

FALL 2019
SEPTEMBER 3RD - DECEMBER 3RD

Spire Fit Newsletter

HOURS OF OPERATION

FITNESS CENTER

Monday-Thursday	5:45 am - 9:00 pm
Friday	5:45 am - 8:00 pm
Saturday	8:00 am - 4:00 pm
Sunday	10:00 am - 2:00 pm

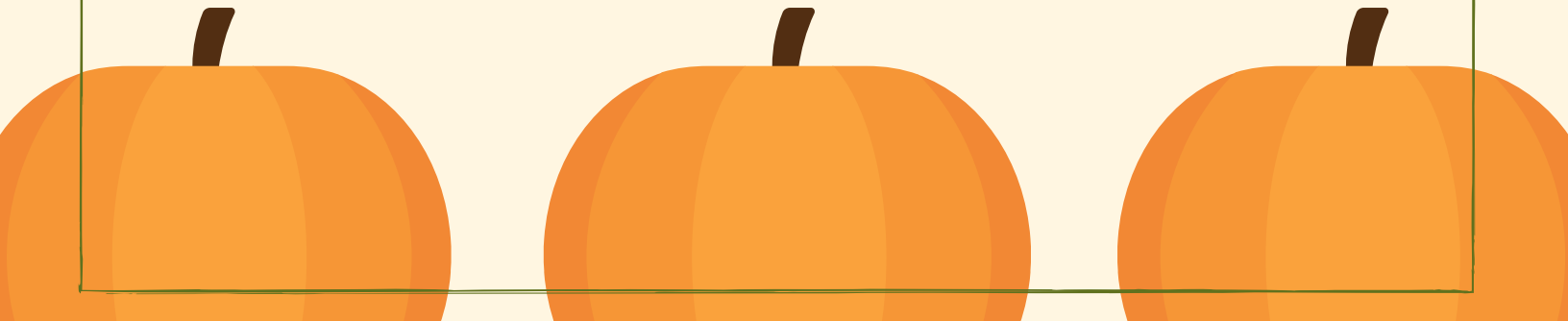
RECREATION POOL

Monday-Thursday	8:00 am - 8:30 pm
Friday	8:00 am - 7:30 pm
Saturday	8:00 am - 3:30 pm
Sunday	10:00 am - 1:30 pm

COMPETITION POOL

Monday-Thursday	5:30 am-10 am/3 pm-8:30 pm
Friday	5:30 am-10 am/3 pm-7:30 pm
Saturday	9:00 am - 12:00 pm
Sunday	10:00 am - 1:30 pm

Pools close 30 minutes prior to building closing. Times listed are pool closing times not building closing. Hours subject to change. Please refer to Pool Closings for any special hours.





UPCOMING CLOSURES & HOLIDAY HOURS

October 12th

Competition Pool
CLOSED

November 2nd - 3rd

Competition Pool
CLOSED

November 16th

Competition Pool
CLOSED

November 22nd - 24th

Aquatics Facility (Both Pools)
CLOSED

November 28th



SPIRE Campus is Closed.
Happy Thanksgiving!

November 29th

SPIRE Fit and Aquatics
will open at 8 am!



** Reminder: High School Swim Season starts October 25th, there will be limited space in the competition pool.**

Land & Water Group Exercise Classes

Fall 2019

Check in at
SPIRE Fit
for special pricing for
Aqua Zumba &
Water Fusion

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Splash #1 8:15 am - 9 am		Silver Splash #1 8:15 am - 9 am		Silver Splash #1 8:15 am - 9 am	Pilates Class 8 am - 9 am
Water Aerobics (Deep) 9:15 am - 10 am	Cycle Express 9 am - 10 am	Water Aerobics (Deep) 9:15 am - 10 am	Cycle Express 9 am - 10 am	Water Aerobics (Deep) 9:15 am - 10 am	Total Body Fitness 9 am - 10 am
Silver Splash #2 10:15 am - 11 am	Circuit Express 10 am - 10:30 am	Silver Splash #2 10:15 am - 11 am	Circuit Express 10 am - 10:30 am	Silver Splash #2 10:15 am - 11 am	Cycle Express 10 am - 11 am
	Aqua Zumba 10 am - 10:45 am		Aqua Zumba 10 am - 10:45 am		
	Yoga 10:30 am - 11:30 am		Yoga 10:30 am - 11:30 am		
Tai Chi 11 am - 12 m	Silver Sneakers Classic 11:30 am - 12:15 pm				
	Senior Cycle 12:15 pm - 12:30 pm				
			Brick 4 pm - 5:30 pm		
	Stairs 101 5 pm - 5:30 pm	Total Body Fitness 5 pm - 6 pm			
	Water Fusion 6:15 pm - 7:15 pm		Water Fusion 6:15 pm - 7:15 pm		

Highlighted Classes:

Members FREE
Non members \$5

Drop in Rates for Paid

Classes:

Members \$4
Non Members \$8

5 Paid Class Punch

Passes:

Members \$15
Non Members \$30

Punch Passes Expire 2 months
after Purchase Date

ALL Class Participants must register at SPIRE Fit PRIOR to taking a Class
Classes Not Maintaining to 4 person Minimum will be Cancelled

Group Exercise Class Description

Aqua Zumba (Paid Class)

Do you enjoy the water? Do you enjoy dancing? Want to tone your body while also getting a cardio workout? Then try Aqua Zumba! In Aqua Zumba you will work on full body toning by using the resistance of the water. You will also work on your cardiorespiratory system by dancing to fun, upbeat songs. It will feel more like a dance party than a workout class.

This class is all in the shallow end of the water so no swimming ability required. Join the dance party!

Brick (Paid Class)

Alternation cycling and running/jogging for 15 minutes at a time.

Chisel Your Middle (Free to Members)

This 30 minute class is designed as an intense workout that effectively targets the entire abdominal and back region. Crunch it into your busy schedule to get the results you have longed for.

Circuit Express (Free to Members)

Open to all levels, this circuit is designed to get results in a short time. Cardio and strength are worked.

Cycle Express (Free to Members)

Open to all levels, this shortened version of our cycle class is sure to get you back in form in less time.

Cycle (Paid Class)

Open to all levels. This indoor cycling class will take you on a ride through the flat lands to mountain tops. Since you control your own pace and resistance, you can make this workout as easy or as challenging as you desire.

MAX PARTICIPANTS: 10.

Senior Cycle (Free to Members)

This 15 minute class will get your body moving. Proper form and cycling techniques are a focus along with aerobic conditioning.

SilverSneakers Classic (Free to Members)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic bands with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Don't forget your water bottle!

SilverSneakers Splash (Free to Members)

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability required, and a Silversneaker kick board or other aquatic equipment is used to improve strength, balance and coordination.

Tai Chi (Paid Class)

Tai Chi is an ancient Chinese Martial Art that increases health, well being, vitality, and longevity

Total Body Fitness (Paid Class)

This high energy and high intensity total body workout uses plyometrics, calisthenics and more to push you to your limit. Get ready to boost your cardio and strength, modified exercises are provided to take the class to your level. No coordination needed.

Water Fusion (Paid Class)

Tone and sculpt your body without impact to your joints. Water fusion is a blend of cardio and resistance training, and it incorporates resistance tools such as buoyant water weights and noodles.

Yoga (Paid Class)

Lengthen and strengthen your muscles and calm your mind in this basic yoga class. Great for all levels.

Stairs 101 (Free to Members)

Using the indoor track stadium stairs you will go down and back at your own pace while incorporating exercises along the way.

Learn more about our Personal Training Programs

Individual Personal Training

Our certified personal trainers use their knowledge of proven exercise principles and specialized training techniques to help you achieve your goals. Your workouts will be designed specifically for you to optimize your time in the gym. All packages, excluding single session, come with a free body composition analysis with calipers and circumference measurements. *All trainers have a minimum of a bachelors degree in the field.*

Group Personal Training

Our certified personal trainers will work with you and one to two others to design and implement a program customized to the desires of your group. Fee is per person. All packages, excluding single session, come with a free body composition analysis with calipers and circumference measurements.

Personal Exercise Program

Rather work out at your own time and pace but need guidance? OUR PE program is perfect for you. Meet two times with our personal trainer to develop a training plan to reach your goals. During the first meeting, your trainer will conduct the initial assessment, go over goals and likes/dislikes to exercise and more. They will then take this information and create a six-week program for you. During the second meeting, your trainer will take you through the program and answer any questions you have. The trainer will check in with you periodically to answer any questions that may arise.





SPIRE Striders

When:

Every Monday through Friday

8:00 am to 4:00 pm

Where:

Field and Courts Building

at SPIRE Institute

Cost:

\$1 per day

or \$15 per month

FREE to SilverSneakers and SPIRE Fit Members

Registration at SPIRE Fit Required

Contact 440-466-1002 ext. 144 for more information!



SPIRE Swim Lessons

Fall 2019

Tuesdays & Thursdays

Morning Classes

Parent & Child	9:00 am - 9:30 am
Preschool 1	9:45 am - 10:15 am
Preschool 2	10:30 am - 11:00 am

Evening Classes

Preschool 1	5:00 pm - 5:30 pm
Learn to Swim 1	5:00 pm - 5:45 pm
Learn to Swim 3	5:00 pm - 5:45 pm
Preschool 2	5:45 pm - 6:15 pm
Learn to Swim 2	6:00 pm - 6:45 pm
Learn to Swim 4	6:00 pm - 6:45 pm
Preschool 3	6:30 pm - 7:00 pm
Learn to Swim 5	7:00 pm - 7:45 pm

Saturdays

Parent and Child	9:00 am - 9:30 am
Preschool 1	9:00 am - 9:30 am
Learn to Swim 2	9:00 am - 9:45 am
Preschool 2	9:45 am - 10:15 am
Learn to Swim 1	10:00 am - 10:45 am
Learn to Swim 3	10:00 am - 10:45 am
Preschool 3	10:30 am - 11:00 am
Learn to Swim 4	11:00 am - 11:45 am
Learn to Swim 5	11:00 am - 11:45 am

Stay tuned for holiday swim lesson times and dates at the end of September

Sessions:

Date of Sessions:

No Classes on:

June Session	June 17th to June 27th
July Session	July 15th to July 25th
August Session	August 12th to August 27th

** No Refunds or make ups for missed classes; some classes may be combined to meet 3 person minimum**

Registration details

Early Registration	June Session - May 6th to May 25th July Session - June 16th to June 22nd August Session - July 14th to July 20th	\$35 member / \$55 non-member
Open Registration	June Session - May 26th to June 8th July Session - June 23rd to July 6th August Session - July 21st to August 3rd	\$45 member / \$65 non-member
Late Registration	June Session - June 9th to June 15th July Session - July 7th to July 13th August Session - August 4th to August 10th	\$55 member / \$75 non-member

Visit the SPIRE Fit Desk to Register your children
For more information or for any questions, feel free to contact us at:
swimlessons@spireinstitute.org

Swim Lessons Class Descriptions

Parent/Child (ages 6-36 months)

Must be at least 6 months old and accompanied by a parent/guardian. This program helps children become comfortable in and around the water. In this program, parents will learn different support and holding techniques as well as how to help children learn and practice skills appropriate for their age.

Preschool Aquatics 1

This class is designed for children who do not have previous experience in a structured class setting or being away from their parents/guardians in the water. Children will work on basic swimming skills to become comfortable in the water. Skills will be learned through play and incidental learning to encourage a fun and enjoyable experience in the water. Preschool 1 introduces basic aquatic skills. In addition, children start developing positive attitudes and safe practices around the water in Preschool Aquatics 1. There is no prerequisite required for this class.

Preschool Aquatics 2

The objective of Preschool 2 is to further develop basic aquatic skills. Children begin to perform these skills at a slightly more advanced level (for example: for longer lengths of time, for longer distances or in deeper water). Many skills in Preschool 1 are performed with assistance. Preschool 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes. Successful completion of Preschool Aquatics Level 1, or prior approval is required to take this class.

Preschool Aquatics 3

The objective of Preschool 3 is to increase children's proficiency in performing previously learned skills. This is accomplished by providing additional guided practice and increasing repetitions, distances, times or levels of refinement. The skills in Level 3 are performed independently. Children improve their coordination and control of combined simultaneous arm and leg actions and alternating arm and leg actions. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced. Successful completion of Preschool Aquatics Level 1, or prior approval is required to take this class.

Swim Lessons Class Descriptions

Learn to Swim Level 1

Introduction to Water Skills

This class is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

Learn to Swim Level 2

Fundamental Aquatic Skills

This class is designed for children who have successfully completed Level 1: Introduction to Water Skills. Learn to Swim Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Learn to Swim Level 3

Stroke Development

This class builds on the skills learned in Levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary and proficient levels, and are introduced to dolphin kicks. Upon successful completion of Level 3, participants will have achieved basic water competency in a pool environment.

Learn to Swim Level 4

Stroke Improvement

This class is designed for children who have successfully completed Level 3. In Level 4, participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned breaststroke kick to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall.

Learn to Swim Level 5

Stroke Refinement

The objective of stroke refinement develops performance of all 5 strokes and increases students' endurance to improve their distances. This level will also focus on the technique needed to be successful in Swim Team. Flip turns are introduced.



SPIRE Fit & Aquatics Reminders



Stay up to date on everything SPIRE related at
spireinstitute.org
and remember to like us on Facebook!

**Any time you receive a new credit/debit card,
please come into SPIRE Fit to update your
account! There is a \$50 fee for any returned
drafts if this is not updated.**

**Remember to Check Your Emails for all SPIRE
Fit & Aquatics Updates!!**

