



**SENIOR RESOURCE DAY—OPEN TO EVERYONE**  
**FREE ADMISSION and FEEL FREE TO BRING A GUEST**  
**FRIDAY, MARCH 8th—9:00am-12:30pm**

Come join us FRIDAY, March 8th from 9:00am-12:30pm for a day of *Information, Education and Awareness of available Resource's throughout the Mon-Valley area.*

Presented by *LifeOptions Pittsburgh*, a comprehensive group of over 60 local health care industry & senior care professionals dedicated to helping families find the right information, products and resources.



Over 15 providers will be on hand to share resources, products and answer questions related to your health & well-being. A great opportunity to **BRING A GUEST** along and share all the amenities the WCC has to offer.

**NO PRE- REGISTRATION NEEDED, just show up on March 8th and see what SENIOR RESOURCE DAY is all about**



**Help Loved Ones with College Tuition**

Did you know that as a Silver Sneaker participant you can **EARN POINTS** *that convert to actual dollars* to help your grandchildren and other loved ones with COLLEGE TUITION.

Silver Sneakers has teamed up with SAGE Scholars to help you build up a POINTS that can be used to offset College Tuition at over 400 Colleges & Universities.

You MUST SIGN up using the website below:  
**[www.SilverSneakers.TuitionRewards.com](http://www.SilverSneakers.TuitionRewards.com)**

**NEW WCC CLASSES**



**With Mary Ellen Cooper**

*Join us for a Latin Inspired cardio –dance workout for a fitness party atmosphere. ZUMBA is a GREAT way to get fit while having FUN.*

**Thursdays from 6—6:45pm**

**BODY & SOUL FITNESS—** *Come join Sara Bannister as she leads the new and exciting exercise class called DANCE BLAST*

*Dance Blast is a unique program where Faith and Fitness Meet. A FUN way to develop core strength & cardio fitness while burning calories and learning new moves.*

**Fridays at 8:00-9:00am**

## SWIM LESSONS FOR EVERY AGE

*NEW session begins April 15th*

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 2 Session begins April 15th and runs for 7 weeks thru May 31st REGISTER early as these classes fill up FAST.

**REGISTRATION for Spring 2 Session begins APRIL 1st for current swim participants and on April 8th for everyone else.** Classes fill up quickly so early registration is encouraged.

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



### ⇒ SUNDAY POOL & GYM SCHEDULE

The WCC is open on SUNDAYS from 12-4pm through MARCH 24th

**POOL**—12-1pm for Adult Swim  
1-2pm for Adult & Family Swim  
2-3pm Rentals OR Adult Swim

**GYM**—12-1pm for OPEN GYM  
1-3pm for Pickleball  
3-4pm for OPEN GYM

### ⇒ SAFE DRIVING CLASSES

March 20th from 1-5pm  
(This is a CLASSROOM ONLY Instruction and there is NO on the road driving).



NEW Classes also held on May 22 & August 21

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



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

NEW CLASS—WEDNESDAY, March 27  
Call the WCC at 412- 520-7946 to register

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

### AMERICAN RED CROSS LIFEGUARDING CERTIFICATION (Weekend of 4/19 & 20th)

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 on over the weekend of APRIL 19th FOR ages 15 and up—SPACE is limited.*



Friday, April 19 from 5pm-9pm  
Saturday, April 20 from 8am-8pm

*Register at [Lifeguards@alleghenycounty.us](mailto:Lifeguards@alleghenycounty.us) or pick up more information @ the front desk*

NEXT SESSION of Certification is the Weekend of May 10 & 11th

*You're never too late or too old to LEARN how to SAVE A LIFE—Sign up now to become a American Red Cross Lifeguard*