#### January/February 2024





## **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 OR pick up info at front desk

#### SWIM LESSONS FOR EVERY AGE NEW session begins February 26th

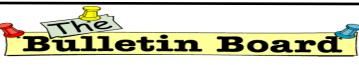
We have lessons for all age groups—6 months to Adults. Private & Semi-private lessons also available. Classes are available on Tuesday& Wednesday evenings and on Saturday mornings



**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)



## **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* 



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