



NEWSLETTER

FALL 2011

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The Fall newsletter covers many topics, program information and schedules, but first let me take a minute to thank each of you for sharing with your family and friends about the benefits of membership and the top quality programs at South Shore Health & Racquet Club. Your referrals are a wonderful compliment to the staff and the club. Remember our **SHORE BUCKS PROGRAM**: refer a new regular member and receive \$50 in Shore Bucks.

The referrals help us to maintain a top notch facility and continually add new equipment such as the 6 new Matrix treadmills with TV's and ipod connectivity, 2 new Woodway treadmills, 2 new Matrix upright bikes and FREE studio pump classes.

Don't forget the annual "End of Summer Picnic" on September 29th. Also, we hope you have been receiving our new E-Blast from South Shore. Be sure and give us your e-mail address and we will make sure you receive our latest information each month.

We have some great programs planned for the fall and winter so be sure and check them out!

Have a Great Fall! See you at the Club!
John & Karen

Come Join the Fun!

\$50 \$50 \$50 \$50 \$50 \$50
IN SHORE BUCKS
REFER A NEW MEMBER &
RECEIVE \$50 IN SHORE BUCKS
(1/2 off the initiation fee with a one year commitment)
A GREAT TIME TO PROMOTE YOUR CLUB

Membership Cards Required

Please help by carrying your **MEMBERSHIP CARD** and checking in at the front service desk

(\$5.00 for replacement cards)


Fall Open House and Picnic
Thurs.- Sept. 29th
5 - 7 pm • FREE
Bring a Friend! Great Fun!!!

Hot Dogs & Brats
Salads
Desserts & Beverages
Pop & Club Tours



Birthday Parties

South Shore is a **SUPER Site** to have your child's **Birthday Party**
WE'LL DO ALL THE WORK!
Call Laurie Scudder
429-2101



October Work Out Contest/ Check In Contest
Be sure and carry your membership card!
Whoever checks in for workouts the most will receive a \$50 Gift certificate at your favorite restaurant

Member Pot Luck Christmas Party!
December 2nd, 5 PM - 7 PM
GREAT FOOD AND FUN!
Please bring your favorite dish to pass and an unwrapped toy for Toys for Tots



HOLIDAY HOURS

Labor Day - September 5th.....8 am - 1 pm
Thanksgiving - November 24thClub Closed
Christmas Eve - December 24th8 am - 1 pm
Christmas - December 25thClub Closed
New Years Eve - December 31st....8 am - 1 pm
New Years Day 2012.....Club Closed

South Shore is open & fully staffed over 100 hours per week
For your Safety - Information & Convenience

Fall, Winter & Spring
Hours of Operation
Beginning Tuesday Sept. 6th
Monday - Thursday5:00 am - 10:00pm
Friday.....5:00 am - 9:00 pm
Saturday.....6:30 am - 7:00 pm
Sunday.....9:00 am - 7:00 pm

South Shore Health & Racquet Club
3630 Tennis Court, St. Joseph, MI 49085
(269) 429-2101 • (fax) 429-6520
(e-mail) sshrc@qtm.net • www.sshrc.biz





FITNESS



Group Exercise Class SilverSneaker I Muscular Strength & Range of Motion

This class is designed to increase, strength, range of movement, agility, balance and coordination and to improve functional capacities, physical fitness level and since of well-being. Class takes place on the aerobic floor.

Fun - Fitness - Friends

**Tuesday & Thursdays
10:30 – 11:30 am
All levels are welcome!
COST: Free M**

SilverSneaker II Cardio Circuit

Combine fun and fitness to increase your cardiovascular and muscle endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching.

**Wednesdays
8:15am (45min) All levels welcome!
COST: Free M**

Junior Certification – (12-14yrs)

Private Session scheduled with a Personal Trainer
\$45 for a 60 minute session

Without this certification, your child cannot use the fitness center equipment if they under the age of 14 years.

The Junior Fitness Certification is designed to educate and motivate your child to workout. Your teen will learn proper youth weight training techniques, how to use the cardiovascular equipment and the fitness center rules and safety. Once your teen is certified, he/she will be able to use specified fitness equipment without direct parental supervision.

TAI CHI * Move – Balance & Breathe

Instructor: Barbra Starke, RN, MSN, FNP-BC, (A)HNC-BC, HTCP/I-BC
Barbara is an advanced practice nurse educator and her focus is on improving mind/body function. Her passion and expertise are in the areas of high-level wellness. She teaches alternative / complimentary therapies nationally for health care providers and interested lay persons.

- Improve balance and coordination • Reduce arthritic joint pain
- Increase muscular strength • Improve mental clarity
 - Emotional stability • Relieve stress

**Program will begin September: TIMES & DAYS –
Please Contact Front Desk**

SPINNING (Indoor Cycling) Private Cycling Studio

Have you always wanted to try cycling class? **Your first class is FREE.** Have you always wanted to try cycling class? Your first class is FREE. If you think 60 minutes is to long...**NO WORRIES!** You control your own resistance and pace.

Don't be intimidated: **YOU CAN DO IT!**
Registration is recommended, class size is limited, all levels welcome. **\$2 per class, punch cards available.**



ZUMBA

It is a fusion of Latin and International music that creates a dynamic, exciting and effective fitness workout...no partner needed. High energy, calorie burning, and body energizing workout. Zumba features interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Check out the **FITNESS PARTY!** Mondays NOON, Tuesdays 5:30pm, Wednesdays 9:05am, Thursdays 5:40pm and the first & third Saturday of every month 9am. Certified Instructors: Francine Jordan & Carolyn Margol

ZUMBA PARTY – FALL HARVEST BASH 2011

Come and Party with us!
Friday, October 21
6pm-8pm after party 8-9pm
All levels Welcome... Bring a friend!
Enjoy health snacks
Prize Drawings
Cost: \$10



FITNESS continued

BOOT CAMP

Traditional Boot Camp with a Twist!

60 Minutes of taking it to the next level

Class format as follows warm-up, strength training, cool down and stretching.

Keep your heart-rate and work hard taking your workout to the next level.

PUSH IT AND WORK IT... YOU'LL LOVE IT WHEN YOU'RE DONE!

Who is this class for? Anyone ready to take it to the next level!

Session Dates

August 15 – September 22

September 26 – November 3

November 7 – December 15 (no class November 24th)

Tuesday & Thursdays

7:30-8:30pm (Instructor Beau)

Cost: \$45M / \$55NM



TRX Only & TRX FUSION Total Body Resistance Training

Get an amazing workout, your core will love you for it! All core all the time, no matter what exercise you are doing with the TRX your core is engaged and ready to work. Take the TRX FUSION class and keep that heart pumping with a little interval fusion great twist to a fabulous workout!

Session Dates

August 15 – September 22

September 26 – November 3

November 7 – December 15

(no class November 24th)

Tuesday	9:50-10:35am	\$25M/\$35NM
Wednesday	6:30-7:15pm	\$25M/\$35NM
Thursday	9:50-10:20am (30min)	\$20M/\$30NM

September 24 – October 29

November 5 – December 10

Saturday	10:00-10:45am	\$25M/\$35NM
Thursday	6:00-6:45am	\$25M/\$35NM

Drop in Rates available, please check with front desk.
Only if space is available. Reserve your spot.

TRX Boot Camp

Total Body Resistance Training with a Boot Camp emphasis, taking your workout routine to the next level.

Session Dates

August 15 – September 22

(no class September 5)

September 26 – November 3

November 7 – December 15

(no class November 24th)

Tuesday & Thursdays (Intermediate/Advanced)

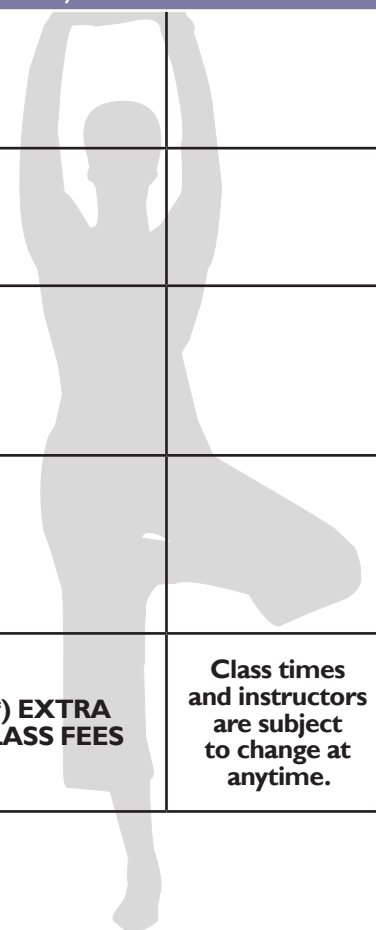
	9:00-10:00am	\$45M/\$55NM
Monday	7:30-8:30pm	\$30M/\$40NM
Wednesdays	7:30-8:30pm	\$30M/\$40NM
Thursday (All Levels)	6:00-7:00pm	\$30M/\$40NM

Drop in Rates available, please check with front desk.
Only if space is available. Reserve your spot.

FALL 2011 STUDIO SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Circuit Sculpt 6am (60min) Studio 2 • Tara		Morning Express 6am (60min) Studio 2 • Carolyn	TRX (*) FUSION 6am-6:45am Studio 1 • Janelle	Circuit Sculpt 6am (60min) Studio 2 • Tara	Cardio/Box/Core 9am (60min) Studio 2 Rotation First & Third Saturday of every month ZUMBA
CROSS PUMP 8:00am (55min) Studio 2 • Michelle (Limited * Sign up)	ADVANCED TRX (*) Boot Camp 9:00am (60min) Studio 2/Gym • TARA	SilverSneakers 8:15am (45min) Studio 2 • Jean	ADVANCED TRX (*) Boot Camp 9:00am (60min) Studio 2/Gym • TARA	CROSS PUMP 8:00am (55min) Studio 2 • Michelle (Limited * Sign up)	
Cardio Strength Interval 9am (60min) Studio 2 • Carolyn	Power Yoga 8:30am (60min) Studio 1 • Maria	ZUMBA 9:05am (60min) Studio 2 • Francine	Pilates FUSION 9:00am (60min) Studio 1 • Jean	Step & Sculpt 9am (60min) Studio 2 • Carolyn	
Core Training 10am (15min) Studio 2 • Carolyn	TRX (*) ONLY 9:50am (45min) Studio 1 • JANELLE		TRX (*) ONLY 9:50am (30min) Studio 2 • JANELLE	Core Training 10am (15min) Studio 2 • Carolyn	
Tai Chi TBA Barbara	SilverSneakers 10:30am (60min) Studio 2 • Carolyn	Tai Chi TBA Barbara	SilverSneakers 10:30am (60min) Studio 2 • Jean		
		Gentle Yoga 10am (60min) Studio 1 • Adrienne			Morning YOGA 10:00am (75 min) Studio 1 • Adrienne
ZUMBA NOON (50min) Studio 2 • Francine					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Step N' Sculpt Intermediate/Adv. 4:30pm (60min) Studio 2 • Leslie	Cross Training 4:30pm (60min) Studio 2 • Leslie	Step * TABATA 4:30pm (60min) Studio 2 • Leslie	Cross Training 4:30pm (60min) Studio 2 • Leslie		
Core Training 5:30pm (15min) Studio 2 • Leslie	ZUMBA 5:30pm (60min) Studio 2 • Francine		ZUMBA 5:40pm (45min) Studio 1 • Carolyn		
STUDIO PUMP 6:00pm (60min) Studio 2 • Gabrielle (Limited * Sign Up)		STUDIO PUMP 6:00pm (60min) Studio 2 • Gabrielle (Limited * Sign Up)	TRX (*) Boot Camp 6:00pm (60min) Studio 2 /Gym BEAU		
	Pilates/Yoga FUSION 6:30pm (60min) Studio 1 • Jean	TRX (*) ONLY 6:30pm (45min) Studio 1 /Gym BEAU	Pilates/Yoga FUSION 6:30pm (60min) Studio 1 • Carolyn		
(*)TRX Boot Camp 7:30pm (60min) Studio 2 • BEAU	(*) Boot Camp 7:30pm (60min) Studio 2 • BEAU	(*)TRX Boot Camp 7:30pm (60min) Studio 2 • BEAU	(*) Boot Camp 7:30pm (60min) Studio 2 • BEAU	(*) EXTRA CLASS FEES	Class times and instructors are subject to change at anytime.



FALL 2011 SPINNING/CYCLING TRX SCHEDULE (Subject to change)

Location Monday Tuesday Wednesday Thursday Friday Saturday

CYCLE TRX		Cycling 6am (60 min) Janelle		TRX (*) FUSION 6am-6:45am Studio 1 Janelle	Cycling 6am (60 min) Liz		CYCLE TRX
SPIN		SPINNING 8:30am (45min) Edie	SPINNING 8:30am (60min) Maria	SPINNING (45) CORE (30) 8:30am (75min) Michelle		Advanced Cycling 8:30am 75min) Janelle	SPIN
SPIN TRX	SPINNING 9am (60min) Stacey	ADVANCED TRX (*) Boot Camp 9:00am(60min) Studio 2/Gym TARA		ADVANCED TRX (*) Boot Camp 9:00am(60min) Studio 2/Gym TARA	SPINNING 9am (60min) Edie		SPIN RX
TRX		TRX (*) FUSION 9:50am(30min) Studio 2 JANELLE		TRX (*) FUSION 9:50am(30min) Studio 2 JANELLE		TRX (*) FUSION 10:00-10:45am Studio 2 Janelle	TRX
CYCLE TRX	Cycling 6:00pm (60min) Jenn		Cycling 6:00pm (60min) Liz	TRX (*) Boot Camp 6:00pm (60min) Studio 2 /Gym BEAU			CYCLE TRX
TRX			TRX (*) ONLY 6:30pm (45min) Studio 1 /Gym BEAU			Class Times and Instructors are subject to change without notice.	TRX
TRX	(*)TRX Boot Camp 7:30pm (60min) Studio 2 BEAU		(*)TRX Boot Camp 7:30pm (60min) Studio 2 BEAU				
	REGISTAR FOR ALL CLASSES	All New Riders Please Arrive 10 minutes Early	Spinning/Cycle 60 Minute All Levels Welcome	Spinning/Cycle 45 Minute All Levels Welcome	Spinning/ Cycle 75 Minute Classes Advanced 3+ Months of riding		

40 Minute Classes Beginner/Intermediate level
 60 Minute Classes All Levels Welcome
 70 Minute Classes Advanced 3 + Months of Riding

Class Times and Instructors
are subject to change without notice.

FALL 2011 Junior Tennis Program

Fall I Sept. 12 - Oct. 30 (7 Weeks)
Fall II Oct. 31 - Dec. 20 (6 Weeks)

Lowered prices for FALL II will be reflected at the front desk.

JUNIOR PROGRAM COMMITMENT

The South Shore Junior Tennis Program's philosophy is to help each child to reach his or her full potential in a well-structured and enjoyable environment. We want to help each child understand all aspects of tennis as a *fun* sport, including it's invaluable life lessons.

Mark Ficks - USPTA P-I Director of Tennis

Mark is certified at a P-I level by the USPTA and the American Platform Tennis Association. Mark has twice been a speaker at the Chicago Tennis Workshop as well as a speaker at the 2007 & 2011 USPTA Midwest Convention in Indianapolis. In 2007 & 2011 Mark received the **"Michigan Professional of the Year"** honor. He has had several articles published, served as a vice-president for the USPTA Northern Indiana division and as a Midwest USPTA Awards Committtee member. Mark is currently on the Board of Directors for Western Michigan USTA, is a National Zonals Coach, WMTA 12 & Under District Cup Coach, serves on the WMTA's competition Committee, and coaches the Bridgman High School Boy's Team.

Debbie Davidson - USPTA

Debbie is a certified USPTA Tennis Professional and she has been involved in South Shore's Tennis Department as a professional

for 7 years. She regularly attends USPTA Seminars and specialty courses to further her education. Debbie is in charge of the men's and women's leagues and travel teams at the racquet club, and she coached at the high school level for 5 years.

Dave Zimmermann - USPTA

Dave makes the trek to South Shore from South Haven where he resides and he is a certified USPTA professional. In addition to teaching topspin forehands, Dave is also a professional artist and he heads up South Shore's Junior Tennis Program.

Jen Davidson, USPTA

Jen is a former member of the Saint Joe Bears Tennis Team, and heads up our "Quick-Start Tennis program.

SESSION FEES (7 WEEKS)

	Member	NM
*High School.....	156.	189.
*Teen Class.....	114.	135.
*Middle School.....	114.	135.
*Superstars.....	114.	135.
Little Stars.....	74.	91.
Firecrackers.....	51.	65.

Prices listed are for one day per week.

*These classes **include** a 30 minute private lesson!

Policies & Procedures

Payment & registration must be received in order for your child's name to be put on a class roster.

- **No credits will be given.** Make-ups are allowed with advance notice, **if possible**, but **are not guaranteed**. They must be made up within the current session.
- Drop-ins must be approved ahead of time by the instructor.
- **Non-marking tennis shoes must be worn.**
- Ages are only a guideline and the tennis staff reserves the right to determine the grouping of the children as well as movement between groups. Classes must have a minimum of 5 players.

South Shore members save \$10 if you register 7 days early!

PRIVATE LESSON RATES:

- Mark Ficks USPTA \$51
- Debbie Davidson USPTA \$48
- Dave Zimmermann USPTA \$48
- Jen Davidson USPTA \$48

Add \$6 for non-member private lessons

Rates listed are per hour and are scheduled through each individual pro. Semi-private lessons are also available.

There is no better way to improve your child's tennis game than by making private lessons a part of their tennis education. Group lessons accompanied by private lessons ensure that your child receives the one-on-one attention that they need!

Junior Tennis Program Continued

The "TEEN STARS" program

The "Teen Stars" program is designed to give middle-school to high school aged kids the tools that they will need in order to be successful when competing for their high school tennis teams.

HIGH SCHOOL

Open to players who have played varsity or j.v. tennis.
Tuesday and/or Thursday 3:30 pm - 5 pm

TEEN CLASS

Designed for teens who are considering trying out for their high school tennis team.
Saturday 12:30 pm - 1:30 pm

MIDDLE SCHOOL

Tuesday and/or Thursday 5 pm - 6 pm
Saturday 11:30 am - 12:30 pm

The "Future Stars" Program

All Future Stars classes will stress the *fundamentals*. Small nets, foam balls, music, stuffed animals and plenty of *fun* games will create lots of smiles! These classes will also challenge those children who have previous tennis experience.

SUPERSTARS (AGES 8-11)

Tuesday 5 pm - 6 pm
Wednesday 5:30 pm - 6:30 pm
Thursday 5 pm - 6 pm
Saturday 10:30 am - 11:30 am

LITTLE STARS (AGES 5-8)

Monday 4:30 pm—5:30 pm
Tuesday 4 pm - 5 pm
Wednesday 5:30 pm - 6:30 pm
Thursday 4 pm - 5 pm
Saturday 9:30 am - 10:30 am

FIRECRACKERS (AGES 3-4)

Monday 4 pm - 4:30 pm
Tuesday 4:30 pm - 5 pm
Tuesday 10 am - 10:30 am
Wednesday 10:30 am - 11 am
Thursday 4:30 pm - 5 pm
Friday 10:30 am - 11 am
Saturday 9 am - 9:30 am

PRIVATE LESSON INCLUDED!

Each participant in the Superstars, Little Stars, sMiddle School, and High School classes receives a 30 minute private lesson from one of our USPTA Tennis Professionals. **It's included!**



Adult Tennis Instruction 2011

FALL I Sept. 12 – Oct. 30 (7 weeks)

FALL II Oct. 31 – Dec. 18 (6 weeks)

Lowered prices for FALL II will be reflected at the front desk.

Tennis 201

Friday 9 am – 10:30 am

**FALL I \$126 M/\$157 NM
FALL II \$108 M/\$136 NM**

The Tennis 201 Class is the next level up for players who have graduated from Tennis 101. This level of programming is often appropriate for the player who used to play, but has been away from the game for awhile and wants to get back into it.

Tennis 101

Friday 10:30 am – 12 noon

**FALL I \$126 M/\$157 NM
FALL II \$108 M/\$136 NM**

The Tennis 101 classes are for players who have little or no experience with tennis. These classes will have a laid-back and fun approach to learning the awesome game of tennis.

Adult Tennis Leagues 2011

FALL I Sept. 12 – Oct. 30 (7 weeks) \$56

**FALL II Oct. 31 – Dec. 20 (No league Thanksgiving week)
(6 weeks) \$48**

Monday

Ladies Intra-Club League 9 am – 11 am

*Please contact Debbie Davidson when registering for this league.
The rates and format for this terrific league differ from the other leagues.*

Wednesday

**Men's Doubles 7 pm – 8:30 pm
Ladies Beginner League 9 am - 10:30 pm**

Thursday

Ladies Rotating Doubles 3.0+ 10 am – 11:30 am

Tuesday

Ladies Doubles 3.0-3.5+ 6 pm – 7:30 pm

Sunday

**Mixed Doubles 3.0+ 5 pm – 6:30 pm
\$9 FF/\$14 NM each week (dinner included)**

Ladies Intra-Club Doubles League

**September 19 – December 5
(11 weeks of play)**

(The league will not meet the Monday after Thanksgiving)

This popular league is back and once again it will be meeting on **Monday mornings from 9 am – 11 am**. Child-care will be available during the league and all matches are at South Shore so there is *no traveling out-of-town in the winter weather!* Please contact League Coordinator Debbie Davidson as soon as possible to guarantee your spot in this terrific tennis program. You can call Debbie at the club or send her an e-mail at: debdwcw@aol.com.

Calling all Racquetballers!!

New leagues start on September 12 and 13 and run through November. The \$40 league fee includes unlimited court time during the league.

Monday evening is the intermediate league with Nancy McDonnall and Jim Smith always at the top in the standings.

Tuesday evening is the "A" league where Bob Beemer and Jerry Gathright are tough to knock out of the top position.

Also, there will be a Fall tournament with the YMCA and we will provide information of other tournaments available in Michigan.

Please contact Dan Deitrich at dandeitrich@yahoo.com if you are interested in joining us for the great game of racquetball.

AQUATIC SCHEDULE - Fall 2011

*The Aquatic Center (Pool, Spa, Steam Room and Locker Rooms)
will be closed Tuesday, September 7- Sunday, September 12 for maintenance.*

American Red Cross Learn to Swim

Monday Evenings

Cost: Member \$70.00

Non-Member \$80.00

September 12 - October 17

October 31 - December 5

Level 2 5:15-6:00pm

Level 3 6:00-6:45pm

Level 4 5:15-6:00pm

Level 5/6 6:00-6:45pm

Private and Semi-Private Lessons can be Scheduled at your Convenience. Call the Club for more details.

CPR for the Professional Rescuer

Sunday, Oct 16 12:00-4:00pm

Cost: \$60.00 + \$10.00 book fee

This class offers CPR for Adults, Infants, and Children. AED training is included with this course.

Sister Lakes Triathlon

Four hundred athletes compete in first annual triathlon. The triathlon featured two divisions: The Olympic which featured a 1000 meter swim, a 23 mile bike ride and a 10 kilometer run, and a Sprint which had a 500 meter swim, a 13 mile bike ride and a 5 kilometer run. South Shore was well represented with Keri Pawielski finishing 1st overall in the Olympic with a time of 1:53:53, Ann Campbell-Hays finished second in the Sprint with a time of 1:18:44 and Sean DeLaForet finished 2nd in his age group. Many other of our members competed and we congratulate all of these great athletes.

Lifeguard Training

December 26-30

11:00am - 3:00pm

Members \$200.00

Non Members \$225.00

Participants must be at least 15 years old and able to swim 500 yards continuously. Attendance is mandatory at all sessions.

A 4 student minimum is required for the class to take place. All books and study materials are included in the price

Swim Team

Wednesday 4:30 - 6:00pm

Saturdays 1:00 - 2:30pm

Participants must be able to swim 25 yards (1 length) of front crawl and back crawl.

September 14 -November 16

November 30 - February 1

Come to the Fall Picnic and meet our coaches

Cost: Members 2 day/week \$150.00

1 day/week \$100.00

Non Member 2/day week \$180.00

1 day/week \$140.00



AQUATIC SCHEDULE - Fall 2011 (continued)

Aquacise

In the best interest of all participants we encourage you to attend the class that best meets your exercise needs and capabilities. Attending a class based on time may result in the class not meeting your expectations and needs
Cost: M/FREE NM/50.00 per 10 class punch card

Maximum Liquid

High intensity aerobic workout
MWF 8:30 - 9:15am
TTh 6:00 - 6:45am

Body Call Back

Combinations of aerobics and strength/flexibility
TTh 10:00 - 10:45am
TTh 5:45-6:30pm
Sat. 8:00 - 8:45am

Silver Splash

Low impact workout with focus on flexibility and strength conditioning.
MWF 9:45 - 10:30am



CALENDAR OF EVENTS



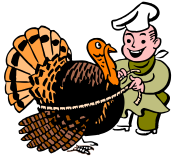
SEPTEMBER

- 5.....Labor Day - Club Open 8 am - 1 pm
- 6.....**Fall hours begin**
- 12.....Fall Season kicks in - seasonal court time, leagues, lessons start
- 12.....Learn to swim
- 14.....Swim Team
- 19.....Ladies Intra Club League starts
- 26.....New Boot Camp and TRX Fusion sessions begin
- 29.....Family Picnic 5-7 pm - brats, dogs, desserts and more!



OCTOBER

- 1Check In contest begins! Win a \$50 gift card!
- 16.....CPR training
- 21Fall Harvest Zumba Bash 6-9 pm
- 31Fall II lesson session starts
- 31Happy Halloween! Membership promo ends today
- 31Learn to swim



NOVEMBER

- 7New Boot and TRX Fusion camp sessions begin
- 24.....Happy Thanksgiving Day! Club Closed
- 30.....Swim Team



DECEMBER

- 2Members Potluck Christmas Party 5-7 pm - *lots of great food & fun*
- 19 - Jan 1Holiday Break - No SCT
- 24.....Christmas Eve - Club Open 8 am - 1 pm
- 25.....Merry Christmas! Club Closed
- 26-30Lifeguard Training
- 31New Years Eve - Club Open 8 am - 1 pm