

Addison Reserve

Where Continual Reinvestment Is the Name of the Game



Recognized No. 4 out of the top 150 country clubs in the country and No. 23 in the world by Platinum Clubs of the World.

Addison Reserve's 35,000 square-foot Lifestyle Complex features a two-story fitness center, spa, tennis, padel and pickleball complex, basketball court, green space, resort pool, outdoor whirlpool, children's splash pool, and casual dining restaurant.



“One of the not-so-subtle changes I implemented to the three nine-hole courses [creatively named Trepidation, Salvation, and Redemption] is a recontouring and repositioning of fairway bunkers. Each hole has a visual appeal while being strategic to play.” — REES JONES

“The reputation of Rees Jones as the ‘Open Doctor’ is warranted, and in my opinion, his design expertise brings Addison Reserve true championship golf to our gated community—a real rarity among South Florida private clubs.” — MICHAEL McCARTHY, CEO/GM

“We underestimated the interest in physical therapy at the club. So, we are expanding our proactive and reactive services to keep your body in the best shape possible.”

— GRANT WORTHINGTON,
DIRECTOR OF SPORTS OPERATIONS

“Don’t overlook your warm-up and cool-down routine during golf. Swinging a couple of clubs leads to injuries down the road. A proper stretching regime can be as important as the workout itself.”

— KEVIN BALDIZAR, DIRECTOR OF GOLF



DELRAY BEACH, FLORIDA: With \$75 million in capital projects completed in recent years, there has been a renewed interest—across multiple generations—to live at Addison Reserve. With 700+ families calling the exclusive community home, its constituents are a mix of baby boomers, Generation X, and Generation Y.

“We work hard to give our members as many reasons as possible to stay on property,” reported Grant Worthington, director of sports operations at Addison Reserve.

The definition of physical fitness has evolved post-COVID. “The ‘old’ philosophy was 30 minutes of cardio followed by 30 minutes of light weights several times per week were ideal,” continued Worthington. “Now, thinking has shifted to anything that keeps you moving—from gardening to playing tennis—can provide similar benefits.”

According to a study by *The New York Times*, walking while carrying your golf bag or using a push-cart over 18 holes burns an impressive 1,400 calories. “That’s the

equivalent of swimming or pedaling a stationary bike for two hours!” cited Worthington.

A GROWING FAST-PACED SPORT

Two years ago, there were 8.9 million pickleball players in the United States, up from 4.8 million in 2022. Growth in the sport at Addison Reserve has been almost exponential. Even a group of members nicknamed “The Early Risers” meet at 7 a.m. for friendly games.

“We strive to have an edge over our neighbors, so our newest sport that our membership is gravitating to is padel—a fast-paced racquet sport invented by a Mexican businessman in Acapulco [Enrique Corcuera] more than a half-century ago,” said Worthington. “The court is slightly smaller than the space required for tennis, and although it’s a game you might not be familiar with, it’s estimated 2,000 clubs around the world will add padel courts in 2025. We are currently one of only two private clubs in South

Florida offering padel as an option for your exercise routine.” ■

For more information, please visit [AddisonReserve.cc](https://www.AddisonReserve.cc).

Not only do Addison Reserve’s golf courses have intriguing names, but so do their restaurants. *stYr* is known for its wraparound terrace, live music, and tasty tapas. *Taste*, the clubhouse’s signature dining venue, features chophouse fare, while *The Grill*, located at the Lifestyle Complex, offers al fresco options. Truly, the premier dining room at the club is *Vault*, with an ambiance and menu reminiscent of old Sicily.

