

# THE WISC WORD NEWSLETTER



## FEATURED

### MAD DASH 5K & FUN RUN

**AUGUST 4**

Support CDR, Child Development Resources, by participating in the run or make a donation. Register at [www.thewisc.com](http://www.thewisc.com).

### 12TH ANNUAL WISC FAMILY FESTIVAL

**AUGUST 11**

**Time: 9:30am-12:30pm**  
WISC will host a FREE community event offering games, petting zoo, aquatic fun, food & drink, and more! Local vendors will be on sight promoting their businesses too!



### RED CROSS BLOOD DRIVE AT WISC

**AUGUST 24**

**Time: 9:00am-2:00pm**



### JOIN US FOR YOGA!

Classes are offered daily in the morning and the evenings. Come stretch with us!

## YOGA

### DANCE ACADEMY'S 2018-2019 SESSION IS NOW REGISTERING!

New class schedule, professional instructors and more performance opportunities!



## DANCE

## THE ZONE

### KEEP YOUR GROUP ENTERTAINED!

We can handle groups up to and beyond 100 people. From day care centers & school groups to professional team building, the Zone can design your outing for maximum fun for all!

## Upcoming Events

# AUGUST 2018

<b>Every Friday</b>	<b>Tumble Time</b> 4-6pm - Upstairs Gymnastics Area for Ages 5 and Under
<b>Every Friday</b>	<b>Open Gym</b> 6-8pm - Downstairs Gymnastics Area for Ages 6+
<b>Sat Aug 4th</b>	<b>Aquatics Center Closed</b> to Host VPSU Championship Meet
<b>August 11th</b>	No Gymnastics Classes Due to the Family Festival
<b>August 18th</b>	Last Day of Term 4 Classes
<b>August 27th</b>	1st Day of Term 5 Classes

Go to [www.thewisc.com](http://www.thewisc.com) for more details.

## BIRTHDAYS

### SUMMER BIRTHDAY SAVINGS!

\$40 Off any WISC party, just book it before August 30th. Party Options include the Pool, Gymnastics, Soccer, Laser Tag and More! Coupon must be presented at the time of booking.



Welcome. Inspire. Smile. Care.



**\$40 off a birthday party**

Book your party by August 30, 2018 for any date to take advantage of this deal!

\*Coupon must be presented at the time of booking.  
\*One coupon per party.  
\*Offer not valid with any other offers.

*Birthday Parties are a BLAST at WISC!*  
5700 Warhill Trail  
Williamsburg, VA 23188  
(757) 253-1947  
[www.thewisc.com](http://www.thewisc.com)

## MASSAGES

### BODY THERAPY CENTER IN WISC IS NOW OPEN

Enjoy a body sea kelp detox treatment or a deep tissue massage. Receive \$10 off your first visit. Contact Michelle at (757) 903-4302.

## SOCCER

### LITTLE SHARKS

1st touch soccer is now Little Sharks! Register for these fun classes that begin August 27th.



### FALL REC SOCCER LEAGUE

**SEPT 10 - NOV 3 | Ages: 4-15**  
Practices one night a week from 5:30-6:30pm and games on Saturdays.



# SENTARA SPOTLIGHT

## Sentara Therapy Center-Treyburn

Now open and offering physical, occupational and speech therapy for adults and children.



### Ask Us About Your Aches and Pains

Direct access to physical therapy makes it easier to get started on the path of healing.\*

Visit the newest Sentara Therapy Center in Williamsburg on 3901 Treyburn Drive, or any of the 11 Sentara Therapy Centers conveniently located throughout the Peninsula.

Call 855-852-9066 to schedule or visit [www.Sentara.com/Therapy](http://www.Sentara.com/Therapy) for locations.

*\*Direct access does not apply to pediatric therapy which requires a physician referral prior to seeing a therapist.*

[www.sentara.com](http://www.sentara.com)

Your community, not for profit health partner



## SPECIAL EVENTS

**TUMBLE TIME** EVERY FRIDAY  
Time: 4-6pm

**OPEN GYM** EVERY FRIDAY  
Time: 6-8pm

Both events will be offered EVERY Friday evening during Term 4.

**PARENTS NIGHT OUT** AUG 3  
Theme: Mad Dash Relays  
Turf games and fun in the Zone.

Theme: Let's be Cool at the Pool AUG 17

**MIDDLE SCHOOL SOCIAL** AUG 24  
Theme: Lazy Days of Summer  
Kids Klash Middle School Social with Hampton Roads Combat Games.

## AQUATICS

**VPSU CHAMPIONSHIP MEET**  
Day & Time: August 4th from 7am-4pm  
WISC Aquatics Center will be hosting its first VPSU Championship Meet. Due to this event, the Aquatics Center will be CLOSED that day.

## FLAG FOOTBALL

**Ages:** 6-8, 9-11, 12-14  
**Dates:** September 16 - November 4  
**Combine:** September 17  
**Day & Time:** Sundays from 12pm-5pm

## KIDS CLUB

**KIDS CLUB**  
Registration is now open for the upcoming school year for both Preschool and Before and After Care.

## GYMNASTICS

### GYMNASTICS

Registration for Term 5 is in full swing! Be at the top of your class and get your Fall schedule squared away. There are two more weeks of camp remaining in August. Register before these spots fill up! Choose from our Preschool Gymnastics age group, 5-7 Year old age group, 8-12 year olds age group, WISC Warrior and Survivor camps. The week of August 20-25th is our break between summer and fall terms.

### TEAM GYMNASTICS

**JULY 30 - AUG 3:** A Touch of Team Summer Camp  
**AUG 26 - SEPT 3:** No Team Practices



## CONTACT



5700 Warhill Trail  
Williamsburg, VA 23188  
Phone: 757.253.1947  
[www.thewisc.com](http://www.thewisc.com)

## SPONSOR OF THE MONTH: Atlantic Spray Systems

Better Insulation for comfortable living. Insulate today, save money tomorrow. Request an appointment! Phone: 757-566-4892 or 804-551-0196  
Fax: 757-566-2546 and Email: [Art@AtlanticSpray.com](mailto:Art@AtlanticSpray.com)

## WELCOME NEW SPONSORS: Casa Bella Cleaning Services

## THANK YOU SPONSORS!

Thank you to all our sponsors for their continued support! Families, please support our local sponsors with your dining, financial, lodging, lawn care, dental and vision needs. Without their support, we couldn't do what we do. Check out our sponsor coupons and information located behind the customer service desk and on our sponsor table upstairs by The Zone.



Like us on Facebook at [www.facebook.com/thewisc](http://www.facebook.com/thewisc)