

You are invited to:

Woodlake Swim & Racquet Club's Community Weekend August 21–24, 2015



Our facilities are available to residents all weekend and specially scheduled activities are free and open to members and residents. We look forward to having you join us!

Friday, August 21:

SRC

6:00–10:00pm–Friday Cheers featuring music by the Mark Troxell Band, Tiki Bar, and Concessions with Grill Line.
Sponsored by Chuy's Restaurant.

Saturday, August 22:

AFC:

7:00–8:00am –Open Run ¹with our Woodlake Warriors
8:30–10:00am–Intro to Pickleball
10:00–11:00am –Bootcamp Class on the Basketball Court

SRC:

12:00–1:00pm –Water Polo for families
1:00–2:00pm –Adult & Junior Tennis Clinics², bring a racquet or borrow one
Come and meet our Tennis Pros!
1:30–5:30pm– A party with BBQ featuring music by B2B Band (Jimmy Buffett tribute band).

Studio W:

9:30–10:00am– Booty Barre Plus ³
10:00–10:30am –Pound ³

Sunday, August 23:

AFC:

1:00–1:30pm –Water Games at the Mushroom Pool
4:00–4:30pm –Kid's Outdoor Scavenger Hunt, parents' participation encouraged

Studio W:

9:30–10:00am –Piloxing Barre ³
10:00–10:30am –Zumba ³¹
10:30–11:00am –Knockout ³
4:30–5:00pm –Pound³

Monday, August 24:

4:00–8:00pm– Health Awareness Day at our Aquatic & Fitness Complex

Woodlake Swim & Racquet Club is proud to be hosting our first annual health awareness day for our members and the Woodlake Community to further our mission in providing a healthy lifestyle for our members. We will be featuring a variety of vendors from the health and fitness industry.

AFC

14710 Village Square Place, 739–3454

SRC

5000 Woodlake Village Parkway, 739–4120

Studio W

14726 Village Square Place, 739–3454

¹ Distances of 3, 5, 7, 12 and 18 miles will be offered. Walkers welcome.

²Space is limited. Please sign up by calling the Pro Shop (739–4120).

³Classes at Studio W can take a maximum of 15 participants and will be run on a first come basis. There are no sign ups for these classes, so get there early!

Helpful Tips for Your Community Weekend Visit:

- All fitness classes are first come—first serve. You can check in for your class up to 15 minutes before the start time.
- Bring a water bottle to any fitness activity you come to. Keep hydrated at our pools & tennis courts too!
- Gloves, water, and a towel are strongly recommended for our Bootcamp on Saturday.
- You may bring coolers & food to our pools, but no outside alcohol is permitted. Alcohol is available for purchase at the SRC pool only.
- Our concession stand accepts cash and credit cards.
 - Concession hours are 11–6:30 at the AFC and SRC
- The tennis courts are first come—first serve and you must check in at the Pro Shop to get a court. Please limit your play time to 1 hour if people are waiting.
- Feel free to utilize our child care center from 8–11:30 on Saturday & Sunday so you can enjoy our fitness center and classes. Please call ahead, so we can make sure there is a spot for you! (739–3454)
- Appropriate footwear is required in our fitness center, group fitness classes, and on our tennis courts.
- Children under 14 must be accompanied by an adult to attend Friday cheers.

Hours:

Fitness Center & Indoor Pool:

Sat: 7am–9pm

Sun: 8am–9pm

AFC Outdoor Pools:

Sat & Sun: 10am–9pm

SRC:

Fri Cheers: 5pm–10pm

Sat & Sun: 11am–8pm