February 2021 NEWSLETTER



Be Fit and Fabulous in February!

This Month - Give a friend a FREE gym week!



Members: Share a FREE One Week Membership!*

It's easy!

- Request a one week membership in **February** for a friend in high school or older! Stop by our Welcome Desk or email Barbara at barbara.parker@joinccba.org. One week memberships are good for new and former members.*
- In order to activate a friend's membership, you will need to supply their name, address, email, phone number & a February start date for their FREE one-week membership.
- If they go on to purchase a membership in February, we will give them our *member renewal discount* PLUS *you will receive a one week extension on your membership for every "NEW FRIEND*" that joins in February!*

*Limit 4 one week memberships to share per member; a New Friend is someone who has not had a CCBA membership in the past 3 months or longer; offer expires 2/27/2021.

NEW! Discounted Membership Option! WEEKDAYS from 12:00 pm - 3:00 pm

Monday - Friday 12 - 3 pm is quiet in the building right now! It's a great time to work out!

Check in after 12:00 pm and before 3:00 pm and you can take advantage of this super rate, on sale until 2/27/2021. This membership does not include access to ZOOM classes.

Member: \$40/month Corporate: \$35/month

NEW! Young Adult Memberships now go through age 28!

We've extended our Young Adult Membership! Come take advantage of our lower rates before you turn 29!

Member Family Swim is back!



Join us for a fun splash in the pool with your family!*

- -FREE for all with a family membership.
- -Adult members may bring guests to family swim for \$5/person.
- -Call our Welcome Desk to make your reservations (they are required) or email Marie at marie.derosier@joinccba.org.

When: Fridays: 4:00 - 6:30 pm & Saturdays: 12:00 - 1:00 pm

*Parents need to be with children in the water unless a child is able to swim on their own; the child must pass our deep water swim check. Masks are required up until entry into the pool water, temperature and health check are required every visit.

Click Here for the Pool Schedule

Members: The Golf Return Net is Open!



Come work on your golf swing!
The golf return net is up in our
racquetball court and available for
members to use.

You will need a fitness center reservation, the net will be available on a first come first serve basis, 30 minute limit if someone is waiting, 4 max in the court at a time while maintaining social distancing, bring your clubs and balls and have some fun!

Plan now for 2021/2022 Preschool!



Our preschool offers a supportive, welcoming, and diverse learning environment and we are fortunate to take advantage of the CCBA's facilities, including the swimming pool, gymnasium, outdoor playgrounds, the Canillas Garden and more!

Learn about our programs, meet the teachers and see the facilities. We are offering tours, by appointment, on February 6th.

Make your appointment by contacting Eileen Urquhart, Preschool Program Director: eileen.urquhart@joinccba.org

February Vacation Camp for ages 7-11



February 15 - 19 ~ 8:00 am - 4:30 pm

Our fun-filled vacation camp includes playing in the gym, the pool, and enjoying lots of time outside. COVID safety measures will be in place.

Member: \$190/week Non-Member: \$220/week

Click here for more information!

Yes! You can rent our pool with your family!

Looking for some family fun?

Enjoy our sunny, warm pool with your own private group!

Families love having our lifeguarded pool and diving board to themselves! Rental is for one hour for up to 12 friends in your bubble.

Members/\$60, Non-member \$75

Interested? Contact Marie at marie.derosier@joinccba.org



Member Reminders

- To help maintain a clean interior, we are asking members to please change into "inside shoes" on the first floor. You may leave your boots/outdoor shoes on the available boot trays at the entry.
- A gentle reminder to please use our front doors to enter the building. The back door entry is reserved for employees and those who require use of the ramp. When members use the front doors, it helps with traffic flow, temperature checks, and health screenings.
- Inside the building please use the ramps to go up and the stairs to come down this helps to limit members passing each other at a close proximity.

THANK YOU FOR YOUR HELP!



Check out all of the classes included with your membership!

How Are We Doing?

Help us be the best we can! We appreciate all member & community feedback. What's good? What needs improvement?

Hours effective February 1st

Fitness Hours

Pool Hours

Monday - Thursday

Monday - Friday

5:30 am - *7:30 pm*

<u>Friday</u> 5:30 am - 7:00 pm

<u>Saturday</u> 7:00 am - 1:00 pm 5:30 am - 12:45 pm 4:00 - 6:30 pm (*Fridays begin this week!*)

Saturday 8:00 am - 12:45 pm

see pool schedule for details of lap & family swim times

603/448-6477 www.joinccba.org

Connect and Share!



