The Source

- ProActive News -

May 2014

HAVE YOU HEARD?

► HOLIDAY HOURS

Club hours on Memorial Day, May 26, 5 a.m.—5 p.m. No Group Fitness Classes Play Center Closed

► GROUP FITNESS CLASS CHANGES

Cardio Fit Cycling from 9-10 a.m. will not be held on Sunday, May 4.

NEW LOCATION & ADDED CLASS

Chair Zumba

Monday, 11:30-12:15 p.m., East Gym Wednesday, 11:30-12:15 p.m. East Gym

CANCELED CLASS

Hip Hop Dance Workout will no longer be offered on Sundays from 4:30-5:15 p.m.

► TRANSFORMATION CHALLENGE FINAL WEIGH-IN

May 16 - 6-7 a.m., 12-1 p.m. & 5-6 p.m.

➤ SUMMER SWIM LESSONS Child Lessons July 7-31, are 30 minutes and meet TWICE a week for 4 weeks. Registration: June 16-22

Adult Lessons July 9-Aug 13, are 45 minutes and meet ONCE a week for 6 weeks. Register anytime.

Questions? Contact Aquatics Supv. Julie Gipson at 402.413.4016 or jgipson@madonnaproactive.org.

▶ LOCKER ROOM ETIQUETTE

- Please use the family changing room with opposite gender children age 4 & older.
- Help us be green by using fewer towels and taking shorter showers.
- Please keep cell phone use to a minimum.

MEMBER REFERRAL SPECIAL - Take me out to the ball game!

Refer a new Primary or Senior member in May or June and be entered in a drawing for a FREE DAY TRIP FOR 2 TO A KANSAS CITY ROYALS GAME IN JULY.

Encourage friends and family to join ProActive. Not only will we say THANK YOU with 2 free guest passes and \$10 in club bucks, you will also have a chance to see the Kansas City Royals play the Detroit Tigers on Sunday, July 13.

RESOLUTION REBOOT

Renew your resolution to your goals! Commit to 12 visits in May and receive a free tee shirt. \$10 Fee, please sign up at the front desk.



Reboot participants may purchase 3 personal training sessions for \$135 - a 25% savings!

MAY TRAINING SPECIAL - SPORTS PERFORMANCE

Now through May 31, purchase sessions before the rate changes. You may buy as many sessions as you would like. Sessions expire 1 yr. from purchase date.

Contact Lance Milner for details, 402.413.4022

PROACTIVE DANCE

8th Annual Spring Dance Concert:

"Celebrating 50 years of the Beatles and Barbie plus Troupe Tribute"

- When: May 30, 6:30 p.m. & May 31, 2:30 p.m. at Southeast High School.
- Tickets: \$20 Adult, \$13 Student (age 4-18), \$13 Senior (65 and older), Children 3 and younger are free. All tickets are reserved and go on sale Saturday, May 17 at 9:30 a.m. at ProActive. Tickets also available at box office before show.

Summer Dance Session: 3 weeks, June 9-27

Boys Only 3 Day Workshop: Boys Only 3 Day Workshop with Bob, Rikki, & Vijay Featuring hip hop, tap, and break dancing tricks. June 5-7, 12-2 p.m. for ages 10-14, July 10-12, 12-2 p.m. for ages 5-9. \$75 Member, \$85 Non Member

Camp Got Talent: Coed dance and swim day camp for youth age 7-12. Participants receive a tank top, lunch, and snack! June 23-27, 9-3 p.m. \$140 Member, \$150 Non Member. Register by June 16; after June 16 add \$10.

Dancing Beyond Limits, ProActive's Adaptive Dance Program, will have a free performance on Monday, May 19, 7:00 p.m. in the East Gym. (pictured below)





OUTDOOR POOL TIME!

The outdoor pool is filled and waiting for the air temperature to reach 70 degrees by 1 p.m. When this occurs, the pool will be open for recreational swimming and group fitness classes. The outdoor pool priority usage times are:

Monday & Wednesday 8:30-10:30 a.m.: Group Fitness Classes

10:30 a.m.-9:30 p.m.: Open Swim* 6:00-6:45 p.m.: Group Fitness Class

Tuesday & Thursday 10:00-11:30 a.m.: Group Fitness Classes

11:30 a.m.-9:30 p.m.: Open Swim* 6:00-6:45 p.m.: Group Fitness Class

Friday 8:30-10 a.m.: Group Fitness Classes

10 a.m.-7:30 p.m.: Open Swim*

Saturday 10-11 a.m.: Group Fitness Classes

11 a.m.-6:30 p.m.: Open Swim*

Sunday 7 a.m.-6:30 p.m.: Open Swim*

*10-minute safety breaks will be held each hour of open swim.

POOL REMINDERS:

- Children under the age of 13 must be supervised by an adult or guardian over the age of 18 and adults must be in the pool area.
 For their health, children under 13 are not allowed in the hot tubs, agua track, steam room or saunas.
- Children 5 and younger must be supervised by an adult at least 18
 years old and the supervising adult must be within arm's length of
 the child.
- Infants are required to wear swim diapers.
- US Coast Guard or Red Cross life jackets are recommended.
 Flotation devices including water rings or wings are not allowed.
- Recreational swimming is not allowed in the outdoor or indoor pool during safety breaks. Recreational swimming in the indoor pool is strongly discouraged when lifeguards are supervising the outdoor pool.
- No horseplay or misuse of pool equipment.
- Hard balls, such as tennis, golf, football, baseball, softball or racquetballs are not allowed.
- Use of personal Nerf and splash balls, noodles, and kickboards is permitted. ProActive noodles and kickboards are for class and therapy purposes only.
- When lifeguards are on duty they have the right to prohibit any behavior they deem unsafe.
- The water features will be turned off during class time.
- · Street clothes and cutoffs are not allowed.
- Outside food, drinks (other than bottled water) or coolers are not allowed. Snacks may be purchased from ProActive's Commons, near the front desk.
- No chewing gum is allowed in pool areas.

For more information on any of the nutrition classes offered at Madonna ProActive, contact our dietitian at: kbolte@madonna.org, or 402.413.3559.

ON-THE-GO

Mediterranean Dishes Mon., May 5, 5-6 p.m. Tues., May 6, 11 a.m.-12 p.m. Thurs., May 8, 9-10 a.m.

Katie Bolte, MS, RD, LMNT, ACSM-HFS

Osteoporosis Prevention Month

Mon., May 19, 5-6 p.m. Tues., May 20, 9-10 a.m. Wed., May 21, 11-12 a.m.

NUTRITION 101

Heart Health

Mon., May 12, 5-5:30 p.m. Wed., May 14, 12-12:30 p.m. Sign up at the front desk!

CONTAINER HERBS FINKE GARDENS

May 6, 5:30-6:30 p.m.

Luann Finke and Katie Bolte are holding an education class on planting herbs in containers with nutrition facts & recipes on Tuesday, May 6. This free education class will be held by the 3 large planters in front of ProActive.

Upcoming Events

Hearing Presentation: Heart Disease, Diabetes & Hearing Loss - Is There a Connection?

Join audiologist Dr. Sandra K. Miller of Complete Hearing Solutions, P.C. for this FREE presentation. May 14, Presentation: 10-11 a.m., Hearing Tests: 11-noon

Writing Workshop - Living the LIfe You Want Join instructors Lucy Adkins & Becky Breed to craft an action plan for your future.

June 3, 9-11:30 a.m., Register by May 29 June 7, 1-3:30 p..m., Register by June 2 \$40 members, \$45 non-members

Visit madonnaproactive.org for more information.



\$20 Cholesterol & FREE Blood Pressure Checks Wednesday, May 21, 7-9 a.m.



