

# Live Smarter

# Play Harder

MEMBER NEWSLETTER ▶ First Edition

**Welcome!** Our doors are now open...and a successful summer season has passed. We invite you to take a look inside to receive the latest updates on how you can Live Smarter. Play Harder. at The Community & Recreation Center!



Since the opening of our doors in June 2009 with approximately 2,000 Founders' Club Members and an additional 1,000 visionaries, our membership has soared to over 5,500 members. With an assortment of activities, the C&RC is the place to spend time with your family, friends, and community residents. With unlimited options for all, you can play basketball in the gymnasium, slide down the waterslides in the aquatic facilities or get in shape with a personal training session. In addition, a variety of fitness and aquatic classes are FREE to members. Stop by the Administration Office or Control Desk to pick up the latest class schedules.

## What's New?

The C&RC is constantly offering new programs, classes, discounts and competitions. Be sure to stop by the Administration Office to keep updated.

**C&RC general updates hotline:  
412-221-1099 Ext. 6**

## Fitness Coupons

- ▶ Four coupons per booklet that may be used for paid fitness classes.
- ▶ Benefits: Save \$ on drop-in rates, convenient, flexibility on choosing days and classes that work best for your schedule
- ▶ Current Booklets valid for Fall/Winter Sessions

## Adult Pick-Up Basketball

- ▶ Wednesday Night 8 p.m.-10 p.m.

## Semi-Private Personal Training

(see inside for more details)

## Thank you for following the C&RC guidelines.

As a friendly reminder, and for you and your family's safety:

- ▶ You must scan your membership card at each control desk for membership access.
- ▶ Cell phone usage is strictly prohibited in activity areas and locker rooms. Please use cell phones in hallways or lobby areas to place or receive calls.
- ▶ Athletic bags, books bags and jackets are to be stored in the first floor lockers.
- ▶ Children under the age of 10 must be accompanied by an adult at all times.
- ▶ Children under the age of 13 are not permitted in the building after 8:00 p.m. unless accompanied by an adult.

**If you have not yet had your photo taken at the Control Desk please do so at your next visit.**

## Coming Soon!

- ▶ Member Referral Program
- ▶ Member Wellness Contest
- ▶ FREE Member Seminar Series
- ▶ PADI Scuba Classes
- ▶ Bounty at Boyce Mayview Park Fest
- ▶ The Chili Golf Classic

Visit [www.livesmarterplayharder.org](http://www.livesmarterplayharder.org) to see the NEW WEBSITE! On October 1, 2009 the new C&RC website launched, offering program and class schedules and up to date information on what's happening.

## Live Green. Play Green.

### Ways to Save Your Green and Live Green at the C&RC.

Since the beginning of the development of the C&RC, living green has always been top priority. Structurally the building is designed and built to minimize energy usage throughout the facility. Design elements include thermal efficient glass, a highly intensive building shell, and the use of natural light and high-efficiency mechanical units. Remember to recycle your plastic bottles and containers as you exit the building. Recycle stations are located at the main control desk, exit and vending areas.

At the C&RC, there are also a variety of ways to save your green! Purchase a guest punch card to save you a total of \$35.00 for the combined annual membership compared to the 5 individual visit prices. Purchase an indoor guest punch card and save \$20.00 on 5 visits. Purchase a Tot Room monthly pass and you can save \$37.00/1 child compared to the individual visit rate for 31 days.

With a wide variety of walking, biking and dog trails you can walk or ride to the C&RC while getting a work out and saving your gas money! Stop by the main office to pick up a trail map and start living and saving green.

## Is your child a red fish, orange fish, yellow fish? Level one, two, three, four, five fish?



The C&RC offers Swim Lessons for ages 6 months – 13 years old! Lifeguards with American Red Cross and CPR certification are here to provide a fun swimming experience for all levels. Stop by the Administration office for more information and to register (4 week session). Private Adult and Child Swim Lessons are also available!



## Celebrate at the C&RC!

Since the opening of our doors in June, facility rentals continue to be a special addition to the center. To date, over one hundred birthday parties have been hosted in the Aquatic Classrooms as well as additional events and business meetings in the Community Rooms. The gymnasium basketball courts are also available to be rented for an after hours function. The C&RC has hosted a wide variety of events including bridal and baby showers, graduation parties and various community and organizational meetings. We look forward to hosting our first wedding reception and two bar mitzvah parties this year! To accommodate our renters, the Community Room includes customized setup-up based upon your rental needs and kitchen access. Aquatic Classroom rentals include 10 pool passes for non-members and access to the Indoor Leisure Pool for your guests. Book today by completing a facility rental request form, including a \$100.00 refundable security deposit at the C&RC main office. Rental confirmations take approximately 2-3 business days.



## Interested in Becoming a Lifeguard?

Take the first step to becoming a lifeguard with American Red Cross Lifeguard Course. If you are 15 years or older sign up today! Chris Biswick, Aquatic Supervisor, will instruct the certification classes during the month of November. Certification will take place at the C&RC indoor aquatics pool on the following dates and times:

November 10, 12, 17, 19 (5 p.m. - 9 p.m.)  
November 15 and 22 (9 a.m. - 5 p.m.)

Prices are as follows:

Member: \$180.00  
Resident Non-Member: \$195.00  
Non Resident/Non-Member: \$210.00

## The C&RC is here to help you **Live Smarter.**

With the holidays right around the corner, now is the time to take your fitness and workout regimen to a new level. With the highly qualified and certified staff, you will be sure to find a trainer that fits your specific needs. Our Exercise Physiologists and Personal Trainers can help you build a new exercise routine, keep you motivated, and see results.

Looking for a fun way to incorporate fitness into your life? Grab a friend and try the new Semi-Private Personal Training sessions. Offered to two individuals, the semi-private sessions are a great way to *keep motivated* and *feel comfortable* with a friend by your side.

<b>Semi-Private Training</b>			
	<b>Members</b>	<b>Res. NM</b>	<b>NM NR</b>
Level 1	\$35	\$45	\$55
Level 2	\$40	\$50	\$60
Level 3	\$45	\$55	\$65
Level 4	\$50	\$60	\$70

- Rate Per Person
- Trainer Level Tier is directly correlated to the trainers experience and certifications.
- Single sessions will be available only within a six month time frame after committing to a package of 8 or more sessions.
- 10% discount will be applied on packages of 12 sessions or more.

### **Healthy Holiday Tips**

1. Focus on talking more to party guests and eating less.
2. Avoid hanging around the buffet table at social gatherings.
3. Stick to high protein foods, fruit and veggies when assailed by groaning boards. Go for the turkey, the sliced meats, the fresh fruit and raw veggies (without the dip.)
4. Avoid high fat hors d'oeuvres such as cheese, nuts, saucy tidbits and fried anything. Instead, nibble on the veggies or chew gum and talk a lot.
5. Eat before you go to a holiday gathering. Have a small meal such as fruit and low fat cottage cheese, yogurt, a bowl of consommé with melba toast or a low-cal protein shake, a handful of grapes or an apple.

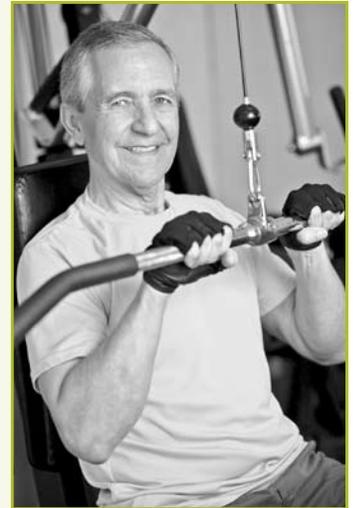
### **Take a look ahead...**

The C&RC staff is working hard to constantly bring members and residents new and exciting events. Several programs will be hosted in the fall to bring the community together, providing an opportunity to meet new people! The C&RC is looking forward to hosting a variety of teen, adult and family fun events. More information, such as themed dances and movie night, will be released in the upcoming weeks.

Do you have something exciting to share to the community? If you would like to share information on a hobby, your profession or are interested in teaching educational seminars for C&RC members please email [Povazan@twpusc.org](mailto:Povazan@twpusc.org) with your contact information as well as a brief summary of what you would like to share.

## **The United Senior Citizens of Upper St. Clair**

Each Wednesday from 10:00 a.m. until 4:00 p.m., a program is held for the Township's senior citizens. Retired residents, age 55 or older, are eligible for membership in the program, which is sponsored by the USC Recreation and Leisure Services. To learn more and for the Holiday Schedule, please contact Amy Kerman, Older Adult Coordinator, at 412.221.1099 ext. 603 or [kerman@twpusc.org](mailto:kerman@twpusc.org).



### **Upcoming Programs**

- ▶ Cabaret Performance by Claudia Benack
- ▶ Reader's Theatre
- ▶ Holiday Luncheon

*"Results of a large, six-year research study, suggest that people over 65 who exercise regularly are less likely to develop Alzheimer's or other dementia. Even modest activity, such as walking 15 minutes three times a week, seemed to help. The benefit was greater in those who were the least fit and started to exercise."*

*Source: Annals of Internal Medicine, January 17, 2006.*

### **The Chili Golf Classic**

Dust off the clubs and brave brisk temperatures to participate in the first annual Chili Golf Classic. Participants will tee off into blasts of frigid air and putt across frosty greens while playing nine holes of par 3's. Upon completion of this winter round, participants will warm up in the McLaughlin Run Road Recreation Center with hot food and drinks. Registration forms will be available at the C&RC and online.

- Date:** Saturday, January 30, 2010  
**Time:** 9:00 am to 3:00 p.m.  
**Where:** Upper St. Clair Golf Course  
**Price:** Pre-registration entry fee (by 1/18/10):  
\$25.00 per person or \$90.00 per foursome  
**At the door registration:**  
\$35.00 per person at the door

*A variety of sponsorship levels are available.*

# HOLIDAYS at the C&RC

## The C&RC Holiday Hours:

Closed Thanksgiving, Christmas and New Year's Day  
10:00 a.m. - 2:00 p.m. Christmas Eve and New Year's Eve

FREE Member Fitness Class Trial Week – Nov. 9-14 ▶ Mini-Winter Session – Nov. 16 - Dec. 19  
Holiday Schedule Dec. 21, 22, 23, 28, 29, 30, 31 ▶ FREE Fitness & Aquatic Class Trial Week – Jan. 4-9

## 12 Days of Fitness

Between Thanksgiving and New Year's is the time when people put on the most weight and forget about their normal fitness routines. *The 12 Days of Fitness* is a challenging and exciting new mini-session that offers a different fitness workout each day throughout the C&RC. Challenge yourself this holiday and stay fit! More information available November 1<sup>st</sup> at the Fitness Desk.

## Winter Mini-Camp

A children's fitness and fun mini-camp will be offered this winter break for children ages 6-12. Activities include relay races, healthy choices arts and crafts class, and more. Program registration and additional information will be available in the near future.

## Community E-Cookbook

Share your family's healthy recipe and traditions! During the month of November entry forms will be available at the C&RC administration office. The Cook and Care E-Cookbook will then be showcased, in December, on the C&RC website for all to view!

## Giving Back to the Community

The C&RC will offer the opportunity to donate items (canned vegetables, diapers, cereals, boxed goods) to the local organization South Hills Interfaith Ministries (SHIM). SHIM is a non-profit, (501c3 Health and Human Services), interfaith organization supported by member congregations, community organizations, foundations, businesses and individuals.

## Saturday Snowboard/Ski Program

Join your friends for five winter Saturdays of ski or snowboarding fun at Hidden Valley Ski Areas! The cost of the program includes motor coach transportation, lift tickets, and free skiing or snowboarding. Equipment rental and/or lessons are at additional cost.

**Age:** Grades 6-8

**Days:** Saturdays

**Dates:** January 9, 23, 30, February 6, 20

**Time:** 3:00 p.m. departure from USC  
12:00 a.m. return to USC

## UPCOMING PROGRAMS!

### KIDZ R ALRIGHT: NEW YEARS ROCKIN' EVE

KIDZ R ALRIGHT is a one and a half hour camp run by local volunteer teenage musicians, supervised by parents. All instruments are provided and no musical experience is necessary. The Kidz will go through four different sessions from learning a rock song, creating their band t-shirt and poster to performing a rockin' concert. Parents are invited to the big show!

**Age:** Grades 3-6

**Maximum number of students:** 12

**Time:** Camp: 11:00-12:30

Concert for Campers and Parents: 12:30

Kidz R Alright New Years Eve Concert: 12:45-1:30

### Treats & Sweets

Have you been looking for new recipes to sweep your holiday guests off their feet? A variety of cooking classes, for children through adults, will be offered beginning October 27<sup>th</sup>. We invite you to master the skills of the kitchen by registering at the C&RC Administration Office.

Creative Cookies

Nut Roll & Biscotti

Kids in the Kitchen

Gingerbread House Workshop

### Holiday Gift Ideas

Creative, hand-made holiday gift ideas for everyone on your list -- family, friends, kids, teachers -- even pets! Design and personalize your own small book, a crochet blanket or sweater or create masterpiece holiday greeting cards.

Holiday Card & Art Workshops

Crochet Workshop

## Play Harder During C&RC Hours:

Monday – Thursday: 5:30 a.m. - 10:00 p.m. • Friday: 5:30 a.m. - 9:00 p.m.  
Saturday: 6:30 a.m. - 5:00 p.m. • Sunday: 12:00 p.m. - 5:00 p.m.

### Boyce Mayview Park

Monday – Sunday: Dawn till Dusk

### Outdoor Aquatic Hours\*

Monday-Sunday: 11:00 a.m. - 7:00 p.m. Memorial Day to Labor Day

### Community & Recreation Center at Boyce Mayview Park

1551 Mayview Road • Upper St. Clair, PA 15241 • 412.221.1099 • 412.221.6964 (f) • [www.livesmarterplayharder.org](http://www.livesmarterplayharder.org)