



The new decade has brought a typical busy new year at the Meade Activity Center. We've had a mild winter with very little snow and ice which is more than welcome by all accounts. We have seen a rise in the units of active membership, and programs have been extremely well attended. We are happy to have so many new and returning families & individuals here with us at the MAC. Adult Fitness Programs will continue with new opportunities this month! Some will be 6 week courses and we will continue to experiment with drop-in classes for active members as well. Due to limited space we encourage everyone to sign up early for all of our programs and special events.

Aaron Greenwell  
Executive Director

## **VALENTINE'S SPECIAL**

Beginning February 1<sup>st</sup>, we will begin our Valentine's Special. This is eligible to NEW & RETURNING members, and these folks will enjoy a Pay the Date Opportunity.

- If you join on February 1st, your first month's dues are \$1.00
- If you join on February 9th, your first month's dues are \$9.00 etc.....

## **THE EARLIER YOU JOIN THE MORE YOU SAVE!**

### **Membership Updates**

With the expansion of the MAC and the size of our membership base, we are utilizing email-based correspondence more and more every day. Any problems associated with your account will be communicated to you via email. In addition, we frequently provide our members information about upcoming programs and events before it goes out on our website or social media. Drop-In Adult Fitness Class correspondence is done via email. If you need to add an email address to your account, or you need to update your email address, please reach out to us at:

[info@meadeactivitycenter.org](mailto:info@meadeactivitycenter.org)

### **Reminder of Children's Policy**

**- TO USE ANY FITNESS EQUIPMENT, ANY CHILD UNDER THE AGE OF 10 WILL HAVE TO PASS A SAFETY COURSE WITH A MAC STAFF MEMBER** (Must schedule time with front desk. Once they pass the Safety Course they will be issued a wristband to identify that they have indeed taken the course.)

- **No child under the age of 5 is allowed on or around Fitness Equipment at any time.**
- **No child under 10 is to utilize live weights (Back/Corner Room and Free Weights)** Please be sure that if you bring small children with you they stay in the designated children's area. This is for their safety.
- **FITNESS MEMBERS UNDER THE AGE OF 15 NEED TO HAVE AN ADULT WITH THEM WHILE UTILIZING THE GYM)**
- **Adult Fitness Classes** - During a class, please only bring children with you if they are able to sit quietly in the hallway and keep themselves occupied. For safety/liability reasons children shouldn't be in the Studios during active classes.

OTHER FITNESS REMINDERS:

- **Re-Racking Weights** – Please be sure to re-rack weights in their designated area and place dumbbells back on the shelf.
  
- **Parking** – Please be sure to use designated parking and observe the “One Way” entrance and exit around the fitness center. We don’t want to see anyone’s vehicle damaged and certainly don’t want anyone to ever be injured while navigating the parking lots.
  
- **Gym Etiquette**
  - Please be aware of other members who may be waiting on equipment that you are using.
  - Please wear the proper footwear and attire in the fitness center.
  - Please don’t congregate/socialize in an area that is being used by others on the fitness floor.
  - Please be sure to check-in at the front desk when an attendant is present.
  - Please utilize the cubbies or the lockers for your belongings. (If you are in a class and have more than your keys/cell phone with you please use a locker. We don’t want anyone potentially tripping on personal belongings in the studios or the hallway) If you come in early for a class, please be mindful of those in the class before you. Please do not enter before another class has dismissed, and be sure to wait in an area that will not provide distraction to other participants.

**River Trace Golf**

The golf course did not see much play in the past few weeks. January cold, wind, and grey skies just did not provide much opportunity to get out on the course. We ask for everyone’s help by driving carts on the path or in the rough at all times. If we can control cart traffic, we can control erosion and damage.

- USGA Handicap Fees will be \$27 for 2020. (Jr’s will be \$15)
- The World Handicap System starts in 2020. For updates and changes you can visit: <https://www.usga.org/content/usga/home-page/handicapping/world-handicap-system/WHS-resources.html>
- Member Cart Rental fees will be \$9.00 in 2020.
- The Driving Range will continue to utilize hitting mats through February.

**New Programs**

New Gymnastics/tumbling programs start this month along with Total Body Blast, Spin cycling, and Yoga. As we move to the spring session in a few weeks we will start to offer more seasonal programs and look forward to getting tennis and golf programs up and going again.

\*Look for new videos on our facebook page this month featuring adult fitness classes!

**Thank You for your support of the MAC!**

***Meade Activity Center’s Board of Directors***

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