

ROYAL COACHMAN RESORT ACTIVITIES 2014-2015

Exercises and Sports

Activity	Frequency	Day(s)	Time	Location	Contact	Telephone	Site #
2-Mile Aerobics	Daily	Mon. thru Fri.	10:00 a.m.	Rec Hall	Doris Fisher	860.881.5562	491
Aqua Cardio	Weekly	Tues. Thurs.	09:45 a.m.	Pool	Kay Hildebrand	802.878.5621	525
Bike Club	Weekly	Wed.	10:00 a.m.	Park	Al Santini	630.728.6035	202
Bike Club	Weekly	Wed.	10:00 a.m.	Park	Rod Yates	941.445.6058	504
Bocce - Men	Daily	Sun. thru Sat.	04:00 p.m.	Bocce Field	Dick Brown	941.486.8497	552
Bocce - Mixed	Weekly	Sat.	01:00 p.m.	Bocce Field	Dave & Toni Skiver	586.480.1159	280
Bocce - Women	Weekly	Mon. Wed. Fri.	01:00 p.m.	Bocce Field	Toni Skiver	586.480.1159	280
Bowling	Weekly	Fri.	01:45 p.m.	AMF Lanes	Don Rush	717.632.7076	59
Golf	Weekly	Mon.	09:00 a.m..		Bill Moore	941.483.9283	230
Golf	Weekly	Thurs.	10:00 a.m.		Al Chabot	603.262.3393	260
Horseshoes	Daily	Mon. thru Fri.	09:00 a.m.	Horseshoe Pits	Bill Rudy	740.360.9200	249
Muscle Toning	Weekly	Mon. and Fri.	03:00 p.m.	Club House	Lori Lilly	814.720.1542	606
Putting	Weekly	Sat.	09:30 a.m.	Putting Green	John Gates	603.543.7207	484
Shuffleboard	Weekly	Sun.	01:00 p.m.	Shuffleboard Court	Don Rush	717.632.7076	59
Shuffleboard	Weekly	Tues. Thurs.	10:00 a.m., 1:00 p.m.	Shuffleboard Court	Don Rush	717.632.7076	59
Square Dancing	Weekly	Saturday	12:00 p.m.	Rec Hall	Clarence Trachsel	314.705.1970	366
Stretch & Sculpt	Daily	Mon. thru Fri.	08:00 a.m.	Club House	Marti Cawthorne	941.488.7053	26
Table Tennis	Weekly	Tues. Thurs.	10:30 a.m.	Rec Hall	Dean Pritchard	941.488.8365	607
Tai Chi/Qi Gong	Weekly	Mon. Wed. Fri.	09:25 a.m.	Rec Hall	Linda Gaudet	941.483.0405	471
Tennis	Daily			Tennis Court	Darrell Robinson	317.753.3660	414
Tennis - Ladies Round Robin	Weekly	Tues.	1:30 p.m.	Tennis Court	Betsy Harding	845.527.4227	534
Volleyball	Daily	Mon. thru Sat.	09:00 a.m.	Volley Ball Court	Dick Brown	941.486.8497	552
Water - Deep Water Fitness	Weekly	Tues. Thurs.	03:00 p.m.	Pool	Lori Lilly	814.720.1542	606
Water Aqua-cise	Daily	Mon. thru Fri.	11:00 a.m.	Pool	Sarah Boehmer	716.676.9951	416