

ACTIVITY GUIDE

SEPTEMBER 2024 OCTOBER 2024 NOVEMBER 2024 DECEMBER 2024

FACILITIES INCLUDE:

Gymnasium
Racquetball Courts
Weight Room
Locker Rooms
Swimming Pool
Hot Tub
Walking Track
Multipurpose Room
Elliptical Machines
Ascent Trainer
Total Stretch 200
Treadmills
Stair Climber
Helix Lateral Trainer
Stair Mill
Row Machine
Stationary Bikes
Land Aerobics
Water Aerobics
Studio Cycling
Arc Trainers
NuSteps
Expresso Bikes

EXCLUSIVELY FOR MEMBERS

Reduced Program Rates
Free Fitness Classes
Babysitting
Personal Training
Private Swim Lessons

Fitness Center Board Members

Danae Perry
Sarah Campa
Lacey McLaughlin
Cris Larson
Chris Anderson
Mitch Sawyers
Ethan Nelson
Jessica Borchers
Julie Heider

2502 23rd Avenue Central City, NE 68826 (308) 946-2974
fcprograms@hotmail.com/ccfitnesscenter.com
Check us out on Facebook! Central City Fitness Center



The mission of the Merrick County Health and Fitness Center is to promote and meet the health, fitness and recreational needs of people of all ages and to enhance quality of life through a wide range of programs, services, activities and education.

Winter Building Hours

(Labor Day-Memorial Day)

Monday thru Thursday.....6:00 a.m.-9:00 p.m.
Friday6:00 a.m.-8:00 p.m.
Saturday9:00 a.m.- 5:00 p.m.
Sunday1:00 p.m.- 5:00 p.m.
POOL HOURS: Pool closes 15 minutes before closing!

HOLIDAY CLOSINGS

- **LABOR DAY:** CLOSED
- **THANKSGIVING DAY:** CLOSED
- **CHRISTMAS EVE & CHRISTMAS DAY:** CLOSED
- **NEW YEARS EVE & NEWS YEARS DAY:** CLOSED

FINANCIAL ASSISTANCE

OUR PROMISE IS TO NEVER TURN ANYONE AWAY FROM THE FITNESS CENTER FOR THEIR INABILITY TO PAY. THE MERRICK COUNTY IMPACT GRANT HELPS MAKES IT POSSIBLE FOR CHILDREN, ADULTS, AND ENTIRE FAMILIES TO PARTICIPATE THROUGH MEMBERSHIP PROGRAMS BY PROVIDING FINANCIAL ASSISTANCE DURING TIMES OF NEED. A WAIVER OR REDUCTION OF FEES IS AVAILABLE SUBJECT TO FACILITY AND PROGRAM CAPACITY AND DEMONSTRATED NEED. PLEASE CONTACT MICHELE AT THE FITNESS CENTER FOR QUESTIONS.

MEMBERSHIP INFORMATION

Annual Membership

	<u>Annual Fee</u>	<u>ABD</u>
Student	\$258.00	\$21.50
Adult	\$363.00	\$30.25
Adult + 1	\$504.00	\$42.00
Family	\$612.00	\$51.00

Joiners Fee

\$40.00 on all "New" memberships except students. If your membership lapses 30 days you will have to pay the joiners fee.

Daily Admission

Day Use Fee	\$8.00
Fitness Class Drop-In Fee	\$6.00
16 Class Punch Card	\$90.00
Day Pass Punch Card	\$72.00

Multi-Purpose Room Rental

	<u>Member</u>	<u>Non-Member</u>
0-5 Hours	\$100.00	\$175.00
5 + Hours	\$175.00	\$250.00

During Open Hours an additional cost for supervision. A non-refundable deposit of \$10.00 is required with every application for use of multi-purpose room.

***Note: The Multi-purpose Room is "Not" available for rent on holidays.**

Miscellaneous Fees

1-Year Locker Rental (Annual Members Only)	\$50.00
Goggles	\$12.00
Card Replacement	\$5.00
FC Short Sleeve Shirt	\$15.00
FC Sweatpants	\$30.00
Drawstring Bag	\$15.00
Stocking Cap	\$15.00

Equipment Checkout

Racquetballs, Racquets and Wallyballs may be checked out at the front desk free of charge. Basketballs and Volleyballs are in the gym.

Fitness Center Refund Policy: Cash refunds will not be given on program fees or memberships. Credit vouchers toward another class or another type of membership may be issued under special circumstances. Full refunds will be allowed only when classes are cancelled by the Fitness Center.

ADULT

Any individual 19 years of age or older

ADULT + 1:

Any individual 19 years of age and older plus one additional dependent person in the same household (spouse or child who is either under 18 or a college student under 22). Dependents must be on parents tax return.

FAMILY:

Married Spouse and all dependent children under the age of 18 or undergraduate college students under age 22. Dependents must be on parents tax return.

STUDENT:

Any individual 18 years of age or younger

ABD (Automatic Bank Draft):

Membership fee withdrawn from bank account the 20th of each month. First month's payment required at registration. To cancel your membership you must give written notification along with 15 days notice prior to the 20th of the month. ***Please notify the Fitness Center of any changes in bank account information that affect payment procedure.***

FULL PAYMENT:

Pay in full at time of joining or renewing



NOT SURE WHAT TO BUY FOR THE HOLIDAY SEASON?



Let us help you with your holiday shopping! The Fitness Center has great stocking stuffer ideas which would include Gift certificates available in any denomination that can be used towards memberships, programs, and special events. We also have t-shirts and sweatshirts.



Happy Holidays!



Annual Meeting

All Fitness Center members are invited to attend the annual meeting on Wednesday, October 9th at noon in the multi-purpose room.



YOUTH ACTIVITIES

Youth Soccer

The Fitness Center offers a recreational soccer league on Saturday mornings to give players a chance to improve their skills.

Who: Boys & Girls ages 4-11

Divisions: **U6**(4&5s) **U8**(6&7s) **U12**(8-11s)

When: Saturdays, Sept. 7 - Oct. 12

Cost: \$45

Deadline: Friday, August 16

(\$10 late fee after deadline)

Building will be closed for annual shutdown from August 26-September 3



K - 6th Grade Fall Volleyball

The Fitness Center offers a recreational volleyball program on Thursday evenings. The first 2 weeks will consist of a fundamentals clinic. The last 4 weeks will consist of modified game situations.

When: **TUESDAYS**, Nov. 12 - Dec. 17

Divisions: K-2nd @ 6:30 pm
3rd-6th @ 7:30 pm

Cost: Member \$40
Non-Member \$60

Registration Deadline: Thursday, Oct. 31st
(\$10 late fee after deadline)



K- 4th Grade Youth Basketball

K - 4th graders will meet Saturday mornings for 6 weeks this winter. The first 2 weeks will consist of a fundamentals clinic. The last 4 weeks will consist of game situations. Hoops will be lowered to 8 1/2 feet to give players greater success.

Grades: K-4th Boys & Girls

Cost: Member \$40
Non-Member \$60

Dates: Saturdays in February/March

LOOK FOR DATES & REGISTRATION INFO IN JANUARY



Gym & Swim

Gym & Swim has been designed to develop the skills and abilities of kids ages 3-5. Emphasis will be placed on development of fitness, gross motor skills, strength, team work, sportsmanship, swim safety, values, and **FUN!!!!!!** Wear swim suits under clothes. Parents need to pick kids up in the pool area at 10:30 am to redress. Minimum of 6 participants to hold class.

Who: 3-5 years old

Days: Wednesdays

Gym Time: 9:30 am - 10:00 am

Swim Time: 10:00 am - 10:30 am

Dates: October 16 - November 20

Cost: Members: \$40.00

Non-Members: \$60.00

Registration Deadline: Friday, October 11



Private Swimming Lessons

Private swim lessons are available to any member who wants one on one instruction. We provide the swim instructor who works with you to find the right day and time. Minimum purchase of 5 lessons required.

Fees:

5 Lessons: \$100

10 Lessons: \$195

Winter Dance

Cost: \$8.00

Date: Friday, January 16th

Time: 8:00 pm to 10:00 pm

Who: 5th - 8th grade



ADULT PROGRAM & FITNESS ACTIVITIES

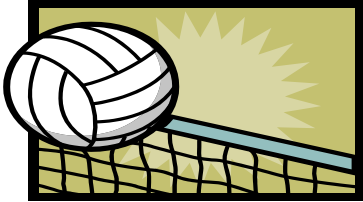
Women's Wallyball

A variation of volleyball using the walls. It's fun, easy to learn, and great exercise. Women's recreational play. Four (4) players per team. Sessions last 6 weeks. T-shirts given to 1st place team. **ONLY 1 court available now, so schedule will look different as far as game times available.**

Cost: \$85.00 per team + \$10.00 per non-member

Date: Mondays, September 16 - October 21

Registration Deadline: Thursday, Sept. 12



Women's 4 on 4 Volleyball

Indoor recreational play. Minimum of 4 teams. You must not be participating on a college or high school volleyball team. T-shirts are given to the 1st place team.

Cost: \$85.00 per team + \$10.00 per non-member

Date: Mondays, November 4 - December 9

Registration Deadline: Thursday, Oct. 31

FALL FITNESS TEAM CHALLENGE

Changing it up a bit this year as a partner challenge!

Here's how it works: The contest runs from Monday, September 18-Sunday, November 13(8 weeks). Each participant will be provided a F.C. log that will need to be filled out weekly and handed in no later than the following Monday.

Ex: Log kept for Mon. Sept. 18-Sun. Sept. 24 needs to be handed in on Monday, Sept. 25

Logs not handed in on Monday without prior arrangements will lose the opportunity to earn their points for the week.

There will be 2 weigh-ins, 1st on Mon, Sept. 18 to begin and the 2nd Mon, Nov. 13 when you hand in your last log. You will be able to earn points by either maintaining your weight for an additional 5 points or losing weight for an additional 5 points + 1 point for each pound lost up to 5 pounds. If you **GAIN** you lose 5 points.

Prizes will be awarded for different levels of achievement, and an overall TEAM WINNER!

Registration Deadline: Monday, September 18

Dates: Monday, Sept. 18 you will weigh in and pick up your log for the week. Logging will end, Sunday, Nov. 12 and last weigh in on Monday, Nov. 13 when logs are handed in.

Cost: Members: \$30
Non-Members: \$75

VOLUNTEER AT THE FITNESS CENTER!

Do you have a passion for sports and a desire to teach specific sport skills to young people? Volunteer at the Fitness Center and encourage, guide and train young athletes. We rely on volunteers to coach youth sports throughout the year in programs such as soccer, volleyball, basketball, softball and baseball. Leave your name and number at the front desk if you want to be a part of any of these programs!

NO REGISTRATION IS ACCEPTED UNLESS FULL FEE IS PAID!

Celebrate Your Birthday At The Fitness Center

What's included:

- ◆ Multi-purpose room & kitchenette for 2 hours
- ◆ Swimming for 2 hours
- ◆ T-shirt for Birthday Child
- ◆ Birthday Party Invites
- ◆ Up to 10 children
- ◆ Parents Swim Free!!!!
(Adults supervision required in pool)

Member: \$75.00

Non-Member: \$125.00

(Birthday child must be a member to pay member rate)

MARK YOUR CALENDARS!

PAY THE DAY MEMBERSHIP DRIVE JANUARY 2ND-31ST

Starting January 2nd, the Fitness Center will be offering Pay the Day. When you sign up for a membership in the month of January, the cost of your joiners fee will be the amount equal to the day of the month. So if you sign up for a membership on January 5th, your joiners fee is only \$5! Our normal joiners fee is \$40. At the Fitness Center, we believe that everyone should have access to our cause-driven community!

This excludes student & financial assisted memberships

WE ARE HIRING!

ENERGETIC SWIM INSTRUCTORS & FITNESS INSTRUCTORS NEEDED!

LOOKING FOR SWIM INSTRUCTORS WHO ARE POSITIVE & ENERGETIC & HAVE A PASSION FOR KIDS. POTENTIAL TO TEACH CLASSES IN THE FALL, SPRING & SUMMER. CLASSES USUALLY HELD IN THE EVENINGS. SCHEDULE IS EXTREMELY FLEXIBLE!

LOOKING FOR POSITIVE & ENCOURAGING FITNESS INSTRUCTORS WHO CAN LEAD, INSTRUCT & MOTIVATE GROUPS IN FITNESS CLASSES. PART-TIME HOURS. DEPENDING ON NUMBER OF HOURS WORKED EACH MONTH, MEMBERSHIP MAY BE INCLUDED.

FOR MORE INFORMATION
CONTACT MICHELE OR KATE!

☎ 308-946-2974

✉ fcprograms@hotmail.com

Land & Water Aerobics

Classes are included with membership

Non-member class fee is \$6.00

Aquacize: 60 minutes

Water walking, running, skipping and other aerobic moves make this a great class to round out your day. Part of the class is done in shallow water, while the remainder is in the deep end using a float belt.

Water Aerobics: 60 minutes

This class is performed in the shallow end of the pool and will include low impact, high intensity exercises.

Studio Cycling: 45 minutes

An indoor cycling class that is open to all levels of ability. The cycle's resistance can be set to fit any individual's fitness level. Class size is limited. Sign up 24 hours in advance to guarantee a bike.

Kick Fit: 45 minutes

Kickboxing/Cardio at its best! Kick Fit is a high energy group workout involving punching and kicking on a bag and is mixed in with calisthenics to get a total body workout. Members burn on average 750-800 calories and can burn up to 1000 in one class.

Pure Strength: 45 minutes

Class is dedicated to just strengthening and toning all your muscles using a variety of weight training equipment including stability and medicine balls, dumbbells, steps and bands! Targets every major muscle group, and ends with abdominal work and stretching.

Group Strength: 45 minutes

This class is primarily designed for weight training with power exercises such as squats, deadlifts, overhead pressing movements, etc. Class is suitable for most fitness levels. (Maximum 8 participants)

AOA Fitness: 30 minutes

Active Older Adult Fitness is a low impact class for active older adults but full of fun and energy while working with balls/drumsticks.

YOUR HEALTH AND WELL-BEING ARE WORTH EVERY EFFORT

LAND & WATER CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 A	Studio Cycling Pure Strength	Kick Fit YOGA	Studio Cycling Pure Strength	Kick Fit YOGA	Studio Cycling
9:00 A	Aquacize		Aquacize		Aquacize
5:30 P	Water Aerobics			Water Aerobics	
4:30 P		AOA		AOA	
6:00 P	Group Strength	*Studio Cycling	Group Strength	*Studio Cycling	

** Classes begin after Labor Day*
The Fitness Center reserves the right to make changes in the schedule when needed!

OR CURRENT RESIDENT

Merrick County Health & Fitness Center
2502 23rd Avenue
Central City, NE 68826



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