

TOWN & COUNTRY'S GREAT PROGRAMS



1018 Town Drive Wilder, KY 41076 -- (859) 442-5800 --www.towncountrysports.com

Town & Country's Health Club Expanded Year Round Hours are:

Monday – Thursday:	6 am – 10 pm
Friday:	6 am – 9 pm
Saturday:	8 am – 6 pm
Sunday:	10 am – 6 pm

ALL MEMBER ACTIVITIES:

- **Summer Member Appreciation Days** (June 1 – August 31, 2009)
 - Wednesdays: FREE Rock Climbing (5-7pm)! (Limit 6 climbs/member/day)
 - Thursdays: FREE Guest Day! (Limit one guest/member/day)
 - Saturdays: FREE Aeroball! (Limit 10 minutes while others are waiting)
 - Sundays: FREE Tanning! (Limit one tanning/member/day)
- **Summer Camps** at Town & Country are the best choice for children in the area, offering fun-filled fitness half and/or full DAY Camps, Magic Camps, Art Camps, and so much more! If SPORTS is their thing, Town & Country is also the perfect place for them; offering many sports specific and athletic performance enhancement camps: Soccer, Volleyball, Basketball, and Golf. Please pick up a Camp brochure at the club, check details online at www.towncountrysports.com, call (859) 442-5800 or email tcmembership2@fuse.net with any questions.
- **The Summer Games at Town & Country** – We lost the weight in the “Biggest Loser”; we traveled to Maine in the “Amazing Race”; now it is time for the Summer Games! Town & Country's Summer Games Healthy Lifestyle Program is a highly discounted 7-week guided group training program and/or Olympic Style Competition Day. The training will begin the week of July 6, 2009. The Olympic Events Day will be Saturday, August 22nd and include: cross country run, swimming, sprinting, throwing, lifting, team events, just for fun events and more! Both the training and events are open to members and non-members, with members receiving a discount. (Please note that participants may participate in the training and/or events.)
 - Call (859) 442-5800 or stop by the Member Service Desk before July 3 to sign-up. Several training groups are available at various days and times, but some fill up quickly, we recommend early registration. Payment is due at the time of registration.
- **Town & Country Amazing Race Results** – Congratulations to all members who participated in the Amazing Race Healthy Lifestyle Program! It was a challenging competition. The teams of two raced over 1000 miles, the equivalent distance from Town & Country to Bangor, Maine. Way to go!
 - Congratulations to the Winners: Kimberly Bahr and Nikki White!
 - Saturday, June 27th (6:30pm) a celebration has been schedule for all participants and their supporters at Town & Country in the Sports Library, followed by FREE admission to the Kings Soccer Game (on outdoor soccer field at 7:30pm) with a special half-time awards segment for the Amazing Racers!
- **Massage Therapy** is available at the club; enjoy a relaxing therapeutic or sports one-hour massage \$50/members and \$55/non-members.

(Over)

- **Outdoor Golf Center** features a 7 acre Driving Range, 21 Covered Tee Boxes, 18 Hole Miniature Golf Course, New Tee Mats, New Short Game Area including Putting and Chipping Green and New Hitting Targets. Health Club members receive a discount on 1-year unlimited passes and pre-paid 10 bucket packages. Gift certificates are available. Specials for the 2009 Golf Season include:
 - Half Price Wednesdays (1-4 pm) – enjoy half off of any size bucket of balls or any 1 round of mini golf.
 - \$10 Family Sundays Miniature Golf – All day on Sundays, the cost for the entire family to play a round of miniature golf is just \$10!
 - Ladies Instructional Clinics, Adult Learn to Golf Clinics, Girls Instructional Clinics, and Boys & Girls Instructional Clinics. Please pick up a 2009 Golf Center brochure or look online www.towncountrysports.com for complete details on these great clinics.
 - Summer Golf Camps – choose from 8 weekly sessions for ages 7-10 or ages 11-14. Each morning for 5 consecutive days, all aspects of golf will be covered. Please pick up a 2009 Summer Camp brochure or look online www.towncountrysports.com for complete details on Town & Country Summer Camps.
- **Xtreme Paintball** current “Open Play” times are Saturday 6 pm – 8 pm weather permitting; just show up at Town & Country's Golf Range Clubhouse to pay and for orientation. (Please note: Paintball is available for those ages 10 and up, and players under the age of 18 must have a waiver signed by a parent prior to play.)
 - Paintball is also great for groups and parties (Birthday Parties, Bachelor Parties, Church/Youth Groups/College Intramurals, and Company/Corporate Outings). To arrange an outing or party, please contact Bobby Hussey at (859) 442-5800 or tcathletics@fuse.net. Outings can be scheduled at anytime.
 - **Upcoming Paintball Events**
 - July 3rd & August 21st - Hawaiian Luau Nights – 6pm – 9pm
 - Flowered Shirts / or Tropical Attire Recommended
- **FREE Cincinnati Kings Games** Home Games (on the large outdoor field at Town & Country) are FREE all summer! Come and enjoy a game with your family or friends at no cost! Visit www.kingssa.com to view the men’s team schedule.
- **FREE Fitness Orientations** with Town & Country’s nationally certified personal trainers are available to members by appointment. To schedule an appointment, please use the sign-up sheet located on the personal trainers’ desk in the weight room or contact a Personal Trainer at (859) 442-5800.
- **Private & Semi-Private Swim Lessons** taught by certified instructors cost \$20/half hour class, packages are also available.
- **FREE Michelob Ultra Fitness Challenge**. Take the Ultra Fitness Challenge by completing 30 workouts in 90 days. Workouts are verified by your check-ins (using the member keypad at the front entrance). Ask us when you want to track your progress or when you complete your Challenge to receive a FREE Michelob Ultra Fitness Challenge T-Shirt and your name in the next member newsletter. Complete the Ultra Fitness Challenge a second time and receive a Michelob Ultra Water Bottle!
- **Spinning Reservation Policy** for Monday & Wednesday night classes (on a trial basis) to help ensure fairness. To reserve a spot in one of the two classes offered, a member may make a reservation at the member service desk the day prior to the class. (Members can start making reservations at 10am on Sundays and 6am on Tuesdays.)

(Over)

ADULT ACTIVITIES:

- **Ballroom Dancing** is a 4-week program. We are getting ready for the next session. For more information please contact Jan at (859)442-5800 or email tcprograms@fuse.net.
- **Adult Swim Lessons** Swimming is a GREAT way to change up your work out routine and is a life long skill everyone should know. Contact April at (859)442-5800 or email tcmembership1@fuse.net for additional information.
- **Lap Swim** Come and swim laps with other adults. Workouts are provided on the pool deck next to the group aqua class sign in sheets. Monday & Wednesday 6am – 7am and Tuesday & Thursday 8pm – 9pm. There will NOT be a coach on the deck. Contact April at (859) 442-5800 or email tcmembership1@fuse.net for additional information.
- **Basketball Leagues** Town & Country is offering Men's Summer Session Sunday night leagues. This Basketball Session consists of 8 games concluding with a tournament for the top 4 teams. The Entry fee is \$260 + \$50 refundable ref fee. T-shirts will be awarded to the tournament champions. Registration is due by June 29th.
- **Soccer Leagues** Sign your team up to compete in one of Town & Country's Adult Soccer Leagues. Town & Country is the perfect place for your team to experience competitive play. There are select or recreational leagues for Men, Women, and COED. There are also a variety of age groups to choose from based on your team members' ages: Men's 30+, Men's 35+, Men's Open, Women's 30+, Women's 35+, Women's Open, COED 30+, COED 35+, and COED Open. (30+ Leagues may roster 2 players' ages 25-29 and 35+ Leagues may roster 2 players age 30-34.) Registration forms are available at the Club and online www.towntrysports.com or at the Club. Contact Soccer Director, Jeremy Robertson, at (859) 442-5800 or email him at tcsoccer@fuse.net with any questions.

GOLDEN AGE ADULT ACTIVITIES:

- **Warm Water Aqua Aerobics Fitness Class** (Monday – Friday mornings).
- **Senior Fit Class** (Thursdays at 10:30am).
- **Senior Stretch Fitness Class** (Mondays at 10:30am).
- **TI-GONG Fitness Class** (Wednesdays at 10:30am).

ATHLETE TRAINING

- **Sports Specific Training & Performance Enhancement** Are you a SERIOUS ATHLETE? Do you want to become a key competitor in your sport? Do you need help getting in shape for the upcoming season? Are you a coach that wants your team to do Off-Season Training? A Town & Country Sports Specific Training program could be just what the doctor ordered.
- Call Paul Bodenbach or Jeremy Hardin at (859) 442-5800 or tcfitness@fuse.net to learn more about this exciting program or with any questions.
- The area's premier Summer Camps for athlete conditioning and enhancement will be offered at Town & Country, please pick up a camp brochure or call Paul Bodenbach for details at (859) 442-5800.

(Over)

CHILDREN'S ACTIVITIES:

- **Summer Camps** at Town & Country are the best choice for children in the area, offering fun-filled fitness half and/or full DAY Camps, Magic Camps, Art Camps, and so much more! If SPORTS is their thing, Town & Country is also the perfect place for them; offering many sports specific and athletic performance enhancement camps: Soccer, Volleyball, Basketball, and Golf. Please pick up a Camp brochure at the club, check details online at www.towncountrysports.com or call (859) 442-5800 or email tcmembership2@fuse.net with any questions.
 - **2009 Summer Camps Include:** Magic Camp, Day Camps, Digital Photography Camp, and Art Camps, Athletic Performance Enhancement Camps, All Sports & Adventure Camps, Kings Soccer Camps, Volleyball Camp, Stowers Basketball Camps, Kevin Listerman Basketball Guards Camp, Golf Camps, Paintball Camps, and Tiny Tots Adventure Camps.
- **Kids Fitness Arcade** is now open with age appropriate innovative games and equipment, please schedule a Free Jr. Member Fitness Orientation with a personal trainer (the sign up sheet is located in the weight room on the trainer's desk) if you would like to learn the best way for you to utilize the area.
- **FREE Kids' Club** (ages 6-13) is suspended for the summer months and will resume this fall new & improved!
- **FREE Kids' Fitness & Conditioning Club** (ages 6-13) will be suspended during the summer months and will resume this fall.
- **Birthday Parties** For ages 6 and up 2 hour adventure parties are offered 10 children or more and are land or pool based they include themed cake, drinks, pizza, party room and balloons. (Miniature golf is also available seasonally.) Brochures are available at the club and online. Contact Program Director, Jan, at tcprograms@fuse.net or (859) 442-5800 to book your next party today!
- **Paintball Birthday Parties** now available for children ages 10 and up! Contact Bobby via email at tcathletics@fuse.net or call (859) 442-5800 party options, pricing or to book a paintball party.
- **Swimming Lessons** 8-week sessions are offered year-round under the direction of Red Cross certified instructors. Lessons are offered for children ages 6 months+ and for adults. Private and Semi-Private swim lessons are also available for all ages. Free evaluations are offered if you are unsure which level is best for you or your child. Registration and brochures are available at the member service desk. Contact April with any questions at tcmembership1@fuse.net or (859) 442-5800.
 - Next Swim Lesson Sessions:
 - Summer Session B. Classes begin the week of July 6, 2009. Pre-registration is required.
 - Fall Session 1. Classes begin the week of August 24, 2009. Pre-registration is required.
 - Fall Session 2. Classes begin the week of November 2, 2009. Pre-registration is required.
- **Nishime Family Karate** is offered at Town & Country on Tuesdays and Thursdays by a teaching team with patience, skill, experience and dedication that is committed to helping you and your child set goals and achieve them through friendly, helpful teaching methods. Nishime Family Karate knows that life can be stressful. That's why we make classes interesting and use a positive approach to teaching to encourage our students to do their best and keep them motivated toward reaching their goals. When you come to Nishime Family Karate at Town & Country, you will meet friendly, helpful people and have a great time while you learn self-defense and improve your health and fitness.
 - "Mighty Mites" class (ages 4-6) meets Tuesdays and Thursdays from 5:15-5:45pm.
 - "Beginner Karate" class (ages 7 and up) meets Tuesdays and Thursdays from 6:45-7:30pm.

**** ALL REGISTRATION IS AT THE MEMBER SERVICE DESK OR BY CALLING (859) 442-5800****
Email: Beth at tcmembership2@fuse.net with questions, suggestions & comments.
Revised : 6/17/2009