

The C&RC Introduces . . .

Note & Float Water Program for Aquatic Parties

The National Note & Float Water Safety Program was designed by Dr. Tom Griffiths, president of the Aquatic Safety Research Group, LLC. The program is designed to increase the safety and fun of all children while in the water and is based on national data. The data shows that over half of all drowning incidents at guarded facilities occur during special events, such as birthday parties.

Due to the high risk associated with these types of events, we will implement the Note & Float program for all aquatic parties at the C&RC beginning May 1, 2010. For more information regarding the Note & Float Program, please see the following website <http://www.aquaticsafetygroup.com/noteandfloat.html>.

How will this effect you and your child during C&RC Aquatic Parties?

1. All children's heights will be measured upon sign-in
2. For all children **under 48"** and/or **under 7 years old**, Coast-Guard Approved life jackets will be provided
 - Please note that children may bring their own Coast Guard Approved Type 3 life jackets
3. If a child would like to, he/she may participate in a swim-test, during a designated time, in order to opt out of wearing a life jacket
 - The swim tests will be administered by the C&RC party greeter and will include lap swimming and treading water

For any children that pass a swim test, names will be recorded and filed for future reference. If a child has passed a swim test previously, he/she will not be required to test at each event. **With this new procedure, we do require that a guest list be submitted no later than one week in advance in order to provide the staff the necessary information in preparation for the party.**

We look forward to celebrating a safe and fun party with you and your family!



Note & Float™

Did you know? ★ ★

- ▶ Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- ▶ Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning. However, it is beneficial to enroll children in swim lessons at an early age to increase their comfort level with water. Children at a young age can begin to practice basic swimming skills such as floating, breath holding, bubble blowing, and entering and exiting the pool.

COMING SOON!

Speed & Agility Camps

Outdoor Aquatic Classes

Summer Camp Programs

Individual Basketball Training - Youth

Theme Party Packages

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.

Membership Plans

As of March 1, 2010 the C&RC has implemented a single tier membership as well as an increase to annual membership rates as well as three month memberships.

New Membership Fees as of July 1, 2010 Annual Passes

USC Resident	Surrounding Community Residents
Youth \$ 17.25/month	\$ 22.50/month
Adult \$ 44.00/month	\$ 57.33/month
Family \$ 77.75/month	\$101.25/month
Senior \$ 32.25/month	\$ 41.75/month

3-Month Passes

Youth \$ 72.00/3 Months	\$105.00/3 Months
Adult \$177.00/3 Months	\$267.00/3 Months
Family \$312.00/3 Months	\$468.00/3 Months
Senior \$129.00/3 Months	\$195.00/3 Months

World Health Week

The C&RC will be introducing many cultures throughout the week of April 4th in celebration of World Health Week. Further information will be provided at the C&RC Control Desk.

Totroom Update

The Totroom currently accommodates up to 20 children. We are working to increase the number of children in the Totroom and add additional staff to accommodate the needs of our Members. We anticipate this change will take effect by the end of March.



However, as we put the changes in place we will **NO LONGER BE OFFERING TOTROOM OVERFLOW.** We appreciate your patience during this transition.

Earth Extravaganza

“Join the Regional Environmental Education Center and the Upper St. Clair Township Department of Recreation & Leisure Services during our first annual Earth Extravaganza on June 5th from 10am-2pm. Games, crafts, vendors, and other eco-friendly events will revolve around this year’s theme, “Water Matters”. Submit your best water themed photo into our photo contest! Explore the creek during one of our many nature hikes. Earth Extravaganza is being held in conjunction with World Environment Day 2010. Check back soon for more information!”

How to Create a Fitness Routine

First Things First ~ Go see a physician, get a complete physical!!!

Getting Started: Invest Time Into You

- Discover your motivation – what are your reasons for working out.
- Establish goals – what are you working towards, short and long-term
- Genetic predisposition – how does your body respond to training
- Current/past physical activities – what do you enjoy doing
- Workout partner – do you workout better with a partner or alone
- Intensity – what is your current lifestyle, how hard can you workout

Planning

- Research – use all of your available resources, physician, nutritionist, fitness staff
- Set days and times – sit down with a calendar or workout log to create outline of routine
- Session duration – how long will each session last
- Exercise specifics – what will you do each workout day
- Intensity – how intense will it be
- Nutrition – when and what will you eat

Things to Know

- System versus itemizing – train whole body versus the parts
- System energy – all activities deplete overall system energy
- Inverted triangle – start broad and work towards more specific training
- Training order – train large muscle groups then smaller muscle groups
- Patterns – body adapts to a routine within 3-4 weeks
- Recovery week should follow every 4th or 5th week
- For general health typical workout duration ranges between 30min-1hr
- Rest between sets while strength training should not exceed 90secs
- Routine - warm-up, stretch, workout, warm-down, and a stretch.
- Typically a dynamic stretch precedes a workout, static stretch follows

CONGRATULATIONS Class of 2010!



Reward your child for getting through another exciting school year. Celebrate their academic achievements by enjoying our charming yet energy filled C&RC Community Rooms. Our team will help you to organize your experience and make your graduation celebration one of the most memorable ever!

Graduation Party Packages available for after-hours events. To learn more please call 412.221.1099 ext.613.

How have you enjoyed the New Year New You Challenge?

The New Year New You Program has been a wonderful diversion from the winter months. It has given me the opportunity to meet new people in the community. The group workouts have challenged me to try new things in a safe environment under the supervision of a qualified trainer. I would recommend this program to anyone wanting a new exercise program or an update to there existing program. ~ Jen White

I love the team workouts, even though they are difficult. Afterwards, I can't believe that I did it and I feel such a sense of accomplishment. ~ Sandy Mesinere

The program has been a great motivation for members during the middle months of winter. It is so easy to fall into a dull pattern in the winter and this has really encouraged a lot of members to stay competitive in a healthy manner. ~ Katie Stache

The New Year, New You Challenge has been a great way to learn new workout techniques, meet new friends and develop healthy and positive wellness habits going forward. I wish it could last more than 8 weeks! ~ Gail Witsenke, Powder Blue Team

The C&RC will continue to offer fitness challenges throughout the year. Stay tuned to learn more!

“From Open To Close: A Basic Ten Step Approach For Safely Operating Your Backyard Swimming Pool”

Join your Aquatic Supervisor, Chris Biswick and Brandon Coneby of Aquatic Watch, Inc. for an entertaining and informative countdown of the ten basic tips every homeowner should know about operating a backyard pool efficiently and safely. Chris and Brandon will discuss procedures for opening and closing backyard pools, safety tips, risk management issues, basic pool chemistry and solutions to common pool problems. This course will be perfect for the “novice” pool owner as well as for those with small children looking to maintain a safe environment around the backyard pool this summer. The course will last approximately one and a half hours. The lectures will be held in the Community Room, and will be FREE to CRC members, Upper St. Clair residents, and surrounding community residents.

Date: Saturday, May 1, 2010

Time: 9:30 AM to 11:00 AM

FREE to all attendees

For more information, please contact the USC Recreation Department at (412) 221-1099.



Health & Wellness Lecture Series

The C&RC has hosted many professionals over the past several months for the Health and Wellness Lecture Series. Topics such as Diabetes Management, Guided Meditation, Cardiac Rehab and Youth Nutrition have been introduced to both C&RC members as well as USC and surrounding community residents. These lectures are **FREE** and a wonderful way to keep educated on how to live a healthy life.

Visit the C&RC website, www.livesmarterplayharder.org, to view upcoming lectures. Information is also posted in the C&RC rack brochure.

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.

We now offer a **FREE Senior Movie Day** in the C&RC Community Rooms. Please visit the Recreation Administration Office to learn more about the upcoming showings scheduled for April 15th and May 20th.



Upcoming Programs

April 28th - Thai Exchange Students perform and join the group lunch.

May 4th - Babushkas and Hard Hats Tour. Register Now to guarantee your spot! Additional information is available at the C&RC.

May 15th - USC Community Day - Stop by the McLaughlin Run Road Recreation Center to enjoy the Bake Sale and Bingo from 12:00 p.m. - 5:00 p.m.

Visit www.livesmarterplayharder.org for the complete schedule.

Spring Class Program Highlights

NEW!

- Golf for Children
- Golf Fitness for Adults
- Just Girls
- Youth Yoga
- Mother May I, Manners Make Impressions
- Babysitter Safety
- Dog Training
- Fiber Fun
- Knitting
- Tennis Instruction
- Summer Camps
- Ultimate Frisbee
- Cross Country
- String
- Golf
- Arts & Movement
- Soccer
- Basketball
- Football
- Lacrosse
- Chess
- Fun Sports ~ Ages 3-6



Three Hole Golf
Open Mid-April

Indoor Pool Closings

Due to annual maintenance of the Indoor Aquatics Facility which includes the following:

- Draining both the indoor leisure pool and lap pool completely of all water
- Cleaning/power-washing all plastered, concrete and tiled surfaces
- Cleaning all play structures and waxing all indoor slides
- Cleaning, buffing and polishing all stainless steel surfaces
- Disassembling and cleaning equipment including chlorinators, acid feeders, Diatomaceous Earth filters and Ultraviolet Light Systems
- Visually inspecting all circulating pumps and greasing all moveable parts
- Visually inspect and clean all boilers and change air filters
- Refilling pool with water and adjusting chemicals to ranges set by Allegheny Health Department

The Indoor Aquatics Facility will be closed starting **Thursday, August 26, 2010** and is scheduled to reopen **Friday, September 3, 2010**.

Outdoor Fun!

- ▶ Check out the Township Parks to enjoy many amenities such as Bocce, Sand Volleyball Court and Tennis Courts at nearby Baker Park. Stop by the C&RC to pick up the new Boyce Mayview Park Map to learn more about the trail system linking the parks.
- ▶ Grab a friend and come to Cirque de St. Clair, USC Annual Community Day, May 15, 2010. Parade at 11:30 a.m. and booths and attractions 12:00 p.m. to 5:00 p.m. McLaughlin Run Road.
- ▶ Interested in Community Day Run For Fun? Registration Forms are available at the C&RC Administration Office.
- ▶ Save The Date - Flea Market - July 10, 2010 - USC Highschool Stadium Parking Lot - Sponsored by USC Recreation.

Three "PLEAs" for all Swimmers

- Please don't swim when you have diarrhea. You can spread germs in the water and make other people sick. This is especially important for young children in diapers. **EVEN SWIM DIAPERS LEAK.**
- Please don't swallow the pool water. Avoid getting water in your mouth.
- Please practice good hygiene. Shower in warm water before swimming, wash hands after using the toilet or changing diapers. Germs on your body end up in the water.

Three "PLEAs" for Parents

- Please take your children on regular bathroom breaks and also check diapers often. Waiting to hear "I have to go" may mean it's too late.
- Please change diapers in a bathroom or diaper-changing area, not at poolside. Germs can spread to surfaces and objects around the pool and cause illness.
- Please wash your child thoroughly (especially the rear end) with soap and warm water before entering the pool. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.

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

Spring/Summer Program Brochure will be available mid May.