and share in the joy of raising children.

Pickleball Club

Contact: Jason Michael, Director of Tennis | jmichael@ballantyneclub.com

Thursdays 7:00 p.m. - 9:00 p.m. | Sundays 4:00 p.m. - 6:00 p.m.
On hardcourt #7.

Open to all Levels of Membership!

USAPA Ambassadors Dick & Desire’ Osman provide FREE instruction both for new players and those who want to improve their game. Please join us even if you have never played, but want to learn the game.

Beginners can learn to play the game in about 30 minutes and quickly become proficient. Those with previous experience with racquet or paddle sports, can rapidly become very competitive. With 4 pickleball courts, 24 players can be accommodated at once. The Club will provide balls when available, as well as loaner paddles for those who want to try the game before purchasing their own.

Pickleball is a fun and exciting paddle sport for people of all ages and levels of athletic ability. It is one of the fastest growing sports in the US and around the world. It is easy for beginners to learn, yet a challenging, fast-paced, competitive game for more experienced players. Pickleball combines many elements of tennis, badminton, and ping pong. It is most often played as doubles, but can be played as singles. It can be played both outdoors and indoors on a badminton-sized court, which is about one-third the size of a tennis court. It is played with a paddle and a hard plastic ball. It is a very social game, a great workout, and a whole lot of fun.
Dear Members,

We are looking forward to a Spring season filled with beautiful sunny weather, fun events for all ages and most of all the pool opening! It’s one of the best times to experience our Club and use all amenities to the max.

We value you our members, your continuous support and we would like to help facilitate you experiencing new amenities at our Club. This season we have a unique opportunity for our members to upgrade their membership to a new classification:

- Sports, Tennis and Social members can upgrade to the Full Privilege membership utilizing the special member sponsored initiation fee of $18,000 (Original Initiation Fee is $23,000).
- Tennis and Social members can upgrade to the Sports membership utilizing the special member sponsored initiation fee of $13,250 (Original Initiation Fee is $17,000).
- Social members can upgrade to the Tennis membership utilizing the special member sponsored initiation fee of $5,000 (Original Initiation Fee is $7,500).

You will pay the difference between what you have paid for your current classification of membership and your new classification. This upgrade offer may not be used with any other offers. This is a limited time offer and will expire on May 31st, 2019. If you would like more information or have an interest in upgrading your membership, please contact me at: 704-544-1404 ext. 401 or eburholzer@ballantynclub.com

Cheers!
Emily Burholzer | Membership Sales Director
OUR CLUB IS VIBRANT THANKS TO THE FAMILIES THAT HAVE SUPPORTED & MADE THE CLUB SUCH A SIGNIFICANT PART OF THEIR LIVES. AS A SPECIAL THANK YOU, WE ARE AFFORDING PRESENT MEMBERS THE OPPORTUNITY TO HELP THEIR CHILDREN & GRANDCHILDREN ENJOY BALLANTYNE COUNTRY CLUB FOR YEARS TO COME WITH THEIR OWN MEMBERSHIP.

MEMBERS CAN GIFT A LEGACY MEMBERSHIP TO ONE OF THEIR IMMEDIATE FAMILY MEMBERS, WITHOUT AN INITIATION FEE. MEMBERSHIP HAS ITS PRIVILEGES...

A NEW LEGACY MEMBER WILL HAVE FULL MEMBERSHIP BENEFITS & PRIVILEGES, ACCORDING TO THE MEMBERSHIP GIFTED, WHICH WILL MATCH THE BENEFACITOR’S CATEGORY OR A LOWER GIFTED CATEGORY. APPLICABLE DUES & FEES APPLY. MEMBERSHIP EXTENDS TO THE NEW LEGACY MEMBER’S SPOUSE AND DEPENDENT CHILDREN, WITH ALL PRIVILEGES AFFORDED TO EACH CLASSIFICATION (E.G. FULL GOLF, SPORTS, TENNIS, AND SOCIAL). THERE IS AN OPPORTUNITY TO UPGRADE TO A HIGHER MEMBERSHIP CLASS & OPTIONS TO ACCOMMODATE ANY MEMBERSHIP LEVEL PREFERRED.

EVEN MORE EXCITING, THE LAUNCH OF OUR YOUNG EXECUTIVE GOLF MEMBERSHIP ENTITLES THE LEGACY MEMBER TO USE THE GOLF, TENNIS, FITNESS, SWIMMING, DINING AND OTHER RECREATIONAL AND SOCIAL FACILITIES OF THE CLUB. THIS MEMBERSHIP IS AVAILABLE TO THOSE BETWEEN THE AGES OF 21 TO 35 YEARS OLD WITH REDUCED DUES.

TO LEARN MORE ABOUT THE LEGACY MEMBERSHIP PROGRAM PLEASE CONTACT:
EMILY BURGHOLZER, MEMBERSHIP SALES DIRECTOR
704-544-1404 EXT. 401
EBURGHOLZER@BALLANTYNECLUB.COM
WELCOME NEW MEMBERS!

Johnny & Karen Smith  
Full Privilege

Rich & Robin Lattanzi  
Full Privilege

Ryan & Callie Houfek  
Corporate Full Privilege

Bart & Lauren Blocker  
Full Privilege

Allison & Dustin Ledford  
Young Executive Golf

Dr. Luis & Jerffy Betancourt  
Full Privilege

Rene & Cheryl Lim  
Full Privilege

Kelly Ellis  
Social
WELCOME NEW MEMBERS!

Dr. Stephen & Cynthia Daugherty
Social

Marcia & Dr. Alan Maria Skarbnik
Social

David & Michelle Weeks
Social

Greg & Linda Gombar
Social

Dr. Abhijeet Nadkarni &
Dr. Niyati Nathwani
Tennis

Timothy & Diane Lux
Full Privilege

Lindsey Grom-Delanoy & John Delanoy
Young Executive Golf
David & Sharon Whipkey
Members of BCC since 1996

Love Story

David and Sharon met when they were teenagers. He was 16 and she was 17. They met in Huntington, West Virginia at Spring Valley Country Club. They played golf together and enjoyed the country club’s pool. They dated in 1959 for 4 years, engaged after 3 years, married for 56 years as of June 7th, 2019. They got married at their church in Huntington on June 7th, 1963. They discussed marriage informally. David asked Sharon’s parents for permission to marry their daughter and Sharon said yes!

Some of their favorite memories together include their honeymoon, moving across different states and spending time with their family while in college at Marshall University, Huntington WV. They worked every summer and saved for their wedding and honeymoon. They honeymooned for 2 weeks in Nassau at the Nassau Beach Lodge which no longer exists.

David worked for Sears for 32 years and had a wonderful and interesting career. While employed by Sears they moved back and forth across the United States between Denver, Boston, Chicago, West Virginia, Ohio and Philadelphia. They have lived in 15 different homes during their 56 years of marriage and have lived in 13 different cities. Upon David’s retirement from Sears in 1993, they chose to acquire a “Miracle-Ear” franchise office and settle in Ballantyne Country Club. They are blessed to have their 3 children and their families, including 4 grandchildren nearby in Charlotte along with their niece and nephew.

Their greatest feat they’ve achieved together is, in the last “almost” 26 years, their Miracle-Ear franchise has grown to 82 offices across North Carolina, South Carolina and Virginia. Upon approaching their second retirement they are blessed to have 2 of their children, having grown up in their business filling critical assignments in their company.

When asked looking back if they would do anything differently in their life, they said no. Advice they’d like to share is to have open and honest communication always and be quick to compromise! Find common ground and agree to agree. Have fun together. Look for interesting places to see, of mutual interest and travel when possible.
DINING

Thank you for choosing to dine with us!

Our goal is to provide a memorable life changing experience for our BCC family. Our love and passion for great tasting food is what we want to present to you every meal.
Ballantyne Country Club's

DINING HAPPENINGS:

WEDNESDAYS: FAMILY NIGHT BUFFET
5:00 PM - 9:00 PM

THURSDAYS: WINE AND DINE
5:00 PM - 9:00 PM
1/2 PRICE BOTTLES OF WINE
3 COURSES FOR $30

SUNDAYS: SUNDAY BRUNCH
10:30 AM - 2:00 PM

WEDNESDAY FAMILY NIGHT BUFFET
BIRTHDAY NIGHTS
MAY 1ST
JUNE 5TH

BE ON THE LOOKOUT FOR CHEF JOHNNY V'S NEW LUNCH AND DINNER MENUS!

WE LOOK FORWARD TO YOU JOINING US!
THE PERKS OF BCC

Dear Members,

We have been very busy planning fun and exciting events that will gear to all members! We hope you are getting excited for our upcoming BCC Bash Days, Food Truck Fridays, Mother's Day and Father's Day!

In addition to member events, keep in mind that graduation season is right around the corner. We would love to help with planning a luncheon or dinner at the Club for you to celebrate such an exciting milestone with your family! We are also always available to help cater your next home party. Did you know that since you are a member of BCC you do not pay a room fee? Also, you can always welcome your friends to host an event at your Club with you at a member sponsor!

We look forward to seeing you soon!
Amanda McCleery I Director of Catering
THE PIEDMONT SCHOOL OF ETIQUETTE
MRS. DONNA KNORR, CERTIFIED ETIQUETTE CONSULTANT

"GOOD MANNERS NEVER GO OUT OF STYLE!"

Etiquette Training

TUESDAY, MAY 21ST - THURSDAY, MAY 23RD

First Session: Introductions (5/21)
Second Session: Fork & Spoon Lesson/ Thank You Note Etiquette (5/22)
Third Session: Formal Introduction Dinner (5/23)

Skills Taught:
Proper Introductions, Correct Handshake, Good Eye Contact, Appropriate Conversation, Dining Skills, Telephone and Thank you Note Etiquette

5:00 PM - 6:30 PM
$155.00 PER CHILD FOR 3 DAY COURSE
IN THE MAIN CLUBHOUSE
CASUAL DRESS (LESSONS 1-2)
FORMAL SUNDAY ATTIRE (LESSON 3)

FOR REGISTRATION PLEASE CONTACT CHRISTINE HELMS,
CHELMS@BALLANTYNECLUB.COM OR EXT. 402
Dear BCC Members

You are cordially invited...

Ballantyne Country Club Wine Dinner
featuring Andrew Geoffrey Vineyards

Thursday, May 9th, 2019 at 6:30 p.m.

$125.00 per person

RSVP by registering online or emailing
Christine Helms, chelms@ballantyneclub.com

48 hr Cancellation Policy

First Course
Seared Sea Scallop, Citrus Beurre Blanc & Grilled Red Pepper Purée
Paired with Hill Family Estate Reserve Chardonnay 2015

Second Course
Grilled Farm-Raised Semi-Boneless Quail with Ligonberry Demi-Glace
Paired with Andrew Geoffrey Cabernet Sauvignon 2014

Third Course
De Coco Rigatoni Tossed with Shallots, Diced Red Onion, Fresh Garlic, Basil, Heirloom Tomatoes, Ricotta Foam, Extra Virgin Olive Oil, & Italian Plum Tomato
Paired with Andrew Geoffrey Cabernet 2013

Fourth Course
Raised Veal Ossobuco with Root Vegetable Compote
Paired with Andrew Geoffrey Cabernet 2006

Dessert
Belgian Chocolate Dipped Stem Strawberries
Paired with Andrew Geoffrey Cabernet 2012

Friday Night
MUSIC IN THE LOUNGE

7:00 PM - 10:00 PM

MAY 3RD: LARKIN DODGEN

JUNE 21ST: TONY FISHER
NOW OFFERING FOR SELECT EVENTS

Club Events Member Incentive

For Every 2 (Non-Member) Guests You Bring, We'll Waive 1 Member Entry Fee.

FOOD TRUCK & MUSIC FESTIVALS
6:00 PM - 9:00 PM
ON THE EVENT LAWN

Friday, May 17th
Saturday, June 8th

All BCC Residents are Welcome. Please remember to bring cash for food trucks and beverage purchases!

Grab your neighbors and join us for an evening of food trucks, live music, lawn games and more!

REGISTER ONLINE or Email Christine Helms at chelms@ballantyneclub.com

ON GOLF CARTS!

Drive-In MOVIE NIGHT

FRIDAY, JUNE 14TH: 8:30 PM - 10:30 PM
MOVIE “MARY POPPINS - 2018 VERSION”
LOCATED ON DRIVING RANGE

COST: $30+ PER CART (SEATS 2 PEOPLE)
$10+ PER LAWN SEAT
EACH TICKET INCLUDES CANDY, POPCORN & A DRINK!

TICKETS AVAILABLE ONLINE ON THE BCC WEBSITE!
48 HR CANCELLATION POLICY

Father’s Day BRUNCH

SUNDAY, JUNE 16TH
10:30 AM - 3:00 PM IN THE MAIN DINING ROOM

$27.95 FOR ADULTS
$12.95 FOR CHILDREN AGES 4-12
FREE FOR AGES 3 & UNDER

REGISTER ONLINE
48 HR CANCELLATION POLICY
Mother's Day Brunch!

SUNDAY, MAY 12TH
2 SEATINGS: 10:00 AM & 12:30 PM

In the Main Dining Room
$32.95 for Adults
$16.95 for Children 4-12
FREE for Ages 3 & Under

Register Online
48 HR Cancellation Policy

Menu
Duel Omelet Station
Pasta Station
Craving Station with "Roasted Rib of Beef"

Grand Buffet
Assorted Croissants, Muffins, Pastries
Tuscan Style Breads & Rolls
Tropical Fruit Display
"Made To Order" Caesar Salad
O’Brien Potatoes
Pecan Wood Smoked Bacon
Smith Field Ham Slices
Cheese Blintz with Berry Compote
Scrambled Eggs
Roasted Herb 8pc Chicken
Seasoned Vegetables
RCC Brownies
Mini Cannolis
Ice Cream Sundae Bar

Wine Socials
Uncork, drink, relax and repeat with your friends! It’s time to wine down!

Thursday, May 16th
Thursday, June 13th

At the Main Clubhouse
6:30 p.m. - 8:30 p.m.

$25.00 for Non-Vintner Club Members
Open to all Members and Guests
Includes Wine & Hors D’oeuvres

CABANA GRILL CRAB BOIL

SATURDAY, MAY 18
5:00 P.M. - 10:00 P.M.
REGISTER ONLINE!

OPTIONS
Small: $15.95 – 1 Crab Cluster
Medium: $24.95 – 2 Crab Clusters
Large: $29.95 – 3 Crab Clusters

Each Boil Pack Includes:
Crawfish, Turkey Sausage, Corn on the Cob, Red Bliss Potatoes, Crab Legs and Shrimp

- All Include Salad & Dessert Buffet

Kids Buffet Available - $7.95
Salad, Hot Dogs, Chicken Fingers, French Fries and Dessert

*Limited Cabana Menu Available
**Kid’s Club available 6 p.m. - 11 p.m.
JOIN US FOR OUR SECOND ALL-COMPLIMENTARY MEMBER APPRECIATION DAY AS WE SAY “THANK YOU FOR BEING A MEMBER!”

BCC BASH DAYS

WEDNESDAY, MAY 22ND
THURSDAY, JUNE 20TH
6:30 P.M. TO 8:30 P.M. | MAIN CLUBHOUSE

Thank you for being a member!

FEATURING BEER, WINE, COCKTAILS AND CULINARY FOOD PRESENTATIONS

BCC BASH DAY kicks off with:
Please Register Through the Membership Office to Take Advantage of Guests Paying Cart Fee Only
Complimentary Tennis Guest Fees between 1:00 p.m. – 3:00 p.m.

BCC BASH DAY will take place every Third Thursday (unless otherwise stated).

Showcase your Club to all your friends who are not yet Members of BCC but should be!

All guests of Members are required to register with the Membership Office.

GO TO THE BCC WEBSITE TO REGISTER OR CALL 704.544.1404
FAC HOURS BEGINNING MAY 27:
MONDAY – SATURDAY: 8:00 AM – 6:00 PM
SUNDAY: 10:00 AM – 6:00 PM

2019 POOL HOURS (MAY 11 – MAY 26)
MONDAY – FRIDAY: 3:00PM – 8:00PM
SATURDAY: 10:00AM – 7:00PM
SUNDAY: 11:00AM – 7:00PM

CABANA GRILL HOURS (STARTING MAY 6 - MAY 28)
MONDAY-THURSDAY: 4:00 P.M. - 8:00 P.M.
FRIDAY - SATURDAY: 11:00 A.M. - 9:00 P.M.
SUNDAY: 11:00 A.M. - 8:00 P.M.

CABANA HOURS ON MEMORIAL DAY: 11:00 A.M. - 7:00 P.M.

CABANA GRILL HOURS (STARTING MAY 28 - SEPTEMBER 2)
MONDAY-THURSDAY: 11:00 A.M. - 9:00 P.M.
FRIDAY- SATURDAY: 11:00 A.M. - 10:00 P.M.
SUNDAY: 11:00 A.M. - 8:00 P.M.

CABANA HOURS ON LABOR DAY: 11:00 A.M. - 7:00 P.M.
Kid's Club!

Drop your kids off at the FAC while you enjoy the Club’s amenities. Be sure to wear comfortable clothes!

Ages 3 & Up (Restroom Independent)
REGISTER ONLINE
Registration Closes 2 hrs Prior to Start Time

May 1st - June 9th
Tuesday - Friday 1:9:30 am - 1:30 pm
Thursday Nights 6:00 pm - 9:00 pm
Friday Nights 6:00 pm - 11:00 pm
Saturdays 1:8:30 am - 1:30 pm
Sundays 11:30 am - 5:30 pm

June 10th - August 25th
Monday - Friday 2:00 pm - 6:00 pm
Thursday Nights 6:00 pm - 9:00 pm
Friday Nights 6:00 pm - 11:00 pm
Saturdays 1:8:30 am - 1:30 pm
Sundays 11:30 am - 5:30 pm

WEDNESDAY NIGHTS

Family Night Buffet Activities

Structured activities are offered at the Main Clubhouse. Parents must check in with the activity leader and have children properly signed in and out of this event.

SIXTHDAY CINEMAS

Every Saturday in May & June
Complimentary
1:00 PM - 3:00 PM
Ages 3 and Up (Restroom Independent)

Stop by the FAC for a complete monthly movie flyer!
Movies are subject to change.

SNACKS AND LEMONADE INCLUDED

REGISTER ONLINE
Registration Closes the Day Of by Noon
Teen Late Night Swim
6.22.19

$15 for Members
$18 for Guests

We start from 9PM until late!

Ages 13 & Up
Snacks & Drinks Included
Register Online
48 Hr Cancellation Policy

GRANDMOTHERS, MOMS, AND DAUGHTERS ARE WELCOME TO OUR ANNUAL MOTHER-DAUGHTER TEA PARTY! COME ENJOY TIME TOGETHER WITH TEA AND CRAFTS!

Mother-Daughter Tea

Sunday, May 5th
1:00pm - 3:00pm
At the Main Clubhouse

$20 for Mothers
$15 for Daughters
Hors D’oeuvres, Pastries & Tea Included

REGISTER ONLINE
FOR ALL AGES!
48 HR CANCELLATION POLICY

Star Wars

TRAINING
SATURDAY, MAY 4TH | 3:00 PM-5:00 PM

$12 FOR MEMBERS
$15 FOR GUESTS
SNACKS & DRINKS INCLUDED

REGISTER ONLINE
FOR AGES 3 & UP (RESTROOM INDEPENDENT)

MIDDLE SCHOOL NIGHT OUT!

Head to the FAC for games, inflatables, cotton candy, and more!

Sunday, June 23rd
6:00 PM - 9:00 PM

$20 FOR MEMBERS
$25 FOR GUESTS

GRADUES 6-8
Price Includes Appetizers & Drinks

REGISTER ONLINE
24 hr cancellation policy
Registration closes the day before at 3:00 PM
FOR ALL AGES!

Beers & Braids

Sunday, June 2
2:00 pm - 4:00 pm

Price Includes Appetizers & Drinks

Dads, do you need help learning how to do your daughters' hair? Bring your daughters and come on over to the main clubhouse to learn the tricks of the trade when it comes to girls hair!

REGISTER ONLINE TODAY!
48 HOUR CANCELLATION POLICY

PARENTS NIGHT OUT

FEATURING GRAVITY CHECK JUGGLING

Saturday, May 18th
6:00 PM - 11:00 PM
$30 for members | $35 for guests
Dinner buffet & dessert included

REGISTER ONLINE - 48 HR CANCELLATION POLICY
AGES 3 & UP (RESTROOM INDEPENDENT)

COME CELEBRATE THE END OF THE SCHOOL YEAR WITH FRIENDS FOR A LATE NIGHT SWIM WITH GAMES AND A DJ!
PLEASE DROP OFF IN TEEN CENTER.

End of School Luau Pool Party!

Friday, June 7th | 8:00 PM - 10:30 PM
$15 for members | $18 for guests
Snacks & Drinks Included
INDEPENDENT SWIMMERS

REGISTER ONLINE
48 HR CANCELLATION POLICY
TENNIS

THE TENNIS RACKET

Summer will be here before you know it and our event calendar is complete with new and popular annual events.

Our new tennis & pickleball event for both men and women is slated for the evening of May 10th. This event is a men’s and ladies tennis and Pickleball event, followed by a hosted wine tasting. Make sure you bring a guest, because the BCC members who do, will receive a special discount! Another new event, Men’s Tennis Hold ‘Em will take place on May 25th. Some good 'ole fashioned tennis will be followed by a game of Texas Hold ‘Em. We end the month of May with the Memorial Day Mixed Doubles Round Robin Social on May 27th from 10am-1pm.

June begins with the Mixed Doubles Club Championships, June 14th-15th. Several divisions will be offered so get excited!

Did someone say cerveza? The 20th Annual Corona Mixed Doubles Round Robin Social is set for June 22nd from 5-8pm. June comes to a close with the Tipsy Tuesday Ladies Margarita Social on June 27th from 7pm-8:30pm.

To join in on any of the events coming in May and June, please email Coach Jason at jmichael@ballantyneclub.com.

We look forward to seeing you all on the courts!

Jason, Susie, and Sean
COME JOIN US FOR

VOLLEYS & VINES
A TENNIS & PICKLEBALL MIXED DOUBLES EVENT

FRIDAY, MAY 10TH
$30 PER PERSON
For Every Non-Member Guest You Bring … Both Your Guest & Your Entry Fee will be Waived

6:00PM-6:30PM: REGISTRATION & APPETIZERS
6:30PM-8:00PM: TENNIS & PICKLEBALL ROUND ROBIN
8:00PM-9:00PM: WINE TASTING WITH ELAINE GROOMS

Find More Information on the BCC Website. Limited Spots Available!
To Sign Up Email Jason Michael, jmichael@ballantyneclub.com
Men's Texas Hold 'em

May 25th, 2019
2:00 PM - 5:00 PM
Free to MTA Members and $30 for Non-Members

MEMORIAL DAY
Mixed Doubles Round Robin

MAY 27TH
10:00 AM - 1:00 PM
Free to MTA Members and $30 for Non-Members
Register Online
48 Hr Cancellation Policy

Corona Mixed Doubles Round Robin

June 22nd
5:00 PM - 8:00 PM
Free to MTA/LTA Members and $30 for Non-Members
SPRING ADULT CLINICS

MEN’S DRILL AND PLAY

Tuesdays
7:30 PM - 9:00 PM
$23 per person

This clinic is geared for the 3.0 - 4.5 level player. We do a lot of competitive drills geared towards doubles with some match play as well.

Please email Coach Jason to enroll,
jmichael@ballantyneclub.com
24hr Cancellation Policy

LADIES’ DRILL AND PLAY

Wednesdays
7:00 PM - 8:30 PM
$23 per person

This clinic is geared to the 3.0 - 3.5 player. We focus heavily on drilling and match play.

To enroll, please email Coach Sean at ssmith@ballantyneclub.com
24hr Cancellation Policy

Net Results & More with Coach Susie!

SATURDAYS 12:00-1:30 PM $23 PER PERSON

This clinic is for players 2.5 and above that are looking to improve their net play and doubles play. We work on improving all aspects of your net game from volleys to overheads, to positioning and strategy.

To enroll, please email Coach Susie at sbrown@ballantyneclub.com
24 hr cancellation Policy
The fundamentals of tennis, coordination exercises, and games are introduced for an hour of fun. This is a great opportunity to learn how to play tennis while having a blast doing it!

Players are encouraged to wear tennis attire and smooth soled shoes preferably made specifically for tennis. If a player does not have his or her own racquet, tennis racquets can be provided on a temporary basis. This can help to make sure the player has the correct sized racquet. Tennis racquets in this clinic shall not be longer than 23”.

**RED BALL QUICK START**

**TUESDAYS & THURSDAYS**

4:30 PM - 5:30 PM

**STRUCTURED FOR BEGINNERS AGES 4-8**

SESSION RUNS FROM APRIL 23RD TO JUNE 6TH

SESSION: $149  I  DROP-IN: $18 PER PERSON

TO REGISTER SIGN UP ONLINE OR EMAIL JASON MICHAEL AT JMICHAEL@BALLANTYNECLUB.COM

48 HR CANCELLATION POLICY

---

**High Performance**

Tuesdays, Wednesdays, Thursdays

Sessions Running From April 23rd To June 6th

5:30 PM - 7:00 PM

Session: $249  I  Daily Drop In: $26

Approval by Coach Jason is Required for Enrollment
Orange Ball "HOT Shots"

Tuesdays * Wednesdays * Thursdays

4:30 PM - 5:30 PM

SESSION RUNS FROM APRIL 23RD TO JUNE 6TH
SESSION: $189 | DROP IN: $18

This clinic is structured for beginning - intermediate level players ages 8-10. The fundamentals of tennis, coordination exercises, live ball play, attention to technique, and games are covered in the hour. This is a great opportunity to continue to improve the player’s tennis game, while having a great time doing it! We prepare the players in this clinic to participate in our junior team tennis program where they compete in singles and doubles against teams from neighboring clubs.

Players must wear appropriate tennis attire and wear smooth soled shoes, preferably made specifically for tennis.

To register sign up online or email Jason Michael at jmichael@ballantyneclub.com

48 hr cancellation policy

PRE-TEEN CLINIC

Wednesdays
5:30 pm - 7:00 pm
Drop in Cost: $26

This clinic is for players who have aged out of our “Hot Shots” Orange Ball clinic and for young teens with limited tennis experience. The Green Dot ball will be used. Clinics will focus on stroke development, footwork, live ball, and many of the topics covered in our High Performance clinic but at a more comfortable pace.

Email Coach Jason at jmichael@ballantyneclub.com to register
GOLF

TUESDAY MAY 28TH: COURSE OPENS AT 12:00PM

TAYLORMADE DEMO DAY

SATURDAY, MAY 25TH
11:00 AM - 3:00 PM
COUPLES SUNDAY GAME

SUNDAY, MAY 12TH & SUNDAY, JUNE 16TH
10:30 AM - 3:00 PM

Once a month on a Sunday, beginning at 10:30 AM, we’ll have 5 tee times set aside for couples to play a low-key game. The goal is for a fun and friendly competition with couples vs. other couples or foursomes vs. foursomes. If you are interested in playing in the Couples Sunday Game please email Rick & Michelle Kingston directly and they will add you to the monthly email list – rick.kingston59@gmail.com or smkingston66@gmail.com. Please also let them know if there are any other couples we could add.

DETAILS:
5 Tee Times: 10:30 AM, 10:40 AM, 10:50 AM, 11:00 AM, 11:10 AM
$5.00 Per Couple (charged by Pro Shop)
Winners receive Pro Shop Credit

Rick & Michelle Kingston will email Game Description and request for sign-ups - approximately one and a half weeks prior. First 10 couples to respond will be given a tee time. If there are more interested, we will see what the Pro Shop can do to expand.
You may pick your own foursome or the Pro Shop will pair for you (mix it up!)
Fun games rewarding gross and net winners (depending on game and participants)
Open to any couple with qualified and active GHIN indexes
Golf followed by beverages and banter in lounge - member signature
Cancellations received after Thursday at 5:00 PM prior to playing will forfeit $5.00 unless they find a substitute couple.
RJG JUNIORS
Saturdays:
MAY 4, 11, 18 & 25
JUNE 8, 15, 22 & 29
11:00 AM - 11:45 AM
Ages 6-8 years
$15 per session for golf and sports members
$25 for tennis and social members

REGISTER ONLINE WEEKLY
Registration closes the day prior at 4:00 PM
Limited to 12 kids per session, call the golf shop 1 day in advance

RJG JUNIORS PREP
Sundays:
MAY 5, 12, 19 & 26
JUNE 9, 16, 23 & 30
11:00 AM - 11:45 AM
Ages 9-12 years
$15 per session for golf and sports members
$25 for tennis and social members

REGISTER ONLINE WEEKLY
Registration closes the day prior at 4:00 PM
Limited to 12 kids per session, call the golf shop 1 day in advance

GLOW IN THE DARK, NIGHT TIME FUN!
GLOW VIBE EVENT
Saturday, June 15th
ON THE DRIVING RANGE
6:00 PM - 10:00 PM
A TOP GOLF EXPERIENCE
PUTT PUTT COURSE

6 - 7 PM
COCKTAIL HOUR
Bar, Light Hors D' Oeuvres, Games

7 - 8 PM
TIPS AND TRICKS
Dan Boever with Trick Shot Academy

8 - 10 PM
GLOW VIBE EVENT
Stations and a DJ
Cocktails & Couples 9-Holes

FRIDAY, MAY 10TH & JUNE, 28TH
$29.00 (INCLUDING PRIZES & DINNER)
PLUS APPLICABLE SPORT AND CART FEE
4:00 P.M. - COCKTAILS BEFORE PLAY - MEMBER CHARGED
5:00 P.M. - SHOTGUN START

FORMAT: 9 HOLE SCRAMBLE
GUEST WELCOME TO PLAY WITH MEMBERS
AWARDS AND DINNER AFTER PLAY

REGISTER ONLINE
REGISTRATION CLOSES MAY 8, 2019 AT 12:00 PM

Ballantyne Country Club

BLGA MEMBER-MEMBER

WEDNESDAY, MAY 8TH
9:00 AM SHOTGUN

PGA CHAMPIONSHIP

RAFFLE DRAWING PARTY

REGISTER ONLINE
REGISTRATION CLOSES ON MAY 5TH AT NOON
48 Hr Cancellation Policy

WEDNESDAY, MAY 15
5:00 PM - 6:00 PM
IN THE MAIN LOUNGE

Cinco De Mayo Themed!
LADIES 3-HOLE EVENT

6:00 PM SHOTGUN

Thursday, May 9 & 23
Thursday, June 13 & 27

Cocktails after play, meet in the Lounge!
(Member Charged)

REGISTER ONLINE OR CALL GOLF SHOP AT
704-341-3113
REGISTRATION CLOSES AT 3:00PM ON SAME DAY

U.S. OPEN RAFFLE DRAWING

WEDNESDAY, JUNE 12TH
5:00 PM - 6:00 PM

IN THE MAIN LOUNGE

GUEST

Ballantyne's Guest Appreciation Days

THURSDAY, MAY 30TH
THURSDAY, JUNE 27TH

ALL DAY
$25 + CART FEE FOR GUESTS
MAKE YOUR OWN TEE TIMES
MEMBERS MAY BRING UP TO 3 GUESTS

APPRECIATION
Senior & Super Senior Club Championship

Saturday, June 8th - Sunday June 9th
AM Tee Times
$59.00 Per Person + Applicable Sport and Cart Fees

Register Online
Registration Ends on June 6th at Noon

Join one of our BCC Pro Teams, Winner Take All

Men’s Mini Pro-Am
Sunday, June 23rd
9:30 AM Tee Times
$20.00 Per Member (+ Applicable Sport and Cart Fees)

Register Online Now!
Limited to 9 golfers, 3 teams

Ladies Mini Mini Pro-AM
Tuesday, May 21st
9:00 AM Tee Times

Ladies Mini Pro-AM
Wednesday, June 26th
9:00 AM Tee Times

$10.00 Per Member (+ Applicable Sport and Cart Fees)

Join one of our BCC Pro Teams!
1 Best Ball Gross, 1 Best Net
Winner Takes All

Register Online
Limited to 9 Ladies, 3 Teams
FRIDAY, MAY 24 - MONDAY, MAY 27
MEMORIAL DAY GOLF SALE
Buy One, Get One 50% Off Apparel
20% Off Bags, Shoes and Accessories
Extra 10% Off Sale Items

MONDAY, MAY 27
MEMORIAL DAY GOLF EVENT
Special Events at Each Hole!
Make your Own Tee Time
$20.00 per person + Applicable Sport and Cart Fee
(Includes Lunch and Prizes)

BLGA CLINIC
Wednesday, May 22nd
11:00 AM - 1:00 PM
$15 PER PERSON
SIGN UP FOR LUNCH IN THE GOLF SHOP
(MEMBER CHARGED)
FORMAT: FULL SWING-ON COURSE CLINIC
REGISTER ONLINE
LIMITED TO THE FIRST 16 LADIES
REGISTER BY TUESDAY, MAY 21ST BY 12:00 PM

LADY LYNXTER CLINIC
Tuesday, May 28th & June 18th
9:30 AM - 11:30 AM
$15 PER PERSON
SIGN UP FOR LUNCH IN THE GOLF SHOP
(MEMBER CHARGED)
FORMAT:
(5/28) PUTTING/GREEN READING
(6/18) SPECIALTY SHOTS CLINIC
REGISTER ONLINE
LIMITED TO THE FIRST 16 LADIES
REGISTER BY MONDAY, MAY 27 BY 6:00 PM
7TH ANNUAL
PRESIDENT'S CUP

THURSDAY, MAY 30TH - SATURDAY, JUNE 1ST
$495.00 PER TEAM
(ADDITIONAL $10 PER PLAYER TO ALSO BE ELIGIBLE FOR GROSS PRIZES. NOTE: IN ORDER TO ELIGIBLE FOR GROSS PRIZES PLAYERS MUST PLAY BLUE TEES.)
THURSDAY, MAY 30TH
CHAMPIONS DINNER
PAST CHAMPIONS ONLY

CHAMPIONS DINNER IS A SEPARATE CHARGE (NOT INCLUDED IN ENTRY FEE)
6:00 PM - 7:30 PM
THURSDAY, MAY 30TH
*OPTIONAL* FLIGHTING PARTY
7:00 PM - 9:00 PM

FLIGHTING PARTY IS AVAILABLE FOR ALL PLAYERS AND SPOUSES/SIGNIFICANT OTHERS.
DURING THE FLIGHTING PARTY, YOU WILL HAVE AN OPPORTUNITY TO MAKE TEAM INVESTMENTS (RUN BY MGA COMMITTEE). ALSO, THE MGA WILL PROVIDE HORS D'OEUVRES AND KEG DURING THE PARTY AND SPOUSES & SIGNIFICANT OTHERS ARE WELCOME AS WELL.
*IF YOU/AND YOUR SPOUSE PLAN TO COME TO THE THURSDAY NIGHT FLIGHTING PARTY, PLEASE RSVP BY TUESDAY, MAY 28TH AT 12 PM.*
SPECIAL NOTE:
TEE DIVISIONS

TEE DIVISIONS WILL BE FLIGHTED AND ARE BASED OFF TOTAL TEAM HANDICAPS.
* TOTAL TEAM HANDICAPS (0-15 BLUE TEES) (16-30 WHITE TEES) (31+ OMEGA TEES)*
NOTE: ALL TEE DIVISIONS ARE ELIGIBLE FOR THE CHAMPIONSHIP SHOOTOUT.
FRIDAY, MAY 31ST
11:00 AM - LUNCH
TEAM INVESTMENTS AVAILABLE BEFORE FRIDAY'S ROUND.
MGA COMMITTEE WILL HANDLE ALL TEAM INVESTMENTS.
12:00 PM - SHOTGUN START

FORMAT:
FRONT 9 - TEXAS SCRAMBLE (75% HDPS)
BACK 9 - MODIFIED ALTERNATE SHOT (50% HDPS)
5:00 PM - 7:30 PM - "HAPPY HOUR"

TRADITIONAL SKILLS GAMES ON THE PRACTICE RANGE/PUTTING GREEN
(HEAVY HORS D'OEUVRES AND / KEG DURING "HAPPY HOUR")

*NO OTHER F&B FUNCTIONS AFTER HAPPY HOUR*

SATURDAY, JUNE 1ST
8:00 AM - BREAKFAST
9:30 AM - SHOTGUN START

FORMAT:
18 HOLES - 1 BEST BALL NET OF THE 2 (90% HDPS)
LUNCH SERVED AT THE TURN DURING PLAY
3:00 PM - TRADITIONAL SHOOTOUT
5:30 PM - "COCKTAIL HOUR"
6:30 PM - DINNER / AWARDS

*SPouses/SIGNIFICANT OTHERS WELCOME TO SHOOTOUT/COCKTAIL HOUR/DINNER*
*CHILD CARE AVAILABLE AT THE FAC (AT AN ADDITIONAL CHARGE). IF YOU ARE INTERESTED IN CHILD CARE FOR SATURDAY NIGHT PLEASE CALL THE FAC AND SIGN UP BY WEDNESDAY, MAY 29TH.*
NOTE: CANCELLATIONS AFTER MAY 17TH WILL BE CHARGED 50% OF ENTRY FEE

Please Register Online
*Please indicate your partner when signing up*
Any questions please contact the Golf Shop at 704-341-3113.
JUNIOR INTERCLUB TEAM TRYOUTS

May 17th: 5:00 PM Shotgun
May 18th: 11:30 AM Tee Times
May 19th: 11:30 AM Tee Times

AGES: 8-10, 11-12, 13-14, 15-18

MUST PLAY 2 OUT OF 3 DAY OPTIONS
JUNIORS MAY ONLY PLAY 2 ROUNDS
FIVE QUALIFY FROM EACH AGE GROUP

FOR FULL GOLF AND SPORTS MEMBERS ONLY

Call Golf Shop to Register with; Child’s age as of June 1, 2019, and what 2 days they will be trying out

TUESDAY, JUNE 11 TO FRIDAY JUNE 14

$290 FOR WEEK
(INCLUDING A $25.00 NON-REFUNDABLE REGISTRATION FEE)

DROP OFF AT MAIN CLUBHOUSE
BAG DROP FOR GOLF AT 8:45 A.M.
PICK UP AT FAC AT 4:00 P.M.

This camp is designed to teach the fundamentals of golf, tennis, and aquatics while using the structure of games, contests and personal achievement to create a fun learning environment

REGISTER ONLINE
AGES 6 & UP
(RESTROOM AND SWIM INDEPENDENT)

RANDY JOYNER "TOUR TECHNIQUES" COMPLIMENTARY GOLF CLINIC

MAY 11TH
4:00 PM - 5:30 PM
BAR AVAILABLE (SEPARATE MEMBER CHARGE)

FULL SWING PATH/FACE CLINIC
*LEARN TECHNIQUES THAT THE PROFESSIONALS ON TOUR ARE USING*
AVAILABLE TO ALL GOLF MEMBERS

REGISTER ONLINE!

LADIES GUEST DAYS

Tuesday, May 14TH
Tuesday, June 14TH

ALL DAY
CART FEE ONLY FOR GUESTS
MEMBERS MAKE YOU OWN TEE TIMES
LADIES MAY BRING UP TO 3 GUESTS
Dear Members,

It has been a great year thus far in the Fitness Department! We began with an overhaul of the aerobics class schedule and the turnout was incredible! Increased participation and new faces in these classes makes for an exciting glimpse into the future of the fitness program. A personal thank you to all of you who have decided to try something new and utilize this great resource. After all, the classes are free for you to join and no registration is required to attend!

Make sure to keep an eye out for new and fun summer classes as well as unique pop-up events and classes. Classes range from active stretching classes and restorative yoga, to heart pounding cardio, kickboxing, and high intensity interval training. There is something for everyone!

This program is founded on your needs as members of Ballantyne Country Club. If you have an idea, suggestions, questions etc. please do not hesitate to reach out.

Kevin Dahl | Health and Wellness Coach
kdahl@ballantyneclub.com
<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>WAKE UP AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:00 AM-7:45 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ATHLETIC CONDITIONING</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:30 AM-9:30 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PILATES FUSION</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:45 AM-10:45 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BEGINNER/</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SENIOR YOGA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:00 AM-12:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>STRETCH FUSION</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:00 PM-7:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>KICKBOXING</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:10 PM-8:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PILATES MAT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:00 PM-7:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>POWER YOGA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:00 PM-7:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>KICKBOXING</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:10 PM-8:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>CORE FUSION</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:30 AM-9:30 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PURE STRENGTH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>&amp; DEEP STRETCH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:30 AM-9:30 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30 AM-10:00 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BEGINNER/</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SENIOR YOGA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:00 AM-12:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ROTATION:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MAY 4TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9 AM - 10 AM POWER</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>YOGA WITH MONIKA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 AM - 11 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BEGINNER/SR YOGA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>WITH CAROL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MAY 11TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9 AM - 10 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ATHLETIC CONDITIONING</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>WITH KAT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10-11 MAT PILATES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>WITH VICKI</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MAY 18TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9 AM - 10 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SCULPT AND TONE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>WITH BETH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 AM - 11 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BARRE/MAT WITH VICKI</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MAY 25TH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9 AM - 10 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PILATES WITH KAT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 AM - 11 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>RESTORATIVE YOGA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>WITH MONIKA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
May Saturday Class Rotations

MAY 4TH
9 AM - 10 AM POWER YOGA WITH MONIKA
10 AM - 11 AM BEGINNER/SR YOGA WITH CAROL

MAY 11TH
9 AM - 10 AM ATHLETIC CONDITIONING WITH KAT
10-11 MAT PILATES WITH VICKI

MAY 18TH
9 AM - 10 AM SCULPT AND TONE WITH BETH
10 AM -11 AM BARRE/MAT WITH VICKI

MAY 25TH
9 AM - 10 AM PILATES WITH KAT
10 AM - 11 AM RESTORATIVE YOGA WITH MONIKA
YOUTH

SPEED & AGILITY TRAINING

Do you want to work on your quickness, speed, and power for the sports you play?

Agility and Speed training is for young athletes ages 10 and up. This training program is typically at least 6 weeks long with alternating agility and speed training sessions. Training sessions can be held once or twice per week.

Agility Sessions will focus on foot quickness, change of direction, balance, and coordination

Speed Sessions will focus on power and explosive movements, and well as leg strength

This program is built on a progression system that will challenge participants to get a little more out of each consecutive week that they participate. This training is great in spring and summer to prepare for the fall sports season. Training is also available year round.

Cost: $45/Session for Members and $55/Session for Guests
Group Discounts Also Available

CONTACT HEALTH & WELLNESS COACH KEVIN DAHL:
KDAHL@BALLANTYNECLUB.COM
(704) 544-9755
2019 Fitness Class Descriptions

**Stretch Fusion with Vicki** - A low impact, low intensity (2-3) mat class for people of all ages and levels. Participants will be guided through a variety of stretches throughout, using beginner Pilates and basic yoga movements for more flexibility and balance. Variety of props used for relaxation.

**Wake up AM with Lynn** - Cardio Intervals infused with body weight exercise sets. Jacks, High Knees, Burpees, Butt Kickers, etc. combined with long sets of squats, lunges, pushups, dips, etc., and core specific segments. Vigorous intensity level (8-10)

**Athletic Conditioning with Kat** - This high intensity (6-10) class is a fun way to challenge your inner athlete. In this class, you will improve muscular strength and conditioning as well as cardio endurance through high intensity interval training (HIIT). The instructor will work with you to help you improve your form and learn modification techniques in order to make the class appropriate for your fitness level. This class will boost your metabolism and give you a variety of new exercises to keep you motivated and having fun while working hard!

**Pilates Fusion with Kat** - This moderate intensity (3-5) class is a fusion of traditional Pilates, yoga stretches, standing core/leg work (similar to barre) and some good old fashioned ab work to help you improve your posture, balance, flexibility, stability and increase your core strength. It is a great non-impact workout for all fitness levels. Please let the instructor know of any injuries so that they can provide modification options and give you some pointers.

**Beginner/Senior Yoga with Carol** - This light intensity (1-2) class provides a welcoming environment for all adult ages interested in yoga, encouraging growth in mind, body and spirit. As you learn yoga poses, you will also learn to bring awareness to your body to understand your limitations as well as your strengths, from your head to your toes. Classes will often incorporate the use of a variety of yoga props; blocks, straps, chairs, etc., as well as provide modifications to poses to make it accessible and fun for all. Learn to set an intention, bringing positive affirmations into your practice where they become a part of your life. You will also be introduced to breathing techniques to help promote focus and wellbeing, as well as diminish tension, anxiety and stress.

**Pilates Mat with Vicki** - A low impact, moderate intensity (4-5) workout for all ages and fitness levels, allowing participants to begin and progress at their own pace. The Pilates method focuses on core stability while using controlled, precise movements to condition the entire body. Emphasis is placed on breathing and quality of form, strengthening the muscles to support and realign the spine. Modifications are provided for the beginner, while variations can be incorporated for the more advanced. You can expect flatter abdominal muscles, slimmer thighs and toned arms. Improved posture, mobility and flexibility. You will be energized! Light weights, large and small fitness balls, along with other props used.

**Sculpt and Tone with Beth** - Sculpt and Tone exercises will focus on adding definition to your physique with higher reps and lower weight. A combination of these functional strength and light cardio exercises, will target the entire body and provide a well-rounded workout. We will use a variety of equipment, to include our own body weight, dumbbells, bands, medicine balls, and kettlebells. You can boost your metabolism, improve your muscle strength and conditioning, and tone your overall physique. All exercises are modifiable based on current fitness level. Intensity level depends on fitness level (2-7)

**Kickboxing with Lydia** - This moderate intensity (6-8) class begins with 15 minute warm-up of active and dynamic stretching, followed by 3 minute jump rope. Then we move into 2 or 3-minute circuit rounds on the punching bags. Proper techniques for punching, kicking and kneeling will be demonstrated and modifications will be given. There will be 1 minute of active rest exercises after each bag round, followed by 30-45 seconds of rest to grab water. 15 minute cool down includes core strength and stability exercises, gentle yoga stretches, and ending class with some awesome SMR/foam rolling techniques which can really help reduce tight sore muscles. Exercises are performed barefoot to avoid knee injuries during kicking and punching, as shoes will limit your...
2019 Fitness Class Descriptions

**7AM Burn with Lynn** - Sculpt based weighted movements, high steps, band work, squats, gliding discs, bosu, planks with short bursts of cardio. Vigorous intensity (8-10)

**Core Essentials** - Everyone wants more defined abs, but our abs and other core muscles are more than just looks. A strong core contributes to better movement, balance, strength, and an overall better fitness level. This light/moderate intensity (2-4) class will exercise a variety of muscles, and we will use a variety of equipment, to include our own body weight, dumbbells, bands, medicine balls, kettlebells, and mat work. A strong, fit core helps in daily activities, and improves performance in exercise and sports. By strengthening the core, we will create a more balanced, stronger, fitter body. All exercises are modifiable based on fitness level.

**Deep Stretch with Kat** - If you exercise (whether walking the dog or doing Cross Fit), you need to reduce your risk of injury by stretching. This light intensity (1-2) class is appropriate for all levels and will help you to increase your flexibility by gently taking you through exercises to help you relax and lengthen those tight muscles. Not flexible, not a problem! The instructor will provide props and modifications in order to help you gently flow through poses to help you stretch.

**Zumba with Woodson** - Welcome to Zumba Cardio - a vigorous intensity (5-8) cardio workout with dance moves from Salsa, Hip Hop, Pop, Raggae Dance, and More! You will come to work out and leave after a Dance Party! There is cardio and targeted toning put together in each song. This class will range in fitness level from Level 5 (moderate) to 8 (high intensity) based on how high/low impact you desire to make your moves. Bring: Towel (people tend to sweat a lot in my classes!), Water (hydrate, hydrate, hydrate!), and wrist weights OPTIONAL (if you really want to tone your arms)

**Pure Strength with Beth** - The Pure Strength Class is total body training using less reps and heavier weight. This light/moderate (2-7) class is designed so that you can challenge yourself, and your muscles, to lift a little heavier. This allows you to create a stronger, leaner, shapely musculature. This class will train proper form and function of muscles. We will use a variety of equipment to include dumbbells, kettlebells, and medicine balls. All fitness levels are welcome. A base in strength training and core stability would be helpful. All exercises can be modified by picking the appropriate weight.

**Deep Stretch with Beth** - Stretching is for everyone, and is an essential component to fitness. Stretching is essential to counteract the wear and tear of everyday life and activity. Yet it is often neglected. This light intensity (1-3) stretch class will take a full body approach, and use various modes of stretching, such as static, dynamic, muscle activation, and self-myofascial release. Please join us, and reap the many benefits. All fitness levels welcome.

**Power Yoga with Monika** - Power yoga, like vinyasa yoga, is faster paced, postures are linked together in a series of movements that are synchronized with breath. It will increase your muscle strength, endurance, flexibility and improve your balance. This style of yoga has many standing poses and many planks, side planks, pushups, arm balances. Prior knowledge of yoga is strongly recommended. Intensity level is vigorous (7-10).

**Yoga, Cardio, and Strength Rotation** - Saturday morning rotation is a great opportunity to try out different classes offered at GCC! Each week different strength, cardio, or yoga classes will be taught. At the end of each month, next month’s schedule will be emailed to the membership. Pay close attention to what classes are coming up so that you have a chance to try new and different types of exercise at the FAC.
If you are interested in losing weight, eating better, and exercising more, then Health Coaching is for you!

Key Features:
* Private 1 on 1 sessions
* Personalized Programs
  * Goal Setting
* Nutritional Coaching
* Exercise Planning
* Behavioral Modification Techniques
  * Accountability
* Motivational Development

Contact Health Coach Kevin Dahl to set up a free 20 minute consultation. Kdahl@ballantyneclub.com (704) 544-9755
FUNCTIONAL FITNESS

POP UP CLASS COMING SOON!
11:00-12:00
AEROBICS ROOM

Beginner to Intermediate
Intensity: Levels 3-5

Description: Functional fitness exercises improve muscles that work together in order to perform daily activities within your home, work or athletic life. Workouts focus on upper and lower body muscles while emphasizing core stability. Equipment like fitness balls, weights and bands are often used. A proper “gait” is also important and this class will often utilize outdoor walking when weather permits.

Details: The human body is built to move: pushing, pulling, bending, twisting, squatting, lunging and walking. Whether you’re carrying a suitcase, walking up a flight of stairs, operating machinery or kicking a soccer ball, each day we perform functional tasks. Each movement requires a series of muscles and body parts to be able to work together properly. If something in the body is out of whack, we may start to compensate which can cause pain with movement or no movement at all. This can lead to an increased risk of injury in sport, work, or everyday life. By following a functional training plan, you’ll improve your:

* Balance
* Strength
* Flexibility
* Coordination
Hours of Operation

Main Dining Room:
Tuesday: Closed
Wednesday: 5:00 p.m. - 9:00 p.m.
Thursday: 5:00 p.m. - 9:00 p.m.
Friday: 5:00 p.m. - 10:00 p.m.
Saturday: 5:00 p.m. - 9:00 p.m.
Sunday: 10:30 a.m. - 9:00 p.m.

Main Member Lounge:
Tuesday: 11:30 a.m. - 3:00 p.m.
3:00 p.m. - 6:00 p.m. (Beverage Service Only)
Wednesday: 11:30 a.m. - 9:00 p.m.
Thursday: 11:30 a.m. - 9:00 p.m.
Friday: 11:30 a.m. - 11:00 p.m. (Food Service Until 10:00 p.m.)
Saturday: 11:30 a.m. - 10:00 p.m. (Food Service Until 9:00 p.m.)
Sunday: 10:30 a.m. - 9:00 p.m.

Golf Shop:
Tuesday - Friday: 7:00 a.m. - 6:00 p.m.
Saturday & Sunday: 7:30 a.m. - 6:00 p.m.

Fitness Center:
24 Hour Access with your Access Card

FAC Building Hours:
Mondays: Closed
Tuesday- Saturday: 8:00 a.m. - 6:00 p.m.
Sunday: 10:00 a.m. - 6:00 p.m.

Cabana Grill Hours (Starting May 6 - May 28)
Monday-Thursday: 4:00 p.m. - 8:00 p.m.
Friday- Saturday: 11:00 a.m. - 9:00 p.m.
Sunday: 11:00 a.m. - 8:00 p.m.

Cabana Grill Hours (Starting May 28 - September 2)
Monday-Thursday: 11:00 a.m. - 9:00 p.m.
Friday- Saturday: 11:00 a.m. - 10:00 p.m.
Sunday: 11:00 a.m. - 8:00 p.m.

Please Help Our Ratings!
Tell Charlotte how much you love BCC by writing a review on Yelp, Google or Facebook.

Follow Us On
@ballantyneclub @ballantyne_countryclub

CLUB DIRECTORY

Jon Grooms
Assistant General Manager
jgrooms@ballantyneclub.com

Emily Burgholzer
Membership Sales Director
eburgholzer@ballantyneclub.com

Scott Cochran
Director of Agronomy
scochran@ballantyneclub.com

Matt Saggio
Director of Golf
msaggio@ballantyneclub.com

Dorianne Bellamy
Member Engagement Manager
dbellamy@ballantyneclub.com

Kate Simmons
Family Activities Center Director
ksimmons@ballantyneclub.com

Jason Michael
Head Tennis Professional
jmichael@ballantyneclub.com

Roger Smith
Director of Building & Facilities
rsmith@ballantyneclub.com

Amanda McCleery
Director of Catering
amccleery@ballantyneclub.com

Tammy Smith
Accounting Manager
tsmith@ballantyneclub.com

Christine Helms
Events and Communications Manager
chelms@ballantyneclub.com

Fay Fletcher
Human Resources
fletcher@ballantyneclub.com