



THE JLAAC JOURNAL

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A GREAT START!!

The Jack Link's Aquatic & Activity Center opened for business on March 24, 2018. As we begin the month of May, we have surpassed the 400 membership units mark and have over 1,000 individual members that have signed up. The team here at the JLAAC appreciates everyone's feedback that we've received over the last several weeks and we look forward to continuing to improve and expand our program offerings. Thanks!

SUMMER OPERATING HOURS

We will shift our operating hours on May 14th, 2018 for the summer. Our new operating hours are:

Monday - Friday:	5 AM – 8:30 PM
Saturday:	7 AM – 8:30 PM
Sunday:	9 AM – 7:30 PM

The operating hours for our aquatic center will change as well. Please see our Facebook and web pages for the updated schedule as we expand our swim lesson, water fitness, lap swim offerings.



SILVERSNEAKERS® NOW OFFERED!

As of May 1, 2018, we are an authorized SilverSneakers® fitness location. We will have specific classes up and running in the very near future and we have more equipment on the way! Please stop by our welcome desk for more information, verify your eligibility, and to get signed up as a JLAAC member today!

FITNESS CLASSES BEING OFFERED!!

Check our online schedule for dates and times!

No registration required. Class maximums will vary based on equipment and space needed. You are encouraged to sign up at the Welcome Desk up to 30 minutes prior to the start of the class. Waiting List will be used. Included in membership or day pass price.

Aerobic Sculpt:

Prerequisites: Be at least 16 years of age.

Description: Aerobic exercise is a style of physical movement designed to increase heart rate and improve oxygenation throughout the body. Hi-low, or high-low, aerobics classes combine traditional, low-impact aerobics movements with higher impact strength-training movements to create a define body appearance.

Barre Strength:

Prerequisites: Be at least 13 years of age.

Description: Barre technique is a strengthening and toning workout that combines simple ballet moves with hand weights, yoga movement, plyometrics and other workout moves.

Boot Camp:

Prerequisites: Be at least 16 years of age.

Description: Intense, cross-training work out that may include strength, cardio, interval circuits, agility and more.

Classic Water Fitness:

Prerequisites: Be at least 16 years of age.

Description: The performance of aerobic exercise in fairly shallow water ... The classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music.

Country Heat:

Prerequisites: Be at least 16 years of age.

Description: It's time to get in shape! Country Heat's low impact moves can be taken up or down a notch based on each individual's ability. You'll have so much fun moving, stepping, clapping and stomping, you'll forget you're burning mega calories and toning your body from head to toe!

Deep Water Fitness:

Prerequisites: Be at least 16 years of age.

Description: A totally non-impact workout using flotation belts that free the arms and legs for a challenging workout. Style of class and exercises used may vary by instructor.

Forever Fit: Move:

Prerequisites: Be at least 65 years of age.

Description: Move through a variety of exercises designed to increase muscle strength, balance, range of movement and activity for daily living skills. Hand held weights, resistance bands and balls will be offered for resistance and a chair for support (for older adults or for those that are just starting out).

HIIT:

Prerequisites: Be at least 16 years of age.

Description: High-Intensity Interval Training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

Pilates:

Prerequisites: Be at least 16 years of age.

Description: Pilates works to lengthen, tone, and strengthen the body, creating better posture and body alignment and awareness as well as flexibility. It aims to increase balance with opposing muscle groups, teaches the deeper core muscles to activate properly, and increases range of motion and stability around joints. Pilates focuses on moving with concentration, control, and precision, using body weight with occasional use of props such as resistance bands, balls, and light weights.

Power Pump:

Prerequisites: Be at least 16 years of age.

Description: A weight lifting class that will sculpt, tone, and strengthen your entire body. Challenges all your major muscle groups while you squat, press, lift and curl.

SilverSneakers: Classic:

Prerequisites: Be at least 65 years of age.

Description: Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Swingin' Swim:

Prerequisites: Be at least 16 years of age.

Description: Dance to the beat of the music in the water! Enjoy the fun of dancing with little or no impact on your joints in an exciting and invigorating aqua dancing class.

Yoga:

Prerequisites: Be at least 16 years of age.

Description: The ancient art of yoga is known to increase flexibility, improve endurance and reduce stress. Guided poses and a focus on controlled, mindful breathing will help people of all exercise levels find balance.

Zumba:

Prerequisites: Be at least 16 years of age.

Description: Have fun while dancing to a variety of different music.

Registration required. Waiting List will be used.
Registration closes the Friday before at noon. Class fees apply.

Fitness Center 101:

Prerequisites: Be 13-17 years of age.

Goal: Learn the base material to safely operate the cardio and strength training equipment. Learn weight room etiquette and proper lifting techniques. There will be a short quiz on the information learned during the class. Participants must earn at least 80% to successfully complete the course.

At the successful completion of the course, participants will receive a wristband to be worn whenever they are in the Fitness Center.

Find Your Strength:

Prerequisites: Be at least 18 years of age.

Goal: Learn the base skills to safely operate the strength training and free weight equipment. Learn weight room etiquette and proper lifting techniques. At the completion of the course, participants will feel confident and ready for a lifetime of fitness.

Master the Cardio:

Prerequisites: Be at least 18 years of age.

Goal: Learn weight room etiquette and the base skills to safely operate the cardio equipment. At the completion of the course, participants will feel confident and ready for a lifetime of fitness.

RECREATION/SOCIAL RECREATION ACTIVITIES ON THEIR WAY!

Check our online schedule for dates and times!

Some activities require pre-registration and an activity fee.

Adult Drop-in Basketball:

Prerequisites: Be at least 18 years of age.

Description: Connect with other adults who wish to join a pick-up game of basketball.

Adult Drop-in Dodgeball:

Prerequisites: Be at least 18 years of age.

Description: Connect with other adults who wish to chuck soft foam balls at each other in a pick-up game of dodgeball.

Adult Drop-in Pickleball:

Prerequisites: Be at least 18 years of age.

Description: It's a cross between badminton & tennis...you use a whiffle ball & a ping pong-like paddle. Join us for pick-up games in the gym! This is a popular & fun activity for any age.

Adult Drop-in Volleyball:

Prerequisites: Be at least 18 years of age.

Description: Connect with other adults who wish to join a pick-up game of volleyball.

Youth Drop-in Basketball:

Prerequisites: Be 10-18 years of age.

Description: Bring your friends and enjoy a dedicated time in the gym for pick-up basketball games. Ages 10-12 must have an adult in the building.

Youth Drop-in Dodgeball:

Prerequisites: Be 10-18 years of age.

Description: Bring your friends and enjoy a dedicated time in the gym for pick-up dodgeball games. Our Recreation Attendants will supervise and help set up various dodgeball games. You could be on a team or you could be fending for yourself! Let's see who is up for competition.
Ages 10-12 must have an adult in the building.

Youth Drop-in Pickleball:

Prerequisites: Be 10-18 years of age.

Description: It's a cross between badminton & tennis...you use a whiffle ball & a ping pong-like paddle. Join us for pick-up games in the gym! This is a popular & fun activity for any age.

Youth Drop-in Volleyball:

Prerequisites: Be 10-18 years of age.

Description: Bring your friends and enjoy a dedicated time in the gym for pick-up volleyball games.
Ages 10-12 must have an adult in the building.

Adult Game Day:

Prerequisites: Be at least 18 years of age.

Description: We have card games and board games galore. Come on down for fun with your friends and fellow community members.

Home School Open Gym:

Prerequisites: Be 5-18 years of age.

Description: Time for students being educated from home to come in and enjoy some gym fun.

Tot Time:

Prerequisites: Be 6mo-5 years of age.

Description: Feel cooped up at home? Want to let your child(ren) interact with others and burn off some energy? Come down for Tot Time. Each week we will have an activity and free time for your Tot(s) to participate. You can drop your child(ren) off in the gym to have work out time to yourself or stay and have some fun time together and meet others in the community.

Parents must stay in the building. JLAAC Team Members are not responsible for changing diapers or feeding.

Tween Night:

Prerequisites: Be 10-13 years of age.

Description: One evening a month we will have a planned activity and free time for our pre-teen community members to enjoy the JLAAC facility. Sign-in at the Welcome Desk. Group will meet in the Multipurpose room.

Teen Night:

Prerequisites: Be 13-18 years of age.

Description: One evening a month we will have a planned activity and free time for our teenaged community members to enjoy the JLAAC facility. Sign-in at the Welcome Desk. Group will meet in the Multipurpose room.

Parent's Night Out:

Prerequisites: Be 3-18 years of age.

Description: Providing active play for your kids, and gaining valuable time for you, just got easier! Our staff will spend a few hours with the kids while you enjoy some adventures of your own. This will be a fun-filled evening of games and activities in the gym, on the track or in the multipurpose room.

Contact Us

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