

Tim Mayotte Tennis Academy

Massimo's Notes

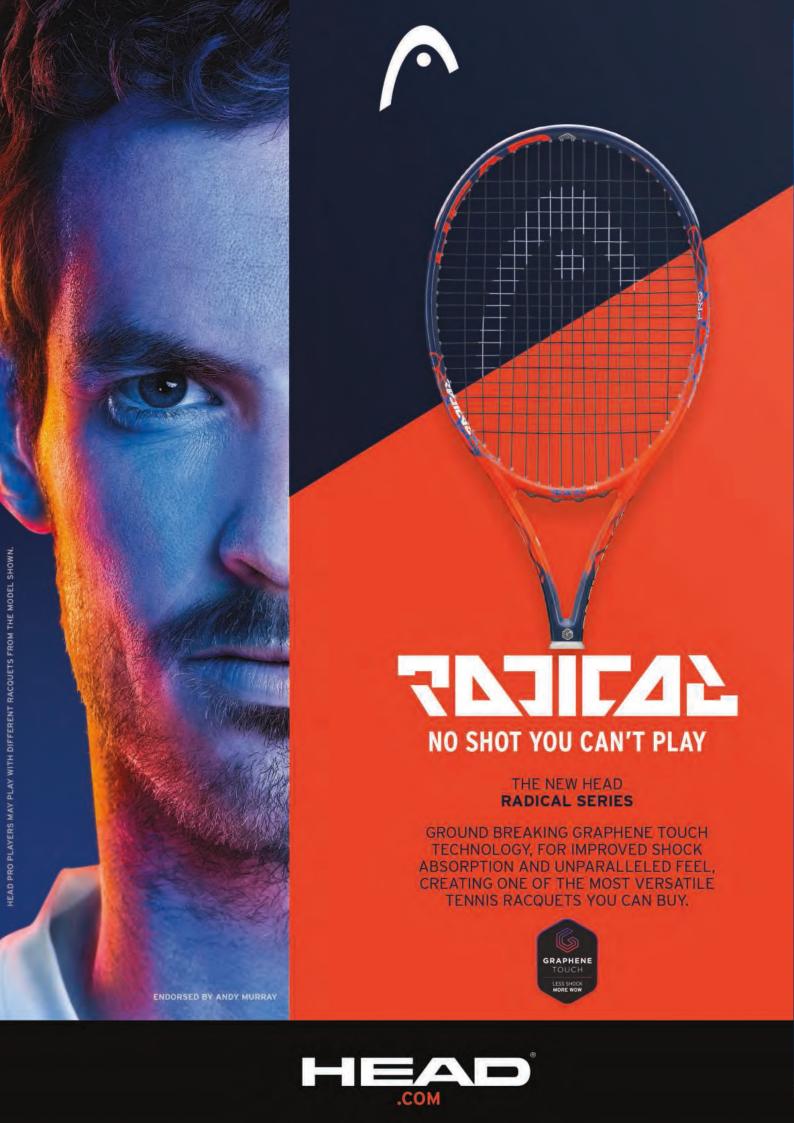
Todd Pulis Interview

Adult Tennis Activities

Serving Up Fun!

Meet the Members

Summer Activities



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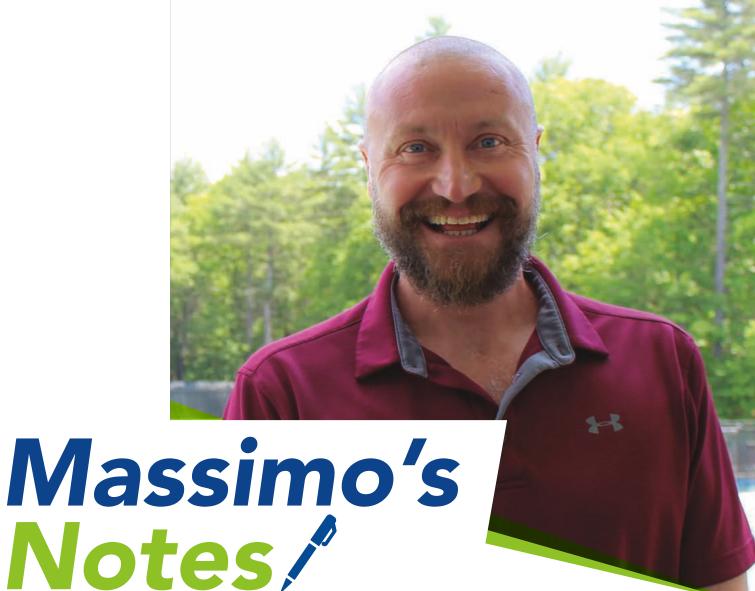
EXTRA-DUTY



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ast October I moved to Massachusetts from Florida – trading in my flip flops and sunglasses for a puffy jacket and a gigantic snow brush. Although I have lived and traveled all over the world, nothing quite prepared me for a New England winter. One of the first things I noticed about the local culture is that everyone walks very fast and no one stops to talk. I've come to learn this is because it is too cold for extended greetings. Once inside however, people are very welcoming! I am happy to say that I have met many wonderful people here in Concord. All indoors!

This is one of the reasons that I am delighted to be a part of the tennis community at The Thoreau Club. Tennis, whether in or outdoors, is an activity and sport for everyone to enjoy and connect. Regardless of age, ability or skill level, tennis provides a natural opportunity for fun with others – it connects us.

We've recently introduced several new programs at the Club that further these objectives. Serving Up Fun tennis parties are one of my favorites, and you seem to agree, because we get to play tennis, eat and drink, dance and have a good time on and off the court. Another popular addition is Tennis University, which offers players flexibility along

with high-quality group instruction from our expanding staff of tennis professionals. For younger players, we are increasing the opportunities for them to learn, practice and develop in the sport such as the Junior Tennis Ladder, Junior Team Tennis, and USTA tournaments. And, we've introduced a Tennis Round Table as an opportunity for you to share your thoughts, ideas and shape the future of tennis here at The Thoreau Club.

Last but certainly not least, we've recently announced a partnership with Wimbledon and Australian Open semifinalist and Olympic Silver Medalist at Seoul and Top Ten ATP Player, **Tim Mayotte**, to direct a **new tennis academy for high-performance junior players**. No where else will junior players have the opportunity to regularly be on court and learn from a former Top-10 ranked tennis pro. Tim has hit the ground running and is already spending time on the court working with our coaches and sharing his teaching methodology. All in all, very good things are happening here at the Club.

As the warm weather arrives (and hopefully stays), I look forward to meeting many more of you and hope to see you on the courts.







Fall 2018





Todd Pulis Interview

odd Pulis started The Thoreau Club in 1967 when he constructed two outdoor courts which he later covered in 1971. He was inspired by our bucolic 35-acre campus and Henry David Thoreau's teachings on nature and the environment to create an inviting and beautiful place for people to come together to play tennis. More than 50 years later, with 11 courts surrounded by nature, his vision has been realized, as you will find dozens of our members playing tennis every day of the year.

Q: When you built The Thoreau Club in 1967, what was the driving philosophy of your business?

A: Our goal has always been to help families and individuals

live active, happy, healthy lives. We wanted The Thoreau Club to be a place where people can spend time together, engaging in healthy activities and connecting with the outdoors.

Q: What drives today's Thoreau Club?

A: Our passion and vision to create a welcoming and supportive environment where our members can engage in fitness activities and sports is as strong today as when we first opened our doors more than 50 years ago.

Our campus has seven pools, and a long-standing swim program where thousands of children have learned to swim. We offer group exercise classes and personal



training. We also have onsite physical therapy and nutrition counseling available to our members. And of course, a long-standing tennis program. And to keep up with the evolving needs of our members and advances in equipment, we have installed a new state-of-the-art fitness center. But at the core—who we are and what drives us—hasn't changed. We are still a place where families and friends come together for exercise, to socialize and to connect with nature. Today especially, it is so important to make time for FUN in our daily life. We strive every day to be the place where that can happen.

Q: What makes The Thoreau Club a unique place to play tennis?

A: The tennis program here at Thoreau has a long history of developing high performance players as well as supporting lifelong recreational and competitive tennis. Our talented, experienced tennis pros and coaches work with all members, from novice to young pro and everyone in between. With indoor and outdoor court options, tennis is a year-round activity at Thoreau.

Any player who has played on our Summer courts will agree, we have a beautiful, tucked-away space where you can almost "feel" Mother Nature. I am confident that Henry David Thoreau would approve!

Q: What are you most excited about for the Tim Mayotte Tennis Academy at The Thoreau Club?

A: We are thrilled to partner with Tim to create the Tim Mayotte Tennis Academy at The Thoreau Club, creating an unprecedented opportunity for junior to young high-performance tennis players to learn on the court from a former Top-10 ranked tennis pro. Tim Mayotte is a man on a mission to develop more ATP, WTA and Division 1 Players from New England. It's truly an honor to have Tim, who is considered the best tennis player to EVER come out of New England, at The Thoreau Club.

The combination of his coaching prowess, extraordinary tennis skills and intense dedication to player development make the Tim Mayotte Tennis Academy the premier academy in the region.







Junior Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Red Ball 2 4:00 pm	Green Ball 5:00 pm	Red Ball 2 4:00 pm	Orange Ball 5:00 pm	Yellow Ball 3 5:00 pm	Green Ball 9:30 am	Junior Ladder 2:30 pm
Green Ball 4:00 pm	Yellow Ball 2 5:00 pm	Green Ball 4:00 pm	Yellow Ball 2 5:00 pm	Junior Ladder 6:30 pm	Tennis Tots 10:00 am	Red Ball Play Day 3:00 pm
Tennis Tots 4:15 pm	Yellow Ball 3 5:00 pm	Tennis Tots 4:15 pm	Yellow Ball 1 5:00 pm		Red Ball 1 10:00 am	Junior Ladder 4:30 pm
Red Ball 1 4:15 pm		Red Ball 1 4:15 pm				
Orange Ball 5:00 pm		Orange Ball 5:00 pm				Junior Team Tennis Matches
		Yellow Ball 2 6:30 pm				



Junior Tennis Classes

Tennis Tots

Perfect for kids ages 3-4 who like to have FUN! Coaches will lead them through games and activities that will develop hand-eye coordination, balance, and agility in small groups. Over the course of the session kids will learn how to play tennis using small rackets, soft red tennis balls and kid-sized nets and courts. 45 minute class.

Red Ball 1

Kids ages 5-6 will continue to develop their tennis skills via games to help them learn how to track a moving ball and respond to it using a racket, eventually leading to a rally. Kid-sized nets and courts, as well as small rackets and soft red tennis balls are utilized. 45 minute class.

Red Ball 2

Kids ages 7-9 will continue their mastery of hand-eye coordination, balance, and agility skills, plus learn to serve and play matches. 1 hour class plus optional Play Day matches on Sunday are recommended for Red Ball 2 players.

Orange Ball

Players at this level use a slightly bigger court and a smaller orange ball. Kids will gain more consistency in their strokes with faster drills and directional shots away from their opponents. 90-minute class includes fitness conditioning. Optional Junior Ladder matches on Friday evenings and Sunday afternoons are recommended for Orange Ball players.

Green Ball

Players at this stage prepare for the physical demands of covering a full court. Increased tactical development is emphasized including use of angles, spin, depth control and moving the opponent. 90-minute class includes fitness conditioning. Optional Junior Ladder matches on Friday evenings and Sunday afternoons.

Yellow Ball 2 & 3

Junior players aiming for the high school varsity team follow this track that starts with a full court and a traditional yellow tennis ball. Two-hour class includes 30-minutes of fitness conditioning. Optional Junior Ladder matches on Friday evenings and Sunday afternoons.

Yellow Ball 1

Designed for junior players who are looking to participate in USTA tournaments, this intensive track helps players gain expertise in technical and strategic components of play. Two-hour class includes 30-minutes of fitness conditioning. Optional Junior Ladder matches on Friday evenings and Sunday afternoons.

Junior Tennis Ladder

Kids who play ladder matches develop confidence, courage, sportsmanship as well as a sense of pride. As kids compete,



they earn points and move their position up on the tennis ladder. Pro-supervised matches are on Friday evenings and Sunday afternoons.

Junior Team Tennis

Thoreau and our community of local tennis clubs have created a new opportunity for kids to compete against players from other Clubs in a competitive junior league sponsored by the USTA. Teams are co-ed and matches consist of Boys Singles, Girls Singles, Boys Doubles, Girls Doubles, and Mixed Doubles. Matches are on Sunday afternoons. January - April.



WIMBLEDON AND AUSTRALIAN OPEN SEMIFINALIST AND OLYMPIC SILVER MEDALIST AT SEOUL AND TOP TEN ATP PLAYER WILL DIRECT THE NEWLY CREATED TENNIS ACADEMY

Mayotte, Best Tennis Player Ever to Come out of New England, is Determined to Develop more Home-Grown ATP, WTA and Division 1 Players at The Thoreau Club

he Thoreau Club is pleased to announce that Tim Mayotte, Wimbledon Olympic Silver Medalist and Top Ten ATP player, will direct the newly created Tim Mayotte Tennis Academy at The Thoreau Club for high-performance tennis players, ages 10 to young pro. Player tryouts will take place in June for the Fall 2018 season.

Mayotte, with a career-high singles ranking of World **No.7**, is considered the best tennis player ever to come out of New England and is determined to develop more New England players with that distinction. He transitioned to coaching 15 years ago, determined to create an exceptional tennis training program to make U.S. tennis players more competitive on the world stage. In somewhat of a homecoming, Mayotte, a native of Springfield, is back in Massachusetts doing what he loves most—coaching future world-class ATP-WTA tennis champions.

"It's a dream come true to be back in Massachusetts and launching the Tim Mayotte Tennis Academy. The entire team at The Thoreau Club shares my passion and vision to rethink how tennis is taught, in order to develop the champions of tomorrow. I look forward to training motivated, talented players from across New England, on and off the court" said Tim Mayotte, Director of the Tim Mayotte Tennis Academy at The Thoreau Club.

"We are thrilled to partner with Tim to create the Tim Mayotte Tennis Academy at The Thoreau Club. Tim is working closely with our coaches to design a comprehensive training program that will be customized to each player's needs and abilities. No where else will junior high-performance tennis players have the opportunity to be on the court and learn from a former Top-10 ranked tennis pro" said Massimo Policastro, director of tennis, The Thoreau Club.



The Tim Mayotte Tennis Academy at The Thoreau Club offers individualized coaching and high-performance training for junior players to develop the skills needed to compete at the highest levels. The Academy is exceptional for its coaching staff and approach, its facilities and the opportunity for players to train and compete with other high-level players. Every player receives a personalized program based on their individual skills and needs. Tim and other coaches will identify and accompany players on tournaments. Because the Tim Mayotte Tennis Academy is located at The Thoreau Club, players will have access to the facilities and services available on the Club's campus. Transportation to and from Concord will also be available.

The Academy's premier on-court and off-court program includes:

- **Technique/Play** Each player will have a mix of clinics, match play and privates with coaching from Tim and the coaching staff using Tim's revolutionary "The Framework" training methodology;
- **Fitness** Players will train in our new state of the art fitness center for agility, speed, and injury prevention;
- **Sports psychology** Tim, who has a psychology degree, along with other specialists, will provide mental toughness training;
- **Physical therapy** Players will have access to physical therapy services on site;
- **Nutrition** Our Registered Dietitians will work with each player to make healthy diet recommendations.

Mayotte was a tennis phenom in the 1980s and 1990s, winning 12 singles titles and 1 doubles and beating every great of his era including Agassi, Sampras, Becker, Connors, Wilander, Edberg, and McEnroe. He spent most of four years inside the ATP Top Ten. He was a semifinalist and five-time quarterfinalist at Wimbledon and he reached the semifinals of the Australian Open.

At Stanford University, he won the NCAA Singles crown in 1981. Mayotte won his first top-level professional singles title in 1985 at the inaugural Lipton International Players Championships (now known as the Miami Masters). He won the men's singles Silver Medal at the 1988 Olympic Games in Seoul. His best performances in the Grand Slam tournaments came in reaching the semi-finals at Wimbledon in 1982 and the Australian Open in 1983. He also reached the quarter-finals of the U.S. Open in 1989.

Mayotte served as President of the ATP Players Council as well as serving on the ATP Board of Directors. Over the last fifteen years, Mayotte has been coaching top juniors and pros including Louisa Chirico (as high as #60 WTA), William Blumberg (No #2 2017 college player in the nation), as well as multiple No #1 ranked junior players here in Massachusetts.







Junior Tennis Summer Camp

Kids build confidence when they are having fun and experience success in an activity. Our Progressive Tennis program is the right environment for just that type of growth. **June 11th - Aug. 24th**

Red Ball / Orange Ball Clinic | ages 4-7

Kids interested in tennis will enjoy this 2-hour clinic where we practice ball tracking, body positioning, serve & scoring. Players develop their confidence in the game & have fun with friends.

Monday-Thursday | 9:00am-11:00am (Friday rain day)

Cost: \$225/week for Members | \$250/week for Community Members

Full-Day Tennis Camp | ages 8-17

Great exercise, fun tennis games, level-specific coaching & skill development.

The best way to really improve kids' tennis game for the summer. Monday-Friday | 9:00am-3:45pm Cost: \$695/week for Members | \$750/week for Community Members

Half-Day Tournament Training

For High School & USTA ranked players

Monday-Friday | 12:30pm-4:30pm

Cost: \$500/week

Community Members: add a \$50 one-time registration fee.





Full Day Junior Tennis Summer Camp Schedule

9:00am - 3:45pm

8:45-8:55am

Drop off at tent, meet with Pro(s)

9:00am

Morning meeting at courts

9:05am

Warm-up, stretch, morning demo, stroke breakdown, & court assignments

9:20am

Instruction, drills, technique development

10:50am

Water/Snack Break

11:00am

Court games

12:00pm

Lunch & Free Swim

12:50pm

Meet at courts, warm-up, stretch, strategy session, match play

3:00pm

Water/Snack Break

3:10pm

Fitness training

3:40pm

Afternoon review, Wrap-up

3:45pm

Dismissal / Pick up at tent







Junior Player Feature

ne hundred rallies all in the court, at full speed, is no easy accomplishment for any duo. But *Shaw Rhinelander* and *Nick Vroman* are always up for the challenge, and to challenge each other.

Training partners for over four years, they share a kindred spirit that brings out the best in them. Shaw, who's highest ranking was **#13** in the 16 and under division in New England, appreciates that Nick will always take time to help him work on his weaknesses and develop his strengths, even when the two will be competing against each other in a tournament the next day.

Nick, who achieved a **#8** ranking in the 14 and under division, agrees. "Shaw makes me work on the areas that I don't want to, knowing that it will make me a better player. Yet, when it comes to competition, we battle it out like warriors. Walking off the court, it's all good."

The two have grown up together on the courts at The Thoreau Club. Shaw attributes his 6-year tenure here to the coaches and the personal attention they give, day in and day out. "Ryan and all the coaches always find time for us in their schedule. They will stay after hours and go the extra mile. That pushes us to do the same." Nick, who's a fixture at the Club after 12 years, agrees.

"The friendship with the coaches and the personalized attention they give to developing our game is the reason why we are here."

Off the court these two are just as successful, boasting A averages and comparing GPAs. Clearly, the competition never ends! Both in their junior year in high school, they plan to continue competing in college, and not surprisingly, considering some of the same schools.









Junior Tournaments Calendar

The Thoreau Club is proud to host many **USTA** junior tournaments throughout the year. These tournaments attract players from all across New England and provide competitive opportunities for junior players of all levels.

USTA Junior Tournaments

Calendar 2018

April 6th – 8th **Boys and Girls 14 Level 6**

June 1st – 3rd **Boys and Girls 18 Level 6**

June 30th

Boys and Girls 10 Level 7

July 20th – 22nd **Boys and Girls 12 Level 6**

July 28th **Boys and Girls 14 Level 7**

September 28th – 30th **Boys and Girls 16 Level 6**

November 10th – 11th

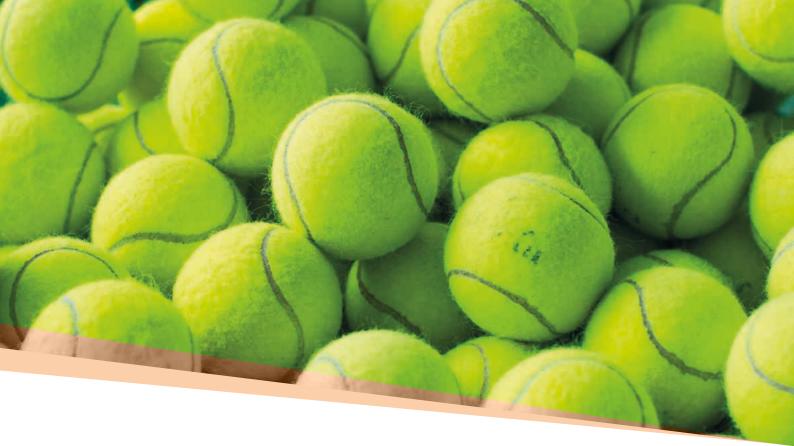
Boys and Girls 12 Level 4 Super Six

November 23rd – 25th **Boys and Girls 12 Level 6**

December 28th – 30th

Boys and Girls 16, 18 Level 7





Tennis University Calendar

Summer 2018 Tennis Clinics

"The instructors are all so very good at teaching to all the different levels all at once. There is a good balance of challenges and technique. I truly enjoy my tennis time at Thoreau!" **Mary H**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Heartbreakers 9-10 am	
	Super-Nova 10-11 am	Man Vs Machine 10-11 am	Rockin' Robin 10-11:30 am	Rockin' Robin 10-11:30 am	High Five 10-11 am	Super-Nova 10-11 am
Heartbreakers 11-12 pm	High Five 11-12 pm	Keep Your Cool 11-12 pm	Serv-ivors 11:30- 12:30 pm	Serv-ivors 11:30- 12:30 pm	Keep Your Cool 11-12 pm	Supreme Court 11-12 pm
	Turbo Tennis 5:30-6:30 pm		High Five 5:30-6:30 pm			
Serv-ivors 6-7 pm		Heartbreakers 6-7 pm	Turbo Tennis 6:30-7:30 pm			

Supreme-Court 7-8 pm

Court Supreme-Court 7-8 pm



TENNIS UNIVERSITY



All clinics \$25 per player

included in the Flextime® membership

Clinic Reservation call 978.831.1241

text **978.254.1983**

email

tennis@thoreau.com

Every day 9am - 6pm

Clinic Info

Supreme Court

Did you know that more groundstrokes are played than any other shot? Learn to perfect the baseline rally until you are ready to go on offense and attack a weak ball.

Heart Breakers

Like any other muscle, your heart needs to work to stay strong. But it doesn't mean you have to spend hours on the treadmill. Come on out to your favorite place, the tennis court, tune in to the tunes, break your heart and a sweat.

High Five

Master the game at the net with these five shots -- low and high volleys (forehand and backhand) and overheads - and never let your opponents break through the wall.

Serv-ivors

That's exactly how you will feel after earning point after point on your serve. Never give points away again by mastering infallible serving techniques that will develop your weapon.

Super-Nova

Looking to get more comfortable on the Novagrass courts? Slide on over! This clinic will focus on adjusting to the bounce of the ball on the special surface and how to move around the court with confidence.

Hot Shots

You know those shots, the ones that earn a little fist bump? Dropshots, swing volleys, passing shots, tweeners, are all on the table. Come and explore them all.

Disclaimer: you will be the envy of your teammates.

Keep Your Cool

Have you ever been down love-40 and felt defeated before even losing the game? We have too.

We will put you under a variety of different pressure situations you may face in matches and will train you to handle it with ease.

Turbo Tennis

Be prepared to test your stamina and be pushed out of your comfort zone in this high intensity cardio based clinic. The drills will mimic match points that have you huffing and puffing while knowing you gave it everything you had.

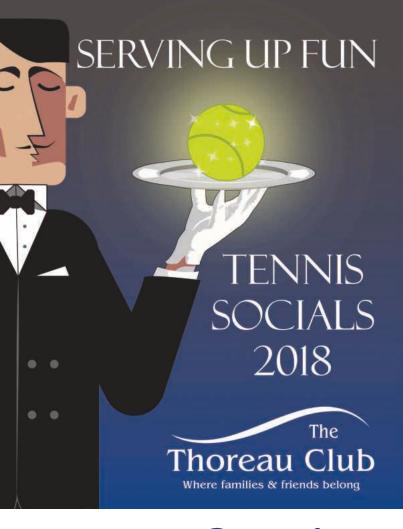
Rockin' Robin

It's back! The 1 1/2 hour Doubles Round Robin will focus mainly on playing however our pro will provide helpful tips and strategies to help bring your doubles game to a whole new level. Interchange playing partners throughout the time frame, while the player with the most combined games will be the champion.

Man Vs Machine

That relentless ball machine never gets tired...will you? At this pro-led clinic, your coach will be right beside you providing feedback while you hit against the machine.





JOIN US AND SHARE IN FRIENDSHIP, FUN, AND TENNIS AT OUR MONTHLY ADULT TENNIS PARTIES.

JANUARY

Oysters, Champagne and Tennis Saturday, January 20th 5:30-10:00p

APRIL

Saturday, April 21s 5:30 - 10:00p

FEBRUARY

Heart Breakers Cardio Night Saturday, February 24th 5:30-10:00p

MAY

Cinco de Mayo Fiesta Saturday, May 5th 5:30-10:00p

MARCH

St. Patrick's Day Parade & Feast Saturday, March 17th 5:30-10:00p

JUNE

Wooden Racquets & Whites
Saturday, June 23rd
4:00-9:00p



Where families & friends belong

Serving Up Fun!

11

My husband and I had a wonderful, amazing time! We really appreciate the top notch event.

Lisa B.

71

-61

Thank you very much for a lovely evening of fun tennis and toasts. It is abundantly clear that you all put a ton of work and effort into the night, and it was a blast! The pros were great too! Well done to everyone involved in making it a super fun night. Looking forward to the next one.

Maura

7

Thank you for a GREAT evening of FUN tennis and FABULOUS food and drink! We all had a wonderful time having a chance to mingle with club friends in an evening Party Vibe!!

Mary Ann B.

You

You know how to throw a really fun party.

Julie

99





Meet the MembersDenna and Tom

hose who know *Denna and Tom Saidnawey* know one thing for sure, they like to move! You will find them on the dance floor, climbing mountains, diving off cliffs, and certainly (and most often) on the tennis court!

After discovering the fun of tennis at the local park, they joined Thoreau in 2012 in search of a place to learn and enjoy the tennis year round. "We knew that we wanted an activity that we could enjoy together...something that would make us laugh and have fun as a couple and with friends," says Denna. "Tennis offers all of that."

But it's not all for fun all of the time. As competitive ballroom dancers, the Saidnaweys were prepared to put in the time on the court and the work necessary to progress. Beginning with group lessons in the Drill and Match program, they took advantage of everything the coaches had to offer.

"There is so much to learn about tennis because it is so much more than just a physical sport," says Denna. "The coaches here at Thoreau are the best around, we learn something new and different from each one. They keep us coming back!"

The couple plays together on a mixed team offered

through the **USTA** on Friday evenings. Denna also plays throughout the week on a women's daytime doubles team **(DBH)** and on a weekend league **(CMITA)**. They comment together, almost simultaneously, "It keeps us young!"





Adult Team Opportunities

Central Massachusetts Indoor Tennis Association - (CMITA) Men and Women – September through April

This league offers Thoreau Club players the opportunity to participate in competitive singles and doubles play against other local tennis clubs during the indoor season. Evening practices and Saturday matches.

Dorothy Bruno Hills (DBH) Women's Teams -September through March

Women's daytime doubles. Players make a regular commitment to attend weekly daytime practices (Mondays) and matches (Wednesdays or Thursdays). Opportunities at all levels. Matches are against other local tennis clubs.

USTA Summer Women's Teams - May, June and July

Women's doubles and singles competition in the **USTA** league. Opportunities at 2.5 – 4.5 levels. Weekday and evening practices and evening matches against other local tennis clubs.

USTA Mixed Doubles Teams - September through May

A great opportunity for competitive doubles and fun on Friday evenings. Opportunities at the 6.0, 7.0, 8.0, 9.0 and 10.0 (combined rating) levels. Teams play every-other Friday evening against other local tennis clubs.

Spring League (Women) - May and June

Women's daytime doubles, outdoors against players from other local tennis clubs.

Suburban League (Men) - May and June

Men's evening doubles, outdoors against players from other local tennis clubs.



Meet the Staff



AARON SMILES

Tennis Professional, USPTA Certified

With The Thoreau Club Since: 2016 Hometown: Bedford, MA



AMBER ROBINS

Tennis Professional, USPTA Certified

With The Thoreau Club Since: 2017 Hometown: Bow, New Hampshire



RYAN ADAMONIS

Junior Tennis Director and Tennis Professional USPTR Certified

With The Thoreau Club Since: 2014 Hometown: Windham, New Hampshire



FRANK MCCAMMON

Tennis Professional, USPTR Certified

With The Thoreau Club Since: 1999 Hometown: Knoxville, TN







TIM WHITEHEAD

Tennis Professional, USPTR Certified With The Thoreau Club since 2016 Hometown: Peabody, MA



BOB KANTNER

Tennis Professional, USPTA Certified With The Thoreau Club since 2000 Hometown: Emporium, PA



TOMMY WU

Tennis Professional, USPTA Certified With The Thoreau Club Since: 2016 Hometown: Litchfield, CT



SALIM CHRAIBI

Tennis Professional, USPTR Certified With The Thoreau Club since 2014 Hometown: Casablanca, Morocco





JOHN INDRISANO

Tennis Professional, USTPR Certified

With The Thoreau Club since 2018 Hometown: Hingham, MA



JON PARRY

Tennis Professional, USTPTR Certified, Director of Tennis Technology

With The Thoreau Club since 2018 Hometown: Plymouth, MA



TODD CARPENTER

Tennis Professional, USPTR Certified

With The Thoreau Club since 2017 Hometown: Manchester by the Sea, MA



AMY REINERT

Director of Tennis Programs

With The Thoreau Club since 2007 Hometown: Sheboygan, WI



MASSIMO POLICASTRO

Director of Tennis

With The Thoreau Club since 2017 Hometown: Napoli, Italy







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Since it opened as the first resort in the Dominican Republic, Casa de Campo has been a favorite luxury destination for discriminating travelers the world over. Three Pete Dye golf courses, 13 immaculate fast-dry Har-Tru tennis courts, breakthtaking accommodations, 7 world class restaurants including the new Minitas Beach Club, a marine, equestrian center, shooting course and 3 pristine beaches await.

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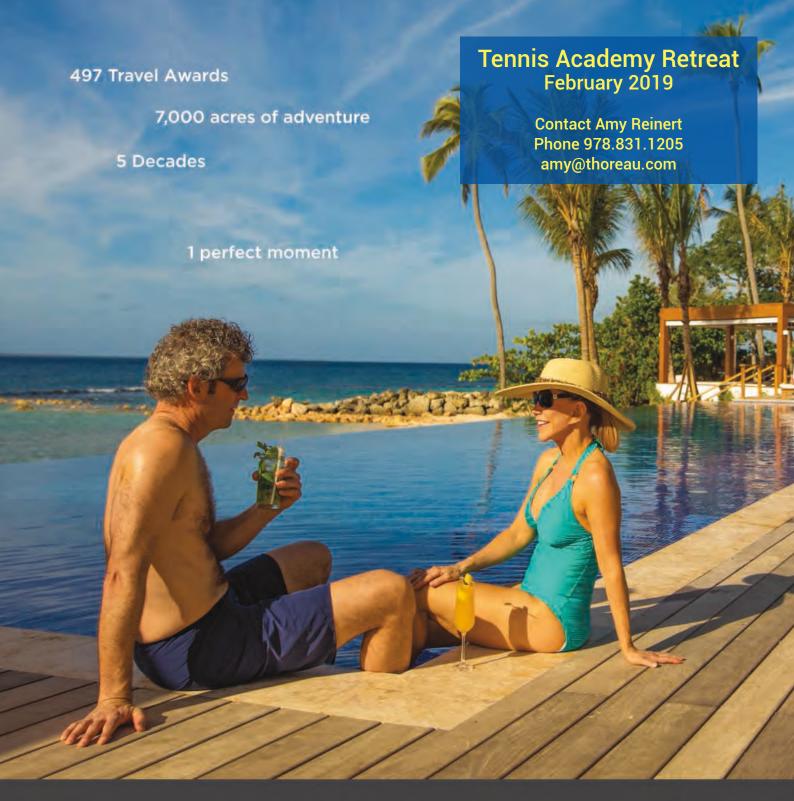












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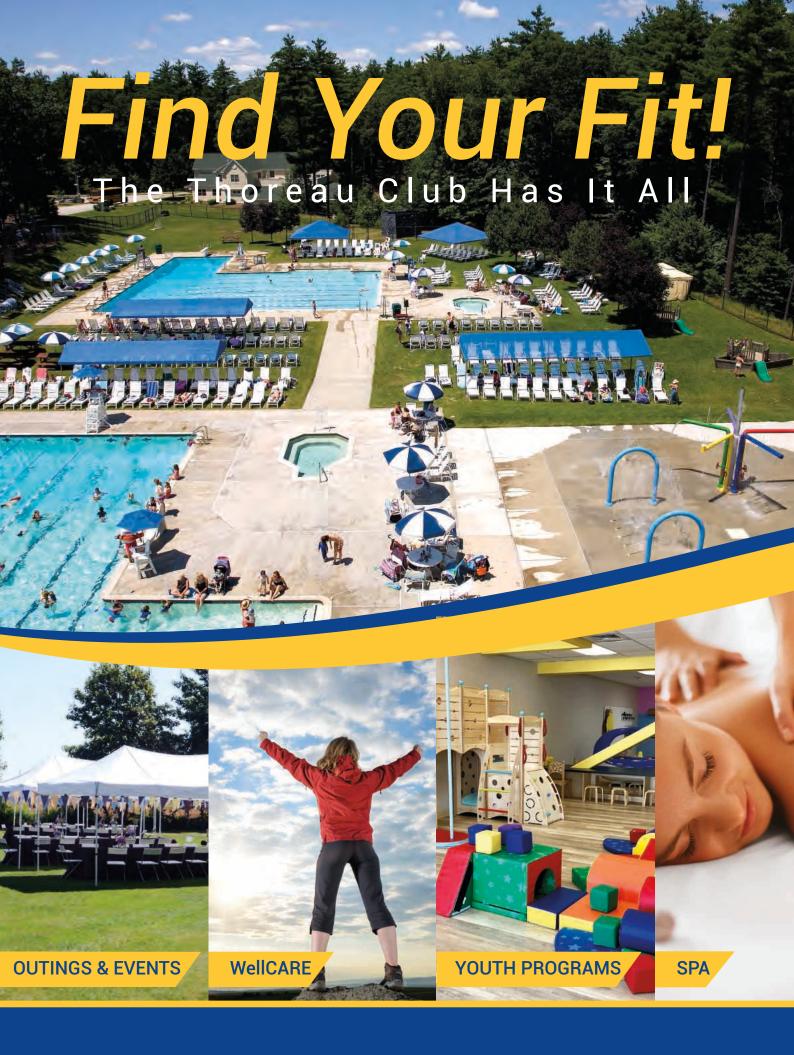












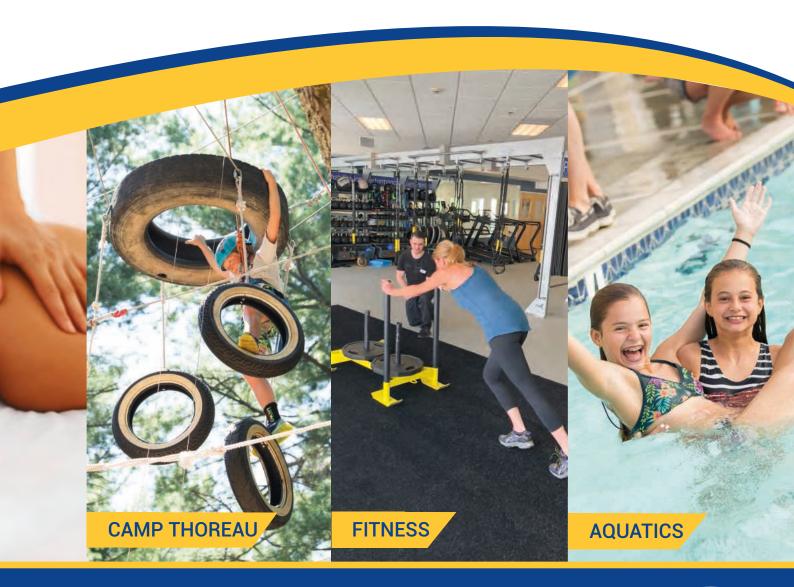
Our 100,00 sq. ft. wellness facility is a place for you to stay active, make new friends, and to relax. Whether you're looking to get on the tennis court, swim laps in the pool, or get active with one of our group fitness classes, we have something for you!

At The Thoreau Club we believe that everyone deserves to live happy and healthy lives. That's why our experts focus on the heart of the matter, your goals and needs, because when it comes to health and wellness, one size definitely doesn't fit all.

What Do We Offer at Thoreau?

- State of the Art Fitness Facility
- 11 Tennis Courts
- Aquatics with Multiple Pools
- Personal and Team Training
- In-House Physical Therapy
- Registered Dietitians

- Tennis Lessons, Teams, Clinics, Flextime
- Swim Lessons, WSI Program, Swim Team
- Full-Service Spa
- Youth Programs
- 70+ Weekly Group Fitness Classes
- Kaleidoscope Childcare Program







MARKETPLACE

We Cater All Gatherings!

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