

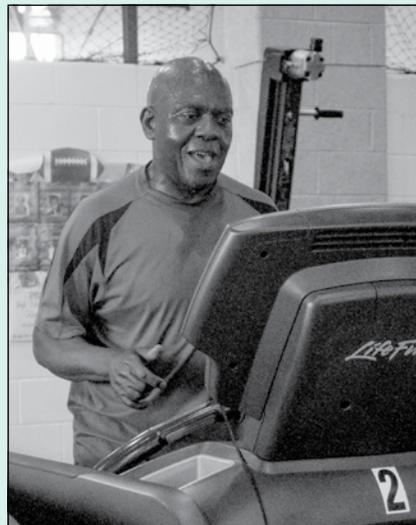
Friendship Center

family · fun · fitness



**Holiday Tree
Lighting
on December 2
7 p.m.**

WINTER 2017 PROGRAM GUIDE



Photos courtesy of Fine House Media

REGISTRATION DATES

FC Members (All FC Programs) — Monday, December 5

Aquatics Programs — Wednesday, December 7

All Other Programs — Friday, December 9

Lower Paxton Township Parks and Recreation

5000 Commons Drive, Harrisburg, PA 17112 • Phone 717-657-5635 • www.friendshipcntr.com

WELCOME



Your Membership Includes –

- Unlimited Use of Facilities
- Many Free In-house Fitness Classes
- 25% Discount on other Center Programs
- Pools, Fitness Center, Gymnasium
- Free Babysitting (ages 3 months-8 years)
- Personal Fitness Training/Discounts
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- Convenient Early Morning Hours
- Members Only Advance Registration

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HOURS OF OPERATION

Monday-Thursday 5:30 a.m. to 10 p.m.
 Friday 5:30 a.m. to 9 p.m.
 Saturday 7 a.m. to 7 p.m.
 Sunday 12 p.m. to 6 p.m.
 (Subject to change based on usage)

HOLIDAY CLOSINGS

Thanksgiving Day, Christmas Day
 New Year’s Day, Easter Sunday
Special Hours (5:30 a.m.-2:00 p.m.)
 Memorial Day (Monday), July 4
 Labor Day, Christmas Eve (7 a.m.-2 p.m.)
 New Year’s Eve (7 a.m.-2 p.m.)

INCLEMENT WEATHER

For closure information due to severe weather, please call the Center for details and re-opening information. Closures will be announced on radio stations WNNK 104.1, WRVV 97.3, and WITF 89.5 FM. and on television at WHTM 27, WGAL 8, and WHP 21.

PROGRAM CANCELLATION

If a program other than preschool is cancelled due to severe weather, participants will be contacted by staff. Preschool programs follow Central Dauphin School District’s decisions; details provided by teachers. See additional program notes on page 4.

MEMBERSHIP CARDS

For the protection of your membership, all members MUST present their membership card when entering the facility.

RENTALS

The Friendship Center is interested in hosting a wide variety of events. Facilities are available for parties, business meetings, community organizations, sporting events, seminars, and more. For more information on what space is available, rental fees, and specific arrangements, contact the Parks and Recreation Department at 657-5635. (See special packages information on page 16)

CORPORATE MEMBERSHIP

All businesses are invited to encourage employees to join the Friendship Center. As annual members, each employee will receive a reduced rate. A complete policy statement and more information are available by contacting the Friendship Center at 657-5635.

ANNUAL MEMBER

Discounts and Payments

An annual membership entitles the holder use of the locker rooms, gymnasium, walking track, sun deck, natatorium, fitness center, and social hall. An annual membership is valid for one year from the purchase date and is non-transferable. Membership card must be presented whenever entering the facility.

- Lower Paxton Township residents — discounted rate for an annual membership.
- Friendship Center annual members receive program discounts and free fitness classes.
- Free babysitting for annual members while using the Center.
- Reciprocal discounts available for members of Koons Pool.
- Payment in full by cash, check, Visa, MasterCard, or Debit.
- Monthly bank draft available.



NO INITIATION FEES

2017 Membership Rates (Tentative) Categories	Lower Paxton Township Resident Discount Rate	Regular Rate
Youth/Student (13+ OR Full-Time College Student up to 22 years)	\$18.25/mo. (\$219 yr.)	\$19.92/mo. (\$239 yr.)
Adult Single (18+)	\$41.92/mo. (\$503 yr.)	\$46.25/mo. (\$555 yr.)
Adult Couple/Single Parent Family	\$58.17/mo. (\$698 yr.)	\$64.17/mo. (\$770 yr.)
Family	\$65.75/mo. (\$789 yr.)	\$73.00/mo. (\$876 yr.)
Senior Single (60+)	\$31.50/mo. (\$378 yr.)	\$34.58/mo. (\$415 yr.)
Senior Couple	\$46.58/mo. (\$559 yr.)	\$51.83/mo. (\$622 yr.)

MEMBERSHIP CATEGORIES

- **Youth/Student** — 13-17 years of age. Full-time college students up to 22 years of age.
- **Adult Single** — Individuals age 18 and over.
- **Adult Couple** — Both adults must be 18 years of age or older and living in the same household.
- **Single Parent Family** — Single parent and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Family** — Two parents and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Senior Single** — Individual age 60 or older.
- **Senior Couple** — One adult must be 60 years of age or older and living in the same household.
- **Health Insurance Memberships** — We participate in Silver & Fit, Silver Sneakers, Forever Fit, Global Fit, Healthways and Prime.

PASS INFORMATION

3, 6, 9 month memberships — Payments must be received in full and in advance.

***GUEST PASS** — \$10 adults/\$7 children. Members may bring a guest(s) by purchasing a Guest Pass. Valid one day. Non-transferrable. Photo ID required!

***DAILY WALK-IN PASS** — **\$13 daily before 4 p.m.; \$15 daily after 4 p.m., weekends and holidays.** Non-members may purchase a pass to use the Friendship Center. The pass is valid for one day and is non-transferable. Photo ID required!

*Guest/Daily Passes from Nov. 1-March 31 are limited to 5 visits per person.

*** Walk-In Class Pass — \$8.00** — See page 20 for a schedule of classes that are available for walk-in visits, \$8 per class. (Class minimum must be met.) Must sign in at service desk to receive a Class Pass! Present Pass to Instructor. Spaces in many classes are limited and class walk-in may not be available.

FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS

Why "WEIGHT" to Join!

Perfect time to maintain through the holidays.

November 16-30 — Purchase an annual membership, pay the first month upon joining and you won't make another payment until January 15! No payments during the month of December!

December 1-31 — Purchase an annual membership and receive a FREE gift. While supplies last, not redeemable for cash or on renewals within the past 6 months.

We proudly participate in health insurance programs:

**SILVER AND FIT™
SILVER SNEAKERS,
FOREVER FIT, PRIME,
HEALTHWAYS & GLOBAL FIT**

Find out if your insurance covers a membership to the Friendship Center — 657-5635

Special Program Notes

- ◆ Pre-registration for all programs is required and should be done at least one week prior to the activity. Waiting lists are established if activities become full.
- ◆ Members must pre-register for selected free classes.
- ◆ Classes have a minimum / maximum number of participants. Space is on a first come, first serve basis. Schedule subject to change at management's discretion.
- ◆ The registration deadline for a multi-session program is after the second class of the session.
- ◆ Walk-ins must sign in at the service desk to receive a class pass! Present pass to Instructor. Spaces in **many classes are limited and class walk-in may not be available.**
- ◆ All non-member program participants **MUST** present a program participation card (distributed on the first day of class) each time they enter the facility for a class. **Lost program cards are subject to a \$10.00 fee.** Members registered for a program can present their membership card at the service desk for entry into the facility.
- ◆ Make-up classes or switching of classes are not permitted unless approved by staff.

(PROGRAM REGISTRATION DATES AND PROCEDURES ON PAGE 19)

Gift Certificate Sale



Give the gift of family, fun and fitness!

Purchase a \$50 Gift Certificate and receive a FREE FC Shirt while supplies last.

Must be purchased between December 1-24.

Limit 1 per person.

LUAU POOL PARTY

Enjoy a Hawaiian themed party with your family and friends at the Friendship Center pool.

FREE to Members

Non-Member - \$5 per person

Date: Friday, November 18, 2016

Time: 6:00-8:30 p.m.

Location: Friendship Center Leisure Pool

(Patrons under the age of 13 must be accompanied by a parent or guardian.)

FRIENDSHIP FRIDAYS FIRST FRIDAY OF EACH MONTH

Members of the Center celebrate with complimentary coffee. Bring a friend (18+) for FREE and enjoy!

Friday, Dec. 9 • Friday, Jan. 6 • Friday, Feb. 3

All friends must have photo identification. Non member guest limit one visit per 6 months.

LET'S GET CONNECTED!



Subscribe to Email Updates: go to Friendshipcntr.com



Facebook:
Friendship Center/Lower Paxton
Township Parks & Recreation

Twitter: @friendshipcntr

FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS

Holiday Tree Lighting

Friday, December 2, 2016 at 7:00 p.m.

Enjoy the Township's annual Tree Lighting festivities at the Friendship Center. Featuring a sing-along in anticipation of Santa arriving by fire truck. Warm up inside and enjoy the music with refreshments, arts & crafts, prizes and a visit with Santa.



Toys for Tots

The Friendship Center is proud to participate in "Toys For Tots" as a drop site. Donations will be accepted November 1-December 2. Marines will be presented the toys at the annual Tree Lighting on December 2nd.

Breakfast with Santa

Join Santa for breakfast at the Friendship Center. Bring your camera to take a photo with the Jolly Man himself! Reservations are required, space is limited. Everyone attending must be pre-registered by Friday, November 25. \$7 per person.

Date: Saturday, December 10, 2016, 9:00 a.m. (#19572)



~ SAVE THE DATE! ~

Breakfast w/the Easter Bunny

Date: Saturday, March 25 at 9:00 a.m.

Lower Paxton Variety Band Dance

Date: Saturday, April 1 at 7:00 p.m.

Easter Egg Stravaganza

Date: Saturday, April 8 at 1:00 p.m.

Summer Daycamp Registration

Date: Registration begins in March

Kids Yard Sale

Date: Saturday, April 29 at 9:00 a.m.

SPONSORSHIP OPPORTUNITIES

Businesses searching for creative, interactive ways to reach new, loyal and active customers are invited to partner with the Friendship Center and Parks and Recreation Department for great results. The cross-marketing opportunity benefits all those involved. We offer many sponsorship opportunities that can be tailored to your marketing goals and budget. Please contact the Recreation Office at 657-5635 for more information.

MEMBER APPRECIATION

To show our appreciation to the members of the Friendship Center, the staff will host a special day, dedicated to our members —

JANUARY 27, 2017

It's a special "thank you" for being so special to us!

Thank You — Hayrides & Pumpkin Carving Sponsors & Volunteers

Five Below
Integrity Bank
Sprint
SKH
Pumpkin World

Ecumenical Retirement
Community
Bishop McDevitt
Central Dauphin
Harrisburg Christian

GET FIT 8 WEEK CHALLENGE

Starting January 8, 2017

\$25 Per Person to Participate (#19924)

Weekly prize drawings to keep you accountable!

BIGGEST LOSER

MALE AND FEMALE GRAND PRIZE

\$250 per person*

(Based on percentage of weight loss)

Prizes will be awarded to:

2nd Place Male / Female 3rd Place Male / Female

*Minimum of 40 participants must be enrolled, otherwise biggest loser male and female each receive 20% of registration fees collected. Must be 18+ to participate.



Get Fit(ter) w/Denise (18+)



The Get FITter Boot Camp will take your Get Fit Weight loss challenge to another level! Lose weight, transform your body, get stronger & gain endurance in this 8-week boot camp. Full body workouts as a group, e-mailed fitness & nutrition tips, online exercise videos to do at home, accountability charts for diet & exercise and more!

*Class includes eligibility for Get Fit Weight Loss Challenge.

Dates: Thurs., 6-6:50 p.m. Jan. 12-Mar. 2

Location: Friendship Center, Gym 2 (#19949)

Fees: \$95 Member / \$115 R/ \$120 NM (*Fee includes entry to Get Fit Weight Loss Challenge)

PRESCHOOL ACTIVITIES

2016-17 PRESCHOOL*

Child must meet age requirement by 9/1/16

*Payment Policy: Monthly Bankdraft

First month's fee is due with registration, payable by cash, check or VISA/MC. Remaining payments will be deducted electronically from a checking or savings account on the 1st of each month from September through May. There will be NO REFUNDS. Must register in person at the Friendship Center.

For details call 657-5635, ext.112.

*Fun For One (Ages 12-24 mos. w/parent)

(Must be age one by Sept. 1, 2016) Have fun with your toddler while playing, doing simple crafts and activities.

A. Tues., 9:30-10:30 a.m. (9/6/16-5/30/17) (#18939)

B. Fri., 11 a.m.-noon (9/9/16-6/2/16) (#18940)

Fee (monthly): \$27.10R/\$28.90NR/\$22.60M

*Double Play (Ages 2-3 w/parent)

Share songs, stories, fingerplays and simple crafts. Helps build confidence in interacting with others.

A. Tues., 10:45 a.m.-noon (9/6/16-5/30/17) (#18937)

B. Fri., 9:30-10:45 a.m. (9/9/16-6/2/17) (#18938)

Fee (monthly): \$30.70R/\$32.50NR/\$26.20M

*Twos Together (Age 2)

(Born before 9/1/14) A special day for twos; activities include crafts, fingerplays and a snack.

Thurs., 9:30-11:30 a.m. (9/8/16-6/1/17) (#18936)

Fee (monthly): \$40.60R/\$43.30NR/\$35.20M

*Morning Fun Time (Ages 2½-3)

(Born before 3/1/14) A starter program focusing on beginning socialization and developmental skills, offering time to play, sing, make a craft and new friends too!

Mon./Wed., 9:30-11:30 a.m. (9/7/16-5/31/17) (#18933)

Fee (monthly): \$82.90R/\$86.50NR/\$67.60M

*Preschool Pals (Ages 3-4)

A two-day preschool curriculum with crafts, circle time, stories/songs, painting, and creative play.

A. Tues./Thurs., 9:30 a.m.-noon (9/6/16-6/1/17) (#18934)

B. Tues./Thurs., 1:00-3:30 p.m. (9/6/16-6/1/17) (#18935)

Fee (monthly): \$92.80R/\$97.30NR/\$78.40M

*Learning Fun Pre-K Class (Ages 4-5)

Help children prepare for kindergarten with hands-on activities exploring the alphabet, numbers, stories and other learning opportunities.

A. Mon./Wed./Fri., 9:30 a.m.-noon (9/7/16-6/2/17) (#18931)

B. Tues./Wed./Thurs., 1:00-3:30 p.m. (9/6/16-6/1/17) (#18932)

Fee: (monthly) \$127.90R/\$131.50NR/\$105.40M

Introduction to Gymnastics w/Hbg. Gymnastics (Ages 18 mos.-3½ yrs.) (6 classes)

Intro to basic tumbling and gymnastics. Parent's assistance is required.

Session I: Thurs., 9-9:40 a.m., Jan. 12-Feb. 16 (#19905)

Session II: Thurs., 9-9:40 a.m., Mar. 2-Apr. 6 (#19906)

Location: Friendship Center, Gym #1

Fee: \$68R/\$73NR/\$55M

Gymnastics for Preschool w/Hbg. Gymnastics (Ages 3½-6 yrs.) (6 classes)

Many activities: vault, beam, and tumbling. Children will improve coordination, strength and flexibility.

Session I: Thurs., 9:45-10:30 a.m., Jan. 12-Feb. 16 (#19903)

Session II: Thurs., 9:45-10:30 a.m., Mar. 2-Apr. 6 (#19904)

Location: Friendship Center, Gym #1

Fee: \$68R/\$73NR/\$55M

Tiger Tots Tae Kwon Do (Ages 3-5) (6 classes)

Basics for beginners: work on concentration, motor skills and positive behavior applications along with fun.

Ages 3-4: Mon., 3:15-4 p.m., Jan. 23-Feb. 27 (#19814)

Ages 4-5: Mon., 4-4:45 p.m., Jan. 23-Feb. 27 (#19813)

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$35R/\$38NR

Batter Up! w/Ricardo (Ages 4-6) (3 or 4 classes)

(Must be age 4 as of 1/1/17) After school tee-ball program with skills, drills, and games.

Dates: Tues., 5-6 p.m., Jan. 10, 24, 31 (#19936)

Tues., 5-6 p.m., Feb. 14, 21, 28 (#19938)

*Mon., 5:45-6:30 p.m. Mar. 13-Apr. 3 (#19937)

Location: Friendship Center, Gym 2, *Kohl Park

Fee: \$50R/\$53NR/\$45M *Fee: \$45R/\$50NR

Smurfs Soccer w/Ricardo (Ages 3½-6) (3 or 4 classes)

(Must be age 3 as of 7/1/16) Intro to soccer with age appropriate games.

Dates: Tues., 6-7 p.m., Jan. 10, 24, 31 (#19940)

Tues., 6-7 p.m., Feb. 14, 21, 28 (#19941)

*Mon., 6:30-7:15 p.m. Mar. 13 - Apr. 3 (#19939)

Location: Friendship Center, Gym 2, *Kohl Park

Fee: \$50R/\$53NR/\$45M *Fee: \$45R/\$50NR

Kids Korner Indoor Playground

Ages 1-6 Years with Parent 

Visit our indoor playground and join the fun!

Tuesdays & Fridays, 10:30 a.m.-Noon

Jan. 10 - Apr. 7 (closed 1/3, 1/6, 1/27, 2/17, 3/3)

\$3 per Child — Members ages 1-6 Free!



YOUTH & TEEN ACTIVITIES

Zumba Kids Jr. w/Lynn (Ages 4-7) (6 classes)

Zumba for kids! Fun and fitness all in one!

Dates: Tues., 5:45-6:15 p.m., Jan. 10-Feb. 14 (#19783)

Thurs., 5:45-6:15 p.m., Jan. 12-Feb. 16 (#19782)

Location: Friendship Center, Room 112

Fee: \$43R/\$48NR/Members free!

Summer 2017 Daycamp at the Friendship Center!

Children will love the fun activities camp provides for school aged youth. Program begins at the end of the school year. Registration begins in March. To be placed on our mailing list for informational packet call 657-5635, ext. 103.

Starters Soccer w/Ricardo (Ages 6½-9) (2 classes)

Instructional clinic covers ball control, passing, shooting, goalkeeping.

Dates: Sun., 2-3:30 p.m., Mar. 12, 19

Location: Kohl Park

Fee: \$45R/\$50NR (#19942)

Cardio Tennis w/Ricardo (Ages 7-11) (2 classes)

Move to the ball in a high energy circuit. Bring a racket.

Dates: Sun., 3:30-6:00 p.m., Mar. 12, 19

Location: Kohl Park

Fee: \$45R/\$50NR (#19943)

Youth Express w/Tomeka (Ages 6-10)

Fun and action packed exercises to keep them moving while building strength, balance and coordination.

Dates: Sat., 9:30-10:15 a.m., Jan. 14-Mar. 4

Location: Friendship Center, Room 118

Fee: \$48R/\$51NR/Members free! (8 classes) (#19952)

Kidding Around Yoga w/Erika (Ages 6-10)

“KAY” incorporates cardiovascular conditioning, fun, music, plus traditional Yoga benefits; breathing techniques, peace, and deep relaxation.

Dates: Tues., 5:30-6:30 p.m., Jan. 10-Feb. 28

Location: Friendship Center, Room 106

Fee: \$48R/\$51NR/Members free! (8 classes) (#19781)

Art w/Heart w/Tavia (Ages 3+-99)

Make an original mixed media masterpiece inspired by Pop artist Jim Dine’s heart series. Makes a wonderful wall piece for Valentine’s Day decor or gift for a loved one. (children 3-7 must be accompanied by an adult)

Dates: Sat., 10 a.m.-12 p.m. February 4

Location: Friendship Center, Room 106

Fee: \$32R/\$35NR/\$26M per participant (#19935)

Art Rocks w/Tavia (Ages 7-11) (4 classes)

Have fun investigating art history and philosophy while building confidence in their art-making abilities. A variety of engaging projects that capture imaginations and get them working in a variety of art media/methods.

Dates: Fri., 4:45-6:15 p.m., Jan. 13-Feb. 3 (#19896)

Fri., 4:45-6:15 p.m., Feb. 17-Mar. 10 (#19897)

Location: Friendship Center, Room 112

Fee: \$72R/\$75NR/\$62M



Celebrate Your Birthday!

AT THE FRIENDSHIP CENTER!

Enjoy 1 hour in the Leisure Pool with the water features / slide PLUS 1 hour in a party room!

ONLY \$187 (Max. 40 people)

Price based on FC member rate.

Available: Friday evenings - Saturday or Sunday after 1 p.m.

For more information call 657-5635 ext.115
jgrant@lowerpaxton-pa.gov

SCHOOL'S OFF DAY CAMP K-5TH GRADE

WHAT IS BETTER THAN HAVING A DAY OFF FROM SCHOOL?

Having something to do! You'll be able to hang out with your friends throughout days filled with recreational swimming, social activities, arts and crafts, fun sport competitions, and organized games. Each child needs to pack two snacks, lunch and a water bottle. On most days the Central Dauphin School District is out (traditional school calendar only), the Friendship Center Staff will provide Day Camp 7:00 a.m. to 6:00 p.m.

Dates: 2016/2017 School Year

Fri.	Nov. 11	(#19561)	Mon.	Jan. 2	(#19736)
Fri.	Nov. 25	(#19562)	Mon.	Jan. 16	(#19737)
Mon.	Nov. 28	(#19563)	Fri.	Jan. 27	(#19738)
Fri.	Dec. 23	(#19564)	Fri.	Feb. 17	(#19739)
Mon.	Dec. 26	(#19565)	Mon.	Feb. 20	(#19740)
Tues.	Dec. 27	(#19566)	Fri.	Mar. 3	(#19741)
Wed.	Dec. 28	(#19567)	Thurs.	Apr. 13	(#19742)
Thurs.	Dec. 29	(#19568)	Fri.	Apr. 14	(#19743)
Fri.	Dec. 30	(#19569)	Mon.	Apr. 17	(#19744)
			Wed.	May 23	(#19745)

Fees: Per Day \$30M / \$35R / \$40NR

Receive \$50 off for ALL 2017 dates paid in full (#19735)

Location: Friendship Center

YOUTH AND TEEN (CONT.)

Fundamentals of Hoops w/Lenny (Ages 5-12)

Learn the basics which assist in developing a great player.

Ages 5-7: Wed., 5:15-6 p.m., Jan. 11-Mar. 1 (#19800)

Ages 8-12: Wed., 6-6:45 p.m., Jan. 11-Mar. 1 (#19799)

Location: Friendship Center, Gym #3

Fees: \$70R/\$73NR/\$55M (8 classes)

Individual Basketball Training (6-40 minute lessons)

Instructor available to provide one-on-one training; Shooting skills, footwork, movement on court.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym and Fitness Center

Instructors: Lenny D. or Josiah P.

Private: \$155R/\$160NR/\$135M per person (#19801)

Semi-Private (max 2): \$130R/\$135NR/\$110M pp (#19803)

***Tri-group (per person):** \$102R/\$107NR/\$82M (#19805)

***Group-Private (class of 4):** \$90R/\$95NR/\$72M per person (#19807) (*must register as group)

Intro to Tae Kwon Do (Ages 6-13) (6 classes)

Develop basic techniques plus self-defense, focus, leadership, discipline, and following directions while having fun.

Dates: Tues., 5:45-6:30 p.m., Jan. 10-Feb. 14

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$47R/\$52NR (#19811)

Hip Hop Kids w/Katie (Ages 8½-15) (10 classes)

Will learn a complete dance over the 10 week program while working on body isolations, strengthening and power moves.

Dates: Mon., 5:30-6:25 p.m., Jan. 9-Mar. 13

Location: Friendship Center, Room 112

Fee: \$48R/\$53NR/Members free! (#19796)

Beginner Youth Jazz w/HAD (Ages 8½-15)

Learn the basics of jazz dancing to contemporary pop music; a variety of jazz styles incorporate strength, stretching, balance and movements across the floor.

Dates: Sat., 1-2 p.m., Jan. 14-Feb. 18

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$61R/\$64NR (6 classes) (#19930)

Beginner Youth Ballet w/HAD (Ages 8½-15)

Learn the basics of ballet dancing; a variety of ballet styles incorporate strength, stretching, balance and movements across the floor.

Dates: Thurs., 5:30-6:30 p.m., Jan. 12-Feb. 16

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$61R/\$64NR (6 classes) (#19929)

Teen Yoga w/Sarah (Ages 12-16)

For teenagers ready to learn, ready to change, and ready to feel their best. In class, we will embrace mindfulness, postures and exercises, and have fun along the way. Put aside any preconceptions about yoga and be prepared to get a glimpse of how brilliant you truly are.

Dates: Tues., 6:30-7:30 p.m., Jan. 10-Feb. 28

Location: Friendship Center, E. Annex

Fee: \$48R/\$51NR/Members free! (8 classes) (#19948)

Kings of the Court (Ages 13-16)

No organized basketball teams. Court Monitor will assign teams. Limited space. Registration begins at 6:15 p.m. Must show photo ID and/or guest receipt if applicable.

Dates: Fri., December 9-February 24, 6:30-8:30 p.m. (Pre-registration begins at 6:15 p.m. promptly)

Fee: Guest -\$5 / Pay & Play-\$10 / Members Free!

*Guest: Paid a FC guest fee prior to 6:00 p.m.

**Pay & Play: Only permitted in gym from 6:15-8:30 p.m.

Basket Bootcamp w/Josiah (Ages 12-16)

Enhance your basketball skills with this bootcamp series of workouts including conditioning, agility, skill work, and strength to get you ready.

Dates: Mon., 6-7 p.m., Jan. 9-Feb. 27

Location: Friendship Center, Gym 3

Fee: \$78R/\$83NR/\$60M (8 classes) (#19784)

Basketball Skills Clinic w/Josiah (Ages 12-16)

Fundamental drills to focus on improving the players ball-handling, shooting, passing, and defense skills.

Dates: Thurs., 5-6 p.m., Jan. 12-Mar. 2

Location: Friendship Center, Gym 3

Fee: \$78R/\$83NR/\$60M (8 classes) (#19933)

Brightbill Basketball League (Ages 8-17)

Summer recreational league for organized teams and free agents. League begins end of May extends to early August. NEW! Online Registration begins mid January - Friday, March 31 at 5:00 p.m. For more info go to: www.brightbillbasketball.com.

Dates: May 30 to end of July, games on Mon.-Thurs.

Location: Brightbill Park

Sports City w/Coach Ricardo (Ages 3-18) (6 classes)

Six 45-minute dodgeball, two-hand touch football or soccer classes. Start times vary (youngest to oldest).

Dates: Fri., 5:30-10 p.m. (TBA), Dec., 2, 9, 16, Jan. 6, 13, 20 (#19945)

Fri., 5:30-10 p.m. (TBA), Jan. 27-Mar. 3 (#19946)

Location: Sports City, 4141 Linglestown Rd.

Fee: \$65R/\$70NR

REGISTER FOR YOUR FAVORITE CLASSES ONLINE!

www.friendshipcntr.com

TAI CHI / YOGA / PILATES

Sunrise Yopalates w/Shani (10 classes)

Start your day with a combination of pilates exercises and simple flowing yoga movements. Stimulating exercises to strengthen your core and muscle tone, improve your flexibility and balance. This class is ideal for injury free students with a little yoga experience. Bring your own mat - no footwear.

Dates: Mon., 6-7 a.m., Jan. 9-Mar. 13(#19893)

Wed., 6-7 a.m., Jan. 11-Mar. 15 (#19894)

Location: Friendship Center, Room 118

Fee: \$72R/\$77NR/\$50M

Yopalates/Sculpt w/Terri (10 classes)

25 minutes of sculpting, 35 minutes of yoga/pilates blend. Great toning and core strengthening blend. Wear sneakers.

Dates: Wed., 4:45-5:45 p.m., Jan. 11-Mar. 15

Location: Friendship Center, Room 118

Fee: \$72R/\$77NR/\$50M (#19758)

Mid-Day Rejuvenation w/Shani

An express combination of stimulating movement, pilates, yoga, and deep relaxation. Emphasis will be placed on mindfulness and positive thinking. Moderately paced to serve diverse levels of experience. Bring a yoga mat and wear clothing that is comfortable for stretching - no footwear.

Dates: Mon., 12-1 p.m., Jan. 9-Mar. 13

Location: Friendship Center, Room 118

Fee: \$78R/\$83NR/Members free! (#19895)

Tai Chi Simplified w/J. Jackson (11+/no age limit!)

Tai Chi 27 short form based on the Yang style. Movements are done slowly with emphasis on posture, balance and natural breathing in harmony w/body movements.

Dates: *Mon., 6-7 p.m., Jan. 9-Mar. 13 (#19786)

Thurs., 10-11 a.m., Jan. 12-Mar. 16 (#19787)

Location: Friendship Center, Room 112 /*E. Annex

Fee: \$62R/\$67NR/\$42M (10 classes)

Barre w/Ashley (5 classes)

Barre is a fusion of ballet inspired moves, pilates, yoga and strength training. You'll use a chair back as the Barre, your own body weight, mini balls and light hand weights to sculpt, stretch and tone your entire body. Bring yoga mat.

*TRIAL CLASS: Thurs., 6-7 p.m., Jan. 5 (#19900)

Session 1: Thurs., 6-7 p.m., Jan. 12-Feb. 16 (#19898)

Session 2: Thurs., 6-7 p.m., Feb. 23-Mar. 30 (#19899)

Location: Friendship Center, Room 118

*Trial Class Fee: \$6R/\$9NR/Members free!

Fee: \$43R/\$48NR/\$35M

Reiki Level 1 Certification Page 12

NEW!! Aqua Yoga see page 15
NEW!! Teen Yoga (Ages 12-16) see page 8

Personal Yoga Training w/Shani

For those who are intrigued by the practice of yoga but intimidated about going to a group class, or for those who would like to develop a personalized stretching routine. Through individualized attention, Shani will work with you to review and refine your alignment, mindful movement, and the key actions that need to be applied in order to enhance the benefits of yoga. (45 minutes)

Dates: By arrangement; participants will be contacted

Location: Friendship Center

Fee: \$55 Member/\$60 Non-Member (per session) (#19953)

Chair Yoga w/Sharon (10 classes)

This class is perfect for those with physical challenges that find it difficult to get on and off the floor as required for a traditional yoga class. Increase circulation, movement capability, and energy enhancement.

Dates: Wed., 12:45-1:45 p.m., Jan. 11-Mar. 15

Location: Friendship Center, Room 118

Fee: \$78R/\$83NR/Members free! (#19892)

Gentle Yoga w/Sharon (10 classes)

Slower paced mat class using standing and seated positions. Learn safe alignment and modifications to help you gain strength, endurance and balance as well as stress relief & relaxation. Bring a yoga mat, block, strap & towel.

Dates: Wed., 2-3 p.m., Jan. 11-Mar. 15

Location: Friendship Center, Room 118

Fee: \$78R/\$83NR/Members free! (#19768)

Beginner Yoga (10 classes)

Learn basic yoga postures: sitting, standing and lying down. Emphasis on breathing and alignment. Bring a yoga mat.

Dates: Tues., 10-11 a.m., Jan. 10-Mar. 14 (A) (#19797)

*Thurs., 5:30-6:30 p.m., Jan. 12-Mar. 16 (S) (#19798)

Instructor Code: (A) Ashley (S) Shani

Location: Friendship Center, Room 118 / *East Annex

Fee: \$78R/\$83NR/Members free!

Mixed Level Yoga (10 classes)

A Flow Vinyasa Yoga class that builds strength and challenges flexibility and balance. Bring a yoga mat.

Dates: Sun., 12-1 p.m., Jan. 8-Mar. 12 (S) (#19883)

*Tues., 5:30-6:30 p.m., Jan. 10-Mar. 14 (G) (#19881)

Thurs., 9-10 a.m., Jan. 12-Mar. 16 (A) (#19882)

Instructor Code: (S) Shani, (G) Gina, (A) Ashley

Location: Friendship Center, *East Annex/Room 118

Fee: \$78R/\$83NR/Members free!

FITNESS / BODY PUMP™

Kettlebell Interval w/Jen (Ages 18+) (6 classes)

Improve your strength, mobility and balance, sculpt muscles and blast fat, all with one workout. Using kettlebells, TRX straps, medicine balls and other modalities in an interval format for a total body workout.

***TRIAL CLASS:** Wed., 9:30-10:15 a.m., Jan. 4, (#19955)
Session I: Wed., 9:30-10:15 a.m., Jan. 11-Feb. 15 (#19910)
Session II: Wed., 9:30-10:15 a.m., Feb. 22-Mar. 29 (#19911)
Location: Friendship Center, Gym #3
***Trial Class Fee:** \$6R/\$9NR/Members free!
Fee: \$72R/\$77NR/\$60M

TRX Conditioning w/Jen (Ages 18+) (6 classes)

Condition yourself for more strength and power using the TRX Suspension straps and bodyweight exercises in this quickly paced interval workout.

***TRIAL CLASS:** Thurs., 9:15-10 a.m., Jan. 5 (#19956)
Session I: Tues. 9:15-10 a.m. Jan. 10-Feb. 14 (#19912)
Thurs., 9:15-10 a.m. Jan. 12-Feb. 16 (#19913)
Session II: Tue 9:15-10 a.m. Feb. 21-Mar. 28 (#19914)
Thurs., 9:15-10 a.m., Feb. 23-Mar. 30 (#19915)
Location: Friendship Center, Gym 3
***Trial Class Fee:** \$6R/\$9NR/Members free!
Fee: \$72R/\$77NR/\$60M

Body Pump™ (Ages 18+) (10 classes)

A Les Mills program challenging all your major muscle groups. A great workout that tones & builds lean muscle.

Dates: *Mon., 7-8 p.m., Jan. 9-Mar. 13 (C) (#19884)
Tues., 9-10 a.m., Jan. 10-Mar. 14 (MJ) (#19885)
Wed., 7:15-8:15 p.m., Jan. 11-Mar. 15 (J) (#19886)
Thurs., 4:30-5:30 p.m., Jan. 12-Mar. 16 (J) (#19887)
Sat., 8:30-9:30 a.m., Jan. 14-Mar. 18 (S) (#19888)
Instructor Code: (C) Carly, (J) Jodie, (MJ) Mary Jo, (S) Suzanne
Location: Friendship Center, Room 118, *East Annex
Fee: \$62R/\$67NR/\$42M



Get Fit(ter) w/Denise (18+)

Interested in losing weight, and being held accountable?



**LET'S MEET OUR GOALS
TOGETHER IN 2017!**

See Page 5 for details!



**Let us help you "Maintain / Don't Gain!"
Through the Holidays!**

**KEEP IT MOVING WITH AQUACISE, ABS BACK & LEGS, SPIN,
AND MORE IN OUR HOLIDAY MINI SESSION OF CLASSES!**

**See the Friendship Center Service Desk for Details
or visit us at www.friendshipcntr.com**

SPIN

Intro to Spin w/Denise (Ages 16+)

Learn bike adjustment and find out what it's all about!
Date: Tues., 6-6:40 p.m., January 3
Location: Friendship Center, Room 115
Fee: \$6R/\$9NR/Members free! (#19902)

Pulse Ride w/Denise (Ages 16+)

This high energy ride will push you to your limits - lose yourself to the beat of the music. The ride will consist of endurance sprints, hills (in & out of the saddle), rhythmic moves and resistance training using handweights. Whether you're a seasoned athlete or a beginner, you will be challenged and motivated!
***TRIAL CLASS:** Wed., 10-10:45 a.m., Jan. 4 (#19950)
***TRIAL CLASS:** Thurs., 7:05-7:50 p.m., Jan. 5 (#19951)
Session I: Wed., 10-10:45 a.m., Jan. 11-Feb. 15 (#19925)
Thurs., 7:05-7:50 p.m., Jan. 12-Feb. 16 (#19927)
Session II: Wed., 10-10:45 a.m., Feb. 22-Mar. 29 (#19926)
Thurs., 7:05-7:50 p.m., Feb. 23-Mar. 30 (#19928)
Location: Friendship Center, Room 115
***Trial Class Fee:** \$6R /\$9NR/Members free!
Fee: \$68R/\$73NR/\$54M (6 classes)

Spin Bootcamp w/Denise (10 classes)

This high intensity workout consists of active/dynamic warm-ups, resistance/weight/functional fitness training, spin endurance (sprints/hills) and a cool down/stretch.
Dates: Mon., 6:30-7:30 p.m., Jan. 9-Mar. 13
Location: Friendship Center, Room 112/115
Fee: \$62R/\$67NR/Members free! (#19909)

Spinning™ (Ages 16+)

Spinning is an awesome low impact workout — limited space!
Dates: Tues., 6:15-7 p.m., Jan. 10-Mar. 14 (R) (#19793)
Wed., 7-7:45 p.m., Jan. 11-Mar. 15 (C) (#19789)
Thurs., 6:15-7 p.m., Jan. 12-Mar. 16 (R) (#19792)
Fee: 1/week (45 mins.) \$62R/\$67NR/Members free!
Dates: (2 days per week) (20 classes-45 mins.)
Tues./Thurs., 5:45-6:30 a.m., Jan. 10-Mar. 16 (MJ) (#19788)
Tues./Thurs., 4:30-5:15 p.m., Jan. 10-Mar. 16 (Mi) (#19791)
Fee: 2/week (45 mins.) \$83R/\$88NR/Members free!
Location: Friendship Center, Room 115
Instructor code: (MJ) Mary Jo, (R) Roxane, (C) Carly (Mi) Michelle

Senior Spin w/Val (Ages 50+) (10 or 20 classes)

For seniors and/or active adults.
Dates: Mon./Wed., 8:30-9:15 a.m., Jan. 9-Mar. 15 (#19761)
Tues./Thurs., 8:30-9:15, Jan. 10-Mar. 16 (#19763)
Fri., 8:30-9:15 a.m., Jan. 13-Mar. 17 (#19762)
Location: Friendship Center, Room 115
Fee: \$83R/\$88NR/Members free! (2 day) (20 classes)
Fee: \$62R/\$67NR/Members free! (1 day) (Fri.) (10 classes)

REGISTER FOR YOUR FAVORITE CLASSES ONLINE!
www.friendshipcntr.com

AEROBICS / ZUMBA / FITNESS / TRX (CONT.)

Light Lifting w/Tom (10 classes)

Using free weights for a full body workout to tone and strengthen each major muscle group.

Dates: Mon., 9:30-10:30 a.m., Jan. 9-Mar. 13

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19759)

Dancin' to the Oldies w/Katie (Ages 16+) (10 classes)

A low impact fitness class teaching dance while working on strengthening muscles, balance, and coordination.

Dates: Mon., 9:30-10:30 a.m., Jan. 9-Mar. 13

Location: Friendship Center, Room 112

Fee: \$62R/\$67NR/Members free! (#19785)

Metabolic Express Workout w/Denise

Short 40 minute high intensity explosive circuit workout. Burn up to 500+ calories. Modifications demonstrated to suit all levels of intensity. Give it a try!

Dates: Tues., 5:15-5:55 p.m., Jan. 10-Mar. 14

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (10 classes) (#19908)

FC-X Live! w/Tomeka (10 classes)

Challenging full body strength training for cardio, upper, lower & core. Multi-faceted resistance & functional training regimen; modifiable for all fitness levels.

Dates: Wed., 5:30-6:25 p.m., Jan. 11-Mar. 15

Location: Friendship Center, East Annex

Fee: \$62R/\$67NR/Members free! (#19880)

50+ Fitness w/Denise (10 classes)

Cardio/resistance training to stay fit or get in shape.

Dates: Tues., 6-6:45 p.m., Jan. 10-Mar. 14

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19907)

Combo w/Sunny & Keli (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

Dates: Mon./Wed., 6-7 p.m., Jan. 9-Mar. 15

Location: Friendship Center, Room 118

Fee: \$83R/\$88NR/Members free! (#19765)

Abs, Back & Legs w/Keli (10 classes)

Intense workout focused on strengthening abs, back, & legs.

Dates: Mon., 7-8 p.m., Jan. 9-Mar. 13

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19767)

Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., Jan. 10-Mar. 16

Location: Friendship Center, Room 118

Fee: \$83R/\$88NR/Members free! (#19766)

Lifting Workout w/Alexandra (10 classes)

Tone and strengthen your whole body with group weight training workout done to music.

Dates: Wed., 9:30-10:30 a.m., Jan. 11-Mar. 15

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19760)

Saturday Morning Chisel w/Keli (10 classes)

Use all forms of fitness in a cardio way. Stretch, tone and re-shape. All fitness levels.

Dates: Sat., 8-9 a.m., Jan. 14-Mar. 18

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19777)

Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

Dates: Mon., 10:30-11:30 a.m., Jan. 9-Mar. 13 (J) (#19771)

Wed., 10:30-11:30 a.m., Jan. 11-Mar. 15 (A) (#19772)

Thurs., 10-11 a.m., Jan. 12-Mar. 16 (C) (#19773)

*Thurs., 6:30-7:30 p.m., Jan. 12-Mar. 16 (L) (#19776)

Fri., 9-10 a.m., Jan. 13-Mar. 17 (A) (#19774)

Sat., 10:30-11:30 a.m., Jan. 14-Mar. 18 (J) (#19775)

Instructor Code: (A) Alicia, (J) Julie, (L) Lynn, (C) Claudia, (J) Julie

Location: Friendship Center, Room 118/*East Annex

Fee: \$62R/\$67NR/Members free!

Zumba Gold w/Alicia (Ages 16+) (10 classes)

Zumba for active adults and the beginner participant.

Dates: Wed., 11:30 a.m.-12:15 p.m., Jan. 11-Mar. 15

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19769)

FRIENDSHIP CENTER

FREE Fitness Classes

— HELPFUL TIPS —

- ❶ Pre-register / reserve your spot; Member Registration begins December 5 at 6 a.m.
- ❷ Members can drop-in to a Friendship FREE class if space is available. Stop by the Service Desk for a pass.
- ❸ Classes are designed for ages 16+. Youth ages 13-15 may register and attend if they are accompanied by a parent.

SPORTS / LEISURE

Adult Men's Open-Rec Basketball (Ages 18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

Dates: Tues., 7-8:30 p.m., Jan. 10-Mar. 14 (#19889)
Thurs., 7-9 p.m., Jan. 12-Mar. 16 (#19890)
-OR- Sat., 8-9:30 a.m., Jan. 14-Mar. 18 (#19891)

Location: Friendship Center, Gym #2/#3

Fee: \$78R/\$83NR/Free to Members!

Intro to Hapkido/Tae Kwon Do w/Master Fox (Ages 16+) (6 classes)

Learn close quarters self-defense techniques while increasing self confidence, personal fitness, focus and stress management in a positive, goal oriented atmosphere.

Dates: Tues., 7-8 p.m., Jan. 10-Feb. 14

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$40R/\$45NR (#19809)

"Nitro Kick" w/Master Fox (Ages 16+) (5 classes)

Cardio kickboxing fun and fitness added together to burn baby burn those calories!

Dates: Thurs., 6:45-7:45 p.m., Jan. 12-Feb. 9

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$40R/\$45NR (#19810)

Women's & Teen's Self Defense (Ages 12+) (4 classes)

Geared to develop defensive techniques.

Dates: Wed., 7-8 p.m., Jan. 11-Feb. 1

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$35R/\$38NR (#19812)

Pickleball

Dates: Mon. / Wed. / Fri., 10:30 a.m.-12:30 p.m.

Tues. / Thurs., 1-3 p.m.; Mon., 7:30-9:30 p.m.; Wed., 7-9 p.m.

Fee: Free to Members! / Non-members \$4 each time

LOWER PAXTON TWP. PARKS & RECREATION

(Located in the Friendship Center)

Open Monday - Friday, 8 a.m.-5 p.m. / 717-657-5635

Please contact us for:

*DISCOUNTED SKI TICKETS

Cash and Charge only, No Checks

*2017 PARK PAVILION RENTALS

Pavilion rentals for 2017 will be accepted beginning January 17, 2017, at 8 a.m.

Stop in or call ext. 103.

*2017 BALL FIELD / COURT RENTALS

For 2017 reservation request information please call ext. 109.

Reiki I Certification (Ages 18+)

Everyone can learn Reiki! In the Reiki I class, the student learns the history of Reiki and how to do self-Reiki for self-healing as well as the skills necessary to utilize Reiki and to begin to heal others. Taught in a one-day class.

Receive Reiki I manual, attunement, and certificate.

Date: Saturday, January 14, 10 a.m.-4 p.m.

Location: Friendship Center, Room 106

Fee: \$225R/\$230NR/\$180M (#19934)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Jan. 10-March 14

Location: Friendship Center, Room 118

Fee: \$42R/\$45NR/Free to Members! (per couple) (#19795)

Beginner Adult Ballet w/HAD (Ages 16+)

Helps tone and stretch your body while improving balance and posture in a fun and relaxing atmosphere.

Dates: Thurs., 8:30-9:30 p.m., Jan. 12-Feb. 16

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$61R/\$64NR (6 classes) (#19931)

Smart Phone 101 w/Sprint

Basics as well as more involved features will be covered for both Android and Apple smartphones.

Date: Wed., Dec. 14, 10-11 a.m., (#19524) 6-7 p.m. (#19525)

Location: Friendship Center, Social Hall

Fee: \$6R /\$9NR/Members free!

Book Discussion at the Friendship Center

Call the Friendship Center (657-5635) for book title. Free participation. Read the book in advance and join us for a group discussion.

Date: Tuesday, January 24, 7:00 p.m.

ADULT ARTS & CRAFTS

Painting w/Jonathan (10 classes)

Group instruction is on oil paint but Jonathan will work individually with other mediums. Sketching, color mixing and painting techniques. Instructor provides oil painting supplies for the first 2 classes. For all levels.

Dates: Tues., 6:50-8:50 p.m., Jan. 10-Mar. 14

Location: Friendship Center, Room 109

Fee: \$96R/\$99NR/\$80M (#19780)

Adult Art Class w/Don (10 classes)

Any type of art: pastels, inks, painting. Bring your own supplies.

Dates: Weds., 1-3:30 p.m., Jan. 11-Mar. 15

Location: Friendship Center, Room 112

Fee: \$200R/\$210NR/\$180M (#19794)

FAMILY SPOTLIGHT

Bob and Denise Hussar are no strangers to the Friendship Center. They are charter members, joining when the facility opened in January, 2000. Prior to the Friendship Center being built, the Hussars were members of the Harrisburg East Senior Citizens Action Committee (HESCAC), a group dedicated to pursuing the construction of a senior center in Lower Paxton. At that time, both Bob and Denise were employees of the PA Department of Aging, Bob as the Chief of Division of Policy, and Denise, Director of the Education and Outreach Office. Advocating for a senior center was a natural fit for them.

As interest grew in the community to establish a senior center, the concept evolved into erecting a facility offering recreational activities and opportunities for educational, social, health and fitness programs for all ages, children through older adults. For several years before the center was approved for construction, Denise was active in fundraising. The committee raised in excess of \$725,000 through public and private efforts. Bob focused on public relations, especially to inform the school districts of the availability of scholarship programs. Countless evenings were spent at meetings, stuffing envelopes, writing letters, and making phone calls. Then, with their friend Sandy Prah (HESCAC Chair), they gathered their props and brochures to attend community events to promote and gain support to build the Friendship Center.

Their fondest memory was greeting the public on opening day at the Center and listening to the accolades. The Hussars feel honored and humbled to have been members of the team which created the center and still feel pride in observing the thriving activity at the center each day.

Since retirement, Bob enjoys spin classes and Denise is experimenting with yoga, zumba and aquacise. Denise has been a member of the center's Operating Board for 14 years and both continue to volunteer for special events at the Friendship Center. **We're thankful to have them in our Friendship Center family!**



LOWER PAXTON ARTS COUNCIL Photo Contest 2016-2017: Spotlight on "What We Value"

These photos must be taken within Lower Paxton Township, and, to coincide with the Township's 250th Anniversary Celebration in 2017, we would like to see through your eyes what you value in our community. What do you value? What does our community mean to you? Are there people, animals, landscapes, or buildings that reflect the essence of our community? Capture those people, places, and things, and express what you value about our community!



Photos must spotlight meaningful images from around Lower Paxton Township in any or all of three (3) categories:

- Landscapes
- People & Places in Lower Paxton Township
- Plants & Wildlife (includes trees, fungi, lichens, mosses, etc. & animals in their natural habitats).

50/50 Cash prizes for youth (under 18) and adult divisions - total of 6 prizes. Photos may be used in Township publications and online. Instructions for digital submission of images will be given at registration.

Fee: \$5 per photo, unlimited number of entries (#19663)

CERTIFICATION CLASSES

Healthcare Provider w/South Central EMS (Ages 15+)

For all members of the community; hands-on skills in a low stress environment. Adult and pediatric CPR, two rescuer scenarios, use of bag valve mask, AED, and barrier devices. If you need certification for your employment or are a healthcare provider, this course will provide that as well. Certification card issued for successfully completing a written and skills exam.

Date: Thursday, January 5, 6-9 pm

Location: Friendship Center, Room 106

Fee: \$48R/\$51NR/\$40M (#19778)

Fee Including Exams: \$55R/\$58NR/\$45M (#19779)

Shallow Water Lifeguard Certification (Ages 15+)

This Red Cross course includes lifeguarding (shallow water only-up to 5 feet), first aid, CPR, and AED certifications that are good for 2 years. Part-time lifeguard shifts at the FC are ideal for active retirees and college students. Bring swimsuit/towel to each class.

Pre-requisites: Tread water for 2 minutes, swim 4 laps, retrieve brick in 5 feet deep water and bring it to edge of pool (can walk it back).

Dates: Tues., Thurs., Fri., 4-9 p.m., March 7, 9, 10 and Wed., 3-9 p.m., March 8

Location: Friendship Center

Fee: \$216R/\$221NR/\$196M (#19901)

SWIM LESSONS



FEES FOR GROUP SWIM LESSONS: \$55 M / \$85 R / \$90 NR (8 classes)

Registration begins at 6:00 a.m. December 5 (for Members) & December 7 (for Non-Members) at the Friendship Center (717-657-5635) or Online (www.Friendshipcntr.com).

Classes are 40 minutes in length. Levels up to Angel Fish II use the Rec Pool; Levels Blue Fish through Adult use the Lap Pool. Children who are not potty trained are required to wear swim diapers.

WINTER:	Sundays, Jan. 15 - Mar. 5	Wednesdays, Jan. 18 - Mar. 8
SESSION	Mondays, Jan. 16 - Mar. 6	Thursdays, Jan. 19 - Mar. 9
DATES	Tuesdays, Jan. 17 - Mar. 7	Saturdays, Jan. 21 - Mar. 11

Parent/Tot I (Ages 3 & under)

Orientation to water awareness and safety. Parent/child.

- Tues., 9:30 a.m. (#19817)
- Tues., 5:00 p.m. (#19818)
- Wed., 9:30 a.m. (#19819)
- Sat., 11:00 a.m. (#19821)

Parent/Tot II (Ages 3 & under)

Pre-requisite: Parent/Tot I. Water safety and beginning water skill development. Parent/child.

- Tues., 10:10 a.m. (#19822)
- Tues., 5:40 p.m. (#19823)
- Wed., 10:10 a.m. (#19824)
- Wed., 6:20 p.m. (#19826)
- Sat., 11:40 a.m. (#19825)

Twos Tots (Age 2)

Pre-requisite: Parent Tot I/II (no exceptions).

- Mon., 5:40 p.m. (#19827)
- Tues., 10:50 a.m. (#19828)
- Sat., 11:30 a.m. (#19829)

Tiny Tots (Age 3)

Beginner skill development and water safety.

- Mon., 9:30 a.m. (#19835)
- Wed., 10:50 a.m. (#19830)
- Wed., 5:00 p.m. (#19831)
- Thur., 10:10 a.m. (#19832)
- Sat., 8:10 a.m. (#19833)

Angel Fish I (Ages 4 & up, not able to swim)

Beginner skills and water safety.

- Mon., 10:10 a.m. (#19839)
- Mon., 5:00 p.m. (#19836)
- Mon., 6:20 p.m. (#19837)
- Tues., 6:20 p.m. (#19838)
- Thur., 9:30 a.m. (#19840)
- Thur., 5:00 p.m. (#19843)
- Sat., 8:50 a.m. (#19841)
- Sat., 9:40 a.m. (#19844)
- Sun., 12:10 p.m. (#19842)

Angel Fish II (Ages 4 & up)

Pre-requisite: Angel Fish I. Floating, freestyle and back stroke.

- Mon., 10:50 a.m. (#19846)
- Tues., 7:00 p.m. (#19852)
- Wed., 5:40 p.m. (#19847)
- Thur., 5:40 p.m. (#19848)
- Sat., 8:20 a.m. (#19849)
- Sat., 9:30 a.m. (#19850)
- Sun., 12:50 p.m. (#19851)

Blue Fish (Ages 4 & up)

Pre-requisites: jump into water, swim 1/2 length on stomach and back.

Develop freestyle, back stroke, rhythmic breathing & treading water. Progresses from Rec to Lap pool.

- Mon., 7:00 p.m. (#19853)
- Thur., 10:50 a.m. (#19855)
- Thur., 6:20 p.m. (#19854)
- Sat., 9:00 a.m. (#19856)
- Sun., 1:30 p.m. (#19857)

Cat Fish

Pre-requisites: Tread water, swim length of Lap pool on stomach and back, surface dive and retrieve ring. Continue stroke development and learn breast stroke.

- Wed., 7:00 p.m. (#19858)
- Sat., 10:20 a.m. (#19859)

Dolphins

Pre-requisites: Cat Fish requirements plus swimming breast stroke for one lap. Further stroke development.

- Thur., 5:30 p.m. (#19861)
- Sun., 2:10 p.m. (#19862)

Eels

Preparation for competitive swimming. Learn butterfly stroke and increase distance.

- Thur., 6:10 p.m. (#19863)
- Sun., 2:10 p.m. (#19864)

Starts and Turns (Ages 8 & up)

Pre-requisite: Dolphins or Eels or on a swim team. Increase competitiveness by improving starts on and off the blocks and perfecting turns for the different strokes.

- Sun., 2:50 p.m. (#19865)



NOTHING CANCELS A PROGRAM FASTER... than people waiting until the last minute to register for it! All programs have a minimum enrollment — and if we don't reach the minimum by a certain date, the class gets cancelled. *Please don't delay, register today!*

SWIM LESSONS (CONT.) / AQUATICS

Adult Learn to Swim (Ages 16 and up) (8 weeks)

Basic skills of swimming.

Dates: Thur., 7:00 p.m. Jan. 12-Mar. 2

Location: Friendship Center, Lap Pool

Fee: \$85/\$90NR/\$55M (#19866)

Private Swim (All Ages/Levels) (6-1/2 hour lessons)

Instructors available to provide private swim lessons from learning to swim to competitive level.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$195R/\$205NR/\$145M (#19867)

***Semi-Private (per person):** \$133R/\$138NR/\$103M (#19870)

***Tri-group (per person):** \$126R/\$131NR/\$91M (#19873)

***Group-Private (class of 4):** \$120R/\$125NR/\$80M per person (#19876) (*must register as group)

Note cancellation policy when registering!

Swim and Gym For Homeschoolers (8 weeks)

No instruction, open swimming. Meet new friends. Low cost-great for physical fitness.

Dates: Tues., 11 a.m.-1 p.m., Jan. 10-Feb. 28 (#19756)

Fri., 1-3 p.m., Jan. 13-Mar. 3 (#19757)

Location: Friendship Center, Leisure Pool/Gym #3

Fee: \$34R/\$37NR/Members free

Combo: \$42R/\$52NR - Both pool and gym (2 hours)

Masters Swimming

Swimming is great exercise; practicing with a group is fun and motivating. Come when you can. It's your own pace!

Dates: Mon., 6-7 p.m. and Wed., 8-9 p.m., ongoing

Location: Friendship Center, Lap Pool

Fee: Free to Members/\$8 Drop-In

Aqua Kriya Yoga w/Bernie (10 classes)

Combining yoga poses that are usually done on land with the supportive environment of the water. All skill levels welcome.

Dates: Fri., 1-2 p.m., Jan. 13-Mar. 17

Location: Friendship Center, Therapy Pool

Fee: \$41R/\$44NR/\$28 M (#19932)

Aquacise

Tone, strengthen & build cardio with little stress on joints.

Dates: (1 day per week) (10 classes)

Mon., 10:45-11:45 a.m., Jan. 9-Mar. 13 (Ja) (#19752)

Wed., 10:45-11:45 a.m., Jan. 11-Mar. 15 (Ja) (#19753)

Fee: 1/week (10 classes) \$62R/\$67NR/Members free!

Dates: (2 days per week) (20 classes)

Mon./Wed., 7-8 p.m., Jan. 9-Mar. 15 (J) (#19755)

*Tues./Thurs., 6:05-7:05 a.m., Jan. 10-Mar. 16 (R) (#19754)

Tues./Thurs., 9:30-10:30 a.m., Jan. 10-Mar. 16 (B) (#19751)

Fee: 2/week (20 classes) \$83R/\$88NR/Members free!

Location: Friendship Center, Lap Pool, *Therapy Pool

Instructor Code: (B) Bonnie, (Ja) Jamie, (J) Joanne,

(R) Roxane

Tone That Stomach w/Roxane (10 classes)

Strengthen and flatten all the various stomach muscles; uses varied equipment and shallow water floor exercises.

Dates: Fri., 6:05-7:05 a.m., Jan. 13-Mar. 17

Location: Friendship Center, Therapy Pool

Fee: \$62R/\$67NR/Members free! (#19879)

H2O Circuit Fitness w/Bonnie (10 classes)

This hour long circuit style workout includes strengthening and toning exercises for abs, arms, and legs with a cardio foundation.

Dates: Fri., 9-10 a.m., Jan., 13-Mar. 17

Location: Friendship Center, Lap Pool

Fee: \$62R/\$67NR/Members free (#19816)

Aquatic Arthritis w/Mary Jo (20 classes)

Range of motion exercise for flexibility/coordination.

Dates: Tues./Thurs., 10:45-11:45 a.m., Jan. 10-Mar. 16

Location: Friendship Center, Therapy Pool

Fee: \$83R/\$88NR/\$57M (20 classes) (#19815)

BECOME A FRIENDSHIP CENTER MEMBER!

Discounted Rates
on Swimming Lessons / Pool Parties

Early Member Registration for all Programs

Swimming Great Form of Exercise!

Open Year Round • Convenient Hours

Come Early, Stay Late — Practice and Water
Time Experience Help to Develop Comfort
and Confidence in the Water.

Free Family Fun Nights!

ONLINE REGISTRATION

www.friendshipcntr.com

The Friendship Center now offers the
convenience of online registration for
many of your favorite programs.

RENTALS




**ASK ABOUT THE NEW
PAINT & CREATE
PARTY PACKAGES**

A LA CARTE RATES / HOUR
 Leisure Pool: \$135M/\$160R/\$174NR
 Basketball Court: \$68M/\$81R/\$82NR
 Multi-Purpose Room: \$52M/\$63R/\$67NR

*For info contact Joc at jgrant@lowerpaxton-pa.gov
2 week advance notice required.*

**10% Off
PARTY & FACILITY
RENTALS**

\$300 or more



***Great for Company
Holiday Parties too!**
Expires 2/28/17



REFER A FRIEND

BRING FAMILY & FRIENDS TO YOUR HOME AWAY FROM HOME ... THE FRIENDSHIP CENTER!

If you refer a new member, you will receive a \$25 gift certificate towards programs or membership three months after the new membership starts.

**Must present coupon/member when joining.
See Service Desk for additional information.**

ANNUAL MEMBERSHIP ONLY. NOT REDEEMABLE FOR CASH.

PERSONAL TRAINING



BENTZ



ALEXANDRA



DAVE

BASIC FEES:

\$44 Member/\$49 Non-Member (per hour)
\$30 Member/\$35 Non-Member (per 1/2 hour)

Buddy Training (2 people w/trainer)
\$34 per Member/\$39 per Non-Member (per hour)
\$24 per Member/\$29 per Non-Member (per 1/2 hour)

"6 pack" Training (purchase 6 at one time)
\$264 Member/\$294 Non-Member (per hour)
\$180 Member/\$210 Non-Member (per 1/2 hour)

Call 657-5635 for more information.

BENTZ — ALEXANDRA — DAVE

Certified fitness professionals for personal training

The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

Date: By appointment at Friendship Center

Fee: Friendship Center Training Fees

FC Member of the Month



Amy Kerns

ENTER TO WIN Member of the Month

Entries submitted
1st-7th of each month
at the Service Desk.

WELLNESS

ARE YOU LOOKING TO GET THE MOST OUT OF YOUR FRIENDSHIP CENTER MEMBERSHIP?

- Orientation to the Friendship Center Fitness Equipment is free.
- Try the Body Fat / Blood Pressure Screening every Tuesday for free
- Drop in to a Friendship FREE fitness class by picking up a pass at the service desk.

Alexandra can give you a tutorial on fitness equipment and help gear the Friendship Center amenities/ activities towards reaching your fitness goals.



Set up a FREE appointment today!
Friendship Center Members ONLY.



POST REHAB & INJURY PREVENTION SPECIALIST

TOM KANE
PTA, CPT, FMS, CAFS
3DMAPS

Bridging the gap between rehab to fitness and performance/skill camps.

Tom is passionate about promoting efficiency of movement while guiding individuals towards achieving their personal fitness/wellness goals.

Dates: By arrangement; participants will be contacted
Location: Friendship Center
Fee: \$55 Member/\$60 Non-Member (per hour)

SPECIAL EVERY TUESDAY

All are welcome to receive FREE body fat testing, weigh-ins and blood pressure screening at the Friendship Center.

Tuesdays, 10 a.m.-12 p.m.



Employee Spotlight!



Alicia Smith
Zumba Instructor



Thank You
For Your
Dedication!

Free Injury/Balance Assessments

Are you struggling with pain and/or a nagging injury? Poor balance? You may benefit from a clinical assessment at Drayer Physical Therapy Institute's Colonial Park office. No appointment is necessary. Screening by a Physical Therapist who can let you know your options, which may include self-management techniques, physical therapy, or possibly further medical care. Call 540-1189.

Metabolism Matters

Metabolism is the total number of calories burned each day and can be influenced by factors such as age, gender, body weight, hormones, and medications. Drayer Physical Therapy Institute offers metabolic testing to determine an individual's unique caloric budget. A personalized report and referral for nutritional counseling may be provided.

Date: By arrangement; participants will be contacted
Location: Drayer Physical Therapy Institute
Fee: \$46R/\$49NR/\$42M (#19764)

FINANCIAL ASSISTANCE

The Friendship Center financial assistance program has provided many opportunities for the community with programming and membership. Donations are needed to continue to offer assistance to those in need. Contact 657-5635 for more information.

ACTIVE ADULTS & SILVER AND FIT™

*We proudly participate
in health insurance programs:*

**SILVER AND FIT™
SILVER SNEAKERS
FOREVER FIT & PRIME
GLOBAL FIT & HEALTHWAYS**

*Find out if your insurance covers a membership
to the Friendship Center — 657-5635*

Total Body Workout or *Chair Yoga For Older Active Adults/Silver and Fit™

Silver and Fit is a total-body workout program for active individuals combining aerobic, flexibility, and strength training in a positive energizing environment. Exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. The yoga class provides all the benefits of traditional yoga while standing or sitting in a chair. Please bring a yoga mat. (45-50 minutes)

- Dates:** Tues., 8 a.m., Jan. 10 - Mar. 14 Strength (B) (#19922)
 *Tues., 11:15 a.m., Jan. 10 - Mar. 14 Yoga (Be) (#19916)
 *Tues., 12:30 p.m., Jan. 10 - Mar. 14 Yoga (Be) (#19918)
 Thurs., 8 a.m., Jan. 12 - Mar. 16 Strength (B) (#19923)
 Thurs., 11:15 a.m., Jan. 12 - Mar. 16 Strength (J) (#19917)
 *Thurs., 12:15 p.m., Jan. 12 - Mar. 16 Yoga (Be) (#19921)
 Fri., 10:15 a.m., Jan. 13 - Mar. 17 Strength (J) (#19920)
 *Fri., 11:15 a.m., Jan. 13 - Mar. 17 Yoga (Be) (#19919)

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/\$42M (10 classes)

Silver and Fit/Silver Sneakers/Forever Fit members free, must pre-register.

Instructor code: (B) Barb, (Be) Becky, (J) Julie

Active Adult Track Walking (60+) \$3 per visit

Enjoy the indoor setting in our gymnasium with track walking on your own and at your pace.

Dates: Every Tuesday and Thursday, 7 a.m.-10 a.m.
Check-in at service desk.

**If you are a health insurance member,
please visit us and utilize
your membership.**

REMEMBER TO SCAN YOUR CARD!

FRIENDSHIP SENIOR CENTER

A. Senior Center/East Annex (657-1547)

Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, and leisure activities (Desk hours 7:30 a.m.-1 p.m.)

B. Senior Eligibility

The Senior Center is open to seniors 60 years and older at \$10 per year. Seniors do not need to be members of the Friendship Center or residents to participate.

Scheduled Weekly Activities

- MONDAY** 8:00-9:00 a.m. - Light Aerobics
 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class)
 10:00-11:00 a.m. - Tai Chi
 1:30-2:30 p.m. - Line Dancing
- TUESDAY** 8:00-9:00 a.m. - PEPPI/HSIM
 8:30-9:30 a.m. - Free Blood Pressure (1st Tues.)
 8:40 a.m. - Aquacise (\$3/ class)
 9:00-11:00 a.m. - Group Knitting & Crocheting
 12:30 p.m. - Cash Bingo
 1:00-2:00 p.m. - Lap Swimming/Walking (\$3)
- WEDNESDAY** 8:00-9:00 a.m. - Light Aerobics
 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/ class)
 9:00 a.m.-12:00 p.m. - Casual Art Class w/Marty
 10:00-11:00 a.m. - Spanish Class
 11:30 - 12:30 p.m. Tai Chi
 12:30 p.m. - Mah Jongg
- THURSDAY** 8:00-9:00 a.m. - PEPPI/HSIM
 8:40 a.m. - Aquacise (\$3/ class)
 10:00 a.m. - Scrabble
 10:00-11:00 a.m. - German Class
 10:30-11:30 a.m. - Italian Class
 12:00 - 3:00 p.m. Casual Art w/ Marty
 12:30 p.m. - Group Sewing & Crafting
 1:00-2:00 p.m. - Lap Swimming/Walking (\$3)
- FRIDAY** 8:00-9:00 a.m. - Light Aerobics
 8:30 a.m. & 11:45 a.m. - Aquacise (\$3 /class)
 9:30 a.m. - Bridge Class w/ Mr. Henning
 12:30 p.m. - Group Knitting and Crocheting

Card Playing Daily: 8:00 a.m. - 3:00 p.m.

Bridge and Chess Groups, day/time varies, ask at desk.
Computer lessons available by appointment, ask at desk.

**SENIOR
VAN SERVICE**

**Please Call 657-5650
CAT Share A Ride: 232-6100**

Lower Paxton Township Senior Citizens (60 & older) Van Service for medical appointments, shopping and other necessary transportation. Available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.

PROGRAM REGISTRATION AND PROCEDURES

4 WAYS TO REGISTER . . .

- **BY MAIL** — Complete the registration form below and mail with payment to the L.P. Parks and Recreation, 5000 Commons Drive, Harrisburg PA, 17112. Please include a self-addressed, stamped envelope if you want confirmation of your registration. Note: Mail-in registrations are not processed until 5 p.m. on the specified day of registration unless participant phones in on the day registration begins to activate registration earlier.
- **BY PHONE** — Call with your Visa or Master Card (\$10 minimum) during operating hours at **657-5635**.
- **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.
- **NEW! ONLINE** — go to www.friendshipcntr.com to view and register for many of our programs.

1. **Friendship Center members** may register for all programs offered at the Friendship Center beginning Monday, December 5, at 6:00 a.m.
2. Registration for **Aquatics** programs begins Wednesday, December 7, at 6:00 a.m.
Registration for **all other programs and classes** begins Friday, December 9, at 6:00 a.m.
3. No programming discounts will be available.
4. A 10% service charge will be deducted from all approved refunds. A prorated refund will be issued for any requests after the first class date from the date the office is notified. Refunds for one-day activities are not possible after the event. Refunds take about 3 weeks for processing and are mailed to the original payer.
5. The Friendship Center and the Parks and Recreation Department reserve the right to cancel activities. Full refunds are given for any canceled programs.
6. Fee Structure: R=Resident, NR=Non Resident, M=Friendship Center Member.
7. Registration for a multi-session class is closed after the second meeting of the class.

MAIL-IN REGISTRATION FORM

Activity Name _____ Code _____
Date(s) _____ Fee: RE _____ NR _____ M _____
Name(s) _____
Address _____
City _____ Zip _____
Home Phone _____ Work _____
Township Resident? Yes/No Male/Female _____
Friendship Center member? Yes/No
Parent's Name _____ Child's Birth date _____ (if applicable)

Make checks payable to:
Lower Paxton Township Parks and Recreation
5000 Commons Drive, Harrisburg, PA 17112

ONE ACTIVITY PER FORM PLEASE
Forms are processed at the end of the business day
received, but not before registration date.

MAIL-IN REGISTRATION GUIDELINES

The Lower Paxton Township Parks and Recreation Department encourages registration by walk-in, mail-in, online or by phoning 657-5635 (with Visa, Master Card).

Please note:

ALL MAIL-IN REGISTRATIONS are not processed until 5 p.m. on the specified day of registration.

FC Members (All FC Programs)..... Monday, December 5
Aquatics Programs..... Wednesday, December 7
All Other Programs Friday, December 9
This mail-in registration does not guarantee a place in the program. Registrations are processed on a first-come, first-served basis.

SAVE THIS SCHEDULE FOR FUTURE REFERENCE!

Friendship Center Members' FREE Classes



2017 WINTER SESSION SCHEDULE

— EFFECTIVE JANUARY 8, 2017 —

(Non-Members Walk-in only \$8 per class) Fitness / *Aquatic

Sundays

12:00 pm Yoga

Mondays

8:30 am Senior Spin

9:30 am Light Lifting

9:30 am Dancin to Oldies'

10:30 am Zumba

10:45 am *Aquacise

12:00 pm Mid Day Rejuvenation

6:00 pm *Masters Swimming

6:00 pm Combo

6:30 pm Spin Bootcamp

7:00 pm *Aquacise

7:00 pm Abs, Back & Legs

Tuesdays

5:45 am Spin

6:05 am *Aquacise

8:30 am Senior Spin

9:30 am *Aquacise

10:00 am Beginner Yoga

4:30 pm Spin

5:15 pm Metabolic Express

5:30 pm Yoga

6:00 pm 50+ Fitness

6:15 pm Spin

7:00 pm Fit Mix

Wednesdays

8:30 am Senior Spin

9:30 am Lifting Workout

10:30 am Zumba

10:45 am *Aquacise

11:30 am Zumba Gold

12:45 pm Chair Yoga

2:00 pm Gentle Yoga

5:30 pm FC X Live

6:00 pm Combo

7:00 pm *Aquacise

7:00 pm Spin

8:00 pm *Masters Swimming

Thursdays

5:45 am Spin

6:05 am *Aquacise

8:30 am Senior Spin

9:00 am Mix Yoga

9:30 am *Aquacise

10:00 am Zumba

4:30 pm Spin

5:30 pm Beginner Yoga

6:15 pm Spin

6:30 pm Zumba

7:00 pm Fitness Mix

Fridays

6:05 am *Tone that Stomach

8:30 am Senior Spin

9:00 am Zumba

9:00 am *H2O Circuit

1:00 pm *Aqua Yoga

Saturdays

8:00 am Chisel

10:30 am Zumba

** Class schedule subject to change at management's discretion. Members must pre-register or obtain a Drop-in pass for free classes.

BABYSITTING AVAILABLE - FREE FOR MEMBERS! (Non-Member — \$4 per child per hour)

Babysitting Hours: Mon.-Fri., 9 a.m.-12 noon • Mon.-Fri., 4:30-8 p.m. • Sat., 9 a.m.-noon — For more info call 657-5635

www.friendshipcntr.com

WHETHER YOU'RE BUILDING A NEW HOME
OR UPDATING YOUR CURRENT CASTLE....

For All Your
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Electrical Needs,
Call 717-545-9607

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**INTERESTED
IN ADVERTISING?**

Call Lynn at 657-5635

EMPLOYMENT OPPORTUNITIES

BE A PART OF THE TEAM THAT PROVIDES
FAMILY, FUN AND FITNESS TO THE COMMUNITY!

The Friendship Center is now accepting applications
for the following positions:

**Custodians / Facility Monitors / Lifeguards
Service Desk / Fitness and Swim Instructors**

Applications being accepted as of January 2017 for
Summer Daycamp / Playground / Summer Brightbill Basketball