



# the Julington Creek Journal

## COMMUNITY NEWSLETTER

## TABLE OF CONTENTS

- Contacts and Facility Hours
- General Manager's Corner
- Amenities Updates and Repairs
- Get to Know Your Staff
- Living the JCP Lifestyle: Events/Programs
- Event Calendar
- Fabulous Fitness
- Monthly Resident Contest
- Creekside Café
- Talking About Tennis



Summer is halfway done already! We hope that everyone has been having a fantastic time so far!

Fall and Winter will be here before you know it, and we have many fun things planned for the off season.

Please keep up to date with our social media and calendar for all updates and news on a regular basis.

## Our Social Media



## Julington Creek Plantation Recreation Center



ICPRecCenter

**IMPORTANT INFO:** Please keep an eye on our Facebook page, the website, and E-Blasts for any emergency announcements during hurricane season.



## COMMUNITY CONTACTS

*Need assistance or have a question*

### Community Development District CDD

#### District Manager

Craig Wrathell

[wrathellc@whhassociates.com](mailto:wrathellc@whhassociates.com)

#### General Manager

Matt Roberts

(904) 438 2459

[mroberts@jcpcdd.org](mailto:mroberts@jcpcdd.org)

*General community inquiries.*

#### Lifestyle Director

Maddie Dorsey

(904) 438 2537

[mdorsey@jcpcdd.org](mailto:mdorsey@jcpcdd.org)

*Events, programs, rentals and communication.*

#### Field Operations Manager

Jeff Branch

(904) 438 2530

[jbranch@jcpcdd.org](mailto:jbranch@jcpcdd.org)

*Community common grounds, amenity centers, ponds, street lights.*

#### Fitness Director

Kim Harless

(904) 438 2529

[Kharless@jcpcdd.org](mailto:Kharless@jcpcdd.org)

*Group fitness, personal training and gym facility.*

#### Aquatics Director

Sean Smith

(904) 425 5886

[ssmith@jcpcdd.org](mailto:ssmith@jcpcdd.org)

*Rec Center Pool, Aquatics Complex, Swim Lessons, Lifeguards, and pool pavilion rentals.*

Front Desk: 904 438 2530

HOA: 904 503 4915



## Amenity Hours

### Fitness

Monday - Friday 5:30am - 9pm

Saturday 7am - 8pm

Sunday 8am - 7pm

### Sportsplex

Monday - Friday 3pm - 8pm

Saturday 11am - 8pm

Sunday 12pm - 7pm

### Child Watch

Monday - Friday 8am - 1pm

Saturday 8am - 12:30pm

Sunday - Closed

### Cafe

Monday - Friday: 10am - 8pm

Saturday: 10am - 7pm

Sunday: 10am - 6pm

### Pool Hours

See end of newsletter.

### Tennis Courts:

*Monday - Friday 7am - 9pm, Saturday 8am - 8pm, Sunday 8am - 7pm*

### Tennis Office Hours:

*Monday 8:30am - 11:00am & 4:30pm - 7:00pm, Tuesday 8:30am - 11:00am & 5:30pm-7pm, Wednesday 8:30am -11:00am & 5:30pm - 7:00pm,*

*Thursday 8:30am - 11:00am & 4:30pm - 7pm, Friday 8:30am - 11:30am*

### Dates Closed:

*Thanksgiving and Christmas Day*

### Holiday Hours:

*New Year's Day 8:00am - 7:00 pm*

*July 4th, Memorial Day and Labor Day facilities will close at 6:00 pm*

*Thanksgiving Eve, Christmas Eve, and New Year's Eve facilities will close at 2:00 pm*



## General Manager's Corner

To All Residents and Members:

Hello Julington Creek Residents! We are so excited to bring to this amazing community a new district wide communication, the Julington Creek Journal! You will be receiving your last copy of The Living in July (it will be the August edition). We decided to end production of The Living so we could offer even more information and have more control on the content distributed throughout JCP! The biggest difference you are going to notice is that this is a completely digital newsletter so there will be no paper copies. The Living really limited the amount of content we could provide and featured advertising that didn't reflect the community; now we will be able to focus on local businesses in the area and truly highlight Julington Creek in all that we do. If interested in advertising with the Julington Creek Journal please contact Lifestyle Director Maddie Dorsey at [MDorsey@jcpcdd.org](mailto:MDorsey@jcpcdd.org) for rates and further information. Maddie or I can be contacted with any other questions about the new publication. I can be reached at (904) 438-2459 or [Mroberts@jcpcdd.org](mailto:Mroberts@jcpcdd.org).

Our intention is to highlight community happenings and promote Julington Creek pride! If you have an idea for an article or have someone in the community that you want to see highlighted, please let us know about it. This is such a special place and we want to inform residents of exciting events that take place here, showcase outstanding community members, share pertinent information and maybe explain policies or changes that affect those living here as well. We will showcase new amenities or facility enhancements brought to you by your CDD Board of Supervisors and important matters that come from our Board meetings. I intend to highlight CDD vs POA information to aide in clarifying what roles both entities play in your residency here. Please contact me if you want a certain talking point discussed in my monthly communication and I would love to address it.

Thank you for allowing us to serve you. If I haven't had the pleasure to meet you yet, please stop by the Recreation Center, send me an email or give me a call. I can't wait to meet you or reconnect.

See you at the pool,

Matt Roberts  
General Manager  
Julington Creek Plantation



**Renovations/Repairs  
&  
Updates**



## **Field Operations and Amenities**

To All Residents and Members:

Summer is always a busy time of year for us in general. With usage of the facilities increasing during the season, repairs and updates to our facilities are constantly happening. We are excited to have this new digital newsletter as a platform to keep everyone updated on a regular basis. To the left you will see some of our latest purchases and repairs.

One of the biggest projects that we started work on right before summer camp began was the renovation of the banquet rooms at the Recreation Center. The banquet rooms now have brand new tile floors, a fresh new coat of paint, as well as a brand new 82 inch TV in the Magnolia room to be used for rentals, programs and CDD meetings. We will be doing some more updates on the rooms as the season progresses. See pictures below and swing by and take a look in person at your convenience!

Sincerely:

Jeff Branch  
Facilities Operations Manager  
Julington Creek Plantation





**Maddie Dorsey**  
Lifestyle Director

Originally from South Florida, Maddie made Jacksonville her home in 2014 where she worked as an event planner prior to her start at JCP. Maddie planned various social events with a specialty in weddings in the Jacksonville, Amelia Island and St. Augustine areas. Her favorite part of the planning process was creating the event design for the couple's perfect day.

After graduating from Stetson University, Maddie worked for Norwegian Cruise Line as an activities host. She was able to travel to Europe, Alaska, South America, Bermuda and the Caribbean while hosting gameshows and activities for the cruise ship guests. While working on various cruise ships, Maddie was a certified Zumba instructor, a Nickelodeon character host and even learned to walk on stilts! Maddie always loved working with people while they were on vacation, which she believes helps her relate to the JCP residents today!

Maddie is married to Providence teacher and baseball coach Will Dorsey. They are expecting their first child, a baby boy, in November.

# TALLY'S CONSTRUCTION CO



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**Ttally2525@gmail.com**

**St. Johns FL. 32259**



4<sup>th</sup> of July Celebration!  
Music, contests and more at the  
Rec Center! Bring the whole  
family!  
12pm – 4pm



Friday, July 5th  
5pm – 8pm  
GRAB and GO  
Aquatics Complex  
Check Facebook prior to day for truck  
listing.



Saturday, July 13<sup>th</sup>

#### HOW TO TRAIN YOUR DRAGON: HIDDEN WORLD

Movie starts at sundown.

Free Event!

Limited menu available at Creekside Café  
at 8pm, café will close at managers  
discretion. Pool noodles allowed for this  
event. Residents only, guest pass may be  
used per person.



Friday, July 19th  
5pm – 8pm  
GRAB and GO  
Aquatics Complex  
Check Facebook prior to day for truck  
listing.



#### Family fun night

Friday, July 26th

Come to the Rec Center for some fun  
games and music with our DJ!  
5pm – 8pm!



Friday, August 2nd  
5pm – 8pm  
GRAB and GO  
Aquatics Complex  
Check Facebook prior to day for truck  
listing.



Saturday, August 3rd  
**MOVIE TBD**  
Movie starts at sundown.  
Free Event!

Limited menu available at Creekside Café  
at 8pm, café will close at managers  
discretion. Pool noodles allowed for this  
event. Residents only, guest pass may be  
used per person.



JCP Farmer's and Vendor's Market  
Saturday, August 10<sup>th</sup>  
10am – 2pm  
FREE TO ALL  
MORE DETAILS TO COME!



Thank you for all those that registered and attended our multiple Kids Hip Hop Dance sessions! We are hoping to bring this program back this fall!

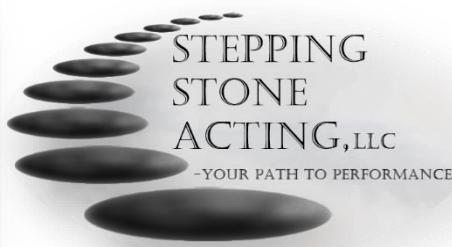


Kat Dance has been very successful at JCP! We are happy to announce a special Summer session from July 3<sup>rd</sup> to July 24<sup>th</sup> for \$75.00 per person. For details and registration please visit [www.katdance.studio](http://www.katdance.studio)



Cross Country Clinic with Coach Neal West! Cross Country instruction, warm up, easy running. Great introduction to the sport and a good way to start your preparation for the Fall season. Program for rising 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders. \$40.00 per person. Email [Kharless@jcpcdd.org](mailto:Kharless@jcpcdd.org) for more info.

7/24, 7/26, 7/31, & 8/2



Drama workshops for all ages coming soon! We are happy to announce we are bringing professional acting coach Sheri Lahris and her classes to JCP! More information on date, time, and cost coming soon. For more info about Sheri please visit: <https://steppingstoneacting.com/bios/>

Skate Camp has begun!

Register now for the last two weeks: July 8<sup>th</sup> and July 22<sup>nd</sup>. Monday – Friday ages 6 and Up! 9am – 3pm. \$200.00 per person weekly or \$50.00 per person for a single day. \*Minimum of 5 campers per day required for camp to be in session. Contact [Kharless@jcpcdd.org](mailto:Kharless@jcpcdd.org) for more info.



Before Summer, we held our first Red Cross Babysitting Class and it was a packed house! Our next class will be in the fall! Please stay tuned for more details!



Are you ready for Basketball Camp? Summer Basketball Camp has been getting so much interest we have just added two new weeks to the schedule! We will now also be offering basketball camp July 22<sup>nd</sup> – 26<sup>th</sup> and July 29<sup>th</sup> - Aug 2<sup>nd</sup>. See the front desk for details!



Come play Mah Jong on Monday's at the Rec Center! Join this lovely group of ladies every Monday from 12:30pm – 3:30pm.

Free to attend and they will teach you if you are new!



More JCP programming coming soon! For suggestions please e-mail [mdorsey@jcpcdd.org](mailto:mdorsey@jcpcdd.org)

EVENT CALENDAR JULY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  Mah-Jong Mondays 12:30pm – 3:30pm Rec Center	2	3  Kat Dance 5:00pm – 7:00pm Rec Center	4  Independence Day Celebration 12:00pm – 4:00pm Rec Center	5  Food Truck Friday Grab and Go 5:00pm – 8:00pm Aquatics Complex	6
7	8  Mah-Jong Mondays 12:30pm – 3:30pm Rec Center	9	10  Kat Dance 5:00pm – 7:00pm Rec Center	11	12	13  Dive In Movie How to Train Your Dragon: Hidden World Sundown Rec Center
14	15  Mah-Jong Mondays 12:30pm – 3:30pm Rec Center	16	17  Kat Dance 5:00pm – 7:00pm Rec Center	18	19  Food Truck Friday Grab and Go 5:00pm – 8:00pm Aquatics Complex	20
21	22  Mah-Jong Mondays 12:30pm – 3:30pm Rec Center	23  CDD Board Meeting 6:00pm Rec Center	24  Kat Dance 5:00pm – 7:00pm Rec Center  Cross Country Clinic 7:30am – 8:30am	25	26  Family Fun Night 5:00pm – 8:00pm Rec Center  Cross Country Clinic 7:30am – 8:30am	27
28	29  Mah-Jong Mondays 12:30pm – 3:30pm Rec Center	30	31  Cross Country Clinic 7:30am – 8:30am			

**10 FAT BURNING TIPS**

By Lee Ann Broussard  
JCP Group Fitness Coordinator

It seems everyone is looking for the perfect remedy to losing weight and getting in shape. There are many lifestyle changes that contribute to reducing body fat, in lieu of quick fixes or the next great diet. The following are some tips that can help you maximize fat loss.

**PERFORM STRENGTH TRAINING.** Resistance training is the engine that drives fat loss. It increases your metabolism to favor fat burning, preserves and maintains muscle and bone mass. **JCP Group Fitness offers many STRENGTH classes at JCP! (jcpcdd.org)**

**INTERMITTENT FASTING.** Time-restricted eating is great for building metabolic flexibility. This plan trains your body to tap into fat stores and increase your metabolism. To start, try a 12 hour fast where you restrict eating and drinking anything with calories. For best results work up to 14-16 hours of fasting and implementing it a few times per week.

**REDUCE SUGAR AND REFINED CARBS.** Excessive carbs are a major cause of weight gain and many diseases. Sugar overload adversely affects your blood sugar levels that can cause cravings, mood swings, storing excess fat, and type 2 diabetes. SUGAR is the enemy!

**HIGH INTENSITY INTERVAL TRAINING.** A major advantage of HIIT training is that it can lead to more fat loss in a shorter amount of time. It fires up your metabolic system causing you to burn more calories in the hours after your workout too! HIIT workouts create greater benefits for weight loss when compared to other forms of exercise. **Try a QUICK FIT or TOTAL BODY TRAINING class at JCP Rec Center (jcpcdd.org)**

**DRINK MORE WATER.** Consume half your body weight in ounces as the minimum amount. More water is necessary for warm environments and exercise. Super-hydrate early in the day. Drinking lemon water helps suppress body fat accumulation. Carry a BPA-free water bottle with you wherever you go to help develop a healthy habit.

**STRESS LESS.** There is mounting evidence that stress plays a significant part in weight gain. Chronic stress disrupts your sleep and blood sugar levels. High levels of cortisol result from high levels of stress that can add to belly fat. **Try a Yoga or Meditation class at JCP Rec Center! (jcpcdd.org)**



**AVOID GRAZING.** Each time you eat your insulin rises and tells the body to store fat. Less repair and recovery to all the systems occur due to having to use the energy for digestion. The latest endocrine science says eating every three or four hours sets us up for not only exhaustion and premature aging, but also much less fat burning.

**AVOID TRANS-FATS.** Trans fats increase your risk of developing heart disease and stroke, causing weight gain. Eat more healthy fats such as: organic coconut oil, avocado oil, or grass-fed butter.

**INCREASE PROTEIN.** Adding more healthy sources of protein can raise your metabolism and help you retain muscle when losing weight. How much protein one needs depends upon your goals, age, and physical condition. On average, most individuals need 0.8 grams of protein per kilogram of body weight, or 0.36 per pound.

**SLEEP.** Not getting enough sleep or restorative sleep changes your hormones that regulate hunger and appetite. This can make you more likely to eat more of your overall calories at night, which can lead to weight gain. Aim for seven to eight hours of sleep per night. Track your sleep to monitor your REM and deep sleep.

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Have you ever taken a POWER YOGA class? JCP has a new class that gives your whole body a great cardio and strength workout! Power Yoga is a modern form of yoga that is a good fusion of the traditional values of yoga mixed with all components of fitness. Power strength yoga is a vigorous, fitness-based approach to a vinyasa-style yoga. It incorporates the athleticism of Ashtanga, which includes lots of poses done in sequence. You can expect to find some intense flowing yoga poses that will work you hard and make you sweat!

**JCP REC CENTER offers POWER STRENGTH YOGA on Mondays at 9:30am with Amber. (jcpcdd.org for schedule)**



**2019 JCP GROUP FITNESS CLASS DESCRIPTIONS**

(Bring mat & water to all classes)

**BARRE FUSION** – A blend of isolated lower body “booty blasting” exercises combined with full body movements to strengthen & lengthen the total body. CORE & upper body on the mat using influences from Ballet, Pilates, & Yoga. Light to medium weights, gliders, resistant bands, BOSU’s, Pilates balls, & Ballet Barre incorporated to perform small isometric movements and/or explosive cardio moves. **BURN, SHAKE, BREATHE, STRETCH, REPEAT!** **BARRE PILATES**–includes more Pilates principles/exercises.

**BOOTY CAMP**-This class is a full body fusion workout that includes cardio, core, & conditioning! Feel the burn with upper and lower body exercises that will strengthen & tone the entire body. Strength, flexibility, & endurance with isolated movements all wrapped up into one dynamic class! All levels welcome!

**CYCLING** –High intensity cardio workout, torching tons of calories! Pedal though flat roads, hill climbs, sprint & race, intervals, & more.

**CYCLE INT/CORE**- 30 Cycle Intervals/30 Core. **CYCLING FUSION**- Class can involve intervals, theme rides, or total session of various cycling patterns/terrains. **CYCLE/CORE**-30 min cycle/30 core/stretch. New to cycling, please arrive 5-min prior to class for proper set-up.

**FITNESS YOGA**- Combines the ancient Hatha Yoga practice with modern fitness movements. Poses are linked together in a flowing series that creates strength, flexibility, muscular endurance, core strength, & balance. Mind/body workout for total fitness!

**GENTLE YOGA**- This class is appropriate for those who want a softer, nurturing, slower paced & relaxing practice. Many options are given for those with injuries or limitations. The focus is on safe alignment, balance, breath, posture, strength, flexibility & range of motion. With a positive attitude, we focus on what we CAN DO, not what we can't do! This class concludes with an opportunity for relaxation. All levels welcome!

**GENTLE HEALING YOGA** – Self-empowered Yoga practice that enhances well-being & maintains/restores health. Lengthen your muscles, calm your mind, & strengthen your bones. **ALL LEVELS!**

**KIDS FITNESS/YOGA**– A fun-filled hour of fitness activities & Yoga stretches designed to instill positive, healthy lifestyles. Develop total body strength, cardio endurance, & flexibility. BOSU, exercise balls, tubes, body weight, parachute & more add to the fun factor! **(AGES 6 – 13)**

**GUIDED MEDITATION** – This class focuses on relaxation & stress management reduction through mindfulness techniques including: breathing exercises, guided meditation & present moment focus with intention, centering, & acceptance without judgment.

**MULTI-LEVEL YOGA**- All levels Yoga is a breath centric practice that explores body awareness and alignment through Yoga postures. For all ability levels.

**POWER STRENGTH YOGA** – A vigorous, fitness-based approach to vinyasa-style yoga. Power Yoga incorporates the athleticism of Ashtanga, including lots of poses done in sequence, often changing the order to make each class a little different. Can be adapted for all levels of ability.

**PURE STRENGTH**- Designed to build strength, add definition, decrease body fat, increase lean muscle & improve bone density. Dumbbells, plate loaded barbells, tubing, & body weight sculpt your entire body.

**QUICK FIT (30min)**-Get in, get out, & get on with your day! This half-hour class uses timed intervals & strategic circuits to provide a full body strength & cardio workout!

**SENIOR FITNESS** –Low impact aerobics, resistance exercises to build strength. Improve joint stability, balance, & coordination to maintain function. Small weights & tubing used for strength. Chairs are available for seated/standing support. Class concludes with core exercises & stretching.

**SKY STYX YOGA** -This class is a unique way to tone, open & recondition the body. From fit athletes wanting fluid power to mature adults needing strength, mobility & balance this class responds to a variety of needs. You can learn powerful, joyful ways to strengthen, move & balance.

ALL LEVELS WELCOME! Bring mat & water.

**TOTAL BODY TRAINING (TBT)** – This class uses popular, proven methods of exercise (intervals, circuits, strength training, cardio drills), for an all-in-one total body workout. **Xpress class-45 min**

**YOGALATES**- This mind body class combines Pilates exercises with the postures & breathing techniques of Yoga. It is a great combo class to give you a toned, supple, healthy body. It emphasizes strengthening of the core & whole-body yoga stretching. The exercises are gentle & low impact improving posture, increasing flexibility, balance & strength. You will leave feeling stronger & longer. Designed for beginners, but all are welcome!

**ZUMBA** – Zumba fuses hypnotic Latin rhythms & easy-to-follow dance moves to create a one-of-a-kind fitness program! Come experience a blast of calorie-burning, body-energizing & awe-inspiring movements! May include Core work at the end.

## Monthly Resident and Member Contest

Trivia Question of the Month! Win a free entrée at Creekside Café!

*How many people does JCP currently employ in the month of July??? All seasonal staff included! Closest to the actual answer wins! Submit all answers in the Rec Center lobby with your name, address, and number by July 15<sup>th</sup>.*



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Before



After



## Creekside Café

Chips & Pico de Gallo / \$5.00

Jumbo Pretzel with Beer Cheese / \$9.50

Soft Pretzel / \$1.50

Corn Dog / \$2.00

2 for \$3.50

Hot Dog / \$3.50

2 for \$6.00

Chicken Bacon Ranch Wrap / \$7.50

Fresh cut lettuce, tomato, bacon and chicken tossed in Ranch Dressing wrapped in a spinach tortilla

Chicken Tenders / \$9.00

Five lightly breaded chicken tenders served with your choice of honey mustard, ranch, or BBQ sauce

Chicken Quesadilla / \$8.75

Spinach tortilla, Monterey jack cheese, and sautéed peppers

The TBA / \$9.25

Toasted baguette smeared with avocado, layered with sliced turkey, bacon, and provolone cheese, topped with a drizzle of homemade chipotle aioli

Cheese Pizza / \$12.00

12 inches (toppings: pepperoni)

Caesar Salad/ \$7.00

Romaine lettuce topped with shaved parmesan cheese and croutons with Caesar dressing

Add grilled chicken / \$3.00

Creekside Salad / \$9.00

Arcadian greens, grilled chicken, tomatoes, cucumbers, sharp cheddar, pepitas, dried cranberries, bacon, and your choice of dressing

(Cesar, Honey Mustard, Ranch, & Raspberry Vinaigrette)

### Kids Meals

Served with chips, apple sauce or yogurt and a juice box or kids fountain drink

Cheese only Quesadilla / \$5.00   Chicken Tenders / \$5.00   Hot Dog / \$5.00

Corn Dog / \$5.00   PB & J / \$5.00



## Summertime on the Courts!

Despite this Summer bringing extremely high temperatures, the Julington Creek Plantation tennis courts have been busy as usual! Due to the heat and our daytime Summer Camp program, we recommend that if you are going to play, choose to play in the evening. No matter when you do decide to play, please make sure you are staying hydrated!

Don't forget about our great programs that we currently offer at JCP! On Mondays we have our Men's Social Night from 7pm to 9pm. And on Tuesdays we hold our Women's Social Night. Each night is \$1.00 per person to cover court fees. Please email Scott Miller directly at [tennis@jcpcdd.org](mailto:tennis@jcpcdd.org) to get put on the list for the evening. You do not need a partner to enjoy these great tennis nights! You will be paired with someone of equal skill level upon arrival.

Just beginning to play tennis? Join our Beginner Women's Tennis Clinic on Friday's from 9:00AM – 10:30AM. The cost is \$24.00 per person, but your first clinic is always FREE! Contact [tennis@jcpcdd.org](mailto:tennis@jcpcdd.org) if you are interested in joining.

**We are almost halfway through the Summer but we still have spots available for our Junior Tennis Camps! 904 Tennis is offering a great junior tennis camp at JCP for beginner, intermediate, and advanced players. We also offer team tennis match play as part of the camp curriculum for players at all levels.**

*You will learn the fundamentals of each stroke, proper scoring, and development of athletic skills all in a fun and safe environment.*

You may register your camper to take part in a full day or half day of camp.

### Full Day

- Time: 9AM – 2PM
- Cost: \$230.00 per week
- Daily Drop-in rate: \$55.00

### Half Day

- Time: 9AM – 12PM
- Cost: \$190.00 per week
- Daily Drop-in rate: \$45.00

### Camp Breakdown

- 45 Minute tennis segments (4)
- Games
- Pool Time
- Crafts
- Other fun activities

### Sessions Still Available:

**Session 6: July 1 – 3, 5<sup>th</sup>**

**Session 7: July 8 – 12**

**Session 8: July 15 – 19**

**Session 9: July 22 – 26**

**Session 10: July 29 – Aug. 2**

**Session 11: Aug. 5 – 9**

To register please contact Ashley at [Ashley@904tennis.com](mailto:Ashley@904tennis.com)

# Rec Center Family Pool/Splash Park 2019

January						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February						
S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April						
S	M	T	W	T	F	S
		1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May						
S	M	T	W	T	F	S
		1	2	3	4	5
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June						
S	M	T	W	T	F	S
				1		
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

July						
S	M	T	W	T	F	S
		1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August						
S	M	T	W	T	F	S
		1	2	3	4	5
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September						
S	M	T	W	T	F	S
		1	2	3	4	5
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November						
S	M	T	W	T	F	S
		1	2	3	4	5
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December						
S	M	T	W	T	F	S
		1	2	3	4	5
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February						
S	M	T	W	T	F	S
		1	2	3	4	5
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March						
S	M	T	W	T	F	S
		1	2	3	4	5
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April						
S	M	T	W	T	F	S
		1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May						
S	M	T	W	T	F	S
		1	2	3	4	5
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June						
S	M	T	W	T	F	S
				1		
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25</				

# Aquatic Complex 2019

January						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April						
S	M	T	W	T	F	S
		1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May						
S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June						
S	M	T	W	T	F	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July						
S	M	T	W	T	F	S
		1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November						
S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

█ 10am – 8pm\*

█ 10am – 7pm\*

█ 9am – 6pm\*

  Closed

\*Schedule subject to change. Inclement weather, biohazards, and pool maintenance may cause the pools to close. **Comp Pool may be closed due to Swim Meets\***