

Caregivers 101 presented by Rose Stadel
 Tuesday • January 22 • 1-1:30pm • FSII Multipurpose Rm

Are you taking care of a loved one or yourself with minimal help? Come learn ways to be an effective caregiver while also caring for yourself. We will provide information and discuss some of our local resources to help you in the process.

Earn 25 Rewards4You Perville points by attending.
 RSVP at either Front Desk



Shakes Available at FSII Juice Bar

We have recently merged the duties of our Fitness Center Attendants with our Juice Bar Attendants. While there may not be anyone behind the counter, please be aware we still offer shakes at the Juice Bar at FSII. To purchase a shake, please visit the front desk and an attendant will be with you shortly!

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.

Mark Your Calendar!

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

January

- Jan 1: CLOSED for New Year's Day
- Jan 2: 100+ Mile Swim Challenge 2019 begins
- Jan 2-Feb 15: 45 Day Fitness Challenge
- Jan 4: Swim Skills Assessment, 5-7pm FSI
- Jan 4: Red Cross Blood Drive, 1-5pm FSII
- Jan 4-5: Final Weigh-In for Holiday Hold 'Em, The PIT
- Jan 7: Holiday Hold 'Em winner announced
- Jan 7-13: OPEN Group Swim Registration, Online Only

- Jan 14-15: Polar Bear Swim Team Late Registration
- Jan 14-Mar 8: Group Swim, Adult Swim & Polar Bear Swim Team Winter Session
- Jan 19: Saturday Morning Yoga & Wine, 10am-Noon, Green Top Grocery
- Jan 22: Fit Together Seminar – Caregivers 101, 1-1:30pm FSII
- Jan 28: Polar Bear Kickboard Meet, South Pool Closed, 5:45-8:30pm FSI



news you can use

Four Seasons Member Newsletter January 2019

TRANSFORMING LIVES BY CREATING A HEALTHIER COMMUNITY

We can help you be successful with your New Year's Resolutions!
 Get fit and change your life with our Total Training Membership

\$5 TOTAL TRAINING A DAY MEMBERSHIP

- **UNLIMITED** Adult PIT Strength & Conditioning Training **OR**
- **UNLIMITED** Adult Small Group Personal Training **Plus**
- **MEMBERSHIP** to both clubs for **You and Your Family!**

*average price per day • \$160/month • minimum 2-month commitment required



Visit the Front Desk or talk with a Member Experience Specialist for information.



45-Day Mobile App Fitness Challenge

January 2-February 15

Start the New Year off right and make yourself accountable in your workouts! Track a minimum of 25 workouts in 45 days to be eligible to win a loyalty prize package that includes a Four Seasons duffel, blender bottle and 1 month of unlimited adult guest passes! Download our mobile app, click on the Challenges tab and join! Track your workouts, keep an eye on the leader board, monitor your progress, earn bragging rights and be eligible to win big!



Saturday Morning Yoga & Wine

Saturday • January 19

Yoga: 10–11am • Happy Hour 11am-Noon

Join us at Green Top Grocery for a fun Yoga session led by David Vale followed by a Wine & Spirits Happy Hour.

Register in store with a cashier or call 309-306-1523



Lost & Found

Leave something behind? Please stop by the Front Desk to see if we have recovered it!

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. Please remember to bring your ID. Thanks for helping boost blood supplies!



New Equipment!

We are continually evaluating and upgrading equipment to meet our members needs. We recently added a new Stairmaster stepper to each club, and will install 20 new Life Fitness treadmills at FSII later this month.

Deep Cleaning at FSII

We will deep clean the cardio area at FSII January 8-10 in preparation of new equipment installation. Cleaning will begin at 8pm each evening, but should not interfere with your workout.



StarGuard 3-Day Training Courses

February 1-3 (meets all three days)

Friday, February 1	5:00-8:00pm
Saturday, February 1	8:30am-5:30pm
Sunday, February 2	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: **\$140.00** (includes online course materials and textbook)
Recertification: Saturday only February 2 8:30am-5:30pm, \$80

Register by January 31 at the Front Desk at Four Seasons I.



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

Youth Group Swim Lessons Registration Winter 2019

Session Dates: January 14 - March 8 (8 weeks) Limit 1 class per week per child

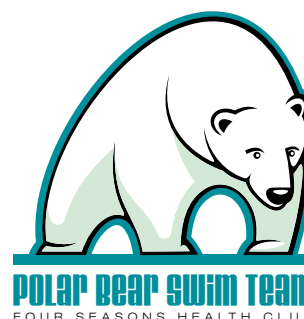
Open Registration (age 12 and under):

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)

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

Polar Bear Winter Event

South Pool will be CLOSED Monday • January 28 • 5:45-8:30pm for the Kickboard Relay Meet

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.