

Salem Community Center

1098 North Ellsworth Avenue, Salem, OH 44460

www.salemcommunitycenter.com

Phone: 330.332.5885

Inside the

CENTER

2014



January 1 – December 31, 2014

GENERAL INFORMATION



Center Circle
Salem Indoor Sports Complex

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OUR HISTORY

The **Salem Community Center** is a private, not-for-profit organization, established through the estate of Ruth Harkins McKeown and was earmarked for a community center in Salem.

Early in 1999, Foundation directors proposed that a center be built; an exploratory committee of local residents, elected officials and members of some non-profit organizations was formed. Local site locations were examined and undeveloped acreage in Waterworth Memorial Park was finally acquired.

On November 15, 2002, the dream became a reality when the Salem Community Center opened the doors to Salem and the surrounding communities.

Center Circle – Salem Indoor Sports Complex was added in October 2007 as a premier Indoor Sports Complex consisting of a gymnasium, field house, concession stand and vending area. The entire \$2.3 million complex was funded by the Salem Community Foundation (www.salemcommunityfoundation.org) as a gift to the community in celebration of the Salem's Bicentennial and the 40th anniversary of the Salem Community Foundation.

Together the Salem Community Center and Center Circle – Salem Indoor Sports Complex provide 82,000 square feet of activity to Salem and surrounding communities. Not supported by tax dollars, the Salem Community Center relies solely on its membership, programming and rental income to support day-to-day operations. Additional financial support through grants and monetary contributions allows the Salem Community Center to continue to offer quality services, state-of-the-art equipment and low prices to the entire community.

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SCC ADMINISTRATIVE STAFF

Heather Young	Executive Director
Debbie Jones	Customer Service
Mindy Snelzter	Rental / Scheduler
Jeanne Martin	Office / Program Coordinator
Caroline Stone	Bookkeeper
Shane Harding	Aquatic Director
Jenny Carroll	Center Circle Manager
Cory Wonner	Wellness Director

SCC HOURS OF OPERATION

Monday-Thursday	6 AM – 9 PM
Friday	6 AM – 7 PM
Saturday	6 AM – 6 PM
Sunday*	10 AM – 2 PM



*Annual Member Benefit: Extended Fitness Floor Access

Special Hours will be on Sundays from January 1 through April 30, 2 - 4 PM.

Special Events throughout the year may require adjustments to the normal business hours. Please check our website for upcoming dates.

Rentals and special programs may take place outside of normal operating hours. Center Circle – Indoor Sports Complex follows league and rental schedules. Please call for times.

GRAB THE GOLD BARS: This high-protein bar is gluten-free and all natural.



Cost: Individual Bar: \$2 / Box of 24: \$40
Available only at the Salem Community Center

GENERAL INFORMATION

HOLIDAY HOURS - 2014

Jan 1	New Year's Day	Wednesday	10 AM – 2 PM
Apr 20	Easter	Sunday	CLOSED
May 26	Memorial Day	Monday	CLOSED
Jul 4	Independence Day	Friday	CLOSED
Sept 1	Labor Day	Monday	CLOSED
Nov 27	Thanksgiving	Thursday	CLOSED
Dec 24	Christmas Eve	Wednesday	6 AM – 2 PM
Dec 25	Christmas Day	Thursday	CLOSED
Dec 31	New Year's Eve	Wednesday	6 AM – 2 PM

PART TIME EMPLOYMENT

The Salem Community Center / Center Circle is always accepting applications for employment. Please ask for an application at the SCC Front Desk if you are interested in the following positions:

- Reception
- Fitness Floor
- Lifeguard
- Aerobic / Fitness Instructors
- Custodial
- Center Circle – reception, concession, scorekeepers

TO ERR...IS HUMAN

Although SCC staff works hard to ensure the accuracy of this program guide, there may be times when errors in dates, times and cost information occur. We will do everything possible to make corrections and additions to our publication, and we thank you for your understanding when these situations arise. Please refer to our website for the most up-to-date version of this publication, as well as new program / event information, www.salemcommunitycenter.com.

PHOTO AND VIDEO RELEASE

By registering and participating in any Salem Community Center or Center Circle program / event, you agree to allow publication of any photos or videos taken during that time.

PROGRAM / EVENT CANCELLATIONS

Certain events and programs require preregistration. If there are not enough registrants by a certain date, the program / event may be cancelled. **Please register for programs / events as early as possible.**

WELLNESS GRANT

Grants for individual memberships are available for those who desire to participate but have a financial hardship and medical need. The Grant Committee reviews each application and makes awards accordingly. Wellness Grant applications may be picked up at Front Desk of the SCC.

The following are guidelines to qualify for the SCC Wellness Grant:

1. Applicants must reside in the Salem Community Center service area.
2. Assistance will be given to individuals on the basis of financial and documented medical need.
3. Financial assistance can be granted for one 4-month membership term, one 8-month membership term or the entire length of an annual membership term based on need and usage.
4. Financial assistance is not transferable.
5. Applicants must commit to a minimal financial contribution to be considered for a scholarship.

GIFT CERTIFICATES

Give the gift of health, wellness and fun! Gift certificates are available for purchase toward memberships, classes, programs and rentals. See the Front Desk staff to learn more!



GENERAL INFORMATION

ITEMS FOR SALE

Retail: The SCC offers retail items for sale such as our Grab the Gold bars, SCC t-shirts, combination locks, cell phone bags, and children's swim diapers.

Prepaid Beverage Card: Cards are \$10 (discounted to \$8 for our senior members) and can be purchased at the Front Desk using cash, check, credit card or debit card. Use the Prepaid Beverage Punch Card to purchase coffee or sports drinks from the Front Desk or Fitness Floor. The beverage card is a convenient way to pay for your purchases and also makes a great gift. And when the punch card is full, you can redeem it for a free beverage of your choice.

SUPERVISION

Supervisors / Spectators: Those 18 or older, strictly having supervising responsibilities for restricted participants, will be issued a complimentary Supervisor / Spectator wristband for access to the SCC. Supervisor / Spectator(s) will not have privileges associated with a paid membership, but must comply with all SCC policies. Supervisor / Spectator(s) may be issued additional non-participant bands for a non-participating guest(s). If request is during heavy member participation or scheduled events, guest(s) of supervising adult may be required to purchase a day pass. Supervisor / Spectator(s) or guests(s) who are issued a complimentary wristband may access any activity area. Seating in the Natatorium, Gymnasium and on the Fitness Floor is permitted when space is available. Program Spectators viewing SCC programs will be issued the same complimentary band from the SCC Front Desk. Program Spectators are permitted only in designated seating areas or non-member spaces. Those who are found to be participating will be charged the day pass rate or may be asked to leave the facility for that day. Wristbands for special event parties are also available.

Child Supervision: Restricted participants, ages 14 and under, unless an annual member (ages 13 & 14), shall not be present in any area of SCC unless supervised in one of the following options:

- With an adult (18 years of age or older), parent or guardian
- As a member of an annual membership (age 9-12) accompanied by a sibling age 16 or older
- As a Youth Certified member age 9-12 in Gymnasium or Natatorium during posted hours

Supervision (cont.): Complimentary wristbands are available for those with supervising responsibilities who are not actively participating with restricted member. Those who are supervising and wish to participate in activities with the restricted member must purchase a day, monthly or yearly pass. Please refer to each activity area's policy to obtain detailed information on restricted member(s) supervision requirements. Restricted members may participate in an SCC supervised program without parent or guardian remaining in the building. Those participating members, ages 12 and under, will be permitted in the designated areas for instructional use during classes. Those children who abuse this privilege by behaving inappropriately will be denied any further participation until permission is granted by the Executive Director.

CONTRIBUTIONS TO THE SCC

We use the word "contribution" and not "donation", for a reason: A "donation" implies that you're giving something and getting nothing in return. A "contribution", on the other hand, implies that you are part of the larger effort.



Remember, no contribution is too small. Thank you for your patronage and support of the Salem Community Center and our mission.

SPONSORSHIP / ADVERTISEMENT

Sponsorship or advertisement is the perfect way to show the community your support.

There are many opportunities for you or your business:

- Banner Advertisement
- 5K and 10K Races
- Triathlon
- Youth & Adult Basketball Leagues
- Women's Night Out
- Breakfast with Santa

Sponsors and advertisers may receive recognition in promotional materials, t-shirts or on our website. If you are interested, please contact us to discuss the possibilities.

MEMBERSHIP INFORMATION

SCC MEMBERSHIP PRICING:

Annual Memberships (15 years and older)	Basic Annual Paid in Full	Basic Annual E. F. T.	Wellness Paid in Full	Wellness E. F. T.
Individual	\$432	\$40 / mth	\$768	\$68 / mth
Family of 2	\$528	\$48 / mth	\$828	\$73 / mth
Family of 3	\$588	\$53 / mth	\$948	\$83 / mth
Family of 4	\$636	\$57 / mth	\$948	\$83 / mth
Family of 5	\$684	\$61 / mth	\$948	\$83 / mth
Each additional	\$4 / mth	\$4 / mth	N/A	N/A
Senior Full-Time Student & Military*	Basic Annual Paid in Full	Basic Annual E. F. T.	Wellness Paid in Full	Wellness E. F. T.
SilverSneakers®	FREE**	N/A	N/A	N/A
Individual	\$408	\$38 / mth	\$744	\$66 / mth
Family of 2	\$504	\$46 / mth	\$804	\$71 / mth
Family of 3	\$564	\$51 / mth	\$924	\$81 / mth
Family of 4	\$612	\$55 / mth	\$924	\$81 / mth
Family of 5	\$660	\$59 / mth	\$924	\$81 / mth
Each additional	\$4 / mth	\$4 / mth	N/A	N/A

Member Status	Individual Monthly	Wellness Individual Monthly	Day Pass	Day Pass Conv. Card	Day Pass Conv. Card Annual Member
Unrestricted (15-59 years old):	\$50	\$80	\$10	\$40	\$35
Senior (60+ years old):	\$45	\$75	\$8	\$32	\$27
Full-Time Student / FT Military:	\$45	\$75	\$10	\$40	\$35
Restricted (under 15 years):	\$45	N/A	\$8	\$32	\$27

MEMBERSHIP INFORMATION

MEMBERSHIP INFORMATION

- Fees quoted are for 12-month memberships.
 - Family members may be added during the duration of the original annual membership. Fees will be assessed according to the number of family members added on. After the first month, fees will be prorated according to months remaining on the membership. The new family number change will assume the original membership expiration date.
 - Electronic Funds Transfer (E. F. T.) changes: The new E. F. T. amount will start the following month.
- Primary 18 and older may list associates with **the same residence** who are related to the primary as:
 - Spouse (**married under the laws of the state of Ohio**).
 - Son, daughter, step-son, step-daughter, foster child, grandchild (primary is legal guardian), if 18 and under.
 - Son, daughter, step-son, step-daughter, foster child, grandchild (primary is legal guardian), **if full time student 25 and under**.
 - Siblings 18 and under.
- Primary aged 15, 16 or 17 may have a spouse, son or daughter as dependent associates provided they share the same residence. Siblings 17 and under may be added as associates.
- Primary 18 and older may list associates with **a different residence** who are related to the primary as:
 - Son, daughter, step-son, step-daughter – 18 and under.
 - Full-time student (12 or more credit hours) rate is only available when the student is not a dependent.
 - Children ages 1-6 years of age receive free childcare if on Annual Membership.
 - A copy of a birth certificate or valid driver's license must accompany any age verifications.
 - Wellness Membership includes unlimited SCC classes (non-SCC classes & Swim Lessons excluded)
 - Annual Memberships are for 12 months and are non-refundable and non-transferable.
 - Annual E. F. T. Memberships are continuous after the first 12 months until member submits request for termination.
 - NSF payments will be charged a fee to be paid in cash or credit card only.
 - The Salem Community Center reserves the right to revoke or deny memberships at any time. Rules and pricing subject to change.

SCC ANNUAL MEMBER BENEFITS

- Free childcare for ages 1-6 years
- Free Fitness Floor orientations for adults and youth
- Supervising privileges for siblings ages 16 & 17
- Discounts on all SCC programs and rentals
- Discount on Day Pass Swipe Cards
- Children's Fitness Center ages 6-12
- Unrestricted age changes to 13 years for annual members ONLY!

Monthly memberships may be purchased in any increment. The day pass convenience card is transferable, has no expiration date and may be reloaded.

Corporate Memberships are discounted to all joining employees of participating companies. Companies can pay a portion of the membership, the entire membership or pay none of it. To become a Corporate Member, companies must have a minimum of three (3) memberships and send one check per month for all enrolled employees. A membership signup form will be customized to suit your company needs. Enrollments and signups can be done at the SCC or at the company. For more information, please call the SCC at 330-332-5885.

*Military: Retired / DD214

**SilverSneakers®: Free Membership for Qualified Plans. Your membership may be paid in full by your insurance plan. Come into the SCC and let us check your eligibility.

WELLNESS

GROUP EXERCISE

PRICING

Land and Water classes may be paid for by the class or a class pass may be purchased.

Individual Classes:

SCC Member \$6 / Non-Member \$7

SCC Class Swipe Cards: To use the card, simply swipe through the admittance machine located at the SCC Front Desk. Each time you use your card, one pass will be removed. Swipe card can be reloaded when no more admittances remain.

10-Punch Class Pass:

The SCC 10-Punch Aerobic Pass does not expire; reloadable and transferrable.

SCC Member \$54 / Senior \$49
Non-Member \$63 / Senior \$57

3-Month Unlimited Class Pass:

The SCC 3-Month Unlimited Punch Pass is reloadable, but non-transferrable.

SCC Member \$132 / Senior \$119
Non-Member \$155 / Senior \$139

LAND CLASSES

A complete listing of class dates and times is available on the SCC website.

STRENGTH CARDIO CIRCUIT

Location: Studio

This class combines moderate intensity and cardiovascular activity with intervals of muscle strengthening. Improve your cardiovascular health and sculpt your body, too!

YOGA

Location: Meeting Room #3

This class is a wonderful beginner / intermediate class for those who are ready to move. Following our breathing, this class will take you through a variety of poses while following the one breath, one movement principal. Yoga is a wonderful way to maintain one's health and flexibility through the merging of mind, body and breath.

C.A.O.S. (Calisthenics, Agility, Optimized Strength)

Location: Studio

Bring a little chaos into your exercise routine! This class will challenge your cardiovascular fitness and your muscular strength and endurance through fun, high-energy movements and exercises.

B.L.A.S.T. (Butt, Legs, Abs, Sweat and Tears)

Location: Studio

Blast off to a new you with a class that has it all. B.L.A.S.T. focuses on strengthening the entire body through a series of core training, sculpting and intense cardio intervals. This class will push you to your fitness limits in balance, coordination and agility.

CORE CAMP

Location: Studio

ARE YOU READY? Core Camp is a class designed with a Boot Camp style, but focused on exercises for ONLY the Core (abs, back and glutes). This class is sure to shape up the midsection while providing you with enough intensity to elevate the heart rate!

HIIT-BPS

(High Intensity, Interval Training- Bosu, Plates, Strength)

Location: Studio

Intense, focused, efficient, challenging, rewarding and jam packed with action from start to finish. Learn the science of high intensity interval training and its application to both fitness and sport. Take home a variety of short, plug-n-play high intensity interval sequences that are realistic for both high level athletes and mere mortals, and are guaranteed to raise your heart rate, fitness level, calorie expenditure and the FUN factor!

LETHAL LEGS

Location: Studio

Lethal Legs: This 45-minute class targets your thighs, hamstrings, gluts, calves, and even those hard to reach inner thighs. Walk, squat, and lunge your way to killer legs that will have everyone wondering what your secret is!

KICKBOXING

Location: Studio

This is a 45 minute-long interval training program incorporating the sport-specific techniques used in boxing and kickboxing to provide a high level of conditioning for both the aerobic and anaerobic systems of the body.

SCULPT

Location: Studio

Sculpt is an athletic-based workout using dumbbells to work every muscle group in the body. This strength-training class can be modified to meet the needs of any fitness level.

WELLNESS

LAND CLASSES

PILATES

Location: Studio

Try this 45-minute intense core-training session, concentrating on exercises for the lower back and abdominal region.

WATER CLASSES

WATER AEROBICS

Location: Main Pool



Get a great cardiovascular and muscular strengthening workout as you fight the water's resistance every step you take from the shallow to the deep! Muscles of the entire torso are constantly stimulated as you work against the water's resistance. This class is designed to challenge all fitness levels from beginner to advanced.

SPIN® CLASSES

Location for all Spin® classes is the Studio.

HILLS

Join us for a 45-minute class of climbing hills and mountains as you sprint, jump and push your way through this tough terrain. This evening climb is sure to make a perfect end to the day.

ALL-TERRAIN

This class works from one energy zone to the next. Be prepared to sprint, run, jog and climb all in one packed hour of fun.

POWER HOUR

Endurance training at its best, Power Hour is sure to increase your aerobic capacity quickly. This ride will keep you in your aerobic zone as you burn fat like a crazy person!

INTERVAL TRAINING

The interval class is a great way to enhance fitness and overall health. This class exposes the muscles to repeated activity of high and low intensity bouts of exercise.

CYCLONE

The classic combination of 45 minute Spin®, 30-minute sculpt and 15-minute abs & stretching. This 90-minute class is guaranteed to give a great body workout.

FITNESS PROGRAMS

BELLY DANCING

This class is for beginner to intermediate belly dancers. Basic cabaret style dance moves will be taught.

SCC Member \$60

Non-Member \$75



BOOT CAMP

Location: Auxiliary Gymnasium or Field House

Boot Camp is a high-intensity, 45-minute class that works you from head to toe. Using a combination of strength and cardiovascular exercises, you get the true power punch for your body. Come tone your body and burn fat at the same time. Spring and Fall session only; check full schedule for details.

Boot Camp Program Pricing: \$60

Drop-In Rate: \$3 Per Class

DROP-IN PROGRAM PASS PAY AS YOU GO!

Don't want to commit to an entire program? Drop-in program rates may be available for an SCC program or event. As long as there is enough space, you can drop in as often as you like. Check with the SCC Front Desk for more information.

FITNESS ORIENTATION

45 minute FREE fitness floor orientations may be scheduled at the Front Desk. Orientations will include introduction to the Selectorized weight machines and cardiovascular equipment. Also included are a workout card and information on how to properly record each workout.

WELLNESS

FITNESS PROGRAMS

WOMEN ON WEIGHTS

January 19 – February 23, 2014 (Session 1)

March 19 - April 13, 2014 (Session 2)

Sundays: 2 - 3 PM

Per Session: SCC Member \$40 / Non-Member \$55

Weight training for women of all ages! This program will incorporate a combination of weight machines and free weights performed on a circuit training level. Learn proper techniques and new exercises to add to your workout. Upper and lower body strength will be assessed on the first and last day. Spring and Winter session only; check full schedule for more details.

INDOOR TRI TRAINING

This 12-week indoor training program ends with an indoor triathlon. The Indoor Triathlon is a 15 mile bike ride, 5K run and 500 meter swim.

January 12 - March 30, 2014

Sundays: 8 - 9:30 AM

SCC Member \$75 / Non-Member \$90



ZUMBA®

Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit, and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. Call for class schedule.

22 Class Swipe Card: \$60

Drop-In Rate: \$3 per class

LINE DANCING

Participants get a great cardio-vascular exercise while having fun dancing to classic line dancing songs. Call for dates and times.

SCC Member \$15 / Non-Member \$20

Drop-In Rate: SCC Member \$3 / Non-Members \$4

BODY FAT TESTING

By appointment only!

One-Time Testing: \$8

Three-Time Testing: \$20 (3 tests in 12 months)

Body fat testing analysis is for first-timers or those who need to be re-tested. Calculated by the Futrex Body Fat Machine, participants can choose the one-time test or purchase a package of three. Body fat testing is available throughout the year, and a FREE test is offered in December (dates listed below).

Appointment times are limited. Please register with the Wellness Director.

FREE BODY FAT TESTING DATES:

Monday, December 15, 2014, 9 - 11 AM

Tuesday, December 16, 2014, 4 - 6 PM

Both days are by appointment only.

POST T-N-T (TURKEY-N-TRIMMINGS) 5 K RUN / WALK

November 29, 2014

Registration: 8 AM

Race: 9 AM

SCC SPRING RUNOFF 10K & 2 MILE RUN / WALK

April 26, 2014

Registration: 8 AM

Race / Time: 2-Mile Run / 9 AM or 10K Run / 9:45 AM

This race is a beautiful combination of cross country (trails and Waterworth Memorial Park) and quiet residential streets. 1st, 2nd and 3rd place and overall men and women will be awarded in each age group. The first 100 entries registered will receive a race t-shirt. Come dressed to run. Restrooms are available at SCC. Parking is limited on site, with additional parking off site. Awards ceremony will be held immediately following the event at SCC.

Cost: \$18 for pre-registration or \$25 day of race

WELLNESS



SilverSneakers® Fitness Program at the SCC

SilverSneakers® is a free, fun and energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events including day bus trips, informative seminars, and parties.

This great benefit includes access to:

- Exercise equipment, two swimming pools, hot tub, indoor walking track, basketball courts and a dry sauna
- Customized SilverSneakers® exercise classes that are multi-level, equipment-based, total-body conditioning classes

The overall class objectives are to minimize age-related physical deterioration, improve health-related physical fitness components to increase functional activities for daily living, and increase a person's sense of well-being in a group exercise setting.

Classes include:

SilverSneakers® Splash

Location: Pool

Monday & Wednesday

11 - 11:45 AM

Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

SilverSneakers® Classic

Location: North Gymnasium

Tuesday & Thursday

10 - 10:45 AM

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Cardio

Location: North Gymnasium

Monday, Wednesday & Friday

9 - 9:45 AM

Get Up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.



SilverSneakers® Yoga

Location: Meeting Room #3

Monday

4:30 - 5:15 PM

Wednesday & Friday

10 - 10:45 AM

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

WELLNESS

FITNESS FLOOR EQUIPMENT

Free Weights - The Free Weight area is home to a wide variety of Cybex, Paramount and Troy benches, dumbbells and plates. This area is equipped with many different weight sizes and bars ranging from 5 to 100 pounds to accommodate member and guest fitness needs.

Fitness Floor Selectorized - Overlooking beautiful Waterworth Memorial Park in Salem, the Cybex and Star Trac strength area offers a variety of lower and upper body Selectorized machines to target any area of the body. Additional machines for back and abdominal strengthening are available to enhance core workouts for members and guests.



Cardiovascular Area - The cardiovascular area of the SCC Fitness Floor has something for everyone. Featured in the cardiovascular area are Cybex ARC Trainers, a variety of Star Trac upright, recumbent and Spinning® bikes, Vario Trainers, Star Trac and Woodway Treadmills, Precor Elliptical Trainers and StairMaster Steppers. Most machines are equipped with Cardio Theater for TV viewing during a workout, as well as Polar Heart Rate monitoring.

Walking Track – The indoor walking track is a three-lane rubberized, textured track which can be used for jogging, running and walking. Sixteen laps on the track is the equivalent of one mile. The track is wheelchair accessible. Baby strollers are permitted when there are 10 participants or less on the track.

CHILDREN'S FITNESS CENTER (CFC)

For ages 6 - 12. See the **Just for Kids** section (Page 16) for more details.

PERSONAL TRAINING

Acknowledged as one of the premier fitness centers in Northeast Ohio, the Salem Community Center and its staff use a combination of knowledge, personal experience and devotion to motivate you to achieve optimal health and fitness goals. You will find the most qualified and professional trainers at the Salem Community Center. Our trainers are required to have certification in personal training and background in exercise science or health-related fields.

PERSONAL TRAINING PRICING

Package pricing must be paid in full prior to first session for individual and group training. Packages cannot be split or broken down. PT sessions are scheduled with the Wellness Director at the Fitness Floor desk or by calling the SCC at 330-332-5885.

Personal Training Packages:

30-Minute Session: 1 for \$25, 4 for \$92 or 8 for \$180

1-Hour Session: 1 for \$35, 4 for \$132 or 8 for \$250

MEET THE TRAINERS

- **Cory Wonner, CPT:** Wellness Director at the SCC with a background in athletics and working with children.
- **Tyler Best, CPT:** Background as a youth football coach.
- **Sarah Blakeman, CPT:** Certified in Kickboxing.
- **Laurie Camp, CPT:** SCC Wellness Assistant and certified in Pilates, Kickboxing, Spinning and Step Aerobics.
- **Suzanne Waterbeck, CPT:** Certified through ISCA and NETA, American Red Cross Water Safety and multiple aerobic classes.
- **Linda Peterson, CPT:** Certified to teach Silver Sneaker® classes, Zumba and water aerobics.
- **Jen Pitts, CPT:** Certified to teach multiple aerobic classes and Zumba.
- **Cathy Hergenrother, CPT:** Certified to teach Silver Sneaker® classes, Zumba and water aerobics.
- **Contracted Personal Trainer, Heather Young, CPT:** Certified through NETA and ISCA with many years of experience training athletes and in post rehab injuries / diseases.
 - **1-hour Session: \$55 / 30-Minute Session: \$35**

AQUATIC PROGRAMS

WATER SAFETY INSTRUCTOR TRAINING

2014 Class Dates and Pricing

May 19 – 30

(No class on Memorial Day - Monday, May 26.)

Weeknights: 5 to 8 PM

- **SCC Member: \$220**
- **Non-Member: \$260**

Build Your Skillset

If you are at least 16 years old and a proficient swimmer, you may become an American Red Cross Water Safety Instructor. This 30-hour course will help you teach skills that may save a life. Participants will also gain excellent work experience as an aquatics professional, earn money or join a volunteer team, while you help people learn valuable skills. In addition you will learn organizational and presentation skills that will help in any career and make a difference in people's lives. Whether you want to splash around with kids, teach them to swim, help children and adults refine their strokes, or teach diving safety techniques, you can do it as an American Red Cross Water Safety Instructor.

About the Instructors

Our Instructors are American Red Cross Certified Water Safety Instructor Trainers with years of hands-on experience in the field of instruction and water safety. They are also very instrumental in the success of our popular Learn to Swim program at the Salem Community Center.

Prerequisites

- Minimum age of 16
- Demonstrate swimming skills by swimming the following strokes:
 - Front Crawl - 25 yards
 - Back Crawl - 25 yards
 - Breaststroke - 25 yards
 - Elem. Backstroke - 25 yards
 - Sidestroke - 25 yards
 - Butterfly - 15 yards



- Maintain position on back for 1 minute in deep water (floating or sculling)
- Tread water for 1 minute

Course Requirements

- Complete all reading assignments.
- Attend and actively participate in all course sessions.
- Successfully complete class activities, including the required practice-teaching assignment.
- Score at least 80 percent on the Water Safety Instructor Course final written exam.
- Demonstrate maturity and responsibility throughout the course.



What Else Will I Learn?

Besides teaching basic swimming skills, strokes, starts, turns and diving, there are special sections on support techniques, basic water rescue, learning and development, class planning, class organization assessment and evaluation, and techniques to provide positive feedback. Detailing the program includes customizing for disabilities by integrating fitness components with games and water activities.

Do I Need to be a Lifeguard?

No, but many facilities that hire WSIs require that they be lifeguards as well; you can take both classes at the SCC. Anyone with swimming skills required for the Water Safety Instructor class should consider taking the Lifeguard Training Courses offered at the SCC.

AQUATIC PROGRAMS

LIFEGUARD TRAINING

2014 Class Dates and Pricing

March 3 – 14 • April 14 – 25 • May 5 – 16

June 2 – 13 • November 3 – 14

All Classes Weeknights: 5 - 8 PM

- **SCC Member: \$220**
- **Non-Member: \$260**



Build Your Future

Are you 15 or older and looking for a great summer job or a challenging career? American Red Cross Lifeguarding is the best place to start! Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water.

Lifeguarding will help you develop skills and experience that will be valued by colleges and future employers. It's a great way to demonstrate what you can offer. Colleges and employers look for applicants who can deal effectively with people, who have a take-charge attitude and who are willing to work to develop new skills.

Personal Benefits

- Earn money and respect
- Challenge yourself
- Serve your community
- Develop leadership skills
- Gain valuable work experience
- Save lives

Prerequisites

- Must be at least 15 years of age by the end of class.
- Must be able to swim 300 yards continuously using Freestyle, Breaststroke or a combination of both.
- Must be able to tread water for 2 minutes using only your legs. Hands are to be tucked underneath the armpits.
- Must be able to swim 20 yards using Front Crawl or Breaststroke, surface dive 13 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting block with the object, using only your legs to swim within 1 minute 40 seconds.



What You Will Learn

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills in the water and on land
- First aid training and professional rescuer CPR to help you prepare for any emergency
- Professional lifeguard responsibilities like interacting with the public and addressing uncooperative patrons

Need Recertified?

The Salem Community Center offers Lifeguard and CPR recertification sessions. These are available by appointment in individual or class sessions. A class may be held for groups of three or more.

- **\$65 for one certification**
- **\$95 for two certifications**

AQUATIC PROGRAMS

LEARN-TO-SWIM

The American Red Cross offers comprehensive course levels that teach you, your child and other family members how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level. Each Learn-to-Swim level includes training in basic water safety and helping a swimmer in distress. For more information about each level, please contact the Aquatics Director at the Salem Community Center.



The Learn-to-Swim program at the Salem Community Center has been a staple of the Aquatics Department and the SCC as a whole for much of the facility's history. The instructors are American Red Cross Water Safety Instructor certified, and take great pride in the development of your child's skills. If you feel uncomfortable with a group setting for your child, we also offer private and semi-private lessons. Please call the SCC for more information.

2014 Class Dates and Pricing

Winter Session

Saturdays, January 11 - March 1

Sign-ups begin on Monday, November 25, 2013

Spring Session

Saturdays, April 5 - May 24

Sign-ups begin on Monday, March 3

June Session

Monday - Thursday, June 9 - 19

Sign-ups begin on Tuesday, May 27

July Session

Monday - Thursday, July 7 - July 17

Sign-ups begin on Friday, June 20

Fall Session

Saturdays, October 4 - November 22

Sign-ups begin on Friday, July 18

- **SCC Member: \$55**
- **Non-Member: \$70**
 - \$45 / \$60 2nd Child
 - \$40 / \$55 3rd Child

Class Times:

Spring, Fall and Winter Sessions:

Level 1	8:30 - 9:15 AM 9:25 - 10:10 AM*
Level 2	9:25 - 10:10 AM 10:20 - 11:05 AM*
Level 3	8:30 - 9:15 AM 10:20 - 11:05 PM*
Level 4	11:15 AM - 12:00 PM
Level 5 / 6	11:15 AM - 12:00 PM

*Overflow class only if needed

June and July Sessions:

Level 1	12:30 - 1:15 PM
Level 2	12:30 - 1:15 PM
Level 3	1:30 - 2:15 PM
Level 4	1:30 - 2:15 PM
Level 5 / 6	1:30 - 2:15 PM

PARENT AND CHILD AQUATICS (Level A / B)

Developed for children 6 months to 3 years of age, American Red Cross Parent and Child Aquatics builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Once children can perform basic skills without parental assistance, they may begin Learn-to-Swim courses.

Spring, Fall and Winter Sessions:

Level A / B	11:15 - 11:45 AM 12:00 - 12:30 PM*
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*Overflow class only if needed

June and July Sessions:

Level A / B	11:45 AM - 12:15 PM
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AQUATIC PROGRAMS

YOUTH L.A.P.S.

(Learning to Accelerate your Potential for Swimming)

The primary purpose of L.A.P.S. is to promote wellness and physical activity in area youth while also promoting the sport of swimming. Competitive knowledge will be attained along with group camaraderie and team building to prepare children for the potential of swimming on a team should they decide to do so. L.A.P.S. will provide another option for area youth who aren't quite acclimated to a competitive environment. Goals can be specific to participants' needs, from weight loss to competitive time improvement. Competition is optional and will primarily be held in the form of time trials.

2014 Class Dates and Pricing

Winter Session

Saturdays, January 11 - March 1

Sign-ups begin on Monday, November 25, 2013

Spring Session

Saturdays, April 5 - May 24

Sign-ups begin on Monday, March 3

June Session

Monday - Thursday, June 9 - 19

Sign-ups begin on Tuesday, May 27

July Session

Monday - Thursday, July 7 - July 17

Sign-ups begin on Friday, June 20

Fall Session

Saturdays, October 4 - November 22

Sign-ups begin on Friday, July 18

- **SCC Member: \$55**
- **Non-Member: \$70**
 - \$45 / \$60 2nd Child
 - \$40 / \$55 3rd Child

Class Schedule:

- **Spring, Fall and Winter Sessions:**
9:30 – 10:30 AM
- **June and July Sessions:**
12:30 – 1:30 PM

Swim cap provided with sign up for new participants

Youth L.A.P.S Age Group Guidelines

- Should be able to swim 1 length of the pool using front crawl or back crawl
- Have an understanding of the butterfly and breaststroke
- Completion of SCC swim lessons (Level 5 / 6) or participation in a swim league

For a guideline purpose only - special circumstances apply.



ADULT L.A.P.S.

Like the Youth Division, the Adult program would first focus on the wellness aspect of swimming. Goals can be established between the participant and trainer at the beginning of the session. The Adult Program is available to anyone post high school.

2014 Class Dates and Times

Tuesdays & Thursdays; 6-7 PM

Spring Session

January 7 – March 27

Fall Session

September 9 – November 25

2014 Class Pricing

- **SCC Member: \$150 Per Season**
 - \$50 per month
 - \$10 per class (no pre-purchase)
- **Non-Member: \$210 Per Season**
 - \$70 per month
 - \$12 per class (no pre-purchase)

\$10 discount to all returning participants in either session

50% discount to registered tri-training participants for Spring Session only

Swim cap provided with sign up for new participants

AQUATIC PROGRAMS

SWIMMING 101

Swimming 101 is intended for beginner adult swimmers. Many adults who currently enjoy aquatic exercise in a vertical position are encouraged to try Swimming 101. We will learn the basics of streamlined swimming and add simple drills to advance to a streamlined freestyle swim. We will use kick boards and fins to improve techniques and fitness. Swimming 101 will enhance your flexibility, provide stretching exercises, and develop cardio without injury. Participants will learn to relax and enjoy the rhythm of swimming.

2014 Class Dates and Pricing

Tuesdays and Thursdays: 8 - 9 AM

January 7 – 30 • March 4 – 27 • May 6 – 29

September 2 – 25 • November 4 - 25

(No program November 27)

Free to SCC Wellness Members!

Per Class:

- **SCC Member: \$6**
- **Non-Member: \$7**

Per Session:

- **SCC Member: \$40**
- **Non-Member: \$55**

BOY SCOUT / CUB SCOUT RANK ADVANCEMENT

Program available by appointment only

BSA Rank Advancement: \$5 per participant (per visit)

Cub Scout Aquanaut: \$7 per participant

Merit Badge: \$10 per participant

Participants must pass ALL requirements for the counselor to approve advancement. In the event this does not happen, the participant may come back at a later date to finish at no extra charge (excluding rank advancement). Pricing includes 1 hour of free swim time.

More information available on the web at www.salemcommunitycenter.com/aquatics



PRIVATE/SEMI-PRIVATE SWIM LESSONS

The SCC offers one on one swim instruction for any age and ability. Instructors are available that specialize in multiple swimmer needs such as hesitant / traumatized children, seniors with arthritis, or competitive / workout based lessons. Please contact the Aquatics Director for more information or to schedule a lesson.

Private Lesson Pricing

30 minutes

- **SCC Member: \$22**
- **Non-Member: \$32**

45 minutes

- **SCC Member: \$27**
- **Non-Member: \$40**

60 minutes

- **SCC Member: \$35**
- **Non-Member: \$50**

Semi-Private (2 or more) Lesson Pricing

30 minutes

- **SCC Member: \$17 per student**
- **Non-Member: \$26 per student**

45 minutes

- **SCC Member: \$20 per student**
- **Non-Member: \$32 per student**

60 minutes

- **SCC Member: \$25 per student**
- **Non-Member: \$40 per student**

JUST FOR KIDS

CHILDREN'S FITNESS CENTER (CFC)

The Children's Fitness Center (CFC), grant-funded from three sources, the Appalachian Regional Commission (ARC), Salem Community Foundation and the Pearce Foundation, accommodates any child between 6 - 12 years of age. Children will be participating in cardiovascular, strength, balance, and flexibility exercises during their time in the CFC. The 1,300 square foot workout area is equipped with treadmills, ellipticals, Spinning® bike, video gaming bikes, video gaming stepper, Nintendo Wii, Hoist Strength equipment, dumbbells, exercise bands, medicine balls, balance equipment and stability balls.

Our policy is to ensure the safety of all children using the facility, so the children must be signed in and out of the CFC daily by their parent / supervisor. The CFC area is supervised during all CFC operational hours; parents / supervisors are not required to be in area, but must be in the building at all times.

Operating six days a week to accommodate all family schedules, hours of operation are updated according to the season and posted throughout the building and on the website.

Cost:

- **Free for SCC Annual Members**
- **SCC Monthly Membership \$45 (full access to SCC and CFC)**
- **CFC ONLY Membership: \$25 (access to just the CFC; no pool, gymnasium, or track)**



CFC ORIENTATIONS

All new Children's Fitness Center (CFC) members, ages 6 - 12, are required to take a FREE 30-minute orientation on proper equipment usage before participating. Orientations are available with any CFC receptionist.

YOUTH CERTIFICATIONS GYM / TRACK & SWIM

Call for dates and times.

The Youth Gym / Track and Swim Certifications allow children ages 9 - 12 to be in the monitored Natatorium or gymnasium area (basketball courts and walking track) without parental supervision. Although parents must be in the facility at all times, they will not have to directly supervise a child who has passed the Youth Certification.

Requirements:

- **Monthly members 9 - 14 years old**
- **Annual members 9 - 12 years old**
- **Pass a written test (80% or better)**
- **Sign a contract with parent and SCC staff member**

Certifications are FREE, by appointment or during scheduled days / times.

CHILDCARE CHILDREN'S ACTIVITY CENTER

Children ages 1 to 6 are welcome!

HOURS OF OPERATION

October 1 thru May 31

Monday – Friday: 9 - 11 AM

Monday & Thursday: 5 - 8 PM

Tuesday & Wednesday: 4 - 7 PM

Saturday: 9 AM – 12 PM

June 1 thru September 30

Monday – Friday: 9 - 11 AM

- **FREE to children on an SCC Annual Membership**
- **\$3.50 per child / per hour or \$30 for a 10-Visit Punch Card.**

KIDS PROGRAMS

CFC FIT KIDS

Call for dates and times.

This six-week session includes a variety of exercises, while each participant learns the basics of nutrition. For more information on this program please call the SCC Front Desk at 330-332-5885.

JUST FOR KIDS

KIDS PROGRAMS

SUMMER DAY CAMPS

Call for dates and times.

SCC Summer Day Camps are for children ages 6 - 12.

Camp Hours: 9 AM - 4 PM (pack your own lunch & snacks)

Before Care: Breakfast Book Club, 7 - 9 AM \$20 / week (Bring your own breakfast and book)

After Care: Afternoon Gamers Club, 4 - 6 PM \$20 / week

SCC strives for 1 instructor to 12 children. All camp instructors are subjected to a BCI background check prior to the start of camp. Camp fees are non-refundable. Register at the SCC Front Desk or by phone with a credit card at 330-332-5885.

Early Registration: April 1 – May 15, 2014

- \$80 SCC Member / \$110 Non-Member per week

Full Summer Registration: 10 weeks paid in full prior to May 15

- \$720 SCC Member / \$990 Non-Member

Multiple Child Price:

- \$80 SCC Member / \$110 Non-Member per child per week

Regular registration price after May 15, 2014

- \$100 SCC Member / \$130 Non-Member per week

TOT SPORTS

Call for dates and times.



Boys and girls, ages 3-6, will learn the basic skills of basketball, soccer or flag football during each 30-minute session; 5 classes per session. Registration fee includes a \$5 voucher toward the matching 2014 youth league, if eligible to play.

- SCC Member: \$25 per program
- Non-Member: \$40 per program

BREAKFAST WITH SANTA

Saturday, December 6, 2014

Moms, dads, grandparents, and kids are invited to join the SCC for a delicious buffet breakfast with Santa.

Breakfast will be served from 9 - 10 AM on Saturday, December 6. Santa will dine with the children and give each child a present.

Children will also receive a photo taken with Old Saint Nicholas.

Additional photos will be available to purchase.



Register at the SCC Front Desk or over the phone with a credit card. For more information please call 330-332-5885. Due to limited space, only ticketed adults can be admitted. Children must be accompanied by an adult.

KIDS SPORTS

ATHLETIC PERFORMANCE BOOT CAMP

This program is a 5-week, high-intensity program built specifically for athletic improvement. Boot Camp is a combination of strength, plyometric and cardiovascular exercises. Athletes (ages 12 - 18) from all sports are welcome.

Tuesdays: 4 - 4:45 PM

Winter Session: January 7 – February 4, 2014

Registration deadline: December 31, 2013

Early registration thru December 20, 2013:

- SCC Member: \$35 / Non-Member: \$50

Late registration after December 21-31, 2013:

- SCC Member: \$45 / Non-Member: \$60

Spring Session: February 18 – March 18, 2014

Registration deadline: February 11

Early registration thru February 1, 2014:

- SCC Member: \$35 / Non-Member: \$50

Late registration after February 11, 2014:

- SCC Member: \$45 / Non-Member: \$60

Drop-In Pass Rate:

- SCC Member: \$10 / Non-Member: \$15

JUST FOR KIDS

KIDS SPORTS

SCHOOL DAYS OFF

Call for dates and times.

Children in grades 5th - 9th will have the use of the SCC pool & basketball courts from 12 - 5 PM. Concessions will be available the last 10 minutes of each hour. Adult must complete and sign child's waiver of liability. SCC staff will supervise activity, so an adult is not required to stay with the child. The program will follow Salem City School holiday and snow day schedules. Please check our website for a list of dates or call 330-332-5885 for more information.

- **SCC Member: Free**
- **Non-Member: \$8**

3-ON-3 BASKETBALL TOURNAMENT

Saturday, July 26, 2014

The Salem Community Center and Center Circle will be holding its annual 3-on-3 basketball tournament on Saturday, July 26th.

Age groups are as follows: Grades 4 - 6, Grades 7 - 8, Grades 9 - 12, 18 - 34 years old and 35 and up. All divisions are co-ed and games will begin at 10 AM on Saturday, July 26th.

- **\$55 – Early Registration**
- **\$65 – Regular Registration**



41st ANNUAL ELKS "HOOP SHOOT"®

National Free Throw Shooting Contest

Sunday, December 7, 2014

Registration begins at 12:30 PM

FREE Event begins at 1 PM

Over three million youngsters from throughout the country entered last year's competition for boys and girls in age categories 8 - 9, 10 - 11, and 12 - 13. Each contestant has 25 shots at the hoop. The boy and girl in each age group with the best scores advance through four tiers of competition to qualify for the national finals. The event is open to the public at no charge.



This program is totally sponsored by the Benevolent and Protective Order of Elks of the U.S.A. It is endorsed by hundreds of school systems around the country. The Elks fund the program primarily through its National Foundation and the support of its subordinate lodges and state associations. Travel and lodging expenses for the contestants and their parents are paid by the Elks.

YOUTH BASKETBALL LEAGUE

December 2014 – March 2015

The league is for children in grades K - 6. Practices begin in December and all games will be played on Saturdays beginning in January. Teams will play 8 regular season games and end the season with a single elimination tournament (no tournament for K - 1 division). Any family registering two or more children will receive a \$10 family rate discount off the total registration fee.

We are proud to offer the Girls' Youth Basketball League again this season for girls in grades 2 - 6.

- **Kindergarten - 1st Grade: \$45**
- **2nd - 3rd Grade: \$65**
- **4th - 6th Grade: \$65**

JUST FOR KIDS

KIDS SPORTS

COMPETITIVE YOUTH BASKETBALL

January – March 2014

Looking for a more challenging league? The Salem Community Center's competitive basketball league provides children in grades 4 - 6 the opportunity to play at the next level. They will face stiffer competition and a more aggressive style of play. The league will be played on Sundays beginning in January and conclude the beginning of March. Registration is done on a team basis and teams may be Co-Ed, but it is not a requirement.

- **\$200 Per Team**

YOUTH SOCCER LEAGUE

- **Session 1: Nov. – Dec. 2014 - \$490 (7 weeks)**
- **Session 2: Jan. – Mar. 2015 - \$490 (7 weeks)**
- **Session 3: Mar. – Apr. 2015 - \$350 (5 weeks)**

Divisions will be available in all 3 sessions for U8 through high school. Pricing does not include referee fees and is non-refundable.

For Adult Soccer League information, please see page 24.

COLUMBUS CREW SOCCER CAMP

Saturday, March 1, 2014

After selling out the past four years, the Columbus Crew Winter Camp, in association with the Salem Community Center, will again be designed to give all players, both recreational and competitive, an off-season tune up of their technical and tactical skills.

Based on the Crew Curriculum, campers will be grouped by age and ability levels, with a camper-to-staff ratio of 15:1. The Crew Camp and Technical Staff will encourage learning by giving each individual the very best examples of what it takes to be a quality soccer player, dependable teammate and good citizen.

The past three years the camp sold out nearly 2 months in advance. We encourage you to register early!

BRITISH AND TETRABRAZIL SOCCER CAMPS

June 2014

The Salem Community Center is pleased to announce a year of soccer camp partnership with Challenger Sports, providers of the USA's most popular soccer camp programs – British Soccer and TetraBrazil Soccer Camps.

Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup tournament. Campers receive a free replica jersey (for online registrations received by April 26), ball, t-shirt and access to www.thechallengerway.com. To register and find more information please visit www.challengersports.com or call 330-332-5885.

KEYSTONE SOCCER FOOTSKILLS ACADEMY

Spring and Fall Sessions

Participants will receive seven weeks of skills training and / or instructional game play. Space is limited and is on a first-come first-serve basis.

YOUTH FLAG FOOTBALL AND CHEER

Spring Season: April – June 2014

Fall Season: September – November 2014

The league is for children in grades 1 - 6. All games will be played on Saturdays with practices throughout the week. Teams will play 8 regular season games and end the season with a single elimination tournament

- **1st – 3rd Grade: \$65**
- **4th – 6th Grade: \$65**
- **Returning Cheerleaders: \$45**
New Cheerleaders: \$75



PARTY SERVICES

SINGLE ACTIVITY PARTY

(ACTIVITY AREA IS NOT PRIVATE)

For the Activity Package, the party host may supply all food, refreshments, paper supplies and cake or upgrade to the Meal Package. The SCC party room is furnished with tables and chairs. Thirty minutes before and after are allocated for non-exclusive use of the party room for pre / post-party preparation.

\$109 SCC Member / \$139 Non-Member

- 90 minutes of one activity (pool or basketball court).
- 60 minutes of private party room usage (accommodates 35 guests)
- 10 guest activity bands - free bands for the birthday child, supervisors, spectators and all SCC members.
- Package is based on "up to" 10 bands. Pricing does not change if there are less than 10.

Extras / Add-on's Available with Party Packages

Party Room Upgrades:

- 3 Hours Small Party Room Access: \$65 (2 additional hours with seating for 35)
- 60 Minutes Large Party Room: \$35 (seating for up to 70)
- 3 Hours Large Party Room: \$70 (seating for up to 70)
- Add an additional activity area: 30 minutes: \$25 or 60 minutes: \$40
- 3-Hour Private Party Attendant: \$40
- Unlimited Coffee: \$15
- Paper Table Covers: \$3

SCC Meal Package - \$45 (Accommodates 10 - 12 guests)

- 2 large pizzas (24 total slices) are included and will feed up to 12 guests
- 1 order of breadsticks (8 - 10 slices)*
- 2 bottles of soda (2-liter)
- Paper Products (plates, napkins, cups w / ice)
- 12 invitations*

SCC Members receive an additional 2 hours of party room access (space permitting) when upgrading to the Meal Package.

*Substitutions: No invitations: Add one additional order of breadsticks OR 2 additional bottles of soda. No breadsticks or invitations: Add one extra pizza.

DISCOVER SCUBA SPLASH PARTY

Under the direction of North Coast Divers, Inc. Instructor Bill Anderson, 10 guests (ages 8 and up) will enjoy 45 minutes of introductory scuba instruction and 1 hour of private party room usage. Parties are available Fridays and Saturdays after 6 PM, and Sundays after 4 PM.

\$199 SCC Member / \$219 Non-Member

- Scuba meal package: \$40
- Additional pool time: \$99 / 60 minutes
- Non-scuba swimmers: \$5 per person



FIELDHOUSE PARTY

Dates and times are based on availability of the Center Circle Indoor Sports Complex.

\$169 SCC Member / \$199 Non-Member

- 60 minutes of exclusive activity time (Flag football or soccer)
- 60 minutes of private party room use (accommodates 35 guests)
- Food package upgrade: \$40

Additional activity area / time for the pool or basketball courts is available. Price is \$25 for 30 minutes or \$40 for 60 minutes. Price includes 10 activity bands. Each additional band is \$5. Complimentary bands are provided for non-participating supervisors, spectators and all SCC members.

PARTY SERVICES

SPIN SPRINT SPLASH

Youth Indoor Mini Triathlon Party

“Triple Challenge” your friends to celebrate with you on your special day with an invitation to participate in the SCC Youth Indoor Mini Triathlon! See how far you can go in this mini-sprint triathlon. Participants will ride the stationary bikes for 10 minutes, run 10 minutes on the indoor track (or treadmills), and swim for 10 minutes in the indoor pool. Final distances travelled in the time allowed will be totaled to determine the winner. Party times are limited and event may be modified according to age. Participants, ages 10 - 16, will start with the mini-tri competition followed by 60 minutes of recreational swim time.

\$199 SCC Member / \$229 Non-Member

Available Add-Ons:

- Party Room (1 hour w / seating for 35): \$48
- T-shirts: \$12 per person
- Food Package: \$40
- Non-Tri Swimmers: \$5 per person

Basic Party Package Information: Most packages are based on a set number of participants. Prices do not change if there is less than the number allotted.

Supervisors, Spectators and SCC Members Information:

SCC requires 1 adult, age 18 or older, per 10 children. Ensure that you have male / female chaperones accordingly for locker room access.

Payment Information:

To confirm a date, a \$25 deposit must be paid within 48 hours of scheduling; full payment is due two weeks prior to the event. Any additional fees (extra bands and / or food items) may be paid on the day of the event.

Cancellation and Refund Policy:

- More than 30 days before the event; full refund. 29 - 15 days before; loss of deposit. 14 - 8 days before; loss of deposit and 50% of rental fee 7 days or less no refund.
- If SCC cancels the party and no other date can be found, the full deposit will be refunded.

Visit us on the web at
www.salemcommunitycenter.com for more
information on our party services!

STUDENT ACTIVITY DAY PACKAGE

The Student Activity Day program is created for class field trips, club / organizational outings, summer PE classes, and much more. The SCC values innovation and creativity, teamwork, service to the community, lifelong learning, fun, play, and celebration. Salem is fortunate to have a facility in the community that is conveniently located to nearby schools, which provides these opportunities for students grades K - 12. Program is available between the hours of 8 AM – 3 PM, Monday through Friday.

Student Activity Day Packages:

- **\$4 per participant – includes gymnasium, pool and indoor sports complex**
- **\$8 per participant – includes activity plus cheese pizza, chips and soda**

Group Instruction Activity Day Packages:

- **\$8 per participant - includes one hour of instructional time, gymnasium, pool and indoor sports complex**
- **\$12 per participant - includes one hour of instructional time, activity, plus cheese pizza, chips and soda**

Spectators / supervisors are free for all non-meal activity; \$4 for meal. Activity space is based on availability and subject to change. Most activities exclude the use of the Fitness Floor.



PARTY SERVICES

HIGH SCHOOL AFTER PROM PACKAGE

As the night begins to wind down, many teens want to extend the fun. After-prom activities are a good way to hang onto the special night and to create more memories, and the SCC is just the venue!

\$899 for first two hours; \$349 for each additional hour

Features Include:

- Banquet facilities available with catering provided by The Fifth Season Banquet Center and The Catered Affair
 - Maximum seating for up to 300
- 2 gymnasiums for basketball, volleyball, corn hole boards and / or dodgeball
- Walking track
- Indoor sports complex* for flag football & soccer
- Dancing with sound system
- Movie viewing on a 70" screen (DVD, VHS, wireless Internet and cable available)
- Natatorium with 2 pools** diving board & spa with 4 posted Lifeguards, depending on participation.
- Stage available for presentations
- Ample closet space
- Rental package excludes use of the Fitness Floor or Dry Sauna.

*One hour of Indoor Sports Complex usage **Two hours of Natatorium usage

GRADUATION PARTY PACKAGE

Does the idea of hosting a large party at your home scare you? Maybe your yard is too small? Are you worried about the weather or parking issues? If so, you might want to consider the Salem Community Center (SCC). Over the past few years, our beautiful facility has been the celebration site for nearly 200 local college and high school graduates.

4-Hour Rental Prices*:

- **Small Graduation provides continual seating for 35-40: \$249**
- **Medium Graduation provides continual seating for 75-80: \$399**
- **Large Graduation provides continual seating for 100-150: \$599**

6-Hour Rental Prices*:

- **Small Graduation provides continual seating for 35-40: \$379**
- **Medium Graduation provides continual seating for 75-80: \$589**
- **Large Graduation provides continual seating for 100-150: \$899**

Each additional hour*:

- **Small Graduation: \$75**
- **Medium Graduation: \$125**
- **Large Graduation: \$195**



INCLUDED WITH PACKAGE:

Tables and / or Chairs • Limited Kitchen Access (during duration of rental period) • 30 minutes Pre / Post Access • Party Attendant • Coffee Service (including limited bottled water) • Paper Table Coverings • Choice of Two AV Items • Message on Electronic Sign

Book early for the best possible date selection as space fills quickly. For more information, or to book your event, please call Mindy Snelzter at 330-332-5885.

***10% off for SCC Members**

SPECIAL EVENTS / PROGRAMS

DAY BUS TRIPS

Planned 2014 trips include Amish country, various casinos, Christmas lights and shopping. These trips are open to members and non-members and normally depart the SCC at 8:30 AM and return before 5 PM. Watch for flyers or call for information on our 2014 Day Bus Trips.

COMPUTER CLASSES

Call for dates and times.

Would you like to learn Computer skills in a stress free, small group (6 per class) environment? Do you suffer from “fear of computing”? Then the Salem Community Center is the place for you! Join us for a slow paced, small group class. Classes will be offered all year round covering all your needs from Introduction to Windows 8 to Facebook.



HOLIDAY BIZARRE EXTRAORDINAIRE

Saturday, November 15, 2014 • 9 AM – 3 PM

The Salem Community Center will be holding its annual Holiday Bazaar on Saturday, November 15, from 9 AM to 3 PM. Stop in to find great new crafts and gift items for the Holidays. There is no door charge and parking is free.

Vendors needed: Here’s an excellent opportunity to sell your homemade crafts or specialty items. Tables are available with or without electric. Tables must be reserved by November 7, 2014.

SCRAP BOOKING

Call for dates and times.

Join the SCC for an afternoon of scrapbooking. Bring 10-20 pictures and we will supply all needed materials and guidance. Learn the latest styles and enjoy time with other members.

- **SCC Members: FREE**
- **SCC Non-Members: \$3 a class**

FAT TUESDAY

Tuesday, March 4, 2014 • 5 - 7 PM

Join the Salem Community Center, Salem Rotary Club and Salem Kiwanis Club for this fundraising event with all proceeds going to the Salem Community Pantry.

Chefs Needed: All chefs are required to:

- Prepare food for only 50
- Provide what food item you will be preparing
- Bring own warming device and server for the table

A sign with name or name of business will be displayed on chef tables.

ARC BLOOD DRIVES

Blood drives will be held from 1 - 7 PM on the following dates:

- **Spring Drive: Friday, March 7, 2014**
- **Summer Drive: Friday, June 27, 2014**
- **Fall Drive: Friday, September 5, 2014**
- **Winter Drive: Friday, December 19, 2014**

Registration is available through the Salem Community Hospital at (330) 332-7227.



WOMEN'S NIGHT OUT

Wednesday, March 19, 2014

The Salem Community Center (SCC) is thrilled to announce our 5th Annual SCC Women’s Night Out. All proceeds from this event benefit the operation of the SCC Children’s Fitness Center. This event is for women of all ages, and is intended to promote a night of “Me Time”. Attendees will enjoy a night of relaxation and socializing with family, friends and co-workers.

SPECIAL EVENTS / PROGRAMS

WOMEN'S NIGHT OUT (cont.)

2014 EVENING EVENTS:

- Keynote speaker (TBA)
- Gift card raffle and lottery tree
- Buffet dinner
- Shopping in the Marketplace with over 70 vendors
- Chocolate desserts / coffee area
- The return of the "Greeters in Tuxedos"
- Give-a-ways and much more!

SPONSOR / ADVERTISER / VENDOR: To ensure the success of this evening, we need your participation. Last year's attendance was over 500 and we had a "sold out" vendor area of nearly 70 area businesses. SCC anticipates this year's event to be even bigger, which provides a great promotional opportunity for your business. Sponsorship and advertising is available at various levels.

TICKET INFORMATION: Tickets will go on sale January 31st. The cost is \$25 and includes a meal ticket. A limited number of tickets are available. Deadline to purchase tickets is March 10th. Tickets may be purchased at the Salem Community Center.

DEADLINE DATES:

- Returning Sponsor, Vendor and Advertiser - Monday, December 30
- Sponsorship - Saturday, February 1
- Vendor / Advertiser - Saturday, February 22 (vendor spots are limited and fill quickly)
- Event Ticket Sales - Monday, March 10

ADULT SPORTS LEAGUES

ADULT BASKETBALL LEAGUE

Spring Session: April – May 2014

Fall Session: September – November 2014

The Salem Community Center will host an Adult Basketball League in the Spring and Fall of 2014. All games will be played Monday - Thursday from 7 – 10 PM. This league is for participants who are 18 years of age and older. Each team is guaranteed ten games, including playoffs.

ADULT SOCCER LEAGUE

- **Session 1: Nov. – Dec. 2014 - \$490 (7 weeks)**
- **Session 2: Jan. – Mar. 2015 - \$490 (7 weeks)**
- **Session 3: Mar. – Apr. 2015 - \$350 (5 weeks)**

CO-ED, MEN AND OVER 30 divisions will be available in all 3 sessions. Pricing does not include referee fees and is non-refundable.



ADULT VOLLEYBALL LEAGUE

- **\$200 / team**

Fall Session: September – November 2014

Winter Session: January – March 2015

The Adult Volleyball League consists of a 10-week regular season and concludes with a single elimination tournament to determine the league champion.

The cost of the league is \$200 and offers both recreational and competitive divisions. Space is limited so please register early.



RENTAL SERVICES

The Salem Community Center is a versatile non-smoking and non-alcoholic facility that can host a variety of events for 20 to 200 guests. Most rental packages include a Party Attendant who will assist with creating a warm, personal atmosphere, providing enjoyment for you and your guests. With our exceptional service and attention to detail, the SCC is the perfect place to hold your next social gathering.

PRICE INCLUDES: Tables and / or Chairs • Setup & Takedown • Table Settings • Full Kitchen Access • Party Attendant • Unlimited Coffee Service (including bottled water, decaf & regular coffee, hot tea and cocoa) • Paper Table Coverings • Choice of AV Items



BANQUET ROOM - SELF CATERED

Single Room: \$335 • Half Room: \$525 • Full Room: \$755

SCC banquet rooms are designed for self-catered events such as corporate parties, athletic booster banquets, confirmations, graduations or holiday celebrations. Rental includes 1 hour of pre and post access, 4 hours of room rental and 6 hours of exclusive kitchen usage. In-house catering rates are available with prices starting at \$14.50 per person. Price includes 4 hours of event time with 1 hour before for setup and 1 hour after for teardown. Some restrictions apply; call for more details.

CELEBRATION ROOM

2-Hour Single Room: \$225 / 4 Hours: \$265

2-Hour Half Room: \$375 / 4 Hours: \$415

2-Hour Full Room: \$500 / 4 Hours: \$545

This package is for those looking to host a lighter celebration such as birthday parties and bridal/baby showers. Rental includes 30 minutes pre and post access and non-exclusive kitchen usage. This package does not include use of the SCC table settings. Host is responsible for providing paper products.

MEETING

(4-HOUR RENTAL)

Single Room: \$195 • Half Room: \$300 • Full Room: \$395

PRICE INCLUDES:

Tables and/or Chairs * Setup & Takedown * Wireless Internet Access * Unlimited Coffee Service (including bottled water, decaf & regular coffee, hot tea and cocoa)

Choice of Two AV Item:

- Podium with corded microphone
- White board/flip chart with markers
- Projector/screen
- TV/DVD
- TV/VCR

CONFERENCE

(8-HOUR RENTAL)

Single Room: \$285 • Half Room: \$430 • Full Room: \$570

PRICE INCLUDES:

Tables and/or Chairs * Setup & Takedown * Wireless Internet Access * Unlimited Coffee Service (including bottled water, decaf & regular coffee, hot tea and cocoa)

Choice of Two AV Items:

- Podium with corded microphone
- White board/Flip Chart with markers
- Projector/screen
- TV/DVD
- TV/VCR

Maximum room capacity may be subject to change based on choice of configuration. There will be a re-setting fee of \$100 for changes to pre-approved original configurations made on the same day as the event.

RENTAL SERVICES

Non-Package Room Rentals	Room Size	Seating Theatre/Classroom/Dining	Rental Rate Half Day or Less	Rental Rate Full Day	Kitchen Access
Single Room	26' x 35'	50/24	\$100	\$195	No
Half Room	54' x 35'	150/60	\$160	\$285	No
Full Room	78' x 35'	200/100	\$220	\$395	No
Celebration Room	28' x 32'	35	\$85 / 90 minutes	N/A	No
Small Conference Room	24' x 33'	12	\$45 / 60 minutes	N/A	No
Reception Hall	78' x 35'	175	N/A	\$1,350	Yes
Single Banquet Room	26' x 35'	35	\$170	\$240 / 6 Hours	Yes
Half Banquet Room	54' x 35'	75	\$270	\$380 / 6 Hours	Yes
Full Banquet Room	78' x 35'	175	\$370	\$580 / 6 Hours	Yes

Rental rates listed above do not include coffee service, paper table coverings, audio visual equipment or pre/post setup time. Price Per Person available for Banquets and Reception. **SCC Members receive 10% off rental rates.**
Half Day - 4 Hours or less; Full Day - more than 4 Hours; maximum of 8 hours.

NATATORIUM*

90 minutes of private pool time is available Friday, Saturday and Sunday starting 30 minutes after the close of the building. Fee includes the lap pool, training pool and spa, and 2 lifeguards per 25 participants.

- Up to 50 Participants: \$190
- 51 - 75 Participants: \$230
- 76 - 100 Participants: \$280

BASKETBALL COURTS*

PEAK SEASON: November 1 - May 31

- Entire Court (up to 6 baskets): \$110 per hour
- One Full Court (up to 3 baskets): \$55 per hour
- One Basket: \$40 per hour

OFF SEASON: June 1 - October 31

- Entire Court (up to 6 baskets): \$75 per hour
- One Full Court (up to 3 baskets): \$40 per hour
- One Basket: \$25 per hour

CENTER CIRCLE INDOOR SPORTS FIELD

Rates:

Hourly 4-Block Hours:

\$380 Peak Season / \$160 Off Season

8-Block Hours:

\$725 Peak Season / \$300 Off Season

12-Block Hours:

Peak Season \$1,025 / \$430 Off Season

16-Block Hours:

Peak Season \$1,275 / \$480 Off Season

Peak Season is September 1 - May 31

Off Season is June 1 - August 31.

Block hours do not have to be used consecutively, BUT must be paid in full prior to the rental. To rent field time, please call Jenny Carroll at 330-332-5885. For natatorium or gymnasium rentals, please call Mindy Seltzer at 330-332-5885.

***10% discount for SCC Members on pool and gym rentals.**

Salem Community Center

OUR MISSION

The Salem Community Center is a private, not-for-profit organization dedicated to the improvement of the quality of life within our community. This continuous process will be enhanced by striving towards the following goals:

- To encourage a sense of community by facilitating partnerships with local health, service, and educational institutions and organizations.
- To promote the principles of acceptance, understanding, fellowship and respect for all people within our community.
- To provide recreational activities to promote personal wellness.
- To be responsive to our membership by addressing emerging and changing community needs and removing economic barriers within available resources.
- To continue the cycle of giving through service and resources to our community.

Center Circle – Salem Indoor Sports Complex

