

Guest Passes

We do encourage members to invite friends and guests to explore the Community Recreation Center. Annual Members, with the exception of Youth Membership, will receive **three guest passes** each calendar year. All guests must sign-in at the Control Desk.

Additional guest passes may be purchased at the Community Recreation Center, by annual members only. Access for guests will be determined by the members' access. Children under the age of 2 are not required to have a guest pass although parent/guardian must sign-in the child on the Guest Sign-In sheet.

The guest passes may not be accepted if the capacity nears maximum for the Outdoor Aquatics Center. At that time only members will be allocated access.

Frequently Asked Questions & Answers

- 1. Are there opportunities for members to invite friends?** We do encourage you to invite your friends and guests to explore the Community Recreation Center. As a member you will be offered three guest passes per year. Your guest must complete the Guest Form and acquire a visitor pass at the time of arrival.
- 2. What type of fitness equipment is available for members?** The Fitness Center boasts of a 10,000 sq. ft. studio layout area incorporating top of the line Life Fitness and Expresso Fitness cardiovascular pieces. Each cardio piece has its own television monitor with full cable access, and an iPod docking station which interfaces with the onboard Virtual Trainer program. The strength training areas contain Hammer Strength and Life Fitness free weights, cable stations, and selectorized equipment. Medicine balls, bosu balls, and stability balls are available in the stretching area neighboring the 1/8 mile low impact track.
- 3. What services are offered by the Fitness Department?** Personal training, nutrition, and body composition/fitness assessments are a few of the services offered by the Fitness Specialist. Step, Tone & Sculpt, Abs, Stretch, and Cardio Kickbox classes, just to name a few, are included with membership. Group exercise classes will be held on the first floor in the two fully functional group fitness studios, the gymnasium, or outdoors on the recreational fields.
- 4. What programs and lessons are offered at the Indoor and Outdoor Aquatics Centers?** The Aquatics Specialist will offer group swim lessons such as parent with child and preschool classes. Additional group lessons include the American Red Cross Learn to Swim Program levels 1-5. Private swim lessons are available to members and guests. In addition to swim lessons, a variety of high and low intensity and shallow and deep water group exercise classes will be offered throughout the year.
- 5. Will Community Programs continue to be offered through Recreation and Leisure Services?** Yes, our community programs will support and enhance wellness, healthy and fun lifestyle and leisure time pursuits, and lifelong learning. We continue to offer favorite classes - such as children's dance and fun sports for preschoolers, and new, expanded, and enlightening programs for all ages.
- 6. How do I become a member of the USC Community Recreation Center?** To become a member please contact a USC Recreation and Leisure Services Membership Specialist at 412-221-1099.

Childcare/Babysitting

Monday through Friday: 8:00 a.m. – 12:00 p.m. & 4:00 p.m. – 8:30 p.m., Saturday: 8:00 a.m. – 12:00 p.m.

We take great pride in offering childcare services while you enjoy the variety of amenities and programs available at the CRC.

Fees

1. Individual Visits (2 HOUR DAILY MAX)

\$2.00/child per visit Member \$4.00/child per visit Non-Member

2. Punch Cards (2 HOUR DAILY MAX) \$18.00/10 visit punch card

3. Unlimited Childcare with Monthly Membership (2 HOUR DAILY MAX)

\$25.00 per month/1 child \$35.00 per month/2 children \$45.00per month/3 children