



Carter Community Building Association

recreation and fitness for all ages

Our Latest News & Updates

We've been busy improving our facilities, adding more in-person and online classes, and welcoming new and returning members! And did you see the [article in the Valley News today?](#) There's a lot going on around here!

We are excited about bipolar ionization - and we think you will be too!

BIPOLAR IONIZATION WILL BE INSTALLED IN THE WITHERELL RECREATION CENTER BY THE END OF OCTOBER. WE ALREADY INSTALLED THIS TECHNOLOGY IN OUR PRESCHOOL!

Here is a good explanation of how this technology works:

Integrated into HVAC systems, the technology utilizes specialized tubes that take oxygen molecules from the air and convert them into charged atoms that then cluster around microparticles, surrounding and deactivating harmful substances like airborne mold, bacteria, allergens, and viruses.

They also attach to expelled breath droplets and dust particles that can transport viruses, enlarging them so they're more easily caught in filters. It's an active process that provides continuous disinfection. "The ions produce a chemical reaction on the cell membrane surface that inactivates the virus," Philip Tierno, a clinical professor of microbiology and pathology at the NYU School of Medicine, told Business Insider. "It can reduce 99.9% of microbes in a matter of minutes."

-Melanie Haiken, *Business Insider*, April 8, 2020

Fun fact: What do Johns Hopkins, Google Headquarters, LaGuardia Airport and the CCBA all have in common? You guessed it. We have all embraced bipolar ionization technology!

WE HAVE EXCITING NEW SPECIALTY CLASSES THIS FALL!

Visit our Website for the Full Class List

Learn to Lift

Ever wanted to know how to use the free weight room confidently? We still have room in our **LEARN TO LIFT** program taught by Personal Trainer and Bodybuilding Coach, Kelsi Nanatovich.

Wednesdays at 5:30 pm.
5 sessions left. [Email us to find out more!](#)

Wednesdays
5:30 - 6:30 pm

Session 1: Oct. 7 - 21
squat, overhead press, chin up
Member/\$35 Non-Member/\$45

Session 2: Oct. 28 - Nov. 11
bench press, deadlift, bar dips
Member/\$35 Non-Member/\$45

Learn to Lift!

Brains & Balance Over 60

We are excited to offer a special series designed to improve your neuroplasticity. Through a series of balance exercises and brain games, you can improve your cognitive function and reduce falls. Personal Trainer Leslie Hunter will lead this progressive series of classes. \$40/Member | \$55/Non-member. [Email us to sign up!](#)

NEW SERIES! Brains & Balance Over 60

Wednesdays
10-11:00 AM

NOVEMBER 4 - 25

Taught by CCBA Personal Trainer
Leslie Hunter

Get Ready for Ski Season!

We are offering a three week class focused on getting you ready to hit the slopes! Lower body conditioning, joint protection and core work will be covered. Our clinically-based strength and conditioning coach and Personal Trainer Phil DeNigris will lead these classes on Thursdays at 5:30 pm starting on November 3rd. \$35/Member | \$45/Non-Member [Email us to find out more!](#)

GET READY FOR SKI SEASON!

WITH PERSONAL TRAINER
PHIL DENIGRIS

ATTENTION SWIMMERS!

Please note that the pool will be closed beginning Thursday, 10/15. We will be re-grouting the pool and we estimate a two-week closure. When the pool reopens, there will be several child and adult swim lesson opportunities. You may have also noticed that we upgraded all of the lights on the pool deck and upper deck to brighter, energy-efficient LEDs. It looks great!

Looking ahead, we hope to open up half of the Pat Walsh gymnasium's basketball courts for skills practices and rentals. If you want to learn more about basketball opportunities, please [email us](#).

Wishing you all a great week,

The CCBA Team

NOTE OUR EXTENDED HOURS:

Monday - Thursday 5:30 am - 7:00 pm

Friday 5:30 am - 1:00 pm

Saturday 7:00 am - 12:00 pm

