

FREEDOM PRESS

November 2009

The EDGE is open for business at the Freedom Center!

The EDGE opened on October 1st and replaces and expands upon almost a quarter of a century of experience of leadership and teambuilding programming previously operated by Mason at the Hemlock Overlook Center for Experiential Education. The fall season is sold out but reservations are being taken for spring programming. Programs are designed to meet the needs of university groups, schools (5th grade through high school), community groups and corporations.

- Energize your team with active and engaging programs
- Develop skills for effective communication, collaboration and problem solving
- Grow individual and group leadership functions through practical experience
- Excel at identifying and capitalizing on your strengths for profound transformation

Learning will take place using a wide assortment of experiential activities and simulations including traditional low and high challenge course



elements and our signature structures: The Alpine Tower and Total Team Challenge.

For more information go to www.freedom-center.com/challenge.htm or contact Sales Account Manager Sue Czarnetzky, 703-993-4313 or teamwork@gmu.edu.

Share the Joy of Fitness with a Friend

Bring in this ad and bring a friend to work out with you – it's free!

Guests must be accompanied by a current monthly, 6-month or annual member.

Original ad required, no photocopies or facsimiles will be accepted.

Offer expires 1/15/2010

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Lifeguard Training

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Need a Quick Gift?

Check out the new Freedom Center water bottles at our front desk!

Water bottle:
\$5.00 including tax

Water bottle and Freedom Center workout towel:
\$6.00 including tax

These make great stocking stuffers!

FREEDOM
Aquatic & Fitness Center™

Hours

SUNDAY: 9 am - 6 pm
MONDAY - FRIDAY: 5:30 am - 10 pm
SATURDAY: 8 am - 8 pm

Phone: 703-993-8444
Fax: 703-993-8478
www.freedom-center.com

Family Fun for \$15!

Tired of thinking of things to do with the kids when the weather outside is frosty? Come to the Freedom Center and take advantage of the discounted rate for families. The fee for 2 adults and 2 children is \$15.00 - that's \$9.00 off the regular daily admission rate! The Freedom Center offers a fun and comfortable aquatic experience year-round, regardless of the weather outside. We have one of the largest, most beautiful indoor natatoriums in the area. In addition to the 50-meter competition pool, we offer a warm-water leisure pool with play features and beach entry, and a whirlpool spa where adults can relax after a workout.

2009 THANKSGIVING HOURS

Wed., Nov. 25 – 5:30am – 8pm

Thurs, Nov. 26 – CLOSED

Fri., Nov. 27 – 8am -10pm



It's icy and starting to snow! How do I know if the Freedom Center is OPEN???

Winter is coming and with it the possibility of bad weather. . .be sure to check our website www.freedom-center.com and our front desk phone line (703-933-8444) for the latest on a delayed opening or closing of the center. In the case of weather issues early in the morning, information is usually updated by 4:45am.

Freedom Preschool will follow Prince William County public schools for closings and one hour delays; see the Freedom yearly calendar for guidelines on delayed preschool openings.



Freedom Center Member Discount Week 25% Off Your Entire Purchase!

The Running Store • Your Run & Walk Headquarters

Having proper footwear is essential to sustaining any exercise routine. Especially, one that includes walking or running. Discover the perfect shoe for your individual needs at the Running Store. Running Store's free, comprehensive gait analysis includes:

- Electronic foot scan to determine balance, stance, and foot issues and potential benefits of orthotics.
- Video gait analysis on a treadmill to analyze initial rate of pronation and Achilles flexibility and what types of shoes you may prefer.
- Full visual gait analysis to analyze individual biomechanics on a static surface to insure the shoe category to best fit your needs.

The Running Store is excited to announce a special discount week for Freedom Center Members. This discount week will take place Monday, November 30th—Friday, December 4th. All Freedom Center Members will receive 25% off of their entire purchase during this week. Simply present your Freedom Center Key Tag to receive the discount.

The Running Store

7343 Atlas Walk Way
Gainesville, VA 20155
(703) 753-4470

www.therunningstoreteam.com



New! School's Out /Teacher Work Day Camp (Ages 6-12)

January 18, February 1 & 15, April 19 • 8:30 am-4:30 pm

While the teachers work...bring the students to play! This camp offers students an active and safe environment to participate in sports and recreation, arts and crafts and swimming activities on their day off from school! In order to guarantee tons of fun, please send tennis shoes, snacks, lunch, swimsuit, and a towel. Please register at least one week in advance to avoid cancellation.

Fee: \$40 per day

Extended hours available 6:30 am-6:30 pm for an additional \$9 daily (\$6 for either am or pm)

Share the holiday spirits with the "Be a Santa to a Senior" program!

Help bring joy to the lives of needy or lonely seniors in the City of Manassas and Prince William County. Area agencies have provided the names of lonely or financially challenged seniors along with suggested gift ideas. Each senior will be recognized with an ornament listing their name and a suggested gift item that will be available in the Freedom Center lobby. Select an ornament and return it with the unwrapped gift to the collection bin in the lobby. Gifts will be collected between November 6th and December 7th. Together, we will bring joy to the lives of needy or lonely seniors in the City of Manassas and Prince William County. For more information go to www.SantatoaSenior.com.

Family Boot Camp is back!

(Ages 9 and up)

November 27th • 11:30 am

December 19th • 2:30 pm

Daily admission fee applies – no fee to members.

Look for weekly family boot camps starting in January!

Something for Everyone in our New Fee Class Offerings

Attention all new moms and moms-to-be:

New Perinatal Moves class!

Expectant moms and new moms workout together in this nurturing, fitness-oriented class. Emphasis is placed on proper body mechanics and alignment beneficial for changing bodies—both before and after birth! You'll experience cardiovascular, strength and flexibility exercises perfect for this time of your life.

Thursdays 5:30-6:30pm Fee: \$65

Session I: January 14-February 18

Session II: March 4-April 15
(no class on Apr 1)

Session III: April 29-June 3

New Punch Pass for teen group exercise classes (Ages 12 -15)!

Valid for Teen Boot Camp and Teen Fitness. Fee: Member Pass (10 punches) \$50; Non-Member Pass (10 punches) \$70; one day pass for members and non-members \$9. Look for more information in the upcoming Leisure available early December.

Get ready for spring tryouts!

Pre-Season Training (ages 10-15)

Sat 8:30-10:00am

Session I: January 9 – February 13

Fee: \$90

No matter what sport you enjoy, this class will provide the overall fitness fundamentals every athlete needs to succeed. Activities will include agility drills, core conditioning, joint stability exercises, anaerobic and aerobic activities and more!

Smart Moves Classes added to Group Exercise Schedule

Smart Moves is a class designed to provide safe and effective exercise for participants who are new to exercise or who prefer to exercise in a more controlled environment. Exercises include:

- Aerobic activity
(marching, grapevines)
- Joint Stabilization
(band work, push ups)
- Muscle Conditioning
(squats, arm work)
- Flexibility Training
(stretching, Yoga)

Classes are offered Tuesdays and Thursday from 8:30-9:15am. Please call 703-993-8444 for more information.

Registration begins December 14th.
Please call 703-993-8513 for more information or to register for classes.

Calling all athletes! Agility Drills and Athletic Conditioning (Ages 10-17)

Tue/Thu 6:30-7:15 pm (Ages 10-13) OR
Tue/Thu 7:15-8:00 pm (Ages 14-17)

Let our personal trainers take your young athlete to the next level! All athletes need more than specific sport practice to improve their performance. By working on agility drills athletes improve their speed and nimbleness creating the ability for rapid direction change. General athletic conditioning uses plyometrics, core conditioning and flexibility training to create balance throughout the body thereby enhancing overall performance as well as recovery time.

6 week session - Fee: \$139

Session II: March 2-April 15
(No class on Mar 30, Apr 1)

Session III: April 27-June 3



Freedom Gift Cards
The Perfect Gift!

Gift cards may be purchased and "loaded" for any amount (minimum \$5 please) and may be used toward membership fees, classes, kids camps, personal training, massage or pro shop items.

Stop by the front desk and finish your holiday shopping early this year!

Lifeguard Training

(Ages 15 and up)

Sat/Sun 9:30am – 5:00pm

Session I:

December 19, 20, 26, 27

Session II: January 23, 24 &

February 6, 7

American Red Cross Lifeguard Training covers the fundamental skills required to become a lifeguard. All students must be 15 years of age by the last day of class and must pass a skills screening test the first day of class. You must be able to swim 300 yards continuously: 100 yards of front crawl with good breathing and kick, 100 yards of breaststroke using a pull, breathe and glide sequence, and 100 yards of either or both of the front crawl and breaststroke. You must also demonstrate a sequence of swimming 20 yards, surface diving, retrieving a 10-pound object and swimming back to the starting point and exiting within 1 minute, 40 seconds.

CPR for the Professional Rescuer and First Aid certifications are included in this course.

Attendance is required at all sessions. Students must complete all course work; pass the final written test as well as the practical skills tests in order to obtain the LG certificate. Check the Lifeguard Training page in the Aquatics section of our website, www.freedom-center.com, for a list of current classes.


For additional information about class content and requirements, call 703-993-8511 or email ngagnon@gmu.edu Fee: \$195

Winter Holiday Student Special Membership – 30 days for \$39! And Teachers too!

Wondering what to do with your college or high school student during the long winter break? Students ages 16 to 24 can sign up for a 30 day membership anytime between December 1st and December 31st for just \$39 with a valid student ID. This special rate is also available to faculty and staff in local public and private schools. All you have to do is show your current school ID at the front desk to take advantage of this special rate.

CALENDAR


November

- 21-22 Swim Meet ½ competition
pool closed
- 25 Center Hours: 5:30am – 8pm
- 26 CLOSED for Thanksgiving 
- 27 Center opens at 8am

December

- 21-22 Robotics Event
½ competition pool closed
6:30-11:30am
- Full pool closed 11:30am – 4pm
Full Gymnasium closed 7am-4pm
- 24 Center closes at 2pm 
- 25 CLOSED for Christmas
- 26 Center opens at 8am
- 31 Center closes at 5pm

January

- 1 CLOSED for New Year's Day 
- 2 Center opens at 8am
- 23, 24 Swim Meet ½ competition
pool closed and ½ gymnasium



10900 University Boulevard
MSN 5F6 Manassas, VA 20110

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MANASSAS, VA

Parents: Trying to plan a date night or just need a time-out from your kids?

Send them to our Kids Night Out (Ages 3-9) and Sundown Sports Night (Ages 10-13), now offered on the same dates and at the same time!

Sundown Sports Night (Ages 10-13)
Fridays November 6, December 4
6:30-9:30pm

As the sun sets the fun begins! Have your tween start the weekend off right with a night of sports and activities. Parents take the opportunity to sit back and relax while we provide open gym basketball time, a variety of competitive games, upbeat activities, swimming, and pizza. Young teens will be offered a night out to interact and socialize with new friends and stay active with group fun throughout the evening. Please send a towel, swimsuit, and tennis shoes with your active tween. **Participants must be registered by Thursday 10pm before event. There is no at the door registration! Fee: \$18 per event.**

Kids Night Out (Ages 3-9)
Fridays November 6, December 4
6:30-9:30pm

The first Friday of every month parents enjoy an evening of fun while we watch the kids. We provide a variety of games, activities, swimming, pizza, a drink and a snack. Please send a towel and a swimsuit with your child. Children ages 3-5 will be in a separate group doing arts and crafts, playing organized active games and board games (no swimming). Children must be potty trained and able to separate from parents. **Children must be registered by Thursday 10pm before event. There is no at the door registration! Fee: \$16 per event**

Winter Holiday Camp for Kids

Winter Camp Freedom/Sports Camp (Ages 6-12)
December 28, 29, 30, & 31
8:30am - 4:30pm

Keep your child active during school winter break! Camp will include sports and recreation, arts and crafts, swimming and loads of fun. Send tennis shoes, snacks, lunch, swimsuit, and a towel. Please register at least one week in advance to avoid cancellation.

Fee: \$40 per day

**Extended hours available
6:30am - 6:30pm for an additional
\$9 daily (\$6 for either am or pm)**

*Call 703-993-8513 to register or
for more information.*



NEW! Become a FAN of Freedom on Facebook and Twitter!

Facebook: Freedom Aquatic & Fitness Center • Twitter: FAFC

