



CYRUS KREFTING
HEAD TENNIS PRO

It's an exciting time of year for tennis at the Sports Resort.

League tennis kicks into full gear this month. MDSR will field 4 Women's Tennis teams for the WTTL and Tri-County league seasons. With teams at the 3.0 and 3.5 divisions our teams will compete from now through April, good luck ladies!

The action isn't limited to just the ladies. If you are not able to play in the mornings, we have several opportunities for night time play as well. Our Men's 3.5-4.0 Singles Flex and Doubles leagues are in full swing as well. Thursday Night Mixed Doubles combines the action for our members each week. Tuesday is Ladies Night and Wednesday is Men's Night. Drills run from 6-7p.m. and Round Robin play continues 7-8:30 p.m. Our monthly Team Tennis events have been a success with more scheduled in the future.

Our after-school tennis program is growing! Building on the success of our Jr. Team tennis season last year, participation is up and class times have been extended! Our junior program offers something for everyone from ages 4-18. New this year are personalized training programs for players considering tournament play.

Speaking of tournament play this December MDSR will again be host to the Holiday Designated. This tournament features the top 12 & Under players in Florida. The tournament runs December 4th-6th and spectators are welcome.



DEANNA KERNAN
OWNER

Q & A with Deanna

Q: How many members do you have?

A: We have grown quite a bit since we started in April of 2008. After our first 3 months of operation we had 275 members, we are currently at 412 members! Our main focus this season is to increase our social events and sports programs for all ages along with increased marketing to continue bringing in new members.

Q: Do you have to be a member to eat at the Grille or Tiki Bar?

A: No, we are allowing non-members to eat at the Grille or Tiki Bar. My goal this season is to offer several activities & social events that will bring more & more patrons to the Grille & Tiki Bar.

Q: Does my membership include guest privileges?

A: You can bring a guest or houseguests to the Sports Resort for a daily fee of \$10 + sales tax for use of the pool/fitness or tennis/fitness center. If your guest(s) would like to play tennis, swim & use the fitness center the guest fee is \$15 + sales tax for the day. We only charge one guest fee per day for houseguests. For example: If you have two grandchildren visiting for the week we only charge you 1 guest fee per day versus 2 guest fees per day.

Q: Who do you think is going to win the World Series? *

A: I am going with the Texas Rangers & Cliff Lee. My Cleveland Indians have a history of producing World Series Champions for other franchises! *o.k., so I was wrong the Giants won....this is why I do not bet on sporting events!



KERRY-JANE WHITE
ACTIVITIES DIRECTOR

In the years between 1977 and 1986 many Americans enjoyed the television show

"The Love Boat", the sitcom set aboard a cruise liner called the Pacific Princess. On this show there was the memorable crew member Julie McCoy, "Your Cruise Director" played by Lauren Tewes. At Martin Downs Sports Resort (MDSR) you now have me, Kerry-Jane White, as your Activities Director. My mission will not include meddling in the foibles of the love-struck and love-lorn as on the TV show but focused on planning and organizing individual and group activities for members and potential members.

Being new to Palm City and the Treasure Coast, this is an exciting opportunity for me to plan and organize activities that will generate members' interest and participation. Creativity and providing excellent customer service are two standards that have consistently been a part of my professional endeavors. Along with these traits, MDSR members will enjoy an increase in the variety and quality of activities. You will find a survey enclosed to help me plan for your enjoyment; please let me know your interests and priorities. And, when we have an opportunity to meet in person – please ask me to help you, to find a program to get you involved.

Martin Downs Sports Resort may not be "The Love Boat" but together we can have a boatload of fun!



**NANCY HINTERLEITER
AQUA AEROBICS
INSTRUCTOR**

**Monday/Wednesday/Friday
9-10:00 a.m.**

How do you get a total body workout that's great for the joints, easy on the back and sweat free? That would be Aqua Aerobics offered at the Sports Resort.

People with severe arthritis find that the natural buoyancy allows them to move muscles and joints more freely and comfortably without the pounding, straining or jarring that occur with land exercises. It lets you strengthen muscles and increase flexibility without pain!

You will also get aerobic benefits, fat burning and full range of motion exercises with invigorating and relaxing movements. The class is only as hard or easy as you want it to be. All levels are welcome and encouraged to work at their own pace. We have a good time exercising to music in a joint safe environment.

The instructor, Nancy Hinterleiter, has a degree in Health & Physical Education originally from Pennsylvania. After college she worked as a private trainer, tennis coach, and instructor at fitness facilities. She moved to Boca Raton and was the Athletic Director for the Boca Raton Resort and Club. Re-locating to Hobe Sound 12 years ago, she has been working in the tennis and fitness industry while raising 3 children with her husband.

Come out and experience the fun while getting fit!!!
Cost: FREE for members, \$10 for member guest(s)



**MARY MALLOY
PRO SHOP MANAGER**

**Come check out what
we have in the
Pro Shop!**

For the Holidays we will be bringing in new apparel from Jofit and Jerdog. And NIKE apparel is always available. We are now carrying Bolle as well as MAXX sunglasses. Special orders are possible with most major brands. Let me know what you're looking for.

If you are still stumped on a Holiday gift, don't forget that we have Sports Resort gift cards. These cards can be used for memberships, tennis lessons, racquets, apparel, personal training and Centre Court Grille food and drinks. For every \$50 gift card purchased, you will receive a \$10 gift card.

**COME AND JOIN US
FOR HAPPY HOUR
AT THE TIKI BAR & RESTAURANT
ENJOY DRINKS & GREAT FOOD!**



DATES FOR YOUR CALENDAR DON'T MISS OUT!

**MARTIN COUNTY PRO NIGHT
NOVEMBER 12TH
6:30 p.m.**



**COMMUNITY GARAGE SALE
JANUARY 15TH 2011**



**RALLY EVENT
BREAST CANCER AWARENESS
MARCH 12TH 2011**



**H2O KIDS CLUB
ADULT SWIM, BEGINNERS,
TRI-ATHLETE**

