

Fall into Fitness

OCTOBER 2021

Monthly Newsletter



FOOTBALL CHALLENGE STARTS SOON!

2 week challenge
Males vs Females
(Members Only)

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SWIM LESSONS & SWIM TEAM

Registration will open
Oct. 15th at BACC Front
Desk.

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FIT 2 FEAST

We are running a special to help
you get ready for the holidays.

- Half off prices
- 5 free class passes
- Free child care during classes.

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- Wallyball League (page 2)
- Turkey Drawing info (page 6)
- Lyndon Run Recap (page 2)
- Upcoming Youth Events (page 6)



2021 LYNDON RECAP



1st Male Finisher
Duane Oftedahl
19:12



1st Female Finisher
Fran Peterson
21:21



Find the rest of the race results and more pictures on our website.

**Thank you to EVERYONE who participated in our
23rd Annual Lyndon Ellefson Memorial Run/Walk.**

COME ONE, COME ALL!

HAPPY HALLOWEEN!



BACC HALLOWEEN CARNIVAL & COSTUME CONTEST

OCTOBER 28TH, 2021 | 3:45-5:00 PM
HALLOWEEN GAMES, CRAFTS, PHOTOS,
FACE PAINTING, AND SPOOKY SNACKS!

GRADES K-4
\$5 PER CHILD

Register at the Front Desk at the BACC

Parents - please don't send makeup with kids.
Preferably, costumes that can be put over clothing.

Barron Area Community Center

Co-ed Wallyball League

Starting Monday, October 18, 2021

- Monday Night League: October 18 - November 15
- No experience necessary!
- Grab a few friends and join our Co-ed Wallyball League!
- Four championship t-shirts to winning team.
- 4 players on court with minimum of two females at all times.
*Roster can contain up to 8 players.
- Register at the BACC before Monday, October 11th, 2021.
- Questions: Stop by our front desk or call 715-537-6666.



Cost is \$80/team

#FIT2FEAST

SPECIAL

LET US HELP YOU GET FIT FOR THANKSGIVING!

Purchase a ONE (1) month membership between
Oct 18th and Oct 25th to receive

- HALF OFF REGULAR PRICE
- FREE WEIGHT ROOM ORIENTATION
- 5 FREE ADULT REC CLASSES OF YOUR CHOICE
- FREE CHILD CARE WHEN PARTICIPATING IN
ADULT REC CLASSES

Membership prices half off!

Single ~~\$60~~ **\$30**

Couple ~~\$75~~ **\$37.50**

Family ~~\$90~~ **\$45**

Offer valid for new members only. Not to be used in conjunction with other specials or discounts.



**THANK YOU TO THE BARRON HIGH SCHOOL COACHES AND
PLAYERS FOR INVESTING THEIR TIME IN THESE KIDS!**



Football Challenge

(Members Only)

Men vs Women

October 11th - 24th

Earn points with a cardio or weight training workout.
The longer you work out, the more points you score!

A complete list of rules and scoring is available at the front desk.

Sign up at the Front Desk starting October 6th

BACC SWIM TEAM

Practices will be after school Tuesday & Thursday
4:00-5:30 PM with weekend Meet opportunities.

November 2, 2021 - January 27, 2022

GOLD: Advanced (Competitive)

SILVER: Intermediate (Refine Skills)

BRONZE: Beginner (Learn Skills)

Members: \$120 per swimmer

Non-member: \$150 per swimmer

Participant must be able to swim a lap
or Level 3 Swim Lessons.

BACC SWIMMING LESSONS

Fall November Session

November 1, 2021 - November 24, 2021

Monday & Wednesday

4:00-4:30 PM - Level 1

4:30-5:00 PM - Level 4

5:00-5:30 PM - Levels 5 & 6

(8 Sessions/30 minutes per class)

PRIVATE SWIM LESSONS

PRIVATE LESSONS AVAILABLE UPON REQUEST

Registration will open Oct. 15th at BACC Front Desk.

For any more information please call
Aquatics Director Charlene Gilbertson at **715-537-6666 Ext 6**



WIN A TURKEY!

*Beginning Monday, October 25th,
every time you come in to workout,
you are eligible to enter your name
into a drawing to win a turkey.
(Members Only)*

Drawing dates:

Monday, November 1st

Monday, November 8th

Monday, November 15th

Monday, November 22nd

UPCOMING YOUTH ACTIVITIES

October 28th, 2021- Halloween Carnival

December 13th, 2021 - Holiday Party

February 2022 - Valentine's Day Pool Party

March 2022 - Mommy Son Dance

March 2022 - Daddy Daughter Dance

April 2022 - Bunny Bounce

June 2022 - Summer Party

***Available to ALL children grades
K-4 after school hours***

These events will be a combination of

- *Pool activities*
- *Movies in the theatre*
- *Gym activities with Bounce House,
Obstacle Courses, Scooter Races & Games*
- *Snacks or Meals*

