



**Wilmerding Community Center**  
 1 Memorial Field, Wilmerding, PA 15148  
 412-520-SWIM (7946)

## ANOTHER GREAT JOB!

SINCERE THANKS to Jim Kudis and Allegheny Petroleum for agreeing to MATCH *dollar for dollar* what the WCC could raise throughout the months of November & December. Mr. Kudis graciously threw out the gauntlet (*for the third year in a row*) that he would match up to \$25,000 what ever we could raise from our members, local businesses and the community at large and we're **PROUD to say that YOU ALL RESPONDED IN A BIG WAY!**



Thanks to your **SUPPORT** we raised an amazing \$30,654 with **225 contributors** and together with Mr. Kudis's **GENEROUS \$25,000 match**, *the WCC RAISED a total of \$55,654.*

Those funds will be used for on-going facility upgrades, general maintenance and, *will provide funding to help those in our community who need assistance with membership & program fees.*

THANK YOU all again for helping make the WCC "**The HEART of the Community**" and the best kept secret in the east suburbs!

## LIFESAVING OPPORTUNITIES FOR EVERYONE



### AHA Certified CPR, AED & 1st Aid

**NEW CLASS - Wednesday, FEBRUARY 28th**  
**5:30-8:30pm at the WCC**

\$40 WCC Members  
 \$60 Community Members  
*(Class taught by Eastern Area Prehospital Services)*

**Limited Openings available—Please call the WCC at 412-520-7946 to pre-register**



### LIFEGUARDING CERTIFICATION

*(Weekend of 3/29 & 3/30)*

If you are looking to become a Certified Lifeguard OR re-new your current certification then these classes are for you. **Class is held in our pool over the weekend of March 29 & 30th FOR ages 15 and up—SPACE is limited.**

**Register at [Lifeguards@alleghenycounty.us](mailto:Lifeguards@alleghenycounty.us) OR pick up info at front desk**

## SWIM LESSONS FOR EVERY AGE

*NEW session begins February 26th*

We have lessons for all age groups—6 months to Adults. Private & Semi-private lessons also available. Classes are available on Tuesday & Wednesday evenings and on Saturday mornings



Spring 1 Session begins Feb 26th and runs for 7 weeks thru April 13th. REGISTER early as these classes fill up FAST.

**REGISTRATION for Spring 1 Session begins Feb 5th for current swim participants and on February 12th for everyone else.** Classes fill up quickly so early registration is encouraged.

*For MORE info Call 412-520-SWIM (7946)*

Did you know?

The WCC is OPEN on SUNDAYS from NOON-4:00pm through March 23rd WITH Open Pool Time from 12-2 pm

## NEW FITNESS CLASSES & PROGRAMS

The WCC is pleased to announce FOUR new Fitness Classes have been added to complement our existing line up of quality programs.



**Step up the PLATES**— This class includes 20 minutes of Cardio using the step followed by 30 minutes of UPPER BODY Strength with Instructor Dawn. *Mondays 8:30-9:30am*

**Strength in Numbers**— NO CARDIO here! Instructor Dawn will lead you in a 60 minute intense group strength training for the ENTIRE BODY using challenging weight on the bar & dumbbells. *Tuesdays 4:45-5:45pm*

**Strength Training with BODYPUMP**—Join Brandi, a certified BodyPump Instructor as she teaches this HIGH ENERGY, total-body strength workout. *Wednesdays 6-7pm*

**ZUMBA Class**—Come join Mary Ellen Cooper as she leads this Latin-inspired cardio-dance workout that uses music & choreographed steps for a fitness party atmosphere. *Thursdays 6-6:45pm*



*Check out our FITNESS SCHEDULE or on-line [www.wilmerdingcommunitycenter.org](http://www.wilmerdingcommunitycenter.org)*

## The Bulletin Board

### UPCOMING EVENTS AT THE WCC

- ⇒ **WINTER VENDOR & CRAFT SHOW**  
Sunday, February 4th—10am-3pm  
*Call Rusty Hoke at 412-915-8984 to register*
- ⇒ **SENIOR HEALTH FAIR**  
Friday, March 8th—9am to 13:30pm  
Come join us for a morning of health & Wellness related booths and information  
*FREE for Everyone, no registration required*
- ⇒ **SAFE DRIVING CLASSES**  
March 20th from 1-5pm  
*(This is a CLASSROOM ONLY Instruction and there is NO on the road driving).*



Call 1-800-559-4880 to register or visit their Website at [www.seniorsforsafedriving.com](http://www.seniorsforsafedriving.com)