

# Fall Recreation Guide



425 Prince Street, Suite 170  
Harrisburg, PA 17109

717-657-5600

[www.lowerpaxtonparksandrec.com](http://www.lowerpaxtonparksandrec.com)

R=Resident  
NR=Non-Resident

## Lower Paxton Township Fall Festival

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

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

[lowerpaxtonparksandrec.com](http://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](mailto:awilliams@lowerpaxton-pa.gov) or visit  
[www.lowerpaxton-pa.gov/417/Fall-Fest](http://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. ½ hour of overall muscle tone using resistance band. ½ 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)



## Commemorative Gift Program



Honor a special family member, group or friend with a gift of a park bench or tree placed in a Lower Paxton Park.

Contact: [rscott@lowerpaxton-pa.gov](mailto:rscott@lowerpaxton-pa.gov)

Tree: \$500 / Bench \$1,500

includes personalized plaque

[tinyurl.com/yag9yzt5](http://tinyurl.com/yag9yzt5)



# Parks & Recreation Classes & Rentals

## PARK & FACILITY RESERVATIONS



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

[lowerpaxtonparksandrec.com](http://lowerpaxtonparksandrec.com)

**LPT**  
LOWER PAXTON TOWNSHIP  
PARKS & RECREATION

For Your  
Next Event

**RENT HEROES GROVE**

## Youth Classes



Kicking off this  
**FALL**  
AGES 2-8

**ENROLL ONLINE TODAY FOR SESSIONS  
AT GEORGE PARK!**

Thursday evenings starting September 15

Enroll at [harrisburgyork.soccershots.com](http://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](http://harrisburgyork.soccershots.com), contact us at [harrisburg@soccershots.com](mailto: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)



**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](http://WWW.LOWERPAXTONPARKSANDREC.COM)







## Volunteers Needed

More information  
[www.lowerpaxton-pa.gov/425/Volunteer](http://www.lowerpaxton-pa.gov/425/Volunteer)



### HELP KEEP LOWER PAXTON PARKS CLEAN!

Volunteer the first Sunday of each month.

Register Online:

[tinyurl.com/yrawm9p5](https://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](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](http://lowerpaxton-pa.gov/251/Boards-Commissions)



  
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# CANNED JAM

Music Festival

**August 13, 2022**  
**2pm-8pm**  
**Heroes Grove @ Brightbill Park**  
5010 Commons Drive Harrisburg, PA 17112

**FEATURING LIVE MUSIC FROM:**  
**Vent**  
**The Mild Heat**  
**Velcro Mary**  
**Tommy B**  
**Colin Alvarez Band**  
**CD Select Singers**

A FREE CONCERT  
TO BENEFIT THE  
SOUND GARDEN OF  
BRIGHTBILL PARK  
AND THE CENTRAL  
PA FOOD BANK

CANNED FOOD DONATION  
ACCEPTED AS ADMISSION  
CONCESSIONS AVAILABLE  
FOR PURCHASE.

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AS HEARD ON  
**THE RIVER 97.3**

An Eagle Scout Project by Ethan Erb of Troop 368

**CENTRAL PENNSYLVANIA FOOD BANK**

**LOWER PAXTON COMMUNITY FOUNDATION**

**LYT PARKS & RECREATION**

DONATE HERE

# Thank you!

TO OUR ARTS & PARKS 5K  
SUPPORTERS!

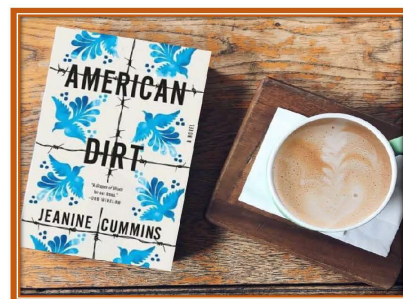
**Total Amount Raised: \$4,725**

Highway Equipment \* Brown and Brown Insurance \* HRG, Inc.

Bob & Denise Hussar \* Gary & Helen Crissman  
Joe & Robin Lindsey \* Ian Doherty  
Memorial Contributions in Honor of Grace Newsome

*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](mailto:parks@lowerpaxton-pa.gov) or call 717-657-5600  
*Light Refreshments will be provided*



Everything is Cake

*Rachel Williams*

**EVERYTHINGISCAKE1@GMAIL.COM**

717-443-2038

INSTAGRAM:  
**EVERYTHINGISCAKE\_**



## Need to complete an Eagle Scout Project?

CONSIDER SUPPORTING THE PARKS & RECREATION DEPARTMENT. APPLY ONLINE TODAY!

**[WWW.LOWERPAXTON-PA.GOV/483/EAGLE-SCOUT-PROJECT](http://WWW.LOWERPAXTON-PA.GOV/483/EAGLE-SCOUT-PROJECT)**



## 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>

*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**



### 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>

## 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.**

*Holiday Jam*  
**SAVE THE DATE**  
*Don't Burn the Jukebox*



**DECEMBER 2**

[www.lowerpaxton-pa.gov/470/Holiday-Jam](http://www.lowerpaxton-pa.gov/470/Holiday-Jam)

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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](http://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 Bosco's Travel, Camp Hill Shopping Center  
Call 717-763-1100 or email [bostravcamphill@boscovs.com](mailto:bostravcamphill@boscovs.com)  
[boscovstravel.com](http://boscovstravel.com)



THANK YOU



**Kiwaniis**  
LINGLESTOWN AREA

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](https://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						

**Walking Opportunities**

In Lower Paxton Township

<https://tinyurl.com/2p9xyumr>

**Please place  
litter where it  
belongs...**



**S&T Bank**

Colonial Road • 717.920.3200  
[stbank.com](https://stbank.com)



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