

# Sun City West Waterfitness Club April 2024 newsletter

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## “Riders up!”

Kentucky Derby themed luncheon Tuesday, April 16<sup>th</sup> – be sure to wear your derby hats! In addition to the Mc Alister’s Box lunches, we will have a photo booth, raffle drawing, and once again a plethora of WaterFitness Club information. RHJ Social Hall East, doors open at 11am, meeting will begin at 12pm.

Please make sure to send in your rsvp, menu choice and \$8 our club no later than April 9<sup>th</sup>. We look forward seeing each of you on the 16<sup>th</sup>! See below for full information and menu choices.

### **A few reminders,**

**Monitors at RHJ** - please stay close to the door until the music begins playing in case you need to tell the rec center to turn up the volume.

**ALL – Please help our monitors** by having your membership card out and showing it as you go past, we have become aware that there are some attending that are not club members.

**Visitors** – Be aware that an individual can only visit/attend 5 times in a calendar year as a before they need to purchase a club membership.

**Palm Ridge** - Last day for the Monday-Wednesday-Friday 8 am sessions at Palm Ridge will be on Monday, April 29. These sessions will resume in the fall. (The Saturday 9:15 classes will continue through the warm-weather days and are not affected by the Monday-Wednesday-Friday changes).

**ALL** - Please be considerate and do everything possible to help your neighbor to have a wonderful experience in our class. Sometimes we get very crowded at Johnson during the warmer weather and some people become wall-challenged. Please be aware of those near to you and make sure everyone has adequate space to exercise.

Thanks to all and see you at the pool!

Sandra

## **General Membership Meeting and Luncheon**

**April 16, 2024 11:30 am**

**Doors Open at 11 am, meeting begins at noon**

**R. H. Johnson Social Hall East (entrance closest to Fry's)**

**Cost: \$8 - Checks must be received by April 9**

**Theme: Kentucky Derby - Wear Your Derby-Decorated Hats!**

**Bring \$\$\$ for our very popular raffles!**

**Catered by McAlister's Deli**

***McAlister's Box Lunch Choices - Please list your menu selection number on your check***

### **Salads**

#### **#1 Savannah Chopped**

Mixed greens, grilled chicken, dried cranberries, Gorgonzola cheese, honey roasted almonds, tomatoes &

cucumbers. Served with tangy sherry shallot dressing, chips and cookie

#### **#2 Pecan Berry**

Mixed greens, fresh strawberries and blueberries, candied pecans and grilled chicken, served with Fat-Free

Raspberry-Pecan Vinaigrette dressing, chips and cookie.

#### **#3 Grilled Chicken**

Mixed Greens, applewood smoked bacon, grilled chicken, cheddar-jack cheese, tomatoes, cucumbers &

croutons. Served with ranch dressing, chips and cookie.

### **Sandwiches**

#### **#4 Black Angus Roast Beef**

Served on baguette, with provolone, spring mix, and tomatoes. Served with chips, cookie and pickle.

Mayonnaise and mustard on the side.

#### **#5 Garden Fresh Turkey**

Smoked turkey, avocado, spinach, tomato, Swiss and olive oil & balsamic vinaigrette on 9-Grain bread. Served

with chips, cookie and pickle. Mayonnaise and mustard on the side.

#### **#6 Chicken Salad Croissant**

Chicken salad dressed with spring mix and tomatoes served on croissant. \* \*Contains pecans

#### **#7 Veggie Sandwich**

Spinach, tomatoes, crisp cucumbers, red onions, house-roasted multi-colored peppers, avocado and herb

mayo, seasoned with salt & pepper on 9-Grain bread.

**Mail your checks right away-made out to SCW Waterfitness and mail to:**

**SCW Water Fitness  
13940 W. Meeker Blvd, Unit 115  
Box 412  
Sun City West, AZ 85375**

**Deadline for receiving your \$8 payment with your menu choice is April 9.**

*The meeting is open to all members. Please let us know if you will be coming to the meeting and not ordering lunch so we have enough seats.*

**Pools' Schedules**

R.H. Johnson Pool - Monday through Friday at 9 am (outdoors)

Beardsley Pool - Tuesday, Thursday, Friday at 9 am (indoors)

Palm Ridge Pool - Monday, Wednesday, Friday at 8 am through April 29, Saturday at 9:15 am (indoors)

Below are the pools' schedules for April.

Johnson Waterfitness Calendar April 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April 1 Johnson 9am B	2 Johnson 9am C	3 Johnson 9am D	4 Johnson 9am A	5 Johnson 9am B	
	8 Johnson 9am C	9 Johnson 9am D	19 Johnson 9am A	11 Johnson 9am B	12 Johnson 9am C	
	15 Johnson 9am D	16 Johnson 9am A	17 Johnson 9am B	18 Johnson 9am C	19 Johnson 9am D	
	22 Johnson 9am A	23 Johnson 9am B	24 Johnson 9am C	25 Johnson 9am D	26 Johnson 9am A	
	29 Johnson 9am B	30 Johnson 9am C	May 1 Johnson 9am D	2 Johnson 9am A	3 Johnson 9am B	
A, B, C and D refer to the exercise routine CD that will be played on that day. Please refer to our web site for information about each routine. <a href="https://waterfitness.scwclubs.com/">https://waterfitness.scwclubs.com/</a>						

April 2024 Beardsley Waterfitness Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		April 2 Beardsley 9 am A		4 Beardsley 9 am B	5 Beardsley 9 am C	
		9 Beardsley 9 am B		11 Beardsley 9 am C	12 Beardsley 9 am D	
		16 Beardsley 9 am C		18 Beardsley 9 am D	19 Beardsley 9 am A	
		23 Beardsley 9 am D		25 Beardsley 9 am A	26 Beardsley 9 am B	
		30 Beardsley 9 am A		May 2 Beardsley 9 am B	3 Beardsley 9 am C	
A, B, C, and D refer to the exercise routine CD that will be played on that day. Please refer to our web site for information about each routine. <a href="https://waterfitness.scwclubs.com/">https://waterfitness.scwclubs.com/</a>						

**April 2024 Palm Ridge Waterfitness Calendar**

April 29 is the last day for the M-W-F classes. These classes will resume in the fall.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April 1	2	3	4	5	6
	Palm Ridge 8 am A		Palm Ridge 8 am B		Palm Ridge 8 am C	Palm Ridge 9:15 am D
	8	9	10	11	12	13
	Palm Ridge 8 am B		Palm Ridge 8 am C		Palm Ridge 8 am D	Palm Ridge 9:15 am A
	15	16	17	18	19	20
	Palm Ridge 8 am C		Palm Ridge 8 am D		Palm Ridge 8 am A	Palm Ridge 9:15 am B
	22	23	24	25	26	27
	Palm Ridge 8 am D		Palm Ridge 8 am A		Palm Ridge 8 am B	Palm Ridge 9:15 am C
	29	30	May 1	2	3	4
	Palm Ridge 8 am A					Palm Ridge 9:15 am D

A, B, C, and D refer to the exercise routine CD that will be played on that day. Please refer to our web site for information about each routine.

<https://waterfitness.scwclubs.com/>

Attached to the Boom Box are the flash drives and mini-chips for each routine and instructions on how to use them. The routines can be played from either the flash drives or the mini chips. Flash drives are easier to handle, but if it does not work, use the mini chips. Flash drives or mini chips may need to be jiggled or taken in-and-out to get them started. Flash drives should say "usb" in the little window of the Boom Box if reading the flash drive. Mini Chips should say "sd" in the little window of the Boom Box if reading the mini chip. (sd stands for secure digital).