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# FUN AT THE FALLS



**GRANITE FALLS**  
SWIM AND ATHLETIC CLUB  
*Always In Season*

Northern Wake County's Premier Fitness & Year-Round Swim Club. This family-friendly progressive athletic club offers a fit lifestyle for every age.

**Amenities Include:**

- 60,000 sq. ft. full-service athletic center
- Outdoor and indoor pool complex
- State-of-the-art fitness equipment with cardio cinemas
- A variety of aerobic, yoga, and pilates classes
- KidzFit classes and KidZone areas

## Outdoor Pool

Be sure to take a dip in our outdoor pool PLUS lounge in our relaxing lazy river before the season ends! The kids will have a blast in our zero entry splash ground and taking a trip down our tubular slide.



Dates	Hours
Open: May 20th	Monday-Saturday: 10am-8pm
Close: October 4th	Sunday: 1pm-8pm

## Indoor Pool Recreational & Lap Swim Hours

Please swim during designated recreational swim hours only. Children 13 and under must be accompanied by an adult 16+.

Please check the **Indoor Pool Schedule** for specific lane availability.

**\*\*Schedule valid until October 31st. Please see Front Desk for an updated schedule after October 31st.**

Type	Days	Hours
Rec Swim	Monday-Thursday	10am-4pm, 8pm-9pm
Rec Swim	Friday	10am-4pm
Rec Swim	Saturday-Sunday	1pm-8pm ( <i>Guarded 1pm-5pm</i> )
Lap Swim	Monday-Thursday	5:30am-4pm, 5-7pm, 8pm-9pm
Lap Swim	Friday	5:30am-4pm, 5pm-7pm
Lap Swim	Saturday	8am-8pm
Lap Swim	Sunday	1pm-8pm

## Parties & Celebrations



Granite Falls offers Members the finest parties and celebrations and welcomes "Member Sponsored" parties for non-members. We offer many different activities to make your party or celebration special. Let our staff help plan an unbelievable party that will be a huge hit with kids. Party packages range from our Basic two hour Splish Splash Party to our Deluxe three hour Ultimate Splash Bash Party. Parties are open to members and non-members. Contact our Party Coordinator for more information or to schedule your party: (919) 562-8895 or party@granitefallsclub.com

**All Packages Include: Coca-Cola products with free refills, tables and chairs, a lifeguard and your personal party facilitator to help you with all of your party needs!**

### Winter Time Blocks (October 2015 - April 2016):

**Saturday:** 12:30pm-3:30pm / 4pm-7pm

**Sunday:** 1:30pm-4:30pm / 5pm-8pm

Type	Deposit (non-refundable)	Cost/Member (includes deposit)	Cost/Non-Member (includes deposit)
2 Hour Party	\$25	\$175	\$225
3 Hour Party	\$35	\$235	\$285



## Private Swim Lessons

Private lessons offer one-on-one instruction for all ages and abilities. Lessons are 30 minutes long and can be scheduled on-line at <http://www.granitefallsclub.com>.

**\*\*\*NEW for this year! Discounted packages available for 5 and 8 sessions!\*\*\***



Type	Number of Sessions	Cost/Member	Cost/Non-Member
Private	1	\$25	\$30
Private	5	\$110 (\$22 per class)	\$135 (\$27 per class)
Private	8	\$160 (\$20 per class)	\$200 (\$25 per class)
Semi-Private	1	\$34 (\$17 per person)	\$44 (\$22 per person)
Semi-Private	5	\$80 (\$16 per person)	\$105 (\$21 per person)
Semi-Private	8	\$120 (\$15 per person)	\$160 (\$20 per person)

## High School Clinics

Come join our experienced coaches for a Pre-Season High School Swim Clinic. This clinic will help improve swimming ability and get you in shape for the start of the season in November!

Dates	Days	Time	Cost/Member	Cost/Non-Member
Oct 5-28	Mon. & Wed.	3pm-4pm	\$20	\$25

## Group Swim Lessons

There's something for everyone in the Junior Swim Program. It includes five levels of instruction designed to help swimmers ages three years and up develop and refine their skills. Classes are thirty minutes long with no more than four kids per class. Instructors teach a variety of strokes including freestyle, backstroke, elementary backstroke, breaststroke and butterfly. Personal safety issues and diving techniques are also introduced.

Granite Falls also offers parent/toddler classes for children 6 to 36 months old who are not quite ready for our Junior Swim Program. We are looking to create well-rounded swimmers by allowing parents to explore and play in the water with their children.

**NOTE: No new registrations will be accepted after the first class has taken place.**

Session	Dates	Frequency	Cost/Member	Cost/Non-Member
Fall 1	Sept 14-Oct 24	1 x 6 weeks		
Fall 2	Nov 2- Dec 12	1 x 6 weeks	\$60 (\$10 per class)	\$78 (\$13 per class)
Winter 1	Jan 4-Feb 13	1 x 6 weeks		



## Granite Falls Makos

Granite Falls offer a year round swim team option, The Granite Falls Makos. Granite Falls is a member of the USA Swimming Organization. This program will help swimmers of all ages and abilities. Granite Falls Makos is designed to teach the fundamentals of competitive swimming, instill confidence in young swimmers and mold children of all ages into well rounded athletes. The year round swim team is open to members and non-members.

**Total monthly fees include: Practice Fees, Fundraising Fees and Meet Fees. Enrollment will renew each month and monthly fees will be automatically drafted on the 1st of the month. Payments are divided into 9 monthly installments from September to May. Payments cover the entire year from September 2015 to July 2016. Monthly Fees are as follows:**

Team	Cost/Member	Cost/Non-Member
Shortfin	\$70	\$85
Longfin	\$95	\$100
Home School	\$95	\$110
Bronze	\$130	\$145
Silver	\$145	\$160
Gold	\$160	\$175
Platinum	\$180	\$195
Junior	\$195	\$210
Senior	\$210	\$225

**Shortfin Team (8 & Under):** Swimmers on the Shortfin Team have a basic understanding of freestyle and backstroke. This group will meet twice a week for 45 minutes.

**Longfin Team (6 - 10):** Swimmers on the Longfin Team have a strong understanding of freestyle and backstroke, and can demonstrate either butterfly or breaststroke. This group will meet three times a week for one hour.

**Bronze Team (8 - 12):** Swimmers on the Bronze Team have a strong understanding of all four competitive strokes. The Bronze group will meet five times a week for one hour.

**Silver Team (8 - 12):** Swimmers on the Silver Team have a strong understanding of all four competitive strokes. The Silver group will meet five times a week for one hour and fifteen minutes.

**Gold Team (10 - 13):** Swimmers on the Gold Team have a strong understanding of all four competitive strokes and are able to swim 100 yards of all strokes and the 200 Individual Medley. The Gold group will meet six times a week for one and a half hours.

**Platinum Team (10 - 13):** Swimmers on the Platinum Team have a strong understanding of all four competitive strokes and are able to swim 100 yards of all strokes and the 200 Individual Medley. The Platinum group will meet six days a week for one hour and forty-five minutes.

**Junior Team (13 & Up):** Swimmers on the Junior Team have a strong understanding of all four competitive strokes. This group is open to any swimmer 13 years old and up. The Junior Team will meet six times a week for two hours.

**Senior Team (13 & Up):** Swimmers on the Senior Team have a strong understanding of all four competitive strokes. This group is open to any swimmer 13 years old and up. The Senior Team will meet six times a week for two hours.

**Home School Team (All Age Groups):** Swimmers on the Home School Team need to have a basic understanding of freestyle and backstroke. During the evaluation each participant will be asked to complete a legal length of all the competitive strokes they can swim. The Home School group will meet three times a week for one hour.

See <http://www.granitefallsmakos.com> for more information



## Masters Swimming

Masters swimming is an organized swim program for adults ages 18 and over, which provides structured, coach-led fitness swimming workouts. This program is geared for those that want to cross-train for fitness, improve swimming ability, or train for swimming competitions.

Days	Times	Cost Draft/Member	Cost Draft/Non-Member	Cost/Drop-In
Mon, Wed, Thurs. & Fri	10:30am-11:30am	\$20	\$40	\$5
Tues. & Thurs.	5:30am-6:30am			

## Senior Punch Card

Senior Punch Cards allow non-member seniors who are 60 years or older to participate in our group Water Explosion and Back to Basics classes. Cards are electronic and visits are tracked by our staff, so you don't have to think twice about keeping track of your usage! Purchase a 10 visit package at the front desk and begin attending classes the same day!

Name	Aerobic Type	Days	Time	Cost
Water Explosion	Water	Mon., Wed., & Fri.	9am-10am	\$50 for 10 punches (1 class = 1 punch)
Back to Basics	Land	Tues.	11:30am-12:30pm	



## Water Polo

Participants ages 12 to 18 will learn the fundamentals of water polo (passing, shooting, game skills, and strategies) and compete in local games and tournaments.



Dates	Days	Time	Cost
September 20-October 25	Sundays	12pm-1:30pm	\$30

## Gym & Swim

Gym & Swim is designed to provide children the physical activity they need in their lives to stay healthy. Join other participants in a variety of fitness activities including games, group exercises, swimming and more. Classes are 1 hour long and consist of 30 minutes of gym activities followed by a 30 minute swim lesson. Participant will have 2 classes a week for a 3 week session. Space is limited to 12 children per group with a ratio of 6 to 1. Come laugh, swim, and play with Granite Falls professionals.

Session	Dates	Time	Ages	Cost/Member	Cost/Non-Member
2	Oct. 5, 7, 12, 14, 19, 21	12:30pm-1:30pm	4-6yrs old	\$45	\$60
		1pm-2pm	7-10yrs old		
3	Oct. 26, 28 Nov. 2, 4, 9, 11	12:30pm-1:30pm	4-6yrs old		
		1pm-2pm	7-10yrs old		
4	Nov. 16, 18, 23, 25, 30 Dec. 2	12:30pm-1:30pm	4-6yrs old		
		1pm-2pm	7-10yrs old		

## GFSAC Track-Out Camps - Fall

GFSAC Track-Out Camps are Full Day camps for kindergarten through 5th grade with a fitness focus. Each week campers will enjoy fitness activities, special KidzFit classes, visits to the Main Street Park, and education with friends—all centered around a daily theme. Every week will include daily swimming lessons and recreational swim time as well. Extended Day options are available.

**Register at least one month before ANY session start date to save 10% off!**

\*2 Day week, discounted price (Members- \$78 & Non-Members- \$88.80)

\*\*3 Day week, discounted price (Members- \$117 & Non-Members- \$133.20)

Session	Dates	Time	Cost/Members	Cost/Non-Members
6a	Sept. 28-Sept. 30**	8:15am-4:15pm	\$195 (Full Day)	\$222 (Full Day)
6b	Oct. 1-2*			
7	Oct. 5-9			
8	Oct. 12-16			
9a	Oct. 19-21**			
9b	Oct. 22-23*			
10	Oct. 26-30			
11	Nov. 2-6			
12a	Nov. 9-11**			
12b	Nov. 11-13**			
13	Nov. 16-20			
14	Nov. 23-25			



# YOUTH PROGRAMS

## GFSAC Track-Out Camps - Winter

GFSAC Track-Out Camps are Full Day camps for kindergarten through 5th grade with a fitness focus. Each week campers will enjoy fitness activities, special KidzFit classes, visits to the Main Street Park, and education with friends—all centered around a daily theme. Every week will include daily swimming lessons and recreational swim time as well. Extended Day options are available.

**Register at least one month before ANY session start date to save 10% off!**

\*\*3 Day week, discounted price (Members- \$117 & Non-Members- \$133.20)

\*\*\*4 Day week, discounted price (Members- \$156 & Non-Members- \$176)

Session	Dates	Time	Cost/Members	Cost/Non-Members
1	Nov. 30-Dec. 4	8:15am-4:15pm	\$195 (Full Day)	\$222 (Full Day)
2	Dec. 7-11			
3	Dec. 14-18			
4	Dec. 21-23**			
5	Dec. 28-31***			
6	Jan. 4-8, 2016			
7	Jan. 11-15			
8	Jan. 18-22			
9	Jan. 25-29			
10	Feb. 1-5			
11	Feb. 8-12			
12	Feb. 15-19			
13	Feb. 22-26			
14	Feb. 29-Mar. 4			

## KidZone

For your convenience, our KidZone area is available to provide fun activities for children ages 6 weeks to 13 years of age while parents get a good workout.

Day	Time	Cost/Monthly Draft	Cost/Members Per Visit	Cost/Guests Per Visit
Mon.-Sat.	8:15am-11:45am	\$20 (1-3 children)	\$5 per child	\$7.50 per child
Mon.-Thurs.	4:30pm-8:15pm	\$25 (4+ children)		

## Parents' Night Out

Parents' Night Out is a great opportunity to drop off your kids ages 2 - 13 for an evening of fun, while you enjoy a night out, worry free. The kids will enjoy pizza, swimming, crafts and a movie.

Date	Time	Movie	Cost/Members	Cost/Non-Members
Fri, Oct. 9	5:30pm-10pm	Home	\$20 per child	\$30 per child
Fri, Nov 13	5:30pm-10pm	Inside Out		
Fri, Dec. 11	5:30pm-10pm	Minions		

## Parents' Afternoon Out



Parents' Afternoon Out is a great opportunity to drop off your kids ages 2 - 13 for an afternoon of fun, so you have some time to get some last minute shopping done. The kids will enjoy swimming, cookie decorating/eating, and a movie w/ snacks provided.

Date	Time	Movie	Cost/Members	Cost/Non-Members
Sat, Dec. 19	1pm-5pm	Elf	\$20 per child	\$30 per child

## KidzFit

Thirty minutes of upbeat exercising fun! Fun games and health/fitness on wellness-related topics. \*Sign-up is required and can be done the week before the class beginning at 4pm.\*

Day	Time	Ages
Monday	4pm-4:30pm	4-6yrs old
	4:30pm-5pm	4-6yrs old
	5pm-5:30pm	7-9yrs old
Wednesday	4pm-4:30pm	2.5-3yrs old
	4:30pm-5pm	4-6yrs old
	5pm-5:30pm	7-9yrs old

## TeenFit

This is a 45 minute muscle and cardio class incorporating toning and cardio drills for those who want to learn proper form, sweat and enjoy their workout.

Day	Time	Ages
Thursday	4:15pm-5pm	10+ yrs old

## Zumba Kids



This high energy fitness class is packed with specially choreographed, kid-friendly routines and all the music kids love. Parents love Zumba Kids because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

Day	Time	Ages
Tuesday	4:45pm-5:15pm	5-7yrs old
	5:15pm-5:45pm	8-12yrs old

**NEW** Candlelight Yin Yoga

During this yoga class, you will experience gentle postures held for longer periods of time, as well as the use of props, creating deep relaxation. Pranayama (breathing exercises) and meditation will provide a stillness to the body and mind for internal balance and healing. Reconnect with what you value most... inner peace, joy, and the fullness of the present.

Dates	Day	Time	Cost
Oct 20-Nov. 12	Tues. & Thurs.	8:00pm-8:55pm	\$40

**NEW** Barre Class

Work the inner tiny muscles that give you that long, lean toned look of ballet dancers in our all new Barre class! Barre combines upper body workouts to strengthen your shoulders, arms and backs. Then we'll work on your lower body using ballet techniques which will strengthen your thighs, glutes and hamstrings. You will also use Pilates and yoga to maximize your core. It's a class that works on areas that normally never get fine-tuned. Sign up for a block today!

Block	Dates	Day	Time	Cost
1	Nov 15, 22, 29 & Dec. 6	Sunday	1:05pm-2pm	\$20
2	Nov. 16, 23, 30 & Dec. 7	Monday	8pm-8:55pm	
3	Nov. 17, 24, Dec. 1 & 8	Tuesday	8:30am-9:25am	
4	Nov 18, 25, Dec 2 & 9	Wednesday	8pm-8:55pm	



**Holiday Run Club**

Don't take off for the holidays- hit the road with the rest of run club! Whether you're a seasoned runner or just getting started, our run club is an excellent base for your training program. Our coach will work with you on intervals, short runs, and dynamic warm-ups. You will also receive workouts to complete the rest of the week

**FITNESS**



Dates	Day	Time	Cost/Member	Cost/Non-Member
Dec.1-Dec.31 (no sessions 12/22 or 12/24)	Tues.	5:30pm-6:30pm	\$12 (Tues OR Thurs)	\$17 (Tues OR Thurs)
	Thurs.	9:30am-10:30am	\$20 (Both Days)	\$25 (Both Days)

**Insanity**

INSANITY is a revolutionary cardio-based, total body conditioning program based on the principles of MAX Interval Training. Interval training allows you to work at high-intensity work efforts (drills) with periods of recovery. INSANITY pushes you to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. The workouts are an abbreviated version of the comprehensive INSANITY at-home workout. The workout will consist of explosive cardio and plyometric drills and nonstop intervals of cardio strength and power. Our instructors will motivate you during the workout, provide a variety of modifications, regardless of your fitness level.

**Registration begins Friday, October 16th**

Dates	Day	Time	Cost
Oct. 31-Dec. 10 (no class 11/26 & 12/8)	Tuesday	5:30am-6:15am	\$40
	Thursday	6:05pm-6:50pm	
	Saturday	8:15am-9:00am	



## Teen Certification

This class is required for all members ages 12 to 16 who want to exercise on the fitness floor. Students are introduced to the basic knowledge, skills, and American college of Sports Medicine recommendations for safe, effective exercise. Course includes the first 45 minutes of time with parent present during the classroom instruction and 1 hour of practical experience on the fitness floor.

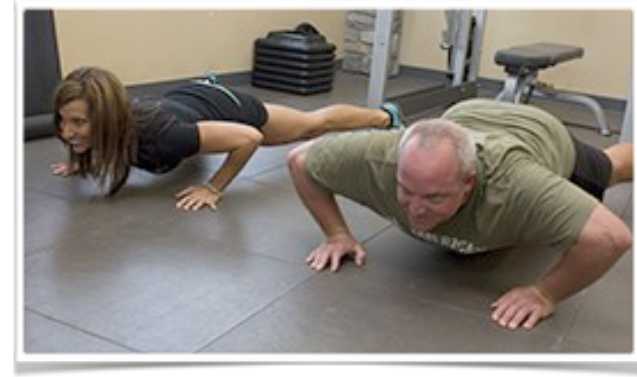
Dates	Time	Cost/Members
Friday, October 9th	6pm-8pm	\$35 first participant (\$25 for each sibling)
Sunday, November 1st	1:15pm-3:15pm	
Friday, November 20th	6pm-8pm	
Sunday, December 13th	1:15pm-3:15pm	

## Personal Training

Working with one of our certified personal trainers can help you get started on a successful journey to fitness and good health. Each personal trainer at Granite Falls has years of experience in exercise science and has worked with people with diverse fitness levels and health concerns. Your sessions come with an assessment, your personal workout plan and prescription for exercising that is custom fit just for you!

**\*Group Session prices are per group member**

Type	Number of Sessions	Session Length	Cost
Individual	6	1 hour	\$300 (\$50 per session)
Individual	12	1 hour	\$540 (\$45 per session)
Individual	6	45 minutes	\$240 (\$40 per session)
Individual	12	45 minutes	\$420 (\$35 per session)
Group (2-4 people)	6	1 hour	\$210 (\$35 per session)*
Group (2-4 people)	12	1 hour	\$378 (\$31.50 per session)*
Group (5-8 people)	6	1 hour	\$180 (\$30 per session)*
Group (5-8 people)	12	1 hour	\$324 (\$27 per session)*



## Biggest Chooser Challenge 2016

There's no better way to kick off the new year than committing yourself to better fitness and health! This 12 week, team-based weight loss challenge includes a Kick Off Party, an initial team meeting/weigh-in, 10 weeks of 90min team workouts/weigh-ins, a final weigh-in and a Challenge Celebration and Awards Ceremony. Results will be assessed each week based on the percentage of weight loss.



2015 Winners- Team Black

Team	Day	Time	Cost/Early Bird 12/6/15-12/20/15	Cost/Reg Registration 12/21/15-1/3/16
Red	Saturday	7:30am-9am	\$99	\$119
Black	Sunday	1pm-2:30pm		
Orange	Tuesday	8:30am-10am		
Gray	Wednesday	5:30am-7am		

## Triathlon Club

Ready to compete in your first triathlon or want to work towards a Personal Record? Then join our Triathlon Club- over 3 months of training in swimming, biking, running, and transitions with over \$700 in services (includes run club and masters swimming.) We'll get you ready for the Granite Falls Sprint Triathlon in April and other local tris!

**Registration and Program Details Coming Soon!**



## Family Pumpkin Carving



2nd Annual Pumpkin Carving event held at the Club for members only. We will provide a "pre-gutted" pumpkin, carving tools and a candle. There will be a contest for the best pumpkin carving with prizes. Each child that attends will also receive a goodie bag. This event sold out last year, so sign-up early!



Date	Time	Cost
Friday, October 23	5:30pm-7pm	\$10 per child/pumpkin



# October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Fall Camp Session 6b Begins	2	3
4	5 Gym & Swim Session 2 Begins ----- Fall Track-Out Camp Session 7 Begins	6	7	8	9 Parents' Night Out 5:30pm - 10pm ----- Teen Certification 6pm - 8pm	10
11 Teen Certification 1:15pm - 3:15pm	12 Early Winter Track-Out Camp Registration Begins (save 15-20%!) ----- Fall Track-Out Camp Session 8 Begins	13	14	15	16 Early Winter Track-Out Camp Registration Ends (save 15-20%!)	17
18	19 Fall Track-Out Camp Session 9a Begins	20 Group Swim Fall Session 2 Sign-Ups Begins (Members) ----- Candlelight Yin Yoga Begins	21	22 Group Swim Fall Session 2 Sign-Ups Begins (Non-Members) ----- Fall Camp Session 9b Begins	23 Pumpkin Carving 5:30pm - 7pm	24 Group Swim Fall Session 1 Ends
25	26 Gym & Swim Session 2 Begins ----- Fall Track-Out Camp Session 10 Begins	27	28	29	30	31

# November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Teen Certification 1:15pm - 3:15pm	<b>2</b> Group Swim Fall Session 2 Begins ---- Fall Track-Out Camp Session 11 Begins	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Fall Track-Out Camp Session 12 Begins	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> Parents' Night Out 5:30pm - 10pm	<b>14</b>
<b>15</b> Barre Block 1 Begins	<b>16</b> Gym & Swim Session 2 Begins ---- Fall Track-Out Camp Session 13 Begins ---- Barre Block 2 Begins	<b>17</b> Barre Block 3 Begins	<b>18</b> Barre Block 4 Begins	<b>19</b> Run Club Ends	<b>20</b> Teen Certification 6pm - 8pm	<b>21</b>
<b>22</b>	<b>23</b> Fall Track-Out Camp Session 14 Begins	<b>24</b>	<b>25</b> Club closes at 5pm (No PM classes or PM KidZone)	<b>26</b>  Club Closed	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> Winter Track-Out Camp Session 1 Begins					

# December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Holiday Run Club Begins	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Staff Holiday Party Club Closes at 2pm
<b>6</b> Biggest Chooser Early Bird Registration Begins	<b>7</b> Winter Track-Out Camp Session 2 Begins	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Parents' Night Out 5:30pm - 10pm	<b>12</b> Group Swim Fall Session 2 Ends
<b>13</b> Teen Certification 1:15pm - 3:15pm	<b>14</b> Winter Track-Out Camp Session 3 Begins	<b>15</b> Group Swim Winter Session 1 Sign-Ups Begin (Members)	<b>16</b>	<b>17</b> Group Swim Winter Session 1 Sign-Ups Begin (Non-Members)	<b>18</b>	<b>19</b>
<b>20</b> Biggest Chooser Early Bird Registration Ends	<b>21</b> Winter Track-Out Camp Session 4 Begins --- Biggest Chooser Regular Registration Begins	<b>22</b>	<b>23</b>	<b>24</b> Christmas Eve Club Closes at 12pm	<b>25</b>  Merry Christmas! Club Closed	<b>26</b>
<b>27</b>	<b>28</b> Winter Track-Out Camp Session 5 Begins	<b>29</b>	<b>30</b>	<b>31</b> New Year's Eve Club Closes at 5pm	<b>Jan 1</b>  New Year's Day Club Closed	<b>Jan 2</b> Regular Hours 8am-8pm