

Friendship Center

family · fun · fitness



Summer Day Camp

Photo courtesy of Jostenski.com



Fitness Center

Photo courtesy of Jostenski.com

2015 SUMMER PROGRAM GUIDE

Online Registration
Now Available!



Brightbill Basketball League

Photo courtesy of Jostenski.com



Swim Lessons

Photo courtesy of J. Myers

REGISTRATION BEGINS

- FC Members (All FC Programs) — Monday, June 1
 - Aquatics Programs — Wednesday, June 3
 - All Other Programs — Friday, June 5
- Registration available Now for May classes

Lower Paxton Township Parks and Recreation
5000 Commons Drive, Harrisburg, PA 17112 • Phone 717-657-5635 • www.friendshipcntr.com

WELCOME



*Discover fun, new ways
to stay fit and active!*

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/ Massage Therapy 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)

The center will be closed for maintenance Aug. 30-Sept. 5

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 (7:00 am - 2:00 pm),
 Labor Day, Christmas Eve, New Year's Eve

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 Parks and Recreation Department at 657-5635.

YOU BELONG HERE!

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.



2015 Membership Rates Categories	Lower Paxton Township Resident Discount Rate	Regular Rate
Youth/Student (13+ OR Full-Time College Student up to 22 years)	\$17.43/mo. (\$209 yr.)	\$18.96/mo. (\$227 yr.)
Adult Single (18+)	\$39.87/mo. (\$478 yr.)	\$44.03/mo. (\$528 yr.)
Adult Couple/Single Parent Family	\$55.42/mo. (\$665 yr.)	\$61.12/mo. (\$733 yr.)
Family	\$62.56/mo. (\$751 yr.)	\$69.45/mo. (\$833 yr.)
Senior Single (60+)	\$30.01/mo. (\$360 yr.)	\$32.90/mo. (\$395 yr.)
Senior Couple	\$44.37/mo. (\$532 yr.)	\$49.30/mo. (\$592 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 Welcome** — We participate in Silver & Fit, Silver Sneakers, Forever Fit, 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 Specials

~ IMPORTANT ~ MAILING INFORMATION

We are updating our mailing list for the Lower Paxton Township Parks and Recreation Program Guide. If you are not a Lower Paxton Township Resident, but currently receive the Program Guide, and would like to remain on the mailing list for future Guides, please return this form by July 1, 2015.

Name: _____

Address: _____

Please return to: Lower Paxton Township Parks and Recreation,
5000 Commons Drive, Harrisburg, PA 17112

FATHER'S DAY ~ SUNDAY, JUNE 21

FREE Day Pass to fathers when they join their kids to go swimming.
Valid with the purchase of a son or daughter's day pass.
(\$7 per child 12 and under / \$10 for 13+)

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.

ONLINE REGISTRATION

www.friendshipcntr.com

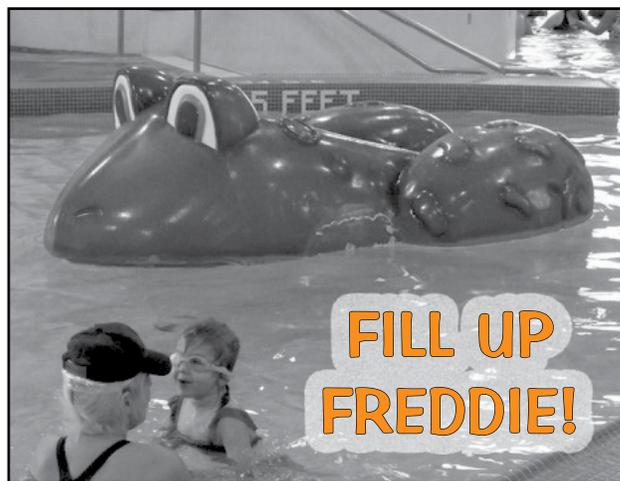
The Friendship Center now offers the convenience of online registration for many of your favorite programs.

If your email address is not in our system, please call the Friendship Center to activate your online account — (717) 657-5635.

Special Program Notes

- ◆ Pre-registration for all programs is required and should be done at least one week prior to the activity. Some programs are in high demand and fill quickly. Waiting lists are established if activities become full.
- ◆ Members must pre-register for selected free classes.
- ◆ All classes have a minimum and maximum number of participants. Space is on a first come, first serve basis.
- ◆ 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 to 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)



A big THANK YOU to all of our "Freddie" friends who filled their "Freddie" Frog Banks with donations to help us replace the Friendship Center Frog slide.

We are on our way to reaching our goal!

FRIENDSHIP FRIDAYS FIRST FRIDAY OF EACH MONTH

Members of the Center celebrate with complimentary coffee.

Bring a friend (18+) for free and enjoy!

Friday, June 5 • Friday, July 3 • Friday, August 7

All friends must have photo identification.

Non member guest limit one visit per 6 months.

FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS

Summer Playground Program



This 8 week program sponsored by Lower Paxton Twp. Parks & Recreation provides children with supervised FUNtastic activities. A one time non-refundable yearly registration fee of \$25 is payable on the first day of attendance. Other craft fees may apply.

Dates: June 15-August 7, 9 a.m.-12 p.m.

Ages 3-5: Mon. and Wed. at Kohl Park
Tues. and Thurs. at Koons and Brightbill Parks

Ages 6-12: Mon. through Fri. at Lamplight,
Koons and Brightbill Parks

Friendship Center Summer Day Camp

Campers will build friendships while enjoying recreational swimming, social activities, arts and crafts, reading, fun sports competitions, organized games, themed weeks and field trips*.

Dates: Mon.-Fri., June 8-August 21, 7 a.m.-6 p.m.

Ages 5-11: Friendship Center
(must have completed Kindergarten)

Ages 12-14: Colonial Park UCC

Weekly Fee: \$125M / \$145R / \$150NR

*Field trips are optional, at additional cost.

Call 657-5635, ext. 103 for details.

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 AMUSEMENT PARK / SKI TICKETS**

Cash and Charge only, No Checks

***2015 PARK PAVILION RENTALS**

Stop in or call ext. 103.

***2015 BALL FIELD / COURT RENTALS**

For 2015 reservation request information please call ext. 109.

2015 TGIF SUMMER CONCERT SERIES

**FREE CONCERTS FILL GEORGE PARK
WITH GREAT MUSIC ON SELECTED
FRIDAYS, FROM 7:00-8:30 P.M.**

The concerts are made possible by Lower Paxton Twp. Parks & Recreation and local sponsors including Metro Bank.

JUNE 26 - LOWER PAXTON VARIETY BAND

JULY 10 - THE LITTLE BROTHER BAND / MR. MUSIC
(Sponsored by Enders Insurance)

JULY 24 - STEVE RUDOLPH (Sponsored by Sprint)

AUGUST 7 - NEW DIRECTION (Sponsored by Hoffman Ford)

HIGHWAY EQUIPMENT & SUPPLY CO.

Arts & Parks 5K Run and Walk

— Saturday, July 18 —

8:00 a.m. Start ~ Registration begins at 7:00 a.m.



Start/Finish
at the
Friendship Center

Race information available at
the Friendship Center and:
[http://register.runhigh.com/
search/event.aspx?id=30834](http://register.runhigh.com/search/event.aspx?id=30834)

Fees: \$20 Pre-registered /
\$25 Race Day

Sponsors Include: Highway Equipment & Supply Co,
Brown & Brown of Lehigh Valley, Conrad Siegel Actuaries,
Drayer Physical Therapy Inst., Baptist Resource Network,
Hornungs Ace Hardware, Sedun Shaklee Independent Distributors

LIFE WRITES EXHIBITION

WEDNESDAY, JULY 16, 6-8 P.M.

AT THE FRIENDSHIP CENTER

The community is invited to experience the Life Writes Project - this art and writing narrative exhibition will display the perspectives and experiences of local students.

Visit www.LifeWrites.org for more information

PRESCHOOL ACTIVITIES

FALL 2015 PRESCHOOL REGISTRATION

**9 MONTH SCHOOL YEAR WITH *MONTHLY DUES
ALL CHILDREN NEED TO BE OF AGE BY 9/1/15**

***Payment Policy: Monthly Bankdraft**

First month's fee is due with pre-registration form, 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 REFUND. Must register in person at the Friendship Center.

For details call 657-5635, ext.112.

Morning Fun Time (Ages 2½-3)

Mon./Wed., 9:30-11:30 a.m. (9/9/15-6/8/16) (#17705)

Fee (monthly): \$81.30R/\$84.90NR/\$66.00M

Preschool Pals (Ages 3-4)

A. Tue./Thu., 9:30 a.m.-noon (9/8/15-6/9/16) (#17706)

B. Tue./Thu., 1:00-3:30 p.m. (9/8/15-6/9/16) (#17707)

Fee (monthly): \$91.20R/\$95.70NR/\$76.80M

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

A. Mon./Wed./Fri., 9:30 a.m.-noon (9/9/15-6/10/16) (#17708)

B. Tue./Wed./Thu., 1:00-3:30 p.m. (9/8/15-6/9/16) (#17709)

Fee: (monthly) \$126.30R/\$129.90NR/\$103.80M

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

A. Tues., 9:30-10:30 a.m. (9/8/15-6/7/16) (#17700)

B. Fri., 11 a.m.-noon (9/11/15-6/10/16) (#17701)

Fee (monthly): \$25.50R/\$27.30NR/\$21.00M

Double Play (Ages 2-3 w/parent)

A. Tues., 10:45 a.m.-noon (9/8/15-6/7/16) (#17702)

B. Fri., 9:30-10:45 a.m. (9/11/15-6/10/16) (#17703)

Fee (monthly): \$29.10R/\$30.90NR/\$24.60M

Twos Together (Age 2)

Thur., 9:30-11:30 a.m. (9/10/15-6/9/16) (#17704)

Fee (monthly): \$39.00R/\$41.70NR/\$33.60M

SUMMER CLASSES

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

Have fun with your toddler while meeting new friends.

Dates: Fri., 11 a.m.-noon, July 3-31

Instructor: Kim V.

Fee: \$46R/\$51NR/\$38M (5 classes) (#18149)

Double Play (Ages 2-3 w/parent)

Share songs, stories, fingerplays and simple crafts.

Dates: Fri., 9:30-10:45 a.m., July 3-31

Instructor: Kim V.

Fee: \$53R/\$59NR/\$45M (5 classes) (#18148)

SUMMER CLASSES (CONT.)

Summer Fun Time (14 classes)

This program features participation in crafts, songs, games and play activities. **Prerequisite: Child must be comfortable with separating from parent.**

For Ages 2-3 years:

Mon./Wed., 9:30-11:30 a.m., June 15-July 29 (#18150)

For Ages 4-5 years:

Tues./Thur., 9:30-11:30 a.m., June 16-July 30 (#18151)

Instructor: Nadzia S.

Fee: \$85R/\$95NR/\$70M

Introduction to Gymnastics w/Hbg. Gymnastics (Ages 18 mos.-3½ yrs.) (8 classes)

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

Dates: Thurs., 9-9:40 a.m., June 18-Aug. 6

Location: Friendship Center, Gym #2

Fee: \$82R/\$85NR/\$66M (#18267)

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., 10:30-11:15 a.m., June 29-Aug. 3 (#18247)

Mon., 3:15-4 p.m., June 29-Aug. 3 (#18246)

Ages 4-5: Wed., 4-4:45 p.m., July 1-Aug. 5 (#18245)

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

Fee: \$35R/\$38NR

Preschool Dance w/HAD (Ages 3½-6 years)

An intro to dance using ballet, tap, floor stretches and dance moves in a fun, easy class.

Dates: Wed., 6-6:50 p.m., July 8-Aug. 12

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$55R/\$58NR (6 classes) (#18240)

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

Covers fielding, hitting, and base running.

Dates: Mon./Wed., 6:30-7:15 p.m., June 1-10 (#17804)

Sun., 4:45-5:45 p.m., June 14, 28, July 12 (#18238)

Sun., 4:45-5:45 p.m., Aug. 2, 9, 16 (#18239)

Location: Kohl Park

Fee: \$45R/\$50NR Register now for June 1 class!

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

(Must be age 3 as of 1/1/15) Outdoor instructional clinic with age-appropriate skills, drills and games.

Dates: Sun., 5:45-6:45 p.m., June 14, 28, July 12 (#18233)

Sun., 5:45-6:45 p.m., Aug. 2, 9, 16 (#18237)

Location: Kohl Park

Fee: \$45R/\$50NR

PRESCHOOL/YOUTH & TEEN ACTIVITIES

UK Kickers Soccer Camp (Ages 3 & 4) (5 classes)

An introductory program for kids to have fun with the ball while introducing them to the game. Bring shin guards and water bottle. Includes UK Camp shirt, ball, and evaluation. Specify shirt size on registration.

Dates: Mon.-Fri., 9-10 a.m., Aug. 10-14

Location: Brightbill Park

Fee: \$65R/\$70NR (#18225)

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

Zumba for kids! Fun and fitness all in one!

Dates: Thurs., 5:45-6:15 p.m., July 2-Aug. 6

Location: Friendship Center, Room 112

Fee: \$42R/\$45NR/Members free! (#18089)

Little Aces Tennis w/Mo C. (Ages 4-5) (4 classes)

A fun intro to fundamental ABC's (agility, balance, and coordination). Bring a racquet and water.

Dates: Sat., 9-9:45 a.m., June 6-27

Location: Brightbill Park

Fee: \$40R/\$45NR (#17840) Register now!

Petite Picasso w/Tavia (Ages 4-6) (5 classes)

Young artists unleash their creativity as they study famous artists, learn about the elements of design, and explore a wide variety of art methods. Dress for an art-making mess!

Dates: Mon.-Fri., 9:15-10:15 a.m., Aug. 17-21

Location: Friendship Center, Room 106

Fee: \$72R/\$75NR/\$60M (#18270)

Kiddie Kickers Mini-League w/Ricardo (Ages 4-6) (6 classes)

Outdoor soccer camp includes team practice & game play.

Dates: Mon./Wed., 5:10-5:55 p.m., June 1-17

Location: Kohl Park

Fee: \$70R/\$75NR (#17883) Register now!

Pee Wee Golf w/Bumble Bee (Ages 5-9) (4 classes)

Taught by age-specific instructors in an enjoyable, non-threatening atmosphere.

Dates: Sat., 11:30 a.m.-12 p.m., May 30-June 20 (#17899)

Tues., 11:30 a.m.-12 p.m., July 7-28 (#17900)

Wed., 7:30-8 p.m., Aug. 5-26 (#17901)

Location: Bumble Bee Hollow

Fee: \$60R/\$63NR

Biddy Basketball (Ages 5-7) (8 classes)

An instructional program with mini-games each week.

Dates: Tues., 6-7 p.m., June 2-July 21

Location: Brightbill Park

Fee: \$60R/\$63NR (#17861) Register now!

UK Nipper Soccer Camp (Ages 5 & 6) (5 classes)

Non-competitive program. Have fun while learning and enhancing skills. Introduce and develop basic techniques. Bring shin guards/water bottle. Includes UK Camp shirt and ball. Specify shirt size on registration.

Dates: Mon.-Fri., 10 a.m.-12 p.m., August 10-14

Location: Brightbill Park

Fee: \$85R/\$90NR (#18226)

Gymnastics w/Hbg. Gymnastics (Ages 4-10 yrs.)

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

Thurs., 9:45-10:30 a.m., June 18-Aug. 6

Location: Friendship Center, Gym #2

Fee: \$82R/\$85NR/\$66M (8 classes) (#18266)

Yoga For All w/Ashley (Ages 6 and up) (8 classes)

All ages will practice yoga basics promoting flexibility, balance, strength and relaxation. Bring your child, grandchild, or just yourself as you make Family Fitness Fun! Bring a yoga mat.

Dates: Tues., 9-10 a.m., June 30-Aug. 18

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18224)

Kidding Around Yoga w/Erika (Ages 6-10) (8 classes)

"KAY" incorporates cardiovascular conditioning, fun, music, plus traditional Yoga benefits; breathing techniques, peace, and deep relaxation. Motivates kids to be active, build confidence, and manage the spectrum of emotions they experience in their daily activities.

Dates: Tues., 5:30-6:30 p.m., June 30-Aug. 18

Location: Friendship Center, Room 112

Fee: \$44R/\$47NR/Members free! (#18131)

Timbuk™ for Youth w/Ashia (Ages 8-15) (10 classes)

Timbuk dance workout for kids! Fun and fitness celebrating the ancestral heritage and rich history of the people of Africa. Get moving to heart thumping music and rhythms.

Dates: Sat., 9:10-9:55 a.m., June 27-Sept. 12

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#18122)

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., 6:15-7 p.m., June 30-Aug. 4

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

Fee: \$47R/\$52NR (#18242)

YOUTH AND TEEN (CONT.)

Youth Beginner/Advanced Beginner Tennis w/Mo C. (Ages 5-14) (4 classes)

Develop sound tennis fundamentals and agility/balance through instruction and drills. Bring a racquet and water.

Ages 5-9: Sat., 10-11 a.m., June 6-27 (#17843)

Mon., 5-6 p.m., June 15-July 6 (#18250)

Mon., 5-6 p.m., July 13-Aug. 3 (#18251)

Sat., 9-10 a.m., Aug. 22-Sept. 26 (#18252)

Ages 10-14: Mon., 6-7 p.m., June 15-July 6 (#18253)

Mon., 6-7 p.m., July 13-Aug. 3 (#18254)

Sat., 10-11 a.m., Aug. 22-Sept. 26 (#18255)

Location: Brightbill Park

Fee: \$40R/\$45NR Register now for June 6th class!

Youth Intermediate/Advanced Tennis w/Mo C. (Ages 5-14) (4 classes)

Ages 5-9: Continues to improve the young player through instruction, drills, and low-competition play.

Tues., 5-6 p.m., June 16-July 7 (#18256)

Tues., 5-6 p.m., July 14-Aug. 4 (#18257)

Advanced drills and situational/match play to build a well balanced game:

Ages 7-14: Sat., 11 a.m.-12 p.m., Aug. 22-Sept. 26 (#18258)

Ages 10-14: Sat., 11 a.m.-12 p.m., June 6-27 (#17846)

Tues., 6-7 p.m., June 16-July 7 (#18259)

Tues., 6-7 p.m., July 14-Aug. 4 (#18260)

Location: Brightbill Park

Fee: \$40R/\$45NR Register now for June 6th class!

Individual Tennis Instruction w/Mo C. (Ages 5+) (6-40 minute lessons)

Instructor available to provide individual instruction.

Dates: By arrangement, registrants will be contacted.

Location: Brightbill Park

Private: \$155R/\$160NR per person (#18248)

Semi-Private: (max 2): \$130R/\$135NR per person (#18249)

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., July 1-Aug. 19 (#18070)

Ages 8-12: Wed., 4:30-5:15 p.m., July 1-Aug. 19 (#18069)

Location: Friendship Center, Gym #3

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

Individual Basketball Instruction w/Lenny (6-40 minute lessons)

Instructor available to provide individual instruction.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym

Private: \$155R/\$160NR/\$135M per person (#18072)

Semi-Private (max 2): \$130R/\$135NR/\$110M pp (#18075)

UK Youth Soccer Camp (Ages 7-14) (5 classes)

Learn fundamental soccer techniques and game play. Individual skill development with a curriculum specific to age and ability. Bring shin guards and water bottle. Includes UK Camp shirt and ball. Specify shirt size on registration.

Dates: Mon.-Fri., 9 a.m.-1 p.m., August 10-14

Location: Brightbill Park

Fee: \$125R/\$130NR (#18227)

Junior Golf (Ages 10-15) (4 classes)

Progressive and fun series that covers all aspects of the game from putting to full swing.

Dates: Sat., 10-11 a.m., May 30-June 20 (#17891)

Sat., 2-3 p.m., July 11-Aug. 1 (#17894)

Fri., 11 a.m.-12 p.m., July 31-Aug. 21 (#17895)

Sat., 12-1 p.m., Sept. 5-26 (#17896)

Location: Bumble Bee Hollow

Fee: \$60R/\$63NR Register now for may 30th class!

Strikers Soccer w/Ricardo (Ages 7-10) (3 classes)

Outdoor instructional camp with age appropriate drills, skills and games.

Dates: Sun., 5:45-6:45 p.m., June 14, 28, July 12 (#18231)

Sun., 5:45-6:45 p.m., Aug. 2, 9, 16 (#18232)

Location: Kohl Park

Fee: \$45R/\$50NR

Two-Hand Touch Football League w/Ricardo (Ages 8-12) (3 classes)

Multiple position play. Instructional game format.

Dates: Sun., 6:45-7:45 p.m., June 14, 28, July 12

Location: Kohl Park

Fee: \$35R/\$40NR (#18230)

Kickball/Dodgeball League w/Ricardo (Ages 10-14)

Kick into high gear while ducking, diving, dodging. Continuous action!

Dates: Sun., 7:45-8:45 p.m., June 14, 28, July 12 (#18228)

Sun., 6:45-7:45 p.m., Aug. 2, 9, 16 (#18229)

Location: Kohl Park

Fee: \$35R/\$40NR (3 classes)

Private Guitar Lessons w/Steve (Ages 9+)

Learn how to play chords, rhythm, read tabs and apply them to songs you can sing to. Six 30 minute lessons.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Room 106

Fee: \$140R/\$143NR/\$120M (#18078)

**REGISTER FOR YOUR
FAVORITE CLASSES ONLINE!
www.friendshipcentr.com**

YOUTH AND TEEN (CONT.)



Photo Courtesy of Tavia Larson

Tree House Architecture w/Tavia (Ages 7-12)

Learn about architecture and design while building your own unique toy-sized tree house!

Dates: Mon.- Fri., 9:15-10:45 a.m., Aug.10-14

Location: Friendship Center, Room 106

Fee: \$80R/\$83NR/\$68M (5 classes) (#18269)

Knit, Stitch, Weave! w/Tavia (Ages 6-12) (5 classes)

Embroider an original design onto a pillow, finger knit to create a giant bubble wand, weave a bookmark and more! Explore textile art from around the world while discovering how relaxing and fun it can be for yourself!

Dates: Mon.-Fri., 11 a.m.-12 p.m., Aug. 10-14

Location: Friendship Center, Room 106

Fee: \$69R/\$72NR/\$58M (#18271)

Making Miniatures w/Tavia (Ages 7-12) (5 classes)

Create a fun variety of miniature furniture, food, and other accessories for display or imaginative play with your favorite dolls or action figures.

Dates: Mon.- Fri., 10:45 a.m.-12 p.m., Aug.17-21

Location: Friendship Center, Room 106

Fee: \$76R/\$79NR/\$64M (#18272)

American Red Cross Babysitting Certification (Ages 11 and up)

Must attend all classes and pass test. Certified sitters' names may be kept on file for future sitter references.

Good for kids home alone!

A. Tues., Wed., Thur., Fri., 9 a.m.-12 p.m, Aug. 4, 5, 6 plus test Aug. 7 (test 9-10:30 a.m.) w/Linda B. (#18152)

B. Mon., Wed., Thur., Fri., 6-9 p.m., Aug. 3, 5, 6 plus test Aug. 7 (test 7-8:30 p.m.) w/Sandi B. (#18153)

Location: Friendship Center, Room 106

Fee: \$63R/\$68NR/\$50M

ADULT ARTS & CRAFTS / CPR

Outdoor & Nature Photography w/Angela (Ages 6+)

Hands-on instruction includes classroom sessions and image critiques, tailored to meet the needs of each photographer, regardless of age, skill level or camera equipment. Enhance your skills and expand your creativity!

Registration includes 3 entries in the Lower Paxton Twp.

Photo contest. Ages 6-12 must be accompanied by a parent.

Dates: Tues., 6:30-7:20 p.m., June 16-23 (#18066)

Or -Sat., 9:30-10:20 a.m., June 13-20 (#18067)

Location: Friendship Center, Conference room

Fee: \$25R/\$28NR/\$20M (2 sessions)

Lower Paxton Twp. Photo Contest 2015

Submit photos from around the township in any or all of 3 categories: 1) Landscapes 2) People & Places 3) Plants & Wildlife. 50/50 Cash prizes for youth (under 18) and adult divisions - total of 6 prizes. Photos may be displayed in the Greenway Walking Opportunities brochure, other township publications and online. Instructions for digital submission of images will be given at registration; deadline for submitting photos is July 15, 2015.

Fee: \$5 per photo, unlimited number of entries (#17626)

Painting: Oil or Acrylic w/Jonathan (10 classes)

For those with a wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request new supply list. Register by 6/25/15.

Dates: Tues., 6:50-8:50 p.m., June 30-Sept. 8

Location: Friendship Center, Room 109

Fee: \$96R/\$99NR/\$80M (#18103)

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

Basic Life Support materials are covered such as adult and pediatric CPR, two rescuer scenarios, use of bag valve mask, AED, and barrier devices. Course certification card issued for successfully completing a written and skills exam.

Date: Wednesday, June 24, 6-9 p.m.

Location: Friendship Center, Room 106

Fee: \$50R/\$53NR/\$40M (#18064)

Heartsaver CPR/AED w/South Central EMS (Ages 15+)

American Heart Assoc. CPR, AED use, and relief of choking for adults, children and infants. Hands-on skills in a low stress environment; for all members of the community.

Date: Thursday, June 25, 6-9 p.m.

Location: Friendship Center, Room 106

Fee: \$43R/\$46NR/\$35M (#18065)

**THE FRIENDSHIP CENTER
WILL BE CLOSED
FOR MAINTENANCE
AUGUST 30-SEPTEMBER 5**

BODY PUMP™/SPIN

Body Pump™ (Ages 18+) (10 classes)

A Les Mills program that challenges all your major muscle groups. It builds lean muscle, tones, and gives you a great workout. Great music, instructors and your choice of weights.

Dates: Mon., 9:30-10:30 a.m., June 29-Sept. 14 (MJ) (#18139)

*Mon., 7:15-8:15 p.m., June 29-Sept. 14 (MJ) (#18134)

Wed., 5:40-6:30 a.m., July 1-Sept. 9 (MJ) (#18140)

Wed., 9:30-10:30 a.m., July 1-Sept. 9 (MJ) (#18138)

Wed., 7:15-8:15 p.m., July 1-Sept. 9 (J) (#18137)

Thurs., 4:30-5:30 p.m., July 2-Sept. 10 (J) (#18136)

Sat., 9:15-10:15 a.m., June 27-Sept. 12 (MJ) (#18135)

Instructor Code: (MJ) Mary Jo, (J) Jodie

Location: Friendship Center, Room 118, *East Annex

Fee: \$60R/\$63NR/\$40M

Spinning™ (Ages 16+)

Spinning is an awesome low impact workout — limited space!

Dates: Mon., 6-6:45 p.m., June 29-Sept. 14 (MJ) (#18101)

Tues., 6:15-7 p.m., June 30-Sept. 8 (RM) (#18099)

Wed., 7-7:45 p.m., July 1-Sept. 9 (C) (#18100)

Thurs., 6:15-7 p.m., July 2-Sept. 10 (RM) (#18098)

Sat., 8-9 a.m., June 27-Sept. 12 (MJ) (#18097)

Fee: 1/week (45 mins.) \$60R/\$63NR/Members free!

Dates: (2 days per week) (20 classes-45 mins.)

Tues./Thur., 5:45-6:30 a.m., June 30-Sept. 10 (MJ) (#18094)

Fee: 2/week (45 mins.) \$80R/\$83NR/Members free!

Location: Friendship Center, Room 115

Instructor Code: (MJ) Mary Jo, (RM) Roxane, (C) Carly

30/30 Cycle/Core w/Mindy (10 classes)

Spin and core workout.

Dates: Mon., 7-8 p.m., June 29-Sept. 14

Location: Friendship Center, Room 115, 112

Fee: \$60R/\$63NR/Members free! (#18127)

Spinning w/Karen (Ages 16+) (20 classes)

Build up strength/endurance/burn over 600 calories per hr.

Dates: Mon./Fri., 9:30-10:30 a.m., June 29-Sept. 18

Location: Friendship Center, Room 115

Fee: \$84R/\$87NR/\$70M (#18096)

Senior Spin (Ages 50+) (20 classes)

For seniors and/or active adults.

Dates: Mon./Wed., 8:30-9:15 a.m., June 29-Sept. 14 (#18132)

Fri., 8:30-9:15 a.m., June 26-Sept. 11 (#18133) (10 classes)

Location: Friendship Center, Room 115

Fee: \$80R/\$83NR/Members free! (2 day) (Mon./Wed.)

Fee: \$50R/\$53NR/Members free! (1 day) (Fri.)

YOGA/ZUMBA/FITNESS

NEW! Yoga For All! w/Ashley (Ages 6-adult)

For Adults and/or Children - See page 7 for details.

Beginner Yoga (10 classes)

Explore basic fundamental yoga postures: sitting, standing and lying down. An emphasis is placed on relaxation, breathing and the keys of alignment. Bring a yoga mat.

Dates: Tues., 10-11 a.m., June 30-Sept. 8 (A) (#18118)

*Thurs., 5:30-6:30 p.m., July 2-Sept. 10 (V) (#18119)

Instructor Code: (A) Ashley, (V) Venus

Location: Friendship Center, Room 118 /*East Annex

Fee: \$75R/\$78NR/Members free!

Gentle Yoga w/Rachel, R.N. (10 classes)

Slower paced class linking yogic breathing with continuous movement through both seated and standing positions. Learn safe alignment and modifications to help you gain strength, endurance and balance as well as stress relief and relaxation. Bring a yoga mat and strap.

Dates: Wed., 1-2 p.m., July 1-Sept. 9

Location: Friendship Center, Room 118

Fee: \$75R/\$78NR/Members free! (#18123)

Mixed Level Yoga (10 classes)

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

Dates:*Tues., 5:30-6:30 p.m., June 30-Sept. 8 (G) (#18120)

Thurs., 9-10 a.m., July 2-Sept. 10 (A) (#18121)

Instructor Code: (G) Gina (A) Ashley

Location: Friendship Center, *East Annex/Room 118

Fee: \$75R/\$78NR/Members free!

Zumba™ (Ages 16+) (10 classes)

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

Dates: Mon., June 29-Sept. 14, 10:30-11:30 a.m. (J) (#18146)

Wed., July 1-Sept. 9, 10:30-11:30 a.m. (A) (#18141)

Thurs., July 2-Sept. 10, 10-11 a.m. (J) (#18145)

*Thurs., July 2-Sept. 10, 6:30-7:30 p.m. (L) (#18142)

Fri., June 26-Sept. 11, 9-10 a.m. (A, J) (#18143)

Sat., June 27-Sept. 12, 10:30-11:30 a.m. (J) (#18144)

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

Location: Friendship Center, Room 118/*East Annex

Fee: \$60R/\$63NR/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., July 1-Sept. 9

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18129)

AEROBICS/FITNESS/TRX (CONT.)

50 + Fitness w/Mindy (10 classes)

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

Dates: Mon., 6-7 p.m., June 29-Sept. 14

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#18128)

Combo w/ Keli (20 classes)

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

Dates: Mon./Wed., 6-7 p.m., June 29-Sept. 14

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#18091)

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

An intense workout, focused on strengthening the abs, back, and legs.

Dates: Mon., 7-8 p.m., June 29-Sept. 14

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18093)

Step Conditioning w/Janeal (10 classes)

Single, double or quad step choreography with a segment of hand weights and abs. Keeps you moving.

Dates: Tues., 6-7 p.m., June 30-Sept. 8

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18130)

Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., June 30-Sept. 10

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#18092)

HIIT/Abs w/Olga (10 classes)

High intensity workout plus focus on abs.

Dates: Wed., 6-7 p.m., July 1-Sept. 9

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#18125)

R.I.P.P.E.D. w/Olga (10 classes)

Total body workout, combining Resistance, Intervals, Plyometrics & Endurance. Fun, safe, and effective.

Dates: Thurs., 6-7 p.m., July 2-Sept. 10

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18126)

Timbuk™ Fitness w/Ashia (Ages 16+) (10 classes)

Dance workout in a fun group environment; movements that engage muscles through music of African heritage.

Dates: Sat., 10-11 a.m., June 27-Sept. 12

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#18124)

TRX/Cross Fitness w/Karen (Ages 18+) (6 classes)

Sports performance training + boot camp + crossfit + pro-training efficiency. Get stronger, leaner and more cardio fit. Taught by certified trainer in TRX, RKC, Kettlebells, Spin and Cross Fitness. Focus on fitness, nutrition and chronic/acute injuries.

Spring: Wed., 9:30-10:30 a.m., May 20-June 24 (#17788)

Summer I: Wed., 9:30-10:30 a.m., July 1-Aug. 5 (#18115)

Summer II: Wed., 9:30-10:30 a.m., Aug. 12-Sept. 23 (#18116)

Location: Friendship Center, Gym #3

Fee: \$42R/\$45NR/\$35M

Fusion Bootcamp w/Karen (Ages 18+) (12 classes)

A fun challenge. A combo of cardio (i.e. spinning, outdoor cardio), strength (i.e. kettlebells, TRX), and stretching.

Spring: Mon./Wed., 6-7 p.m., May 18-June 29 (#17798)

Summer I: Mon./Wed., 6-7 p.m., July. 6-Aug. 12 (#18104)

Summer II: Mon./Wed., 6-7 p.m., Aug. 17-Oct. 5 (#18105)

Location: Friendship Center, Room 112

Fee: \$60R/\$63NR/\$50M

Stacked w/Karen (Ages 18+) (12 classes)

A small group strength training program designed to make you leaner and stronger; workouts in the weight room, learn form and technique.

Spring: Mon./Fri., 8:50-9:30 a.m., May 18-June 29 (#17792)

Summer I: Mon./Fri., 8:50-9:30 a.m., July 6-Aug. 14 (#18108)

Summer II: Mon./Fri., 8:50-9:30 a.m., Aug. 17-Oct. 5 (#18109)

Location: Friendship Center, Fitness Center

Fee: \$60R/\$63R/\$50M

Shockwave w/Karen (Ages 18+) (12 classes)

Keeps you in a target heart rate zone to stimulate metabolism, tone and increase energy. For all levels. Workouts switch between rowing, treadmill and the weight room. A functional screening will be performed for new participants.

Spring: Mon./Fri., 10:30-11:30 a.m., May 18-June 29 (#17793)

Summer I: Mon./Fri., 10:30-11:30 a.m., July 6-Aug. 14 (#18106)

Summer II: Mon./Fri., 10:30-11:30 a.m., Aug. 17-Oct. 5 (#18107)

Location: Friendship Center, Fitness Center

Fee: \$65R/\$68NR/\$55M

TRX Kettlebell: Circuit Conditioning w/Karen (18+)

With its unique blend of suspension training exercises and kettlebell conditioning intervals, this class will improve your strength, mobility and balance, as well as burn fat and increase energy. Taught by trainer/TRX Coach.

Spring: Tues./Thur., 9:15-10 a.m., May 19-June 25 (#17796)

Summer I: Tues./Thur., 9:15-10 a.m., June 30-Aug. 6 (#18110)

Summer II: Tue./Thur., 9:15-10 a.m., Aug. 11-Sept. 24 (#18111)

Location: Friendship Center, Track/Room 112

Fee: \$70R/\$73NR/\$55M (12 classes)

SPORTS/LEISURE




**2nd Annual Arts and Parks
5K Run/Walk**
SATURDAY, JULY 18, 2015
at the Friendship Center! See pg. 5 for details

Book Club at the Friendship Center

“All The Light We Cannot See” by Anthony Doerr.
Free participation. Simply read the book in advance and join us for group discussion.

Date: Tuesday, June 2, 7:00 p.m.

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: Thurs., 10-11 a.m., July 2-Sept. 10

Location: Friendship Center, Room 115

Fee: \$80R/\$83NR/\$52M (10 classes) (#18102)

Adult Men's Open-Rec Basketball (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., June 30-Sept. 8 (#18112)

Thurs., 7-9 p.m., July 2-Sept. 10 (#18114)

-OR- Sat., 8-9:30 a.m., June 27-Sept. 12 (#18113)

Location: Friendship Center, Gym #2/#3

Fee: \$75R/\$80NR/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., June 30-Aug. 4

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

Fee: \$35R/\$40NR (#18244)

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

Geared to develop defensive techniques.

Dates: Weds., 7-8 p.m., July 1-22

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

Fee: \$30R/\$33NR (#18243)



MONDAY, WEDNESDAY, FRIDAY
10:30 a.m.-12:30 p.m.
EVENING HOURS: WEDNESDAYS
7-8:30 p.m.
Members: Free / Non-members: \$4



Runners/Walkers prepare for the Arts & Parks Run/Walk.

Adult Golf w/Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting, chipping and equipment.

Dates: Tue., 6:30-7:30 p.m., June 2-23 (#17887)

Sat., 11a.m.-12 p.m., July 11-Aug. 1 (#17888)

Sat., 1-2 p.m., Sept. 5-26 (#17890)

Advanced Beginner: Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

Dates: Fri., 6:30-7:30 p.m., July 17-Aug. 7 (#17885)

Location: Bumble Bee Hollow

Fee: \$70R/\$73NR Register now for June 2nd class!

Adult Beginner/Advanced Beginner Tennis w/Mo C. (Ages 15+) (4 classes)

Develop sound tennis fundamentals and agility/balance through instruction and drills. Bring a racquet and water.

Dates: Sat., 12:15-1:30 p.m., June 6-27 (#17849)

Mon., 7-8:15 p.m., June 15-July 6 (#18261)

Mon., 7-8:15 p.m., July 13-Aug. 3 (#18262)

Sat., 12-1:15 p.m., Aug. 22-Sept. 26 (#18265)

Location: Brightbill Park

Fee: \$45R/\$50NR Register now for June 6th class!

Adult Intermediate/Advanced Tennis w/Mo C. (Ages 15+) (4 classes)

Advanced drills and situational/match play to build a well balanced game.

Dates: Sat., 1:30-2:45 p.m., June 6-27 (#17852)

Tues., 7-8:15 p.m., June 16-July 7 (#18263)

Tues., 7-8:15 p.m., July 14-Aug. 4 (#18264)

Sat., 12-1:15 p.m., Aug. 22-Sept. 26 (#18265)

Location: Brightbill Park

Fee: \$45R/\$50NR Register now for June 6th class!

FAMILY, FUN & FITNESS



FAMILY SPOTLIGHT

~ The Gabbidon Family ~

The Gabbidons first visited the Friendship Center over 10 years ago. In 2005, the family was attracted to the Center for the kids' activities and summer programs, the big gymnasium and the swimming pools. Their boys, Jini (18), Jalen (16) and Julian (11), participated in our preschool classes; Jini attended preschool at Calvary Church before the Friendship Center even existed. The children, who now go to Harrisburg Academy, have fond memories of Ms. Nadzia as one of their preschool teachers.

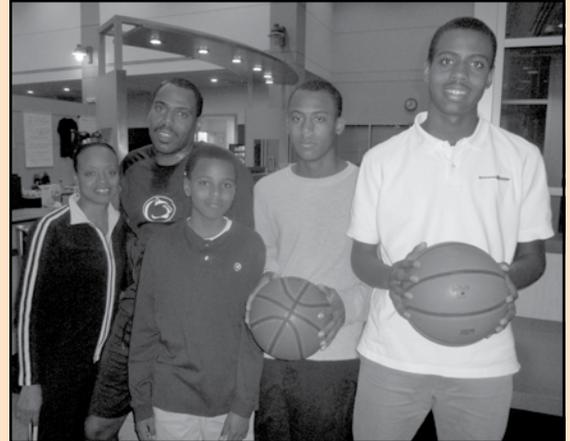
They've participated in many activities through the years including swim lessons, summer fun, gymnastics and tennis. The oldest son, Jini, will attend M.I.T. in the fall for computer science.

Monica and Shaun Gabbidon met while attending neighboring colleges in Virginia. Shaun attended graduate school at Indiana University of Pennsylvania and Monica did her graduate work at the University of Maryland. Shaun is a Distinguished Professor of Criminal Justice at Penn State University and Monica is an Adjunct Chemistry Professor at HACC. They have lived in the Harrisburg area for 16 years.

Shaun's mother, Daphne Gabbidon, also enjoys the Friendship Center. She loves the spa and pool. When she is not traveling, she participates in zumba, walking the track, and Spanish classes with the senior center.

The Gabbidons love the family friendly atmosphere at the Friendship Center. Shaun participates in the men's basketball program. He has a mean 3 point shot that is difficult to stop. Monica loves the instructors at the Center and attends many fitness classes. She can also be found joining the pickleball enthusiasts in the gym. As a family, they find it convenient that they can come anytime and play ball. The accessibility of the gymnasium allows for flexibility of Family, Fun and Fitness.

Thank you to the Gabbidons for allowing us to be part of your lives. We enjoy watching the children grow and the Family staying Fit and having Fun together.



A Special "Thank You" to our Egg Hunt and Bunny Breakfast Volunteers and Sponsors

Breakfast:

SPRINT, KIWANIS CLUB, COLOR ME MINE

Easter Egg Hunt:

HERSHEY FOODS, SPRINT, METRO BANK
LOWER PAXTON TWP. PARKS & RECREATION

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.

LOWER PAXTON TOWNSHIP

NATIONAL NIGHT OUT FOR PUBLIC SAFETY
Tuesday, August 4, 5:00-8:00 p.m. at George Park

SWIM LESSONS

FEES FOR GROUP SWIM LESSONS: \$75R / \$78 NR / \$57 M (8 classes)

Registration Begins at 6:00 a.m. June 1 (for Members) & June 3 (for Non-Members) at the Friendship Center 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 in the pool.

Parent/Tot I (Ages 3 years and under)

Orientation to water awareness and safety. Parent/child.

Dates: Tues., 9:30 a.m., June 16-Aug. 4 (#18162)

Tues., 5 p.m., June 16-Aug. 4 (#18166)

Wed., 9:30 a.m., June 17-Aug. 5 (#18165)

Sat., 10:10 a.m., June 13-Aug. 8 (#18163)

Sat., 11:00 a.m., June 13-Aug. 8 (#18164)

Parent/Tot II (Ages 3 years and under)

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

Dates: Tues., 10:10 a.m., June 16-Aug. 4 (#18167)

Tues., 5:40 p.m., June 16-Aug. 4 (#18168)

Wed., 10:10 a.m., June 17-Aug. 5 (#18169)

Sat., 9:40 a.m., June 13-Aug. 8 (#18171)

Twos Tots (Age 2)

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

Dates: Mon., 5:40 p.m., June 15-Aug. 3 (#18173)

Tues., 10:50 a.m., June 16-Aug. 4 (#18174)

Sat., 11:30 a.m., June 13-Aug. 8 (#18172)

Tiny Tots (Age 3)

Beginner skill development and water safety.

Dates: Mon., 9:30 a.m., June 15-Aug. 3 (#18175)

Wed., 10:50 a.m., June 17-Aug. 5 (#18179)

Wed., 5:00 p.m., June 17-Aug. 5 (#18178)

Thur., 10:10 a.m., June 18-Aug. 6 (#18176)

Sat., 8:10 a.m., June 13-Aug. 8 (#18177)

Sat., 10:50 a.m., June 13-Aug. 8 (#18180)

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

Beginner skill development and water safety.

Dates: Mon., 10:10 a.m., June 15-Aug. 3 (#18184)

Mon., 5:00 p.m., June 15-Aug. 3 (#18181)

Mon., 6:20 p.m., June 15-Aug. 3 (#18182)

Tues., 6:20 p.m., June 16-Aug. 4 (#18183)

Thurs., 9:30 a.m., June 18-Aug. 6 (#18185)

Thurs., 5 p.m., June 18-Aug. 6 (#18188)

Sat., 8:50 a.m., June 13-Aug. 8 (#18186)

Sat., 10:20 a.m., June 13-Aug. 8 (#18189)

Sun., 12:10 p.m., June 14-Aug. 2 (#18187)

Angel Fish II (Ages 4 and up, not able to swim)

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

Dates: Mon., 10:50 a.m., June 15-Aug. 3 (#18190)

Tues., 7 p.m., June 16-Aug. 4 (#18196)

Wed., 5:40 p.m., June 17-Aug. 5 (#18191)

Thur., 5:40 p.m., June 18-Aug. 6 (#18192)

Sat., 8:20 a.m., June 13-Aug. 8 (#18193)

Sat., 9:30 a.m., June 13-Aug. 8 (#18194)

Sun., 12:50 p.m., June 14-Aug. 2 (#18195)

Blue Fish (Ages 4 and 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.

Dates: Mon., 7 p.m., June 15-Aug. 3 (#18201)

Thurs., 10:50 a.m., June 18-Aug. 6 (#18198)

Thurs., 6:20 p.m., June 18-Aug. 6 (#18197)

Sat., 9:00 a.m., June 13-Aug. 8 (#18199)

Sun., 1:30 p.m., June 14-Aug. 2 (#18200)

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.

Dates: Thur., 7 p.m., June 18-Aug. 6 (#18202)

Sat., 11:40 a.m., June 13-Aug. 8 (#18203)

Dolphins

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

Dates: Thurs., 5:30 p.m., June 18-Aug. 6 (#18206)

Sun., 2:10 p.m., June 14-Aug. 2 (#18207)

Eels

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

Dates: Thurs., 6:10 p.m., June 18-Aug. 6 (#18208)

Sun., 2:10 p.m., June 14-Aug. 2 (#18209)

Adult Learn to Swim (Ages 16 and up)

Basic skills of swimming.

Dates: Wed., 6:20 p.m., June 17-Aug. 5 (#18210)

AQUATICS

Starts and Turns (Ages 8 & up) (8 classes)

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.

Dates: Sun., 2:50-3:30 p.m., June 14-Aug. 2

Location: Friendship Center, Lap Pool

Fee: \$75R/\$78NR/\$57M (#18154)

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., June 29-Sept. 14

Location: Friendship Center, Lap Pool

Fee: \$80R/\$83NR/Members free! (#18156)

Whole Body Workout w/Roxane (20 classes)

Each class builds on the next using various types of equipment. Tone and build cardio strength. Boot-camp style.

Dates: Tues./Thurs., 6:05-7:05 a.m., June 30-Sept. 10

Location: Friendship Center, Therapy Pool

Fee: \$80R/\$83NR/Members free! (#18157)

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., June 26-Sept. 11

Location: Friendship Center, Therapy Pool

Fee: \$60R/\$63NR/Members free! (#18160)

Aquacise w/Bonnie & Cindy (20 classes)

Power packed, cardio workout w/little stress on joints.

Dates: Tues./Thurs., 9:30-10:30 a.m., June 30-Sept. 10

Location: Friendship Center, Lap Pool

Fee: \$80R/\$83NR/Members free! (#18161)

Aqua Flow and Balance w/Rachel, R.N. (8 classes)

Stretching and range of motion exercises promoting balance, flexibility, coordination and relaxation.

Dates: Fri., 10:45-11:45 a.m., June 26-Aug. 21

Location: Friendship Center, Therapy Pool

Fee: \$60R/\$63NR/\$40M (#18155)

Aquatic Arthritis w/Mary Jo (no discounts)

Range of motion exercise for flexibility/coordination.

Summer: (20 classes): Mon./Wed., 10:45-11:45 a.m., June 29-Sept. 14 (#18158)

Early Fall: (10 classes): Mon./Wed., 10:45-11:45 a.m., Sept. 16-Oct. 19 (#18159)

Location: Friendship Center, Therapy Pool

Fee: \$80R/\$83NR/\$55M (20 classes)

Fee: \$40R/\$43NR/\$28M (10 classes)

Friendship FREE Fitness Classes ~ Helpful Tips:

- ★ Pre-register to reserve your spot. Member Registration begins June 1 at 6:00 am.
- ★ Members can drop-in to a Friendship FREE class if space is available. Stop by the Service Desk for a pass.
- ★ Classes are designed for ages 16+. Youth ages 13-15 may register and attend if they are accompanied by a parent.

(Friendship FREE Fitness schedule - see page 20.)



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 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: July 10-12, Fri./Sat., 10 a.m.-7 p.m., & Sun., 12-6 p.m.

Location: Friendship Center

Fee: \$210R/\$215NR/\$190M (3 classes) (#18223)

Private Swim (All Ages) (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: \$170R/\$180NR/\$140M (#18211)

***Semi-Private (per person):** \$118R/\$123NR/\$98M (#18214)

***Tri-group (per person):** \$111R/\$116NR/\$86M (#18217)

***Group-Private (class of 4):** \$105R/\$110NR/\$75M per person (#18220) (*must register as group)

Note cancellation policy when registering!

PADI Discover Scuba (Ages 12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Dates: Sunday, May 31, 1-3:30 p.m.

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (#17875)

Masters Swimming

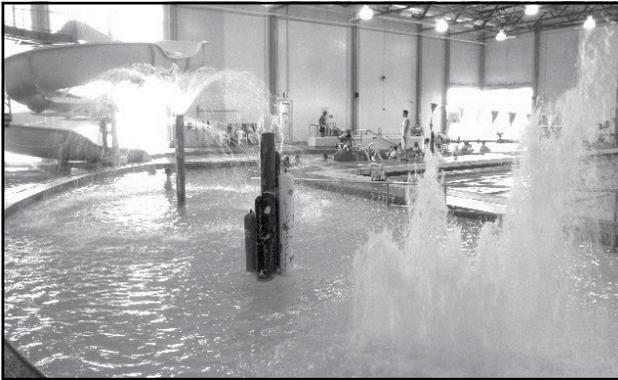
Swimming is great exercise; practicing with a group is fun and motivating. Come when you can. It's your own pace!

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

RENTALS



Party Packages Available

April 1 - October 31

3 HOUR PARTY PACKAGE

Splash n' Dash: \$229M/\$274R/\$295NR

Stay n' Play: \$216M/\$260R/\$280NR

Kids Swim & Indoor Gym: \$257M/\$308R/\$331NR

2 HOUR POOLSIDE PACKAGE

Deck Side Fun: \$324M/\$350R/\$375NR

(30 person limit)

A LA CARTE RATES / HOUR

Leisure Pool: \$131M/\$156R/\$169NR

Basketball Court: \$66M/\$79R/\$80NR

Multi-Purpose Room: \$50M/\$61R/\$65NR

*Submit your request early!
2 week advance notice required.*

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.

PERSONAL TRAINING



BENTZ



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 — DAVE

Certified fitness professionals for personal training

Customized Exercise Program w/Bentz

Certified personal trainer will design and teach a written exercise program that meets your fitness and wellness goals. Includes initial consult, exercise prescription including sets and reps plus one hour of instruction.

Date: By appointment at Friendship Center

Fee: \$50M/\$60R/\$63NR (#17909)

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

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in health insurance programs:*
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FOREVER FIT & PRIME

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

WELLNESS

Wellness Coach Training w/Staff

We provide fitness, general nutrition, time management, varying your exercise regimen and/or fitness motivation.

Fee: \$42M/\$47NM (per hour) (#18079)

\$29M/\$34NM (per 1/2 hour)

\$252M/\$282NM (6 pack/1 hour) (#18117)

\$174M/\$204NM (6 pack/1/2 hour)

SPECIAL! EVERY TUESDAY

All are welcome to receive **FREE** body fat testing, weigh-ins and blood pressure screening from 10 a.m.-12 p.m.

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. It can be influenced by factors such as age, gender, body weight, hormones, and medications. Drayer Physical Therapy Institute offers metabolic testing. It determines an individual's unique caloric budget, an essential component to weight management. 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 (#18068)

**THE FRIENDSHIP CENTER
WILL BE CLOSED
FOR MAINTENANCE
AUGUST 30-SEPTEMBER 5**

Pro-Optix
VISION CARE CENTER

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Optometrist

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MASSAGE THERAPY

Swedish Massage

1/2 Hour — \$30 Member/\$35 NM

1 hour — \$50 Member/\$60 NM

Deep Tissue/Neuromuscular

1/2 Hour — \$40 Member/\$45 NM

Hour — \$60 Member/\$70 NM

Neck & Shoulder Massage

1/2 Hour — \$35 Member/ \$45 NM

Chair Massage

\$1 Per Minute (When Available)



Jami



Richard

Employee Spotlight!



The Lower Paxton Twp. Park Rangers help keep the parks operating smoothly. Thanks guys!
Front Row. Larry, Joe, Ron /Back Row; Lenny, Jeff, Dave

Friendship Center Member of the Month



Doris Vause

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ACTIVE ADULTS & SILVER AND FIT™

ARE YOU READY TO TRY SOMETHING NEW?

CHECK OUT:

Aqua Flow and Balance p.15

Gentle Yoga p. 10

Friendship Center Book Club p.12

Senior Spin p. 10

Outdoor/Nature Photography p. 9

Community Member CPR p. 9

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., June 30-Sept. 8 (#18080) Strength (B)

*Tues., 11:15 a.m., June 30-Sept. 8 (#18081) Yoga (Be)

*Tues., 12:30 p.m., June 30-Sept. 8 (#18086) Yoga (Be)

Thurs., 8 a.m., July 2-Sept. 10 (#18082) Strength (B)

Thurs., 11:15 a.m., July 2-Sept. 10 (#18083) Strength (J)

*Thurs., 12:15 p.m., July 2-Sept. 10 (#18087) Yoga (Be)

Fri., 10:15 a.m., June 26-Sept. 11 (#18084) Strength (O)

*Fri., 11:10 a.m., June 26-Sept. 11 (#18085) Yoga (Be)

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/\$40M (10 classes)

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

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

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 a.m. - Cards 8:00 a.m. - Light Aerobics 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class) 10:00 a.m. - Tai Chi 1:30 p.m. - Line Dancing (\$3)
TUESDAY	8:00 - 9:00 a.m. - PEPPI /HSIM 8:00 a.m. - Cards 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 Crocheting 12:30 p.m. - Cash Bingo 1:00 - 2:00 p.m. - Lap Swimming/Walking (\$3)
WEDNESDAY	8:00 a.m. - Cards 8:00 a.m. - Light Aerobics 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/ class) 12:30 p.m. - Mah Jongg 1:00 p.m. - Tai Chi
THURSDAY	8:00 - 9:00 a.m. - PEPPI/HSIM 8 a.m. - Cards 8:40 a.m. - Aquacise (\$3/ class) 10:00 a.m. - Scrabble 12:30 p.m. - Group Sewing & Crafting 1:00 - 2:00 p.m. - Lap Swimming/Walking (\$3) 1:30 p.m. - Line Dancing (\$3)
FRIDAY	8 a.m. - Cards 8 a.m. - Light Aerobics 8:30 a.m. & 11:45 a.m. - Aquacise (\$3 /class) 12:30 p.m. - Group Knitting and Crocheting

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, June 1, at 6:00 a.m.
 2. Registration for **Aquatics** programs begins Wednesday, June 3, at 6:00 a.m.
Registration for **all other programs and classes** begins Friday, June 5, 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, 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, June 1

Aquatics Programs Wednesday, June 3

All Other Programs Friday, June 5

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!

Members' Friendship FREE Classes



2015 SUMMER SESSION SCHEDULE

— EFFECTIVE JUNE 26, 2015 —

THE FRIENDSHIP CENTER WILL BE CLOSED
FOR MAINTENANCE AUGUST 30 TO SEPTEMBER 5

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

Mondays

8:30 am Senior Spin
 10:30 am Zumba
 6:00 pm 50+ Fitness
 6:00 pm Spin
 6:00 pm *Masters Swimming
 6:00 pm Combo
 7:00 pm 30/30 Cycle/Core
 7:00 pm *Aquacise for Fun
 7:00 pm Abs, Back & Legs

Tuesdays

5:45 am Spin
 6:05 am *Whole Body Wkout
 9:00 am Yoga For All
 9:30 am *Aquacise
 10:00 am Beginner Yoga
 5:30 pm Yoga

6:00 pm Step & Muscle Cond.
 6:15 pm Spin
 7:00 pm Fit Mix

Wednesdays

8:30 am Senior Spin
 10:30 am Zumba
 11:30 am Zumba Gold
 1:00 pm Gentle Yoga
 6:00 pm HIIT /Abs
 6:00 pm Combo
 7:00 pm *Aquacise for Fun
 7:00 pm Spin
 8:00 pm *Masters Swimming

Thursdays

5:45 am Spin
 6:05 am *Whole Body Wkout
 9:00 am Yoga

9:30 am *Aquacise
 10:00 am Zumba
 5:30 pm Beginner Yoga
 6:00 pm R.I.P.P.E.D.
 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

Saturdays

8:00 am Spin
 10:00 am Timbuk Fitness
 10:30 am Zumba

** Class schedule subject to change at management's discretion

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

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