

THE *fit* ADVISOR



JUNE 2017 • • •

Club Hours

Monday-Friday, 5AM-11PM

Saturday, 7AM-7PM

Sunday, 8AM-6PM

Tee-rific Dads

By Rachael Mintzlaff, Certified Personal Trainer

Every year in June, we celebrate the dads of the world. The man who drove us home from the hospital..the man who taught us how to ride a bike..the man who told his daughters their dress was too short for church....our dad.

On this Father's Day, you can find the many dads on the links, spending the day enjoying their favorite hobby. But did you know that when you involve your kids, golf can be more than just a hobby?

Golf is a gift fathers can share with their kids from age 2 to 52. It is 18 holes of exercise and quality bonding; a half-day of your child's full attention that you might not get anywhere else. In fact, studies have shown that walking 36 holes a week significantly reduces the risk of developing coronary heart disease, increases HDL (good) cholesterol, lowers blood pressure, and prevents the loss of bone mass.

As a personal trainer, I encourage my golfers to supplement their resistance training routine with cardiovascular activities, such as walking 18 holes of golf instead of driving the cart.

This Father's Day, try sharing one of America's favorite pastimes with your children and turn it into a healthy activity for the whole family.

Body Knows Best

3 PT sessions for \$99*

*First-time PT clients only. Valid June 1-30, 2017.

Brew & Renew at the Spa! Friday, June 16

Enjoy Father's Day specials all day, with a special Happy Hour starting at 2PM.

Community Yoga Sunday, June 18, 12PM

Bring a friend to Namaste with for only \$5.

Annual BAAC Luau Friday, June 23, 6-10PM

Fun, food and live music to kick the summer off!

OPPORTUNITIES TO ENGAGE

Summer Swim Team

It is not too late to join. Contact Coach Chris at cbley@wellbridge.com for more information.

Register today for summer swim lessons

Classes offered during the day, evenings and weekends to meet you family's schedule. Group and private lessons available to all levels. Call today for dates and times or check the club website.

BAACpack Before and After School Program Monday, May 15

Registration for existing participants for the 2017-2018 school year begins.

Thursday, June 1

Registration opens to members and the public. Call Kim at ext 298 for more information.

Kids Club Preschool

Openings still available for the 2017-2018 school year for children 2-4 year olds. Call today for information.

Explore and Learn | 9:30-10:45AM

Friday, June 2

Thursday, June 15

Monday, July 31

Find out what makes Kids Club Preschool special. These "classes" are structured to feel like a real class including story time, art and music lessons, snack and a chance to meet with teachers in the school. Classes are free, and are a parent/child time to see us in action. All children 2-4 years of age welcome! Contact Debbie at ext 285 for information or to reserve your spot at an Explore and Learn Day!

OutBAAC Summer Camp

Schools will be closing for the summer sooner than you realize. Have you made plans for your child this summer? Camp at BAAC provides fun-filled days full of activity and friends! Full brochure is available on www.baac.com

Ensure your Child Knows How to Swim!

Every day ten people die from unintentional drowning. Two of those deaths are children under the age of 14. The CDC reports that one of the main factors for children at risk is that they simply do not know how to swim.

:: The most important reason children should learn to swim is SAFETY. Swimming is a life skill they will retain for the entirety of their life. It's the one sport that has the potential to be a true lifesaver. Soccer, baseball, tennis and cheerleading are all great sports however if your child falls off of a dock or a boat and into a lake or a pool, his pitching arm isn't going to get him to safety. If the CDC statistics are correct, about 728 children would survive each year just by knowing how to swim.

:: Swimming is a great form of PHYSICAL ACTIVITY, which involves the entire

body. It requires kids to actively involve their bodies and minds and kids have fun in the pool.

:: Swimming is a HEART HEALTHY activity that is great for STRENGTHENING LUNG CAPACITY. The longer kids spend in the pool swimming, the more their heart rate is working and the better lung capacity they will have. This is especially true for kids who swim laps. There are many people who have asthma that are very successful swimmers. By swimming and building lung capacity, their resistance to asthma is greater.

:: Swimming is a SOCIAL activity that allows children to interact with other children.

Opportunities to Engage

Harford Dance Center: Summer Dance Schedule

May 30-July 27

Make up week, July 31-August 9

Studio Closed, July 3-9

Cost is \$105 for members and \$120 for non-member, 5% off the third class or more. Classes will be offered for ages 3-18 in: Ballet, Tap, Jazz, Contemporary, Lyrical, Hip Hop, and musical theater. Contact Ashley at amcdowell@wellbridge.com for additional information.

Dance Camps 2017

Kinder Dance Camps: July 17-21 and August 7-11 (2 sessions)

Dance Boot Camp: August 14-17

HDC Ballet Intensive: July 10-14

Choose from 3 types of camp for the beginner dancer to the more advanced student.

Contact Ashley at 410.893.0022 for more information.