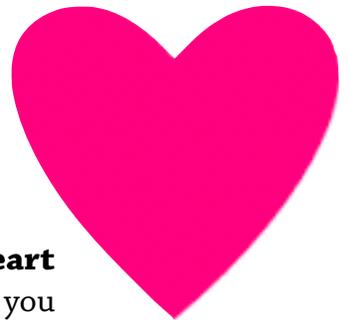




CELEBRATING FITNESS!

Managers Report : February 2017

The winter snow and rain got you down? Life a little boring? Seahawks not in the Super Bowl? Maybe its time to change up your routine, this is a great time of year to add something new, like a yoga or Pilates class, try swimming or racquetball or basketball. There are a lot of new members in the club so it's a wonderful time to pick up an alternative workout. With a lot of novices on the courts, in the pool and on the workout floor, you'll fit right in if you're not exactly sure how to play, lift or swim like a pro. We also have great staff available to help you over the rough spots. Check out the website and come on in to try a new routine. Also look for out-of-club opportunities; try ice-skating, snowshoeing, skiing or boarding. Participating in winter sports is a great way to enjoy the Northwest during the long wet winters.



February is time to celebrate fitness, share it with a friend! As February is **Heart Month** (Valentines Day and all) we are looking into some new tools to help you keep your workouts fresh and effective. Mike Locke is researching the new products from Polar, that offer the opportunity to monitor energy expenditure and heart rate. Heart rate training is the best and most efficient way to train your cardio vascular system. So you could start swimming or play racquetball with a friend, using science to keep you on track.

Keeping it fun is a major factor in maintaining an active lifestyle. Tracking your heart rate keeps it challenging and fun! Always available to help you attain your fitness goals are personal training, small group training, our Fuel nutrition program and Activtrax our computerized workout solution. Please call the club for more information. Here's to an active and fun NW winter!

Respectfully,
Cathy Buckley



COURT SPORTS NEWS

Jessie Scott - Court Sports Director

FEBRUARY 16-19 - WORLD RACQUETBALL TOUR

The World Racquetball Tour is coming to Seattle. This is a tournament you won't want to miss. It takes place in the heart of Seattle and these guys are sure to put on a good show! The WRT guys put a new spin on the game with their speed and agility, come play and watch some of the best in the game at the Washington Athletic Club!

MARCH 16-19, 2017 - NORTHWEST OPEN

What better way to celebrate St. Patrick's Day wearing green and playing racquetball?! This is the biggest tournament we host. I love this tournament and the excitement that it brings to the Pacific Northwest. I am hoping to increase numbers again on this one as well.

MARCH 31-APRIL 2 - STATE SINGLES

Washington State Singles will be played at the WAC in Seattle. Bring your best game and take home a state title. The WRA will put on a great event with good hospitality and good food options. Parking can be a hassle in downtown Seattle but there are decent options close to the facility.



A MESSAGE FROM JESSIE:

I hope that everyone is having a good new year so far! We have a lot of fun events coming up in the racquetball world. Remember to please contact me if you have any questions, comments or concerns on these events and I will do what I can to help.

Both the Northwest Open and Washington State Singles should be available on the r2sports website! Mark your calendars for the events listed and we will see you on the courts!

RACQUETBALL LESSONS

Need something to keep your kids active during the winter months? Encourage them to try something new, and sign them up for Racquetball lessons with Club Pro, Wanda Collins!

Juniors play in our tournaments for only \$15, thanks to the Washington Juniors Associations. This is a GREAT way to make new friends and stay active when we'd really like to hibernate! Stop by the Front Desk for dates and fees!



GROUP EXERCISE NEWS

Jeri Winterburn - Group Exercise Director

Yikes! We are already going on month two of 2017.

So many of us entered the New Year with hopes of overcoming struggles with our health or weight – and renewed hope moving forward. **But it's sooooo hard!**

Choose your hard! It's *hard* to get up early to fit your workout in or to workout when you really don't want to. It's *hard* to cook a healthy, at-home meal when all you want is some takeout. But...it's also hard to struggle with low energy through the day, sleeping problems or digestive problems, and it's *hard* to not love how your clothes fit each day.

These are just examples - and some may apply to you and some may not, but we all have **one** aspect of this journey that is **HARD** and makes us want to give up. But if you do, just remember that you're only choosing a different kind of hard. NO one can promise this journey will be easy...but – I absolutely promise it will be worth it!

Every day is a new day – so start it by writing down ONE positive thing you will do for yourself that day. Then **JUST DO IT!** We can all overcome our daily struggles by meeting them head on – and the best way to begin – is at the beginning of every day. One a day – for each day in February. Write it down right after you get up in the morning. No excuses – just positive reinforcement for a better day – a better year – and a better **YOU!** Go get it!



**no
negative
thoughts
allowed**

CONGRATULATIONS CAME TASKER!!

Congratulations to CamE Tasker who was featured in the latest issue of Trail Runner Magazine. She is representing the June 2017 of the calendar. The image of her running along the summit ridge of Trapper Peak in North Cascades National Park. The photo was also entered in a WTA photo contest with over 4000 entries and took the Grand Prize. CamE has been a member of the club since 2004 and very active in the club. We're proud of you CamE keep up the hard work.



Photographed By: Nick Danielson

AQUATICS NEWS

By: Brittany McIntosh

Because of the increased interest in swim lessons here at BAC, we are updating and streamlining our curriculum! Beginning in February, we will be combining Clownfish I & II and Dolphin I & II as well as updating all levels to focus on important survival and endurance skills in addition to the technique based learning that our program has already accomplished. Our goal is to provide a well-rounded aquatic education for all students, so please take a look at our levels below!



If your student is currently enrolled in our program, please place them according to their previous level. We will be assessing and adjusting on the first day of lessons, but if you would prefer to have an independent assessment, please contact Brittany at aquatics@bellinghamathleticclub.com to set up a placement test. **Note:** These are the required skills to pass each level, not entrance skills.

Angelfish: Ages 6mo-3 years

- ★ This is a Parent-Child aquatics class, focused on water adjustment and enjoyment!
- ★ You will learn how to hold your child in the water, practice survival skills and play games aimed at providing a positive first experience in the pool

Beluga: 3 years +

- ★ For students who have never had lessons before
- ★ Focus on head & face submersion, bubbles through mouth & nose 5 seconds
- ★ Introduction to crawl stroke, front and back floats, & elementary backstroke (w/ assistance)
- ★ Introduction to jumps & water safety

Clownfish: For those who have passed Beluga

- ★ Focus on transitioning from swimming with assistance to unassisted skills - by the end of the level they will be swimming 15-20 feet on their own.
- ★ Effective crawl stroke and kicks
- ★ Front and back glide
- ★ Front & back floats w/ recovery (10-15 seconds)
- ★ Introduction to dolphin kick

Dolphin: For those who have passed Clownfish

- ★ Focus on increased distance and endurance - They will be swimming full lengths on a regular basis.
- ★ Development of freestyle (crawl stroke) technique & side breathing
- ★ Introduction to backstroke
- ★ Effective glide w/kick - on stomach, back, and dolphin
- ★ Introduction to treading water
- ★ Introduction to side stroke

Flounder: For those who have passed Dolphin

- ★ Distance: They will be swimming 3-5 lengths on a regular basis.
- ★ Refine freestyle and backstroke
- ★ Introduction to breaststroke
- ★ Underwater glide w/ dolphin kick
- ★ Tread water (40-60 seconds)

Jellyfish: For those who have passed Flounder

- ★ Distance: 6-8 lengths
- ★ Refine freestyle, backstroke & breaststroke
- ★ Introduction to butterfly
- ★ Introduction to flip turns
- ★ Side stroke
- ★ Introduction to yardage & competitive swimming skills

MEMBER OF THE MONTH: BEN SATTERWHITE



Ben Satterwhite has been nominated by our staff as February's Member of the Month. Ben moved to Bellingham from Georgia in November of 2012 and has been a member of the club ever since. Most of the people that Ben knows in town he has met at the club. Ben is a retired veterinarian. You can find Ben at the club in the very early morning or the noon hour taking spin or boot camp classes, some time two classes a day. Ben is a former golfer but now spends his free time biking around Bellingham and Whatcom County. Ben has three kids living all around the country. Thank you Ben for inspiring members to stay active all their life.

EMPLOYEE OF THE MONTH: HANNAH ORNES

This past summer was action packed with a lot of new faces at our Front Desk. Everyone is settling in to their role at BAC and are really enjoying getting to know our members. Hannah Ornes has done a great job of fitting into our staff and we are pleased to recognize her as the February Employee of the Month.

Born in New Hampshire, Hannah was raised in Washington and has travelled extensively, already visiting 5 continents. She is a Sophomore at W.W.U. and her studies include a Nursing major and Spanish minor. She has played soccer most all of her life which of course adds to her love of anything to do with the outdoors. Hannah also has a passion for drawing and painting and is a volunteer visitor for Young Mended Hearts. Rumor has it she has been seen playing Racquetball in her free time.

We really appreciate all of our staff and it is always rewarding to welcome new employees, like Hannah, who go above and beyond and recognize the value of providing good customer service to our members. Thanks Hannah for showing your spirit and being a team player!



FOUR EXERCISES TO OPEN YOUR SHOULDERS

By: Mike Locke - Fitness Director

As an experiment find a full length mirror and turn with your side to the mirror so you can see the full length of your body. What's your posture like? If you are the majority of the population you might see that your head is forward, your shoulders might or might not be rounded forward toward each other, your upper back may or may not be curved forward and your hips could be or could not be tilted down and forward. For quite a few of you, you might also experience tightness or even pain in the neck, shoulders, mid-back, or lower back with these positions. Neutral spinal position or "good posture" is when we see the head centered over the shoulders with the shoulders back in-line with the ears. The mid-back should have a slight curve with the lower back maintaining its natural curve and our pelvis should be centered under the spine. Americans spend over 60% of each day reading, computing, watching television, and driving. They dramatically affect our posture. Breaking up periods of extended sitting with activity is a great way to counteract its effects.

1. Ball Tissue Mobility for the Chest:

Rolling a ball along the pecs can loosen and mobilize the pecs allowing the shoulders to move back into a more neutral position. Try performing 10-20 rolls on each side.

2. Ball Tissue Mobility for the Lats:

Rolling a ball along the length of the lats can loosen and mobilize the lats allowing mobility of the shoulders. Try performing 10-20 rolls on each side.

3. Doorway Stretch:

A great way to stretch the chest and shoulder girdle in multiple positions. Maintain posture as you try to step through the doorway. Exhale into the stretch and hold for 20-30 seconds. Repeat with the arms higher or lower on the door frame.

4. Farmers Walk:

Not only a great exercise for core strength, but also an excellent exercise for stretching the shoulder girdle and walking with good posture. Choose a weight that still allows you to walk and maintain posture. Try walking 30-50 feet with Kettlebells. Dumbbells can be substituted as well.



NUTRITION COACHING AT BAC

By: Tina Schumacher - Group Exercise Instructor

Have you heard about BAC's own nutrition program? Here is what people are saying about Fuel:

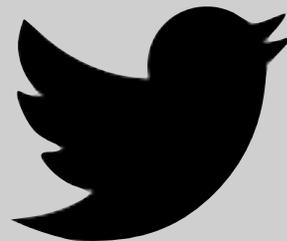
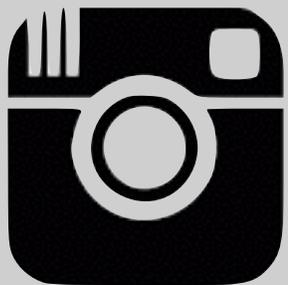
"I'd like to let you know how grateful I am for having been in your excellent program. There are valuable lessons that will be useful to me for a lifetime and I want to thank you for having been a great teacher, motivator, cheerleader and resource person for the group. Your insights have helped me to get to the point of choosing better nutrition and generally living better and feeling good every day. I'm sure everyone in our group enjoyed a measure of success getting to our stated goals. I hope you will continue the program because there is so much noise and TMI out there that we need to get the fuel program to sort all of it out in a way that makes sense. Thank you SO much and we're really blessed to have you in our gym and in our community." -BAC Member Lilia

The next Fuel is coming soon! Please contact Tina Schumacher at (360) 393 - 7777 or mtschumacher@comcast.net to answer any questions. Tina is also available to do individual consultations and is ready to help you get to your long term health and performance goals.



Find us on Facebook, Twitter and Instagram!

Follow us on social media to get the latest updates happening at the clubs.



@Bellingham_Athletic_Club

Bellingham Athletic Club

@BAC_2Fitness

KIDS CLUB NEWS

By: Leah Carrol - Youth Programs

Hello and happy February from Kids Club! We hope you have had a great start to the New Year! Please read on for further information and current happenings in Kids Club!

BIRTHDAY PARTIES @ BAC

Does your little one have a birthday coming up? Looking for a low stress way to make their special day one to remember? You're in luck!

BAC is the perfect place to have a birthday celebration! The Youth Programs Department provides stellar activities and supervision so you can enjoy the celebration. We take care of the set up AND the clean up! More information can be found at the Front Desk or from a Kids Club staff member.

