

FREMONT COMMUNITY RECREATION AUTHORITY NEWS



DECEMBER 2021



REC CENTER HOURS:

Monday – Friday, 6:00 a.m. – 8:00 p.m.
Saturday, 9:00 a.m. – 4:00 p.m.

POOL HOURS:

Lap Swim:

Mon/Wed/Fri, 6:00 a.m. – 8:00 a.m.
Monday – Friday, 11:00 a.m. - 1:00 p.m.
Tues/Thurs, 6:00 – 8:00 p.m.

Water Aerobics:

Mon/Wed/Fri, 9:55 a.m. – 10:55 a.m.

Open Swim:

Saturday, Noon – 3:00 p.m.

Check the Rec calendar to see what's going on at any time. Go to www.fremontcra.org, click on "Calendar" to see what's been scheduled for any given day.

AGAIN, A FEW WORDS

This month I'd like to talk a bit about Silver Sneakers and how it works.

The Rec Center partners up with Silver Sneakers, Active and Fit, Renew Active, and Silver and Fit. These are programs that are offered by your health insurance. By far, Silver Sneakers is the most widely used at the Rec Center. Starting January 1, 2022, Silver Sneakers will now be offered to people who have Blue Cross/Blue Shield insurance.

In order for you to use Silver Sneakers here at the Rec Center (or any fitness place), you must first register with Silver Sneakers. The process is very simple:

1. Go to www.silversneakers.com.
2. Click on CHECK ELIGIBILITY in the upper right-hand corner.
3. Supply the necessary information (you'll have 4 easy questions to answer). It will tell you immediately if you're eligible or not.
4. If you're eligible, make an account with Silver Sneakers. Once you do that, you'll see your membership card, which will look like this:



As you can see, you'll have a card with your 16-digit membership number. This is what I need so print it off.

5. Bring this card to me at the Rec Center. I will then either make a new membership for you or I will move your membership over to Silver Sneakers. If you get a new membership, you'll receive a Rec Center membership card. If you already have a card, you'll continue using that one.

What has now happened is that your Rec Center membership has been linked to your Silver Sneakers membership. When you scan your membership card at the Rec Center, the date and time is recorded. At the beginning of every month, I collect the Silver Sneakers check-ins and send it to Tivity (they run Silver Sneakers) and then the Rec Center gets paid by them.

What is interesting about Silver Sneakers is that you can use this across the country and at multiple places. So, for example, you can use it here at the Rec Center and at Newaygo Fitness Club. Silver Sneakers will pay up to \$30/month per location.

I have had people ask me why their Silver Sneakers membership here at the Rec doesn't include fitness classes. That's because you must have a Silver Sneakers certified instructor, which we don't have. Also, as I said in last month's newsletter, we don't build in the cost of classes in order to keep the membership price as low as possible.

If you will have a Silver Sneakers membership in 2022 and have questions, please see me and I'll do my best to help you.

Dawn





UPCOMING HOLIDAY SCHEDULE

Friday, December 24 (Christmas Eve)	CLOSED
Saturday, December 25 (Christmas Day)	CLOSED
Friday, December 31 (New Year's Eve)	CLOSED
Saturday, January 1 (New Year's Day)	CLOSED

OPEN SWIM DURING THE HOLIDAYS:

In addition to our Saturday Open Swim, there'll be additional holiday open swim time:

- Tuesday, December 21, 1:00 – 4:00 p.m.
- Wednesday, December 22, 1:00 – 4:00 p.m.
- Monday, December 27, 6:00 – 8:00 p.m.
- Tuesday, December 28, 1:00 – 4:00 p.m.
- Wednesday, December 29, 1:00 – 4:00 p.m.
- Thursday, December 30, 1:00 – 4:00 p.m.



Make plans for your child to visit with Santa at the Rec Center! In addition to spending some time with Santa and taking a photo, you can enjoy cookies and milk, coloring, crafts, and fun activities!

SATURDAY, DECEMBER 4
1:00 – 3:00 PM
\$5 per child—Resident
\$7 per child—Non-Resident

Pre-registration is required. Limit of 50 children; children 2 and under free with an older child registered. Parent/Guardian must be present. Register by calling the Rec Center at 231.924.3750 or on-line at www.fremontcra.org (Look under Programs).

GARDENING 101 CLASS



In our December gardening class with Anthony Ebenstein, we'll learn about and discuss the topics of Michigan Perennials, Fruits, and Veggies that Grow Well in the Shade, and Soil Medium and Soil composition. Join us!

Tuesday, December 14
6:00 – 7:00 p.m.
\$5 per person

NEW 2022 PROGRAMS STARTING



In addition to the Water Aerobics class, the Low Impact Aerobics class, Strength Training, HIGH Aerobics, and Tae Kwan Do classes that run here, I'm excited to announce that there will be some new classes and programs starting up in January! For full details contact the Rec Center.

INDOOR TRIATHLON—A 10-WEEK PERSONAL CHALLENGE

This runs from January 3 – March 12 and you have three options: Ultra Triathlon, Full Triathlon, and Half Triathlon. Cost is \$30 for Rec Center Member, \$35 for Resident, and \$40 for Non-Resident.

2022 LAP SWIM CHALLENGE

This year I've changed up the Lap Swim Challenge a bit; you'll be able to pick the length of your challenge: 50 Miles, 100 Miles, 250 Miles, and 500 Miles. Starts January 3 and ends December 31, 2022. Cost is \$20 per person.

SENIOR FITNESS: CARDIO, STRENGTH, AND STRETCH

A new class with our new instructor, Jane Wright! The class begins with a gentle warm-up, moves to fun, low-impact aerobics, goes to functional strengthening, and ends with a sitting routine of stretching. This class focuses on core strengthening and joint protection. This will run on January 13 – March 3 (Thursdays) from 2:00 – 3:00 p.m. Cost is \$30 for Rec Center member, \$35 for Resident, \$40 for Non-Resident, and \$7 Drop-in.

TAI CHI FOR ARTHRITIS AND BALANCE

After the Senior Fitness class, move right to the Tai Chi class! Jane Wright will be teaching it on Thursdays right after the Senior Fitness class, January 13 – March 3 from 3:15 – 4:15 p.m. Cost is \$55 for Rec Center member, \$60 for Resident, and \$65 for Non-Resident.

**Please note that this class is not set up for drop-ins. You're asked to make an 8-week commitment because each week you will learn a new "sequence" which is part of a long sequence.

I'm always looking for new program ideas and instructors! If you have an idea for a class or program and/or you can teach/lead a class or program, please see me!

Please note that if changes are made to the Rec Center's regular schedule (gym or pool has been rented, Rec Center is closed for a holiday, etc.), notices are posted on the pool schedule board, the gym schedule board, on the front door, at the desk, and/or on Facebook.




WATER AEROBICS

The Water Aerobics Winter 2022 Class will be running January 3 – February 25. As always, you have the option of coming two or three times a week.

Sessions are on Monday/Wednesday/Friday from 9:55 a.m. – 10:55 a.m. The cost for 3 times a week is \$45 M / \$50 R / \$55 NR with a \$5 drop-in. The cost for 2 times a week is \$30 M / \$35 R / \$40 NR with a \$5 drop-in.

**FREMONT REC CENTER
YOUTH* AND ADULT
TAE KWAN DO CLASSES**




**MONDAYS AND THURSDAYS
JANUARY 3 - MARCH 24
(12 WEEKS; 24 SESSIONS)**

YOUTH 5:30 - 6:30 PM \$50 Rec Member \$55 Resident \$60 Non-Resident	ADULT 6:30 - 8:30 PM \$60 Rec Member \$65 Resident \$70 Non-Resident
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FREMONT REC CENTER
201 E. MAPLE
231.924.3750
www.fremontcra.org

*Youth ages 6-11; Adult ages 12 & up



WINTER CORNHOLE LEAGUES

This year there will be an Individual Play League on Monday evenings and a Team Play League on Tuesday evenings.

ADULT CORNHOLE LEAGUE—INDIVIDUAL PLAY (Must be 21 years of age)

Monday Nights, 7:00 p.m. Runs January 10 – February 28 (8 weeks). \$10/person + \$3 per week (goes to prizes). Maximum number of players is 18; minimum number needed is 10 players.

ADULT CORNHOLE LEAGUE—TEAM PLAY (Must be 21 years of age)

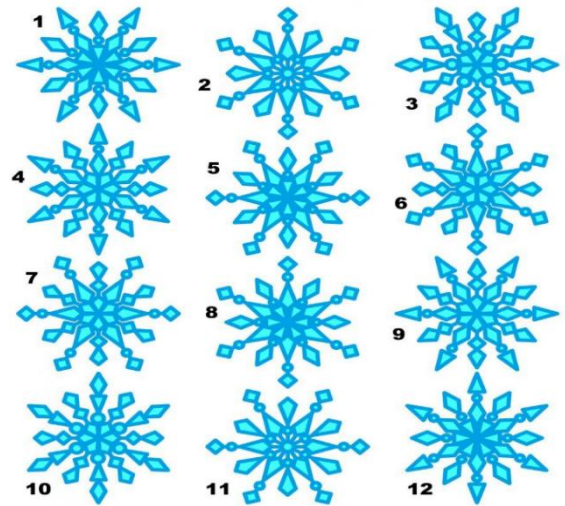
Tuesday Nights, 7:00 p.m. Runs January 11 – March 1 (8 weeks). \$10/person + \$3 per week (goes to prizes). Maximum number of teams is 18; minimum number needed is 8 teams.



MADE YOU THINK

(Answers at the bottom of the page)

- If it takes 5 elves 5 minutes to make 5 dolls, how long would it take 100 elves to make 100 dolls?
- Ryan, Natalina, Corey, and Katherine each have their own Christmas tree. Each tree has a different number of candy canes (17, 13, 15, and 18) and a different number of ornaments (23, 40, 39, and 32). Figure out how many candy canes and ornaments are on each person's Christmas tree.
 - The Christmas tree with 32 ornaments is not the tree with 15 candy canes.
 - There are no more than 39 ornaments on Ryan's Christmas tree.
 - Natalina's Christmas tree has the fewest number of ornaments.
 - Katherine's Christmas tree has 22 more ornaments than the number of candy canes.
 - There are no more than 39 ornaments on Corey's Christmas tree.
 - Natalina's Christmas tree has the fewest number of candy canes.
 - Corey's Christmas tree has 15 more ornaments than the number of candy canes.
- Match the pairs of identical snowflakes. The angle of rotation does not matter.



Answers: #1

1. It takes one elf 5 minutes to make one doll. Therefore 100 elves making 100 dolls would, of course, still take 5 minutes!

#2. Ryan--15 candy canes and 39 ornaments
Natalina--13 candy canes and 23 ornaments
Corey--17 candy canes and 32 ornaments
Katherine--18 candy canes and 40 ornaments

#3. The pairs that are identical are 1 and 12, 2 and 11, 3 and 10, 4 and 9, 5 and 8, and 6 and 7.