March 2020

Recreation and Fitness Center (RFC) Newsletter

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

-------------------------------------------------------------------------------

Aquatics

Water Classes of the Month

• Aqua Circuits – Mondays, 12:15 – 1:00pm
• Aqua Buoy Blast – 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.

Coming in April . . .

• Aqua Kickboxing – Tuesdays, 12:15 – 1:00pm (GA Studio, choreography rotation)
• Aqua Tabata – Thursdays, 12:15 – 1:00pm (GA Studio, cardio rotation)

Family Swim

Sunday, March 15 | 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.
Monthly Coached Workout “Paddy Day Drills”

Tuesday, March 17 | 12:15 – 1:00pm | GN | Register by Friday, March 13

In honor of St. Patrick’s Day, join us for a holiday-themed workout. Although we can’t turn the pool green and there’s no gold or beer at the end of the rainbow, we’re pretty sure you’ll still enjoy celebrating with some awesome swim drills, perfect for incorporating into your upcoming endurance season training.

Breaststroke & Breaststroke Open Turn Clinic

Monday, March 23 | 11:15am – 12:00pm | GN | Register by Friday March 20

More than any other stroke, breaststroke can be the most varied. What is your breaststroke style? Your breaststroke timing and the ability to eliminate resistance are what make your stroke efficient and powerful. In this clinic, learn how to utilize your core and hip drive to create a more forward and fluid breaststroke.

Adult Swim Instruction

- **Introduction to Swimming 101** – Tuesdays & Thursdays | April 7 – 30 | 10:00 – 10:30am
- **Introduction to Swimming 102** – Tuesdays & Thursdays | April 7 – 30 | 11:00 – 11:30am
- **Freestyle & Backstroke 201** – Tuesdays & Thursdays | April 7 – 30 | 5:00 – 5:45pm
- **Swim Training** – Mondays & Wednesdays | April 6 – 29 (no class April 13 & 15) | 7:30 – 8:15am
- **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

Fitness

Classes of the Month

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

- **Low & Slow** – Tuesdays, 12:15 – 1:00pm (GA Studio, choreography rotation)
- **Tabata & Strength** – 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.

**Pilates March Matness**

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

It’s not too late to get in the March Matness spirit with a month-long individual Pilates challenge! You’ll receive a month’s work of Pilates mat exercises to perform with some fun ACC name twists. We’re going bracket style this year, so you’ll be seeing some Pilates exercises more than once.

**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 the RFC’s Angie Calli Fernandez 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. Register today to get into the swing of spring!

**2020 Zumba Party – Uno**

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

Join us for the first of five ZUMBA parties after work in 2020! No cost, no worries; just come ready to smile and shake as you dance your stress away and find your happy place!

**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.

**Beginner Cycle**

Tuesday, March 24 | 12:15 – 1:00pm | G Cardio | Register by Wednesday, March 18

Do you want to learn the basics of indoor cycling? How to do a standing climb or a seated sprint properly? This class is designed to get you set up correctly on the bike and give you a taste of all the different things you’ll see during an indoor cycle class. Come give it a try; you won’t be disappointed! We have a limited number of bikes; register early to reserve your spot.

**Total TRX – two class offerings!**

- Thursday, March 26 | 11:15am – 12:00pm | Register by Thursday, March 19
- Thursday, April 9 | 11:15am – 12:00pm | Register by Thursday, April 2

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!

**Beginner Crew**

Tuesday, March 31 | 12:15 – 1:00pm | G Cardio | Register by Friday, March 20

Have you ever been a rowing machine? Are you rowing the right way? Join us for this 45-minute class to learn the proper technique so you can row correctly and get the most out of your workout. We have a limited number of rowers; register today to reserve your spot!

**Teen Training Orientation March. 2020 – Open to teens ages 13 – 17**

Sunday, March 15 (1:15 – 3:15pm) | Thursday, March 19 (4:30 – 6:30pm) | Register by Friday, March 13

After going through this orientation your teen will be eligible to use our facilities (with parental supervision). Be sure to register both you AND your teen. We will be going through a short introduction of our policies, a tour of the facilities, and finally a workout using both strength and cardio equipment in G. Make sure both you and your teen are dressed to exercise!
Teen Training Workshop (Agility/Power)

Wednesday, March 25 | 5:30 – 6:15pm | Register by Friday, March 20

If your teen is an athlete, be sure to take advantage of this workshop! We will be working on things like footwork, jumping and force production. Your teen must have already gone through one of our Teen Training Orientations and you must register with your teen.

RFC Road Race Series

Calling all runners! Did you know that SAS will pay $10 towards select local fall races when you register through the RFC?

- **St. Paddy’s 4 Miler** – Saturday, March 21 – Register by Friday, March 6
- **Tar Heel 10 Miler & Fleet Feet Sports 4 Mile Run** – Sat., April 18 – Register by Friday, April 3
- **Komen Triangle Race for the Cure** - Saturday, May 2 – Register by Monday, April 20

UHCCF Tour de Triangle 2020

Saturday, April 18 | 8:00am | 30- or 62-miles | $50 per person | Register by Friday, March 27

SAS is hosting UnitedHealthcare Children Foundation (UHCCF)'s 4th Annual Tour de Triangle. We are calling for local SAS members to help with the success of this event and support their SAS teammates by joining the ride or donating. Whether you’re riding the 30- or the 62-mile, know that every mile counts in changing the lives of some very special kids. By riding or donating to the 4th Annual Tour de Triangle you’re helping provide hope and financial relief to families with children in need of medical assistance. Each rider is kindly asked to raise a minimum of $500. All event proceeds will help fund UHCCF medical grants awarded to children in the Southeast Region. Join a team or create your own today!

TRX for Mature Adults

Thursdays April 2 – 23 | 12:15 – 1:00pm | TRX platform | Register by Friday, March 27

This class is designed for those individuals who are 50+ in age. TRX is an extremely useful tool for those that are "mature" in age and possibly have limitations or feel their balance and strength have declined. TRX is easy on the body and provides for a very functional full body strength workout. With the TRX you learn to use your core throughout every movement, which ultimately will improve your
balance and stamina. This class is for beginners 50 years and older who have not used the TRX or have very little experience with it and want to learn more.

ZUMBA Basics – 2020 Spring Lunch Series

Fridays, April 3 – May 1 | 12:15 – 1:00pm | GA Studio | Register by Friday, March 27

Would you like to try Zumba, but you are worried about the steps? Want to work out to pulse-pounding music, but don’t consider yourself a dancer? This 5-week lunch series is designed just for you! This beginner Zumba series will focus on basic rhythms and choreography while delivering a customizable dance party workout for all!

Stairness Awareness

Friday, April 3 – Friday, May 1 | Register by Wednesday, April 1

Ready for a step challenge in 2020? This is the perfect 1-month series for you. Program is self-run and self-tracking. You pick the day and time. I’ll provide you a months’ worth of weekly active steps achievements, via email. Make it a great start to 2020. Challenge yourself, friends and co-workers in 2020.

Broadway Tap

Mondays, April 6 – 27 | 12:15 – 1:00pm | GX002 | Register by Monday, March 30

It’s time to make some noise; life is too short to be quiet! Learn basic tap rhythm, timing, terminology and choreography to a Broadway fave! Join Angie in the GX002 Basement Studio for a shim-sham, shuffle and stompin’ good time! Tap shoes are required for this 4-week series. You don’t want to miss it!

Small Group Training – Build Your Bench

Mondays, April 6 – May 11 | 1:15 – 2:15pm | Register by Friday, April 1

When people discover that you work out; they always ask, “how much ya bench?” For some of us that number can never be big enough and some of you may not even know. Regardless of which group you fit into, the bench press is an important foundation movement that should be learned. Join me for a 6-
week series where we will focus on exercises that will increase your bench!

**Pilates/Yoga Fusion**

Wednesdays, April 8 – April 29* | 11:15am – 12:00pm | GA Studio | Register by Thursday, April 2

This 3-week series will combine Pilates exercises designed to strengthen our "powerhouse" (abs/low back/hips) with Yoga postures designed to lengthen our muscles. Both help with improving range of motion. You will leave feeling strong, long and more mindful of how your body moves!

*No class on April 22.

**H.I.I.T. Walking**

Tuesdays, April 21 – May 12 | 4:30 – 5:15pm | Umstead Lake/SAS Track | Register by Friday, April 17

Stand tall, get outside and turn your walk into a workout! Whether you call it aerobic walking, speed walking or power walking – you are sure to have more fun with friends. Register to join us today!

**Wellness**

**My Stroke of Insight**

Tuesday, March 10 | 12:00 – 1:00pm | Existing Podcast Link

On December 10, 1996, Jill Bolte Taylor, a thirty-seven-year-old Harvard-trained brain scientist experienced a massive stroke in the left hemisphere of her brain. For Taylor, her stroke was a blessing and a revelation. It taught her that by "stepping to the right" of our left brains, we can uncover feelings of well-being that are often sidelined by "brain chatter." Listen to her inspiring story. Register and the link will be sent to you to listen at your convenience.

**Secrets of Learning a New Language**

Tuesday, March 17 | 12:00 – 1:00pm | Existing Podcast Link

Want to learn a new language but feel daunted or unsure where to begin? You don't need some special talent or a "language gene," says Lýdia Machová. In an upbeat, inspiring talk, she reveals the secrets of polyglots (people who speak multiple languages) and shares four principles to help unlock
your own hidden language talent -- and have fun while doing it. Register and the link will be sent to you to listen at your convenience.

**Health in Your 20’s and 30’s**

Tuesday, March 17 | 12:00 – 1:00pm | Web Chat

Join a Nurse Practitioner, Nutritionist, Fitness Trainer, and Clinical Social Worker to learn what you need to know about health in your 20’s and 30’s. In this live web-chat format attendees will have the opportunity to ask questions of each speaker via the chat function on WebEx.

**Diabetes Alert Day**

Tuesday, March 24 | 12:00 – 1:00pm | Online Resources

Observed annually on the fourth Tuesday in March, Diabetes Alert Day is a one-day “wake-up call” that focuses on the seriousness of diabetes and the importance of understanding your risk.

Register to receive more information on how to take control of your health, tips to share with your family, and the way in which exercise plays an important role in prevention and/or management.

**2020 Sustainability Series: Healthier People, Healthier Planet**

Join us to raise awareness, increase acceptance and improve action towards making choices that support the health of individuals as well as overall environmental health.

**Healthy and Environmentally-Friendly Food Choices**

Wednesday, March 18 | 12:00 – 1:00pm | W0001

Are you curious about how our food system impacts the environment and if there is anything you can do about it? Wondering what organic, GMO, sustainable agriculture, pasture-raised, grass-fed, etc. mean and if any of it even matters? Join one of our HCC Nutritionists to learn how to make the best food choices for you, your health and the environment.

**Sustainable solutions: Building an Environment for Active Living**
How often do you consider the relationship between spaces, places, exercise, and sustainability? Join one of our RFC Program Coordinators to explore how our built environments impact movement habits and how green gyms, organic fitness, connectivity, and joy have the potential to sustain physical activity for lifetimes.

Sustainability at SAS

Wednesday, April 1 | 12:00 – 1:00pm | W0001

Have you ever wondered how sustainability is incorporated into SAS culture and the SAS campus? From solar panels to bee-keeping to the Smart Campus Initiative, SAS is showing the earth some love. Join SAS Environmental Sustainability Program Manager, as he provides an overview of SAS’ environmental initiatives and steps you can take to do your part.

Toxic-Free Health & Body

Tuesday, April 14 | 12:00 – 1:00pm | GX002

Skin care is essentially a self-regulated industry in the USA. FDA does not require safety assessment from the manufacturer. Over 90% of the products sold in USA have toxic chemicals in them. In this seminar, Sudhir Shah, founder of Om Botanicals, will help you understand the importance of reading ingredient labels. You’ll hear of his journey in ensuring that his family and now others are protected from harmful chemicals and ingredients. Also, learn what ingredients are considered safe!

Learn how to take charge of your own safety and well-being. Bring your favorite product and find out if it’s potentially harmful or clean. As a treat, samples will be provided so you can experience the effectiveness of truly natural and organic products with proven safety and made locally.

Zero Waste | Josie Sianez

Wednesday, April 15 | 12:00 – 1:00pm | W0001

Are you ready to be inspired by a family who can fit their annual garbage production into a mason jar? The Sianezes have been at this for 7+ years and love to inspire others with their story. Join Josie Sianez
to hear about how her family of four follows the 5 Rs to keep them on track — reduce, reuse, recycle, refuse and rot. Available in-person and via WebEx.

**Sustainability Series Wrap-Up Panel**

Wednesday, April 22 | 12:00 – 1:00pm | W0001

What small steps can you take to improve your health and the health of the planet? On this 50th anniversary of Earth Day, join experts on nutrition, physical activity, skin health, environmental sustainability and waste reduction to discuss realistic ways to reduce your carbon footprint while maintaining your sanity.

**Prenatal Yoga**

Fridays, March 6 – April 10 | 8:00 – 9:00am | GX Studio | Register by Thursday, March 5

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.

**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!
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.

Outdoor Adventure

Night Hike

Thursday, March 10 | 7:00pm | $10 per person | Register by Monday, March 9

We’ll begin our hike at the NC 50 Access to the MST, Wake County. From that point, where the trail crosses NC 50, we'll hike east, using a mix of single-track hiking trail and old dirt roadbeds, taking us past signs of the area's pre-Falls Lake past. We'll hike to a sign of that past, some old stone markers, then hike back, for a 3-mile hike.

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, March 6 – 27 | 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.

How to Paint Watercolor Animals Workshop

Mondays, March 9 – 16 | 5:30 – 7:30pm | $80 per person | GA102 | Register by Friday, March 6

Join local artist Luis Torres and learn the basics of how to paint beautiful watercolor animals from start to finish. All supplies are included. Open to ages 16+; all skill levels are welcome.

Crayola Calligraphy

Monday, April 6 or Tuesday, April 14 | 5:00 – 6:30pm | $25 per person | Register by Wednesday, Feb. 5

Come play with markers and learn a new way of lettering! This is the class for you if you have admired calligraphy from afar but have never taken the leap to grab a pointed pen and ink. Using classic Crayola markers, you will learn the fundamentals of lettering including writing basic strokes, letterforms and words. You’ll leave this class with practice worksheets, your own pack of markers, and knowledge of the basics to continue practicing at home.

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.

**Pre-Ballet**

Thursdays, April 9 – May 14 | 5:30 – 6:15pm | GX Studio | $42 per child; ages 3-5

Your child will learn pre-ballet skills and fun dances set to Disney and classical music with lots of colorful props. Your dancer will feel like a real ballerina with lots to share with your family every week! Each class will include a warm up along with the introduction of beginner ballet techniques, followed by around the room action and across the floor exercises. Little ballerinas may wear a cute leotard and dance skirt of any color. Ballet slippers with leather bottoms should also be worn for class. Boys may wear shorts or jogging pants with t-shirts. The instructor, Maggie Witter, is an established instructor here in the Cary area. Register no later than Tuesday, April 7.

**Spy Jr.**

Thursdays, April 9 – May 14 | 6:20 – 7:05pm | GX002 | $60 per child; ages 5-10

Spies needed! Try sneaking into class and learn spy skills, make spy tools and crafts. Do the 'agents in training' course, learn to break codes, follow clues, identify fingerprints and more. The instructor, Maggie Witter, is an established instructor here in the Cary area. Register no later than Tuesday, April 7.

**Discount Center**

**Carolina Hurricanes Discounted Tickets**

- 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

- *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

- *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

- *Memphis* | March 24 – 29
- *Edges* | May 1 – May 10
- *Sound of Music* | July 28 – Aug. 2

Spring Columbia Apparel Sale

Tuesday, April 21 (7:30am – 5:00p) | Wednesday, April 22 (7:30am – 1:00pm) | GX002

Items for sale will include shorts, shirts, skirts, dresses, pants, bags, hats, and more! There are adult sizes available in many items so stop by to grab some great deals. Limited quantities available. Items cannot be reserved, held or returned. All sales are final and by payroll deduction.
**Sports**

**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.

*Remember, you must have at least one female on the court at all times.*

**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.

**3 Point Contest**

Wednesday, March 25 | 11:00am | Register by Wednesday, March 18

This year’s 3 Point Contest will turn to the traditional rules: players will have one minute to shoot 25 basketballs, five shots per each spot on the 3-point line. The last ball on each spot will be colored and will serve as the “money ball” worth 2-points. All other balls will be worth 1-point. Register today for your chance to win Spotlight Parking at the RFC.

**Squash Challenge Ladder**

Individual registrations only | Register by Friday, March 20

This 8-week program will begin on Monday, March 30. All skill levels are welcome; no handicaps. Three champions will be recognized; the top overall player, best win/loss % and most matches played. Register today to join in on the fun and friendly competition!
Recreational Softball League

Team registrations only | Register by Monday, March 23

This after work league will begin in April; play days TBD based on registration. The league can accommodate a minimum of 4 teams and a maximum of 8. The roster maximum for each team is 20. Captains register your team today to join in the fun this spring!

9 Ball Doubles

Team registrations only | Register by Tuesday, March 31

This league will include a round robin schedule followed by a single elimination tournament to determine the league champions. It will follow APA 9 Ball Rules. All matches in the round robin portion of the program will be based on a “Race to Five Games”. The first player to win five games wins the match.

2020 Disc Golf Pro-Am Tournament

Team registrations only | One Pro/One Amateur* | Register by Tuesday, March 31

This 27-hole (3 rounds), Pro-Am best ball, captain’s choice tournament is scheduled to begin the week of April 6. All games will be self-scheduled following weekly deadlines.

*Pro/Captain must have at least one year’s playing experience; amateur player should be a novice or new player that has never played or has only played a few times.

Tennis Lessons

- April series begins Monday, April 6 | Register by Wednesday, April 1
- May series begins Monday, May 4 | Register by Wednesday, April 29
- Beginner, 4:30pm
- Advanced Beginner, 5:30pm
- Intermediate, 6:30pm
- Classes meet Mondays and Wednesdays for one hour each
- Min. 4; max. 6 participants per class
- Instructor – Steve Walker
- $40 per series
**Doubles Pickleball Tournaments**

Team registrations only | Men's Doubles | Women's Doubles | Register by Friday, April 3

These double elimination tournaments will begin the week of April 13. All matches will be self-scheduled with deadlines. Register your team today!

**RFC Golf Classic**

Saturday, April 25 | 1:00pm | Eagle Ridge Golf Club | Register by Friday, April 17

The RFC Golf Classic is gearing up for another fun-filled day. We will accept individual, pairs and team registrations and the format is “Captain’s Choice”. Employees, eligible family members and guests are welcome. The $85 per golfer tournament fee includes greens fee, cart, beverages on the course, range balls, tournament gift, prizes, and post-tournament awards dinner. Don’t miss out on this annual RFC event.

**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 $14.00 per week and includes 9 holes of golf and cart. All league fees are payroll deducted.

**Double Elimination Kickball Tournament**

Team registrations | Register by Thursday, April 30

This double elimination tournament will be played on Fridays at lunchtime beginning in early May. The roster minimum is 9 and the maximum is 16; each roster must include at least two females. Register your team today or contact Cameron Gatlin at x12757.
**On-Site Services**

**March Skin Care Special!**

Spring is an excellent time of year to have a microdermabrasion treatment. This specialized facial will help correct sun damage, fine lines, clogged pores and dullness. Get your skin super refreshed this spring! Treat yourself to a microdermabrasion in March and pay only $65 (reg. $75). Schedule your appointment online today!

**On-Site Tax Preparation Service**

- Mondays and Thursdays (March – 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.