

### Boosting Metabolism presented by Kim McClintic, OSF Dietitian

Tuesday • March 26 • 1-1:45pm • FSII Multipurpose Rm

Such a great topic that we're hosting this one again! Learn how the body responds to food, sleep and exercise to boost your metabolism and energy levels with small changes.

Earn 25 Rewards4You Perkville points by attending.

RSVP at either Front Desk

Coming in April!

### A Matter of Balance

presented by OSF Physical Therapists Amy Christianson and Heather Arndt

Mondays • April 1 - May 20 • 8:30-10:30am • FSII Community Rm

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. Join us for this **FREE 8-week class**.

#### You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling

**Pre-registration is required.** Register at the FSII front desk Space is limited!



### Stay Healthy!

Even though spring is just around the corner, we are still in the midst of an especially bad cold & flu season. In an effort to help everyone stay healthy we ask you to be sure to **wipe down all equipment with disinfectant** after use. Spray bottles & towels are available in the weight training areas, and disposable wipes are available in the cardio areas. Hand sanitizer is readily available as well.

## Mark Your Calendar!

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

<p><b>March</b>          Mar 1-31: Spring Polar Bear Registration          Mar 1-31: FBLA Fund-raiser for March of Dimes          Mar 1: Registration Opens for Triathlon Workshop          Mar 3: Girls World Expo, 12-4pm Parke Regency Hotel          Mar 4: Adult Group Swim Registration Opens          Mar 4-10: PRIORITY Registration Spring Group Swim          Mar 7: Polar Bear Inter Squad Meet, South Pool Closed, 5:45-8:30pm FSI          Mar 11-17: SWITCH Registration Spring Group Swim          Mar 11: Registration opens for Basketball Technique Training Try It Out &amp; Spring Sessions</p>	<p>Mar 12: Swim Skills Assessment, 5-7pm FSI          Mar 14-May 25: Summer Shape Up Challenge          Mar 18-24: OPEN Registration Spring Group Swim          Mar 25-31: Modified Group Fitness Schedule          Mar 26: Fit Together Seminar: Boosting Metabolism, 1-1:45pm FSII          Mar 30: Lifeguard Recertification Course, 8:30am-5:30pm FSI</p> <p><b>April</b>          Apr 3: Summer Day Camp Registration opens ONLINE</p>
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# news you can use

Four Seasons Member Newsletter March 2019

**TRANSFORMING LIVES BY CREATING A HEALTHIER COMMUNITY**

Give the kids a summer full of activity and fun! Registration opens April 3

## Introducing our NEW Summer Day Camp!

June 3 – August 14 (11 weeks, no camp July 4) • Four Seasons I • 6:30am-6:00pm M-F • \$150/Week

Age Groups: Grades K-2, Grades 3-5, Grades 6-8



*This program is offered to Four Seasons members ONLY.*

- **Activities will include swimming, group activities, arts and crafts, one weekly field trip and much more!** Group Fitness classes, The PIT, and swimming lessons will be available for an additional fee.
- **Enrollment commits you to the entire 11-week session, 5 days a week.** Rates will not be prorated based on absence and/or vacation.
- **Registration opens April 3 and will be done ONLINE ONLY.** Parents must register under the child's myclub account. If you're registering multiple campers, you must login to each child's account.
- **Please visit our website 4seasons-club.com > Membership for more information.**

## Get ready for an active, feel good summer!

- **Decrease your body fat percentage** (determined by InBody assessment) and you may **WIN the CASH PRIZE!** (Final prize amount dependent upon number of participants. Winner to be selected in blind drawing of eligible participants.)
- **\$20** for your chance to WIN!
- Open to **Four Seasons** and **PIT members** only – age 18+
- **Register at FSII & complete initial assessment by March 16 at 1pm**

**Initial InBody Assessment:**  
 Thursday • March 14 • 4pm-8pm  
 Friday • March 15 • 6am-4pm  
 Saturday • March 16 • 11am-1pm

**Final InBody Assessment:**  
 Thursday • May 23 • 4pm-8pm  
 Friday • May 24 • 6am-4pm  
 Saturday • May 25 • 11am-1pm

Challenge Requirements: Participants must complete initial and final InBody assessments on scheduled days and times to qualify for prize. No exceptions. No refunds will be given for any reason.

**BONUS! All participants who complete the challenge** (initial & final InBody Assessments) **will be entered into a drawing to WIN one month of FREE unlimited training in The PIT or Small Group Training!**



*Half of entry fees will be donated to Habitat for Humanity  
 Half will go to the WINNER!*



## Meditation

**Thursdays • 11:35am-12pm • FSII Strong Studio • Instructor: David V**  
**Fridays • 10:05-10:30am • FSI Aerobics Room • Instructor: Carissa H**  
*This 20-30 minute meditation practice will help you reach a heightened level of spiritual awareness. This mental exercise will help with concentration, focus and breathing. Each class will be different, we encourage you to stay for the entire time.*

Mark your calendar!

## Modified group fitness schedule March 25-March 31

## Looking for a Rewarding Job this Summer?!

Come join the Four Seasons family by working as a **Summer Camp Counselor!** This new position will be responsible for organizing & leading weekly activities with our kiddos in our summer camp programming. Visit our website for more information & to apply today!



## PIT Basketball Technique Training is back – Come TRY IT OUT!

Try out our PIT Basketball Technique Training classes with PIT Coach Nate Kohler.

**Monday, March 18 & Wednesday March 20 • FSI South Gym**



2nd-5th grade: 5pm-6pm  
Intermediate level: 6pm-7pm  
Advanced level: 7pm-8pm

**\$10 per person • Limited space available • Registration opens March 11 at FSI**

**Enroll for the Spring Session: April 1 – May 23 (8 weeks)**

8 classes: \$100 (member) / \$120 (non-member)  
12 classes: \$150 (member) / \$180 (non-member)



## Learn to be a Triathlete!

**Saturdays • 11-11:45am • April 13, 20, 27**

Introductory 3-week workshop includes:

- brief explanation of triathlon swim rules and regulations
- quick evaluation to determine comfort level & ability
- build upon skills each week

Maximum 6 adult participants per session.

**\$30**

**All swim ability levels are welcome to participate!**

Registration opens March 1 at the Front Desk at FSI or online



## Youth Group Swim Lessons Registration Spring 2019

**Session Dates: April 1- May 24 (8 weeks)** Limit 1 class per week per child

**Priority Registration** (for current session participants only keeping same day, time, level):

**Monday, March 4 at 8am – Sunday, March 10 until 8pm**

- Must register at FSI ONLY

**Switch Registration** (for current session participants only changing day, time, level):

**Monday, March 11 at 8am – Sunday, March 17 until 8pm**

- Openings are first come, first served • Must register at FSI ONLY

**Open Registration** (age 12 and under):

**Monday, March 18 at 8am – Friday, March 24 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 lesson - \$30 per child • Request Private/Semi-Private lessons online only



## Attention NEW swim lesson participants: Swim Skills Assessment

**Tuesday • March 12 • 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 March 11  
Please visit the Front Desk for more information

## Adult Group Swim Lessons

**April 1- Mar 24 (8 weeks)**

Registration open March 4 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.



## Polar Bear & Pre Team Registration Spring 2019

**Session Dates: April 1- May 16 (7 Weeks)**

**Registration Dates: March 1-March 31 / Late Registration: April 1 & 2**

- Register Online or at FSI

- Swimmers must have a myclub account in order to register online.

Qualifications: Polar Bear Swim Team is open to any child who has a basic knowledge of all four strokes. Final approval is at the discretion of the coach. Kids that need coaching prior to joining Polar Bears should sign up for PRE-Team.

**Please check our website for additional details [4seasons-club.com/aquatics](http://4seasons-club.com/aquatics)**

## Polar Bear Winter Event

South Pool will be CLOSED **Thursday • March 7 • 5:45-8:30pm** for the Inter Squad Meet

## StarGuard Recertification Course

**Saturday, March 30 8:30am-5:30pm**

**Course fee: \$80** Fee includes a book and code for online course.

Participants taking the renewal class must already hold a StarGuard certification or a certification from another agency.

**Register by March 29 at the FSI Front Desk**

