

May 2021 Newsletter



Carter Community Building Association

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

[May Pool Schedule](#)

Greetings Friends!

We hope you are looking forward to the warm summer weather ahead! We are here to support you on your journey of wellness.

If you need some extra support with your fitness routine, be sure to take advantage of our FREE 30-minute Personal Training consultation. It was so popular in April that we decided to extend it another month! Our trainers will help you achieve your goals, whether you're a seasoned athlete or just getting back in the swing of things. Schedule your consultation before May 28th by contacting [Joanna Graber, Group Fitness Director](#).

Memorial Day is right around the corner and we wanted to remind you that we will be closed on Monday, May 31 in honor of this holiday. We hope that you can enjoy it with your family and friends in a safe setting!

Thank you for being part of our CCBA community. We feel so inspired by everyone who is keeping their exercise and wellness a priority!

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!



[Click here for our Membership Rates](#)

Mother's Day Special - FREE Day

Members bring in your mom or that special adult woman in your life May 10 - 15 FREE for a day. Bring them in and stop at our welcome desk, be sure to make appropriate

reservations ahead of time.

Mother's Day Membership Special

Mother's Day Membership Special - open to all adults, seniors and families (not just moms)! On sale May 10th - 24th

Adult 3 month/\$216 Corporate Adult 3 month/\$183
Senior 3 month/\$175 Corporate Senior 3 month/\$150
One Adult Family 3 Month/\$252 Corporate One Adult Family 3 Month/\$214
Two Adult Family 3 Month/\$408 Corporate Two Adult Family 3 Month/\$346

2 Week Trial Membership on sale May 1 - 14!

Try our classes, tone up in one of our strength rooms, or get moving on our Cardio equipment! Call our Fitness Department to schedule a trial demo on our equipment. If you join in the month of May, we will apply the cost of your trial to a 6 month or annual pre-paid membership. (Young Adults and up) 2 weeks/\$30.

Adult Day Passes

We are selling day passes beginning May 1st to those 18 years old and up. They will include access to the fitness center, group fitness classes, basketball courts, tennis courts and locker rooms. At this time day passes will not give you access to the pool.

7th & 8th Grade Membership

We are welcoming 7th and 8th graders back to our facility! 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.

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

Tennis Is In Full Swing!

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

-We also offer a Tennis-only Membership which lasts through mid-October, 2021.

It's just \$99 for Tennis Memberships.

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

-Reservations are required and can be made on our website.

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](#)

Family Membership Includes free onsite childcare & free access to our family swim times!

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

Family swim is Friday 4:00 - 6:30 pm and Saturday 12:00 - 1:00 pm.

Call our Welcome Desk to make reservations.

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 or to schedule a tour of our new spacious layout.



[Click here for our May Group Fitness/Zoom Class Schedule](#)

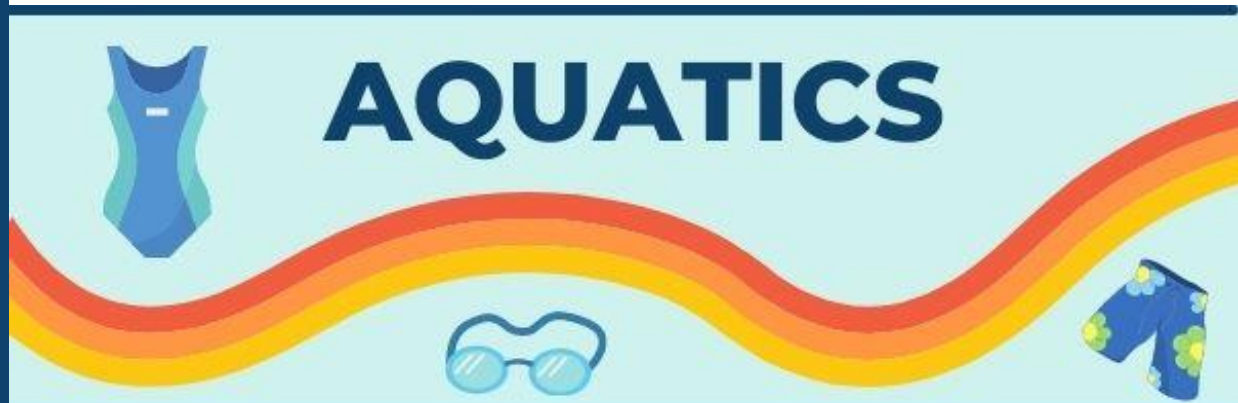
Outdoor Boot Camp

Join us for a challenging, fun workout with Personal Trainer Kelsi Nanatovich! This class will be held under the pavilion and will use the open field space!
Mon/Thu 5:30 - 6:30 p.m., class is free for members but reservations are required for members and those purchasing a day pass.

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. **Offer expires May 28th.**

Email Joanna to schedule your consult today!



[Click here for our May Pool Schedule](#)

Children's Swim Lessons - ages 2 and up

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

Next session will begin mid-June, weekday and Saturday options.

Adult Swim Lessons

These lessons are open to beginners and those who want to improve their technique. Everyone will learn at their own pace and comfort level. These lessons are taught by our American Red Cross certified staff.

Next session will begin mid-June, Saturday option.

Our swim lessons are very popular! If you find that the session you are interested in is full,

we encourage you to call our Welcome Desk and be put on a waitlist.

Private Pool Rentals

Looking for a fun activity for your bubble? 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 - 12:45 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.

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

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!



HOURS & CLASSES



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 - Thursday

5:30 am - 12:45 pm

4:00 - 7:00 pm

Friday

5:30 am - 12:45 pm

4:00 - 6:45 pm

Saturday

8:00 am - 12:45 pm

*Reservations for the pool are required and
can be done **2 days** in advance.*

*See the **pool schedule** for lap and family
swim time details.*

Connect and Share!

603-448-6477 | www.joinccba.org

