



THE POLO EXPRESS

JANUARY/FEBRUARY 2024

Community Newsletter for Polo Trace Homeowners



Take a look inside to see what is happening at
The Polo Trace Swim & Racquet Club

Contacts

Swim & Racquet Club

13405 Whistler Mountain Road
Delray Beach, FL 33446

Property Management

Akamie Insardi, Property Manager
(561) 499-1992, Ext. 205
pthoa@comcast.net

Marquis Rousseau, Assistant
Property Manager
(561) 499-1992, Ext. 206
marquis.rousseau@fsresidential.com
Andres Surita, Administrative
Assistant
(561) 499 -1992, Ext.201
andres.surita@fsresidential.com

The Palms at Polo Trace

Joshua Bartram , General Manager
(561) 499-1992, Ext. 203
thepalms@polotracehoa.com

Reservations & Takeout Orders
(561) 639-7936

Fitness

Total Health Systems Inc.
Sevan Lusararian, Fitness
Attendant
(561) 499-1992, Ext. 208
(561) 706-1141 - THS Office
info@totalhealthsystemsinc.com

2024 Boards of Directors

The Preserve BOD

Ann Carro
Frank Giacchino
Rick Gray
Alleen Rutherford
Mona Boxer
Kay Drews
Daniel Lippiner

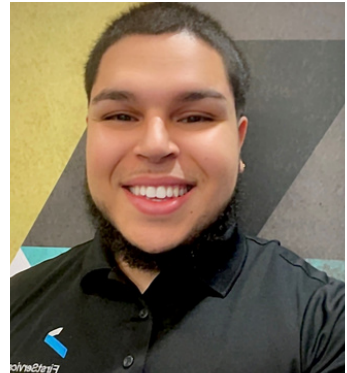
The Lakes BOD

Gary Levine
Tina Mangano
Tina Natale
Stanley Amster
John Corona

Swim & Racquet BOD

Art Rosenberg
Ann Carro
Gary Levine
Kay Drews
Frank Giacchino

A Letter From Property Management



We are here to assist you with questions, concerns and issues related to the community. We look forward to seeing all of your smiling faces in the clubhouse and around the community.

Sincerely,

Your Management Team,

Akamie Insardi, Marquis Rousseau, Andres J. Surita



POLO TRACE CLUBS

Great way to meet your neighbors and make new friends is by joining any of the Clubs below! If interested please email at lifestyle@polotracehoa.com or contact the Club leader directly. All info below.



BACKGAMMON CLUB

Did you know that backgammon is one of the oldest board games? Would you like to learn how to play or connect with others who are also share your interest in the game?

Contact: Elliot Fisch
Email: elliott.fisch@gmail.com



BOOK CLUB

Do you love to read? Our meetings are held on the fourth Tuesday of each month at 7:15 p.m. in Social Hall.

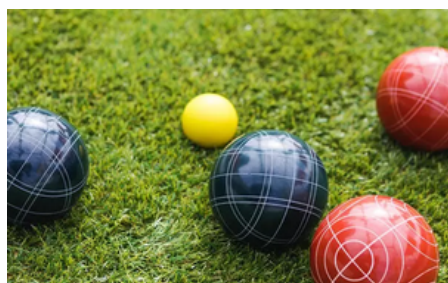
Contact: Arlyne Sternburg
Email: asternburg@yahoo.com



CHESS CLUB

Join our Chess Club to practice, learn, and sharpen your skills. Members of all skill levels are welcome.

Contact: Jonathan Rausch
Email: rauschrealtor@gmail.com



BOCCE CLUB

Would you like to learn a fun game for singles and couples as well as all ages and skill levels? Open play for anyone interested is every Thursday from 11:00 a.m. - 12:30 p.m.

Contact: Jeff Elias
Email: jeffelas99@aol.com
Contact: Scott Paris
Email: parisscott1@yahoo.com



CANASTA CLUB

Men, women, couples welcome to join in social card play. The Club plans to meet once a month on a Friday evening. Specific dates will be announced.

Contact: Peggy Elias
Email: peggyelias3332@gmail.com



MEN'S PICKLEBALL CLUB

Whether you are a beginner or an expert, come join us! Great way to meet your neighbors while staying active.

Contact: Jonathan Rausch
Email: rauschrealtor@gmail.com



PAP CORPS CLUB

South Florida's largest organization wants you! Be part of the Polo Trace community. We love our members!

Contact: Ann Carro

Email: ascarro@aol.com



PHILANTHROPY CLUB

Are you looking for the opportunity to give back by donating your time and talents to support charitable organizations? Then this Club is for you!

Contact: Charlene Amster

Email: polotracepc@gmail.com



PING PONG CLUB

Want to play Ping Pong with your neighbors? Join us in the Social Hall and have some fun!

Contact: Richard Forgione

Email: richardvforigione@gmail.com



TENNIS CLUB

Want to come play tennis with your neighbors? Join the Polo Trace Tennis Club today! We will pair you up and get you on the court. No matter what your level is, we will find a game for you!

Contact: George Kamkoff Miller

Email: gkmoged@gmail.com



WOMEN'S CLUB

Would you like to meet other women in the community and participate in activities and events that will allow you to learn, have fun, share experiences, build friendships, support each other and create memories?

Contact: Linda Tepper

Email: lindatepper@rocketmail.com

Contact: Meryl Greenhill

Email: merylgreenhill@gmail.com



WOMEN'S PICKLEBALL CLUB

Open to all women who want to play pickleball, have fun and make new friends and get some exercise. All levels are welcome. Club plays on Monday evenings from 5:00 p.m. - 8:00 p.m.

Contact: Ellen Comisar

Email: ellencomisar@yahoo.com



HOA EVENTS

1st Annual CASINO NIGHT

Play Classic Casino Games like Craps, Roulette, Poker, Blackjack and Slots!
Your chance to win Fantastic Prizes in our Grand Finale Raffle!!
(You must be present to win)



Friday, January 12, 2024

Time: 7:00pm - 10:00pm

Cost: \$50 per person. Equals 1 Gold Card worth 5000 in Play Chips

- Each Gold Card can be redeemed for 2 raffle tickets.
- Every 2500 chips gets you 1 raffle ticket.

For \$20 you can purchase one additional Gold Card or 2 raffle tickets.

For \$50 you can purchase 3 Gold Cards or 6 raffle tickets.

Donation for raffle tickets: 2 raffle tickets \$20. 6 raffle tickets \$50

Deadline for reservations: January 11th, 2024

*The Casino gaming tables are provided for entertainment purposes only by Casino Party Nights Florida.
You must be 18 years or older to play.*

*You can make your purchase by clicking on the link or scanning the QR code.
Drinks available for purchase from The Palms. No eating will be allowed in Social Hall.*

More info: lifestyle@polotracehoa.com or call 561-499-1992 ext. 204





HOA EVENTS

*Our first Bingo of the year!
Join us for a night of fun and have a
chance to win some cash!*

BINGO NIGHT

Tuesday, January 23, 2024

7pm - 9pm

Social Hall

Doors open at 6:00 pm for selling cards. To participate you need to be 18 years of age and older. \$5 Each card. Cash only, no checks.

For any questions please contact lifestyle@polotracehoa.com



HOA EVENTS

COME JOIN THIS SPECTACULAR PERFORMANCE BY ASHLEY COOPER HERE AT POLO TRACE!!

WHAT TO EXPECT

REMEMBER SAMMY DAVIS, JR., NAT KING COLE, ASTAIRE, JOHNNY MATHIS, CAB CALLOWAY, PERRY COMO, SINATRA, AND PRESLEY? DO YOU EVER WISH ENTERTAINERS OF THEIR CALIBER WERE STILL AROUND? WELL, WISH NO MORE. MEET THE INCREDIBLY TALENTED ASHLEY COOPER. HE'S THE SHOWMAN THAT HAS BEEN BRINGING LOCAL AUDIENCES TO THEIR FEET. ASHLEY CAN BRING HIS HIGH-WATTAGE SMILE, HIGH OCTANE DANCING, AND RICH MELLOW VOICE TO YOUR ESTABLISHMENT. AND THE BEST PART OF IT ALL, ASHLEY HAS SEVERAL COMPLETELY DIFFERENT SHOWS.



ASHLEY

Date: February 23, 2024

Location: Social Hall

Time: 7:00pm

Cost: \$35 per person

THE ENTERTAINER & EXTRAORDINAIRE

BE TRANSPORTED BACK TO THE GOLDEN ERA OF THE ONE-MAN-SHOW

Rock & Roll, Big Band, Doo Wop, R&B, Jazz, Balads, Country & more.

Combine Sammy Davis Jr., Bob Fosse & Ben Vereen and who do you get?

Ashley The Entertainer that's who! Join Ashley as he sings & dances his way through the songs of the 50's, 60's with grace and a style all his own. Nat King Cole, Elvis, Sammy, Johnny Mathis, Sinatra, Harry Belafonte, Tony Bennett & many more.

Click link on flyer or scan the QR code to purchase your ticket.

Deadline to register: February 21, 2024

RSVP: lifestyle@polotracehoa.com



TENNIS & PICKLEBALL

TUESDAY BEGINNER & INTERMEDIATE PICKLEBALL CLINIC



6:00 p.m. - 7:30 p.m.

\$30 pp

Have you ever played pickleball before? Are you new and want a better understanding of the basic? This clinic will focus on learning pickleball rules, skills and strategy.

For the intermediate players we will have point play, fun dynamic drills and once a month, a friendly home tournament.

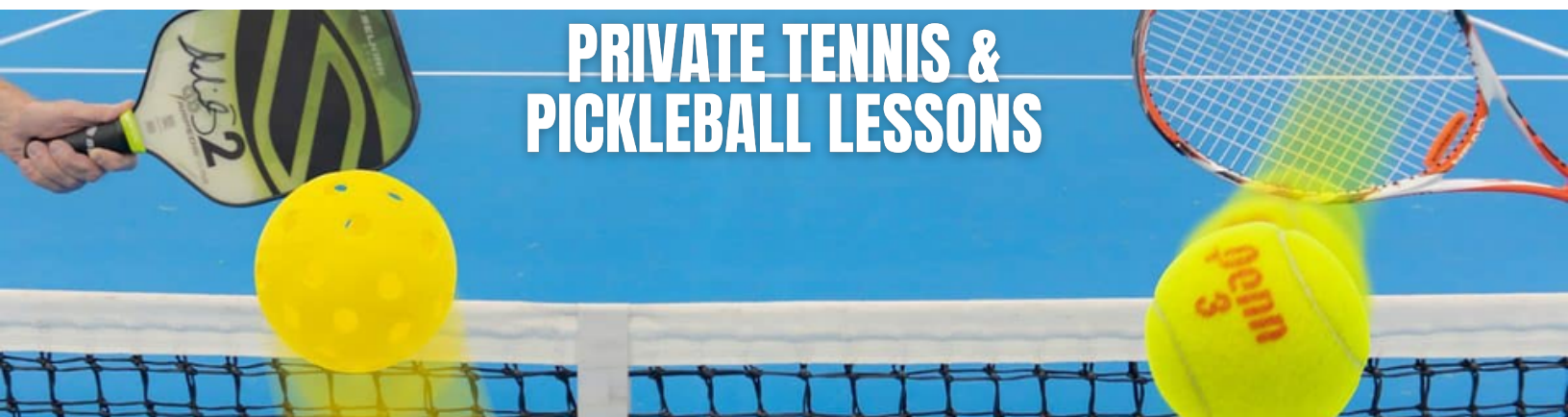
Space is limited to a maximum of 16 players.

Register today to reserve your spot!

Email or call:

polotracetennis@gmail.com

(561) 499-1992 Ext.202 or (516) 253-9697



PRIVATE TENNIS & PICKLEBALL LESSONS

\$100 FOR ONE HOUR

\$60 FOR 30 MINUTES

Your Tennis & Pickleball Pro, Eden Lica is ready to help you advance your technique with both Tennis & Pickleball.

Contact him for lessons!

To reserve your spot call or email at:

polotracetennis@gmail.com

(561) 499-1992 (ext.202) or (516) 253-9697

www.polotracelifestyle.com



TENNIS & PICKLEBALL

FREE TENNIS & PICKLEBALL LEVEL EVALUATION



Do you know your level of play for tennis or pickleball? Knowing your level makes it easier to match you with other players at the same level as you! Call your Tennis & Pickleball Pro, to make an appointment to get your FREE level evaluation today!

Call 561-499-1992 Ext. 202 or email
polotracetennis@gmail.com



TENNIS & PICKLEBALL

PICKLEBALL POLO TRACE

Rules of Open Play Tuesday, Thursday & Sunday (8.30-11.00 am)

Open play games is first to 11 points two clear at 10 all, win by one.

Paddle rack system will be used to determine order of play in order to ensure nobody jumps ahead of the rest of the players waiting for a court. This is meant to be a social mixer, please don't plan to play with a specific partner!

Winners will stay on court and split, losers will come off the court and put their paddles in the rack.

Once 8 paddles or more are waiting, all 4 players must leave the court once their game is completed.

Every player has to bring two balls for open play.

If a player would like to play only with their group of friends, they can do that outside the 8.30-11.30 am Open Play.

Courts 1 - Beginners
Court 2, 3 - Intermediate
Court 4 - Advanced

The spirit of Open Play is that everyone gets to play with different players in a recreational and fun setting. Players learn from playing with others. Do not try to manipulate the rotation of courts or paddles to get a more competitive game. Open Play is about fun, not competition. When the opponents are unequal in skill, do not always play the ball to the weaker player just to score points. That is a competitive strategy that is meant for tournament or skill level play and is no fun for the player who is being targeted. Likewise, not playing the ball to the stronger player, makes the game no fun for that other player. If you are the strongest member of the group, focus on shots that will improve your overall game, like the 3rd shot drop and the dinking short game, important skills to practice as you move up the skill ladder intentionally hitting an opponent with the ball to score a point is a strategy for competitive play. Refrain from using it in Open Play!

All players are more than welcome to come for a free evaluation. For information please contact Bob Lowenstein at 973-769-4957

TENNIS & PICKLEBALL

HOW TO BOOK COURTS



Please login to the Community Lifestyle Website and then visit the Tennis tab. Select the book A Court button and Sign Up! Once you have chosen a password and answer all questions, you will be able to start booking courts!

Please call or email with any questions at 561-499-1992 Ext. 202 or polotracetennis@gmail.com

www.polotracelifestyle.com

TENNIS ANNOUNCEMENT

This is just a friendly reminder that tennis shoes must be worn on the clay courts. If the shoes are not specific, they will damage the courts.

Thank you!



THE PALMS



LIVE MUSIC

Reservations required
Music from 6pm - 8pm



Saturday, January 27th

Drink Specials



Outside Pool Deck

The Palms
AT POLO TRACE



THE PALMS

Happy Hour

DAILY FROM 3PM - 6:30PM

\$4 off all wines by the glass

\$5 Beers

\$6 Specialty Cocktails





FITNESS

Personal Training

Total Health Systems Trainers will help you develop greater flexibility, strength and endurance. Personal training can improve your cardiovascular system and help support sport-specific training such as tennis, golf, and more!

Schedule a FREE fitness evaluation today!

30-Minute Sessions:

10 Sessions = \$450 = \$45/30 mins.

3 Sessions = \$150 = \$50/30 mins.

60-Minute Sessions:

15 Sessions = \$900 = \$60/hr.

10 Sessions = \$650 = \$65/hr.

3 Sessions = \$210 = \$70/hr.

Fitness Class Descriptions

Fit Camp - Fit camp is a fun and energetic class that gives you cardio, toning, and flexible exercises while working on your balance and core stability.

Yoga - Yoga is a stretching class with simple breathing exercises and seated meditation. Empower your mind and strengthen your body as you move through a series of poses. Slow paced class for all levels.

Chair Yoga - Enjoy the harmonizing benefits of yoga through this practice of gently stretching and strengthening, breath work, relaxation and meditation. Exercises will be done with the assistance of a chair for support. The class provides clear instructions and modifications for all.

Aqua Fit - Come enjoy a low impact water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, overall body and core strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion the feet, knees, and back. Exercises are performed to upbeat, motivating music.

Pilates Flow - A workout that combines strength training, cardio and mind body balance into one fun and dynamic workout.

Stretch & Tone - This class is a full body stretch class using movements that flow smoothly to increase flexibility, decrease muscle tension, develop core strength and improve muscular balance. This class is for all levels.

Zumba - A fun, music driven, and dynamic fitness class that pairs movement to music using an Intermittent Approach. This approach allows for levels of intensity to vary. This is a great energizer and aerobic/cardio workout for the entire body. Zumba burns calories, focuses on Endurance, Agility, Flexibility, Coordination, and Speed. Fitness and fun while continually moving your body through upbeat Latin inspired music, as well as international music.

Fitness Classes

\$35/month

*\$25/month

Fitness/Multipurpose Room Schedule

Monday Tuesday Wednesday Thursday Friday Saturday

9:00 a.m. Aqua Fit	9:00 a.m. Aqua Fit	9:00 a.m. Aqua Fit	9:00 a.m. Aqua Fit		9 a.m. Circuit Training
9:15 a.m. Fit Camp	9:00 a.m. Yoga	9:15 a.m. Fit Camp	9:00 a.m. Yoga		
10:30 a.m. Zumba	10:00 a.m. Aqua Fit	10:30 a.m. Zumba	10:00 a.m. Water Aerobics		
	10:30 a.m. Pilates Flow		11:15am Total Body Movement		
12:00 - 3:15pm & 5:15 - 8:00pm Ping Pong Open Play	12:00 - 8:00 p.m. Ping Pong Open Play	12:00 - 2:30pm & 4:00 - 8:00pm Ping Pong Open Play			
Subject to change					

Equipment Clinics

We offer monthly FREE Fitness Center equipment clinics where you can learn how to use the machines, ask any questions, and get oriented in the Fitness Center. You can sign up by clicking on the "Fitness" tab at www.polotrancelifestyle.com or by contacting the fitness vendor at info@totalhealthsystemsinc.com.

Visit www.polotrancelifestyle.com to book today!

Did you know you can rent
our beautiful Social Hall for
private events? Weddings,
Bar/Bat Mitzvahs, Showers,
Anniversaries, Birthdays
and much more!



Contact your Lifestyle Director for further details
at 561-499-1992 Ext.204 or email:
lifestyle@polotracehoa.com

PRIVATE EVENTS SPACE RENTAL AT POLO TRACE

Stay Connected



@polotrancelifestyle
@thepalmsatpolotrace



@polotrancelifestyle



www.polotrancelifestyle.com

Our community website is designed to make it easy to get information of what is happening here at The Swim & Racquet Club. Please visit the community website to get the latest information on HOA Events, Clubs, Fitness, Tennis & Pickleball, Restaurant, and more! You can also access the First Service Residential website where you can submit work orders and pay your HOA dues. If you are in need of login credentials for community website, please e-mail Michelle, the Lifestyle Director, so we can get you setup.

POLO TRACE
SWIM AND RACQUET CLUB

13405 Whistler Mountain Road
Delray Beach, FL 33446