

March 2024

Pavilion Programs and Special Events

Register as noted or online at TriHealth.com/FitnessPavilion | 513 985 0900

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Announcing 2024 Summer Camps at the Pavilion: Early bird special through May 1!

We'll keep your kids active all summer with camps of all kinds. *Swim time also included each day. Visit TriHealth.com/TriHealthPavilion > Kids > Youth Camps & Programs

Aquatics

Lifeguard Prep Course

Need help preparing for an upcoming lifeguarding certification program? Pre-requisites reviewed: 300-yard swim, surface dive with brick retrieval, and treading water. **Wednesdays, March 13 – April 17, 2024, 6:30 – 7:30 p.m.**

Members \$60, Nonmembers \$85



Reds Opening Day Celebration

The Reds are back for the 2024 season! We will have the Opening Day Parade on the TV, snacks to enjoy and Baseball trivia beginning at 9 a.m. **Thursday, March 28**



Group Swim Lessons: Child to Adult

Session 3: April 21 – May 25, 2024 (4-week session)

Members \$60, Nonmembers \$98

Members register at the front desk, Nonmembers register in person.



Class days/times as follows:

Monday

5 – 5:30 p.m. Preschool (3-5 years); Warm Water Pool
5:35 – 6:20 p.m. School Age (6-12 years); Lap Pool
6:30 – 7 p.m. Aquababies (6 months-3 years); Warm Water Pool
7 – 7:45 p.m. Adults; Warm Water Pool

Wednesday

6:30 – 7:15 p.m. Adults; Warm Water Pool

Saturday (all classes held in Warm Water Pool)

9 – 9:30 a.m. Aquababies (6 months-3 years)
9:35 – 10:05 a.m. Aquababies (6 months-3 years)
10:15 – 10:45 a.m. Preschool (3-5 years)
11 – 11:45 a.m. School Age (6-12 years)

Aquatics Performance Training

One-one-one training in the water! Certified instructors will guide you to increase strength, flexibility, cardiovascular conditioning, core and overall wellness. Registration forms, with pricing, at the front desk or the lifeguard stand.



Adaptive Swim Lessons

Adaptive swimming lessons are geared towards people with cognitive, developmental, and neurological challenges. Including but not limited to Autism Spectrum Disorder, ADHD, Cerebral Palsy, Down Syndrome, visual, hearing or speech impairments, and learning disabilities. Our instructors have specialized training that focuses on a learning environment that moves at their pace.

Tuesdays, 6:35 p.m., March 5 – 26; April 2 – 23; May 7 – 28, Members \$60, Nonmembers \$72

Fitness & Personal Training

March Madness Fitness Challenge:

Get in the spirit of the madness and take part in this friendly competition amongst members! Compete in weekly exercise challenges – winners advance in the bracket and earn chances for prizes!

March 17- April 8
FREE to Members

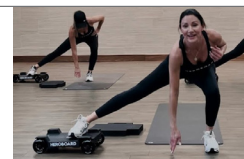
Register at the Fitness Desk beginning March 3. Registration ends March 17.



'HEROBOARD' Demo with James:

Join James Wilson every Tuesday in the month of March for a hands-on demo of our 'HEROBOARDS.' Video demonstrations will be posted on Facebook the day before. No registration required

Tuesdays in March; 11 a.m. in Studio C.
FREE to Members



Healthy Lifestyles

Healthy Living Workshop: Emotional Eating

You are not alone as emotional eating is very common for a variety of reasons! Registered Dietitian, Christy Bahan will discuss more about emotional eating including triggers and tips to help manage it.

Wednesday, March 20, 12:30 – 1:30pm
Conference Room B

Cooking Demo: Pre & Post-Workout Fuel - Snacks

Join us for a workout snack cooking demo to learn what to eat before and after working out. We'll share tips on incorporating the right balance of nutrients to fuel your body for optimal health and performance.

Wednesday, March 13, 12:30 pm
Conference Room A
Members FREE, Nonmembers \$10



Kids' Life Center

Friday Night Fun Zone: Easter Egg & Basket Decorating Workshop

Parents can enjoy a night out & the kids can come decorate eggs, create beautiful & fun baskets. All supplies will be provided.

Friday, March 22, 4:30 – 7:30 p.m.
First child \$25, each additional child \$10

Registration deadline: March 20

*Chocolate bunnies for the first 15 children to register.



Intro to Fencing

Participants ages 6 & up will learn the fundamentals. Topics covered include: History and Background of Fencing, Safety, Duals, Proper Stance/Footwork, Strategy and Tactics & More! This program will provide easy & safe techniques & engaging/teambuilding atmosphere. 4-6 week course.

Wednesdays, April 3 – 24; 4:30 – 5:30 p.m.

Members \$55, Nonmembers: \$60

Registration deadline: March 28

Recreation

Additional Pickleball Options

Pickleball is popular amongst our Pavilion Members! We are running out of court space on Mondays, Wednesdays & Friday Mornings. We encourage interested players to also utilize our additional open play slots & opportunities:



New Pickleball Open Play Times
Tuesdays, Thursdays, and Fridays, 12:30 – 2:30 p.m.

Personal Training
**3 – 4 small group training sessions available Fridays
Scheduled from 4 - 8 p.m.
\$30/hour**

Calling all Basketball Players

Stay informed of any special events, changes to the Sports Arena calendar and communicate with fellow basketball players on meet-up times.



**Tuesdays & Thursdays, 5:30 – 8:00 p.m.
Saturdays & Sundays, 10 a.m. – Noon
Members FREE, Nonmembers \$20 per visit (includes full access to the Pavilion)**

New! Recreational Punch pass

This punch pass can be used for open basketball & pickleball visits only!
10 visits for \$100

Laffalot Spring Break Camp

Multi-Game Camp for boys & girls ages 5 & up. The Laffalot team will keep your child active ALL day. Campers go swimming daily supervised by a lifeguard & camp counselor. Pack a bag lunch (no peanuts, please).



**Monday-Friday, March 25-29, 9 a.m. – 4 p.m.
Single day \$40; Any 3 days \$105; All 5 days \$165
Before-camp care 8 – 9 a.m. & after-camp care from 4 – 6 p.m.
available: \$8 per day or \$20 for the week
Registration deadline: March 23**

Spa

March Special

K-Taping

Getting ready for one of the races like the Heart Mini March 17? Visit the Pavilion Spa to get your K-Taping done. **Save 15% (regular price is \$25).**

Gift Cards available!
Visit TriHealth.com/FitnessPavilion to book early! Or call 513 246 2636.



Conference Room Rental Information for Special Events

Did you know members receive a special discount for rentals? Are you planning a special family gathering and/or need space for a private event? Think: Baby Showers, Dinners, Birthday Parties, Hosting a webinar or corporate event. If you are interested & need more info on pricing, **call 513 246 2647**. Ask about our member referral discount.

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