

THE JLAAC JOURNAL

Do you know what is happening at JLAAC?

Spotlight Group for January

Saturday, January 11, 2020



Students of Northwood School District-

Free day pass entry for students.

Up to two adults per student ½ price each.

- Age up to 3 years: no charge
- Age 3-18 Student: FREE
- Adult with a Student half price: \$5.00

Hours:

Pool Hours

Monday & Wednesday	6:00 AM - 7:00 PM
Tuesday, Thursday & Friday	6:00 AM - 1:00 PM; 4:00 PM - 7:00 PM
Saturday	8:00 AM - 7:00 PM
Sunday	10:00 AM - 7:00 PM

Open Swim:

Saturday & Sunday	10:00 AM - 7:00 PM
Monday & Wednesday	12:00 PM - 7:00 PM
Tuesday, Thursday & Friday	4:00 PM - 7:00 PM

Check the Aquatic Center schedule [here](#).

Community Events:

No registration needed- Everyone Welcome

Saturday, January 11: 10 AM - 1 PM

2020 Healthy Envisions Health Expo

OPEN HOUSE/ NO ENTRY FEE

Free Door Prizes

Interactive Booths, Family Resources, Body Fat Analyzer, Physical & Occupational Therapist, Dental Care, Blood Pressure Checks, Diabetic Shoes & Demonstrations

Sunday, January 12: 5 PM

Packers in the Play-offs!

It's the playoffs!

The game is on here!

Come enjoy complimentary snacks, cash bar, raffles for sports memorabilia and more...

Doors open at 5:00 PM; Game starts at 5:40 PM

Monday, January 13: 9 AM - 10 AM



Join us in the lounge to find out what is going on in the community with **Chief of Police Erik Gulbrandsen**.

Wednesday, January 15 & 29: 9 - 11 AM

Coffee & Games

Tuesday, January 21: 12 PM - 6 PM

American Red Cross Blood Drive

Be the Lifeline

Volunteers and Donors Needed.

Call 715-972-8331 with any questions

Fitness:

Find the monthly schedule [here](#):

Optimum: Mondays & Wednesdays: 4:15 PM

New 30-minute group fitness class

Fitness 101 / Fitness 202- FREE TO MEMBERS!

Both classes are being offered weekly. Pre-registration is required.

Fitness 101- Age 13-17 years old

Successful completion of the course gives participants access into the Fitness Center.

Fitness 202-Adults/ Seniors

New Year Challenges

Running January – February. Sign-up at any time.

Indoor Triathlon

Join the JLAAC Legends of the Indoor Triathlon!

Register, get a tracking sheet, and you are off.

Lose Big, Win Big

Shed-off the holidays. JLAAC Members' Challenge.

Beat the Trainer

The more challenges you do, the higher your chances are to win!

Find more details [here](#).

Programs:

Register Here: <http://jlaac.maxgalaxy.net/BrowseActivities.aspx>

4x4 Volleyball Leagues

January 19 - March 1, 2020 (FUN and Competitive Leagues)

- Sundays, 3:45 - 6:45 PM

Water Safety Instructor Course (BL)

January 18 – February 20

- Tuesdays & Thursdays, 4 - 7 PM

Art Class

Knitting Club

- Every Other Saturday starting January 11 @ 10:30 AM

- \$15

Acrylic Pour

- Tuesday, Jan 21 @ 5:30 pm

- Cash Bar Available

Facilities:

Save the Date

Adult Comedians: Friday, February 21st (18 years+)

Banquet Spaces Available- Book now for your party!

Call Katie @ 715-972-8331 for more information.

You can find additional information for many of these events on our Facebook page's Events tab

<https://www.facebook.com/pg/JackLinksAquaticActivityCenter/events>

See you soon at the JLAAC!

Thank you,

JLAAC team

715-972-8320