



# FEBRUARY CALENDAR OF EVENTS

## AQUATICS

**HEALTH BRIDGE HAMMERHEADS SWIM MEETS**  
February 3 & 24 • Huntley, Lap Pool

### SWIM LESSONS SESSION 2

Adults • February 26-April 21

Children • February 26-April 21

Members may register February 12. Those currently enrolled may register February 17. Open registration begins February 19. No class March 25-April 1.

### SYNCHRONIZED SWIMMING FOR CHILDREN

February 26-April 21 • Crystal Lake

Swimmers ages 5-8 (beginner) and 9-12 (advanced) will perform coordinated, identical movements set to music. Open registration begins February 19.

### MIRACLE SWIMMING FOR ADULTS

Conquer your fear of water and learn to swim. See concierge for details and pricing.

## TENNIS-HUNTLEY

### ORANGE BALL 10U USTA TOURNAMENT

February 10 • 1:30pm

### GREEN BALL 10U USTA TOURNAMENT

February 10 • 3:30pm

### VALENTINE'S ADULT MIXER

February 10 • 6:30-9:30pm

### JUNIOR GRAND PRIX GIRLS 12U

February 24 • 6pm

### HEALTH BRIDGE RED BALL 8U TOURNAMENT

March 2 • 5:30pm

### GROUP TENNIS SESSION 4 (8 WEEKS)

March 5-May 6

## FEBRUARY SPA SPECIALS

### FREE NO-CHIP MANICURE REMOVAL

*when you book a no-chip manicure*

### \$35 MINI FACIAL

### \$20 EYEBROW/LIP COMBO WAXING OR THREADING

### \$20 OFF 90-MINUTE MASSAGE PACKAGE

*includes 5 massages*

## GROUP FITNESS

### FAMILY CYCLE

February 4 & 18 • 2pm • Crystal Lake, Studio 2

### MARGARITA WEAR TRUNK SHOW

February 5 • 8:30am-2pm • Huntley

February 12 • 8:30am-2pm • Crystal Lake

### GROUP FITNESS INSTRUCTORS MEET & GREET

February 19 • 6-7pm • Crystal Lake

February 27 • 5:30-6:30pm • Huntley

*Light refreshments will be served.*

### BODYPUMP TECHNIQUE CLASSES

February 19 • 4:45pm • Crystal Lake

February 27 • 4pm • Huntley

## FITNESS DEMOS-CRYSTAL LAKE

### BODY AWARENESS

Personal trainer Emilee Pike will teach you how to tune into your body for a more effective workout.

February 2 • 12pm

February 13 • 1pm

February 5 • 4pm

February 21 • 5pm

February 7 • 9am

February 22 • 12pm

February 11 • 10am

### STRENGTH TRAINING FOR TRIATHELETES

Join personal trainer John Fleck to learn how strength training can enhance your triathlon performance.

February 6 • 4:30pm

February 21 • 11:30am

February 7 • 11:30am

February 27 • 4:30pm

February 13 • 4:30pm

February 28 • 11:30am

## FITNESS DEMOS-HUNTLEY

### BALANCING ACT

Personal trainer Anna Carlino will show you how to incorporate balance training into your workout.

February 4 • 3:30pm

February 16 • 10am

February 7 • 7pm

February 19 • 3pm

February 9 • 10am

February 21 • 4:30pm

February 11 • 3:30pm

### DEADLIFTS

Personal trainer Josh Fick will teach you proper form, technique and different variations of deadlifts.

February 6 • 8am

February 15 • 8am

February 9 • 3:30pm

February 18 • 12pm

February 11 • 12pm

February 19 • 3:30pm

February 12 • 3:30pm



# KIDZONE FEBRUARY CALENDAR OF EVENTS

## GIRLS' NIGHT

Girls ages 4-11 will enjoy an evening of swimming, manicures, eating pizza and watching a movie. Popcorn is included.

**Friday, February 2 • 5-9pm • Huntley**  
**Friday, February 23 • 5-9pm • Crystal Lake**  
**Member: \$25 | Non-Member: \$35**

## KIDS' NIGHT OUT VALENTINE'S PARTY

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, February 9 • 4:30-9:30pm**  
**Crystal Lake & Huntley**  
**Member: \$25 | Non-Member: \$38**

## CANVAS AND COOKIES

Kids ages 4-11 will create their own canvas painting with step-by-step instructions from our team members. Cookies will also be served.

**Friday, February 16 • 1-4pm • Huntley**  
**Member: \$22 | Non-Member: \$32**

## SAFE SITTER® ESSENTIALS COURSE

Aspiring babysitters ages 11-14 will follow a curriculum built by Safe Sitter® covering safety skills, child care skills, first aid and rescue skills, and more. Attendees should bring a sack lunch and a drink.

**Monday, February 19 • 9am-3pm • Huntley**  
**Member: \$55 | Non-Member: \$65**

## KIDZONE CAMPS

While school is out for President's Day, we are having fun in KidZone! Kids ages 4-11 will enjoy a full-day of camp, including themed activities such as swimming, games, science experiments and more. Bring a sack lunch or lunch money for Subway on site.

**Thursday, February 15-Friday, February 16**  
**Monday, February 19-Tuesday, February 20**  
**8am-4:30pm • Huntley**

**Daily Rate: Member: \$60 | Non-Member: \$75**  
**4-Day Rate: Member: \$175 | Non-Member: \$210**

*Camp pricing is per child.*

## 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, 2:30-5pm or 5-7:30pm**  
**Sundays, 2:30-5pm**