

CCRC Monthly News Flash

JUNE 2011

Adult Basketball League

ATTENTION BASKETBALL PLAYERS:

We will be holding a summer basketball league for anyone **16 years or older** this summer starting June 14th and running through August 10th. The games will be played on Tuesday and Thursday nights so if you have a group of **7** people or more and want play basketball, get signed up before June 10th.

If you don't have enough people to make a team, we do have a FREE AGENTS sign-up sheet where you can request to be added to an existing team, or form a team from the free agent pool.

We have attached an information and registration sheet for the league, and encourage you to sign up as soon as possible.

For more information contact Andrew Moore at 639-1111, Mon.-Fri. 9am-4pm. You can also speak with any of our front desk staff.

Smart Start Football

Time is running out so don't forget to get your kids and grandkids signed up for Smart Start Football. Registration ends June 10th. Late registration is possible on the 11th and 12th with a late fee. The program is designed to teach the children the basics of the sport and teach you how to teach them! They will have tons of fun, learn a lot and you will get some quality one on one time with them.

Practices will be held on June 20th, 21st, 23rd, 27th, 28th, and 30th, from 7:00pm-8:00pm, at the Bolick field in Central. The cost is \$35 for members and \$45 for non-members. Children must be from 3-6 years old or 3 by June 20th. Sign up at the CCRC front desk. You can see pictures from years past at http://www.centralclemsonrec.com/centralclemsonrec.com/Smart_Start/Smart_Start.html

Aerobics

Senior Stretch & Relaxations: We have added another wonderful senior oriented aerobics class to our schedule and would love for you to come give it a try, Senior Stretch & Relaxation. Held on **Thursdays at 10:15 AM**, this class involves full body stretching and guided relaxation techniques through the use of a chair to help alleviate tension and improve your range of motion. This class is free to members and for non-members only \$2 for Central or Clemson residents and \$3 for non-residents.

The Wednesday **4:30 Basic Power Step** will be **cancelled** until further notice.

Get more information on our aerobics at

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

Aquatics

Pool Availability

Summer is upon us and the heat is in full swing! This means our pool usage is going to increase tremendously over the next few weeks and into the summer. In order to make swimming more convenient for you we have a few suggestions and reminders. See the pool schedule attachment for the full pool schedule.

New Pool Practice Schedule

CAT Swim Team Monday – Friday 6:00 AM – 8:00 AM (4 Lanes)

CLEMSON Swim Team Monday – Friday 6:30 PM – 8:30 PM (4 Lanes)

Pool Closure: Monday – Friday 3:30pm – 5:30pm

Adult Swim: Monday, Wednesday & Friday 12pm – 1:30pm.

During this time on individuals 18 and up are allowed in the pool area, so make sure you schedule kids swim time around this.

For more information or schedules visit

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

Swim Lessons

Swim Lessons are still going on so it's not too late for you or your kids to get registered. There are 4 more sessions remaining and sign up for the coming session runs from June 13th – 24th.

http://www.centralclemsonrec.com/centralclemsonrec.com/Swim_Lessons.html

Torpedoes

The Torpedoes have a new coach and a fresh start and there has never been a better time for your children to join. The Torpedoes is a year round team and you can join any time. Practices are held Every Mon/Wed/Fri. from 4:30 PM – 5:30 PM. Contact the Front desk for more information on how you can become a part of this great team.

http://www.centralclemsonrec.com/centralclemsonrec.com/Upstate_Torpedoes.html

Memberships

For most of you it has been years since you last read over your **Terms of Membership**. To keep you up-to-date please take a look at the Terms of membership attachment to refresh yourself with our policies.

Thanks so much and we look forward to seeing you all soon!

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