

# PRESCHOOL/YOUTH ACTIVITIES

## Toddler Yoga w/Mobile Mommy Fitness (Ages 12-36 mos.) (6 classes)

Yoga can be fun to do with your toddler. Adding challenge and enjoyment, your toddler will spend time coaching, cheering and exercising with you. Bring yoga mats.

**Session I:** Tues., 10:30-11:15 a.m., Jan. 12-Feb. 16 (#11040)

**Session II:** Tues., 10:30-11:15 a.m., Feb. 23-Mar. 30 (#11041)

**Location:** Friendship Center, Room 112

**Fee:** \$68R/\$71NR/\$58M

## Have Gym Will Travel w/Kathy (Ages 3-5)

Children will receive instruction in tumbling, balance beam, bars, mini-tramp, and other invigorating activities.

A. Fri., 1:00-2:00 p.m., (#11051)

B. Fri., 2:15-3:15 p.m., (#11052)

**Dates:** Jan. 22-Mar. 12

**Fee:** \$102R/\$107NR/\$84M

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

(Must be age 3 as of 9/1/09) Instructional clinic with age-appropriate skills, drills and games.

A. Tues., 5:15-6 p.m., Jan. 5-26 (#11055)

B. Tues., 6:05-6:50 p.m., Jan. 5-26 (#11056)

C. Tues., 4:25-5:10 p.m., Feb. 2-23 (#11057)

E. Tues., 5:15-6 p.m., Mar. 16-Apr. 6 (#11058)

F. Tues., 6:05-6:50 p.m., Mar. 16-Apr. 6 (#11059)

**Location:** Friendship Center, Gym #2

**Fee:** \$53R/\$56NR/\$43M

## Tae Kwon Do for Tots (Ages 4-5) (6 classes)

Develop coordination, motor skills, listening skills, focus, leadership, following directions, fun and discipline.

**Dates:** Tues., 11-11:45 a.m., Jan. 12-Feb. 16

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

**Fee:** \$47R/\$52NR (#11002)

## Indoor Soccer League w/Coach Ricardo (Ages 4-9) (6 weeks)



(Must be age 4 as of 9/1/09) Indoor soccer games played off the walls! Co-ed teams will be grouped according to age and ability. Shinguards required. Wear sneakers or indoor soccer shoes (no cleats).

Registration deadline: January 8, 2010

**Dates:** Fri., Jan. 29-Mar. 5 (games starting at 5:30 p.m.)

**Location:** Sports City, 4141 Linglestown Rd.

**Fee:** \$48R/\$51NR (#11081)

## Youth Volleyball w/ Triad (Ages 5-11) (8 classes)



Learn the basics of volleyball through a positive, game filled environment. Focus on movement, ball handling, and basic rules. Suitable for the beginner and those with some experience.

**Ages 5-8:** Wed., 5-6 p.m., Jan. 13-Mar. 3 (#11122)

**Ages 9-11:** Wed., 6-7 p.m., Jan. 13-Mar. 3 (#11123)

**Location:** Friendship Center, Gym #3

**Fee:** \$53R/\$56NR/\$43M

## Intro to Tae Kwon Do (Ages 5-12) (6 classes)

Geared to develop basic techniques as well as self-defense, focus, listening skills, leadership, following directions along with fun and discipline.

**Dates:** Tues., 6:15-7 p.m., Jan. 12-Feb. 16

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

**Fee:** \$47R/\$52NR (#11001)

**Trivia #2:** What group raised funds to assist in the building of the Friendship Center?

## Tales At Twilight

### FAMILY STORYTIME

Family storytime with the East Shore Library at the Friendship Center every Wednesday evening, January 13-March 17 at 6 p.m. Ages 2-6 with an adult. Register at the East Shore Area Library. Free!



**Trivia #3:** Of the fundraising group, who was the leader?

**VOTED**  
**2nd Place**  
**BEST PRESCHOOL**  
*by Central Penn Parent*



## YOUTH AND TEEN (CONT.)

### Roller Skating (Ages 5+) (6 classes)

Learn to roller skate. Class includes lesson/instruction, skate rental and participant's practice time (additional time after lesson during open skate time).

**Dates:** Sat., 11:30 a.m.-12:45 p.m., Jan. 9-Feb. 13

**Location:** Wheelz Of Fire Skating Rink, 7500 Derry St.

**Fee:** \$65R/\$70NR (#11062)

### Cardio Tennis w/Ricardo (Ages 6-12) (4 classes)

Move to the ball in a high energy circuit. Covers sport basics and includes challenge games. Players must bring racquet.

**Session I:** (Indoors)

**Ages 6-8:** Tues., 5:15-6:00 p.m., Dec. 1-22 (#10730)

**Ages 9-12:** Tues., 6:05-6:50 p.m., Dec. 1-22 (#10731)

**Location:** Friendship Center, Gym #2

**Fee:** \$51R/\$54NR/\$43M

**Session II:** (Indoors)

**Ages 6-8:** Tues./Thurs, 5:15-6:00 p.m., Feb. 9-18 (#11073)

**Ages 9-12:** Tues./Thurs, 6:05-6:50 p.m., Feb. 9-18 (#11074)

**Location:** Friendship Center, Gym #2

**Fee:** \$53R/\$56NR/\$43M

**Session III:** (Outdoors)

**Ages 6-8:** Thur./Sat., 5:15-6:00 p.m./9:15-10 a.m., Mar.18-27 (#11076)

**Ages 9-12:** Thur./Sat., 6-6:45 p.m./10-10:45 a.m., Mar.18-27 (#11077)

**Location:** Brightbill Park

**Fee:** \$43R/\$46NR

### Strikers Soccer w/Ricardo (Ages 7-10) (4 classes)

Covers ball control, passing, shooting, goalkeeping and basic rules in an energized environment.

**Dates:** Tues., 6:55-7:40 p.m., Jan.5-26 (#11067)

Tues., 6:55-7:40 p.m., Mar. 16-Apr. 6 (#11070)

**Location:** Friendship Center, Gym #2

**Fee:** \$53R/\$56NR/\$43M

### Basketball Clinic w/Coach Stokes (8 classes) (Ages 6-9)

Learn the fundamentals and play game situations.

**Dates:** Tues., 4:30-6 p.m., Jan. 12-Mar. 2

**Location:** Friendship Center, Gym #3

**Fee:** \$84R/\$89NR/\$70M (#11111)



*The Lap Pool area which is used today for learn to swim, swim teams and fitness workouts/programs.*

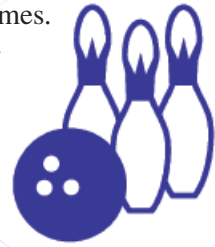
### Youth Bowling Instruction (Ages 6-12) (6 classes)

Basics of bowling along with fun games.

**Dates:** Wed., Jan. 13-Feb. 17, 4:15-5:15 p.m.

**Location:** ABC Bowling Lanes, Locust Lane

**Fee:** \$30R/\$35NR (#11118)



### Dodgeball! w/Ricardo (Ages 8-12) (3 classes)

Dodgeball is blended around youth fitness fun, featuring running, balance and core development applicable to most sports. Includes agility ladder.

**Dates:** Tues., 6:55-7:55 p.m., Feb. 9-23

**Location:** Friendship Center, Gym #2

**Fee:** \$53R/\$56NR/\$43M (#11072)

### PADI Discover Scuba (12+)

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

**Date:** Sunday, 1-3 p.m., Jan. 17

**Location:** Friendship Center, Lap Pool

**Fee:** \$17R/\$20NR/\$15M (#11102)

### Basketball Clinic w/Coach Stokes (8 classes) (Ages 10-13)

Learn the fundamentals and play game situations.

**Dates:** Thurs., 4:30-6 p.m., Jan. 14-Mar. 4

**Location:** Friendship Center, Gym #3

**Fee:** \$84R/\$89NR/\$70M (#11112)

### Small Group Personal Training Sessions w/Karen, Lori L. & Mary (4 sessions)

Personal training in a small group setting for the female athlete.

**Dates:** TBA

**Location:** Friendship Center, Fitness Center

**Fee:** \$78R/\$81NR/\$65M (#11110)

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## YOUTH AND TEEN (CONT.)

### SPECIAL NEEDS PROGRAMMING

The Friendship Center in collaboration with Easter Seals of Central Pennsylvania is proud to announce the addition of therapeutic recreation programs for children and adults with disabilities to its recreation programs.



To participate in any Easter Seals program an additional \$20 one-time annual registration fee must be sent to: Easter Seals Central PA  
Attn: Therapeutic Recreation Department  
2201 S. Queen Street  
York, PA 17402

For additional information, please go to [www.eastersealscentralpa.org](http://www.eastersealscentralpa.org) or contact Matt Ernst at 591-7027.

### Practice SAT's w/Sylvan Learning Center (Ages 13+)

Learn what to expect when taking the SAT's. Join us for a practice. Students receive scores and an analysis showing strengths and weaknesses.

**Date:** Saturday, January 9, 9 a.m.-12:45 p.m. (#11098)

**Location:** Friendship Center, Room 109

**Fee:** \$5R/\$8NR/Free to Members! Must pre-register!

### "Splash It Up" (All Ages) (6 classes)

Designed to accommodate the needs and abilities of participants with disabilities or special needs as well as a friend or sibling. Lessons adapted to the level of swimmer. Lessons are 1:1 or 1:2 ratio. Learn water safety and swimming skills along with physical fitness and social interaction skills.

**Dates:** Thurs., 6-6:30 p.m., Jan. 21-Feb. 25 (#11104)

Thurs., 6:30-7 p.m., Jan. 21-Feb. 25 (#11105)

Thurs., 7-7:30 p.m., Jan. 21-Feb. 25 (#11106)

Thurs., 6-6:30 p.m., Mar. 18-Apr. 22 (#11107)

Thurs., 6:30-7 p.m., Mar. 18-Apr. 22 (#11108)

Thurs., 7-7:30 p.m., Mar. 18-Apr. 22 (#11109)

**Location:** Friendship Center, Leisure Pool

**Fee:** \$85 per person

## SPIN/ZUMBA

### Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

**Dates:** (1 day per week) (10 classes-45 min.)

Fri., 6:15-7 a.m., Jan. 15-Mar. 19 (Z) (#10984)

Sat., 8:15-9 a.m., Jan. 16-Mar. 20 (MJ) (#10987)

Sun., 1:15-2 p.m., Jan. 17-Mar. 21 (MJ) (#10985)

Thurs., 5:45-6:30 p.m., Jan. 14-Mar. 18 (MJ) (#10983)

Thurs., 7-7:45 p.m., Jan. 14-Mar. 18 (D) (#10986)

**Fee:** 1/week (45 mins.) \$38R/\$41NR/\$30M

**Dates:** (2 days per week-45 minutes) (20 classes)

Mon./Wed., 8-8:45 a.m., Jan. 11-Mar. 17 (R) (#10982)

Mon./Wed., 6:15-7 p.m., Jan. 11-Mar. 17 (MJ) (#10980)

Mon./Wed., 8-8:45 p.m., Jan. 11-Mar. 17 (D) (#10981)

Tues./Thurs., 5:45-6:30 a.m., Jan. 12-Mar. 18 (MJ)

(#10979)

Tues./Thurs., 4:30-5:15 p.m., Jan. 12-Mar. 18 (M)

(#10988)

**Location:** Friendship Center, Room 115

**Fee:** 2/week (45 mins.) \$68R/\$71NR/\$53M

**Instructor Code:** (MJ) Mary Jo, (D) Deb, (R) Russ

(M)Michelle, (Z) Zach

### Spin and Strength w/Karen (Ages 16+) (20 classes)

Great workout that will make you sweat. If you never tried it before or haven't done it in a while, give it a try.

**Dates:** Mon./Fri., 9:30-10:30 a.m., Jan. 11-Mar. 19

**Location:** Friendship Center, Room 115

**Fee:** \$90R/\$93NR/\$75M (#10978)

### Zumba™ (Ages 16+) (10 classes)

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

**Date:** Mon., Jan. 11-Mar. 15, 10:30-11:30 a.m.

(#10994)(M)

\*Tues., Jan. 12-Mar. 16, 6:30-7:30 p.m. (#10992) (M)

Wed., Jan. 13-Mar. 17, 10:30-11:30 a.m. (#10998) (A)

Wed., Jan. 13-Mar. 17, 4:30-5:30 p.m. (#10997) (C)

Thurs., Jan. 14-Mar. 18, 9-10 a.m. (#10995) (J)

\*Thurs., Jan. 14-Mar. 18, 5:30-6:30 p.m. (#10996) (M)

\*Thurs., Jan. 14-Mar. 18, 6:30-7:30 p.m. (#10993) (M)

Fri., Jan. 15-Mar. 19, 9-10 a.m. (#10999) (A)

Sat., Jan 16-Mar. 20, 8:15-9:15 a.m. (#11145)

**Location:** Friendship Center, Room 118/\*East Annex

**Fee:** \$36R/\$41NR/\$30M

**Instructor Code:** (M) Monica, (A) Alicia, (C) Carol,

(J) Joanie

**JOIN OUR FRIENDSHIP CENTER TRIVIA CHALLENGE! (SEE PAGE 5)**