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Indoor and outdoor dining is available with limited hours.

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### Around the Club

#### COVID 19 Procedure Recap

- Masks are now required while participating in tennis clinics, playing doubles, on the fitness floor, and those 5 years old and up in childcare.
- We are currently not accepting guests except for immediate family members visiting from out of town and staying in the members' residence. You must fill out a request form in order to bring a guest. [Click Here](#) to download a copy of the Guest Pass Request Form.

### Sports and Wellness

#### Director Update

In case you missed the recent email from Russ, our search for a club director is well under way. A top executive search firm, GSI Executive Search, has started their process, and we hope to have a candidate in place by late winter or early spring.

#### Member Advisory Committee

We currently have three openings for the Member Advisory Committee. Our goal for this committee is to create a structure to better facilitate communication and maximize the membership community's experience. Each committee member serves a three-year term, and if you are interested in serving, click to [download the application](#) and email to [Russ](#).

## Member Spotlight



Cindy Hargroves

Our Member Spotlight\* for January is Cindy Hargroves and the non-profit she helped start, Cape Ivy.

Cape Ivy, started in June 2019, provides hospitalized children with chronic illness and who spend a lot of time in the hospital with warm, fun, bright ponchos. The ponchos work with IV lines, where sweaters and jackets don't work. Cindy and the other co-founder took three road trips to various states dropping off ponchos at children's hospitals and Ronald McDonald Houses.



In March of this year, at their first board meeting, they received IRS approval to be a 501(c)3 charity. Also in March, COVID halted hospitals ability to accept donations of this sort. Cindy and the rest of the Cape Ivy crew spent the spring making masks and fundraising and then in June, they reached out to the hospitals they had visited. The hospitals were thrilled to get more ponchos. They have also been shipping about 40-60 ponchos per week around the country!



In September, Cape Ivy received a grant from a Charlottesville Foundation that will provide 100 (extra) ponchos to UVA Children's Hospital over the year!

We want to thank Cindy for her hard work improving children's lives across the country!

Check out more on Cindy's amazing organization at <https://capeivy.org/>

\* If you know of a fellow member who has gone above and beyond for the community, has a career or hobby that others would find interesting to learn about, or who you think is an amazing person, please contact Olivia Pyanoe at [opyanoe@boarsheadresort.com](mailto:opyanoe@boarsheadresort.com) with the name of the member and why you think they should be recognized.

## Fitness News

### Fitness Email List

Please contact Carly Csapo at [ccsapo@boarsheadresort.com](mailto:ccsapo@boarsheadresort.com) if you are interested in being added to the fitness email list to stay up to date on all fitness happenings.

### Group Fitness Schedule

Check out the [group fitness schedule](#) for January! This month, we will be offering classes in person, outdoor, on Facebook LIVE, and Zoom!

### January Fitness Floor Waves

- Our fitness floor is open for workouts in 90-minute waves. All fitness wave policies are remaining the same; however, we are requiring everyone on the fitness floor to wear a mask.
- Wave times are as follows:

#### WEEKDAYS 6:00am-8:30pm

Wave 1: 6:00am-8:00am

Wave 2: 8:30am-10:30am

Wave 3: 11:00am-1:00pm

55+ Only Mon/Wed/Fri

Wave 4: 1:30pm-4:30pm

Wave 5: 5:00pm-7:00pm

Wave 6: 7:30pm-8:30pm

*Continued >*





## WEEKENDS 6:30am – 7:00pm

Wave 1: 6:30am-8:00am

Wave 2: 8:30am-10:00am

Wave 3: 10:30am-12:00pm

Wave 4: 12:30pm-2:00pm

Wave 5: 2:30pm-4:30pm

Wave 6: 5:00pm-7:00pm

## Private Fitness Zones

We are currently offering four private areas for members to workout without masks being required. These areas are sectioned and separated by walls and curtains to create a private area that blocks germs from spreading. Reservations can be made four days in advance and can be made in 15, 30, 45 or 60-minute increments. Members are only able to book up to 60 minutes a day.

Now offering online registrations!  
[Click Here](#) to reserve your spot!

## Fitness On Demand

Studio 1 can now be reserved online or with the front desk for Fitness On Demand! Fitness On Demand has an entire workout library including cardio, strength, core, dance, HIIT, yoga, meditation, stretch, pilates, and more!

[Click here](#) to reserve your spot online.



Private Fitness Zone

## New Fitness Floor Attendant

Please welcome Melina Punsalan to the Boar's Head team! Melina is a Charlottesville native and attended Western Albemarle during her high school years. She is currently a Sophomore at James Madison University where she studies dietetics and is a member of Zeta Tau Alpha. In her spare time, Melina likes to explore the outdoors and work out. When you see her on the fitness floor, make sure to say hi.



Melina Punsalan

## Kids' Club News

### Updated Weekly Schedule

We will be promoting a weekly schedule of activities including specific times for cookie decorating, hot cocoa with story time, music appreciation (with instruments), seasonal crafts like canvas hand/foot/finger print resemble animals or winter scenes. And more!

Kids' Club will be continuing to accommodate requests outside of the operational hours as long as they are in reasonable advance notice.

Contact Carol Rollins for more information:  
[crollins@boarsheadresort.com](mailto:crollins@boarsheadresort.com)

## Tennis & Pickleball News

### Indoor Court Cancellation Policy

If you do not cancel your court outside of a 2-hour window, you will be charged the price of the court.

### Important Tennis Dates:

Jan. 4 – Winter Adult Tennis & Pickleball Sessions begin.

Jan. 4 – Winter Junior After-School Tennis Sessions begin.

Jan. 18 – Winter Indoor CAP Session 2 begins.

Jan. 29 – Friday Night Mixed Tennis and Social.

### Adult Clinics

#### Masks are required during all clinics

[Click Here](#) for the adult tennis clinics schedule beginning Monday, January 4 and ending Sunday, February 28. Please look through the clinic document carefully as the day and/or time of your clinic might have changed. Please pay attention to the clinic descriptions that best suit your level of play.

[Click Here](#) for the pickleball clinics schedule beginning Monday, January 4 and going through Sunday, February 28. From the player who has never touched a pickleball paddle to a player with experience, attending a pickleball clinic will improve anyone's game. Learn how to dink, drive, and use tactics to take your game to new heights!

### Pickleball Open Play Times: Saturdays from 9 am – 11 am

For the open play, you can check out balls and paddles from the squash desk if you wish. Open play is designed to be a flexible way to meet other pickleball players along with providing a dedicated, consistent time for play on a weekly basis.

As always, all clinics are \$23 per hour or \$34 for 90 minutes.

### Junior Tennis

[Click Here](#) for the detailed information on our junior tennis schedule beginning Monday January 4 and ending Friday, February 26.

All policy changes due to COVID will remain the same.

Please contact Ralf Steinbach with any questions at:  
[rsteinbach@boarsheadresort.com](mailto:rsteinbach@boarsheadresort.com)

### Friday Night Mixed Doubles!

One Friday every month, please join us in our "Friday Night Mixed Doubles" series! The cost is \$15 per person and includes court fees and

drinks (alcoholic and non-alcoholic).

- This is a social event—tennis format is TBD.
- January 29 from 6:30pm to 8:30pm

We will continue to follow the latest COVID guidelines from the Governor. Stay tuned for more information regarding registration.

For more information contact:  
[tporco@boarsheadresort.com](mailto:tporco@boarsheadresort.com)

### Upcoming tournaments and UVA matches:

UVA Men vs VCU:  
*Friday, January 15 at 3 pm at BHSC*

UVA Men vs. Liberty:  
*Sunday, January 17 at 1 pm at BHSC*

UVA Women vs. VCU:  
*Thursday, Jan 28 at 3 pm at BHSC*

UVA Men vs ODU:  
*Saturday, Jan 30 at 11 am at BHSC*

UVA Women vs South Carolina:  
*Saturday, Jan 30 at 4 pm at BHSC*

[View the UVA Men's Tennis Schedule](#)  
[View the UVA Women's Schedule](#)





## Aquatics News

### Winter Aquatics Operating Procedures

The pool's hours of operation will remain 8 am - 6:30 pm daily. In the event that the weather is below 32F prior to opening, we will wait until the temperature rises above freezing to uncover the pool. This is primarily to ensure that the pool deck is not icy. Please call the sports club front desk at (434) 972-2235 for status updates. For your safety, please use extra caution on the pool deck. We will continue to adapt as necessary and communicate changes as they come. Thank you for your continued support and we hope to safely continue our season as long as possible.

## Squash News

### Private Squash Lessons

Our Squash professionals are taking every precaution with regards to COVID-19 and making sure everyone has a safe environment to play while improving their game. We hope you can join us for some one-on-one instruction. We are also offering customizable group lessons starting at \$25 per person each time!

Contact Dean at:  
[drussell@boarsheadresort.com](mailto:drussell@boarsheadresort.com) to schedule your lesson!

### Junior Squash Clinics

Come enjoy our socially distanced squash clinic focusing on skill development and movement!

Classes will be one hour long and are for all ages and skill levels. 30 minutes of technical work and 30 minutes of squash specific movement.

Grades 1-2:  
Tues & Thurs, 4:30-5:30 p.m.

Grades 3-5:  
Mon & Wed, 4:30-5:30 p.m.

Grades 6-8:  
Mon-Thurs, 5:30-6:30 p.m.

Grades 9-12:  
Mon-Thurs, 6:30-7:30 p.m.

Classes will be billed monthly. \$100 for 2 classes a week and \$200 for 3+ classes a week.

Contact Dean Russell for more information at  
[drussell@boarsheadresort.com](mailto:drussell@boarsheadresort.com)

## Outfitters News

### Adventure Offerings



Boar's Head Outfitters offers family, individual, and even corporate activities such as falconry, an escape room experience, winery tours, and

ancient weaponry to name a few!

To learn more about their offerings [click here](#).

Register at:  
[BoarsHeadOutfitters@gmail.com](mailto:BoarsHeadOutfitters@gmail.com) or call (434) 214-4560

## Birdwood News

### Adult Clinic Series

Our one-hour golf clinics will focus on a holistic approach to lowering your scores.

### Indoor Junior Golf

We now have indoor blocks available for the young ones (ages 4-7) in the Sports Club gymnasium on Tuesday and Wednesday evenings.

[View The Flyer](#)

### Swing Studio Mini Lessons

For just \$30, you can enjoy a mini lesson in the comfort of our indoor swing studio. These are Covid-friendly, one-on-one sessions.

[See More Info](#)

Contact Hunter Brown for more information about all of our clinics:  
[hbrown@boarsheadresort.com](mailto:hbrown@boarsheadresort.com)

## Hours of Operation

Due to continuously changing situations during the pandemic, many of our resort areas have fluctuating hours of operation. To stay up-to-date with all of our Sports Club and resort hours including dining, recreation and more, bookmark our hours of operation site:

[www.BoarsHeadResort.com/hours](http://www.BoarsHeadResort.com/hours)