



# JANUARY CALENDAR OF EVENTS

## AQUATICS

### CHILDREN'S SWIM LESSONS SESSION 1

January 8-February 24, 2018 • Registration Open

### CHILDREN'S SWIM LESSONS SESSION 2

February 26-April 21, 2018

Members may register February 19. Those currently enrolled may register February 24. Open registration begins February 26. No lessons March 25-April 1.

### SYNCHRONIZED SWIMMING FOR CHILDREN

February 26-April 21, 2018 • Crystal Lake

Swimmers ages 5-8 and 9-12 will perform coordinated, identical movements set to music.

## JANUARY SPA SPECIALS

**FREE AROMATHERAPY** when you book a massage

**\$30 BASIC NO-CHIP PEDICURE**

**\$25 BASIC NO-CHIP MANICURE**

**\$60 RESTORATIVE BACK TREATMENT**

*Ask about cupping therapy!*

## PERSONAL TRAINING

### FITNESS EQUIPMENT ORIENTATIONS

Crystal Lake and Huntley • Free to members

January 9 • 5pm	January 24 • 10am
January 20 • Noon	January 28 • 11:30am

*Registration required.*

## TENNIS-HUNTLEY

### GROUP TENNIS SESSION 3 (8 WEEKS)

January 8-March 4

### TENNIS AND SWIM CAMP

January 2-5 • 9:30am-12:30pm • Ages 6-12

### ALL TENNIS CAMP

January 2 & 4 • 1-3pm • Ages 9-13

### ADULT THEMED DROP IN DRILLS

January 2-4 • 9-11am

### HEALTH BRIDGE JUNIOR WINTER BREAK BOYS/GIRLS CHAMPIONSHIP

January 5 & January 6

**BOYS/GIRLS 12 AND UNDER USTA SINGLE DAY  
SHOWDOWN** • January 27 • 1:30pm

## FREE FITNESS DEMOS - CRYSTAL LAKE

### FUNCTIONAL STRENGTH TRAINING

January 2 • 5:30pm	January 20 • 5:30pm
January 4 • 10am	January 23 • 9am
January 8 • 10am	January 26 • 5pm
January 10 • 5:30pm	January 29 • 11am
January 16 • 5:30pm	

### BARBELLS 101

January 9 • 9:30am	January 20 • 10:30am
January 13 • 10:30am	January 26 • 10am
January 16 • 5:30pm	

## FREE FITNESS DEMOS - HUNTLEY

### BENEFITS OF FUNCTIONAL TRAINING

January 6 • 10am	January 18 • 9am
January 9 • 9:30am	January 24 • 6pm
January 11 • 7pm	January 27 • 10am
January 16 • 6pm	

### HIP HINGE AND THE KETTLEBELL SWING

January 2 • 5:30pm	January 13 • 10am
January 5 • 7:30am	January 17 • 8pm
January 6 • 11am	January 19 • 7:30am
January 8 • 4pm	

## GROUP FITNESS

### YOGA SCHOOL FOR BEGINNERS

Sundays, January 7-28 • 2pm

Tuesdays January 9-30 • 6:15pm

Crystal Lake • Conference Room

Saturdays, January 13- February 3 • 8:15am

Thursdays, January 11-February 1 • 7:30pm

Huntley • Mind/Body Studio

*Registration required.*

### GROUP FITNESS INSTRUCTORS MEET & GREET

January 16 • 6-7pm • Crystal Lake

January 30 • 6:30-7:30pm • Huntley

*Light refreshments will be served.*

### BODYPUMP TECHNIQUE CLASSES

#### HUNTLEY

January 20 • 11:15am  
January 28 • 1pm

#### CRYSTAL LAKE

January 21 • 2pm  
January 27 • 12:30pm



# KIDZONE JANUARY CALENDAR OF EVENTS

## BABYSITTING TRAINING COURSE

With a focus on safety, aspiring babysitters will learn basic care for babies and toddlers as well as how to respond to emergencies. Participants need to bring lunch and a drink. Open to ages 11-14.

**Monday, January 15 • 9am-3pm • Crystal Lake**  
**Member: \$55 | Community: \$65**

## KIDS' NIGHT OUT

An exciting "night out" for kids ages 1-11. Children will work on a craft, eat a pizza dinner and watch a movie. Popcorn is included. Attendees ages 4-11 are asked to bring their swimsuit for swim time.

**Friday, January 12 • 4:30-9:30pm • Crystal Lake**  
**Member: \$25 | Community: \$38**

## KIDZONE CAMP

Kids ages 4-12 enjoy a half- or full-day of camp, including themed activities such as swimming, crafts, science experiments and more. Bring a sack lunch or lunch money for Subway on site.

**Tuesday, January 2 • Huntley**  
**Monday, January 15 • Huntley**

**Full Day | 8am-4:30pm**  
**Member: \$60 | Community: \$75**

**Half Day | 9am-2:30pm**  
**Member: \$40 | Community: \$55**

*Camp pricing is per day.*

## SWIM TIME

Drop your kids off at KidZone for an afternoon of swimming. Be sure to bring a sack lunch. For kids ages 4 and older.

**Wednesday, January 3 Noon-2pm • Crystal Lake**  
**Member: \$12 | Community: \$18**

## FROSTY FUN

Swim, play games and decorate delicious cookies. Open to kids ages 4-11.

**Friday, January 5 • 12:30-3pm • Crystal Lake**  
**Member: \$22 | Community: \$32**

## KIDZONE PRIVATE PARTIES

Plan your next party at KidZone! Now hosting private parties with various themes and activities, the possibilities are endless. Party slots are available at our Crystal Lake and Huntley locations.

**Fridays** *Huntley only.*  
**Saturdays, 2-4:30pm or 5-7:30pm**  
**Sundays, 2-4:30pm**