

LCRAC GUIDE

LEXINGTON COUNTY RECREATION & AGING COMMISSION

Session III January 9 - February 17, 2012

Session IV February 27 - April 6, 2012



Contents

| | |
|-----------------------------------|-------|
| Administrative Office and Centers | 3 |
| Aging Department | 3 |
| Cayce Tennis & Fitness Center | 4 |
| Lexington County Tennis Complex | 5 |
| Upcoming Tennis Events | 5 |
| Membership Information | 6 |
| Special Events | 7 |
| Arts & Crafts | 7 |
| Fitness | 8-9 |
| Youth Programs | 10 |
| Birthday Parties | 10 |
| Adult Leagues | 11 |
| Adult Programs | 12-13 |
| Classics for Seniors | 14-15 |
| After School Info | 16 |

A minimum and maximum enrollment number has been set for each class. Pre-registration required.



**Third Annual Sanctioned
"One Day" Tournament**

**Love
for a Cure**
TENNIS TOURNAMENT

May 5, 2012

Lexington County Tennis Complex
425 Oak Drive, Lexington

Players Social: May 4th
Call **(803) 359-1312** for Details

In Memory of Jay Criscione



Jorge Andrew, Director of Operations at Lexington County Tennis Complex and Cayce Tennis & Fitness Center

The new Cayce Tennis and Fitness Center at Otarre Point is now open. This state of the art facility is a collaborative effort, built on property leased by SCANA, and funded by LCRAC and the City of Cayce.

There are 23 regulation courts for adults and 7 QuickStart courts for kids for a grand total of 30 courts. The clubhouse encompasses 11,000 square feet and includes a Wellness Facility, Pro Shop, Canteen, Locker Rooms with showers, a Conference Room and a Catering Kitchen. The Cayce Tennis Complex will offer new ways for area residents to enjoy the great sport of tennis in one of the best and most up to date facilities in the country!

Are you new to the area or have you moved?

Mailing lists are frequently updated to remove incorrect names. To be added to this mailing list call 359-0964.

Aging Department

The overall thrust of the seven Senior Centers of the Lexington County Recreation and Aging Commission is summarized in the motto, Privileged Ones Growing Older. Recognizing that it is a privilege to grow older, we strive to enhance the lives of the older adults in our population and to acknowledge and benefit from the numerous gifts those persons have to offer through their participation in our programs.

Our Senior Centers offer a variety of programs and activities aimed at enhancing an older adult's mental and physical wellness. Anyone who wishes to participate in our programs must be free of conditions requiring personal care assistance or personal supervision. Older adults are welcome to participate in the daily activities at the Centers. Call your local Center for age requirements, memberships, activity fees and program availability.

For additional information call 356-5111.

Aging Administrative Office

356-5111 125 Parker St.

Batesburg/Leesville Center

532-4536 241 Highland Ave.

DIRECTOR: Jackie Head

Gilbert Summit Center

892-5745 409 Broad St.

DIRECTOR: Nellie Rish

Lexington Center

957-7979 108 Park Rd.

DIRECTOR: Jennifer Edwards

Pelion Center

894-4351 210 Pine St.

DIRECTOR: Tawana Bonnett

Pine Ridge Center

755-1274 2753 Fish Hatchery Rd.

DIRECTOR: Beverly Smith

Swansea Center

568-4545 197 N. Lawrence St.

DIRECTOR: Jessie Green

Tri-City Center

939-9311 485 Brooks Ave.

DIRECTOR: Teresa Grice-Ginn

Administration Office

803-359-4048

563 South Lake Dr., Lexington SC 29072

Batesburg-Leesville Leisure Center

532-3810 227 Highland Ave., Batesburg SC 29006

M-Th 6:30 am-10 pm; F 6:30 am-6 pm; Sat 9 am-2 pm; Sun 2-5 pm

CENTER DIRECTOR: Kristie Weed | KWeed@lcrac.com

Lexington Leisure Center

957-7828 108 Park Rd., Lexington SC 29072

M-Th 7 am-10 pm; Fri 7 am-6 pm; Sat 9 am-2 pm; Sun 2-5 pm

359-3658 Wellness Center

M-Th 6am-10pm; Fri 6am-7pm; Sat 9am-2pm; Sun 1-6pm

CENTER DIRECTOR: Ann Griffis | AGriffis@lcrac.com

ASSISTANT CENTER DIRECTOR: John Alexander | JAlexander@lcrac.com

AFTER SCHOOL & SUMMER CAMP DIRECTOR: Rachael Miles | Rachael@lcrac.com

WELLNESS CENTER DIRECTOR: Tripp Clark | TClark@lcrac.com

Tri-City Leisure Center

939-9309 485 Brooks Ave., West Columbia SC 29169

M-Th 6 am-10 pm; Fri 6 am-7 pm; Sat 9 am-4 pm; Sun 1-6 pm

CENTER DIRECTOR: Darius Suber | DSuber@lcrac.com

ASSISTANT CENTER DIRECTOR: Holly Huckabee | Holly@lcrac.com

WELLNESS CENTER DIRECTOR: Ansel Holback | AHolback@lcrac.com

Ball Park Road Recreation Complex

359-0690 432 Ball Park Rd., Lexington, SC 29072

RECREATION SPECIALIST: Arnold Screen

Gilbert-Summit Multi-Purpose Facility

411 Broad St., Gilbert, SC 29054

AFTER SCHOOL COORDINATOR: Justin Steele, 309-4346

Spires Recreation Center

791-1361 1500 Dunbar Rd., Cayce, SC 29033

M-F 3-9 pm; Sat., 10 am-6 pm; Sun., 1-6 pm.

Cayce Tennis & Fitness Center

AT OTARRE POINTE

See page 6 for additional CTFC Member Info

1120 Fort Congaree Trail • Cayce, SC 29033
Phone: 227-3030 • Fax: 227-3806



Director of Operations: Jorge Andrew
Facility Director: Todd L. Stump
Tennis Coordinator: Paola Maoli
Tennis Professionals: Howard Jones
Lissa Johnston
George Estes

Facility Hours: M-Th 6 am-10 pm
F 6 am-8 pm;
Sat 8:30 am-2 pm;
Sun 1-9 pm

Hours are Subject to Change

TENNIS FREQUENT USER YEARLY RATES

Frequent users have court priority and may make reservations two days in advance.

ADULT FREQUENT USERS (19-54 YEARS OLD) \$300

- Includes court fee at Cayce Tennis and Fitness Center and Lexington County Tennis Complex.
- Reservation may be made two days in advance.
- Includes one Facility League Fee, per adult, per season at both facilities (Spring, Fall, Mixed, Combo, and Single Leagues). This is not your USTA Tennis Link registration fee.

FAMILY FREQUENT USERS \$400

- Husband and wife and up to (2) children 18 years and living at home (\$40 for each additional child after the first two).
- Includes court fee at Cayce Tennis and Fitness Center and Lexington County Tennis Complex.
- Reservation may be made two days in advance.
- Includes one Facility League Fee, per adult, pre-season at Cayce Tennis and Fitness Center or Lexington County Tennis Complex (Spring, Fall, Mixed, Combo, and Single Leagues). This is not your USTA Tennis Link registration fee.

SENIOR FREQUENT USERS (55 AND UP) \$200

- Add spouse \$100 if 55 years old \$125 if 54 or younger.
- Includes court fees at Cayce Tennis and Fitness Center and Lexington County Tennis Complex.
- Reservation may be made two days in advance.
- Includes one Facility League Fee, per adult, per season at Cayce Tennis and Fitness Center or Lexington County Tennis Complex (Spring, Fall, Mixed, Combo, Single and Super Senior leagues). This is not your USTA Tennis Link registration fee.

YOUTH FREQUENT USER (18 YEARS OLD OR YOUNGER) \$150

- Add sibling \$50
- Includes court fee at Cayce Tennis and Fitness Center and Lexington County Tennis Complex.
- Reservations may be made two days in advance.

All Rates are Subject to Change

After School Tennis Club

Four week sessions using the “NEW” QuickStart Tennis Format. Club meets twice a week, 45 minute sessions.

LEVEL 1

Beginner tennis players will learn how to “Rally and Play,” learn basic strokes and sportsmanship, using the “NEW” QuickStart Tennis Format.

LEVEL 2

Advanced beginners will learn how to “Rally and Play” with consistency, strokes improvement, introduction to doubles, and on the court etiquette using the “NEW” QuickStart Tennis Format.

Cost: \$80/Level 1, \$60/Level 2

Schedule: M & W or T & Th 4:30 - 5:15 or 5:30 - 6:15 pm.

Li'l Bits Tennis Club

For more information, check out
www.LexingtonCountyTennis.com

3-4 yr. olds – Wee Racquets

5-6 yr. olds – Ball Kidz

7-8 yr olds – Court Marshalls

9-10 yr olds – Big Shots

The class size limited to 8 and must be reserved 48 hours in advance by registering online at

www.LexingtonCountyTennis.com (click on the calendar on the left side of the page) and register for your preferred day and time.

Players must wear tennis shoes. No sandals are permitted! Racquets will be furnished upon request. Age appropriate ball skills, footwork drills and most of all FUN will make this a positive experience as we follow the USTA QuickStart Program.

Cost: \$12 per player for 45 minutes.

Schedule: Ongoing.

Stars

Days/Time: T & Th, 5-6 pm.

Cost: \$13/class, \$25/2 classes,
\$48/4 classes or
\$80/8 classes.

For children, ages 8-12, who have been introduced to tennis and they have shown above ability and love for the game.

Novice

Days/Time: T & Th, 5-6 pm.

Cost: \$13/class, \$25/2 classes,
\$48/4 classes or
\$80/8 classes.

For children, ages 11-17, being introduced to tennis.

Tournament Players

Days/Time: M & W, 4:30 - 6:30 pm.

Cost: \$27/class, \$49/2 classes,
\$85/4 classes
\$120/6 classes or
\$140/8 classes.

High performance-style training for the most promising junior player. Each session includes a warm-up, drills and point play, physical conditioning and a cool down.

Adult Beginners Tennis Lessons

Morning and evening classes available. In this continuous class, students will learn basic strokes, forehand, backhand, serve and volley.

Days/Time: Ongoing four
week classes.
M, T, W, Th, Sat.

Cost: \$50.

Lexington County Tennis Complex

425 Oak Drive • Lexington, SC 29073

Phone: 957-7676 • Fax: 951-3556



Director of Operations: Jorge Andrew
Complex Coordinator: Joel Corley
Tennis Professionals: Chip Wilson
Nancy Powell
Steve Green

Facility Hours: M-Th 8:30 am-10 pm
F 8:30 am-8 pm;
Sat 8:30 am-4 pm;
Sun 1-9 pm

Hours are Subject to Change

After School Tennis Club

Four week sessions using the “NEW” QuickStart Tennis Format. Club meets twice a week, 45 minute sessions.

LEVEL 1

Beginner tennis players will learn how to “Rally and Play,” learn basic strokes and sportsmanship, using the “NEW” QuickStart Tennis Format.

LEVEL 2

Advanced beginners will learn how to “Rally and Play” with consistency, strokes improvement, introduction to doubles, and on the court etiquette using the “NEW” QuickStart Tennis Format.

Cost: \$80/Level 1, \$60/Level 2

Schedule: M & W or T & Th 4:30 - 5:15 pm or 5:30 - 6:15 pm. or T & Th 2:45 - 3:15 pm.

Li'l Bits Tennis Club

For more information, check out www.LexingtonCountyTennis.com

Instructor: Nancy Powell

3-4 yr. olds – Wee Racquets

5-6 yr. olds – Ball Kidz

7-8 yr olds – Court Marshalls

9-10 yr olds – Big Shots

The class size limited to 8 and must be reserved 48 hours in advance by registering online at

www.LexingtonCountyTennis.com (click on the calendar on the left side of the page) and register

for your preferred day and time. Players must wear tennis shoes. No sandals are permitted!

Racquets will be furnished upon request. Age appropriate ball skills, footwork drills and most of all FUN will make this a positive experience as we follow the USTA QuickStart Program.

Cost: \$12 per player for 45 minutes.

Schedule: Ongoing. Check Website for details.

Stars

Instructor: Chip Wilson

Days/Time: M & W, 5-6 pm.

Cost: \$13/class, \$25/2 classes,
\$48/4 classes or
\$80/8 classes.

For children, ages 8-12, who have been introduced to tennis and they have shown above ability and love for the game.

Novice

Instructor: Steve Green

Days/Time: M & W, 5-6 pm.

Cost: \$13/class, \$25/2 classes,
\$48/4 classes or
\$80/8 classes.

For children, ages 11-17, being introduced to tennis.

Tournament Players

Instructor: Chip Wilson

Days/Time: T & Th, 4:30 - 6:30 pm.

Cost: \$27/class, \$49/2 classes,
\$85/4 classes
\$120/6 classes or
\$140/8 classes.

High performance-style training for the most promising junior player. Each session includes a warm-up, drills and point play, physical conditioning and a cool down.

Adult Beginners Tennis Lessons

Morning and evening classes available. In this continuous class, students will learn basic strokes, forehand, backhand, serve and volley.

Days/Time: Ongoing four week classes.
M, T, W, Th, Sat.

Cost: \$50.

Instructor: Nancy Powell

Cardio Tennis

Instructor: Nancy Powell

Cardio tennis is a fun, new group activity featuring drills to give players of all levels of ability an ultimate, high energy workout. If you want a great way to workout, burn calories and get in shape, cardio tennis is for you!

Cost: \$13 per session.

Schedule: Sat, 10-11am.

You may register at www.lexingtoncountytennis.com (click on the calendar on the left side of the page) and choose your session. Class size is limited to a minimum of 4 and a max of 8; first come, first serve for class registrations.

Lexington County Tennis Complex (LCTC)
Cayce Tennis and Fitness Center (CTFC)

COURT RATES

Reservations taken one day in advance for 2-hour time blocks. Primetime is after 5:00 pm and weekends.

| TIME | SINGLES | DOUBLES |
|-----------|------------|------------|
| Day | \$4/person | \$3/person |
| Primetime | \$5/person | \$4/person |

ANYTIME STADIUM COURT

Singles: \$12 per person

\$1.00 per person for each additional or portion of an hour, at any time.

TENNIS LESSONS

ONE HOUR LESSONS

From Tennis Professional

One Person: \$45

Two People: \$24 each

Three People: \$18 each

Four People: \$14 each

HALF-HOUR LESSONS

From Tennis Professional

One Person: \$25

Two People: \$16 each

For team drill and practice rates please call the LCTC.

Lexington County Tennis Complex (LCTC)
Cayce Tennis and Fitness Center (CTFC)

Upcoming Tennis Events

For upcoming tennis events go to www.LexingtonCountyTennis.com

JANUARY

Lexington High School Boys Try Outs (LCTC)

FEBRUARY

USTA South Carolina 27th Van der Meer All Star Camp (CTFC)

USTA South Carolina Tournament Directors Workshop (CTFC)

MARCH

USTA/LATA QuickStart Tennis Workshop (LCTC)

Friends of Scouting Tournament (CTFC)

Lexington County Junior Open (LCTC)

Rising Start Junior Tournament (LCTC)

APRIL

USTA Southern 10 & Under Camp (CTFC)

LATA Spring Playoffs (LCTC)

Membership Information

Batesburg-Leesville Leisure Center

532-3810 or 532-4785

227 Highland Ave Batesburg SC 29006

MEMBERSHIP

Weight Room and Aerobic Equipment Area, ages 15 & up.

- Initial orientation required.
- Access to Wellness Center only.
- \$120/year or \$40/month or \$7/day per person.
- For each additional family member, add \$25.
- Senior Citizen Rates Available.

RACQUETBALL COURT RATES

Reservations taken one day in advance.

- \$4/hour per adult or \$2/hour per student.
\$1 racquet rental.
- Wallyball: \$6/hour.

OPEN GYM

Leagues and rentals have priority.

- Ages 15 and up, unless accompanied by an adult.
- Basketball: \$1/person/hour.
- Volleyball Net: \$6/hour.

WALKING HOURS

M-F, 6:30 am-2 pm

(unless otherwise posted).

- Free.

Cayce Tennis And Fitness Center

227-3030 1120 Fort Congaree Trail • Cayce, SC 29033

MEMBERSHIP

Fitness Center and Cardio area, ages 15 & up.

- Initial orientation required.
- Allows you access to the fitness center.
- Featuring complete line of Cybex VR1 selecterized weight equipment.
- State of the art cardio Theater.
- Shower and towel service.
- Daily use of locker with padlock \$1 rental fee.
- \$175/year. For each additional family member (spouse or child between 15-24 years of age), add \$40.
- Senior Citizens Rate: \$120/year, add spouse \$25.

TENNIS/FITNESS COMBO MEMBERSHIP

- \$400 Individual
- \$500 Family
- \$300 Senior (55 years and up) add spouse \$75 (spouse under 55 \$100 add on)

Lexington Leisure Center

957-7828 108 Park Rd. Lexington SC 29072

359-3658 Wellness Center

Tri-City Leisure Center

939-9309 485 Brooks Ave. West Columbia SC 29169

WELLNESS CENTER RATES

Memberships can be used at Leisure Centers.

Batesburg-Leesville memberships must be upgraded.

MEMBERSHIP

Weight Room and Aerobic Equipment Area, ages 15 & up.

- Initial orientation required.
- Allows you access to the Wellness Center.
- Featuring: Complete line of Free Motion Fitness selecterized weight equipment. Free Weights. State-of-the-art Cardio Theater.
- Shower and towel service.
- Daily use of a locker.
- \$175/year. For each additional family member (spouse or child between 15-24 years of age), add \$40.
- Senior Citizen Rate: \$120/year.

WELLNESS/RACQUETBALL MEMBERSHIP

Weight Room and Aerobic Equipment Area, ages 15 & up.

Initial orientation required.

- Allows you access to the Wellness Center and free racquetball court time.
- Featuring: Complete line of Free Motion Fitness selecterized weight equipment. Free Weights. State-of-the-art Cardio Theater.
- Shower and towel service.
- Daily use of a locker.
- \$335/year. For each additional family member (spouse or child between 15-24 years of age), add \$50.
- Senior Citizen Rate: \$250/year.

RACQUETBALL MEMBERSHIP

Unlimited racquetball courts.

- Shower and towel service.
- Daily use of locker.
- \$250/year. For each additional family member (spouse or child between 15-24 years of age), add \$50.
- Senior Citizen Rate: \$200/year.

RACQUETBALL COURT RATES

Reservations taken one day in advance.

- \$4/hour per person; \$1 racquet rental. Punchcard: \$45/15 hours.
(Lexington only) Wallyball: \$10/hour.

OPEN GYM

Leagues and classes have priority.

Times may change without notice. Please call to reserve time slot.

- Basketball Goal: \$5/hour. Volleyball Net: \$10/hour.

WALKING HOURS

(Lexington only) M-F, 7 am-12 noon or 7-9 am when schools not in session.

(Tri-City only) Walking Track open during operational hours.

- Free.

Special Events



LEXINGTON

| | TIME | COST | INSTRUCTOR |
|--|------|------|------------|
|--|------|------|------------|

Flashlight Easter Egg Hunt F, March 30, 8 pm. | Free Admission
 Gibson Road Soccer Complex. Ages 0-12. A fun twist on an old favorite. Hunt will be broken up on fields by age groups. Children will enjoy searching for eggs using their flashlights! And a special visit by E.B. himself!!

Star Party TBA 6-9 pm. | Free Admission
 Come enjoy an evening of learning and fun at Gibson Road Soccer Complex. Bring a telescope or binoculars if you have them, blankets, chairs, friends, & family. Refreshments will be provided. No flashlights please.



Follow us on Facebook and find out when and where our next Movie in the Park will be held!

TRI-CITY

| | TIME | COST | INSTRUCTOR |
|--|------|------|------------|
|--|------|------|------------|

Spring Indoor Yard Sale Sat, April 21, 7 am-12 noon.
 Indoor yard sale. Free admission to the public. \$10/table for vendors.

Arts & Crafts

LEXINGTON

| | TIME | COST | INSTRUCTOR |
|--|------|------|------------|
|--|------|------|------------|

Adult Ceramics M & W, 6-9 pm. | \$1 | Sybil Kraft
 Ongoing. Materials and supplies not included. Ages 18 & up.

TRI-CITY

| | TIME | COST | INSTRUCTOR |
|--|------|------|------------|
|--|------|------|------------|

Carolina Woodcarvers T, (1st and 3rd of each month), 7-8:30 pm. | \$2 donation | Simon Grantt
 Ongoing.



Fitness

BATESBURG-LEESVILLE

| | TIME | COST | INSTRUCTOR |
|--|---|---|---------------|
| Belly Dancing | T, 6:30-7:30 pm. | \$25/month | Diann Holley |
| | Ongoing. Get into shape while learning the oldest dance. Let's get moving and have fun losing those extra pounds. Registration first Tuesday of every month. | | |
| Weight Watchers Community Meeting | T, 5:30-6:30 pm. | \$55/6 weeks, returning members. \$65/6 weeks, new members. | |
| | Ongoing. Call 1-800-651-6000 to pre-register. | | |
| Zumba | M & Th, 7-8 pm. | \$35/month | Shannon Shull |
| | Zumba is a fusion of International music that creates an exciting fitness program. Shannon incorporates all types of music in her routines-rock, pop, hip-hop, jazz, and a little country. Previous dance experience is not necessary, and is made for all ages and all body types! | | |

GILBERT-SUMMIT

| | TIME | COST | INSTRUCTOR |
|---|---|------------|-----------------------|
| Home of the Gestic Star Dance Troupe | M 6:15 - 7:00 pm (beginners); M 7:15 - 8:30 pm (intermediate/advanced) | \$25/month | Robin "Amira" Mitchum |
| Belly Dance Lessons | January - November. Classes will not be held for the month of December due to extensive Troupe performances and the busy holiday season. This is a wonderful way to get a great workout while having fun and learning the oldest form of dance known. So, come on, don't hesitate, join in on the fun today! For more information call Robin (c) 730-9384 (h) 359-3299 or email huggy1978@yahoo.com | | |

LEXINGTON

| | TIME | COST | INSTRUCTOR |
|-------------------------------------|---|--|--------------------|
| Aerobics | M & Th, 6:30-7:30 pm. | \$25/month | Michelle Nienhius |
| | Ongoing. Enjoy low impact, step & body sculpting aerobics. | | |
| Bellydance Beginner-Advanced | W, 6:30-7:30 pm. | \$30/1 student/month, \$40/2 students/month | Babs Flowers |
| | Ongoing. Frustrated by trying to learn bellydance from TV and DVDs? Come learn from the area's most experienced instructor! Babs Flowers has taught more than 2,000 women since 1991. Trim and tone, increase endurance, burn calories, and have a good time giggling with other ladies of all shapes, sizes and ages! Exercise has never been more fun! Bring a friend or relative and get in shape together! For more information call 603-8345 or go to www.veiledimpressions.net . | | |
| Gong Fu – Unmartial Arts | W, 6-7 pm. | \$30 | Joe Martin |
| | Session III & IV. Five-week class. Ages 12 & up. Help prevent accidents, sickness, and stress & escape an assault without fighting. | | |
| Jazzercise | M, W, & Th, 7:30 - 8:30pm, Sat, 9-10 am. | \$35/month unlimited classes (joining fee applies), additional pricing options & discounts available | Kathryn Erving |
| | Ongoing. Register with instructor. Combines cardio, strength and stretching for a total body workout. All fitness levels are welcome so join us today! Visit jazzercise.com or contact Kathryn at jazz4fitness@gmail.com or (843) 729-4728 for more information.. | | |
| Tai Chi | Sat, 10:15-11:15 am | \$40/four weeks | Shu Tong Harrision |
| | Come and practice this martial art that promotes health and longevity. Tai Chi can help you with stress, balance & agility. | | |
| Zumba | T, 6-7 pm, W, 7-8 pm, Th, 7:30-8:30 pm, or Sat, 9-10 am. | \$25/1 class, \$35/2 classes, \$40/3 classes, \$45/4 classes weekly per month | CJ Clackley |
| | Zumba fuses hypnotic hip hop & Latin rhythms with easy to follow dance moves to create a dynamic fitness program that will blow you away. Have fun and burn 500-1000 calories per class. Our goal is simple: We want you to work out, to love working out! Ditch the workout, join the party! Zumba toning coming soon. Register with instructor. | | |



Gestic Star Dance Troupe, Gilbert

TRI-CITY

| | TIME | COST | INSTRUCTOR |
|--|------|------|------------|
|--|------|------|------------|

Belly Dance Technique M, 7:30-8:30 pm.
 \$48, \$24/additional family member, \$10 drop-in rate
 Dana Wood

Ongoing class. Tap into your inner creativity as you explore the movements of this ancient and beautiful art form. No previous dance experience required.

Fitness Bootcamp M, W & F, 6:30-7:30 am. | \$80/month and T & Th, 5:30-6:30 pm. | \$55/month | Tim Goodwin

Ongoing. Combines cardiovascular training and body weight exercises with a fun, intense group atmosphere to create extremely efficient and effective workouts.

Cycling M, W & F, 6:05-6:50 am | \$30 | Tracey Best

Ongoing, six week class. Get a heart pounding, low impact workout while maintaining the ability to go at your own pace.

Easy Exercises M & Th, 8:30-9:30 am. | \$22 | Sylvia Watson

Ongoing, six week class.

Evening Cycling M, W 6:30-7:30 pm & F 5:45-6:45 pm | \$30 | Rebecca Kilbride

Ongoing, six week class. Put a SPIN in your workout routine, with driving music and great drills, bring your outdoor cycling experience indoors.

Jazzercise M, W & F, 8:30-9:30 am, M, T & Th, 6-7 pm and Sat, 9-10 am.
 \$10 walk-in fee, \$35/month unlimited classes,
 \$25 joining fee | Terri Koon

Ongoing. Register with instructor. Jazzercise is the number one dance fitness program in the world. Classes incorporate a blend of jazz, dance, and strength training for a total body workout. Routines are choreographed to the most current music. Check it out at www.jazzercise.com.

Weight Watchers T, 9:30-10 am weigh-in, 10-10:30 am meeting or
 5:30-6pm weigh-in, 6-6:30 pm meeting

Ongoing. For further details call 1-800-651-6000.

Yoga/Stress Management M, 7-8 pm & Th, 6-7 pm. | \$35/1 class, \$60/2 classes weekly per month | Michele Holliday, RYT

Increase strength and flexibility through basic yoga poses. Practice basic breathing techniques, meditation and relaxation. Open to beginning and continuing students. Anusara style yoga class on Thursday is for those new to yoga or who want to move more slowly. Please bring a mat or towel.

TRI-CITY

Aerobics

All Classes meet in the Aerobics Center that features a floating maple floor.

AEROBICS FLEX PASS

\$30 / 10 Classes

\$50 / 20 Classes

\$65 / 30 Classes

Flex pass is non-refundable, non-transferable and expires one year from date of purchase.

Monday

5:30 pm - Zumba w/ Holly

6:30 pm - Step Aerobics w/ Steve

Tuesday

6:15 am - Step Aerobics w/ Holly

4:30 pm - Crossfit w/ Leigh Ann

5:30 pm - Step Aerobics w/ Pam

6:30 pm - Step Aerobics w/ Steve

Wednesday

5:30 pm - Zumba w/ Holly

Thursday

6:15 am - Step Aerobics w/ Holly

4:30 pm - Crossfit w/ Leigh Ann

5:30 pm - Step Aerobics w/ Pam

6:30 pm - Step Aerobics w/ Steve

Youth Programs

BATESBURG-LEESVILLE

| | TIME | COST | INSTRUCTOR |
|--|------|------|------------|
|--|------|------|------------|

Birthday Parties \$20/hour (during operational hours).
 Leader Optional for \$25 additional fee.
 Kids ages 4-16 enjoy a variety of games (rain or shine) such as basketball, rollerblading, floor hockey, parachute activities, relays, racquetball, indoor/outdoor soccer, volleyball, etc. Parents furnish refreshments and decorations. We furnish the space (gym and conference room) and we'll throw in a piñata for extra fun!

National League of Junior Cotillion Classes on the first Tuesday of each month (September-February, excluding December)
 Formal Balls in November and March from 7-9 pm.
 Year 1 (6th graders) 6-7:30 pm. | \$200
 Year 2 (7th graders) 8-9:30 pm. | \$250
 Five course meal and formal dining training TBA. Learn etiquette and manners through ball room dancing. Call Arlene Puryear 803-532-3706 or email arlene.puryear@nljc.com for info.

GILBERT-SUMMIT

| | TIME | COST | INSTRUCTOR |
|--|------|------|------------|
|--|------|------|------------|

Ballet, Tap, Jazz Gymnastics & Clogging Dance W, Call Deniese (359-6931) to give time preference.
 \$30/month. | \$20 registration fee/year/family | Deniese's School of Dance
 (Registration fee should be made payable to Deniese's School of Dance and given to the instructor.)
 Ongoing, ages 3-12.

LEXINGTON

| | TIME | COST | INSTRUCTOR |
|--|------|------|------------|
|--|------|------|------------|

Christy's School of Dance & Music and Dance Academy Ongoing classes.
 Clogging, Tap n' Tumble, Tap-Ballet, Hip-Hop, Tap, Jazz, Ballet, and more. Call (803) 924-1231 or visit www.MusicAndDanceAcademy.net for more information.

Jamie's Signing Time Fri, 10-11 am. Six months to three year olds; Fri, 11 am-12 noon. Four to eight year olds;
 \$80 (including materials) /
 \$45 (no materials) | Jamie Henry
 A four week class geared towards children and their parents. For more information call Jamie at 803-520-4125, e-mail, or visit SigningTimeAcademy.com/Jamie.

TRI-CITY

| | TIME | COST | INSTRUCTOR |
|--|------|------|------------|
|--|------|------|------------|

Karate M & W 3:30-4:30 pm | \$40/month | Tamayah Sorrells
 Ongoing, monthly class. Receive a free Gi with paid registration.





Adult Leagues

LEXINGTON

| | TIME | COST | INSTRUCTOR |
|--------------------------------------|----------------------------|------|------------|
| Racquetball League | Schedule your own matches. | \$30 | |
| Ongoing. Call Center for start date. | | | |

| | | | |
|---|---------------|------------|--|
| Adult Indoor Soccer (Futsal) | M, W, 6-10pm. | \$200/team | |
| Register Jan. 2-Feb. 26. Games begin March 7. 5 v 5 recreational coed adult league. 15 and older. Games held at Lexington Leisure Center. | | | |

| | | | |
|--|----------------|------------|--|
| Men's Basketball League | T, Th, 6-10pm. | \$350/team | |
| Register Jan. 2-Feb. 26. Games begin March 8. Ages 15 and older. | | | |

TRI-CITY

| | TIME | COST | INSTRUCTOR |
|-----------------------------------|-------------|--------------------------------|------------|
| Columbia Volleyball Club | W, 7-10 pm. | \$2/person for non-CVC members | |
| Call Center for more information. | | | |

| | | | |
|--|----------------|--------------------------------|--|
| King of the Court Challenge Night | M, 5:30-10 pm. | \$2/members or \$4/non-members | |
| Ongoing. Racquetball levels A and Open. Twelve participants maximum. | | | |

| | | | |
|---|-------------|------------|--|
| Men's Basketball League | M, 6-10 pm. | \$350/team | |
| Ongoing. Call Center for start date. Registration limited to 9 teams. Cost includes tournament. | | | |

| | | | |
|--|--------|------|--|
| Racquetball League | T-Sun. | \$30 | |
| Ongoing. Call Center for start date. Players schedule matches at their convenience Tuesday through Sunday. | | | |



Adult Programs

BATESBURG-LEESVILLE

| | TIME | COST | INSTRUCTOR |
|-------------------------------------|---|--------------------------------------|----------------|
| Alcoholics Anonymous (AA) | M,W & Sat, 8-9 pm. | Free | |
| | Ongoing, meetings held at Jaycee Hut. | | |
| Duplicate Bridge | T, 6:30-10 pm. | \$2 | LouAnn Edwards |
| | Ongoing, novice, handicapped. | | |
| Okinawan Karate | M, 6:30-7:30 pm. | \$30 membership fee/year, \$45/month | Eddie Webb |
| | Ongoing. Call 685-5845 for more info. | | |
| Paint Pottery! | \$7/person/hour | Carmen Holley & Cynthia Coleman | |
| | Choose from a selection of plates, platters and cups for \$5 each. We'll fire it for you! Call to reserve the studio for your next party! | | |
| Smart Dog Training Solutions | Puppies 8-16 weeks: T, 6 pm or Sat, 9 am. Dogs 16 weeks and older: T, 7:30 pm or Sat, 10:30 am. | Cost: \$100 | |
| | Six-week class. Group classes for puppies and older dogs. Your dog can learn to sit, stay, recall, walk on a leash and many other dog training tips. For more information or if you would like to register for the class call 803-532-3810. | | |

LEXINGTON

| | TIME | COST | INSTRUCTOR |
|-----------------------------------|--|---|--------------------------------------|
| Couponing | Sun, 3:30-4:30 pm. | \$30 | Kelly Clark |
| | Session III & IV. Three one-hour classes held bi-weekly. Learn the basics of using coupons during your trips to the grocery store. Participants will have fun and save money. | | |
| Guitar Lessons | By Appointment. | \$20/half hour session | The Gregory Institute of Music |
| | Private lessons are taught by Ben Broughton. We also offer performances, classes, and clinics. Visit www.GregoryInstitute.com to see upcoming events at LLC or contact Ben Broughton at (803) 360-3002 or thegregoryinstituteofmusic@gmail.com for more information. | | |
| Introduction to Meditation | M, 7-8:15 pm. | \$10/person per class, \$5/senior & student | American Buddhist Nun, Kelsang Nyema |
| | Classes will be held March 19, 26, April 2, & 9. This beginning class will help you learn how to meditate. Kelsang Nyema is an experienced meditation teacher who has been helping novices learn to meditate for many years. Nyema will make it easy to learn how to meditate no matter how "busy" you think your mind is. Everyone is welcome. No experience necessary. | | |
| Shag – Beginners | T, 6:30-7:30 pm. | \$45/person | Chris Street |
| | Session III & IV, four week class. Learn the female/male turn and variation as well as the starting position from a 2005 National Shag Champion. | | |
| Shag – Intermediate | T, 7:30-8:30 pm. | \$45/person | Chris Street |
| | Session III & IV, four week class. Learn the pivot, bellyroll and tuckspin from a 2005 National Shag Champion. | | |
| Shag – Advanced | T, 8:30-9:30 pm. | \$45/person | Garrett Humphries |
| | Session III & IV, four week class. Learn to shag like a pro with a 2005 National Shag Champion. | | |
| Square Dance | W, 7-8:30 pm. | \$25/person | Ron Rutz |
| | Session III & IV, six week class. This beginner class will provide fun and exercise. Wear comfortable shoes and be ready for a good time. Ages 14 and up are welcome. All participants must sign up in advance and with a partner. | | |

SPIRES

TIME | COST | INSTRUCTOR

R & B Line Dancing Class

M, 6-7 pm. | \$4/person/class | Stephanie Johnson

Ongoing. Come learn the Cupid Shuffle, Casper Slide, Down South Shuffle and other class soul line dances. The emphasis is on dance as an enjoyable form of exercise. Great way to control high blood pressure, diabetes, etc. Beginners of all ages welcome.

TRI-CITY

TIME | COST | INSTRUCTOR

Ballroom Dancing Salsa/Merengue (Th) Waltz/Cha Cha (Sun)

Th, 7-8:15 pm. or Sun, 3-4:15 pm | \$45/single or \$65/couple | Patricia Hill

Session III, six week class. Learn these two dances and be prepared for upcoming parties, weddings and other social events. Basic steps as well as technique will be taught. No experience is necessary. Partners are not required. Please wear smooth-soled (preferably leather) shoes. Overcome that hesitation on the dance floor. With a little practice, you'll enjoy dancing like never before.

Ballroom Dancing Foxtrot/Rumba (Th) Tango/Swing (Sun)

Th, 7-8:15 pm. or Sun, 3-4:15 pm | \$45/single or \$65/couple | Patricia Hill

Session IV, six week class. Learn these two dances and be prepared for upcoming parties, weddings and other social events. Basic steps as well as technique will be taught. No experience is necessary. Partners are not required. Please wear smooth-soled (preferably leather) shoes. Overcome that hesitation on the dance floor. With a little practice, you'll enjoy dancing like never before.

Bridge Club

Sun, 1:30-5:30 pm. | \$4/entry | Damarus Rorie

Ongoing. All ages and skill levels are invited to attend. Snacks will be provided.

Line Dancing

T, 7-9 pm. | \$35/single or \$55/couple | Patty Branham

Session III & IV, six week class. Beginners meet from 7-8 pm and Advanced meet from 8-9pm. Come prepared to have FUN! Wear slick sole shoes.

Pawsitive Results

Th, 7:30-8:30 pm. | \$100 | Teoti Anderson, CPDT-KA, KPA-CTP

Ongoing, six-week Family Manners classes. We help you train your dog to come when called, walk politely on a leash, stop jumping, and leave items alone on cue and more. Reward-based classes using scientific methods that work! Please call 356-9170 or visit www.getpawsitive.com for more info.

Shag – Beginners

Th, 7-8 pm. | \$45/single or \$65/couple | Lewis Chavis

Monthly, four week class.

Shag - Intermediate

Th, 8-9 pm. | \$45/single or \$65/couple | Lewis Chavis

Monthly, four week class.



CLASSICS

Seniorcise

Seniorcise is an ongoing exercise class designed for the specific needs of seniors. Everyone works at their own pace and fitness level. The class focuses on strength training, aerobic endurance, flexibility and coordination with the use of hand weights, exercise bands and low impact aerobics.

This class is offered free of charge to all Lexington County residents that are 60 years of age or older. Donations are accepted.

MONDAY

| | |
|-----------|---------------------|
| Gilbert | 10:00-11:00 am |
| Batesburg | 11:15 am-12:15 pm |
| Tri-City | 11:00 am-12:00 noon |
| Swansea | 10:30-11:30 am |

TUESDAY

| | |
|-----------|----------------|
| Lexington | 10:30-11:30 am |
|-----------|----------------|

WEDNESDAY

| | |
|-----------|---------------------|
| Gilbert | 10:00-11:00 am |
| Batesburg | 11:15 am-12:15 pm |
| Tri-City | 11:00 am-12:00 noon |

THURSDAY

| | |
|------------|-------------------|
| Pine Ridge | 10:00-11:00 am |
| Lexington | 10:30-11:30 am |
| Pelion | 11:15 am-12:15 pm |

FRIDAY

| | |
|----------|---------------------|
| Tri-City | 11:00 am-12:00 noon |
|----------|---------------------|

LCRAC's Council on Aging Presents ...

Discover, Learn & Share: New Experiences for Older Adults

Discover, Learn & Share offers an exciting variety of classes, activities, and experiences for wanting to explore and discover new ideas, learn new skills, and share both with new and old friends. Although the program is designed primarily for adults age 60 and over, adults of any age may participate unless a class or activity description states that the class is only for those ages 60 and over.

The following is a sample of what will be offered this Winter:

■ Caregiver (Lexington Senior Center)

Monday January 23, 30, February 6, and 13 | Cost: \$20

Sessions will include Keeping Seniors Safe at Home, Food and Seniors, Mental Health for Seniors, and Support Systems

■ Horticulture (Lexington Senior Center)

Monday, January 19, 3-4 pm or Monday, March 22, 7-8 pm | Cost: \$5/class | Instructor: Becky Parker.

What is a Succulent? Methods for propagation!
Learn about succulents and you will get to take one home.

■ Duplicate Bridge (Batesburg-Leesville Senior Center)

Ongoing Tuesdays 6:30pm -10pm | Cost: \$4.00 per evening

Call LuAnn Edwards for additional information at 803-532-4469

■ Zumba Gold (Lexington Senior Center)

Starts Jan. 17, 6-7pm | T & Th | Cost: \$40

Call Leigh Ann Barnes for additional information at 803-939-9311

For more information and registration forms, please visit www.lcrac.com or call 803-356-5111.

Senior Strength Training

A personalized program for seniors 55+ to enhance muscular strength, aerobic endurance, flexibility and body composition. Seniors are required to purchase a Wellness Center Membership to the Leisure Center and a \$25 assessment charge for Senior Strength Training. The program involves an initial assessment with a trainer to get a baseline for a personal exercise program. After the initial assessment, the participant will meet with the trainer one-on-one for an equipment orientation and training session. Periodic follow-up assessments will be done to track the participant's progress and update his/her exercise program. In addition, the participant can meet with the trainer for wellness consultations. As a part of the program, monthly workshops and health screenings are offered to promote total health and wellness.

For more information or to set up an appointment call Leigh Ann Barnes at 939-9311.

■ Senior Games

Senior Golf Tournament, Charwood Golf Club

Thursday, March 15, 2012 9am – Shotgun Start

Senior Sports Games and Health Fair

Monday, March 26 – 30th, 2012

Seniors Take your Mark, Get Set, Go!!! Come out to participate in friendly competition in 20 different sporting events. Registration is available online and at all of our Senior Centers.

■ Special Events

The Palmetto Senior Show (The New Grand Affair)

Thursday January 12th, 2012, 9am – State Fair Grounds

■ Christmas In Lexington County Project (CILC)

Service project to do minor repairs to fix up, paint up, and repair homes of the homebound elderly in Lexington County. We are looking for volunteers and sponsors to assist with this project. Call Jerald Sanders for additional information at 356-5111.

Saturday April 28, 2012

■ Classic Travelers Trips

Join us for trips and tours geared for seniors but open to all adults. For additional information call Jerald Sanders at 356-5111.

Niagara Falls & Toronto (Sun- Sat.) June 10-16, 2012

7 days – 6 nights \$555.00 per person

- Motorcoach Transportation
- 6 nights lodging including 4 consecutive nights in Niagara Falls
- 10 meals: 6 breakfasts and 4 dinners
- Guided Tours of Niagara Falls and Toronto
- A visit to Casa Loma; Canada's most magnificent castle.
- A visit to Niagara-on-the-Lake & Queen Victoria Park
- A Journey to The Falls on "The Maid of the Mist"
- And much more

Fort Sumter & Historic Charleston

April 23rd 2012 \$115.00 per person

- Round Trip motorcoach transportation, lunch, guided carriage ride of historic Charleston, boat ride and admission to Ft. Sumter National Historic Site, time for shopping downtown Charleston.

Call Jerald Sanders/LCRAC Program Coordinator at (803) 356-5111 for more information.



■ Want to contribute money to help LCRAC provide meals for seniors without it costing you a single penny?

It's easy! We can earn a donation every time you search the Internet and shop online. Search the web with Yahoo-powered www.GoodSearch.com and they'll donate about a penny each time you search. Shop at more than 1,300 www.GoodShop.com merchants including Amazon, Best Buy, Toys R Us, and others and a percentage of each purchase come to LCRAC.

Go to either site, depending on whether you want to search the Internet or shop and click on the "Participating Nonprofits" tab. Select South Carolina for the state box, and on the next screen, scroll down to Lexington County Recreation and Aging Commission. Then you just search or shop as you normally would. You can make GoodSearch your home page or put it in your favorites to make it easy to use. Even easier, you can download the new GoodSearch/GoodShop toolbar at www.goodsearch.com/toolbar/lexington-county-recreation-and-aging-commission.

Please support LCRAC's Meals on Wheels program by passing this information on to family and friends! Thank you for your help!!



L C R A C

LCRAC.com

After School Programs

BATESBURG-LEESVILLE AFTER SCHOOL PROGRAM

M-F, 2:30-6 pm. | \$25 non-refundable registration fee

Grades K5 - 5: \$15/day or \$40/week

(\$10/week discount for siblings)

Grades 6-8: \$12/day or \$31/week (no sibling discount)

Ongoing. Special Day Camps offered when school is not in session.

Field trip costs are not included.

NEW

GILBERT-SUMMIT AFTER SCHOOL PROGRAM

M-F, 2:30-6 pm. | \$10 non-refundable registration fee

Grades K5-5: \$15/day or \$40/week

(\$10/weekly discount for siblings)

Grades 6-8: \$12/day or \$31/week (no sibling discount)

Ongoing. Special Day Camps offered when school is not in session.

Field trip costs are not included.

LEXINGTON AFTER SCHOOL PROGRAM

M-F, 2:30-6 pm. | \$25 non-refundable registration fee

Director: Rachael Miles

Grades K5 - 5: \$20/day or \$55/week

(\$10/week discount for siblings)

Grades 6-8: \$15/day or \$40/week (no sibling discount)

Ongoing. Special Day Camps offered when school is not in session.

Field trip costs are not included.

