



Update from The W 10.5.17

Tell your friends

Do you have a family member or friend interested in joining The W? Next week, Oct. 9-13, we will offer a reduced activation fee for all new members. All monthly membership fees still apply.

Bremer County to offer diabetes prevention program

The Bremer County Health Department is offering a new diabetes prevention program beginning Oct. 17. This free, 12-month, weight-loss program is led by a registered nurse trained to be a lifestyle coach. Participants will learn how to grocery shop on a budget, make proper nutritional choices while out to eat, track food intake, and incorporate exercise into their lifestyle. The group will meet every Tuesday at 5 p.m. for the first 16 sessions. Click [here](#) for more information.

Busy weekend at The W

The W will host a celebration of the Transforming Tomorrow campaign Friday, Oct. 13, beginning at 5:30 p.m. Levick Arena and Steinhauer Court will be closed beginning at noon for this event, but the rest of The W will be open for use. In addition, the field house will be occupied Saturday morning, but Center Court will be open. Thank you for your patience as we welcome hundreds of alumni and friends back to campus.

Bring a friend for Homecoming

The Wartburg Homecoming celebration starts next week, and we are celebrating with special discounts for guests. Invite friends to join you — or stop by on their own — Oct. 13-15 for just \$5. Please remember all children under 12 must be supervised by an adult.



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)
 1 p.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-Friday: 7:30 a.m.-6 p.m.

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

Pool availability

Evening swim lessons will run through Oct. 19 on Tuesdays and Thursdays, from 5:30 to 6:45 p.m. The north end of the pool will be closed during these times, but the vortex pool will remain open to exercisers.



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