

# CCRC

## News Flash

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

### *In The Spotlight:*

We want to **reward you** for all you do. Help us spotlight your achievements by signing up at the front desk to participate in one or both of our *In the Spotlight* programs. In addition to the recognition, if you make it into the spotlight you will be eligible for one of our great prizes! (Certain restrictions apply please read rules for more details)

**1 Month Membership**

**6-12 Free Guest Passes**

**Gift Certificate**

**T-Shirt & More**

**Members of the Month:** Each month 1 member from our Silver Sneakers® group and 1 member from our Baby Boomers group who attended the most often, will be featured as members of the month on our *In the Spotlight* Board.

**Going the Distance:** For you determined RUNNERS, RIDERS and SWIMMERS we have a place for you too! Accomplish one or more of these goals in a month and earn a place in the spotlight as well: **100 Mile Club, 300 Mile Club, 140 Lap Club and 280 Lap Club.**

**All you have to do is... Sign up, Achieve and Be Rewarded!**

### **Silver Sneakers**

Attention all *Silver Sneakers*® and *Silver Splash*® participants, There will be a potluck luncheon held October 14<sup>th</sup> at 11:30AM in the Gymnasium. If you would like to attend please sign up for what you will bring on the registration sheet located on the aerobics board in the hall. We will see you all there!

## Aquatics

### **Upstate Torpedoes:**

Interested in joining the Upstate Torpedoes swim team? **NOW IS THE TIME TO JOIN!** We have **limited slots available** and are filling up fast! If your child is interested in joining they **MUST** attend an orientation to observe a practice and talk with the coaches... Orientation is held every Monday, Wednesday and Friday at 5:00PM.



The Upstate Torpedoes is a year round swim team focused on providing young boys and girls the opportunity to participate in semi-competitive swimming in a fun, safe and healthy environment. Practice is held every Monday, Wednesday and Friday from 4:30PM to 5:30PM.

### **Private Swim Lessons:**

Registration for private swim lessons will begin October 1<sup>st</sup> and will run through February. All levels and ages are welcomed to sign up for lessons. Whether you want to improve strokes & endurance, learn basic swimming techniques, or even overcome your fears we will give you the individual care and attention needed to achieve this goal!

#### *Lessons are:*

- ❖ *30 minutes long*
- ❖ *60 minutes long*
- ❖ *One-on-one attention from instructor*
- ❖ *Instructors are LG/WSI certified*

\$30.00 for 30 minutes

\$60.00 for 60 minutes

*\*for a 2<sup>nd</sup> child you receive 10% off*



## Hosted Events

The **Pickens County 12<sup>th</sup> Annual Health and Wellness Fair** will be held here on **Wednesday October 19<sup>th</sup> from 7:30AM. - 11:30AM.** Be informed of the health issues the concern you.

Many tests and screenings available as well as on sight vaccinations

**FREE** bone density heel scan

**FREE** blood pressure screening

Flu shot \$30

Pneumonia shot \$65

Lipid Panel (requires fasting) \$22

Cholesterol/Glucose Combo \$10



Informational fliers are available at the Front Desk.

**Fire Prevention Day:** October 12<sup>th</sup>, this event is only open to registered schools

*Parking will be limited for both of these events. Additional parking can be found at Central Town Hall, the Senior Center and the Duckett-Robinson Funeral home.*

## Facility Closures

We will be closed October 8<sup>th</sup> and 22<sup>nd</sup> for Clemson University Home games.

## Thinking Ahead

**SWIM-A-THON IS COMING!!!** The Upstate Torpedoes Swim Team is working hard to raise money for their very own starting blocks but they need YOUR HELP. They will be holding a swim-a-thon next month. To support the team our staff, coaches and director, Joe Crosby, will be swimming for the cause. Support the Torpedoes by becoming a sponsor of one of our participants!

Registration for *Smart Start Basketball* will begin in November.

[http://www.centralclemsonrec.com/centralclemsonrec.com/Smart\\_Start/Smart\\_Start.html](http://www.centralclemsonrec.com/centralclemsonrec.com/Smart_Start/Smart_Start.html)

**We wish you all a Very scary Halloween full of candy and fun!**

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