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Bond Community Center



Operated by  
Bellin Health  
in partnership with the Bond Health Center

# Winter/Spring Brochure January-May 2008

Bond Community Center  
1201 Park Avenue  
Oconto, WI 54153  
(920) 834-5585

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## Community Seminars

### ***Myotherapy***

Tired of living with pain? Are aches and pains getting the best of you? Don't suffer another day! Discover the healthful benefits of "Trigger Point Myotherapy." Myo (muscle) therapy, is a safe, drug-free and natural way to eliminate pain caused by stress, disease, sports, accidents, and job hazards.

Find out how you can use and control your own pain using this simple technique. Learn from Carla Hedtke, BS, MS, Certified Trigger Point Myotherapist. Carla has over 20 years of Trigger Point Myotherapy experience.

*Monday, January 21, 10:15-11:45 a.m. (Room 203)*

*Wednesday, January 23, 6:30-8:00 p.m. (Room 201)*

Do you have a long second toe? Are your knee pains, backaches, and headaches getting the best of you? Then don't suffer another day! Discover if you truly do have a long second toe and how you can learn "Quick Fix Myotherapy" techniques to help you control your pain.

*Monday, February 25, 10:15-11:45 a.m. (Room 203)*

*Wednesday February 27, 6:30-8:00 p.m. (Room 201)*

Sports Workshop: Do you suffer from knee, heel, and upper and lower back pain, muscle spasms, and elbow and hand pain? Learn how "Trigger Point Myotherapy" can help the athlete get back into the game and participate effectively after being injured. Discover the "Quick Fix Myotherapy" protocols and the "Spray and Stretch" vapo-coolant technique while muscles are "on the stretch."

*Monday, March 24, 10:15-11:45 a.m. (Room 203)*

*Wednesday, March 26, 6:30-8:00 p.m. (Room 201)*

You may attend any or all of the sessions. Sessions are open and free to our members and the community.

## Membership Benefits

The Bond Community Center is a part of the Bellin Health team. We have three fitness center locations dedicated to your health and fitness needs. Check out all the Bond Community Center has to offer.

- FREE ORIENTATIONS
  - Trotter Strength Training and Cardiovascular equipment
- SWIMMING POOL
  - Available during open swim times
- SWIM LESSONS
- WHIRLPOOL
- GROUP FITNESS CLASSES
- CARDIOVASCULAR CONDITIONING
- STRENGTH TRAINING
- SPECIALTY CLASSES
- LEAGUES
- CO-OP/DROP-IN CHILD CARE
- WALKING/RUNNING TRACK

### PRIMARY ORIENTATION

Every member of the Bond Community Center can receive a free, one-hour orientation to learn how to use the fitness equipment properly and most effectively. A certified personal trainer will show you how to use the treadmills, bikes, steppers, free weights, and Trotter machines so you can get the most out of your workout! Stop at the front desk for days and times and take advantage of this great member benefit!

## Membership Rates

### *Initiation Fee*

This initial sign-up fee is a one-time fee unless your membership has expired for more than 60 days.

Single/Youth .....	\$50
Family.....	\$75

### *Annual Full Payment*

Youth (under 19 years of age).....	\$216
Adult (19+ years of age).....	\$456
Family.....	\$648
Senior Single (62+ years of age).....	\$432
Senior Family .....	\$588

### *Monthly Bank Draft (electronically taken from a savings or checking account)*

Youth (under 19 years of age).....	\$18
Adult (19+ years of age).....	\$38
Family.....	\$54
Senior Single (62+ years of age).....	\$36
Senior Family .....	\$49

### *Daily Rates*

Youth (under 19 years of age).....	\$5
Adult (19+ years of age).....	\$10
Family.....	\$15

Family membership includes any legally married couple and any dependent children up to age 25 years. Senior rates apply to those 62 years of age and older. One spouse needs to be 62 years of age or older for the Senior Family rate to apply.

***Mission Statement - The Bond Community Center is a member supported nonprofit fitness, recreational, and wellness facility serving Oconto and the neighboring communities with healthy lifestyle activities geared for all ages and abilities in a refreshing, welcoming, and friendly environment.***

## Hours

### ***Facility - January through May***

Monday-Wednesday ..... 5:30 a.m.-8:00 p.m.  
Thursday ..... 5:30 a.m.-9:00 p.m.  
Friday..... 5:30 a.m.-8:00 p.m.  
Saturday..... 8:00 a.m.-5:00 p.m.  
Sunday..... 12:00-5:00 p.m.

### ***Pool - January through May***

Monday ..... 5:30 a.m.-12:30 p.m. & 1:00-7:30 p.m.  
Tuesday-Friday ..... 5:30 a.m.-12:30 p.m. & 3:30-7:30 p.m.  
Saturday..... 8:00 a.m.-4:30 p.m.  
Sunday..... 12:00-4:30 p.m.

### **The Bond Community Center will be CLOSED:**

New Year's Day                      Tuesday, January 1  
Easter                                      Sunday, March 23  
Memorial Weekend                  Saturday-Monday, May 24-26

*Don't forget, as an added benefit, you may utilize the workout facilities at the Green Bay locations:*

### **FITNESS CENTER EAST**

215 N. Webster Avenue, Green Bay..... (920) 431-5502  
Monday-Friday                      5:00 a.m.-9:00 p.m.  
Saturday                                7:30 a.m.-5:00 p.m.  
Sunday                                    Closed

### **FITNESS CENTER WEST**

1630 Commanche Avenue, Green Bay ..... (920) 430-4756  
Monday-Friday                      5:00 a.m.-9:00 p.m.  
Saturday & Sunday                6:30 a.m.-3:00 p.m.

## Drop-In Child Care

Monday-Friday.....8:00-10:30 a.m.  
Monday-Thursday ..... 4:00-7:00 p.m.

**Rates:**     \$3/hour for the first child  
               \$1.50/hour for each additional child

The Bond Community Center provides toys, puzzles, games and videos. If there is a special toy that your child likes to play with at home he/she is welcome to bring it into the child care room.

*If you would like to donate any toys, games, etc., that are in good shape and your children no longer use, we would greatly appreciate it. The children in the child care enjoy “new” things to do and play with.*

- Diaper changing and bathroom breaks are the responsibility of the parent/guardian, and will be paged to assist the child.
- All guardians are asked to sign their children in and out. This will give us an accurate record of children using the child care room in case of an emergency.
- For the health of other children in the child care room, children displaying unhealthy symptoms will not be admitted. Examples are pink eye, runny nose, excessive cough, fever, contagious diseases, etc.
- All parent/legal guardians must remain in the building. You may not leave the building for any reason.
- All children (except infants) have a two-hour limit. Infants through one year old have a one-hour limit. All times are at the caregiver’s discretion. An advance can be made and then deducted each time you come. Ask caregiver or front desk for details.
- All walking children that wish to remove their shoes must wear socks.

## Swim Classes

We conduct our swim lesson program using the American Red Cross Learn-to-Swim Curriculum. It is designed to give students a positive learning experience. Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people to swim and to be safe in, on, and around the water.

All paid classes will run the first week. If, after the first class, there isn't the minimum requirement of four participants, the class will be canceled and a full refund will be issued.

### Swim Lessons

#### Winter 1: January 7-25

Members .....	\$18
General Public .....	\$36

Come 2 days a week for 3 weeks. Get the same quality lesson in half the time.

#### *Tuesdays & Thursdays*

Levels 1-6:	5:45-6:30 p.m.
	6:35-7:20 p.m.

#### Winter 2: February 4-March 22

#### Spring: March 31-May 17

Members .....	\$21
General Public .....	\$42

#### *Mondays*

Levels 1-6:	5:45-6:30 p.m., 6:35-7:20 p.m.
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#### *Thursdays*

Levels 1-2:	5:45-6:30 p.m.
Levels 1-6:	6:35-7:20 p.m.

#### *Saturdays*

Levels 2-3:	9:00-9:45 a.m.
Levels 1-6:	9:50-10:35 a.m.

Level 1 - Water orientation. Entering and exiting the water. Submerging the mouth, nose, and eyes under water. Work on front and back floats with assistance.

Level 2 - Entering and exiting the water independently. Front and back floats without assistance. Front and back glides, treading water, paddling on front, back and side.

Level 3 - Rotary breathing, introduction to front crawl, back crawl and butterfly kick. Treading water.

Level 4 - Underwater swimming. Open turns while swimming on front and back. Work on front crawl, back crawl, butterfly and breaststroke.

Level 5 - Surface dives. Flip turns while swimming on front and back. Continued work on front crawl, back crawl, butterfly and breaststroke, elementary back and sidestroke.

Level 6 - Work on swimming four continuous laps of front crawl and back crawl, work on two continuous laps of butterfly, breaststroke, elementary backstroke and sidestroke. Demonstrate open and flip turns for all strokes.

**Adult Swim Lessons (16 years of age & older)**

An ideal class for both the beginner and advanced swimmer. Beginner swimmers will work on floating on the front and back and swimming on the front, back, and side. Advanced swimmers will work on the front crawl, back crawl, sidestroke, breaststroke, and elementary backstroke.

**Winter 2: February 4-March 22**

**Spring: March 31-May 17**

*Thursdays, 5:00-5:45 p.m.*

Members .....	\$21
General Public .....	\$42

**Parent/Child Swim**

This class will teach your child basic movements in the water and allow your child to explore the water environment. This is a great way for your child to be introduced to the structure of a swim class, and is helpful for those children who might be fearful.

**Winter 2: February 4-March 22**

**Spring: March 31-May 17**

*Thursdays (12 months-3 years of age), 5:45-6:15 p.m.*

Members .....	\$17.50
General Public .....	\$35

**Gym & Swim**

Build confidence, skills, and independence with a 30-minute gym class followed by a 30-minute swim class. Children will work on improving balance, coordination, body control, and listening skills.

**Winter 2: February 4-March 22**

**Spring: March 31-May 17**

*Mondays (3-4 years of age), 4:40-5:40 p.m.*

Members..... \$24.50  
General Public..... \$49

**Private Swim Lessons**

Join us for this excellent opportunity for swimmers of all ages to learn or catch up on swimming skills. Perfect for those who are fearful of the water or struggling to advance in a group setting. All lessons are 30 minutes long, scheduled based on your availability, and conducted by a WSI instructor. Please call Marisa Steinbach at (920) 834-5585 for more information.

**Members**

\$13 per session  
\$36 for 3 sessions  
\$77 for 7 sessions

**General Public**

\$16 per session  
\$45 for 3 sessions  
\$98 for 7 sessions

**Semi-Private Swim Lessons**

2 participants per instructor.

**Members**

\$9 per session/participant  
\$24 for 3 sessions/participant  
\$49 for 7 sessions/participant

**General Public**

\$11 per session/participant  
\$30 for 3 sessions/participant  
\$63 for 7 sessions/participant

## Specialty Fitness Classes

All paid classes will run the first week. If, after the first class, there isn't the minimum requirement of four participants, the class will be canceled and a full refund will be issued.

### *Yoga Flex*

A choice class that is very effective in reducing stress, releasing tension, and building strength and flexibility in the body. The postures may be challenging, but modifications will be encouraged to make the poses more comfortable and beneficial.

**Winter 1: January 7-February 16**

**Winter 2: February 25-April 5**

**Spring: April 14-May 24**

*Mondays & Wednesdays, 6:30-7:30 p.m.*

Members.....\$36  
General Public.....\$72

*Tuesdays, 9:00-10:00 a.m.*

Members.....\$18  
General Public.....\$36

### ***Yoga Spin***

A great combination of a mind and body workout. Join us for a 30-minute spin class, followed by 30 minutes of yoga. It's the perfect way to fit it all in.

**Winter 1: January 7-February 16**

**Winter 2: February 25-April 5**

**Spring: April 14-May 24**

*Thursdays, 6:30-7:30 p.m.*

Members ..... \$18  
General Public ..... \$36

### ***Youth Strength Training***

We are offering a strength program specially designed for youth ages 11-13, covering the basic components of strength training, muscle awareness, and cardiovascular exercise. This program, conducted by a certified personal trainer, teaches the benefits of exercising properly and to help transition youth into the weight room and cardiovascular room.

**Winter 2: February 25-April 5**

**Spring: April 14-May 24**

*Saturdays, 10:00-11:00 a.m.*

Members ..... \$28  
General Public ..... \$56

### ***Spin & Sculpt***

A great combination for those who want to get it all in! For 30 minutes spin your way through scenery only you can imagine. Then join us as we work to define our bodies using body bars, dumbbells, and resistance bands.

**Winter 1: January 7-February 16**

**Winter 2: February 25-April 12**

**Spring: April 14-May 31**

*Wednesdays, 5:20-6:20 p.m.*

Members ..... \$18  
General Public ..... \$36



## Sports

All paid classes will run the first week. If, after the first class, there isn't the minimum requirement of four participants, the class will be canceled and a full refund will be issued.

### ***Tae Kwon Do***

Become a part of the leading martial art practiced in the United States. Acquire disciplined fighting skills with an emphasis on self-defense and form an excellent means of protection as well as great exercise for both young and old alike. Beginning students will learn basic kicking, punching, and blocking techniques. Self-defense techniques, forms, board breaking, fighting techniques, and free sparring will be taught to intermediate and above students.

**Winter 1: January 7-February 23**

**Winter 2: February 25-April 12**

**Spring: April 14-May 31 (no classes May 26)**

*Ages: 6-adult*

*Mondays, 6:00-8:00 p.m.*

Members.....	\$24.50
General Public.....	\$38.50

### ***Beginning Tumbling***

Learn the very basics of front rolls, back rolls, cartwheels, and handstands. Round-offs, backbends, and front and back handsprings will be taught as the students progress. No experience is necessary.

**Winter 2: February 25-April 12**

**Spring: April 14-May 31**

*Ages: 5-10*

*Tuesdays, 6:00-7:00 p.m.*

Members.....	\$21
General Public.....	\$42

### ***Youth Cheerleading Program***

If cheerleading is your current or future desire, then this class is for you! Designed to teach and enhance skills that are specific to cheerleading. Curriculum is based on Wisconsin Association of Cheer/Pom Coaches guidelines.

**Winter 2: February 25-April 12**

**Spring: April 14-May 31**

*Ages 10-14*

*Tuesdays, 7:00-8:00 p.m.*

Members.....\$21  
General Public.....\$42

### ***Youth Sports***

Basic sports fundamentals will be taught using age-appropriate drills and lead-up game activities. Children will develop proper skill execution and an understanding of the game.

**Winter 2: February 25-April 12 (basketball)**

**Spring: April 14-May 31 (soccer)**

*Ages 6-8*

*Tuesdays, 6:00-6:45 p.m.*

Members.....\$14  
General Public.....\$28



## Certification Courses

All certification courses are subject to a 24-hour cancellation notice. Those who need to withdraw from the class must give no less than a 24-hour notice before the first day of class. If a less than 24-hour notice is given, the course fee will be considered a donation to the Bond Community Center.

### ***Lifeguard Training (10 participants maximum)***

Become an American Red Cross certified lifeguard upon successful completion of this course. All participants must be at least 16 years of age by the last day of class. Participants must be able to swim 300 yards using the front crawl and breaststroke, and dive down and retrieve a brick off the bottom of the pool and swim with it for 20 yards. Lifeguard Training, CPR for the Professional Rescuer, and First Aid certifications are included in this course. Course book is included with the cost of the class and will be handed out the first day. Attendance to all classes is mandatory. Registrations must be received by February 19. For more information, please call Marisa Steinbach at (920) 834-5585.

*Sunday, March 2, 4:00-10:00 p.m.*

*Monday, March 3, 6:00-10:00 p.m.*

*Monday, March 10, 6:00-10:00 p.m.*

*Monday, March 17, 6:00-10:00 p.m.*

*Sunday, March 30, 4:00-10:00 p.m.*

*Sunday, April 6, 2:00-8:00 p.m.*

Cost: \$140

### ***American Red Cross Lifeguard Training Recertification***

This course is for those who currently hold an unexpired American Red Cross Lifeguard Training and would like to get recertified. We will cover lifeguard training and first aid. It DOES NOT cover CPR-PRO. Participants will be responsible for knowing and demonstrating the skills using the American Red Cross Lifeguard Training materials updated in 2007.

*Saturday, May 31, 8:00 a.m.*

Cost: \$40

***Babysitting Training (16 participants maximum)***

Become an American Red Cross certified babysitter upon successful completion of this course. Develop the skills necessary to become the “World’s Greatest Babysitter.” This training covers five critical areas: Leadership, Safety & Safe Play, Basic Care, First Aid, and Professionalism. All participants must be at least 11 years of age prior to the first day of the course and should bring a sack lunch. Course book is included with the cost of the class and will be handed out the first day. For more information, please call Marisa Steinbach at (920) 834-5585.

*Saturday, February 16, 9:00 a.m.-4:00 p.m.*

*or*

*Saturday, May 17, 9:00 a.m.-4:00 p.m.*

Cost: \$45

***American Heart Association CPR Course***

The Heartsaver CPR course teaches CPR and relief of choking in adults, children, and infants. It will also cover the use of barrier devices for all ages. This class is appropriate for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements.

*Tuesday, March 25, 5:30-8:30 p.m.*

*Tuesday, May 20, 5:30-8:30 p.m.*

Cost: \$20

**Attention business owners or supervisors!** CPR classes for your staff can be held at the Bond Community Center or at your facility. The dates and times are flexible with your schedule. Please call (920) 834-5585 for more information.

## Leagues

### *Last One Standing*

Participate in a variety of tournaments throughout the winter and spring! Organized games, modified to accommodate all fitness levels and abilities, will bring out the kid in you again! Put together a team, or come by yourself; the choice is yours. A list of specific rules is available at the front desk. The games will be officiated, and we must have enough people to make at least 2 teams signed up 1 week in advance, or the event will be canceled. Open to anyone ages 16 and older. Games will begin at 6:00 p.m.

Volleyball ..... Thursday, January 3  
Dodgeball ..... Thursday, January 31  
Polo Ball..... Thursday, March 27  
Water Ball (Water Polo)..... Thursday, May 22

Members ..... Free (advance registration is required)  
General Public ..... \$7 per night

### *Racquetball League*

Enroll now for the Winter Racquetball League. It will begin in January and will run through April. A beginning (bronze), intermediate (silver), and advanced (gold) league for men and women will be offered. Please sign up at the front desk. Registration will be taken through the month of December. Schedules are flexible.

Members ..... Free  
General Public ..... \$45

### *Racquetball Lessons*

Calling all members interested in learning the game or play for exercise of racquetball. Clyde Bridger, expert teacher and master of the game is available to teach private lessons. To schedule a lesson, call (920) 834-5585, or try Clyde direct at (920) 834-2915.

Members ..... Free  
General Public ..... \$10



## Group Fitness

Group fitness classes are free with your membership. There is no prior registration required. At the Bond Community Center we give you the tools and classes you need. It's all there for the taking...it's up to you to reap the rewards!

See schedule at front desk for days and times.

### ***ABSolutely Abs***

Tired of the same old sit-ups and looking to get those washboard abs? Try our ABSolutely Abs workout. Target your abdominals, low back and obliques with new and challenging exercises to define your abs and get that ABSolutely awesome look.

### ***Body Blast***

An incredible full body workout! Kicking it off with a BLAST of heart-pumping cardio moves, then BLASTing you again with some awesome strength training. Whether you are new to working out or a fitness fanatic...this class is for you!

### ***Butts & Guts***

This powerful, low body workout is guaranteed to chisel and define those target areas in record time! Shape that butt, sculpt those legs and get the "gut" you've always wanted.

### ***Cardio Blast***

This circuit training class is a great way to change up your regular routine. We will BLAST through the one-minute intervals of various stations to give you a cardiovascular and strength training challenge. Wrap it up with abdominal work and stretching.

### ***Cardio Mix***

Tired of the same old thing? Get ready to sweat while we MIX it up with a little bit of this and a little bit of that including classic hi/lo aerobics, step, kickboxing, or athletic conditioning for this all cardio, all fun class.

### ***Deep Splash***

We're getting more than just our toes wet! This aqua class is held in the deep part of the pool. Experience all new cardiovascular and strength exercises while floating with a noodle or water belt. Get ready to sweat. Yes, you can do that in a pool.

### ***Rock Bottom***

Get ready to hit ROCK BOTTOM in this lower body sculpting class. Chisel the ROCK solid legs, buns, and abs you've been dreaming of as you sweat your way to the BOTTOM.

### ***Super Sculpt***

Sculpt and redefine your body using body bars, dumbbells, and resistance bands. Along with challenging your core strength using resistance, balance and dynamic moves with the Resist-A-Ball.

### ***Top It Off***

Take your workout to the TOP shaping, firming and sculpting your upper torso. Target the upper body, increasing your strength and improving your definition using resistance, weights, and non-stop motivation.

## Fitness Assessments

Check out the Bond Community Center's all new Fitness Assessment. This is a perfect tool to measure your fitness level and formulate the precise workout that's right for you! Fitness Assessments include:

- Calculation of Body Mass Index
- Calculation of Target Heart Rate
- Lower Body Muscular Endurance
- Core Muscular Endurance
- Upper Body Muscular Endurance
- Flexibility
- Cardiovascular Fitness
- Suggestions for Fitness classes and workouts

Members.....	\$25
General Public.....	\$50

## Active Older Adults

### *Aqua Splash*

Test the water with us in this aquatic fitness class. We will perform cardiovascular exercises in the shallow end of the pool as well as strength training exercises for the upper and lower body using water, weights and resistance tubing for an added challenge.



### ***Silver Sneakers® Fitness Program***

Get fit, have fun, and make friends with Silver Sneakers®! Regular exercise can reduce your risk of heart disease by up to 50%, double your muscle strength in 3-4 months, and reduce the risk of diabetes by as much as 75% if you are 60 or older!

Members of participating Humana Medicare health plans may be able to join the Bond Community Center for FREE! To find out if your Medicare health plan offers the program, visit [www.silversneakers.com](http://www.silversneakers.com) or call your health plan's customer service department.

### ***Silver Sneakers® Muscular Strength and Range of Movement Class***

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support. Please check Group Fitness Schedule for days and times. Classes are free for all members.

Class also offered at Crivitz Village Hall  
*Mondays & Wednesdays, 10 a.m.*

Silver Sneakers® Members may attend for free. For more information, call (920) 834-5585.

### ***Silver Sneakers® SilverSplash***

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance, and coordination. SilverSplash® provides a friendly and supportive group atmosphere to help you decrease pain and stiffness associated with limited mobility. You will learn exercises that can help increase your joint range of motion and strengthen muscles without putting excess stress on joints. Classes are free for all members! Please check the group fitness schedule for days and times.

## Personal Training

How many times have you started an exercise program only to find yourself giving up after only a few weeks because you weren't meeting your expectations?

There are many reasons why your exercise program may not succeed. Perhaps you didn't choose the best activities to reach your specific goals. Maybe you didn't use the correct form during your exercises to reach your maximum potential. You may have set unattainable goals, or perhaps you just weren't motivated.

Whatever the reason, Bond Community Center can help you succeed! With your own personal trainer, you will reach your fitness goals!

### Services Available:

- Balance training
- Body fat analysis
- Body measurements
- Cardio conditioning
- Consultations
- Flexibility training
- Overcoming plateaus
- Range of motion training
- Sport-specific training
- Strength training
- Written workout plans

### 1 ON 1 TRAINING RATES

#### **Members**

\$35 per session  
\$165 for 5 sessions  
\$300 for 10 sessions

#### **General Public**

\$45 per session  
\$210 for 5 sessions  
\$400 for 10 sessions

### 1 ON 2 TRAINING RATES

#### **Members**

\$50 per session  
\$235 for 5 sessions  
\$425 for 10 sessions

#### **General Public**

\$65 per session  
\$300 for 5 sessions  
\$575 for 10 sessions

*All sessions expire in one year and are nonrefundable and nontransferable unless a medical excuse is provided.*

## Building Rules

1. Gum is not allowed in the facility.
2. All food or beverage items are to be consumed in the lounge area only. Water is the only beverage allowed in building.
3. No shoes with black marking soles are allowed. Shoes are required to be worn at all times (except in the pool area).
4. Shirts are required to be worn at all times in building.
5. Equipment checkout (basketballs, racquetballs, etc.) is conducted at the front desk.
6. This is a smoke-free campus. This includes the area in front of the building and parking lot.
7. Appropriate language is required at all times.
8. Pool rules are posted in the pool area and on the back of the pool schedule (which are available at the front desk). If you have any questions, please see the lifeguard on duty.
9. Inflatable floatation devices are not allowed in the pool. This includes but is not limited to water wings, inner tubes, etc. For a complete list of appropriate floatation devices please refer to the sign posted in the pool area or see the lifeguard on duty. Anyone who needs a floatation device to swim **MUST** be accompanied by an adult who is no more than one arm length away at all times.
10. EFFECTIVE January 1, 2008, the whirlpool is available to use for anyone over the age of 12. If a child is between 6-12 years old, and over 4 feet tall, they may use the whirlpool while accompanied by an adult. Children under 6 years old and/or under 4 feet tall, may not use the whirlpool, in accordance with State Code HFS 172.29 Section 3. Children who do not meet the age and/or height requirements, may sit on the side of the whirlpool with their feet in the water.

## **Information**

### ***Membership Cards***

It is a requirement that your membership card be brought to the Bond Community Center each and every time you come into the building. A replacement card can be obtained for a \$3.00 fee.

### ***Specialty Classes***

Registration for specialty classes needs to be made in person at the Bond Community Center front desk if paying by cash or check. Payment is accepted by cash, check, or credit card. Class must be paid in full to guarantee your class registration.

All paid classes will run the first week. If after the first class there isn't the minimum requirement of four participants, the class will be canceled and a full refund will be issued.

All certification courses are subject to a 24-hour cancellation notice. Those who need to withdraw from the course must give no less than a 24-hour notice before the first day of class. Failure to do so will result in a nonrefundable course fee.

### ***Locker Rooms***

Children age 3 and under are allowed to use the opposite locker rooms with a parent. Parents with children over 3 years are provided a coed changing room located off the pool deck in the Aquatics office to assist their children with their changing needs. Please contact front desk for assistance.

Lockers are available for rent on a month-to-month basis at a rate of \$3.00 for a ½ size locker and \$6.00 for a ¾ size locker. You must provide your own lock. Please stop at the front desk for more information. Locks left on lockers at the end of the day that have not been rented will be removed and any items in the lockers will be placed in lost and found.

### ***Building Rentals***

The Bond Community Center has rooms available for rent for birthday parties, meetings, bridal showers, baby showers, anniversaries, etc. You can also rent the pool and gym or the entire building for lock-ins and overnights. Contact the front desk for fees.

- Overnight Rentals 9:00 p.m.-7:00 a.m.
  - Birthday Party Rentals \$65.00
- One-hour room rental and one-hour pool use for a birthday party up to 15 children (adults are free). All parties require a \$25.00 nonrefundable deposit fee to hold the room. Renter must clean room. For more information or questions on availability, please call (920) 834-5585.*

### ***Gift Certificates***

Give a Bond Community Center gift certificate. It's a gift that will fit everyone and will continue to give year-round.

### ***Handicap Assistance***

The Bond Community Center is accessible to all handicapped persons. Contact the front desk for assistance.

### ***Lost and Found***

Clothing and other lost items may be claimed at the front desk. All lost items will be kept for two weeks and then donated to New Beginnings.

### ***Valuables***

We are not responsible for lost or stolen valuables.

### ***Volunteers***

Volunteers are always welcome at the Bond Community Center. For more information, stop at the front desk or call (920) 834-5585.

## Special Events

### ***Bond Community Center & St. Norbert College Softball Clinic***

The Bond Community Center is partnering with the St. Norbert Softball coaching staff and team to offer a softball clinic to those in grades 8-12. This clinic will be held at the Bond Community Center in Oconto, WI, on Sunday, February 17.

There will be 2 sessions, which will cover fundamental softball instruction:

- Playing Defense - 9:30-11:00 a.m.
- Hitting - 11:30 a.m.-1:00 p.m.

The clinic will provide each player with the opportunity to improve their softball skills while becoming a student of the game.

The cost for each session is \$30 per player. If you attend both sessions, the cost is \$50 per player. If a player attends both sessions, they will receive a t-shirt at no extra cost.

Registration forms are available at the Bond Community Center or by e-mailing [mastei@bellin.org](mailto:mastei@bellin.org).

### ***Flick ‘n’ Float***

Bring your inflatable raft\* and join us for movie night! We’ll watch “Surf’s Up” and float in the pool! Bring your appetites because we’ll be selling tacos and popcorn. It’s a new twist on dinner and movie for the whole family.

*Friday, March 28, 5:00-7:30 p.m.*

- Members ..... FREE
- General Public .....\$10 per family

*\*For safety reasons, lifeguards reserve the right to reject any inflatables that are too large for our pool. All children who rely on a floatation device to swim must have an adult no more than 1 arm length away from the child at all times.*



Dear Members,

*It is a great day to live in Oconto! The vitality and joy that is woven in the fabric of the individuals in our community is seen every day at the Bond Community Center. You may catch Jack whistling a tune walking down the hallway, Clyde sharing his racquetball expertise with an eager learner, Annie splashing delightfully in the pool, or LaVonne praying while walking the treadmill. Oconto is a wonderful community full of citizens who actively share their delightful character and personalities readily. Watching our Bond Community Center members' fellowship and support each other is inspirational and welcomed.*

*The Bond Community Center is delighted in the completion of the cardio room remodel. What's more, installation of air conditioning for the cardio room is scheduled for April of 2008. Upcoming building and equipment enhancements include automatic doors for the front entry, HVAC system improvements, and cardio room equipment that consist of a NuStep, recumbent bikes, and three treadmills.*

*Our Bond Community Center family is growing and expanding. Currently we are offering SilverSneakers® at the Village Hall in Crivitz. Members of participating Humana Medicare health plans may be able to join the Bond Community Center for FREE! If you are eligible and shopping around for a medicare health plan and want to find out more about this free membership opportunity, attend an informational meeting at the Bond Community Center Wednesday, December 5, 12, or 19. Call the front desk at (920) 834-5585 to register.*

*Thank you for your support and being part of the Bond Community Center Family TEAM where "Together Everybody Achieves More."*

Sincerely,



Connie Parkovich  
Executive Director



Operated by  
Bellin Health  
in partnership with the Bond Health Center

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