

2012 Fall Program Guide



FRIENDSHIP
CENTER

REGISTRATION BEGINS

FC Members (All FC Programs) — Tuesday, August 28 • Preschool Programs — Wednesday, August 29
Aquatics Programs — Friday, August 31 • All Other Programs — Tuesday, September 4

LOWER PAXTON TOWNSHIP PARKS AND RECREATION

5000 Commons Drive, Harrisburg, PA 17112 • Phone 717-657-5635 • www.lowerpaxton-pa.gov

WELCOME

To The FRIENDSHIP CENTER

The Lower Paxton Township Parks and Recreation Department invites you to be active participants in the many recreational and leisure opportunities offered to all age groups contained within this publication.

Your Membership Includes –

- Unlimited Use of Facilities
- Pools, Fitness Center, Gymnasium
- Free Babysitting (ages 3 months-8 years)
- Special Rates on Personal Fitness Training/ Massage Therapy
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- 25% Discount on Programs at the Center
- Convenient Early Morning Hours
- Members Only Advanced Registration

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HOURS OF OPERATION

SEPTEMBER 1-MAY 31

Monday-Friday 5:30 a.m. to 10 p.m.
 Saturday 8 a.m. to 9 p.m.
 Sunday 12 p.m. to 6 p.m.

(Subject to change based on usage)

*Pool and Gym schedule available at Service Desk.

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, 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, WRVW 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 18)

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.

MEMBERSHIP AND PASS INFORMATION

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 discounts on programs.
- Free babysitting for annual members while using the Center.
- Reciprocal discounts available for members of Koons Pool.
- Payment in full by cash, check, Visa or MasterCard.
- Monthly bank draft available.



2012 Membership Rates

Categories

Youth/Student (13+ OR

Full-Time College Student up to 22 years)

Adult Single (18+)

Adult Couple/Single Parent Family

Family

Senior Single (60+)

Senior Couple

Lower Paxton (1/1/12)

Township Resident

Discount Rate

\$16.75/mo. (\$201 yr.)

\$38.33/mo. (\$460 yr.)

\$53.25/mo. (\$639 yr.)

\$60.17/mo. (\$722 yr.)

\$28.83/mo. (\$346 yr.)

\$42.66/mo. (\$512 yr.)

Regular Rate

\$18.25/mo. (\$219 yr.)

\$42.33/mo. (\$508 yr.)

\$58.75/mo. (\$705 yr.)

\$66.75/mo. (\$801 yr.)

\$31.58/mo. (\$379 yr.)

\$47.42/mo. (\$569 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.

PASS INFORMATION

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

***GUEST PASS** — \$8 adults/\$5 children. Members may bring a guest(s) to the facility by purchasing a Guest Pass that is valid for one day. Passes are non-transferrable. Photo ID required!

***DAILY WALK-IN PASS** — 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!

\$12 daily before 4 p.m.

\$14 daily after 4 p.m., weekends and holidays.

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

CONNECT
with the
FRIENDSHIP CENTER

SIGN UP

to get Lower Paxton Township Parks and Recreation and the Friendship Center in your inbox!

friendshipcntr.com (and subscribe)

**or follow us on twitter
username (@friendshipcntr)**

Friendship Specials!



**MAY
EMPLOYEE
OF THE
MONTH**
Sam Telep

**MAY
MEMBER
OF THE
MONTH**

Jim Caggiano



Thank You For Your Dedication!

FRIENDSHIP CENTER ANNUAL MEMBERSHIP

Fun & Fitness for the entire family!

Purchase an Annual Membership
from 9/2/12-9/8/12 and receive
10% off the membership!

COUPON IS NOT REDEEMABLE FOR CASH.
No Double Discounts — Expires: 9/8/12 (No Exceptions)

Must present coupon when joining.
Not redeemable for renewals.
(within the past 60 days)

5000 Commons Drive, Harrisburg, PA 17112

OPEN HOUSE

Friendship Center & Drayer Physical Therapy

SATURDAY, SEPTEMBER 8, 9 AM-12 NOON

Take a tour, try the facility out for FREE, enjoy light refreshments
and see all the new upgrades from maintenance week.

30 DAYS FOR \$20 — Youth Students/Single Adults
\$30 Couples • \$40 Family

Must be paid in full • Other restrictions may apply • Expires 9/8/12
Photo ID required!

HALLOWEEN CANDY EXCHANGE FREE WORKOUT

FRIDAY, OCTOBER 26

Bring us a plastic bag of wrapped candy for a
free workout. Members receive a free pass.

Non-members use facility same day.

Adults (16+) only. Photo ID required.

ALL CANDY DONATED TO LOCAL CHARITY.

FRIENDSHIP FRIDAYS

FIRST FRIDAY OF EACH MONTH

Members of the Center celebrate the first Friday
of every month with complimentary coffee.

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

Friday, September 7 — Back to School

Friday, October 5 — Trick or Treat

Friday, November 2 — Trailmix

Friday, December 7 — Treelighting Festivities

All friends must have photo identification.

EVERY TUESDAY

Everyone welcome to receive FREE body fat testing,
weigh-ins and blood pressure from 10-12 noon.



Special Program Notes

- ◆ 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.
- ◆ For your convenience, the Parks and Recreation Department has four sessions during the year. The programs run Fall, Winter, Spring, and Summer.
- ◆ 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 should simply present their membership card to the service desk for entry into facility.
- ◆ 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 after activities become full.
- ◆ Make-up classes or switching of classes are not permitted unless approved by staff.

**(PROGRAM REGISTRATION DATES
AND PROCEDURES ON PAGE 19)**

FRIENDSHIP CENTER & PARKS & REC. SPECIAL EVENTS/HIGHLIGHTS

Community Yard and Craft Sale

For all ages to sell their treasures! Craft vendors also welcome! Receive a 10 x10 space per spot with table. No commercial sales during this event.

Date: Saturday, September 8, 9 a.m.-12 noon. Must pre-register by 9/1! Rain or shine!

Location: Friendship Center Parking Lot

Fee: \$10R/\$12NR/\$5M (#14673)

The Pink Party

Come one, come all and show your support for Breast Cancer Survivors. The 6th Annual formerly Bandana Buddies Event will be held on Sunday, October 7 from 6-8 p.m. at the Friendship Center. This FREE evening of fun will include the use of the facility, informational booths, refreshments and entertainment. Wear pink to show support for those that have been touched by breast cancer. Fun Monte Carlo Games!

Annual Autumn Hayrides

Old-fashioned hayrides, sponsored by Lower Paxton Township Parks and Recreation will be conducted at George Park from 6-8 p.m. on Oct. 26, 27, & 28. The fee is \$3 per person.

Pumpkin Carving

Pumpkin carving at George Park from 6-8 p.m. on Saturday, October 27 (#14674) or Sunday, October 28 (#14675). Decorate a pumpkin and enjoy the hayrides too! Pre-registration for the pumpkin carvings is required. \$7 per pumpkin. Call Parks and Recreation at 657-5635 to pre-register.

Lower Paxton Township Trick or Treat Thursday, October 25, 6-8 p.m.

Holiday Tree Lighting

Enjoy the Township's annual Tree Lighting festivities at the Friendship Center. Featuring free refreshments, a sing-along, Lower Paxton Variety Band and great door prizes. Santa arrives by fire truck and greets all the kids.

- Friday, December 7, 2012, 7 p.m.

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 have ticket. \$7 per attendee. Deadline to register is Friday, November 30.

- Saturday, December 8, 2012, 9 a.m. (#14676)

“Shoot For The Moon” Fitness Challenge

Did you know that it is about 238,857 miles from the earth to the moon? Your mission is to travel to the moon by spacecraft over 10 weeks. To accomplish this, you must exercise (cardio and/or strength) at the Center an average of 3 hours per week. The challenge goes from Sept. 9-Nov. 17th. All who finish the challenge will receive a prize. Grand prizes will be awarded to the first three individuals to land on the moon.

— Details available at the front desk. —

Fall Fitness Fest

Saturday, September 8

9 a.m.-12 p.m. at Friendship Center

~ Only \$10 ~

Including Popular Programs:

Body Pump, CXWorx, TRX, Kettlebell, Yogalates, Zumba, Aerobics, Toning, Yoga

Also special information booths, screenings, prizes and a whole lot more! It's fitness and it's fun!

Schedule of events available at Service Desk!

Ages 16+ (#14921)

*We proudly participate
in health insurance programs:
SILVER AND FIT AND
FOREVER FIT AND PRIME.*

*Find out if your insurance covers a membership
to the Friendship Center.*

- FINANCIAL ASSISTANCE
- GRANT PROGRAM
- SCHOLARSHIP FUNDS

The Friendship Center provides financial assistance grants for programs or membership at the Friendship Center. Interested applicants may obtain an application by calling 657-5635. Donations towards the scholarship funds are greatly appreciated.

PRESCHOOL ACTIVITIES

IMPORTANT REGISTRATION INFORMATION!

Preschool registration will be held as follows:

Friendship Center Members: Tuesday, August 28

Preschool: Wednesday, August 29

All Others: Tuesday, September 4

All programs will meet for a seven week session at the Friendship Center unless noted otherwise.

Child must have met the minimum age requirement of class by September 1, 2012.

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

(Must be age one by Sept. 1, 2012.) Have fun with your toddler while playing, doing simple crafts and activities, and meeting new friends.

A. Tues., 9:30-10:30 a.m., Sept. 11-Oct. 23 (#14635)

Instructor: (for A) Kim V.

B. Fri., 11 a.m.-noon, Sept. 7-Oct. 19 (#14636)

Instructor: (for B) Chris R.

Fee: \$43R/\$46NR/\$32M

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, Sept. 11-Oct. 23 (#14637)

Instructor: (for A) Nadzia S.

B. Fri., 9:30-10:45 a.m., Sept. 7-Oct. 19 (#14638)

Instructor: (for B) Chris R.

Fee: \$50R/\$54NR/\$39M

Twos Together (Age 2)

(Born before 9/1/10) A special day for twos; activities include crafts, fingerplays and a snack.

Dates: Thur., 9:30-11:30 a.m., Sept. 6-Oct. 18

Instructor: Nadzia S.

Fee: \$75R/\$80NR/\$56M (#14639)



KID'S KORNER

Ages 1-6 Years with Parent

Visit our indoor playground and join the fun!

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

Oct. 5-Dec. 14 (closed 11/6, 11/23)

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

Morning Fun Time (Ages 2½-3)

(Born before 3/1/10) A starter program focusing on beginning socialization and developmental skills, offering time to play, sing, make a craft and new friends too!

Dates: Mon./Wed., 9:30-11:30 a.m., Sept. 5-Oct. 24 (no class on 10/8)

Instructor: Mary C.

Fee: \$159R/\$169NR/\$123M (#14018)

Preschool Pals (Ages 3-4)

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

A. Tues./Thur., 9:30 a.m.-noon, (#14016)

B. Tues./Thur., 1-3:30 p.m., (#14017)

Dates: Sept. 6-Oct. 23

Instructor: Elaine P.

Fee: \$181R/\$191NR/\$147M

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. Meets 3 times a week during school year.

A. Mon./Wed./Fri., 9:30 a.m.-noon, Sept. 5-Oct. 24

(no class on 10/8) (#14015)

B. Tue./Wed./Thu., 1-3:30 p.m., Sept. 6-Oct. 24 (#14014)

Instructor: Nadzia S.

Fee: \$257R/\$267NR/\$207M

Music & Movement w/Cheri (Ages 18 mos.-4 years)

Bring your child to explore the world of music. With instruments, songs, and getting up to move we will learn the power of music.

18 mos.-2 1/2: Thurs., 6-6:45 p.m., Oct. 4-Nov. 8 (#14831)

Ages 3-4 years: Thurs., 6:45-7:30 p.m., Oct. 4-Nov. 8 (#14833)

***18 mos.-2 1/2:** Fri., 10:30-11:15 a.m., Oct. 5-Nov. 9 (#14830)

***Ages 3-4 years:** Fri., 11:15-12 p.m., Oct. 5-Nov. 9 (#14832)

Location: Friendship Center, Room 106/*112

Fee: \$30R/\$33NR/\$25M (6 classes)

Baby Sign Parent Workshop (no children)

Introduce parents to the history of Baby Signs movement and the research behind the program and its benefits. Includes Baby Signs Complete Starter Kit (retail \$39.95)

Date: Wednesday, September 5, 9:30-11:30 a.m.

Fee: \$78R/\$81NR/\$65M (#14829)

PRESCHOOL ACTIVITIES (CONT.)

Sign, Say & Play (Ages 18 mos.-36 mos.) (6 classes)

Fun ways for parents and babies to learn sign together through theme-based songs, games, books and activities. Each class includes parent education component to assist parents learn about cognitive, literacy and language development. Includes Play Kit. Baby Signs™

6-18 mos.: Wed., 9:30-10:30 a.m., Oct. 3-Nov. 7 (#14913)

18-36 mos.: Wed., 10:30-11:30 a.m., Oct. 3-Nov. 7 (#14914)

6-18 mos.: Sat., 9:30-10:30 a.m., Oct. 6-Nov. 10 (#14911)

18-36 mos.: Sat., 10:30-11:30 a.m., Oct. 6-Nov. 10 (#14915)

Location: Friendship Center, Room 112

Fee: \$156R/\$161NR/\$130M

Have Gym Will Travel w/Kathy (Ages 3-5) (8 classes)

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

Dates: Fri., 1-2:00 p.m., Sept. 28-Nov. 16

Fee: \$120R/\$130NR/\$97M (#14640)

Science Stories w/Tina (Ages 3-5 years)

Join us for the innovative "Science Stories" that connects science and literacy through specialized programming. Participants will hear science stories and conduct experiments to match. Using books from the National Science Teachers' Association's "Outstanding Science Trade Book List", children will be captivated by the wonders of science.

Dinosaur Discovery: Mon.-Fri., 1:30-3 p.m., Sept. 17-Oct. 10 (#14658)

Wonders of Weather: Mon.-Fri., 1:30-3 p.m., Oct. 22-Nov. 14 (#14659)

Location: Friendship Center, Room 122

Fee: \$72R/\$75NR/\$60M

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

Introduction to basic tumbling and gymnastics. Parent's assistance is required. (Register as of 8/15)

Dates: Thurs., 9-9:40 a.m., Sept. 6-Oct. 25

Location: Friendship Center, Gym #2

Fee: \$86R/\$89NR/\$67M (#14742)

Session II: Thurs., 9-9:40 a.m., Nov. 1-Dec. 13

Location: Friendship Center, Gym #2

Fee: \$60R/\$63NR/\$50M (#14743) (6 classes)

NASA Afterschool Universe w/Tina (Ages 10-12)

Explores basic astronomy concepts through engaging activities, introducing topics of great interest not typically studied in school. Developed by the Astrophysics Science Division at NASA's Goddard Space Flight Center.

Dates: Wed., 5-7 p.m., Nov. 21-Dec. 19

Location: Friendship Center Room 109

Fee: \$92R/\$102NR/\$80M (#14660)

Gymnastics for Pre-school w/Hbg. Gymnastics (Ages 3½-6 years) (8 classes)

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

Dates: Thurs., 9:45-10:30 a.m., Sept. 6-Oct. 25

Location: Friendship Center, Gym #2

Fee: \$86R/\$89NR/\$67M (#14740)

Session II: Thurs., 9:45-10:30 a.m., Nov. 1-Dec. 13

Location: Friendship Center, Gym #2

Fee: \$60R/\$63NR/\$50M (#14741) (6 classes) (#14741)

Tots Tae Kwon Do (6 classes)

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

Tiny (3-4 yr. old): Mon., 3:30-4:15 p.m., Oct. 1-Nov. 5 (#14755)

Tiger (4-5 yr. old): Tues., 10:15-11 a.m., Oct. 2-Nov. 6 (#14753)

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

Fee: \$35R/\$38NR

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

(Must be age 3 as of 1/1/12) Instructional clinic with age-appropriate skills, drills and games.

Dates: Tues., 5:15-6:05 p.m., Sept. 4-25 (#14733)*

Tues., 6:05-6:55 p.m., Sept. 4-25 (#14737)*

Tues., 5:15-6:15 p.m., Oct. 9-23 (3 classes) (#14738)*

Tues., 5:15-6:05 p.m., Nov. 6-27 (#14735) **

Tues., 6:05-6:55 p.m., Nov. 6-27 (#14739) **

Location: *Kohl Park, ** Friendship Center

Fee: \$45R/\$50NR/\$42M (FC class only)

Pee Wee Golf (Ages 4-7) (4 classes)

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

Dates: Fri., 9:30-10 a.m., Aug. 3-24

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR (#14122)

Pee Wee Tennis (Ages 5-7) (4 classes)

Sat., 9:15-10 a.m., Sept. 8-29 (#14175)

Sat., 9:15-10 a.m., Oct. 6-27 (#14176)

Location: Brightbill Park

Fee: \$37R/\$40NR

Kids Zumba (Ages 4-7) Little Starz (6 classes)

Zumba for kids! Fun and fitness all in one!

Dates: Thurs., 6:45-7:15 p.m., Oct. 4-Nov. 8

Location: Friendship Center, Room 112

Fee: \$36R/\$39NR/\$26M (#14798)

YOUTH AND TEEN ACTIVITIES

Kids Zumba w/Lynn (Ages 8-12) Big Starz (6 classes)

Dates: Mon., 5:30-6:15 p.m., Oct. 1-Nov. 5 (#14794)

Location: Friendship Center, East Annex

Fee: \$36R/\$39NR/\$26M

Intro to Tae Kwon Do (Ages 6-12) (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., Oct. 2-Nov. 6

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

Fee: \$47R/\$52NR (#14752)

Junior Golf (Ages 8-17) (4 classes)

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

Dates: Sun., 12-1 p.m., Sept. 9-30 (#14117)

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR

Cardio Tennis w/Ricardo (Ages 7-11) (5 classes)

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

Dates: Sat., 3:25-4:15 p.m., Sept. 8-Oct. 6 (#14764)

Sat., 2:20-3:10 p.m., Nov. 10-Dec. 8 (#14765)

Location: Kohl Park

Fee: \$45R/\$50NR

Jr. Beginner Tennis w/CPTS (Ages 8-10) (4 classes)

Sat., 10-11 a.m., Sept. 8-29 (#14182)

Sat., 10-11 a.m., Oct. 6-27 (#14183)

Location: Brightbill Park

Fee: \$37R/\$40NR

Advanced Beginner Tennis w/CPTS (Ages 9-15) (4 classes)

Sat., 11-12 p.m., Sept. 8-29 (#14189)

Sat., 11-12 p.m., Oct. 6-27 (#14190)

Location: Brightbill Park

Fee: \$37R/\$40NR

Indoor Soccer League w/Coach Ricardo (Ages 4-16)

(Must be age 4 as of 9/1/12) Indoor soccer games played off the walls! Co-ed teams will be grouped according to age and ability. Individual players and teams may register. Shinguards required. Wear sneakers or indoor soccer shoes (no cleats). 6 week program.

Ages 4-8 small field: Fri., Dec. 7-Jan. 11, games 5:15-7 p.m. (#14805)

Ages 9-14 big field: Fri., Dec. 7-Jan. 11, games 5:15-8 p.m. (#14806)

Location: Sports City, 4141 Linglestown Rd.

Fee: \$50R/\$55NR/small field/\$65R/\$70NR/big field player

Football Frenzy w/Ricardo (Ages 7-10) (5 classes)

Learn basics. Two-hand touch recreational play.

Dates: Sat., 5:15-6:05 p.m., Sept. 8-Oct. 6 (#14760)

Sat., 4:10-5 p.m., Nov. 10-Dec. 8 (#14761)

Location: Kohl Park

Fee: \$35R/\$40NR

Indoor Football League w/Ricardo (Ages 7-11)

Two-hand touch skill building game format.

Dates: Fri., TBA, Dec. 14-Jan. 18

Location: Sports City

Fee: \$45R/\$50NR (#14808)

Youth Dodgeball Derby w/Ricardo (Ages 8-11) (4 classes)

Get a workout ducking, diving and dodging!

Date: Sat., 4:20-5:10 p.m., Sept. 8-29 (#14762)

Sat., 3:15-4:05 p.m., Nov. 10-Dec. 1 (#14763)

Location: Kohl Park

Fee: \$35R/\$40NR

Snowball Soccer w/Ricardo (Ages 12-16) (6 classes)

Six week outdoor program.

Dates: Sat., TBA, Nov. 10-Dec. 15

Location: Kohl Park

Fee: \$45R/\$50NR (#14851)

Indoor Dodgeball League w/Ricardo (Ages 7-16) (6 classes)

Fast paced, furious fun

Dates: Fri., TBA, Dec. 14-Jan. 18

Location: Sports City

Fee: \$35R/\$40NR (#14809)

All In One Basketball Training w/Findaballer (Ages 5-14) (8 classes)

Work on shooting, passing, dribbling and the complete game techniques.

Dates: Mon., 6-7 p.m., Oct. 1-Nov. 19 (#14766)

Sun., 4:30-5:30 p.m., Oct. 14-Dec. 2 (#14767)

Sat., 11:30-12:30 p.m., Oct. 6-Nov. 24 (#14768)

Location: Friendship Center, Gym #3

Fee: \$67R/\$70NR/\$56M

Individual Basketball Instruction w/Findaballer (6-40 minute lessons)-Jalon Bransford

Instructors available to provide individual instruction.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym

Private: \$190R/\$195NR/\$165M per person (#14799)

***Semi-Private (max two):** \$135R/\$140NR/\$115M per person (#14823)

YOUTH/TEEN (CONT.)

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. Fridays., 6-9 p.m., Oct. 26-Nov. 9 (#14641) w/Linda
B. Saturdays, 9 a.m.-noon, Oct. 27-Nov. 10 (#14642) w/Sandy

Test for both classes, November 12, 7-8:30 p.m.

Location: Friendship Center, Room 109

Fee: \$60R/\$65NR/\$46M

Art Rocks w/Tavia (Ages 7-12) (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: Mon., 4:15-5:30 p.m., Sept. 10-Oct. 1 (#14844)

Mon., 4:15-5:30 p.m., Oct. 8-29 (#14845)

Mon., 4:15-5:30 p.m., Nov. 5-26 (#14846)

Location: Friendship Center, Room 109

Fee: \$90R/\$95NR/\$75M (includes \$20 material fee)

Irish Step Dancing (Ages 8-15) w/Rebel Heart Irish Dancers

Learn this Irish dance in a fun, noncompetitive manner emphasizing the heritage passed down. Performance based. Comfortable workout clothes with socks or dance slippers.

Dates: Fri., 5:30-6:15 p.m., Sept. 14-Oct. 19

Location: Friendship Center, Room 118

Fee: \$55R/\$58NR/\$45M (#14843)



LES MILLS BODY PUMP/CXWORX™

Body Pump™ (Ages 18+)

Exciting! The 50-60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, instructors and your choice of weight.

Dates: (1 day per week) (10 classes-50-60 min.)

*Mon., 7:15-8:15 p.m., Oct. 1-Dec. 3 (#14619) (MJ)

*Tues., 4:30-5:30 p.m., Oct. 2-Dec. 4 (#14618) (J)

Thurs., 4:30-5:30 p.m., Oct. 4-Dec. 13 (#14615) (J)

*Thurs., 7:30-8:30 p.m., Oct. 4-Dec. 13 (#14621)

Fri., 5:40-6:30 a.m., Oct. 5-Dec. 7 (#14620) (MJ)

Sat., 9:15-10:15 a.m., Oct. 6-Dec. 8 (#14614) (MJ)

Dates: (2 days per week) (20 classes-50-60 min.)

Mon./Wed., 9:30-10:30 a.m., Oct. 1-Dec. 5 (#14616) (MJ)

Mon./Wed., 5:40-6:30 a.m., Oct. 1-Dec. 5 (#14617) (MJ) (J)

Location: Friendship Center, Room 118 (*East Annex)

Fee: (1 day) \$47R/\$50NR/\$35M

(2 day) \$94R/\$97NR/\$70M

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

CXWORX™ w/Mary Jo (Ages 18+) (10 classes)

A 30-minute format combines personal training with energy of group fitness. Choreographed routines w/great music! Works on the torso and sling muscles that connect your upper body to your lower body. Ideal for tightening your tummy and butt, and also improves functional strength and assisting in injury prevention.

Dates: Mon., 5:30-6 p.m., Oct. 1-Dec. 10 (#14727)

Tues., 9:30-10 a.m., Oct. 2-Dec. 4 (#14728)

Wed., 5:30-6 p.m., Oct. 3-Dec. 5 (#14729)

Fri., 6:35-7:05 a.m., Oct. 5-Dec. 7 (#14730)

Sat., 10:30-11 a.m., Oct. 6-Dec. 8 (#14731)

Fee: \$47R/\$50NR/\$35M

Location: Friendship Center, Room 118



THERAPEUTIC RECREATION

Caribbean Snorkeling Day w/Ron (12 & up)

Have fun and learn how to snorkel.

Date: Sunday, October 21, 1-3 p.m.

Location: Friendship Center, Lap Pool

Fee: \$45 per person (#14840)

Active Art w/Pat (10 & up) (6 classes)

Make projects/have fun. Therapeutic Specialist on site.

Dates: Sat., 10-11 a.m., Sept. 8-Oct. 13

Location: Friendship Center, Room 109

Fee: \$85 per person (#14911)

ZUMBA/AEROBICS/FITNESS

Zumba™ (Ages 16+) (10 classes)

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

Dates: Mon., Oct. 1-Dec. 3, 10:30-11:15 a.m. (#14777) (J)

*Mon., Oct. 1-Dec. 3, 4:30-5:30 p.m. (#14920) (N)

Tues., Oct. 2-Dec. 4, 6:30-7:30 p.m. (#14786) (Le)

Wed., Oct. 3-Dec. 5, 10:30-11:30 a.m. (#14778) (A)

*Wed., Oct. 3-Dec. 5, 7-8 p.m. (#14780) (Sa)

Thurs., Oct. 4-Dec. 13, 9-10 a.m. (#14787) (J)

*Thurs., Oct. 4-Dec. 13, 5:30-6:30 p.m. (#14783) (L)

*Thurs., Oct. 4-Dec. 13, 6:30-7:30 p.m. (#14785) (Le)

Fri., Oct. 5-Dec. 7, 9-10 a.m. (#14782) (A)

Sat., Oct. 6-Dec. 8, 8:15-9:15 a.m. (#14781) (L)

Location: Friendship Center, Room 118/*East Annex

Fee: \$48R/\$51NR/\$34M

Instructor Code: (A) Alicia, (L) Lynn, (Sa) Sarah, (Le)

Leon, (J) Julie, (N) Nadine

Zumba Gold w/Val (Ages 18+) (10 classes)

For active adults — A fusion of Latin and International music that creates a dynamic, exciting and effective fitness system!

Dates: Fri., 8-8:45 a.m., Oct. 5-Dec. 7

Location: Friendship Center, Room 118

Fee: \$48R/\$51NR/\$34M (#14681)

Beginner Yoga w/Shani-new instructor (8 classes)

Designed for those who want to begin yoga practice, and those who have NEVER taken a yoga class. Explore basic yoga postures: sitting, standing and lying down. Covers fundamental poses essential to yoga. An emphasis is placed on relaxation, breathing and the keys of alignment. Shani is known for her mastery in sequencing fun yoga classes and her skill in encouragement.

Dates: Tues., 10:15-11:15 a.m., Oct. 2-Nov. 20 (#14744)

*Tues., 6:45-7:45 p.m., Oct. 2-Nov. 20 (#14745)

Location: Friendship Center, Room 118 /*Room 106

Fee: \$50R/\$53NR/\$42M

Yoga I w/Shani-new instructor (8 classes)

Relax, unwind, relinquish...let go of tension with a Flow Yoga class. This energizing class will take you on a journey allowing you to warm-up, breathe deeply and then cultivating stillness of mind/peace.

Dates: Tues., 5:30-6:30 p.m., Oct. 2-Nov. 20

Location: Friendship Center, Room 106

Fee: \$50R/\$53NR/\$42M (#14591)

Weight Loss Boot Camp w/Karen & Lori (6 weeks)

It's back. One of our most popular programs. A comprehensive program for weight loss with 2 trainers. Benchmarking and nutrition plan. Orientation meeting TBA.

Dates: Mon./Wed. (6:45-8 p.m.) and Sat. (8-8:45 a.m.)

Oct. 1-Nov. 10

Location: Friendship Center, East Annex

Fee: \$225R/\$230NR/\$185M (#14850)

AEROBICS/FITNESS/DANCE

Low Impact w/Lori (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., Oct. 1-Dec. 5

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#14775)

Combo w/Keli & Sunny (20 classes)

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

Dates: Mon./Wed., 6:05-7:05 p.m., Oct. 1-Dec. 5

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#14609)

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

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

Dates: Mon., 7:05-8:05 p.m., Oct. 1-Dec. 3

Location: Friendship Center, Room 118

Fee: \$48R/\$51NR/\$34M (#14598)

Outdoor Boot Camp w/Lori & Jamie (12 classes)

All levels. See changes in strength, body fat/weight loss.

Dates: Mon./Wed., 7-7:45 p.m., Oct. 24-Dec. 3 (#14682)

-OR- Mon./Wed., 7-7:45 p.m., Dec. 5-Jan. 21 (#14683)

Location: Friendship Center, Gym #1

Fee: \$90R/\$93NR/\$74M

Back to the Basics w/Lori (12 classes)

Simple and effective workout for those starting or returning to regular workout program. Weights, cardio and basic nutrition tips blended for individual results.

Mon./Wed., 6:15-7 p.m., Sept. 10-Oct. 17 (#14314)

Mon./Wed., 6:15-7 p.m., Oct. 22-Nov. 28 (#14800)

Location: Friendship Center, East Annex

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

20/20/20 w/Janeal (20 classes)

20 minute segments of step, aerobics/weights and abs.

Dates: Tues./Thurs., 6-7 p.m., Oct. 2-Dec. 11

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#14607)

Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., Oct. 2-Dec. 11

Location: Friendship Center, Room 118

Fee: \$68R/\$71NR/\$50M (#14608)

Ringtime Boxing w/Focus Mitts w/Karen (6 classes)

A fun, high intensity kickboxing class using bags, gloves and cardio drills.

Session I: Tues., 5:45-6:30 p.m., Oct. 2-Nov. 6 (#14796)

Session II: Tues., 5:45-6:30 p.m., Nov. 13-Dec. 18 (#14797)

Location: Friendship Center, Room 112

Fee: \$46R/\$49NR/\$38M

AEROBICS/FITNESS/TRX

Yogalates/Sculpt w/Terri (10 classes)

Fun class with 25 minutes of sculpting using resistance equipment and transitions into 35 minutes of yoga/pilates blend. Excellent toning and core strengthening blend. Bring sneakers.

Dates: Tues., 4:45-5:45 p.m., Oct. 2-Dec. 4 (#14612)

Fri., 1-1:45 p.m., Oct. 5-Dec. 7 (#14613)

Location: Friendship Center, Room 118

Fee: \$60R/\$65NR/\$45M

BP and Cardio w/Mary Jo (10 classes)

1/2 Body Pump and 1/2 Tabata and HIIT to improve cardio. Take your cardio to the next level with short intervals of high intensity.

Dates: Wed., 7:15-8:15 p.m., Oct. 3-Dec. 5

Location: Friendship Center, Room 118

Fee: \$45R/\$48NR/\$34M (#14672)

Yogalates w/Terri (20 classes)

Yoga mixed with pilates. Great mixture. Check with doctor if degenerative/orthopedic problems.

Dates: Mon./Wed., 6:45-7:30 a.m., Oct. 1-Dec. 5

Location: Friendship Center, Room 106

Fee: \$94R/\$97NR/\$70M (#14605)

TRX/Cross Fitness w/Karen (6 classes)

Sports performance training meets boot camp meets cross-fit meets pro-training efficiency. A challenge/fun while getting stronger, leaner and more cardio fit. No machines just good old fashioned fitness. Taught by certified trainer in TRX, RKC, Kettlebells, Spin and Crossfit. Care will be taken with participants in fitness, nutrition and chronic/acute injuries.

Dates: Session I: Tues., 6:45-7:30 p.m., Oct. 16-Nov. 20 (#14690)

Session II: Tues., 6:45-7:30 p.m., Nov. 27-Jan. 15 (#14691)

Session I: Wed., 9:30-10:15 a.m., Oct. 17-Nov. 21 (#14686)

Session II: Wed., 9:30-10:15 a.m., Nov. 28-Jan. 2 (#14687)

Session I: Thurs., 6:45-7:30 p.m., Oct. 11-Nov. 15 (#14692)

Session II: Thurs., 6:45-7:30 p.m., Nov. 29-Jan. 3 (#14693)

Session I: Sat., 9:30-10:15 a.m., Oct. 13-Nov. 17 (#14688)

Session II: Sat., 9:30-10:15 a.m., Nov. 24-Dec. 29 (#14689)

Location: Friendship Center, Gym #1

Fee: \$54R/\$57NR/\$40M

TRX Flexibility and Athletic Recovery w/Karen (10 classes)

Our bodies take a beating from us everyday. Stretch and recovery are important part of healing. Learn to use TRX to help lengthen/elongate muscles in the back, hips and hamstrings. Good for low back/knee problems.

Dates: Mon., 9-9:30 a.m., Oct. 1-Dec. 3

Location: Friendship Center, Track

Fee: \$48R/\$51NR/\$40M (#14732)

TRX Team Training w/Karen (6 classes)

Enjoy a unique and challenging boot camp style training that includes the use of multiple training methods. Benefit from group workouts and motivation. Certified trainer and TRX coach. May be outside at times.

Session I: Wed., 8:30-9:30 a.m., Oct. 10-Nov. 14 (#14698)

Session II: Wed., 8:30-9:30 a.m., Nov. 28-Jan. 2 (#14699)

Session I: Thurs., 5:45-6:30 p.m., Oct. 11-Nov. 15 (#14696)

Session II: Thurs., 5:45-6:30 p.m., Nov. 29-Jan. 3 (#14697)

Session I: Fri., 8:30-9:30 a.m., Oct. 12-Nov. 16 (#14700)

Session II: Fri., 8:30-9:30 a.m., Nov. 30-Jan. 4 (#14701)

Location: Friendship Center, Gym #1

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

Kettlebells w/Karen (12 classes) (16+)

A dynamic full body conditioning workout that can burn calories like no other strength tool!

Session I: Mon./Wed., 6-6:45 p.m., Oct. 22-Nov. 28 (#14684)

Session II: Mon./Wed., 6-6:45 p.m., Dec. 3-Jan. 23 (#14685)

Session I: Sat., 8:45-9:30 a.m., Oct. 6-Nov. 10 (#14837)

Session II: Sat., 8:45-9:30 a.m., Nov. 17-Dec. 22 (#14839)

Location: Friendship Center, Room 112

Fee: \$40R/\$43NR/\$35M (Sat.)

Fee: \$75R/\$78NR/\$55M (Mon./Wed.)

TRX Kettlebell: Circuit Conditioning

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

Session I: Tues./Thurs., 9:15-10 a.m., Oct. 9-Nov. 15 (#14677)

Session II: Tues./Thurs., 9:15-10 a.m., Nov. 27-Jan. 8 (#14678)

Location: Friendship Center, Track/Room 112

Fee: \$75R/\$78NR/\$55M

TRX Suspension Training w/Jamie

Suspension training is a unique training tool that uses our own body weight and gravity as resistance. This interactive exercise tool will help you build lean muscle, boost metabolism, tighten your core and increase endurance.

Benefits all fitness levels. (Gym #1)

Mon./Wed., 5:45-6:30 a.m., Aug. 20-Oct. 8 (#14541)

Mon./Wed., 5:45-6:30 p.m., Aug. 20-Oct. 8 (#14542)

Fri., 5:45-6:30 a.m., Aug. 24-Oct. 5 (#14544)

Mon./Wed., 5:45-6:30 a.m., Oct. 15-Nov. 21 (#14810)

Mon./Wed., 5:45-6:30 p.m., Oct. 15-Nov. 21 (#14811)

Fri., 5:45-6:30 a.m., Oct. 12-Nov. 16 (#14814)

Fee: \$75R/\$78NR/\$55M (2 day)

Fee: \$40R/\$43NR/\$35M (1 day)

Butts and Guts w/Anne Marie (10 classes)

Hit those difficult areas.

Dates: Thurs., 10-10:45 a.m., Oct. 4-Dec. 6

Fee: \$45R/\$48NR/\$32M (#14919)

SPIN

Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

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

Tues., 6-6:45 p.m., Oct. 2-Dec. 4 (RM) (#14629)

Tues., 7:30-8:15 p.m., Oct. 2-Dec. 4 (D) (#14624)

Wed., 9:30-10:15 a.m., Oct. 3-Dec. 5 (N) (#14631)

Thurs., 6-6:45 p.m., Oct. 4-Dec. 13 (RM) (#14628)

Thurs., 9-9:45 a.m., Oct. 4-Dec. 13 (AM) (#14634)

Thurs., 7:15-8 p.m., Oct. 4-Dec. 13 (D) (#14627)

Sat., 8:15-9 a.m., Oct. 6-Dec. 8 (MJ) (#14623)

Fee: 1/week (45 mins.) \$46R/\$49NR/\$34M

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

Mon./Wed., 6:15-7 p.m., Oct. 1-Dec. 5 (MJ) (#14632)

Tues./Thurs., 5:45-6:30 a.m., Oct. 2-Dec. 11 (MJ) (#14626)

Tues./Thurs., 4:30-5:15 p.m., Oct. 2-Dec. 11 (M) (#14630)

Location: Friendship Center, Room 115

Fee: 2/week (45 mins.) \$78R/\$81NR/\$68M

Instructor Code: (MJ) Mary Jo, (D) Deb, (RM) Roxanne,

(M) Michelle, (N) Nadine, (AM) Ann Marie

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

Build up strength and endurance in this activity that can burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., Oct. 1-Dec. 7

Location: Friendship Center, Room 115

Fee: \$95R/\$98NR/\$75M (#14625)

Senior Spin w/Russ (Ages 60+ or active adults) (20 classes)

Designed especially for seniors and/or active adult population using senior spin program.

Dates: Mon./Wed., 8:45-9:30 a.m., Oct. 1-Dec. 5

Location: Friendship Center, Room 115

Fee: \$69R/\$72NR/\$51M (#14599)

Challenge Ride w/MaryJo (Ages 18+)

High intensity for one hour. Knock your socks off with this challenge!

Date: Sunday, October 21, 12:30-2 p.m. (#14847)

Sunday, November 11, 12:30-2 p.m. (#14848)

Location: Friendship Center, Room 115

Fee: \$5M/\$8NM

Wellness Coach Training w/Staff

Consider the option of continued training to keep you on track to obtaining those goals in the most effective manner. We will work with you to develop a health and fitness program with your personal goals in mind.

Dates: By appointment

Location: Friendship Center

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

\$29M/\$34NM (per ½ hour) (#14817)

ADULT SPORTS/LEISURE

Adult & Advanced Jr. Tennis w/CPTS (3 classes)

Raise their level of play with fast paced drills, situation/match play.

Dates: Mon., 6-7:30 p.m., Sept. 10-24 (#14195)

Mon., 6-7:30 p.m., Oct. 8-22 (#14196)

Location: Brightbill Park

Fee: \$36R/\$39NR

Tai Chi Simplified w/J. Jackson (11+/no age limit!) (10 classes)

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

Dates: Thurs., 10-11 a.m., Oct. 4-Dec. 13

Location: Friendship Center, Room 118

Fee: \$70R/\$73NR/\$50M (#14610)

Tai Chi Style Essential w/J. Jackson (11+/no age limit!) (10 classes)

Grand Master Chen Zhenglei's Essential 18 movements of Chen Style Tai Chi. Low movements done with a balance of fast/slow, hard/soft spiraling movements.

Dates: Thurs., 7:30-8:30 p.m., Oct. 4-Dec. 13

Location: Friendship Center, Room 112

Fee: \$70R/\$73NR/\$50M (#14611)

Hapkido w/Master Fox (Ages 16+) (6 classes)

Self-defense, breakaway escape techniques, submission and joint lock techniques.

Dates: Thurs., 7:30-8:30 p.m., Oct. 4-Nov. 8

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

Fee: \$35R/\$40NR (#14750)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Oct. 2-Dec. 4

Location: Friendship Center, Room 118

Fee: \$42R/\$54NR/Free to Members! (#14776)

Women's Self Defense (Ages 13+) (5 classes)

Geared to develop defensive techniques.

Dates: Tues., 7-8 p.m., Oct. 2-Oct. 30

Location: Friendship Center, Room 112

Fee: \$47R/\$52NR/\$35M (#14751)

Fibromyalgia w/Dr. Homza (Ages 18+)

Different types, common causes and proper management of this chronic problem.

Date: Thursday, September 20, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (#14774)

ADULT SPORTS/LEISURE (CONT.)

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted. Must pre-register! Limited space. Coed.

Dates: Wed., 7-9 p.m., Oct. 3-Dec. 5 (#14594)

Sat., 10 a.m.-12 p.m., Oct. 6-Dec. 8 (#14593)

Location: Friendship Center, Gym #2/#3

Fee: \$65R/\$70NR/Free to members!

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., Oct. 2-Dec. 4 (#14771)

Thurs., 7-9 p.m., Oct. 4-Dec. 13 (#14769)

-OR- Sat., 8:30-10 a.m., Oct. 6-Dec. 8 (#14770)

Location: Friendship Center, Gym #2/#3

Fee: \$65R/\$70NR/Free to Members!

Adult Golf w/Bumble Bee (4 classes)

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

Dates: Sun., 1-2 p.m., Aug. 12-Sept. 9 (#14105)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Fitness Assessment w/Wellness Coach

Help set your goals by having an assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$16R/\$19NR/\$12M (#14816)

Cooking Classes w/Mandala Meals



Bacon-Smoky, Salty and Sweet-indulgent and good.

Add bacon to these delicious recipes. Includes soup, entree, side dish and dessert.

Date: Saturday, September 22, 1-2:30 p.m. (#14908)

What's For Dinner?

Quick, simple and delicious. Dinner on the table in no time. Includes two entrees with side dishes.

Date: Saturday, October 20, 1-2:30 p.m. (#14909)

Hearty Soups and Stews

Warm and satisfying, a meal in a bowl. Add crusty bread and you have a quick meal. Includes: two soups, two stews and dessert.

Date: Saturday, November 3, 1-2:30 (#14910)

Fee: \$48R/\$51NR/\$40M

Location: Friendship Center, East Annex, Kitchen

LEISURE/ARTS & CRAFTS

Why Can't I Lose Weight? w/Dr. Ida Page

Got Belly Fat? This PLAN takes into account hormone imbalances, yeast issues, liver and digestive weaknesses; it gets to the heart of the problem. Simple eating plan, light exercise recommended. No or low hunger or cravings, higher energy and clearer thinking. Identifies food intolerances and trigger foods.

Date: Thursday, September 20, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to members!/\$5 non-member (#14746)

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

Location: Friendship Center

Fee: Friendship Center Training Fees

Disney Seminar w/Sherry Hess

Discover topics of resorts, dining plan, park tickets, transportation of the "world", photo pass, Magical Express, plus much more. Seats limited. College of Disney Knowledge grad. For those new to Disney.

Date: Tuesday, September 25, 7-9 p.m.

Location: Friendship Center, Room 106

Fee: Free to Members/\$3 non-member (#14773)

Winter Volleyball League (16+)

League includes Men's A/AA and Women's A/AA/B/BB. Registration deadline is September 14. Team entries only. Call 657-5635 for details. League runs late October through early May.

ADULT ARTS & CRAFTS

All Day Craft Day w/Roxanne



Food included. Place to work on your favorite craft. Supplies available for purchase along with personal one-on-one instruction if needed. Door prizes/a goodie bag for each participant. First time scrappers are welcome.

Date: Saturday, August 25, 9 a.m.-7 p.m. (#14852)

Saturday, October 27, 9 a.m.-7 p.m. (#14853)

Location: Friendship Center, Room 106

Fee: \$32R/\$35NR/\$28M

Holiday Card Making Class w/Roxanne

Learn how to make 12 all occasion cards. Supplies provided (need own small crafting scissors).

Date: Wednesday, December 5, 6-9 p.m. (#14792)

Location: Friendship Center, Conf. Room

Fee: \$18R/\$21NR/\$15M

ADULT ARTS & CRAFTS (CONT.)

All Occasion Card Class w/Roxanne

10 cards will be made at the class. All supplies will be provided including envelopes. Cards will have a seasonal theme to include birthday, Get Well, Hello, Thank You, Sympathy and more. Please bring a small pair of crafting scissors and tweezers.

Date: Wednesday, September 19, 6-9 p.m. (#14788)
Wednesday, October 17, 6-9 p.m. (#14790)

Location: Friendship Center, Room 106

Fee: \$18R/\$21NR/\$15M

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

For those with a wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., Oct. 2-Dec. 4

Location: Friendship Center, Room 109

Fee: \$87R/\$90NR/\$70M (#14592)

Basic Soap Making w/Soap-O-Therapy (16+)

Learn how to make melt-and-pour glycerin soap. Topics include safety, equipment, soap additives and colorants, and packaging. Access materials and supplies, and take home one pound (approx. 4 bars) of soap.

Date: Saturday, Aug. 18, 3-5 p.m.

Location: Friendship Center, Room 106

Fee: \$40R/\$43NR/\$32M (#14917)

PETS

Pet First Aid (No Pets)

Learn to save your pet's life by taking this class covering injury assessment, first aid basics including bleeding, shock, animal bites, CPR and rescue breathing, assembling a pet first aid kit, and transporting an injured animal. Pet First Aid handbook included.

Date: Saturday, September 22, 9 a.m.-5 p.m.

Location: Friendship Center, East Patio

Fee: \$85R/\$90NR (#14748)

AKC Canine Good Citizen (Ages 10 weeks +) (7 weeks)

Learn responsible ownership for owners and basic good manners for dogs. Class reinforces the 10 skills required to earn the AKC Good Citizen certification.

Dates: Sat., 10:45-11:45 a.m., Oct. 6-Nov. 17

Location: Friendship Center, East Patio

Fee: \$96R/\$100NR/\$80M (#14747) (test 7th week)

Puppy 101 or Level I (Ages 10 weeks +) (6 classes)

Basic training such as sit, down, drop, walking on a loose leash, biting, chewing, dog/human language, games and others. Handler at least 10 years old. Need 6 ft. leash, well fitting collar, treats, and toy.

Dates: Sat., 9:30-10:30 a.m., Oct. 6-Nov. 10

Location: Friendship Center, East Patio

Fee: \$60R/\$70NR/\$50M (#14749)

SWIM LESSONS (SESSION I)

Parent/Tot I (Ages 3 years and under) (8 classes)

Orientation to water awareness and water safety.

Parent/child.

Dates: Tues., 10:10 a.m., Sept. 11-Oct. 30 (#14647)

Tues., 5 p.m., Sept. 11-Oct. 30 (#14651)

Wed., 9:30 a.m., Sept. 12-Oct. 3 (#14650)

Sat., 10:10 a.m., Sept. 15-Nov. 3 (#14648)

Sat., 10:50 a.m., Sept. 15-Nov. 3 (#14649)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Parent/Tot II (Ages 3 years & under) (8 classes)

Pre-requisite: Parent/Tot I

Orientation to water awareness, water safety and beginning water skill development. Parent/child.

Dates: Tues., 10:50 a.m., Sept. 11-Oct. 30 (#14704)

Tues., 5:40 p.m., Sept. 11-Oct. 30 (#14702)

Wed., 10:10 a.m., Sept. 12-Oct. 31 (#14703)

Wed., 6:20 p.m., Sept. 12-Oct. 31 (#14705)

Sat., 9:30 a.m., Sept. 15-Nov. 3 (#14706)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Twos Tots (Age 2) (8 classes)

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

Dates: Mon., 5:40 p.m., Sept. 10-Oct. 29 (#14662)

Tues., 10:50 a.m., Sept. 11-Oct. 30 (#14664)

Sat., 11:30 a.m., Sept. 15-Nov. 3 (#14661)

Sun., 12 p.m., Sept. 16-Nov. 4 (#14663)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Tiny Tots (Age 3) (8 classes)

Water skill development and safety.

Dates: Mon., 9:30 a.m., Sept. 10-Oct. 29 (#14652)

Wed., 10:50 a.m., Sept. 12-Oct. 31 (#14656)

Wed., 5 p.m., Sept. 12-Oct. 31 (#14655)

Thurs., 10:50 a.m., Sept. 13-Nov. 1 (#14654)

Sat., 8:10 a.m., Sept. 15-Nov. 3 (#14657)

Sat., 10:50 a.m., Sept. 15-Nov. 3 (#14653)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Angel Fish I (Ages 4 & up not able to swim) (8 classes)

Water awareness, water safety and skill development.

Dates: Mon., 10:10 a.m., Sept. 10-Oct. 29 (#14668)

Mon., 5:00 p.m., Sept. 10-Oct. 29 (#14665)

Mon. 6:20 p.m., Sept. 10-Oct. 29 (#14671)

Tues., 6:20 p.m., Sept. 11-Oct. 30 (#14666)

Thurs., 9:30 a.m., Sept. 13-Nov. 1 (#14669)

Sat., 8:50 a.m., Sept. 15-Nov. 3 (#14667)

Sun., 12:10 p.m., Sept. 16-Nov. 4 (#14670)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

SWIM LESSONS (SESSION I)

Angel Fish II (Ages 4 and up, not able to swim) (8 classes)

Prerequisite: Angel Fish I — Water skill development in preparation for Blue Fish.

Dates: Mon., 10:50 a.m., Sept. 10-Oct. 29 (#14712)

Tues., 9:30 a.m., Sept. 11-Oct. 30 (#14708)

Wed., 5:40 p.m., Sept. 12-Oct. 31 (#14707)

Thurs., 5:40 p.m., Sept. 13-Nov. 1 (#14710)

Sat., 8:10 a.m., Sept. 15-Nov. 3 (#14711)

Sat., 9:30 a.m., Sept. 15-Nov. 3 (#14709)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Blue Fish (Ages 4 and up) (8 classes)

Water safety and water skill development. Prerequisites: jump into water, swim 1/2 length on stomach and back and hold breath for 20 seconds.

Dates: Mon., 7 p.m., Sept. 10-Oct. 29 (#14717)

Wed., 7 p.m., Sept. 12-Oct. 31 (#14718)

Thurs., 10:10 a.m., Sept. 13-Nov. 1 (#14714)

Thurs., 5:00 p.m., Sept. 13-Nov. 1 (#14715)

Sat., 8:50 a.m., Sept. 15-Nov. 3 (#14719)

Sat., 11:30 a.m., Sept. 15-Nov. 3 (#14720)

Sun., 12:50 p.m., Sept. 16-Nov. 4 (#14716)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Cat Fish (8 classes)

Water safety, skill development, and refinement.

Prerequisites: Jump into deep water, tread water for 30 seconds, swim length of pool on stomach and back, surface dive and retrieve ring.

Dates: Tues., 7 p.m., Sept. 11-Oct. 30 (#14721)

Thurs., 6:20 p.m., Sept. 13-Nov. 1 (#14722)

Sat., 10:10 a.m., Sept. 15-Nov. 3 (#14723)

Sun., 1:30 p.m., Sept. 16-Nov. 4 (#14724)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

Dolphins (8 classes)

Continue learning skill progressions with focus on stroke development. Must be able to swim the length of the pool.

Dates: Thurs., 5:30 p.m., Sept. 13-Nov. 1 (#14725)

Sun., 2:10 p.m., Sept. 16-Nov. 4 (#14726)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

Eels (8 classes)

Must be able to swim the length of the pool. Competitive stroke improvement.

Dates: Thurs., 5:30 p.m., Sept. 13-Nov. 1 (#14645)

Sun., 2:50 p.m., Sept. 16-Nov. 4 (#14646)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

AQUACISE

Adult Learn to Swim (Ages 16+) (8 classes)

Dates: Thurs., 7-7:40 p.m., Sept. 13-Nov. 1

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M (#14644)

Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$160R/\$170NR/\$130M (#14819)

***Group-Private (class of 4):** \$105R/\$110NR/\$75M per person (#14818) (*must register as group.)

***Semi-Private (max two):** \$230R/\$240NR/\$180M

(#14821) Note cancellation policy when registering!

Swimming For Homeschoolers (8 weeks)

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

Dates: Tues., 11 a.m., Sept. 11-Oct. 30 (#14756)

Fri., 1 p.m., Sept. 14-Nov. 2 (#14757)

Location: Friendship Center, Leisure Pool

Fee: \$32R/\$35NR (Members free)

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.

Date: Sunday, September 30, 1-3 p.m.

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (#14772)

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., Oct. 1-Dec. 5

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#14600)

Aquacise w/Bonnie (20 classes)

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

Dates: Tues./Thurs., 9:30-10:30 a.m., Oct. 2-Dec. 11

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#14602)

Keep It Movin'! w/Jennifer (20 classes)

Repeated simple movements create a go at your own pace — great easy water workout.

Dates: Tues./Thurs., 6-7 p.m., Oct. 2-Dec. 11

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#14601)

Body Tone Workout w/Roxanne (10 classes)

Stretch, lengthen and tone muscles by using different exercise modalities, water equipment and more. Focus on abs.

Dates: Fri., 6:05-7:05 a.m., Oct. 5-Dec. 7

Location: Friendship Center, Therapy Pool

Fee: \$46R/\$49NR/\$32M (#14595)

AQUACISE

Aquatic Arthritis w/Mary Jo (no discounts)

Range of motion exercise for flexibility/coordination.

Session I (20 classes): Mon./Wed./Fri., 10:45-11:45 a.m., Oct. 1-Nov. 14

Fee: \$74R/\$77NR/\$53M (#14597)

Session II (12 classes): Mon./Wed./Fri., 10:45-11:45 a.m., Nov. 19-Dec. 14

Fee: \$52R/\$55NR/\$32M (#14596)

Location: Friendship Center, Therapy Pool

Aqua Zumba (10 classes)

Intense full hour of aqua zumba.

Dates: Tues., 7-8 p.m., Oct. 2-Dec. 4 (Sybil) (#14802)

Wed., 9:30-10:30 a.m., Oct. 3-Dec. 5 (Anne Marie) (#14918)

Location: Friendship Center, Lap Pool

Fee: \$44R/\$47NR/\$32M

Aqua Zumba Cardio w/Sybil (20 classes)

Effective, fun, and invigorating workout. International music/dance in the water. Equipment provided.

Dates: Mon./Wed., 6-7 p.m., Oct. 1-Dec. 5

Location: Friendship Center, Lap Pool

Fee: \$67R/\$70NR/\$50M (#14804)

Aqua Fitness w/Roxanne (20 classes)

Variety of equipment will be used to increase the heart rate while toning core muscle groups. Different exercise modalities to stretch length and increase body movements.

Dates: Mon./Wed., 6:05-7:05 a.m., Oct. 1-Dec. 5 (#14603)

Tues./Thurs., 6:05-7:05 a.m., Oct. 2-Dec. 11 (#14604)

Location: Friendship Center, Therapy Pool

Fee: \$74R/\$77NR/\$53M

SWIM LESSONS SESSION II

FALL SWIM LESSONS: SESSION II – REGISTER AS OF OCTOBER 3 (MEMBERS) AND OCTOBER 4 (ALL OTHERS).

COST: \$50R/\$53NR/\$42M (6 CLASSES)

Parent/Tot I (Ages 3 years and under) (6 classes)

Dates: Tues., 10:10 a.m., Nov. 13-Dec. 18 (#14854)

Tues., 5 p.m., Nov. 13-Dec. 18 (#14855)

Wed., 9:30 a.m., Nov. 14-Dec. 19 (#14856)

Sat., 10:10 a.m., Nov. 17-Dec. 22 (#14857)

Sat., 10:50 a.m., Nov. 17-Dec. 22 (#14858)

Parent/Tot II (Ages 3 years & under) (6 classes)

Dates: Tues., 10:50 a.m., Nov. 13-Dec. 18 (#14861)

Tues., 5:40 p.m., Nov. 13-Dec. 18 (#14859)

Wed., 10:10 a.m., Nov. 14-Dec. 19 (#14860)

Wed., 6:20 p.m., Nov. 14-Dec. 19 (#14863)

Sat., 9:30 a.m., Nov. 17-Dec. 22 (#14862)

Twos Tots (Age 2) (6 classes)

Dates: Mon., 5:40 p.m., Nov. 12-Dec. 17 (#14865)

Tues., 10:50 a.m., Nov. 13-Dec. 18 (#14867)

Sat., 11:30 a.m., Nov. 17-Dec. 22 (#14864)

Sun., 12 p.m., Nov. 11-Dec. 16 (#14866)

Tiny Tots (Age 3) (6 classes)

Dates: Mon., 9:30 a.m., Nov. 12-Dec. 17 (#14873)

Wed., 10:50 a.m., Nov. 14-Dec. 19 (#14870)

Wed., 5 p.m., Nov. 14-Dec. 19 (#14872)

Thurs., 10:50 a.m., Nov. 8-Dec. 20 (#14869)

Sat., 8:10 a.m., Nov. 17-Dec. 22 (#14871)

Sat., 10:50 a.m., Nov. 17-Dec. 22 (#14868)

Angel Fish I (Ages 4 & up not able to swim) (6 classes)

Dates: Mon., 10:10 a.m., Nov. 12-Dec. 17 (#14877)

Mon., 5:00 p.m., Nov. 12-Dec. 17 (#14874)

Mon., 6:20 p.m., Nov. 12-Dec. 17 (#14880)

Tues., 6:20 p.m., Nov. 13-Dec. 18 (#14875)

Thurs., 9:30 a.m., Nov. 8-Dec. 20 (#14878)

Sat., 8:50 a.m., Nov. 17-Dec. 22 (#14876)

Sun., 12:10 p.m., Nov. 11-Dec. 16 (#14879)

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

Dates: Mon., 10:50 a.m., Nov. 12-Dec. 17 (#14885)

Tues., 9:30 a.m., Nov. 13-Dec. 18 (#14882)

Wed., 5:40 p.m., Nov. 14-Dec. 19 (#14881)

Thurs., 5:40 p.m., Nov. 8-Dec. 20 (#14886)

Sat., 8:10 a.m., Nov. 17-Dec. 22 (#14884)

Sat., 9:30 a.m., Nov. 17-Dec. 22 (#14883)

Blue Fish (Ages 4 and up) (6 classes)

Dates: Mon., 7 p.m., Nov. 12-Dec. 17 (#14890)

Wed., 7 p.m., Nov. 14-Dec. 19 (#14891)

Thurs., 10:10 a.m., Nov. 8-Dec. 20 (#14887)

Thurs., 5 p.m., Nov. 8-Dec. 20 (#14888)

Sat., 8:50 a.m., Nov. 17-Dec. 22 (#14892)

Sat., 11:30 a.m., Nov. 17-Dec. 22 (#14893)

Sun., 12:50 p.m., Nov. 11-Dec. 16 (#14889)

Cat Fish (6 classes)

Dates: Tues., 7 p.m., Nov. 13-Dec. 18 (#14894)

Thurs., 6:20 p.m., Nov. 8-Dec. 20 (#14895)

Sat., 10:10 a.m., Nov. 17-Dec. 22 (#14897)

Sun., 1:30 p.m., Nov. 11-Dec. 16 (#14896)

Dolphins (6 classes)

Dates: Thurs., 5:30 p.m., Nov. 8-Dec. 20 (#14898)

Sun., 2:10 p.m., Nov. 11-Dec. 16 (#14899)

Eels (6 classes)

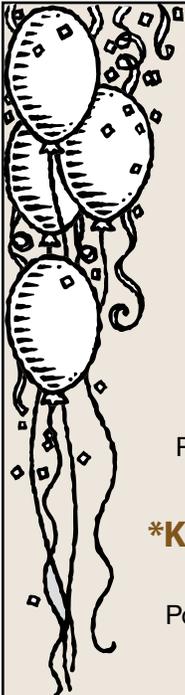
Dates: Thurs., 5:30 p.m., Nov. 8-Dec. 20 (#14900)

Sun., 2:50 p.m., Nov. 11-Dec. 16 (#14901)

Adult Learn to Swim (Ages 16+) (6 classes)

Dates: Thurs., 7 p.m., Nov. 8-Dec. 20 (#14902)

RENTALS



2012 Special Party Package/Rentals

*SPLASH & DASH (1 hour each area)

Pool, Basketball Court, Party Room
\$245R/\$263NR/\$204M

*KID'S SWIM & INDOOR GYM (1 hour each area)

Pool, Indoor Playground, Party Room
\$274R/\$294NR/\$229M

*STAY & PLAY (1 hour each area)

Pool, Game Court, Party Room
\$231R/\$249NR/\$192M

Other popular party area rates (per hour):

Leisure Pool: \$139R/\$151NR/\$116M
Basketball Court: \$70R/\$73NR/\$59M
Multi-Purpose Room: \$45R/\$55NR/\$58M

Ask About Our Zumba Party!

*Packages Available
May 1-September 30

Parties Book Fast!

Submit Your Request Early!
2 Week Advance Notice Required!

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— SVA Deck Party —
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PERSONAL TRAINING



DAVE



KAREN



BENTZ

BASIC FEES:

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

New Buddy Training System (2 people w/trainer)

\$34 per Member/\$39 per Non-Member (per hour)
\$24 per Member/\$29 per Non-Member (per 1/2 hour)

New "6 pack" training card (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, KAREN

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for personal training.*

**The Friendship Center
WILL BE CLOSED
FOR MAINTENANCE
On August 26-September 1**



The Parks & Recreation Department Located in The Friendship Center Sells Discount Amusement Park Tickets:

Baltimore Aquarium • Dorney Park • Dutch Wonderland
Hershey Park • Pennsylvania Renaissance Faire
Knobels Amusement Park • Six Flags Great Adv.
(MD) Six Flags Great Adv. (NJ) • Sesame Place

Monday-Friday, 8 A.M.-5 P.M.

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SILVER AND FIT

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

Silver and Fit is a total-body senior workout program for active individuals. This class combines aerobic, flexibility, and strength training in a positive, energizing environment. We include exercises that are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance.

Dates: Mon., 3:30-4:30 p.m., Oct. 1-Dec. 3 (#14903)

*Tues., 12:30-1:30 p.m., Oct. 2-Dec. 4 (#14904) Yoga

Wed., 3:30-4:30 p.m., Oct. 3-Dec. 5 (#14906)

Thurs., 12:30-1:30 p.m., Oct. 4-Dec. 13 (#14905)

Fri., 11 a.m.-12 p.m., Oct. 5-Dec. 7 (#14907)

Location: Friendship Center, Room 118

Fee: Silver and Fit Members Free

Fee: \$46R/\$49NR/\$34M (10 classes)

MASSAGE/WELLNESS

Swedish Massage

1/2 Hour — \$30 Member/ \$35 NM

1 hour — \$50 Member/\$60 NM

Deep Tissue/Neuromuscular

Pre-Natal Massage

Small Ball Therapy

1/2 Hour — \$40 Member/\$45 NM

Hour — \$70 Member/\$80 NM

Reflexology

1/2 Hour — \$30 Member/\$35 NM

Hour — \$55 Member/\$65 NM

Neck & Shoulder Massage

1/2 Hour — \$35 Member/ \$45 NM

Chair Massage

\$1 Per Minute (When Available)



Janine



Margaretha

WHAT IS PICKLEBALL?

Come try the latest in adult league fun, PickleBall! Nothing sour about this! Combination of tennis, badminton and ping-pong all at the same time. Easy to learn and play! The sport is played with a wooden paddle racket and a plastic poly ball. The court is smaller than your average tennis court. This game is so much fun and we have the equipment to get you started. \$3 Non-member fee.

**Join us on Monday & Wednesday
& Friday at 10 a.m.**

YOU'LL BE PICKLED YOU DID!

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, leisure activities, and congregate meals.

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.

C. Congregate Meals

Meals are provided Mon.-Thurs. by the Dauphin County Area Agency on Aging. Seniors **must sign-up** 48 hours in advance at the senior center. Donation requested for meals. Residents of Dauphin County only.

D. Weekly Program Schedule (Effective 9/1/2012)

MONDAY	8:30 a.m. - Aerobics (light) 8:30 a.m. & 11:45 a.m. - Aquacise (\$3.00 cl.) 10:00 a.m. - Tai Chi 8 a.m. & 2 p.m. - Cards 1:00 p.m. - Beginning Line Dancing 2:00 p.m. - Intermediate Line Dancing
TUESDAY	7:55 a.m. - Peppi 8 a.m. - Blood Pressure (1st Tues.) 8:40 a.m. - Aquacise (\$3.00 cl.) 7-10 a.m. - Walking (indoor) 8 a.m.-2 p.m. - Cards 9-11 a.m. - Group Crocheting & Crafts (3rd Tues. of month visit our craft sale!) 12:30 p.m. - Cash Bingo 1-2 p.m. - Lap Swim (\$3.00)
WEDNESDAY	8:30 a.m. - Aerobics (light) 8:30 a.m. & 11:45 a.m. - Aquacise (\$3.00 cl.) 8 a.m.-2 p.m. - Cards 12:30 p.m. - Bridge Club 12:30 p.m. - Mah Jongg 1 p.m. - Tai Chi
THURSDAY	7:55 a.m. - Peppi 8:40 a.m. - Aquacise (\$3.00 cl.) 7-10 a.m. - Walking 12 p.m. - Chess 1-2 p.m. - Lap Swim (\$3.00) 1:30 p.m. - Line Dancing
FRIDAY	8 a.m. - Lite Aerobics 8 a.m. & 2 p.m. - Cards 8:30 a.m. & 11:45 a.m. - Aquacise (\$3.00 cl.) 12:30 p.m. - Bridge 12:30 p.m. - Knitting and Crocheting

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

3 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 credit card (Visa or Master Card) registration, during operating hours at **657-5635**.
- **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.

1. **Friendship Center members** may register for all programs offered at the Friendship Center beginning Tuesday, August 28, 2012 at 6 a.m.
2. Registration for **Preschool Programs** for all others begins at 8:00 a.m. on Wednesday, August 29, 2012.
3. Registration for **Aquatics** programs begins Friday, August 31, 2012 at 6:00 a.m.
Registration for **all other programs and classes** begins Tuesday, September 4, 2012 at 6:00 a.m.
4. Effective August 1, 2012, no programming discounts will be available.
5. 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 and all bus/van trips are not possible during or after the event. Refunds take about 3 weeks for processing and are mailed to the original payer.
6. The Friendship Center and the Parks and Recreation Department reserve the right to cancel activities. Full refunds are given for any canceled programs.
7. **Fee Structure: R=Resident, NR=Non Resident, M=Friendship Center Member.**
8. **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) Tuesday, Aug. 28
Preschool Programs..... Wednesday, Aug. 29
Aquatics Programs Friday, Aug. 31
All Other Programs Tuesday, Sept. 4

This mail-in registration does not guarantee a place in the program. Registrations are processed on a first-come, first-served basis.

THANK YOU!
CONCERT IN THE PARK
SPONSORS
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BOARD VACANCY

The Friendship Center Operating Board is seeking a volunteer to fill a vacancy. Interested persons can apply by completing an application available on the Township Website, www.lowerpaxton-pa.gov or by calling the Municipal Center at 657-5600. To find the application on the website, click on "resource page," then "forms and application," then "application for appointment." Mail the application to the return address on the top left corner of the document.

**COLONIAL PARK
 FAMILY PRACTICE**

... where children are a very important part of our family



Monday thru Thursday
 8:00am to 8:00pm

Friday
 8:00am to 5:00pm

Saturday
 8:00am to 12:00 Noon

657-3030

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- Megan J. Borrer, M.D.
- Denise F. Montisano, M.D.
- Tamara Sullivan, PA-C
- Lauren Bowman, PA-C

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