

Addison Reserve

Discover the Charm of South Florida Living

With three 9-hole championship golf courses designed by Rees Jones—Trepidation, Redemption, and Salvation—an epic round is a guarantee.



Trepidation Course



Redemption Course



Salvation Course

DELRAY BEACH, FLORIDA: “Twenty years ago, we were a sleeper club,” expressed Michael McCarthy, CEO/GM at Addison Reserve. “We are now recognized as No. 4 out of the top 150 country clubs in the country and No. 21 in the world by Platinum Clubs of the World. The road to success is always under construction. We can’t stop. We’ve got to keep paving the way to the future. Our focus now turns to preventive health care [both mentally and physically] for our membership.”

FINDING YOU

The Ammortal Chamber at Addison Reserve is described as a human recharging station that works all the way down to the cellular level. “The red-light therapy reduces inflammation, its guided breath therapy focuses on mental clarity, and its magnetic pulses help you recover from everyday urban life stresses,” described Karen Hickok, Spa Manager at Addison Reserve. “We are one of the few spas in America to offer the chamber and the first in South Florida to offer this exciting biohacking system that works on human optimization by creating the perfect opportunity for cell recovery!”

Karen, born in South Africa, is an aesthetician by trade and works hard to keep her hand on the pulse of the ever-changing industry with a sense of purpose. “We all tend to fall prey to the distractions of social media along with our morning coffee,” groaned Hickok. “It’s not the ideal way to start a healthy day. When you visit our spa, it’s my mission to help you quiet the



Ammortal Chamber



Addison Reserve Lifestyle Complex

noise and become fully present in the moment—even if it’s for 80 minutes. We are focused on enhancing the beauty that already lies within. In the end, the old adage remains true—the real “glow up” sparks from within and radiates with confidence on the outside.”

THE JACK OF ALL TRADES

Over the past 19 years that Grant Worthington, director of sports operations, has been at Addison Reserve, interest in racquet sports has exploded, except for tennis. “It has been more evolutionary than revolutionary,” said Worthington. “We initially had 12 tennis courts, but like many other private clubs in South Florida, participation decreased, and our supply versus demand ratio was out of balance.”



Padel Courts



Pickleball Courts

The number of tennis courts was reduced from 12 to nine, and a machine court was added for practice. “The ground on the ball machine court is slightly slanted, so the tennis balls cluster together. It reduces the time spent collecting tennis balls and adds more time for practice. Our active tennis membership is around 175 members, which is a robust number for a club of our size.”

While tennis participation declined, pickleball boomed in popularity. “We initially converted a basketball court into two pickleball courts. We soon realized that more courts were needed and built a four-court facility at the back of the practice range,” stated Worthington. “Demand continued to grow, so we built a brand-new facility with eight pickleball courts that opened to rave reviews. Since skill is required to play tennis and even a first timer can play pickleball, the pickleball facilities have become

“One of our popular social events is ‘Battle of the Villages’ on our Bocce courts. Each of our 19 villages fields a team. The scoreboard reminds me of March Madness brackets. My tip is to stay hydrated and have fun. Social always rules over competition.”

—GRANT WORTHINGTON,
DIRECTOR OF SPORTS OPERATIONS
AT ADDISON RESERVE

one of our newest social gathering points.”

Padel is the newest sport creating excitement around our club. Players compare it to a cross between tennis and squash. “We took a gamble being one of the first golf communities to add padel to our racquets programming,” continued Worthington. “It’s proven to be one of the best additions to our amenities. In short order, we doubled the number of padel courts on-property. Our membership enjoys the fast-paced sport, where you can play points off the walls.”

NEVER BE LONG

The community finished its second season since Rees Jones completed a redesign of its practice facilities and 27 holes of golf. “Rees was hands-on every step of the way,” reported Josh Fleisher, director of agronomy at Addison Reserve. “I’m proud to report we ‘pushed the envelope’ with our greens to 13.8 on the Stimpmeter, which matches U.S. Open speeds.



Styr restaurant

“The most dramatic changes Rees made to the course involved our bunkers and green complexes. His mindset was to create a classic course with most greens sloping higher in the back than the front. The result is twofold. First, you face a significantly more difficult recovery shot if you are over the green [versus in front of it], and undulations around the green will contain your ball, funneling it toward safety. The upshot? You play faster and are a bit happier with the score you add to the GHIN computer.

“We are committed to managing the course with concern for the environment, not for the next month, but for the next decade,” proudly stated Fleisher. “We have purchased sprayers with GPS guidance to minimize overlap and apply fertilizer more efficiently.” ■

For more information, please visit AddisonReserve.cc.