



# 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 of mid-August, we have about 1,200 individual members. The team here at the JLAAC appreciates everyone's feedback that we've received, and we look forward to continuing to improve and expand our program offerings as we move through summer into the fall. Please continue to follow Facebook and our web site [www.jlaac.org](http://www.jlaac.org).

## SUMMER OPERATING HOURS

We are currently open during the following hours:

Monday - Friday: 5 AM – 8:30 PM

Saturday: 7 AM – 8:30 PM

Sunday: 9 AM – 7:30 PM

The specific operating hours for our aquatic center will be posted on our website and at the Welcome Desk. With additional swim lessons and water fitness classes being offered, our schedule changes often. Please see our web page or call the Welcome Desk for updated schedules.

## JLAAC SCHEDULE CHANGES

**August 19, 2018: The JLAAC will closed all day for a private event.**

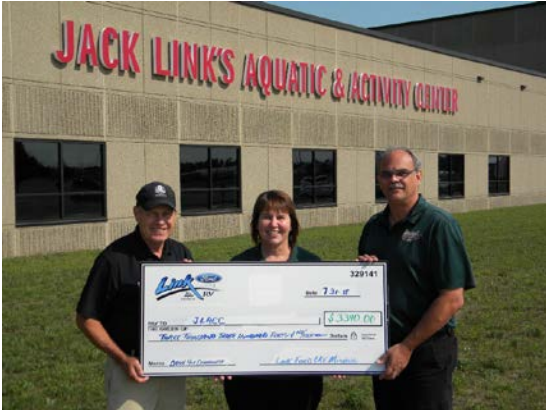


## SILVER&FIT® AND EXERCISE REWARDS NOW OFFERED!

The Jack Link's Aquatic & Activity Center is now a Silver Fit® participating fitness center! Silver Fit® is designed specifically to help older adults achieve better health results through regular exercise and health education. Silver Fit® provides eligible members with no-cost or low-cost fitness memberships through arrangements with certain health plans. Silver Fit® is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health, Incorporated.

If your health plan offers Silver Fit® and you would like more information, please contact the Jack Link's Aquatic & Activity Center at 714 West Hokah St, Minong, or call 715-972-8330. You may also visit Silver&Fit at [www.silverandfit.com](http://www.silverandfit.com). Silver Fit is a federally registered trademark of American Specialty Health Incorporated.

## LINK FORD / RV AND FORD MOTOR COMPANY DRIVE 4 UR COMMUNITY EVENT JUNE 29<sup>TH</sup>.



Link Ford and RV in Minong and Ford Motor Company have partnered once again to help raise funds for our

community with another Ford Drive 4 UR Community event.

On June 29<sup>th</sup>, the Jack Link's Aquatic & Activity Center hosted this event to raise \$3,340 to help the JLAAC establish a needs-based membership program. We want to ensure that as many individuals and families can utilize the JLAAC's pool, gymnasium, fitness center, indoor track, and other first-rate amenities by offering needs-based memberships to those who qualify. Thanks to the more than 160 people that came out and took a test drive on a day with a heat index near 110 degrees to support this effort. We especially want to thank our volunteers that spent the entire day with us as well.

## YOU'VE SUGGESTED; WE'VE RESPONDED!

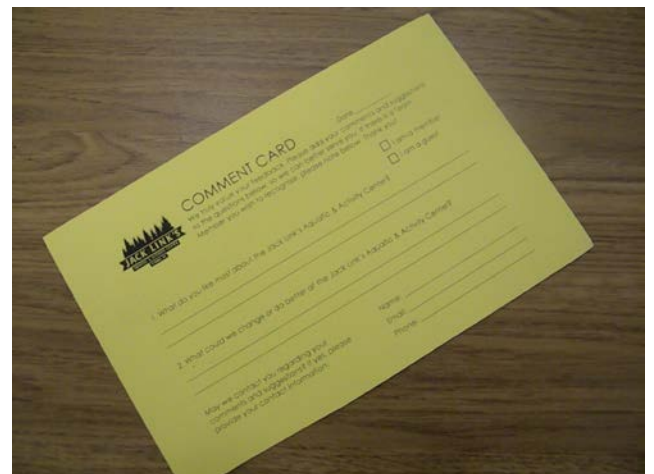
We've received many, many comments since our opening. We appreciate the many positive comments about the facility, our programs, and the team. We also realize that the many suggestions we've received are even more important in ensuring we provide you with the best experience we can offer at the JLAAC.

Here's a list of some of the changes we've made since our opening because of input received directly from our members and guests.

- Add benches to the Group Fitness Studio and indoor tracks areas.
- Added volleyball equipment.
- Eliminated the 10-minute breaks in the aquatic center.
- Purchased more attachments for the 5-station jungle in the fitness center.
- Added more mirrors in the family locker room.
- Added SilverSneakers®, Silver&Fit®, and Exercise Rewards insurance reimbursement programs with more on the way.
- Added more land and water fitness programs at various times.
- Changed lap swim times and added more.
- Added fans in the group fitness studio and fitness centers with more permanent solutions on the way.

- Changed our online schedules to be more user-friendly.
- Added hair dryers in the locker rooms.
- Extended the ATV route to the center entrance.
- Added beginner pickleball classes.
- Obtained more mats for the group fitness studio and fitness center.
- Changes in policy to accommodate youth in the fitness center.
- Shades on the windows in the gym have been installed.

There are more updates and additions in the works. Thanks again for your feedback!!



## **SPEAKING OF FEEDBACK.....**



Many of you have inquired about what lies behind the forest. This is your chance to help us determine what the answer to that question will be in the future.

Behind these windows is approximately 2,000 square feet of unfinished space that we are in the process of designing. We are asking for your help in making sure we make the best use of this area.

What are your ideas? Please fill out a comment card on your next visit or send us an email at [info@jlaac.org](mailto:info@jlaac.org) with your thoughts.

## **HOLIDAY PARTY SEASON IS COMING SOONER THAN YOU REALIZE!**

We know it's still summer and the holiday season seems like it's a long time away, but it's not too early to plan.

There are several options available to accommodate both large and small functions. It is the perfect space for birthday parties, family reunions, graduations, bridal/baby showers, receptions, sporting events, business meetings and more.

The JLAAC rents designated facilities on a first-come, first-serve basis. If special equipment is needed for your event, please be sure to indicate your requests on the rental application. Payment will be accepted at the time of booking.



## **ART CLASSES BEING ADDED**

In July, the JLAAC started offering art classes. Our instructors are very experienced and have backgrounds in different mediums. Pending communication with instructors who held classes at the Minong Center, LLC, we hope to bring many of those art styles or similar offerings into the JLAAC program schedule. Classes happening this summer include Paper Mosaics, Nail Polish Mugs, Crayon Art, Jewelry Making, Art Journals, etc. Please check our Facebook page and web site for specifics.

## **FALL PROGRAMMING**

Our fall program schedule is being released via our website ([jlaac.org](http://jlaac.org)) and our Facebook page. A print version is also in the works and will be released as soon as it is ready. We are excited to continue to expand our programs and services and ask that you please continue to fill out comment cards at our Welcome Desk. Thanks for your suggestions!

## AMERICAN RED CROSS BLOOD DRIVE COMING TO THE JLAAC IN SEPTEMBER

Coming up this September, the JLAAC will be hosting its first blood drive! Your blood is important, and we would love for you to come down to share your #MissingType. The drive will be held on Wednesday, September 5, 2018 from 12:30 PM – 6:30 PM (last appointment at 6:15 PM) in the South Banquet Room. Donators will receive a coupon by email for a FREE haircut at participating Sports Clips Haircuts locations. If you are unable to donate, but still want to help, we would love for you to sign-up to be a volunteer! The more volunteers we have, the better the drive can be. Call us (715) 972 8320 or stop in and talk to our Welcome Desk Attendants about volunteering.

For more information or to make your appointment you can do one of the following:

- Call 1-800-RED CROSS (733 2767)
- Visit [RedCrossBlood.org/MissingTypes](http://RedCrossBlood.org/MissingTypes), enter sponsor code: JLAAC
- Use the Red Cross Mobile App, “Blood Donor”

## WE ARE STILL LOOKING FOR TALENT

We are still on the hunt for more instructors! We are looking to expand our program offerings, specifically in the fitness and art areas. If you, or someone you know, would like to lead a class, please let us know.

We are also looking for lifeguard candidates. We will be offering the certification course in fall if you need to be certified.

## WE NEED YOUR HELP!



We hope all of you have seen this sign as you pass by the Welcome Desk on your way to using the JLAAC. We are asking that you abide by our policy of using a second pair of shoes when you use our gymnasium, indoor track, group fitness studio, and fitness center. In the last few weeks, we have noticed an increase in the amount of sand both in these areas and directly on the fitness center equipment. Over time, this sand and other outside materials will work their way into the wood and rubber floors as well as the fitness equipment and can do significant amounts of damage if left unchecked. The potential for damage will only increase as the impending winter weather adds salt and moisture to the mix.

Please help us maintain our top-notch flooring and equipment by bringing in another pair of shoes to use while in the facility. We have added benches in the group fitness studio and on the running track for our members and guests to use when changing. The bleachers in the gymnasium may also be used to change your shoes as well as the benches in the locker room areas. We appreciate your consideration and help!