

CCRC Summer Time

SUMMER SPLASH

There is still time to dive into a summer splash membership. All summer splash memberships run until August 31st and include the 2 pools, weight room, basketball, fitness classes and water fitness classes.

CCRC AFTER SCHOOL CARE

CCRC ASC will be back starting August 20th. With a small program size you can enjoy the peace of mind knowing that your children are being watched by caring and dedicated staff in a safe family environment.

Start Date

August 20th

Hours Of Operation

3:00pm—5:30pm

Cost

Registration Fee: \$40

Weekly Fee: \$40



Only a few spaces remain so register now to ensure your spot is reserved.



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Special points of interest

- No fitness classes or water fitness classes the week of July 4th.
- July 3rd we are open 5:30am-5pm
- Closed on July 4th



FITNESS CLASS NEWS

Last month we made a few changes to our schedule by switching up two noon classes; Wednesday is now Fit For Anything and Thursday is Beat It. They have both been a huge hit, with class participation increasing from week to week. Fit For Anything is a circuit class that keeps you moving from station to station, while performing either cardio or weight training exercises. It is likely that you will get to partner with another participant in this class. This is a lot of fun and will give you a chance to encourage and motivate each other. Knowing you worked hard, sweated like crazy and burned a ton of calories will give you great satisfaction! Come and experience this class and you'll be hooked!

“during the summer months we are opening Beat It up to those ages 10-14, with adult supervision”

Fitness Schedule Changes

There will be no Fitness or Water Fitness Classes the week of July 4th.

The Facility will be open

Weight Room Orientations

We will be offering a free weight room orientation on July 16th @ 9am. You must register beforehand at the front desk in order to attend.

Beat It is a drum fitness class. Whether you are beating the floor or hitting sticks together in the air, this is a super fun, cardio class in a room lit only by colored lighting! For safety purposes, fitness classes are reserved for those 15 and up. However, during the summer months we are opening this class to those ages 10 – 14, with adult supervision.

BIG NEWS! Friday's noon Get Ripped & Ride is changing to Tabata! Trai and Marjorie alternate leading Tabata on Wednesday evenings at 5:30. This class usually has an average of 14 participants and they love it! We have decided that you deserve the opportunity to enjoy this fantastic workout! What is Tabata? Tabata is a vigorous, total body workout that includes intervals of cardio and strength training. Be ready to give it all you've got!

CANCELATION:

Wednesday evening's Ride class will be canceled at the end of June. Don't worry, there are bikes located in the weight room on the second floor that you can spin away on anytime!



HOLIDAY HOURS

July 3rd: 5:30am—5:00pm

July 4th: Closed

We will reopen with regular hours on July 5th at 5:30am.

UV SAFETY MONTH

July means the sun will be out in full force, no wonder it is national UV safety month! Make sure you don't fall victim to a nasty sun-burn by following these steps.

1. **The Shade is Your Friend** - Avoid or limit your sun exposure during the hours where the sun's UV rays are most intense, between 10 a.m. to 4 p.m..
2. **Wear Protective Clothing** - Wearing long sleeve shirts and pants are ideal (linen or cotton is the coolest) or a swim shirt when in the pool. Don't forget a hat to shade your face, ears, and neck.
3. **Sun Block, Don't Leave Home Without It!** - Be sure your sun screen is water-resistant and at least an SPF 15 or higher. And don't forget to reapply throughout the day to stay protected, especially when swimming.
4. **Don't Forget Your Eyes**- Your eyes need protecting too so make sure you are protecting your eye sight with sunglasses that provide glare and UV protection!

Celebrate National Parks Month

Get out this month and enjoy the fruits of your labor. You heard us right, your tax payer dollars go towards some amazing things, one of them being public parks. Did you know that the City of Clemson and Town of Central have a total of 16 public parks, with a combined area of over 100 acers!

These include picnic areas (July is national picnic month) ball fields , disc gold, play-grounds and more, so get out there and enjoy some open space.

4TH OF JULY FLAVORS!

July celebrates more than just our independence! It celebrates hotdogs, avocados, ice-cream and more! In honor of delicious delicacies we are bringing you our favorite



recipe for each. Be sure to put them to use to spice up your 4th of July Celebration.

AVACADOS ARE US!

Start your day off right with an energy boost and full belly. This avocado and bacon breakfast burrito is sure to give you the energy to tackle life! Plus, it is easy to make and perfect on the go, for those busy mornings.

Ingredients

- Avocado (mashed or whole)
- Bacon
- Eggs
- Cilantro
- Squeeze of lime
- Dash of hot sauce
- Wrap

Now that you have your ingredients, all you need to do is cook your bacon and eggs (scrambles, fried or however you like) and throw it all together on your wrap. You can even add some of your own favorite veggies to your eggs for extra flavor.

HIP, HIP HORRAY FOR HOTDOGS

The humble hot dog is ready for its face lift! It's time to ditch the same old ketchup, mustard and relish for more exciting flavors, like pickles, jalapeno peppers, tomatoes, buffalo sauce and ranch, just to name a few!



Nothing screams summer more than a hot dog bar! Grab your buns and dogs and a whole lot of toppings. This is super fun and delicious!

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Ingredients

- Grilled hot dogs
- Grilled buns

Toppings: Remember, these are just suggestions so feel free to go as wild as you want with your own toppings!

- White cheddar cheese
- Caramelized onions
- Grilled corn or Mexican corn salad
- Pickled green beans
- Diced shallot
- Grilled pineapple
- Baked beans (try it!)
- Chives
- Pickle spears
- Bacon
- Tomato
- Jalapeno apple slaw
- Ketchup & Mustard (yellow and spicy)
- Ranch, Buffalo & BBQ sauce

We feel confident you have it under control from here but if you would like some more direction just follow the links provided.

STUPENDOUS SORBETS

Finish up with a cool sorbet made from fresh summer peaches. With just 4 ingredients and two steps, it is easy to make and even better to eat.

Ingredients

- 6 Ripe Peaches
- 3/4 Cup of Sugar
- 1 Teaspoon Lemon Juice
- Pinch of Salt

Directions

1. Peel and slice peaches, then freeze until firm.
2. Stir sugar into 3/4 cup water and blend with frozen peaches, along with lemon juice and salt, until creamy and smooth. Eat immediately soft-serve-style, or freeze in a loaf pan up to 3 days.

<https://www.howsweeteats.com/2019/05/hot-dog-bar/>
<https://thefeedfeed.com/thetoastedpinenut/avocado-and-bacon-breakfast-burritos>
<https://www.marthastewart.com/1074302/peach-sorbet>

July 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------|-----|---------------------------|----------------------------|---|-----|-----|
| 30 | 1 | 2 World UFO Day | 3 Open 5:30am—5:00pm | 4 Independence Day—CLOSED | 5 | 6 |
| NO Fitness or Water Fitness Classes | | | | | | |
| 7 | 8 | 9 Cow Appreciation Day | 10 | 11 World Population Day | 12 | 13 |
| 14 | 15 | 16 | 17 National Hot Dog Day | 18 Nelson Mandela Day | 19 | 20 |
| Courts Closed 1:00pm—5:00pm | | | | | | |
| 21 National Ice Cream Day | 22 | 23 | 24 | 25 | 26 | 27 |
| Courts Closed 1:00pm—5:00pm | | | | | | |
| 28 | 29 | 30 | 31 National Avocado Day | <ul style="list-style-type: none"> • Camp Clemson will be in the pools from 12:15pm till 3:15 Monday—Friday in the month of July. • Group Swim Lessons are going on until July 11th | | |

See a more detailed schedule of CCRC events and happening at our [website](#) or follow these links:

[POOL SCHEDULE](#)

[EVENTS SCHEDULE](#)

[FITNESS SCHEDULE](#)

SELF SERVICE UPDATES



Dear Members,

We are excited to announce that you now have even more control of your CCRC account via our self-service site. With just a few clicks you can update or change your credit card information without ever picking up the phone or leaving your home.

It's easy as 1,2,3...

1. Log onto our self service account via this site: <https://10757.ezfacility.com/login>
 - * If you don't have an account or have forgotten your username or password we can help you reset this.
2. Select your name located in the top left corner of the screen
3. Select About, Relationships or Payment Information and start updating.

If you have any questions please contact Meredith Ebenhack at mebenhack@cityofclemson.org

Did we also mention that you can make payments on your membership via the self service site!

Central-Clemson Recreation Center

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Central SC, 29630
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