

## social event



### Annual Fit Together Holiday Party

Friday • December 28 • 10am-12pm • FSII Community Rm

Join us for fun, friendship, refreshments & holiday cheer!

Earn 25 Rewards4You Perkvilla points by attending. RSVP at either Front De



### Holiday Hours & Programming

Monday, December 24: Clubs close at 4pm - Christmas Eve

Tuesday, December 25: **CLOSED.** Christmas Day

Monday, December 31: Clubs close at 4pm - New Year's Eve

Tuesday, January 1: **CLOSED.** New Year's Day

Group Fitness Schedule will be modified December 24-Jan 2. Please check website or mobile app for details.

Childcare / Juice Bar / PIT / Personal Training / Lifeguard hours may also be modified - watch for notices in the clubs.



### College Student Winter Break PIT Pass - \$50

December 9 - January 19

Keep your strength and conditioning regimen going while you're home for the holidays!

Pass includes a Four Seasons membership.

Contact Coach Hawk for details: [jesse@thepitbloomington.com](mailto:jesse@thepitbloomington.com)

### Give the Gift of Life!

Four Seasons will host a blood drive for the American Red Cross

Friday • January 4 • 1-5pm • FSII Multipurpose Room

Visit the Front Desk to schedule an appointment, or register online at [www.redcrossblood.org](http://www.redcrossblood.org). Please remember to bring your ID. Thanks for helping boost blood supplies!



## Mark Your Calendar!

Look inside or check our mobile app & website calendar for more details

Dec 1: 2019 100+ Swim Challenge Registration Opens

Dec 1-30: Polar Bear Swim Team Winter Registration, FSI

Dec 7-9: Lifeguard Certification Course, FSI

Dec 10-16: PRIORITY Group Swim Registration, FSI

Dec 15: WERQ Your Ugly Sweater class & holiday hangout, 6:45-8am FSII

Dec 16: Santa Spin Challenge Ride, 9:15-10:45am FSII

Dec 16: PomSquad/Zumba Jr Family WERQ Dance Party, 2-3pm FSI

Dec 17-23: SWITCH Group Swim Registration, FSI

Dec 21: Ugly Sweater Holiday Spin Challenge Ride, 5-6:30 FSII

Dec 22: R.I.P.P.E.D. with P.I.E., 9:45-11:15 FSII

Dec 24-Jan 2: Modified Group Fitness Schedule

Dec 24: **CLOSED** at 4pm for Christmas Eve

Dec 25: **CLOSED** for Christmas

Dec 28: Fit Together Holiday Party, 10am-12pm FSII

Dec 31: Noon Year's EveEnt, 12-2pm FSII

Dec 31: **CLOSED** at 4pm for New Year's Eve

# news you can use

Four Seasons Member Newsletter December 2018

**TRANSFORMING LIVES BY CREATING A HEALTHIER COMMUNITY**

### A friendly reminder...

The clubs always get busier during the winter holidays and in the New Year. We welcome all members of our Four Seasons family, new or long standing. We support anyone wishing to be a part of a healthier community and encourage and applaud those wishing to positively change their lives. Whether you have been a member for one day or 30 years, we will always be here to offer assistance and motivation on your journey. **We ask all our members to embrace our Core Values and join us in welcoming our newest members to the Four Seasons family. Success depends upon the community we surround ourselves with.** When we uplift and support each other we can all stay resolute in achieving our health and fitness goals.

## The season of giving!

### Home Sweet Home Ministries Holiday Food Drive

We are collecting food donations for Home Sweet Home Ministries until Christmas. Collection barrels are near the front desks at both club locations.

#### Requested Food Items:

- Peanut butter
- Pasta sauce
- Coffee
- Cooking oil
- Tuna
- Canned pasta

#### Requested Personal Care Items:

- Shaving cream
- Razors
- Lotion
- Kid's toothpaste
- Shampoo
- Conditioner
- Body wash
- Laundry soap
- Dish soap
- Diapers (N, 1, 4, 5, 6)
- Baby wipes

### Toys for Tots

Collection bins are at both Four Seasons locations thru December 15. The mission of the Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community.



### Salvation Army Red Kettle

The red kettles are here - we are collecting monetary donations for the Salvation Army. Don't have cash with you? You can also make a donation through your club account - just ask a Customer Service Rep at the front desk!

**Watch the group fitness schedule for special holiday themed classes all month long!**



**WERQ your Ugly Sweater & Holiday Hangout**

**Saturday • December 15 • 6:45-8am • FSII Multipurpose Rm**  
 Join us for a special Holiday/WERQ your ugly sweater class with Karen Osborne. Holiday Hangout in the Community Room following class for some refreshments. Ugly sweater is optional, holiday cheer and merriment are NOT!

**Holiday Spin Challenge Rides**

Wear your holiday gear and enjoy some festive fun while getting an intense workout! Join us for a 90-minute specialty Spinning class offered as an extra challenge for our Spin lovers! Please stop by the Front Desk within one hour of the beginning of class for a ticket. Only one ticket per member. Limited space available.

**Santa Spin Challenge Ride • Sunday • December 16 • 9:15-10:45am • FSII**  
 Instructors: Kristen & Karyn

**Merry "Fitmas" Ride • Friday • December 21 • 5-6:30pm • FSII • Instructor: Gwen**



**PomSquad/Zumba Jr/FamilyWERQ Dance Party**

**Sunday • December 16 • 2-3pm • FSI Aerobics Room • Instructors: Jessica Hunt & Kelli Beverage**  
 This FAMILY FRIENDLY event is **open to the public** and for everyone ages 6 and up with an adult (11 and up can come without an adult). Come try our fun, family-friendly dance fitness options and stay for a Pinata Party afterwards! **Dress in your favorite Christmas attire and be ready to dance!**

**R.I.P.E.D. with P.I.E.**

**Saturday • December 22 • 9:45-11:15am • FSII Strong Studio • Instructor: Liz**  
 Join Liz for this high-energy 90-minute specialty class! Combines RIPPED with extra Plyometrics, Intervals & Endurance. You're gonna sweat!

**Noon Year's Event**

**Monday • December 31 • 12-2pm • FSII Multipurpose Rm**  
 Celebrate the New Year with a combo class to get your heart pumping. Pick up your wristband at the front desk and stay for as long as you'd like! There will be refreshments, door prizes, and extended child care hours!



**Set a goal and choose the miles you want to swim for the new year! Stay motivated in your swim workout!**

- Challenge is on-going- sign up and go at your own pace.
- Track the laps you swim during each workout on our Aquatics webpage under Quick Links.
- Receive monthly updates on your mileage, encouragement and motivation, access to the private Facebook group, and opportunities to boost your laps throughout the year.
- Monthly top swimmers will be entered into a drawing for exclusive swim raffle prizes.
- Swimmers in our Top 10 will be posted monthly on our Facebook page, webpage and pool deck.
- When you reach your chosen miles for the year, you will receive a t-shirt, recognition, and a chance to win the grand prize.
- Only \$5 to participate (fee is non-refundable)

**Register online 4seasons-club.com or at Four Seasons I • Registration opens December 18**

**Youth Group Swim Lessons Registration Winter 2019**

**Session Dates: January 14 - March 8 (8 weeks)** Limit 1 class per week per child  
**Priority Registration** (for current session participants only keeping same day, time, level):  
**Monday, December 10 at 8am – Sunday, December 16 until 8pm**  
 • Must register at FSI ONLY



**Switch Registration** (for current session participants only changing day, time, level):  
**Monday, December 17 at 8am – Sunday, December 23 until 8pm**  
 • Openings are first come, first served • Must register at FSI ONLY

**Open Registration** (age 12 and under):  
**Monday, January 7 at 8am – Friday, January 13 until 8pm** (for NEW session participants age 12 and under)  
 • Registration can be done ONLY online (Front Desk staff will be available to assist upon request)  
 • Participant must have a myclub account created & register under their name

*Please Note: All placements are final during registration and no changes can be made after the participant is registered. Registration fee is non-refundable and non-transferrable.*  
**Cost:** Group - \$30 • Request Private/Semi-Private lessons online only



**Polar Bear & Pre Team Registration Winter 2019**

**Session Dates: January 14 - March 8 (8 Weeks)**  
**Registration Dates: December 1-30 / Late Registration: January 14-15**  
 • Register Online or at FSI  
 • Swimmers must have a myclub account in order to register online.  
**Please check our website for additional details 4seasons-club.com/aquatics**

**StarGuard 3-Day Training Course**

**December 7-9** (meets all three days)  
 Friday, December 7 5:00-8:00pm  
 Saturday, December 8 8:30am-5:30pm  
 Sunday, December 9 8:30am-5:30pm

**Certification for NEW lifeguards:** Participants must be at least 15 years old to take course and will learn water rescues, CPR, AED, and the first aid skills required to be a lifeguard. Please complete online course prior to attending the first day of class.

Course fee: **\$140** (includes online course materials and textbook)

**Recertification:** Saturday only - \$80  
 Register by December 6 at the Front Desk at Four Seasons I



**Attention NEW swim lesson participants: Swim Skills Assessment**

**Friday • January 4 • 5-7pm • FSI**

- Who:** NEW participants joining our swim lesson program ages 2.5 to 12 years
- What:** Assessment includes the child getting into the water with an instructor, who will assess child's skills to determine into which level child should enroll
- How:** Register at the Front Desk by January 3  
 Please visit the Front Desk for more information

**Adult Group Swim Lessons**

**January 14 - March 8 (8 weeks)**  
 Registration open now until filled  
**Cost: \$80** Register at the Front Desk at FSI only  
 Monday Beginner 5:30-6:00pm  
 Monday Intermediate 6:00-6:30pm

**Refer a Friend Discount**

Bring a friend! When your friend registers for this Adult Group Swim session you'll receive \$10 off your registration fee (current session only). Applies ONLY to NEW Adult Group Swim participants.