



## 2010 Winter/Spring

### Specialty Fitness (1 day per week for 7-weeks)

Winter1: January 4 - February 19

Winter2: February 22 - April 9

Spring 1: April 12 - May 28

Members.....	\$29
General Public.....	\$58

### “NEW” Punch cards - call for details.

#### Yoga♦

Reduce stress, release tension, and build strength and flexibility in the body.

Wednesdays.....6:15-7:00 p.m.

#### Spin Sculpt♦

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.

Wednesdays.....5:15-6:15 p.m.

#### Fibromyalgia♦

Using the 86 degree pool, this workout is designed to reduce repetition and muscle fatigue.

Tuesdays ..... 9:15-10:00 a.m.

#### Spin♦

Outdoor cycling with indoor comfort. A fun Cardio workout for all fitness levels.

Mondays or Wednesdays .....5:30-6:15 a.m.

#### Aqua Hip, Knee, & Back♦

Discover the benefits of water if you have hip, knee, or back pain or are a pre/post surgery patient. This class is taught by a Group Fitness Instructor.

Thursdays ..... 9:15-10:00 a.m.

#### Pilates♦-Winter 2 and Spring 1 Only

Most effective “core” muscle strengthening available today. It also strengthens the small stabilizing muscles of the body’s joints.

Mondays .....6:15-7:00 p.m.

REGISTRATION WILL CLOSE 1 WEEK PRIOR TO SESSION START DATE.

### Group Fitness for General Public (2 days per week for 4-weeks)

January 4- January 29

February 1- February 26

March 1-March26

April 5-April 30

May 3-May 28

Members .....	Free
General Public .....	\$58

We’re inviting the general public to enjoy group fitness class benefits at the Bond Community Center. Aqua Splash on Tuesdays and Thursday or Stride and Strength on Mondays and Holiday Trimmings on Thursdays.

#### Stride & Strength\*

Low impact walking class with hand held weights and rubberized tubing while doing walking intervals. (Members Free)

Mondays..... 5:15-6:00 p.m.

#### Holiday Trimmings\*

Trim off those extra pounds with exercises that tone your body and shed fat. Learn how eating the right foods can speed up this process and your metabolism. (Members Free)

Thursdays.....6:15-7:00 p.m.

#### Aqua Splash\*

We will perform cardiovascular exercises in the pool as well as strength training exercises for the upper and lower body using water, weights and resistance equipment for an added challenge. (Members Free)

Tuesdays and Thursdays.....10:00- 10:45 a.m.

#### Adult Open Volleyball

This program is a non-officiated and recreational in nature. If you would like to play, drop in and set up a team with others here. Join the fun and play the game.

Thursdays .....	7:00-7:45 p.m.
Members .....	Free
General Public .....	\$5.00

*A minimum of five participants is required to run all*

## Sports

Winter 1: January 4 - February 19

Winter 2: February 22 - April 9

Spring 1: April 12 - May 28

### Tae Kwon Do

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.

*Ages 5-6*

*Mondays, 5:30-6 p.m.*

Members.....	\$21.75
General Public.....	\$43.50

*Ages 7 and up*

*Mondays, 6-7:45 p.m.*

Members.....	\$35
General Public.....	\$63

### Youth Strength Training

Learn the benefits of exercising properly while helping transition youth into the weight room and cardiovascular room.

*Ages 11-13*

*Fridays, 4-4:45 p.m.*

Members.....	\$29
General Public.....	\$58

### Beginning Tumbling- Room 203-204

Learn the basics of tumbling: Front rolls, back rolls, cartwheels, handstands and more. No experience is necessary.

Winter 2: February 22 - April 9

Spring 1: April 12 - May 28

*Ages 5 and up*

*Tuesdays, 5-5:45 p.m.*

Members.....	\$29
General Public.....	\$58

### All-Star Cheer (competitive)

This is a class that will teach the skills and knowledge needed to be a competitive cheerleader. Area competitions will be attended.

Instructor will evaluate all participants to determine level of skill.

Season: September 8-January 31, 2010 (In progress)

### Youth Cheerleading Conditioning

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 22 - April 9

Spring 1: April 12 - May 28

*Tuesdays, 5:50 - 6:35pm (ages 8 and older)*

*6:40 - 7:25pm (ages 9 - 14)*

Members.....	\$29
General Public.....	\$58

### Youth Volleyball

Winter 1: January 4 - January 25

Basic sports fundamentals will be taught using age-appropriate drills and lead-up game activities. Children will learn skills in a fun atmosphere.

*Grades 3, 4 & 5*

*Mondays, 4-5:00 p.m.*

Members.....	\$15
General Public.....	\$29

### Youth Basketball

Winter 2: February 22 - April 9

Spring 1: April 12 - May 28

Basic sports fundamentals will be taught using age-appropriate drills and lead-up game activities. Children will learn skills in a fun atmosphere.

*Tuesdays,*

*6:00- 6:45pm (grades 2 & 3)*

*6:45 - 7:30pm (grades 4, 5 & 6)*

Members.....	\$29
General Public.....	\$58

### Diabetes Support Group

Join the Bellin Health Diabetes Support Group held the 2nd Tuesday of the month from 4:30-5:30 pm at the Bond Community Center room 201.

Come join us for education, discussion, camaraderie, and fun while tackling the challenges of living with diabetes. Feel free to bring a friend.

Meetings are facilitated by a Certified Diabetes Educator staff member of Bellin Diabetes Services. Meetings are free. No pre registration required. Please call (920) 445-7220 for more information.

*A minimum of five participants is required to run all*

REGISTRATION WILL CLOSE 1 WEEK PRIOR TO SESSION START DATE.

## Swim Classes

Winter 1: January 4 - February 19

Winter 2: February 22 - April 9

Spring 1: April 12 - May 28

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.

### Swim Lessons

Members .....	\$29
General Public .....	\$58

#### Mondays

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

#### Thursdays

Levels 1-4: 6:05 -6:50p.m.

### Parent/Child Swim

This class will teach your child basic movements in the water and allow your child to explore the water environment. It is helpful for those children who might be fearful.

Ages 12 months-3 years

Thursdays, 5:30-6:00 p.m.

Members.....	\$21.75
General Public.....	\$43.50

### Preschool Aquatics Level 1(3,4 or 5 year old)

This class will teach your child the most elementary aquatic skills. Your child will start developing good attitudes and safe practices around the water.

**Requirements:** Must have taken parent/child prior to attending this class or be evaluated for developmental readiness, maturity and experience in the water. (Call the aquatics team leader for an evaluation)

Thursdays, 5:30-6:00p.m.

Members.....	\$21.75
General Public.....	\$43.50

### 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.

Members.....	\$15 per session
	\$42 for 3 sessions

	\$91 for 7 sessions
General Public .....	\$20 per session
	\$57 for 3 sessions
	\$126 for 7 sessions

### Semi-Private Swim Lessons

2 participants per instructor.

Members .....	\$11 per session/participant
	\$30 for 3 sessions/participant
	\$63 for 7 sessions/participant
General Public .....	\$15 per session/participant
	\$42 for 3 sessions/participant
	\$91 for 7 sessions/participant

### Youth Dance

This class provides the opportunity to interact with each other and learn exciting new dance moves. Class consists of learning dance choreography in a fun and creative environment. A great way for kids to get active. Tennis shoes and comfortable clothes are required.

Winter 1: January 4 - February 19

Winter 2: February 22 - April 9

Spring 1: April 12 - May 28

### Dance (3-5 years)

Wednesdays, 6:15-6:45 p.m. - Ballet  
6:50-7:20p.m. - Tap

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

### Dance (6-8 years) - Winter 1: Jan. 30, Feb. 6 & 20 only (\$9/\$18)

Saturdays, 2:00-2:30 p.m. - Ballet  
2:35-3:05 p.m. - Tap  
3:10-3:40 p.m. - Jazz

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

### Dance (8-10 years)

Mondays, 6:15-7:00 p.m. - Ballet  
7:05-7:50 p.m. - Tap  
Sundays, 1:00-1:45 p.m. - Jazz  
1:50-2:35 p.m. - Hip Hop

Members .....	\$29/class
General Public .....	\$58/class

### Poms (9-12 years) - Winter 1: Jan. 30, Feb. 6 & 20 only (\$14/\$28)

Saturdays, 3:45-4:45 p.m.

**A minimum of five participants is required to run all**

Members ..... \$32  
 General Public..... \$64

REGISTRATION WILL CLOSE 1 WEEK PRIOR TO SESSION START DATE.

**Adult Dance**

**Ballroom Dance**

Learn from area ballroom experts, Doug and Sara Croney, a variety of dances by choosing one or all six classes listed.

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

- March 3, Waltz*
- March 10, Rumba*
- March 17, Cha Cha*
- March 24, Fox Trot*
- March 31, Swing*
- April 7, Open (dance of choice)*

Individual..... \$10 per class  
 Couples ..... \$15 per class

**Salsa Dance**

Learn from area salsa experts, Doug and Sara Croney.

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

3-week session: *April 14, 21 & 28*

Individual..... \$30 per session  
 Couples ..... \$40 per session

**Private Ballroom Dance Lessons**

Learn from area ballroom dance experts, Doug and Sara Croney.

*Days & times by appointment only.*

All lessons are 1 hour.

Couples ..... \$30 per lesson

**Racquetball Lessons**

Clyde Bridger, expert teacher and master of the game, is available to teach private lessons. Call 834-5585, or try Clyde direct at 834-2915.

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

**Racquetball League**

Enroll now for the Winter (January through April) Racquetball League. A beginning (bronze), intermediate (silver), and advanced (gold) league for men and women will be offered. Sign up at front desk.

Members ..... Free  
 General Public ..... \$75

**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 24-hour notice before the first day of class. If less than a 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 March 22. For more information, call (920) 834-5585.

- Friday, April 9, 4-9p.m.*
- Saturday, April 10, 9-3p.m.*
- Sunday, April 11, 9- 3p.m.*
- Saturday, April 17, 9- 3p.m.*
- (dates subject to change)*

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, February 27 or May 29, 8 a.m.*  
*(dates subject to change)*

***A minimum of five participants is required to run all***

Cost \$40

REGISTRATION WILL CLOSE 1 WEEK PRIOR TO SESSION START DATE.