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REMINDERS:

- Please remember to bring a change of shoes for the gym and fitness center to save our floors from the snow, salt and ice of the season.
- The Center closes at 9:00pm on weekdays. Please pick kids up promptly
- Sign up for exercise classes online now through the Mindbody App
- Check out our calendar for new weekend Open Pickleball hours

January is the best time to join Lauri Ann West Community Center!

It's that time of year again. We've all made resolutions for the New Year, and most of them involve getting fit and being healthy. Lauri Ann West Community Center is here to help you keep those resolutions.

We have:

- Best-in-class fitness equipment including Precor Treadmills, Bikes, Elliptical machines and Adaptive Motion trainers;
- A state of the art weight lifting system and free weights;



- An indoor track above our large gymnasium that houses basketball, pickleball, tennis, soccer and more;
- Great group exercise classes included in your fitness membership such as Yoga, Spinning, Circuit Training, Essentrics and Pilates;



- Plus we have a group of terrific personal trainers who will work with you to meet your goals.

Even better, to help you get started, when you join in January, we will reduce the \$100 join fee to match the day you join. Join on January 8th and your join fee will be \$8.00, etc., etc. The earlier you join the better!

2017 Annual Appeal

Thank you to all of our 2017 Annual Appeal contributors! Your generosity to support the Center's goal to provide the best services and facilities around is greatly appreciated.



This year's Appeal had more donations and members participate than any previous year.

Donations are vital to our Center as we continue and grow and strive to build community.

Thank you for your continued support! We look forward to serving you for generations to come

LAURI ANN WEST COMMUNITY CENTER

Session I Programming Begins January 15th!
Check out all our great classes below.

For Adults

- **Mosaics**- Mondays 6:30-9:00pm
- **Line Dancing With A Twist**- Tuesdays 11:00-Noon
- **Intro to Ballet**- Tuesdays 6:30-7:30pm
- **Pickleball Beginner & Intermediate**- Thursday classes offered 9:30-3:30
- **Bridge**- Thursday classes offered 10:00-2:30
- **Momma Barre**- Fridays 9:30-10:15 (baby 0-12 months)

Early Childhood

- **Silly Science**- Mondays 9:30-10:15am, Ages 2-4
- **Soccer With Happy Feet**- Tuesdays 11:00-11:45am, Ages 3-5
- **Ballet with Pittsburgh Ballet Theatre**- Tuesdays 2:45 and 3:30, Ages 3,4
- **Tots Intro to Tae Kwon Do**- Wednesdays 9:30-10:15am, Ages 3-5
- **Art on Purpose for Mama n' Me**- Thursdays 9:30-10:30am, Ages 3-5
- **Little Yogis PLAY**- Thursdays 9:30-10:15am, Ages newborn-3
- **Tiny Yogis PLAY**- Fridays 9:30-10:15am, Ages 3-5
- **Momma Barre**- Fridays 9:30-10:15am (baby 0-12 months)

School Aged

- **Beginner Tennis**- Mondays & Thursdays 4:00-5:00pm, Ages 6-12
- **Intermediate Tennis**- Mondays & Thursdays 5:00-6:00pm, Ages 6-12
- **Yoga for Kids**- Mondays 4:00-5:00pm, Ages 5-10
- **Scoring Factory Basketball**- Tuesdays 4:00-5:00, Ages 6-9
- **Scoring Factory Basketball**- Tuesdays 5:00-6:00pm, Ages 9-16
- **Karate**- Wednesdays 4:00-5:00pm, Ages 7-12
- **Floor Hockey**- Wednesdays 4:00-5:00pm, Ages 6-11
- **Flag Football**- Fridays 4:00-5:00pm, Ages 6-10
- **Volleyball Skill Development**- Fridays 4:00-5:00pm, Ages 8-12
- **Pittsburgh CLO**- Mondays 4:30-6:30pm, Ages 7-12
- **Art is All Around Us**- Mondays 4:00-5:00pm, Ages 6-9
- **Little Nursing School**- Tuesdays 4:00-5:00pm, Ages 5-10
- **ASSEMBLE Pittsburgh**- Tuesdays 4:00-5:30pm, Ages 6-9
- **Ballet with Pittsburgh Ballet Theatre**- Tuesdays, 4:15 & 5:00, Ages 5,6
- **PBT Beginner Ballet**- Tuesdays 5:45-6:30pm, Ages 7-9
- **Viva Mexico**- Wednesdays 4:00-5:00pm, Ages 6-12
- **Maker Studio: Lego Stop Animation Club**- Weds 6:00-7:00pm, Ages 8-12
- **Story Play**- Thursdays 4:00-5:00pm, Ages 6-9
- **Makers Studio:Tinkering, Creating, Inventing**- Thurs 6:00-7:00, Ages 8-12
- **CYM Violin**- Fridays 4:00-4:15, Ages 4-13
- **CYM Keyboard**- Fridays 5:00-5:45pm, Ages 4-13

Saturdays in January

CPR/AED Pediatric program

Ages 18+

Saturday, January 20th– 9:00am to Noon

This American Red Cross/First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed.

\$85 for members/\$105 for non-members

American Red Cross Babysitting Certification Course

Ages 11-17

Saturday, January 27th– 9:00am to 4:00pm

Learn to care for siblings and neighborhood children. Discuss the expectations for safe childcare and a rewarding babysitting experience including basic childcare (diapering, dressing, hygiene, and feeding), coping with safety hazards (fire, poisoning, and strangers), age-appropriate holding, and other responsibilities of both sitters and parents. If you are eleven years old or older, receive a formal Red Cross certification after attending the session. Remember to pack a lunch!

\$100 for members/\$125 for non-members

Second Annual Pickleball Tournament

Join us for our Second Annual Pickleball Tournament on **Friday, January 12th, beginning at 8:00am.**

\$25 per person

Pickleball levels 2.0, 2.5, 3.0

Entry Deadline is January 8th

Come out to play or just watch. Pickleball is the fastest growing sport in the country. It's a fun game for all ages.

For more information and to sign up, visit our website.



Let's Play

Community Collection—Backpacks for Hunger

Lauri Ann West Community Center continues its collection for Backpacks for Hunger, Fox Chapel School District, this month. This organization collects food for children of families in need within our school district who don't

have a consistent source of food at home. Children are given food to take home in their backpacks for the weekend. A full list of the items needed can be found on our website. Please bring your items to the Welcome Desk of the Center.

If you have a charity in our community that you would like to do a drive for in the coming months, please let us know!





LAURI ANN WEST
COMMUNITY CENTER

January 2018

Sun Mon Tue Wed Thu Fri Sat

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|--|--|--|--|--|--|--|
| | Happy New Year! Center hours are 10:am to 2pm | Time to get started on your resolutions by hitting the gym | Sign up for Winter programming now! | Become a fitness member in Jan and we'll change the Join Fee to match the date | Check out the new January Group Exercise Schedule | New open Pickle- ball hours on Sat- urday mornings 7am to 9am |
| 7 New open Pickle- ball hours Sun- day mornings from 11am to Noon | 8 Registration for our Pickleball tournament ends to- day | 9 Check out our very popular Essentrics class at 6:00pm | 10 Fitness Mem- bers—take advantage of Child Watch for your little ones | 11 Winter program- ming begins next week. Sign up! | 12 Second Annual Pickleball tour- ney begins today at 8am | 13 Get in a workout during the holiday weekend |
| 14 Steelers playoff game. HERE WE GO | 15 Fox Chapel Area Schools Closed Monday Winter Programs Be- gin! | 16 Tuesday Winter Programs begin today! | 17 Wednesday Programs for Session One Begin today! | 18 Thursday Pro- grams for Ses- sion One Begin today! | 19 Fox Chapel Area Schools Closed— A&E is available for full-day care. | 20 New open Pickle- ball hours on Sat- urday mornings 7am to 9am |
| 21 New open Pickle- ball hours Sun- day mornings from 11am to Noon | 22 Spinning class at 9:30am | 23 Weekly Sanctioned Bridge Game 10:30 | 24 Become a fitness member in Jan and we'll change the Join Fee to match the date! | 25 Check out our group fitness class schedule! | 26 Pickleball Open Gym is available from 9-11—first come, “first serve” | 27 Maybe personal training will help you keep your resolution to stay fit? |
| 28 Hit the gym to keep up with your resolutions | 29 Pickleball Open Gym is available from 9-11—first come, “first serve” | 30 Weekly Sanctioned Bridge Game 10:30 | 31 Stop by the Café for lunch or din- ner! | . | | |