



# PALENCIA



## COMMUNITY COMPASS

June 2025 Edition



*Discover Palencia ~ Your Map to Community Living and Exploration*



# **AMENITY HOURS**

[Click Here for the Palencia Online Calendar](#)



## **MC Amenity Center and Pools**

### **Pools**

Sunday through Saturday

9:00 AM - 8:00 PM

### **Slide**

*June + July Hours:*

Mon-Sat: 11-7

Sun: 12-6

### **Center**

9:00 AM - 8:00 PM

## **Palencia Tennis**

Courts available

7:00am - 10:00 PM daily

Tennis Shop Hours of Operation

Monday-Friday 8:00 AM - 7:00 PM

Saturday & Sunday 8:00 AM - 4:00 PM



## **Sweetwater** **Swim & Fitness Center**

[CLICK HERE for Current Hours and Information](#)



SUMMER KICKOFF  
AT THE AMENITY CENTER

The poster features a vibrant blue background with a water ripple effect. Several beach balls with orange, white, and teal segments are scattered throughout. A pair of sunglasses is perched on the top right of the main title. The text is arranged in a central, bold, and playful font.

# Summer Kickoff

## Celebration

Saturday | June 7th, 2025  
12:00PM-3:00PM  
Amenity Center- Family Pool

Music

Bouncers

Games

Treats



# NEW AT THE AMENITY CENTER



## Hook & Iron Snack Bar

**Tuesday- Sunday**

**11am-6pm**

**\*Weather Permitting\***

We're excited to announce that Hook & Iron,  
our brand-new poolside snack bar, is now open and ready to serve  
you this season!

Come enjoy fresh bites and cool drinks while you relax by the  
pool.

We can't wait to see you at Hook & Iron!





# FITNESS CENTER



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am HIIT H		6:00am HIIT H				
	8:30am Cardio X Training M/H	8:45am Spin M/H	8:30am Cardio X Training M/H			
9:00am Pilates M		10:00am Yoga E		9:00am Gentle Yoga E	9:00am Zumba E/M	
10:15am Spin M/H	10:00am Cardio/Core E/M	10:30am Meditation E	10:00am Strong All Over E			
11:10am Senior Stretch E	11:00am Senior Mat Pilates E		11:00am Senior Mat Pilates E			4:00pm Yoga E/M
	12:30pm Tai Chi- Beginner E		12:30pm Tai Chi E	12:00pm Senior Stretch E	<b>Fitness Center:</b> <b>(904) 829 -8584</b> <b>Amenity Center:</b> <b>(904) 810-0520</b> <b>E= Easy M= Medium H= Hard</b> <b>6/1/2025</b>	
	5:15pm Yogalates M	5:15pm Power Yoga M/H				
6:00pm Pilates Barre M/H	6:30pm Power Pump M/H	6:30pm Zumba E/M				

## Fitness Schedule





# FITNESS CENTER

## Tai Chi Workshop

**SATURDAY JUNE 7TH**

**1PM-3PM**

**FITNESS CENTER**

*No Sign up Needed*

**THERE WILL BE AN INTRODUCTION TO TAI CHI WORKSHOP ON 7 JUNE AT PALENCIA FITNESS CENTER.**

**THIS WORKSHOP IS FOR BEGINNERS TO LEARN ABOUT THIS POPULAR EXERCISE THAT IS PRACTICED WORLDWIDE. TAI CHI ORIGINATED AS A MARTIAL ART, BUT TODAY MOST PEOPLE PRACTICE FOR THE HEALTH BENEFITS, WHICH ARE INCREASINGLY DOCUMENTED IN WESTERN MEDICAL CLINICAL STUDIES. THE SLOW, GRACEFUL MOVEMENTS OF TAI CHI ARE SOMETIMES CALLED "MEDITATION IN MOTION."**

**THE WORKSHOP WILL RUN FROM 1:00 TO 3:00 PM ON SATURDAY, 7 JUNE 2025, WITH A BREAK BETWEEN TWO 45-MINUTE SESSIONS. PARTICIPANTS WILL LEARN ABOUT THE HISTORY OF TAI CHI, THE DIFFERENT STYLES WILL BE DEMONSTRATED, AND THERE WILL BE PLENTY OF OPPORTUNITY TO TRY A TASTE OF TAI CHI YOURSELF.**

**THERE IS NO FEE FOR THIS ACTIVITY FOR PALENCIA RESIDENTS.**

**THE HARVARD MEDICAL SCHOOL'S NEWSLETTER, 1 JULY 2023, CITED THE FOLLOWING HEALTH BENEFITS OF TAI CHI:**

**BETTER BALANCE: STUDIES SHOW OLDER ADULTS WHO DID TAI CHI ONE TO THREE TIMES A WEEK WERE 43% LESS LIKELY TO FALL, AND THEY CUT THEIR RISK OF INJURY IN HALF!**

**PAIN RELIEF: TAI CHI OFFERS SIGNIFICANT RELIEF FROM INJURIES AS WELL AS BACK, NECK, OSTEOARTHRITIS, AND FIBROMYALGIA PAIN.**

**LESS STRESS: TAI CHI GIVES YOU THE TOOLS TO HELP YOU MANAGE STRESS AND ANXIETY — EVEN PHOBIAS AND PANIC DISORDERS — IN A HEALTHIER WAY.**

**A SHARPER MIND: BECAUSE OF THE MIND-BODY CONNECTION, TAI CHI HELPS MAINTAIN AND MAY EVEN IMPROVE COGNITIVE FITNESS.**

**A STRONGER HEART: TAI CHI MAY REDUCE YOUR CHANCES OF DEVELOPING HEART DISEASE — EVEN IF YOU HAVE RISK FACTORS.**

**IMPROVED MOOD: IN 82% OF STUDIES, TAI CHI GREATLY IMPROVED MOOD AND LOWERED ANXIETY. IT'S ALSO AN EFFECTIVE TREATMENT FOR DEPRESSION.**

**RHEUMATOID ARTHRITIS RELIEF: A PILOT STUDY SHOWED THAT TAI CHI HELPED RA SUFFERERS ACHIEVE IMPROVEMENTS IN THEIR SYMPTOMS.**

**AND SO MUCH MORE! IT'S NO WONDER THAT WITH SO MANY SCIENTIFICALLY BACKED HEALTH BENEFITS, PEOPLE ARE NOW REFERRING TO TAI CHI AS**

**"MEDICATION IN MOTION."**



# FITNESS CENTER

## **P** **PICKLEBALL** **SOCIAL LEAGUE**

### **REGISTRATION IS NOW OPEN FOR OUR 2025 PALENCIA PICKLEBALL SUMMER SOCIAL LEAGUE**

BEGINNING ON WEDNESDAY, JUNE 4TH, WE WILL BE STARTING OUR PICKLEBALL SUMMER SOCIAL LEAGUE. THE LEAGUE WILL RUN FOR NINE (9) CONSECUTIVE WEDNESDAY NIGHTS CULMINATING ON JULY 30TH WITH OUR TOURNAMENT AND SOCIAL EVENT. THERE WILL BE NO RAIN MAKE UP DATES SO IF WE DO NOT COMPLETE ANY OF THE DATES, BUT WE WILL FIND A MAKEUP DATE FOR THE TOURNAMENT AND SOCIAL EVENT.

WE ARE LOOKING FOR PLAYERS WHO ARE INTERESTED IN PLAYING PICKLEBALL WITH A LOT OF NEW FRIENDS AND COMPETITORS. **ALL LEVELS OF PLAY ARE INVITED AND ENCOURAGED TO COME OUT AND PLAY IN A VERY SOCIAL ATMOSPHERE.**

**EVERY WEEK, EACH PLAYER WILL BE ASSIGNED A NEW PARTNER TO PLAY WITH FOR THE FIVE (5) GAMES WE USUALLY PLAY ON A LEAGUE NIGHT. PAIRINGS WILL BE RANDOMLY CHOSEN SO THAT ANY LEVEL OF PLAYER MAY BE PLACED WITH ANOTHER. SCORES WILL BE KEPT SO THAT AT THE END OF THE SEASON, RANKINGS CAN BE ESTABLISHED FOR THE TOURNAMENT.**

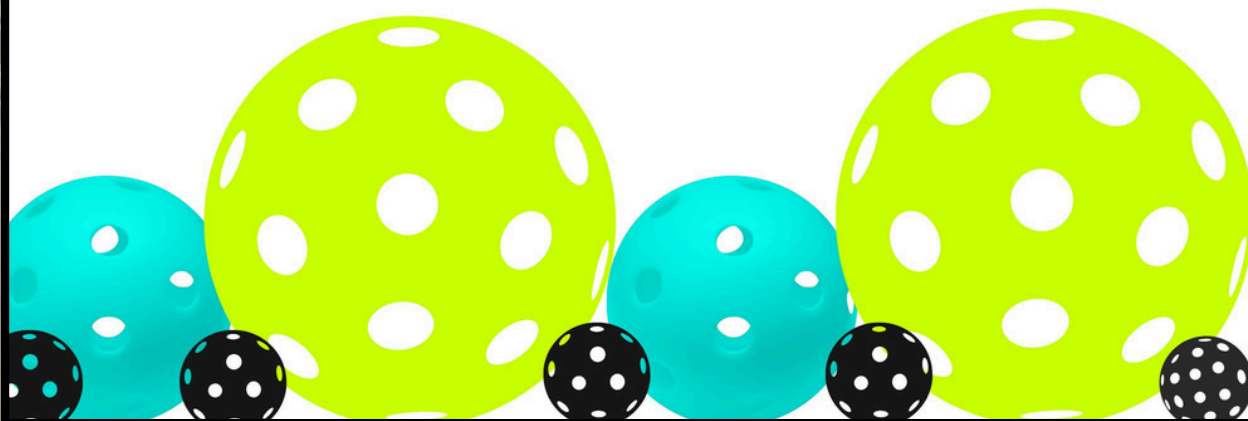
**BUT THE EMPHASIS FOR THIS LEAGUE IS PURELY SOCIAL. MEET NEW PEOPLE IN THE COMMUNITY, PLAY WITH DIFFERENT PLAYERS AND NO MATTER WHAT YOUR LEVEL OF PLAY IS, GAIN SOME EXPERIENCE FROM OTHERS WITHOUT THE WORRY OF "NOT ABLE TO COMPETE". THERE WILL BE NO ALTERNATES FOR THIS LEAGUE. SIGN UP AND IF THERE ARE DATES YOU CANNOT ATTEND, NOT TO WORRY, AS THIS IS MORE OF A FUN, SOCIAL LEAGUE THAN A COMPETITIVE LEAGUE.**

#### **ELIGIBILITY FOR THE SUMMER SOCIAL LEAGUE**

- **MUST BE A PALENCIA RESIDENT AND HAVE A COURT RESERVE ACCOUNT**
- **IF YOU DO NOT HAVE A COURT RESERVE ACCOUNT, THE PROCESS IS FREE AND HANDLED AT THE FITNESS CENTER. GO DURING THE DAY, IF POSSIBLE AND REGISTER. YOU MUST HAVE YOUR AMENITIES CARD WITH YOU. IF YOU DO NOT HAVE AN AMENITIES CARD, THE FRONT DESK AT THE FITNESS CENTER CAN ASSIST YOU WITH HOW TO OBTAIN ONE.**

#### **REGISTRATION IS NOW OPEN**

- **CONTACT THE LEAGUE ADMINISTRATOR, DAN COLIN EITHER VIA EMAIL: PAD\_C@SBCGLOBAL.NET OR TEXT TO: 224-766-0478**
- **WHEN REGISTERING FOR YOURSELF AND/OR OTHERS, PLEASE PROVIDE AN EMAIL ADDRESS AND CELL PHONE CONTACT.**





# FITNESS CENTER



## PICKLEBALL KIDS



TEAM A **VS** TEAM B

JUN 28TH  
07.00 PM

TICKET \$10  
FREE PARKING

**FITNESS CENTER**  
1865 NORTH LOOP PARKWAY





# TENNIS



## ADULT CLINICS:

### SUMMER SCHEDULE:

**Starts Monday, 6/2**

- A Team Clinics (6/3)  
Tuesday 8:00-9:00 am  
B Team Clinics (6/2)  
Monday 10:00-11:00 am  
C Team Clinics (6/2)  
Monday 9:00-10:00 am
- D Team Clinics (6/4)  
Wednesday 9:00-10:00 am
- Drill Clinic: Fri 9:00-10:00am (6/6)  
Fri. Beginner/D Clinic  
10:00-11:00 a.m. (6/6)

No Ladies clinics 6/16-6/18

### Summer Ladies Camp:

Week 2 June 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>  
(sign ups are open)

Week 3 July 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>  
(sign ups begin 6/9 at 8:00 am)  
\$115/3 days or \$45/day



### Ladies team season winners:

Working Womens C1

Interclub C

Beaches 2

First Coast A2

## Youth Tennis News: YOUTH ICE CREAM TENNIS FUN DAY!

Monday, 6/16

Tiny Tots 9:00-9:50

JV/Intermed/Tourn Dev 10:00-11:30

Details on attached flyer



Summer Camps start Tuesday,  
June 3rd!

### Tiny Tots:

Tues/Thurs 9:00-9:50 am

### JV/Intermediate/Tournament:

Tues/Wed/Thurs 10:00 am-1:00 pm  
More information is on the attached  
flyer and our website

**You must sign up in advance**

### Level 7 and Orange/Green Ball

#### Tournament results:

**Palencia Tennis Club hosted a youth  
tournament on 5/17 and the winners  
are:**

12&U Boys: Raghav Rao-winner  
Theo Dekar-Runner up

16&U Boys: Tanner Storlie-Winner

12&U Girls: Mikayla Hsu-Runner up

14&U Girls: Karina McLees-Runner up

10&U Orange: Bo Seifert – Runner up  
Cohen Winters – Runner up

10&U Orange – Sophia Lollar-Runner up  
12&U Green-Mia Smuckler-Winner



## GENERAL REMINDERS:

- 1) Please wipe your feet prior to going on the Pickle Ball Courts! We are having an issue with too much clay on the pickleball courts.
- 2) Continue to book your courts at 8:00 and 10:00 a.m. Monday-Saturday. This process maximizes play time for everyone!

Palencia Tennis Center  
904-825-4012  
Office email:

[palenciatennis@marshallcreekcdd.com](mailto:palenciatennis@marshallcreekcdd.com)

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Tom Salmon-Director of Tennis  
[tom.salmon@marshallcreekcdd.com](mailto:tom.salmon@marshallcreekcdd.com)  
Galina Boles-Head Pro  
[Galina.boles@marshallcreekcdd.com](mailto:Galina.boles@marshallcreekcdd.com)  
Jana McDonald-Tennis Pro  
[janatennispro@gmail.com](mailto:janatennispro@gmail.com)  
Myron Grunberg- Tennis Pro  
[Myron49@aol.com](mailto:Myron49@aol.com)

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# TENNIS



## **YOUTH ICE CREAM TENNIS FUN DAY**

(no regular classes scheduled this week)

Monday, June 16th

9:00-9:50 am Tiny Tots  
Cost is \$10/pp

10:00am-11:30pm Intermediate/Tournament Dev/JV  
\$15/pp

All players will get ice cream and drinks!  
Sign up to just come out and have fun with tennis “games”!

Please sign up in the tennis office or call at 825-4012 or email  
at  
[palenciatennis@marshallcreekcdd.com](mailto:palenciatennis@marshallcreekcdd.com)



# TENNIS

## PALENCIA

### Summer Junior Tennis Programs

June-August 2025

PLEASE CALL OR EMAIL THE TENNIS OFFICE TO REGISTER FOR ALL CAMPS

904-825-4012

EMAIL:

PALENCIATENNIS@MARSHALLCREEKCDD.COM

CAMP WEEKS ARE LISTED BELOW WITH CLASSES, TIMES AND COSTS AS NOTED TO THE RIGHT:

WEEK 1: JUNE 3<sup>RD</sup>-JUNE 5<sup>TH</sup>

WEEK 2: JUNE 10<sup>TH</sup> – JUNE 12<sup>TH</sup>

WEEK 3: JUNE 24<sup>TH</sup> – JUNE 26<sup>TH</sup>

WEEK 4: JULY 1<sup>ST</sup>- JULY 3<sup>RD</sup>

WEEK 5: JULY 15<sup>TH</sup> – JULY 17<sup>TH</sup>

WEEK 6: JULY 22<sup>ND</sup>-JULY 24<sup>TH</sup>

WEEK 7: JULY 29<sup>TH</sup>-JULY 31<sup>ST</sup>

WEEK 8: AUGUST 5<sup>TH</sup>-AUGUST 7<sup>TH</sup>

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Regular youth classes end Thursday, May 22<sup>nd</sup>

#### MONDAY FUN DAYS:

On the following Mondays during the summer, we will have a fun class with mainly match play/games with a treat thrown in! Dates are: 6/16 and 7/7

A separate sign up and cost will be available based on the event.

Fall youth classes begin Monday, August 18th

### Youth Tennis Camps for All Ages:

#### Tiny Tots (ages 4-8)

Days: Tues/Thu 9:00-9:50 am

Cost: \$36/2 days or \$22/day

Tiny Tots is an introduction to the basic skills and fundamentals of tennis in a fun environment using the appropriate QuickStart equipment for young beginners.



### NEW FORMAT FOR 2025 for the following:

- Junior Varsity (ages 9-15 beginners)
- Intermediate (pro invite)
- Tournament Development (pro invite)
- 

Days: Tues/Wed/Thurs

10:00 am – 1:00 pm

Cost: \$160/3 days or \$65/day

We are moving to a camp format in 2025. In addition to tennis, we are adding Pickleball and pool time. The first two hours will be tennis and pickleball instruction focusing on stroke production, shot selections, positioning, strategy and point construction. The last hour will be lunch/snack/changing and then off to the pool for the last 30 minutes to cool off. Participants will need to bring: towel, swimsuit, sunscreen, water bottles, tennis racquet and lunch and/or snack.



# TENNIS

## PALENCIA **TENNIS**

### Program Guide for Summer 2025

**Camps:** Ladies Day Camp

**Dates:** Week 1: May 21<sup>st</sup>, 22<sup>nd</sup>, and 23<sup>rd</sup> (**Wed-Fri**) Sign ups begin 4/29/25 8:00 am

Week 2: June 17<sup>th</sup>, 18<sup>th</sup>, and 19<sup>th</sup> (**Tues-Thurs**) Sign ups begin 5/19/25 8:00 am

Week 3: July 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> (**Tues-Thurs**) Sign ups begin 6/9/25 8:00 am

**Time:** 9am to 11am

**Cost:** \$115.00 for all 3 days or \$45.00 per day

**Description:** The Palencia Tennis Center will offer 3 day Ladies Camps. These camps will focus on stroke production, doubles situations and match play. Camps are open to ALL levels and are a great way to keep your game in shape over the summer months. So, don't be left out and call the Palencia pro shop and sign-up!

### Ladies Summer Clinic Schedule:

There will be no team clinics during Ladies camp weeks!

Women's A team clinic will meet at 8 am on Tuesdays beginning June 3<sup>rd</sup>

Women's B team clinic will meet at 10 am on Mondays beginning June 2<sup>nd</sup>

Women's C team clinic will meet at 9 am on Mondays beginning June 2<sup>nd</sup>

Women's D team clinic will meet at 9 am on Wednesdays beginning June 4<sup>th</sup>.

Women's D/Beginner clinic will meet at 10:00 on Friday beginning June 6<sup>th</sup>

Drill Clinic 9 am on Friday's (Men & Ladies Welcome) beginning June 6<sup>th</sup>

### Contact Information

Tom Salmon  
Director of Tennis  
[Tom.salmon@marshallcreekcdd.com](mailto:Tom.salmon@marshallcreekcdd.com)

Galina Boles  
Head Professional  
[galina.boles@marshallcreekcdd.com](mailto:galina.boles@marshallcreekcdd.com)

Palencia Tennis Center  
[Palenciatennis@marshallcreekcdd.com](mailto:Palenciatennis@marshallcreekcdd.com)  
904-825-4012

Myron Grunberg  
[myron49@aol.com](mailto:myron49@aol.com)  
Tennis Professional

Jana McDonald  
[janatennispro@gmail.com](mailto:janatennispro@gmail.com)  
Tennis Professional



# TENNIS

## PALENCIA TENNIS

**SUMMER PROGRAM starts June 2nd, 2025**

### MONDAY

9:00 AM - 10:00AM  
10:00 AM- 11:00 AM

Women's C-1 Clinic\*  
Women's B-1 Clinic\*

### TUESDAY

8:00 AM-9:00 AM  
9:00 AM-9:50 AM  
10:00 AM-1:00 PM

Women's A-1 Clinic\*  
Tiny Tots Camp  
Interm./Tournament Development/JV Camp

### WEDNESDAY

9:00 AM - 10:00 AM  
10:00 AM-1:00 PM

Women's D Team Clinic\*  
Interm./Tournament Development/JV Camp

### THURSDAY

9:00 AM-9:50 AM  
10:00 AM-1:00 PM

Tiny Tots Camp  
Interm./Tournament Development/JV Camp

### FRIDAY

9:00AM -10:00 AM  
10:00AM-11:00 AM

Drill Clinic (Men's & Ladies)  
Beginner Tennis/D team Clinic

\*No Ladies clinics during Ladies Camp Weeks:

June 16<sup>th</sup>-18<sup>th</sup>

July 7<sup>th</sup>-9<sup>th</sup>

Tom Salmon - Director of Tennis  
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Jana McDonald-Tennis Professional  
[janatennispro@gmail.com](mailto:janatennispro@gmail.com)

Myron Grunberg-Tennis Professional  
[Myron49@aol.com](mailto:Myron49@aol.com)

Palencia Tennis Center  
625-B Palencia Club Drive  
St. Augustine, FL 32095  
Pro Shop: (904-825-4012)  
[palenciatennis@marshallcreekcdd.com](mailto:palenciatennis@marshallcreekcdd.com)



# AMENITY CENTER

June 2025

PALENCIA<sup>SM</sup>  
A Story of Discovery, Exploration, and Settlement

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 5:30PM ST. JOHNS COUNTY SHERIFF'S OFFICE W.A.V.E. WOMEN AGAINST VIOLENCE ENCOUNTERS	6	7 12-3PM Summer Kickoff Celebration
8	9	10 4:30-7PM Chick-fil-A	11 6:00PM Illustrative Watercolor Workshop with Heidi Hope	12	13	14
15 HAPPY FATHER'S DAY	16	17	18	19	20 7-9PM TWEEN TAKE OVER 2	21
22	23	24	25	26	27 6PM TRIVIA NIGHT	28 9-10AM SHRED TRUCK DONATE BLOOD 9-4PM
29	30	1	2	3	4	5



# JUNE EVENTS

**Women Against Violent Encounters: Seminar**  
**Thursday, June 5th**  
 5:30pm

ST JOHNS COUNTY  
 SHERIFFS OFFICE

**W.A.V.E**

WOMEN AGAINST VIOLENT  
 ENCOUNTERS



SAVE THE DATE!

Thursday  
 June 5th  
 5:30 - 8pm  
 @ the Clubhouse

Save a spot by contacting  
 Jennifer Hornik  
 Lbijenn@gmail.com  
 For females age 13+  
 (Childcare not provided)



LADIES OF  
 PALENCIA!

This class will help your community understand current crime trends, gain situational awareness and stay up to date with online safety tips. We hope to empower you at this event taught exclusively by female officers/deputies of the

St. Augustine  
 Police Department  
 &  
 St. Johns County Sheriff's Office

**Summer Kickoff Celebration**  
**Saturday, June 7th**  
 12-3pm



Saturday | June 7th, 2025  
 12:00PM-3:00PM  
 Amenity Center- Family Pool

Music

Bouncers

Treats

Games



**Chick-Fil-A**  
 Second Tuesday of the Month  
**June 10th**  
 5:00-7:30pm or until sell out

**Inspired @ Palencia**  
**Wednesday, June 11th**  
 6pm



Weds, June 11th  
 6-7:30pm

Palencia Amenity Center

Sign up at  
 InspiredSJC@gmail.com

\$35pp - all supplies included  
 and yours to take home!

Follow us at @InspiredSJC Yarns InspiredSJC Zelle 917-968-1117

**Tween Takeover 2!**  
**Friday, June 20th**  
 7-9pm



Friday, June 20th  
 7:00PM-9:00PM

Ages 10-14 ONLY

THE TEENS ARE TAKING OVER THE  
 FAMILY POOL AT THE AMENITY CENTER!

AT 7PM, THE FAMILY POOL WILL BE  
 CLOSED TO ALL EXCEPT 10-14 YEAR  
 OLDS, AND WILL REMAIN OPEN FOR AN  
 EXTRA HOUR OF FUN!

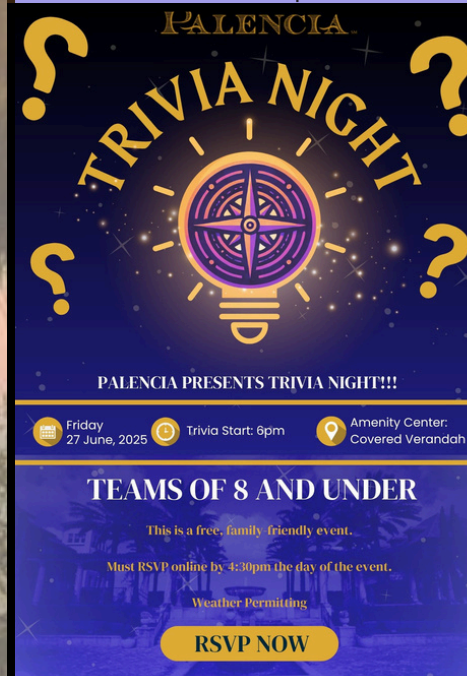
FOAM

SLIDE

GAMES

RSVP REQUIRED! TICKETS ARE LIMITED

**Trivia & Food Truck Night**  
**Friday, June 27th**  
 5:30-8:00pm



PALENCIA

PALENCIA PRESENTS TRIVIA NIGHT!!!

Friday  
 27 June, 2025

Trivia Start: 6pm

Amenity Center:  
 Covered Verandah

**TEAMS OF 8 AND UNDER**

This is a free, family friendly event.

Must RSVP online by 4:30pm the day of the event.

Weather Permitting

**RSVP NOW**



**Palencia Blood Drive**  
**Saturday, June 28th**  
 9am-4pm



# SLIDE HOURS

## Amenity Center Pool Hours:

9am-8pm Everyday

## Amenity Center Slide Hours:

May 1<sup>st</sup> – 23<sup>rd</sup>

Saturdays & Sundays  
12-4

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May 24<sup>th</sup> – August 10<sup>th</sup>

Monday- Thursday  
12-6

Friday-Sunday  
11-7

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August 11<sup>th</sup> – September 1st

Saturdays & Sundays  
12-4

Open Labor Day Monday



# POLICY REMINDERS

## Amenity Center:

### Pool Policies Reminders:

- All Residents must check in upon entry to the Amenity Center.
- The Adult Pool and Deck are restricted to individuals 18 years or older. Guests of Residents must show proof of age.
- Each household may bring up to 4 guests per day. Residents must check in Guests upon arrival and remain on property with them.
- Children under 14 must be accompanied by a legal guardian at all times.
- Personal music must be kept at a low volume and free of offensive content.
- Glass containers and gum are not permitted on pool decks or in pools.
- Smoking and vaping are prohibited throughout the Amenity Center, including pool areas.
- Pets are not allowed, with the exception of service animals.
- Loud, profane, or abusive language is not allowed.
- Non-potty-trained children must wear a swim diaper with a swimsuit.
- Use of floats, rafts, snorkels, dive sticks, and flotation devices must be approved by Amenity Center staff. Usage may be restricted during peak times or if deemed unsafe.
- Proper, modest swimwear is required.
- Diving, jumping, pushing, running, and horseplay are not permitted.
- Staff may enforce rules through warnings, time-outs, suspensions, or expulsions as necessary.
- Pool furniture must remain in its designated location. Residents are not to move the furniture.
- Please respect the facility and fellow residents by cleaning up after yourself and your guests.

### Slide Policies Reminders:

- When slide is closed there is absolutely no climbing or crawling up, or around the slide.
- Must be 40" tall to slide.
- Residents and Guests must climb and slide unassisted.
- One rider at a time.
- Slide feet first, face up.
- Wait for the lifeguard's signal before starting.
- No running, diving, standing, kneeling, rotating, or stopping on the slide.
- Keep arms, hands, and legs inside the flume at all times.
- Flotation devices are prohibited.
- The slide may only be used when lifeguards are on duty.
- Use the slide at your own risk.
- For safety reasons, pregnant individuals and those with health or back issues should not ride.
- No swimming in front of or at the base of the slide.
- Do not exit the pool next to the slide—use the stairs.



# AMENITY CENTER: FITNESS

## Fitness Class Schedule

### **Les Mills BODYCOMBAT**

Mondays at 9:00am with Heather S.

### **Les Mills BODYPUMP**

Tues/Wed/Friday with Crispin at 10am

Thurs with Miranda at 10am

**\*To ensure a safe and effective experience due to the intensity of BodyPump, Les Mills recommends that attendees avoid taking the class on consecutive days. Residents may RSVP for either the Monday/Friday or Tuesday/Thursday sessions.\***

### **CARDIO STEP**

Wednesdays & Fridays  
at 8:45am with Crispin

### **Les Mills BODYBALANCE**

Saturdays at 10:00am with Steven R.

## Aqua Fitness Schedule

Season ends Sept 30th

### Aqua Aerobics

- **Tuesdays** at 9:00am with Linda
- **Saturdays** at 9:00am with Patty

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Fitness Classes</b>						
			8:45am Cardio Step		8:45am Cardio Step		
	9:00am Body Combat	9:00am Aqua Aerobics				9:00am Aqua Aerobics	
	10:15am Virtual Body Pump	10:00am Body Pump	10:00am Body Pump	10:00am Body Pump	10:00am Body Pump	10:00am Body Balance	
	<b>Dance/Cheer: Will return in August</b>						

**JUNE**

**AMENITY CENTER CLASSES**



# AMENITY CENTER: CLUBS

[Click Here for the Palencia Online Calendar](#)



**Palencia Game Club**  
**Monday's at 11am**  
**Canceled for Summer**



**Mah Jongg**  
**Monday's at 1pm**



**Men's Bible Study**  
**Monday's (Except last Monday)**  
**7pm**



**Ladies Canasta Club**  
**Tuesday's**  
**10am**



**Palencia Gems Club**  
**TBD**



**Vintage Ladies Book Bunch**  
**Third Tuesday**  
**4pm**



**Just Books Club**  
**Third Wednesday**  
**12pm**



**Farkle**  
**Thursday's**  
**12:30pm**



# PALENCIA GOLF CLUB

## REMINDERS:

Dear Residents,

As summer begins and children enjoy their break from school, we'd like to remind everyone that the golf course is private property, and access is restricted to authorized individuals only. While we understand the appeal of the beautiful green spaces for walking, biking, fishing, and other activities, these are not permitted on the golf course at any time.

For your safety and the safety of others, please be aware that the golf course is an active playing area. Unsupervised presence can lead to accidents or injuries due to flying golf balls, moving maintenance equipment, and other hazards. In addition to safety concerns, trespassing on the course can disrupt play and damage the grounds.

We especially ask parents and guardians to speak with their children about the importance of respecting these boundaries. With school out, we know the temptation to explore the course may be strong, but we kindly request your help in ensuring all children understand and follow these rules.

Thank you for your cooperation in keeping our community safe and enjoyable for everyone.

Respectfully,  
Jillian Smothers

Regional Manager  
Hampton Golf





# *New Feature*

## BREAKING NEWS

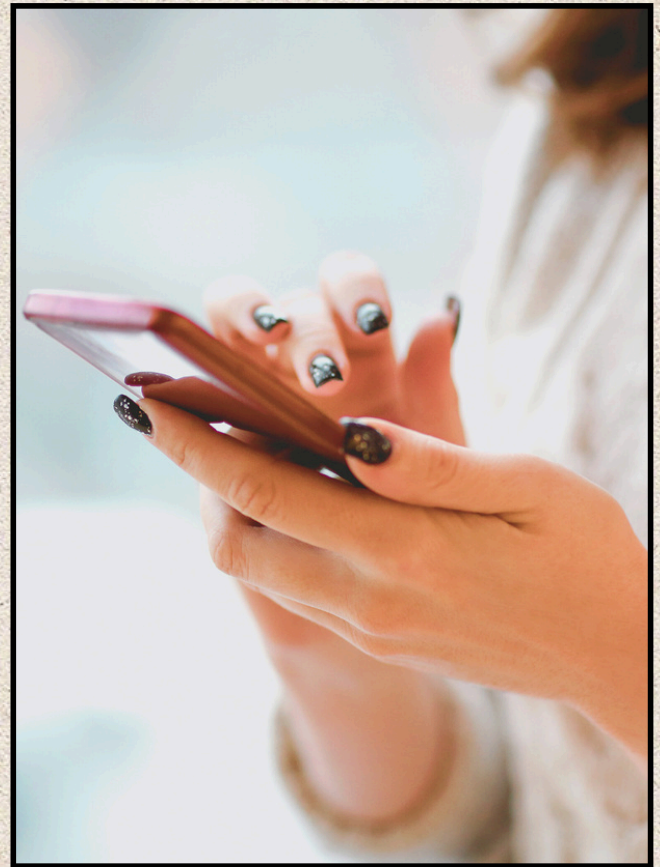
### Introducing text/SMS message notifications for PalenciaOnline.

We're excited to announce a new way to stay connected with CDD news and updates! PalenciaOnline is introducing a text/SMS notification service to ensure you receive timely information straight to your mobile devices.

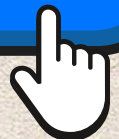
By subscribing to our text notifications, you'll get:

- Instant Alerts: Receive urgent updates and reminders directly.
- Community News: Stay informed about events, maintenance schedules, and more.
- Important Announcements: Meeting reminders, facility schedule information, etc.

To join, click here from your mobile phone or other device. Standard messaging rates apply.



**REGISTER HERE**



Your privacy is important to us. You can unsubscribe at any time by responding to any Palencia text with the word "Stop". We value your participation and look forward to keeping you informed through this convenient new communication tool.

Thank you for being part of our Palencia community!



# PALENCIA

## Onsite CDD Management Contacts

### General Manager

Jodi Moore

jmoore@vestapropertyservices.com

### Assistant General Manager

Denise Powers

dpowers@vestapropertyservices.com

### Fitness Center Manager

Erin Gunia

egunia@rmsnf.com

### Operations Manager

Dan Wright

dwright@rmsnf.com

Please call (904) 810-0520 for a new resident appointment.

## CDD Information

### Marshall Creek CDD Meeting

#### **No Board Meeting in June**

At the Amenity Center

### Sweetwater CDD Meeting

#### **Board Meeting**

**6/5 at 4pm**

At the Fitness Center

The meetings are open to the public and will be conducted in accordance with the provisions of Florida law for Community Development Districts.

There may be occasions when one or more Supervisors will participate by telephone. The meetings may be continued in progress to a time, date, and location stated on the record without additional publication of notice.

Any person requiring special accommodations at these meetings because of a disability or physical impairment should contact the District Office for your CDD. For Marshall Creek call (954) 603-0033, for Sweetwater call (904) 940-5850, at least 48 hours prior to the meeting. If you are hearing or speech impaired, please contact the Florida Relay Service at 7-1-1 for aid in contacting the District Office.

Each person who decides to appeal any action taken by the Board with respect to any matter considered at these meetings is advised that person will need to ensure that a verbatim record of the proceedings is made, including the testimony and evidence upon which such appeal is to be based.