

Friendship Center

family • fun • fitness

OPEN HOUSE

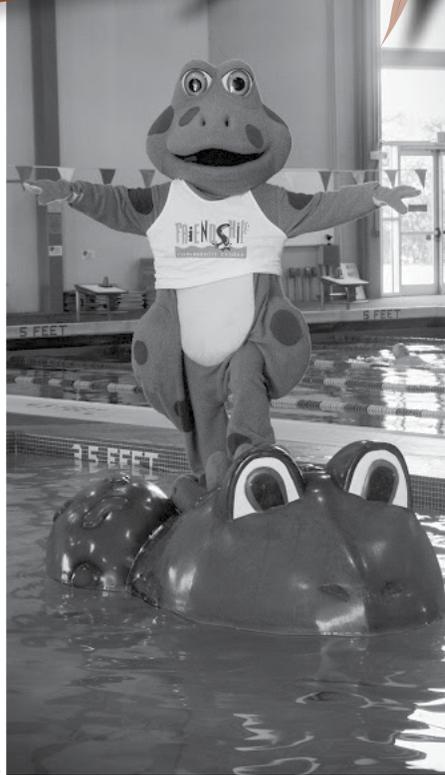
SATURDAY, SEPTEMBER 10

9:00 A.M. - NOON

**EVERYONE IS WELCOME TO ENJOY
THE FRIENDSHIP CENTER FOR FREE!**

BRING THIS COUPON FOR FREE ADMISSION.
13+ MUST PROVIDE PHOTO ID/CHILDREN 12 AND UNDER
MUST BE ACCOMPANIED BY AN ADULT 18+

FALL 2016 PROGRAM GUIDE



Photos courtesy of Fine House Media

"SCHOOL'S OFF"
DAY CAMP
SEE PAGE 7

REGISTRATION DATES

FC Members (All FC Programs) — Monday, August 29

Aquatics Programs — Wednesday, August 31

All Other Programs — Thursday, September 1

Lower Paxton Township Parks and Recreation

5000 Commons Drive, Harrisburg, PA 17112 • Phone 717-657-5635 • www.friendshipcntr.com

WELCOME



Family, Fun, & Fitness

Your Membership Includes –

- Unlimited Use of Facilities
- Many Free In-house Fitness Classes
- 25% Discount on other Center Programs
- Pools, Fitness Center, Gymnasium
- Free Babysitting (ages 3 months-8 years)
- Personal Fitness Training/Massage
Therapy discounts
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- Convenient Early Morning Hours
- Members Only Advance Registration

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HOURS OF OPERATION

Monday-Thursday 5:30 a.m. to 10 p.m.
 Friday 5:30 a.m. to 9 p.m.
 Saturday 7 a.m. to 7 p.m.
 Sunday 12 p.m. to 6 p.m.

(Subject to change based on usage)

The center will be closed for maintenance Aug. 28-Sept. 3

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 (7 a.m.-2 p.m.)
 New Year's Eve (7 a.m.-2 p.m.)

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, WRVV 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 16)

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 Friendship Center at 657-5635.

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 program discounts and free fitness classes.
- Free babysitting for annual members while using the Center.
- Reciprocal discounts available for members of Koons Pool.
- Payment in full by cash, check, Visa, MasterCard, or Debit.
- Monthly bank draft available.



NO INITIATION FEES

2016 Membership Rates Categories	Lower Paxton Township Resident Discount Rate	Regular Rate
Youth/Student (13+ OR Full-Time College Student up to 22 years)	\$17.75/mo. (\$213 yr.)	\$19.33/mo. (\$232 yr.)
Adult Single (18+)	\$40.67/mo. (\$488 yr.)	\$44.92/mo. (\$539 yr.)
Adult Couple/Single Parent Family	\$56.50/mo. (\$678 yr.)	\$62.33/mo. (\$748 yr.)
Family	\$63.83/mo. (\$766 yr.)	\$70.83/mo. (\$850 yr.)
Senior Single (60+)	\$30.58/mo. (\$367 yr.)	\$33.58/mo. (\$403 yr.)
Senior Couple	\$45.25/mo. (\$543 yr.)	\$50.33/mo. (\$604 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.
- **Health Insurance Memberships** — We participate in Silver & Fit, Silver Sneakers, Forever Fit, Global Fit, Healthways and Prime.

PASS INFORMATION

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

***GUEST PASS** — \$10 adults/\$7 children. Members may bring a guest(s) by purchasing a Guest Pass. Valid one day. Non-transferrable. Photo ID required!

***DAILY WALK-IN PASS** — **\$13 daily before 4 p.m.; \$15 daily after 4 p.m., weekends and holidays.** 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!

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

* **Walk-In Class Pass — \$8.00** — See page 20 for a schedule of classes that are available for walk-in visits, \$8 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.

FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS

Saturday, September 10 from 9:00 am-noon



FRIENDSHIP CENTER OPEN HOUSE

- Free Admission
- Tour the facility
- Free family swimming
- Light refreshments
- Free Blood Pressure / Body Fat Screening

Community Yard Sale

For all ages to sell their treasures! Receive a 10 x 10 space per spot with table. No commercial sales during this event. (#19748)

Date: Saturday, September 10, 9 a.m.-12 noon. Must pre-register by 9/4! Rain or shine!

Location: Friendship Center Parking Lot

Fee: \$10R/\$12NR/Members Free (no shows \$10 fee)

— BACK TO SCHOOL SPECIAL — 15% OFF ANNUAL MEMBERSHIP

MUST PAY FOR MEMBERSHIP IN FULL TO RECEIVE 15% OFF.

ANNUAL MONTHLY MEMBERSHIPS WILL RECEIVE 10% OFF.

COUPON NOT REDEEMABLE FOR CASH.

No double discounts - Offer valid 9/4/16-9/10/16 no exceptions. Must present coupon when joining. Not redeemable on renewals within the past 60 days. Upon renewal of membership rates will be subject to 2017 rates. Membership Specials are designed to attract new members; they are only available to new members. A new member is defined as someone who has not been a member for a minimum of 6 months. Upon renewal of membership, rates are subject to the standard current rates.

Special Program Notes

- ◆ Pre-registration for all programs is required and should be done at least one week prior to the activity. Waiting lists are established if activities become full.
- ◆ Members must pre-register for selected free classes.
- ◆ Classes have a minimum / maximum number of participants. Space is on a first come, first serve basis. Schedule subject to change at management's discretion.
- ◆ The registration deadline for a multi-session program is after the second class of the session.
- ◆ Walk-ins must sign in at the 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.**
- ◆ 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 can present their membership card at the service desk for entry into the facility.
- ◆ Make-up classes or switching of classes are not permitted unless approved by staff.

(PROGRAM REGISTRATION DATES AND PROCEDURES ON PAGE 19)

REFER A FRIEND

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

Members of the Center celebrate with complimentary coffee. Bring a friend (18+) for FREE and enjoy!

Friday, Sept. 9 • Friday, Oct. 7 • Friday, Nov. 4

All friends must have photo identification.
Non member guest limit one visit per 6 months.

*We proudly participate
in health insurance programs:*

**SILVER AND FIT™
SILVER SNEAKERS,
FOREVER FIT, PRIME,
HEALTHWAYS & GLOBAL FIT**

*Find out if your insurance covers a membership
to the Friendship Center — 657-5635*

LET'S GET CONNECTED!



**Subscribe to Email Updates:
go to Friendshipcntr.com**



**Facebook:
Friendship Center/Lower Paxton
Township Parks & Recreation**

Twitter: @friendshipcntr

FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS

~ SUPPORT FREDDIE & THE FRIENDSHIP CENTER FUNDRAISERS ~

Visit these fun local eateries & mention you're with the Friendship Center when ordering. These establishments will then donate a portion of the proceeds to the Friendship Center.

SWEET FROG

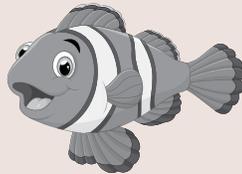
ALL DAY Friday, August 26 - Union Deposit Location
ALL DAY Saturday, August 27 - Hummelstown
Friendship Center will receive 25% of the total bill.

BUFFALO WILD WINGS

ALL DAY Wednesday, September 14 (Kick off) - October 15
Friendship Center will receive 10% net sales.

DIVE-IN MOVIE

Enjoy a Family Friendly Flick while Floating in the pool! Come early to enjoy playing in the leisure pool water features, go down the slide and simply splash around.



FREE to Members / \$5 per person

Bring your own innertube

Date: Friday, September 16, 2016

Time: 5:30 p.m. Open / Movie begins at 7:00 p.m.

Location: Friendship Center Leisure Pool

(Patrons under the age of 13 must be accompanied by a parent or guardian. Children 8 and under must stay within an arms reach of their guardian while in the pool. Personal floatation devices and other inflatable pool items under 6 ft. in one direction permitted.)

“THANK YOU” SUMMER CONCERT SPONSORS



SPONSORSHIP OPPORTUNITIES

Businesses searching for creative, interactive ways to reach new, loyal and active customers are invited to partner with the Friendship Center and Parks and Recreation Department for great results. The cross-marketing opportunity benefits all those involved. We offer many sponsorship opportunities that can be tailored to your marketing goals and budget. Please contact the Recreation Office at 657-5635 for more information.

Annual Autumn Hayrides

Old-fashioned family friendly hayrides, sponsored by Lower Paxton Township Parks and Recreation, will be conducted at George Park from 6-8 p.m. on Oct. 21, 22, & 23. The fee is \$3 per person. Exact change is appreciated.

Pumpkin Carving

Pumpkin carving at George Park from 5-6 p.m. on Sunday, October 23. Decorate a pumpkin and enjoy the hayrides too! Pre-registration is required for pumpkin carving; \$7 per pumpkin. Call Parks & Recreation at 657-5635 to pre-register. (#19571)

Lower Paxton Township Trick or Treat

Date: Thursday, October 27, 6 - 8 p.m.

Halloween Candy Exchange Free Workout

FRIDAY, OCTOBER 28

Bring a plastic bag of wrapped candy for a FREE Workout.

Members receive a free pass.

Non-members use facility same day. Photo ID Required

Candy donated to Bethesda Youth Center.



~ SAVE THE DATE! ~

Cupboard of Calvary Food Drive

Date: Accepting non-perishable food at the Friendship Center from November 1-23

Toys for Tots

Date: Accepting toy donations at the Friendship Center from November 1-December 2

Holiday Tree Lighting

Date: Friday, December 2 at 7:00 p.m.

Breakfast with Santa

Date: Saturday, December 10 at 9:00 a.m.



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Assistant Vice President
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PRESCHOOL ACTIVITIES

2016-17 PRESCHOOL*

Child must meet age requirement by 9/1/16

***Payment Policy: Monthly Bankdraft**

First month's fee is due with registration, 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 May. There will be NO REFUNDS. Must register in person at the Friendship Center.

For details call 657-5635, ext.112.

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

(Must be age one by Sept. 1, 2016) Have fun with your toddler while playing, doing simple crafts and activities.

A. Tues., 9:30-10:30 a.m. (9/6/16-5/30/17) (#18939)

B. Fri., 11 a.m.-noon (9/9/16-6/2/16) (#18940)

Fee (monthly): \$27.10R/\$28.90NR/\$22.60M

*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 (9/6/16-5/30/17) (#18937)

B. Fri., 9:30-10:45 a.m. (9/9/16-6/2/17) (#18938)

Fee (monthly): \$30.70R/\$32.50NR/\$26.20M

*Twos Together (Age 2)

(Born before 9/1/14) A special day for twos; activities include crafts, fingerplays and a snack.

Thurs., 9:30-11:30 a.m. (9/8/16-6/1/17) (#18936)

Fee (monthly): \$40.60R/\$43.30NR/\$35.20M

*Morning Fun Time (Ages 2½-3)

(Born before 3/1/14) A starter program focusing on beginning socialization and developmental skills, offering time to play, sing, make a craft and new friends too!

Mon./Wed., 9:30-11:30 a.m. (9/7/16-5/31/17) (#18933)

Fee (monthly): \$82.90R/\$86.50NR/\$67.60M

*Preschool Pals (Ages 3-4)

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

A. Tues./Thurs., 9:30 a.m.-noon (9/6/16-6/1/17) (#18934)

B. Tues./Thurs., 1:00-3:30 p.m. (9/6/16-6/1/17) (#18935)

Fee (monthly): \$92.80R/\$97.30NR/\$78.40M

*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.

A. Mon./Wed./Fri., 9:30 a.m.-noon (9/7/16-6/2/17) (#18931)

B. Tues./Wed./Thurs., 1:00-3:30 p.m. (9/6/16-6/1/17) (#18932)

Fee: (monthly) \$127.90R/\$131.50NR/\$105.40M

Introduction to Gymnastics w/Hbg. Gymnastics (Ages 18 mos.-3½ yrs.) (6 classes)

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

***Session I:** Thurs., 9-9:40 a.m., Sept. 15-Oct. 20 (#19528)

Session II: Thurs., 9-9:40 a.m., Oct. 27-Dec. 8 (#19529)

Location: Friendship Center, Gym #2

Fee: \$68R/\$73NR/\$55M *register as of Aug. 20

Gymnastics for Preschool w/Hbg. Gymnastics (Ages 3½-6 yrs.) (6 classes)

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

***Session I:** Thurs., 9:45-10:30 a.m., Sept. 15-Oct. 20 (#19530)

Session II: Thurs., 9:45-10:30 a.m., Oct. 27-Dec. 8 (#19531)

Location: Friendship Center, Gym #2

Fee: \$68R/\$73NR/\$55M *Register as of Aug. 20

Tiger Tots Tae Kwon Do (Ages 3-5) (6 classes)

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

Ages 3-4: Mon., 3:15-4 p.m., Sept. 26-Oct. 31 (#19677)

Ages 4-5: Tues., 4-4:45 p.m., Sept. 27-Nov. 1 (#19676)

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

Fee: \$35R/\$38NR

Have Gym Will Travel w/Kathy (Ages 3-5) (6 classes)

A theme oriented class that children will receive instruction in tumbling, balance beam, bars, mini-tramp, and other invigorating activities. 

Dates: Tues., 12-1:00 p.m., Sept. 13-Oct. 18

Location: Friendship Center, Room 112

Fee: \$72R/\$77NR/\$58M (#19526)

Fall Baseball w/Ricardo (Ages 3½-6) (3 or 4 classes)

(Must be age 3 as of 1/1/16) After school tee-ball program with skills, drills, and games. 

Dates: Wed., 4:15-5:15 p.m., Sept. 7, 14, 21 (#19607)

Wed., 4:15-5:15 p.m., Oct. 5, 12, 26 (#19608)

*Tues., 5:15-6:00 p.m., Nov. 1-22 (#19609)

Location: Kohl Park, *Friendship Center, Gym 2

Fee: \$45R/\$50NR ***Fee:** \$50R/\$53NR/\$45M

Smurfs Soccer w/Ricardo (Ages 3½-6) (3 or 4 classes)

(Must be age 3 as of 1/1/16) Intro to soccer with age appropriate games.

Dates: Wed., 5:15-6:15 p.m., Sept. 7, 14, 21 (#19610)

Wed., 5:15-6:15 p.m., Oct. 5, 12, 26 (#19611)

*Tues., 6:05-6:50 p.m., Nov. 1-22 (#19733)

Location: Kohl Park, *Friendship Center, Gym 2

Fee: \$45R/\$50NR ***Fee:** \$50R/\$53NR/\$45M

PRESCHOOL ACTIVITIES (CONT.)

YOUTH & TEEN ACTIVITIES



Kids Korner Indoor Playground

Ages 1-6 Years with Parent
Visit our indoor playground and join the fun!
Tuesdays & Fridays, 10:30 a.m.-Noon
Oct. 11 - Dec. 9 (closed 11/8, 11/11, 11/25)
\$3 per Child — Members ages 1-6 Free!

Little Aces Tennis w/Mo C. (Ages 5-6) (4 classes)

A fun intro to fundamental ABC's (agility, balance, and coordination); foam and Lo-bounce balls are used to build confidence and increase success. Bring a racquet & water.

Dates: Sat., 9-9:45 a.m. Oct. 8-29

Location: Brightbill Park

Fee: \$45R/\$50NR (#19683)

Zumba Kids Jr. w/Lynn (Ages 4-7) (6 classes)

Zumba for kids! Fun and fitness all in one!

Dates: Thurs., 5:45-6:15 p.m., Sept. 29-Nov. 10

Location: Friendship Center, Room 112

Fee: \$43R/\$48NR/Members free! (#19527)

Youth Beginner/Intermediate Tennis w/Mo C. (4 classes)

Tennis basics and stroke techniques; low-pressure games used to apply lessons learned. Bring racquet & water.

Ages 6-9: Sat., 10:00-11:00 a.m. Oct. 8-29 (#19689)

Ages 10-14: Sat., 11:00-12:00 p.m. Oct. 8-29 (#19690)

Location: Brightbill Park

Fee: \$50R/\$55NR

Youth Express w/Tomeka (Ages 6-10)

Fun and action packed exercises to keep them moving while building strength, balance and coordination.

Dates: Sat., 9:30-10:15 a.m., Oct. 1-Nov. 19

Location: Friendship Center, Room 118

Fee: \$48R/\$51NR/Members free! (8 classes) (#19537)

Kidding Around Yoga w/Erika (Ages 6-10)

"KAY" incorporates cardiovascular conditioning, fun, music, plus traditional Yoga benefits; breathing techniques, peace, and deep relaxation.

Dates: Tues., 5:30-6:30 p.m., Sept. 27-Nov. 15

Location: Friendship Center, Room 106

Fee: \$48R/\$51NR/Members free! (8 classes) (#19538)

Dodgeball Derby w/Ricardo (Ages 6-9) (3 classes)

Duck, dive, dip & dodge in high-energy phys. ed format.

Dates: Wed., 6:15-7:15 p.m., Sept. 7, 14, 21

Location: Kohl Park

Fee: \$35R/\$40NR (#19672)

SCHOOL'S OFF DAY CAMP K-5TH GRADE

WHAT IS
BETTER
THEN
HAVING
A DAY
OFF FROM
SCHOOL?



Having something to do! You'll be able to hang out with your friends throughout days filled with recreational swimming, social activities, arts and crafts, fun sport competitions, and organized games. Each child needs to pack two snacks, lunch and a waterbottle. On most days the Central Dauphin School District is out (traditional school calendar only), the Friendship Center Staff will provide Day Camp 7:00 a.m. to 6:00 p.m.

Dates: 2016/2017 School Year

Mon.	Oct. 3	(#19558)	Mon.	Jan. 2	(#19736)
Wed.	Oct. 12	(#19559)	Mon.	Jan. 16	(#19737)
Tues.	Nov. 8	(#19560)	Fri.	Jan. 27	(#19738)
Fri.	Nov. 11	(#19561)	Fri.	Feb. 17	(#19739)
Fri.	Nov. 25	(#19562)	Mon.	Feb. 20	(#19740)
Mon.	Nov. 28	(#19563)	Fri.	Mar. 3	(#19741)
Fri.	Dec. 23	(#19564)	Thurs.	Apr. 13	(#19742)
Mon.	Dec. 26	(#19565)	Fri.	Apr. 14	(#19743)
Tues.	Dec. 27	(#19566)	Mon.	Apr. 17	(#19744)
Wed.	Dec. 28	(#19567)	Wed.	May 23	(#19745)
Thurs.	Dec. 29	(#19568)			
Fri.	Dec. 30	(#19569)			

Fees: Per Day \$30M / \$35R / \$40NR

Receive \$60 off for ALL 2016 dates paid in full (#19557)

Receive \$50 off for ALL 2017 dates paid in full (#19735)

Location: Friendship Center

Sports City w/Coach Ricardo (Ages 3-18) (6 classes)

Six 45-minute dodgeball, two-hand touch football or soccer classes. Start times vary (youngest to oldest).

Dates: Fri., 5:30-10 p.m. (TBA), Sept. 30-Nov. 4

Location: Sports City, 4141 Linglestown Rd.

Fee: \$65R/\$70NR (#19662)

YOUTH AND TEEN (CONT.)

Intro to Tae Kwon Do (Ages 6-13) (6 classes)

Develop basic techniques plus self-defense, focus, leadership, discipline, and following directions while having fun.

Dates: Tues., 6:15-7 p.m., Sept. 27-Nov. 1

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

Fee: \$47R/\$52NR (#19674)

Fundamentals of Hoops w/Lenny (Ages 5-12)

Learn the basics which assist in developing a great player.

Ages 5-7: Wed., 6-6:45 p.m., Sept. 28-Nov. 16 (#19533)

Ages 8-12: Wed., 5:15-6 p.m., Sept. 28-Nov. 16 (#19534)

Location: Friendship Center, Gym #3

Fees: \$70R/\$73NR/\$55M (8 classes)

Beginner Ballet w/Open Barre (YDC) (Ages 6-14)

Ages 6-10: Focusing on basic ballet skills, drills, and barre exercises.

Session I: Sat., 12-12:50 p.m., Oct. 1-Oct. 22 (#19539)

Session II: Sat., 12-12:50 p.m., Oct. 29-Nov. 19 (#19540)

Ages 9-14: Intense beginner ballet skills and drills focusing on solid technique, barre exercises, leaps, turns and choreography.

Session I: Sat., 1-1:50 p.m., Oct. 1-Oct. 22 (#19541)

Session II: Sat., 1-1:50 p.m., Oct. 29-Nov. 19 (#19542)

Required: Leotard, hair pulled up and pinned away from face

Location: Friendship Center, Room 118

Fee: \$47R/\$50NR/\$38M (4 classes)

Art Rocks w/Tavia (Ages 7-11) (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: Fri., 4:45-6:15 p.m., Sept. 30-Oct. 21 (#19535)

Fri., 4:45-6:15 p.m., Oct. 28-Nov. 18 (#19536)

Location: Friendship Center, Room 112

Fee: \$72R/\$75NR/\$62M

Junior Golf (Ages 10-15) (4 classes)

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

Dates: Sat., 12-1 p.m., Sept. 3-24

Location: Bumble Bee Hollow

Fee: \$60R/\$63NR (#19145) Register Today!

Hip Hop Kids (Ages 8½-15)

Will learn a complete dance over the 10 week program while working on body isolations, strengthening and power moves.

Dates: Mon., 5:30-6:25p.m., Sept. 26-Nov. 28

Location: Friendship Center, Room 112

Fee: \$43R/\$48NR/Members free! (10 classes) (#19661)

Beginner Youth Jazz w/HAD (Ages 8½-15)

Learn the basics of jazz dancing to contemporary pop music; a variety of jazz styles incorporate strength, stretching, balance and movements across the floor.

Dates: Wed., 5-6 p.m., Sept. 28-Nov. 2

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$55R/\$58NR (6 classes) (#19678)

BABYSITTING CERTIFICATION

(See page 13 for details)

Basketball Bootcamp with Josiah (Ages 12-17)

Prepare for the upcoming basketball season with this bootcamp series of workouts including conditioning, agility, skill work, and strength to get you ready.

Dates: Mon., 6-7 p.m., Sept. 26-Nov. 14

Location: Friendship Center, Gym 3

Fee: \$78R/\$83NR/\$60M (8 classes) (#19659)

Individual Basketball Training (6-40 minute lessons)

Instructor available to provide one on one training; Shooting skills, footwork, movement on court.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym and Fitness Center

Instructors: Lenny D. or Josiah P.

Private: \$155R/\$160NR/\$135M per person (#19543)

Semi-Private (max 2): \$130R/\$135NR/\$110M pp (#19545)

***Tri-group (per person):** \$102R/\$107NR/\$82M (#19547)

***Group-Private (class of 4):** \$90R/\$95NR/\$72M per person (#19549) (*must register as group)

Individual Tennis Instruction w/Mo C. (Ages 5+) (6-40 minute lessons)

Instructor available to provide individual instruction.

Dates: By arrangement, registrants will be contacted.

Location: Brightbill Park

Private: \$155R/\$160NR per person (#19670)

Semi-Private: (max 2): \$130R/\$135NR per person (#19671)

**THE FRIENDSHIP CENTER
WILL BE CLOSED
FOR MAINTENANCE
AUG. 28-SEPT. 3**

REGISTER FOR YOUR FAVORITE CLASSES ONLINE!
www.friendshipcntr.com

FAMILY, FUN & FITNESS

FAMILY SPOTLIGHT

~ The LEE Family~

Dr. Roderick Lee and his son Deucie moved to Lower Paxton Township in 1996 upon becoming an Associate Professor of Information Systems in the School of Business Administration at The Pennsylvania State University-Harrisburg. Dr. Lee first started his fitness quest while taking doctoral courses at Penn State at University Park. It was a great way to relieve stress! They first toured the Friendship Center when looking for a kid friendly facility. The Friendship Center stood out with all the amenities they were looking for: pool, basketball court and childcare. They have been members of the Friendship Center since 2003.

Dr. Lee's son Deucie will be a sophomore at Central Dauphin. Deucie grew up at the Friendship Center, and one of his fondest memories was in the babysitting facilities while dad worked out. He remembers Alex Noga and the fun staff and activities of the babysitting facilities. After his workout Dr. Lee and Deucie would spend hours on the basketball court and Deucie has celebrated many birthdays at the Center, finding it a great place to party! Deucie also participated in swim lessons and basketball programs. Dr. Lee took advantage of fitness programs including yoga and Saturday AM chisel.

Father and son have continued to enjoy the Friendship Center, and have brought the community together to help support the Friendship Center. Dr. Lee and Deucie have organized with Central Penn Elite basketball program to host Freddie the Frog Fundraisers, as well as had 11 teams paint trash cans for the "Trash to Treasures" project. Through the years they have developed a close network of longtime family friends as a result of frequent interactions at the Friendship Center.

The Lee family has experienced the benefits of the Friendship Center and its contribution to the quality of life in the community. It provides a space for families to achieve a healthy lifestyle. In Dr. Lee's words, "It's the hub of the community!"



TAI CHI / YOGA / PILATES

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

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

Dates: *Mon., 6-7 p.m., Sept. 26-Nov. 28 (#19516)

Thurs., 10-11 a.m., Sept. 29-Dec. 8 (#19517)

Location: Friendship Center, Room 112 /

*E. Annex

Fee: \$62R/\$67NR/\$42M (10 classes)



Yogalates/Sculpt w/Terri (10 classes)

25 minutes of sculpting, 35 minutes of yoga/pilates blend. Great toning and core strengthening blend. Wear sneakers.

Dates: Wed., 4:45-5:45 p.m., Sept. 28-Nov. 30

Location: Friendship Center, East Annex

Fee: \$72R/\$77NR/\$50M (#19465)

Barre w/Ashley (6 classes)

Barre is a fusion of ballet inspired moves, Pilates, yoga and strength training. You'll use a chair back as the Barre, your own body weight, mini balls and light hand weights to sculpt, stretch and tone your entire body. Bring yoga mat.

Dates: Thurs., 6-7 p.m., Sept. 29-Nov. 10

Location: Friendship Center, Room 118

Fee: \$53R/\$58NR/\$43M (#19458)

Beginner Yoga (10 classes)

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

Dates: Tues., 10-11 a.m., Sept. 27-Nov. 29 (A) (#19466)

*Thurs., 5:30-6:30 p.m., Sept. 29-Dec. 8 (TBA) (#19467)

Instructor Code: (A) Ashley

Location: Friendship Center, Room 118 / *East Annex

Fee: \$78R/\$83NR/Members free!

Gentle Yoga w/Sharon (10 classes)

Slower paced mat class using standing and seated positions. Learn safe alignment and modifications to help you gain strength, endurance and balance as well as stress relief & relaxation. Bring a yoga mat, block, strap & towel.

Dates: Wed., 2-3 p.m., Sept. 28-Nov. 30

Location: Friendship Center, Room 118

Fee: \$78R/\$83NR/Members free! (#19460)

Mixed Level Yoga (10 classes)

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

Dates: *Tues., 5:30-6:30 p.m., Sept. 27-Nov. 29 (G) (#19468)

Thurs., 9-10 a.m., Sept. 29-Dec. 8 (A) (#19469)

Sun., 12-1 p.m., Oct. 2-Dec. 4 (D) (#19470)

Instructor Code: (D) Darla, (G) Gina, (A) Ashley

Location: Friendship Center, *East Annex/Room 118

Fee: \$78R/\$83NR/Members free!

FITNESS / BODY PUMP™

Mom & Me Fitness w/Denise (Ages 16+) (6 classes)

The class will consist of cardio drills, strength training exercises and stretching to increase overall fitness; babies will be pushed or seated in the stroller, while toddlers may be incorporated into the workout as resistance (and added fun)! *Exercise modifications can be made for new moms who are 6-16 weeks postpartum and active moms who are ready for an additional challenge.

Dates: Wed., 10-10:45 a.m., Sept. 28-Nov. 2

Location: Koons Park

Fee: \$68R/\$73NR (#19606)

TRX/Cross Fitness w/Karen (Ages 18+) (6 classes)

Sports performance training + boot camp + crossfit + pro-training efficiency. Taught by certified trainer in TRX, RKC, Kettlebells, Spin and Cross Fitness. Focus on fitness, nutrition and chronic/acute injuries.

Session I: Wed., 9:30-10:30 a.m., Sept. 28-Nov. 2 (#19505)

Session II: Wed., 9:30-10:30 a.m., Nov. 9-Dec. 14 (#19506)

Location: Friendship Center, Gym #3

Fee: \$51R/\$54NR/\$40M

TRX Kettlebell: Circuit Conditioning w/Karen (18+)

Suspension training exercises & kettlebell conditioning intervals. Improve your strength, mobility and balance; burn fat and increase energy. Taught by trainer/TRX Coach.

Session I: Tues./Thurs., 9:15-10 a.m. Sept. 27-Nov. 3 (#19507)

Session II: Tue./Thurs., 9:15-10 a.m., Nov. 8-Dec. 20 (#19508)

Location: Friendship Center, Track/Room 112

Fee: \$70R/\$73NR/\$55M (12 classes)

“Nitro Kick” w/Master Fox (Ages 16+) (5 classes)

Cardio kickboxing fun and fitness added together to burn baby burn those calories!

Dates: Thurs., 6:45-7:45 p.m., Sept. 29-Oct. 27

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

Fee: \$40R/\$45NR (#19675)

Body Pump™ (Ages 18+) (10 classes)

A Les Mills program challenging all your major muscle groups. A great workout that tones & builds lean muscle.

Dates: *Mon., 7-8 p.m., Sept. 26-Nov. 28 (C) (#19491)

Tues., 9-10 a.m., Sept. 27-Nov. 29 (MJ) (#19492)

Wed., 7:15-8:15 p.m., Sept. 28-Nov. 30 (J) (#19493)

Thurs., 4:30-5:30 p.m., Sept. 29-Dec. 8 (J) (#19494)

Sat., 8:30-9:30 a.m., Oct. 1-Dec. 3 (S) (#19570)

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

Location: Friendship Center, Room 118, *East Annex

Fee: \$62R/\$67NR/\$42M

SPIN

Intro to Spin w/Denise (Ages 16+)

Learn bike adjustment and find out what it's all about!

Date: Tues., 6-6:40 p.m., Sept. 20

Location: Friendship Center, Room 115

Fee: \$6R/\$9NR/Members free! (#19457)

Pulse Ride w/Denise (Ages 16+)

This high energy ride will push you to your limits - lose yourself to the beat of the music. The ride will consist of endurance sprints, hills (in & out of the saddle), rhythmic moves and resistance training using handweights. Whether you're a seasoned athlete or a beginner, you will be challenged and motivated!

***TRIAL CLASS:** Wed., 5:45-6:30 p.m., Sept. 21 (#19691)

Session 1: Wed., 5:45-6:30 p.m., Sept. 28-Nov. 2 (#19509)

Sat., 10-10:45 a.m., Oct. 1-Nov. 5 (#19532)

Session 2: Wed., 5:45-6:30 p.m., Nov. 16-Dec. 21 (#19510)

Location: Friendship Center, Room 115

***Trial Class Fee:** \$6R/\$9NR/Members free!

Fee: \$68R/\$73NR/\$54M (6 classes)

Spin Bootcamp w/Denise (10 classes)

This high intensity workout consists of active/dynamic warm-ups, resistance/weight/functional fitness training, spin endurance (sprints/hills) and a cool down/stretch.

Dates: Mon., 6:30-7:30 p.m., Sept. 26-Nov. 28

Location: Friendship Center, Room 112/115

Fee: \$62R/\$67NR/Members free! (#19450)

Spinning™ (Ages 16+)

Spinning is an awesome low impact workout — limited space!

Dates: Tues., 6:15-7 p.m., Sept. 27-Nov. 29 (R) (#19486)

Wed., 7-7:45 p.m., Sept. 28-Nov. 30 (C) (#19487)

Thurs., 6:15-7 p.m., Sept. 29-Dec. 8 (R) (#19488)

Fee: 1/week (45 mins.) \$62R/\$67NR/Members free!

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

Tues./Thurs., 5:45-6:30 a.m., Sept. 27-Dec. 6 (MJ) (#19484)

Tues./Thurs., 4:30-5:15 p.m., Sept. 27-Dec. 6 (Mi) (#19485)

Fee: 2/week (45 mins.) \$83R/\$88NR/Members free!

Location: Friendship Center, Room 115

Instructor code: (MJ) Mary Jo, (R) Roxane, (C) Carly (Mi) Michelle

Senior Spin (Ages 50+) (10 or 20 classes)

For seniors and/or active adults.

Dates: Mon./Wed., 8:30-9:15 a.m., Sept. 26-Nov. 30 (#19448)

Tues./Thurs., 8:30 - 9:15, Sept. 27-Dec. 6 (#19693)

Fri., 8:30-9:15 a.m., Sept. 30-Dec. 2 (#19449)

Location: Friendship Center, Room 115

Fee: \$83R/\$88NR/Members free! (2 day) (20 classes)

Fee: \$62R/\$67NR/Members free! (1 day) (Fri.) (10 classes)

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

Build up strength/endurance/burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., Sept. 26-Dec. 2

Location: Friendship Center, Room 115

Fee: \$84R/\$87NR/\$70M (#19490)

AEROBICS / ZUMBA / FITNESS/ TRX (CONT.)

Light Lifting w/Tom (10 classes)

Using free weights for a full body workout to tone and strengthen each major muscle group.

Dates: Mon., 9:30-10:30 a.m., Sept. 26-Nov. 28

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19734)

Metabolic Express Workout w/Denise

Short 40 minute high intensity explosive circuit workout. Burn up to 500+ calories. Modifications demonstrated to suit all levels of intensity. Give it a try!

Dates: Tues., 5:15-5:55 p.m., Sept. 27-Nov. 29

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (10 classes) (#19461)

FC-X Live! w/Greg (10 classes)

Challenging full body strength training for cardio, upper, lower & core. Multi-faceted resistance & functional training regimen; modifiable for all fitness levels.

Dates: Wed., 6:30-7:25 p.m., Sept. 28-Nov. 30

Location: Friendship Center, East Annex

Fee: \$62R/\$67NR/Members free! (#19452)

Low Impact w/Lynn (10 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., Sept. 26-Nov. 30

Location: Friendship Center, Room 118

Fee: \$83R/\$88NR/Members free! (#19503)

50+ Fitness w/Denise (10 classes)

Cardio/resistance training to stay fit or get in shape.

Dates: Tues., 6-6:45 p.m., Sept. 27-Nov. 29

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19463)

Combo w/Sunny & Keli (20 classes)

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

Dates: Mon./Wed., 6-7 p.m., Sept. 26-Nov. 30

Location: Friendship Center, Room 118

Fee: \$83R/\$88NR/Members free! (#19454)

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

Intense workout focused on strengthening abs, back, & legs.

Dates: Mon., 7-8 p.m., Sept. 26-Nov. 28

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19456)

Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., Sept. 27-Dec. 6

Location: Friendship Center, Room 118

Fee: \$83R/\$88NR/Members free! (#19455)

Lifting Workout w/Greg (10 classes)

Tone and strengthen your whole body with group weight training workout done to music.

Dates: Wed., 9:30-10:30 a.m., Sept. 28-Nov. 30

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19453)

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., Oct. 1-Dec. 3

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19464)

Zumba™ (Ages 16+) (10 classes)

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

Dates: Mon., 10:30-11:30 a.m., Sept. 26-Nov. 28 (J) (#19472)

Wed., 10:30-11:30 a.m., Sept. 28-Nov. 30 (A) (#19473)

Thurs., 10-11 a.m., Sept. 29-Dec. 8 (J) (#19475)

*Thurs., 6:30-7:30 p.m., Sept. 29-Dec. 8 (B) (#19474)

Fri., 9-10 a.m., Sept. 30-Dec. 2 (A&J) (#19476)

Sat., 10:30-11:30 a.m., Oct. 1-Dec. 3 (J) (#19477)

Instructor Code: (A) Alicia, (J) Julie, (B) Beth

Location: Friendship Center, Room 118/*East Annex

Fee: \$62R/\$67NR/Members free!

Zumba Gold w/Alicia (Ages 16+) (10 classes)

Zumba for active adults and the beginner participant.

Dates: Wed., 11:30 a.m.-12:15 p.m., Sept. 28-Nov. 30

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/Members free! (#19504)

Dancin' to the Oldies w/Katie (Ages 16+) (10 classes)

A low impact fitness class teaching dance while working on strengthening muscles, balance, and coordination.

Dates: Mon., 9:30-10:30 a.m., Sept. 26-Nov. 28

Location: Friendship Center, Room 112

Fee: \$62R/\$67NR/Members free! (#19692)

Friendship Center

FREE Fitness Classes ~Helpful Tips

- ① Pre-register / reserve your spot; Member Registration begins August 29 at 6 a.m.
- ② Members can drop-in to a Friendship FREE class if space is available. Stop by the Service Desk for a pass.
- ③ Classes are designed for ages 16+. Youth ages 13-15 may register and attend if they are accompanied by a parent.

SPORTS / LEISURE

Winter Adult Volleyball League

Go to: www.lptvolleyball.leagueapps.com for more info.
Online Registration ONLY for teams begins Sept. 12

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., Sept. 27-Nov. 29 (#19513)

Thurs., 7-9 p.m., Sept. 29-Dec. 8 (#19514)

-OR- Sat., 8-9:30 a.m., Oct. 1-Dec. 3 (#19515)

Location: Friendship Center, Gym #2/#3

Fee: \$78R/\$83NR/Free to Members!

Adult Golf w/Bumble Bee (4 classes)

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

Dates: Sat., 1-2 p.m., Sept. 3-24

Location: Bumble Bee Hollow

Fee: \$70R/\$73NR (#19149) Register Today!

Adult Beginner/Intermediate Tennis w/Mo C. (Ages 15+) (4 classes)

Learn proper grip, stroke techniques and body mechanics.
Court strategy introduced through play based games.

Dates: Sat., 12:15 - 1:15 p.m., Oct. 8-29

Location: Brightbill Park

Fee: \$50R/\$55NR (#19680)

Intro to Hapkido/Tae Kwon Do w/Master Fox (Ages 16+) (6 classes)

Learn close quarters self-defense techniques while increasing self confidence, personal fitness, focus and stress management in a positive, goal oriented atmosphere.

Dates: Tues., 7-8 p.m., Sept. 27-Nov. 1

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

Fee: \$40R/\$45NR (#19669)

Women's & Teen's Self Defense (Ages 12+) (4 classes)

Geared to develop defensive techniques.

Dates: Wed., 7-8 p.m., Sept. 28-Oct. 19

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

Fee: \$35R/\$38NR (#19673)

Pickleball

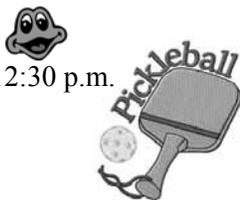
Dates: Mon. / Wed. / Fri., 10:30 a.m.-12:30 p.m.

Tues. / Thurs., 1-3 p.m.

Mon., 7:30-9:30 p.m.

Wed., 7-9 p.m.

Fee: Free to Members! / Non-members \$4 each time



Social Dance Lessons w/Katie (10 classes)

Come learn basic styles of ballroom dancing for any upcoming social event. We will be learning a new dance style every week as well as the basic etiquette, music counting and rhythm for the waltz, foxtrot, swing, cha-cha and merengue.

Dates: Tues., 6:45-7:45 p.m., Sept. 27-Nov. 29

Location: Friendship Center, East Annex

Fee: \$84R/\$89NR/\$66M (per couple) (#19668)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Sept. 27-Nov. 29

Location: Friendship Center, Room 118

Fee: \$42R/\$45NR/Free to Members! (per couple) (#19511)

Beginner Adult Ballet w/HAD (Ages 16+)

Helps tone and stretch your body while improving balance and posture in a fun and relaxing atmosphere.

Dates: Thurs., 8:30-9:30 p.m., Sept. 29-Nov. 3

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$61R/\$64NR (6 classes) (#19679)

Smart Phone 101 w/Sprint

Basics as well as more involved features will be covered for both Android and Apple smartphones. 

Dates: Wed., Sept. 21, 10-11 a.m. (#19518) 6-7 p.m. (#19519)

Wed., Oct. 19, 10-11 a.m. (#19520) 6-7 p.m. (#19521)

Wed., Nov. 16, 10-11 a.m. (#19522) 6-7 p.m. (#19523)

Wed., Dec. 14, 10-11 a.m. (#19524) 6-7 p.m. (#19525)

Location: Friendship Center, Social Hall

Fee: Free! Must Pre-register

Book Club at the Friendship Center

Call the Friendship Center (657-5635) for book title. Free participation. Read the book in advance and join us for a group discussion.

Date: Tuesday, September 20, 7:00 p.m.


Register Now!



Fun, Safe & Convenient
Youth Sports League

www.i9sports.com / 717-307-2397

ADULT ARTS & CRAFTS

Painting w/Jonathan (10 classes)

Group instruction is on oil paint but Jonathan will work individually with other mediums. Sketching, color mixing and painting techniques. Instructor provides oil painting supplies for the first 2 classes. For all levels.

Dates: Tues., 6:50-8:50 p.m., Sept. 27-Nov. 29

Location: Friendship Center, Room 109

Fee: \$96R/\$99NR/\$80M (#19512)

Lower Paxton Twp. Photo Contest 2016

Submit photos from around the township in any or all of 3 categories: 1) Landscapes 2) People & Places 3) Plants & Wildlife. 50/50 Cash prizes for youth (under 18) and adult divisions - total of 6 prizes. Photos may be used in township publications and online. Instructions for digital submission of images will be given at registration.

Fee: \$5 per photo, unlimited number of entries (#19663)

ARTS & PARKS 5K THANK YOU TO OUR SPONSORS:

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& COMMUNITY ENGAGEMENT COMMITTEE



CERTIFICATION CLASSES

American Red Cross Babysitting Certification

For 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!

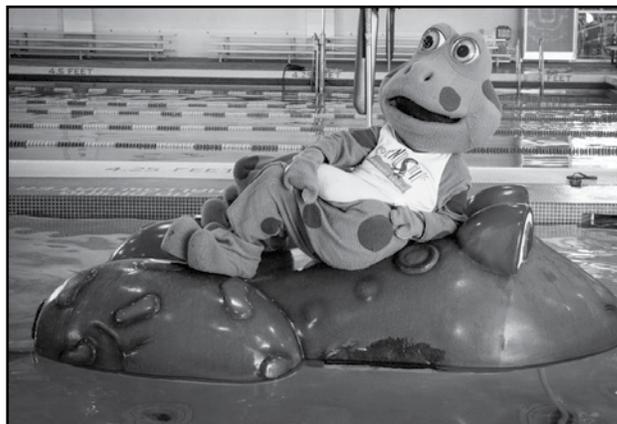
A. Mon., Wed., Thur., 6-9 p.m., Sept. 26, 28, 29 plus test date Fri., Sept. 30, 7-8:30 p.m. (#19551)

B. Mon., Wed., Thur., 6-9 p.m., Oct. 3, 5, 6 plus test date Fri., Oct. 7, 7-8:30 p.m. (#19552)

Location: Friendship Center, Room 106

Fee: \$68R/\$73NR/\$55M

Employee Spotlight!



Friendship Freddie

The beloved mascot of the Friendship Center enjoys entertaining and interacting with all ages in the community.

Next time you see him make sure to give him a big high five!

CPR/BLS/AED w/South Central EMS (Ages 15+)

For all members of the community; hands-on skills in a low stress environment. Adult and pediatric CPR, two rescuer scenarios, use of bag valve mask, AED, and barrier devices. If you need certification for your employment or are a healthcare provider, this course will provide that as well. Certification card issued for successfully completing a written and skills exam.

Date: Wednesday, Sept. 21, 6-9 p.m.

Location: Friendship Center, Room 106

Fee: \$48R/\$51NR/\$40M (#19556)

Fee Including Exams: \$55R/\$58NR/\$45M (#19555)

Shallow Water Lifeguard Certification (Ages 15+)

This Red Cross course includes lifeguarding (shallow water only-up to 5 feet), first aid, CPR, and AED certifications that are good for 2 years. Part-time lifeguard shifts at the FC are ideal for active retirees and college students. Bring swimsuit/towel to each class.

Pre-requisites: Tread water for 2 minutes, swim 4 laps, retrieve brick in 5 feet deep water and bring it to edge of pool (can walk it back).

Dates: Tues., Thurs., Fri., 4-9 p.m., Nov. 8, 10, 11 and Wed., 3-9 p.m., Nov. 9

Location: Friendship Center

Fee: \$216R/\$221NR/\$196M (#19595)

SWIM LESSONS



FEEES FOR GROUP SWIM LESSONS: \$40 M / \$62 R / \$67 NR (6 classes)

Register at the Friendship Center (717-657-5635) or Online (www.Friendshipcntr.com).

Classes are 40 minutes in length.

Levels up to Angel Fish II use the Rec Pool; Levels Blue Fish through Adult use the Lap Pool. Children who are not potty trained are required to wear swim diapers in the pool.

SESSION 1:

Saturdays, Sept. 10-Oct. 15
Sundays, Sept. 11-Oct. 16
Mondays, Sept. 12-Oct. 17
Tuesdays, Sept. 13-Oct. 18
Wednesdays, Sept. 14-Oct. 19
Thursdays, Sept. 15-Oct. 20

REGISTRATION DATES
MEMBERS 8/29
AQUATICS: 8/31

SESSION 2:

Saturdays, Oct. 29-Dec. 3
Sundays, Oct. 30-Dec. 4
Mondays, Oct. 31-Dec. 5
Tuesdays, Nov. 1-Dec. 6
Wednesdays, Nov. 2-Dec. 7
Thursdays, Nov. 3-Dec. 15

REGISTRATION DATES
MEMBERS 10/3
AQUATICS: 10/5

Parent/Tot I (Ages 3 years and under)

Orientation to water awareness and safety. Parent/child.

Tues., 9:30 a.m.	Ses. 1 (#19596)	Ses. 2 (#19601)
Tues., 5:00 p.m.	Ses. 1 (#19597)	Ses. 2 (#19602)
Wed., 9:30 a.m.	Ses. 1 (#19598)	Ses. 2 (#19603)
Sat., 10:10 a.m.	Ses. 1 (#19599)	Ses. 2 (#19604)
Sat., 11:00 a.m.	Ses. 1 (#19600)	Ses. 2 (#19605)

Parent/Tot II (Ages 3 years and under)

Pre-requisite: Parent/Tot I - Water safety and beginning water skill development. Parent/child.

Tues., 10:10 a.m.	Ses. 1 (#19612)	Ses. 2 (#19617)
Tues., 5:40 p.m.	Ses. 1 (#19613)	Ses. 2 (#19618)
Wed., 10:10 a.m.	Ses. 1 (#19614)	Ses. 2 (#19619)
Wed., 6:20 p.m.	Ses. 1 (#19615)	Ses. 2 (#19620)
Sat., 9:40 a.m.	Ses. 1 (#19616)	Ses. 2 (#19621)

Twos Tots (Age 2)

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

Mon., 5:40 p.m.	Ses. 1 (#19622)	Ses. 2 (#19625)
Tues., 10:50 a.m.	Ses. 1 (#19623)	Ses. 2 (#19626)
Sat., 11:30 a.m.	Ses. 1 (#19624)	Ses. 2 (#19627)

Tiny Tots (Age 3)

Beginner skill development and water safety.

Mon., 9:30 a.m.	Ses. 1 (#19633)	Ses. 2 (#19634)
Wed., 10:50 a.m.	Ses. 1 (#19628)	Ses. 2 (#19635)
Wed., 5:00 p.m.	Ses. 1 (#19629)	Ses. 2 (#19636)
Thur., 10:10 a.m.	Ses. 1 (#19630)	Ses. 2 (#19637)
Sat., 8:10 a.m.	Ses. 1 (#19631)	Ses. 2 (#19638)
Sat., 10:50 a.m.	Ses. 1 (#19632)	Ses. 2 (#19639)

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

Beginner skill development and water safety.

Mon., 10:10 a.m.	Ses. 1 (#19640)	Ses. 2 (#19650)
Mon., 5:00 p.m.	Ses. 1 (#19643)	Ses. 2 (#19651)
Mon., 6:20 p.m.	Ses. 1 (#19641)	Ses. 2 (#19652)
Tues., 6:20 p.m.	Ses. 1 (#19642)	Ses. 2 (#19653)
Thur., 9:30 a.m.	Ses. 1 (#19644)	Ses. 2 (#19654)
Thur., 5:00 p.m.	Ses. 1 (#19647)	Ses. 2 (#19655)
Sat., 8:50 a.m.	Ses. 1 (#19645)	Ses. 2 (#19656)
Sat., 10:20 a.m.	Ses. 1 (#19648)	Ses. 2 (#19657)
Sun., 12:10 p.m.	Ses. 1 (#19646)	Ses. 2 (#19658)

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

Pre-requisite: Angel Fish I - Learn floating, freestyle and back stroke.

Mon., 10:50 a.m.	Ses. 1 (#19694)	Ses. 2 (#19701)
Tues., 7:00 p.m.	Ses. 1 (#19700)	Ses. 2 (#19702)
Wed., 5:40 p.m.	Ses. 1 (#19695)	Ses. 2 (#19703)
Thur., 5:40 p.m.	Ses. 1 (#19696)	Ses. 2 (#19704)
Sat., 8:20 a.m.	Ses. 1 (#19697)	Ses. 2 (#19705)
Sat., 9:30 a.m.	Ses. 1 (#19698)	Ses. 2 (#19706)
Sun., 12:50 p.m.	Ses. 1 (#19699)	Ses. 2 (#19707)

Blue Fish (Ages 4 and up)

Pre-requisites: jump into water, swim 1/2 length on stomach and back. Develop freestyle, back stroke, rhythmic breathing & treading water. Progresses from Rec to Lap pool.

Mon., 7:00 p.m.	Ses. 1 (#19708)	Ses. 2 (#19713)
Thur., 10:50 a.m.	Ses. 1 (#19710)	Ses. 2 (#19714)
Thur., 6:20 p.m.	Ses. 1 (#19709)	Ses. 2 (#19715)
Sat., 9:00 a.m.	Ses. 1 (#19711)	Ses. 2 (#19716)
Sun., 1:30 p.m.	Ses. 1 (#19712)	Ses. 2 (#19717)

ONLINE REGISTRATION www.friendshipcntr.com
The Friendship Center now offers the convenience of online registration for many of your favorite programs.

SWIM LESSONS (CONT.) / AQUATICS

Cat Fish

Pre-requisites: Tread water, swim length of Lap pool on stomach and back, surface dive and retrieve ring. Continue stroke development and learn breast stroke.

Wed., 7:00 p.m. Ses. 1 (#19718) Ses. 2 (#19721)
 Sat., 11:40 a.m. Ses. 1 (#19719) Ses. 2 (#19722)

Dolphins

Pre-requisites: Cat Fish requirements plus swimming breast stroke for one lap. Further stroke development.

Thur., 5:30 p.m. Ses. 1 (#19723) Ses. 2 (#19725)
 Sun., 2:10 p.m. Ses. 1 (#19724) Ses. 2 (#19726)

Eels

Preparation for competitive swimming. Learn butterfly stroke and increase distance.

Thur., 6:10 p.m. Ses. 1 (#19727) Ses. 2 (#19729)
 Sun., 2:10 p.m. Ses. 1 (#19728) Ses. 2 (#19730)

Adult Learn to Swim (Ages 16 and up)

Basic skills of swimming.

Thur., 7:00 p.m. Ses. 1 (#19731) Ses. 2 (#19732)

Private Swim (All Ages/Levels) (6-1/2 hour lessons)

Instructors available to provide private swim lessons from learning to swim to competitive level.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$195R/\$205NR/\$145M (#19580)

***Semi-Private (per person):** \$133R/\$138NR/\$103M (#19583)

***Tri-group (per person):** \$126R/\$131NR/\$91M (#19586)

***Group-Private (class of 4):** \$120R/\$125NR/\$80M per person (#19589) (*must register as group)

Note cancellation policy when registering!

Swim and Gym For Homeschoolers (8 weeks)

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

Dates: Tues., 11 a.m.-1 p.m., Sept. 27-Nov. 15 (#19553)

Fri., 1-3 p.m., Sept. 30-Nov. 18 (#19554)

Location: Friendship Center, Leisure Pool/Gym #3

Fee: \$34R/\$37NR/Members free

Combo: \$42R/\$52NR - Both pool and gym (2 hours)

NOTHING CANCELS A PROGRAM FASTER...

than people waiting until the last minute to register for it! All programs have a minimum enrollment — and if we don't reach the minimum by a certain date, the class gets cancelled.

Please don't delay, register today!

Swim Clinic with Coach Mike (30 min. class)

Drop-in only, no pre-registration

Dates: Sundays, Sept. 11-Oct. 16

Sun., 10:30 a.m. - Intro class

Sun., 11:00 a.m. - Beginners

Sun., 11:30 a.m. - Intermediate

Location: Friendship Center, Lap Pool

Fee: \$6 Drop-In (Exact Change Appreciated)

Masters Swimming

Swimming is great exercise; practicing with a group is fun and motivating. Come when you can. It's your own pace!

Dates: Mon., 6-7 p.m. and Wed., 8-9 p.m., ongoing

Location: Friendship Center, Lap Pool

Fee: Free to Members/\$8 Drop-In

Aquacise

Tone, strengthen & build cardio with little stress on joints.

Dates: (1 day per week) (10 classes)

Mon., 10:45-11:45 a.m., Sept. 26-Nov. 28 (Ja) (#19574)

Wed., 10:45-11:45 a.m., Sept. 28-Nov. 30 (Ja) (#19575)

Fee: 1/week (10 classes) \$62R/\$67NR/Members free!

Dates: (2 days per week) (20 classes)

Mon./Wed., 7-8 p.m., Sept. 26-Nov. 30 (J) (#19577)

*Tues./Thurs., 6:05-7:05 a.m., Sept. 27-Dec. 6 (R) (#19576)

Tues./Thurs., 9:30-10:30 a.m., Sept. 27-Dec. 6 (B) (#19573)

Fee: 2/week (20 classes) \$83R/\$88NR/Members free!

Location: Friendship Center, Lap Pool, *Therapy Pool

Instructor Code: (B) Bonnie, (Ja) Jamie, (J) Joanne, (R) Roxane

Tone That Stomach w/Roxane (10 classes)

Strengthen and flatten all the various stomach muscles; uses varied equipment and shallow water floor exercises.

Dates: Fri., 6:05-7:05 a.m., Sept. 30-Dec. 2

Location: Friendship Center, Therapy Pool

Fee: \$62R/\$67NR/Members free! (#19578)

H2O Circuit Fitness w/Megan (10 classes)

This hour long circuit style workout includes strengthening and toning exercises for abs, arms, and legs with a cardio foundation. 

Dates: Fri., 9:30-10:30 a.m., Sept. 30-Dec. 16

Location: Friendship Center, Lap Pool

Fee: \$62R/\$67NR/Members free (#19579)

Aquatic Arthritis w/Mary Jo (20 classes)

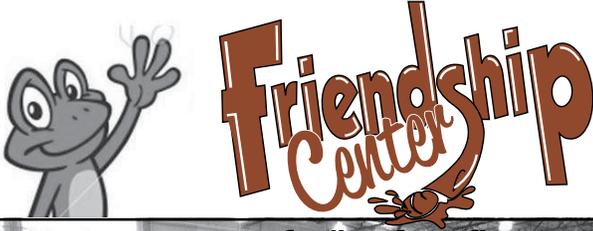
Range of motion exercise for flexibility/coordination.

Dates: Tues./Thurs., 10:45-11:45 a.m., Sept. 27-Dec. 6

Location: Friendship Center, Therapy Pool

Fee: \$83R/\$88NR/\$57M (20 classes) (#19592)

RENTALS




**ASK ABOUT THE NEW
PAINT & CREATE
PARTY PACKAGES**

**Party Packages Available
April 1 - October 31**

3 HOUR PARTY PACKAGE
 Splash n' Dash: \$236M/\$282R/\$304NR
 Stay n' Play: \$223M/\$268R/\$288NR
 Kids Swim & Indoor Gym: \$265M/\$317R/\$341NR

2 HOUR POOLSIDE PACKAGE
 Deck Side Fun: \$334M/\$360R/\$386NR
 (30 person limit)

A LA CARTE RATES / HOUR
 Leisure Pool: \$135M/\$160R/\$174NR
 Basketball Court: \$68M/\$81R/\$82NR
 Multi-Purpose Room: \$52M/\$63R/\$67NR

*For info contact Joc at jjgrant@lowerpaxton-pa.gov
2 week advance notice required.*

Lower Paxton Twp. Parks & Recreation

(Located in the Friendship Center)

Open Monday - Friday, 8 a.m.-5 p.m.

717-657-5635

Please contact us for:

***DISCOUNTED AMUSEMENT PARK / SKI TICKETS**

Cash and Charge only, No Checks

***2016 PARK PAVILION RENTALS**

Stop in or call ext. 103.

***2016 BALL FIELD / COURT RENTALS**

For 2016 reservation request information please call ext. 109.

PERSONAL TRAINING



BENTZ



DAVE

BASIC FEES:

\$44 Member/\$49 Non-Member (per hour)

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

Buddy Training (2 people w/trainer)

\$34 per Member/\$39 per Non-Member (per hour)

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

"6 pack" Training (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

Certified fitness professionals for personal training

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

FINANCIAL ASSISTANCE

The Friendship Center financial assistance program has provided many opportunities for the community with programming and membership. Donations are needed to continue to offer assistance to those in need. Contact 657-5635 for more information.

Road to Emmaus
Church



2213 FOREST HILLS DR.
HARRISBURG, PA 17112
717-377-6814

WWW.ROADTOEMMAUS.CHURCH



WELLNESS

ARE YOU LOOKING TO GET THE MOST OUT OF YOUR FRIENDSHIP CENTER MEMBERSHIP?

- Orientation to the Friendship Center Fitness Equipment is free.
- Try the Body Fat / Blood Pressure Screening every Tuesday for free
- Drop in to a Friendship FREE fitness class by picking up a pass at the service desk.

Wellness Coach Training w/Staff

Come get started on fitness goals. All ages can benefit from our personalized services. Here is a sampling: fitness, general nutrition, time management, varying your exercise regimen and fitness motivation.

Fee: \$42M/\$47NM (per hour) \$29M/\$34NM (per 1/2 hour)

Free Injury/Balance Assessments

Are you struggling with pain and/or a nagging injury? Poor balance? You may benefit from a clinical assessment at Drayer Physical Therapy Institute's Colonial Park office. No appointment is necessary. Screening by a Physical Therapist who can let you know your options, which may include self-management techniques, physical therapy, or possibly further medical care. Call 540-1189.

Metabolism Matters

Metabolism is the total number of calories burned each day and can be influenced by factors such as age, gender, body weight, hormones, and medications. Drayer Physical Therapy Institute offers metabolic testing to determine an individual's unique caloric budget. A personalized report and referral for nutritional counseling may be provided.

Date: By arrangement; participants will be contacted

Location: Drayer Physical Therapy Institute

Fee: \$46R/\$49NR/\$42M (#19451)

MASSAGE THERAPY

Swedish Massage

1/2 Hour — \$30 Member/\$35 NM

1 hour — \$50 Member/\$60 NM

Deep Tissue/Neuromuscular

1/2 Hour — \$40 Member/\$45 NM

Hour — \$60 Member/\$70 NM

Neck & Shoulder Massage

1/2 Hour — \$35 Member/ \$45 NM



Richard

Take Control of your Diabetes (6 classes)



Quality Insights invites the public to attend the Diabetes Empowerment Education Program (DEEP). The series of classes help individuals understand diabetes and its risks as well as the importance of diet, exercise, keeping regular physician exams, receiving annual foot and eye exams, managing medications and much more. Overall, it teaches participants how to live healthier and have a better quality of life.

Dates: Mon., 5-6:30 p.m., Sept. 26-Oct. 31

Location: Friendship Center, Room 106

Fee: FREE - Must Pre-register (#19660)



POST REHAB & INJURY PREVENTION SPECIALIST

TOM KANE

PTA, CPT, FMS, CAFS

3DMAPS

Bridging the gap between rehab to fitness and performance/skill camps.

Tom is passionate about promoting efficiency of movement while guiding individuals towards achieving their personal fitness/wellness goals.

Dates: By arrangement; participants will be contacted

Location: Friendship Center

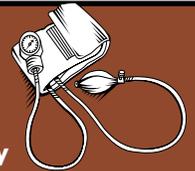
Fee: \$55 Member/\$60 Non-Member (per hour)

SPECIAL!

EVERY TUESDAY

All are welcome to receive FREE body fat testing, weigh-ins and blood pressure screening at the Friendship Center.

Tuesdays, 10 a.m.-12 p.m.



FC Members of the Month



James Alston
June



Beverly Marshall
July

ACTIVE ADULTS & SILVER AND FIT™

*We proudly participate
in health insurance programs:*

**SILVER AND FIT™
SILVER SNEAKERS
FOREVER FIT & PRIME
GLOBAL FIT & HEALTHWAYS**

*Find out if your insurance covers a membership
to the Friendship Center — 657-5635*

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

Silver and Fit is a total-body workout program for active individuals combining aerobic, flexibility, and strength training in a positive energizing environment. Exercises 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. Please bring a yoga mat. (45-50 minutes)

- Dates:** Tues., 8 a.m., Sept. 27-Nov. 29 Strength (B) (#19495)
 *Tues., 11:15 a.m., Sept. 27-Nov. 29 Yoga (Be) (#19496)
 *Tues., 12:30 p.m., Sept. 27-Nov. 29 Yoga (Be) (#19501)
 Thurs., 8 a.m., Sept. 29-Dec. 8 Strength (B) (#19497)
 Thurs., 11:15 a.m., Sept. 29-Dec. 8 Strength (J) (#19498)
 *Thurs., 12:15 p.m., Sept. 29-Dec. 8 Yoga (Be) (#19502)
 Fri., 10:15 a.m., Sept. 30-Dec. 2 Strength (J) (#19499)
 *Fri., 11:15 a.m., Sept. 30-Dec. 2 Yoga (Be) (#19500)

Location: Friendship Center, Room 118

Fee: \$62R/\$67NR/\$42M (10 classes)

Silver and Fit/Silver Sneakers/Forever Fit members free, must pre-register.

Instructor code: (B) Barb, (Be) Becky, (J) Julie

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.

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

REMEMBER TO SCAN YOUR CARD!

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, and leisure activities (Desk hours 7:30 a.m.-1 p.m.)

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.

Scheduled Weekly Activities

- MONDAY** 8:00-9:00 a.m. - Light Aerobics
 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class)
 10:00-11:00 a.m. - Tai Chi
 1:30-2:30 p.m. - Line Dancing (\$3)
- TUESDAY** 8:00-9:00 a.m. - PEPPI/HSIM
 8:30-9:30 a.m. - Free Blood Pressure (1st Tues.)
 8:40 a.m. - Aquacise (\$3/class)
 9:00-11:00 a.m. - Group Knitting & Crocheting
 12:30 p.m. - Cash Bingo
 1:00-2:00 p.m. - Lap Swimming/Walking (\$3)
- WEDNESDAY** 8:00-9:00 a.m. - Light Aerobics
 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class)
 9:00 a.m.-12:00 p.m. - Casual Art Class w/Marty
 10:00-11:00 a.m. - Spanish Class
 12:00 p.m. - Mah Jongg
 1:00-2:00 p.m. - Tai Chi
- THURSDAY** 8:00-9:00 a.m. - PEPPI/HSIM
 8:40 a.m. - Aquacise (\$3/class)
 10:00 a.m. - Scrabble
 10:00-11:00 a.m. - German Class
 10:30-11:30 a.m. - Italian Class
 12:30 p.m. - Group Sewing & Crafting
 1:00-2:00 p.m. - Lap Swimming/Walking (\$3)
 1:30-2:30 p.m. - Line Dancing (\$3)
- FRIDAY** 8:00-9:00 a.m. - Light Aerobics
 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class)
 9:30 a.m. - Bridge Class w/ Mr. Henning
 12:30 p.m. - Group Knitting and Crocheting

Card Playing Daily: 8:00 a.m. - 3:00 p.m.

Bridge and Chess Groups, day/time varies, ask at desk.

Computer lessons available by appointment, ask at desk.

**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

4 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 Visa or Master Card (\$10 minimum) during operating hours at **657-5635**.
 - **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.
 - **NEW! ONLINE** — go to www.friendshipcntr.com to view and register for many of our programs.
1. **Friendship Center members** may register for all programs offered at the Friendship Center beginning Monday, August 29, at 6:00 a.m.
 2. Registration for **Aquatics** programs begins Wednesday, August 31, at 6:00 a.m.
Registration for **all other programs and classes** begins Thursday, September 1, at 6:00 a.m.
 3. No programming discounts will be available.
 4. 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 are not possible after the event. Refunds take about 3 weeks for processing and are mailed to the original payer.
 5. The Friendship Center and the Parks and Recreation Department reserve the right to cancel activities. Full refunds are given for any canceled programs.
 6. Fee Structure: R=Resident, NR=Non Resident, M=Friendship Center Member.
 7. 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, online 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, August 29
Aquatics Programs Wednesday, August 31
All Other Programs Thursday, September 1

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

SAVE THIS SCHEDULE FOR FUTURE REFERENCE!

Friendship Center Members' FREE Classes



2016 FALL SESSION SCHEDULE

— EFFECTIVE SEPTEMBER 26, 2016 —

(Non-Members Walk-in only \$8 per class) Fitness / *Aquatic

Sundays

12:00 pm Yoga

Mondays

8:30 am Senior Spin

9:30 am Light Lifting

9:30 am Dancin to Oldies'

10:30 am Zumba

10:45 am *Aquacise

4:30 pm Low Impact

6:00 pm *Masters Swimming

6:00 pm Combo

7:00 pm Spin Bootcamp

7:00 pm *Aquacise

7:00 pm Abs, Back & Legs

Tuesdays

5:45 am Spin

6:05 am *Aquacise

8:30 am Senior Spin

9:30 am *Aquacise

10:00 am Beginner Yoga

4:30 pm Spin

5:15 pm Metabolic Express

5:30 pm Yoga

6:00 pm 50+ Fitness

6:15 pm Spin

7:00 pm Fit Mix

Wednesdays

8:30 am Senior Spin

9:30 am Lifting Workout

10:30 am Zumba

10:45 am *Aquacise

11:30 am Zumba Gold

2:00 pm Gentle Yoga

4:30 pm Low Impact

6:00 pm Combo

6:30 pm FC-X Live!

7:00 pm *Aquacise

7:00 pm Spin

8:00 pm *Masters Swimming

Thursdays

5:45 am Spin

6:05 am *Aquacise

8:30 am Senior Spin

9:00 am Mix Yoga

9:30 am *Aquacise

10:00 am Zumba

4:30 pm Spin

5:30 pm Beginner Yoga

6:15 pm Spin

6:30 pm Zumba

7:00 pm Fitness Mix

Fridays

6:05 am *Tone that Stomach

8:30 am Senior Spin

9:00 am Zumba

9:30 am *H2O Circuit

Saturdays

8:00 am Chisel

10:30 am Zumba

**** Class schedule subject to change at management's discretion. Members must pre-register or obtain a Drop-in pass for free classes.**

BABYSITTING AVAILABLE - FREE FOR MEMBERS!

Non-Member — \$4 per child per hour

Babysitting Hours: Mon.-Fri., 9 a.m.-12 noon • Mon.-Fri., 4:30-8 p.m. • Sat., 9 a.m.-noon — For more info call 657-5635

www.friendshipcntr.com

WHETHER YOU'RE BUILDING A NEW HOME
OR UPDATING YOUR CURRENT CASTLE...

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Call 717-545-9607

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CWalak@solarcity.com