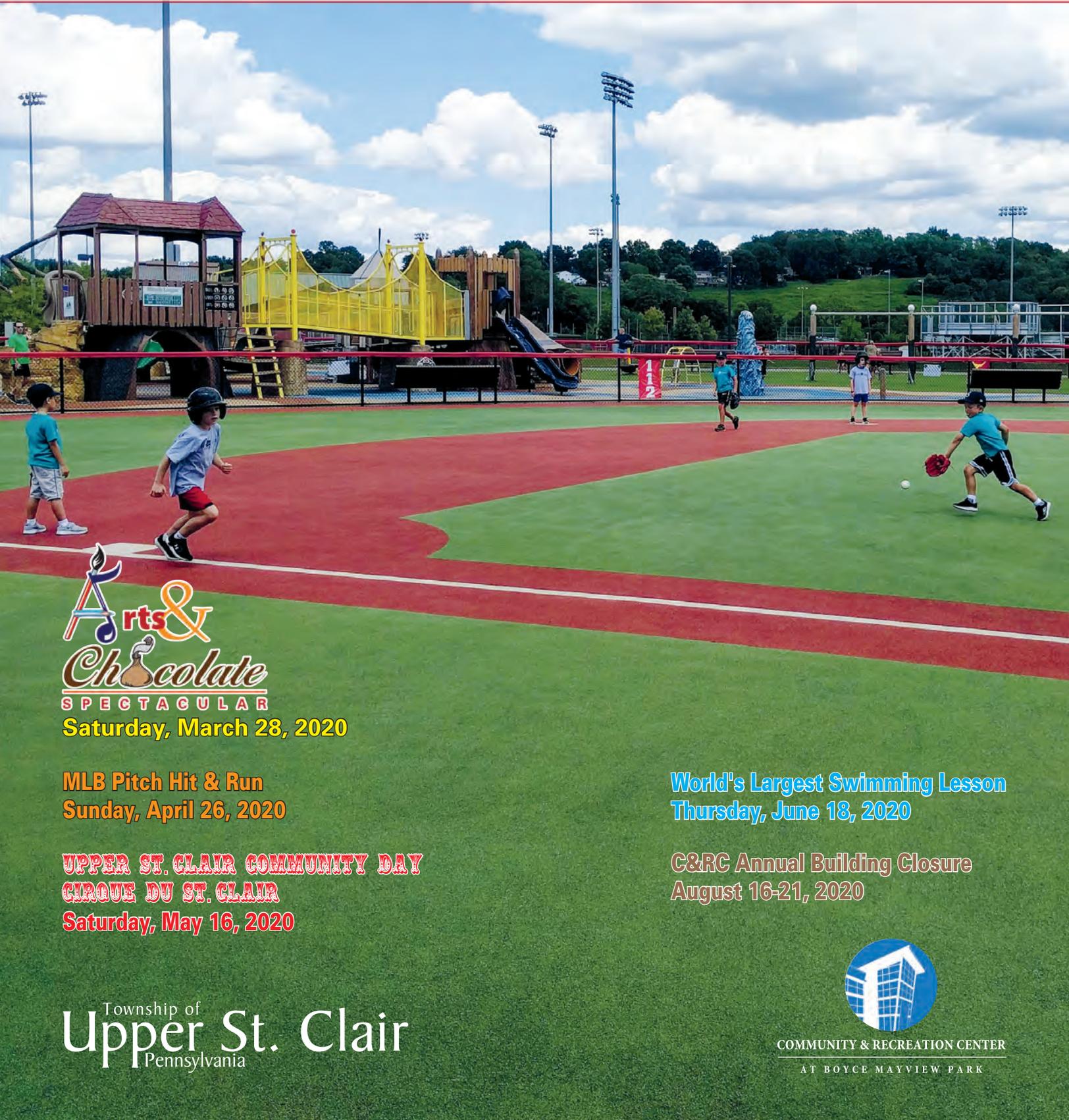


C O M M U N I T Y

RECREATION

SPRING/SUMMER 2020

GUIDE



Saturday, March 28, 2020

MLB Pitch Hit & Run
Sunday, April 26, 2020

UPPER ST. CLAIR COMMUNITY DAY
CIRQUE DU ST. CLAIR
Saturday, May 16, 2020

World's Largest Swimming Lesson
Thursday, June 18, 2020

C&RC Annual Building Closure
August 16-21, 2020

Township of
Upper St. Clair
Pennsylvania



COMMUNITY & RECREATION CENTER
AT BOYCE MAYVIEW PARK

Message *from the Recreation and Leisure Services Team*

Our Vision

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

Happy Spring/Summer!

The Township of Upper St. Clair Recreation Department is excited to share with you spring and summer programs and camps, membership opportunities, parks, trails, playgrounds and special events!

Staff has worked extremely hard to ensure that our level of service includes something for just about everyone. From preschool and sports camps to Camp St. Clair, fitness and aquatic programs, and our vast senior citizen offerings, the goal is simple – We want to improve your quality of life. Our goal is to make a difference in the region, and we are open to all.

We hope that you and your family decide to try a program, use our facilities or visit one of our parks/trails. We are here for you, and it is our desire to bring you the highest quality of programs and services possible.

Sincerely,

Paul Besterman

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

BOARD OF COMMISSIONERS

Mark D. Christie, <i>President</i>	Ward 4	Robert W. Orchowski	Ward 3
Daniel R. Paoly, <i>Vice President</i>	At Large	Dante R. Plutko, Jr.	Ward 1
Rex Waller.....	At Large	Ronald J. Pardini	Ward 5
C. Elise Logan.....	Ward 2		

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



Township of



USC

FOUNDED
1788

Upper St. Clair

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REGISTRATION FORMS

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REGISTER ONLINE



<http://www.twpusc.org/crc/registration>

Online registration for camps and programs just got easier!

- Quick
- Convenient
- No additional fees

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

Hours of Operation

Recreation Administration Office	Monday – Friday 8:00 AM – 4:00 PM	
Tennis/Golf Administration Building	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 Rentals Office	Monday and Wednesday 11:00 AM – 7:00 PM	Tuesday, Thursday and Friday 9:00 AM – 5:00 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.

The Tennis and Golf Administration Building will be closed April 12 (All Day), and operate on a modified schedule (close at 2:00 PM) Memorial Day, Independence Day, and Labor Day.

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?

<p><u>In Person</u> At the Community & Recreation Center during normal hours of operation.</p>	<p><u>Online</u> At www.twpusc.org/crc/registration Now without additional fees!</p>	<p><u>By Mail</u> Send registration form and appropriate fee to: Community & Recreation Center Program Registration 1820 McLaughlin Run Road Upper St. Clair, PA 15241</p>
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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. 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 2020 unless otherwise noted. All Township residents and surrounding community residents may participate except where noted.



MAKE UP CLASSES

The Recreation Department does not provide make up classes for participants who miss their regularly scheduled class day and time. In addition, participants may not attend another class day or time to substitute for their missed class.



CHECK-IN

All non-members, program attendees, guest and visitors **MUST**:

- *Provide Photo ID on first visit to the facility and register with the Control Desk
- *Have paid in full for personal training, private swim lessons or other C&RC programming prior to entry
- *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

Did you know?

Guests visiting the C&RC for the first time can create an online account in advance by visiting:
apm.activecommunities.com/usrecreation



Arts & Chocolate Spectacular Saturday, March 28, 2020 11:00 AM – 4:00 PM

- Sample and purchase sweet treats from local chocolatiers and bakeries.
- Watch live dance and music performances by amateur artists
- Stroll through the student art gallery
- Visit the children's tent for craft making and face painting.

Event admission is FREE!

EGG HUNT

Saturday, March 28, 2020
10:00 AM

Sponsored by the Bethel St Clair Evening Rotary and USCHS Interact Club, this free event kicks off with festive crafts and activities at 10 AM followed by a hunt for candy-filled eggs beginning promptly at 11 AM.

Location: McLaughlin Run Activity Center (MAC) and surrounding grounds.

1770 McLaughlin Run Rd., Upper St. Clair, PA 15241



Sunday, April 26 (Rain Date: May 3)
12:00 PM- 4:00 PM

This is a FREE, one-day competition for boys and girls to showcase their pitching, hitting, and running abilities. Competitors compete in either the baseball or softball division in four age groups: 7/8, 9/10, 11/12, 13/14, and have the opportunity to advance through three levels of competition.

To register, please visit www.PitchHitRun.com

UPPER ST. CLAIR SATURDAY,

CIRQUE DU ST. CLAIR



This annual event is a cooperative effort of the Upper St. Clair School district, Upper St. Clair Township, students, parents, volunteers, community groups, and various businesses and professional organizations. Food and game booths will be open in the Community Fair area from 11:00 AM-4:00 PM. The USCVFD Fire Station, Gilfillan Farm House and Farm, and the 1830 Log House will open at noon. Listed below are just some of the MANY activities scheduled for the day. For more information, please call 412.221.1099, extension 655 or visit the Township website at www.twpusc.org.

COLOR RUN/WALK FOR FUN

9:00 AM



The 3.0-mile race will be staged at the Upper St. Clair High School, starting and finishing at the Truxton Road entrance to Panther Stadium Open to all ages—so bring the whole family (no pets please). See registration information and form on page 45.

No registrations will be accepted after 8:15 AM on the date of the event.

ANNUAL HOTTEST DOG CONTEST

9:30 AM



Event will take place on the Founders Field Stage. Prizes will be awarded in multiple categories. All dogs will receive a participation award. Preregistration required.

KICKOFF CEREMONY AND SALUTE TO ARMED FORCES DAY

10:30 AM



A student-led ceremony focusing on the significance of Upper St. Clair Community Day and honoring our Armed Forces.

VITALANT BLOOD DRIVES

Thursday, May 28, 2020 12:00 PM- 6:00 PM

Saturday, September 12, 2020 9:00 AM- 3:00 PM

For eligibility details and to schedule an appointment please visit www.vitalant.org. Walk-ins welcome.



C&RC Annual Building Closure

August 16- 21, 2020

The C&RC indoor facility will be closed for maintenance and cleaning. The Outdoor Aquatics area will remain open under normal business hours.

COMMUNITY DAY

MAY 16, 2020

PARADE



11:30 AM

The parade will depart from the upper stadium parking lot, will travel down Truxton Road, will turn on to McLaughlin Run Road, and will travel up Panther Pass as it returns to the parking lot.

SPECIAL ATTRACTIONS



12:00 PM- 4:00 PM

Look for signs along McLaughlin Run Road indicating special attractions such as a trackless train, inflatable, petting zoo, and pony rides.

USC BAKE OFF



Judging on Friday, May 15 at 6 PM

Awards at 12:15 PM on Community Day

Entries will be judged on appearance and creativity, not taste, but must be edible. Winners will be announced at the McLaughlin Run Activity Center (MAC).

DUCK RACE



3:00 PM

Stop by the USC Community Foundation booth to purchase a (rubber) duck to compete in the annual race down McLaughlin Run creek.

WATER SAFETY DAY

Friday, May 22, 2020

Children age 3-13 years old and their parents are encouraged to join us to learn some essential information for keeping everyone safe in and around water. Program is held both in the classroom and in the water, so bring your bathing suits! FREE for everyone!



Thursday, June 18, 2020

12:15 PM

Join waterparks, pools and other aquatic facilities around the globe in an attempt to break the Guinness World Record for the World's Largest Swimming Lesson!

FREE for all children ages 3-13 years old

**All participants must register at the C&RC prior to the event. Sign in day of event 11:00 -11:45 AM. All participants must be on the pool deck no later than 12:00 PM.*

EVENTS

Extended Outdoor Pool Hours

Longer days mean more time to swim! The outdoor pool will remain open until 8 PM every Friday June 5 though August 21, 2020 (weather permitting).



Member Only Hour at the Outdoor Pool

Every Sunday 11:00 AM- Noon members of the Community & Recreation Center are invited to swim, socialize, and relax poolside with fellow members of the C&RC. Non-members are welcome to pay daily admission beginning at 12 PM.

YOGA UNDER THE STARS

Saturday, August 22, 2020

Join us as we practice yoga at night in our beautiful outdoor studio nestled against the trails and trees of Boyce Mayview Park. Participants (age eight and up) of all levels are invited to attend class, and then enjoy socializing post-class around a bonfire. Free for all participants- no membership necessary!

COMMUNITY Programs

Upper St. Clair Athletic Association (USCAA)

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, Spring Lacrosse, Spring/ Fall Flag Football, Fall Tackle Football, Winter Basketball, and Winter Wrestling. For information, please visit the Website: www.uscaasports.org.

Youth Steering Committee of Upper St. Clair

The Youth Steering Committee of Upper St. Clair is a community action group, jointly appointed by the Township Board of Commissioners and Board of School Directors. The Committee is comprised of adult residents, student representatives, and liaison persons from the appointing boards. 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 Chairperson, Youth Steering Committee, 1820 McLaughlin Run Road, Upper St. Clair, PA 15241.

United Senior Citizens of Upper St. Clair

Wednesday 10:00 AM- 4:00 PM

The United Senior Citizens program is a free program sponsored by the Upper St. Clair Department of Recreation and Leisure Services. Participants must be a resident of the Upper St. Clair, 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 McLaughlin Run Activity 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 Community Programs Department, whose office is located in the Community & Recreation Center. Questions? Please contact Community Programs Department, via email: walcoff@twpusc.org, sekanic@twpusc.org or by phone: 412.221.1099.

Silver Card Program

A Silver Card is free and available to any 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 Benefits

Use of the Municipal three-hole golf course (no cost)

Use of outdoor tennis facilities (no cost for permit)

Free participation in specified Community & Recreation Center programs, such as: Zumba Gold Sculpt, Zumba Gold, Senior Fit, Water Walking, Hydro Strength, T'ai Chi, Boomer Balance & Flexibility, Aqua Boot Camp, Mat Pilates, Boomer Bootcamp, Aqua Step & Core, Strong Bodies/Strong Bones and Water T'ai Chi

ACCESS and Port Authority Senior Transit ID

Applications are available at the Community & Recreation Center. Application must be made in person at the C&RC Monday through Friday 8:00 AM- 4:00 PM. Proof of age (65 and up) and Allegheny County residency (access only) is required at the time of application.

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.

TOWNSHIP PARKS

Our Township's 18 Parks welcome you to come & play!

	Baker Park	Boyce Mayview Park	Byrnwick Park	Clair Park	Hays Park	Johnston Park	Marmion Field	Morton Complex	Municipal Park	Trotwood Park	Tustin Park	Wiltshire Park
Playground	●	●	●	●	●	●		●	●	●	●	●
Baseball Field	●	●					●	●	●			
Softball Field		●										
Soccer Field							●	●				
Multi-purpose Field		●								●		
Basketball Court	●		●	●	●	●			●	●	●	●
Tennis Court**	●		●		●	●			●	●		
Paddle Court									●			
Sand Volleyball Court	●								●			
Pickleball Court*	●		●		●	●				●		
Bocce Court	●											
Street Hockey						●						●
Shelter	●	●		●	●		●	●	●	●		
Restrooms		●							●			●
Walking Trail/Track	●	●	●		●	●		●			●	

COMMUNITY

Additional Parks

Beadling Soccer Field- soccer field

Brookside Park- natural area

Ravine Park- natural area

*Tennis Courts are lined for pickleball play

**See page 8 for additional information about Municipal Park.

Boyce Field- baseball field and batting cage

Gilfillan Park- natural walking trail

Veterans Park- veterans memorial with seating



For more information:
www.miracleleaguesouthhills.org

Email: info@miracleleaguesouthhills.org

Phone: (412) 660-4454

Location: 1551 Mayview Road Upper St. Clair, PA 15241

Spring Season
 May 9 – June 21



Volunteers needed!

(Ages 12– Adult)



Three Hole Golf

The Township's Three Hole Golf Course is located on McLaughlin Run Road. Access for play begins adjacent to the Tennis and Golf Administration Building (TGAB), 1750 McLaughlin Run Road. The building is staffed daily from 8 AM until 10 PM, and **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 and Golf Administration Building, golfers may pay a per-round fee or purchase a 10-round punch card (10 three hole rounds with no expiration date). Payments may be made by credit card, check, or money order. No cash, please.

Township Resident Silver Card Holders may play at no charge but must check in at the building before playing.

Play per Round Fees

Resident:	Junior* - \$5	Adult - \$6
Non-Resident:	Junior* - \$6	Adult - \$7

*Ages 15 and under are eligible for the Junior Rate.

10 Round Punch Card

Resident:	Junior or Adult - \$35	Non-Resident: Junior or Adult - \$45
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TENNIS

Tennis, anyone? The Township has 10 lighted courts at Municipal Park, two lighted courts at Baker Park, and one court at each of the following: Byrnewick Park, Hays Park, Johnston Park, and Trotwood Park. Permits are required for play at Municipal Park.

SPRING/SUMMER OUTDOOR TENNIS

Municipal Court Play

The Municipal tennis courts along McLaughlin Run Road will open officially for the outdoor season on May 3. The courts are open from 8 AM until 10 PM every day. Clinic walk-on time does not apply during the outdoor season.

Beginning April 1 season permits for residents only will be available for purchase at the Community & Recreation Center at Boyce Mayview Park, 1551 Mayview Road. Payments may be made by credit card, check, money order, or cash. **Resident season permit holders may make court time reservations up to 72 hours in advance by calling the Tennis and Golf Administration Building—412.831.7556—between 8 AM and 10 PM.** Permits are to be displayed at the entrance of the appropriate court while playing. (If permit is lost, the replacement fee is \$5.)

Resident Permit Fees:

Junior* - \$50	Adult - \$60	Family - \$150	Silver Card Holder – FREE but must secure permit
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2020 Outdoor Season Hourly Rate Fees:

Resident: Junior* - \$6	Adult – \$10	Non-Resident Junior* - \$8	Non-Resident Adult --\$12
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Reservations for hourly court time may be made 24 hours in advance. Payment for time must be made at the Tennis and Golf Administration Building (1750 McLaughlin Run Road) prior to play. Payments may be made by credit card, check, or money order (no cash).

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

Upper St. Clair Different Strokes Tennis League

We are a nonprofit resident group run by a committee of volunteers with the assistance of the Recreation Department. Our 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/times of the week for different game levels:

- A spring outdoor session until the end of June (season permit).
- A summer outdoor session until the bubbles go up in October (season permit).
- Fall indoor session from October through mid- January (court fee).
- Winter indoor session from mid-January through mid-April (court fee).

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, Members hold several mixed socials each year to play and socialize with one another. 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 Instruction

Tennis instruction is provided by the Upper St. Clair Tennis Development Program (USCTDP). Spring and summer program information can be found on pages 9-13 and at www.usctdp.com. Questions? Please call 412-831-2630.

TENNIS Programs



USCTDP Teaching Staff

Janice Irwin, Head Teaching ProfessionalPTR
 Lance Falce, Assistant Head Teaching Professional ..PTR
 Augie Garofoli..... USPTA
 Doug Addington.....PTR
 Marcy Bruce, Cardio Tennis DirectorPTR
 Megan Foster.....PTR
 Renee Villani.....PTR
 Ray Halackna.....PTR
 Janis FinnPTR
 Mike Lucente USPTA
 Chad BrownPTR
 Jack Gloss..... PTR &USPTA

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 - \$70 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 through 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 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 sent to you.

Junior Summer Camps & Champs: Levels 3, 3.5, 4, 4.5, 5.0 and 5.5

Date(s): June 15 – August 20, 2020 (10 week rolling admission)

Fee(s): Two pricing options available: pay per day or register for 10 days or more.

Please call 412-831-2630 to register.

Level	Day/Time	Per Day Fee	10 Days or More
3.0 Orange Ball	Monday & Thursday 11:00 AM- 12:30 PM	\$36 per day	\$32 per day
3.5 Green Ball	Tuesday & Thursday 11:00 AM- 1:00 PM	\$40 per day	\$36 per day
4.0 & 4.5 Yellow Ball	Monday, Tuesday, & Thursday 11:00 AM- 1:30 PM	\$46 per day	\$42 per day
5.0 & 5.5	Monday, Tuesday, & Thursday 2:30- 5:00 PM	\$46 per day	\$42 per day

Save 10% when registering for 10 or more days.

Upper St. Clair Junior Tournament

Boys and Girls Singles and Doubles - 14's, 16's, 18's

Date(s): July 6 - 9

Fee(s): Contact USCTDP for more information

Entry deadline is June 29, 2020.

This tournament is a sanctioned USTA event for Allegheny Mountain District Rankings. For more information, go to www.usta.com. Entry forms are available at the tennis courts. 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.

Junior Cardio Tennis

Information will be available for this Spring.

Call 412.831.2630 for details.

USCTDP, Inc. Match Play Camp

This popular camp returns for its seventh 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 17- August 19

Day(s): Wednesdays

Time: 11:00 AM – 2:00 PM

Place: Upper St. Clair Municipal Courts

Eligibility Requirement: Levels 4.5, 5.0, and 5.5

Fee(s): \$44 per day

For more information regarding all USCTDP programs please call (412) 831-2630 or visit www.usctdp.com
 USCTDP programs participants may register online at www.usctdp.com or use the registration form on page 46.

TENNIS



Upper St. Clair Tennis

Est. 1983

Spring Junior Development Tennis Programs 2020

Tiny Tots, Red, & Orange Pre-Rally



Spring Session: April 20, 2020 – June 14, 2020 (8 Weeks)

No Clinics May 25 (Make up May 30- Times to be announced on our Facebook page)

Tiny Tots (Ages 3 and up) Must BE POTTY TRAINED

This child class is the perfect introductory tennis class for youngsters. It promotes early development of both cognitive and motor skills while performing basic tennis hand/eye coordination games and exercises.

SCHEDULE OF CLASSES:

Monday 3:30 – 4:15 pm, Tuesday 10:00 – 10:45 am, Friday 3:30 -4:15 pm & 6:00 – 6:45 pm,
Saturday 2:00 – 2:45 pm, Sunday 11:00 – 11:45 am & 12:00 – 12:45 pm

Red Pre-Rally Player (Ages 5 and up) – Someone who is brand new to tennis

In this class, children learn through play while having fun on 36’ court with red balls. Students will begin to learn the fundamentals of strokes and grips, as well as familiarizing themselves with the court. Basic rally skills will be developed along with movement, balance, and coordination. In addition, students will learn basic strategy and scoring.

SCHEDULE OF CLASSES:

Monday 3:30 – 4:30 pm or 6:00 – 7:00 pm, Friday 3:30 – 4:30 pm or 6:00 – 7:00 pm, Saturday 2:00 – 3:00 pm,
Sunday 11:00 – 12:00 pm or 12:00 -1:00 pm

Red Player (Ages 5 and up) – Players have tested out of the Pre-Rally Player class

This class is played on a 36’ court while using a red ball. Students in this class have tested out of Pre-Rally Player and have the ability to sustain a rally. In this class there is emphasis on shaping the strokes as well as learning different types of spins. The overhead serve is introduced, rally tactics and strategy are learned and directional control of the ball will be emphasized. Students are also encouraged to compete in tournaments.

SCHEDULE OF CLASSES:

Monday 3:30 – 4:30 pm or 6:00 – 7:00 pm, Friday 6:00 – 7:00 pm, Sunday 11:00 am – 12:00 pm or 12:00 – 1:00 pm

Orange Pre-Rally Player (Ages 8 and up) - Someone who is brand new to tennis or returning player

Orange is the platform of ROGY at USCTDP. This clinic is designed for the new and returning tennis. The Orange platform is played on a 60’ tennis court that uses a low 50% compression tennis ball. Movement, balance, receiving/sending skills, and stroke production are emphasized along with basic rallying skills.

SCHEDULE OF CLASSES:

Monday 3:30 – 4:30 pm or 6:00 – 7:30 pm., Friday 3:30 – 4:30 pm or 6:00 – 7:00 pm,
Sunday 11:00 am – 12:00 pm or 1:00 – 2:00 pm

Tiny Tots		Red Pre-Rally Player and Orange Pre Rally Player	
One Day per week	\$157.00	One Day per week (1 hr.)	\$ 177.00
Two Days per week	\$294.00	Two Days per week (1 hr.)	\$334.00
		One Day per week (1.5 hrs.) *	\$277.00
		*Mon. 6-7:30	



Upper St. Clair Tennis

Est. 1983

Spring Junior Development Tennis Programs 2020



**Juniors Levels 3.0, 3.5, 4.0, 4.5, 5.0 and 5.5 Clinics
Teen – Beginner and Advanced Clinics**

Spring Session: April 20, 2020 – June 14, 2020 (8 weeks)

No Clinics May 25 – (Make up May 30 - Times to be announced on website www.usctdp.com)

Orange 2 Player - Invite only- please contact office

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 groundstroke action. A variety of serve progressions will be taught and the serve and return of serve will be covered in each class.

SCHEDULE OF CLASSES:

Monday/Friday 4:30 – 6:00 p.m., Saturday 2:00 – 3:30 p.m. and Sunday 11:00 – 12:30 p.m.

TEEN 1 Beginner or Advanced Beginner (Green and Yellow Balls) AGES 12 – 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 groundstrokes, volleys, overheads and serves. The class will stress cooperation and competition in many of the drills and play situations.

SCHEDULE OF CLASSES:

Wednesday 6:00 – 7:00 p.m., Friday 6:00 – 7:00 p.m., Sunday 1:00 – 2:00 p.m.

FEES: \$177 One day, 8wks/ \$334 Two Days/wk.

Green Player – Any Player that progressed in Orange 2 and Teen class

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 five play situations will be planned in the curriculum. This is the final development stage before the children enter the Junior Competitive Program.

SCHEDULE OF CLASSES:

Monday/Tuesday /Friday 5:00 – 7:00 p.m., and Sunday 1:00 – 3:00 p.m.

Yellow Ball- (Aspiring Tournament Player, Tournament Player or High School Player)

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

SCHEDULE OF CLASSES:

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

Yellow Ball - (OPEN LEVEL) (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.

SCHEDULE OF CLASSES:

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	
One Day per week	\$277	One Day per week	\$338
Two Days per week	\$534	Two Days per week	\$656





Upper St. Clair Tennis

Est. 1983

Summer Junior Development Tennis Programs 2020



Summer Session: June 15, 2020 – August 9, 2020 (8 Weeks)

No class on 7/4 – Make up TBA

Tiny Tots (Ages 3 and up) - Must BE POTTY TRAINED

This child class is the perfect introductory tennis class for youngsters. It promotes early development of both cognitive and motor skills while performing basic tennis hand/eye coordination games and exercises.

SCHEDULE OF CLASSES:

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

Red Pre-Rally Player (Ages 5 and up) – Someone who is brand new to tennis

In this class, children learn through play while having fun on 36' court with red balls. Students will begin to learn the fundamentals of strokes and grips, as well as familiarizing themselves with the court. Basic rally skills will be developed along with movement, balance, and coordination. In addition, students will learn basic strategy and scoring.

SCHEDULE OF CLASSES:

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

Red Player (Ages 5 and up) – Players have tested out of the Pre-Rally Player class

This class is played on a 36' court while using a red ball. Students in this class have tested out of Pre-Rally Player and have the ability to sustain a rally. In this class there is emphasis on shaping the strokes as well as learning different types of spins. The overhead serve is introduced, rally tactics and strategy are learned, and directional control of the ball will be emphasized. Students are also encouraged to compete in tournaments.

SCHEDULE OF CLASSES:

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

Orange Pre-Rally Player (Ages 8 and up) - Someone who is brand new to tennis or returning player

Orange is the platform of ROGY (red, orange, green and yellow balls) at USCTDP. This clinic is designed for the new and returning tennis. The Orange platform is played on a 60' tennis court that uses a low 50% compression tennis ball. Movement, balance, receiving/sending skills, and stroke production are emphasized along with basic rallying skills.

SCHEDULE OF CLASSES:

Monday 6:00 – 7:30 p.m., Wednesday 11:00 – 12:00 noon, Wednesday 6:00 – 7:00 p.m.,
Friday 11:00 – 12:00 noon, Saturday 11:00 – 12:00 p.m.

TEEN (Green and Yellow Balls) AGES 12 – 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.

SCHEDULE OF CLASSES:

Monday 6:00 – 7:00 p.m., Wednesday 6:00 – 7:00 p.m.- BEGINNER & ADVANCED BEGINNER

Tiny Tots		Beginner and Advanced Beginner	
One Day per week	\$157	One Day per week	\$177
Two Days per week	\$294	Two Days per week	\$334
		One Day per week*	\$277
		*Mon. 6-7:30	



Upper St. Clair Tennis

Est. 1983

Spring & Summer Adult Tennis Clinics & Cardio Tennis 2020

Spring Session: April 20, 2020 – June 14, 2020 (8 weeks) - No Clinics May 25 (Make up May 30)

Summer Session: June 15, 2020 – August 9, 2020 (8 weeks)

SPRING AND 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.	9:00 - 10:30 a.m.	Mon.	12:30 - 2:00 p.m.
Tues.	9:00 - 10:30 a.m.	Wed.	10:30 – noon	Wed.	7:00 - 8:30 p.m.	Tues.	9:00 - 10:30 a.m.
Tues.	7:00 – 8:30 p.m.	Wed.	7:00 - 8:30 p.m.	Thurs.	9:00 - 10:30 a.m.	Wed.	8:00 - 9:30 p.m.
Sun.	9:30 - 11:00 a.m.	Thurs.	9:00 - 10:30 a.m.	Sun.	10:00 – 11:30 a.m.	Sun.	11:30 - 1:00 p.m.
<p>Spring Clinic Fees (8 Weeks): \$232 One Day per Week \$444 Two Days per Week</p> <p>Summer Clinic Fees (8 Weeks): \$232 One Day per Week \$444 Two Days per Week</p>							

SPRING AND SUMMER ADULT CARDIO TENNIS

What is Cardio Tennis?? Cardio Tennis is a fun group activity for anyone, at any playing level, looking for a fun way to burn calories & interact with others outside of the gym. Cardio Tennis is a high energy fitness that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Most women can burn 300 to 500 calories per hour and men burn between 500 to 1,000 calories.

Not only are you getting a great workout, but you are also learning a skill and training for tennis.

For more information on Cardio Tennis, CONTACT MARCY FOR ANY Detailed Questions – 412-398-6066 OR email marcyb93@me.com

Spring Cardio Tennis		Summer Cardio Tennis	
Monday	9:30 -10:30 a.m. New to Cardio or Tennis 10:30 – 12:00 p.m. Advanced 6:00 – 7:00 p.m. Level 3.5 & up	Monday	8:30 – 10:00 a.m. – Advanced 6:00 – 7:00 p.m. Level 3.5 & up
Wednesday	6:00 – 7:00 p.m. Level 3.5 & up	Wednesday	8:00 – 9:00 a.m. Level 3.5 & up 6:00 – 7:00 p.m. Level 3.5 & up
Thursday	9:00 – 10:30 a.m. Level 3.0 & up	Thursday	9:00 – 10:30 a.m. Level 3.0 & up
Friday	9:00 – 10:00 a.m. Level 3 & up 12:00 – 1:00 p.m. Level 3.5 & up	Friday	9:00 – 10:00 a.m. – Level 3.0 and up
Saturday	8:00 – 9:00 a.m. Level 3 & up		
Spring Fees (8 Weeks)		Summer Fees (8 Weeks)	
Adult Cardio Fees:	Advanced Cardio Fees:	Adult Cardio Fees:	Advanced Cardio Fees:
One Day per Week \$166	One Day per Week \$242	One Day per Week \$166	One Day per Week \$242
Two Days per Week \$312	Two Days per Week \$464	Two Days per Week \$313	Two Days per Week \$464



ADDRESS: MAKE CHECKS PAYABLE TO: USCTDP, Inc., 37 McMURRAY ROAD, BUILDING #1, SUITE # LL1, UPPER ST. CLAIR, PA 15241

NOW OFFERING ONLINE REGISTRATION: www.usctdp.com Email: tennis@usctdp.com
 Call to register and Direct Questions to 412-831-2630

Check... and Checkmate

Ages 6 & Up

Enjoy weekly opportunities to learn and play chess! Participants will spend the first 30 minutes learning from instructor Eric Berthoud, and the second 30 minutes playing under the guidance of our experienced instructor. Please bring a chess set. Enroll with a friend to make it even better!

Thursday 7:00 PM-8:00 PM

April 16-May 21

\$50 Member/ \$55 Non-Member

NEW! Mini-Med School

Grades 1-5

Join us for an exploration of the amazing human body! We'll do a series of experiments to explore the incredible things your body does each and every day. We'll peer through microscopes at real cells, experiment with a real liver and watch it break down chemicals, create a model of your lungs hard at work, use professional tools to remotely follow oxygen through your circulatory system, make mock intestines and more! Expect games, challenges, plenty of hands-on experimentation and a prescription for fun!

Monday 9:00 AM-11:00 AM

April 13

\$35 Member/ \$40 Non-Member

Bicycling

Ages 5 & Up

New for summer 2020! Sessions are now in group format! For one set price, you receive one session, which includes two, 75-minute lessons. While most of our students learn to ride in this time frame, if needed, you can arrange complimentary sessions of your choice at no additional charge –just speak with one of our instructors on how to schedule. There is no pressure to utilize these complimentary sessions; it is simply an option which allows you to come and learn at your own pace until you are comfortable and confident in your new bicycling skills. Allow our highly skilled Bicycle Safety Instructors to teach you all facets of safe bicycle operation and trail riding according to IAW PA DOT Publication 380, PA Bicycle Driver's Manual. Parent participation in the program is encouraged so grab a lawn chair and your cell phone to capture these truly magical moments. That moment when you or your family member balances and pedals for the first time unlocks a whole new horizon of adventure, exploration, and fun family bonding! Feel free to join in and ride with your student on the graduating trail safety and etiquette phase. Bring a well-fitted bike helmet. Wear sneakers – no open-toed shoes or Crocs. Bicycles will be available for your first lesson or all early instruction stages.

\$139 Member/ \$144 Non-Member

Monday & Tuesday 4:30 PM-5:45 PM

\$119 each additional sibling

Session 1: May 11 & 12

Session 5: June 15 & 16

Session 9: July 13 & 14

Session 13: August 10 & 11

Session 2: May 18 & 19

Session 6: June 22 & 23

Session 10: July 20 & 21

Session 14: August 17 & 18

Session 3: June 1 & 2

Session 7: June 29 & 30

Session 11: July 27 & 28

Session 15: August 24 & 25

Session 4: June 8 & 9

Session 8: July 6 & 7

Session 12: August 3 & 4

Session 16: August 31 & September 1

STILL LOOKING FOR THAT ONE-ON-ONE INSTRUCTION?

Schedule a private, 45-minute lesson with one of our instructors for \$45 by emailing sekanic@twpusc.org or walcoff@twpusc.org.

Create-A-Kite Workshop

Ages 8 and Up

Come make the most of the fresh grass, sunny skies, and warm breeze with us as we make and fly kites in Boyce Mayview Park. This workshop is perfect for families or a group of friends to do together!

Saturday 1:00 PM-3:00 PM

Session I: April 25

Session II: July 11

\$15 individual (1 Kite included)/ \$30 per family (2 Kites included)*

*Additional Kites may be purchased for \$5 per Kite, day of workshop

Babysitter Basics

Ages 11-13

Our course covers skills necessary to provide safe and responsible care for younger children. This training by Kristine Locke will teach basic rules, first aid and safety, handling emergencies, characteristics of children by age, age-appropriate activities, and business development skills.

Participants should bring a nut free lunch.

Saturday 10:00 AM-3:00 PM

Session I: June 6

Session II: July 18

Session III: August 8

\$45 Member/ \$50 Non-Member

Dog Training

Handlers ages 16 and Up / Dogs ages 3 months and Up

Our course has been designed to help you through the puppy and adult stages of your dog's life. Obedience training, basic care, and housebreaking techniques will be covered, as well as any other issues that owners are encountering.

This course is taught by Storm Foreman, who has been with the Recreation Dog Obedience Program for over 20 years. She has owned numerous German Shepherd Dogs (GSDs) and titled three of them in the AKC Obedience ring. She currently has her 6th GSD and has gone through the ups and downs of puppy training with him, so she can relate to participants' problems and challenges of having a new dog!

Whether you have a new puppy or are giving a rescue dog a new lease on life, this course is an excellent starting point for you to train your dog – whether as a mannerly house pet or a competition/performance dog. You and your dog will receive one-on-one help from Storm as well as guidance over the phone if needed.

- Any questions concerning the dog's temperament and ability to be in a class situation should be directed to Storm before registering: 412-221-1099, extension 622.
- All puppies and dogs must have current rabies inoculation and other necessary shots. Training is for dogs three (3) months of age or older. Please complete and return the required information form (available at time of registration) at least one week prior to the start of class.
- **FIRST CLASS** is for handlers (age 16 and up) ONLY. This class will meet in the Lounge at the Community & Recreation Center at Boyce Mayview Park (C&RC).



Tuesday 6:30 PM-7:30 PM

May 19-June 16 (*More to come in September*)

Class #1 (Handlers only) – C&RC as posted

Class #2-5 – Grassy area outside side entrance to C&RC, near side parking lot

\$80 Member/ \$85 Non-Member

American Mah Jongg for Beginners

Ages 13 and Up

Want to learn or re-learn to play Mah Jongg? Learn the game that your grandmother loved and that's regaining popularity among all ages alike! Gain a basic understanding of the game's fundamental components, including pieces, rules, and playing strategy. No Mah Jongg experience or knowledge is required and a practice Mah Jongg set is provided for the duration of the four-week class session. Classes will be taught using the National Mah Jongg League's cards. Our instructor, Sarah Beitler, has been playing since she was a teenager. Her expertise is in teaching all levels of players the basic principles, etiquette, and strategy for winning hands.

Note: A 2020 NMJL Card is required. You may purchase one for \$9 at the Control Desk (beginning April 15, 2020).

Thursday 2:00 PM-4:00 PM

June 11, 18, 25, July 2

\$40 Member/ \$45 Non-Member

Personal Protection

Ages 13 and Up

Empower yourself through learning the fundamentals of self-defense with this course given by Master Nam of Nam's Martial Arts Center. Utilizing both independent and partner work, you will gain the skills necessary to protect yourself in a variety of situations. This program is perfect for those preparing for their first year at college, traveling abroad, or anyone who wants to become more confident in their knowledge and awareness of the topic.

Saturday 1:00 PM-2:30 PM

Session I: July 18

Session II: July 25

Session III: August 1

Session IV: August 8

\$25 Member/ \$30 Non-Member

Driver Education for Older Drivers Refresher Course

Age 55 and Up

This driver improvement course presented by Seniors for Safe Driving is a one-day program (4 class hours) 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 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.

Thursday 9:00 AM-1:00 PM

April 23

\$16

Please register through Seniors for Safe Driving at www.sfsd-pa.com or call (724) 283-0245 or (800) 559-4880.

SENIORS AT LEISURE

These opportunities are FREE for all older adults (age 55 and older), both USC residents and surrounding community residents. No C&RC membership required. All activities are held in the Community & Recreation Center unless otherwise noted.

Derby Day

Friday May 1 1:00 PM-3:00 PM

Grab your bowties and your biggest hats and join us for Derby Day!

Location: Community & Recreation Center



Outdoor Afternoons

Bring a snack or lunch and join us in the park as we play lawn games, engage in various fitness opportunities, take nature walks, and enjoy the warm weather in Boyce Mayview Park. Located at the Boyce Mayview Pavilion.

June 5, August 7 1:00 PM-2:30 PM

Art Experience

Professional artist Rikki Walsh will offer a hands-on art activity. Options include watercolors, pastels, sculpting, and more.

April 3, May 8 1:00 PM-2:30 PM

Entertainment Day

Join seniors from around the area as we have an entertaining afternoon; pizza lunch and light refreshments served.

April 17 (C&RC), June 19 (C&RC)

12:30 PM-3:00 PM (Doors open at 12:15 PM)

Game Day

Five Hundred? Bridge? Mah Jongg? Jigsaw puzzles? Tripoley? Grab your friends or make new ones as you play the afternoon away.

April 24 (C&RC), May 22 (C&RC), June 26 (C&RC) 12:30 PM-3:00 PM*

*Doors Open at 12:15 PM

CAMPS



Camp St. Clair



**New name, same tradition,
GRADES 1-7 bright future**

Come help us create new memories at our long-cherished day camp as we welcome the next step towards our exciting future as Camp St. Clair. Formerly Summer Playground, Camp St. Clair provides RESIDENT children entering grades 1-7 an opportunity to learn, achieve new things, and have fun while in a safe and supportive environment.

June 16-July 24, 2020

**8:45 AM-3:00 PM
Monday-Friday**

 Baker Elementary School

WE ARE NOW FULL DAY, EVERY DAY!

Only want your camper to participate in half day? No problem! You can still pick them up at 11:45 AM. However, if they are staying, remember to pack them a lunch!

Don't worry - we will still go on fun field trips like the zoo! Info to be released at a later date.

NO MORE "AFTERNOON ACTIVITIES"!

By moving to a full day format, you will no longer have to pick your camper up on Tuesdays and Thursdays!

They will eat lunch at camp and then we will be walking to Morton Sports Complex along connected trails. More details about this to follow!

Know your camper wants to spend all 6 weeks with us? Your price is **\$410** Price expires 6/12/2020.



PRICING

We are now giving you the flexibility of choosing your weeks!

Week 1 - June 16-19	\$75
Week 2 - June 22-26	\$75
Week 3 - June 29-July 2	\$75
Week 4 - July 6-10	\$75
Week 5 - July 13-17	\$75
Week 6 - July 20-24	\$75

We will be swimming during this week at the outdoor pool at the C&RC! More details to follow.

QUESTIONS?

Please refer to the parent handbook for the most detailed information.



Leap into the best summer yet! Our unique Paws program is a special part of Camp St. Clair as it is specifically designed for children ages 3-6. Our weekly themes feature fun stories, crafts, and activities to go along with each one. Our Paws campers will be introduced to a structured schedule and routine which will encourage different opportunities to learn, explore, and engage with their peers.

Maximum of 40 spaces per week - register early!

June 16-July 24, 2020

**8:45 AM-11:45 AM
Monday-Friday**

**Optional Afternoon
until 3:00 PM
Wednesday & Friday**

REMEMBER:

- Pack a snack each day.
- Camp is indoors & outdoors. Make sure your camper wears clothing they can play in. Please NO flip flops or Crocs.
- Children MUST be potty trained by the start of camp.

WE ADDED AN EXTRA AFTERNOON!

Don't forget to pack a lunch if they are staying all day! Don't worry - Paws campers will still be able to go on our field trips out of camp! Info will be released at a later date.

PRICING

Week 1 - June 16-19 Super Hero \$110

Paws to the rescue! We'll make our own capes and zoom off to discover what our own special super power is.

Week 2 - June 22-26 Wild Wild West \$110

Howdy, partners! We'll be yelling "yee-haw!" all week as we put on our bandanas, play lasso ring toss, and go mining for gold!

Week 3 - June 29-July 2 Pets \$110

Ruff, meow, chirp, sssss Come play games, make crafts, and go on nature adventures based on your favorite pets or pets you'd like to have one day!

Week 4 - July 6-10 Under the Sea \$110

Grab your snorkels! We'll explore the seas to learn about the creatures that live there, make crafts of our favorite ones, and play fun games like Sharks & Minnows!

Week 5 - July 13-17 412 \$110

Here we go, Paws, here we go! We're breaking out the black and gold to celebrate the unique things about Pittsburgh! We'll play our favorite sports, build bridges, and complete acts of kindness just like our neighbor, Mr. Rogers!

Week 6 - July 20-24 Dinosaur \$110

RAWR! Come learn about the different types of dinosaurs that roamed the earth. We'll uncover fossils and hatch our own dinosaur eggs!

We will be swimming during this week at the outdoor pool at the C&RC! More details to follow.

Know your camper wants to spend all 6 weeks with us? Your price is **\$620** Price expires on 6/12/2020 or when a week maximum is reached.

Counselor-In-Training (CIT)

AGES 13-15

 **Baker Elementary School**

Join our Counselor-In-Training (CIT) program if you are looking for experience with children and may want to become a camp counselor in the future. The program is designed to mentor youth on how to become a responsible counselor. CITs will assist campers and administer activities. CITs will be given positive feedback from staff to help develop their leadership and communication skills. This program requires each candidate to apply, interview, and if selected, attend a training session before camp begins. Applications available at the Community & Recreation Center at Boyce Mayview Park. Cell phones will be turned in at the start of each work day.



SESSION 1:
June 16-July 2
SESSION 2:
July 6-24
8:45 AM-11:45 AM

Fee includes training, supplies, and t-shirt.
Fee required AFTER interview and notification of acceptance into program.

\$40

Only 30 applicants accepted. Session preference and age group of campers not guaranteed.

Spring Break Sports Camp

Grades K-5

Come have a blast with Jump Start Sports during your spring break! Each day includes a variety of fun sports as well as traditional camp and recreational games. Our days off school camps provide children an opportunity to be active and make new friends in a fun, well-supervised environment.

Monday-Friday April 6-10

9:00 AM-12:00 PM **HALF DAY*** \$105 Member/ \$115 Non-Member

**Bring snack & drink*

9:00 AM-3:00 PM **FULL DAY**** \$165 Member/ \$175 Non-Member

***Bring snack, drink, & lunch*

\$60 Single Day Drop-In

\$15/week Before Camp Care (8:00 AM-9:00 AM)

\$30/week After Camp Care (3:00 PM-5:30 PM)

Earth and Space Lab

Grades 1-6

Get ready for an awesome week of earthly and intergalactic adventures! In our lab, we'll take on the role of space explorers, discovering planets, stars, black holes, light, and space-time through hands-on activities, games, labs and crafts. Find out what it would be like to spend a day on Venus, just how special our super star the sun is, and much more! We'll launch meteorites and study their impact, build rockets to launch into the sky, design rovers to explore distant lands, and even prepare to create a settlement on Mars. We'll also explore our own little corner of planet earth with guided tours of our local flora and fauna in Boyce Mayview Park.

Monday-Friday 9:00 AM 12:00 PM

August 10-14

\$190 Member/ \$195 Non-Member

Secret Agent Lab Camp

Grades 1-6

Develop your special agent and detective skills in this super hands-on program with Mad Science! Uncover the science involved in evidence and gathering analysis. Sharpen your secret agent skills and discover how chemistry and the science of forensics can come to the aid of a secret agent. Identify and collect evidence – from fingerprints to tracks to trash! Secret agents-in-training will use science and awesome technological tools to connect the dots and help sniff out the suspects in this investigation into the science of sleuthing.

Monday-Friday 1:00 PM-4:00 PM

August 10-14

\$155 Member/ \$165 Non-Member

Red Hot Robots II Camp

Grades 3-6

Join Mad Science for a week of fun with amazing robots! Experiment with sound sensing robots, line-tracking robots, amphibious robots, and robots that can even play soccer! Discover the science of circuits and how robots use sensors to explore things around them. Use your skills to build your very own working robot to take home with you! This program is intended for children who have completed grades 2-5, and have experience building a robot from a kit.

Monday-Friday 1:00 PM-4:00 PM

July 6-10

\$185 Member/ \$195 Non-Member

Price includes materials for assembly of own robot

CAMP PROGRAMS



Check...and Checkmate Camp

Ages 6 and Up

Enjoy an entire 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, Eric Berthoud. Come and enroll with a friend, a sibling, or even a parent/grandparent. Bring a chess board and pieces; last-day tournament prizes provided.

Monday-Friday 10:00 AM-12:00 PM

July 20-24

\$50 Member/ \$60 Non-Member

Kids in the Kitchen Camp

During each four-day camp, children will have great fun learning new baking techniques from Jessica Gombar of The Pie Place! Supplies, ingredients, and recipes are all included. Participants will learn hands-on and will have the opportunity to make cakes, cookies, and pies, as well as some tasty and savory items. Please be sure to indicate any special needs or food allergies upon registration. Children may bring an apron, if desired.

Monday-Thursday

Session I: June 22-25

Ages 6-9 1:00 PM-2:30 PM

Ages 10-14 2:30 PM-4:00 PM

Session II: August 10-13

Ages 6-9 1:00 PM-2:30 PM

Ages 10-14 2:30 PM-4:00 PM

\$115 Member/ \$125 Non-Member



Pets and Animals Art Camp

Grades K-3

From your backyard to the zoo! You will have fun drawing, painting, and sculpting your favorite pets and animals. Relax, learn, and produce multiple pieces of finished art in one week!

Campers should bring a nut free snack and drink.

(Lunch as well if attending June 22-26.)

Monday-Friday

June 22-26 9:00 AM-3:00 PM

\$100 Member/ \$110 Non-Member

July 6-10 1:00 PM-4:00 PM \$70 Member/ \$80 Non-Member

Cartooning and Anime Art Camp

Grades 3-8

Ever wished your life could be like a cartoon? Now it can! Come nurture your inner comic genius at this five-day camp. You'll leave with a portfolio full of finished art pieces that express your creativity and love of cartooning.

Campers should bring a nut free snack and drink.

(Lunch as well if attending July 27-31.)

Monday-Friday

July 13-17 1:00 PM-4:00 PM \$70 Member/ \$80 Non-Member

July 27-31 9:00 AM-3:00 PM

\$100 Member/ \$110 Non-Member

Super Hero Training Camp

Ages 3-5

Now 5 Days Long! This JumpBunch camp is all about training to be your favorite superhero! To be a super hero means having strength, agility, balance, and speed. We focus on learning special superhero training skills through fun games and activities such as “jumping over hot lava”, “dodging fireballs”, “lightsaber training”, “scooter flying”, “ghostbuster tag”, and so many more! Being a superhero also means having a compassion for society, a kind heart, and a willingness to do good and help others. These are qualities we will discuss and talk about with our campers. This camp really encourages campers to be a superhero in everyday life! Lego segment and crafts included.

Please bring snack and water. Children **MUST** be potty-trained to attend.

Monday-Friday 9:30 AM-11:30 AM

June 8-12

Boyce Mayview Pavilion

\$85 Member/ \$95 Non-Member

Ultimate Obstacle Training Camp

Ages 4-6

Now 5 Days Long! Come test your physical skills at our JumpBunch Ultimate Obstacle Course Camp! Kids will learn to push their limits as our coaches walk them through several different fitness activities and teach proper techniques, that will prepare them to tackle several challenging obstacle courses. This camp focuses on helping kids improve their individual skills while also learning to work together in team scenarios as they expand their fitness skills while also building confidence and self-esteem. Come each day prepared to tackle different course challenges because you never know what fun and exciting obstacles we have in store at camp! Lego segment and crafts included. We encourage everyone to wear appropriate fitness clothing/shoes, and to bring a water bottle and snack each day. We will see you on our ultimate obstacle course!

Monday-Friday 9:00 AM-12:00 PM

July 6-10

Boyce Mayview Pavilion

\$115 Member/ \$125 Non-Member

Tokyo Olympic Medal Camp

Ages 4-6

Now 5 Days Long! The Tokyo Summer Olympic Games will be in full swing this summer, so why not join in on the fun? Campers will play Olympic Games with an international focus! Kids will learn about and participate in Olympic Sports centering on the following countries: China, Russia, Great Britain, Germany, and of course the USA! Some of the Olympic Sports taught include field hockey, basketball, badminton, golf, tennis, and handball. This is a fantastic international camp that educates children about the top Olympic medaling countries and teaches them a sport in which each country excels. Every child will receive their very own JumpBunch medal at the end of camp! Lego segment and crafts included. We encourage everyone to wear appropriate fitness clothing/shoes, and to bring a water bottle and snack each day of camp. We will see you on the podium!

Monday-Friday 9:00 AM-12:00 PM

July 20-24

Boyce Mayview Pavilion

\$115 Member/ \$125 Non-Member

Fitness Challenge Camp

Ages 4-6

Now 5 Days Long! Get your child up and moving at the JumpBunch Fitness Challenge Camp! This camp is all about playing fitness games and activities that promote teamwork, good sportsmanship, and self-confidence. Some of the fitness challenge games we play are Chicken Pops, Unicorn Catch, Head Bucket Ball, Cup and Catch, Flying Discs, Cone Knock Down, Fling and Fly, Kooshie Ball, and so much more! This camp will also teach several components of physical fitness and ways to make healthy nutrition choices. Children will play in teams or race against the clock as they complete new fitness challenges each day. Lego segment and crafts included. Your children will have so much fun, they won't even realize they are exercising! Please bring snack and water.

Monday-Friday 9:00 AM-12:00 PM

August 3-7

Location TBD

\$115 Member/ \$125 Non-Member

CAMP
PROGRAMS



JUNIOR LIFEGUARDING CAMP

Are you interested in lifeguarding – but not quite old enough yet?
Check out our 2-week summer camp designed specifically for 11 to 14 year-olds
who want to learn more about what it takes to become a lifeguard.
More details available on page 32.

Sports Around the World Camp

Grades 1-5

Join the staff of Jump Start Sports playing and learning about the culture and history of sports played all over the world! Sports will include rugby, team handball, cricket, world cup soccer, and ultimate frisbee.

Monday-Friday July 27-31

9:00 AM-12:00 PM **HALF DAY** – Bring snack & drink

9:00 AM-3:00 PM **FULL DAY** – Bring snack, drink, & lunch

Boyce Mayview Pavilion

HALF DAY \$105/ \$115 Non-Member

FULL DAY \$165/ \$175 Non-Member

College Days Camp

Grades 1-5

Children will “enroll” in the college of their choice with Jump Start Sports and have a blast learning about and playing a wide variety of college sports. Campers make a school pennant and wear their school colors to demonstrate their school spirit throughout the week.

Children are separated by age for all competitive activities.

Monday-Friday August 3-7

9:00 AM-12:00 PM **HALF DAY** – Bring snack & drink

9:00 AM-3:00 PM **FULL DAY** – Bring snack, drink, & lunch

Boyce Mayview Pavilion

HALF DAY \$105/ \$115 Non-Member

FULL DAY \$165/ \$175 Non-Member

GEMINI THEATER CAMPS

GEMINI Children’s Theater and Upper St. Clair Recreation proudly present...! What a fantastic way to enrich a summer of great experiences for your child(ren)! Campers will stretch their minds and bodies and have fun with their peers. Note that children will keep the items they create in class. Parents will be invited to attend the “show” during the last half hour of camp on Friday.

Ages 4-6

In this action-packed camp, our youngest actors rehearse and perform a short play that they help to create from their own imaginations! This highly structured workshop, geared for young attention spans, includes a variety of exciting, fun-filled activities: puppet, costume, scenery and prop-making, theater games, music, and movement. While having a great time, your child will learn to listen, follow directions, remember, focus, accomplish objectives, take turns, work with others in a group situation, compromise, perform in front of an audience, and use the imagination.

Monday-Friday 9:00 AM-12:00 PM

July 13-17

\$155 Member/ \$165 Non-Member

Ages 7-11

This moderately structured camp will unlock a child’s creativity and take him/her on a week-long adventure into the imagination! Young actors choose their own characters and put them all together into an original story, which they write, rehearse, and perform as a mini play on the last day of the workshop. While having fun and making new friends, each child will improve his/her ability to listen, follow directions, compose a story, understand conflict and resolution, develop a character, accomplish an objective, collaborate with peers, perform in front of an audience, and use the imagination.

Monday-Friday 1:00 PM-4:00 PM **July 13-17**

\$155 Member/ \$165 Non-Member



CAMP PROGRAMS

SPORTS Programs



Toddler Sports

Age 2

Early introduction to preschool style sports with JumpBunch developing hand-eye coordination and socialization skills. Sports include: hockey, paddle sports, soccer, football, basketball, and more!

It is recommended that parents stay for this class.

Wednesday 11:00 AM-11:30 AM

May 6-27 (More to come in September)

\$43 Member/ \$48 Non-Member

Pre-K Intro to Multi-Sports

Ages 3-5

These classes led by the staff of JumpBunch will introduce a different sport each week using colorful, safe equipment in a noncompetitive environment. Sports will include t-ball, soccer, lacrosse, football, basketball, kickball, and more!

Children MUST be potty-trained to attend.

Wednesday 11:30 AM-12:15 PM

May 6-27 (More to come in September)

\$46 Member/ \$51 Non-Member

Youth Indoor Volleyball

Boys and Girls Grades 4-7

Our youth instructional camp is perfect for athletes who have little to no experience with volleyball. Under the guidance of Central Valley High School Volleyball Head Coach Sean Cleary and staff, campers will receive instruction and leadership necessary to develop the beginning fundamentals of the game in – serving, passing, setting, hitting, blocking, individual defensive techniques and team concepts. Participating campers will have an opportunity to develop these skills through multiple drills and group competition. Proper volleyball attire is required – athletic court shoes, tees, shorts, and kneepads.

Monday-Friday 9:15 AM-11:00 AM

Session I: June 22- June 26

Session II: July 27- July 31

\$75 Member/ \$85 Non-Member

Academy Indoor Volleyball

Boys and Girls Grades 8-12

Academy Indoor Volleyball is perfect for skilled athletes looking to advance their knowledge and skill in the sport. Central Valley High School Volleyball Head Coach Sean Cleary and staff will be developing each camper's knowledge and skill set on a daily basis to ensure that the athlete is benefitting from the instruction and contact they receive during each session. Campers should expect to be challenged regarding volleyball and position specific tactics and strategies pertaining to the game and team concepts. Additionally, they will receive feedback to increase their knowledge and skills so that they are better prepared to tackle all future volleyball encounters. Proper volleyball attire is required – athletic court shoes, tees, shorts, and kneepads.

Monday-Friday 11:15 AM-1:00 PM

Session I: June 22- June 26

Session II: July 27- July 31

\$75 Member/ \$85 Non-Member

Learn Lacrosse (LAX)

Boys and Girls Grades 1-6

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 by USCHS Boys Lacrosse Coach Andrew Bowers and staff in the fundamentals of the game: cradling, passing, catching, shooting, scooping, 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.

Monday-Thursday (Friday weather makeup) 9:00 AM – 12:00 PM July 27-July 30 (Rain Date July 31)

Boyce Middle School Stadium

\$90 Member/ \$100 Non-Member

Hummingbirds Soccer

Ages 3-6

Children will have fun and learn the basics of soccer in an age-appropriate program taught by the staff of Jump Start Sports. Players will learn dribbling, passing, trapping, shooting, defending, and positioning. Each session consists of instruction in all aspects of the game, participation in fun drills designed to teach skills, and low-key, noncompetitive games.

Saturday April 18-May 9

Ages 3-4 10:00 AM-11:00 AM

Ages 5-6 11:00 AM-12:00 PM

Marmion Soccer Field

\$50 Member/ \$55 Non-Member

Mini Kicks Soccer Camp

Ages 4-7

Children will cover the basic skills of soccer, such as passing, dribbling, and shooting, with West Liberty University soccer player and current Camp St. Clair Director, Katie Nelson. Katie has been instructing youth soccer for many years and is just the right person to introduce your child to the fundamentals of soccer. Each day, a new move and an aspect of sportsmanship will be presented to the players. Players will be encouraged to be supportive teammates and expand upon their soccer knowledge. Please bring a snack and water bottle.

Monday-Thursday (Rain date Friday 8/14)

August 10-13 10:00 AM-12:00 PM

Location: Boyce Mayview Park Multipurpose Field

\$70 Member/ \$80 Non-Member

Future Footballers Academy

(Boys and Girls Grades 5-8)

This program is directed by Dr. Joseph Luxbacher. Coach Luxbacher is the former head men's soccer coach at the University of Pittsburgh and played professionally in the North American Soccer League (NASL) and Major Indoor Soccer League (MISL). He has earned the "A" Coaching License of US Soccer and authored several books on the sport. The program will provide technical (skill) training to establish a solid foundation for continued development. Players are coached on the fundamentals of dribbling, passing, receiving, and shooting skills through a developmentally progressive program of soccer specific exercises. Participating players will experience hundreds of touches on the ball in each training session. The academy is soccer-specific and developmentally appropriate. Each training session is 60 minutes in duration, in small group format – only 12 players per session.

Location: Boyce Mayview Park Multipurpose Field

Grades 5-8 10:00 AM-11:00 AM

Session I

Tuesday, July 7

Tuesday, July 14

Tuesday, July 21

Tuesday, July 28

Session II

Thursday, July 9

Thursday, July 16

Thursday, July 23

Thursday, July 30

\$50 Member/ \$55 Non-Member per session

Junior Panther Academy

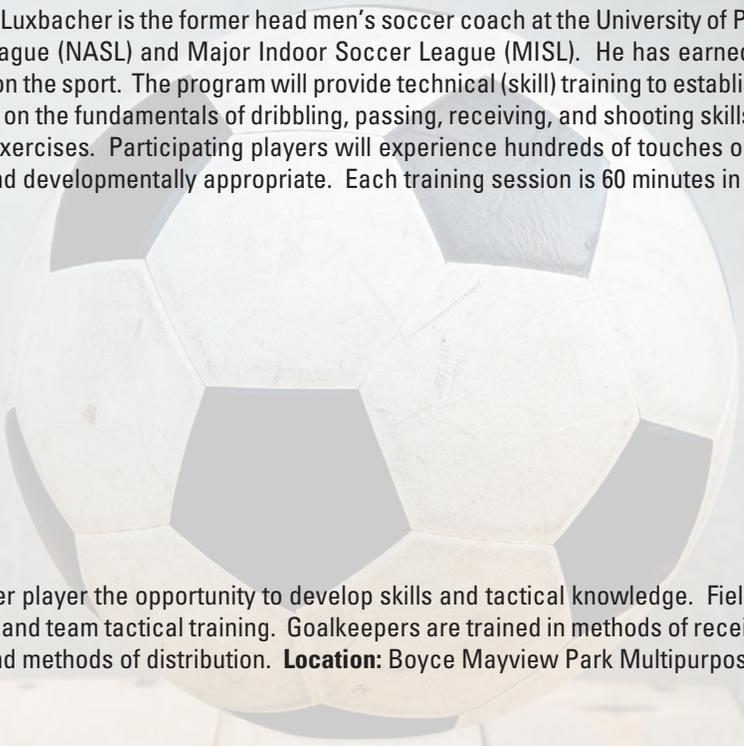
Boys and Girls Ages 8-14

This camp by Dr. Joseph Luxbacher offers the serious soccer player the opportunity to develop skills and tactical knowledge. Field players combine technical (skill) development with individual, group, and team tactical training. Goalkeepers are trained in methods of receiving low, medium, and high balls, footwork, diving skills, angle play, and methods of distribution. **Location:** Boyce Mayview Park Multipurpose Field

Monday-Thursday (Rain date Friday 8/14)

August 10-13 5:30 PM-7:30 PM

\$75 Member/ \$80 Non-Member



T-Birds T-Ball

Ages 3-4

A fun and highly instructional introduction to baseball for boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, noncompetitive games. Jump Start Sports staff members conduct the instruction and oversee the game play while volunteer team coaches assist. A one-hour rotation of activities is utilized and children also play a rotating schedule of games during the advertised time period.

Saturday 10:00 AM-12:00 PM June 13 - July 25 (No Program July 4)

Big Boyce Baseball Field - 1500 Boyce Rd.

\$80 Member/ \$85 Non-Member

Price includes t-shirt, MLB hat, and award

Rookie League Baseball

Ages 5-7

A fun introduction to coach pitch baseball from Jump Start Sports! Players will receive instruction in all basics of the sport and will apply what they have learned in fun games. The games will be non-competitive and no score will be kept. Players who are not able to hit a pitched ball will be able to use a tee while learning. Each session includes instruction and game play. Children play a rotating schedule of games during the advertised time period.

Saturday 12:15 PM-1:30 PM June 13 - July 25 (No Program July 4)

Big Boyce Baseball Field - 1500 Boyce Rd.

\$80 Member/ \$85 Non-Member

Price includes t-shirt, MLB hat, and award

Boys Youth Basketball

Grades 4-8

Coach Joe D'Abruzzo and staff will provide instruction and fun for boys going into grades 4-8 with an emphasis on fundamental skills and techniques. During the week, players will go through station and drills focusing on different facets of the game. Participants will also get a chance to compete in organized games, scrimmages, and competitions.

Monday-Friday 9:00 AM-12:00 PM July 20-24

\$80 Member/ \$90 Non-Member

Mini Hoops Basketball Camp

Boys and Girls Grades 1-3

Staff will provide instruction and fun for campers with an emphasis on fundamental skills and appropriate age level play. During the week, players will go through stations and drills focusing on different facets of the game. Participants will also get a chance to compete in games and mini competitions.

Monday-Friday 9:30 AM-11:00 AM July 27-31

\$80 Member/ \$90 Non-Member

Basketball – By Girls, For Girls (BG4G)

Grades 3-8

Enthusiastic and high energy instruction in a supportive environment will help increase your skills whether you're just starting in the sport or preparing for your upcoming season! Led by Amanda Sekanic, a coach in both the Metro and Diocesan Leagues of Pittsburgh for several years, girls will grow their confidence on the court through drills, games, and competitions.

Monday-Friday 10:00 AM-12:00 PM August 3-7

\$70 Member/ \$80 Non-Member

Tennis in the Park

Ages 8-12

Join your friends for fun, sun, and appropriately paced tennis instruction for novices at Baker Park. All instruction will be provided by the staff of Upper St. Clair Tennis Development. **Please register online at www.usctdp.com or call 412.831.2630 for details.**

Location: Baker Park Tennis Courts

Tuesday 10:00 AM-11:00 AM July 14-August 4

\$45

Adult Slow Pitch Softball League

Age 18 and Up

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 April 20. Teams will not be put on schedule until rosters are completed and payment made. (Note: Maximum of 20 teams will be accepted on a first-come, first-served basis.) Team managers' meeting on May 4 at 7:00 PM at the Community & Recreation Center.

Opening Day May 11

Marmion Baseball Field

\$65 Resident, USC Graduate, Employed in township/ \$75 Non-Resident/ \$20 Substitute

Adult Volleyball Nights

Come out and enjoy a night of coed pick-up volleyball! Adult Volleyball Nights provide the opportunity for both men and women who enjoy volleyball to play pick-up games all year long!

Monday 8:00 PM-9:45 PM

Free for Members / \$3 Drop-in fee Non-Members

PICKLEBALL

It's the hottest racquet sport around and it's perfect for all ages. Pickleball 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 it can develop into a quick, fast-paced competitive game for experienced players.

Youth Beginner Pickleball Clinic

Ages 10-14

Take a ping pong-like paddle, a type of whiffle ball, a court similar to badminton, and some of the rules of tennis and you're playing pickleball! Since pickleball is one of the fastest growing sports in the United States and enjoyed by all ages, we're offering this introductory clinic which will include safety, etiquette, stroke mechanics, court positioning, strategy, and scoring. All equipment will be provided. Students should wear quality court shoes and bring water.

Monday and Tuesday 9:00 AM-12:00 PM July 13 & 14 (Rain Date July 15)

Baker Park Basketball Courts

\$50 Member/ \$55 Non-Member

Beginners

Open play and pick-up games for beginners and newcomers age 14 and up. The goal of the program is to provide the inexperienced player the opportunity to develop the skills and confidence against opponents of the same level.

Monday 1:30 PM-4:00 PM

No pickleball 4/6, 4/13, 5/25, 8/17 or other days as posted

\$25 Pickleball Pass (10 sessions) or \$3 Drop-in fee C&RC Member

\$28 Pickleball Pass (10 sessions) or \$3 Drop-in fee USC Silver Card Holder

\$35 Pickleball Pass (10 sessions) or \$4 Drop-in fee Non-Member

All Levels

Open play and pick-up games are open to players of all skill levels age 14 and up. New and less experienced players will greatly benefit by attending our beginner programs to develop skills and confidence to prepare for mixed level play with more experienced players.

Tuesday & Thursday 1:30 PM-4:00 PM

No pickleball 4/7, 4/9, 8/18, 8/20 or other days as posted

\$25 Pickleball Pass (10 sessions) or \$3 Drop-in fee C&RC Member

\$28 Pickleball Pass (10 sessions) or \$3 Drop-in fee USC Silver Card Holder

\$35 Pickleball Pass (10 sessions) or \$4 Drop-in fee Non-Member

FREE Monthly Clinics

We welcome all newcomers, beginners, and any players age 14 and up wanting to improve their game. The typical structure is one hour of instruction followed by one hour of free play.

Monday 1:30 PM-4:00 PM

May 4, June 1, July 6, August 3

COMMUNITY & Recreation Center

C&RC

Welcome to the Community & Recreation Center at Boyce Mayview Park. We are a public recreation facility nestled in a 475 acre park filled with trails, athletic fields, and serene natural spaces.

The C&RC offers a wide range of amenities for all ages. Indoor amenities include a leisure pool with resistance channel, spa, lap pool, basketball courts, group exercise studios, an indoor track, rental spaces, and expansive fitness floor. In addition, attached to the building is an outdoor pool with interactive play structure and slides. A membership or day pass is required to access facility amenities.

Membership

Membership is open to all USC Residents and surrounding communities. Membership benefits include access to indoor and outdoor amenities, multiple group exercise classes at no additional cost, and discounted program, rental, and babysitting fees.

Annual and three-month contracts are available for youth (age 17 and under), adults (age 18-61), seniors (age 62 and up), and families. Annual contracts are charged per month, while three-month memberships are paid in full at the time of registration. For a complete list of membership rates, please visit our website www.twpusc.org/crc/membership.

Day Pass

Visitors are welcome to experience amenities at the C&RC by purchasing a day pass. A day pass is required for anyone age 2 and over, and grants access to both the indoor facility and outdoor pool amenities.

Playroom

The Playroom provides babysitting services to both members and visitors using the C&RC. Children age 8 weeks through 9 years old are accepted on a first come, first served basis until the maximum capacity is reached. There is a two-hour maximum time limit per visit.

Hours of Operation:

Monday- Friday 8:00 AM- 12:00 PM and 4:00 PM- 8:30 PM

Saturday 8:00 AM- 12:00 PM **Sunday** CLOSED

Fees:

Member: \$2/child/visit* **Non-Member:** \$4/child/visit

**Members also have the option to purchase a 10 visit or 30 visit punch cards at a discounted rate.*

Celebrate at the C&RC!

The C&RC offers rental spaces for Pool Parties, Birthday Parties, Bridal or Baby Showers, Family Reunions, Anniversary Parties, Bridal or Baby Showers, Family Reunions, Anniversary Parties, Graduation Parties, and Business Meetings or Seminars. For more information, or to schedule your next event, please contact our Facility Rentals Coordinator at 412-221-1099 x 613 or kerman@twpusc.org.

Pool Party

Poolside party rooms are available Monday, Wednesday or Friday evenings and Saturday or Sunday afternoons. The party package grants 20 children (and supervising adults) access to the indoor leisure pool.

Gym Party

Geared for children age four to eight (4-8) years old, and for up to 15 guests, this party package includes one hour of staff-led games and activities in the gym, and one hour in the Community Room for the party.

Community Room Rental

Community Rooms are rented per individual room, but two or three rooms can be combined to create a larger space. Occupancy and pricing are based on the needs of the event. A pantry kitchen is available.

Business Rentals

Host your next meeting or seminar in our Community Rooms. Use of the screen and projector is included.

HOURS OF OPERATION

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

Outdoor Pool*

Memorial Day through Labor Day

11:00 AM-7:00 PM Daily

Family Gym

Volleyball - Basketball - Lowered Hoops

Friday 6:30 PM-8:30 PM

Saturday 12:00 PM-2:00 PM

Sunday 2:30 PM-4:30 PM

*Special holiday hours (Indoor Facility 10:00 AM- 2:00 PM/ Outdoor Pool 11:00 AM- 5:00 PM) will be scheduled for Memorial Day, Independence Day, and Labor Day. The indoor facility will also be closed August 16-21 for our annual building closure.

AQUATICS Programs

AQUATICS

Welcome to the Aquatics Department! We offer a variety of programs and classes for children and adults of all ages:

- American Red Cross Group Swim Lessons
 - Parent and Child, Preschool, Youth, and Adult
- Private Swim Lessons
- Water Exercise
- American Red Cross Certification Classes
 - Lifeguard and Lifeguard Review
 - Lifeguard Instructor and Instructor Review
 - Junior Lifeguarding Summer Camp
 - Water Safety Instructor Course

IMPORTANT SAFETY INFORMATION



Our goal is to promote a safe and enjoyable environment. Please adhere to the following policies:

- Proper swim attire is required. No cut-off shorts are 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 at 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.

Age Requirements:

- Children under the age of 10 must be actively 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.

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 6:10pm at both indoor and outdoor pools (noon-4:10 for Indoor pool on Saturdays and Sundays). Please use this time to visit the restroom, check in with family, and rehydrate.

Water Safety Day

Friday May 22, 2020, 6:00 PM

Join us to learn some essential information for keeping everyone safe in and around water. Participants will be both in the classroom and in the water. FREE for children ages 3-13 years old and their parents.

World's Largest Swimming Lesson (WLSL)

Thursday June 18, 2020

On June 18th waterparks, pools and other aquatic facilities around the globe will host a local WLSL event in an attempt to break the Guinness World Record. FREE for children ages 3-13 years old.

Extended Outdoor Pool Hours

Friday evenings June 5 through August 21, 2020

The Outdoor Pool will remain open until 8:00 PM (weather permitting)

Member Only Hour- Outdoor Pool

Sunday's from May 24 through September 6, 2020, 11:00 AM - Noon

The Outdoor Pool will be open exclusively to members of the C&RC every Sunday

Summer Splash into Water Exercise

Thursday, June 11, July 16, & August 13, 2020, 7:15 PM-8:00 PM

Experience the outdoor pool in a completely new way with water exercise. Held once a month, classes are FREE for C&RC Members and Guests age 16 and up. See page 34 for details.

Save the Date





Check out the American Red Cross Swim App!
 Designed to help you keep your swimmer motivated and provide you with the latest in water safety guidance.

Private Swim Lessons

Private swim lessons are available for children and adults through the Aquatics Department at the C&RC. Each lesson is one half hour in length, and scheduled based on both the participant and instructors' availability.

Please complete a Private Swim Lesson Registration Form in person at the C&RC. Once complete, you will be contacted to confirm the date(s), time(s), and instructor for your lesson(s). Payment is due on or before the first scheduled lesson. For more information, please contact the Aquatics Coordinator, Hunter Berneburg, at berneburg@twpusc.org.

4 Lessons: \$136 Member/ \$160 Non-Member

8 Lessons: \$260 Member/ \$296 Non-Member

12 Lessons: \$336 Member/ \$396 Non-Member

18 Lessons: \$486 Member/ \$558 Non-Member



AMERICAN RED CROSS GROUP SWIM LESSONS

PARENT AND CHILD

Full session: \$50 Member, \$65 Non-Member

Mini session: \$25 Member, \$33 Non-Member

Parent and Child Level 1 (7:1 Student to Teacher)

- **Prerequisites:** 6 months-approx. 3 years old. Parents must accompany child to each class.
- **Skills taught:** Water familiarization and swimming readiness. Provide safety information for parent and teach techniques parents can use to orient their children to water

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Tuesday	10:00 AM - 10:25 AM	6349	6412	6474**
Tuesday	6:00 PM - 6:25 PM	6350	6413	6475**
Thursday	10:00 AM - 10:25 AM	6351	6414	6476**
Thursday	6:00 PM - 6:25 PM	6352	6415	6477**
Saturday	10:00 AM - 10:25 AM	6353	6416*	6478**

*No Saturday Class on July 4th, it will be on July 25th **July 27 -August 15 is a mini session of three classes

Parent and Child Level 2 (7:1 Student to Teacher)

- **Prerequisites:** 6 months-approx. 3 years old. Parents must accompany child to each class.
- **Skills taught:** Improve skills learned in Parent and Child Aquatics level 1 and teach more advanced skills. Continue to build water safety knowledge

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Tuesday	10:30am-10:55am	6354	6417	6479**
Tuesday	6:30pm-6:55pm	6355	6418	6480**
Thursday	10:30am-10:55pm	6356	6419	6481**
Thursday	6:30pm-6:55pm	6357	6420	6482**
Saturday	10:30am-10:55	6358	6421*	6483**

*No Saturday Class on July 4th, it will be on July 25th **July 27 -August 15 is a mini session of three classes

PRESCHOOL GROUP SWIM LESSONS

Full session: \$65 member, \$85 non-members

Mini session: \$35 member, \$45 non-members

Preschool Level 1 (4:1 Student to Teacher)

- **Prerequisites:** 4-5 years old *3-year old may enroll upon successful completion of Parent and child level 3
- **Skills taught:** Entering and exiting water safety, submerging mouth nose and eyes, blowing bubbles, front and back glide 2 body lengths (assisted) arm and hand treading action, alternating simultaneous arm and leg action on front and back

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Monday	9:30am-9:55am	6359	6422	6484**
Tuesday	9:30am-9:55am	6360	6423	6485**
Wednesday	1:00pm-1:25pm	6361	6424	6486**
Wednesday	5:00pm-5:25pm	6362	6425	6487**
Thursday	1:00pm-1:25pm	6363	6426	6488**
Thursday	5:00pm-5:25pm	6364	6427	6489**
Saturday	9:00am-9:25am	6365	6428*	6490**
Saturday	9:30am-9:55am	6366	6429*	6491**

* No Saturday Class on July 4th, it will be on July 25th ** July 27 -August 15 is a mini session of three classes

Preschool Level 2 (4:1 Student to Teacher)

- **Prerequisites:** 4-5 years old. *3-year old may enroll upon successful completion of Parent and child level 2
- **Skills taught:** 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)

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Monday	10:00am-10:25am	6367	6430	6492**
Tuesday	10:00am-10:25am	6368	6431	6493**
Wednesday	1:30pm-1:55pm	6369	6432	6494**
Wednesday	5:30pm-5:55pm	6370	6433	6495**
Thursday	1:30pm-1:55pm	6371	6434	6496**
Thursday	5:30pm-5:55pm	6372	6435	6497**
Saturday	9:00am-9:25am	6373	6436*	6498**
Saturday	9:30am-9:55am	6374	6437*	6499**

*No Saturday Class on July 4th, it will be on July 25th ** July 27 -August 15 is a mini session of three classes

Preschool Level 3 (4:1 Student to Teacher)

- **Prerequisites:** 4-5 years old. *3-year old may enroll upon successful completion of Parent and child level 2
- **Skills taught:** 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 back float 15 seconds, roll to front continue front swim for 3 body lengths

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Monday	10:30am-10:55am	6375	6438	6500**
Tuesday	10:30am-10:55am	6376	6439	6501**
Wednesday	2:00pm-2:25pm	6377	6440	6502**
Wednesday	6:00pm-6:25pm	6378	6441	6503**
Thursday	2:00pm-2:25pm	6379	6442	6504**
Thursday	6:00pm-6:25pm	6380	6443	6505**
Saturday	10:00am-10:25am	6381	6444*	6506**
Saturday	10:30am-10:55am	6382	6445*	6507**

*No Saturday Class on July 4th, it will be on July 25th ** July 27 -August 15 is a mini session of three classes

Advanced Preschool (4:1 Student to Teacher)

- **Prerequisites:** 4-5 years old. *3-year old may enroll upon successful completion of Parent and child level 2
- **Skills taught:** 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

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Monday	6:00pm-6:25pm	6383	6446	6508**
Tuesday	6:00pm-6:25pm	6384	6447	6509**
Wednesday	12:30pm-12:55pm	6385	6448	6510**
Thursday	12:30pm-12:55pm	6386	6449	6511**
Saturday	11:00am-11:25am	6357	6450*	6512**

*No Saturday Class on July 4th, it will be on July 25th **July 27-August 15 is a mini session of three classes

YOUTH GROUP SWIM LESSONS

Full session: \$65 member, \$85 non-members

Mini session: \$35 member, \$45 non-members

Level 1: Introduction to Water Skills (5:1 Student to Teacher)

- **Prerequisites:** 6 years old and up
- **Skills taught:** 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

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Monday	6:00 PM- 6:40 PM	6388	6451	6513**
Tuesday	6:00 PM- 6:40 PM	6389	6452	6514**
Saturday	10:00 AM- 10:40 AM	6390	6453*	6515**

*No Saturday Class on July 4th, it will be on July 25th **July 27 -August 15 is a mini session of three classes

Level 2: Fundamental Aquatic Skills (5:1 Student to Teacher)

- **Prerequisites:** 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)
- **Skills taught:** Submerge underwater 10 seconds, rotary breathing, Front and back glide two body lengths, front and back floating, arm and leg treading action, combined arm and leg action on front and back 5 body lengths

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Monday	6:30 PM- 7:10 PM	6391	6454	6516**
Tuesday	6:30 PM- 7:10 PM	6392	6455	6517**
Saturday	10:45 AM- 11:25 AM	6393	6456*	6518**

*No Saturday Class on July 4th, it will be on July 25th **July 27 -August 15 is a mini session of three classes

Level 3: Stroke Development (5:1 Student to Teacher)

- **Prerequisites:** 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
- **Skills taught:** Dive from sitting and kneeling position, survival floating, treading 1-minute, front crawl, back crawl, and elementary backstroke 15 yards, breaststroke and dolphin kick.

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Monday	6:45 PM- 7:25 PM	6394	6457	6519**
Tuesday	6:45 PM- 7:25 PM	6395	6458	6520**
Saturday	10:45 AM- 11:25 AM	6396	6459*	6521**
Saturday	11:30am-12:10pm	6397	6460*	6522**

*No Saturday Class on July 4th, it will be on July 25th **July 27 -August 15 is a mini session of three classes

Level 4: Stroke Improvement (5:1 Student to Teacher)

- **Prerequisites:** 6-year-old and up. Tread/float 1-minute, front crawl 25 yards, elementary backstroke 25 yards
- **Skills taught:** Diving, open turns for front and back crawl, tread for 2 minutes, front crawl and elementary backstroke 25 yards. Back crawl, backstroke, and butterfly 15 yards, Dolphin kick.

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Wednesday	6:30pm-7:10pm	6398	6461	6523**
Thursday	6:30pm-7:10pm	6399	6462	6524**
Saturday	9:45am-10:25am	6400	6463*	6525**

*No Saturday Class on July 4th, it will be on July 25th **July 27 -August 15 is a mini session of three classes

Level 5: Stroke Refinement (5:1 Student to Teacher)

- **Prerequisites:** 6 years old and up. Front crawl 25 yards followed by elementary backstroke 25 yards, breaststroke 15 yards, and back crawl 15 yards
- **Skills taught:** Shallow angle diving, flip turns for front crawl and back crawl, Tread for 5 minutes. Front crawl and elementary backstroke 50 yards. Breaststroke and butterfly 25 yards, sidestroke, sculling

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Wednesday	7:15pm-7:55pm	6401	6464	6526**
Thursday	7:15pm-7:55pm	6402	6465	6527**
Saturday	9:00am-9:40am	6403	6466*	6528**

*No Saturday Class on July 4th, it will be on July 25th **July 27 -August 15 is a mini session of three classes

Level 6 Skill Proficiency: (5:1 Student to Teacher)

- **Prerequisites:** 6 years old and up. Front crawl 50 yards, elementary backstroke 50 yards. Butterfly 25 yards, backcrawl 25 yards, breaststroke 25 yards.
- **Skills taught:** Focusing on stroke technique, front crawl, and elementary backstroke 100 yards. Back crawl, breaststroke, and butterfly 50 yards. Open turns and flip turns, dives, and learning swimming fundamentals (sets, pace clock, circle swimming)

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Monday	5:15pm-5:55pm	6404	6467*	6529**
Tuesday	5:15pm-5:55pm	6405	6468*	6530**

**July 27 -August 15 is a mini session of three classes

Level 6: Fitness Swimmer (5:1 Student to Teacher)

- **Prerequisites:** 6 years old and up. Front crawl 50 yards, elementary backstroke 50 yards. Butterfly 25 yards, backcrawl 25 yards, breaststroke 25 yards.
- **Skills taught:** Building endurance, front crawl, and elementary backstroke 100 yards. Back crawl, breaststroke, and butterfly 50 yards. Open turns and flip turns, dives, and learning swimming fundamentals (sets, pace clock, circle swimming)

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Saturday	11:30am-12:10pm	6406	6469*	6531**

*No Saturday Class on July 4th, it will be on July 25th **July 27 -August 15 is a mini session of three classes

Junior Lifeguarding Summer Camp

Activity # 6348

Are you interested in lifeguarding – but not quite old enough yet? This two-week summer camp is designed to give 11 to 14-year old's a fun sneak peek into what it takes to become a great lifeguard. We cover all the basics to get you ready for the American Red Cross Lifeguarding program. Participants do not receive a certification. However, they will receive a certificate of completion.

Prerequisites:

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Swim the breaststroke for 25 yards continuously while using a pull, breathe, kick and glide sequence.
- Complete the Water Competency Sequence
 1. Step into the water from the side and totally submerge.
 2. Maintain position for one minute by treading water or floating.
 3. Rotate one full turn and orient to the exit.
 4. Level off and swim on the front or back 25 yards.
 5. Exit without using a ladder or steps.

June 16 – June 26, 2020

1:00 p.m. – 4:00 p.m.

Fee(s): \$65.00 Member/ \$70.00 Non-Member

ADULT AQUATIC PROGRAMS

ADULT LEARN TO SWIM

Full session: \$45 member, \$60 non-members

Mini session: \$23 member, \$30 non-members

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.

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Tuesday	7:30am-8:15am	6407	6470	6532**
Tuesday	7:30pm-8:15pm	6408	6471	6533**

**July 27 -August 15 is a mini session of three classes

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.

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Thursday	7:30am-8:15am	6409	6472	6534**

**July 27 -August 15 is a mini session of three classes

FITNESS SWIMMING

Full session: \$90-member, \$115 non-member

Mini session: \$45-member, \$58 non-member

Fitness Swimming for Adults

- 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 breaststroke, and be able to swim a minimum of 300 yards continuously. Maximum 6 participants per class.

Days	Times	April 13 – May 23	June 8 – July 18	July 27 – August 15
Tuesday & Thursday	6:00am-7:00am	6411	6473	6535**

**July 27 -August 15 is a mini session of three classes

Water Exercise

General Water Exercise Classes

All classes are open to both C&RC Members and Non-Members age 14 and older. Members may purchase a fit pass or pay a drop-in fee \$12 to participate. Non-Members are welcome to participate by paying a \$12 drop-in fee.

No swimming experience necessary.

Boomer and Senior Classes

All classes are designed for C&RC Members and Non-Members age 62 and older. Classes are free for Members. Non-members age 62 and older are welcome to participate by paying a \$7 drop-in fee. Classes included are:

Water walking, Hydro strength, Water Tai Chi, Aqua Boot camp, Aqua Step & Core, and Channel Challenge.

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. This class is held at the outdoor pool June 1- August 12, but will be moved indoors during inclement weather.

Monday & Wednesday 7:15 PM - 8:00 PM

Fee(s): FIT Pass

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.

Monday 9:30 AM -10:15 AM

Fee(s): FIT Pass

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.

Monday 11:00 AM- 11:45 AM - Friday 10:00 AM- 10:45 AM

Fee(s): FIT Pass

Hydro Strength

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

Tuesday, Wednesday & Thursday 9:15 AM - 9:45 AM

Free for C&RC Members/ Silver Card Holder

Aqua Strengthen and Stretch

Strengthen and stretch out in this new, summertime aquatic fitness class. Utilizing barbells, bands, and pool noodles you'll be led through a series of strengthening exercises, followed by a calming series of stretching. This class is held at the outdoor pool June 2- August 11, but may be cancelled during inclement weather or other unforeseen outdoor pool closures. Class will not move indoors.

Tuesdays 7:15 PM – 7:45 PM

Free for C&RC Members

Aqua HIIT

This is a High Intensity Interval Training class in the water. This class uses the water as resistance as well as weights to increase the intensity of the workout. Be prepared to work hard for short 20 second time-based intervals followed by 10 seconds recovery period.

Wednesday 8:30 AM- 9:15 AM

Free for C&RC Members

Aqua Step & Core

For 30 minutes, this class utilizes aqua steps to deliver a low impact, high intensity cardio workout. The second half of class takes place in the deep end. Utilizing water equipment, you will get a full range of motion core workout.

Thursdays 10:00 AM-11:00 AM

Free for C&RC Members/ Silver Card Holder

Channel Challenge

This class utilizes the resistance channel to increase your heart rate with minimal impact. Water equipment may be used to provide a full body workout.

Friday 9:30 AM-10:00 AM

Free for 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.

Tuesday 10:00 AM-11:00 AM

Saturday: 8:00 AM – 9:00 AM

Free for C&RC Members/ Silver Card Holder

Water Tai Chi

Designed for health, balance and mental fitness, this class brings the Chinese martial art form of meditative exercise to the water. Movements are characterized by methodically slow circular and stretching movements, and positions of bodily balance. All fitness levels welcome.

Wednesday 9:45 AM-10:15 AM

Free for C&RC Members/ Silver Card Holder

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.

Monday/Friday 9:00 AM - 9:30 AM

Free for C&RC Members/Silver Card Holder

Summer Splash into Water Exercise

Summer Splash is a water exercise class that uses shallow water movements to improve agility, flexibility, cardiovascular function, strength and endurance. Aquatic equipment will be used to improve strength, balance, and coordination.

This class is held at the outdoor pool, but may be cancelled during inclement weather or other unforeseen outdoor pool closures. Class will not move indoors.

Thursday, June 11, July 16, & August 13, 2020

7:15 PM -8:00 PM

Free for C&RC Members



AMERICAN RED CROSS CERTIFICATIONS

Lifeguard Course (Blended Learning)

This Blended Learning course requires participants to **complete online learning prior to in-class skills sessions**.
Please make sure to provide a valid email address when completing registration.

The purpose of the American Red Cross Lifeguard course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatics emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. The blended learning format allows students to work independently on theory through a series of informational videos and tutorials. They then present what skills they have learned in a hands-on class.

Prerequisites-

Minimum age of 15 on or before the final day of the course. Participants must 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.

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

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

*The 2017 ARC Manual is required for all class dates. You may buy a hard copy of the book for \$40 (books will be received on first day of the course) or you can download a free copy of the book at www.redcross.org.

Course Length: Approximately 7 hours, 25 minutes for online learning/ Approximately 20 hours** for in-class skills. **Course times may vary to include breaks.

Activity # 6331	Activity # 6332	Activity # 6333	Activity # 6334	Activity # 6335
Registration Deadline Thursday 4/23/20	Registration Deadline Thursday 5/7/20	Registration Deadline Wednesday 6/10/20	Registration Deadline Wednesday 7/1/20	Registration Deadline Wednesday 7/29/20
Tuesday, April 28th 4PM-10PM	Tuesday, May 12th 4PM-10PM	Monday, June 15th 9AM – 5PM	Wednesday, July 8th 9AM – 5PM	Monday, August 3rd 9AM – 5PM
Thursday, April 30th 4PM-10PM	Thursday, May 14th 4PM-10PM	Tuesday, June 16th 9AM – 5PM	Thursday, 9th 9AM – 5PM	Tuesday, August 4th 9AM – 5PM
Tuesday, May 5th 4PM-10PM	Tuesday, May 19th 4PM-10PM	Wednesday, June 17th 9AM – 5PM	Friday, 10th 9AM – 5PM	Wednesday, August 5th 9AM – 5PM
Thursday, May 7th 4PM-10PM	Thursday, May 21st 4PM-10PM			

Fee(s): \$195 Member/ \$235 Non-member

Lifeguard Review

Requirements: Must have current American Red Cross Lifeguard certification or if the certification is within 30 days of the expiration date. Please bring a copy of your ARC lifeguarding certification to the first day of course.

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

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

The 2017 ARC Manual is required for all class dates. **It is highly recommended to review the lifeguard manual before the first class.** You may buy a hard copy of the book for \$40 (books will be received on first day of the course) or you can download a free copy of the book at www.redcross.org.

Course Length: Approximately 10 hours

Activity # 6336	Activity # 6337	Activity # 6338	Activity # 6339	Activity # 6340	Activity # 6341	Activity # 6342	Activity # 6343
Thursday, April 9 8AM – 6PM	Tuesday, April 14 4PM – 10PM	Tuesday, May 5 4PM – 10PM	Friday, May 22 8AM – 6PM	Friday, June 12 8AM – 6PM	Thursday, July 2 8AM – 6PM	Thursday, July 30 8AM – 6PM	Thursday, August 6 8AM – 6PM
	Thursday, April 16 4PM – 10PM	Thursday, May 7 4PM – 10PM					

Fee(s): \$150 Member/ \$175 Non-Member

Lifeguard Instructor Course

Activity #6344

Lifeguard Instructor (LGI) candidates must be 17 years of age. Candidates must also 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.

****Must attend all classes, pass all written exams, and perform all required skills with 100% accuracy to complete certification.*

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: Monday, June 15, 2020.**

Wednesday, June 17, 5:30 PM – 9:00 PM

Thursday, June 18, 8:00 AM – 6:00 PM

Friday, June 19, 8:00 AM – 6:00 PM

Fee: \$375.00

Lifeguarding Instructor/Instructor Trainer Review Course

This in-person Instructor/Instructor Trainer Review Course is the required course for all lifeguarding Instructors and Instructor Trainers to re-certify. During this course, Lifeguarding Instructors and Instructor Trainers will participate in an in-water practice and polish skills session with their peers and a classroom-based review of Red Cross administrative policies and procedures.

NOTE: If you would like to update your basic level lifeguarding certification, you will pay an extra \$40 and pass all exams/final scenarios of the lifeguarding course.

Session I: Activity # 6345

Tuesday, June 16, 8:00 AM- 4:00 PM

Session II: Activity # 6346

Thursday, August 6, 8:00 AM- 4:00 PM

Fee per Session: \$75.00

Water Safety Instructor Course

Activity # 6347

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.

Prerequisites:

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).

***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.* **Registration Deadline: Wednesday, June 17, 2020**

Monday, June 22 – Thursday, June 25, 2020

10:00 AM to 4:00 PM

Fee(s): \$205 Member/ \$245 Non-Member

FITNESS Programs

Our goal as the Fitness Department is to ensure all members and guests have the opportunity to become acquainted with all of the Fitness Department amenities. We hope that you enjoy our facility, and take full advantage of the quality services that we provide. **The Fitness Area is mainly an adult driven area but welcoming to children when supervised.**

Complimentary Fitness Services

New Member Fitness Orientation- Receive two complimentary sessions (30 minutes to 1 hour) with a certified personal trainer. Sessions may include a fitness assessment, equipment orientation, and program design. New members will receive an application during membership sign-up.

Parent and Child Orientation- an informational session (30 minutes to 1 hour) for parents and their children ages 10-13. This will provide both parent and child the basics of how to utilize the cardio equipment safely and effectively. In addition, they will review gym etiquette and fitness floor rules. Sign up for an orientation at the Fitness Desk. (Note: This is not a Personal Training Session).

Introduction to Strength- is a required program for children ages 14-15, and is available to those over the age of 15. The individual will be educated on how to properly use free weights and develop a well-rounded exercise program. In addition, they will review basic resistance training, gym etiquette and fitness floor rules. Pick up an Intro to Strength application the Fitness Desk or Control Desk.

IMPORTANT SAFETY INFORMATION

Our goal is to create a safe and enjoyable environment. Please adhere to the following policies:

- ▶ Closed toe and closed heel athletic shoes are required on the fitness floor, track, and gym
- ▶ Strollers are not permitted on the track
- ▶ Appropriate athletic attire required
- ▶ All personal items (bags, coats, etc.) must be placed in a locker
- ▶ Cell phone usage is not permitted in the fitness area
- ▶ Non-township approved training/instruction is prohibited in all areas of the C&RC

Age Requirements

- ▶ Children age 15 and under are required to sign in upon entering the fitness area.
- ▶ Children 14 years and older are permitted to utilize the fitness area unsupervised upon completion of the Intro to Strength training orientation program.
- ▶ An adult (age 18 and older) **MUST** directly supervise children under the age of 13 at all times. Supervised children are limited to the following areas:
 - Children under 10 years old are only permitted to use the track
 - Children 10-13 years old are only permitted to use the cardio equipment and track

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

Specialty Fitness Programs



FITNESS

DAP Strength & Conditioning

Ages 13-17

This program teaches young athletes the foundation components of athleticism through a fun, motivating and dynamic training environment. We will focus on injury prevention, developing agility, power, core strength, speed, and improve flexibility. All athletes preparing for his/her upcoming sports seasons are welcome and encouraged to participate. Please note children age 12 and 13 years old will train separately from participants 14 years of age and older.

Monday, Wednesday, & Friday 1:00 PM - 2:30 PM (rain or shine)

June 22- July 31, 2020 (6-weeks)

Full 6-week session: \$120

Daily Drop-In \$10 per day

Mini DAP

Ages 8-12

Based on the training principles of D.A.P., Mini D.A.P. is suited for children age 8-11 seeking opportunities to improve their overall athleticism.

Tuesday & Thursday 10:00 AM - 10:45 AM

June 23- July 28, 2020 (6-weeks)

Daily Drop-In \$5 per day

BOYCE MAYVIEW TRIATHLON TRAINING CAMP (BMTC)

Ages 7-12

This training program will allow for complete immersion in triathlon training for every triathlete who attends. From first timers to experienced triathletes, there will be a place for everyone. Our camp is broken down into 4 training sessions followed by a triathlon.

Tuesday, June 30- Swim 1:00- 2:00 PM

Tuesday, July 7- Bike 1:00- 2:00 PM

Tuesday, July 14- Run 1:00- 2:00 PM

Tuesday, July 21- All Components 1:00- 2:00 PM*

Saturday, July 25- Youth Triathlon**

**To participate in this class, attendees must also attend prior meeting dates listed above.*

***Please note, there are no awards or official timing for this event. Participants interested in the Youth Triathlon ONLY are welcome to register, however, will be charged the full price of the training camp. \$30 Members / \$35 Non-Members*

FAST FITNESS

Ages 18+

Designed for college-age students, the goal of this program is to improve endurance, core strength, and functional movement. Training sessions include low and high intensity cardio, full body strength conditioning, yoga, cycling, and TRX.

Tentatively starting June 2020

Class day and time TBA

Daily Drop-In \$10 per day

ADULT INDOOR TRIATHLON & TRAINING PROGRAM

Ages 18+

Have you ever wanted to participate in a triathlon, but you weren't sure where to begin? Well, look no further- join us for a 4-week training program & indoor triathlon specifically for adults.

Race distances include: 0.5-mile swim in our indoor pool, 12.5-mile bike on our cycling bikes, and a 3-mile run on our indoor track. Expect music, lights, and cheering to help you get through your indoor triathlon experience! Maximum participants: 15 individuals

Indoor Triathlon Training (4-Weeks):

Begins Week of July 6, 2020 / Specific Training Dates & Times: TBD*

**1 group session per week*

Indoor Triathlon Race:**

Sunday, August 2, 2020, 8:00- 11:00 AM

Race Check-In at 8:00AM / Race Start Time: 8:30AM

***Registration for the Indoor Triathlon (8/2/20) is permitted without attending the training camp, however, registrants will be charged the full price of the training camp.*

\$20 Members / \$25 Non-Members

PERSONAL TRAINING & WELLNESS SERVICES

Meet your goals with the help of our staff! A Personal Trainer will design a safe, effective and personalized fitness program, keep you accountable and help you maintain your motivation.

A variety of training options are available. These include but are not limited to one-on-one training, semi private training or small group trainings. Select an option that allows you to reach your goals!

Personal Training

Stay committed to your exercise program with one-on-one guidance from a fitness professional. Programs are designed to help you achieve your goals in a progressive manner. Four session, eight session or twelve session* packages are available for purchase. Each session lasts either 1-hour or 30 minutes.

Individual (Adults age 22-61): \$55 per hour Member/
\$60 per hour Non-Member

Senior (Adults age 62 and up): \$35 per hour Member/
\$40 per hour Non-Member

Student Athlete (Youth age 12-21): \$40 per hour Member/
\$45 per hour Non-Member

**Receive a 10% discount on purchases of 12 session packages*

Small Group Training

Small Group Training is different from one on one training or traditional group exercise classes because it allows a trainer to tailor workouts for up to six participants. These classes are intentionally small to provide an encouraging atmosphere and individualized progression/skill development. All classes are open to both C&RC members and Non-Members age 16 and older.

Fees: 4-session package: \$36.00 Members /\$42 Non-members*

8-session package: \$72.00 Members / \$84.00 Non- members*

Invigorate Monday 9:30-10:30 AM

This is a high intensity strength and conditioning program, which incorporates a variety of weightlifting and cardio movements. This small group training requires the participant to have previous experience in weightlifting*. Classes are held on the Fitness Floor. Drop-ins permitted if class is not full and you have previous weight lifting experience.

**If you are new to weightlifting and have an interest in participating in this type of exercise, please contact Lisa Reutzel at reutzel@twpusc.org*



Fitness and Nutrition Assessment

Not getting the results you have been looking for? Missing your motivation or need that push to get you started? Let us help you! By utilizing our new BioEx Assessment Software, we will design a comprehensive program including exercise and nutritional guidance to best suit your needs. Once completed, take advantage of your free 1-hour follow-up appointment to discuss your progress and how to keep moving forward.

Take the next step to a healthier you and try our assessment today!

*** New Client ***
Special
3 Personal Training Sessions for \$99
Offer valid for all new personal training clients.
No membership necessary

Health Coaching Services

Whether your goal is to lose weight, increase energy, or improve your nutrition, a Health Coach will take the time to listen to your concerns and guide you toward reaching your goals. Your Health Coach will provide support and inspiration to make positive and lasting changes to your mental, physical, and emotional well-being. No matter what condition or ailments you may have, a Health Coach can help you achieve a thriving life. How does Health Coaching differ from Personal Training? Rather than designing a safe and effective fitness program, a health coach focuses on helping clients with behavior change, increasing activity, developing healthy eating practices, and lifestyle behaviors. *
**If health coach determines a need for Personal Training, a 10% discount will apply to the New Client Special only.*

Health Coaching Includes:

- Weekly meetings and daily check-ins
- Assessments and readiness for lifestyle change
- Managing obstacles to change & how to overcome them
- Goal Setting
- Nutrition & Exercise Log Review

Fee: 4 session package- \$260 Members / \$280 Non-Members*

***This is a 4-week commitment. If you are not able to meet in person, a remote meeting may be scheduled.**

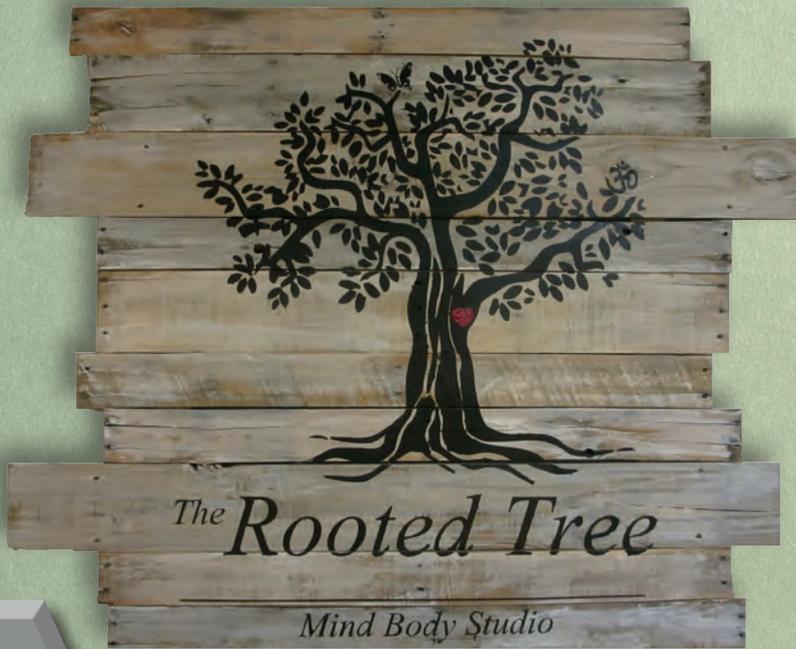
Not sure if you ready to commit? Meet with our Health Coach for a complimentary Readiness Assessment (30-minutes)! For more information on this service, contact Maura Trombetta, Fitness Coordinator: trombetta@twpusc.org or 412-221-1099 ext. 623

Assessment Includes:

- Health Questionnaire
- Goal Setting
- Fitness Testing*
**Wear athletic clothes/shoes, and bring a water bottle*
- Diet Analysis
- Detailed Fitness & Nutrition Report
- 1 follow-up appointment

Fees: \$30.00 Member/ \$35.00 Non-Member

THE ROOTED



Welcome to *The Rooted Tree* *Mind Body Studio.*

We offer a variety of Yoga, Yoga with HIIT, Pilates practices, including Pilates Reformer, PIYO, Barre, Foam Rolling, and Meditation to suit all of your needs and fitness levels. Let our certified instructors guide you through a safe and effective workout in the tranquil surroundings of our cozy studio.

FITNESS

YOGA

All classes are open to both C&RC Members and Non-Members age 14 and older.

Members may purchase a Fit Pass* or pay a drop-in fee (\$12) to participate.

Non-Members are welcome to participate by paying the drop-in fee (\$12). Classes that are free for members are noted below.

*A Fit Pass grants members access to all Yoga, Cycling, and fee-based Water Exercise classes. Passes do not expire.

Please choose from any of the options listed below:

5 classes for \$25, 10 classes for \$50, or 20 classes for \$100

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.

Wednesday 9:30 AM – 10:30 AM

Thursday 8:30 AM – 9:30 AM

Thursday 6:30 PM – 7:30 PM

Friday 9:30 AM – 10:45 AM

Power Flow Yoga

A class for all levels, we will use a flowing sequence of yoga postures that will build strength, increase flexibility and balance. This dynamic Vinyasa series links breath with movement while practicing effort and ease.

Tuesday 6:30 PM – 7:30 PM

Saturday 9:30 AM – 10:45 AM

H.I.I.T. with Yoga

High Intensity Interval Training (H.I.I.T.) is a full body workout that alternate periods of relatively intense work with periods of less intense work or rest. Yoga is the practice of poses that combines deep breathing with slow strengthening movements and stretches which are so important for overall health and flexibility.

Wednesday 5:30 PM – 6:30 PM

FREE for Members

Yoga with H.I.I.T.

Yoga segments combined with short periods of high intensity interval training make this class a perfect combination of stretching, strength and cardio!

Tuesday 9:30 AM – 10:30 AM

FREE for Members

Reverse Warrior

A yoga inspired class with stretching, strengthening and lengthening to reverse the effects of the weekday and weekend warrior.

Friday 5:45 AM - 6:45 AM

FREE for Members

PLEASE NOTE: Class days and times are subject to change. For the current class schedule, please visit our website at www.twpusc.org/crc/group_exercise.

TREE STUDIO

BARRE, MAT PILATES, & PIYO

All classes are open to both C&RC Members and Non-Members age 14 and older. The classes listed below are free for members. Non-Members are welcome to participate by paying the drop-in fee (\$12).

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.

Tuesday 11:00 AM -12:00 PM

Friday 10:00 AM – 11:00 AM

PIYO

This class is a combination of mat pilates and yoga to create a core strengthening and flexibility workout.

Monday 6:30 PM – 7:30 PM

Sunday 12:30 PM – 1:30 PM

Mat Pilates

Mat Pilates classes strengthen and tone all of the body's core muscles through targeted exercises. Mat Pilates challenge you to focus on specific muscle groups while building core strength. Strong core muscles support the spine and reduce back pain. No Pilates experience is necessary, this class is appropriate for students of all ability levels.

Monday 10:30 AM – 11:30 AM

Tuesday 10:00 AM – 11:00 AM

PILATES REFORMER

All classes are open to both C&RC Members and Non-Members age 14 and older. Participants may register for one month* or pay a drop-in fee per class. *Fit Pass cannot be used for Pilates Reformer classes.* Space is limited. Registration is strongly encouraged.

***Registration Fee (per class):** \$16 Member/ \$18 Non-Member

Please note that the registration fee is charged per month. If there are 4 classes in a month the total cost is \$64 Member/ \$72 Non-Member. If there are 5 classes in a month the total cost is \$80 Member/ \$90 Non-Member.

Drop-In Fee (per class): \$18 Member/ \$20 Non-Member

Pilates Reformer I

A 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.

Monday 9:15 AM – 10:15 AM

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.

Tuesday 9:00 AM – 10:00 AM

Wednesday 9:00 AM – 10:00 AM

Wednesday 10:00 AM- 11:00 AM

Thursday 9:30 AM – 10:30 AM

Thursday 10:30 AM – 11:30 AM

YOGA UNDER THE STARS

Saturday, August 22, 2020

Join us as we practice yoga at night in our beautiful outdoor studio nestled against the trails and trees of Boyce Mayview Park. Participants (age eight and up) of all levels are invited to attend class, and then enjoy socializing post-class around a bonfire. Free for all participants- no membership necessary!

Foam Rolling/Stretching

Foam rolling teaches the basics of using a foam roller to lengthen fascia and muscles, improve flexibility, function & performance, and helps reduce injury. This class includes stretching, core and range of motion exercises.

Monday 8:00 AM – 9:00 PM

FREE for Members

Meditation

This class teaches the various techniques of mediation by which a person achieves a greater sense of awareness, wisdom, introspection and a deeper sense of relaxation.

Thursday 12:00 PM – 1:00 PM

FREE for Members

FITNESS

PLEASE NOTE: Class days and times are subject to change. For the current class schedule, please visit our website at www.twpusc.org/crc/group_exercise.

GENERAL GROUP EXERCISE CLASSES

All classes are open to both C&RC Members and Non-Members age 14 and older. The classes listed below are free for members. Non-Members are welcome to participate by paying the drop-in fee (\$12).

Piloxing

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. 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.

Friday 11:00 AM – 12:00 PM

TRX

The TRX system leverages gravity and your bodyweight to perform exercises. You will adjust your body position to increase or decrease resistance. This class builds a strong core and increases muscular endurance.

Monday 10:30 AM – 11:30 AM

Thursday 10:30 AM – 11:30 AM

Monday 5:30 PM – 6:30 PM

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.

Tuesday or Thursday 5:45 AM – 6:45 AM

Wednesday 9:30 AM – 10:30 AM

Kettlebell Cardio

Kettlebell Cardio emphasizes functional movements completed with proper form to safely increase core strength and improve overall strength, stamina, endurance and cardiovascular performance.

Wednesday 10:30 AM – 12:00 PM

Friday 10:30 AM – 12:00 PM

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.

Thursday 6:30 PM – 7:30 PM

H.I.I.T.

High Intensity Interval Training is a total body, heart pumping, aerobic and strength workout. This interval-based class combines full-body strength training with high intensity cardio designed to tone your body, improve endurance, strength, core and functional movement.

Thursday 10:30 AM – 11:30 AM

Cardio Interval Training

This variety-filled class combines step, strength and core exercises all in one great cardio class! All levels welcome!

Monday 10:30 AM – 11:30 AM

Total Body Thursdays

30 minutes of a total body workout. Some of the exercises will be lunges, squats, deadlifts, and push-ups as well as other upper body strength and abdominal work.

Thursday 10:30 AM – 11:00 AM

30-minute ABS

This 30-minute class will help strengthen the muscles in your abs and lower back!

Thursday 11:30 AM – 12:00 PM

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!

Monday 9:15 AM – 10:15 AM

Cardio Boot Camp

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

Tuesday 9:15 AM – 10:15 AM

Tuesday 6:30 PM – 7:30 PM

Thursday 9:15 AM – 10:15 AM

Saturday 8:00 AM – 9:00 AM

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.

Friday 9:15 AM – 10:15 AM

Cycle Interval

A blend of cycling and high intensity interval training. This is a fast-paced workout, but modifications will be provided.

Monday 9:30 AM – 10:30 AM

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.

Wednesday or Saturday 9:15 AM – 10:15 AM

P90X

This total body workout uses resistance and body weight training along with cardio, plyometric and ab work for an amazing class.

Sunday 12:30 PM – 1:30 PM

ABC

In this workout, you will use a variety of equipment and moves that will target your arms, booty, and core (ABC) so you will burn fat and tone muscles simultaneously. All fitness levels are welcome!

Wednesday 6:30 PM – 7:30 PM

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. All classes are open to both C&RC Members and Non-Members age 14 and older. Members may purchase a Fit Pass* or pay a drop-in fee (\$12) to participate. Non-Members are welcome to participate by paying the drop-in fee (\$12). Classes that are free for members are noted below.

*A Fit Pass grants members access to all Yoga, Cycling, and fee-based Water Exercise classes. Passes do not expire. Please choose from any of these options: 5 classes for \$25, 10 classes for \$50, or 20 classes for \$100



Tuesday

5:45 AM – 6:45 AM

9:30 AM – 10:30 AM

Studio 2

Wednesday

5:45 AM – 6:45 AM

Studio 2

Thursday

9:30 AM – 10:30 AM

7:30 PM – 8:30 PM

Studio 2

Friday

8:45 AM – 9:45 AM

Studio 2

Saturday

8:00 AM – 9:00 AM

9:30 AM – 10:30 PM

Studio 2

FITNESS

DANCE CLASSES

All classes are open to both C&RC Members and Non-Members age 14 and older. The classes listed below are free for members. Non-Members are welcome to participate by paying the drop-in fee (\$7).

Dance Cardio Fitness

When the beat drops, get ready to shake it up! This is a high intensity aerobic dance fitness class where you can sweat it out to Latin jams and today's hits.

Monday or Wednesday 6:30 PM – 7:30 PM

Dance It Out

This is a total body, high energy, cardio dance workout that is infused with 20 plus styles of dance including Hip Hop, Bollywood, Line dancing, Ballroom, Disco, 80's, Broadway, African, Russian, Irish, Hula, and so much more. Come join the fun!

Tuesday 5:30 PM – 6:30 PM

Thursday 6:30 PM – 7:30 PM

Saturday 11:00 AM – 12:00 PM

PLEASE NOTE: Class days and times are subject to change. For the current class schedule, please visit our website at www.twpusc.org/crc/group_exercise.

BOOMER & SENIOR CLASSES

All classes are open to both C&RC Members and Non-Members age 62 and older. The classes listed below are free for members. Non-Members are welcome to participate by paying the drop-in fee (\$7).



FITNESS

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.

Wednesday or Friday 11:00 AM – 12:00 PM

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!

Monday or Wednesday 8:15 AM – 9:15 AM

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.

Thursday 11:30 AM – 12:15 PM

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!

Monday or Thursday 12:00 PM – 1:00 PM

T'ai Chi

Designed for health, balance and mental fitness, this class is a Chinese martial art form of meditative exercise, characterized by methodically slow circular and stretching movements, and positions of bodily balance. All fitness levels welcome.

Monday 12:15 PM – 1:00 PM

Thursday 11:35 AM – 12:20 PM

Strong Bodies/Strong Bones

This joint friendly, bone-hardening program strengthens the spine, hips, wrists and ankles. This workout is designed to improve bone density, reduce fractures and manage osteoporosis. You will work on balance and improve muscle tone with this class.

Monday 1:15 PM – 2:15 PM

Boomer Balance & Flexibility

Gentle exercise for boomers and seniors incorporating an active warm up, chair and / or standing work, stretching to promote flexibility and special exercises to enhance balance.

Wednesday or Friday 12:00 PM – 12:45 PM

Boomer Boxing

This class is for those interested in learning the sport of boxing. Classes will consist of drills involving footwork, technique and sparring.

Monday 2:05 PM – 3:05 PM

Thursday 1:05 PM – 2:05 PM

Chair Yoga

A gentle 45-minute class suited for those who prefer not to be down on the floor. No mats and keep your shoes on. Yoga poses are done seated in a chair or standing, using the chair to help with

support and balance. Classes offer a well-rounded variety of yoga poses, breath work and relaxation designed to leave you feeling stronger, more flexible, calm and energized!

Tuesday 11:30 AM – 12:15 PM

Boomer & Senior Aquatics Classes

In addition to our land-based classes, participants age 62 and older are encouraged to join our water exercise classes. The classes listed below are free for members. Non-Members are welcome to participate by paying the drop-in fee (\$7). Please refer to page 34 for details.

Water Walking • Hydro Strength • Aqua Boot Camp • Water T'ai Chi • Aqua Step & Core • Aqua Step Challenge

PLEASE NOTE: Class days and times are subject to change. For the current class schedule, please visit our website at www.twpusc.org/crc/group_exercise.

TEAR OUT HERE

USC Community Day- Cirque du St. Clair Color Run/Walk for Fun Registration Form

Saturday, May 16, 2020- 9:00 AM Start at USCHS Stadium (Truxton Rd Entrance)

Please complete one registration form per participant.

Name _____ Age as of May 16, 2020 _____

Address _____ Gender _____

Preferred Phone Number _____ Email _____

Early Registration now through May 1, 2020 _____ \$13.00 Race Entry (T-Shirt guaranteed with early registration.)

*Please circle shirt size: Child M Adult S M L XL

Standard Registration May 2- May 16, 2020 by 8:15 AM _____ \$15.00 Race Entry***

*** No registrations will be accepted after 8:15 AM day of race, ONLY cash or check made payable to Upper St. Clair Recreation will be accepted day of race. T-Shirts are not guaranteed, but may be available in limited quantities.

Consent Release Form: I agree to hold the Township of Upper St. Clair, Upper St. Clair School District, the Community Day committee and volunteers, and/or any employees of thereof harmless and blameless for any accident or injury which may occur while participating in the Run/Walk for Fun.

Signature (Parent/Guardian if under age 18) _____

Date _____

Please return completed form and payment to Community & Recreation Center 1551 Mayview Rd Upper St. Clair, PA 15241.

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 _____ Preferred Phone _____

Secondary 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, below signed does hereby waive, release, save, and hold harmless and indemnify the Township of Upper St. Clair, its employees, agents, and independent contractors for any and all claims for damage or personal injury to me or loss of property which may be caused by any act or failure to act on the part of the Township of Upper St. Clair, its employees, agents, and independent contractors.

To the best of my knowledge, the listed participant is of normal health — having no allergies, physical defects, or illness that would require him/her to abstain from a normal program of physical activity.

Photo Release: By registering for any USC Recreation program, class, or event you are agreeing to allow publication of any photos taken of you and or your child(ren) at any program, class, event, or facility of the Recreation Department.

Please indicate any special needs or allergies here _____

Participant/Parent/Guardian Signature _____ Date _____

TEAR OUT HERE

2020 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 USC _____	Spring USC _____	Summer USC _____
Spring Tiny Tots _____	Summer Tiny Tots _____	Spring Cardio _____	Summer Cardio _____
Spring Cardio _____	Summer Tennis at Baker Park (Ages 8-12) Orange Ball _____		

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.



Counselor-In-Training Program 2020 (CIT)

To become a Counselor-In-Training (CIT), those aged 13-15 must pick up an application at the Community & Recreation Center (C&RC). After it has been returned and reviewed, Camp St. Clair's Director of Leadership will contact the applicant to set up an interview. Once a decision has been reached, the Director of Leadership will contact the applicant with a decision on acceptance into the program. Upon acceptance, the \$40 program fee will become due before the beginning of camp, 6/16/2020, along with completion of an information sheet. Payment is **only** accepted at the C&RC.

Session Dates:

Session 1: June 16-July 2

Session 2: July 6-24

8:45 AM-11:45 AM

The session must be worked in its entirety. Splitting the sessions, choosing days, working the afternoon, working both sessions, etc. is **NOT** an option. The program is **morning only**. Session preference not guaranteed; apply early for the best chance at working your desired session.

TEAR OUT HERE



Registration Form 2020

Please complete one form per camper.

Camper Name: _____ Gender: _____

Grade as of Fall 2020: _____ Age: _____ Birth Date: _____

Preferred Phone: _____ Email Address: _____

Choose your weeks:

CAMP ST. CLAIR Grades 1-7 (Resident Only)	PAWS Ages 3-6
<input type="checkbox"/> Week 1: June 16-19 \$75	<input type="checkbox"/> Week 1: June 16-19 \$110
<input type="checkbox"/> Week 2: June 22-26 \$75	<input type="checkbox"/> Week 2: June 22-26 \$110
<input type="checkbox"/> Week 3: June 29-July 2 \$75	<input type="checkbox"/> Week 3: June 29-July 2 \$110
<input type="checkbox"/> Week 4: July 6-10 \$75	<input type="checkbox"/> Week 4: July 6-10 \$110
<input type="checkbox"/> Week 5: July 13-17 \$75	<input type="checkbox"/> Week 5: July 13-17 \$110
<input type="checkbox"/> Week 6: July 20-24 \$75	<input type="checkbox"/> Week 6: July 20-24 \$110
<input type="checkbox"/> All 6 Weeks* \$410 <i>*Price expires after 6/12/2020</i>	<input type="checkbox"/> All 6 Weeks \$620 <i>Price expires after 6/12/2020 or maximum (40) reached</i>

AMOUNT ENCLOSED: _____

Parent/Guardian Name & Emergency Contact(s) Information

#1: _____ Relationship: _____ Phone: _____

#2: _____ Relationship: _____ Phone: _____

#3: _____ Relationship: _____ Phone: _____

Please designate up to 3 additional adults who have permission to pick up your child.

#1: _____ Relationship: _____ Phone: _____

#2: _____ Relationship: _____ Phone: _____

#3: _____ Relationship: _____ Phone: _____

Please list any allergies, medical conditions, physical limitations, or special concerns:

Allergies? Yes No _____

If yes, explain: _____

NOTE: RELEASE OF CLAIMS—Please read and sign below.
 In consideration of the Township of Upper St. Clair granting me, and those listed on this form, permission to engage in recreational department activities, the below signed does hereby waive, release, save, and hold harmless and indemnify the Township of Upper St. Clair, its employees, agents, and independent contractors for any and all claims for damage or personal injury to me or loss of property which may be caused by any act or failure to act on the part of the Township of Upper St. Clair, its employees, agents, and independent contractors. To the best of my knowledge, the listed participant 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.

Policies:

- All 6 Weeks price available **ONLY** until 6/12/2020, after which point weeks will need to be purchased individually with no discounted price.
- There will be no refunds or prorations for days or weeks missed. Refunds can be given up until your child's first day of each registered week.

Parent/Guardian Signature: _____ Date: _____

TEAR OUT HERE

TEAR OUT HERE

PROGRAM & CLASS OFFERINGS BY AGE

Family Fun for All Ages

Family Art in the Park

Toddler & Pre K (Ages 0-6)

Happy Tummy Time (Ages 6 wks. – crawlers)
Dance Exploration I Ages 3-4
Toddler Sports Age 2
Hummingbirds Soccer Ages 3-4 and 5-6
Paws Ages 3-6
Parent/Child and Group Swim Lessons
Pre-K Intro to Multi Sports Ages 3-5
Mini Kicks Soccer Camp Ages 4-7
T-Birds T-Ball Ages 3-4

Youth (Ages 5 and Up)

Dance Explorations II Ages 5-7
Babysitter Basics Ages 11-13
Bicycling Ages 6+
Hummingbirds Soccer Ages 5-6
Spring Break Sports Camp Grades K-5
Private and Group Swim Lessons
Check and Checkmate Ages 6+
Mini Med School Grades 1-5
Create-A-Kite Workshop Ages 8+
Camp St. Clair Grades 1-7
Earth and Space Lab Grades 1-6
Future Footballers Academy Boys and Girls Grades 5-8
Junior Panther Academy Ages 8-14
Rookie League Baseball Ages 5-7
Sports Around the World Camp Grades 1-5
College Days Camp Grades 1-5
Gemini Theater Camp Ages 4-11
Mini Kicks Soccer Camp Ages 4-7
Ultimate Obstacle Training Camp Ages 4-6
Tokyo Olympic Medal Camp Ages 4-6
Fitness Challenge Camp Ages 4-6
Secret Agent Lab Camp Grades 1-6
Red Hot Robots II Camp Grades 3-6
Kids in the Kitchen Camp Ages 6-9
Pets & Animals Art Camp Grades K-3
Super Hero Training Camp Ages 3-5
Tennis in the Park Ages 8-12
Basketball for Girls by Girls Grades 3-8
Boys Youth Basketball Grades 4-8
Mini Hoops Basketball Camp Boys/Girls Grades 1-3
Mini DAP Ages 8-12
Boyce Mayview Triathlon Training Camp Ages 7-12

Boomers & Seniors (Ages 62 and Up)

American Mahjongg for Beginners
Art Experience
Entertainment Day
Cards & Games
Older Driver Refresher Course
Outdoor Afternoons
Derby Day
Senior Personal Training 62+
Zumba Gold / Zumba Dance, Strength & Sculpt
Senior Fit
Boomer Bootcamp
Tai Chi
Strong Bodies/Strong Bones
Boomer Balance and Flexibility
Boomer Boxing
Chair Yoga

Teens & Adults (Ages 13 and Up)

Intro to Strength Ages 14-15
Dog Training-Handlers Ages 16+
American Mahjongg for Beginners Ages 13+
Pickleball Ages 14+
Aqua Interval Ages 14+
Deep Sea Aerobics Ages 14+
Gentle Movement Ages 14+
Hydro Strength Ages 14+
Aqua HIIT Ages 14+
Aqua Step and Core Ages 14+
Aqua Boot Camp Ages 14+
Water Tai Chi Ages 14+
Water Walking Ages 14+
Personal Training Ages 12+
Invigorate Ages 16+
Adult Volleyball Nights Ages 18+
Adult Learn to Swim Program Ages 16+
Fitness Swimming for Adults Ages 16+
Junior Lifeguarding Summer Camp Ages 11-14
Lifeguard Course Ages 15+
Lifeguard Review Ages 15+
Lifeguard Instructor Course Ages 17+
Lifeguard Instructor Trainer Review Course Ages 17+
Water Safety Ages 16+
Fitness and Nutrition Assessment Ages 16+
Health Coaching/Seminar Services Ages 16+
All Levels Yoga Ages 14+
Power Flow Yoga Ages 14+
Restorative Yoga Ages 14+
HIIT with Yoga/ Yoga with HIIT Ages 14+
Barre-Pilates Fusion Ages 14+
Barre Sculpt Ages 14+
Mat Pilates Ages 14+
PIYO Ages 14+
TRX Ages 14+
Reverse Warrior Ages 14+
Foam Rolling/Stretching Ages 14+
Meditation Ages 14+
Pilates Reformer I & II Ages 14+
Cycling Ages 14+
Dance Cardio/Dance it out Ages 14+
Piloxing Ages 14+
Athletes Workout Ages 14+
Kettlebell Cardio Ages 14+
Insanity Ages 14+
HIIT Ages 14+
Cardio Interval Training Ages 14+
Total Body Thursdays Ages 14+
30 Minute Abs Ages 14+
Butz and Gutz Ages 14+
Cardio Boot Camp Ages 14+
Super Circuit Ages 14+
P90X Ages 14+
Kids in the Kitchen Camp Ages 10-14
Counselor in Training Ages 13-15
Cartooning and Anime Art Camp Grades 3-8
Youth Indoor Volleyball Boys & Girls Grades 4-7
Academy Indoor Volleyball Boys/Girls Grades 8-12
Soccer-Fit Skill & Conditioning Boys/Girls Grades 9-12
Junior Panther Academy Ages 8-14
Boys Youth Basketball Grades 4-8
Learn LAX Boys/Girls Grades 1-6
Future Footballers Academy Boys and Girls Grades 5-8
Youth Beginner Pickleball Clinic Ages 10-14
Adult Slow Pitch Softball League Ages 18+
DAP Strength & Conditioning Ages 13-17
Fast Fitness Ages 18+
Adult Indoor Triathlon Training Program Ages 18+

TEAR OUT HERE

TEAR OUT HERE

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2020 Spring/Summer Events

Arts & Chocolate Spectacular

Saturday, March 28, 2020

Egg Hunt (MAC)

Saturday, March 28, 2020

MLB Pitch Hit & Run

Sunday, April 26, 2020

USC Community Day

Saturday, May 16, 2020

Water Safety Day

Friday, May 22, 2020

Outdoor Pool Opens

Saturday, May 23, 2020

Blood Drive

Thursday, May 28, 2020

World's Largest Swimming Lesson

Thursday, June 18, 2020

C&RC Annual Facility Closure

Sunday, August 16- Friday, August 21, 2020

Outdoor Pool Closes

Monday, September 7, 2020



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

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Community & Recreation Center at Boyce Mayview Park

1551 Mayview Road • Upper St. Clair, PA 15241

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www.twpusc.org