



THIS WEEK AT BEACH POINT FEBRUARY 4TH - FEBRUARY 10TH



PADDLE/FITNESS

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--------|--|---|
| Beers & Buds Paddle Clinic 7:30 p.m.-9:00 p.m. Massage with Aldona by appointment Contact aldona@beachpointclub.org Personal Training with Ivy Contact ivy@beachpointclub.org | Fitness Fusion In Fitness Center 9:30 a.m. | Core Mat Pilates In Fitness Center 9:30 a.m. Junior Paddle Clinic Ages 6-10 4:00 p.m.-5:00 p.m. Ages 11-15 5:00 p.m.-6:00 p.m. | Cut Above In Fitness Center 9:30 a.m. Get Out & Play Paddle Clinic 9:30 a.m.-11:00 a.m. | | Weekend Instructional Paddle Clinic 8:30 a.m.-9:30 a.m. Complimentary Men's Pro-Supervised Paddle Scramble 9:30 a.m.-11:30 a.m. Fitness Fusion In Fitness Center 9:00 a.m. | Weekend Instructional Paddle Clinic 8:30 a.m.-9:30 a.m. Complimentary Women's Pro-Supervised Paddle Scramble 9:30 a.m.-11:30 a.m. Complimentary Qigong Class 10:00 a.m. |

DINING/EVENTS

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------|---------|-----------|----------|---|---|--|
| Clubhouse Closed | | | | Lunch 12:00 p.m.-3:00 p.m. Afternoon Cards 12:00 p.m. Pub-D 6:00 p.m.-9:00 p.m. | Lunch 12:00 p.m.-3:00 p.m. Winter Summer Grill-C 7:00 p.m. | Brunch 12:00 p.m.-2:00 p.m. Kid's Pizza & Cupcake Decorating 5:00 p.m. Family Buffet 5:00 p.m.-7:30 p.m. |

Dress Code:

(Applicable to both children and adults)

A - Men must wear a jacket and collared shirt, with ties optional. Denim, shorts & t-shirts are prohibited.

B - Men must wear a collared shirt, but no jacket or tie are required. Denim and shorts are prohibited.

C - Men and women may be casual, including elegant (non-distressed) denim, dress shorts, dressy t-shirts and appropriate footwear.

D - Relaxed dress code. Jeans, shorts and t-shirts are permitted, but athletic wear is prohibited. Clothing must be neat and presentable.