

THE WISC WORD NEWSLETTER



FEATURED



KIDS CLUB SUMMER CAMP REGISTRATION IS NOW OPEN!

WISC Preschool and School Aged Programs are accepting summer camp registration. You can find the forms online or at the WISC Customer Service Desk. Our School Age Summer Camp is a top notch program offering field trips, arts and crafts, sports and other fun supervised activities. Contact Conor Dibble for additional information cdibble@thewisc.com.

BIRTHDAYS

BIRTHDAY PARTIES AT WISC!

Book your party at WISC. We do everything from set up to clean up, to make it stress free! The kids can enjoy the pool, gymnastics, indoor playground and so much more!



KARATE

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Classes are offered Monday-Friday. Register at the customer service desk.



Upcoming Events

MARCH 2019

Sat Mar 2nd	Saturday Tumble Time & Play 4pm-6pm - \$5/child, Ages 5 and under in the Gymnastics Academy
Sat Mar 2nd	Open Gym 6pm-8pm - \$10/person, Ages 6+ in Team Gymnastics Center
Fri Mar 8th	Parents Night Out
Fri Mar 15th	Parents Night Out
Fri Mar 22nd	Middle School Social

Go to www.thewisc.com for more details.

MEMBERSHIP REFERRAL PROGRAM

Refer your family and friends and earn \$25 in WISC Bucks for each membership referral. WISC bucks may be used for any WISC program.

\$25

WISC Bucks for Each Referral!

FITNESS ACADEMY

WATER FITNESS CLASSES

There is good news...stress is water-soluble. Regular exercise can greatly benefit us in a variety of ways, especially when we put those exercises into water. Aquatic exercise programs are on the rise and for good reason. When you combine the low-impact exercise environment ideal for rehabilitation with the breathing and movement techniques used for relaxation, water exercise can help control blood pressure, heart rate, and boost immune function (Crowe, Puymbroeck, Schmid, 2016). Join us for an **EZ Aqua** class or our **Balance and Core** classes offered in our shallow pool!

WISC Fitness Academy also includes CrossFit, Boot Camp, High Intensity Interval Training and much more!

FLAG FOOTBALL

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MAR 20 – MAY 5

WISC has hosted a youth flag football league in the fall and spring each year. The league is for 6-14 year olds and takes place on Saturday and Sunday afternoons.



SPECIAL EVENTS

All events require pre-registration at www.thewisc.com



TUMBLE TIME

1st Saturday of Each Month

Time: 4pm-6pm | Age Group: 5 and under

Cost: \$5 Per Child

Enjoy open play in the Gymnastics Academy with tumbling and games.

MAR 2

OPEN GYM

1st Saturday of Each Month

Time: 6pm-8pm | Age Group: Age 6+

Cost: \$10 Per Child

Enjoy two hours of fun bouncing on the in-ground trampolines, Tumble Trak, Foam Pit and Spring Floor all in the Team Gymnastics Center.

MAR 2

PARENTS NIGHT OUT

Time: 6pm-10pm | Age Group: Ages 4-13

Cost: \$30 First Child, \$25 Additional Siblings

A night of fun in Laser Tag, Clip N Climb, the Arcade, Gymnastics, and so much more for the kids. Grab your friends and come play. Pizza dinner is included and The Café will be open for snacks and drinks. Register online to reserve your space www.thewisc.com.

MAR 8

MAR 15

MIDDLE SCHOOL SOCIAL

Time: 7pm-10pm

This Friday event is open to all middle school aged boys and girls. Enjoy all that The Zone has to offer and show off your dance moves with music by a DJ. Refreshments provided.

MAR 22

SOCCER

SPRING REC SOCCER STARTS THIS MONTH

Good luck to the Sharks for the Spring 2019 season that starts in May!



SWIM LESSONS

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Three month progressive lessons will start again in April. Now is the time to register!



OLDE TOWNE PIZZA & PASTA
ITALIAN RESTAURANT AND NEW YORK STYLE PIZZA

SPONSOR OF THE MONTH

Olde Towne Pizza

Members receive 10% off your food order! Just show them your WISC member tag. Olde Towne Pizza and Pasta is not a typical Italian restaurant. We are a family owned and run restaurant. Decisions made here are always done with the objective of taking care of our regular customers and continually creating new regular customers. We do it with good old-fashioned hard work. We are proud to tell our customers that we are the one of the best Italian restaurants in Williamsburg, VA and quite honestly, we are convincing people every day.

Phone: (757) 253-7846 | E-mail: oldepizza@gmail.com

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CONTACT

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www.thewisc.com



WELCOME NEW SPONSORS:

Fort Magruder Hotel and Conference Center

WISC has so many wonderful sponsors. Thank you for being part of the WISC family. WISC asks that you support these businesses! Please visit www.thewisc.com to see a full list of our sponsors.



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