



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.

Planning for the next ten years suggests a growing demand for focus on programs and services for young adults and Baby Boomers.

Youth and Young 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/Millennials (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?*”¹ 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

¹ Jeffrey Ziegler, “Recreating Retirement: How Will Baby Boomers Reshape Leisure in Their 60s?” *Parks and Recreation*, October 2002.

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.

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

*Percent Change is from 2010 | Source: NSGA 2011

²2011 Participation – Ranked by Total Participation”, National Sporting Goods Association, 2012,

<<http://www.nsga.org/i4a/pages/index.cfm?pageid=3346>>., and 2015 Sport Participation Press Release

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/>
- US Play Coalition has great info on the value of play. <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

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

2012	2016
1. Educated and experienced fitness professionals	1. Wearable technology
2. Strength training	2. Body weight training
3. Fitness programs for older adults	3. High-intensity interval training (HIT)
4. Exercise and weight loss	4. Strength training
5. Children and obesity	5. Educated and experienced fitness professionals
6. Personal training	6. Personal training
7. Core training	7. Functional fitness
8. Group personal training	8. Fitness programs for older adults
9. Zumba and other dance workouts	9. Exercise and weight loss
10. Functional fitness	10. Yoga

Source: *American College of Sport Medicine*

Obesity and Public Health

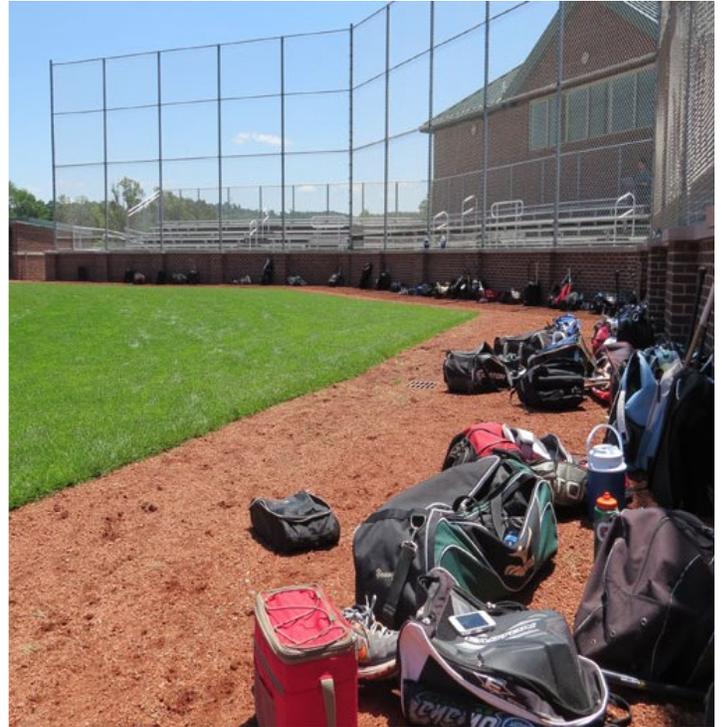
According to the Centers for Disease Control (CDC), obesity continues to be a serious issue in America, growing at an epidemic rate—almost tripling since 1990. In 2015, more than one-third (34.9%) of adults and 17 percent of children in the United States are obese. These statistics illustrate the importance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

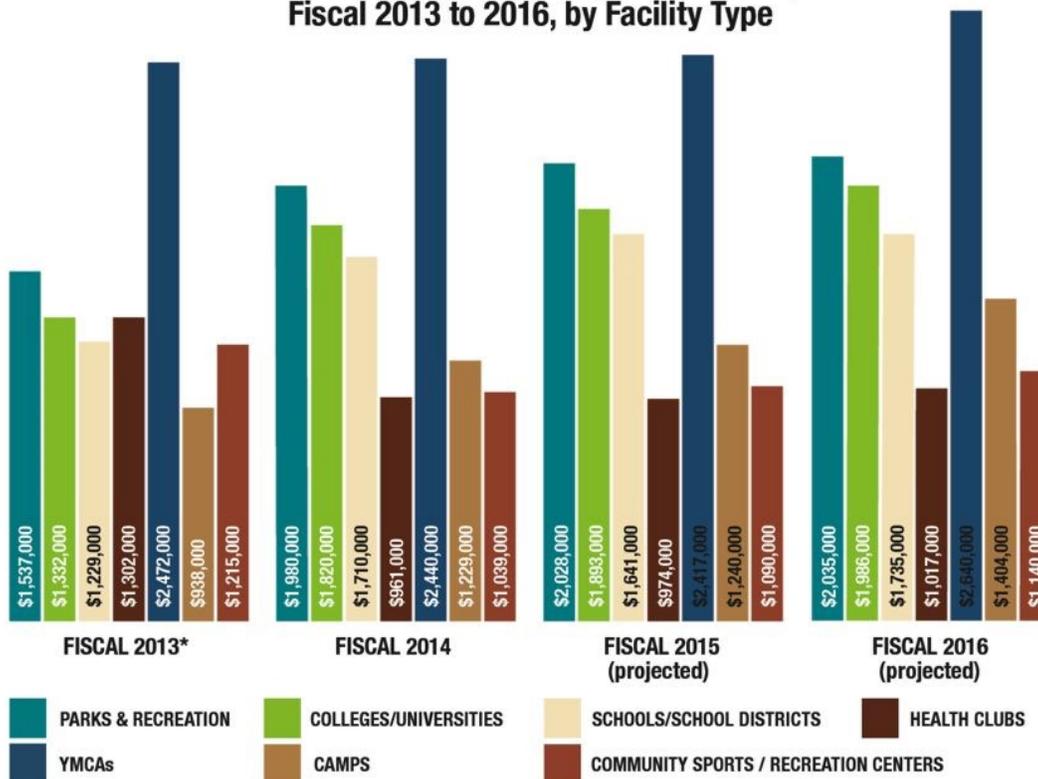
Identifying the safety needs and perceptions from individuals and a community can help drive Upper St. Clair and relevant alternative providers toward solutions. Growing evidence supports the belief that this will increase physical activity and the advancement of a healthier community. Addressing the 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

According to *Recreation Management* magazine’s “2015 State of the Industry Report,” expenditures for community recreation surveyed nationwide is steady.

FIGURE 12: Yearly Operating Expenditures, Fiscal 2013 to 2016, by Facility Type



*2013 data from 2014 State of the Industry Report

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 to 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.³ 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

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.⁵

³“The Proximate Principle: The Impact of Parks, Open Space and Water Features on Residential Property Values and the Property Tax Base,” 2nd edition. John L. Crompton, National Recreation and Park Association, 2004.

⁴ 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.

⁵ 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



	<u>2007 Actual</u>	<u>2008 Actual</u>	<u>2009 Budget</u>	<u>2009 Estimate</u>	<u>2010 Budget</u>
Recreation Expenditures					
Personal Services	\$ 286,357	\$ 291,014	\$ 171,800	\$ 176,760	\$ 182,580
Contractual Services	225,122	217,927	232,014	186,327	205,500
Commodities	59,995	63,171	51,281	44,529	50,925
Distributed Costs	24,449	45,085	18,113	15,045	39,880
Total Recreation Expenditures	<u>\$ 595,923</u>	<u>\$ 617,197</u>	<u>\$ 473,208</u>	<u>\$ 422,661</u>	<u>\$ 478,885</u>

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 01-50-501-500 TO 01-50-545-500	<u>2007 Actual</u>	<u>2008 Actual</u>	<u>2009 Budget</u>	<u>2009 Estimate</u>	<u>2010 Budget</u>
Personal Services					
101 Full-Time Wages	\$ 131,173	\$ 133,551	\$ 47,935	\$ 47,000	\$ 49,322
110 Overtime Wages	-	90	100	600	100
120 Part-Time Wages	95,238	94,540	96,584	102,955	99,250
162 Group Life Insurance	1,172	1,341	510	506	528
163 Medical Insurance	29,507	31,422	11,152	9,958	13,668
164 Workmen's Compensation	684	678	242	287	4,001
166 Pension Costs	8,792	9,312	3,304	3,250	3,419
167 Longterm Disability Insurance	609	771	308	316	316
168 Post Retirement Plan	2,000	2,000	600	600	600
198 Social Security Expense	17,182	17,309	11,065	11,288	11,376
Total Personal Services	<u>\$ 286,357</u>	<u>\$ 291,014</u>	<u>\$ 171,800</u>	<u>\$ 176,760</u>	<u>\$ 182,580</u>

**DEPARTMENT
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES

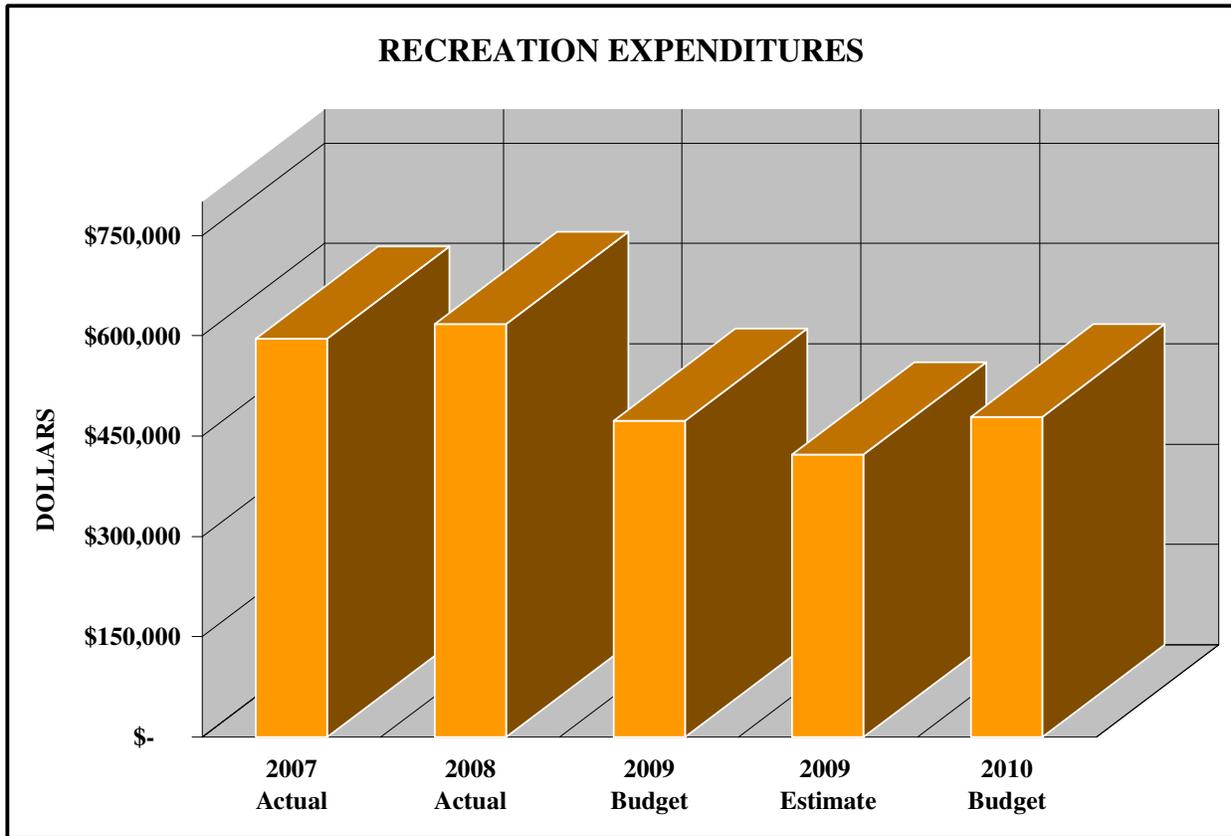


DEPARTMENT EXPENDITURES (Continued)

	<u>2007 Actual</u>	<u>2008 Actual</u>	<u>2009 Budget</u>	<u>2009 Estimate</u>	<u>2010 Budget</u>
Contractual Services					
210 Professional Services	\$ 3,944	\$ -	\$ -	\$ -	\$ -
213 Prof Services-Pathfinder	995	-	-	875	600
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
241 Utilities-Gas/Heating	55,790	60,501	81,500	62,000	70,000
242 Utilities-Electricity	18,840	19,716	24,000	23,000	24,480
250 Repairs & Maintenance- Office Equipment	1,684	1,648	900	-	-
261 Rental Charges	628	670	5,000	604	1,000
264 Rental-Pool	-	-	-	-	-
274 Services	-	-	4,000	-	-
275 Services-Printing & Duplicating	14,447	14,533	14,600	15,315	16,100
278 Postage Expense	3,596	3,859	3,726	2,000	2,000
279 Services-Recreation Programs	37,177	22,494	17,500	14,000	14,000
290 Other Contractual Services	62,553	69,121	54,383	46,664	54,740
291 Ad Hoc Committee Expenses	243	-	-	-	-
Total Contractual Services	<u>\$ 225,122</u>	<u>\$ 217,927</u>	<u>\$ 232,014</u>	<u>\$ 186,327</u>	<u>\$ 205,500</u>
Commodities					
300 Office Furniture & Equipment	\$ 588	\$ 141	\$ 500	\$ -	\$ -
301 Expendable Office Supplies	1,315	1,646	1,350	2,500	1,000
302 Books, Periodicals & Subscriptions	-	1,239	500	100	500
303 Tapes	228	114	-	-	-
304 Advertising-Publicity	-	-	-	-	-
310 Public Access Equipment	13,945	14,014	-	-	-
326 Recreation Supplies	43,747	45,786	48,181	41,729	48,675
328 Parks Mte Supplies	156	-	500	-	500
390 Other Supplies	16	231	250	200	250
Total Commodities	<u>\$ 59,995</u>	<u>\$ 63,171</u>	<u>\$ 51,281</u>	<u>\$ 44,529</u>	<u>\$ 50,925</u>
Distributed Costs					
601 Dist. Vehicle Costs	\$ -	\$ -	\$ -	\$ -	\$ 2,444
602 Dist. Data Processing Costs	24,449	45,085	18,113	15,045	37,436
Total Distributed Costs	<u>\$ 24,449</u>	<u>\$ 45,085</u>	<u>\$ 18,113</u>	<u>\$ 15,045</u>	<u>\$ 39,880</u>
Total Recreation Expenditures	<u><u>\$ 595,923</u></u>	<u><u>\$ 617,197</u></u>	<u><u>\$ 473,208</u></u>	<u><u>\$ 422,661</u></u>	<u><u>\$ 478,885</u></u>

BUDGETARY COMMENT

Funds requested for Recreation in 2010 are \$5,677 or 1.2% less than appropriated in 2009.



SUPPLEMENTARY INFORMATION

General Fund Revenue Breakdown

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

<i>Net Expenditures*</i>		\$63,944
How many real estate tax mills?	0.01	\$29,129
Earned Income Tax per \$100?	\$ 0.39	\$29,374
Percentage of Other Taxes?	0.03%	\$5,442

**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.*

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GENERAL FUND

RECREATION

ADMINISTRATION

	<u>2007 Actual</u>	<u>2008 Actual</u>	<u>2009 Budget</u>	<u>2009 Estimate</u>	<u>2010 Budget</u>
Administration Expenditures					
Personal Services	\$ 187,219	\$ 193,300	\$ 68,902	\$ 72,913	\$ 77,888
Contractual Services	45,673	45,580	46,031	40,084	41,080
Commodities	3,080	3,404	4,350	4,500	3,500
Distributed Costs	24,449	45,085	18,113	15,045	39,880
Total Administration Expenditures	\$ 260,421	\$ 287,369	\$ 137,396	\$ 132,542	\$ 162,348

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	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 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
- Continued to work with the USC Athletic Association to provide 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
- Improved Recreation Program Brochure
- Continued to work with the Parks and Recreation Advisory Board on the Gilfillan Charge, a smoking ban in community parks, consideration of alcohol at the C&RC and a dog park location in Boyce Mayview Park.
- Successfully scheduled the first full year of the Boyce Mayview Park Complex

2010 DEPARTMENT GOALS AND OBJECTIVES

- Expand regional awareness of Boyce Mayview Park through advertising, the recreation brochure and implementation of the C&RC Marketing Plan
- Promote and manage large community events (Community Day, Community Flea Market, Easter Egg Hunt)
- To coordinate activities thru the Park and Recreation Advisory Board
- Installation of new playground area at Boyce Mayview Park for young children
- Provide increased program opportunities for non-residents

COMPREHENSIVE PLAN STATUS

The Township's Comprehensive Plan, which is updated every ten years, consists of goals and objectives for the community over the next decade. The last update of the Comprehensive Plan was in 2005 and encompassed the goals for the Township for the year 2005 through 2014. Below are current status updates as they relate 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 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:** The Community & Recreation Center was constructed in 2009. The Parks and Recreation Board and C&RC staff continually monitor the status of the Center through analysis of the membership base and satisfaction surveys.
- 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:** 2009 was the first full year of operation of the Boyce Mayview Park Complex. The Recreation Department will work with the USC Athletic Association to successfully schedule the use of the Complex.
- 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.

DEPARTMENT STATISTICS AND BENCHMARKS

- Through October 2009, 2,491 participants have registered into 101 program offerings
- \$325,000 in revenue from programs will be collected
- Program areas include: Adult, Family, Preschool, Senior, Teen and Youth
- Large Community Wide Events include USC Community Day, USC Community Wide Flea Market and Community Wide Easter Egg Hunt

Community Programs	2008	Oct-09
All Programs		
Total Participants	3,928	2,491
Total Program Offerings	127	101
Permits for Meeting Rooms	410	472
Permits for Fields	39	56
Program Participants		
Football Training	152	147
Aerobics/Dance & Exercise Classes	922	474
Ski Programs	0	0
Soccer Programs	107	75
Summer Playground & Cultural Arts	571	441
Swim Program	279	52
Golf Lesson	81	66
Summer Music	92	90
Tennis Bubble/Paddle Tennis	93	125
Miscellaneous Self-Supporting	725	339
Youth Basketball	824	650
Instructional Baseball	58	56
Other Program Statistics		
Softball Programs	24 Teams	18 Teams
Older Adults	2,391 Meals	2,131 Meals

Parks and Facilities

The Township of Upper St. Clair has 15 parks that equal 747 acres as community amenities. They include:

- | | | |
|---|--------------------------------|--------------------------|
| • 3 – Hole Golf Course | • Marmion Field | • Johnson Park |
| • Baker Park | • Clair Park | • Memorial Garden |
| • Beadling Soccer Fields | • Community Rooms | • Morton Field Complex |
| • Boyce Mayview Park
and Athletic Fields | • Current Recreation
Center | • Municipal Tennis Court |
| • Brookshire Park | • Gilfillan Park | • Ravine Park |
| • Byrnwick Park | • Hays Park | • Tustin Park |
| | | • Wiltshire Park |

Community Organizations

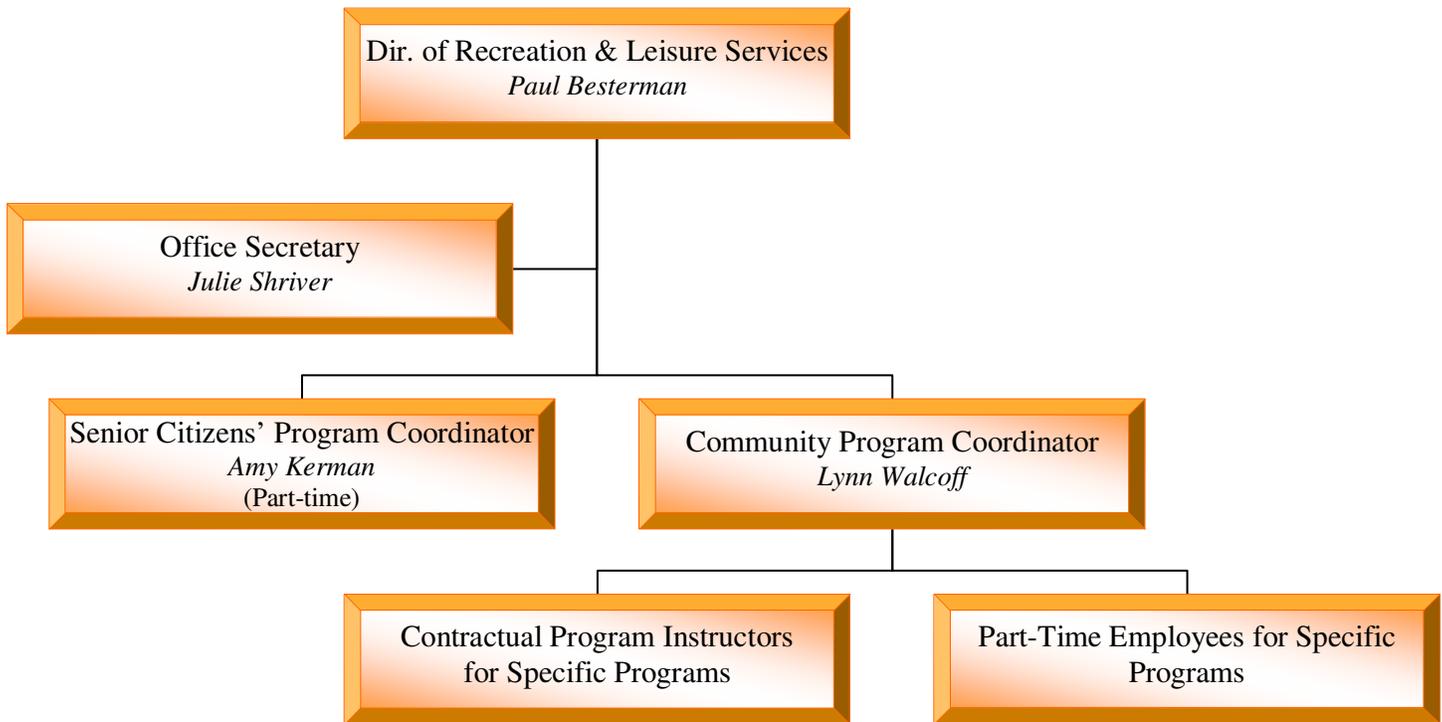
The following is a list of Community Organizations that the Department of Recreation and Leisure Services assisted in coordination so far during 2009. Through October 2009, 528 permits for Township meeting rooms and fields were issued.

- 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:

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



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:

Position Title	Recreation	C&RC Fund	BM RAD
Director of Recreation and Leisure Services	30%	70%	n/a
Community Program Coordinator	50%	50%	n/a
Office Secretary	25%	70%	5%

DEPARTMENT EXPENDITURES

Administration Expenditures 01-50-501-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Personal Services					
101 Full-Time Wages	\$ 131,173	\$ 133,551	\$ 47,935	\$ 47,000	\$ 49,322
110 Overtime Wages	-	90	100	600	100
120 Part-Time Wages	3,144	3,770	1,000	6,417	2,000
162 Group Life Insurance	1,172	1,341	510	506	528
163 Medical Insurance	29,507	31,422	11,152	9,958	13,668
164 Workmen's Compensation	684	678	242	287	4,001
166 Pension Costs	8,792	9,312	3,304	3,250	3,419
167 Longterm Disability Insurance	609	771	308	316	316
168 Post Retirement Plan	2,000	2,000	600	600	600
198 Social Security Expense	10,138	10,365	3,751	3,979	3,934
Total Personal Services	\$ 187,219	\$ 193,300	\$ 68,902	\$ 72,913	\$ 77,888
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



	<u>2007</u> <u>Actual</u>	<u>2008</u> <u>Actual</u>	<u>2009</u> <u>Budget</u>	<u>2009</u> <u>Estimate</u>	<u>2010</u> <u>Budget</u>
Commodities					
300 Office Furniture & Equipment	\$ -	\$ 86	\$ 500	\$ -	\$ -
301 Expendable Office Supplies	1,315	1,646	1,350	2,500	1,000
302 Books, Periodicals & Subscriptions	-	1,239	500	100	500
326 Recreation Supplies	1,749	202	1,750	1,700	1,750
390 Other Supplies	16	231	250	200	250
Total Commodities	<u>\$ 3,080</u>	<u>\$ 3,404</u>	<u>\$ 4,350</u>	<u>\$ 4,500</u>	<u>\$ 3,500</u>
Distributed Costs					
601 Dist. Vehicle Costs	\$ -	\$ -	\$ -	\$ -	\$ 2,444
602 Dist. Data Processing Costs	24,449	45,085	18,113	15,045	37,436
Total Distributed Costs	<u>\$ 24,449</u>	<u>\$ 45,085</u>	<u>\$ 18,113</u>	<u>\$ 15,045</u>	<u>\$ 39,880</u>
Total Administration Expenditures	<u>\$ 260,421</u>	<u>\$ 287,369</u>	<u>\$ 137,396</u>	<u>\$ 132,542</u>	<u>\$ 162,348</u>

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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GENERAL FUND

RECREATION

ADMINISTRATION

	<u>2007</u> <u>Actual</u>	<u>2008</u> <u>Actual</u>	<u>2009</u> <u>Budget</u>	<u>2009</u> <u>Estimate</u>	<u>2010</u> <u>Budget</u>
Administration Expenditures					
Personal Services	\$ 187,219	\$ 193,300	\$ 68,902	\$ 72,913	\$ 77,888
Contractual Services	45,673	45,580	46,031	40,084	41,080
Commodities	3,080	3,404	4,350	4,500	3,500
Distributed Costs	24,449	45,085	18,113	15,045	39,880
Total Administration Expenditures	\$ 260,421	\$ 287,369	\$ 137,396	\$ 132,542	\$ 162,348

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	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 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
- Continued to work with the USC Athletic Association to provide 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
- Improved Recreation Program Brochure
- Continued to work with the Parks and Recreation Advisory Board on the Gilfillan Charge, a smoking ban in community parks, consideration of alcohol at the C&RC and a dog park location in Boyce Mayview Park.
- Successfully scheduled the first full year of the Boyce Mayview Park Complex

2010 DEPARTMENT GOALS AND OBJECTIVES

- Expand regional awareness of Boyce Mayview Park through advertising, the recreation brochure and implementation of the C&RC Marketing Plan
- Promote and manage large community events (Community Day, Community Flea Market, Easter Egg Hunt)
- To coordinate activities thru the Park and Recreation Advisory Board
- Installation of new playground area at Boyce Mayview Park for young children
- Provide increased program opportunities for non-residents

COMPREHENSIVE PLAN STATUS

The Township's Comprehensive Plan, which is updated every ten years, consists of goals and objectives for the community over the next decade. The last update of the Comprehensive Plan was in 2005 and encompassed the goals for the Township for the year 2005 through 2014. Below are current status updates as they relate 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 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:** The Community & Recreation Center was constructed in 2009. The Parks and Recreation Board and C&RC staff continually monitor the status of the Center through analysis of the membership base and satisfaction surveys.
- 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:** 2009 was the first full year of operation of the Boyce Mayview Park Complex. The Recreation Department will work with the USC Athletic Association to successfully schedule the use of the Complex.
- 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.

DEPARTMENT STATISTICS AND BENCHMARKS

- Through October 2009, 2,491 participants have registered into 101 program offerings
- \$325,000 in revenue from programs will be collected
- Program areas include: Adult, Family, Preschool, Senior, Teen and Youth
- Large Community Wide Events include USC Community Day, USC Community Wide Flea Market and Community Wide Easter Egg Hunt

Community Programs	2008	Oct-09
All Programs		
Total Participants	3,928	2,491
Total Program Offerings	127	101
Permits for Meeting Rooms	410	472
Permits for Fields	39	56
Program Participants		
Football Training	152	147
Aerobics/Dance & Exercise Classes	922	474
Ski Programs	0	0
Soccer Programs	107	75
Summer Playground & Cultural Arts	571	441
Swim Program	279	52
Golf Lesson	81	66
Summer Music	92	90
Tennis Bubble/Paddle Tennis	93	125
Miscellaneous Self-Supporting	725	339
Youth Basketball	824	650
Instructional Baseball	58	56
Other Program Statistics		
Softball Programs	24 Teams	18 Teams
Older Adults	2,391 Meals	2,131 Meals

Parks and Facilities

The Township of Upper St. Clair has 15 parks that equal 747 acres as community amenities. They include:

- | | | |
|---|--------------------------------|--------------------------|
| • 3 – Hole Golf Course | • Marmion Field | • Johnson Park |
| • Baker Park | • Clair Park | • Memorial Garden |
| • Beadling Soccer Fields | • Community Rooms | • Morton Field Complex |
| • Boyce Mayview Park
and Athletic Fields | • Current Recreation
Center | • Municipal Tennis Court |
| • Brookshire Park | • Gilfillan Park | • Ravine Park |
| • Byrnwick Park | • Hays Park | • Tustin Park |
| | | • Wiltshire Park |

Community Organizations

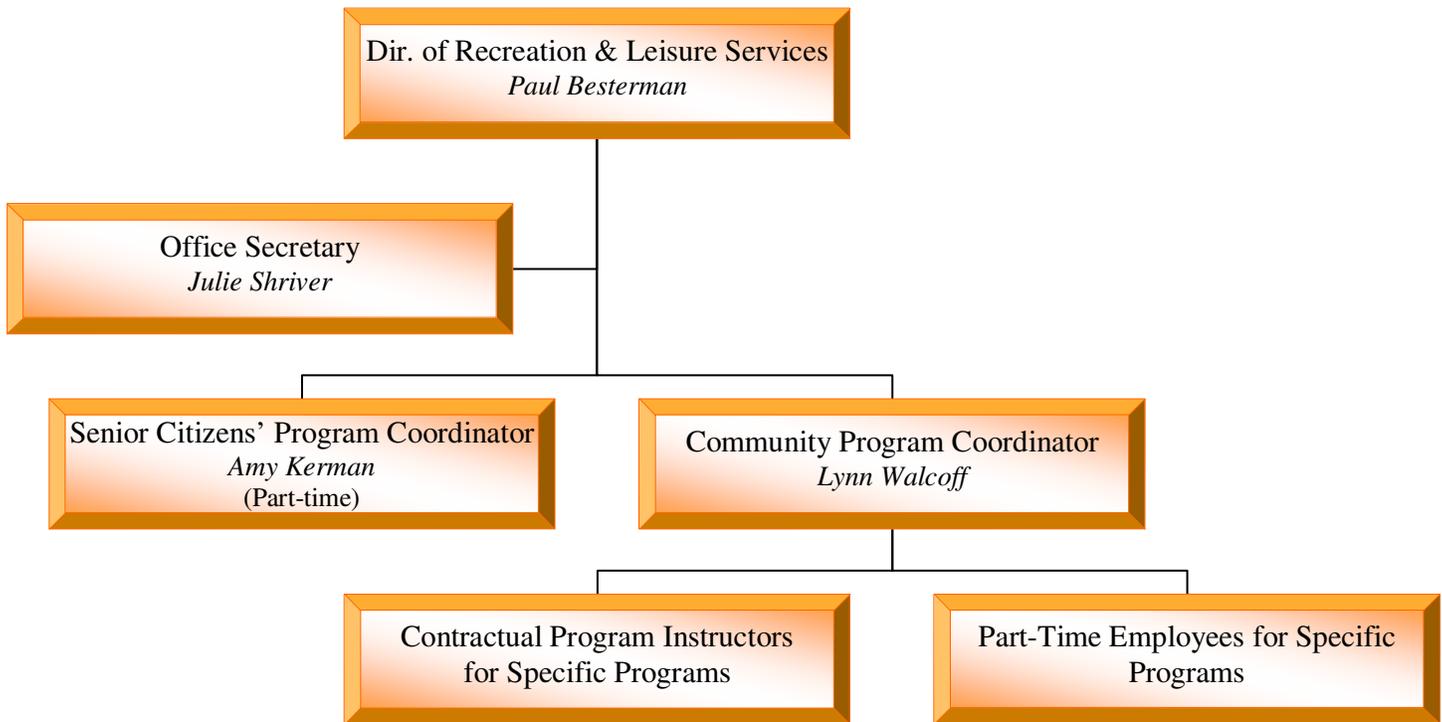
The following is a list of Community Organizations that the Department of Recreation and Leisure Services assisted in coordination so far during 2009. Through October 2009, 528 permits for Township meeting rooms and fields were issued.

- 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:

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



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:

Position Title	Recreation	C&RC Fund	BM RAD
Director of Recreation and Leisure Services	30%	70%	n/a
Community Program Coordinator	50%	50%	n/a
Office Secretary	25%	70%	5%

DEPARTMENT EXPENDITURES

Administration Expenditures 01-50-501-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Personal Services					
101 Full-Time Wages	\$ 131,173	\$ 133,551	\$ 47,935	\$ 47,000	\$ 49,322
110 Overtime Wages	-	90	100	600	100
120 Part-Time Wages	3,144	3,770	1,000	6,417	2,000
162 Group Life Insurance	1,172	1,341	510	506	528
163 Medical Insurance	29,507	31,422	11,152	9,958	13,668
164 Workmen's Compensation	684	678	242	287	4,001
166 Pension Costs	8,792	9,312	3,304	3,250	3,419
167 Longterm Disability Insurance	609	771	308	316	316
168 Post Retirement Plan	2,000	2,000	600	600	600
198 Social Security Expense	10,138	10,365	3,751	3,979	3,934
Total Personal Services	\$ 187,219	\$ 193,300	\$ 68,902	\$ 72,913	\$ 77,888
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



	<u>2007</u> <u>Actual</u>	<u>2008</u> <u>Actual</u>	<u>2009</u> <u>Budget</u>	<u>2009</u> <u>Estimate</u>	<u>2010</u> <u>Budget</u>
Commodities					
300 Office Furniture & Equipment	\$ -	\$ 86	\$ 500	\$ -	\$ -
301 Expendable Office Supplies	1,315	1,646	1,350	2,500	1,000
302 Books, Periodicals & Subscriptions	-	1,239	500	100	500
326 Recreation Supplies	1,749	202	1,750	1,700	1,750
390 Other Supplies	16	231	250	200	250
Total Commodities	<u>\$ 3,080</u>	<u>\$ 3,404</u>	<u>\$ 4,350</u>	<u>\$ 4,500</u>	<u>\$ 3,500</u>
Distributed Costs					
601 Dist. Vehicle Costs	\$ -	\$ -	\$ -	\$ -	\$ 2,444
602 Dist. Data Processing Costs	24,449	45,085	18,113	15,045	37,436
Total Distributed Costs	<u>\$ 24,449</u>	<u>\$ 45,085</u>	<u>\$ 18,113</u>	<u>\$ 15,045</u>	<u>\$ 39,880</u>
Total Administration Expenditures	<u>\$ 260,421</u>	<u>\$ 287,369</u>	<u>\$ 137,396</u>	<u>\$ 132,542</u>	<u>\$ 162,348</u>

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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GENERAL FUND

RECREATION

PROGRAM SUMMARY

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



	<u>2007 Actual</u>	<u>2008 Actual</u>	<u>2009 Budget</u>	<u>2009 Estimate</u>	<u>2010 Budget</u>
Program Expenditures					
Personal Services	\$ 99,138	\$ 97,714	\$ 102,898	\$ 103,847	\$ 104,692
Contractual Services	178,527	171,537	185,983	146,243	164,420
Commodities	42,154	45,584	46,931	40,029	47,425
Total Program Expenditures	\$ 319,819	\$ 314,835	\$ 335,812	\$ 290,119	\$ 316,537

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.

Program Expenditures 01-50-502-500 TO 01-50-530-500	<u>2007 Actual</u>	<u>2008 Actual</u>	<u>2009 Budget</u>	<u>2009 Estimate</u>	<u>2010 Budget</u>
Personal Services					
120 Part-Time Wages	\$ 92,094	\$ 90,770	\$ 95,584	\$ 96,538	\$ 97,250
198 Social Security Expense	7,044	6,944	7,314	7,309	7,442
Total Personal Services	\$ 99,138	\$ 97,714	\$ 102,898	\$ 103,847	\$ 104,692
Contractual Services					
210 Professional Services	\$ 3,944	\$ -	\$ -	\$ -	\$ -
213 Prof Services-Pathfinder	995	-	-	875	600
241 Utilities-Gas/Heating	55,790	60,501	81,500	62,000	70,000
242 Utilities-Electricity	18,840	19,716	24,000	23,000	24,480
261 Rental Charges	628	670	5,000	604	1,000
264 Rental-Pool	-	-	-	-	-
274 Services	-	-	4,000	-	-
275 Printing & Duplicating	-	-	100	-	100
279 Services-Recreation Programs	37,177	22,494	17,500	14,000	14,000
290 Other Contractual Services	61,153	68,156	53,883	45,764	54,240
Total Contractual Services	\$ 178,527	\$ 171,537	\$ 185,983	\$ 146,243	\$ 164,420
Commodities					
326 Recreation Supplies	\$ 41,998	\$ 45,584	\$ 46,431	\$ 40,029	\$ 46,925
328 Parks Mte Supplies	156	-	500	-	500
Total Commodities	\$ 42,154	\$ 45,584	\$ 46,931	\$ 40,029	\$ 47,425
Total Program Expenditures	\$ 319,819	\$ 314,835	\$ 335,812	\$ 290,119	\$ 316,537

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

Football Training Expenditures 01-50-502-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Personal Services					
120 Part-Time Wages	\$ 7,551	\$ 7,800	\$ 9,103	\$ 8,465	\$ 9,250
198 Social Security Expense	578	597	696	648	708
Total Personal Services	\$ 8,129	\$ 8,397	\$ 9,799	\$ 9,113	\$ 9,958
Commodities					
326 Recreation Supplies	\$ 929	\$ 1,599	\$ 1,086	\$ 1,049	\$ 1,200
Total Commodities	\$ 929	\$ 1,599	\$ 1,086	\$ 1,049	\$ 1,200
Total Football Training Expenditures	\$ 9,058	\$ 9,996	\$ 10,885	\$ 10,162	\$ 11,158
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.

Aerobics/Dance Class Expenditures 01-50-503-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Contractual Services					
290 Other Contractual Services	\$ 26,299	\$ 33,819	\$ 11,000	\$ 17,000	\$ 15,000
Total Contractual Services	\$ 26,299	\$ 33,819	\$ 11,000	\$ 17,000	\$ 15,000
Commodities					
326 Recreation Supplies	\$ 69	\$ -	\$ 200	\$ -	\$ 200
Total Commodities	\$ 69	\$ -	\$ 200	\$ -	\$ 200
Total Aerobics/Dance Class Expenditures	\$ 26,368	\$ 33,819	\$ 11,200	\$ 17,000	\$ 15,200
Estimated Revenue					
003 Aerobics/Dance & Exercise	\$ 36,169	\$ 53,738	\$ 12,500	\$ 20,000	\$ 15,000
Percent Fee Supported					99%

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

Ski Programs Expenditures 01-50-506-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Contractual Services					
261 Rental Charges-Bus Transport	\$ (82)	\$ -	\$ 4,000	\$ -	\$ -
273 Services-Lift Tickets	-	-	4,000	-	-
290 Other Contractual Services	-	-	4,000	-	-
Total Contractual Services	\$ (82)	\$ -	\$ 12,000	\$ -	\$ -
Total Ski Programs Expenditures	\$ (82)	\$ -	\$ 12,000	\$ -	\$ -
Estimated Revenue					
006 Ski Program	\$ 2,215	\$ (2,450)	\$ 2,000	\$ -	\$ -
Percent Fee Supported					0%

SOCCKER 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.

Soccer Program Expenditures 01-50-507-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Personal Services					
120 Part-Time Wages	\$ 6,169	\$ 5,468	\$ 6,300	\$ 5,666	\$ 6,350
198 Social Security Expense	472	418	482	433	486
Total Personal Services	\$ 6,641	\$ 5,886	\$ 6,782	\$ 6,099	\$ 6,836
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
Estimated Revenue					
007 Soccer Programs	\$ 6,555	\$ 5,866	\$ 6,500	\$ 4,280	\$ 6,000
Percent Fee Supported					75%

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

Softball Programs Expenditures 01-50-508-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Contractual Services					
290 Other Contractual Services	\$ 8,404	\$ 9,318	\$ 11,100	\$ 7,725	\$ 11,100
Total Contractual Services	\$ 8,404	\$ 9,318	\$ 11,100	\$ 7,725	\$ 11,100
Commodities					
326 Recreation Supplies	\$ 1,130	\$ 1,691	\$ 1,250	\$ 2,141	\$ 1,275
Total Commodities	\$ 1,130	\$ 1,691	\$ 1,250	\$ 2,141	\$ 1,275
Total Softball Programs Expenditures	\$ 9,534	\$ 11,009	\$ 12,350	\$ 9,866	\$ 12,375
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).

Summer Playground Expenditures 01-50-511-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Personal Services					
120 Part-Time Wages	\$ 29,152	\$ 29,445	\$ 31,681	\$ 31,729	\$ 31,750
198 Social Security Expense	2,230	2,253	2,424	2,427	2,429
Total Personal Services	\$ 31,382	\$ 31,698	\$ 34,105	\$ 34,156	\$ 34,179
Contractual Services					
213 Prof Services-Pathfinder	\$ 995	\$ -	\$ -	\$ 875	\$ 600
290 Other Contractual Services	6,304	4,890	6,753	1,739	6,750
Total Contractual Services	\$ 7,299	\$ 4,890	\$ 6,753	\$ 2,614	\$ 7,350
Commodities					
326 Recreation Supplies	\$ 6,426	\$ 6,380	\$ 7,250	\$ 2,225	\$ 7,250
Total Commodities	\$ 6,426	\$ 6,380	\$ 7,250	\$ 2,225	\$ 7,250
Total Summer Playground Expenditures	\$ 45,107	\$ 42,968	\$ 48,108	\$ 38,995	\$ 48,779
Estimated Revenue					
011 Summer Playground & Cultural Art Program	\$ 44,986	\$ 40,579	\$ 40,000	\$ 32,000	\$ 38,000
Percent Fee Supported					78%

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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 01-50-513-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Personal Services					
120 Part-Time Wages	\$ 8,619	\$ 9,955	\$ 9,850	\$ 12,000	\$ 12,000
198 Social Security Expense	659	762	754	842	918
Total Personal Services	<u>\$ 9,278</u>	<u>\$ 10,717</u>	<u>\$ 10,604</u>	<u>\$ 12,842</u>	<u>\$ 12,918</u>
Contractual Services					
260 Rental Charges-Vehicle	\$ 710	\$ 670	\$ 1,000	\$ 604	\$ 1,000
Total Contractual Services	<u>\$ 710</u>	<u>\$ 670</u>	<u>\$ 1,000</u>	<u>\$ 604</u>	<u>\$ 1,000</u>
Commodities					
326 Recreation Supplies	\$ 9,211	\$ 8,617	\$ 8,800	\$ 8,700	\$ 8,900
Total Commodities	<u>\$ 9,211</u>	<u>\$ 8,617</u>	<u>\$ 8,800</u>	<u>\$ 8,700</u>	<u>\$ 8,900</u>
Total Older Adults Program Expenditures	<u>\$ 19,199</u>	<u>\$ 20,004</u>	<u>\$ 20,404</u>	<u>\$ 22,146</u>	<u>\$ 22,818</u>
Estimated Revenue					
013 Older Adults	\$ 1,798	\$ 930	\$ 500	\$ 250	\$ 500
Percent Fee Supported					2%

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.

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



SWIM PROGRAM (Continued)

Swim Program Expenditures 01-50-517-500??-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Personal Services					
120 Part-Time Wages	\$ 6,229	\$ 3,495	\$ 1,000	\$ 1,875	\$ -
198 Social Security Expense	476	267	77	143	-
Total Personal Services	<u>\$ 6,705</u>	<u>\$ 3,762</u>	<u>\$ 1,077</u>	<u>\$ 2,018</u>	<u>\$ -</u>
Contracted Services					
210 Professional Services	\$ 3,944	\$ -	\$ -	\$ -	\$ -
264 Rental Charges-Pool	-	-	-	-	-
290 Contracted Services	1,366	-	-	-	-
Total Contracted Services	<u>\$ 5,310</u>	<u>\$ -</u>	<u>\$ -</u>	<u>\$ -</u>	<u>\$ -</u>
Total Swim Program Expenditures	<u><u>\$ 12,015</u></u>	<u><u>\$ 3,762</u></u>	<u><u>\$ 1,077</u></u>	<u><u>\$ 2,018</u></u>	<u><u>\$ -</u></u>
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.

Golf Lesson Program Expenditures 01-50-518-500??-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Contractual Services					
290 Other Contractual Services	\$ 3,949	\$ 3,694	\$ 3,730	\$ 3,000	\$ 3,750
Total Contractual Services	<u>\$ 3,949</u>	<u>\$ 3,694</u>	<u>\$ 3,730</u>	<u>\$ 3,000</u>	<u>\$ 3,750</u>
Commodities					
326 Recreation Supplies	\$ -	\$ -	\$ 125	\$ -	\$ 125
Total Commodities	<u>\$ -</u>	<u>\$ -</u>	<u>\$ 125</u>	<u>\$ -</u>	<u>\$ 125</u>
Total Golf Lesson Program Expenditures	<u><u>\$ 3,949</u></u>	<u><u>\$ 3,694</u></u>	<u><u>\$ 3,855</u></u>	<u><u>\$ 3,000</u></u>	<u><u>\$ 3,875</u></u>
Estimated Revenue					
018 Golf Lesson	\$ 4,794	\$ 4,740	\$ 5,175	\$ 4,500	\$ 5,000
Percent Fee Supported					129%

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

Summer Music Program Expenditures 01-50-520-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Personal Services					
120 Part-Time Wages	\$ 4,738	\$ 5,217	\$ 5,800	\$ 4,196	\$ 5,800
198 Social Security Expense	362	399	444	321	444
Total Personal Services	<u>\$ 5,100</u>	<u>\$ 5,616</u>	<u>\$ 6,244</u>	<u>\$ 4,517</u>	<u>\$ 6,244</u>
Commodities					
326 Recreation Supplies	\$ 1,446	\$ 2,530	\$ 2,700	\$ 2,376	\$ 2,700
Total Commodities	<u>\$ 1,446</u>	<u>\$ 2,530</u>	<u>\$ 2,700</u>	<u>\$ 2,376</u>	<u>\$ 2,700</u>
Total Summer Music Prog. Expenditures	<u><u>\$ 6,546</u></u>	<u><u>\$ 8,146</u></u>	<u><u>\$ 8,944</u></u>	<u><u>\$ 6,893</u></u>	<u><u>\$ 8,944</u></u>
Estimated Revenue					
020 Summer Music Program	\$ 6,700	\$ 8,217	\$ 7,500	\$ 8,278	\$ 8,300
Percent Fee Supported					93%

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 \$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.

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



TENNIS BUBBLE/PADDLE TENNIS PROGRAM (Continued)

Tennis Bubble/Paddle Tennis Exp. 01-50-521-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Personal Services					
120 Part-Time Wages	\$ 21,166	\$ 20,816	\$ 22,770	\$ 21,500	\$ 23,000
198 Social Security Expense	1,619	1,592	1,742	1,645	1,760
Total Personal Services	\$ 22,785	\$ 22,408	\$ 24,512	\$ 23,145	\$ 24,760
Contractual Services					
241 Natural Gas Utility	\$ 55,790	\$ 60,501	\$ 81,500	\$ 62,000	\$ 70,000
242 Electrical Utility	18,840	19,716	24,000	23,000	24,480
Total Contractual Services	\$ 74,630	\$ 80,217	\$ 105,500	\$ 85,000	\$ 94,480
Commodities					
328 Parks Mte Supplies	\$ 156	\$ -	\$ 500	\$ -	\$ 500
Total Commodities	\$ 156	\$ -	\$ 500	\$ -	\$ 500
Total Tennis Bubble/Paddle Tennis Exp.	\$ 97,571	\$ 102,625	\$ 130,512	\$ 108,145	\$ 119,740
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.

Self Supporting Programs Expenditures 01-50-522-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Contractual Services					
279 Services-Recreation Programs	\$ 37,177	\$ 22,494	\$ 17,500	\$ 14,000	\$ 14,000
Total Contractual Services	\$ 37,177	\$ 22,494	\$ 17,500	\$ 14,000	\$ 14,000
Total Self Supporting Prog. Expenditures	\$ 37,177	\$ 22,494	\$ 17,500	\$ 14,000	\$ 14,000
Estimated Revenue					
022 Miscellaneous Self Supporting	\$ 59,617	\$ 53,270	\$ 25,500	\$ 25,000	\$ 25,000
Percent Fee Supported					179%

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

Youth Basketball Expenditures 01-50-523-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Personal Services					
120 Part-Time Wages	\$ 4,917	\$ 4,994	\$ 5,250	\$ 8,000	\$ 5,250
198 Social Security Expense	376	382	402	612	402
Total Personal Services	\$ 5,293	\$ 5,376	\$ 5,652	\$ 8,612	\$ 5,652
Contractual Services					
264 Rental Charges	\$ -	\$ -	\$ -	\$ -	\$ -
290 Other Contracted Services	14,831	16,435	17,000	16,000	17,340
Total Contractual Services	\$ 14,831	\$ 16,435	\$ 17,000	\$ 16,000	\$ 17,340
Commodities					
326 Recreation Supplies	\$ 20,923	\$ 22,770	\$ 22,770	\$ 22,000	\$ 23,000
Total Commodities	\$ 20,923	\$ 22,770	\$ 22,770	\$ 22,000	\$ 23,000
Total Youth Basketball Expenditures	\$ 41,047	\$ 44,581	\$ 45,422	\$ 46,612	\$ 45,992
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.

Instructional Baseball Expenditures 01-50-528-500???-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Personal Services					
120 Part-Time Wages	\$ 3,553	\$ 3,580	\$ 3,830	\$ 3,107	\$ 3,850
198 Social Security Expense	272	274	293	238	295
Total Personal Services	\$ 3,825	\$ 3,854	\$ 4,123	\$ 3,345	\$ 4,145
Commodities					
326 Recreation Supplies	\$ 917	\$ 837	\$ 950	\$ 900	\$ 975
Total Commodities	\$ 917	\$ 837	\$ 950	\$ 900	\$ 975
Total Instructional Baseball Expenditures	\$ 4,742	\$ 4,691	\$ 5,073	\$ 4,245	\$ 5,120
Estimated Revenue					
028 Instructional Baseball	\$ 4,180	\$ 2,930	\$ 3,100	\$ 3,249	\$ 3,300
Percent Fee Supported					64%

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



YOUTH DEVELOPMENT

This budget represents the Teen Center Support for 2010.

Youth Development Expenditures 01-50-530-500??-000	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Contractual Services					
275 Printing & Duplication	\$ -	\$ -	\$ 100	\$ -	\$ 100
290 Other Contractual Services	-	-	300	300	300
Total Contractual Services	\$ -	\$ -	\$ 400	\$ 300	\$ 400
Commodities					
390 Other Supplies	\$ -	\$ -	\$ 100	\$ -	\$ 100
Total Commodities	\$ -	\$ -	\$ 100	\$ -	\$ 100
Total Youth Development Expenditures	\$ -	\$ -	\$ 500	\$ 300	\$ 500

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CABLE TELEVISION SERVICES

GENERAL FUND
RECREATION AND LEISURE SERVICES



	<u>2007 Actual</u>	<u>2008 Actual</u>	<u>2009 Budget</u>	<u>2009 Estimate</u>	<u>2010 Budget</u>
Cable Television Expenditures					
Contractual Services	\$ 922	\$ 810	\$ -	\$ -	\$ -
Commodities	14,761	14,183	-	-	-
Total Cable Television Expenditures	\$ 15,683	\$ 14,993	\$ -	\$ -	\$ -

DEPARTMENT OVERVIEW

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

Cable Television Expenditures 01-50-545-500???-000	<u>2007 Actual</u>	<u>2008 Actual</u>	<u>2009 Budget</u>	<u>2009 Estimate</u>	<u>2010 Budget</u>
Contractual Services					
250 Equipment Maintenance	\$ 922	\$ 810	\$ -	\$ -	\$ -
Total Contractual Services	\$ 922	\$ 810	\$ -	\$ -	\$ -
Commodities					
300 Public Access Supply	\$ 588	\$ 55	\$ -	\$ -	\$ -
301 Office Supplies	-	-	-	-	-
302 Subscriptions & Periodicals	-	-	-	-	-
303 Tapes	228	114	-	-	-
304 Advertising-Publicity	-	-	-	-	-
320 Public Access Equipment	13,945	14,014	-	-	-
390 Other Commodities	-	-	-	-	-
Total Commodities	\$ 14,761	\$ 14,183	\$ -	\$ -	\$ -
Total Cable Television Expenditures	\$ 15,683	\$ 14,993	\$ -	\$ -	\$ -

**OPERATIONS &
MAINTENANCE**

**BOYCE/MAYVIEW PARK RAD FUND
PUBLIC WORKS**



	<u>2007 Actual</u>	<u>2008 Actual</u>	<u>2009 Budget</u>	<u>2009 Estimate</u>	<u>2010 Budget</u>
Personal Operating Appropriations					
52-10-102-500???-000					
101 Full-Time Wages	\$ 63,676	\$ 82,089	\$ 140,527	\$ 223,800	\$ 236,207
110 Overtime Wages	-	-	-	13,000	13,000
120 Part-Time Wages	-	-	-	5,827	6,600
162 Group Life Insurance	586	655	744	745	769
163 Medical Insurance	15,928	8,481	2,059	4,434	2,534
164 Workmen's Compensation	569	937	472	559	585
166 Pension Costs	4,654	4,810	5,043	4,965	5,207
167 Longterm Disability Insurance	304	375	452	468	468
198 Social Security Expense	4,854	5,082	10,750	18,561	19,569
199 Fringe Benefit Distribution	-	-	52,426	118,909	134,516
290 REEC Expenditures	-	-	100,000	100,000	50,000
Total Personal Operating Approp.	\$ 90,571	\$ 102,429	\$ 312,473	\$ 491,268	\$ 469,455
Park Appropriations					
52-40-401-500???-000					
305 Construction Costs-Concessions	\$ 2,591	\$ -	\$ -	\$ -	\$ -
306 Ballfield Construction Costs	-	-	-	-	-
307 Perimeter & Interior Trail Const.	64,200	588,586	-	207,255	75,000
308 Open Space Enhancement & Access Improvements	205,852	78,500	-	31,328	-
320 Park Improvements - Capital	-	-	163,000	73,101	125,000
330 Northern Tributary Grant Exp.	-	-	-	48,200	-
331 Soil & Erosion Control	-	-	-	-	50,000
750 Capital Equipment	129,902	70,939	26,000	26,000	-
Total Park Appropriations	\$ 402,545	\$ 738,025	\$ 189,000	\$ 385,884	\$ 250,000
Park Operations & Maintenance					
52-40-415-500???-000					
240 Water & Sewerage	\$ 9,427	\$ 19,029	\$ 20,500	\$ 27,300	\$ 28,500
241 Natural Gas	-	1,595	1,800	10,000	10,000
242 Electricity	-	1,287	700	26,700	26,700
243 Telephone	-	-	-	400	400
299 Field Maintenance Services	-	16,138	28,000	37,500	43,500
328 Field Maintenance Supplies	-	6,361	27,700	97,500	97,500
601 Distributed Vehicle Costs	-	-	500	500	3,444
604 Police Patrol Distribution	-	-	40,430	39,919	42,567
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

**OPERATIONS &
MAINTENANCE**

**BOYCE/MAYVIEW PARK RAD FUND
PUBLIC WORKS**



	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Beginning Fund Balance	\$ 4,433	\$ 4,433	\$ 5,493	\$ 5,493	\$ 7,493
Estimated Revenue	502,543	885,924	621,103	1,118,971	974,566
Appropriations	(502,543)	(884,864)	(621,103)	(1,116,971)	(972,066)
Ending Fund Balance	\$ 4,433	\$ 5,493	\$ 5,493	\$ 7,493	\$ 9,993

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.

	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Estimated Revenue					
52-00-000-??????-000					
360002 Athletic Association User Fees	\$ 2,591	\$ 560	\$ 2,500	\$ 2,000	\$ 2,500
360008 General Fund Appropriation	-	30,602	199,603	557,375	587,066
360020 RAD Grant	499,902	500,000	419,000	419,000	385,000
360030 Park Memorials	-	500	-	-	-
360031 Park Trail Revenue	50	-	-	-	-
365001 PennDOT TEA-21 Grant	-	155,341	-	-	-
365002 PennDOT SPC Grant	-	198,921	-	92,396	-
365003 DCNR Keystone Grant	-	-	-	-	-
365010 Growing Greener Grnt - N. Trib	-	-	-	48,200	-
367001 Recreation Fees	-	-	-	-	-
Total Revenue	\$ 502,543	\$ 885,924	\$ 621,103	\$ 1,118,971	\$ 974,566

**FIELD
MAINTENANCE**

**FIELD IMPROVEMENT FUND
PUBLIC WORKS**



	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 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.

	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Estimated Revenue					
13-00-000-?????-000					
345001 Interest Revenue	\$ 567	\$ 491	\$ 600	\$ 600	\$ 1,000
320001 Athletic Assoc.-User Fees	19,570	19,280	21,000	20,000	20,000
360008 Township Appropriation	30,000	30,000	30,000	30,000	30,000
Total Revenue	\$ 50,137	\$ 49,771	\$ 51,600	\$ 50,600	\$ 51,000
Appropriations					
13-40-415-500???-000					
702 Field Renovation Projects	\$ -	\$ 32,981	\$ 275,000	\$ 4,600	\$ 300,000
Total Appropriations	\$ -	\$ 32,981	\$ 275,000	\$ 4,600	\$ 300,000

**BOYCE MAYVIEW COMMUNITY &
RECREATION CENTER FUND**

OVERVIEW

BOYCE MAYVIEW COMMUNITY & RECREATION CENTER FUND RECREATION



	<u>2007 Actual</u>	<u>2008 Actual</u>	<u>2009 Budget</u>	<u>2009 Estimate</u>	<u>2010 Budget</u>
Beginning Net Assets	\$ -	\$ 400,000	\$ 1,806,606	\$ 1,806,606	\$ 1,031,521
Operating Revenue	400,000	500,000	2,124,660	1,009,471	3,037,726
Operating Expenses	-	(65,623)	(2,095,415)	(1,879,711)	(3,037,726)
Operating Income (Loss)	<u>400,000</u>	<u>434,377</u>	<u>29,245</u>	<u>(870,240)</u>	<u>-</u>
Non-Operating Revenue	-	-	1,150,297	1,320,321	1,142,107
Non-Operating Expenses	-	(358,862)	(760,474)	(908,828)	(774,721)
Total Non-Operating Revenues (Expenses)	<u>-</u>	<u>(358,862)</u>	<u>389,823</u>	<u>411,493</u>	<u>367,386</u>
Change in Net Assets	<u>400,000</u>	<u>75,515</u>	<u>419,068</u>	<u>(458,747)</u>	<u>367,386</u>
Capital Contribution	-	1,331,091	-	-	-
Less: Depreciation - CRC Building	-	-	-	(316,338)	(632,675)
Ending Net Assets	<u>\$ 400,000</u>	<u>\$ 1,806,606</u>	<u>\$ 2,225,674</u>	<u>\$ 1,031,521</u>	<u>\$ 766,232</u>

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.

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.

ALL ANNUAL PASSES		RESIDENTS			NON-RESIDENTS		
Individuals	Memberships	Individuals	Memberships	Percentage	Individuals	Memberships	Percentage
5,956	1,760	5,157	1,524	87%	799	236	13%

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:

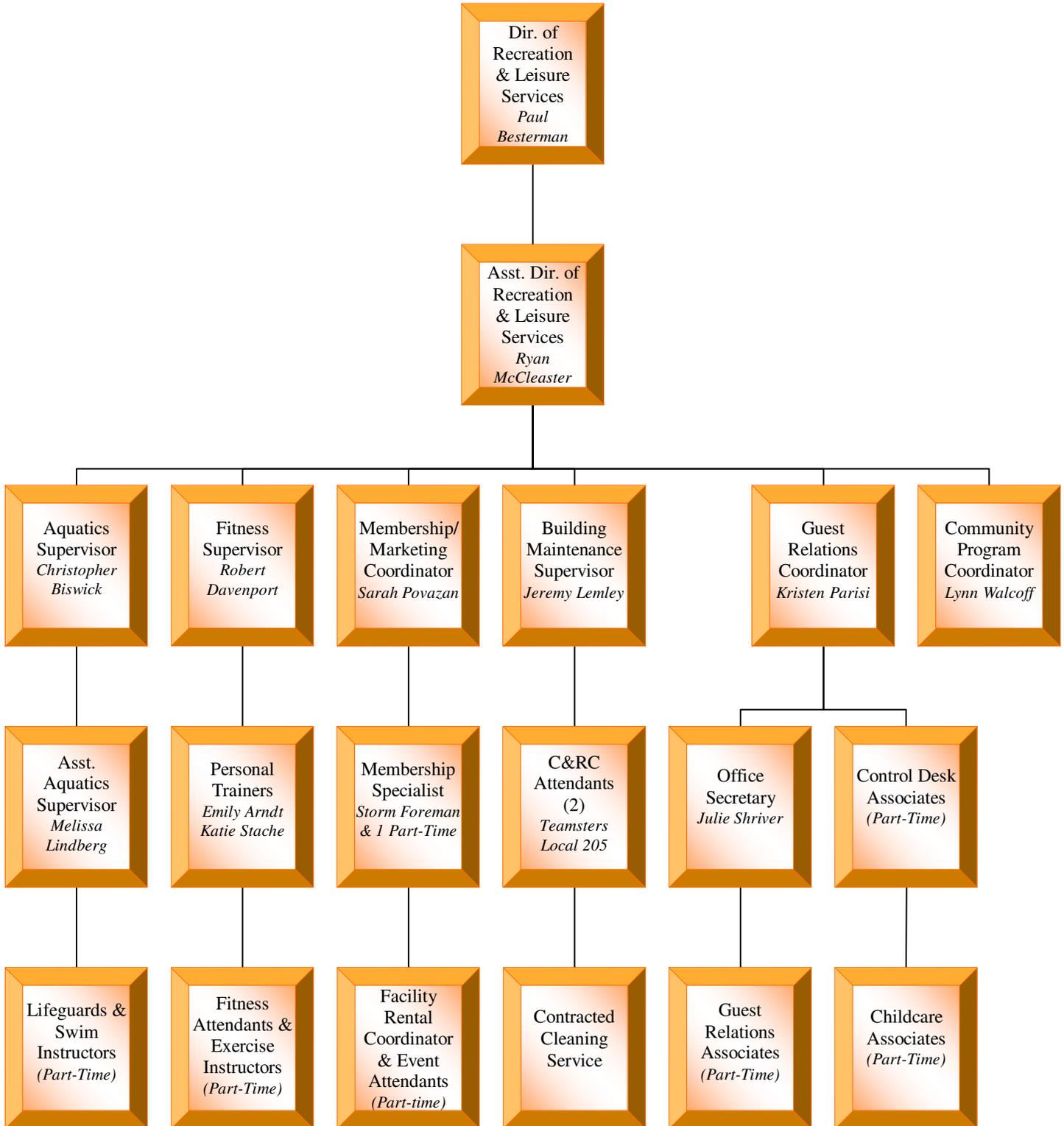
Position Title	Pay Grade	Minimum	Maximum	2010 Positions
Director of Recreation and Leisure Services	4	\$62,455	\$87,435	1
Assistant Director of Recreation and Leisure Services	5	\$51,190	\$71,665	1
C&RC Membership & Marketing Coordinator	6	\$41,960	\$58,745	1
C&RC Aquatics Supervisor	7	\$34,395	\$48,150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

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:

Position Title	Recreation	C&RC Fund	BM RAD
Director of Recreation and Leisure Services	30%	70%	n/a
Community Program Coordinator	50%	50%	n/a
Office Secretary	25%	70%	5%

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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.

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.

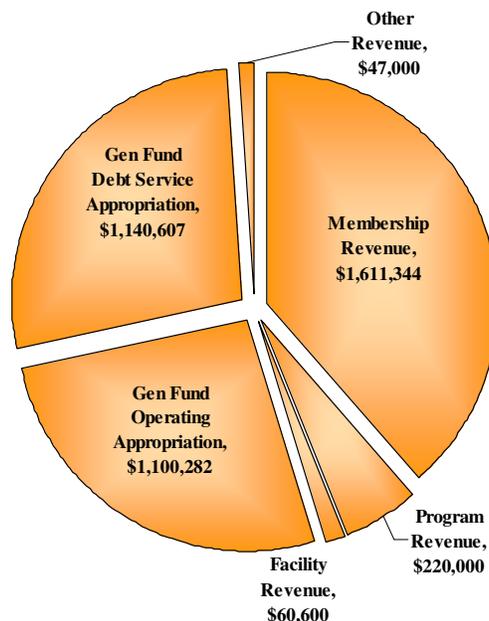
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REVENUE

BOYCE/MAYVIEW COMMUNITY RECREATION CENTER FUND
RECREATION



	<u>2007</u> Actual	<u>2008</u> Actual	<u>2009</u> Budget	<u>2009</u> Estimate	<u>2010</u> Budget
Operating Revenue					
53-00-000-?????-000					
Membership Revenue					
350001 Indoor Memberships	\$ -	\$ -	\$ 648,740	\$ 88,000	\$ 174,343
350002 Outdoor Pool Memberships	-	-	154,133	28,790	37,500
350003 Combined Memberships	-	-	247,877	502,189	1,294,501
350004 Daily Admissions	-	-	474,720	70,000	105,000
Program Revenue					
367003 Fitness Programs	-	-	41,000	12,000	115,000
367011 Art Programs	-	-	6,833	-	-
367013 Older Adults Program Fees	-	-	667	-	-
367017 Aquatic Programs	-	-	40,000	35,000	85,000
367022 Misc. Self Supporting Fees	-	-	47,167	-	-
367023 Basketball Program Fees	-	-	27,333	-	-
367030 League Fees	-	-	13,667	-	20,000
Facility Revenue					
380010 Non-Aquatic Facility Fees	-	-	2,000	1,500	27,600
380011 Aquatic Facility Fees	-	-	10,500	8,500	33,000
Other Revenue					
360008 Gen. Fund App-25% Oper. Exp.*	400,000	500,000	337,523	244,292	643,440
360008 Gen. Fund Add'l Appropriation	-	-	-	-	456,842
370001 Babysitting Services	-	-	17,334	9,200	21,000
370010 Vending Revenue	-	-	48,333	5,500	12,000
370020 Indoor Facility Misc. Revenue	-	-	3,333	3,500	10,000
370021 Outdoor Pool Facility Misc. Rev.	-	-	3,500	1,000	2,500
Total Operating Revenue	\$ 400,000	\$ 500,000	\$ 2,124,660	\$ 1,009,471	\$ 3,037,726



EXPENDITURES

**BOYCE/MAYVIEW COMMUNITY RECREATION CENTER FUND
RECREATION**



	2007 Actual	2008 Actual	2009 Budget	2009 Estimate	2010 Budget
Indoor Facility Operating Expenses					
53-50-501-500???-000					
Indoor Personal Services					
101 Full-Time Wages	\$ -	\$ 43,150	\$ 439,830	\$ 432,000	\$ 557,425
110 Overtime Wages	-	-	-	11,500	20,000
120 Part-Time Wages	-	-	480,437	289,000	668,491
162 Group Life Insurance	-	215	4,726	4,752	6,012
163 Medical Insurance	-	5,033	126,133	85,000	162,682
164 Workmen's Compensation	-	996	7,272	8,623	47,695
166 Pension Costs	-	2,781	30,086	26,596	38,658
167 Long-Term Disability Insurance	-	124	3,790	2,988	3,621
168 Post Retirement Plan	-	-	1,400	1,450	1,450
198 Social Security Expense	-	3,266	70,400	56,036	95,313
Total Indoor Personal Services	\$ -	\$ 55,565	\$ 1,164,074	\$ 917,945	\$ 1,601,347
Indoor Contractual Services					
220 Liability Insurance	\$ -	\$ -	\$ 25,000	\$ 40,000	\$ 36,650
230 Association Dues	-	-	1,000	2,000	10,000
231 Travel & Conference Expense	-	-	4,000	1,000	10,000
232 Personnel Training	-	-	6,750	2,000	1,000
240 Water & Sewage	-	-	11,667	26,000	35,000
241 Natural Gas	-	-	90,000	115,000	150,000
242 Electricity	-	-	136,667	144,000	210,000
243 Telephone	-	-	5,000	5,784	8,000
250 Repairs & Maintenance- Office Equipment	-	-	3,333	13,000	16,000
251 Repairs & Maintenance- Recreation Equipment	-	-	6,667	2,080	5,000
255 Building Maintenance	-	-	26,667	20,000	30,000
256 Pool Maintenance	-	-	-	-	15,000
262 Uniforms	-	-	3,000	2,000	6,250
275 Services-Printing & Duplicating	-	6,110	20,000	35,000	46,000
278 Postage Expense	-	13	5,000	17,000	14,000
290 Other Contractual Services	-	2,947	66,000	100,000	196,285
297 Interest Expense	-	-	-	952	1,428
298 Credit Card Fees	-	-	-	17,000	15,000
299 Internet Connection Costs	-	-	2,000	11,350	26,500
Total Indoor Contractual Services	\$ -	\$ 9,070	\$ 412,751	\$ 554,166	\$ 832,113

EXPENDITURES

**BOYCE/MAYVIEW COMMUNITY RECREATION CENTER FUND
RECREATION**



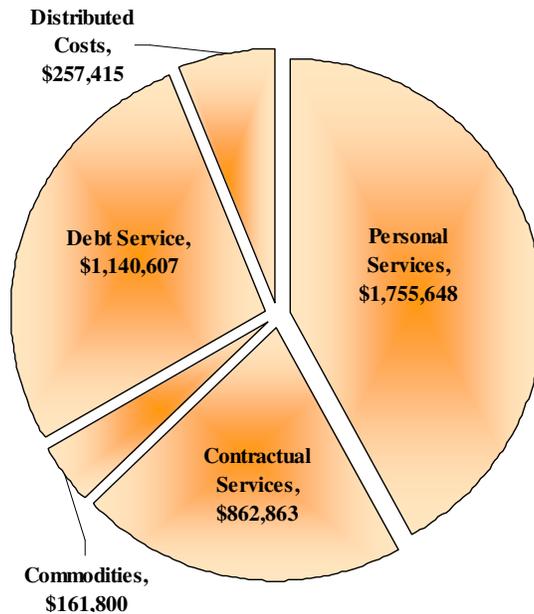
	<u>2007</u> <u>Actual</u>	<u>2008</u> <u>Actual</u>	<u>2009</u> <u>Budget</u>	<u>2009</u> <u>Estimate</u>	<u>2010</u> <u>Budget</u>
Indoor Commodities					
300 Office Furniture & Equipment	\$ -	\$ -	\$ -	\$ 3,000	\$ 1,000
301 Expendable Office Supplies	-	233	13,333	15,000	9,200
302 Books, Periodicals & Subscriptions	-	-	1,000	500	2,000
304 Publicity Material/Marketing	-	339	20,000	40,000	45,000
306 Building Maintenance Supplies	-	-	16,667	47,000	31,000
307 Tools & Equipment	-	-	-	12,000	7,500
326 Department Specific Supplies	-	-	20,000	18,000	14,600
329 Pool Chemicals	-	-	15,000	18,000	20,000
390 Other Supplies	-	-	6,667	3,000	10,000
Total Indoor Commodities	\$ -	\$ 572	\$ 92,667	\$ 156,500	\$ 140,300
Distributed Costs					
602 Depreciation Expense - Equipment	\$ -	\$ 416	\$ -	\$ 83,699	\$ 182,544
603 Dist. Data Processing Costs	-	-	54,339	45,135	74,871
Total Distributed Costs	\$ -	\$ 416	\$ 54,339	\$ 128,834	\$ 257,415
Total Indoor Facility Operating Expenses	\$ -	\$ 65,623	\$ 1,723,831	\$ 1,757,445	\$ 2,831,175
Outdoor Pool Facility Operating Expenses 53-50-510-500???-000					
Outdoor Personal Services					
120 Part-Time Wages	\$ -	\$ -	\$ 216,752	\$ 85,000	\$ 143,336
198 Social Security Expense	-	-	16,582	6,503	10,965
Total Outdoor Personal Services	\$ -	\$ -	\$ 233,334	\$ 91,503	\$ 154,301
Outdoor Contractual Services					
220 Liability Insurance	\$ -	\$ -	\$ 15,000	\$ -	\$ -
230 Association Dues	-	-	500	-	1,000
231 Travel & Conference Expense	-	-	-	-	-
232 Personnel Training	-	-	3,333	-	2,000
240 Water & Sewage	-	-	10,000	5,000	7,000
241 Natural Gas	-	-	14,167	-	-
242 Electricity	-	-	21,250	-	-
243 Telephone	-	-	2,000	-	-
250 Repairs & Maintenance- Office Equipment	-	-	-	-	-
251 Repairs & Maintenance- Recreation Equipment	-	-	1,000	-	-
256 Pool Maintenance	-	-	5,000	500	12,000
262 Uniforms	-	-	2,000	500	750
275 Services-Printing & Duplicating	-	-	1,500	750	2,000
278 Postage Expense	-	-	500	-	-
290 Other Contractual Services	-	-	19,333	407	6,000
Total Outdoor Contractual Services	\$ -	\$ -	\$ 95,583	\$ 7,157	\$ 30,750

EXPENDITURES

BOYCE/MAYVIEW COMMUNITY RECREATION CENTER FUND
RECREATION



	<u>2007</u> <u>Actual</u>	<u>2008</u> <u>Actual</u>	<u>2009</u> <u>Budget</u>	<u>2009</u> <u>Estimate</u>	<u>2010</u> <u>Budget</u>
Outdoor Commodities					
300 Office Furniture & Equipment	\$ -	\$ -	\$ -	\$ 260	\$ -
301 Expendable Office Supplies	-	-	500	-	-
302 Books, Periodicals & Subscriptions	-	-	-	-	-
304 Publicity Material	-	-	10,000	195	500
306 Pool Maintenance Supplies	-	-	3,500	12,000	10,000
326 Aquatics Supplies	-	-	4,167	1,151	3,000
329 Pool Chemicals	-	-	19,500	10,000	7,000
390 Other Supplies	-	-	5,000	-	1,000
Total Outdoor Commodities	<u>\$ -</u>	<u>\$ -</u>	<u>\$ 42,667</u>	<u>\$ 23,606</u>	<u>\$ 21,500</u>
Total Outdoor Facility Operating Expenses	<u>\$ -</u>	<u>\$ -</u>	<u>\$ 371,584</u>	<u>\$ 122,266</u>	<u>\$ 206,551</u>
Total CRC Operating Expenses	<u>\$ -</u>	<u>\$ 65,623</u>	<u>\$ 2,095,415</u>	<u>\$ 1,879,711</u>	<u>\$ 3,037,726</u>
Total Operating Income (Loss)	<u>\$ 400,000</u>	<u>\$ 434,377</u>	<u>\$ 29,245</u>	<u>\$ (870,240)</u>	<u>\$ -</u>



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



	<u>2007</u> Actual	<u>2008</u> Actual	<u>2009</u> Budget	<u>2009</u> Estimate	<u>2010</u> Budget
Non-Operating Revenues					
53-00-000-?????-???					
345001-000 Interest on Investments	\$ -	\$ -	\$ -	\$ 1,000	\$ 1,500
360008-000 Transfer In-Debt Service App	-	-	1,150,297	1,298,651	1,140,607
360008-003 Transfer In-Cap. Proj. Fund	-	-	-	20,670	-
Total Non-Operating Revenues	<u>\$ -</u>	<u>\$ -</u>	<u>\$ 1,150,297</u>	<u>\$ 1,320,321</u>	<u>\$ 1,142,107</u>
Non-Operating Expenses					
53-50-501-500???-???					
501-000 Bond Payments-Principal	\$ -	\$ -	\$ 389,823	\$ 389,823	\$ 365,886
501-001 Bonds Payable Allocation	-	-	(389,823)	(389,823)	(365,886)
511-000 Bond Payments-Interest	-	742,657	760,474	908,828	774,721
512-000 Capitalized Interest Expense	-	(383,795)	-	-	-
Total Non-Operating Expenses	<u>\$ -</u>	<u>\$ 358,862</u>	<u>\$ 760,474</u>	<u>\$ 908,828</u>	<u>\$ 774,721</u>
Total Non-Operating Revenues (Expenses)	<u><u>\$ -</u></u>	<u><u>\$ (358,862)</u></u>	<u><u>\$ 389,823</u></u>	<u><u>\$ 411,493</u></u>	<u><u>\$ 367,386</u></u>

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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.

2008 Bond Issue Community & Recreation Center Fund Portion						
Year of Maturity	Rate Coupon	Principal	Interest	Remarketing Fees	Annual Debt Service	
2010	3.280%	\$ 365,887	\$ 705,764	\$ 41,602	\$ 1,113,252	
2011	3.280%	379,565	693,539	40,862	1,113,965	
2012	3.280%	389,823	680,921	40,102	1,110,846	
2013	3.280%	406,921	667,854	39,308	1,114,083	
2014	3.280%	417,179	654,339	38,495	1,110,013	
2015	3.280%	434,277	640,375	37,648	1,112,300	
2016	3.280%	444,535	625,963	36,781	1,107,279	
2017	3.280%	461,633	611,102	35,880	1,108,614	
2018	3.280%	482,150	595,624	34,940	1,112,714	
2019	3.280%	495,828	579,585	33,973	1,109,386	
2020	3.280%	512,925	563,041	32,974	1,108,940	
2021	3.280%	530,023	545,937	31,940	1,107,900	
2022	3.280%	553,959	528,160	30,860	1,112,978	
2023	3.280%	574,476	509,653	29,739	1,113,869	
2024	3.280%	591,574	490,530	28,586	1,110,689	
2025	3.280%	612,091	470,790	27,392	1,110,273	
2026	3.280%	629,188	450,433	26,165	1,105,786	
2027	3.280%	656,544	429,347	24,885	1,110,776	
2028	3.280%	677,061	407,476	23,564	1,108,101	
2029	3.280%	700,998	384,876	22,197	1,108,071	
2030	3.280%	724,934	361,490	20,784	1,107,209	
2031	3.280%	752,290	337,264	19,317	1,108,871	
2032	3.280%	1,354,122	302,719	16,677	1,673,518	
2033	3.280%	1,559,292	254,939	13,636	1,827,867	
2034	3.280%	1,617,424	202,841	10,482	1,830,746	
2035	3.280%	1,672,136	148,892	7,221	1,828,249	
2036	3.280%	889,070	106,888	5,488	1,001,446	
2037	3.280%	1,381,478	69,651	2,794	1,453,923	
2038	3.280%	1,432,771	23,497	-	1,456,268	
Total		\$ 21,700,147	\$ 13,043,489	\$ 754,293	\$ 35,497,929	

Recreation Budget 2015



**DEPARTMENT
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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

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.

**DEPARTMENT
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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

Recreation Expenditures 01-50-501-500 TO 01-50-545-500	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Personal Services					
101 Full-Time Wages	\$ 52,330	\$ 54,262	\$ 55,433	\$ 64,692	\$ 66,700
110 Overtime Wages	-	189	300	200	300
120 Part-Time Wages	132,019	134,541	148,500	116,739	150,400
162 Group Life Insurance	463	417	430	454	500
163 Medical Insurance	9,774	10,599	9,885	10,201	10,500
164 Workers' Compensation	8,150	10,707	10,800	11,473	11,500
166 Pension Costs	3,832	3,956	4,080	3,993	4,000
167 Long-term Disability Insurance	213	147	140	141	150
168 Post Retirement Plan	600	600	600	600	600
198 Social Security Expense	13,985	14,327	15,552	13,894	16,634
Total Personal Services	\$ 221,366	\$ 229,745	\$ 245,720	\$ 222,387	\$ 261,284
Contractual Services					
213 Professional Services-Pathfinder	\$ 1,175	\$ 1,325	\$ 1,200	\$ 1,475	\$ 1,625
220 Liability Insurance	21,806	22,441	22,215	22,028	22,215
230 Association Dues	420	700	700	384	1,000
231 Travel & Conference Expense	1,554	421	1,750	941	3,500
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
261 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	11,779	11,712	13,100	11,307	12,100
278 Postage	3,818	4,005	5,000	4,724	5,000
279 Self Supporting Programs	37,008	41,471	30,000	35,674	40,000
290 Other Contractual Services	28,521	28,218	48,150	33,521	43,300
Total Contractual Services	\$ 162,364	\$ 167,481	\$ 194,615	\$ 205,477	\$ 221,240

**DEPARTMENT
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



DEPARTMENT EXPENDITURES (Continued)

Commodities

301 Expendable Office Supplies	\$ 711	\$ 1,087	\$ 2,500	\$ 1,718	\$ 2,000
302 Books & Subscriptions	180	160	500	200	250
326 Recreation Supplies	41,619	38,501	51,500	49,169	52,850
328 Parks Maintenance Supplies	(150)	16	500	188	250
390 Other Supplies	1,414	800	1,000	716	1,000
Total Commodities	\$ 43,774	\$ 40,564	\$ 56,000	\$ 51,991	\$ 56,350

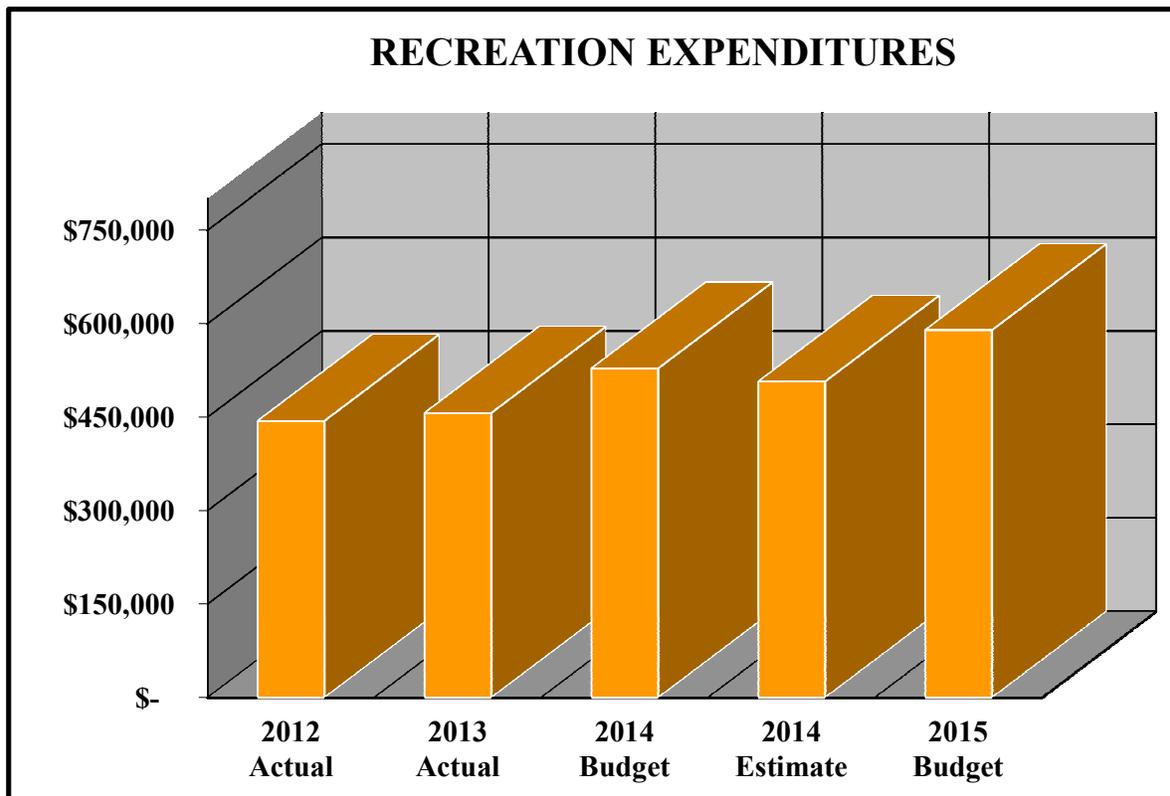
Distributed Costs

601 Dist. Vehicle Costs	\$ 2,471	\$ 2,744	\$ 2,596	\$ 2,500	\$ 2,563
602 Dist. Data Processing Costs	13,819	15,987	29,038	24,555	47,965
Total Distributed Costs	\$ 16,290	\$ 18,731	\$ 31,634	\$ 27,055	\$ 50,528

Total Recreation Expenditures	\$ 443,794	\$ 456,521	\$ 527,969	\$ 506,910	\$ 589,402
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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.





* 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?

Net Expenditures*		\$ 110,105
How many real estate tax mills?	0.02	\$ 48,047.44
Earned Income Tax per \$100?	\$ 0.62	\$ 51,793.12
Percentage of Other Taxes?	0.06%	\$ 10,264.44

*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.

	<u>2012 Actual</u>	<u>2013 Actual</u>	<u>2014 Budget</u>	<u>2014 Estimate</u>	<u>2015 Budget</u>
Administration Expenditures					
Personal Services	\$ 84,694	\$ 89,830	\$ 91,314	\$ 102,877	\$ 105,727
Contractual Services	40,097	39,984	43,515	40,019	44,715
Commodities	2,305	2,156	5,000	2,947	3,750
Distributed Costs	16,290	18,731	31,634	27,055	50,528
Total Administration Expenditures	\$ 143,386	\$ 150,701	\$ 171,463	\$ 172,898	\$ 204,720

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, 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

Community Programs	2010	2011	2012	2013	Oct-14
All Programs					
Total Participants	3,101	3,193	3,335	3,167	2545*
Total Program Offerings	147	172	175	168**	122**
Permits for Meeting Rooms	630	391	363	47	47
Permits for Fields	52	54	52	38	40
Field Bookings		2,498	2,628	2,309	2,397
Permits for Pavilions	11	14	24	92	166
Permits for C&RC Meeting Rooms		799	1,027	303	316
Program Participants					
Football Training	135	125	125	125	100
Aerobics/Dance & Exercise Classes	298	201	144	113	114*
Soccer Programs	96	72	144	170	163*
Summer Playground & Cultural Arts	471	583	697	707	924
Girl's Softball Camp			13	32	32
Golf Lesson	69	46	n/a	n/a	n/a
Summer Music	75	70	70	46	26
Tennis Bubble/Paddle Tennis	132	135	123	130	88*
Miscellaneous Self-Supporting	583	805	728	944	742*
Youth Basketball	784	792	797	853	75*+***
Instructional Baseball	58	41	32	26	16
Other Program Statistics					
Softball Programs	20 Teams	19 Teams	16 Teams	16 su/6 fa Teams	15 Teams
Older Adults	2,245 Meals	2,116 Meals	2104 Meals	2249 meals	1179 meals

Parks and Facilities

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

- | | | |
|--|-------------------|--------------------------|
| • 3 – Hole Golf Course | • Clair Park | • Morton Field Complex |
| • Baker Park | • Community Rooms | • Municipal Tennis Court |
| • Beadling Soccer Fields | • Gilfillan Park | • Ravine Park |
| • Boyce Mayview Park and Athletic Fields | • Hays Park | • Recreation Center |
| • Brookshire Park | • Johnson Park | • Tustin Park |
| • Byrnwick Park | • Marmion Field | • Wiltshire Park |
| | • Memorial Garden | |

Community Organizations

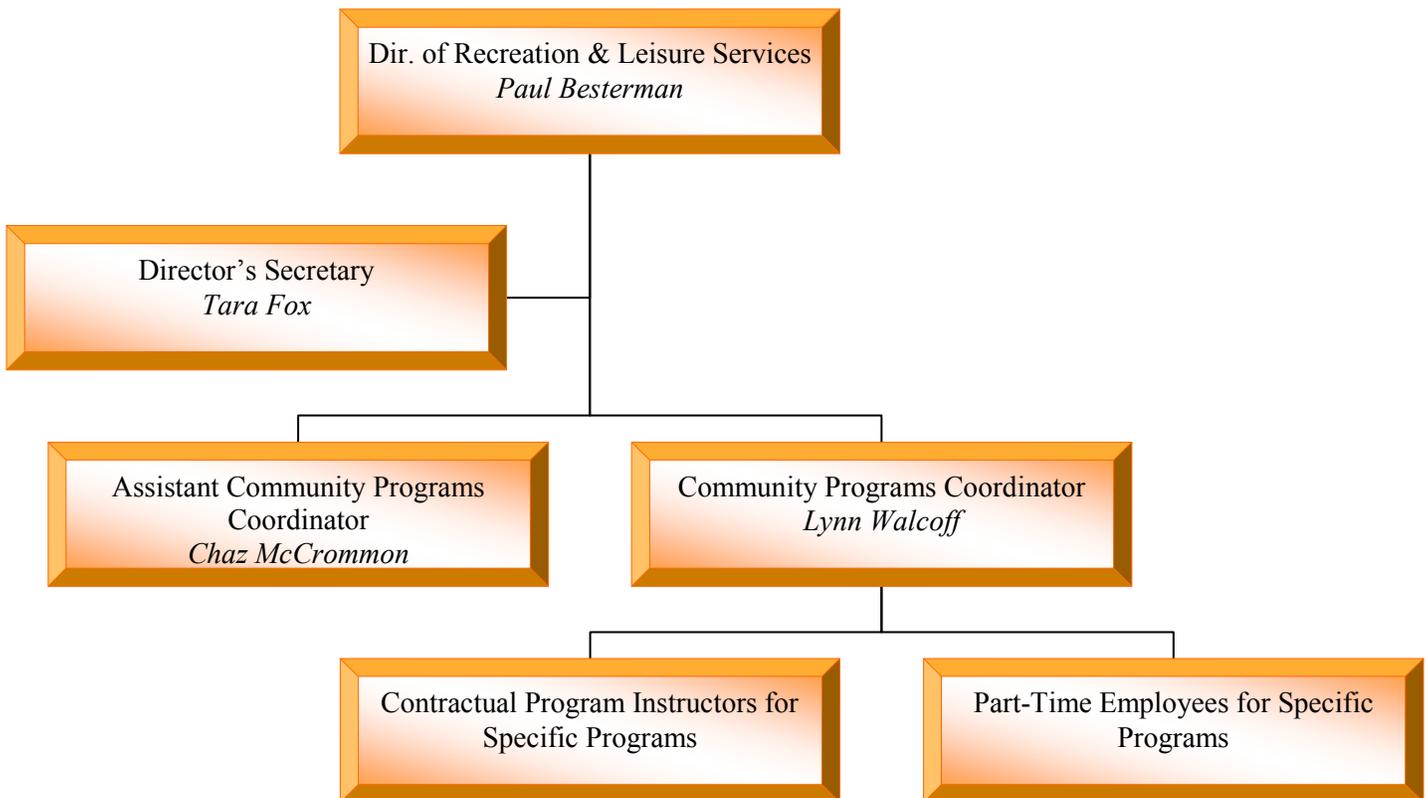
The following is a list of community organizations that the Department of Recreation and Leisure Services assisted in coordination during 2014. Through October 2014, 316 permits for Township meeting rooms and fields were issued.

- 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.

Position Title	Pay Grade	Minimum	Maximum	2015 Positions
Director of Recreation & Leisure Services	3	\$82,954	\$116,139	1
Guest Relations Coordinator	7	\$37,448	\$52,425	1
Group Exercise Coordinator	8	\$24,965	\$43,689	1



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.

Position Title	Recreation	C&RC Fund	BM RAD
Director of Recreation & Leisure Services	30.0%	70.0%	n/a
Guest Relations Coordinator	50.0%	50.0%	n/a
Group Exercise Coordinator	25.0%	70.0%	5.0%

ADMINISTRATION

GENERAL FUND
RECREATION AND LEISURE SERVICES



DEPARTMENT EXPENDITURES

Administration Expenditures 01-50-501-500???-000	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Personal Services					
101 Full-Time Wages	\$ 52,330	\$ 54,262	\$ 55,433	\$ 64,692	\$ 66,700
110 Overtime Wages	-	189	300	200	300
120 Part-Time Wages	5,061	4,570	5,000	5,721	5,900
162 Group Life Insurance	463	417	430	454	500
163 Medical Insurance	9,774	10,599	9,885	10,201	10,500
164 Workers' Compensation	8,150	10,707	10,800	11,473	11,500
166 Pension Costs	3,832	3,956	4,080	3,993	4,000
167 Long-term Disability Insurance	213	147	140	141	150
168 Post Retirement Plan	600	600	600	600	600
198 Social Security Expense	4,271	4,383	4,646	5,402	5,577
Total Personal Services	\$ 84,694	\$ 89,830	\$ 91,314	\$ 102,877	\$ 105,727
Contractual Services					
220 Liability Insurance	\$ 21,806	\$ 22,441	\$ 22,215	\$ 22,028	\$ 22,215
230 Association Dues	420	700	700	384	1,000
231 Travel & Conference Expense	1,554	421	1,750	941	3,500
275 Printing & Duplicating	11,779	11,712	13,000	11,307	12,000
278 Postage	3,818	4,005	5,000	4,724	5,000
290 Other Contractual Services	720	705	850	635	1,000
Total Contractual Services	\$ 40,097	\$ 39,984	\$ 43,515	\$ 40,019	\$ 44,715
Commodities					
301 Expendable Office Supplies	\$ 711	\$ 1,087	\$ 2,500	\$ 1,718	\$ 2,000
302 Books & Subscriptions	180	160	500	200	250
326 Recreation Supplies	-	109	1,000	313	500
390 Other Supplies	1,414	800	1,000	716	1,000
Total Commodities	\$ 2,305	\$ 2,156	\$ 5,000	\$ 2,947	\$ 3,750
Distributed Costs					
601 Dist. Vehicle Costs	\$ 2,471	\$ 2,744	\$ 2,596	\$ 2,500	\$ 2,563
602 Dist. Data Processing Costs	13,819	15,987	29,038	24,555	47,965
Total Distributed Costs	\$ 16,290	\$ 18,731	\$ 31,634	\$ 27,055	\$ 50,528
Total Administration Expenditures	\$ 143,386	\$ 150,701	\$ 171,463	\$ 172,898	\$ 204,720

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



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

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.

Program Expenditures 01-50-502-500 TO 01-50-530-500	<u>2012 Actual</u>	<u>2013 Actual</u>	<u>2014 Budget</u>	<u>2014 Estimate</u>	<u>2015 Budget</u>
Personal Services					
120 Part-Time Wages	\$ 126,958	\$ 129,971	\$ 143,500	\$ 111,018	\$ 144,500
198 Social Security Expense	9,714	9,944	10,906	8,492	11,057
Total Personal Services	<u>\$ 136,672</u>	<u>\$ 139,915</u>	<u>\$ 154,406</u>	<u>\$ 119,510</u>	<u>\$ 155,557</u>
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	<u>\$ 122,267</u>	<u>\$ 127,497</u>	<u>\$ 151,100</u>	<u>\$ 165,458</u>	<u>\$ 176,525</u>
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	<u>\$ 41,469</u>	<u>\$ 38,408</u>	<u>\$ 51,000</u>	<u>\$ 49,044</u>	<u>\$ 52,600</u>
Total Program Expenditures	<u><u>\$ 300,408</u></u>	<u><u>\$ 305,820</u></u>	<u><u>\$ 356,506</u></u>	<u><u>\$ 334,012</u></u>	<u><u>\$ 384,682</u></u>

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

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

Aerobics/Dance Class Expenditures 01-50-503-500???-000	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Personal Services					
120 Part-Time Wages	\$ 584	\$ 468	\$ 3,500	\$ 728	\$ 2,000
198 Social Security Expense	45	36	268	56	153
Total Personal Services	\$ 629	\$ 504	\$ 3,768	\$ 784	\$ 2,153
Contractual Services					
290 Other Contractual Services	\$ 7,881	\$ 4,639	\$ 10,000	\$ 6,680	\$ 8,500
Total Contractual Services	\$ 7,881	\$ 4,639	\$ 10,000	\$ 6,680	\$ 8,500
Commodities					
326 Recreation Supplies	\$ 591	\$ 84	\$ 500	\$ 661	\$ 700
Total Commodities	\$ 591	\$ 84	\$ 500	\$ 661	\$ 700
Total Aerobics/Dance Class Expenditures	\$ 9,101	\$ 5,227	\$ 14,268	\$ 8,125	\$ 11,353
Estimated Revenue					
003 Aerobics/Dance & Exercise	\$ 13,536	\$ 9,086	\$ 15,000	\$ 6,900	\$ 10,000
Percent Fee Supported					88%

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

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

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.



**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



Softball Programs Expenditures 01-50-508-500??-000	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Contractual Services					
290 Other Contractual Services	\$ 8,600	\$ 9,909	\$ 15,000	\$ 9,696	\$ 12,000
Total Contractual Services	\$ 8,600	\$ 9,909	\$ 15,000	\$ 9,696	\$ 12,000
Commodities					
326 Recreation Supplies	\$ 3,018	\$ 2,134	\$ 3,500	\$ 2,288	\$ 3,000
Total Commodities	\$ 3,018	\$ 2,134	\$ 3,500	\$ 2,288	\$ 3,000
Total Softball Programs Expenditures	\$ 11,618	\$ 12,043	\$ 18,500	\$ 11,984	\$ 15,000

Estimated Revenue					
008 Softball	\$ 14,686	\$ 17,326	\$ 15,000	\$ 14,330	\$ 15,000
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).

Summer Playground Expenditures 01-50-511-500??-000	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Personal Services					
120 Part-Time Wages	\$ 54,332	\$ 55,230	\$ 56,000	\$ 53,206	\$ 56,000
198 Social Security Expense	4,157	4,225	4,285	4,070	4,284
Total Personal Services	\$ 58,489	\$ 59,455	\$ 60,285	\$ 57,276	\$ 60,284
Contractual Services					
213 Professional Services-Pathfinder	\$ 1,175	\$ 1,325	\$ 1,200	\$ 1,475	\$ 1,625
290 Other Contractual Services	-	-	2,500	-	2,500
Total Contractual Services	\$ 1,175	\$ 1,325	\$ 3,700	\$ 1,475	\$ 4,125
Commodities					
326 Recreation Supplies	\$ 4,639	\$ 4,170	\$ 5,000	\$ 6,947	\$ 7,000
Total Commodities	\$ 4,639	\$ 4,170	\$ 5,000	\$ 6,947	\$ 7,000
Total Summer Playground Expenditures	\$ 64,303	\$ 64,950	\$ 68,985	\$ 65,698	\$ 71,409

Estimated Revenue					
011 Summer Playground & Cultural Art Program	\$ 49,855	\$ 61,323	\$ 55,000	\$ 73,000	\$ 65,000
Percent Fee Supported					91%

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

Older Adults Program Expenditures 01-50-513-500???-000	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Personal Services					
120 Part-Time Wages	\$ 15,768	\$ 17,289	\$ 17,500	\$ 2,239	\$ 18,500
198 Social Security Expense	1,206	1,323	1,300	171	1,415
Total Personal Services	<u>\$ 16,974</u>	<u>\$ 18,612</u>	<u>\$ 18,800</u>	<u>\$ 2,410</u>	<u>\$ 19,915</u>
Contractual Services					
260 Rental Charges-Transportation	\$ 1,170	\$ 1,237	\$ 1,500	\$ 1,244	\$ 1,500
Total Contractual Services	<u>\$ 1,170</u>	<u>\$ 1,237</u>	<u>\$ 1,500</u>	<u>\$ 1,244</u>	<u>\$ 1,500</u>
Commodities					
326 Recreation Supplies	\$ 8,810	\$ 11,307	\$ 12,000	\$ 11,293	\$ 12,000
Total Commodities	<u>\$ 8,810</u>	<u>\$ 11,307</u>	<u>\$ 12,000</u>	<u>\$ 11,293</u>	<u>\$ 12,000</u>
Total Older Adults Program Expenditures	<u><u>\$ 26,954</u></u>	<u><u>\$ 31,156</u></u>	<u><u>\$ 32,300</u></u>	<u><u>\$ 14,947</u></u>	<u><u>\$ 33,415</u></u>
Estimated Revenue					
013 Older Adults	\$ 480	\$ 620	\$ 750	\$ 600	\$ 750
Percent Fee Supported					2%

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

Golf Lesson Program Expenditures 01-50-518-500???-000	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Contractual Services					
290 Other Contractual Services	\$ -	\$ -	\$ 4,500	\$ 3,800	\$ 4,000
Total Contractual Services	\$ -	\$ -	\$ 4,500	\$ 3,800	\$ 4,000
Commodities					
326 Recreation Supplies	\$ -	\$ -	\$ 150	\$ 150	\$ 150
Total Commodities	\$ -	\$ -	\$ 150	\$ 150	\$ 150
Total Golf Lesson Program Expenditures	\$ -	\$ -	\$ 4,650	\$ 3,950	\$ 4,150
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.

Summer Music Program Expenditures 01-50-520-500???-000	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Personal Services					
120 Part-Time Wages	\$ 4,848	\$ 3,024	\$ 5,500	\$ 3,200	\$ 5,000
198 Social Security Expense	371	231	421	245	383
Total Personal Services	\$ 5,219	\$ 3,255	\$ 5,921	\$ 3,445	\$ 5,383
Commodities					
326 Recreation Supplies	\$ 1,167	\$ 573	\$ 1,500	\$ 1,201	\$ 1,500
Total Commodities	\$ 1,167	\$ 573	\$ 1,500	\$ 1,201	\$ 1,500
Total Summer Music Prog. Expenditures	\$ 6,386	\$ 3,828	\$ 7,421	\$ 4,646	\$ 6,883
Estimated Revenue					
020 Summer Music Program	\$ 6,288	\$ 4,114	\$ 6,000	\$ 2,575	\$ 4,000
Percent Fee Supported					58%

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

Tennis Bubble/Paddle Tennis Exp. 01-50-521-500???-000	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Personal Services					
120 Part-Time Wages	\$ 22,156	\$ 20,870	\$ 23,000	\$ 24,109	\$ 25,000
198 Social Security Expense	1,695	1,597	1,760	1,844	1,913
Total Personal Services	\$ 23,851	\$ 22,467	\$ 24,760	\$ 25,953	\$ 26,913
Contractual Services					
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
Total Contractual Services	\$ 55,113	\$ 55,951	\$ 68,000	\$ 91,467	\$ 88,000
Commodities					
328 Parks Maintenance Supplies	\$ (150)	\$ 16	\$ 500	\$ 188	\$ 250
Total Commodities	\$ (150)	\$ 16	\$ 500	\$ 188	\$ 250
Total Tennis Bubble/Paddle Tennis Exp.	\$ 78,814	\$ 78,434	\$ 93,260	\$ 117,608	\$ 115,163
Estimated Revenue					
021 Tennis Bubble Fees**	\$ 106,308	\$ 106,366	\$ 110,000	\$ 105,000	\$ 110,000
Percent Fee Supported					96%



**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

Self Supporting Programs Expenditures 01-50-522-500???-000	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Personal Services					
120 Part-Time Wages	\$ 9,116	\$ 13,098	\$ 12,000	\$ 9,038	\$ 13,000
198 Social Security Expense	698	1,002	918	691	995
Total Personal Services	\$ 9,814	\$ 14,100	\$ 12,918	\$ 9,729	\$ 13,995
Contractual Services					
279 Self Supporting Programs	\$ 37,008	\$ 41,471	\$ 30,000	\$ 35,674	\$ 40,000
Total Contractual Services	\$ 37,008	\$ 41,471	\$ 30,000	\$ 35,674	\$ 40,000
Total Self Supporting Prog. Expenditures	\$ 46,822	\$ 55,571	\$ 42,918	\$ 45,403	\$ 53,995
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.

Youth Basketball Expenditures 01-50-523-500???-000	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Personal Services					
120 Part-Time Wages	\$ 5,406	\$ 5,650	\$ 6,500	\$ 3,828	\$ 6,000
198 Social Security Expense	414	432	460	293	459
Total Personal Services	\$ 5,820	\$ 6,082	\$ 6,960	\$ 4,121	\$ 6,459
Contractual Services					
264 Rental Charges-Facilities	\$ -	\$ -	\$ 3,000	\$ 2,712	\$ 3,000
290 Other Contractual Services	11,320	12,965	15,000	12,710	15,000
Total Contractual Services	\$ 11,320	\$ 12,965	\$ 18,000	\$ 15,422	\$ 18,000
Commodities					
326 Recreation Supplies	\$ 19,876	\$ 16,183	\$ 23,000	\$ 22,595	\$ 23,000
Total Commodities	\$ 19,876	\$ 16,183	\$ 23,000	\$ 22,595	\$ 23,000
Total Youth Basketball Expenditures	\$ 37,016	\$ 35,230	\$ 47,960	\$ 42,138	\$ 47,459
Estimated Revenue					
023 Youth Basketball	\$ 52,027	\$ 56,901	\$ 53,500	\$ 51,000	\$ 50,000
Percent Fee Supported					105%

**PROGRAM
SUMMARY**

GENERAL FUND
RECREATION AND LEISURE SERVICES



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.

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

Youth Development Expenditures 01-50-530-500???-000	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Contractual Services					
275 Printing & Duplication	\$ -	\$ -	\$ 100	\$ -	\$ 100
290 Other Contractual Services	-	-	300	-	300
Total Contractual Services	\$ -	\$ -	\$ 400	\$ -	\$ 400
Commodities					
390 Other Supplies	\$ 146	\$ 982	\$ 300	\$ 865	\$ 1,000
Total Commodities	\$ 146	\$ 982	\$ 300	\$ 865	\$ 1,000
Total Youth Development Expenditures	\$ 146	\$ 982	\$ 700	\$ 865	\$ 1,400

**OPERATIONS &
MAINTENANCE**

**BOYCE MAYVIEW PARK RAD FUND
PUBLIC WORKS**



	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Beginning Fund Balance	\$ 17,941	\$ 5,495	\$ 5,495	\$ 5,495	\$ 5,495
Revenue	887,905	720,115	1,405,733	1,578,839	1,835,997
Expenditures	(900,351)	(720,115)	(1,405,733)	(1,578,839)	(1,835,997)
Ending Fund Balance	<u>\$ 5,495</u>	<u>\$ 5,495</u>	<u>\$ 5,495</u>	<u>\$ 5,495</u>	<u>\$ 5,495</u>

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.

	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Revenue					
52-00-000-??????-000					
360002 Athletic Association-User Fees	\$ -	\$ -	\$ -	\$ -	\$ -
360008 General Fund Appropriation	564,513	495,734	771,733	1,258,839	1,305,997
360020 RAD Grant	323,642	218,000	324,000	320,000	330,000
360030 Park Memorials	-	5,000	-	-	-
360040 Donations	-	-	300,000	-	-
365002 PennDOT SPC Grant	-	1,381	-	-	-
365004 Allegheny Cty Tourism Grant	-	-	10,000	-	-
365005 DCED Video Production Grant	(250)	-	-	-	-
365006 Gaming Development Grant	-	-	-	-	200,000
Total Revenue	<u>\$ 887,905</u>	<u>\$ 720,115</u>	<u>\$ 1,405,733</u>	<u>\$ 1,578,839</u>	<u>\$ 1,835,997</u>

**OPERATIONS &
MAINTENANCE**

**BOYCE MAYVIEW PARK RAD FUND
PUBLIC WORKS**



	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Park Personal Services					
52-10-102-500???-000					
101 Full-Time Wages	\$ 211,931	\$ 193,903	\$ 230,315	\$ 194,750	\$ 225,573
000 Boyce Mayview Park	172,314	166,413	186,315	169,000	195,573
001 Morton Fields	34,101	26,974	40,000	24,250	28,000
002 Baker Park	5,516	516	4,000	1,500	2,000
110 Overtime Wages	6,036	3,817	5,800	4,350	6,200
000 Boyce Mayview Park	5,297	3,251	4,500	3,700	5,000
001 Morton Fields	680	566	1,200	650	1,200
002 Baker Park	59	-	100	-	-
120 Part-Time Wages	14,814	12,708	14,700	18,349	16,700
000 Boyce Mayview Park	14,494	12,519	14,000	17,999	16,000
001 Morton Fields	320	189	500	350	500
002 Baker Park	-	-	200	-	200
162 Group Life Insurance	446	410	415	455	455
163 Medical Insurance	16,258	15,199	15,290	16,000	15,900
164 Workers' Compensation	297	259	300	300	300
166 Pension Costs	3,677	3,848	3,930	3,950	4,075
167 Long-term Disability Insurance	204	145	140	155	160
198 Social Security Expense	17,479	15,854	19,187	16,635	19,008
199 Fringe Benefit Distribution	142,753	136,832	168,852	150,645	163,603
290 The Outdoor Classroom Payments	60,000	60,000	60,000	60,000	60,000
Total Park Personal Services	\$ 473,895	\$ 442,975	\$ 518,929	\$ 465,589	\$ 511,974
Park Capital Expenditures					
52-40-401-500???-000					
307 Perimeter & Interior Trail Const.	\$ -	\$ 100	\$ 80,000	\$ 80,000	\$ 85,000
308 Open Space Enhancement & Access Improvements	-	-	-	-	-
309 Park Video Production	12,250	-	-	-	-
310 Miracle Field and Playground	1,820	479	-	257,604	-
311 Park Playgrounds	-	29,598	400,000	400,000	30,000
320 Park Improvements - Capital	119,727	1,707	107,000	100,000	860,000
330 Northern Tributary Grant Exp.	-	-	-	-	-
331 Soil & Erosion Control	43,188	-	-	-	50,000
750 Capital Equipment-Park Security	-	-	-	-	-
Total Park Capital Expenditures	\$ 176,985	\$ 31,884	\$ 587,000	\$ 837,604	\$ 1,025,000

**OPERATIONS &
MAINTENANCE**

**BOYCE MAYVIEW PARK RAD FUND
PUBLIC WORKS**



	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Park Maintenance Expenditures					
52-40-415-500???-000					
240 Water and Sewerage	\$ 36,748	\$ 28,226	\$ 33,600	\$ 39,590	\$ 38,100
000 Boyce Mayview Park	15,607	11,257	15,000	15,000	15,000
001 Morton Fields	12,325	8,858	8,500	14,000	12,500
002 Baker Park	483	303	600	490	600
010 PW Annex	8,333	7,808	9,500	10,100	10,000
241 Natural Gas	3,061	3,962	5,000	4,700	5,000
010 PW Annex	3,061	3,962	5,000	4,700	5,000
242 Electricity	23,984	23,379	25,000	26,670	26,300
000 Boyce Mayview Park	635	620	1,000	820	1,000
001 Morton Fields	6,800	6,247	7,500	7,700	7,800
002 Baker Park	1,519	1,062	1,700	1,100	1,500
010 PW Annex	2,623	2,387	3,000	2,850	3,000
020 Concession	12,407	13,063	11,800	14,200	13,000
243 Telephone	831	1,013	1,000	-	-
299 Field Maintenance Services	42,508	31,259	50,500	44,400	51,000
000 Boyce Mayview Park	27,730	28,822	35,000	34,000	35,000
001 Morton Fields	5,735	1,516	6,000	4,300	6,000
002 Baker Park	8,332	686	2,000	3,000	3,500
010 PW Annex	711	235	4,500	2,200	4,000
020 Concession	-	-	3,000	900	2,500
328 Field Maintenance Supplies	67,602	72,293	97,000	76,735	89,500
000 Boyce Mayview Park	48,426	45,282	60,000	46,000	52,000
001 Morton Fields	8,910	15,411	20,000	16,750	20,000
002 Baker Park	2,468	4,476	2,500	3,485	3,500
010 PW Annex	5,198	5,661	12,000	6,500	10,000
020 Concession	2,600	1,463	2,500	4,000	4,000
343 Tools & Equipment	-	165	500	500	500
367 Park Community Programs	-	-	1,000	400	500
601 Dist. Vehicle Costs	3,521	3,910	3,699	3,699	3,791
604 Police Patrol Distribution	43,408	39,660	42,026	32,821	39,258
605 Snow & Ice Distribution	27,808	41,389	40,479	46,131	45,074
Total Park Maintenance Exp.	\$ 249,471	\$ 245,256	\$ 299,804	\$ 275,646	\$ 299,023
Total Expenditures	\$ 900,351	\$ 720,115	\$ 1,405,733	\$ 1,578,839	\$ 1,835,997

**FIELD
MAINTENANCE**

**FIELD IMPROVEMENT FUND
PUBLIC WORKS**



	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Beginning Fund Balance	\$ 340,410	\$ 362,660	\$ 385,065	\$ 385,065	\$ 355,195
Revenue	50,104	49,810	50,150	50,130	50,150
Expenditures	(27,854)	(27,405)	(80,000)	(80,000)	(385,000)
Ending Fund Balance	\$ 362,660	\$ 385,065	\$ 355,215	\$ 355,195	\$ 20,345

PROGRAM OVERVIEW

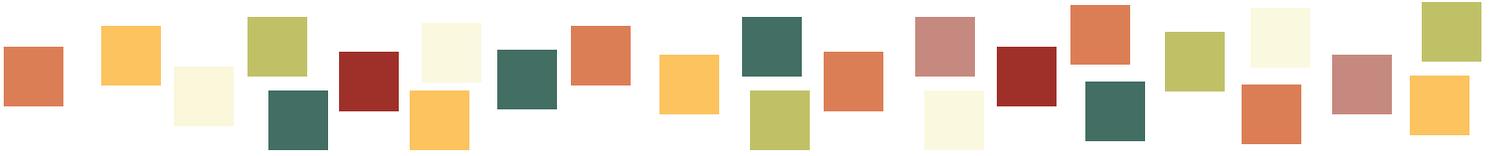
The Field Improvement Fund was established to fund the building of new ball fields and renovating the existing ones. The Athletic Association of the Township has raised funds through donations and user fees and combined it with Township appropriations to fund these activities for 2015.

	2012 Actual	2013 Actual	2014 Budget	2014 Estimate	2015 Budget
Revenue					
13-00-000-?????-000					
320001 Athletic Association-User Fees	\$ 19,930	\$ 19,640	\$ 20,000	\$ 20,000	\$ 20,000
345001 Interest on Investments	174	170	150	130	150
360008 Township Appropriation	30,000	30,000	30,000	30,000	30,000
Total Revenue	\$ 50,104	\$ 49,810	\$ 50,150	\$ 50,130	\$ 50,150
Expenditures					
13-40-415-500???-000					
702 Field Renovation Projects	\$ 27,854	\$ 27,405	\$ 80,000	\$ 80,000	\$ 85,000
703 Boyce Mayview Field Lighting	-	-	-	-	300,000
Total Expenditures	\$ 27,854	\$ 27,405	\$ 80,000	\$ 80,000	\$ 385,000

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.

Programming Information



C O M M U N I T Y

RECREATION

SPRING/SUMMER 2014

GUIDE



**Arts &
Chocolate**
SPECTACULAR
APRIL 26, 2014

**MLB PITCH HIT
& RUN**
APRIL 27, 2014

YOUTH TRIATHLON
JULY 26, 2014

SUMMER CAMPS

TRX COMING SOON!

Township of
Upper St. Clair
Pennsylvania



TOWNSHIP OF UPPER ST. CLAIR
RECREATION & LEISURE SERVICES

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

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

BOARD OF COMMISSIONERS

Robert W. Orchowski, <i>President</i> Ward 3	Glenn R. Dandoy..... At Large
Nicholas J. Seitanakis..... Ward 1	Rex A. Waller Ward 2
Mark D. Christie..... Ward 4	Russell R. Del Re, <i>Vice President</i> Ward 5
Daniel R. Paoly..... At Large	

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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GENERAL INFORMATION

For general information call the Township Recreation Department at 412.221.1099
412.221.6964 fax • www.twpusc.org

GENERAL
INFORMATION

Hours of Operation

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.

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?

<u>In Person</u>	<u>Online</u>	<u>By Mail</u>
At the Community & Recreation Center during normal hours of operation.	At www.twpusc.org/rec-leisure/rec-leisure-home.org <i>Note: A small convenience fee will be added to the registration fee listed.</i>	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.



Saturday, April 26, 2014

11:00 AM – 4:00 PM

The C&RC will be celebrating the Arts & Chocolate Spectacular on Saturday, April 26th from 11am-4pm. Participants are invited to sample and purchase a variety of sweet treats

from local vendors. Many amateur performing artists will be on display on the main stage in the lobby. In addition, visitors will have the opportunity to walk through our student art gallery, get their face painted, and participate in craft making.

Place: C&RC Lobby, Lounge, & Community Rooms



MLB Pitch Hit & Run

Sunday, April 27 (Rain Out Makeup Date: May 4)

1:00 PM

The Community & Recreation Center will host the Major League Baseball Pitch, Hit & Run (PHR) local competition. This is a FREE, one-day event for boys and girls ages 7-14. Competitors in four different age groups will compete in pitching, hitting, and running. Participants will have the opportunity to qualify to advance to additional levels of competition: Sectionals, Team Championships, and the National Finals at the MLB All-Star Game! For more information on the event go to <http://www.mlb.com/PHR> or contact Chaz McCrommon at mccrommon@twpusc.org or 412.221.1099.

Place: Boyce Mayview Park Baseball and Softball Fields

Age Requirement: Ages 7-14 (Boys and Girls)

Fee(s): Free

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



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 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

**Setup begins at 6:30 a.m. day of event*

Fee per space is \$12.00 resident. \$17.00 nonresident

Registration Form available at the C&RC

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 21st. 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.

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.

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.

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.

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!



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:

	Junior	Adult	Silver Card Holder
Resident Rate	\$3.50 per round	\$5.00 per round	FREE
Surrounding Community Rate	\$4.50 per round	\$5.50 per round	N/A

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

Coupon Punch Card Fees:

	Junior & Adult	Silver Card Holder
Resident Rate	\$30.00	FREE
Surrounding Community Rate	\$40.00	N/A



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/>

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

Fall Season: Weekends in September & October
Registration opens in August

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.

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.

Adult Permit	\$49.00
Junior Permit (age 15 and under)	\$44.00
Family Permit	\$105.00
Lost Permit (Replacement)	\$5.00
Resident Guest - Adult	\$6.00 per hour
Resident Guest - Junior	\$3.00 per hour
Nonresident Guest	\$10.00 per hour
Restricted Permit**	\$8.00

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 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!

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.

**For more information regarding all
USCTDP programs please call
(412) 831-2630 or visit 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.

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

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





Upper St. Clair Tennis

Spring Junior Development Tennis Programs 2014



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 & 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 – 11:45 a.m., Sunday 1:00 – 1:45 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.

Tiny Tots I and Tiny Tots II	Beginner, Advanced Beginner and Teen 1
<u>8 Week Session:</u> \$130 One Day \$240 Two Days	<u>8 Week Session:</u> \$155 One Day \$290 Two Days



Upper St. Clair Tennis

Spring Junior Development Tennis Programs 2014



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)

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 (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/Tuesday/Friday 4:30 – 6:00 p.m., Saturday/Sunday 2:00 – 3:30

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 (Aspiring Tournament Player) AGES 10-18

Improve stroke mechanics and consistency, footwork and anticipation. Learn sound match play tactics.

Monday/Tuesday/Thursday/ Friday 3:00 – 5:00 p.m. or 5:00 – 7:00 p.m., Sunday 2:00 – 4:00 p.m.

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.

Monday/Tuesday/Thursday/ Friday 3:00 – 5:00 p.m. or 5:00 – 7:00 p.m., Saturday 12:00 - 2:00

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.

Monday/Tuesday/Thursday/ Friday 3:00 – 5:00 p.m. or 5:00 – 7:00 p.m., Saturday 12:00 - 2:00

Level 3.0 Fees	Levels 3.5, 4, 4.5, 5 and 5.5 Fees
One Day Per Week \$235	One Day Per Week \$295
Two Days Per Week \$455	Two Days Per Week \$575



Upper St. Clair Tennis

SUMMER JUNIOR DEVELOPMENT TENNIS PROGRAMS 2014



Summer Session – June 16, 2014 – August 10, 2014 (8 Weeks)
No clinics on 4th of July – (Make up July 5 - same times)

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.

Tiny Tots I and Tiny Tots II	Beginner, Advanced Beginner and Teen 1
\$130 One Day per Week \$240 Two Days per Week	\$155 One Day per Week \$290 Two Days per Week

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

Start Dates: June 16 - August 22, 2014 • 10 - week rolling admission. Please call 412-831-2630 to register.

Summer Camps: Levels 3.0	Summer Camps: Levels 3.5, 4 & 4.5	Summer Tournament Champions: Levels 5 & 5.5
Monday Thursday 11:30 a.m. – 1:30 p.m. \$38.00/day Register for 10 days or more: \$34.00/day	Monday Tuesday Thursday Friday 11:00 a.m. – 1:30 p.m. \$45.00/day Register for 10 days or more: \$40.00/day	Monday Tuesday Thursday Friday 2:30 p.m. – 5:00 p.m. \$45.00/day Register for 10 days or more: \$40.00/day

TENNIS



Upper St. Clair Tennis

Spring & Summer 2014 Adult Tennis Clinics, Cardio & TRX Cardio Tennis

Spring Session – April 21, 2014 – June 15, 2014 (8weeks)

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

Adult Level 1 Clinic Novice	ADULT LEVEL 2 CLINIC Advanced Beginner	Adult Level 3 Clinic Intermediate	Adult Level 4 Clinic High Intermediate
Mon. 11:00 - 12:30 p.m.	Wed. 9:00 - 10:30 a.m.	Wed. 1:00 - 2:30 p.m.	Mon. 12:30 - 2:00 p.m.
Wed. 9:00 - 10:30 a.m.	Wed. 10:30 - Noon	Wed. 7:00 - 8:30 p.m.	Tues. 9:00 - 10:30 a.m.
Sun. 4:30 - 6:00 p.m.	Wed. 7:00 - 8:30 p.m.	Thurs. 9:00 - 10:30 a.m.	Thurs. 7:00 - 8:30 p.m.
	Thurs. 9:00 - 10:30 a.m.	Thurs. 10:30 - Noon	Sun. 4:30 - 6:00 p.m.

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	Summer 2014
Monday 10:00 – 11:00 Intermediate 11:00 – 12:30 Advanced	Monday 8:00 – 9:00 a.m. Intermediate 7:00 – 8:00 p.m. Intermediate
Tuesday 11:00 – 12:00 Intermediate	Tuesday 8:00 – 9:00 a.m. Beginner/ Intermediate
Wednesday 10:30 – 11:30 Intermediate/High Intermediate 7:00 – 8:00 Intermediate	Wednesday 7:30 – 9:00 a.m. Advanced
Thursday 9-10 a.m. Intermediate 9-10:30 a.m. Advanced	Thursday 8:00 – 9:00 a.m. High Intermediate 8:00 – 9:00 a.m. Intermediate
Friday 12:00 – 1:00 High Intermediate 9:00 – 10:00 Intermediate	Friday 8:00 – 9:00 a.m. High Intermediate
Saturday 8:00 – 9:00 a.m. Family Cardio or 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
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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 ball 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 2 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.

Spring Promotion:

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	Summer 2014
Wednesday 10:30 – 12 noon	Monday 7:30 – 9:00 a.m.
Wednesday 7:00 – 8:30 p.m.	Wednesday 7:00 – 8:30 p.m.
Thursday 9:00 – 10:30 a.m.	Thursday 9:00 – 10:30 a.m.
Saturday 8:00 – 9:30 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*	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



The OUTDOOR
CLASSROOM

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.

FAMILY AND COMMUNITY PROGRAMS

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.

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 bounding 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!

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.

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.

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.

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.



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.

Soil & Water Conservation Boy Scout Merit Badge

Date: Sunday June 1
Time: Noon – 5:00 PM
Location: The Outdoor Classroom Learning Lab
Audience: Ages 12 and up
Fee(s): \$20 per child

Join other scouts for an afternoon filled with science and nature while hiking through the meadows and forests of Boyce Mayview Park. Learn the importance of conservation of our local lands and watersheds. Discuss conservation practices and the impacts that humans have on the environment. Participate in a meaningful conservation project while earning your Soil & Water Conservation Merit Badge. A merit badge counselor will be present to sign off on your blue card. Individual scouts and interested children age 12 and up are encouraged to attend. Troop registration is also available.

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 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!

Cozy Campfire Nights

Dates: Saturdays, July 26, August 30
Time: 7:30 PM – 8:30 PM
Meeting Place: The Outdoor Classroom Learning Lab
Audience: Family friendly
Fee(s): \$6 person. Family Pak of four for \$20.

Bring the family for an evening of fun to jump start the summer! Enjoy the crackling fire, experience the woods at dusk and feast on every child's favorite campfire treat; s'mores and more! You can tell your favorite campfire story or make it comedy night and share a knee-slapping joke! The perfect ending to a summer night!

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): Free

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.

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"!



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!

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.



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!

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.

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.



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.

COMMUNITY & RECREATION CENTER

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 in 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.

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 be 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.

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

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. 10-13year 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.

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.

	Cycling	Fitness Classes	Pilates Reformer
C&RC Member	\$4 per class	\$6 per class	\$16 per class
USC Resident Non-Member	\$6 per class	\$8 per class	\$18 per class
Surrounding Community Non-Member	\$8 per class	\$10 per class	\$20 per class

**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.

	Cycling Coupon Book	Aerobic Fitness Coupon Book
C&RC Member	\$24 (\$6 per class)	\$32 (\$8 per class)
USC Resident Non-Member	\$32 (\$8 per class)	\$40 (\$10 per class)
Surrounding Community Non-Member	\$40 (\$10 per class)	\$48 (\$12 per class)

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.

	Cycling	Fitness Classes	Pilates Reformer
C&RC Member	\$8 per class	\$10 per class	\$18 per class
USC Resident Non-Member	\$10 per class	\$12 per class	\$20 per class
Surrounding Community Non-Member	\$12 per class	\$14 per class	\$22 per class

FAMILY GYM

Volleyball • Basketball • Lowered Hoops

Fridays: 6:30 p.m. - 8:30 p.m.

Saturdays: 12:00 p.m. - 2:00 p.m.

Sundays: 2:30 p.m. - 4:30 p.m.

The deep end of the lap pool is also open for FAMILY SWIM!

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.

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!

Member	Resident Non-Member	Surrounding Community Non-Member
\$60	\$65	\$70

*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.

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.*

Trim & Fit Combo Pack

	Member	Resident Non-Member	Non-Resident Non-Member
Level 1	\$190	\$210	\$230
Level 2	\$200	\$220	\$240
Level 3	\$210	\$230	\$250
Level 4	\$220	\$240	\$260

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.

Member	Resident Non-Member	Surrounding Community Non-Member
\$55.00	\$60.00	\$65.00

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.

Member	Resident Non-Member	Surrounding Community Non-Member
\$60.00	\$65.00	\$70.00

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.

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.

Member	Resident Non-Member	Surrounding Community Non-Member
\$40.00	\$45.00	\$50.00

Additional Training Services

Additional training services and special training rates are also available.

- ▶ Small Group Training
- ▶ Kettlebell Prep
- ▶ Family Semi-private Training

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/Dates: Saturday, May 17, 2014 – Saturday, June 13, 2014

Time: Meeting times vary throughout the program

Age Requirement: Adult

Fee: TBA

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

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

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

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

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): 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: 12:15 PM – 1:15 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

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: 3:00 PM – 4:00 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

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

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: 11:00 AM – 12:00 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

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: 9:15 AM – 10:15 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): 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: 10:15 AM- 11:15 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



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

▼
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: 10:00 AM – 11:00 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): 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: 12:15 PM- 1:15 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

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.



SPECIALTY FITNESS CLASSES

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 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 I 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): 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: 7:30 PM – 8:30 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): 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 Cross Training

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

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: 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

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 – Aug 1 – August 15 (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

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



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: 11:00 AM – 12:00 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

GENERAL FITNESS CLASSES

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

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: 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): 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: 9:15 AM – 10:15 AM

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 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

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

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

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

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



SENIORS IN MOTION

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



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: 11:00 AM – 12:00 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 specific 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

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

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



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&RC 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.

C&RC Member	\$6 per class
USC Resident Non-Member	\$8 per class
Surrounding Community Non-Member	\$10 per class

**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.

C&RC Member	\$32 (\$8 per class)
USC Resident Non-Member	\$40 (\$10 per class)
Surrounding Community Non-Member	\$48 (\$12 per class)

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.

C&RC Member	\$10 per class
USC Resident Non-Member	\$12 per class
Surrounding Community Non-Member	\$14 per class

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*

PLEASE NOTE:

Schedule will be posted online www.twpusc.org

AMERICAN RED CROSS SWIM LESSIONS

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.

Weekday Classes (6 classes per session)

Spring Session I: April 22- May 8
 Spring Session II: May 20- June 5
 Summer Session I: June 17- July 3
 Summer Session II: July 15- July 31

Saturday Classes (6 classes per session)

Spring Session I: April 26- June 7 (No Class 5/24)
 Summer Session I: June 21- August 2 (No Class 7/5)

Infant

Day(s)	Time
T/TH	10:00 AM - 10:30 AM
T/TH	6:00 PM - 6:30 PM
Age Requirement: 6-18 Months	

Infant

Saturday	10:00 AM - 10:30 AM
Age Requirement: 6-18 Months	

Toddler

Day(s)	Time
T/TH	10:30 AM - 11:00 AM
T/TH	6:30 PM - 7:00 PM
Age Requirement: 18-36 Month	

Toddler

Saturday	10:30 AM - 11:00 AM
Age Requirement: 18-36 Months	

Infant / Toddler Fees:

\$36.00 Member per session
 \$57.00 Resident Non-Member per session
 \$72.00 Surrounding Community Non-Member per session

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



Preschool Group Swim Lessons		
Level	Prerequisites	Skills Taught
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 back 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

Preschool Ages 3 - 5 ▶ ▶ ▶ Saturday Classes

*Indicates a mini-session, fees are reduced.

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

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*

Red

Day(s)	Time
Saturday	9:00 AM - 9:30 AM
Saturday	9:30 AM - 10:00 AM

Red

Day(s)	Time
M/W	9:30 AM - 10:00 AM
T/H	1:00 PM - 1:30 PM
T/H	5:00 PM - 5:30 PM

Orange

Day(s)	Time
Saturday	9:00 AM - 9:30 AM
Saturday	9:30 AM - 10:00 AM

Orange

Day(s)	Time
M/W	10:00 AM - 10:30 AM
T/H	1:30 PM - 2:00 PM
T/H	5:30 PM - 6:00 PM

Yellow

Day(s)	Time
Saturday	10:00 AM - 10:30 AM
Saturday	10:30 AM - 11:00 AM

Yellow

Day(s)	Time
M/W	10:30 AM - 11:00 AM
T/H	2:00 PM - 2:30 PM
T/H	6:00 PM - 6:30 PM

Advanced Preschool

Day(s)	Time
Saturday	11:00 AM - 11:30 AM

Advanced Preschool

Day(s)	Time
M/W	6:00 PM - 6:30 PM
T/H	12:30 PM - 1:00 PM

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

Level	Prerequisites	Skills Taught
Level 1	6-13 years old	Blowing bubbles through mouth and nose Opening eyes under water and retrieving submerged objects Front & back float (assisted) Front & back glide (assisted) Alternating arm and leg action on front & back (assisted)
Level 2	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	Bobbing (fully submerged) Opening eyes under water and retrieving submerged objects (in greater than 2 ft. of water) Front & back glide (unassisted) Front & back crawl arm & leg movements (unassisted) Treading using arm and leg actions (in moderate to deep water)
Level 3	6-13 years old Glide on front & 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.	Diving from a seated and kneeling position Deep water floating on front & back and treading Streamlined position push off from wall using flutter & dolphin kick, 3-5 body lengths Front & back crawl, 15 yards Elementary backstroke, 15 yards
Level 4	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.	Diving from a standing position Front crawl, 25 yards Breaststroke, 15 yards Butterfly, 15 yards Back crawl, 15 yards Tread water using 2 different kicks Backstroke & front crawl open turn
Level 5	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.	Shallow-angle dive, glide 2 body lengths. Front & back flip turn Front crawl & elementary backstroke, 50 yards Breaststroke & butterfly, 25 yards

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*

Level 1

Day(s)	Time
M/W	6:00 PM - 6:40 PM

Level 2

Day(s)	Time
M/W	6:30 PM - 7:10 PM

Level 3

Day(s)	Time
M/W	6:45 PM - 7:25 PM

Level 4

Day(s)	Time
T/TH	6:30 PM - 7:10 PM

Level 5

Day(s)	Time
T/TH	7:15 PM - 7:55 PM

Saturday Classes

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

Level 1

Day(s)	Time
Sat.	10:00 AM - 10:40 AM

Level 2

Day(s)	Time
Sat.	10:45 AM - 11:25 AM

Level 3

Day(s)	Time
Sat.	11:15 AM - 11:55 AM

Level 4

Day(s)	Time
Sat.	9:45 AM - 10:25 AM

Level 5

Day(s)	Time
Sat.	9:00 AM - 9:40 AM

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.

	Member	Non- Member
3 Lessons	\$102	\$105
6 Lessons	\$195	\$201
10 Lessons	\$280	\$300
20 Lessons	\$540	\$560

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

Mini Session Fee(s) - 6 classes: \$26.00 Member per session

\$37.00 Non-Member per 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

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***

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

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 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 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: 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

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

Thursday 6:30 PM - 7:00 PM

Friday 9:30 AM - 10:00 AM

Fee(s): Free to C&RC Members

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

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

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

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.

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Monday, April 14 9:00 AM- 5:00 PM	Tuesday, April 29 5:00 PM- 10:00 PM	Monday, May 19 4:00 PM- 10:00 PM	Tuesday, June 17 9:00 AM- 5:00 PM	Tuesday, July 15 9:00 AM- 5:00 PM	Tuesday, August 12 9:00 AM- 5:00 PM
Tuesday, April 15 9:00 AM- 3:00 PM	Thursday, May 1 5:00 PM- 10:00 PM	Tuesday May 20 4:00 PM- 9:00 PM	Wednesday, June 18 9:00 AM- 3:00 PM	Wednesday, July 16 9:00 AM- 3:00 PM	Wednesday, August 13 9:00 AM- 3:00 PM
Wednesday, April 16 9:00 AM- 3:00 PM	Saturday, May 3 10:00 AM- 4:00 PM	Wednesday, May 21 4:00 PM- 9:00 PM	Thursday, June 19 9:00 AM- 3:00 PM	Thursday, July 17 9:00 AM- 3:00 PM	Thursday, August 14 9:00 AM- 3:00 PM
Thursday, April 17 9:00 AM- 3:00 PM	Tuesday, May 6 5:00 PM- 10:00 PM	Thursday, May 22 4:00 PM- 9:00 PM	Friday, June 20 9:00 AM- 3:00 PM	Friday, July 18 9:00 AM- 3:00 PM	Friday, August 15 9:00 AM- 3:00 PM
	Thursday, May 8 5:00 PM- 10:00 PM	Friday, May 23 4:00 PM- 9:00 PM			

***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.

Date(s):

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Thursday April 10 3:00 PM- 10:00 PM	Thursday April 24 3:00 PM- 10:00 PM	Thursday May 15 3:00 PM- 10:00 PM	Thursday June 5 3:00 PM- 10:00 PM	Thursday July 10 3:00 PM-10:00 PM	Thursday August 7 3:00 PM-10:00 PM
Friday April 11 3:00 PM- 9:00 PM	Friday April 25 3:00 PM- 9:00 PM	Friday May 16 3:00 PM- 9:00 PM	Friday June 6 3:00 PM- 9:00 PM	Friday July 11 3:00 PM- 9:00 PM	Friday August 8 3:00 PM- 9:00 PM

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

RECREATION & ENRICHMENT PROGRAMS

RECREATION & ENRICHMENT PROGRAMS

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 lightening bugs and itty 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 appliques 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/applique 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.

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).

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).

**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

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

Session II – August 7 – September 4 (No class 8/21)

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

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

Session II – August 14-28, September 4

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

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&RC 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

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

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

SPECIALTY PROGRAMS

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&RC as posted

Age Requirement: Ages 6 – 25

Fee(s): \$40.00 per participant



RECREATION & ENRICHMENT PROGRAMS

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<i>No Camp</i>	June 17	June 18	June 19	June 20
Week 2	June 23	June 24	June 25	June 26	June 27
Week 3	June 30	July 1	July 2	July 3	<i>No Camp</i>
Week 4	July 7	July 8	July 9	July 10	July 11
Week 5	July 14	July 15	July 16	July 17	July 18
Week 6	July 21	July 22	July 23	July 24	July 25
	July 28*	July 29*	July 30*	July 31*	

*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

Summer Playground Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
June 23 First Day of Camp AM only 8:45-11:45 AM	June 24 Regular AM Afternoon Activity (Movie @C&RC)* 1:15 – 3:15 PM	June 25 Full Day Extended Day 8:45 AM – 2:45 PM	June 26 Regular AM Afternoon Activity (Kickball Tournament @C&RC)* 1:15 – 3:15 PM	June 27 Full Day Extended Day 8:45 AM – 2:45 PM
June 30 Full Day Extended Day 8:45 AM – 2:45 PM	July 1 Regular AM Afternoon (Scavenger Hunt) C&RC* 1:15 – 3:15 PM	July 2 Full Day Extended Day 8:45 AM – 2:45 PM	July 3 Regular AM Afternoon (Bowling)* 1:15 – 3:15 PM	July 4 No Camp
July 7 Full Day Extended Day 8:45 AM – 2:45 PM	July 8 Regular AM Afternoon (Bowling)* 1:15 – 3:15 PM	July 9 Full Day Extended Day 8:45 AM – 2:45 PM	July 10 Regular AM Afternoon BounceU* (Grades 1-3) (TBA)	July 11 Full Day Extended Day 8:45 AM – 2:45 PM
July 14 Full Day Extended Day 8:45 AM – 2:45 PM	July 15 Regular AM Afternoon (Simmons Farm)* 1:15 – 3:15 PM	July 16 Full Day Extended Day 8:45 AM – 2:45 PM	July 17 Regular AM Afternoon BounceU* (Grades 4-6) (TBA)	July 18 Full Day Extended Day 8:45 AM – 2:45 PM
July 21 Full Day Extended Day 8:45 AM – 2:45 PM	July 22 Regular AM Evening (Girls' Night Out)* 5:00 – 7:00 PM	July 23 Full Day Extended Day 8:45 AM – 2:45 PM	July 24 Regular AM Evening (Boys' Night Out)* 5:00 – 7:00 PM	July 25 Full Day Extended Day 8:45 AM – 2:45 PM

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

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

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)

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

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

“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

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 the 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 to 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.

HI-TECH Learning

“New” Minecraft Workshop

Spend an evening overcoming survival and creative challenges in a Minecraft world built by Hi-Tech learning. Collaborate, innovate, and problem solve while having a great time playing Minecraft and overcoming challenges designed by Hi-Tech learning. A special server will be used that allows all students to work in one virtual world together. This workshop does not teach students how to play Minecraft. Previous experience with the program is required. Visit www.hi-techlearning.com for more information.

Day(s)/Date(s): Session I – Thursday, April 3

Session II – Friday, May 2

Time: 5:00 PM – 7:00 PM

Place: C&RC as posted

Age Requirement: Ages 8-12

Fee(s): \$35.00 Member

\$38.00 Resident Non-member

\$42.00 Surrounding Community Non-member

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 to 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

“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



SPORTS PROGRAMS

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 a 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



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.

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

Fun Fitness and Sports Camp

Looking for a FUN and INSTRUCTIONAL camp for your preschooler/kindergartner? Look no further. Each camp session will provide your child with the proper direction and encouragement to learn and engage in fitness and sports-based skills. Fitness attributes such as balance, strength, flexibility, and coordination will be included. Children should come dressed appropriately, wear sunscreen, and bring a water bottle. SMALL GROUP Instruction with high school athlete camp coaches.

Instructor: Ralph Schmidt, B.S. Physical Education, ACE

Day(s): Monday, Wednesday, Friday

Date(s): Session I – June 16 – June 27

Session II – June 30 – July 11 (no camp 7/4)*

Time: Ages 3-4 9:30 AM – 10:30 AM

Ages 5-6 10:30 AM – 11:30 AM

Place: Boyce Mayview Pavilion Area

Age Requirement: Ages 3-6

Fee(s): **Session I**

\$90.00 Member per session

\$95.00 Resident Non-member per session

\$100.00 Surrounding Community Non-member per session

Session II

\$70.00 Member per session

\$80.00 Resident Non-member per session

\$85.00 Surrounding Community Non-member per session

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

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&RC Gym

Age Requirement: Ages 4-6

Fee(s): \$72.00 Member

\$78.00 Resident Non-member

\$84.00 Surrounding Community Non-member

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

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 gear. This camp will be a fun opportunity to learn and play the game of softball. See you on the field!

Instructor: USCHS Varsity Softball Coach Jenna Muncie and Staff

Day(s): Monday through Thursday (Rain Date: Friday)

Date(s): July 28-31 (8/1 make up if necessary)

Time: 9:00 AM – 12:00 PM

Place: Boyce Mayview Park Softball Field

Age Requirement: Grades 3-8

Fee(s): \$ 48.00 Member

\$ 52.00 Resident Non-Member

\$ 56.00 Surrounding Community Non-Member

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!

Day(s): Monday, Wednesday, Friday

**Any makeups will be held on Tuesdays/Thursdays

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

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, rebounding, 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 Large Gym

Age Requirement: Grades 4-12

Fee(s): \$75.00

Summer Girls' Basketball Camp

Our program will provide instruction and fun for girls going into grades 2-12—with an emphasis on fundamental skills and techniques. As the program progresses, girls will refine their play and condition for the upcoming fall season of play.

Instructor: USCHS Girls' Varsity Basketball Coach Ernie Koontz and Staff

Grades/Date(s)/Time(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): \$60.00 Grades 2-4 Resident

\$65.00 Grades 5-7 Resident

\$70.00 Grades 8-12 Resident

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 1hr 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".

Complete Players – Summer Basketball Skill Workshop

Summer Hoops! This is the best time of the year to improve your game. Skill work, fundamentals, drills, competitions, games and more, jam-packed into a fast-paced 3 day skill workshop that will help you heighten your game! Each participant will be receiving a player evaluation following the last day of camp to help further their development thru the rest of the summer. Unlike your typical basketball camp that accommodates 50-100 participants, the Complete Players Skill Workshop participation is limited to 10 players; this will enable Chaz to provide a higher level of individual coaching attention to each player.

Day(s): Monday, Wednesday, Friday

Date(s): July 28 – August 1

Age Requirement: Grades 5-8 Boys and Girls (Grades 5, 6 and 7, 8 will be grouped together)

Time: 12:00 PM – 1:00 PM Grade 5-6 Boys

1:00 PM – 2:00 PM Grade 7-8 Boys

2:00 PM – 3:00 PM Grade 5-6 Girls

3:00 PM – 4:00 PM Grade 7-8 Girls

Place: Gym 2-B

Participant Fee: \$45.00

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)

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

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.

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

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

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.

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.

SENIORS AT LEISURE

Every Thursday afternoon we'll do something fun! 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: the first Thursday of the month is Brain Fitness; second Thursday is Art Experience; third Thursday is Movie Day; fourth Thursday is Pickleball Practice! Note: these activities are open to all; USC residency or C&RC membership NOT required!

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

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.

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

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.

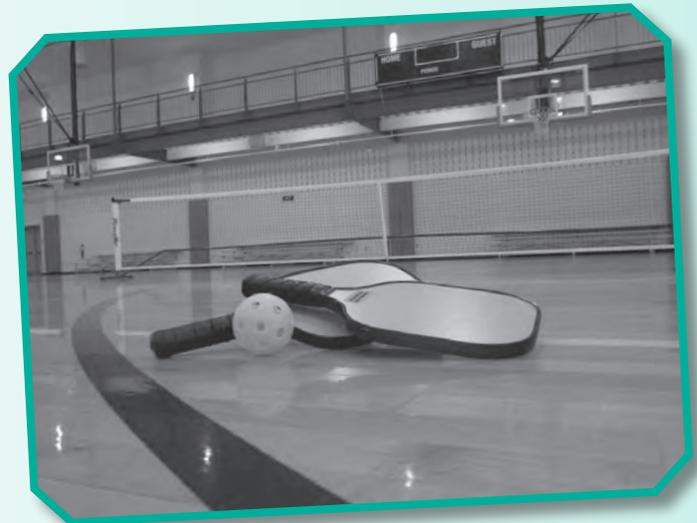
Days/Dates: Every Tuesday

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



Summer Playground, Panther Paws, Let's Unplug and Go, and CIT Registration and Sign-in/out Form

Camper Name	Gender	Program (circle)	Grade as of Fall 2014	Age	Birth Date	Program Dates
1.		Playground, Paws, CIT Unplug				
2.		Playground, Paws, CIT Unplug				
3.		Playground, Paws, CIT Unplug				
4.		Playground, Paws, CIT Unplug				

Family Last Name: _____ Preferred Phone: _____

Address: _____ Email Address: _____

Parents'/Guardian Name (s): Emergency Contact Information

#1: _____ Phone #: _____ Cell [] Home []

Relationship

#2: _____ Phone #: _____ Cell [] Home []

Relationship

#3: _____ 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 []

Relationship

Name: _____ Phone #: _____ Cell [] Home []

Relationship

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



The OUTDOOR CLASSROOM

Step 1: Program Title(s) & Tuition

Title	# Participants	x	Fee	Total
_____	_____	x	\$ _____	\$ _____
_____	_____	x	\$ _____	\$ _____
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 Online Source: _____
- Classroom Newsletter Newspaper: _____ Other: _____
- Classroom Email Calendar Magazine: _____

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.

www.TheOutdoorClassroomPA.org

MAIL TO: The Outdoor Classroom Registration
 PO Box 12566
 Pittsburgh, PA 15241

TEAR OUT HERE

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.

Name: _____ Age: _____ Birth date: _____ E-mail: _____

Address: _____ City: _____ Zip: _____

Home Phone: () _____ Work Phone: () _____ Cell Phone: () _____

Day(s) & Time(s) _____ Day(s) & Time(s) _____ Level of Play: _____

Juniors		Indicate Session(s)		Adults	
Spring USC _____	Summer Tiny Tots _____	Spring USC _____	Summer USC _____	Spring USC _____	Summer USC _____
Spring Tiny Tots _____	Spring Cardio _____	Spring Cardio _____	Summer Cardio _____	Spring Cardio _____	Summer Cardio _____
Summer USC _____	Summer Cardio _____				
Summer Baker _____					

Check enclosed in the amount of \$ _____ (Made payable to USCTDP, Inc.) or charge my Visa MC Disc

Account # _____ Exp. Date: _____ Amount: _____

Print Name on Card: _____

Signature: (Required on ALL charge orders) _____

Mail to: USCTDP, Inc. 37 McMurray Road, Building 1, Suite LL1, Pittsburgh, PA 15241 or e-mail us at tennis@usctdp.com.

TEAR OUT HERE

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.

Family's Last Name _____ Address _____

E-mail Address: _____ Preferred Phone _____ Secondary Phone _____

First Name of Participant	Program	Day	Time	Age/Grade	D.O.B.	Fee (enclosed)

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 _____

TEAR OUT HERE



Arts &
Chocolate
S P E C T A C U L A R

April 26, 2014 • 11 AM – 4 PM



2014 SPRING/SUMMER EVENTS

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

Pre-Sorted Standard
U.S. Postage
PAID
Pittsburgh, PA
Permit No. 206



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



C O M M U N I T Y

RECREATION

FALL/WINTER 2014

GUIDE



Freaky Friday
OCTOBER 24, 2014

BOUNTY
at Boyce Mayview Park
FALL FEST
NOVEMBER 8, 2014

 **Winter Wellness Dash**
Family Fun Run & Walk
Township of Upper St. Clair Recreation
JANUARY 3, 2015

Township of
Upper St. Clair
Pennsylvania



TOWNSHIP OF UPPER ST. CLAIR
RECREATION & LEISURE SERVICES

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

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

BOARD OF COMMISSIONERS

Robert W. Orchowski, <i>President</i> Ward 3	Glenn R. Dandoy..... At Large
Nicholas J. Seitanakis..... Ward 1	Rex A. Waller Ward 2
Mark D. Christie..... Ward 4	Russell R. Del Re, <i>Vice President</i> Ward 5
Daniel R. Paoly..... At Large	

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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THE OUTDOOR CLASSROOM

44-48

GENERAL INFORMATION

For general information call the Township Recreation Department at 412.221.1099
412.221.6964 fax • www.twpusc.org

GENERAL
INFORMATION

Hours of Operation

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.

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?

<u>In Person</u>	<u>Online</u>	<u>By Mail</u>
At the Community & Recreation Center during normal hours of operation.	At www.twpusc.org/rec-leisure/rec-leisure-home.org <i>Note: A small convenience fee will be added to the registration fee listed.</i>	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.

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.

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 co-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.

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.

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.

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!

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:

	Junior	Adult	Silver Card Holder
Resident Rate	\$3.50 per round	\$5.00 per round	FREE
Surrounding Community Rate	\$4.50 per round	\$5.50 per round	N/A

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

Coupon Punch Card Fees:

	Junior & Adult	Silver Card Holder
Resident Rate	\$30.00	FREE
Surrounding Community Rate	\$40.00	N/A



Where: The Miracle League Fields
(Cranberry, Upper St. Clair, Murrysville, Wheeling)

Who: Individuals of all abilities
and ages to play or buddy

**Offering noncompetitive and competitive leagues
for youth and adults (Buddies 12 years old + please)**

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

To register for the Miracle League visit: <http://miracleleaguebaseball.org/>

Spring Registration Opens in March Fall Registration Opens in August

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

JOIN THE MIRACLE LEAGUE
FOR BASEBALL

When:

Weekends
in May
and June
and again in
September
and October

Game times vary
Games last 1.5 hours

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):

Prime Time	Resident \$522.00	Non-Resident \$571.00
-------------------	-------------------	-----------------------

Monday through Thursday: 6:00 PM - 10:00 PM
Saturday: 8:00 AM - 5:00 PM
Sunday: 8:00 AM - 10:00 PM

Non-Prime Time	Resident \$448.00	Non-Resident \$498.00
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Monday through Thursday: 8:00 a.m. - 5:00 PM
Friday: 8:00 AM - 10:00 PM
Saturday: 6:00 PM - 10:00 PM

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!

TENNIS

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

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.

TENNIS



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.

**Fall/Winter Junior Development
Tennis Programs 2014 - 2015
Registration Form:
See Page 50.**

**For more information regarding all USCTDP programs please call
(412) 831-2630 or visit www.usctdp.com**



Upper St. Clair Tennis

Fall/Winter Junior Development Tennis Programs 2014 - 2015



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
Session B	Oct. 6 – Jan. 11, 2015	12 Weeks - Indoor - No Clinics Nov 27 – Nov 30, 2014 - Make ups TBA No Clinics Dec 22, 2014 – Jan 4, 2015 - Clinics resume Jan 5, 2015
Session C	Jan. 12 – April 19, 2015	13 Weeks- Indoor - No Clinics 3/30 – 4/5/15- Clinics resume 4/6/15

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 (Aspiring Tournament Player) AGES 10 - 18

Improve stroke mechanics and consistency, footwork and anticipation. Learn sound match play tactics.

Monday/Tuesday/Thursday/ Friday 3:00 – 5:00 p.m. or 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.

Level 3.0 Fees			Levels 3.5, 4, 4.5, 5 and 5.5 Fees		
5 Week Session:	12 Week Session:	13 Week Session:	5 Week Session:	12 Week Session:	13 Week Session:
\$158 One Day \$296 Two Days	\$380 One Day \$740 Two Days	\$412 One Day \$804 Two Days	\$194 One Day \$368 Two Days	\$465 One Day \$910 Two Days	\$505 One Day \$990 Two Days



Upper St. Clair Tennis

Fall/Winter Junior Development Tennis Programs 2014 - 2015



Session I	Aug. 25 – Sept. 28, 2014	5 Weeks – No Clinics on Sept. 1 – Make up on Sept. 6 Times TBA
Session II	Oct. 6 – Nov. 30, 2014	8 Weeks – No Clinics Nov. 27 – Nov. 30, 2014 – Make ups TBA
Session III	Dec. 1 – Feb. 8, 2015	8 Weeks-- No Clinics Dec. 22 – Jan. 4 (Resume clinics on Jan. 5)
Session IV	Feb. 9 – April 19, 2015	9 Weeks-- No Clinics March 30 – April 5 (Resume on April 6)

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.

TINY TOTS			Beginner, Advanced Beginner and Teen 1		
5 Week Session:	8 Week Session:	9 Week Session:	5 Week Session:	8 Week Session:	9 Week Session:
\$88 One Day \$156 Two Days	\$140 One Day \$250 Two Days	\$158 One Day \$296 Two Days	\$102 One Day \$184 Two Days	\$160 One Day \$300 Two Days	\$180 One Day \$340 Two Days



Upper St. Clair Tennis



Fall/Winter 2014 - 2015 Adult Tennis Clinics & Adult Cardio Tennis

Session I	Aug. 25 – Sept. 28, 2014	5 Weeks – No Clinics on Sept. 1- Make up on Sept. 6 - Times TBA
Session II	Oct. 6 – Nov. 30, 2014	8 Weeks – No Clinics Nov. 27 – Nov. 30 – Times and Make up TBA
Session III	Dec. 1, 2014 – Feb. 8, 2015	8 Weeks – No Clinics Dec. 22 – Jan. 4 (Clinics resume on Jan. 5)
Session IV	Feb. 9 – April 19, 2015	9 Weeks – No Clinics March 30 – April 5 (Clinics resume on April 6)

Adult Tennis Clinics

Adult Level 1 Clinic Novice		Adult Level 2 Clinic Advanced Beginner		Adult Level 3 Clinic Intermediate		Adult Level 4 Clinic High Intermediate	
Mon.	11:00 - 12:30 p.m.	Wed.	9:00 - 10:30 a.m.	Wed.	1:00 - 2:30 p.m.	Mon.	12:30 - 2:00 p.m.
Wed.	9:00 - 10:30 a.m.	Wed.	10:30 - Noon	Wed.	8:00 - 9:30 p.m.	Tues.	9:00 - 10:30 a.m.
Sun.	4:00 - 5:30 p.m.	Wed.	8:00 - 9:30 p.m.	Thurs.	9:00 - 10:30 a.m.	Thurs.	8:00 - 9:30 p.m.
		Thurs.	9:00 - 10:30 a.m.	Thurs.	10:30 - Noon	Sun.	4:00 - 5:30 p.m.

Adult 5 Week Clinic Fees:	\$131 One Day per Week	\$250 Two Days per Week
Adult 8 Weeks Clinics Fees:	\$210 One Day per Week	\$400 Two Days per Week
Adult 9 Week Clinic Fees:	\$236 One Day per Week	\$447 Two Days per Week

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

Monday	10:30 - 12:00 p.m. TRX (Session I only) 10:30 - 12:00 Advanced (Session II only)	Adult 5 Week Cardio Fees: One Day per Week \$97 Two Days per Week \$174 Adult 5 Week Advanced Cardio Fees: One Day per Week \$146 Two Days per Week \$272	Adult 8 Week Cardio Fees: One Day per Week \$155 Two Days per Week \$290 Adult 8 Week Advanced Cardio Fees: One Day per Week \$226 Two Days per Week \$432	Adult 9 Week Cardio Fees: One Day per Week \$175 Two Days per Week \$330 Adult 9 Week Advanced Cardio Fees: One Day per Week \$263 Two Days per Week \$506
Tuesday	11:00 - 12:00 p.m. (Level 2.5 - 3.0)			
Wednesday	11:00 - 12:00 p.m. Advanced 7:00 - 8:00 p.m.			
Thursday	9:00 - 10:00 a.m. (Level 3.0 - 4.5) 10:00 - 11:00 a.m.			
Friday	9:00 - 10:00 a.m. (Level 3.0 - 4.5) 12:00 - 1:00 p.m.			
Saturday	Family Cardio 8:00 - 9:00 a.m.	Adult TRX Cardio 5 Weeks only- Session I One Day per Week \$160		



USCTDP, Inc. Fall/Winter 2014 - 2015 ADULT TENNIS CLINICS / CARDIO REGISTRATION FORM

Registration Deadline: One Week in Advance of Session Start Date

NAME: _____ AGE: _____ BIRTHDATE: _____

ADDRESS: _____ CITY: _____ ZIP: _____ EMAIL: _____

HOME: (_____) WORK: (_____) CELL: (_____)

REGISTERING FOR: CLINIC SESSION: I _____ II _____ III _____ IV _____ CLINIC DAY(S) AND TIME(S) _____ LEVEL OF PLAY _____

REGISTERING 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: _____ MASTER CARD: _____ DISCOVER: _____

ACCOUNT NUMBER: _____ EXPIRATION DATE: _____

Print 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

RECREATION & ENRICHMENT PROGRAMS

ART

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)
Continuing Students – Ages 6-12

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 12

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

Itsy Bitsy Spider

Skill-building and fun await 3-4 year olds who will create creepy crawlers and act out related stories. Cutting, tracing, and freehand drawing and painting will be interwoven with stories; even proper use of art materials and clean-up will be reinforced.

Day(s)/Date(s): Fall Session I – Thursdays, October 23-
November 13
Winter Session I – Tuesdays, February 17-March 10

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 3-4

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

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

Age Requirement: Ages 3-4

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

Age Requirement: Ages 5 - 7

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

Age Requirement: Ages 5-12

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

Age Requirement: Ages 13 and up

Fee(s): \$64.00 Member per session
\$72.00 Resident Non-member per session
\$80.00 Surrounding Community Non-member per session

COMING SOON!

Zumba Kids, Jr.

Zumba® Kids, Jr classes are rockin’ high-energy dance parties packed with kid-friendly routines. Perfect for our younger Zumba® fans! Kids 4-6 years old get the chance to socialize with friends and jam out to their favorite music.

Class date/times TBA.

KARATE

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
(subject to change)

Time: Session I 4:30 PM-5:00 PM – Beginners/White Belts
5:00 PM - 5:30 PM –Colored Belts
Sessions II-IV 4:30 PM - 5:00 PM – Continuing White Belts
5:00 PM-5:30 PM – Colored Belts
5:30 PM-6:00 PM – New Beginners

Note that times may change depending upon registration.

Place: Studio 2

Age Requirement: Ages 7 -12

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.

SPECIALTY PROGRAMS

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 7-28, 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: 10:00 AM - 12:00 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

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(s): Eric Berthoud

Day(s): Thursdays

Date(s): Fall Session I-September 25—October 30

Fall Session II- November 6—December 18

(No class 11/27)

Winter Session I - January 8—February 12

Winter Session II - February 19—March 26

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

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

SPORTS PROGRAMS

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
Fall Session II – October 28, November 4-18, December 2-16
Winter Session I – January 6-27, February 3-17
Winter Session II – March 3-24, April 7-21

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
Fall Session II – October 18-25, November 1-22
Winter Session I – January 10-31, February 7-14
Winter Session II – February 21-28, March 7-28

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
Fall Session II – October 18-25, November 1-22
Winter Session I – January 10-31, February 7-14
Winter Session II – February 21-28, March 7-28

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



RECREATION & ENRICHMENT PROGRAMS

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.

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

JUMP START SPORTS

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 7-12

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)

Friday, November 28 (grades K-4)

Monday, January 19 (ages 4-6; half-day only)

Monday, February 16 (grades K-4)

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



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-May23

(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

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

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. 603 or mccrommon@twpusc.org.

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&RC Gym

Fee(s):

PRIVATE INSTRUCTION

C&RC Member	Resident Non-Member	Surrounding Community Non-Member
\$50	\$55	\$60

*Fees listed are per hour.

SEMI-PRIVATE INSTRUCTION

C&RC Member	Resident Non-Member	Surrounding Community Non-Member
\$35	\$55	\$60

*Fees listed are per participant per hour for two participants

SMALL GROUP INSTRUCTION

	C&RC Member	Resident Non-Member	Surrounding Community Non-Member
3 Participants	\$25	\$30	\$35
4+ Participants	\$20	\$25	\$30

*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.

RECREATION BASKETBALL

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

***3rd and 4th grade programs subject to gym availability*

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.

SENIORS PROGRAMMING

For any questions about programs for Older Adults, please contact Chaz McCrommon, Assistant Community Programs Coordinator, at 412.221.1099, ext. 603 or mccrommon@twpusc.org.

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 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

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.

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

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

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 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

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

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

COMMUNITY & RECREATION CENTER

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 in 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 be 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 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.

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 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.

C&RC Member	\$6 per class
USC Resident Non-Member	\$8 per class
Surrounding Community Non-Member	\$10 per class

**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.

C&RC Member	\$32 (\$8 per class)
USC Resident Non-Member	\$40 (\$10 per class)
Surrounding Community Non-Member	\$48 (\$12 per class)

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.

C&RC Member	\$10 per class
USC Resident Non-Member	\$12 per class
Surrounding Community Non-Member	\$14 per class

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

December 15, 2014- January 3, 2015

- 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.

AMERICAN RED CROSS SWIM LESSONS

Parent and Child Aquatics

Level	Prerequisites	Skills Taught
Level 1	6 months- approx. 3 years old <i>Parent must accompany child to each class</i>	Water familiarization and swimming readiness Provide safety information for parents and teach techniques parents can use to orient their children to the water
Level 2	6 months- approx. 3 years old <i>Parent must accompany child to each class</i>	Improve skills learned in Parent and Child Aquatics Level 1 and teach more advanced skills Continue to build water safety knowledge

Weekday Classes (6 classes per session)

Fall Session I: September 9- September 25
 Fall Session II: October 7- October 23
 Fall Session III: November 4- November 20
 Fall Session IV: December 2- December 18
 Winter Session I: January 6- January 22
 Winter Session II: February 3- February 19
 Winter Session III: March 3- March 19

Parent and Child Level 1

Day(s)	Time
T/TH	10:00 AM - 10:30 AM
T/TH	6:00 PM - 6:30 PM
Age Requirement: 6 months - 3 years	

Parent and Child Level 2

Day(s)	Time
T/TH	10:30 AM - 11:00 AM
T/TH	6:30 PM - 7:00 PM
Age Requirement: 6 months - 3 years	

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)

Fall Session I: September 13- October 18
 Fall Session II: November 1- December 13 (no class 11/29)
 Winter Session I: January 10- February 14
 Winter Session II: February 28- April 4

Parent and Child Level 1

Day(s)	Time
T/TH	10:00 AM - 10:30 AM
Age Requirement: 6 months - 3 years	

Parent and Child Level 2

Day(s)	Time
T/TH	10:30 AM - 11:00 AM
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



PLEASE NOTE:

Schedule will be posted online www.twpusc.org

Preschool Group Swim Lessons

Level	Prerequisites	Skills Taught
Preschool Aquatics Level 1	4-5 years old* *3 year olds may enroll upon successful completion of Parent and Child Level 2	Entering and exiting water safely Submerging mouth nose and eyes Blowing bubbles Front and back glide 2 body lengths (assisted) Back float Arm and hand treading action Alternating and simultaneous arm and leg action on front & back
Preschool Aquatics Level 2	4-5 years old* *3 year olds may enroll upon successful completion of Parent and Child Level 2 Travel at least 5 yards (walk, swim, or using the wall) Submerge to mouth and blow bubbles at least 3 seconds Glide on front at least 2 body lengths, roll to back and float for 3 seconds (assisted)	Entering and exiting water using ladder, steps, or side Bobbing 5 times Front and back glide 2 body lengths (unassisted) Front and back float Arm and leg treading action 15 seconds Combined arm and leg action on front and back 3 body lengths
Preschool Aquatics Level 3	4-5 years old* *3 year olds may enroll upon successful completion of Parent and Child Level 2 Glide on front at least 2 body lengths, roll to back, float on back 15 seconds, recover vertically Glide on back 2 body lengths, roll to front, recover vertically Combined arm and leg actions 3 body lengths, roll to back float 15 seconds, roll to front continue front swim for 3 body lengths	Entering water by jumping Fully submerge and hold breath 10 seconds Bobbing 10 times Rotary breathing Front floats 10 seconds Back glide 3 body lengths Back float 15 seconds Tread water 30 seconds Combined arm and leg action on front & back 5 body lengths
Advanced Preschool Aquatics	4-5 years old* *3 year olds may enroll upon successful completion of Parent and Child Level 2 Push off bottom into treading or floating position 15 seconds, swim on front or back 5 body lengths Back float 15 seconds, roll to front, recover vertically Combined arm and leg action 5 body lengths, roll to back float 15 seconds, roll to front and continue swimming 5 body lengths	Diving from seated and kneeling position Deep water floating on front and back and treading Streamlined position push off from wall Front and back crawl Elementary backstroke

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 11/26 and 11/27)
Winter Session I: January 5- January 29
Winter Session II: February 9- March 5
Winter Session III: March 16- March 26 * (mini session)

Preschool Level 1

Day(s)	Time
M/W	9:30 AM - 10:00 AM
T/H	1:00 PM - 1:30 PM
T/H	5:00 PM - 5:30 PM

Preschool Level 2

Day(s)	Time
M/W	10:00 AM - 10:30 AM
T/H	1:30 PM - 2:00 PM
T/H	5:30 PM - 6:00 PM

Preschool Level 3

Day(s)	Time
M/W	10:30 AM - 11:00 AM
T/H	2:00 PM - 2:30 PM
T/H	6:00 PM - 6:30 PM

Advanced Preschool

Day(s)	Time
M/W	6:00 PM - 6:30 PM
T/H	12:30 PM - 1:00 PM

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

Day(s)	Time
Saturday	9:00 AM - 9:30 AM
Saturday	9:30 AM - 10:00 AM

Preschool Level 2

Day(s)	Time
Saturday	9:00 AM - 9:30 AM
Saturday	9:30 AM - 10:00 AM

Preschool Level 3

Day(s)	Time
Saturday	10:00 AM - 10:30 AM
Saturday	10:30 AM - 11:00 AM

Advanced Preschool

Day(s)	Time
Saturday	11:00 AM - 11:30 AM

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

Level	Prerequisites	Skills Taught
Level 1: Introduction to Water Skills	6 years old and up	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
Level 2: Fundamental Aquatic Skills	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)	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 & leg actions on front & back 5 body lengths
Level 3: Stroke Development	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	Dive from sitting and kneeling position Survival floating Treading 1 minute Front crawl, back crawl, and elementary backstroke 15 yards Breaststroke and dolphin kick
Level 4: Stroke Improvement	6 years old and up Tread/float 1 minute Front crawl 25 yards Elementary backstroke 25 yards	Diving Open turns for Front and Back crawl Tread 2 minutes Front crawl and elementary backstroke 25 yards Back crawl, Breaststroke, and Butterfly 15 yards Dolphin kick
Level 5: Stroke Refinement	6 years old and up Front crawl 25 yards followed by elementary backstroke 25 yards Breaststroke 15 yards Back crawl 15 yards	Shallow angle diving Flipturns for front crawl and back crawl Tread 5 minutes Front crawl and elementary backstroke 50 yards Breaststroke and Butterfly 25 yards Sidestroke Skulling
Level 6: Swimming and Skill Proficiency	6 years old and up Front crawl 50 yards Elementary backstroke 50 yards Butterfly 25 yards Back crawl 25 yards Breaststroke 25 yards	Focusing on stroke technique Front crawl and elementary backstroke 100 yards Back crawl, Breaststroke, and Butterfly 50 yards Open turns and Flip turns Diving Learning swimming fundamentals (sets, pace clock, circle swimming)
Level 6: Fitness Swimmer	6 years old and up Front crawl 50 yards Elementary backstroke 50 yards Butterfly 25 yards Back crawl 25 yards Breaststroke 25 yards	Building endurance Front crawl and elementary backstroke 100 yards Back crawl, Breaststroke, and Butterfly 50 yards Open turns and Flip turns Dives Learning swimming fundamentals (sets, pace clock, circle swimming)

Youth Ages 6 - 13 ▶ ▶ ▶

*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 11/26 and 11/27)
Winter Session I: January 5- January 29
Winter Session II: February 9- March 5
Winter Session III: March 16- March 26 * (mini session)

Level 1- Introduction to Water Skills

Day(s)	Time
M/W	6:00 PM - 6:40 PM

Level 2 -Fundamental Aquatic Skills

Day(s)	Time
M/W	6:30 PM - 7:10 PM

Level 3- Stroke Development

Day(s)	Time
M/W	6:45 PM - 7:25 PM

Level 4- Stroke Improvement

Day(s)	Time
T/TH	6:30 PM - 7:10 PM

Level 5- Stroke Refinement

Day(s)	Time
T/TH	7:15 PM - 7:55 PM

Level 6- Fitness Swimmer

Day(s)	Time
T/TH	4:45 PM - 5:25 PM

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

Level 1- Introduction to Water Skills

Day(s)	Time
Sat.	10:00 AM - 10:40 AM

Level 2- Fundamental Aquatic Skills

Day(s)	Time
Sat.	10:45 AM - 11:25 AM

Level 3- Stroke Development

Day(s)	Time
Sat.	11:15 AM - 11:55 AM

Level 4- Stroke Improvement

Day(s)	Time
Sat.	9:45 AM - 10:25 AM

Level 5- Stroke Refinement

Day(s)	Time
Sat.	9:00 AM - 9:40 AM

Level 6- Skills and Proficiency

Day(s)	Time
Sat.	11:30 AM - 12:10 PM

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.

	Member	Non- Member
3 Lessons	\$102	\$105
6 Lessons	\$195	\$201
10 Lessons	\$280	\$300
20 Lessons	\$540	\$560

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 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)

Fall Session III: November 18 - December 16

(No class 11/27)

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**

****Course cost does not include personal equipment.**

Group Exercise Holiday Session December 15, 2014- January 3, 2015

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.

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

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
(No class 11/27)
Winter 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

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

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
(No class 11/27)
Winter 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

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

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

AMERICAN RED CROSS AQUA CERTIFICATIONS

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.

Session 1	Session 2	Session 3	Session 4
Tuesday, September 16 5:00 PM- 10:00 PM	Tuesday, November 4 5:00 PM- 10:00 PM	Tuesday, February 10 5:00 PM- 10:00 PM	Tuesday, March 10 5:00 PM- 10:00 PM
Thursday, September 18 5:00 PM- 10:00 PM	Thursday, November 6 5:00 PM- 10:00 PM	Thursday, February 12 5:00 PM- 10:00 PM	Thursday, March 12 5:00 PM- 10:00 PM
Saturday, September 20 10:00 AM- 4:00 PM	Saturday, November 8 10:00 AM- 4:00 PM	Saturday, February 14 10:00 AM- 4:00 PM	Saturday, March 14 10:00 AM- 4:00 PM
Tuesday, September 23 5:00 PM- 10:00 PM	Thursday, November 11 5:00 PM- 10:00 PM	Tuesday, February 17 5:00 PM- 10:00 PM	Tuesday, March 17 5:00 PM- 10:00 PM
Thursday, September 25 5:00 PM- 10:00 PM	Tuesday, November 13 5:00 PM- 10:00 PM	Thursday, February 19 5:00 PM- 10:00 PM	Thursday, March 19 5:00 PM- 10:00 PM

*****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.

Session 1	Session 2	Session 3	Session 4
Thursday, September 25 5:00 PM- 10:00 PM	Thursday, December 18 5:00 PM- 10:00 PM	Thursday, February 12 5:00 PM- 10:00 PM	Thursday, March 19 5:00 PM- 10:00 PM
Friday, September 26 5:00 PM- 10:00 PM	Friday, December 19 5:00 PM- 10:00 PM	Friday, February 13 5:00 PM- 10:00 PM	Friday, March 20 5:00 PM- 10:00 PM

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

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 ****

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.*

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. 10-13year 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.

FAMILY GYM

Volleyball • Basketball • Lowered Hoops

Fridays: 6:30 PM - 8:30 PM

Saturdays: 12:00 PM - 2:00 PM

Sundays: 2:30 PM - 4:30 PM

The deep end of the lap pool is also open for FAMILY SWIM!

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.

	Cycling	Fitness Classes	Pilates Reformer
C&RC Member	\$4 per class	\$6 per class	\$16 per class
USC Resident Non-Member	\$6 per class	\$8 per class	\$18 per class
Surrounding Community Non-Member	\$8 per class	\$10 per class	\$20 per class

**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.

	Cycling Coupon Book	Aerobic Fitness Coupon Book
C&RC Member	\$24 (\$6 per class)	\$32 (\$8 per class)
USC Resident Non-Member	\$32 (\$8 per class)	\$40 (\$10 per class)
Surrounding Community Non-Member	\$40 (\$10 per class)	\$48 (\$12 per class)

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.

	Cycling	Fitness Classes	Pilates Reformer
C&RC Member	\$8 per class	\$10 per class	\$18 per class
USC Resident Non-Member	\$10 per class	\$12 per class	\$20 per class
Surrounding Community Non-Member	\$12 per class	\$14 per class	\$22 per class

PERSONAL TRAINING SERVICES

FITNESS

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.

HOLIDAY PROMOTION

25% off all Personal Training & Nutrition Services

*Sessions must be purchased

December 1, 2014- January 31, 2015.

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.

Member	Resident Non-Member	Surrounding Community Non-Member
\$55.00	\$60.00	\$65.00

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.

Member	Resident Non-Member	Surrounding Community Non-Member
\$60.00	\$65.00	\$70.00

Additional Training Services

Additional training services and special training rates are also available.

- ▶ Small Group Training
- ▶ Kettlebell Prep
- ▶ Family Semi-private Training

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.

Member	Resident Non-Member	Surrounding Community Non-Member
\$27.50	\$30.00	\$32.50

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*

Member	Resident Non-Member	Surrounding Community Non-Member
\$35.00	\$40.00	\$45.00

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.

Member	Resident Non-Member	Surrounding Community Non-Member
\$40.00	\$45.00	\$50.00

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.*

Trim & Fit Combo Pack

Member	Resident Non-Member	Surrounding Community Non-Member
\$210.00	\$230.00	\$250.00

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

Class Limit: 20 participants

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!

Member	Resident Non-Member	Surrounding Community Non-Member
\$60	\$65	\$70

*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.

LEVEL B: For individuals who currently have an exercise routine and regularly participate in group exercise classes, who are looking for an extra push.

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.

Days/Dates: Saturday, January 3, 2015 – Saturday, February 14, 2015

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



Winter Wellness Dash

Saturday, January 3, 2015

See Events section, page 4

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

GROUP EXERCISE

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**

FITNESS



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)

Group Exercise Holiday Session December 15, 2014- January 3, 2015

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 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: 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

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.

Days/Dates: Wednesday, December 24, 2014 & December 31, 2014

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**

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

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

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 – January 2
 Winter Session I – January 14 – February 6
 Winter Session II – February 11 – March 6
 Winter Session III – March 11 – April 3

Time: 5:40 AM – 6:40 AM

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: 10:00 AM – 11:00 AM

Place: Studio 2

Fee(s): FREE Member/Guest per session



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 1

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.

Day(s): Monday

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 III – March 9 – March 30

Time: 9:00 AM – 10:00 AM or 5:30 PM – 6:30 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

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: 10:00 AM – 11:00 AM or 1:00 PM – 2:00 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

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

(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: 8:30 AM – 9:30 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): 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: 10:00 AM – 11:00 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): 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: 9:15 AM – 10:15 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



SPECIALTY GROUP EXERCISE CLASSES

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



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: 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

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



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

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

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: 11:00 AM – 12:00 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

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 or Friday

Date(s): Fall Session I – August 25 – September 19
 Fall Session II – September 22 – October 17
 Fall Session III – October 20 – November 14
 Fall Session IV – November 17 – December 12
 Holiday Session – December 15 – January 2
 (No class 12/24 and 12/31)
 Winter Session I – January 12 – February 6
 Winter Session II – February 9 – March 6
 Winter Session III – March 9 – April 3

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): 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 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: 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 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: 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 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: 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

GENERAL FITNESS CLASSES

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 12/25 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

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

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 17
 Fall Session III – October 20 – November 14
 Fall Session IV – November 17 – December 12
 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

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 12/25 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: 9:15 AM – 10:15 AM

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 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: 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

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 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

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

SENIORS IN MOTION

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): 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

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 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): 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

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): 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 12/25 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: 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

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
(No class 11/27)
Holiday Session – December 15 – December 29
(No classes 12/ 25 and 1/1)
Winter Session I – January 12 – February 5
Winter Session II – February 9 – March 5
Winter III – March 9 – April 2

Time: 12:30 PM – 1:30 PM

Place: GYM 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!

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.

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.



FAMILY AND COMMUNITY PROGRAMS

All programs meet at the Classroom Kiosk All programs meet at the Classroom Kiosk (across from the picnic pavilion) unless otherwise stated.

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.

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!

The Outdoor Classroom

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!

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!

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 attend. 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 corporeal 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.

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.

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 furrer animals of the park as they leave their prints behind in the snow!

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.

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.

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!

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!

The Outdoor Classroom

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.



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.**



The OUTDOOR CLASSROOM

Step 1: Program Title(s) & Tuition

Title	# Participants	x	Fee	Total
_____	_____	x	\$ _____	\$ _____
_____	_____	x	\$ _____	\$ _____
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
- Online Source: _____
- Classroom Newsletter
- Newspaper: _____
- Other: _____
- Classroom Email Calendar
- Magazine: _____

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.

www.TheOutdoorClassroomPA.org

MAIL TO: The Outdoor Classroom Registration
 PO Box 12566
 Pittsburgh, PA 15241



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 _____ DAY & TIME _____ LEVEL OF PLAY _____ TOTAL _____

REGISTERING FOR: JUNIOR SESSIONS: I ___ II ___ III ___ IV ___ DAY & TIME _____ DAY & TIME _____ TOTAL _____

REGISTERING FOR: JUNIOR SESSIONS TINY TOTS: I ___ II ___ III ___ IV ___ DAY & TIME _____ DAY & TIME _____ 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, it's 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, it's 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 _____

TEAR OUT HERE

RECREATION REGISTRATION FORM

Register online: 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

Family's Last Name _____ Address _____
E-Mail Address _____ Home Phone _____
Mobile Phone _____

First Name	Program	Session Dates	Day & Time	Grade	D.O.B.	Fee

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, it's 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, it's 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.

Parent/Guardian Signature _____ Date _____

TEAR OUT HERE

RECREATION REGISTRATION FORM

Register online: 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

Family's Last Name _____ Address _____
E-Mail Address _____ Home Phone _____
Mobile Phone _____

First Name	Program	Session Dates	Day & Time	Grade	D.O.B.	Fee

NOTE: Please Read and Sign below statements:

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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.

Parent/Guardian Signature _____ Date _____

TEAR OUT HERE



6th Annual



November 8th, 2014
11:00 AM — 4:00 PM
No Admission Fee

- **Plunge with the Pumpkins \$**
- **Family Activity Patch**
- **Guided Nature Hikes**
- **Apple Slingshot \$**
- **Face Painting**
- **Live Music**
- **Hay Wagon Rides**
- **Baking Contest \$**
- **Food Trucks \$**
- **Cider Tasting**
- **Campfire Treats \$**
- **Local Heroes**
- **Mascot Challenge**
- **Demonstrations**

\$ 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.**



TOWNSHIP OF UPPER ST. CLAIR
RECREATION & LEISURE SERVICES

1551 Mayview Road • Upper St. Clair, PA 15241
412.221.1099 • 412.221.6961 (f)
www.twpusc.org



2014-2015 FALL/WINTER EVENTS

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

Township of Upper St. Clair Recreation Programs

1820 McLaughlin Run Road
Upper St. Clair, PA 15241

Pre-Sorted Standard
U.S. Postage
PAID
Pittsburgh, PA
Permit No. 206



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

