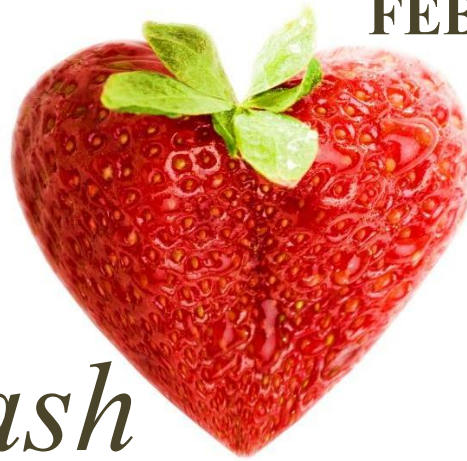


CCRC



News Flash

WE ARE GOING ABOVE AND BEYOND TO REACH THE HIGHEST LEVEL OF EXCELLENCE WHILE HELPING YOU TO ACHIEVE YOURS.

BFF Joining Special

Share the joy by joining in February with ANYONE for a couple's membership. That is right; ANY two people can join together. This special will only last from February 1st-29th so grab a buddy and come join today.

Adult Volleyball

Registration for the much anticipated Adult Volleyball league will begin soon! Here is a little information to get you started: All teams must be between 5-8 people and all team members must wear the same colored shirts with a number on the back. **If you are signing up as an individual don't worry, a meeting will be held before the start of the season to give more information and give you a chance to meet other players and form teams.**

Cost: \$10.00 per person
\$15.00 per team per match

Don't Miss Out!



Smart Start

Smart Start baseball registration will begin February 15th. Dates and times for this session will be announced.

Book Drop

We now have a Pickens County book drop box. It is located in our foyer and is for the *donation of books*. If you have books you have already read stacking up around your home consider donating them today!



Aerobics

There have been minor schedule changes to some of our aerobics class times. Please see the updated schedule for all changes.

Check the Aerobics board for the infamous Glutes & Gut Buster Challenge and get you glutes and gut on the fast track to a beach body!

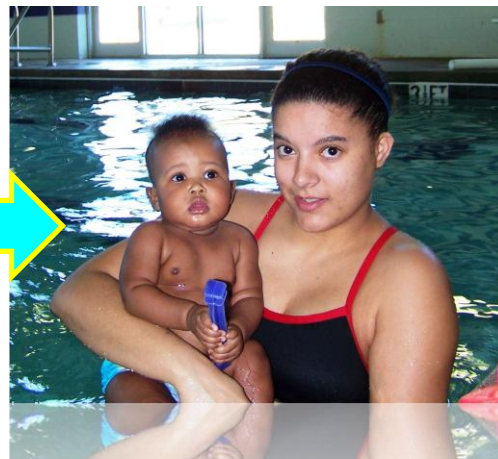
<http://www.centralclemsonrec.com/centralclemsonrec.com/Aerobics.html>

Aquatics

SWIM LESSONS

Swim Lessons will begin February 20th. Sign up today to take advantage of our low student to teacher ratios, flexible schedule and competitive prices.

- Parent Tot lessons are offered on Saturday Children as young as 6 months can register
- Swim Lesson Registration is now open.



CPR & LIFEGUARD COURSES

Both CPR and Lifeguarding courses are going on now. Register to be certified today and beat the summer rush.

CPR Course

Certification: \$80

Recertification: \$60



Lifeguard Course

Certification: \$175

Recertification: \$87.50



In the spirit of Valentine's Day show yourself a little extra TLC, try a different aerobic or water fitness class. Bring a friend for free the week of February 27th – March 3rd (does not include yoga classes).

Meredith Ebenhack
Membership Services

Mebenhack@cityofclemson.org

Central-Clemson Recreation Center
864-639-1111
Centralclemsonrec.com

