

June 2021 Newsletter



Carter Community Building Association

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

[June Pool Schedule](#)

Hello Friends!

How excited are you for summer?! It's been great to see so many of you back at our fitness center getting ready for your summer fun. We love seeing you!

We are also happy to be approaching our reopening anniversary! Thank you to everyone who has supported us during this past year. As a token of our gratitude, we would like to invite our members to bring a guest in for free on our re-opening date. Find the details in the Membership section below.

To all of the fathers out there, Happy Father's Day! Members are invited to bring in their dad or that special adult male in their life for FREE June 21 - 25.

Lastly, we would like to congratulate all of the class of 2021 graduates! What a year!

Stay healthy,

Your friends at the CCBA

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](#)

3 Month Summer Membership

Enjoy full use of our fitness center for the summer! Stay in shape with this special deal. Available for purchase from June 1 - June 18.

PRICES

High School - \$87

Young Adult (HS grad - age 28) - \$157

Adults - \$216

Senior - \$175

Family 1 adult - \$251

Family 2 adult & Couple - \$407

FREE DAY in Honor of Father's Day

Members bring in your dad or that special adult gentleman in your life June 21 - 25 for FREE! Stop at our welcome desk when you arrive with your guest. Be sure to make appropriate reservations ahead of time if you are swimming or taking a class.

FREE DAY to Celebrate our Reopening Anniversary!

On June 16th, bring a guest for FREE to celebrate our one-year anniversary of re-opening after the COVID-19 shut down! Thank you to our members for their commitment to health, well-being, and to the CCBA!



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

NEW CLASS - Kids Yoga

June 23 - July 14, Wednesdays 10:15 - 10:45 AM

Kids will practice balance, strength, and flexibility while having fun and being playful!
Ages 5 - 7. Member/\$45, Non-Member/\$60. Register by June 18. Minimum: 5

Fitness Equipment is on the Move!

This month, we will start moving our cardio and strength equipment to the first and second floor to free up the basketball courts.

COMING SOON - 5th & 6th Grade Summer Strength

A personal trainer will lead this small group class focusing on fun bodyweight exercises, cardio conditioning, and active games. 5th and 6th graders only. Starts in July.

COMING SOON - 7th & 8th Grade Cross-Training

Learn exercises to improve strength, agility, and cardio conditioning! 7th and 8th graders only. Starts in July.



AQUATICS



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

5th & 6th Grade Pool Party

Thursday, June 24th, 7:00 - 8:00 PM

Start the summer off with a fun time swimming with your friends! Join us for some after-hours pool time just for 5th and 6th graders!

[Members/FREE, Non-members/\\$5. Register by Monday, June 21. Max: 20 kids.](#)

Drop off begins at 6:50 and pick up by 8:15 pm. Keep an eye out for other pool party dates during the summer!

Children's Swim Lessons

Get your kids swimming this summer! These sessions are taught by our American Red Cross certified staff. Ages 2+.

[Next session will begin mid-June, with 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, with a 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.



YOUTH

CCB Youth Center - School is Out!

June Hours: Monday - Friday 2:30 - 5:15 PM

July & August Hours: Monday - Friday 8:00 - 4:00 PM

With reservations, children in grades 3-6 may come to the Carter Community Building (CCB) to play basketball, billiards, board games, and more. Please bring a water bottle, snack and lunch if you are staying the day.

Starting June 23rd, on Wednesdays kids will have the choice to swim at the Witherell Recreation Center from 3:00 - 4:00 pm. They will be escorted between the buildings. Children must bring a bathing suit and a towel - parents, please give permission to Jim Vanier.

We offer this program for free to children in the Lebanon area.
Please call Jim Vanier to make a reservation at 603-448-3055.

Basketball Camp Offerings

We have 2 excellent camps coming to the CCBA this summer! Camps run from 9:00 am - 3:00 pm.

Go Green Basketball - Grades 2 - 8

June 21 - 25

June 28 - July 2

Next level Basketball - Ages 8 - 14

July 12 - 16

Camp CCBA

June 14th - August 13th

Monday-Friday 7:30 am - 5:30 pm

Ages 5 - 11

We still have availability! 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! Weekly activities include bike/scooter days, daily swims, sports and field games, nature walks, arts and crafts and more. Swim lessons are available for a fee. COVID safety measures will be in place. It is all about having fun at Camp CCBA!

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

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

Pool Hours

Monday - Thursday

5:30 am - 12:45 pm

Friday

5:30 am - 7:00 pm

Saturday

7:00 am - 1:00 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.joinccbba.org

