

Yoga at the Yacht Club

Wellness Days



Welcome to Wellness at Lake Macquarie Yacht Club

Located right on the water, Lake Macquarie Yacht Club is the perfect setting to unwind, relax, reset, and refresh.

With experienced instructors, delicious catering, and serene waterfront views, our Wellness Day packages are designed to help you feel invigorated, without having to lift a finger.

Our Wellness Days are perfect for corporate groups, hen's celebrations, team building days, unique birthday parties, or simply as a day for you and your friends to treat yourselves.



Our Instructors



NICOLE ROY

Niki has a Master's Degree in Human Services (Psychology & Rehabilitation Counselling), a Bachelor of Health Science, Clinical member of ASORC, with over 25 years of experience in Yoga therapy, meditation, stress management, laughter yoga, psychoeducation, and sound therapy.

Niki currently works as a Wellness Manager in remote roles throughout Australia.

10 years ago, Alicia left the Corporate world with the goal of helping people reconnect through the practice of yoga.

Having trained both nationally and internationally, with teachers John Ogilvie, Maria Kirsten, Sarah Powers and Tiffany Cruikshank, Alicia now runs classes at LMYC three days a week, private corporate classes, Chair Yoga at Mercy Services Day Centres and other villages around the Lake Macquarie area.

Alicia loves to work with different people of different walks of life whilst sharing her love and knowledge of yoga.



ALICIA JEFFERSON

Our Spaces

THE BRIDGEDECK

The Bridgedeck is an intimate space located upstairs featuring premium views overlooking the Marina, with its own private balcony.

The Bridgedeck is suitable for groups of 15pax.



THE MARQUEE

The Marquee is a versatile & open space featuring unobstructed lake-front views & an abundance of natural light.

The Marquee is suitable for groups of 20 -30pax..

Our Packages

Bronze - \$35pp

Minimum 15pax | Maximum 20

Includes:

45 Minute Mental Wellbeing Class
1 Hour Yoga Class + Equipment
Fruit Platter

Silver - \$40pp

Minimum 15pax | Maximum 20pax

Includes:

45 Minute Mental Wellbeing Class
1 Hour Yoga Class + Equipment
Morning Tea Platter
Tea & Coffee Station

Gold - \$45pp

Minimum 20pax | Maximum 30pax

Includes:

1 Hour Mental Wellbeing Class
1 Hour Yoga Class + Meditation + Equipment
Cheese Board
x1 Hot Platter of Choice
Tea & Coffee Station

Wellness Days are subject to availability.





Our Platters

Fruit Platter

Mix of Seasonal Fruits

Morning Tea Platter

Mix of Seasonal Fruits & Pastries

Cheese Board

Chef's Selection of Premium Cheeses,
Cured Meats, Antipasto, House Dips,
Fruit, Breads & Crackers

Gluten Free Platter

Marinated Lamb Skewers, Lemon Dusted Squid,
Orange Soy Pork Belly Bites,
Roasted Pumpkin Arancini (V)

Party Platter

Mixed Cocktail Pies, BBQ Pork Spring Rolls,
Marinated Chicken Skewers
Vegetable Wontons (V)

Additional Platters can be added to any
Wellness Package as an optional extra.
Please enquire with our Functions Manager
about pricing & recommendations.

Booking Form



The following information along with a deposit of \$100 minimum and signed Terms & Conditions must be provided to the LMYC Functions Manager to secure your booking.

EVENT DETAILS

CHOSEN PACKAGE _____ GUESTS _____

EVENT DATE _____ START TIME _____ END TIME _____

FUNCTION ROOM _____ ROOM HIRE FEE _____

CONTACT INFORMATION

ORGANISER NAME _____

ORGANISER PHONE _____

EMAIL ADDRESS _____

COMPANY (IF CORPORATE) _____

POSITION (IF CORPORATE) _____

MEMBER NUMBER _____ MEMBER NAME _____

The member details provided must be an organiser of the event or immediate family member present on the day.

ALTERNATIVE ORGANISER NAME _____

CONTACT NUMBER _____

EMAIL ADDRESS _____

HOME ADDRESS _____

PAYMENT INFORMATION - \$100 MINIMUM DEPOSIT IS ACCEPTED

Payment options at Reception: CASH | DEBIT CARD | CREDIT CARD

We do not accept American Express

DIRECT DEPOSIT

Please use Booking Name & date of function as reference.

Please email receipt or remittance of payment to functions@lmyc.com.au to assist tracking payments.

BANK DETAILS

LAKE MACQUARIE YACHT CLUB

BSB - 062-801

Account Number: 1036 5413

DEPOSIT PAID : \$ _____

VIA: RECEPTION _____ DIRECT DEPOSIT _____

REMOTE BY CARD _____

DATE: ____ / ____ / ____

Terms & Conditions

- **Booking Confirmation:** A deposit of \$100 minimum and completed booking for is due 14 days from initial enquiry. LMYC reserves the right to cancel the booking if no confirmation is received.
- **Final Confirmation:** Confirmation of chosen package, final guest numbers, catering & room selection are due no later than 14 days before your booking. Your booking may be cancelled if no payments are made by the deadline outlined by the Functions Office.
- **Membership & Guest Sign-In:** If any guests reside within the 5km radius of the Club the function holder must join LMYC as a member if not joined already. All guests over the age of 18 must provide photo ID, without it they may be refused entry.
- **Children & Guests under 18:** Guests under 18 are welcome and in accordance with the Registered Clubs Act and must be in the presence of a responsible adult at all times. Minors are not permitted in the bar or gaming area and must be supervised by the water.
- **No Smoking:** Smoking is not permitted in the clubhouse or in any of the function areas. If you have guests in your function looking for an area to smoke please speak with the bar manager or supervisor who will instruct you on the legal areas to smoke.
- **Permissions:** LMYC may take photographs or record portions of your event to use for promotional purposes. If you do not agree with this, please let the Functions Manager know.
- **Wet Weather:** Some events are planned for outdoors and in the event of rain the functions manager will organise to the, best of their ability, a contingency plan indoors. Room hire fees cannot be refunded if rain occurs on the day.
- **Yoga:** Yoga is a physical activity, and LMYC & Yoga At The Yacht Club accept no responsibility for any injuries sustained while participating in the yoga activities. Each participant accepts responsibility for their own actions, and it is the participant's choice to undertake each movement. Please ask your instructor for support if you experience any pain or discomfort.
- **Cancellation Policy:** Cancellations must be notified in writing to the Functions Manager and will incur the following fees:
 - **Notice of 14 days or less**—You will be liable for 50% of the projected final account
 - **Notice of 7 days or less**—You will be liable for 100% of the projected final account.

I _____ understand the Lake Macquarie Yacht Club
Terms & Conditions. Signed _____
Date _____