



Enjoy that  
summer feeling  
with our special  
Visa offer

## Visa Rewards!

We team up with Visa this summer to bring you free golfing, dining, cruising and a whole lot more

## Nineteen Brunch

Win a fabulous brunch for 4, worth over AED 1,000

## A New Wave

Balance catches up with the top man at Dubai Marina Yacht Club

## Summer Golf

Play and stay offers at Arabian Ranches Golf Club

## Think *Hayya!*

Healthy ideas for all the family this summer

## Ultimate Pony Experience!

A very different and exciting experience for children at Dubai Polo & Equestrian Club



# Reap the rewards this summer with Visa

This summer, Visa is offering you and your friends an exceptional offer. From 1st June to 30th September when you pay with your Visa card, your fourth guest goes entirely free. From hospitality to horse riding and spa treatments to sailing, this special offer is available across a number of leisure options.

**Book a round of golf for three and the fourth player is free**

Available at the desert-style signature course of the Arabian Ranches Golf Club or on the championship fairways at The Montgomerie, Dubai.

**Stay four nights and pay for only three**

Choose from a selection of superior accommodation and enjoy a relaxing mini break with family or friends. The stay for four and pay for three offer is available at the following hotels:

- The Palace, The Old Town
- Al Manzil Hotel
- Qamardeen Hotel
- Nuran Marina Serviced Residences
- Nuran Greens Serviced Residences
- Arabian Ranches Golf Club
- The Montgomerie, Dubai

**Indulge in four spa treatments for the price of three**

Ease away the stress of summer in the city and take a visit to the spa. Your remedy for relaxation is available at The Palace, The Old Town.

**Dine out with friends and your fourth guest eats free**

Enjoy a gourmet selection of cuisine at a variety of locations. Treat your friends to a leisurely lunch or an exquisite dinner at the following venues: Palermo Restaurant, Dubai Polo & Equestrian Club Nineteen, The Montgomerie, Dubai Ewaan, Thiptara and Asado, The Palace, The Old Town Conservatory Restaurant, Al Manzil Hotel Esca Restaurant, Qamardeen Hotel

**Saddle up four horses and pay for only three riders**

Escape city life and experience a range of thrilling equestrian pursuits in the exclusive setting of the Dubai Polo & Equestrian Club. Book a desert hack or a ride around the arena for three and the fourth gallops for free.

**Four months of fitness and family fun for the price of three**

Get fit and have fun this summer with *Hayya!* From working out in the gym to winding down in the spa, *Hayya!* Clubs offer everything for summer fitness and quality leisure. Sign up during June and July for a three-month membership to *Hayya!* Clubs at the Lakes, Meadows Village or Town Centre and Al Yansoon, Downtown Burj Dubai and receive a complimentary fourth month. Membership rates are as follows:

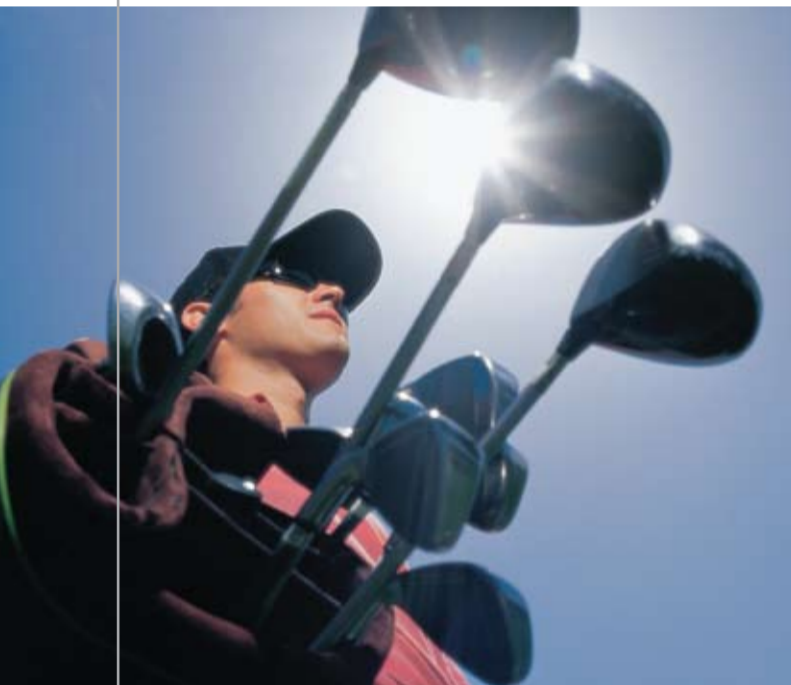
Single Membership	AED 995
Couple Membership	AED 1,495
Family Membership	AED 1,995

**Sail away for four hours and pay for only three**

Set sail from the new Dubai Marina Yacht Club on a bespoke charter yacht cruise. Enjoy four hours on the waters of the Gulf for the price of three.

**For more information, see contact numbers below or log onto [www.dubaisummeroffer.com](http://www.dubaisummeroffer.com)**

*Terms and conditions apply.*



Nineteen Brunch  
Friday fusion  
favourites

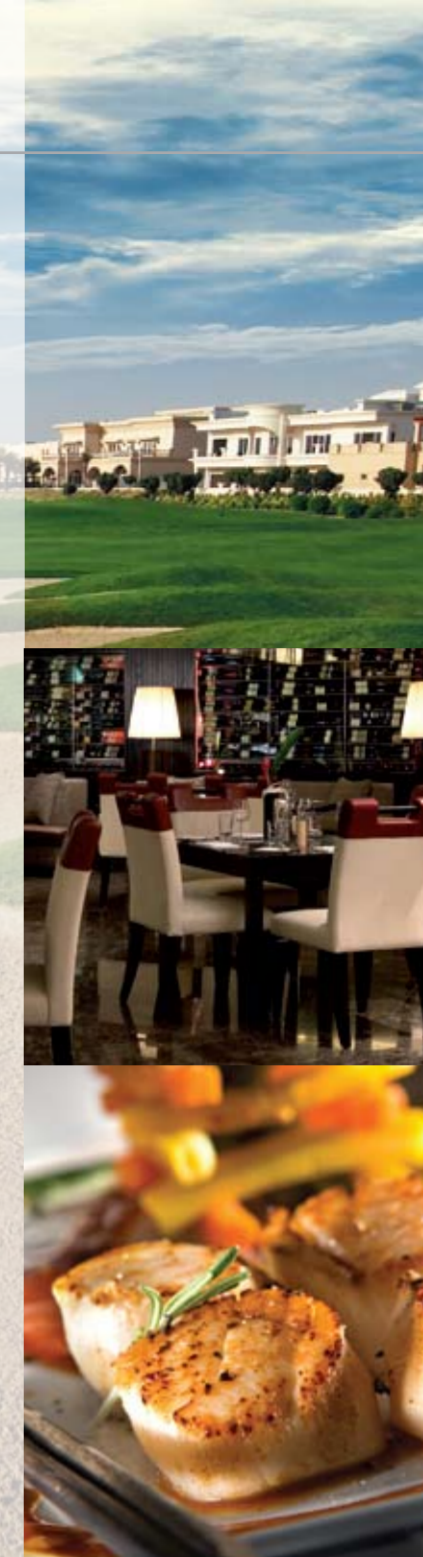


With breathtaking views over the 18th green, lake and golf course, Nineteen is a sophisticated setting for Friday brunch. Situated on The Montgomerie, Dubai's championship golf course, the award winning signature restaurant offers the finest in fusion cuisine. The talented, innovative Executive Sous Chef, Peter Frost takes a handful of the very best in European food, adds a hint of Asia and transforms traditional favourites into exotic creations. For example, the popular

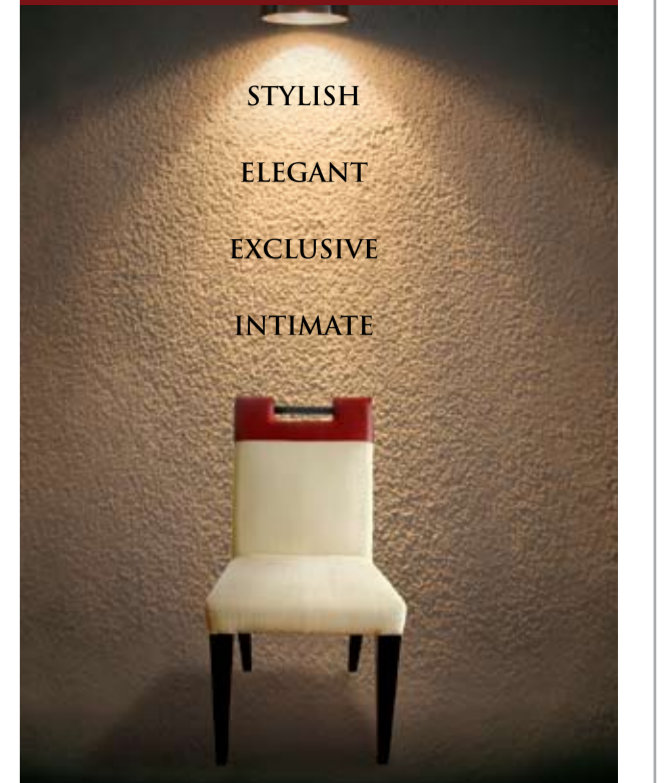
Italian risotto, 'Nineteen style' is transformed into an aromatic, eastern delight by the addition of a touch of lemongrass.

On Fridays from midday to 3:30pm, the Nineteen Brunch invites diners to savour an array of Chef's fusion favourites in the most elegant of venues. Sumptuous starters and delectable desserts are served buffet style while main courses are chosen à la carte. Enjoy a selection of gourmet delights beginning with crab and lobster with signature Marie-Rose sauce, moving onto seasonal salads, tender, succulent main cuts or the ocean's freshest catch, finishing with sweet summer fruit or a wicked sticky pudding.

Whatever your culinary passion, let Nineteen indulge your senses and make Friday brunch an occasion to remember. Price per person is AED 160 or AED 295 per person including beverage package. Children over 12 years are welcome. Bookings are essential.



Win!  
Friday brunch for 4



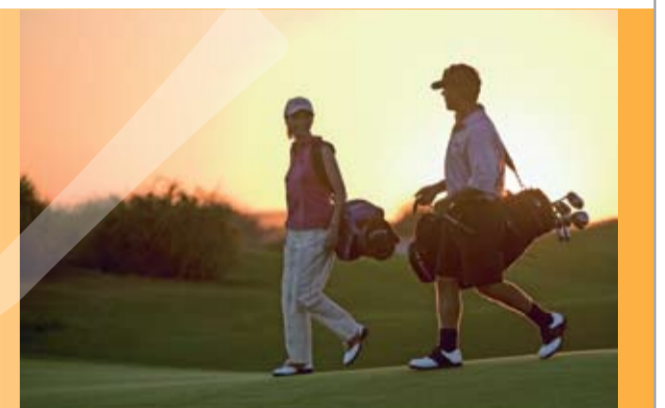
If you want to stand out from the crowd, then enter our competition to win a fabulous Brunch for 4, worth over AED1,000.

**To enter, answer this simple question:**  
What is the name of The Montgomerie, Dubai's signature restaurant?

Send your answer with your name, age and mobile number to [marketing@themontgomerie.ae](mailto:marketing@themontgomerie.ae)

Tee off into the sunset

When the late afternoon sun begins to set over the city, head out into the desert to the Arabian Ranches signature golf course. Beginning 2:00pm onwards from Sundays to Wednesdays, golfers have the opportunity to play as many holes as they can. The summer twilight rates are available from now until the end of September for visitors at AED 285 and UGA members at AED 195. The rates include golf cart, range balls plus 10% Municipality Fee.



Summer golfing

From now until 30th September, the Arabian Ranches Golf Club is offering some attractive summer rates. At weekends, visitors can enjoy a round of golf on the 18-hole desert style course for just AED 385 and AED 275 for UGA members. For a swing of the irons, during the week, from Sundays to Wednesdays the visitor rates are AED 325 and AED 225 for UGA members. All rates are inclusive of range balls and 10% Municipality Fee. Golf carts are available at AED 55 per person.



Special summer rates for superior accommodation

Offering stunning views over the course and just a buggy-hop from the first tee, the recently renovated guest rooms at the Arabian Ranches Golf Club are perfect for golfing enthusiasts. Luxuriously furnished with full en-suite facilities, the summer room rate from now until 30th September is from just AED 455 per night plus 10% Municipality Fee and 10% Service Charge.



# Full steam ahead



As General Manager of Dubai Marina's water-based operations, spearheading the new Dubai Marina Yacht Club concept, overseeing the building of its clubhouse and a further 3 marinas, for Steve Stiglbauer there's little time for cruising. Balance took to the open seas and caught up with the club's new skipper to find out what's happening above and below decks.

Located in one of the most sought-after locations in the UAE, the Dubai Marina Yacht Club is a 3.5 kilometre waterfront development, only minutes from the sparkling Arabian Gulf. The Yacht Club has been designed by Holford Associates in collaboration with Hirsch Bedner Associates and will provide a modern and functional design feel, ideal for the contemporary boat owner. "We are building the highest quality piers made anywhere in the world. The pride I feel in looking at what we're building is enormous. The areas we're developing will house almost 600 yachts when completed," said Steve Stiglbauer.

The new Yacht Club also required a refined corporate identity. "When setting up a development such as this, it's important to have the right identity. The new style is elegant in design and the colors position us as a waterfront facility."

The concept of a formal yacht club is a new one for Dubai, however the response has been very positive and Steve is confident the club will be a huge success. "A yacht club is one of the fundamental milestones as a region matures into sophisticated water oriented lifestyle. We have been overwhelmed with interest and all indications are that we'll be getting off to a great start." The new clubhouse will provide a variety of facilities including membership, public areas, meeting venues and a base for yacht retailers. "Our clubhouse will offer a combination of access to both club

members and the general public while private areas have been reserved for members for exclusive entertaining and relaxation. Public areas will offer fine and casual dining along with a delicatessen and a variety of marine related retailers. Meeting and event venues will also be available for nearby businesses. Furthermore the most prestigious brands and retailers of yachts sold in the UAE will be based at Dubai Marina Yacht Club."

While yacht owners will be able to enjoy a range of exclusive benefits, including their own marina berths in front of the clubhouse, Steve emphasises the club will also offer facilities for the general public to enjoy the waters of the Gulf. "Dubai Marina as a whole will offer a wide variety of ways for people who don't own yachts to get out onto the water. Many companies we are working with will offer charter yachts, dhow and other cruises. We also have a yacht, Athena Dubai, which we own and charter, which can accommodate up to 10 guests. The yacht will allow us to showcase the fantastic food and hospitality from the club's restaurants."

As the first formal yacht club to arrive in Dubai, Steve, realises that the Dubai Marina Yacht Club has an important role to play. "Dubai Marina Yacht Club has a special mission to show the region the best possibilities of the yachting lifestyle. We must play a fundamental role in laying the foundation for the expansion of boating in the region. Boating is one of the very best family activities and we take special pride in helping to promote and support the values of our community". Looking ahead to Dubai's potential for offering a marine lifestyle compared to the US and Singapore, Steve is convinced that Dubai is a strong contender. "We have all the necessary ingredients, including an especially enlightened leadership at the highest levels. The UAE and the Gulf region have a very bright future."



DJ Nights @ Hayya!  
**Exercise to the beat**

Motivational music is just the note for burning calories and getting into shape. Tired muscles will be energised and weary spirits lifted when our resident DJ spins his discs in the gym. So step up the beat, move to the rhythm of the music and get fit with Hayya! Meadows DJ nights.

DJ nights are available to members only on selected nights.  
 Dress Code: Gym wear

# Top 10 nutrition hints and tips

Imagine you could eat all your favourite foods and still lose weight! Well now you can! Here are 10 clever ways to indulge healthily.



- 1. Say cheese**  
 Don't feel guilty about indulging in cheese. Cheese is a great source of calcium and new research shows a high calcium diet can also help your body absorb less fat. Just don't over do it. Instead, go for small amounts of very strong tasting cheeses, such as Stilton and extra mature cheddar and always grate hard cheese instead of slicing it. That way, it looks more, so you use less and still get lots of taste.
- 2. Crunch on crisps**  
 When it comes to losing weight, it needn't be crunch time for crisps, but size does matter. Choose a small packet or just have a few on the side of your plate. Shop around for reduced fat crisps too.
- 3. Go slow**  
 It takes the brain 20 minutes to start signaling feelings of fullness so eat slowly and always wait 15 to 30 minutes before helping yourself to seconds.
- 4. Nibble on nuts**  
 Nuts are great at curbing the appetite, which is why nut eaters tend to have lower body mass indexes (BMI's) than non nut-eaters. And don't beat yourself up about choosing roasted or dry roasted over plain, shelled peanuts – they have more salt, but their fat and calorie content is much the same.
- 5. Dress sensibly**  
 Never free pour salad dressings. Oil based dressings contain approximately 100 calories per tablespoon and 8g fat, so always measure them out. If you really want to cut calories, use a little balsamic vinegar (14 calories per tablespoon) or sweet chili dipping sauce (35 calories per tablespoon) instead.
- 6. Fry light**  
 Fried foods needn't be off limits. Just make sure you use a good quality, non-stick pan and spray your oil into it instead of pouring. Spraying the oil is not only more effective at coating the food so you'll need to use less, but each squirt contains just 10 to 20 calories, compared to a tablespoon of oil which can contain up to 135 calories.
- 7. Savour the flavour**  
 There is no such thing as good or bad food, just good or bad amounts. Allow yourself to really enjoy your favorite foods without feeling guilty and you'll be far less likely to binge on them.
- 8. Easy on the mayo**  
 Who says you can't have tuna or prawn mayonnaise sandwiches, coleslaw or coronation chicken? Simply swap the mayo for half fat crème fraiche and save yourself over 50 calories and 6g fat per tablespoon.
- 9. Cocoa's cool**  
 If you're craving chocolate, go for it. Just avoid the sweet, milky stuff and have two or three squares of good quality high cocoa content chocolate instead. Not only will you save over 125 calories and 14g fat compared to your average chocolate bar, but research shows antioxidants found in the cocoa may help reduce your risk of heart disease and other modern day diseases.
- 10. Use a plate**  
 Never eat biscuits, crisps, ice-cream or any other foods straight from the packet or tub. You'll eat more than you intended. Instead, put your biscuits or crisps on a plate or a couple of scoops of ice-cream in a bowl, then sit down, eat slowly and enjoy.



# Keep the kids active at Hayya! Meadows

If you're wondering how to keep the children occupied during the summer holidays, then look no further. James Masterman invites all children, members and non-members, aged five to 14 years, to join his sports summer camp. Activities include football, basketball, hockey, tennis and dodgeball. The sports camp runs from 29th June until 4th September.

Prices vary according to activity and are available on request.

# Stable Tours

Stable Tours are the perfect start to a Dubai morning. Let the tour guide show you the superb facilities of the Dubai Polo & Equestrian Club and watch in awe as horses from all over the world are trained. You will also experience all the hard work that goes on behind the scenes at the stables to ensure that the horses are in excellent condition.

Finish the morning with a relaxing breakfast in the Epona Lounge all for just AED 185 per person.

To make your booking, call 04 362 7876.



## Stable Management Course

Ever wanted to know how to run a stable like the experts? Well here's your chance. From now until the end of August, the Dubai Polo & Equestrian Club is offering a three-day course on stable management to include training on caring for horses and feeding programmes. The course is open to delegates of all ages and after three days, successful participants are awarded with a certificate.

For children under 12, the three day course is priced at AED 275, for teenagers between 12 and 18, AED 345 and adults AED 425. The rates include three days of training and daily light refreshments.



## Pony Sleepover

the ultimate pony experience

If you're looking for a new idea for your child's birthday party or a weekend sleepover during the summer, the Dubai Polo & Equestrian Club are inviting children to enjoy an overnight package with their favourite ponies.

Check-in is from 4:00pm when the activities begin which include riding lessons, grooming and stable management, followed by an evening barbeque before bedtime. Check-out is at 11:00am after a morning spent again with the ponies.

The sleepover package is priced at AED 475 per child (minimum age 6 years)

## Belly Dancing classes

Learn the traditional mystical dance of 'Racks Sharqy' or what is more commonly known as Belly Dancing.

Sway to the rich rhythms of Oriental Middle East music. The graceful hip drops, spins and other movements that come naturally to the female form will help improve your posture, tone your muscles and release your stress. You'll also enjoy a real calorie burning exercise.

**Monday at 7:30pm**  
Hayya! Club next to Al Manzil Hotel, Downtown Burj Dubai

For more information: contact Marwa on 050 585 6107 or email [info@hayya.com](mailto:info@hayya.com)

# SWINGING SUMMER OFFERS

At The Montgomerie, Dubai, this summer is all about golf. From beginner lessons to special seasonal rates for the accomplished player, The Montgomerie, Dubai invites golfers to enjoy a swinging summer!

### DIRTY DOZEN - 12 for the price of 10

Practice makes perfect, improve your handicap and purchase twelve rounds of golf for the price of ten. Multiple rounds can be played daily on weekdays as well as weekends and must be completed by 15th September. The summer special rate is AED 2,950 and subject to 10% Municipality Fee.

### A GUY THING - Sixty minutes of swing

Enjoy an hour of long and short game instruction with three golfing buddies. Designed to build solid golf fundamentals, improve body performance and ultimately perfect your swing. Working with golfing experts using video swing analysis, each student will be provided with a performance review pack including swing notes plus print and digital images of his personal swing. All participants will be invited to an end of summer Academy Course Challenge.

Available for up to four gentlemen per lesson the rates vary according to the number of students attending: one student AED 350, two students AED 525, three students AED 615 and maximum of four students AED 700.



### SUMMER PLAYING LESSON - Play a round with the professionals

Enjoy a round of golf on a championship course with a personal coach. Accompanied by an instructor from the The Academy by Troon Golf, players will receive practice balls, instruction and advice on the way around, together with a detailed report on how to improve their performance. Lessons start from AED 1,035 for 9-holes or AED 1,800 for the full round.

### LEARN GOLF IN A WEEK - Back to school for first time golfers

If you and your friends have ever wanted to learn all about birdies and holes-in-one, The Academy by Troon Golf is offering a summer school coaching programme for up to three students per lesson. From now until 15th September, subject to availability, the school is designed for first time golfers and provides a comprehensive introduction to this popular sport including the basics of the swing, short game technique and putting. In addition, students will learn about the rules and etiquette of golf and play a round of golf on the 9-hole par 3 Academy course accompanied by an instructor.

'Learn Golf In A Week' School at The Academy by Troon Golf includes the following:

- Welcome pack
- Three hours of instruction each morning, over three consecutive days
- Use of the 9-hole par 3 Academy course
- Unlimited use of range balls
- Use of all golf equipment
- Lunch each day

The rates are as follows:

One student AED 2,500, two students AED 3,750 (AED 1,875 per student) and for a maximum of three students AED 4,375 (AED 1,455 per student).

### SUMMER GOLFING RATES

This summer enjoy a round of golf on a championship course at some very special rates. From now until 30th September, The Montgomerie, Dubai is tempting visitors onto the greens to play 18-holes for AED 395 and 9-holes for AED 260. UGA members can play 18-holes for AED 295 and 9-holes (midweek) for AED 220.

During the summer, the Academy Course and Practice Facility Pass is priced at AED 120 and includes access to the 9-hole par 3 Academy Course, the long and short game practice areas including unlimited range balls.

### TWILIGHT GOLF

Enjoy afternoon tee-offs during the week from Sunday to Wednesday, 1:30pm to 3:50pm for AED 295 for visitors and UGA members or AED 225 from 4:00pm onwards.

All rates are valid from now until 30th September and are subject to 10% Municipality Fee. Championship Course green fee is inclusive of shared cart, unlimited range balls prior to play, cold towels and bottled water. Rates are 'per person per visit' and are not applicable during public holidays.

Experience affordable indulgence for only **AED 1,199\***

Book 1 night's accommodation for 2 guests in our 5-star boutique hotel, inclusive of breakfast, and choose from one of these options:

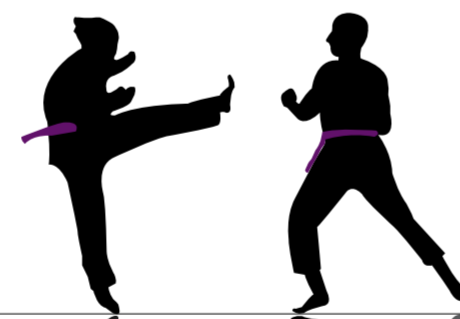
- A round of golf for 2
- A 60-minute massage for 2 at Angana Spa
- A romantic dinner for 2 in the award-winning Nineteen
- A golf and massage combination

CREATING EXTRAORDINARY EXPERIENCES

THE MONTGOMERIE DUBAI

\*Price is inclusive of 10% municipality fees and 10% service charge. Offer is valid 15th May to 31st August 2008. Terms & Conditions apply. Reservations are subject to availability and can be made by contacting Email: [hotelreservations@themontgomerie.ae](mailto:hotelreservations@themontgomerie.ae) or Tel: +9714 390 5600.

TROON GOLF®



## Shape up with Hayya!

Cardio Kickboxing and Conditioning at Hayya! Old Town

A total conditioning class designed to get you to that desired fitness level in no time.

A mix of martial arts, multi directional movement and strength elements make the class an 'all-in-one' choice for many!

All packed into a one hour intense workout to suit all levels!



### FREE CLASS

at Hayya! Old Town on Wednesday 9th and 16th July at 7:30pm

Please bring this coupon to enjoy your free class.

### Belly Dancing Class

First name:	Surname:
Mobile:	Date of birth:
Address:	Email:
Main fitness interest:	



### FREE CLASS

at Hayya! Old Town on Monday 14th and 21st July at 6:30pm.

Please bring this coupon to enjoy your free class.

### Cardio Kickboxing and Conditioning

First name:	Surname:
Mobile:	Date of birth:
Address:	Email:
Main fitness interest:	

# New Chef takes the reins at Arabian Ranches



Alexandre Ferreira has recently joined as Executive Chef at Arabian Ranches looking after both the Golf Club and the Polo Club. A well travelled chef, he brings with him a wealth of culinary experience and both properties are looking to benefit from Ferreira's knowledge of world cuisine. Originally from Lausanne, Switzerland he spent 10 years in Australia, working at the Sydney Opera House and the Westin, also in Sydney. However favouring more exotic locales, Ferreira headed east to the Maldives where he worked at the Huvaafen Fushi (the pinnacle of culinary cuisine) before moving to Goa. The following three years were spent at the Park Hyatt Resort & Spa before moving to Dubai.



## Winner!

After an overwhelming response to our last issue's competition, Nuran Serviced Residences is happy to announce the lucky winner, Mrs Kim Redman, who looks forward to a relaxing 2 night stay at Nuran Marina Serviced Residences in a one-bedroom apartment.

Pictured above, is Ms Marlen Apel receiving the Competition Voucher on behalf of Mrs Redman.

We would like to thank all other participants for sending their responses and we wish you good luck for next time!

# Summer sailing in style

Living on the shores of the Gulf, the sea is the perfect way to escape from the hectic pace of daily life. Athena Dubai, the Dubai Marina Yacht Club's luxury yacht offers bespoke cruises for up to 12 guests and at 13 metres in length, the large open spaces and solid hull ensures a smooth ride. With full catering services on board and a variety of cruising itineraries tailored to suit, the Athena Dubai is ideal for leisure or business entertaining. From a trip around Dubai's iconic Palm to an overnight stay in a neighbouring emirate, set the compass and let the gentle rhythmic sway of the ocean embrace you.



## CONTACT US:



**Arabian Ranches Golf Club**  
Tel: +971 4 366 3000  
Fax: +971 4 366 3355  
Email: [teetime@arabianranchesgolf.ae](mailto:teetime@arabianranchesgolf.ae)  
[www.arabianranchesgolfdubai.com](http://www.arabianranchesgolfdubai.com)



**Dubai Marina Yacht Club**  
Tel: +971 4 362 7883  
Fax: +971 4 360 8875  
Email: [info@dubaimarinayachtclub.com](mailto:info@dubaimarinayachtclub.com)  
[www.dubaimarinayachtclub.com](http://www.dubaimarinayachtclub.com)



**Dubai Polo & Equestrian Club**  
Tel: +971 4 361 8111  
Fax: +971 4 361 7111  
Email: [info@poloclubdubai.com](mailto:info@poloclubdubai.com)  
[www.poloclubdubai.com](http://www.poloclubdubai.com)



**Hayya!**  
Tel: +971 4 362 7775  
Fax: +971 4 360 8819  
Email: [info@hayya.com](mailto:info@hayya.com)  
[www.hayya.com](http://www.hayya.com)



**Nuran**  
Tel: +971 4 368 9098  
Fax: +971 4 367 4949  
Email: [reservations@nuran.com](mailto:reservations@nuran.com)  
[www.nuran.com](http://www.nuran.com)



**The Montgomerie, Dubai**  
Tel: +971 4 390 5600  
Fax: +971 4 360 8981  
Email: [info@themontgomerie.ae](mailto:info@themontgomerie.ae)  
[www.themontgomerie.com](http://www.themontgomerie.com)

### FAMILY BRUNCH

Arabian Ranches Golf Club  
Every Friday  
A delicious family feast for just AED 75 per adult and AED 45 for children aged 4 - 14. Free for under 4's.

### NINETEEN BRUNCH

The Montgomerie, Dubai  
Every Friday  
12:00pm - 3:30pm  
A stylish, sumptuous brunch in an intimate setting overlooking the 18th hole. AED 160 per person or AED 295 including beverage package. Adults and children over 12 years welcome. Bookings are essential.

### FRIDAY BRUNCH

Dubai Polo & Equestrian Club  
Brunch at the Palermo restaurant is a pitch above the rest, with stunning views over the polo fields. Just AED 145 per person including soft drinks or AED 199 with house beverages.

### QUIZ NIGHTS

Arabian Ranches Golf Club  
Every Tuesday  
Quiz night is free entry for all and there is a buffet available on the night for only AED 70 per person. Bookings are essential.

### BRITISH BUFFET NIGHT

Arabian Ranches Golf Club  
Every Thursday  
AED 70 per adult  
AED 45 per child aged 4 - 14. Free for under 4's.

### DIVE-IN MOVIES

The Montgomerie, Dubai  
Every Thursday from 7:30pm  
Don your bathing suits for a swimmingly good time by the pool deck. Slushies, popcorn and a snack menu available. Members free and AED 25 per guest. Children must be supervised at all times. Bookings are essential.

### SUNSET SHISHA'S

Dubai Polo & Equestrian Club  
Daily 6:00pm - 11:00pm  
Epona Terrace provides an incredible unique setting for an evening under the stars.

## SUDUKO CHALLENGE

Relax with a cup of coffee and exercise your brain cells with these addictive puzzles.

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	8	6		7				9
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	4		1		8		6	
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2				8		6	9	
	1		6		2			
6	5	8				4		

LEVEL: EASY