

We Are Open!

- Pool
- Showers
- Locker Room
- Masters Swim
- Swim Lessons
- Private Pool Rentals
- Tennis Courts
- Personal Training
- Free Weight Room
- Cardio Machines
- Circuit Rooms
- Indoor Cycling
- Yoga & Pilates
- TRX
- Aqua Fitness
- Turbo Kick
- Step Aerobics
- Tabata & more

Greetings!

It's been terrific to see many of you back at the Witherell Recreation Center. Even with masks on, we recognize our longtime members and we are getting to know new members this summer, too!

We have had no reports of COVID-19 cases thanks to the diligence our members and our employees have shown. Thank you for doing your part to keep us all safe!

IMPORTANT MEMBER UPDATE:

UPDATED NEW HAMPSHIRE TRAVEL POLICY

New Hampshire released new travel guidelines on July 22, which we adopted.

Importantly, travel out of New England requires a 14 day self-quarantine. If you travel outside of New England, do not return to the CCBA until the 14 days has transpired and you have no COVID-19 symptoms. All employees are following the same rules to keep our community safe. Thank you for your compliance with these new policies!

GOOD THINGS ARE HAPPENING AT THE CCBA!

CONTACT US TO SCHEDULE A TOUR!

LOCKER ROOMS AND SHOWERS OPENING MONDAY, JULY 27.

Locker rooms and showers are now available! Please maintain 6' of social distance while using these facilities. Our team members will be disinfecting the locker rooms and showers frequently. If you would like to rent a locker, please contact Barbara Parker: barbara.parker@joinccba.org

NEW POOL DECK SHOWER!

We now have a shower on the pool deck. If you want to skip the locker room, feel free to rinse off before and after you swim using the pool deck shower. *Please note: showers are required before entering the pool.*

NEW SWIM OFFERINGS!

FAMILY POOL RENTAL:

Ever wanted to have the pool all to yourself? Now's your chance! We provide a certified lifeguard, our newly refinished diving board, and our brand new pool deck shower. You make the memories. Member rate: \$50/hour. Non-member rate: \$65/hour. To reserve contact: Marie.Derosier@joinccba.org

SWIM CONDITIONING & TRAINING grades 7-12:

Do you have a swimmer in your family who wants to train without the pressure or time commitment of swim meets? Welcome to our Swim Conditioning & Training series. Swimmers will get the benefits of working on the four strokes, starts & turns, PLUS small group dryland training with one of our certified personal trainers. Session begins August 3, for 4 weeks. Mondays and Wednesdays 11:30-12:30 in the pool (one swimmer per lane). Thursdays dryland training 1:00 - 2:00. Member rate: \$129 Non-member rate \$159. Swimmers will receive a free CCBA swim cap! [Register here](#). Any questions, please contact Marie.Derosier@joinccba.org.

SWIM LESSONS:

"Guppies" Parent-Tot swim lessons once a week for children ages 6 months - 3 years. Beginning Monday, August 3, from 11:00 - 11:30 for 4 weeks. Member rate: \$35. Non-member rate: \$50. [Register here](#). Any questions, please contact Marie.Derosier@joinccba.org.

"Red Cross Level 3" swimmers work on rhythmic breathing, complete front and back crawl strokes, elementary backstroke, butterfly kick, deep water bobbing, kneeling dives, and swimmer safety. Beginning August 3, Mondays AND Wednesdays from 11:00 - 11:30 for 4 weeks. Member rate: \$70. Non-member rate: \$90. [Register here](#). Any questions, please contact Marie.Derosier@joinccba.org.

Additional levels of swim lessons plus adult swim lessons will begin in September!

WE HAVE A NEW LAYOUT!

We were busy in early June rearranging the layout of our free weight, circuit, and cardio rooms. When we received the NH guidelines for reopening, we went WELL BEYOND the 6' minimum to ensure there is abundant space between each piece of equipment.

We moved all of our cardio machines to the top floor and rearranged them in half of the basketball gymnasium with ample room between each piece of equipment.

We split the circuit in half and moved half into the former cardio room.

In the free weight room, we made adjustments to our original layout to bring the beloved lat pull down machine back into action!

We encourage you to schedule an appointment and take a tour of our spaces so you can see for yourself the positive changes we've made!

CONTACT US TO SCHEDULE A TOUR!

HOURS OF OPERATION THROUGH AUGUST 9

M/W/F: 5:30 a.m. till 11:00 a.m.

Tu/Th: 7:00 a.m. till 1:00 p.m. (pool closes at 10:30 a.m.) AND 4:00 p.m. till 7:00 p.m.

Sat: 7:00 a.m. till 11:00 a.m.

[Click here for our current Group Fitness & Zoom Class offerings.](#)

RESERVATIONS ARE REQUIRED - AND THEY HAVE BENEFITS!

- Feel safe moving through the building – we have capped the number of users to keep the volume in the building low. There's still plenty of room to sign up!
- Swimmers get to enjoy having their own lane guaranteed!
- The CCBA app and our website are easy places to make a reservation. Here's a video showing you [how to use the CCBA app to make a reservation](#). The app is free in your phone's app store: "CCBA Lebanon". You can always call us, too!

[MAKE A RESERVATION](#)

NOT READY TO COME INTO THE FACILITY BUT WANT TO STAY CONNECTED?

With an active membership, you have access to all of our Zoom classes and use of the tennis courts. Give us a call to reactivate your membership today!

We are happy to help you with membership over the phone!
603-448-6477

[Feel free to email us with any questions!](#)

Looking forward to seeing you soon,

The CCBA Team