



ALL MEMBER NEWSLETTER

A BIG THANK YOU TO SENATOR JIM BREWSTER For the \$75,000 Economic Development Grant

The Redevelopment Authority of Allegheny County recently awarded \$600,000 to Senator Brewster's Senatorial District and we are extremely grateful that the Senator chose the Wilmerding Community Center to receive \$75,000 of those funds.

Senator Brewster has always been supportive of the WCC and this is the second Grant that he has secured on our behalf to support the important we do here in the east communities. The funding comes from the States Gaming Economic Development Tourism Fund (GEDTF) and will be used to help rehab some of our building issues and other enhancements. Watch for updates on projects that will have a positive impact on your experience as a member AND to the community at large.



Thank you Senator Brewster for your continued support of the WCC and the Mon Valley area



American Red Cross Lifeguarding Certification

The WCC has teamed up Allegheny County to provide 2022 Lifeguard Certification classes utilizing our pool.

Session 1 (REGISTER BY MARCH 18th)

- Friday March 25 (4:00 pm-8:00 pm)
- Saturday March 26 (10:00 am- 6:00 pm)
- Sunday March 27 (8:00 am-4:00 pm)

Session 2 (REGISTER BY APRIL 1st)

- Friday April 8 (4:00 pm-8:00 pm)
- Saturday April 9 (10:00 am- 6:00 pm)
- Sunday April 10 (8:00 am-4:00 pm)

REGISTER at the Allegheny County Website or pick up informational flyer on certification at Front Desk

NO Registrations taken at the WCC—ALL registrations must go through Allegheny County Website

COMMUNITY CENTER WINTER HOURS

- Monday—Thursday 6am-8pm
- Fridays 6am-6pm
- Saturdays 7am-3pm
- Sundays 11am-4pm



STAY UP TO DATE on Important Information at the WCC

You can sign up for notifications by TEXTING this

Message:

@Wccinfo1 to phone # 81010

BE in the know about what's happening through text messages or by visiting our website for updated schedule information at:

www.wilmerdingcommunitycenter.org

Events/Activities at the WCC

OPEN to Everyone in the Community

- ♦ **FREE BLOOD PRESSURE READINGS**
The 1st & 3rd Monday of the Month (9-noon)
- ♦ **LIFEGUARDING CLASSES**— Red Cross Certification begins March 25th and April 8th
(See front desk for more info)
- ♦ **BINGO** Sunday, February 20th at the WCC with Early Birds beginning at 12:45pm
Volunteers are needed, call 412-520-7946
- ♦ **HEALTH RELATED Lunch & Learns**
Once again we will be offering a variety of *Educational & Healthy Living Seminars* in the Spring by a variety of local Health Care Providers & organizations—*Open to everyone!*



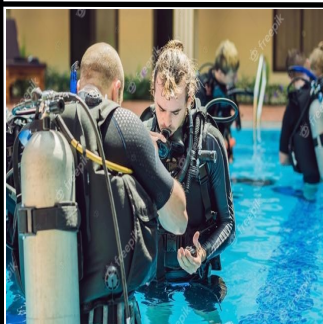
New Personal Trainer

Meet Kaelin, our newest addition to the WCC. *She is a licensed and certified Athletic Trainer with a specialty in performance enhancement.*

Kaelin can do *one-on-one training* (or with a partner) creating a workout plan centered around **YOUR GOALS**. She can also assist with any ongoing injuries & treatments with exercises designed to relieve pain and strengthen your body.

Whatever your needs are or just seeking advice, Kaelin is always available to discuss with you.

For more info, ask at the front desk, or contact Kaelin directly at kaelin.agar15@gmail.com.



NEW CLASS Beginner Open Water SCUBA Classes (Starts March 6th)

Don't pass up this opportunity to become a certified SCUBA diver. *Classes are held 3pm-6pm for five consecutive Sundays in the WCC Kudis Family Aquatic Center beginning Sunday March 6th.*

Cost is \$335 per person and includes NAUI open water text, access to on-line tutorial, certification fee, pool sessions and use of regulator, B.C., tanks and weights. Participants will need their own mask, snorkel, fins & boots and those can be purchased through Randy's Dive Shop.

The certification dive will take place at either Gilboa Quarry in Ohio or Blue Hole Quarry in Williamsburg, PA once weather gets warmer.

Call, email or text message to sign up at :
724-863-0752 or randysdiveshop@comcast.net

NEW PROGRAMS & General INFO

Important Notice

NEW CLASS— FUNCTIONAL FITNESS

A fun, challenging class to help you gain strength, stability, agility & balance using body-weight and resistance equipment. *Tues & Thurs—9-10am with Gail Evans Potter, CPT*

SAFETY FIRST—Please remember that we have lockers available upstairs and in the lower level *to put your shoes, bags, etc. so that are not left cluttering the gym or fitness center floor.* This is a safety issue for everyone!

SUGGESTION BOX—WE want to hear from YOU, *good, bad or indifferent.* At the WCC we strive to give you the very best in member satisfaction BUT need to hear from you. *Please take the time to make suggestions & comments, voice your concerns OR Praise someone or something we are doing that you love.* The Suggestion Box is located at the Front Desk.

THANK YOU all once again for supporting our first Annual Campaign—*A GREAT SUCCESS!*