



March 1st provided reason for optimism in the weather and a beautiful Sunday afternoon. Coming off a grey and wet February two things are certain: The fitness center has been extremely busy, and most of us are looking forward to a break in the weather in the Spring. This time of year is exciting for us with improving weather, high school and college basketball, new programs, and preparation for the summer months ahead. New Adult Fitness options will continue to be offered, and I'm happy to report that most are at capacity or nearing that level every day. We welcome all of our new MAC Members and hope that you are working diligently towards your wellness goals.

Aaron Greenwell  
Executive Director

### **IMPORTANT!!!**

Wiping down equipment has never been more important than now. The Flu, Stomach bug, and now Coronavirus are all very prevalent. PLEASE WIPE DOWN ALL EQUIPMENT AFTER EACH USE TO HELP US WITH OUR EFFORTS TO KEEP THE MAC A SAFE & CLEAN PLACE TO WORK OUT.

### **Membership Specials**

Beginning March 1<sup>st</sup>, we will begin our "MAC March Madness" Membership Special. NEW members will have an opportunity to win waived Join Fees & 1 FREE MONTH. (New Members will have a chance to make a "Special Shot" that will grant them the incentive above)

### **CHILDRENS / GENERAL RULE REMINDERS AT THE MAC FITNESS CENTER**

- ***TO USE ANY FITNESS EQUIPMENT, ANY CHILD UNDER THE AGE OF 10 WILL HAVE TO PASS A SAFETY COURSE WITH A MAC STAFF MEMBER***

*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)*

*FITNESS MEMBERS UNDER THE AGE OF 15 NEED TO HAVE AN ADULT WITH THEM WHILE UTILIZING THE GYM)*

- **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 including the studios
  - 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.

### **Drop-In Classes / Online Registration**

We are in the early stages of implementing online registration for some programs including Drop In's, Adult Group Fitness, and Youth Sports. We will continue to offer drop-in classes for MEMBERS ONLY, and will expand of the online registration process in the very near future:)

### **Tennis**

We are happy to host the MCHS Boys & Girls Tennis Teams at the MAC. They will typically be at their new facility by Brandenburg Primary but may periodically have a match hosted on our courts. Look for email correspondence to indicate the possible dates that the courts may be occupied by the tennis teams.

### **River Trace Golf**

February was basically a wash for play at River Trace Golf. We expect lots of rounds to be carded as soon as the weather breaks for good. We do have a couple of dates and reminders for our golfers:

March 2020 - Vince Bradley has designated the middle of March for Greens Aeration. (Weather Permitting)  
While this is never a fun time for anyone, it is an annual necessity. If we are able to aerate during that time frame provided, the course will be closed during the process. We should be able to re-open shortly after completion.

#### May 9 - Ryder Cup – River Trace vs. Doe Valley @ River Trace

12 Players will qualify to play against Doe Valley in this annual outing. This will be a handicapped event and will be hosted at home this year. If you would like more information please contact Aaron Greenwell or Bob Pollock.

June 7—MCHS Swim Team Scramble—Course Closed at 2:00 p.m.

June 20 – Chamber Scramble— Course Closed

### *Handicap Fees / Rental Carts / Driving Range*

- 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 March.

### **Spring Reminders:**

- Tuesday Men's Scramble will (officially) start at 10:00 am beginning in April.
- Tuesday Couples Scramble will begin at 5:30 pm beginning in April.
- Wednesday Ladies League will begin at 10:00 am in April.
- Friday Gentleman's League will (officially) start at 10:00 am beginning in April.

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

### ***Meade Activity Center's Board of Directors***

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