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

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

www.twpusc.org
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**REGISTER ONLINE**

[http://www.twpusc.org/crc/registration](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

<table>
<thead>
<tr>
<th>Service Location</th>
<th>Hours of Operation</th>
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<tbody>
<tr>
<td>Recreation Administration Office</td>
<td>Monday – Friday 8:00 AM – 4:00 PM</td>
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<tr>
<td>Tennis/Golf Administration Building</td>
<td>Monday – Sunday 8:00 AM – 10:00 PM</td>
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<tr>
<td>C&amp;RC Membership Office</td>
<td>Monday – Friday 8:00 AM – 8:00 PM</td>
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<td>Saturday 10:00 AM – 2:00 PM</td>
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<tr>
<td>Facility Rentals Office</td>
<td>Monday and Wednesday 11:00 AM – 7:00 PM</td>
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<td></td>
<td>Tuesday, Thursday and Friday 9:00 AM – 5:00 PM</td>
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<tr>
<td>Upper St. Clair Parks</td>
<td>Monday – Sunday Dawn to Dusk</td>
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<tr>
<td>C&amp;RC Indoor Facility*</td>
<td>Monday – Thursday 5:30 AM – 10:00 PM</td>
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<td></td>
<td>Friday 5:30 AM – 9:00 PM</td>
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<td>Saturday 6:30 AM – 5:00 PM</td>
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<td></td>
<td>Sunday 12:00 PM – 5:00 PM</td>
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<tr>
<td>C&amp;RC Outdoor Aquatics Facility**</td>
<td>Monday – Sunday 11:00 AM – 7:00 PM</td>
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* 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?

<table>
<thead>
<tr>
<th>In Person</th>
<th>Online</th>
<th>By Mail</th>
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<tbody>
<tr>
<td>At the Community &amp; Recreation</td>
<td>At <a href="http://www.twpusc.org/crc/registration">www.twpusc.org/crc/registration</a></td>
<td>Send registration form and appropriate fee to:</td>
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<td>Center during normal hours of</td>
<td>Now without additional fees!</td>
<td>Community &amp; Recreation Center</td>
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<td>operation.</td>
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<td>Program Registration</td>
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<td>1820 McLaughlin Run Road</td>
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<td>Upper St. Clair, PA 15241</td>
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</table>

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/uscrecreation
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

Pitch Hit & Run
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

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.
**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.

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**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!

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**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
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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.

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**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.

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**WORLD'S LARGEST SWIMMING LESSON**
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.

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**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!
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!*

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<thead>
<tr>
<th></th>
<th>Baker Park</th>
<th>Boyce Park</th>
<th>Byrnwick Park</th>
<th>Clair Park</th>
<th>Hays Park</th>
<th>Johnston Park</th>
<th>Marmion Field</th>
<th>Morton Complex</th>
<th>Municipal Park</th>
<th>Trotwood Park</th>
<th>Tustin Park</th>
<th>Wiltshire Park</th>
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<td>Tennis Court**</td>
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**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.**

**Spring Season**

*May 9 – June 21*

**Volunteers needed!**

*(Ages 12– Adult)*

For more information:

www.miracleleaguesouthhills.org

Email: info@miracleleaguesouthhills.org

Phone: (412) 660-4454

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

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: Byrnwick 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 |

### 2020 Outdoor Season Hourly Rate Fees:

| Resident: | Junior* - $6 | Adult – $10 | Non-Resident Junior* - $8 | Non-Resident Adult --$12 |

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](http://www.usctdp.com). Questions? Please call 412-831-2630.
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 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.

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 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.

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

Save 10% when registering for 10 or more days.

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

Junior Cardio Tennis
Information will be available for this Spring. Call 412.831.2630 for details.

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.
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

<table>
<thead>
<tr>
<th></th>
<th>Tiny Tots</th>
<th>Red Pre-Rally Player and Orange Pre Rally Player</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Day per week</td>
<td>$157.00</td>
<td>One Day per week (1 hr.) $ 177.00</td>
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<tr>
<td>Two Days per week</td>
<td>$294.00</td>
<td>Two Days per week (1 hr.) $334.00</td>
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<td></td>
<td></td>
<td>One Day per week (1.5 hrs.) * $277.00</td>
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<td>*Mon. 6-7:30</td>
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www.twpusc.org
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.

<table>
<thead>
<tr>
<th>Level 3.0 Fees</th>
<th>Levels 3.5, 4.5, 5 and 5.5 Fees</th>
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</thead>
<tbody>
<tr>
<td>One Day per week</td>
<td>$277</td>
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<tr>
<td>Two Days per week</td>
<td>$534</td>
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<tr>
<td>One Day per week</td>
<td>$338</td>
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<tr>
<td>Two Days per week</td>
<td>$656</td>
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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

<table>
<thead>
<tr>
<th>Tiny Tots</th>
<th>Beginner and Advanced Beginner</th>
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<tbody>
<tr>
<td>One Day per week</td>
<td>One Day per week</td>
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<td>Two Days per week</td>
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<td>One Day per week*</td>
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<td>$277</td>
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<td>*Mon. 6-7:30</td>
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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

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

Spring Clinic Fees (8 Weeks):
$232 One Day per Week $444 Two Days per Week
Summer Clinic Fees (8 Weeks):
$232 One Day per Week $444 Two Days per Week

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: One Day per Week $166 | Adult Cardio Fees: One Day per Week $166
Advanced Cardio Fees: One Day per Week $242 | Advanced Cardio Fees: 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
Family Art in the Park
Children through Adults (indicate number of family members upon registration)
We know you have a busy schedule. After a day of work for you and a day of camp or the pool for the kids, take an hour to relax and gather in Boyce Mayview Park to enjoy the surroundings and spend quality time with one another. Each evening will feature a different art project in which families can express their creativity together.
Monday 7:00 PM-8:00 PM  June 29, July 13, July 27, August 10
Boyce Mayview Pavilion (unless otherwise notified)
$60 per family for all 4 dates/ $20 per family for individual date

Happy Tummy Time
Ages 6 weeks to “crazy crawlers”
Join other parents for an hour of play with your littlest one. Bring your baby, bring your mat, and we will move and play together learning ways to increase tummy time. Learn how to provide the “workout” that your baby needs to develop head and neck control (which can decrease the chance of plagiocephaly – flat head syndrome). Discover what purposeful play looks like in the first few months of life and how routine care activities are opportunities for bonding, communication, and motor development. Classes are taught by a licensed pediatric physical therapist. Come for one or several sessions.
Wednesday 10:00 AM-11:00 AM  March 25, April 8, April 22, May 6
Saturday 10:00 AM-11:00 AM  April 4, April 18
$25 Member/ $30 Non-Member

Dance Explorations I
Ages 3-4
A positive and supportive introduction to the world of dance! Children will enjoy every minute moving to music, learning rhythm, and body discipline and awareness. Combining ballet, jazz, and tumbling, our fun classes led by the staff of Janet Hays and Company will develop positive self-esteem and a desire to learn more. Parents will have the opportunity to observe during the last class of each session.
Suggested attire: leotard, tights, or other comfortable clothing and ballet or jazz shoes.
Wednesday 5:30 PM-6:10 PM
Session I: June 17, 24, July 1, 8  Session II: July 22, 29, August 5, 12
$45 Member/ $50 Non-Member

Dance Explorations II
Ages 5-7
These classes led by the staff of Janet Hays and Company will include elements of ballet, jazz, tumbling, and MORE as your child learns and practices fundamentals and continues to grow in self-confidence and body discipline. School-age children will enjoy learning a variety of movement styles during each session. Parents will have the opportunity to observe during the last class of each session.
Suggested attire: leotard, tights, or other comfortable clothing and ballet or jazz shoes.
Wednesday 6:15 PM-6:55 PM
Session I: June 17, 24, July 1, 8  Session II: July 22, 29, August 5, 12
$45 Member/ $50 Non-Member

CANCELLED PROGRAM
Sometimes programs get cancelled because people waited too long to register.
Please register early to avoid disappointment.
**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 2: May 18 & 19**  
**Session 3: June 1 & 2**  
**Session 4: June 8 & 9**  
**Session 5: June 15 & 16**  
**Session 6: June 22 & 23**  
**Session 7: June 29 & 30**  
**Session 8: July 6 & 7**  
**Session 9: July 13 & 14**  
**Session 10: July 20 & 21**  
**Session 11: July 27 & 28**  
**Session 12: August 3 & 4**  
**Session 13: August 10 & 11**  
**Session 14: August 17 & 18**  
**Session 15: August 24 & 25**  
**Session 16: August 31 & September 1**

**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

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**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

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**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.

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**SENIORE 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.

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**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

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**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**

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**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**

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**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)**

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**Game Day**


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

*Doors Open at 12:15 PM*
**Camp St. Clair**

**Grades 1-7**

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!

**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!

**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

**Questions?**

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

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**Paws**

**Ages 3-6**

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**

**Baker Elementary School**

**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**

<table>
<thead>
<tr>
<th>Week</th>
<th>Theme</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1 - June 16-19</strong></td>
<td>Super Hero</td>
<td>$110</td>
</tr>
<tr>
<td><strong>Week 2 - June 22-26</strong></td>
<td>Wild Wild West</td>
<td>$110</td>
</tr>
<tr>
<td><strong>Week 3 - June 29-July 2</strong></td>
<td>Pets</td>
<td>$110</td>
</tr>
<tr>
<td><strong>Week 4 - July 6-10</strong></td>
<td>Under the Sea</td>
<td>$110</td>
</tr>
<tr>
<td><strong>Week 5 - July 13-17</strong></td>
<td>Dinosaurs</td>
<td>$110</td>
</tr>
</tbody>
</table>

**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.**

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**Questions?**

Please refer to the parent handbook for the most detailed information.
Community & Recreation Center Programs & Information • Spring/Summer 2020

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

*Bring snack & drink
**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
$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
$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
$185 Member/ $195 Non-Member

Price includes materials for assembly of own robot
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  
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  
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  
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  
Location TBD  
**$115 Member/ $125 Non-Member**  

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**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.  

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Community & Recreation Center Programs & Information • Spring/Summer 2020
**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**
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 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 - Thursday, July 9
Session II: Tuesday, July 14 - Thursday, July 16
Session III: Tuesday, July 21 - Thursday, July 23
Session IV: Tuesday, July 28 - 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-Uppers Clai 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

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**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**

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**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.

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**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**
Baker Park Basketball Courts

$50 Member/ $55 Non-Member

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**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

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**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

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**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
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 - 2:00 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.

**HOURS OF OPERATION**

**Indoor Facility**
- Monday-Thursday: 5:30 AM - 10:00 PM
- Friday: 5:30 AM - 9:00 PM
- Saturday: 8:30 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.

**Celebrate at the C&RC!**
The C&RC offers rental spaces for Pool Parties, Birthday 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.
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.
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.

<table>
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<tr>
<th>Lessons</th>
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<td>18</td>
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</table>

**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

<table>
<thead>
<tr>
<th>Days</th>
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<th>April 13 – May 23</th>
<th>June 8 – July 18</th>
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*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

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

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.
### Preschool Group Swim Lessons

**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

<table>
<thead>
<tr>
<th>Days</th>
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<th>April 13 – May 23</th>
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</table>

* 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)

<table>
<thead>
<tr>
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* 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

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
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<th>June 8 – July 18</th>
<th>July 27 – August 15</th>
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<td>6382</td>
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</table>

* 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

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>April 13 – May 23</th>
<th>June 8 – July 18</th>
<th>July 27 – August 15</th>
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</tr>
</tbody>
</table>

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

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**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

<table>
<thead>
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<th>Days</th>
<th>Times</th>
<th>April 13 – May 23</th>
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<th>July 27 – August 15</th>
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*No Saturday Class on July 4th, it will be on July 25th  **July 27-August 15 is a mini session of three classes

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**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

<table>
<thead>
<tr>
<th>Days</th>
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*No Saturday Class on July 4th, it will be on July 25th  **July 27-August 15 is a mini session of three classes

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**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.

<table>
<thead>
<tr>
<th>Days</th>
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*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.

<table>
<thead>
<tr>
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*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

<table>
<thead>
<tr>
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<tr>
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<td>7:15pm-7:55pm</td>
<td>6401</td>
<td>6464</td>
<td>6526**</td>
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<tr>
<td>Thursday</td>
<td>7:15pm-7:55pm</td>
<td>6402</td>
<td>6465</td>
<td>6527**</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00am-9:40am</td>
<td>6403</td>
<td>6466*</td>
<td>6528**</td>
</tr>
</tbody>
</table>

*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)

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>April 13 – May 23</th>
<th>June 8 – July 18</th>
<th>July 27 – August 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>5:15pm-5:55pm</td>
<td>6404</td>
<td>6467*</td>
<td>6529**</td>
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<tr>
<td>Tuesday</td>
<td>5:15pm-5:55pm</td>
<td>6405</td>
<td>6468*</td>
<td>6530**</td>
</tr>
</tbody>
</table>

**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)

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>April 13 – May 23</th>
<th>June 8 – July 18</th>
<th>July 27 – August 15</th>
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</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>11:30am-12:10pm</td>
<td>6406</td>
<td>6469*</td>
<td>6531**</td>
</tr>
</tbody>
</table>

*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 LEARN TO SWIM**

**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.

<table>
<thead>
<tr>
<th>Days</th>
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<th>April 13 – May 23</th>
<th>June 8 – July 18</th>
<th>July 27 – August 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>7:30am-8:15am</td>
<td>6407</td>
<td>6470</td>
<td>6532**</td>
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<tr>
<td>Tuesday</td>
<td>7:30pm-8:15pm</td>
<td>6408</td>
<td>6471</td>
<td>6533**</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>April 13 – May 23</th>
<th>June 8 – July 18</th>
<th>July 27 – August 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>7:30am-8:15am</td>
<td>6409</td>
<td>6472</td>
<td>6534**</td>
</tr>
</tbody>
</table>

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

**FITNESS SWIMMING**

**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.

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>April 13 – May 23</th>
<th>June 8 – July 18</th>
<th>July 27 – August 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday &amp; Thursday</td>
<td>6:00am-7:00am</td>
<td>6411</td>
<td>6473</td>
<td>6535**</td>
</tr>
</tbody>
</table>

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

### Water Exercise

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
<th>Fee(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aqua Interval</strong></td>
<td>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 &amp; Wednesday 7:15 PM - 8:00 PM</td>
<td>Free for C&amp;RC Members/ Silver Card Holder</td>
</tr>
<tr>
<td><strong>Deep Sea Aerobics</strong></td>
<td>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 &amp; resistance training and increase balance, flexibility and core strength. Monday 9:30 AM -10:15 AM</td>
<td>Free for C&amp;RC Members/ Silver Card Holder</td>
</tr>
<tr>
<td><strong>Gentle Movement</strong></td>
<td>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</td>
<td>Free for C&amp;RC Members/ Silver Card Holder</td>
</tr>
<tr>
<td><strong>Hydro Strength</strong></td>
<td>Class participants will focus on a total body strengthening routine which uses multiple pieces of resistance training equipment. Tuesday, Wednesday &amp; Thursday 9:15 AM - 9:45 AM</td>
<td>Free for C&amp;RC Members/Silver Card Holder</td>
</tr>
<tr>
<td><strong>Aqua Strengthen and Stretch</strong></td>
<td>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</td>
<td>Free for C&amp;RC Members</td>
</tr>
<tr>
<td><strong>Aqua HIIT</strong></td>
<td>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</td>
<td>Free for C&amp;RC Members</td>
</tr>
<tr>
<td><strong>Aqua Step &amp; Core</strong></td>
<td>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</td>
<td>Free for C&amp;RC Members/ Silver Card Holder</td>
</tr>
<tr>
<td><strong>Channel Challenge</strong></td>
<td>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</td>
<td>Free for C&amp;RC Members</td>
</tr>
<tr>
<td><strong>Aqua Boot Camp</strong></td>
<td>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</td>
<td>Free for C&amp;RC Members/Silver Card Holder</td>
</tr>
<tr>
<td><strong>Water Tai Chi</strong></td>
<td>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</td>
<td>Free for C&amp;RC Members/Silver Card Holder</td>
</tr>
<tr>
<td><strong>Water Walking</strong></td>
<td>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</td>
<td>Free for C&amp;RC Members/Silver Card Holder</td>
</tr>
<tr>
<td><strong>Summer Splash into Water Exercise</strong></td>
<td>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, &amp; August 13, 2020 7:15 PM -8:00 PM</td>
<td>Free for C&amp;RC Members</td>
</tr>
</tbody>
</table>

** PLEASE NOTE:** Class days and times are subject to change. For the current class schedule, please visit our website at [www.twpusc.org/crc/schedules](http://www.twpusc.org/crc/schedules).
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.

<table>
<thead>
<tr>
<th>Activity # 6331</th>
<th>Activity # 6332</th>
<th>Activity # 6333</th>
<th>Activity # 6334</th>
<th>Activity # 6335</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Deadline</td>
<td>Registration Deadline</td>
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<td>Registration Deadline</td>
<td>Registration Deadline</td>
</tr>
<tr>
<td>Thursday, April 28th 4PM-10PM</td>
<td>Tuesday, May 12th 4PM-10PM</td>
<td>Monday, June 15th 9AM – 5PM</td>
<td>Wednesday, July 8th 9AM – 5PM</td>
<td>Monday, August 3rd 9AM – 5PM</td>
</tr>
<tr>
<td>Thursday, May 5th 4PM-10PM</td>
<td>Tuesday, May 19th 4PM-10PM</td>
<td>Wednesday, June 17th 9AM – 5PM</td>
<td>Friday, 10th 9AM – 5PM</td>
<td>Wednesday, August 5th 9AM – 5PM</td>
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<tr>
<td>Thursday, May 7th 4PM-10PM</td>
<td>Thursday, May 21st 4PM-10PM</td>
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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

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<thead>
<tr>
<th>Activity # 6336</th>
<th>Activity # 6337</th>
<th>Activity # 6338</th>
<th>Activity # 6339</th>
<th>Activity # 6340</th>
<th>Activity # 6341</th>
<th>Activity # 6342</th>
<th>Activity # 6343</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, April 9 8AM – 6PM</td>
<td>Tuesday, April 14 4PM – 10PM</td>
<td>Tuesday, May 5 4PM – 10PM</td>
<td>Friday, May 22 8AM – 6PM</td>
<td>Friday, June 12 8AM – 6PM</td>
<td>Thursday, July 2 8AM – 6PM</td>
<td>Thursday, July 30 8AM – 6PM</td>
<td>Thursday, August 6 8AM – 6PM</td>
</tr>
<tr>
<td>Thursday, April 16 4PM – 10PM</td>
<td>Thursday, May 7 4PM – 10PM</td>
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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
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.

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**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

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**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
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
Community & Recreation Center Programs & Information  •  Spring/Summer 2020

**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

**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

**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!*

**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

*New Client Special*

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

---

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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
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<td>Thursday</td>
<td>8:30 AM – 9:30 AM</td>
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<td>Thursday</td>
<td>6:30 PM – 7:30 PM</td>
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<tr>
<td>Friday</td>
<td>9:30 AM – 10:45 AM</td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>6:30 PM – 7:30 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:30 AM – 10:45 AM</td>
</tr>
</tbody>
</table>

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.

<table>
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<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>5:30 PM – 6:30 PM</td>
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</table>

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!

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>9:30 AM – 10:30 AM</td>
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</tbody>
</table>

FREE for Members

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Friday</td>
<td>5:45 AM - 6:45 AM</td>
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</table>

FREE for Members

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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.
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

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

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, 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.

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<td>9:30 AM – 10:30 AM</td>
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</table>

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.
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 specifics areas to strengthen your core and sculpt the body. Improve muscle strength, posture, coordination and mobility while rocking to golden oldies, Latin sizzlers or the latest pop hits!
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

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.
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.

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 _______________________________

<table>
<thead>
<tr>
<th>First Name</th>
<th>Program</th>
<th>Session Dates</th>
<th>Day &amp; Time</th>
<th>Grade</th>
<th>D.O.B.</th>
<th>Fee</th>
</tr>
</thead>
</table>

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

ADULTS
Spring USC __________ Summer USC __________
Spring Cardio __________ Summer Cardio __________

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.
# 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:

<table>
<thead>
<tr>
<th>CAMP ST. CLAIR</th>
<th>Grades 1-7 (Resident Only)</th>
<th>PAWS</th>
<th>Ages 3-6</th>
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<td>Week 3: June 29-July 2</td>
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<tr>
<td>All 6 Weeks*</td>
<td>$410</td>
<td>All 6 Weeks</td>
<td>$690</td>
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</tbody>
</table>

*Price expires after 6/12/2020

## 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.

Parent/Guardian Signature: __________________________ Date: ____________

## 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.
**Family Fun for All Ages**

- Family Art in the Park

**Toddler & Pre K (Ages 0-6)**

- Happy Tummy Time (Ages 0-6 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

**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
- Adult 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+

**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
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

Community & Recreation Center at Boyce Mayview Park
1551 Mayview Road • Upper St. Clair, PA 15241
412.221.1099 • 412.221.6964 (f)
www.twpusc.org