

LIFECENTER PLUS

SUMMER 2023 GUIDE

YOUR SUMMER DESTINATION IS HERE!

**Outdoor
Pools
open on
May 27th!**

**Clean, Safe, & Comfortable
All Level Exercise Classes
Outdoor Pools
Kids Summer Camps
Summer Swim Lessons
Popup Classes
Fun Social Events And MORE!**

(330)655-2377 | LIFECENTERPLUS.COM

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HOURS OF OPERATION

Club Hours

Monday-Friday 5:00am-9:00pm
Saturday and Sunday 7:00am-7:00pm

Outdoor Pool Hours

Open Daily 11:00am-7:00pm,
Saturday, May 29 - August 13* +

*Open on major holidays -

May 29 and July 4, 11:00am-6:00pm

September 4, 12:00pm-4:00pm.*

+Open Weekends ONLY 12:00pm-4:00pm, August
19th-20th, August 26th-27th,

September 2nd-3rd.+

Membership Dept. Hours

Monday, Tuesday,
Wednesday, & Friday

9:00am-5:30pm*

Thursday 9:00am-7:00pm*

*Membership observes lunch from 1:00-2:00pm
and may be closed during that time.*

HOLIDAY HOURS

Memorial Day

Monday, May 29

Fitness Facility CLOSED

Outdoor Pool Open 11:00am-6:00pm

Fourth of July

Tuesday, July 4

Fitness Facility CLOSED

Outdoor Pool Open 11:00am-6:00pm

Labor Day

Monday, September 4

Fitness Facility CLOSED

Outdoor Pool Open 12:00pm-4:00pm

LCP GO®

SEARCH "LCP GO" ON FACEBOOK!

ONLINE FITNESS CLASSES

YOUR FAVORITE
CLASSES
BY YOUR FAVORITE
INSTRUCTORS

2-3 CLASSES
POSTED DAILY!

FREE FOR OUR MEMBERS 2



LifeCenter Plus is an official Silver Sneakers® and Renew Active® Facility.

RenewActive™
by UnitedHealthcare

SilverSneakers®
by Tivity Health

330-655-2377

www.LifeCenterPlus.com

LifeCenter Plus, 5133 Darrow Rd. Hudson, OH 44236

DIRECTORY

MAIN LINE 330-655-2377

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*You can also email us at
FitFriends@LifeCenterPlus.com for any
department inquiries!*



Like us on
Facebook
/LifeCenterPlus
Follow us on
Instagram

Guests

Guests of members are always welcome! Day passes are available for \$10 for individuals of all ages. We ask that you accompany your guest as we are a private facility. Members age 12-15 may only bring in one (1) guest per visit. Members age 16-18 may bring in no more than 4 guests.

Private Locker Rental

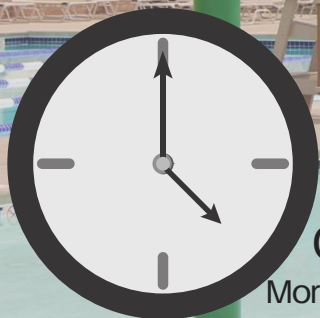
Store your shoes, racquets, clothes, swim gear and toiletries in a personal locker for only \$10 per month! Half lockers and combination lockers are available. Stop by Membership for more information and to purchase.

LifeCenter Plus Gift Cards

Looking for the perfect gift? Give the gift of health and wellness with a LifeCenter Plus gift card! Gift cards are redeemable for services such as massage, personal training, Reformer and more!

Jump into the Summer
Season *safely* at LCP!

OUTDOOR
POOLS



POOL HOURS

May 27 - August 13

Open Daily, 11am-7pm*

Morning Lap Swimming starts first week of June! *except major holidays*

POST SEASON HOURS

August 19-20, August 26-27,
September 2-3

Open 12pm-4pm

HOLIDAY HOURS

May 29 & July 4 | Open 11am-6pm

September 5 | Open 12pm-4pm

SAVE-THE-DATES

Friday, May 5

WERQ It Out Pop-Up Class

6pm. Join Instructor Sara for a wildly addictive cardio dance workout, based on the hottest pop and hip-hop music! 60-minutes of dance steps and athletic moves to keep you sweating and to jumpstart your weekend!
Free for Members.

Sunday, May 7

Lifeguard New Certification:

DAY ONE 8am-6pm. Learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. See page 10 for full details and registration information.

Wednesday, May 10

Pilates Fitness Fusion Workshop

8am: Pilates & Barre. This 60-minute class offers a vast array of mat pilates in combination with a barre workout to push you to your full potential. Take the basic foundations of Pilates and combine them with ballet-inspired moves. All fitness levels welcome. **Free for Members.**

Pedal Pop-Up Cycling Class

9:45am. Cycling classes are a great cardio workout! Enjoy these pop-up classes that will be a classic cycling class format and is great for ALL levels! **Free for Members.**

Kids Martial Arts Summer

Session 1 Times vary. Learn respect, patience, self-discipline and improve self-esteem through the practice of Isshinryu Karate. Member and nonmember pricing on page 21. Register online (members) or at the Front Desk!

Friday, May 12

Family Dive-In Movie: HOUSE OF MAGIC

7:30pm. Enjoy pizza, drinks, and a movie on the big screen while you relax in our warm water pool with! Member and nonmember pricing on page 7 or online. Register online (members) or at the Front Desk!

Sunday, May 14

Lifeguard New Certification:

DAY TWO 8am-6pm. Learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. See page 10 for full details and registration information.

Thursday, May 18

Weight Training 101 Workshop

6:00pm. Unsure of how to safely lift weights or how to get started with incorporating weight training into your exercise routine? Learn the principles and foundations of functional fitness and strength training with trainer Rom. All fitness levels welcome! Member and Nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.



Like us on
Facebook
/LifeCenterPlus
Follow us on
Instagram

Sunday, May 21

Lifeguard New Certification:

DAY THREE 8am-6pm. Learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. See page 10 for full details and registration information.

Monday, May 22

Summer Racquetball League

Session 1 Times vary. Members can join in on friendly and competition playing. League dates, details, and contact on page 22. \$25 per Member. Register at the Front Desk.

Wednesday, May 24

ActivMotion® Pop-Up Class

8am. ActivMotion Training utilizes the innovative, dynamic nature of the ActivMotion Bar's internal rolling steel weights to provide an unparalleled fitness experience. With dynamic resistance, activate more core and joint stability muscles for a stronger body. Truly improve functional fitness and daily movement patterns. All levels welcome.
Free for Members.

Friday, May 26

Come Line Up! Golden Line Dancing Evening Pop-Up

5:30pm. Life is a dance so join in on the fun during this evening hour class of low-impact line dance routines. Available to all fitness and dance levels. **Free for Members.**

Sunday, May 28

Lifeguard Re-Certification

8am-6pm. Update your skills while also extending your certification for another two years. See page 10 for full details and registration information.

Friday, June 2

WERQ It Out Pop-Up Class

6pm. Join Instructor Sara for a wildly addictive cardio dance workout, based on the hottest pop and hip-hop music! 60-minutes of dance steps and athletic moves to keep you sweating and to jumpstart your weekend!
Free for Members.

Tuesday, June 6

Group Swim Lessons 3-WEEKS

Session 1 Times vary. Our Red Cross Learn-to-Swim courses offer something for everyone and are **Lessons that Create Progress (LCP)**! Member and nonmember pricing available - details on page 6-7. Register online (members) or at the Front Desk.



Wednesday, June 7

Pilates Fitness Fusion Workshop

8am: Pilates & Barre. This 60-minute class offers a vast array of mat pilates in combination with a barre workout to push you to your full potential. Take the basic foundations of Pilates and combine them with ballet-inspired moves. All fitness levels welcome. **Free for Members.**

Youth Running Club Summer

Session 6:30-7:30pm. Keep your children active while school is out for the summer, by running! Member and nonmember pricing available - details on page 21. Register online (members) or at the Front Desk.

Thursday, June 8

Group Swim Lessons 6-WEEKS

Session 1 Times vary. Our Red Cross Learn-to-Swim courses offer something for everyone and are **Lessons that Create Progress (LCP)**! Member and nonmember pricing available - details on page 6-7. Register online (members) or at the Front Desk.

Friday, June 16

Aqua Kickboxing Pop-Up Class

10am. Come try this NEW aqua class format, taught by instructor Sarah Darr! This 50-minute water workout blends aqua combat and kickboxing techniques with traditional aquatic aerobic formats. You will love this amazing exercise! **Free for Members.**

Family Dive-In Movie: SON OF BIGFOOT

7:30pm. Enjoy pizza, drinks, and a movie on the big screen while you relax in our warm water pool! Member and nonmember pricing on page 7 or online. Register at the Front Desk!

Wednesday, June 21

Summer Solstice Yoga @ LCPI!

6pm. Join us on the longest day of the year, to celebrate the light of the sun! Bring balance and brightness into your day rolling teaches of yoga flow sequences and guided meditation from a variety of our instructors. Enjoy organic refreshments afterwards and a "sounding" surprise! Member and nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

Friday, June 23

Come Line Up! Golden Line Dancing Evening Pop-Up

5:30pm. Life is a dance so join in on the fun during this evening hour class of low-impact line dance routines. Available to all fitness and dance levels. **Free for Members.**



LCP SUMMER KIDS CAMPS

See page 20 for dates,
themes, pricing,
registration, and MORE!

Tuesday, June 27

Group Swim Lessons 3-WEEKS

Session 2 **Times vary.** Our Red Cross Learn-to-Swim courses offer something for everyone and are *Lessons that Create Progress (LCP)*! Member and nonmember pricing available - details on page 6-7. Register online (members) or at the Front Desk.

Wednesday, July 5

Outdoor Hydro-Pilates Pop-Up Class

10am. Join Instructor Lisa in our Outdoor Lap Pool for a morning 45-minute Hydro-Pilates class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. All fitness and swimming abilities welcome! **Free for Members.**

Friday, July 7

WERQ It Out Pop-Up Class

6pm. Join Instructor Sara for a wildly addictive cardio dance workout, based on the hottest pop and hip-hop music! 60-minutes of dance steps and athletic moves to keep you sweating and to jumpstart your weekend! **Free for Members.**

Saturday, July 8

Heat Up the Pool Aqua Zumba Party

7pm. Make a splash and bring your friends to the party in the pool! Enjoy 45-minutes of easy-to-follow dance fitness in our Outdoor Pool, followed by some cooling refreshments. Member and nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk!

Wednesday, July 12

Kids Martial Arts Summer

Session 2 **Times vary.** Learn respect, patience, self-discipline and improve self-esteem through the practice of Isshinryu Karate. Member and nonmember pricing on page 21. Register online (members) or at the Front Desk!

Wednesday, July 19

Outdoor Hydro-Pilates Pop-Up Class

10am. Join Instructor Lisa in our Outdoor Lap Pool for a morning 45-minute Hydro-Pilates class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. All fitness and swimming abilities welcome! **Free for Members.**

Thursday, July 20

Group Swim Lessons 6-WEEKS

Session 2 **Times vary.** Our Red Cross Learn-to-Swim courses offer something for everyone and are *Lessons that Create Progress (LCP)*! Member and nonmember pricing available - details on page 6-7. Register online (members) or at the Front Desk.

Friday, July 21

Aqua Kickboxing Pop-Up Class

10am. Come try this NEW aqua class format, taught by instructor Sarah Darr! This 50-minute water workout blends aqua combat and kickboxing techniques with traditional aquatic aerobic formats. You will love this amazing exercise! **Free for Members.**

Family Dive-In Movie: KUNG FU PANDA

7:30pm. Enjoy pizza, drinks, and a movie on the big screen while you relax in our warm water pool with safe social distancing! Member and nonmember pricing on page 7 or online. Register at the Front Desk!

Tuesday, July 25

Group Swim Lessons 3-WEEKS

Session 3 **Times vary.** Our Red Cross Learn-to-Swim courses offer something for everyone and are *Lessons that Create Progress (LCP)*! Member and nonmember pricing available - details on page 6-7. Register online (members) or at the Front Desk.

Thursday, July 27

Foam Roller Workshop

6:00pm. Correct muscle imbalance, relieve muscle soreness and joint stiffness, improve joint range of motion, & MORE! Trainer Rom provides effective stretching techniques/movements, incorporating a foam roller. Member and Nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

Friday, July 28

Come Line Up! Golden Line Dancing Evening Pop-Up

5:30pm. Life is a dance so join in on the fun during this evening hour class of low-impact line dance routines. Available to all fitness and dance levels. **Free for Members.**

Saturday, July 29

Party For a Purpose: WERQ

Dance Party 7pm. It's a party, YES! It's also a FUNdraiser too - Join LifeCenter Plus for a wild dance cardio workout and a happy hour that will melt away any weekday stresses. Tickets will contribute to a charitable cause. All dance fitness levels welcome! Member and nonmember pricing available. See separate flyer for full details. Register online (members) or at the Front Desk!

Monday, July 31

Summer-Fall Racquetball League

Times vary. Members can join in on friendly and competition playing. League dates, details, and contact on page 22. \$25 per Member. Register at the Front Desk.

Wednesday, August 2

Outdoor Hydro-Pilates Pop-Up Class

10am. Join Instructor Lisa in our Outdoor Lap Pool for a morning 45-minute Hydro-Pilates class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. All fitness and swimming abilities welcome! **Free for Members.**

Friday, August 4

WERQ It Out Pop-Up Class

6pm. Join Instructor Sara for a wildly addictive cardio dance workout, based on the hottest pop and hip-hop music! 60-minutes of dance steps and athletic moves to keep you sweating and to jumpstart your weekend! **Free for Members.**

Friday, August 11

Family Dive-In Movie: HOTEL TRANSYLVANIA 4: TRANSFORMANIA

7:30pm. Enjoy pizza, drinks, and a movie on the big screen while you relax in our warm water pool with safe social distancing! Member and nonmember pricing on page 7 or online. Register online (members) at the Front Desk!

Wednesday, August 16

Outdoor Hydro-Pilates Pop-Up Class

10am. Join Instructor Lisa in our Outdoor Lap Pool for a morning 45-minute Hydro-Pilates class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. All fitness and swimming abilities welcome! **Free for Members.**

Friday, August 18

Aqua Kickboxing Pop-Up Class

10am. Come try this NEW aqua class format, taught by instructor Sarah Darr! This 50-minute water workout blends aqua combat and kickboxing techniques with traditional aquatic aerobic formats. You will love this amazing exercise! **Free for Members.**

Friday, August 25

Come Line Up! Golden Line Dancing Evening Pop-Up

5:30pm. Life is a dance so join in on the fun during this evening hour class of low-impact line dance routines. Available to all fitness and dance levels. **Free for Members.**

Wednesday, August 30

Outdoor Hydro-Pilates Pop-Up Class

10am. Join Instructor Lisa in our Outdoor Lap Pool for a morning 45-minute Hydro-Pilates class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. All fitness and swimming abilities welcome! **Free for Members.**



ENJOY CONTESTS, GAMES, PRIZES, AND MORE WITH MONTHLY THEMES!

ACTIVITIES TAKE PLACE BETWEEN 1-4PM ON ABOVE DATES. FREE FOR MEMBERS. *EVENT STARTS AT 12PM AND WILL BE PART OF A SCHOLARSHIP CHARITY DRIVE.*

JUNE 17 Under The Sea
JULY 23 Christmas In July*
AUGUST 5 LUAU PARTY

Group Swim Lessons

AQUATICS



LifeCenter Plus swim lessons are Red Cross Learn-to-Swim courses which offer something for everyone! Through a progressive, six-level instructional approach, participants learn a variety of strokes, including the front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. Students are also introduced to a wide range of personal safety skills and diving techniques. Courses are fun and interactive with hands-on training, in a small group setting for individualized sessions!

SUMMER SESSIONS

3 WEEK SESSIONS (2x weekly)

Session 1: June 6 - June 22

Session 2: June 27 - July 20*

Session 3: July 25 - August 10

NO classes the week of July 4th, 2023.

6 WEEK SESSIONS (1x weekly)

Session 1: June 8 - July 15

Session 2: July 20 - August 26

\$60

Member

\$80

Nonmember

WHICH LEVEL IS RIGHT FOR YOU?

Aqua Kids (ages 6mos- 3): A fun introduction to the water that allows each child and his/her parent to play together while learning water safety and pre-swimming skills. A parent or guardian must accompany each child in the water.

Preschool (ages 3-5): Skills taught in this class build on the skills learned in Aqua Kids without a parent in the water. Your child will further develop basic fundamentals of aquatics readiness.

Level 1, Introduction to Water Skills (ages 4-6): Helps students feel comfortable in the water and enjoy the water safely. Completion of Preschool swim is recommended before beginning level 1.

Level 2, Fundamental Aquatic Skills (ages 5-7): Gives students success with fundamental water skills including front and back crawl.

Level 3, Stroke Development (ages 5-8): Build on skills in Level 2 by providing additional guided practice. Level 3 introduces the breast stroke and dolphin kick.

Level 4, Stroke Improvement (ages 6-10): Develops confidence in learned strokes. Level 4 introduces the butterfly and distance swimming.

Level 5, Stroke Refinement: Provides further coordination and refinement of all strokes.

Level 6, Swimming & Skill Proficiency: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

QUESTIONS? Contact Aquatics at
330-655-2377 x156 or email
Aquatics@LifeCenterPlus.com

Swim Lessons

AQUATICS

TUESDAY & THURSDAY AM

LEVEL	TIME	1 (6/6-6/22)	2 (6/27-7/20)* (7/25-8/10)	3
Preschool	10:15-10:45am	2401	2436	2471
	10:50-11:20am	2402	2437	2472
Level 1	9:00-9:30am	2403	2438	2473
	9:40-10:10am	2404	2439	2474
Level 2	9:00-9:30am	2405	2440	2475
	9:40-10:10am	2406	2441	2476
Level 3	10:15-10:55am	2407	2442	2477
	11:00-11:40am	2408	2443	2478
Level 4	9:00-9:50am	2409	2444	2479
Level 5/6	10:00-10:50am	2410	2445	2480

No classes the week of July 4th, 2023.

+Our group swim lessons require a minimum number of participants. +

SUMMER SESSIONS

3 WEEK SESSIONS (2x weekly)

Session 1: June 6 - June 22

Session 2: June 27 - July 20*

Session 3: July 25 - August 10

NO classes the week of July 4th, 2023.

6 WEEK SESSIONS (1x weekly)

Session 1: June 8 - July 15

Session 2: July 20 - August 26



DIVE-IN MOVIES

Enjoy pizza, drinks and a movie on the big screen while you relax in our Warm Water Pool!

May 12th: HOUSE OF MAGIC

June 16th: SON OF BIGFOOT

July 21st: KUNG FU PANDA

August 11th: HOTEL TRANSYLVANIA 4: TRANSFORMANIA

Shows start at 7:30pm. Register at the Front Desk!

Member \$15 | Nonmember \$20

Member Families (3+) \$30 | Nonmember Families (3+) \$40

Price includes 1 slice of pizza and 1 drink. Max # for family rate is 5.

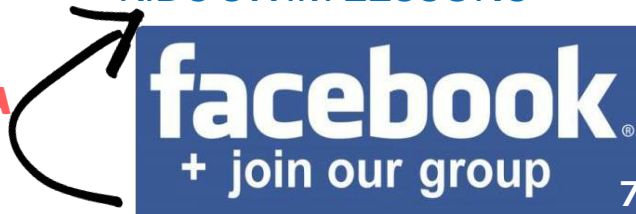
THURSDAY PM

LEVEL	TIME	1 (6/8-7/13)	2 (7/20-8/24)
Preschool	5:00-5:30pm	2411	2446
	5:40-6:10pm	2412	2447
Level 1	5:00-5:30pm	2413	2448
	5:40-6:10pm	2414	2449
Level 2	6:20-6:50pm	2415	2450
	7:00-7:30pm	2416	2451
Level 3	6:20-7:00pm	2417	2452
	7:10-7:50pm	2418	2453
Level 4	5:00-5:50pm	2419	2454
Level 5/6	6:00-6:50pm	2420	2455

SATURDAY

LEVEL	TIME	1 (6/10-7/15)	2 (7/22-8/26)
Aqua Kids	11:00-11:30am	2421	2456
Preschool	9:00-9:30am	2422	2457
	9:40-10:10am	2423	2458
	10:20-10:50am	2424	2459
Level 1	9:00-9:30am	2425	2460
	9:40-10:10am	2426	2461
	10:20-10:50am	2427	2462
Level 2	9:00-9:30am	2428	2463
	9:40-10:10am	2429	2464
	10:20-10:50am	2430	2465
Level 3	9:00-9:40am	2431	2466
	9:50-10:30am	2432	2467
	10:40-11:20am	2433	2468
Level 4	9:00-9:50am	2434	2469
Level 5/6	10:00-10:50am	2435	2470

Group Name: LIFECENTER PLUS
KIDS SWIM LESSONS



Private Swim Lessons

AQUATICS

PRIVATE SWIM LESSONS

Ages 3 and up | 30-minute, one-on-one lessons

LifeCenter Plus offers private and semi-private swim lessons for all ages and abilities. Whether to improve specific techniques, gain overall confidence or focus on more advanced skills, private lessons are tailored to each individual. Swimmers may request an instructor or have one assigned. Private swim lessons are a half hour and are scheduled with the instructor to accommodate your schedule. A total package may be split among family members. **Adult lessons are available upon request!**

Lessons must be scheduled around the availability of the pool and cannot occur during swim team or Red Cross lessons. All lessons must be completed within one year of purchase. Credit will not be given for

"We were very happy we signed our granddaughter up for private swim lessons this fall. Her instructor, Laura Kupper, did an excellent job not only teaching her to swim but also made the lessons fun and engaging. Our granddaughter couldn't wait to go to the lesson every week. Thank you!"
-Rushnok Family



siblings or friends of similar skill levels or preferably within 1-year age difference. Participants will swim together for the duration of the lesson.

PRIVATE SWIM LESSONS

Lessons	Member	Nonmember
1	\$30	\$45
5	\$135	\$185
10	\$220	\$320

SEMI-PRIVATE SWIM LESSONS

Lessons	Member	Nonmember
1	\$35	\$50
5	\$165	\$200
10	\$280	\$380

QUESTIONS? Contact Aquatics at
330-655-2377 x156 or email
Aquatics@LifeCenterPlus.com

SEMI-PRIVATE SWIM LESSONS

Ages 3 and up | 30-minute, maximum of 2 participants

Each half hour session includes a maximum of 2 participants. These sessions are geared toward

SYNCHRONIZED SWIMMING

Adult Synchro

The Aquatones

Monday, Wednesday, Friday 10:30-11:30am

Members \$60 | Nonmembers \$80

Code: AQU2306

You will learn the basic skills associated with this Olympic sport that combines ballet, gymnastics and dance movements with grace and fluidity.

A \$30 Swimmer Fee will be charged additionally per swimmer each season to ensure artistic presentation for synchro performances (CODE: 191126)

Synchro programs require a minimum number of participants.



S.P.L.A.S.H. Swim, Persevere, Learn, Achieve, Socialize and Have Fun!

Private SPLASH

30-Minute, one-on-one lessons
held between May - August 2023

SCHEDULED WITH SPLASH COORDINATOR

PRIVATE SWIM LESSONS

Lessons	Member	Nonmember
4	\$130	\$160
6	\$200	\$225
8	\$245	\$280

All SPLASH lessons (including those funded by the county) need to have the Blue Registration Form filled out please and submitted to our Registration Box!

ALL LESSON DATES AND TIMES ARE SUBJECT TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES SURROUNDING THE PANDEMIC. LESSONS SCHEDULED DIRECTLY WITH SPLASH COORDINATOR, BASED ON YOUR SCHEDULE AND CONVENIENCE!

Kids Fit Group Swim (Lap Exercise)

6-Week Sessions, 40-Minute Group Lessons

Member \$85 | Nonmember \$115

6 PARTICIPANTS MAXIMUM

Day	Session	Dates	Time	Code
Wednesday	1	Jun. 14 - Jul. 19	3:30-4:10pm	SPL2309
	1	Jun. 14 - Jul. 19	4:15-4:45pm	SPL2310
	2	Jul. 26 - Aug. 30	3:30-4:10pm	SPL2311
	2	Jul. 26 - Aug. 30	4:15-4:45pm	SPL2312

SPLASH swim lessons are for children and teens with mental and physical disabilities. Lessons are tailored to each participant's unique temperament, age, swimming ability and disability parameters. *Individual assessments are required for new clients for \$20 (CODE: 8400).*



BENEFITS OF SPLASH:

- Increased Aerobic Fitness
- Increased Muscle Strength
- Increased Muscle Endurance
- Increased Flexibility
- Improved Communication Skills
- Decreased Extraneous Movements
- Increased Relaxation
- Greater Self-Control
- Improved Behavioral Outcomes

QUESTIONS?

To learn more about SPLASH or questions on registration, please contact our Aquatics Department at 330-655-2377 Ext.156 or email us at: Aquatics@LifeCenterPlus.com

Certifications

RED CROSS

CPR/AED CERTIFICATIONS

New Certification: Member \$85 | Nonmember \$95

Recertification: Member \$75 | Nonmember \$85

Red Cross (cardiopulmonary resuscitation) and AED (automated external defibrillator) training and certification meets the needs of workplace responders, professional rescuers, school staff, professional and healthcare providers, as well as the general public. Learn how to respond to cardio and breathing emergencies in adults and children. Total class time is 7 hours for recertification and 10 hours of blended learning for new certification. Minimum of 3 class participants.

Please contact our Aquatics Department at (330)655-2377 Ext. 156 for the upcoming schedule of CPR Courses or for private group certifications!

LIFEGUARD CERTIFICATION

New Certification: Member \$210 | Nonmember \$230

Recertification: Member \$160 | Nonmember \$180

Through blended learning of videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course. ***Must be 15 years or older.*** Contact our Aquatics Director for a complete list of required prerequisites.

NEW CERTIFICATION \$210 | \$230

Sessions	Date	Time	Code
1	May 7, 14, 21	8:00-6:00pm	AQU202304

RECERTIFICATION \$160 | \$180

Sessions	Date	Time	Code
1	May 28	8:00-6:00pm	AQU202305
2	August 6	8:00-6:00pm	AQU202306

Our Red Cross Certifications require a minimum number of participants.

Contact our Aquatics Department with any questions!
330-655-2377 Ext.156 or via email to Aquatics@LifeCenterPlus.com.



American Red Cross



5 REASONS WHY YOU SHOULD LEARN CPR:

1. Be equipped to help those you love.
2. CPR is easy to learn.
3. Feel confident in an emergency.
4. Brain death doesn't wait.
5. YOU can save a life!



FITNESS ASSESSMENT

Initial Assessment Free for Members

Each member is evaluated on an individual basis by appointment only, by one of our Certified Fitness Specialists. Our Fitness Specialists will perform a series of tests designed to measure your cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. *Older adult assessments are available as well.* **Re-Assessments are \$25.**

ATHLETE ASSESSMENT

Member \$45

Each athlete will be put to the test to determine their cardiac output, maximal strength, explosive power and speed. Our Certified Fitness Specialists will review your results so that you may understand where to improve your overall athleticism to increase your game-day performance!

Ask about our fitness services for youth family members!

DIET ANALYSIS

Member \$15 | Nonmember \$25

Each member will complete a diet log, and have it analyzed by our nutrition specialist. Areas of concern, such as vitamin deficiencies, over or under consumption of nutrients and macro-nutrient imbalances will be addressed and suggestions for improvement will be provided.

Nutrition Within Fitness

Nutrition is extremely important for overall health and wellness, especially if you're participating in a regular exercise program. Proper nutrition along with a fitness routine can provide you with a variety of benefits including:

- **Weight Loss**
- **Increased Muscle Mass**
- **Increased Strength, Endurance, & Recovery**
- **Increased Energy Levels**
- **Improved Lab Results (blood pressure, blood sugar, cholesterol)**
- **Decreased Risk of Chronic Disease**

Nutrition requirements also change depending on what specific goal you have. For example, weight loss, building muscle, improving performance, and managing pre-existing conditions (diabetes, high blood pressure, etc.) all require slightly different nutritional approaches. Our nutrition specialist is here to guide you in making the necessary changes to achieve your desired goal. **Email us to help support you in a healthier lifestyle today! Nutrition@LifeCenterPlus.com.**

MACHINE ORIENTATION

Free for Members

Tour our fitness center with one of our Fitness Staff team members to learn how to properly operate our wide variety of cardio and strength equipment. ***This is mandatory for youth members ages 12-19 prior to using the fitness center.***

PROGRAM DESIGN

Member \$35

This specific workout regimen is designed to maximize your time and results in the Fitness Center. Our Certified Fitness Specialists will develop detailed plans to help you avoid hitting plateaus or becoming bored with your regular routine so you may reach your fitness goals.

NUTRITION CONSULTATIONS

Maintaining a healthy diet is not only important for exercise and performance but to also combat chronic diseases such as high blood pressure, coronary artery disease and cancer. Our onsite nutrition specialist is here to ensure you are eating an appropriate number of calories for your activity level, in a well-balanced and healthy manner. She will help you make healthy changes to your diet to create lifelong habits during highly personalized 30-minute sessions. Session packages include a biometric screening.

Sessions	Price
1*	\$50
3	\$135
6	\$240
10	\$380

Does NOT include a biometric screening.

PERSONAL TRAINING

Our Personal Training Team of certified fitness professionals, recognized by nationally accredited organizations, will strive to create a positive experience in a safe environment for all clientele. Using their education and skills, our team will guide and motivate each client in helping to develop a higher level of fitness and wellness by creating an individualized exercise program to target each client's unique goals.

"I began training again at LifeCenter Plus about a month after they reopened. Although I wrestled with the decision, because of my age and health issues, it was the best decision for me. I have been pleasantly surprised by the careful considerations and renovations put in place for our safety! Everything has been streamlined to allow the cleanest environment. My trainer Matt Melice and I have been joyfully working outside whenever possible. I am feeling healthier, both physically and emotionally, since coming back. Thank you LifeCenter for keeping us safe as possible during these times!" - Yvonne W.

Questions on getting started? Contact Fitness at 330-655-2377 Ext.121 or email us at FitFriends@LifeCenterPlus.com



You can train with 3 different trainers and then choose the one that best fits your wants and needs!
(Limit 1 per Member or Nonmember. Available only to first-time training clients).

One-on-One 30-Minutes

Sessions	Member	Nonmember
1	\$35	\$45
5	\$165	\$215
10	\$310	\$410

One-on-One 45-Minutes

Sessions	Member	Nonmember
1	\$42	\$55
5	\$200	\$265
10	\$375	\$480

One-on-One 1-Hour

Sessions	Member	Nonmember
1	\$55	\$70
5	\$245	\$312
10	\$480	\$590

2-Person 45-Minutes*

Sessions	Member	Nonmember
1	\$27/pp	\$37/pp
5	\$125/pp	\$135/pp
10	\$230/pp	\$240/pp

3-Person 45-Minutes*

Sessions	Member	Nonmember
1	\$21/pp	\$32/pp
5	\$100/pp	\$110/pp
10	\$190/pp	\$200/pp

2-Person 1-Hour*

Sessions	Member	Nonmember
1	\$34/pp	\$45/pp
5	\$160/pp	\$170/pp
10	\$300/pp	\$310/pp

3-Person 1-Hour*

Sessions	Member	Nonmember
1	\$27/pp	\$38/pp
5	\$125/pp	\$135/pp
10	\$230/pp	\$240/pp

Ask about our 4+ Group Training!

PP - Per Person Pricing. All group participants must purchase package together.

Land & Water Classes

GROUP EX



Aqua Barre

Tuesday 12:15-1:00pm

Focusing on postural strength, alignment, flexibility, and balance, you will utilize the barre for ballet and Pilates-inspired exercises in the pool. This class is great for those who are looking to lengthen and tone muscles but want to avoid stress on the joints.

Aqua Combo

Tuesday and Thursday 9:00-9:45am

Saturday 11:30-12:30pm

A challenging combination of our various aqua classes in both the shallow & deep ends of our pool.

Balance It Out!

Tuesday 9:15-10:00am

Reduce the fear of falling and increase your range of motion, balance, endurance and strength. After this 45-minute class, you'll bounce into vitality!

Chisel

Tuesday and Thursday 5:30-6:30pm

Work all muscle groups with a variety of strengthening and conditioning exercises. This sculpting class tones upper and lower body using resistance with hand weights and your own body weight.

Core On The Chair

Thursday 11:30-12:00pm

A class designed to build core muscle groups while improving posture through performing a variety of exercises all on the chair! Enjoy a quick class focused on strengthening the core.

30/30 CycleSculpt

Tuesday & Thursday 9:30-10:30am

Switch from high intensity bike intervals to weight training intervals for a huge calorie burn. 30-minutes of riding and 30-minutes of weights.

NEW! Dance Fitness Party

Sunday 5:00-6:00pm

Alternating each week between Zumba and WERQ class structures, this 60-minute class will feel like a party not a workout!

Firestarter

Tuesday and Thursday 5:30-6:30am

Experience the elements in this total-body athletic conditioning class that is sure to start a fire in your routine!

Hydro-Pilates

Monday & Wednesday 12:00-1:00pm*

Pilates meets warm water pool. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. *Monday is a 45-min class.*

Inferno

Saturday 10:45-11:45am

HIIT with various equipment incorporating cardio, strength and endurance. Don't forget your water bottle and towel!

Kickboxing

Thursday 9:00-9:50am

A high energy class that'll have you punch, kick and block your way through a fun and challenging cardiovascular "knock-out"!

Low-Impact Line Dance

Thursday 10:45-11:30am

Sunday 5:30-6:30pm*

Enjoy 30-minutes of low impact line dance routines that are easy for all exercise levels...groove to the beat at your own pace! Chair core work follows, allowing you to get the ultimate & fun workout in! *Time will switch to 6:00-6:45pm starting 5/28/23.*

NEW! MRT HIIT

Monday 5:30-6:30pm

Wednesday 5:45-6:30pm

MRT, "Metabolic Resistance Training", where intense cardiovascular and muscular training are combined to improve muscle recruitment, strength, endurance and reaction time. Mondays calls for a grittier way to start your week with slightly heavier weights - aka Muscle-Maker Monday.

Pilates Mat Challenge

Monday 8:00-9:00am

Thursday 12:00-1:00pm

Friday 7:30-8:30am

This hour class will focus on the Classical Pilates mat exercises using proper technique, precision of the movement, flow, and progressions. We will challenge the movements by using various props including: Magic Circle, weights, Pilates on the foam roller, Pilates on the fitness ball, Reformer on the mat, ActivMotion Bar, and the Pilates arc. Leave this class feeling long and lean!

Land & Water Classes

GROUP EX

PiYo®

Thursday 10:00-11:00am

PiYo® strength is a hybrid, athletic workout inspired by the mind/body practices of yoga and Pilates as well as the principles of strength training, conditioning and dynamic movement. Bring a mat!

Pop Pilates®

Monday 6:30-7:30pm

Saturday 9:15-10:00am

An incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout will challenge you to rhythmically flow, giving you a rock-solid core (leaving no muscle untouched)!

Sculpt

Tuesday 9:15-10:15am

An all levels workout with segments of cardio, strength and core to sculpt your body head to toe.

Sculpt & Ripped

Wednesday 9:00-10:30am

An all levels workout with segments of cardio, strength and core to sculpt your body head to toe. Followed right away with 30-minutes dedicated directly to your core.

Senior Strong

Monday 8:00-8:45am

Friday 10:15-11:00am

Build muscle and improve range of movement and overall physical fitness in this morning class that is sure to wake you up! Chairs available for seated or standing support.

Silver Seniors

Monday 10:30-11:15am

Wednesday 10:45-11:30am

Geared toward active older adults, this 45-minute class will increase your strength, add muscle definition and challenge you!

Silver Sneakers® Circuit

Tuesday 10:30-11:30am

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level!

Step It Up!

Monday 9:15-10:15am

Powerful step and energetic floor moves that burn fat, challenge your strength and endurance and boost energy!

Trilogy

Tuesday and Thursday 7:00-8:00am

Friday 9:15-10:10am and

Saturday 8:15-9:00am

Join us for this class designed specifically for cardio, strength and core!

TRX Gold

Monday 11:15-11:45am

Wednesday 11:30-12:00pm

A TRX class designed for the older adult based on functional movement to increase cardiovascular and muscular endurance. A chair will be available for balance and support. *Limit 10 people.*

Water Tune Up

Wednesday, Friday 11:00-12:00pm

This gentle-movement, warm water pool class is designed to improve joint mobility, increase strength and flexibility and decrease pain and stiffness.

Water Tune Up Plus

Thursday 1:00-2:00pm

This warm water pool class is more challenging than Water Tune Up and includes stretching, range of motion, strength, endurance and a longer, more intense cardio section.

Waves

Wednesday and Friday 9:30-10:30am

Create waves with this challenging combination of our various aqua classes!

Weekend Warrior

Saturday 7:00-7:45am

Sunday 8:00-9:00am

Calling all weekend warriors, it's time to hustle for that muscle. Come ready to melt more than just your week away!

WERQ®

Tuesday and Thursday 6:45-7:45pm

Saturday 12:00-1:00pm

A wildly addictive cardio dance workout based on the hottest pop and hip-hop music! This workout combines dance steps and athletic moves to keep you sweating.

Zumba®

Monday and Wednesday 6:45-7:45pm

Friday 11:00-12:00pm*

Saturday 9:30-10:30am

Join the Zumba® fun! Dance your way to a fitter figure with this high energy, low-impact workout using Latin moves and rhythms. **Incorporates all dance combo moves as well.**

Zumba® Gold

Tuesday 11:30-12:15pm

Friday 10:15-11:00am

Zumba® Gold's easy-to-follow, lower-intensity class focuses on balance, range of motion and coordination, all while providing you with the cardiovascular and muscular endurance you need...and to the beat of the music!

GROUP EXERCISE



CYCLING CLASSES

Your Club for some "ME time" to crush your goals and stay active!

CYCLING SCHEDULE

30/30 CycleSculpt

Switch from high intensity bike intervals to weight training intervals for a huge calorie burn. 30-minutes of riding and 30-minutes of weights.

Infinite Ride

This high intensity interval training ride is upbeat with epic music! Through hills, sprints, jumps, pushups, and dumbbell work on the bike, your entire body and mind will be challenged!

Rise & Shine Ride

Wake up, get to your bike and start your week off right!

Studio Ride

Classic cycling class.

TGIF Ride

Spin your way into the weekend and leave the week behind you!

TGIS (thank goodness it's spinning!)

Mondays - Weather permitting, we will meet outside in the back parking lot. **Wednesdays & Thursdays - Name That Tune!** Music from the 50's-current played during this class. **Thursdays** - With Music Trivia! Guess the title, artist, and year of these hits from the 50's through today. Look forward to themed nights such as movie and TV themes, disco night, and members favorites.

DAY	TIME	CLASS
Monday	5:45-6:45am	Rise & Shine Ride
Monday	6:30-7:30pm	TGIS
Tuesday	9:30-10:30am	30/30 CycleSculpt
Wednesday	6:00-7:00pm	TGIS
Thursday	9:30-10:30am	30/30 CycleSculpt
Thursday	6:15-7:15pm	TGIS
Friday	5:45-6:45am	TGIF Ride
Sunday	9:00-10:00am	Infinite Ride

SCAN HERE!

Download our
Group Exercise
Schedule!





Ashtanga Vinyasa

Intermediate/Advanced

Tuesday and Thursday 5:30-6:30pm

Ashtanga is a specific type of yoga that is taught based on the eight-limbed path of yoga. It is a unique combination of dynamic movement and mental concentration that builds whole body strength and unwinds tight joints and muscles. It tends to be a more rigorous yoga practice.

Chair Yoga

Beginner

Wednesday 11:45-12:45pm

Friday 1:00-2:00pm

Increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation...all with the support and comfort of a chair!

Gentle Yoga

Beginner/Intermediate

Tuesday and Thursday 7:30-8:45am

Wednesday 5:30-6:30am

Relax with slow postures and stretches. Increase flexibility and joint function while reducing stress. All are welcome as poses can be modified to fit your needs.

Hatha Yoga

Intermediate/Advanced

Sunday 10:00-11:15am

This class focuses on proper alignment in each posture, moving slowly with strength and flexibility as well as holding poses. Based on the teachings of B.K.S. Iyengar's traditional style of yoga.

Sunrise Yoga

Tuesday & Thursday, 6-7am

Power Vinyasa

Intermediate/Advanced

Saturday 7:30-8:45am

Power Vinyasa is for those who are well practiced in Vinyasa and want a vigorous flow coupled with mental clarity. Often taught in a heated studio.

Qi Gong & Tai Chi Combo

Saturday 10:00-11:30am

With slow relaxed movements, this Chinese soft-style martial art can bring many benefits such as decreased blood pressure, increased energy, and overall well-being. This class will take you through a series of movements designed to promote balance, flexibility, and tranquility. *In the winter months, this class is member led and a club format.*

Restorative Yoga

Beginner/Intermediate

Monday 4:30-5:45pm

This class focuses on relaxation and renewal. Props safely support the body in various postures for extended periods of time which allows the body to move toward a state of balance. This practice soothes the nervous system, quiets your mind and releases deep held tension.

NEW! Sunrise Yoga

Intermediate/Advanced

Tuesday and Thursday 6:00-7:00am

Prepare to seize your day after this one-hour mindful vinyasa flow class, held outdoors. Start it in a peaceful and mindful way!

Vinyasa Flow

Intermediate/Advanced

Monday and Wednesday 9:00-10:15am

Wednesday 7:30-8:30am (starts 5/31/23)

Friday 11:30-12:45pm (slow)

Vinyasa is a flowing, moving yoga practice that emphasizes the marriage of breath and movement. Learn the foundations of how to connect your breath with your movement as you flow through a sequence of yoga poses.

Prepare to seize your day after this one-hour mindful vinyasa flow class, held outdoors. Start it in a peaceful and mindful way!

Pilates Reformer **GROUP EXERCISE**

PILATES REFORMER

Pilates Reformer classes will refresh your mind and body leaving you feeling happy, balanced, and recharged. This format creates long, lean muscles, increased body awareness, improved physiological response and improves posture by mobilizing your spine through several ranges of motion.

New to Pilates? Contact our Reformer team to receive and schedule a **FREE 30-Minute demo!**

NEW Student Discount! New students are eligible for **10% discount off one package of their choice** (stipulations apply. Contact our Reformer team for details).

Reformer Sessions

The body conditioning technique of Joseph Pilates, taught on the reformer, is a unique system of stretching and strengthening exercises to tone muscles and improve posture, flexibility, and balance. Our certified instructor will have exercise modifications allowing each person options to adapt the movement to meet their needs and specific goals. Those who understand Pilates principles and are beginning to feel more in tune with their own body will be given modified exercises of increased repetitions, combinations, and dynamic movement patterns for an intermediate and more challenging workout.

Tuesday

8:00-9:00am

11:00-12:00pm

6:00-7:00pm

Thursday

11:00-12:00pm

6:00-7:00pm

Friday

12:00-1:00pm

Saturday

9:15-10:15am

Sunday

10:00-11:00am

Monthly Unlimited Reformer*

MONTHLY: \$140/Month Members | \$175/Month Nonmembers

6-MONTHS: \$125/Month Members | \$150/Month Nonmembers

12-MONTHS: \$105/Month Members | \$125/Month Nonmembers

Ideal for those who attend group classes at least twice weekly. *6-month and 12-month options are based around a contract and separate paperwork is required. Contact our Front Desk for more information and to enroll!*



REFORMER PRICING One-on-One 30 Minutes

Sessions	Member	Nonmember
1	\$30	\$40
5	\$145	\$195
10	\$280	\$380

One-on-One 1 Hour

Sessions	Member	Nonmember
1	\$55	\$70
5	\$270	\$345
10	\$530	\$680

Group Training 1 Hour

Sessions	Member	Nonmember
1	\$16/pp	\$18/pp
5	\$75/pp	\$85/pp
10	\$140/pp	\$160/pp

PP - Per Person Pricing.
All group participants must purchase package together.



SCAN HERE!
Members can book their group sessions on self-service portal!

Massage

Plus! (Amenities)

Massages are available at the Massage Center of Hudson with one of our Certified Massage Therapists. Each therapist will carefully customize the right massage treatment to best fit your needs. The Massage Center of Hudson is located on the second floor within LifeCenter Plus.



Our licensed massage therapists can provide 30-minute, 60-minute, or 90-minute massages. They offer several massage modalities:

Sports Massage

Sports massage is specifically designed for people engage in physical activity but also used by those who are active and work out frequently. A sports massage should become part of your exercise routine, particularly if you find that you do not spend enough time stretching.

Deep Tissue Massage

Deeper layers of muscle and connective tissue are targeted in the deep tissue massages. This type of massage is used for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury.

Trigger Point Massage

Our Trigger Point massage is designed to release the myofascial tissue covering the muscle which relieves the stress from overuse.

Swedish Massage

Dynamic therapy of long strokes, friction, and compression, this is the most common massage technique. Swedish massage is designed to invigorate the body by stimulating the flow of blood to the heart.

Hot Stone Massage

Heated, smooth stones are placed on certain points on the body to warm and loosen tight muscles and balance energy centers in the body.

Chair Massage

A style of seated massage that is typically short, 10 or 15 minutes, and focuses on your back, shoulders and neck and arms. Massage is done over clothes and is a fantastic way to work out any muscle tension.



Schedule an Appointment! To make an appointment, please contact us at:
330-655-2377 x128

Massage Rates*

Session	Price
30-minute massage	\$40
60-minute massage	\$75
90-minute massage	\$120
Three 30-minute massages	\$115
Three 60-minute massages	\$215
Five 30-minute massages	\$185
Five 60-minute massages	\$345

Price does not include sales tax.

Benefits of Massage

Medical researchers have proven that the benefits of massage include pain relief, released tension, reduced anxiety and depression, and temporarily decreased blood pressure and heart rate.



Programs

Youth

Kids Korner

Our Staff is experienced, background checked and CPR/First Aid Certified. The Kids Korner is available to members' children and grandchildren, ages 6 weeks through 7 years old, for a maximum of 2 hours daily. Members are required to remain on LifeCenter Plus's premises while utilizing this FREE service. Abuse of this policy will result in the loss of Kids Korner privileges.



Day	Times
Monday	8:30am-11:30am 5:00pm-8:00pm
Tuesday	8:30am-11:30am 5:00pm-8:00pm
Wednesday	8:30am-11:30am 5:00pm-8:00pm
Thursday	8:30am-11:30am 5:00pm-8:00pm
Friday	8:30am-11:30am
Saturday	8:00am-12:00pm
Sunday	CLOSED

Hours may change. Access is based on a first-come, first-serve basis.

Keeping your kids safe while you get some "me time" in!

Youth Fitness Assessment

Free for Members

Our certified Fitness Specialists will conduct basic tests of cardiovascular endurance, muscular strength, flexibility, and body composition, to educate and inspire youth members to become more physically active at an early age.

Youth Machine Orientation

Free for Members

Required for ages 12-17

Are you ready to use the cardio and strength equipment, but not sure if you're using the machines correctly? Meet with one of our certified Fitness Specialists to learn the proper use for each piece of equipment. By the end of your session you'll be ready to safely use the equipment on your own!

Youth Program Design

Member \$30

Youth members will receive a specifically designed exercise routine tailored to their abilities and goals. Certified Fitness Specialists will demonstrate appropriate resistance and aerobic training techniques to instill a confident and powerful mindset.

COME MAKE A SPLASH AT LIFECENTER PLUS FOR YOUR BIRTHDAY WITH A



LIFECENTER PLUS IS THE PERFECT AND SAFE PLACE FOR YOUR CHILD'S NEXT BIRTHDAY PARTY!

CONTACT OUR BIRTHDAY PARTY COORDINATOR TO OVER AVAILABILITIES, DETAILS AND TO BOOK YOUR PARTY WITH US!

(330)655-2377 EXT. 131 OR VIA EMAIL TO: PARTY@LIFECENTERPLUS.COM

SEE PAGE 12 FOR TRAINING OPTIONS FOR CHILDREN AND YOUTH ATHLETES

Summer Kids Camp

Youth

CAMP DATES & THEMES

Week 1: MOVIN' & GROOVIN'
June 5 - June 9

Week 2: I DREAM OF DISNEY
June 12 - June 16

Week 3: LAB RATS
June 19 - June 23

Week 4: EXPLORERS CHALLENGE
June 26 - June 30

Week 5: UNDER THE BIG TOP
July 5 - July 7

shortened week due to the holiday

Week 6: WILD SAFARI
July 10 - July 14

Week 7: ULTIMATE FIELD DAY
July 17 - July 21

Week 8: CHRISTMAS IN JULY
July 24 - July 28

Week 9: DIY WEEK
July 31 - August 4

Week 10: WE'VE GOT TALENT!
August 7 - August 11



Check out the complete Kids Summer Camp Guide online:
LifeCenterPlus.com

LifeCenter Plus offers summer excitement and activities for your children ages 5-12! In Summer 2023, your camper will enjoy weekly themes and field trips/onsite excursions, daily swimming, crafts, games and MORE!

CAMP COST

Member

\$140 3 days/week

\$200 5 days/week

Nonmember

\$170 3 days/week

\$250 5 days/week

* Weekly Surcharge: \$10/week*

Extended Care*

Before Care ONLY \$30 | After Care ONLY \$30

Before AND After Care \$35

* Weekly Rates*

Registration as easy as 1-2-3!!

1 In Person at LifeCenter Plus. Pay by credit card, cash or check made payable to LifeCenter Plus. Registration forms are available online or within our lobby area.

2 By Mail. Pay by credit card, cash or check made payable to LifeCenter Plus: 5133 Darrow Rd., Hudson, OH 44236.

3 By Email. Download the packet from online on our website and send your completed packet to FitFriends@LifeCenterPlus.com

Summer Camp Savings!

First Time Camper. Save 15% off, first time campers!*

Refer A Friend. We will reward you with a variety of LCP services and activities throughout the 2023 year, when you refer family and friends to our camps!

Discount excluded from Before and After Care options. Register after April 30 and still receive 5% off for First Time Camper discount.



Programs

Youth Trilogy

Wednesday 5:45-6:30pm
Friday 9:15-10:00am

This high-intensity 45-minute class is specifically designed for our young members, ages 5-13. Held at the same time as our adult Friday Trilogy class, your child won't want to miss this epic workout that incorporates cardio, strength, and endurance. Jumpstart your child's weekend with Youth Trilogy! *Free for Youth Members.*



Kids, Get Running!
LCP Youth Running Club
June 7 - July 12
6:30-7:30pm

Keep your children active during the summer months when school is on break, with running in a fun and team-like environment! Expect 15-minutes of warm-up and stretching, 30- minutes of running activities, and 15- minutes of core work with each class. *Ages 6-14. Limit 10 children.*

CODE	MEMBER	NONMEMBER
WEDNESDAY CODE: CHP2308	\$45	\$65

Martial Arts

Ages 5 and up, limit 15 per class

8-week sessions - Wednesdays

Class held in the Barre Studio.

Kids ages 9 and under \$75| Kids ages 10 and older \$90

Parents and students will receive a Welcome Packet about Isshinryu Karate. This Martial Art is a combination of slow, focused techniques mixed with quick, accurate strikes. Students will learn respect, patience, and self-discipline, as well as improve self-esteem. These classes will motivate students and will guide them to practice healthy lifestyles. Classes instructed by Black Belt, Katherine Bryk of Marcum's Martial Arts Academy of Kent, Ohio.

After attaining their yellow belt, students must pay a one-time registration fee with the Isshinryu World Karate Association. After registration is obtained in Okinawa, the students will receive a signed certification by Kichiro Shimabuku, son of Tatsuo Shimbuku, founder of Isshinryu style.

Beginner students should come in workout pants to try the class. The karate uniform, or Gi (ghee), is available for purchase with Katherine Bryk. Each student who has 8 or more tabs on their belt is eligible for testing at the end of each session.



Session	Dates	Age Group	Time	Code
1	May 10 - June 28	9 and under	6:00-6:45pm	CHP2309
1	May 10 - June 28	10 and older	7:00-8:00pm	CHP2310
2	July 12 - August 30	9 and under	6:00-6:45pm	CHP2311
2	July 12 - August 30	10 and older	7:00-8:00pm	CHP2312

NO Classes on July 6th.

Testing

Session 1: June 28
Session 2: August 30

Stripe & Half Rank Testing: \$20
 Yellow, Orange & Blue Belt: \$40
 Green & Purple Belt: \$45

Rock Wall, Pickleball, & Racquetball

Plus! (Amenities)

Rock Climbing

LifeCenter Plus's rock wall has 23- and 30-foot climbing walls with 5 stations and over 50 routes, designed for both beginner and advanced climbers! Schedule a rock climbing event for your group, office or organization! Climbing is great for team building, self-confidence, and yields the following benefits:

- Physical - upper and lower body strength, endurance, agility, and coordination
- Mental - problem solving engagement
- Social - friendly, safe, and welcoming environment
- Accessible - available during all seasons with our indoor wall!

Open Climb Hours

We are currently working on certifications & staffing for this!



Pickleball OPEN PLAY

Monday, Wednesday, Friday 12:15-3:15pm*

A fun sport that combines many elements of Tennis, Badminton & Ping Pong. This activity is easy to learn and great for adults and our Silver Sneakers® and Renew™ Members! Equipment is available during open play times at the Front Desk.

Remains Monday-Friday, 12:15-3:15pm until 6/5/23.



Racquetball

Leagues are open to PrimeTime Members only.

A free lesson is available during the first 90 days of a new club membership for children and adults ages 7 years and older. Private racquetball lessons are also available by appointment. Contact our Racquetball Coordinator, John Fortunato, at 330-655-2377 x312 for more information.



Summer Session

May 22 - July 29

Members \$25 per league

Open Registration: Begins May 1st

Semifinals: week of July 16th

Finals: week of July 23rd

CODE: RAQ202303

Summer-Fall Session

July 31 - October 7

Members \$25 per league

Open Registration: Begins July 10th

Semifinals: week of September 24th

Finals: week of October 1st

CODE: RAQ202304

When & How to Register!

Our programs fill up quickly and spots are limited...Don't let it happen to you! Plan ahead and register early!

It's easy! ONLINE 24/7

Self-Service

Visit www.lifecenterplus.com, click on the blue button on the left that says "Self-Service". This feature is for LifeCenter Plus Members only.

IN-PERSON

Use the Registration Drop Box located at the Front Desk. Forms are collected each business day.



MAIL

Mail your registration form to LifeCenter Plus Attn: Registration, 5133 Darrow Road, Hudson, OH 44236.



FAQS

Please fill out entire registration forms neatly. Email must be legible so we can send you a receipt. Receipts are emailed within 48 business hours and are emailed from Billing@LifeCenterPlus.com. **Registration cannot be taken over the phone.** Registration is ongoing and accepted until the activity is filled or the start date has passed. You will be contacted if a program/class is full and/or if there are any questions regarding your registration form.

PAYMENTS

Please see Membership or the Front Desk to update a membership payment method or pay a balance on your membership account. Payments can be inserted in registration box for security purposes as well (i.e. Travel trips).

REGISTRATION FEES

Fees are based on LifeCenter Plus membership status. To receive the member price(s), individuals or families must have an active LifeCenter Plus membership in good standing. All fees are due at the time of registration. Fees will not be prorated for missed class(es) and make-ups are not available. **Late Fees:** To ensure the best availability of our programs, participants are encouraged to register as early as possible. It is to the participant's advantage to register early in some cases to ensure a better choice of session date and time. **A late fee of \$10 will be applied to all registrations received 3 (three) or less days prior to a program start date.**

REFUNDS & TRANSFERS

Should you wish to cancel a registration, you must give the registration department 48 hours' notice, two business days, to receive a full refund. Voicemail messages are not accepted. There are no refunds given once classes have begun, including any classes that require prerequisites being met (if participant fails a program with a prerequisite, a refund for the class is not guaranteed). Please inquire **before** registering or purchasing for a program or service.

A minimum number of participants is required to run a program. When enrollment is low, LifeCenter Plus reserves the right to cancel a program. If you have paid for a class that gets cancelled, we will issue you a refund in the same manner to which it was paid (exception will be cash registrations that qualify for a refund will be issued in the form of a check).

QUESTIONS? Please contact our Registration Department at: 330-655-2377 x.117.

