

# Summer Splash

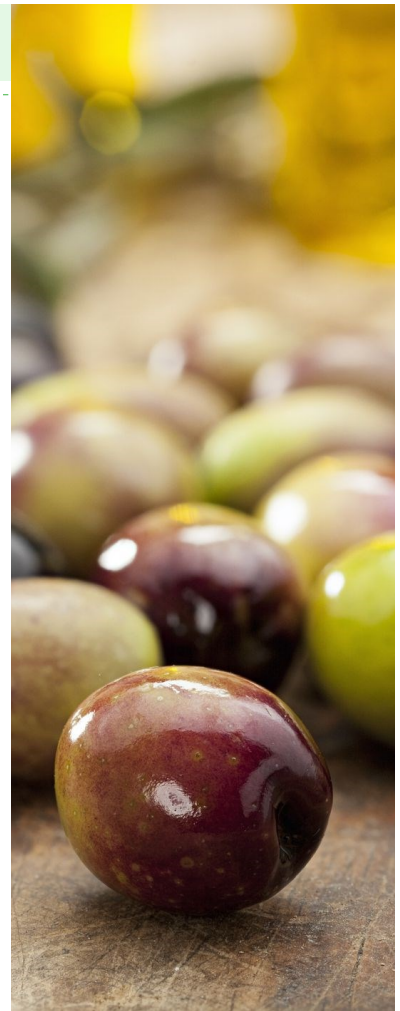
## REGISTRATION IS OPEN

Are you wanting to get in shape? Are you looking for something to keep the kids busy over the summer? We have everything you need in one place!. With a CCRC Summer Splash membership you get access to our 2 pools, weight room, basketball courts and fitness classes (water and land). PLUS, as a member you will receive a discount on our personal training and group swim lessons! Did you know we also have a Pickleball club? All of this is available at one affordable rate and no joining fee. Register now and make the most of your summer!

	1 Person	2 People	Family
Resident	\$115	\$150	\$175
Non-Resident	\$150	\$175	\$190

## STUDENTS,

Your semester membership ends May 31st. Fill the gap until next semester with the SUMMER SPLASH MEMBERSHIP.



### INSIDE THIS ISSUE

Swim Lessons.....	2
Farmers Markets.....	2
Nickie's Quick Tips .....	3
Monthly Recipe.....	4
Fitness Classes .....	6
Giving Away Energy.....	7
After School Care .....	8
Calendar .....	9
We Need Your Voice.....	10

## FARMERS MARKETS

**Join us at the Healthy Living Expo on May 2nd from 3:00pm-6:00pm. This will be the opening day of the Clemson farmers Markets.**

Now that spring has sprung, our local farmers markets will be opening back up. Take this opportunity to fill your home with local and fresh fruits and veggies!

Clemson Farmers Market

Location:

The Patrick Square  
Village Green

Day/Time:

Thursday's, 3pm-6pm

Opening Day:

May 2, 2019

Six Mile Farmers Depot

Location:

Old Six Mile Fire Station

Day/Time:

Thursday's, 4pm-7pm

Opening Day:

April 25, 2019

Pendleton Farmers Market

Location:

Pendleton Town Square

Day/Time:

Saturday's, 9am-1pm

Opening Day:

June 1, 2019

## SWIM LESSONS



Summer is almost here so don't waste another minute. Make sure your kids and you are ready for a summer of fun in the water. We are now taking registration for our summer group swim lesson session. This will be a 4 week session with lessons available on Monday & Wednesday or Tuesday & Thursday. Various times will be available for each level.

Dates: June 10th - July 12th

(No lessons the week of July 4th)

Days: Monday and Wednesday or  
Tuesday and Thursday

Cost: Members / \$100  
Non-Members / \$140

Registration is now open and can be turned in at the CCRC front desk. Visit our [website](#) to learn more about the levels we offer and which one is the best fit for your child.

## NICKIES QUICK TIPS

This month is all about optimizing your health. Not sure where to start? Here are some quick tips to get you started.

### 1) Exercise, any kind

You can run, lift weights, do yoga, take classes—there are tons of options. Any exercise is better than none. Try incorporating some cardio and some strength training into your routine.

### 2) Sleep enough

If you routinely get 6 hours or less, fixing that can solve a



*“Try aiming for at least 7 hours of sleep a night.”*

number of health or “energy” related problems. Try aiming for at least 7 hours of sleep a night. Anywhere from 7 to 9 hours can make a noticeable difference in how you feel and your overall health.

### 3) Eat a healthy diet

Healthy diets involve lots of fruits and vegetables, and not too much sugar. They contain a good balance of protein, complex carbohydrates, and vegetables. One note to remember is to avoid trans fats, and try to limit saturated fats and processed foods as much as possible.

### 4) Reduce stress

Techniques like meditation and exercise can help. Also, surrounding yourself with a good support group can lessen stress levels.



Now it's time to get started.

Happy Health!!

Nickie Mueller

Personal Training Coordinator

[nickiemccrc@outlook.com](mailto:nickiemccrc@outlook.com)

#### **Weight Room Orientation Dates:**

**May 9 at 11:00**

**May 17 at 11:30**

*Orientation will include weight room weight machine demonstrations only. If you would like a BMI or Fitness evaluation or a personalized fitness plan, this is available as part of a personal training session. Please ask the front desk about our personal training packages.*



## EAT WELL AND BE HEALTHY

May is the month of tasty treats, including national hamburger month and national barbeque month. We have decided to focus on the healthier side of things for our recipe of the month, we are a gym after all. Don't worry, we may be an institute of health, but we love a flavorful treat as much as the next person.

May is [International Hummus Month](#), yummmm, and May 13th is International hummus day! One of the best things about hummus is that you can really make it your own. Almost anything can be added to it: garlic, red peppers, avocado or keep it plain. Just throw it in and mix it up!

***Fact:** The word **Hummus** comes from the **Arabic** word meaning "chickpeas", and the full name in **Arabic** is *ḥummuṣ bi ṭaḥīna* which **means** "chickpeas with tahini".*

### MEMORIAL DAY

Happy Memorial Day! Did you happen to know that May is also [National Mediterranean Diet Month](#)! Spice up your Memorial day celebration with a Mediterranean inspired meal.



The recipe we have decided to go with is a [loaded hummus](#). This is a great crowd-pleasing appetizer, but the hummus recipe itself is a keeper! Make this regularly and keep a container in the fridge! It's great for snacking, lunches and dinners; plus, it is naturally vegan and gluten-free.

#### Ingredients

- 29 ounce or two 15 ounce cans chickpeas, drained and rinsed (See Notes)
- 1/2 cup tahini
- 1/4 cup fresh lemon juice
- 1/4 cup cold water, more or less, as needed
- 1 -2 medium cloves garlic roughly chopped
- 1/2 teaspoon [ground cumin](#)
- 1/8 teaspoon cayenne
- 1/2 teaspoon Himalayan salt
- extra virgin olive oil (topping)
- feta cheese crumbled (omit to keep this vegan)
- Kalamata olives & Castelvetrano olives
- roasted red peppers diced
- tomatoes cut into wedges





- fresh parsley chopped
- additional chickpeas
- ground sumac
- cayenne
- extra virgin olive oil

### Instructions

In a blender or food processor, add all of the ingredients except the olive oil and the toppings. Blend on high speed until smooth. In a high speed blender, this should take 45 to 50 seconds. In a food processor, blend for about 1 minute.

### Notes

If you need this to be gluten free, be sure to serve this with gluten free crackers, pita or flatbread. If you prefer cooking your own chickpeas instead of using canned, cook 1/2 pound or 1 cup of dried chickpeas according to package directions until softened. I don't blend olive oil into the hummus itself. I feel the flavor of the olive oil gets lost. Use your best extra virgin olive oil over the top...it'll be delicious. Sumac is a beautifully deep red spice from the berries of the sumac bush, native to the Middle East. It has a tangy, citrusy flavor. Not nearly as tart as lemons, but it compliments the lemon in the hummus really nicely. Look for it in Middle Eastern markets or in spice shops. It's not necessary in this recipe, so try using some cayenne or even paprika instead.

## WANT TO GET FIT WHILE HAVING FUN?



At the Central-Clemson Recreation Center there are 44 class opportunities each week! We offer water fitness, TRX, Step, Tabata, Pilates, Barre, cycle, SilverSneakers and more. Best of all, these classes are free with a valid membership with the exception of yoga which requires a fee of \$3.00 for members and \$6.00 for nonmembers.

Not sure what kind of class is right for you? Don't worry! We meet you where you are and will guide you in the right direction! No pressure! You will be encouraged to work within your capabilities, and, if you are committed, there are tremendous opportunities for growth! We have classes that strengthen your heart, improve muscle tone, increase endurance, improve balance and posture, and reduce stress. Working out with a group is not only great motivation, but lots of fun too! Sounds great, right?

### **What's in store for the month of May?**

We will be making a few changes at the beginning of the month so keep your eyes and ears open. One change is that Kirsten Craft will begin leading Tuesday's and Thursday's 9:00am Deep Water. What a great class this is! No impact on joints, just strengthening and toning muscles. You will work at a pace that increases your heartrate and revs up your metabolism to help you shed unwanted pounds. Kirsten is very excited to begin and hopes to see you in her classes!

Continued on Page 7...

Speaking of 'revving up', expect changes in some of our noon classes! You are sure to experience a renewed level of energy and be motivated through ever evolving workouts from week to week! If you want to experience personal growth, you've gotta put in the work! Commit and just do it!



Best of health,  
Pam Jennings,  
Fitness Classes Coordinator

## GIVING AWAY ENERGY

I have been so blessed with continued support from CCRC members during my transition as a water fitness instructor. These members have endured my learning curve and come back week after week. When I began teaching the Senior Functional Fitness class 4 months ago, I only had 4 people attending. I now average 16 people



Kirsten Craft &  
Brenda Goodman

per class, and recently had 18! The members make me so excited about coming to work and exercising with them. I wanted an opportunity to show them my appreciation, so I decided to have a fun Easter giveaway. I had the members that attend my Senior Functional Fitness class put their name in a drawing along with their favorite song to exercise to. While I was in Charleston, I picked up some coffee from a local coffee shop

to giveaway as the prize for the drawing. Brenda Goodman was our winner which makes me so excited because she comes to my class every week! I hope everyone knows how appreciative I am of their continued support! - Sincerely, Kirsten Craft



## MOTHER'S DAY

This Mothers Day, show how much you care by sending your love, sending a gift or just spending some extra time with your special lady! How about a summer splash membership for her? Or, commit to working out together. It is a great way to spend some quality time that benefits you both!

HEY MEMBERS,  
WE NEED YOU



See page 10 to learn how you can help us reach our goals of UPDATED EQUIPMENT and a NEW BASKETBALL COURT!

## CCRC ASC



Well, we are in the home stretch with just a month to go! With so little time we are making the most of very moment. Last month the kids enjoyed an Easter egg hunt sponsored by the [Young at Heart](#) program. Even with their very best detective skills we are still finding eggs. It is the Easter that never ends!

The kids were able to take their plants home where they can continue to watch them grow and hopefully enjoy the fruits (or roots) of their labor.

Registration for the 2019/2020 school year is now open!



Space is limited and filling up fast so register and pay your registration fee in order reserve your spot.

***Follow us on Facebook to see all of our adventures!***



# MAY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Bike Month!			1	2 Healthy Living Expo! (Patrick Square)	3	4 Kentucky Derby
5 Cinco De Mayo	6	7	8	9 Weight Room orientation 11am	10	11
12 Mother's Day	13	14	15	16	17 Weight Room Orientation 11:30am	18
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	

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

[POOL SCHEDULE](#)

[EVENTS SCHEDULE](#)

[FITNESS SCHEDULE](#)

**WE NEED YOUR VOICE!**



As some of you may have noticed or heard, there are big improvements that we would love to make to the Central-Clemson Recreation Center. This includes an additional basketball court and updated fitness equipment. Both are very much needed but we need YOUR HELP to accomplish our goal.

The City of Clemson will be holding a series of Town Hall Meetings during the month of May. The feedback they receive from members of the community will have a great impact on the projects they decide to pursue.

This is where YOU, our dedicated members, come in. Please attend any or all of these meetings and LET YOUR VOICE BE HEARD! Tell the City of Clemson that you want to see the continued growth and improvement of our beloved Central-Clemson Recreation Center!

Town Hall meetings will be held on the following days at the following times. More dates may be coming soon so be sure to check [HERE](#) for updates. Make sure you attend one if not all of these meetings to support planned CCRC projects!

Clemson Elementary: Tues., May 7th, 6-7pm

CAAAM/Art Center: Thurs., May 9th, 6:30-8pm

Holy Trinity Episcopal Church: Thurs., May 16th, 8:30-10am

Littlejohn Community Center: Thurs., May 23rd, 6:30-8am

Nettles Park: Tues., May 28th, 6-7:30pm

Clemson Downs: Tues., June 11th, 2:30-4pm

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