



MAY 2017 • • •

Club Hours

Monday-Friday, 5AM-11PM

Saturday, 7AM-7PM

Sunday, 8AM-6PM

Mothers Can Influence Kids' Health in a BIG Way

By Rachael Mintzlaff, Certified Personal Trainer

**"Children are great imitators.
So give them something great to imitate."**
— Anonymous

One of my fondest memories growing up is riding in a two-seater Burley trailer. I remember my mother attaching it to her bike and taking us on long bike rides around the neighborhood. I remember thinking, as we strolled by, "I can't wait until I can ride a bike all by myself just like my MOM."

From day one of our lives, our parents can be our greatest role models. Without even realizing it, we strive to be just like them in every aspect of life.

This imitation is also reflected in our lifestyle choices. Research suggests that the less physically active parents are, the more likely it will be that their children will also stay away from physical activity. On the contrary, parents who live an active lifestyle and teach their kids

healthy eating habits will pass on lessons that their children will carry with them for the rest of their lives.

You might be surprised to learn that your kids really do want to live a healthier lifestyle. Why don't you give it a try by taking your children to a park, fitness center and/or any play area and watch their eyes "light" up, especially when they see their parents participating in physical activity. Promote a daily lifestyle that encourages healthy habits at every opportunity like taking stairs instead of elevators, parking your car further away, reading food labels and cooking together.

On this Mother's Day I am thankful for a mom who taught me the importance of prioritizing my health and for all the other moms out there who are taking the time to teach their kids lifestyle behaviors that will help them live longer, healthier, and happier lives.



Join a
small group training program
and your
FIRST 3 SESSIONS ARE FREE

(minimum 3 month commitment)

Community Yoga
Friday, May 5, 6:30PM
Namaste with everyone!

Cocktails for the Community
Friday, May 12, 6-8:30PM
Our 4th Annual Fundraiser for Anna's House.
A night filled with food, drinks, live music and
all for a great cause!

Greene Turtle
Sundays, 10AM

**Harry Potter Themed Yoga
with Gemma**
Sunday, May 7, 10AM

OPPORTUNITIES TO ENGAGE

Barre with Carrie
Sunday, May 14, 10AM

Barre with Lori
Sunday, May 21, 10AM

Barre with Lauren
Sunday, May 28, 10AM

Group Swim Lessons
Monday & Wednesday evenings
Beginning May 15
Tuesday & Thursday evenings
Beginning May 16
Saturday morning classes
Beginning May 20

**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.

Harford Dance Center
Summer Dance Schedule
Summer Dance May 30-July 27
Make up week- July 31-August 9
Studio Closed July 3-July 9
\$105 for members, \$120 for non-
members, 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.

Summer Swim Team Prep Clinic
Tuesday, May 2-Saturday, May 27
Get ready for summer swim team! This clinic
will work on stroke technique as well as
endurance. All swimmers welcome!
10 and under
Tuesday/Thursday/Friday, 6:30-7:30PM
Saturday, 9-10AM
11 and older
Tuesday/Thursday/Friday, 7:30-8:30PM
Saturday, 10-11AM
\$105 for members,
\$135 for non-members.

2017 Summer Swim Team
Summer Swim Team practice begins
Tuesday, May 30!
Summer swim team is a fun way to enjoy
the summer, make new friends and see
what being on a swim team is all about.
Swimmers of all levels welcome! It's not too
late to join but registration closes June 6.

Mother's Day at the Spa

by Mickenzie Hyson, Spa Director

Although we do not have an instructional manual for life, we are each given special women to guide us, help us through our challenges and cheer us on when we succeed. Take the time to get to know her as a person and not just as your mom. Ask about her friends, her hobbies, things she's done and things she'd like to do. Let her know she's worth your time and attention. Strive to make Mother's Day absolutely hassle free for her. Pamper her a little on this special day of hers just as she pampers you all the year round. There is simply no way we can ever really thank her for all she has done for us but Mother's Day is the perfect time to treat her to something special and make every effort to give her a perfect day.

Here at the Spa we can help you do just that!

We offer relaxing massages, heavenly facials, spectacular spa manicures, spa pedicures and more. We also have a wonderful variety of products and great gift ideas to choose from. Gift cards are available for purchase.

Call or visit the Spa and let our staff help coordinate an amazing day to give Mom a refreshing, rejuvenating experience customized just for her.

This Mother's Day Weekend at the Spa we want to help you celebrate all the moms in your life, Mom, Stepmom, Grandmom, and more! We are extending our Mother's Day offers this year to include Saturday and Sunday so we can accommodate as many special ladies as possible!!

Hope to see you at the Spa!

Opportunities to Engage

Kids Club Preschool
Explore and Learn



Wednesday, May 24, 9:30-10:45AM
Friday, June 2, 9:30-10:45AM

Come 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 offer 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!

Registration for the 2017-2018 School Year is open!

Limited space available in 2, 3 and 4 year old classes!

OutBAAC Summer Camp

Registration is open for the 2017 summer season. Camp weeks run Monday-Friday. The first week of camp begins Monday, June 5 and the last week of camp begins Monday, August 28. All children ages 3.5 to 14 welcome!

Camp Orientation for parents and campers Friday, May 26, 6:30PM.