

# FREMONT COMMUNITY RECREATION AUTHORITY NEWS



SEPTEMBER 2023



## REC CENTER HOURS:

Monday – Thursday, 6:00 a.m. – 8:00 p.m.  
Friday, 6:00 a.m. – 5:00 p.m.  
Saturday, 9:00 a.m. – 3:00 p.m.

## POOL HOURS:

### Lap Swim:

Tues/Thurs, 6:00 – 8:00 p.m.

### Open Swim:

Saturday, 11:00 p.m. – 2:00 p.m.

## POOL UPDATE

As many of you know, after Wednesday, August 23, I **will not** have a lifeguard for the daytime swim programs, early-morning lap swim, water aerobics, mid-day lap swim. Evening lap swim on Tuesdays and Thursdays is not affected. We are looking for a lifeguard for the day programs.

I am in the process of making up a new swim schedule to get as much lap swim and open swim as possible. However, I'm at a standstill until Fremont High School determines if there will be a girl's swim team and I hope to get their decision soon.

Our pool is considered a public pool and by law, we must have a lifeguard when the pool is open. Please know that I am doing everything possible to get you into the pool and that I am just as frustrated as you are.

As soon as I have a schedule in place, you'll be notified.

Dawn



## TAE KWON DO

With Master Frank Ferrier

September signals the start of many fall activities and for us at the Rec Center it means that Tae Kwan Do returns to the Rec Center. The fall session starts **Monday, September 18 and ends Thursday, December 14**. This is a 12-week class (no class the week of Thanksgiving).

Pricing is as follows:

### TWICE A WEEK:

Youth class (ages 6 – 11) is \$60 M / \$65 R / \$70 NR and is from 5:30 – 6:30 p.m.

Adult class (ages 12+) is \$70 M / \$75 R / \$80 NR and is from 6:30 – 8:30 p.m.

### ONCE A WEEK:

Youth class (ages 6 – 11) is \$35 M / \$40 R / \$45 NR and is from 5:30 – 6:30 p.m.

Adult class (ages 12+) is \$45 M / \$50 R / \$55 NR and is from 6:30 – 8:30 p.m.

## LOW IMPACT AEROBICS

*With Rachel Doremus*



**SEPTEMBER 6 - OCTOBER 27**  
**MONDAYS/WEDNESDAYS AND/OR FRIDAYS**  
**9:00 - 10:00 PM**

**THREE TIMES A WEEK**  
**\$60 Rec Member**  
**\$65 Resident**  
**\$70 Non-Resident**  
**\$7 Drop-in**

**TWICE A WEEK**  
**\$40 Rec Member**  
**\$45 Resident**  
**\$50 Non-Resident**  
**\$7 Drop-in**

Low-impact aerobics, strengthening, balance, and gentle stretching exercises that help keep you active and fit!

TO REGISTER OR FOR MORE INFORMATION:  
Fremont Rec Center 201 E. Maple St. 231.924.3750 [www.fremontcra.org](http://www.fremontcra.org)



# STRENGTH AND TONE

With Rachel Doremus

SEPTEMBER 7 - OCTOBER 26

**THURSDAYS**  
**5:45 - 6:45 PM**

**\$30 M / \$35 R / \$40 NR**  
**\$7 DROP-IN**

Increase muscular strength and endurance while sculpting your muscles using dumbbells and other tools. All levels; beginners welcome!

For more information and/or to register:

Fremont Rec Center  
201 E. Maple St.  
231.924.3750  
[www.fremontcra.org](http://www.fremontcra.org)



## FALL TEAM CORNHOLE LEAGUE

Get your team together and join us for our Fall Cornhole League. Teams consist of 3 people; two players and one substitution player. Prizes for league and playoff champions. 8 weeks plus playoffs.

**WEDNESDAYS**  
**SEPTEMBER 13 – NOVEMBER 8**  
**6:00 – 8:00 p.m.**

**\$75 per team**

**Minimum of 8 teams, 18 maximum**

### TEAM CAPTAIN SIGNS UP YOUR TEAM



# RESTORATIVE YOGA

WITH LYNDIE STARK

**MONDAY/WEDNESDAY**  
**SEPTEMBER 6 - OCTOBER 25**  
**6:00 - 7:00 PM**  
**\$60 M / \$65 R / \$70 NR**  
**\$7 DROP-IN**

This class is designed with beginners in mind and those with physical limitations (chair yoga) and will focus on relaxing, pain management, and mobility.

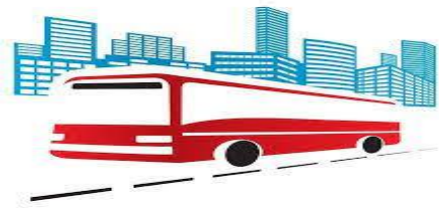
For more information and/or to register:

FREMONT REC CENTER  
201 E. MAPLE ST.  
231.924.3750  
[www.fremontcra.org](http://www.fremontcra.org)



## REC CENTER FALL ARTISAN AND CRAFT FAIR

Attention Artists and Crafters! Reserve your spot for the Rec Center's Artisan and Craft Fair on Saturday, October 14 from 10:00 AM – 3:00 PM. The cost is \$25 for a 10' x '10' space/booth. **REGISTRATION DEADLINE IS OCTOBER 7.** For more registration information and/or to pick up an application, stop at the front desk or find the information online at [www.fremontcra.org](http://www.fremontcra.org). Look under "Forms:."



## OUT AND ABOUT

### CHICAGO BUS TRIP

Oh the Windy City. Great shopping, great museums, great food; not so great traffic and parking. Let us take care of the last part with a **Chicago Bus Trip Saturday, November 4**. Registration deadline is October 18. We'll leave and return from the Rec Center parking lot. Bus will leave around 7:00 a.m. and return around 11:00 p.m. Cost is \$60 and you'll need to pay in full when you register. Please do not wait to register! **I must have a minimum of 42 people to make this trip go.**

### FREMONT REC CENTER

## PART-TIME LIFEGUARD WANTED:

- EARLY-MORNING LAP SWIM
- WATER AEROBICS
- MID-DAY LAP SWIM



PLEASE CONTACT THE REC CENTER  
231.924.3750



With peaches now in season, I thought you might enjoy this recipe. It's the one I serve every year at the family barbeque.

## PEACH COBBLER

8 peeled, pitted, and sliced peaches  
1 cup flour  
½ cup + 3 Tbsp white sugar, divided  
2 tsp cornstarch  
1 tsp baking powder  
1¼ tsp ground cinnamon  
1/8 tsp ground nutmeg  
½ tsp salt  
1 tsp lemon juice 6 Tbsp unsalted butter

Preheat oven to 425 degrees F.

In a large bowl, combine 8 peeled, pitted, and sliced peaches, ¼ cup white sugar, ¼ cup brown sugar, ¼ teaspoon ground cinnamon, 1/8 teaspoon ground nutmeg, 1 teaspoon lemon juice, and 2 teaspoons cornstarch. Coat evenly and pour into a 2-quart baking dish. Bake in preheated oven for 10 minutes.

While waiting, take a large bowl to combine 1 cup flour, ¼ cup white sugar, ¼ cup brown sugar, 1 teaspoon baking powder, and ½ teaspoon salt. Blend in 6 tablespoons unsalted butter (using pastry blender) until mixture resembles coarse meal. Stir in water until just combined.

Remove peaches from oven and drop spoonfuls of topping over them. Sprinkle entire cobbler with the sugar and cinnamon mixture (3 tablespoons white sugar, 1 teaspoon ground cinnamon). Bake until topping is golden, about 30 minutes.



## MADE YOU THINK

(Answers at the bottom of the page)

1. What is the longest word that can be made using the letters only on one row of the keyboard?

2. See if you can figure out Einstein's famous house riddle:

There are five houses lined up next to each other along a street. Each house is a different color, and each homeowner is of a different nationality, drinks a different beverage, smokes a different brand of cigar, and owns a different pet.

If these variables can never repeat from house to house, which homeowner has a pet fish? You should be able to figure out the answer based on these 15 clues:

1. The Englishman lives in the house with red walls.
2. The Swede keeps dogs.
3. The Dane drinks tea.
4. The house with green walls is just to the left of the house with white walls.
5. The owner of the house with green walls drinks coffee.
6. The man who smokes Pall Mall keeps birds.
7. The owner of the house with yellow walls smokes Dunhills.
8. The man in the center house drinks milk.
9. The Norwegian lives in the first house.
10. The Blend smoker has a neighbor who keeps cats.
11. The man who smokes Blue Masters drinks beer.
12. The man who keeps horses lives next to the Dunhill smoker.
13. The German smokes Prince.
14. The Norwegian lives next to the house with blue walls.
15. The Blend smoker has a neighbor who drinks water.

3. Here's an odd riddle to figure out. Being well-versed in Shakespeare will help!

Who killed the greatest number of chickens?

Answers: #1: Typewriter  
 #2: The German in the green walled house has the pet fish.  
 3. Claudius. In Shakespeare's Hamlet, the ghost of Hamlet's father explains that Hamlet's uncle, Claudius, did "murder most foul."  
 4. One less pine tree on left, birds in sky, teeth on dog, dog's tail, rock on ground, collar on man's shirt, top of fire hydrant, side of fire hydrant, squirrel on tree, dots behind pine tree on right.

4.

## SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!

