



November 2009

Recreation and Fitness Center (RFC) Newsletter

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

RFC Schedule - Wednesday, Nov. 25

The RFC will close at 5 p.m. on Wednesday, Nov. 25 and will remain closed until 6 a.m. on Monday, Nov. 30 in recognition of the Thanksgiving holiday.

Special announcements

Arts and Craft Sale

- **Wednesday, December 9**
- **11:00 a.m. – 3:30 p.m.**
- **RFC, Gymnasium**
- **No payroll deduction available**
- **Cash only**

Be sure to check out the RFC's Arts and Crafts Sale Event. Take this opportunity to see and buy special creations made by your fellow SAS employees. There will be a wide variety of items to buy from over 50 employee vendors

All sales and agreements are between you, the customer, and the employee vendor(s).

Vendors Wanted

Open to SAS employees and/or their spouses/domestic partners; this is your chance to show off and sell your very own creations to fellow SAS employees. In order to participate in the Arts and Crafts Sale, each employee vendor will be required to pay an \$11 entry fee. This fee guarantees you one display table at the sale. The deadline to register for participation in the Arts and Crafts Sale is Friday, November 20. There is limited space and all applications/payroll deductions will be accepted on a first-come, first-served basis. Please join us in making this event a big hit.

Aquatics

November/December Aqua Classes

If you missed the registration deadline for our November/December specialty water classes, please feel free to stop by and try them out. We'd love to have you join us!

A Health Check or Medical Evaluation and Aquatics Questionnaire are required prior to participation in all aquatic programs:

- **Aqua Striders – Mondays, 12:15 – 1:00 p.m. (Nov. 2 – Dec. 21)**
- **Aqua Bells – Tuesdays, 11:15 a.m. – 12:00 p.m. (Nov. 3 – Dec. 22)**
- **Land and Sea – Wednesdays, 5:30 – 6:30 p.m. (Nov. 4 – Dec. 23)**
- **Leg Blast – Thursdays, 12:15 – 1:00 p.m. (Nov. 5 – Dec.24)**

Holiday Swim Conditioning Workouts

If you love swimming, then you will enjoy these fun holiday themed workouts. One workout is designed for all of those turkeys out there for Thanksgiving. While others may be in the shape of a holiday tree or based upon the twelve layers of swimming.

'Tis the Season!

Pool Traffic after 3:30 p.m.

Cary Academy Swim Season Has Begun

The Cary Academy swim team will be using the Natatorium

for practice from 3:30 – 5:40 p.m. Space will be limited at this time but at least two lanes will still be available for adult lap swim and water fitness. Please plan your workouts accordingly.

In addition, the natatorium will close for the day at 2 p.m. when the swim team has a home meet. Most meets are on Thursdays, but there are a few exceptions. Stay up to date on early closings by referring to the monthly aquatics schedule.

Swim with Santa

Friday, December 4

6 – 8 p.m. (Family Swim*)

6:15 – 7:15 p.m. (Swim with Santa)

Registration is required

Open to SAS employees and their immediate family members only; no guests please. Enjoy lap swimming or free play activities as well as a visit with the big man himself when he makes his appearance at the RFC. You can arrive anytime between 6 and 7 p.m. This event is free; however, you will be payroll deducted \$5 per person if you are a no-show.

*For complete guidelines and restrictions on Family Swim, please visit the Aquatics section of the RFC Home Page. Refreshments will not be served at this event.

2010 United States Masters Swimming - SAS Chapter

Do you love to swim and want to be part of the largest masters swim team in N.C.? Then join or renew your membership to Raleigh Area Masters, a chapter of United States Masters Swimming. The cost of the 2010 membership is only \$27 (*reg.* \$37) for SAS employees and eligible family members with a Health Check and Aquatics Policies Form on file at the RFC, and includes a subscription to USMS

Swimmer magazine and in-state relay opportunities. You will need to complete both the registration form and payroll deduction form and return them to the RFC. Do not return any forms to RAM directly. Failure to return both forms together will result in a delay in processing your membership. Registration forms will be accepted through the end of February 2010, and paperwork will be processed at the end of each month. Your membership card will come in the mail once the local RAM chapter has processed your registration form. Questions? Contact the [Recreation and Fitness Center team](#).

Family Swim

First and third Sunday of each month (November 1 and 15)
3:30 – 5:30 p.m.

Open to SAS employees and immediate family members; pool areas will include an open swim area as well as adult only swim lanes. For complete guidelines and restrictions please visit the Aquatics section of the RFC Home Page.

A Health Check or Medical Evaluation and Aquatics Questionnaire are required prior to participation in all aquatic programs.

Fitness

Monthly Fitness Features - Instructor Choice and Article of the Month

No registration required for either class; however, a Health Check or Medical Evaluation is required prior to participation in all fitness programs.

Tuesday – On the Ball

12:15 – 1:00 p.m.

Building GA

Our instructor choice class on Tuesdays for the month of November will be On the Ball. This low impact class will give you a great cardiovascular workout while using a stability ball, both sitting and standing. There may be some interval toning/strength training included throughout the class.

Wednesday – Step II

12:15 – 1:00 p.m.

Building GA

The instructor choice class on Wednesdays for the month of November will be Step II. This class will be full of highly choreographed patterns, so make sure you are ready to think for 45 minutes. Previous step experience is highly recommended.

Article of the Month

It's generally accepted that the saying "no pain, no gain" is outdated and inaccurate. When is it okay to work through aches and pains and what indicators are signs to rest or see a doctor? Find out in the American Council on Exercise's Fitness Question and Answer answered by the ACE's Chief Science Officer, "Should I exercise when I have aches and pains?"

Early Morning Classes

Our Tuesday and Thursday morning aerobics classes change every two months. The formats are changing at the beginning of November. Check out the descriptions below and join us for an exhilarating way to start your day.

Tuesdays

Muscle Mix and Core

60-minute class that incorporates 45 minutes of our low impact Muscle Mix format followed by 15 minutes of core (abdominals and back) exercises. This is a great combination of cardio and strength!

Thursdays

Cycle and Stretch

60-minute class dedicated to 45 minutes of cycle followed by 15 minutes of stretching/flexibility training. You will be pedaling your way to a great cardiovascular workout and lengthening your muscles at the end for a well-rounded class.

Holiday Rowing Challenge

November 26 – December 24

Individual Challenge

Goal: 100,000 meters or 200,000 meters

Calling all Concept2 rowers – let's stay fit and have some fun during the holidays! Your challenge this holiday is to get 100,000 meters or go for the gusto and get 200,000 meters. No team registration is required, just an online logbook. You can count the meters you row here at the RFC or at home. Questions? Contact the [Recreation and Fitness Center team](#).

Wellness

Breast Cancer: Is Your Environment Making You Sick?

Thursday, November 5

11:30 a.m. – 12:30 p.m.

GX002

Our modern, synthetic society offers us greater convenience, protection and opportunity than any generation has ever known. But at what price? Explore the growing scientific evidence linking man-made materials to breast cancer. Find out which everyday items are suspect in increasing this epidemic and last but not least, learn what you can do to protect yourself.

Your Way to Wellness Incentive Program - New and Improved for 2010

This incentive program has been revamped and improved. Participation in the Your Way to Wellness program will now be registration-based with two opportunities to participate in 2010 (January 1 – June 30 and/or July 1 – December 31). RFC dollars are earned after participating in approved Wellness activities. These incentive dollars may be cashed in for a variety of prizes and rewards offered by the Recreation and Fitness Center. More details to follow in the December RFC newsletter.

Upcoming Wellness Events

Relax and Renew in the Meditation Garden

Friday, November 6

12:15 – 12:45 p.m.

Meditation Garden

With the hurried pace of life, it's often difficult to let go and simply be. Now's your opportunity! Calm the mind and bring serenity to your day by attending this special relaxation class located within the tranquil Meditation Garden. The path leading to peace begins at the Wellness Center building. Once you enter the garden by the wood's edge, you will find mats strategically located by the circular rock path, ornamental grasses and cedar benches. Choose your location and either lie back or have a seat. During this session, you will be guided through various relaxation techniques involving breath work, meditation and guided relaxation. The pleasant sounds from wind chimes and meditation bells will further entice the senses, cultivating mindfulness and clarity to your day. Slow down, reflect and celebrate the 1 year anniversary of our beautiful, calming Meditation Garden! No registration required.

Holiday Safety and Crime Prevention

Tuesday, November 17

12 p.m.

GX002

It's the holiday season and you know what that usually means - trips to the local malls, gifts galore, and travels away from home to visit relatives. Unfortunately, thieves are aware of the very same thing and see the holiday season as a prime time to target holiday revelers and their homes. Don't let crime spoil your festive spirit this year. Join one of Cary Police Department's finest and learn what you can do to protect yourself and your belongings. From shopping safety to securing your home, this presentation will include dozens of preventative tips to help you avoid being a victim during what's supposed to be the most wonderful time of the year. Register today.

Movie Viewing – *Fresh*

Wednesday, November 18

12 p.m.

GX002

Fresh is a 72-minute documentary that provides an inspirational look at how a few entrepreneurs are working to make sustainable local farming the norm in America. The movie provides an opportunity to learn about the transformation of farming into an industrial model, and some of the consequences of this change such as depletion of natural resources and environmental pollution. *Fresh* highlights sustainable agriculture and its practical vision for our food, our health and our planet.

Great American Smokeout[®]

Thursday, November 19

If you smoke or use another form of tobacco besides cigarettes, consider taking part in this year's Great American Smokeout[®]. Sponsored by the American Cancer Society, the event is organized in an effort to help tobacco users quit, at least for a day, in hopes that it will last a lifetime.

This year, the Great American Smokeout[®] will take place on Thursday, November 19. Are you up for the challenge? To help you prepare for the big day, be sure to sign up for a one-on-one preparation and planning session. Partner with Kimberly Hicks, MPH, CHES, and ACS Tobacco Cessation Facilitator, to coordinate a long-term plan to quit for good.

Please visit the online RFC Newsletter for more information or to register for any of the above Wellness Seminars. We look forward to seeing you in one of our sessions very soon.

Upcoming Yoga Workshops and Events

KidsPlay Yoga

Saturday, November 21

10:00 – 11:30 a.m.

7 to 10 years old

\$10 per child

If your child loves playing games and being creative, then this program will surely be appealing. They will learn the fundamentals of yoga while playing games and having fun. Each participant will also get to decorate his or her own yoga mat to take home and practice what they learned! Space is limited, so sign up today.

Yoga Core Workshop

Wednesday, December 2

5:00 – 6:30 p.m.

GX studio

Not only does Yoga help improve flexibility, but it also aids in strengthening the muscles of the core. Having good core strength can help prevent injury, especially to our backs, as the muscles of our core stabilize and support our spine as we stand, sit and exercise. The stronger our core muscles are, the easier it is to move. In this 90-minute workshop, we will address all the muscles of the core and practice postures that increase core strength as well as flexibility in our torso. Previous Yoga experience is not required to attend, but registration is, so sign up today.

Down Dog Yoga Workshop

Tuesday, December 8

4:30 – 6:00 p.m.

GX Studio

Downward-Facing Dog is a foundational Yoga posture widely used within many types of practice. The pose is unique in that it is an invigorating blend of balance, strengthening and stretching. Although Down Dog may look simple, it is actually complex when practiced to maximize its benefit. Come learn the intricacies of this popular pose. Registration is required.

Restorative Yoga

Tuesday, December 15

4:30 – 6:30 p.m.

GX Studio

Need a refreshing, stress-reducing experience to help you make it through the holiday hustle? Restorative Yoga is a deeply relaxing Yoga experience that involves specially selected postures and the use of Yoga props such as bolsters, blankets and straps. After a gentle, rhythmical warm-up, participants will be guided into restful Yoga poses that are then held for several minutes. The poses, props and extended time in the postures all combine to provide an environment supportive of total relaxation. Take some time to rest your body and mind - sign up today. Class size is limited and registration is required.

Aerial Yoga/Dance

Saturday, January 9

2– 4 p.m.

Triangle Yoga in Chapel Hill (\$40/participant)

Move gracefully in the air suspended on fabric, free from the confines of gravity. Build strength, flexibility and release compression from the body. During this specialty workshop you will learn the fundamental techniques of aerial fabric including climbing, foot locks, wrist locks and sling work. You will find this workshop a safe and positive introduction to moving in the air. No experience is necessary, just an open mind and a desire to get off the ground. Registration required.

Outdoor Activities

William B. Umstead State Park - Upcoming Events

Basic Land Navigation

Saturday, November 14

3:00 – 4:30 p.m.

Space is limited to 10 participants

You must pre-register by calling 571-4170 (not through the RFC)

Registration deadline – November 6

Join a Park Ranger at the Visitor Center (located off Hwy 70) to learn how to read a map and use a compass. There will be a short discussion followed by a field exercise. Wear appropriate clothing and shoes/hiking boots for walking through the woods off trail.

Insect repellent recommended.

The NC State Park System (Mountains to Sea)

Saturday, November 14

3 – 4 p.m.

Space is limited to 30 participants

You must pre-register by calling 571-4170 (not through the RFC)

Registration deadline – November 6

Join a Park Ranger at the Visitor Center (located off Hwy 70) for a PowerPoint presentation about state parks. William B. Umstead is one of the 38 state park and recreation areas that are part of the North Carolina state park system. We will discuss the history of state parks and take a look at some of the other state parks in the system.

Where is our Water Going?

Sunday, November 29

3:00 – 4:30 p.m.

Space is limited to 10 participants

You must pre-register by calling 571-4170 (not through the RFC)

Registration deadline – November 13

Join a Park Ranger at the Visitor Center (located off Hwy 70) for a PowerPoint presentation and discussion about the future of water and recognize uses and ways to conserve it. We will have an open discussion and hopefully, everyone will learn something and share some ideas of your own.

A Thankful Family Geocaching - New Twist!

Sunday, November 15

1:30 – 4:00 p.m.

Meet in GX002 for presentation, then explore SAS campus as a family

Free to SAS Employees and their immediate family or one guest

Registration deadline – November 9

November is the month where thankfulness is emphasized and expressed. Bring your family out for a Geocaching experience that will highlight the importance of being thankful for the world around us. This year's theme will involve collecting pieces to a thankful tree mobile that you can take home and display throughout the holiday season and beyond. No experience is needed; everyone will be taught how to Geocache. We will then practice before embarking on our expedition around campus. All ages are welcome to participate. We will walk approximately two miles to complete the activity. All needed supplies, snacks and water will be provided.

Recreation and Leisure

Upcoming Holiday Crafts for Adults Only

Holiday Centerpiece Workshop

Tuesday, November 17

5 – 7 p.m.

GX002/Basement

\$20/person (price does not include the container)

Registration deadline – Tuesday, November 10

Your immediate family or a guest are invited to join representatives from Salem Gardens they help you to create a unique centerpiece and bring the beauty and scents of winter into your home. We'll use fresh rosemary, holly and assorted other evergreens in unique containers that you provide. These arrangements will help to decorate and add beauty to your home for the holiday season for 6 weeks or more. The cost is \$20 per person. Salem Gardens will provide greenery, tools for working, instruction. A select number of containers will be available for purchase if necessary (at additional cost of \$10). We look forward to seeing you on November 17 anytime during the hours of 5 and 7 p.m. Instruction will be ongoing. Take as much time as you need.

Beadazzled Holiday Event

Wednesday, November 18

4 – 7 p.m.

Adults only

No studio fee! Project cost varies

Registration deadline – November 3

Create beautiful jewelry as a gift for yourself or someone special. While the store remains open late for SAS, enjoy choosing from their stunning bead collection and receiving expertise advice. No jewelry making experience is needed, because the interactive staff will help assist you through the process.

Gingerbread House Workshop/Contest

Monday, November 23

5:30 – 7:00 p.m.

\$7 per person which includes some basic supplies to get you started

Registration deadline – Friday, November 13

Join us for a holiday craft classic as we go over some basic plans and designs. Learn how you can create your own gingerbread and candy house using various tasty supplies. We'll send you home with lots of ideas so you can get creative. Then bring your completed house back to display at the RFC for all to enjoy. Showcase your unique designs and you could win prizes. This is different than last year's format.

Holiday Hersey's KISSES Tree

Monday, December 7

6 – 7 p.m.

\$10 per person includes all basic supplies.

Registration deadline – Wednesday, November 25

Join us for this holiday event where we'll be creating candy trees out of various tasty materials. It will be a yummy night for creating.

Upcoming Kids Craft - Holiday Aprons & Potholders

November 12

4:30 – 6:30 p.m.

GX002/Basement

5 to 16 years old (maximum of 24 children)

Registration deadline – November 2

Serve up the perfect gift for the cook in your child's life. Your children will take great pride in decorating aprons, pot holders, and placemats as gifts this holiday season. These incredibly creative and sensible gifts will be adored by all. Aprons and potholders are pre-made; your child will need to decorate them with provided supplies. Program cost is \$4 per child.

Winterfest - Raleigh

Grab your mittens and scarves and make your way to the heart of downtown for Raleigh's premier holiday event—the AT&T Raleigh Winterfest. Winterfest is an extravaganza featuring an outdoor skating rink with natural ice. This family friendly celebration of fun-filled activities at the AT&T Raleigh Winterfest Ice Rink kicks off with a memorable event and we're getting a group of SAS family and friends together to attend. Here are the details:

Friday, December 4

5 – 11 p.m.

City Plaza (the southern end of the 400 block of Fayetteville Street)

Featuring:

- **Performances by local choirs and bands**
- **Talented figure skaters and a multitude of other entertainers**
- **A visit by Santa Claus**
- **A reading by Ira David Wood III (star of Theatre in the Park's *A Christmas Carol*)**
- **Delicious food and drink, dazzling holiday tree lighting and a country music headliner**

The event is free and will be followed by two months of additional programming at the AT&T Raleigh Winterfest Ice Rink.

Knitting Club

Meet others who love to crochet and knit. All skill levels welcome, from first timers to expert. We'll

share patterns and ideas, get help/ feedback from each other, work on charity projects, and just have fun getting to know each other.

On-Site Services

Car Detailing Service

Too cold to get out there and wash your car? Let Wesley's take the chill off. This on-site service includes the following: hand wash, wash and wax, compound wax, interior shampoo, or a full detail. Visit us on the web for appointment details, services available and pricing.

Winter Skin Care Special

Do you want to be pampered from head to toe? The Winter Skin Care Special includes: a Mini Facial, Revitalizing Body Polish, Hand or Feet Paraffin Treatment and a take home gift* - a \$90 value for just \$70. This offer is good for the months of December and January. You can purchase a gift certificate by stopping by the RFC. Visit us on the web for more information and a list of additional services. Services are offered on the lobby level of Building GX on Wednesdays and Thursdays.

This special may not be combined with the Birthday Month Special

The Foot Matters

Wednesdays

11 a.m. – 2 p.m.

Lobby Level of Building GX

The Foot Matters uses a conservative approach to foot health through proper footwear and foot care. They are able to design, manufacture, modify, and fit footwear including foot orthoses, to alleviate foot problems caused by disease, overuse, and injury. They also offer free foot screening. In addition, the Foot Matters offers repair services on shoes, belts, purses, luggage and much more. For more information, please visit us on the web.