

TCC Newsletter

Hours of Operation: Mon-Thurs: 6a-9p; Friday: 6a-6p; Saturday: 8a-6p; Sunday: 1p-6p

The Trussville Civic Center

June 2019

Splashing with Suzy

\$3.00

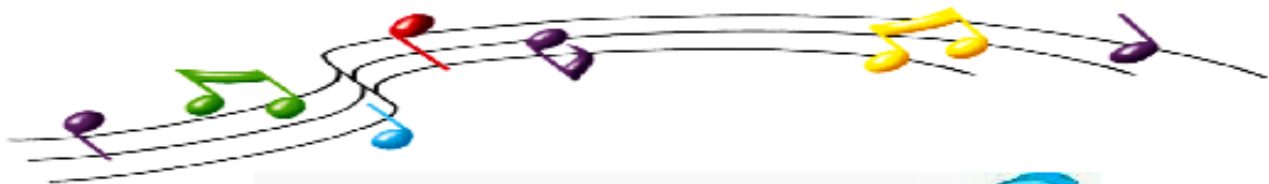
9:00 AM to 9:25 AM

Begins— June 17th

Every Monday and Wednesday

Come one-come all!

Suit up for some fun in the sun





Trussville City Pool Information

Opening Saturday, May 25 and Closing Saturday, August 17
619 Parkway Drive
(205) 661-0490

Membership – Must be a resident of Trussville

\$170.00 Family
\$100.00 Individual
\$40.00 Caregiver
\$5.00 Daily Pool Pass available only at Pool Office
Memberships to be purchased at Trussville Civic Center starting May 1
5381 Trussville-Clay Road
We will be open from May 25 – August 4 normal hours
****August 5 –August 17 will be modified hours****
Monday – Friday: 2:00 – 7:30 Saturday 10:00 – 5:00 Sunday 1:00 – 5:00
****Must be a Trussville Resident to use the pool****

Splash Park Rentals

Rentals are available: Monday – Saturday: 6:00 p.m. – 8:00 p.m.
Start reserving May 20: 10:00 a.m. – 5:00 p.m.
Cost: \$110.00 for Resident
\$180.00 for Non-Resident
You may bring in food and drink
All Splash Park rentals must be made at Pool Office in Person

Swim Lessons – classes start June 1

Private Lessons: \$ 85.00 per child for resident
\$105.00 per child for non-resident

Class Schedule:

Private Lessons: 8:00, 8:30, and 9:30, 10:00, and 10:30 Monday – Thursday
Fridays will be used for makeups
Private Lessons on Saturday: 8:00 and 8:30

For Kids 18 months and Up

Register for Swim Classes Starting May 28 at Trussville City Pool:

Session Information

	Dates of Class	Registration Dates
Session 1:	June 3 – June 14	May 28 until spots are gone
Session 2:	June 17 – June 28	May 28 until spots are gone
Session 3:	July 8 – July 19	June 28 until spots are gone
Session 4:	July 22 – August 1	June 28 until spots are gone
Saturdays Only:	June 1, 8, 15, 22, July 13, 20, 27, and August 3	May 28 until spots are gone

Follow us on  Trussville Parks and Recreation and  @tpr1121



Summer 2019 Swim Pool Schedule

Monday – Friday

8:00 – 8:25	Private 1 – 6 max
8:30 – 8:55	Private 2 – 6 max
9:00 – 9:25	Water Aerobics
9:30 – 9:55	Private 3 – 6 max
10:00 – 10:25	Private 4 – 6 max
10:30 – 10:55	Private 5 – 6 max
11:00 – 11:55	Day Care
12:00 – 4:30	Member Swim
4:30 – 7:30	Open Swim
6:30 – 7:30	Pre-Team Swim Team

Saturday

8:00 – 8:25	Private 6 – 5 max
8:30 – 8:55	Private 7 – 5 max
9:00 – 4:00	Member Swim
4:00 – 7:30	Open Swim

Sunday

1:00 – 7:30	Member Swim
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Pre - Team Swim Team



1

2

3

June 17 - July 25, 2019
@ Trussville City Pool
6:30 - 7:30 pm / Mon. - Thurs.



This program will be geared toward the swimmer that is at the higher end of the swim lesson spectrum. Participants will learn more about the different strokes, starts, and turns.

Participant must be able to swim a lap of the pool on their own.



4/22/19 - 6/15/19

Trussville Civic Center

www.trussville.org



\$110



Drew Peterson
dpeterson@trussville.org

**All Children 12 and
under must have an
adult
present in the building
NO
DROP-OFFS**



TRUSSVILLE CIVIC CENTER

GROUP EXERCISE

June 2019



MIND BODY YOGA In-Exhale to Health with Wayne

Tuesday 4:45pm; Thursday 7pm Cahaba Tower.

There is always something to be gained from yoga, even if it's only the physical you're after. Just linking your breathe to yoga movements has its own rewards, improving balance, strength and flexibility. It's also an opportunity to bring mind body and spirit together and release your practice from the mat into a clearer, less stressful, more energetic lifestyle. Stepping stones for a unique perspective of wellness that works, both inside and out.

Interested? Come join us on Tuesdays at 6:00 pm and Thursdays at 7:00 pm and get to know this fun group, your instructor Wayne, and your "self" better. No equipment, no experience? No problem! Mats and props included. Beginners, seasoned yogis, everyone welcomed!

\$60 per month

Drop-Ins \$10 - or bring a friend, 2 for \$18

Special intro offer: \$40 for your first month

For more info contact Wayne Atkinson, RYT, BSN, Exercise Physiologist at wayneda12@aol.com

Jazzercise

Spring into fitness with Beth Gilbert and Ricardo Thomas. Both the Morning 9am and 5:30pm Jazzercise program offer cardio, strength training and a cool down to maximize results! We welcome all fitness levels to the program and offer community support.

Monday/Tuesday/Thursday 5:30pm; Monday/Tuesday/Thursday/Saturdays 9:00am; Upper Aerobics Room. Monthly EFT plans available. Drop-Ins \$5.

Join us for Strike, Fusion, Core, Dance Mixx and Strength Classes. Reshape of your body with the NEW Jazzercise today! Call or text Beth

Gilbert at 205-966-9893 or www.jazzercise.com

EW Yoga Monday & Wednesday 9am, Cahaba Tower \$60 per month. Drop Ins \$10.

Contact Stacey at 205-655-1009 for more information.

Rest and Renew Yoga with Kym

Wednesday nights 6:00-7:00 pm Cahaba Tower Room

Join Kym in a reprieve from the frantic pace of modern life. So often we power through each day on auto pilot, moving through the motions without experiencing the depth of existence. This class invites participants to slow down; listen to the needs of the body and cultivate the intuition of the mind. Utilizing mindful meditation, harnessing the energy of breath and exploring the resilience of the body through gentle, restful poses. Class will incorporate the use of props and is accessible to practitioners of all levels. Cost is \$10.00 per class. For more information contact Kym Brown at daisy4kym@yahoo.com

Trussville Martial Arts – Akayama Ryu Jujutsu, Judo, and Aikido

Monday and Thursday – Beginners Class from 6:30pm – 7:30pm

Monday and Thursday – Advance Class from 7:30pm – 8:30pm

You are invited to participate in a **free** week of the beginner's classes. Lots of fun, good workout, while you will learn self-defense (Beginners are welcome to participate in the advance class).

Classes held at the City of Trussville Athletic Center, 601 Parkway Dr. 35173

Cost: \$50 a month

For more information contact Richard Worthington at 601-8039 or 655-9478

ZUMBINI.... The Ultimate Parent/Child Bonding Experience

Created by Zumba and BabyFirst, Zumbini is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skill and emotional development for children ages 0-4, all while creating the ultimate bonding experience for you and your child!

Visit Zumbini.com for class schedule and details!

June 2019

Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM						
7:00AM						
8:00AM						
8:30AM 9:00AM	EW Yoga Jazzercise-NEW CLASS	Jazzercise	EW Yoga Zumbini	Jazzercise		Jazzercise
9:30AM						
10:00AM						
10:30AM		Zumbini				
11:00AM						
11:30AM 12:00PM 12:30PM			Zumbini			
1:00PM						
2:00PM						
3:30PM						
4:00PM						
4:30PM		Yoga-4:45				
5:00PM						
5:30PM	Jazzercise	Jazzercise		Jazzercise		
6:00PM			Rest and Renew Yoga with Kym			
6:30PM 7:30PM	*Jujitsu Cardio Kickboxing			Yoga-7pm *Jujitsu		

*Classes at Athletic Center—601 Parkway Drive