



NEWSLETTER

WINTER 2012

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Creetings from South Shore!

It's hard to believe that 2012 is here. We are very excited about the upcoming year. First, we would like to thank you, our members for all your fantastic support in 2011. Every year many of you refer friends, family and neighbors to the club, which is very much appreciated. And remember—if you have encouraged someone to join and they list you as the “referring member” you will receive \$50 in Shore Bucks (good for anything at the club except dues) so yahoo—free spending money!

Please check out this newsletter for schedules and new additions to our programs. We've added a number of fitness and cycling classes as well as new tennis events. In February we hope to begin Aqua Zumba classes—won't that be a splash of fun!

We have added a Tennis Hall of Honor in the back lounge to recognize several of our tennis “stars” and their accomplishments. Stop in and have a look.

We'll be adding new programs and making some exciting changes at the club. It's going to be a fun year!

Wishing you the **BEST** in 2012!

John & Karen
The Staff at South Shore

Reader's Choice Award Winner

Thank you to all our members who voted for South Shore as your favorite health, fitness & racquet club!!! We have received this Award 11 times!

Membership Cards Required

Please help by carrying your **MEMBERSHIP CARD** and checking in at the front service desk (\$5.00 for replacement cards)

Remember...

South Shore is staffed over 100 hours per week for your safety, information & convenience! Our professional tennis, aquatic and fitness staff are highly trained and experienced to assist with your needs.

Birthday Parties

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

REFER A FRIEND PROGRAM

Receive \$50 in Shore Bucks when you refer a new regular full time member. Receive a gift certificate good for Programs and instruction!

Congratulations to Tim Bergan Winner of our annual **October Workout Contest**. Tim exercised every day during the month!!!

HOLIDAY HOURS

Dec. 24th, Christmas Eve.....	8am - 1pm	<i>Merry Christmas!</i>
Dec. 25, Christmas Day.....	Club Closed	
Dec. 31st New Years Eve.....	Club open 8am - 5pm	
Jan. 1st Happy New Years	Club Closed	

Winter Hours of Operation

Beginning Tuesday Sept. 6th

Monday – Thursday 5:00 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



5 GREAT Programs to try for The New Year

- FREE Yoga & Pilates Classes
- TRX Fitness Classes
- Tennis 101 (beginning adults)
- Tennis Ball Machine Club \$25/mo. Individual
- FREE 3 levels of Aquasize classes

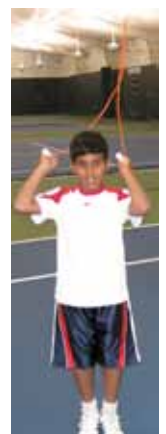
12 DAYS OF FITNESS PASS... GREAT HOLIDAY IDEA!

Still available
(Punch Card for 12 visits to the club through 1/15/2012)

*GREAT for students home for the holidays
GREAT for someone wanting to try the club
GREAT holiday gift or stocking stuffer*

UPGRADE YOUR MEMBERSHIP TO THE FULL FAMILY LEVEL YOU RECEIVE:

- FREE tennis and racquetball court time (check for available hours)
- FREE nursery services
- Free kids club
- Maximum discounts on lessons (check with the service desk for details)



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 sense 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.



SPINNING (Indoor Cycling)

Private Cycling Studio

Have you always wanted to try cycling class? **Your first class is FREE.** If you think 60 minutes is too 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.**

10 RIDES FOR \$20!

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

Tuesdays & Thursdays
1pm-2pm
Cost: Members FREE

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 and resistance training are combined to tone and sculpt your body while burning fat. Check out the **FITNESS PARTY!** Certified Instructors: Francine Jordan & Carolyn Margol

- *Mondays NOON**
- *Tuesdays 5:30pm,**
- *Wednesdays 9:05am,**
- *Thursdays 5:40pm**
- *First & third Saturday of every month 9am.**

LAKELAND Health Screening

(Test includes: Cholesterol total, HDL and LDL readings, glucose and triglycerides testing, blood pressure and body fat testing)

TUESDAY, JANUARY 31ST • 6:30 - 10:00 am

This program is offered twice a year and members can participate once a year. Sign up is required and will be posted two weeks before the test. Registration is limited. Cost is free for members.

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 up 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

January 10 – February 16

February 21 – March 29

April 3 – May 9

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

January 10 – February 16

February 21 – March 29

April 3 – May 9

Tuesday 9:50-10:35am \$25M/\$35NM

Wednesday 6:30-7:15pm \$25M/\$35NM

Thursday 9:50-10:20am (30min) \$20M/\$30NM

January 12 – February 18

February 23 – March 31

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

January 10 – February 16

February 21 – March 29

April 3 – May 9

Tuesday & Thursdays (Intermediate/Advanced)

8:45-9:45am \$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.

AEROBIC NEWS

New Classes Coming to the Schedule in January 2012... Turbo Kick, if you are looking for something new, high energy and fun come and KICK-IT with us! AM & PM Class Available.



**Let your coach teach you the skills of the sport
Let South Shore Train The Athlete within**

**High School / Middle School
TEAM TRAINING or INDIVIDUAL**

*Looking for a place to train your athletes off season or pre-season,
South Shore is the place to be!*

Let our trainers, coaches and certified instructors train your athlete to build that competitive edge.

WHO is this program for?? Individuals; Teams; Coaches; Parents

WHY do this?? Increase sport performance through various training activities.

Improve speed, endurance, flexibility and agility. All qualities that every athlete needs

to be constantly improving upon to be the best! Coaches you'll get ideas on how to train your athletes during your season.

BREAK-AWAY FROM THE OLD SCHOOL STYLE OF TRAINING

Let Edie Daugherty our Certified National Strength and Conditioning Trainer/ Coach and the rest of her Certified Staff help your athlete or team to excel so they have the edge to beat their competition.

Call 269-429-2101

Programs that have already or are currently participating in a team training program

are Lakeshore Volleyball, St. Joseph Grizzle Baseball, Lake Michigan Catholic High School Baseball., Lakeshore Softball. Individual athletes that have been through our program...too many to list.

Team training is defined as two or more athletes training together.



**CONGRATULATIONS
TO BOB FERGUSON!**



**WINNER
Chicago Marathon
80's Division**



WINTER 2011-12 STUDIO SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Circuit Sculpt 6am (60 min) Studio 2 / Beau		Morning Express 6am (60 min) Studio 2 / Carolyn		Circuit Sculpt 6am (60 min) Studio 2 / Beau	First & Third Saturday of every month ZUMBA 9am(60min) Studio 2 Second & Fourth Saturday of every month Cardio/Box 9am (60min) Studio 2
CROSS PUMP 8:00am (55 min) Studio 2 / Michelle	ADVANCED TRX (*) Boot Camp 8:45am(60 min) Studio 2/Gym JANELLE	SilverSneakers 8:15am (45min) Studio 2 / Jean	ADVANCED TRX (*) Boot Camp 8:45am(60 min) Studio 2/Gym JANELLE	CROSS PUMP 8:00am (55 min) Studio 2 Michelle	
Cardio Strength Interval 9am (60 min) Studio 2 / Carolyn	Power Yoga 8:30am (60 min) Studio 1 / Maria	ZUMBA 9:05am 60 min) Studio 2 / Francine	Pilates PLUS 9:00am (40 min) Studio 1 / Jean	Step & Sculpt 9am (60 min) Studio 2 / Carolyn	
Core Training 10am (15 min) Studio 2 / Carolyn			Turbo Kick 9:45am (40 min) Studio 1 / Jean	Core Training 10am (15 min) Studio 2 / Carolyn	TRX (*) FUSION 10:00-10:45am Studio 2 / BEAU
	TRX (*) FUSION 9:50am (45 min) Studio 1 JANELLE		TRX (*) FUSION 9:50am (30 min) Studio 2 JANELLE		
	SilverSneakers 10:30am (60 min) Studio 2 / Carolyn	Gentle Yoga 10:15am (60 min) Studio 1 / Adrienne	SilverSneakers 10:30am (60 min) Studio 2 / Jean		Morning YOGA 10:00am (75 min) Studio 1 / Adrienne
ZUMBA NOON (50 min) Studio 2 / Francine	TAI CHI 1-2pm Barbara		TAI CHI 1-2pm Barbara		
Monday	Tuesday	Wednesday	Thursday	Friday	
ADMIRALS YOGA STUDIO 1 Private/Reserved 4:15pm (60 min)	TBA	TRX TENNIS STUDIO 1 Private/Reserved 4:45pm (45 min)	LMC Baseball STUDIO 1 Private/Reserved 4:30pm (60 min)		
Step N' Sculpt Intermediate/Adv. 4:30pm (60 min) Studio 2 / Leslie	Cross Training 4:30pm (60 min) Studio 2 / Leslie	Step *TABATA 4:30pm (60 min) Studio 2 / Leslie	Cross Training 4:30pm (60 min) Studio 2 / Leslie		
Core Training 5:30pm (15 min) Studio 2 / Leslie	ZUMBA 5:30pm (60 min) Studio 2 / Francine		ZUMBA 5:40pm (50 min) Studio 1 / Carolyn		
STUDIO PUMP 6:00pm (60 min) Studio 2 / Gabrielle		STUDIO PUMP 6:00pm (60 min) Studio 2 / TOM	TRX (*) Boot Camp 6:00pm (60 min) Studio 2 / Gym BEAU		
TRX TENNIS STUDIO 1 Private/Reserved 6:45pm (45 min)	TURBO KICK 6:30pm (60 min) Studio 1 / Jean	TRX (*) ONLY 6:30pm (45 min) Studio 1 / Gym BEAU	Pilates/Yoga 6:35pm (50 min) Studio 1 / Carolyn		
	(*) Boot Camp 7:30pm (60 min) Studio 2 / BEAU		(*) Boot Camp 7:30pm (60 min) Studio 2 / BEAU	(*) EXTRA CLASS FEES	Class times and instructors are subject to change at anytime.

WINTER 2012 SPINNING/CYCLING TRX SCHEDULE **January 9th Start**

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
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 (45 min) Edie	SPINNING 8:30am (60 min) Maria	SPINNING (45) CORE (30) 8:30am (75 min) Michelle		Advanced Cycling 8:30am (75 min) Janelle	SPIN
SPIN TRX	SPINNING 9am (60 min) Stacey	ADVANCED TRX (*) Boot Camp 8:45am(60 min) Studio 2/Gym JANELLE		ADVANCED TRX (*) Boot Camp 8:45am(60 min) Studio 2/Gym JANELLE	SPINNING 9am (60 min) Edie		SPIN TRX
TRX		TRX (*) FUSION 9:50am (45 min) Studio 2 JANELLE		TRX (*) FUSION 9:50am(30 min) Studio 2 JANELLE		TRX (*) FUSION 10:00-10:45am Studio 2 Janelle/Beau	TRX
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
CYCLE TRX	Cycling 6:00pm (60 min) Liz		Cycling 6:00pm (60 min) Liz	TRX (*) Boot Camp 6:00pm (60 min) Studio 2 /Gym BEAU			CYCLE TRX
TRX			TRX (*) ONLY 6:30pm (45 min) Studio 1 /Gym BEAU			Class Times and Instructors are subject to change without notice.	TRX
TRX		(*)TRX Boot Camp 7:30pm (60 min) Studio 2 BEAU		(*)TRX Boot Camp 7:30pm (60 min) Studio 2 BEAU			
	REGISTER 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.

Winter/Spring 2012 Junior Tennis Program

Winter I - Jan. 9 - Feb. 26 (no class 1/26 - 1/29) 7 weeks
Winter II - Feb. 27 - Apr. 22 (no class 2/8) 7 weeks
Spring - April 23 - June 3 (6 weeks)

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)

Lower prices for the 6 week session will be reflected at the front desk, as well as the lower fees for the Thursday, Friday, and Saturday classes for Session I.

	Member	NM
*High School.....	156.	189.
*Teen Class.....	114.	135.
*Middle School.....	114.	135.
*Superstars.....	114.	135.
Little Stars.....	114.	135.
Firecrackers.....	55.	67.

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!**

RACQUETBALL LEAGUES

Winter II February 2012

Monday B League
Tuesday A League

Our leagues are competitive and fun!
Interested in joining a league?

Call Dan Deitrich
at 449-1609



Adult Tennis Instruction 2012

WINTER I Jan. 9 – Feb. 26 (7 weeks)

WINTER II Feb. 27 – April 22 (7 weeks)

SPRING April 23 – June 3 (6 weeks)

Tennis 201

WINTER I \$144 M/\$180 NM

SESSION BEGINS ON 1/6 & RUNS FOR 8 WEEKS

WINTER II \$126 M/\$157 NM

SPRING \$108 M/\$144

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.

Friday 9 am – 10:30 am

Tennis 101

WINTER I \$144 M/\$180 NM

SESSION BEGINS ON 1/6 & RUNS FOR 8 WEEKS

WINTER II \$126 M/\$157 NM

SPRING \$108 M/\$144

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.

Friday 10:30 am – 12 noon

Adult Tennis Leagues 2012

WINTER I Jan. 9 – Feb. 26 (7 weeks)

WINTER II Feb. 27 – April 22 (7 weeks)

SPRING April 23 – June 3 (6 weeks)

\$56 for leagues with the exception of Monday's Intra-Club League

Monday

Ladies Intra-Club League 9 am – 11 am

January 9 – March 19

\$81

Tuesday

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

Wednesday

Ladies Beginner Doubles 9 am - 10:30 pm

Men's Doubles 7 pm – 8:30 pm

Thursday

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

Sunday

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



AQUATIC SCHEDULE - Winter 2012

The Aquatic Center (Pool, Spa, Steam Room and Locker Rooms)
will be closed April 2-8 for maintenance.

Learn to Swim Monday Evenings

Cost: Member \$70.00

Non-Member \$80.00

January 9 – February 13

February 27 – April 9* No class 4/6/12

April 23- May 28

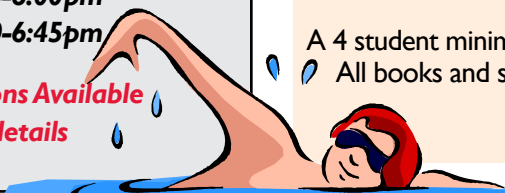
Level 2 5:15-6:00pm

Level 3 6:00-6:45pm

Level 4 5:15-6:00pm

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

Private and Semi-Private Lessons Available
Contact Liz Emrich for details



Lifeguard Training

December 26-30
11:00am - 3:00pm

Members \$225.00
Non Members \$250.00

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

Wednesdays 4:30-6:00pm

Saturdays 1:00-2:30pm

Cost: Members	Non Members
1 day per week \$100.00	1 day per week \$140.00
2 day per week \$150.00	2 day per week \$180.00

Dates:

February 4 – April 14* No practice March 31 – April 7

April 18-May 26 Six week session

Members: 1 day per week \$60.00
2 day per week \$90.00

Non Members: 1 day per week \$74.00
2 day per week \$108.00

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

Coming Soon

Aqua Zumba

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

Tuesdays & Thursday
10:00 – 10:45am
5:45-6:30pm
Saturday
8:00-8:45am

Dates: To Be Announced

Get a great workout while dancing and grooving to a Latin beat. All levels welcome.

American Red Cross Lifeguard Training

Cost: Members: \$225.00
Non Members \$250.00

Includes all training sessions, books, study guides. CPR, First Aid and AED training included.

May 1 – June 4
Tuesday, Thursday 4:00 – 6:00pm
Saturday TBA

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

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



DECEMBER

- 19.....Holiday Break - No SCT, Leagues, Lessons
- 24.....Christmas Eve - Club open 8am - 1pm
- 25.....Merry Christmas! Club closed
- 31.....New Years Eve - Club open 8am - 5pm



JANUARY

- 1.....Happy New Year! Club closed
- 2.....Leagues, SCT begin again
- 9.....Winter I Tennis Session starts. Learn To Swim starts
- 10.....Boot Camp starts, TRX begins
- 20.....Ice Breaker Junior Open Tennis Tournament



FEBRUARY

- 4.....Swim Team starts
- 14.....Happy Valentines Day
- 21.....Boot Camp starts, TRX begins also
- 27.....Winter II Tennis Session begins. Learn To Swim starts



MARCH

- 9.....Dairy Queen Junior Open Tennis Tournament
- 11.....Daylight Savings Time begins
- 17.....Happy St. Patricks Day! *Wear green!*



APRIL

- 3.....Boot Camp starts, TRX begins
- 8.....Happy Easter - Club closed
- 18.....Swim Team starts
- 23.....Spring Tennis Session begins. Learn To Swim starts