

October Updates

T&C SPORTS AND HEALTH CLUB

As the seasons begin to change, we are hopeful that everyone continues to stay safe and healthy during these trying times!
PLEASE continue to wear your mask when entering and exiting our facility for the protection of yourself and others! We have some **NEW** and exciting updates for our T&C community below.

Yours in Sports and Health,
T&C Management

Group Fitness Reminders & Updates

- 1) You **MUST** pre-register for classes since spaces are limited. You can use the new app, member portal online or call/stop by front desk to sign up!
- 2) In an effort to limit no-shows taking a spot in a class, starting Monday, October 5th we will be implementing a no-show fee of \$2/class
- 3) Priority for classes goes to those that have pre-registered. Walk ups will be on a first come, first served basis.
- 4) You can register for any class up to two weeks in advance



UPDATED CHILDCARE INFORMATION

- 1) Starting on Saturday October 3rd, Saturday childcare will be available from 9am-12pm
- 2) In an effort to limit no-shows taking a spot in the nursery, starting Monday, October 5th we will be implementing a no-show fee of \$2/visit
- 3) Reservations are required as space is limited
- 4) Reservations can be done up to two days in advance either online in the member portal or by calling/stopping by the Front Desk (Nursery reservations cannot be made through the T&C APP)
- 5) Now accepting infants
- 6) Diaper changes are responsibility of parent/guardian and staff will maintain limited contact with infants

T&C HEALTH CLUB NOW OFFERING LIGHT SNACKS AND DRINKS!

We are now offering light snacks and drinks at the front desk! Everything from breakfast bars, chips, protein bars, crackers, Body Armor, Core Power, Powerades, and even White Claw and Michelob Ultra!

After your workout, grab a protein bar and a White Claw, give yourself a pat on the back and hang out with us in the lounge area while you cool down!



Indoor Soccer

Registration NOW OPEN!

Adult and Youth Leagues Starting in November

DEADLINE TO REGISTER: OCTOBER 21ST

ADULT SOCCER

YOUTH SOCCER



MORE PICKLEBALL COMING YOUR WAY!

T&C currently offers Pickleball on Tuesdays and Thursdays from 9am-12pm. It is \$2/member or \$5/guest. Starting the week of October 5th, we will have TWO NEW nights of Pickleball Play for the month of October:

Wednesdays - 3:30pm-5:30pm
Fridays - 5pm-8pm

PICKLEBALL

Purchase an Annual Pickleball Pass TODAY and SAVE!

Infant Self-Rescue begins Sept. 28th

Infant Self-Rescue begins on Monday September 28th! Infant Swimming Resource's Self-Rescue™ program, teaches children from 6 months to 6 years of age how to survive if they were to reach the water alone. Don't be alarmed and for more info [CLICK HERE!](#)

Lessons will be offered Monday-Friday from 4:30pm-6:30pm in the warm water pool. Only a small section of the pool will be used for 10-minute sessions, therefore the pool will remain open for member usage.



NKYVC Clinics & Tryouts start in October!

Ages 8U-18U are welcome to Northern Kentucky Youth Volleyball Club (NKYVC) tryouts starting in October! Get your athletes registered TODAY!

NKYVC



Tanning beds to be removed effective January 1st 2021

Effective January 1st 2021, we will be removing the tanning beds entirely. We encourage anyone with an outstanding tanning package to utilize before this time. Single tanning visits will continue to be sold until effective date. There will be no refunds for unused tanning packages.



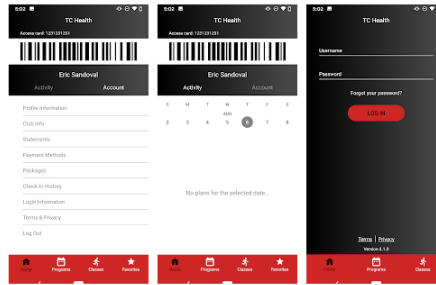
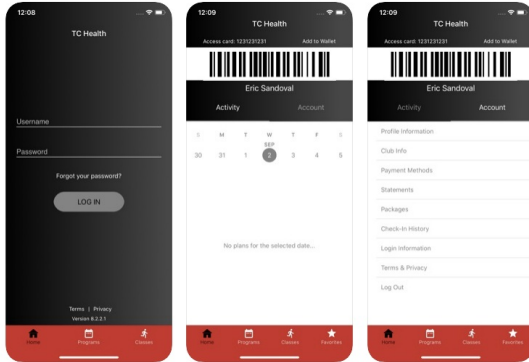
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Check out these awesome features to help you reach your health & fitness goals:
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- Class Schedules: View all group fitness classes & register for them, right here on the app!
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DOWNLOAD THE NEW APP FOR APPLE OR ANDROID TODAY!

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