

# Washington Court Athletic Club

3430 Medina Road  
Medina, OH 44256  
330-722-2473

www.washingtoncourtcorp.com



## September 2010



Mon - Fri 5:30am - 10:30pm  
Saturday 7:30am - 6:00pm  
Sunday 8:30am - 8:00pm

### Fall into this Session

Fall is a great time to try new classes or test your talent in a different sport. Fall session begins September 5<sup>th</sup> but you can join at anytime!

- Tennis and Racquetball leagues
- Swimming & Tennis Lessons
- Gymnastics – New Advanced Pre-K class!
- Exercise classes – See the front desk or our website for listing
- Swim Team conditioning – Wednesdays and Saturdays



### Non-Member Swim Lessons

*\*Limited Time Only\**

We are now offering swimming lessons to non-members!

- Classes are \$10/class (\$70/session)
- Non-members may take up to 2 sessions maximum
- Class fees may go towards our one-time enrollment fee!

Contact Kim (ext.214) or Jane (ext.317) for more information on this special offer.

### Class of the Month

#### Bollywood Dance Workout!

Tuesdays from 9-9:45am  
with Julie

Come and learn dance moves from Indian culture.



### Gymnastics

**Fall Session I:** Sept. 5-Oct. 23 *7 weeks that can be paid in 2 monthly payments*

Sign-up now-Minimum of 3 students for class to run. For additional information or requests call Julie, ext. 224.

#### **\*New Class\***

Geared towards students who have fulfilled a number of Pre-K sessions and are ready to move up into the 'big gym.' Wednesdays from 5:30-6:30pm

### Monday Night Yoga

Returns with Pam beginning Sept. 13 from 7-8pm

### Aqua Zumba in October

Mark your fitness calendars, Aqua Zumba will begin in October on Tuesdays from 5:30-6:30pm

### Fall I Swim lessons

Begins the week of Sept. 5-Oct. 23  
Sign-up at the pool or call ext. 228

### Swim Team Pre-conditioning thru September and/or October

Geared for those who have been on the swim team or are thinking of joining.

**Practice is every Wed. (5-6:30pm) & Sat. (8-9:30am)**

First practice begins on Sept. 8.  
**\$40/month**

Sign-up at the front desk for one or both months.



### Tennis Clinic & Cardio Tennis Rates

Effective September 1st, 2010

1hr clinic with 4 or more	\$15/person
1.5hr clinic with 4 or more	\$20/person
1hr cardio tennis with 4 or more	\$13/person
1/2hr kids cardio tennis	\$7/child

*\*We understand real emergencies happen, and will consider that when charging your accounts.*

**Check with the Front Desk for a complete listing!**



### National Cholesterol Education Month!

Chances are, you probably know of someone, if not yourself, who has high cholesterol. Having elevated cholesterol is one of the most widespread health problems of today, and it is associated with obesity, heart disease, and diabetes. Here are steps you can take that can help you to achieve and maintain your cholesterol within a healthy range.

1. Get your cholesterol checked. The American Heart Association encourages everyone over the age of 20 to get their cholesterol levels checked at least once every 5 years, more often if you have a strong family or personal history of high cholesterol or heart disease/stroke. Also, if you are a man over the age of 45 or a woman over the age of 50, your levels should be checked more often. Just because you're thin does not mean you can't have high cholesterol!
2. Know the goals. Specific cholesterol goals may be different depending upon an individual's risk factors for heart disease. Overall the goals are as follows:

- Total Cholesterol: Under 200 mg/dl is optimal
  - LDL Cholesterol (so called "bad"): Under 100 mg/dl is optimal
  - HDL Cholesterol (so called "good"): Over 40 mg/dl for men, 50 mg/dl for women
  - Triglycerides: Under 150 mg/dl is Normal
3. Know how to control your levels.
    - To decrease total and LDL cholesterol: Eat more dietary fiber, fruits, vegetables; eat less saturated fat, trans fat, and cholesterol.
    - To increase HDL cholesterol: Exercise regularly. Also, moderate alcohol intake.
    - To decrease triglycerides: Avoid consuming large amounts of fatty, sugary foods or alcohol; increase fatty fish and omega-3 intake.

To schedule an appointment with Arielle, call (330) 722-2473 x335 or emailariellekamps@gmail.com. Receive 20% off initial appointment.