

Special points of interest:

- Policies
- Did you know?
- Meet Our Staff
- Important Dates



Policies for the Safety of Your Children

We have several policies that may seem inconvenient to some. We want you to know that they are in place for the safety of the children.

- You must always use picture identification to drop-off and pick-up your children. No exceptions!
- The parent that dropped off the child(ren) is the **ONLY** parent that may pick-up the children.
- You **MUST** be the parent/stepparent or legal guardian of a child in order to use the Children's Center, regardless of the position on your membership.

Important Dates:

- October 24:** 4th Annual Halloween Party 7pm-9pm
- October 25 & 26:** Self Defense Seminar 11am-4pm
- October 31:** Children's Center closes at 6:00 PM
- November 27:** Children's Center closes at 3pm

Did you know?

Did you know that GLAC offers a program called Parent's Night Out?

This program is offered through our Programs Department. On Friday evenings you can drop off your children for a fun filled evening while you enjoy some time to your self.

Up coming dates:

September 26th

November 28th

See the Programs Department for more information and to sign-up.

Meet our Staff

Meet Audra Movius. She is one of the children's centers wonderful supervisors. Audra has been with GLAC for two years. Audra is an avid runner who averages 25-30 miles a week and maintains a home, job and is raising FIVE lovely children. Audra has a great attitude about life and a very motivating personality.

Label, Label, Label!

Please be sure to label all of your children's belongings. For good reason all bottles, pacifiers, and oral toys must be labeled. We will not give a child any oral item that is not labeled.

Inside Story Headline



Caption describing picture or graphic.

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in

your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

"To catch the reader's attention, place an interesting sentence or quote from the story here."

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends,

or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a

column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline



Caption describing picture or graphic.

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid

selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

Inside Story Headline

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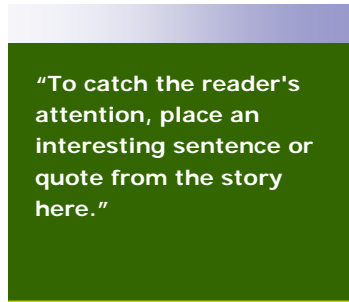
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Caption describing picture or graphic.

Great Lakes Athletic Club

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

We're on the Web!

example.microsoft.com

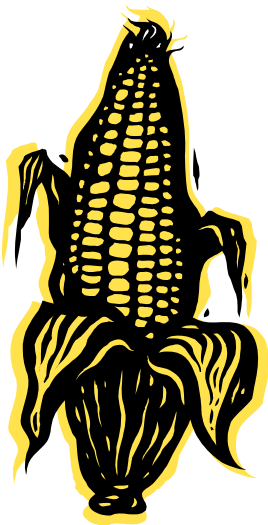
Your business tag line here.



This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline



Caption describing picture or graphic.

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization

is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual char-

ity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.