

Live Smarter

Play Harder

MEMBER NEWSLETTER ▶ Second Edition



*The C&RC team would like to wish you and your families a healthy and Happy New Year. We invite you to take a look inside to learn more about the new and exciting programs and how you can **Live Smarter Play Harder** at the Community & Recreation Center at Boyce Mayview Park.*

New Year, New You Challenge

Starting the first week of February, the C&RC will be offering members and non-members the opportunity to compete in a team based challenge. The 8-Week program will promote health, wellness, and an active lifestyle and offer a selection of prizes for both individuals and team winners based on a point system, not just total weight loss.

Each person who registers will be assigned to a team and each team will be assigned to a personal trainer. The team will choose a team name and a team color. Each participant will receive a team shirt and fitness information. Each team will be required to meet with their team trainer twice a week, once for the weigh-in/check-in and once for a team workout.

For C&RC members, the cost of the contest will include a team t-shirt and fitness materials as well as the individual and team trainings. For non-members, the cost includes the above as well as access to all of the facility amenities for the designated 8-week period.

Registration begins January 11th and will end on January 25th to allow sufficient time to order necessary supplies and to designate teams. Please visit the C&RC Control Desk, during normal operating hours, to register. Registrants may request to be on the same team although both parties must request each other.

Members \$20

Non-Members \$120

**Paid classes will remain fee based and require pre-registration.*

Coming Soon!

- ▶ The Chili Golf Classic, January 30
- ▶ Speed & Agility Class

- ▶ Pint Size Prom, February 12th
- ▶ Adaptive Aquatic & Basketball Programs

- ▶ Member Referral Program

C&RC Hotline

Call 412.221.1099 ext. 6 to hear continuous updates on class cancellations, upcoming events and new programs.

Reminder: Children under the age of 13 are not permitted in the building after 8:00 p.m. unless accompanied by an adult/guardian or are enrolled in a C&RC program.

Q: I desperately need to get in-shape, but lack the time to do it. What can I do?

A: Lack of time is one of the top reasons people give for not working out; you are not alone. The first step is realizing that it's not that you do not have the time; rather you have not made it a priority in your schedule. Reality is that it does not take a huge time commitment to see the benefits of a regular exercise routine. Most people believe that if they can't workout everyday for several hours, there's no point. But, exercising, even just a couple of days a week, is far better than not exercising at all. The key is finding a routine that fits your lifestyle and is effective for you.

★ *Fitness Supervisor, Bobby Davenport,
MS, CSCS*

Cross Training: The Perfect Combination for a Healthier Life

What is cross training? Simply stated, cross training is the combination of aerobic activities (running, swimming, biking) and resistance training performed in an alternating sequence to achieve an overall total body workout. Commonly used by athletes, this training method allows individuals to train at higher intensity levels more frequently without the negative side effects that may result from repetitive exercise. It is important, however, that you do not let the term "athlete" deter you. Cross training, when done properly, can produce great results for anyone at any fitness level.

There are many reasons one should consider cross training. First, the risk of overuse injuries significantly decreases. Because the body experiences a variety of training methods there is less muscle imbalance, and therefore, less injury. Secondly, cross training diminishes the typical boredom that is caused by the same, stagnant daily routine many people fall into. Participants are much more likely to stay motivated by a program that keeps him or her looking forward to a new activity. Lastly, since there is a continuous change in activity, the body is always challenged. As a result, your body works harder, and burns more calories; a significant component in any weight loss (or maintenance) program.

Whether you are new to exercise or a seasoned athlete now is the time to give cross training a try. At the C&RC, we offer a variety of high and low intensity group exercise classes on land and in the water. We also provide personal training and private swim lesson instruction for those individuals interested in learning something new. For more information on any of the C&RC services, please stop by the Registration desk today.

*Melissa Mattucci Lindberg,
M.S. Exercise Physiology*

Celebrate National Volunteer Blood Donor Month January 2010, C&RC Blood Drive

In cooperation with the Central Blood Bank the C & RC is conducting a blood drive on Thursday, January 21, 2010 from 3:00 PM – 8:00 PM in Community Room C.

Donor must:

- ▶ Be at least 17 years of age (16 years of age with Central Blood Bank Parental Consent Form); there is no upper age limit.
- ▶ Weigh at least 110 pounds.
- ▶ Be in general good health.
- ▶ Bring ID – e.g., Driver's License or Blood Donor Card. (Proof of Age + Unique Number)

Donors should:

- ▶ Eat well ahead of time.
- ▶ Do no more than a light workout prior to donating and plan not to workout after donating.
- ▶ **Make an appointment ahead of time by contacting the C&RC at 412.221.1099, extension 655.**

Additional guidelines/ conditions may be found on our Website and posted at the C&RC.

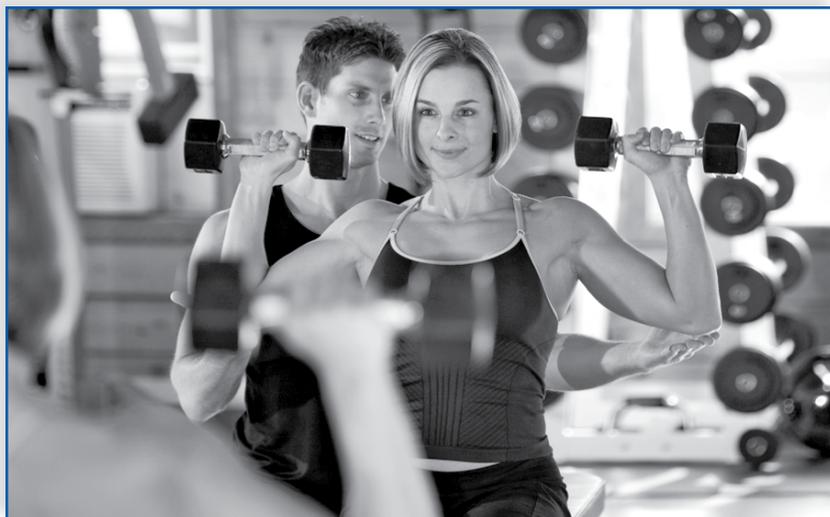
Did you know?



Log on to www.skipa.com - Pennsylvania 4th & 5th Grade Snowpass booklet offers you the privilege of skiing and boarding 22 Pennsylvania Ski Resorts for FREE this winter.

GREEN TIPS

- ▶ **Go to a farmer's market near closing time.** The prices of many edibles are slashed when it comes time to close up shop.
- ▶ **Download coupons for green products!** Go to www.ecobunga.com and www.thedailygreen.com for green tips and money-saving coupons.
- ▶ **Remember the library?** Get a library card and check out books, CD's, and DVD's from your neighborhood library.
- ▶ **Stop your junk mail!** Go to www.proquo.com and sign up to easily stop postal junk mail. Buy on-line and say no to catalog offers.



C&RC Concert Series

The C&RC will be offering our community a FREE concert series which will be held in the main Community Room (Lobby) from 6:00 p.m. to 8:00 p.m. The series will be held the last Friday evening of each month thru the month of May. Pack a snack and bring a friend to enjoy music genres from classical to classic rock.

January 29 • February 26 • March 26 • April 30 • May 28

If you are interested in performing at the C&RC, please send a detailed email to Povazan@twpusc.org.

Health & Wellness Lecture Series

The C&RC will be hosting a Health & Wellness lecture series throughout Spring 2010. A variety of wellness-related topics will be showcased each month, and presented by local professionals. More information on upcoming presenters and lecture topics will be available online at www.livesmarterplayharder.org. All lectures will be held in the C&RC Community Rooms, and will be FREE to C&RC members, Upper St. Clair and surrounding community residents. Please note that we are currently looking for volunteers to speak at our facility. All applicants should be knowledgeable and well versed in their area of expertise. Also, documentation of a current license, certification, or membership in a professional organization in your field is beneficial, but not necessary.

To apply, please visit our website www.livesmarterplayharder.org (located on the home page) to download a copy of our application, or stop by the Administration Office. Once the application is complete, please e-mail to mattucci@twpusc.org.

January 11, 2009 6-8 PM

Get Healthy and Stay Healthy with Holistic Reflexology & Guided Meditation presented by: Dorit Brauer, graduate of the Mahut School for Complementary Medicine and Holism in Tel Aviv, Israel.

During this presentation, Dorit will teach methods to relax and deal with everyday stress, and explain how you can make positive changes in your body by using your mind. Participants should wear comfortable clothes and bring either a mat or blanket. Please visit www.doritbrauer.com for more information about the benefits of meditation.

Diane's Potato Soup

By Member Diane Morris

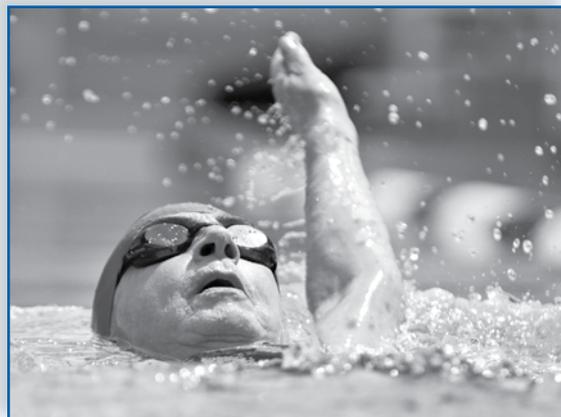
1 med. (2 1/4 lbs.) butternut squash
1 small onion, sliced
2 tablespoons butter, cut in pieces
1/8 teaspoon pepper
pinch of nutmeg
unsweetened whipped cream
optional..add 2 cups of diced & peeled potatoes and 1 apple
diced & peeled

1. Peel & cut squash in half, remove seeds, cut in 1/2" cubes.
2. Heat oven 425 degrees, layer squash & onion (optional apples & potatoes) in shallow glass casserole. Pour 1 can broth over vegetables, then dot with butter. Sprinkle with pepper & nutmeg. Cover with foil & bake until tender--about 40 minutes. Cool slightly.
3. Puree vegetables & liquid in blender, in batches if necessary, until smooth. In sauce pan, combine squash & remaining broth. Bring to boil. Serve topped with a little whipped cream & nutmeg.

Makes 6 or 7 cups.

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 Department of Recreation and Leisure Services. To learn more please contact Amy Kerman, Older Adult Coordinator, at 412.221.1099 ext. 603 or kerman@twpusc.org.



Arthritis Foundation Aquatic Program

The C&RC and the Arthritis Foundation are happy to announce the addition of the Arthritis Foundation Aquatic Program (AFAP) to our list of spring 2010 aquatic exercise programs. This program consists of specific series of exercises set forth by the Arthritis Foundation to promote healthy joint range of motion and decrease stiffness and pain. The Arthritis Foundation Aquatic Program is open to all fitness levels, but is highly recommended for individuals with arthritis, fibromyalgia, or any other joint and muscle conditions that result in frequent soreness and stiffness.

Classes will be available Monday, Wednesday, and Friday from 11- 11:45 AM. Registration and drop-in rates are available. For more information, please visit our website www.livesmarterplayharder.org, or call the C&RC at (412) 221-1099.

LAST CALL TO REGISTER! USC 1st Annual Chili Golf Classic!

Date: Saturday, January 30, 2010
Time: 9:00 a.m. to 3:00 p.m.
Where: Upper St. Clair Golf Course
(Municipal 3-hole Golf Course)
Price: Pre-register by 1/18/10 for tee time
\$25.00 per person or
\$90.00 per foursome or
At the door registration: \$35.00 per person

A variety of sponsorship levels are available.

Recreation now introduces **NEW Programs to the C&RC!**

- ▶ Superheroes Sports Saturdays
- ▶ Mini-Chefs and Mom and Dad
- ▶ Mommy or Daddy and Me Yoga
- ▶ Pint-sized Prom
- ▶ Evening Preschool and school-age dance classes
- ▶ Yoga for Youngsters
- ▶ Digital Photography for Teens
- ▶ Drawing and Watercolors - Grades 5-7
- ▶ Artists at Work - Grades 1-4
- ▶ Celebrate the Arts - Ages 4-8
- ▶ Artistic Creations - Toddlers/Preschoolers and Parent(s)
- ▶ Introduction to Lacrosse - Grades K-4
- ▶ Lacrosse for Boys - Advanced Beginners - Grades K-4
- ▶ Girls on the Run and Girls on Track
- ▶ Adaptive Basketball & Aquatics
- ▶ Adult Basketball and Volleyball Leagues
- ▶ Mother, May I? Manners Make Impressions
- ▶ Yoga for Preteens (Ages 7-11)
- ▶ Sunday Supper (Adults)
- ▶ Infant Massage - Infants and Parent(s)
- ▶ BYOY Club - Bring Your Own Yarn
- ▶ Adult Drawing
- ▶ Beginning Digital Photography for Adult

Pilates Reformer

Pilates Reformer is the perfect compliment to any workout program. In this small group class each student will work on a reformer, a special apparatus that allows for full range of motion with increasing levels of difficulty. You will be guided through a series of controlled exercises that are specifically tailored to your level of ability. This amazing program will help you to attain a higher level of balance in your exercise program as you simultaneously strengthen and stretch your entire body, ultimately helping you develop greater strength, improved balance, ease of motion, and bone density.

Beginner: Session I begins January 12th

Day(s): Tuesday

Date(s): Session I: Jan 12 - Feb 4

Time: 8:00 a.m. - 9:00 a.m.

Reformer 1: Session I begins January 14th

Day(s): Thursday

Time: 8:00 a.m. - 9:00 a.m.

Circuit Breaker FREE TO MEMBERS

3...2...1...SWITCH! This high intensity class offers a full body workout, with core strengthening and cardio in a high-intensity, circuit-style format. 3...2...1...GO! **Session I begins January 13th!**

Day(s): Wednesday

Time: 10:30 a.m. - 11:30 a.m.

Book Your 2010 Party or Business Room Now!

Get Ready, Get Set, Go!

Private & Group Swim Lessons

Now is the perfect time to get your children or grandchildren "pool ready" for the upcoming summer months. The C&RC offers American Red Cross group swim lessons for children age 6 months to 13 years old. Classes run weeknights and Saturdays for 4 or 8 week sessions, and are open to both members and non-members. Listed below are the start dates for each session:

Session I: January 18th

Session IV: April 12th

Session II: January 30th

Session V: March 27th

Session III: March 1st

Private swim lessons are a great alternative to group swim lessons. Great for beginners or those looking to perfect their stroke technique, private swim lessons are available to both member and non-member children and adults. Lessons are scheduled individually based off of swimmer and instructor availability. Packages include 3, 6, or 10 lessons. For more information, please pick up a registration form at the Registration Desk or call Melissa Mattucci Lindberg at ext. 614.

Open Water Diver Course

The C&RC would like to announce that scuba certification will be offered Thursday evenings starting February 11, 2010. The initial course offering, Open Water Diver Course, includes classroom and pool training over a six week period. This course will cover all certification requirements and practical elements of sport diving such as: equipment selection and information of vacation dive destinations. Space is limited. For more information about the scuba program, please contact Christopher Biswick, Aquatics Supervisor, ext 615.

Start Date: February 11, 2010

Day: Thursday

Time: 6:00 p.m. - 9:30 p.m.

**2 Hour
Information
Session
January 12th
7:00 p.m.**

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