

Western Athletic Club

Stay informed with what is happening this month at Western



FEBRUARY 2024 •

ISSUE 2

Tips from the Trainer

Just 30 minutes every day of walking can increase cardiovascular fitness, strengthen bones, reduce excess fat and boost muscle power and endurance. The secret to your success is found in your daily routine.

Heart Health Month

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease—and we're here to help you live actively!

Get CPR Certified

Our next CPR & AED certification class is Thursday, February 22 from 6:30–9 PM. Now is the time to learn life-saving skills. Ideal for parents, grandparents, teachers & coaches.



Upcoming Events

2/10 BDK Pickleball Tournament (supporting local youth education)

2/16 PPR Pickleball Certification

2/23 Chair Force 1 Foundation Pickleball Tournament (providing support to those battling ALS locally)

3/2 Shamrock Shuffle Pickleball Tournament (register via pickleballbrackets.com)



Try one of our 35+ group fitness classes, work with a personal trainer, jump on the bike or hit the court to stay active!

FEBRUARY 2024 |

Follow us on



"Western has the best pool on the West Side for lounging poolside with friends in the summer!"



Pickleball 101

The next 3-week session of Pickleball 101 starts on Sunday, February 4. This beginner clinic meets weekly for 60 minutes from 12-1 pm. Register today-2 spots left!

Become pool members!

Seasonal pool memberships now include Indoor Club access ALL summer long!

Current Indoor Club members can add on a pool membership for the summer for as little as \$200 a family. Add on a pool couple for \$160 or \$100 per individual membership.

Pickleball Open Play Times

Mondays: All levels 5-6:30 PM
All levels 6:30-8:00 PM

**Wednesdays: All levels 12-1:30 PM
3.5+ 4:30-6:00 PM**

Fridays: All levels 4:30-6:00 PM
All levels 6:00-7:30 PM

Saturdays: 3.5+ 8:30-10:00 AM
All levels 10:00-11:30 AM

Sundays: 3.5+ 8:30-10:00 AM
All levels 10:00-11:30 AM

*As a friendly reminder, please only sign up for one time per day as space is limited. Members play for free, \$12/non-member.

Membership Special

Looking to become members at Western?

Join between February 1-14 and receive 14% off your February membership dues.

The first full monthly membership deduction will take place on March 1, 2024.



Junior Tennis Session 4

The next session of Junior Tennis clinics start the week of February 5.

Call 513-451-4233 or members can sign up using the Court Reserve App. Register today to claim your spot!

*The pickleball & tennis guest fee for a reserved court has been reduced to \$10/guest (court fees apply).