

WYRec

WEST SHORE RECREATION
COMMISSION

www.westshorerec.org

**REGISTRATION
BEGINS AUGUST 24**

NON-RESIDENT AUGUST 31

FALL 2023




Check out some program highlights for the Fall 2023 season:

- **Youth Enrichment** – Several after school options are available for Youth Art and STEAM programs at multiple elementary schools. Also, don't miss the Kid's Night Out series where parents can plan a night out while the kids have a blast engaging in a variety of STEAM activities.
- **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: Aerobic Dance, Body Toning, Salsatone, Yoga, Pilates, Zumba, Tai Chi, and many others! If water exercise is more appealing, we have Aquacise, HydroHike, AquaFit and our new addition, H2O Cardio!
- **Active Wellness for Kids** – Get your toddlers active with the always popular Kinder Gym, Kinder Tots and Kinder Dance programs. We also have martial arts offered by Tiger Rock starting at age 4 all the way thru adults.
- **Trips** – Experience the beauty of the fall season by touring the Adirondacks or taking a ride on scenic trains of West Virginia. Christmas celebrations are right around the corner as well at Old Sturbridge Village, Longwood Gardens and New York City! 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 24TH

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 24th at 8:30 a.m.** for residents of participating communities in West Shore Rec.

Non-residents may register August 31st 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](https://www.westshorerec.org)

OFFICE HOURS

Monday through Friday, 8:30 am to 4:30 pm. Closed on holidays and Fridays in November and December: September 4, November 3, 10, 17, 23, 24, 27, December 1, 8, 15, 22, 25, 26, 29, January 1. 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

TABLE OF CONTENTS

Aquatics	3
Active Wellness.....	5
Enrichment	10
Sports.....	12
Summer Camp Replay	13
Trips	13

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.

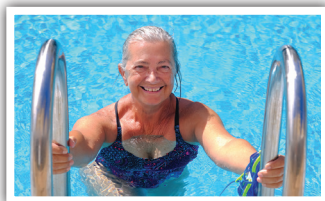
AQUATICS

ALL AQUATIC PROGRAMS ARE HELD AT THE WEST SHORE NATATORIUM LOCATED INSIDE RED LAND HIGH SCHOOL.

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 10 – January 28*

Lap Swim Only: Mondays & Wednesdays, 7-8 pm
September 6 – November 1

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 26, December 24 and 31. Other dates are subject to change for staffing, emergency, maintenance or other reasons outside our control. If Rec Swim is cancelled, a notification message will be recorded on our phone system up to 1 hour prior. Call 717-920-9515 and press 3.

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 17 – October 22

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

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 5-28

B. October 3-26

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

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 29.* Instructed by certified water safety instructors. Parents may purchase a swim float for their child or one will be provided for them to use at class. Visit our website at <https://www.wsrec.org/aquatics> for details on which float to purchase if interested.

Tuesdays & Thursdays, September 5-28

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

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

C. Level 2 or 3 7:20-7:55 pm

Tuesdays & Thursdays, October 3-26

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

E. Level 2 or 3 6:40-7:15 pm

F. Level 4, 5 or 6 7:20-7:55 pm

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

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.

ACTIVITIES FOR ADULTS 18+

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, Nichole Ryan, 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, 8:00-8:45 pm

September 21 – October 19

Cost: \$103; *discounted resident rate: \$79*

REGISTRATION BEGINS AUGUST 24

AQUATICS

LIFEGUARD INSTRUCTOR/TRAINER 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 21. 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 of \$70. More program information available at wsrec.org/aquatics. Instructor: Kathy Wulfers.

Saturday, October 21, 9:00 am – 6:00 pm
Cost: \$150; *discounted resident rate: \$115*

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 16 & 17
Cost: \$156; *discounted resident rate: \$120*

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 10 – November 12
Cost: \$68; *discounted resident rate: \$52*

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 6-27
Cost: \$48; *discounted resident rate: \$37*
B. October 2 – November 1
Cost: \$68; *discounted resident rate: \$52*

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 6-27
Cost: \$48; *discounted resident rate: \$37*
B. October 2 – November 1
Cost: \$68; *discounted resident rate: \$52*

NEW H2O CARDIO

Check out our new water fitness program with instructor Nichole Ryan! Nichole will lead participants through an upbeat cardio workout in both shallow and deep water, using noodles and water barbells. Flotation belts will be used while in the deep water.

Tuesdays, 8:05-9:05 pm
September 12 – October 24
Cost: \$48; *discounted resident rate: \$37*

**REGISTRATION BEGINS
AUGUST 24TH**



Competitive Aquatics Program

Swim Team
Dive Team
Ages 5 - 18

April | **Summer Pre-Season**
May - July | **Summer Season**
Sept | **Fall Pre-season**
Oct - Feb | **Fall/Winter Season**



Swim with ACWS!

Contact: acws17339@gmail.com
www.teamunify.com/team/maacws/page/home

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 12 – October 10

Fishing Creek Elementary School – bldg. I cafeteria

Thursdays, 5:30-6:00 pm

B. September 14 – October 12

C. November 2 – December 7 (no 11/23)

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 12 – October 10, 6:55-7:40 pm

B. November 7 – December 5, 7:10-7:55 pm

Fishing Creek Elementary School – bldg. I cafeteria

Thursdays, 6:10-6:55 pm

C. September 14 – October 12

D. November 2 – December 7 (no 11/23)

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 7 – December 5

Fishing Creek Elementary School – bldg. I cafeteria

Thursdays, 7:05-7:50 pm

B. September 14 – October 12

C. November 2 – December 7 (no 11/23)

West Shore Senior Center (122 Geary Ave, New Cumberland)

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

TIGER CUBS MARTIAL ARTS

Specifically designed for children 4-5 years of age. Participants will benefit from the specialized curriculum which develops both sides of the body with symmetrical movements. When learning takes place in this balanced manner, both hemispheres of the brain are encouraged to develop simultaneously. Our Cubs learn to focus their attention, increase their confidence, and improve their coordination. They also have lots of fun! Instructor: Tiger Rock Martial Arts of Central PA.

Tuesdays, 5:30-5:55 pm

October 17 – November 28 (no 10/31)

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

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

JUNIOR MARTIAL ARTS

Nobody sits on the bench in this junior Taekwondo program for ages 6-11. Students will learn self-esteem, confidence, discipline, self-control, self-defense skills and much more! Our atmosphere, though challenging, is one of accomplishment through individual development. By focusing and trying hard, the students understand they can be extremely successful in martial arts and in life! Instructor: Tiger Rock Martial Arts of Central PA.

Wednesdays, 5:30-6:15 pm

October 18 – November 29

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

Cost: \$89; *discounted resident rate: \$69*

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 (7.91% plus \$0.54)
- or you just enjoy using your computer.

Go to <https://apm.activecommunities.com/westshorerec/Home> for more details. **There is no additional fee to register by telephone, in person or by mail.**



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
2023/24 Dance Season!**

717-691-5567
studio91.com • 712 Grantham Road, Mechanicsburg

ACTIVE WELLNESS

YOUTH EQUINE ACTIVITIES

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

Pony Rides

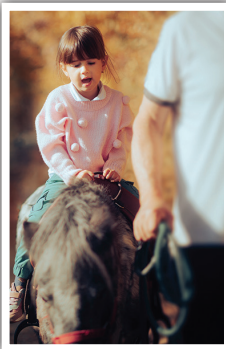
Children ages 4-12 can enjoy riding ponies (led rides - no instruction)! Group setting allows children the opportunity to acquaint themselves with ponies in a supervised environment. Farm has an indoor & outdoor riding ring, so come rain or shine. Long pants suggested.

Sunday, 1:30-3:00 pm

A. September 10

B. October 8

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



Mini Horsemanship

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

C. Sunday, November 5, 1:30-3:00 pm

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

Youth Horsemanship Clinic

Two-day clinic for ages 7-12. Introduction to grooming, saddling, riding and safety. Equestrian riding helmet & long pants required.

D. Saturday & Sunday, November 18 & 19, 1:00-3:00 pm

Cost: \$226; *discounted resident rate: \$174*

Christmas Pony Rides

A festive time to enjoy pony rides in a decorated ring on ponies decked out for the season. Ages 3-12.

E. Sunday, December 3, 1:30-3:00 pm

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

YOUTH MARTIAL ARTS

Turn these sometimes awkward years into a time of positive influence and strong character! Our training surrounds early teens ages 12-15 with good influences of like-minded peers and positive reinforcement. Students learn the benefits of functional fitness including improved flexibility, coordination, strength, endurance, focus and effective self-defense skills. Video games and social networking do not hold a candle to our program! Instructor: Tiger Rock Martial Arts of Central PA.

Tuesdays, 6:45-7:30 pm

October 17 – November 28 (no 10/31)

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

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

ACTIVITIES FOR ADULTS 18+

ADULT MARTIAL ARTS

Are you ready to make a change to enhance your life? Our program will add an exciting new facet to your life regardless of your season in life. Improve flexibility and coordination, gain more strength and better endurance, lose weight, learn effective self-defense skills and more. No experience necessary! We will help improve your quality of life and provide consistent positive experiences in a non-intimidating atmosphere. Instructor: Tiger Rock Martial Arts of Central PA.

Tuesdays, 7:30-8:15 pm

October 17 – November 28 (no 10/31)

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

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

NEW AEROBIC DANCE*

Everything old is new again. If you missed it the first go-around (or just plain *miss it*), there are plenty of reasons to try again. Join Marisa in low-impact aerobic dance to oldies and new music. Aerobic dancing is an incredibly effective (and enjoyable) form of movement. Feel free to dance your heart out with guided movements while burning fat and increasing heart rate. Abdominals and stretching included. Bring a mat. Instructor:

Marisa Stipe. **see note on bottom page 6*

Lemoyne Borough - community room - 510 Herman Ave
Saturdays, 9:00-9:45 am

A. September 9 – November 4 (no 10/14)

B. November 11 – December 30

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

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 12 – October 24

B. November 7 – December 19

Cost: \$49; *discounted resident rate: \$38*



DO YOU HAVE A NEW ACTIVITY IDEA?

If you have an idea for a new program you would like to see offered or would like to teach, call West Shore Rec at 920-9515. Instructors interested in teaching will receive a course description form.



**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.*

ACTIVE WELLNESS

🌟 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 on bottom page 7*

Lemoyne Borough - community room - 510 Herman Ave

Traditional With Dance Moves:

Saturdays, 8:25-8:55 am

A. September 9 – November 4 (no 10/14)

B. November 11 – December 30

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

Retro Conditioning: Includes working in reverse direction, aiding in balance and injury prevention.

Tuesdays, 7:15-7:45 pm

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

D. November 14 – December 26

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

🌟 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 11 – October 23

Cost: \$49; *discounted resident rate: \$38*

B. November 13 – December 18

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



**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.*

www.westshorerec.org

🌟 HAPPIEST HOUR YOGA*

Class is designed for beginner through intermediate. Have a mat/towel, cover up & water bottle. Instructor: Angela Sheaffer.

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. **see note on bottom page 7*

Negley Park - grass area below upper pavilion

Mondays, 6:00-7:15 pm

A. September 11 – October 16

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

Stress Relief – 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. **see note on bottom page 7*

Lemoyne Borough - community room - 510 Herman Ave

Mondays, 7:00-8:15 pm

B. November 13 – December 11

Cost: \$56; *discounted resident rate: \$43*

🌟 HATHA FLOW YOGA & BALANCE*

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 page 7*

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

Sundays, 6:45-7:30 pm

A. September 10 – November 5 (no 9/17, 10/8)

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

B. November 12 – December 17

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

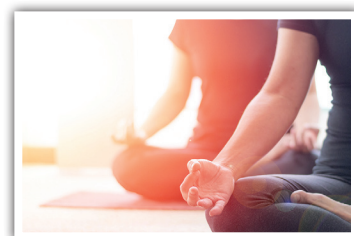
Wednesdays, 11:00-11:45 am

C. September 13 – November 1 (no 10/11)

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

D. November 8 – December 27 (no 11/22, 12/20)

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



**REGISTRATION BEGINS
AUGUST 24TH**

ACTIVE WELLNESS

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 mat pilates, standing pilates, circular pilates, magic circle, marble work and gyrotonics.* Bring a mat. Instructor: Marisa Stipe. **see note on bottom page 9*

All-Levels: Lemoyne Borough - community room - 510 Herman Ave
Saturdays, 7:30-8:15 am

A. September 9 – November 4 (no 10/14)

B. November 11 – December 30

Cost: \$55; *discounted resident rate: \$42*

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

Mondays, 6:45-7:30 pm

C. September 11 – October 30 (no 10/9)

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

D. November 13 – December 18

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

Int/Adv: Lemoyne Borough - community room - 510 Herman Ave
Tuesdays, 6:15-7:00 pm

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

F. November 14 – December 26

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

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 page 9*

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

Cardio Pumping & Abs: Each class will include aerobic and anaerobic dynamic movements

Sundays, 5:45-6:30 pm

A. September 10 – November 5 (no 9/17, 10/8)

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

B. November 12 – December 17

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

Senior Pump:

Wednesdays, 10:00-10:45 am

C. September 13 – November 1 (no 10/11)

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

D. November 8 – December 27 (no 11/22, 12/20)

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

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 page 9*



Lemoyne Borough - community room - 510 Herman Ave
Tuesdays, 5:15-6:00 pm

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

B. November 14 – December 26

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

PIYO FUN

For the intermediate 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 FUN, 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 13 – October 25 (no 9/27)

B. November 8 – December 20 (no 11/22)

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

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 8 – October 27 (no 9/15)

B. November 10 – December 22

Cost: \$49; *discounted resident rate: \$38*

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 on bottom page 9*

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

A. September 13 – November 1 (no 10/11)

B. November 8 – December 27 (no 11/22)

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

ACTIVE WELLNESS

☪ TAI CHI

Tai Chi is the martial art that can be practiced by practically anyone. Tai Chi's slow, precise movements promote relaxation and better health while improving strength, focus, and balance. In a fun and supportive atmosphere, participants start with a basic bare hand form then progress through a curriculum that includes (5) bare hand, (2) sword, (2) spear, and fan forms. Each class features, warm ups, fundamental exercises, Tai Chi forms, and Qigong breathing exercises. In addition to the regular weekly programs are periodic theory discussions, Qigong forms, and a meditation. This class is great for ALL AGES. Class size is limited to five new registrants per session, please register early. For more information about MAI and Tai Chi go to www.TC4ALL.com

Tuesdays, 7-8 pm

September 12 – December 12 (no 10/17, 11/21)

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 on bottom page 9*

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

Mondays, 7:35-8:35 pm

A. September 11 – October 30 (no 10/9)

Cost: \$51; *discounted resident rate: \$39*

B. November 13 – December 18

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

☪ 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 page 9*

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

Thursdays, 5-6 pm

A. September 7 – October 26 (no 10/12)

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

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



**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.*

☪ BALLROOM DANCING FUN

Come out for a fun night of dancing to your favorite tunes! Dances: Rumba, Waltz, Tango. Partners are preferred, but not required. Class will include a variety of fun dances. *"Dancing is the ultimate exercise . . . cleverly disguised as fun."* Instructed by and held at Ballroom Break (100A Catherine Ct, Lewisberry).

Mondays, 6:30-7:30 pm

October 2 – November 6

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 11 – October 9

B. October 30 – November 27

West Shore Senior Center (122 Geary Ave, New Cumberland)

Cost: \$45; *discounted resident rate: \$35*

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 9 – October 21 (no 10/7)

Lower Allen Community Park – Fernlawn Pavilion

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

☪ INTRO TO PHOTOGRAPHY

Do you have a DSLR camera and aren't sure how to use it? Are you still taking photos using only the AUTOMATIC mode? If you answered yes, then this is the perfect class for you! Each class will explore a new topic followed by some hands on application of the technique. Weekly assignments will also be given to reinforce what has been learned in class. Learn the history of photography and cameras, the science behind a DSLR, about photography influences, lenses exposure triangle - aperture, shutter speed and ISO, composition techniques, and much, much more. In order to participate you need to have a DSLR or mirrorless camera. For ages 14 through adult. If you have any questions send an email to - michaelyatsko@hotmail.com. Instructor: Michael Yatsko.

Thursdays, 7:00-8:30 pm

October 5 – November 16 (no 10/19)

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

Cost: \$192; *discounted resident rate: \$148*

ENRICHMENT

ACTIVITIES FOR ADULTS 18+

PAINTING WORKSHOPS

Join local artist, June Minaya for painting fun! No painting experience necessary and all supplies are included. 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. Fridays, October 6 - 20, 3:30-5:00 pm
 - B. Fridays, November 3 - 17, 3:30-5:00 pm
- West Shore Senior Center (122 Geary Ave, New Cumberland)
Cost: \$81; *discounted resident rate: \$62*

**good
for you.**
PENNSYLVANIA PARKS & RECREATION

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.

- A. Wednesday, October 4, 3-5 pm
 - B. Monday, October 23, 6-8 pm
- West Shore Senior Center (122 Geary Ave, New Cumberland)
Cost: FREE (pre-registration is required and also limited)

YOUTH ACTIVITIES

YOUTH ART FUN

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

Ages 4-6:

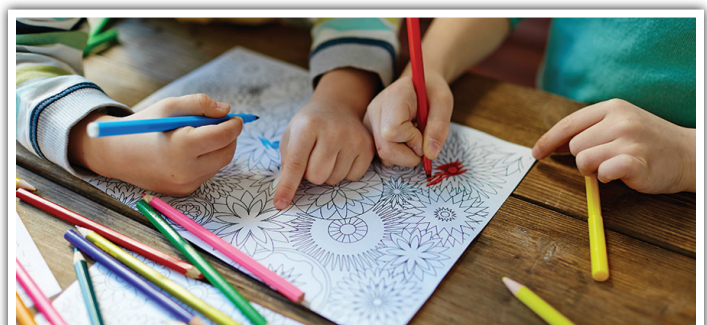
- Wednesdays, 5:15-6:00 pm
 - A. September 20 – October 18
Hillside Elementary School – art room
 - B. November 1 – December 6 (no 11/22)
Rossmoyne Elementary School – art room
- Cost: \$61; *discounted resident rate: \$47*

Grades 3-5:

- Wednesdays, 3:30-4:45 pm
 - C. September 20 – October 18
Hillside Elementary School – art room
 - D. November 1 – December 6 (no 11/22)
Rossmoyne Elementary School – art room
 - Thursdays, 3:30-4:45 pm
 - E. September 21 – October 26 (no 10/5)
Washington Heights Elementary School – art room
 - F. November 9 – December 14 (no 11/23)
Fairview Elementary School – art room
- Cost: \$104; *discounted resident rate: \$80*

Grades 6-8:

- Mondays, 2:45-4:00 pm
 - G. September 11 – October 16 (no 10/9)
Crossroads Middle School – art room
- Cost: \$104; *discounted resident rate: \$80*



HEATH INSURANCE SOLUTIONS, LLC



Liz Heath
Licensed Insurance Broker
717-417-0000



www.heathinsurancesolutions.com

- ◆ Medicare Supplement Insurance Plans
- ◆ Medicare Advantage Insurance Plans
- ◆ Part D Prescription Drug Plans
- ◆ Vision & Dental Insurance Plans
- ◆ Health Insurance/Pennie Broker



Call for a free consultation

I'll be a helping hand for your Insurance Needs

ENRICHMENT

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. Learn about leadership skills, how to develop a babysitting business, keep yourself and others safe, help children behave, and learn about basic childcare and 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. September 30

B. December 2

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

Cost: \$96; *discounted resident rate: \$74*

SUPER STAR ISLAND (After School)

Calling all trailblazers, groundbreakers, and universe-shakers in grades 1-5 to Challenge Island's® SUPER STAR ISLAND! You and your STEAM Team will take a STEAMtastic journey through our Challenge Island Hall of Fame from Leonardo Davinci to PT Barnum to Venus and Serena to a galaxy of other game-changers. Super Star Island shines as bright as a Challenge Island kid, so grab your inner star and join us for this stellar cross-curricular engineering adventure! Instructor: Challenge Island Staff.

Wednesdays, 3:30-4:30 pm

September 27 – November 1

Washington Heights Elementary School – library

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

TIME MACHINE ISLAND (After School)

Set your clocks back in time on Challenge Island's® action-packed Time Machine Island©! You and your STEAM Team in grades 1-5 will test your STEAM savvy as you whiz back to Ancient Egypt, The California Gold Rush, a 1970's Pinball Arcade and many other exciting eras. This incredible island is sure to be one for the history books! Instructor: Challenge Island Staff.

Wednesdays, 3:30-4:30 pm

November 8 – December 20 (no 11/22)

Highland Elementary School – music room

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



CHALLENGE ISLAND KID'S NIGHT OUT

Better than a sitter! Parents – plan a special night out while your kids ages 6-12 get some S.T.E.A.M. out. It's sure to be a fun night for kids and parents. 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.

Rainforest Night

Get some S.T.E.A.M. out racing into an unforgettable journey through the amazing Amazon Rainforest with Challenge Island book characters Daniel, Joy, Kimani, and Davinci. You and your STEAM Team will zip through the jungle's action-packed layers, taking on challenges inspired by the rainforest's awesome animal inhabitants. This night out is a must for all kids who love animals, books, and endless adventure!

Friday, 5:00-8:00 pm, September 29

Highland Elementary School – music room

Cost: \$83; *discounted resident rate: \$64*



HallowSTEAM

Design and create costumes and Haunted House rides, among other fun activities like the ever-popular SLIME! We will even sneak in a little learning about predicting, potential and kinetic energy, chemistry, and projectiles (shhhh...we won't tell them that part)!

Friday, 5:00-8:00 pm, October 27

Highland Elementary School – music room

Cost: \$83; *discounted resident rate: \$64*



ThankSTEAMing

Design a corn maze, make pumpkin SLIME, and engineer the Mayflower during this fun night of STEAM activities!

Friday, 5:00-8:00 pm,

November 17

Highland Elementary School
– music room

Cost: \$83; *discounted resident rate: \$64*



STEAMing Through the Holidays

Engineer a penguin sled, design a spinning snowman, and make color-changing SLIME! We will even sneak in a little learning about predicting, potential and kinetic energy, chemistry, and projectiles.

Friday, 5:00-8:00 pm, December 15

Highland Elementary School – music room

Cost: \$83; *discounted resident rate: \$64*



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!

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 9 - 30

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

Cost: \$34; *discounted resident rate: \$26*

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

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

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

Red Land High School

Sundays, September 10 - October 1

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

Cost: \$34; *discounted resident rate: \$26*

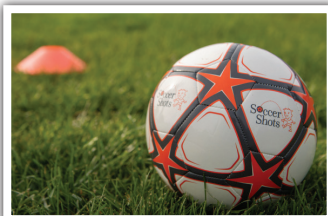
E. Ages 8-12 (Beg): 2:00-3:00 pm

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

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

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 12 - October 31

Highland Elem. School - grass area near playground

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

ACTIVITIES FOR ADULTS 18+

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, 12-1 pm

September 10 - October 1

Red Land High School

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

PICKLEBALL CLINIC

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, September 9 - 30, 8-9 am

B. Wednesdays, September 13 - October 4, 9-10 am

Roof Park - tennis/pickleball courts

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

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 13 - December 6 (no 11/22)

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

Plus WSSD facility use fee: \$33/person

**REGISTRATION BEGINS
AUGUST 24TH**

Family Is What Matters Most

Helping families in their time of need is the bedrock of our Family Tradition Of Caring. We are proud to have been taking care of families, like yours, for three generations. We dedicate ourselves to helping make things better, when things are at their worst. Talk with us today about how we can help your family.

PARTHMORE
Funeral Home & Cremation Services, Inc.

717-774-7721 **www.Parthemore.com**

Gilbert J. Parthemore, Supervisor 1303 Bridge Street, New Cumberland

SUMMER CAMP REPLAY



West Shore Rec wishes to thank all the participants and staff of our three 2023 summer long programs: PlayZone, Summer Blast and Summer Blast Junior.



Hope to see you next year!

TRIPS

NEW STOURBRIDGE TRAIN RIDE & VOICES OF LEGENDS

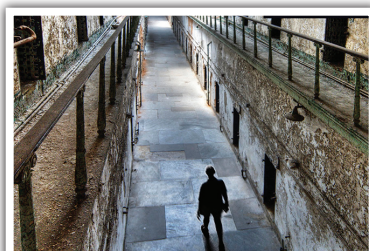
Enjoy a day away in Northeast PA with lunch, the "Voices of Legends" show at Silver Birches Resort and a relaxing train ride aboard the Stourbridge Line Train. Eric Kearns entertains and amazes audiences with his high-energy, one-man performance "Voices of Legends" featuring vocal impressions from artists like Frank Sinatra, Elvis Presley, Johnny Mathis and more. Following a hearty, family-style lunch, sit back and relax as you ride the rails of the Stourbridge Line along the Lackawaxan River.



Thursday, October 5
Sportsman's Warehouse – depart 7:15 am, return 9:45 pm.
Cost: \$144

NEW EASTERN STATE PENITENTIARY & GHOST TOUR

If Walls Could Talk - Travel to Philadelphia for a behind the walls guided tour of historic Eastern State Penitentiary, witness the haunting world of crumbling cellblocks and hear about its infamous inmates. Also, experience an unusual and entertaining Ghost Tour of Philadelphia featuring haunting tales from costumed guides as you stroll the streets of Independence Park and Society Hill.

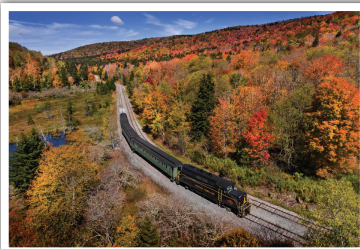


Sunday, October 8
Sportsman's Warehouse – depart 6:45 am, return 8:30 pm.
Cost: \$153

TRIPS

NEW SCENIC TRAINS OF WEST VIRGINIA

Let's Ride the Rails! Prepare for two relaxing railway excursions through the glorious mountains of West Virginia on the New Tygart Flyer and the Cass Railroad. Additional trip highlights include tours of the Beverly Heritage Center, West Virginia Railroad Museum and Appalachian Discover Center, as well as dinner and show at Gandy Dancer Theatre.



Wednesday – Friday, October 18-20
Sportsman's Warehouse – depart 7:15 am, return 9:45 pm
Four Points Sheraton – depart 6:30 am, return 10:30 pm
Cost: \$1,135 single; \$949 double; \$875 triple; \$838 quad

NEW CHRISTMAS AT OLD STURBRIDGE VILLAGE

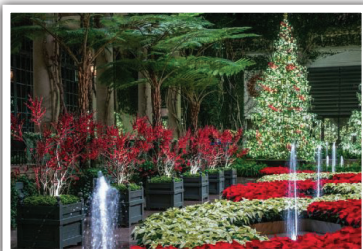
Feel like you stepped into a Norman Rockwell postcard with this heartwarming and joyous trip to the Berkshires. Enjoy Christmas by Candlelight at Old Sturbridge Village, Bright Nights drive-through lights display, Victorian Tea and tour at Ventfort Hall, visit the Norman Rockwell Museum and Vaillancourt Chalkware, drive by some of the Berkshire "Cottages" once home to American Aristocracy and more.



Friday – Monday, November 24-27
Sportsman's Warehouse – depart 7:15 am, return 7:30 pm
Four Points Sheraton – depart 7:00 am, return 8:00 pm
Cost: \$1,659 single; \$1,360 double; \$1,302 triple;
\$1,274 quad

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.



Thursday, December 7
Sportsman's Warehouse – depart 1:00 pm, return 10:45 pm.
Cost: \$97

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.



B. Wednesday, December 13
C. Saturday, December 16
Sportsman's Warehouse – depart 7:00 am, return 10:15 pm.
Cost: \$96

Please visit our website (westshorerec.org) for additional details on any of the trips listed above.

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 Sportsman's Warehouse parking lot (Capital City Mall, 3500 Capital City Mall Drive, 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 24th. Members of non-participating communities may sign up beginning August 31st. 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 (7.91% + \$0.54) 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 24th. 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.



Member of



West Shore Recreation Commission

P.O. Box 413
Lewisberry, PA 17339

Presorted Standard
U.S. Postage
PAID
Mechanicsburg, PA 17055
Permit No. 84

BOARD OF REPRESENTATIVES

John Minito • Fairview Township
Don Wilt • Goldsboro Borough
John Leverentz • Lemoyne Borough
Wayne Branyan • Lewisberry Borough
Edward Black • Lower Allen Township
Chad Wilson • New Cumberland Borough

ADMINISTRATIVE STAFF

Eric Stauffer, CPRP • Recreation Manager
Todd Miller, CPRP • Senior Program Coordinator
Janell Winebrenner • Customer Service Representative
Sandra Farcht • Customer Service Representative

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:

H2O Cardio – *New!*
Adult Swim Lessons
Whee Swim
Aerobic Dance – *New!*
Yoga – Outdoor Scenic
Kickboxing & Abs
Salsatone
Body Toning
Pilates
Ballroom Dancing Fun
Tai Chi
Pony Rides
Kinder Gym
Youth Art Fun
Kids Night Out Series
Pickleball Clinic
Eastern State Penitentiary &
Ghost Tour – *New!*
Scenic Trains of W. Virginia – *New!*
Christmas at Longwood Gardens



Proud Supporter of the
West Shore
Recreation
Commission



L.B. SMITH



LINCOLN

717-761-6700 | LBSMITHFORD.COM