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Welcome to the SCC April newsletter focusing on routines! April is here, and with it comes longer days, warmer weather, and the perfect opportunity to refresh your wellness routine for the entire family. Now is the time to get ready for all your summer activities, from vacations and pool days to sports seasons and outdoor adventures!

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### **Make Wellness a Family Routine**

Healthy habits are easier and more fun when the whole family is involved! Creating a shared routine helps everyone stay active, build consistency, and support each other.

Try this simple weekly approach:

- Family Activity Nights: Take a walk, bike ride, or play a sport together 2–3 evenings a week
- Workout Time: Parents hit the fitness floor or classes while kids join programs like Fit Kids or sports training
- Skill Days: Schedule swim lessons or sports practices for skill-building and confidence
- Healthy Meals Together: Plan and prepare balanced meals as a family
- Make it Fun: Keep things light, encouraging, and goal-oriented for all ages
- Schedule: Your workouts should be around the same time each week
- Start small: 30 minutes a day can make a big difference
- Prioritize rest and recovery for every family member

Building a routine together now sets the tone for a healthy, active lifestyle all year long and gets everyone ready for a fun-filled summer! Build consistency, it is what creates results. Treat your workouts, meals, and recovery like important appointments you cannot miss!

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### **Get Summer-Ready at the Salem Community Center**

Whether you are preparing for a sport, building strength, or keeping your kids active, the Salem Community Center has something for everyone:

- Swim Lessons – Build confidence and skills for a safe, fun summer
- Basketball Skills Training – Sharpen fundamentals and improve performance
- Private Lessons – One-on-one volleyball and basketball instruction
- Fit Kids Running Program – Keep kids active, healthy, and having fun
- Sports Training and Personal Training Sessions – Speed, agility, and strength development
- Fitness Classes & Weight Training – For all levels, from beginner to advanced

No matter what your goals are, we are here to help you feel strong, confident, and ready for summer!

## Upcoming Events – Join Us!

- **Fit Kids Running:** March 24 – May 20! Fit Kids Running is for beginners or advanced runners aged 7-14. We will give guidance regarding form, pacing, and race strategy during the program. Do not miss the fun running games and drills.
- **Tot and Rookie Basketball skills: April 8<sup>th</sup>-April 29<sup>th</sup>**
- **Tumbling with Miss Tori:** Mark your calendars Mondays and Tuesdays! Join Miss Torie to flip, balance, and soar! Tumbling with Miss Torie is the ultimate experience where you can master the balance beam, practice safely on soft mats, and bounce on the trampoline while building confidence and having tons of fun! Come TUMBLE your way into fitness!
- **Coming soon...** Watch the SCC website for dates!
  - **Fit Kids 6-Pack (June and July)**
  - **Teen Strength Training (TBD)**
  - **Pop-Up Boot Camps inside and out**
  - **Volleyball camps and clinics**
  - **Basketball camps**

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## Healthy Spring Snacks Keep You Energized!

Eating healthy helps your body stay strong and ready for all the fun activities that you have planned. Adding one more serving of fruits or vegetables to your day is a simple way to get more nutrients and energy, improve recovery and support overall health. Toss berries into your breakfast, add a side salad at lunch, or snack on carrots and hummus, small changes add up! Keeping a consistent routine of food keeps it simple and easy to track!

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## Fast Fitness Tip of the Month:

Shake off the winter slump with this energizing and quick full-body workout:

### Spring Circuit (Repeat 3–4 Rounds):

- 12 Bodyweight Squats
- 10 Push-Ups (modify as needed)
- 15 Walking Lunges (each leg)
- 20 Jumping Jacks
- 30-Second Plank
- 10 Triceps Dips

Tip: Rest 30–60 seconds between exercises and stay hydrated!

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## How are you doing on the NEW SCC Rewards Program?

We launched our new **Check-In and Earn** incentive program designed to reward your consistency and commitment in January. Many of you could be coming up on your first reward. Ask the front desk how many visits you have had since January and see if you are close to the first reward! First goal: 100 points/check-ins!

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## Get it before it is gone! Annual Membership Sale March 15-April 15: Spring into Savings!

**Exciting News!** Our **Annual Membership Sale** is here, offering unbeatable savings on annual memberships paid-in-full for the year! This is the perfect time to make a splash and start your family's fitness journey at a great price. Receive 15% off an annual membership up to \$150. With all new and renewed annual paid-in-full memberships, you will receive **5 FREE Day Passes!**

### Why Take Advantage of Our Annual Membership Sale?

1. **Save Big:** This is the best time of the year to get the most value for your money. By signing up for an annual membership during our sale, you will enjoy significant discounts on membership, programs and rentals the entire year.
2. **Unlimited Access:** With an annual membership, your family will have unlimited access to the fitness floor, track, pool, sauna, hot tub and more!
3. **Free Classes:** Most aerobic classes, both land and water can be enjoyed at no additional cost with an annual membership.
4. **Free Childcare:** Children ages 1-6 who are on the SCC annual membership can use SCC childcare services at no extra charge while mom and dad exercise.
5. **Sibling Supervision:** Sibling 16 years of age may supervise younger siblings age 6 and up while in the building.
6. **Thirteen-Year-Old Access:** Children age 13 or older can be in the building without a parental supervisor.

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### Stay Active and Stay Happy!

Spring is all about renewal and routine make it your season to thrive. Start now, stay consistent, and you will be ready to enjoy everything summer has to offer!

The SCC staff is here to help, if you have any questions please let us know!

We would love to hear from you about any wish list items or services you would like to see at the SCC in the future. Please drop a note to the front desk or email, [mail@salemcommunitycenter.com](mailto:mail@salemcommunitycenter.com) with a subject line of "Wish List".

We look forward to preparing for summer and beyond right alongside of you!

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### Stay Connected

Make sure to follow us on social media and visit our website, [salemcommunitycenter.com](http://salemcommunitycenter.com) for more exciting updates!