

CCRC

News Flash

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

CCRC Renovations

PARDON OUR DUST: We are having small renovations done over the next couple of months; changing out lockers, replacing baseboards and painting. Please give extra care as you move about the facility.

Aerobics

There will be no aerobics classes the week of Thanksgiving.

CLASS CHANGES:

Beginning in November, **Thursday's evening Ride class** will become **Flex N' Ride**. This is a great class of cardio workouts mixed with yoga stretches. It will help you increase flexibility and release tension and stress.

Tuesday's **9:00AM Water Fitness** class will now run for an **extra 30 minutes!** The new time is 9:00AM - 10:30AM.

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

In The Spotlight

We want to congratulate our November Members of the Month, **Ken Elliot** and **Bessie Calvert**. Also a special recognition goes out to **Ian Davidson (935 LAPS)**, **Shelly Geer (716 LAPS)** and **Shelly Stephenson (213 LAPS)** for going the distance. Each of these outstanding members will receive one of our great rewards and you can too. All you have to do is sign up, record your laps/miles and next month you just might be *IN THE SPOTLIGHT!* Sign up today and get started!

Facility Closures

All Clemson University Home Games: November 12th.

Thanksgiving: November 23rd at 5:00PM
November 24th and 25th all day

Aquatics

Upstate Torpedoes

SWIM-A-THON: The Upstate Torpedoes need new diving blocks and we need your help. They will be having their 2nd Annual Swim-A-Thon on November 16th at 4:30PM and it is not too late to sponsor a swimmer. Help them achieve their goal of \$2,200 dollars!



UPCOMING MEETS: November 5th at Pickens
November 19th at Greenwood

FOR SALE: We have swim merchandise for sale including shirts, Bags, swim caps & more. All proceeds go towards the Upstate Torpedoes swim team.



PICTURES WITH SANTA: Santa is coming back to the CCRC. Don't miss the opportunity to get your Santa pictures for this year's Christmas cards or just some great memories. All ages are welcome!

Dates: November 29th
December 1st, 5th & 7th

Time: From 4:30PM - 6:30PM

Price: \$5 per child - 3 minutes, additional \$5 dollars for anything over 3 minutes
\$10 per child- we Take pictures
\$18 family pack



PRIVATE SWIM LESSON: Don't Forget our private lessons are starting this month. Don't waste any time getting signed up. For more information or to schedule lessons contact Bekah Craig at 643-6280

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

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

Smart Start Athletics

Registration for Start Smart Basketball will be November 7th - December 2nd.

The cost is: \$35 Members

\$45 Non-members/Residents/Non-Residents

All girls and boys ages 3-4 are welcome. Practices will begin in January.

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

CCRC Merchandise: We now have CCRC merchandise for sale. Help support your center by purchasing one of these great items:

T-Shirt - \$6

Water Bottle - \$2

Key Chain - \$1



Facebook

For those of you who like to stay up-to-date at all times take a second to **visit and "like"** our Facebook page. We post weekly updates as well as last minute changes and newsflashes so you will always be in the know.

Hosted Events

ZUMBA FOR A CAUSE: Do something good for yourself and others!

When: November 5th from 10:00AM - When: 11:30AM.

Why: To benefit the *Anderson County Humane Society Spay and Neuter Clinic* and *The Helping Hands of Clemson.*

\$20 Pre-registration with T-shirt

\$25 at the door with a T-shirt

\$10 at the door NO T-shirt

YOUTH BASKETBALL will begin November 7th. Practice will be held 5:30PM-8:30PM Monday through Thursday. Parking will be limited. Additional parking can be found at the Central Clemson Senior Center and Central Town Hall.

MASSAGE THERAPY

Who: Essie Cade

Where: CCRC upstairs landing

When: November 2nd 8:30AM - 10:30AM

Cost: a special introductory rate

\$5.00 for 10 minutes

\$10.00 for 15 minutes

A sign-up sheet is located at the Front Desk

*Happy
Thanksgiving!*



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