

CCRC

News Flash

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

Aerobics

BOSU balls are HERE! Participants, you can look forward to your instructors incorporating them into your workouts in a variety of ways. It is a great time to try one of our many classes with awesome instructors and challenging aerobics for men & women. We want to give a huge thanks to all the individuals who made the purchase of these BOSU balls possible through their generous donations. Thank You!

Class Scheduling: We appreciate everyone's patience with our aerobic schedule. Please check with our staff if you have any questions about a class.

We want to welcome our newest CCRC staff member, Bridgett Lawrence. She will be teaching the 9:00 A.M. Water Fitness class on Thursdays. Help us welcome her by coming out and participating in her class this month.

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

Silver Sneakers®

Attention Silver Sneakers Members, do YOU have an ID CARD? It is important that all Silver Sneakers Members have one. So, if you do not have an ID card or have lost yours please stop by the front desk so that we may make you one.

In The Spotlight

In honor of our dedicated and hardworking members we will be spotlighting the best of the best each month.

Members of the Month: Each month the 2 members 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**. A front desk associate can help get you started.

Aquatics

SWIM LESSONS are winding down; don't miss this opportunity to get your children in the final session of the fall season. Registration for the **October 3rd Session** will be from September 19th - September 30th. SWIM LESSONS SCHEDULED FOR HOME GAME DAYS WILL STILL BE HELD!

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

The final **CPR certification** of the season will be held September 25th. The cost is 80\$ for a certification and \$50 for a recertification. Sign up at the front desk today!

The **September Team Lap Pool Schedule** is as follows:

Daniel High:	Monday, Wednesday & Friday	5:45 A.M. - 7:00 A.M.
CAT:	Monday - Friday	5:30 P.M. - 8:00 P.M.
	Saturday	10:00 A.M. - 12:00 P.M.

2 lanes will be available for lap swimming during CAT & Daniel High School practice time. Please be aware that lane availability is limited.

Swimming for Cowards has changed times. It is now being held Tuesday and Thursday 5:30 P.M. - 6:30 P.M. It is still free for all adults who want to learn to swim.

Upstate Torpedoes: We are proud to announce we have 2 new assistant coaches joining the Upstate Torpedoes Team: Matt Hill and Amanda Daniele. Interested in joining the Upstate Torpedoes? Tryouts are held every Wednesday at 4:30 PM. For more information check out our website or ask any of our front desk associates.



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

For more information or schedules visit

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

Smart Start Athletics

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

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

Weight Lifting Contest

Congratulations to **Javis Austin & Gregg Chapman**, the winners of our August 26th Weight Lifting contest. They each won a 6 month free membership!

Facility Closures

All Clemson University Home Games: September 3rd, 10th, 17th & 24th

Labor Day: September 5th

Gym Refinishing

Refinishing will begin September 6th and the gym will be closed until September 12th. We apologize in advance for the strong odor left by the refinishing, we estimate about a week and a half before the smell completely dissipates.

Hosted Events

Upstate Kids will be open to the public this Friday September 2nd through Sunday September 3rd. The gym will be closed August 30th - September 4th for the event. Extra parking located in the Duckett-Robinson Funeral Home parking lot and Senior Center. Please exercise caution when entering and leaving the parking lot during the event.

Adult Basketball League



Congratulations to BRT, our 2011 Adult League Basketball Champions!!

Thinking Ahead

Pickens County 12th Annual Health and Wellness Fair: Wednesday October 19th from 7:30A.M. - 11:30 A.M. Informational fliers available at the Front Desk.

Fire Prevention Day: October 12th.

Have a great day and we look forward to seeing you all soon! Go Tigers!!

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