



Rec Dept. News

December 2018

Memberships Go On Sale December 1st

2019 memberships go on sale beginning December 1st at both the Wellness Center and the Chota Rec Center. As always, there is no need to purchase a 2019 membership until your current 2018 membership is about to expire. All auto drafted memberships will automatically renew on January 1st. January billing rates will reflect the updated 2019 prices. Should you wish to cancel your auto drafted membership before the rates change, you must submit a written request to management by December 15th. Members will be presented with a complimentary guest pass upon purchase of their 2019 membership. Please time your visits accordingly as this is a busy time of year, full of guest usage and membership renewals, so you should expect gym congestion and possible delays in service.

	12 month Paid in Full Cash/Check	12 month Paid in Full Credit Card	12 month Auto drafted Monthly	6 Month Paid in Full Cash/Check	6 Month Paid in Full Credit Card	Rarity Bay 12 month Cash/Check	Rarity Bay 12 month Credit Card	Rarity Bay 6 month Cash/Check	Rarity Bay 6 month Credit Card
Family	\$ 561.00	\$ 578.00	\$ 50.50	\$ 366.00	\$ 377.00	\$ 867.00	\$ 893.00	\$ 577.00	\$ 594.00
Individual	\$ 361.00	\$ 372.00	\$ 32.00	\$ 240.00	\$ 247.00	\$ 576.00	\$ 593.00	\$ 369.00	\$ 380.00

Christmas Hours of Operation

The hours for the Recreation Department during the Christmas holiday are as follows:

Monday, December 24th – **Wellness Center open 6 am to 12 pm, Chota Rec Center CLOSED**

Tuesday, December 25th – **Wellness Center and Chota Rec Center CLOSED**

New Year's Hours of Operation

The hours for the Recreation Department during the New Year's holiday are as follows:

Monday, December 31st – **Wellness Center and Chota Rec Center close at 5 pm**

Tuesday, January 1st – **Wellness Center and Chota Rec Center CLOSED**

All fitness classes will be cancelled on both Christmas Eve and Christmas day, as well as New Year's Day. Other class cancellations include those affected by limited New Year's Eve hours. Any additional closures will be posted at the Wellness Center or Chota Rec Center.

Weight Equipment Orientations

Orientations on the proper use of the cardiovascular and weight equipment will be provided @ 2pm on December 4th, December 12th, December 20th.

Mitten Tree

The Mitten Trees are up and will continue until December 21st. You may place your mittens, scarves, hats and socks on the trees during this time at the Wellness Center or Chota Rec Center. Donations can also be made to the Community Church Wishing Well.

Tennessee Orthopedic Clinic

TOC offers a FREE onsite injury assessment and home exercise instruction every Wednesday from 10am-noon at the Wellness Center. Please come by and see how TOC can partner with you for increased health and wellness.

Line Dancing

Regular Line Dancing classes will be on holiday vacation beginning Monday, December 24th. Classes will resume on Thursday, January 3rd. An all NEW Intro to Line Dancing will begin on January 7th at the Wellness Center. This class will meet on Mondays from 2:15 - 3:15 pm & Thursdays from 12:15 – 1 pm. There is an additional \$3 fee for all Line Dance classes, which is paid directly to the instructor. Please call the Wellness Center at 458-7070 to sign up.

Pavilion Reservations

Are you interested in booking the Kahite or Tugaloo Beach? Contact Larissa Lownsdale at the Chota Rec Center, 458-6779, to book your event today. Reservations for 2018 are now available.

HIKES

For upcoming Hike information, please check the hiking website at www.tvhikers.com.

BenchMark Physical Therapy

As many of you may already know, a new BenchMark Physical Therapy clinic has opened in our neighborhood and we are excited to invite them into the Wellness Center. Join one of their Board Certified Orthopedic Specialists on Tuesdays from 10 am to 12 pm, beginning December 11th, for FREE onsite injury assessments.

Upcoming Pool Dehumidification Replacement

Yes the rumors are true. Its almost time to replace our dehumidification unit in the Wellness Center pool area. This does mean that a temporary pool closure is eminent. We are TENTATIVELY expecting work to begin in early January and last ROUGHLY 6 weeks. During this time, any member who would like to swim or take classes will be able to use the Farragut YMCA or Springbrook Wellness Center at no cost to the member. We will have more detailed information regarding closure dates and procedures during the month of December.

