

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>June 27</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>PLAY ... LEARN ... GROW! LIFECENTER PLUS SUMMER CAMPS RUN WEEKLY</p> <p>Monday–Friday, until the week of Aug. 13. Full-day: 9 a.m.–3 p.m. / Half-day: 9 a.m.–noon</p> </div>	<p>June 28</p>	<p>June 29</p>	<p>June 30</p>	<p>1 NEW!! SUN STYLE TAI CHI FOR ARTHRITIS Class is 45 minutes and chairs will be used as a prop for balance and flexibility. Tuesdays & Thursdays, 2-2:45 p.m.</p>	<p>2</p>	<p>3</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Summer Drop-In for Kids 6-11 Monday through Friday, 9-11 a.m. Free to Youth Members. \$5 for others</p> </div>
<p>4</p> <p style="text-align: center;">Happy 4th of July!</p> <p style="text-align: center;">Club Closed Outdoor Pools Open 11 a.m. - 6 p.m.</p>	<p>5 AQUA KIDS PARENT & CHILD Fun introduction to water for children, with a parent to play and learn water safety Tuesdays, 5:30–6 p.m. July 5–15 <u>Register by July 1</u></p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9 SHOUT HOORAY FOR GAME PLAY SPLASH PROGRAM STARTS TODAY This program designed to help kids interact with each other and have fun. Some of those enrolled have mild to moderate disabilities.</p>	<p>10 LCP HOSTS ANNUAL RED CROSS LIFEGUARD COMPETITION AT 6:45 P.M. COME AND WATCH!</p>
<p>11 FAMILY CLIMBS Bring the whole family out for an afternoon of fun and adventure on the wall. A climbing instructor will assist all family members. Sundays, 3–6 p.m.</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15 ARTHRITIS: COMBATING, COPING AND CONQUERING Learn how to manage life with arthritis through exercise and other daily living tips to help you live longer and better. We can help you through your pain! 1–2 p.m. <u>Register by July 2</u></p>	<p>16 KIDS NIGHT OUT AKA PARENTS DATE NIGHT Kids, bring a towel, a friend and lots of energy. Parents, this is your chance to get away while we keep the kids. 6–9 p.m. <u>Register by July 9</u></p>	<p>17</p>
<p>18</p>	<p>19 WEDDING DAY MEMORIES Meet with a personal trainer or Pilates personal trainer once a week for six weeks using your individualized weekly plan, to help you look great in the dress or tux of your dreams. Call 655-2377, ext. 133 to schedule days and times. July 19–Aug. 29 <u>Register by July 12</u></p>	<p>20</p>	<p>21 MACHINES VS. FREE WEIGHTS: WHICH IS BETTER FOR YOU? An interactive lecture and demonstration. Learn the benefits of and differences between machine and free-weight workouts, and determine which is best for your strength training. \$40 members, \$75 non-members 6–7 p.m. <u>Register by July 2</u></p>	<p>22</p>	<p>23</p>	<p>24</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Boot Camp Is Back by Popular Demand! Mondays, Wednesdays and Fridays, 5:45-6:45 a.m. Session II: July 19–Sept. 3 (Register by July 16) Take your training to another level while you enjoy the great outdoors. This program is geared to improve your cardiovascular endurance, muscular strength and endurance, flexibility and body composition.</p> </div>
<p>25</p>	<p>26 HEALTHY SUMMER SUMMER EATING 6–7 p.m. LCP's own Registered Dietician Marianne Fisher tells how to avoid weight gain by lightening up your favorite summer snacks. NON-DIET WEIGHT MANAGEMENT 7–8 p.m.</p>	<p>27 AQUA KIDS PARENT & CHILD Fun introduction to water for children, with a parent to play and learn water safety Tuesdays, 5:30–6 p.m. July 27–Aug. 5 <u>Register by July 22</u></p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Red Cross Blood Drive on July 30, 2-7 p.m. in the outdoor pool parking lot.</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <p>Refer a new member who joins in July and receive new LifeCenter Plus logo merchandise.</p> </div>

