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**Thank you for supporting our nonprofit community aquatics and fitness center in the Wet Mountain Valley over this past year, so that we can support healthy living, make kids strong, and enrich our community for every body!**

### **Holiday Hours**

For CHRISTMAS and NEW YEARS, Club America will close at 4pm on Thurs. Dec. 24 and Thurs. Dec. 31, and remain closed on Christmas Day, Dec. 25, and New Years Day, Jan. 1. Regular hours resume on Sat. Dec. 26, and Jan. 2. Please check the club website and calendar for any other schedule and class changes. [www.clubamericawmv.org](http://www.clubamericawmv.org)

POOL HOURS- open 7-10am. Mon, Thurs, Fri., 7-9am Tues, Wed; 3-5 pm Mon - Fri until Dec 18, then open 1-3 pm. for Public Swim until Jan.2

### **Fire in air handling unit forces fewer pool hours**

The pool will only be open for short periods of time right now due to the loss of the heating and ventilation system that exchanges the air in the pool room. The pool water itself is warm and is fine. It's the air in the pool area that can't be ventilated or heated at this time. The maintenance manager and Board members are doing all they can to get the pool open again full time as quickly as possible. ***Your understanding and patience is appreciated.***

We hope to have the unit repaired or replaced within the next month, but a lot will depend on the weather, and the speed at which we can get bids, the insurance settlement, the equipment and have it installed. The good news is that when this is all over, we will most likely have a new air handling unit that will be more energy efficient, easier to maintain, and more effective and reliable.

Here's what happened: the Friday after Thanksgiving, maintenance manager Mike Carter was shoveling snow and saw flames shooting out of the air handling unit that ventilates the pool area. He quickly shut off the propane supply to the unit while staff got people out of the pool and the club. After their evaluation, the fire department advised us not to use the unit again until it could be completely checked out. Everyone is grateful to Club staff who acted promptly to keep members safe and to prevent further damage.

The fire caused extensive damage to the air handling unit. It is not clear why this happened, but complete replacement of the unit will probably be required. Because the air cannot be heated

and circulated through the pool area, we can only allow the pool to be uncovered for short periods of time due to the humidity that builds up in the pool room. When that humidity gets above 60-70%, damage to the walls, and equipment is likely to occur, and the space itself can become contaminated with mold and mildew causing a health hazard.

Last week, the insurance adjuster from the Club insurance company, inspected the unit and has asked for bids for repairs or replacement. Heating contractors have been contracted and are preparing bids right now. Everyone is moving as quickly as possible.

Most of the cost of this will be covered by our insurance, and may run about \$20,000 or more, so we must work with them. It will take time and we appreciate your understanding.

## Membership rate changes for Jan 1, 2016

We're pleased to announce a **new lower cost monthly membership** for any adult individual age 18 and over: \$45 per month! This membership requires payment by monthly electronic funds transfer (EFT) from a bank account or credit card, and a 12 month contract. Or you may make a single nonrefundable cash payment of \$540. It also features the ability to put the membership on hold for 1 month, or up to 6 months with written notice and a \$5 fee for each hold.

For couples, adding a second adult will cost \$35 per month. **Otherwise all rates will stay the same.**

Starting Jan 1, we will now require **all changes to and termination of memberships be made in writing, by completing a change or termination form and paying a small fee.** Forms will be available at the front desk, and on the club website for download and printing.

All the details of these changes will be available at the front desk by Jan 1, 2016.

## Donate to the Spirit Campaign and support Club America before Dec. 31

This year's Wet Mountain Valley Community Foundation Spirit Campaign ends Dec 31, and we ask everyone to please a donation to Club America through this program if at all possible. **Your donation will be matched by funds from the Community Foundation** and then sent on to us, so your donation helps even more. Please take advantage of this opportunity to support a part of the community that you are personally involved in. If every member gave the equivalent of a months membership, we would We specifically want to use some of these funds to purchase new cardio machines for the gym area. The required coupon can be found in the Wet Mountain Tribune, at the front desk of the club or online at [www.wmvcf.org](http://www.wmvcf.org).

## Use Amazon Smile for online shopping

When you shop from the [www.smile.amazon.com](http://www.smile.amazon.com) website, Amazon donates money to Club America! You will be asked to pick a charity and we're listed under Custer2020, Inc. It's a simple way to have someone else donate a little money to something you support. Click [here](#) to start shopping and donating now.

## Our holiday wish list - what's yours?

We always appreciate donations of

- \* office supplies: copy paper, note pads, HP 61 black ink cartridges
- \* new yoga mats
- \* new or used paper shredder
- \* postage stamps
- \* ask Janie at the front desk about other needs

**What new equipment, classes, features would YOU like to see at Club America? We are**

actively planning and fundraising starting with this year's Spirit Campaign to upgrade our facility. Let us know by leaving a suggestion in the suggestion box in the entryway. We'll be sending out a survey soon, too.

## **Please welcome new Manager, assistant manager**

We are happy to announce that valley resident Janie Bolte is now our new Office Manager. Janie has a Master's degree in Exercise Physiology, and her Bachelor's degree in Kinesiology. She has experience in corporate fitness, teaching fitness classes as well as office management. She is passionate about helping people achieve a healthy lifestyle.

Dawnette Marples has just joined us as assistant manager. Dawnette brings a variety of office and customer service skills to the club.

## **CPR class set for Jan 12 at Public Health**

Update your CPR certification or learn this potentially lifesaving skill. All volunteers are encouraged to be CPR certified, so Club America will cover the cost of the class if you are actively volunteering. Call Gail at 783-3369 to register.

## **How to turn resolutions into reality**

**Not making the progress you'd like to see** by exercising on your own? Not sure how to start back, again? Try a class with one of our certified instructors, or work with one of our certified personal trainers - they'll assess you and your goals and will at times push you harder than you might otherwise push yourself when you're ready!

Remember your body adapts to whatever kind of exercise you do most, so then it takes more effort to see results. Try something completely different, mix it up, and your body will respond accordingly.

So try a new class, or hire a trainer for a set of sessions, or ask at the front desk to set up an introduction to the gym, and you just might achieve your goals this coming year!

## **Save the Date: May 14, 2016 for the Sneaker Ball! Westgrass 5K - July 9; Hermit Pass Marathon, Half Hermit, Lucky Hermit 13K - Sept 17**

The newly formed fundraising committee for Club America announces that the first Sneaker Ball will be held on Saturday May 14, in the evening. Location to be announced, but save this date now.

The event will feature a live band, dancing, food, wine, beer, prizes and a silent auction. Plan to come all dressed up but wearing your best sneakers, for a fun filled evening to celebrate Spring!

The Westgrass 5K will be held Saturday morning during the High Mountain Hay Fever bluegrass festival, July 9. This year there will be a 1 mile PowerWalk too.

And the 2nd ever Hermit Pass Marathon, Half Hermit, and Lucky Hermit 13K will happen out at A Painted View Ranch on Saturday Sept 17. Registration opens soon.



Details about all events will be on the club website and in future newsletters. But mark your calendars now and plan to be there!

## **Kids Zone after school program will continue**

Kids Zone, our new after school program for ages 3 - 10 will meet Tues Dec. 22 and 29 from 4-6pm during the holidays. Its only \$5 drop in fee per class. Since the club closes early on Thurs Christmas and New Years Eve, Kids Zone will not be held. After Jan 2, it returns to its regular Tues, Thurs and Friday schedule. It's still only \$30 per child per month or \$5 to give your child 2 hours that will help develop their physical as well as mental and social abilities. **Please share word of this program with friends and neighbors while there's still room for their kids to attend!**

## **Help sought with grant writing, marketing**

Do you have experience writing grants, marketing a business or just some extra time to fill learning a new skill? Club America is seeking volunteers to help with writing grants and marketing our programs. If you'd like to help, please contact Janie at the front desk or Barbara Sutton 719-371-8001. We need your help and can provide training and guidance. And it's something you can do from home (very few meetings!)

## **Also seeking new Board members**

Have ideas about the future of Club America? Want to help to see our community fitness center move forward, grow and improve? The Board of Directors is seeking new members to bring their skills and vision to help keep Club America strong. Leave a message and contact info for Jacky Brooks-Lawrence or Don Pinnella at the club front desk.

**Thank you Volunteers! without you we would not be here!**

More info at [www.clubamericawmv.org](http://www.clubamericawmv.org)

From all of us at Club America WMV, wishing you and yours a very happy,  
healthy holiday season!



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