

# PLEX EVENTS

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 School's Out Plex Camp	3 School's Out Plex Camp	4 Group Swim Lessons Begin! (Call for details)
5	6	7 Group Swim Lessons Begin! (Call for details)	8	9 Group Swim Lessons Begin! (Call for details)	10	11
12	13	14	15 Nutrition 101 6:30pm	16	17 Dive-In Movie: <i>Ice Age</i> 6:30pm	18
19	20 Basketball Clinic Ages 5-10 12 - 2pm  School's Out Plex Camp	21	22	23	24	25
26	27	28 Healthy Lifestyles Plus- Wellness Program begins! (Call for details)	29	30	31 Friday Night Fit Club: Tabata 5:30pm	

### **School's Out Plex Camp**

**January 2, 3 and 20**

Kids ages 5-12 stay active with a variety of fun craft and fitness focused activities including swimming, an obstacle course and a fitness class. Bring lunch, morning and afternoon snack, bathing suit, tennis shoes and a water bottle.

Sign up at the Front Desk or call  
513-943-5050

### **Youth Basketball Clinic**

**Monday, January 20, 12 - 2pm**

**Kids ages 5-10**

Join Coach Alex Meacham, Cincinnati native and former Cincinnati Bearcat basketball player as he teaches shooting, ball handling and defensive principles, all the skills needed to be successful in the game. \$20 M / \$30 NM

Sign up at the Front Desk or call  
513-943-5050

### **Dive-In Movie Night: *Ice Age***

**Friday, January 17th, 6:30pm**

Bring your family and floats to this fun, FREE event! Parents must be in the water with non-swimmers. Invite your friends – guests are welcome!

Sign up at the Front Desk or call  
513-943-5050

### **Nutrition 101**

**Wednesday, January 15, 6:30pm**

Come to learn the latest in the world of nutrition from our Registered Dietitian Anne Nyktas. This FREE event is available to members and nonmembers, so feel free to bring your friends!

Sign up at the Front Desk or call  
513-943-5050

### **Friday Night Fit Club:**

**Tabata with Erinn**

**Friday, January 31, 5:30pm**

Invite your friends to the Plex and start your weekend right by trying a fun class. Non-members are welcome!