

SEPTEMBER CALENDAR OF EVENTS

WELLNESS

CENTEGRA KIDS IN MOTION PROGRAM

This four-week program will empower children and their families to make healthy choices for a lifetime. Parents may enjoy use of the Centegra Health Bridge Fitness Center facility during class time, but are encouraged to join the last 15 minutes of each class. (Ages 8-12)

Wednesdays, August 29-September 19 | Crystal Lake
5:30-6:30pm | \$75 per child

LIPID SCREENING*

In just minutes, this simple finger stick blood test can help identify treatable (or even preventable) health risk factors. A Centegra wellness technician will explain your results and offer suggestions for improvement.

* A 10-hour fast is recommended for the most accurate results.

Monday, September 10 | 6:30-9am | Crystal Lake
Monday, October 1 | 6:30-9am | Huntley
Member: \$25 | Non-Member: \$30

BONE DENSITY SCREENING

A Centegra wellness technician will help you identify your osteoporosis risk through a quick, painless heel ultrasound test.

Friday, September 21 | Noon-3pm | Crystal Lake
Member: \$20 | Non-Member: \$25

SPA SPECIALS

DETOXIFYING FACIAL PEEL • \$60

10% OFF FIVE 60-MINUTE SWEDISH MASSAGES

Save when you purchase as a package.

AQUATICS

TRYOUTS FOR HAMMERHEADS HUNTLEY TEAM

For currently enrolled HammerHeads team members:

Monday, September 10 | Wednesday, September 12
7-8pm | \$5 fee (no registration required) | Huntley

Open tryouts for members and non-members:

Monday, September 17 | Wednesday, September 19
7-8pm | \$5 fee (no registration required) | Huntley

HAMMERHEADS TEAM DIVE PRACTICE

Saturdays | September 8-October 20
10-10:30am | Huntley Lap Pool

FITNESS DEMOS-CRYSTAL LAKE

STRENGTH TRAINING PROGRAMMING

Join personal trainer Travis Fuchs and learn how to incorporate sets, reps and rest in your strength program.

Friday, September 7 | 2pm
Monday, September 10 | 9am
Monday, September 17 | 9am
Thursday, September 20 | 4:30pm
Friday, September 28 | 2pm

FITNESS DEMOS-HUNTLEY

NO CRUNCH ABS

Personal trainer Matt Serdar will teach you various core exercises that don't include the standard sit-up or crunch.

Wednesday, September 5 | 4pm
Thursday, September 6 | 3pm
Sunday, September 9 | 3:30pm
Tuesday, September 11 | 5:30pm
Friday, September 14 | Noon
Sunday, September 16 | 3:30pm
Wednesday, September 19 | 11:30am

TENNIS-HUNTLEY

GROUP TENNIS LESSONS • SESSION 1

Youth, Junior and Adult All Levels. Registration open now.
September 4-October 28 | 8-week session

JUNIOR AND ADULT TRAVEL TENNIS LEAGUES

Leagues begin this month.

ORANGE BALL USTA CO-ED 10U TOURNAMENT

Saturday, September 8 | 1pm

GREEN BALL USTA BOYS & GIRLS 10U TOURNAMENT

Saturday, September 8 | 3pm

SINGLE-DAY SHOWDOWN USTA BOYS & GIRLS 12U TOURNAMENT

Saturday, September 15 | 1pm

SINGLE-DAY SHOWDOWN USTA BOYS 14U AND 18U TOURNAMENT

Saturday, September 22 | 1pm



KIDZONE SEPTEMBER CALENDAR OF EVENTS

DROP 'N SHOP

Parents, enjoy some stress-free shopping. Drop off your child for up to three hours of safe, supervised fun. (Ages 4 months-11 years)

Monday-Friday | 8am-8pm | Crystal Lake and Huntley

RATES	MEMBER & NON-MEMBER
One Child per hour	\$5
Two Children per hour	\$8
Three+ Children per hour	\$12

KIDS' NIGHT OUT

Children will work on a craft, eat a pizza dinner and watch a movie. Popcorn is included. Children 4-11 years wishing to swim should arrive wearing a swimsuit and bring pajamas to change into afterward. (Ages 1-11 years)

Friday, September 14 | 4:30-9:30pm | Huntley

Friday, September 21 | 4:30-9:30pm | Crystal Lake

Member: \$25 | Non-Member: \$38

GLITZY GIRLS EVENT

An evening for young ladies who like to be pampered. Everyone will receive a manicure/pedicure, play games and enjoy pizza, a movie and a special treat. (Girls ages 4-11 years)

Saturday, September 29 | 5-7:30pm | Huntley

Member: \$21 | Non-Member: \$30

PRIVATE BIRTHDAY PARTIES

Plan your next party at KidZone! We take the guess work out of party planning and do the work for you. Our party packages include invitations, a balloon bouquet, paper goods, table cloths and two dedicated KidZone staff members to help you host the party. (Ages 1-12 years)

Gold Party Package (for up to 10 children*)

Includes swimming and pizza.

Member: \$220 | Non-Member: \$255

Crystal Lake | Huntley

Silver Party Package (for up to 10 children*)

Includes swimming.

Member: \$180 | Non-Member: \$215

Crystal Lake | Huntley

* No fee for the birthday child.