



WEST SHORE RECREATION
COMMISSION

www.westshorerec.org

**REGISTRATION
BEGINS JANUARY 3**

NON-RESIDENT JANUARY 10



Winter-Spring 2024

PLAYZONE DAY CAMP COUNSELORS

- Monday thru Friday, June 10 – August 3
- 7:30 am-5:15 pm (8-8.5 hr shift), \$13-\$14/hr
- Camper age groups 6-8 and 9-12
- Games, field trips, swimming, crafts & more
- Very beneficial for education, phys ed and recreation college majors and grads
- Send application or for more details contact Eric Stauffer at estauffer@wsrec.org

SUMMER BLAST COUNSELORS

- 9:00 am-12:00 noon, Monday thru Friday, June 17 – August 2
- Organize and lead games for children entering grades 1-6
- Prior experience working with children required
- \$10-\$12+ per hour depending on experience
- Send application or for more details contact Todd Miller at tmiller@wsrec.org

SUMMER JOB OPPORTUNITIES


LEMOYNE POOL STAFF

- Manager and Lifeguard positions
- 2024 Summer season: May 25 - September 2
- Red Cross certification required for lifeguards
- Manager position candidates may be considered without lifeguard certification
- Managers (\$14-20/hr); Lifeguards (\$11-13/hr)
- Send application to Todd Miller at tmiller@wsrec.org

WEST SHORE NATATORIUM STAFF

- Year-round lifeguard and swim lesson instructor positions
- Red Cross certifications required for lifeguards and swim instructors
- Lifeguards (\$10-12/hr)
- Swim Instructors (\$12-\$20/hr)
- Send application to Todd Miller at tmiller@wsrec.org



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: JANUARY 3RD

So that everyone has a chance to receive this brochure and time to make activity selections, the first day registrations will be accepted is **Wednesday, January 3rd 8:30 a.m.** for residents of participating communities in West Shore Rec.

Non-residents may register January 10th 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 January 1 & 15, February 19, March 29, April 1 & May 27. 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.

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.

Thursdays, 5:30-6:00 pm

A. January 18 – February 22

B. March 14 – April 18

West Shore Senior Center – 122 Geary Ave, New Cumberland

Tuesdays, 6:15-6:45 pm

C. January 23 – February 27

Fishing Creek Elementary School – bldg. I cafeteria

Cost: \$64; *discounted resident rate: \$49*

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.

Thursdays, 6:10-6:55 pm

A. January 18 – February 22

B. March 14 – April 18

West Shore Senior Center – 122 Geary Ave, New Cumberland

Tuesdays

C. January 23 – February 27, 6:55-7:40 pm

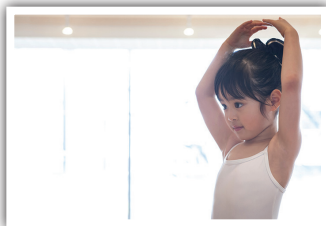
D. March 19 – April 23, 7:10-7:55 pm

Fishing Creek Elementary School – bldg. I cafeteria

Cost: \$91; *discounted resident rate: \$70*

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.



Thursdays, 7:05-7:50 pm

A. January 18 – February 22

B. March 14 – April 18

West Shore Senior Center – 122 Geary Ave, New Cumberland

Tuesdays, 6:15-7:00 pm

C. March 19 – April 23

Fishing Creek Elementary School – bldg. I cafeteria

Cost: \$91; *discounted resident rate: \$70*

NEW JUST DANCE WORKSHOP

Designed for kids ages 8-15 who want to learn beginner ballet, jazz, and contemporary...and have fun while doing it! We'll even learn a dance together to share with family & friends at the end of the 8 weeks. No dance experience is required. Come with a positive attitude and desire to learn! Instructed by experienced teachers from local dance group EncounteredHeart, who love to share their passion of dance with kids.

Wednesdays, 6:15-7:15 pm

February 7 – March 27

Rossmoyne Elementary School – cafeteria

Cost: \$169; *discounted resident rate: \$130*

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

February 13 – April 2

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

Cost: \$77; *discounted resident rate: \$59*

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

February 14 – April 3

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

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



Register soon for summer
and 2024/25 classes!

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

717-691-5567

studio91.com • 712 Grantham Road, Mechanicsburg

Active Wellness

NEW INTRO TO NINJA WARRIOR, PARKOUR AND WORLD CHASE TAG

As seen on social media and network television! Dexterity Depot is an elite training facility for Ninja Warrior, Parkour and World Chase Tag. We will focus on each of these 3 disciplines over the course of 6 classes. These sports are about overcoming not just physical obstacles, but mental and emotional ones as well. We help people of all ages increase self-confidence, self-esteem, focus, body awareness, physical strength, balance, agility, and speed. See inside the facility at Dexteritydepot.com. Instructor: Dexterity Depot.

Saturdays, February 10 – March 30 (no 3/2, 3/23)

A. Ages 6-10: 10:00-10:50 am

B. Ages 11-14: 11:00-11:50 am

Dexterity Depot – 75 Utley Drive, Suite 102, Camp Hill

Cost: \$116; *discounted resident rate: \$89*

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. February 25

B. March 24

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, April 7, 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

February 13 – April 2

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

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

**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.*

ACTIVITIES FOR ADULTS 18+

ADULT MARTIAL ARTS

Our program will add an exciting new experience 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

February 13 – April 2

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

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

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 at bottom left*

Lemoyne Borough - community room - 510 Herman Ave

Saturdays, 9:00-9:45 am

A. January 13 – March 9

B. March 16 – May 18 (no 4/13)

Cost: \$58; *discounted resident rate: \$45*



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Active Wellness

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. January 16 – March 12

B. March 26 – May 21

Cost: \$65; *discounted resident rate: \$50*

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.*

Lemoyne Borough - community room - 510 Herman Ave

Traditional With Dance Moves:

Saturdays, 8:25-8:55 am

A. January 13 – March 9

B. March 16 – May 18 (no 4/13)

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

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

Tuesdays, 7:15-7:45 pm

C. January 16 – March 12

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

D. March 19 – May 21 (no 4/9, 4/23)

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

NEW BOX (Bring On the eXtreme)

Start your New Year out the right way. This mini-session includes EXTREME workouts from all over the world. This will include compound movements that engage all muscles in one go. The core movements will be intense, and your fitness journey will broaden each week. Optional personal training measurements are included. Bring a mat and 3-8 lb. hand weights. Instructor: Marisa Stipe.

Lemoyne Borough - community room - 510 Herman Ave

Wednesdays, 6:45-7:30 pm

January 10 – February 7

Cost: \$35; *discounted resident rate: \$27*

**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..*

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. January 15 – March 4

B. March 18 – May 13 (no 4/22)

Cost: \$57; *discounted resident rate: \$44*

HAPPIEST HOUR YOGA *

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

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 at bottom left*

Lemoyne Borough - community room - 510 Herman Ave

Mondays, 7:00-8:15 pm

A. January 8 - 22

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

B. March 4 – April 8

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

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 at bottom left.*

Negley Park - grass area below upper pavilion

Mondays, 6:00-7:15 pm

C. April 22 – May 20

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

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.**

Active Wellness



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 at bottom of page 7*

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

Wednesdays, 11:00-11:45 am

A. January 10 – March 13

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

B. March 20 – May 22 (no 4/10)

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

Sundays, 6:45-7:30 pm

C. January 14 – March 10

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

D. March 17 – May 19 (no 3/31, 4/14)

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

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 at bottom of page 7*



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

Saturdays, 7:30-8:15 am

A. January 13 – March 9

B. March 16 – May 18 (no 4/13)

Cost: \$64; *discounted resident rate: \$49*

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

Mondays, 6:45-7:30 pm

C. January 15 – March 11

Cost: \$64; *discounted resident rate: \$49*

D. March 18 – May 20 (no 4/8, 4/22)

Cost: \$57; *discounted resident rate: \$44*

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

Tuesdays, 6:15-7:00 pm

E. January 16 – March 12

Cost: \$64; *discounted resident rate: \$49*

F. March 19 – May 21 (no 4/9, 4/23)

Cost: \$57; *discounted resident rate: \$44*

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 page 7*

Lemoyne Borough - community room - 510 Herman Ave

Tuesdays, 5:15-6:00 pm

A. January 16 – March 12

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

B. March 19 – May 21 (no 4/9, 4/23)

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

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 at bottom of page 7*

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

Senior Pump:

Wednesdays, 10:00-10:45 am

A. January 10 – March 13

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

B. March 20 – May 22 (no 4/10)

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

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

Sundays, 5:45-6:30 pm

C. January 14 – March 10

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

D. March 17 – May 19 (no 3/31, 4/14)

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

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. February 14 – March 27

B. April 3 – May 22 (no 4/24)

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

**REGISTRATION BEGINS
JANUARY 3**

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. January 12 – March 8

B. March 22 – May 17

Cost: \$65; *discounted resident rate: \$50*

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. January 10 – March 13

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

B. March 20 – May 22 (no 4/10)

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

MAI TAI CHI - Celebrating our 20th Year with WSRec!

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

January 16 – May 21 (no 2/13, 3/19, 4/23)

West Shore Senior Center – 122 Geary Ave, New Cumberland

Cost: \$199; *discounted resident rate: \$156*

**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.*

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. January 15 – March 11

Cost: \$65; *discounted resident rate: \$50*

B. March 18 – May 20 (no 4/8, 4/22)

Cost: \$57; *discounted resident rate: \$44*

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 at bottom*

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

Thursdays, 5-6 pm

A. January 11 – March 14

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

B. March 21 – May 23 (no 4/11)

Cost: \$64; *discounted resident rate: \$49*

BALLROOM DANCING FUN

Dance with your partner to your favorite music! Learn some of the popular dances for a lifetime of enjoyment. Partners are preferred, but not required. "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

A. January 22 – February 26

B. March 4 – April 8

C. April 15 – May 20

Cost: \$127; *discounted resident rate: \$98 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. January 8 – February 5

B. March 18 – April 15

West Shore Senior Center – 122 Geary Ave, New Cumberland

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

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.

Tuesdays, 6:00-7:00 pm

March 19 – April 23

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

March 7 – April 11

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

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

FAMILY NIGHT – May the 4th STEAM with you!

Take home your family's game after you participate in the Galaxy Wizard Way Challenge! May the 4th be with you! Calling all family members! Our multi-generational STEAM Battle events are a perfect Family Night Out activity! You will work as a team on an out-of-this-world evening of engineering your game to outsmart the other forces! Please indicate number of family members (up to 5) at time of registration. Instructor: Challenge Island Staff.

Saturday, 4:00-5:30 pm, May 4

Highland Elementary School - cafeteria

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

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, January 12 - 26, 3:30-5:00 pm

B. Fridays, February 9 -23, 3:30-5:00 pm

C. Fridays, May 3 - 17, 3:30-5:00 pm

D. Fridays, April 5 - 26, 6:30-8:00 pm

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

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

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, February 7, 3-5 pm

B. Monday, March 4, 6-8 pm

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

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

ADULT CPR/AED RED CROSS CERTIFICATION

Ages 14 and older are invited to get CPR certified – and be prepared to help provide assistance when someone is faced with a cardiac or breathing emergency. You will learn to recognize and care for breathing and cardiac emergencies involving adults. Upon successful completion you will receive a digital certificate for Adult CPR/AED valid for two years. Please note: this certification does not satisfy qualifications needed for those in the healthcare profession. Instructor: Kathy Wulfers.

Wednesday, April 17, 6:00-9:00 pm

West Shore Rec Office – inside WSSD Admin Bldg.

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

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

Enrichment

YOUTH ACTIVITIES

YOUTH ART FUN

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



Ages 4-6:

Wednesdays, 5:15-6:00 pm

A. January 17 – February 14

Rossmoyne Elementary School – art room

B. February 28 – March 27

Hillside Elementary School – art room

Thursdays, 5:15-6:00 pm

C. April 18 – May 16

Fishing Creek Elementary School – art room

Cost: \$61; *discounted resident rate: \$47*

Grades 3-5:

Wednesdays, 3:30-4:45 pm

D. January 17 – February 14

Rossmoyne Elementary School – art room

E. February 28 – March 27

Hillside Elementary School – art room

F. April 10 – May 8

Fairview Elementary School – art room

Thursdays, 3:30-4:45 pm

G. January 18 – February 15

Washington Heights Elementary School – art room

H. February 29 – April 4 (no 3/28)

Highland Elementary School – art room

I. April 18 – May 16

Fishing Creek Elementary School – art room

Cost: \$104; *discounted resident rate: \$80*

Ages 6-10:

Saturdays, 9:30-10:30 am

J. January 27 – February 17

Rossmoyne Elementary School – art room

K. March 9 - 30

New Cumberland Fire Co - hall

Cost: \$62; *discounted resident rate: \$49*

🌟 SNAPOLOGY STEAM CLUBS (After School)

In Snapology's STEAM Club, students in grades K-5 will actively explore and experiment with the principles of science, technology, engineering, art, and mathematics from various programs! 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 club. **Activity difficulty will be scaled to be appropriate for each student's grade level.**

STEAM Club Themes for the first session will be: Creative Design & Critical Thinking (A, C, E, G, I). The second session theme will be Engineering & Robotics (B, D, F, H, J). **Registration deadline is one week before the program begins.**

Washington Heights Elementary School – library

Mondays, 3:30-5:00 pm

A. February 5 – March 11 (no 2/19)

B. March 25 – April 29 (no 4/1)

Cost: \$156; *discounted resident rate: \$120*

Rossmoyne Elementary School – art room

Tuesdays, 3:30-5:00 pm

C. February 6 – March 5

D. March 19 – April 16

Cost: \$156; *discounted resident rate: \$120*

Highland Elementary School – music room

Tuesdays, 3:30-5:00 pm

E. February 6 – March 5

F. March 19 – April 23 (no 4/16)

Cost: \$156; *discounted resident rate: \$120*

Fishing Creek Elementary School - library

Wednesdays, 3:30-5:00 pm

G. February 7 – March 6

H. March 20 – April 17

Cost: \$156; *discounted resident rate: \$120*

Hillside Elementary School – library

Thursdays, 3:30-5:00 pm

I. February 8 – March 7

J. March 21 – April 25 (no 3/28)

Cost: \$156; *discounted resident rate: \$120*



PLAY SOCCER

Fall/Spring Rec. and Travel Teams
Winter/Spring Camps and Clinics
Programs for all abilities!

MORE INFO

KEYSTONEFC.COM



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. January 27

B. April 27

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

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

MONSTERS & MYTHS ISLAND **(After School)**

Prepare to enter an enchanted island filled with mythological monsters, legendary creatures and things that go bump in the night. You and a STEAM (Science Technology Engineering Art Math) Team® of friends in grades 1-5 will take on engineering challenges from Dracula to Dragons, from Bigfoot to Hydra, from Medusa to Monster Trucks to Egyptian Mummies! An adventure that only Challenge Island could dream up, Monsters and Myths Island is so spectacular it will give you goosebumps! Bring an allergen friendly snack and labeled water bottle.

Wednesdays, 3:30-4:30 pm

January 31 – February 28

Washington Heights Elementary School–art/music room

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

REGISTRATION BEGINS
JANUARY 3

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.



FANTASTIC FICTION ISLAND **(After School)**

Every participant receives their own copy of our book! Once upon a time, there was a page-turning island that transformed beloved books into action-packed STEAM (Science Technology Engineering Art Math) adventures. During this literary adventure, our STEAM Teams in grades 1-5 tackle engineering challenges inspired by their favorite novels: From pop culture page-turners (like STEAMwarts Academy) to classic reads (like Alice in Wonderland) to our very own Challenge Island book series, this island is always a bestseller. Bring an allergen friendly snack and labeled water bottle.

Wednesdays, 3:30-4:30 pm

April 10 – May 8

Washington Heights Elementary School–art/music room

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

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.

Fridays, 5:00-8:00 pm

A. January 26 – Snowy Slime Night

Highland Elementary School – art/music room

B. April 5 – Spring Bubble Night

Rossmoyne Elementary School – STEM lab

C. May 3 – Monsters & Myths Night

Highland Elementary School – art/music room

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

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

Camps

PLAYZONE SUMMER DAY CAMP

PlayZone should run June 10 – Aug. 2 or 9. Registration will begin mid to late March. If enrolled in PlayZone during the past three summers, you'll automatically receive the registration info e-mail. Otherwise, please sign up to receive the 2024 info via e-mail by giving us a call or going online to sign up for the "PlayZone Interest List 2024". Visit our website to view additional PlayZone info and past info from 2023 on the Camps page. Staffing levels & enrollment will determine the structure. Plan is for two zones: **Primary Zone** for ages K-8 (completed kindergarten) and **Secondary Zone** for ages 9-12. PlayZone is held at Fishing Creek Elementary.

SUMMER BLAST

Children **entering** grades 1-6 (who have completed kindergarten) are invited to enjoy fun games, activities and crafts in an outdoor setting. Play typical playground games such as kickball, wiffleball, nok-hockey, and capture the flag. Other fun activities related to the weekly theme will be planned. Sign up on a weekly basis or for the entire seven week program at a discount. **Registration will be available in the summer brochure.**

Monday thru Friday, 9 am-12 noon

June 17 – August 2

Roof Park – Fairview Township

SUMMER JOBS: See opportunities listed on page 2.

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. 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.

Winter/Spring Rec Swim: Sundays, 2-5 pm
February 4 – May 19*

Lap Swim Only: Mondays & Wednesdays, 7-8 pm
February 26 – May 15

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 March 31. Other dates are subject to change for staffing, emergency, maintenance or other reasons outside our control. If Rec Swim is cancelled for any reason a notification message will be recorded on our phone system up to 1 hour before the program. We suggest checking the message (call 717-920-9515 and press 3) before traveling to the pool.

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! Swim diapers are **required**. Instructor: Sarah Canulli.

Sundays, February 25 – April 14 (no 3/17, 3/31)

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

YOUTH ACTIVITIES

WATER OTTERS

Designed for children 4 years old 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.

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

A. March 5 – 28

B. April 2 – 25

C. May 2 – 28

Cost: \$74; *discounted resident rate: \$57*

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. *You may enroll in one section only until March 29 and you must pass the current level before enrolling in the next.* Instructed by certified Water Safety Instructors.

Tuesdays & Thursdays, March 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, April 2 – 25

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

Tuesdays & Thursdays, May 2 – 28

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

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

I. Level 3, 5 or 6 7:20-7:55 pm

Cost: \$74; *discounted resident rate: \$57*

Aquatics

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 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.

Tuesdays & Thursdays, 8:00-8:45 pm

May 7 – 21

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

LIFEGUARD CERTIFICATION

Become an American Red Cross certified pool lifeguard. You must be at least 15 years old, be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing, and tread water for 2 minutes using only the legs. You must also complete a timed event 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 minus a \$50 administrative fee.** This is a blended learning course which means much of the classroom work will need to be completed on-line before the first day of class at the pool. Upon passing written and practical exams, you will also be certified in First Aid and CPR for the professional rescuer. Bring your swimsuit and towel to every class. Each participant will receive a CPR mask and whistle. Be prepared for the pre-requisite swim test on the first day of class. Instructor: Kathy Wulfers.



Friday, 5:00-9:00 pm

Saturday, 9:00 am- 6:00 pm

Sunday, 9:00 am-2:00 pm

April 5, 6, 7

Cost: \$337; *discounted resident rate: \$259*

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 minus a \$50 administrative 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, April 27, 9:00 am-6:00 pm

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, 1:00-2:00 pm

January 7 – May 12 (no 3/31)

Cost: \$121; *discounted resident rate: \$93*

AQUACISE

Looking for something to keep that energy going throughout the winter? 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, 7:00-8:00 pm

A. February 26 – March 27

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

B. April 1 – May 15

Cost: \$95; *discounted resident rate: \$73*

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, 8:00-9:00 pm

A. February 26 – March 27

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

B. April 1 – May 15

Cost: \$95; *discounted resident rate: \$73*

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 & Thursdays, 8:00-9:00 pm

A. February 27 – March 21

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

B. April 2 – 25

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

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

🌟 SPRING 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. *New procedure for tennis weather cancellations, participants should check our phone system (see page 2).*

Roof Park, Fairview Township
Saturdays, April 6 - 27

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, April 7 - 28

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*

🌟 **NEW** INTRO TO NINJA WARRIOR, PARKOUR AND WORLD CHASE TAG

As seen on social media and network television! Dexterity Depot is an elite training facility for Ninja Warrior, Parkour and World Chase Tag. We will focus on each of these 3 disciplines over the course of 6 classes. These sports are about overcoming not just physical obstacles, but mental and emotional ones as well. We help people of all ages increase self-confidence, self-esteem, focus, body awareness, physical strength, balance, agility, and speed. See inside the facility at dexteritydepot.com. Instructor: Dexterity Depot.

Saturdays, February 10 – March 30 (no 3/2, 3/23)

A. Ages 6-10: 10:00-10:50 am

B. Ages 11-14: 11:00-11:50 am

Dexterity Depot – 75 Utley Drive, Suite 102, Camp Hill

Cost: \$116; *discounted resident rate: \$89*

SOCCER SHOTS

The Soccer Shots Winter League is designed specifically for K-2nd graders (ages 5-8) who are looking for an age-appropriate introduction to league-style play! Our Winter League includes 10 minutes of instruction and warm-up followed by a 40-minute guided soccer game. Games are coached and officiated by our coaching staff. Register at <https://harrisburgyork.soccershots.com>

Indoor Winter League (Ages 5-8/K-2nd):

Wednesday evenings, January 10 – February 28

Highland Elem. School – gymnasium

Soccer Shots spring clinics are high-energy and utilize curriculum that focuses on basic soccer skills like dribbling, passing, and shooting for the younger groups (age 2-4). Older participants (age 5-8) will experience training that focuses on tactical skill development and competitive team play.

Outdoor Spring Clinics (Ages 2-8):

Tuesday evenings, March 26 – May 14

Highland Elem. School – grass area near playground

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. *New procedure for tennis weather cancellations, participants should check our phone system (see page 2).*

Sundays, 12-1 pm

April 7 - 28

Red Land High School – lower courts

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. *New procedure for pickleball weather cancellations, participants should check our phone system (see page 2).*

A. Saturdays, April 6 - 27, 8-9 am

B. Wednesdays, May 1 - 22, 9-10 am

C. Wednesdays, May 1 - 22, 6:30-7:30 pm

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)

A. January 10 – March 27

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

Plus WSSD facility use fee: \$33/person

B. April 10 – May 8 (5 weeks)

Cost: \$29; *discounted resident rate: \$22*

Plus WSSD facility use fee: \$16/person



🌟 ADULT GOLF LESSONS

Whether you're a beginner or intermediate, there is always a lot to learn with the game of golf. Receive professional instruction on putting, chipping and the full-swing. No clubs...no problem! VGGC has some you can borrow for use during the lessons. Indicate appropriately during registration, right or left handed. Instructor: Brian Crawford, USGTF Pro.

Wednesdays, 6-7 pm

May 1 - 29

Valley Green Golf Course - 1227 Valley Green Rd, Etters, PA

Cost: \$123; *discounted resident rate: \$95*

Trips

PHILADELPHIA FLOWER SHOW

Take a memorable trip to Philadelphia, where you will get your first taste of Spring 2024. Enjoy the Philadelphia Flower Show where you will be 'United by Flowers' with so much happiness and comfort. You can also take a short walk from the show, and visit the famous Reading Terminal Market. Spend the day being immersed in the dazzling floral creativity of this wonderful experience!

A. Sunday, March 3 – depart 8:30 am, return 8:30 pm
Cost: \$133

B. Tuesday, March 5 – depart 8:30 am, return 9:00 pm
Cost: \$128

Sportsman's Warehouse

CHERRY BLOSSOM CRUISE

Upon arrival in Washington, DC, board the Odyssey to observe the stunning pale pink and white cherry blossoms that symbolize the arrival of spring and welcome visitors to our nation's capital. Glide gently on the waters of the Potomac as you witness exclusive views of the nation's greatest monuments aboard the Odyssey. Relax and enjoy a tantalizing meal coupled with entertainment while you travel beneath the bridges that span the Potomac. Following your cruise, board the motorcoach for a narrated monument tour with your Licensed Washington, DC guide.

A. Thursday, March 28

Sportsman's Warehouse – depart 6:45 am, return 9:00 pm

B. Tuesday, April 2

Sportsman's Warehouse – depart 6:30 am, return 9:00 pm

Four Points Sheraton - depart 7:45 am, return 7:45 pm

Cost: \$196

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.

A. Saturday, April 13

B. Saturday, December 21

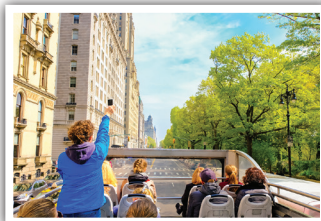
Sportsman's Warehouse –depart 7:00 am, return 10:15 pm

C. Saturday, November 23

Sportsman's Warehouse – depart 7:00 am, return 10:15 pm

Four Points Sheraton - depart 7:15 am, return 10:00 pm

Cost: \$99



BLUE ANGELS AIR SHOW - Annapolis

There is no better way to see these elite Navy pilots perform than on the water. Feel the rush as the planes fly right over head. Two-Hour Boat Cruise While Viewing the Blue Angels Air Show, Free Time in Annapolis Harbor and Transportation.

Wednesday, May 22

Bus #1: Four Points Sheraton - depart 9:00 am, return 8:00 pm

Bus #2: Sportsman's Warehouse - depart 7:30 am, return 8:15 pm

Cost: \$176

FOOD & WINE OF NIAGARA FALLS

Journey to Niagara Falls, NY for a delightful stay near the falls with some wine and dining along the way. Includes Herschell Carousel Factory Museum, Maid of the Mist, chef demo and dinner at Niagara Culinary Institute, Platters Chocolate, local winery tour/tasting and free time to explore Niagara Falls USA. No passport required.

Monday – Thursday, May 6 - 9

Sportsman's Warehouse & Four Points Sheraton departures

Cost: \$1,121 single; \$954 double; \$899 triple; \$875 quad

NEW BACKROADS OF THE SMOKIES

Join Wolf's Ambassador of Fun, Kristin Miller, and connect with nature as you explore the backroads of the Smokies and spend 3 nights in the Grand LeConte Lodge, a luxury cabin nestled in the arms of the Smoky Mountains. Tour highlights include Skyland Ranch, Anakeesta, Cades Cove, Foothills Parkway Tour, Dollywood and more!.

Saturday – Friday, April 22 – 26

Sportsman's Warehouse & Four Points Sheraton departures

Cost: \$2,691 single; \$2,071 double

Please visit our website (westshorerec.org) for additional details on any of the trips listed above. Also check out our other 2024 tours such as: Washington Zoo/Smithsonian, Statue of Liberty & Ellis Island, Choptank Riverboat/Crab Feast, Scenic Mtn Maine/NH, Fall Foliage in Vermont, Potomac Eagle Train, Fall Longwood Gardens/Winery, Mount Vernon Estate/ Gristmill, Newport Christmas, Gaylord Christmas and Longwood Gardens Christmas Tour. Check our website for details as they become available.

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 January 3rd. Members of non-participating communities may sign up beginning January 10th. 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 January 3rd. 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

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Lewisberry, PA 17339

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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.

Coming in 2024

Here's a sampling of some new program additions and on-going favorites for Winter/Spring...!

New! Intro to Ninja Warrior, Parkour and World Chase Tag

New! Just Dance Workshop

Youth Swim Lessons

New! Box (Bring on the eXtreme) Fitness

Mai Tai Chi

Salsatone

Youth Art Fun

Snapology STEAM Clubs (After School)

Blue Angels Air Show in Annapolis

New! Backroads of the Smokies

Cherry Blossom Cruise



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