

## Focus on **Fitness**

### May 2025

Hours of Operation

Monday-Friday 6am-8pm; Pool Closes at 7pm

Saturday 8am-2pm; Pool Closes at Noon

Saturday May 24<sup>th</sup> – **Closed**

Monday May 26<sup>th</sup> Memorial Day we will be **closed**.



### Memorial Week Special

**May 27<sup>th</sup> thru May 31<sup>st</sup>**

**\$Free\$** Enrollment & June dues will be **\$Free\$**

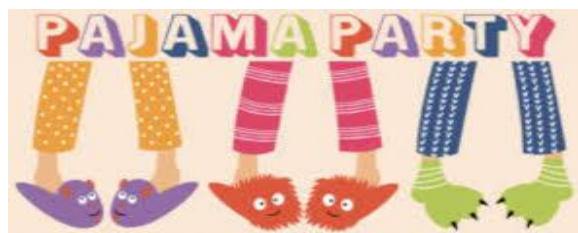


Don't Forget Mom!!!

**GIVE MOM THE GIFT**

**OF HEALTH & RELAXATION!**

Mom would **LOVE** a gift card for a membership, massage or personal training!! When you buy a gift card on **May 5<sup>th</sup> through the 10<sup>th</sup>** you receive a **FREE** one-week guest pass to give to a friend or family members.



**Thursday May 29<sup>th</sup>**

**9AM-11AM**

**Come join us for a Pajama Party!!**  
**Wear your favorite pajamas, bring your favorite slippers, blanket or stuffed animal. We will work out, enjoy breakfast treats and have fun!**

### Walk with a **DOC**

**Wednesday, May 21<sup>st</sup> 5:00 PM**

**TOPIC: Stress & Wellness**

This doctor-led group is a fun and safe way to go for a walk, learn about health and meet new friends. The event is **FREE** and all are welcome! Walks are held at the indoor track.

*Conversation will be limited to the topic listed.*



### **Boot Camp Happy Hour**

**Friday the 16<sup>th</sup> 4:30PM**

Stations of Challenging Workouts

60 Minutes of Fitness Fun!

**Members: FREE Guest \$10**

**Space is limited Sign Up at Front Desk!!!**

### **Fit 4 Toddlers**

**Thursday, May 8<sup>th</sup> 11:00-11:45**

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

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

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

### **Monthly Diabetic Support Group**

**Last Thursday of each Month at 11AM: MAY 29<sup>th</sup>**

Pam Francis, Diabetes Educator

Kelly Sions, HMH Nurse Educator

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!

## Kidz in Motion



### Yay for May!

Come discover May flowers and other spring things while having fun in Kidz in Motion!!!

Sign your children up for all the adventures and activities.

Monday, Wednesday & Friday 9-11 am & Monday-Friday 4-7 pm

Saturday 9-11 pm

Have lots of fun with Mrs. Jeanne, & Staff



### Hampshire County Parks & Recreation

#### Walk To Be Fit Program Continues to October 31<sup>st</sup>

Open to anyone that is 21 or older!

If you would like to register for the program, just stop by the Front Desk, complete an enrollment form, pick up a free pedometer and your tally sheet to log your steps & **WALK!**

Don't forget to turn in your logs either here or at any FNB to be eligible for prizes! HCP&R will award prizes when you reach **milestones: 100, 250, 500 & 100 miles!**

diabetes management in a comfortable, encouraging environment. Hope to see you there!

### ADVANCED DIRECTIVES & CARE PLANNING

Valley Health is encouraging everyone to join the conversation about healthcare decision-making. We want to help you understand how to communicate your healthcare wishes, and choose someone to make decisions for you, if you cannot speak for yourself.

Advanced care planning is the process of preparing for future medical care, particularly if you become seriously ill or unable to communicate your wishes. The goal of Advanced Care Planning is to ensure that the medical treatments you receive match your goals and values. It may also help relieve family members of their concerns in making difficult decisions on your behalf.

Advanced Directive is a form that includes two important parts. **First**, choose someone to be your voice when you cannot speak for yourself (Medical Power of Attorney). This person knows what is important to you and can honor your wishes. **Secondly** document the kind of medical treatment you want or don't want (Living Will). **Ask us about signing up with a trained facilitator to get started TODAY!**



## Pool News

### Swim Lessons

We are scheduling Private 1-on-1 or Buddy swim lessons for members & non-members.

30-minute single session or packages of 3, 5 or 10 sessions are available.

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

### Private Pool Rental

**Come Party with Us!**

#### Pool Rental Options

**Friday 7pm** – 2 hours Pool Only

**Saturday 12pm** - 2- or 3-hours Pool/Lobby options are now available!

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

**Open Swim** for all school age children. Cost \$5 and 1 parent per child is **FREE** \*pool use only\*

Monday through Friday 1pm-7pm\*

Wednesday & Friday 1pm-7 pm

Saturdays all day! 8 am-12 pm

**\*Pool Class 4:30pm-5:30pm Monday, Tuesday & Thursday**

**\*HWF** welcomes all **Home-schooled students** to our pool on the **2nd Friday of each month at 1PM** for a discounted rate of \$2/per swimmer. Members are FREE.

**Romney Middle School** will be swimming in our pool **Thursday, May 15<sup>th</sup> between 10-2**. Please plan your swim accordingly. One lane will be available for swimming.

### Friday May 23<sup>rd</sup> – FREE SWIM

**Open to the Public**

**School Aged Children & Below**

**Bring the Kids in for a Free Swim!**

**1:00 – 7:00 PM – compliments of HMH Foundation**

### Coming in June

- **Water Babies Group Class**
- **Additional Equipment**