



(573) 449-2606

Females In Training at The Missouri Athletic Center

FIT-MAC NEWSLETTER

Issue 3

MAY 2007

Mark Your Calendars

May 19—OPEN HOUSE for FIT and The MAC Summer Club. Bring your friends!

May 20—Last day of indoor family swim.

May 26th—The MAC Summer Club Opens.

May 28th—The MAC Summer Club Memorial Day Family Fun!
FIT&MAC Hours
12:00pm—6:00pm

May 29th—First practice for swim team. 4:30

May 31st—Summer swim team parent meeting 4:30.

June 1st—Member appreciation party.

June 4th—Summer swim lessons begin. Morning and Evening all summer long.

June 11th—MAC Summer Camps begin and will run all summer long. Registration forms available at the front desk and on line at soccer-mac.com

June 13th –Home Meet

June 14th—Summer swim team picture day. Team picture at 4:30 individual photos to follow.

MAC Outdoor Pool Hours and Info

May 26th through **June 6th**

Monday through Friday
4:00PM until 8:00PM

Saturday
11:00AM until 8:00PM

Sunday
12:00pm – 8:00 pm

Starting June 7th
Monday through **Saturday**
11:00AM until 8:00PM

Sunday
12:00pm – 8:00 pm
Guest passes will be available when the pool opens

FIT Water Aerobics
The diving pool will be closed for one hour on Tuesday and Thursday evenings 6:15pm-7:15pm.
Our FIT aqua size class will be using the pool. (Not a FIT member? Ask for FIT info at our front desk)

Memorial Day Family fun day!

FIT and The MAC Pool will be open from 12:00—6:00 Monday May 28th.

Join us for games, bounce house and family fun at the pool all day!

Swim Team News

There is still room on the summer swim team for more Sharks. Register today!

Wednesday June 13th
The MAC Pool will close at 3:00 to host a show me conference swim meet.

Saturday June 23rd
The Mac Pool will open late (time to be posted) to host another swim meet.

On both of these days you are welcome to be our guest at the Wilson's Beach Club.

Soccer Minutes

The MAC will be forming teams for the Show Me State Games again this year. For players ages under 6 to over 50. Contact Chris Viers

The MAC United competitive outdoor teams will be forming in June for the 2007-2008 seasons. For kids ages 8-14. Contact Chris Viers

cviers@soccer-mac.com or 442-KICK

Little kickers will continue throughout the summer. Registration forms available at the front desk and online. Soccer-mac.com

The MAC Initiative
Area business owners, soccer enthusiasts and advertisers are uniting to create the MAC outdoor soccer fields. See Chris or Lara to see how you can be a part of this effort.



442-KICK

Wilson's Members and Staff Appreciation Party

Where: Studio Manhattan
(Actually déjà vu in Columbia)

When : June 1st Doors open at 6:30

What: Wilson's Stayin' Alive Murder Mystery
It's 1979 and we are meeting at a trendy disco, where the mystery will unfold. Feel free to dress the part!

RSVP: At the FIT front desk before May 25th!

SUMMER SWIM PARTIES AT THE MAC

For birthdays or just for fun!!

Ask about MAC after hours night owl parties!

Would you like to get this newsletter via e-mail? Go to Wilsonsfit-mac.com and join our mailing list.