

Fitness

(561) 622-3691

Beach Fishing

Come and catch your own catch at the Beach Club. We supply and set up all the fishing equipment for your Beach Club off shore activity. Chef Ernesto can prepare your catch for lunch or dinner. You may have it poached, grilled, blackened or broiled with a variety of side dishes. For more information and reservations, please call the Beach Club at Tel: 561-624-3400.

Beach Fishing Tournament

Competition can sometimes bring out the best in people, and fishing is no exception. Catch the BIGGEST fish and have it cooked for free. We supply and set up all the fishing equipment for your Beach Club off shore activity. For more information and to reserve your place, please call the Fitness Center.

Creek Clubs Sports Games

The Creek Club hosts a variety of games, crafts indoor and outdoor activities. Games and activities change daily and can vary from a basketball shootout, pool dive games, relay races, volleyball, dodge ball, kickball and more. All participants, ages 6-14, will get together to have fun and play in a team environment. Participants may be split into age appropriate groups and

the activities are supervised by our trained staff. Creek Club activities meet at the specified location on the calendar.

Beach Games

For exciting fun in the sun come out to the Beach Club and participate in a variety of activities. The beach games are for all participants, ages 6-14, and the games change daily and can vary from relay races, beach bocce ball, volleyball, dodge ball, beach kickball, Wii games, chess contests and more...

Poolside Arts & Crafts

The Fitness Pool hosts daily fun arts and crafts projects for all ages. The projects can vary from duct tape crafts, make a friendship bracelet, origami, create scratch art, rubber band jewelry and more.

Kids / TEEN Fitness Class

Join us on select dates for fun aerobics classes in the Fitness Center! An aerobic workout combining either various types of dance, play or yoga to improve flexibility and strength for a fun and challenging workout. (\$7 per person).

Bocce Ball

Imagine a game that combines the best of skee-ball, bowling, and shuffleboard. Bocce ball has been known under many names - like lawn bowling and is a game for all ages, genders and athletic ability.

Kayak & Paddleboard trips:

Experience one of the best activities in town. Paddle-boarding & Kayaking are easy to learn and some great photos can be taken right by the Jupiter Light House. **Age group:** 12 and up, **Time:** 3pm till 6pm (check in by 2:30) **Location:** Jupiter Square Grouper at Jupiter Outdoor Center, 116 Love Street, Jupiter, 33407. **Price:** \$39 per person. Please Jupiter Outdoor directly, to make your reservations, for questions or information **Tel: 561-747-0063**

Jet Ski Experience by the Jupiter Lighthouse

RSVP needed

Time: 10am Jupiter Inlet Boat Rentals

Price: \$95 per hour two passenger Jet ski

Age group: Requirements: must be 26 or older to operate, no age limit for riders.

Call 561-741-1212 for reservations and information. **Location:** 1095 N. A1A, Jupiter, Florida, 33477. @ Jupiter Seaport Marina

Tennis

(561) 622-1623

Adult Tennis Clinic

All levels are welcome, pros will assign players into each court according to skill level. Men and Women are welcome. Please contact tennis pro shop for more details.

Children Clinics:

Ages: 3-5, learning basic eye-hand coordination. There will be lot of games. Children at this level may not be able to swing at tennis balls but they will learn the basic on how the racquet moves and how the ball bounces.

Ages 6-10 This level is going to learn the basic fundamentals of tennis strokes such as forehand, backhand, volley and serve. There will be lots of games in-between.

Ages 11-15, this level is for a child who has

mastered basic tennis strokes and is ready to move up to playing level. Strong basic tennis strokes will be implemented as well as learning how to play a proper game of tennis.

JR. Singles Tennis Tournament

All levels and all ages are welcome. Each player will be categorized and placed according to age and skill level.

JR. Doubles Tennis Tournament

All levels and ages are welcome. Each players can sign up as a twosome or if he or she does not have a partner, please inform pros and we will arrange a partner.

Davis Cup

This is a team atmosphere. Each team contains two people (players in the team will be playing both single and doubles).

Each team will represent a country around the world. The objective is to play against another country and the team with the most points wins the trophy.

Parents JR. Doubles Tournament

This tournament is for an intermediate level. Children need to have a basic understanding on how to play basic tennis game. Each category will be put together according to the child's age and skill level.

Crazy Tennis

This is for a beginner level. This tournament is for parents or grandparents to enjoy being and competing with their little ones, see how they progress and utilize what he/she has learned from their lessons as well as show them what a competition is all about. NO SKILL needed!

Golf

(561) 622-1620

Junior Clinic Description

2:45 Registration for Session 1

3:00 - 3:45 pm Ages 5 to 10

3:45 Registration for Session 2

4:00 Ages 11 and UP

Family Golf Events Description

12:00 Registration / 12:45 Shotgun

9 or 18 Holes—Format: Scramble

Groups may be comprised of any combination. Grandparents - Parents - Grandchildren etc. (Men, Women - Boys, Girls)



Fun, Sun & Creek Club

RECREATION GUIDE FOR KIDS

Special Happenings for the week of Monday, November 24 - Saturday, November 29

FRENCHMAN'S
CREEK
BEACH & COUNTRY CLUB



Monday November 24, 2014	Tuesday November 25, 2014	Wednesday November 26, 2014	Thursday November 27, 2014 Thanksgiving Day	Friday November 28, 2014	Saturday November 29, 2014
9:00-10:30 am Adult Tennis Clinic	9:00 am Beach Club Beach Fishing	9:00 am Beach Club Beach Fishing	9:00 am Beach Club Beach Fishing	9:00 am Beach Club Beach Fishing Tournament & Breakfast—limit to 15 people	9:00-10:30 am Adult Tennis Clinic
10-11am Basketball Court Basketball Ages 6-10	9:00-10:30 am Adult Tennis Clinic	9:00-10:30 am Tennis Courts Adult Tennis Clinic	9:00-10:30 am Adult Tennis Clinic	9:00-10:30 am Tennis Courts Adult Tennis Clinic	10am Jupiter Marina Jet Ski Experience Trip <i>(Located off property)</i>
11:30-12pm Basketball Court Basketball Ages 11& up	10:30-11:30 Bocce Ball Tennis Court	10-11am Basketball Court Basketball Ages 6-10	10:30-11:30 Bocce Ball Tennis Court	10-11am Basketball Court Field Games Ages 6-13	10:30-11:30 Bocce Ball Tennis Court
11:30 pm – 12:00 pm Tiny Tots Tennis Clinics Ages 3-6	11:30 pm – 12:00 pm Tiny Tots Tennis Clinics Ages 3-6	11-12pm Basketball Court Basketball Ages 11& up	11am Fitness Center TEEN Zumba Class	11:30 pm – 12:00 pm Tiny Tots Tennis Clinics Ages 3-6	11:30 pm – 12:00 pm Tiny Tots Tennis Clinics Ages 3-6
12-1 pm Sharks Tennis Clinics Ages 7-10	12-1 pm Sharks Tennis Clinics Ages 7-10	11am Fitness Center Kids Zumba Class	11:30 pm – 12:00 pm Tiny Tots Tennis Clinics Ages 3-6	12-1 pm Sharks Tennis Clinics Ages 7-10	12-1 pm Sharks Tennis Clinics Ages 7-10
1-2 pm Challengers Tennis Clinics Ages 11-15	1-2 pm Challengers Tennis Clinics Ages 11-15	11:30 pm – 12:00 pm Tiny Tots Tennis Clinics Ages 3-6	12-1 pm Sharks Tennis Clinics Ages 7-10	1-2 pm Challengers Tennis Clinics Ages 11-15	1-2 pm Challengers Tennis Clinics Ages 11-15
1-3pm Beach Club Beach Games/2pm Flag Football	1-3pm Beach Club Beach Games	12:45 pm Golf Shot Gun Practice Range Family Golf Event 9 & 18 holes	1-2 pm Challengers Tennis Clinics Ages 11-15	1-2 pm Challengers Tennis Clinics Ages 11-15	1-3pm Beach Club Beach Games
2:45-3:45 pm Practice Range Junior Golf Clinic Ages 5-10 year	2:45-3:45 pm Practice Range Junior Golf Clinic Ages 5-10 year	12-1 pm Sharks Tennis Clinics Ages 7-10	1-3pm Beach Club Beach Games	1-3pm Beach Club Beach Games/2pm Flag Football	2pm Main Pool Poolside Arts & Crafts <i>(Rubber Band Jewelry)</i>
3:45-5:00 pm Practice Range Junior Golf Clinic Ages 11 & up	3:45-5:00 pm Practice Range Junior Golf Clinic Ages 11 & up	1-2 pm Challengers Tennis Clinics Ages 11-15	2pm Main Pool Poolside Arts & Crafts <i>(Create leaf garland)</i>	2pm Main Pool Poolside Arts & Crafts <i>(Decorate a Sun Visor)</i>	4-6 pm Boys/Girls Doubles Tennis Tournament
	3-6pm Jupiter Outdoor Park Kayak & Paddleboard Trip <i>(Located off property)</i>	1-3pm Beach Club Beach Games/2pm Flag Football		4-6 pm Boys/Girls Singles Tennis Tournament	
		2pm Main Pool Poolside Arts & Crafts <i>(Create a Raffia basket)</i>		3 pm Beach Club Beach Chess Tournament	
				3-6pm Jupiter Outdoor Park Kayak & Paddleboard Trip <i>(Located off property)</i>	