

SUN

MON

TUE

WED

THUR

FRI

SAT

KEY

OTHER
EVENTSKIDS
PROGRAMMINGMEMBER MAGIC &
ANNOUNCEMENTSFITNESS
PROGRAMINGSPECIAL GROUP
EX CLASSTENNIS
PROGRAMMING1 **First Fridays**10:00 - 10:30am
Cycle 1016:30 - 7:30pm
Nia Sampler

2

11:30am - 12:45pm
Yoga 101

3

10:20 - 10:50am
Barre 1012:30 - 3:00pm
BODYPUMP 101

4

**Last Day to Weigh In
for Crazy 8s**1:15 - 1:45pm
Preschool Swim Lessons

5:30 - 6:00pm Cycle 101

6:30 - 7:30pm
Adult Learn-to-Swim

5

6

9:00 - 10:00am
The Flexible Golfer

7

11:00am - 12:30pm
Ultimate Aqua Fitness12:30pm
Healthy Horizons1:15 - 2:15pm
Intermediate
Balance Training

8

7:00am - 6:00pm
Kids Day Off1:00 - 1:30pm
TRX for Seniors6:30 - 7:45pm
Nia Moving to Heal

9

9:00am - 7:00pm
Lifeguard Certification12:00 - 1:00pm
Meditation: How to Still
A Busy Mind

10

9:00am - 7:00pm
Lifeguard Certification

11

Sign up for our March
Madness Pool by
emailing JoyceS@acac.
com

12

13

The Outdoor Rec Pool
opens April 1. Don't
miss a minute - make
sure your membership
includes outdoor water.

14

15

8:00 - 9:30am
Nia Breath and
Movement Masterclass5:30 - 6:00pm
Zumba Kids Party

16

11:30am - 12:30pm
Yoga Nidra1:00 - 2:00pm
Irish Dancing

17

HAPPY
ST. PATRICK'S
DAY!2:00 - 3:00pm
Line Dancing

18

9:00am - 2:30pm
Make Your Own St.
Paddy's Day Trail Mix

19

Donate non-perishable
food to the JRHS Rapid
Relief Pantry in our box
in the lobby by Feb. 24.

20

21

Kids are off school April
1 - 5, but Adventure
Central is open! Book
one day or all five. Call
464-0997.

22

6:30 - 8:30pm
Member-Guest Indoor
Family Pool Party

23

1:30 - 9:30pm
USTA Indoor Mixed
Doubles Tournament5:00 - 11:00pm
Kids Night Out

24

25

26

1:30 - 2:30pm
Laughter Yoga

27

Spring and summer pool
time is near. Get ready
now with private or
group swim lessons.

28

Just a few days left to
purchase a 30 day for
\$30 membership and
support No Kid Hungry

29

30

EVENT DESCRIPTIONS

All group ex class descriptions can be found online in the group class schedule.

Adult Learn-to-Swim	This encouraging and supportive small group class meets twice weekly on Tuesdays and Thursdays for one hour in 4 week sessions. \$200. Ages 16 & up; register at the front desk.
Dolphin Swim Clubs	Gear up for summer with this off-season swim club for 9-12 year olds or Dolphin Senior for 12-19. Must be familiar with all 4 strokes. Meets Mon. & Wed.. 6 week sessions; \$120 Dolphin & \$140 Senior. Register at front desk or in the portal.
First Fridays	Members may bring one guest to the fitness center free of charge. All other acac guest policies apply.
Healthy Horizons	Free for members 60+. Lunch provided. Register at the front desk or in the member portal. Topic is Keeping Bone Health.
Intermediate Balance Training	Learn fun and challenging exercises in a setting that will progressively improve your balance and reduce fall risk and clumsy movements in this 4 week course. \$99. Register in the member portal or at the front desk.
Irish Dancing	Learn to Irish dance just in time for St. Patrick's Day! Traditional soft shoe dances will be taught, including the reel, light jib and ceili. No dance experience or special shoes required. Free; no registration required.
Kids Day Off	Chesterfield County schools are closed but we're open for a day of fun! \$50. Register in the member portal or with the Adventure Central or front desks.
Kids Night Out	Kids can join us for fun while parents enjoy a night out. Pizza dinner included. \$25. Register in the member portal or at the Adventure Central or front desks.
Lifeguard Certification	Become a Red Cross certified Lifeguard through this two day course. E-mail ml-aquatics@acac.com for more details.
March Madness Pool	Join GM Joyce Steed for our 4th annual pool to celebrate March Madness. Email Joyce to participate at JoyceS@acac.com and she will email you an invitation from the CBS Sports website. The pool is only for acac members and you may only enter once. The winner of the pool will receive 3 months of free membership. Second will receive 1 month or a \$75 gift card. Third will receive a \$50 acac gift card. Pick a perfect bracket and win your membership for life.
Marlin Swim Club	Keep them swimming even when it's cold outside. This swim club is for ages 5 - 8 who can swim the length of the pool. It meets Tues. & Thurs., 6 week sessions; \$120. Register at the front desk or in the member portal.
Meditation: How to Still a Busy Mind	This one hour session will begin with mindful breathing techniques then lead you through short guided and silent meditations as you learn to calm the mind. Dress comfortably. Free; no registration required.
Member-Guest Indoor Family Pool Party	Invite a guest family and attend our Indoor Family Pool Party! There will be pizza and entertainment provided. Member family must bring a guest family to attend free. Limited capacity; registration online required.
Nia Breath and Movement Masterclass	Join International Nia and Transformation Breath Trainer Adelle Brewer as she shares how the power of breath combined with the way YOUR body moves is exponentially powerful for your workout and your healing. Free; no registration required.
Preschool Swim Lessons	Conveniently scheduled after Preschool on Mondays and Wednesdays for 3 to 6 year olds. \$120 for 4 week session. Register at the front desk or in the member portal.
The Flexible Golfer	Get your game ready! This golf training program will improve your flexibility and muscular endurance while arming you with a proper warm-up to take out onto the green. \$99 for 4 week course. Register at the front desk or in the member portal.
TRX for Seniors	This 30 minute program will progress each week while increasing participants' strength, mobility and balance. \$79 for 4 week series. Register at the front desk or in the member portal.
Ultimate Aqua Fitness	Have fun competing in team interval drills while you increase muscle toning by utilizing the "super set" method, increase aerobic capacity and reach weight loss goals in this 4 week course. \$100; register at the front desk or in the portal.
USTA Mixed Indoor Doubles	Sanctioned tournament featuring two draws with two matches guaranteed! 7.5 & below starts at 1:30pm, and 8.0 & above at 5:30pm. \$28/player; register at tennislink.usta.com using tournament ID 300003619.