



Duanesburg Area Community Center

# CENTERNEWS



**Tell Your Friends & Neighbors**

**DACC Open House is Jan. 14**

The DACC Annual Open House is scheduled for Saturday, January 14, from 9 a.m. to 3 p.m. Invite your friends and neighbors to come workout with you. Let them see for themselves what the DACC has to offer. Enjoy refreshments and activities. Special Open House membership pricing is available for new enrollees. To learn more, see the front desk staff at the DACC.

**Don't miss out on FUN DAZE at the DACC**

Do you need childcare for your children during school breaks? Enroll your kids today for FUN DAZE at the DACC. With activities that include arts, crafts, music, computers, gym time and swimming, they are sure to have fun. FUN DAZE are January 2, 16, and February 20-24. Program hours are from 7:30 a.m. to 3 p.m. Cost is \$30 for members and \$40 for potential members. Extended care is available from 3 p.m. to 6 p.m. for \$3.75 an hour. (Children who are currently enrolled in the After-School Program will not need to pay for the FUN DAZE program on January 2 and 16.) Sign up today at the front desk. A minimum of six participants are required each day in order for the program to run. Please provide a lunch and we will provide the snacks.

**Back by Popular Demand Cardio Contest Challenge**

Purchase a laminated sneaker at the front desk for \$8. Write your name on the sneaker. (Sneakers may be purchased anytime during the contest.) Use the cardio equipment at the DACC or take a spin class (which will count for 12 miles). Print your name, date and miles on your log sheet in the fitness room. Move your sneaker along the course that is on the fitness wall. When you complete 100 miles, your name will be entered into a drawing for either a spin class card or three one-hour personal training sessions. The contest starts January 9 and ends March 9. Good Luck!



**CPR Saves Lives**

According to the American Red Cross, one quarter of Americans say they've been in a situation where someone needed CPR. If you were one of them, what could you do? Red Cross Certified CPR training is available January 24 and February 23 from noon to 4 p.m. at the DACC. You can also arrange for a group course at the DACC or at another site. See our front desk staff for the details.

**Embrace Winter with Cross Country Skiing**

Seminars sponsored by Oak Hill Farms Cross Country Ski Center & the DACC with Instructor Jeff Peil

**Cross Country Ski Lessons for Beginners - Saturday, January 14 at 9 a.m. at Oak Hills Farm Ski Area in Esperance.**

*This 90-minute group lesson will cover basic techniques. Ski rentals are available at a reduced rate. Trail passes also are available at a discount for those who want to continue skiing after the lesson. Instruction fee is \$5 for members and \$10 for potential members. Equipment rental is \$12 for adults and \$8 for children (6-12). Trail fees are \$10 for adults and \$4 for children.*

**Trail Skiing - Sunday, January 15 from 10 a.m. - noon at Featherstonhaugh State Forest in Duanesburg.**

*Are you ready to try a local backcountry ski trail? We will take an easy jaunt through this local public forest and look for signs of resident wildlife. Along the way, we will provide tips for planning other backcountry trips. You should be able to kick, glide, climb and descend gentle hills. Cross country ski equipment of any kind will work (other than skating skis used for racing). Rentals are available at a cost of \$5 for members and \$10 for potential members.*

All seminars are preregistered and prepaid to the DACC (except trail and rental fees). No money will be taken by the instructor. For more information about the classes, call Jeff Peil at 895-2097. Please call the DACC at 895-9500 the night before if weather seems unfavorable.



## Join the DACC Swim Team

The Electric Eels still have openings on the Swim Team. If you are interested in having your children participate in a fun sport that offers kids a great fitness program, please contact Jenn Dixon at 895-9000 or [jdixon@dacc.info](mailto:jdixon@dacc.info).

## Free Swim Lessons for Kids

A few slots are available for free swimming lessons. Stewarts Shops and Price Chopper have both donated funds to support this program. Please call the DACC at 895-9500 for details.

## Saturday Swim Lessons

Our Saturday Swim Lesson program for all ages begins February 11. Check with the front desk staff for details.

## Practice Your Kayaking Skills

The Kayaking program is every Thursday from 7:30 to 9:30 p.m. until April. If you want to keep your skills fresh during the long winter months consider coming to the DACC for some water time. Cost is free for members and \$15 per night for potential members. Punch cards are available for four nights for \$50.

## Lifeguarding Course

The DACC will offer a lifeguarding course February 20—24, from 9:30 a.m. to 3:30 p.m. Participants must be at least age 15 and must attend every class for certification. Cost is \$225 for members and \$300 for potential members. Contact the front desk staff to sign up or for more information.

## Private Swim Lessons

If you are a level 3 or higher swimmer, private swim lessons and coaching are available. Each session consists

of 8, 1 hr lessons at a cost for members of \$180 and \$220 for potential members. For more information contact Jenn Dixon at 895-9000 or [jdixon@dacc.info](mailto:jdixon@dacc.info).

## Deep Water Cardio

Jump into our new DEEP Water Cardio Class for a high energy workout that can be tailored for all levels and abilities. Classes run for 30 minutes on Mondays at 5 p.m.



## Watch for Special Classes Popping UP at the DACC

Brrrrr . . . It's getting colder outside, but it's always warm and toasty inside the DACC. Class sizes are again surging with many familiar and new faces coming indoors for incredible training and super-fun workouts. Seventeen new classes have been added to the winter schedule. Your fitness needs are our priority and these new classes reflect that. We'd like to welcome Amy Gadus, Andrea Fariello, Ben Schaeffer, Colleen Delorenzo, and Sharlene Grenier to our fitness team. Just walk through our doors and we will take care of the rest. You can pick up January's schedule at the front desk or on line at [dacc.info](http://dacc.info)

## Qigong Class at DACC

Transform your life into a picture of perfect health with the simple movements of Qigong. It reduces stress, improves your overall well being and simply feels wonderful. Its practical healing and stress management applications are the most popular aspects of the tradition today. Classes are held on Wednesdays at 11 a.m. with instructor Pam Martin, beginning on Jan 25 for six weeks. Cost is \$25 for members \$35 for potential members. We need five pre-registered participants to hold the session.

## HulaFit

A low-impact aerobic/cardio workout, HulaFit uses a lightly weighted hula hoop and fun music for a booty-shaking workout that will tone your body from head to toe. Hula hoops are limited, so don't wait to register. The six-week class will be held on Saturdays at 11 a.m. starting Jan. 7th. Cost is \$45 for members; \$65 for potential members. The course must have a minimum of 10 preregistered participants to operate.

## Zumba and Zumba Gold

Colleen Delorenzo, instructor will offer Zumba classes at three different times. Starting in January, Zumba Gold classes will be offered on Tuesdays at 11 a.m. and 5:15 p.m. and Zumba on Thursdays at 5:15 p.m. This will be an ongoing class. Drop-ins are welcome at a cost of \$6 for members and \$8 for potential members. Purchase a punch card and get one class for FREE!

## TurboKick

Taught by certified instructor Sharlene Grenier, this class as seen on T.V. is a combination of intense kickboxing moves and dance choreographed to high energy music. It's a cardiovascular challenge that's a unique blend of intense intervals of strength and endurance training followed by a relaxing cool down. No gloves are needed. Classes are Fridays at 6:15 p.m. and Sundays at 11 a.m. Cost is free to members; \$6 for potential members.



## Spinning for Fitness

Don't you love these two photos together? In theory, Lance Armstrong and your grandmother could take the same spinning classes (assuming each could tolerate the music) and properly coached, both would receive awesome benefits for their personal fitness level. Come join a spin class with us on Mondays, Wednesdays, and Fridays at 6 a.m. and 5:15 p.m. or try our 30 minute express class on Thursdays.