

# Westminster Recreational Outreach Center

*Mission: "To reach out to people for Jesus Christ and develop their faith through recreational activities and Christian fellowship."*

Lisa K. Boyd, Director

Dr. Jim Gilchrist, Senior Pastor

## Summer 2009

### INSIDE ...

#### Special Interests for Parents Page 4

Parenting with Love & Logic  
WROC-A-Bye

#### Li'l WROCers Page 5 - 9

Summer Camp  
Basketball for Tots  
Preschool Science I  
Preschool Science II  
Dinosaur Day  
Ahoj, Matey!

#### Special Interests Pages 9 - 10

Eliminating Stress, Finding Inner Peace  
Teen Hip Hop  
Esther by Beth Moore  
Westminster Connectors  
Seekers  
P.A.P.E.N.  
Skills Seminar  
Finding Your Gifts

#### 55+ Young At Heart Page 11

Forever Fit Yoga  
Zumba Gold

#### 55+ Excursions Page 12

Biblical Botanical Gardens  
George Washington Hotel  
Barry Manilow's Copacabana

#### Athletics Pages 13 - 16

Adult Open Basketball  
Adult Open Volleyball  
Boot Camp  
Cardio-Sculpt  
Fitness Buffet  
M-W-F Morning Aerobics  
PraiseMoves Yoga  
Resistance Training  
Strength-Sculpt-Stretch  
Stretchercise  
T-Th Morning Aerobics  
WROC Walk - Indoor Fitness Walking  
Yoga  
Zumba

#### Creative Expression Page 17

Prayer Shawl Ministry  
Introduction to Digital Photography  
Downsizing Step-by-Step  
Watercolor Painting

#### Creative Expression for Special Needs Page 18

Movie Night  
Summer Therapeutic Activities for Teens

### *The WROC*

*at*

Westminster Presbyterian Church  
2040 Washington Road  
Pittsburgh, PA 15241  
412-835-6630

[www.westminster-church.org/wroc](http://www.westminster-church.org/wroc)



# Welcome to the WROC

Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the day approaching.

Hebrews 10:23-25

## *From the WROC Director's Desk*

"I am my beloved's and his desire is for me." Song of Solomon 7:10

Does life ever get hectic for you? It does for me. Every day is so full of stuff, people to talk to, places to go, and lots of work to be done. Even in my life with Jesus it can get to a point where I put my relationship with him into this hectic mayhem. I notice my relationship becomes a to-do list. It looks like this:

1. Have a devotional time
2. Don't yell at the kids
3. Volunteer at the church
4. Pray (usually having to do with my to-do list)
5. Be kind and compassionate to people – to reflect God
6. Don't yell at husband

Your list might look similar. Yet, as I have been doing number 1 on my list I have been drawn to scriptures that have brought home the idea of love, just love, yep only love. Verses like 1 John 3:19, "We love because he first loved us." And one of my favorites, Ephesians 3:17-19, "And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God." How often do I stop and just drink in that I am loved? Passionately, completely, totally loved! I need to STOP sometimes and first know this, to be "rooted and established in love." I hope you stop sometime, too. Maybe this summer we can all stop and hear the birds give us the beloved's serenade, maybe even feel the sun's rays and remember the son's love that warms our soul. I hope the little children that come to Li'l WROCer's summer camp will hear and know this love, and that as you go to an exercise, watercolor, or Bible study class you will first know his love for you. And if you don't know, come and hear that you are your beloved's and his desire is for YOU!



In Christ,  
Lisa K. Boyd

# Welcome to Westminster

## Sunday Worship Services

8:30 a.m.	Traditional Worship
9:45 a.m.	The Bridge - Contemporary Worship
11:00 a.m.	Traditional Worship

Loving child care for infants and young children is offered during all three worship services.

Beginning June 7, there will be summer Sunday School for pre-K through 1st grade at 11:00 a.m.

The Lord's Supper is celebrated the first Sunday of each month. Gluten-free wafers are available at the 11:00 a.m. service.



## Barefoot School Westminster's Vacation Bible School

Monday, June 22 - Friday, June 26, 2008  
9:00 - 11:45 a.m.

All children entering grades K - 6  
in Fall of 2009 are welcome.

Registration begins May 10. Forms will be  
available at [www.westminster-church.org](http://www.westminster-church.org).

For more information, contact:

Rev. Mandi Richey  
Westminster Presbyterian Church  
Children's Ministry Office  
412-835-6630, ext. 226

## WROC Construction

The WROC will be under construction at some point this Spring/Summer while air conditioning is installed. Please keep an eye on your email as we may have to cancel or reschedule classes to accommodate this work.

Thanks for your patience!

Visit us online at  
[www.westminster-church.org](http://www.westminster-church.org)

## Believing and Belonging Go Together!

If you're a visitor and have been considering membership, we invite you to attend an **Inquirers Class**, a time of sharing and teaching as we explore what it means to be a faithful follower of Christ in the Presbyterian tradition. Classes take place on Saturday mornings from 9:00 to 11:30 a.m. in Memorial Parlor and will be offered on **June 13 and October 17**.

In writing about the early church, the author of Acts 2:46-47 tells us, "They devoted themselves to the apostles' teaching, and to the fellowship, to the breaking of bread and to prayer....They continued to meet together with glad and sincere hearts, praising God and enjoying the favor of all people. And the Lord added to their number daily..."

These are the reasons we gather together at Westminster Presbyterian Church: to worship God, to hear and study God's Word, to have fellowship with one another, to share in the Lord's Supper and pray together, and to serve God in mission. And, yes, God continues to add to our numbers.

If you have any questions, or would like to attend an Inquirers Class, please call Peg Kinsey in the church office at 412-835-6630.

# Special Interests for Parents

## Parenting with Love & Logic

Parent Training Curriculum: Ages Birth – 6

May 6 – June 3

Wednesdays: 7:00 – 8:30 p.m.

Cost: \$40 (includes workbook)

Child Care available - please pre-register

Room 231

Facilitator: Flo Van Cara, PhD  
Child Psychologist



Do you like meeting other parents? Are you looking for a place where you can share the joys and concerns about being a parent? Come join us for *Parenting with Love & Logic, Early Childhood Parenting Made Fun!* Finally, a practical how-to book and study that will help you create a happy family with responsible kids. When parents start *Love & Logic* early in their children's lives, they dramatically increase the odds that the teenage years will be fun...instead of frantic. They also create kids who will begin school ready to learn.

Parents will learn how to:

- Show their tots that whining and arguing does not pay
- Put an end to misbehavior in public
- Smooth out mornings and bedtimes
- Calm sibling bickering and battling
- Take the battle out of meal times, tooth brushing, bathing, etc.
- Make potty training fun
- Teach respect, responsibility, and self-discipline
- And much, much more!

---

## WROC-A-Bye Babysitting Ministry

May 8 – June 19

Second and third Fridays: 6:00 – 9:00 p.m.

Cost: \$6 per child

Babysitting in Rooms 233- 239

Head sitter: Ruth Pederson



Calling all parents! Do you need a date night but the cost of babysitting along with dinner or movie is just too much? Is getting out beyond your budget? Are you a single parent who just needs a break? We have a gift for you. We have a great group of sitters ready to make your little one's evening a fun-filled playtime with friends. Toys, books, dress-up – it's all here! All sitters have proper clearances and have been carefully trained in how to care for your precious children. Dress your children in p.j.'s to make your job easier after pick-up.

**Maximum: 15 children per evening**

**Please complete the registration form in the back of this brochure – we need to have it on file.**

**Please put your cell phone number on the registration form, so we can reach you if necessary.**

When you need a Friday night, just call Ruth at 412-498-5702, and she will reserve your spot.

# Li'l WROcErs Summer Camp with Boz the Bear

The following programs are in cooperation with Westminster Presbyterian Church, Stretch-n-Grow (a nationally known fitness company for children) and South Arts. All instructors have been screened, and we have obtained all government clearances. The instructors and group leaders will make sure the children transition to each breakout class.

**Maximum children per class: 8**

**Please have your child bring a snack, box drink, or water bottle.**

## Li'l WROcErs with Special Needs

**Ages 3 – 5**

We will have a separate group for our special needs campers.

Please contact Lisa Boyd with questions. 412-835-6630, x 224

Each week your Li'l WROcEr will spend time with Boz the Bear learning and playing through a series of lessons:

### Session I: July 6 – July 17

**Monday, Wednesday, Friday**

**9:30 a.m. – noon**

**Cost: \$75**

#### Week 1: Colors and Shapes

In week one, BOZ, The Green Bear Next Door™, helps preschoolers discover that we can ...

- See a rainbow of colors just outside our windows when we spend time exploring God's green earth.
- Imagine and build all kinds of possibilities with the shapes we see every day.

Join Drew and Gracie as they count their blessings with their friend BOZ!

#### Breakout Classes:

**2 & 3 year olds: Boz Art and Reading  
Balls, Boz, and More Balls**

**4 & 5 year olds: Roll, Run, and Bozercize  
Music and Moving with Boz**

#### Week 2: B-O-Z's and 1-2-3's

BOZ, Drew, and Gracie discover exciting ways that numbers and letters can help us explore God's world. Preschoolers will find that we can ...

- Spell wonderful things with the special letters in our names.
- Count on great adventures with numbers.



#### Breakout Classes:

**2 & 3 year olds: Roll, Run, and Bozercize  
Music and Moving with Boz**

**4 & 5 year olds: Boz Art and Reading  
Balls, Boz, and More Balls**

### Session II: July 20 – July 31

**Monday, Wednesday, Friday**

**9:30 a.m. – noon**

**Cost: \$75**

#### Week 1: Friends and Helpers

In week one, BOZ, The Green Bear Next Door™, helps preschool children discover that ...

- By giving away some of our things, we share God's blessings with people who are less fortunate.
- We don't always get to do what we want to, but we can always help others out...and have fun doing it!
- We can try new things when we are willing to learn from others, including our friends.



#### Breakout Classes:

**2 & 3 year olds: Boz Art and Reading  
Balls, Boz, and More Balls**

**4 & 5 year olds: Roll, Run, and Bozercize  
Music and Moving with Boz**

#### Week 2: Banana's Bubbles and Busy Bodies

BOZ loves exploring God's world with his friends, Drew and Gracie. In our second week, BOZ, The Green Bear Next Door™ helps his friends discover that as we explore God's world, we discover the joys of being active, eating healthily, and getting clean!

BOZ, Drew, and Gracie discover ...

- God helps us grow stronger as we play with our friends.
- When we're hungry for a tasty treat, God's fruits and veggies are great to eat.

#### Breakout Classes:

**2 & 3 year olds: Roll, Run, and Bozercize  
Music and Moving with Boz**

**4 & 5 year olds: Boz Art and Reading  
Balls, Boz, and More Balls**

## Li'l WROcErs Summer Camp with Boz the Bear

### Breakout Classes:

#### BOZ Art and Reading

by *South Arts & Ruth Pederson*

Children love to listen to stories and Boz has so many fun and exciting stories to tell. Each camper will enjoy listening to Boz's adventures with Drew, Gracie, and Mom and Dad Baxter. Great stories like, *It's Fun to Share*, *Count Your Blessings*, and *God's Colorful World* will be enjoyed by all. To top it off they will take their stories to the art room to draw, paint, and create using their wonderful imaginations.



#### Music and More with Boz

by *Kim Jamison*

In our Music and More class, the children will explore musical concepts through singing, dancing, and playing instruments. Age-appropriate rhythm and percussion instruments will be incorporated into the class. Participants will receive handouts with suggestions for music activities to enjoy at home. Your camper will learn to sing along with Boz to *Squeaky Clean*, *Look In A Book*, *There's Fun To Share*, and more!

#### Balls, Boz, and More Balls

by *Stretch-n-Grow*

Let's get ready to play ball! Our Balls, Boz, and More Balls class is designed to introduce children to the skills they will need to play in team sports. Your child will learn skills, strategies, teamwork, and sportsmanship. We will cover the basics of soccer, basketball, football, and baseball. And best of all, our instructors are experienced at coaching children's sports. Fun for boys and girls!

#### Run, Jump, and Bozercise!

by *Stretch-n-Grow*

Our two-week, action-packed, fun fitness time is sure to get all of Boz's little friends learning the importance of keeping their bodies healthy through exercise! Each session – led by a certified fitness instructor – involves continuous activity that incorporates flexibility, motor skill development, and of course, lots and lots of fun! Highlights include obstacle courses, relay races, and team-building exercises.

**Additional Li'l WROcErs  
Summer Program Classes  
can be found on page 9.**

## Li'l WROcErs Summer Programs

### Basketball for Tots

Ages 3 – 6

Session I: May 5 – June 11

Tuesdays and/or Thursdays: 11:15 a.m. – Noon

Cost: \$96 (2 days) or \$48 (1 day) (non-refundable)

Session II: July 7 – August 13

Tuesdays and/or Thursdays: 11:15 a.m. – Noon

Cost: \$96 (2 days) or \$48 (1 day) (non-refundable)

Instructor: "Koach" Tim Conroy

Enjoy learning the glorious team sport of basketball. Have a blast learning to make baskets, dribble, pass, and play. Enthusiasm, excitement, and energy will be a part of every class. Have "Koach" teach your child this splendid athletic sport with God's grace and love. Tim Conroy has been teaching basketball to children for years. Bring your own ball if you have one.

### Preschool Science I

Learn-Play-Create

Ages 2 – 6

July 7 – 16

(Session I – Li'l WROcErs Summer Camp)

Tuesdays & Thursdays: 11:00 a.m. – noon

Cost: \$55

Classes held Kitchen Serving Area

Facilitator: Kathy Heinz

Class will include dinosaurs, volcanos, kaleidoscopes, rocket making, ice cream making and other fun science experiments specifically for the preschooler. This interactive class allows all young children to work together and captivate their attention in science at an early age. A great class for siblings to work side by side and enjoy time together, too.



### Preschool Science II

Learn-Play-Create

Ages 2 – 6

July 21 – 30

(Session II – Li'l WROcErs Summer Camp)

Tuesdays & Thursdays: 11:00 a.m. – noon

Cost: \$55

Classes held Kitchen Serving Area

Facilitator: Kathy Heinz

Class will include lava lamps, gooey experiments, wizard potions, chemical reactions and other amazing surprises along the way. Class will begin with a book reading and snack and venture into our fun projects. This class is a continuation of Preschool Science I.

# Li'l WROCs 2009 Summer Camp Registration

Additional registration forms can be downloaded from our website: [www.westminster-church.org/wroc.htm](http://www.westminster-church.org/wroc.htm)

Please sign and return the *entire* registration form.

Name of Child: \_\_\_\_\_ Age: \_\_\_\_\_

Name of Child: \_\_\_\_\_ Age: \_\_\_\_\_

Name of Child: \_\_\_\_\_ Age: \_\_\_\_\_

Name of Parent(s): \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Child Pick-Up

Please designate up to three adults who have permission to pick up your child from daily activities. Participants will not be released from the program until a designated adult signs them out.

**Name:** \_\_\_\_\_

Relationship to Child: \_\_\_\_\_ Phone: \_\_\_\_\_

**Name:** \_\_\_\_\_

Relationship to Child: \_\_\_\_\_ Phone: \_\_\_\_\_

**Name:** \_\_\_\_\_

Relationship to Child: \_\_\_\_\_ Phone: \_\_\_\_\_

## Class Registration

Please select the session(s) your child will attend:

Session I: July 6 - July 17

Name of Child: \_\_\_\_\_ \$ 75

Name of Child: \_\_\_\_\_ \$ 75

Name of Child: \_\_\_\_\_ \$ 75

Session II: July 20 - July 31

Name of Child: \_\_\_\_\_ \$ 75

Name of Child: \_\_\_\_\_ \$ 75

Name of Child: \_\_\_\_\_ \$ 75

Please complete information on back.

**Total Cost:** \_\_\_\_\_

**Check Number:** \_\_\_\_\_

Please return this form with checks made payable to: **WROC**  
Westminster Presbyterian Church, c/o WROC, 2040 Washington Road, Pittsburgh, PA 15241

CUT ALONG DOTTED LINE

# Li'l WROCers 2009 Summer Camp Registration

Additional registration forms can be downloaded from our website: [www.westminster-church.org/wroc.htm](http://www.westminster-church.org/wroc.htm)

## Medical Information

Please list any physical or medical conditions your child has, including any known allergies.

Child's Name

Medical Concern/Allergy

---

---

---

---

---

---

---

---

## Consent, Release, and Indemnity

I understand that participation in any of the WROC programming can present a risk of harm to the participant and that I have a personal responsibility for assuming any and all medical, hospital, and related expenses that may result from my own or my children's participation in any of the Recreation Center's programs.

I presently have satisfactory insurance coverage with:

\_\_\_\_\_  
Name of Insurance Carrier

\_\_\_\_\_  
Policy Number

I hereby release Westminster Presbyterian Church, affiliated and sponsored organizations, and its personnel, and agree to indemnify and hold harmless the church and its personnel from and against any liability of any nature whatsoever for any injury to myself and/or my son or daughter resulting or arising in any way from my/his or her participation in any programs offered through WROC Ministries.

\_\_\_\_\_  
Name of Parent/Guardian

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

Please return this form with checks made payable to: **WROC**  
Westminster Presbyterian Church, c/o WROC, 2040 Washington Road, Pittsburgh, PA 15241

CUT ALONG DOTTED LINE

# Li'l WROCers Summer Programs (cont'd)

## Dinosaur Day

Ages 2 – 6

Tuesday, May 12  
1:00 – 3:30 p.m.

Cost: \$20

Kitchen Serving Area  
(Fellowship Hall entrance at back of church)

Instructor: Kathy Heinz

This one-day program is all about having fun with dinosaurs. We will read dino books, enjoy dino science experiments, and create dino crafts. The afternoon will finish with a treat for kids that represents the extinction of dinosaurs. Parents are welcomed to stay.



## Ahoy, Matey!

I Want to Be a Pirate, ... or an Investigator,  
or a Magician, or an Artist!!!

Ages 2 – 6

May 26 – June 16

Tuesdays: 11:00 a.m. – 12:00 pm

Cost: \$40

(additional \$25 material fee to be paid at first class)

Kitchen Serving Area  
(Fellowship Hall entrance at back of church)

Instructor: Kathy Heinz

This is an interactive class where children will make authentic looking maps, periscopes, compasses, keepsake treasure pirate boxes, as well as do fingerprinting, and learn magic tricks. There is a different activity each week.

## Special Interests

### Eliminating Stress: Finding Inner Peace

May 4 – June 15 (no class 5/25)

Mondays: 6:30 – 7:30 p.m.

Cost: \$12 (cost of materials)

Room 231

Facilitator: Marilyn Hayes

This small group will focus on the techniques of stress reduction. Our time will include physical and spiritual aspects of dealing with stress using Brian L. Weiss's book *Eliminating Stress, Finding Inner Peace*. Studies have shown that learning to control stress reactors can eliminate physical manifestations. The goal of this class is to learn to let go of negative thoughts and emotions and discover inner peace, joy, and happiness.

### Teen Hip Hop

5th – 7th graders

May 6 – June 10

Wednesdays: 4:00 – 5:00 p.m.

Cost: \$24

Classes held in WROC (gym)

Instructor: Carson Murphy

Want to have some fun and learn how to dance Hip Hop? Come join our new teen Hip Hop classes and have a great time learning new moves and combinations that will have you Hip Hop dancing in no time. The classes are great for working on body isolations and movement, and are taught in a fun, relaxed atmosphere. Hip Hop is high energy street movement to R&B, Pop, and Hip Hop music, as seen in your favorite music videos. It emphasizes body movement and rhythm. Bring a water bottle.



# Special Interests

## Esther

by Beth Moore

May 7 – July 9

Thursdays: 9:30 - 11:30 a.m.

Cost: \$15 (cost of materials)

Child Care available - please pre-register

Classes held in Youth Lounge

Facilitator: Debby Underwood

Beth Moore's newest Bible study is **Esther: It's Tough Being a Woman**. Going up against heavyweights bent on her destruction, Esther trusted God and landed a blow that saved her people. The Old Testament story of Esther is a profile in courage and contains many modern parallels for today's woman. Esther's destiny can be yours as you know more deeply the God who is in your corner.

*If there is interest, the Esther study group may go together in the church van to:*

**Living Proof Live with Beth Moore**

**Petersen Events Center**

**University of Pittsburgh**

**Friday, June 12 - Saturday, June 13, 2009**

**Westminster Connectors** is a collaborative effort of caring networkers whose purpose is to help those in need by providing employment-related advice, guidance, assistance, or referrals to personal contacts in order to find employment opportunities.

## Seekers Meeting

May 12 – August 25

Second and fourth Tuesdays: 7:00 – 10:00 p.m.

Meeting held in Fellowship Hall

Facilitator: Bud Longfellow

The Seekers job-search group is free and open to anyone looking for a job. The objective is to provide a place for the unemployed to gather and receive encouragement, support, job-search tips, job leads, and valuable connections. Seekers was founded by a group of businessmen of Ingomar United Methodist Church in the North Hills and has helped hundreds of people find employment. If you are unemployed, know of somebody who is unemployed, know of available job openings, or are willing to share your personal network and help this outreach ministry, please contact Lisa Boyd at [lboyd@westminster-church.org](mailto:lboyd@westminster-church.org) or Jeff Crummie at [jeffcrummie@jeffcrummiespeaks.com](mailto:jeffcrummie@jeffcrummiespeaks.com).

## P.A.P.E.N. Meeting

Fridays: 9:00 - 11:00 a.m.

Room 176

Facilitator: Jeff Crummie

P.A.P.E.N. (Pennsylvania Professional Employment Network) is an on-going job networking group at Westminster Presbyterian Church, which meets to share information about job leads and job search tips. Please contact Jeff Crummie at [jeffcrummie@jeffcrummiespeaks.com](mailto:jeffcrummie@jeffcrummiespeaks.com) for more information.

## Skills Seminar

May 13 – June 10

Wednesdays: 7:00 – 10:00 p.m.

Room 238

Cost: \$75 to cover program materials.

Please call if a scholarship is needed.

Facilitator: Priority Two

(Priority Two, a faith-based non-profit 501 (c) (3) corporation, began in 1982 to help people going through the difficult experience of employment transition.)

If you are unemployed, under-employed, considering a career change, entering or re-entering the job market, this program is for you. This workshop covers concepts, skills, and techniques necessary and useful for a better job search campaign.

Topics covered include:

- Resumes, recruiters, and profiles
- Networking
- Managing your job search
- Written communications
- Interviewing

## Finding Your Gifts Workshop

June 17 – July 1

Wednesdays: 7:00 – 10:00 p.m.

Room 238

Cost: \$50 to cover program materials.

Please call if a scholarship is needed.

Facilitator: Priority Two

This three-session workshop identifies an individual's God-given gifts and shows how these gifts are used according to who we are. The program defines how and why we work, and this becomes the work identity of the individual participants (as opposed to what we do for work).

# 55+ Young at Heart

## 55+ Forever Fit Yoga

May 1 – August 28 (no class 6/26, 7/3)

Fridays: 10:15 – 11:15 a.m.

Cost: \$48

Classes held in Fitness Room above Gym

Instructor: Debbie Liberto

Debbie has designed a Christian-based yoga program that will move your whole body in a series of poses both seated and standing. You will increase your range of motion and balance as you safely perform a variety of postures with chair support. Debbie will bring your time to a close through final relaxation and breathing exercises designed to reduce stress and improve mental clarity. Don't miss this!

---

## Zumba Gold

May 2 – August 29 (no class 6/23, 7/4)

Tuesday: 10:15 – 11:15 a.m.

Saturday: 10:30 – 11:30 a.m.

Cost - two days/week: \$132 (or two payments of \$66)

Cost - one day/week: \$ 66

Cost - pay per class: \$ 5



Instructor:

Tuesday: Lisa Austin

Saturday: Bonnie Livingston

Zumba Gold is an innovative, fun, and exciting program. It was designed for the active older adult, the true beginner, people who are not used to exercising, or people who may be limited physically. This amazing program is very easy to follow, so anyone at any age will be able to do Zumba Gold. Dances that are specifically highlighted in this program include the Merengue, Salsa, Cha Cha, Cumbia, Salsa, Rock & Roll (including Twist and Charleston), Belly Dance, Flamenco, and Tango. Another program of Zumba Gold includes a chair workout for people who are sedentary or wheelchair bound. This is especially beneficial for those people who are in assisted living and short and long term care facilities.

Also see **Zumba Basics in Athletic Programs (page 16)**

### WROC Closed

May 25 - Memorial Day  
June 22 - 26 - Barefoot School  
July 4 - Independence Day

# 55+ Excursions



## Biblical Botanical Gardens

**Tuesday, June 9**

**Meet in the North Entrance Lobby at 10:30 a.m.**

**Cost: \$15**

Last August, the *Pittsburgh Post-Gazette* ran a feature on the Biblical Botanical Gardens. “This Garden is not a mere site of all things green and flowering, but a setting that replicates ancient Israel with a waterfall, desert, a stream and the Jordan, meandering through the garden like Lake Kineret to the Dead Sea,” is how the reporter described this small sanctuary. Irene

Jacobs and her husband, retired Rabbi Walter Jacob, were the “botanical brains” behind this garden, and Irene will be taking our group on a tour of its many wonderful sites. Don’t wait too long to sign-up because space is limited. **Maximum of 14**

## George Washington Hotel Bradford House Open Market

**Wednesday, July 8**

**Meet in the North Entrance Lobby at 10:30 a.m.**

**Cost: \$15**

What a day this will be! We will begin our trip at the George Washington Hotel with an early lunch at the Cherry Blossom Café (your own expense) with time to peruse this wonderful historic hotel, which houses the Malcolm Parcel Murals. After lunch, our group will walk the short distance to the Bradford House where everyone will be on their own to tour the house before we head down the street to the open market. The van will be nearby for those who need assistance. We will all meet together at 3:00 p.m. for our return home. **Maximum of 14**



## Barry Manilow’s Copacabana at the Benedum

**Saturday, August 1**

**Meet in the North Entrance Lobby at 1:00 p.m. - show begins at 2:00 p.m.**

**Cost: \$50**

Travel back in time with Lola, Tony, and Rico when “music and passion were always in fashion.” Inspired by Barry Manilow’s Grammy® Award-winning hit song “Copacabana,” this old-fashioned musical weaves a seductive story of love, jealousy, and murder as told through the eyes of an aspiring songwriter. Complete with splashy production numbers and an original Latin-inspired score, Copacabana features more than a few surprises for even the biggest Barry Manilow fan. **Maximum of 14**



# Athletics

## Fitness Buffet

For those with crazy schedules, we have the fitness buffet. Here you put together your own workout. If you would like Monday morning Aerobics, Tuesday evening Cardio-Sculpt, Thursday night WROC Walk, and Friday morning Stretchercise, just piece your fitness classes together using these prices:

**Cardio-Sculpt** \$5.50 per class  
**All other classes** \$4.00 per class if pre-registering  
**\$5.00 if paying per class**

Add your classes together and pay that sum. Please note on the registration form which classes you are taking on what days (instructors like to know!) Substitutions and make-ups are always allowed.

**Payments may be made in two installments:**

**1<sup>st</sup> payment due at registration**  
**2<sup>nd</sup> payment due July 1**

## Adult Open Basketball

**May 4 – August 27 (no game 5/25, 6/22, 6/25)**  
**Mondays & Thursdays: 8:10 – 10:00 p.m.**

**Cost: \$25**

***All players must be at least 18 years old and complete a registration and liability form.***

Want to play some hoops? Men's drop-in basketball is every Monday and Thursday. It's a good workout and a lot of fun. We pick up teams each week and play. Stop in and check it out!

## Adult Open Volleyball

**May 5 – August 28 (no game 6/23, 6/26, 7/3)**  
**Tuesdays & Fridays: 8:00 – 10:00 p.m.**

**Cost: \$25**

***All players must be at least 18 years old and complete a registration and liability form.***

**Sponsor: Bryan Kern**

Do you need to let off some steam after a hard day at work or with the kids? Then come spike some balls at the WROC with a coed group of volleyball players. It's a great physical workout and a great way to make new friends.

## Boot Camp

**May 5 – August 27**

**Tuesdays & Thursdays: 6:00 – 7:00 a.m.**

**Cost: \$136 (or two payments of \$68)**  
**or \$ 5 per class**

**Instructor: Lisa Austin**

WROC Boot Camp is designed for those determined to whip their bodies into shape. It's a challenge you won't want to miss! Boot Camp workouts are efficient because you work your entire body – heart and muscles – by going from one exercise to another. The workouts involve calisthenics like push-ups, jumping jacks, crunches, and other body weight exercises – the difference lies in the intensity. In Boot Camp, your challenge is to take your body to its limit. You work, you sweat, and best of all, you burn calories like crazy.

Boot Camp workouts are:

- A great way to burn lots of calories.
- Efficient – you work your whole body in a short period of time.
- Fun – each exercise is different so you don't get bored.
- Easy to fit into a busy schedule – you can do them anywhere with little equipment.
- As challenging as you want them to be.

## WROC Construction

The WROC will be under construction at some point this Spring/Summer while air conditioning is installed. Please keep an eye on your email as we may have to cancel or reschedule classes to accommodate this work.

Thanks for your patience!

# Athletics

## M-W-F Morning Aerobics

May 1 – June 12\* (no class 5/25)

Monday, Wednesday, Friday: 9:30 – 10:30 a.m.

Cost: \$72

Child Care: \$36 per child

Instructor: Cindy Egeland

A high-energy class, completely low-impact, with a variety of music. This workout is recommended for and adaptable to a range of fitness levels (from beginner to very fit) and ages (students, young moms, older adults, all in the same class!) since it is also gentle on the joints. Upper, lower, and mid-body strength are included. Equipment provided – so just bring a mat and water bottle. Appropriate footwear required.

\* M-W-F Morning Aerobics will resume in September.

## Cardio-Sculpt

May 2 – August 29

(no class 6/23, 7/4, 7/28, 8/1, 8/4, 8/8)

Tuesdays: 6:15 – 7:45 p.m.

Saturdays: 7:30 – 9:00 a.m.

Cost: \$160 (or two payments of \$80)

Instructor: Cindy Egeland

This 90-minute class combines half hour low-impact cardiovascular conditioning and one hour resistive training. Both segments are adaptable to all fitness levels and require no previous experience. The benefits of resistive training include improved body composition, improved bone density, and increased strength of ligaments and tendons. Bands, tubes, and dumbbells are provided. Complete and full body stretch for improved flexibility. Exercise mat, water bottle, and appropriate footwear required.

## Strength-Sculpt-Stretch

May 2 – August 29

(no class 6/23, 7/4, 7/28, 8/1, 8/4, 8/8)

Tuesdays: 6:45 – 7:45 p.m.

Saturdays: 8:00 – 9:00 a.m.

Cost: \$116 (or two payments of \$58)

Instructor: Cindy Egeland

Register for the 60-minute resistance-training segment of the above **Cardio-Sculpt** class. See description above. This is for those desiring weight training only; join in the class as they finish the cardio segment.

## T-TH Morning Aerobics

June 16 – August 27

(no class 6/23, 6/25, 7/28, 7/30, 8/4, 8/6)

Tuesday & Thursdays: 9:00 to 10:00 a.m.

Cost: \$64

Child Care: \$32 per child

Instructor: Cindy Egeland

(See description for M-W-F Morning Aerobics.)

**You *must* pre-register for Child Care.**

## PraiseMoves® Yoga

June 3 – August 26

Wednesdays: 6:30 - 7:30 p.m.

Cost: \$52

Class held in Fitness Room (above the gym)

Instructor: Debbie Liberto

PraiseMoves® is a stretching and strengthening class involving postures much like yoga. It combines deep stretching, gentle movement, and strong scripture for weight loss, stress relief, flexibility, and strength. It improves circulation and coordination and reduces stress as you meditate on God's Word both during the workout and in final relaxation. Come glorify God in your workout! Please wear clothing that allows you to move freely, bring tennis shoes for the warm-up, and an exercise mat.

## Resistance Training

May 5 – August 27 (no class 6/23, 6/25)

Tuesdays & Thursdays: 9:30 – 10:30 a.m.

Cost: \$128 (or two payments of \$64)

Child Care: \$64 per child (or two payments of \$32)

Class held in Fitness Room (above the gym)

Instructor: Gailya Woodyard

Muscle dictates metabolism! Sculpt your abs, develop strength with muscle tone, and increase your flexibility. Replace traditional exercise with a fit ball and rubber tubing. Open to all ages and fitness levels.

A limited amount of childcare is available for this class. You must pre-register for this service in order to ensure the correct ratio of sitters to children.

# Athletics

## Stretchercize

**May 1 – August 31**

(no class 5/25, 6/22, 6/24, 6/26, 6/29, 7/1, 7/3)

**Mondays, Wednesdays & Fridays: 8:00 – 9:00 a.m.**

**Cost: \$184 (or two payments of \$92)**

**Instructor: Pam Hart**

Stretchercize is great way to start your day with more energy, flexibility, and a positive outlook. This class combines great music, low impact aerobics, strength training (using weights, tubing, and resistance bands), and stretching. Pilates mat work is also used to relax your mind, strengthen your back, tighten your tummy, and tone and lengthen your muscles. Bring a mat and a water bottle. Resistance equipment is provided. Come and enjoy improving your fitness!

## Yoga

**May 4 – August 31 (no class 5/25)**

**Mondays: 6:30 – 7:30 p.m.**

**Cost: \$68**

**Room 194 – across from Fellowship Hall**

**Instructor: Beth Patton**

Participants will practice different asanas, or poses, that will improve their mental and physical strength and increase flexibility. Class structure includes standing poses, balancing, abdominal work, and relaxation. All work will be based on the level of participants, with accommodations made so that every student will have a fulfilling yoga experience. Benefits of yoga include increased muscle tone and flexibility, improved range of motion, stress management, and heightened self-awareness.

### Pay Per Class Option

If you choose to pay per class, instead of pre-paying, the cost per class will be \$5.00 for all athletic classes.

You must still complete and submit a registration form at your first class.

## WROC Walk: Indoor Fitness Walking

**May 4 – August 31**

(no class 5/25, 6/22, 6/25, 6/29, 7/2)

**Mondays & Thursdays: 7:00 – 8:00 p.m.**

**Cost: \$120 (or two payments of \$60)**

**Instructor: Pam Hart**

Get the fat-burning benefits of a two-mile walk no matter what the weather is like outside. With ultra-simple, low-impact steps like marches, kicks, taps, and side steps, this workout is perfect for everyone's ability. There's a lot of variety but no frustrating choreography. In the first 30 minutes, you will do the equivalent of two miles of walking as well as toning and building muscle in your upper and lower body with light hand weights and a variety of arm movements. The second half of the class will focus on toning and sculpting the body with weights, tubing, and resistance bands as well as strengthening and stretching with Pilates. Tips for healthy living are given in each class. Bring a mat and a water bottle. Resistance equipment is provided.

The WROC brochure and registration form can also be downloaded from [www.westminster-church.org/wroc](http://www.westminster-church.org/wroc).

# Athletics



## Zumba

May 5 – June 11

(will resume first week of September)

Tuesdays & Thursdays: 9:00 – 10:00 a.m.

Cost - two days/week: \$48

Cost - one day/week: \$24

Child Care: \$24 or \$2 per child per class

Instructor: Debbie Colditz

It's the largest Latin-inspired fitness program in the world! Zumba is the fitness craze that is sweeping the nation and has become the favorite group exercise class in health clubs throughout the world. Zumba is a fusion of Latin and International music – dance themes that create a dynamic, exciting, effective fitness system! Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be “fun and easy to do,” allowing Zumba participants to stick to the Zumba fitness program and achieve long-term health benefits.

Dance/fitness sneakers or sneakers with a worn tread are recommended but not required. Bring a water bottle.

---

## Zumba - Saturdays

May 2 – August 29 (no class 7/4)

Saturdays: 9:30 - 10:30 a.m.

Cost: \$68

Instructor: Bonnie Livingston

See description above.

---

## Zumba Basics

May 7 – August 27 (no class 6/25)

Thursdays: 10:15 – 11:15 a.m.

Cost: \$64

Instructor: Lisa Austin

The Zumba Basics program is an innovative, fun, and exciting program. It is designed for the true beginner, people who are not used to exercising, or people who may be limited physically. The main difference between Zumba Gold and Zumba Basic is Zumba Basics is done at a slightly higher intensity. The same great Latin styles of music and dance are used. This amazing program is very easy to follow, so anyone at any age will be able to do Zumba Basics. Dances that are specifically highlighted in this program include the Merengue, Salsa, Cha Cha, Cumbia, Rock & Roll (including Twist and Charleston), Belly Dance, Flamenco, and Tango.

**All classes are held in the WROC (gym)  
unless otherwise noted.**

# Creative Expression

## Prayer Shawl Ministry Knit in His Spirit

May 5 – August 18  
First and third Tuesdays of every month  
7:00 – 9:00 p.m.



Cost: \$20 for new members  
\$ 5 per night for beginners' instruction

Memorial Parlor (May)  
Amy Sanders' home (June - August)

Join us as we enjoy the bright sunshine and lazy days of summer by blending the care and love of knitting into the creation of loving prayer shawls for people in need of comfort, friendship, and solace. What a great way to enjoy many hours of knitting (or crocheting) shawls, lap robes, and military helmet liners for those in need - all in the company of fellow knitters. We'll enjoy spring in the Memorial Parlor and then move to Amy's home to enjoy the covered deck and/or air-conditioned comfort for relaxing summer evenings. Prior experience is not required. The only prerequisite is a desire to spend a delightful evening of knitting and conversation. Our schedule is flexible, and attendance at every session is not required. Beginners and experienced knitters are encouraged to become a part of this very special ministry. Come join the fun this spring, beginning Tuesday, May 5, and discover a wonderful world of yarns and knitting.

**Materials:** needles, yarn, and directions provided for your first project. For more information, contact Amy Sanders at 412-831-5138 or [grammarqueenbee@hotmail.com](mailto:grammarqueenbee@hotmail.com).

## Introduction to Digital Photography

May 11 – June 8 (no class 5/25)  
Mondays: 6:30 – 8:00 p.m.

Cost: \$45

Room 176

Instructor: Kathy Kasunich  
Professional Freelance Photographer

This class will introduce students to the basics of digital photography and technology that all cameras use, for point and shoot cameras as well as digital SLR. The class will include discussion of the differences between the two types of cameras, basic functions, equipment software, transferring pictures from the camera to computer, organizing photos, and sharing photos via internet and email. We will also discuss shutter speed, aperture, and the automatic modes on the camera and how to take better pictures. Students should bring a camera and instruction manual to class along with specific questions or problems.

## Downsizing Step-by-Step: Two-day Class

May 19 and 26  
Tuesdays: 5:30 – 7:00 p.m.

Cost: \$40

Room 176  
Fellowship Hall entrance at back of the church

Instructor: Kamryn York  
Discover Organizing

Are you overwhelmed by the thought of relocating or downsizing? Kamryn York, Professional Organizer, will take you step-by-step through the process of downsizing. The course will focus on strategies to sort through your belongings and help you make those difficult decisions in an organized fashion. We'll then discuss what to do with your belongings once they are sorted. Class participants will also learn how to establish a plan to use while going through the process of downsizing. This can be a very difficult time, so come and learn ways to efficiently tackle this project.

## Watercolor Painting

May 16 – June 27  
Saturdays: 11:00 a.m. – 1:00 p.m.

Cost: \$70

Room 176  
Fellowship Hall entrance at back of church

Instructor: Laura Lutton

In this relaxed class, students will learn the basic techniques of watercolor painting such as rice and salt washes, tint, and shading. Many beautiful paintings will be created. A still life will be provided by the instructor or students may bring a photograph to create from.

Supplies will be discussed at the first class.

### Do you have an idea for a WROC class?

We'd love to hear about it!  
Call Lisa Boyd at 412-835-6630 x 224,  
or email her at [lboyd@westminster-church.org](mailto:lboyd@westminster-church.org).

# Creative Expression for Special Needs



“The following program is targeted for those individuals with various forms of disabilities that need additional support to be independent and/or successful.”

## Movie Night!

Older youth and younger adults

May, 5, 12, 19, 26 & June 2

Tuesdays: 6:15 – 8:00 p.m.

Cost: \$6

Fellowship Hall entrance at back of church

Wheelchair accessible

Join Judy and Wendy, and take in some great movies! Cost includes snacks (popcorn, bottled water, or sugar free beverages). You may pay weekly at the door. Movie choices will be announced in advance. Register and we will call or email you the movie titles.

---

## Summer Therapeutic Activities for Teens (STAT)

Session I: June 15 – July 10

Session II: July 13 – August 7

Monday – Friday: 9:30 a.m. – 3:30 p.m.

Participants are only permitted to attend one site for one session.

Cost: Program costs may be covered through a BHRS plan, if the adolescent is eligible. Alternatively, school districts may elect to place a teen in Camp *STAT* to meet their ESY obligation. Watson staff will work with school personnel to insure congruity between camp programming and ESY objectives. For additional information, contact our office clerk, Daryl, at 412-749-2889 or go onto our website ([www.thewatsoninstitute.org/services.jsp](http://www.thewatsoninstitute.org/services.jsp)) and click “Summer Camp Programs.”

*A therapeutic summer camp program for adolescents with Asperger’s disorder/high functioning autism:*

*The Summer Therapeutic Activities for Teens (STAT) program of The Watson Institute is specifically designed for adolescents with Asperger’s disorder and autism. The program focuses on the development of social competencies and includes both therapeutic and recreational components. Appropriate candidates need to have the ability to benefit from verbally based intervention methods. By the time that most typical teenagers reach adolescence, they have already acquired their own “circle of friends.” For teenagers with Asperger’s disorder and high functioning autism, social interactions often continue to be difficult, even for those who show a desire to be part of a group. Watson has developed *STAT* to help teens become part of a group, and develop a “circle of friends” of their own that could possibly continue beyond the summer months.*

To register for this event you must contact Watson Institute: office clerk, Daryl, at 412-749-2889 or go onto our website ([www.thewatsoninstitute.org/services.jsp](http://www.thewatsoninstitute.org/services.jsp)) and click “Summer Camp Programs.”

# Important WROC Information

## WROC Registration

---

All classes require pre-registration by completing the entire WROC registration form included in this brochure. Even if you have taken this class before, we still ask that you register for this session. The instructors get a class roster for each season, and if we do not receive a new registration form, you will not be listed in the class. This is especially necessary if an instructor needs to cancel a class due to weather or other unforeseen event.

Please sign up **before** the first day of the class. All classes must meet the minimum enrollment. Classes not having the minimum number of participants will be canceled.

## Child Care Registration

*Pre-registration required.*

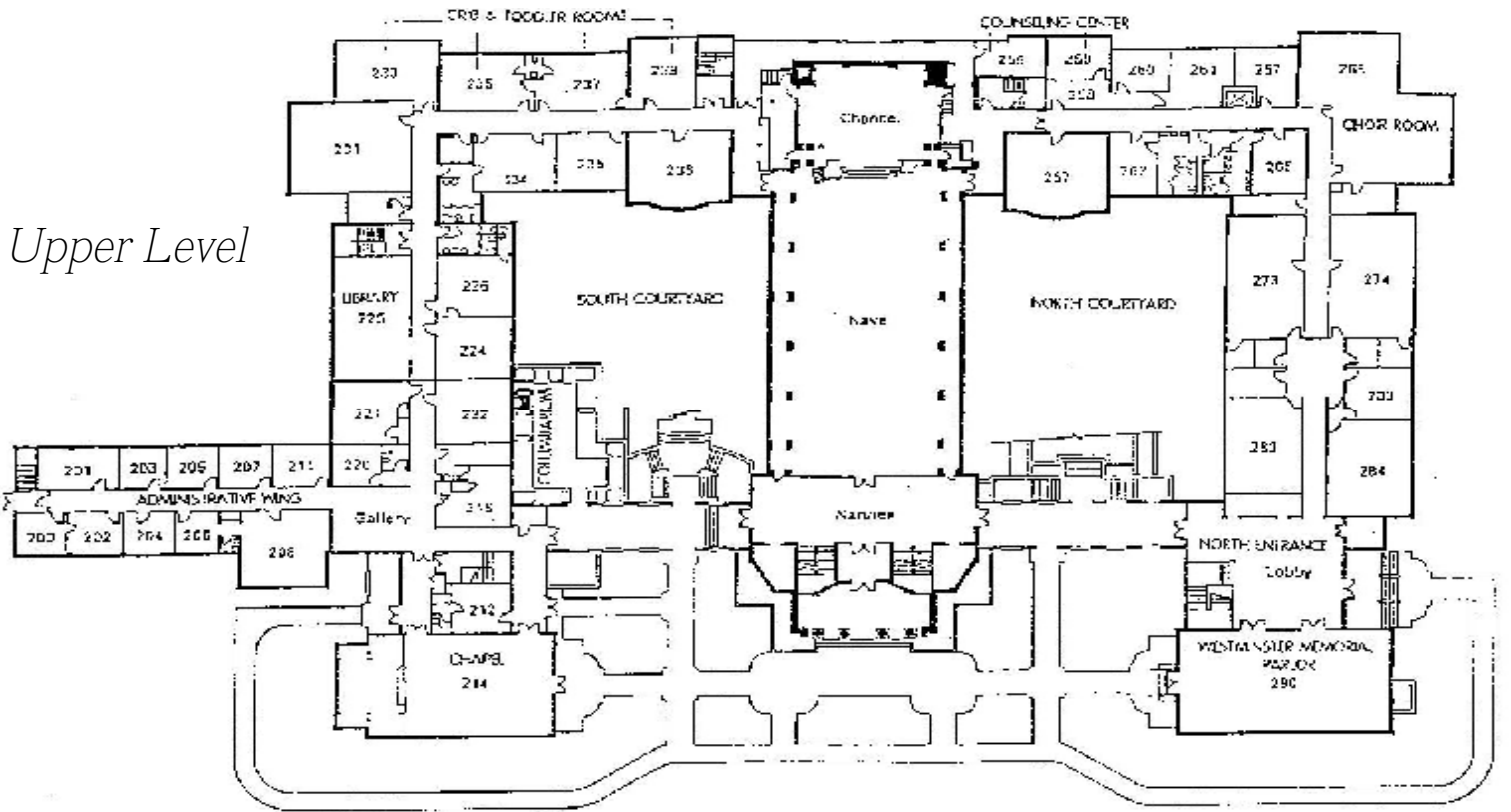
Several morning classes and some evening classes offer child care. **Child care is by advance reservation only.** In order to properly care for your child, we need to make sure there is adequate adult supervision. Please complete the child care information on the WROC reservation form.

## Not sure about an athletic class? Try it out for free!

Complete a registration form during your first visit. If you like the class, bring your check the next time!

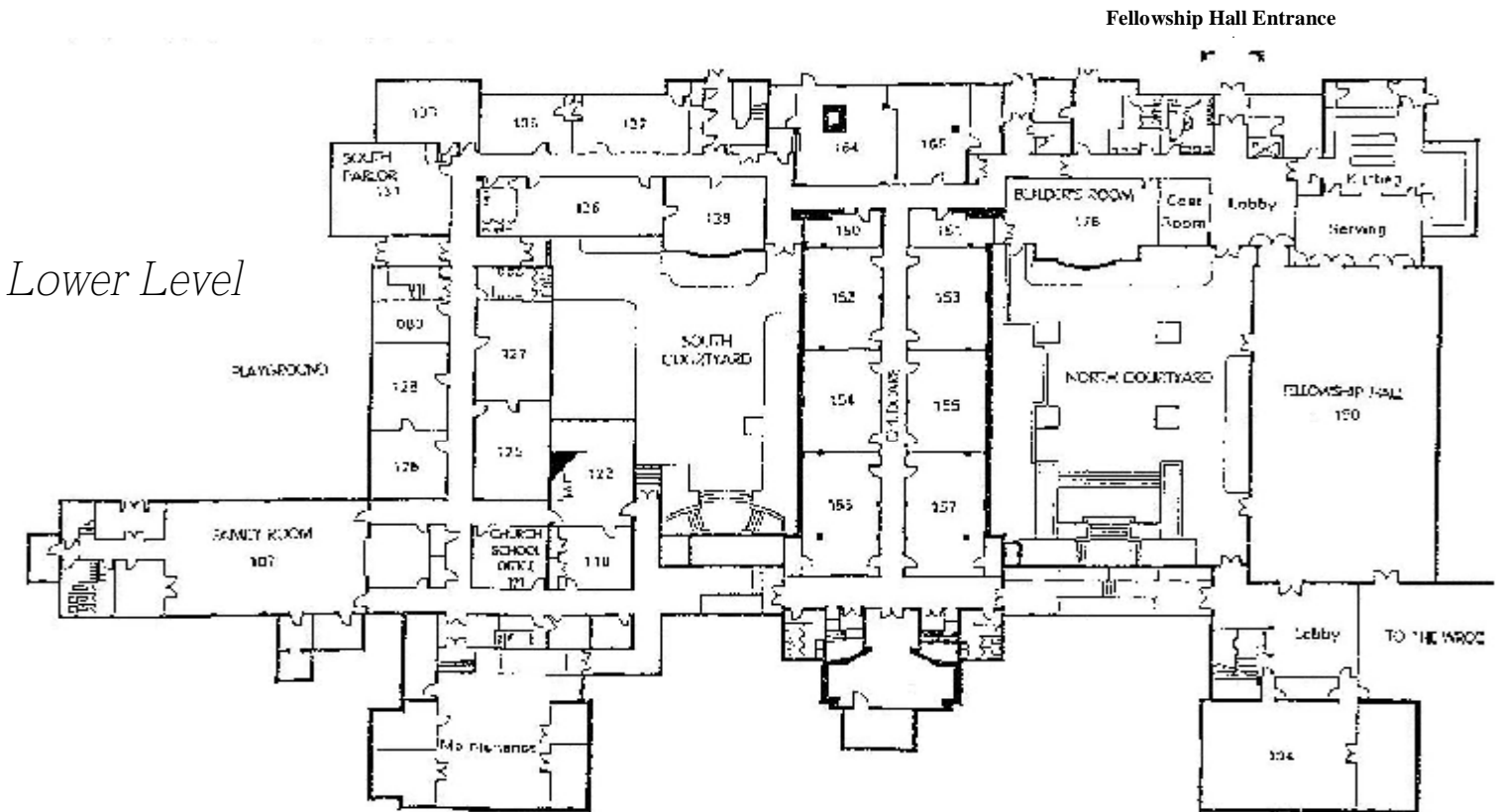
The WROC brochure and registration form can also be downloaded from  
[www.westminster-church.org/wroc](http://www.westminster-church.org/wroc).

# Westminster Presbyterian Church



*Upper Level*

FRONT OF CHURCH—ROUTE 19



*Lower Level*

Fellowship Hall Entrance

# WROC Summer 2009 Registration

**All participants in all programs must sign and return the *entire* registration form.**

Name of participant: \_\_\_\_\_ Age, if under 18: \_\_\_\_\_

Name of parent if participant is under 18: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Westminster Church Member

Non-member

## Activity Registration

CUT ALONG DOTTED LINE

	<u>Cost</u>	<u>Amt. Paid</u>
<b>Special Interests for Parents (page 4)</b>		
Parenting with Love & Logic	\$ 40	_____
WROC-A-Bye	\$ 6	_____
<b>Li'l WROCers (page 5 - 9)</b>		
Summer Camp (use camp registration form on page 7)		
Basketball for Tots		
Session I: May 5 - June 11		
Tuesday	\$ 48	_____
Thursday	\$ 48	_____
Tuesday & Thursday	\$ 96	_____
Session II: July 7 - August 13		
Tuesday	\$ 48	_____
Thursday	\$ 48	_____
Tuesday & Thursday	\$ 96	_____
Preschool Science I	\$ 55	_____
Preschool Science II	\$ 55	_____
Dinosaur Day	\$ 20	_____
Ahoy, Matey!	\$ 40	_____
<b>Special Interests (pages 9 - 10)</b>		
Eliminating Stress	\$ 12	_____
Teen Hip Hop	\$ 24	_____
Esther by Beth Moore	\$ 15	_____
Westminster Connectors		
Seekers	Free	_____
P.A.P.E.N.	Free	_____
Skills Seminar	\$ 75	_____
Finding Your Gifts	\$ 50	_____
<b>55+ Young At Heart (page 11)</b>		
Forever Fit Yoga	\$ 48	_____
Zumba Gold		
Tuesday	\$ 66	_____
Saturday	\$ 66	_____
<b>Total column A:</b>	<b>\$</b>	_____

	<u>Cost</u>	<u>Amt. Paid</u>
<b>55+ Excursions (page 12)</b>		
Biblical Botanical Gardens	\$ 15	_____
George Washington Hotel	\$ 15	_____
Barry Manilow's Copacabana	\$ 50	_____
<b>Athletics (pages 13 - 16)</b>		
Adult Open Basketball	\$ 25	_____
Adult Open Volleyball	\$ 25	_____
Boot Camp	\$ 136	_____
Cardio-Sculpt	\$ 160	_____
M-W-F Morning Aerobics	\$ 72	_____
PraiseMoves Yoga	\$ 52	_____
Resistance Training	\$ 128	_____
Strength-Sculpt-Stretch	\$ 116	_____
Stretchcize	\$ 184	_____
T-Th Morning Aerobics	\$ 64	_____
WROC Walk	\$ 120	_____
Yoga	\$ 68	_____
Zumba		
Tuesday	\$ 24	_____
Thursday	\$ 24	_____
Tuesday & Thursday	\$ 48	_____
Saturday	\$ 68	_____
Zumba Basics	\$ 64	_____
<b>Creative Expression (pages 17)</b>		
Prayer Shawl Ministry	\$ 20	_____
Intro to Digital Photography	\$ 45	_____
Downsizing Step-by-Step	\$ 40	_____
Watercolor Painting	\$ 70	_____
<b>Creative Expression for Special Needs (page 18)</b>		
Movie Night		
May 5	\$ 6	_____
May 12	\$ 6	_____
May 19	\$ 6	_____
May 26	\$ 6	_____
June 2	\$ 6	_____
<b>Total column B:</b>	<b>\$</b>	_____

Please complete information on back.

Please return this form with checks made payable to: **WROC**  
Westminster Presbyterian Church, c/o WROC, 2040 Washington Road, Pittsburgh, PA 15241

# WROC Summer 2009 Registration

Additional registration forms can be downloaded from our website: [www.westminster-church.org/wroc.htm](http://www.westminster-church.org/wroc.htm)

## Medical History

Please list any medical conditions or physical limitations you have.

---

---

## Child Care Registration (Please check specific class for availability.)

<u>Child's Name</u>	<u>Child's Age/Comments</u>	<u>Activity Fee</u>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
		<b>Total Child Care Cost:</b> <hr/>

## Consent, Release, and Indemnity

I understand that participation in any of the WROC programming can present a risk of harm to the participant and that I have a personal responsibility for assuming any and all medical, hospital, and related expenses that may result from my own or my children's participation in any of the Recreation Center's programs.

I presently have satisfactory insurance coverage with:

---

Name of Insurance Carrier 

---

Policy Number

I hereby release Westminster Presbyterian Church, affiliated and sponsored organizations, and its personnel, and agree to indemnify and hold harmless the church and its personnel from and against any liability of any nature whatsoever for any injury to myself and/or my son or daughter resulting or arising in any way from my/his/her participation in any programs offered through WROC Ministries.

---

Name (Parent/Guardian if under 18) 

---

Signature (Parent/Guardian if under 18)

---

Date

<b>Total from column A (front)</b>	\$	<hr/>
<b>Total from column B (front)</b>	\$	<hr/>
<b>Total from Child Care (above)</b>	\$	<hr/>
<b>Total amount paid</b>	\$	<hr/>
<b>Check Number:</b>		<hr/>

Please return this form with checks made payable to: **WROC**  
Westminster Presbyterian Church, c/o WROC, 2040 Washington Road, Pittsburgh, PA 15241

CUT AT DOTTED LINE



**20% off - First-Timer  
Non-Athletic Program**  
Westminster Recreation Outreach Center

This certificate entitles first-time WROC registrant to 20% off any non-athletic program.

Westminster Presbyterian Church  
2040 Washington Road  
Pittsburgh, PA 15241  
412-835-6630 ext. 224

Participant: \_\_\_\_\_

Class: \_\_\_\_\_

Expires: 1/1/10

Not redeemable for cash

WSB09



**\$10 off - First-Timer  
Athletic Program**  
Westminster Recreation Outreach Center

This certificate entitles first-time WROC registrant to \$10 off any athletic program.

Westminster Presbyterian Church  
2040 Washington Road  
Pittsburgh, PA 15241  
412-835-6630 ext. 224

Participant: \_\_\_\_\_

Class: \_\_\_\_\_

Expires: 1/1/10

Not redeemable for cash

WSB09

**\$20 off - Register a First-Time Friend  
Athletic Program**  
Westminster Recreation Outreach Center

This certificate entitles WROC registrant to \$20 off any athletic program when friend registers.

Westminster Presbyterian Church  
2040 Washington Road  
Pittsburgh, PA 15241  
412-835-6630 ext. 224

Participant: \_\_\_\_\_

Friend: \_\_\_\_\_

Class: \_\_\_\_\_

Expires: 1/1/10

Not redeemable for cash

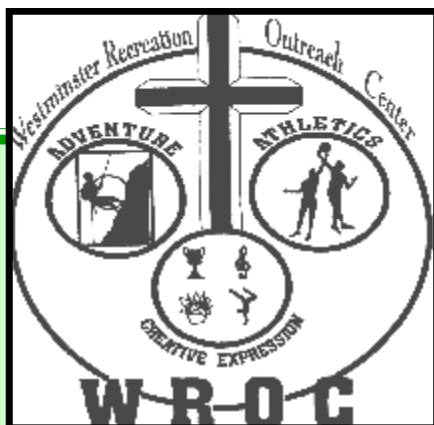
WSB09

Westminster Presbyterian Church  
2040 Washington Road  
Pittsburgh, PA 15241

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
PITTSBURGH, PA  
PERMIT 2748

**Address Service Requested**

**Dated Material - Please Deliver Immediately**



***The WROC***

*at*

Westminster Presbyterian Church  
2040 Washington Road  
Pittsburgh, PA 15241  
412-835-6630 x 224

[www.westminster-church.org/wroc](http://www.westminster-church.org/wroc)

Lisa Boyd, WROC Director

[lboyd@westminster-church.org](mailto:lboyd@westminster-church.org)

Westminster's WROC brochure and registration form can be downloaded from our website:

[www.westminster-church.org/wroc](http://www.westminster-church.org/wroc)



Please help to care for God's creation  
by recycling this brochure in the bin in our north parking lot.