

April 2021 Newsletter



Carter Community Building Association

[April Group Fitness/Cycling & Zoom Schedule](#)

[April Pool Schedule](#)

Greetings, Friends!

Spring is here! Like many of you, we are eager to embrace the chance to be outside in warmer air. In that spirit, we are planning to run several group fitness classes outside this month (weather permitting). We have already had a few classes under the pavilion on warm evenings and it's been a blast!

Did you see the recent studies suggesting Americans packed on several unwanted pounds during the past COVID year? We have no judgement here, it's been a rough year for many of us. If you're someone who is ready to shed "the COVID-19" and see positive fitness results, we are here to help you reach your goals. Want a great way to help ensure your success? **Sign up for a free 30 minute Personal Training consultation** with one of our training staff and they will help get you started! Find more details below.

We would like to welcome two new members to our Board of Trustees: Bruce Adams and Kara Maville. Bruce was born and raised in Lebanon and spent many childhood years at the Carter Community Building. He is currently part of our early morning exercise squad at the Witherell Recreation Center, where he gets a good workout in before heading to work as the Director of Corporate Finance for Dartmouth Hitchcock Health System. Bruce is married with two sons and two dogs. Kara also works at Dartmouth Hitchcock as a Certified Health and Wellness Coach in the Employee Wellness Department. She is passionate about healthy living and enjoys activities such as running, hiking, skiing and cooking with her husband, two sons, and their dog. We are grateful to our volunteer board for the work they continue to do to keep the mission of the CCBA going strong!

Wishing you all the best in health,

The CCBA Team

Save this email for easy access to our Group Fitness/Zoom Class and Pool Schedules - links conveniently located at the top of this email!



New 7th & 8th Grade Membership

Beginning April 1 we are welcoming 7th and 8th graders back to our facilities! With membership, 7th and 8th graders may workout for up to one hour each weekday until 5:30 pm, and Saturdays until 1:00 pm.

This membership includes use of our indoor basketball courts, lap swimming, strength training, and cardio equipment **contingent upon completion of an orientation with our Fitness Department.** The free weight room and the functional fitness room are not included in 7th and 8th grade membership. As a reminder, reservations are required to use the facilities.

Contact [Barbara](#) to enroll your 7th or 8th grader, or call the Welcome Desk: 603-448-6477.

New Equipment

We are excited to share that we have **two new Traverse ellipticals** (they move laterally) and **three new treadmills** including an **incline treadmill** that has a range of -3 degrees to 30 degrees! Find videos of the Traverse elliptical [here](#) and the incline treadmill [here](#).

Tennis is Back!

Use of the tennis courts is included in your CCBA Membership!

We also offer a Tennis Membership:

-\$79 if you purchase by April 30th; \$99 for Tennis Memberships purchased May-October.

-Membership is from April through mid-October, 2021.

Members may bring guests to play tennis with them for \$10/guest/visit.

Reservations are required and can be made on our website beginning April 7th.

Please note: CCBA courts are home to the Lebanon High School Tennis Team. Through May, the courts will rarely be available between 3:00-5:00 pm on weekdays and there will be occasional tennis matches on weeknights & weekends.

[Purchase a Tennis Membership](#)

We offer free onsite childcare with your Family Membership!

Our Child Activities room is currently open 9:00 - 11:00 am Monday - Thursday. Reservations required.

Did you have time remaining on your membership when we closed last March?

If so, please be aware that we will be **restarting all memberships beginning JUNE 1, 2021.** Please contact [Barbara Parker](#), Membership Director, if you have any questions about how much time you may have left on your membership.



"Personal training has expanded my abilities and self-confidence. It has made my life, strength, and workouts all the more meaningful" – Robert G.

FREE Personal Training Consultation!

Get a free 30-minute consultation with one of our nationally-certified trainers! Ask any questions you have about Personal Training and see how they can help you reach your goals.

Email [Joanna](#) to schedule your consult today!

Special Tone & Sculpt Series

Create a toned, lean, and sculpted body with Personal Trainer Shannon Aridgides! This class will target your glutes, legs, arms, back, and core to create long and lean muscle definition. Shannon uses her experience as a Personal Trainer to provide valuable feedback on posture and form to help you achieve noticeable results.

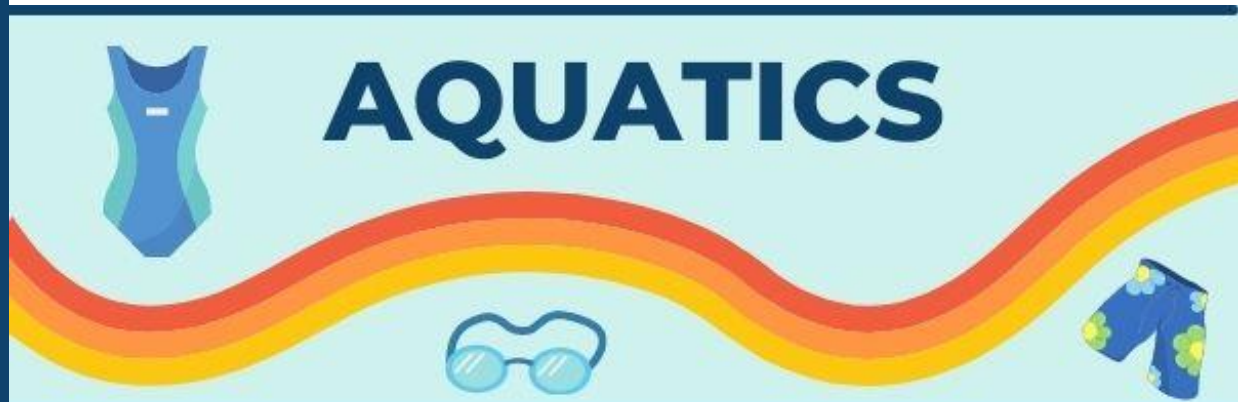
Tuesdays and Thursdays 10 am - 11 am

Begins 4/20 for 3 weeks

Members: \$60 for the series

Email [Joanna](#) to sign up!

"The people in the [group] classes are not just other members, they quickly become friends and some of your biggest supporters." – S.L.



Lifeguard Certification Training

Want to become an American Red Cross certified lifeguard? Join us for our lifeguard training and by the end of this two-day course you'll be fully certified and ready to go!

Saturday 4/10 and Sunday 4/11

- Members: \$295

- Non-members: \$325

[Sign up here](#)

Children's Swim Lessons

Get your kids swimming in time for summer! These 4-week sessions are taught by our American Red Cross certified staff.

Current lessons run through the end of April.

- Members: \$40

- Non-members: \$50

[Sign up here](#)

Adult Swim Lessons

Get ready for swimming season! These lessons are taught by our American Red Cross certified staff.

Saturdays 4/3 - 5/1 (no class on 4/17)

- Members: \$40

- Non-members: \$50

[Sign up here](#)

Our swim lessons are very popular! If you find that the session you are interested in is booked, please be aware that we will be offering more lessons in May. You can also contact [Marie](#) to get on a waitlist.

Pool Rentals

Looking for a fun activity over April vacation? Families love having our pool and diving board to themselves! Enjoy our sunny, warm pool with your own private group.

Rental includes 1 hour in the pool with 12 friends who are in your bubble and an American Red Cross certified lifeguard.

- Members: \$60

- Non-member: \$75

Interested? Email [Marie](#).

Family Swim Time

Fancy a splash in the pool with your family? Join us for Family Swim Time every weekend!

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

- FREE for those with a Family Membership

- Adult members may bring guests to family swim for \$5/person

- Call our Welcome Desk to make your reservations

Please note: Parents need to be in the water with children who cannot swim on their own. Parents must be on the pool deck with children who can swim on their own. Masks are required up until entry into the pool water. We require a temperature and health screening for every participant.

Join our Masters Swim Team

The CCBA Masters Swim Team is open to swimmers ages 16 and older who want to improve their fitness and stroke technique in an atmosphere of fun and camaraderie.

[Click here for details on MASTERS Swim](#)



Camp CCBA Enrolling Now

Choose from any of our 9 weeks of fun to keep your kids active and engaged this summer. This year's themes include archery, water play, nature hikes, bike riding, field games, art, and more! COVID safety measures will be in place.

June 14th - August 13th
Monday-Friday 7:30 am - 5:30 pm
Ages 5 - 11

- Members: \$220/week
- Non-Members: \$250/week

[Find more info and sign up here](#)

CCBA Preschool 2021-22

Only a few spots remain in our sought-after preschool! Our preschool offers a supportive, welcoming, and diverse learning environment for ages 2 - Pre-K.

Learn about our programs and inquire about openings by contacting Eileen Urquhart, Preschool Program Director: eileen.urquhart@joinccba.org

CCB Youth Center

With reservations, children in grades 3rd-6th may come to the Carter Community Building after school. Please call Jim Vanier to make a reservation 603-448-3055. We offer this childcare for free to children in Lebanon.

How Are We Doing?

We appreciate all member and community feedback.
What's good? What needs improvement?

Let us know by clicking the link above!



Fitness Hours

Monday - Thursday

5:30 am - 7:30 pm

Friday

5:30 am - 7:00 pm

Saturday

7:00 am - 1:00 pm

Pool Hours

Monday - Friday

5:30 am - 12:45 pm

4:00 - 6:30 pm

Saturday

8:00 am - 12:45 pm

See the [pool schedule](#) for lap and family swim time details.

Connect and Share!

603-448-6477 | www.joinccba.org

