



# Journey To Fitness HOLIDAY Newsletter

Barron Area Community Center , Inc.  
800 Memorial Drive  
Barron, WI 54812  
www.thebacc.com

"Like" the Barron Area Community Center (BACC) on Facebook to keep up on the latest happenings around the center.

## GIVE THE GIFT OF FITNESS



If you are stumped on what to get your loved one for a holiday present, the BACC offers gift certificates in all amounts and punch cards for all ages to enjoy.

Kwik Trip Cards also available - a great stocking stuffer

## January Special

During the month of January, walking punch cards can be purchased for the special price of

**\$15 for 10 punches!**  
(Limit: 3 per person)

Anyone who purchases a punch card will be entered into a drawing to win a **FREE year of walking!**



**Holiday Hours**

**Christmas Eve**

Closed

**Christmas Day**

Closed

Merry Christmas!

**New Years Eve**

Closing at 3pm

**New Years Day**

Closed

Happy New Year!

## Golden Bear Bench Press Classic

Saturday, December 10, 2011 at the Barron Area Community Center



Proceeds will go to Barron County Gifts From the Heart. Last year's contest was a huge success! Weight lifters from around the area will be participating in this event.

For more information or to register, call Steve Fronk at 715-205-1798.

## ~December Specials~

Coupon must be presented to Front Desk Staff in order for discount to apply

### Every Monday

**New 3 Month Membership**

Individual - \$105  
(Regularly \$130)

Couple - \$160  
(Regularly \$185)

Family - \$190  
(Regularly \$215)

### Every Tuesday

**20% Off  
All Punch  
Cards**

### Every Wednesday

**Bring a guest  
for FREE**

### Every Thursday

**2 for 1  
Discount Swim  
or Gym  
(6:00pm - 8:00pm)**

### Every Friday

**Free  
Walking**

# CHILDREN'S ACTIVITIES

## Holiday Party

Monday, December 12, 2011

3:30pm-6:30pm

\$5 per person



Local businesses will be present for the children to shop for their loved ones. Prices will range from \$1.00 - \$10.00 and wrapping is available at no extra cost. Shopping money is not included in the \$5/per person fee. Santa will also be available for the children to get their picture taken with him.

Pizza, chips, & drink served

""Beethoven's Christmas Adventure" (Rated G) showing in the Theater

Treat bags handed out after movie

Hope to see you there!

## Daddy Daughter Dance

Join the fun on Saturday, March 3rd from 6-8pm, when the BACC hosts it's annual Daddy Daughter Dance! Cost is \$10 per dad and daughter if registered before February 22nd. Registrations after February 22nd will be \$20 per dad and daughter.

Girls may also be escorted by their grandpa, uncle, etc. Please bring a non-perishable food item for the food pantry.

\*\*A special evening for little girls to dress up and spend quality time with that special man in their life.\*\*



# AQUATICS

## \*\*POOL CLOSING\*\*

Pool contractor is scheduled for pool repairs from December 7th - December 25th. The pool, whirlpool, and sauna will be closed during this time for repairs.

We will keep you updated if these dates change.

Check our website for updates or call 715-537-6666.



### Additional Discounted Holiday Pool /gym Hours

Monday, December 26: 1pm-4pm

Tuesday, December 27: 1pm-4pm

Wednesday, December 28: 1pm-4pm

Thursday, December 29: 1pm - 4pm

Friday, December 30: 1pm - 4pm

### Swim Lessons

*Because of pool repairs, winter swim lessons have not yet been scheduled. If interested call the BACC to be put on an interest list and we will contact you when the lessons are scheduled.*

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# A Scandinavian Christmas Concert

**Ross Sutter and Friends**

**Wednesday, December 28th - 7:00pm**

**\$6 per adult \$3 per student (18 & under)**

Swedish trio: Cheryl Paschke on fiddle and nyckelharpa, Marya Hart on piano and Ross Sutter on vocals, accordion, dulcimer, and guitar.

Fjell och Fjord: Norwegian youth dancers lead by master dancer Carol Sersland

The Twin Cities Hardingfelelag: Group of Norwegian Fiddlers

Gammal Dancers: Carol Sersland and Bruce Bostrum will dance traditional Swedish and Norwegian couple dances

The various groups will take turns in each half of the show performing Scandinavian dances, tunes, and songs. In addition, the groups would also work together in different combinations to add variety culminating in a grand finale at the end of the show with all of the musicians and dancers on stage.

**\*Assisted listening devices available\***

## Coed Volleyball League

Starting again  
in March

Watch for more  
information



## Insanely Early Basketball

Every Tuesday and 1st & 3rd

Thursday of the month

5:45am - 7:00am

Pick-up Style Basketball

**Anyone** can play, just show up!

## Classes Currently Offered at the BACC

(Watch the Website for class cancellations or substitutions)

<b>Monday</b>	6:30am: Water Aerobics 8:30am: Yoga
<b>Tuesday</b>	6:15am: Flex Power 8:00am: Water Aerobics 5:30pm: Aqua Jogging
<b>Wednesday</b>	6:30am: Water Aerobics 8:30am: Yoga 5:30pm: Power Yoga
<b>Thursday</b>	6:15am: Flex Power 8:00am: Water Aerobics 5:15pm: Boot Camp 5:30pm: Aqua Jogging
<b>Friday</b>	6:30am: Water Aerobics 8:30am: Yoga
<b>Saturday</b>	8:00am: Water Aerobics

## RACQUETBALL LEAGUE

Sign-up now at the  
BACC Front Desk

**League starts week of  
January 8th**

\$5/members

\$25 for non-members



Beginner, Intermediate, and  
Advanced Leagues Available

(Each league must have a minimum of six people.)

# ← LEAGUE & CLASS INFORMATION →

# **BACC Legacy Society**

**Committed to ensuring the future of the BACC through planned giving.**

- The Legacy Society is a recognition of those who have named the BACC as the beneficiary of any type of planned or deferred gift...and who choose to be recognized.
- We recognize the Legacy Society Members in our newsletters, annual reports and event programs. Legacy Society Members will have their names permanently engraved on a plaque displayed within the BACC.
- If you have a provision in your estate plan to make a gift to the BACC, and are willing to participate in the Legacy Society, please contact Angie Buckley, Executive Director of the BACC.

## **Legacy Society Members**

**\*Loretta Kuhl      \*Prescott and Dorothy Solie      \*Joseph "Joey" Nelson**  
**\*Nyles and Ruth Ellefson      \*Don and Sandi Peterson      \*Norm Anderson**

## **WORK OUT FOR FREE!**

The Barron Area Community Center is now a participating SilverSneakers fitness center.

The SilverSneakers Fitness Program is offered by leading Medicare health plans and Medicare Supplement carriers throughout the county. See if your health plan or Medicare Supplement carrier offers SilverSneakers. If your plan does not offer SilverSneakers call your plan's customer service department and ask when it will add this valuable benefit!

