



## Update from The W 4.19.18

### "Drive Up and Sign Up" for football

Registration for The W's NFL Flag Football program, open to students entering first through sixth grade in 2018, will be available Saturday, April 21, 10 a.m.-2 p.m., at **Roling Ford in Shell Rock**. Padded and middle school football registration also will be available. [Click here](#) for more information about the flag football program.

### The W health fair is this weekend

The W's annual Community Health and Wellness Fair is Saturday, April 21, 9-11 a.m., at The W. This year's event will include nearly 40 booths, a bike rodeo, exercise class demos, and giveaways. Click [here](#) for more information.

### Group fitness registration begins April 20

Registration for summer fitness passes begins Friday, April 20. Passes are \$20 for a four-month pass that gets you into an unlimited number of classes, or you can pay just \$7 dollars for a monthlong pass. Guest prices are \$130 for four months and \$35 for a month.

### Adult rec leagues begin in June

Our recreation programs aren't just for the kids. Adult disc golf, sand volleyball, and soccer leagues will start in June, so grab a few friends and register now. Learn more about the programs and schedules [here](#).

### Tai Chi beginner classes begin in May

No experience is necessary to join our new Tai Chi class, which begins May 2. Tai Chi is one of the most effective exercises for health and body originating in ancient China. The Sun-style tai chi class will meet Mondays, Wednesdays, and Fridays from 9 to 9:50 a.m.



#### Hours

##### The W Hours:

Mon.-Thurs. 5 a.m.-10 p.m.  
 Fri. 5 a.m.-8:30 p.m.  
 Sat. 7 a.m.-6:30 p.m.  
 Sun. 11 a.m. (Fitness area only)  
 1-10 p.m.

##### Pool Hours:

Mon.-Fri. 5:15-7:45 a.m.  
 (vortex and lap swim only)  
 11 a.m.-1 p.m.  
 (vortex and lap swim only)  
 4-8 p.m. (open swim)

Saturday 7:30-9 a.m.  
 (vortex and lap swim only)  
 11 a.m.-6 p.m. (open swim)

Sunday 2-8 p.m. (open swim)

##### Climbing Wall Hours

Thurs.-Fri. 5-8 p.m.  
 Sat.-Sun. 1-5:30 p.m.

##### Child Care Hours:

Mon.-Fri.  
 8:30-11 a.m.  
 4:30-7:30 p.m.

##### Zesty Orange Hours:

Monday-Thursday: 7:30 a.m.-7 p.m.

### One racquetball court, exercise studio to be closed for floor refinishing

Racquetball court two and the exercise studio will be closed April 23-30, to allow workers time to refinish the floors. Additional information about relocated exercise classes will be posted on the website.

### Facility availability

Please check the [website](#) for facility availability as several athletic teams are practicing indoors.

### Water certifications starting soon

Now is the perfect time to get certified for your summer job. The W will offer a lifeguard recertification course as well as full lifeguard and water safety instructor certification courses in the coming months. Click [here](#) for more information.

### Register for the TriByKnight Triathlon

The deadline to register for the seventh annual TriByKnight triathlon is Thursday, May 3. The event, on Saturday, May 5, features a 300-yard swim, 15-mile bike, and 3.1-mile run. Cost for the race is \$65 per person or \$100 per team. Click [here](#) to register.

Friday: 7:30 a.m.-6:30 p.m.  
Saturday: 9 a.m.-4 p.m.  
Sunday: 1-7 p.m.



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