

JULY 2022

THE SARNIA RIDING CLUB

MONTHLY NEWSLETTER



*The latest on
this month's issue:*

- CALENDAR
- GYM
- POOL SCHEDULE
- CAFE MENU & HOURS
- UPCOMING EVENTS
- SQUASH LADDER
- UPDATES
 - TENNIS COURTS
 - ROYAL BANK OPEN
 - WEDDINGS AT SRC

JULY 2022

July 2022

AT A GLANCE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26	27	28	29	30	1	2
Food & Beverage now available 7 days a week!					Canada Day Food Special	
3	4 Session 1- Swimming & Tennis Lessons	5	6 WING NIGHT	7	8 Live Music- 'Small Group Therapy'	9 Wedding
10	11	12	13 WING NIGHT	14	15 Live Music- 'Demi Krall'	16 Wedding
17	18 Session 2- Swimming & Tennis Lessons	19	20 WING NIGHT	21 Ladies Luncheon	22 Outdoor Movie	23 Wedding
24 GALA DAY 31 Outdoor movie & Camp Out	25	26	27 WING NIGHT	28	29 To be announced...	30

SAVE THE DATE:

- **July 8th**- Live Music- Small Group Therapy
- **July 15th**- Live Music- Demi Krall
- **July 21st**- Ladies Luncheon
- **July 22nd**- Outdoor Movie
- **July 24th**- Gala Day
- **July 31st**- Outdoor Movie & Camp Out

C O N G R A T S

Congratulations to the June Trivia winning team headed by Mark Russell

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THE DECK

AT THE SARNIA RIDING CLUB

Mon-Thurs- 12:00-9:00

Fri- 12:00-4:00

Sat-Sun- 12:00-9:00

A LA CARTE

Box of Sweet Potato Fries	\$6.00
Box of Fries	\$5.00
Poutine	\$8.00
Beef Barbacoa Poutine	\$11.00

FOR THE KIDS

3 Piece Chicken Tenders & Fries	\$8.00
5 Piece Chicken Tenders & Fries	\$11.00
Hot Dog & Fries	\$7.00
4 oz. Burger & Fries	\$10.00

MAINS

Perch Fingers (3)

\$18.00

crisp lemon pepper dusted, served with tarragon tartar sauce served with a side of fries or a salad

Turkey & Brie Sandwich

\$17.00

spiced turkey, kale, brie and sweet potato naan sandwich with garlic sauce with a side of fries or a salad

Pork Belly Burger

\$19.00

aged white cheddar served with lettuce, tomato, red onion and garlic mayo with a side of fries or a salad

Kale & Brie Sandwich

\$15.00

kale, brie and sweet potato naan sandwich with garlic sauce with a side of fries or a salad

Beet Salad

\$14.00

roasted & marinated with goat cheese, basil, onion, candied almonds and champagne vinaigrette (add Flank Steak for \$3)

Beef Barbacoa Tacos (3)

\$18.00

tender beef, cotija cheese, pico de gallo, coriander, cabbage and lime crema

Mac 'N' Cheese

\$16.00

4 cheeses, shells, creamy sauce, served with a side of fries or a salad

Black Bean Tacos (3)

\$17.00

Mexican spiced black beans, cotija cheese, pico de gallo, coriander, cabbage and lime crema

Upgrade to sweet potatoes for \$1.00*
Add a side of gravy for \$2.00

***all prices exclude HST & gratuity**
Prices/items are subject to change

Menu created and prepared by Snap Catering

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Mon-Sat- 8:00AM-9:00 PM

Sun- 12:00-9:00

CAFÉ MENU



FROZEN DRINKS

Milkshake	\$4
Margarita	\$10
Strawberry Daiquiri	\$10
Mango Margarita	\$10
Pina Colada	\$10
Smoothie	\$3
Float	\$4

ESPRESSO

Americano	\$3
Single Espresso	\$3
Double Espresso	\$3.50
Macchiato	\$3
Latte	\$3

CAPPUCCINO

Caramel Cookie	\$3.75
Hazelino Muffin	\$3.75
Chocolate Fudge	\$3.75

COFFEE

Stormio	\$3
(Rich & Strong)	
Tim Hortons	\$2

SNACKS

Chips	\$2.21
Candy Bag	\$1.25
Freezie	\$1.77
Drumstick	\$3.50
Ice Cream Sandwich	\$3

TEA

Earl Grey	\$2
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***all prices exclude HST & gratuity**
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Clubhouse Gym



Our newly updated workout room at the Sarnia Riding Club.

At this time the workout room houses:

- Treadmill
- Rower
- Recumbent Bike
- Free weights
- Weight Machine
- Peloton
- Yoga Mats
- Squat Rack
- Olympic Bar with Rubber Plates
- Battle Ropes
- Plyometric Box



GYM HOURS

**MONDAY - FRIDAY: 8am - 9pm | SATURDAY: 8 am - 9pm |
SUNDAY: 12pm - 7pm**

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PELOTON

at The Sarnia Riding Club



- Bike MUST be booked through Club Locker
 - Email rec@sarniaridingclub.com if you do not have a Club Locker account
- Headphones are encouraged
- Create an account at onepeloton.ca/register before arriving
- Sign into the bike at SRC with the account you create
- User Instructions located in the Gym
 - Shows how to adjust the bike to fit you best!
- Can use regular running shoes or SPD cycling shoes
- For all other questions, email rec@sarniaridingclub.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Senior Team	Junior Team	JLC/Sr. Team	Junior Team	Sr/Jr Team	Pool Closed	
9:00 AM	Swimming Lessons					Open Swim 9am - 12pm	Open Swim 9am - 12pm
10:00 AM							
11:00 AM							
12:00 PM	ADULT LANE SWIM 12pm-1pm						
1:00 PM	Open swim 1pm-10pm	Open swim 1pm-10pm	Open swim 1pm-10pm	Open swim 1pm-10pm	Open swim 1pm-10pm	Open swim 1pm-10pm	Open swim 1pm-9pm
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							

Adult Swim	Open swim	Swim Team	Lessons	CLOSED
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Pool Notes:

- Swim Test is required for children 12 & Under
 - If pass: allowed to go in the deep end
 - If unsuccessful: can try again, cannot go in the deep end
- ALL CHILDREN UNDER THE AGE OF 12 MUST BE ACCOMPANIED & SUPERVISED BY A GUARDIAN IN THE POOL
- NO food or alcohol in the pool area. Please enjoy your drinks and snacks at one of the other locations around the club.
- Please sign in your family &/or guests when using the pool

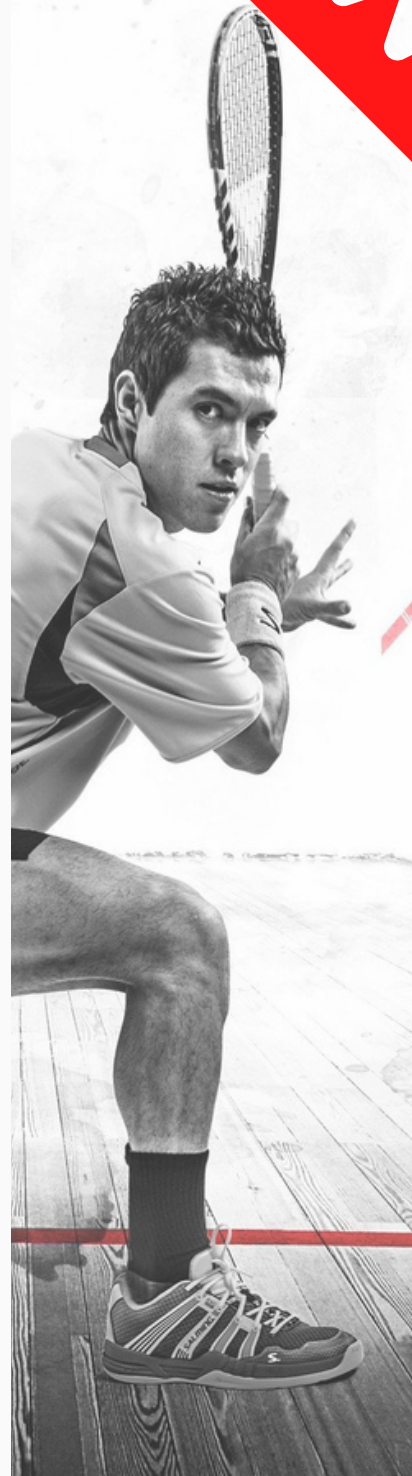
Summer Squash: Ladder Style

Ladder League encourages friendly competition among a variety of players and helps players find opponents at their approximate skill level.

Players can schedule their own challenge matches against opponents that are 3 places above them on the ladder. If you win your challenge, you will take the place of your opponent.

Commitment: as many or as few matches as you want to accept! However, if you decline challenges, you are awarded a loss.

To sign up, email Val to be added to the list. Please include the level that you feel you are at.



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SQSH.LIFE
PRESENTS...

ONE
Beachin'
Tournament

BLOOD, SWEAT
& BEERS.

THE SARNIA RIDING CLUB
AUGUST 26-28
WWW.SQSH.LIFE/OBT



Entry to Tournament - \$125- All-you-will-drink Beer- All Whites Package (Value \$90)- Dinner Friday- Continental Breakfast Saturday Morning- Banquet Dinner Saturday Night- 1 Sunday Spike Ball Tournament Entry

Sarnia Riding Club Updates

- As SNAP Catering will now be offering food **every day** (woohoo!!), there is to be no outside food brought to the Club. Picnic lunch permitted. The Bar is open from 11:00 AM-9/10:00 PM (weather depending) each night, therefore no outside alcohol should be brought to the Club. Check out the café for all of your caffeine, smoothie & snack needs everyday at 8:00 AM (Sundays 11:30 AM). No food & beverage allowed at the pool.
- The Tennis Courts (1&2) will be getting resurfaced beginning July 8th. The timeline on this process is weather dependent, please stay tuned to your emails for updates.
- **Reminders:**
 - We kindly ask that if you move a Muskoka chair to a different arena of the hill, please return them to their original place
 - Lounger Chairs at the beach: please bring the chairs back to the top of the beach so we do not lose them to the lake!
 - We are a pet-free facility
 - please use the Club Locker system to book your courts. You will be asked to leave if you haven't booked a court and someone who has booked arrives!
- **National Bank Open (formerly known as the Rogers Cup)**
 - A private suite has been reserved for the Sarnia Riding Club for the day session on Wednesday, August 10.
 - Cost is \$95/ticket which includes all taxes/fees, parking pass, access to VIP lounges, etc.
 - Contact Bob McLeod at abmcleod7@gmail.com or 519-542-8713 for tickets or more information.
- **Pickleball Clinics**
 - The SRC will be running some Member Run Pickleball "Try-It" clinics for those who are interested in trying the sport but aren't ready to commit to a league. We have paddles to borrow if you don't have one! If you are interested, please email sfisher1@cogeco.ca or rec@sarniaridingclub.com.