

# LIFECENTER PLUS

SUMMER 2024 GUIDE

***YOUR SUMMER DESTINATION IS HERE!***

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

**Outdoor  
Pools  
open on  
May 25th!**



**(330)655-2377 | LIFECENTERPLUS.COM**

## AQUATICS

Swimming Lessons - Group	6
Swimming Lessons - Private / SPLASH	8

## AMERICAN RED CROSS

CPR/AED Classes	9
Lifeguard Classes	9

## FITNESS

Training (One-on-One and Small Group)	10
---------------------------------------	----

## GROUP EXERCISE

Land & Water Classes	11
Cycling	13
Mind/Body	14
Pilates Reformer	15

## RECOVERY

The Massage Center of Hudson	16
------------------------------	----

## YOUTH PROGRAMS

Kids Korner & Youth Services	17
Kids Summer Camp	18
Kids Exercise, Run Club, Martial Arts	19

## PLUS! AMENITIES

Rock Climbing, Pickleball & Racquetball	20
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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 25 - August 11\*+

\*Open on major holidays -

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

September 2, 12:00pm-4:00pm.\*

+Open Weekends ONLY 12:00pm-4:00pm, August 17th-18th, August 24th-25th, August 31st-September 1st.+

### Membership Dept. Hours

Monday, 9:00am-7:00pm\*

Tuesday - Friday, 9:00am-5:30pm\*

NO Fridays starting 6/1/24

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

## HOLIDAY HOURS

### Memorial Day

Monday, May 27

Fitness Facility CLOSED

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

### Fourth of July

Thursday, July 4

Fitness Facility CLOSED

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

### Labor Day

Monday, September 2

Fitness Facility CLOSED

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

## NEW! LCP TEXTS

SIGN UP TO RECEIVE TEXTS FROM US! UPCOMING EVENTS, SALES, CLASS CANCELS, AND MORE!



SCAN THIS TO SIGNUP!



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



**330-655-2377**

**www.LifeCenterPlus.com**

LifeCenter Plus, 5133 Darrow Rd. Hudson, OH 44236

# DIRECTORY

MAIN LINE 330-655-2377

Adventures Travel	123
American Red Cross	156
Birthday Parties/Rentals	131
Fitness Desk	121
Front Desk	128
Kids Camp	322
Marketing	112
Massage	128
Membership	130
Membership Billing	119
Personal Training	121
Racquetball	312
Registration	112
Rentals	131
Silver Sneakers/Renew Active	130
Swim Lessons	156

*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 25 - August 11

Open Daily, 11am-7pm\*

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

## POST SEASON HOURS

August 17-18, August 24-25,  
August 31-September 1

Open 12pm-4pm

## HOLIDAY HOURS

May 27 & July 4 | Open 11am-6pm

September 2 | Open 12pm-4pm

# SAVE-THE-DATES



## Wednesday, May 1

**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 19. Register online (members) or at the Front Desk!



Like us on Facebook /LifeCenterPlus Follow us on Instagram

## Saturday, June 22

**Outdoor Aqua Zumba Pop-up Class 7pm.** Join Instructor Amanda in our Outdoor Lap Pool for an evening Aqua Zumba class. 60-minutes of easy-to-follow dance fitness routines. All fitness and swimming abilities welcome...come make a splash with us! **Free for Members.**

## Friday, May 10

**Barre Burn Pop-Up Class 8:30am.** Ready to raise the barre? Work your muscles to their max, then stretch them back out when the muscle is warm and malleable. Expect to burn and shake during this 45-minute class, but leave feeling long, lean and invigorated! **Free for Members.**

## Saturday, June 1

**Lifeguard Re-Certification 12-7pm.** Update your skills while also extending your certification for another two years. See page 9 for full details and registration information.

## Tuesday, June 25

**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.

## Friday, May 17

**Family Dive-In Movie: MIGRATION 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!

## Tuesday, June 4

**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 26

**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 19. Register online (members) or at the Front Desk!

## Saturday, May 18

**Lifeguard New Certification: DAY ONE 12-7pm.** Learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. See page 9 for full details and registration information.

## Wednesday, August 30

**Indoor Hydro-Pilates Pop-up Class 12:15pm.** Join Instructor Lisa in our Warm Water Pool for a lunchtime 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, June 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.**

## Monday, May 20

**Summer Racquetball League Session 1** **Times vary.** Members can join in on friendly and competition playing. League dates, details, and contact on page 20. \$25 per Member. Register at the Front Desk.

## Thursday, June 6

**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.

## Sunday, July 14

**Outdoor Aqua Combo Pop-up Class 10am.** Join Instructor Amanda in our Outdoor Lap Pool for a morning 45-minute Aqua Combo class. A challenging combination of our various aqua class in both shallow and deep ends of our pool. All fitness and swimming abilities welcome! **Free for Members.**

## Friday, May 24

**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.**

## 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 19. Register online (members) or at the Front Desk.

## Wednesday, July 17

**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.**

## Saturday, May 25

**Lifeguard New Certification: DAY TWO 12-7pm.** Learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. See page 9 for full details and registration information.

## Friday, June 14

**Family Dive-In Movie: MITCHELLS VS. THE MACHINE 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!

## Sunday, May 26

**Lifeguard New Certification: DAY THREE 8am-12pm.** Learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. See page 9 for full details and registration information.



# LCP SUMMER KIDS CAMPS

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

Friday, July 19

**Family Dive-In Movie: ORION & THE DARK 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 23

**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 25

**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 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.**

Monday, July 29

**Summer-Fall Racquetball League**

Times vary. Members can join in on friendly and competition playing. League dates, details, and contact on page 20. \$25 per Member. Register at the Front Desk.

Friday, August 9

**Family Dive-In Movie: TROLLS BAND TOGETHER 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!

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Wednesday, August 14

**Outdoor Hydro-Pilates Popup 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.**

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Sunday, August 18

**Outdoor Aqua Combo Popup Class 10am.** Join Instructor Amanda in our Outdoor Lap Pool for a morning 45-minute Aqua Combo class. A challenging combination of our various aqua class in both shallow and deep ends of our pool. All fitness and swimming abilities welcome! **Free for Members.**

Join Instructor Amanda in our Outdoor Lap Pool for a morning 45-minute Aqua Combo class. A challenging combination of our various aqua class in both shallow and deep ends of our pool. All fitness and swimming abilities welcome! **Free for Members.**

Friday, August 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.**

Wednesday, August 28

**Outdoor Hydro-Pilates Popup 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.**

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.**

Under The Sea

JUNE 15

Christmas In July\*

JULY 14

LUAU PARTY

AUGUST 3

**FAMILY FUN DAY**

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.\*

**HEADING INTO FALL**

**GYMCRAWL**



**SAVE THE DATE! HAPPENING IN AUGUST DATE/TIME TO BE CONFIRMED**

**JOIN SOME OF OUR AMAZING INSTRUCTORS IN 20-MINUTE CLASSES, AS YOU "HOP" THROUGHOUT EACH LCP STUDIO. AFTERWARDS, ENJOY A HEALTHY BYOF POTLUCK AND SOCIAL TIME! AVAILABLE TO ALL FITNESS LEVELS, MEMBER AND NONMEMBERS.**

## 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

**\$60**  
Member  
**\$80**  
Nonmember

### 3 WEEK SESSIONS (2x weekly)

Session 1: June 4 - June 20

Session 2: June 25 - July 18\*

Session 3: July 23 - August 8

\*NO classes the week of July 4th, 2024.\*

### 6 WEEK SESSIONS (1x weekly)

Session 1: June 6 - July 18\*\*

Session 2: July 20 - August 29

\*\*NO classes on July 4th, 2024.\*\*

## 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.

**Refund/Cancellation Policy:** 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). 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? Contact Aquatics at**  
330-655-2377 x156 or email  
Aquatics@LifeCenterPlus.com

# Swim Lessons

# AQUATICS

## TUESDAY & THURSDAY AM

LEVEL	TIME	1 (6/4-6/20)	2 (6/25-7/18)*	3 (7/23-8/8)
Preschool	10:15-10:45am	2024106	2024141	2024176
	10:50-11:20am	2024107	2024142	2024177
Level 1	9:00-9:30am	2024108	2024143	2024178
	9:40-10:10am	2024109	2024144	2024179
Level 2	9:00-9:30am	2024110	2024145	2024180
	9:40-10:10am	2024111	2024146	2024181
Level 3	10:15-10:55am	2024112	2024147	2024182
	11:00-11:40am	2024113	2024148	2024183
Level 4	9:00-9:50am	2024114	2024149	2024184
Level 5/6	10:00-10:50am	2024115	2024150	2024185

\*No classes the week of July 4th, 2024.\*

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

## THURSDAY PM

LEVEL	TIME	1 (6/6-7/18)**	2 (7/25-8/29)
Preschool	5:00-5:30pm	2024116	2024151
	5:40-6:10pm	2024117	2024152
Level 1	5:00-5:30pm	2024118	2024153
	5:40-6:10pm	2024119	2024154
Level 2	6:20-6:50pm	2024120	2024155
	7:00-7:30pm	2024121	2024156
Level 3	6:20-7:00pm	2024122	2024157
	7:10-7:50pm	2024123	2024158
Level 4	5:00-5:50pm	2024124	2024159
Level 5/6	6:00-6:50pm	2024125	2024160

\*\*NO classes on July 4th, 2024.\*\*

## SUMMER SESSIONS

### 3 WEEK SESSIONS (2x weekly)

Session 1: June 4 - June 20  
 Session 2: June 25 - July 18\*  
 Session 3: July 23 - August 8

\*NO classes the week of July 4th, 2024.\*

### 6 WEEK SESSIONS (1x weekly)

Session 1: June 6 - July 18\*\*  
 Session 2: July 20 - August 29

\*\*NO classes on July 4th, 2024.\*\*



## DIVE-IN MOVIES

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

May 17th: **MIGRATION**

June 14th: **MITCHELLS VS THE MACHINES**

July 19th: **ORION AND THE DARK**

August 9th: **TROLLS - BAND TOGETHER**

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

Member \$15 | Nonmember \$20

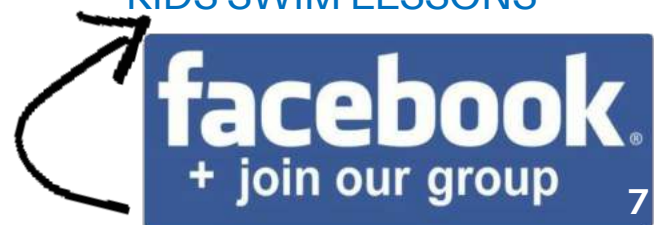
Member Families (3+) \$30 | Nonmember Families (3+) \$40

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

## SATURDAY

LEVEL	TIME	1 (6/8-7/13)	2 (7/20-8/24)
Aqua Kids	11:00-11:30am	2024126	2024161
Preschool	9:00-9:30am	2024127	2024162
	9:40-10:10am	2024128	2024163
	10:20-10:50am	2024129	2024164
Level 1	9:00-9:30am	2024130	2024165
	9:40-10:10am	2024131	2024166
	10:20-10:50am	2024132	2024167
Level 2	9:00-9:30am	2024133	2024168
	9:40-10:10am	2024134	2024169
	10:20-10:50am	2024135	2024170
Level 3	9:00-9:40am	2024136	2024171
	9:50-10:30am	2024137	2024172
	10:40-11:20am	2024138	2024173
Level 4	9:00-9:50am	2024139	2024174
Level 5/6	10:00-10:50am	2024140	2024175

Group Name: **LIFECENTER PLUS  
KIDS SWIM LESSONS**



THESE SERVICES  
CURRENTLY HAVE A  
WAITLIST!

# AQUATICS

## Private Swim & SPLASH

### 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 cancellations less than 24 hours or for no shows.

*"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



### 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 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

## 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 2024 | SCHEDULED WITH SPLASH

**COORDINATOR** 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).\*

### 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 Registration Form filled out and submitted to our Registration Box! See separate flyer online for Kids Fit Swim Classes and registration codes.

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



## 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!*



**American Red Cross**



## 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.

## 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!

### NEW CERTIFICATION \$210 | \$230

Sessions	Date	Time	Code
1	May 18, 25	12:00-7:00pm	AQU202405
	May 26	8:00-12:00pm	

### RECERTIFICATION \$160 | \$180

Sessions	Date	Time	Code
1	June 1	12:00-7:00pm	AQU202406

\*Our Red Cross Certifications require a minimum number of participants.\*



**Contact our Aquatics Department with any questions!  
Email to [Aquatics@LifeCenterPlus.com](mailto:Aquatics@LifeCenterPlus.com).**

## 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](mailto:FitFriends@LifeCenterPlus.com)

**TRY A TRAINER**  
**ARE YOU LOOKING TO MAKE SIGNIFICANT CHANGES AND MEET YOUR HEALTH & WELLNESS GOALS? OUR TRAINERS CAN HELP!**  
**\$75 MEMBER**    **\$99 NONMEMBER**

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

### 2-Person 45-Minutes\*

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

### One-on-One 45-Minutes

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

### 3-Person 45-Minutes\*

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

### One-on-One 1-Hour

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

### 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

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

Ask about our assessment and program design services. Ask about our 4+ Group Training!

## Land & Water Classes

# GROUP EX



## LCP GO® ONLINE CLASSES

• YOUR FAVORITE CLASSES BY  
YOUR FAVORITE INSTRUCTORS

**2-3 CLASSES POSTED DAILY!** **FREE FOR OUR MEMBERS**

**SEARCH "LCP GO" ON FACEBOOK!**

### G.A.S. Up (Glutes, Abs, & Stretch)

**Wednesday 10:00-10:30am**

This 30-Minutes glutes and abs class will help you burn tons of calories, tone your Abs and grow your glutes. Giving you the perfect 3 in 1 session to sweat it out and show us what you are made of!

### Hydro-Pilates

**Monday 12:00-12:45pm**

**Thursday 1:15-2:00pm**

Pilates meets warm water pool. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control.

### 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 6:00-6:45pm**

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!

### MRT HIIT

**Wednesday 5:30-6:30pm**

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 7:45-8:45am**

**Friday 7:45-8:30am**

**Thursday 12:00-1:00pm**

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!

### 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!

### Chair Pilates

**Friday 8:30-9:15am**

With the support of a chair, practice positions and movements that yield less stress on joints, while at the same time stabilizing your range of motion, engaging your core and muscles, and making you stronger.

### 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, your own body weight, and stations.

### 30/30 CycleSculpt

**Tuesday and 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.

### 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!

## 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 9:00-10:00am**

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

### Silver Seniors

**Monday 10:30-11:15am**

**Wednesday 10:45-11:30am**

**Friday 8:15-9:00am**

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!

### Strong Start

**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.

### NEW! Strength & Sweat

**Saturday 10:00-10:50am**

Kick off your weekend with a 45-minute strength and cardio sweat session, that incorporates circuits, stations, and group-style fitness! (*time included for setup and teardown*)

### Trilogy

**Tuesday and Thursday 7:00-8:00am**

**Friday 9:15-10:10am & Saturday 8:15-9:00am**

Join us for this class designed specific 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.

### Waves

**Wednesday and Friday 10:00-11:00am**

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

### Weekend Warrior

**Saturday 7:00-8:00am**

**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 10:45-11:45am**

**Sunday 4:00-5:00pm**

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 (w/ Dance Combo)**

**Saturday 9:00-10:00am**

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

### 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



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

## CYCLING CLASSES

### 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!)

**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.

## CYCLING SCHEDULE

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
Saturday	9:30-10:30am*	TGIS*
Sunday	9:00-10:00am	Infinite Ride

*\*Class offered through 5.31.24.\**



**SCAN HERE!**

Download our Group Exercise Schedule!





## Ashtanga Vinyasa

*Intermediate/Advanced*

**Tuesday and Thursday 5:45-6:45pm**

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 & Thursday 7:30-8:45am**

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.

## Power Vinyasa

*Intermediate/Advanced*

**Tuesday & Thursday 6:00-7:00am (sunrise)**

**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.

## 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.

## 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.

## Vinyasa Flow

*Intermediate/Advanced*

**Monday and Wednesday 9:00-10:30am**

**Wednesday 5:30-6:30am (Slow)**

**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.



# 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.

**Monday**

6:00-7:00pm

**Tuesday**

8:00-9:00am

6:00-7:00pm

**Thursday**

11:00-12:00pm

**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.





## 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!

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



GREAT OPTION FOR SMALL TEAM OR GROUP GATHERINGS!

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

## 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.

SEE PAGE 12 FOR TRAINING OPTIONS FOR CHILDREN AND YOUTH ATHLETES 17

## CAMP DATES & THEMES

**Week 1: MOVIN' & GROOVIN'**  
June 3 - June 7

**Week 2: GAME SHOW MADNESS**  
June 10 - June 14

**Week 3: LAB RATS**  
June 17 - June 21

**Week 4: EXPLORATION EXTRAVANGZA**  
June 24 - June 28

**Week 5: SPACE IS THE PLACE**  
July 1 - July 3

\*shortened week due to the holiday\*

**Week 6: WILD SAFARI**  
July 8 - July 12

**Week 7: CHRISTMAS IN JULY**  
July 15 - July 19

**Week 8: HOME RUN HEROES**  
July 22 - July 26

**Week 9: SWEET CREATIONS**  
July 29 - August 2

**Week 10: WE'VE GOT TALENT!**  
August 5 - August 9



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 2024, your camper will enjoy weekly themes and field trips/onsite excursions, daily swimming, crafts, games and MORE!

## CAMP COST

**Member**  
\$150 3 days/week  
\$210 5 days/week  
**Nonmember**  
\$180 3 days/week  
\$260 5 days/week

\*Weekly Field Trip fee of \$30/child.\*

### 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](mailto: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 2024 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

**Thursday 5:45-6:30pm**

**Friday 9:15-10:00am (starts 6.7.24)**

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 6 - July 11**  
**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
<b>THURSDAY</b> CODE: <b>CHP202409</b>	<b>\$45</b>	<b>\$65</b>

## 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 1 - June 19	9 and under	6:00-6:45pm	CHP202410
1	May 1 - June 19	10 and older	7:00-8:00pm	CHP202411
2	June 26 - August 21*	9 and under	6:00-6:45pm	CHP202412
2	June 26 - August 21*	10 and older	7:00-8:00pm	CHP202413

## Testing

**Session 1: June 19**  
**Session 2: August 21**

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

\*NO Classes on July 3th.\*

# 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

**THURSDAY 5:00-7:00pm**

*MORE SUMMER HOURS BEING ADDED SOON!*



## 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 6/3/24.\**



## 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 20 - July 27**

**Members \$25 per league**

Open Registration: Begins April 29th

Semifinals: week of July 14th

Finals: week of July 21st

**CODE: RAQ202403**

## Summer-Fall Session

**July 29 - October 5**

**Members \$25 per league**

Open Registration: Begins July 8th

Semifinals: week of September 22nd

Finals: week of September 29th

**CODE: RAQ202404**

## 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](http://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](mailto: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.

