

Dear Members,

Sub: Swimming Pool.

The Swimming Pool opens today, 1st April, 2010.

Timings:- 6:00 A.M. TO 9:00 A.M.
4:00 P.M. TO 9:00 P.M.

Lifeguard:- For the members safety we have employed a lifeguard whose timings would be as above. He would be at the pool 7 days a week; however, beginners are advised not to go into the pool in his absence. The club would put up a pool closure notice only for beginners in case he is not available on a particular day.

Swimming Coaching:- The club has been able to contract Mrs. Gira Chokshi for coaching at GBGC this year.

Timings:-

Morning: 6:00 A. M. to 6:45 A.M.

(Special Batch for Aqua exercises & coaching, only for Adults)

Evening: 6:45 P.M. to 7:30 P.M. &
7:30 P.M. to 8:15 P.M.

Batches:- The batches would be common for gentlemen & ladies. She would be assisted by 2 assistant coaches. She has the reputation of being the best coach in Baroda and has coached many Junior swimmers to reach State & National Level Swimming Competitions. For further details we have enclosed a write up alongwith the circular.

Coaching Charges:- Rs. 1,250/- for one month coaching. This would be 5 days a week (Monday to Friday). Forms available at the change room's reception counter.

We look forward to your kind co-operation for this.

Thanking you,

Yours sincerely,

NIRAJ GAEKWAR
(OFFICER – OPERATIONS)

Dear Members,

I. Badminton Coaching.

For those of you who have booked Badminton Coaching Slots, Mr. Dara Surti will be starting from 15.04.2010.

**Timings:- 6:30 a.m. to 7:15 a.m.
7:15 a.m. to 8:00 a.m.**

This would be for Monday, Wednesday & Friday's. **The fee would be Rs. 1000/-** per month and this would include use of lights, shuttle cocks & rackets from club if you do not have any. We already have a few bookings from ladies. If the morning slots are full and successful, we could also start evening slots.

II. Poolside Snack & Weekend Dinners:-

- a. To attend to your hunger pangs post your evening swim, we have lined up fixed menu snacks counter all week long. Additionally every Saturday & Sundays, a buffet dinner has also been planned.
- b. Timings for the snack counter at poolside would be from 18:00 hrs. to 20:00 hrs.
- c. **Menu for the Snack counter & Rates:-**

Monday :- Punjabi Samosa Rs. 30/-, Ragda Tikki Rs. 40/-, Aaloo Tikki Rs. 30/- & French Fries Rs. 30/-

Tuesday :- Vada Pav Rs. 30/-, Veg. Franky Rs. 30/- & French Fries Rs. 30/-

Wednesday :- Bombay Bhel Rs. 40/-, Dahi Gujiya Rs. 30/-, French Fries Rs. 30/-

Thursday :- Dabeli Rs. 30/-, Paneer Chilla Rs. 40/-, Pani Puri Rs. 30/-, French Fries Rs. 30/-

Friday :- Chole Bature Rs. 50/-, Khasta Kachori with Bhel Rs. 40/-

In addition we would also have a beverage counter serving hot / cold drinks.

- d. **Menus for the weekend are as below:-**

Rate: Vegetarian	...	Rs. 250/-
Non – Vegetarian	...	Rs. 300/-

1. Menu for the Dinner for 10th April 2010

Starters for the day (Ala Carte)

Tandoori Chicken – Rs.200/- half

Chicken Malai Tikka - Rs.200/-

Paneer Ajwain tikka - Rs. 175/-

Makai Malai Seekh - Rs.150/-

Bharwan Aloo - Rs.150/-

Buffet

Soup

Minestrone Soup

Main course

Bhuna Paneer

Vegetable Tawa with Baby Corn

Dal Makhani

Jeera Pea's Pulao

Dahi Bhalla

Papad

Pickle

Rot & Naan

Non Vegeterian Main Course

Non Veg - Seekh Kebab Masala

Salads

Sprouted Salad

Tossed Green Salad

Sweet and Dessert

Live Kesar Jalebi

Mango Delight (Bakery)

Vanilla Ice Cream with Orange Sauce

2. Menu for the Dinner for 11th April 2010

Starters for the day(Ala Carte)

Paneer Chilly – Rs.185/-

Veg Tempuras - Rs.185/-

Spring rolls - Rs.185/-

Chilli potatoes - Rs. 185/-

Dim Sum - Rs. 230/-

Stir fried chilly honey chicken - Rs.230/-

Chicken 65 - Rs. 230/-

Buffet

Welcome Drink

Leeche coconut cooler

Soup

Sweet corn veg soup

Main course

Sliced cottage cheese in spinach n black bean sauce

Sweet and Sour Vegetables

Vegetable Fried rice

Hakka noodles

Bread rolls with butter

Salads

Khimchi salad

Sweet and Dessert

Tiramisu

Fresh orange Cheese cake

Members can get guests. However every member will be permitted to get not more than 6 guests on any one day

e. Payment Terms:-

The bill may either be cleared in cash or you may sign on, so that it goes into your monthly bill.

f. Table bookings & No. of pax confirmation would be appreciated.

III. IPL Matches Live Coverage on large Screen:- We have arranged for a projection of the IPL Matches on a large screen since yesterday. Members can avail of these facilities to view them from poolside and within the pool.

IV. Membership Cards:- Members and their dependants are requested to carry these cards at all times when they visit the club at any of the facilities offered by us. The validity of the temporary cards has also been extended by us for new members whose permanent cards have yet not been issued, so those cards also can be shown to the attendants on duty.

Thanking you,

Yours sincerely,

NIRAJ GAEKWAR
(OFFICER – OPERATIONS)

Dear Members,

I. GYM:-

- A. We have appointed **Mr. Parth Shah** as a **GYM Instructor**. He would be able to give you instructions for the following programmes:-

Weight Loss, Quick weight loss, Weight gain, Flexibility workout, Body building, Diet Chart & Supplement counseling.

This had been a long pending requirement for a gym instructor and members are requested to take advantage of his being here. No charges are to be paid to him. He can be contacted on **Mobile No. 98989 70099**. His timings are **6:00 a.m. – 9:00 a.m. & 5:00 p.m. – 9:00 p.m.**

- B. We have also completely utilized the **GYM** space with the addition of new equipment. A cardio section equipped with 3 Treadmills, a Stepper & 2 Bikes can accommodate a good number of people at one go. Should you wish to work on building muscles, our well equipped weight section is the right place for you.

C. OUR TOTAL GYM EQUIPMENT including NEW ARRIVALS:-

Sr. No.	Description
1	Johnson Motorized Treadmill T800
2	Johnson Up Bike C-8000
3	Johnson Treadmill E-8000
4	Viva Motorized Treadmill T-500
5	Viva Recumbent Bike-KH 2040
6	Viva Multi Adjustable Bench IT-7011
7	Viva Dual Adjustable Pulley IT-9030
8	Viva Smith Machine IT-7001
9	Viva Stretch Machine IT-7004
10	Dumbbells Stand
11	D/Bells 2.5 kg, 5 kg, 7.5 kg, 10 kg (each one pair)
12	Body Solid Multi Gym G9S + VKR30

II. ANNUAL PLAN RENEWAL:-

We have received a very good response to the renewals; however, members who have yet not decided and given their response are requested to do so before **30TH APRIL 2010**.

III. BADMINTON COACHING HAS STARTED ON 15TH APRIL 2010:-

There are a few slots still available; those members who are interested can book their **slots**.

- IV. STEAM ROOM:-** The steam room is ready for use again. Please contact the staff at reception for using it in case it is not already switched on.

V. SWIMMING COACHING:-

The evening slots are almost full and upon our request **Ms. Gira Chokshi** has agreed to take a slot from 6:30 a.m. to 7:30 a.m. in the morning. Interested members are requested to book their slots in advance. This also starts from 15.04.2010 onwards. For your convenience we have kept coaching forms at the reception counter of change rooms which can be filled up there itself.

VI. SWIMMING COMPETITION:-

We propose to keep a swimming competition for children in the 1st week of May, 2010. Details are being worked out for different age groups. These will be put up at the changeroom notice board latest by 20.04.2010.

VII. F & B - WEEKEND DINNER MENUS':-

We are getting a good response to the weekday & weekend menus'. For your convenience this weekend menu is given below:-

Rate: Vegetarian	...	Rs. 250/-
Non - Vegetarian	...	Rs. 300/-

MENU FOR THE DINNER FOR 17th APRIL, 2010

Starters for the day (Ala Carte)

Murgh ke Tikka - 240/-

Seekh Kebab - 220/-

Salt and Pepper chicken - Rs. 250/-

Potato Wedges - 100/-

French Fries - Rs.85/-

Makai Malai Seekh

Crispy Fry Veg - 150/-

Paneer Shashlik - 175/-

Buffet

Welcome Drink

Orange Colado

Soup

Sweet corn soup

Main course

Paneer Hyderabad

Malvani Vegetable

Veg. Dumplings in Soya Garlic Sauce

Mix Dal

Steam Rice

Corn Cabbage Fried Rice

Papad

Pickle

Roti & Naan

Non Vegetarian Main Course

Lamb in Hollandaise Sauce or Handi Chicken

Salads

Assorted Cut Salad

Corn Capsicum with Nachos Salad

Sweet and Dessert

Apple Struddle

Vanilla Ice Cream with Chocolate Sauce

MENU FOR THE DINNER FOR 18th APRIL, 2010

Starters for the day(Ala Carte)

Paneer Satay - 195/-

Thai Spring Rolls - 175/-

Potato Wedges - 100/-

French Fries - Rs.85/-

Chicken Pahadi Tikka - 250/-

Patthar ke kebab - 275/-

Stir Fried Honey Chilly Chicken - 220/-

Buffet

Welcome Drink

Watermelon Juice

Soup

Tomato Basil Soup

Main course

Shahi Paneer

Gobhi Nagina

Baked Veg. in Paprika Sauce

Dal Palak

Steam Rice

Veg. Fried Rice

Papad

Pickle

Roti & Naan

Non Vegetarian Main Course

Chicken in Soya Garlic Sauce or Mutton Razala

Salads

Assorted Cut Salad

Chick Pea Salad

Sweet and Dessert
Dil Pasanda Jamun
Apple Tartini

Thanking you,

Yours sincerely,

NIRAJ GAEKWAR
(OFFICER – OPERATIONS)

Dear Members,

1. GOLF TOURNAMENT WINNERS.

I. GBGC MASTERS – 2009:-

A. GROSS CATEGORY:-

This 72 hole event played off the Championship Tee boxes # to determine the Club's Best Golfer for the year was won by Mr. Dwital Parikh in a 22 hole play off round against Mr. Yash Shah. Scores of both players were tied after 72 holes.

Mr. Dwital Parikh wins a SRIXON 22 deg RESCUE CLUB and a 6 DZ SRIXON AD 333 balls. Mr. Yash Shah for his effort wins 4 DZ SRIXON AD 333 balls.

B. NETT CATEGORY:-

In the Nett Category, Mr. Girish, the Rookie of the year, produced consistent play to leave the rest of the field behind. Playing of a 15 handicap and off the Regular tee boxes, Girish had a 72 hole Net total of 276. For his effort he gets 6 DZ SRIXON AD 333 balls.

II. FLAMEBACK INDIVIDUAL KNOCKOUT EVENT:-

The club's longest run event over a good 16 weeks with the winner having to play at least 8 games before being crowned the winner. Mr. Ashish Patel overcame initial setbacks to get the better of Mr. Alok Maheshwary in an evenly fought final.

The winner gets 3 nights stay for 2 at the Flameback Resorts (www.Flameback.in) with all air & car travel borne by the sponsors. Mr. Alok Maheshwary for his effort gets 4 DZ SRIXON AD 333 golf balls.

Congratulations to all!

All winners will be awarded their prizes in the Prize distribution function to be announced shortly.

2. PING DEMO:-

We have organized **PING DEMO DAY** at our club on 24th & 25th April, 2010 by the Ping India Authorized Dealer.

Timings would be from 6:30 a.m. to 11:00 a.m. & 3:30 p.m. to 7:30 p.m.

For those of you who are interested, can book your slots with Jessy at the club house. They will also have on display all the latest **"PING EQUIPMENT & ACCESSORIES"**.

Thank you,

Yours sincerely,

NIRAJ GAEKWAR
(OFFICER – OPERATIONS)

Dear Members,

Sub: Events for May, 2010.

1. Golf:-

Monthly medal round on 23rd May, 2010 on full handicaps.

Format : Strokeplay, 10 hole event

Fourballs: You can make your own fourballs & inform office about it.

Tee-box: Club Tees for men & V- tee for women.

Prizes: for Best Gross & Best Nett scores.

Entry Fee: Rs. 50/- per golfer. Entry closes on the 52nd confirmation.

2. Swimming Competition:-

a. The summer 2010 swimming competition would be held on 8th May, 2010.

Length of the laps 100 ft.

Last Date for accepting entries: 05.05.2010

Form:- Forms with details are available at the Change room reception.

Requirements:- Age proof details (passport copy / birth certificate)

All members are cordially invited to witness this event.

b. Swimming Pool / Change rooms:-

To check crowding in the pool on weekends, the Management has decided to make **Mondays'** as the guest day instead of Saturdays'. This will be with immediate effect.

c. Showers:- It has come to our notice that some members and their guests do not take a pre-shower before entering the pool. So you are requested to please do so. The lifeguard & coaches are instructed to strictly implement this. Ladies can take a shower inside the ladies rooms before coming to the pool.

d. Lockers:- We are adding on 93 new lockers, out of which 50 in gents room & 43 in ladies room. Members are requested to book the lockers in advance since this will be on first come basis.

3. Badminton Courts:-

a) Mr. Dara Surti has started his coaching programme from 15.04.2010. Interested members are requested to book their slots at the club office.

b) 2 courts are under repairs, we are trying to get them back in use at the earliest. Inconvenience is regretted.

4. **Annual Subscription plans:-** For those of you who have yet not paid up the subscription plans / given any options of the plans selected are requested to do so or else they will be billed as per our records of the usage of sporting facilities.

5. **Weekend Dinner Menus:-** Saturday / Sunday Menus will be forwarded to the interested members as per request & also will be displayed on the notice board.

Thanking you,

Yours faithfully,

NIRAJ GAEKWAR
(OFFICER – OPERATIONS)