Upper St. Clair
Unparalleled Recreation

2016 Parks and Recreation Plan
INTRODUCTION

Recreation in the Township of Upper St. Clair is community-centered. Residents are an integral component of the Township’s current and future recreation livelihood - from formal community leagues to tennis courts to neighbors organizing an evening stroll at Boyce Mayview Park. As part of the community’s on-going planning efforts and its recognition of evolving recreation patterns, this summary represents the Township’s collaborative enthusiasm toward park and recreation planning initiatives. The Township recognizes the importance of maintaining up-to-date recreational amenities and improving site amenities.

The development of this companion document to the Township of Upper St. Clair’s Comprehensive Plan represents feedback and participation of the Township Elected Officials, Township Staff, the Parks and Recreation Advisory Board, community organizations and the evaluation of survey responses from nearly 2,000 households in the community.

Township Parks and Recreation Vision
The Township’s current parks and recreation vision seeks to enhance the quality of life by providing the best possible public recreational facilities, open natural spaces and programs for our citizens and surrounding communities.

Planning for Future Township Successes
To fulfill this vision statement, the Department of Recreation and Leisure Services underscores several objectives designed to meet community needs:

- Coordinate, encourage and develop year-round recreational opportunities.
- Seek and develop innovative partnerships with non-municipal recreation providers that enhance the quality of life for all Upper St. Clair citizens.
- Encourage and support volunteerism.
- Continue to balance funding to maintain a high-quality recreation system and deliver a high level of service.
- Work with the Parks and Recreation Advisory Board in meeting community needs.

Components of this Plan
This Plan highlights the extent and excellence that goes into delivering quality park and recreation services. Components of the Plan incorporate the Township’s roles/responsibilities, facilities, maintenance, programming and resources associated with community-wide recreation and leisure.
THE PILLARS OF TOWNSHIP PARKS AND RECREATION

Parks and recreation planning within the Township is built on four equally important considerations. In that, the Township upholds:

**People First**
A most important task is to bring individuals and families of all ages and abilities safely into Township parks and recreation facilities and give them great reasons to stay and play for a lifetime.

**Sound Decisions**
The Township prioritizes quality in program offerings as well as accountability in fiscal management, through coordinated Township initiatives, to provide excellent and affordable recreation that invites everyone to come out and play.

**Built to Last**
The Township uses capital to renew maturing infrastructure and leverage community awareness and strategic partnerships that produce forward-thinking, hallmark parks and facilities.

**Extra Effort**
The Township has pride in its planning culture that promotes innovation and welcomes new ideas. Upper St. Clair values professionalism as these practices form the foundation for great customer service and a productive workplace.

**Clear Communication**
The Township actively strives to educate, market and communicate ways that recreational services can be of value to customers in a variety of ways using tools that contribute to and promote innovation.

ROLES AND RESPONSIBILITIES

**Recreation and Leisure Services**
The Department of Recreation and Leisure Services is responsible for recreation programming/activities for residents of all ages and for scheduling the use of Township facilities such as meeting rooms and ball fields. Success is founded in doing more than just fulfilling given roles. Hundreds of seasonal employees join together with the Township’s Director of Recreation and Leisure Services as well as the leadership staff at the Community & Recreation Center to strive for excellence in all they do. Leadership staff roles include the: Assistant Director of Recreation and Leisure Services/Facility Supervisor, Marketing & Membership Supervisor, Aquatics Supervisor, Maintenance Supervisor, Community Program Coordinator, Guest Relations Coordinator, Fitness Supervisor, Aquatics Coordinator, Facility Rentals Coordinator, Secretary, Membership Specialist, Group Exercise Coordinator, Playroom Coordinator and Community Programs Assistant.
The Public Works Department also provides maintenance for Township recreation-related buildings including the Community & Recreation Center, McLaughlin Run Recreation Center, Log House, Tennis Facility/Golf/Platform Tennis, Concession Buildings and the Outdoor Classroom. The Public Works Annex Building, constructed in 2009 at 1571 Mayview Road, hosts maintenance operations for Boyce Mayview Park. The Public Works Department also maintains the Township's parks and fields along with keeping leaf compost and wood mulch stockpiled for all residents utilizing space at Boyce Gardens.

FACILITIES

The Township has over 700 acres of community/neighborhood parks and facilities. These include: 14 parks, 16 tennis courts, a 3 hole-golf course, five baseball fields, nine basketball courts, five soccer fields, a walking trail in Gilfillan Park, and various other recreational areas. A general description of each facility is below.

Baker Park is 13.82 acres off Morton Road at Morrow, near Baker School. Amenities include: 1 small baseball field (no lights), 2 lighted basketball courts, 2 lighted tennis courts, 2 Bocce courts (lighted), 1 lighted volleyball court (sand surface), 2 Pickleball courts, Playground Equipment (all on sand surface): one-piece climbing structure for 2-5 year olds, slides, climber, telescope, covered sand pit, swing set (2 infant/2 regular); small shelter (in play area), water fountain, picnic tables, grass play area near tennis courts, entrance to perimeter trail parking spaces, Port-A-John facility

Beadling Soccer Field is 3.36 acres along Painters Run Road near Robb Hollow Road.

Boyce Mayview Park In 1996, Upper St. Clair acquired 238 acres of the Mayview Farm property from the Commonwealth of Pennsylvania. The location of this property directly adjacent to the Township's 236-acre Boyce Park property called out for a Masterplan process which would examine potential development and conservation opportunities for the now combined Boyce Mayview Park.

These two largely undeveloped properties contain extensive woodlands, level fields and open spaces as well as stream valleys, hiking trails and active vegetable gardens. Chartiers Creek and the extensive wetlands constructed and owned by PennDOT form the western boundary of the properties and the creek and wetlands together with the park land, provide a diverse habitat to waterfowl, birds, plants and many types of wildlife. Amenities include: the Community & Recreation Center, Regulation Baseball Field, Baseball/Softball Field, Multipurpose Field, The Miracle League Field, Casey’s Clubhouse Playground, Pavilions, Concession Stand, Batting Cage and The Outdoor Classroom.

Brookside Park is 3.70 acres of natural woodlands off Ponoka Road in Brookside Farms.

Byrnwick Park is 7.05 acres near Byrnwick and Thornwick Drives, above Painters Run Road. Amenities include: 1 lighted basketball court, 1 tennis court (no lights), Playground Equipment (5-12 year olds) with a play unit, swing set (2 infant/2 regular), double slide, climbers, twist slide, bridge, tunnel, chain climber, zip slide, horizontal ladder; walking track, handicapped accessible, water fountain, walkway lighting throughout, picnic tables and benches.
**Clair Park** is 2.20 acres at the end of the Clair Drive/Fort Couch Road area. Amenities include: Playground Equipment (5-12 year olds) with a twist slide, single & double slides, zip slide, horizontal ladder, steering wheel panel, mega phone, 2 swing sets (2 infant/2 regular), 1 basketball court (4 hoops and no lights); spring animals, large grass play area, water fountain, small shelter w/picnic tables, walkway lighting, spray fountain, benches.

**Gilfillan Park** is 59.57 acres of farm and woodlands, including a 1.25-mile mulched walking trail along Rt. 19 and Orr Road. In 1976, Upper St. Clair purchased nearly 60 acres of land from the Gilfillan Family to be used as a park. A Nature Trail, used also for walking, hiking, jogging and cross-country skiing, was later established around this property. The trail winds through woodlands of native trees such as white ash, American beech and sassafras, some of which are estimated to be over 400 years old. Over 20 different species are marked and identified along the Trail and in the "Gilfillan Trail: Tree Identification Guide" which is available at the Township's Department of Recreation and Leisure Services. The park surrounds the adjacent 15-acre Gilfillan Farm which was left to the Historical Society of Upper St. Clair in 2001 in the will of Margaret Gilfillan.

**Hays Park** is 4.21 acres off Hays Road near Lorlita Lane. Amenities include: 1 basketball court (no lights), 1 tennis court (no lights), 2 Pickleball courts, Multi-purpose field (no lights), Playground Equipment (in wood chips) (5-12 year olds) with 1 swing set (2 infant/2 regular), twist slide, double slide, chain climber, spiral climber, zip slide, Bridge; Playground Equipment (2-5 year olds) with a double slide, maze panel, look-out and steering wheel. A paved walking path is located within the park.

**Johnston Park** is 2.48 acres off Johnston Road near Wesley Institute. Amenities include: 1 lighted basketball court (1 full court and 6 baskets), 1 tennis court (no lights), 1 lighted Dek Hockey, Playground Equipment with a twist slide, double slide, climbers, swing set (2 infant/2 regular); walking path, water fountain, walkway lighting, shuffle board.

**Little Boyce** athletic field is next to Boyce Middle School.

**Marmion Field** is 11.32 acres along McLaughlin Run Road at Morrow Road. Amenities include: Baseball Field (lights), Soccer Field, Shelter and Bleachers.

**The Memorial Garden** is located behind the Township Building near Clair's Kennel. On September 8, 1994, ten members of the Upper St. Clair Community perished on Flight 427 when it crashed in Hopewell Township near Pittsburgh International Airport. In friendship and support for the families and friends in our community, the Township of Upper St. Clair constructed a permanent memorial garden with the hope that a lasting memorial will comfort the families and honor the deceased. The groundbreaking ceremony for the garden was held on November 9, 1994. The garden was designed to be a peaceful area along McLaughlin Run Creek, near the Township Municipal Building. The memorial garden includes benches, shade trees, perennial beds, Nordic holly, rhododendrons and a walkway. The granite memorial includes the names of the Upper St. Clair residents who were on the flight. Volunteers have helped to plant the garden and donated trees, bulbs and flowers.
Morton Field Complex consists of 7.5 acres of land located off Morton Road, located near the VFD substation. Amenities include 3 soccer fields, 2 lighted baseball fields, 2 batting cages, Playground equipment, Concession building, shelter and storage building, and water fountain.

The Township’s Municipal Park consists 29.75 acres along McLaughlin Run Road near the Municipal Building. Amenities include: Founders Field with 1 little league baseball field (lights), dugouts, concession stand, picnic shelter, scoreboard; 10 tennis courts (lights) 6 courts under air structures for winter season, 2 paddle courts (lights), 2 basketball courts (lights), 1 sand volleyball court (no lights), Playground Equipment (2-5 year olds) with single slide & double slide, rock wall climber, crawl tube and climbers; Playground Equipment (5-12 year olds) with twist tube slide, twist slide, climbers, 10’ double deck mega tower, jumping jack climbers, honeycomb bridge climber, rock wall climber, tornado spinner, telescope, steering wheel panel, 10’ tall Mt. Kilimanjaro rock climber, swing set (2 infant / 2 regular); picnic shelters, Recreation Center building with meeting facilities, pool table, ping pong table, outdoor horseshoe pits, kitchen; 3-hole golf course, water fountain, 2 batting cages, Picnic tables and benches. There are two Paddle Tennis Courts available to residents in the main municipal park on McLaughlin Run Road.

Ravine Park is 10.51 undeveloped acres near Morrow and Mayview Roads.

The Three-Hole Golf Course, located along McLaughlin Run Road, just past the Recreation Center and before the Tennis Courts, across from the Public Works Building owned by the Township, closes in mid-October and re-opens to residents around mid-April, weather and conditions permitting. Golf course supervision takes place from the tennis/golf administration building next to the Municipal Tennis Courts. All golfers must check in with the supervisor on duty prior to playing. Golfers under the age of 10 must play with an adult. The golf course is open only when a supervisor is on duty. Players are expected to replace all divots and ball marks and to leave the vicinity of the green after putting out. No tee times are accepted. Players may pay per round (3 holes of play) or purchase an all day pass at the Tennis/Golf Administration Building. A golf coupon punch card, good for 10 three-hole rounds, is available for purchase at the Recreation Office or the Tennis/Golf Administration Building and may be used any day of the week or weekend.

Trotwood Park is 8.00 acres at end of the Robson Drive/Cook School Road area. Amenities include: 1 basketball court (no lights), 1 tennis court (no lights), 1 multi-purpose field (lights), Playground Equipment play sets (5-12 year olds) with swing set (2 infant/2 regular), multi-pondo, 2 play units, multiple slides, multiple climbers, horizontal ladders, zip slide, tire bounce; water fountain, 1 small shelter, 1 spraypool and walkway lighting.

Tustin Park is 6.52 acres along Lesnett Road near Montclair Drive. Amenities include: 1 basketball court (no lights), Playground Equipment (5-12 year olds) with Log Cabin Theme, swing set (2 infant/2 regular, twist slide, single slide & double slides, bridge, telescope, multiple climbers and spring animal; asphalt/wood chip trail around the park and multipurpose field.
Upper St. Clair Veterans Park was dedicated on Veterans Day, November 11, 2011. The Veterans Park is a place to honor and reflect upon the sacrifices made by those who have served and are currently serving in the United States Military. The Park was built as an outdoor classroom setting with seven Monuments, one for each branch of the Military: Army, Navy, Air Force, Marines, Coast Guard, Merchant Marines and the National Guard. Each monument has a brief history of the service on one side and a collage of representative pictures on the other. The unique monument and collage design almost comes alive during peaceful reflection. The Veterans Park is located between McLaughlin Run Road and the Municipal Building Parking lot, across from the Upper St. Clair High School main entrance. The Community is proud to honor military service men and women whose selfless sacrifices guarantee freedom and today’s way of life.

Wiltshire Park is 11.20 acres off McMurray Road at Wiltshire Road. Amenities include: 2 basketball courts with lights, 1 lighted street hockey court, Playground Equipment with double slides, twist slides (tunnel & open), Tic Tac Toe, climbers, bridge, horizontal rings & bar climbers, zip slide, swing set (2 infant/2 regular), 1 large play structure and 1 merry-go-round; walking path (lighted), spraypool (dolphin), water fountain, amphitheater, walkway lighting, sand box, pavilion

RELEVANT TRENDS AND BEST MANAGEMENT PRACTICES

Programmatic Trends Affecting Service
Ideas and trends occurring throughout the nation can influence the delivery of local recreation services and facilities. The following observations represent such patterns over the course of the past 5 years that emerge from other top recreation providers relevant to Upper St. Clair. It is important to stay on top of current trends impacting parks, open space, and recreation and, as these patterns shift or change, to understand the reasons why. The following information from other leading recreation providers and sources across the nation highlights present relevant local, regional, and national trends that may influence Township decision-making over the coming decade.

Youth and Yong Adult Recreation Interests
Historically, youth recreation programming has been primarily geared toward the youngest of our population. As of 2014, trends have shifted in this reach influenced by the Gen-X’s and Gen-Y’s placing a high value on family. As a result, multi-generational programming aimed to capture youth, young adults and adults in common events is on the rise. The nature of recreation activities for this audience have also expanded to highlight opportunities that present both individuals and family groups with challenges such as adventure and problem-solving.

Further, the evolution of offering “life sports” for younger recreationalists is on the rise in response to patterns of childhood obesity. Skills that are both fun and offer a variety of levels to practice/hone (e.g. kayaking, tennis, swimming, etc.) are attractive because the present opportunities for finding something that is both enjoyable and presents opportunity to finesse expertise over time without a rush or the need to be competitive.
**Adults – The Baby Boomers and Planning for the Demographic Shift**

Baby Boomers, individuals born between 1946 and 1964, are a generation that consists of nearly 76 million Americans. Five years ago, this population began their transition out of the workforce and are looking for increased opportunities in fitness, sports, outdoors, arts and cultural events, and other activities. With their varied experiences and expectations, this audience presents to influential shifts in what recreation and leisure programming means for mature adults. Boomers are second only to Gen Y/Millenials (born between 1980 and 1999) in participation in fitness and outdoor sports.

Jeffrey Ziegler, a past president of the Arizona Parks and Recreation Association identified “Boomer Basics” in his article, “Recreating retirement: how will Baby Boomers reshape leisure in their 60s?” Boomers are known to work hard, play hard, and spend hard. They have always been fixated with all things youthful. Boomers typically respond that they feel 10 years younger than their chronological age. Their nostalgic mindset keeps boomers returning to the sights and sounds of their 1960s youth culture. Swimming pools have become less of a social setting and much more of an extension of boomers' health and wellness program. Because boomers in general have a high education level, they will likely continue to pursue continuing education (such as recreational classes, senior seminars, arts, languages, health education, etc.) as adults and into retirement, often turning to their local recreation or senior centers for offerings. A customized experience to cater to their need for self-fulfillment, healthy pleasure, nostalgic youthfulness, and individual escapes will be important. Recreation trends will shift from games and activities that boomers associate with senior citizens. Ziegler suggests that activities such as bingo, bridge, and shuffleboard will likely be avoided because boomers relate these activities to being old. Boomers will reinvent what being a 65-year-old means. Parks and recreation agencies that do not plan for boomers carrying on in retirement with the same hectic pace they have lived during their years in employment will be left behind. Things to consider when planning for the demographic shift:

- Boomer Characteristics and Marketing Strategies
- Passive and Active Fitness and Wellness Opportunities
- Cultural Arts and Entertainment
- Outdoor Recreation/Adventure Programs
- Travel Programs

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**Aquatics Trends**

According to the National Sporting Goods Association (NSGA), swimming ranked third nation-wide in terms of participation in 2011, and fourth in 2010. Indoor water fitness is increasingly popular for Baby Boomers. As outdoor swimming pools are not typically heated, these users show an increasing trend toward use and support of warmer indoor leisure and therapeutic pools. Additional indoor and outdoor amenities such as “spray pads” are becoming increasingly popular as well. In some cities and counties, spray pools are popular in the summer months and are converted into ice rinks in the winter months.
General Sports and Recreation Trends

The National Sporting Goods Association (NSGA) survey on sports participation in 2011² found that the top five athletic activities ranked by total participation included: exercise walking, exercising with equipment, swimming, camping, and aerobic exercising. Additionally, the following active, organized, or skill development activities remain popular: bicycle riding, hiking, running/jogging, basketball, golf, and soccer. In 2015, the NSGA tracked 54 sports and activities. NSGA reported increases in the number of participants among 33 of them. Overall segment increases were experienced among Open Water activities (2.7%), Wheel Sports (2.5%), Shooting Sports (1.3%), Indoor Gaming (0.8%), Fitness Activities (0.5%), and Outdoor Activities (0.4%). Overall declines occurred in Personal Contact Sports (-0.4%), Snow Sports (-1.2%), Team Sports (-2.1%), and Individual Sports (-2.6%).

Top Twenty Sports Ranked by Total Participation

The following table further outlines the top twenty sports ranked by total participation change between 2010 and 2011.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Total (M)</th>
<th>% Change*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise Walking</td>
<td>97.1</td>
<td>1.3%</td>
</tr>
<tr>
<td>Exercising with Equipment</td>
<td>55.5</td>
<td>0.3%</td>
</tr>
<tr>
<td>Swimming</td>
<td>46.0</td>
<td>-11.4%</td>
</tr>
<tr>
<td>Camping (vacation/overnight)</td>
<td>42.8</td>
<td>-4.3%</td>
</tr>
<tr>
<td>Aerobic Exercising</td>
<td>42.0</td>
<td>8.9%</td>
</tr>
<tr>
<td>Bicycle Riding</td>
<td>39.1</td>
<td>-1.6%</td>
</tr>
<tr>
<td>Hiking</td>
<td>39.1</td>
<td>3.8%</td>
</tr>
<tr>
<td>Running/Jogging</td>
<td>38.7</td>
<td>8.9%</td>
</tr>
<tr>
<td>Bowling</td>
<td>34.9</td>
<td>-10.6%</td>
</tr>
<tr>
<td>Workout at Club</td>
<td>34.5</td>
<td>-4.8%</td>
</tr>
<tr>
<td>Weight Lifting</td>
<td>29.1</td>
<td>-7.4%</td>
</tr>
<tr>
<td>Fishing (Freshwater)</td>
<td>28.0</td>
<td>-6.5%</td>
</tr>
<tr>
<td>Basketball</td>
<td>26.1</td>
<td>-2.9%</td>
</tr>
<tr>
<td>Yoga</td>
<td>21.6</td>
<td>6.9%</td>
</tr>
<tr>
<td>Golf</td>
<td>20.9</td>
<td>-4.3%</td>
</tr>
<tr>
<td>Billiards/Pool</td>
<td>20.0</td>
<td>-16.9%</td>
</tr>
<tr>
<td>Target Shooting</td>
<td>19.6</td>
<td>-1.2%</td>
</tr>
<tr>
<td>Boating, Motor/Power</td>
<td>16.7</td>
<td>-17.0%</td>
</tr>
<tr>
<td>Hunting with Firearms</td>
<td>16.4</td>
<td>0.6%</td>
</tr>
<tr>
<td>Soccer</td>
<td>13.9</td>
<td>3.0%</td>
</tr>
</tbody>
</table>

*Percent Change is from 2010 | Source: NSGA 2011

**Nature-Based Play is Crucial to Healthy Development**

Studies are being published monthly on the beneficial role of being in nature and nature-based play. Richard Louv ignited a movement with his book, *Last Child in the Woods*. Additional sources include:

- The Children and Nature Network is an excellent source of info/data/research on the need to get children outdoors. [http://www.cnaturenet.org/](http://www.cnaturenet.org/)
- US Play Coalition has great info on the value of play. [http://usplaycoalition.clemson.edu/](http://usplaycoalition.clemson.edu/)

Living near or spending time in natural settings produces significant health benefits. One of the most influential longitudinal studies, led by Cornell Univ. environmental psychologist Nancy M. Wells, PhD, found that children who experienced the biggest increase in green space near their home after moving improved their cognitive functioning more than those who moved to areas with fewer natural resources nearby. Similarly, a study of 337 school-age children in upstate New York found that the presence of nearby nature bolsters a child's resilience against stress and adversity, particularly among those children who experience a high level of stress (Environment and Behavior, Vol. 32, No. 6 and Vol. 35, No. 3). The benefits of our parks and nature preserves are truly endless. [www.parkandrec.com](http://www.parkandrec.com)

**Programmatic Trends Analysis Summary**

The following are general trends reflective of Upper St. Clair and are important to evaluate for the future planning efforts at this time:

- Large population cohorts in the Township and surrounding communities are young families and Baby Boomers with an emphasis on:
  * Fitness and wellness
  * Warm water pools for fitness
  * Arts, history, and cultural events
  * Will not use “senior centers”
  * Active transportation options are increasingly important

- The Township is within a region where there are growing segments of the population that have more frequent outdoor participants, some with a national average of 60 outings per year.

- Most popular outdoor activities among these segments are:
  * Informal family park usage, events, and pick-up play
  * Running and jogging
  * Road and mountain biking and BMX
  * Camping and hiking
Health and Active Living Trends and Practices

Public Health, Fitness, and Wellness
Demand for fitness and wellness offerings continue to increase with strong support from national initiatives and funding to help increase physical activity and reduce the growing obesity epidemic. While private sector health provision is strong, in reality only about a quarter of the population nationwide uses private fitness clubs. Public sector agencies are increasing their offerings to help the other 76 percent get “off the couch.” While having trails available for walking continues to be the most desired amenity, instructional programs and indoor facilities remain very popular.

Worldwide Fitness Trends for 2012 and 2016

<table>
<thead>
<tr>
<th>2012</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Educated and experienced fitness professionals</td>
<td>1. Wearable technology</td>
</tr>
<tr>
<td>2. Strength training</td>
<td>2. Body weight training</td>
</tr>
<tr>
<td>3. Fitness programs for older adults</td>
<td>3. High-intensity interval training (HIT)</td>
</tr>
<tr>
<td>4. Exercise and weight loss</td>
<td>4. Strength training</td>
</tr>
<tr>
<td>5. Children and obesity</td>
<td>5. Educated and experienced fitness professionals</td>
</tr>
<tr>
<td>6. Personal training</td>
<td>6. Personal training</td>
</tr>
<tr>
<td>7. Core training</td>
<td>7. Functional fitness</td>
</tr>
<tr>
<td>8. Group personal training</td>
<td>8. Fitness programs for older adults</td>
</tr>
<tr>
<td>10. Functional fitness</td>
<td>10. Yoga</td>
</tr>
</tbody>
</table>

Source: American College of Sport Medicine

Obesity and Public Health
According to the Centers for Disease Control (CDC), obesity continues to be a serious issue in America, growing at an epidemic rate—almost tripling since 1990. In 2015, more than one-third (34.9%) of adults and 17 percent of children in the United States are obese. These statistics illustrate the importance of intercepting the epidemic in youth.

In an effort to educate Americans and encourage them to take steps toward a healthier future, the United Health Foundation annually presents America’s Health Rankings®: A Call to Action for Individuals & Their Communities.

America's Health Rankings has tracked the health of the nation for 25 years, providing a unique, comprehensive perspective on how the nation (and each state) measures up. The 2015 edition of the Rankings illustrates that across the nation there are signs of short-term improvement with decreases in preventable hospitalizations and physical inactivity. There was also continued long-term improvement in less cigarette smoking, fewer cardiovascular deaths, and lower infant mortality. On the flip side, there are troubling increases in rates of US drug deaths, diabetes, obesity, and children in poverty.
As obesity in the United States continues to be a topic of interest for legislators and our government, there continues to be research suggesting that activity levels are stagnant among all age groups. The following Americas Health Rankings’ 2014-2015 statistics that support this concern.

- Only 21% of adults meet the US Department of Health and Human Services recommendation of at least 150 minutes of physical activity weekly.
- 22.6 percent of American adults are sedentary.
- Children born now have a lower life expectancy than their parents.
- Children nationally spend 4.5 - 8 hours daily (30-56 hours per week) in front of a screen (television and/or computer).
Active Transportation and Connectivity

Physical activity and active transportation have declined nationally compared to previous generations. The lack of physical activity is a major contributor to the steady rise in rates of obesity, diabetes, heart disease, stroke, and other chronic health conditions in the United States.

- Many Americans view walking and bicycling within their communities as unsafe because of traffic and the lack of sidewalks or multi-modal paths, crosswalks, and bicycle dedicated lanes.
- Although using public transportation has historically been safer than highway travel in light duty vehicles, highway travel has grown more quickly than other modes of transportation.
- A lack of efficient alternatives to automobile travel disproportionately affects vulnerable populations such as the poor, the elderly, people who have disabilities and children by limiting access to jobs, health care, social interaction, and healthy food choices.
- Although motor vehicle emissions have decreased significantly over the past three decades, air pollution from motor vehicles continues to contribute to the degradation of our environment and adversely affects respiratory and cardiovascular health.
- Transportation accounts for approximately one-third of all U.S. greenhouse gas emissions thusly contributing to climate change.

While portions of Upper St. Clair are walkable, the Township overall’s plan for pedestrian and bicycle routes continues to be developed. Township residents desire for Township investments in the near future to continue to be focused on providing these safe linkages. As explored through the Township’s comprehensive planning process, sidewalks are amenities that are becoming more significant to community identity.

The Township’s Sidewalk and Bicycle Plan, most recently updated through recommendations in the Township’s Comprehensive Plan, is on file in the Township’s Community Development Department office.

Safety and/or the Perception of Safety

Upper St. Clair is a safe community. Evidence-based research from criminology, social science, institutes of medicine, and public health recognizes the “perception of safety” as a growing barrier nationally to physical activity engagement specifically in park and recreation facilities. The Township can continue to focus on methods for action that help further address ways to minimize opportunities for crime, along with handling media coverage containing messages that may exacerbate fears. In general: If people feel unsafe, they are less apt to use an area for physical activity. The concern and stigma of crime is threatening to the use of park and recreation areas, especially in more urban environments. Research has shown that the kind of experience park-goers receive is a psychological imperative for relaxation and happiness. It is a resource for physical activity – an important element in the reduction of obesity and sedentary behavior which can accelerate other numerous negative health conditions. Professionals in the provision of park, recreation and open space services need to understand that fear and perceptions of safety have several different meanings to individuals within the community.
Regardless of whether or not perceptions are accurate, they have the power to affect individual actions and motivations, because “What is perceived as important is important.” (Loukaitou-Sideris, Anastasia. Is it Safe to Walk? 1 Neighborhood Safety and Security Considerations and Their Effects on Walking. Journal of Planning Literature 2006 20: 219).

Reporting on the safety inventory of within the community can help allay fears and assist in identifying priorities for action. A Safety Inventory of a specific park may include evaluating:

- What are characteristics of the neighborhood and/or park?
- What are their relevant physical activity needs of the population?
- How do the characteristics of the physical setting reflect safety or lack of safety?
- Which groups are most afraid?
- What are they afraid of?
- How do fears constrain walking and physical activity?
- How do age, gender, and socio-demographics affect perception of fear?
- What are lists of perceived fears for each?
- What obstacles are identified that need to be addressed in order to overcome perceptions and create a sense of safety again?
- What indicators define safety?
- How are community and individual perception of safety the same or different?

Some specific national initiatives that may help further enhance public safety and perception of safety in Upper St. Clair include:

- Crime Prevention Through Environmental Design (CPTED) Principles
  * Creating by design, the space for people (volunteers and visitors) to be close to trails, activity areas, restroom facilities, and the parking lot to maintain a feeling of safety.
  * Utilizing materials such as stone work and split-rail fencing which provide territoriality and access control along with visibility and presence of space. A sidewalk's varying material adds to the transition of the utility of the area.
  * Drawing people into the area (activation) by creating “a sense of ownership,” a place for specific activities such as a donated rose garden or community garden which encourages regular tending and volunteer participation.

- Community Policing Consortium Project (CPCP)
  * Including active community adults and older adults who are no longer driving and who may live alone or in an active senior living center and local law enforcement to create community patrols on foot.
• Building Assets Reducing Risks (BARR) Program
  * Collaborative efforts between schools and municipal staff including training, programming, and recognition of this “tipping scale” time of transitions in high-risk and academically challenging behaviors which occur during middle school transition to high school.

Identifying the safety needs and perceptions from individuals and a community can help drive Upper St. Clair and relevant alternative providers toward solutions. Growing evidence supports the belief that this will increase physical activity and the advancement of a healthier community. Addressing the real and perceived fears of community members will identify priorities for action and enable engaged community members to build and maintain collaborations so that the natural resources of parks, trails, and recreation centers are used to their capacity for young and old alike.
Financial Considerations and Sustainability


**Cost Recovery**

Year after year as reported as part of its annual budget, the Township is keenly conscious of the balance and investment of resources for recreation services. Copies of Township recreation-related revenues and spending for the years 2010 and 2015 are included within the Appendix illustrating the changes in patterns and opportunities. There is no standard national target for cost recovery (calculated as the amount of revenue collected vs. the expense) for parks and recreation. Based on national numbers from various reports, the average cost recovery for recreation and leisure departments across the country is 34 percent. There is an unofficial guiding policy that the recreation departments should “act as a business,” and also provide quality service and be accessible to the masses. The inherent conflicts between providing fundamental public programs, and ongoing needs for stringent allocation of resources and increased cost recovery are common challenges. Unique among communities across the nation, the Township commits significant energy and thought in realizing many aspects of recreation, including the Community & Recreation Center, that are self-sustaining.
Continuing Management Tools
With evidence of yearly positive outcomes, the Township’s cost recovery approach is one that should continue. The Township recognizes there are costs associated with operating recreation programs, services and facilities. It balances three types of costs in its analyses and in its delivery of services:

- **Direct Costs** – expenses required to offer the facilities and programs.
- **Facility Costs** – expenses of maintaining and enhancing spaces.
- **Indirect Costs** – expenses that must be paid to support program operations such as program administration, supervision, advertising, equipment, and so on.

As the Township approaches its cost recovery methods, it is noteworthy that across the United States, most departments can recover twenty-five (25) percent of their costs in program fees and charges. Cutting edge departments with a mix of indoor and outdoor facilities can recover eighty (80) percent or better. It is important to understand that achieving the higher levels of cost recovery is a significant challenge that few departments nation-wide choose to take on.

Economic Benefits and Value of Parks and Recreation
There are numerous economic and health benefits of parks and recreation offerings, including the following:

- Trails, parks, and playgrounds are among the five most important community amenities considered when selecting a home.
- Research from the University of Illinois shows that trees, parks, and green spaces have a profound impact on people’s health and mental outlook.
- US Forest Service research indicates that when the economic benefits produced by trees are assessed, the total value can be two to six times the cost for tree planting and care.
- Fifty percent of Americans regard outdoor activities as their main source of exercise.
The Trust for Public Land published a report titled: “The Benefits of Parks: Why America Needs More County Parks and Open Space.” The report makes the following observations about the health, economic, environmental, and social benefits of parks and open space:

- Physical activity makes people healthier.
- Physical activity increases with access to parks.
- Contact with the natural world improves physical and physiological health.
- Residential and commercial property values increase.
- Value is added to community and economic development sustainability.
- Benefits of tourism are enhanced.
- Trees are effective in improving air quality and act as natural air conditioners.
- Trees assist with storm water control and erosion.
- Crime and juvenile delinquency are reduced.
- Recreational opportunities for all ages are provided.
- Stable neighborhoods and strong communities are created.

Researchers have long touted the benefits of outdoor exercise as a benefit on health and to reduce healthcare costs. According to a study published in the Journal of Environmental Science and Technology by the University of Essex in the United Kingdom, “as little as five minutes of green exercise improves both mood and self-esteem.”
Park and Recreation as Local Economic Engines

As has been reported in multiple planning studies across the country, recreation makes an impact. Excerpts of these findings are outlined below.

**Jobs, Jobs, Jobs**

Upper St. Clair parks and recreation provides a community with hundreds of seasonal and part-time jobs in the form of summer lifeguards, grounds and maintenance crews, out of school camp counselors, etc. As a grassroots employer (often providing the entry level employment opportunities), as well as a local consumer, tremendous real economic impact is generated as a result of local government services.

**Property Values**

Dr. John L. Crompton, Texas A&M University Department of Recreation, Parks, and Tourism Services, presents that property values increase in proximity to parks as evidenced by the fact that people are willing to pay more for homes the closer they are to a park. Properties adjacent to parks can command as much as 20 percent more. The notion that investment in conservation and open space boosts both residential and commercial land values and property taxes has been around for some time. In a Trust for Public Land white paper, the author cited case studies identifying that the value in land near parks is passed on to cities in the form of higher property taxes. In turn, these additional taxes can be used to pay for building and maintaining park and recreation infrastructure.

**Parks and Recreation Role in Tourism**

A community benefits from both increased property tax from the increase in property value because of proximity to parks and increased sales tax on spending by tourists who visit primarily because of the parks. According a 2009 Trust for Public Land study, “Beyond the tax receipts, these factors also bolster the collective wealth of residents through property appreciation and tourism revenue.”

In his research, Dr. Crompton discusses the economic impacts of parks and recreation: “Tourism depends on attractions. Rarely do people travel because they enjoy the car or airplane ride or because they want to stay in a particular hotel or dine at a restaurant in a different city. The desire to go to another place is stimulated by attractions. In most communities, primary attractions are sports tournaments, festivals, parks, and major recreation facilities operated by park and recreation departments. However, most stakeholders remain unaware of park and recreation departments’ role in tourism.”

Dr. Crompton says that you can calculate the value of the visitor spending to indicate the economic impact by using this formula: “number of visitors x average spending per visitor x multiplier”
This formula indicates there are four steps involved:

1. Define who qualifies as a visitor;
2. Estimate the number of visitors attracted to the community by the park and recreation event or facility;
3. Estimate the average level of spending of visitors in the local area; and
4. Determine the ripple effects of the new money through the community by applying appropriate multipliers.

In addition, most are concerned with identifying the true economic benefit, subtracting from the revenues all of the costs for these tourism experiences. This is the net economic benefit. Dr. Crompton identifies four types of costs that must be captured: direct event costs, infrastructure costs, displacement costs, and opportunity costs.

**Indirect Economic Impact Values**

Local park and recreation systems have a number of economic benefits that are more difficult to quantify (and are outside the scope of this study) but are nevertheless significant.

1. **Property Value**
   It is fairly well established that the proximity of parks and open space adds value to property. The effect has been estimated at from 10 to over 20 percent, and can reach as much as half a mile from the park or amenity in question.

2. **Direct Use Value**
   Residents who use park and recreation facilities gain a benefit through the cost they forgo by not having to use private facilities (which, as a rule, would be more expensive). The funds they save in this way are available to expend on other goods and services.

3. **Health Value**
   The availability of open space and recreation provides a health benefit to the citizens. An exact measurement of this effect is beyond the scope of this study, but has been well established in other areas.

4. **Reducing the Cost of Managing Storm Water**
   Parks and open space serves a vital role in absorbing storm water and filtering it as it penetrates the ground. This reduces the necessity of a storm water collection and treatment system and saves resources for other purposes. In Seattle, the Trust for Public Land estimated that the park system saved the PROST $2.3 million annually.

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2. The Trust for Public Land estimated that the health benefits of the park system of the City of Seattle contributed $64 million annually to the City’s economy. “The Economic Benefits of Seattle’s Park and Recreation System,” The Trust for Public Land Center for Park Excellence. March 2011.
3. Ibid.
Relevant Management Findings Affecting Service Delivery

Agency Accreditation
Upper St. Clair is currently in the process of seeking Accreditation from the Commission for Accreditation of Parks and Recreation Agencies (CAPRA). This detailed process requires considerable staff resources, along with an onsite visit from the Commission to determine if the community shows evidence of compliance.

Accredited municipalities are identified with a distinguished mark of excellence that affords external recognition of an organization’s commitment to quality and improvement. Accreditation has two fundamental purposes – to ensure quality and to ensure improvement. This is achieved by committing to 144 standards. As of 2015, more than 100 agencies have received CAPRA accreditation. Additional benefits of CAPRA accreditation include:

- Boosts staff morale
- Encourages collaboration
- Improves program outcomes
- Identifies agency and cost efficiencies
- Builds high level of trust with the public
- Demonstrates promise of quality
- Identifies best management practices

Maintenance
Character, magnitude, frequency, service level, materials, and environment are the key factors in determining maintenance costs and budget. Number of acres of parkland maintained per full-time-equivalent employee (FTE) is a primary comparative number in use nationwide. This index is popular because of the variability of other factors (e.g., climate, soils, size of parks, natural vs. formal care, specialty grasses vs. native grasses). In Upper St. Clair, Public Works personnel take care of parks, open space, golf, streetscapes, public facilities, snow removal and more all related to the Recreation and Leisure Services’ offerings.

While a detailed maintenance study was not directly part of the planning process, the Township is very conscious that maintenance has a direct impact on level of service. A single component that falls into disrepair could easily plunge from one that is meeting expectations of users to one that is not meeting expectations of users. Similarly, a poorly maintained park could see a decrease in overall design and ambiance as well as the comfort and convenience modifiers. These kinds of shifts can impact a facility’s overall level of service and its components.

Information Technology
Information Technology is a Township service and is essential to the delivery of effective recreation and leisure services. The IT Department works with the Recreation and Leisure Service Department and Public Works Department to ensure that all efforts are coordinated and run effectively in a timely manner.
Project Prioritization Considerations

While all future park, recreation, and trail projects will compete for funding, it is helpful to establish some overall priorities for determining which ones to focus resources on first. Compared to other communities in the tri-state area, Upper St. Clair is accomplishing the delivery of recreation service and facilities at an unparalleled rate and quality. Investments in recreation are those that are unique, modern and that accommodate those of all abilities and age ranges.

An important community need in coming decade focuses on continued improvements to the recreation center along McLaughlin Run Road, continued master planning of Gilfillan Park and the completion of trail linkages - particularly those that improve neighborhood connections and to cooperate with others in completing connections to the regional trail system.

This plan is intended to be flexible and fluid; as opportunities for facility enhancement can be realized, the Township recognizes there is equal interest in being able to deliver the long-term commitment for maintaining the balance of physical and fiscal needs.

The following list presents criteria that should be considered when prioritizing projects. There should not be a rigid, numeric weighting of these criteria, as the importance of each varies with each situation, available funding, need, and opportunities. Projects that address immediate issues of public health and safety should certainly take precedence over other choices.

Health, Safety, Welfare, and Code Compliance

- Does the project involve upgrades that will bring a facility into compliance with codes, and ensure the health, safety, and welfare of Township residents and visitors?

Partnerships for Funding

- Does the project leverage available partnership opportunities for funding?

Satisfies Urgent Need

- Does the project satisfy an unfulfilled park and recreation need within the community or greater region?
- Does the project contribute to meeting other important community goals, such as supporting residential stability?
- Does the project help to fill a recreation facility/amenity shortage?

Certain projects, such as a system-wide upgrade of wayfinding and signage, are long-term initiatives that can be implemented over time. A design program could begin immediately, however, in order to incorporate the logos and layout into projects planned for near-term implementation, the longer term impact on Township and regional programming should be considered.
Looking Ahead: Implementation Actions

As the Township continues its success in the years ahead, the Township should consider the following specific actions that are aimed to assist in the implementation of proposed projects that arise. The actions are organized into planning, upgrades and maintenance, as well as administrative and management and are not listed in any specific order of priority.

Planning Actions

- Work with the Department of Community Development and developers in the improvement of open space and connectivity associated with residential or infill development. Identify specific parcels and rights-of-way/easements that are key to development of the Township’s overall recreation and leisure aims.
- Conduct a structural and programming feasibility study for determining the applicable utilization of renovating/re-purposing the Township’s Recreation Center on McLaughlin Run Road. Pursue and secure funding for the determined purpose and design. Complete construction as applicable.
- Conduct neighborhood planning processes and prepare design documents for neighborhood park upgrades as necessary.
- Develop a master plan for Gilfillan Park that promotes a physically and fiscally balanced approach of available municipal resources.
- Work with the Community Development and Public Works Departments to upgrade pedestrian and bicycle connectivity in neighborhoods.
- Further partnerships with the public and private facilities to optimize joint-use agreements and develop mutually beneficial facilities.
- Evaluate the Township’s role as related to the degree to which it physically and fiscally serves as a regional recreation provider in the coming decades.

Upgrades and Maintenance Actions

- Rehabilitate or replace existing playgrounds, restrooms, and other park facilities, including adjustments for relevant ongoing updates to ADA standards.

Administrative and Management Actions

- Establish clear mechanisms for interdepartmental and interagency coordination on planning and design issues, and to ensure consistency among Department goals.
- Continue to partner with volunteer groups to assist with improvements and management of special events and special use areas.
Recreation Budget 2010
GENERAL FUND

RECREATION

SUMMARY
### DEPARTMENT SUMMARY

#### GENERAL FUND

**RECREATION AND LEISURE SERVICES**

<table>
<thead>
<tr>
<th>Year</th>
<th>2007 Actual</th>
<th>2008 Actual</th>
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<th>2009 Estimate</th>
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<td>$171,800</td>
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<td>217,927</td>
<td>232,014</td>
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<td>63,171</td>
<td>51,281</td>
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<td>24,449</td>
<td>45,085</td>
<td>18,113</td>
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<td>39,880</td>
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<td><strong>Total Recreation Expenditures</strong></td>
<td>$595,923</td>
<td>$617,197</td>
<td>$473,208</td>
<td>$422,661</td>
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**RECREATION AND LEISURE SERVICES OVERVIEW**

The Department of Recreation and Leisure Services is responsible for the recreational programming, playground enhancements, park planning, facility management, athletic field management, community group management as well as community outreach for more than 20,000 residents. As the steward of these valuable community assets, the Department maintains these properties/organizations to protect the public investment and to provide safe, fun, educational, quality leisure time opportunities that enhance the quality of life within the community.

In 2010, the Recreation department opened a new 90,000 sq. ft. Community & Recreation Center (C&RC) servicing both residents and non-residents. This facility will be dependent on revenues from membership fees and other program related revenue. Therefore, the Township has appropriated personnel and other program costs from the General Fund to an enterprise fund for the C&RC. The remaining appropriations in the General Fund will consist of those costs that do not originate from the C&RC. Please refer to the Boyce Mayview Community & Recreation Center Fund in the Enterprise Funds section for detailed information on the C&RC operations.

### DEPARTMENT EXPENDITURES

**Recreation Expenditures**

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## DEPARTMENT EXPENDITURES (Continued)

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<td><strong>Total Contractual Services</strong></td>
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| **Total Recreation Expenditures** | **$595,923** | **$617,197** | **$473,208** | **$422,661** | **$478,885** |

## BUDGETARY COMMENT
Funds requested for Recreation in 2010 are $5,677 or 1.2% less than appropriated in 2009.
DEPARTMENT SUMMARY

GENERAL FUND
RECREATION AND LEISURE SERVICES

Township of Upper St. Clair, Pennsylvania 2010 Adopted Budget

RECREATION EXPENDITURES

DOLLARS

YEARS

2007 Actual
2008 Actual
2009 Budget
2009 Estimate
2010 Budget

Recreation Expenditure Trends
1991-2010

DOLLARS

YEARS


Township of Upper St. Clair, Pennsylvania

2010 Adopted Budget

281
SUPPLEMENTARY INFORMATION

General Fund Revenue Breakdown

How much tax revenue does it take to operate the Recreation department?

<table>
<thead>
<tr>
<th>Net Expenditures*</th>
<th>$63,944</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many real estate tax mills?</td>
<td>0.01</td>
</tr>
<tr>
<td>Earned Income Tax per $100?</td>
<td>$ 0.39</td>
</tr>
<tr>
<td>Percentage of Other Taxes?</td>
<td>0.03%</td>
</tr>
</tbody>
</table>

*Net Expenditures are the total expenditures for the department less direct applicable funding streams such as department specific fees, grants, and portions of the State pension grant.
GENERAL FUND

RECREATION

ADMINISTRATION
Recreation and Leisure Services

Recreation Administration Overview

The Department of Recreation and Leisure Services was established in 1988 when the Departments of Public Works and Parks and Recreation were reorganized. All park maintenance, forestry and school grounds maintenance services performed by Public Works employees are now accounted for by the Department of Public Works. All recreation programming is included in the Department of Recreation and Leisure Services. This re-organization has improved the efficiency of maintenance, planning and staffing. The Department of Recreation and Leisure Services is responsible for the operation and supervision of the following programs:

- Aerobics, Dance & Exercise
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- Golf Lesson Program
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- Various recreational activities

The Department of Recreation and Leisure Services also maintains schedules for use of Township facilities such as meeting rooms, Recreation Center on McLaughlin Run Road and ball fields.

The administrative staff consists of a Director, a Community Program Coordinator, an Office Secretary, and a part-time Senior Citizens Coordinator.

2009 Department Accomplishments

- Expanded Community Programs to collaborate with the Regional Environmental Education Center (REEC) to create regional awareness of Boyce Mayview Park
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- Marmion Field
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- Community Rooms
- Current Recreation Center
- Gilfillan Park
- Hays Park
- Johnson Park
- Memorial Garden
- Morton Field Complex
- Municipal Tennis Court
- Ravine Park
- Tustin Park
- Wiltshire Park
Community Organizations
The following is a list of Community Organizations that the Department of Recreation and Leisure Services assisted in coordination so far during 2009. Through October 2009, 528 permits for Township meeting rooms and fields were issued.

- 1830 Log House Committee
- Allegheny Health Department
- Athletes Taking Action
- Baker Elementary
- Bethel Park/St. Clair Rotary
- Boyce Road Gardeners
- Cinderella’s Closet (USC HS Service Project)
- Community Foundation of USC
- Council of Republican Women
- Different Strokes Tennis Club
- Eisenhower Elementary
- Friends of the Library Book Collection and Sale
- Ft. Couch Middle School
- Hastings Village Homeowners
- Hidden Valley Homeowners
- Lower Chartiers Watershed
- Montclair Homeowners Association
- Odyssey of the Mind
- Pacer Track Club
- Parks and Recreation Board
- Pineview Condominium Association
- Police Department Training
- Primary and General Elections
- Private parties
- PTA Council
- Sky Ridge Homeowners
- Streams Elementary
- Tall Trees Homeowners
- Tri-Community Continuing Education
- Tri-Community EMS
- Trotwood Garden Club
- US Postal Service
- USC Boy Scouts, Cub Scouts, Tiger Scouts
- USC Citizens for Land Stewardship
- USC Coral Boosters
- USC Crew Boosters
- USC Democratic Committee
- USC Fly Fishing
- USC Football Boosters
- USC Founders Group
- USC Girl Scouts, Daisy’s Cookie Delivery and Sale
- USC Historical Society
- USC Hockey Club
- USC HS Band Parents/Luminaries
- USC HS Football
- USC HS Girls Basketball
- USC HS Marching Band
- USC HS Musical
- USC HS Swim Team
- USC HS Thespians
- USC League for the Arts/Sugar Plum Shop
- USC Library
- USC Lions Club
- USC Newcomers Club
- USC Public Works
- USC Republican Committee
- USC Republican Forum
- USC School District Counselors
- USC Senior Citizens
- USC Stroke Survivors
- USC Swim Club
- USC Volleyball Boosters
- USC Women’s Club
- USC Youth Cheerleaders
- USCAA Baseball
- USCAA Football
- USCAA Lacrosse
- USCAA Soccer
- USCAA Softball
- USCAA Travel Soccer
- USCAA Wrestling
- Welcome Wagon of USC
- Woodland Hills Swim Club
- Wyngate Homeowners
DEPARTMENT ORGANIZATIONAL STRUCTURE

The proposed authorized personnel responsible for programs and services for the Recreation and Leisure Services Department for 2010 are as follows:

<table>
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<tr>
<th>Position Title</th>
<th>Pay Grade</th>
<th>Minimum</th>
<th>Maximum</th>
<th>2010 Positions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Recreation and Leisure Services</td>
<td>4</td>
<td>$62,455</td>
<td>$87,435</td>
<td>1</td>
</tr>
<tr>
<td>Community Program Coordinator</td>
<td>7</td>
<td>$34,395</td>
<td>$48,150</td>
<td>1</td>
</tr>
<tr>
<td>Office Secretary</td>
<td>8</td>
<td>$22,930</td>
<td>$40,125</td>
<td>1</td>
</tr>
<tr>
<td>Older Adult Coordinator</td>
<td>Part Time</td>
<td></td>
<td>$11.99/hour</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>4</strong></td>
</tr>
</tbody>
</table>

Dir. of Recreation & Leisure Services  
*Paul Besterman*

Office Secretary  
*Julie Shriver*

Senior Citizens’ Program Coordinator  
*Amy Kerman*  
(Part-time)

Community Program Coordinator  
*Lynn Walcoff*

Contractual Program Instructors for Specific Programs

Part-Time Employees for Specific Programs
DEPARTMENT ORGANIZATIONAL STRUCTURE (Continued)

Budgetary Allocations

Certain Township employees have responsibilities outside of their primary department. A budgetary allocation for Recreation employee’s wages and benefits has been made as follows:

<table>
<thead>
<tr>
<th>Position Title</th>
<th>Recreation</th>
<th>C&amp;RC Fund</th>
<th>BM RAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Recreation and Leisure Services</td>
<td>30%</td>
<td>70%</td>
<td>n/a</td>
</tr>
<tr>
<td>Community Program Coordinator</td>
<td>50%</td>
<td>50%</td>
<td>n/a</td>
</tr>
<tr>
<td>Office Secretary</td>
<td>25%</td>
<td>70%</td>
<td>5%</td>
</tr>
</tbody>
</table>

DEPARTMENT EXPENDITURES

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>101 Full-Time Wages</td>
<td>$131,173</td>
<td>$133,551</td>
<td>$47,935</td>
<td>$47,000</td>
<td>$49,322</td>
</tr>
<tr>
<td>110 Overtime Wages</td>
<td>-</td>
<td>90</td>
<td>100</td>
<td>600</td>
<td>100</td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>3,144</td>
<td>3,770</td>
<td>1,000</td>
<td>6,417</td>
<td>2,000</td>
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<tr>
<td>162 Group Life Insurance</td>
<td>1,172</td>
<td>1,341</td>
<td>510</td>
<td>506</td>
<td>528</td>
</tr>
<tr>
<td>163 Medical Insurance</td>
<td>29,507</td>
<td>31,422</td>
<td>11,152</td>
<td>9,958</td>
<td>13,668</td>
</tr>
<tr>
<td>164 Workmen's Compensation</td>
<td>684</td>
<td>678</td>
<td>242</td>
<td>287</td>
<td>4,001</td>
</tr>
<tr>
<td>166 Pension Costs</td>
<td>8,792</td>
<td>9,312</td>
<td>3,304</td>
<td>3,250</td>
<td>3,419</td>
</tr>
<tr>
<td>167 Longterm Disability Insurance</td>
<td>609</td>
<td>771</td>
<td>308</td>
<td>316</td>
<td>316</td>
</tr>
<tr>
<td>168 Post Retirement Plan</td>
<td>2,000</td>
<td>2,000</td>
<td>600</td>
<td>600</td>
<td>600</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>10,138</td>
<td>10,365</td>
<td>3,751</td>
<td>3,979</td>
<td>3,934</td>
</tr>
<tr>
<td><strong>Total Personal Services</strong></td>
<td>$187,219</td>
<td>$193,300</td>
<td>$68,902</td>
<td>$72,913</td>
<td>$77,888</td>
</tr>
</tbody>
</table>

| Contractual Services                        |             |             |             |               |             |
| 220 Liability Insurance                     | $24,753     | $24,175     | $24,305     | $21,219       | $21,855     |
| 230 Association Dues                        | 320         | 120         | 350         | 350           | 375         |
| 231 Travel & Conference Expense             | 152         | 1,090       | 1,750       | 300           | 350         |
| 250 Repairs & Maintenance-Office Equipment  | 762         | 838         | 900         | -             | -           |
| 275 Services-Printing & Duplicating         | 14,447      | 14,533      | 14,500      | 15,315        | 16,000      |
| 278 Postage Expense                         | 3,596       | 3,859       | 3,726       | 2,000         | 2,000       |
| 290 Other Contractual Services              | 1,400       | 965         | 500         | 900           | 500         |
| 291 Ad Hoc Committee Expenses               | 243         | -           | -           | -             | -           |
| **Total Contractual Services**              | $45,673     | $45,580     | $46,031     | $40,084       | $41,080     |
## ADMINISTRATION

### GENERAL FUND

#### RECREATION AND LEISURE SERVICES

### 2007 Actual | 2008 Actual | 2009 Budget | 2009 Estimate | 2010 Budget

<table>
<thead>
<tr>
<th>Commodities</th>
<th>Actual</th>
<th>Actual</th>
<th>Budget</th>
<th>Estimate</th>
<th>Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office Furniture &amp; Equipment 300</td>
<td>$ -</td>
<td>$ 86</td>
<td>$ 500</td>
<td>$ -</td>
<td>$ -</td>
</tr>
<tr>
<td>Expendable Office Supplies 301</td>
<td>1,315</td>
<td>1,646</td>
<td>1,350</td>
<td>2,500</td>
<td>1,000</td>
</tr>
<tr>
<td>Books, Periodicals &amp; Subscriptions 302</td>
<td>-</td>
<td>1,239</td>
<td>500</td>
<td>100</td>
<td>500</td>
</tr>
<tr>
<td>Recreation Supplies 326</td>
<td>1,749</td>
<td>202</td>
<td>1,750</td>
<td>1,700</td>
<td>1,750</td>
</tr>
<tr>
<td>Other Supplies 390</td>
<td>16</td>
<td>231</td>
<td>250</td>
<td>200</td>
<td>250</td>
</tr>
<tr>
<td><strong>Total Commodities</strong></td>
<td>$ 3,080</td>
<td>$ 3,404</td>
<td>$ 4,350</td>
<td>$ 4,500</td>
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| Distributed Costs                      |        |        |        |          |        |
| Dist. Vehicle Costs 601                | $ -    | $ -    | $ -    | $ -      | $ 2,444|
| Dist. Data Processing Costs 602        | 24,449 | 45,085 | 18,113 | 15,045   | 37,436 |
| **Total Distributed Costs**            | $ 24,449| $ 45,085| $ 18,113| $ 15,045 | $ 39,880|

**Total Administration Expenditures**  
$ 260,421

### BUDGETARY COMMENT

Funds for Recreation Administration have been increased by $24,952 due to an increase in distributed data processing costs.

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**THIS SPACE HAS BEEN INTENTIONALLY LEFT BLANK**
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- Municipal Tennis Court
- Ravine Park
- Tustin Park
- Wiltshire Park
Community Organizations
The following is a list of Community Organizations that the Department of Recreation and Leisure Services assisted in coordination so far during 2009. Through October 2009, 528 permits for Township meeting rooms and fields were issued.

- 1830 Log House Committee
- Allegheny Health Department
- Athletes Taking Action
- Baker Elementary
- Bethel Park/St. Clair Rotary
- Boyce Road Gardeners
- Cinderella’s Closet (USC HS Service Project)
- Community Foundation of USC
- Council of Republican Women
- Different Strokes Tennis Club
- Eisenhower Elementary
- Friends of the Library Book Collection and Sale
- Ft. Couch Middle School
- Hastings Village Homeowners
- Hidden Valley Homeowners
- Lower Chartiers Watershed
- Montclair Homeowners Association
- Odyssey of the Mind
- Pacer Track Club
- Parks and Recreation Board
- Pineview Condominium Association
- Police Department Training
- Primary and General Elections
- Private parties
- PTA Council
- Sky Ridge Homeowners
- Streams Elementary
- Tall Trees Homeowners
- Tri-Community Continuing Education
- Tri-Community EMS
- Trotwood Garden Club
- US Postal Service
- USC Boy Scouts, Cub Scouts, Tiger Scouts
- USC Citizens for Land Stewardship
- USC Coral Boosters
- USC Crew Boosters
- USC Democratic Committee
- USC Fly Fishing
- USC Football Boosters
- USC Founders Group
- USC Girl Scouts, Daisy’s Cookie Delivery and Sale
- USC Historical Society
- USC Hockey Club
- USC HS Band Parents/Luminaries
- USC HS Football
- USC HS Girls Basketball
- USC HS Marching Band
- USC HS Musical
- USC HS Swim Team
- USC HS Thespians
- USC League for the Arts/Sugar Plum Shop
- USC Library
- USC Lions Club
- USC Newcomers Club
- USC Public Works
- USC Republican Committee
- USC Republican Forum
- USC School District Counselors
- USC Senior Citizens
- USC Stroke Survivors
- USC Swim Club
- USC Volleyball Boosters
- USC Women’s Club
- USC Youth Cheerleaders
- USCAA Baseball
- USCAA Football
- USCAA Lacrosse
- USCAA Soccer
- USCAA Softball
- USCAA Travel Soccer
- USCAA Wrestling
- Welcome Wagon of USC
- Woodland Hills Swim Club
- Wyngate Homeowners
The proposed authorized personnel responsible for programs and services for the Recreation and Leisure Services Department for 2010 are as follows:

<table>
<thead>
<tr>
<th>Position Title</th>
<th>Pay Grade</th>
<th>Minimum</th>
<th>Maximum</th>
<th>2010 Positions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Recreation and Leisure Services</td>
<td>4</td>
<td>$62,455</td>
<td>$87,435</td>
<td>1</td>
</tr>
<tr>
<td>Community Program Coordinator</td>
<td>7</td>
<td>$34,395</td>
<td>$48,150</td>
<td>1</td>
</tr>
<tr>
<td>Office Secretary</td>
<td>8</td>
<td>$22,930</td>
<td>$40,125</td>
<td>1</td>
</tr>
<tr>
<td>Older Adult Coordinator Part Time</td>
<td></td>
<td></td>
<td>$11.99/hour</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>4</strong></td>
</tr>
</tbody>
</table>
DEPARTMENT ORGANIZATIONAL STRUCTURE (Continued)

Budgetary Allocations

Certain Township employees have responsibilities outside of their primary department. A budgetary allocation for Recreation employee’s wages and benefits has been made as follows:

<table>
<thead>
<tr>
<th>Position Title</th>
<th>Recreation</th>
<th>C&amp;RC Fund</th>
<th>BM RAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Recreation and Leisure Services</td>
<td>30%</td>
<td>70%</td>
<td>n/a</td>
</tr>
<tr>
<td>Community Program Coordinator</td>
<td>50%</td>
<td>50%</td>
<td>n/a</td>
</tr>
<tr>
<td>Office Secretary</td>
<td>25%</td>
<td>70%</td>
<td>5%</td>
</tr>
</tbody>
</table>

DEPARTMENT EXPENDITURES

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>101 Full-Time Wages</td>
<td>$131,173</td>
<td>$133,551</td>
<td>$47,935</td>
<td>$47,000</td>
<td>$49,322</td>
</tr>
<tr>
<td>110 Overtime Wages</td>
<td>-</td>
<td>90</td>
<td>100</td>
<td>600</td>
<td>100</td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>3,144</td>
<td>3,770</td>
<td>1,000</td>
<td>6,417</td>
<td>2,000</td>
</tr>
<tr>
<td>162 Group Life Insurance</td>
<td>1,172</td>
<td>1,341</td>
<td>510</td>
<td>506</td>
<td>528</td>
</tr>
<tr>
<td>163 Medical Insurance</td>
<td>29,507</td>
<td>31,422</td>
<td>11,152</td>
<td>9,958</td>
<td>13,668</td>
</tr>
<tr>
<td>164 Workmen’s Compensation</td>
<td>684</td>
<td>678</td>
<td>242</td>
<td>287</td>
<td>4,001</td>
</tr>
<tr>
<td>166 Pension Costs</td>
<td>8,792</td>
<td>9,312</td>
<td>3,304</td>
<td>3,250</td>
<td>3,419</td>
</tr>
<tr>
<td>167 Longterm Disability Insurance</td>
<td>609</td>
<td>771</td>
<td>308</td>
<td>316</td>
<td>316</td>
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<tr>
<td>168 Post Retirement Plan</td>
<td>2,000</td>
<td>2,000</td>
<td>600</td>
<td>600</td>
<td>600</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>10,138</td>
<td>10,365</td>
<td>3,751</td>
<td>3,979</td>
<td>3,934</td>
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<tr>
<td><strong>Total Personal Services</strong></td>
<td><strong>$187,219</strong></td>
<td><strong>$193,300</strong></td>
<td><strong>$68,902</strong></td>
<td><strong>$72,913</strong></td>
<td><strong>$77,888</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>220 Liability Insurance</td>
<td>$24,753</td>
<td>$24,175</td>
<td>$24,305</td>
<td>$21,219</td>
<td>$21,855</td>
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<tr>
<td>230 Association Dues</td>
<td>320</td>
<td>120</td>
<td>350</td>
<td>350</td>
<td>375</td>
</tr>
<tr>
<td>231 Travel &amp; Conference Expense</td>
<td>152</td>
<td>1,090</td>
<td>1,750</td>
<td>300</td>
<td>350</td>
</tr>
<tr>
<td>250 Repairs &amp; Maintenance-Office Equipment</td>
<td>762</td>
<td>838</td>
<td>900</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>275 Services-Printing &amp; Duplicating</td>
<td>14,447</td>
<td>14,533</td>
<td>14,500</td>
<td>15,315</td>
<td>16,000</td>
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<tr>
<td>278 Postage Expense</td>
<td>3,596</td>
<td>3,859</td>
<td>3,726</td>
<td>2,000</td>
<td>2,000</td>
</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>1,400</td>
<td>965</td>
<td>500</td>
<td>900</td>
<td>500</td>
</tr>
<tr>
<td>291 Ad Hoc Committee Expenses</td>
<td>243</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total Contractual Services</strong></td>
<td><strong>$45,673</strong></td>
<td><strong>$45,580</strong></td>
<td><strong>$46,031</strong></td>
<td><strong>$40,084</strong></td>
<td><strong>$41,080</strong></td>
</tr>
</tbody>
</table>
## Administration

### General Fund

#### Recreation and Leisure Services

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Commodities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>300 Office Furniture &amp; Equipment</td>
<td>$ -</td>
<td>$ 86</td>
<td>$ 500</td>
<td>$ -</td>
<td>$ -</td>
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<tr>
<td>301 Expendable Office Supplies</td>
<td>1,315</td>
<td>1,646</td>
<td>1,350</td>
<td>2,500</td>
<td>1,000</td>
</tr>
<tr>
<td>302 Books, Periodicals &amp; Subscriptions</td>
<td>-</td>
<td>1,239</td>
<td>500</td>
<td>100</td>
<td>500</td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>1,749</td>
<td>202</td>
<td>1,750</td>
<td>1,700</td>
<td>1,750</td>
</tr>
<tr>
<td>390 Other Supplies</td>
<td>16</td>
<td>231</td>
<td>250</td>
<td>200</td>
<td>250</td>
</tr>
<tr>
<td><strong>Total Commodities</strong></td>
<td>$ 3,080</td>
<td>$ 3,404</td>
<td>$ 4,350</td>
<td>$ 4,500</td>
<td>$ 3,500</td>
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<tr>
<td><strong>Distributed Costs</strong></td>
<td></td>
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<tr>
<td>601 Dist. Vehicle Costs</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 2,444</td>
</tr>
<tr>
<td>602 Dist. Data Processing Costs</td>
<td>24,449</td>
<td>45,085</td>
<td>18,113</td>
<td>15,045</td>
<td>37,436</td>
</tr>
<tr>
<td><strong>Total Distributed Costs</strong></td>
<td>$ 24,449</td>
<td>$ 45,085</td>
<td>$ 18,113</td>
<td>$ 15,045</td>
<td>$ 39,880</td>
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<tr>
<td><strong>Total Administration Expenditures</strong></td>
<td>$ 260,421</td>
<td>$ 287,369</td>
<td>$ 137,396</td>
<td>$ 132,542</td>
<td>$ 162,348</td>
</tr>
</tbody>
</table>

### Budgetary Comment

Funds for Recreation Administration have been increased by $24,952 due to an increase in distributed data processing costs.

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**RECREATION PROGRAMS OVERVIEW**

All recreation program expenses, except outdoor Tennis Court Maintenance and Golf Course Maintenance (Public Works), are budgeted as part of recreation programs, but staff coordination for these two (2) programs are managed by the Recreation department. Total recreation program expenses for 2010 are $316,537. Anticipated fees generated by these programs are $308,100. Thus, recreation programs are 97% fee supported.

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Personal Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$92,094</td>
<td>$90,770</td>
<td>$95,584</td>
<td>$96,538</td>
<td>$97,250</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>$7,044</td>
<td>$6,944</td>
<td>$7,314</td>
<td>$7,309</td>
<td>$7,442</td>
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<tr>
<td><strong>Total Personal Services</strong></td>
<td>$99,138</td>
<td>$97,714</td>
<td>$102,898</td>
<td>$103,847</td>
<td>$104,692</td>
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<tr>
<td><strong>Contractual Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>210 Professional Services</td>
<td>$3,944</td>
<td></td>
<td></td>
<td>$ -</td>
<td>$ -</td>
</tr>
<tr>
<td>213 Prof Services-Pathfinder</td>
<td>995</td>
<td></td>
<td></td>
<td>875</td>
<td>600</td>
</tr>
<tr>
<td>241 Utilities-Gas/Heating</td>
<td>55,790</td>
<td>60,501</td>
<td>81,500</td>
<td>62,000</td>
<td>70,000</td>
</tr>
<tr>
<td>242 Utilities-Electricity</td>
<td>18,840</td>
<td>19,716</td>
<td>24,000</td>
<td>23,000</td>
<td>24,480</td>
</tr>
<tr>
<td>261 Rental Charges</td>
<td>628</td>
<td>670</td>
<td>5,000</td>
<td>604</td>
<td>1,000</td>
</tr>
<tr>
<td>264 Rental-Pool</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>274 Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>275 Printing &amp; Duplicating</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>279 Services-Recreation Programs</td>
<td>37,177</td>
<td>22,494</td>
<td>17,500</td>
<td>14,000</td>
<td>14,000</td>
</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>61,153</td>
<td>68,156</td>
<td>53,883</td>
<td>45,764</td>
<td>54,240</td>
</tr>
<tr>
<td><strong>Total Contractual Services</strong></td>
<td>$178,527</td>
<td>$171,537</td>
<td>$185,983</td>
<td>$146,243</td>
<td>$164,420</td>
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<tr>
<td><strong>Commodities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$41,998</td>
<td>$45,584</td>
<td>$46,431</td>
<td>$40,029</td>
<td>$46,925</td>
</tr>
<tr>
<td>328 Parks Mte Supplies</td>
<td>156</td>
<td></td>
<td>500</td>
<td></td>
<td>500</td>
</tr>
<tr>
<td><strong>Total Commodities</strong></td>
<td>$42,154</td>
<td>$45,584</td>
<td>$46,931</td>
<td>$40,029</td>
<td>$47,425</td>
</tr>
<tr>
<td><strong>Total Program Expenditures</strong></td>
<td>$319,819</td>
<td>$314,835</td>
<td>$335,812</td>
<td>$290,119</td>
<td>$316,537</td>
</tr>
</tbody>
</table>
FOOTBALL TRAINING
This program is offered for students in grades seven through twelve. One hundred and fifty hours in activities are designed to develop strength, flexibility, agility and endurance. No limit is placed on registration. In 2009, fees ranged from $57.00 to $78.00 depending on age.

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$ 7,551</td>
<td>$ 7,800</td>
<td>$ 9,103</td>
<td>$ 8,465</td>
<td>$ 9,250</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>578</td>
<td>597</td>
<td>696</td>
<td>648</td>
<td>708</td>
</tr>
<tr>
<td>Total Personal Services</td>
<td>$ 8,129</td>
<td>$ 8,397</td>
<td>$ 9,799</td>
<td>$ 9,113</td>
<td>$ 9,958</td>
</tr>
<tr>
<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$ 929</td>
<td>$ 1,599</td>
<td>$ 1,086</td>
<td>$ 1,049</td>
<td>$ 1,200</td>
</tr>
<tr>
<td>Total Commodities</td>
<td>$ 929</td>
<td>$ 1,599</td>
<td>$ 1,086</td>
<td>$ 1,049</td>
<td>$ 1,200</td>
</tr>
<tr>
<td>Total Football Training</td>
<td>$ 9,058</td>
<td>$ 9,996</td>
<td>$ 10,885</td>
<td>$ 10,162</td>
<td>$ 11,158</td>
</tr>
</tbody>
</table>

Estimated Revenue
002 Football Training $ 10,070 $ 10,085 $ 9,500 $ 10,416 $ 10,500
Percent Fee Supported 94%

AEROBICS/DANCE AND EXERCISE CLASSES
Cardiovascular fitness programs of choreographed movements are designed to enhance endurance, improve flexibility and muscle tone. Program materials are primarily concerned with the area of dancing. However, the programs are also designed for non-dancers. Services and fees are determined by the contractor.

<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Contractual Services</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>$ 26,299</td>
<td>$ 33,819</td>
<td>$ 11,000</td>
<td>$ 17,000</td>
<td>$ 15,000</td>
</tr>
<tr>
<td>Total Contractual Services</td>
<td>$ 26,299</td>
<td>$ 33,819</td>
<td>$ 11,000</td>
<td>$ 17,000</td>
<td>$ 15,000</td>
</tr>
<tr>
<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$ 69</td>
<td>-</td>
<td>$ 200</td>
<td>-</td>
<td>$ 200</td>
</tr>
<tr>
<td>Total Commodities</td>
<td>$ 69</td>
<td>-</td>
<td>$ 200</td>
<td>-</td>
<td>$ 200</td>
</tr>
<tr>
<td>Total Aerobics/Dance Class</td>
<td>$ 26,368</td>
<td>$ 33,819</td>
<td>$ 11,200</td>
<td>$ 17,000</td>
<td>$ 15,200</td>
</tr>
</tbody>
</table>

Estimated Revenue
003 Aerobics/Dance & Exercise $ 36,169 $ 53,738 $ 12,500 $ 20,000 $ 15,000
Percent Fee Supported 99%
SKI PROGRAMS
Ladies Ski and Junior Ski Programs are provided at the Hidden Valley Ski area. Bus transportation, lift tickets, group lessons and skiing are included in fees for five trips to the ski area. The ski program is evaluated every year based on participation. Based on the past 3 years of participation, no budget has been set for ski programs.

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Contractual Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>261 Rental Charges-Bus Transport</td>
<td>$ (82)</td>
<td>$ -</td>
<td>$ 4,000</td>
<td>$ -</td>
<td>$ -</td>
</tr>
<tr>
<td>273 Services-Lift Tickets</td>
<td>-</td>
<td>-</td>
<td>4,000</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>-</td>
<td>-</td>
<td>4,000</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Total Contractual Services</td>
<td>$ (82)</td>
<td>$ -</td>
<td>$ 12,000</td>
<td>$ -</td>
<td>$ -</td>
</tr>
<tr>
<td>Total Ski Programs Expenditures</td>
<td>$ (82)</td>
<td>$ -</td>
<td>$ 12,000</td>
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<table>
<thead>
<tr>
<th>Estimated Revenue 006 Ski Program</th>
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</thead>
<tbody>
<tr>
<td>$ 2,215</td>
<td>$ (2,450)</td>
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<td>$ -</td>
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<tr>
<td>Percent Fee Supported</td>
<td></td>
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<td></td>
<td>0%</td>
</tr>
</tbody>
</table>

SOCCER PROGRAMS
Summer soccer programs are provided for students in grades four through twelve. The program includes instruction in fundamentals, daily scrimmages, films and competitions. Thirty-seven and one-half hours of activity are provided for a fee of $57.00.

<table>
<thead>
<tr>
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<tr>
<td>Personal Services</td>
<td></td>
<td></td>
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<tr>
<td>120 Part-Time Wages</td>
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<td>$ 5,468</td>
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<td>$ 5,666</td>
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<td>472</td>
<td>418</td>
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<td>Total Personal Services</td>
<td>$ 6,641</td>
<td>$ 5,886</td>
<td>$ 6,782</td>
<td>$ 6,099</td>
<td>$ 6,836</td>
</tr>
</tbody>
</table>

| Commodities                                      |             |             |             |               |             |
| 326 Recreation Supplies                          | $ 947       | $ 1,160     | $ 1,200     | $ 638         | $ 1,200     |
| Total Commodities                                | $ 947       | $ 1,160     | $ 1,200     | $ 638         | $ 1,200     |
| Total Soccer Program Expenditures                | $ 7,588     | $ 7,046     | $ 7,982     | $ 6,737       | $ 8,036     |

<table>
<thead>
<tr>
<th>Estimated Revenue 007 Soccer Programs</th>
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<tr>
<td>$ 6,555</td>
<td>$ 5,866</td>
<td>$ 6,500</td>
<td>$ 4,280</td>
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<tr>
<td>Percent Fee Supported</td>
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<td>75%</td>
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**SOFTBALL PROGRAMS**

The summer softball league is open to resident men, beginning with freshmen in high school. Sixteen teams of 15 to 25 members compete in an organized tournament for prize jackets. In 2009, fees were set at $50.00 per person.

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<tbody>
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<td>Contractual Services</td>
<td></td>
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</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>$8,404</td>
<td>$9,318</td>
<td>$11,100</td>
<td>$7,725</td>
<td>$11,100</td>
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<td>Total Contractual Services</td>
<td>$8,404</td>
<td>$9,318</td>
<td>$11,100</td>
<td>$7,725</td>
<td>$11,100</td>
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<td>Commodities</td>
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<td></td>
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<tr>
<td>326 Recreation Supplies</td>
<td>$1,130</td>
<td>$1,691</td>
<td>$1,250</td>
<td>$2,141</td>
<td>$1,275</td>
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<td>$1,130</td>
<td>$1,691</td>
<td>$1,250</td>
<td>$2,141</td>
<td>$1,275</td>
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<td>Total Softball Programs Expenditures</td>
<td>$9,534</td>
<td>$11,009</td>
<td>$12,350</td>
<td>$9,866</td>
<td>$12,375</td>
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</table>

| Estimated Revenue             |             |             |             |               |             |
| 008 Softball                  | $16,705     | $21,585     | $22,340     | $15,664       | $18,000     |
| Percent Fee Supported         |             |             |             |               | 145%        |

**SUMMER PLAYGROUND AND CULTURAL ARTS PROGRAM**

The Summer Playground and Cultural Arts program provides six weeks of supervised activity to students in grades one through eight. Activities include arts and crafts, films, children performers, and the Summer Pathfinder School for exceptional children. In 2009, fees were set at $78.00 per person (family maximum of $129.00).

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</thead>
<tbody>
<tr>
<td>Personal Services</td>
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</tr>
<tr>
<td>120 Part-Time Wages</td>
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<td>$29,445</td>
<td>$31,681</td>
<td>$31,729</td>
<td>$31,750</td>
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<td>198 Social Security Expense</td>
<td>$2,230</td>
<td>$2,253</td>
<td>$2,424</td>
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<td>$2,429</td>
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<td>Total Personal Services</td>
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<td>$31,698</td>
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<td>213 Prof Services-Pathfinder</td>
<td>$995</td>
<td>-</td>
<td>-</td>
<td>$875</td>
<td>$600</td>
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<tr>
<td>290 Other Contractual Services</td>
<td>$6,304</td>
<td>$4,890</td>
<td>$6,753</td>
<td>$1,739</td>
<td>$6,750</td>
</tr>
<tr>
<td>Total Contractual Services</td>
<td>$7,299</td>
<td>$4,890</td>
<td>$6,753</td>
<td>$2,614</td>
<td>$7,350</td>
</tr>
<tr>
<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$6,426</td>
<td>$6,380</td>
<td>$7,250</td>
<td>$2,225</td>
<td>$7,250</td>
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<tr>
<td>Total Commodities</td>
<td>$6,426</td>
<td>$6,380</td>
<td>$7,250</td>
<td>$2,225</td>
<td>$7,250</td>
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<tr>
<td>Total Summer Playground Expenditures</td>
<td>$45,107</td>
<td>$42,968</td>
<td>$48,108</td>
<td>$38,995</td>
<td>$48,779</td>
</tr>
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</table>

| Estimated Revenue             |             |             |             |               |             |
| 011 Summer Playground & Cultural Art Program | $44,986 | $40,579 | $40,000 | $32,000 | $38,000 |
| Percent Fee Supported         |             |             |             |               | 78%         |
OLDER ADULTS PROGRAM
The Upper St. Clair Older Adults program was initiated in the spring of 1975. At that time, it was funded on an experimental basis by Federal Revenue Sharing monies. The program was an unqualified success with a 400% increase in participation by the end of 1975. Because of the success of the 1975 experimental program, beginning in 1976 the program was funded through the General Fund. Approximately 125 older adults participate in the program on a regular basis. A part-time Township employee coordinates the program.

The schedule of programs includes films, arts and crafts lessons, lectures, card tournaments, pool, ping-pong, field trips and a weekly luncheon program. Continuation of the program is recommended for 2010.

### Older Adults Program Expenditures

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</thead>
<tbody>
<tr>
<td><strong>Personal Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$8,619</td>
<td>$9,955</td>
<td>$9,850</td>
<td>$12,000</td>
<td>$12,000</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>$659</td>
<td>$762</td>
<td>$754</td>
<td>$842</td>
<td>$918</td>
</tr>
<tr>
<td><strong>Total Personal Services</strong></td>
<td>$9,278</td>
<td>$10,717</td>
<td>$10,604</td>
<td>$12,842</td>
<td>$12,918</td>
</tr>
<tr>
<td><strong>Contractual Services</strong></td>
<td>$710</td>
<td>$670</td>
<td>$1,000</td>
<td>$604</td>
<td>$1,000</td>
</tr>
<tr>
<td>260 Rental Charges-Vehicle</td>
<td>$710</td>
<td>$670</td>
<td>$1,000</td>
<td>$604</td>
<td>$1,000</td>
</tr>
<tr>
<td><strong>Total Contractual Services</strong></td>
<td>$710</td>
<td>$670</td>
<td>$1,000</td>
<td>$604</td>
<td>$1,000</td>
</tr>
<tr>
<td><strong>Commodities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$9,211</td>
<td>$8,617</td>
<td>$8,800</td>
<td>$8,700</td>
<td>$8,900</td>
</tr>
<tr>
<td><strong>Total Commodities</strong></td>
<td>$9,211</td>
<td>$8,617</td>
<td>$8,800</td>
<td>$8,700</td>
<td>$8,900</td>
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<tr>
<td><strong>Total Older Adults Program Expenditures</strong></td>
<td>$19,199</td>
<td>$20,004</td>
<td>$20,404</td>
<td>$22,146</td>
<td>$22,818</td>
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<tr>
<td><strong>Estimated Revenue</strong></td>
<td>$1,798</td>
<td>$930</td>
<td>$500</td>
<td>$250</td>
<td>$500</td>
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<tr>
<td><strong>Percent Fee Supported</strong></td>
<td></td>
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<td></td>
<td>2%</td>
</tr>
</tbody>
</table>

SWIM PROGRAM
Due to the opening of the Community & Recreation Center (C&RC), a swim program will no longer be supported by the General Fund. For C&RC Swim Program revenue projections please refer to the Boyce Mayview Community & Recreation Center Fund.
SWIM PROGRAM (Continued)

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$6,229</td>
<td>$3,495</td>
<td>$1,000</td>
<td>$1,875</td>
<td>$-</td>
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<tr>
<td>198 Social Security Expense</td>
<td>476</td>
<td>267</td>
<td>77</td>
<td>143</td>
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<td>Total Personal Services</td>
<td>$6,705</td>
<td>$3,762</td>
<td>$1,077</td>
<td>$2,018</td>
<td>$-</td>
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<tr>
<td>Contracted Services</td>
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<tr>
<td>210 Professional Services</td>
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<tr>
<td>264 Rental Charges-Pool</td>
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<td>-</td>
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<td>-</td>
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<tr>
<td>290 Contracted Services</td>
<td>1,366</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
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<tr>
<td>Total Contracted Services</td>
<td>$5,310</td>
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<tr>
<td>Total Swim Program Expenditures</td>
<td>$12,015</td>
<td>$3,762</td>
<td>$1,077</td>
<td>$2,018</td>
<td>$-</td>
</tr>
</tbody>
</table>

| Estimate Revenue                            |             |             |             |               |             |
| 017 Swim Program                            | $5,921      | $3,481      | $1,300      | $731          | $-          |

Percent Fee Supported 0%

GOLF LESSON PROGRAM

Beginner and Intermediate golf lessons are offered at the Municipal Golf Course. In 2009, fees were set at $62.00 to $78.00 for 10 hours of instruction.

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</thead>
<tbody>
<tr>
<td>Contractual Services</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>$3,949</td>
<td>$3,694</td>
<td>$3,730</td>
<td>$3,000</td>
<td>$3,750</td>
</tr>
<tr>
<td>Total Contractual Services</td>
<td>$3,949</td>
<td>$3,694</td>
<td>$3,730</td>
<td>$3,000</td>
<td>$3,750</td>
</tr>
<tr>
<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$-</td>
<td>$-</td>
<td>$125</td>
<td>$-</td>
<td>$125</td>
</tr>
<tr>
<td>Total Commodities</td>
<td>$-</td>
<td>$-</td>
<td>$125</td>
<td>$-</td>
<td>$125</td>
</tr>
<tr>
<td>Total Golf Lesson Program Expenditures</td>
<td>$3,949</td>
<td>$3,694</td>
<td>$3,855</td>
<td>$3,000</td>
<td>$3,875</td>
</tr>
</tbody>
</table>

| Estimated Revenue                                     |             |             |             |               |             |
| 018 Golf Lesson                                       | $4,794      | $4,740      | $5,175      | $4,500        | $5,000      |

Percent Fee Supported 129%
SUMMER MUSIC PROGRAM
The Township offers a summer music program to youth in grades 3, 4 and 5. Instruction in string and band instruments is provided as well as an opportunity for small group playing. In 2009, fees were set at $100.00.

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$4,738</td>
<td>$5,217</td>
<td>$5,800</td>
<td>$4,196</td>
<td>$5,800</td>
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<td>198 Social Security Expense</td>
<td>362</td>
<td>399</td>
<td>444</td>
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<td>Total Personal Services</td>
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<td>$6,244</td>
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<td>Commodities</td>
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<tr>
<td>326 Recreation Supplies</td>
<td>$1,446</td>
<td>$2,530</td>
<td>$2,700</td>
<td>$2,376</td>
<td>$2,700</td>
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<tr>
<td>Total Commodities</td>
<td>$1,446</td>
<td>$2,530</td>
<td>$2,700</td>
<td>$2,376</td>
<td>$2,700</td>
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<tr>
<td>Total Summer Music Prog. Expenditures</td>
<td>$6,546</td>
<td>$8,146</td>
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<td>$6,893</td>
<td>$8,944</td>
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<tr>
<td>020 Summer Music Program</td>
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<td>$8,278</td>
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<tr>
<td>Percent Fee Supported</td>
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<td>93%</td>
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</tbody>
</table>

TEENIE BUBBLE/PADDLE TENNIS PROGRAM
The Township's three tennis bubbles provide tennis play to program subscribers during the months of October through April. Subscribers purchase a fixed hour each week for the season. Fees for a season subscription per hour are $490.00.

Fee projections include amortized capital costs of two (2) tennis bubbles constructed in 1999 and 2008. The Township expects to repay these costs through user fees charged for the next ten-year period.
### TENNIS BUBBLE/PADDLE TENNIS PROGRAM (Continued)

<table>
<thead>
<tr>
<th>Tennis Bubble/Paddle Tennis Exp. 01-50-521-500???-000</th>
<th>2007 Actual</th>
<th>2008 Actual</th>
<th>2009 Budget</th>
<th>2009 Estimate</th>
<th>2010 Budget</th>
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<tbody>
<tr>
<td>Personal Services</td>
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<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$21,166</td>
<td>$20,816</td>
<td>$22,770</td>
<td>$21,500</td>
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<td>$1,619</td>
<td>$1,592</td>
<td>$1,742</td>
<td>$1,645</td>
<td>$1,760</td>
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<tr>
<td>241 Natural Gas Utility</td>
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<td>$81,500</td>
<td>$62,000</td>
<td>$70,000</td>
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<td>242 Electrical Utility</td>
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<td>$94,480</td>
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</tr>
<tr>
<td>328 Parks Mte Supplies</td>
<td>$156</td>
<td>-</td>
<td>$500</td>
<td>-</td>
<td>$500</td>
</tr>
<tr>
<td>Total Commodities</td>
<td>$156</td>
<td>-</td>
<td>$500</td>
<td>-</td>
<td>$500</td>
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<tr>
<td>Total Tennis Bubble/Paddle Tennis Exp.</td>
<td>$97,571</td>
<td>$102,625</td>
<td>$130,512</td>
<td>$108,145</td>
<td>$119,740</td>
</tr>
</tbody>
</table>

| Estimated Revenue                                    |             |             |             |               |             |
| 021 Tennis Bubble Fees**                             | $89,854     | $172,030    | $125,000    | $120,000      | $125,000    |

Percent Fee Supported: 104%

### MISCELLANEOUS SELF-SUPPORTING PROGRAMS

Throughout the year, the Recreation Department organizes short or experimental programs and field trips on a completely reimbursable basis. This budget account provides an allocation for these programs. Due to the construction of the C&RC, these programs have been reduced in 2010 and will be reexamined in future years. For C&RC Self-Supporting Program revenue projections please refer to the Boyce Mayview Community & Recreation Center Fund.

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</thead>
<tbody>
<tr>
<td>Contractual Services</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>279 Services-Recreation Programs</td>
<td>$37,177</td>
<td>$22,494</td>
<td>$17,500</td>
<td>$14,000</td>
<td>$14,000</td>
</tr>
<tr>
<td>Total Contractual Services</td>
<td>$37,177</td>
<td>$22,494</td>
<td>$17,500</td>
<td>$14,000</td>
<td>$14,000</td>
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<tr>
<td>Total Self Supporting Prog. Expenditures</td>
<td>$37,177</td>
<td>$22,494</td>
<td>$17,500</td>
<td>$14,000</td>
<td>$14,000</td>
</tr>
</tbody>
</table>

| Estimated Revenue                                          |             |             |             |               |             |
| 022 Miscellaneous Self Supporting                          | $59,617     | $53,270     | $25,500     | $25,000       | $25,000     |

Percent Fee Supported: 179%
YOUTH BASKETBALL PROGRAMS
Winter and summer basketball programs are offered in order to teach basketball fundamentals and provide opportunities for organized play. The summer program provides up to 100 hours of play and instruction at a fee of $62.00. In the winter program, up to 140 hours of play and instruction are provided at a fee of $62.00.

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</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$4,917</td>
<td>$4,994</td>
<td>$5,250</td>
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Estimated Revenue

| 023 Youth Basketball                         | $50,595    | $50,903    | $53,000     | $55,000      | $53,500    |

Percent Fee Supported: 116%

INSTRUCTIONAL BASEBALL
Lessons on the fundamentals of baseball are provided for boys and girls from age six through fifteen. This summer program provides instructions for 56 participants at a fee of $57.00.

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Estimated Revenue

| 028 Instructional Baseball                              | $4,180     | $2,930     | $3,100      | $3,249       | $3,300     |

Percent Fee Supported: 64%
YOUTH DEVELOPMENT
This budget represents the Teen Center Support for 2010.

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## DEPARTMENT OVERVIEW

Since 2009, Cable Television Services have been shown under General Government.

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| Total Cable Television Expenditures | $15,683 | $14,993 | $ - | $ - | $ - |
### Personal Operating Appropriations

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**Total Personal Operating Appropriations**  
$90,571 $102,429 $312,473 $491,268 $469,455

### Park Appropriations

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**Total Park Appropriations**  
$402,545 $738,025 $189,000 $385,884 $250,000

### Park Operations & Maintenance

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**Total Park Operations & Mte.**  
$9,427 $44,410 $119,630 $239,819 $252,610

**Total Appropriations**  
$502,543 $884,864 $621,103 $1,116,971 $972,066
PROGRAM OVERVIEW

For 2010, the Allegheny County Regional Asset District (ARAD) allocated a grant of $385,000 to the Township for operation and development costs associated with Boyce Mayview Park because the park meets the definition of a regional asset. These funds are required to be spent in accordance with the Agreement between the Township and the Regional Asset District for the Boyce Mayview Park only. Upon the recommendation of ARAD, Staff began to show all expenditures that are matching the ARAD grant in this Special Revenue Fund; therefore, an operating transfer from the General Fund of $587,066 is budgeted to be made for 2010.
FIELD
MAINTENANCE

FIELD IMPROVEMENT FUND
PUBLIC WORKS

2007 2008 2009 2009 2010
Actual Actual Budget Estimate Budget

Beginning Fund Balance $ 183,588 $ 233,725 $ 250,515 $ 250,515 $ 296,515
Estimated Revenue 50,137 49,771 51,600 50,600 51,000
Appropriations - (32,981) (275,000) (4,600) (300,000)
Ending Fund Balance $ 233,725 $ 250,515 $ 27,115 $ 296,515 $ 47,515

PROGRAM OVERVIEW

The Field Improvement Fund was established to fund the building of new ball fields and renovating the existing ones. The Athletic Association of the Township has raised funds through donations and user fees and combined it with Township appropriations to fund these activities for 2010.

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<td>$ 51,600</td>
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</tbody>
</table>
BOYCE MAYVIEW COMMUNITY & RECREATION CENTER FUND

RECREATION

OVERVIEW

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Beginning Net Assets</td>
<td>$</td>
<td>$ 400,000</td>
<td>$ 1,806,606</td>
<td>$ 1,806,606</td>
<td>$ 1,031,521</td>
</tr>
<tr>
<td>Operating Revenue</td>
<td>400,000</td>
<td>500,000</td>
<td>2,124,660</td>
<td>1,009,471</td>
<td>3,037,726</td>
</tr>
<tr>
<td>Operating Expenses</td>
<td>-</td>
<td>(65,623)</td>
<td>(2,095,415)</td>
<td>(1,879,711)</td>
<td>(3,037,726)</td>
</tr>
<tr>
<td>Operating Income (Loss)</td>
<td>400,000</td>
<td>434,377</td>
<td>29,245</td>
<td>(870,240)</td>
<td>-</td>
</tr>
<tr>
<td>Non-Operating Revenue</td>
<td>-</td>
<td>-</td>
<td>1,150,297</td>
<td>1,320,321</td>
<td>1,142,107</td>
</tr>
<tr>
<td>Non-Operating Expenses</td>
<td>-</td>
<td>(358,862)</td>
<td>(760,474)</td>
<td>(908,828)</td>
<td>(774,721)</td>
</tr>
<tr>
<td>Total Non-Operating Revenues (Expenses)</td>
<td>-</td>
<td>(358,862)</td>
<td>389,823</td>
<td>411,493</td>
<td>367,386</td>
</tr>
<tr>
<td>Change in Net Assets</td>
<td>400,000</td>
<td>75,515</td>
<td>419,068</td>
<td>(458,747)</td>
<td>367,386</td>
</tr>
<tr>
<td>Capital Contribution</td>
<td>-</td>
<td>1,331,091</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Less: Depreciation - CRC Building</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>(316,338)</td>
<td>(633,675)</td>
</tr>
<tr>
<td>Ending Net Assets</td>
<td>$ 400,000</td>
<td>$ 1,806,606</td>
<td>$ 2,225,674</td>
<td>$ 1,031,521</td>
<td>$ 766,232</td>
</tr>
</tbody>
</table>

COMMUNITY & RECREATION CENTER OVERVIEW

In 2009, the Board of Commissioners directed the Township Manager and the Recreation and Leisure Services Department to make a complete change of philosophy in the construction and operation of the Community & Recreation Center (C&RC).

For the first time in Township history, the focus of service has changed from serving residents to serving residents and surrounding communities in an effort to capture fees to cover the operating expenses for the new 90,000 square foot C&RC and outdoor Aquatics Facility.

In order to begin to tackle this task, the Department of Recreation and Leisure Services created a Membership/Marketing Department, Fitness Department, Aquatics Department and a Maintenance Department.

From a historical perspective, the process of building this Community Center began in the late 1990’s with the creation of the Master Plan for Boyce Mayview Park. The Master Plan led to the creation of the REEC, 4 playing fields, perimeter trail and over 10 miles of interior trails. In 2004, the Board of Commissioners began discussing the Community & Recreation Center Concepts. The Board created a 50 member AD Hoc Group to research other facilities and gather information from their neighborhood and various interest groups. The Board also contracted with Ballard King and Associates for a financial feasibility study. This study was the footprint for the C&RC and served as the pro forma upon start up of operations.

For 2010, the Boyce Mayview Community & Recreation Center Fund accounts for all financial activities of the operation of the newly constructed C&RC including the repayment of the Debt Service on the 30 year bonds needed to construct the facility. The Fund is broken up into two different cost centers: Indoor Facility and Outdoor Pool Facility. There are specific revenue and expenditure accounts to identify these cost centers.

For current information about the Community & Recreation Center, please visit www.livesmarterplayharder.org.
OVERVIEW

BOYCE MAYVIEW COMMUNITY & RECREATION CENTER FUND
RECREATION

2009 C&RC ACCOMPLISHMENTS

- In June 2009, opened the Community & Recreation Center with an Outdoor Aquatics Center
- Hired and Trained full-time and part-time staff for the Aquatics, Fitness, Guest Relations, Membership and Maintenance Departments
- Created Membership and Marketing Plan including the Founders’ Club, member for a day programs, school nights and a community bill board to develop membership incentives for residents and surrounding communities.
- Developed a base membership of over 5,700 individuals
- Developed a Maintenance manual for the Center
- Developed policies and procedures for the Guest Relations department
- Created guidelines and contracts for room rentals and birthday parties
- Developed Staff training programs
- With the help of the Information Technology Department, created the C&RC website
- Completed a professional audit of the Aquatics Department staffing and procedures

2010 C&RC GOALS AND OBJECTIVES

- To meet the C&RC underlying premise of covering 75% of the operational expenses with the revenue generated from membership fees and program revenue.
- Continue to attract and retain a membership base through marketing and promotion
- Continue to expand and enhance C&RC programs and room rentals
- Begin to create programming for special needs populations
- Monitor membership and program satisfaction surveys

C&RC MEMBERSHIP STATISTICS

The basis for C&RC sustainability is annual memberships. A sustainable membership base will depend on the number of annual memberships for the C&RC. The goal for 2010 is to have 2,180 annual memberships, consisting of 80% resident memberships and 20% non-resident memberships. Below are the annual membership statistics through November 2009.

<table>
<thead>
<tr>
<th>ALL ANNUAL PASSES</th>
<th>RESIDENTS</th>
<th>NON-RESIDENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals</td>
<td>Memberships</td>
<td>Percentage</td>
</tr>
<tr>
<td>5,956</td>
<td>1,760</td>
<td>5,157</td>
</tr>
</tbody>
</table>

A variety of membership options are available at the C&RC. These memberships allow access to the Indoor Facilities as well as the Outdoor Aquatics Center. Please refer to the C&RC website, www.livesmarterplayharder.org, for a complete listing of membership types.
C&RC ORGANIZATIONAL STRUCTURE

The proposed authorized personnel responsible for the C&RC for 2010 are as follows:

<table>
<thead>
<tr>
<th>Position Title</th>
<th>Pay Grade</th>
<th>Minimum</th>
<th>Maximum</th>
<th>2010 Positions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Recreation and Leisure Services</td>
<td>4</td>
<td>$62,455</td>
<td>$87,435</td>
<td>1</td>
</tr>
<tr>
<td>Assistant Director of Recreation and Leisure Services</td>
<td>5</td>
<td>$51,190</td>
<td>$71,665</td>
<td>1</td>
</tr>
<tr>
<td>C&amp;RC Membership &amp; Marketing Coordinator</td>
<td>6</td>
<td>$41,960</td>
<td>$58,745</td>
<td>1</td>
</tr>
<tr>
<td>C&amp;RC Aquatics Supervisor</td>
<td>7</td>
<td>$34,395</td>
<td>$48,150</td>
<td>1</td>
</tr>
<tr>
<td>C&amp;RC Building Maintenance Supervisor</td>
<td>7</td>
<td>$34,395</td>
<td>$48,150</td>
<td>1</td>
</tr>
<tr>
<td>C&amp;RC Fitness Supervisor</td>
<td>7</td>
<td>$34,395</td>
<td>$48,150</td>
<td>1</td>
</tr>
<tr>
<td>C&amp;RC Guest Relations Coordinator</td>
<td>7</td>
<td>$34,395</td>
<td>$48,150</td>
<td>1</td>
</tr>
<tr>
<td>Community Program Coordinator</td>
<td>7</td>
<td>$34,395</td>
<td>$48,150</td>
<td>1</td>
</tr>
<tr>
<td>C&amp;RC Assistant Aquatics Supervisor</td>
<td>8</td>
<td>$22,930</td>
<td>$40,125</td>
<td>1</td>
</tr>
<tr>
<td>C&amp;RC Membership Specialist</td>
<td>8</td>
<td>$22,930</td>
<td>$40,125</td>
<td>1</td>
</tr>
<tr>
<td>C&amp;RC Personal Trainer</td>
<td>8</td>
<td>$22,930</td>
<td>$40,125</td>
<td>2</td>
</tr>
<tr>
<td>Office Secretary</td>
<td>8</td>
<td>$22,930</td>
<td>$40,125</td>
<td>1</td>
</tr>
<tr>
<td>C&amp;RC Building Custodian (Attendant)</td>
<td>Union Contract</td>
<td>$16.30/hr</td>
<td>$16.30/hr</td>
<td>1</td>
</tr>
<tr>
<td>C&amp;RC Maintenance Custodian (Attendant)</td>
<td>Union Contract</td>
<td>$16.30/hr</td>
<td>$16.30/hr</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>15</strong></td>
</tr>
</tbody>
</table>

**Budgetary Allocations**

Certain Township employees have responsibilities outside of their primary department. A budgetary allocation for Recreation employee’s wages and benefits has been made as follows:

<table>
<thead>
<tr>
<th>Position Title</th>
<th>Recreation</th>
<th>C&amp;RC Fund</th>
<th>BM RAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Recreation and Leisure Services</td>
<td>30%</td>
<td>70%</td>
<td>n/a</td>
</tr>
<tr>
<td>Community Program Coordinator</td>
<td>50%</td>
<td>50%</td>
<td>n/a</td>
</tr>
<tr>
<td>Office Secretary</td>
<td>25%</td>
<td>70%</td>
<td>5%</td>
</tr>
</tbody>
</table>

**THIS SPACE HAS BEEN INTENTIONALLY LEFT BLANK**
AQUATICS OVERVIEW

The Community & Recreation Center is the first to offer the South Hills amenities that you may only find in regional water parks and other highly themed resorts on the East Coast. Presenting only the best in aquatic cleaning, our state of the art filters remove the smallest particles from water, resulting in very clean, clear water. Also, to aid in the cleanliness of the Aquatic Center’s water, each pool and spa’s filter system produces a turnover rate much higher than standard guidelines require.

Indoor Lap Pool
The indoor lap pool is a 4 lane, 25 yard pool. It ranges from 3.5 feet in the shallow end to 8 feet in the deep end. Uses for this space include lap swimming, shallow and deep water aerobics, and swim lessons. Water temperature will be kept between 82 and 84 degrees Fahrenheit.

Resistance Channel
The resistance channel is a 3.5 foot deep, side-winding "river" of moving water. Patrons using the resistance channel will be able to swim, walk, or run against the current for a higher intensity workout. As an alternative, bathers will also be able to glide along with the current for a much more relaxing, and gentle exercise experience. Water temperature will be kept between 84 and 88 degrees Fahrenheit.

Recreational/Leisure Pool
The recreational/leisure pool is a large, open pool area that contains a vast amount of pool space as well as multiple structures and interactive play features. It is equipped with a zero-depth entry which allows easy access for almost all individuals. Special features of the recreation/leisure pool area include a two-story body side, water geysers, underwater benches, and a large interactive play structure with dumping bells, small slide, and water cannons. Water temperature will be kept between 84 and 88 degrees Fahrenheit.

Outdoor Pool Area
The outdoor pool area has a variety of family friendly features available in and around the pool. Surrounding the pool is a spacious grassy area for lounging and play, two large pavilions with picnic tables, a large sandbox, and oversized beach umbrellas. In the pool, patrons will find a two-story body slide, lily pad walk with overhead cargo net, water geysers and cannons, discovery fountains, an interactive play structure with small slide, underwater benches, and leisure pool. Water temperatures will be kept between 78 and 80 degrees Fahrenheit.

Programs provided by the Aquatics Department are as follows:

- Swim Lessons
- Private Swim Lessons
- Water Aerobics Classes

Staffing
The Aquatics Department is staffed by one (1) Aquatics Supervisor, one (1) Assistant Aquatics Supervisor and part-time lifeguards.
FITNESS OVERVIEW

The main area of the Fitness Department encompasses approximately 10,000 square feet of the facility. This area includes Free Weights, Selectorized Weight Machines and Cardiovascular Machines. The Fitness Department also has two workout studios and an 18,000 square foot gymnasium.

Programs provided by the Fitness Department are as follows:
- Personal Training
- Nutrition Counseling
- Fitness Assessments
- Strength and Cardio Orientations
- Group Exercise Classes
- Introduction to Strength Training

Staffing
The Fitness Department is staffed by one (1) Fitness Supervisor, two (2) Personal Trainers, part-time exercise instructors and other part-time staff.

MEMBERSHIP & MARKETING OVERVIEW

The Membership & Marketing Department offers a variety of membership options: Indoor Annual and Three Month Memberships, Outdoor Aquatic Seasonal Memberships and a Combined Membership option. These membership options are broken out into four (4) categories: Youth, Adult, Family and Senior. For more information on plans and fees please visit www.livesmarterplayharder.org. The Membership Department is also responsible for the rental agreements for the two (2) Aquatic Party Rooms and a 3,600 square foot Community Room.

Staffing
The Membership & Marketing Department is staffed by one (1) Membership & Marketing Coordinator, one (1) Membership Specialist, one (1) part-time Facility Rental Coordinator and part-time membership specialists.

BUILDING MAINTENANCE OVERVIEW

The Building Maintenance Department is responsible for the cleaning, maintenance and general upkeep of the Community & Recreation Center. Currently, the cleaning services for the building are contracted out to a third party.

Staffing
The Building Maintenance Department is staffed by one (1) Building Maintenance Supervisor and two (2) C&RC Attendants.
OVERVIEW

BOYCE MAYVIEW COMMUNITY & RECREATION CENTER FUND
RECREATION

GUEST RELATIONS OVERVIEW

The Guest Relations Department is responsible for general administration, front desk administration and childcare at the Community & Recreation Center. Customer service is valued at the C&RC and the Guest Relations Department handles all initial customer service requests. The Guest Relations Department also handles all childcare responsibilities in the Tot Room at the C&RC. Childcare is available to children from ages 8 weeks to 10 years old.

Staffing

The Guest Relations Department is staffed by one (1) Guest Relations Coordinator, one (1) Office Secretary, part-time Control Desk Associates and part-time Childcare Associates.

COMMUNITY PROGRAMS OVERVIEW

Please refer to the General Fund-Recreation section of the Budget for a detailed description of the Community Programs offered by the Township of Upper St. Clair.

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## REVENUE

### BOYCE/MAYVIEW COMMUNITY RECREATION CENTER FUND RECREATION

<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Operating Revenue</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Membership Revenue</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>350001 Indoor Memberships</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 648,740</td>
<td>$ 88,000</td>
<td>$ 174,343</td>
</tr>
<tr>
<td>350002 Outdoor Pool Memberships</td>
<td>-</td>
<td>-</td>
<td>154,133</td>
<td>28,790</td>
<td>37,500</td>
</tr>
<tr>
<td>350003 Combined Memberships</td>
<td>-</td>
<td>-</td>
<td>247,877</td>
<td>502,189</td>
<td>1,294,501</td>
</tr>
<tr>
<td>350004 Daily Admissions</td>
<td>-</td>
<td>-</td>
<td>474,720</td>
<td>70,000</td>
<td>105,000</td>
</tr>
<tr>
<td>Program Revenue</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>367003 Fitness Programs</td>
<td>-</td>
<td>-</td>
<td>41,000</td>
<td>12,000</td>
<td>115,000</td>
</tr>
<tr>
<td>367011 Art Programs</td>
<td>-</td>
<td>-</td>
<td>6,833</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>367013 Older Adults Program Fees</td>
<td>-</td>
<td>-</td>
<td>667</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>367017 Aquatic Programs</td>
<td>-</td>
<td>-</td>
<td>40,000</td>
<td>35,000</td>
<td>85,000</td>
</tr>
<tr>
<td>367022 Misc. Self Supporting Fees</td>
<td>-</td>
<td>-</td>
<td>47,167</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>367023 Basketball Program Fees</td>
<td>-</td>
<td>-</td>
<td>27,333</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>367030 League Fees</td>
<td>-</td>
<td>-</td>
<td>13,667</td>
<td>-</td>
<td>20,000</td>
</tr>
<tr>
<td>Facility Revenue</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>380010 Non-Aquatic Facility Fees</td>
<td>-</td>
<td>-</td>
<td>2,000</td>
<td>1,500</td>
<td>27,600</td>
</tr>
<tr>
<td>380011 Aquatic Facility Fees</td>
<td>-</td>
<td>-</td>
<td>10,500</td>
<td>8,500</td>
<td>33,000</td>
</tr>
<tr>
<td>Other Revenue</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>360008 Gen. Fund App-25% Oper. Exp.*</td>
<td>400,000</td>
<td>500,000</td>
<td>337,523</td>
<td>244,292</td>
<td>643,440</td>
</tr>
<tr>
<td>360008 Gen. Fund Add’l Appropriation</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>456,842</td>
</tr>
<tr>
<td>370001 Babysitting Services</td>
<td>-</td>
<td>-</td>
<td>17,334</td>
<td>9,200</td>
<td>21,000</td>
</tr>
<tr>
<td>370010 Vending Revenue</td>
<td>-</td>
<td>-</td>
<td>48,333</td>
<td>5,500</td>
<td>12,000</td>
</tr>
<tr>
<td>370020 Indoor Facility Misc. Revenue</td>
<td>-</td>
<td>-</td>
<td>3,333</td>
<td>3,500</td>
<td>10,000</td>
</tr>
<tr>
<td>370021 Outdoor Pool Facility Misc. Rev.</td>
<td>-</td>
<td>-</td>
<td>3,500</td>
<td>1,000</td>
<td>2,500</td>
</tr>
<tr>
<td><strong>Total Operating Revenue</strong></td>
<td><strong>$ 400,000</strong></td>
<td><strong>$ 500,000</strong></td>
<td><strong>$ 2,124,660</strong></td>
<td><strong>$ 1,009,471</strong></td>
<td><strong>$ 3,037,726</strong></td>
</tr>
</tbody>
</table>

---

*Gen Fund Debt Service Appropriation, $1,140,607
Gen Fund Operating Appropriation, $1,100,282
Membership Revenue, $1,611,344
Program Revenue, $220,000
Other Revenue, $47,000
Facility Revenue, $60,600

---

Township of Upper St. Clair, Pennsylvania 390 2010 Adopted Budget
### Indoor Facility Operating Expenses

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Indoor Personal Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>101 Full-Time Wages</td>
<td></td>
<td>$ 43,150</td>
<td>$ 439,830</td>
<td>$ 432,000</td>
<td>$ 557,425</td>
</tr>
<tr>
<td>110 Overtime Wages</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>162 Group Life Insurance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>163 Medical Insurance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>164 Workmen's Compensation</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>166 Pension Costs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>167 Long-Term Disability Insurance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>168 Post Retirement Plan</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>198 Social Security Expense</td>
<td></td>
<td>$ 3,266</td>
<td>$ 70,400</td>
<td>$ 56,036</td>
<td>$ 95,313</td>
</tr>
<tr>
<td><strong>Total Indoor Personal Services</strong></td>
<td></td>
<td>$ 55,565</td>
<td>$ 1,164,074</td>
<td>$ 917,945</td>
<td>$ 1,601,347</td>
</tr>
</tbody>
</table>

### Indoor Contractual Services

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>220 Liability Insurance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>230 Association Dues</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>231 Travel &amp; Conference Expense</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>232 Personnel Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>240 Water &amp; Sewage</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>241 Natural Gas</td>
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</tr>
<tr>
<td>242 Electricity</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>243 Telephone</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>250 Repairs &amp; Maintenance-Office</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>250 Repairs &amp; Maintenance-Recreation</td>
<td></td>
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<tr>
<td>255 Building Maintenance</td>
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<td>256 Pool Maintenance</td>
<td></td>
<td></td>
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<tr>
<td>262 Uniforms</td>
<td></td>
<td></td>
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<tr>
<td>275 Services-Printing &amp; Duplicating</td>
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<tr>
<td>278 Postage Expense</td>
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<tr>
<td>290 Other Contractual Services</td>
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<tr>
<td>297 Interest Expense</td>
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<tr>
<td>298 Credit Card Fees</td>
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<td>299 Internet Connection Costs</td>
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<td><strong>Total Indoor Contractual Services</strong></td>
<td></td>
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<td><strong>412,751</strong></td>
<td><strong>554,166</strong></td>
<td><strong>832,113</strong></td>
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## EXPENDITURES

### BOYCE/MAYVIEW COMMUNITY RECREATION CENTER FUND

#### RECREATION

**Township of Upper St. Clair, Pennsylvania**

#### 2010 Adopted Budget

<table>
<thead>
<tr>
<th>Indoor Commodities</th>
<th>2007 Actual</th>
<th>2008 Actual</th>
<th>2009 Budget</th>
<th>2009 Estimate</th>
<th>2010 Budget</th>
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<tbody>
<tr>
<td>300 Office Furniture &amp; Equipment</td>
<td>$ -</td>
<td>$ -</td>
<td>$ -</td>
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<td>$ 1,000</td>
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<tr>
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<td>233</td>
<td>13,333</td>
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<td>-</td>
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<td>304 Publicity Material/Marketing</td>
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<td>18,000</td>
<td>20,000</td>
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<td>390 Other Supplies</td>
<td>-</td>
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<tr>
<td><strong>Total Indoor Commodities</strong></td>
<td>$ -</td>
<td>$ 572</td>
<td>$ 92,667</td>
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<table>
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<tr>
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<td>$ -</td>
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<td>$ 128,834</td>
<td>$ 257,415</td>
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**Total Indoor Facility Operating Expenses**

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>$ 572</td>
<td>$ 92,667</td>
<td>$ 156,500</td>
<td>$ 140,300</td>
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#### Outdoor Pool Facility Operating Expenses

**53-50-510-500????-000**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>120 Part-Time Wages</td>
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<td>$ 216,752</td>
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<tr>
<td><strong>Total Outdoor Personal Services</strong></td>
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<td>$ -</td>
<td>$ 233,334</td>
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<thead>
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<tr>
<td>220 Liability Insurance</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 15,000</td>
<td>$ -</td>
<td>$ -</td>
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<tr>
<td>230 Association Dues</td>
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<tr>
<td>231 Travel &amp; Conference Expense</td>
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<td>241 Natural Gas</td>
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<td>21,250</td>
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<td>243 Telephone</td>
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<td>-</td>
<td>-</td>
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<tr>
<td>250 Repairs &amp; Maintenance-Office Equipment</td>
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<td>-</td>
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<tr>
<td>251 Repairs &amp; Maintenance-Recreation Equipment</td>
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<tr>
<td>256 Pool Maintenance</td>
<td>-</td>
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<td>5,000</td>
<td>500</td>
<td>12,000</td>
</tr>
<tr>
<td>262 Uniforms</td>
<td>-</td>
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<td>750</td>
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<td>750</td>
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<td>278 Postage Expense</td>
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<td>500</td>
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<td>-</td>
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<tr>
<td>290 Other Contractual Services</td>
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<td>19,333</td>
<td>407</td>
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<td><strong>Total Outdoor Contractual Services</strong></td>
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<td>$ 95,583</td>
<td>$ 7,157</td>
<td>$ 30,750</td>
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### EXPENDITURES

#### BOYCE/MAYVIEW COMMUNITY RECREATION CENTER FUND

#### RECREATION

**Township of Upper St. Clair, Pennsylvania 2010 Adopted Budget**

<table>
<thead>
<tr>
<th></th>
<th></th>
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<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>300 Office Furniture &amp; Equipment</td>
<td>$-</td>
<td>$-</td>
<td>$-</td>
<td>$260</td>
<td>$-</td>
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<tr>
<td>301 Expendable Office Supplies</td>
<td>-</td>
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<td>-</td>
<td>-</td>
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<tr>
<td>302 Books, Periodicals &amp; Subscriptions</td>
<td>-</td>
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<tr>
<td>304 Publicity Material</td>
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<td>10,000</td>
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<td>4,167</td>
<td>1,151</td>
<td>3,000</td>
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<td>329 Pool Chemicals</td>
<td>-</td>
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<td>19,500</td>
<td>10,000</td>
<td>7,000</td>
</tr>
<tr>
<td>390 Other Supplies</td>
<td>-</td>
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<td>5,000</td>
<td>-</td>
<td>1,000</td>
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<td><strong>Total Outdoor Commodities</strong></td>
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<td>$-</td>
<td>$42,667</td>
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<td>$21,500</td>
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<tr>
<td><strong>Total Outdoor Facility Operating Expenses</strong></td>
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<td>$-</td>
<td>$371,584</td>
<td>$122,266</td>
<td>$206,551</td>
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<tr>
<td><strong>Total CRC Operating Expenses</strong></td>
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<td>$65,623</td>
<td>$2,095,415</td>
<td>$1,879,711</td>
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<tr>
<td><strong>Total Operating Income (Loss)</strong></td>
<td>$400,000</td>
<td>$434,377</td>
<td>$29,245</td>
<td>$(870,240)</td>
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**DISTRIBUTED COSTS, $257,415**

**Debt Service, $1,140,607**

**Personal Services, $1,755,648**

**Contractual Services, $862,863**

**Commodities, $161,800**

### BUDGETARY COMMENT

The Community & Recreation Center will have its first full year of operations in 2010. Revenue and Expenditure projections were made based on the first three months of operation. A 10% half year increase in membership fees are projected in the 2010 C&RC Budget. Before an increase is implemented in July 2010, the Board of Commissioners, the C&RC staff and Township Staff will re-examine all revenue and expenditure projections in order to more accurately set membership fees.
### Non-Operating Activities

**BOYCE/MAYVIEW COMMUNITY RECREATION CENTER FUND**

#### Recreation

**Township of Upper St. Clair, Pennsylvania 2010 Adopted Budget**

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td><strong>Non-Operating Revenues</strong></td>
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<td>345001-000 Interest on Investments</td>
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<td>$ -</td>
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<td>$ 1,000</td>
<td>$ 1,500</td>
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<tr>
<td>360008-000 Transfer In-Debt Service App</td>
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<td>-</td>
<td>1,150,297</td>
<td>1,298,651</td>
<td>1,140,607</td>
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<tr>
<td>360008-003 Transfer In-Cap. Proj. Fund</td>
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<td>$ -</td>
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<td>$ 1,142,107</td>
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<tbody>
<tr>
<td><strong>Non-Operating Expenses</strong></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>501-000 Bond Payments-Principal</td>
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<td>$ -</td>
<td>$ 389,823</td>
<td>$ 389,823</td>
<td>$ 365,886</td>
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<td>501-001 Bonds Payable Allocation</td>
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<td>-</td>
<td>(389,823)</td>
<td>(389,823)</td>
<td>(365,886)</td>
</tr>
<tr>
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<td>742,657</td>
<td>760,474</td>
<td>908,828</td>
<td>774,721</td>
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<td>512-000 Capitalized Interest Expense</td>
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<td>(383,795)</td>
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<tr>
<td><strong>Total Non-Operating Expenses</strong></td>
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<td>$ 358,862</td>
<td>$ 760,474</td>
<td>$ 908,828</td>
<td>$ 774,721</td>
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**Total Non-Operating Revenues (Expenses)**

<table>
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<tr>
<th></th>
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</table>

*THIS SPACE HAS BEEN INTENTIONALLY LEFT BLANK*
SUPPLEMENTARY INFORMATION

In 2008, the Township of Upper St. Clair issued a General Obligation Bond to finance the construction of the Community & Recreation Center. The debt service schedule related to the specific funds used for construction is detailed below.

<table>
<thead>
<tr>
<th>Year of Maturity</th>
<th>Rate Coupon</th>
<th>Principal</th>
<th>Interest</th>
<th>Remarketing Fees</th>
<th>Annual Debt Service</th>
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<td>2011</td>
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<td>379,565</td>
<td>693,539</td>
<td>40,862</td>
<td>1,113,965</td>
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<td>2012</td>
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<td>389,823</td>
<td>680,921</td>
<td>40,102</td>
<td>1,110,846</td>
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<td>2013</td>
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<td>406,921</td>
<td>667,854</td>
<td>39,308</td>
<td>1,114,083</td>
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<tr>
<td>2014</td>
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<td>417,179</td>
<td>654,339</td>
<td>38,495</td>
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<td>2015</td>
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<td>434,277</td>
<td>640,375</td>
<td>37,648</td>
<td>1,112,300</td>
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<td>2016</td>
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<td>444,535</td>
<td>625,963</td>
<td>36,811</td>
<td>1,107,279</td>
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<td>2017</td>
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<td>461,633</td>
<td>611,102</td>
<td>35,880</td>
<td>1,108,614</td>
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<td>2018</td>
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<td>482,150</td>
<td>595,624</td>
<td>34,940</td>
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<td>495,828</td>
<td>579,585</td>
<td>33,973</td>
<td>1,109,386</td>
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<td>2020</td>
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<td>512,925</td>
<td>563,041</td>
<td>32,974</td>
<td>1,108,940</td>
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<tr>
<td>2021</td>
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<td>530,023</td>
<td>545,937</td>
<td>31,940</td>
<td>1,107,900</td>
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<td>2022</td>
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<td>553,959</td>
<td>528,160</td>
<td>30,860</td>
<td>1,112,978</td>
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<td>2023</td>
<td>3.280%</td>
<td>574,476</td>
<td>509,653</td>
<td>29,739</td>
<td>1,113,869</td>
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<tr>
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<td>3.280%</td>
<td>591,574</td>
<td>490,530</td>
<td>28,586</td>
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<td>470,790</td>
<td>27,392</td>
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<td>26,165</td>
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<td>656,544</td>
<td>429,347</td>
<td>24,885</td>
<td>1,110,776</td>
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<td>677,061</td>
<td>407,476</td>
<td>23,564</td>
<td>1,108,101</td>
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<td>700,998</td>
<td>384,876</td>
<td>22,197</td>
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<td>724,934</td>
<td>361,490</td>
<td>20,784</td>
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<td>752,290</td>
<td>337,264</td>
<td>19,317</td>
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<tr>
<td>2032</td>
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<td>1,354,122</td>
<td>302,719</td>
<td>16,677</td>
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</tr>
<tr>
<td>2033</td>
<td>3.280%</td>
<td>1,559,292</td>
<td>254,939</td>
<td>13,636</td>
<td>1,827,867</td>
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<tr>
<td>2034</td>
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<td>1,617,424</td>
<td>202,841</td>
<td>10,482</td>
<td>1,830,746</td>
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<tr>
<td>2035</td>
<td>3.280%</td>
<td>1,672,136</td>
<td>148,892</td>
<td>7,221</td>
<td>1,828,249</td>
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<tr>
<td>2036</td>
<td>3.280%</td>
<td>889,070</td>
<td>106,888</td>
<td>5,488</td>
<td>1,001,446</td>
</tr>
<tr>
<td>2037</td>
<td>3.280%</td>
<td>1,381,478</td>
<td>69,651</td>
<td>2,794</td>
<td>1,453,923</td>
</tr>
<tr>
<td>2038</td>
<td>3.280%</td>
<td>1,432,771</td>
<td>23,497</td>
<td>-</td>
<td>1,456,268</td>
</tr>
</tbody>
</table>

Total $21,700,147 $13,043,489 $754,293 $35,497,929
Recreation Expenditures

<table>
<thead>
<tr>
<th></th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td>$221,366</td>
<td>$229,745</td>
<td>$245,720</td>
<td>$222,387</td>
<td>$261,284</td>
</tr>
<tr>
<td>Contractual Services</td>
<td>162,364</td>
<td>167,481</td>
<td>194,615</td>
<td>205,477</td>
<td>221,240</td>
</tr>
<tr>
<td>Commodities</td>
<td>43,774</td>
<td>40,564</td>
<td>56,000</td>
<td>51,991</td>
<td>56,350</td>
</tr>
<tr>
<td>Distributed Costs</td>
<td>16,290</td>
<td>18,731</td>
<td>31,634</td>
<td>27,055</td>
<td>50,528</td>
</tr>
<tr>
<td>Total Recreation Expenditures</td>
<td>$443,794</td>
<td>$456,521</td>
<td>$527,969</td>
<td>$506,910</td>
<td>$589,402</td>
</tr>
</tbody>
</table>

RECREATION AND LEISURE SERVICES OVERVIEW

The Department of Recreation and Leisure Services is responsible for the recreational programming, playground enhancements, park planning, facility management, athletic field management, community group management, as well as community outreach for more than 19,000 residents. As the steward of these valuable community assets, the department maintains these properties/organizations to protect the public investment, and to provide safe, fun, and educational quality leisure time opportunities that enhance the quality of life within the community.

In 2009, the Recreation Department opened a new 90,000 square foot Community & Recreation Center (C&RC) serving both residents and non-residents. This facility depends on revenues from membership fees and other program related revenue. Therefore, the Township has appropriated personnel and other program costs from the General Fund to an enterprise fund for the C&RC. The remaining appropriations in the General Fund consist of those costs that do not originate from the C&RC. Please refer to the “Boyce Mayview Community & Recreation Center Fund” in the “Enterprise Funds” section for detailed information on the C&RC operations.

PROGRAM AREAS SERVED

Preschool, Youth and Teen
Children of all ages face many challenges in society. Community programs are structured to combat the threats of poorly functioning families, drugs and alcohol, poorly managed screen time (television, computer, and cell phones), unhealthy food and drink, and physical inactivity. Community programs serve youths and teens through a variety of activities designed to help young people thrive and reach their fullest potential.

Summer Camp Program
Revering nature serves as the foundation for community programs summer camp programs for those ages 3 – 18 years of age. Camp programs are educational, as well as promote mental development, physical well-being, social growth, and respect for the environment.

Family
Family programs provide children and their parents with activities that foster understanding and companionship. These programs are planned to bring groups of families together in a supportive environment. Through community programs, parents can learn from each other and children in an enjoyable way.
Community Program Youth and Adult Sports
Youth sports programs create opportunities to demonstrate and teach character values. All children participate equally in sports leagues and clinics where special emphasis is placed on building confidence, self-esteem, teamwork, fitness, and skills. Youth sports include basketball, football, soccer, lacrosse, martial arts, tennis, and golf. Adult sports create opportunities for men and woman to recreate, build, and maintain fitness through well-organized and safe programs including basketball, platform tennis, tennis, swimming, volleyball, bocce, and scuba.

Older Adult Program
Community programs for older adults utilize a three-pronged approach in working with seniors involving health and wellness activities, social activities, and opportunities for volunteerism.

DEPARTMENT EXPENDITURES

<table>
<thead>
<tr>
<th>Recreation Expenditures 01-50-501-500 TO 01-50-545-500</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>101 Full-Time Wages</td>
<td>$ 52,330</td>
<td>$ 54,262</td>
<td>$ 55,433</td>
<td>$ 64,692</td>
<td>$ 66,700</td>
</tr>
<tr>
<td>110 Overtime Wages</td>
<td>-</td>
<td>189</td>
<td>300</td>
<td>200</td>
<td>300</td>
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<tr>
<td>120 Part-Time Wages</td>
<td>132,019</td>
<td>134,541</td>
<td>148,500</td>
<td>116,739</td>
<td>150,400</td>
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<tr>
<td>162 Group Life Insurance</td>
<td>463</td>
<td>417</td>
<td>430</td>
<td>454</td>
<td>500</td>
</tr>
<tr>
<td>163 Medical Insurance</td>
<td>9,774</td>
<td>10,599</td>
<td>9,885</td>
<td>10,201</td>
<td>10,500</td>
</tr>
<tr>
<td>164 Workers’ Compensation</td>
<td>8,150</td>
<td>10,707</td>
<td>10,800</td>
<td>11,473</td>
<td>11,500</td>
</tr>
<tr>
<td>166 Pension Costs</td>
<td>3,832</td>
<td>3,956</td>
<td>4,080</td>
<td>3,993</td>
<td>4,000</td>
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<tr>
<td>167 Long-term Disability Insurance</td>
<td>213</td>
<td>147</td>
<td>140</td>
<td>141</td>
<td>150</td>
</tr>
<tr>
<td>168 Post Retirement Plan</td>
<td>600</td>
<td>600</td>
<td>600</td>
<td>600</td>
<td>600</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>13,985</td>
<td>14,327</td>
<td>15,552</td>
<td>13,894</td>
<td>16,634</td>
</tr>
<tr>
<td><strong>Total Personal Services</strong></td>
<td><strong>$ 221,366</strong></td>
<td><strong>$ 229,745</strong></td>
<td><strong>$ 245,720</strong></td>
<td><strong>$ 222,387</strong></td>
<td><strong>$ 261,284</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Contractual Services</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>213 Professional Services-Pathfinder</td>
<td>$ 1,175</td>
<td>$ 1,325</td>
<td>$ 1,200</td>
<td>$ 1,475</td>
<td>$ 1,625</td>
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<tr>
<td>220 Liability Insurance</td>
<td>21,806</td>
<td>22,441</td>
<td>22,215</td>
<td>22,028</td>
<td>22,215</td>
</tr>
<tr>
<td>230 Association Dues</td>
<td>420</td>
<td>700</td>
<td>700</td>
<td>384</td>
<td>1,000</td>
</tr>
<tr>
<td>231 Travel &amp; Conference Expense</td>
<td>1,554</td>
<td>421</td>
<td>1,750</td>
<td>941</td>
<td>3,500</td>
</tr>
<tr>
<td>241 Natural Gas</td>
<td>34,376</td>
<td>35,657</td>
<td>45,000</td>
<td>70,770</td>
<td>65,000</td>
</tr>
<tr>
<td>242 Electricity</td>
<td>20,737</td>
<td>20,294</td>
<td>23,000</td>
<td>20,697</td>
<td>23,000</td>
</tr>
<tr>
<td>261 Rental Charges-Transportation</td>
<td>1,170</td>
<td>1,237</td>
<td>1,500</td>
<td>1,244</td>
<td>1,500</td>
</tr>
<tr>
<td>264 Rental Charges-Facilities</td>
<td>-</td>
<td>-</td>
<td>3,000</td>
<td>2,712</td>
<td>3,000</td>
</tr>
<tr>
<td>275 Printing &amp; Duplicating</td>
<td>11,779</td>
<td>11,712</td>
<td>13,100</td>
<td>11,307</td>
<td>12,100</td>
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<tr>
<td>278 Postage</td>
<td>3,818</td>
<td>4,005</td>
<td>5,000</td>
<td>4,724</td>
<td>5,000</td>
</tr>
<tr>
<td>279 Self Supporting Programs</td>
<td>37,008</td>
<td>41,471</td>
<td>30,000</td>
<td>35,674</td>
<td>40,000</td>
</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>28,521</td>
<td>28,218</td>
<td>48,150</td>
<td>33,521</td>
<td>43,300</td>
</tr>
<tr>
<td><strong>Total Contractual Services</strong></td>
<td><strong>$ 162,364</strong></td>
<td><strong>$ 167,481</strong></td>
<td><strong>$ 194,615</strong></td>
<td><strong>$ 205,477</strong></td>
<td><strong>$ 221,240</strong></td>
</tr>
</tbody>
</table>
DEPARTMENT EXPENDITURES (Continued)

Commodities

<table>
<thead>
<tr>
<th>Item</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>301 Expendable Office Supplies</td>
<td>$711</td>
<td>$1,087</td>
<td>$2,500</td>
<td>$1,718</td>
<td>$2,000</td>
</tr>
<tr>
<td>302 Books &amp; Subscriptions</td>
<td>180</td>
<td>160</td>
<td>500</td>
<td>200</td>
<td>250</td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>41,619</td>
<td>38,501</td>
<td>51,500</td>
<td>49,169</td>
<td>52,850</td>
</tr>
<tr>
<td>328 Parks Maintenance Supplies</td>
<td>(150)</td>
<td>16</td>
<td>500</td>
<td>188</td>
<td>250</td>
</tr>
<tr>
<td>390 Other Supplies</td>
<td>1,414</td>
<td>800</td>
<td>1,000</td>
<td>716</td>
<td>1,000</td>
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<tr>
<td><strong>Total Commodities</strong></td>
<td>$43,774</td>
<td>$40,564</td>
<td>$56,000</td>
<td>$51,991</td>
<td>$56,350</td>
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Distributed Costs

<table>
<thead>
<tr>
<th>Item</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>601 Dist. Vehicle Costs</td>
<td>$2,471</td>
<td>$2,744</td>
<td>$2,596</td>
<td>$2,500</td>
<td>$2,563</td>
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<tr>
<td>602 Dist. Data Processing Costs</td>
<td>13,819</td>
<td>15,987</td>
<td>29,038</td>
<td>24,555</td>
<td>47,965</td>
</tr>
<tr>
<td><strong>Total Distributed Costs</strong></td>
<td>$16,290</td>
<td>$18,731</td>
<td>$31,634</td>
<td>$27,055</td>
<td>$50,528</td>
</tr>
</tbody>
</table>

**Total Recreation Expenditures**

<table>
<thead>
<tr>
<th>Year</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>$301,000</td>
<td>$310,000</td>
<td>$320,000</td>
<td>$325,000</td>
<td>$330,000</td>
</tr>
<tr>
<td>2013</td>
<td>$310,000</td>
<td>$320,000</td>
<td>$330,000</td>
<td>$335,000</td>
<td>$340,000</td>
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<tr>
<td>2014</td>
<td>$320,000</td>
<td>$330,000</td>
<td>$340,000</td>
<td>$345,000</td>
<td>$350,000</td>
</tr>
<tr>
<td>2014 Estimate</td>
<td>$330,000</td>
<td>$340,000</td>
<td>$350,000</td>
<td>$355,000</td>
<td>$360,000</td>
</tr>
<tr>
<td>2015 Budget</td>
<td>$340,000</td>
<td>$350,000</td>
<td>$360,000</td>
<td>$365,000</td>
<td>$370,000</td>
</tr>
</tbody>
</table>

**Budgetary Comment**

Funds requested for recreation in 2015 are $61,433 or 11.64% more than appropriated in 2014 due to an increase in personal services related to various programs. The increased personal services costs are mostly offset by increased revenues that will result from the additional programming.
DEPARTMENT SUMMARY

GENERAL FUND RECREATION AND LEISURE SERVICES

Recreation Expenditure Trends 1996-2015

* Average Annual Cost Increase Rate – 3.67%

SUPPLEMENTARY INFORMATION

General Fund Revenue Breakdown

How much tax revenue does it take to operate the Recreation Department?

<table>
<thead>
<tr>
<th>Net Expenditures*</th>
<th>$ 110,105</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many real estate tax mills?</td>
<td>0.02 $ 48,047.44</td>
</tr>
<tr>
<td>Earned Income Tax per $100?</td>
<td>$ 0.62 $ 51,793.12</td>
</tr>
<tr>
<td>Percentage of Other Taxes?</td>
<td>0.06% $ 10,264.44</td>
</tr>
</tbody>
</table>

*Net Expenditures are the total expenditures for the department less direct applicable funding streams such as department specific fees, grants, and portions of the state pension grant.
The Department of Recreation and Leisure Services was established in 1988 when the Departments of Public Works and Parks and Recreation were reorganized. All park, forestry, and school grounds maintenance services performed by Public Works employees are now accounted for by the Department of Public Works. All recreation programming is included in the Department of Recreation and Leisure Services. This re-organization has improved the efficiency of maintenance, planning, and staffing. The Department of Recreation and Leisure Services is responsible for the operation and supervision of the following programs.

- Aerobics, Dance & Exercise
- Older Adults Program
- Summer Playground
- Baseball Program
- Ski Program
- Swim Program
- Basketball Program
- Soccer Program
- Tennis Program
- Football Training
- Softball League
- Youth Development
- Golf Lesson Program
- Summer Music Program
- Various recreational activities

The Department of Recreation and Leisure Services also maintains schedules of Township facility use such as meeting rooms, ball fields, and the Recreation Center on McLaughlin Run Road.

The administrative staff consists of a Director, the Director’s Secretary, a Community Programs Coordinator, and an Assistant Community Programs Coordinator.

2014 DEPARTMENT ACCOMPLISHMENTS

- Continued to work with the USC Athletic Association to expand the opportunities for USC Residents
- Continued to work with the USC School District on community wide programs such as Community Day, the Community Flea Market and Youth Steering Committee
- Continued to foster intern opportunities with local universities
- Started the NRPA (National Recreation and Park Association) National Accreditation process
- Continued fostering relationships with other recreation providers such as the YMCA’s Camp Aim, government agencies such as the Pennsylvania Parks and Recreation Society, Department of Conservation and Natural Resources, Allegheny County, and community organizations such as the USC Community Foundation, USC Athletic Association, USC Youth Steering Committee, and the USC School District
2015 DEPARTMENT GOALS AND OBJECTIVES

- Continue to expand regional awareness of Boyce Mayview Park through advertising, the recreation brochure, and implementation of the C&RC Marketing Plan
- Continue to promote and manage large community events (Community Day, Community Flea Market, Easter Egg Hunt, Founders’ Events, Bounty at Boyce Mayview, Chili Golf Classic)
- Continue to expand program and room rental opportunities
- Continue to foster intern opportunities with local universities
- Continue the NRPA (National Recreation and Park Association) National Accreditation process
- Continue fostering relationships with other recreation providers such as the YMCA’s Camp Aim, government agencies such as the Pennsylvania Parks and Recreation Society, Department of Conservation and Natural Resources, Allegheny County, and community organizations such as the USC Community Foundation, USC Athletic Association, USC Youth Steering Committee and the USC School District
- Continue staff development opportunities

COMPREHENSIVE PLAN STATUS

The Township's Comprehensive Plan, which is updated every ten years, consists of the goals and objectives for the community over the next decade. The last update of the Comprehensive Plan was in 2005, encompassing the goals for the Township for the years 2005 through 2014. Below there are statues updates related to recreation. Please refer to the “Long Term Plan” section of the Budget for a full status update.

**Goal:** Assess the diversity of the Township recreational and leisure programs, and identify program opportunities that maintain participation among youth, family, and senior groups.

**Update:** This is monitored on an ongoing basis through the monthly Parks and Recreation Board (Advisory Board to the Board of Commissioners) meetings, and weekly Recreation Department meetings. Committees such as the Fields Committee and the Youth Steering Committee, also monitor recreation activities throughout the Township.

**Goal:** Continue to study the feasibility of the Community & Recreation Center within the Township.

**Update:** Completed, June 2009

**Goal:** Continue with the implementation of the four athletic fields, and the active recreational area development in Boyce Mayview Park in accordance with the Park’s Master Plan.

**Update:** Completed, May 2009

**Goal:** Continue to collaborate with the Upper St. Clair School District to expand joint opportunities for cultural, recreation, and educational programming.

**Update:** The Recreation Department is continually updating programming with the School District through the Fields Committee, the Youth Steering Committee, and the USC High School Athletic Department.

**Goal:** Evaluate resident and business participation rates in Township-sponsored programs, and report in a community-wide publication annually.

**Update:** The Recreation Department regularly compares fees of similar facilities as it pertains to programs and memberships. In 2010, the first Community & Recreation Center (C&RC) Annual Report was published to educate residents and members on the status of C&RC.
DEPARTMENT STATISTICS AND BENCHMARKS

- Through October 2014, 2,545 participants have registered for 122 program offerings
- $373,000 will be collected from program revenue
- Program areas include: Adult, Family, Preschool, Senior, Teen, and Youth
- Large community wide events include USC Community Day, USC Community Wide Flea Market, Community Wide Easter Egg Hunt, Bounty at Boyce Mayview Park, and the Chili Golf Classic

<table>
<thead>
<tr>
<th>Community Programs</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>Oct-14</th>
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<tbody>
<tr>
<td>All Programs</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Total Participants</td>
<td>3,101</td>
<td>3,193</td>
<td>3,335</td>
<td>3,167</td>
<td>2545*</td>
</tr>
<tr>
<td>Total Program Offerings</td>
<td>147</td>
<td>172</td>
<td>175</td>
<td>168**</td>
<td>122**</td>
</tr>
<tr>
<td>Permits for Meeting Rooms</td>
<td>630</td>
<td>391</td>
<td>363</td>
<td>47</td>
<td>47</td>
</tr>
<tr>
<td>Permits for Fields</td>
<td>52</td>
<td>54</td>
<td>52</td>
<td>38</td>
<td>40</td>
</tr>
<tr>
<td>Field Bookings</td>
<td>2,498</td>
<td>2,628</td>
<td>2,309</td>
<td>2,397</td>
<td></td>
</tr>
<tr>
<td>Permits for Pavilions</td>
<td>11</td>
<td>14</td>
<td>24</td>
<td>92</td>
<td>166</td>
</tr>
<tr>
<td>Permits for C&amp;RC Meeting Rooms</td>
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<td>1,027</td>
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<td>316</td>
<td></td>
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<tr>
<td>Program Participants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Football Training</td>
<td>135</td>
<td>125</td>
<td>125</td>
<td>125</td>
<td>100</td>
</tr>
<tr>
<td>Aerobics/Dance &amp; Exercise Classes</td>
<td>298</td>
<td>201</td>
<td>144</td>
<td>113</td>
<td>114*</td>
</tr>
<tr>
<td>Soccer Programs</td>
<td>96</td>
<td>72</td>
<td>144</td>
<td>170</td>
<td>163*</td>
</tr>
<tr>
<td>Summer Playground &amp; Cultural Arts</td>
<td>471</td>
<td>583</td>
<td>697</td>
<td>707</td>
<td>924</td>
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<tr>
<td>Girl's Softball Camp</td>
<td>69</td>
<td>46</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
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<tr>
<td>Golf Lesson</td>
<td>75</td>
<td>70</td>
<td>70</td>
<td>46</td>
<td>26</td>
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<tr>
<td>Summer Music</td>
<td>132</td>
<td>135</td>
<td>123</td>
<td>130</td>
<td>88*</td>
</tr>
<tr>
<td>Tennis Bubble/Paddle Tennis</td>
<td>583</td>
<td>805</td>
<td>728</td>
<td>944</td>
<td>742*</td>
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<tr>
<td>Miscellaneous Self-Supporting</td>
<td>784</td>
<td>792</td>
<td>797</td>
<td>853</td>
<td>75***</td>
</tr>
<tr>
<td>Youth Basketball</td>
<td>58</td>
<td>41</td>
<td>32</td>
<td>26</td>
<td>16</td>
</tr>
<tr>
<td>Instructional Baseball</td>
<td>19</td>
<td>19</td>
<td>16</td>
<td>16</td>
<td>15</td>
</tr>
</tbody>
</table>

Other Program Statistics

<table>
<thead>
<tr>
<th>Parks and Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Softball Programs</td>
</tr>
<tr>
<td>Older Adults</td>
</tr>
</tbody>
</table>

Parks and Facilities

The Township of Upper St. Clair has 15 parks equaling 747 acres as community amenities, including:

- 3 – Hole Golf Course
- Baker Park
- Beadling Soccer Fields
- Boyce Mayview Park and Athletic Fields
- Brookshire Park
- Byrnwick Park
- Clair Park
- Community Rooms
- Gilfillan Park
- Hays Park
- Johnson Park
- Marmion Field
- Memorial Garden
- Morton Field Complex
- Municipal Tennis Court
- Ravine Park
- Recreation Center
- Tustin Park
- Wiltshire Park
Community Organizations
The following is a list of community organizations that the Department of Recreation and Leisure Services assisted in coordination during 2014. Through October 2014, 316 permits for Township meeting rooms and fields were issued.

- 1830 Log House Committee
- Allegheny Health Department
- Athletes Taking Action
- Baker Elementary
- Bethel Park/St. Clair Rotary
- Boyce Road Gardeners
- Cinderella’s Closet (USC HS Service Project)
- Community Foundation of USC
- Council of Republican Women
- Different Strokes Tennis Club
- Eisenhower Elementary
- Friends of the Library Book Collection and Sale
- Ft. Couch Middle School
- Hastings Village Homeowners
- Hidden Valley Homeowners
- Lower Chartiers Watershed
- Montclair Homeowners Association
- Odyssey of the Mind
- Pacer Track Club
- Parks and Recreation Board
- Pineview Condominium Association
- Police Department Training
- Primary and General Elections
- Private parties
- PTA Council
- Sky Ridge Homeowners
- Streams Elementary
- Tall Trees Homeowners
- Tri-Community South Continuing Education
- Tri-Community South EMS
- Trotwood Garden Club
- U.S. Postal Service
- USC Boy Scouts, Cub Scouts, Tiger Cubs
- USC Citizens for Land Stewardship
- USC Coral Boosters
- USC Crew Boosters
- USC Democratic Committee
- USC Fly Fishing
- USC Football Boosters
- USC Founders Group
- USC Girl Scouts, Daisy’s Cookie Delivery and Sale
- USC Historical Society
- USC Hockey Club
- USC HS Band Parents/Luminaries
- USC HS Football
- USC HS Girls Basketball
- USC HS Marching Band
- USC HS Musical
- USC HS Swim Team
- USC HS Thespians
- USC League for the Arts/Sugar Plum Shop
- USC Library
- USC Lions Club
- USC Newcomers Club
- USC Public Works
- USC Republican Committee
- USC Republican Forum
- USC School District Counselors
- USC Senior Citizens
- USC Stroke Survivors
- USC Swim Club
- USC Volleyball Boosters
- USC Women’s Club
- USC Youth Cheerleaders
- USCAA Baseball
- USCAA Football
- USCAA Lacrosse
- USCAA Soccer
- USCAA Softball
- USCAA Travel Soccer
- USCAA Wrestling
- Welcome Wagon of USC
- Woodland Hills Swim Club
- Wyngate Homeowners
DEPARTMENT ORGANIZATIONAL STRUCTURE

The proposed authorized personnel responsible for programs and services for the Recreation and Leisure Services Department for 2015 are as follows.

<table>
<thead>
<tr>
<th>Position Title</th>
<th>Pay Grade</th>
<th>Minimum</th>
<th>Maximum</th>
<th>2015 Positions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Recreation &amp; Leisure Services</td>
<td>3</td>
<td>$82,954</td>
<td>$116,139</td>
<td>1</td>
</tr>
<tr>
<td>Guest Relations Coordinator</td>
<td>7</td>
<td>$37,448</td>
<td>$52,425</td>
<td>1</td>
</tr>
<tr>
<td>Group Exercise Coordinator</td>
<td>8</td>
<td>$24,965</td>
<td>$43,689</td>
<td>1</td>
</tr>
</tbody>
</table>

Budgetary Allocations

Certain Township employees have responsibilities outside of their primary department. A budgetary allocation for recreation employee’s wages and benefits has been made as follows.

<table>
<thead>
<tr>
<th>Position Title</th>
<th>Recreation</th>
<th>C&amp;RC Fund</th>
<th>BM RAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Recreation &amp; Leisure Services</td>
<td>30.0%</td>
<td>70.0%</td>
<td>n/a</td>
</tr>
<tr>
<td>Guest Relations Coordinator</td>
<td>50.0%</td>
<td>50.0%</td>
<td>n/a</td>
</tr>
<tr>
<td>Group Exercise Coordinator</td>
<td>25.0%</td>
<td>70.0%</td>
<td>5.0%</td>
</tr>
</tbody>
</table>
## DEPARTMENT EXPENDITURES

<table>
<thead>
<tr>
<th>Administration Expenditures</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Personal Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>101 Full-Time Wages</td>
<td>$52,330</td>
<td>$54,262</td>
<td>$55,433</td>
<td>$64,692</td>
<td>$66,700</td>
</tr>
<tr>
<td>110 Overtime Wages</td>
<td>-</td>
<td>189</td>
<td>300</td>
<td>200</td>
<td>300</td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>5,061</td>
<td>4,570</td>
<td>5,000</td>
<td>5,721</td>
<td>5,900</td>
</tr>
<tr>
<td>162 Group Life Insurance</td>
<td>463</td>
<td>417</td>
<td>430</td>
<td>454</td>
<td>500</td>
</tr>
<tr>
<td>163 Medical Insurance</td>
<td>9,774</td>
<td>10,599</td>
<td>9,885</td>
<td>10,201</td>
<td>10,500</td>
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<tr>
<td>164 Workers' Compensation</td>
<td>8,150</td>
<td>10,707</td>
<td>10,800</td>
<td>11,473</td>
<td>11,500</td>
</tr>
<tr>
<td>166 Pension Costs</td>
<td>3,832</td>
<td>3,956</td>
<td>4,080</td>
<td>3,993</td>
<td>4,000</td>
</tr>
<tr>
<td>167 Long-term Disability Insurance</td>
<td>213</td>
<td>147</td>
<td>140</td>
<td>141</td>
<td>150</td>
</tr>
<tr>
<td>168 Post Retirement Plan</td>
<td>600</td>
<td>600</td>
<td>600</td>
<td>600</td>
<td>600</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>4,271</td>
<td>4,383</td>
<td>4,646</td>
<td>5,402</td>
<td>5,577</td>
</tr>
<tr>
<td><strong>Total Personal Services</strong></td>
<td>$84,694</td>
<td>$89,830</td>
<td>$91,314</td>
<td>$102,877</td>
<td>$105,727</td>
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<tr>
<td><strong>Contractual Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>220 Liability Insurance</td>
<td>$21,806</td>
<td>$22,441</td>
<td>$22,215</td>
<td>$22,028</td>
<td>$22,15</td>
</tr>
<tr>
<td>230 Association Dues</td>
<td>420</td>
<td>700</td>
<td>700</td>
<td>384</td>
<td>1,000</td>
</tr>
<tr>
<td>231 Travel &amp; Conference Expense</td>
<td>1,554</td>
<td>421</td>
<td>1,750</td>
<td>941</td>
<td>3,500</td>
</tr>
<tr>
<td>275 Printing &amp; Duplicating</td>
<td>11,779</td>
<td>11,712</td>
<td>13,000</td>
<td>11,307</td>
<td>12,000</td>
</tr>
<tr>
<td>278 Postage</td>
<td>3,818</td>
<td>4,005</td>
<td>5,000</td>
<td>4,724</td>
<td>5,000</td>
</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>720</td>
<td>705</td>
<td>850</td>
<td>635</td>
<td>1,000</td>
</tr>
<tr>
<td><strong>Total Contractual Services</strong></td>
<td>$40,097</td>
<td>$39,984</td>
<td>$43,515</td>
<td>$40,019</td>
<td>$44,715</td>
</tr>
<tr>
<td><strong>Commodities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>301 Expendable Office Supplies</td>
<td>$711</td>
<td>$1,087</td>
<td>$2,500</td>
<td>$1,718</td>
<td>$2,000</td>
</tr>
<tr>
<td>302 Books &amp; Subscriptions</td>
<td>180</td>
<td>160</td>
<td>500</td>
<td>200</td>
<td>250</td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>-</td>
<td>109</td>
<td>1,000</td>
<td>313</td>
<td>500</td>
</tr>
<tr>
<td>390 Other Supplies</td>
<td>1,414</td>
<td>800</td>
<td>1,000</td>
<td>716</td>
<td>1,000</td>
</tr>
<tr>
<td><strong>Total Commodities</strong></td>
<td>$2,305</td>
<td>$2,156</td>
<td>$5,000</td>
<td>$2,947</td>
<td>$3,750</td>
</tr>
<tr>
<td><strong>Distributed Costs</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>601 Dist. Vehicle Costs</td>
<td>$2,471</td>
<td>$2,744</td>
<td>$2,596</td>
<td>$2,500</td>
<td>$2,563</td>
</tr>
<tr>
<td>602 Dist. Data Processing Costs</td>
<td>13,819</td>
<td>15,987</td>
<td>29,038</td>
<td>24,555</td>
<td>47,965</td>
</tr>
<tr>
<td><strong>Total Distributed Costs</strong></td>
<td>$16,290</td>
<td>$18,731</td>
<td>$31,634</td>
<td>$27,055</td>
<td>$50,528</td>
</tr>
<tr>
<td><strong>Total Administration Expenditures</strong></td>
<td>$143,386</td>
<td>$150,701</td>
<td>$171,463</td>
<td>$172,898</td>
<td>$204,720</td>
</tr>
</tbody>
</table>

### BUDGETARY COMMENT
Funds for recreation administration have been increased by $33,257 due to an increase in personal service cost and data processing costs.
## PROGRAM SUMMARY
### GENERAL FUND
#### RECREATION AND LEISURE SERVICES

<table>
<thead>
<tr>
<th></th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Program Expenditures</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personal Services</td>
<td>$136,672</td>
<td>$139,915</td>
<td>$154,406</td>
<td>$119,510</td>
<td>$155,557</td>
</tr>
<tr>
<td>Contractual Services</td>
<td>122,267</td>
<td>127,497</td>
<td>151,100</td>
<td>165,458</td>
<td>176,525</td>
</tr>
<tr>
<td>Commodities</td>
<td>41,469</td>
<td>38,408</td>
<td>51,000</td>
<td>49,044</td>
<td>52,600</td>
</tr>
<tr>
<td><strong>Total Program Expenditures</strong></td>
<td>$300,408</td>
<td>$305,820</td>
<td>$356,506</td>
<td>$334,012</td>
<td>$384,682</td>
</tr>
</tbody>
</table>

### RECREATION PROGRAMS OVERVIEW

All recreation program expenses, except outdoor tennis court maintenance and golf course maintenance (Public Works), are budgeted as part of recreation programs, but staff coordination for these two (2) programs are managed by the Recreation Department. Total recreation program expenses for 2014 are $384,682. Anticipated fees generated by these programs are $373,000. Thus, recreation programs are 97% fee supported.

<table>
<thead>
<tr>
<th>Program Expenditures</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Personal Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$126,958</td>
<td>$129,971</td>
<td>$143,500</td>
<td>$111,018</td>
<td>$144,500</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>9,714</td>
<td>9,944</td>
<td>10,906</td>
<td>8,492</td>
<td>11,057</td>
</tr>
<tr>
<td><strong>Total Personal Services</strong></td>
<td>$136,672</td>
<td>$139,915</td>
<td>$154,406</td>
<td>$119,510</td>
<td>$155,557</td>
</tr>
</tbody>
</table>

| **Contractual Services**|             |             |             |               |             |
| 213 Professional Services-Pathfinder | $1,175 | $1,325 | $1,200 | $1,475 | $1,625 |
| 241 Natural Gas | 34,376 | 35,657 | 45,000 | 70,770 | 65,000 |
| 242 Electricity | 20,737 | 20,294 | 23,000 | 20,697 | 23,000 |
| 260 Rental Charges-Transportation | 1,170 | 1,237 | 1,500 | 1,244 | 1,500 |
| 264 Rental Charges-Facilities | - | - | 3,000 | 2,712 | 3,000 |
| 275 Printing & Duplicating | - | - | 100 | - | 100 |
| 279 Self Supporting Programs | 37,008 | 41,471 | 30,000 | 35,674 | 40,000 |
| 290 Other Contractual Services | 27,801 | 27,513 | 47,300 | 32,886 | 42,300 |
| **Total Contractual Services** | $122,267 | $127,497 | $151,100 | $165,458 | $176,525 |

| **Commodities**|             |             |             |               |             |
| 326 Recreation Supplies | $41,619 | $38,392 | $50,500 | $48,856 | $52,350 |
| 328 Parks Maintenance Supplies | (150) | 16 | 500 | 188 | 250 |
| **Total Commodities** | $41,469 | $38,408 | $51,000 | $49,044 | $52,600 |

**Total Program Expenditures** | $300,408 | $305,820 | $356,506 | $334,012 | $384,682 |
**FOOTBALL TRAINING**
This program is offered for students in grades seven through twelve. One hundred and fifty hours in activities are designed to develop strength, flexibility, agility, and endurance. No limit is placed on registration. In 2014, fees ranged from $60.00 to $80.00 depending on age.

<table>
<thead>
<tr>
<th>Football Training Expenditures 01-50-502-500???-000</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Personal Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$7,578</td>
<td>$6,714</td>
<td>$9,000</td>
<td>$7,424</td>
<td>$9,000</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>580</td>
<td>514</td>
<td>690</td>
<td>568</td>
<td>689</td>
</tr>
<tr>
<td><strong>Total Personal Services</strong></td>
<td>$8,158</td>
<td>$7,228</td>
<td>$9,690</td>
<td>$7,992</td>
<td>$9,689</td>
</tr>
<tr>
<td><strong>Commodities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$1,461</td>
<td>$1,775</td>
<td>$1,900</td>
<td>$1,666</td>
<td>$2,000</td>
</tr>
<tr>
<td><strong>Total Commodities</strong></td>
<td>$1,461</td>
<td>$1,775</td>
<td>$1,900</td>
<td>$1,666</td>
<td>$2,000</td>
</tr>
<tr>
<td><strong>Total Football Training Expenditures</strong></td>
<td>$9,619</td>
<td>$9,003</td>
<td>$11,590</td>
<td>$9,658</td>
<td>$11,689</td>
</tr>
<tr>
<td><strong>Estimated Revenue</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>002 Football Training</td>
<td>$9,916</td>
<td>$8,749</td>
<td>$10,000</td>
<td>$7,499</td>
<td>$9,000</td>
</tr>
</tbody>
</table>

**Percent Fee Supported** 77%

**AEROBICS/DANCE AND EXERCISE CLASSES**
Cardiovascular fitness programs of choreographed movements are designed to enhance endurance, improve flexibility, and muscle tone. Program materials are primarily concerned with the area of dancing. However, the programs are also designed for non-dancers. Services and fees are determined by the instructor.

<table>
<thead>
<tr>
<th>Aerobics/Dance Class Expenditures 01-50-503-500???-000</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Personal Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$584</td>
<td>$468</td>
<td>$3,500</td>
<td>$728</td>
<td>$2,000</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>45</td>
<td>36</td>
<td>268</td>
<td>56</td>
<td>153</td>
</tr>
<tr>
<td><strong>Total Personal Services</strong></td>
<td>$629</td>
<td>$504</td>
<td>$3,768</td>
<td>$784</td>
<td>$2,153</td>
</tr>
<tr>
<td><strong>Contractual Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>$7,881</td>
<td>$4,639</td>
<td>$10,000</td>
<td>$6,680</td>
<td>$8,500</td>
</tr>
<tr>
<td><strong>Total Contractual Services</strong></td>
<td>$7,881</td>
<td>$4,639</td>
<td>$10,000</td>
<td>$6,680</td>
<td>$8,500</td>
</tr>
<tr>
<td><strong>Commodities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$591</td>
<td>$84</td>
<td>$500</td>
<td>$661</td>
<td>$700</td>
</tr>
<tr>
<td><strong>Total Commodities</strong></td>
<td>$591</td>
<td>$84</td>
<td>$500</td>
<td>$661</td>
<td>$700</td>
</tr>
<tr>
<td><strong>Total Aerobics/Dance Class Expenditures</strong></td>
<td>$9,101</td>
<td>$5,227</td>
<td>$14,268</td>
<td>$8,125</td>
<td>$11,353</td>
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<tr>
<td><strong>Estimated Revenue</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>003 Aerobics/Dance &amp; Exercise</td>
<td>$13,536</td>
<td>$9,086</td>
<td>$15,000</td>
<td>$6,900</td>
<td>$10,000</td>
</tr>
</tbody>
</table>

**Percent Fee Supported** 88%
SOCCER PROGRAMS
Summer soccer programs are provided for students in grades four through twelve. The program includes instruction in fundamentals, daily scrimmages, films, and competitions. Thirty-seven and one-half hours of activity are provided for a fee of $60.00.

<table>
<thead>
<tr>
<th>Soccer Program Expenditures</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>01-50-507-500???-000</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$4,606</td>
<td>$5,459</td>
<td>$7,500</td>
<td>$5,636</td>
<td>$7,000</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>352</td>
<td>418</td>
<td>574</td>
<td>431</td>
<td>536</td>
</tr>
<tr>
<td>Total Personal Services</td>
<td>$4,958</td>
<td>$5,877</td>
<td>$8,074</td>
<td>$6,067</td>
<td>$7,536</td>
</tr>
<tr>
<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$1,031</td>
<td>$732</td>
<td>$1,400</td>
<td>$484</td>
<td>$1,000</td>
</tr>
<tr>
<td>Total Commodities</td>
<td>$1,031</td>
<td>$732</td>
<td>$1,400</td>
<td>$484</td>
<td>$1,000</td>
</tr>
<tr>
<td>Total Soccer Program Expenditures</td>
<td>$5,989</td>
<td>$6,609</td>
<td>$9,474</td>
<td>$6,551</td>
<td>$8,536</td>
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<tr>
<td>Estimated Revenue</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>007 Soccer Programs</td>
<td>$5,915</td>
<td>$5,349</td>
<td>$6,000</td>
<td>$5,219</td>
<td>$6,000</td>
</tr>
<tr>
<td>Percent Fee Supported</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>70%</td>
</tr>
</tbody>
</table>

SOFTBALL PROGRAMS
The summer softball league is open to resident men, beginning with freshmen in high school. Twenty teams of 15 to 25 members compete in an organized tournament for prize jackets. In 2014, fees were set at $52.00 to $62.00 per person.
### Softball Programs Expenditures

<table>
<thead>
<tr>
<th></th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contractual Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>$8,600</td>
<td>$9,909</td>
<td>$15,000</td>
<td>$9,696</td>
<td>$12,000</td>
</tr>
<tr>
<td>Total Contractual Services</td>
<td>$8,600</td>
<td>$9,909</td>
<td>$15,000</td>
<td>$9,696</td>
<td>$12,000</td>
</tr>
<tr>
<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$3,018</td>
<td>$2,134</td>
<td>$3,500</td>
<td>$2,288</td>
<td>$3,000</td>
</tr>
<tr>
<td>Total Commodities</td>
<td>$3,018</td>
<td>$2,134</td>
<td>$3,500</td>
<td>$2,288</td>
<td>$3,000</td>
</tr>
<tr>
<td>Total Softball Programs Expenditures</td>
<td>$11,618</td>
<td>$12,043</td>
<td>$18,500</td>
<td>$11,984</td>
<td>$15,000</td>
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#### Estimated Revenue

<table>
<thead>
<tr>
<th></th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>008 Softball</td>
<td>$14,686</td>
<td>$17,326</td>
<td>$15,000</td>
<td>$14,330</td>
<td>$15,000</td>
</tr>
</tbody>
</table>

Percent Fee Supported: 100%

---

### Summer Playground and Cultural Arts Program

The Summer Playground and Cultural Arts program provides six weeks of supervised activity to students in grades one through eight. Activities include arts and crafts, films, children performers, and the Summer Pathfinder School for exceptional children. In 2014, fees were set at $83.00 per person (family maximum of $134.00).

<table>
<thead>
<tr>
<th></th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$54,332</td>
<td>$55,230</td>
<td>$56,000</td>
<td>$53,206</td>
<td>$56,000</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>4,157</td>
<td>4,225</td>
<td>4,285</td>
<td>4,070</td>
<td>4,284</td>
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<tr>
<td>Total Personal Services</td>
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<td>$59,455</td>
<td>$60,285</td>
<td>$57,276</td>
<td>$60,284</td>
</tr>
<tr>
<td>Contractual Services</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>213 Professional Services-Pathfinder</td>
<td>$1,175</td>
<td>$1,325</td>
<td>$1,200</td>
<td>$1,475</td>
<td>$1,625</td>
</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>-</td>
<td>-</td>
<td>2,500</td>
<td>-</td>
<td>2,500</td>
</tr>
<tr>
<td>Total Contractual Services</td>
<td>$1,175</td>
<td>$1,325</td>
<td>$3,700</td>
<td>$1,475</td>
<td>$4,125</td>
</tr>
<tr>
<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$4,639</td>
<td>$4,170</td>
<td>$5,000</td>
<td>$6,947</td>
<td>$7,000</td>
</tr>
<tr>
<td>Total Commodities</td>
<td>$4,639</td>
<td>$4,170</td>
<td>$5,000</td>
<td>$6,947</td>
<td>$7,000</td>
</tr>
<tr>
<td>Total Summer Playground Expenditures</td>
<td>$64,303</td>
<td>$64,950</td>
<td>$68,985</td>
<td>$65,698</td>
<td>$71,409</td>
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</table>

#### Estimated Revenue

<table>
<thead>
<tr>
<th></th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>011 Summer Playground &amp; Cultural Art Program</td>
<td>$49,855</td>
<td>$61,323</td>
<td>$55,000</td>
<td>$73,000</td>
<td>$65,000</td>
</tr>
</tbody>
</table>

Percent Fee Supported: 91%
OLDER ADULTS PROGRAM
The Upper St. Clair Older Adults program was initiated in the spring of 1975. At that time, it was funded on an experimental basis by Federal Revenue Sharing monies. The program was an unqualified success with a 400% increase in participation by the end of 1975. Because of the success of the 1975 experimental program, beginning in 1976 the program was funded through the General Fund. Approximately 125 older adults participate in the program on a regular basis. A Township employee coordinates the program.

The schedule of programs includes films, arts and crafts lessons, lectures, card tournaments, pool, Ping-Pong, field trips, and a weekly luncheon program. In 2014, programs were also offered that did not require registration. These included Driver Refresher courses, Shakespeare Seminars, Seniors at Leisure Series (including Brain Fitness), Art Experience, Movie Day, and Card and Game Day. Continuation of the programs is recommended for 2015.

<table>
<thead>
<tr>
<th>Older Adults Program Expenditures</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$15,768</td>
<td>$17,289</td>
<td>$17,500</td>
<td>$2,239</td>
<td>$18,500</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>$1,206</td>
<td>$1,323</td>
<td>$1,300</td>
<td>$171</td>
<td>$1,415</td>
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<tr>
<td>Total Personal Services</td>
<td>$16,974</td>
<td>$18,612</td>
<td>$18,800</td>
<td>$2,410</td>
<td>$19,915</td>
</tr>
<tr>
<td>Contractual Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>260 Rental Charges-Transportation</td>
<td>$1,170</td>
<td>$1,237</td>
<td>$1,500</td>
<td>$1,244</td>
<td>$1,500</td>
</tr>
<tr>
<td>Total Contractual Services</td>
<td>$1,170</td>
<td>$1,237</td>
<td>$1,500</td>
<td>$1,244</td>
<td>$1,500</td>
</tr>
<tr>
<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$8,810</td>
<td>$11,307</td>
<td>$12,000</td>
<td>$11,293</td>
<td>$12,000</td>
</tr>
<tr>
<td>Total Commodities</td>
<td>$8,810</td>
<td>$11,307</td>
<td>$12,000</td>
<td>$11,293</td>
<td>$12,000</td>
</tr>
<tr>
<td>Total Older Adults Program Expenditures</td>
<td>$26,954</td>
<td>$31,156</td>
<td>$32,300</td>
<td>$14,947</td>
<td>$33,415</td>
</tr>
<tr>
<td>Estimated Revenue</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>013 Older Adults</td>
<td>$480</td>
<td>$620</td>
<td>$750</td>
<td>$600</td>
<td>$750</td>
</tr>
<tr>
<td>Percent Fee Supported</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2%</td>
</tr>
</tbody>
</table>
GOLF LESSON PROGRAM
Beginner and intermediate golf lessons are offered at the Municipal Golf Course. In 2014, fees were set at $62.00 to $78.00 for 4 hours of instruction.

<table>
<thead>
<tr>
<th>Golf Lesson Program Expenditures 01-50-518-500???-000</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Contractual Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 4,500</td>
<td>$ 3,800</td>
<td>$ 4,000</td>
</tr>
<tr>
<td><strong>Total Contractual Services</strong></td>
<td>$ -</td>
<td>$ -</td>
<td>$ 4,500</td>
<td>$ 3,800</td>
<td>$ 4,000</td>
</tr>
<tr>
<td><strong>Commodities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$ -</td>
<td>$ -</td>
<td>$ 150</td>
<td>$ 150</td>
<td>$ 150</td>
</tr>
<tr>
<td><strong>Total Commodities</strong></td>
<td>$ -</td>
<td>$ -</td>
<td>$ 150</td>
<td>$ 150</td>
<td>$ 150</td>
</tr>
<tr>
<td><strong>Total Golf Lesson Program Expenditures</strong></td>
<td>$ -</td>
<td>$ -</td>
<td>$ 4,650</td>
<td>$ 3,950</td>
<td>$ 4,150</td>
</tr>
</tbody>
</table>

| Estimated Revenue 018 Golf Lesson                    | $ 420       | $ -         | $ 2,500     | $ -           | $ 1,000     |

Percent Fee Supported 24%

SUMMER MUSIC PROGRAM
The Township offers a summer music program to youths in grades 3, 4 and 5. Instruction in string and band instruments is provided, as well as an opportunity for small group playing. In 2014, fees were set at $75.00 to $100.00.

<table>
<thead>
<tr>
<th>Summer Music Program Expenditures 01-50-520-500???-000</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Personal Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$ 4,848</td>
<td>$ 3,024</td>
<td>$ 5,500</td>
<td>$ 3,200</td>
<td>$ 5,000</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>371</td>
<td>231</td>
<td>421</td>
<td>245</td>
<td>383</td>
</tr>
<tr>
<td><strong>Total Personal Services</strong></td>
<td>$ 5,219</td>
<td>$ 3,255</td>
<td>$ 5,921</td>
<td>$ 3,445</td>
<td>$ 5,383</td>
</tr>
<tr>
<td><strong>Commodities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$ 1,167</td>
<td>$ 573</td>
<td>$ 1,500</td>
<td>$ 1,201</td>
<td>$ 1,500</td>
</tr>
<tr>
<td><strong>Total Commodities</strong></td>
<td>$ 1,167</td>
<td>$ 573</td>
<td>$ 1,500</td>
<td>$ 1,201</td>
<td>$ 1,500</td>
</tr>
<tr>
<td><strong>Total Summer Music Prog. Expenditures</strong></td>
<td>$ 6,386</td>
<td>$ 3,828</td>
<td>$ 7,421</td>
<td>$ 4,646</td>
<td>$ 6,883</td>
</tr>
</tbody>
</table>

| Estimated Revenue 020 Summer Music Program            | $ 6,288     | $ 4,114     | $ 6,000     | $ 2,575       | $ 4,000     |

Percent Fee Supported 58%
TENNIS BUBBLE/PADDLE TENNIS PROGRAM
The Township's three tennis bubbles provide tennis play to program subscribers during the months of October through April. Subscribers purchase a fixed hour each week for the season. Fees for a season subscription per hour are $435.00 to $554.00.

Fee projections include amortized capital costs of two (2) tennis bubbles constructed in 1999 and 2008. The Township expects to repay these costs through user fees charged for the next ten-year period.

<table>
<thead>
<tr>
<th>Tennis Bubble/Paddle Tennis Exp.</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$22,156</td>
<td>$20,870</td>
<td>$23,000</td>
<td>$24,109</td>
<td>$25,000</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>$1,695</td>
<td>$1,597</td>
<td>$1,760</td>
<td>$1,844</td>
<td>$1,913</td>
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<tr>
<td><strong>Total Personal Services</strong></td>
<td><strong>$23,851</strong></td>
<td><strong>$22,467</strong></td>
<td><strong>$24,760</strong></td>
<td><strong>$25,953</strong></td>
<td><strong>$26,913</strong></td>
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<tr>
<td>Contractual Services</td>
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<td></td>
</tr>
<tr>
<td>241 Natural Gas</td>
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<td>$35,657</td>
<td>$45,000</td>
<td>$70,770</td>
<td>$65,000</td>
</tr>
<tr>
<td>242 Electricity</td>
<td>$20,737</td>
<td>$20,294</td>
<td>$23,000</td>
<td>$20,697</td>
<td>$23,000</td>
</tr>
<tr>
<td><strong>Total Contractual Services</strong></td>
<td><strong>$55,113</strong></td>
<td><strong>$55,951</strong></td>
<td><strong>$68,000</strong></td>
<td><strong>$91,467</strong></td>
<td><strong>$88,000</strong></td>
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<tr>
<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>328 Parks Maintenance Supplies</td>
<td>$(150)</td>
<td>$16</td>
<td>$500</td>
<td>$188</td>
<td>$250</td>
</tr>
<tr>
<td><strong>Total Commodities</strong></td>
<td><strong>$(150)</strong></td>
<td><strong>$16</strong></td>
<td><strong>$500</strong></td>
<td><strong>$188</strong></td>
<td><strong>$250</strong></td>
</tr>
<tr>
<td><strong>Total Tennis Bubble/Paddle Tennis Exp.</strong></td>
<td><strong>$78,814</strong></td>
<td><strong>$78,434</strong></td>
<td><strong>$93,260</strong></td>
<td><strong>$117,608</strong></td>
<td><strong>$115,163</strong></td>
</tr>
</tbody>
</table>

| Estimated Revenue               |             |             |             |               |             |
| 021 Tennis Bubble Fees**        | **$106,308**| **$106,366**| **$110,000**| **$105,000**  | **$110,000**|

Percent Fee Supported 96%
MISCELLANEOUS SELF-SUPPORTING PROGRAMS
Throughout the year, the Recreation Department organizes short or experimental programs and field trips on a completely reimbursable basis. This budget account provides an allocation for these programs.

<table>
<thead>
<tr>
<th>Self Supporting Programs Expenditures 01-50-522-500???-000</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$9,116</td>
<td>$13,098</td>
<td>$12,000</td>
<td>$9,038</td>
<td>$13,000</td>
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<tr>
<td>198 Social Security Expense</td>
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<td>$1,002</td>
<td>$918</td>
<td>$691</td>
<td>$95</td>
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<tr>
<td>Total Personal Services</td>
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<td>$14,100</td>
<td>$12,918</td>
<td>$9,729</td>
<td>$13,995</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>279 Self Supporting Programs</td>
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<td>$41,471</td>
<td>$30,000</td>
<td>$35,674</td>
<td>$40,000</td>
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<tr>
<td>Total Contractual Services</td>
<td>$37,008</td>
<td>$41,471</td>
<td>$30,000</td>
<td>$35,674</td>
<td>$40,000</td>
</tr>
<tr>
<td>Total Self Supporting Prog. Expenditures</td>
<td>$46,822</td>
<td>$55,571</td>
<td>$42,918</td>
<td>$45,403</td>
<td>$53,995</td>
</tr>
</tbody>
</table>

| Estimated Revenue 022 Miscellaneous Self Supporting      | $61,082     | $70,159     | $65,000     | $62,000       | $65,000     |
| Percent Fee Supported                                    | 120%        |

YOUTH BASKETBALL PROGRAMS
Winter and summer basketball programs are offered in order to teach basketball fundamentals and provide opportunities for organized play. The summer program provides up to 100 hours of play and instruction at a fee of $64.00. In the winter program, up to 140 hours of play and instruction are provided at a fee of $64.00.

<table>
<thead>
<tr>
<th>Youth Basketball Expenditures 01-50-523-500???-000</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$5,406</td>
<td>$5,650</td>
<td>$6,500</td>
<td>$3,828</td>
<td>$6,000</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>$414</td>
<td>$432</td>
<td>$460</td>
<td>$293</td>
<td>$459</td>
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<td>Total Personal Services</td>
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<td>$6,960</td>
<td>$4,121</td>
<td>$6,459</td>
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<td>Contractual Services</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>264 Rental Charges-Facilities</td>
<td>$-</td>
<td>$-</td>
<td>$3,000</td>
<td>$2,712</td>
<td>$3,000</td>
</tr>
<tr>
<td>290 Other Contractual Services</td>
<td>$11,320</td>
<td>$12,965</td>
<td>$15,000</td>
<td>$12,710</td>
<td>$15,000</td>
</tr>
<tr>
<td>Total Contractual Services</td>
<td>$11,320</td>
<td>$12,965</td>
<td>$18,000</td>
<td>$15,422</td>
<td>$18,000</td>
</tr>
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<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$19,876</td>
<td>$16,183</td>
<td>$23,000</td>
<td>$22,595</td>
<td>$23,000</td>
</tr>
<tr>
<td>Total Commodities</td>
<td>$19,876</td>
<td>$16,183</td>
<td>$23,000</td>
<td>$22,595</td>
<td>$23,000</td>
</tr>
<tr>
<td>Total Youth Basketball Expenditures</td>
<td>$37,016</td>
<td>$35,230</td>
<td>$47,960</td>
<td>$42,138</td>
<td>$47,459</td>
</tr>
<tr>
<td>Estimated Revenue</td>
<td>$52,027</td>
<td>$56,901</td>
<td>$53,500</td>
<td>$51,000</td>
<td>$50,000</td>
</tr>
<tr>
<td>Percent Fee Supported</td>
<td>105%</td>
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<td></td>
<td></td>
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</tbody>
</table>
INSTRUCTIONAL BASEBALL
Lessons on the fundamentals of baseball are provided for boys and girls from age six through fifteen. This summer program provides instructions for 56 participants at a fee of $60.00.

<table>
<thead>
<tr>
<th>Instructional Baseball Expenditures 01-50-528-500???-000</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Part-Time Wages</td>
<td>$2,564</td>
<td>$2,169</td>
<td>$3,000</td>
<td>$1,610</td>
<td>$3,000</td>
</tr>
<tr>
<td>198 Social Security Expense</td>
<td>$196</td>
<td>$166</td>
<td>$230</td>
<td>$123</td>
<td>$230</td>
</tr>
<tr>
<td>Total Personal Services</td>
<td>$2,760</td>
<td>$2,335</td>
<td>$3,230</td>
<td>$1,733</td>
<td>$3,230</td>
</tr>
<tr>
<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>326 Recreation Supplies</td>
<td>$880</td>
<td>$452</td>
<td>$1,250</td>
<td>$706</td>
<td>$1,000</td>
</tr>
<tr>
<td>Total Commodities</td>
<td>$880</td>
<td>$452</td>
<td>$1,250</td>
<td>$706</td>
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<tr>
<td>Total Instructional Baseball Expenditures</td>
<td>$3,640</td>
<td>$2,787</td>
<td>$4,480</td>
<td>$2,439</td>
<td>$4,230</td>
</tr>
</tbody>
</table>

Estimated Revenue

| 028 Instructional Baseball                               | $2,045      | $1,768      | $3,000      | $1,200       | $2,000      |

Percent Fee Supported 47%

YOUTH DEVELOPMENT
This budget represents the Teen Center Support for 2015.

<table>
<thead>
<tr>
<th>Youth Development Expenditures 01-50-530-500???-000</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
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</thead>
<tbody>
<tr>
<td>Contractual Services</td>
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<tr>
<td>275 Printing &amp; Duplication</td>
<td>$-</td>
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<td>$-</td>
<td>$100</td>
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<tr>
<td>290 Other Contractual Services</td>
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<td>$-</td>
<td>$300</td>
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<tr>
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<td>$400</td>
<td>$-</td>
<td>$400</td>
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<tr>
<td>Commodities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>390 Other Supplies</td>
<td>$146</td>
<td>$982</td>
<td>$300</td>
<td>$865</td>
<td>$1,000</td>
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<tr>
<td>Total Commodities</td>
<td>$146</td>
<td>$982</td>
<td>$300</td>
<td>$865</td>
<td>$1,000</td>
</tr>
<tr>
<td>Total Youth Development Expenditures</td>
<td>$146</td>
<td>$982</td>
<td>$700</td>
<td>$865</td>
<td>$1,400</td>
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PROGRAM OVERVIEW

For 2015, the Allegheny County Regional Asset District (RAD) allocated a grant of $330,000 to the Township for operation and development costs associated with Boyce Mayview Park because the park meets the definition of a regional asset. These funds are required to be spent in accordance with the Agreement between the Township and the Regional Asset District for only Boyce Mayview Park. Upon the recommendation of RAD, Staff began to show all expenditures that are matching the RAD grant in this Special Revenue Fund; therefore, an operating transfer from the General Fund of $1,305,997 is budgeted to be made for 2015.

---

<table>
<thead>
<tr>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
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<tbody>
<tr>
<td>Beginning Fund Balance</td>
<td>$17,941</td>
<td>$5,495</td>
<td>$5,495</td>
<td>$5,495</td>
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<tr>
<td>Revenue</td>
<td>$887,905</td>
<td>$720,115</td>
<td>$1,405,733</td>
<td>$1,578,839</td>
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<tr>
<td>Expenditures</td>
<td>$(900,351)</td>
<td>$(720,115)</td>
<td>$(1,405,733)</td>
<td>$(1,578,839)</td>
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<td>Ending Fund Balance</td>
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<td>$5,495</td>
<td>$5,495</td>
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Revenue

52-00-000-??????-000

<table>
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<tr>
<th>2012 Actual</th>
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<th>2014 Budget</th>
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<td>Athletic Association-User Fees 360002</td>
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<td>Gaming Development Grant 365006</td>
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<tr>
<td>Total Revenue</td>
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<td>$720,115</td>
<td>$1,405,733</td>
<td>$1,578,839</td>
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## Park Personal Services

### 101 Full-Time Wages

<table>
<thead>
<tr>
<th>Year</th>
<th>Actual</th>
<th>Budget</th>
<th>Estimate</th>
<th>Actual</th>
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</thead>
<tbody>
<tr>
<td>2012</td>
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<td>$230,315</td>
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<td>$193,903</td>
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<tr>
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</tr>
<tr>
<td>2015</td>
<td>$194,750</td>
<td>$3,700</td>
<td>$1,200</td>
<td></td>
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#### 000 Boyce Mayview Park
- 2012: $172,314
- 2013: $166,413
- 2014: $186,315
- 2015: $195,733

#### 001 Morton Fields
- 2012: $5,142
- 2013: $5,297
- 2014: $4,500
- 2015: $4,500

#### 002 Baker Park
- 2012: $285
- 2013: $261
- 2014: $500
- 2015: $500

### 110 Overtime Wages

<table>
<thead>
<tr>
<th>Year</th>
<th>000 Boyce Mayview Park</th>
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<th>002 Baker Park</th>
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</thead>
<tbody>
<tr>
<td>2012</td>
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### 120 Part-Time Wages

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<th>002 Baker Park</th>
</tr>
</thead>
<tbody>
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### 162 Group Life Insurance

<table>
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<tr>
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<tbody>
<tr>
<td>2012</td>
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### 163 Medical Insurance

<table>
<thead>
<tr>
<th>Year</th>
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<th>002 Baker Park</th>
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<tbody>
<tr>
<td>2012</td>
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### 164 Workers’ Compensation

<table>
<thead>
<tr>
<th>Year</th>
<th>000 Boyce Mayview Park</th>
<th>001 Morton Fields</th>
<th>002 Baker Park</th>
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</thead>
<tbody>
<tr>
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<td>2014</td>
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### 166 Pension Costs

<table>
<thead>
<tr>
<th>Year</th>
<th>000 Boyce Mayview Park</th>
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<th>002 Baker Park</th>
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</thead>
<tbody>
<tr>
<td>2012</td>
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<tr>
<td>2015</td>
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### 167 Long-term Disability Insurance

<table>
<thead>
<tr>
<th>Year</th>
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<th>002 Baker Park</th>
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</thead>
<tbody>
<tr>
<td>2012</td>
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### 198 Social Security Expense

<table>
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<tbody>
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### 199 Fringe Benefit Distribution

<table>
<thead>
<tr>
<th>Year</th>
<th>000 Boyce Mayview Park</th>
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<th>002 Baker Park</th>
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</thead>
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</table>

### 290 The Outdoor Classroom Payments

<table>
<thead>
<tr>
<th>Year</th>
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<th>002 Baker Park</th>
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<td>2014</td>
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<tr>
<td>2015</td>
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</tr>
</tbody>
</table>

### Total Park Personal Services


## Park Capital Expenditures

### 52-40-401-500???-000

#### 307 Perimeter & Interior Trail Const.

| Year | 2012: $ - | 2013: $100 | 2014: $80,000 | 2014: $80,000 | 2015: $85,000 |

#### 308 Open Space Enhancement & Access Improvements

| Year | 2012: $ - | 2013: $ - | 2014: $ - | 2014: $ - | 2015: $ - |

#### 309 Park Video Production

| Year | 2012: $12,250 | 2013: $ - | 2014: $ - | 2014: $ - | 2015: $ - |

#### 310 Miracle Field and Playground

| Year | 2012: $1,820 | 2013: $479 | 2014: $ - | 2014: $257,604 | 2015: $ - |

#### 311 Park Playgrounds

| Year | 2012: $ - | 2013: $29,598 | 2014: $400,000 | 2014: $400,000 | 2015: $30,000 |

#### 320 Park Improvements - Capital

| Year | 2012: $119,727 | 2013: $1,707 | 2014: $107,000 | 2014: $100,000 | 2015: $860,000 |

#### 330 Northern Tributary Grant Exp.

| Year | 2012: $ - | 2013: $ - | 2014: $ - | 2014: $ - | 2015: $ - |

#### 331 Soil & Erosion Control

| Year | 2012: $43,188 | 2013: $ - | 2014: $ - | 2014: $50,000 | 2015: $ - |

#### 750 Capital Equipment-Park Security

| Year | 2012: $ - | 2013: $ - | 2014: $ - | 2014: $ - | 2015: $ - |

### Total Park Capital Expenditures

## Park Maintenance Expenditures

<table>
<thead>
<tr>
<th>Category</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
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<tbody>
<tr>
<td><strong>52-40-415-500???-000</strong></td>
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<td>020 Concession</td>
<td>-</td>
<td>-</td>
<td>3,000</td>
<td>900</td>
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<tr>
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<td>72,293</td>
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<td>46,000</td>
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<td>16,750</td>
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<td>2,468</td>
<td>4,476</td>
<td>2,500</td>
<td>3,485</td>
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<tr>
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<tr>
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<td>367 Park Community Programs</td>
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<td><strong>Total Park Maintenance Exp.</strong></td>
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<tr>
<td><strong>Total Expenditures</strong></td>
<td>900,351</td>
<td>720,115</td>
<td>1,405,733</td>
<td>1,578,839</td>
<td>1,835,997</td>
</tr>
</tbody>
</table>
### PROGRAM OVERVIEW

The Field Improvement Fund was established to fund the building of new ball fields and renovating the existing ones. The Athletic Association of the Township has raised funds through donations and user fees and combined it with Township appropriations to fund these activities for 2015.

### Revenue

<table>
<thead>
<tr>
<th>Description</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>320001 Athletic Association-User Fees</td>
<td>$19,930</td>
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<td>345001 Interest on Investments</td>
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<td>170</td>
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<td>360008 Township Appropriation</td>
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<td><strong>Total Revenue</strong></td>
<td><strong>$50,104</strong></td>
<td><strong>$49,810</strong></td>
<td><strong>$50,150</strong></td>
<td><strong>$50,130</strong></td>
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### Expenditures

<table>
<thead>
<tr>
<th>Description</th>
<th>2012 Actual</th>
<th>2013 Actual</th>
<th>2014 Budget</th>
<th>2014 Estimate</th>
<th>2015 Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>702 Field Renovation Projects</td>
<td>$27,854</td>
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<td>$80,000</td>
<td>$80,000</td>
<td>$85,000</td>
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<tr>
<td>703 Boyce Mayview Field Lighting</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>300,000</td>
</tr>
<tr>
<td><strong>Total Expenditures</strong></td>
<td><strong>$27,854</strong></td>
<td><strong>$27,405</strong></td>
<td><strong>$80,000</strong></td>
<td><strong>$80,000</strong></td>
<td><strong>$385,000</strong></td>
</tr>
</tbody>
</table>

### BUDGETARY COMMENT

Funds for this program are $305,000 more than appropriated in 2014. This is due to the use of Fund Balance to partially fund the potential Boyce Mayview Field Lighting project in 2015.
MLB PITCH HIT & RUN
APRIL 27, 2014

YOUTH TRIATHLON
JULY 26, 2014

SUMMER CAMPS

TRX COMING SOON!

Township of Upper St. Clair
Message from the Recreation and Leisure Services Team

Our Vision

Enhance the quality of life by providing the best possible public recreational facilities, open natural spaces and programs for our citizens and surrounding communities.

Greetings from the Recreation and Leisure Services Department!

The Township of Upper St. Clair Department of Recreation and Leisure Services offers plenty of programs, classes and opportunities to help you get fit, learn something new, and have fun. Miles of trails, multiple athletic fields, and parks provide a diverse set of options for staying active every day. In addition, our Community & Recreation Center offers loads of opportunities to connect with your friends, neighbors and surrounding community residents.

Our goal is to make a difference, so we invite you to view the 2014 Spring/Summer Recreation Guide to find programs that will enhance your quality of life.

I am proud of our facilities and our dedicated staff. We all strive to give you the best user experience possible. We hope that you and your family will take advantage of all that we have to offer.

Enjoy the Spring/Summer by getting involved. We are here for you!

Sincerely,

Paul Besterman
Director of Recreation and Leisure Services
Township of Upper St. Clair

The Upper St. Clair Recreation and Leisure Services Department provides all programs and facilities on a non-discriminatory basis for all citizens, regardless of age, race, sex, creed, or disability. Every effort will be made to accommodate all participants. If you need special assistance to use our facility, please call us in advance, if possible, to make arrangements. PHONE (412) 221-1099 or FAX (412) 221-6964
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**Recreation Administration Office**

Monday – Friday
8:00 AM – 4:00 PM

**Tennis/Golf Administration Bldg.**

Monday – Sunday
8:00 AM – 10:00 PM

**C&RC Membership Office**

Monday – Friday
8:00 AM – 8:00 PM
Saturday
10:00 AM – 2:00 PM

**Facility Rental Office**

Monday, Wednesday and Friday
10:00 AM – 6:00 PM
Tuesday and Thursday
12:00 PM – 8:00 PM

**Upper St. Clair Parks**

Monday – Sunday
Dawn to Dusk

**C&RC Indoor Facility***

Monday – Thursday
5:30 AM – 10:00 PM
Friday
5:30 AM – 9:00 PM
Saturday
6:30 AM – 5:00 PM
Sunday
12:00 PM – 5:00 PM

**C&RC Outdoor Aquatics Facility**

Monday – Sunday
11:00 AM – 7:00 PM

---

* Indoor Aquatics and Fitness Areas close 15 minutes prior to building closing.

** Hours of operation for the Outdoor Aquatics Center are subject to change, without prior notice, as the C&RC deems necessary for maintenance, inclement weather and all suitable reasons for the best interest of its members and visitors.

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**The C&RC will be closed on New Year’s Day, Easter Sunday, Thanksgiving, and Christmas Day. Special holiday hours will be scheduled for Memorial Day, Independence Day, Labor Day, Christmas Eve, and New Year’s Eve.**

---

**Registration**

The C&RC and Township of Upper St. Clair Department of Recreation and Leisure Services offer a variety of programs, classes, and camps which require pre-registration. Several programs have a limited number of openings and are filled on a first-come, first-served basis. Please register as early as possible to guarantee a space in the desired program.

**How do I register?**

**In Person**
At the Community & Recreation Center during normal hours of operation.

**Online**
At www.twpusc.org/rec-leisure/rec-leisure-home.org

*Note: A small convenience fee will be added to the registration fee listed.*

**By Mail**
Send registration form and appropriate fee to:
Community & Recreation Center
Program Registration
1820 McLaughlin Run Road
Upper St. Clair, PA 15241

*Note: All mail-in registrations will be opened at the close of each working day received.*

---

**Payment**

Payment may be made by check, money order, Visa, Mastercard, Discover, or American Express. The Finance Department will add a $40.00 service charge for any returned check. No fee reduction will be made for missed classes or late registrations.

*PLEASE MAKE CHECKS OR MONEY ORDERS PAYABLE TO USC RECREATION.*
Refunds
All refunds will be made according to the following guidelines:
1. Cancellations must be received prior to the first meeting day of any program unless otherwise noted. No refunds will be issued after the second meeting day for any reason.
2. Due to ordering requirements, specialty programs may have specific refund dates listed. No refunds will be given after these specified dates.
3. A $5.00 administrative charge will be deducted from all refunds. No cash refunds will be given. Please allow 4-5 weeks for refund checks to be processed.
4. Participants in any program cancelled by the Recreation Department will receive full or prorated refunds calculated on total program meetings.

Class Cancellations
The Recreation Department reserves the right to cancel or postpone any class that does not meet a minimum number of class participants. Every effort will be made to reschedule sessions missed during a program for unanticipated cancellations. However, rescheduling cannot be guaranteed.

Fees
All listed programs conducted by the Upper St. Clair Department of Recreation and Leisure Services have been designed to be self-sustaining. Fees are evaluated periodically and are subject to change so that recreation programming may continue to be self-sustaining. In general, any additional revenues obtained from increased fees compensate for increasing program expenses.

Confirmations
The Recreation Department will not mail out or make phone calls for reminders or confirmation of classes. You will be notified only if there is a program change or we are unable to register you for a requested class due to a class being full or cancelled. You may call the Recreation Department if you would like to confirm your registration.

Registrations for full classes will be placed on a waiting list. You will be notified, your payment will be returned, and we will contact you if a space becomes available.

Eligibility
Where age or grade requirements are specified, eligibility is as of September 2014 unless otherwise noted. All Township residents and non-residents may participate except where noted.

Check-In
All non-members, program attendees, guests and visitors MUST:
- Check in and sign registration card at Control Desk.
- Provide program ‘receipt of payment’ at first class for personal training and private swim lessons.
- Swim lesson participants may have a maximum of 2 adults accompany a child to the Aquatics area; siblings may also accompany adult(s) but may not use the facility amenities.
- Adults accompanying children to any non-aquatic program within the C&RC should wait in the lobby.
**Blood Drive**  
**Thursday, June 5, 2014**  
**12:00 PM – 6:00 PM**  
Be someone’s hero— in fact, you may help as many as three people with just one donation. Approximately 60% of the population is eligible to donate blood but only five percent do. It feels great to donate!  
You are eligible to donate blood if you:
- Are in good physical health
- Weigh at least 110 pounds
- Have not donated whole blood in the past 56 days  
**Place:** C&RC Community Rooms  
**Age Requirement:** 16 years old (parent permission required) and older

---

**Upper St. Clair Community Day**  
**Saturday, May 17, 2014**  
This annual event, which has been held on a Saturday in May since 1979, is a cooperative effort of the Upper St. Clair School District, Upper St. Clair Township, students, parent volunteers, community groups, and various businesses and professional organizations. Be sure to check out the summer issue of *Upper St. Clair Today* magazine, which features a complete preview of the 2014 event. For more information, please call 412.221.1099, extension 655.

---

**Run for Fun**  
**Race begins at 9 a.m. sharp!**  
**Come run for fun and exercise.** The Run for Fun is open to all ages so bring the whole family (no pets please). Awards for first, second, and third places will be given in each age groups. The 3.1 mile moderately hilly race will be held at Upper St. Clair High School, starting and finishing at Panther Stadium.  
**Advance Registration:** $12 registration — Race entry plus a USC Community Day Run for Fun T-shirt.  
**$5.00 registration** — Race entry with no T-shirt.  
**Late Registration:** $10.00 the day of the race  
*No Registrations will be accepted after 8:15 AM*

---

**Annual USC Bake-Off**  
**11:00 AM**  
Entries will be judged on appearance, not edibility. Winners will be announced at the Founders Field stage on 11:00 a.m. on Saturday, May 17th. Prizes will be awarded in three categories plus a Grand Prize. Preregistration required.

---

**Annual Hottest Dog Contest**  
**9:30 AM – 11:00 AM**  
Prizes will be awarded for the top three dogs in each category. All dogs will get an award for participating. All participants should be at the Founders Field Stage no later than 9:30 a.m. Preregistration required.

---

**1st Annual Scavenger Hunt**  
**11:00 AM – 4:00 PM**  
Family fun for all ages! Prizes will be awarded to all who compete in the hunt. Stop by Northwood Charitable Foundation Booth for more information.
**Water Safety Day**  
**Saturday, May 24, 2014**  
**10:00 AM – 11:00 AM**  
Drowning is preventable! Start your summer out the safe way with our Water Safety Day event. Join us to learn some essential information for keeping everyone safe in and around water. Participants will be both in the water and on the deck. Parental participation is strongly encouraged, so bring your suits!  
**Age Requirement:** 3-13 years old  
**Fee(s):** Free

---

**Community Wide Flea Market**  
**SATURDAY, JULY 12, 2014 (Rain or Shine)**  
**8:00 AM – 1:30 PM**  
Space is limited. Sellers are responsible for providing their own table(s). Only Upper St. Clair residents may receive a space through May 15. After that date, other reservations will be accepted.  
**Place:** U.S.C.H.S. Stadium Parking Lot  
**Fee per space is $12.00 resident. $17.00 nonresident**  
**Registration Form available at the C&RC**

---

**World’s Largest Swimming Lesson**  
**Friday, June 20, 2014**  
**11:00 AM – 11:30 AM**  
The World’s Largest Swimming Lesson is a promotional event designed to build awareness and generate local and national press attention about the vital importance of teaching kids to swim to help prevent drowning. On June 18th 2013, The World’s Largest Swim Lesson organization successfully achieved a new GUINNESS WORLD RECORD for the largest simultaneous swimming lesson! The C&RC was one of 432 participating facilities to participate last year. Join us in breaking last year’s record!  
**Age Requirement:** 3-13 years old  
**Fee(s):** FREE  
*Registration begins Friday, May 23, 2014. Sign in day of event 10:00 a.m. - 10:30 a.m. All participants must be on the pool deck no later than 10:50 a.m.*

---

**Community Foundation Family Movie Night**  
**Thursday, August 21, 2014**  
**SAVE THE DATE** for the Community Foundation’s Fifth Annual Free Outdoor Family Movie scheduled for Thursday, August 21*. The movie will start at dusk on the Boyce Mayview Park Multipurpose Field. In case of rain the movie will be shown in the Theater at Boyce Middle School. More information will be available in August.

---

**3rd Annual Boyce Mayview Park Youth Triathlon**  
**Saturday, July 26, 2014**  
**7:30 AM – 9:00 AM**  
Do you have a child who likes to swim, bike and run? If so, then the Annual Youth Triathlon at Boyce Mayview Park would be the right place for them to show their spirit. There is a Pre-race Preparation Meeting the day before event (Friday, July 25) at 6:00 p.m. at the C&RC. *Wave times are given at the Pre-race Preparation Meeting.*  
**Place:** Starting location C&RC Outdoor Pool  
**Fee:** $25 per athlete (until June 1)  
$30 per athlete (June 2 - June 30)  
$35 per athlete (July 1 – July 25)  
Registration includes a race T-shirt.* T-shirts are guaranteed to all who register before 7/2/14. Remaining shirts will be issued on a first-come, first-served basis.  
**Ages 7, 8 & 9:** Swim 75 yards (3 pool lengths), bike 1 mile, run 0.5 mile  
**Ages 10, 11 & 12:** Swim 125 yards (5 pool lengths), bike 2 mile, run 1 mile  
**Maximum of 100 total participants. Athletes must fill out legal waiver prior to participating. All athletes must arrive at the Outdoor Pool Area at the above Age Group event day registration starting time. No rain date set if cancelled due to weather. Helmet and bike required.**
Upper St. Clair Athletic Association
The Upper St. Clair Athletic Association is a volunteer organization which coordinates the following athletic programs in the community: Spring/Summer Baseball and Softball, Fall Soccer, Traveling Spring Soccer, Fall Football, Winter Basketball, Winter Wrestling. For information, please call 412.835.4499 or visit the Website: www.uscaasports.org.

Youth Steering Committee of Upper St. Clair
The Youth Steering Committee of Upper St. Clair is a community action group, jointly appointed by the Township Board of Commissioners and Board of School Directors. The Committee is comprised of adult residents, student representatives, and liaison persons from the appointing boards. The Committee’s Mission is to involve the Upper St. Clair Community in providing positive direction and support to our youth and their families.

The Youth Steering Committee welcomes the ideas of all interested residents, and could not function without the efforts of the ad hoc members who regularly attend the working meetings. Meetings are held the 2nd Wednesday of the month with the exception of July/August at 7:00 p.m. at the Community & Recreation Center. For more information, contact Gary Seech, Chairperson, Youth Steering Committee, 1820 McLaughlin Run Road, Upper St. Clair, PA 15241.

Spring Dodge
Saturday, April 5, 2014
6:30 PM - 8:30 PM
USC Cares for Kids, an initiative of the Youth Steering Committee is sponsoring “Spring Dodge” on Saturday, April 5th from 6:30 to 8:30 PM for all USC youngsters in grades 5-8 at the C&RC. Activities will include a dodgeball tournament, bingo, photo booth, Velcro wall, live DJ, and food. Preregistration is highly suggested: $10 per child or $20 family maximum. Fees are non-refundable. For more information, please go to the Youth Steering Committee information on the township website.

Bocce at Baker
BOCCE is alive in Upper St. Clair! The Township has two lighted regulation bocce courts in Baker Park. Be sure to check them out on your next visit. Are you interested in learning to play Bocce or want to be in a league? Contact Mark DiSora at 412.833.0707 for more information.

Neighborhood Parks
Summertime is a fantastic time to visit our Township parks. Each park offers great opportunities for fun and play! Check out the Township website or stop by the Recreation office for more details. Tennis courts, bocce, sand volleyball, basketball courts, play units, water sprays, pickleball courts and much more await you. ENJOY!

CPR Classes
Every Individual Should Know Life-Saving First Aid. E-mail or call the Tri-Community South EMS office Monday through Friday, 8:30 a.m. to 4:30 p.m. at 412.831.3710 for information on dates, fees and locations or to register for a class.
Three Hole Golf
The Three Hole Golf Course is located on McLaughlin Run Road. Golf course supervision takes place from the Tennis/Golf Administration Building. All golfers must check in with the supervisor on duty prior to playing. Golfers under the age of 10 must play with an adult.

The course will be open until mid-October, as weather conditions permit. Players are expected to replace divots and ball marks and to leave the vicinity of the green after putting out. Four players are permitted in a group (Maximum of four balls per player at any time).

At the Tennis/Golf Administration Building, golfers may pay a per-round fee or purchase a coupon punch card (good for 10 three-hole rounds with no expiration date). Payments made at the Tennis/Golf Administration Building must be made via check or money order. The 10-round coupons are also available for purchase at the Community & Recreation Center (payment by cash, check, money order, or credit card).

Per Round Fees:

<table>
<thead>
<tr>
<th></th>
<th>Junior</th>
<th>Adult</th>
<th>Silver Card Holder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident Rate</td>
<td>$3.50 per round</td>
<td>$5.00 per round</td>
<td>FREE</td>
</tr>
<tr>
<td>Surrounding Community Rate</td>
<td>$4.50 per round</td>
<td>$5.50 per round</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Age 15 and under are eligible for the junior rate.

Coupon Punch Card Fees:

<table>
<thead>
<tr>
<th></th>
<th>Junior &amp; Adult</th>
<th>Silver Card Holder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident Rate</td>
<td>$30.00</td>
<td>FREE</td>
</tr>
<tr>
<td>Surrounding Community Rate</td>
<td>$40.00</td>
<td>N/A</td>
</tr>
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</table>

The Miracle League
The Miracle League is committed to giving players with special needs the opportunity to play baseball on a field and in a league uniquely designed for them. The facility is complete with handicap accessible bathrooms, dugouts, and equipment. Each non-competitive player is paired with a buddy to help field the ball, run the bases, or just cheer him or her home! The Miracle League isn’t just about baseball, but the community it creates.

Questions? Contact Maura Rodgers, League Director, info@caseysclubhouse.org or 724-986-9378.

To register, please visit [http://miracleleaguebaseball.org/](http://miracleleaguebaseball.org/)

**Spring Season:** Weekends in May & June
  *Registration opens in March*

**Fall Season:** Weekends in September & October
  *Registration opens in August*
Upper St. Clair Township offers multiple sites and opportunities for tennis play. At the Municipal Park on McLaughlin Run Road there are 10 lighted tennis courts and 2 lighted paddle courts.

**Spring/Summer Tennis Program**

A tennis Photo ID permit is required for play. Permits may be purchased at the Community & Recreation Center at Boyce Mayview Park. Copies of Rules and Regulations for the season are available at the Department of Recreation and Leisure Services or at the Municipal Tennis Courts. Season permit holders may make reservations for the Municipal Tennis Courts up to 72 hours in advance of play. *Permits are required for outdoor play beginning May 1 and continuing through April 30 of the following year.*

**Outdoor Season Permits**

Proof of residency required. Permits are available for purchase beginning April 1, 2014.

<table>
<thead>
<tr>
<th>Permit Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Permit</td>
<td>$49.00</td>
</tr>
<tr>
<td>Junior Permit (age 15 and under)</td>
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<tr>
<td>Family Permit</td>
<td>$105.00</td>
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<tr>
<td>Lost Permit (Replacement)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Resident Guest - Adult</td>
<td>$6.00 per hour</td>
</tr>
<tr>
<td>Resident Guest - Junior</td>
<td>$3.00 per hour</td>
</tr>
<tr>
<td>Nonresident Guest</td>
<td>$10.00 per hour</td>
</tr>
<tr>
<td>Restricted Permit**</td>
<td>$8.00</td>
</tr>
</tbody>
</table>

**Residents may purchase restricted permits (at the Recreation office) that will permit them to play on the Municipal Courts. No reservations are permitted with a restricted permit. Restricted permit holders, and any guests playing with a restricted permit holder, will be required to pay the guest hourly rate each time they use the Municipal Courts.**

**Payments for hourly play may be made at the Tennis/Golf Administration Building by check or money order only.**

*Please note: Clinic walk-on time does not apply during the spring/summer season.*

**Different Strokes Tennis League**

**LOVE TENNIS? LIVE IN UPPER ST. CLAIR? COME PLAY WITH DIFFERENT STROKES!**

We are a nonprofit resident group run by a committee of volunteers with the assistance of the Recreation Department. The League's main purpose is to organize sessions of tennis for Upper St. Clair residents of all abilities to play with a variety of partners and opponents.

There are four (4) sign-up sessions per year for different days and times of the week for different game levels.

- A summer outdoor session until the bubbles go up around the beginning of October (season permit).
- A 14-week fall indoor session from October through mid-January (court fee).
- A 14-week winter indoor session in the USC Bubbles from mid-January through mid-April (court fee).
- A spring outdoor session until the end of June (season permit).

All sessions include weekday mornings and evenings for women's doubles, as well as weekend evenings and weekend day times for men's doubles. Mixed doubles or men's and women's singles games can be set up on Tuesday and Friday nights if there is enough demand.

In addition to organizing league play, Different Strokes holds several mixed socials each year to play and socialize with other league members. Cost for joining is $10.00 for individuals and $16.00 per couple. If interested, please contact Gina Braun at 412.221.5717. Join any time!

**Random Time**

Players who do not wish to purchase a permanent season hour may schedule random hours of tennis up to 72 hours in advance by telephoning the Tennis/Golf Administration Building at 412.831.7556. **Random fees are to be paid by check or money order at the Tennis/Golf Administration Building immediately prior to the scheduled hour.**

**Hourly rates per court for random play:**

- Prime Time: $23.00
- Non-Prime Time: $21.00

**Cardion Tennis Information**

Available on Page 12
USCTDP Teaching Staff
Janice Irwin, Head Teaching Professional........PTR
Lance Falce, Assistant Head Teaching Professional..PTR
Augie Garofoli ........................................USPTA
Doug Addington ........................................PTR
Marcy Bruce, Cardio Tennis Director..............PTR
Chris Canady, High Performance Director ........PTR
Megan Foster, 10 & Under Coordinator ..........PTR
Renee Russell ........................................PTR
Berta Russo ........................................PTR
Ray Halackna ........................................PTR
Janis Finn ........................................PTR
Jack Gloss ........................................PTR &USPTA
Anna Mitina ........................................PTR

USCTDP Office Staff
Janice Irwin, PTR, Director
Augie Garofoli, USPTA, Coordinator
Sandra Viehoever, PTR, Office Manager

PRIVATE LESSONS:
Private lessons are available to both juniors and adults for $55.00 - $68.00 per hour. Juniors who wish to participate in privates must be enrolled in clinics. Direct questions to Janice, Augie or Sandra at 412.831.2630.

Junior Summer Travel Team - Levels: 3, 4 & 5
Our Junior Summer Travel Team package is one of our most valuable development tools. Whether players are Level 3, 4, or 5 the combination of camps and matches against other clubs have always produced remarkable improvement in their tennis skills as well as providing match experience.
All the clubs that we play are less than a one-hour drive.
Car pools are arranged for away matches. For more flexible scheduling during the busy summer season, we are offering two levels of commitment.
We hope having this option will enable even the busiest summer-fun seeker to enjoy the benefits of the Traveling Team.
Call 412.831.2630 to have information mailed to you.

Upper St. Clair Junior Tournament
Boys and Girls Singles- 12’s, 14’s, 16’s, 18’s
Date(s): July 28 - August 1
Fee(s): Contact USCTDP for more information
Entry deadline is July 21, 2014.
This tournament is a sanctioned USTA event for Allegheny Mountain District Rankings. Entry forms are available at the tennis courts. For more information, go to www.usta.com. Phone and fax entries are accepted with a credit card payment. Please enclose copy of USTA card. You may also register online at www.usta.com.

USCTDP, Inc. Match Play Camp
This popular camp returns for its fourth year. At camp there will be a Match Play Coach observing matches.
Camp will focus on:
• Court Positioning
• Momentum
• Score Management
• Mental Toughness
• Shot Selection
• Match Strategy
• Court Presence
Date(s): June 18- August 20
Day(s): Wednesdays
Time: 11:00 AM – 2:00 AM
Place: Upper St. Clair Municipal Courts
Eligibility Requirement: Levels 4.5, 5.0, and 5.5
Fee(s): $35.00 per day
How to register: Please call the USCTDP, Inc. office at 412.831.2630 at least 24 hours in advance or visit www.usctdp.com

Baker Tennis Novice Program
Join your friends for fun, sun, and tennis instruction provided by the staff of Upper St. Clair Tennis Development.
Date(s): July 1- 31
Day(s): Tuesdays and/or Thursdays
Time: 9:00 AM – 10:00 AM – Ages 6-10
10:00 AM – 11:00 AM – Ages 11-17
Place: Baker Park Tennis Courts
Age Requirement: Ages 6-17
Fee(s): $45.00 – one day/week
$85.00 – two days/week
To register, contact Upper St. Clair Tennis Development, Inc. by phone at 412.831.2630, visit the Website: www.usctdp.com

Play Days
Great things are happening for youngsters getting involved in our “10 and under” program. Playing with age-appropriate equipment and on an appropriately sized court under the direction of specially trained instructors, “kids are having much more success at a younger age,” according to head professional Jan Irwin from Upper St. Clair Tennis Development, Inc. Earlier events resulted in an abundance of smiles and laughter, as children played tennis, enjoyed arts and crafts, and ate pizza, and each participant went home with a prize. With support from USTA, more play days are coming—for more information or to enroll your child, please call 412.831.2630.

For more information regarding all USCTDP programs please call (412) 831-2630 or visit www.usctdp.com
Tiny Tots I (Red-Foam Balls) AGES 3-4 & Tiny Tots II (Red-Foam Balls) AGES 4-5
Your child’s first experiences on a tennis court. An informal environment that establishes a foundation for gross motor skill development. General athleticism is more important than tennis specific skills at this age. Basic movement and coordination skills will be introduced. Children will learn to receive and send the ball with their hands, racquets and other adapted equipment that fosters enjoyable learning experiences. Tiny Tots is described as a Fundamental Motor Skills Program delivered through Tennis, children learn the skills of running, jumping, throwing, catching and much more alongside the start of the basics of tennis.
Monday 3:30 – 4:15 p.m., Tuesday 10:00 – 10:45 a.m., Thursday 1:00 – 1:45 p.m., Friday 3:30 – 4:15 p.m., Friday 6:00 – 6:45 p.m., Saturday 2:00 – 2:45 p.m., Sunday 11:00 a.m. – 12:00 noon, Sunday 1:00 – 2:00 p.m., Sunday 3:30 – 4:30 p.m.

BEGINNER (Red-Foam Balls) AGES 5-7
A program of movement, balance, coordinated and motor skill development with a focus on self and partner rallying skills on the 36 foot court. Both reception and projection activities will be emphasized. Children will learn the first stages of cooperative tennis. The children will learn how to initiate a rally, how to move and judge a ball (reception and centering skills), how to control the racquet at the contact point and control the height, direction and depth to be successful on the 36 foot court. They will learn adaptive skills that will be the foundation of their future tennis development.
Monday 3:30 – 4:30 p.m., Monday 6:00 – 7:00 p.m., Friday 3:30 – 4:30 p.m., Friday 6:00 – 7:00 p.m., Saturday 2:00 – 3:00 p.m.,
Sunday 11:00 a.m. – 12:00 noon, Sunday 1:00 – 2:00 p.m., Sunday 3:30 – 4:30 p.m.

BEGINNER OR ADVANCED BEGINNER (Red-Foam Balls) AGES 6-8
Children will continue to learn the skills of the 36 foot court. By the end of this program, a child should be able to play Quick start Tennis using a full or abbreviated serving motion. The children will learn how to move effectively so as to insure good position and balance for each shot. They will be taught how to adapt to different situations and how to compete in Quick start events in the 8 and under division.
Monday 3:30 – 4:30 p.m., Monday 6:00 – 7:00 p.m., Friday 3:30 – 4:30 p.m., Friday 6:00 – 7:00 p.m., Saturday 2:00 – 3:00 p.m.,
Sunday 11:00 – 12:00 noon, Sunday 1:00 – 2:00 p.m., Sunday 3:30 – 4:30 p.m.

BEGINNER OR ADVANCED BEGINNER (Orange-Transition Balls) AGES 9-12
Children will learn the basics of tactical play from the 60’ court for both singles and doubles. Swing rhythm on the forehands and backhands will be emphasized. The children will be introduced to topspin and will learn how to differentiate between a volley action and a ground stroke action. A variety of serve progressions will be taught and the serve and return of serve will be covered in each class.
Monday 3:30 – 4:30 p.m., Monday 6:00 – 7:00 p.m., Friday 3:30 – 4:30 p.m., Friday 6:00 – 7:00 p.m., Saturday 2:00 – 3:00 p.m.,
Sunday 11:00 – 12:00 noon, Sunday 1:00 – 2:00 p.m., Sunday 3:30 – 4:30 p.m.

TEEN 1 (Red, Orange, Green and Yellow Balls) AGES 13-18
The Teen 1 program is for teenagers who are relatively new to tennis. Learn to rally and play is the theme of each class. The students will be exposed to all the basic skills of tennis including ground strokes, volleys, overheads and serves. The class will stress cooperation and competition in many of the drills and play situations.
Wednesday 6:00 – 7:00 p.m., Friday 6:00 – 7:00 p.m.
LEVEL 3 INTERMEDIATE (Orange-Transition Balls) AGES 7 – 10
Children will learn the basics of tactical play from the 60’ court for both singles and doubles. Serve progression will be taught and the serve and return of serve will be covered in each class.

LEVEL 3.5 ADVANCED INTERMEDIATE (Orange-Transition Balls) AGES 8-12
Children will experience the 5 play situations on the 60’ court and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. A variety of adaptive skills will be trained using dead ball drills, live ball drills and competitive play situations in all areas of the court.

LEVEL 3.5 ADVANCED (Green and Yellow Balls) AGES 9 - 14
Children will be exposed to a full range of technical/tactical development. All court tennis will be emphasized. The program will focus on drills that develop movement, recovery and decision making skills. Situational and competitive play in the 5 play situations will be planned in the curriculum. This is the final development stage before the children enter the Junior Competitive Program.

LEVEL 4 (Aspiring Tournament Player) AGES 10-18
Improve stroke mechanics and consistency, footwork and anticipation. Learn sound match play tactics.

LEVEL 4.0 and 4.5 (TOURNAMENT LEVEL) (Tournament Player or High School Tennis Player) AGES 10-18
Improve mechanics for all strokes, footwork and conditioning, develop consistency and improve shot making.

Level 5.0 and 5.5 (OPEN LEVEL) (Tournament player having earned a competitive National or Sectional ranking) AGES 10-18
Improve match play performance with emphasis on footwork and conditioning, match play tactics, mechanics, mental toughness and sportsmanship.

<table>
<thead>
<tr>
<th>Level 3.0 Fees</th>
<th>Levels 3.5, 4, 4.5, 5 and 5.5 Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Day Per Week $235</td>
<td>One Day Per Week $295</td>
</tr>
<tr>
<td>Two Days Per Week $455</td>
<td>Two Days Per Week $575</td>
</tr>
</tbody>
</table>

Juniors Levels 3.0, 3.5, 4.0, 4.5, 5.0 and 5.5 Clinics
Spring Session – April 21, 2014 – June 15, 2014
No Clinics May 26 – (Make up May 31- Times to be announced on website: www.usctdp.com)
Tiny Tots I (Red-Foam Balls) AGES 3-4
Your child’s first experiences on a tennis court. An informal environment that establishes a foundation for gross motor skill development. General athleticism is more important than tennis specific skills at this age. Basic movement and coordination skills will be introduced. The children will learn to receive and send the ball with their hands, racquets and other adapted equipment that fosters enjoyable learning experiences.

Monday 5:15 – 6:00 p.m., Monday 6:00 – 6:45 p.m., Wednesday 11:00 – 11:45 a.m., Wednesday 5:15 – 6:00 p.m.,
Wednesday 6:00 – 6:45 p.m., Friday 8:00 – 8:45 a.m., Saturday 11:00 – 11:45 a.m.

BEGINNER (Red-Foam Balls) AGES 5-7
A program of movement, balance, coordinated and motor skill development with a focus on self and partner rallying skills on the 36 foot court. Both reception and projection activities will be emphasized. Children will learn the first stages of cooperative tennis. The children will learn how to initiate a rally, how to move and judge a ball (reception and centering skills), how to control the racquet at the contact point and control the height, direction and depth to be successful on the 36 foot court. They will learn adaptive skills that will be the foundation of their future tennis development.

Monday 5:00 - 6:00 p.m., Monday 6:00 – 7:00 p.m., Wednesday 11:00 – 12:00 noon, Wednesday 12:00 – 1:00 p.m.,
Wednesday 5:00 – 6:00 p.m., Wednesday 6:00 – 7:00 p.m., Friday 11:00 – 12:00 noon, Friday 12:00 – 1:00 p.m., Saturday 11:00 – 12:00

ADVANCED BEGINNER (Red-Foam Balls) AGES 6-8
Children will continue to learn the skills of the 36 foot court. By the end of this program, a child should be able to play Quick start Tennis using a full or abbreviated serving motion. The children will learn how to move effectively so as to insure good position and balance for each shot. They will be taught how to adapt to different situations and how to compete in Quick start events in the 8 and under division.

Monday 5:00 - 6:00 p.m., Monday 6:00 – 7:00 p.m., Wednesday 11:00 – 12:00 noon, Wednesday 12:00 – 1:00 p.m.,
Wednesday 5:00 – 6:00 p.m., Wednesday 6:00 – 7:00 p.m., Friday 11:00 – 12:00 noon, Friday 12:00 – 1:00 p.m., Saturday 11:00 – 12:00

ADVANCED BEGINNER (Orange-Transition Balls) AGES 9-12
Children will learn the basics of tactical play from the 60’ court for both singles and doubles. Swing rhythm on the forehands and backhands will be emphasized. The children will be introduced to topspin and will learn how to differentiate between a volley action and a ground stroke action. A variety of serve progressions will be taught and the serve and return of serve will be covered in each class.

Monday 5:00 - 6:00 p.m., Monday 6:00 – 7:00 p.m., Wednesday 11:00 – 12:00 noon, Wednesday 12:00 – 1:00 p.m.,
Wednesday 5:00 – 6:00 p.m., Wednesday 6:00 – 7:00 p.m., Friday 11:00 – 12:00 noon, Friday 12:00 – 1:00 p.m., Saturday 11:00 – 12:00

TEEN 1 (Red, Orange, Green and Yellow Balls) AGES 13-18
The Teen 1 program is for teenagers who are relatively new to tennis. Learn to rally and play is the theme of each class. The students will be exposed to all the basic skills of tennis including ground strokes, volleys, overheads and serves. The class will stress cooperation and competition in many of the drills and play situations.

Monday 6:00 – 7:00 p.m., Wednesday 6:00 – 7:00 p.m.

<table>
<thead>
<tr>
<th>Tiny Tots I and Tiny Tots II</th>
<th>Beginner, Advanced Beginner and Teen 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>$130 One Day per Week</td>
<td>$155 One Day per Week</td>
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<tr>
<td>$240 Two Days per Week</td>
<td>$290 Two Days per Week</td>
</tr>
</tbody>
</table>

JUNIOR SUMMER CAMPS & CHAMPS: Levels 3, 3.5, 4, 4.5, 5 and 5.5
Pricing options available: (1) per day or (2) 10 days or more

<table>
<thead>
<tr>
<th>Summer Camps: Levels 3.0</th>
<th>Summer Camps: Levels 3.5, 4 &amp; 4.5</th>
<th>Summer Tournament Champions: Levels 5 &amp; 5.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday Thursday</td>
<td>Monday Tuesday Thursday Friday</td>
<td>Monday Tuesday Thursday Friday</td>
</tr>
<tr>
<td>11:30 a.m. – 1:30 p.m.</td>
<td>11:00 a.m. – 1:30 p.m.</td>
<td>2:30 p.m. – 5:00 p.m.</td>
</tr>
<tr>
<td>$38.00/day</td>
<td>$45.00/day</td>
<td>$45.00/day</td>
</tr>
<tr>
<td>Register for 10 days or more: $34.00/day</td>
<td>Register for 10 days or more: $40.00/day</td>
<td>Register for 10 days or more: $40.00/day</td>
</tr>
</tbody>
</table>
Upper St. Clair Tennis
Spring & Summer 2014 Adult Tennis Clinics, Cardio & TRX Cardio Tennis

Spring Session – April 21, 2014 – June 15, 2014 (8 weeks)
No Clinics May 26 – (Make up May 31- Times to be announced on website: www.usctdp.com)
Summer Session – June 16, 2014 – August 10, 2014 (8 weeks)

Spring & Summer Adult Tennis Clinics

<table>
<thead>
<tr>
<th>Adult Level 1 Clinic</th>
<th>Adult Level 2 Clinic</th>
<th>Adult Level 3 Clinic</th>
<th>Adult Level 4 Clinic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Novice</td>
<td>Advanced Beginner</td>
<td>Intermediate</td>
<td>High Intermediate</td>
</tr>
<tr>
<td>Mon, 11:00 - 12:30 p.m.</td>
<td>Wed, 9:00 - 10:30 a.m.</td>
<td>Wed, 1:00 - 2:30 p.m.</td>
<td>Mon, 12:30 - 2:00 p.m.</td>
</tr>
<tr>
<td>Wed, 9:00 - 10:30 a.m.</td>
<td>Wed, 10:30 - Noon</td>
<td>Wed, 7:00 - 8:30 p.m.</td>
<td>Tues, 9:00 - 10:30 a.m.</td>
</tr>
<tr>
<td>Sun, 4:30 - 6:00 p.m.</td>
<td>Wed, 7:00 - 8:30 p.m.</td>
<td>Thurs, 9:00 - 10:30 a.m.</td>
<td>Thurs, 7:00 - 8:30 p.m.</td>
</tr>
<tr>
<td>Thurs, 9:00 - 10:30 a.m.</td>
<td>Thurs, 9:00 - 10:30 a.m.</td>
<td>Thurs, 10:30 - Noon</td>
<td>Sun, 4:30 - 6:00 p.m.</td>
</tr>
</tbody>
</table>

8 Week Clinic Fees: $210 One Day per Week $400 Two Days per Week

What is Cardio Tennis?
Cardio Tennis is first and foremost a great fitness activity! People of all abilities can participate in Cardio Tennis at the same time! It’s a great way to push your fitness to a new level with a high energy workout while you improve your tennis skills. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. There are programs and drills geared for existing players to get a great cardio workout while improving skill. Program includes Warm-Up, Cardio Work-Out and Cool-Down Sessions.

For more information on Cardio Tennis, visit www.cardiotennis.com

Cardio Tennis

Spring 2014
- Monday 10:00 – 11:00 Intermediate
- Monday 11:00 – 12:30 Advanced
- Tuesday 11:00 – 12:00 Intermediate
- Wednesday 10:30 – 11:30 Intermediate/High Intermediate
- Thursday 9:00 a.m. Intermediate 9:30-10:30 a.m. Advanced
- Friday 12:00 – 1:00 High Intermediate 9:00 – 10:00 Intermediate
- Saturday 8:00 – 8:00 a.m. Family Cardio or Intermediate

Summer 2014
- Monday 8:00 – 9:00 a.m. Intermediate 7:00 – 8:00 p.m. Intermediate
- Tuesday 8:00 – 9:00 a.m. Beginner/ Intermediate
- Wednesday 7:30 – 9:00 a.m. Advanced
- Thursday 8:00 – 9:00 a.m. High Intermediate 8:00 – 9:00 a.m. Intermediate
- Friday 8:00 – 9:00 a.m. High Intermediate
- Saturday Family Cardio 8:00 – 9:00 a.m.

Spring & Summer Cardio Tennis Fees

Adult 8 Week Cardio Fees:
- One Day per Week $145
- Two Days per Week $270

Adult 8 Week Advanced Cardio Fees:
- One Day per Week $216
- Two Days per Week $412

TRX Cardio Tennis Is Back
TRX has partnered with Cardio Tennis® to help you specialize your training by combining TRX Suspension Training with Cardio Tennis. TRX Cardio Tennis is the ultimate full-body striking calorie burning workout incorporating strength, muscle, endurance, balance and flexibility. TRX is a suspension training system designed to facilitate an enormous range of body weight training movements for the entire body. With the two partnered together you will experience the latest cutting edge in workout for your body while training for tennis. For more information contact Marcy Bruce- Cardio Director.

When you sign up for a spring session of TRX Cardio Tennis, you will get one TRX Cardio Tennis FREE. Register for 8 weeks and only pay for 7 weeks.

Spring 2014
- Wednesday 10:30 – Noon
- Wednesday 7:00 – 8:30 p.m.
- Thursday 9:00 – 10:30 a.m.
- Saturday 8:00 – 9:30 a.m.

Adult TRX Cardio 8 Week Fees:
- One Day per Week $224
- Two Days per Week $448
- *FREE 1 Week*

Summer 2014
- Monday 7:30 – 9:00 a.m.
- Wednesday 7:00 – 8:30 p.m.
- Thursday 9:00 – 10:30 a.m.
- Saturday 8:00 – 9:30 a.m.

Adult TRX Cardio 8 Week Fees:
- One Day per Week $256
- Two Days per Week $512

CONTACT MARCY FOR MORE DETAILS – 412-398-6066 OR email marcyb93@me.com
2014 Spring-Summer Events Summary
Register online at www.TheOutdoorClassroomPA.org.

Contact Jessica Kester, Program Manager at 412-838-0064 or Jessica@TheOutdoorClassroomPA.org. Registration is through The Outdoor Classroom only and cannot be done in conjunction with Community & Recreation Center program registrations.

Outdoor Volunteer Opportunities

If you really weren't too busy this year, you could spend over two months volunteering at The Outdoor Classroom! In reality, that may be a little too much time for any one person, but there are quite a variety of opportunities for people of all ages to lend a hand!

**Garden Gang** will meet the first Tuesday from May through September to maintain the four native plant gardens. Penn State Master Gardeners will be on hand the first Tuesday to help *and* answer your personal gardening questions!

**Camp Counselors** are needed in June and July. If you are a high school sophomore or junior planning on majoring in education, this is a great chance to enhance your college application with real-life experience! Build your resume and have fun with the little kids at the same time! Call the office for details.

**The Outreach Outfit** could be your ticket to an exciting summer! If you like to meet and talk to lots of people, why not join us at Community Days and events around town? Tell the world about the programs and adventures at The Outdoor Classroom and work on your tan at the same time! Various Saturdays throughout the summer.

**Special Events** are often held by The Outdoor Classroom. That means there are usually large numbers of participants and we can always use an extra pair of hands to run the programs. It could be you! Polish up your leadership skills and be a staff assistant for the day!

**Spring Migratory Bird Count** - The hundreds of wooded acres of Boyce Mayview Park attract thousands of two legged creatures every year; people and birds! Today we're going to ask one species to count the other! Join The Outdoor Classroom and the USC Citizens for Land Stewardship for an hour or the day as we participate as part of the Pittsburgh South Hills Bird Circle. Saturday, May 10. 8:00 AM – 4:00 PM.

For full details and a complete calendar of volunteer events or to register for your favorites, contact Eva Barinas, Volunteer Coordinator at 412-838-0064 or Eva@TheOutdoorClassroomPA.org.
Cub Scout Spring Adventure: Wetlands
Date: Sunday, April 13
Time: 1:00 PM – 4:00 PM
Meeting Place: The Outdoor Classroom Kiosk next to the Pavilion
Audience: Grades 1st – 5th
Fee(s): $15 per child

What makes a wetland special? Join us as we explore the wetlands in Boyce Mayview Park. Children in grades 1st – 5th will experience a variety of wetland habitats first hand and why may see signs of the furry beavers! Webelos will complete the Naturalist Activity Badge while learning the unique characteristics of aquatic habitats. Activities for Tigers, Wolves and Beart too, so why no bring the entire Pack!

Moonstruck Hikes
Dates: April 15, May 14, June 13, July 12 & August 10
Time: Varies slightly by season, check website.
Meeting Place: The Outdoor Classroom Kiosk next to the Pavilion
Audience: Family friendly
Fee(s): $4 person over age two.

One of The Outdoor Classroom’s most popular family friendly events! A walk in the dark on the peaceful trails of Boyce Mayview Park as the nocturnal world begins to come alive! Listen for owls, hear an insect symphony or just enjoy the quiet stillness of the forest. The constellations and the moon will be the “stars of the show” as the moon crests the eastern horizon. We walk on relatively flat trails, but appropriate clothing and footwear are recommended.

Trash & Treasures: Earth Day Park Stewardship Day
Date: April 26
Time: 8:00 AM – 2:00 PM
Meeting Place: The Outdoor Classroom Learning Lab
Audience: Family friendly

The Outdoor Classroom and the Pittsburgh Area Geocaching Association (PAGA) are all geared up to build on last year’s amazing 4.7 tons of trash removed from the park during our first joint CITO last year! In celebration of Earth Day 2014 we’ll offer a variety of possible stewardship activities like removal of additional old farm debris, garden preparation and staining of the Classroom office’s porch. No experience is necessary and cachers and non-cachers of all ages are welcome.

Wildflowers & Caches
Date: Saturday, May 3
Time: Noon – 4:00 PM
Location: The Outdoor Classroom Learning Lab
Audience: Family friendly
Fee(s): Free

Experienced geocachers listen up! We’ll be hiding temporary caches highlighting the beautiful wildflowers blooming in the park. Temporary caches will be throughout the park so be ready to do some hiking! Not to mention the permanent caches of the Boyce Mayview Park! There will be the usual door prizes and raffles that Pittsburgh Area Geocachers Assoc. (PAGA) is known for. Feel free to bring a snack to share, be creative and make it a flower theme! Will Attends on www.Geocaching.com are appreciated.

Talk N’ Walk Series
Dates: Sundays, April 27 (Spring Birding*), May 18 (Spring’s Bounty-Wild Edibles), June 15 (Spiders), July 20 (Insects), August 17 (Creek Ecology)
Time: *8:00 – 10:00 AM for Spring Birding all others are 2:00 PM – 4:00 PM
Location: The Outdoor Classroom Offices
Audience: Family friendly
Fee(s): $8 adults, $3 children under twelve. 10% discount for 3 or more.

Topics change every month and include a hands-on 30-45 min. presentation and followed by a hike focusing on the day’s topic. These are especially good for scout troops and leaders and educators will receive 2 hours of Act 48. Pre-registration is requested and required for groups and to receive the 10% group discount.

Mother-Daughter Geocaching 101
Date: Saturday, May 3
Time: 10:00 AM – 12:30 PM
Location: The Outdoor Classroom Offices
Audience: Mothers & Daughters ages 6 and up, Scouts Welcome!
Fee(s): $15 per couple, $5 per additional child

Have a hard time prying the cell phone from your daughter’s hand? No need to today we’ll use smartphone technology and GPS units to create a mother-daughter bonding adventure! Geocaching is a fast growing and free outdoor activity you can do together. We’ll teach you the basics, show you how to start and even provide help finding temporary and permanent caches. Already into geocaching? Not a problem, there’s something for you too! Great for almost any age. Scouts why not make this a family outing! Fun patches will be available!
Spring Migratory Bird Count
Date: Saturday May 10
Time: 8:00 AM – 4:00 PM
Meeting Place: The Outdoor Classroom Learning Lab
Audience: Family friendly

The hundreds of wooded acres of Boyce Mayview Park attract thousands of two legged creatures every year; people and birds! Today we’re going to ask one species to count the other! The annual International Migratory Bird Count gives all levels of birders a chance to become citizen scientists for the day. Join The Outdoor Classroom and the USC Citizens for Land Stewardship for an hour or the day as we participate as part of the Pittsburgh South Hills Bird Circle. No experience or equipment necessary.

Introduction to Fun with Essential Oils for the Whole Family
Date: Saturday May 17
Time: 10:00 AM – Noon
Meeting Place: The Outdoor Classroom Offices
Audience: Family Friendly
Fee(s): $15 per person

Join us in welcoming Ann Dunham of Holistic Homes for this hands-on interactive fun class that explores: What is an essential oil? What do they offer us? How do we use essential oils? This event culminates in a fun game that consists of matching the essential oil with its corresponding plant and/or food. Great for community and scouts groups as well.

All about Birds
Date: Saturday May 10
Time: 10:00 AM – 1:00 PM
Meeting Place: The Outdoor Classroom Learning Lab
Audience: Scouts and Children in Grades 3rd – 12th
Fee(s): $20 per child

Become a “citizen scientist” and help count some of the 200 species of birds that utilize Boyce Mayview Park’s many habitats. No birding experience is necessary for this program; we’ll teach you all you need to know to spot and ID our most common local birds as well as some of the species that are just passing through. Boy Scouts will earn their Bird Study Merit Badge while Cub Scouts and Girl Scouts of all ages will cover various requirements throughout the day! Each Troop/Pack will receive 2 adult spaces free with additional adults $5 each. Individual scouts and children in grades 3rd – 12th are encouraged to attend.

Saturday Outdoor Hikes
Date: Saturday, May 10 – Wildflowers
         Saturday, August 9 – Plants of Meadow & Forest
Time: 10:00 AM -11:00 AM
Meeting Place: The Outdoor Classroom Kiosk (next to the pavilion)
Audience: Family friendly
Fee(s): $4 person

Spend an hour on the trails of Boyce Mayview Park and explore its unique habitats. Each session will focus on a different portion of the habitat and illustrate how the areas interact to create our wonderfully diverse ecosystem. Attend both sessions and you’ll experience the park changing from the vibrant colors of spring to the lush abundance of summer. This is a great way to illustrate “cycles of nature” for your children and an all-around great family activity.

Amphibians and Reptiles of Western Pennsylvania
Date: Friday, May 31
Time: 6:00 PM – 8:00 PM
Meeting Place: The Outdoor Classroom Learning Lab
Audience: Family friendly
Fee(s): $10 person over age two.
         10% discount for 3 or more.

Does your child want to be a herpetologist? If they have an affinity for things that hop, slither and spend time in wet places, then they’ll love this presentation. April Claus, of Interactive Environmental Programs, will bring her collection of reptiles and amphibians to The Outdoor Classroom for two sessions this summer. Learn about the homes and habits of these unique creatures and be prepared for some hands-on encounters! These sessions are very popular, so sign up early! Registration is required.
Geo-Pupping: Geocaching with Your Dog!
Date: Saturday, August 23
Time: 10:00 AM – 2:00 PM
Meeting Place: The Outdoor Classroom Learning Lab
Audience: Family & Dog friendly
Fee(s): $6 per person. Family Pak of four for $20.

Bring your family’s furry friends to our first dog friendly event! We’ll have activities and temporary caches for people and pup alike! The Pittsburgh Area Geocaching Assoc. (PAGA) will have their normal raffles and door prizes. All dogs must be on leash, well-mannered and up to date on their shots. Watch for more information on our website and www.Geocaching.com.

Outdoor Skills for Babysitters
Date: Saturday, June 21
Time: 9:00 AM – Noon
Location: The Outdoor Classroom Offices
Audience: Babysitters & Older Siblings ages 12 and up
Fee(s): $35

Take your babysitting skills to the next level! We’ll explore tons of fun, safe and even educational outdoor activities that you can add to your “toolbox of skills”. Games, crafts, songs and explorations will fill the time in this course. You’ll even walk away with a goody bag of items to fill your toolbox!

Campout in the Park
Date: Saturday, June 28
Time: 8:00 PM – 10:00 PM
Meeting Place: The Outdoor Classroom Learning Lab
Audience: Family friendly
Fee(s): $10 per person. Family Pak of four for $35

Join us for a fun family campout with tents, campfire treats, songs and star gazing as part of the Great American Backyard Campout Night! Great as a scout family night and fun for all ages!

Medicine Cabinet Makeover
Date: Saturday, August 30
Time: 10:00 AM – Noon
Meeting Place: The Outdoor Classroom Offices
Audience: Adults, Children 12 and up
Fee(s): $15 per person

Therapeutic essential oils from plants can be used for everything from allergies to bee stings to headaches to muscle aches, sore throats, fever, colds, and so much more. And, essential oils cost only a fraction of the cost of conventional medicines. Additionally, they are safer, 100% natural, and have a near-infinite shelf life! In this class you will learn what Therapeutic Essential Oils are, how to use them and be empowered to help yourself and your loved ones, to effectively take control of your health and “make over your medicine cabinet”!
SUMMER CAMPS

Bullfrogs and Pollywogs “Critters!”
Eligibility: Children ages 2-4 and an adult
Dates: July 9, July 16, July 23, July 30 & August 6
Day: Wednesdays
Time: 10:30 PM – 11:30 AM
Meeting Place: The Outdoor Classroom Learning Lab
Fee(s): $85.00 for the series, or $20.00 per class; $2.00 each additional adult

Big critters, small critters, scale-covered and feathered critters each and every critter has its place in the natural world and each week we’ll focus on a different group of critters! Each day includes a craft, story time and a walk in the park! Designed for preschool children ages 2-4 and their adult caregivers.

Jr. Naturalists “Habitats”
Eligibility: Ages 4 - 6
Dates: June 23 - 27
Day: Monday through Friday
Time: 9:00 AM – Noon
Meeting Place: The Outdoor Classroom Learning Lab
Fee(s): $145 per student

The Boyce Mayview Park provides great habitat for a variety of creatures great and small and we’ll spend every moment of this week searching for them all! Each day will include a lesson, craft, snack and time on the trails to enter and explore the insect’s habitat.

Eco-Kids Summer Day Camp “Feathered Friends”
Eligibility: Ages 7 - 10
Dates: July 21 - 25
Day: Monday through Friday
Time: 9:00 AM – 3:00 PM
Meeting Place: The Outdoor Classroom Learning Lab
Fee(s): $155 per student

With more than 200 species of birds seen in the Boyce Mayview Park, we’ll have a hard time finding them all, but that won’t stop us from building a great life list of birds! Become citizen scientists as we discover the amazing world of our feathered friends. From ducks to doves and owls to ospreys there won’t be a quiet moment in this camp! We’ll save time for hiking, crafts and games and unique “garden snacks” each day. Come and grow with us as an Eco-Kid this summer!

Seasonal Scientist Series: 21 “Birds”
Eligibility: Ages 8 - 12
Dates: July 28 – August 1
Day: Monday - Friday
Time: 9:00 AM - 3:00 PM **NEW TIME**
Meeting Place: The Outdoor Classroom Learning Lab
Fee(s): $165 per student

Join us as this popular camp becomes and ALL DAY camp! More time in the camp day means more time exploring the trails and habitats of Boyce Mayview Park. Seasonal Scientists will delve even deeper into the amazing world of birds. Camper can attend EcoKids AND Seasonal Scientists for more adventure and avian fun. Didn’t attend EcoKids, no problem, you’ll still be able to enjoy this birding camp to its fullest. No birding experience is necessary to begin your life list in one of the fastest growing pass times in the world!
Team Tadpole Leadership Academy: Natural History 101 for Early Childhood Educators

**Dates:** Monday, August 4 – Wednesday August 6  
**Time:** 9:00 AM – 3:00 PM  
**Location:** The Outdoor Classroom Offices  
**Act 48 Hrs:** 15  
**Fee(s):** $90 includes materials, Ask about scholarships!

This three day workshop will immerse educators in the environment at The Outdoor Classroom’s facility in beautiful Boyce Mayview Park. Utilizing a wide variety of habitats, 12 miles of hiking trails and the outdoor Learning Lab, trained environmental educators will cover the basic concepts of outdoor education along with natural urban environments. The goal of the Team Tadpole Leadership Academy is to increase the educator’s confidence and knowledge of their natural surroundings in order to enhance the quality and time they spend outdoors with their students. The TTLA will include a “Team Tadpole Explorer’s Kit” which will be filled with field guides, games and other instructional aides to help the educators share their new knowledge with their students.

Environmental Education Leadership Academy: Natural History, Interdisciplinary Curriculum & Green Leadership

**Dates:** Monday, July 28 – Wednesday, July 30  
**Time:** 9:00 AM – 3:00 PM  
**Location:** The Outdoor Classroom Offices  
**Act 48 Hrs:** 15  
**Fee(s):** $90 includes materials

This course will introduce teachers to the integration of environmental education across the disciplines of math, reading, writing, social studies and the arts. Teachers will create a final project that includes an integrated lesson plan combining environmental education and at least one other discipline, preferably from their district’s core curriculum, as well as an environmental educational integration plan. Teachers will participate in and evaluate example lessons from each discipline. In addition to curricular training teachers will be trained in outdoor teaching practices, Pennsylvania natural history, teaching outdoors using a small space, and greening within the classroom.

Project WET and WOW! Wonders of Wetlands Teacher Training

**Dates:** Thursday July 12 & Friday July 13  
**Time:** 8:00 AM – 4:30 PM  
**Location:** The Outdoor Classroom Offices  
**Act 48 Hrs:** 16  
**Fee(s):** $90 includes 2 curriculum guides & snacks

New to the international curriculum of Project WET or WOW! Wonders of Wetlands? Has it been ages since you were trained in Project WET? This is not your typical workshop, we’ll be up and active and even out on the trails and down at the creek practicing, learning and having fun! Project WET has launched their new full color Guide 2.0 and new online resources with educational games for students. Participants will receive the new Guide 2.0 and hands-on experience with various activities and the online resources as well as the WOW! Wonders of Wetlands curriculum guide specific to wetland studies.
The Community & Recreation Center at Boyce Mayview Park contains a wide range of amenities and programs for both children and adults. Amenities include:

Indoor Aquatic Center
- Leisure pool with play structure and slides
- 4 lane lap pool
- Spa
- Resistance channel

Outdoor Aquatic Center
- Leisure pool with play structure and slides
- Lily pad walk
- Covered picnic pavilions

- Fully equipped fitness floor
- 1/8 mile indoor walking track
- Group exercise studios
- Two basketball courts

MEMBERSHIPS
C&RC memberships are open to both USC residents and residents of surrounding communities. The following membership options are available in one year or three month contracts:

- Youth- ages 2-17 years of age
- Adult- ages 18-61 years of age
- Family- includes all members of the immediate family (children under the age of 22) living within the same household
- *Extended relatives (in-laws, cousins, etc.) cannot be included in this package.
- Senior- age 62 years of age and older

To learn more about membership options and rates, please contact 412.221.1099 Ext. 607 or 622.

PLAYROOM
The Playroom accepts children age 8 weeks to 10 years old. Individual visits, punch cards and monthly childcare punch cards are available for purchase at the Control Desk. Children will be accepted on a first-come first-served basis until the maximum capacity is reached.

Monday - Friday 8:00 a.m. – 12:00 p.m. & 4:00 p.m. – 8:30 p.m.
Saturday 8:00 a.m. – 12:00 p.m.

Frequently Asked Questions
Is there a security deposit required?
Yes. A security deposit of $100 per room (plus the room rental fee) is required at the time the rental contract is confirmed.

May I have food at my party?
Yes. Food and drinks are permitted in all room rentals. (Note: Food and drinks are not permitted in the indoor pool area and gymnasium.) *Alcohol is not permitted.

May I arrive early to set-up my party?
Yes. The renter is allotted 30 minutes for set-up and 15 minutes for clean-up on the day of the party. The party greeter will enforce these requirements and additional charges apply at the hourly rate if time is exceeded.

Annual Facility Closure: August 17, 2014- August 22, 2014

www.twpusc.org
General Fitness Department Policies:
- Cell phone usage is prohibited in the fitness area.
- A 30min time limit on cardio equipment will be enforced during busy hours.
- Strollers are not permitted on the track at any time.
- Personal training is offered by certified C&RC Staff. Non-township approved training is prohibited in all areas of the C&RC.
- We ask all members to clean equipment after each use with cleaning wipes located throughout the fitness area.

Fitness Department Age Guidelines:
- 10-17 year olds are required to sign-in upon entering the fitness areas. 10-13 year olds must be directly supervised by a parent/guardian age 18yrs or older.
- 14-17 year olds must complete Intro to Strength Training Program prior to using strength equipment, both selectorized and free weights.

Fitness Department Attire Guidelines:
- Family friendly attire is required in the fitness dept. The mid-section (abs/lower back and chest) must be covered at all times.
- Tennis shoes or appropriate closed-toe and closed-heel work-out shoes are required. Neither street shoes nor black-soled shoes of any kind are permitted in the GYM, with the exception of non-marking black-soled shoes.

General Group Exercise Information
- Classes are designed for participants age 16 and older. Individuals age 14-15 years old must have a parent present to participate.
- Arrive to class on-time or no later than 10 minutes past in order to not disrupt the flow of class.
- Class space participation limits: Gymnasium- 40, Studios- 21. Additional participation limits established by available equipment.
- Free classes are filled on a first-come, first-served basis at the time of the class.
- If you are new to group exercise, introduce yourself to the instructor and remember to go at your own pace.
- All bags, coats, and other personal items are to be placed in hallway or locker-room lockers.
- All group exercise classes are scheduled in 4 week sessions unless otherwise noted.

Registration:
- Registration for classes is available prior to the start of each session. Once the session starts, members can register for the current session, but will pay for the entire session; no prorating.
- Registered members in classes with limited space will forfeit their spot if late arrival to classes exceeds 5 min.

<table>
<thead>
<tr>
<th></th>
<th>Cycling</th>
<th>Fitness Classes</th>
<th>Pilates Reformer</th>
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</thead>
<tbody>
<tr>
<td>C&amp;RC Member</td>
<td>$4 per class</td>
<td>$6 per class</td>
<td>$16 per class</td>
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<tr>
<td>USC Resident Non-Member</td>
<td>$6 per class</td>
<td>$8 per class</td>
<td>$18 per class</td>
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<tr>
<td>Surrounding Community Non-Member</td>
<td>$8 per class</td>
<td>$10 per class</td>
<td>$20 per class</td>
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*Participants must register for the entire 4 week session to receive rates listed above.

Fitness Coupons
- Aerobic Fitness and Cycling Coupons can be purchased and redeemed for entrance into all paid group exercise classes. Aerobic Fitness coupons are for fitness classes, and cycling coupons are for cycling only. Coupons are NOT sold for Pilates Reformer.
- All coupons are sold in booklets of four.

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<thead>
<tr>
<th></th>
<th>Cycling Coupon Book</th>
<th>Aerobic Fitness Coupon Book</th>
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<tbody>
<tr>
<td>C&amp;RC Member</td>
<td>$24 ($6 per class)</td>
<td>$32 ($8 per class)</td>
</tr>
<tr>
<td>USC Resident Non-Member</td>
<td>$32 ($8 per class)</td>
<td>$40 ($10 per class)</td>
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<tr>
<td>Surrounding Community Non-Member</td>
<td>$40 ($10 per class)</td>
<td>$48 ($12 per class)</td>
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Drop-in for Paid Classes
- Drop-Ins are permitted the day class is scheduled provided slots are available.
- Upon arriving to class, participants must present receipt to the instructor.

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<tr>
<td>Surrounding Community Non-Member</td>
<td>$12 per class</td>
<td>$14 per class</td>
<td>$22 per class</td>
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Individual Nutrition Counseling
If you’re looking to fine-tune your diet, learn smart shopping strategies, or find a new healthy recipe, a single consultation with Lindsay will prove to be exactly what you’ve been searching for!

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<th>Member</th>
<th>Resident</th>
<th>Non-Member</th>
<th>Surrounded Community</th>
<th>Non-Member</th>
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<tr>
<td>$60</td>
<td>$65</td>
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*Prices listed reflect consultation and not price of package.

Live Smarter: A Simple Approach to Nutrition
Whether you are seeking assistance in losing weight, gaining muscle, improving athletic performance, or understanding how to adopt healthier eating behaviors, Lindsay Schmitz MS RD LDN, our dietitian, can help you.

We have many nutrition service options available to enable you to choose the service that is right for you.

3 month program:
- Total of 3 appointments
- One initial appointment to set goals and measure % Body Fat, height, and weight
- Two one-on-one nutrition consultations with a Registered Dietitian
- Weekly follow-up e-mails
- Individualized eating plan based on analysis of current eating behaviors and activity level as well as personal goals

Fee: $115

To register or learn more, please visit the C&RC. Ask about 6 Month and Couples Nutrition Program.

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Personal Training
The focus of personal training is to assist you in establishing and attaining your goals. These goals may include, but are not limited to:
- Improving overall health and wellness
- Increasing self-confidence and energy
- Increasing strength and flexibility
- Improving balance
- Weight loss

In your initial session your personal trainer will conduct a fitness assessment and help you to define your goals.

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<th>Member</th>
<th>Resident (Non-Member)</th>
<th>Surrounded Community (Non-Member)</th>
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<tr>
<td>$55.00</td>
<td>$60.00</td>
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Personal Training Consultation
Are you ready to take the next step toward your fitness goals? Do you need guidance in designing your exercise routine?

A consultation is a 1 hour meeting with a personal trainer where you can discuss your fitness goals and expectations. Based on this, along with your health and fitness history, the personal trainer can make recommendations on future exercise program options.

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Express Training
Express personal training workouts are the perfect solution for those who have limited time in their day or are an appropriate starting point for people who are not yet physically able to exercise for a longer duration of time.

In these 30 minute personal training sessions your trainer will lead you through an enjoyable, effective and efficient workout routine specific to your goals, while keeping your busy day on track.

A minimum of 8 session package must be purchased. First time clients must purchase a 1 hour consultation session (at a discounted rate) in addition to the 8 session package. Express Training rates are directly proportionate to our regular Personal Training rates.

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Student Athlete Training
The focus of student athlete training is to assist athletes (ages 12- 22) in developing the strength, speed, agility and flexibility required for their current sport, whether they are in season or in off-season conditioning. The student athlete training sessions are offered at a discounted price that is personal trainer level independent.

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<th>Member</th>
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<th>Surrounded Community (Non-Member)</th>
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<tbody>
<tr>
<td>$40.00</td>
<td>$45.00</td>
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Additional Training Services
Additional training services and special training rates are also available.
- Small Group Training
- Kettlebell Prep
- Family Semi-private Training
**Fitness Classes**

**Mind & Body**

**All Levels Yoga:**
Yoga is energizing, strengthening and invigorating both physically and mentally. This flow style class is GREAT for everyone. Postures will be linked with Vinyasa (flowing movement) for an energetic practice. New beginners through advanced students will enjoy the benefits of this class.

- **Day(s):** Wednesday
- **Date(s):** Spring Session I – April 9 – April 30
  - Spring Session II – May 7 – May 28
  - Summer Session I – June 4 – June 25
  - Summer Session II – July 2 – July 23
  - Summer Session III – July 30 – August 13 (3 weeks)
- **Time:** 9:30 AM – 10:45 AM
- **Place:** Studio 1
- **Fee(s):**
  - $24.00 Member per session
  - $32.00 Resident Non-member per session
  - $40.00 Surrounding Community Non-member per session

**Yoga Sculpt:**
A total body workout designed to sculpt all major muscle groups in a calorie blasting combination of yoga and traditional strength training using small hand weights. A true total body workout, sculpt your body with plyometrics, cardio, yoga and weightlifting.

- **Day(s):** Monday
- **Date(s):** Spring Session I – April 7 – April 28
  - Spring Session II – May 5 – May 19 (3 weeks)
  - Summer Session I – June 2 – June 23
  - Summer Session II – June 30 – July 21
  - Summer Session III – July 28 – August 11 (3 weeks)
- **Time:** 10:30 AM – 11:45 AM
- **Place:** Studio 1
- **Fee(s):**
  - $24.00 Member per session
  - $32.00 Resident Non-member per session
  - $40.00 Surrounding Community Non-member per session

**Power Yoga**
Power yoga combines stretching, strengthening moves and basic calisthenics type exercise. Power Yoga offers continuous movement from one position to the next, creating an effective aerobic workout.

- **Day(s):** Friday
- **Date(s):** Spring Session I – April 11 – May 2
  - Spring Session II – May 9 – May 30
  - Summer Session I – June 6 – June 27
  - Summer Session II – July 11 – July 25 (3 weeks)
  - Summer Session III – August 1 – August 15 (3 weeks)
- **Time:** 9:30 AM – 10:45 AM
- **Place:** Studio 1
- **Fee(s):**
  - $24.00 Member per session
  - $32.00 Resident non-member per session
  - $40.00 Surrounding Community non-member per session

**Spring Training**
Calling on recreational athletes! Put on your game face and get ready to train for your next summer event. Whether you’re preparing for an obstacle race or a trip to the beach, Spring Training will provide you with the necessary challenges to allow you to progress to a higher fitness level.

This 4 week program will benefit any individual who has been currently exercising but needs that extra push to obtain their goal.

- **Registration Dates:** Opens 8am, April 26, 2014 and closes 9pm, Friday, May 9
- **Day/Date(s):** Saturday, May 17, 2014 – Saturday, June 13, 2014
- **Time:** Meeting times vary throughout the program
- **Age Requirement:** Adult
- **Fee:** TBA

**Power PIYO**
A combination of Pilates, Yoga, strength conditioning, flexibility, and dynamic balance which burns calories, promotes weight loss, and improves overall muscle tone. PIYO is a dynamic workout which is suitable for all fitness levels. Learn movements which elongate muscles, strengthen your core, release tension, and improve posture.

- **Day(s):** Tuesday
- **Date(s):** Spring Session I – April 8 – April 29
  - Spring Session II – May 6 – May 27
  - Summer Session I – June 3 – June 24
  - Summer Session II – July 1 – July 22
  - Summer Session III – July 29 – August 12 (3 weeks)
- **Time:** 6:30 PM – 7:30 PM
- **Place:** Studio 1
- **Fee(s):**
  - $24.00 Member per session
  - $32.00 Resident Non-member per session
  - $40.00 Surrounding Community Non-member per session

**Barre-Pilates Fusion**
This is an intense workout that combines isometrics, interval training, and classic mat pilates to reshape and elongate the muscles. The first 30 minutes are at the barre with stretching, micromovements and sustained postions, and the following 30 minutes are on the mat. You will engage your mind and body the entire workout leaving you with improved stamina and enhancing the way you look and feel.

- **Day(s):** Friday
- **Date(s):** Spring Session I – April 11 – May 2
  - Spring Session II – May 9 – May 30
  - Summer Session I – June 6 – June 27
  - Summer Session II – July 4 – July 25 No class July 4
  - Summer Session III – August 1 – August 15 (3 weeks)
- **Time:** 10:00 AM – 11:00 AM
- **Place:** Studio 2
- **Fee(s):** FREE Member/Guest per session
Pilates Reformer I
An ideal entry workout designed for all fitness levels and abilities, this workout combines beginning Pilates reformer exercises with stretches and postural patterns. Learn proper alignment and breathing techniques to maximize your workout. Strength building through controlled exercises will be sure to improve posture, flexibility and core power.

Day(s): Monday
Date(s): Spring Session I – April 7 – April 28
       Spring Session II – May 5 – May 19 (3 weeks)
       Summer Session I – June 2 – June 23
       Summer Session II – June 30 – July 21
       Summer Session III – July 28 – August 11 (3 weeks)
Time: 9:00 AM – 10:00 AM
Place: Studio 1
Fee(s): $64.00 Member per session
       $72.00 Resident Non-member per session
       $80.00 Surrounding Community Non-member per session

Day(s): Tuesday
Date(s): Spring Session I – April 8 – April 29
       Spring Session II – May 6 – May 27
       Summer Session I – June 3 – June 24
       Summer Session II – July 1 – July 22
       Summer Session III – July 29 – August 12 (3 weeks)
Time: 11:30 AM – 12:30 PM
Place: Studio 1
Fee(s): $64.00 Member per session
       $72.00 Resident Non-member per session
       $80.00 Surrounding Community Non-member per session
**Pilates Reformer II**
Delivers the Pilates experience in a fun and balanced fitness workout that is perfect for intermediate to advanced participants. An effective fusion of reformer exercises with traditional weight exercises, teaching participants to work from their core and gain new body awareness and definition. This class also incorporates jump board for an added cardio/core workout.

For participants with no prior or limited reformer experience, it is highly recommended and strongly encouraged to take Pilates Reformer I for a minimum of eight sessions with clearance from an instructor before participating in Pilates Reformer II.

**Day(s):** Tuesday  
**Date(s):** Spring Session I – April 8 – April 29  
Spring Session II – May 6 – May 27  
Summer Session I – June 3 – June 24  
Summer Session II – July 1 – July 22  
Summer Session III – July 29 – August 12 (3 weeks)

**Time:** 9:00 AM – 10:00 AM  
**Place:** Studio 1  
**Fee(s):** $64.00 Member per session  
$72.00 Resident Non-member per session  
$80.00 Surrounding Community Non-member per session

**Youth/Teen Pilates Reformer I**
Pilates for youth is perfectly safe and recommended especially for youth athletes and youth wanting to become more physically fit. Pilates can improve youth posture, enhance youth sports development and boost self-confidence.

**Day(s):** Saturday  
**Date(s):** Spring Session I – April 12 – April 26  
Spring Session II – May 3 – May 24  
Summer Session I – May 31 – June 21  
Summer Session II – June 28 – July 19  
Summer Session III – July 26 – August 16

**Time:** 2:00 PM – 3:00 PM  
**Place:** Studio 1  
**Fee(s):** $64.00 Member per session  
$72.00 Resident Non-member per session  
$80.00 Surrounding Community Non-member per session

**Coming Soon- TRX!**
The Fitness Department is happy to announce the addition of a new group exercise workout using the TRX Suspension Trainer. The TRX system leverages gravity and your body weight to perform hundreds of exercises. This is a total body workout that helps build a strong core and increases muscular endurance.

Look for classes to begin in late spring/ early summer.
Kettlebell Cross Training (KCT) employs principles of Kettlebell training while incorporating cross training techniques. KCT is the next level of fitness for Kettlebell training. Participants will use traditional and non-traditional equipment to build strength, stamina, endurance, and improve overall cardiovascular health. KCT participants can expect to use no less than 51% kettlebell movements and no more than 49% other exercises such as body weight exercises, jump ropes, wall balls, strength bands, tire flips, dumbbells, fire hose pulls, slam balls, sand bags, battle ropes, tire slams, outside field work and trail runs. Weather permitting, class will be held outside on the fields or other C&RC grounds. KCT is a moderate level class. Participants are encouraged to have participated in previous Kettlebell training or have a moderate level of fitness. You will work hard, have fun, become motivated and functionally fit with KCT.

Day(s): Monday or Wednesday or Friday
Date(s): Spring Session I – April 7 – May 2
Spring Session II – May 5 – May 30
Summer Session I – June 2 – June 27
Summer Session II: June 30 – July 25 (No class July 4)
Summer Session II – July 28 – August 15 (3 weeks)
Time: 5:45 AM – 6:45 AM
Place: Studio 2
Fee(s): $16.00 Member per session
$24.00 Resident Non-member per session
$32.00 Surrounding Community Non-member per session

Day(s): Tuesday
Date(s): Spring Session I – April 8 – April 29
Spring Session II – May 6 – May 27
Summer Session I – June 3 – June 24
Summer Session II – July 1 – July 22
Summer Session III – July 29 – August 12 (3 weeks)
Time: 9:30 AM – 10:30 AM
Place: Studio 2
Fee(s): $16.00 Member per session
$24.00 Resident Non-member per session
$32.00 Surrounding Community Non-member per session

Day(s): Thursday
Date(s): Spring Session I – April 10 – May 1
Spring Session II – May 8 – May 29
Summer Session I – June 5 – June 26
Summer Session II – July 3 – July 24
Summer Session III – July 31 – August 14 (3 weeks)
Time: 9:30 AM – 10:30 AM
Place: Studio 2
Fee(s): $16.00 Member per session
$24.00 Resident Non-member per session
$32.00 Surrounding Community Non-member per session

Day(s): Thursday
Date(s): Spring Session I – April 10 – May 1
Spring Session II – May 8 – May 29
Summer Session I – June 5 – June 26
Summer Session II – July 3 – July 24
Summer Session III – July 31 – August 14 (3 weeks)
Time: 6:30 PM – 7:30 PM
Place: Studio 2
Fee(s): $16.00 Member per session
$24.00 Resident Non-member per session
$32.00 Surrounding Community Non-member per session

Day(s): Saturday
Date(s): Spring Session I – April 12 – April 26 (3 weeks)
Spring Session II – May 3 – May 24
Summer Session I – May 31 – June 21
Summer Session II – June 28 – July 19
Summer Session III – July 26 – August 16
Time: 8:00 AM – 9:00 AM
Place: Studio 2
Fee(s): $16.00 Member per session
$24.00 Resident Non-member per session
$32.00 Surrounding Community Non-member per session
Kettlebell Cardio
The Kettlebell Cardio Program (KBC) was created with the intent of making kettlebell training accessible to people of all ages and fitness levels. KBC is a safe and effective method to train with a kettlebell with proper form to improve strength and cardiovascular performance.

Day(s): Wednesday  
Date(s): Spring Session I – April 9 – April 30  
         Spring Session II – May 7 – May 28  
         Summer Session I – June 4 – June 25  
         Summer Session II – July 2 – July 23  
         Summer Session III – July 30 – August 13 (3 weeks)  
Time: 10:30 AM – 11:30 AM  
Place: GYM 2/Outside  
Fee(s): $24.00 Member per session  
       $32.00 Resident Non-member per session  
       $40.00 Surrounding Community Non-member per session

Zumba
Combines Latin and International music with easy to follow dance routines, featuring aerobic and fitness interval training formats. Zumba fanatics achieve long term benefits in one exhilarating hour of calorie-burning, body energizing movements meant to engage and captivate for life!

Day(s): Monday or Wednesday  
Date(s): Spring Session I - April 7 – April 30  
         Spring Session II – May 5 – May 28  
         Summer Session I – June 2 – June 25  
         Summer Session II – June 30 – July 23  
         Summer Session III – July 28 – August 13 (3 weeks)  
Time: 6:30 PM – 7:30 PM  
Place: Studio 2  
Fee(s): $24.00 Member per session  
       $32.00 Resident Non-member per session  
       $40.00 Surrounding Community Non-member per session

20 20 20
20 20 20 is an exciting workout incorporating step, muscle conditioning and aerobics into one class. This class offers something new and exciting to give you the ultimate well rounded workout.

Day(s): Tuesday  
Date(s): Spring Session I – April 8 – April 29  
         Spring Session II – May 6 – May 27  
         Summer Session I – June 3 – June 24  
         Summer Session II – July 1 – July 22  
         Summer Session III – July 29 – August 12 (3 weeks)  
Time: 10:30 AM – 11:30 AM  
Place: Gym 2  
Fee(s): FREE Member/Guest per session

The Athletes Workout
The Athletes Workout is a fitness routine designed for the athlete in all of us. Using functional training and principles of athletic conditioning, this workout will challenge your mental limits, help you develop a competitive spirit and inspire you to be better than yesterday. Train in a highly motivating environment with others who have been looking for a cure from the regular gym routine. Weekly The Athletes Workout will change from circuit training indoors and out, body weight exercises, martial arts fitness and advance sports conditioning skill development. This class can be modified for all fitness levels.

Day(s): Tuesday or Thursday  
Date(s): Spring Session I – April 8 – May 1  
         Spring Session II – May 6 – May 29  
         Summer Session I – June 3 – June 26  
         Summer Session II – July 1 – July 24  
         Summer Session III – July 29 – August 14 (3 weeks)  
Time: 5:45 AM – 6:45 AM  
Place: Gym 2  
Fee(s): FREE Member/Guest per session
**Butz and Gutz**

This is a high energy muscle conditioning class that tones and shapes your hips, thighs, butt, and abdomen. Exercises target and tone your entire core and lower body. This is a fun and stress-relieving way to burn off calories!

**Day(s):** Monday or Friday  
**Date(s):** Spring Session I – April 7 – May 2  
Spring Session II – May 5 – May 30 (no class 5/26)  
Summer Session I – June 2 – June 27  
Summer Session II – June 30 – July 25 (no class 7/4)  
Summer Session III – July 28 – August 15 (3 weeks)  
**Time:** 9:15 AM – 10:15 AM  
**Place:** Gym 2  
**Fee(s):** FREE Member/Guest per session  

**Cardio Kickboxilates**

One full hour of cardio kickboxing with an additional 15 minutes of focused core work using Pilates movements. The class combines energetic, aerobic drills with body weight training to develop muscle. The kickboxing helps hand eye coordination and Pilates builds up core strength. A complete full body workout.

**Day(s):** Monday and Wednesday  
**Date(s):** Spring Session I – April 7 – April 30  
Spring Session II – May 5 – May 28, (no class 5/26)  
Summer Session I – June 2 – June 25  
Summer Session II – June 30 – July 23  
Summer Session III – July 28 – August 13 (3 weeks)  
**Time:** 9:30 AM – 10:45 AM  
**Place:** Studio 2  
**Fee(s):** FREE Member/Guest per session  

**Super Circuit**

A circuit based class which combines cardiovascular and strength training components and is suitable for all levels from beginner to advanced. Each week will incorporate different pieces of equipment to keep your heart rate elevated and muscles moving.

**Day(s):** Wednesday  
**Date(s):** Spring Session I – April 9 – April 30  
Spring Session II – May 7 – May 28  
Summer Session I – June 4 – June 25  
Summer Session II – July 2 – July 23  
Summer Session III – July 30 – August 13 (3 weeks)  
**Time:** 6:30 PM – 7:30 PM  
**Place:** GYM 2  
**Fee(s):** FREE Member/Guest per session  

**Cardio Boot Camp**

A combination of calisthenics, military-style drills, muscular and athletic conditioning exercises to provide a challenging calorie torching workout.

**Day(s):** Saturday  
**Date(s):** Spring Session I – April 12 – April 26 (3 weeks)  
Spring Session II – May 3 – May 24  
Summer Session I – May 31 – June 21  
Summer Session II – June 28 – July 19  
Summer Session III – July 26 – August 16  
**Time:** 8:00 AM – 9:00 AM  
**Place:** GYM 2  
**Fee(s):** FREE Member/Guest per session  

**Cardio Craze/Boot Camp**

This is an “all cardio” aerobics class. Get your heart rate up and burn fat with a high energy workout which combines both high and low intensity movements. This class can be any combination of high/low kick boxing, step, BOSU to constantly keep you on your toes. This class is great for all levels.

**Day(s):** Tuesday or Thursday  
**Date(s):** Spring Session I – April 8 – May 1  
Spring Session II – May 6 – May 29  
Summer Session I – June 2 – June 23  
Summer Session II – June 30 – July 21  
Summer Session III – July 28 – August 11 (3 weeks)  
**Time:** 9:15 AM – 10:15 AM  
**Place:** Gym 2  
**Fee(s):** FREE Member/Guest per session  

**Total Body Sculpting**

This class is a sculpting class specifically geared toward working the entire body. Work to tone your arms, legs, core, and other trouble areas. The class will incorporate dumbbells, body bars, balls, and bands to teach all levels of exercises. This class is fun and challenging for all levels and ages.

**Day(s):** Wednesday or Saturday  
**Date(s):** Spring Session I – April 9 – April 26  
Spring Session II – May 7 – May 24  
Summer Session I – June 4 – June 21  
Summer Session II – July 2 – July 26  
Summer Session III – July 30 – August 16  
**Time:** 9:15 AM – 10:15 AM  
**Place:** GYM 2  
**Fee(s):** FREE Member/Guest per session
**Power Hour**  
A challenging high intensity high repetition cardio sculpting class. It blends aerobic activity with free weights and body bars to tone and sculpt your entire body.  
**Day(s):** Thursday  
**Date(s):**  
- Spring Session I – April 10 – May 1  
- Spring Session II – May 8 – May 29  
- Summer Session I – June 5 – June 26  
- Summer Session II – July 11 – July 25 (3 weeks)  
- Summer Session III – July 31 – August 14 (3 weeks)  
**Time:** 6:30 PM – 7:30 PM  
**Place:** GYM 2  
**Fee(s):** FREE Member/Guest per session

**INSANITY®**  
A high intensity class designed to use longer bursts of maximum intensity exercise with shorter intervals of rest periods. This is a cardio driven class based on the DVD workout series.  
**Day(s):** Tuesday  
**Date(s):**  
- Spring Session I – April 8 – April 29  
- Spring Session II – May 6 – May 27  
- Summer Session I – June 3 – June 24  
- Summer Session II – July 1 – July 22  
- Summer Session III – July 29 – August 12 (3 weeks)  
**Time:** 6:30 PM – 7:30 PM  
**Place:** Gym  
**Fee(s):** FREE Member/Guest per session

**Cardio Meltdown**  
This is a fun and energetic cardio class which will burn lots of calories. It is an hour long class that consists of a warm-up followed by traditional cardio moves mixed in with body weight movements and plyometrics.  
**Day(s):** Thursday  
**Date(s):**  
- Spring Session I – April 10 – May 1  
- Spring Session II – May 8 – May 29  
- Summer Session I – June 5 – June 26  
- Summer Session II – July 11 – July 25 (3 weeks)  
- Summer Session III – July 31 – August 14 (3 weeks)  
**Time:** 10:30 AM – 11:30 AM  
**Place:** GYM 2  
**Fee(s):** FREE Member/Guest per session

**JUMPSTART**  
This is an early morning martial arts fitness workout that will teach you how to embrace your inner warrior. Jab, punch and kick your way to a healthier, stronger body and lifestyle. This workout is based on the actual exercises needed to become a competitive martial artist. All fitness levels welcome.  
**Day(s):** Mondays  
**Date(s):**  
- Spring Session I – April 7 – April 28  
- Spring Session II – May 5 – May 19  
- Summer Session I – June 2 – June 23  
- Summer Session II – June 30 – July 21  
- Summer Session III – July 28 – August 11 (3 weeks)  
**Time:** 5:45 AM – 6:45 AM  
**Place:** Gym  
**Fee(s):** FREE Member/Guest per session
ZUMBA GOLD
Zumba Gold takes the same exciting Latin and International dance rhythms created in the original Zumba workout and brings them to the active older adult, the beginner participant, anyone who thinks they “cannot dance”, yet is also wonderful for the seasoned Zumba participant who wants to improve their dance ability or brush up on their technique.

Day(s): Wednesday
Date(s): Spring Session I – April 9 – April 30
         Spring Session II – May 7 – May 28
         Summer Session I – June 4 – June 25
         Summer Session II – July 2 – July 23
         Summer Session III – July 30 – August 13 (3 weeks)
Time: 12:00 PM – 1:00 PM
Place: Studio 2
Fee(s): FREE Member/Guest per session

Senior Fit
Senior Fit is a training class that is designed for seniors to increase stamina, strength, range of motion in joints, and muscular flexibility in a fun and safe environment.

Day(s): Tuesday or Thursday
Date(s): Spring Session I – April 8 – May 1
         Spring Session II – May 6 – May 29
         Summer Session I – June 3 – June 26
         Summer Session II – July 1 – July 24
         Summer Session III – July 29 – August 14 (3 weeks)
Time: 11:30 AM – 12:15 PM
Place: Studio 2
Fee(s): FREE Member/Guest per session

Zumba Gold Dance, Strength & Sculpt
Latin/International dance inspired Zumba fitness party for seniors, beginners or anyone wanting to add variety to their exercise regimens. The routines are designed to target specifics areas to strengthen your core and sculpt the body. Improve muscle strength, posture, coordination and mobility while rocking to golden oldies, Latin sizzlers or the latest pop hits!

Day(s): Monday and Wednesday
Date(s): Spring Session I – April 7 – April 30
         Spring Session II – May 5 – May 28 (no class 5/26)
         Summer Session I – June 2 – June 25
         Summer Session II – June 30 – July 23
         Summer Session III – July 28 – August 13 (3 weeks)
Time: 8:15 AM – 9:15 AM
Place: Studio 2
Fee(s): FREE Member/Guest per session

Boomer Bootcamp
Boomer Bootcamp is an exercise class specifically designed for our “Boomers”. Class format varies daily and includes weight training for strength and balance, stretching for flexibility and cardio for our hearts!

It is a fun class!

Day(s): Monday or Thursday
Date(s): Spring Session I – April 7 – May 1
         Spring Session II – May 5 – May 29 (no class 5/26)
         Summer Session I – June 2 – June 26
         Summer Session II – June 30 – July 24
         Summer Session III – July 28 – August 14 (3 weeks)
Time: 12:30 PM – 1:30 PM
Place: GYM 2
Fee(s): FREE Member/Guest per session

Senior Fit
Senior Fit is a training class that is designed for seniors to increase stamina, strength, range of motion in joints, and muscular flexibility in a fun and safe environment.

Day(s): Tuesday or Thursday
Date(s): Spring Session I – April 8 – May 1
         Spring Session II – May 6 – May 29
         Summer Session I – June 3 – June 26
         Summer Session II – July 1 – July 24
         Summer Session III – July 29 – August 14 (3 weeks)
Time: 11:30 AM – 12:15 PM
Place: Studio 2
Fee(s): FREE Member/Guest per session
Aquatic Department Policies:
- Proper swim attire is required. Cut-off shorts or t-shirts are not permitted in the pool.
- Infants and non-potty trained children MUST wear swim diapers with snug fitting elastic waistband and leg openings.
- Only US Coast Guard approved life-jackets are to be used in the Aquatics Center. INFLATABLE FLOTATION DEVICES are NOT Permitted.
- Diving is prohibited in the Aquatic Center.
- All non-swimmers and children under 48” should be within arm’s reach of a supervising adult unless in 24” of water or less.
- Due to the high water temperature (101-104) of our spa, there is a 15 minute time limit. Please refrain from submerging your head or performing aerobic activities in the spa.

Aquatic Department Age Requirements:
- Children under the age of 10 years old must be supervised by an adult in the pool area at ALL times.
- Children under the age of 10 years old are NOT permitted in the Spa. Children ages 10 to 13 years old (under age 14) must be accompanied by an adult in the Spa at ALL times.

Diaper Policy
In an effort to keep our pools clean of fecal matter, infants and toddlers are required to wear swim diapers or plastic pants. This requirement is for the health and safety of all patrons. Swim diapers may be purchased at the control desk for $1.00.

Rest Periods
During the months of the Outdoor Aquatics Center being open, mandatory rest periods will be taken at the top of every hour for 10 minutes from the hours of noon to 6:10 p.m. at both indoor and outdoor pools (noon-4:10 for Indoor pool on Saturdays and Sundays). Please use this time to visit the restroom and rehydrate.

A Note to Parents
Our lifeguards are highly trained to ensure that our facility is safe and enjoyable for all members and guests. However, they are not babysitters. Parents are expected to watch their children at all times and assist in enforcing the policies of the C&RRC for the safety and enjoyment for all members and guests.

Aquatic Group Exercise Information

Registration
- Registration for classes is available prior to the start of each session. Once the session starts, members can register for the current session, but will pay for the entire session; no prorating.

<table>
<thead>
<tr>
<th>Membership</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>C&amp;RRC Member</td>
<td>$6</td>
</tr>
<tr>
<td>USC Resident Non-Member</td>
<td>$8</td>
</tr>
<tr>
<td>Surrounding Community Non-Member</td>
<td>$10</td>
</tr>
</tbody>
</table>

*Participants must register for the entire 4 week session to receive rates listed above.

Aquatic Coupons
- Aquatic Coupons can be purchased and redeemed for entrance into all paid water exercise classes.
- All coupons are sold in booklets of four.

<table>
<thead>
<tr>
<th>Membership</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>C&amp;RRC Member</td>
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<tr>
<td>USC Resident Non-Member</td>
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<tr>
<td>Surrounding Community Non-Member</td>
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</tbody>
</table>

Drop-in for Paid Classes
- Drop-Ins are permitted the day class is scheduled provided slots are available.
- Upon arriving to class, participants must present receipt to the instructor.

<table>
<thead>
<tr>
<th>Membership</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>C&amp;RRC Member</td>
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</tr>
<tr>
<td>USC Resident Non-Member</td>
<td>$12</td>
</tr>
<tr>
<td>Surrounding Community Non-Member</td>
<td>$14</td>
</tr>
</tbody>
</table>

SAVE THE DATE

Water Safety Day
Saturday, May 24, 2014
10:00 AM – 11:00 AM
Join us to learn some essential information for keeping everyone safe in and around water. FREE for parents and children ages 3-13 years old.

World’s Largest Swim Lesson
Friday, June 20, 2014
11:00 AM – 11:30 AM
The World’s Largest Swimming Lesson is a promotional event designed to build awareness and generate local and national press attention about the vital importance of teaching kids to swim to help prevent drowning. FREE for children ages 3-13 years old.

*For more information, please see the Events section on page 14
Infant and Toddler

**Infant**
Designed to encourage water exploration, the Infant Swim Class will teach parents a variety of support and holding techniques used to help children feel more comfortable in the water. Participants will practice supported front and back floats, arm and leg movement, and breath control.

**Toddler**
Once comfortable in the water, children in the Toddler Swim Class will begin to learn the basic movements and body positions required to start swimming. Parents will continue to assist children in the water by encouraging alternating arm and leg movements, front and back floating with minimal support, and face and head submersion.

One parent per child may be in the water each class. Parents are encouraged to alternate weekly, so that each can participate with his/her child.

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**Weekday Classes**
(6 classes per session)

<table>
<thead>
<tr>
<th>Session I</th>
<th>Session II</th>
<th>Session III</th>
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</thead>
<tbody>
<tr>
<td>Spring</td>
<td>Summer</td>
<td>Spring</td>
</tr>
<tr>
<td>April 22- May 8</td>
<td>June 17- July 3</td>
<td>June 21- August 2</td>
</tr>
<tr>
<td>No Class 5/24</td>
<td>No Class 7/5</td>
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</table>

**Infant**

<table>
<thead>
<tr>
<th>Day(s)</th>
<th>Time</th>
<th>Age Requirement: 6-18 Months</th>
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</thead>
<tbody>
<tr>
<td>T/TH</td>
<td>10:00 AM - 10:30 AM</td>
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<tr>
<td>T/TH</td>
<td>6:00 PM - 6:30 PM</td>
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**Toddler**

<table>
<thead>
<tr>
<th>Day(s)</th>
<th>Time</th>
<th>Age Requirement: 18-36 Months</th>
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<tbody>
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<td>T/TH</td>
<td>10:30 AM - 11:00 AM</td>
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<tr>
<td>T/TH</td>
<td>6:30 PM - 7:00 PM</td>
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**Saturday Classes**
(6 classes per session)

<table>
<thead>
<tr>
<th>Session I</th>
<th>Session II</th>
<th>Session III</th>
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</thead>
<tbody>
<tr>
<td>Spring</td>
<td>Summer</td>
<td>Summer</td>
</tr>
<tr>
<td>I: April 26- June 7 (No Class 5/24)</td>
<td>I: June 21- August 2 (No Class 7/5)</td>
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</table>

**Infant**

<table>
<thead>
<tr>
<th>Day(s)</th>
<th>Time</th>
<th>Age Requirement: 6-18 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>10:00 AM - 10:30 AM</td>
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**Toddler**

<table>
<thead>
<tr>
<th>Day(s)</th>
<th>Time</th>
<th>Age Requirement: 18-36 Months</th>
</tr>
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<tbody>
<tr>
<td>Saturday</td>
<td>10:30 AM - 11:00 AM</td>
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**Parent & Baby Water Exercise**
This unique, playful class is designed for parents to workout with their children (ages 6-30 months). Our instructor will lead parents through a variety of water aerobics-based exercises that use your child combined with the water’s natural resistance to achieve a total body workout.

**Day(s):** Monday & Wednesday
**Date(s):** Spring Session I: April 7 – April 30
Spring Session II: May 5 – May 28 (No Class 5/26)
Summer Session I: June 2 – June 25
Summer Session II: June 30 – July 23
Summer Session III: July 28 – August 31

**Time:** 10:00 AM - 10:30 AM
**Place:** Resistance Channel
**Age Requirement:** 6-30 months
**Fee(s):** Free for Members

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**Infant / Toddler Fees:**
- $36.00 Member per session
- $57.00 Resident Non-Member per session
- $72.00 Surrounding Community Non-Member per session
### Preschool Group Swim Lessons

#### Preschool Ages 3 - 5

*Indicates a mini-session, fees are reduced.

<table>
<thead>
<tr>
<th>Level</th>
<th>Prerequisites</th>
<th>Skills Taught</th>
</tr>
</thead>
</table>
| Preschool Red (Level 1)       | 3-5 years old                      | Blowing bubbles through mouth and nose  
Opening eyes under water and retrieving submerged objects (in less than 2 ft. of water)  
Front & back float (assisted)  
Front & back glide (assisted)  
Alternating arm and leg action on front & back (assisted) |
| Preschool Orange (Level 2)    | 3-5 years old submerge to mouth and blow bubbles for at least 3 seconds  
glide on front at least 2 body lengths, then roll to black and float on back for 3 seconds | Bobbing  
Opening eyes under water and retrieving submerged objects (in greater than 2 ft. of water)  
Front & back glide (unassisted)  
Alternating arm and leg action on front & back (unassisted)  
Treading using arm and leg actions (in shallow water) |
| Preschool Yellow (Level 3)    | 3-5 years old Glide on front & back at least 2 body lengths, roll to back, float on back for 5 seconds  
Swim on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths. | Enter water by jumping in  
Front & back crawl 5 body lengths  
Elementary backstroke 5 body lengths  
Change direction of travel while swimming on front or back |
| Advanced Preschool (Level 4)  | 3-5 years old Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. | Diving from a seated and kneeling position  
Deep water floating on front & back and treading  
Streamlined position push off from wall using flutter kick  
Front & back crawl  
Elementary backstroke |

### Weekday Classes

**Spring Session I:** April 28 - May 22  
**Summer Session I:** June 2 - June 30 (No Class 6/16)  
**Summer Session II:** July 7 - July 31  
**Summer Session III:** August 4 - August 14*

<table>
<thead>
<tr>
<th>Level</th>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Red</td>
<td>M/W</td>
<td>9:30 AM - 10:00 AM</td>
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<tr>
<td></td>
<td>T/H</td>
<td>1:00 PM - 1:30 PM</td>
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<tr>
<td></td>
<td>T/H</td>
<td>5:00 PM - 5:30 PM</td>
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<tr>
<td>Orange</td>
<td>M/W</td>
<td>10:00 AM - 10:30 AM</td>
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<td>T/H</td>
<td>1:30 PM - 2:00 PM</td>
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<tr>
<td></td>
<td>T/H</td>
<td>5:30 PM - 6:00 PM</td>
</tr>
<tr>
<td>Yellow</td>
<td>M/W</td>
<td>10:30 AM - 11:00 AM</td>
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<td>T/H</td>
<td>2:00 PM - 2:30 PM</td>
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<tr>
<td></td>
<td>T/H</td>
<td>6:00 PM - 6:30 PM</td>
</tr>
<tr>
<td>Advanced Preschool</td>
<td>M/W</td>
<td>6:00 PM - 6:30 PM</td>
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<tr>
<td></td>
<td>T/H</td>
<td>12:30 PM - 1:00 PM</td>
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</table>

### Saturday Classes

**Spring Session I:** April 26- June 21 (No Class 5/24)  
**Summer Session I:** July 12- August 30

<table>
<thead>
<tr>
<th>Level</th>
<th>Days</th>
<th>Time</th>
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<tr>
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<td>Saturday</td>
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<td>Saturday</td>
<td>10:30 AM - 11:00 AM</td>
</tr>
<tr>
<td>Advanced Preschool</td>
<td>Saturday</td>
<td>11:00 AM - 11:30 AM</td>
</tr>
</tbody>
</table>

### Preschool Fees

- (8 classes per session)  
  - $79.00 Member per session  
  - $95.00 Resident Non-Member per session  
  - $117.00 Surrounding Community Non-Member per session

### Weekday Mini Session Fees

- (4 classes):  
  - $40.00 Member per session  
  - $48.00 Resident Non-Member per session  
  - $59.00 Surrounding Community Non-Member per session
### Levels 1-5 Group Swim Lessons

<table>
<thead>
<tr>
<th>Level</th>
<th>Prerequisites</th>
<th>Skills Taught</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>6-13 years old</td>
<td>Blowing bubbles through mouth and nose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Opening eyes under water and retrieving submerged objects</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Front &amp; back float (assisted)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Front &amp; back glide (assisted)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alternating arm and leg action on front &amp; back (assisted)</td>
</tr>
<tr>
<td>Level 2</td>
<td>6-13 years old Bob 3 times Glide on front at least 2 body lengths roll to a back float for 3 seconds and recover to a vertical position</td>
<td>Bobbing (fully submerged)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Opening eyes under water and retrieving submerged objects (in greater than 2 ft. of water)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Front &amp; back crawl arm &amp; leg movements (unassisted)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Treading using arm and leg actions (in moderate to deep water)</td>
</tr>
<tr>
<td>Level 3</td>
<td>6-13 years old Glide on front &amp; back at least 2 body lengths, roll over, float for 5 seconds Swim using front crawl for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.</td>
<td>Diving from a seated and kneeling position</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Deep water floating on front &amp; back and treading</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Streamlined position push off from wall using flutter &amp; dolphin kick, 3-5 body lengths</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Front &amp; back crawl, 15 yards</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Elementary backstroke, 15 yards</td>
</tr>
<tr>
<td>Level 4</td>
<td>6-13 years old Jump into deep water from the side, swim front crawl for 15 yards, tread 30 seconds, and swim elementary backstroke for 15 yards.</td>
<td>Diving from a standing position</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Front crawl, 25 yards</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Breaststroke, 15 yards</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Butterfly, 15 yards</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Back crawl, 15 yards</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tread water using 2 different kicks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Backstroke &amp; front crawl open turn</td>
</tr>
<tr>
<td>Level 5</td>
<td>6-13 years old Feet first entry into deep water, swim front crawl for 25 yards, change direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards.</td>
<td>Shallow-angle dive, glide 2 body lengths.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Front &amp; back flip turn</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Front crawl &amp; elementary backstroke, 50 yards</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Breaststroke &amp; butterfly, 25 yards</td>
</tr>
</tbody>
</table>

### Youth Ages 6 - 13

*Indicates a mini-session, fees are reduced.

#### Weekday Classes

- Spring Session I: April 28- May 22
- Summer Session I: June 2- June 30 (No Class 6/16)
- Summer Session II: July 7- July 31
- Summer Session III: August 4- August 14*

<table>
<thead>
<tr>
<th>Level</th>
<th>Day(s)</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>M/W</td>
<td>6:00 PM - 6:40 PM</td>
</tr>
<tr>
<td>Level 2</td>
<td>M/W</td>
<td>6:30 PM - 7:10 PM</td>
</tr>
<tr>
<td>Level 3</td>
<td>M/W</td>
<td>6:45 PM - 7:25 PM</td>
</tr>
<tr>
<td>Level 4</td>
<td>T/TH</td>
<td>6:30 PM - 7:10 PM</td>
</tr>
<tr>
<td>Level 5</td>
<td>T/TH</td>
<td>7:15 PM - 7:55 PM</td>
</tr>
</tbody>
</table>

#### Saturday Classes

- Spring Session I: April 26- June 21 (No Class 5/24)
- Summer Session I: July 12- August 30

<table>
<thead>
<tr>
<th>Level</th>
<th>Day(s)</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Sat.</td>
<td>10:00 AM - 10:40 AM</td>
</tr>
<tr>
<td>Level 2</td>
<td>Sat.</td>
<td>10:45 AM - 11:25 AM</td>
</tr>
<tr>
<td>Level 3</td>
<td>Sat.</td>
<td>11:15 AM - 11:55 AM</td>
</tr>
<tr>
<td>Level 4</td>
<td>Sat.</td>
<td>9:45 AM - 10:25 AM</td>
</tr>
<tr>
<td>Level 5</td>
<td>Sat.</td>
<td>9:00 AM - 9:40 AM</td>
</tr>
</tbody>
</table>

### Youth Fees

(8 classes per session):
- $72.00 Member per session
- $87.00 Resident Non-Member per session
- $117.00 Surrounding Community Non-Member per session

### Weekday Mini Session Fees

(4 classes):
- $36.00 Member per session
- $44.00 Resident Non-Member per session
- $59.00 Surrounding Community Non-Member per session
Private Swim Lessons
Private swim lessons are available for all ages (children and adults) through the Aquatics Department at the C&RC. Each lesson is one half hour in length, and will be scheduled based on both the participant and instructors availability.

To register for private lessons, please stop by the registration window at the C&RC, and complete a Private Swim Lesson Registration & Agreement Forms. Once complete, you will be contacted to confirm the date(s), time(s), and instructor for your lesson(s).

For more information, please contact Samantha Muti at ext. 614.

<table>
<thead>
<tr>
<th>Member</th>
<th>Non- Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Lessons</td>
<td>$102</td>
</tr>
<tr>
<td>6 Lessons</td>
<td>$195</td>
</tr>
<tr>
<td>10 Lessons</td>
<td>$280</td>
</tr>
<tr>
<td>20 Lessons</td>
<td>$540</td>
</tr>
</tbody>
</table>

Competitive Stroke Clinic for Kids
Intended for children seeking to improve their stroke technique, this stroke clinic will cover a different competitive stroke each class, as well as flip turns, open turns, and diving. The goal of this stroke clinic is to better prepare individuals interested in competitive swimming. Participants must have completed ARC Swim Lessons Level 3 or equivalent.

Maximum participants per class: 6

Day(s): Saturday

Date(s): Spring Session I: April 26 – May 17
Spring Session II: May 31 – June 21
Summer Session I: July 12 – August 2
Summer Session II: August 9 – August 30

Time: 11:30 AM – 12:30 PM

Place: Indoor Aquatics Lap Pool

Age Requirement: 7-13 Years Old

Fee(s): $49.00 Member per session
$59.00 Resident Non-Member per session
$84.00 Surrounding Community Non-Member per session

Fitness Swimming for Kids (Ages 6-9 & 10-13)
A cardio based fitness class for kids. This class will include set work, distance and sprint swimming, use of the swim clock, and development in endurance and strength. The fitness swim class is not a substitute to group swim lessons or stroke clinic which focuses more on stroke technique.

Prerequisites: children must be able to swim 4 lengths (100 yds.) consecutively, know freestyle, backstroke, and breast stroke, and have successfully passed level 3 swim lesson or equivalent.

Maximum participants per class: 5

Day(s): Monday/ Wednesday

Date(s): Spring Session I: April 28 – May 21
Spring Session II: June 2 – June 30 (No class 6/16)*
Summer Session I: July 7 – July 30
Summer Session II: August 4 – August 14*

Time: Ages 6-9: 4:00 PM – 4:40 PM
Ages 10-13: 4:45 PM – 5:25 PM

Fee(s): $72.00 Member per session
$87.00 Resident Non-Member per session
$117.00 Surrounding Community Non-Member per session

Fitness Swimming for Adults (Morning)
Perfect for tri-athletes and former competitive swimmers, the Fitness Swimming class offers new swim workouts each morning. While endurance is the primary goal of this class, our instructor will also be available to correct stroke technique and suggest drills for further improvement. Participants should be proficient in freestyle, backstroke, and breast stroke, and be able to swim a minimum of 300 yards continuously.

Maximum participants per class: 6

Day(s): Tuesday/Thursday

Date(s): Spring Session I: April 8 – May 29
Summer Session I: June 3 – July 24
Summer Session II: July 29 – August 14*

Age Requirement: 16 Years Old

Time: 6:00 AM - 7:00 AM

Fee(s): $70.00 Member per session
$99.00 Non-Member per session

*Mini Session Fee(s) - 6 classes: $26.00 Member per session
$37.00 Non-Member per session

Fitness Swimming for Adults (Evening)

Maximum participants per class: 6

Day(s): Tuesday/Thursday

Date(s): Spring Session I: April 8 – May 29
Summer Session I: June 3 – July 24
Summer Session II: July 29 – August 14*

Age Requirement: 16 Years Old

Time: 7:30 PM – 8:30 PM

Fee(s): $70.00 Member per session
$99.00 Non-Member per session

*Mini Session Fee(s) - 6 classes: $26.00 Member per session
$37.00 Non-Member per session
**Fitness Swimming for the Novice Swimmer**
Geared towards intermediate swimmers, this Fitness Swimming class offers new swim workouts every day. While stroke technique is the primary goal of the class, our instructor will also guide swimmers through a workout to build endurance. Participants should have some understanding of freestyle, backstroke, and/or breaststroke. Ideal candidates for the class should also be comfortable swimming more than one length of the pool at a time.

- Maximum participants per class: 6
- **Day(s):** Tuesday/Thursday
- **Date(s):**
  - Spring Session I: April 8 – May 29
  - Summer Session I: June 3 – July 24
  - Summer Session II: July 29 – August 14
- **Time:** 7:30 AM - 8:15 AM
- **Age Requirement:** 16 Years Old
- **Fee(s):**
  - $70.00 Member per session
  - $99.00 Non-Member per session

**Lifeguard Swim Prerequisite Prep Course**
If you want to start your lifeguard career, but need help developing the swimming skills and endurance needed to pass the American Red Cross lifeguard course prerequisites, then this is the class for you. In a small group or individual setting, each participant will be evaluated and instructed on stroke techniques, breathing techniques and endurance training specific to passing all of the entry requirements for their class.

- **Day(s):** Wednesday
- **Date(s):**
  - Spring Session I: March 26 – April 9
  - Spring Session II: April 30 – May 14
  - Spring Session III: May 28 – June 11
- **Time:** 5:15 PM - 6:00 PM
- **Age Requirement:** 15 Years Old
- **Fee(s):** $35.00
  - Participants will receive $15 off the price of the lifeguarding class (must be taken by August 13, 2014)
  - ***Note: if only one participant is registered, the instructor will only conduct a half hour session***

**Adult Learn to Swim**
Designed for beginner level swimmers, individuals can expect to learn the basic essentials to swimming. Classes will cover proper flutter kick, alternating arm movements, rotary breathing, and body position in the water.

- **Day(s):** Tuesday/Thursday
- **Date(s):**
  - Spring Session I: April 29 – May 22
  - Summer Session I: June 3 – June 26
  - Summer Session II: July 8 – July 31
- **Time:** 9:00 AM - 9:45 AM
- **Place:** Indoor Aquatics Pool- Lane 1
- **Age Requirement:** 16 Years Old
- **Fee(s):**
  - $70.00 Member per session
  - $84.00 Resident Non-Member per session
  - $115.00 Surrounding Community Non-Member per session

**Junior Lifeguarding**
Are you interested in lifeguarding – but not quite old enough yet? This course is designed to give 11 to 14 year olds a fun sneak peek into what it takes to become a great lifeguard. We cover all the basics and get you ready to enter the American Red Cross Lifeguarding program when you turn 15. Participants will not receive certifications in lifeguarding, CPR and/or AED; however, they will receive a certificate of completion for the course.

- **Prerequisites:**
  - Swim the front crawl for 25 yards continuously while breathing to the front or side.
  - Swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence.
  - Tread water for 1 minute using arms and legs.
  - Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using the elementary backstroke or back crawl.

- **Course Length:** Two weeks, 9 classes.
- **Week One:** Tuesday, June 17 – Friday, June 20
- **Week Two:** Monday, June 23 – Friday, June 27
- **Time:** 9:00 AM – 12:15 PM
- **Fee(s):**
  - $65.00 Member per session
  - $70.00 Resident Non-Member per session
  - $75.00 Surrounding Community Non-Member per session

**Scuba Diving**
If you’ve always wanted to learn how to scuba dive, discover new adventures, or simply see the wondrous world beneath the waves, this is where it starts. In addition to all the skills needed for PADI Open Water Diver certification, our course includes information on equipment selection and popular diving destinations. For additional information, please contact our Instructor Scott, 412-913-3288.

- **Day(s):** Wednesdays - Rolling Enrollment
- **Date(s):**
  - Spring Session I: April 2 – May 28
  - Summer Session I: June 4 – July 30
  - Summer Session II: August 6 - September 24
- **Age Requirement:** 15 Years Old
  - (10 Years Old if taking the class with an adult)
- **Time:** 6:00 PM - 9:00 PM
- **Fee(s):** $350.00 plus course materials & open water dives

**Scuba Diving Review Course**
Do you feel like your scuba skills and knowledge are a bit rusty? The Scuba Review Course is just what you need. It reacquaints you with diving so that you’re back to feeling comfortable in the water again. For additional information, please contact our Instructor Scott, 412 913-3288.

- **Day(s):** Wednesdays
- **Age Requirement:** 15 Years Old
  - (10 Years Old if taking the class with an adult)
- **Time:** 6:00 PM - 9:00 PM
- **Fee(s):** $50.00
WATER EXERCISE CLASSES

*Indicates a mini-session, fees are reduced

Aqua Interval
Participants in this class will continuously rotate through aerobic and strengthening exercises in this heart-pumping cardiovascular workout. This class can be modified to accommodate the intensity levels of all participants; it is suitable for all levels.

Day(s): Monday/Wednesday
Date(s): Spring Session I: April 7 – April 30
         Spring Session II: May 5 - May 28 (No class 5/26)*
         Summer Session I: June 2 - June 25
         Summer Session II: June 30 - July 25
         Summer Session III: July 28 - August 13*

Time: 7:15 PM - 8:00 PM
Place: Indoor Lap Pool/Outdoor Pool (Starting 6/2)
Age Requirement: Adult
Fee(s): $48.00 Member per session
        $64.00 Resident Non-Member per session
        $80.00 Surrounding Community Non-Member per session

Hydro Strength
Class participants will focus on a total body strengthening routine which uses multiple pieces of resistance training equipment.

Day(s): Tuesday/ Wednesday/Thursday
Date(s): Spring Session I: April 8 – May 1
         Spring Session II: May 6 – May 29
         Summer Session I: June 3 – June 26
         Summer Session II: July 1 – July 24
         Summer Session III: July 29 – August 14*
Age Requirement: Adult
Time: 11:00 AM - 11:30 AM
      10:30 AM - 11:00 AM
Place: Indoor Pool
Fee(s): Free to C&RC Members

Aqua Motion
A fun, functional, fast paced water class that accommodates participants from all levels. This class incorporates cardiovascular and strength training along with flexibility and balance training to give you a well-rounded workout. Special attention is paid to those with pre-existing conditions who are looking to increase their overall fitness level.

Day(s): Monday/Wednesday
Date(s): Spring Session I: April 7 – April 30
         Spring Session II: May 5 – May 28 (No Class 5/26)*
         Summer Session I: June 2 – June 25
         Summer Session II: June 30 – July 23
         Summer Session III: July 28 – August 13*
Age Requirement: Adult
Time: 9:30 AM - 10:15 AM
Fee(s): $48.00 Member per session
        $64.00 Resident Non-Member per session
        $80.00 Surrounding Community Non-Member per session

Water Walking
A great alternative for anyone who frequently walks indoors or outdoors, participants in this class will utilize a variety of aerobic movements to push against the water’s natural resistance.

Day(s): Monday/ Thursday/ Friday
Date(s): Spring Session I: April 7 – May 2
         Spring Session II: May 5 – May 30 (No Class 5/26)*
         Summer Session I: June 2 – June 27
         Summer Session II: June 30 – July 25 (No class 7/4)*
         Summer Session III: July 28 – August 15*
Age Requirement: Adult
Time: Monday 9:00 AM - 9:30 AM
      Wednesday 6:30 PM - 7:00 PM
      Friday 9:30 AM - 10:00 AM
Fee(s): Free to C&RC Members

Snorkeling
Snorkeling is a wonderful sport that almost anyone can do wherever there is water. Even if you already know how to snorkel, this class can help you to make the most out of your snorkeling experience. Two sessions are available:

Single Session Class: Students will learn the best ways to don your gear, use proper breathing techniques, clear your snorkel, move through the water with a minimal effort, perform a shallow dive, and improve kick efficiency.

Two Session Class: Students will continue to practice and refine the skills learned in Session I, and learn more advanced techniques that will increase the overall experience. For additional information, please contact our Instructor Scott, 412-913-3288.

Day(s): Wednesdays
Date(s): Rolling Enrollment
Age Requirement: 15 Years Old
(10 Years Old if taking the class with an adult)
Time: 6:00 PM - 9:00 PM
Fee(s): $40.00 Single Session Class**
       $60.00 Two Session Class**
**Course cost does not include personal equipment.

Aqua Intervall
Participants in this class will continuously rotate through aerobic and strengthening exercises in this heart-pumping cardiovascular workout. This class can be modified to accommodate the intensity levels of all participants; it is suitable for all levels.

Day(s): Monday/Wednesday
Date(s): Spring Session I: April 7 – April 30
         Spring Session II: May 5 - May 28 (No class 5/26)*
         Summer Session I: June 2 - June 25
         Summer Session II: June 30 - July 25
         Summer Session III: July 28 - August 13*

Time: 6:00 PM - 9:00 PM
**Aqua Boot Camp**
If you’re looking for a great jump-start to your usual routine, aqua boot camp is the answer. Classes will be held in both shallow and deep water, and will combine a variety of fast paced, high intensity aerobic movements.

Day(s): Saturday  
Date(s): Spring Session I: April 12 – April 26 (3 weeks)  
Spring Session II: May 3 – May 24  
Spring Session III: May 31 – June 21  
Summer Session I: June 28 – July 19  
Summer Session II: July 26 – August 16  

**Age Requirement:** Adult  
**Time:** 6:45 AM - 7:45 AM  
**Fee(s):** Free to CRC Members

**Deep Sea Aerobics**
This is a challenging high intensity workout exclusively in the deep end of the pool. Flotation belts are used to keep you afloat while you perform aerobic & resistance training and increase balance, flexibility and core strength.

Day(s): Friday  
Date(s): Spring Session I: April 11 – May 2  
Spring Session II: May 9 – May 30  
Summer Session I: June 6 – June 27  
Summer Session II: July 4 – July 25 (No Class 7/4)*  
Summer Session III: August 1 – August 15*  

**Age Requirement:** Adult  
**Time:** 10:00 AM - 10:45 AM  
**Fee(s):** $24.00 Member per session  
$32.00 Resident Non-Member per session  
$40.00 Surrounding Community Non-Member per session

**Aqua Blast**
A fast-paced, challenging water workout, participants will perform a wide range of cardio and resistance training exercises to increase their heart rate and burn calories.

Day(s): Tuesday/Thursday  
Date(s): Spring Session I: April 8 – May 1  
Spring Session II: May 6 – May 29  
Summer Session I: June 3 – June 26  
Summer Session II: July 1 – July 24  
Summer Session III: July 29 – August 14*  

**Age Requirement:** Adult  
**Time:** 10:00 AM - 10:45 AM  
**Fee(s):** $48.00 Member per session  
$64.00 Resident Non-Member per session  
$80.00 Surrounding Community Non-Member per session

**Gentle Movement**
Based off of guidelines set by the Arthritis Foundation, this is a gentle yet effective water class that takes place in both the shallow and deep ends of the pool. This class focuses on range of motion exercises for the joints and improving stamina and flexibility/balance in a very safe, low impact environment.

Day(s): Monday/ Friday  
Date(s): Spring Session I: April 7 – May 2  
Spring Session II: May 5 – May 30 (No Class 5/26)*  
Summer Session I: June 2 – June 27  
Summer Session II: June 30 – July 25 (No Class 7/4)*  
Summer Session III: July 28 – August 15*  

**Time:** 11:00 AM - 11:45 AM  
**Age Requirement:** Adult  
**Fee(s):** $48.00 Member per session  
$64.00 Resident Non-Member per session  
$80.00 Surrounding Community Non-Member per session

**Steps to Stay Safe around the Water**
- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child’s life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Establish rules for your family and enforce them without fail. For example, set limits based on each person’s ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.
- Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body’s ability to stay warm.

Information provided by the American Red Cross
### Lifeguard Course

**Prerequisites:**
Minimum age of 15 and bring a copy of a driver’s license, state identification, birth certificate or passport to first class to verify age; swim 300 yards (12 lengths of pool) continuously using front crawl and breaststroke; start in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-lb object, return to the surface, swim 20 yards back to starting point with the object, exit the water without using a ladder or steps, within 1 minute, 40 seconds; tread water for 2 minutes using legs only.

The 2012 ARC Manual is required for all class dates. You may buy a hard copy of the book or you can download a free copy of the book at [www.americanredcross.org](http://www.americanredcross.org).

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
<th>Session 4</th>
<th>Session 5</th>
<th>Session 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, April 14</strong>&lt;br&gt;9:00 AM- 5:00 PM</td>
<td><strong>Tuesday, April 29</strong>&lt;br&gt;5:00 PM- 10:00 PM</td>
<td><strong>Monday, May 19</strong>&lt;br&gt;4:00 PM- 10:00 PM</td>
<td><strong>Tuesday, June 17</strong>&lt;br&gt;9:00 AM- 5:00 PM</td>
<td><strong>Tuesday, July 15</strong>&lt;br&gt;9:00 AM- 5:00 PM</td>
<td><strong>Tuesday, August 12</strong>&lt;br&gt;9:00 AM- 5:00 PM</td>
</tr>
<tr>
<td><strong>Tuesday, April 15</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
<td><strong>Thursday, May 1</strong>&lt;br&gt;5:00 PM- 10:00 PM</td>
<td><strong>Tuesday, May 20</strong>&lt;br&gt;4:00 PM- 9:00 PM</td>
<td><strong>Wednesday, June 18</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
<td><strong>Wednesday, July 16</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
<td><strong>Wednesday, August 13</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
</tr>
<tr>
<td><strong>Wednesday, April 16</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
<td><strong>Saturday, May 3</strong>&lt;br&gt;10:00 AM- 4:00 PM</td>
<td><strong>Wednesday, May 21</strong>&lt;br&gt;4:00 PM- 9:00 PM</td>
<td><strong>Thursday, June 19</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
<td><strong>Thursday, July 17</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
<td><strong>Thursday, August 14</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
</tr>
<tr>
<td><strong>Thursday, April 17</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
<td><strong>Tuesday, May 6</strong>&lt;br&gt;5:00 PM- 10:00 PM</td>
<td><strong>Thursday, May 22</strong>&lt;br&gt;4:00 PM- 9:00 PM</td>
<td><strong>Friday, June 20</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
<td><strong>Friday, July 18</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
<td><strong>Friday, August 15</strong>&lt;br&gt;9:00 AM- 3:00 PM</td>
</tr>
</tbody>
</table>

***Must attend ALL classes, pass all writing exams (minimum of 80%), perform all required skills with 100% accuracy, and pass final scenario to complete certification***

**Course Length:** Approximately 25 hours

**Certification:** Lifeguarding/First Aid: 2 years; CPR/AED for the Professional Rescuer: 2 years

**Fee(s):**
- $200 Member without book, or $232 w/book
- $235 Resident Non-member without book, or $267 w/book
- $255 SCNM without book, or $287 w/book

### Lifeguard Review

**Requirements:**
- Participant will receive Lifeguarding, First Aid, CPR & AED certification
- Certification valid for 2 years

**Must have a current ARC Lifeguard certification**

**Proof of certification is required on first day of the review. If certification is expired, please register for full Lifeguard Course.**

- Must pass the all pre-test requirements for the Lifeguard Course
- Perform all required skills with 100% accuracy
- Pass a written test with a score of at least 80%
- Must attend both classes of the session, pass all writing exams, and perform all required skills with 100% accuracy to complete certification.
- The 2012 ARC Manual is required for all class dates. You may buy a hard copy of the book or you can download a free copy of the book at [www.americanredcross.org](http://www.americanredcross.org).

**Date(s):**

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
<th>Session 4</th>
<th>Session 5</th>
<th>Session 6</th>
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<tbody>
<tr>
<td><strong>Thursday, April 10</strong>&lt;br&gt;3:00 PM- 10:00 PM</td>
<td><strong>Thursday, April 24</strong>&lt;br&gt;3:00 PM- 10:00 PM</td>
<td><strong>Thursday, May 15</strong>&lt;br&gt;3:00 PM- 10:00 PM</td>
<td><strong>Thursday, June 5</strong>&lt;br&gt;3:00 PM- 10:00 PM</td>
<td><strong>Thursday, July 10</strong>&lt;br&gt;3:00 PM-10:00 PM</td>
<td><strong>Thursday, August 7</strong>&lt;br&gt;3:00 PM-10:00 PM</td>
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<td><strong>Friday, April 11</strong>&lt;br&gt;3:00 PM- 9:00 PM</td>
<td><strong>Friday, April 25</strong>&lt;br&gt;3:00 PM- 9:00 PM</td>
<td><strong>Friday, May 16</strong>&lt;br&gt;3:00 PM- 9:00 PM</td>
<td><strong>Friday, June 6</strong>&lt;br&gt;3:00 PM- 9:00 PM</td>
<td><strong>Friday, July 11</strong>&lt;br&gt;3:00 PM- 9:00 PM</td>
<td><strong>Friday, August 8</strong>&lt;br&gt;3:00 PM- 9:00 PM</td>
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**Fee(s):**
- $150 Member without book, or $182 w/book
- $170 Resident Non-member without book, or $203 w/book
- $185 SCNM without book, or $217 w/book

**Place:** Indoor Aquatics Lap Pool – Lane 4
Art in the Park
After camps, the pool, and busy summer days, enjoy the leisurely summer evenings and gather together in Boyce Mayview Park to enjoy the surroundings and time with one another.
Instructor: Rikki Walsh
Day(s): Monday
Date(s): June 23, 30, July 7, 14, 21, 28, August 4 ("rain" date)
Time: 7:00 PM – 8:00 PM
Place: Boyce Mayview Pavilion (or as otherwise designated)
Age Requirement: Children through Adults (Upon registration, please indicate number of family members that might attend.)
Fee(s): $50.00 Member family
$55.00 Resident Non-member family
$60.00 Surrounding Community Non-member family

En Plein Air
Use nature as the inspiration and material for your own artwork! Sketch and/or paint landscapes like the impressionists or realism compositions while experimenting with different mediums to create bold painting, prints, and sketches. We will draw nature and wildlife from observations and more. A list of suggested materials will be given upon registration. Beginners and advanced artists welcome and encouraged to share and learn. We will be outdoors, weather permitting.
Instructor: Rikki Walsh
Age Requirement: Ages 13 and Up
The schedule and pricing for each 2-hour session will be made available after May 1.

All About Animals
Campers can learn about animals from sea to shore to soaring in the sky. They can share their favorite animal or learn more about the most misunderstood of our planet’s creatures. Campers will draw, paint, print, and construct projects while learning about animals and their habitats.
Instructor: Rikki Walsh
Day(s): Tuesdays and Thursdays
Date(s): June 17, 19, 24, 26
Time: 9:00 AM – 11:30 AM
Place: C&RC as posted
Age Requirement: Ages 5-8
Fee(s): $52.00 Member
$56.00 Resident Non-member
$60.00 Surrounding Community Non-member

Things That Crawl
The summer awakens and hatches everything from lightning bugs and itsy bitsy spiders to butterflies and snakes and lizards. Using paint, markers, pastels and paper and sculpting with recycled and found objects we will create artwork and creatures inspired by these and other creepy crawlers.
Day(s): Tuesdays and Thursdays
Date(s): June 17, 19, 24, 26
Time: 1:00 PM – 3:30 PM
Place: C&RC as posted
Age Requirement: Ages 5-8
Fee(s): $52.00 Member
$56.00 Resident Non-member
$60.00 Surrounding Community Non-member

Cartooning
Youngsters who enjoy hand drawing cartoons or Anime will be able to discover their inner comic genius through this art camp. Participants can create their own personal comic, action strip, animation cell and 3-D illusion. We’ll cover fundamentals of line, shading and perspective action illustrations while campers complete amazing projects.
Instructor: Rikki Walsh
Day(s): Monday through Friday
Date(s): August 11-15
Time: 1:00 PM – 4:00 PM
Place: C&RC as posted
Age Requirement: Ages 8-14
Fee(s): $68.00 Member
$72.00 Resident Non-member
$76.00 Surrounding Community Non-member

Puppet Theater
Stick Shadow, Finger, Hand and String Puppets will come to life as we create and design our crazy characters. All will enjoy painting, sculpting, storytelling and performing — and will present a group puppet show to their “fans” at the end of the week of camp. Campers should pack a nut-free lunch and drink. Lunch supervision will be provided.
Instructor: Rikki Walsh
Day(s): Monday through Friday
Date(s): July 28-August 1
Time: 9:00 AM – 3:00 PM
Place: C&RC as posted
Age Requirement: Ages 8-14
Fee(s): $90.00 Member
$95.00 Resident Non-member
$100.00 Surrounding Community Non-member

Wearable Art
Recycle items of fashion from your own closet as you explore materials and design. Learn techniques with fabric painting, printing, adhering appliqués and embellishing with rhinestones, metals, and chains. Make a new fashion statement while recycling old jeans, shirts, shoes—or even bed linens and beyond. A suggested embellishment/appliqué supply list will be furnished after enrollment.
Instructor: Rikki Walsh
Day(s): Monday-Thursday
Date(s): June 30 -July 3
Time: 9:30 AM –12:00 PM
Place: C&RC as posted
Age Requirement: Ages 9-13
Fee(s): $52.00 Member
$56.00 Resident Non-member
$60.00 Surrounding Community Non-member

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
**Guitar Camp**
Join Brannon Lyons of Lyons Guitar and String Studio for a week of learning and fun. An ideal camp for beginners! Camp attendees will learn fundamentals of basic hand position and how to strum open position chords with different strumming patterns.

**Day(s):** Monday through Friday  
**Date(s):** July 7-11  
**Time:** 9:00 AM – 11:00 AM  
**Place:** C&RC as posted  
**Age Requirement:** Ages 7-12  
**Fee(s):**  
\$100.00 Member  
\$105.00 Resident Non-member  
\$110.00 Surrounding Community Non-member  
Materials Fee of $25 payable to instructor; rental guitars available for a fee of $15 (indicate need for rental upon registration).

**String Camp**
Under the direction of Paula Scandrol et al, students who enroll in String Camp will be treated to a unique experience of interacting in a multi-level ensemble and an ensemble geared to each camper’s particular skill level. During the course of the camp day, students will receive instruction specific to their instrument as well as broadening their knowledge of music theory, music history, musical genres, creativity, leadership, effective practice strategies and other aspects of music in informal sessions. Individual performance is also encouraged in a “share and play” setting. Additionally, there will be time to socialize with peers and meet young people with similar interests during a rest and relaxation period of swimming and crafts. A concert for family and friends to demonstrate the learning, growth, and accomplishments of the participants caps off the camp. It is the goal of the camp to enrich and foster the current skills of the players and nurture a lifelong pursuit of music. Campers should provide their own lunch, beverage, and swimming gear.

**Day(s):** Monday through Friday  
**Date(s):** June 23 – June 27  
**Time:** 9:00 AM – 3:00 PM (full camp)  
**Place:** Upper St. Clair High School  
**Age Requirement:** Grades 3-12  
**Fee(s):**  
\$100.00 Full Camp (20 hours or more)  
\$75.00 Mini Camp (less than 20 hours)  
Please complete the String Camp Registration form (available after April 15).

**Lingua Stars – Language Camps**
Explore the world this summer with our language camps for children, instructed by the staff of Lingua Stars.

**FRENCH**—Students will learn basic conversational French, embark upon an imaginary trip to Paris, celebrate French holidays, experience French cuisine, paint in the style of the Impressionists, and discover why the French language, culture, and cuisine are known throughout the world!

- **Session I** – 9:00 AM – 12:00 PM  
- **Session II** – 1:00 PM – 4:00 PM

**CHINESE**—Chinese is the most commonly spoken language in the world! Students will be immersed in Chinese culture. They will explore language, culture, food and will also receive an introduction to the art of Chinese writing. The instructor is an experienced teacher and a native of China.

- **Session I** – 1:00 PM – 4:00 PM  
- **Session II** – 9:00 AM – 12:00 PM

**SPANISH**—Students will experience a week-long fiesta while being immersed in the Spanish language and culture. They will learn about Spanish customs and holidays and create their own mini-piñatas during this exciting camp.

- **Session I** – 1:00 PM – 4:00 PM  
- **Session II** – 9:00 AM – 12:00 PM

**Day(s):** Monday through Thursday  
**Date(s):** Session I – June 30 – July 3  
**Session II** – July 28 – July 31  
**Time:** As noted above  
**Place:** C&RC as posted  
**Age Requirement:** Grades K-6  
**Fee(s):**  
\$140.00 Member per camp  
\$144.00 Resident Non-member per camp  
\$148.00 Surrounding Community Non-member per camp

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
DANCE

Dance Explorations

Your child will enjoy every minute moving to music, learning rhythm, and body discipline and awareness. Combining ballet, jazz, and tumbling, our fun classes will develop positive self-esteem and a desire to learn more. (Suggested attire: leotard, tights, or other comfortable clothing and ballet or jazz shoes.)

Instructor(s): Staff of Janet Hays and Company

DAYTIME Session
Day(s): TBA
Date(s): June TBA
Time: TBA
Place: TBA

EVENING Session
Day(s): Thursday
Date(s): Session I – July 10-31
Time: 5:40 PM – 6:20 PM
Place: Studio 1
Age Requirement: Ages 3-4
Fee(s): $40.00 Member
$44.00 Resident Non-member
$48.00 Surrounding Community Non-member

Superstar Dance Camp

Enjoy learning different hip hop, jazz, and ballet routines in this fun and exciting three-day dance camp. Campers will learn fundamental dance skills, talk about a famous dance quote a day, and prepare for a Superstar performance on the final day of camp. Some activities will be held outdoors, weather permitting. Dancers need lots of energy—so be sure to remember to bring a water bottle and peanut free, tree nut free snack each day of camp.

Day(s): Monday through Friday
Date(s): TBD Available after April 1
Time: TBD Available after April 1
Place: C&R as posted
Age Requirement: Going into grades 1-4
Fee(s): $55.00 Member
$60.00 Resident Non-member
$65.00 Surrounding Community Non-member

Irish Dance

Looking to introduce your child to an additional dance form—look no further. Our Irish Dance classes will begin with the basics: foot placement, body position, and the fundamental movements. Over time children will progress to the basic steps of the Irish reel and Irish jig. Children will learn stretching techniques as well as strength building exercises. (Suggested attire: shorts and a T-shirt, white socks, ballet slippers or jazz shoes. Irish Dance shoes are not necessary for this class.)

Instructor: Sarah Knight

Day(s): Tuesday
Date(s): Session I – April 8 – June 3 (no class 4/15)
Session II – June 24 – August 12
Time: Beginners – 6:00 PM – 6:30 PM
Continuing – 6:30 PM – 7:15 PM
Place: Studio 2
Age Requirement: Ages 6-12 (Younger students accepted with instructor permission)
Fee(s): $60.00 Member
$68.00 Resident Non-member
$76.00 Surrounding Community Non-member

“New” Celtic Cardio

Come and join a great new class that teaches Irish step dance and rhythms. Featuring high energy Irish music, you’ll be getting fit and having fun, all while learning Irish dance!

Instructor(s): Sarah Knight

Day(s): Tuesday
Date(s): Session I – April 8 – June 3 (no class 4/15)
Session II – June 24 – August 12
Time: 7:30 PM – 8:15 PM
Place: Studio 1
Age Requirement: Ages 13 and up
Fee(s): $60.00 Member
$64.00 Resident Non-member
$68.00 Surrounding Community Non-member

Dance Explorations II

Your child will enjoy every minute moving to music, learning rhythm, and body discipline and awareness. Combining ballet, jazz, and tumbling, our fun classes will develop positive self-esteem and a desire to learn more. (Suggested attire: leotard, tights, or other comfortable clothing and ballet or jazz shoes.)

Instructor(s): Staff of Janet Hays and Company

DAYTIME Session
Day(s): Tuesday and Thursday
Date(s): June 17, 19, 24, 26
Time: 10:45 AM – 11:30 AM
Place: Studio 2

EVENING Session
Day(s): Thursday
Date(s): Session I – July 10-31
Time: 6:30 PM – 7:15 PM
Place: Studio 1
Age Requirement: Ages 5-7
Fee(s): $40.00 Member
$44.00 Resident Non-member
$48.00 Surrounding Community Non-member

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
“New” LaBlast
Created by world renowned dancer and ABC’s “Dancing with the Stars” professional, Louis van Amstel, LaBlast uniquely combines a wide variety of ballroom dance styles and music genres. Do the Cha-Cha-Cha, Disco, Jive, Merengue, Salsa and Samba set to everything from pop and rock to hip-hop and country! No experience and no partner necessary. Wear sneakers and comfortable clothing in which you can move.

Instructor: Rochelle Barry
Day(s): Saturday
Date(s): April 26-May 17
Time: 9:30 AM – 10:30 AM
Place: Studio 2
Age Requirement: Ages 13 and up
Fee(s): $40.00 Member
       $44.00 Resident Non-member
       $48.00 Surrounding Community Non-member

Karate Summer Sampler
Our summer Karate sampler will provide a basic introduction to Shotokan Karate. Wear comfortable clothing—no uniform (Gi) provided for the sampler.

Instructor: Riva Tarnopolsky of Riva’s Shotokan Karate
Day(s): Friday
Date(s): August 8 & 15
Time: 10:00 AM – 11:00 AM
Place: C&RC as posted
Age Requirement: Ages 5 - 12
Fee(s): $40.00 Member
       $42.00 Resident Non-member
       $44.00 Surrounding Community Non-member
       $20.00 Member sibling
       $21.00 Resident Non-member sibling
       $22.00 Surrounding Community Non-member sibling

“New” LaBlast for Kids
Children will learn a variety of dance styles including Cha-Cha-Cha, Disco, Salsa, and more set to music they will enjoy! No dance experience necessary. Participants should wear sneakers and comfortable clothing that in which they can move.

Instructor: Rochelle Barry
Day(s): Monday
Date(s): Session I – April 21-June 2 (no class 5/26)
       Session II – June 16-July 28 (no class 7/21)
       Session III – August 4 – September 15 (no class 9/1)
Time: Ages 4-6 – 5:15 PM – 5:45 PM
       Ages 7-12 – 5:45 PM – 6:30 PM
Place: Studio 2
Age Requirement: Ages 4-12
Fee(s): $42.00 Member
       $46.00 Resident Non-member
       $50.00 Surrounding Community Non-member

Karate
Taught by veteran and certified instructor Riva Tarnopolsky, our Shotokan Karate classes emphasize order and self-discipline. Classes provide not only a means of developing life skills but also social and leadership skills and strong character.

Instructor: Riva Tarnopolsky of Riva’s Shotokan Karate
Day(s): Thursday
Date(s): April 3 – May 22
Time: New Students – 4:00 PM – 4:30 PM
       White Belts/Continuing – 4:30 PM – 5:00 PM
       Colored Belts – 5:00 PM – 5:30 PM
Place: Studio as posted
Age Requirement: Ages 5 and up
Fee(s): $85.00 Member
       $93.00 Resident Non-member
       $101.00 Surrounding Community Non-member

Self-Defense
Looking to improve your awareness and be prepared for the unexpected. Develop both physical and non-physical self-defense techniques that will be taught by Riva Tarnopolsky, certified instructor with the American Shotokan Karate Alliance and certified group fitness instructor/personal trainer through the American Council on Exercise.

Instructor: Riva Tarnopolsky
Day(s): Sunday
Date(s): Session I – June 1
       Session II – July 13
Time: 1:00 PM – 2:30 PM
Place: C&RC as posted
Age Requirement: Ages 12 and up
Fee(s): $30.00 Member
       $32.00 Resident Non-member
       $34.00 Surrounding Community Non-member
       $26.00 Sibling/Parent
S.N.A.P. (Special Needs Active Program)
S.N.A.P. is a fun and interactive class for children and young adults with special needs. The aim of the program is to increase participant’s comfort level with fitness. The aquatics and gym areas are utilized to allow exposure to many different and fun kinds of fitness activities. The program allows children and young adults of all abilities to experience the joy of physical activity and teamwork.

Day(s): Saturday
Date(s): July 12, 19, 26 and August 2
Time: Ages 6-14 – 9:00 AM – 10:00 AM
Ages 15-25 – 10:00 AM – 11:00 AM
Place: C&R as posted
Age Requirement: Ages 6 – 25
Fee(s): $40.00 per participant

Panther Paws
Are you Cubs ready? Quick--sign up now!!! Our unique, six-week, Panther Paws Program is for children ages 3-6! We have a wide variety of fun-filled activities for your child! In order to participate, your child must be at least three years old and potty trained by the start date of camp. Each week will follow a different theme with a fun routine where children will kick off their day with a morning song! After they sing and dance their Paws off, they will be able to participate in stories, games, arts and crafts as well as experience learning opportunities all centered around an exciting theme! Supervision will be provided throughout the duration of camp, including snack time and free playtime with friends. Plan for your child to attend one week, two weeks, three or more! The sooner you sign up the better; space is limited! Campers are to bring a snack (peanut/tree nut free preferred) each day. Our staff is very excited for six weeks of fun! All parents/guardians must complete and return the Registration Form.

Day(s): Monday through Friday
Date(s) and Theme(s): As indicated
Time: 8:45 AM – 11:45 PM
Place: Baker Elementary School
Age Requirement: Age 3-6 and must be potty trained
Fee(s): Weeks 2, 4, 5, 6
$90.00 Member / Resident per week
$100.00 Surrounding Community Non-member per week
Weeks 1, 3
$80.00 Member / Resident per week
$90.00 Surrounding Community Non-member per week
Camp T-shirt: $10.00 (order by 6/4/14) - Specify size: Child S, M or L

Panther Paws Schedule

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>Week 2</td>
<td>June 17</td>
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<td>Week 3</td>
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<td>Week 4</td>
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<td>Week 5</td>
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<td>Week 6</td>
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*Additional week may be added depending upon demand and site availability.

Week 1 -- Swing into Summer Fun!
Week 2 -- Extra, Extra, Read All About It!
Week 3 -- Hear, Smell, Taste, Touch, and See... All that Panther Paws Can Be!
Week 4 -- It’s a Camper’s Life for Us!
Week 5 -- It’s a Birthday Bash at Camp!
Week 6 -- Willy Wonka and the Panther Paw Factory

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
Summer Playground
Don’t miss your chance! Sign up now! Summer Playground has an exciting announcement to make!! This opportunity is for all resident children entering grades 1-6 and is full of fun. We have a variety of activities to offer in a safe and supervised environment. Our camp provides an awesome summer setting for your child to be creative, social and active. We are excited to announce we have extended our extended days!!! Join us three days a week (MTW) for extended day activities (no preregistration required) -- just don’t forget to pack your lunch! Our Tuesday and Thursday activities will be at alternate locations to be announced! No transportation will be provided unless otherwise noted!
Our staff members are so excited to spend several weeks with your child! Let’s get the fun started. All parents/guardians must complete and return the Registration Form.

Day(s): Monday through Friday
Date(s): June 23 – July 25
Time: 8:45 AM – 11:45 PM (optional extended days (MWF) until 2:45 PM)
Place: Baker Elementary School
Age Requirement: Entering Grades 1-6
Fee(s): $200.00 Resident Individual
$300.00 Resident Family
Camp T-shirt: $10.00 (order by 6/4/14) - Specify shirt size: Child S, M, L or Adult S, M, L
Additional fees for optional off-site Activities – TBD

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.

### Summer Playground Schedule

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<td>June 23</td>
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<tr>
<td>First Day of Camp AM only 8:45-11:45 AM</td>
<td>Regular AM Afternoon Activity (Movie @C&amp;RC)*</td>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
<td>Regular AM Afternoon Activity (Kickball Tournament @C&amp;RC)* 1:15 – 3:15 PM</td>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
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<td>June 30</td>
<td>July 1</td>
<td>July 2</td>
<td>July 3</td>
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<tr>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
<td>Regular AM Afternoon (Scavenger Hunt) C&amp;RC* 1:15 – 3:15 PM</td>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
<td>Regular AM Afternoon (Bowling)* 1:15 – 3:15 PM</td>
<td>No Camp</td>
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<td>July 7</td>
<td>July 8</td>
<td>July 9</td>
<td>July 10</td>
<td>July 11</td>
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<tr>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
<td>Regular AM Afternoon (Bowling)* 1:15 – 3:15 PM</td>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
<td>Regular AM Afternoon BounceU* (Grades 1-3) (TBA)</td>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
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<td>July 14</td>
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<td>July 16</td>
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<tr>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
<td>Regular AM Afternoon (Simmons Farm)* 1:15 – 3:15 PM</td>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
<td>Regular AM Afternoon BounceU* (Grades 4-6) (TBA)</td>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
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<td>July 21</td>
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<tr>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
<td>Regular AM Evening (Girls’ Night Out)* 5:00 – 7:00 PM</td>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
<td>Regular AM Evening (Boys’ Night Out)* 5:00 – 7:00 PM</td>
<td>Full Day Extended Day 8:45 AM – 2:45 PM</td>
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NEW Let’s Unplug and Go …!
Do you like to be outside? Do you like to create games? Do you like to socialize with friends? If you do, unplug and join us this summer. Our Tuesday/Wednesday program offers 11-16 year olds a different summer experience. We will hike some trails, experience geocaching, create new games, and plan activities to teach to the Summer Playground campers, and more. Remember to bring a lunch. Take a break from the world of mobile phones and “cyberland” and spend some good times being creative outdoors. Parents/Guardians must complete and return the registration form.

Day(s): Tuesday and Wednesday
Date(s): June 24, 25, July 1, 2, 8, 9, 15, 16, 22, 23
Time: 10:45 AM – 2:45 PM
Place: Meet at Baker Elementary (unless otherwise instructed)
Age Requirement: 11-16 year olds who are up for a challenge
Fee(s): $100.00 Member/Resident
$130.00 Surrounding Community Non-member

Check...and Checkmate
Enjoy weekly mental exercise learning and playing chess. Participants will spend the first 30 minutes learning and the second 30 minutes playing under the guidance of our experienced instructor. All supplies provided by instructor.

Instructor: Eric Berthoud
Day(s): Thursday
Date(s): April 24-May 29
Time: 6:45 PM – 7:45 PM
Place: C&RC as posted
Age Requirement: Ages 6 and up
Fee(s): $25.00 Member
$30.00 Resident Non-member
$35.00 Surrounding Community Non-member

Check...and Checkmate Camp
Enjoy a week of mental exercise learning and playing chess. Participants will spend the first hour learning and the second hour playing under the guidance of our experienced instructor. Come and bring a friend, a sibling, or even a parent/grandparent. All supplies furnished.

Instructor: Eric Berthoud
Day(s): Monday through Friday
Date(s): Spring – April 14-18
Summer I – TBD
Summer II – August 4-8
Time(s): Spring – 10:00 AM – 12:00 PM
Summer – 9:00 AM – 11:00 p.m.
Place: C&RC as posted
Age Requirement: Ages 6 and up
Fee(s): $35.00 Member
$40.00 Resident Non-member
$45.00 Surrounding Community Non-member

Counselor-In-Training (CIT)
Don’t miss your window! Are you a 12-16 year old who loves to work with children, learn from counselors, plan activities, and have fun? If so, we challenge you to try our CIT program. This mentoring program is designed for youth ages 12-16 who want to be camp counselors in the future! The program focuses developing responsible, productive, and caring leaders. CITs have opportunities to assist and lead group activities at Summer Playground and/or Panther Paws Camps under the direct supervision of the counseling staff. The CIT program is competitive and requires each individual to apply, interview, and, if selected, attend a training session prior to the start of camp. To be considered, applicants are required to complete an employment application prior to May 10, 2014. Applications are available at the Recreation Office at the Community & Recreation Center at Boyce Mayview Park. All Parents/Guardians must complete and return the Registration Form.

Note: Only 30 applicants will be accepted this year. The sooner you apply, the better your chances are to select the session that works best for you. If selected, you will be guaranteed 13-15 days to work with a seasoned counselor and group of campers.

Day(s): Monday through Friday
Date(s): Session 1: June 17 – July 3 (Max 15 CITs)
        Session 2: July 7 – July 25 (Max 15 CITs)
Time: 8:45 AM – 11:45 PM (optional extended days (MWF) until 2:45 p.m.)
Place: Baker Elementary School
Age Requirement: 12-16 year olds who are up for a challenge
Fee(s): $35.00 Resident (includes training, supplies, and T-shirt)

Girl Camp
Enjoy being a girl! Come and learn why you are beautiful and what makes you, YOU! Enjoy dancing, making crafts, making friends, playing games, swimming, and cooking as we have fun learning about true beauty.

Instructor: Kyla Colcombe et al
Day(s): Monday through Friday
Date(s): Session I (Grades 5-7) – June 23-27
        Session II (Grades 1-2) – July 7-11
        Session III (Grades 3-4) – August 11-15
Time: 10:00 AM – 3:00 PM
Place: C&RC as posted
Age Requirement: Girls – Grades 1-7
Fee(s): $60.00 Member
$65.00 Resident Non-member
$70.00 Surrounding Community Non-member

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
**New** ESTEEM Camps
A child’s love for learning does not stop when school breaks for the summer. Taught by staff from CHYTEN, the summer series of experiential learning courses will not only help to develop academic skills but also challenge children to think creatively, do analysis, engage in research, and develop presentations.

**Session I - Team Titans (Math Skills Focus)**
Participants can help their team get ready to play ball! In this class focused on mathematics, problem-solving, geography and presentation skills, students pair up to serve as general managers of a new fictional baseball franchise. As managers of the team’s balance sheet, students must budget for player salaries, ballpark costs, maintenance, ticket sales, concessions and much more. All the while they are presented with word problems and mathematics dilemmas which call upon the general managers to use probability, mean, mode, perimeters, area, graphs, time, money, addition, subtraction and multiplication.

**Session II - “Shark Tank” Jr.**
Students will play the role of young entrepreneurs as they start with the germ of an idea for a product and business and take it through the entire entrepreneurial process. Loosely based on the TV show “Shark Tank,” participants will develop prototypes, formulate a business plan and devise a marketing strategy. Instructors will provide guidance through contextual lessons on concepts such as wages, profits and branding while designing print ads, acting out “TV commercials,” researching real estate locations and crating replicas of their storefronts. Camp entrepreneurs will apply critical thinking skills to their creative ideas while honing their presentation talents in the process. The week will conclude with the young executives pitching their ideas to a celebrity panel of parent judges. These young executives will really be taking care of business!

**Day(s):** Monday through Friday  
**Date(s):** Session I – July 14 – July 18  
Session II – August 4 – August 8  
**Time:** 9:00 AM – 12:00 PM  
**Place:** C&RC as posted  
**Age Requirement:** Grades 3-5  
**Fee(s):** $285.00 Member per camp  
$290.00 Resident Non-member per camp  
$295.00 Surrounding Community Non-member per camp

**Driver Education**
Driver’s education courses will be instructed by the Kennedy School of Driving. Upon successful completion of the 30 hours of theory and 6 hours of in-car training, a certificate is given that is accepted by most insurance companies for an insurance rate discount. (Please check with your insurance company.) The student does not have to be 16 to enroll for the theory instruction. Students must be 16 and have a learner’s permit for the on-the-road instruction portion of the program.

High school students living in specified districts (please contact Kennedy School of Driving for more information) may have the option of taking their driving test with the instructor.

For April/May classes to be held at Upper St. Clair High School and more information, please contact Kennedy School of Driving at 412.771.5550 or www.kennedyschoolofdriving.com; for summer classes information will be available after April 15th.

**Science Rocks Silly Science**
Silly science classes are gooey, interactive, and playful hours of fun specifically for children ages 2-6. Children fulfill the role of budding scientists as they learn, create, and experiment. Parents are encouraged to participate with children, although the children are encouraged to do the “work” in class! All classes include a fun reading on the subject of the class, a snack, and projects to take home to “educate” other family members and friends.

**Instructor:** Kathy Lesica Heinz

**Silly Science Spring Special Days**
**Session I - Ahoy, Mateys!**
Calling all young pirates! In this class you’ll make authentic looking maps to locate lost treasures. You’ll also explore a volcano island, spot some geysers, make bubbles, do some fishy science, and have some special themed snacks.

**Session II – Dino Dig**
Come one, come all budding paleontologists! We will read about dinosaurs, create dinosaur eggs, fossils and a dinosaur itself. We’ll also do other related experiments and finish the class with a yummy treat (think dinosaur extinction).

**Day(s):** Saturday  
**Date(s):** Session I – May 3  
Session II – June 14  
**Time:** 9:00 AM – 11:00 AM  
**Place:** C&RC as posted  
**Age Requirement:** Ages 2-6 (parents/caregivers encouraged to attend)  
**Fee(s):** $23.00 Member  
$25.00 Resident Non-member  
$27.00 Surrounding Community Non-member  
***$5.00 materials fee to be paid to instructor

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
Silly Science Summer Camps
Our camps will be gooey, interactive, and FUN. Children will have a chance to combine their artistic creativity with their budding scientific curiosity. They’ll do all the work and then be ready to share with their family at the end of each camp day. Snacks will be provided; please note any allergies on the registration form. Children should dress comfortably and ready to get a little messy. Sessions will differ from one another—why not sign up for both?

Session I:
Day(s): Tuesday and Thursday
Date(s): May 27, 29, June 3, 5

Session II:
Day(s): Wednesday and Friday
Date(s): July 23, 25, 30, August 1
Time: 9:00 AM – 11:00 AM
Place: C&RC as posted
Age Requirement: Ages 2-6 (parent/caregiver encouraged to attend)
Fee(s): $50.00 Member
$54.00 Resident Non-member
$58.00 Surrounding Community Non-member
***$25.00 materials fee to be paid to instructor on first day of camp

FPS Game Design Spring Camp
Using a special program, participants learn to create and edit game maps, allowing for exciting gameplay in environments they design. The software is KID-FRIENDLY because the more violent aspects of the typical first person shooter game have been eliminated! Youngsters will play an advanced version of laser tag in the worlds they create, and they will learn how to record and share videos of the action in their worlds. Remember to pack a lunch! For more information, please visit www.hi-techlearning.com

Day(s): Monday
Date(s): March 31
Time: 9:00 AM – 4:00 PM
Place: C&RC as posted
Age Requirement: Ages 9-13
Fee(s): $85.00 Member
$90.00 Resident Non-member
$95.00 Surrounding Community Non-member

Hi-Tech Learning Summer Camps
For Hi-Tech Learning Summer Camps, participants who sign up for both morning and afternoon camps may pack a lunch and will be supervised by the instructors during lunchtime. For more information about any Hi-Tech Learning offerings, please visit www.hi-techlearning.com.

FPS Game Design
Using a special program, participants learn to create and edit game maps, allowing for exciting gameplay in environments they design. The software is KID-FRIENDLY because the more violent aspects of the typical first person shooter game have been eliminated! Youngsters will play an advanced version of laser tag in the worlds they create, and they will learn how to record and share videos of the action in their worlds.

Day(s): Monday through Friday
Date(s): June 16 – June 20
Time: 9:00 AM – 12:00 PM
Place: C&RC Lounge
Age Requirement: Ages 9-13
Fee(s): $180.00 Member
$185.00 Resident Non-member
$190.00 Surrounding Community Non-member

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
“New” Ultimate Minecraft Map Creation
Calling talented Minecraft fans who want to push their map-making skills to the next level!
Create completely customized worlds that will challenge you and others. Learn how to best use Minecraft and special editing tools to make original puzzles, adventures, mini-games, and more. Your friends will be begging to try your maps again and again. Students will be able to access the maps they create at home following the camp.
Day(s): Monday through Friday
Date(s): Session I – June 16 – June 20
         Session II – July 21 – July 25
Time: Session I – 1:00 PM – 4:00 PM
      Session II – 9:00 AM – 12:00 PM
Place: C&RC as posted
Age Requirement: Ages 9-13
Fee(s): $180.00 Member
       $185.00 Resident Non-member
       $190.00 Surrounding Community Non-member

Mobile Game Design
This camp is your chance to create and publish a game you and your friends can play on any mobile device. You’ll use software designed to allow the creation of complex games using a visual, drag and drop interface. Once you finish your game, you’ll have the ability to publish it in HTML5 so it is available for play on iPhone, iPad, Android Devices, Kindle, and Nook.
Day(s): Monday through Friday
Date(s): August 11-August 15
Time: 9:00 AM – 12:00 PM
Place: C&RC as posted
Age Requirement: Ages 9-13
Fee(s): $180.00 Member
       $185.00 Resident Non-member
       $190.00 Surrounding Community Non-member

“New” 3D Minecraft Design and Print
Have you ever dreamed of bringing your Minecraft creations to life? In this camp you will transform virtual Minecraft builds into reality! Learn the essentials of 3D design through a game you know and love. You will design various challenging and creative models block by block within Minecraft. Then, thanks to 3D printing technology and specially designed software, you will submit a plan to be fabricated. The registration fee entitles each student to take home one awesome 3D model of his/her original creation!
Day(s): Monday through Friday
Date(s): Session I – July 21 – July 25
         Session II – July 28 – August 1
Time: 1:00 PM – 4:00 PM
Place: C&RC as posted
Age Requirement: Ages 8-12
Fee(s): $200.00 Member
       $205.00 Resident Non-member
       $210.00 Surrounding Community Non-member

Adventures in Minecraft
Join with other Minecraft enthusiasts/fans/pros to complete a series of fun challenges and the ultimate collaborative project to demonstrate your crafting skills! Share and learn tips, tricks, and create new worlds with others in this ultimate digital environment. You’ll take home instruction on how to access a free version of the application and the completed project at the conclusion of the camp.
Day(s): Monday through Friday
Date(s): August 11 – August 15
Time: 1:00 PM – 4:00 PM
Place: C&RC as posted
Age Requirement: Ages 8-12
Fee(s): $180.00 Member
       $185.00 Resident Non-member
       $190.00 Surrounding Community Non-member

Video Game Design
How would you like to create your own video game for you and all your friends to play? You will learn how to use computers and specially designed software to create their very own video game. You’ll follow the same process that real video game designers use to create the games they play at home.
Day(s): Monday through Friday
Date(s): July 28-August 1
Time: 9:00 AM – 12:00 PM
Place: C&RC as posted
Age Requirement: Ages 7-10
Fee(s): $180.00 Member
       $185.00 Resident Non-member
       $190.00 Surrounding Community Non-member

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
**Fun, Fitness and Sports**

This “gym” class will have your young sports star actively engaged in learning. In a physical education class format, your child will be given the proper direction and encouragement to learn and engage in fitness and sports-based skills. Attributes such as balance, strength, flexibility, and coordination will be included.

“Coach Ralph” will include: Soccer, Baseball, Basketball, Relays and Parachute Games, Obstacle Course, Modified Tumbling, Balloon, and Volleyball. Also see our Summer Camps information on page 45 for additional offerings.

**Instructor:** Ralph Schmidt, B.S. Physical Education, ACE

**Day(s):** Tuesday

**Date(s):** May 13 - June 3

**Time:** Session I – 9:30 AM – 10:30 AM

   Session II – 12:30 PM – 1:30 PM

**Place:** Gym 1-A

**Age Requirement:** Ages 4-6

**Fee(s):**

   - $40.00 Member per session
   - $44.00 Resident Non-member per session
   - $48.00 Surrounding Community Non-member per session

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**Olympics Multi-Sports Camp**

Children ages 7 – 12 are divided into “countries”, and learn about a wide variety of Olympic sports including track and field, soccer, basketball, floor hockey, and more. Campers learn about the culture and history of their adopted country, and make a flag to carry at the “Closing Ceremonies” and “Presentation of Medals.” In the afternoons, campers participate in a wide variety of camp games and activities, including Capture-the-Flag, Dodge Ball, Sharks and Minnows and more. Campers may attend for full-day or half-day.

**Instructor:** Ralph Schmidt, B.S. Physical Education, ACE

**Day(s):** Monday through Friday

**Date(s):** August 4 – August 8

**Time(s):**

   - Full Day: 9:00 AM – 3:00 PM
   - Half Day: 9:00 AM – noon, or noon – 3:00 PM
   - Extended Care: 8:00 – 9:00 AM and/or 3:00 – 6:00 PM

**Place:** Boyce Mayview Park

**Age Requirement:** Ages 4-12

**Fee(s):**

   - Full Day Camp: $125.00 Member
   - $130.00 Resident Non-member
   - $135.00 Surrounding Community Non-member
   - Half Day Camp: $85.00 Member
   - $90.00 Resident Non-member
   - $95.00 Surrounding Community Non-member
   - Extended Care: Before Camp Care: $10.00
   - After Camp Care: $30.00

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**Olympics Junior Multi-Sports Camp**

This “scaled down” version of the older “Olympics Camp,” the Junior version enables younger children (ages 4 – 6) to participate at their own levels as they learn age-appropriate concepts, and to enable the children to compete with children their own age. Campers may attend for half-day from 9:00 AM - 12:00 PM

**Instructors:** Both camps are instructed by the staff of JUMP START SPORTS.

**Day(s):** Monday through Friday

**Date(s):** August 4 – August 8

**Time(s):**

   - Full Day: 9:00 AM – 3:00 PM
   - Half Day: 9:00 AM – noon, or noon – 3:00 PM
   - Extended Care: 8:00 – 9:00 AM and/or 3:00 – 6:00 PM

**Place:** Boyce Mayview Park

**Age Requirement:** Ages 4-12

**Fee(s):**

   - Full Day Camp: $125.00 Member
   - $130.00 Resident Non-member
   - $135.00 Surrounding Community Non-member
   - Half Day Camp: $85.00 Member
   - $90.00 Resident Non-member
   - $95.00 Surrounding Community Non-member
   - Extended Care: Before Camp Care: $10.00
   - After Camp Care: $30.00

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**Moms, Dads, and Tots Soccer**

Parents: Come and introduce your children to soccer. As partners, you’ll warm up, learn, and play together in our fun and engaging classes. Remember to wear your sneakers and comfortable clothing.

**Instructor:** Staff of YES – Youth Elite Soccer

**Day(s):** Saturday

**Date(s):** April 12 - May 17

**Time:** 10:30 AM – 11:15 AM

**Place:** C&RC Gym

**Age Requirement:** Ages 3-4 with adult

**Fee(s):**

   - $72.00 Member
   - $78.00 Resident Non-member
   - $84.00 Surrounding Community Non-member

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Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
**Kinder Soccer**

Don’t miss out on a great opportunity to learn the fundamentals of soccer. Sign up early for this program and remember to wear sneakers and comfortable clothing.

**Instructor:** Staff of YES – Youth Elite Soccer

**Day(s):** Saturday

**Date(s):** April 12-May 17

**Time:** 11:15 AM – 12:00 PM

**Place:** C&RRC Gym

**Age Requirement:** Ages 4-6

**Fee(s):**
- $72.00 Member
- $78.00 Resident Non-member
- $84.00 Surrounding Community Non-member

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**Summer Soccer**

Our soccer program uses a research-based curriculum that is youth centered and age appropriate to maximize learning and performance for boys and girls of all ages and levels of ability. Camp staff members are trained to work consistently with all boys and girls, whether they are beginners, advanced players, or somewhere in between. During the program counselors follow daily lesson plans for instruction as they guide participants through a varied curriculum, providing motivation and encouragement to maximize the fun and learning for each boy or girl.

**Instructor:** Brett Russell and Staff

**Day(s):** Monday through Friday

**Date(s):** June 23-July 18 (no camp 7/4)

(Any makeups will be made during week of 7/21-7/25)

**Time(s):**
- Group 1 (Grades 1-2) 9:00 AM - 10:30 AM
- Group 2 (Grades 3-4) 9:00 AM - 10:30 AM
- Group 3 (Grades 5-6) 10:45 AM - 12:15 PM
- Group 4 (Grades 7-11) 1:15 PM - 2:45 PM

**Place:** Boyce Mayview Multipurpose Field

**Age Requirement:** Grades 1-11

**Fee(s):** $85.00 Resident

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**Softball Camp**

Girls in grades 3-8 will have the opportunity to learn the fundamentals of the game of softball during the week of camp. Girls will be instructed by the coaches and players from the Upper St. Clair High School softball team. Campers will be put through drills that will help to define their skills and techniques in hitting, fielding, catching, and throwing. No experience needed. The girls will be grouped by age and will have one-on-one/small group instruction from coaches. All campers should wear sneakers or softball spikes with athletic pants have learned.

**Instructor:** USCHS Girls’ Varsity Basketball Coach Ernie Koontz and Staff

**Day(s):** Monday through Thursday (Rain Date: Friday)

**Date(s):**
- Grades 2, 3, 4 – June 16-27 12:00 PM-1:00 PM
- Grades 5, 6, 7 – June 16- July 3 11:00 AM-12:00 PM
- Grades 8-12 – June 9 6:00 PM-8:00 PM; June 16- July 3 8:00 AM-11:00 AM; July 7-11 9:00 AM-12:00 PM

**Place:** USC High School Gym

**Age Requirement:** Grade 2-12

**Fee(s):**
- $48.00 Member
- $52.00 Resident Non-Member
- $56.00 Surrounding Community Non-Member

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**Summer Baseball Camp**

In our camp geared for children ages 6-12, our staff will focus on teaching the rules and fundamentals of baseball, as well as the sportsmanship that is involved in any athletic event. Through hands-on demonstrations and active participation, kids will learn how to hit, throw, field, and run like real ball players. Our camp will also emphasize proper protection, hydration, and safety to ensure that our participants not only learn how to love the game of baseball but also how to be safe in the process. This camp is open to children of any and all skill levels and will benefit from a large number of participants. So…tell your friends to join baseball camp!

**Instructor:** USCHS Boys Varsity Basketball Coach Danny Holzer and Staff

**Day(s):** Monday, Wednesday, Friday

**Date(s):** June 23 – July 25 (no camp 7/4)

**Time(s):**
- Ages 6-8 – 8:45 a.m.-10:00 a.m.
- Ages 9-10 – 10:00 a.m.-11:30 p.m.
- Ages 11-12 – 11:30 a.m.-1:00 p.m.

**Place:** Morton Baseball Field

**Age Requirement:** Ages 6 – 12

**Fee(s):** $75.00 Resident

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**Summer Boys’ Basketball Camp**

Boys in grades 4-12 will have the opportunity to practice fundamentals and refine that knowledge during the weeks of camp—shooting, passing, dribbling, reboudning, individual ability development, conditioning, fast breaking, defense, offense, and various rules of the game will be covered. Teams will be formed, and games will be played in each age group. All participants will play. Games will provide the opportunity to utilize all the skills that participants have learned.

**Instructor:** USCHS Boys Varsity Basketball Coach Danny Holzer and Staff

**Day(s):** Monday through Friday

**Date(s):** June 23 – July 17 (no camp on 7/4 and 7/19)

**Time(s):**
- 8:30 AM-10:30 AM Grades 10, 11, 12
- 10:30 AM-11:30 AM Grades 8 & 9
- 11:30 AM-12:30 PM Grades 6 & 7
- 12:30 PM-1:30 PM Grades 4 & 5

**Place:** USC High School Gym

**Fee(s):**
- $60.00 Grades 2-4 Resident
- $65.00 Grades 5-7 Resident
- $70.00 Grades 8-12 Resident

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**Community & Recreation Center Programs & Information**

**Spring/Summer 2014**

**Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.**
COMPLETE PLAYERS

For more information on any of the Complete Players programs, please contact Chaz McCrommon at 412-221-1099 Ext. 623 or mccrommon@twpusc.org.

Complete Players - Off-Season Basketball Group Workouts
Teams are built during the season; players are built during the off-season! Take advantage of this opportunity to start working on and improving your game for next season. These weekly 1-hour workouts will be heavily geared toward enhancing all of a player’s fundamentals skills in a fun and competitive setting. Every session will focus on a different primary fundamental skill along with some competitive games and competitions.

Each player will receive skill “homework” at the completion of each session, which consists of a specifically designed workout they will complete on their own until the next training session. This workout will have similar drills/skills that were focused on in the prior training. Everyone will receive a list of all participants contact information to encourage players to partner up and work out together.

The goal is to instill in every player who truly desires to improve, that in order to do so they must regularly train on their own and not only during organized practices/sessions.

Complete Player Off-Season Group Workout participation is limited to 10 players per group; this will enable Chaz to provide a higher level of individual coaching attention to each player.

Day(s): Wednesday (Boys) / Friday (Girls)
Date(s): May 7 – 28 (Boys) / May 9 – 30 (Girls)

Age Requirement: Grades 5-8 Boys and Girls

Time: 4:00 PM – 5:00 PM Grades 5-6
      5:00 PM – 6:00 PM Grades 7-8

Place: Gym 2-B

Participant Fee: $60.00

Complete Players – Basketball Skill Instruction
A comprehensive basketball developmental program for individuals and small groups geared toward creating/improving basketball skills, abilities, fundamentals, and confidence. Players will be in a private setting where they will work on all facets of the game. The program is organized and will be instructed by Chaz McCrommon former 2 year 1st Team All-Conference player at Robert Morris University, 6 year professional player for 8 different pro teams, including 1 year with the NBA D-League Erie Bayhawks. Chaz will utilize the knowledge gained through his collegiate and professional basketball experiences to provide high level of instruction that will aid in developing your young athlete into a “Complete Player.” All sessions are 1 hr in duration.

Fee(s): $50 Members per training session
       $55 Resident Non-Member per training session
       $60 Surrounding Community Non-Member

*Ask about our semi-private and small group training options

**Packages are sold in multiples of 4; a 10% discount is included with the purchase of a 12 session package or higher

Complete Players – Baseball Skill Instruction
A comprehensive baseball development program for individuals geared toward creating/improving baseball skills of: pitching (catcher required), catching, hitting, fielding (infield and outfield), or base running. Lessons can be split to incorporate two skills for the same lesson. Each lesson will include proper stretching, warm-up mechanics, drills, and evaluations. Also, video breakdown and instruction can be implemented into the lesson if participant requests. The program is organized and will be instructed by Matt McCartney former 2 year All-Conference Player at Seton Hill University, 2 years coaching at Seton Hill University, and currently 2nd year of High School Baseball coaching. Also, Matt is a certified teacher in Pennsylvania. Matt will utilize the knowledge gained through his collegiate playing and coaching experiences, along with his high school coaching experience, to provide a high level of instruction that will aid in developing your young athlete into a “Complete Player.”

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
**Football Conditioning and Training**

A summer tradition... our program provides a great opportunity for learning, conditioning, and training under the supervision of our well-experienced staff.

**Instructor:** USCHS Boys’ Varsity Football Coach Jim Render and Staff

**Age Requirement:** Grades 6-9

**Day(s):** Monday through Friday

**Date(s):** June 30 – August 8

**Time:** 9:00 AM – 10:15 AM

**Place:** USC High School Stadium

**Fee(s):** $70.00 RESIDENT

**Age Requirement:** Grades 10-12

**Day(s):** Monday through Friday

**Date(s):** Session I (Varsity) – May 12 – June 12

June 30 – August 8

**Time:** Session I – 3:30PM-5:00PM

Session II – 10:30AM-1:00PM

**Place:** USC High School Stadium

**Fee(s):** $82.00 RESIDENT (Includes Session I & II)

**MENTAL MASTERY PROGRAM®**

What is the best you can be? Getting ready for the season? The Mental Mastery Program® is a guide for young athletes in any sport—and the coaches and instructors who work with them—to give them the tools they’ll need to perform their best on the field—and in life! Some critical topics that will be covered include: responsibility, confronting fear/failure, laughing/forgiving yourself, communication, coach-ability, and perspective.

Classes are provided in two formats as listed below. All classes are taught by Missie Berteotti, 14-year LPGA Tour Veteran and author of The Mental Mastery Program®

**Introduction to Mental Mastery**

Young athletes attending our introductory classes will derive numerous benefits after only two hours of instruction; a great way to prepare for upcoming competitions or seasons.

**Instructor:** Missie Berteotti, 14 year LPGA tour veteran

**Classes are offered for student athletes ages 13-23.**

**Day(s):** Saturday

**Date(s):** Session I – June 7

Session II – June 21

**Time:** 3:00 PM – 4:45 PM

**Place:** C&RC as posted

**Age Requirement:** Ages 13-23

**Fee(s):** Workbook is included

$109.00 Member

$112.00 Resident Non-member

$115.00 Surrounding Community Non-member

$90.00 Sibling or Returning Athlete

**Intensive Weekend**

In two days young athletes will be exposed to conversations and topics that will lead to PEAK PERFORMANCES on the field and in life. Parents are invited to attend for the first and last 90 minutes of each weekend session.

**Instructor:** USCHS Boys’ Varsity Coach Brian Yates and Staff

**Day(s):** Saturday and Sunday

**Date(s):** July 19 & 20

**Time:** 12:30 PM – 4:45 PM

**Place:** C&RC as posted

**Age Requirement:** Ages 13-23

**Fee(s):** $380.00 Member

$390.00 Resident Non-member

$400.00 Surrounding Community Non-member

$300.00 Sibling

$150.00 Returning Athlete Review

**Learn Lacrosse (LAX)**

Our instructional, non-contact camp for boys and girls is perfect for the beginning lacrosse player and those with limited experience. Participants will be instructed in the fundamentals of the game: passing, catching, shooting, and team play. Campers will have the opportunity to develop skills through spirited competition in a safe and enjoyable atmosphere. Note: A stick is required.

**Instructor:** USC High School Boys’ Varsity Coach Brian Yates and Staff

**Day(s):** Monday through Friday

**Date(s):** June 23-27

**Time:** 9:00 AM – 12:00 AM

**Place:** Boyce Middle School Stadium (subject to change)

**Age Requirement:** Boys – Grades 1 through 6

Girls – Grades 1 through 8

**Fee(s):** $70.00 Member

$75.00 Resident Non-Member

$80.00 Surrounding Community Non-Member

**New! Full Equipment Boys Lacrosse Camp**

This new camp will focus on technical skill training for lacrosse midfield, attack, defense, and goalie positions. Attendees should expect position specific instruction and improvement in lacrosse tactics and strategies, skills and knowledge. Games and scrimmages will be included to develop skills necessary to take your game to the next level, increase speed of play, as well as improve positional awareness. Come enjoy a fun, yet challenging, environment and improve your LAX IQ.

**Instructor:** USCHS Boys’ Varsity Lacrosse Coach Brian Yates and Staff

**Day(s):** Monday through Thursday

**Date(s):** July 28th – August 1st

**Time:** 5:00 PM – 7:00 PM – Grades 3-5

7:00 PM – 9:00 PM – Grades 6-8

**Place:** Boyce Middle School Stadium (subject to change)

**Age Requirement:** Grades 3-8 Boys

**Fee(s):** $145.00 Member

$150.00 Resident Non-Member

$155.00 Surrounding Community Non-Member
**Slow Pitch Softball League**

Our Softball League is open to residents from freshmen in high school through adults. Teams are to be made up of no fewer than 17 players and no more than 25 players. Teams must be made up of at least 75% residents, players employed by a business located within the Township, or Upper St. Clair High School graduates; 25% of the players may be nonresidents/non-Upper St. Clair High School graduates. Rosters and payment (for entire team) must be submitted by May 2, 2014. Teams will not be put on schedule until rosters are completed and payment made. Rules will be available at the Department of Recreation and Leisure Services located at the Community & Recreation Center at Boyce Mayview Park. (Note: Maximum of 20 teams will be accepted on a first-come, first-served basis.)

Games will be scheduled starting mid-May and will be played at Marmion Baseball Field.

**Day(s)/Date(s):** To be determined, beginning mid-May  
**Time:** As scheduled  
**Place:** Marmion Baseball Field  
**Age Requirement:** High School Freshmen and Up  
**Fee(s):** $54.00 Resident, USC High School Graduate, Employed within Township  
$64.00 Non-resident  
$TBD Substitute
United Senior Citizens of Upper St. Clair
The United Senior Citizens program is sponsored by the Upper St. Clair Department of Recreation and Leisure Services. In order to participate, one must be a resident of the Township, 55 years of age or older, and retired. Spouses of eligible members may also join even if under age 55.

The program meets on Wednesdays. Morning activities are informal and include the preparation of lunch by volunteers from the group. The members hold a brief business meeting at 12:00 p.m., which is followed by the delicious meal. Afternoon activities include musical entertainment, lectures or presentations of interest, book reviews, health and fitness instruction, game days, and more! In addition, day trips to various performances and places of interest are scheduled throughout the year.

Most meetings are held at the Recreation Center located at 1770 McLaughlin Run Road. Some meetings may be held at the Community & Recreation Center located at 1551 Mayview Road or at other venues. Membership information and meeting schedules (including location) may be obtained from the Township’s Older Adult Coordinator, Amy Kerman, whose office is located in the Community & Recreation Center. Amy may be reached via email at kerman@twpusc.org or by phone at 412.221.1099, extension 603.

Day(s): Wednesday
Date(s): Weekly
Time: 12:00 p.m. – 3:00 p.m.
Place: Recreation Center on McLaughlin Run Road
Age Requirement: Age 55 and retired; USC residents only
Fee(s): none

Silver Card Program
The Township offers the Silver Card for senior citizen residents of Upper St. Clair. The Card admits holder to the Municipal three-hole golf course, outdoor tennis facilities, Community & Recreation Center specified programs and other activities designated and sponsored by the Township of Upper St. Clair.

Any resident age 62 or older is eligible for the Silver Card Program. Applications are available at the Community & Recreation Center. Proof of age and residency must be submitted at the time of application.

Brain Fitness
We’ll do exercise, puzzles and games to keep ourselves sharp. Brain Fitness meets the first Thursday of the month.

Days/Dates: Thursday
Time: 1:30 PM – 3:00 PM
Place: C&RC as posted
Age Requirement: 55 years of age and older
Fee(s): FREE; reservations requested

Art Experience
Professional Artist Rikki Walsh will offer a hands-on art activity on the second Thursday of each month. Options include watercolors, pastels, sculpting, and more!

Days/Dates: Thursday
Time: 1:30 PM – 3:00 PM
Place: C&RC as posted
Age Requirement: 55 years of age and older
Fee(s): FREE; reservations requested

Movie Matinees
Join seniors from around the area as we view old favorites on a big screen; pizza lunch and light refreshments served. Movie Day is the third Thursday of the month.

Days/Dates: Thursday
Time: 12:30 PM – 3:00 PM
Place: Recreation Center on McLaughlin Run Road (June, July, August)
Age Requirement: 55 years of age and older
Fee(s): FREE; reservations requested

Game Day
Cards? Mahjong? Jigsaw puzzles? Tripoley? Grab your friends or make new ones as we play the afternoon away.

Days/Dates: Thursday
Time: 1:30 PM – 3:00 PM
Place: C&RC as posted
Age Requirement: Adult
Fee(s): Free; reservations requested

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
Driver Education for Older Drivers  
(Drivers 55 Years of Age and Over)  
**DRIVER IMPROVEMENT REFRESHER COURSE**

Presented by SENIORS FOR SAFE DRIVING, the one day program (4 class hours) is designed especially for seniors. Seniors can refresh their driving techniques, develop positive driving attitudes, and regain lost confidence.

This one-day program is considered a refresher program and may only be attended by those individuals who have completed a two-day program in the past. **Note:** These rules are established by the Pennsylvania Department of Transportation, not by Seniors for Safe Driving. Our program is certified by the Pennsylvania Department of Transportation. Sorry, no exceptions.

Participants can save 5% of their total premium for a period of three years.

**Days/Dates:** Thursday, May 22  
**Time:** 9:00 a.m. - 1:00 p.m.  
**Place:** C&RC as posted  
**Age Requirement:** 55 years of age and older  
**Fee(s):** $15.00 per person***  
***Please register through Seniors for Safe Driving at www.sfsd-pa.com or call (724) 283-0245 or (800) 559-4880.

---

**Pickleball Play**

It's the hottest racquet sport around, and it's perfect for those 50 and above. Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is a combination of tennis, badminton, ping pong and racquetball, and is one of the fastest growing sports in America. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Pickleball meets the fourth Thursday of the month.

**Days/Dates:** Every Tuesday  
**Time:** 1:30 p.m. – 3:00 p.m.  
**Place:** C&RC Gym  
**Age Requirement:** Adult  
**Fee(s):** $25 Punch card for 10 sessions, USC Resident or C&RC member or drop-in fee of $3.00 per session  
$35 punch card for Surrounding Community non-member or drop-in fee of $4.00 per session

---

**Fitness and Aquatics classes designed for Seniors**

- Gentle Yoga  
- Gentle Movement  
- All Levels Yoga  
- Water Walking (Free on Mondays)  
- Zumba Gold (Free)  
- Senior Fit (Free)  
- Aqua Blast*  
- T’ai Chi (Free)  
- Hydro Strength*  
- Adult Learn to Swim  
* moderate to high intensity class

---

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
## Summer Playground, Panther Paws, Let's Unplug and Go, and CIT Registration and Sign-in/out Form

<table>
<thead>
<tr>
<th>Camper Name</th>
<th>Gender</th>
<th>Program (circle)</th>
<th>Grade as of Fall 2014</th>
<th>Age</th>
<th>Birth Date</th>
<th>Program Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td>Playground, Paws, CIT Unplug</td>
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<td>2.</td>
<td></td>
<td>Playground, Paws, CIT Unplug</td>
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<tr>
<td>3.</td>
<td></td>
<td>Playground, Paws, CIT Unplug</td>
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<tr>
<td>4.</td>
<td></td>
<td>Playground, Paws, CIT Unplug</td>
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</tbody>
</table>

**Family Last Name:** ____________________________  **Preferred Phone:** ____________________________

**Address:** ____________________________  **Email Address:** ____________________________

**Parents'/Guardian Name(s): Emergency Contact Information**

1. **Name:** ____________________________  **Phone #:** ____________________________  **Cell [ ] Home [ ]**
   **Relationship:** ____________________________

2. **Name:** ____________________________  **Phone #:** ____________________________  **Cell [ ] Home [ ]**
   **Relationship:** ____________________________

3. **Name:** ____________________________  **Phone #:** ____________________________  **Cell [ ] Home [ ]**
   **Relationship:** ____________________________

**Please designate up to three additional adults who have permission to pick up your child from daily activities. Participants will not be released from the program until a parent (noted above) or designated adult signs them out.**

**Name:** ____________________________  **Phone #:** ____________________________  **Cell [ ] Home [ ]**

**Name:** ____________________________  **Phone #:** ____________________________  **Cell [ ] Home [ ]**

**Name:** ____________________________  **Phone #:** ____________________________  **Cell [ ] Home [ ]**

**Relationship:** ____________________________

Please list any physical limitations, medical conditions, or special concerns of which camp staff should be made aware:

______________________________

I hereby give permission for my child to participate in the activities indicated in the program packet and schedule. To the best of my knowledge, my child is of normal health—having no allergies, physical impairments, or illnesses that would require him/her to abstain from these activities. I agree to hold Upper St. Clair Township and/or any employee thereof, harmless and blameless in the event of any accident or injury which may occur while participating in these activities. If any accident occurs to my child, I hereby authorize Upper St. Clair Township to provide and arrange for emergency medical assistance and treatment. I know the Township has no control over medical treatment given in an emergency, and I will not hold Upper St. Clair Township responsible for the quality or results of emergency medical treatment. Photo/Video Release: By signing below you are agreeing to allow the publication of any photos/videos taken of you and/or your child(ren) during any program-related activity.

**Parent/Guardian Signature:** ____________________________

**Amount Enclosed:** ____________________________

---

**No Refunds for Afternoon Activities**
Step 1: Program Title(s) & Tuition

<table>
<thead>
<tr>
<th>Title</th>
<th># Participants</th>
<th>x Fee</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>_____________________________</td>
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</table>

Step 2: Contact Information

Name: _____________________________  Home Phone: (       ) _______ - _______
Address: _____________________________  Cell Phone: (       ) _______ - _______
_____________________________  Adult Email: _____________________
Where did you hear about this program?
- Classroom Website
- Classroom Facebook
- Classroom Newsletter
- Newspaper: __________________
- Online Source: ________________
- Magazine: ____________________
- Classroom Email Calendar
- Other: ______________________

Step 3: Participant Waiver & Photo Release - Required for all participants.

In consideration of the right to participate in the The Outdoor Classroom events, I release any and all claims against the The Outdoor Classroom and any officers or agents thereof for damages and losses suffered by me or my minor child as a result of said participation. I further understand that there are certain risks inherent in this activity. I hereby agree to assume those risks on behalf of my minor child and to hold harmless the The Outdoor Classroom and its agents. I have read and understand the above. I further authorize The Outdoor Classroom to take and use photos of me or my minor child for advertising and print purposes.

Participant Name               Parent / Guardian Signature   Print Name     Date
___________________  ___________________________  _____________________          __________
___________________  ___________________________  _____________________          __________
___________________  ___________________________  _____________________          __________
___________________  ___________________________  _____________________          __________

Step 4: Review & Mail Registration

After you have completed and signed the above form please mail to the address below with the full tuition payment for all programs you will be attending. Make checks payable to The Outdoor Classroom. If you have any question please contact the Program Manager Jessica Kester at Jessica@TheOutdoorClassroomPA.org or 412- 838-0064.

MAIL TO: The Outdoor Classroom Registration
900 12th Street
Pittsburgh, PA 15212

www.TheOutdoorClassroomPA.org
# 2014 SPRING/SUMMER TENNIS REGISTRATION FORM

For complete information, visit www.usctdp.com or contact USCTDP at 412.831.2630. Family discounts available - Call for details.

<table>
<thead>
<tr>
<th>Name:</th>
<th>Age:</th>
<th>Birth date:</th>
<th>E-mail:</th>
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<thead>
<tr>
<th>Address:</th>
<th>City:</th>
<th>Zip:</th>
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<table>
<thead>
<tr>
<th>Home Phone:</th>
<th>Work Phone:</th>
<th>Cell Phone:</th>
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<table>
<thead>
<tr>
<th>Day(s) &amp; Time(s)</th>
<th>Indicate Session(s)</th>
<th>Level of Play:</th>
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</table>

- Juniors
- Adults

<table>
<thead>
<tr>
<th>Spring USC</th>
<th>Summer Tiny Tots</th>
<th>Spring USC</th>
<th>Summer USC</th>
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</thead>
<tbody>
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<td></td>
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</table>

<table>
<thead>
<tr>
<th>Spring Tiny Tots</th>
<th>Spring Cardio</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

<table>
<thead>
<tr>
<th>Summer USC</th>
<th>Summer Cardio</th>
</tr>
</thead>
<tbody>
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<td></td>
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</table>

<table>
<thead>
<tr>
<th>Summer Baker</th>
<th>Summer Cardio</th>
</tr>
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</table>

Check enclosed in the amount of $________ (Made payable to USCTDP, Inc.) or charge my [ ] Visa [ ] MC [ ] Disc

<table>
<thead>
<tr>
<th>Account #</th>
<th>Exp. Date</th>
<th>Amount</th>
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<tr>
<th>Print Name on Card:</th>
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<table>
<thead>
<tr>
<th>Signature: (Required on ALL charge orders)</th>
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</table>

Mail to: USCTDP, Inc. 37 McMurray Road, Building 1, Suite LL1, Pittsburgh, PA 15241 or e-mail us at tennis@usctdp.com.

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# RECREATION REGISTRATION FORM • SPRING/SUMMER 2014

Complete this form and send with the appropriate payment to the Recreation Department, Township of Upper St. Clair, 1820 McLaughlin Run Road, Upper St. Clair, PA 15241 OR deliver to the Recreation office at the Community & Recreation Center located at 1551 Mayview Road. Please make checks payable to USC RECREATION.

<table>
<thead>
<tr>
<th>Family’s Last Name</th>
<th>Address</th>
<th>E-mail Address:</th>
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</thead>
<tbody>
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</table>

<table>
<thead>
<tr>
<th>First Name of Participant</th>
<th>Program</th>
<th>Day</th>
<th>Time</th>
<th>Age/Grade</th>
<th>D.O.B.</th>
<th>Fee (enclosed)</th>
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**NOTE:** All mail-in registrations will be opened at the close of each working day received.

---

**NOTE: RELEASE OF CLAIMS - Please read and sign below.**

In consideration of the Township of Upper St. Clair granting me, and those listed on this form, permission to engage in recreational activities at the Community & Recreation Center, the below signed does hereby waive, release, save, and hold harmless and indemnify the Township of Upper St. Clair, its employees, agents, and independent contractors for any and all claims for damage or personal injury to me or loss of property which may be caused by any act or failure to act on the part of the Township of Upper St. Clair, its employees, agents, and independent contractors. To the best of my knowledge, the listed participant(s) is of normal health — having no allergies, physical defects, or illness that would require him/her to abstain from a normal program of physical activity. Photo Release: By registering for any USC Recreation program, class, or event you are agreeing to allow publication of any photos taken of you and/or your child(ren) at any program, class, event, or facility of the Recreation Department.

Parent/Guardian Signature ___________________________________________ Date __________________________

---
Arts & Chocolate Spectacular
April 26, 2014 • 11 AM – 4 PM
Blood Drive
Thursday, June 5, 2014

Arts & Chocolate
Saturday, April 26, 2014

MLB Pitch Hit & Run
Sunday, April 27, 2014

USC Community Day
Saturday, May 17, 2014

Water Safety Day
Saturday, May 24, 2014

World’s Largest Swimming Lesson
Friday, June 20, 2014

Community Wide Flea Market
Saturday, July 12, 2014

Youth Triathlon
Saturday, July 26, 2014

Community Foundation
Family Movie Night
Thursday, August 21, 2014

C&RC HOLIDAY HOURS:

EASTER SUNDAY
CLOSED

MEMORIAL DAY
Indoor Facility – 10:00 AM – 2:00 PM
Outdoor Pool – 11:00 AM – 5:00 PM

INDEPENDENCE DAY
Indoor Facility – 10:00 AM – 2:00 PM
Outdoor Pool – 11:00 AM – 5:00 PM

LABOR DAY
Indoor Facility – 10:00 AM – 2:00 PM
Outdoor Pool – 11:00 AM – 5:00 PM
Township of Upper St. Clair
Recreation Programs
1820 McLaughlin Run Road
Upper St. Clair, PA 15241

Community & Recreation Center at Boyce Mayview Park
1551 Mayview Road • Upper St. Clair, PA 15241
412.221.1099 • 412.221.6964 (f)
www.twpusc.org
Message from the Recreation and Leisure Services Team

Our Vision

Enhance the quality of life by providing the best possible public recreational facilities, open natural spaces and programs for our citizens and surrounding communities.

Dear Members and Participants:

We are drawing to a close yet another successful summer season. We enjoyed great success in all of our summer programs for ages 3 – 17: Panther Paws, Youth Sport Camps, Summer Playground, Girl Camp, swim lessons and many more specialty programs. Though each program is designed to make a difference in the lives of our youth, one new camp in particular, Summer Sports Conditioning, really demonstrated the commitment of youth and staff to work together to make a positive impact on everyone’s life.

As the season begins to change, remember, just because summer is over doesn’t mean the fun is over. Our Recreation Team is committed to providing all ages with a full menu of activities for the fall/winter season to satisfy or create a new passion. From exercise classes to swim lessons, arts and crafts, youth sports, personal training, hikes in the park, special events and more – we have something for everyone.

We hope you enjoyed your summer, and look forward to helping you enjoy the fall/winter season as well. Check out our programs, take a group exercise class and mark your calendar for our annual Bounty at Boyce Mayview Park Fall Fest!

We want to make a difference in your life; so give us a try!

Sincerely,

Paul Besterman
Director of Recreation and Leisure Services
Township of Upper St. Clair

The Upper St. Clair Recreation and Leisure Services Department provides all programs and facilities on a non-discriminatory basis for all citizens, regardless of age, race, sex, creed, or disability. Every effort will be made to accommodate all participants. If you need special assistance to use our facility, please call us in advance, if possible, to make arrangements. PHONE (412) 221-1099 or FAX (412) 221-6964.
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<th>Hours of Operation</th>
</tr>
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<tbody>
<tr>
<td>Recreation Administration Office</td>
<td>Monday – Friday 8:00 AM – 4:00 PM</td>
</tr>
<tr>
<td>Tennis/Golf Administration Bldg.</td>
<td>Monday – Sunday 8:00 AM – 10:00 PM</td>
</tr>
<tr>
<td>C&amp;RC Membership Office</td>
<td>Monday – Friday 8:00 AM – 8:00 PM</td>
</tr>
<tr>
<td></td>
<td>Saturday 10:00 AM – 2:00 PM</td>
</tr>
<tr>
<td>Facility Rental Office</td>
<td>Monday, Wednesday and Friday 10:00 AM – 6:00 PM</td>
</tr>
<tr>
<td></td>
<td>Tuesday and Thursday 12:00 PM – 8:00 PM</td>
</tr>
<tr>
<td>Upper St. Clair Parks</td>
<td>Monday – Sunday Dawn to Dusk</td>
</tr>
<tr>
<td>C&amp;RC Indoor Facility*</td>
<td>Monday – Thursday 5:30 AM – 10:00 PM</td>
</tr>
<tr>
<td></td>
<td>Friday 5:30 AM – 9:00 PM</td>
</tr>
<tr>
<td></td>
<td>Saturday 6:30 AM – 5:00 PM</td>
</tr>
<tr>
<td></td>
<td>Sunday 12:00 PM – 5:00 PM</td>
</tr>
<tr>
<td>C&amp;RC Outdoor Aquatics Facility**</td>
<td>Monday – Sunday 11:00 AM – 7:00 PM</td>
</tr>
</tbody>
</table>

* Indoor Aquatics and Fitness Areas close 15 minutes prior to building closing.

** Hours of operation for the Outdoor Aquatics Center are subject to change, without prior notice, as the C&RC deems necessary for maintenance, inclement weather and all suitable reasons for the best interest of its members and visitors.

_The C&RC will be closed on New Year’s Day, Easter Sunday, Thanksgiving, and Christmas Day. Special holiday hours will be scheduled for Memorial Day, Independence Day, Labor Day, Christmas Eve, and New Year’s Eve._

**Registration**

The C&RC and Township of Upper St. Clair Department of Recreation and Leisure Services offer a variety of programs, classes, and camps which require pre-registration. Several programs have a limited number of openings and are filled on a first-come, first-served basis. Please register as early as possible to guarantee a space in the desired program.

**How do I register?**

- **In Person**
  At the Community & Recreation Center during normal hours of operation.

- **Online**
  At www.twpusc.org/rec-leisure/rec-leisure-home.org

  Note: A small convenience fee will be added to the registration fee listed.

- **By Mail**
  Send registration form and appropriate fee to:
  **Community & Recreation Center Program Registration**
  1820 McLaughlin Run Road
  Upper St. Clair, PA 15241

  Note: All mail-in registrations will be opened at the close of each working day received.

**Payment**

Payment may be made by check, money order, Visa, Mastercard, Discover, or American Express. The Finance Department will add a $40.00 service charge for any returned check. No fee reduction will be made for missed classes or late registrations.

_PLEASE MAKE CHECKS OR MONEY ORDERS PAYABLE TO USC RECREATION._
**Refunds**

All refunds will be made according to the following guidelines:
1. Cancellations must be received prior to the first meeting day of any program unless otherwise noted. No refunds will be issued after the second meeting day for any reason.
2. Due to ordering requirements, specialty programs may have specific refund dates listed. No refunds will be given after these specified dates.
3. A $5.00 administrative charge will be deducted from all refunds. No cash refunds will be given. Please allow 4-5 weeks for refund checks to be processed.
4. Participants in any program cancelled by the Recreation Department will receive full or prorated refunds calculated on total program meetings.

**Class Cancellations**

The Recreation Department reserves the right to cancel or postpone any class that does not meet a minimum number of class participants. Every effort will be made to reschedule sessions missed during a program for unanticipated cancellations. However, rescheduling cannot be guaranteed.

**Confirmations**

The Recreation Department will not mail out or make phone calls for reminders or confirmation of classes. You will be notified only if there is a program change or we are unable to register you for a requested class due to a class being full or cancelled. You may call the Recreation Department if you would like to confirm your registration.

Registrations for full classes will be placed on a waiting list. You will be notified, your payment will be returned, and we will contact you if a space becomes available.

**Eligibility**

Where age or grade requirements are specified, eligibility is as of September 2014 unless otherwise noted. All Township residents and non-residents may participate except where noted.

**Check-In**

All non-members, program attendees, guests and visitors MUST:
- Check in and sign registration log at Control Desk.
- Provide program ‘receipt of payment’ at first class for personal training and private swim lessons.
- Swim lesson participants may have a maximum of 2 adults accompany a child to the Aquatics area; siblings may also accompany adult(s) but may not use the facility amenities.
- Adults accompanying children to any non-aquatic program within the C&RC should wait in the lobby.
Blood Drive
Thursday, September 11, 2014
Wednesday, November 19, 2014
12:00 PM – 6:00 PM
Be someone’s hero— in fact, you may help as many as three people with just one donation. Approximately 60% of the population is eligible to donate blood but only five percent do. It feels great to donate!
You are eligible to donate blood if you:
• Are in good physical health
• Weigh at least 110 pounds
• Have not donated whole blood in the past 56 days
Place: C&RC Community Rooms
Age Requirement: 16 years old (parent permission required) and older

NFL Punt, Pass & Kick (PPK)
Sunday, September 14, 2014
1:00 PM
Held each fall across the country, the NFL PUNT, PASS & KICK (PPK) program is a national skills competition for boys and girls between the ages of 6 and 15. Participants will compete in punting, passing and place kicking. The PPK program is free although participants must pre-register online at www.nflppk.com. All registrants must provide a copy of their birth certificate or passport on the day of the event to compete.
Make up day if cancelled- Sunday, September 21, 2014 at 1:00 PM.
Place: Boyce Mayview Park Multi-Purpose Field
Age Requirement: Boys & Girls age 6-15 years old
Fee: Free

Freaky Friday
Friday, October 24, 2014
10:00- 11:00 AM and 6:00- 8:00 PM
Celebrate Halloween with the C&RC! During the morning hours, children are encouraged to come in costume and parade throughout the building! Playroom staff will be available to escort participants, but parents are also encouraged to participate. Entertainment will immediately follow. Not able to attend in the morning? Join us later that evening to make some spooky crafts or take part in our Scary Swim!
Place: C&RC
Age Requirement: all ages
Fee(s): Free for C&RC Members $5 per person Non-Members for Scary Swim

Saturday Social: A Dance Party
Saturday, November 1, 2014
2:00 PM - 4:00 PM
The fall Saturday Social is afternoon party for all boomers and beyond--age 50 and up. Attendees are invited to dance the afternoon away to music from various decades and to enjoy professional performances, appetizers and desserts, and the assistance of attentive dance hosts. Attire is dressy casual to semi-formal. This no-partner-required event is kindly sponsored by Yes, You Can Dance! Advance registration preferred.

Bounty at Boyce Mayview Park Fall Fest
Saturday, November 8, 2014
11:00 AM - 4:00 PM
Mark your calendar for our annual Bounty at Boyce Mayview Park Fall Fest which will be held on Saturday, November 8, 2014 from 11:00 AM - 4:00 PM Festivities will include arts and crafts, C&RC Plunge with the Pumpkins, Cider Tasting, Baking Contest, S’more making, Fall Crafts, Apple Sling Shots, Hikes, Geocaching, Live Music, Food Vendors and much more. Plan to spend the day enjoying all that fall has to offer. Please check the C&RC for updates.

Holidays at the C&RC
Saturday, December 6, 2014
Join in the fun on Saturday, December 6th at the C&RC’s annual holiday celebration with performances, music, free activities, sweet treats and a special visit from Santa. Be sure to bring along your camera!

Winter Wellness Dash
Saturday, January 3, 2015
12:00 PM
Start your New Year off right by attending our Annual C&RC “Winter Wellness Dash” 1-mile run/walk. Held on the paved walking trails of Boyce Mayview Park, the “Winter Wellness Dash” is a great way to bring friends & family together on a brisk January day. Open to all ages.
**Registration opens 8 AM Saturday, December 13, 2014 and closes 9 PM Friday, January 2, 2015
Fee(s): $5 per person (Children under age 5 free with no t-shirt)
Free for all H.A.P.P.Y. New You registrants

MLK Day of Service: Grades 1-6
Monday, January 19, 2015
10:00 AM - 2:30 PM
In 1994, Congress designated the Martin Luther King Jr. Federal Holiday as a national day of service. Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service – a “day on, not a day off.” The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, addresses social problems, and moves us closer to Dr. King’s vision of a “Beloved Community.”
Do you have a favorite project on which you’d like us to work? Contact the Community Programs Department at 412.221.1099 ext. 603 or 655.
We will spend part of the “day on” doing various Community Service Projects that benefit our greater community. (This time can count toward required Community Service hours needed at various schools.) Then we’ll take a little bit of the “day off” to enjoy some treats and amenities of the C&RC. Please pack a lunch.
Age Requirement: Grade 1 through Grade 6; Students in Grade 7 and older may register to be a group assistant.
Fee(s): $15 (includes a T-shirt; please select a size: M-L Child or S-M-L Adult)
No fee for adult volunteers.

Saturday Social: A Dance Party
Saturday, November 1, 2014
2:00 PM - 4:00 PM
The fall Saturday Social is afternoon party for all boomers and beyond--age 50 and up. Attendees are invited to dance the afternoon away to music from various decades and to enjoy professional performances, appetizers and desserts, and the assistance of attentive dance hosts. Attire is dressy casual to semi-formal. This no-partner-required event is kindly sponsored by Yes, You Can Dance! Advance registration preferred.
Upper St. Clair Athletic Association
The Upper St. Clair Athletic Association is a volunteer organization which coordinates the following athletic programs in the community: Spring/Summer Baseball and Softball, Fall Soccer, Traveling Spring Soccer, Fall Football, Winter Basketball, Winter Wrestling. For information, please visit the Website: www.uscaasports.org.

Youth Steering Committee of Upper St. Clair
The Youth Steering Committee of Upper St. Clair is a community action group, jointly appointed by the Township Board of Commissioners and Board of School Directors. The Committee is comprised of adult residents, student representatives, and liaison persons from the appointing boards.

The committee offers programs of interest and information on timely topics throughout the year. Additionally, USC Cares for Kids—an initiative of the Youth Steering Committee—sponsors social events for the middle-school youth of Upper St. Clair with volunteer assistance from high school students, parents, and interested residents. Information about upcoming programs and events will be posted on the Township and School District Websites throughout the year.

The Youth Steering Committee welcomes the ideas of all interested residents. Meetings are held the 2nd Wednesday of the month (with the exception of July/August) at 7:00 p.m. at the Community & Recreation Center. For more information, contact Gary Seech, Chairperson, Youth Steering Committee, 1820 McLaughlin Run Road, Upper St. Clair, PA 15241.

Neighborhood Parks
Township parks are open all year round. Each park offers great opportunities for fun and play! Check out the Township website or stop by the Recreation office for more details. Tennis courts, bocce, volleyball, basketball courts, play units, pickleball courts and much more await you. ENJOY!

Bocce at Baker
BOCCE is alive in Upper St. Clair! The Township has two lighted regulation bocce courts in Baker Park. Be sure to check them out on your next visit. Are you interested in learning to play Bocce or want to be in a league? Contact Mark DiSora at 412.833.0707 for more information.

CPR Classes
Every Individual Should Know Life-Saving First Aid. E-mail or call the Tri-Community South EMS office Monday through Friday, 8:30 AM to 4:30 PM at 412.831.3710 for information on dates, fees and locations or to register for a class.
Three Hole Golf
The Three Hole Golf Course is located on McLaughlin Run Road. Golf course supervision takes place from the Tennis/ Golf Administration Building. All golfers must check in with the supervisor on duty prior to playing. Golfers under the age of 10 must play with an adult.

The course will be open until mid-October, as weather conditions permit. Players are expected to replace divots and ball marks and to leave the vicinity of the green after putting out. Four players are permitted in a group (maximum of four balls per player at any time).

At the Tennis/Golf Administration Building, golfers may pay a per-round fee or purchase a coupon punch card (good for 10 three-hole rounds with no expiration date). Payments made at the Tennis/ Golf Administration Building must be made via check or money order. The 10-round coupons are also available for purchase at the Community & Recreation Center (payment by cash, check, money order, or credit card).

Per Round Fees:

<table>
<thead>
<tr>
<th></th>
<th>Junior</th>
<th>Adult</th>
<th>Silver Card Holder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident Rate</td>
<td>$3.50 per round</td>
<td>$5.00 per round</td>
<td>FREE</td>
</tr>
<tr>
<td>Surrounding Community Rate</td>
<td>$4.50 per round</td>
<td>$5.50 per round</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Age 15 and under are eligible for the junior rate.

Coupon Punch Card Fees:

<table>
<thead>
<tr>
<th></th>
<th>Junior &amp; Adult</th>
<th>Silver Card Holder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident Rate</td>
<td>$30.00</td>
<td>FREE</td>
</tr>
<tr>
<td>Surrounding Community Rate</td>
<td>$40.00</td>
<td>N/A</td>
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</table>
TENNIS PROGRAMS

Upper St. Clair Township offers multiple sites and opportunities for tennis play. At the Municipal Park on McLaughlin Run Road there are 10 lighted tennis courts and 2 lighted paddle courts.

Indoor Tennis 2014-2015
The Indoor Tennis Bubble Season is scheduled to start October 6, 2014 and run for 28 weeks through April 19, 2015.

Season Permits:
Participants are able to purchase individual hours of play during the indoor season. A purchased permit hour enables the owner to play during that purchased hour each week for the 28-week season. Participants must play at their scheduled hour. Make-ups or rescheduled hours for missed times are not permitted.

Available indoor tennis times will go on sale on a first come, first-served basis beginning Wednesday, September 17, 2014 at 8:00 a.m. at the Recreation Department office located at the Community & Recreation Center, 1551 Mayview Road. The season’s total fee must be paid at the time of each purchase of an indoor tennis bubble season permit.

Contact the Recreation Office at 412.221.1099, ext. 656, for additional information regarding purchase of hours and fees.

Season Permit Fees (1 hour per week for 28 weeks):

<table>
<thead>
<tr>
<th>Prime Time</th>
<th>Resident $522.00</th>
<th>Non-Resident $571.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday through Thursday: 6:00 PM - 10:00 PM</td>
<td></td>
<td></td>
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<tr>
<td>Saturday: 8:00 AM - 5:00 PM</td>
<td></td>
<td></td>
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<tr>
<td>Sunday: 8:00 AM - 10:00 PM</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Non-Prime Time</th>
<th>Resident $448.00</th>
<th>Non-Resident $498.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday through Thursday: 8:00 a.m. - 5:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday: 8:00 AM - 10:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday: 6:00 PM - 10:00 PM</td>
<td></td>
<td></td>
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</tbody>
</table>

Random Time
Players who do not wish to purchase a permanent season hour may schedule random hours of tennis up to 72 hours in advance by telephoning the Tennis/Golf Administration Building at 412.831.7556. Random fees are to be paid by check or money order at the Tennis/Golf Administration Building immediately prior to the scheduled hour.

Hourly rates per court for random play:
- Prime Time: $23.00
- Non-Prime Time: $21.00

Bubbles will be closed the following dates:
- November 27 - All day
- December 24 - Close at 4:00 PM
- December 25 - All day
- December 31 - Close at 4:00 PM
- January 1 - All day

Different Strokes Tennis League
LOVE TENNIS? LIVE IN UPPER ST. CLAIR?
COME PLAY WITH DIFFERENT STROKES!
We are a nonprofit resident group run by a committee of volunteers with the assistance of the Recreation Department. The League’s main purpose is to organize sessions of tennis for Upper St. Clair residents of all abilities to play with a variety of partners and opponents.

There are four (4) sign-up sessions per year for different days and times of the week for different game levels.
- A summer outdoor session until the bubbles go up around the beginning of October (season permit).
- A 14-week fall indoor session from October through mid-January (court fee).
- A 14-week winter indoor session in the USC Bubbles from mid-January through mid-April (court fee).
- A spring outdoor session until the end of June (season permit).

All sessions include weekday mornings and evenings for women’s doubles, as well as weekday evenings and weekend day times for men’s doubles. Mixed doubles or men’s and women’s singles games can be set up on Tuesday and Friday nights if there is enough demand.

In addition to organizing league play, Different Strokes holds several mixed socials each year to play and socialize with other league members. Cost for joining is $10.00 for individuals and $16.00 per couple. If interested, please contact Gina Braun at 412.221.5717. Join any time!
Paddle Tennis 2014-2015
The 2014-2015 paddle tennis program is scheduled to run for 28 weeks beginning October 6, 2014 and will run for 28 weeks through April 19, 2015.
- Non-Prime Time Hours are: Monday to Friday: 8 AM to 5 PM
- Prime Time Hours are: Monday to Friday 6 p.m. to 10 p.m. Saturday and Sunday: 8 a.m. to 10 p.m.
- Single Hour Play - Random Time: Call 412.831.7556 Random time play is available at an hourly rate. Random time reservations are permitted up to 72 hours in advance. Rates for random time are:
  - Prime Time: $10.00 per hour per person
  - Non-Prime Time: $8.00 per hour per person
  - Reservations for all time will be maintained at the tennis administration building once the paddle tennis winter season begins.
- Permits may be purchased at the Recreation Department office located at the C&RC, 1551 Mayview Road.
- Resident Paddle Permits: $65.00 per season
- Silver Card Holder Permits: $50.00 per season
- Nonresident Paddle Permits: $100.00 per season

For more information regarding all USCTDP programs please call (412) 831-2630 or visit www.usctdp.com

USCTDP Teaching Staff
Janice Irwin, Head Teaching Professional .................. PTR
Lance Falce, Assistant Head Teaching Professional.. PTR
Augie Garofoli .................................................. USPTA
Doug Addington ............................................... PTR
Marcy Bruce, Cardio Tennis Director ..................... PTR
Chris Canady, High Performance Director ............... PTR
Megan Foster, 10 & Under Coordinator .................. PTR
Renee Russell ................................................... PTR
Berta Russo ..................................................... PTR
Ray Halackna .................................................. PTR
Janis Finn ....................................................... PTR
Jack Gloss ..................................................... PTR &USPTA
Anna Mitina ..................................................... PTR

USCTDP Office Staff
Janice Irwin, PTR, Director
Augie Garofoli, USPTA, Coordinator
Sandra Viehoever, PTR, Office Manager

USCTDP Play Days
Great things are happening for youngsters getting involved in our “10 and under” program. Playing with age-appropriate equipment and on an appropriately sized court under the direction of specially trained instructors, “kids are having much more success at a younger age,” according to head professional Jan Irwin from Upper St. Clair Tennis Development, Inc. Earlier events resulted in an abundance of smiles and laughter, as children played tennis, enjoyed arts and crafts, and ate pizza, and each participant went home with a prize. With support from USTA, more play days are coming—for more information or to enroll your child, please call 412.831.2630.

Cardio Tennis
Cardio Tennis is a great way to push your fitness to a new level with a high energy workout while improving your tennis skills. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. There are programs and drills geared for existing players to get a great cardio workout while improving skills. For class dates and times, please see page 11.

PRIVATE LESSONS:
Private lessons are available to both juniors and adults for $55.00 - $68.00 per hour. Juniors who wish to participate in privates must be enrolled in clinics. Direct questions to Janice, Augie or Sandra at 412.831.2630.

Fall/Winter Junior Development Tennis Programs 2014-2015
Registration Form:
See Page 50.
Junior Levels 3.0, 3.5, 4.0, 4.5, 5.0 and 5.5 Clinics

| Session A | Aug. 25 – Sept. 28, 2014 | 5 Weeks – Outdoor – No Clinics on Sept. 1 – Make ups on Sept. 6 - Times TBA |

LEVEL 3 INTERMEDIATE (Orange-Transition Balls) AGES 7 – 10
Children will learn the basics of tactical play from the 60’ court for both singles and doubles. Swing rhythm on the forehands and backhands will be emphasized. The children will be introduced to topspin and will learn how to differentiate between a volley action and a ground stroke action. A variety of serve progressions will be taught and the serve and return of serve will be covered in each class.

LEVEL 3 TEEN 2 INTERMEDIATE (Red, Green and Yellow Balls) AGES 10 - 13
Students will experience the 5 play situations and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. A variety of adaptive skills will be trained using dead ball drills, live ball drills and competitive play situations in all areas of the court.

Monday/Friday 4:30 – 6:00 p.m., Saturday/Sunday 2:00 – 3:30 p.m.

LEVEL 3.5 ADVANCED INTERMEDIATE (Orange-Transition Balls) AGES 8 - 12
Children will experience the 5 play situations on the 60’ court and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. A variety of adaptive skills will be trained using dead ball drills, live ball drills and competitive play situations in all areas of the court.

Tuesday/Wednesday/Friday 5:00 – 7:00 p.m., Sunday 2:00 – 4:00 p.m.

LEVEL 3.5 ADVANCED (Green and Yellow Balls) AGES 9 - 14
Children will be exposed to a full range of technical/tactical development. All court tennis will be emphasized. The program will focus on drills that develop movement, recovery and decision making skills. Situational and competitive play in the 5 play situations will be planned in the curriculum. This is the final development stage before the children enter the Junior Competitive Program.

Tuesday/Wednesday/Friday 5:00 – 7:00 p.m., Sunday 2:00 – 4:00 p.m.

LEVEL 4.0 and 4.5 (TOURNAMENT LEVEL) AGES 10 - 18
*Tournament Player or High School Tennis Player
Improve mechanics for all strokes, footwork and conditioning, develop consistency and improve shot making.

Monday/Tuesday/Thursday/ Friday 3:00 – 5:00 p.m. or 5:00 – 7:00 p.m., Saturday 12:00 - 2:00 p.m.

 LEVEL 5.0 and 5.5 (OPEN LEVEL) AGES 10 - 18
*Tournament player having earned a competitive National or Sectional ranking
Improve match play performance with emphasis on footwork and conditioning, match play tactics, mechanics, mental toughness and sportsmanship.

Monday/Tuesday/Thursday/ Friday 3:00 – 5:00 p.m. or 5:00 – 7:00 p.m., Saturday 12:00 - 2:00 p.m.

<table>
<thead>
<tr>
<th>Level 3.0 Fees</th>
<th>Levels 3.5, 4, 4.5, 5 and 5.5 Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Week Session</td>
<td>5 Week Session</td>
</tr>
<tr>
<td>$150 One Day</td>
<td>$194 One Day</td>
</tr>
<tr>
<td>$296 Two Days</td>
<td>$368 One Day</td>
</tr>
<tr>
<td>$740 Two Days</td>
<td>$804 Two Days</td>
</tr>
<tr>
<td>12 Week Session</td>
<td>12 Week Session</td>
</tr>
<tr>
<td>$380 One Day</td>
<td>$465 One Day</td>
</tr>
<tr>
<td>$740 Two Days</td>
<td>$910 One Day</td>
</tr>
<tr>
<td>13 Week Session</td>
<td>13 Week Session</td>
</tr>
<tr>
<td>$412 One Day</td>
<td>$505 One Day</td>
</tr>
<tr>
<td>$842 Two Days</td>
<td>$990 Two Days</td>
</tr>
</tbody>
</table>
# Upper St. Clair Tennis

## Fall/Winter Junior Development Tennis Programs 2014 - 2015

<table>
<thead>
<tr>
<th>Session I</th>
<th>Aug. 25 – Sept. 28, 2014</th>
<th>5 Weeks – No Clinics on Sept. 1 – Make up on Sept. 6 Times TBA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session II</td>
<td>Oct. 6 – Nov. 30, 2014</td>
<td>8 Weeks – No Clinics Nov. 27 – Nov. 30, 2014 – Make ups TBA</td>
</tr>
<tr>
<td>Session IV</td>
<td>Feb. 9 – April 19, 2015</td>
<td>9 Weeks-- No Clinics March 30 – April 5 (Resume on April 6)</td>
</tr>
</tbody>
</table>

### Tiny Tots I (Red-Foam Balls) AGES 3 and 4

Your child’s first experiences on a tennis court. An informal environment that establishes a foundation for gross motor skill development. General athleticism is more important than tennis specific skills at this age. Basic movement and coordination skills will be introduced. The children will learn to receive and send the ball with their hands, racquets and other adapted equipment that fosters enjoyable learning experiences. Tiny Tots is described as a Fundamental Motor Skills Program delivered through Tennis, children learn the skills of running, jumping, throwing, catching and much more alongside the start of the basics of tennis.

- **Monday**: 3:30 – 4:15 p.m., **Tuesday**: 10:00 – 10:45 a.m., **Friday**: 3:30 – 4:15 p.m., **Friday**: 6:00 – 6:45 p.m., **Sunday**: 11:00 – 11:45 a.m., **Sunday**: 1:00 – 1:45 p.m.

### BEGINNER & ADVANCED BEGINNER (Red-Foam Balls) AGES 5 and 6

A program of movement, balance, coordinated and motor skill development with a focus on self and partner rallying skills on the 36 foot court. Both reception and projection activities will be emphasized. Children will learn the first stages of cooperative tennis. The children will learn how to initiate a rally, how to move and judge a ball (reception and centering skills), how to control the racquet at the contact point and control the height, direction and depth to be successful on the 36 foot court. They will learn adaptive skills that will be the foundation of their future tennis development.

- **Monday**: 3:30 – 4:30 p.m., **Monday**: 6:00 – 7:00 p.m., **Friday**: 3:30 – 4:30 p.m., **Friday**: 6:00 – 7:00 p.m., **Sunday**: 11:00 – 11:45 p.m., **Sunday**: 1:00 – 2:00 p.m.

### BEGINNER & ADVANCED BEGINNER (Red-Foam Balls) AGES 7 - 8

Children will continue to learn the skills of the 36 foot court. By the end of this program, a child should be able to play Quick start Tennis using a full or abbreviated serving motion. The children will learn how to move effectively so as to insure good position and balance for each shot. They will be taught how to adapt to different situations and how to compete in Quick start events in the 8 and under division.

- **Monday**: 3:30 – 4:30 p.m., Monday 6:00 – 7:00 p.m., **Friday**: 3:30 – 4:30 p.m., **Friday**: 6:00 – 7:00 p.m., **Saturday**: 12:00 – 1:00 p.m., **Sunday**: 11:00 – 12:00 p.m., **Sunday**: 1:00 – 2:00 p.m.

### BEGINNER & ADVANCED BEGINNER (Orange-Transition Balls) AGES 9 - 12

Children will learn the basics of tactical play from the 60’ court for both singles and doubles. Swing rhythm on the forehands and backhands will be emphasized. The children will be introduced to topspin and will learn how to differentiate between a volley action and a ground stroke action. A variety of serve progressions will be taught and the serve and return of serve will be covered in each class.

- **Monday**: 3:30 – 4:30 p.m., Monday 6:00 – 7:00 p.m., **Friday**: 3:30 – 4:30 p.m., **Friday**: 6:00 – 7:00 p.m., **Saturday**: 12:00 – 1:00 p.m., **Sunday**: 11:00 – 12:00 p.m., **Sunday**: 1:00 – 2:00 p.m.

### TEEN 1 Beginner or Advanced Beginner (Red, Orange, Green and Yellow Balls) AGES 13 - 18

The Teen 1 program is for teenagers who are relatively new to tennis. Learn to rally and play is the theme of each class. The students will be exposed to all the basic skills of tennis including ground strokes, volleys, overheads and serves. The class will stress cooperation and competition in many of the drills and play situations.

- **Wednesday**: 6:00 – 7:00 p.m., **Friday**: 6:00 – 7:00 p.m., **Sunday**: 1:00 – 2:00 p.m.

<table>
<thead>
<tr>
<th>Tiny Tots</th>
<th>Beginner, Advanced Beginner and Teen 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TINY TOTS</strong></td>
<td><strong>Week Sessions</strong></td>
</tr>
<tr>
<td>5 Week Session</td>
<td>5 Week Session</td>
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<tr>
<td>$88 One Day</td>
<td>$102 One Day</td>
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<tr>
<td>$156 Two Days</td>
<td>$184 Two Days</td>
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<tr>
<td>6 Week Session</td>
<td>8 Week Session</td>
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<tr>
<td>$140 One Day</td>
<td>$160 One Day</td>
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<tr>
<td>$250 Two Days</td>
<td>$300 Two Days</td>
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<tr>
<td>9 Week Session</td>
<td>9 Week Session</td>
</tr>
<tr>
<td>$158 One Day</td>
<td>$180 One Day</td>
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<tr>
<td>$296 Two Days</td>
<td>$340 Two Days</td>
</tr>
</tbody>
</table>
Upper St. Clair Tennis
Fall/Winter 2014 - 2015 Adult Tennis Clinics & Adult Cardio Tennis

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Aug. 26 - Sept. 28, 2014</td>
<td>5 Weeks – No Clinics on Sept. 1 - Makeup on Sept. 6 - Times TBA</td>
</tr>
<tr>
<td>II</td>
<td>Oct. 6 - Nov. 30, 2014</td>
<td>8 Weeks – No Clinics Nov. 27 – Nov. 30 – Times and Makeup TBA</td>
</tr>
<tr>
<td>IV</td>
<td>Feb. 9 – April 18, 2015</td>
<td>9 Weeks – No Clinics March 30 – April 5 (Clinics resume on April 6)</td>
</tr>
</tbody>
</table>

**Adult Tennis Clinics**

<table>
<thead>
<tr>
<th>Level 1 Clinic</th>
<th>Level 2 Clinic</th>
<th>Level 3 Clinic</th>
<th>Level 4 Clinic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. 11:00 - 12:30 p.m.</td>
<td>Wed. 9:00 - 10:30 a.m.</td>
<td>Wed. 10:30 - Noon</td>
<td>Mon. 12:30 - 2:00 p.m.</td>
</tr>
<tr>
<td>Wed. 9:00 - 10:30 a.m.</td>
<td>Wed. 10:30 - Noon</td>
<td>Wed. 8:00 - 9:30 a.m.</td>
<td>Thurs. 9:00 - 10:30 a.m.</td>
</tr>
<tr>
<td>Sun. 4:00 - 5:30 p.m.</td>
<td>Thurs. 9:00 - 10:30 a.m.</td>
<td>Thurs. 10:30 - Noon</td>
<td>Sun. 4:00 - 5:30 p.m.</td>
</tr>
</tbody>
</table>

**Adult Cardio Tennis**

Cardio Tennis is first and foremost a great fitness activity! People of all abilities can participate in Cardio Tennis at the same time! It’s a great way to push your fitness to a new level with a high energy workout while you improve your tennis skills. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. There are programs and drills geared for existing players to get a great cardio workout while improving skill.

Program includes Warm-Up, Cardio Work-Out and Cool-Down Sessions. For more information on Cardio Tennis, visit www.cardiotennis.com

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Level 5 Week</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:30 - 12:00 p.m. TKB (Session I only)</td>
<td>One Day per Week $97</td>
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<tr>
<td>Wednesday</td>
<td>11:00 - 12:00 p.m. Advanced (Level 2.5 - 3.0)</td>
<td>Two Days per Week $174</td>
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<tr>
<td>Thursday</td>
<td>9:00 - 10:00 a.m. (Level 3.0 - 4.5)</td>
<td>One Day per Week $146</td>
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<tr>
<td>Friday</td>
<td>9:00 - 10:00 a.m. (Level 3.0 - 4.5)</td>
<td>Two Days per Week $272</td>
</tr>
<tr>
<td>Saturday</td>
<td>Family Cardio</td>
<td>One Day per Week $180</td>
</tr>
</tbody>
</table>

**Adult 6 Week Cardio Fees:**
- One Day per Week $155
- Two Days per Week $290

**Adult 9 Week Cardio Fees:**
- One Day per Week $175
- Two Days per Week $330
- Two Days per Week $263
- Two Days per Week $506

**Adult TRK Card Thai Week Only Session I**
- One Day per Week $100

USCTDP, Inc Fall/Winter 2014-2015 ADULT TENNIS CLINICS / CARDIO REGISTRATION FORM

Registration Deadline: One Week in Advance of Session Start Date

**NAME:**

**ADDRESS:**

**CITY:**

**ZIP:**

**EMAIL:**

**HOME:**

**WORK:**

**CELL:**

**AGE:**

**DATE:**

**REGISTRATION FOR: CLINIC SESSION:** I II III IV CLINIC DAY(s) AND TIME(s) LEVEL OF PLAY

**REGISTRATION FOR: CARDIO SESSION:** I II III IV CARDIO DAY(s) AND TIME(s) LEVEL OF PLAY

**PLEASE INDICATE METHOD OF PAYMENT: CHECK ENCLOSED (PAYABLE TO USCTDP, INC.):**

**VISA:**

**MASTERCARD:**

**DISCOVER:**

**ACCOUNT NUMBER:**

**EXPIRATION DATE:**

**PRIOR NAME ON CARD:**

**SIGNATURE:**

**(required on charge orders)**

MAKE CHECKS PAYABLE TO: USCTDP, INC., 37 MCMURRAY ROAD, BUILDING #1, SUITE # LL1, UPPER ST. CLAIR, PA 15241 www.usctdp.com Email: tennis@usctdp.com

Call to register and direct questions to 412-831-2630

Community & Recreation Center Programs & Information Fall/Winter 2014
Family Workshops
Parents, grandparents, caregivers and children ages four and up can work together on a Sunday afternoon project of interest. Families will explore new concepts and embrace recycled materials—all providing a tailored art experience around a theme. All materials will be supplied. (Remember to let us know how many family members will be attending and to register ahead for planning purposes.)

Day(s): Sunday
Date(s): Session I – October 12 - Vintage Halloween Decorations
           Session II – November 16 - Holiday 3-D Countdown "Calendar"
           Session III – February 8 - Recycled Jewelry
           Session IV – March 22 - Garden Whimsies

Time: 1:00 PM - 3:00 PM
Place: C&RC as posted
Age Requirement: Age 4 and up with adult(s)
Fee(s): $20.00 Member per session
        $22.00 Resident Non-member per session
        $24.00 Surrounding Community Non-member per session
        $4.00 per additional family member

pARTners
Children ages 2 – 3 will bond with their adult partner (parent, grandparent, or caregiver) as they explore art materials and techniques in these expertly guided, hands-on classes for early learners.

Day(s)/Date(s): Fall Session I – Tuesdays, October 21- November 18 (no class 11/4)
                  Winter Session I – Thursdays, February 19-March 26

Time: Fall Session I – 9:30 AM-10:30 AM
      Winter Session I – 12:30 PM-1:30 PM
Place: C&RC as posted
Age Requirement: Ages 2-3 with adult
Fee(s): $36.00 Member/session
       $38.00 Resident Non-member/session
       $40.00 Surrounding Community Non-member/session

Drawing FUNdamentals
Lines, forms shading, shadows while learning the depth of light and dark with highlighting will be the focus of these classes. Still-life setups will bring out each child’s creative abilities to draw what they see and expand it, and cartooning will encourage students to be independent and creative.

Day(s)/Date(s): Fall Session I – Thursdays, October 23- December 4 (no class 11/27)
                  Winter Session I – Tuesdays, February 17-March 24

Time: 6:15 PM - 7:45 PM
Place: C&RC as posted
Age Requirement: Grades 2-4
Fee(s): $54.00 Member per session
       $57.00 Resident Non-member per session
       $60.00 Surrounding Community Non-member per session

Medieval Adventures in Art
Royalty, dragons, castles and more will be the focus of these classes. Children will draw, paint, sculpt using an array of artistic mediums and recycled materials and produce projects that any peasant or member of a royal family would be proud of.

Day(s)/Date(s): Fall Session I – Tuesdays, October 21- November 18 (no class 11/4)
                  Winter Session I – Thursdays, February 19-March 26

Time: 4:30 PM - 5:45 PM
Place: C&RC as posted
Age Requirement: Grades K-2
Fee(s): $54.00 Member per session
       $57.00 Resident Non-member per session
       $60.00 Surrounding Community Non-member per session

Painters! From Patterns to Portraits
Learning about the MASTERS will be fun for school aged artists. They'll discover techniques and compose drawings, paintings, sketches, and cartoons as they explore M.C. Escher, Vincent van Gogh, Jackson Pollock, Frida Kahlo, and others.

Day(s): Monday
Date(s): Fall Session I – November 3-December 15
         (no class 11/24)
         Winter Session I – February 9-March 23
         (no class 2/16)

Time: 6:15 PM - 7:45 PM
Place: C&RC as posted
Age Requirement: Grades 4-8
Fee(s): $54.00 Member per session
       $57.00 Resident Non-member per session
       $60.00 Surrounding Community Non-member per session

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
**Dance Explorations**

Your child will enjoy every minute moving to music, learning rhythm, and body discipline and awareness. Combining ballet, jazz, and tumbling, our fun classes will develop positive self-esteem and a desire to learn more. (Suggested attire: leotard, tights, or other comfortable clothing and ballet or jazz shoes.)

**Instructor(s):** Staff of Janet Hays and Company  
**Day(s):** Wednesday  
**Date(s):** Session I – September 24-October 15  
Session II – October 22-November 12  
Session III – January 21-February 11  
Session IV – March 4-March 25  
Session V – April 8-April 29  
**Time:** 6:00 PM - 6:40 PM  
**Place:** C&RC Community Rooms  
**Fee(s):** $40.00 Member per session  
$44.00 Resident Non-member per session  
$48.00 Surrounding Community Non-member per session

**Dance Explorations – and More**

Our classes will combine elements of ballet, jazz, tumbling, and more as your child learns and practices fundamentals and grows in self-confidence and body discipline. Your school-age child will enjoy learning a variety of movement styles during each session. (Suggested attire: leotard, tights, or other comfortable clothing and ballet or jazz shoes.)

**Instructor(s):** Staff of Janet Hays and Company  
**Day(s):** Wednesday  
**Date(s):** Session I – September 24-October 15  
Session II – October 22-November 12  
Session III – January 21-February 11  
Session IV – March 4-March 25  
Session V – April 8-April 29  
**Time:** 6:45 PM - 7:25 PM  
**Place:** C&RC Community Rooms  
**Fee(s):** $40.00 Member per session  
$44.00 Resident Non-member per session  
$48.00 Surrounding Community Non-member per session

**Irish Dance**

Looking to introduce your child to another dance form—look no further. Our Irish Dance classes will begin with the basics: foot placement, body position, and the fundamental movement. Children will learn stretching techniques as well as strength-building exercises. (Suggested attire: shorts and T-shirt, white socks, ballet or jazz shoes. Irish dance shoes are not required.)

**Instructor(s):** Sarah Knight  
**Day(s):** Tuesday  
**Date(s):** Session I – September 16-November 4  
Session II – November 11-January 13 (no class 11/25, 12/30)  
Session III – January 27-March 24 (no class 3/17)  
**Time:** 6:00 PM - 6:30 PM Beginners  
6:30 PM - 7:15 PM Continuing Students  
**Place:** Studio 2  
**Fee(s):** $64.00 Member per session  
$72.00 Resident Non-member per session  
$80.00 Surrounding Community Non-member per session

**Celtic Cardio**

Come and join a unique “fitness” class that teaches Irish step dance and rhythms. Featuring high energy Irish music, you’ll be getting fit and having fun, all while learning Irish dance!  
**Instructor(s):** Sarah Knight  
**Day(s):** Tuesday  
**Date(s):** Session I – September 16-November 4  
Session II – November 11-January 13 (no class 11/25, 12/30)  
Session III – January 27-March 24 (no class 3/17)  
**Time:** 7:30 PM - 8:15 PM  
**Place:** Studio 2  
**Fee(s):** $64.00 Member per session  
$72.00 Resident Non-member per session  
$80.00 Surrounding Community Non-member per session

**Karate**

Our traditional karate classes are taught by veteran and certified instructor Riva Tarnopolsky. Our course content emphasizes order and self-discipline. The class goal is to instill a sense of accomplishment and strong character. Classes provide a means of developing life skills in a positive atmosphere.  
**Instructor(s):** Riva Tarnopolsky of Riva’s Shotokan Karate  
**Day(s):** Thursday  
**Date(s):** Session I – October 2-30, November 6-20  
Session II – December 4-18, January 8-29, February 5  
Session III – February 12-26, March 5-26, April 2  
**Time:** 4:30 PM - 5:00 PM – Beginners/White Belts  
5:00 PM - 5:30 PM – Colored Belts  
**Place:** Studio 2  
**Fee(s):** $85.00 Member per session  
$93.00 Resident Non-member per session  
$101.00 Surrounding Community Non-member per session

**Self-Defense**

Are you looking to improve your awareness and be prepared for the unexpected? Develop both physical and non-physical self-defense techniques that will be taught by Riva Tarnopolsky—certified instructor with the American Shotokan Karate Alliance and certified group fitness instructor/personal trainer through the American Council on Exercise.  
**Coming Spring 2015**

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
### S.N.A.P. (Special Needs Active Program)
S.N.A.P. is a fun and interactive class for children and young adults with special needs. The aim of the program is to increase each participant’s comfort level with fitness. The aquatics area and the gym space are utilized to allow exposure to many different and fun kinds of fitness activities. The program allows children and young adults of all abilities to experience the joy of physical activity and teamwork.

**Day(s):** Saturday  
**Date(s):**  
- Session I – October 25, November 1-22, December 6  
  (no class 11/29)  
- Session II – February 28, March 7-22, April 4-18  
**Time:**  
- 10:00 AM - 11:00 AM (Ages 8-14)  
- 11:00 AM - 12:00 PM (Ages 15-25)  
**Place:** C&RC as posted  
**Age Requirement:** Age 8-25  
**Fee(s):**  
- Session I – $60.00 per person  
- Session I – $75.00 per person

### Check...and Checkmate Camp
Enjoy weekly mental exercise learning and playing chess. Participants will spend the first 30 minutes learning and the second 30 minutes playing under the guidance of our experienced instructor. All supplies provided by instructor.

**Instructor(s):** Eric Berthoud  
**Day(s):** Monday-Friday  
**Date(s):** March 30-April 3  
**Time:** 6:45 PM - 7:45 PM  
**Place:** C&RC as posted  
**Age Requirement:** Age 6 and up  
**Fee(s):**  
- $35.00 Member per session  
- $38.00 Resident Non-Member per session  
- $41.00 Surrounding Community Non-Member per session

### Winter Camp
Calling all elementary-aged children–have some great supervised fun while home over winter break! Come to the C&RC to participate in all sorts of activities. You’ll have a chance to swim, do arts and crafts, play games, and spend time with your friends. Pack a lunch (peanut and tree-nut free), wear sneakers and comfortable clothing, and bring your swimsuit, towel, and flip-flops.

**Day(s):** Friday, Monday, and Tuesday  
**Date(s):** December 26, 29 and 30  
**Time:** 9:00 AM - 3:00 PM  
**Place:** C&RC as posted  
**Age Requirement:** Grades K-4  
**Fee(s):**  
- $90.00 Member  
- $95.00 Resident Non-Member  
- $100.00 Surrounding Community Non-Member

### Cupcake Decorating
Come and learn together techniques and tricks of the trade. Our class will be entertaining and educational! Just think about the great cupcakes you’ll be able to serve at your next party or event.

**Instructor(s):** Jessica Culicerto Gombar of The Pie Place  
**Day(s):** Sunday  
**Date(s):** October 19  
**Time:** 2:00 PM - 3:00 PM  
**Place:** Community Room C and Pantry  
**Age Requirement:** Families with children ages 4 and up***  
  (**upon registration please indicate number of family members attending)  
**Fee(s):**  
- $22.00 Member family  
- $24.00 Resident Non-Member family  
- $26.00 Surrounding Community Non-Member family

### Pie Making- Celebrate National Pie Day
In celebration of National Pie Day, come to our class where you’ll learn the art of crafting small individual fruit tart pies. The class will include a pie dough demonstration, sampling, and six tarts to take home and bake. Please indicate any food allergies or other special needs at time of registration.

**Instructor(s):** Jessica Culicerto Gombar of The Pie Place  
**Day(s):** Sunday  
**Date(s):** January 25  
**Time:** 2:00 PM - 3:00 PM  
**Place:** Community Room C and Pantry  
**Age Requirement:** Families with children ages 4 and up***  
  (**upon registration please indicate number of family members attending)  
**Fee(s):**  
- $22.00 Member family  
- $24.00 Resident Non-Member family  
- $26.00 Surrounding Community Non-Member family

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Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.

[www.twpusc.org](http://www.twpusc.org)
**Fun, Fitness and Sports**

This “gym” class will have your young sports star actively engaged in learning. In a physical education class format, your child will be given the proper direction and encouragement to learn and engage in fitness and sports-based skills. Attributes such as balance, strength, flexibility, and coordination will be developed. Children should wear comfortable attire and gym-appropriate shoes. “Coach Ralph” will include: Soccer, Relays and Parachute Games, Obstacle Course, Balloon Volleyball, Baseball, Basketball, Floor Hockey, Modified Tumbling  
**Instructor(s):** Ralph Schmidt, B.S. Physical Education, ACE  
**Day(s):** Tuesday  
**Date(s):**  
- Fall Session I – September 9-30, October 7-21  
- Winter Session I – January 6-27, February 3-17  
**Time:** 9:30 AM - 10:30 AM or 12:30 PM - 1:30 PM  
**Place:** Gym 1-A  
**Age Requirement:** Ages 4-6  
**Fee(s):**  
- $70.00 Member per session  
- $77.00 Resident Non-Member per session  
- $84.00 Surrounding Community Non-Member per session

**Moms, Dads and Tots Soccer**

Parents: Come and introduce your children to soccer. As partners, you will warm up, learn, and play together in our fun and engaging classes.  
**Instructor(s):** Staff of YESsoccer  
**Day(s):** Saturday  
**Date(s):**  
- Fall Session I – September 6-27, October 4-11  
- Winter Session I – January 10-31, February 7-14  
**Time:** 10:30 AM - 11:15 AM  
**Place:** Gym 1-B  
**Age Requirement:** Ages 3-4 with parent/caregiver  
**Fee(s):**  
- $72.00 Member per session  
- $78.00 Resident Non-Member per session  
- $84.00 Surrounding Community Non-Member per session

**Kinder Soccer**

Don’t miss out. Sign up early for this great program. What an opportunity to learn the FUN-damentals of soccer! Children should wear comfortable attire and gym appropriate shoes.  
**Instructor(s):** Staff of YESsoccer  
**Day(s):** Saturday  
**Date(s):**  
- Fall Session I – September 6-27, October 4-11  
- Winter Session I – January 10-31, February 7-14  
**Time:** 11:15 AM - 12:00 PM  
**Place:** Gym 1-B  
**Age Requirement:** Ages 5-6  
**Fee(s):**  
- $72.00 Member per session  
- $78.00 Resident Non-Member per session  
- $86.00 Surrounding Community Non-Member per session

**Talent Soccer**

Our classes powered by instructors from YESsoccer will offer small group talent development and coaching for soccer players. Boys and girls can participate in a comprehensive supplementary training program that will allow them to optimize fast footwork development and improve their ability to master the ball. No equipment needed  
**Instructor(s):** Staff of YESsoccer  
**Day(s):** Tuesdays, Wednesdays, Thursdays  
**Date(s):**  
- Ages 7-8  
  - Session I – November 4-18, December 2-16  
  - Session II – January 6-27, February 3-10  
  - Session III – February 17-24, March 3-24  
  - Ages 9-10  
  - Session I – November 5-19, December 3-17  
  - Session II – January 7-28, February 4-11  
  - Session III – February 18-25, March 4-25  
  - Ages 11-12  
  - Session I – November 6-20, December 4-18  
  - Session II – January 8-29, February 5-12  
  - Session III – February 19-26, March 5-26  
**Time:** 4:15 PM - 5:30 PM  
**Place:** C&RC Gym as posted  
**Age Requirement:** Ages 7-12  
**Fee(s):**  
- $90.00 Member per session  
- $96.00 Resident Non-Member per session  
- $102.00 Surrounding Community Non-Member per session

**Tennis Whizz**

Coming Soon!  
A complete preschool program that fosters the healthy mental, physical and emotional growth of young children. Children will develop a love of the sport, physical dexterity, and even early literacy and math skills.

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Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
**Youth Volleyball**
Children will have a blast learning about the game of volleyball. Players will learn the basic fundamentals of passing, setting, hitting, and positions on the court while participating in a fun, energetic, and learning environment. Players are “coached” at their level and will play enjoyable low-competition games. All instructions will be conducted by the staff of Jump Start Sports. Space is limited; please register early. (T-shirt included)

**Day(s):** Saturday  
**Date(s):** Session I – October 18 – November 22  
Session II – January 10 – February 14  
**Time:** 8:00 AM - 9:00 AM – Ages 7-9  
9:00 AM - 10:00 AM – Ages 10-12  
**Place:** C&RC Gym  
**Ages Requirement:** Ages 4-6 or K-4  
**Fee(s):**  
- $70.00 Member per session  
- $76.00 Resident Non-Member per session  
- $82.00 Surrounding Community Non-Member per session

**School’s Out, Who’s In?**
Children are invited to attend these full-day or half-day camps throughout the school year during school vacation days or breaks. Attendees will have the opportunity to participate in a variety of sports as well as fun recreational and camp activities. All instruction will be provided by the staff of Jump Start Sports. Space is limited; please register early.

**Place:** C&RC as posted  
**Age Requirement:** Ages 4-6 or K-4  
**Single-Day Camp**  
**Day(s)/Date(s):** Tuesday, November 4 (grades K-4)  
**Time:** 8:00 AM - 3:00 PM  
**Place:** C&RC Gym  
**Fee(s):**  
- Half-Day $25.00 Full Day $45.00 Member/Session  
- Half-Day $30.00 Full Day $50.00 Resident Non-Member /Session  
- Half-Day $35.00 Full Day $55.00 Surrounding Community Non-Member/Session  
- Before Camp Care $5.00 After Camp Care $10.00 per person

**Spring Break Camp**  
**Day(s)/Date(s):** Monday through Friday, March 30-April 3  
**Time:** Half-Day – 9:00 AM - 12:00 PM  
Full-Day – 9:00 AM - 3:00 PM  
Before Camp Care—8:00 AM-9:00 AM  
After Camp Care—3:00 PM-6:00 PM  
**Fee(s):**  
- Half-Day $90.00 Full Day $140.00 Individual Day  
  - $45.00 Member  
  - Half-Day $95.00 Full Day $145.00 Individual Day  
  - $45.00 Resident Non-Member  
  - Half-Day $100.00 Full Day $150.00 Individual Day  
  - $45.00 Surrounding Community Non-Member  
  - Before Camp Care $10.00 After Camp Care $30.00 per person

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**Girls on the Run®**
Girls on the Run® is a national character development program for girls in grades 3-5 that teaches self-respect and healthy lifestyles through running. The program combines training to participate in a noncompetitive 5K (3.1 mile) run/walk event with lessons on self-esteem, teamwork, and community service. The goals of the program are to encourage positive emotional, social, mental, and physical development. Girls on the Run at Magee- Womens Hospital is one of the 160 GOTR chapters across North America.

Fee includes 24 classes, T-shirt, water bottle, end of season banquet, snacks, and entry into GOTR 5K event. Please call 412.641.1596 or email meredith.colaizzi@girlsontherun.org for registration form or more information. Registration is first come-first served. Limit is 15 girls total. Visit the Website: www.gotrmagee.org

**Day(s):** Tuesday and Thursday  
**Date(s):** Fall Session – September 16-December 12  
(no class 11/25, 11/27)  
Winter/Spring Session – February 24-May 23  
(no class 3/31, 4/2)  
**Time:** 6:00 PM - 7:15 PM  
**Place:** C&RC as posted  
**Age Requirement:** Grades 3 – 5  
**Fee(s)***:  
- $150.00 Member  
- $160.00 Resident Non-Member  
- $170.00 Surrounding Community Non-Member  
***Please register through Girls on the Run”-- www.gotrmagee.org

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**Girls on Track®**
Today’s middle-school girls face many challenges and obstacles that can affect their emotional and physical well-being. The Girls on Track® curriculum is designed to address these challenges by empowering them to make thoughtful and healthy decisions. Like Girls on the Run®, the Girls on Track® curriculum is delivered over the course of 10 to 12 weeks and addresses the societal, mental and emotional challenges particular to their age.

Fee includes 24 classes, T-shirt, water bottle, end of season banquet, snacks, and entry into GOTR 5K event. Please call 412.641.1596 or email meredith.colaizzi@girlsontherun.org for registration form or more information. Registration is first come-first served. Limit is 15 girls total. Visit the Website: www.gotrmagee.org

**Day(s):** Tuesday and Thursday  
**Date(s):** Fall Session – September 16-December 12  
(no class 11/25, 11/27)  
Winter/Spring Session – February 24-May 23  
(no class 3/31, 4/2)  
**Time:** 7:15 PM - 8:30 PM  
**Place:** C&RC as posted  
**Age Requirement:** Grades 6-8  
**Fee(s)***:  
- $150.00 Member  
- $160.00 Resident Non-Member  
- $170.00 Surrounding Community Non-Member  
***Please register through Girls on the Run”-- www.gotrmagee.org

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Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
Complete Players – Basketball Skill Instruction
A comprehensive basketball developmental program geared toward improving and enhancing the fundamental skills, abilities and confidence of players. Complete Players works with individuals and small groups. The program is organized and instructed by Chaz McCrommon, former Robert Morris 1st Team All-Conference player (2 years) and a six year professional player (8 different pro teams), including 1 year with the NBA D-League Erie Bayhawks. Chaz will utilize the knowledge gained through his collegiate and professional basketball experiences to provide a high level of instruction that will aid in developing your young athlete into a “Complete Player”.
All sessions are 1 hour in duration, and are scheduled on an individual basis.

**Age Requirements:** Grade 3 – Adult

**Place:** C&R Gym

**Fee(s):**

### PRIVATE INSTRUCTION

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<th>C&amp;RC Member</th>
<th>Resident Non-Member</th>
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<td>C&amp;RC Member</td>
<td>$50</td>
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*Fees listed are per hour.

### SEMI-PRIVATE INSTRUCTION

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<td>$35</td>
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*Fees listed are per participant per hour for two participants

### SMALL GROUP INSTRUCTION

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<tr>
<td>3 Participants</td>
<td>$25</td>
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<tr>
<td>4+ Participants</td>
<td>$20</td>
<td>$25</td>
<td>$30</td>
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</table>

*Fees listed are per participant per hour

To schedule a lesson with Chaz or for more information contact Chaz McCrommon at 412-221-1099 Ext. 603 or mccrommon@twpusc.org.

Complete Players – Preseason Basketball Training Camp
Team Prep is designed to prepare a large group of players (6-10) for the upcoming basketball season by incorporating the Complete Players training concept. Team basketball fundamentals and skills will be taught through the use of competitive drills, scrimmages, and game like situations. The experience of playing in this team environment will enhance the player’s ability to transfer these skills and confidence to live games. Open to boys and girls (grades 5-8) of all skill levels. Basketball tryouts will be here before you know it. Start getting ready today!

**Day(s):** Monday or Wednesday

**Date(s):**
- Session I – September 15 - October 8
- Session II – October 13 - November 5

**Age Requirements:** Grades 5-8 Boys and Girls

**Time:**
- Grade 5-6 Boys – 4:15 PM-5:15 PM Monday
- Grade 7-8 Boys – 4:15 PM-5:15 PM Wednesday
- Grade 5-6 Girls – 5:15 PM-6:15 PM Monday
- Grade 7-8 Girls – 5:15 PM-6:15 PM Wednesday

**Place:** Gym 2B

**Participant Fee:** $60.00

For more information contact Chaz McCrommon at (412) 221-1099 ext. 603 or mccrommon@twpusc.org.
These programs are for RESIDENTS ONLY. All registered participants will be placed on teams and will play in games. Organization and supervision is provided by the Upper St. Clair Athletic Association (for additional information, please visit www.uscaasports.org). Teams will meet on week nights and weekends. Please use the registration form found on page 50 to register—one form per child. Be sure to supply all the necessary contact information and list any special needs or allergies.

**Boys--Grades 3-8**
All boys should plan to attend their grade level “evaluations.” If a child cannot attend his scheduled “evaluation,” please notify the Recreation Department at time of registration. Team assignments and practice/play schedules will be determined after November 8. Note that tryouts for travel teams will begin November 9—schedule to be provided at a later date. For more information, contact boysbasketball@uscaasports.org

**Day(s):** Saturday, November 8  
**Time:**  
- Grade 8 - 9:00 AM - 10:30 PM  
- Grade 7 - 10:30 AM - 12:00 PM  
- Grade 6 - 12:00 PM - 2:00 PM  
- Grade 5 - 2:00 PM - 4:00 PM  
- Grade 4** - 1:00 PM - 3:00 PM  
- Grade 3** - 3:00 PM - 5:00 PM  

**Place:** TBA  
**Fee(s):** $70.00 per resident

**Girls--Grades 3-8**
All girls in grades 3-6 should plan to attend their grade level “evaluations.” Girls in grades 7 and 8 (including girls who have not played before) will be placed on teams and are not required to attend on November 8. If a child cannot attend her scheduled “evaluation,” please notify the Recreation Department at time of registration. Team assignments and practice/play schedules will be determined after November 8. Note that tryouts for girls' travel basketball teams will be held in early October, and the dates will be posted in early September on the USC Athletic Association website (www.uscaasports.org).

**Day(s):** Saturday, November 8  
**Time:**  
- Grade 3 - 9:00 PM - 10:15 AM  
- Grade 4 - 10:30 PM - 11:45 AM  
- Grade 5 - 12:00 PM - 1:00 PM  
- Grade 6 - 1:00 PM - 2:00 PM  
- Grade 7 and 8 - No evaluation

**Place:** TBA  
**Fee(s):** $70.00 per resident

**Boys--Grades 9-12**
All Upper St. Clair RESIDENT high school boys who wish to vie for the Finley Cup should preregister for the high school league program through the Recreation Department. Registrants are required to attend a mandatory league meeting on Thursday, November 20, 2014 at 7:00 PM at the C&RC. League rules and policies will be reviewed at that time. In order to play, each player must review the rules and policies and agree in writing to abide by same. Captains and teams will be selected after the mandatory meeting; weekly play will begin on Thursday, December 4th per the schedule that will be posted at the high school activities office. Enrollment is limited to a maximum of 120 players. Please supply all necessary contact information and any special needs or allergies.

**Day(s):** Thursday  
**Date(s):** Mandatory Meeting – 11/20  
- Start of League Play – 12/4  
- Playoffs – 1st week of March (tentative)

**Time:**  
- Meeting at 7:00 PM  
- Games as posted

**Place:**  
- Meeting – C&RC  
- Games – Boyce Middle School Gym

**Age Requirement:** Grades 9-12  
**Fee(s):** $70.00 per resident

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
United Senior Citizens of Upper St. Clair
The United Senior Citizens program is sponsored by the Upper St. Clair Department of Recreation and Leisure Services. In order to participate, one must be a resident of the Township, 55 years of age or older, and retired. Spouses of eligible members may also join if under age 55.

The program meets on Wednesdays. Morning activities are informal and include the preparation of lunch by volunteers from the group. The members hold a brief business meeting at 12:00 p.m., which is followed by the delicious meal. Afternoon activities include musical entertainment, lectures or presentations of interest, book reviews, health and fitness instruction, game days, and more! In addition, day trips to various performances and places of interest are scheduled throughout the year.

Most meetings are held at the Recreation Center located at 1770 McLaughlin Run Road. Some meetings may be held at the Community & Recreation Center located at 1551 Mayview Road or at other venues. Membership information and meeting schedules (including location) may be obtained from the Township’s Assistant Community Programs Coordinator, Chaz McCrommon, whose office is located in the Community & Recreation Center. Chaz may be reached via email at mccrommon@twpusc.org or by phone at 412.221.1099, Ext. 603.

Day(s): Wednesday
Date(s): Weekly
Time: 12:00 PM - 3:00 PM
Place: Recreation Center on McLaughlin Run Road
Age Requirement: Age 55 and retired; USC residents only
Fee(s): none

Silver Card Program
A Silver Card is a free program available to any senior citizen residents of Upper St. Clair age 62 or older. Applications are available at the Community & Recreation Center. Proof of age and residency must be submitted at the time of application. Silver Card holders may use the Municipal three-hole golf course, outdoor tennis facilities (no cost for permit), and participate in specified Community & Recreation Center programs, such as:

- Zumba Gold Sculpt
- Zumba Gold
- Boomer Bootcamp
- Senior Fit
- Water Walking
- Hydro Strength

SENIORS AT LEISURE
Every Friday afternoon we’ll do something fun! Open to all seniors, both USC residents and the surrounding community. No C&RC membership required. All activities are held in the Community & Recreation Center and begin at 1:30 p.m. except Movie Day, which starts at 12:30 p.m. There are four “rotations” each month:

Brain Fitness
We’ll do exercise, puzzles and games to keep ourselves sharp. Brain Fitness meets the first Friday of the month.

Day(s): Friday
Time: 1:30 PM - 3:00 PM
Place: C&RC as posted
Age Requirement: 55 years of age and older
Fee(s): FREE; reservations requested

Art Experience
Professional Artist Rikki Walsh will offer a hands-on art activity on the second Friday of each month. Options include watercolors, pastels, sculpting, and more!

Day(s): Friday
Time: 1:30 PM - 3:00 PM
Place: C&RC as posted
Age Requirement: 55 years of age and older
Fee(s): FREE; reservations requested

Movie Matinees
Join seniors from around the area as we view old favorites on a big screen; pizza lunch and light refreshments served. Movie Day is the third Friday of the month.

Day(s): Friday
Time: 12:30 PM - 3:00 PM
Place: C&RC as posted
Age Requirement: 55 years of age and older
Fee(s): FREE; reservations requested

Game Day
Cards? Mahjong? Jigsaw puzzles? Tripoley? Grab your friends or make new ones as we play the afternoon away.

Day(s): Friday
Time: 1:30 PM - 3:00 PM
Place: C&RC as posted
Age Requirement: Adult
Fee(s): FREE; reservations requested

ACCESS and Port Authority Senior Citizen Program
Applications for the Port Authority Senior Citizen program and ACCESS Transportation are available at the Community & Recreation Center. Application must be made in person at the C&RC during business hours Monday through Friday. Proof of age and Allegheny County residency is required at the time of application.

Registration for the Community & Enrichment Programs must be completed a minimum of 5 business days prior to class start date.
Pickleball Play
It’s the hottest racquet sport around, and it’s perfect for those 50 and above. Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is a combination of tennis, badminton, ping pong and racquetball, and is one of the fastest growing sports in America. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.
Day(s): Tuesday/ Thursday
Time: 1:30 PM - 3:00 PM
Place: C&RC Gym
Age Requirement: Adult
Fee(s): $25 Punch card for 10 sessions, USC Resident or C&RC member or drop-in fee of $3.00 per session
$35 punch card for Surrounding Community non-member or drop-in fee of $4.00 per session

Shakespeare Seminar
Join retired USC high school English teacher Jane Hollman in a study of Shakespeare. This term’s play is the comedy, "Twelfth Night."
Day(s): Thursday
Date(s): Fall Session - October 2–November 6
Spring Session - TBA
Time: 1:00 PM - 3:00 PM
Place: C&RC as posted
Age Requirement: Adult
Fee(s): FREE

Driver Education for Older Drivers (55 Years of Age and Over)
DRIVER IMPROVEMENT REFRESHER COURSE
Presented by SENIORS FOR SAFE DRIVING, the one day program (4 class hours) is designed especially for seniors. Seniors can refresh their driving techniques, develop positive driving attitudes, and regain lost confidence. Participants can save 5% of their total premium for a period of three years. This one-day program is considered a refresher program and may only be attended by those individuals who have completed a two-day program in the past.
Note: These rules are established by the Pennsylvania Department of Transportation, not by Seniors For Safe Driving. Our program is certified by the Pennsylvania Department of Transportation. Sorry, no exceptions.
Days/Dates: Session I - Thursday, September 18
Session II - Thursday, December 11
Time: 9:00 AM - 1:00 PM
Place: C&RC as posted
Age Requirement: 55 years of age and older
Fee(s): $15.00 per person***
***Please register through Seniors for Safe Driving at www.sfsd-pa.com or call (724) 283-0245 or (800) 559-4880.

Saturday Social: A Dance Party
The fall Saturday Social is afternoon party for all boomers and beyond--age 50 and up. Attendees are invited to dance the afternoon away to music from various decades and to enjoy professional performances, appetizers and desserts, and the assistance of attentive dance hosts. Attire is dressy casual to semi-formal. This no-partner-required event is kindly co-sponsored by Yes, You Can Dance! Advance registration preferred.
Day(s): Saturday
Date(s): November 1
Time: 2:00 PM - 4:00 PM
Place: C&RC Community Rooms
Age Requirement: Adult
Fee(s): $8.00 per person
The Community & Recreation Center at Boyce Mayview Park contains a wide range of amenities and programs for both children and adults. Amenities include:

- **Indoor Aquatic Center**
  - Leisure pool with play structure and slides
  - 4 lane lap pool
  - Spa
  - Resistance channel

- **Outdoor Aquatic Center**
  - Leisure pool with play structure and slides
  - Lily pad walk
  - Covered picnic pavilions

- Fully equipped fitness floor
- 1/8 mile indoor walking track
- Group exercise studios
- Two basketball courts

### MEMBERSHIPS

C&RC memberships are open to both USC residents and residents of surrounding communities. The following membership options are available in one year or three month contracts:

- **Youth**—ages 2-17 years of age
- **Adult**—ages 18-61 years of age
- **Family**—includes all members of the immediate family (children under the age of 22) living within the same household
  - *Extended relatives (in-laws, cousins, etc.) cannot be included in this package.
- **Senior**—age 62 years of age and older

To learn more about membership options and rates, please contact 412.221.1099 Ext. 607 or 622.

### PLAYROOM

The Playroom accepts children age 8 weeks to 10 years old. Individual visits, punch cards and monthly childcare punch cards are available for purchase at the Control Desk. Children will be accepted on a first-come first-served basis until the maximum capacity is reached.

**Monday - Friday** 8:00 PM - 12:00 PM & 4:00 PM - 8:30 PM
**Saturday** 8:00 PM - 12:00 PM

### CELEBRATE AT THE C&RC

What better way to be safe, have fun and learn than to host your next event in one of our pool-side party rooms or beautifully appointed Community Rooms.

All rentals include a party greeter, access to the requested rooms as well as any amenities specified in the contract. All paper products, food, etc. shall be provided by the renter.

**Aqua Party Room Rental**

Aqua Party Rooms are available Monday, Wednesday, and Friday evening or Saturday and Sunday afternoon. Each room has seating for 25, and a maximum capacity of 30 people (adults & children). For more information regarding room availability and rates, please call 412.221.1099 Ext. 613.

*Please note: Party guests are permitted to use the indoor leisure pool and resistance channel. Use of any other facility amenities including the indoor lap pool, spa, outdoor pool, and gymnasium are prohibited.

**Community Room Rental**

Community Rooms are rented per individual room, but two or three rooms can combined to create a larger rental space. Private parties require a two hour minimum and business rentals require a one hour minimum. Occupancy and pricing is based on the needs of the event.

C&RC after hour rentals are available and are subject to availability. Additional fees apply. For more information regarding room availability and rates, please call 412.221.1099 Ext. 613.

**Complete Players Basketball Party**

Party package includes one hour of gym time with former professional Chaz McCrommon, and one hour of Community Room rental for up to 20 guests. Parties can only be scheduled April - November. Please call 412.221.1099 Ext. 613 for availability and rates.

**Frequently Asked Questions**

**Is there a security deposit required?**

Yes. A security deposit of $100 per room (plus the room rental fee) is required at the time the rental contract is confirmed.

**May I have food at my party?**

Yes. Food and drinks are permitted in all room rentals. (Note: Food and drinks are not permitted in the indoor pool area and gymnasium.) *Alcohol is not permitted.

**May I arrive early to set-up my party?**

Yes. The renter is allotted 30 minutes for set-up and 15 minutes for clean-up on the day of the party. The party greeter will enforce these requirements and additional charges apply at the hourly rate if time is exceeded.
Aquatic Group Exercise Information

Registration
- Registration for classes is available prior to the start of each session. Once the session starts, members can register for the current session, but will pay for the entire session; no prorating.

<table>
<thead>
<tr>
<th></th>
<th>C&amp;RC Member</th>
<th>USC Resident Non-Member</th>
<th>Surrounding Community Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$6 per class</td>
<td>$8 per class</td>
<td>$10 per class</td>
</tr>
</tbody>
</table>

*Participants must register for the entire 4 week session to receive rates listed above.

Aquatic Coupons
- Aquatic Coupons can be purchased and redeemed for entrance into all paid water exercise classes.
- All coupons are sold in booklets of four.

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<thead>
<tr>
<th></th>
<th>C&amp;RC Member</th>
<th>USC Resident Non-Member</th>
<th>Surrounding Community Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$32 ($8 per class)</td>
<td>$40 ($10 per class)</td>
<td>$48 ($12 per class)</td>
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</tbody>
</table>

Drop-in for Paid Classes
- Drop-Ins are permitted the day class is scheduled provided slots are available.
- Upon arriving to class, participants must present receipt to the instructor.

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<thead>
<tr>
<th></th>
<th>C&amp;RC Member</th>
<th>USC Resident Non-Member</th>
<th>Surrounding Community Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$10 per class</td>
<td>$12 per class</td>
<td>$14 per class</td>
</tr>
</tbody>
</table>

SAVE THE DATE

Plunge with the Pumpkins
Saturday, November 8, 2014
11:00 AM - 1:30 PM
Why walk through a pumpkin patch when you can swim in one?! All ages will enjoy swimming through a sea of floating pumpkins in the indoor pool’s resistance channel. Children under 48 inches tall or in a lifejacket are required to have a parent in the water within arm’s reach at all times. Fee: $5 per participant

Group Exercise Holiday Session
- Discounted drop-in rates for all paid classes
- 25% off all regular priced Aquatic, Fitness & Cycling Coupon Books

Group Exercise Free Trial Week
January 5 - 10, 2015
- All group exercise classes are free for members and non-members.

Diaper Policy
In an effort to keep our pools clean of fecal matter, infants and toddlers are required to wear swim diapers or plastic pants. This requirement is for the health and safety of all patrons. Swim diapers may be purchased at the control desk for $1.00.

A Note to Parents
Our lifeguards are highly trained to ensure that our facility is safe and enjoyable for all members and guests. However, they are not babysitters. Parents are expected to watch their children at all times and assist in enforcing the policies of the C&RC for the safety and enjoyment of all members and guests.

Aquatic Department Policies:
- Proper swim attire is required. Cut-off shorts are not permitted in the pool.
- Infants and non-potty trained children MUST wear swim diapers with snug fitting elastic waistband and leg openings.
- Only US Coast Guard approved life-jackets are to be used in the Aquatics Center. INFLATABLE FLOTATION DEVICES are NOT Permitted.
- Diving is prohibited in the Aquatic Center.
- All non-swimmers and children under 48” should be within arm’s reach of a supervising adult unless in 24” of water or less.
- Due to the high water temperature (101-104) of the spa, there is a 15 minute time limit. Please refrain from submerging your head or performing aerobic activities in the spa.

Aquatic Department Age Requirements:
- Children under the age of 10 must be supervised by an adult in the pool area at ALL times.
- Children under the age of 10 years old are NOT permitted in the Spa. Children ages 10 to 13 years old (under age 14) must be accompanied by an adult in the Spa at ALL times.

AQUATICS
American Red Cross Swim Lessons

### Parent and Child Aquatics

<table>
<thead>
<tr>
<th>Level</th>
<th>Prerequisites</th>
<th>Skills Taught</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>6 months- approx. 3 years old</td>
<td>Water familiarization and swimming readiness. Provide safety information for parents and teach techniques parents can use to orient their children to the water.</td>
</tr>
<tr>
<td>Level 2</td>
<td>6 months- approx. 3 years old</td>
<td>Improve skills learned in Parent and Child Aquatics Level 1 and teach more advanced skills. Continue to build water safety knowledge.</td>
</tr>
</tbody>
</table>

**Weekday Classes** (6 classes per session)

- **Parent and Child Level 1**
  - **Day(s):** T/TH
  - **Time:** 10:00 AM - 10:30 AM, 6:00 PM - 6:30 PM
  - **Age Requirement:** 6 months - 3 years

- **Parent and Child Level 2**
  - **Day(s):** T/TH
  - **Time:** 10:30 AM - 11:00 AM, 6:30 PM - 7:00 PM
  - **Age Requirement:** 6 months - 3 years

**Parent & Baby Water Exercise**

This unique, playful class is designed for parents to workout with their children (ages 6-30 months). Our instructor will lead parents through a variety of water aerobics-based exercises that use your child combined with the water’s natural resistance to achieve a total body workout.

- **Day(s):** Monday & Wednesday
- **Date(s):** Fall Session I: August 25 - September 17 (no class 9/1)
  - Fall session II: September 22 - October 15
  - Fall Session III: October 20 - November 12
  - Fall Session IV: November 17 - December 10
  - Winter Session I: January 12 - February 4
  - Winter Session II: February 9 - March 4
  - Winter Session III: March 9 - April 1
- **Time:** 10:15 AM - 10:45 AM
- **Place:** Resistance Channel
- **Age Requirement:** 6-30 months
- **Fee(s):** Free for Members

**Fees:**
- $36.00 Member per session
- $57.00 Resident Non-Member per session
- $72.00 Surrounding Community Non-Member per session

**Saturday Classes** (6 classes per session)

- **Parent and Child Level 1**
  - **Day(s):** T/TH
  - **Time:** 10:00 AM - 10:30 AM
  - **Age Requirement:** 6 months - 3 years

- **Parent and Child Level 2**
  - **Day(s):** T/TH
  - **Time:** 10:30 AM - 11:00 AM
  - **Age Requirement:** 6 months - 3 years

**PLEASE NOTE:**
Schedule will be posted online [www.twpusc.org](http://www.twpusc.org)
Preschool Ages 4 - 5

*Indicates a mini-session, fees are reduced.

**Weekday Classes**

**Fall Session I:** September 8 - October 2

**Fall Session II:** October 13 - November 11
   (No class 10/27 and 10/28)

**Fall Session III:** November 17 - December 16
   (No class 11/29 and 12/27)

**Winter Session I:** January 5 - January 29

**Preschool Level 1**

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<thead>
<tr>
<th>Day(s)</th>
<th>Time</th>
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<tbody>
<tr>
<td>M/W</td>
<td>9:30 AM - 10:00 AM</td>
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<tr>
<td>T/H</td>
<td>1:00 PM - 1:30 PM</td>
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<tr>
<td>T/H</td>
<td>5:00 PM - 5:30 PM</td>
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**Preschool Level 2**

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<th>Day(s)</th>
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<tr>
<td>M/W</td>
<td>10:00 AM - 10:30 AM</td>
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<tr>
<td>T/H</td>
<td>1:30 PM - 2:00 PM</td>
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<tr>
<td>T/H</td>
<td>5:30 PM - 6:00 PM</td>
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**Preschool Level 3**

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<th>Day(s)</th>
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<td>M/W</td>
<td>10:30 AM - 11:00 AM</td>
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<tr>
<td>T/H</td>
<td>2:00 PM - 2:30 PM</td>
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<tr>
<td>T/H</td>
<td>6:00 PM - 6:30 PM</td>
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**Advanced Preschool**

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<tr>
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<td>6:00 PM - 6:30 PM</td>
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<tr>
<td>T/H</td>
<td>12:30 PM - 1:00 PM</td>
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**Saturday Classes**

**Fall Session I:** September 13 - November 1

**Fall Session II:** November 15 - January 17
   (No class 11/29 and 12/27)

**Winter Session I:** January 31 - March 21

**Preschool Level 1**

<table>
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<tr>
<th>Day(s)</th>
<th>Time</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>9:00 AM - 9:30 AM</td>
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<tr>
<td>Saturday</td>
<td>9:30 AM - 10:00 AM</td>
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**Preschool Level 2**

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<th>Day(s)</th>
<th>Time</th>
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<tbody>
<tr>
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<tr>
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**Preschool Level 3**

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<td>Saturday</td>
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**Advanced Preschool**

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<th>Day(s)</th>
<th>Time</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>11:00 AM - 11:30 AM</td>
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**Preschool Fees**

(8 classes per session)

- $79.00 Member per session
- $95.00 Resident Non-Member per session
- $117.00 Surrounding Community Non-Member per session

**Weekday Mini Session Fees** (4 classes):

- $40.00 Member per session
- $48.00 Resident Non-Member per session
- $59.00 Surrounding Community Non-Member per session
### Youth Group Swim Lessons

#### Youth Ages 6 - 13

*Indicates a mini-session, fees are reduced.

#### Weekday Classes

<table>
<thead>
<tr>
<th>Level</th>
<th>Prerequisites</th>
<th>Skills Taught</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1: Introduction to Water Skills</td>
<td>6 years old and up</td>
<td>Blowing bubbles through mouth and nose. Opening eyes underwater and retrieving objects. Front and back glide 2 body lengths (assisted). Back float. Arm and hand treading action. Alternating and simultaneous arm and leg action on front and back 2 body lengths.</td>
</tr>
<tr>
<td>Level 2: Fundamental Aquatic Skills</td>
<td>6 years old and up Travel 5 yards (walk, swim, or using wall) Bob 5 times Glide on front 2 body lengths, roll to back float for 5 seconds, recover vertically (assisted)</td>
<td>Submerge under water 10 seconds. Rotary breathing. Front and Back glide two body lengths. Front and back floating. Arm and leg treading action. Combined arm &amp; leg actions on front &amp; back 5 body lengths.</td>
</tr>
<tr>
<td>Level 3: Stroke Development</td>
<td>6 years old and up Tread or float 15 seconds, swim on front or back 5 body lengths, and recover vertically Back float 15 seconds, roll to front and swim 5 body lengths, roll to back for 15 seconds, recover vertically</td>
<td>Dive from sitting and kneeling position. Survival floating. Treading 1 minute. Front crawl, back crawl, and elementary backstroke 15 yards. Breaststroke and dolphin kick.</td>
</tr>
</tbody>
</table>

#### Saturday Classes

- **Level 1 - Introduction to Water Skills**
  - **Day(s):** Sat.
  - **Time:** 10:00 AM - 10:40 AM

- **Level 2 - Fundamental Aquatic Skills**
  - **Day(s):** Sat.
  - **Time:** 10:45 AM - 11:25 AM

- **Level 3 - Stroke Development**
  - **Day(s):** Sat.
  - **Time:** 11:15 AM - 11:55 AM

- **Level 4 - Stroke Improvement**
  - **Day(s):** Sat.
  - **Time:** 9:45 AM - 10:25 AM

- **Level 5 - Stroke Refinement**
  - **Day(s):** Sat.
  - **Time:** 9:00 AM - 9:40 AM

- **Level 6 - Skills and Proficiency**
  - **Day(s):** Sat.
  - **Time:** 11:30 AM - 12:10 PM

#### Youth Fees

**Weekday Mini Session Fees** (4 classes): $36.00 Member per session $44.00 Resident Non-Member per session $59.00 Surrounding Community Non-Member per session

**Youth Fees** (8 classes per session): $72.00 Member per session $87.00 Resident Non-Member per session $117.00 Surrounding Community Non-Member per session
Private Swim Lessons
Private swim lessons are available for all ages (children and adults) through the Aquatics Department at the C&RC. Each lesson is one half hour in length, and will be scheduled based on both the participant and instructors availability.
To register for private lessons, please stop by the registration window at the C&RC, and complete a Private Swim Lesson Registration & Agreement Forms. Once complete, you will be contacted to confirm the date(s), time(s), and instructor for your lesson(s).
For more information, please contact Samantha Muti at ext. 614.

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<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
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<tr>
<td>20 Lessons</td>
<td>$540</td>
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Adult Learn to Swim: Improving Skills and Swimming Strokes
Geared towards intermediate swimmers, this Swimming class offers new swim workouts every day. This course is designed to improve participants’ proficiency in basic aquatic skills and strokes. This class will also assist swimmers in learning to build endurance. Participants should have some understanding of freestyle, backstroke, and/or breaststroke. Ideal candidates for the class should also be comfortable swimming more than one length of the pool at a time.
Maximum participants per class: 6
Day(s): Tuesday/Thursday
Date(s): Fall Session I: September 9- October 30
        Fall Session II: November 4- January 6
        (no class 11/27, 12/25, and 1/1)
Winter Session I: January 13- March 5
Winter Session II: March 10- March 26* (mini session 6 classes)
Time: 7:30 AM - 8:15 AM
Age Requirement: 16 Years Old
Fee(s): $70.00 Member per session
        $99.00 Non-Member per session
*Mini Session Fee(s) - 6 classes: $26.00 Member per session
        $37.00 Non-Member per session

Adult Aquatic Programs

ADULT AQUATIC PROGRAMS

Adult Learn to Swim: Learning the Basics
This course is designed to help participants gain basic aquatic skills and swimming strokes. Participants will learn skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency.
Day(s): Tuesday/Thursday
Date(s): Fall Session I: September 9 - October 2
        Fall Session II: October 14 - November 11
        (No class 10/28)
Winter Session I: January 6 - January 29
Winter Session II: February 10 - March 5
Winter Session III: March 17 - March 26* (mini session)
Time: 9:00 AM - 9:45 AM
Place: Indoor Aquatics Pool - Lane 1
Age Requirement: 16 Years Old
Fee(s): $70.00 Member per session
        $84.00 Resident Non-Member per session
        $115.00 Surrounding Community Non-Member per session

Fitness Swimming for Adults (Morning)
Perfect for tri-athletes and former competitive swimmers, the Fitness Swimming class offers new swim workouts each morning. While endurance is the primary goal of this class, our instructor will also be available to correct stroke technique and suggest drills for further improvement. Participants should be proficient in freestyle, backstroke, and breast stroke, and be able to swim a minimum of 300 yards continuously.
Maximum participants per class: 6
Day(s): Tuesday/Thursday
Date(s): Fall Session I: September 9 - October 30
        Fall Session II: November 4 - January 6
        (no class 11/27, 12/25, and 1/1)
Winter Session I: January 13 - March 5
Winter Session II: March 10 - March 26* (mini session 6 classes)
Age Requirement: 16 Years Old
Time: 6:00 AM - 7:00 AM
Fee(s): $70.00 Member per session
        $99.00 Non-Member per session
*Mini Session Fee(s) - 6 classes: $26.00 Member per session
        $37.00 Non-Member per session

Fitness Swimming for Adults (Evening)
Maximum participants per class: 6
Day(s): Tuesday/Thursday
Date(s): Fall Session I: September 9 - October 30
        Fall Session II: November 4 - January 6
        (no class 11/27, 12/25, and 1/1)
Winter Session I: January 13 - March 5
Winter Session II: March 10 - March 26* (mini session 6 classes)
Age Requirement: 16 Years Old
Time: 7:30 PM - 8:30 PM
Fee(s): $70.00 Member per session
        $99.00 Non-Member per session
*Mini Session Fee(s) - 6 classes: $26.00 Member per session
        $37.00 Non-Member per session
**Scuba Diving**
If you've always wanted to learn how to scuba dive, discover new adventures, or simply see the wondrous world beneath the waves, this is where it starts. In addition to all the skills needed for PADI Open Water Diver certification, our course includes information on equipment selection and popular diving destinations. For additional information, please contact our Instructor Scott, 412-913-3288.

**Day(s):** Wednesdays - Rolling Enrollment  
**Age Requirement:** 15 Years Old (10 Years Old if taking the class with an adult)  
**Time:** 6:00 PM - 9:00 PM  
**Fee(s):** $350.00 plus course materials & open water dives

**Scuba Diving Review Course**
Do you feel like your scuba skills and knowledge are a bit rusty? The Scuba Review Course is just what you need. It reacquaints you with diving so that you're back to feeling comfortable in the water again. For additional information, please contact our Instructor Scott, 412-913-3288.

**Day(s):** Wednesdays - Rolling Enrollment  
**Age Requirement:** 15 Years Old (10 Years Old if taking the class with an adult)  
**Time:** 6:00 PM - 9:00 PM  
**Fee(s):** $50.00

**Snorkeling**
Snorkeling is a wonderful sport that almost anyone can do wherever there is water. Even if you already know how to snorkel, this class can help you to make the most out of your snorkeling experience. Two sessions are available:

- **Single Session Class:** Students will learn the best ways to don your gear, use proper breathing techniques, clear your snorkel, move through the water with a minimal effort, perform a shallow dive, and improve kick efficiency.

- **Two Session Class:** Students will continue to practice and refine the skills learned in Session I, and learn more advanced techniques that will increase the overall experience. For additional information, please contact our Instructor Scott, 412-913-3288.

**Day(s):** Wednesdays - Rolling Enrollment  
**Age Requirement:** 15 Years Old (10 Years Old if taking the class with an adult)  
**Time:** 6:00 PM - 9:00 PM  
**Fee(s):** $40.00 Single Session Class**  
**$60.00 Two Session Class**

**Aqua Interval**
Participants in this class will continuously rotate through aerobic and strengthening exercises in this heart-pumping cardiovascular workout. This class can be modified to accommodate the intensity levels of all participants; it is suitable for all levels.

**Day(s):** Monday/Wednesday  
**Date(s):** Fall Session I: August 25 - September 17 (No class 9/1)  
Fall Session II: September 22 - October 15  
Fall Session III: October 20 - November 12  
Fall Session IV: November 17 - December 10  
Winter Session I: January 12 - February 4  
Winter Session II: February 9 - March 4  
Winter Session III: March 9 - April 1  
**Time:** 7:15 PM - 8:00 PM  
**Place:** Indoor Lap Pool  
**Age Requirement:** Adult  
**Fee(s):** $48.00 Member per session  
$64.00 Resident Non-Member per session  
$80.00 Surrounding Community Non-Member per session

**Aqua Motion**
A fun, functional, fast paced water class that accommodates participants from all levels. This class incorporates cardiovascular and strength training along with flexibility and balance training to give you a well-rounded workout. Special attention is paid to those with pre-existing conditions who are looking to increase their overall fitness level.

**Day(s):** Monday/Wednesday  
**Date(s):** Fall Session I: August 25 - September 17  
(No class 9/1)  
Fall Session II: September 22 - October 15  
Fall Session III: October 20 - November 12  
Fall Session IV: November 17 - December 10  
Winter Session I: January 12 - February 4  
Winter Session II: February 9 - March 4  
Winter Session III: March 9 - April 1  
**Age Requirement:** Adult  
**Time:** 9:30 AM - 10:15 AM  
**Fee(s):** $48.00 Member per session  
$64.00 Resident Non-Member per session  
$80.00 Surrounding Community Non-Member per session
Deep Sea Aerobics
This is a challenging high intensity workout exclusively in the deep end of the pool. Flotation belts are used to keep you afloat while you perform aerobic & resistance training and increase balance, flexibility and core strength.
**Day(s):** Friday
**Date(s):** Fall Session I: August 29 - September 19  
Fall Session II: September 26 - October 17  
Fall Session III: October 24 - November 14  
Fall Session IV: November 21 - December 12  
Winter Session I: January 16 - February 6  
Winter Session II: February 13 - March 6  
Winter Session III: March 13 - April 3
**Age Requirement:** Adult
**Time:** 10:00 AM - 10:45 AM
**Fee(s):** $24.00 Member per session  
$32.00 Resident Non-Member per session  
$40.00 Surrounding Community Non-Member per session

Hydro Strength
Class participants will focus on a total body strengthening routine which uses multiple pieces of resistance training equipment.
**Day(s):** Tuesday/ Wednesday/Thursday
**Date(s):** Fall Session I: August 26 - September 18  
Fall Session II: September 23 - October 16  
Fall Session III: October 21 - November 13  
Fall Session IV: November 18 - December 11  
(Winter Session I: January 13- February 5  
Winter II: February 10 - March 5  
Winter III: March 10 - April 2
**Age Requirement:** Adult
**Time:** Tuesday 11:00 AM - 11:30 AM  
Wednesday 10:30 AM - 11:00 AM  
Thursday 11:00 AM - 11:30 AM
**Fee(s):** Free to C&RC Members

Aqua Blast
A fast-paced, challenging water workout, participants will perform a wide range of cardio and resistance training exercises to increase their heart rate and burn calories.
**Day(s):** Tuesday/Thursday
**Date(s):** Fall Session I: August 26 - September 18  
Fall Session II: September 23 - October 16  
Fall Session III: October 21 - November 13  
Fall Session IV: November 18 - December 11  
(Winter Session I: January 13 - February 5  
Winter II: February 10 - March 5  
Winter III: March 10 - April 2
**Age Requirement:** Adult
**Time:** 10:00 AM - 10:45 AM
**Fee(s):** $48.00 Member per session  
$64.00 Resident Non-Member per session  
$80.00 Surrounding Community Non-Member per session

Water Walking
A great alternative for anyone who frequently walks indoors or outdoors, participants in this class will utilize a variety of aerobic movements to push against the water’s natural resistance.
**Day(s):** Monday/ Thursday/ Friday
**Date(s):** Fall Session I: August 25 - September 19 (No class 9/1)  
Fall Session II: September 22 - October 17  
Fall Session III: October 20 - November 14  
Fall Session IV: November 17 - December 12  
Winter Session I: January 12 - February 6  
Winter Session II: February 9 - March 6  
Winter Session III: March 9 - April 3
**Age Requirement:** Adult
**Time:** Monday 9:00 AM - 9:30 AM  
Thursday 6:30 PM - 7:00 PM  
Friday 9:30 AM - 10:00 AM
**Fee(s):** Free to C&RC Members

Gentle Movement
Based off of guidelines set by the Arthritis Foundation, this is a gentle yet effective water class that takes place in both the shallow and deep ends of the pool. This class focuses on range of motion exercises for the joints and improving stamina and flexibility/balance in a very safe, low impact environment.
**Day(s):** Monday/ Friday
**Date(s):** Fall Session I: August 25 - September 19 (No class 9/1)  
Fall Session II: September 22 - October 17  
Fall Session III: October 20 - November 14  
Fall Session IV: November 17 - December 12  
Winter Session I: January 12 - February 6  
Winter Session II: February 9 - March 6  
Winter Session III: March 9 - April 3
**Time:** 11:00 AM - 11:45 AM
**Age Requirement:** Adult
**Fee(s):** $48.00 Member per session  
$64.00 Resident Non-Member per session  
$80.00 Surrounding Community Non-Member per session

Aqua Boot Camp
If you’re looking for a great jump-start to your usual routine, aqua boot camp is the answer. Classes will be held in both shallow and deep water, and will combine a variety of fast paced, high intensity aerobic movements.
**Day(s):** Saturday
**Date(s):** Fall Session I: August 30 - September 20  
Fall Session II: September 27 - October 18  
Fall Session III: October 25 - November 15  
Fall Session IV: November 22 - December 13  
Winter Session I: January 17 - February 7  
Winter Session II: February 14 - March 7  
Winter Session III: March 14 - April 4
**Age Requirement:** Adult
**Time:** 6:45 AM - 7:45 AM
**Fee(s):** Free to CRC Members
Lifeguard Swim Prerequisite Prep Course

If you want to start your lifeguard career, but need help developing the swimming skills and endurance needed to pass the American Red Cross lifeguard course prerequisites, then this is the class for you. In a small group or individual setting, each participant will be evaluated and instructed on stroke techniques, breathing techniques and endurance training specific to passing all of the entry requirements for their class.

Day(s): Wednesday
Date(s): Session I: October 15 – October 29
         Session II: January 21 – February 4
         Session III: February 18 – March 4
Time:  5:15 PM - 6:00 PM
Age Requirement: 15 Years Old
Fee(s):  $35.00
Participants will receive $15 off the price of the lifeguarding class (must be taken by Tuesday, March 10, 2015)
***Note: if only one participant is registered, the instructor will only conduct a half hour session***

Lifeguard Course

Prerequisites-
Minimum age of 15 and bring a copy of a driver’s license, state identification, birth certificate or passport to first class to verify age; swim 300 yards (12 lengths of pool) continuously using front crawl and breaststroke; start in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-lb object, return to the surface, swim 20 yards back to starting point with the object, exit the water without using a ladder or steps, within 1 minute, 40 seconds; tread water for 2 minutes using legs only.
The 2012 ARC Manual is required for all class dates. You may buy a hard copy of the book or you can download a free copy of the book at www.americanredcross.org.

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<th>Session 1</th>
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***Must attend ALL classes, pass all writing exams (minimum of 80%), perform all required skills with 100% accuracy, and pass final scenario to complete certification ***

Course Length: Approximately 25 hours
Certification: Lifeguarding/First Aid: 2 years; CPR/AED for the Professional Rescuer: 2 years
Fee(s): $200 Member without book, or $232 w/book
       $235 Resident Non-member without book, or $267 w/book
       $255 SCNM without book, or $287 w/book
Lifeguard Review

Requirements-
- Participant will receive Lifeguarding, First Aid, CPR & AED certification
- Certification valid for 2 years
- **Must have a current ARC Lifeguard certification**
  **Proof of certification is required on first day of the review. If certification is expired, please register for full Lifeguard Course.**
- Must pass the all pre-test requirements for the Lifeguard Course
- Perform all required skills with 100% accuracy
- Pass a written test with a score of at least 80%
- Must attend both classes of the session, pass all writing exams, and perform all required skills with 100% accuracy to complete certification.
- The 2012 ARC Manual is required for all class dates. You may buy a hard copy of the book or you can download a free copy of the book at [www.americanredcross.org](http://www.americanredcross.org).

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**Fee(s):** $150 Member without book, or $182 w/book  
$170 Resident Non-Member without book, or $203 w/book  
$185 SCNM without book, or $217 w/book  
**Place:** Indoor Aquatics Lap Pool – Lane 4

Water Safety Instructor Course

This course is not designed to teach you basic-level swimming skills. It is dedicated to developing the knowledge and skills you will need to plan and teach courses in the American Red Cross Swimming and Water Safety program. To enroll, participants must be at least 16 years of age, and must pass a pre-course skill assessment consisting of a 25 yard swim using each of the following strokes: Crawl Stroke, Back Crawl, Breaststroke, Sidestroke, Elementary Backstroke and Butterfly (15 yards).

**Date(s):** Tuesday, December 16th - 10:00 AM to 4:00 PM  
Wednesday, December 17th - 10:00 AM to 4:00 PM  
Thursday, December 18th - 10:00 AM to 4:00 PM  
Friday, December 19th - 10:00 AM to 4:00 PM

**Fee(s):**  
$150 Member plus $35 for the Red Cross online fee  
$175 USC Resident, Non-Member plus $35 for the Red Cross online fee  
$195 Surrounding Community, Non-Member plus $35 for the Red Cross online fee

**Participants must attend all classes, without exception.**  
Additional 6.75 hours of online class work is required prior to class completion. Additional times may be included depending upon class pace and size.

Lifeguard Instructor Course

Lifeguard Instructor (LGI) candidates must be 17 years of age, able to demonstrate 300-yards continuous swim, using the front crawl and breaststroke; retrieve a 10-lbs weight from 7-feet of water, swim 20-yards; with legs only tread water with hands out of water for two minutes. Lifeguard Instructor (LGI) candidates must be able to demonstrate proficient Lifeguard Training, CPR/AED for the Professional Rescuer, Standard First Aid, land and water skills, and pass a pre-course written exam with a score of at least 80 percent.

**NOTE:** Instructor candidates must have current basic certifications in the following: Lifeguarding, Standard First Aid, and CPR/AED for the Professional Rescuer. Proof of current basic certifications is required on the first day of class.

**Registration Deadline: March 16th.**

**Date(s):** Thursday, March 19, 8:00 AM – 6:30 PM  
Friday, March 20, 8:00 AM – 6:30 PM

**Fee(s):** $300.00 plus $35 for the Red Cross online fee  
**Place:** Indoor Aquatics Pool – Lane 4

***Must attend all classes, pass all writing exams, and perform all required skills with 100% accuracy to complete certification***
General Fitness Department Policies:
- Cell phone usage is prohibited in the fitness area.
- A 30min time limit on cardio equipment will be enforced during busy hours.
- Strollers are not permitted on the track at any time.
- Personal training is offered by certified C&RC Staff. Non-township approved training is prohibited in all areas of the C&RC.
- We ask all members to clean equipment after each use with cleaning wipes located throughout the fitness area.

Fitness Department Age Guidelines:
- 10-17 year olds are required to sign-in upon entering the fitness areas. 10-13 year olds must be directly supervised by a parent/guardian age 18yrs or older.
- 14-17 year olds must complete Intro to Strength Training Program prior to using strength equipment, both selectorized and free weights.

Fitness Department Attire Guidelines:
- Family friendly attire is required in the fitness dept. The mid-section (abs/lower back and chest) must be covered at all times.
- Tennis shoes or appropriate closed-toe and closed-heel work-out shoes are required. Neither street shoes nor black-soled shoes of any kind are permitted in the GYM, with the exception of non-marking black-soled shoes.

General Group Exercise Information
- Classes are designed for participants age 16 and older. Individuals age 14-15 years old must have a parent present to participate.
- Arrive to class on-time or no later than 10 minutes past in order to not disrupt the flow of class.
- Class space participation limits: Gymnasium - 40, Studios - 21. Additional participation limits established by available equipment.
- Free classes are filled on a first-come, first-served basis at the time of the class.
- If you are new to group exercise, introduce yourself to the instructor and remember to go at your own pace.
- All bags, coats, and other personal items are to be placed in hallway or locker-room lockers.
- All group exercise classes are scheduled in 4 week sessions unless otherwise noted.

Registration:
- Registration for classes is available prior to the start of each session. Once the session starts, members can register for the current session, but will pay for the entire session; no prorating.
- Registered members in classes with limited space will forfeit their spot if late arrival to classes exceeds 5 min.

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<tr>
<th></th>
<th>Cycling</th>
<th>Fitness Classes</th>
<th>Pilates Reformer</th>
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<tbody>
<tr>
<td>C&amp;RC Member</td>
<td>$4 per class</td>
<td>$6 per class</td>
<td>$16 per class</td>
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<tr>
<td>USC Resident Non-Member</td>
<td>$6 per class</td>
<td>$8 per class</td>
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<tr>
<td>Surrounding Community Non-Member</td>
<td>$8 per class</td>
<td>$10 per class</td>
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*Participants must register for the entire 4 week session to receive rates listed above.

Fitness Coupons
- Aerobic Fitness and Cycling Coupons can be purchased and redeemed for entrance into all paid group exercise classes. Aerobic Fitness coupons are for fitness classes, and cycling coupons are for cycling only. Coupons are NOT sold for Pilates Reformer.
- All coupons are sold in booklets of four.

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<tr>
<th></th>
<th>Cycling Coupon Book</th>
<th>Aerobic Fitness Coupon Book</th>
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<tbody>
<tr>
<td>C&amp;RC Member</td>
<td>$24 ($6 per class)</td>
<td>$32 ($8 per class)</td>
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<tr>
<td>USC Resident Non-Member</td>
<td>$32 ($8 per class)</td>
<td>$40 ($10 per class)</td>
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<tr>
<td>Surrounding Community Non-Member</td>
<td>$40 ($10 per class)</td>
<td>$48 ($12 per class)</td>
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Drop-in for Paid Classes
- Drop-Ins are permitted the day class is scheduled provided slots are available.
- Upon arriving to class, participants must present receipt to the instructor.

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What is Personal Training?

Personal training is one-on-one instruction where the trainer will create specific workouts to help you meet your goals. While creating this experience they will also help to educate you on proper form and exercise techniques. Our Personal Trainers have certifications from agencies accredited through the National Commission for Certifying Agencies (NCCA) or an equivalent accrediting organization.

Personal training at the C&RC is based directly on each client’s needs and goals. A Personal Trainer will:
- Assist with development of an exercise program tailored to individuals goals and needs.
- Provide you with motivation and support.
- Help you to get the most out of your session.

Personal training sessions are sold in packages of 4, 8 or 12. A 10% discount is applied to all 12 session packages.

What is Personal Training?

The focus of personal training is to assist you in establishing and attaining your goals. These goals may include, but are not limited to:
- Improving overall health and wellness
- Increasing self-confidence and energy
- Increasing strength and flexibility
- Improving balance
- Weight loss

In your initial session your personal trainer will conduct a fitness assessment and help you to define your goals.

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<tr>
<th>Member</th>
<th>Resident Non-Member</th>
<th>Surrounding Community Non-Member</th>
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<tr>
<td>$55.00</td>
<td>$60.00</td>
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Personal Training Consultation

Are you ready to take the next step toward your fitness goals? Do you need guidance in designing your exercise routine?

A consultation is a 1 hour meeting with a personal trainer where you can discuss your fitness goals and expectations. Based on this, along with your health and fitness history, the personal trainer can make recommendations on future exercise program options.

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<tr>
<td>$60.00</td>
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Express Training

Express personal training workouts are the perfect solution for those who have limited time in their day or who are not yet physically able to exercise for a longer duration. A minimum of 8 session package must be purchased.

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<th>Member</th>
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<td>$27.50</td>
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Senior Training

Senior personal training workouts are designed with the older adult in mind. Balanced workouts (to include cardiovascular, strength, flexibility and balance exercises) are created to help each individual maintain their activities of daily living as well as lead a healthy lifestyle. Must be age 62 or older.

<table>
<thead>
<tr>
<th>Member</th>
<th>Resident Non-Member</th>
<th>Surrounding Community Non-Member</th>
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<tbody>
<tr>
<td>$35.00</td>
<td>$40.00</td>
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Student Training

The focus of student training is to assist all youth ages 12-22 in developing the strength, speed, agility and flexibility required for general function and sport.

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<th>Member</th>
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<th>Surrounding Community Non-Member</th>
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<tbody>
<tr>
<td>$40.00</td>
<td>$45.00</td>
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The Trim & Fit Combo Pack

To achieve a balanced lifestyle and true success you must be physically active and have a well-rounded diet. The Trim & Fit combo package is our newest program service combining the two fundamental aspects of a balanced lifestyle; nutrition and exercise. Choosing the combo pack is the sure fire way to get the results you desire!

The Trim & Fit Combo Package can be purchased in multiples of 4; 2 personal training session and 2 nutrition consultations. The added bonus is a near 30% discount on the price of an individual nutrition consultation. Inquire about Trim & Fit Combo II.

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<tr>
<th>Member</th>
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<th>Surrounding Community Non-Member</th>
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<tbody>
<tr>
<td>$210.00</td>
<td>$230.00</td>
<td>$250.00</td>
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Additional Training Services

Additional training services and special training rates are also available.

- Small Group Training
- Kettlebell Prep
- Family Semi-private Training
SPECIALTY FITNESS PROGRAMS

Intro to Strength
In order to use the weight equipment without adult supervision, children ages 14-17 years old must take the Intro to Strength program to learn proper lifting techniques.

Days/Dates: 1st Tuesday of each month
Time: 6:00 pm - 8:00 pm
Fee(s): FREE Member

Let's Walk – Your Path to Diabetes Wellness
An introductory exercise program designed specifically for individuals with concerns about diabetes (Type 1, Type 2, Gestational, Insulin Resistance, and Family History). Reduce your fears and gain confidence regarding exercise and learn how to become your own wellness ambassador. The program is led by Diabetes Wellness Coach and Certified Personal Trainer, Michele Fennell. Class Limit: 20 participants.

Days: Monday and Wednesday
Dates: Fall Session I – August 25 – September 17 (No class 9/1) Fall Session II – September 22 – October 15 Fall Session III – October 20 – November 12 Fall Session IV – November 17 – December 10 Winter Session I – January 12 – February 4 Winter Session II – February 9 – March 4 Winter III – March 9 – April 1
Time: 10:00 AM
Fee(s): Free Member $15.00 Non Member per session

Individual Nutrition Counseling
If you’re looking to fine-tune your diet, learn smart shopping strategies, or find a new healthy recipe, a single consultation with Lindsay will prove to be exactly what you’ve been searching for!

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<th>Member</th>
<th>Resident Non-Member</th>
<th>Surrounding Community Non-Member</th>
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<tr>
<td>Fee(s)</td>
<td>$60</td>
<td>$65</td>
<td>$70</td>
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*Prices listed reflect consultation and not price of package.

Live Smarter: A Simple Approach to Nutrition
Whether you are seeking assistance in losing weight, gaining muscle, improving athletic performance, or understanding how to adopt healthier eating behaviors, Lindsay Schmitz MS RD LDN, our dietitian, can help you. We have many nutrition service options available to enable you to choose the service that is right for you.

3 month program:
- Total of 3 appointments
- One initial appointment to set goals and measure % Body Fat, height, and weight
- Two one-on-one nutrition consultations with a Registered Dietitian
- Weekly follow-up e-mails
- Individualized eating plan based on analysis of current eating behaviors and activity level as well as personal goals

Fee(s): $115

To register or learn more, please visit the C&RC. Ask about 6 Month and Couples Nutrition Program.

H.A.P.P.Y. New You
An 6 week program designed to keep you Healthy, Active, Positive and Productive all Year!

NEW THIS YEAR- 2 PROGRAM LEVELS

LEVEL A: For individuals who are new to exercise or for those who have difficulty in maintaining a regular exercise schedule.

Register as a group (maximum 5 per group) or an individual* If you register as an individual you will be placed into a group.* Free entry into the Winter Wellness Dash 1 Mile Family Walk/Run. Additional details to follow.

Time: Opening Celebration Saturday, January 3, 2015 9:30 AM-10:30 AM Meeting times will vary throughout program.
Registration Dates: Saturday, December 6, 2014- Saturday, December 27, 2014
Age Requirement: Adult
Fee(s): $75.00 Member $120.00 Non Member

LEVEL B: For individuals who currently have an exercise routine and regularly participate in group exercise classes, who are looking for an extra push.

Spring Training
Calling all recreational athletes! Put on your game face and get ready to train for your next summer event. Whether you’re preparing for an obstacle race or a trip to the beach, Spring Training will provide you with the necessary challenges to allow you to progress to a higher fitness level. This 4 week program will benefit any individual who has been currently exercising but needs that extra push to obtain their goal.

Registration Dates: Monday, March 2- Sunday, March 15, 2015
Day/Dates: Saturday, March 21 – Saturday, April 18, 2015
Time: Meeting times vary throughout the program
Age Requirement: Adult
Fee(s): $65 Member $110 Non-Member

Winter Wellness Dash
Saturday, January 3, 2015
See Events section, page 4
Thanksgiving Spin-A-Thon
The Thanksgiving Spin-a-thon is a great way to help you burn off your Thanksgiving feast. Three, 30 minute cycling classes will be offered back to back. Participate in one or all three!
Class Limit: Maximum of 15 participants per class.
Days/Dates: Friday, November 28, 2014
Time: 12:30 PM- 1:00 PM
1:00 PM- 1:30 PM
1:30 PM- 2:00 PM
Registration opens Monday, November 10, 2014
Fee(s): Donation of three (3) canned/boxed food items to South Hills Interfaith Ministries (SHIM). DONATIONS ARE REQUIRED AT TIME OF REGISTRATION

ZUMBA® Jingle Jam
Join us for a holiday ZUMBA dance party to celebrate the season. Please wear your jingle bells!
Class Limit: No maximum
Days/Dates: December TBA
Time: 11:00 AM – 12:30 PM
Fee(s): Donation to local charity (TBA)

Very Merry Mix
This class takes three of your favorite group exercise classes and puts them into a one and a half hour long workout. The Very Merry Mix will be offered two times throughout the holiday season.
Class Limit: Maximum of 60 participants per class.
Time: 10:30 AM – Noon
Registration opens Monday, December 8, 2014 (December 24th class) and Monday, December 15, 2014 (December 31st class)
Fee(s): Donation of three (3) canned/boxed food items to South Hills Interfaith Ministries (SHIM). DONATIONS ARE REQUIRED AT TIME OF REGISTRATION

GROUP EXERCISE

Group Exercise Holiday Session
Discounted drop-in rates
25% off all regular priced Aquatic, Fitness & Cycling Coupon Books

Group Exercise Free Trial Week
January 5 - 10, 2015
All group exercise classes are free for Members and Non-Members.
*Class space may be limited. Participants will be taken on a first come, first served basis.

MIND & BODY

All Levels Yoga:
Yoga is energizing, strengthening and invigorating both physically and mentally. This flow style class is GREAT for everyone. Postures will be linked with Vinyasa (flowing movement) for an energetic practice. New beginners through advanced students will enjoy the benefits of this class.
Day(s): Wednesday
Date(s): Fall Session I – August 27 – September 17
Fall Session II – September 24 – October 15
Fall Session III – October 22 – November 12
Fall Session IV – November 19 – December 10
Holiday session: December 17 only
(No classes 12/24 and 12/31)
Winter I – January 14 – February 4
Winter II – February 11 – March 4
Winter III – March 11 – April 1
Time: 9:30 AM – 10:45 AM
Place: Studio 1
Fee(s): $24.00 Member per session
$32.00 Resident Non-Member per session
$40.00 Surrounding Community Non-Member per session

Yoga Sculpt:
A total body workout designed to sculpt all major muscle groups in a calorie blasting combination of yoga and traditional strength training using small hand weights. A true total body workout, sculpt your body with plyometrics, cardio, yoga and weightlifting.
Day(s): Monday
Date(s): Fall Session I – August 25 – September 15 (No class 9/1)
Fall Session II – September 22 – October 15
Fall Session III – October 20 – November 10
Fall Session IV – November 17 – December 8
Holiday Session – December 15 – December 29
Winter Session I – January 12 – February 2
Winter Session II – February 9 – March 2
Winter Session III – March 9 – March 30
Time: 10:30 AM – 11:45 AM
Place: Studio 1
Fee(s): $24.00 Member per session
$32.00 Resident Non-Member per session
$40.00 Surrounding Community Non-Member per session
**Power Yoga**

Power yoga combines stretching, strengthening moves and basic calisthenics type exercise. Power Yoga offers continuous movement from one position to the next, creating an effective aerobic workout.

**Day(s):** Friday

**Date(s):**
- Fall Session I – August 29 – September 19
- Fall Session II – September 26 – October 17
- Fall Session III – October 24 – November 14
- Fall Session IV – November 21 – December 12
- Holiday Session - December 19 – January 2
- Winter Session I – January 16 – February 6
- Winter Session II – February 13 – March 6
- Winter Session III – March 13 – April 3

**Time:** 9:30 AM – 10:45 AM

**Place:** Studio 1

**Fee(s):**
- $24.00 Member per session
- $32.00 Resident Non-Member per session
- $40.00 Surrounding Community Non-Member per session

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**Yoga Flow**

Vinyasa style yoga. Yoga poses linked with breathing to create a continuous flow workout promoting strength and flexibility. Yoga Flow is a dynamic workout which is suitable for all fitness levels. Participants will learn movements which elongate muscles, strengthen your core, release tension, and improve posture.

**Day(s):** Tuesday

**Date(s):**
- Fall Session I – August 26 – September 16
- Fall Session II – September 23 – October 14
- Fall Session III – October 21 – November 11
- Fall Session IV – November 18 – December 9
- Holiday Session – December 16 – December 30
- Winter Session I – January 13 – February 3
- Winter Session II – February 10 – March 3
- Winter Session III – March 10 – March 31

**Time:** 6:30 PM – 7:30 PM

**Place:** Studio 1

**Fee(s):**
- $24.00 Member per session
- $32.00 Resident Non-Member per session
- $40.00 Surrounding Community Non-Member per session

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**Barre-Pilates Fusion**

This is an intense workout that combines isometrics, interval training, and classic mat Pilates to reshape and elongate the muscles. The first 30 minutes are at the barre with stretching, micro movements and sustained positions, and the following 30 minutes are on the mat. You will engage your mind and body the entire workout leaving you with improved stamina and enhancing the way you look and feel.

**Day(s):** Wednesdays and Fridays

**Date(s):**
- Fall Session I – August 27 – September 19
- Fall Session II – September 24 – October 17
- Fall Session III – October 22 – November 14
- Fall Session IV – November 19 – December 12
- Holiday Session - December 17 only
  (No classes 12/24 and 12/31)
- Winter Session I – January 14 – February 4
- Winter Session II – February 11 – March 4
- Winter Session III – March 11 – April 3

**Time:** 5:40 AM – 6:40 AM

**Place:** Studio 1

**Fee(s):** FREE Member/Guest per session

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**CORE BARRE™**

CORE BARRE™ is a beautifully designed ballet barre workout that creates strength and flexibility while sculpting, toning and redefining the body. It is based on elements of Classical Ballet, Pilates and athletic conditioning and consists of high energy, low impact and effective exercise variations that focus on precision and technique. This class is suitable for all fitness levels.

**Day(s):** Wednesday

**Date(s):**
- Fall Session I – August 27 – September 17
- Fall Session II – September 24 – October 15
- Fall Session III – October 22 – November 12
- Fall Session IV – November 19 – December 10
- Holiday Session – December 17 only
  (No classes 12/24 and 12/31)
- Winter Session I – January 14 – February 4
- Winter Session II – February 11 – March 4
- Winter Session III – March 11 – April 3

**Time:** 6:30 PM – 7:30 PM

**Place:** Studio 1

**Fee(s):** FREE Member/Guest per session
**Pilates Reformer I**

An ideal entry workout designed for all fitness levels and abilities, this workout combines beginning Pilates reformer exercises with stretches and postural patterns. Learn proper alignment and breathing techniques to maximize your workout. Strength building through controlled exercises will be sure to improve posture, flexibility and core power.

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<td>Date(s):</td>
<td>Fall Session I – August 25 – September 15 (No classes 9/1)</td>
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<td>Date(s):</td>
<td>Fall Session III – October 20 – November 10</td>
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<td>Fall Session IV – November 17 – December 8</td>
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<td>Date(s):</td>
<td>Holiday Session – December 15 – December 29</td>
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<td>Date(s):</td>
<td>Winter Session I – January 12 – February 2</td>
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<td>Date(s):</td>
<td>Winter Session II – February 9 – March 2</td>
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<td>Date(s):</td>
<td>Winter III – March 9 – March 30</td>
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<tr>
<td>Time:</td>
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<tr>
<td>Place:</td>
<td>Studio 1</td>
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<tr>
<td>Fee(s):</td>
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<td>Fee(s):</td>
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<td>$80.00 Surrounding Community Non-Member per session</td>
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<td>Winter Session II – February 10 – March 3</td>
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<td>Date(s):</td>
<td>Winter Session III – March 10 – March 31</td>
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<tr>
<td>Time:</td>
<td>10:00 AM – 11:00 AM or 1:00 PM – 2:00 PM</td>
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<td>Place:</td>
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<td>Fee(s):</td>
<td>$64.00 Member per session</td>
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<td>(No classes 12/24 and 12/31)</td>
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<td>Date(s):</td>
<td>Winter Session I – January 14 – February 4</td>
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<td>Date(s):</td>
<td>Winter Session II – February 11 – March 4</td>
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<tr>
<td>Date(s):</td>
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<tr>
<td>Place:</td>
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<td>Fee(s):</td>
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<td>Fee(s):</td>
<td>$72.00 Resident Non-Member per session</td>
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<tr>
<td>Fee(s):</td>
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<td>Date(s):</td>
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<tr>
<td>Date(s):</td>
<td>Fall Session IV - November 20 – December 11</td>
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<td>Date(s):</td>
<td>Holiday Session - December 18 only</td>
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<tr>
<td>(No classes 11/27)</td>
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<tr>
<td>Date(s):</td>
<td>Winter Session I – January 15 – February 5</td>
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<td>Date(s):</td>
<td>Winter Session II – February 12 – March 5</td>
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<td>Date(s):</td>
<td>Winter Session III – March 12 – April 2</td>
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<tr>
<td>Time:</td>
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<td>Place:</td>
<td>Studio 1</td>
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<tr>
<td>Fee(s):</td>
<td>$64.00 Member per session</td>
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<tr>
<td>Fee(s):</td>
<td>$72.00 Resident Non-Member per session</td>
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<td>Date(s):</td>
<td>Holiday Session – December 20 – January 3</td>
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<td>Date(s):</td>
<td>Winter Session I – January 17 – February 7</td>
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<td>Date(s):</td>
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<td>Fee(s):</td>
<td>$80.00 Surrounding Community Non-Member per session</td>
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Pilates Reformer II
Delivers the Pilates experience in a fun and balanced fitness workout that is perfect for intermediate to advanced participants. An effective fusion of reformer exercises with traditional weight exercises, teaching participants to work from their core and gain new body awareness and definition. This class also incorporates jump board for an added cardio/core workout. For participants with no prior or limited reformer experience, it is highly recommended and strongly encouraged to take Pilates Reformer I for a minimum of eight sessions with clearance from an instructor before participating in Pilates Reformer II.

Day(s): Tuesday

Date(s):
Fall Session I – August 26 – September 16
Fall Session II – September 23 – October 14
Fall Session III – October 21 – November 11
Fall Session IV – November 18 – December 9
Holiday Session – December 16 – December 30
Winter Session I – January 13 – February 3
Winter Session II – February 10 – March 3
Winter Session III – March 10 – March 31

Time: 9:00 AM – 10:00 AM
Place: Studio 1
 Fee(s):
$64.00 Member per session
$72.00 Resident Non-Member per session
$80.00 Surrounding Community Non-Member per session

To the next page:

TRX:
The Fitness Department is happy to announce the addition of a new group exercise workout using the TRX Suspension Trainer. The TRX system leverages gravity and your body weight to perform hundreds of exercises. This is a total body workout that helps build a strong core and increases muscular endurance.

Day(s): Thursday

Date(s):
Fall Session I – August 28 – September 18
Fall Session II – September 25 – October 16
Fall Session III – October 23 – November 13
Fall Session IV - November 20 – December 11
(No class 11/27)
Holiday Session - December 18 only
(No classes 12/25 and 1/1)
Winter Session I – January 15 – February 5
Winter Session II – February 12 – March 5
Winter Session III – March 12 – April 2

Time: 10:30 AM – 11:30 AM
Place: GYM 2
Fee(s):
$24.00 Member per session
$32.00 Resident Non-Member per session
$40.00 Surrounding Community Non-Member per session

Kettlebell / TRX Cross Training (KBX)
KBX is a high intensity fusion class that combines principles of Kettlebell training with cross training techniques using the TRX systems.

Day(s): Monday

Date(s):
Fall Session I – August 25 – September 15 (No class 9/1)
Fall Session II – September 22 – October 13
Fall Session III – October 20 – November 10
Fall Session IV – November 17 – December 8
Holiday Session – December 15 – December 29
Winter Session I – January 12 – February 2
Winter Session II – February 9 – March 2
Winter III – March 9 – March 30

Time: 6:30 PM – 7:30 PM
Place: GYM 2/Outside
Fee(s):
$24.00 Member per session
$32.00 Resident Non-Member per session
$40.00 Surrounding Community Non-Member per session
CYCLING
Let the instructor and the music motivate you over hills, jumps and flat roads for a high intensity workout that is good for all fitness levels.

Day(s): Monday or Wednesday
Date(s): Fall Session I – August 25 – September 17
         Fall Session II – September 22 – October 15
         Fall Session III – October 20 – November 12
         Fall Session IV – November 17 – December 10
         Holiday Session – December 15 – December 29
         (No classes 12/24 and 12/31)
         Winter Session I – January 12 – February 4
         Winter Session II – February 9 – March 4
         Winter session III – March 9 – April 1
Time: 5:45 AM – 6:45 AM
Place: Studio 2
Fee(s): $16.00 Member per session
        $24.00 Resident Non-Member per session
        $32.00 Surrounding Community Non-Member per session

Zumba®
Zumba® combines Latin and International music with easy to follow dance routines, featuring aerobic and fitness interval training formats. Zumba fanatics achieve long term benefits in one exhilarating hour of calorie –burning, body energizing movements meant to engage and captivate for life!

Day(s): Monday or Wednesday
Date(s): Fall Session I – August 25 – September 17
         Fall Session II – September 22 – October 15
         Fall Session III – October 20 – November 12
         Fall Session IV – November 17 – December 10
         Holiday Session – December 15 – December 29
         (No classes 12/24 and 12/31)
         Winter Session I – January 12 – February 4
         Winter Session II – February 9 – March 4
         Winter session III – March 9 – April 1
Time: 6:30 PM – 7:30 PM
Place: Studio 2
Fee(s): $24.00 Member per session
        $32.00 Resident Non-Member per session
        $40.00 Surrounding Community Non-Member per session

Kettlebell Cardio
The Kettlebell Cardio Program (KBC) was created with the intent of making kettlebell training accessible to people of all ages and fitness levels. KBC is a safe and effective method to train with a kettlebell with proper form to improve strength and cardiovascular performance.

Day(s): Wednesday
Date(s): Fall Session I – August 27 – September 17
         Fall Session II – September 24 – October 15
         Fall Session III – October 22 – November 12
         Fall Session IV – November 19 – December 10
         Holiday Session – December 17 only
         (No classes 12/24 and 12/31)
         Winter Session I – January 14 – February 4
         Winter Session II – February 11 – March 4
         Winter Session III – March 11 – April 1
Time: 10:30 AM – 11:30 AM
Place: GYM 2/Outside
Fee(s): $24.00 Member per session
        $32.00 Resident Non-Member per session
        $40.00 Surrounding Community Non-Member per session

Day(s): Friday
Date(s): Fall Session I – August 29 – September 19
         Fall Session II – September 26 – October 17
         Fall Session III – October 24 – November 14
         Fall Session IV – November 21 – December 12
         Holiday Session - December 19 – January 2
         Winter Session I – January 16 – February 6
         Winter Session II – February 13 – March 6
         Winter Session III – March 13 – April 3
Time: 10:30 AM – 11:30 AM
Place: GYM 2/outside
Fee(s): $24.00 Member per session
        $32.00 Resident Non-Member per session
        $40.00 Surrounding Community Non-Member per session
Day(s): Tuesday  
Date(s): Fall Session I – August 26 – September 16  
Fall Session II – September 23 – October 14  
Fall Session III – October 21 – November 11  
Fall Session IV – November 18 – December 9  
Holiday Session – December 16 – December 30  
Winter Session I – January 13 – February 3  
Winter Session II – February 10 – March 3  
Winter Session III – March 10 – March 31  

Time: 9:30 AM – 10:30 AM  
Place: Studio 2  
Fee(s): $16.00 Member per session  
$24.00 Resident Non-Member per session  
$32.00 Surrounding Community Non-Member per session

Day(s): Thursday  
Date(s): Fall Session I – August 28 – September 18  
Fall Session II – September 25 – October 16  
Fall Session III – October 22 – November 13  
Fall Session IV – November 19 – December 11  
(No classes 11/27)  
Holiday Session – December 18 only  
(No classes 12/25 and 1/1)  
Winter Session I – January 15 – February 5  
Winter Session II – February 12 – March 5  
Winter Session III – March 12 – April 2  

Time: 6:30 PM – 7:30 PM  
Place: Studio 2  
Fee(s): $16.00 Member per session  
$24.00 Resident Non-Member per session  
$32.00 Surrounding Community Non-Member per session

Day(s): Saturday  
Date(s): Fall Session I – August 30 – September 20  
Fall Session II – September 27 – October 18  
Fall Session III – October 25 – November 15  
Fall Session IV – November 21 – December 13  
Holiday Session – December 20 – January 3  
Winter Session I – January 17 – February 7  
Winter Session II – February 14 – March 7  
Winter Session III – March 14 – April 4  

Time: 8:00 AM – 9:00 AM  
Place: Studio 2  
Fee(s): $16.00 Member per session  
$24.00 Resident Non-Member per session  
$32.00 Surrounding Community Non-Member per session

Fitness Fusion  
This hour long workout will change format weekly. A creative blend of Zumba®, Pilates, Yoga, Piloxing, Barre, cycling, strength training, and aerobics, each week will feature a different class. The focus is to build endurance, body awareness and strength while having fun and trying new things!  
Day(s): Tuesday  
Date(s): Fall Session I – August 26 – September 16  
Fall Session II – September 23 – October 14  
Fall Session III – October 21 – November 11  
Fall Session IV – November 18 – December 9  
Holiday Session – December 16 – December 30  
Winter Session I – January 13 – February 3  
Winter Session II – February 10 – March 3  
Winter Session III – March 10 – March 31  

Time: 4:30 PM – 5:30 PM  
Place: Gym 2  
Fee(s): FREE Member/Guest per session

20 20 20  
20 20 20 is an exciting workout incorporating step, muscle conditioning and aerobics into one class. This class offers something new and exciting to give you the ultimate well rounded workout.  
Day(s): Tuesday  
Date(s): Fall Session I – August 26 – September 16  
Fall Session II – September 23 – October 14  
Fall Session III – October 21 – November 11  
Fall Session IV – November 18 – December 9  
Holiday Session – December 16 – December 30  
Winter Session I – January 13 – February 3  
Winter Session II – February 10 – March 3  
Winter Session III – March 10 – March 31  

Time: 10:30 AM – 11:30 AM  
Place: Gym 2  
Fee(s): FREE Member/Guest per session
**The Athletes Workout**
The Athletes Workout is a fitness routine designed for the athlete in all of us. Using functional training and principles of athletic conditioning, this workout will challenge your mental limits, help you develop a competitive spirit and inspire you to be better than yesterday. Train in a highly motivating environment with others who have been looking for a cure from the regular gym routine. Weekly The Athletes Workout will change from circuit training indoors and out, body weight exercises, martial arts fitness and advance sports conditioning skill development. This class can be modified for all fitness levels.

**Day(s):** Tuesday or Thursday  
**Date(s):** Fall Session I – August 26 – September 18  
Fall Session II – September 23 – October 16  
Fall Session III – October 21 – November 13  
Fall Session IV – November 18 – December 11  
(No class on 11/27)  
Holiday Session – December 16 – December 30  
(No classes 12/23 and 1/1)  
Winter Session I – January 13 – February 5  
Winter Session II – February 10 – March 5  
Winter Session III – March 10 – April 2

**Time:** 5:45 AM – 6:45 AM  
**Place:** Gym 2  
**Fee(s):** FREE Member/Guest per session

**AB BLAST**  
AB Blast is a 30 minute class designed to target your torso working all aspects of the abs and back, sculpting your abs into shape and strengthening your core, which is the key to your overall strength.

**Day(s):** Thursday  
**Date(s):** Fall Session I – August 28 – September 18  
Fall Session II – September 25 – October 16  
Fall Session III – October 23 – November 13  
Fall Session IV - November 20 – December 11  
(No classes 11/27)  
Holiday Session - December 18 only  
(No classes 12/25 and 1/1)  
Winter Session I – January 15 – February 5  
Winter Session II – February 12 – March 5  
Winter Session III – March 12 – April 2

**Time:** 10:30AM – 11:00 AM  
**Place:** Studio 2  
**Fee(s):** FREE Member/Guest per session

**Butz and Gutz**  
This is a high energy muscle conditioning class that tones and shapes your hips, thighs, butt, and abdomen. Exercises target and tone your entire core and lower body. This is a fun and stress-relieving way to burn off calories!  
**Day(s):** Monday or Friday  
**Date(s):** Fall Session I – August 25 – September 19  
Fall Session II – September 22 – October 13  
Fall Session III – October 20 – November 10  
Fall Session IV – November 17 – December 2  
Holiday Session – December 15 – January 2  
Winter Session I – January 12 – February 6  
Winter Session II – February 9 – March 6  
Winter session III – March 9 – April 1

**Time:** 9:15 AM – 10:15 AM  
**Place:** Gym 2  
**Fee(s):** FREE Member/Guest per session

**The Good Fight**  
This is a 60–75 minute workout focused on building lean muscles, muscle stamina, cardio strength and endurance. It is made up of circuit training, light to medium weights, resistant bands, medicine ball drills and floor drills. We’ll use Mixed Martial Arts techniques and training drills to form a unique circuit of cardio and strength exercises that consists of ply-metrics drills, bag drills and pad drills. Get ready to condition like a fighter, kick some butt and get a full body workout.

**Day(s):** Thursday  
**Date(s):** Fall Session I - August 28 - September 18  
Fall Session II - September 25 - October 16  
Fall Session III - October 23 - November 13  
Fall Session IV - November 20 - December 11  
(No class 11/27)  
Holiday Session - December 18 only  
(No classes 12/25 and 1/1)  
Winter Session I - January 15 - February 5  
Winter Session II - February 12 - March 5  
Winter Session III - March 12 - April 2

**Time:** 6:30 PM - 7:30 PM  
**Place:** GYM 2  
**Fee(s):** FREE Member/Guest per session

**Cardio Sculpt**  
A different workout every week! Using any or all of the following equipment – free weights, resistance bands, balls, steps, and BOSU balls, this class combines cardio and strength training together for a total body workout. This class is suitable for all fitness levels.

**Day(s):** Monday  
**Date(s):** Fall Session I – August 25 – September 15 (No class 9/1)  
Fall Session II – September 22 – October 13  
Fall Session III – October 20 – November 10  
Fall Session IV – November 17 – December 8  
Holiday Session – December 15 – December 29  
Winter Session I – January 12 – February 2  
Winter Session II – February 9 – March 2  
Winter III – March 9 – March 30

**Time:** 6:30 PM – 7:30 PM  
**Place:** Studio 1  
**Fee(s):** FREE Member/Guest per session
**Cardio Craze/Boot Camp**
This is an "all cardio" aerobics class. Get your heart rate up and burn fat with a high energy workout which combines both high and low intensity movements. This class can be any combination of high /low kick boxing, step, BOSU to constantly keep you on your toes. This class is great for all levels.

**Day(s):** Tuesday or Thursday  
**Date(s):**  
- Fall Session I – August 26 – September 18  
- Fall Session II – September 23 – October 16  
- Fall Session III – October 21 – November 13  
- Fall Session IV – November 18 – December 11  
  (No class 11/27)  
- Holiday Session – December 16 – December 30  
  (No classes 12/24 and 12/31)  
- Winter Session I – January 13 – February 5  
- Winter Session II – February 10 – March 5  
- Winter Session III – March 10 – April 2  

**Time:** 9:15 AM – 10:15 AM  
**Place:** Gym 2  
**Fee(s):** FREE Member/Guest per session

**Super Circuit**
A circuit based class which combines cardiovascular and strength training components and is suitable for all levels from beginner to advanced. Each week will incorporate different pieces of equipment to keep your heart rate elevated and muscles moving.

**Day(s):** Wednesday  
**Date(s):**  
- Fall Session I – August 27 – September 17  
- Fall Session II – September 24 – October 15  
- Fall Session III – October 22 – November 12  
- Fall Session IV – November 19 – December 10  
- Holiday Session – December 17 only  
  (No classes 12/24 and 12/31)  
- Winter Session I – January 14 – February 4  
- Winter Session II – February 11 – March 4  
- Winter Session III – March 11 – April 1  

**Time:** 6:30 PM – 7:30 PM  
**Place:** Gym 2  
**Fee(s):** FREE Member/Guest per session

**Cardio Boot Camp**
A combination of calisthenics, military-style drills, and muscular and athletic conditioning exercises, this class will provide a challenging calorie torching workout.

**Day(s):** Saturday  
**Date(s):**  
- Fall Session I – August 30 – September 20  
- Fall Session II – September 27 – October 18  
- Fall Session III – October 25 – November 15  
- Fall Session IV – November 22 – December 13  
- Holiday Session – December 20 – January 3  
- Winter Session I – January 13 – February 5  
- Winter Session II – February 10 – March 5  
- Winter Session III – March 10 – April 2  

**Time:** 8:00 AM – 9:00 AM  
**Place:** Gym 2  
**Fee(s):** FREE Member/Guest per session

**Jumpstart**
This is an early morning martial arts fitness workout that will teach you how to embrace your inner warrior. Jab, punch and kick your way to a healthier, stronger body and lifestyle. This workout is based on the actual exercises needed to become a competitive martial artist. All fitness levels welcome.

**Day(s):** Mondays  
**Date(s):**  
- Fall Session I – August 25 – September 15  
  (No classes 9/1)  
- Fall Session II – September 22 – October 13  
- Fall Session III – October 20 – November 10  
- Fall Session IV – November 17 – December 8  
- Holiday Session – December 15 – December 29  
- Winter Session I – January 12 – February 2  
- Winter Session II – February 9 – March 2  
- Winter Session III – March 9 – March 30  

**Time:** 5:45 AM – 6:45 AM  
**Place:** GYM 2  
**Fee(s):** FREE Member/Guest per session

**Cardio Kickboxilates**
One full hour of cardio kickboxing with an additional 15 minutes of focused core work using Pilates movements. The class combines energetic, aerobic drills with body weight training to develop muscle. The kickboxing helps hand eye coordination and Pilates builds up core strength. This is a full body workout.

**Day(s):** Monday and Wednesday  
**Date(s):**  
- Fall Session I – August 25 – September 17  
- Fall Session II – September 22 – October 15  
- Fall Session III – October 20 – November 12  
- Fall Session IV – November 17 – December 10  
- Holiday Session – December 15 – December 29  
  (No classes 12/24 and 12/31)  
- Winter Session I – January 12 – February 4  
- Winter Session II – February 9 – March 4  
- Winter session III – March 9 – April 1  

**Time:** 9:30 AM – 10:45 AM  
**Place:** Studio 2  
**Fee(s):** FREE Member/Guest per session
**Total Body Sculpting**
This class is a sculpting class specifically geared toward working the entire body. Work to tone your arms, legs, core, and other trouble areas. The class will incorporate dumbbells, body bars, balls, and bands to teach all levels of exercises. This class is fun and challenging for all levels and ages.

**Day(s):** Wednesday or Saturday  
**Date(s):**  
- Fall Session I – August 27 – September 20  
- Fall Session II – September 24 – October 18  
- Fall Session III – October 22 – November 15  
- Fall Session IV – November 19 – December 13  
- Holiday Session – December 17 - January 3  
(No classes 12/ 24 and 12/31)  
- Winter Session I – January 14 – February 7  
- Winter Session II – February 11 – March 7  
- Winter Session III – March 11 – April 4  
**Time:** 9:15 AM – 10:15 AM  
**Place:** GYM 2  
**Fee(s):** FREE Member/Guest per session

**Insanity®**
A high intensity class designed to use longer bursts of maximum intensity exercise with shorter intervals of rest periods. This is a cardio driven class based on the DVD workout series.

**Day(s):** Tuesday  
**Date(s):**  
- Fall Session I – August 26 – September 16  
- Fall Session II – September 23 – October 14  
- Fall Session III – October 21 – November 11  
- Fall Session IV – November 18 – December 9  
- Holiday Session – December 16 – December 30  
- Winter Session I – January 13 – February 3  
- Winter Session II – February 10 – March 3  
- Winter Session III – March 10 – March 31  
**Time:** 6:30 PM – 7:30 PM  
**Place:** GYM 2  
**Fee(s):** FREE Member/Guest per session

**(No classes 12/24 and 12/31)**

**Day(s):** Saturday  
**Date(s):**  
- Fall Session I – August 30 – September 20  
- Fall Session II – September 27 – October 18  
- Fall Session III – October 25 – November 15  
- Fall Session IV – November 22 – December 13  
- Holiday Session – December 20 – January 3  
- Winter Session I – January 17 – February 7  
- Winter Session II – February 14 – March 7  
- Winter Session III – March 14 – April 4  
**Time:** 10:30 AM – 11:30 AM  
**Place:** GYM 2  
**Fee(s):** FREE Member/Guest per session

**Piloxing**
Piloxing is a unique and exciting interval fusion of boxing, Pilates, and dance. It blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates and exhilarating but easy dance moves to burn maximum calories, build lean muscles, and increase stamina. This low impact program also utilizes weighted gloves to give you a muscle-toning, fat-burning workout that will make you feel physically and mentally empowered!

**Day(s):** Wednesday  
**Date(s):**  
- Fall Session I – August 27 – September 17  
- Fall Session II – September 24 – October 15  
- Fall Session III – October 22 – November 12  
- Fall Session IV – November 19 – December 10  
- Holiday Session – December 17 only  
(No classes 12/24 and 12/31)  
- Winter Session I – January 14 – February 4  
- Winter Session II – February 11 – March 4  
- Winter Session III – March 11 – April 1  
**Time:** 12:00 PM – 1:00 PM  
**Place:** Studio 1  
**Fee(s):** FREE Member/Guest per session

**Day(s):** Friday  
**Date(s):**  
- Fall Session I – August 29 – September 19  
- Fall Session II – September 26 – October 17  
- Fall Session III – October 24 – November 14  
- Fall Session IV – November 21 – December 12  
- Holiday Session - December 19 – January 2  
- Winter Session I – January 16 – February 6  
- Winter Session II – February 13 – March 6  
- Winter Session III – March 13 – April 3  
**Time:** 11:00 AM – 12:00 PM  
**Place:** Studio 1  
**Fee(s):** FREE Member/Guest per session
Zumba Gold®
Zumba Gold takes the same exciting Latin and International dance rhythms created in the original Zumba workout and brings them to the active older adult, the beginner participant, anyone who thinks they “cannot dance”, yet is also wonderful for the seasoned Zumba participant who wants to improve their dance ability or brush up on their technique.

Day(s): Wednesday
\[ \text{Date(s):} \]
- Fall Session I – August 27 – September 17
- Fall Session II – September 24 – October 15
- Fall Session III – October 22 – November 12
- Fall Session IV – November 19 – December 10
- Holiday Session – December 17 only
- No classes 12/24 and 12/31
- Winter Session I – January 14 – February 4
- Winter Session II – February 11 – March 4
- Winter Session III – March 11 – April 1

Time: 12:00 PM – 1:00 PM
Place: Studio 2
Fee(s): FREE Member/Guest per session

Senior Fit
Senior Fit is a training class that is designed for seniors to increase stamina, strength, range of motion in joints, and muscular flexibility in a fun and safe environment.

Day(s): Tuesday or Thursday
\[ \text{Date(s):} \]
- Fall Session I – August 26 – September 18
- Fall Session II – September 23 – October 16
- Fall Session III – October 21 – November 13
- Fall Session IV – November 18 – December 11
- Holiday Session – December 16 – December 30
- Winter Session I – January 13 – February 5
- Winter Session II – February 10 – March 5
- Winter Session III – March 10 – April 2

Time: 11:30 AM – 12:15 PM
Place: Studio 2
Fee(s): FREE Member/Guest per session

Boomer Bootcamp
Boomer Bootcamp is an exercise class specifically designed for our “Boomers”. Class format varies daily and includes weight training for strength and balance, stretching for flexibility and cardio for our hearts! It is a fun class!

Day(s): Monday or Thursday
\[ \text{Date(s):} \]
- Fall Session I – August 25 – September 18 (No class 9/1)
- Fall Session II – September 22 – October 16
- Fall Session III – October 20 – November 13
- Fall Session IV – November 17 – December 11
- Holiday Session – December 15 – December 29
- Winter Session I – January 12 – February 5
- Winter Session II – February 9 – March 5
- Winter Session III – March 9 – April 2

Time: 12:30 PM – 1:30 PM
Place: GYM 2
Fee(s): FREE Member/Guest per session

Zumba Gold Dance, Strength & Sculpt
Latin/International dance inspired Zumba fitness party for seniors, beginners or anyone wanting to add variety to their exercise regimens. The routines are designed to target specifics areas to strengthen your core and sculpt the body. Improve muscle strength, posture, coordination and mobility while rocking to golden oldies, Latin sizzlers or the latest pop hits!

Day(s): Monday and Wednesday
\[ \text{Date(s):} \]
- Fall Session I – August 25 – September 17
- Fall Session II – September 22 – October 15
- Fall Session III – October 20 – November 12
- Fall Session IV – November 17 – December 10
- Holiday Session – December 15 – December 29
- No classes 12/24 and 12/31
- Winter Session I – January 12 – February 4
- Winter Session II – February 9 – March 4
- Winter Session III – March 9 – April 1

Time: 8:15 AM – 9:15 AM
Place: Studio 2
Fee(s): FREE Member/Guest per session
2014-2015 Fall/Winter Events Summary

Register online at www.TheOutdoorClassroomPA.org.

Contact Jessica Kester, Program Manager at 412-838-0064 or Jessica@TheOutdoorClassroomPA.org. Registration is through The Outdoor Classroom only and cannot be done in conjunction with Community & Recreation Center program registrations.

Outdoor Volunteer Opportunities

If you really weren’t too busy this year, you could spend over two months volunteering at The Outdoor Classroom! In reality, that may be a little too much time for any one person, but there are quite a variety of opportunities for people of all ages to lend a hand!

Garden Gang will meet the first Tuesday from May through September to maintain the four native plant gardens. Penn State Master Gardeners will be on hand the first Tuesday to help and answer your personal gardening questions! ** Last Garden Gang date Sept. 2, 2014**

Special Events are often held by The Outdoor Classroom. That means there are usually large numbers of participants and we can always use an extra pair of hands to run the programs. It could be you! Polish up your leadership skills and be a staff assistant for the day!

For full details and a complete calendar of volunteer events or to register for your favorites, contact Eva Barinas, Volunteer Coordinator at 412-838-0064 or Eva@TheOutdoorClassroomPA.org.

Newsletter and Mailing Preparation

Date: Saturday, November 1  
Time: 9:00 AM – Noon  
Location: The Outdoor Classroom Offices

For those who would prefer to volunteer in an indoor setting, join us as we prepare envelopes and newsletters for mailing. We simply apply address labels and sort envelopes into the proper zip code containers. It’s not physically demanding but it is essential to the efficient operation of The Outdoor Classroom. Please register early since there is limited space in our office!

Mulch Madness

Date: Saturday, March 28  
Time: 9:00 AM – 1:00 PM  
Location: The Outdoor Classroom Offices

It’s mulching time again! The young shoots are waiting to burst out of the ground and they need a fresh layer of leaf mulch to welcome them back. Suitable for volunteers age 12-15 with parents and high school students.

Christmas Bird Count

Date: Saturday, December 20  
Time: 8:00 AM – 4:00 PM

The hundreds of wooded acres of Boyce Mayview Park attract thousands of two legged creatures every year; people and birds! Today we’re going to ask one species to count the other! The annual Christmas Bird Count gives all levels of birders a chance to become citizen scientists for the day. Join The Outdoor Classroom and the USC Citizens for Land Stewardship for an hour or the day as we participate as part of the Pittsburgh South Hills Bird Circle. No experience or equipment necessary.
Amphibians and Reptiles of Western Pennsylvania

Date: Friday, September 5  
Time: 6:00 PM – 8:00 PM  
Location: The Outdoor Classroom Offices  
Audience: Family friendly  
Fee: $10 person over age two. 10% discount for 3 or more if registered by Aug. 22.

Does your child want to be a herpetologist? If they have an affinity for things that hop, slither and spend time in wet places, then they’ll love this presentation. April Claus, of Interactive Environmental Programs, will bring her collection of reptiles and amphibians to The Outdoor Classroom. Learn about the homes and habits of these unique creatures and be prepared for some hands-on encounters! Registration is required. This session is very popular, so sign up early!

Moonstruck Hikes

Date: Sept. 9, Oct. 8, Nov. 6, Dec. 6, Jan. 5, Feb. 3 and Mar. 5  
Time varies slightly by season, check website.  
Audience: Family friendly  
Fee: $4 person over age two.

One of The Outdoor Classroom’s most popular family friendly events! A walk in the dark on the peaceful trails of Boyce Mayview Park as the nocturnal world begins to come alive! Listen for owls, hear an insect symphony or just enjoy the quiet stillness of the forest. The constellations and the moon will be the “stars of the show” as the moon crests the eastern horizon. We walk on relatively flat trails, but appropriate clothing and footwear are recommended.

Talk N’ Walk Series: Fall’s Wild Edibles

Date: Sunday, September 21  
Time: 2:00 PM - 4:00 PM  
Television reality shows bring the world of “survival” right into your living room. Do you know what edible plants are growing in your neighborhood? Is there enough for you to survive? Learn which plants are safe to eat and which ones can be quite tasty! Classroom session will be followed by collection in the field and sampling of prepared wild foods. Bring the whole family to enjoy an afternoon of learning, exploration and taste-testing! Registration is required. Class size is limited. Act 48 hours are available for educators.  
Location: The Outdoor Classroom Offices  
Audience: Family friendly  
Fee: $8 adults, $3 children under twelve. 10% discount for 3 or more.

UnSpooky Hikes

Date: Friday, October 3 (Call to schedule a private event for your group)  
Time: 8:00 PM – 10:00 PM  
Fee: $10 per person; Family Pak of 4 for $35

A cool fall evening and a walk in the woods in the dark . . . you call that “unspooky?” It sure is! Let The Outdoor Classroom create an adventure for your family in the autumn woods of Boyce Mayview Park. Hikers will use their night senses to see in the dark, listen for creatures and navigate the trails in the woods under the tutelage of trained staff members. It’s sure to be an exciting night!

ABOARD Family Day at The Outdoor Classroom

Date: Sunday, April 27  
Time: 10:00 AM – 2:00 PM  
Location: The Outdoor Classroom Learning Lab  
Audience: Adults and children with Autism Spectrum Disorders & Their Families  
Register: www.autismofpa.org

Join ABOARD’S Autism Connection of PA and The Outdoor Classroom for a FREE day of science, crafts and nature while hiking through the meadows and forests of Upper St. Clair’s Boyce Mayview Park. Activities take place between 10 AM and 2 PM so come anytime! Bring your loved one with autism and the entire family to enjoy the day outdoors!

Family Campfire Nights

Date: Saturday, Sept. 27  
Time: 7:30 PM to 8:30 PM  
Location: The Outdoor Classroom Learning Lab  
Audience: Family friendly  
Fee: $6 person or Family Pack of four for $20.

The final Family Campfire of the summer! Bring the family for an evening of fun before beginning the rigors of the school year. Enjoy the crackling fire, experience the woods at dusk and feast on every child’s favorite campfire treat; s’mores! You can tell your favorite campfire story or make it comedy night and share a knee-slapping joke! The perfect ending to a busy summer!
Two Great Spaces, One RADical Time @ Boyce Mayview Park & Wingfield Pines

Date: Saturday, October 4  
Time: 2:00 PM – 8:00 PM  
Meeting Place: The Outdoor Classroom Learning Lab & Wingfield Pines  
Audience: Family friendly  
Fee: Free

Join The Outdoor Classroom and Allegheny Land Trust, two great outdoor organizations, for a night of adventure and fun. Visit the Classroom for guided nature hikes, geocaching, crafts and campfire treats (5:00 – 8:00 PM only). Then visit Wingfield Pines for a variety of activities for all ages from guided nature walks on bats and water to self-led fun such as bird watching and crafts. Great for families and groups of all ages!

Ladies in the Woods

Date: Saturday, October 11  
Time: 9:00 AM - Noon  
Eligibility: Girls in grades K-5  
Fee: $15 per child, adults free

Explore the wonders of autumn’s changing leaves and the trees they belong to with this annual Ladies in the Woods day! Take a hike through the forests of Boyce Mayview Park and learn to identify plants and animals of fall! Play “Eco-Games” and make an autumn eco-craft. Each child will complete a variety of activities. All girls in grades K – 5th are welcome to attended. If you are a Girl Scout you will complete different badge requirements throughout the day.

Pioneer Day

Date: Monday, October 13  
Time: 10:00 AM - 2:00 PM  
Eligibility: Students in grades K-5  
Fee: $20 per child

On this Columbus Day, go back in time to discover old fashioned crafts, campfire cooking, candle making and dancing. Take part in pioneer and Native American games as you experience life on the Pennsylvania frontier. Pre-registration is required.

Talk N’ Walk Series: Flashlight Hike

Date: Sunday, October 19  
Time: 6:00 PM - 8:00 PM  
Location: The Outdoor Classroom Offices  
Audience: Family friendly  
Fee: $8 adults, $3 children under twelve. 10% discount for 3 or more if registered by Oct. 3.

Did you ever play flashlight tag when you were a kid? Here’s a chance to step back in time and use your flashlight to “tag” the creatures of the night! What’s out there in the fields and forests of Boyce Mayview Park? What kind of corpuscular and nocturnal animals roam the fields while you are snug in your living room? Bring the whole family to enjoy an exciting evening of exploration and old-fashioned fun. Registration is requested for planning purposes and is required to receive the group discount.

Geocaching 101

Date: Saturday, October 25  
Time: 11:00 AM – 1:30 PM  
Location: The Outdoor Classroom Offices  
Audience: Ages 6 and up with an adult, Scouts Welcome!  
Fee: $15 per couple, $5 per additional child

Do you enjoy a good treasure hunt? Ever wonder how you could make using a GPS fun? Learn about the international past time of seeking and finding with this beginning class all about Geocaching. Participants will have the opportunity to learn how to use a GPS system and give it a go with a chance to go Geocaching here at The Outdoor Classroom! Great for almost any age. Scouts why not make this a family outing! Fun patches will be available!

Geocaching Autumn Adventure

Date: Saturday, October 25  
Time: 2:00 PM – 6:00 PM  
Location: The Outdoor Classroom Learning Lab  
Audience: Experienced Cachers  
Fee: Free

Join us and the geocachers of Pittsburgh Area Geocaching Association (PAGA) for our 3rd annual spine tingling event in Boyce Mayview Park! The psychiatric hospital may be torn down but who’s to say the old inhabitants aren’t still lurking in the forests and fields of the park! Grab a friends (sure, we know you’re not scared at all) and head into the park in search of hidden treasures! Grab some smiles and screams and return to the Lab for campfire treats. Come in costume! Autumn Adventure is designed for individuals ages 5 and up and will be a wonderful group or family event for those who have geocached before! Donations appreciated for campfire treats.
Bounty at Boyce Mayview Park

**Date:** Saturday, November 8  
**Time:** 11:00 AM - 4:00 PM  
**Location:** Boyce Mayview Park  
**Audience:** Family friendly  
**Fee:** Free

Bounty returns for the sixth year with even more activities. Crafts, guided hikes, a baking contest, cider tasting and the award-winning Plunge with the Pumpkins will start your day. Take a break at the food trucks, try pumpkin bowling or life-sized puzzle games. Then hit the targets at the Apple Slingshot and relax by the campfire to roast the perfect marshmallow for a yummy s’more. This is a perfect day for family fun! Free admission, some activities require small fee.

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Talk N' Walk Series: Orienteering

**Date:** Sunday, November 9  
**Time:** 2:00 PM - 4:00 PM  
**Location:** The Outdoor Classroom Offices  
**Audience:** Family friendly  
**Fee:** $8 adults, $3 children under twelve. 10% discount for 3 or more if registered by Oct. 28.

Today’s navigation units make it very difficult for humans to get lost. But, if you know the “old fashioned” method of navigating using a map and compass, then the skills of orienteering may save you when the GPS batteries fail! This session will teach you the basics of orienteering with map and compass and then you’ll practice your new skills as you find your way through the park. A great program for scouts and fun for families, too! Registration is requested for planning purposes and is required to receive the group discount. Act 48 hours are available for educators.

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Saturday Outdoor Hikes

**Date:** Saturday, November 15 – Fall Birding  
Saturday, February 14 – Winter Tracking  
**Time:** 10:00 AM -11:00 AM  
**Audience:** Family friendly  
**Fee:** $4 person

Spend an hour on the trails of Boyce Mayview Park and explore its unique habitats. Each session will focus on a different portion of the habitat and illustrate how the areas interact to create our wonderfully diverse ecosystem. This Nov. we’ll be looking at the migrating birds passing through the park and those that are getting ready to winter over in the park as well. No birding experience or equipment necessary! Great for families or as a refresher for the Christmas Bird Count (Dec. 20). In Feb. we’ll be tracking the furrier animals of the park as they leave their prints behind in the snow!

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Talk N' Walk Series: Winter Birding

**Date:** Sunday, December 7  
**Time:** 8:00 AM - 10:00 AM  
**Location:** The Outdoor Classroom Offices  
**Audience:** Family friendly event  
**Fee:** $8 adults, $3 children under twelve. 10% discount for 3 or more if registered by Nov. 21.

Do birds all fly south for the winter? How can they survive the cold and snow of a Pittsburgh winter? Learn the basics of bird survival and how to identify our winter feathered friends during this two-hour session. If you have a bird feeder and can’t recall the names of the regular visitors, you can become more familiar with the identifying marks and characteristics of various species. Instruction will be followed by field work so please dress for the weather and bring your binoculars if you have them. Registration online or by mail is requested for planning purposes. Act 48 hours are available for educators.

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Talk N’ Walk Series: Eco-Hiking & Leave No Trace

**Date:** Sunday, March 22  
**Time:** 2:00 PM - 4:00 PM  
**Location:** The Outdoor Classroom Offices  
**Audience:** Family friendly  
**Fee:** $8 adults, $3 children under twelve. 10% discount for 3 or more if registered by Mar. 6.

Do you enjoy hiking and being outdoors but don’t know how to “walk lightly” while carrying your big walking stick? Join us as we learn how to explore the outdoors with little impact through Leave No Trace Ethics practices. Great for youth leaders, scouts and families. Educators will receive 2 hours of Act 48.

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Twinkles at Twilight: An Event for Earth Hour

**Date:** Sunday, March 28  
**Time:** 7:30 PM – 9:30 PM  
**Location:** The Outdoor Classroom Learning Lab  
**Audience:** Family friendly  
**Fee:** $10 per person; Family Pak of 4 for $35

What do you do when the power goes out? Would you ever turn it off on purpose? Give your family an energy timeout and join us for some old fashioned fun! We’ll celebrate Earth Hour (www.EarthHour.org), have a campfire, play games and enjoy high energy fun all without electricity! Trust us, children and parents can survive for 2 hours without power, join us and we’ll prove it!
SCOUT PROGRAMS

Cub Scout Fall Adventure Day: Orienteering
Date: Sunday, October 19
Time: 1:00 PM - 4:00 PM
Eligibility: All Cub Scout levels and children in grades 2-5
Fee: $15 per scout, adults free

Learn the many skills associated with map and compass use. Try your hand at orienteering while hiking through Boyce Mayview Park. Create your own compass to help guide your way back home! Be sure to bring a water bottle, small snack and compass if you have one. Each scout will earn the Map and Compass pin and loop and receive The Outdoor Classroom participation patch. Group size is limited and on a first come, first served basis. Packs are encouraged to register together but individual scouts and other interested children in grades 1st-5th are encouraged to attend. *You do not need to be a Cub Scout to join us!

Snowy Fun Days!
Date: Saturday, February 21
Time: 9:00 AM – Noon (grades K-3)
Time: 1:00 - 5:00 PM (grades 4-8)
Eligibility: Grades K - 8
Fee: $15 per child

Walk the snow covered trails of Boyce Mayview Park and experience an entirely new sense of the forest. Find signs of animal homes, learn tracking skills and see the birds who enjoy the cold weather. It’s a whole new world in the winter woods! Great for scout groups. Fun patches and Classroom participations patches included.

TEACHER WORKSHOPS

Flying High with STEM: Fly fishing and water education
Date: Saturday, October 4
Time: 9:00 AM – 4:00 PM
Location: The Outdoor Classroom Offices
Act 48 Hours: 3
Fee: $30 includes materials

Using the exciting world of fly-fishing, hands-on activities, and an outdoor excursion, Family Tyes and The Outdoor Classroom will help you highlight the vital connection between mankind, fish and insects in a way that will keep your students begging for more! This indoor/outdoor workshop will have you searching for macro-invertebrates, identifying insect larva, casting a line & more while learning about the science and STEM careers behind fly-fishing and stream biodiversity.

Earth Caches in the Classroom
Date: Saturday, November 16
Time: 9:00 AM – 4:00 PM
Location: The Outdoor Classroom Offices
Act 48 Hours: 6.5
Fee: $30

Earth caches are a great way to bring technology into your classroom while getting your student up and moving outdoors. Earth caches are educational, fun and backed by the US Geological Survey. Participants will be introduced to geocaching and visit earth caches in both the Boyce Mayview Park and the Allegheny Land Trust property Wingfield Pines. We’ll supply the GPS units but participants are encouraged to bring smartphones or GPS units of their own to use as well. A great way to kick off Geography Awareness Week 2014!

For more information and to register contact Jessica Kester, The Outdoor Classroom Program Manager at 412-838-0064 or via email at Jessica@TheOutdoorClassroomPA.org or visit our website at www.TheOutdoorClassroomPA.org.
Registration is through The Outdoor Classroom only and cannot be done in conjunction with Community & Recreation Center program registrations.
Step 1: Program Title(s) & Tuition

<table>
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<tr>
<th>Title</th>
<th># Participants</th>
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Overall Total $______

Step 2: Contact Information

Name: _____________________________  Home Phone: (       )  _______ - _______
Address: _____________________________  Cell Phone:   (       )  _______ - _______
_____________________________  Adult Email: _____________________

Where did you hear about this program?
- Classroom Website
- Classroom Facebook
- Classroom Newsletter
- Newspaper: _____________________
- Classroom Email Calendar
- Magazine: _____________________
- Online Source: ________________
- Other: ________________________

Step 3: Participant Waiver & Photo Release - Required for all participants.

In consideration of the right to participate in the The Outdoor Classroom events, I release any and all claims against the The Outdoor Classroom and any officers or agents thereof for damages and losses suffered by me or my minor child as a result of said participation. I further understand that there are certain risks inherent in this activity. I hereby agree to assume those risks on behalf of my minor child and to hold harmless the The Outdoor Classroom and its agents. I have read and understand the above. I further authorize The Outdoor Classroom to take and use photos of me or my minor child for advertising and print purposes.

Participant Name               Parent / Guardian Signature   Print Name     Date
___________________  ___________________________  _____________________          __________
___________________  ___________________________  _____________________          __________
___________________  ___________________________  _____________________          __________
___________________  ___________________________  _____________________          __________

Step 4: Review & Mail Registration

After you have completed and signed the above form please mail to the address below with the full tuition payment for all programs you will be attending. Make checks payable to The Outdoor Classroom. If you have any question please contact the Program Manager Jessica Kester at Jessica@TheOutdoorClassroomPA.org or 412-838-0064.

MAIL TO: The Outdoor Classroom Registration
PO Box 12566
Pittsburgh, PA 15241

www.TheOutdoorClassroomPA.org
Upper St. Clair Tennis
USCTDP, INC. FALL/WINTER 2014–2015 JUNIOR TENNIS CLINICS REGISTRATION FORM

NAME: ________________________________________________________________________
AGE: ____________________________ BIRTHDATE: ______________________________________________________________________
ADDRESS: ________________________________________________________________
CITY: __________________________ ZIP: __________ EMAIL: _______________________
HOME: (__________)_________________________ WORK: (__________)_________________________ CELL: (__________)___________________________

REGISTERING FOR: JUNIOR SESSIONS: A B C DAY & TIME ________________________
LEVEL OF PLAY _______ TOTAL___________

REGISTERING FOR: JUNIOR SESSIONS: I II III IV DAY & TIME ______________________
LEVEL OF PLAY _______ TOTAL___________

REGISTERING FOR: JUNIOR SESSIONS TINY TOTS: I II III IV DAY & TIME ____________
LEVEL OF PLAY _______ TOTAL___________

10 AND UNDER RACQUETS WILL BE SOLD AT THE FIRST CLASS FOR $25.00. CHECK HERE____ IF YOU LIKE TO PURCHASE A 10 AND UNDER RACQUET.

TOTAL FEES ENCLOSED $______________________

PLEASE INDICATE METHOD OF PAYMENT: CHECK ENCLOSED (PAYABLE TO USCTDP, INC.): VISA: ________ MASTER CARD: ________ DISCOVER: ________

ACCOUNT NUMBER: ______________________________________________________________________________
EXPIRATION DATE: ______________________

Print Name on Card: _____________________________________ Signature: ________________________________________ (required on charge orders)

Mail completed form to: USCTDP, Inc., 37 McMurray Rd., Building #1, Suite LL1, Upper St. Clair, PA 15241
www.usctdp.com Email: tennis@usctdp.com Direct Questions: 412-831-2630

Upper St. Clair Basketball
FALL/WINTER 2014 - 2015 • REGISTRATION FORM

☑ GIRLS ☐ BOYS

Participant's Name_________________________________________ Preferred Phone: (____ )____________________
Address: _________________________ Zip Code: __________ Secondary Phone: (____ )____________________
Grade: ____________________________ School: ____________________________
Parent's Name: ___________________________ E-mail: ____________________________
Parent interested in coaching? ____________________________ Fee Enclosed: ____________________________

★ PLEASE SUBMIT A SEPARATE APPLICATION FOR EACH PLAYER. ★

NOTE: RELEASE OF CLAIMS - Please read and sign below.
In consideration of the Township of Upper St. Clair granting me, and those listed on this form, permission to engage in recreational department activities, the below signed does hereby waive, release, save, and hold harmless and indemnify the Township of Upper St. Clair, its employees, agents, and independent contractors for any and all claims for damage or personal injury to me or loss of property which may be caused by any act or failure to act on the part of the Township of Upper St. Clair, its employees, agents, and independent contractors. To the best of my knowledge, the listed participant(s) is of normal health — having no allergies, physical defects, or illness that would require him/her to abstain from a normal program of physical activity. Photo Release: By registering for any USC Recreation program, class, or event you are agreeing to allow publication of any photos taken of you and/or your child(ren) at any program, class, event, or facility of the Recreation Department.

Parent/Guardian/Participant (if age 18 or older) Signature ________________________________________ Date __________________________
**RECREATION REGISTRATION FORM**

Register online: [www.twpusc.org](http://www.twpusc.org)

**Mail to:** Recreation Department, Township of Upper St. Clair, 1820 McLaughlin Run Road, Upper St. Clair, PA 15241

**Deliver to:** Recreation Department, Community & Recreation Center, 1551 Mayview Road, Upper St. Clair, PA 15241

Please make checks payable to: USC Recreation.  Questions? 412.221.1099

**NOTE: Please Read and Sign below statements:**

In consideration of the Township of Upper St. Clair granting me, and those listed on this form, permission to engage in recreational activities at the Community & Recreation Center, the below signed does hereby waive, release, save, and hold harmless and indemnify the Township of Upper St. Clair, its employees, agents, and independent contractors for any and all claims for damage or personal injury to me or loss of property which may be caused by any act or failure to act on the part of the Township of Upper St. Clair, its employees, agents, and independent contractors.

To the best of my knowledge, the listed participant is of normal health — having no allergies, physical defects, or illness that would require him/her to abstain from a normal program of physical activity.

**Photo Release:** By registering for any USC Recreation program, class, or event you are agreeing to allow publication of any photos taken of you and/or your child(ren) at any program, class, event, or facility of the Recreation Department.

**Register online:**

Register online: [www.twpusc.org](http://www.twpusc.org)

**Deliver to:** Recreation Department, Community & Recreation Center, 1551 Mayview Road, Upper St. Clair, PA 15241

Please make checks payable to: USC Recreation.  Questions? 412.221.1099

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6th Annual

Bounty at Boyce Mayview Park

FALL FEST

November 8th, 2014
11:00 AM — 4:00 PM
No Admission Fee

• Plunge with the Pumpkins $

• Apple Slingshot $

• Hay Wagon Rides

• Cider Tasting

• Mascot Challenge

• Family Activity Patch

• Face Painting

• Baking Contest $

• Campfire Treats $

• Demonstrations

• Guided Nature Hikes

• Live Music

• Food Trucks $

• Local Heroes

$ Denotes fee based activity

To view the complete schedule of events and registration forms please visit www.twpusc.org, recreation tab or call 412.221.1099.
Blood Drive
Thursday, September 11, 2014 and
Wednesday, November 19, 2014

NFL Punt, Pass, & Kick (PPK)
Sunday, September 14, 2014

Freaky Friday
Friday, October 24, 2014

Saturday Social
A Dance Party- November 1, 2014

Bounty at Boyce Mayview Park Fall Fest
Saturday, November 8, 2014

Holidays at the C&RC
Saturday, December 6, 2014

Winter Wellness Dash
Saturday, January 3, 2015

MLK Day of Service
Grades 1-6 -Monday, January 19, 2015

C&RC HOLIDAY HOURS:
Labor Day
Monday, September 1, 2014
Indoor Facility - 10:00 AM- 2:00 PM
Outdoor Facility - 11:00 AM- 5:00 PM

Thanksgiving
Thursday, November 27, 2014
CLOSED

Christmas Eve
Wednesday, December 24, 2014
10:00 AM- 2:00 PM

Christmas Day
Thursday, December 25, 2014
CLOSED

New Year’s Eve
Wednesday, December 31, 2014
10:00 AM- 2:00 PM

New Year’s Day
Thursday, January 1, 2015
CLOSED
Community & Recreation Center at Boyce Mayview Park
1551 Mayview Road • Upper St. Clair, PA 15241
412.221.1099 • 412.221.6964 (f)
www.twpusc.org