

THE JLAAC JOURNAL

2 Year Anniversary Month!!

Do you know what is happening at JLAAC in MARCH?

Bulletin:

JLAAC's 2 Year Anniversary: Tuesday, March 24, 2020

Watch out for special deals and events this month!

Locker Program – Starting March 1

Talk to the Welcome Desk about renting a locker!

Spotlight Group for March

Saturday, March 14, 2020

Students of Spoooner 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
- Up to 2 Adult half price with a Student: \$5.00

Open Swim Hours:

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

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

Community Events:

No registration or Membership needed - Everyone Welcome

Monday, March 2: 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**.

Saturday, March 7: 10 AM – 1 PM

Spring Cleaning Thrift & Vendor Fair

We have thrifters, we have product & craft vendors and we have a Bloody Mary Bar!

Wednesday, March 11 & 25: 9 AM - 11 AM

Wellness Wednesday

The 2nd and 4th Wednesday each month Namekagon Transit comes to JLAAC!

Join us for Coffee, Games, a Health Presentation and to walk the track for **only \$1**.

February Presentation Topic: **Falls, Prevention & How to Get Up**

Sunday, March 22: 12 PM

Anniversary Basketball Competitions

Help us celebrate our upcoming 2 Year Anniversary by getting active! **Prizes awarded!**

Fitness:

Find the monthly schedule [here](#):

New Fitness Class

Step It Up

- Wednesdays @ 5:30 PM
- You will step it up to music, getting a great cardio and core workout. You can keep it low or crank it up according to your fitness level. Come join the fun!

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

Wednesdays

Walk the track for only \$1

Programs:

Registration required

No Membership needed - Everyone Welcome

Program Information: <http://jlaac.maxgalaxy.net/BrowseActivities.aspx>

Adult & Pediatric First Aid & CPR/AED Training Course (BL)

- March 11 @ 5:45 – 7:45 PM

Lifeguard Training Course (BL)

- March 28, 29, April 4 & 5 @ 9 - 3 PM

PALS

- **No Fee**
- Limited Space. Sign up early!
- Session 1 Starting Tuesday, March 16 @ 1:30 PM
- Tuesdays, Thursdays & Fridays
- Ages: 60+

Art Class

Knitting Club

- Every Other Saturday: Jan. 11 - Mar. 21 @ 10:30 AM
- No Fee. Join any time.

Guided Painting

- Tuesday, March 24 @ 5:30 pm
- CASH BAR!!
- Pre-registration required

Kung Fu San Soo Classes

- Saturdays @ 10 - 11:15 AM
- Ages 9+
- Register in-house only

Day Stay @ JLAAC

- Thursday, March 12 @ 8 AM – 5 PM

Facilities:

Save the Date

Lose Big, Win Big Challenge

JLAAC Members' Challenge.

Summer is coming. Let's get motivated!

- Starts Friday, April 3, 2020

Physical Activity for Lifelong Success (PALS)

Don't let inactivity sideline you.

PALS can get you back in the game!

Space is limited. Sign up early!

- Session 2 Starting Monday, April 6, 2020

Day Stay @ JLAAC

- Thursday, April 9 @ 8 AM – 5 PM

Comedy Night

- Saturday, June 20, 2020

Banquet Spaces Available: Book your party now!

Call Katie @ 715-972-8331 or email katie.denninger@jlaac.org for more information.

In the Loop

How can you stay up to date on the events and happenings at JLAAC?

- www.JLAAC.org
- Facebook: Jack Link's Aquatic & Activity Center



WEATHER IS TURNING! We have water, sand, mud, salt and all the fun things on the bottom of our shoes. Remember to bring and wear a 2nd pair of clean shoes to use the Fitness Studio, Fitness Center, Gym and Track.



TICKETS AVAIABLE for the River Church's Father Daughter Dance at the JLAAC Welcome Desk.
Payment Methods: Cash or Check only



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

