



FALL INTO SPORTS!

Back to School. Back to Sports. Back to Being Active!

As the leaves begin to change and a new school year gets underway, fall is the perfect time to get kids moving, trying new activities, and reconnecting with teammates and friends. Whether your child is a seasoned athlete or trying a sport for the very first time, our fall programs offer opportunities for kids of all ages and skill levels to get active, build confidence, learn new skills, and—most importantly—have fun! As the season gets into full swing, our gyms and fields will be buzzing with activity, from sports leagues and practices to classes, rentals, and special events. The **John E. Tonti CenterPlex, the SCC, and Center Circle Fieldhouse** will be filled with opportunities for our community to get active, get involved, make new connections, and enjoy all that fall sports and recreation have to offer.

Why Sports Matter

Getting kids involved in sports is about so much more than keeping them busy. Sports help children develop confidence, teamwork, communication, perseverance, and friendships—all while staying active and having fun.

As parents and coaches, one of the best things we can do is remind young athletes that it's okay to make mistakes, try something new, and learn at their own pace. The goal isn't always to win, the goal is to grow, have fun, and keep moving!

Fall Sports Safety Tip

Keep Kids Safe, Healthy & Ready to Play!

As kids get back into their fall sports routines, a few simple habits can help keep them feeling their best. Encourage young athletes to stay hydrated throughout the day, warm up and stretch before activity, and wear the proper shoes and equipment for their sport.

It's also important to listen to their bodies and take breaks when needed along with choosing nutritious meals and snacks that give them energy needed to play and recover. Most importantly, encourage kids to have fun, support their teammates, and enjoy being active this fall! Every athlete develops at a different pace. Celebrate effort and progress!

A Name That Honors a Legacy: The John E. Tonti CenterPlex



This fall, we are proud to celebrate the unveiling of the **John E. Tonti CenterPlex**, a special recognition honoring a person whose dedication, leadership, and commitment to our community have made a lasting impact. It is an opportunity for friends, family, and community members to come together and recognize the importance of a person who has given so much to others.

The renaming of the CenterPlex facility honoring **John E. Tonti** is a way to acknowledge the difference he has made in Salem. His name will now be connected to a place that represents many of the values he has supported; community, opportunity, teamwork, and helping others.

We are honored to forever recognize his name and are grateful for the opportunities and living legacy he has helped to create in our community.

Celebrating Inclusion: Our Partnership with Abilities Unite



We're excited to highlight our collaboration with **Abilities Unite**. Abilities Unite Soccer is a community-based soccer program designed to meet the needs of children and adults with developmental disabilities.

This partnership is about more than just playing soccer—it's about creating an inclusive environment where athletes of all abilities can participate, improve fitness and self-esteem, build friendships, develop skills, and experience the joy of being part of a team.

We're proud to work alongside Abilities Unite to help create more opportunities for everyone in our community to get involved in sports. Every athlete deserves a chance to play, learn, and belong!

Fall Programs at the SCC.....Try Something New!

Have you been thinking about trying a new class or a sport?

October is the perfect time to step outside of your comfort zone. Whether it is yoga, cycling, strength training, pickleball, soccer, dance or another fitness class or sport, trying something new can keep your workouts exciting and help you discover a new favorite activity. This is a great way to meet new friends or keep up with your besties!

Check out our current class and sports schedules at the SCC front desk. Remember, change is a great thing!

NEW! Pilates with Ellen Walp - Tuesdays, 7-7:45 PM

Pilates is a low-impact, full body workout with an emphasis on core stability and strength. It is known for improving flexibility, balance, and overall body awareness. Instructor Ellen offers modifications and progressions to make the class adaptable to all fitness levels.

Adult Dance Classes – Monday and Tuesday's 6:45 – 7:45 PM

Who says dance is just for kids? Our Adult Dance Classes are a fun way to stay active, learn new moves, and enjoy time with others. Whether you're an experienced dancer or just looking to try something new, come join us and dance your way into fall!

Dance & Tumble Classes – On going

Let your child move, learn, and build confidence this fall! Our Dance & Tumble classes give participants the opportunity to develop coordination, flexibility, strength, and new skills in a fun and encouraging environment. Whether they're taking their first steps or building on skills they already have, there's always something new to learn!

Tot Soccer - November

Big fun for our littlest athletes! Tot Soccer introduces young children to the basics of soccer through age-appropriate games and activities. Kids will work on coordination, listening skills, movement, and teamwork while having a great time kicking, running, and playing!

Indoor Recreational Soccer League - November

Keep the soccer season going indoors! Our Indoor Recreational Soccer League provides players with a fun opportunity to stay active, continue developing their skills, and enjoy friendly competition. It's all about getting on the field, building confidence, and enjoying the game with teammates and friends.

CenterPlex Basketball Recreational League

Get ready to hit the court! The CenterPlex Basketball Recreational League gives young athletes the chance to learn the fundamentals of basketball, improve their skills, and experience the excitement of playing on a team. With an emphasis on fun, teamwork, and sportsmanship, it's a great way to stay active this fall!

Fit Kids Running – Tuesday's 5PM

Whether your child is a beginner or a more experienced runner, Fit Kids Running is a great way to get moving and build confidence! Designed for runners ages 7–15, the program helps participants prepare for or improve their 5K distance while developing endurance, strength, and a love for running.

Home School PE – The Last Tuesday of each month!

Our Home School PE program gives homeschool families a fun opportunity to get active and try something new each month! Each session features a different activity or focus, with upcoming months including trails, biathlon, basketball, and football. Every session is followed by an hour of pool time, making it a great way for kids to stay active, learn new skills, and connect with other homeschool families. From sports and fitness activities to cooperative games and recreation, we are creating opportunities for homeschool families to make the SCC part of their weekly routine.

Coach's Corner: Building Confidence One Step at a Time... Meet Miss Tori!



For years, many of our SCC families have gotten to know **Miss Tori** through our Dance & Tumbling programs. Her energy, encouragement, and passion for working with children have made her a familiar and loved face around the SCC.

A Little About Miss Tori:

- **Tell us a little about yourself and your role with our Dance & Tumbling program.**

I have 30 years of experience in dance and tumbling at the recreational, competitive, and professional levels. I earned my BFA in Dance from The University of Akron and spent 11 years coaching competitive dance. This year marks my **6th year teaching at the Salem Community Center**, and I'm so happy to share my love for the arts with my hometown community!

- **What do you love most about teaching dance and tumbling to kids?**

Seeing the **confidence and joy** children gain when they achieve their goals. One of my favorite things is hearing from former students who tell me my classes gave them the confidence to try something new or pursue a goal.

- **What is one of your favorite moments or memories from teaching the program?**

Our very first SCC recital! Watching the kids shine on stage was so special and truly felt like a full-circle moment for me.

- **What are you most excited about for the fall session?**

I'm excited to share my love for dance and tumbling with all of our students! We have so many fun things planned, and I'm incredibly proud of our team of teachers for creating a welcoming and positive experience for every child.

- **What is your favorite song to dance to right now?**

"Sunny" by Boney M.

- **If you could give every young athlete one piece of advice, what would it be?**

Always believe in yourself and never give up! Every mistake or challenge is an opportunity to learn and become stronger.

Pregame Fuel: Easy Apple Energy Bites

Need a quick snack before practice, a workout or the big game? Try these simple **Apple Cinnamon Energy Bites!**

Ingredients

- 1 cup old-fashioned oats
- ½ cup peanut or sunflower butter
- ½ cup finely chopped dried apples
- ¼ cup honey
- ½ teaspoon cinnamon
- ¼ cup mini chocolate chips (*optional*)

Directions: Mix all ingredients together in a bowl. Roll into small, bite-sized balls and refrigerate for about 30 minutes. Grab a couple before practice or pack them for a post-school snack!

Don't Miss Out this Fall!

Check out our upcoming programs and events, and make sure to register before deadlines.

- **Do you have your tickets?** Women's Night Out – Wednesday, October 7, 2026!
- **New** Cozy Coffee options that all members can enjoy! FREE taste testing on October 12th and 29!
- **NEW** GLP-1 Wellness Program – Coming November 2026

Stay Connected: Make sure to follow us on social media and visit our website, salemcommunitycenter.com for more exciting updates!