



May 2012

Recreation and Fitness Center (RFC) Newsletter

Contact the [Recreation and Fitness Center team](#) for assistance with any of these offerings.

Special Announcements

Celebrate National Employee Health and Fitness Day

Come one, come all! Check out the FREE show at the RFC's Carnival of Wellness!

Gather 'round the RFC on Wednesday, May 16 to celebrate National Employee Health and Fitness Day!* Don't miss out on the fun; your favorite carnival characters will be there ready to put on a show! Earn raffle tickets throughout the day to be entered into the "Mystery" drawings for great prizes. You could be a winner, winner, winner - just by participating in the celebration!

Schedule of Events:

- **9:30 – 10 a.m. – Morning Water Aerobics**, Natatorium
- **11 a.m. – 2 p.m. – Health Fair**, Gymnasium
- **11:15 and 11:20 a.m. – 5K and 1 Mile Walk**, Picnic Shelter (registration required)
- **11:15 a.m. – 12 p.m. – Carnival Creation Step**, GA Aerobics Room
- **11:30 a.m. – 2 p.m. – Carni-Putt**, Putting Green
- **12:10 – 2 p.m. – Spin, Stretch & Support, GA & GX Studios** (registration required)
 - **12:10 – 12:30 p.m. – Flat Endurance Cycle** (12:40 – 1 p.m. Yoga)
 - **12:40 – 1 p.m. – Speed Cycle** (1:10 – 1:30 p.m. Yoga)
 - **1:10 – 1:30 p.m. – Hills Cycle** (1:40 – 2 p.m. Yoga)
- **4:30 – 5:30 p.m. – Step & Sculpt**, GA Aerobics Room
- **5:30 – 6:30 p.m. – Aqua Kickboxing**, Natatorium
- **All Day – Carnival Rubber Ducky Swim**, Natatorium
- **All Day – Workout at the RFC**, Raffle tickets available at the G and GN offices

**Please note: The RFC parking lot will be closed to accommodate vendors. Employees who plan to visit the gym on Wednesday, May 16 are encouraged to carpool or walk when possible. Otherwise, employees should park in the upper lots near the picnic shelter and playing fields.*

Pedometers and Resistance Bands for Sale at RFC

If you're looking to purchase equipment that will help keep you healthy, look no further than the Recreation and Fitness Center. We have pedometers to track your steps and resistance bands to strengthen and tone your muscles on sale at the RFC. Both items are small and light which makes them perfect for home, office or your suitcase so that you have no excuses for staying fit even when travelling this summer. Stop by the main desk in building G to purchase one or both. Please remember to bring your SAS ID badge when making any purchases at the RFC. Purchases are only available by payroll deduct.

Aquatics

NEHFD Carnival Rubber Ducky Swim

Rubber ducky, you're the one! You make swim time so much fun!

In celebration of National Employee Health & Fitness Day, everyone that swims a minimum of 30 minutes will earn the chance to pick a rubber ducky out of the RFC Duck pond (while supplies last) to receive one or more tickets to be entered into the NEHFD raffle drawing for tons of great prizes. There will also be one "golden" duck swimming in the pond just waiting to be chosen by our grand prize winner. Could that lucky winner be you? Swim on over on Wednesday, May 16 to see!

May Water Classes

Check out the water classes we have for you starting this month! No registration is necessary. Come on over to the pool and join us for a class!

- **Water Aerobics** – Mondays and Wednesdays, 9:30 – 10 a.m.
- **Water Walk & Tone** – Mondays, 12:15 – 1 p.m. (May 7 – June 25).
- **Aqua Bells** – Tuesdays, 11:15 a.m. – 12 p.m. (May 1 – June 26).
- **Aqua Kickboxing** – Wednesdays, 5:30 – 6:30 p.m. (May 2 – June 27).
- **Pool Plyometrics** – Thursdays, 12:15 – 1 p.m. (May 3 – June 28).
- **Water Aerobics** – Mondays and Tuesdays, 5:30 – 6:30 p.m.

A Health Check or Medical Evaluation is required prior to participation in all aquatic programs. You can also visit us on the web for a complete listing of all class descriptions.

Adult Swim Instruction – June Class Offerings

Registration is now open for the following classes (the registration deadline for each class is the 20th of the month prior to the class start date):

Beginner I – Basic introduction to swimming

- Tuesdays and Thursdays.
- June 5 – 28.

- 10 – 10:30 a.m.

Beginner II – Preparation for Intermediate I

- Tuesdays and Thursdays.
- June 5 – 28.
- 4:30 – 5 p.m.

Intermediate I – Freestyle and Backstroke

- Tuesdays and Thursdays.
- June 1 – 24.
- 1 – 1:45 p.m.

Swim Assessment

- Tuesday, June 12.

Stroke Clinic – Video Stroke Analysis

- Thursday, June 21.
- 11 a.m. to 12 p.m.

Sign Up to have yourself videotaped while swimming and receive feedback on your swimming stroke so you can practice and imprint correct swimming technique. If you desire to get to the next level in swimming - video analysis is the starting point.

Registration is required and is on a first come, first served basis. We require a minimum of two participants to hold a class and limit the class size to six. Our classes are taught in sessions of six or eight classes, meeting twice a week over a four-week period or once a week for six or eight week sessions.

AquaKidz

- *Session 5: July 24-27, 31 and Aug. 3 (Tues-Fri).*
 - 8:30 – 9 a.m.
 - Registration/cancellation deadline – July 17.
- *Session 6: August 6-9 and 13-16 (Mon.-Thurs.).*
 - 8:30 – 9 a.m.
 - Registration/cancellation deadline – July 30.
- *Sessions 1-4 are FULL with a waitlist.*

Get your child introduced to the water and the basics of swimming this summer! Enroll your 4 ½ - 6 year old in this season's AquaKidz classes at the RFC. This water exploration class is for beginner swimmers with no prior swimming lesson experience only. Your child will learn the importance of safety precautions in and around water and basic swimming skills such as floating, bubble blowing and water submersion! AquaKidz participation is limited to one session per child; repeat classes are not allowed. Hurry! This season's sessions are filling fast; reserve your child's spot today.

Family Swim

- First and third Sunday of each month (May 6 and 20).
- 3:30 – 5:30 p.m.
- SAS employees and immediate family members only!

Pool areas will include an open swim area as well as adult only swim lanes. For complete guidelines and restrictions please visit us on the [web](#), under Aquatics.

School's Out Pool Party

- Thursday June 7
- 6 – 9 p.m.
- GN Natatorium Pool & Patio

Celebrate the arrival of summer (and the end of school) at the SAS Natatorium! The School's Out Pool Party is open to families of school age children to celebrate the completion of another successful school year. Everyone is encouraged to bring floats, balls, toys and rafts. We will provide enjoyable music, light snacks and beverages. Parents must be in the water with children 6 years and younger or under four feet tall. Don't miss out on the fun; be sure to register no later than Thursday, May 30.

Poker Swim

Full House, Royal Flush, Inside Straight - best hand wins! We have a fun way to take your recorded swimming mileage and turn it into a winning combination. For every two miles you swim and record, you will have the chance to draw a playing card. You must swim/draw a minimum of five times to make your hand. The person with the best hand wins! This program is simple and fun, prizes will be awarded and best of all you have a great incentive to log in those laps! You have from June 1 – 29 to draw your full hand. Register no later than Wednesday, May 30.

Natatorium Patio

The patio on the south side of the Natatorium is now open. We have a limited number of lounge chairs, but if you are looking for a few minutes of outdoor relaxation, this may just be the place. Please keep in mind the following:

- Patio hours are 9 a.m. – 6:30 p.m., Monday-Friday and 1 – 5:30 p.m. on Sundays.
- Badge access is required to re-enter the Natatorium or you must enter through the main entrance.
- Please remove shoes before entering the building.
- Please do not enter the Natatorium if you are muddy, dirty or excessively sweaty.
- No smoking.
- No glass or metal objects.
- Please dispose of your refuse in the trash receptacle.
- All rules applicable inside the Natatorium apply at the patio as well.

Thunder and Lightning Mean Closings at the pool

With thunderstorm season fast approaching, here is a reminder of the Natatorium's Inclement Weather Policy: Since steel, glass and water love electricity so much, the pool will close when lightning is seen or thunder is heard. Staff will reopen the pool 30 minutes after the last incident of lightning or thunder. If the pool has been

closed for storm activity and only one hour remains before normal closing time, the facility will remain closed for the rest of the day.

919-531-8100 is the pool information line, which will have an updated message if the pool is closed. The standard outgoing message will play if we are open.

Fitness

National Employee Health & Fitness Day Fitness Fun! (Wednesday, May 16)

NEHFD 5K Run – 11:15 a.m., Picnic Shelter

Once again, the top male and female finishers will receive a prize and the bragging rights to be called SAS's Fastest! All participants will receive a raffle ticket to be entered into a drawing for a variety of great prizes. Registration is required no later than Friday, May 4.

NEHFD 1 Mile Walk – 11:20 a.m., Picnic Shelter

The walk will begin just shortly after the start of the 5k. All participants will receive a raffle ticket to be entered into a drawing for a variety of great prizes. So take a break from your desk and grab your coworkers and come out to celebrate NEHFD. Registration is required no later than Friday, May 4.

Carnival Creation Step – 11:15 a.m. – 12 p.m., GA Aerobics Room

Come join us for a special step class on NEHFD! We are starting a little earlier than usual and you as the participants get to help create the class. Yes, you read that correctly! As you come in to class you will get to create the order of the step moves and how many of them we will be doing. No registration necessary.

Early Morning Classes

Our 6:30-7:30 a.m. Tuesday and Thursday morning aerobics classes change every two months. The formats are changing at the beginning of May. Check out the descriptions below and join us for an exhilarating way to start your day.

Tuesdays – Body Sculpt & Stretch

60-minute class that incorporates 45 minutes of total body conditioning followed by 15 minutes of stretching/flexibility training. This is a great combination of strengthening and lengthening exercises!

Thursdays – Step & Core

60-minute class dedicated to 45 minutes of step followed by 15 minutes of core (abdominals & back) exercises. You will be stepping your way to a great cardiovascular workout and making your core stronger too!

May Instructor Choice Classes

- **Cardio Kickboxing** – Mondays, 12:15 – 1 p.m. (High intensity).

- **Hip Hop** – Tuesdays, 12:15 – 1 p.m. (Lower impact).
- **Step II** – Wednesdays, 12:15 – 1 p.m. (Step class).
- **Step & Sculpt** – Wednesdays, 4:30 – 5:30 p.m. (half and half).
- All classes are held in the large aerobics room, building GA.

No registration is necessary for these classes; however, a Health Check or Medical Evaluation is required prior to participation in all fitness programs. All classes will be held in the large aerobics room, building GA. Come and join us for some great workouts this month!

Strength Training for Runner Series

- Tuesdays, June 5 – 26.
- 1:15 – 2 p.m.
- GA aerobics room.
- Registration deadline – Thursday, May 30.

Are you currently involved in a running program and would like to add some strength training? Strength training for runners is a 45-minute strength training and flexibility class that is geared specifically for runners and their goals. The additional strength training to a running program is the key to increasing power while preventing injuries. If you would like to learn more about the benefits, please register to attend the Strength Training for Runner wellness seminar on Wednesday, May 29 at 12 p.m.

Teen Training – Open to teens ages 13 – 17

- Sunday, May 20.
- 1:30 – 3:30 p.m.
- Registration deadline – Monday, May 14.

Did you know that your teen can become eligible to use the Recreation and Fitness Center through our Teen Training Program? This program consists of a one-time orientation led by a personal trainer. After your teen has gone through the initial orientation, he or she can use selected Nautilus weight training machines, cardio machines, the Natatorium for water exercise, and participate in racquet sports such as racquetball, squash and tennis during specified days and times in the accompaniment of a parent. Space is limited, and registration is on a first-come, first-served basis.

Wellness

Spin, Stretch and Support: NEHFD Cycle and Yoga for Charity

- Wednesday, May 16.
- Three different class formats:
 - 12:10 – 12:30 p.m. – Flat Endurance Cycle (12:40 – 1 p.m. Yoga).
 - 12:40 – 1 p.m. – Speed Cycle (1:10 – 1:30 p.m. Yoga).
 - 1:10 – 1:30 p.m. – Hills Cycle (1:40 – 2 p.m. Yoga).
- Cost: \$10 donation/cycle and yoga session.

- Registration deadline – Friday, May 11.

This is where the best of both worlds unite! On Wednesday, May 16 (National Employee Health and Fitness Day), choose your ride and then treat yourself to a yoga session that will open your hips, lengthen your hamstrings and much more.

Support Communities In Schools of Wake County (CIS) as RFC instructors lead you through three different formats of cycle and yoga classes that are guaranteed to be fun and relaxing. You'll begin in the large aerobics room of building GA for your 20-minute ride and then move to the GX mind/body studio for an additional 20 minutes. With each ride/stretch combination class costing \$10, you can make a difference. Guess what? SAS will match your donation! If you want to give more, that's an added bonus. Each donation is payroll deducted.

Why Communities In Schools of Wake County? For more than 20 years, CIS has worked in partnership with the Wake County Public School System to help students in need. As the area's largest dropout prevention agency, CIS Wake serves more than 500 students at five after-school community-based centers and within six Wake County public school sites. The ultimate goal for each student is high school graduation and a path toward post-secondary education or entry into a professional career. You can make a difference by registering today.

If you're taking cycle class, we do ask that you participate in the yoga session as well. New to Cycle and/or Yoga? That's not a problem. Each class is "geared" to both the beginner and the skilled; however, we ask that you arrive to cycle class 5-10 minutes in advance so that we can get you set up comfortably on your bike.

Pre-registration is required. Confirmation emails will be sent after registration has closed. Hurry! Bikes are limited.

Strength Training for Runners Seminar

- Tuesday, May 29.
- 12 – 1 p.m.
- GX basement.
- Registration deadline – Friday, May 25.

Strength training can play a vital role in a running program. When done properly it can improve running efficiency and help prevent injuries. Discuss the importance of strength training for runners and some recommended strength training programs. This seminar will include lecture as well as demonstrations.

*Want to take your running program to the next level? Register today for the four-week Strength Training for Runners series scheduled to begin on Tuesday, June 5.

Creating Mindful Moments for Stressful Days

- Tuesday, June 12.
- 12 – 1 p.m.
- W1420.

We read a book about meditation, stress reduction or mindfulness. Then we get cut off in traffic or return home to find that our spouse or children have left the dishes in the sink again. What we need is a way to keep our inner balance through the trials of daily life. Learn simple, yet effective ways to find meaning and joy in your daily life. Discover tips and exercises that will help you focus on simple ways to make mundane tasks meaningful. The approaches to creating a harmonious, conscious life vary from simple breathing exercises and meditation techniques to information on aromatherapy and yoga postures. Learn to be conscious of your thoughts and feelings and to respond with kindness to daily experiences.

Uncovering the Path to an Extraordinary Life

- Tuesday, June 29.
- 12 – 1 p.m.
- W1420.

It's easy to forget that the circumstances of our day-to-day lives are the result of decisions we made yesterday, last month and even last year. We don't wind up in debt because of one extravagant purchase, nor do we gain twenty pounds as a result of one decadent dinner. We are where we are because of the decisions we make every day. If we want to better understand how we have created our present-day reality, all we need to do is look at the choices we made and continue to make along the way. Discover a new awareness of why we do what we do. Find the tools as well as the freedom to create the life you desire. Empower yourself and register today!

Fit to Fight: Self Defense Refresher Workshop

- Friday, May 11.
- 4:30 – 6:30 p.m.
- GA Studio.
- Registration deadline – Friday, May 4.

Have you taken Self Defense before? Do you remember the moves? Would you like a little more time to practice? This two-hour workshop is designed for you to refresh your memory and maybe even learn a new defense move or two. Stewart will be back with his team to help prepare you to respond if you were attacked.

Yin Yoga and Meditative Sound Healing Workshop

- Friday, May 18.
- 12:15 – 1:15 p.m.
- GX Studio.
- Registration deadline – May 14.

Do you find yourself immersed only in the active form, Yang style, of yoga? Come explore the quiet yet powerful practice of Yin Yoga! Suitable for all levels, this workshop will include long-held floor poses that target the connective tissues (joints, ligaments, bones) instead of the muscles that we focus on in other forms of yoga and exercise. During this time of deep tissue exploration, you will have the opportunity to mindfully explore each pose and learn to surrender to whatever arises. Modifications will be offered along the way to ensure you are

feeling comfortable yet challenged. This restful workshop will also include the meditative sounds of Tibetan bowls and instruments that will allow you to surrender as you deepen your practice and achieve greater range of motion.

Rise and Shine Morning Yoga

- Wednesdays, May 30 and/or June 20.
- 7:30 – 8:30 a.m.
- GX Studio.
- Registration deadlines – Wednesdays, May 23 and June 13.

Rise with the sun and enjoy this gentle, yet energizing yoga practice that will kick start your day! In this 60-minute class, we'll focus on waking up the physical body from the ground up. We'll bring mindful awareness to the breath and encourage slow movement in the hips and hamstrings. As the class progresses, we'll energize the spine and create openness in the chest, shoulders and neck. We'll end with a blissful guided meditation session and revitalizing Savasana. This class is appropriate for beginners and seasoned practitioners.

Spread Your Wings: Therapeutic Shoulder and Upper Back Yoga Workshop

- Wednesday, June 13.
- 11 a.m. – 12 p.m.
- GX Studio.
- Registration deadline – June 8.

In this workshop we will stretch and strengthen the muscle groups that support proper shoulder alignment including the upper back. You'll learn common postural problems and optimal alignment of the upper body. Along the way, you'll discover imbalances and weaknesses as well as learn methods that create space in the shoulder girdle to increase range of motion. After moving through non-weight bearing poses, we will explore how these techniques can bring ease into common weight bearing poses such as Downward Facing Dog and Upward Facing Dog or Cobra. Other poses involving the shoulders, upper back and neck will also be explored. This workshop is appropriate for novice and veteran yogis and yoginis.

Mother/Daughter Yoga Hoop Creation and Heart Centered Yoga Hooping Workshop

- Friday, June 15.
- 4:30 – 6:30 p.m.
- GA Studio.
- This workshop is for both mothers and daughters (8 years to 18 years) or for the individual (if you come solo, you won't be paired up with anyone and will be able to participate in all activities).
- Cost – \$25/person or \$45 per mother/daughter team.
- Registration deadline – Friday, June 1.

Have you heard of Yoga Hooping? If not, you're in for a treat! This workshop involves creating your Yoga Hoop from scratch (all supplies included) and using your hoop in a heartfelt practice. Join "Pickle Mamas," Grayson

Gant & Meghan Griffith, as they lead you through this fun, yet creative journey. The first session of the workshop will be creating and personalizing your hoop (no experience necessary). The last piece will be an hour or more of using the yoga hula hoop to bring us into balance and inspire creative play while developing aerobic stamina, strength and rhythmic awareness. This workshop is a beginner level offering (no previous experience required) that will provide you with a strong hoop foundation. By the end of the workshop you will be able to successfully sustain the hoop around your core for an extended period of time and have some advanced hoop moves to continue refining. Heart-centered hooping incorporates elements of Hatha Yoga, QiGong, dance and meditation. Enjoy this fun, low-impact practice while engaging and toning all parts of the body, mind and spirit. Register today!

Yoga for Strength & Balance

- Friday, June 29.
- 5:30 - 7 p.m.
- GX Studio.
- Registration deadline – Friday June 15.

Take part in this asana where strength and balance are the focus. Throughout the flow, you will experience many of the various yoga poses that will build muscular strength in the lower and upper body. We will also explore some of the more playful poses in yoga that are not typically performed in a regular class. Come prepared to laugh and sweat in this class. Make sure to come with a playful spirit, as we will be working on arm balances and inversions. Remember to bring your yoga mats, towels and water. Previous yoga experience is highly recommended.

Fluid Flow

- Thursday, July 19.
- 5:30 – 7 p.m.
- GX Studio.
- Registration deadline – Wednesday, July 11.

Move and flow through a variety of yoga postures in this Vinyasa Style class, that will incorporate asana poses with dance inspired movements. Using the breath to guide the body through both beginner and intermediate poses, you will build strength and flexibility in this class. Movement control and balance are additional areas of focus in this session.

Family Wellness Challenge

- June 17 – 23.
- Registration fee - \$4/couple; \$5/family.
- Registration deadline – Wednesday, June 6 at 5 p.m.

Challenge your family to a week of wellness and introduce mindfulness to your kids and spouse! For seven days, earn points for taking care of yourself, your family, and our world. Earn 25 points and be entered in a drawing to

win a prize. What sort of activities will earn you points? Going for a family walk, turning the water off while you brush your teeth, eating your vegetables, and much more! Pick and choose from five categories of wellness to earn your points: Fitness, Nutrition, Life Balance, Environment and Safety.

Sports

Tennis Lessons – Morning, evening and teens!

- Three-week series.
- Classes meet twice a week, Mondays and Wednesdays.
- May series begins Monday, May 7.
 - Advanced (New for 2012!), 7:30 a.m.
 - Advanced Beginner, 4:30 p.m.
 - Intermediate, 5:30 p.m.
 - Beginner or Intermediate, 6:30 p.m. (registration permitting).
- Min. four, max. six/class.
- \$40 per series.

8 Ball Doubles

- 8 Ball – Doubles/Scotch and Continuation Format.
- Team registrations only.
- Round robin schedule/Single Elimination tournament.
- All games are scratch, no handicaps.
- Registration deadline – Friday, May 4.

Recreational Softball

- After work league.
- Monday – Wednesday – Thursday.
- Team registrations only.
- 4 team minimum, 7 team maximum.
- Roster maximum, 20 players.
- League begins the week of May 21.
- Registration deadline – Friday, May 4.

Cornhole Doubles Tournament

- Team registrations only.
- Double elimination tournament.
- American Cornhole Organization Rules.
- Registration deadline – Monday, May 14.
- Tournament play begins the week of May 21.

4-on-4 Lunchtime Basketball League

- Competitive, Lunchtime league.
- Monday – Thursday.
- League begins mid-June, ends late-August.
- Individual registrations only.
- Teams will be compiled by RFC staff.
- Registration deadline – June 6.

Racquetball Challenge Ladder

- Eight-week program.
- Begins Monday, June 18.
- Individual registrations only.
- Handicap skill levels.
- All skill levels welcome.
- 3 Champions: #1 Player, Best Win/Loss percentage, Most Matches.
- Registrations deadline – June 11.

Fencing

- Thursdays, May 10 – June 14.
- 2:15 – 3:15 p.m.
- GX Studio.
- Cost - \$38 per person, plus equipment (see below).
- Registration deadline – May 8.

Have you ever had an interest in fencing? Now is the time to learn. Do you have previous fencing experience? You can join for practice and fence with others. Instruction will cover the fundamentals including the 3 weapons and their basic rules, footwork, bladework and drills before moving on to fencing in a bout format. For the first class you should wear long athletic pants, a t-shirt and athletic shoes. A Glove and Under Arm Protector are required. The cost for both is \$30-\$40. The instructor will go over where to purchase these during the first class. Additionally, practice uniforms, including a mask, jacket and foil are mandatory and may be rented for \$27 for the eight-week session or you may provide you own.

Go Karting Team Racing

- Wednesday evenings, June 6 – 27.
- 7 p.m.
- Rush Hour Karting, 5335 Raynor Rd Garner, NC 27529.
- Team registrations; 2-3 racers per team.
- \$105 per team.
- Registration deadline – Wednesday, May 30.

The league will meet each week for a 30 minute race that changes drivers every 10 minutes. Points will be based on fastest team time and fastest lap. The league winner will receive a trophy at the end of the season. Rush Hour Karting Team Racing is fun and fast paced. Grab your SAS friends and register today!

Outdoor Adventure

Celebrate Mom while Celebrating Mother Earth! Two Great Opportunities:

Morning Hike on the Eno River

- Saturday, May 12.
- 9 a.m. – 12 p.m.
- Six miles (optional longer hike available).
- FREE.
- All skill levels/ages welcome.
- Registration deadline – Friday, May 11 at 2 p.m.

Sunrise Paddle on the Haw River

- Sunday, May 13- Mother's Day.
- 7 – 10 a.m.
- [Haw River Canoe & Kayak Co.](#), Saxapahaw, NC.
- All skill levels/ages welcome.
- Registration deadline – Thursday, May 10.
- \$25 per person (canoe/kayak rental); \$20 per person (bring your own boat).

This river trip is designed to allow participants the chance to get away and spend a tranquil morning on the water enjoying the wildlife and beautiful sunrise. The remote margins next to the shorelines are home to a large variety of wildlife including: great blue herons, egrets, kingfishers, wild turkey and beaver. This is also an opportunity to try different types of boats while gaining more paddling experience. Afterwards feel free to join us at [The Saxapahaw General Store](#) for an optional group lunch.

Stewardship Family Camping – With a Special Recognition of Father's Day

- Saturday, June 16 (3 p.m.) – Sunday, June 17 (10 a.m.).
- SAS Campus.
- SAS Employees and their immediate family.
- \$15 per participant.
- Space is limited.
- Registration deadline – Thursday, May 31.

Bring the family, tent, and love for the outdoors with you to this overnight event right here on SAS campus! The theme of this overnight campout is to teach your family members about stewardship within a community and the environment. Each family will volunteer to assist or lead different tasks during the campout. You will sign up for your preferred task on the registration page. The program fee includes program supplies, dinner, an evening snack, and breakfast. Your family will enjoy this jam packed on-site adventure. Campouts at SAS are the best! You will need to provide tents and sleeping supplies for your family. If you have never camped before or have not pulled your tent out in a decade, no worries an RFC employee can help you set up the tent. All ages are

welcome to attend. At least one parent must be present for the campout. One golden rule for the program is this: we will have a good time without the assistance of electronics. Please leave all electronics at home. (The only exception is your cell phone for emergency phone calls only).

Summer Geocaching Contest

- June 8 – July 8.
- Anywhere and everywhere.
- Prizes will be given to the winners.
- \$5 per registered category.
- Registration deadline – Wednesday, May 30.

Do you have 200 cache finds logged or are you a newbie to Geocaching? No matter your experience level, join the competition for most caches found and most original cache found. You may register for one of three categories: family, individual and work team. The family category is only for immediate family members. Work teams may consist of three or more SAS co-workers. You will be provided a log to keep track of your cache finds. We also want you to take a picture at your finds, so we can join in the excitement.

Recreation and Leisure

Adult Mother's Day Art Class- Button Bouquets

- Monday, May 7
- 4 – 5 p.m.
- \$12.00 - Open to adults only.
- Space is limited to 20 participants.
- Registration deadline – May 4.

Men, we'd like to see more of you in the creative spirit so you too come and sign up! Give the gift every Mom loves to receive . . . flowers. But these flowers are long lasting flowers hand crafted from buttons and floral supplies. They will make for a unique Mother's Day gift that will be cherished forever. The RFC will provide all supplies and instruction.

Kid's Volleyball Clinics

- Sunday, May 6.
- 2 – 3:30 p.m. (ages 4 – 17).
- \$5/child.
- Registration deadline – Wednesday, May 2.

Join us in May for some settin', spikin' fun with the NCSU Wolfpack Women's Volleyball team and head coach Bryan Bunn. Be here to learn some great new skills and meet the Pack as they finish up their spring season. All skill levels are welcome. Kids of all ages can "rally" around this RFC Kids Activity/Sports Program!

Kid's Soccer Clinics

- Sunday, June 3.
- 2 – 3:30 p.m. (ages 4 – 17).
- \$5/child.
- Registration deadline – Wednesday, May 30.

Join our guest coaches from the Carolina Railhawks for a great day of soccer skills and drills on the soccer fields. All skill levels are welcome. Everyone is sure to SCOOOOOOOOOORE big with this program!

*Want to see the Carolina Railhawks in action? Participants may order discounted tickets today for the June 2 and/or June 9 matches. Premium Adult tickets are \$10 each (*reg. \$20*) and kids are \$5 (ages 3 – 5; 2 and under are free). Ticket purchases are optional.

SASurvivor

- Friday, June 1 – Sunday, June 3.
- 4 p.m. (Friday) to 5 p.m. (Sunday).
- \$10 registration fee; space is limited.
- Registration deadline – Friday, May 25.

If you have ever thought you could win the show Survivor, here is your chance to spend 48 hours outside here at SAS proving it. If you are free the first weekend in June, we have a program for you. Try to outsmart and outlast other SAS employees through exciting physical and mental challenges while living together here on SAS Campus.

FIRST LEGO League (FLL) Pre-Season

- Tuesdays, May 22 – August 14.
- 6:15 – 7:45 p.m.
- GX002 and W1460.
- Open to kids ages 9-14.
- \$195 per student (payroll deducted).
- Registration/cancellation deadline – Monday, May 14.

The FIRST LEGO League (FLL) Senior Solutions Challenge kicks off in September. To help students prepare for participation on FLL teams - in the Fall - they can spend the summer developing problem solving, research, teamwork, and LEGO MINDSTORMS skills. We'll explore previous season challenges and hone essential techniques for designing robot solutions. Team building exercises will help students understand the importance of teamwork in FLL. Optional homework assignments will assist the serious competitor in gaining research experience necessary for a successful project during the competition season. Register early for this program, space is limited.

Adult Irish Dance

- Fridays, May 11 – June 15.
- 1:15 – 2 p.m.
- GX Studio.

- \$60/participant.
- Registration deadline – Monday, May 7.

In this series you will learn the basics of Irish dance steps and choreography as well as some traditional Irish Group Dances. No experience is necessary. Come enjoy great music, camaraderie and a fun workout!

Zumba

- Wednesdays, June 6-27.
- 1:15 – 2 p.m.
- GA Studio.
- \$32/participant.
- Registration deadline – Wednesday, May 23.

A fun dance inspired cardio workout. Utilizing a variety of dance styles, you will get your heart rate up and have fun while doing it! Zumba classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating. Come join the fun!

Shag

- Thursdays, June 7 – July 12.
- 5:30 – 6:30 p.m.
- GA Studio.
- \$60/participant.
- Registration deadline – Thursday, May 24.

With the warmer weather comes the urge to head to the beach! Ocean breezes, sun & fun are the order of the day, but when the sun goes down, the Shaggin' shoes hit the dance floor. Be ready for the fun this summer, with Shagging at SAS! Learn the basics for the state dance of North Carolina (and yes South Carolina too!) with David Cox from Arthur Murray Dance Studios. With over 20 years of teaching experience and hailing from North Carolina, David is no stranger to the Shag. In this series you will explore the basics of shag dance, preparing you to enjoy those fun nights at the beach or on your deck dancing under the stars!

Youth Jazz/Acro Dance

- Thursdays, June 7 – 28.
- 5:30 – 6:30 p.m.
- GX Studio.
- Ages 6-9.
- \$24 per child for the 4-week program (payroll deducted).
- Registration deadline – Thursday, May 30.

Jazz/Acro Dance combines basic tumbling skills with the excitement of jazz and blends them into a fun and creative class. Students will build flexibility and agility as well as improve coordination. This class provides a solid

foundation for dance students while in a fun and educational environment. The instructor, Maggie Witter, is an established instructor here in the Cary area.

Nature Photography

- Tuesday and Thursday, July 24 and 26.
- 12 – 1 p.m.
- GA102.
- Registration/cancellation deadline – Friday, July 20 at 5 p.m.

Spend time with an expert to expand and improve your nature photography skills on SAS Campus. Some of the best pictures from the class will be framed and displayed in the Skylight Café in building F after the workshop. This program is free; however, if you cancel after Friday, July 20 or are a “no show”, you will be payroll deducted \$10.

Discount Center

Book Fair and Handbag/Jewelry Sale – One day/Two Sales

- Tuesday, May 1 (9 a.m. – 5:30 p.m.).
- Wednesday, May 2 (9 a.m. – 5:30 p.m.).
- GX002 Basement.

New this year; in order to save you time and help plan your spring budget, the Spring Book Fair and Success Handbag and Jewelry Sale will be combined on the same day. Purchase quality books at great discounted prices, a wide variety of fabulous gifts plus jewelry and handbags at whole-sale prices. Need a gift for Mother’s Day, a graduation gift or something just for YOU? Mark your calendars so you do not miss this great shopping opportunity.

Cline Classics Summer Sale

- Monday, June 5 (7:30 a.m. – 5:30 p.m.).
- Tuesday, June 6 (7:30 a.m. – 3 p.m.).
- GX002/Basement.

Cline Classics' is a virtual department store that will be showcasing over 1,500 items at up to 80 percent off retail! Items include: sunglasses, fantastic purse lines, sterling silver jewelry and watches. Men’s items including belts, ties, watches and wallets will also be available as well a children's line and much more!

SAS Appreciation Day at Chick-fil-A

- Wednesday, May 23.
- 6:30 a.m. – 10 p.m.
- Chick-fil-A Harrison Square location ONLY.

Chick-fil-A at Harrison Square would like to take this opportunity to thank all employees of SAS Institute for their continued patronage. In appreciation, we would like to offer you a free entrée* from 6:30 a.m. – 10 p.m. (no additional purchase necessary). All you have to do is show your SAS I.D. badge and be present to receive the offer. Again, we at Chick-fil-A at Harrison Square want to thank you for your continued support and we look forward to serving you again soon!

*Breakfast entrée (#1, 2 or 4); Lunch/Dinner entrée (#1, 3, 5, 6 or 7)

Summerfest Ticket Sales 2012 at Koka Booth Amphitheatre

- \$15.50 ticket (children 12 and under are admitted free).
- Tickets are good for any concert in the 2012 Summerfest Series.
- Purchase tickets on/before May 11 to be entered into a drawing for a [Whole Foods picnic basket](#).

A limited number of tickets to the NC Symphony's Summer Music Celebration are now available at the RFC. Bring a picnic, cooler, lawn chair or a blanket, and enjoy an evening at the Park. Please remember to bring your SAS ID badge when making any purchases at the.

2012 NCAA Division II Baseball Championship

The 45th annual NCAA Division II Baseball Championship is hosted by the Town of Cary and Mount Olive College. The Championship features the top eight teams from around the country. The Town of Cary is pleased to offer all SAS employees a discounted ticket price.

- USA Baseball National Training Complex in Cary, NC.
- May 26 – June 2.
- \$4 (*reg. \$10*); parking is free.
- Visit townofcary.org keyword search NTC.
- Promotion code: SAS
(https://www.etix.com/ticket/online/venueSearch.jsp?venue_id=6945&cobrand=ncaa)

Sesame Street Live - Elmo's Super Heroes!

- Saturday, June 2 (10:30 a.m., 2 p.m. or 5:30 p.m.).
- Sunday, June 3 (2 p.m.).
- SAS Employees save \$3 off per ticket.
- Order deadline – Thursday, May 30.
- All orders must be submitted directly to PNC Arena.

Super Grover has lost his super-ness and Sesame Street needs a hero! Never fear, the fabulous five Super Heroes are here featuring Elmo as Captain Fuzzy! Elmo, Abby Cadabby, Big Bird and all their friends are on a quest to put the “super” back in Super Grover. They’ll be singing and dancing their way through fun lessons on healthy habits, they discover how exercise, rest, nutritious food and good hygiene can save Super Grover.

APASSIONATA – The Beginning!

- Friday, June 15 (8 p.m.).
- Saturday, June 16 (3 p.m. and 8 p.m.).
- Sunday, June 17 (3 p.m.).
- 15 percent off the gate price if you order *before* May 15, 10 percent off the gate price if you order *after* May 15.
- Order deadline – Wednesday, June 13.
- All orders must be submitted directly to PNC Arena.

APASSIONATA comes to North America to take audiences through a magical adventure featuring more than 40 horses, with exhilarating equine stunts by the world's best performers. With graceful horsemanship and enchanting music, this equestrian sensation captivates families and horse lovers alike. From trick riding to liberty dressage, these teams have honed their craft on a single breed for generations.

On-Site Services

Nail Salon Spring Specials

Spring has sprung and SAS Nail Salon is ready for the warm weather. Are you? If not, stop in soon to get your nails ready for sandal weather and take advantage of the following specials:

- Shellac Nail Polish Manicure – \$25.
- Basic and Deluxe Pedicures – \$5 off.

Services are available on Tuesdays and Fridays as well as the first and third Sundays of the month. Call 919-531-4466 and make your appointment today!

LeBleu Bottled Water - Summer hours

Effective Tuesday, May 1 - LeBleu on-site delivery service will be available on Tuesdays and Thursdays from 3:30 – 5:30 p.m., weather permitting. LeBleu will not deliver if it is raining harder than a drizzle; however, they will be here under almost all other circumstances. The pick-up site is located in the parking bays between the tennis courts and the soccer fields at the RFC Complex. Look for the Le Bleu truck!

All purchases must be made through payroll deduction only. Purchase/payroll deduct forms are available on-site at the truck on delivery days.

Book Exchange Summer Reading Challenge

Summer's almost here, that means it's time to break out the swim suit, head to the pool or the beach and... that's right... READ! Well, we're here to help. Stop by the Book Exchange on the second floor of Building GX to see what books we have to offer and participate in our Summer Reading Challenge. After registering, select a title from the book exchange and escape to a different world. Once you finish the book, return it for another and then another...throughout the summer. The person who completes the most books at the end will receive a free

copy of the book of their choosing in print or e-book form. Sign up from now until the end of August, but remember to only count what you read from the book exchange from May 25 through September 3.

Jewelry and Watch Repair

The On-Site Jewelry and Watch Repair Service is available on Tuesdays from 10 a.m. – 2 p.m.* in the GX Lobby. Our on-site jeweler, Vicki Robin, can repair your jewelry and watches in addition to consigning jewelry. Call Vicki at 919-306-8693 to schedule an appointment or just drop by. Payroll deduction is not available for this service; payment for services should be made directly to Vicki Robin via check, cash, Visa, MC or Discover card. Visit us on the web for more details.

***Note:** Services will not be available on May 22. Please plan your needs accordingly.