

2013 Spring PROGRAM GUIDE



It's Your Lucky Month
**Receive
10% OFF**
the purchase of an
annual membership.

Now through March 31, 2013

No Double Discounts – Offer expires 3/31/2013. No exceptions. Must present coupon when joining. Not redeemable for cash or renewals within the past 60 days. Upon renewal of membership rates will be subject to 2014 standard rate.

Spring Into Shape with Fun & Fitness!

Exclusive for the month of April.

**Purchase an Annual Membership
and receive 10 FREE Drop In Class Cards.**

Cards are valid for designated drop in classes only. Classes are only available to adults 16+. Class minimum must be met. Spaces in many classes are limited and may not be able to accept Class Pass. Class Passes expire August 1, 2013.

\$25.00 OFF PARTY PACKAGE

Party Packages available April 1-October 31.
See page 17 for details.

Must purchase a party package by March 31, 2013. \$100 Security Deposit required with reservation request. Dates may be limited on availability.

SUMMER FAMILY MEMBERSHIP SALE

4 Months for the Price of 3

Summer membership runs
May 1st – August 24, 2013

Dates of membership are non-negotiable. Family Resident rate is \$180 / Family Non-Resident rate is \$200. Single Parent Family Resident rate is \$159 / Single Parent Family Non-Resident rate is \$176.

REGISTRATION BEGINS

FC Members (All FC Programs)
Monday, March 11

PRESCHOOL PROGRAMS – Tuesday, March 12

AQUATICS PROGRAMS – Thursday, March 14

ALL OTHER PROGRAMS – Monday, March 18



Friendship Center

family · fun · fitness

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
- 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-Friday5:30 a.m. to 10 p.m.
 Saturday8 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 17)

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 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.



2013 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 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)**

Employees of the Month!



Dani

— December —



Marge

— January —

**Thank You
For Your Dedication!**

Friendship Specials!

Drop In Program Now Available!

Look for the sneaker  logo near a class.

This class is available for walk-in visits, \$6 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.

\$6 per class

FRIENDSHIP CENTER Engraved Brick Sale — Only \$60⁰⁰

Honor/Remember a Loved One
by Purchasing a Brick
on the Front Walkway.

Sale Runs March 3-10, 2013

Call 657-5635 (Extension 123)

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 Membership Referral

**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.

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, March 1 — A Leprechaun Surprise!

Friday, April 5 — Jelly Beans

Friday, May 3 — M & M in all colors!

Friday, June 7 — Oranges

All friends must have photo identification.

FRIENDSHIP CENTER & PARKS & REC. SPECIAL EVENTS/HIGHLIGHTS

Breakfast with the Easter Bunny

Eat breakfast with the Easter Bunny, bring your camera and go on an egg hunt in the gym! It's a fun-filled morning to share together. Everyone attending MUST have ticket. \$7 per attendee. Reservations required, limited space.

Date: Saturday, March 16, 2013, 9 a.m. (#15169)

Easter Egg-Stravaganza (Free!)

Mark your Spring calendars for this Eggciting egg hunt co-sponsored by Parks and Recreation and Biting Recreation. Free for children 2-10 years old and children will be divided by age groups to hunt for the candy-filled eggs and prizes! Don't forget your basket. The Easter Bunny will be there too!

Date: Saturday, March 23, 2013, 1 p.m. at Brightbill Park

"Kids" Yard Sale

For ages 5-16 to sell their toys, games, collectibles, bikes and anything else to clean up the room/house. All children must have adult supervision and will receive a 10 x10 space per spot. Kids only — no commercial/adult sales..

Date: Saturday, April 27, 9 a.m.-12 noon

Must pre-register by 4/25! (Rain date 5/4)

Location: Friendship Center Parking Lot

Fee: \$10R/\$12NR/\$5M (#15370)

2013 TGIF Summer Concert Series

The Annual TGIF Summer Concert Series is free, filling Brightbill Park with great music Fridays in July. Concerts are from 7:00-8:30 p.m. The concerts are made possible by local sponsors.

July 5th, July 12th

July 19th, July 26th

8th Annual Trash (Can) to Treasure Project

Become a public artist! — Have your work displayed in one of Lower Paxton Township's Parks! Groups and individuals are invited to beautify township parks by transforming plain green barrel trash cans into functional pieces of art. Registration forms due by April 12. Paint cans from April 19-29. Limited number of trash cans available, reserve yours early!

AFFILIATING YOUR COMPANY WITH EVENTS HELD IN THE LOCAL PARKS AND RECREATION DEPARTMENT IS A GREAT OPPORTUNITY!!

The Lower Paxton Township Recreation Department is seeking sponsors for 2013 Concerts in the Park Series as well as other Special Events. Please contact the Recreation Office at 657-5635 for more information.

Summer Day Camp

Camp is held June 11-August 9 at three locations: Linglestown (5-11 yrs.), Northside (12-14 yrs.) and Paxtonia (5-11 yrs.) Elementary schools. Children must have completed kindergarten and not exceed 8th grade. The camp provides theme-based social and recreational activities for ages 5-14. Weekly fee is \$130 resident and \$135 non-resident. Limited positions. Call 657-5635 for info packet and registration forms. Add a week Aug. 12-16 or 19-23, \$135R/\$140NR/\$115M.

Registration: March 13: Returnees, March 14: Residents, March 15: Non-Residents.

Summer Playground Program

The Playground Program runs June 10-August 2 from 9 a.m.-12 noon. Preschool programs are open to children 3-5 years at the following locations: Mon. and Wed. — Kohl Park, Tues. and Thurs. — Koons and Brightbill. A \$.50 fee is collected each preschool day. Youth programs for ages 6-12 years meet Mon. through Fri., 9 a.m.-12 noon at Lamplight, Koons and Brightbill Parks. A \$1 craft fee is collected weekly. One time yearly non-refundable registration fee \$20 payable on first day of attendance.

Lower Paxton Township Parks and Recreation Department would like to thank the following for their generous donations and support of the 2012 Treelighting Ceremony:

- ABC North Bowling Lanes • Twin Ponds
- Philadelphia Flyers • Atlanta Bread Company
 - The Meadows • Pittsburgh Steelers
- Wine's Christmas Trees • Texas Roadhouse
 - Olive Garden • Coldstone Creamery
- Your Place Restaurant • Old Country Buffet
 - Karns Foods • Applebee's • Metro Bank
- Colonial Park Fire Company • Dunkin Donuts
 - Hershey Bears • Dutch Wonderland
- Outback Steakhouse • Linglestown Fire Company
 - Arby's • Harrisburg Senators
- Central Dauphin Pizza • Giant Food Store

A Special Thanks to:

- McDonalds (Santa Breakfast)
- Santa (Manager Steve Taylor)
- North Side Elementary Wind Ensemble
- Friendship Center Staff
- One More Time
- Lower Paxton Arts Council
- Lower Paxton Board of Supervisors
- Memory Booth of Harrisburg

PRESCHOOL ACTIVITIES

IMPORTANT REGISTRATION INFORMATION!

Preschool pre-registration for those staying in the same class will be held from Feb. 25-Mar. 1. Open registration for FC members begins at 8 a.m. on Mon., March 11th and non-members on Tues., March 12th.

All programs will meet for a nine week session at the Friendship Center unless noted otherwise. Child must have met the minimum age requirement of the 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., Mar. 19-May 14 (#15295)

B. Fri., 11 a.m.-noon, Mar. 22-May 31 (#15296)

C. Mon., 6-7:15 p.m., Mar. 18-May 20 (#15300)

Instructor: Kim V. (A) (C), Chris R. (B)

Fee: \$55R/\$60NR/\$44M (no class 3/29, 4/1, 5/24)

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, Mar. 19-May 14 (#15292)

B. Fri., 9:30-10:45 a.m., Mar. 22-May 31 (#15293)

(no class 3/29 and 5/24)

Instructor: Nadzia S. (A), Chris R. (B)

Fee: \$65R/\$71NR/\$55M

Twos Together (Age 2)

(Born before 9/1/010) A special day for twos; activities include crafts, fingerplays and a snack.

Dates: Thur., 9:30-11:30 a.m., Mar. 21-May 16

Instructor: Nadzia S.

Fee: \$96R/\$102NR/\$83M (#15304)



KID'S KORNER

Ages 1-6 Years with Parent

Visit our indoor playground and join the fun!

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

Program Ends Apr. 26 (closed 3/8 and 3/29)

\$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., Mar. 25-May 29

(no class on 4/1 and 5/27)

Instructor: Mary C.

Fee: \$204R/\$214NR/\$160M (#15301)

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, Mar. 19-May 16 (#15302)

B. Tues./Thur., 1-3:30 p.m., Mar. 19-May 16 (#15303)

Instructor: Elaine P.

Fee: \$233R/\$243NR/\$189M

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

Help 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, Mar. 25-May 31

(no class on 3/29, 4/1, 5/27) (#15299)

B. Tue./Wed./Thur., 1-3:30 p.m., Mar. 19-May 16 (#15298)

Instructor: Nadzia S.

Fee: \$330R/\$340NR/\$267M

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.-2½: Fri., 10-10:35 a.m., Apr. 12-May 24 (#15514)

Ages 3-4 years: Fri., 10:45-11:30 a.m., Apr. 12-May 24 (#15513)

Location: Friendship Center, Room 112

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

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

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

Dates: Thurs., 9-9:40 a.m., Mar. 21-May 9

Location: Friendship Center, Gym #2

Fee: \$86R/\$89NR/\$67M (#15324)

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., Mar. 21-May 9

Location: Friendship Center, Gym #2

Fee: \$86R/\$89NR/\$67M (#15326)

PRESCHOOL ACTIVITIES (CONT.)

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., Mar. 22-May 17 (no class 3/29)

Fee: \$120R/\$130NR/\$97M (#15297)

Science Stories w/Tina (Ages 3-5 years) (8 classes)

Using books from the National Science Teachers' Association's "Outstanding Science Trade Book List", children will be captivated by the wonders of science.

Animal Edition: From humans to giraffes, we are all animals. What makes animals different from each other? Come find out through hands-on experiments with worms, insects, mammals and more!

Dates: Mon. & Wed., 1:30-3 p.m., Apr. 1-24 (#15305)

Wonders of Weather: Explore the atmosphere and the workings of weather. Make a cloud in a bottle and learn how to use weather instruments.

Dates: Mon. & Wed., 1:30-3 p.m., Apr. 29-May 22 (#15306)

Location: Friendship Center, Room 122

Fee: \$80R/\$83NR/\$70M

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., Apr. 8-May 13 (#15395)

Tiger (4-5 yr. old): Wed., 4-4:45 p.m., Apr. 10-May 15 (#15394)

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 6/1/12) Instructional clinic with age-appropriate skills, drills and games.

Dates: Wed., 5:10-5:55 p.m., Apr. 10-May 1 (#15465)

Wed., 6-6:45 p.m., Apr. 10-May 1 (#15466)

Wed., 5:10-5:55 p.m., May 15-June 5 (#15467)

Wed., 6-6:45 p.m., May 15-June 5 (#15463)

Mon./Wed., 5:10-5:55 p.m., June 10-19 (#15468)

Mon./Wed., 6-6:45 p.m., June 10-19 (#15464)

Location: Kohl Park

Fee: \$50R/\$53NR

Ballet w/Cheri (Ages 4-6) (8 Classes)

Dates: Mon., 11:30 a.m.-12:15 p.m., Apr. 8-June 3 (#15532)

Tues., 4-4:45 p.m., Apr. 9-May 28 (#15533)

Location: Friendship Center, Room 118

Fee: \$90R/\$93NR/\$75M

FALL PRESCHOOL REGISTRATION

~ **IMPORTANT!** ~

FALL 2013 PRESCHOOL EARLY REGISTRATION

**NEW! 9 MONTH SCHOOL YEAR
WITH *MONTHLY DUES**

REGISTRATION FOR RETURNING STUDENTS
BEGINS APRIL 1 AT 8 A.M. (FC MEMBERS),
APRIL 2 (NON-MEMBER) & APRIL 8 (NEW STUDENTS).

Morning Fun Time (Ages 2½-3)

Mon./Wed., 9:30-11:30 a.m. (starts 9/4)

Fee (monthly): \$85R/\$89NR/\$68M

Fee (quarterly): \$191R/\$200NR/\$153M (#15579)

Preschool Pals (Ages 3-4)

A. Tue./Thu., 9:30 a.m.-noon (starts 9/5) (#15580)

B. Tue./Thu., 1:00-3:30 p.m. (starts 9/5) (#15581)

Fee (monthly): \$96R/\$101NR/\$80M

Fee (quarterly): \$216R/\$227NR/\$180M

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

A. Mon./Wed./Fri., 9:30 a.m.-noon (starts 9/4) (#15577)

B. Tue./Wed./Thu., 1:00-3:30 p.m. (starts 9/5) (#15578)

Fee: (monthly) \$135R/\$139NR/\$105M

Fee (quarterly): \$304R/\$313NR/\$248M

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

A. Tues., 9:30-10:30 a.m. (#15574) (starts 9/10)

B. Fri., 11 a.m.-noon (#15575) (starts 9/6)

Fee (monthly): \$25R/\$27NR/\$20M

Fee (quarterly): \$56R/\$61NR/\$45M

Double Play (Ages 2-3 w/parent)

A. Tues., 10:45 a.m.-noon (#15507) (Starts 9/10)

B. Fri., 9:30-10:45 a.m. (#15572) (Starts 9/6)

Fee (monthly): \$29R/\$31NR/\$24M

Fee (quarterly): \$65R/\$70NR/\$54M

Twos Together (Age 2)

Thur., 9:30-11:30 a.m.

Fee (monthly): \$40R/\$43NR/\$34M (starts 9/5)

Fee (quarterly): \$90R/\$97NR/\$77M (#15582)

*Payment Option 1: 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 April.

There will be NO REFUND for withdrawals after 8/1/13. A \$25 fee will be withheld for withdrawals before 8/1/13.

*Payment Option 2: Quarterly/Session Payment

A \$25 non-refundable deposit is due at time of registration. Remaining payments are due in August, October, January and March, payable by cash, check or VISA/MC.

For details call 657-5635, ext.112

PRESCHOOL/YOUTH AND TEEN

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., Apr. 11-May 16

Location: Friendship Center, Room 112

Fee: \$36R/\$39NR/\$26M (#15471)

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

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

Dates: Sat., 3-3:30 p.m., April 20-May 11

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR (#15378)

Pee Wee Tennis (Ages 6-7) (4 classes)

A. Sat., 9:15-10 a.m., April 6-27 (#15551)

B. Sat., 9:15-10 a.m., May 4-25 (#15552)

Location: Brightbill Park

Fee: \$37R/\$40NR

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

Dates: Mon., 5:30-6:15 p.m., Apr. 8-May 13

Location: Friendship Center, East Annex

Fee: \$36R/\$39NR/\$26M (#15472)

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., Apr. 9-May 14

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

Fee: \$47R/\$52NR (#15328)

Biddy Basketball w/Findaballer (Ages 5-7) (8 classes)

An instructional program with mini-games each week.

Dates: Sunday, 3-4 p.m., Apr. 14-June 2

Location: Friendship Center, Gym #3

Fee: \$60R/\$63NR/\$50M (#15520)

Biddy Basketball (Ages 5-7) (8 classes) (register as of 5/31)

An instructional program with mini-games each week.

Dates: Tues., 6 p.m., June 4-July 23

Location: Brightbill Park

Fee: \$60R/\$63NR (#15509)

Brightbill Basketball League (Ages 8-17)

Weekday evenings, May through August. Deadline for registration of teams or individuals is Friday, April 5 at 5 p.m. Registration forms available at brightbillbasketball.com or at the Friendship Center.

Location: Games at Brightbill and Koons Park

Fee: Per player-\$57R/\$62NR

Spring Football Frenzy w/Ricardo (Ages 7-12) (5 classes)

Learn basics. Two-hand touch recreational play.

Ages 7-9: Sat., 4:40-5:30 p.m., Mar. 16-Apr. 13 (#15211)

Ages 10-12: Sat., 5:30-6:20 p.m., Mar. 16-Apr. 13 (#15209)

Ages 7-9: Sat., 4:40-5:30 p.m., Apr. 20-May 18 (#15461)

Ages 10-12: Sat., 5:30-6:20 p.m., Apr. 20-May 18 (#15460)

Location: Kohl Park

Fee: \$35R/\$40NR

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., Apr. 8-June 3 (#15340)

Sun., 4:30-5:30 p.m., Apr. 14-June 2 (#15341)

Sat., 11:30-12:30 p.m., Apr. 13-June 1 (#15342)

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 (#15337)

***Semi-Private (max two):** \$135R/\$140NR/\$115M per person (#15339)

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

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

Dates: Sat., 11 a.m.-12 p.m., June 1-22

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR (#15379)

Youth Dodgeball Derby w/Ricardo (Ages 8-11) (5 classes)

Get a workout ducking, diving and dodging!

Date: Saturday, 3-3:50 p.m., Apr. 20-May 18

Location: Kohl Park

Fee: \$45R/\$50NR (#15484)

Teen and Adult Kwon Do (Ages 13+) (6 classes)

Geared to develop basic techniques.

Dates: Tues., 7-8 p.m., Apr. 9-May 14

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

Fee: \$47R/\$52NR (#15486)

Teen Pick Up Basketball League (Ages 13-17)

No organized teams permitted. Monitor assigns teams. Limited space. Register as of 6 p.m. Photo ID required.

Dates: Sat., 6:30-8:30 p.m., runs through April 27.

Location: Friendship Center Gym

Fee: \$10 Non-members/Free to members



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. Fri., 6-9 p.m., Mar. 8, 15, 22 plus date for test and manikins* (#15291) Room 109 w/Linda B.

B. Sat., 9 a.m.-noon, Mar. 9, 16, 23 plus date for test and manikins* (#15290) Room 109 w/ Sandi B.

***Both A and B class test Mon., March 25, 7-8:30 p.m.**

Location: Friendship Center

Fee: \$58R/\$63NR/\$44M

Jr. Beginner Tennis w/CPTS (Ages 8-12) (4 classes)

Sat., 10-11 a.m., April 6-27 (#15558)

Sat., 10-11 a.m., May 4-25 (#15559)

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

Sat., 11-12 p.m., April 6-27 (#15565)

Sat., 11-12 p.m., May 4-25 (#15566)

Location: Brightbill Park

Fee: \$37R/\$40NR

Cardio Tennis w/Coach Ricardo (Ages 7-11) (3 classes)

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

Dates: Sat., 3:50-4:40 p.m., Apr. 6-20 (#15469)

Sat., 3:50-4:40 p.m., May 4-18 (#15470)

Location: Kohl Park

Fee: \$50R/\$53NR

Beginning Rock Guitar (Ages 7-12) (4 classes)

Learn the concepts rock chords, rhythm, how to read and play tabs, and apply them to music from bands such as Green Day, ACDC and much more!!!

Dates: Mon., 6-7:15 p.m., Apr. 1-29

Location: Friendship Center, Room 106

Fee: \$60R/\$63NR/\$50M (#15537)

- 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.

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., Apr. 8-June 17 (#15362) (MJ)

*Tues., 4:30-5:30 p.m., Apr. 9-June 11 (#15364) (J)

Thurs., 4:30-5:30 p.m., Apr. 11-June 13 (#15361) (J)

Fri., 5:40-6:30 a.m., Apr. 12-June 14 (#15363) (MJ)

Sat., 9:20-10:20 a.m., Apr. 13-June 15 (#15360) (MJ)

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

Mon./Wed., 9:30-10:30 a.m., Apr. 8-June 17 (#15365) (MJ)

Mon./Wed., 5:40-6:30 a.m., Apr. 8-June 17 (#15366) (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

CXWORX™ (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., Apr. 8-June 17 (#15502) (MJ)

Tues., 9:30-10 a.m., Apr. 9-June 11 (#15503) (MJ)

Wed., 5:30-6 p.m., Apr. 10-June 12 (#15506) (Mi)

Fri., 6:35-7:05 a.m., Apr. 12-June 14 (#15505) (MJ)

Sat., 10:30-11 a.m., Apr. 13-June 15 (#15504) (MJ)

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

Location: Friendship Center, Room 118

Instructor Code: (MJ) Mary Jo, (Mi) Michelle

Discover 3 surefire ways to boost your energy now!

Morning ritual making you tired? Cravings giving more energy? Methods to boost your energy and avoid the 3 p.m. slump.

Date: Tuesday, April 2, 10-11 a.m. (#15535)

Thursday, April 4, 6-7 p.m. (#15536)

Location: Friendship Center, Conference Room

Fee: Free to public — must pre-register!

**The Parks & Recreation Department
Located in The Friendship Center
Sells Discount Ski Tickets:**

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

Cash And Charge Only — No Checks!

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., Apr. 8-June 17, 10:30-11:15 a.m. (#15475) (J)

*Tues., Apr. 9-June 11, 6:30-7:30 p.m. (#15482) (Le)

Wed., Apr. 10-June 12, 10:30-11:30 a.m. (#15479) (A)

*Wed., Apr. 10-June 12, 7-8 p.m. (#15478) (Sa)

Thurs., Apr. 11-June 13, 9-10 a.m. (#15477) (J)

*Thurs., Apr. 11-June 13, 5:30-6:30 p.m. (#15474) (L)

*Thurs., Apr. 11-June 13, 6:30-7:30 p.m. (#15480) (Le)

Fri., Apr. 12-June 14, 9-10 a.m. (#15476) (A)

Sat., Apr. 13-June 15, 8:15-9:15 a.m. (#15481) (L)

Sun., Apr. 14-June 16, 1-2 p.m. (#15483) (M)

Location: Friendship Center, Room 118/*East Annex

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

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

Leon, (J) Julie, (M) Monica

Zumba Sentao w/AnneMarie (Ages 18+) (10 classes)

Explosive, chair-based choreography to strengthen, balance, stabilize your core, and step up your cardio work in a new way. Grab a chair, feel the beat and learn how to use body weight to enhance muscle strength, improve definition, endurance, and tone. Work core in a high-energy fitness party.

Dates: Thurs., Apr. 11-June 13, 10:45-11:30 a.m.

Location: Friendship Center, Room 112

Fee: \$48R/\$51NR/\$34M (#15518)

Beginner Yoga w/Shani (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., Apr. 9-May 28 (#15523)

*Tues., 6:45-7:45 p.m., Apr. 9-May 28 (#15524)

Location: Friendship Center, Room 118 /*Room 106/109

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

Yoga I w/Shani (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., Apr. 9-May 28 (#15521)

Fri., 10-11 a.m., Apr. 12-May 31 (#15522)

Location: Friendship Center, Room *106/109, Room 118

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

PLEASE REGISTER EARLY!!!

Many of our programs reach capacity, so please register early. Also, programs are subject to cancellation if minimum registration is not met.

AEROBICS/FITNESS/DANCE

Low Impact w/Lori (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., Apr. 8-June 17

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#15371)

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., Apr. 8-June 17

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#15355)

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., Apr. 8-June 17

Location: Friendship Center, Room 118

Fee: \$48R/\$51NR/\$34M (#15356)

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.

Dates: Mon./Wed., 6:15-7 p.m., Apr. 8-May 15 (#15490)

Mon./Wed., 6:15-7 p.m., May 20-July 1 (#15489)

Location: Friendship Center, East Annex

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

Step, Boot Camp & Muscle Workout w/Janeal (20 classes)

Tues. nights will feature single, double or quad step choreography with a segment of hand weights/abs. Thursday nights feature Boot Camp and all over muscle workout. It will keep you moving with a lot of variety.

Dates: Tues./Thurs., 6-7 p.m., Apr. 9-June 13

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#15353)

Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., Apr. 9-June 13

Location: Friendship Center, Room 118

Fee: \$68R/\$71NR/\$50M (#15352)

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., Apr. 9-May 14 (#15493)

Session II: Tues., 5:45-6:30 p.m., May 21-June 25 (#15494)

Location: Friendship Center, Room 112

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

SEE PAGE 4 for "DROP IN"  !

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., Apr. 9-June 11

Location: Friendship Center, Room 118

Fee: \$60R/\$65NR/\$45M (#15430)

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., Apr. 9-May 14 (#15541)

Session II: Tues., 6:45-7:30 p.m., May 21-June 25 (#15542)

Session I: Wed., 9:30-10:15 a.m., Apr. 10-May 15 (#15539)

Session II: Wed., 9:30-10:15 a.m., May 22-June 26 (#15540)

Session I: Mon./Wed., 6:45-7:30 p.m., Apr. 8-May 15 (#15543)

Session II: Mon./Wed., 6:45-7:30 p.m., May 20-July 1 (#15544)

Location: Friendship Center, Gym #1

Fee: \$54R/\$57NR/\$40M (one day)

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

TRX Stretch 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., Apr. 8-June 17

Location: Friendship Center, Track

Fee: \$48R/\$51NR/\$40M (#15501)

Pilatestretch w/Terri (10 classes)

Class based on core strengthening, including overall stretches for healthy lumbar spine and overall flexibility.

Dates: Tues., 4-4:30 p.m., Apr. 9-June 11

Location: Friendship Center, Room 118

Fee: \$30R/\$35NR/\$25M (#15432)

Triad Fitness w/Karen (6 classes)

Everything you need in 1 class: spin, kettlebells & stretch.

Session I: Sat., 9:10-10:40 a.m., Apr. 13-May 18 (#15495)

Session II: Sat., 9:10-10:40 a.m., May 25-June 29 (#15496)

Location: Friendship Center, Room 112/115

Fee: \$67R/\$70R/\$55M

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., Apr. 10-May 15 (#15497)

Session II: Wed., 8:30-9:30 a.m., May 22-June 26 (#15498)

Session I: Fri., 8:30-9:30 a.m., Apr. 12-May 17 (#15499)

Session II: Fri., 8:30-9:30 a.m., May 24-June 28 (#15500)

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!

Mon./Wed., 6-6:45 p.m., Mar. 13-Apr. 22 (#15018)

Mon./Wed., 6-6:45 p.m., Apr. 29-June 10 (#15527)

Location: Friendship Center, Room 112

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

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., Apr. 9-May 16 (#15491)

Session II: Tues./Thurs., 9:15-10 a.m., May 21-June 27 (#15492)

Location: Friendship Center, Track/Room 112

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

TRX Suspension Training or *Intro to TRX Class

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 #3) w/Jamie

Mon./Wed., 5:45-6:30 a.m., Apr. 8-May 15 (#15583)

*Intro Mon./Wed., 6-6:30 p.m., Apr. 8-May 15 (#15589)

Fri., 5:45-6:30 a.m., Apr. 12-May 17 (#15586)

Mon./Wed., 5:45-6:30 a.m., May 20-July 1 (#15585)

*Intro Mon./Wed., 6-6:30 p.m., May 20-July 1 (#15590)

Fri., 5:45-6:30 a.m., May 24-June 28 (#15588)

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

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

***Fee (Intro):** \$60R/\$65NR/\$50M

Butts & Guts/Guns & Buns w/Anmarie (10 classes)

Hit those difficult areas.

Dates: Thurs., 10-10:45 a.m., Apr. 11-June 13

Location: Friendship Center, Room 112

Fee: \$45R/\$48NR/\$32M (#15440)

Half Hour Power w/Maryjo

Half hour high intensity class, combining cardio, weights and conditioning. Fast pace non-stop 30 minutes. "Go hard then go home"

Location: Friendship Center, Room 118

Dates: Wed., 7:20-7:50 p.m., Apr. 10-June 12

Fees: \$45R/\$48NR/\$34M (#15573)



AEROBICS/FITNESS (CONT.)

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.)

Apr. 8-May 18

Location: Friendship Center, East Annex

Fee: \$225R/\$230NR/\$185M (#15530)

Saturday Morning Chisel w/Keli (10 classes)

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

Dates: Sat., 8-9 a.m., Apr. 13-June 15

Location: Friendship Center, East Annex

Fee: \$48R/\$51NR/\$34M (#15372)

SPIN

Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

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

Tues., 6:30-7:15 p.m., Apr. 9-June 11 (RM) (#15319)

Tues., 7:30-8:15 p.m., Apr. 9-June 11 (D) (#15314)

Thurs., 6:15-7 p.m., Apr. 11-June 13 (RM) (#15315)

Thurs., 7:15-8 p.m., Apr. 11-June 13 (D) (#15317)

Sat., 8-9 a.m., Apr. 13-June 15 (MJ) (#15318)

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

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

Mon./Wed., 6:15-7 p.m., Apr. 8-June 17 (MJ) (#15313)

Tues./Thurs., 5:45-6:30 a.m., Apr. 9-June 13 (MJ) (#15311)

Tues./Thurs., 4:30-5:15 p.m., Apr. 9-June 13 (M) (#15312)

Location: Friendship Center, Room 115

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

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

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., Apr. 8-June 17

Location: Friendship Center, Room 115

Fee: \$95R/\$98NR/\$75M (#15316)

Senior Spin w/Annemarie (Ages 60+) (20 classes)

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

Dates: Mon./Wed., 8:30-9:15 a.m., Apr. 8-June 17 (#15441)

Fri., 8:30-9:15 a.m., Apr. 12-June 14 (#15442)

Location: Friendship Center, Room 115

Fee: \$69R/\$72NR/\$51M (2 day) (Mon./Wed.)

Fee: \$36R/\$39NR/\$28 M (1 day) (Fri.) (10 classes)

ADULT SPORTS/LEISURE

Intro. to Fit Box w/Bentz

Free class. Combo of strength training with martial arts..

Date: Thursday, March 28, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: \$Free-Must Pre-register (#15534)

Fit Box w/Bentz (8 classes)

Combo of total body strength training with a blend of martial arts type moves.

Thurs., 7-8 p.m., Apr. 11-May 30

Location: Friendship Center, Room 109

Fee: \$55R/\$60NR/50M (#15433)

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., Apr. 11-June 13

Location: Friendship Center, Room 118

Fee: \$70R/\$73NR/\$50M (#15354)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Apr. 9-June 11

Location: Friendship Center, Room 118

Fee: \$42R/\$54NR/Free to Members! (#15331)

Adult Golf w/Bumble Bee (4 classes)

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

Dates: Mon., 6:30-7:30 p.m., April 29-May 20 (#15385)

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: Sun., 10-11 a.m., Apr. 21-May 12 (#15390)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Allergies and Immune Challenges w/Dr. Levan (16+)

Date: Tuesday, March 26, 6-7 p.m.

Location: Friendship Center, Room 106

Fee: Free to public — must pre-register! (#15437)

Intro to Guitar (Ages 13+) (4 classes)

Learn how to play all types of chords, read music, tabs, scales and apply those concepts to all styles of music, more!!!

Dates: Mon., 7:30-9 p.m., Apr. 1-29

Location: Friendship Center, Room 106

Fee: \$60R/\$63NR/\$50M (#15538)

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., Apr. 10-June 12 (#15344)

Location: Friendship Center, Gym #2/#3

Fee: \$70R/\$75NR/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., Apr. 9-June 11 (#15351)

Thurs., 7-9 p.m., Apr. 11-June 13 (#15349)

-OR- Sat., 8-9:30 a.m., Apr. 13-June 15 (#15350)

Location: Friendship Center, Gym #2/#3

Fee: \$70R/\$75NR/Free to Members!

Long Term Care Workshop w/Patricia Marschner

What is Long Term Care and why is it important to plan for it? What about LTC insurance?

Date: Tuesday, March 19, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to public — must pre-register! (#15485)

Pressure Points w/Dr. Josee Homza (Ages 18+)

Understand how your body works and learn a few tips to help diminish pressure points.

Date: Thursday, March 14, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (#15462)

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

Geared to develop defensive techniques.

Dates: Tues., 7:30-8:15 p.m., Apr. 9-May 7

Location: Friendship Center, East Annex

Fee: \$47R/\$52NR/\$35M (#15329)

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., Apr. 11-May 16

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

Fee: \$35R/\$40NR (#15330)

Wellness Coach Training w/Staff

Our Wellness Coach can help you reach your goals! We can help you reach those goals: Is it fitness, general nutrition, time management, organization skills, bride-to-be, exercises to spice up your routine, or just general motivation? Sessions are available, one-on-one, buddy sessions, or even a small group, (wedding parties welcome).

Contact Annmarie at the Friendship Center

Fee: \$42M/\$47NM (per hour) (#15348)

\$29M/\$34NM (per ½ hour)

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: Monday, March 25, 7-8 p.m.

Location: Friendship Center, Conference Room

Fee: Free to members!/\$5 non-member (#15431)

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

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: Thursday, March 28, 7-9 p.m.

Location: Friendship Center, Room 109

Fee: Free to Members/\$3 non-member (#15439)

The Importance of Vein Health Seminar

Learn about the importance of vein health with Dr. Henry Train. Varicose and Spider Veins, symptoms and treatments.

Date: Wednesday, April 3, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (#15531)

ADULT ARTS & CRAFTS

Holiday Handmade Cards w/Roxanne

Will be making (10) Easter, birthday, get well, sympathy, hello cards. All supplies provided. Please bring tweezers and a small pair of crafting scissors.

Date: Wednesday, March 20, 6-9 p.m.

Location: Friendship Center, Conf. Room

Fee: \$20R/\$23NR/\$16M (#15610)

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, March 23, 9 a.m.-7 p.m. (#15116)

Saturday, June 8, 8 a.m.-6:30 p.m. (#15515)

Location: Friendship Center, Room 109

Fee: \$35R/\$38NR/\$30M

ADULT ARTS & CRAFTS (CONT.)

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., 6:50-8:50 p.m., Apr. 9-June 11

Location: Friendship Center, Room 112

Fee: \$87R/\$90NR/\$70M (#15327)

Adult Art Class w/Don (10 classes)

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

Dates: Weds., 1-3:30 p.m., Apr. 10-June 12

Location: Friendship Center, Room 112

Fee: \$250R/\$255NR/\$230M (#15438)

MASSAGE

Swedish Massage

1/2 Hour — \$30 Member/ \$35 NM

1 hour — \$50 Member/\$60 NM

Deep Tissue/Neuromuscular 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)



Richard

Member of the Month

January



Jeanne Flickinger

February



Trish Hemelrick

SWIM LESSONS

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., Apr. 2-May 21 (#15396)

Tues., 5 p.m., Apr. 2-May 21 (#15397)

Wed., 9:30 a.m., Apr. 3-May 22 (#15398)

Sat., 10:10 a.m., Apr. 6-May 25 (#15399)

Sat., 11 a.m., Apr. 6-May 25 (#15400)

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., Apr. 2-May 21 (#15401)

Tues., 5:40 p.m., Apr. 2-May 21 (#15402)

Wed., 10:10 a.m., Apr. 3-May 22 (#15403)

Wed., 6:20 p.m., Apr. 3-May 22 (#15404)

Sat., 9:40 a.m., Apr. 6-May 25 (#15405)

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., Apr. 1-May 20 (#15407)

Tues., 10:50 a.m., Apr. 2-May 21 (#15408)

Sat., 11:30 a.m., Apr. 6-May 25 (#15406)

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., Apr. 1-May 20 (#15410)

Wed., 10:50 a.m., Apr. 3-May 22 (#15413)

Wed., 5 p.m., Apr. 3-May 22 (#15412)

Thurs., 10:10 a.m., Apr. 4-May 23 (#15411)

Sat., 8:10 a.m., Apr. 6-May 25 (#15414)

Sat., 10:50 a.m., Apr. 6-May 25 (#15415)

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., Apr. 1-May 20 (#15419)

Mon., 5:00 p.m., Apr. 1-May 20 (#15416)

Mon. 6:20 p.m., Apr. 1-May 20 (#15421)

Tues., 6:20 p.m., Apr. 2-May 21 (#15417)

Thurs., 9:30 a.m., Apr. 4-May 23 (#15420)

Thurs., 5:40 p.m., Apr. 4-May 23 (#15422)

Sat., 8:50 a.m., Apr. 6-May 25 (#15418)

Sun., 12:10 p.m., Apr. 7-May 26 (#15423)

Location: Friendship Center, Rec. Pool

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

SWIM LESSONS

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., Apr. 1-May 20 (#15429)

Tues., 9:30 a.m., Apr. 2-May 21 (#15425)

Wed., 5:40 p.m., Apr. 3-May 22 (#15424)

Thurs., 5 p.m., Apr. 4-May 23 (#15427)

Sat., 8:20 a.m., Apr. 6-May 25 (#15428)

Sat., 9:30 a.m., Apr. 6-May 25 (#15426)

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., Apr. 1-May 20 (#15445)

Wed., 7 p.m., Apr. 3-May 22 (#15448)

Thurs., 10:50 a.m., Apr. 4-May 23 (#15447)

Sat., 9 a.m., Apr. 6-May 25 (#15449)

Sat., 11:40 a.m., Apr. 6-May 25 (#15450)

Sun., 12:50 p.m., Apr. 7-May 26 (#15451)

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., Apr. 2-May 21 (#15453)

Thurs., 6:20 p.m., Apr. 4-May 23 (#15454)

Sat., 10:20 a.m., Apr. 6-May 25 (#15452)

Sun., 1:30 p.m., Apr. 7-May 26 (#15455)

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., Apr. 4-May 23 (#15456)

Sun., 2:10 p.m., Apr. 7-May 26 (#15457)

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., Apr. 4-May 23 (#15458)

Sun., 2:50 p.m., Apr. 7-May 26 (#15459)

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., Apr. 4-May 23

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M (#15443)

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: \$170R/\$180NR/\$140M (#15333)

***Group-Private (class of 4):** \$105R/\$110NR/\$75M per person (#15332) (*must register as group.)

***Semi-Private (max two):** \$235R/\$245NR/\$195M (#15335) Note cancellation policy when registering!

Swim and/or Gym For Homeschoolers (8 weeks)

No instruction, open swim or gym. Meet new friends.

Low cost-great for physical fitness.

Dates: Tues., 11 a.m.-1 p.m., Apr. 2-May 21 (#15346)

Fri., 1-3 p.m., Apr. 5-May 24 (#15347)

Location: Friendship Center, Leisure Pool/Gym #1

Fee: \$32R/\$35NR -Pool or Gym Only (1 hour)

Combo: \$40R/\$50NR-Both Pool and Gym (2 hours)

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, April 14, 1:30-4 p.m. (#15140)

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M

PADI Open Water Scuba (Ages 12+)

Five week course featuring scuba basics. Includes materials.

Dates: Sun., Mar. 3-Apr. 7, 1-4 p.m.

Location: Friendship Center, Lap Pool

Fee: \$200 per person includes materials (#15141)

Aqua Cardio w/Sybil (20 classes)

Effective, fun, and invigorating workout using weights and noodles.

Dates: Mon./Wed., 6-7 p.m., Apr. 8-June 17

Location: Friendship Center, Lap Pool

Fee: \$67R/\$70NR/\$50M (#15368)

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., Apr. 8-June 17

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#15357)

Advertise in the Program Guide 657-5635

AQUACISE (CONT.)

Aqua Fitness w/Roxanne (20 classes)

Various types of equipment will be used to increase the heart rate while toning core muscle groups. Also different exercise modalities to stretch length and increase body movements. Great overall workout.

Dates: Tues./Thurs., 6:05-7:05 a.m., Apr. 9-June 13

Location: Friendship Center, Therapy Pool

Fee: \$74R/\$77NR/\$53M (#15321)

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., Apr. 9-June 13

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#15374)

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., Apr. 12-June 14

Location: Friendship Center, Therapy Pool

Fee: \$46R/\$49NR/\$32M (#15322)

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., Apr. 8-May 22

Fee: \$74R/\$77NR/\$53M (#15525)

Session II (10 classes): Mon./Wed./Fri., 10:45-11:45 a.m., May 29-June 19

Fee: \$36R/\$39NR/\$30M (#15526)

Location: Friendship Center, Therapy Pool

Aqua Zumba (10 classes)

Intense full hour of aqua zumba.

Dates: Tues., 7-8 p.m., Apr. 9-June 11 (#15358) (Sybil)

Wed., 9:30-10:30 a.m., Apr. 10-June 12 (#15510) (AnneMarie)

Location: Friendship Center, Lap Pool

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

Aquacise w/Bonnie (20 classes)

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

Dates: Tues./Thurs., 9:30-10:30 a.m., Apr. 9-June 13

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#15369)

Aquacise Bootcamp w/Lori (6 classes)

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

Dates: Sat., 8:30-9:15 a.m., Apr. 13-May 18

Location: Friendship Center, Lap Pool

Fee: \$45R/\$48NR/\$38M (#15517)

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.



SPRING SESSION 2013 DROP IN CLASSES

DROP-IN SCHEDULE: THESE CLASSES ARE AVAILABLE TO MEMBERS AND NON-MEMBERS FOR DROP-IN AT \$6 PER VISIT. (Details on page 4)

AEROBICS

Low Impact w/Lori	*	M/W	4:30-5:30 p.m
Combo w/Keli & Sunny	*	M/W	6:05-7:05 p.m
Abs, Back & Legs w/Keli		M	7:05-8:05 p.m
Step, Boot Camp & Muscle w/Janeal	*	T/TH	6-7 p.m
Fit Mix w/Janeal	*	T/TH	7-7:45 p.m
Half Hour Power w/Mary Jo	*	W	7:20-7:50 p.m
Butts and Guts w/AnnMarie	*	TH	10-10:45 a.m
Saturday Morning Chisel w/Keli		SA	8-9 a.m

ZUMBA

Julie	*	M	10:30-11:15 am
Leon	*	T	6:30-7:30 p.m
Alicia	*	W	10:30-11:30 a.m
Sarah	*	W	7-8 p.m
Julie	*	TH	9-10 a.m
Lynn	*	TH	5:30-6:30 p.m
Leon	*	TH	6:30-7:30 p.m
Alicia	*	F	9-10 a.m
Lynn		SA	8:15-9:15 a.m.
Monica		SU	1-2 p.m
Zumba Sentao w/AnnMarie	*	TH	10:45-11:30 a.m

SPINNING

Senior Spin w/AnnMarie		M/W/F	8:30-9:15 a.m
Mary Jo	*	M/W	6:15-7 p.m.
Mary Jo		T/TH	5:45-6:30 a.m
Michelle	*	T/TH	4:30-5:15 p.m
Roxanne	*	T	6:30-7:15 p.m.
Deb		T	7:30-8:15 p.m
Roxanne	*	TH	6:15-7 p.m
Deb	*	TH	7:15-8 p.m
Mary Jo		SA	8-9 a.m

AQUATIC

Aqua Zumba w/AnnMarie	*	W	9:30-10:30 a.m
Aquacise w/Bonnie	*	T/TH	9:30-10:30 a.m
Aqua Cardio w/Sybil	*	M/W	6-7 p.m
Aquacise For Fun w/Joanne	*	M/W	7-8 p.m
Aqua Zumba w/Sybil	*	T	7-8 p.m
Aqua Fitness w/Roxanne		T/TH	6:05-7:05 a.m
Keep It Movin'! w/Jennifer	*	T/TH	6-7 p.m
Body Tone Workout w/Roxanne		F	6:05-7:05 a.m

YOGA

Beginner w/Shani	*	T	10:15-11:15 a.m.
Beginner w/Shani	*	T	6:45-7:45 p.m.
Yoga I w/Shani	*	T	5:30-6:30 p.m.
Yoga I w/Shani	*	F	10-11 a.m.

*Babysitting Available: M - FREE / NM -\$4/Child/hr.
For more info call 657-5635.

RENTALS/WELLNESS



Party Packages Available

April 1—October 31

3 Hour Party Package

Splash n' Dash: \$214M/\$257R/\$276NR

Stay n' Play: \$202M/\$243R/\$261NR

Kids Swim & Indoor Gym: \$240M/\$288R/\$309NR

2 Hour Party Package

Deck Side Fun: \$302M/\$327R/\$350NR

A la Carte Rates / Hour

Leisure Pool: \$122M/\$146R/\$159NR

Basketball Court: \$62M/\$74R/\$77NR

Multi-Purpose Room: \$47M/\$58R/\$61NR

Submit your request early!

2 week advance notice required.

Call for details of each party package.

Are you looking to get the most out of your Friendship Center Membership?

OUR WELLNESS COACH IS HERE FOR YOU!

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



Annamarie

SET UP A FREE APPOINTMENT TODAY. FRIENDSHIP CENTER MEMBERS ONLY.

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

Certified fitness professionals for personal training.

A Special Thank You to Members of the Friendship Center and the Community:

Thank you so much to everyone for your support of the Cupboard at Calvary; a Food Pantry Mission. We provide food to approximately 90+ local families twice a month. Your generous contribution of 375 items, weighing 285 pounds will enable us to assist our neighbors in need. Without the support of folks like you, we would not be able to continue this program. Again, thank you for your generosity.



ACTIVE ADULTS & SILVER AND FIT

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

Silver and Fit is a total-body 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. The yoga class provides all the benefits of traditional yoga while standing or sitting in a chair.

Dates: Mon., 3:30-4:30 p.m., Apr. 8-June 17 (#15545)

Tues., 8:30-9:30 a.m., Apr. 9-June 11 (#15550)

*Tues., 11:30-12:30 p.m., Apr. 9-June 11 (#15546) Yoga

Wed., 3:30-4:30 p.m., Apr. 10-June 12 (#15547)

Thurs., 11-12 p.m., Apr. 11-June 13 (#15548)

Fri., 11 a.m.-12 p.m., Apr. 12-June 14 (#15549)

Location: Friendship Center, Room 118

Fee: Silver and Fit Members Free

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

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.

PLEASE REGISTER EARLY!!!

Many of our programs reach capacity, so please register early. Also, programs are subject to cancellation if minimum registration is not met.

*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 — 657-5635*

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

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 1/1/2013)

MONDAY

8 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

12:30 Bridge

1:00 p.m. - Beginning Line Dancing

TUESDAY

7:55 a.m. - Peppi

8 a.m. - Blood Pressure (1st Tues.)

8:40 a.m. - Aquacise (\$3.00 cl.)

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 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 a.m. Cards

8:40 a.m. - Aquacise (\$3.00 cl.)

12 p.m. - Chess

12:30 p.m. Bridge

1-2 p.m. - Lap Swim (\$3.00)

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 Monday, March 11, 2013 at 6 a.m.
2. Registration for **Preschool Programs** for all others begins at 8:00 a.m. on Tuesday, March 12, 2013.
3. Registration for **Aquatics** programs begins Thursday, March 14, 2013 at 6:00 a.m.
Registration for **all other programs and classes** begins Monday, March 18, 2013 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) Monday, March 11
 Preschool Programs..... Tuesday, March 12
 Aquatics Programs Thursday, March 14
 All Other Programs Monday, March 18

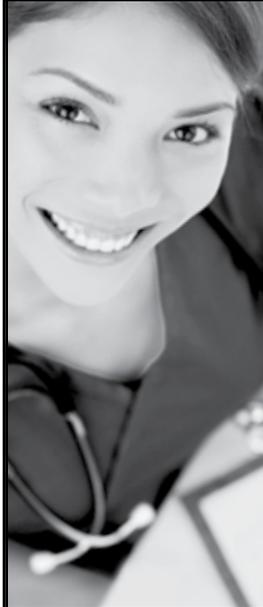
This mail-in registration does not guarantee a place in the program. Registrations are processed on a first-come, first-served basis.

**A WOLFERSBERGER/
KOONS MASTER PLAN
PARK MEETING**

will be held on
Thursday, April 4
at 7:00 p.m.
at the Township Municipal
Center, 425 Prince Street.

*The public is invited to attend
and provide input to the
planning process.*

**Colonial Park
Family Practice**



Mon.-Thurs., 8 a.m.-8 p.m.
Fri., 8 a.m.-5 p.m.
Sat., 8 a.m.-Noon
**Please call (717) 657-3030
for an appointment.**

Kevin J. Kelly, MD
Denise F. Montisano, MD
Tamara S. Murphy, PA-C
Carolyn Seinzant, PA-C

4807 Jonestown Road, Suite 141
Harrisburg, PA 17109

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