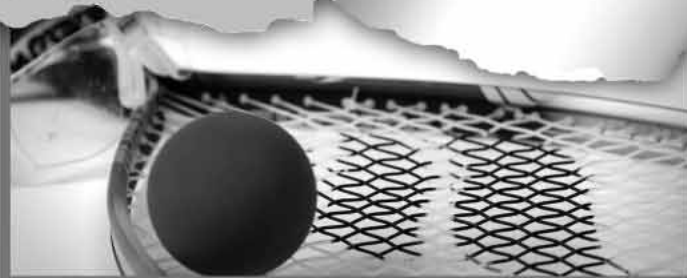




CASCADE ATHLETIC CLUBS

Winter/Spring 2012



www.CascadeAC.com

Gresham - Portland - Vancouver

Your Cascade Athletic Club Team

CAC-GRESHAM

19201 SE Division St
Gresham, OR 97030
503.665.4142



Bill Fisher

Club Manager
Program Manager
Fitness Manager
Sales Manager
R-Ball Dir./Asst Mgr.
Group Fitness Manager
Tennis Director/Head Pro
Senior/Aqua Director
Maintenance Director
Cascade Cafe' Director

Bill Fisher (19 Yrs)
Connie Martin (28 Yrs)
Danielle Ford (17 Yrs)
Greg Eisenzimmer (13 Yrs)
Brian Ancheta (24 Yrs)
Danielle Ford (17 Yrs)
Anders Bergkvist
Karen Sultzer (11 Yrs)
Bruce Baertlein (16 Yrs)
Amy Carroll (20 Yrs)

CAC's Office Staff

503.665.4142

Office Manager
Controller
Office Staff

Lisa Dobson (30 Yrs)
Mary Robison (18 Yrs)
Donna (23 Yrs) Kim (15 Yrs)
Donna T (5 Yrs) Rachael



Owners:

Mark and Debbie Eisenzimmer

Frank and Myrna Eisenzimmer

PHONE NUMBERS

Billing Inquiries 503.665.4142 or office@Cascadeac.com

CAC-GRESHAM	503.665.4142
Cascade Physical Therapy (Jon Schnepel, PT)...	503-669-2500
Cascade Massage (Leticia Grau, Scott Michaels,LMT)	503-293-6691
Dolce Salon & Boutique	503-666-8383
CAC-205	503.257.4142
205 Massage (Gail Sumner,LMT).....	503-257-4142
Cascade 205 Physical Therapy	503-255-1500
CAC-EAST GRESHAM	503.618.4142
Massage (Jonathan Lohnes, LMT).....	503-661-0129
CAC-FISHER'S LANDING	360.597.1100

www.cascadeac.com

CAC-205

9260 SE Stark St
Portland, OR 97216
503.257.4142



Scott Dobson

Club Manager
Sales Director
Group Fitness Director
Senior/Aqua Director
Service Director

Scott Dobson (24 Yrs)
Greg Eisenzimmer (13 Yrs)
Heidi Hudson (10 Yrs)
Laura Teune (15 Yrs)
Laurie Altig (6 Yrs)

CAC EAST GRESHAM

2456 E. Powell
Gresham, OR 97080
503.618.4142



Bill Fisher/Danielle Ford/Greg Eisenzimmer

Club Manager(s)
Manager-on-Duty

Bill Fisher//Danielle Ford
Greg Eisenzimmer
Kristy Gover (18 Yrs)
Ericka Hartley (12 Yrs)
Ken Oetting (8 Yrs)
Erica Kreger (5 Yrs)
Danielle Ford (17 Yrs)
Rose Caton (4 Yrs)

Group Fitness Director
Senior Director



Mitch Merwin

CAC FISHER'S LANDING

16096 SE 15th St
Vancouver, WA 98683
360.597.1100

Club Manager Mitch Merwin (4 Yrs)
Operations Mgr Lindsay Stephenson (1 Yr)
Fitness Director Kristy Wright (1 Yr)



**CASCADE
ATHLETIC
CLUBS**

Club Hours

CLUB WEEKLY HOURS

CAC-GRESHAM (503.665.4142)

Monday-Friday 4:30am-11pm
Saturday 6:30am-8pm Sunday 7am-8pm

CAC-205 (503.257.4142)

Monday-Thursday 5am-10:30pm Friday 5am-9pm
(use CAC-Gresham Fri 8:30pm-11pm no charge)
Saturday/Sunday 7am-8pm

CAC-EAST GRESHAM (503.618.4142)

Monday-Friday 4:30am-9:30pm
(use CAC-Gresham M-F 9pm-11pm no charge)
Sat 7am-6pm Sun 8am-6pm
(use CAC-Gresham Sat/Sun 5:30-8pm no charge)

CAC-FISHER'S LANDING (360.597.1100)

Monday-Thursday 5am-10pm Friday 5am-9pm
Saturday/Sunday 7am-8pm

(Hours are subject to change, please check the CAC website)

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Page	Program/Activity
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2-7	Group Fitness Classes
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16	Pilates Training
17	Wt Floor/RBall/Tennis Rules
18-19	Special Events
20-21	Racquetball
22-23	Tennis
24-25	Silver Power
26-27	Sports/Pool & Gym Schedules
28-29	Photos/Services We Offer
30-32	Kids Programs
33	CAC-Gresham' Kids Chart
34	Fisher's Landing Info
35	CAC-FL Kids Chart
36	CAC Guest Policies/FitLife
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WEEKLY

FAMILY HOURS

Please enjoy your club with your kids during the following days/hours if you have a Family Membership or if your kids are Kids Pass Members.

See page 32 for Family Hours Rules & Regulations

at CAC-GRESHAM

Fridays 5-10:45pm
Saturdays 12-5pm
Sundays 12-7:45pm

at CAC-205

Saturdays 1-3pm
Sundays 3-5pm

at FISHER'S LANDING

Tue/Thu/Fri 5-7pm Wed 3-5pm
Sat/Sun 1-4pm

KIDS KLUB

(Child Care)

A great safe and fun environment for your kids while you work out!

1st Child \$2.50/Hour
2nd Child \$2/Hour (same family)

Ask about our

Unlimited Kids Klub Program!
\$20 per child per month!!!

2 hour maximum time limit per visit
90 minutes for kids under 2 years

at CAC-GRESHAM

Mon-Fri 8:15am-8:30pm
Saturday 8:15am-2pm
Sunday 12n-5pm

at CAC-205

Mon-Fri 8:30am-1pm
Mon/Wed 3:30-8:30pm
Tue/Thu 3:30-8pm Fri 3:30-7pm
Saturday 8:30am-1pm
Sunday 2-5pm

at CAC-EAST GRESHAM

Mon-Fri 8:15am-1:30pm
Mon-Thu 4-8:30pm
Saturday 8:15am-1pm

at CAC-FISHER'S LANDING

Mon/Fri 8:30am-12n
Tue-Thu 8:30-11:30am
Mon-Fri 4-8pm
Sat 7:30-11:30am

CAC MEMBER E-MAIL ADDRESSES WANTED!

Please help us gather your correct e-mail address so we can send you a CAC Monthly E-Newsletter.

It includes updated program information, specials and member news.

Please fill out the slip from the Program Wall and turn into the Service Desk Today or Email Connie@Cascadeac.com with your name and email address.

Group Fitness Classes

Experience Group Fitness at CAC!

We've created a group fitness phenomenon in partnership with BTS - someone who definitely knows about phenomenons. We offer a series of group fitness programs that provide fun, results, education and motivation through expert programming, current music, and instructors that are trained at the highest level.

GroupPower®, GroupRide™, GroupCentergy®, GroupKick®, GroupStep®, GroupGroove®, GroupActive™ and GroupCORE are the cornerstone of our group fitness program. All classes are designed for any fitness level, with beginner, intermediate and advanced programming options. Join a class today! And, if you would like some guidance in choosing the best class for you, feel free to contact your home club Group Fitness Director.

**CAC-G/EG
Manager**



Danielle Ford
503.665.4142

**CAC-205
Director**



Heidi Hudson
503.257.4142

**CAC-FL
Director**



Kristy Wright
360.597.1100

e-mail: Danielle@cascadeac.com

VIDEO TRAILERS...

To view Video Trailers of our Body Training Systems Classes, please go to:

www.CascadeAC.com/class-schedule/class-descriptions

FIT CLASSES: WHAT YOU NEED TO KNOW!

CHOOSING A CLASS

1. Choose a class style that sounds good to you and meets your goals.
2. Find a class that works into your schedule.
3. Try out several different class styles and instructors, or feel free to just watch a class.
4. Try each class 2 or 3 times before you choose which one is right for you.

Kids on your Membership are welcome to attend Group Exercise Classes starting at age 10. Kids 10-11, must attend with an adult

WHAT TO WEAR

1. Most important is a good Aerobic or Cross Trainer shoe.
2. Most women wear T-shirts and tights or shorts while the men wear t-shirts and shorts. (No midriff tops)

YOUR FIRST CLASS

1. Introduce yourself to your instructor.
2. Don't feel you need to coordinate the foot movements with the arms. Learn the foot work first, then add your arms.
3. Work at your own pace, and slow down if you are tired.

Group Exercise Class Fees: *Most Group Fitness Classes are included in your Membership at your home club. (there is a Fee for ADAPT CLASSES. Fees on page 11). For Guest Fees or attending Classes at another CAC Club see Guest Policy on pg 36.*



Group Fitness Class Schedules:

CAC-G: pg 4 CAC-EG: pg 5
CAC-205: pg 6 CAC-FL: pg 7

You are welcome to come observe any class. If you are attending a class for the first time, please introduce yourself to the instructor at the start of the hour. If you are not sure which class is best for you, just contact your club's Group Fitness Director.

NEW! **GroupCORE**
at all CAC Clubs
beginning January 30th!
(see description on next page)
Get a sneak peek of **CORE** at CAC-G, CAC-205 & CAC-FL on Friday, January 20th at 6pm

Winter Launch
Saturday, January 28th
At CAC-Gresham
8:30am CORE (*30 min class*)
8:30am RIDE (*one hour class*)
9-10:30 sampler class of:
STEP/POWER/ACTIVE/GROOVE
10:30am CENTERGY (*one hour class*)

At CAC-East Gresham & CAC-205
7:30am RIDE (*one hour class*)
8:30am CORE (*30 min class*)
9am-10:30am Sampler class of
STEP/POWER/ACTIVE/KICK
10:30am CENTERGY (*one hour class*)

At CAC-Fisher's Landing
8am RIDE (*one hour class*)
9am CORE (*30 min class*)
9:30am POWER (*one hour class*)
10:30am CENTERGY (*one hour class*)

Spring 'New Releases'
Premier Party on Saturday, April 28th
We will introduce the new releases at all regularly scheduled classes!

Group Fitness Classes

GROUP FITNESS CLASS DESCRIPTIONS



GROUP ACTIVE Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive group environment, with motivating music and caring instructors. Get more out of life, Get Active! (60 min) G/EG/205



GROUP CENTERGY Grow longer and stronger as you explore this journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy (60 min) All Clubs



GROUP GROOVE If you can move, you can Groove! You'll stomp, wiggle, jiggle, hip, hop, shimmy, shake, glide and most importantly, sweat your way through this dance inspired fitness class. A dynamic fusion of dance styles creates an all-out cardio jam designed to be the coolest way to get fit! Supportive, funky, easy going instructors help you Get A Move On! (60 min) G



GROUP KICK Group Kick brings it on! This electric fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out! (60 min) G/EG/205



GROUP POWER Group Power is your hour of power! This barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power! (60 min) All Clubs



GROUP RIDE Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On! (60 min) All Clubs



GROUP STEP Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step. (60 min) All Clubs



GROUP CORE Let's get HARD CORE! Train like an athlete in 30 action packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, prevent back pain and give you ripped abs! Motivating instructors and music will coach you through functional and integrated exercises using your body weight, a weight plate, a towel and a platform - all to challenge you like never before. REACH YOUR PEAK with Group Core! (30 min) All Clubs



ZUMBA Zumba[®] Ditch the Workout, Join the Party! ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba combines high energy and motivating music with unique moves & combinations that allow the Zumba participants to dance away their worries. (60 min) All Clubs

Chair Yoga This chair assisted class will stretch and revitalize your whole body while challenging balance and developing core stabilization. End the session with relaxation emphasizing breathing techniques. (45 min) 205

Line Dancing Learn the latest and greatest line dances. For all levels of fitness and dance experience. Please wear boots or other smooth soled shoes. (55 min) G

Pilates ABS A comprehensive abdominal, back and hip workout based on Pilates Principles. (20 min) G

Pilates Essential Mat Matwork classes at the Essential, Intermediate & Advanced levels will take you through a dynamic, full-body workout that focuses on improving flexibility and core strength, with exercises that stretch and tone all muscle groups. Programming may vary from session to session. All levels welcome. (55 min) G/205

Silver&Fit[®] Level 2 Experience This level is for moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance. (45 min) EG/205

Silver&Fit[®] Level 3 Excel This level is for very active older adults who regularly exercise three or more days per week. The class is designed to increase your flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, power and cardiovascular. (60 min) G

SilverSneakers[®] CardioCircuit Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, complete relaxation in a comfortable position. (55 min) G

SilverSneakers[®] Muscular Strength & Range of Movement Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. (45 min) G/EG/205

Tai Chi is a system of physical exercise based on the principles of effortless breathing, rhythmic movement, and weight equilibrium. (60 min) G/205

Yoga-Hatha Yoga A system of exercise (postures) which restores health, builds strength and endurance, increases flexibility and purifies the body. (60 min) FL

AQUA CLASSES

Aqua Fit/Power High energy classes focusing on cardiovascular endurance, body toning, core strengthening and flexibility. Aqua Power uses an interval format. (45 min) G/205/FL

ADAPT

ADAPT Endurance ADAPT Integrated
ADAPT Strength ADAPT Range of Motion (ROM)
Class Descriptions-pg 11
(These are fee \$ based classes)

Class Schedules subject to change
please check the website for any changes
www.CascadeAC.com

Group Fitness Classes

2012 Schedule
begins Jan. 30th

Gresham Group Fitness Class Schedule

Please note: This schedule may have been revised, for an accurate schedule please go to: www.cascadeac.com/class-schedule/

	MON	TUE	WED	THU	FRI	SAT
5:30am						
7:30am		Tai Chi		Tai Chi		
8:30am						
8:30am						
9:00am	Aqua Power (p)	Aqua Fit (p)	Aqua Power (p)	Aqua Fit (p)	Aqua Power (p)	
9:30am						
10:00am	Line Dancing (ds)				Line Dancing (ds)	 9:30am (Gym II)
10:30am	Pilates Essential Mat	Silver&Fit Level 3 Excel	Pilates Essential Mat	Silver&Fit Level 3 Excel		
11:30am	SilverSneakers® CardioCircuit		SilverSneakers® CardioCircuit		SilverSneakers® CardioCircuit	
12:30pm		SilverSneakers® Muscular Strength		SilverSneakers® Muscular Strength		
1:00pm	Aqua Fit (p)		Aqua Fit (p)		Aqua Fit (p)	
4:30pm	 (Gym II)		 (Gym II)			
5:30pm						
5:30pm						
6:00pm						
6:30pm						
7:00pm						
7:00pm		 (Gym II)		 (Gym II)		

**CAC-G Group Fitness Director
Danielle Ford
503.665.4142
danielle@cascadeac.com**
CAC-Gresham Notes:
Classes held in Group Exercise Studio
unless noted otherwise.
p-pool, wf-weight floor, ds-dance studio
All Group Ride Classes are held
in the Ride Studio. (shaded)
*Classes are subject to change due to
demand or lack of participation.*

ADAPT CLASSES: held in the ADAPT Studio in Gym II. (\$ Fee Based Classes...see page 11 for details)

	MON	TUE	WED	THU	FRI	SAT
8:30am		ADAPT Integrated		ADAPT Integrated		ADAPT Integrated
9:30am	ADAPT Endurance		ADAPT Endurance		ADAPT ROM	
6:00pm	ADAPT Integrated	ADAPT Strength	ADAPT Integrated	ADAPT Strength		

Group Fitness Classes

2012 Schedule
begins Jan. 30th

East Gresham Group Fitness Class Schedule

Please note: This schedule may have been revised, for an accurate schedule please go to: www.cascadeac.com/class-schedule/

	MON	TUE	WED	THU	FRI	SAT
5:30am						
6:30am						
7:30am						
8:30am						
9:30am						
10am						
10:30am						
11am	Silver&Fit Signature Series Level 2	Senior Circuit (wf)		Senior Circuit (wf)	Silver&Fit Signature Series Level 2	
12pm		SilverSneakers® Muscular Strength		SilverSneakers® Muscular Strength		SUNDAY
4pm						
4:30pm						
5:30pm					<div style="border: 1px solid black; padding: 5px;"> <p>CAC-East Gresham Group Fitness Director Danielle Ford 503.618.4142</p> <p>CAC-East Gresham Notes: Classes held in the Group Exercise Studio unless noted otherwise. <i>Classes are subject to change due to demand or lack of participation.</i></p> </div>	
6pm						
6:30pm						
7pm						
7:30pm						

ADAPT CLASSES: held on the weight floor (\$ Fee Based Classes See page 11 for details)

	MON	TUE	WED	THU	FRI	SAT
9am	ADAPT Integrated		ADAPT Strength			ADAPT Integrated
6pm		ADAPT Integrated		ADAPT Strength		

Group Fitness Classes

2012 Schedule
begins Jan. 30th

CAC-205 Group Fitness Class Schedule

Please note: This schedule may have been revised, for an accurate schedule please go to: www.cascadeac.com/class-schedule/

	MON	TUE	WED	THU	FRI	SAT
5:30am			(SI)			
8am	Tai Chi		Tai Chi		Tai Chi	7:30am
8:45am		(SI)		(SI)		
9am						8:30am
10am		Tai Chi		Tai Chi		
10am	Aqua Fit (p)	Aqua Fit (p)	Aqua Fit (p)	Aqua Fit (p)	Aqua Fit (p)	Aqua Fit (p)
11am		Essential Pilates Mat		Essential Pilates Mat		
12noon	Chair Yoga	Senior Circuit (SII)	Chair Yoga	Senior Circuit (SII)		10:30am
1pm	Silver&Fit Signature Series Level 2	SilverSneakers® Muscular Strength	Silver&Fit Signature Series Level 2	SilverSneakers® Muscular Strength		
5pm				(SI)		
5:30pm						
5:30pm	(SI)		(SI)			
6pm						
6:15pm		Aqua Power (p)		Aqua Power (p)		
6:30pm						
7pm						
7:30pm						
			Water VolleyBall (p) 8-10pm		Water VolleyBall (p) 7-8:30pm	

**CAC-205 Group Fitness Director
Heidi Hudson
503.257.4142**
CAC-205 Notes:
Classes held in Studio III
unless noted otherwise
SI-studio I p-pool
*Classes are subject to change due to
demand or lack of participation.
All shaded classes held in the pool*

ADAPT CLASSES: held on the weight floor (\$ Fee Based Classes See page 11 for details)






















	MON	TUE	WED	THU	FRI	SAT
times	ADAPT 6am: Integrated	ADAPT 5:30pm: Strength		ADAPT 9:30am: Strength	ADAPT 6am: Integrated	ADAPT 9am: Integrated

Group Fitness Classes

2012 Schedule begins Jan. 30th
ADAPT begins Jan. 17th

Fisher's Landing Group Fitness Class Schedule

Please note: This schedule may have been revised, for an accurate schedule please go to: www.cascadeac.com/class-schedule/

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am						 8am
9:00am						 9am
9:30am	Hatha Yoga		Hatha Yoga		Hatha Yoga	 10am
9:30am		Aqua Fit		Aqua Fit		
10:30am						
5:00pm					<p>CAC-FL Group Fitness Director Kristy Wright 360.597.1100 CAC-FL Notes: Classes held in Group Fitness Rooms <i>Classes are subject to change due to demand or lack of participation. All shaded classes held in the pool</i></p>	
5:30pm						
6:00pm		ADAPT		ADAPT		
6:30pm						
6:30pm	Aqua Power		Aqua Power			



ADAPT

ADAPT is new at Fisher's Landing. Come try out the Classes for FREE during January/February.

Details about ADAPT on page 11



CAC-Gresham Members can participate in the Group Fitness Classes at all the clubs at no extra charge.
CAC-205 Members can participate in the CAC-205, CAC-EG, CAC-Fisher's Landing Classes at no extra charge.
CAC-Fishers Landing Members can participate in the CAC-FL, CAC-205 and CAC-EG Classes at no extra charge.
CAC-EG Members can participate in CAC-EG classes at no extra charge.

For class fees at other clubs please see page 36 for upgrade and guest fees

Calendar of Events

Winter/Spring '12 HOLIDAY HOURS

For all Holiday Hours:
Kids Klub will be open regular hours but close 30 min. prior to club closing. Fit Class Schedules are the normally scheduled morning classes. There will be limited 'Cascade Cafe' Services.

NEW YEARS

Sunday, January 1st
All Clubs - 8am-6pm

EASTER SUNDAY

Sunday, April 8th
All Clubs - Closed

MEMORIAL DAY

Monday, May 28th
All Clubs 7am-8pm
CAC-G Family Hours
1-5:30pm

Limited Snack Bar Service



HOLIDAY FAMILY HOURS

At CAC-G & CAC-FL

Martin Luther King Day

Mon., Jan. 16th 2-4pm

Presidents Day

Mon., Feb. 20th 2-4pm

Spring Break (Gresham)

Tue., March 27th 2-4pm
Thu., March 29th 2-4pm

Spring Break (Fisher's Landing)

Tue., April 3rd 2-4pm
Thu., April 5th 2-4pm

Memorial Day

Mon., May 28th 1-5:30pm

On-going weekly Family Hours
are listed on page 32

January

- 6th First Friday (205) pg 9
- 6th Kids Night Out (205) pg 31
- 11th SP: Casino Trip pg 25
- 15th Outdoor Adventure pg 13
- 16th SP: Breakfast Club pg 24
- 19th Third Thursday (G) pg 9
- 19th CAC Poker Tour (G) pg 9
- 19th TryRacquetball (G) pg 20
- 20th Sneak Peek at CORE (G/205/FL) pg 2
- 21st Pilates Fusion Workshop (G) pg 16
- 21st Dodgeball Tournament (G) pg 26
- 25-29 Oregon HS State RBall Championships (G) pg 20
- 28th Winter 'BTS' Launch (all) pg 2
- 30th Free Pilates Class (G) pg 16

March

- 2nd First Friday (205) pg 9
- 2nd Kids Night Out (205) pg 31
- 5th Free Pilates Class (G) pg 16
- 5th CAC Blazer Night pg 18
- 9th RB: Parent-Child Mixer (G) pg 20
- 10th 5K Run/Walk (205) pg 18
- 11th Outdoor Adventure pg 13
- 14th RB: St. Pattys Mixer (G) pg 20
- 14th SP: Casino Trip pg 25
- 15th Third Thursday (G) pg 9
- 15th CAC Poker Tour (G) pg 9
- 15th TryRacquetball (G) pg 20
- 17th KK: St. Pattys Day Fun (all) pg 31
- 19th SP: Breakfast Club pg 24
- 21st Dodgeball Night (FL) pg 9
- 27-29 Kids Sports Days (G) pg 31
- 28th RB: Referee Clinic (G) pg 20

May

- 2nd RB: Wacky Wed (G) pg 21
- 4th First Friday (205) pg 9
- 4th Kids Night Out (205) pg 31
- 6th Outdoor Adventure pg 13
- 7th Free Pilates Class (G) pg 16
- 9th SP: Casino Trip pg 25
- 15th Bunco Tournament (FL) pg 9
- 17th Third Thursday (G) pg 9
- 17th CAC Poker Tour (G) pg 9
- 18th Members Registration Summer Kids Programs (G) pg 37
- 21st SP: Breakfast Club pg 24
- 23rd Non-Members Registration Summer Kids Programs (G) pg 37



February

- 3rd First Friday (205) pg 9
- 3rd Kids Night Out (205) pg 31
- 6th Free Pilates Class (G) pg 16
- 8th RB: Wacky Wed (G) pg 21
- 8th SP: Casino Trip pg 25
- 12th Outdoor Adventure pg 13
- 14th KK: Valentine Fun (all) pg 31
- 14th SP: Valentines Party (G/205/EG) pg 24
- 16th Third Thursday (G) pg 9
- 16th CAC Poker Tour (G) pg 9
- 16th TryRacquetball (G) pg 20
- 20th SP: Breakfast Club pg 24

SPRING FITNESS CHALLENGE

BEGINS (pg 18)

G: Mar 5th EG: Mar 7th
205: Mar 9th FL: Mar 12th

April

- 2nd Free Pilates Class (G) pg 16
- 3rd SP: Easter Potluck (G) pg 24
- 5th SP: Easter Potluck (205/EG) pg 24
- 6th First Friday (205) pg 9
- 6th Kids Night Out (205) pg 31
- 7th Family Easter Egg Hunt (G) pg 19
- 7th KK: Bunny Time Fun (all) pg 31
- 7th CAC Bowling Night pg 19
- 11th SP: Casino Trip pg 25
- 11-15 RB: Spring Open/Regionals Tournament (G) pg 20
- 15th Outdoor Adventure pg 13
- 16th Family Movie Night (FL) pg 9
- 16th SP: Breakfast Club pg 24
- 19th Third Thursday (G) pg 9
- 19th CAC Poker Tour (G) pg 9
- 19th TryRacquetball (G) pg 20
- 21st Indoor Triathlon (G) pg 14
- 28th Dodgeball Tournament (G) pg 26
- 28th Spring BTS Releases (all) pg 2

Club Social Hour

CAC-205 First Friday

CAC 205 is excited to be joining the Montavilla/East Tabor Neighborhood Tradition of First Friday. Local businesses host Art and Fashion Shows, have live music and other entertainment groups. (www.METBA.org).

Each First Friday Event will include a Workshop from 5:30-6pm, a Class from 6-6:45pm and then an option to attend one or more of the Neighborhood functions at 7pm.

Jan 6th GroupKICK

Kick in the Fun Party

Feb 3rd GroupCENTERGY

Center your Energy Party

March 2nd GroupPOWER

Hour of Power Party

April 6th GroupSTEP

Reach New Heights Party

May 4th Zumba Fitness

Zumba Dance Party

June 1st ADAPT Class

ADAPT your Workout Party

CAC-Fisher's Landing Special Events

Pre-sign up at least one week prior to each event at the FL service desk

Wednesday, March 21st: Dodgeball Night

Join us for this fun and fast paced game in the gym! 5-6pm kids and families play, 6-8pm 16+ only. Sign up at the front desk!

Monday, April 16th 6pm: Family Movie Night

Bring your blankets and pillows, we'll bring the popcorn! Join us in the Cove to watch Alvin and the Chipmunks 3: Chipwrecked. **(Date subject to change depending on exact release date, check b-board at club or the website.)**

Tuesday, May 15th 6-8pm: Bunco Tournament

Bring your friends, neighbors, anyone for this favorite dice game, tournament style! \$5 buy-in, \$8 for couple/two, 16+ only, prizes for the winners! Snacks and drinks provided.



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CAC-Gresham's Third Thursday

Information about each Third Thursday will be available 3 weeks prior to each event on the CAC website and the CAC-Gresham B-Board.

Thursday, January 19th

Chinese New Year - Year of the Dragon

Chinese New Year is a time to welcome longevity, wealth and prosperity and to eliminate any negative chi from the past.

Thursday, February 16th

Follow your Heart - National Heart Month

Go Red for Women

lets get and stay healthy

Thursday, March 15th

March Madness & The Ides of March

& our annual March Madness CAC Pool

Thursday, April 19th

Stress Awareness Month

Tips and Recipes

on how to relieve stress in your life

Thursday, May 17th:

National Bike Month

Ride a Bike

for a Chance to Win a Prize

CASCADE POKER TOUR

No Limit Texas Hold 'em

Meets Thursdays 6:30-9pm

\$10/Player...Pre-Register each time at the Desk. Pit Boss-Kim Becker

Thu, Jan. 19th

Thu, April 19th

Thu, Feb. 16th

Thu, May 17th

Thu, March 15th

The top 10 finishers of the year will be invited to an exclusive party in December!!!

Results online at: www.CascadeAC.com

Personal Training

Cascade Athletic Club Fitness Directors:



Fitness Manager
Danielle Ford
503.665.4142



CAC-EG
Ericka Hartley
503.618.4142



CAC-FL
Kristy Wright
360.597.1100

E-mail: Danielle@cascadeac.com

Our Mission:

Function - Performance - Results

Your body needs specific movements to function correctly. Whether it's rehabilitation from a joint injury, re-discovering physical fitness or high-end athletes intent on maximizing speed, quickness and power, our training philosophy will establish the base your body needs for functionality.

Programs We Offer:

ADAPT Initial Evaluation
ADAPT Classes/Camps/Clinics
Personal Training One-on-One
Group Personal Training
Clinics/Classes/Challenges

The ADAPT Standards:

Meet the standards or find out if you can achieve WARRIOR status!

Every machine in the world has a way to test to see if it is in good working order, now the human body does too!! Let's redefine what true fitness is all about!

The 7 ADAPT physical standards are a series of the most accurate and realistic movement tests designed to determine the functional ability of the human body. Each test demonstrates the ability to perform movements necessary to exist in life without being vulnerable to injury. Remember, age is not the culprit, lack of movement is!

CAC now offers these tests to CAC Members. Testing is FREE. Learn more about the ADAPT standards on our website and in our ADAPT classes.

Questions? E-Mail Danielle: Danielle@Cascadeac.com

PERSONAL TRAINING PROGRAMS:

Please check with a Personal Trainer at your club for fees. Non-Members are welcome to invest in a Personal Trainer.

ONE-ON-ONE TRAINING... This is a great option if you have specific goals and timelines. A trainer can customize your workout program to address any need or concern. You and your trainer will work as partners to ensure your success.

SMALL GROUP TRAINING... Specifically designed for 2, 3 or 4 people with common goals and timelines. A trainer will work with your group to create dynamic, fun, engaging workouts. This is also an economical way to get individualized training at a fraction of the cost!

GROUP PERSONAL TRAINING CLASSES... Classes generally have a common theme built in, but we gather the group...you just join in! A really fun and economical way to train! PT Classes get results!



Contest begins

At CAC-G: March 5th At CAC-EG: March 7th
At CAC-205: March 9th At CAC-FL: March 12th

Entry Fee \$100 (A \$250 value!)

Includes: a Pre and Post Body Fat Test with the Bod Pod
Four, 30 minute Personal Training Appts (\$144 value)
A Chance to win a Las Vegas Trip

Get motivated to get in summer shape! This contest is 10 weeks in length, and the grand prize for most fat loss percentage is a 2 night stay in Las Vegas, airfare and hotel for two. Top finishers at each club will also win cash prizes!! Our Fall Fat Loss Contest awarded over \$1000 in cash prizes to the winners!

The body fat test is with the Bod Pod (The gold standard for Body Fat testing). Your Re-test date will be 10 weeks from your test date. We will also be offering additional Personal Training specials to help you reach your goal.

Personal Training

ADAPT

Our Philosophy:

ADAPT (Athletic Development and Performance Therapy): The ADAPT training system is a human performance development program designed to optimize the RESULTS that you are looking for. ADAPT is based around the principles of how your body adapts to specific physical stimulus to produce the desired results.

We can help you:

- * Improve Medical Conditions
- * Increase Athletic Performance
- * Tone/Sculpt
- * Improve Health and Fitness
- * Lose Weight

Getting Started:

Set up an initial consultation with a Personal Trainer. We'll work together to determine your goals and a timeline for meeting these goals. Our unique approach includes a physical assessment to determine the proper progression and stimulus needed to ramp up your program to see results quickly. Take the guess work out of reaching your goals and let our experts design your plan. This service is **FREE** to all members!

ADAPT Fitness Classes:

The fastest way to get into amazing shape, our ADAPT classes will inspire and challenge you! Each ADAPT instructor can customize the class to meet the needs of each individual, so all fitness levels and ages are welcome.

ADAPT Class Schedule:

CAC-GRESHAM ADAPT CLASSES					
MON	TUE	WED	THU	FRI	SAT
Endurance 9:30am	Integrated 8:30am	Endurance 9:30am	Integrated 8:30am	ROM 9:30am	Integrated 8:30am
Integrated 6pm		Integrated 6pm			

CAC-EAST GRESHAM ADAPT CLASSES					
MON	TUE	WED	THU	FRI	SAT
Integrated 9am	Integrated 6pm	Strength 9am	Strength 6pm		Integrated 9am

CAC-205 ADAPT CLASSES					
MON	TUE	WED	THU	FRI	SAT
Integrated 6am	Strength 5:30pm		Strength 9:30am	Integrated 6am	Integrated 9am

CAC-FISHER'S LANDING ADAPT CLASSES					
MON	TUE	WED	THU	FRI	SAT
	Integrated 6pm		Integrated 6pm		



ADAPT Class Fees:

Unlimited Monthly Access...
Members Class Fees:

(You attend all the classes you want)

Individual... \$15/Month **or**

Family (up to 4)...\$30/Month **or**

Per Class Fee: \$40 for a Punch Pass
of 10 Classes **or** \$5 per visit

*(guests welcome for Club guest fee
+ Adapt class fee)*

If you have an unlimited monthly ADAPT pass, you may attend another club's ADAPT Class by paying the applicable club upgrade fee. See page 36.

ADAPT Class Descriptions:

ENDURANCE... Push the limits of your work outs with this high energy class. You will work with strength, integration and ROM principles to increase your muscular efficiency and cardio endurance.

INTEGRATED... When you were a child, you moved all day long. This class puts you back on the playground and teaches your body to move as it was intended. The goal is to establish muscular coordination that your body has forgotten during days, months, or years of standard adult activities. You will climb over, around and under objects in an obstacle course setting. Your instructor will select and adapt each movement to fit your ability, and you will have fun. This class will make you feel young again.

RANGE OF MOTION (ROM)... Our dynamic stretching class combines the best of yoga, Pilates and traditional stretching techniques to create a truly unique experience. Each class has a specific progression of exercises designed to maximize your body's range of motion. This addicting class will provide the opportunity to feel how your body is intended to move.

STRENGTH... This class will sculpt the body and develop usable strength that will increase your performance in all your activities. ADAPT strength conditioning will build your muscles evenly, giving you a great look and a body that will perform with greater strength and efficiency. We use a combination of weights, body weight, and equipment to achieve the best possible results.

Personal Training

GROUP PERSONAL TRAINING CLASSES *Personal Training at Group Rates!!!*



Please fill out registration form at Club Contact Danielle@CascadeAC.com for non-member rates.

At CAC-Gresham

Body Tune Up

SI: Jan. 30th-Feb. 20th meets Mondays 6:30-7:30pm
SII: Feb. 28th-March 20th meets Tuesdays 5:30-6:30pm
(4, 60 minute classes) w/ Sandi \$100/Session

New to exercise? Join other CAC newbie's for this five week course of motivation, information, and a little sweat. We will talk about nutrition, work on flexibility, endurance, and design weekly exercise plans.

The F-Factor

Feb. 28th-March 20th Tuesdays 6:30-7:30pm
(4, 60 minute classes) w/ Sandi \$100/Session

Are you looking to add variety to your cardio and weight routine? Then try the F-Factor (Fit Factor). Each week we will work on an area of fitness you can't get with the treadmill and dumbbells. Classes will span from range of motion & flexibility (Yoga/Pilates/ADAPT principles), to working on core strength and dynamic movement (beginner plyometric exercises).

This class will add the functional training element that you've been missing in your current program!



Outdoor Ready!

May 3rd-24th Tuesdays 6-7pm
(4, 60 minute classes) w/ Sandi
\$100/Session

The Northwest is a top outdoor playground with obstacle course and trail running events all summer. Get your body and brain ready to open the door and get outside! This class is designed to increase function, strength, endurance, and body confidence to the next level. The focus is not all on competing and being the best. It is about gaining the confidence to just get out there and participate!

Adult Swim Technique Class!

SI: Jan. 30th-Feb. 20th meets Mondays 4:30-5:30pm
SII: Feb. 28th-March 20th SIII: April 3rd-24th SIV: May 1st-22nd
meets on Tuesdays 4:30-5:30pm

Tuesdays 4:30-5:30pm (4, 60 minute classes) w/ Sandi \$100/Session

This class is for those who have basic knowledge of the swimming stroke, and wish to become more efficient. We will focus strictly on improving technique. All four competitive strokes can be addressed based on class needs.

At CAC-East Gresham

Ski Conditioning Camp

SI: Feb. 2nd-23rd
SII: March 1st-22nd
Thursdays 5:30-6:30am
(4, 60 minute classes) w/ Ericka
\$100/Session



Are you ready for the slopes? This is the class for you – we will be focusing on leg strength and endurance along with balance to get you ready for the black diamonds in your future. The snow is on it's way, join me and you will be ready for it.

Short Circuit

SI: Feb. 28th-March 22nd
SII: May 1st-24th
Wednesdays/Fridays 11-11:30am
(8, 30 minute classes) w/ Ken
\$100/Session

Fitness and fun times await you in this positively charged efficient and effective weight training session twice per week. Short Circuit combines minimal rest with moderate effort for MAXimum results! Join us for this 30 minute timed circuit for a total body workout.

Women's Boot Camp

SI: April 4th-25th SII: May 2nd-23rd
Wednesdays 10:30-11:30am
(4, 60 minute classes) w/ Ericka
\$100/Session

Don't wait another year to get in the best shape of your life! It's cold outside but this class will turn up the heat for ultimate fitness! Reach and exceed the goals you set for this new year! Look fantastic! Feel even better after your workouts. Join this camp and get ready to see results!

Personal Training

GROUP PERSONAL TRAINING CLASSES *Personal Training at Group Rates!!!*

Please fill out registration form at Club Contact Danielle@CascadeAC.com for non-member rates.



At CAC-205

Cycling Training & Coaching Camp

SI: Feb. 1st-22nd
SII: Feb. 29th-March 21st
SIII: April 4th-25th
SIV: May 2nd-23rd
Wednesdays 6:30-7:30pm
(4, 60 minute classes)
w/ Heidi \$100/Session

This camp is key to getting you stronger and faster for the 2012 season.

We are focusing on drills that improve your cycling skills and make your body feel great, even after the most brutal climbs!

If you love to ride your bike, this is the camp for you! Your body is an amazing machine, keep it tuned as well as your bike, and it will keep you riding better every year!



At CAC-Fisher's Landing

Rock Circuit

SI: Feb. 6th-29th SII: March 5th-28th SIII: April 9th-May 2nd
Mondays/Wednesdays 8-9pm
(4, 60 minute classes) w/ Ian \$100/Session (Maximum 5)

Looking for a different kind of workout – something new and exciting? This class will train you not only in the physical preparations and strengths needed for rock climbing, but we will put them all into practice in private VIP sessions on our rock wall as well. We will be climbing every time we meet, as well as working on strength and flexibility drills geared towards improving your climbing ability.

Spin & Sculpt

SI: Feb. 7th-March 1st SII: March 6th-29th
SIII: April 10th-May 3rd
Tuesdays/Thursdays 5:30-6:30am

(8, 30 minute classes) w/ Ian \$100/Session (Maximum 13)

Attention early risers! Are you looking for a one-stop workout to get you ready for the day? Look no further. This hour-long class will combine a half-hour cardio challenge in our spinning studio with a half hour of weight and resistance training. Working out early is one of the best ways to energize your mornings and prepare you for the day ahead, so come and join us!

OUTDOOR ADVENTURE SERIES

FREE to all members

Must provide own transportation and equipment

Group Snowshoes (Mt. Hood area)

Saturdays...Jan. 15th and Feb. 12th

Group Hikes

(Columbia River Gorge in Oregon & Washington)

Saturdays...March 11th, April 15th and May 6th

Yipeeeeeee! Let's go play in our backyard that is the Pacific Northwest. There are trails to be discovered, animals to see, and trees to hug! We will have a sign-up and information on meeting time and place available a week prior to event at the Gresham CAC front desk. (The typical meet time is 8am)

Contact Sandi Healey (trainer.sandi@cascadeac.com) or Bethany Brandt (trainer.bethany@cascadeac.com) for questions and to sign up.



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CAC Key Tag at time of order**

Personal Training

3rd annual CAC 205 5k FUN RUN/WALK or 1 Mile Fitness Walk Saturday, March 10th

Only \$5/Person...Come join your Cascade staff and friends on Saturday, March 10th at 9:00am for a fun 5k run/walk or do a 1 mile fitness walk. The course will be down and back on the 205 bike trail. Bring the Family and enjoy a Saturday together.

There will be a pancake breakfast awaiting all finishers and volunteers! (Laura)

Register at 205 front desk no later than Feb. 28th.
Code: PA004
(Laura)



CAC-Gresham's 2nd Annual INDOOR TRIATHLON

Saturday, April 21st Entry Fee: \$20/person

Sprint:

200 yd swim
5 mile bike
1.5 mile walk/run

Olympic:

600 yd swim
10 mile bike
3 mile run

Get ready for the triathlon season! You'll have the choice of Sprint or Olympic distances, and we'll award prizes for winners in each age/gender category. (G-Sandi)

Pre-register at the front desk by April 9th. Code: F003

TEAM CASCADE RUNS, RIDES, TRI'S, & MORE...

This team is designed to coordinate Community Fitness Events for Cascade Athletic Club Members. Team Cascade participation is free for all members (you pay the event fee)

If you have an event please send your ideas to the following:

At CAC-205: Kitty Jones (trainer.kitty@cascadeac.com),

At CAC-EG: Ericka Hartley (ehartley@cascadeac.com)

At CAC-G: Bethany Brandt (trainer.bethany@cascadeac.com)

At CAC-FL: Kristy Wright (trainer.kristy@cascadeac.com)

For race information and codes as they become available go to:
<http://www.cascadeac.com/sports/runs-rides-tris/>

8th Annual Valentine Fanconi Anemia 5K/8K/12K Run/Walk

Sun, February 12th

<http://valentinerunportland.com/>

CAC 205 5K Fun Run/Walk

Saturday, March 10th

Contact Laura at CAC 205 for 665-4142

Shamrock Run

Sunday, March 18th

<http://www.shamrockrunportland.com/>

CAC-Gresham Indoor Triathlon

Saturday, April 21st

see article to left

Rock n Roll 1/2 Marathon

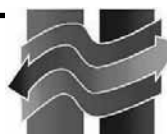
Sunday, May 20th

www.runrocknroll.competitor.com/portland/register

Blue Lake Triathlon

Saturday, June 9th & Sunday, June 10th

<http://www.racecenter.com/bluelake/>



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Personal Training

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Each webinar Series is \$77/person or take both for \$137

Includes an hour interactive webinar course, weekly writing exercises, recipes, recommendations, weekly check-in calls w/ Selena and an online group forum.

Contact Selena Moffitt, Holistic Nutrition Counselor for questions, to register and to set up your consult. Phone: 503-318-6512 Email: SelenaMoffitt@gmail.com

For more details, visit www.RadiantLifeHealthCounseling.com/Group-Programs

Real Food Weight Loss

A 4 week webinar series that will unveil the food myths, help you discover which foods work for YOU, and give you a meal plan that doesn't require calorie counting. Get your health back by loving your body and nourishing it correctly.



Meets Mondays 12n or 7pm for 4 consecutive weeks

SI: Jan 30th-Feb. 20th SII: Feb 27th-March 19th

SIII: April 2nd-23rd SIV: April 30th-May 21st

Break the Sugar Cycle

Do you craving sweets? Struggle with binging on carbs & candy when no one is looking? Ashamed of your 'lack of willpower'? Do you want to take your life back from the Sugar Demon? I will teach you the 'why' about sugar addiction and the 'how' to break the cycle.

Meets Tuesdays 12n or 7pm for 4 consecutive weeks

SI: Jan 31st-Feb. 21st SII: Feb 28th-March 20th

SIII: April 3rd-24th SIV: May 1st-22nd

CYCLING COACH: HEIDI HUDSON

Treat yourself to private coaching to get the most out of your bike and yourself! You keep your bike in prime condition, you need to take that same approach to the machine that powers those pedals ... YOU!

Work with Cascade's Cycling Pro Heidi Hudson to improve your speed, strength and over all positive power-to-weight ratio! This means a leaner more powerful and faster way to recover then ever before!



**I've got service
yes I do...**

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www.marcyperletti.com
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Cascade Physical Therapy CLINICS

In CAC-Gresham

**Shoulder, Knee, Ankle,
Elbow, Wrist and
Hip Joint Consults**

Jon Schnepel, PT, OCS, our 'in-club' Physical Therapist and Dr. Davidson, Orthopedic Surgeon, Sports Medicine Specialist, will be available for consultations on the following days and times.

Only \$10/Time

Wednesdays 5-6pm

Jan. 11th * Jan. 25th
Feb. 8th * Feb. 22nd
March 7th * March 21st
April 4th * April 18th
May 9th * May 23rd

Space is limited,
call 503-669-2500
for reservation

Ask your doctor to...

refer you to
Cascade Physical Therapy.

Jon Schnepel, PT, OCS
**Gresham's Board Certified
Orthopedic Clinical Specialist**
and Liz Reynolds, DPT
Doctorate of Physical Therapy

Heidi has been a bike professional for almost 2 decades ranging from coach to technician to guide to racing almost every discipline! Put her expertise to work for you this season!



Pilates Training

CAC-Gresham has the only fully equipped Stott Pilates Studio in Gresham

New To Pilates? Try a FREE Class

New Clients may try out a Free Intro Class

Jan. 30th, Feb. 6th, March 5th, April 2nd or May 7th

Mondays 8am Please sign up for these classes at the Service Desk.

New Participants, please contact Allison @ 503.410.0581 or call 503.665.4142 ext 110

What is Pilates?

STOTT PILATES is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates. Co-founders Moira and Lindsay G. Merrithew, along with a team of physical therapists, sports medicine and fitness professionals, have spent over two decades refining the STOTT PILATES method of exercise and equipment. This resulted in the inclusion of modern principles of exercise science and spinal rehabilitation, making it one of the safest and most effective methods available. This clear and detailed approach forms the basis for STOTT PILATES training and certification programs. It's used by rehab and prenatal clients, athletes, celebrities and everyone in between.

Pilates Fusion Workshop

Saturday, January 21st 11:45am-1pm

w/ Allison Breen

Mem \$40 Non-Mem \$50

Fun day of Pilates Fusion and Lots of Prizes!!!

Please pre-sign up at the Service Desk

Pilates Fusion Classes

SI: Jan. 6th-20th SII: Feb. 3rd-17th

SIII: Mar. 2nd-16th SIV: April 6th-20th

May 4th-18th

Fridays 10:30-11:15am

w/ Allison Breen

Members \$55/month or \$20/class drop in fee

Pilates Fusion is a fast paced cardio, lengthening & strengthening workout method. You will burn fat & build muscle in this total body workout. Expect all major muscle groups to be trained with an emphasis on your core. All fitness levels are welcome, as Pilates Fusion has modifications for all body parts & exercises. Pilates expert / Fusion Master Trainer Allison Breen has 18 years of Pilates experience & training. She is 1 of 20 in the world with the JNL Fusion Master Certification. Allison is also featured in the new JNL Fusion fitness DVD series to be released globally later this year.

Mat Class

CAC Mem - Free Non-Mem Guest \$10

CAC-G: Mon/Wed 10:30-11:25am
w/ Allison

CAC-205: Tue/Thu 11-11:45am w/ Laura

Matwork classes at the Essential, Intermediate & Advanced levels will take you through a dynamic, full-body workout that focuses on improving flexibility and core strength, with exercises that stretch and tone all muscle groups. All levels welcome.

Circuit Training

Wednesdays 12pm

Get ready for a challenging, 55-minute, non-stop workout which alternates between exercises on the Mat, Reformer, Stability Chair, Cadillac, Barrels, BOSU® Balance Trainer, Foam Roller and other smaller props. This class is best suited for those who feel very comfortable with Essential level exercises and would like to add challenge to their workout. To participate, clients must have taken 3 - 6 private sessions with Allison. Call for sign up and pricing. (Max 8)



**TRAIN LIKE AN
ATHLETE
with Allison Breen
Pilates Director
Allison lost 80 lbs
in less than a year!**

Private/Semi Private Training

Want an intensive, one-on-one Pilates experience customized to your individual goals or special needs? Get sessions built specifically for your spine, body, endurance level.

Private Pilates sessions will help you tailor all things fitness to your life style. Semi-private class for two or more clients with similar abilities typically meet two or three times a week. The dynamic, stimulating energy found in regularly attended sessions adds to the workout, delivering long-lasting, visible results.



Guidelines

Weight Floor Guidelines

Kids 10-15 must complete a Youth Fitness Orientation to use the weight floor. (CAC-G Kids Chart on pg 33 and CAC-FL Kids Chart on pg 35)

Always Be Courteous...

- Please wipe off your equipment after each use
- Replace all Weight Equipment after use
- Keep equipment in good shape by keeping weight belt buckles, pant zippers, studs & sharp objects away from the upholstery
- Avoid grunting
- Please do not drop the weights
- Put magazines back in rack when finished

Please Share Equipment...

- Cardio Machines: If there are people waiting, there is a 30 minute maximum time on the computerized cardio equipment
- Weight Machines: If there are people waiting, let other people work in on the machines between sets

Please Keep Equipment

In Good Shape...

- Know what you are doing. If not trained on the equipment, set up an appointment with a Personal Trainer
- Do not use chalk
- Wipe down equipment when done
- Return all equipment to its proper place, including weight plates

Dress...To promote a conservative and non-intimidating atmosphere, please follow the guidelines for dress in the weight room:

- Clean & untattered athletic attire only
- Full cut tanks and shirts No muscle shirts or crop/bra tops
- Closed toed shoes - no sandals -No jeans or street clothes
- Clothing logos & lettering must be in good taste



Please **NO** Cell Phones
in any workout areas
or lockerrooms

Cascade Physical Therapy

Orthopedic & Sports Rehabilitation
19201 SE Division St * Gresham, OR 97030
(located at Cascade Athletic Club, Gresham)

Jon Schnepel, PT, OCS
Orthopedic Clinical Specialist

503-669-2500

Therapeutic pools & weights

www.CascadePhysicalTherapy.com



Racquetball & Tennis

Court Reservation Policy

This is a condensed version of the Court Reservation Policy. If you are not familiar with the complete Policies, please pick up a copy at the Service Desk or review the copy located on the Racquetball and Tennis Bulletin Boards. All policies are to assure maximum court time for all.

YOU MAY CALL FOR A COURT RESERVATION NO EARLIER THAN 6AM AND RESERVE FOR UP TO TWO DAYS IN ADVANCE. (ie: You can call Monday for a Wednesday Court Time). On weekends you may call when we open - Sat at 6:30am and Sundays at 7am.

Reserving Courts...

1. The names of the players on the Reservation Sheet must be the ones who are playing on that court.
2. A Member may only make court reservations for themselves or their Family Membership Members.
3. One reservation may be on the books at any one time for a Member. An Individual Membership may have one reservation, a Family Membership may have two. Another court may not be reserved until the first one has been used.
4. If a Member is found to have two reservations on the books at the same time, the latter reservation will be erased and a reasonable effort will be made to notify the Members of the cancellation.

No Shows/Cancellations...

1. A Two Hour Cancellation Policy is in effect at all times. If the Club is contacted less than 2 hours prior to a scheduled court time, a 'No Show' fee of \$12 will be charged if the court remains unused.
2. If either player fails to show up for a reserved court time (10 minute grace), a 'No Show' fee of \$12 will be charged. (The player's names who are on the court sheet, must be the ones to use that court.)

Check In...

Upon arriving at the Club, inform the Service Desk that you have a court. By checking in, we can confirm your court assignment and not give it away.

In Addition...

Tennis:

If you are playing in a scheduled activity of any kind (USTA, City League, Flights, etc.) you may not have another reserved court on that same day of play. However, walk-ons are always welcome. Appropriate tennis attire is required and non-marking court shoes. No tank tops for men.

Racquetball:

Everyone 18 & under must wear lensed protective eye wear while on the court. Lensed eye wear is strongly recommended for adults.

**WANT TO PLAY TENNIS OR RACQUETBALL?
CHECK WITH A MEMBERSHIP DIRECTOR
FOR UPGRADE INFORMATION**

Special Events

Spring Fitness Challenge



Contest begins

At CAC-G: March 5th At CAC-EG: March 7th
At CAC-205: March 9th At CAC-FL: March 12th

Entry Fee \$100 (Total value \$250)

Includes: a Pre and Post Body Fat Test with the Bod Pod
Four, 30 minute Personal Training Appts (\$144 value)
A Chance to win a Las Vegas Trip

Get motivated to get in summer shape! This contest is 10 weeks in length, and the grand prize for most fat loss percentage is a 2 night stay in Las Vegas, airfare and hotel for two! Top finishers at each club will also win cash prizes!! Our Fall Fat Loss Contest awarded over \$1000 in cash prizes to the winners!

The body fat test is with the Bod Pod (The gold standard for Body Fat testing). Your re-test date will be 10 weeks from your test date. We will also be offering additional Personal Training specials to help you reach your goal.

Cascade Members Blazer Night

'Blazers vs Hornets'

Monday, March 5th
At the Rose Garden
208/209 Section (Lower Bowl)

Only \$39/Ticket (and no service fee!)

Must purchase your tickets by Feb. 16th for CAC group rate

Game starts at 7pm. Fill out a registration form and pay at any of the 4 clubs for number of tickets you wish to purchase. Tickets can be picked up at the Service Desk of your main club on March 1st. We have 40 tickets reserved. Code: PA0060 (Connie Martin)

(No refunds after February 16th)

TEAM CASCADE
RUNS, RIDES, TRI'S, & MORE...
SEE PAGE 14



3rd annual CAC 205 5k FUN RUN/WALK or 1 Mile Fitness Walk Saturday, March 10th

Only \$5/Person...Come join your Cascade staff and friends on Saturday March 10th at 9:00am for a fun 5k run/walk or do a 1 mile fitness walk. The course will be down and back on the 205 bike trail. Bring the Family and enjoy a Saturday together.

There will be a pancake breakfast awaiting all finishers and volunteers! (Laura)

Register at 205 front desk no later than
February 28th. Code: PA004 (Laura)

LOSE UP TO 2-5 LBS PER WEEK

Free Support of a Health Coach

No Counting Calories, Carbs or Points
Clinically Proven Products & Program

Call your Certified Health Coaches

Matt Engstrom 503.734.8604

Sue Piazza 503.926.4419

Scott lost 100 lbs



in 8 months

Special Events

Cascade Members BOWLING NIGHT 'Monte Carlo Style'

Saturday, April 7th 7pm

At the Rose Bowl (164th & Powell)

Only \$15/person

Includes Shoes, 3 Games of Bowling,
Chance to win \$\$\$ and other Prizes too!

Join us for a fun night of Monte Carlo Bowling (21 & older). We will meet at the Bowling alley at 6:30pm, get your shoes and ball (or bring your own) and then enjoy three games of bowling for dollars!!! You can win cash! When signing up, make sure to let us know who you wish to bowl with, (if there is a group of you). (Connie Martin) Code: PA006

They have great prices on food and drinks
Must sign up and pay at any of the clubs by April 2nd



CAC's 32nd Annual

SPRING OPEN/REGIONALS RACQUETBALL TOURNAMENT

April 11th-15th, 2012

Mens * Womens Singles & Doubles Events

Oregon holds the best tournaments in the US! Come watch some of the top players in the NW! Everyone gets a shirt, food & drink ticket and medals for the top finishers.

Many of the top players in the United States will play and qualify for the top seeding spots for the 2012 National Championships in May at this year's Northwest Regionals. If you don't wish to play but want to volunteer (you can earn a t-shirt) contact Brian Ancheta today.

Applications will be available 1st of March

CAC-Gresham's Annual

FAMILY EASTER EGG HUNT

Sat, April 7th 11am sharp

Members Only: \$2/child

At CAC-Gresham: Join us for our annual Easter Egg Hunt. Candy filled eggs will be hidden in the outdoor field (rain or shine). We make sure that everyone gets equal shares of eggs and candy.

Bring your own Easter Baskets to gather the eggs. Limited to the first 60 kids who pre-register and pay. (Connie) Code: PK034

**Must pre-register and pay at least 3 days prior to
Easter Egg Hunt or it might be full**



CAC-Gresham 2nd Annual

INDOOR TRIATHLON

Saturday, April 21st Entry Fee: \$20/person

Sprint:

200 yd swim
5 mile bike
1.5 mile walk/run

Olympic:

600 yd swim
10 mile bike
3 mile run

Get ready for the triathlon season! You'll have the choice of Sprint or Olympic distances, and we'll award prizes for winners in each age/gender category. (G-Sandi)

Pre-register at the front desk by April 9th. Code: F003

Columbia River United FA

Soccer Summer Camps!!

Columbia River United FA provides year-round soccer camps, clinics, and training opportunities. All players ages 7-14 are invited to attend one of our upcoming events.



CRUFA summer calendar online at www.crufa.com

CRUFA P.O. Box 1316 Gresham, OR 97030 971-645-7223



Brian Ancheta
Director of
Racquetball



Connie Martin
Racquetball
Professional



Tammie Milkes
Jr Instructor

TryRACQUETBALL

FREE for all new Members or existing Members who do not know how to play.
(You can bring a friend for free, too)

Thursday 6-7pm

Jan. 19th * Feb. 16th

Mar. 15th * April 19th

We invite all new members to take a FREE Introductory Lesson with our Racquetball Director - Brian Ancheta.

We will supply the equipment, the courts and the instruction.

Just call the Service Desk and reserve your spot at least one day prior to the day and time you would like.

Racquetball Leagues

"Singles & Doubles"

(We have a Middle School League too!)

Winter Leagues begin Jan. 16th
Sp/Su Leagues begin May 7th

New to leagues - contact Brian, he'll let you know which ones are right for you!

Pre-Sign up on RBall League Application Form

SPECIAL EVENTS

Parent/Child Mixer

Friday, March 9th 6-9pm

Members and Members Kids ages 12-18

\$10/Team...Includes Snacks/Drinks/Awards

This will be a fun evening of racquetball for you and your kids. Divisions will be based on combined level of both players. Please pre-register and pay at desk by March 7th. (Code: RB014)

St. Patty's Day Doubles

Wednesday, March 14th
9-11am

It's Free, but bring goodies to share
Join the morning crew for some fun racquetball. Wear green, bring goodies to share. Juice and coffee will be provided.

No sign up...just show up!

Referee Clinic

Wednesday, March 28th 7-8:30pm

It's Free! With the upcoming Spring Open/Regionals, we would like to make sure everyone feels comfortable refereeing matches.

Make sure to bring playing gear because while we practice ref-ing, you will be playing, too!

Pre-register by March 26th on RBall Board

17th Annual Oregon State High School Racquetball Championships

January 25th-29th, 2012

CAC is hosting the 17th High School State Championships. Come cheer on the local schools who play out of CAC: Barlow HS, Centennial HS, Gresham HS and Reynolds HS. Volunteers Needed, Contact Brian.

USRA Regional Championships & CAC's 32nd Annual Spring Open Racquetball Tournament



April 11th-15th, 2012

Mens * Womens Singles & Doubles Events

Some of the top players in the United States will play and qualify for the top seeding spots for the 2012 National Championships in May in Fullerton, CA. This is the best and biggest tournaments in the Northwest. Applications available the first of March.

If you don't wish to play but want to volunteer (you can earn a t-shirt) contact Brian Ancheta today.

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INSTRUCTION

Junior Lessons

SI: Jan. 12th-Feb. 2nd*
SII: Feb. 9th-23rd
SIII: March 1st-15th
SIV: April 5th-19th

(SI: meets Feb. 2nd instead of Jan. 26th)

For 8-13 year olds

Members \$59 Non-Mem \$69
(Lesson Only: Mem \$35 Non \$45)

Thursdays 6-7pm

Includes 3, one hour Lessons

Racquet/Eye Guards/T-Shirt

Instruction * Court Time

Meets for 3 consecutive weeks We guarantee a great time of exercise, fun and learning. (Tammie Milkes)

Code: RB002

Adult Lessons

SI: Begins Wk of Jan. 9th
SII: Begins Wk of Feb. 6th
SIII: Begins Wk of March 5th
SIV: Begins Wk of April 2nd

Members \$59 Non-Mem \$69
(Lesson Only: Mem \$35 Non \$45)

1. Mondays 7-8pm

2. Wednesdays 6-7pm

Includes 3-1 Hour Lessons
FREE WILSON RACQUET
& a can of balls

Instruction * Court Time

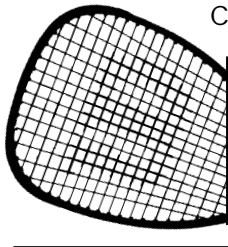
Organized Round Robin Play

Meets for 3 consecutive weeks. We guarantee a great time of fun and learning. (Brian Ancheta) Code: RB002

Private Lessons

One Hour Lesson: \$36

3, One Hour Lessons: 1 Person: \$96 2 persons: \$60 each
Contact Brian or Connie 503-665-4142 for available days/times



Racquetball Court Reservation Rules & Regulations on pg 25

FREE OPEN PLAY

For All Racquetball (& Tennis) Members

Adult Beginner Play

Mondays 6-7pm FREE

Join Brian Ancheta on Mondays for an hour of organized play. Meet others to play, learn the basic rules.

Weekly Sign Up Required on Court Sheet by Monday 1pm

Junior Play

Free to all RBall Members
Ages 8-13

Tuesdays 6-6:45pm

Join coordinator Tammie Milkes for 45 minutes of organized play. We will work on strokes, basic strategy and play.

Weekly sign up is required on court sheet by Tuesday at 1pm.

Challenge Court

Ct. 1 (Glass Ct) & Ct 7 on Mon/Wed

Monday-Thursday 5-9pm

No Sign Up - Just Show Up

WaCKy WeDNeSDayS

w/ Brian Ancheta

All Levels of Players Welcome

Texas Shootout

Wed., Feb. 8th 7-9pm

Fiesta Doubles

Wed., May 2nd 7-9pm

No Sign Up - Just Show Up
(Please Be On Time) Ready to Play



OREGON RACQUETBALL ASSOCIATION

Remainder of 2011-2012 Season

OSU Invitational

Timberhill Athletic Club...Corvallis

January 19-21, 2012

STATE DOUBLES CHAMPIONSHIPS

East Side Athletic Club...Milwaukie

February 16-19, 2012

ORA STATE SINGLES CHAMPIONSHIPS

Lloyd Athletic Club...Portland,

March 15-18, 2012

USRA REGIONAL CHAMPIONSHIPS

Cascade Athletic Club...Gresham

April 11-15, 2012

For more information on the Adult (ORA) and Junior Tours (OJRA) and tournament entry forms, please go to:
www.OregonRacquetball.org
National Events at: www.usra.org

RACQUETBALL PRO SHOP

EAST COUNTY'S RACQUETBALL SPECIALIST

RACQUETS * SHOES * BAGS

EYE WEAR * GLOVES

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We Can Special Order TOO!
Contact Brian



**Tennis Director/
USPTA Head Pro
Anders
Bergkvist**



**USPTA Pro
Siamak
Hajarizadeh**



**USPTA Pro
Emily
Wagner**



**USPTA Pro
Rebecca
de Lambert**

DOUBLES FLIGHTS

Members: \$8/month

MENS FLIGHTS

3.0	Tuesdays	6:30-8pm
3.5	Mondays	8-9:30pm
4.0	Tuesdays	8-9:30pm

LADIES FLIGHTS

3.5	Mondays	6:30-8pm
-----	---------	----------

Flights meet monthly (4 weeks) and includes 15 minutes warm-up & 75 minutes of match play. Includes new balls weekly to use, please put in recycle bin for our Juniors Program! Three sets of match play each week. Scoring will be kept individually. Highest point total move up a court the following week.

Players may not have another court on the same day as flights except 'walk-on basis'.

Sign up monthly on Tennis Counter



RALLY FOR THE CURE TENNIS ROUND ROBIN

Thursday, February 16th 1-4pm

\$20 Donation...all monies will go to the Susan G. Komen Rally for the Cure. Pre-sign up on Tennis Door

WEEKLY EVENTS

**-ALL LEVELS WELCOME-
(Does not meet on Holidays)**

Free for Tennis Members
All Other Members \$10/Time
pay at desk and bring receipt to Instructor

Cardio Tennis

Tue 6:45-7:45pm & Sat 8:30-9:30am

**Includes cardio workout and
tennis drills with staff**
Pre-Sign up required on court sheet

Ladies Day

Mondays 9-11am

Includes match ups w/ Rebecca
- No sign up, just be there by 8:55am-

Mens Night

Wednesdays 7:45-9:30pm

Match ups with the Pro
Play sets and have fun!

(Check out the Mens Clinic under Clinics
w/ Pro each week prior to Mens Night)

Senior 55+ Play

Mondays 11am-12:15pm

Level 2.5/3.0 Play

Fridays 12:15-1:30pm

**First Timers, talk w/ Rebecca to be put on
the email list for who is playing each week**



WEEKLY CLINICS w/ the Pros

Members: We will bill you for each class
(Does not meet Holidays)

We will work on all aspects of the
game from conditioning, ball
placement to doubles strategy.

Plan on a great work out

You must sign up weekly (3 days before each
clinic) to guarantee a spot in that week.

Call 503-665-4142 and have the desk staff
put your name on the Clinic sign up sheet
located on the court sheet.

Drop ins are welcome if space permits.

Mens 'Mens Night' Drills

3.0 & up: Wednesdays 6:45-7:45pm
60 min. \$10/Time (Min 4 Max 8)

Rebecca's Clinics

3.0+: Tuesdays 9:45-11am
75 min. \$12/Time (Min 4 Max 6)

3.0+: Saturdays 9:30-11am
90 min. \$15/Time (Min 4 Max 6)

Anders/Siamak's Clinics

3.0+: Wednesdays 1:30-2:45pm
75 min. \$12/Time (Min 4 Max 6)

3.5+: Thursdays 1-2:30pm
90 min. \$15/Time (Min 4 Max 6)

4.0+: will start in February, check
website or tennis office for days/times

SPECIAL EVENTS

**With the arrival of our New Tennis
Director the end of January, we will
be offering up some mixer and tourna-
ments this Spring. We will send out a
Tennis E-News in February with all the
Details.**

INSTRUCTION

We offer Private & SmallGroup
Lessons, please check the website
or tennis office for details.

NEW TO TENNIS

Contact Rebecca for a Free
Introductory Tennis Lesson

CASCADE JUNIOR TENNIS DEVELOPMENT PROGRAM

w/ our USPTA Tennis Professionals: Anders/Siamak/Rebecca

SI: Jan. 9th-Feb. 2nd SII: Feb. 6th-March 1st SIII: March 5th-April 5th (no classes Mar 26-30)
SIV: April 9th-May 3rd SV: May 7th-June 4th (no classes May 28) **All Sessions meet twice a week for 4 weeks.**

(Minimum of 6) Code: TA030 Must pre-register to guarantee a spot in the class

LEVEL I (BEGINNERS)

7-12 Yr Olds:

1. Mon/Wed 4-5pm

Members: \$80/session
Non-Members \$100/session

This is a class for anyone who has not played tennis before or has played a little bit but does not have much tennis knowledge. In this class we will focus on the basics of tennis from learning all the basic tennis strokes, scoring system, learning all the lines of the tennis court and tennis footwork. This will be a very fun class and a great start for all players.

LEVEL II (INTERMEDIATE)

9-14 Yr Olds:

1. Mon/Wed 5:15-6:30pm

2. Tue/Thu 4:45-6:30pm (SIII, SIV, SV only)

Members: \$100/session
Non-Members \$120/session

This class focuses on the intermediate aspects of tennis, including intermediate stroke production, singles and doubles positioning and strategy for low level tournament players, tennis etiquette, sportsmanship, and lots more.

Fun, challenging, competitive tennis-related drills and activities will help the participants take their game to the next stage.

LEVEL III

HIGH PERFORMANCE: ADVANCED

12-17 Yr Olds:

1. Tue/Thu 4:30-6pm (SI & SII only)

Members: \$120/4 wk session
Non-Members \$140/4 wk session

This program is the highest stage of competitive training for CAC advanced and elite junior tournament players.

These workouts focus on the highest competitive aspects of tennis, including advanced stroke production, singles and doubles positioning and strategy for competitive tournament players, mental toughness, conditioning, nutrition, tennis etiquette, sportsmanship, and lots more.

Challenging and competitive tennis-related drills and activities are focused on the participants during these hard core 90 minute workouts.

KIDS BEGINNER LESSONS

w/ CAC USPTA Tennis Professionals

SI: Jan. 9th-Feb. 3rd SII: Feb. 6th-Mar. 2nd SIII: March 5th-April 6th*
SIV: April 9th-May 4th SV: May 7th-June 1st (*no classes Mar. 26-30)

Per Session: Mem: \$48 Non-Mem \$60 (Meets once a wk for 4 Wks)

Come have some fun learning the skills of tennis as we play tennis related games and activities to work

on hand-eye coordination. We will use tennis foam balls and a short court concept. (Min 4, Max 6) Code: TA031

Ages: 4-6 yr olds:

1. Tuesdays 3:45-4:30pm

2. Fridays 11:15-12n

Ages: 6-8 yr olds:

1. Wednesdays 3-3:45pm

2. Thursdays 3:45-4:30pm

HIGH SCHOOL TEAM PRACTICES

We will have Practice Times on Sunday afternoons with USPTA Tennis Pros: Anders and Siamak. A great time to practice and drill with a pro. If you are interested, please email Tennis.Siamak@cascadeac.com.



JUNIOR PROGRAMS

With the arrival of our New Tennis Director-Anders, the end of January, we will be offering some special junior activities and playdays this Spring. We will send out a Tennis E-News in February with all the Details.

TENNIS SERVICES

Ball Machine: Improve your Game by purchasing a Ball Machine Card. **Per Time \$8 * 3 Mo \$75 * 6 Mo \$130 * 1 Yr \$225**

Racquet Stringing Our prices are very competitive.

We guarantee our work! Service available at the Front Desk.

Monthly Tennis E-Newsletter If you are not receiving it, please leave your email address in the Tennis Office.

Tennis Court Reservation Regulations on pg 25

Silver Power

Silver Power Directors



CAC-Gresham
Karen Sultzer
503.665.4142
(ext 219)



CAC-205
Laura Teune
503.257.4142



CAC-EG
Rose Caton
503.618.4142

"Silver Power", our Active Older Adult program, is designed to keep our members thinking and feeling healthy through a variety of group exercise classes and social activities. We promote fun and fitness with friends. Focusing on prevention and wellness, Silver Power strives to reward our members with personal freedom, independence, and self-sufficiency. Bringing together the concept of mind, body and spirit we promote "aging well" through fitness and camaraderie of a diverse group of people. Our program is open to all CAC members. The Silver Power program is an award-winning program that has received the coveted and highly prestigious international 1999 IHRSA/Keiser 50 Plus Award. Other awards include the Keiser Institute on Aging/Club Industry magazine's "Healthy Horizon" Award, the Oregon Governor's Council on Physical Fitness and Sports Leadership Award and Fitness Management Magazine Merit Award for quality programming.

SILVER POWER SOCIALS

Join us for fun, laughter, and friends as we get together with different themes. SilverSneakers Fit-Class time will be social in nature with optional recreational & entertaining fitness activities in lieu of the regularly scheduled structured class. Please sign-up with your class instructor.

Valentine's Party

Tuesday, February 14th 1pm

At CAC-EG: 1pm

At CAC-G: 1:30pm CAC-205: 1:30pm

Bring your favorite dish and a Valentine in an unaddressed envelope signed by you. We will have a blind draw for everyone that brought a valentine to share. Play the "Getting to Know You" Game. Lots of fun getting to know your classmates!

Breakfast Club

Jan 16th * Feb 20th

Mar 19th * Apr 16th * May 21st

Mondays at 9am

Come join your friends for a hearty/healthy breakfast at Heidi's in Gresham. Please sign up at least one week prior to the Breakfast date you wish on the SP B-Board.

Easter Potluck

Tuesday, April 3rd

At CAC-G: 1:30pm

Thursday, April 5th

At CAC-EG: 1pm

At CAC-205: 1:30pm

Our annual Easter Potluck is a great way to meet new friends and catch up with old ones! Choose a delicious dish to make and share it with your classmates.

Birthday Club

Jan. 26th * Feb. 23rd * March 29th * April 26th * May 31st

(Oregon Clubs) All class participants who have had a Birthday that month will be celebrated by their fellow classmates the last Thursday of the Month after the MSROM Class. Cookies & Cupcakes will be provided by the SilverStar Volunteers.



**Age is not the culprit,
lack of movement is!**

Senior Morning Shopping

at Gresham Grocery Outlet
(1 block east of CAC-G on Division St)
The following Wednesdays 8-11am

Jan. 4th * Feb. 1st * March 7th
April 4th * May 2nd

Our honored citizens, age 55 years and up, will receive 10% off their total purchase! While shopping, Grocery Outlet invite you to enjoy our complimentary coffee, donuts and demo's throughout the store!

Silver Power Programs are open to all members & their guests. Any questions or need more information, please call Karen at (503) 665-4142 x219. Check out the Silver Power Bulletin Board and Monthly Newsletter for the most current information on classes and events. All programs are subject to change or cancellation depending on interest & or participation. Thanks to all for making our Silver Power program such a success!

Silver Power

CASINO TRIPS

Spirit Mountain Casino in Grande Ronde Wed, March 14th	Lucky Eagle Casino in Rochester, WA Wed, Feb. 8th Wed, May 9th	Chinook Winds Casino in Lincoln City Wed, January 11th Wed, April 11th
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All trips leave from Grocery Outlet (east side) parking lot, 2925 NW Division St. Gresham at 9am & return about 7:30pm. Please observe the designated parking area east of the 2nd driveway and south of Morros Produce. Carpooling is suggested.

You must call Karen (503-665-4142 x219) to reserve a seat on the bus. Please leave your name and phone number in case the buses are full. You may reserve up to one month in advance. All seats are reserved on a first come, first served basis as space is limited. There is a \$5 non-refundable charge per person for the bus. Pay at the front desk (S005) after you have reserved your seat at least 1 week in advance. Your guests are welcome, if they are 21 but their name and spot must be reserved in advance with yours.

SPORTS

SP Racquetball

Free

Every Friday at 9am

Silver Power Racqueteers meet at CAC Gresham. We supply the racquets, balls and goggles. This is a non-competitive, for fun atmosphere.



Ping Pong!

(In CAC-Gresham Gym I Dance Studio)

At CAC-G: Come join us for a great time of exercise! Call Member Connie at 503-465-9583 to get on the email list of ping pong players. We will send out information on upcoming Round Robins or Tournaments. If you are a first timer, you can get instructions on how to set up the tables, other times to play or help finding players to play.

Organized Ping Pong Times:

Mondays/Wednesdays/Fridays 11:15am-12:30 am

Fridays 3:30-5 or 6pm

Thursdays 11am are for Beginners to practice

Fitness & Aqua Classes

for all ages!!!

Fitness & Aqua Class Schedule (pages 3-6)

Racquetball & Tennis Court Reservation Policy

This is a condensed version of the Court Reservation Policy. If you are not familiar with the complete Policies, please pick up a copy at the Service Desk or review the copy located on the Racquetball and Tennis Bulletin Boards. All policies are to assure maximum court time for all.

YOU MAY CALL FOR A COURT RESERVATION NO EARLIER THAN 6AM AND RESERVE FOR UP TO TWO DAYS IN ADVANCE. (ie: You can call Monday for a Wednesday Court Time). On weekends you may call when we open - Sat at 6:30am and Sundays at 7am.

Reserving Courts...

1. The names of the players on the Reservation Sheet must be the ones who are playing on that court.
2. A Member may only make court reservations for themselves or their Family Membership Members.
3. One reservation may be on the books at any one time for a Member. An Individual Membership may have one reservation, a Family Membership may have two. Another court may not be reserved until the first one has been used.
4. If a Member is found to have two reservations on the books at the same time, the latter reservation will be erased and a reasonable effort will be made to notify the Members of the cancellation.

No Shows/Cancellations...

1. A Two Hour Cancellation Policy is in effect at all times. If the Club is contacted less than 2 hours prior to a scheduled court time, a 'No Show' fee of \$12 will be charged if the court remains unused.
2. If either player fails to show up for a reserved court time (10 minute grace), a 'No Show' fee of \$12 will be charged. (The player's names who are on the court sheet, must be the ones to use that court.)

Check In...

Upon arriving at the Club, inform the Service Desk that you have a court. By checking in, we can confirm your court assignment and not give it away.

In Addition...

Tennis:

If you are playing in a scheduled activity of any kind (USTA, City League, etc.) you may not have another reserved court on that same day of play. However, walk-ons are always welcome. Appropriate tennis attire is required and non-marking court shoes. No tank tops for men.

Racquetball:

Everyone 18 & under must wear lensed protective eye wear while on the court. Lensed eye wear is strongly recommended for adults.

**WANT TO PLAY TENNIS OR RACQUETBALL
CHECK WITH A MEMBERSHIP DIRECTOR
TO UPGRADE TODAY!**

Mens 4 on 4 Basketball League

(In CAC-Gresham Gym I)

Begins Thursday, January 19th

Games: Thursdays 6:30, 7:30 and 8:30pm

For Members 18 years & older
(16 & 17 yr olds with Brian's approval)

Includes: Round Robin Play
Playoffs * Pizza & Beer (Soda) Party

Gresham Members \$15 EG/205 Members \$35
Non-Members* \$50 Sign up as a team or individual

At CAC-G: Sign up as an individual or team. Turn in your roster to Brian Ancheta by Jan. 13th.

*Non-Members must be sponsored by a Member.
(Code: PA001)

Sign up with Brian Ancheta 503-665-4142 x222

Basketball 40+ Open Play

(In CAC-Gresham Gym I)

Tuesdays 5-7:30pm

No Sign up Required

Just Show Up to Play 4 on 4



Ping Pong!

(In CAC-Gresham Gym I Dance Studio)

At CAC-G: Come join us for a great time of exercise! Call Member Connie at 503-465-9583 to get on the email list of ping pong players. We will send out information on upcoming Round Robins or Tournaments. If you are a first timer, you can get instructions on how to set up the tables, other times to play or help finding players to play.

Organized Ping Pong Times:

Mondays/Wednesdays/Fridays 11:15am-12:30 am

Fridays 3:30-5 or 6pm

Thursdays 11am are for Beginners to practice

Gym Rentals

at CAC-Gresham: 90 minutes

\$25 for 1/2 gym and \$50 for full gym

Please contact Bill 503-665-4142 for availability

at CAC-Fisher's Landing: 60 minutes

\$50 + tax for 1/2 court

Please contact Lindsay 360-597-1100 for availability



Cascade Athletic Club

Extreme Dodgeball

(In CAC-Gresham RBall Court 1)

Thursdays 6:30-8pm

Free to Members Ages 12 & up
(Guests may participate for \$10 Guest Fee)

At CAC-G: Play is 4 on 4 need more information (Bill Fisher)

Dodgeball Tournaments

(In CAC-Gresham Gym RBall Courts)

Saturday, January 21st 12:30-3pm and

Saturday, April 28th 12:30-3pm

\$5/Person Includes Gatorade and Snacks

Team Photo for Winners

At CAC-G: Pick own teams or Bill will assign you. Depending on number of teams, determines divisions and type of play. Must sign up by the Monday before each tournament date. Bill Fisher (Code: PA004)

Water Volleyball

(In CAC-205 Pool)

Wednesdays 8-10pm & Fridays 7-8:30pm

CAC-G/205 Members - Free

CAC-EG Members - \$5/time

Ongoing...Come and join the fun at our water volleyball class.

No sign up required. Just JUMP right in!



Sports



Futsal

(In CAC-Fisher Landing Gym)

Thursdays 8-9:30pm

Free to Members
(Guests may come
for Guest Fee)

At CAC-FL: Ages 16 & up...Come join in on a game of futsal. If you need to refine your soccer skills or are looking to improve your game, futsal is for you. It is a brazilian form of indoor soccer played with 5 on a side and designed to be played on a gym floor. In futsal there are 5 to a team, so bring your friends. (Cameron)

Rock Wall (In CAC-Fisher Landing Lobby)

Adults: Mondays 6-8pm

5 & Up: Tue/Fri 5-8pm and Saturdays 2-5pm

(\$5 + tax gear rental charge if you don't have your own)

At CAC-FL: If you're boulder certified, you can boulder any-time during club hours. *Ask the staff about certification*



More Sports...

Tennis: pg 22-23 Racquetball: pg 20-21

Cycling Coach: pg 15

CAC Triathlon: pg 14 CAC 5K Run: pg 14

Snowshoeing/Hiking: pg 13



CAC-GRESHAM/CAC-205 POOL & GYM SCHEDULE

Indoor Pool Schedules

The Indoor Pools are Adult Lap Swim
except when noted below and during Special Activities:

At CAC-Gresham

H₂O Fitness Classes

uses warm pool &
at least 2 lanes of cool pool
M/T/W/R/F 9-10am
M/W/F 1-2pm

Group Swim Lessons

uses 1/3 warm pool
or 1 lane cool pool
Tue/Thu 11am-1pm
Mon-Thu 3-8pm

Family Times

uses warm pool & 3/4 cool pool
Fridays 5-close
Saturdays 12-5pm
Sundays 12-close

Pool Temperatures

4 Lane is 80-83°
2 Lane is 88-90°

At CAC-205

H₂O Fitness Classes

M/T/W/R/F 10-11am
T/Th 6:15-7:15pm
Sat 10-11am

Family Times

Saturdays 1-3pm
Sundays 3-5pm

Water Volleyball

Wed 8-10pm
Fri 7-8:30pm

Pool Temperature 84°-86°

Pool area is open until 15
minutes prior to closing time.

Hot tub is cleaned Sundays
30 minutes prior to closing.

Our Oregon indoor swimming pools offer the latest technology salt pure chlorination system. Experience the softer, gentler water which means no more red eye, chlorine smell or itchy skin.

Gym Schedules

At CAC-Gresham (Gym I and Gym II)

no Open Basketball Play on Tue/Thu 7-8pm

Basketball

Over 40 Play

Gym I Tuesdays 5-7:30pm

League Play

Gym I Thursdays 6-10pm

Family Times

Both Fridays 5-close
Gym II Saturdays 12-5pm
Gym II Sundays 12-close

ZUMBA

Gym II Mon/Wed 4:30-5:30pm
Tue/Thu 7-8pm
Sat 9:30-10:30am

Both Gyms are

*open play
except for the
programs listed
to the left and
private rentals*

*Check the
CAC website
for changes
www.cascadeac.com*

**CAC-FISHER'S LANDING
POOL/GYM SCHEDULE - PG 34**

We Need Cascade!!!



**WE NEED:
Fitness
Friends
Members
CASCADE!!!**



**WE WANT:
Tennis * Racquetball
Basketball * Socials
Group Fitness Classes
Personal Training
Swimming
Social Hour * Poker**



**Cascade SPRING
FITNESS
CHALLENGE
2012**

**WE LIKE TO:
Feel Good
Improve
Succeed
SMILE!!!**

Cascade is a place for everyone - young and old!



Join
our
family!

Advertise Your Business with CAC!

What do you get?

- 12,000 brochures printed
- 6,500 copies mailed to Member homes (4 clubs)
- The balance is distributed to new Members, guests, health fairs, corporate presentations and Chamber Meetings!
- A 2" x 3 3/4" or 2" x 7.5" ad
- Contact Connie Martin at 503.665.4142 for more details

Services We Offer

Services are offered at all
4 clubs unless noted otherwise.

(G) CAC-Gresham (205) CAC-205
(EG) CAC-East Gresham (FL) Fisher's Landing



ELECTRIC BEACH TANNING

10 tans \$35 (+ tax)
20 tans \$60 (+ tax)
30 tans \$75 (+ tax)

Oregon Clubs: The Electric Beach is available by appointment only. Reservations may be made by stopping by CAC's Service Desk during your next club visit, or by calling us and reserving a time up to 2 days in advance (including the day you book). We offer tanning packages for individual visits, 10, 20 or 30 visits at very competitive prices.

Some things we want you to know about our tanning center: Tanning is available for Club Members and their guests. We feature the popular Heartland Ovation Sunbeds with the hottest 15 minute bulbs on the market. We guarantee that the bulbs in all beds are changed every 800 hours. (Recommended is 1000 hrs). We provide disinfectant in each room so you can personally refresh your bed. Protective eyewear is recommended. These are for use (or sale) at the Service Desk. Tanning Towels are provided free of charge.

Tanning Prices subject to change

at CAC-G/CAC-205/CAC-FL

Birthday Parties & more...

Reserve your date today

CAC-G: Call Bill Fisher at 503.665.4142
CAC-205: Call Laura Teune 503.257.4142
CAC-FL: Call Lindsay 360.597.1100

After Hour Club & WaterPark Rentals
Also Available at CAC-Gresham

Fitness

- Certified Personal Trainers
 - One-on-One
 - Personal Training
 - Group Personal Training
- Personalized Fitness Program
- ADAPT Classes
- Group Fitness Classes
- Pilates Reformer (G)
- Fitness Assessments
- Blood Pressure Checks
- Body Composition Analysis
- Sports Specific Training
- Fitness Clinics/Workshops
- Physical Therapy Clinics (G)
- Fitness Challenges
- Fitness Merchandise
 - Heart Rate Monitors
 - Fit Balls/Mats
 - Tubing/Foam Rolls
 - Bosu Ball

Tennis Programs (G)

- Certified Teaching Staff
- Group Lessons
- Drill Classes
- Mens Night
- Ladies Day
- City League
- USTA Leagues
- Cardio Tennis
- Pro Shop
- Senior Tennis
- Junior Tennis Program
- Tournaments
- Monthly Socials
- Ball Machine

Racquetball Programs (G)

- Certified Teaching Staff
- Group Lessons
- Drill Classes
- Private Lessons
- Ladies Mixers
- Leagues
- Co-Ed Mixers
- Challenges
- Demo Nights
- Challenge Court
- Socials
- Tournaments
- Junior Play
- High School League
- Junior Racquetball Club
- Free Intro Lessons

Sports Programs

- Basketball Leagues (G)
- Open Basketball (G/FL)
- Water Volleyball (205)
- Pickleball (G)
- Ping Pong (G)
- Wallyball (G)
- Dodgeball (G)
- Ballet (G)
- Cycling (G/205/FL)
- Indoor Soccer (FL)
- Futsal (FL)
- Rock Wall (FL)

Special Events

- Social Hours
- Cascade Poker Tour (G)
- Racquetball Events (G)
- Anniversary Parties
- Special Adult Events
- Special Senior Events
- Special Family Events
- Special Kids Events

Family Programs

- Family Time (G/205/FL)
- Holiday Family Hrs (G/FL)
- Socials/Get Togethers (G/205/FL)

Kids Programs

- Tennis Lessons/Camps (G)
- Racquetball Lessons & Camps (G)
- High School Racquetball League (G)
- Private Swim Lessons (G/205/FL)
- Group Swim Lessons (G/FL)
- Sports Camps (G)
- Holiday Sports Days (G)
- Sports & Swim (G)
- Kids Night Outs (G/205)
- Basketball (G/FL)
- Fitness Training
- Ballet (G/FL)
- Parties (G/FL)
- Volleyball (G)
- Swim Team (FL)
- Rockwall (FL)

Seniors Programs

- Group Fitness Classes
- Group Aqua Classes (G/205/FL)
- Silver Sneaker Group Fitness Classes
- Sr. Tennis (G)
- Racquetball (G)
- Socials
- Casino Trips
- Breakfast Club
- Wellness Seminars
- Shopping Days
- and lots more...

Other Services Available

- Heartland Tanning Beds (G/EG/205)
- Kids Klub (Child Care)
- Cascade Cafe' (G)
- Island Oasis Smoothies
- Pro Shop
- Massage Therapy
- Accupuncture/
 - Accupressure (G)
- Hair/Nail Salon (G)
- Physical Therapy (G/205/FL)
- Facility Rentals (G/FL)
- Outdoor Pool Rentals (G/FL)
- Birthday Parties (G/FL)

SALT WATER SYSTEM

Our indoor pools in Oregon are
a Salt Water Chlorine System...

Better on your health,
your suits and your eyes!

KIDS PROGRAM REGISTRATION INFORMATION

Please complete a Program Registration Form (page 37) and turn into the Service Desk at least 4 days prior to the start of each program start date (unless noted differently in the article).

If you have questions, please contact the following person:

CAC-GRESHAM KIDS SPORTS STAFF 503.665.4142

Program Director: Connie Martin (ext 207)

Racquetball Director: Brian Ancheta (ext 222)

Tennis Director: Anders Bergkvist (ext 242)

Birthday Parties/Club Rentals: Bill Fisher (ext 203)

CAC-205 KIDS PROGRAMS 503.257.4142

Program Director: Laura Teune

CAC-FL KIDS PROGRAMS 360.597.1100

Program Director: Lindsay Stephenson

Kids Group Swim Lessons

In CAC-Gresham's Indoor Warm Pool

SI: Feb. 6th-22nd SII: Feb. 27th-March 14th

SIII: April 2nd-18th SIV: Apr. 23rd-May 9th SV: May 14th-June 4th*

(*no class on May 28th)

Per session: Members \$45 Non Members \$60

Classes meet twice a week for 3 weeks on Mondays/Wednesdays

Days	Time	Ages	SI/SIV	SII/SV	SIII
Mon/Wed	5-5:40pm	4-6	1-1½	1½-2	1-1½
Mon/Wed	5:40-6:20pm	6 & up	1-1½	1½-2	1½-2
Mon/Wed	6:20-7pm	5 & up	2-2½	2-2½	2-2½
Mon/Wed	7-7:40pm	6 & up	3-3½	3½-4	3-3½

At CAC-Gresham: Kids may only use the Kids Locker rooms in the Pool Hallway. (No use of adult locker rooms) There are rinse off showers on the pool deck. However, we recommend that you shower your kids when you get home. In the Kids Locker rooms there are outlets if you wish to bring a blow dryer to dry their hair. Moms and dads, for safety, please walk your child to and from their class, then you are welcome to observe from the tennis lounge. Code: PK001 (Connie Martin)

Private Swim Lessons

At CAC-G/CAC-205: If our Group Lesson times do not work for you, please consider the alternative of Private Lessons. There can be up to a 30 day wait for Privates depending on the days/times you wish. To sign up for Private Lessons or ask Questions contact CAC-G: Connie Martin at 503.665.4142 CAC-205: JT Tatum 503.257.4142 (Code: PK002)

One Person

1/2 Hr Lesson:

Members	\$24
Non-Members	\$30

6, 30 min or 4, 45 min Lessons:

Members	\$96
Non-Members	\$114

Two Students

6, 30 min or 4, 45 min Lessons:

Members	\$58/Each
Non-Members	\$68/Each

Three Students

Four, 45 min Lessons:

Members	\$50/Each
Non-Members	\$60/Each

-Private Lessons are one instructor to 1 student. Semi-Private Lessons are one instructor to 2-3 students which you put together yourself.

-Payment for Lessons is due the first lesson. Please pay at the Service Desk and give the yellow receipt to your Instructor.

-A 24 hour notice of cancellation for any scheduled lesson is required. Leave your name, phone number, instructor's name and day/time of lesson you wish to cancel.

Brief Class Descriptions...

Level 1: Water Exploration...Hold breath, Float & Kick with support on stomach and back, water safety.

Level 1½: Primary Skills...Fully submerge, retrieve objects under water, float & kick on stomach and back, introduction of arm strokes, safety.

Level 2: Primary Skills...Fully submerge, front & back float, kick, glides by self, back crawl arms, combined strokes, safety.

Level 2½: Stroke Readiness...Bobs, front & back float, strokes, breathing, tread water, safety.

Level 3: Stroke Readiness...Retrieve objects in deep water, bobs, rotary breathing, combined stroke for distance, elementary backstroke, safety.

Level 3½: Stroke Development...Elementary backstroke, sculling on back, front crawl, back crawl, intro to breaststroke kick, treading water.

Level 4-5: Stroke Refinement...Learn combined breaststroke and combined sidestroke, dolphin kick, and refinement & endurance of all other strokes already learned.



CAC-Gresham's Annual Family Easter Egg Hunt

Saturday, April 7th 11am sharp

Members Only: \$2/child

See page 19 for details

Kids/Family

Kids Klub Events

for Kids in the Kids Klub that day

Valentine Fun

Monday, February 14th

Enjoy making a special Valentines Card and everyone will get a little baggie of hearts. (Kids Klub Staff)

St. Patty's Day Fun

Saturday, March 17th

Dress in green and find the 'Pot Of Gold' to earn a special Green Treat. (Kids Klub Staff)

Bunny Time Fun

Saturday, April 7th

Find your special egg that day. (Kids Klub Staff)



Junior Racquetball Lessons

SI: Begins Jan. 12th*
SI: Jan. 12th-Feb. 2nd*
SII: Feb. 9th-23rd
SIII: March 1st-15th
SIV: April 5th-19th

(SI: meets Feb. 2nd instead of Jan. 26th)

For 8-13 year olds

Members \$59 Non-Mem \$69
(Lesson Only: Mem \$35 Non \$45)

Thursdays 6-7pm

Includes 3, one hour Lessons

Racquet/Eye Guards/T-Shirt

Instruction * Court Time

Meets for 3 consecutive weeks We guarantee a great time of exercise, fun and learning. (Tammie Milkes)

Code: RB002

CAC 205 First Fridays Kids Night Out

with Teacher Liz

Jan. 6th * Feb. 3rd * March 2nd
April 6th * May 4th

Friday 7-9pm

Members only

\$10/time (2nd child same family \$8)

Ages 2 & up – Maximum of 10

At CAC-205: Parents enjoy a night out or a long workout at the club and leave your kids with us for a night of fun!

We will have a great time and even include a snack. Make sure your children have had dinner before they come. They can wear costumes or their pajamas if they want.

Pre-sign up and pay at the CAC 205 Desk. Maximum 10 Code: PK021 (Liz)

Tennis Lessons

Kids Beginners &
Junior Development Classes

see page 23



Ballet & All That Jazz

Ballet, Jazz
& Acrobatics Classes

Classes Available for
ages 4 through young adult

At CAC-Gresham: Please call Dagmar Miller at 503-256-4887 for class schedule and fees. Register and pay Dagmar directly.



School's Out!!! Kids Sports Days

Tue, March 27th * Wed, March 28th * Thu, March 29th

Includes: Games, Swimming, Beverage, Snack & Lunch

Ages: 6-12 Yr Olds Time: 10am-3pm

Per Day: Members \$25 Member's Guests \$35

At CAC-Gresham: We will play sports, games and swim. Be sure to bring a towel and swimsuit, tennis shoes and a change of clothes. If nice, we may go out to the back field and play.

We will provide the beverage, snack, and lunch (fast food). Please make sure kids have had breakfast before they come. Must be able to swim (without flotation aide) to go swimming.

Childcare is available beginning at 8:15am. Please include on your application the days and times you will need the care. Kids Klub Fee must be paid as you bring your child to the Kids Klub for that day. (Connie Martin)

Code: PK028 Please pre-register and pay 4 days prior to each Sports Day (add \$5 if registering day of camp - if space permits). (min 8)

WEEKLY FAMILY HOURS

WHERE YOU CAN HAVE FUN TOGETHER!

So Parents...Please Make This A Fun & Safe Experience for your Family and for other Members who are using the Club

at CAC-GRESHAM

Fridays 5-10:45pm Saturdays 12-5pm Sundays 12-7:45pm

Free for: Kids 1-3 yr olds, Kids Pass Members 4-9 & Members 10 & Up

All Others (Guests & Member's Kids): 4-9 Yrs...\$5 10 & Up...\$10
All Members can enjoy playing in the gym or taking a swim in the pool, while Racquetball Members can also use the Racquetball Courts and Tennis Members may use both the Racquetball and Tennis Courts. (If you bring kids 4 & older of the opposite sex, please use the Family Changing Room in the hallway). Remember NO LIFEGUARD ON DUTY!

CAC-Gresham 'What My Kids Can Do At The Club' Chart on pg 33

at CAC-205

Saturdays 1-3pm Sundays 3-5pm

Free for: 1-3 yr olds, Kids Pass Members 4-11 & Members 12 & Up
All Others (Guests & Members Kids) 4-11 Yrs...\$2 12 & Up...\$6

Kids can enjoy a swim in the pool or run in the group fitness room with mom &/or dad
Remember NO LIFEGUARD ON DUTY!

At CAC-205: Monday-Friday 2-5pm...Family Memberships with Pre-Teens (ages 8-11) may workout together on the Cardio Equipment

Family Hour Reminders: Kids must be at least 1 year old to participate. This program is only for the hours listed. (no earlier/no later) The Kids Klub is open for your younger kids during this time. Kids may use the adult locker rooms with you during these times. (At CAC-205: Family changing room available upon request)

at CAC-FISHER'S LANDING

Family Swim Hours in the Warm Water Pool (Lifeguard on Duty)

Tue/Thu/Fri 5-7pm * Wed 3-5pm * Sat/Sun 1-4pm

Free for Family Members

All Others (Guests & Member's Kids): 4-18 Yrs...\$5 19 & Up...\$9

Ages 10 & older can swim without a parent in the pool during the Guarded Family Swim. Ages 9 & under must have a parent present.

Don't have a Family Membership...See a Membership Director

Youth Fitness Orientation (YFO) & Jr Certification

All kids ages 10-15 who wish to use the weight floor must complete this 2 appointment course program prior to using the weight floor.

What is YFO? The Youth Fitness Orientation (YFO) and certification at Cascade Athletic Clubs was designed to encourage kids to exercise together with their families, or by themselves while maintaining a controlled, safe and fun environment for all. This will prepare youth to safely gain the benefits of exercise while maintaining our adult member environment.

Youth members will be educated on club policies & procedures as well as exercise safety guidelines and technique in this Fitness Appointment Class. Children will need to demonstrate to their fitness trainer that they understand and can properly operate all fitness equipment.

Upon Completion of YFO & Junior Certification: 10-11 Yr Olds may use the weight floor with direct supervision of an adult (18 & older). 12-15 Yr Olds then may use the club with an adult or by themselves.

Fee for YFO/Jr Certification? Free to Children on your Membership. They may then use the CAC Oregon locations.

SU 2012 SWIM LESSONS & CAMPS

Begins June 18th

Group/Private Swim Lessons
Racquetball Camps
Kids Sports Camps
Tennis Camps

See Page 8 - Winter/Spring Holiday Family Hours

WHAT CAN MY KIDS DO AT CAC-GRESHAM?

Your Cascade Athletic Club-Gresham Family Membership includes the following:

Code: *YFO - Youth Fitness Orientation (page 32) Direct Adult Supervision - someone 18 & older

AGES:	1-3 Yrs	4-9 Yrs	10-11 Yrs	12-15 Yrs	16-18 Yrs
ADULT LOCKER ROOMS	<ul style="list-style-type: none"> Family Time Only with *direct adult supervision 	<ul style="list-style-type: none"> Family Time Only with *direct adult supervision 	<ul style="list-style-type: none"> Anytime 	<ul style="list-style-type: none"> Anytime 	<ul style="list-style-type: none"> Anytime
<p><i>Kids 3 & under: No use of Sauna/Hot Tub Kids 4-14: Use of Sauna/ Hot Tub w/ direct adult supervision only Children 4 & older may not be in a locker room of opposite sex</i></p>					
GYMS	<ul style="list-style-type: none"> No Use 	<ul style="list-style-type: none"> Family Time with *direct adult supervision Organized Programs 	<ul style="list-style-type: none"> Anytime during Open Gym times with *direct adult supervision 	<ul style="list-style-type: none"> Anytime during Open Gym times with *direct adult supervision *By self, during Open Gym, after passing the Jr. Certification 	<ul style="list-style-type: none"> Anytime
<p><i>Remember to check gym board for available Open Times some age restrictions may apply</i></p>					
INDOOR SWIMMING POOLS	<ul style="list-style-type: none"> Family Time with *direct adult supervision 	<ul style="list-style-type: none"> Family Time with *direct adult supervision Organized Programs 	<ul style="list-style-type: none"> Anytime with *direct adult supervision Organized Programs 	<ul style="list-style-type: none"> Anytime with *direct adult supervision 	<ul style="list-style-type: none"> Anytime
<p><i>Kids 3 & Under: NO Use of Hot Tub/Sauna/Steam Kids 4-14: Use of Sauna/Steam/Hot Tub with direct adult supervision only</i></p>					
OUTDOOR POOL COMPLEX	<ul style="list-style-type: none"> Open Swim Times with *direct adult supervision 	<ul style="list-style-type: none"> Open Swim Times with *direct adult supervision 	<ul style="list-style-type: none"> Open Swim Times with *direct adult supervision 	<ul style="list-style-type: none"> Open Swim Times with *direct adult supervision a 14 yr old or older with another 14 yr old or older 	<ul style="list-style-type: none"> Open Swim Times
<p><i>Kids 3 & Under: No use of Hot Tub Children 4 & older may not be in a locker room of opposite sex Kids 4-14: Use of Hot Tub with direct adult supervision only</i></p>					
TENNIS/ RACQUETBALL COURTS	<ul style="list-style-type: none"> No Use 	<ul style="list-style-type: none"> Family Time with *direct adult supervision Organized Programs 	<ul style="list-style-type: none"> Anytime with *direct adult supervision 	<ul style="list-style-type: none"> Anytime with *direct adult supervision By self, after passing the Jr. Certification 	<ul style="list-style-type: none"> Anytime
<p><i>To use the Tennis or Racquetball Courts, you must have appropriate Tennis or Racquetball Membership All Court Policy Rules and Regulations apply (Remember, only 2 Reservations per membership on the books at a time)</i></p>					
WEIGHT FLOOR & CARDIO EQUIPMENT & GROUP EXERCISE	Weight Floor and Cardio Equipment				
	<ul style="list-style-type: none"> No Use 	<ul style="list-style-type: none"> No Use 	<ul style="list-style-type: none"> After YFO, anytime with *direct adult supervision must carry purple workout card Cardio Equipment use may be restricted during busiest time of year 	<ul style="list-style-type: none"> Family Time After YFO, anytime with *direct adult supervision By self, after passing the Jr. Cert. Must have orange workout card 	<ul style="list-style-type: none"> Anytime
	Group Fitness Classes				
<ul style="list-style-type: none"> No Use 		<ul style="list-style-type: none"> No Use 	<ul style="list-style-type: none"> Kids must be at least 10 to attend a Fit Class (10-11 yr olds with an adult) 		

CAC-FISHERS' LANDING KIDS RULES & REGULATION POLICIES on page 35
CAC-205's KIDS RULES & REGULATION POLICIES at CAC-205 club

Fisher's Landing

CAC-FL CLUB HOURS

Monday-Thursday 5am-10pm Friday 5am-9pm
Sat/Sun 7am-8pm

Kids Klub (*child care*)

Mon/Fri 8:30am-12n Tue-Thu 8:30-11:30am
Mon-Fri 4-8pm Sat 7:30-11:30am

FACILITY SCHEDULE

Warm Water Pool

Guarded Family Swim

Tue/Thu/Fri 5-7pm
Wed 3-5pm Sat/Sun 1-4pm

Aqua Classes

Mon/Wed 6:30-7:30pm
Tue/Thu 9:30-10:30am

Lap Pools

(Indoor/Outdoor)

Lap Swimming

some lanes open all club hrs

Ages 16 & up. Lanes available opening until 15 min prior to building closing

Swim Team Practices

Mon/Wed/Fri 5:30-6:30am
Mon-Fri 3-8pm Sat 7-9am

Practice will be held in the indoor or outdoor pool based on member usage and weather.

Important notes for members

* *Schedules are subject to change. Please check all online calendars for up-to-date schedules at: www.cascadeac.com*

* *Lap swimming and swim team schedules will vary based on swim meets, holiday schedules and bubble.*

Pool Temps: Lap Pools 79°-82°

Warm Water Pool 88°-90° Hot Tub 102°-104°

Gymnasium Schedule

Open to ages 12 & up
most hours

Schedule is posted online at:
www.CascadeAC.com

Family Time (Ct 1)

Tue/Thu/Fri 5-7pm
Wed 3-5pm Sat/Sun 1-4pm

Futsal (Ct 1 & 2)

Ages 16+ Thursdays 8-9:30pm

Rock Wall

Mondays 6-8pm (Adults)
Tue/Fri 5-8pm (5 & up)
Saturdays 2-5pm (5 & up)

(\$5 + tax gear rental charge if you don't have your own)

If you're boulder certified, you can boulder anytime during club hours. *Ask the staff about certification*

CAC-FL FACILITY RENTALS

For available dates/questions,
contact Lindsay at 360-597-1100

For complete details, please pick up a Facility Rental Form at desk.

Party Room...\$65+tax for 2.5 hours including 1 hour of swimming or climbing

Cove (Rec Room)...\$95+tax for 2.5 hours including 1 hour of swimming or climbing

Gymnasium...\$50+tax/hour (1/2 court only)

FL Special Events

see page 9

Kids Basketball Academy

SI: January SII: February SIII: March

2nd-5th Graders: Tue/Thu 6:30-8pm

6th-8th Graders: Mon/Wed 7-8:30pm

1 day per wk: Mem \$70 Non-Mem \$90

both days per wk: Mem \$110 Non-Mem \$130

(drop ins per time: Mem \$15 Non-Mem \$20)

At CAC-FL: Join coach Shawn Johnson for overall improvement of basketball skills. We will work on footwork, drilling, passing, offense and defense as well as conditioning.

Shawn has taught and coached basketball fundamentals to youth and adults for the past 10 years. Questions? Contact Shawn Johnson at 360-980-7733.

Pre-registration and payment required at least 3 days prior to each session. (Code: PK005)

Swim Lessons

DolFUN Swim Academy

All Ages: Beginning to Intermediate
503-343-3004

www.dolFUNSWIMacademy.com

Creating a safe, fun, and joyful aquatic education from birth and beyond since '94.
register@dolFUNSWIMacademy.com

Swim for Life Swim Lessons

All Ages: Intermediate to Advanced
360-213-6361 (Harmony)
swimforlife.vancouver@gmail.com

For Information on:
Fitness/Aqua Classes pg 7
Holiday Hours pg 8
Personal Training pgs 10-16
Family Time Info pg 32
Guest Policies page 36

ADAPT Integrated
now at Fisher's Landing
Tue/Thu 6-7pm
January is FREE
see page 11 for details

WHAT CAN MY KIDS DO AT CAC-FISHER'S LANDING?

Your CAC-Fisher's Landing Family Membership includes the following: If you do not have a Family Membership, you may pay a 'per visit fee', or please talk with a Membership Director about a Family Plan.
Per Visit Fee: Kids 4-9 are \$5 (*tx) per visit during Family Hours. 10 & Older is \$9 (*tx)

Code: ***YFO - Youth Fitness Orientation** ***Direct Adult Supervision - someone 18 & older**

AGES:	1-3 Yrs	4-9 Yrs	10-11 Yrs	12-15 Yrs	16-18 Yrs
ADULT LOCKER ROOMS	◆ Family Hours Only with *direct adult supervision	◆ Family Hours Only with *direct adult supervision	◆ Anytime	◆ Anytime	◆ Anytime
<i>Children 4 & older may not be in a locker room of opposite sex. Please use family changing rooms.</i>					
GYMS	◆ No Use	◆ Family Hours Only with *direct adult supervision ◆ Organized Programs	◆ Anytime with *direct adult supervision	◆ Anytime	◆ Anytime
INDOOR WARM WATER POOL	◆ Family Hours Only with *direct adult supervision	◆ Family Hours Only with *direct adult supervision ◆ Organized Programs	◆ Family Hours Only ◆ Organized Programs	◆ Family Hours Only	◆ Anytime
<i>Kids 15 & under: No use of Sauna/Hot Tub/Steam Room</i>					
INDOOR LAP POOL	◆ No Use	◆ No Use	◆ No Use	◆ No Use	◆ Anytime
<i>Kids 15 & under: No use of Sauna/Hot Tub/Steam Room</i>					
OUTDOOR POOL	◆ Family Hours Only with *direct adult supervision	◆ Family Hours Only with *direct adult supervision	◆ Family Hours Only	◆ Family Hours Only	◆ Anytime
<i>Kids 15 & under: No use of Sauna/Hot Tub/Steam Room Children 4 & older may not be in a locker room of opposite sex. Please use family changing rooms.</i>					
THE COVE	◆ Family Hours Only with *direct adult supervision	◆ Family Hours Only with *direct adult supervision	◆ Anytime with *direct adult supervision	◆ Anytime	◆ Anytime
<i>The Cove will be open at all times except during Club Rentals/Parties</i>					
WEIGHT FLOOR & CARDIO EQUIPMENT & GROUP EXERCISE	Weight Floor/Cardio Equipment				
	◆ No Use	◆ No Use	◆ After YFO, anytime with *direct adult supervision must carry orange workout card <i>Cardio Equipment use may be restricted during busiest time of year</i>	◆ After YFO, anytime with *direct adult supervision ◆ By self, after passing the Jr. Cert. Must carry purple workout card	◆ Anytime
	Group Fitness Classes				
	◆ No Use	◆ No Use	Kids must be at least 10 to attend a Fitness Class (10-11 yr olds with an adult)		
ROCKWALL	Rock Wall				
	◆ No Use	◆ Open Climb Times 5 & up parent must be in South Fitness area	◆ Open Climb Times parent must be in South Fitness area ◆ May 'Boulder' anytime (after certification*) w/ direct adult supervision	◆ Open Climb Times ◆ May 'Boulder' anytime (after certification*)	◆ Open Climb Times ◆ May 'Boulder' anytime (after certification)
<i>Please ask at Desk about the *Boulder Certification Program</i>					

see page 32 on the definition of Youth Fitness Orientation

Guest Policies

CAC INTER-CLUB UPGRADE POLICIES

If you are a member of the following clubs, you may use the clubs for free or for an upgrade fee as indicated below. Remember, you may only upgrade one time each month. If you are interested in using one of the other clubs or other facilities not included in your current membership more than one time per month, please see a membership director about upgrading your membership. (Fee difference is minimal)

Cascade Athletic Club's Fall InterClub Upgrade Fees

Align your Home Club on the left with the club you wish to visit (upgrade to) below

Club to Use ↙ Home Club ↘	To Use CAC-Gresham			to use	to use	to use
	Health Club	Play R-ball	Play Tennis	CAC 205	CAC-EG	FL
CAC-Gresham						
Health Member	included	\$5/visit*	\$10/visit	included	included	included
Rball Member	included	included	\$10/visit	included	included	included
Tennis Member	included	included	included	included	included	included
CAC-205 Member	\$5/visit*	\$5/visit*	\$10/visit	included	included	included
CAC-EG Member	\$5/visit*	\$5/visit*	\$10/visit	\$5/visit	included	\$5/visit
CAC-FL Member	\$5/visit*	\$5/visit*	\$10/visit	included	included	included

CAC GUEST POLICY

Guests of Members...We encourage you to bring guests to your Club. Guests may use the Club (with you) for the following Guest Fee. Must show picture ID. (If attending any fee based classes, must also pay that fee) **Your guest is allowed one visit to your Club per month**

Trial Visits...First time visitors who live within a 10 mile radius, over 18 yrs of age and are interested in Membership, may receive a complimentary guest pass with 24 hour advance request and a tour with a Membership Director. Must show picture ID.

Cascade Athletic Club's Guest Policies						
Guests of Members	To Use CAC-Gresham			to use	to use	to use
	Health Club	Play R-ball	Play Tennis	CAC 205	CAC-EG	FL
Adults (10 & Older)	\$10/visit	\$10/visit	\$12/visit	\$8/visit	\$8/visit	\$9/visit
Ages 4-9 (Family Time)	\$5/visit	\$5/visit	\$5/visit	\$2/visit		\$5/visit
Ages 1-3 (Family Time)	Free			Free		Free



About ADAPT
see pages 11

ADAPT Fees:

Unlimited Monthly

Access:

(Attend all the classes you wish)

Individual \$15/Month

Family (up to 4) \$30/Month

Per Time Fee:

\$5 per visit or

\$40 for a Punch Pass of 10

Inter-club Fees: You are welcome to attend a class at another Club for a Member upgrade fee (see chart to left) plus your Adapt Fee.

Guests of Members: You are welcome to attend an ADAPT Class for the Club Guest Fee (see chart to left) and a \$5/ADAPT Class fee.

**CAC-GRESHAM
WATER PARK**
open
Memorial Day
thru
Labor Day
see you this summer!!!

OUTDOOR WATER PARK INCLUDED WITH ALL CAC-GRESHAM MEMBERSHIPS

Reciprocal Use Program: **FITNESS-TO-GO**



Ask a Membership Director how you can maintain your fitness routine while on the road. Enjoy use of quality clubs in the Northwest (Oregon, Washington, Idaho and Montana). You can get a Single Trip Card or an Annual Card. At most Clubs, you receive Free Use of the Facilities (some exceptions apply). A complete list of Clubs in the FitLife Fitness-To-Go Program can be obtained from a Membership Director at your home club.

Portland Metro Reciprocal Use Program...

Do you have a friend across town you would like to work out with? Someone who is a member of a FitLife Club? Or, are you ever on the west side of PDX and have time for a workout but no place to go? Well ... now you do! You can get a three visit pass to any Portland Metro FitLife Club from a CAC Membership Director and workout for FREE! At present, this includes the following clubs (but remember, your home club needs to be at least 7 miles from the FitLife Club you wish to use): Eastside Athletic Club, Hawthorne Farm, Lloyd Athletic Club, RiverPlace Athletic Club, Sunset Athletic Club and Westside Athletic Club. (Mt. Hood Athletic Club excluded). You must get a Pass in advance; 3 visits per month; like services only; rball and tennis are walk on courts only; must present your membership key-tag, picture ID and FitLife Pass; parameters and club locations subject to change.



Registration Information

Please fill out the following registration form for Programs and return to the Service Desk.

One form should be filled in completely per person per program

Make check payable to:

Cascade Athletic Clubs

If you are mailing in your registration, please mail to:

Connie Martin

Cascade Athletic Club

19201 SE Division St

Gresham, OR 97030

You are confirmed unless you hear otherwise.

Questions:

If you have any questions, please refer to the appropriate Department Manager, or the person listed in () in the article or contact Connie Martin at 503-665-4142 or connie@cascadeac.com and she can lead you in the right direction.

Cancellation Fee:

If you cancel from a Program at least 3 days prior to its start, you will be refunded all but \$5.

If you cancel on or after the start of the program we will pro-rate a refund for you if we find someone to take your place.

More Program Registration Forms available at any Club

Program Registration

(Please Print & Fill In Everything)

Participant _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Work Phone _____

If Kids Program: Date of Birth ___/___/___

Age _____ School _____

Parents Name _____

E-Mail: _____

Name of Program You Wish: _____

Session: _____ (If Applicable)

Dates _____

Day/Time _____

Level _____ (if applicable)

Are You A Member Of CAC? ___Yes ___No

Waiver: In consideration of your acceptance of this entry, I do for myself, my heirs, executors, administrators & Assignees, hereby release and waive & Discharge any and all rights and claims for damages, losses or injuries incurred by me at Cascade Athletic Club. (Parent Signature if under 18)

Program Fee: \$ _____

Payment: ___Csh ___Ck ___Visa/MC

___CAC Members Charge: # _____

(If Chg: Signature _____)

Staff Only: \$ _____ Date ___/___/___

Receipt # _____ Staff Int. _____

Program Registration

(Please Print & Fill In Everything)

Participant _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Work Phone _____

If Kids Program: Date of Birth ___/___/___

Age _____ School _____

Parents Name _____

E-Mail: _____

Name of Program You Wish: _____

Session: _____ (If Applicable)

Dates _____

Day/Time _____

Level _____ (if applicable)

Are You A Member Of CAC? ___Yes ___No

Waiver: In consideration of your acceptance of this entry, I do for myself, my heirs, executors, administrators & Assignees, hereby release and waive & Discharge any and all rights and claims for damages, losses or injuries incurred by me at Cascade Athletic Club. (Parent Signature if under 18)

Program Fee: \$ _____

Payment: ___Csh ___Ck ___Visa/MC

___CAC Members Charge: # _____

(If Chg: Signature _____)

Staff Only: \$ _____ Date ___/___/___

Receipt # _____ Staff Int. _____



Spend the Summer with Us!

CAC's Summer 2012 Program Brochure

will be available Friday, May 18th for pick up at any CAC Club.

Kids Programs at G & FL Registration:

Members - Friday, May 18th Non-Members - Wed., May 23rd

Registration for all Adult Programs begins Anytime

Cascade Athletic Clubs

19201 SE Division St.
Gresham, Oregon 97030

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Cascade Athletic Clubs

CAC Gresham
19201 SE Division
Gresham, OR 97030
503.665.4142

CAC East Gresham
2456 E Powell
Gresham, OR 97080
503.618.4142

CAC 205
9260 SE Stark
Portland, OR 97216
503.257.4142

Fisher's Landing
16096 SE 15th
Vancouver, WA 98683
360.597.1100

visit us at: www.cascadeac.com

