MAY & SUMMER MEMBERSHIPS
Undergraduates, Graduates & (soon to be) alumni, here are the details on May & Summer memberships for you:

- Eccles HWAC Memberships for ALL undergraduates are active through June 3. Even if you are graduating!
- Undergraduate AND graduate students enrolled in summer classes get a FREE membership for the summer! Stop by the Reception Desk to have your summer membership activated.
- Undergraduates not enrolled in summer classes pay only $13.50/month for summer.
- If you are graduating your membership rate for the first year is just $15/month and after the first year the rate is just $19/month.

CRUSH IS BACK
CRUSH is happening this summer!

What is CRUSH: 6 weeks of high intensity interval training workouts that will help you reach your fitness goals.

Class meets Mondays & Wednesdays from 7-8am. May 5-June 11. Session 2 will run June 30-August 8.

Cost is $50 which will be refunded IN FULL if you attend every class. Even if you miss a class or two and don't get your money back it's still a great value!

Visit our website for more details or to register online.
SWIM LESSONS
May Swim Lesson registration is now open!

Classes will be held on Tuesday & Thursday evenings beginning May 6.

Register early as space is limited. Visit our website for complete details or to register online.

GOLF LESSONS
It's golf season and now is your chance to get a great deal on golf lessons from a pro.

Beginning golf class will be held on Tuesdays from 6-7:30pm beginning May 27.

Visit our website for full details or to register.

LOCKERS
If you are currently renting a locker please have it cleared out by Friday, May 30th. Please be sure to remove your items by that date or else there will be a $10 fee to claim your items!

Summer lockers will be available beginning Wednesday, June 4th. All lockers are just $10 for summer!

GIRLS SPORTS & REC CAMP
Girls Sports & Recreation Camp for girls 6-14 years old.

June 9-12 from 8am-noon.

Girls attending the Sports & Recreation camp will have the opportunity to participate in a multitude of sports and recreational activities. The goal of the camp is to introduce girls to as many sports and recreational opportunities as possible. Girls will have an opportunity to try new sports and recreational activities and learn new skills or practice skills in sports that they may be familiar with.

Possible sports and recreational activities that potentially will be offered are volleyball, basketball, soccer, lacrosse, golf, rock climbing, aquatic activities, fitness fun, hip hop, yoga, badminton, track & field, and martial arts.

Visit our website for more details or to register.

SUMMER CAMP WITH ROWLAND HALL

If you are looking for a huge variety in summer camps then check out the camps offered through Rowland Hall!

Westminster students will be helping with the Rowland Hall Summer Works camp so the Westminster community is eligible for a 5%-25% discount!

Visit our website for more details on the camp, discounts or for registration information.

YOGA BASICS

A new session of Yoga Basics will be starting May 17th and running through June 28th. Classes are held on Saturdays from 9:30-11am. This is a great way to start a yoga practice or go deeper into a yoga practice. Cost is just $70. For more information or to sign up visit our website.
COMMUNITY EDUCATION
We are offering a number of community education classes this summer including Tap, Scuba and Dance Aerobics. These classes are open to the community so get your friends to sign up with you!

**Tap - One Step Up:** Class will meet Thursdays Noon-1pm, June 5-26th.
Cost: $32

**Beginning Scuba Diving:** Orientation is Monday, June 9th at 6pm and class then meets 5 more times at Dive Utah.
Cost is $399

**Jackie Sorensen Aerobics:** A variety of classes begin May 6. Visit our website for more details or to register.

SUMMER HOURS
The center will continue operating on normal hours through May 30.

Summer Eccles HWAC Hours will begin on Saturday, May 31st

Center Hours: M – F: 6 am – 8 pm, Saturday & Sunday, 9 am – 2 pm

Aquatic Center & Climbing Wall will have shortened Summer hours as well.

AQUATIC CENTER HOURS
The Aquatic Center will resume normal hours on May 1st! That means Friday mornings the Aquatic Center will be open and we will no longer close early on Wednesdays.

Summer hours for the Aquatic Center will begin on May 31.

GREEN SMOOTHIES
If you haven't tried a green smoothie yet you need to get with the times! Smoothies are such an easy way to incorporate vegetables into your diet and the combinations are absolutely endless.

Get adventurous this summer and try one of these recipes using local, organic produce of course!

If you need more convincing here is an article that explains how green smoothies and juices help athletic performance.
GROUP EXERCISE SCHEDULE
The May & Summer Group Exercise schedule is now in effect. Come work out with us this summer and take advantage of the smaller class sizes!

LIKE US ON FACEBOOK
Like us on facebook to stay up to date on all our events, deadlines and healthy eating recommendations!