

Fall Recreation Guide



425 Prince Street, Suite 170
Harrisburg, PA 17109
717-657-5600
www.lowerpaxtonparksandrec.com

R=Resident
NR=Non-Resident



Lower Paxton Township Fall Festival

Saturday, October 1 **George Park**
1:30 PM - 5:30 PM

FOOD TRUCKS **MUSIC**
GAMES **HAYRIDES & MORE!**

lowerpaxtonparksandrec.com

Howl - O - Ween
Saturday, October 29
11 am to 1 pm



at Happy Tails Dog Park

Seeking Vendors...

Fall Festival

Contact Ashley for more details
at awilliams@lowerpaxton-pa.gov or visit
www.lowerpaxton-pa.gov/417/Fall-Fest for a booth application



Adult Volleyball League

**Winter Indoor
Recreational 6 x6**

Registration: Sept. 1 - Sept. 15

Season: Mid-October through April 2023

Resident:
\$605/Team

Non-Resident:
\$645/Team

Fitness / Yoga

Step with Sunny (Ages 16+)

Mid to advanced level step class involving choreography. End with stretches and a short ab workout.

Session 1: Mon., 8:30 - 9:15 am; Aug. 15 - Aug. 29*

Session 2: Mon., 8:30 - 9:15 am; Sept. 19 - Oct. 10

Session 1: Wed., 8:30 - 9:15 am; Aug. 17 - Sept. 7

Session 2: Wed., 8:30 - 9:15 am; Sept. 21 - Oct. 12

Location: Heroes Grove Amp., Brightbill Park

Session 2: Municipal Center, Room B

Fees: \$30 R / \$35 NR (4 Weeks)

\$23 R / \$26 NR (3 weeks)*

Beginner Yoga with Sharon (Ages 16+)

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

Session 1: Tues., 10:00 - 10:45 am; Aug. 16 - Sept. 6

Session 2: Tues., 10:00 - 10:45 am; Sept. 20 - Oct. 11

Location: Heroes Grove Amp., Brightbill Park

Session 2: Municipal Center, Room A

Fees: \$30 R / \$35 NR (4 weeks)

Mixed Yoga with Sharon (Ages 16+)

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

Session 1: Thurs., 9:00 - 9:45 am; Aug. 18 - Sept. 8

Session 2: Thurs., 9:00 - 9:45 am; Sept. 22 - Oct. 13

Location: Heroes Grove Amp., Brightbill Park

Session 2: Municipal Center, Room A

Fees: \$30 R / \$35 NR (4 weeks)

Pilates with Yvonne (Ages 16+)

Mat Pilates is an excellent core muscle workout for the back, abdomen & neck! Plus total body exercises including balance and a relaxation phase at the end. Bring a mat.

Session 1: Mon., 9:30 - 10:15 am; Aug. 15 - Aug. 29*

Session 2: Mon., 9:30 - 10:15 am Sept. 19 - Oct. 10

Session 1: Wed., 9:30 - 10:15 am; Aug. 17 - Sept. 7

Session 2: Wed., 9:30 - 10:15 am; Sept. 21 - Oct. 12

Location: Heroes Grove Amp., Brightbill Park * Municipal Center, Room A

Fees: \$38 R / \$44 NR (4 weeks)

\$23 R / \$26 NR (3 weeks)

Yogalates Combo with Terri (Ages 16+)

Improve your muscle tone, posture, core strength, flexibility and well being. $\frac{1}{2}$ hour of overall muscle tone using resistance band. $\frac{1}{2}$ hour of Pilates and yoga fusion. Bring sneakers, mat or towel. Bands provided.

Dates: Tues., 4:30 - 5:30 pm; Aug. 16 - Oct. 11

Thurs., 4:30 - 5:30 pm; Aug. 18 - Oct. 13

Location: Municipal Center, Room B

Fees: \$35 R / \$39 NR (4 weeks)

Yogalates with Terri (Ages 16+)

Each class will combine the posture techniques of yoga while concentrating on strengthening the body with an emphasis on the core.

Dates: Wed., 4:30 - 5:30 pm; Aug. 17 - Oct. 2

Location: Municipal Center, Room B

Fees: \$44 R / \$49 NR (5 weeks)



PARK & FACILITY RESERVATIONS



Reserve a space for your party, picnic, sporting event or special event!

lowerpaxtonparksandrec.com



Youth Classes



ENROLL ONLINE TODAY FOR SESSIONS AT GEORGE PARK!

Thursday evenings starting September 15

Enroll at harrisburgyork.soccershots.com

MINI (age 2):

This high-energy program introduces children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

CLASSIC (ages 3-5):

Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation.



Questions? Visit harrisburgyork.soccershots.com, contact us at harrisburg@soccershots.com or call us at 717.350.8804

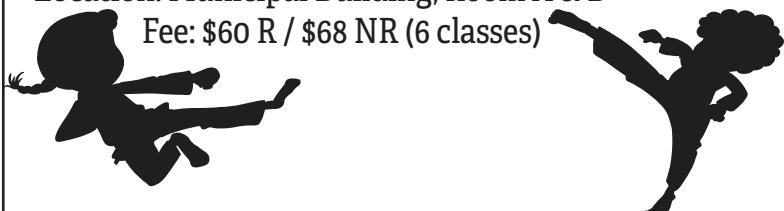
Tiny Tigers Fitness Train (Ages 4-5)

All aboard the fitness train! Learn age appropriate exercises with a martial arts twist to develop self-control, confidence, listening and motor skills.

Dates: Mon., 5:00 - 6:00 pm; Sept. 12 – Oct. 17

Location: Municipal Building, Room A & B

Fee: \$60 R / \$68 NR (6 classes)



For Your
Next Event



RENT HEROES GROVE

CRIME SCENE



New Class! **CRIME SCENE INVESTIGATION WITH MINDS IN MOTION**

ages 7 - 12

join THE MINDS IN MOTION CRIME team!
Learn all about forensics, searching for evidence, and gathering clues.
Work in groups, conduct science experiments to solve the mysteries at hand and take home your very own science kit!

**MONDAYS, 5 PM TO 6 PM
OCTOBER 3 - NOVEMBER 7
AT FRIENDSHIP SENIOR CENTER
\$125 R / \$140 NR
6 week PROGRAM**

Register Online:
www.lowerpaxtonparksandrec.com

Volunteers Needed

More information
www.lowerpaxton-pa.gov/425/Volunteer

We need
YOU!



HELP KEEP LOWER PAXTON PARKS CLEAN!

Volunteer the first Sunday of each month.

Register Online:

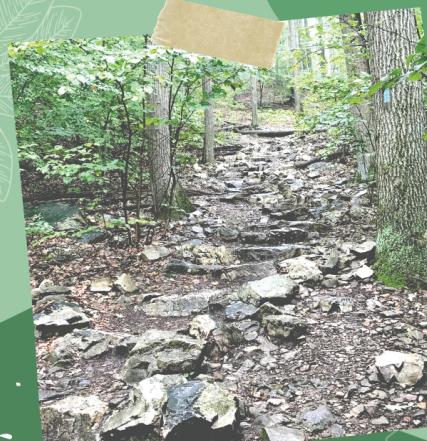
tinyurl.com/yrawm9p5

August 7 - Brightbill Park

September 11 - Kohl Park

October 2 - George Park

November 6 - Koons Park



TRAIL MAINTENANCE DAYS

VOLUNTEER TO HELP KEEP OUR
TRAILS CLEAN

CHECK OUT EVENT DATES AND LOCATIONS ONLINE:
HTTPS://LOWERPAXTON-PA.GOV/425/VOLUNTEER

Join the Greenway Committee...

Parks & Rec is looking for volunteers to serve on the Greenway Committee.

Learn about all the Parks & Rec committees on the Township website:

lowerpaxton-pa.gov/251/Boards-Commissions



Simple Savings Account

A simple way to save
for your future



Lower Paxton Arts Council Invites You to...

Book Discussion

On October 20, the selected book is *American Dirt* by Jeanine Cummins. Released in 2020, the controversial novel deals with migration into the United States from Mexico of a woman and her young son after the loss of her journalist husband and other family members to drug cartel violence.

All are Welcome!
Thursday, October 20th
3:00 PM

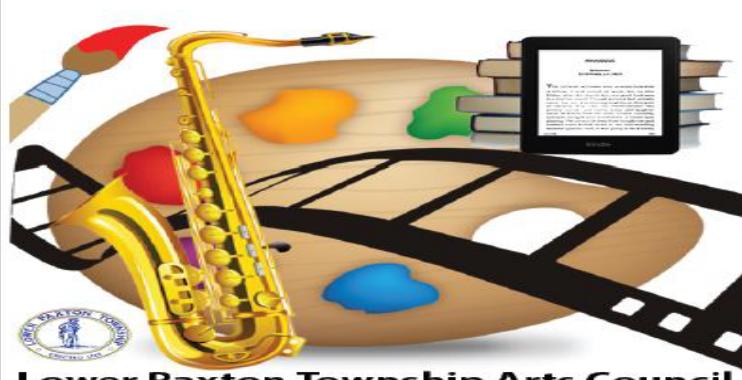
*Lower Paxton Twp Municipal
Center*

For more information, please contact the:
Parks & Recreation Department
Via email: parks@lowerpaxton-pa.gov or call 717-657-5600
Light Refreshments will be provided



Need to complete an Eagle Scout Project? CONSIDER SUPPORTING THE PARKS & RECREATION DEPARTMENT. APPLY ONLINE TODAY!

Parks & Recreation



Lower Paxton Township Arts Council

Do you love the arts?!

The Arts Council is seeking new members. Interested in getting more involved in your community? Submit an application today!

Application available online:
<https://tinyurl.com/2s48hp6j>



Financial Assistance Program

Limited grant funds are available to assist low-income residents who wish to participate in Lower Paxton's Recreational Programs. Funds are available on a first come-first serve basis. A grant shall cover 50% of the program cost.

For more information, please visit:

<https://www.lowerpaxton-pa.gov/434/Financial-Assistance>

Holiday Jam SAVE THE DATE Don't Burn the Jukebox



DECEMBER 2

www.lowerpaxton-pa.gov/470/Holiday-Jam

Help Keep Our Parks Clean & Safe!

See Something. Say Something



Lower Paxton Township Parks & Recreation

Promotes a positive play environment. However, if you see something, we encourage you to say something.

Report suspicious activity to local authorities.

Emergency: 911

Non - Emergency: 717-558-6900

IT'S A DOG'S LIFE

Please be sure to pick up after your dog & place waste in the proper receptacle.



A healthy dog is a happy dog! Leashed dogs are welcome in all Township parks. If you have well-mannered pups who like a good run or a friendly romp, stop by Happy Tails Dog Park located in Kohl Park.

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*Every two seconds,
someone needs blood.*

**DONATE
BLOOD &
SAVE
LIVES**



Save the Date
September 2
Lower Paxton Township
Municipal Center



**CALLING ALL
BUSINESSES!**

**Become A
Sponsor Today...**

Contact Ashley Williams for More Info!

awilliams@lowerpaxton-pa.gov

Dr. David J. Bryden

Optometrist

Pro-Optix

VISION CARE CENTER

4755 Linglestown Rd. Suite 401

Harrisburg, PA 17112

www.pro-optix.net

Phone: (717) 657-8880

PARKS & RECREATION HAS TEAMED UP WITH BOSCov's TRAVEL TO OFFER...



RIDE THE RAILS IN WEST VIRGINIA

Thursday, September 15-17, 2022

Two nights' hotel accommodations and 5 meals are included along with a ride aboard the New Tygart Flyer, two musical shows, admission to the WV Railroad Museum, a visit to Blackwater Falls and more!



To register, contact Boscov's Travel, Camp Hill Shopping Center
Call 717-763-1100 or email bostravcamphill@boscovs.com
boscovstravel.com

THANK YOU



Kiwanis®
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for your support!

Book Sharing Box Update
547 Books Distributed



Be Alert & Stay Informed!

Penn State Extension offers a detailed Spotted Lanternfly Management Guide and Resources to help navigate life with this invasive species...

extension.psu.edu/spotted-lanternfly-management-guide



HOST	NYMPHS			ADULTS		
	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER
Rose (cultivated, multiflora, etc.)						
Perennials						
Grape (wild and cultivated)						
Tree-of-heaven						
Black walnut, butternut						
River birch						
Willow						
Sumac						
Red/silver maple						



Please place litter where it belongs...



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