

Focus on **Fitness**

February 2026

Hours of Operation

Monday-Friday 6am-8pm **Pool Closes at 7pm**
Saturday 8am-2pm



We are OPEN!!!! **February 16th & School is Out**
Join us for some inside fun! **1 PM-7 PM**
Kids swim for a Free! One accompanying adult free!
Towels not provided! Please bring your own towel!

Compliments of the HMH Foundation

FEBRUARY SWEET DEALS!!!

 **NEW MEMBERS JOIN FOR \$14**

February 9th – 14th

(Enrollment fee and remaining February dues are waived during **Valentine's Week Special ONLY**)

 **Gift Card Special all Month!**

With every purchase of a Gift Card you receive your choice:

- 1.) **Free Week's Pass**
Or
- 2.) **Free 30-minute Personal Training**



Does your family receive the WV HOPE SCHOLARSHIP?

The program covers Child & Teen Memberships, Swim Lessons and TNT Personal Training.



Dolphin Club Swim Team for Kids of all Ages *with Jordan & Lilly*

Members \$ Non-member \$10 (per visit)

Whether they are looking to improve their skills and potentially join the school swim team, or they simply love to swim, the Dolphin Club is a recreational swim team for kids of all ages!

This program is an opportunity to refine strokes, increase speed, gain self-confidence and a sense of accomplishment while enhancing team building and social skills.

Swimmers must be able to perform a stroke for a minimum of one lap.

Stop by the Front Desk for details & sign up



Souper Bowl Boot Camp

Friday, February 6th 4:30-5:30 PM
Bring a food donation to participate.

Food Collection Cart will be available all week!

Fit 4 Toddlers

Thursday, February 12th 11:00-11:45 AM

Ages 18 months - 4 years \$5 per child & guardian

A special program designed to enhance movement, coordination, creativity and social interaction.

Participants are invited to the pool after the session.

RSVP Preferred Stop by the Front Desk for details & sign up

Bike-A-Thon

Saturday February 21st 8-1PM

In honor of Heart Disease month, we are challenging our members to a **Saturday Bike-A-Thon!**

Participants obtain pledged donations from family, friends, colleagues, or sponsors.

Pledge any amount per mile completed during the event.

A portion of the proceeds will be donated to the American Heart Association. **Pick up your pledge card at the Front Desk!**

Monthly Diabetic Support Group

Last Thursday of each Month at 11 AM

February 26, 2025

Pam Francis & Kelly Sions – Diabetic Educators

Open to any current diabetic, pre-diabetic or family member dealing with Diabetes. The support group is a proactive way to find support, help, tips and tools for diabetes management in a comfortable, encouraging environment. **Hope to see you there!**



Heart Healthy Pool Party

Friday February 27th 5:00 – 7:00 pm

Members Free – Guests \$5

Towels not provided! Please bring your own towel!
Family friendly event to celebrate Heart Health!

Games! Heart Photo Booth!

Kidz in Motion

Join us for a month of **Heart Healthy Celebrations!!**

With Mrs. Jeanne and Staff.

Valentine's Party; February 6th – 4PM-6PM

Members will need to pre-sign up for a time slot for their children to attend.

Monday	9:00 to 11:00	4:00 to 7:00
Tuesday		4:00 to 7:00
Wednesday	9:00 to 11:00	4:00 to 7:00
Thursday		4:00 to 7:00
Friday	9:00 to 11:00	4:00 to 7:00
Saturday	9:00 to 11:00	

Inclement Weather Policy

- When Hampshire County Schools are closed or on a 2-hour delay, because of current **SEVERE WEATHER**, the Wellness Center will open at 8am if possible. In all other cases we will open at 6am.
- When Hampshire County Schools dismiss early or our census is low due to **SEVERE WEATHER**, the Wellness Center may close at discretion of management.

When schools are not in session:

- Call us at **304-822-7255** and listen to the message for updated information.
- Check out our **Facebook** page for updates and information on opening / closings.

Hampshire Wellness & Fitness Center reserves the right to close at any time due to inclement weather. Classes will be held as instructor availability

Hampshire Wellness & Fitness Member Etiquette

- Clean each piece of equipment after use.
- Refrain from sitting on equipment talking, on the phone, watching TV.
- Please do not leave drinks, towels, etc. on equipment while using another piece of equipment to "reserve" it when doing multiple sets
- Refrain from using your phone for any reason other than a music source
- Please do not wear strong perfumes, colognes, etc.
- Please do not wear shoes that have dirt or mud in to the facility
- TVs are for your enjoyment. You may request to have a channel changed, however please make sure someone is not watching the TV you intend to change. Please be discreet with the volume.
- Place all dirty towels in the blue hampers throughout the building
- Please do not use bath towels to STAND on in the locker rooms. Bath towels are extremely expensive, bring locker room shoes.
- Please do not use the hair dryer to dry off other body parts or items than what it is intended for.

Thank you for respecting our staff, members, guest and facility!



POOL NEWS!!!

Open Swim for all school age children

Cost: \$5 & Parent is **FREE** *pool use only*

Members are always **FREE**

Monday through Friday 1pm-7pm*

Saturdays all day! 8 am-12 pm

***Pool Class 4:30pm-5:30pm T & TH**

Swim Lessons

Hampshire Wellness & Fitness offers swim lessons thru the Fall & Winter! The center offers personalized, one-on-one swim lessons with your own swim instructor, or split the cost with a friend who has the same instructional needs. Swimming lessons are open to both members and non-members.

Come Party with Us!

Celebrate a birthday or other special event with a private Pool Party here at Hampshire Wellness & Fitness! **Pool Rental Options**

Friday 7 pm – 2 hours Pool Only

Saturday 12 pm - 2- or 3-hours Pool/Lobby

Stop by the Front Desk for details, schedule your party now.

HWF welcomes all **Home-schooled students** to our pool the **2nd Friday of each month 12-2** for a discounted rate of \$2/per swimmer.

Members are **FREE**.

Free Swim Monday February 16th 1-7 PM

Come Swim with us for 6 months - School Aged Children **FREE!**

Kids swim for a Free! One accompanying adult Free!

Towels not provided! Please bring your own towel!

Compliments of the HMH Foundation

Heart Healthy Pool Party

Friday February 27th 5:00 – 7:00 pm

Members Free – Guests \$5

Towels not provided! Please bring your own towel!

Family friendly event to celebrate Heart Health!

Games! Heart Photo Booth!



Follow us on Facebook or our website to stay up-to-date with all of our latest news and schedules!

www.hampshirewellfit.com