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# FUN AT THE FALLS



Swimmer: Kathryn Manville

Photo Credit: Victoria Walcott

## 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 new EXPANDED fitness calendar!
- KidzFit classes and KidZone areas

## Outdoor Pool

Our Granite Falls Swim & Athletic club families can hardly wait to take a dip in our outdoor pool PLUS lounge in our relaxing lazy river! The kids will have a blast playing in our zero entry splash ground and taking a trip down our tubular slide!



Pool will be open for the season until Oct. 2nd!

Days	Times*
Monday-Saturday	10am-8pm
Sunday	1pm-8pm

\*Hours until Monday, Sept. 5th. Hours/days will be different from Sept. 6th to Oct. 2nd.

## 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 July 31st.

Type	Days	Hours
Rec Swim	Monday-Friday	Outdoor Pool (No indoor rec swim)
Rec Swim	Saturday-Sunday	1pm-8pm (Not guarded)
Lap Swim	Monday, Wednesday	5:30am-3:15pm, 5-6:30pm, 8pm-9pm
Lap Swim	Tuesday	5:30am-4pm (5:30am-9pm on July 12)
Lap Swim	Thursday	5:30am-3:15pm, 5:30pm-9pm
Lap Swim	Friday	5:30am-3:15pm, 7:15pm-8pm
Lap Swim	Saturday	8am-8pm
Lap Swim	Sunday	1pm-8pm

## 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>



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)

## 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			



## Group Swim Lessons

There's something for everyone in the Granite Falls Swim Program, which includes six levels of instruction designed to help swimmers ages three years and up develop and refine their skills. Granite Falls instructors teach a variety of strokes including freestyle, backstroke, elementary backstroke, breaststroke, and butterfly. Personal safety issues and diving techniques are also introduced.

- 3 WEEK SESSIONS
- 2 DAYS A WEEK
- 2 PARTICIPANTS MAX
- 30 MINUTE CLASSES

Granite Falls also offers parent/toddler classes for children 6 to 36 months old that are not quite ready for our Swim Program. We are looking to create well rounded swimmers by allowing parents to explore and play in the water with their children. Offered one day a week for 3 weeks. The cost for our Water Bugs & Little Tykes classes is \$30 for Members and \$40 for Non- members.

Session	Dates	Sign-up Dates	Cost/Member	Cost/Non-Member
<b>June</b>	June 13-July 3	May 23-June 10	\$85	\$115
<b>July</b>	July 11-31	May 23-July 8		
<b>August</b>	Aug. 1-21	May 23-July 29		
<b>September</b>	Sept. 12-Oct. 2	Aug. 29-Sept. 11		



## Summer Swim Lessons

There's something for everyone in the Granite Falls Swim Program, which includes six levels of instruction designed to help swimmers ages three years and up develop and refine their skills. Granite Falls instructors teach a variety of strokes including freestyle, backstroke, elementary backstroke, breaststroke, and butterfly. Personal safety issues and diving techniques are also introduced.



- 1 WEEK SESSIONS
- 5 DAYS A WEEK
- 2 PARTICIPANTS MAX
- 30 MINUTE CLASSES

Session	Dates	Sign-up Dates	Cost/Member	Cost/Non-Member
<b>4</b>	June 27-July 1	May 23-June 24	\$70	\$95
<b>5</b>	July 11-15	May 23-July 1		
<b>6</b>	July 18-22	May 23-July 15		
<b>7</b>	July 25-29	May 23-July 22		
<b>8</b>	Aug. 1-5	May 23-July 29		
<b>9</b>	Aug. 8-12	May 23-Aug. 5		
<b>10</b>	Aug. 15-19	May 23-Aug. 12		

## 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 11 monthly installments from September to July. Swim team season runs from September 1 - July 31st. Minimum commitment requirement depends on the team.**

Team	Cost/Member	Cost/Non-Member
Shortfin	\$70	\$85
Longfin	\$95	\$110
High School Prep	\$95	\$110
Home School (3 day)	\$95	\$110
Home School (5 day)	\$130	\$145
Bronze	\$130	\$145
Silver	\$145	\$160
Gold	\$160	\$175
Platinum	\$180	\$195
Junior	\$195	\$210
Senior	\$210	\$225

**Shortfin & Longfin Team (ages 10 & under):** Swimmers on the **Shortfin Team** have a basic understanding of freestyle and backstroke. This group will meet twice a week for 45 minutes. 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.

**High School Prep Team (9th-12 grade):** Swimmers in High School will receive pre-season training that will help improve swimming ability and get you in shape for the start of the season in November. All level and abilities welcome. Only offered during the months of September, October, February, March, April and May. Required equipment kick board & fins.

**Bronze & Silver Team (ages 8 - 13):** 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. 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 & Platinum Team (ages 9-14):** 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. 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 & Senior Team (ages 12 & 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. 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 or 5 times a week for one hour and thirty minutes.

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



## 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!**

### Summer Time Blocks (May 2016 - September 2016):

**Monday-Saturday:** 10am-1pm / 1:30pm-4:30pm / 5pm-8pm

**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

## "Jim" & Swim

Granite Falls is offering a "Jim" (Gym) and Swim (w/ Cheryl) program designed to provide children 3-7yrs old, 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. Participants will have 2 classes a week for a 3 week session. Space is limited to 8 (3-4yr olds) and 10 (5-7yr olds) children per group. Come laugh, swim, and play with Granite Falls professionals.

Session	Days	Dates	Time	Ages	Cost/Member	Cost/Non-Member
4		July 5-21				
5	Tues & Thurs	Aug. 2-18	1pm-2pm	3-7yrs old	\$45	\$60
6		Sept. 6-22				

## Junior Aquatics Leaders

Granite Falls is offering an exciting new program for youth ages 11 to 14 years old that provides an inside look at what it's like to become a lifeguard, swim coach and swim instructor. Participants who enroll in this program will receive instruction in water safety, leadership skills, teamwork, decision-making skills, water fitness, first aid, CPR and basic life-saving skills while apprenticing with working coaches, instructors and lifeguards.

Pre-test assessment required.

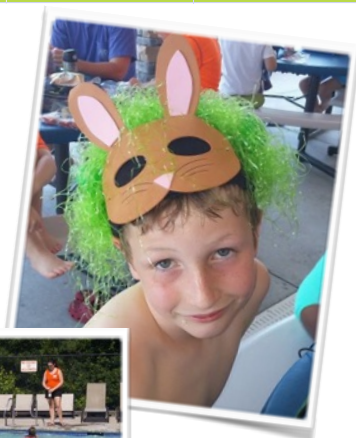
Session	Dates*	Cost/Member	Cost/Non-Member
7	July 11-15		
8	July 18-22		
9	July 25-29		
10	Aug. 1-5	\$125	\$150
11	Aug. 8-12		
12	Aug. 15-19		
13	Aug. 22-26		



## GF4 Summer Camp

All registration can be done online. GF4 Summer Camp runs weekly themed half day and full day sessions for ages 4-11 (half day) and 5-11 (full day) from May 23 to August 26. Some new things for this year: 5 more full day spots per session, order/pay for lunches, snacks, goggles, swim caps, etc. during the registration process.

Session	Dates	Time	Cost/Members	Cost/Non-Members
7	July 5-8 <b>FULL</b>	8:45am-4:15pm (Full Day) 8:45am-1:15pm (Half Day)	\$195 (Full Day) \$139.50 (Half Day)	\$222 (Full Day) \$167 (Half Day)
8	July 11-15 <b>FULL</b>			
9	July 18-22			
10	July 25-29			
11	Aug. 1-5			
12	Aug. 8-12			
13	Aug. 15-19			
14	Aug. 21-26			



## YOUTH PROGRAMS

### 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.

Session	Dates	Time	Cost/Members	Cost/Non-Members
1	Aug. 29-Sept. 2	8:15am-4:15pm	\$195 (*\$156)	\$222 (*\$177.60)
2	Sept. 6-9*			
3	Sept. 12-16			
4	Sept. 19-23			
5	Sept. 26-30			
6	Oct. 3-7			
7	Oct. 10-14			
8	Oct. 17-21			
9	Oct. 24-28			
10	Oct. 31-Nov. 4			
11	Nov. 7-11			
12	Nov. 14-18			
13	Nov. 21- Dec. 2			



## 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 or Zumba, and a movie.

Date	Time	Movie	Cost/Members	Cost/Non-Members
Fri, July 8	5:30pm-10pm	Kung Fu Panda 3	\$20 per child	\$30 per child
Fri, Aug. 12	5:30pm-10pm	Norm of the North		
Fri, Sept. 9	5:30pm-10pm	TBD		

## Zumba Kids



This high energy fitness class is packed with specially choreographed, kid-friendly routines and all the music kids love. Parents love it as it helps increase focus, self-confidence, metabolism, and self-esteem!

Day	Time	Ages
Tuesday	4:30pm-5:15pm	5-12yrs old

## 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 & Wednesday	4pm-4:30pm	2.5-3yrs old
	4:30pm-5pm	4-6yrs old
	5pm-5:30pm	7-9yrs old

## Teen Athletics

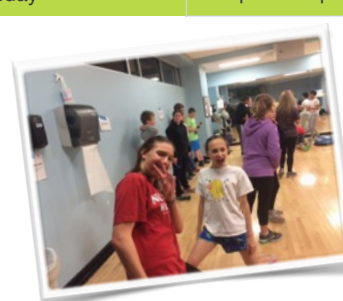
This awesome class will help your 11 and up year old to get in great physical shape. Teen Athletics is taught by one of our Personal Trainers- no signup required!

Day	Time	Ages
Monday & Wednesday	5:30pm-6:15pm	11+ yrs old

## Family Fitness

This amazing 1 hour class circuit is designed for the Family! Open to Ages 6 and up!

Day	Time	Ages
Thursday	4:30pm-5:25pm	6+ yrs old + Adults!



## 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
Sunday, July 17	1:15pm-3:15pm	\$30 per child
Friday, August 5	6pm-8pm	
Sunday, August 28	1:15pm-3:15pm	
Friday, September 16	6pm-8pm	

## Run Club

Ready to run? Whether you're a seasoned runner or just getting started, our Run Club is an excellent base for your training program. Two coaches will work with you on intervals, short runs, and dynamic warm-ups. You will also receive workouts to complete the rest of the week for a total of 16 weeks of training!

Dates	Day	Time	Cost/Member	Cost/Non-Member
Aug. 2-Nov. 17	Tues.	5:30pm-6:30pm	\$32 (Tues OR Thurs)	\$39 (Tues OR Thurs)
	Thurs.	9:30am-10:30am	\$57 (Both Days)	\$72 (Both Days)



# FITNESS



## 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!

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/person)*
Group (2-4 people)	12	1 hour	\$378 (\$31.50 per session/person)*
Group (5-8 people)	6	1 hour	\$180 (\$30 per session/person)*
Group (5-8 people)	12	1 hour	\$324 (\$27 per session/person)*



## Member Appreciation Party

Granite Falls LOVES its members and we want to show some appreciation by throwing you a FUN-FILLED party for the WHOLE family! FREE Food, games and prizes for the kids- plus much more!

Date	Time
Friday, August 26	4pm-7pm



## 3rd Annual Cycle-A-Thon

Join us as we pedal our way to a brighter future for children in the Wake County Foster Care system! 8 hours of rock and roll, riding, and raising money, plus an after party with live music!

Date	Time
Saturday, July 30	9am-5pm

Go to <http://www.mac-cares.org/> to sign-up to participate or volunteer!

GRANITE FALLS  
SWIM AND ATHLETIC CLUB

FUN



MONDAY - SATURDAY 11AM - 7PM  
SUNDAY 1PM - 7PM

We have lots of food and drink options for you while our outdoor pool is open! Our Shark Shack has pizza and salads from Marco's Pizza, chicken tenders, pretzels, Dippin' Dots ice cream, ice cream bars/sandwiches/etc, hamburgers, hot dogs, and much more!

Also, come join us Friday through Sunday at **The Watering Hole!** The only poolside bar in Rolesville! 4 brews on tap, plus mixed drinks, premium liquor options, wine, frozen margaritas, daiquiris, and more!

Hours are Friday, 4pm-7:30pm, Saturday, 11:30am-7:30pm, and Sunday, 1pm-7:30pm!



# July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Gators- Olympic Trial Dive-In 6:30pm-8pm	<b>2</b>
<b>3</b>	<b>4</b>  CLUB CLOSSES AT 6PM	<b>5</b> Jim & Swim Session 4 Begins ----- Gators vs Coachman's Trail 6pm ----- GF4 Summer Camp Session 7 Begins	<b>6</b>	<b>7</b>	<b>8</b>  Parents' Night Out 5:30pm - 10pm	<b>9</b>
<b>10</b>	<b>11</b> July Group Swim Sessions Begin ----- Summer Session 5 Swim Lessons Begin ----- GF4 Summer Camp Session 8 Begins	<b>12</b> Gators @ Manchester 6pm	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b> Teen Certification 1:15pm-3:15pm	<b>18</b> Summer Session 6 Swim Lessons Begin ----- GF4 Summer Camp Session 9 Begins	<b>19</b> Gators vs Quail Hollow 6pm	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Gators- TSA Championships
<b>24/31</b> Gators- End of Year Pool Party July 24- 12pm-2pm	<b>25</b> Summer Session 7 Swim Lessons Begin ----- GF4 Summer Camp Session 10 Begins	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> 4th Annual Cycle-a-Thon 9am-5pm

# August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> August Group Swim Sessions Begin ---- Summer Session 8 Swim Lessons Begin ---- GF4 Summer Camp Session 11 Begins	<b>2</b> Jim & Swim Session 5 Begins ---- Run Club Begins	<b>3</b>	<b>4</b>	<b>5</b> Teen Certification 6pm - 8pm	<b>6</b>
<b>7</b>	<b>8</b> Summer Session 9 Swim Lessons Begin ---- GF4 Summer Camp Session 12 Begins	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>  Parents' Night Out 5:30pm - 10pm	<b>13</b>
<b>14</b>	<b>15</b> Summer Session 10 Swim Lessons Begin ---- GF4 Summer Camp Session 13 Begins	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> GF4 Summer Camp Session 14 Begins	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Member Appreciation 4pm-7pm	<b>27</b>
<b>28</b> Teen Certification 1:15pm-3:15pm	<b>29</b> Fall Track-Out Camp Session 1 Begins	<b>30</b>	<b>31</b>			

# September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Fall Track-Out Camp Session 2 Begins	6 Jim & Swim Session 6 Begins	7	8	9 Parents' Night Out 5:30pm - 10pm	10
11	12 September Group Swim Sessions Begin —— Fall Track-Out Camp Session 3 Begins	13	14	15	16 Teen Certification 6pm - 8pm	17
18	19 Fall Track-Out Camp Session 4 Begins	20	21	22	23	24
25	26 Fall Track-Out Camp Session 5 Begins	27	28	29	30	