Recreation Newsletter
Spring Semester 2016

Enjoy Life!
Exercise!
Have Fun!

Rita Shearer, Recreation Coordinator
Cuyahoga Community College
Western Campus
Recreation Department
Office Hours for
Spring Semester 2016
(216) 987-5456

Monday through Friday
8:00am to 8:00pm
Saturday
8:30am to 1:00pm

Recreation Staff:
Rita Shearer-Recreation Coordinator
Craig Richardson-PE Support Specialist
Frank McMasters-Evening/Weekend Rec. Coordinator
Recreation Supervisors: Jim Hornick, Chris Hampton, Lynn Bauerschmidt, Tom Stoop & Durand Page
Dear Non-Credit Patron,

Our Spring Semester 2016 Non-Credit classes are now listed online. To access our web site, please do the following:

1. Go to www.tri-c.edu/recreation
2. Click on Western Campus Recreation
3. Go to Non-Credit Programming, click on Spring 2016 Non-Credit Recreation Classes
4. To Register, call (216) 987-3075

**Please Note:** If you try to do a regular search for our non-credit recreation classes (via www.tri-c.edu) you may have a difficult time finding us since Continuing Education combined the 2015/2016 classes together. Your best bet to find our spring classes is to go through the link provided above: www.tri-c.edu/recreation.

We are repeating some of our Fall Aquatic classes for the Spring. Check out our Non-Credit booklet for Spring, 2016. Lifetime Fitness Program is being offered. Information is on the website.

Our Spring Campus and Community Recreation Open Pool, Gym & Fitness Center schedules are posted on this web site beginning in January. If you have any questions or do not have access to our web site, please contact the Recreation Department at 216-987-5456.

**Please Note:** Tri-C is now charging a 2.4% non-refundable service fee for all credit card transactions. For additional information, please contact Continuing Education at 216-987-3075.

We are always interested in improving our non-credit program. If you have any suggestions for possible new classes or ways to improve our current classes, please contact Rita Shearer at rita.shearer@tri-c.edu.

Thank you for choosing to participate in our Non-Credit program!
Rita Shearer, Recreation Coordinator
Open Pool Schedule

Daytime
M-W-F...8-9:50am
M &W 12-2pm
T & TH...1-2:30pm
F...11-2pm

Evening
M -W-F...8-9pm

Saturday
11am-1pm

Open Gym Schedule

Daytime:
F...12:45-3pm
T & TH 2:30-4pm

Evening:
M...7-9pm Tennis Only
W...7-9pm Basketball Only
F...7-9pm Basketball/Soccer Only

Saturday:
9:30-11:30am Indoor Tennis
Fee: $3.00 per person, per visit
Current Students, Faculty, Staff & Senior Citizens are free with the proper identification! Everyone else will need to purchase a guest card and apply $3.00 per visit to the card. We have flyers in the Recreation Department describing how to buy and use the Guest Cards. For additional information, please call the Recreation Department at 216-987-5456.
Family Fun Nights!  
Gym & Swim  
Various pool and gym activities provided.

Saturday Evenings from 6-9pm:  
February 6th, March 5th, April 9th  
Fee: $10 per family, per visit!

Open to all families and ages! Come and enjoy the use of our pool and gym! Parents must accompany their children at all times.

- Giant 8’ inflatable ball
- Horseshoes - Bowling
- Golf - Giant Dominos
- Ping Pong - Badminton
- Basketball - Volleyball
- Water VB - Noodles
- Kickboards

Questions?  
Call 216-987-5456
Starting January 19, 2016

50 Mile Swim Club

The Recreation Department is offering to you, as an incentive to a healthier lifestyle, a Swim program that will encourage and motivate you before work, during your lunch hour or after work!

- You will have 16 weeks to swim 50 miles (1/19 to 5/6). Every semester we will start a new program.
- You must complete your miles here at the West Campus swimming pool during our open swim hours.
- To use our pool, you will need the proper ID (A current My Tri-C Card, Golden Buckeye Card or a Guest Card.)
- Record your miles on our log form, which we will file for you.
- Once you have completed your 50 mile swim, you will receive an official 50 Mile Club T-Shirt plus have your photo posted in the display case in the hallway, outside of the gym.

Questions? Please call the Recreation Department at 216-987-5456.
Starting January 19, 2016

Walk/Jog Program

50 Mile Club

The Recreation Department is offering to you, as an incentive to a healthier lifestyle, a WALK/JOG program that will encourage and motivate you before work, during your lunch hour, or after work!

- You will have 16 weeks to accomplish 50 miles (1/19 to 5/6). Every semester we will start a new program.
- You may use the track, gym or walk the hallways of Tri-C, Western Campus.
- Log your miles on our log form, which we will file for you.
- You may use one of our pedometers, with a valid ID (driver’s license or My Tri-C card). $20 fee for lost, stolen or damaged pedometers.
- Once you have walked/jogged your 50 miles, you will receive an official 50 Mile Club T-shirt plus have your photo posted in the display case in the hallway, outside of the gym!
50 Mile Walk/Jog Schedule

Starts: Spring Semester, January 19, 2016
WRC Field House (Gym) F100

Schedule: Monday through Friday (Gym use)
*Note: the following times are either for open gym or when there is nothing else in the gym.
We would prefer that you do not use the gym during PE classes.

Monday: 8-10am (1st 8 weeks only—January 19 through March 11)
Tuesday: 8-9:30am  2:30-4pm
Wednesday: 8-10am (1st 8 weeks only—January 19 through March 11)
Thursday: 8-9:30am  2:30-4pm
Friday: 8-10am (1st 8 weeks only—January 19 through March 11), 10-10:50am, 12:45-3pm

- You may check out a pedometer with valid ID (Driver's License or My Tri-C Card)
- There will be a $20 fee for lost, stolen or damaged pedometers. Please maintain good care and return in the same condition you received it.
- Please check in/out at the Recreation Office before starting your walk/jog.
- Pick up a log to record miles walked/jogged. For your convenience, we will keep logs in our file so that you don't have to carry them with you.
- You may use the outside track, gym or walk the hallways of Tri-C, Western Campus.
- You will have 16 weeks to walk/jog 50 miles, from January 19 to May 6, 2016.

Every semester is a new start so don't be discouraged if you do not complete the 50 miles.

Remain focused on the task at hand, which is, maintaining a Healthy Lifestyle!

After you have accomplished the 50 miles you will earn a T-SHIRT, inducting you into the “50 Mile Walk/Jog Club”. Your picture will be posted in the display case outside of the gym!

Questions? Call: Craig Richardson at (216) 987-5421
50 Mile Walk/Jog Mile Chart

West Recreation Center (WRC F100)
10 laps around the gym equals 1 mile

Outside Track
4 times around equals 1 mile

1st Floor Western Campus
- Starting Point: Parking lot A hallway doors by Fitness Center
- Continue to Theater front doors leading to Building C
- Continue outside to enter Building C then follow hallways to Galleria
- Continue through Galleria into D parking lot hallway (eastside of building)
- Finish outside parking lot D exit doors
- This route equals .67 of a mile.

2nd Floor Western Campus
- Starting Point: Upper level A building (west side) near the doors above the pool.
- Continue walking through upstairs Galleria to B building
- Continue back through the upper square of C building
- Leave C & follow the main hallway through upstairs Galleria
- Continue walking until coming to the end of hallway pool windows (east side)
- This route equals .58 of a mile.
Adapted Aquatics Program
Private Swim Lessons for Children With Special Needs

Our method of teaching adapted aquatics, to children with special needs, is entirely student-centered, not instructor based. Instructors will create methods to enhance learning through the use of routine and visual aids.

All of our instructors have been Certified to teach Adapted Aquatics through the American Red Cross.

Please contact the Western Campus Recreation Department @ 216-987-5456 to receive a required information packet.
Western Campus
Admittance
Procedures For The...

Gym

Pool

In order to use our facilities, you will need one of the following:

A **current** My Tri-C card

A Golden Buckeye Card for Senior Citizens

A Tri-C Guest Card
(Please see next page for directions on how to purchase a Tri-C Guest Card.)
Tri-C Cash Guest Cards

Guest Cards are $1 and can be reused after your initial purchase, so do not discard them.

You can get your new Tri-C Guest Card:
1. At the campus Business Office, located on the 1st floor in the south galleria on M-TH from 8:30-6:30pm & F from 8:30am-5pm. They will load your Guest Card for you, using cash or credit card.
2. At the Cash Loading Station conveniently located near the ATM machine in the south Galleria, using either cash or credit card.

Instructions for using the Cash Loading Station to buy and load money onto your Tri-C Cash Guest Card:

1. The machine will ask if you want to...
   a. Deposit
   b. Purchase a card
   c. Check account balance
   *Choose “Purchase a card”
2. Prompt will now alert you that the card will cost $1, would you like to continue?
   *Choose “YES”
3. Prompt will now ask if you would like a receipt. *Select either “YES” or “NO”
4. Select which payment option you would like to use in order to load money onto your card. *Choose “Cash” or “Credit”
5. Follow the instructions for entering either cash or credit card. Please remember when buying your first card, this amount will be $1 less in order to pay for your card.
6. Now the machine will prompt you to press “Start” in order to dispense your card.
7. Now you must activate your card by inserting and removing your new Tri-C Cash card into the card reader on the left side of the keypad.
8. It will ask you if you want to activate as “C Bucks” or My Tri-C CC”.
   Choose “My Tri-C CC”.

Note: Once your money is spent, you can use this machine to reload your card by pressing the “Deposit” button on the first screen and following the instructions.

You can also use this machine to check your balance at anytime. Your Tri-C Cash Guest Card can be used anywhere in the college that accepts the My Tri-C card, i.e. vending machines, bookstore and cafeteria.