

THE POOLS



Indoor Pool 7am– 9pm

Adult lap swim begins at 7am and goes until 10am and then starts up again at 5pm and ends at 6pm. Individuals ages 18 and older are more than welcome to swim then. All other open hours are free swim.

Outdoor Pool

Monday—Friday 10am– 9pm

Saturday & Sunday 7am– 9pm

This pool is open for free swim daily within these hours.

SWIMMING LESSONS

Ages 4 & older. Sign up today! 541.595.5879

Beginners 9-9:30a

Advanced Beginners & Int. 9:30-10a

Group lessons drop in; \$10 / person / lesson

Private lessons 10-11a and must be pre-registered at GMRC Recreation office

541.595.5879. \$30 per ½ hour

Semi-private lessons \$15 per person ½ hour



WHAT'S AT GMRC?

Glaze Meadow Recreation Center features indoor and outdoor swimming pools, hot tub, children's wading pool and "spray" ground, steam room, as well as workout facilities, a sports shop, equipment rental shop and spa. Please observe posted rules.

The Fitness Room at GMRC features Cybex and Precor equipment. The fitness facilities are open all week from 7am— 9pm. Persons must be 15 and over to use the equipment.

The lobby of Glaze Meadow Recreation Center features a wireless hotspot for those wishing to get business done or check e-mail while at the Ranch.

Outside is a bouldering area, swings, multi-purpose play structure and a tricycle lap lane.

The Glaze Meadow Recreation Center also is home to the Sports Shop. The shop features the latest in resort wear, fashions, swim suits, footwear and accessories. Be sure to stop by and see the newest in resort wear and fashions.

Treat yourself to a visit at the Spa, located in the heart of Glaze Meadow. Our skilled therapists offer a variety of treatment options.



HOURS & NUMBERS

| | Phone | Open |
|--------------------|----------------|------------|
| GMRC | 541.595.5879 | 7a – 9p |
| Spa | 541.595.5878 | 8:30a – 6p |
| Sports Shop | 541. 595.1258 | 8:30a – 6p |
| Rental Shop | 541. 595. 5877 | 8:30a – 6p |



GLAZE MEADOW RECREATION CENTER



**Black Butte
Ranch®**

RECREATION

541.595.5789

Summer 2010

TENNIS LESSONS

Greg Smith, USPTA is on loan to us from the University of Oregon during the summer. He teaches lessons and workshops at GM Courts



#13 & 14. The Tennis office is across the parking lot from GMRC. 541.595.1285 / 541.595.1283
Rent equipment at the Glaze Meadow Rental Shop—541.595.5877.

Adult Stroke of the Day

Monday: Groundstrokes; Wednesday: Serve & Return; Friday: Net Play. 9a-10a \$20

Advanced Adult Drills & Play Level 3.5 +
Tuesday, Thursday, Saturday 9a-10a, \$20

Junior Clinic: Youth Class 1

Ages 6-8, who are just beginning and need to develop their skills and learn to play games.

Monday, Wednesday, 3p-4p \$15

Junior Clinic: Youth Class 2

For 9-12 year olds, skill development Tuesday, Thursday 3-4p \$15

Private Lessons

Private: \$35 per 1/2 hour or \$60/hour
Semi private: add \$10 per person for 1 hour
\$5/ person per 1/2 hour to the private rate

Weekend Doubles Tennis Camp

August 6-8. Friday: 5-7p, Saturday: 10a-1p,
Sunday: 9a-12p. \$160 / person

FUN AT THE REC BARN

Don't forget about your kids and all the fun activities that they can be a part of. We have an arcade, Wii, rock climbing wall and tons for arts and crafts activities as well as cookie club. You wouldn't want to miss out on all the fun. Check out the What's Happening Guide for a schedule and call the Rec Barn by the Lodge at 541.595.1282 for details.

FITNESS CLASSES



YOGA

\$10

Daily @ 8am

Improve your flexibility, strength and endurance. All poses can be modified and adjusted for fitness levels. Bring a water bottle, yoga mat (if available).



ZUMBA

\$10

Tuesdays & Fridays
@ 10am

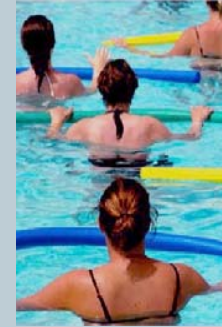
Enjoy an exciting hour of calorie burning, body re-energizing, and Latin rhythms that will get you coming back again and again.

THE SPA

541.595.5878 Open 8:30a-6p



FITNESS CLASSES

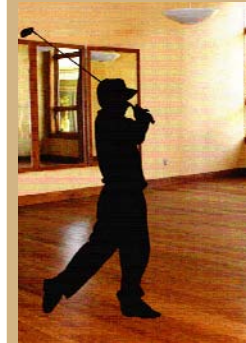


HYDROFIT

\$10

Monday– Friday @ 9am

Water exercise is an excellent way to improve fitness, maintain health and restore vitality. Join us in the Outdoor Pool.



GOLF FITNESS

\$10

Wednesdays @ 10am

Learn the Body Friendly Golf principals that will allow you to play with out pain and play a better game. Be able to golf for the rest of your life.

Bring a golf club and wear comfortable work out clothes.

THE RENTAL SHOP

541.595.5877 Open 8:30a-6p

