

WYRec

WEST SHORE RECREATION
COMMISSION

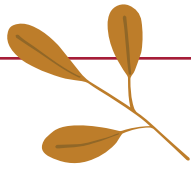
www.westshorerec.org

REGISTRATION
BEGINS AUGUST 25

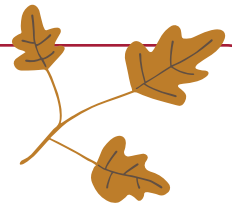
NON-RESIDENT SEPTEMBER 1



FALL 2022



FALL 2022



Check out some program highlights for the Fall 2022 season:

- **STEAM Afterschool Programs** – We have multiple after-school STEAM programs being offered at several elementary schools starting in September. In addition, there are Saturday morning and Friday evening options!
- **Active Wellness for Adults** – Don't wait until the new year to get in better shape! Start now with one or more of our active wellness classes such as: Body Toning, Salsatone, Yoga, Pilates, Tai Chi and many others! If water exercise is more your style, we have Aquacise, HydroHike and AquaFit.
- **Active Wellness for Kids** – Get your toddlers active with the always popular Kinder Gym, Tots, Dance or the new Fitness, Phonics and Fun program. For the slightly older kids who love gymnastics we have Beginner and Intermediate Tumbling, Ninja Obstacle Fun and more!
- **Trips** – Experience the beauty of the season by touring the Longwood Gardens Christmas Display. If Motown music interests you, we have a trip to Mt. Airy Casino Resort with tickets to their Merry Motown Christmas show. Check out the Trips page for more information.

WISHING EVERYONE A SAFE, HEALTHY AND HAPPY FALL AND HOLIDAY SEASON!



West Shore Rec offers registration on the Internet for selected programs (designated throughout the brochure with a  symbol). There is a convenience fee to use this registration option.

Visit <https://apm.activecommunities.com/westshorerec>



Register Online

go!

FIRST DAY OF REGISTRATION: AUGUST 25

So that everyone has a chance to receive this brochure and time to make activity selections, the first day registrations will be accepted is **Thursday, August 25th at 8:30 a.m.** for residents of participating communities in West Shore Rec.

Non-residents may register September 1st or the day before the program begins (whichever is sooner).

PROGRAM REGISTRATION

Participants must pre-register for all programs. No one will be allowed to sign up at the program site. Contact the recreation office at 717-920-9515 if you have any questions.

*** Sorry, we cannot accept registrations or cancellations by e-mail or fax.**

TWO PRICES?

Residents of participating municipalities (Fairview & Lower Allen Townships, New Cumberland, Lemoyne, Goldsboro and Lewisberry Boroughs) receive a discount on programs. The first price listed is for all others. Please note some programs have an additional WSSD Facility Use Fee.

MAKE-UP DATES

West Shore Rec makes every attempt to reschedule classes canceled due to inclement weather and other circumstances outside of its control. The make-up is usually rescheduled just after the original ending date. No refunds will be given for unattended make-up classes.

CONTACT WEST SHORE REC

717-920-9515 wsrec@wsrec.org westshorerec.org

OFFICE HOURS

Monday through Friday, 8:30 am to 4:30 pm. Closed on holidays and Fridays in November and December: September 5, November 4, 11, 18, 25, December 2, 9, 16, 23, 30, January 2. The Recreation Office is located inside the WSSD Administration Building (507 Fishing Creek Rd). Rec Office entrance is near the flag pole.

ACTIVITY CANCELLATIONS

Call 717-920-9515 and press 3 to check on activity status.

In the case of inclement weather, any activity updates will be posted on the automated phone system unless otherwise specified. We ask that you call our office to check on weather related activity cancellations by dialing 717-920-9515 and pressing the number 3 on the main menu.

AUTOMATED PHONE SYSTEM DIRECTORY

Here is what is available to you when you call our number 717-920-9515.

Press 1	Register or inquire about a program
Press 2	Office location information
Press 3	Activity cancellations
Press *	Staff directory

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MISSION STATEMENT

West Shore Recreation Commission, based on an agreement of inter-governmental cooperation, is dedicated to enriching lives by providing quality recreational and leisure-time opportunities for all residents.

AQUATICS

UNLESS STATED OTHERWISE, ALL AQUATIC PROGRAMS ARE HELD AT THE WEST SHORE NATATORIUM
LOCATED AT RED LAND HIGH SCHOOL ON FISHING CREEK ROAD, FAIRVIEW TOWNSHIP.

FAMILY AND MULTI-AGE ACTIVITIES

REC SWIM

Great for family fun or individual fitness workouts. One lane is reserved for lap swimming on the weekend. Pay at the door or save 23% by purchasing a Rec Swim Punch Card. A Punch Card never expires and can be used for the whole family.

Fall Rec Swim: Sundays, 2-5 pm
September 11 – January 29*

Lap Swim Only: Mondays & Wednesdays, 7-8 pm
September 7 – November 2

Admission Options:

A. Pay As You Go: Weekend - \$5; Weeknight - \$2

B. Punch Card: \$26; *discounted resident rate: \$20*

***Please note** - No Rec Swim on November 27, December 25 and January 1. Other dates are subject to change for staffing, emergency, maintenance or other reasons outside our control.

WHEE SWIM

Enjoy special one-on-one time with your child! Our instructor will help you and your child feel comfortable and safe in the water while practicing movements to prepare him or her for swimming strokes. One parent/guardian in the water is necessary...two are welcome! Children must wear swim diapers. Instructor: Sarah Wulfers.

Sundays, September 18 – October 23

A. 6-18 months: 5:00-5:30 pm

B. Age 1: 5:30-6:00 pm

C. Age 2: 6:00-6:30 pm

D. Age 3-4: 6:30-7:00 pm

E. Age 3-4: 7:00-7:30 pm

Cost: \$68; *discounted resident rate: \$52*



YOUTH ACTIVITIES

WATER OTTERS

A class for 4 year olds! Designed for children to explore their water readiness prior to enrolling in Level 1 at age 5. Children must have some water experience and be able to engage in a small group without parental assistance. Instructed by a certified water safety instructor, but no certification given.

Tuesdays & Thursdays, 6:00-6:35 pm

A. September 6-29

B. October 4 – November 3 (no 10/25, 10/27)

Cost: \$69; *discounted resident rate: \$53*

**REGISTRATION BEGINS
AUGUST 25**

YOUTH SWIM LESSONS

Youth 5-15 years are encouraged to learn water safety and enhance their water enjoyment, progressing from level 1 through 6 in the American Red Cross water safety program. **Indicate level needed on the registration form.** *You may enroll in one section only until September 30.* Instructed by certified water safety instructors.

Tuesdays & Thursdays, September 6-29

A. Level 1 6:00-6:35 pm

B. Level 1 or 2 6:40-7:15 pm

C. Level 2, 5 or 6 7:20-7:55 pm

Tuesdays & Thursdays, October 4 – November 3

(no 10/25, 10/27)

D. Level 1 6:00-6:35 pm

E. Level 1 or 2 6:40-7:15 pm

F. Level 3 or 4 7:20-7:55 pm

Cost: \$69; *discounted resident rate: \$53*

American Red Cross Swim Level Descriptions

Level 1 – Introduction to Water Skills: Includes floating, kicking, and arm action.

Level 2 – Fundamental Aquatic Skills: Expand on fundamental aquatic locomotion including combined strokes on front and back and rhythmic breathing.

Level 3 – Stroke Development: Increase swimming skills including elementary backstroke and deep water skills.

Level 4 – Stroke Improvement: Develop confidence and competency beyond proceeding levels, including breaststroke, sidestroke, and diving.

Level 5 – Stroke Refinement: Coordinate and refine key strokes; introduce butterfly stroke, open turns, and feet-first surface dive.

Level 6 – Swimming and Skill Proficiency: Polish strokes to swim with more ease, efficiency, power, and smoothness over greater distances.

DIVING LESSONS – Beginner to Advanced

Enhance your fun at the swimming pool by improving your dive! Learn the fundamentals of springboard diving techniques: approach and hurdle, front dives, back jumps, back dives and basics of a front flip. Springboard diving safety precautions will also be covered. For ages 8-17 who can swim a minimum of 25 yards. Certified diving coach: Eric Bomberger.

Mondays & Thursdays

September 19 – October 20

Beginner/Intermediate Diving: 5:00-6:00 pm

Cost: \$73; *discounted resident rate: \$56*

Intermediate/Advanced Diving: 6:00-7:30 pm

Cost: \$112; *discounted resident rate: \$86*

AQUATICS

ACTIVITIES FOR ADULTS 16+

ADULT SWIM LESSONS

It's never too late to learn how to swim whether for safety reasons or fun and fitness! Join our water safety instructor in this small group setting with other adults where you will learn to become comfortable in the water. For those ready for the next level, we will introduce floating techniques and basic strokes.

Thursdays, 8:00-8:30 pm

September 22 – October 20

Cost: \$84; *discounted resident rate: \$65*

LIFEGUARD INSTRUCTOR REVIEW COURSE

This course is designed to update your Lifeguard Instructor and Instructor Trainer certification with online, classroom and in-water skill review. The online portion must be completed prior to October 22. After registration you will receive an email with instructions on completing the online portion of the program. This course must be completed once every two years to uphold your instructor/instructor trainer certification. Renewal of your Lifeguard Certification will be available for an additional fee. More program information available at wsrec.org/aquatics. Instructor: Kathy Wulfers

Saturday, October 22, 9:00 am – 6:00 pm

Cost: \$143; *discounted resident rate: \$110*

LIFEGUARD REVIEW

Attention all current lifeguards! Only individuals with a Lifeguarding certificate that is 30 days or less beyond the expiration date may participate in a review course so make sure you recertify now. If you let your certification lapse you will need to retake the entire course. You must be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing, tread water for 2 minutes using only the legs, and complete a timed event. The timed event involves retrieving a brick in deep water and swimming it to a designated spot within 1 minute, 40 seconds. This mandatory pre-requisite testing will occur on the first day of class. Anyone who fails the swim test will receive a refund of one half their registration fee. Students will review all skills and then must successfully demonstrate proper techniques and pass the written exams to obtain recertification. Bring your swimsuit to every class. Instructor: Kathy Wulfers.

Saturday, 9 am-4 pm

Sunday, 9 am-2 pm

December 17 & 18

Cost: \$154; *discounted resident rate: \$119*

AQUAFIT

Get the best of both worlds in this liquid environment. Start in the deep and end in the shallow. Get a full body workout with intervals, circuit training (stations), core strengthening and everything in between. Let's keep it moving!!! You must be comfortable in the deep water and wear a flotation belt. Instructor: Nancy Fink.

Sundays, 1-2 pm

September 11 – November 13

Cost: \$66; *discounted resident rate: \$51*

AQUACISE

Looking for something to keep that energy going into the fall? Try this shallow water exercise experience as you test your core strength, build your cardio fitness and improve your muscle tone. Great for the beginner and those who enjoy a bit of a challenge. We use resistance equipment for this multi-level class and you don't have to know how to swim. Join the fun!

Instructor: Nancy Fink.

Mondays & Wednesdays, 7-8 pm

A. September 7-28

Cost: \$47; *discounted resident rate: \$36*

B. October 3 – November 2

Cost: \$66; *discounted resident rate: \$51*



HYDRO HIKE

Toning, flexibility, strength building, cardio challenging....all done in the deep water while wearing a flotation belt. Challenge your body to a new fitness level and you'll notice a difference in just a few weeks! All participants must be comfortable in the deep water. Join instructor Nancy Fink for this multi-level class.

Mondays & Wednesdays, 8-9 pm

A. September 7-28

Cost: \$47; *discounted resident rate: \$36*

B. October 3 – November 2

Cost: \$66; *discounted resident rate: \$51*

For Three Generations We've Been Here



Over the past 50 years of serving our community, we've grown and changed to meet the needs of the families we serve. But the one thing that we haven't changed is our family tradition of caring. You can count on us to help you honor the lives of your loved ones.


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Gilbert J. Parthemore, Supervisor

717-774-7721

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ACTIVE WELLNESS

CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

YOUTH ACTIVITIES

KINDER TOTS

Designed especially for two year olds. Includes movement, music, fitness and fun! Blending of color, numbers and shape learning right into the class. Child must be 2 years of age prior to class. Parental assistance may be needed. Instructor: Kinderdance.

Tuesdays, 6:15-6:45 pm

A. September 13 – October 11

Fishing Creek Elementary School – bldg. I cafeteria

Thursdays, 5:30-6:00 pm

B. September 15 – October 13

C. November 3 – December 8 (no 11/24)

West Shore Senior Center – 122 Geary Ave,
New Cumberland

Cost: \$53; *discounted resident rate: \$41*

KINDER GYM

Boys and girls 3-5 years will be introduced to tumbling and the pre-apparatus skills of gymnastics. Emphasis is on coordination and exercise. Child must be minimum age prior to the class.

Instructor: Kinderdance.

Tuesdays

A. September 13 – October 11, 6:55-7:40 pm

B. November 1 – December 6 (no 11/22), 7:10-7:55 pm

Fishing Creek Elementary School – bldg. I cafeteria

Thursdays, 6:10-6:55 pm

C. September 15 – October 13

D. November 3 – December 8 (no 11/24)

West Shore Senior Center – 122 Geary Ave,
New Cumberland

Cost: \$75; *discounted resident rate: \$58*

KINDERDANCE

Start your preschooler off on the right foot. The focus is on coordination, movement, and exercise to music for 3-5 year old children. This class includes an introduction to ballet, tap, and acrobatics. Ballet shoes are optional; tap shoes are recommended or dress shoes that make sound. Child must be 3 years of age prior to the first class. Parental assistance is not needed.

Instructor: Kinderdance.

Tuesdays, 6:15-7:00 pm

A. November 1 – December 6 (no 11/22)

Fishing Creek Elementary School – bldg. I cafeteria

Thursdays, 7:05-7:50 pm

B. September 15 – October 13

C. November 3 – December 8 (no 11/24)

West Shore Senior Center – 122 Geary Ave,
New Cumberland

Cost: \$75; *discounted resident rate: \$58*

YOUTH SPORTS PREP

Ages 4-6 & 7-11 will learn the basics of a variety of sporting activities while working on hand-eye coordination and physical fitness too. The age 4-6 class welcomes ONE parent to accompany each child in the class so that they can help and have fun with them at the same time! The age 7-11 class will be for the enrolled child only. Participants will be led through a mix of climbing, throwing, jumping, hitting, kicking, and balancing sport exercises. Instructor: Youth Rec Center Staff.

Tuesdays, 5:30-6:15 pm

Ages 4-6

A. September 6-27

B. November 1-22

Ages 7-11

C. October 4-25

D. January 10-31

West Shore Youth Recreation Center – 25 Utley Dr.,
Suite 500, Camp Hill

Cost: \$81; *discounted resident rate: \$62*

INTRO TO CHEERLEADING

Each week ages 6-12 will learn a different skill involved in cheerleading. These areas include: jumps, stunts, motions, tumbling and dance. Instructor: West Shore Shock Cheerleading.

Wednesdays, 7:00-7:45 pm

A. September 7-28

B. October 5-26

C. November 2-30 (no 11/23)

West Shore Youth Recreation Center – 25 Utley Dr.,
Suite 500, Camp Hill

Cost: \$70; *discounted resident rate: \$54*

PRESCHOOL TUMBLING

Boys and girls ages 4-6 will have fun learning basic gymnastic tumbling skills including cartwheels, round offs, walkovers and more. Exercises to increase core strength and coordination will be included in this introductory course as well. Instructor: Youth Rec Center Staff.

Mondays, 5:30-6:15 pm

A. September 12 – October 3

B. October 10-31

C. November 7-28

D. January 9-30

West Shore Youth Recreation Center – 25 Utley Dr.,
Suite 500, Camp Hill

Cost: \$81; *discounted resident rate: \$62*



Minimal class size-to-educators ratios
Friendly knowledgeable staff
We sell dancewear!

Classes offered:

- Pre-Ballet · Ballet/Pointe
- Tap · Jazz · Hip Hop · Tumbling
- Competition Team
- Contemporary/Modern

Register today for the
2022/23 Dance Season!

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717-920-9515
WWW.WESTSHOREREC.ORG

ACTIVE WELLNESS

NEW FITNESS, PHONICS & FUN

Each week grades K-3 will participate in reading and writing paired with physical activity. Games, toys, and music will coincide with the weekly reading and writing! If your child is new to, needs more engagement or already has a love for books and writing this class is for them! Instructor: Youth Rec Center Staff.



Thursdays

September 8-29

A. 5:00-5:45 pm

B. 6:00-6:45 pm

October 6 – November 3 (no 10/27)

C. 5:00-5:45 pm

D. 6:00-6:45 pm

November 10 – December 8 (no 11/24)

E. 5:00-5:45 pm

F. 6:00-6:45 pm

West Shore Youth Recreation Center – 25 Utley Dr.,

Suite 500, Camp Hill

Cost: \$81; *discounted resident rate: \$62*

NINJA OBSTACLE FUN

Come find your inner Ninja Warrior! Ninjas will work to improve core strength, agility, balance and more while training on an obstacle course! Instructor: Youth Rec Center Staff.

Tuesdays

September 6-27

A. Ages 5-7, 6:30-7:15 pm

B. Ages 8-12, 7:15-8:00 pm

October 4-25

C. Ages 5-7, 6:30-7:15 pm

D. Ages 8-12, 7:15-8:00 pm

November 1-22

E. Ages 5-7, 6:30-7:15 pm

F. Ages 8-12, 7:15-8:00 pm

January 10-31

G. Ages 5-7, 6:30-7:15 pm

H. Ages 8-12, 7:15-8:00 pm

West Shore Youth Recreation Center – 25 Utley Dr.,

Suite 500, Camp Hill

Cost: \$81; *discounted resident rate: \$62*

WUSHU – New Time!

For ages 4-7. Class plants the seeds to help students build a successful future. We use skill games to build strength, coordination, and teach the value of following directions. CMA West provides a safe, fun environment for students to make friends & build values that will last a lifetime. Instructor: Andres Gutierrez & staff.

Mondays, 5:30-6:00 pm

A. September 12 – October 17

B. November 7 – December 12

CMA West, 1104 Carlisle Rd, Suite 145 (near CCHS)

Cost: \$85; *discounted resident rate: \$65*

YOUTH EQUINE ACTIVITIES

All equine activities will be held at Total Equine Learning Center: 1206 S. Market St in Mechanicsburg, PA. Long pants are required. More details at www.westshorerec.org. Instructor: Joanne Hocker.

A. Mini Horsemanship

Enjoy pony rides and receive grooming instruction for some fun at the barn! Ages 4-12.

Sunday, September 11, 1:30-3:00 pm

Cost: \$60; *discounted resident rate: \$46*

B. Youth Horsemanship

For ages 7-14 to learn the basics of horsemanship, riding technique and safety. Participate in grooming and tacking activities. Riding helmet required.

Saturdays & Sundays, 1:30-3:00 pm

Sept. 24 & 25; Oct. 2, 8, 9, 15 (no 10/1)

Cost: \$433; *discounted resident rate: \$333*

C. Pony Rides

Children ages 3-12 can enjoy riding ponies! This group setting will allow children the opportunity to comfortably acquaint themselves with ponies in a well supervised environment. Farm has an indoor & outdoor riding ring, so come rain or shine.

Sunday, October 16, 1:30-3:30 pm

Cost: \$60; *discounted resident rate: \$46*

D. Stick Pony Project & Show

For ages 4-10. On Sat. participants will be crafting to create their very own stick pony. You will need to bring a sock but all other materials will be provided. Sunday will be a "show" for you to win ribbons and have fun with your stick pony.

Saturday, 1:30-3:30 pm & Sunday, 1:30-4:00 pm

November 12 & 13

Cost: \$101; *discounted resident rate: \$78*

E. Ponies At Christmas

Children ages 3-12 can enjoy riding ponies! No educational session. The ponies will be in costumes of the season and light refreshments will be available. Come and enjoy the barn at the holidays!

Sunday, December 4, 1:30-3:30 pm

Cost: \$68; *discounted resident rate: \$52*

BEGINNER TUMBLING

Boys and girls ages 6-12 will have fun learning basic gymnastic tumbling skills including cartwheels, round offs, walkovers and more. Exercises to increase core strength and coordination will be included in this introductory course as well. Instructor: Youth Rec Center Staff.

Mondays, 7:15-8:15 pm

A. September 12 – October 3

B. October 10-31

C. November 7-28

D. January 9-30

West Shore Youth Recreation Center – 25 Utley Dr.,

Suite 500, Camp Hill

Cost: \$81; *discounted resident rate: \$62*

ACTIVE WELLNESS

☪ INTERMEDIATE TUMBLING

This class for ages 8-18 is designed to teach intermediate and advanced gymnastic tumbling skills including tucks, layouts, aerials, and more. Participants **MUST** be able to perform an unassisted forward roll, cartwheel and round off to join this class, otherwise you will be moved to the beginner class. Exercises to increase core strength and coordination will be covered as well.

Instructor: Youth Rec Center Staff.

Mondays, 6:15-7:15 pm

A. September 12 – October 3

B. October 10-31

C. November 7-28

D. January 9-30

West Shore Youth Recreation Center – 25 Utley Dr.,

Suite 500, Camp Hill

Cost: \$81; *discounted resident rate: \$62*

ACTIVITIES FOR ADULTS 18+

☪ BODY TONING

Body Toning is an overall workout designed to target major and minor muscle groups. This workout is a creative and fun way to work on muscular endurance and strength training. Class will consist of a quick warm up followed by concentration on arms, legs, and abs.

Please bring a towel, mat, water and handheld weights.

Instructor: Renae Calhoun.

West Shore Senior Center – 122 Geary Ave,

New Cumberland

Tuesdays, 5:30-6:30 pm

A. September 13 – October 25

B. November 8 – December 20

Cost: \$48; *discounted resident rate: \$37*



☪ BOOTY BARRE*

Barre encompasses adding pilates and dance movements to your workout to lift your body. This is done using a chair and a mat. Small weights are also added for muscle strength and endurance. The movements can be slow and controlled or fast and energetic. This workout will align your body and lift your muscles. Emphasis will be on your gluteal muscles. The workout will change weekly. Please bring a mat and light weights to class. Instructor: Marisa Stipe. **see note at bottom of page 9*

Lemoyne Borough - community room - 510 Herman Ave
Saturdays, 8:25-8:55 am

A. September 10 – October 22

B. October 29 – December 10

Cost: \$39; *discounted resident rate: \$30*

Tuesdays, 7:15-7:45 pm

C. September 13 – October 25

D. November 1 – December 20 (no 11/8)

Cost: \$39; *discounted resident rate: \$30*

☪ CARDIO STEP

A Bench aerobic activity with movements ranging from simple to advanced. The class will start with a warm up, followed by choreographed routines on a step incorporating multiple levels of cardio, then finishing with conditioning and toning of your core, abdominals, and upper body. Please bring a mat, water and light/medium hand held weights.

Instructor: Melanie Bryant & Renae Calhoun.

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,

New Cumberland

Mondays, 5:30-6:30 pm

A. September 12 – October 24

Cost: \$48; *discounted resident rate: \$37*

B. October 31 – December 12 (no 11/7)

Cost: \$42; *discounted resident rate: \$32*

☪ HAPPIEST HOUR YOGA*

Class is designed for beginner through intermediate. Have a mat/towel, cover up & water bottle. Instructor: Angela Sheaffer. **see note on bottom of page 9*

Outdoor Scenic – Enjoy scenic views overlooking the Susquehanna River while practicing yoga seated or walking. All postures are gentle and designed to awaken the body and increase flexibility and strength.

Negley Park - grass area below upper pavilion

Mondays, 6:00-7:15 pm

A. September 19 – October 17

Cost: \$52; *discounted resident rate: \$40*

Holiday Stress Relief – The holidays can be a hectic time! This gentle yoga class is designed to stretch and strengthen the body while creating important “me time”. The emphasis of the class is to build awareness of breath and body.

Gentle yoga provides a safe, non-competitive and effective welcoming environment. If you can move your body and breathe, you can do gentle yoga.

Lemoyne Borough - community room - 510 Herman Ave

Mondays, 7:00-8:15 pm

B. November 21 – December 12

Cost: \$42; *discounted resident rate: \$32*

☪ HATHA FLOW YOGA*

A balanced combination of sustained poses (Hatha) as well as poses flowing in a mindful progression from one to another. Attention is always given to basic alignment & therapeutic principles. Mindfulness; observing breath and body (triputi) are an integral part of class.

Classes are balanced with energy. Bring a mat. Instructor: Marisa Stipe. **see note on bottom of page 9*

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,

New Cumberland

Sundays, 6:45-7:30 pm

A. September 11 – October 23

B. October 30 – December 11

Cost: \$43; *discounted resident rate: \$33*

Wednesdays, 11:00-11:45 am

C. September 14 – October 26

Cost: \$43; *discounted resident rate: \$33*

D. November 2 – December 14 (no 11/23)

Cost: \$36; *discounted resident rate: \$28*

REGISTRATION BEGINS AUGUST 25

ACTIVE WELLNESS

KICKBOXING & ABS*

Cardio Kickboxing is a combination of aerobic & boxing and is one of the most popular fitness trends in recent years. Program provides an intense, total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Proper punching and kicking techniques will be taught followed by fabulous abdominal routines. Start your week out right! Bring a mat. Instructor: Marisa Stipe. **see note on bottom of page 9*

Lemoyne Borough - community room - 510 Herman Ave

Tuesdays, 5:15-6:00 pm

A. September 13 – October 25

B. November 1 – December 20 (no 11/8)

Cost: \$44; *discounted resident rate: \$34*

MUSCLE PUMP*

Muscle Pump contains movements working eight separate muscle groups performed to music using free weights and an aerobic step. Participants choose their weights based on the exercise and personal goals. Major muscle groups are worked via series of compound and isolation-based exercises including squats, presses, and dead lifts. The focus is towards muscle endurance using several repetitions and includes an abdominal portion with the most innovative core movements in the industry. Class incorporates elements of P90X and Insanity. Please bring challenging weights to class (light and heavier) and a mat. Instructor: Marisa Stipe. **see note on bottom of page 9*



Fairview Twp Fire Station #1 – 340 Lewisberry Rd,

New Cumberland

Eve: Sundays, 5:45-6:30 pm

A. September 11 – October 23

B. October 30 – December 11

Cost: \$43; *discounted resident rate: \$33*

Senior: Wednesdays, 10:00-10:45 am

C. September 14 – October 26

Cost: \$43; *discounted resident rate: \$33*

D. November 2 – December 14 (no 11/23)

Cost: \$36; *discounted resident rate: \$28*

HEATH INSURANCE SOLUTIONS



LIZ HEATH 717-885-7195
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- ◆ Medicare Supplement Insurance Plans
- ◆ Medicare Advantage Insurance Plans
- ◆ Part D Prescription Drug Plans
- ◆ Vision & Dental Insurance Plans
- ◆ Health Insurance/ Pennie Broker

"Not connected with or endorsed by the US government or the federal Medicare program"

Call for a free in-home consultation

PILATES*

Pilates is a body conditioning system that works your core muscles including the abdominals, back and buttocks. Pilates' theory is that if your middle is strong, the rest of your body will become stronger as well. The exercises lengthen your muscles and help you develop balance, proper alignment and flexibility. Includes Gyrotonics as well. Bring a mat. Instructor: Marisa Stipe. **see note on bottom of page 9*

All-Levels: Lemoyne Borough - community room - 510 Herman Ave

Saturdays, 7:30-8:15 am

A. September 10 – October 22

B. October 29 – December 10

Cost: \$48; *discounted resident rate: \$37*

All-Levels: Fairview Twp Fire Station #1 – 340 Lewisberry Rd,

New Cumberland

Mondays, 6:45-7:30 pm

C. September 12 – October 31 (no 10/10)

Cost: \$48; *discounted resident rate: \$37*

D. November 14 – December 19

Cost: \$42; *discounted resident rate: \$32*

Int/Adv: Lemoyne Borough - community room - 510 Herman Ave

Tuesdays, 6:15-7:00 pm

E. September 13 – October 25

F. November 1 – December 20 (no 11/8)

Cost: \$48; *discounted resident rate: \$37*

PI-YO

For the moderate to advanced participant, PiYo is a combination of Pilates and yoga-inspired moves that have little to NO impact.

PiYo is set at a faster pace for serious fat burn, flexibility/strength training and most importantly - FUN! With upbeat music and dynamic movements, you'll experience hardcore results from this low-impact, high-octane workout! Bring a mat. Instructor: Andrea Toner.

Lemoyne Borough - community room - 510 Herman Ave

Wednesdays, 5:30-6:30 pm

A. September 14 – October 19

B. November 2 – December 21 (no 11/9, 11/23)

Cost: \$40; *discounted resident rate: \$31*



POUND*

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses. Burn calories, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Each 2-4 minute song is carefully calibrated with interval peaks and extended fat burning sequences, providing you with a great workout in a short span of time. Bring a mat, but Ripstix are provided. Instructor: Marisa Stipe. **see note on bottom of page 9*

Lemoyne Borough - community room - 510 Herman Ave

Saturdays, 9:00-9:30 am

A. September 10 – October 22

B. October 29 – December 10

Cost: \$39; *discounted resident rate: \$30*

ACTIVE WELLNESS

SALSATONE

SalsaTone is a fitness program for all levels incorporating basic aerobic movements and various styles of Latin American dance. If you prefer a little extra toning, bring a set of light weights to include. Instructor: Melanie Bryant.

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,
New Cumberland

Fridays, 5:30-6:30 pm

A. September 9 – October 28 (no 9/30)

B. November 4 – December 16

Cost: \$47; *discounted resident rate: \$36*

TABATA TRAINING & ADV ABS*

Tabata is a high-intensity workout protocol that has fitness and weight-loss benefits. Is it like CrossFit? Is it like circuit training? It is a bit of both. Tabata training is attractive because it saves a lot of time for people. It offers the maximum benefit with the least amount of time used to get those results. Bring a mat and 1-3 lb. hand weights. Instructor: Marisa Stipe. **see note at bottom*

Lemoyne Borough - community room - 510 Herman Ave
Wednesdays, 6:45-7:30 pm

A. September 14 – October 26

B. November 2 – December 21 (no 11/23)

Cost: \$44; *discounted resident rate: \$34*

TAI CHI

Tai Chi is the martial art that can be practiced by practically anyone. It promotes relaxation and better health. Through a series of slow, precise movements, we work with the body's natural form to improve strength, focus, and balance. In a fun and supportive atmosphere, beginners start with basic bare hand forms and progress through the curriculum as they advance. Summer sessions are for weapons including sword, spear, fan, and other special studies. Class size is limited to five new registrants per session, please register early. This is an ALL AGE class. For more info about MAI go to www.TC4ALL.com Instructors: Andrew Baker & Chloe Pittinos, Movement Arts Institute.

Tuesdays, 7-8 pm

September 13 – December 13 (no 10/18, 11/22)

West Shore Senior Center – 122 Geary Ave,
New Cumberland

Cost: \$152; *discounted resident rate: \$117*

ZUMBA STEP* - Zumba Re-invented!

Step Aerobics performed in a Zumba style, choreographed routine by stepping up onto and down from a portable platform. Bring some Latin flavor to your step routine. Bring a mat and light to medium hand weights for Zumba Strong (step provided). Instructor: Marisa Stipe.

**see note at bottom*

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,
New Cumberland

Mondays, 7:35-8:35 pm

A. September 12 – October 31 (no 10/10)

Cost: \$48; *discounted resident rate: \$37*

B. November 14 – December 19

Cost: \$42; *discounted resident rate: \$32*

ZUMBA TONING & ABS*

Zumba Toning incorporates weighted toning sticks to the Zumba workout that participants use almost like maracas. The toning sticks function like dumbbells to act as resistance weights. You get toned while doing cardio. Bring a mat, but toning sticks are provided. Instructor: Marisa Stipe. **see note on bottom left*

Fairview Twp Fire Station #1 – 340 Lewisberry Rd,
New Cumberland

Thursdays, 5-6 pm

A. September 8 – October 20

B. November 3 – December 22 (no 11/24)

Cost: \$48; *discounted resident rate: \$37*

DANCING FUN – New singles option!

"Dancing is the ultimate exercise . . . cleverly disguised as fun."

Dancing is a great way to relieve stress, build confidence and enjoy exercise. Instructed by and held at Ballroom Break (100A Catherine Ct, Lewisberry).

A. Swing, Hustle & Fox Trot

Dance with a partner for a fun night out.

Mondays, 6:30-7:30 pm, September 12 – October 17

Cost: \$136; *discounted resident rate: \$105 per person*

B. Singles Dance

No partner? No problem. If you have a partner, register them and bring them along. Please note we will be changing partners in this class to give everyone the opportunity to dance to great tunes while learning a variety of steps.

Wednesdays, 6:30-7:30 pm, October 12 – November 16

Cost: \$136; *discounted resident rate: \$105 per person*

BELLY DANCE – Level 2

For intermediate level students with belly dance experience.

Performance opportunities included in this class. Work on different styles of choreography including Folkloric, Traditional, Classical, and Fusion. Instructor: June Minaya.

Mondays, 6:15-7:15 pm

A. September 12 – October 10

B. October 24 – November 28 (no 10/31)

West Shore Senior Center – 122 Geary Ave,
New Cumberland

Cost: \$44; *discounted resident rate: \$34*

ADULT EQUINE ACTIVITIES

All equine activities will be held at Total Equine Learning Center: 1206 S. Market St in Mechanicsburg, PA. Long pants are required. More details at www.westshorerec.org. Instructor: Joanne Hocker.

A. Adult Horsemanship

A riding experience for the older crowd (ages 18-70) on quiet horses. Take part in grooming, saddling and leading your horse to your riding dream. Riding helmet required.

Mondays, 6:30-8:00 pm

October 24 – November 28

Cost: \$433; *discounted resident rate: \$333*

B. Adult "Pony" Rides

If you ever wanted to get on a horse, here's your chance to take a lead ride. Take a ride by a leader, enjoy light refreshments and have a wonderful day with new friends.

Sunday, October 30, 1:30-3:00 pm

Cost: \$69; *discounted resident rate: \$53*

**All activities instructed by Marisa Stipe and Angela Sheaffer will move to an online streaming format if any reason comes up that the class can't be held "in-person". Marisa uses Facebook LIVE while Angela will use Zoom.*

ENRICHMENT

FAMILY AND MULTI-AGE ACTIVITIES

PUPPY/DOG TRAINING 101

Co-sponsored by Harrisburg Beagle Club

Learn how to train your dog (10 weeks and older) to respond to basic commands such as sit, down, drop, etc. Topics such as walking on a loose leash, biting, chewing, dog/human body language, games and many others will also be covered. The handler must be at least 10 years old, but the entire family is encouraged to attend the session to observe. Bring a 6 ft. nylon or leather leash, a well-fitting collar, treats or toy, water, patience and a positive attitude. Instructor: Doug Parson, Gut Hunds Dog Training.



Saturdays, 9-10 am

September 17 – October 29 (no 10/8)

Lower Allen Community Park – Fernlawn Pavilion

Cost: \$81; *discounted resident rate: \$62*

YOUTH ACTIVITIES

BABYSITTING CERTIFICATION

Girls and boys ages 11-15 can become certified through this American Red Cross program, which provides the knowledge and skills necessary to safely and responsibly give care for children and infants. This class will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Sitters each receive an informative handbook and CD for reference and a certification card. Bring a packed lunch and a baby doll if you have one. Instructor: Cathy Wagaman.

Saturday, 9:00 am – 3:00 pm

A. October 22

B. December 10

Fairview Township Fire Station #1 – 340 Lewisberry Rd,
New Cumberland

Cost: \$94; *discounted resident rate: \$72*

CHALLENGE ISLAND-Rain Forest Island (After School)

Your Super Star students in Grades 1-5 can stay after school and participate in STEAM (Science Technology Engineering Art Math) cross-curricular challenges – this semester we are taking off to Rainforest Island©. Grab your survival gear for an Amazonian adventure! You and your STEAM team will take on a jungle of challenges at breathtaking destinations like Jaguar's Claw©, Monkey Swings©, and Anaconda Squeeze©. Instructor: Challenge Island Staff.

Tuesdays, 3:30-4:30 pm

September 27 – November 1

Washington Heights Elementary School – library

Cost: \$155; *discounted resident rate: \$119*

CHALLENGE ISLAND-Disaster Island (After School)

Disaster Island will take your STEAM Team in grades 1-5 on a thrilling adventure through some of the most famous disasters in history! From the eruption of Mt Vesuvius to the sinking of the Titanic, to the Great San Francisco Earthquake, you and your teammates will work together to overcome epic challenges using only the materials in your treasure chest and the power of your imagination. Instructor: Challenge Island Staff.

Tuesdays, 3:30-4:30 pm

November 8 – December 20 (no 11/22)

Washington Heights Elementary School – library

Cost: \$164; *discounted resident rate: \$126*

CHALLENGE ISLAND-Kid's Night Out

Better than a sitter! Parents – plan a special night out while your kids ages 6-15 get some S.T.E.A.M out. Each date includes a different theme along with pizza, a bottled water, and all supplies in this fun, screen-free activity. Instructor: Challenge Island Staff.

Mine Island Night

Kids will grab their pickaxe and swap their computers for creativity as their STEAM Teams teleport into action-packed Mine Island hotspots. We will build shelters and ward off those pesky mobs!

A. Friday, September 30, 5:00-8:00 pm

Highland Elementary School – music room

Cost: \$72; *discounted resident rate: \$55*

HallowSTEAM©

Get some STEAM out designing and creating costumes and Haunted House rides, among other fun activities! We will even sneak in a little learning about predicting potential and kinetic energy, chemistry, and projectiles.

B. Friday, October 21, 5:00-8:00 pm

Highland Elementary School – music room

Cost: \$72; *discounted resident rate: \$55*

STEAMing Through the Holidays

Kids will have fun engineering a penguin sled, designing a spinning snowman, and making color-changing slime among other fun activities – all while learning STEAM concepts of course!

C. Friday, December 9, 5:00-8:00 pm

Highland Elementary School – music room

Cost: \$72; *discounted resident rate: \$55*

REGISTER ONLINE

You're first in line when you register online! Create your ActiveNet account and register at your leisure for most activities. It's quick and easy and available 24 hours a day.

Is Online Registration For Me?

Online registration may be the ideal method for you if:

- you cannot call during office hours.
- the desired program fills quickly.
- you're out of town during the busy registration time.
- you would like an instant confirmation of your registration.
- you don't mind paying a convenience fee (7.31% plus \$0.50)
- or you just enjoy using your computer.

Go to www.activenet.active.com/westshorerec for more details. There is no additional fee to register by telephone, in person or by mail.

ENRICHMENT

🌟 **SNAPOLOGY STEAM CLUBS (After School)**

In Snapology's STEAM Club, students will actively explore and experiment with the principles of science, technology, engineering, art, and mathematics from some of our favorite lessons! All programs and activities are hands-on with guided instruction from an experienced Snapologist. Our programs utilize teamwork, communication, and creative problem-solving as an essential part of creating a fun and productive atmosphere where students can learn, challenge themselves, and practice their social skills. Using LEGO, your learner will work with a partner to create a variety of structures, robots, machines, and more to solve challenges presented to them in this exciting enrichment lab. **No lessons will be repeated from previous years, so your little learner will have new content they've not yet encountered in after-school STEAM club!**

Fishing Creek Elementary School - library

Mondays, 3:30-5:00 pm (5 dates)

A. Grades 3-5: September 19 – October 24 (no 10/10)

B. Grades 3-5: October 31 – December 12 (no 11/21, 11/28)

Cost: \$117; *discounted resident rate: \$90*

Tuesdays, 3:30-5:00 pm (6 dates)

C. Grades K-2: September 20 – October 25

D. Grades K-2: November 1 – December 13 (no 11/22)

Cost: \$140; *discounted resident rate: \$108*

Washington Heights Elementary School – library

Mondays, 3:30-5:00 pm (5 dates)

E. Grades K-2: September 19 – October 24 (no 10/10)

Cost: \$117; *discounted resident rate: \$90*

Wednesdays, 3:30-5:00 pm (6 dates)

F. Grades 3-5: September 21 – October 26

Cost: \$140; *discounted resident rate: \$108*

Rossmoyne Elementary School – art room

Mondays, 3:30-5:00 pm (5 dates)

G. Grades K-2: October 31 – December 12 (no 11/21, 11/28)

Cost: \$117; *discounted resident rate: \$90*

Wednesdays, 3:30-5:00 pm (6 dates)

H. Grades 3-5: November 2 – December 14 (no 11/23)

Cost: \$140; *discounted resident rate: \$108*

Highland Elementary School – music room

Tuesdays, 3:30-5:00 pm (6 dates)

I. Grades 3-5: September 20 – October 25

J. Grades 3-5: November 1 – December 13 (no 11/22)

Thursdays, 3:30-5:00 pm (6 dates)

K. Grades K-2: September 22 – October 27

L. Grades K-2: November 3 – December 15 (no 11/24)

Cost: \$140; *discounted resident rate: \$108*

Hillside Elementary School – library

Wednesdays, 3:30-5:00 pm (6 dates)

M. Grades K-2: September 21 – October 26

N. Grades K-2: November 2 – December 14 (no 11/23)

Thursdays, 3:30-5:00 pm (6 dates)

O. Grades 3-5: September 22 – October 27

P. Grades 3-5: November 3 – December 15 (no 11/24)

Cost: \$140; *discounted resident rate: \$108*

🌟 **NEW** **SNAPOLOGY SCHOOL HOLIDAY WORKSHOPS**

Choose morning or afternoon, or your child can stay and play all day! Have your child ages 5-15 bring a lunch and we'll provide the activities. *For working parents, if needed, you may drop off your child as early as 8:00 am and pick up no later than 5:00 pm except for the Nov. 22 workshop where pick-up must be no later than 4:00 pm. Otherwise, the programs will run during the times listed below each description.* Instructor: Snapology Staff

Escape Snapology: Thanksgiving Edition

In this Thanksgiving themed escape challenge students will have 1.5 hours (2 separate 45 minute missions) to discover clues, solve puzzles, answer riddles, and manipulate contraptions in order to complete an assigned task in order to pardon Tom the Turkey and Mission Nutrition challenges! The team that escapes the fastest is given ultimate bragging rights...until their record is beaten by a new team! Students will also complete craft and LEGO build activities exploring what they are thankful for and where the Thanksgiving foods they enjoy most come from.

A. Tuesday, November 22, 9:00 am – 12:00 pm

Fairview Township Fire Station #1 – 340 Lewisberry Rd,
New Cumberland

Cost: \$46; *discounted resident rate: \$35*

Thanksgiving Workshop

In this workshop, children will build and test LEGO "Mayflower" builds in real water to see which ships are seaworthy! Will yours float or sink? How many "pilgrims" can it hold? We will also build a Macy's Thanksgiving Day Parade Float, play games, and create some other fun with engineering design challenges.

B. Tuesday, November 22, 1:00 – 4:00 pm

Fairview Township Fire Station #1 – 340 Lewisberry Rd,
New Cumberland

Cost: \$46; *discounted resident rate: \$35*

Winter Holiday Robotics

Students will work together using LEGO to build winter holiday-inspired robotic models, play games with their models, and modify their work to learn the basics of robotics and create unique memories that will last much longer than just the holiday season!

C. Monday, November 28, 9:00 am – 12:00 pm

Fairview Township Fire Station #1 – 340 Lewisberry Rd,
New Cumberland

Cost: \$46; *discounted resident rate: \$35*

Madrigal Magic Workshop

In this Encanto-inspired workshop, your learner will embrace their inner magic and develop models using LEGO that represent the qualities that make them special while putting their imaginations to the test! We want everyone to walk away from this workshop with a concrete idea of how they would fit into the magical Madrigal family and how they would help the community with their special gifts. Most importantly, we will give them challenges that will help develop their engineering and critical thinking skills in a very fun way.

D. Monday, November 28, 1:00 – 4:00 pm

Fairview Township Fire Station #1 – 340 Lewisberry Rd,
New Cumberland

Cost: \$46; *discounted resident rate: \$35*

ENRICHMENT

NEW MONSTER MANIA HALLOWEEN WORKSHOP

Let's all dress up in our costumes and celebrate Halloween at Snapology while we use LEGO to build haunted houses and monster mosaics. Ages 5-15 will also have a Halloween dance party and more!
Instructor: Snapology Staff.

Saturday, October 29, 1:00-4:00 pm
Fairview Township Fire Station #1 – 340 Lewisberry Rd,
New Cumberland
Cost: \$46; *discounted resident rate: \$35*

PARENT'S NIGHT OUT WORKSHOP

Parents' Night Out is always fun for the kids, while parents get some adult time to have a meal or run errands. Kids ages 5-15 will take part in Snapology building projects and games with LEGO, while having some fun with friends. A pizza dinner will also be provided. Instructor: Snapology Staff.

Saturday, November 12, 5:30-8:30 pm
Fairview Township Fire Station #1 – 340 Lewisberry Rd,
New Cumberland
Cost: \$50; *discounted resident rate: \$42*

NEW HOW THE GRINCH STOLE BRICKS

In this Snapology workshop, students ages 5-15 will immerse themselves in the city of Whoville and the story of the Grinch! They will design machines to help the Grinch with his sneaky mission to ruin Christmas, build the city of Whoville, and create sleds to get from the top of Mt. Crumpit down to the city of Whoville! No matter what the Grinch says, it's going to be a blast! Instructor: Snapology Staff.

Saturday, December 3, 9:00 am - 12:00 pm
Fairview Township Fire Station #1 – 340 Lewisberry Rd,
New Cumberland
Cost: \$46; *discounted resident rate: \$35*

YOUTH ART FUN

Join local artist and instructor Allison Juliana for one of our fun and creative classes this fall! All supplies are included.

Kindergarten:

Wednesdays, 1:00-1:40 pm
A. September 21 – October 12
B. October 26 – November 16
Fairview Township Fire Station #1 – 340 Lewisberry Rd,
New Cumberland
Cost: \$54; *discounted resident rate: \$42*

Grades 3-5:

Wednesdays, 3:30-4:45 pm
C. September 28 – October 26
Fishing Creek Elementary School – art room
D. November 2 – December 7 (no 11/23)
Washington Heights Elementary School – art room
Cost: \$104; *discounted resident rate: \$80*

Grades 6-8:

Tuesdays, 2:45-4:00 pm
E. September 20 – October 18
Crossroads Middle School – art room
F. October 25 – November 29 (no 11/22)
Allen Middle School – art room
Cost: \$104; *discounted resident rate: \$80*

ACTIVITIES FOR ADULTS 18+

PAINTING WORKSHOPS

Join local artist, June Minaya for painting fun! No painting experience necessary and all supplies are included. All classes will be held at the West Shore Senior Center (122 Geary Ave, New Cumberland).

Acrylic – Students will learn to use acrylic paint to create deep shadows and bold highlights in their paintings, as well as paint brush usage and techniques to create desired effect. Each painting will begin with a light charcoal sketch. We will be working on 11" x 14" stretched canvas (or canvas board, if you wish to frame your painting). Please bring a reference picture to paint from (calendar picture, brochure, printed picture, or digital image from an electronic device).

- A.** Wednesdays, September 14 - 28, 6:30-8:00 pm
- B.** Fridays, October 14 - 28, 3:30-5:00 pm
- C.** Wednesdays, November 2 - 16, 6:30-8:00 pm

Cost: \$81; *discounted resident rate: \$62*

Holiday Wine Glasses – Create your own pair of holiday themed wine glasses just in time for the season.

- D.** Wednesday, December 14, 6:00-8:00 pm

Cost: \$46; *discounted resident rate: \$35*

MEDICARE 101 EDUCATIONAL SEMINAR

Co-sponsored by Parthemore Funeral Home

Whether you are new to Medicare, or have been on Medicare for years, understanding Medicare can be overwhelming! If you're seeking information for yourself or helping a family member navigate Medicare's complexities, we are here to help. Instructor: Liz Heath, Heath Insurance Solutions, LLC.

Wednesday, September 28, 6:00-8:00 pm
West Shore Senior Center – 122 Geary Ave,
New Cumberland

Cost: FREE (pre-registration is required and also limited)

SNAPOLOGY SCHOLARSHIPS

Some scholarship opportunities available.

Visit bit.ly/snapologyscholarships
for more information and to apply.




Junior S.T.E.A.M. Lab

SPORTS

YOUTH ACTIVITIES

FALL YOUTH TENNIS

Get in the game! Come out and learn basic tennis skills and have fun playing tennis related games. Bring a racquet and water. All lessons instructed by Central Penn Tennis Instructors. *Instructor will contact you directly via telephone in the event of weather related cancellations.*

Roof Park, Fairview Township

Saturdays, September 10 – October 1

A. Ages 5-7: 9:15-10:00 am

Cost: \$32; *discounted resident rate: \$25*

B. Ages 8-12 (Beg): 10:00-11:00 am

C. Ages 9-16 (Adv. Beg): 11:00 am-12:00 pm

Cost: \$41; *discounted resident rate: \$32*

Red Land High School

Sundays, September 11 – October 2

D. Ages 5-7: 1:15-2:00 pm

Cost: \$32; *discounted resident rate: \$25*

E. Ages 8-12 (Beg): 2:00-3:00 pm

F. Ages 9-16 (Adv. Beg): 3:00-4:00 pm

Cost: \$41; *discounted resident rate: \$32*

SOCCER SHOTS

Soccer Shots is an engaging children's soccer program for children ages 2-8 with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum, and communication. Our coaches are the best-trained in the business and love working with children. Our expert-approved and theme-based curriculum aligns with early childhood education standards, and we provide an exceptional customer experience.



Register directly with Soccer Shots at the website below or call/email with any questions: (717) 350-8804 or harrisburg@soccershots.com.

Tuesdays, September 13 – November 1

Highland Elem. School – grass area near playground

Register at <https://soccershots.com/harrisburgyork> and choose "Enroll Now"

good
for you.
PENNSYLVANIA PARKS & RECREATION

CANCELLED ACTIVITIES? Too often quality activities and trips are cancelled because too many people wait until the last minute to register. Almost every activity has a minimum number of enrollees needed to cover the expenses or to make it enjoyable (think team sports). If you see an activity you like, don't hesitate to sign up to recreate!

YOUTH SPORTS PREP

Ages 4-6 & 7-11 will learn the basics of a variety of sporting activities while working on hand-eye coordination and physical fitness too. The age 4-6 class welcomes ONE parent to accompany each child in the class so that they can help and have fun with them at the same time! The age 7-11 class will be for the enrolled child only. Participants will be led through a mix of climbing, throwing, jumping, hitting, kicking, and balancing sport exercises. Instructor: Youth Rec Center Staff.

Tuesdays, 5:30-6:15 pm

Ages 4-6

A. September 6-27

B. November 1-22

Ages 7-11

C. October 4-25

D. January 10-31

West Shore Youth Recreation Center – 25 Utley Dr.,
Suite 500, Camp Hill

Cost: \$81; *discounted resident rate: \$62*

ACTIVITIES FOR ADULTS 18+

MEN'S BASKETBALL

Enjoy evenings of informal competition for fun and exercise. Teams formed on a weekly basis.

New Cumberland Middle School

Wednesdays, 7:30-9:30 pm (12 weeks)

September 14 – December 7 (no 11/23)

Cost: \$66; *discounted resident rate: \$51*

Plus WSSD facility use fee: \$33/person

HIGH SCHOOL & ADULT TENNIS

Dust off your racquet and get moving! Beginner players can learn and develop the strokes, strategies, and rules of this fun lifetime sport. Ages 15 & up. Bring a racquet and water. Instructor: Central Penn Tennis. *Instructor will contact you directly via telephone in the event of weather related cancellations.*

Sundays, 12:00-1:00 pm

September 11 – October 2

Red Land High School

Cost: \$41; *discounted resident rate: \$32*

PICKLEBALL

It is spreading like wildfire across the country, so get in on the fun! Pickleball combines elements of tennis, badminton and ping pong into a paddle sport that is easy to learn and appropriate for all skill levels. Simple rules and minimal equipment (paddle and plastic ball) will get you playing quickly. Ages 15 & up. Bring a paddle and water. Instructor: Tony Cooper. *Instructor will contact you directly via telephone in the event of weather related cancellations.*

A. Saturdays, 8-9 am

September 10 – October 1

B. Wednesdays, 9-10 am

September 14 – October 5

Roof Park – tennis/pickleball courts

Cost: \$40; *discounted resident rate: \$31*

TRIPS

NEW **UPSCALE NASHVILLE & MEMPHIS – Elvis Experience**

Explore the heart and soul of today's music and the legends that continue to inspire those chasing their dreams with this tour to Memphis, Nashville and Pigeon Forge. Tour highlights include the new Elvis Experience, guided tour of Studio B and admission to Country Music Hall of Fame, Grand Ole Opry Evening Show, stay at the 4-Star Guest House at Graceland and Opryland Hotel, visit Johnny Cash Hideaway Farm and more.



Monday – Monday, October 17 - 24
 Radisson Penn Harris – depart 6:30 am, return 8:30 pm
 Four Points Sheraton – depart 5:45 am, return 9:00 pm
 Cost: \$3,023 single; \$2,463 double; \$2,423 triple; \$2,393 quad

NEW YORK CITY ON YOUR OWN

There is so much to see and do in New York City, the biggest decision you will have is where to start! New York offers a wide variety of world-class sightseeing, dining and shopping opportunities for you to experience and explore. Plan your day in New York and let us take you there in the carefree comfort of a deluxe Wolf's motorcoach.



Saturday, November 26
A. Radisson Penn Harris – depart 7:00 am, return 10:00 pm
B. Four Points Sheraton – depart 7:15 am, return 10:00 pm
 Cost: \$85

Saturday, December 17
C. Radisson Penn Harris – depart 7:00 am, return 10:00 pm
 Cost: \$85

NEW **MERRY MOTOWN CHRISTMAS & MOUNT AIRY**

Get in the Christmas spirit with this one-day getaway to the glorious Pocono Mountains and Mount Airy Casino Resort for some gaming excitement and show ticket for Merry Motown Christmas with Shadows of the 60's. Listen to the sounds of holiday music Motown-style as the Shadows of the 60's pays tribute to the ladies and gentlemen of Motown, Gladys Knight & the Pips, The Supremes, Smokey Robinson and Stevie Wonder to name a few. A \$15.00 slot play is also included to try your luck in the casino.

Tuesday, December 6
 Radisson Penn Harris – depart 8:00 am, return 8:45 pm
 Cost: \$123

CHRISTMAS AT LONGWOOD GARDENS

Longwood Garden's Holiday Display is a popular and spectacular display of lights that attracts people of all ages year after year. Thousands of poinsettias, towering Christmas Trees and fragrant flowers transform the indoor gardens into a warm retreat celebrating the holiday season. Outdoors, 500,000 decorative lights glitter in the trees at night.

Wednesday, December 7
 Radisson Penn Harris – depart 1:00 pm, return 10:45 pm
 Cost: \$88



TRIP INFORMATION

- ◆ Additional trip details are available on our website (westshorerec.org).
- ◆ West Shore Recreation Commission continues its partnership with Wolf's Bus Lines to offer more trip destinations without needing to fill an entire bus. Our group will be combined with other passengers from several other pick up locations. **Pick up and drop off will be at the Radisson Penn Harris parking lot (1150 Camp Hill By-Pass, Camp Hill, PA) and/or the Four Points Sheraton (1650 Toronita St, York, PA).** Additional alternate pre-determined pick-up/drop off locations may be available, so please inquire by calling the Rec Office 717-920-9515. All tours will be escorted by staff from Wolf's Bus Lines.
- ◆ West Shore Rec Commission uses modern Wolf's motor coaches equipped with restrooms and air conditioning. In consideration of others, smoking and alcoholic beverages are not permitted. The gratuity for the bus driver/escort is not included in the price listed. Please note the right front seats are reserved for the trip escort.
- ◆ **Help us out!** Please register early for bus trips! We must reach a minimum of participants at least 30 days prior to departure. Should we have to cancel, you will receive a full refund.
- ◆ Price is per person. Payment in full is required for all single-day trips. All multi-day trips require a \$50 deposit per person with the remaining balance due 45 days prior to the trip departure date. Without payment in full by due date, deposits will be forfeited and reservation cancelled.
- ◆ If you must cancel from a single-day or multi-day trip, notify West Shore Rec at least 45 days before a trip to receive a refund (unless stated otherwise). After that, refunds will only be available if a replacement can be found. All trip refunds are subject to a \$10 per person administrative fee.
- ◆ If you are interested in trip insurance, please let us know and we will put you in contact with a Wolf's representative.

PLEASE REGISTER EARLY!

Residents of participating municipalities may register August 25. Members of non-participating communities may sign up beginning September 1. If a class does not have a sufficient number of participants registered one day prior to the beginning of the class, it will be cancelled, unless stated otherwise.

EASY WAYS TO REGISTER

ONLINE

www.westshorerec.org or
<http://apm.activecommunities.com/westshorerec>

WALK IN

Office Hours: Monday – Friday, 8:30 am – 4:30 pm

DROP BOX

WSSD ACE Building – front right pillar

PHONE

717-920-9515 with MasterCard, Visa, Discover or AmEx

MAIL IN

West Shore Recreation, P.O. Box 413, Lewisberry, PA 17339

TO MAIL IN OR DROP OFF

1. Complete The Registration Form

Be sure all information is correct and all telephone numbers are included in the event we need to contact you about the activity. Include additional persons for the same activity from the same household on one form.

2. Enclose Payment

A personal check may be used for the activity and made payable to West Shore Recreation. If using a credit card, provide the number, CSV code (on back of card), expiration date and a signature. Cash is accepted at the office.

3. Mail In or Drop Off

Use the mailing address above. Service for after hours: A drop box is located outside the front entrance of the WSSD ACE building, behind the right pillar.

CONFIRMATIONS

Once you sign up it is your responsibility to attend the activity. No confirmations will be sent unless you wish to provide a self-addressed, stamped envelope or an e-mail address.

PROGRAM INFORMATION

- All program dates are subject to change.
- Age – A participant must be the proper age by the start or by the end of the program. All age requirements are set to benefit the participant and make instruction more consistent for the program leader. In some instances, the requirements have been set for the participant's safety.
- Participants must provide their own medical insurance.
- The discounted price listed in the brochure is for residents of participating communities. The first price is for all others.
- Any person with a disability needing special accommodations to participate should contact the rec office two weeks prior to the activity.

CREATE YOUR OWN ACCOUNT AND REGISTER ONLINE!

Don't forget, ActiveNet gives more options to you! This web-based software allows you to:

- view activities with real-time information such as spaces available and other details,
- create and update your own account,
- view your (and your family's) participation calendar and history,
- access a custom listing of the dates of your activity,
- enroll online, including adding your name to a waiting list.

Please be aware that a convenience fee (7.31% + \$0.50) is added to online enrollments, except for additions to a waiting list.

Find out how easy it is to create your account and register online. Get started at www.westshorerec.org.

Remember, Registration begins August 25. Enroll Early!

SECTIONS = A, B, C, D, E, etc. • LEVELS = 1, 2, 3, I, II, etc.

REGISTRATION FORM

Activity _____ Section or Level _____ Fee _____
Time _____ Location _____
Activity Starting Date _____
1) Participant Name _____ gender * _____
2) Additional Name _____ gender * _____
Street Address _____
City _____ Zip _____
Borough or township* _____
Phone: Home* _____ Work _____ Cell _____
E-Mail Address _____
Date(s) of Birth* 1) _____ 2) _____
Parent or Guardian _____
Parent Birthdate (to create account) _____
Credit Card No. _____
Exp. Date _____ CSV Code (on back of card) _____
Signature _____

(* - required information) • **please write legibly!**



OTHER INFORMATION

REFUND POLICY

A refund for any multi-session program will gladly be issued for any reason as long as you contact the office prior to the second class unless stated otherwise. After the second class, no refund will be given. A \$5 administrative fee will be deducted from the refund. Refunds for one-day activities are not possible after the event has taken place. Call during office hours; e-mail requests will not be accepted. All trip refunds are subject to a \$10 per person administrative fee.

CANCELLATIONS

- West Shore Rec reserves the right to cancel any program due to insufficient registration. A full refund will be given. Online convenience fees will be refunded as a credit on account for future enrollments.
- Cancellations for trips have different requirements, please refer to Trip Information Box on the Trips page.
- Inclement weather cancellations may prompt the rec office to cancel a program. If possible the session will be made up at another date. If in doubt call the office after 4:00 pm.

RETURNED CHECKS

Any checks returned for insufficient funds will be assessed an additional amount of \$20 for each check.

PARTICIPATION LIABILITY

By voluntarily enrolling in any activity offered by the Commission, each individual (or the parent/guardian) agrees that West Shore Recreation Commission and its partners assume no responsibility for accident or injury sustained while participating in the activity. Each participant agrees to provide his own medical coverage and take responsibility for participating only in those activities appropriate for his personal health status. A complete statement of liability is available at www.westshorerec.org on the Information page.



West Shore Recreation Commission

P.O. Box 413
Lewisberry, PA 17339

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Todd Miller, CPRP • Senior Program Coordinator
Janell Winebrenner • Customer Service Representative
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FOLLOW WEST SHORE REC ON FACEBOOK AND TWITTER!



facebook.com/WestShoreRec
twitter.com/WestShoreRec

WEST SHORE REC ON THE WEB

Visit www.westshorerec.org for youth sports organization contacts, online registration, directions to program facilities, helpful links, and additional information on the programs in this brochure.

The opinions expressed here are those of West Shore Recreation Commission and do not necessarily reflect the views of the West Shore School District. Distribution of information and/or display of material does not constitute endorsement of any product, service, organization, company, information provider, or content by the District.

MAKE YOUR FALL FUN!

with one of these favorites and also some **new** programs:

Diving Lessons
Adult Swim Lessons
Whee Swim
Yoga - Outdoor Scenic
Yoga - Holiday Stress Relief
Salsatone
Body Toning
Pound
Dancing Fun
Pony Rides
Kinder Gym
Youth Art Fun

Fitness, Phonics & Fun – **New!**

Mine Island Night – **New!**

How the Grinch Stole Bricks – **New!**

Youth Tennis Lessons

Merry Motown Christmas & Mt. Airy – **New!**

Christmas at Longwood Gardens

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