

# THE WISC WORD NEWSLETTER



**FEATURED**

**NEW**

## WISC FITNESS ACADEMY Liver Rescue Yoga Series

**FEB 9 - MAR 9**

Join us Saturdays for a 5 class series from February 9 - March 9th as we dive into how you can support and rejuvenate this vital organ. By age 38 for women and 48 for men, the liver is usually about 60% incapacitated after protecting and working so hard for the body. Learn how you can come to it's rescue. Each week we will work through the Book "Liver Rescue" by Anthony Williams, devoting 30 minutes to the book discussion/application and 30 minutes to yoga poses and sequences that support and detoxify the liver.

### Water Fitness

Why not try our Deeply Fit water exercise class on Fridays 12-1pm? Research has found that deep-water training improves cardiorespiratory fitness while decreasing the compressive load on the spine. Training in deep water with the aid of a buoyancy belt helps to maintain your aerobic performance when you have an injury that prevents exercise on land. The Deeply Fit class will challenge your body, your core muscles and your stamina.



WISC Fitness Academy also includes CrossFit, Boot Camp, High Intensity Interval Training and much more!

## Upcoming Events

**FEBRUARY 2019**

<b>Sat Feb 2nd</b>	<b>Tumble Time</b> 4-6pm - \$5/child, Ages 5 and under in the Gymnastics Academy
<b>Sat Feb 2nd</b>	<b>Open Gym</b> 6-8pm - \$10/person, Ages 6+ in Team Gymnastics Center
<b>Fri Feb 8th</b>	<b>Dive In Movie Parents Night Out</b> 6-10pm Float in the pool and watch a movie! Pizza dinner is included.
<b>Fri Feb 15th</b>	<b>Parents Night Out</b> 6pm-10pm - Enjoy all that the Zone has to offer and gymnastics. Pizza dinner is included; however, Sidelinez will be open to purchase additional snacks & drinks.
<b>Fri Feb 22nd</b>	<b>Middle School Social</b> 7-10pm - Available to all middle school aged boys and girls. Enjoy fun in the zone and gymnastics.
<b>Mon Mar 2nd</b>	<b>Term II Begins</b> - Plan ahead and register early to get the class day and time that works best for you.

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

### MEMBERSHIP REFERRAL PROGRAM

Refer your family and friends and earn \$25 in WISC Bucks for each membership referral. WISC bucks may be used for any WISC program.

**\$25**

WISC Bucks for Each Referral!

### FLAG FOOTBALL

**MAR 20 - MAY 5**

WISC has hosted a youth flag football league in the fall and spring each year. The league is for 6-14 year olds and takes place on Saturday and Sunday afternoons.



**FLAG FOOTBALL**

**BIRTHDAYS**

### BIRTHDAY PARTIES AT WISC!

Book your party at WISC. We do everything from set up to clean up, to make it stress free! The kids can enjoy the pool, gymnastics, indoor playground and so much more!



## KIDS CLUB

### KIDS CLUB SUMMER CAMP REGISTRATION

WISC Preschool & School Aged Programs are accepting summer camp registration. You can find the forms online or at the WISC Customer Service Desk. Our School Age Summer Camp is a top notch program offering field trips, arts and crafts, sports and other fun supervised activities. Contact Conor Dibble for additional information at [cdibble@thewisc.com](mailto:cdibble@thewisc.com)



## SPECIAL EVENTS

All events require pre-registration at [www.thewisc.com](http://www.thewisc.com)

### DIVE IN MOVE

**FEB 8**

**Time: 6pm-10pm**

Bring your floats and toys. Enjoy open swim and free play from 6pm-7pm, dinner then float and watch a movie. Parents, this is a drop off opportunity!

### PARENTS NIGHT OUT

**FEB 15**

**Time: 6pm-10pm**

**Ages: 4-13**

**Cost: \$30 First Child, \$25 Additional Siblings**

A Night of Fun in Laser Tag, Clip N Climb, the Arcade, Gymnastics, and so much more for the kids. Grab your friends and come play. Pizza dinner is included; however, The Café will be open for snacks & drinks. Register online to reserve your space [www.thewisc.com](http://www.thewisc.com)

### MIDDLE SCHOOL SOCIAL

**FEB 22**

**Time: 7-10pm**

This event is open to all middle school aged boys and girls. Enjoy all that The Zone has to offer and show off your dance moves with music by a DJ. Refreshments provided.

## SWIM LESSONS

### WHY SWIM LESSONS?

Safety and skill benchmarks are offered in each level. The classes have a low participant to instructor ratio to give your child the best lessons possible. Most classes run on a monthly basis and are offered once and twice a week.



## FIELD HOCKEY

### HIGH SCHOOL INDOOR FIELD HOCKEY LEAGUE

WISC runs an annual High School Field Hockey League in the Winter and Spring. It starts in February and goes until early May. Register your team today!

## SOCCER

### SPRING REC SOCCER

Save the Date for Spring Rec Soccer to start March-May. Register in person or online [www.thewisc.com/youthsoccer](http://www.thewisc.com/youthsoccer).

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### WELCOME NEW SPONSORS:

Fort Magruder Hotel and Conference Center

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