



OCTOBER

Sweetwater Fitness
and Pickleball Courts

MONTHLY Newsletter

2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Fitness Center Squatober Challenge! →	1. 15 Squats	2. 20 Squats	3. 25 Squats SW CDD meeting 4pm @ Fitness Center Zumba 6:30pm	4. 30 Squats	5. 35 Squats
6. 40 squats	7. REST DAY	8. 45 Squats Level Up Dinking Clinic 6-8pm \$	9. 50 Squats Fall Pickleball League starts Meditation 10:30am	10. 55 Squats	11. 60 Squats	12. 65 Squats Intro To Pickleball 9-11am \$ Beg/and Kids
13. 70 Squats	14. REST DAY	15. 75 squats Pickleball Fundamentals Clinic 6-8pm \$ Beg/Low Interm.	16. 80 Squats Meditation 10:30am	17. 85 Squats	18. 90 Squats	19. 95 Squats
20. 100 Squats	21. REST DAY	22. 105 Squats Pickleball Agility 6-8pm \$ All Levels	23. 110 Squats Meditation 10:30am	24. 115 Squats	25. 120 Squats	26. 125 Squats Next Levels Volley 9-11am \$ Interm/Adv
27. 130 Squats	28. REST DAY	29. 135 Squats Rest Your Mind & Point 6-8pm \$ Interm/Adv	30. 140 Squats Meditation 10:30am	31.  Happy Halloween		



**Come to
the
meeting
if you
dare!**

**October 3rd
Sweetwater
CDD Meeting
4pm at the
Fitness Center**



Board of Supervisors
Sweetwater Creek Community Development District
Call In #: 1-877-304-9269; Code 186663

Dear Board Members:

The Sweetwater Creek Community Development District Board of Supervisors Meeting is scheduled for **Thursday, October 3, 2024 at 4:00 p.m. at the Fitness Center, 1865 N. Loop Parkway, St.**

Augustine, Florida 32095.

Following is the agenda for the meeting:

- I. Roll Call
- II. Public Comment (limited to three minutes)
- III. Consideration of Resolution 2025-01, Designating Officers
 - IV. Approval of the Consent Agenda
 - A. Minutes of the September 5, 2024 Board of Supervisors Meeting
 - B. Financial Statements
 - C. Check Register
 - D. Ratification of Requisition No. 140
- V. Staff Reports
 - A. Landscape Team – Maintenance Report
 - B. District Engineer
 - 1. Consideration of Proposal to Prepare a Public Facilities Report
 - 2. Update on Onda Park Project
 - 3. Update Regarding Land Use of Parcel Conveyed to CDD
- C. District Counsel
- D. District Manager

E. Field Manager

- 1. Report
- 2. Proposals for Adding Rock Beds Around Pool Deck

F. Director of Amenities – Report

VI. Other Business

VII. Supervisor Requests / Public Comment

VIII. Next Scheduled Meeting – Thursday, November 7, 2024 at 4:00 p.m. at the Fitness Center, 1865 N. Loop Parkway, St. Augustine, Florida 32095

IX. Adjournment



PUBLIC CONDUCT: Members of the public are provided the opportunity for public comment during the meeting. Each member of the public is limited to three (3) minutes, at the discretion of the Presiding Officer, which may be shortened depending on the number of speakers. Speakers shall refrain from disorderly conduct, including launching personal attacks; the Presiding Officer shall have the discretion to remove any speaker that disregards the District's public decorum policies. Public comments are not a Q&A session; Board Supervisors are not expected to respond to questions during the public comment period.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am HIIT H		6:00am HIIT H				
	8:30am Cardio X Training E/M	8:45am Spin M/H	8:30am Cardio X Training M/H			
9:00am Pilates E/M				9:00am Gentle Yoga E	9:00am Zumba/Zumba Toning M	
10:15am Spin M/H	10:00am Cardio/Core E/M	10:00am Senior Strength E		8168		
11:10am Senior Stretch E	11:10am Senior Mat Pilates E	10:30am Meditation E	11:15am Senior Mat Pilates E			4:00pm Yoga E/M
	12:30pm Tai Chi E	11:10am Yoga E/M	12:30pm Tai Chi E	12:00pm Senior Stretch E	<p><u>Fitness Center:</u> <u>(904) 829-8584</u></p> <p><u>Amenity Center:</u> <u>(904) 810-0520</u></p> <p>E= Easy M= Medium H= Hard</p> <p>10/1/2024</p>	
		3:05pm Kids Fitness E				
	5:15pm Yogalates E/M	5:15pm Power Yoga M/H				
6:00pm Pilates Barre M/H	6:30pm Power Pump M/H		6:00pm Zumba M			

FITNESS SCHEDULE

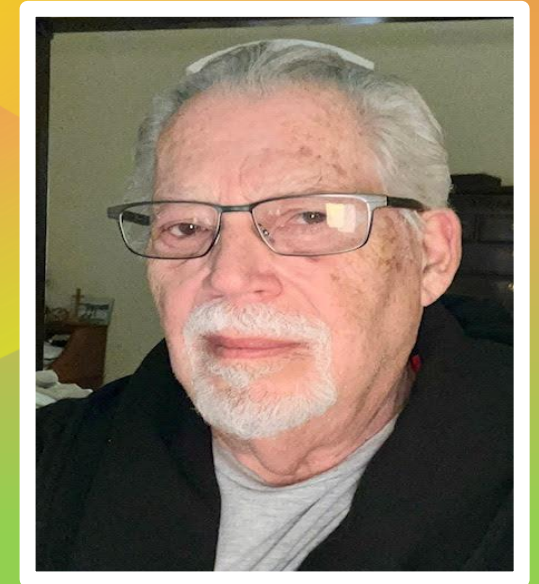


MEET TAI CHI INSTRUCTOR RON CULLUM

You might wonder what an 84-year-old man is doing holding classes at the Fitness Center where the other instructors are typically physically fit, young women who teach yoga, Pilates, Zumba, and the like. Ron is our tai chi instructor, who has been holding classes in tai chi and qigong here at Palencia for over 10 years. Currently his classes are on Tuesday and Thursday each week. All Ron's classes include both qigong, an exercise to enhance our life energy, and tai chi, which is a martial art practiced today primarily for its many health benefits. Ron has been practicing tai chi for some 25 years and has studied several martial arts disciplines. He says that tai chi, as he teaches it, is a practice that can be done safely all your life and can be tailored to almost any physical condition.

Ron has been a Palencia resident since 2007, when he and his family moved here from their home in the Virginia suburbs of Washington, DC. A former Air Force intelligence officer, Ron left the military for a civilian career in Intelligence with the Federal Government. Ron and his wife Dianne also lived in Germany in the 1980s and in England in the 1990s with their two children, Elisabeth and Christopher. They are both now grown and married with families of their own and live nearby. Now retired, Ron and Dianne enjoy family dinners together with their extended family in the area. Ron says he intends to keep teaching tai chi until he's 100 years old.

Ron's Tai Chi Schedule
Tuesday - 12:30pm
Thursday - 12:30pm



Level 3 Pickleball League



Starting Oct 9th at the Fitness Center .

- ❖ Players MUST be assessed to be entered
- ❖ No Guest allowed in this league
- ❖ Doubles tournament play
- ❖ \$35 for the Season
- ❖ 6:00pm-8:00pm Each Wednesday

**** For Assessment information Contact Darcy at darcy@castillofl.com



Clear out the cobwebs and start Squatober



See the instructions below for days and squat numbers

30-day Challenge

30 DAY SQUAT CHALLENGE



make **YOURSELF PROUD**



squats

Tuesday, October 8 6:00-8:00

Level Up Dinking

•Should I volley Dink or let it bounce? Decisions decisions! Learn how to keep your opponent guessing and off balance by keeping pressure on them during a dink rally! We will work on dinking out of the air as well as letting it bounce. We will also be very strategic by learning optimal placement of all dinks during a point.

Saturday, Oct. 12 9:00-11:00

Intro to Pickleball – Beginners and KIDS!!

•A beginner's adventure into learning the basics of Pickleball. We teach the basics and then PLAY to put those basics to use!! This will include rules, scoring, appropriate footwear, equipment strategy, basic fitness, and, of course, the basic shots that go into pickleball!

For Pickleball Clinic info Please Call or
text Darcy Miller at **904-891-6573**
to register
(Certified Pickleball Instructor)

Tuesday, Oct. 15 6:00-8:00

Pickleball Fundamentals —

Beginners to Low Intermediate

•Ok, so you can get into the point with an effective serve and return. What next? We will introduce you to a strategic approach to **the third shot, and dink** so that you can begin playing pickleball at a competent level! This is a GREAT opportunity for folks new to the game to reinforce some of the skills they have already learned and applied!



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Tuesday, Oct. 22 6:00-8:00

Pickleball Agility – All Levels

•Ever get out of position? Lose your balance? Yeah, me too! Worry not! We have just the thing for you! Join us for a night of cardio, footwork and maybe a little dancing! Ok, no dancing, but you will improve your moves on the court! The right footwork makes ALL of your shots better!

Saturday, Oct. 26 9:00-11:00

Next Level Volley – Intermediate/Advanced

•Ever get frustrated because you hit a ball back and your opponent crushes it every time? Are you missing put aways or just not volleying where you need to? Well, you are in luck! This class is for you! Let's take your volley game to another level by working on hand speed, controlled aggression and hitting down on your volleys to keep your opponent on defense!



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Tuesday, Oct. 29 6:00- 8:00

Reset Your Mind and Point! –

Intermediate to Advanced

•If you are looking to advance your game, the reset shot is an essential element of doing so. The reset is a shot used to slow down the pace of the rally and regain control of the point. This neutralizes your opponent's attack and creates an opportunity to shift from defense to a neutral or offensive position



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