



JONATHAN'S  
LANDING  
GOLF CLUB

# SPORTS & WELLNESS

## 2022-2023



JONATHAN'S LANDING GOLF CLUB - 16964 CAPTAIN KIRLE DRIVE, JUPITER, FLORIDA 33477  
RACQUETS SHOP 561-747-2003 | WELLNESS CENTER - 561-743-2191  
[WWW.JONATHANSLANDING.COM](http://WWW.JONATHANSLANDING.COM)

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## EXECUTIVE OFFICE

Joe DiPasquantonio - General Manager	561-744-4239
Kirstin Snyman - Clubhouse Manager	561-744-4223
Lisa Berry - Executive Assistant / Office Mgr.	561-744-4240
Cristina Slave - Receptionist	561-744-4220
Chris Persico - Publications Mgr. / Network Admin.	561-744-4251

## MEMBERSHIP SERVICES

Wendy Seely - Director of Membership Services	561-744-4250
Jennifer Wooley - Membership Services Assistant	561-744-4224

## FOOD AND BEVERAGE

Joseph Watters - Executive Chef	561-744-4236
Angelique Hopkins - Catering & Events Manager	561-744-4255
Catalin Slave - Beverage Manager	561-744-2454

## ACCOUNTING DEPARTMENT

Ken Tennant - Director of Finance	561-743-4290
Stacy Robinson - Accts. Receivable / Mbr. Billing	561-743-2061

## SECURITY

JL	561-747-1141
Old Trail	561-744-2673

## JONATHAN'S LANDING GOLF CLUB



Dear Members,

Welcome back to another fantastic season at Jonathan's Landing. I hope you and your family had a healthy and happy summer. My Staff and I are looking forward to the 2022-23 Racquet Season at Jonathan's Landing. Your Racquet Staff has worked quite hard in planning a very exciting and fun-filled program. The following pages list, in detail, all of the activities and events so that you may plan your winter schedule.

I would like to thank you for your support and participation in making Jonathan's Landing the premier racquet program in Jupiter, FL. As always, your input and suggestions only enhance the program. Please do not hesitate to reach out and let us know how we can make your experience at Jonathan's Landing the best it can be!



Vahid Mirzadeh, Matt Boggs, Ian Creighton

This year will be action packed and I hope you can participate in many of our activities. Remember, I will be looking for several volunteers to help make this the greatest season ever!

Best Regards,



Matt Boggs

## JONATHAN'S LANDING RACQUETS STAFF

**Matt Boggs - Director of Racquets**  
**Ian Creighton - Assistant Director of Racquets**  
**Vahid Mirzadeh - Head Racquets Professional**  
**Ted Sawyer - Racquets Concierge**  
**Anna Haglund - Racquets Shop Coordinator**  
**Kim Bass - Sales Clerk**  
**Kristina Taylor - Sales Clerk**  
**Paul Quick - Maintenance**



# *Racquets Committee*

Racquets Committee Chair... Pam Van Hoesen ..... pamvanhoesen@gmail.com  
Advisor ..... Linda Flanagan ..... lindabflan@gmail.com  
Advisor ..... Polly Hutnick ..... pollyhutnick@comcast.net  
Advisor ..... George McGoldrick ..... blackrock99@aol.com  
Advisor ..... Greg Moroney ..... greg.moroney@gmail.com  
Advisor ..... Eileen Peterson ..... ejdpeterson@aol.com  
Advisor ..... Keith West ..... kmtnewest@bellsouth.net  
Advisor ..... Mike Whalin ..... mwhalin@bellsouth.net  
Director of Racquets ..... Matt Boggs ..... mattb@jonathanslanding.com



## HOURS OF OPERATION

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Daily 7:30am - 5:00pm

## TENNIS & PICKLEBALL LESSONS

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Individual or Group Lessons are available year round.

*Group Clinic:* \$30

*Lesson with Director:*

One Hour Lesson \$110

Half Hour Lesson \$60

Series of 5 Half Hour Lessons \$275

*Lesson with Head Pro/Racquets Professionals:*

One Hour Lesson \$100

Half Hour Lesson \$55

Series of 5 Half Hour Lessons \$250

*\*All prices are per Member.*

## FORETEES COURT RESERVATIONS

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6-Day Advanced Court Reservations can be made online through ForeTees or by calling the Racquets Shop at 561-747-2003.

## TENNIS ETIQUETTE

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It is the Member's responsibility to sign-in at the Racquets Shop and pay the proper guest fee for all guests prior to play and to be aware of and follow all tennis and pickleball rules.

Members and guests are expected to show proper etiquette on and off the courts.

Courts will be vacated promptly as a courtesy to oncoming players who, in turn, will not enter the court area prior to their scheduled time.

Members will not enter the courts prior to their scheduled time.

Good sportsmanship and quiet conversation should be maintained at all times. Treat others as you would like to be treated.

The Sports Complex is a non-smoking area.

## RACQUETS DRESS CODE

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Proper attire is required at all times.

Tennis and Pickleball attire adhere to the same Dress Code.

Tee Shirts, tank tops, halters, cut-offs, jogging outfits, blue jeans, short-shorts or terry cloth shorts are not permitted on the racquet courts.

Proper tennis shorts and shoes must be worn. No running shoes are allowed. Shoes must be cleaned prior to entering the Sports & Wellness Center.

Athletic shirts, such as items sold in the Racquets Shop are permitted

*To avoid embarrassment, please advise your guests of the dress code policy.*

## CELL PHONES

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Jonathan's Landing strongly discourages the use of cell phones on Club property. Please refrain from using your cell phone while on the courts.

## PETS

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No animals will be permitted within the sports complex unless they are used to assist handicapped individuals.

## JONATHAN'S LANDING SPORTS & WELLNESS CENTER

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16964 Captain Kirle Drive, Jupiter, Florida 33477

## SOURCES FOR INFORMATION

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- Weekly Bulletin Briefs
- Monthly Journal
- Online at [www.jonathanslanding.com](http://www.jonathanslanding.com)
- E-mail Blasts
- Shop Bulletin Board
- Live Streaming Weather Cam
- Racquet Weather Hotline

## CONTACT US VIA E-MAIL

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- [mattb@jonathanslanding.com](mailto:mattb@jonathanslanding.com)

## LOG IN TO OUR MEMBER WEBSITE

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- [www.jonathanslanding.com](http://www.jonathanslanding.com)
- Click [Club Info > Racquet Sports](#) on the main navigation toolbar.

## LIVE STREAM WEATHER CAM

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Check out our new Live Stream Weather Cam where you can view the court for current weather conditions and play usage, all from the comfort of your own home on any computer or mobile device. Look for “*Current Conditions*” on the Racquet Sports page of the Jonathan’s Landing website.

## TENNIS WEATHER HOTLINE

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- 561-741-8300



## MONDAY

Stroke of the Week Clinic (T)	8:30am ~ 9:30am	
Open Play (P)	9:00am ~ 11:00am	
Ladies' PBCWTA Division 2 Team Clinic (T)	9:30am ~ 11:00am	October ~ December
Ladies' Winter League Matches (T)	11:00am	January ~ March
Men's Palm Tennis over 70 Matches (T)	11:00am	January ~ March

## TUESDAY

Open Play (P)	9:00am ~ 11:00am	
Ladies' PBCWTA Division 4 Team Matches (T)	9:30am	October ~ May
Ladies' Winter Team Clinic (T)	1:30pm ~ 3:00pm	
Intermediate / Advanced Pickleball Clinic (P)	11:00am ~ 12:30pm	
Men's Intracub Pickleball League (P)	11:00am ~ 1:30pm	January ~ March

## WEDNESDAY

Open Play (P)	9:00am ~ 11:00am	
Ladies' PBCWTA Division 2 Team Matches (T)	9:30am	October ~ May
Feeding Frenzy (T)	4:30pm ~ 5:30pm	

## THURSDAY

Daily Drills (T)	8:30am ~ 9:30am	
Open Play (P)	9:00am ~ 11:00am	
Ladies' PBCWTA Division 6 Team Matches (T)	9:30am	October ~ May
Men's Senior League Matches (T)	11:00am	January ~ March
Pickleball Clinic (P)	11:00am ~ 12:00pm	

## FRIDAY

Ladies' Doubles Round Robin (T)	8:00am ~ 9:30am	January ~ May
Open Play (P)	9:00am ~ 11:00am	
Ladies' PBCWTA Division 4 Team Clinic (T)	9:30am ~ 11:00am	
Ladies' PBCWTA Division 6 Team Clinic (T)	11:00am ~ 12:30pm	

## SATURDAY

Open Play (P)	9:00am ~ 11:00am	
Pickleball Clinic (P)	11:00am ~ 12:00pm	

## SUNDAY

Open Play (P)	9:00am ~ 11:00am	
Feeding Frenzy (T)	11:00am ~ 12:00pm	
Pickleball Clinic (P)	12:00pm ~ 1:00pm	



# Tennis Events

*Oktoberfest* • Saturday, October 22<sup>nd</sup>

*XGlosive* • Thursday, October 27<sup>th</sup>

*Racquets Fest & Pro Exhibition* • Saturday, December 3<sup>rd</sup>

*Ladies' Christmas RR & Luncheon* • Saturday, December 10<sup>th</sup>

Please bring an unwrapped Toy For Tots

*Davis Cup Pro-Am & Cookout* • Saturday, January 7<sup>th</sup>

Round Robin with the Tennis Professionals

*Super Hero Mixer* • Saturday, January 21<sup>st</sup>

*Jupiter Cup @ Jupiter Country Club* • Friday, February 10<sup>th</sup>

Jonathan's Landing Pros Vs. Jupiter Country Club Pros. Played at Jonathan's Landing

*David Boggs Invitational* • Saturday, February 25<sup>th</sup>

Member-Guest Tournament

*Wimbledon Whites & Wooden Racquets Mixer* • Saturday, March 11<sup>th</sup>

*JL Open* • March 24<sup>th</sup> - April 2<sup>nd</sup>

*Drawing Party & Tennis Expo:* March 23<sup>rd</sup>

*Mixed Doubles:* March 24<sup>th</sup> - 26<sup>th</sup>

*Ladies' / Men's Doubles:* March 31<sup>st</sup> - April 2<sup>nd</sup>

*JL Racquets Bash Awards Dinner:* April 2<sup>nd</sup>

*Miami Open Bus Trip* • Monday, March 27<sup>th</sup>

*Memorial Day Mixer* • Saturday, May 27<sup>th</sup>





# Pickleball Events

*Oktoberfest* • Saturday, October 22<sup>nd</sup>

*Racquets Fest & Pro Exhibition* • Saturday, December 3<sup>rd</sup>

*Ladies' Christmas RR & Luncheon* • Saturday, December 10<sup>th</sup>  
Please bring an unwrapped Toy For Tots

*Margarita Pizza Party* • Monday, January 9<sup>th</sup>

*Super Hero Mixer* • Saturday, January 21<sup>st</sup>

*David Boggs Invitational* • Saturday, February 25<sup>th</sup>  
Member-Guest Tournament

*JL Open* • March 20<sup>th</sup> - March 23<sup>rd</sup>  
*Pickleball Matches:* March 20<sup>th</sup> - March 23<sup>rd</sup>  
*JL Racquets Bash Awards Dinner:* April 2<sup>nd</sup>

*JL Racquets Bash* • Saturday, April 29<sup>th</sup>  
Cocktails and Dinner Party





## Mixed Doubles



### A FLIGHT

*John Schmitt  
&  
Tara Schmitt*



### B FLIGHT

*John Schwartz  
&  
Sally Timko*

## Ladies' Doubles



### A FLIGHT

*Norma Wood  
&  
Missy Reedy*



### C FLIGHT

*Sue Cischke  
&  
Daria Gaugler*

## Men's Doubles



### A FLIGHT

*Tom Fieger  
&  
Edward Downey*



### B FLIGHT

*Bob Moore  
&  
Chris Moore*

Dear Members,

All of us at the Wellness Center are looking forward to the start of the 2022-23 season. As we begin our 13<sup>th</sup> season, we would like to thank you for your continued support which has made the Wellness Center a wonderful place to be. We always appreciate your ideas and feedback so we can continue to meet the needs of all our Members and their guests.

The Wellness Center is equipped with a variety of services. From personal training for peak performance in all areas of your life, to rest, relaxation and tranquility in the Spa. Sculpt the body you want with one of our personal trainers. Get fit with your friends in a group exercise class. Indulge in the Spa treatment you deserve. Get daring with a new nail color or stay classic with a French manicure in our nail salon.



Mark Miller

This season we look forward to providing you with all the tools and programming to help you stay healthy, motivated and on top of your game. Our services have been thoughtfully created with commitment to help you achieve well-being. Members and guests can now use their mobile devices to scan the QR Code below to access the Spa & Salon Menu and view all available services, check descriptions, cost and duration.

Warmest Regards,



Mark Miller, Director of Wellness



*Scan this QR Code to view  
our current Spa & Salon  
Services.*

## JONATHAN'S LANDING WELLNESS STAFF

Mark Miller - Director of Wellness  
Rose Romano - Spa & Salon Manager  
Karen Horner - Wellness Coordinator

Chair, BOD Rep.	Pam Van Hoesen	pamvanhoesen@gmail.com
Advisor	Paul Castellano	paulcast3@gmail.com
Advisor	Beth Stauber-Johnson	elizsj@johnsonwilson.com
Advisor	Dennis Verhaegen	dennislverhaegen@gmail.com
Advisor	Orleen Wheatley	mowheatley@aol.com
Director of Wellness	Mark Miller	markm@jonathanslanding.com

## Hours of Operation

### SEASONAL HOURS

#### *Wellness*

Monday - Thursday	6:00am - 6:00pm
Friday	6:00am - 5:00pm
Saturday	7:00am - 5:00pm
Sunday	8:00am - 3:00pm

#### *Spa & Salon*

9:00am - 5:00pm
9:00am - 5:00pm
9:00am - 5:00pm
Closed

### HOLIDAY HOURS

#### *Wellness*

Thanksgiving Eve	6:00am - 5:00pm
Thanksgiving	7:00am - 12:00pm
Christmas Eve	7:00am - 3:00pm
Christmas Day	Closed
New Years Eve	7:00am - 3:00pm
New Years Day	7:00am - 1:00pm
Easter	8:00am - 1:00pm
Memorial Day	7:00am - 1:00pm
Fourth of July	7:00am - 1:00pm
Labor Day	7:00am - 1:00pm

#### *Spa & Salon*

9:00am - 5:00pm
Closed
9:00am - 3:00pm
Closed
9:00am - 3:00pm
Closed
Closed
Closed
Closed
Closed

### SUMMER HOURS

#### *Wellness*

Monday - Thursday	6:00am - 6:00pm
Friday	6:00am - 3:00pm
Saturday	7:00am - 5:00pm
Sunday	8:00am - 2:00pm

#### *Spa & Salon*

9:00am - 5:00pm
9:00am - 3:00pm
9:00am - 5:00pm
Closed



## Seasonal Group Exercise Classes Begin Monday, October 11<sup>th</sup>

### *Fitness Seminar - Making Gains Without Pains*

Friday, October 28 <sup>th</sup>	1:00pm - 2:30pm	Barrow Room
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### *Lifestyle as a Medicine Series*

Friday, November 4 <sup>th</sup>	1:00pm - 2:30pm	Barrow Room
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### *Lifestyle as a Medicine Series*

Friday, December 9 <sup>th</sup>	1:00pm - 2:30pm	Barrow Room
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### *Yoga on the Green*

Monday, January 2 <sup>nd</sup>	4:00pm - 5:00pm	Village Putting Green
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### *SPA-rty Time! Spa Event*

Thursday, January 12 <sup>th</sup>	4:00pm - 5:00pm	Wellness Center
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### *Lifestyle as a Medicine Series*

Friday, January 13 <sup>th</sup>	1:00pm - 2:30pm	Barrow Room
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### *Yoga on the Green*

Monday, February 6 <sup>th</sup>	4:00pm - 5:00pm	Village Putting Green
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### *Lifestyle as a Medicine Series*

Friday, February 10 <sup>th</sup>	1:00pm - 2:30pm	Barrow Room
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### *Yoga on the Green*

Monday, March 6 <sup>th</sup>	4:00pm - 5:00pm	Village Putting Green
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### *Nature Wellness Event - Blueline Surf Paddleboard Eco Tour*

Friday, March 10 <sup>th</sup>	9:00am	Blueline Surf, Jupiter
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### *Lifestyle as a Medicine Series*

Friday, March 10 <sup>th</sup>	1:00pm - 2:30pm	Barrow Room
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### *Yoga on the Green*

Monday, April 3 <sup>rd</sup>	4:00pm - 5:00pm	Village Putting Green
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### *Lifestyle as a Medicine Series*

Friday, April 7 <sup>th</sup>	1:00pm - 2:30pm	Barrow Room
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## PERSONAL TRAINING SESSIONS

### 30 Minutes

1 Session	\$50	
10 Sessions	\$450	\$50 Savings

### 55 Minutes

1 Session	\$85	
10 Sessions	\$800	\$50 Savings

## TPI GOLF FITNESS TRAINING

Golf Fitness Assessment	\$129
30 Minute Golf Fitness Session	\$ 55
60 Minute Golf Fitness Session	\$ 90
30 Minute Stretch	\$ 50

## PRIVATE PILATES INSTRUCTION

### 30 Minutes

1 Session	\$50	
10 Sessions	\$450	\$50 Savings

### 55 Minutes

1 Session	\$85	
10 Sessions	\$800	\$50 Savings

## SEMI-PRIVATE PILATES INSTRUCTION

### Group Reformer Class

1 Session	\$40	
10 Sessions	\$300	\$100 Savings

### 55 Minute Duet\*

1 Session	\$90	\$45/Member
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\*Both Pilates Duet partners must be present at the time of session to avoid single session charge.



561-743-2191

# TPI Golf Fitness Assessment & Pro Site Access

TPI does not believe in one way to swing a club, rather in an infinite number of swing styles. But, we do believe there is one efficient way for every player to swing and it is based on what the player can physically do. The most efficient swing is not the same for every golfer, because efficiency is unique to their body. To achieve an efficient swing, a golfer must first be screened. This screen involves an assessment of swing mechanics and biomechanics, physical fitness, movement quality, current health and a client history. Once this screen is finished, the results are used to create a plan unique for that golfer. The plan may include fitness training, physical therapy and treatment, coaching of swing mechanics and biomechanics, nutrition, mental strategy or all of the above.

TPI Physical Screen is designed to find the physical limitations that are holding you back from playing your best golf. Once we identify the limitations, we will provide you with corrective exercises and motor learning drills to remove these limitations and have you playing and feeling your best.

## *Prices & Packages*

Assessment	\$129
30 Minutes Session	\$55
60 Minute Session	\$90

\*TPI ProSite includes access to workout programs custom designed for you, assessment results and the capability to communicate with your trainer.



**MARK MILLER**  
NASM-CPT, CES, SFS, GFS, TPI LVL2



**CODY WESCOTT**  
NASM-CPT, TPI LVL2



CERTIFIED  
561-743-2191





## WELLNESS & FITNESS ETIQUETTE

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- Members using the Wellness Center should use a towel at all times. All towels should be disposed of in the towel hampers provided at the entrance/exit of the Wellness Center.
- Please be considerate of your fellow Members and wipe down the equipment after each use.
- Re-rack your weights after use and avoid dropping weights for the safety of others.
- Limit cardio to 30 minutes during prime time hours.
- Return all reading material.
- Please report all maintenance issues to a team member in the reception area.
- Please wear only mild perfumes/colognes in the Wellness Centers due to fellow Member's sensitivity.
- Please do not bring food or drinks into the Wellness Center, with the exception of closed top bottles.
- Please exercise proper Fitness Etiquette toward fellow Members; loud or disorderly conduct is not permitted.

## DRESS CODE

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Members and Guests are required to wear the appropriate attire and footwear while utilizing the Wellness Center. Open-toed shoes or sandals are not permitted in the Fitness Floor. Denim attire is not permitted. Management reserves the right to address inappropriate or offensive attire.

## CELL PHONE USE

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Cell phones may be carried on the fitness floor but we require them to be kept on silent mode. Out of courtesy for your fellow Members, phone conversations will not be allowed in the Fitness Floor.

## USE OF EQUIPMENT

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We request that any Member or Guest with health or physical problems should first consult his or her physician before using the exercise equipment or participating in exercise classes. Members may use exercise equipment at their own risk. We encourage you to schedule a Wellness Assessment with one of our fitness professionals. An initial Wellness Assessment for Members is complimentary. Unattended use of Pilates equipment is prohibited.

## PERSONAL TRAINING / SPECIALTY CLASSES / SPA SERVICES

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- We require all Personal Training sessions and Spa services to be booked through the Wellness Center at 561-743-2191
- Use of non-Jonathan's Landing Personal Trainers in the Club is prohibited.
- We request that Members refrain from "Personal Training" other Members and avoid receiving "Personal Training" from Guests.
- We require that Members give a 24-hour notice to cancel appointments to avoid a full price charge to their Member account.

## STEAM ROOM

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The Steam room is a sensitive environment. The appropriate attire for the Steam room is a towel and disposable slippers. Do not wear street clothes, workout clothes, or athletic shoes into the rooms. For sanitary hygiene, please use a clean towel to sit on. Please do not bring papers or magazines into the Steam room.

## GROUP EXERCISE RULES

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Please allow enough time to sign in before each class. Please contain all liquids in a non-spill type bottle.



*physical, occupational,  
speech therapy services*

Jupiter Medical Center Outpatient Rehabilitation offers convenient access to a full range of high quality rehabilitation at the Jonathan's Landing Sports & Wellness Center.

We provide physical, occupational and speech therapy services by licensed professionals. Individualized care plans are coordinated with your physician. Therapy services are covered by Medicare, Aetna and Cigna insurance plans.

Our therapists strive to provide you with the tools to maximize your functional potential and get you back on the road to recovery.

Please call 561-263-5775 for more information  
or to schedule an appointment.

