

May 2010

Newsletter

Get Ready, Get Set, Go for Summer

No airport security hassles, no high-priced hotels, no kids fighting in the backseat of the family car on the way to your vacation destination. You already belong to LifeCenter Plus--the no-stress, relaxing way to spend the summer in a vacation atmosphere that includes our pool complex named Aquatics International Magazine's "Best" for the third year in a row. Safe, supervised, exciting activities for the kids take place all summer long, too, in LCP's summer camps. Get ready, get set, go for the most relaxing summer of your life. Our previews to summer start in May!



Outdoor Pools Open Saturday, May 15th

The weekend of May 15th-16th will feature three exciting events. **The first is the outdoor pool complex opening for the 2010 season, on Saturday and Sunday from 11 a.m. to 6 p.m.** This weekend schedule will continue, including Memorial Day, through June 6th. On June 7th, the weekday pool schedule will begin, too.

This year, coinciding with the **May 15-16 pool opening weekend, you may also invite your family and friends, free of charge, to enjoy the pools and any indoor activities** they like, as LifeCenter Plus' guests for **IHRSA's annual Get Active America weekend.** This national event encourages more people to get involved by

taking charge of their health through a more active lifestyle.

Finally, during this same action-packed weekend, **LifeCenter Plus will be one of the host sites for the American Diabetes Association's Swim for Diabetes fundraiser.** You can take part by collecting pledges for each lap you swim at any time from Friday evening May 14th through Sunday, May 16th. You can even raise funds by water-jogging or walking rounds in the warm water therapy resistance river. More information is available from Assistant Aquatics Director Karin Matlack.

May Days Happy Hour Kicks Off Outdoor Fun

Can summer be far behind? Be our guests on Wednesday, May 12th, from 6-7 p.m. for the quarterly Member Appreciation Happy Hour when we will celebrate all things summer. Pending warm enough weather (and no rain), our staff will serve complimentary food and drink around the pool at the Cabana Bar. Please join us for a fun-filled event.

Be Well, Stay Well



Free and Low Cost Health Checks

On Monday, May 10, from 9 a.m. to noon, LifeCenter Plus will host Akron General Wellness Services in the Pool Conference Room to give convenient, no appointment needed, vital health tests.

Cholesterol and glucose level

Each of the following tests lasts about 10 minutes: total cholesterol and blood sugar (\$12); your HDL, total cholesterol, blood sugar, HDL level and risk ratio for heart disease (\$18); or your lipid profile, which includes triglycerides, total cholesterol, blood sugar, HDL, LDL, BLDL and risk ratio (\$36). The screening requires a 12-hour fast prior to testing. Pay with cash or checks made out to Wellness Services.

Bone Density Screenings

Bone density screenings are recommended for anyone 20 years and older who is concerned about bone health and for people whose risk factors include gender, age, body size, hormone levels, family history, medications and disease. Akron General Medical Center's Wellness Services will perform the test for \$10.

Hearing Screenings

Wednesday, May 12

6-7 p.m. in the Pool Conference Room

Does your spouse say you turn the TV up too loud? Are you tired of having to ask people to repeat things for you? Audiologist Larry Givinazio takes a no-nonsense approach to testing for hearing problems, and he can help you make the best decisions to improve hearing. Sign up for your free hearing screening by filling out a registration form and dropping it in the acrylic box by the LCP front desk. You must register for an appointment by May 7th. Please notify us immediately if you cannot keep your appointment. The hearing screenings are free for LCP members.

We're Showing Our Appreciation!



Member Appreciation Week Events

LCP's **Member Appreciation Week will take place Monday, May 10th through Friday, May 14th.** Throughout Member Appreciation Week we will be give away food samples, prizes and goodies. This year, in addition to the free **Invite-a-Guest Friday**, Appreciation Week free guest days will continue through that weekend (May 15-16) to tie in with IHRSA's free guest open house.

Member Business Showcase will be on Wednesday, May 12th and, as a special thank-you, members may sign up for a table without cost. Those interested need to contact Marketing Director Wendy Turrell. Tables will be assigned on a first come, first served basis.

Feeling Fit

Join our Fitness Army! Boot Camp is Back

LCP's Boot Camp Class outdoors is a very popular summer option for early risers. LifeCenter Plus Certified Personal Trainer Derek Baker will take participants through calisthenics, drills, circuits and more. This program is geared to dramatically improve cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.

The class meets on Mondays, Wednesdays and Fridays, from 5:45-6:45 a.m. The first session is June 2 – July 16; the second session is July 19 - September 3.

Boot Camp is free to members. Non-members are welcome too, for \$10 per class or \$175 for a session of 20 classes. Boot Camp T-Shirts are available to all participants for \$10.

Rise and shine, and see what all the buzz is about. You won't find a more effective way to get in shape, and the class camaraderie is unmatched!



LCP's Adventurers Travel We're going places

Carolyn Szachta
Travel Director



Discover Frank Lloyd Wright and Dunkirk Lighthouse

Date: Thursday, May 20, 2010

Travel along the Seaway Trail of New York to tour Isabelle Martin House at Graycliff. Overlooking Lake Erie, this home was built for the top executive of the Larkin Soap Company. After lunch, a stop at Dunkirk Lighthouse established in 1827. We will end our day with a delicious wine tasting.

Cost: \$59

Code: 7221-3010

Leave: 7:30 a.m.

Return: 6:30 p.m.

Includes: Deluxe motor coach, lunch and all admissions.

Bonjour Quebec--Montreal and Quebec with a stay at the 5-star Fairmont--- Le Manoir Richelieu

Dates: Sunday, July 11 – Saturday, July 17, 2010

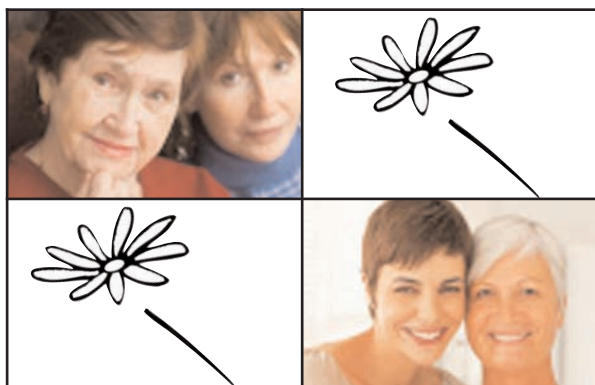
Traveling to Montreal and Quebec City is like traveling to Europe. Indulge in the French atmosphere and soak up the history with guided tours of Quebec City and Montreal. We will spend two nights in the beautiful Charlevoix region of Quebec and stay at the Le Manoir Richelieu Resort and Casino Hotel built in the style of a French Castle and nestled majestically between the St. Lawrence and the mountains. The next day will be spent whale watching on the calm waters of the Bay of St. Catherine. We will also visit St. Anne de Baupre Shrine. Our final stop will be at the Thousand Islands, where we will enjoy a boat ride through this majestic scenery. A wonderful trip!

Cost: \$879 per person, double occupancy; \$1089 single

Code: 7221-3017

Includes: Deluxe motor coach, 6 nights' deluxe accommodations, 6 breakfasts and 4 dinners, all tours and admissions as stated.

Mother/Daughter Mother's Day Workout



Calling all Moms and Daughters ages 13 and over for a fun, dynamic workout on Mother's Day, May 9th, from 4-5 p.m. Mother/Daughter instructors Diane and Katelyn Reuther have devised a fun workout fusing partner exercise, basic step and strength exercises to celebrate women's health and the special mother/daughter bond. No prior class experience is necessary, just take some time out of your day to get healthier together. Free to members. Pre-registration is required by May 7th.

Kids News

Summer Fun is Coming Soon to LCP

Kids Night Out

Kids, 2nd to 5th grade, this evening is for you, and for your parents to enjoy a night out of their own! Bring a towel, bring a friend, and bring lots of energy because we will climb the heights of the rock wall, swim in the pool, hang out playing Dodgeball, Wii, Dance Dance Revolution and have pizza, snacks and drinks. The cost is \$7 for youth members; \$11 children of LCP members; \$15 for non-members. Registration is required by May 11th.

Late Spring classes start

Beginning the week of May 17th, sessions start again for lots of our popular classes including Techno Kidz class—a new fitness class for kids 11 to 15 to learn to use the TechnoGym equipment in the fitness center; another session of this year's innovative Kindergarten Klub enrichment program for 5 and 6 year olds; fresh sessions of Interactive Wii Gaming classes, Dodge 'em Dodgeball, Running Club, Racquetball and many more fun activities. Sign up early pre-summer fun.

Body by Me Session II starts May 13th

Develop a lifetime of good nutrition and fitness habits in your child aged 8 to 13. Kids take control of their bodies by getting motivated and empowered to create lifelong healthy habits and good self-image. Fun food facts and utilizing a fitness circuit are some of the tools used. The program runs Tuesdays and Thursdays from 6-7 p.m., May 18th through June 17th. It's just \$20 for LCP members' children and \$35 for nonmembers. Registration is required by May 7th.



Aquatics News

LifeCenter Plus Swim Team Starts Soon



Kids 4 to 18 years old can be a part of the action with the Stingrays Summer Swim Team. LCP's fantastic coaches will lead the Stingrays team in a summer of swimming fun, friends, and adventure. Stingrays enjoy a high level of competition in the Metropolitan Swimming League, and they will also make new friends, enjoy a pool party and a celebration banquet, and take their swimming skills to new heights. If you are interested, don't miss:

Stingrays Summer Schedule

Stingrays Meet Schedule

6/17	Hudson Park Estates – Home
6/21	Maplewood – Away
6/24	Chadds Ford – Home
6/28	Water Works – Away
7/1	Fairlawn Swim Club – Away
7/5	Redwood Swim Club – Home
7/8	Silver Lake CC – Away
7/15	AMSA “B” Champs – SLCC
7/17	AMSAChampionships University of Akron

Meet the Coaches Night

Wednesday May 12,
6:30-7:30 p.m.

Get to know the coaches, and order your team swimsuits. If you cannot make the meeting, you may contact Coach Meilani at 330-678-3077 to set up a time to try on suits, or fill out an order form at the front desk and place it in the acrylic box anytime between May 8 and May 15. There will be a suit try-on day Saturday May 15, from 10:00-11:00 a.m. in the Gecko Café.