

Friendship Center

family · fun · fitness

BE OUR GUEST!

Saturday, September 12

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+.

2015 FALL Program Guide



Photos courtesy of Jostenski.com

REGISTRATION BEGINS

FC Members (All FC Programs) — Monday, August 31

Aquatics Programs — Wednesday, September 2 • All Other Programs — Thursday, September 3

Lower Paxton Township Parks and Recreation

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

WELCOME

Friendship Center

Discover fun, new ways to stay fit and active!

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. 30-Sept. 5

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 (7:00 am - 2:00 pm),
 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, 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 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 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.



2015 Membership Rates Categories	Lower Paxton Township Resident Discount Rate	Regular Rate
Youth/Student (13+ OR Full-Time College Student up to 22 years)	\$17.43/mo. (\$209 yr.)	\$18.96/mo. (\$227 yr.)
Adult Single (18+)	\$39.87/mo. (\$478 yr.)	\$44.03/mo. (\$528 yr.)
Adult Couple/Single Parent Family	\$55.42/mo. (\$665 yr.)	\$61.12/mo. (\$733 yr.)
Family	\$62.56/mo. (\$751 yr.)	\$69.45/mo. (\$833 yr.)
Senior Single (60+)	\$30.01/mo. (\$360 yr.)	\$32.90/mo. (\$395 yr.)
Senior Couple	\$44.37/mo. (\$532 yr.)	\$49.30/mo. (\$592 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 Welcome** — We participate in Silver & Fit, Silver Sneakers, Forever Fit, 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.

Open House

Saturday, September 12 from 9am - 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. (#18361)

Date: Saturday, September 12, 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)



Special Program Notes

- ◆ 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 if activities become full.
- ◆ Members must pre-register for selected free classes.
- ◆ 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.
- ◆ 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 to 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.

Employment Opportunities



BE A PART OF THE TEAM THAT PROVIDES FAMILY, FUN AND FITNESS TO THE COMMUNITY!

The Friendship Center is now accepting applications for the following positions:

Babysitting / Facility Monitors / Lifeguards /
Service Desk / Fitness Instructors

ONLINE REGISTRATION

www.friendshipcntr.com

The Friendship Center now offers the convenience of online registration for many of your favorite programs.

If your email address is not in our system, please call the Friendship Center to activate your online account — (717) 657-5635.

FRIENDSHIP FRIDAYS FIRST FRIDAY OF EACH MONTH

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

Friday, Sept. 11 • Friday, Oct. 2 • Friday, Nov. 6

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

FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS

Open Skies Trail Program

Join the Lower Paxton Twp. Greenway Committee and Parks & Recreation Department as they partner with The Life Writes Project for an opportunity to volunteer at Lingle Park on trail maintenance, then create nature writing and digital stories of the work done on the trail. Lunch will be provided; specify turkey, club, or a veggie sub. The event is FREE.

Date: Saturday, August 29, 9 a.m. - 1 p.m. (#18400)

Must pre-register by 8/27! Rain or shine!

Location: Kohl Park - meet at the Tennis Courts

Fee: Free

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. 23, 24, & 25. The fee is \$3 per person.

Pumpkin Carving

Pumpkin carving at George Park from 5-6 p.m. on Sunday, October 25. 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. (#18382)

Lower Paxton Township Trick or Treat

Date: Thursday, October 29, 6 - 8 p.m.

HALLOWEEN CANDY EXCHANGE FREE WORKOUT

FRIDAY, OCTOBER 30

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 Ronald McDonald House.



Friday Family Fun Night



Come out and play for an evening of family fun.

**Enjoy an evening spent swimming
with your family and others, play in the gym
or join the fun classes being held this evening.
Family Lego® Build • Color Me Mine Art Project
Kidding Around Yoga • Family Zumba**

Date: Friday, November 6, 2015 - 5:30-8:30 p.m.

Fee: FREE to Members / \$5 per person non-member

~ 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 4

Holiday Tree Lighting

Date: Friday, December 4 at 7:00 p.m.

Breakfast with Santa

Date: Saturday, December 12 at 9:00 a.m. (#18360)

Fun w/Friends for Freddie

featuring Jim Milbrand/Variety Band

Dance and sing along to the wonderful tunes of the Lower Paxton Variety Band. For singles or couples.

Date: January 23, 2016

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

***2015 PARK PAVILION RENTALS**

Stop in or call ext. 103.

***2015 BALL FIELD / COURT RENTALS**

For 2015 reservation request information please call ext. 109.

Thank You to our FANTASTIC 2015 TGIF
Summer Concert Series Sponsors:



PRESCHOOL ACTIVITIES

2015-16 PRESCHOOL*

Child must meet age requirement by 9/1/15

*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, 2015) Have fun with your toddler while playing, doing simple crafts and activities.

A. Tues., 9:30-10:30 a.m. (9/8/15-6/7/16) (#17700)

B. Fri., 11 a.m.-noon (9/11/15-6/10/16) (#17701)

Fee: (monthly) \$25.50R/\$27.30NR/\$21.00M

*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 (9/8/15-6/7/16) (#17702)

B. Fri., 9:30-10:45 a.m. (9/11/15-6/10/16) (#17703)

Fee: (monthly) \$29.10R/\$30.90NR/\$24.60M

*Twos Together (Age 2)

(Born before 9/1/13) A special day for twos; activities include crafts, fingerplays and a snack.

Thur., 9:30-11:30 a.m. (9/10/15-6/9/16) (#17704)

Fee: (monthly) \$39.00R/\$41.70NR/\$33.60M

*Morning Fun Time (Ages 2½-3)

(Born before 3/1/13) 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. (9/9/15-6/8/16) (#17705)

Fee: (monthly) \$81.30R/\$84.90NR/\$66.00M

*Preschool Pals (Ages 3-4)

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

A. Tue./Thu., 9:30 a.m.-noon (9/8/15-6/9/16) (#17706)

B. Tue./Thu., 1:00-3:30 p.m. (9/8/15-6/9/16) (#17707)

Fee: (monthly) \$91.20R/\$95.70NR/\$76.80M

*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 (9/9/15-6/10/16) (#17708)

B. Tue./Wed./Thu., 1:00-3:30 p.m. (9/8/15-6/9/16) (#17709)

Fee: (monthly) \$126.30R/\$129.90NR/\$103.80M

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. 10-Oct. 15 (#18330)

Session II: Thurs., 9-9:40 a.m., Oct. 29-Dec. 10 (#18331)

Location: Friendship Center, Gym #2

Fee: \$66R/\$69NR/\$53M *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. 10-Oct. 15 (#18332)

Session II: Thurs., 9:45-10:30 a.m., Oct. 29-Dec. 10 (#18333)

Location: Friendship Center, Gym #2

Fee: \$66R/\$69NR/\$53M *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., 10:45-11:30 a.m., Sept. 28-Nov. 2 (#18443)

Mon., 3:15-4 p.m., Sept. 28-Nov. 2 (#18442)

Ages 4-5: Wed., 4-4:45 p.m., Sept. 30-Nov. 4 (#18441)

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

Fee: \$35R/\$38NR

Preschool Dance w/HAD (Ages 3½-6 years)

An intro to dance using ballet, tap, floor stretches and dance moves in a fun, easy class.

Dates: Wed., 6-6:50 p.m., Sept. 16-Oct. 21 (#18379)

Sat., 11-11:50 a.m., Sept. 12-Oct. 17 (#18380)

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

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

Batter UP! w/Ricardo (Ages 3½-6) (4 classes)

Tee-ball clinic with skills, drills, and games.

Dates: Wed., 5:15-6 p.m., Nov. 4-25

Location: Friendship Center, Gym #2

Fee: \$50R/\$53NR/\$45M (#18417)

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

(Must be age 3 as of 3/1/15) Intro to soccer with age-appropriate skills, drills and games.

Dates: Wed., 5:15-6:15 p.m., Sept. 16-30 (#18413)

Wed., 5:15-6:15 p.m., Oct. 7, 21, 28 (#18414)

*Wed, 6:05-6:50 p.m., Nov. 4-25 (#18416)

Location: Kohl Park/ *Friendship Center Gym #2

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

PRESCHOOL / YOUTH & TEEN ACTIVITIES



Check out the kids programs free for members!!



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., Oct. 1-Nov. 12

Location: Friendship Center, Room 112

Fee: \$42R/\$45NR/Members free! (#18313)

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

“KAY” incorporates cardiovascular conditioning, fun, music, plus traditional Yoga benefits; breathing techniques, peace, and deep relaxation. Motivates kids to be active, build confidence, and stay positive.

Dates: Tues., 5:30-6:30 p.m., Sept. 29-Nov. 17

Location: Friendship Center, Room 112

Fee: \$46R/\$49NR/Members free! (8 classes) (#18315)

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. 13 - Dec. 11 (closed 11/3, 11/27)

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

Timbuk™ for Youth w/Ashia (Ages 8-15) (8 classes)

Timbuk dance workout for kids! Get moving to heart thumping music and rhythms.

Dates: Sat., 9:10-9:55 a.m., Oct. 3-Nov. 21

Location: Friendship Center, East Annex

Fee: \$48R/\$51NR/Members free! (#18419)

Celebrate Your Birthday!

AT THE FRIENDSHIP CENTER!

Enjoy 1 hour in the Leisure Pool
with the water features / slide
PLUS 1 hour in a party room!

ONLY \$181 (Max. 40 people)

Price based on FC member rate.

Available: Friday evenings - Saturday or Sunday after 1 p.m.

For more information call 657-5635 ext.115

jgrant@lowerpaxton-pa.gov

SEE PAGE 5 FOR MORE “FREE” FAMILY FUN!

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. 25-Oct. 16 (#18435)

Fri., 4:45-6:15 p.m., Oct. 30-Nov. 20 (#18436)

Location: Friendship Center, Room 112

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

Mixed Media Art for Teens w/Tavia (Ages 12-18)

A variety of creative art projects that will help teen artists develop their critical thinking and technical art-making skills, while also taking inspiration from awesome artists both past and present.

Dates: Mon., 4:45-6:15 p.m., Sept. 28-Oct. 19 (#18439)

Mon., 4:45-6:15 p.m., Nov. 2 -23 (#18440)

Location: Friendship Center, Room 106

Fee: \$72R/\$75NR/\$62M (4 classes)

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. 29-Nov. 3

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

Fee: \$47R/\$52NR (#18550)

Youth Beginner/Advanced Beginner Tennis w/Mo C. (Ages 5-14) (4 classes)

Develop sound tennis fundamentals and agility/balance through instruction and drills. Bring a racquet and water.

Ages 5-9: Sat., 9-10 a.m., Aug. 22-Sept. 26 (#18252)

Ages 10-14: Sat., 10-11 a.m., Aug. 22-Sept. 26 (#18255)

Intermediate/Advanced: Drills and situational/match play to build a well balanced game:

Ages 7-14: Sat., 11 a.m.-12 p.m., Aug. 22-Sept. 26 (#18258)

Location: Brightbill Park

Fee: \$40R/\$45NR Register now!

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 (#18444)

Semi-Private: (max 2): \$130R/\$135NR per person (#18445)

YOUTH AND TEEN (CONT.)

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

Learn the basics which assist in developing a great player.

Ages 5-7: Wed., 5:15-6 p.m., Sept. 30-Nov. 18 (#18340)

Ages 8-12: Wed., 6-6:45 p.m., Sept. 30-Nov. 18 (#18339)

Location: Friendship Center, Gym #3

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

Individual Basketball Instruction w/Lenny (6-40 minute lessons)

Instructor available to provide individual instruction.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym

Private: \$155R/\$160NR/\$135M per person (#18341)

Semi-Private (max 2): \$130R/\$135NR/\$110M pp (#18344)

Individual Agility & Basketball Conditioning Training w/Josiah (6-40 minute lessons)

Works on conditioning, agility, movement on court, foot-work and shooting skills.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym and Fitness Center

Private: \$155R/\$160NR/\$135M per person (#18394)

Semi-Private (max 2): \$130R/\$135NR/\$110M pp (#18396)

***Tri-group (per person):** \$102R/\$107NR/\$82M (#18398)

***Group-Private (class of 4):** \$90R/\$95NR/\$72M per person (#18392) (*must register as group)

"Sample Session" ABC Training w/Josiah

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym and Fitness Center

Fee: \$30R/\$33NR/\$25M (#18391)

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. 5-26

Location: Bumble Bee Hollow

Fee: \$60R/\$63NR (#17896) Register now!

Football Frenzy w/Ricardo (Ages 8-12) (4 classes)

Football games in two-hand touch format.

Dates: Wed., 4:30-5:15 p.m., Sept. 23, 30, Oct. 7, 21

Location: Kohl Park

Fee: \$45R/\$50NR (#18423)

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), Dec. 4-Jan 22

Location: Sports City, 4141 Linglestown Rd.

Fee: \$65R/\$70NR (#18422)

Family Fun Night w/GO STEAM!

Family fun with LEGO®S! Collaborate as a family to construct "stories" using over 1100 LEGO® Storystarter bricks and a tablet computer to make it 'come to life' with characters, backgrounds and props. Or build your own "machines" using LEGO® Simple & Motorized Mechanisms.

The programs conducted by GO STEAM! are not affiliated, sponsored, or endorsed by LEGO® Education or the LEGO® Group.

Date: Friday, 6-8 p.m., November 20

Location: Friendship Center, Room 112

Fee: \$28R/\$31NR/\$23M per family (#18553)

CERTIFICATION CLASSES

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!

Dates: Fri., 6-9 p.m., Nov. 6, 13, 20 plus test Mon., Nov. 23, 7-8:30 p.m. w/Linda B. (#18302)

Sat., 9 a.m.-12 p.m., Nov. 7, 14, 21 plus test Mon., Nov. 23, 7-8:30 p.m. w/Sandi B. (#18301)

Location: Friendship Center, Room 106

Fee: \$63R/\$68NR/\$50M

Healthcare Provider CPR w/South Central EMS (Ages 15+)

Basic Life Support materials are covered such as adult and pediatric CPR, two rescuer scenarios, use of bag valve mask, AED, and barrier devices. Course certification card issued for successfully completing a written and skills exam.

Date: Wednesday, September 16, 6-9 p.m.

Location: Friendship Center, Room 106

Fee: \$50R/\$53NR/\$40M (#18351)

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

American Heart Assoc. Hands-on skills in a low stress environment; for all members of the community. CPR, AED use, and relief of choking for adults, children and infants.

Date: Thursday, September 17, 6-9 p.m.

Location: Friendship Center, Room 106

Fee: \$43R/\$46NR/\$35M (#18352)

**SHALLOW WATER
LIFEGUARDING CERTIFICATION**
(See page 13)

ADULT ARTS & CRAFTS

Make Your Own Art Journal w/Beth (Ages 13+)

Create your own unique book to do art journaling. The pages will be painted and then combined using a basic bookbinding technique. All supplies are included.

Date: Wednesday, Sept. 30, 6:30-9 p.m.

Location: Friendship Center, Room 106

Fee: \$24R/\$27NR/\$20M (#18438)

Art Journaling Class w/Beth (Ages 13+) (6 classes)

The practice of art journaling provides a way to record your personal life experiences while developing your artistic voice through creativity, design and technique. 

Experiment with several mediums and techniques. Some supplies are included; great for scrapbookers too!

Dates: Wed., 6:30-9 p.m., Oct. 7-Nov. 11

Location: Friendship Center, Room 106

Fee: \$78R/\$81NR/\$65M (#18437)

Painting w/Jonathan (10 classes)

For beginners through experienced painters. Group instruction is on oil paint but Jonathan will work individually with other mediums. Basic concepts of sketching, color mixing and painting techniques. Instructor provides oil painting supplies for the first two classes.

Dates: Tues., 6:50-8:50 p.m., Sept. 29-Dec. 1

Location: Friendship Center, Room 109

Fee: \$96R/\$99NR/\$80M (#18334)

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., Sept. 30-Dec. 2

Location: Friendship Center, Room 112

Fee: \$200R/\$210NR/\$180M (#18335)

Card Making Class w/Roxane

Make cards for upcoming holidays and everyday. Bring a pair of tweezers and crafting scissors. Includes 10 cards.

Dates: Mon., Sept. 14, 6-8:30 p.m. All occasion (#18336)

Wed., Oct. 7, 6-8:30 p.m. Fall Holidays (#18337)

Wed., Nov. 18, 6-8:30 p.m. Winter Holidays (#18338)

Location: Friendship Center, Conf. Room

Fee: \$23R/\$26NR/\$19M per class

ADULT FITNESS / TRX

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. 30-Nov. 4 (#18377)

Session II: Wed., 9:30-10:30 a.m., Nov. 11-Dec. 16 (#18378)

Location: Friendship Center, Gym #3

Fee: \$42R/\$45NR/\$35M

Fusion Bootcamp w/Karen (Ages 18+) (12 classes)

A fun challenge. A combo of cardio (i.e. spinning, outdoor cardio), strength (i.e. kettlebells, TRX), and stretching.

***Summer:** Mon./Wed., 6-7 p.m., Aug. 17-Oct. 5

Location: Friendship Center, Room 112

Fee: \$60R/\$63NR/\$50M (#18105) *Register now!

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

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

Session I: Mon./Wed., 6-7 p.m., Oct. 7-Nov. 16 (#18368)

Session II: Mon./Wed., 6-7 p.m., Nov. 18-Dec. 28 (#18370)

Location: Friendship Center, Room 112

Fee: \$70R/\$73NR/\$55M

Stacked w/Karen (Ages 18+) (12 classes)

A small group strength training program designed to make you leaner and stronger; learn form and technique.

***Summer:** Mon./Fri., 8:50-9:30 a.m., Aug. 17-Oct. 5 (#18109)

Fall I: Mon./Fri., 8:50-9:30 a.m., Oct. 9-Nov. 16 (#18373)

Fall II: Mon./Fri., 8:50-9:30 a.m., Nov. 20-Jan. 4 (#18374)

Location: Friendship Center, Fitness Center

Fee: \$60R/\$63R/\$50M *Register now!

Shockwave w/Karen (Ages 18+) (12 classes)

Keeps you in a target heart rate zone to stimulate metabolism, tone and increase energy. For all levels. Workouts switch between rowing, treadmill and the weight room. A functional screening will be performed for new participants.

***Summer:** Mon./Fri., 10:30-11:30 a.m., Aug. 17-Oct. 5 (#18107)

Fall I: Mon./Fri., 10:30-11:30 a.m., Oct. 9-Nov. 16 (#18371)

Fall II: Mon./Fri., 10:30-11:30 a.m., Nov. 20-Jan. 4 (#18372)

Location: Friendship Center, Fitness Center

Fee: \$65R/\$68NR/\$55M *Register now!

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./Thur., 9:15-10 a.m., Sept. 29-Nov. 5 (#18375)

Session II: Tue./Thur., 9:15-10 a.m., Nov. 10-Dec. 22 (#18376)

Location: Friendship Center, Track/Room 112

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

**THE FRIENDSHIP CENTER
WILL BE CLOSED
FOR MAINTENANCE
AUGUST 30 - SEPTEMBER 5**

BODY PUMP™ / SPIN

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., 7:15-8:15 p.m., Sept. 28-Nov. 30 (C) (#18424)

Wed., 9:30-10:30 a.m., Sept. 30-Dec. 2 (MJ) (#18427)

Wed., 7:15-8:15 p.m., Sept. 30-Dec. 2 (J) (#18429)

Thurs., 4:30-5:30 p.m., Oct. 1-Dec. 10 (J) (#18430)

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

Location: Friendship Center, Room 118, *East Annex

Fee: \$60R/\$63NR/\$40M

Friendship FREE Fitness Classes ~ Helpful Tips:

- ★ Pre-register to reserve your spot. Member Registration begins August 31 at 6:00 am.
- ★ Members can drop-in to a Friendship FREE class if space is available. Stop by the Service Desk for a pass.
- ★ Classes are designed for ages 16+. Youth ages 13-15 may register and attend if they are accompanied by a parent.

(Friendship FREE Fitness schedule - see page 20.)



Spinning™ (Ages 16+)

Spinning is an awesome low impact workout — limited space!

Dates: Tues., 6:15-7 p.m., Sept. 29-Dec. 1 (RM) (#18307)

Wed., 7-7:45 p.m., Sept. 30-Dec. 2 (C) (#18308)

Thurs., 6:15-7 p.m., Oct. 1-Dec. 10 (RM) (#18311)

Fee: 1/week (45 mins.) \$60R/\$63NR/Members free!

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

Tues./Thur., 5:45-6:30 a.m., Sept. 29-Dec. 8 (MJ) (#18310)

Tues./Thur., 4:30-5:15 p.m., Sept. 29-Dec. 8 (Mi) (#18305)

Fee: 2/week (45 mins.) \$80R/\$83NR/Members free!

Location: Friendship Center, Room 115

Instructor Code: (MJ) Mary Jo, (RM) Roxane, (C) Carly, (Mi) Michele

Senior Spin w/Anmarie (Ages 50+) (20 classes)

For seniors and/or active adults.

Dates: Mon./Wed., 8:30-9:15 a.m., Sep. 28-Nov. 30 (#18303)

Fri., 8:30-9:15 a.m., Oct. 2-Dec. 4 (#18304) (10 classes)

Location: Friendship Center, Room 115

Fee: \$80R/\$83NR/Members free! (2 day) (Mon./Wed.)

Fee: \$50R/\$53NR/Members free! (1 day) (Fri.)

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., Sept. 28-Dec. 4

Location: Friendship Center, Room 115

Fee: \$84R/\$87NR/\$70M (#18312)

YOGA / PILATES

Yoga Dance w/Ashley (10 classes)

Combine yoga and dance for a fun creative practice. Flow through traditional and non-traditional poses choreographed to music. Develop strength, flexibility and expression. Previous yoga experience is helpful but not necessary.

Dates: Tues., 9-10 a.m., Sept. 29-Dec. 1

Location: Friendship Center, Room 118

Fee: \$75R/\$78NR/Members free! (#18367)

Beginner Yoga (10 classes)

Explore basic fundamental yoga postures: sitting, standing and lying down. An emphasis is placed on relaxation, breathing and the keys of alignment. Bring a yoga mat.

Dates: Tues., 10-11 a.m., Sept. 29-Dec. 1 (A) (#18408)

*Thurs., 5:30-6:30 p.m., Oct. 1-Dec. 10 (V) (#18409)

Instructor Code: (A) Ashley, (V) Venus

Location: Friendship Center, Room 118 /*East Annex

Fee: \$75R/\$78NR/Members free!

Gentle Yoga w/Darren (10 classes)

Slower paced class linking yogic breathing with continuous movement through both seated and standing 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., 1-2 p.m., Sept. 30-Dec. 2

Location: Friendship Center, Room 118

Fee: \$75R/\$78NR/Members free! (#18407)

Mixed Level Yoga (10 classes)

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

Dates: Sun., 12-1 p.m., Oct. 4-Dec. 6 (D) (#18412)

*Tues., 5:30-6:30 p.m., Sept. 29-Dec. 1 (G) (#18410)

Thurs., 9-10 a.m., Oct. 1-Dec. 10 (A) (#18411)

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

Location: Friendship Center, *East Annex/Room 118

Fee: \$75R/\$78NR/Members free!

PilatesStretch w/Terri (10 classes)

Learn to use your core muscles to maintain a healthy spin and flexible muscles through basic Pilates Method exercises and stretching techniques/all levels welcome.

Dates: Wed., 4:00-4:30 p.m., Sept. 30-Dec. 2

Location: Friendship Center, East Annex

Fee: \$35R/\$38NR/\$28M (#18365)

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. 30-Dec. 2

Location: Friendship Center, East Annex

Fee: \$70R/\$73NR/\$48M (#18366)



AEROBICS / ZUMBA / FITNESS (CONT.)

Hoopfit™ w/Kathy (4 classes)

A low impact total body workout with special hula hoops. that make it easier than you think!

Dates: Wed., 7-7:45 p.m., Oct. 7-28

Location: Friendship Center, Gym 3

Fee: \$48R/\$51NR/\$40M (#18431)



Try this fun fitness alternative in our FREE Hoopfit™ workshop!
Wednesday, Sept. 23, 7-7:45 p.m. (#18432)

Low Impact w/Lori (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., Sept. 28-Dec. 2

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#18364)

50 + Fitness (10 classes)

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

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

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#18547)

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. 28-Dec. 2

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#18325)

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

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

Dates: Mon., 7-8 p.m., Sept. 28-Nov. 30

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18324)

Step Conditioning w/Janeal (10 classes)

Single, double or quad step choreography with a segment of hand weights and abs. Keeps you moving.

Dates: Tues., 6-7 p.m., Sept. 29-Dec. 1

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18327)

Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., Sept. 29-Dec. 8

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#18326)

HIIT/Abs w/Olga (10 classes)

High intensity workout plus focus on abs.

Dates: Wed., 6:30-7:30 p.m., Sept. 30-Dec. 2

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#18548)

R.I.P.P.E.D. w/Olga (10 classes)

Total body workout, combining Resistance, Intervals, Plyometrics & Endurance. Fun, safe, and effective.

Dates: Thurs., 6-7 p.m., Oct. 1-Dec. 10

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18323)

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. 3-Dec. 5

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18363)

Timbuk™ Fitness w/Ashia (Ages 16+) (10 classes)

Dance workout in a fun group environment; movements that engage muscles through music of African heritage.

Dates: Sat., 10-11 a.m., Oct. 3-Dec. 5

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#18420)

Zumba™ (Ages 16+) (10 classes)

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

Dates: Mon., Sept. 28-Nov. 30, 10:30-11:30 a.m. (J) (#18316)

Wed., Sept. 30-Dec. 2, 10:30-11:30 a.m. (A) (#18317)

Thurs., Oct. 1-Dec. 10 a.m. (J) (#18321)

*Thurs., Oct. 1-Dec. 17, 6:30-7:30 p.m. (L) (#18318)

Fri., Oct. 2-Dec. 4, 9-10 a.m. (A, J) (#18319)

Sat., Oct. 3-Dec. 5, 10:30-11:30 a.m. (J) (#18320)

Instructor Code: (A) Alicia, (L) Lynn, (J) Julie

Location: Friendship Center, Room 118/*East Annex

Fee: \$60R/\$63NR/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. 30-Dec. 2

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18322)

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

SPORTS / LEISURE

Book Club at the Friendship Center

“Devil in the White City” by Erik Larson.
Free participation. Simply read the book in advance and join us for group discussion.

Date: Tuesday, September 15, 7:00 p.m.

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: Thurs., 10-11 a.m., Oct. 1-Dec. 10

Location: Friendship Center, Room 112

Fee: \$80R/\$83NR/\$52M (10 classes) (#18328)

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. 29-Dec. 1 (#18353)

Thurs., 7-9 p.m., Oct. 1-Dec. 10 (#18355)

-OR- Sat., 8-9:30 a.m., Oct. 3-Dec. 5 (#18354)

Location: Friendship Center, Gym #2/#3

Fee: \$75R/\$80NR/Free to Members!

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. 29-Nov. 3

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

Fee: \$35R/\$40NR (#18551)

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

Geared to develop defensive techniques.

Dates: Weds., 7-8 p.m., Sept. 30-Oct. 21

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

Fee: \$30R/\$33NR (#18549)

September Soups & Salads w/Darren (Ages 16+)

Learn how to cook a gluten and dairy-free vegetarian meal. Class will include a demonstration of delicious, healthy soup, salad & desert recipes with time to enjoy the meal. Recipes and nutritional handouts also included.

Date: Tuesday, Sept. 22, 6-8 p.m.

Location: Friendship Center, East Annex

Fee: \$24R/\$27NR/\$21M (#18552)

Smart Phone 101 w/Sprint

Get to know your “mobile” smartphone better. Basics as well as more involved features will be covered for both Android and Apple smartphones. Free! Must pre-register.

Dates: Wed., Aug. 19, 10-11 a.m. (#18280) 6-7 p.m. (#18281)

Wed., Sept. 23, 10-11 a.m. (#18282) or 6-7 p.m. (#18283)

Wed., Oct. 21, 10-11 a.m. (#18284) or 6-7 p.m. (#18285)

Wed., Nov. 18, 10-11 a.m. (#18286) or 6-7 p.m. (#18287)

Location: Friendship Center, Social Hall

Fee: Free

Pickleball

MONDAY, WEDNESDAY, FRIDAY

EVENING HOURS:

WEDNESDAYS, 7-8:30 p.m.

Members: Free / Non-members: \$4

10:30 a.m.

12:30 p.m.



Winter Adult Volleyball League

Go to: www.lptvolleyball.leagueapps.com for more info. Online Registration for teams Sept. 7-11.

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. 5-26

Location: Bumble Bee Hollow

Fee: \$70R/\$73NR (#17890) Register now!

Adult Beginner through Advanced Level Tennis w/Mo C. (Ages 15+) (4 classes)

Develop sound tennis fundamentals & agility/balance through instruction and drills. Advanced players use drills & situational/match play to build a well balanced game. Bring a racquet and water.

Dates: Sat., 12-1:15 p.m., Aug. 22-Sept. 26

Location: Brightbill Park

Fee: \$45R/\$50NR (#18265) Register now!

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Sept. 29-Dec. 1

Location: Friendship Center, Room 118

Fee: \$42R/\$54NR/Free to Members! (#18362)

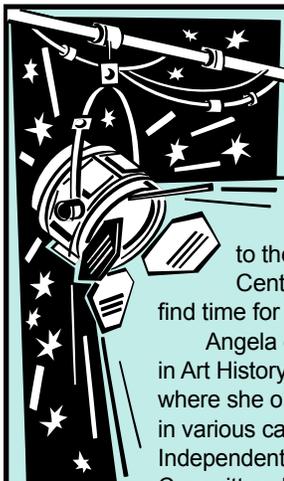
THANK YOU

Arts & Parks 5K Sponsors!



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- Drayer Physical Therapy Institute
- Baptist Resource Network
- Hornungs Ace Hardware
- Gary and Helen Crissman
- Robin and Joe Lindsey
- Sedun Shaklee Independent Distributors
- Brown & Brown of Lehigh Valley
- Lower Paxton Twp. Parks & Recreation & Community Engagement Committee

FAMILY, FUN & FITNESS



FAMILY SPOTLIGHT

~ The Sedun Family ~

Meet the Sedun family Tony and Angela, along with daughters Irene and Barbara, and son Joseph. Angela and Tony Sedun met while participating in a pilgrimage in the Pittsburgh area. They moved to the Harrisburg area in 2007 and have been members of the Friendship Center since 2010. Although they are a very busy family, mom and dad still find time for family fun and fitness.

Angela comes from Illinois and graduated from University of Illinois with a degree in Art History. She went to graduate school in Scranton, PA at Marywood University where she obtained her Masters in Fine Art. In the past, she has been very involved in various campus ministries. Angela works as a Wellness Consultant and Shaklee Independent Distributor. She spends many hours volunteering with the Greenway Committee, Life Writes and the PA Catholic Campus Ministry Association Board.



Tony is from Elizabethtown and attended Millersville University where he received a Bachelor of Science in Education. He then earned his Master's degree in teaching from Penn State University, Harrisburg. Tony teaches English Language Arts at Linglestown Middle School and is the Life Writes Founder and Executive Director.

Their oldest child Irene, 7, plays the violin and plans to do "Girls on the Run" in the fall when she enters 3rd grade. Barbara, 5, will be starting kindergarten which leaves Joseph, 2, to help mom with her busy day. Joseph loves playing anything that involves balls.

The family has many favorites at the Friendship Center including the Annual Arts and Parks 5K, hitting the cardio and strength machines in the fitness center, swimming, spinning, tai chi, aquacise, swim lessons and the fun active times in Kids Korner. All of this as a family.

Why do they keep coming back? The Seduns enjoy the family oriented feel of the Friendship Center. Also, Angela lost 54 pounds through working out here and using Shaklee Nutrition, and feels this is crucial to maintaining her healthfulness. They host the annual reception for the Life Writes students' exhibition at the Friendship Center.

Life Writes students spend time working with reflective writing and art over the summer. This year the Seduns established the "Open Skies" program which involves caring for park trails in the township, and reflective writing about the experience. The program has allowed many aspects of their lives to come together - Life Writes students, Lower Paxton Twp. Greenway Committee members, friends and the community.

For the Seduns, their involvement with the community has become important to their family and the Friendship Center is a fun part of it!

AQUATICS

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: Sept. 11-14; Fri. 5 - 8:30 p.m., Sat., 8 a.m. - 6 p.m., Sun., 12 - 5:30 p.m. & Mon., 5 - 9 p.m.

Location: Friendship Center

Fee: \$210R/\$215NR/\$190M (#18421)

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.

Dates: Sunday, October 18, 1-3:00 p.m. (#18405)

Sunday, December 13, 1-3:00 p.m. (#18406)

Location: Friendship Center, Lap Pool

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

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

ONLINE REGISTRATION

www.friendshipcntr.com

The Friendship Center now offers the convenience of online registration for many of your favorite programs. If your email address is not in our system, please call the Friendship Center to activate your online account — (717) 657-5635.

SWIM LESSONS



FEES FOR GROUP SWIM LESSONS: \$40 M / \$60 R / \$63 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.

Registration begins at 6 a.m.
Mon., Aug. 31 (FC members)
Wed., Sept. 2 (non-members)

SESSION 1:

Saturdays, Sept. 12 - Oct. 17
Sundays, Sept. 13 - Oct. 18
Mondays, Sept. 14 - Oct. 19
Tuesdays, Sept. 15 - Oct. 20
Wednesdays, Sept. 16 - Oct. 21
Thursdays, Sept. 17 - Oct. 22

Registration begins at 6 a.m.
Mon., Oct. 5 (FC members)
Wed., Oct. 7 (non-members)

SESSION 2:

Saturdays, Oct. 31 - Dec. 5
Sundays, Nov. 1 - Dec. 6
Mondays, Nov. 2 - Dec. 7
Tuesdays, Nov. 3 - Dec. 8
Wednesdays, Nov. 4 - Dec. 9
Thursdays, Nov. 5 - Dec. 17

Parent/Tot I (Ages 3 years and under)

Orientation to water awareness and safety. Parent/child.

Tues., 9:30 a.m.	Ses. 1 (#18446)	Ses. 2 (#18451)
Tues., 5:00 p.m.	Ses. 1 (#18447)	Ses. 2 (#18452)
Wed., 9:30 a.m.	Ses. 1 (#18449)	Ses. 2 (#18455)
Sat., 10:10 a.m.	Ses. 1 (#18448)	Ses. 2 (#18453)
Sat., 11:00 a.m.	Ses. 1 (#18450)	Ses. 2 (#18454)

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 (#18457)	Ses. 2 (#18461)
Tues., 5:40 p.m.	Ses. 1 (#18458)	Ses. 2 (#18462)
Wed., 10:10 a.m.	Ses. 1 (#18459)	Ses. 2 (#18463)
Wed., 6:20 p.m.	Ses. 1 (#18456)	Ses. 2 (#18464)
Sat., 9:40 a.m.	Ses. 1 (#18460)	Ses. 2 (#18465)

Twos Tots (Age 2)

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

Mon., 5:40 p.m.	Ses. 1 (#18467)	Ses. 2 (#18470)
Tues., 10:50 a.m.	Ses. 1 (#18471)	Ses. 2 (#18472)
Sat., 11:30 a.m.	Ses. 1 (#18554)	Ses. 2 (#18473)

Tiny Tots (Age 3)

Beginner skill development and water safety.

Mon., 9:30 a.m.	Ses. 1 (#18474)	Ses. 2 (#18480)
Wed., 10:50 a.m.	Ses. 1 (#18479)	Ses. 2 (#18484)
Wed., 5:00 p.m.	Ses. 1 (#18477)	Ses. 2 (#18483)
Thur., 10:10 a.m.	Ses. 1 (#18475)	Ses. 2 (#18481)
Sat., 8:10 a.m.	Ses. 1 (#18476)	Ses. 2 (#18482)
Sat., 10:50 a.m.	Ses. 1 (#18478)	Ses. 2 (#18485)

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

Beginner skill development and water safety.

Mon., 10:10 a.m.	Ses. 1 (#18489)	Ses. 2 (#18498)
Mon., 5:00 p.m.	Ses. 1 (#18486)	Ses. 2 (#18495)
Mon., 6:20 p.m.	Ses. 1 (#18487)	Ses. 2 (#18496)
Tues., 6:20 p.m.	Ses. 1 (#18488)	Ses. 2 (#18497)
Thur., 9:30 a.m.	Ses. 1 (#18490)	Ses. 2 (#18499)
Thur., 5:00 p.m.	Ses. 1 (#18493)	Ses. 2 (#18502)
Sat., 8:50 a.m.	Ses. 1 (#18491)	Ses. 2 (#18500)
Sat., 10:20 a.m.	Ses. 1 (#18494)	Ses. 2 (#18503)
Sun., 12:10 p.m.	Ses. 1 (#18492)	Ses. 2 (#18501)

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 (#18504)	Ses. 2 (#18511)
Tues., 7:00 p.m.	Ses. 1 (#18509)	Ses. 2 (#18517)
Wed., 5:40 p.m.	Ses. 1 (#18505)	Ses. 2 (#18512)
Thur., 5:40 p.m.	Ses. 1 (#18506)	Ses. 2 (#18513)
Sat., 8:20 a.m.	Ses. 1 (#18510)	Ses. 2 (#18514)
Sat., 9:30 a.m.	Ses. 1 (#18507)	Ses. 2 (#18515)
Sun., 12:50 p.m.	Ses. 1 (#18508)	Ses. 2 (#18516)

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 (#18518)	Ses. 2 (#18523)
Thur., 10:50 a.m.	Ses. 1 (#18520)	Ses. 2 (#18525)
Thur., 6:20 p.m.	Ses. 1 (#18519)	Ses. 2 (#18524)
Sat., 9:00 a.m.	Ses. 1 (#18521)	Ses. 2 (#18526)
Sun., 1:30 p.m.	Ses. 1 (#18522)	Ses. 2 (#18527)

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 (#18531) Ses. 2 (#18532)

Sat., 11:40 a.m. Ses. 1 (#18529) Ses. 2 (#18530)

Dolphins

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

Thur., 5:30 p.m. Ses. 1 (#18533) Ses. 2 (#18536)

Sun., 2:10 p.m. Ses. 1 (#18534) Ses. 2 (#18535)

Eels

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

Thur., 6:10 p.m. Ses. 1 (#18537) Ses. 2 (#18539)

Sun., 2:10 p.m. Ses. 1 (#18538) Ses. 2 (#18540)

Starts and Turns (Ages 8 & up) (8 classes)

Pre-requisite: Dolphins or Eels or on a swim team. Increase competitiveness by improving starts on and off the blocks and perfecting turns for the different strokes.

Sun., 2:50 p.m. Ses. 1 (#18543) Ses. 2 (#18544)

Adult Learn to Swim (Ages 16 and up)

Basic skills of swimming.

Thur., 7:00 p.m. Ses. 1 (#18541) Ses. 2 (#18542)

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: \$190R/\$200NR/\$140M (#18555)

***Semi-Private (per person):** \$128R/\$133NR/\$98M (#18558)

***Tri-group (per person):** \$121R/\$126NR/\$86M (#18561)

***Group-Private (class of 4):** \$115R/\$120NR/\$75M per person (#18564) (*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. 29-Nov. 17 (#18433)

Fri., 1-3 p.m., Oct. 2-Nov. 20 (#18434)

Location: Friendship Center, Leisure Pool/Gym #1

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

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

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., Sept. 28-Dec. 2

Location: Friendship Center, Lap Pool

Fee: \$80R/\$83NR/Members free! (#18357)

Whole Body Workout w/Roxane (20 classes)

Each class builds on the next using various types of equipment. Tone and build cardio strength. Boot-camp style.

Dates: Tues./Thurs., 6:05-7:05 a.m., Sept. 29-Dec. 8

Location: Friendship Center, Therapy Pool

Fee: \$80R/\$83NR/Members free! (#18359)

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., Oct. 2-Dec. 4

Location: Friendship Center, Therapy Pool

Fee: \$60R/\$63NR/Members free! (#18356)

Aquacise w/Bonnie (20 classes)

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

Dates: Tues./Thurs., 9:30-10:30 a.m., Sept. 29-Dec. 8

Location: Friendship Center, Lap Pool

Fee: \$80R/\$83NR/Members free! (#18358)

Aqua Flow and Balance w/Jo (10 classes)

Stretching and range of motion exercises promoting balance, flexibility, coordination and relaxation.

Dates: Mon., 10:45-11:45 a.m., Sept. 28-Nov. 30 (#18546)

Fri., 10:45-11:45 a.m., Oct. 2 - Dec. 4 (#18545)

Location: Friendship Center, Therapy Pool

Fee: \$60R/\$63NR/\$40M

Aquatic Arthritis w/Mary Jo (10 or 20 classes)

Range of motion exercise for flexibility/coordination.

Dates: Tue./Thu., 10:45-11:45 a.m., Sept. 15-Nov. 19 (#18567)

Wed., 10:45-11:45 a.m., Sept. 23-Nov. 25 (#18568) (10 classes)

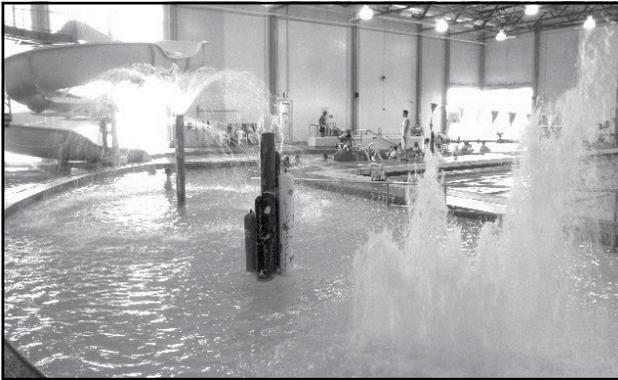
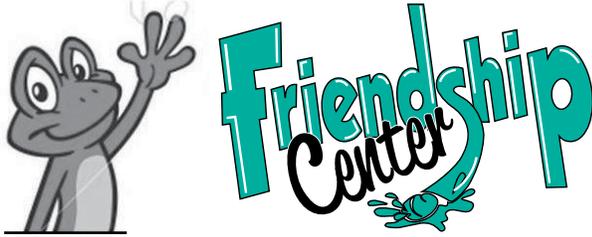
Location: Friendship Center, Therapy Pool

Fee: \$80R/\$83NR/\$55M (20 classes)

Fee: \$40R/\$43NR/\$28M (10 classes)

**THE FRIENDSHIP
CENTER
WILL BE CLOSED
FOR MAINTENANCE
AUGUST 30 - SEPTEMBER 5**

RENTALS



Party Packages Available

April 1 - October 31

3 HOUR PARTY PACKAGE

Splash n' Dash: \$229M/\$274R/\$295NR

Stay n' Play: \$216M/\$260R/\$280NR

Kids Swim & Indoor Gym: \$257M/\$308R/\$331NR

2 HOUR POOLSIDE PACKAGE

Deck Side Fun: \$324M/\$350R/\$375NR

(30 person limit)

A LA CARTE RATES / HOUR

Leisure Pool: \$131M/\$156R/\$169NR

Basketball Court: \$66M/\$79R/\$80NR

Multi-Purpose Room: \$50M/\$61R/\$65NR

*Submit your request early!
2 week advance notice required.*

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.

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

Customized Exercise Program w/Bentz

Certified personal trainer will design and teach a written exercise program that meets your fitness and wellness goals. Includes initial consult, exercise prescription including sets and reps plus one hour of instruction.

Date: By appointment at Friendship Center

Fee: \$50M/\$60R/\$63NR (#17909)

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

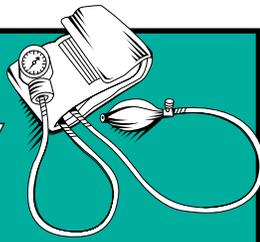
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FOREVER FIT & PRIME**

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covers a membership to the
Friendship Center — 657-5635*

WELLNESS

SPECIAL!
EVERY TUESDAY
& THURSDAY



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. / Thursdays, 4-6 p.m.

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. It can be influenced by factors such as age, gender, body weight, hormones, and medications. Drayer Physical Therapy Institute offers metabolic testing. It determines an individual's unique caloric budget, an essential component to weight management. 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 (#18329)

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.

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

Chair Massage

\$1 Per Minute (When Available)



Jami



Richard

Employee Spotlight!



Lynn Wuestner has been an active leader of the Friendship Center team since its inception over 15 years ago. Thank you Lynn for all of your dedication and efforts!

Friendship Center Members of the Month



Janet Banks



Craig Miller

Pro-Optix

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Dr. David J. Bryden
Optometrist

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ACTIVE ADULTS & SILVER AND FIT™

ARE YOU READY TO TRY SOMETHING NEW?

CHECK OUT:

September Soups & Salads p.12

Lifeguarding (Ideal for active retirees) p. 13

Tai Chi p. 12

Friendship Center Book Club p.12

Art Journaling Class p. 9

Zumba Gold p. 11

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. 29-Dec. 1 Strength (B) (#18383)

*Tues., 11:15 a.m., Sept. 29-Dec. 1 Yoga (Be) (#18387)

*Tues., 12:30 p.m., Sept. 29-Dec. 1 Yoga (Be) (#18388)

Thurs., 8 a.m., Oct. 1-Dec. 10 Strength (B) (#18384)

Thurs., 11:15 a.m., Oct. 1-Dec. 10 Strength (J) (#18385)

*Thurs., 12:15 p.m., Oct. 1-Dec. 10 Yoga (Be) (#1839)

Fri., 10:15 a.m., Oct. 2-Dec. 4 Strength (J) (#18386)

*Fri., 11:15 a.m., Oct. 9-Dec. 11 Yoga (Be) (#18390)

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/\$40M (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 31, at 6:00 a.m.
2. Registration for **Aquatics** programs begins Wednesday, September 2, at 6:00 a.m.
Registration for **all other programs and classes** begins Thursday, September 3, 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, 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 31
Aquatics Programs Wednesday, September 2
All Other Programs Thursday, September 3

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



2015 FALL SESSION SCHEDULE

— EFFECTIVE SEPTEMBER 28, 2015 —

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

Sundays

12:00 pm Yoga

Mondays

8:30 am Senior Spin

10:30 am Zumba

4:30 pm Low Impact

6:00 pm 50+ Fitness

6:00 pm *Masters Swimming

6:00 pm Combo

7:00 pm *Aquacise for Fun

7:00 pm Abs, Back & Legs

Tuesdays

5:45 am Spin

6:05 am *Whole Body Wkout

9:00 am Yoga Dance

9:30 am *Aquacise

10:00 am Beginner Yoga

4:30 pm Spin

5:30 pm Yoga

6:00 pm Step & Muscle Cond.

6:15 pm Spin

7:00 pm Fit Mix

Wednesdays

8:30 am Senior Spin

10:30 am Zumba

11:30 am Zumba Gold

1:00 pm Gentle Yoga

4:30 pm Low Impact

6:00 pm Combo

6:30 pm HIIT / Abs

7:00 pm *Aquacise for Fun

7:00 pm Spin

8:00 pm *Masters Swimming

Thursdays

5:45 am Spin

6:05 am *Whole Body Wkout

9:00 am Yoga

9:30 am *Aquacise

10:00 am Zumba

4:30 pm Spin

5:30 pm Beginner Yoga

6:00 pm R.I.P.P.E.D.

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

Saturdays

8:00 am Sat. Morning Chisel

10:00 am Timbuk Fitness

10:30 am Zumba

**** Class schedule subject to change at management's discretion**

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

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