

RAC

REMINDERVILLE

ATHLETIC CLUB

Spring/Summer 2017 Program Guide



Reminderville Athletic Club

Your membership will grant you full access to the facility including the 24/7 fitness area, pool, splash pad, and gymnasium. As a member you will receive discounts on programs, activities, and classes.

OPTION 1: One year contract with one-time payment

	Reminderville Resident	Non-Resident
Adult	\$229	\$279
Teen (14 – 17)	\$209	\$259
Child (3 – 13)	\$159	\$199
Senior (60 and over)	\$179	\$239
Couple (2 People)	\$369	\$479
Family (3 or more)	\$439	\$529

OPTION 2: One year contract with recurring monthly payment by credit card

	Reminderville Resident	Non-Resident
Adult	\$22.08/Month	\$25.25/Month
Teen (14 – 17)	\$20.41/Month	\$24.58/Month
Child (3 – 13)	\$16.25/Month	\$19.58/Month
Senior (60 and over)	\$17.91/Month	\$22.91/Month
Couple (2 People)	\$33.75/Month	\$42.90/Month
Family Rate (3 or more)	\$39.58/Month	\$47.08/Month

OPTION 3: Monthly Pass

	Reminderville Resident	Non-Resident
Adult	\$33	\$40
Teen (14 – 17)	\$30	\$37
Child (3 – 13)	\$23	\$28
Senior (60 and over)	\$26	\$34
Couple (2 People)	\$49	\$62
Family (3 or more)	\$57	\$69

College student 3 month summer membership

\$85 Residents, \$100 Non-Residents
This applies only to college students!!
Must show valid school ID.

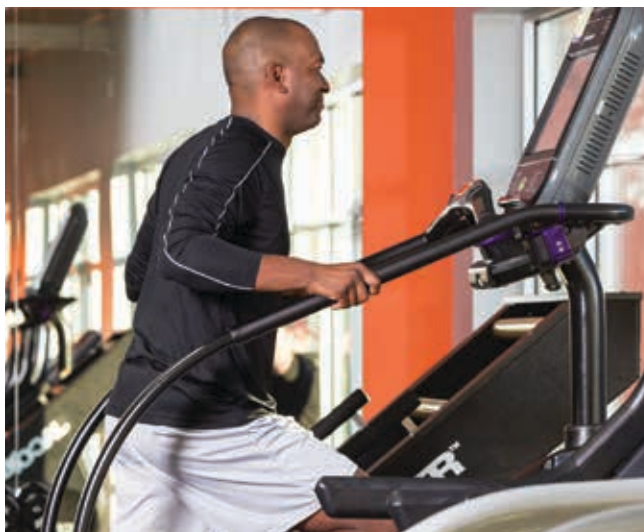
• • • 24/7 FITNESS ACCESS IS INCLUDED WITH YOUR MEMBERSHIP! • • •

Athletic Club Hours

Monday – Friday
5:30 a.m. - 8:30 p.m.

Saturday & Sunday
8 a.m. - 7:00 p.m.

**Memberships are
NON-REFUNDABLE and
NON-TRANSFERABLE**



General Information

Reminderville Athletic Club
3100 Glenwood Boulevard • Reminderville, Ohio 44087
(234) 212-9773
www.remindervillerac.com



The Reminderville Athletic Club features a 24/7 Fitness Area with a Fitness On Demand room; 1,300 sq ft warm-water pool with current machines; splash pad; gymnasium with basketball, volleyball, and badminton courts; second-floor walking track; multi-purpose room, and more additions coming soon!

Membership Policies

Memberships are **NON-REFUNDABLE** and **NON-TRANSFERABLE!**

Age Restrictions

- Children under the age of 14 are not permitted in the fitness area with or without an adult.
- Children must be 14 years of age or older to be in the gymnasium or pool without an adult.

Eligibility Information

You do not have to be a Reminderville resident to join the RAC or to participate in any classes or programs.



Reminderville Athletic Club



@RemindervilleAC

Visit our website: RemindervilleRAC.com

Program Registration

Online:

Visit Remindervillerac.com and click on online registration. A \$3 non-refundable convenience fee will be added.

Phone-in:

Please call 234-212-9773. We accept Visa, MasterCard or Discover credit cards.

Walk-In:

You may register for programs at the front desk during normal business hours. We accept cash, check, or MasterCard, Visa, or Discover credit cards.

Mail-in Registration:

Print and complete the registration form located on our website and mail to:
Reminderville Athletic Club
Program Registration
3100 Glenwood Blvd.
Reminderville, Oh 44087

Full payment for programs and classes are due at the time of registration.

**Checks should be made payable to:
Village of Reminderville**

Cancellation Policy

If program/class does not have sufficient number of participants registered by two working days prior to the first class, the program may be cancelled by Department Staff.

Program Refund Policy

If program is cancelled by the RAC, a refund for the full amount paid will be refunded. If individual wants to cancel enrollment in a program, it must be requested three days before start of the program.

Key Fobs

Replacement fee is \$15.00

General Information

Fitness Area Rules

- Members of fee-paying guests only allowed in fitness area
- No open-toed or hard-sole shoes on equipment.
 - Wear appropriate shoes only.
 - Wipe equipment after each use with the provided disinfectant wipes.
 - Use all equipment at your own risk.
 - Use equipment as intended.
 - If people are waiting to use equipment, please limit your time to 30 minutes for each piece or cardio equipment.
 - Must be 14 or older to use any fitness equipment. No children under the age of 14 are permitted in the fitness area.
 - All bars should be stripped after each use. All weight plates and dumbbells should be racked in the appropriate place.
 - No food permitted in the fitness area.
 - Appropriate attire is required at all times.
 - During wet weather, please bring an additional pair of dry shoes.
 - Proper conduct and general behavior are expected at all times.
 - Please dispose of all trash in the proper containers.
 - The RAC is not responsible for lost or stolen items.
 - For emergencies, call 911.
 - Surveillance cameras are in use for your safety at all times.
 - Lockers are located in the main restrooms and are available during normal business hours. Bring your own lock to secure your items. All locks must be removed daily.
 - Staff will be available Mon-Fri 5:30am-8:30pm; Sat & Sun 8:00am-7:00pm

24/7 Rules

- You must be a member of the RAC to access 24/7.
- You must be over 18 years old to utilize 24/7 area after hours.
- If you are a member and sneak in a non-member, your membership will be revoked without refund.

Track Rules

- Children under 14 must be accompanied by an adult.
- Spectating events from track area is prohibited.
- No strollers permitted on track.
- Track is designed for fitness use only. No speed work or sprinting allowed.
- Walk/run in the right lanes; pass on the left.
- 12 laps = 1 mile.

Gym Rules

- Must be 14 or older to enter the gym. Under 14 must be accompanied by an adult.
- You must wear proper gym shoes. No street shoes are permitted.
- No food or drinks permitted.
- Return all equipment when finished.
- Scheduled classes have priority.
- The RAC is not responsible for lost or stolen personal items.
- Chewing gum is not permitted.
- Please be courteous to others using gym.
- Improper behavior at any time will not be tolerated and may lead to losing your membership without refund.



Pool Rules

In order to provide a safe and positive experience for all, please be aware of the following pool rules and guidelines:

All children under 14 must be accompanied by an adult who is 18 or older. It is strongly recommended that children 14 years of age are under adult supervision as well.

- Swimmers must shower before entering the pool.
- Children 5 years of age and younger must be actively supervised by an adult in the water within arm's reach; no more than 3 children per adult.
- Running, horseplay, pushing, excessive dunking and splashing, riding on the shoulders, and tossing others is prohibited.
- Lap lanes are for lap swim only.
- Diving, flips or jumping are not permitted.
- At the discretion of the life guard, small balls and small diving toys are permitted.
- Glass containers and gum are prohibited on the pool deck.
- Kick boards, kick bells, pull buoys, and float belts are permitted for lap swim and instructional use only. Rafts and large tubes are prohibited.
- Smoking and alcoholic beverages are not permitted on property.
- Proper swim attire only. Gym shorts, cutoff jeans, cloth, and disposable diapers are prohibited. No street shoes are allowed in the swim area.
- Prolonged breath-holding and prolonged underwater swimming is prohibited.
- Ladders and steps are for entering and exiting only. Only lifeguards are permitted on lifeguard chairs.
- Lifeguards communicate with whistles. One short blast is used to get swimmers attention, and one long blast is used to clear the pool.
- Lifeguards will not hold long conversations while in the chair.
- Persons with an infectious disease or conditions such as open blisters or inflamed will not be admitted. A person with any such condition may be admitted with a physician's written statement that the condition is not communicable.



Party Room Rentals

Birthday Party Pool Package

Saturday and Sunday Availability:

10:00 a.m. - 12:00 p.m. or 2:00 p.m. - 4:00 p.m.

This includes 2-hour access to the multipurpose room, pool, and splash pad. You may bring in food that will stay in multipurpose room.

Member: \$175 • Non-Member: \$225

Birthday Party Gym Package

This includes 2-hour access to the multipurpose room and half of the gym. You may bring in food that will stay in multipurpose room. Requests are based on availability.

Member: \$175 • Non-Member: \$225

Private Pool Party

This includes a 3-hour private swim, splash pad, and multipurpose room when the facility is closed to the public. Lifeguards will be provided. Requests are based on availability.

Member: \$499 • Non-Member: \$599

Rent the RAC

Are you looking for a fun, safe place for your next business, church, school, or group outing? Consider after-hours at the RAC! Includes 4-hour access to the gymnasium, walking track, swimming pool, splash pad and multipurpose room.

No access to 24/7 area

Member: \$650 • Non-Member: \$850

RAC Multipurpose Room

Are you looking for a room to hold a party or business meeting? Our multipurpose room has seating for 40 and is available to rent. Requests are based on availability.

Member: \$35 per hour
Non-Member: \$55 per hour

Reminderville Latchkey Program

Are you looking for before/after school care for your child?

Reminderville Latchkey is the perfect place! We offer drop off in the morning at 6:45 a.m. and pick up until 6:00 p.m. Children within the Twinsburg School District is for grades Kindergarten – 6th grade and children within the Aurora School District is Kindergarten – 5th grade. Please note there is a minimum number of children required to guarantee the schools participation and offer busing.

Enrollment for the 2017-2018 school year will start the week of April 24 – April 28.
This is only for current Latchkey students.

Enrollment for Reminderville residents will be May 3rd and May 4th until 7:00 p.m. at the RAC.

If spots remain, Saturday, May 6th from 9:00 a.m. – 12:00 p.m. at the RAC, will be open for Twinsburg and Aurora Residents.

At the time of registration there will be a \$25 registration fee to guarantee a spot.

Please call Colleen at 234-212-9773 for any questions or additional information.



Sports Programs

Kick-Start Sports for Ages 3-4*

Kick-Start Sports is an innovative program geared for young children who want to play sports but are not old enough to join a league. Children will learn the importance of being part of a team while they and their parent learn the sport together as they go through fun drills and games. Parents are required to participate with their child and be on the court at all times. Each child will receive a shirt!

*Kick-Start Pool Noodle Baseball



Little ones will have fun playing this special kind of baseball! We use pool noodles and Wiffle balls while teaching the basic rules of baseball.

Saturdays
May 6 – May 27
1:15 p.m. - 2:00 p.m.

Members: \$35, Non-Members: \$45

*Kick-Start Soccer



Participants will play with their parent and be introduced to the game of soccer through exciting dribbling, kicking, and shooting games.

Thursdays
May 18 – June 8
6:15 p.m. - 7:00 p.m.

Members: \$35, Non-Members: \$45

*Kick-Start Basketballers



Children who are new to basketball will be taught the rules of b-ball in a fun and stimulating atmosphere!

Mondays
June 5 – June 26
6:00 p.m. - 6:45 p.m.

Members: \$35, Non-Members: \$45

*Kick-Start Bowling



Learn how to bowl using a variety of instruments! We will use blow up pins, water bottle pins and more. Last week of class we will go to an actual bowling alley. (Additional charge for parent bowling.)

Wednesdays
July 5 – July 26
6:00 p.m. - 6:45 p.m.

Members: \$35, Non-Members: \$45

*Kick-Start Little Spikers Volleyball



This 4-week program is geared toward learning basic skills, fundamentals, and rules of volleyball while having fun. Net will be lowered and beach balls will be used.

Tuesdays
June 6 – June 27
6:00 p.m. - 6:45 p.m.

Members: \$35, Non-Members: \$45



Youth Dodgeball

Ages 6-8, 9-12

Great game for the kiddos to burn off some energy! The instructor will teach the rules of dodgeball before playing a variety of dodgeball games.

Wednesdays
May 4 – May 24

Ages 6-8 5:45 p.m. - 6:30 p.m.
Ages 9-12 6:45 p.m. - 7:30 p.m.

Members: \$35, Non-Members: \$45

Baseball Fielding Clinic



Ages 9-13

Sharpen your fundamentals of baseball with infield and outfield drills.

Sunday
May 14
1:00 p.m. - 2:30 p.m.

Members: \$35, Non-Members: \$45

Cricket Fundamentals

Ages 9-12

Learn how to play this unique bat-and-ball game! Kids will learn the basic rules and fundamentals of Cricket.

Wednesdays
May 31 – June 21
6:15 p.m. - 7:00 p.m.

Members: \$35, Non-Members: \$45

Instructional Volleyball Clinic

Ages 7-10

Learn how to bump, set, serve! Be a step ahead of others with your volleyball experience by attending this program. Proper gym shoes and knee pads are required.

Tuesdays
June 6 – June 27
7:00 p.m. - 8:00 p.m.

Members: \$35, Non-Members: \$45



Sports Programs

Little Racquets

Ages 3-5

This nationally-renowned tennis program is taught in a fun and safe environment. Students are engaged in stimulating, playful activities that enhance their abilities. Little Racquets teaches basic warm-up, motor, and racquet skills.

Mondays
May 1 – May 22
10:00 a.m. - 10:45 a.m.

Members: \$60, Non-Members: \$70



Instructional Basketball Clinic

Ages 5-8, 9-12

Learn and work on the fundamentals and rules of basketball. We will utilize fun drills that will improve shooting, passing and ball handling.

Mondays
July 10 – July 31
Ages 5-8 6:00 p.m. - 6:45 p.m.
Ages 9-12 7:00 p.m. - 8:00 p.m.



Volleyball Camp

Grades 7-9

Girls entering 7th – 9th grade – are you getting ready to try out for your school volleyball team? Join us for an all-day camp with experienced volleyball instructors. Multiple skills will be covered including serving, blocking, setting, and passing. This will be a full day camp. Experienced players only. Each participant will receive a t-shirt. Please bring a bagged lunch.

Saturday
July 8
9:00 a.m. - 4:00 p.m.

Members: \$75, Non-Members: \$85



Muggle Quidditch

Grades 3-6

Calling all Harry Potter fans! Muggle Quidditch is a fast-paced game that combines different sports. The Chasers try to get a Quaffle (volleyball), through a hoop. Beaters are defenders who try to hit other players with a Bludger (dodgeball). The Seekers try to catch the Snitch. Muggle Quidditch has become a world-wide sport and we are bringing this exciting game to the RAC!

Saturdays
June 3 – June 24
10:00 a.m. - 11:00 a.m.

Members: \$40, Non-Members: \$50

Adult Kickball League

You are never too old to play kickball! Put your co-ed team together and join us at the RAC on Saturday nights for this classic game.

Saturdays
April 22 – May 27
7:00 p.m. - 9:00 p.m.

Team Fee: \$120

Co-Ed Youth Fall Recreational Basketball League

Grades K-2

This will be a fun league for children who will be in K – 2nd grade in the 2017-2018 school year. This is a great opportunity for your child to learn the basic skills of basketball and have the experience of playing games. We will need parent volunteers to coach teams. Practice will be once a week starting the first week of September. Registration deadline is August 25.

Saturdays
Sept. 23 – Oct. 28

Members: \$75, Non-Members: \$85



Volleyball Serving Clinic

Ages 13-16

Are you getting ready for Middle School or High School try-outs? This clinic is for you! To prepare you for tryouts we will work on jump serving, top spin, floating serves, and more. To participate you must be able to serve overhand.

Tuesday and Thursday
July 11 & July 13
7:00 p.m. - 8:00 p.m.

Members: \$30, Non-Members: \$35



Adult Men's Basketball League

Come join the RAC for our Men's Basketball League. Teams will play 5 on 5. League includes 8 games plus playoffs for the top 4 teams. Playoff winners will receive a t-shirt. Max of 10 players per team. We will play two 20 minute running halves. Please register by June 5. Each team will have to pay \$25 a week for ref fees.

Sundays
June 11 – July 30
7:00 p.m. - 9:00 p.m.

Team fee: \$199



Kids Boot Camp

Ages 7-13

This boot camp will teach children how to live an active and healthy lifestyle. Classes will be fun with simple exercises that work for all physical levels. Classes will include warm-ups, stretches, different group/partner activities to help speed, agility, power, balance, and coordination. Children will need to be in tennis shoes, comfortable clothing, and bring a water bottle.

Tuesdays
Sept. 5 – Sept. 26
6:00 p.m. - 7:00 p.m.

Members: \$39, Non-Members: \$49

Group Swimming Lessons

Our group swimming lessons are designed for swimmers of all abilities and with all swimming backgrounds. Each lesson is fluid, so that experienced swimmers are challenged and those newer to the water have time to become more comfortable and learn to enjoy the water.



No make-up lessons will be issued.

May 2 - 18	June 6 - 22	July 11 - 27	August 8 - 24
Tuesday & Thursday	Tuesday & Thursday	Tuesday & Thursday	Tuesday and Thursday
Level 1 & Level 2	Level 1 & Level 2	Level 1 & Level 2	Level 1 & Level 2
4:30 p.m. - 5:00 p.m.	4:30 p.m. - 5:00 p.m.	4:30 p.m. - 5:00 p.m.	4:30 p.m. - 5:00 p.m.

Level 1 & Level 2	Level 1 & Level 2	Level 1 & Level 2	Level 1 & Level 2
5:30 p.m. - 6:00 p.m.	5:30 p.m. - 6:00 p.m.	5:30 p.m. - 6:00 p.m.	5:30 p.m. - 6:00 p.m.

Level 3	Level 3	Level 3	Level 3
6:30 p.m. - 7:00 p.m.	6:30 p.m. - 7:00 p.m.	6:30 p.m. - 7:00 p.m.	6:30 p.m. - 7:00 p.m.

May 1 - 17	June 5 - 21	August 7 - 23
Monday & Wednesday	Monday & Wednesday	Monday & Wednesday
Level 1 & Level 2	Level 1 & Level 2	Level 1 & Level 2
4:30 p.m. - 5:00 p.m.	4:30 p.m. - 5:00 p.m.	4:30 p.m. - 5:00 p.m.
Level 1 & Level 2	Level 1 & Level 2	Level 1 & Level 2
5:30 p.m. - 6:00 p.m.	5:30 p.m. - 6:00 p.m.	5:30 p.m. - 6:00 p.m.
Level 3	Level 3	Level 3
6:30 p.m. - 7:00 p.m.	6:30 p.m. - 7:00 p.m.	6:30 p.m. - 7:00 p.m.

Learn-to-Swim Level 1: Introduction to Water Skills	Enter/Exit pool, blow bubbles, put face in water, front and back float.	Must be 4 years of age
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Learn-to Swim Level 2: Fundamental Aquatic Skills	Floating independently, begin a swimming stroke using arms and legs, jumping in.	Must be 4 years of age and completed Level 1
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Learn -to-Swim Level 3: Stroke Development	Front crawl, elementary backstroke, rotary breathing, treading water, survival floating.	Must be 5 years of age and have completed Level 2
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Aquatics

Baby Bubblers Swim Instruction

Ages 6-18 months

A class designed with an emphasis on safety, skills, comfort, fun, and parent participation. Parent must go in the pool with their child. Swim diapers are required.

Saturdays
June 3 – June 24
9:00 a.m. - 9:30 a.m.

Members: \$44, Non-Members: \$54



Rootin' Tootin' Toddlers

Ages 3-4

This will build on water exploration and basic skills. Bobbing, floating, gliding, and locomotion with the assistance of a parent will be the focus with new skills of rhythmic breathing, back sculling and treading water introduced. If child is not potty-trained, swim diapers are required.

Saturday
June 3 – June 24
9:45 a.m. - 10:15 a.m.

Members: \$44, Non-Members: \$54

Teen Co-Ed Water Volleyball

Ages 13-16

Teens have fun and play water volleyball in our 88-degree water! Bring friends or meet new ones! No volleyball experience is necessary.

Session 1: Mondays
June 5 – June 26
6:00p.m. - 7:00 p.m.

Session 2: Thursdays
March 20 – April 24
11:00 a.m. - 12:00 p.m.

**Members: \$5/drop-in,
Non-members: \$10/drop-in**



Parents Night Out

Ages 6-12

Parents, do you need a night out or just want a little time to yourself? Make your plans and drop your kids off for some fun while we swim, play, watch a movie, and eat pizza! Space is limited so sign up early!

Session 1: Friday, May 26
6:30 p.m. - 9:00 p.m.

Session 2: Friday, June 23
6:30 p.m. - 9:00 p.m.

Session 3: Friday, July 21
6:30 p.m. - 9:00 p.m.

Session 4: Friday, August 25
6:30 p.m. - 9:00 p.m.

**Members: \$20/per session,
Non-Members: \$25/per session**

School's Out Pool Party

Ages 5-9

We're throwing a party in the pool! We will play various pool games, listen to music, and have some great summer snacks!

Saturday
June 10
6:00 p.m. – 8:00 p.m.

Members: \$10, Non-Members: \$15



Mad Hatters Ball

Ages 11-14

Join us for a Mad Hatters Masquerade Ball! We will have refreshments, music, and you can make a mask or hat to take home!

Tuesday
June 20
8:00 p.m. - 10:00 p.m.

Members: \$20, Non-Members: \$25



Caribbean Summer Party

Ages 10-15

Join us for a fun night as we listen to Jimmy Buffet and other Caribbean music with staff members dressed in "parrot head" costumes! We will have a coconut relay, limbo contest, and more.

Saturday
August 5
6:00 p.m. - 8:00 p.m.

Members: \$10, Non-Members: \$15



Alice in Wonderland Pool Party

Ages 11-14

Spend time in the magical world of adventure and fun with Alice, the Queen of Hearts, and The White Rabbit. Refreshments will be provided. Costumes are encouraged and don't forget your bathing suit.

Tuesday
August 8
8:00 p.m. - 10:00 p.m.

Members: \$20, Non-Members: \$25



Aquatics

Private Child/Adult Swim Lessons

Students and instructors schedule five 30-minute sessions. There are no make-up lessons. Late arrivals will be able to participate in the remainder of the scheduled time. Private lessons are available on Tuesday, Thursday, Saturday, and Sunday and must be scheduled in advance. Each set of lessons have a six month expiration date.

For further details please call Sloan at 234-212-9773.

Members: \$90, Non-Members: \$110



Semi-Private Child Swim Lessons

Semi-private lessons will be offered for two children within the same family. These lessons will consist of five 30-minute sessions.

For further details, contact Sloan at 234-212-9773.

Members: \$45/child, Non-Members: \$55/child

Lifeguard Recertification

This course provides individuals who hold a current 2016 Lifeguard Certification the opportunity to participate in a modified course in order to recertify their certification before it expires. Please pre-register at least 2 days before the start of the class.

Call the RAC for future dates.

Members: \$99

Non-Members: \$129

Group Swim Lessons

Group swim lessons are designed for swimmers of all abilities. Each lesson is fluid to challenge experienced swimmers and those newer to the water have time to become comfortable and learn to enjoy the water. Group lessons have a maximum of five kids. Each session has six 30-minute lessons. No make-up lessons will be issued.

Members: \$35 Non-Members: \$45

Lifeguard Training

This course is designed to provide participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in CPR, Basic First Aid, and Emergency Oxygen Administration. This course presents information on the skills and knowledge lifeguards need in the pool, lake, river and other water environments. This course has no pre-requisite courses.

Mondays

February 20 - March 20

7:00 p.m. - 9:00 p.m.

Members: \$190

Non-Members: \$210



Special Interest

Paint Party Events – Anyone can be an artist!

Join Denyse Carbonell, a local artist, as you create a unique work of art. This is a 2-hour step-by-step instructed class. No experience is necessary. Price includes a 16"x20" canvas, easel, brushes, acrylic paints, and aprons. Bring friends and have fun! This is a great idea for a girls' night out, date night, or a chance to just get out and express yourself! You can eat and drink while you paint or arrive early for a bite!



Monday
June 7
6:00 p.m. - 8:00 p.m.

Location: Michael's Café 10071 Darrow Road, Twinsburg
Member: \$35, Non-Member: \$40

Healthy Living Classes

Learn easy-to-understand, healthy-eating information in a fun, interactive setting. This is a great way to get on a path to making good choices about food for the whole family. Information is appropriate for adults and children five and older. Cost includes four weeks of instruction and workbooks to keep. Instructor: Kim Cohen, Certified Health Coach

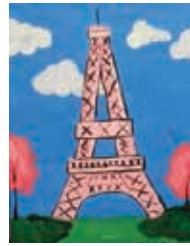


Wednesdays
May 3 – May 24
6:30 p.m. - 7:30 p.m.

**Person: Member: \$115
Non-Member: \$125
Family: Member: \$170
Non-Member: \$180**

Kids Paint Party

Have a blast at our paint party! All supplies are included in the cost. This is a 2-hour step-by-step instructed class. No experience necessary. Just come, have fun, and take home a one-of-a-kind piece of art!



Saturday
May 20
11:00 a.m. - 1:00 p.m.

Location: RAC
Member: \$30, Non-Member: \$35

Family Feud Night

Gather five family members and come to the RAC to compete in Family Feud! Each team will get to play three rounds. The top two teams will play in the championship round. Light refreshments will be served. Prize for the winning teams.

Saturday
June 24
7:00 p.m. - 9:00 p.m.

**Members: \$30/Team,
Non-Members: \$40/Team**

Stressbuster Breathing and Relaxation

Practice stress-relieving breathing techniques and guided relaxation with a certified yoga teacher. No prior yoga experience necessary. Dress comfortably and bring a notebook or journal. Practices will be performed in chairs.

Wednesday
May 10
10:00 a.m. - 11:30 a.m.

Members: \$26, Non-Members: \$30

Mother's Day Paint Party

What a great gift for Mother's Day! Mom, bring your son or daughter with you to the RAC to paint a picture together. You will paint half of the flower and your child will paint the other half or you can have two children paint each half. This is a 2-hour step-by-step instructed class. No experience necessary. A special Mother's Day treat will be served.



Saturday
May 6
11:00 a.m. - 1:00 p.m.

Location: RAC
Members: \$50, Non-Members: \$60

Make Peace – Tween Yoga and Art Journaling

Ages 8-13

School stressing you out? Social situations giving you anxiety? Develop inner and outer peace with guided art journaling and group yoga practice specifically designed for tweens. Bring a yoga mat or large towel.

Wednesday
June 14
1:30 p.m. - 3:00 p.m.

Members: \$26, Non-Members: \$30

Special Interest

Travel Class

Learn to travel affordably! Find out how to get the best deals on car rentals, flights, cruises, lodging, and transportation. Once you get to your destination, find out how to save on entertainment and restaurants. You'll learn where to find bus trips to Chicago for \$2 round-trip, Cruises for 80% off or more, free flights, the best places to economically travel, and travel saving secrets. **Will need a minimum of 10 participants to have the class.**

Tuesday
May 23
7:00 p.m. - 8:30 p.m.

Members: \$15,
Non-Members: \$20

Joe The Coupon Guy

Joe The Coupon Guy® has taught thousands of people across Ohio how to save money. He's been featured on radio, newspapers, and TV, including CBS, ABC, Fox, and ABC News. He can be heard weekly on WINT 1330 AM/ 101.5 FM on Wednesday mornings.



Family Game Night with a Twist

Bring your family to the RAC to play life-sized versions of some of your favorite childhood board games! Hungry Hungry Hippos, Twister, Candyland, and more. This will be a great family night you will not forget! Light snacks will be provided.

Saturday
August 12
6:00 p.m. - 9:00 p.m.

Members: \$5/Person
Non- Members: \$8/Person



The Sock Hop

Let's shake, rattle, and roll! Kids, moms, dads, grandparents are invited to do the Twist, the Stroll, and more! Come dressed in your best 50's costumes for a fun evening at the RAC. Light refreshments will be served.

Saturday
July 8
7:00 p.m. - 9:00 p.m.

Members: \$6/Person
Non-Members: \$9/Person



Savvy Shopper Class

Learn how to consistently save 70% and more grocery and toiletry shopping. Find many new ways to save on utilities, gas, restaurants, travel, smartphone plans, clothes, and much more. Become a savvy shopper by learning how to maximize Reward programs at area stores. Learn how to budget. Discover the psychological aspects of shopping and saving money. **Will need a minimum of 10 participants to have the class.**

Tuesday
June 20
7:00 p.m. - 8:30 p.m.

Members: \$15, Non-Members: \$20



Health & Wellness Fair

The RAC is hosting a Health & Wellness Fair that will include information tables, demonstrations, screenings, activities for children and adults, vision checks, and more! If you are interested in renting a vendor booth, contact Colleen at 234-212-9773 or cmartin@reminderville.com.

Saturday
August 5
10:00 a.m. -

2:00 p.m.

FREE to the public

Vendor Booth Charge: \$40





Tot Express Childcare

Work out on our state-of-the-art machines or take one of our fitness classes while your child is having fun!

Games

Puzzles

Educational Play

wii

Crafts

Gym Fun

Learning Toys

Books

Movies

Parachute Play

Available Monday-Friday 9:00am to 12:00pm for a maximum of 1.5 hours. Parents must remain on site and children should be bathroom trained. Maximum of 15 children at any given time.

Program fee: FREE for children with a membership, \$5 non-members.




Youth Programs

Mother's Day Craft

Ages 5-10

Drop off your child and they will create a beautiful Mother's Day gift! Take an hour for yourself and get a good workout in while they make something special! A snack will be served.

Monday

May 8

6:00 p.m. - 7:00 p.m.

Members: \$10, Non-Members: \$13



July 4th Craft

Ages 5-10

Come celebrate an early July 4th with us! You will make a special July 4th craft that you can use in celebration of our great nation! We will also have a special red, white, and blue snack for you!

Thursday

June 29

6:00 p.m. - 7:00 p.m.

Members: \$10, Non-Members: \$13



Fun with Messy Play

Drop your child off and go work out! This activity is for children ages 2-4 to play with sand, water, bubbles, shaving cream, and slime.

Thursdays

July 20 - August 10

6:00 p.m. - 7:00 p.m.

Members: \$20, Non-Members: \$30

Father's Day Craft

Ages 5-10

Kids can come make a cool homemade gift for dear old Dad! A snack will be served while we have fun creating something awesome!

Thursday

June 8

6:00 p.m. - 7:00 p.m.

Members: \$10, Non-Members: \$13



The Prince & Princess Ball

Hear ye, hear ye - Join us at the RAC for this very special event! There will be music, dancing, pizza, punch, and Princess characters to have your picture taken with. Come in your favorite princess or prince attire for a magical afternoon!

Saturday

May 6

3:00 p.m. - 5:00 p.m.

Members: \$10, Non-Members: \$15

Build-A-Frog

Ages 5-10

Each child will stuff and decorate their own Furry Frog stuffed animal! There will be a Froggy treat to enjoy while you decorate a t-shirt for your new friend to wear home.

Monday

June 5

6:00 p.m. - 7:00 p.m.

Members: \$15, Non-Members: \$18



Gymnastics

This class is a motor skills coordination program. Your child will not only learn beginner gymnastics skills (rolls, climbing, balancing) but they will learn locomotor skills (running, jumping, hopping, skipping, galloping) as well as social awareness skills (sharing, taking turns, following rules, listening).

Instructor; Rachael Lyons

Thursday

June 1 - June 22

Ages 3-4: 6:15 p.m. - 7:00 p.m.

Ages 5-8: 7:15 p.m. - 8:00 p.m.

Members: \$39, Non-Members: \$49



Princess Etiquette Party - Good Manners

Ages 3-8

Wear your favorite princess attire! Become a princess by using your magic words, dinner manners and learn how to give proper introductions. Enjoy a princess craft and princess music.

Instructor: Kimberlee Franz, Certified Instructor and owner, The etiquette Factor

July 15th

11:00 a.m. - 12:00 p.m.

Members: \$25, Non-Members: \$35



Kindercraft

Ages 2-4

We will keep your child busy so you can work out on a regular schedule! Preschoolers will have fun creating a craft each week ranging from hand puppets to lunch mats.

Wednesdays

June 7 - June 28

6:00 p.m. - 7:00 p.m.

Members: \$20, Non-Members: \$30

Earth Day Project

Bring your kids to do an Earth Day craft and learn about Earth Day and you can go work out! We will also play a game that teaches how to recycle.

Thursday

April 22

6:00 p.m. - 7:00 p.m.

Members: \$6, Non-Members: \$8



Youth Programs

Move it Like This

Ages 5-8

Do you love to dance and move to music? Dancing is great exercise for your mind and body. Fun games will be taught to help students memorize fun steps. Hip hop style and fun line dances will keep your body moving throughout the class.

Tuesdays
July 11 – August 1
6:15 p.m. - 7:00 p.m.

Members: \$39, Non-Members: \$49

Pinterest Science Projects

Ages 4-9

Bring the kiddos to the RAC for cool science projects that you don't have to clean up! Just drop them off and get your workout in!

Tuesdays
6:00 p.m. - 7:00 p.m.

June 13 Grass Heads
July 11 Walking Water Experiment, Make a Bouncy Ball

August 8 Popcorn on a cob, Fizzy Lemonade

**Members: \$6/per project
Non-Members: \$8/per project**



Teen 80's Dance

Ages 13-16

Teenagers, ask your parents for help to dress the way they did in the 80's! Come to the RAC while we flashback to 80's music, clothes and the big hair! We will have snacks and a DJ, you just need to come and be ready to dance!

Saturday
July 15
7:00 p.m. - 9:00 p.m.

Members: \$12, Non-Members: \$17



Summer Crafts Club

Ages 4-9

This mini craft club will feature a different craft each month. Kids will have fun making friends while they make a homemade craft to take home.

Thursdays
6:00 p.m. – 7:00 p.m.

May 18 Bird Feeder
June 15 Puffy Paint Ice Cream Cones

July 13 Egg Carton Flowers
August 17 Nature Inspired Portraits

**Members: \$6/per class
Non-members: \$8/per class**



Christmas In July

Ages 6-10

Kids, join us at the RAC for Christmas in July! We will decorate cookies, make a beach Christmas ornament, have Grinch punch, and listen to Christmas music! Who knows – maybe Santa will drop by!

Sunday
July 9
1:00 p.m. - 3:00 p.m.

Members: \$14, Non-Members: \$18



Super Hero Etiquette Party – Good Manners

Ages 3-8

Wear your favorite super hero attire! Become a super hero by using your magic words, dinner manners and learn how to give proper introductions. Enjoy a super hero craft and Super Hero Music!

Instructor: Kimberlee Franz, Certified Instructor and owner, The etiquette Factor

July 15
1:00 p.m. - 2:00 p.m.

Members: \$25, Non-Members: \$35



Make-up Tips & Techniques

Do you have a pre-teen or teenage daughter who needs tips on how to apply make-up? A Beauty Consultant from Mary Kay will teach your daughter the proper techniques.

Thursday
June 22
6:00 p.m.

Members: \$10, Non-Members: \$15

Girls Night at the RAC

Calling all girls in 6th - 8th grade.... We're having a RAC slumber party! Bring a sleeping bag and pillow because we will be sleeping in the gym! We will listen to music, dance, play volleyball, do our nails, and go for a midnight swim. We will have pizza and snacks that evening and in the morning, we will enjoy donuts and orange juice. Space is limited so grab a few friends and sign up quickly!

Saturday 8:00 p.m. -
Sunday, 8:00 a.m.
July 29 – July 30

Members: \$40, Non-Members: \$50



Boys Night at the RAC

Boys in 6th - 8th grade.... join us for an all-night party in the gym! We will play some 3-on-3 basketball games, kickball, ultimate Frisbee, and take a midnight swim! Be sure to bring a sleeping bag and pillow because we will be sleeping in the gym! We will have pizza and snacks that evening and donuts and orange juice in the morning. Space is limited so grab a buddy and sign up today!

Saturday, 8:00 p.m. -
Sunday, 8:00 a.m.
July 22 – July 23

Members: \$40, Non-Members: \$50

Adaptive Programs

Swim & Splash Party

We're having a party in the pool and splash pad! All ages of children with special needs are welcome to participate with their caregiver and families!

Saturday
July 15
10:00 a.m. - 11:30 a.m.

Fee: \$5
Please RSVP by July 12

An Afternoon of Movement and Dance

It's an afternoon of moving and dancing! We will roll to the beat and move our feet. Participants will use a parachute, balls, and ribbons to enhance their movement experience. Parent or caregiver must stay for this event.

Sunday
June 18
2:00 p.m. - 4:00 p.m.

Please RSVP by June 14

Touch-a-Truck

Join us for a great afternoon at the RAC as the Reminderville Fire Department, Police Department, and Service Department bring their vehicles that the kids can go in and explore. This is open to all ages with their parent or caregiver.



Sunday
July 23
2:00 p.m. - 4:00 p.m.

Day Camps

Track & Field Summer Camp

Grades 3-12

Reminderville Athletic Club is partnering with Aurora Parks and Recreation and Dash Sports Training to offer a program that focuses on building a foundation for young athletes in track and field. This unique summer training clinic is coached and hosted by All-American Athletes, USA Olympic Trials qualifier, Puerto Rico national record holder, Olympians, and several State Champions from Kent State University track and field program. This camp focuses on drills, nutrition, speed training in sprints, hurdles and distance.

June 19 – June 23
1:00 p.m. - 4:00 p.m.

Location: Aurora High School Track
\$105 per athlete

Introduction to Magic and Juggling

Join magician David Anthony for an introduction to Magic and Juggling. Campers will learn basic tricks and basic juggling skills. They will receive props and juggling balls. The camp will conclude with a show for the parents on Friday. Minimum of 15 kids is required.

August 7 – 11
9:00 a.m. - 11:00 a.m.

Location: Heritage Hall
Members: \$65, Non-Members: \$75



Little Veterinarian School

Ages 5-10

Little Veterinarian School encourages elementary school children to role play and explore the exciting world of veterinarians. Using interactive demonstrations, crafts and games, kids will learn how to take care of a pet and use instruments that real veterinarians use. Kids adopt and take home a LVS stuffed dog. Minimum of 12 kids is required.

July 17 – July 21
9:00 a.m. - 12:00 p.m.

Location: Heritage Hall
Members: \$215, Non-Members: \$225



Little Medical School – Doctor will see you know

Little Medicine School brings medicine, science and the importance of health to children in an entertaining, exciting and fun way. Through hands-on demonstrations, crafts and games, kids will learn how the body and organs work, how to use instruments that real doctors use and even tie knots like a real surgeon. Minimum of 12 kids is required.

June 26 – June 30
9:00 a.m. - 12:00 p.m.

Location: Heritage Hall
Members: \$215, Non-Members: \$225



Little Medical School – Doctor in the House

Little Medical School brings medicine, science, and the importance of health to children in an entertaining, exciting, and fun way. Through hands-on demonstrations, crafts, and games, kids will learn how the body and organs work, how to use instruments that doctors use, and even tie knots like a surgeon. Minimum of 12 kids is required.

June 12 – June 16
9:00 a.m. - 3:00 p.m.

Location: Heritage Hall
Members: \$395, Non-Members: \$405

Little Medical School – Pre-K

Little Medical School brings medicine, science and the importance of health to children in an entertaining, exciting and fun way. Children learn and have fun as they dress like doctors, learn how to use instruments doctors use and understand how the body works. This class is for 6 weeks and meets once a week.

July 12 – June 17
10:00 a.m. - 11:00 a.m.

Members: \$145, Non-Members: \$155

Senior Programs

Blood Pressure Screenings

Family Tree Home Care will provide blood pressure screenings on the second Friday of every month at 9:45 a.m.

Podiatrist Visit

Complete nail care with Dr. Lara Poduska will be available June 9 at the RAC. You are required to bring your insurance or Medicare card for billing purposes. Call the doctor's office at 216-662-0027 to make your appointment.



Chair Volleyball

What a great way to get a little exercise while you meet new people and have fun! Once a month we will play against the residents at The Atrium at Anna Maria. We will play at the RAC and at their facility. Games will start at 1:30 p.m. In addition to the scheduled game days below, you are welcome to come play at other days/times. Contact Colleen at 234-212-9773 to set up a day and time.



May 1 – Reminderville
June 5 – Atrium
July 3 – Reminderville
August 7 – Atrium

Fruit and Facials

Attention Senior Ladies: Join us to enjoy fresh fruit and refresh your skin with a free pampering session from one of our Reminderville RAC Seniors and Mary Kay Consultant, Anita Rhea. The complimentary session will include satin hand treatment, microderm abrasion and an age-fighting facial. Seats are limited so RSVP by July 3.



July 12
10:30 a.m. - 12:00 p.m.

Urban R&B Line Dancing

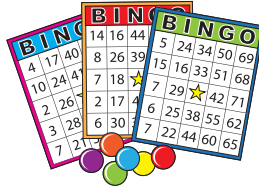
Come join and learn some old and new line dances. Line dancing is good for your physical and mental well-being. Get those muscles moving and grooving!

Every Tuesday at 12:30

Drop in fee is \$5

Bingo

Seniors, are you interested in playing Bingo? Contact the RAC at 234-212-9773 and express your interest and what day would work best for you.



Pickle-Ball

A bit of tennis, badminton, and ping pong all rolled into one using a paddleball racquet and slower ball. Because of the daily summer camps going on, please call the RAC at 234-212-9773 to schedule court time.

Senior Lunch Bunch

This is a great way to meet with friends and make new ones! Meals and transportation are on your own. We will meet the second Wednesday of each month at 12:30 p.m. at the restaurants below. RSVP to Colleen by the Monday before. 234-212-9773

May 10: Akira Hibachi & Sushi (Solon)
June 14: Papous (Aurora)
July 12: Dolphin (Oakwood Village)
August 9: El Chile Bravo (Reminderville)

Quarterly Birthday Party

Join the fun at the next quarterly birthday party! Come celebrate your birthday or come to wish someone a Happy Birthday. Main dish and cake will be provided by The Atrium at Anna Maria. Please bring a side dish to share. RSVP at the RAC by June 23. June 28 at 12:00 p.m.



Senior Cinco de Mayo Lunch & Bingo

This fun lunch at the RAC will be provided by Avenue at Aurora. Feel free to wear a sombrero and get ready to yell out Bingo! RSVP at the RAC by May 1.

May 5 at 12:00 p.m.



Annual Senior Picnic

Main dish will be provided by Avenue of Aurora, please bring a side dish to share. Don't miss this annual event filled with food, fun, and friends! RSVP at the RAC by August 25.

August 28 at 12:00 p.m.

Pavilion at Ray Williams Park (If inclement weather, picnic will be inside Heritage Hall)



Senior Programs



SilverSneakers is a fun energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. SilverSneakers members at the RAC receive free membership as well as free qualifying exercise programs. Being physically active can reduce the likelihood of developing heart disease, diabetes, depression and other health problems that seniors commonly face.

SilverSneakers is a benefit offered to members of many Medicare plans across the U.S. that provides free health club memberships to seniors. If you are part of a Medicare health plan or if you are a group retiree you may already have the Silver Sneakers benefit. View the Healthways SilverSneakers Fitness website or call your Medicare Supplement carrier to find out if you are eligible. The staff at The Reminderville Athletic Club can also check your eligibility when you provide your full name and date of birth.

The Silver & Fit program is designed for older adults! By exercising regularly and meeting new people, you can be Silver, Fit, and Fabulous® too!

Health plans offer the Silver&Fit program to eligible Medicare Advantage/Supplement beneficiaries and group retirees. It can help you improve the quality of your life.

The staff at The Reminderville Athletic Club can assist you and check to see if your insurance offers you Silver & Fit.

Senior Exercise Schedule

Check website for up to date fitness schedule, remindervillerac.com

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Arthritis 11:00 - 12:00 Paula	Silver Classic 11:00 - 11:45 Stacey	Smart Start Cardio 9:30 - 10:15 Dionne	Silver Classic 11:00 - 11:45 Stacey	Smart Start Cardio 9:00 - 9:45 Dionne
Smart Start Cardio 1:00 - 1:45 Dionne	Chair Yoga 12:00 - 1:00 Pushpa	Zumba Gold 10:00 - 11:00 Cookie	Chair Yoga 12:00 - 1:00 Pushpa	
		Aqua Arthritis 11:45 - 12:45 Paula		

RAC Holiday Craft Fair

October 21st, 2017
9:00 a.m. - 4:00 p.m.

Join us for our first annual Holiday Craft Fair. Crafters book your spot today. Free admission for the public. You do not have to be a member of the RAC to participate or come to the event. Concession will be offered.

For more information or interested vendors
contact Colleen at 234-212-9773.

Reminderville Family Fun Day!

Petting
Zoo!

\$5 Pony
Rides!

Face
Painting!

Bounce
House!

Balloon
Animals!

Touch
A Truck!

Rocketcar!

Saturday, June 17, 2017

1:00 - 4:00 pm

Ray Williams Park • 3601 Glenwood

Special thanks to the Reminderville Police Department, Reminderville Fire Department
and Reminderville Service Department!

Reminderville Kids Summer Camp at the RAC!

Camp sessions:
June 5-16 June 19-30 July 3-14 July 17-28
July 31-August 11

9:00am–3:00pm sessions include: pool and splash pad time, sports, activities in the gym, movies, outdoor learning, arts & crafts, games, experiments, pizza parties and field trips including Akron Zoo, Cleveland Botanical Gardens, nature hikes & more!

For children entering Kindergarten to 6th grade in Fall 2017.

Register at the RAC today!

Two-week session fee: \$210 – RAC member • \$240 – non-member

*Additional costs will apply for field trips.

*Register for all five sessions for a \$10 discount off each session!

* Discount for multiple children in the same family: \$10 off second through fourth child.

*50% deposit at time of registration and remaining amount must be paid one week before your session starts.

Childcare
available for
registered campers
7:00am–9:00am
and
3:00pm–6:00pm for
an additional \$2/hr.

For more information contact Colleen at the RAC, 234-212-9773