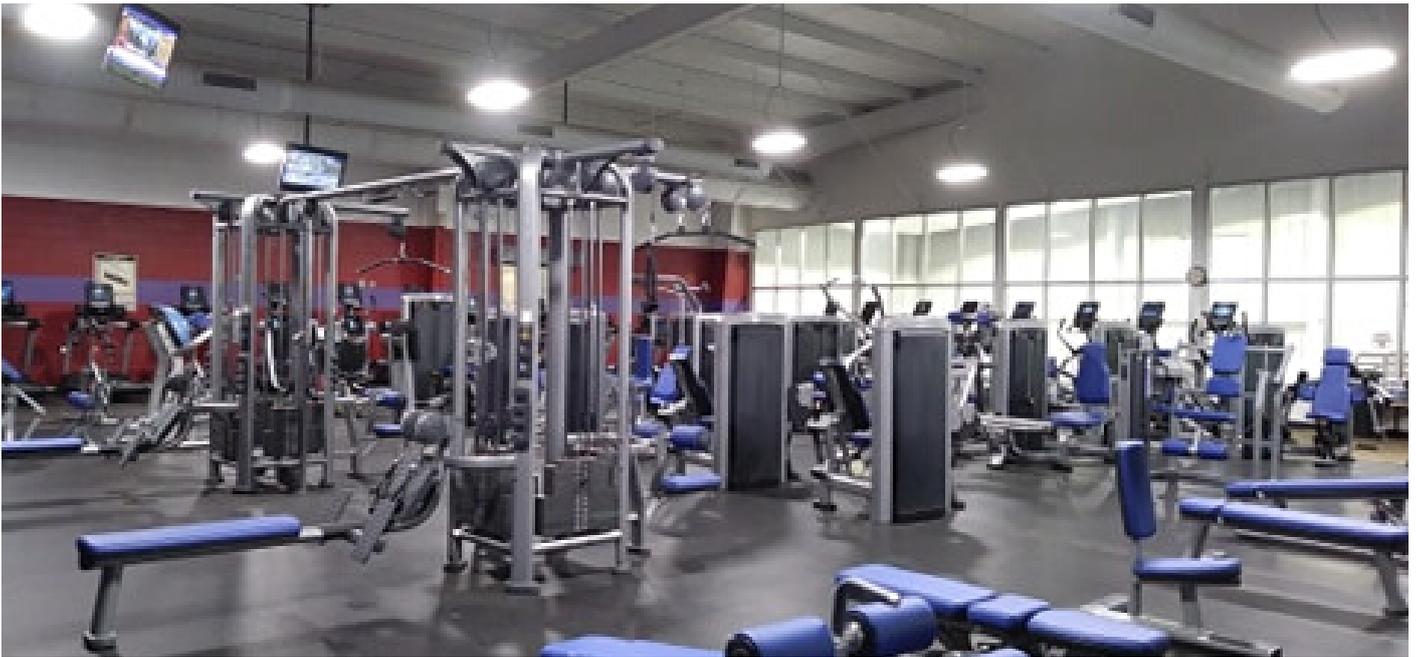


CENTRAL-CLEMSON

Recreation Center



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HELLO SUMMER

As we make our way into summer and new normal, we want you to know that we are still working hard to create a safe and healthy environment for you and your family to enjoy. We are checking temperatures of each of our members and employees as they enter the facility and thoroughly disinfected the building on a regular basis. We appreciate all of your patience as we move forward and are so grateful for all you have done to help us keep the facility clean since our reopening. We have updated our guidelines and reopening phases so please keep reading for a detailed reopening plan for June.



SUMMER SPLASH

IS BACK

ENJOY JUNE, JULY & AUGUST
FOR ONE GREAT RATE!

Individual - Couple - Family
EVERYTHING is INCLUDED

Residents: Individual-\$115 / Couple-\$150 / Family-\$165

Non-Residents: Individual-\$150 / Couple-\$175 / Family-\$190

Phase Two Re-opening Updates

Dear Members,

We are putting Phase 3 of our re-opening plan on hold until further notice. The regulations that we were given while coming up with the Phases have changed again. With some of these changes it has made it too difficult to move forward and make sure that we keep everyone safe. We will keep evaluating the regulations and let everyone know when we can move to phase 3 and what it will look like.

As A Reminder:

- We are open with our normal hours for the building (pool and weight room) The pool will not be closed for classes during this phase.
- Members Only, NO GUEST PASSES or DAY PASSES at this time.
- We are taking new memberships and you can register at any time.
- The Weight Room, Pools and Locker Room Restrooms are the only areas open at this time.

Please take the time to look over the full phase and guideline information located below.

sincerely, CCRC Staff



CCRC UPDATED PLANNED PHASED RE-OPENING

UPDATED PHASE 2:

Monday, June 1, 2020

Open Fitness Area and Pools

- Still every other Cardio Equipment open
- Locker Rooms: No Showers, Bathrooms Only
- Members Only/No Guest Passes

Hours

- Monday-Friday: Building 5:30am-8:30pm and Pool 6:00am-8:00pm
- Saturday: Building 8:00am-5:00pm and Pool 8:00am-4:30pm
- Sunday: Building 1:00pm-6:00pm and Pool 1:00pm-5:30pm

- **Personal Training Allowed**

- **No Fitness Classes**

- **No Swim Lessons**

- **No use of 120 Commons Way**

UPDATED PHASE 3:

Date, To Be Decided

Open Fitness Area and Pools

- All Cardio Equipment available
- All Bathrooms Open
- Locker Rooms: No Showers, Bathrooms Only
- Guest Passes Allowed

Hours

- Monday-Friday: Building 5:30am-8:30pm and Pool 6:00am-8:00pm
- Saturday: Building 8:00am-5:00pm and Pool 8:00am-4:30pm
- Sunday: Building 1:00pm-6:00pm and Pool 1:00pm-5:30pm

- **Open Fitness Classes (Class schedule subject to change)**

- **Individual Swim Lessons to start**

COVID-19 MEMBER GUIDELINES PHASE 2

General Guidelines that Apply to All

- Self-isolation – if you are sick, stay home.
- Practice social distancing of at least six feet distance to the greatest extent possible.
- Wash hands frequently (20 seconds with soap and water or use of a sanitizer with at least 60% alcohol)
- Avoid touching of eyes, nose and mouth with unwashed hands
- Cover mouth and nose when you cough or sneeze, and throw used tissues immediately after use

Guidelines for the CCRC

- Members will have temperature taken immediately upon entering the facility.
- Temperature will be recorded for each member for the purpose of contact tracing. This will be done with name, time, and temperature.
- Temperature must be below 100.4 degrees in order to be allowed to enter, participate in activities at the CCRC.
- Anyone with known exposure to COVID-19 or who has tested positive for COVID-19 should do the following before returning to the CCRC:
 - Inform Director of the CCRC of your symptoms.
 - Contact your healthcare provider immediately and get screened to be tested for COVID-19.
 - Keep track of your symptoms.
 - Self-isolate at home. When you are without fever for at least 72 hours at least 10 days have passed since your symptoms first appeared, then seek testing for a negative result from COVID-19 test or written statement of good health from a doctor.

Social Distancing

- Practice social distancing of at least six feet distance to the greatest extent possible.
- No contact training and no equipment sharing training sessions.
- Locker rooms will be open, but showers will not be available. Social distancing will be required.
- All other bathrooms and Family changing room will be closed at the CCRC.
- Water fountains are for use ONLY to fill water bottles, no drinking directly from the fountain.
- Only every other piece of cardio equipment will be available for use.
- Members must disinfect equipment before and after use (please squirt disinfectant into towel not directly on equipment).
- Pools will have all shareable equipment removed (for example, kick boards, floats, water weights, etc.) Wearing face masks is recommended.

All Staff

- All employees are required to wear a mask. They can wear one of their own or wear that the CCRC has for employees.
- Gloves are optional and will be provided.
- Take temperature when entering the building. Temperature should be below 100.4 degrees in order to be allowed to enter, work or participate in activities at the CCRC.
- Record temperature on sheet with name, time, and temperature.

Enhanced Cleaning and Sanitation Protocols

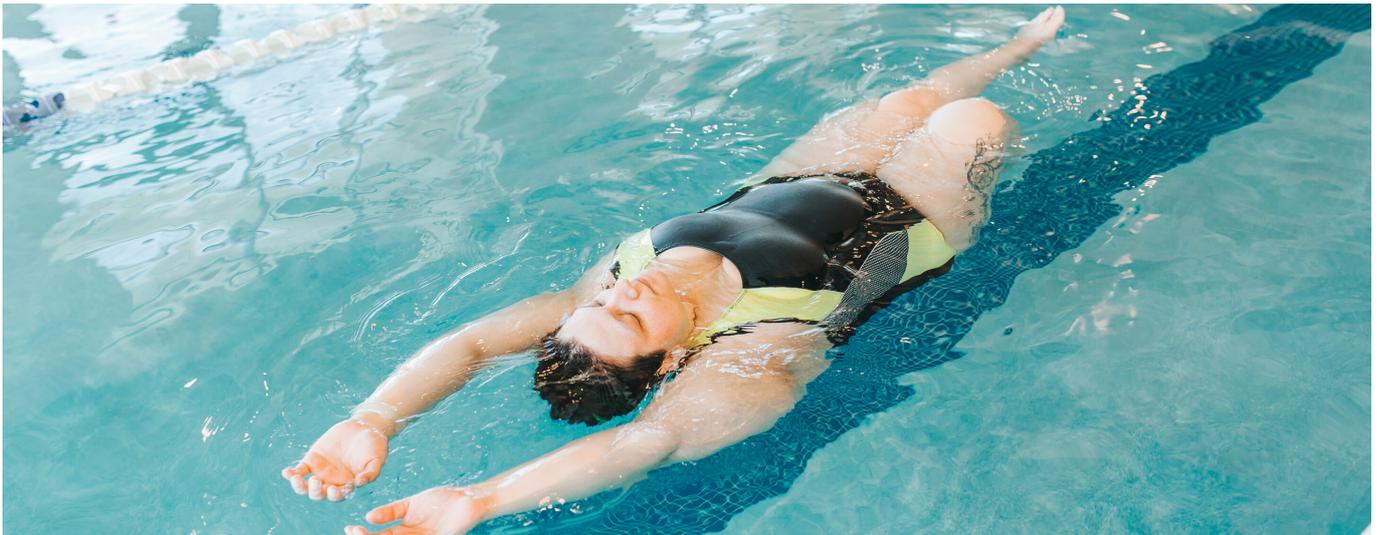
- Medical-grade cleaning products will be used to disinfect all areas. This is also available to members to wipe down equipment.
- Facility and high touch areas will be disinfected often. Areas may be closed briefly so that we can disinfect them also.

JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Global Parents Day	2	3 Global Running Day Nat'l. Egg Day World Bicycle Day	4 Nat'l. Cheese Day	5 World Environment Day	6 D-Day Anniv.
7	8 World Oceans Day	9	10	11	12	13
14 Flag Day	15	16	17	18 Int'l. Picnic Day	19	20 Start of Summer (Summer Solstice)
21 Father's Day Int'l. Yoga Day	22	23	24	25	26	27
28	29	30				

Be sure to check out page 8 for some great Father's Day gift ideas.

COME ON, LET'S DIVE IN



We know you are itching to get in the pool and we are working hard to get you there as we continue to maneuver the ever changing guidelines. That does not mean you can't get a great water workout in the meantime. Below you will find a list of [water exercises](#) you can do in the pool without a single piece of equipment.

Pool Exercise #1: Jog in Place

Jog in place for 3-5 minutes, getting the knees as high as possible.

Pool Exercise #2: Side-to-Side Hopping

Keep your feet and knees together, squeeze your inner thighs, jump quickly from side to side 20 times.

Pool Exercise #3: Bicycle

Lean with your back against the side of pool, arms outstretched at edge. Float your body up by squeezing your butt and "pedal" legs at surface. Perform 40 reps total.

Pool Exercise #4: Flutter Kick

In that same position with your back against side of pool, float your hips up, squeeze your glutes and tighten your abdominals. Then with your legs extended, kick your legs quickly, keeping your

thighs about hip width apart. Perform 40 reps total.

Pool Exercise #5: Pendulum swing

From this same position with your back against side of pool, float your hips up, squeeze your glutes and tighten your abdominals. Swing your legs up and over to the right, then left, keeping them together and toward the surface. Perform 15 reps total.

Pool Exercise #6: Crunch

From this same position with your back against the side of the pool, float your hips up, squeeze your glutes and tighten your abdominals. Keeping your feet and knees together, pull both knees into your chest. Return to the starting position. Perform 20 reps.

Pool Exercise #7: Knee twist

Standing in the pool, stand on your left foot with your right foot lifted at least 90 degrees (like marching) and cross your left elbow toward your right knee at waist. Jump and alternate sides. You will be using your obliques abdominals. Perform 20 reps total.

Continues on page 10...



FATHERS DAY GIFT IDEAS

LET'S GO ALL OUT, DAD DESERVES IT!

For the Dad Who "Thinks" He's Funny

Dad Jokes: Terribly Good Dad Jokes

Are you tired of hearing the same jokes over and over. Expand your Dad's horizon with this book of "dad jokes". They will be just as corny as the last, but at least they will be new!

For the Dad in the Kitchen

Gordon Ramsay's Healthy, Lean & Fit : Mouthwatering Recipes to Fuel You for Life

Maybe your dad loved cooking just a little to much during his self quarantine; and he now needs some healthier options. Or, maybe he just found his love of cooking during his time at home and wants to expand his skills. Either way, this healthy take on dad approved recipes will mean the whole family stays happy and healthy.

For the Night Owl Dad

The Handheld Constellation Identifying Planetarium & STARFINDER

Give your dad a hobby he can enjoy anywhere, as long as there is a night sky. Plus this is a great activity to do with your kids.

For the Outdoor Dad

Wise Owl Outfitters Hammock

After all the craziness of COVID 19 your dad is probably ready to head for the woods to decompress and relax. Help him do just with an awesome hammock. Or, simply set it up in the backyard for the perfect nap space.

The Traditional Dad

Choose Your Dog Breed Necktie

Not sure what to get dad? How about a oldie but a goody, with a twist. Get a dad a tie with a picture of his faorie pooch on it.

Eggcellent Eggs

June 3rd is National Egg Day. We are honoring the mighty egg with two of our favorite egg recipes. Now, we will not fib and say these are the healthiest recipes on the planet but we do think they are some of the most satisfying.

Green Eggs & Ham "Wiches

Whimsy is something you should keep a bit of in all aspects of your life, including your diet.

Maybe that is what attracted us to this particular recipe.

Ingredients: 6 large hard-cooked eggs, 1/4 c. refrigerated pesto, 3 tbsp. light mayonnaise, black pepper, 4 croissants, 8 thin slices ham, 1 c. arugula

Directions: Peel and chop hard-cooked eggs. In medium bowl, gently combine eggs, refrigerated pesto, light mayonnaise and pepper to taste. Split and toast croissants. Divide slices ham, egg salad, and arugula among croissants. Serve immediately or wrap tightly in waxed paper and refrigerate up to 4 hours.

Pomidor-Yumurta

This delicious concoction of tender tomatoes and eggs cooked on their tops, called pomidor chighirtmasi (also, pomidor-yumurta), can be served for breakfast, brunch, lunch, and even as a light dinner. Simple yet bursting with flavor. Traditionally, the dish is served with Azerbaijani tandir (tandoori) bread.

Ingredients: 5 medium juicy tomatoes, coarsely chopped (no need to peel the skin), 3 tablespoons clarified unsalted butter (ghee) or regular unsalted butter, 3 eggs, Salt, Ground black pepper



Directions: In a 12-inch frying pan (or, large enough to hold the tomato pieces in one dense layer), melt the butter over medium heat. Add the tomatoes and cook, uncovered, until the tomatoes break down and lots of juices have released, about 10 minutes. The tomatoes have to be tender at this point, with bigger chunks reduced in size. During the cooking, stir with a wooden spoon from time to time to prevent the juices from burning. Break the eggs into a bowl and stir to mix with a fork (not vigorously). Pour the eggs evenly over the tomatoes. Season with salt and pepper to taste. Cook, uncovered, until the eggs set, about 5 minutes. (You may need to make small holes in the dish, to let the eggs slide in and cook.) Do not stir the dish. Serve immediately, right in the pan or transferred onto a serving plate, with chunks of freshly baked bread on the side.

POOL EXERCISES CONTINUED...

Pool Exercise #8: Squat Jumps

Squat down deep with arms extended at shoulder height; jump as high as possible while raising arms overhead.

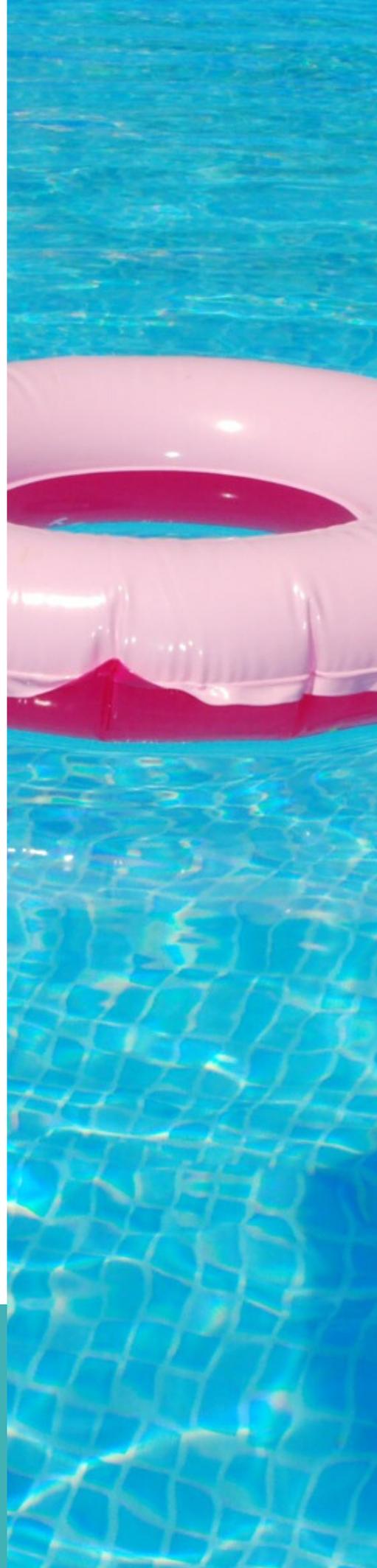
Pool Exercise #9: Lateral Lunge with Outer-Thigh Lift

Standing in the pool, lunge to the side, keeping your butt back, like you're sitting in a chair. As you return to standing, lift the lunging leg out to side. Perform 20 reps total.

Pool Exercise #10: Arm pulses

Standing in the pool, tighten your lower abdominals by bringing your belly toward your spine. Keep your arms straight and by your sides, fully extended. Face your palms backward and push them into the water in quick pulses for 3-5 mins or fatigue. Change your hands to face forward and repeat for 3-5 mins or fatigue. As with any exercise, make sure you are using good form and if you have any pain, stop the exercise and talk to your therapist about proper technique.

If you have your own equipment try [these workouts](#).



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