



USC RECREATION FALL SESSION I

Join us for a variety of classes and programs designed to enrich the lives of our youth, adult, and senior participants.

Most activities will be held outdoors weather permitting.



Please visit
twpusc.org/crc/registration
for additional details and to register.

THANK YOU FOR YOUR CONTINUED SUPPORT!



Community & Recreation Center
at Boyce Mayview Park
1551 Mayview Road Upper St. Clair, PA 15241
www.twpusc.org/crc/crc-home

TODDLER & PRESCHOOL ACTIVITIES

Little Hands, Big Art

Ages 3-6

Children will enjoy creative time with an adult caregiver.

Family Members & Me Dance

Ages 3-4

Children will enjoy moving to the music and learning rhythm with the accompaniment of a family member.

T-Birds T-Ball

Ages 3-4

Learn the basics of throwing, catching, fielding, and batting in a fun, non-competitive atmosphere.

Bicycle Balance Class

Ages 3-5

Students will progress through a series of balance exercises necessary to ride a bike.

Hummingbirds Soccer

Ages 3-5.5

Dribbling, passing, trapping, shooting, and positioning will be taught through fun drills and non-competitive games.

Toddler Sports

Age 2

Children will socialize and work on developing hand-eye coordination.

Pre-K Sports

Ages 3-5

Experience a sampling of sports-based activities using colorful, safe equipment.

Parent & Child and Preschool Swim Lessons

Ages 6 months-5 years old

American Red Cross swim lessons focus on water adjustment and basic swimming skills.

YOUTH & TEEN ACTIVITIES

Dek Hockey

Ages 4-6 & 7-10

Children with little to no hockey experience will learn basic skills and participate in non-competitive games. No equipment needed.

Ballet and Jazz

Ages 5-7

Dancers will learn a variety of movement styles, and grow their self-confidence.

Rookie League Baseball

Ages 5-7

This is an introduction to coach pitch where players will continue to develop basic fielding, throwing, and hitting skills.

Strength & Conditioning

Ages 12 & up

Student athletes will focus on developing agility, power, core strength, and speed while also improving flexibility.

Autumn Adventures

Grades 1-7

Based on Camp St. Clair, participants will enjoy nature hikes, crafts, games, sports and much more.

Girls on the Run

Grades 3-5

Girls will be taught self-respect and healthy lifestyle choices through running.

Bicycling

Ages 5 & up

Skilled instructors will teach all facets of safe bicycle operation and trail riding.

C&RC P.E.

Grades 1-4 & 5-7

All fitness levels will experience a fun, safe workout through team building exercises.

YOUTH & TEEN ACTIVITIES

Youth Swim Lessons

Ages 6 & up

The American Red Cross Learn to Swim Program focuses on water safety and basic and advanced swimming skills.

Babysitter Basics

Ages 11-13

Learn the skills needed to provide safe and responsible care for younger children.

ADULT ACTIVITIES

Adult Learn To Swim

Ages 16 & up

Beginners will learn basic aquatic skills while more intermediate swimmers will improve stroke proficiency.

Dog Training

Ages 16 & up

Handlers will learn obedience training, basic care, and housebreaking techniques for dogs of all ages.

Watercolor Workshops

Ages 13 & up

Bring your own watercolor paints, pad, and brushes to learn watercolor painting techniques.

Fitness Swimming

Ages 16 & up

Advanced swimmers will follow a new workout each class while working on stroke technique.

S.N.A.P.

Ages 16 & up

Fun, socialization, and physical activity for individuals with special needs.

ADULT ACTIVITIES

Lifeguard Certification

Ages 15 & up

Learn how to recognize and respond to aquatic emergencies, and provide care for other medical emergencies.

Friday Afternoons

In the Park

Ages 62 & up

Meet up with friends (and make new ones) at this fun, social program for seniors

Group Exercise Classes

Whether you are new to exercise or advanced, there is a class perfectly suited for you!

Hydro Strength, Pilates Reformer, Cycling, Cardio Boot Camp, Athlete's Workout, TRX, Power Flow Yoga, Dance It Out, Aqua Intervals, Total Body Sculpt, Mat Pilates, Boomer Bootcamp, Aqua HIIT, All Levels Yoga, and so much more.

NEW! Young Adult Group Ex

Ages 16-23

Yoga, Pilates, Cycling, and Dance classes TBA soon.

FAMILY ACTIVITIES

Family Art in the Park

All Ages

Families will enjoy creative time together working on a group art project.

Coming Soon!

C&RC Family Time

Play games in the gym or take an all ages group exercise class, either way you will have a blast! Details will be available this fall.