

JUNE  
2025 EDITION



# Sonterra

Monthly



# The Club At SONTERRA



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# June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Sunday Omelette Bar</b> 8am - 12pm  - <b>Couples @ 9AM (North)</b>  1	<i>Main Clubhouse Closed</i>  <b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  - <b>Summer Leagues Begin</b>  - <b>Jr. Tennis Summer Camp Begins</b>  2	<b>Burger Day, All Day!</b>  <b>Mat Pilates</b> 9:30 AM   Main Clubhouse  3	<b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  - <b>SWGA @ 8:30AM (North)</b>  4	<b>Prime Rib Thurs. after 5PM</b>  <b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  <b>7PM - American History Club</b>  5	<i>First Friday Birthday Night</i>  <b>Weekend Specials</b> Friday-Sunday Pilates 8:45 AM   Main Clubhouse Gentle Yoga for Golfers 10 AM   Main Clubhouse  - <b>Shootout Qualifier: Chip Off On #18 Green @ 6pm</b>  <b>6PM - Double Cover (Patio Lawn)</b>  <b>6:30 PM- Father Daughter Dinner</b>  6	- <b>Golf Clinics Adults @ 10AM</b>  - <b>Parent-Junior Putting Contest @ 5 PM</b>  7
<b>Sunday Omelette Bar</b> 8am - 12pm  - <b>Couples @ 9AM (North)</b>  8	<i>Main Clubhouse Closed</i>  <b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  - <b>Jr. Tennis Summer Camp</b>  9	<b>Burger Day, All Day!</b>  <b>Mat Pilates</b> 9:30 AM   Main Clubhouse  10	<b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  - <b>SWGA @ 8:30AM (South)</b>  11	<b>Prime Rib Thurs. after 5PM</b>  <b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  - <b>American Heart Association Hit for the Heart 5:30-8:30 PM</b>  <b>7PM - Book Club</b>  12	<b>Weekend Specials</b> Friday-Sunday Pilates 8:45 AM   Main Clubhouse Gentle Yoga for Golfers 10 AM   Main Clubhouse  - <b>Taylormade Fitting 10AM-2PM</b>  <b>6PM - Roger Tamez (Patio Lawn)</b>  <b>6 PM- Kids Club Pizza Party</b>  13	- <b>9-Hole Father-Junior Scramble (South) @ 4 PM</b>  14
<b>Sunday Omelette Bar</b> 8am - 12pm  <b>5 PM- Father's Day Dinner</b>  15	<i>Main Clubhouse Closed</i>  <b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  - <b>Jr. Tennis Summer Camp</b>  16	<b>Burger Day, All Day!</b>  <b>Mat Pilates</b> 9:30 AM   Main Clubhouse  17	<b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  - <b>SWGA @ 8:30AM (North)</b>  18	<b>Prime Rib Thurs. after 5PM</b>  <b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  <b>6 PM- Kids Book Club</b>  <b>6PM - Mahjong Meet</b>  19	<i>First Day of Summer</i>  <b>Weekend Specials</b> Friday-Sunday Pilates 8:45 AM   Main Clubhouse Gentle Yoga for Golfers 10 AM   Main Clubhouse  <b>11am- SWA Luncheon</b>  <b>6PM - Bret Mullins (Patio Lawn)</b>  20	<b>8:00 AM - Swim Meet</b>  - <b>MGA #6- ABCD 1-2-3 NET @ 7:30 AM   South</b>  - <b>Golf Clinics Adults @ 10AM</b>  <b>6:30 PM- Movie Night</b>  21
<b>Sunday Omelette Bar</b> 8am - 12pm  - <b>Couples @ 9AM (South)</b>  22	<i>Main Clubhouse Closed</i>  <b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  - <b>Jr. Tennis Summer Camp</b>  23	<b>Burger Day, All Day!</b>  <b>Mat Pilates</b> 9:30 AM   Main Clubhouse  - <b>JR. GOLF CAMP @ 9-11 AM</b> - <b>Parent-Junior Chip-Off @ 5 PM 18<sup>th</sup> Green</b> <b>6:30 PM- Bunco Night</b>  24	<b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  - <b>SWGA @ 8:30AM (South)</b>  - <b>JR. GOLF CAMP @ 9-11 AM</b>  25	<b>Prime Rib Thurs. after 5PM</b>  <b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  - <b>JR. GOLF CAMP @ 9-11 AM</b>  <b>6:30 PM- Corrido Tequila &amp; Tapas</b>  26	<b>Weekend Specials</b> Friday-Sunday Pilates 8:45 AM   Main Clubhouse Gentle Yoga for Golfers 10 AM   Main Clubhouse  - <b>JR. GOLF CAMP @ 9-11 AM</b>  <b>6PM - Roger Tamez (Patio Lawn)</b>  27	- <b>SR. Club Championship @ 8 AM (South)</b>  - <b>Golf Clinics Adults @ 10AM</b>  <b>11 AM- Botox Party</b> <b>6 PM- Kids Club Game Night</b>  28
<b>Sunday Omelette Bar</b> 8am - 12pm  - <b>SR. Club Championship @ 8 AM (South)</b>  <b>1PM- Tom the Nature Guy</b>  29	<i>Main Clubhouse Closed</i>  <b>Strength &amp; Condition</b> 9:30 AM   Main Clubhouse  30	<b>LEGEND</b>  <b>Reservation Required   (210) 496-1560</b> <b>Dining</b> <b>Club Events</b> <b>Social Club Meetings</b> <b>Group Fitness Classes</b> <b>Live Music</b> <b>Golf</b> <b>Tennis</b> <b>Pickleball</b>				<b>Save the Date!</b>  <ul style="list-style-type: none"> <li>• Fourth of July Celebration   July 4th</li> <li>• Not So Newlywed Game   July 12th</li> <li>• BINGO Night   July 19th</li> <li>• Sunday Brunch   July 20th</li> </ul>





# INVITE YOUR FRIENDS!



Introduce the Club lifestyle with your friends and share the excitement of the good life.

**CONTACT DEBBIE GONZABA FOR INFORMATION**  
(210) 483-4292 or [dgonzaba@clubatsonterra.com](mailto:dgonzaba@clubatsonterra.com)



# SUMMER PARTIES



AT THE  
POOL

## AVAILABLE AFTER MEMORIAL DAY

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**CONTACT: MARISSA NORCROSS**  
**MNORCROSS@CLUBATSONTERRA.**  
**COM 210-878-4290**

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## FATHER DAUGHTER DINNER

**Friday, June 6th at 6:30 PM**  
**Main Clubhouse**

**\$44.95++**  
**for Father & Daughter**  
**\$10.95++**  
*per additional daughter*

*Celebrate a sweet evening just for dads and daughters! Enjoy a delicious dinner featuring Rib Eye for fathers and Chicken Alfredo for daughters, plus a delightful dessert display.*

**RSVP Required:**  
**(210) 496-1560**

*Cancellation notice must be given by Tuesday, June 3rd*



## FATHER'S DAY DINNER

**Sunday, June 15th**

**Main Clubhouse**

**Seating at**  
**5 PM, 6 PM & 7 PM**

**\$Adults: \$55++**  
**Children: \$25++**

*Celebrate Dad with a buffet dinner the whole family can enjoy. Fathers will receive a complimentary cocktail (exclusions apply).*

**RSVP Required:**  
**(210) 496-1560**

*Cancellation notice must be given by Thursday, June 12th*



## MOVIE NIGHT

**Saturday, June 21st**  
**at 6:30 PM**

**Main Clubhouse**

*It's Movie Night! Come enjoy a fun-filled evening at the club.*

**RSVP Required:**  
**(210) 496-1560**





## BOTOX PARTY

**Friday, June 28th  
11 AM – 1 PM**

**Main Clubhouse**

Join us for a Botox Party at The Club! Treatments available at just \$8 per unit. Services provided by SpaBlack and Dr. Jeneby.

**RSVP Required:  
(210) 496-1560**



## CORRIDO TEQUILA & TAPAS

**Thursday, June 26th  
at 6:30 PM**

**Main Clubhouse**

**\$35++**

Blanco, Reposado, and Añejo tequilas meet flavorful tapas.

**RSVP Required:  
(210) 496-1560**

Cancellation notice must be given by Monday, June 23rd



## TOM THE NATURE GUY

**Sunday, June 29th  
at 1:00 PM**

**Main Clubhouse**

Join Tom the Nature Guy as he showcases an exciting mix of animals and insects, giving you a chance to learn, explore, and observe nature up close.

**RSVP Required:  
(210) 496-1560**





## BUNCO NIGHT

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***Tuesday, June 24th at  
6:30 PM***

***Main Clubhouse***

***\$10++ entry***

*Grab your friends and roll the dice for a fun-filled evening of laughter and friendly competition. Whether you're a seasoned pro or a first-time player, everyone is welcome!*

***RSVP Required:  
(210) 496-1560***

*Cancellation notice must be given by Monday, June 23rd*



## LIVE MUSIC

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***Every Friday in June***

***Join us on the lawn!***

***DOUBLE COVER  
JUNE 6<sup>TH</sup> 6 PM***

***ROGER TAMEZ  
JUNE 13<sup>TH</sup> 6 PM***

***BRET MULLINS  
JUNE 20<sup>TH</sup> 6 PM***

***ROGER TAMEZ  
JUNE 27<sup>TH</sup> 6 PM***



The Sonterra Women's Association was established with the goal of creating meaningful relationships within the Club. Connect with peers at monthly meetings, happy hour events, and off-site events.

**E-mail: [SWAreservations@gmail.com](mailto:SWAreservations@gmail.com)**

**May 2025**



# Join SWA Luncheon as we Salute our Stars & Stripes

*Music*

*Military Memories*

*Medleys*

**Attire: Red, White & Blue**

**Featured Drink: Enchanted Sunrise**

## Menu

Grilled Chicken and Watermelon Salad

Marinated Chicken Breast - Ripe Watermelon  
Feta Cheese-Baby Greens-Cucumbers  
Green Goddess Dressing  
Warm Dinner Rolls - Whipped Butter

## Dessert

Vanilla and Chocolate Mousse  
Marinated Berries - Sweet Cream

**\$30 per person**

## **Reservations Required**

**RSVP Deadline Monday, June 16th, 2025.**

If you are bringing a guest or have a special menu, please email your name and member number to [SWAreservations@gmail.com](mailto:SWAreservations@gmail.com)

If you register and do not attend and do not cancel before the deadline, you will be charged.

**RSVP: [SWAreservations@gmail.com](mailto:SWAreservations@gmail.com)**

**Come Ready to celebrate freedom, friendship, and FUN!**

**JUNE  
20 2025**

**11:00 AM Social  
11:30 Luncheon**





## KIDS BOOK CLUB

**Thursday, June 19th at 6:00 PM**

**Main Clubhouse**

*Book to Discuss:*  
*Because of Winn-Dixie*  
by: Kate Di Camillo

*Books open the door to exciting worlds and we explore them together! Join us for a playful and engaging reading experience made just for kids.*

**RSVP Required:**  
**(210) 496-1560**



## KIDS CLUB PIZZA PARTY

**Friday, June 13th at 6:00 PM**

**Kids Club**

**\$20++**

*Nothing brings friends together like pizza! Come hang out, play, and enjoy a slice (or two!) at our Kids Club Pizza Party.*

**RSVP Required:**  
**(210) 496-1560**

*Cancellation notice must be given by Monday, June 23rd*



## KIDS CLUB GAME NIGHT

**Saturday, June 28th at 6:00 PM**

**Kids Club**

**\$20++**

*Let's play! Game Night is the perfect way to have fun, try something new, and enjoy time with friends.*

**RSVP Required:**  
**(210) 496-1560**



# Camp Sonterra

## Weekly Sessions:

**June 9 - July 25**

*Camp will be closed the week of June 30.*



**Monday - Friday**

**9am - 4pm**

**Ages 5-12**

*Drop-Off: 8:30am - 9am*

*After-Care: 4pm - 5:30pm*

*After-Care is an additional \$65 per week*

## **Weekly Tuition**

*Club Members, \$375*

*Accompanied Guests, \$425*

*Lunch and snack included with tuition.*

**Refund Date: Sunday, June 8.**

*A one-time non-refundable \$45 registration fee includes 2 camp shirts.*



**ENROLL AT: [WWW.KECAMPS.COM](http://WWW.KECAMPS.COM)**





# GOLF

Dust off your clubs and brush up on some basics of the sport we love. All skill levels are welcome to the clinics. Read the details and join the fun! Clinics are taught by our Golf Professionals, Josh Sellers, Louie Maldonado, Michael Cernosek, and Cody Christian.

## ADULT GOLF

Taught by: Michael Cernosek  
SATURDAYS | 10:00 AM

June 7<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

MEET AT THE PUTTING GREEN

Fun and friendly environment to learn golf and meet others for all levels.

**\$35**

This instruction is designed for golfers of all skill levels. Members will learn alongside Michael Cernosek or through observation.

### TOPICS

- Fundamentals
- Full Swing
- Chipping/Pitching
- Getting out of the Sand
- Putting
- Course Management

## JUNIOR GOLF CAMP

Taught by: Josh Sellers, Louie Maldonado & Cody Christian

June 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>

Ages 6 & Up

TIME: 9:00 AM – 11:00 AM

**\$25 per day**

### Daily Focus

- Set-Up
- Grip
- Alignment
- Putting
- Chipping
- Full Swings

## JUNE-YOUR GOLF

A Month of Fun Golf Events for Parents and their Juniors!

June 7<sup>th</sup>

Putting Contest on South Green – 5 PM

June 14<sup>th</sup>

9 Hole Father / Junior Scramble on South Course – 4 PM

June 24<sup>th</sup>

Sonterra Parent / Junior Chip-Off – 5 PM

Call the Golf Shop for Information | (210) 491-9900



# GOLF

# UPCOMING GOLF EVENTS

## SENIOR CLUB CHAMPIONSHIP

**June 28th & 29th**

Entry Fee: \$75

**We Invite All Full Golf  
Members 50 and  
Over to Participate**

100% of the entry fee will be  
paid out to Goss and Net

**June 28th**

Round 1: South Course  
8:00 AM Tee Times

**June 29th**

Round 2: South Course  
8:00 AM Tee Times

**GGID: CAS25SRCHAMP**

\*Payouts subject to change based on field size

## MEMBER-MEMBER

**2025**

**August 22–24, 2025**

**Open to All Golf Members**

**August 22nd**

- Mixer Party
- Complementary Keg, Heavy Hors D'oeuvre

**August 23rd**

- R1: 9:00 AM Shotgun
- North Course Chapman
- Breakfast Tacos Before Play
- Lunch After Play

**August 24th**

- R2: 9:00 AM Shotgun
- South Course Best Ball
- Breakfast Tacos Before Play
- Lunch After the Round

- Closest to the Pin Contest at the Mixer Party for the Players
- 1<sup>st</sup> Place Overall Wins Trophy
- Prizes 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> of Each Flight\*
- Closest to the Flag Each Day
- Custom Gift Includes

**\$350 per team**

**Register Now – 50 Team Limit**

**GGID: CAS25MM**

Call the Golf Shop for Information | (210) 491-9900



# CLUB EVENTS 2025

OPEN TO ALL GOLF MEMBERS

<b>JUNE</b> <b>28-29</b>	<b>SR. CHAMIONSHIP</b> R1: S 8 AM R2: S 8 AM GGID: CAS25SRCHAMP
<b>AUGUST</b> <b>23-24</b>	<b>MEMBER/MEMBER</b> R1: N 9 AM CHAPMAN   R2: S 9 AM BEST BALL GGID: CAS25MM
<b>SEPTEMBER</b> <b>28</b>	<b>PARENT-JUNIOR TOURNAMENT</b> 11 AM SHOTGUN START GGID: CAS25PJ
<b>OCTOBER</b> <b>17-19</b>	<b>MENS CHAMPIONSHIP</b> R1: N 1 PM   R2: S 8 AM   R3: N 8 AM GGID: CAS25MENSCHAMP
<b>OCTOBER</b> <b>18-19</b>	<b>WOMENS CHAMPIONSHIP</b> R1: N 8 AM   R2: S 8 AM GGID: CAS25WOMENSCHAMP

## Sunburst

OCTOBER 1-4

R1: N 9 AM | R2: S 10 AM | R3: N 9 AM

## Classic Affair

OCTOBER 7-9

R1: N 9 AM | R2: S 9AM

SEE GOLF PROFESSIONALS FOR MORE INFORMATION

210.491.9900



# 2025 SONTERRA CUP STANDINGS

## Key Events Contributing to the Standings:

ABC Scramble  
4 Man Stableford  
Mem/Mem Match Play  
Moneyball  
Later this Year:  
Chapman  
Individual Match Play  
President's Choice  
Brute

Join us in celebrating the incredible  
performance of our top layers and  
all participants! Keep striving for  
greatness on the greens!



Rank	Name	Score	Rank	Name	Score
1	Michael Mckinney	944.5	31	Eddie Castaneda	635
2	Mike Flores	828	32	Tim Cain	627
3	Roland Spencer	825	33	Paul Larson	625
4	Rick Gordon	822	34	Tim Koxlien	618
5	Nick Vanderpool	818	35	Justin Elliott	615
6	Harold Oliver	815	36	Darin Anderson	615
7	Scott Barton	807	37	Blake Kohutek	600
8	Matthew Baebler	800	38	Allan Pundt	597
9	Trey Sears	792	39	David Kiolbassa	592
10	Jon Santiago	765	40	Dave Moore	590
11	Irwin Zucker	745	41	Barrett Tondre	590
12	Tommy Harrison	740	42	Brad Noel	583
13	Trey Tollette	738	43	Dan Lawrie	583
14	Roger Hopkins	730	44	Mike Miller	583
15	Walt Sears	720	45	Steve Carter	570
16	Brian Coulter	713	46	Greg Drott	545
17	Jose Dania	707	47	Tony Reyes	545
18	Jeff Gibbons	705	48	Kevin Justice	540
19	Jimmy Bourne	702	49	Mark Bailey	535
20	Steve Patafie	687	50	Hugo Balderas	535
21	Steve Mckim	675	51	Mike Biviano	532
22	William Schilling	674.5	52	Roger Festor	520
23	Corey Mowen	662	53	Robert Baldwin	518
24	Joe Flores	658	54	Trey Welch	510
25	Damon Sutterfield	655	55	Phil Lietz	500
26	Bob Mitchell	655	56	Justin Kelley	495
27	Richard Flourney	652	57	Brian Strenk	490
28	David Canning	645	58	Trevor Foster	480
29	Bill Rooney	645	59	Jeff Rosaasen	455
30	Ronald Botello	640	60	Bobby Lange	453

*\*HOLE-IN-ONES MAY*  
*Scott Barton*  
*Jeff Neil*

## NOTE FROM THE DIRECTOR OF GOLF- ZACH RAMSEY

### VISUALIZE THE SHOT

Always have a mental picture of the shot you want to play. Think positively, but realistically. Replaying the image of the shot in your mind gives your body a good chance to execute it successfully.



# MGA INVITES YOU

## EVENT SIX - JUNE 21

- 4-MAN ABCD
- 7:30 AM SHOTGUN (SOUTH)
- TEE'S PLAYED- BLUE, WHITE+, WHITE, GREEN:  
50% OF ROUNDS PLAYED
- CASH SKINS
- BREAKFAST TACOS, LUNCH, DRINK TICKETS

DEADLINE TO SIGN UP- WEDNESDAY, June 18<sup>th</sup>  
@ 5:00 PM

Sign up in Golf Genius: CAS25MGA6  
Earn points throughout the year for Sonterra Cup!

For more information about the MGA,  
including a full schedule of events, point  
standings, and the current board,  
visit, [clubatsonterra.com/golf#MGA](http://clubatsonterra.com/golf#MGA)

## A-B-C-D 1-2-3 NET

Saturday, June 21st

Sign up  
on Golf  
Genius



**Signing up is easy!** On the Golf Genius mobile app, sign in using a 'ggid.' You will NOT use an email or password. Once logged in with the 'ggid,' navigate to the member portal -> event information -> event registration. You will be asked to provide information to verify your membership. Click REGISTER! The handicap computer in the Golf Shop June also be used.

## UPCOMING EVENTS

### JULY 18TH | 8:30 AM

- Race to the Cup

### SEPT. 13TH & 14TH | 8:30 AM

- The Brute (North)
- GGID: CAS25MGA8

### AUGUST 16TH | 8:30 AM

- Mulligan's Scramble (North)
- GGID: CAS25MGA7

### NOV. 1ST & 2ND | 8:30 AM

- The Sonterra Cup







**Enter for a chance at \$125,000!**

**LIVE MUSIC • KEG PARTY • OPEN TO ALL MEMBERS**

**6:00-9:00PM**

**Three Qualifier Events. Three Winners per Event. Nine Finalists. OPEN TO ALL SONTERRA MEMBERS!**

**April 25**

**~~CLOSEST TO THE PIN~~**

6:00 pm Start Time #10 North Red Tee Box. Entry is \$20/person. Top 3 winners paid out and advance.

**May 23**

**~~12 HOLE PUTTING CONTEST~~**

6:00 pm Start Time. Entry is \$20/person. Top 3 winners paid out and advance.

**June 6**

**CHIP OFF ON #18 GREEN**

6:00 pm Start Time. Entry is \$20/person. Top 3 winners paid out and advance.

**June 6 CHAMPIONSHIP**

**HELD AFTER THE FINAL QUALIFIER!**

The 9 Qualifiers will participate in the Hole in One Shootout for \$125,000!!!

Brought to you by:



**Bryan Heath**



**Darin Anderson**



**Donnie Ferguson**



# GOLF WITH SWGA

## Summer golf is in full swing for our members.

Many are not only playing in our Sonterra weekly events, but traveling around Texas and our country playing in member-guest events at other country clubs.

Congratulations to Sheryl Redwine and Michele Bellinger for winning their flights in the annual Texas Senior Women's Golf Tournament held in Abilene, Texas.

SWGA plays every Wednesday, teeing off at 8:30 am. Call the Pro Shop, 210-491-9900, to reserve a spot.

June 4 <sup>th</sup>	8:30am North Course
June 11 <sup>th</sup>	8:30am South Course
June 18 <sup>th</sup>	8:30am North Course
June 25 <sup>th</sup>	8:30am South Course

# SPRING TO NEW HEIGHTS

**Hours of Operation:**

Monday – Friday: 6:00 AM to 9:00 PM  
Saturday & Sunday: 6:00 AM to 6:00 PM

*Visit our wellness center, where we offer a full range of fitness machines and free weights – perfect for everyone, from beginners to seasoned pros. Whether you're just starting your fitness journey or looking to level up, we have everything you need.*



*Don't forget, certified personal trainers available by appointment!*

## GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Strength & Conditioning with Annette Mongold 9:30 – 10:30am	Mat Pilates with Anne Walker 9:30 – 10:30am	Strength & Conditioning with Annette Mongold 9:30 – 10:30am	Strength & Conditioning with Annette Mongold 9:30 – 10:30am	Pilates with Sondra Woods 8:45 – 9:45 am Gentle Yoga for Golfers with Sondra Woods 10:00 – 11:00 am

## CONTACT THE INSTRUCTORS

Annette Mongold (609) 694-3548    Anne Walker (210) 710-4737    Sondra Woods (831) 251-0519



# SONDRA WOODS

Sondra, a Santa Cruz native, discovered the life-changing power of yoga and meditation, which completely transformed her path. Now a 500-HR Registered Yoga & Mindfulness Teacher, NASM Certified Wellness Coach, and AFFA Certified Fitness Instructor, she brings over 21 years of experience to her work. After 20 years as a corporate executive, she now offers group classes and one-on-one sessions in yoga, Pilates, Barre, TRX, and wellness coaching. With a holistic approach to mind and body, Sondra believes joy and inner peace are possible for everyone. “I would love to help, I can help, I am proof that mindfulness and movement change lives. We only live once—let’s make it the most amazing life possible, together.”



Contact Sondra Woods: (831) 251-0519



## NEW FRIDAY CLASSES

### PILATES: 8:45 – 9:45 AM

Fire up your core and glutes in this upbeat strength class that’s all about building power where it counts. With fun music and good vibes, you’ll crunch, squeeze, and plank your way to a stronger you! Bring a mat. All ages and levels are welcomed.

### GENTLE YOGA FOR GOLFERS: 10:00 – 11:00 AM

Boost your game with yoga designed to improve mobility, strength, and focus. This class targets hips, shoulders, and spine to enhance your swing, prevent injuries, and build balance and core strength. Bring a mat. All levels are welcomed.

# WELCOME!

## SONTERRA STINGRAYS SUMMER LEAUGE SWIM TEAM 2025



### MEET SCHEDULE

Saturday, May 31 @Sonterra  
Monday, June 9 @Timberwood Park  
Saturday, June 14 @Converse  
Saturday, June 21 @Sonterra  
Tuesday, July 1st @NEISD (Champs)  
Tuesday, July 8 @Wildhorse Pool  
(All Stars) \*\*\*Qualifiers Only

### WHAT TO EXPECT

Hello! Thank you for joining the Sonterra Stingrays Summer League Swim Team! Our goal is to foster a friendly, yet competitive swim environment that encourages a collaborative spirit of sportsmanship shared by swimmers, coaches, parents, officials, & spectators alike.

If you have any questions or concerns, please contact the Head Coach, Mabel Fowler.

**Email:** [fowlermabel23@gmail.com](mailto:fowlermabel23@gmail.com)

**Phone:** 830-275-2020

### IMPORTANT REMINDERS

Participants must be able to swim 25yds unassisted to meet the team's requirements. Parent volunteers are **NECESSARY** for ALL meets. Parents are required to volunteer for a role at 2 meets. Fins are required for swimmers at practice. Swimmers 13 & up are encouraged to attend the 6:00-6:45pm practice.



# TENNIS

Call the Tennis Shop for More Information | (210) 491-9888

## SUMMER LEAGUES



### Monday

Men's League 7 PM

### Tuesday

Men's League 7 PM

### Wednesday

Ladies League 7 PM

Pickleball League 7 PM

### Thursday

Mixed Dbls League 7 PM

## JR. TENNIS SUMMER CAMP

### Beginner Camp

Ages 4 - 7

8:30 AM - 9:30 AM

Monday - Thursday

\$86 per session or \$30 daily

### Inter/ Advanced Camp

Ages 8 & up

9:30 AM - 1:30 PM

Monday - Thursday

\$344 per session or \$100 daily

Lunch can be ordered in advance  
from the Sports Grill or brought  
from home

**June**

**July**

**August**

2-5

7-10

4-7

9-12

14-17

16-19

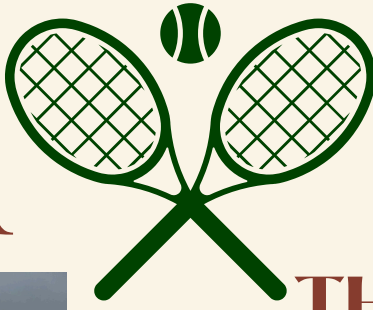
21-24

23-26

28-31



## HIT FOR



## THE HEART



The Bowman Family

## WHY THIS NIGHT MATTERS

On December 30, 2023, while on vacation with his family, Chuck Bowman survived a Sudden Cardiac Arrest—a rare and life-threatening event. After finishing his morning workout and cold plunge, Chuck received a text from his wife asking him to pick up donuts for their kids. He walked into the bakery section of a local grocery store, selected the donuts, and closed the lid on the box—the last moment he remembers. At that instant, Chuck's heart experienced a catastrophic electrical malfunction and went into ventricular fibrillation, cutting off blood and oxygen to his brain and vital organs. He collapsed

on the spot. Fortunately, a bystander witnessed the fall and immediately called 911. In a remarkable stroke of luck, an ambulance was stopped at the traffic light just outside the store. Within minutes, emergency responders reached Chuck, found him unresponsive, and began life-saving measures. He was administered two doses of epinephrine, and after the third shock from an AED, his heart began to beat again. Chuck is among the fortunate 10% who survive Sudden Cardiac Arrest outside a hospital setting. His survival has inspired a renewed sense of purpose: to raise awareness about heart health and champion life-saving emergency response protocols. Please join Chuck, Emily, Charlie, and Solomon on June 12th at 5:30 PM for an evening of connection, reflection, and inspiration.

**Hit For the Heart is a community and family-focused Tennis and Pickleball event to increase heart health awareness and emergency protocol demonstrations**

***Thursday, June 12th***

**\$75 - INCLUDES  
EDUCATION, BOX DINNER,  
T-SHIRT & FUN!**

**EVENING SCHEDULE**

♥ **5:30PM - 6:30PM**  
CPR / AED Demonstrations

♥ **6:30PM - 7:00PM**  
Box Dinner Provided

♥ **7:00PM - 8:30PM**  
Tennis / Pickleball Play

**SCAN THE  
QR CODE  
TO REGISTER**





# Ladies Summer Tennis Clinics with **CELINE**

Text Celine For  
More Information  
210-748-6604





# DINING IN JUNE

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**Burger Night**  
Every Tuesday, All Day  
Served all day and off the grill after 5:00PM every Tuesday! \$9.95++



**Sunday Omelet Station**  
Served from  
8:00AM - 12:00PM  
at the 19th Hole  
Choose from a fresh variety of toppings and proteins for your perfect breakfast creation.  
\$18++ and includes a choice of mimosa or bloody mary!

## Prime Rib Thursday

Every Thursday | After 5:00pm

Two Prime Cuts Offered:

- ✓ 10oz | \$24.95++
- ✓ 14oz | \$29.95++

Includes a baked potato & Chef's vegetable of the week.

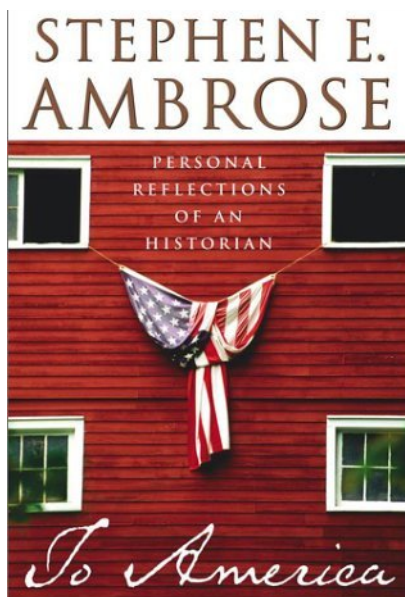


## AMERICAN HISTORY CLUB

**Thursday, June 5th at 7:00pm**  
**Main Clubhouse**

*In To America*, Stephen E. Ambrose, one of the country's most influential historians, reflects on his long career as an American historian and explains what an historian's job is all about.

Contact Doug Schueneman to learn more and join!  
 Email: [schueneman.doug@gmail.com](mailto:schueneman.doug@gmail.com)



*To America: Personal Reflections of an Historian*

## BOOK CLUB

**Thursday, June 12th at 7:00pm**  
**Main Clubhouse**

*Evie Porter has everything a nice, Southern girl could want: a perfect, doting boyfriend, a house with a white picket fence and a garden, a fancy group of friends. The only catch: Evie Porter doesn't exist.*

Contact Sylvia Theall to learn more and join!  
 Email: [sylviatheall@gmail.com](mailto:sylviatheall@gmail.com)



*First Lie Wins*



## POKER CLUB

**Contact Bruce Graham to Sign Up!**  
**Call (210) 415-9503 or**  
**Email [brucegraham@satx.rr.com](mailto:brucegraham@satx.rr.com)**



## MAHJONG MEET

**Thursday, June 19<sup>th</sup>**  
**at 6:00 PM**  
**Main Clubhouse**

**Contact**  
**Nancy Marelli**  
**to Sign Up!**  
**Call:**  
**(210) 602-2102**  
**Email:**  
**[nmarelli@att.net](mailto:nmarelli@att.net)**

# UPCOMING EVENTS IN JULY



## NOT SO NEWLYWED GAME

Saturday, July 12th | 6:30 PM  
Main Clubhouse

*It's love, laughter, and a little friendly competition! Join us for the Not-So-Newlywed Game as couples go head-to-head to see who knows each other best.*

RSVP: (210) 496-1560



## BINGO

Saturday, July 19th | 6:00 PM  
Main Clubhouse

*Bingo Night is back! Don't miss the fun, the prizes, and the lucky streaks.*

RSVP Required: (210) 496-1560  
72 Hour Cancellation Policy in Effect



## SUNDAY BRUNCH

Sunday July 20<sup>th</sup> 11:00 AM

*Sundays are better with brunch! Come enjoy a morning of good eats and friendly faces.*

RSVP: (210) 496-1560



## MOVIE NIGHT

Saturday, July 26th | 6:30 PM  
Main Clubhouse

*It's Movie Night! Come enjoy a fun-filled evening at the club.*

RSVP Required: (210) 496-1560





# 4TH OF JULY

Friday, July 4<sup>th</sup>

## POOL PARTY

1:00pm - 4:00pm

Burger & Hot Dog Buffet  
Water Slide, Pool Games & DJ

## DINNER BUFFET

5 PM, 6 PM, 7 PM Reservations Required

\$24.95++ per Adult

\$17.95++ per Child

## DRIVING RANGE

7:00pm - 10:00pm

DJ, Food Concessions, Games & Activities

Coupon Cash Bar Available

## FIREWORKS @ 9:15PM

NO Outside Food, Drinks, Tumblers, or Coolers Allowed



THANK YOU FOR  
READING

## STAY CONNECTED



[clubatsonterra.com](http://clubatsonterra.com)



[@ClubAtSonterra](https://www.instagram.com/ClubAtSonterra)

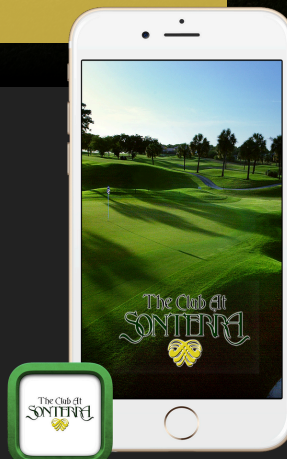


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