

# WINTER 2020

## Youth Dance

### Ongoing Registration-May 21

The Bond Community Center has partnered with Bay Area Academy of Dance Studio in Marinette to offer local dance instruction taught by experienced dance instructors from the BAAD studio.



- Monthly Auto Withdraw 1 class..... \$40
- Monthly Auto Withdraw 2 classes ..... \$73
- Monthly Auto Withdraw 3 classes .....\$101
- Monthly Auto Withdraw 4 classes .....\$124

- Thursday | Ballet 3:45pm – 4:30pm | Ages 3-6*
- Thursday | Jazz 4:35pm – 5:20pm | Ages 3-6*
- Thursday | Jazz/Hip Hop 5:25pm – 6:10pm | Ages 7-10*
- Thursday | Contemporary/Acrobats 6:15pm – 7:00pm | Ages 7-10*
- Thursday | Hip Hop/Contemporary 7:05pm – 7:50pm | Ages 11+*



## BCC Events and Activities

### Family Fun Nights

Come one come all to the BCC's Family Fun Nights! 4<sup>th</sup> Tuesday of each month; family fun for all ages. Experience a new theme each month and explore all the fun the Bond Community Center has to offer. Each night will include a variety of activities from obstacle courses, movie nights, pool activities and so much more! See our monthly flyers for more details. Members: Free General Public: \$10.00/ Family Day Pass

#### January

*Tuesday, January 28<sup>th</sup> | 5:30 – 7:00pm*

#### February

*Tuesday, February 25<sup>th</sup> | 5:30 – 7:00pm*

#### March

*Tuesday, March 24<sup>th</sup> | 5:30 – 7:00pm*

#### April

*Tuesday, April 28<sup>th</sup> | 5:30 – 7:00pm*



## Kid Care

Wanting to work out, but don't have someone to watch your children? Our Kid Care staff would love to watch your young ones. Free for our members!

Call 920-834-5585 for schedule updates

*Monday | 4:30-7:00pm*

*Tuesday | 4:30-6:30pm*

*Thursday | 4:30-6:00pm*

## Youth Workout Orientation

All youth ages 11-13 who want to work out in the cardio and weight room with a parent must schedule a **FREE** 1-hour training session with a Personal Trainer. Trainer will meet with the parent and youth at the completion of the class to provide expectations and guidelines.

### PLEASE NOTE: For All Paid Specialty Classes

Registration will close one week prior to the start date and there is a minimum of five participants required to run all classes.

## Nutrition Workshop and Classes

You asked and the Bond Community Center delivered! Member surveys revealed a desire for more nutrition classes and workshops. Nutrition is a huge part in having a healthy lifestyle and we would like to assist you in navigating healthier choices. Workshops will be a one-night nutrition topic with a hands on activity. Classes will run 4 weeks covering a variety of nutritional topics.

### Workshops:

- Members.....\$5.00
- General Public .....\$10.00

### Classes:

- Members.....\$32.00
- General Public .....\$40.00

### January- Workshop

*Wednesday, January 8<sup>th</sup> | 2:00 – 3:00pm*

### February- Class

*Wednesday, February 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> | 11:00 – 12:00pm*

### March- Workshop

*Wednesday, March 4<sup>th</sup> | 2:00 – 3:00pm*

### April- Class

*Wednesday, April 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 28<sup>th</sup> | 11:00 – 12:00pm*

## Line Dancing

**Winter 1 | January 7-February 13**

**Winter 2 | February 18-March 26**

**Winter 3 | March 31-May 7**

*Tuesdays | 6:00pm – 7:30pm*

*Thursdays | 1:30pm – 3:00pm*

Whether you're a novice line dancer, or a seasoned two-stepper, join us for a fun-filled afternoon with line dance instructor, Charles Bishop. All fitness and dancing experience levels are welcome and encouraged to come out! Open to members as well as the general public.

- Members.....\$24.00
- General Public .....\$30.00

## Swimming Lessons

**Winter 1 | January 6-February 17**

**Winter 2 | March 2-April 13**

*Mondays*

*Levels One & Two 5:00-5:45pm*

*Levels Three & Four 5:45-6:30pm*

**Spring 1 | April 27-May 18**

*Mondays & Thursdays*

*Levels One & Two 5:00-5:45pm*

*Levels Three & Four 5:45-6:30pm*

We conduct our swim lesson program using our Learn-to-Swim Curriculum. It is designed to give students a positive learning experience.

- Members .....\$45.00
- General Public .....\$82.00

## Parent/Child Swim

**Winter 2 | February 5 – March 18**

**Spring 1 | March 25 – May 6**

*Wednesdays | 4:45pm – 5:15pm*

This class will teach your child basic movements in the water and allow your child to explore the water environment. It is helpful for those children who might be fearful of the water.

Ages 12 months – 3 years

- Members .....\$45.00
- General Public .....\$65.00

## Private Swim Lessons

Join us for this excellent opportunity for swimmers of all ages to learn or catch up on swimming skills. Perfect for those who are fearful of the water or struggling to advance in a group setting. All lessons are 30-minutes long. Private lessons can be held with 1, 2, or 3 participants.

*\*\*please call for pricing\*\**

## Limited Mobility Fitness Programs

These therapeutic fitness programs focus on each individual needs.

Punch cards purchase required. You can begin any Tuesday or Thursday.

- \*6 punch card (Members) .....\$48.00
- \*6 punch card (General Public).....\$60.00

### Aqua Hip, Knee, & Back

*Thursdays | 11:00-11:45 am (See water class schedule)*

Discover the benefits of water if you have hip, knee, or back pain or are a pre/post-surgery patient. This class is taught by a personal trainer.

### Aqua Chronic Pain

*Tuesdays | 11:00-11:45 am (See water class schedule)*

Using the 86-degree pool, this workout is designed to use water's buoyancy and relaxation exercises to reduce chronic pain. This class is taught by a personal trainer.



## Playivities

Come and join the fun with fellow adults at the Bond Community Center. Participate in a variety of games such as: Dominoes, Yahtzee, or teach a new activity! If you don't want to play, please feel free to come and socialize. Membership to the Bond Community Center not required to participate!

### January

Tuesday, January 7<sup>th</sup> & 21<sup>st</sup> | 1:00-3:00pm

### February

Tuesday, February 4<sup>th</sup> & 18<sup>th</sup> | 1:00-3:00pm

### March

Tuesday, March 3<sup>rd</sup> & 17<sup>th</sup> | 1:00-3:00pm

### April

Tuesday, April 7<sup>th</sup> & 21<sup>st</sup> | 1:00-3:00pm

### May

Tuesday, May 5<sup>th</sup> & 19<sup>th</sup> | 1:00-3:00pm

## Bond Community Center Socials

Our socials consist of engaging with a speaker that join us to speak on a variety of topics with a question and answer session. There will be light refreshments. These monthly events are FREE to members and non-members. Hope to see you there! Watch for announcements.

## Suring Off-Site Group Fitness Programs

**Suring Village Hall – 604 E. Main Street**

*Mondays & Wednesdays | 8:00-9:00 am*

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

CALL FOR FEES



## Jump Start

Not sure what to do at the gym? In need of new ideas? Always wanted to try personal training? Try our Jump Start! Get 3 Half Hour Sessions for \$75, a savings of \$45! Work with a certified personal trainer in the pool or on land.

\*Only members that have never used personal training or have not done personal training in the last 60 days can purchase this special.

## Tae Kwon Do



Winter 1 | January 6 – February 20  
Winter 2 | February 24 – April 9  
Spring 1 | April 13 – May 28

*Tuesday | 6:45 PM-7:45PM Advance (All Other Colored Belts)*  
*Thursday | 6:15 PM-7:15PM Beginner (White and Yellow belts)*

Acquire disciplined fighting skills with an emphasis on self-defense and form; an excellent means of protection as well as great exercise for both young and old alike.

*Ages 7 and up*

- Members.....\$50.00
- General Public .....\$75.00



## Self-Defense

Winter 1 | January 6 – February 20  
Winter 2 | February 24 – April 9  
Spring 1 | April 13 – May 28

*Mondays | 3:15-4:15 PM*

Get ready to acquire disciplined fighting skills with an emphasis on Self-Defense and form. Learn how to use your body language to be confident in a variety of situations. This class will focus on key areas of vulnerability. You will only act in Self-Defense— Never starting a fight!

- Members .....\$50.00
- General Public .....\$75.00