February 2020

Recreation and Fitness Center (RFC) Newsletter

Contact the Recreation and Fitness Center team for assistance with any of these offerings.

Special Announcements

Go Red for Women – Friday, Feb. 7

Wear Red on Friday, Feb. 7 and join WIN, the RFC, and HCC in support of Go Red for Women - the American Heart Association’s initiative to increase awareness of women’s cardiovascular health.

- RFC Wear Red Breakfast Run – 7:00 – 9:00am
- RFC Heart Healthy Classes
  - 11:15am – RED Step & Core, GA Studio
  - 12:15pm – Yoga for Heart Health, GX Studio
  - 12:15pm – RED RFC (Resistance Functional Training) – G Cardio + Strength
- WIN Wear RED Group Photo – 12:00pm, RFC Gymnasium

Wear your favorite red piece of clothing or your red workout attire and join us for breakfast or a lunchtime class. Then make your way to the Building G Gymnasium (before or after your class) to be a part of the WIN Go RED for Women group photo at high noon. Share #WearRedDay #SASWIN and #SASLife on social media. While you’re there, pick up some heart healthy meal planning ideas and recipes from the HCC Nutritionists along with tips for heart healthy habits at your desk from RFC Personal Trainers.
Aquatics

Water Classes of the Month – February

- **Aquarobics** – Mondays, 12:15 – 1:00pm
- **Aqua Kickboxing** – Wednesdays, 5:30 – 6:30pm

No registration is necessary for these classes; however, an RFC Safety Waiver or medical clearance is required prior to participation in all fitness programs.

Winter Conditioning for Athletes – Off Season Swim Drills

Wednesday, Feb. 12 | 11:15am – 12:00pm | Register by Wednesday, Feb. 5

Get stronger and faster this year by adding strength, power, mobility, and core exercises into your training routine! Coach Jenn will lead you through drills to help you refine your stroke, build power, and work on speed during the off season.

February Coached Swimming Workout “Rust Buster”

Tuesday, Feb. 18 | 12:15 – 1:00pm | GN | Register by Monday, Feb. 10

Join us on deck for this off-season workout that will include short kicking, drilling and kicking intervals. This is a great chance to shake off the chill, jump back in the pool and get a head start on open water skills for the upcoming endurance season.

Backstroke & Backstroke Flip Turn Clinic

Wednesday, Feb. 26 | 12:15 – 1:00pm | GN | Register by Tuesday, Feb. 18

Take your backstroke to the next level. Learn how to use your core to initiate rotation, increase the power in your pull with strategic use of stroke rate and improve your propulsion through kick work; creating a more stable and balanced stroke. Previous backstroke knowledge is required.
Adult Swim Instruction – Classes for March 2020

- **Introduction to Swimming 101** – Tuesdays & Thursdays | March 3 – 26 | 11:00 – 11:30am
- **Introduction to Swimming 102** – Tuesdays & Thursdays | March 3 – 26 | 5:30 – 6:00pm
- **Freestyle & Backstroke 201** – Tuesdays & Thursdays | March 3 – 26 | 10:00-10:45am
- **Breaststroke & Butterfly 301** – Tuesdays & Thursdays | March 3 – 31 | 1:15 – 2:00pm
- **Swim Assessments** – *By Appointment* during a time that is convenient for you
- **Additional Classes** – Additional offerings may be made available for groups of 4 or more

Family Swim

Sunday, Feb.16 | 3:30 – 5:30pm | GN | SAS employees and immediate family members only!

Parents can enjoy time at the SAS Natatorium with their children while also fitting in one of your weekly workouts. Pool areas will include an open swim area as well as adult only swim lanes.

*Fitness*

Classes of the Month – February

- **Ballet Cardio Sculpt** – Tuesdays, 12:15 – 1:00pm (GA Studio, choreography rotation)
- **Cardio Kickbox** – Thursdays, 12:15 – 1:00pm (GA Studio, cardio rotation)

No registration is necessary for these classes; however, a Safety Waiver or Medical Clearance is required prior to participation in all fitness programs.

Coming in March . . .

- **Zumba** – Tuesdays, 12:15 – 1:00pm (GA Studio, choreography rotation)
- **Muscle Mix** – Thursdays, 12:15 – 1:00pm (GA Studio, cardio rotation)

*Wear {RED} Breakfast Run for National Wear Red Day*

Friday, Feb. 7 | 6:00 – 8:30am (Run)* | $4 per person | Register by Wednesday, Feb. 5
Wear red and run for National Wear Red Day and then enjoy a heart healthy breakfast with your running buds. A route will be provided; however, ultimately the route is up to you. Rather run with a group? Register for both the {RED} Run and the February Coached Speed Workout. Breakfast will be ready at the RFC when you’re finished!

*Breakfast will be served from 7:30 – 9:00am.

**Tough Love: Bars, Bands & Blindfolds Bootcamp**

Friday, Feb. 14 | 5:30 – 6:30pm | $5 per person | GA Studio | Register by Monday, Feb. 3

Sweat your heart out this Valentine’s Day! Join us for partner exercises, blindfolded balance drills, plyometrics and core, along with high-intensity interval training to get your heart pumping. Then, stick around to enjoy some adult beverages and small bites at the RFC followed by an optional meet up at Bond Brothers in Cary!

**Pilates BOSU Ballast Ball**

Wednesday, Feb. 26 | 1:15 – 2:00pm | GA Studio | Register by Friday, Feb. 21

Pilates exercises using the ball, what could be better?! This 45-minute class will be held in the large aerobics room in GA so that we have access to our BOSU Ballast Balls. The focus of each exercise will be the core with an additional challenge of stability. Previous Pilates experience is helpful, but not required. Space is limited.

**90-minute Cycle**

Thursday, Feb. 27 | 5:30 – 7:00pm | G Cardio | Register by Wednesday, Feb. 19

Ready to challenge your stamina? Join us for a 90-minute indoor cycle workout that is designed for those individuals who have taken cycle before and are ready for that extra high intensity challenge. Register early as space is limited.
**Pilates March Matness**

March 1 – 31 | Individual Challenge | Register by Friday, March 6

Get in the March Matness spirit with a month-long Pilates individual challenge! You’ll receive a month’s work of Pilates mat exercises to perform with some fun ACC name twists. Some will be more challenging than others so you’ll have to push through the month! Sign up today and you’ll receive your monthly challenge calendar on Friday, Feb. 28 to get started that weekend.

**TRX and Running**

Mondays, March 2 – 23 | 11:15am – 12:15pm | TRX platform | Register by Tuesday, Feb. 25

Do you love using the TRX for strength? Is running* one of your favorite forms of cardio? This class is for you! This class will be a mixture of TRX strength exercises and running segments...making for an efficient, well rounded strength and cardio workout.

*You are welcome to run, jog, or walk the "run" segments.

**Introduction to TRX Suspension Training**

Thursday, March 5 | 11:15am – 12:00pm | Platform | Register by Thursday, Feb. 27

Have you heard about TRX but haven’t had the chance to try it out? Learn how to adjust the TRX suspension trainer, the history and principles behind the training, and how you can perform an endless number of body weight exercises to help achieve your fitness and performance goals. Space is limited; register today!

**Stretch the Stress Away**

Thursdays, March 5 – 26 | 1:15 – 2:00pm | GA Studio | Register by Monday, March 2

Felling stressed or tight? Yoga too much of a challenge for you? This is the class for you! Finding time to unwind and revive the mind and body can be challenging. Set aside time for 4 weeks this March to focus on decompressing and releasing tension. You’ll be led through a series of gentle mobility, stretching and relaxation exercises all done on the mat. No need to even change clothes! You’ll leave each class with improved range of motion, as well as a calm and clear mind. This class is appropriate for all levels, especially those with limitations.
International Dance Series – Masala Bhangra with Seema!
Fridays, March 6 – 27 | 12:15 – 1:00pm | GA Studio | $32 per person | Register by Wednesday, Feb. 26

Expand your love of dance with our globally focused 4-week series! Masala Bhangra is an Indian based dance program, designed for people of all ages who love to stay physically active. Specifically, it introduces high energy Bhangra and Bollywood dance moves in an easy to follow format. Seema Tatla is the fabulous Master Instructor.

GOLFleticism®
Tuesdays & Thursdays, March 10 – 26 | 5:30 – 6:30pm | $60 per golfer | Register by Thursday, March 5

Join PGA and Prestonwood Country Club Professional Tom Ream and an RFC personal trainer for a specialized golf program split between Prestonwood Country Club’s Learning Center and the RFC. Putting, chipping/pitching and on-course instruction, utilizing the CoachNow app combined with core and functional strength drills, will transform your golf game! Participation is limited to 18 golfers with a 20 handicap or below.

2020 ZUMBA Party – Uno
Wednesday, March 11 | 5:30 – 6:30pm | GA Studio | Register by Friday, March 6

Dance your stress away and find your happy! Join Angie for the first of 5 ZUMBA parties after work in 2020! No cost, no worries; just come ready to smile and shake! Register today to join in the fun!

Total TRX
Thursday, March 12 | 11:15am – 12:00pm | Register by Thursday, March 5

The TRX Suspension Trainer is a single piece of equipment that leverages both gravity and body weight to complete hundreds of full body exercises. Our classes are designed for all levels of fitness with the goals of improving strength, balance, flexibility and core stability. Space is limited; register today!
St. Paddy’s Green Mile Beer Run

Tuesday, March 17 | 5:00 – 6:30pm | RFC Track | Register by Friday, March 6

Hopefully the luck o’ the Irish will be with you and your co-workers as we celebrate St. Paddy’s Day in a Big, Green beer way! All participants will be drinking beer in order to run. Non-alcoholic beer will be offered. Two categories: 3-person mile relay and individual mile run. Runners select one category only.

Wellness

Metabolism – What Drives You Seminar

Tuesday, Feb. 11 | 12:00 – 1:00pm | RA478

Most of us have heard the term metabolism and have a vague sense that we want it to go faster, but that’s where our understanding ends. Join Ryan Wands as he explains how to pin down what your metabolism is, strategies for changing your metabolism, and what long term goals for your metabolism might be.

The Gift and Power of Emotional Courage

Tuesday, Feb. 18 | 12:00 – 1:00pm | Online

What does it take internally, in the way we deal with our thoughts, emotions and stories, for us to thrive in a complex and changing world? How we respond to these inner experiences drives our actions, careers, relationships, happiness, health -- everything that matters in our lives. Join Harvard Medical School Psychologist, Susan David, as she challenges a culture that prizes positivity over emotional truth and discusses the powerful strategies of emotional agility in this deeply moving seminar.

What Makes a Good Life? Lessons from the Longest Study on Happiness

Tuesday, Feb. 25 | 12:00 – 1:00pm | Online

What keeps us happy and healthy as we go through life? If you think it’s fame and money, you’re not alone. According to Psychiatrist Robert Waldinger, you’re mistaken. As the director of a 75-year old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he
shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a long and fulfilling life.

**Introduction to Tai Chi Series**

Thursdays, Feb. 20 & 27 | 4:15 – 5:00pm | GX002 | Register by Thursday, Feb. 13

Welcome to the mind-body practice of Tai Chi also known as Tai ji quan. This meditation in motion is a movement art that will expand your mind, body and spirit. This series focuses on introductory concepts and movement forms. Beginners welcome!

**Mommy & Me Yoga**

Thursday, Feb. 27 | 4:30 – 5:15pm | GX Studio | Register by Tuesday, Feb. 25

Spend time gently strengthening and toning your body while bonding with baby and meeting other new (or new again) moms. Feeding, nursing, diaper changing, crying, and giggling are all welcome! Recommended for moms at least 6-weeks post-partum with doctor’s approval and infants – non-walking babies. Please register both mom and baby.

**Prenatal Yoga**

Fridays, March 6 – April 10 | 8:00 – 9:00am | GX Studio | Register by Friday, Feb. 28

Pregnancy is a magical and very rewarding time, though it does come with a few challenges as your baby grows and your body prepares for birth. Yoga is an excellent choice for exercise during pregnancy. In this 6-week series, discover poses to help you find comfort, build strength, and increase energy. Take time to love yourself and your baby with a group of women who are experiencing the same joys and similar challenges as you.

**Family Yoga**

Tuesdays, March 31, April 28, and May 26 | 5:15 – 6:00pm | GX Studio

Share your love of yoga with your kids by participating in Family Yoga - fun, age-appropriate yoga, breath work, and meditation for you and your child. Through stories, games, and movement, Family Yoga encourages coordination, confidence, body awareness, self-love, and energy management. Mark your calendars and be sure to register at least one week prior to each class.
Moonwalk Meditation

Tuesday, March 24 | 6:15 – 7:00pm | Meditation Garden | Register by Tuesday, March 17

Slow down, listen and celebrate the new moon. Turn inward as you explore the labyrinth and enjoy a guided meditation in our Meditation Garden.

Tai Chi Feel the Breeze – Outdoor Tai Chi Series

Thursdays, March 26 – April 30 | 4:30 – 5:15pm | Meditation Garden | Register by Thursday, March 19

Nature supports our meditation in motion. This Tai Chi series will focus on exploring and cultivating energy through a variety of movement forms. Register today to start or continue your Tai Chi playtime; all levels are welcome!

Outdoor Adventure

Night Hike at Johnston Mill Preserve

Tuesday, Feb. 11 | 7:00pm | 3 miles | $10 per person | Register by Monday, Feb. 10

Part of our monthly Winter Night Hike series, we visit Johnston Mill Nature Preserve for a 3-mile hike after dark. Such variety on this hike. We start in a dense bottomland forest, hike through an old farm field, skirt a bluff ripe with ancient beech trees, return along New Hope Creek. Several good opportunities to flip off the headlamps and experience different natural settings in the dark. Moon phase: just past Full.

Third Saturday Hike at Eno River State Park

Saturday, Feb. 15, 9:00am | Eno River State Park; 4.2 miles | Register by Thursday, Feb. 13

We’ll meet at the Fews Ford Access to the park (the main access) at 6101 Cole Mill Road, Durham. After entering the gate, go past the first right turn. Take the second Right turn, to the Piper-Cox House. We will meet in this lot and hike the figure-8 loop Buckquarter Creek and Holden Mill trails. About half the hike is along ridgeline, half along the Eno. A couple of good climbs, a scenic winter hike with good views from the ridge.
Hanging Rock Winter Wild Hike

Saturday, Feb. 22, 10:00am – 4:00pm | 6-8 miles | $30 per person | Register by Thursday, Feb. 20

Part of our Winter Wild Series of Off-Trail Adventures, this hike starts innocently enough with a 1-mile climb up the popular Hanging Rock Trail. But at the top, rather than head west toward Hanging Rock, we go east, off trail, and pass a rocky ridgeline before descending into a gap, then dropping further down the mountain to the site of a 1963 plane wreck. We return to the ridge and hike farther east crossing the Three Sisters before dropping down the mountain into a new 900-acre area recently added to the park. An incredibly fun and adventurous day on the trail for more experienced hikers.

Night Hike at Brumley North Nature Preserve

Tuesday, March 3 | 7:00pm | Brumley North Nature Preserve | Register by Monday, March 2

This 3-mile hike is ideal for a night hike, with several open meadows and ponds for night-sky viewing. Under a quarter moon, with clear skies, it should be near-perfect for some star-gazing.

Umstead State Park Winter Wild Hike

Saturday, March 14 | 9:00am – 1:00pm | 6 – 8 miles | Register by Thursday, March 12

Maybe you’ve hiked at Umstead, but you likely haven’t hiked this part of Umstead, the off-trail part that visits a one-time Boy Scout Camp, an old Civilian Conservation Corps camp and several old homesteads.

Third Saturday Hike at Horton Grove Nature Preserve

Saturday, March 21 | 9:00am | 5 miles | Register by Thursday, March 19

A great spot to celebrate the first weekend of spring, this 708-acre nature preserve in the rolling terrain north of Durham is an ideal spot for seeing spring wildflowers. This hike also has a 3-mile option.
Recreation and Leisure

Open Art

Fridays, Feb. 7 – 28 | 11:15am – 12:00pm | GX102 | Free program; ages 18 & up*

Come relax and unleash your imagination! Free acrylic paint, coloring pencils, markers, brushes, paper, adult coloring pages, canvas paper, and more will be available for you to use for an entire hour every Friday! RSVP prior to the Friday of your choice to reserve your art workspace.

Valentine Hand-Lettering Workshop

Tuesday, Feb. 11 | 5:30 – 7:30pm | $30 per person | GA102 | Register by Wednesday, Feb. 5

If you want to up your game this year and create your own Valentine cards, join Caitlin from Happy Tines at her Valentine Hand-Lettering Class! She'll cover the basics of hand-lettering using pens and markers, and then we’ll decorate Valentine note cards and envelopes with the techniques we learn. It'll be a festive paper party! All you need to do is bring your crafting A-game. This class includes all the supplies you’ll need (pens and markers, cardstock notecards and colored envelopes, hand-lettering 101 worksheets and alphabet guide for you to take home)

Watercolor Still Life

Wednesdays, Feb. 12 – 19 | 5:30 – 7:30pm | $80 per person | GA102 | Register by Friday, Feb. 10

Join local artist Luis Torres and learn all the basics of painting still life using different watercolor techniques. All supplies are included in the cost of the class. Space is limited; register today to reserve your spot.

Happy Hour Dance & Social – SWIG & SWING

Wednesday, Feb. 26 | 5:30 – 6:30pm | $5 per person | GA Studio | Register by Monday, Feb. 17

East Coast Swing beginner level instruction, adult beverages and small bites make for a perfect post-work Wednesday evening! No experience necessary; just a desire to dance and laugh
½ Day Kids Beginner Tennis Camp – Spring Break & Summer Sessions

- Spring Break –
  - April 6 – 9 (ages 6 – 12)
  - Register by Friday, March 8

- Summer Sessions –
  - June 22 – 25 (ages 9 - 15)
  - July 13 – 16 (ages 9 – 15)
  - Aug. 10 – 13 (age 9 – 15)
  - Register by Friday, May 24

- Monday – Thursday, 9:00am – 1:00pm (SAS Tennis Courts)

- $110 per child

Get your child off the couch and into the swing of things this spring and summer with our one-week, ½ day kid’s beginner tennis camp. Instruction will be provided by RDUTennis, LLC with a teacher to student ratio of no more than 1:7. Classes will be held Monday through Thursday with Fridays as a rain make-up day if necessary. If more than 2 days are rained out, class fees will be pro-rated prior to being payroll deducted. Campers will need a tennis racquet, chilled jug/thermos for water, sunscreen, snacks and athletic shoes.

Discount Center

Kendra Scott Trunk Show

Wednesday, Feb. 5 | 11:00am – 1:00pm | Building G Recreation Area

Kendra Scott is bringing Valentine’s Day shopping to you! Treat yourself or a loved one to Kendra Scott's collection of fashion jewelry at their pop-up shop right here on campus and enjoy a 15% discount. We hope to see you there! Payroll deduct will NOT be available at the sale; credit cards only.

Collective Goods Winter Sale

Tuesday, Feb. 11; 10:00am – 5:00pm | Wednesday, Feb. 12; 7:30am – 2:00pm | GX002
Collective Goods brings a world-class retail experience with incredible prices! Items include: home and outdoor décor, holiday, books, clothing, accessories, toys, kitchen gadgets, tools and much more!

**Carolina Hurricanes Discounted Tickets**

- Friday, Feb. 14 vs. New Jersey Devils
- Tuesday, March 17 vs. Buffalo Sabres

Celebrate the Carolina Hurricanes 21st year in North Carolina! Discounted Carolina Hurricanes tickets on selected games are now on sale. Discounted parking passes are also available for $15 (reg. $20).

**North Carolina Symphony Programs**

- *Swing Is the Thing* | Feb. 14 – 15
- *Johnny Mathis* | Feb. 21 – 22
- *Rachmaninoff Piano Concerto No. 3* | Feb. 28 – 29
- *Scheherazade* | April 17 – 18
- “*Star Wars: The Empire Strikes Back*” *In Concert* | April 24 – 25
- *Beethoven’s 9th* | May 1 – 2
- Up to 30% off best available seating

**Durham Performing Arts - Super Group Special**

- *Mean Girls* | Feb. 11 – 16
- *Summer* | Feb. 25 – March 1
- *Les Miserables* | March 10 – 15
- *The Color Purple* | March 20 – 22
- *Stomp* | April 3 – 5
- *The Band’s Visit* | April 7 – 12
- *Riverdance* | April 17 – 19
- *My Fair Lady* | May 19 – 24
- *Jesus Christ Superstar* | June 2 – 7
- All Shows at the DPAC
- 10% off selected dates
The North Carolina Theater Your Broadway Connection

- *Kinky Boots* / Feb. 11 – 16
- *Memphis* / March 24 – 29
- *Edges* / May 1 – May 10
- *Sound of Music* / July 28 – Aug. 2

**Sports**

**Spring Ultimate League – Recreational**

Recreational league | Individual registrations only | Register by Friday, Feb. 7

This lunchtime league will be played on Tuesdays and Thursdays beginning Tuesday, Feb. 18. Teams will be drafted the week of Feb. 10; captains are needed! League champions will be determined by participation points.

**Singles Badminton Tournament**

Individual registrations only | Register by Friday, Feb. 7

The tournament is scheduled to begin the week of Feb. 10. All skill levels are welcome. Register today and don’t miss out on the fun and friendly competition.

**Baseball/Softball: Teach Your Kids Hitting**

Wednesdays, Feb. 12 – 26 | 5:30 – 6:30pm | GX002 | Register by Monday, Feb. 10

Few coaches understand the science of hitting and parents can be critical factors in hitting instruction - even if they pursue private instruction. This three-night course is designed for parents* who want to advance their child’s hitting ability in baseball/softball.

The instructor, Chaz Henry, is a twelve-year veteran Little League Baseball coach, in addition to being a Sr. Solution Analyst at SAS. Before coming to SAS, he spent three years working with the Los Angeles Dodgers teaching video analysis techniques.
This course is designed for parents; children are not required to attend. Laptops are helpful, but not required.

**Ping Pong Tournament**

Individual registrations only | Register by Friday, Feb. 14

This double elimination tournament will begin the week of Feb. 24. Register today to join in on the fun!

**Doubles Wallyball Leagues**

Competitive leagues | Men’s & Women’s leagues | Register by Monday, Feb. 17

These lunchtime leagues will begin the week of Feb. 24. All matches will be self-scheduled with set deadlines. Captains, register your team today!

**Spring Soccer Leagues**

Individual registrations only | Register by Wednesday, Feb. 19

These lunchtime leagues will begin late February or early March. The competitive league will play on Mondays and recreational games will be played on Fridays. The draft day is to be announced but captains are needed at this time!

**Outdoor Grass Volleyball League 4 v. 4**

Team registrations only | Register by Friday, March 6

This competitive, lunchtime league is scheduled to begin late March/early April. Matches will be played on Mondays and Wednesdays on the softball field in a round robin format followed by a season-ending tournament. Captains, register your team* today!

*Remember, you must have at least one female on the court at all times.
**4v4 Water Basketball Tournament**

Team registrations only | Register by Friday, March 6

Hop in the water this March to celebrate the madness and show off your basketball skills. This tournament will occur at lunchtime on Wednesdays, beginning March 11. Teams must have at least one female player. Individuals without teams may contact the RFC to be placed on a team if possible.

**Foosball Madness Tournament**

Team registration only | Register by Wednesday, March 11

This single-elimination tournament will run from mid-March to April. All matches will be self-scheduled with deadlines. Play will follow USTSA Foosball rules and winners will be determined by best of 5 games. Captains, register your team today for a chance to win Spotlight Parking at the RFC from July through September.

**RFC Wednesday Evening Golf League**

Wednesdays, April 8 – July 22 | 5:09pm | RGA Golf Club (Tryon Rd.)

The RFC is accepting registrations for the Wednesday Evening Golf League. Registrants are advised that the league can only accommodate 32 golfers, and league members from the 2018 league will have the first-right of refusal, as to whether they will participate this coming season. A lottery will be held to fill any open spots. The cost to play comes out to be tentatively around $14 per week and includes 9 holes of golf and cart. All league fees are payroll deducted.

**On-Site Services**

**February Skin Care Special!**

The Sea Salt Body Scrub is just $30 (reg. $35) during the month of February! Relieve dry winter skin with this exfoliating and moisturizing body treatment! It will leave your skin silky smooth. Be sure to schedule your appointment with Lisa online today!
On-Site Tax Preparation Service

- Mondays and Thursdays (February – April 2020)
- Appointments recommended; walk-in welcomed based on available time
- Drop off service accepted with Preparer onsite with 24-hour completion
- GX (please wait in the lobby level waiting area until your name is called)

Paying your taxes has never been this easy. Jackson Hewitt Tax Service is once again offering on-site tax preparation. Payment for services must be made directly to Jackson Hewitt at the time of the service. Payment will be accepted by cash, check, credit card, or out of your tax refund (this payment option may have added costs). Services will be provided at 25% off of standard pricing fees for this on-site service. (If you wish to have your taxes prepared at one of their offices, you will receive a 20% discount upon request. Be sure to take your SAS ID badge.) Fees are determined based on the complexity of the return. Returns may consist of the following: Form 1040 (long form), Schedule A (itemized deductions), Child Tax Credit, Form 2441 (child/dependent care credit), Schedule D (gains/loss – sale of stock) and other forms as needed, and NC (or other state returns as needed).

It is the responsibility of the employee to supply Jackson Hewitt with all the necessary information. Please note that SAS is not endorsing the services of Jackson Hewitt. The RFC is simply providing a tax preparation option for employees. Tax preparation and filing are ultimately the responsibility of the employee.

To schedule your appointment, please call the Jackson Hewitt office at 919-827-1000 and ask to speak with Sheila Beasley (please identify yourself as SAS employee) or send email to sheila.beasley@stitax.com. At this time, you will be instructed in regard to the documents needed at your appointment.