

Winter 2020-21 FEBRUARY & MARCH

Register online or call 513 985 0900

Aquababies

Bring your baby and teach your child how to love the water. Adult must be in the water with the child. Instructors are Red Cross certified.

9:30 a.m. Saturdays Mar 13 – May 1

Cost: Member \$75 / Non-Member \$100

Call front desk or Marsha Walsh, Aquatic Supervisor to register



Pre-School (1 Class)

Teach your child the essentials of water safety and swimming. Beginner class is geared toward children ages 3–5: blow bubbles, front glide, back float and then progress to combined arm and leg action on front and back. It's a perfect "next step" after Aquababies.

Ages 3-6 Registration for this session will begin:

10:00 a.m. Saturdays Mar 13 – May 1

5 p.m. Wednesdays Mar 13 – May 1

Cost: Member \$75/ Non-Member \$100

Call front desk or Marsha Walsh, Aquatic Supervisor to register.

FITNESS/PERSONAL TRAINING

Spring Rush – Fitness incentive Program

Spring is here – time for regrowth and trying new things! Pick up your workout card at the Front Desk starting March 1. Get a sticker for each 30-minute workout you complete, from either the fitness team, your group ex instructor or lifeguard. You have until March 31 to complete as many workouts as you can and turn in your card to the Front Desk. You could win a free month of membership!

Monday, March 1 – Wednesday, March 31 Members FREE

To participate, pick up a card from the Fitness Desk.

PickleFit!

Have fun with these total body exercises aimed at making you a better Pickleball player!

The 4-week Small Group Training session runs March 30 – April 20 in Studio C.

\$50/once a week, Limit 4. Members only.

Register at the Front Desk.

Tuesdays, 10 – 10:25 a.m. All Levels



Pilates Private Session - Introduction

New to Pilates, but unable to attend an Intro session? Choose three private sessions for \$99 with a certified instructor at your own convenience.

Contact Tricia Lenhof at 513-246-2645 to schedule.

Pay at the Front Desk.

MEDICAL EXERCISE SERVICES

Cancer Wellness

Twelve-week exercise program for cancer patients that are currently in treatment or are within one year of completing treatment

This program has various meeting times

Ongoing registration | Call 246-2622 or email karen_sims2@trihealth.com

Wellness Coaching

Wellness coaching takes a proven, interactive approach to improving your health and lifestyle behaviors. Our coaches can help you work toward any of your health and wellness goals.

6 telephonic sessions \$210 | 12 telephonic sessions \$360

Contact Tracy Littellmann at 246-2625 or tracy_littellmann@trihealth.com for more information.

HEALTHY LIFESTYLES & NUTRITION

HealthONE - Session 1

20-week weight management program

February 4 – June 17

Thursdays 6 - 7 p.m.

Member Cost: \$882 + cost of meal replacement

Non-Member cost \$980 + cost of meal replacement

Call 246-2622 or email karen_sims2@trihealth.com



HealthONE - Session 2

20-week weight management program

March 15 – August 9 | Mondays 6 - 7 p.m.

Member Cost: \$882 + cost of meal replacement

Non-Member cost \$980 + cost of meal replacement

Call 246-2622 or email karen_sims2@trihealth.com

RECREATION

Sip & Paint - Rescheduled

Just in time for Valentine's Day. Make it a date night, create a gift for a loved one or yourself. Offered virtual or in person. Whether you're a highly skilled artist or just a novice, this guided art experience by Abrakadoodle will be a big hit. Don't forget to bring your own wine or favorite beverage! Canvas, brushes & light pre-packaged refreshments are included.

Tuesday, February 9, 6-7:30 p.m. Members \$40, nonmembers \$50

Register by February 8

Virtual BINGO

Who's ready for some go old fun? It's Game Time. Inviting Pavilion members, family members or friends to join us for a chance to win prizes. Remember you must sign up for a spot. This game night will be full of competition, conversation & laughter.

February 25, 6 - 7:30 p.m. & March 18, 6 - 7:30 p.m.

Members \$10, nonmembers \$15 Register by February 22 & March 15

Pickleball Clinic

Do you want to learn how to play pickleball or brush up on your skills? You will learn the fundamentals of the sport, develop and/ or enhance your pickleball strategy.

Tuesday, March 23, 11 a.m. - 12:30 p.m. Cost: \$15 members & nonmembers

KIDS' LIFE

Peewee Basketball Clinic (Ages 3-5)

This wonderful and energetic program is back this February!

During the 4 week clinic, your kids will learn basic basketball skills that include agility, dribbling, passing, and shooting. Get involved with this fun, developmentally appropriate program. Instruction by the Shine Basketball.

Mondays, February 15 - March 8, 6:00 p.m. - 6:45 p.m.

Child member \$35, non-member child \$45

Multi-Sport Winter Break Camp by Laffalot

Keep the kids active while school is out for the holidays. A different sport is introduced each day! For kids Ages 5-12. Pack a bag lunch (no peanuts, please).

March 15 - 19, Monday - Friday

Cost: \$35 per day, Full day (9 a.m. - 4 p.m.) \$165, Extended Day (7:30 a.m. - 6 p.m.) \$185
Recreation Games & Activities (Virtual or In-Person)

"NEW" Kids in the Kitchen - (Sneak Preview Video)

This is a virtual interactive Cooking Show for Kids! Budding chefs ages 6-10 will learn the basics of cooking while participating at home in the preparation of real recipes that they get to taste. In a kid-friendly and safe environment, kids will learn the joy of cooking, etiquette, math & science, and have fun!

Each participant will receive a chef's hat and apron.

Sneak Preview: March 29th

Begins Saturdays, April 3 - 17, 10:30 a.m. - 11:30 a.m.

Members \$40, nonmembers \$50