CCRC News Flash

July 2011

Hi Everyone,
We hope you all had a great 4th of July and we know you are ready to get back to the gym after a long weekend of good food and relaxation! Please take a few minutes to look at the information below and take advantage of the opportunities available.

AQUATICS

Swim Lessons

There are still three swim lesson sessions to go. Sign-up dates for the next session will be July 18th through July 29th, so don't miss out. The next session will start on August 1st.

CPR & Life Guard Certification

CPR and Lifeguard certification classes are still available in July. Even if you don't plan to put them to use immediately you can always get a head start. The Lifeguard Certification is valid for 3 years!

Torpedoes

Swimmers of the Month
This month we want to recognize three outstanding swimmers for their determination and hard work!
Baze Gianiodis, 9 years old
Isha Pattanaik, 8 years old
John Kim, 12 years old
To read more about these swimmers stop by and look at the Torpedoes bulletin board in the lobby.

The Torpedoes will be participating in 4 meets this Month. You can come out and show your support at the following meets:
July 9th – Country Walk Pool, 8AM – 10AM
July 16th – Clemson City Pool, 8AM – 10AM
July 23rd – Central Clemson Recreation Center, 8AM – 10AM
July 29th – Country Walk Pool, 8AM – 10AM

If you wish to support the Torpedoes there are several ways do so: volunteer for a meet, donations or purchase a Torpedoes T-Shirt for only $12.

Pool Schedules

The pool can be busy in the summer with swimmers, camps and teams. Please take the time to look at our pool schedules to find the best times to swim. All pool schedules can be found at http://www.centralclemsonrec.com/centralclemsonrec.com/Aquatics.html.

SILVER SNEAKERS

All Silver Sneakers members must have a CCRC ID card to sign in. If you are a Silver Sneakers member and do not have a CCRC ID card please inform a staff member at the front desk and they will make one for you.

ADULT PROGRAMS

Adult Basketball League

Central-Clemson Recreation Centers second annual Adult Basketball League is in full swing. Games are played from 6PM – 9PM every Tuesday and Thursday here at the CCRC. Our very own team is playing July 7th, 12th, 21st and August 2nd. A full schedule can be found at http://www.centralclemsonrec.com/centralclemsonrec.com/Adult_Programs.html.

Meredith Ebenhack,
Membership Services
mebenhack@cityofclemson.org
Central-Clemson Recreation Center
130 Commons Way
Central SC, 29630
(864)639-1111