



### **FROM THE PRESIDENT**

Happy Holidays and Happy New Year to you all! Hope that this season has already brought you much joy! The club continues on with our usual Tuesday, Thursday and Friday classes at 9AM at the Beardsley Pool, and Monday, Wednesday, and Friday at 8AM at the Palm Ridge Pool. We will have our outdoor schedule at the Johnson pool starting March 5.

Thank you to Soon for providing the pottery raffle prizes for our holiday luncheon. If you were lucky to win a raffle prize, hope you are enjoying your mug or lovely doggie Xmas tree ornament. She is such a generous member of our club!

There will be a member of our officers before 9AM at the Beardsley Pool on Thursday mornings to enroll current members for the 2018 year, and an officer at Palm Ridge on Friday mornings before the 8AM class to enroll returning members at Palm Ridge Pool. We know this doesn't meet everyone's schedule, but we hope that it is not inconvenient for most of you. Please see note below.

We are confident that 2018 will be a great year for us all.

Much love, **Carol**

Carol Hammond, 602-339-7788

### **WATER FITNESS RENEWALS FOR 2018**

Renewals for existing members, per club rules, will be accepted through January 31, 2018. Renewals will be accepted each week at Beardsley on Thursday's & Palm Ridge on Friday's. A Board Member will be available prior to the start of each class to accept the following:

1. Completed Renewal Form
2. 2017 Membership Card showing that your two monitoring requirements are completed. If you have not monitored twice in 2017, you can monitor in January 2018 and have it count for 2017 monitoring dates.
3. A check for \$10.00 made out to SCW Water Fitness

You will receive your new membership card from a Board Member.

Monitors will accept new membership forms along with a \$10 check made out to SCW Water Fitness on any class day. Membership Cards will be returned to the red money bags each Monday to be given to any new members.

## **NEW PROCEDURE WHEN COMING TO CLASS**

We no longer need to have members sign in. The rec center will keep a count of class participants as members show their rec cards to the rec center's pool monitors. However, members must show their waterfitness membership cards to the waterfitness monitors before entering the pools. Therefore, members should always come to class with both their rec card and waterfitness membership card.

## **MONITORING**

Every member is required to monitor 2 times per calendar year. If you are a part-time resident, now is the time to sign up to monitor during the winter months. Monitoring calendars are on the monitor's table at each class session.

Below is a link to a printable copy of the current monitoring instructions:

[http://waterfitness.scwclubs.com/files/2017/11/MONITORING-INSTRUCTIONS-11\\_15\\_17.pdf](http://waterfitness.scwclubs.com/files/2017/11/MONITORING-INSTRUCTIONS-11_15_17.pdf)



## **EXERCISE COMMITTEE MEETING NOTES**

On Wednesday, December 6th the Committee that was selected at the November General Meeting met to begin working on the motion that was seconded and approved by the general membership to do the following:

1. Review our current Water Fitness work-out CD recordings and identify any opportunities to improve the existing CDs.
2. Review the options of purchasing pre-recorded work-out CDs to either replace and/or incorporate these new CDs into our current work-out CDs.
3. Review the option of developing additional custom recorded work-out CDs from Lisa Friedman or other similar instructors that meet our specific criteria.
4. We are authorized by the membership to spend up to \$500.

After reviewing some pre-recorded CD's, the committee has decided that it is in the best interest of the SCW Water Fitness Club to contract with Lisa Friedman to develop a new custom CD.

We have some basic criteria that we have outlined and of course we are eager to share that with Lisa to get her feedback and guidance as well.

We will be working with Lisa over the next several weeks and report back to the membership as we make progress. In speaking with Lisa, she had indicated that a project like this would take 60-90 days to complete.

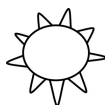
Below is a graphic version of the January exercise calendar. Depending on your viewing device, you may be able to click or manipulate the calendar for larger viewing, or, to print, save, or to view the January calendar in full page or full screen mode, click on the following line:

<http://waterfitness.scwclubs.com/files/2017/12/Jan18cal.pdf>

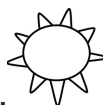
If you notice that the exercise CD listed is in error, please send an email to Liz at [emitofsky@gmail.com](mailto:emitofsky@gmail.com).

If you are not familiar with the routines, the individual exercise steps are listed on our web site (link at the end of this email).

| January 2018 Calendar Beardsley 9 AM, Palm Ridge 8 AM |                      |                     |                      |                     |                      |          | A=older 2013 CD | B=new 2015 CD |
|---|----------------------|---------------------|----------------------|---------------------|----------------------|----------|-----------------|---------------|
| Sunday  | Monday               | Tuesday             | Wednesday            | Thursday            | Friday               | Saturday |                 |               |
|   | January 1            | 2                   | 3                    | 4                   | 5                    |          |                 |               |
|   | Palm Ridge 8 AM<br>A |                     | Palm Ridge 8 AM<br>B |                     | Palm Ridge 8 AM<br>A |          |                 |               |
|   |                      | Beardsley 9 AM<br>B |                      | Beardsley 9 AM<br>A | Beardsley 9 AM<br>B  |          |                 |               |
|   | 8                    | 9                   | 10                   | 11                  | 12                   |          |                 |               |
|   | Palm Ridge 8 AM<br>B |                     | Palm Ridge 8 AM<br>A |                     | Palm Ridge 8 AM<br>B |          |                 |               |
|   |                      | Beardsley 9 AM<br>A |                      | Beardsley 9 AM<br>B | Beardsley 9 AM<br>A  |          |                 |               |
|   | 15                   | 16                  | 17                   | 18                  | 19                   |          |                 |               |
|   | Palm Ridge 8 AM<br>A |                     | Palm Ridge 8 AM<br>B |                     | Palm Ridge 8 AM<br>A |          |                 |               |
|   |                      | Beardsley 9 AM<br>B |                      | Beardsley 9 AM<br>A | Beardsley 9 AM<br>B  |          |                 |               |
|   | 22                   | 23                  | 24                   | 25                  | 26                   |          |                 |               |
|   | Palm Ridge 8 AM<br>B |                     | Palm Ridge 8 AM<br>A |                     | Palm Ridge 8 AM<br>B |          |                 |               |
|   |                      | Beardsley 9 AM<br>A |                      | Beardsley 9 AM<br>B | Beardsley 9 AM<br>A  |          |                 |               |
|   | 29                   | 30                  | 31                   | February 1          | 2                    |          |                 |               |
|   | Palm Ridge 8 AM<br>A |                     | Palm Ridge 8 AM<br>B |                     | Palm Ridge 8 AM<br>A |          |                 |               |
|   |                      | Beardsley 9 AM<br>B |                      | Beardsley 9 AM<br>A | Beardsley 9 AM<br>B  |          |                 |               |



Let's spread a little sunshine.....



Doris Williams is our Sunshine person who sends out cards to those who need some comforting for health reasons or due to loss of a family member. If you know a member who could use some cheering-up from the club, please list their name on the Sunshine Sign-up sheet located by each pool's check-in station or call or send an email to Doris, 623-584-7976 or [dorwarscw@me.com](mailto:dorwarscw@me.com).

### OUR 2018 BOARD

- President: Carol Hammond 602-339-7788 [CarolHammond@cox.net](mailto:CarolHammond@cox.net)
  - Vice President-Membership: Gail Schwar 623-266-7706 [gail\\_schwar@hotmail.com](mailto:gail_schwar@hotmail.com)
  - Treasurer: Anne Becknell 623-388-3096 [anne.becknellaz@gmail.com](mailto:anne.becknellaz@gmail.com)
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  - Web master and email coordinator: Liz Mitofsky 623-505-7206 [emitofsky@gmail.com](mailto:emitofsky@gmail.com)
- Comments and suggestions for the emails and website are welcome!