



# The July Connection

## HAPPY INDEPENDENCE DAY

### Christmas in July

Santa will be visiting the Common Ground Community Center Pool on Wednesday, July 21st from 1:00-3:00 pm. Come join Santa for games and other fun activities in the pool.

**Independence Day Holiday Hours: July 4th  
 10:00a.m. to 3:00p.m.  
 Regular hours on July 5th: 5:00am-9:00pm**

### Youth Fitness Classes (for youth members)

Parent/Child Yoga: Monday: 9:30am ages:4+  
 Water Aerobics: Tuesday/Thursday: 10:00am ages: 9+  
 Parent/Child Combo: Wednesday: 10:30am ages: 4+  
 Youth Kickboxing: Friday: 9:00am ages:9+  
 See the large sign across from the welcome desk for more information.

### Summer Camps for July at Common Ground Community Center

#### Sports & Swim Camp (Co-Ed)

Enjoy a variety of sports with this camp. Participants will play floor hockey, football, and many other games. Participants will swim each day. Bring a sack lunch or buy one from the concession stand.  
 Members \$20.00 Non-Members \$30.00  
 Dates: July 19th, 20th, 21st Ages: 6-12 Time: 11:00 a.m.-2:00 p.m.

### The Family Five

Regular exercise is crucial to every child's healthy development, and establishing good exercise habits starts at home. Here are five ways for parents to encourage the entire family to get more active together.

- Set an example.** Children do-and don't do-what their parents do. If you regularly exercise, your children will learn that it's important to make time for physical activity.
- Create a routine.** Schedule time for physical activity most days of the week. You could even make exercise part of family time. Go for a walk after dinner, or play catch in the yard.
- Make the most of downtime.** When you're watching TV with your kids, get up and move during commercials. Do sit-ups or push-ups, march in place, or dance.
- Throw an "active" party.** Instead of hosting an event in which everyone sits and eats junk food, get the gang going. Set up relay races in the yard, play tag or touch football, or go bowling or skating.
- Give the gift that moves them.** On special occasions, give your loved ones gifts that encourage physical activity, such as sports equipment or active games.

*HINTS: \*\* Take part in Common Ground's fitness programs and events! \*\* Consider gifting a neighbor child with a membership!*

#### Cheer Camp (Co-Ed)

This camp is for anyone who wants to learn how to cheer or someone who has team spirit!  
 Members \$20.00 Non-Members \$30.00  
 Dates: July 26th, 27th, 28th Ages: 9-12 Time: 1:00-3:00 p.m.

#### Cheer HipHop Combo Camp (Co-Ed)

This camp is designed for anyone who wants to try new dance moves and Develop cheer experience.  
 Members: \$20.00 Non-members: \$30.00  
 Dates: July 12th, 13th, and 14th Ages: 8-12 Time: 1:00-3:00pm

### Boot Camp

**Monday/Wednesday/Friday: 5:15 a.m.- 7/19-8/27**  
 Cost: \$52.00 for members and \$110.00 for non-members  
**Tuesday/Thursday: 9:15 a.m.- 7/20-8/26**  
 Cost: \$42.00 for members and \$100.00 for non-members  
**Tuesday/Thursday: 5:15 a.m.-7/20-8/26**  
 Cost: \$42.00 for members and \$100.00 for non-members  
 Boot Camp is a comprehensive physical conditioning program with the camaraderie and motivation of working in a group. We do fitness the old-fashioned way with sit-ups, push-ups, pull-ups, running and a whole lot of sweat.

### Master Swimming

Monday, Wednesday and Friday at 5:00 am

Swimming for fitness, fun and competition is what our program is all about. No matter what your goal is we offer year-round, group swim practices. See first hand what our program can do for you! Whether you are a beginner wanting a fitness program...a lap swimmer seeking variety... or a tri-athlete needing to improve your swimming, there is a place for you. Cost: United States Master Swimming membership \$35.00 Questions: Call Tiffany at 289-0451.

### Pick up Basketball

Women-Thursday 6 -7:30 p.m. Men - Wednesdays: 7:30-9:00 p.m.  
 Join your friends for a friendly game of pick up basketball.  
**Members FREE Non-members \$3.50**

**The July Aquatics and Fitness Schedule are available under the digital display screen by the welcome desk.**

### Regular Hours of Operation

Monday - Friday 5:00am - 9:00pm  
 Saturday 7:00am - 8:00pm  
 Sunday 10:00am - 7:00pm

1701 Veterans Drive

Omaha, NE 68022  
 (402) 289-0451  
 Levin.Collins@ci.omaha.ne.us

