

Township of Lower Merion Parks & Recreation

RECREATION INFORMATION

WINTER 2017

Lower Merion Township offers a variety of programs, for both children and adults, year round. Basketball and Tennis Clinics, Viva Community Fitness Pilates, UK Elite Soccer Clinics and Classes, DVA – Villanova Volleyball, Shining Knights Chess Club, Young Rembrandts Art Classes, Engineering for Kids Classes, Mad Science Workshops, Bricks 4 Kidz Classes, Kitchen Wizards Cooking Classes and much, much more.

Please visit our website www.lowermerionrec.com for a current schedule of programs and classes.

If you do not have on-line access, no need to worry. You can still mail or walk-in to register for programs and pool memberships.

REGISTRATION INFORMATION



You will be considered registered for a program only after the proper forms and fees are received. Payment is due at the time of registration. Checks should be made payable to “**Treasurer, Lower Merion Township**”. Registrations without accompanying fees will NOT be processed. Non-residents (including Narberth Borough) will have a higher registration fee.

Nothing stops a program in its tracks faster than everyone waiting until the last minute to register. Many of our programs need a minimum number of participants to run so a program may be cancelled if there are not enough registrants. Minimum number must be reached at least one week prior to the start of the program. Please note, Winter Registration is currently open. **Spring and Summer Registration opens February 1, 2017.**

ON-LINE REGISTRATION

The Parks and Recreation Department uses a software system for our Membership and Program Registration. This program enables participants to view programs offered and register on-line (convenience fees may apply). If you have on-line access, please visit www.lowermerionrec.com to create or log in to your account.

MAIL-IN/WALK-IN REGISTRATION

Registration forms can be mailed in or dropped off to our office, located in the Township Administration Building. Envelopes should be addressed as followed:
Lower Merion Township – Parks and Recreation
75 E Lancaster Ave
Ardmore PA 19003
Please note registrations will be processed as received.

CANCELLATION, REGISTRATION AND REFUND POLICY

Please review the policies on-line prior to registering for a program.



PHOTO POLICY

On occasion we may take photos or video of individuals enrolled in programs or using Township facilities. Please be aware that these images are for Township use and may be used in future promotional materials.

New program idea? Let us know! We are always looking for new programs to offer our residents. Email recreation@lowermerion.org or give us a call 610.645.6220.

WINTER PROGRAMS

LOWER MERION TOWNSHIP BASKETBALL

Learn and practice the basic skills of basketball and enjoy skill related games each session.

Location: Bala Gym, Bala & Union Avenues

Days: Saturdays



January 7 — January 28

Session 1: 10:00 – 10:45am Ages 4 – 5
Session 2: 11:00 – 11:45am Ages 6 – 8
Session 3: Noon – 12:45pm Ages 6 – 8
Fee: Per Session Resident/\$85
Group Limit: 15 Participants

February 18 – March 11

Session 4: 10:00 – 10:45am
Session 5: 11:00 – 11:45am
Session 6: Noon – 12:45pm
Non-Resident/\$95

HAPPYFEET



HappyFeet classes are a fun approach to ensuring your child has an absolute blast while developing elite physical skills and self-concept. The HappyFeet curriculum is designed to gradually develop ever more advanced physical skills and self-belief. To make sure every child has a positive experience, HappyFeet classes are non-competitive. We use fun techniques to develop muscle memory towards the training of dynamic dribbling and shooting skills.

To register or for more information, please visit <http://www.philadelphiahappyfeet.com/>

Location: Bala Gym, Bala & Union Avenues

Winter: January 6 – February 17 (7 Weeks)

Winter 2: March 3 – April 14 (7 Weeks)

Group Limit: 18 participants

HappyFeet Little Toes (Ages 2 – 3.5)

This is strictly an introduction to the game of soccer. Our goal in this age category is to develop the gross motor movements that will enhance balance and coordination while also beginning to develop the muscle movements for kicking a soccer ball. This class is 30 minutes long and is parent friendly (mom/dad & me). We strive to help your child begin their independence away from you (the parent) when they join our coaches as they sing, laugh, and take Bob on different adventures.

Day/Time: Fridays 11:00am – 11:30am

Session Fee: Resident/\$89 Non-Resident/\$99

HappyFeet (Ages 3.5 – 5)

During this stage your child will flourish within our imagination based curriculum. Not only will they begin to develop excellent gross motor skills they will also begin to develop a healthy recognition of their own self-concept! Here our class time jumps to 1 hour as we allow time to introduce fun, non-competitive games along with our imagination based learning approach. During your child's time with us at this stage they will begin to learn basic and advanced soccer moves with the ball. These moves are then incorporated into the stories and games that we play with your children to increase repetition without it ever feeling like practice!

Day/Time: Fridays 10:00am – 11:00am

Session Fee: Resident/\$129 Non-Resident/\$144

UK ELITE SOCCER



Everything we do is designed to maximize the sporting potential of individual players, teams, clubs & coaches. We believe in thinking creatively so our passion for the game can directly benefit youth soccer in your community.

To register for any UK Elite Program, please visit www.ukelite.com

UK Elite – Petite Soccer Clinic – Winter (Indoors)

Ages 3 – 5 yrs

This program is designed to allow every child the chance for maximum development and enjoyment. Each child will enjoy learning the fundamentals of soccer.

Location: Bala Gym, Bala & Union Avenues

Winter Session: January 9 – February 14 (6 Weeks)

Winter 2 Session: February 27 – April 4 (6 Weeks)

Days: Mondays 1:00 – 2:00pm Mondays 2:00 – 3:00pm
Tuesdays 1:00 – 2:00pm Tuesdays 2:00 – 3:00pm

Fee: Per Session Resident/\$130 Non-Resident/\$140

UK Elite – Technical Program – Winter (Indoors)

Ages 5 – 13 yrs

Technical Training Programs are intense training blocks designed to make you a better individual player.

Location: Bala Gym, Bala & Union Avenues

Time: 1 Hour Time Slot

Winter Session: Wednesdays January 11 – March 1 (8 Weeks) 5:00 – 9:00pm

Sundays January 15 – March 5 (8 Weeks) 6:30 – 9:30pm

Fee: Per Session Resident/\$170 Non-Resident/\$180

UK Elite – Schools Out Clinic – Winter (Indoors)

Ages 5 – 14 yrs

Location: Bala Gym, Bala & Union Avenues

Time: 9:00am – Noon

Winter Session: Monday, January 16 (MLK Day)

Winter 2 Session: Monday, February 20 (President's Day)

Fee: Per Session Resident/\$40 Non-Resident/\$45

DAVID BROIDA WINTER TENNIS

Junior Indoor Tennis at Radnor Racquet Club

Learn the fundamentals of the sport, including forehand, backhand, serve & volley, as well as basic offensive & defensive strategy. Instruction will be provided for Beg. & Int. players, as well as training for middle & high school tennis team members. For more information, contact David at dbroida@gmail.com or (610) 864-4303.

Location: Radnor Racquet Club, 175 King of Prussia Road, Radnor, PA 19087

Ages: 4 – 18 yrs & Adults

Dates: Sundays, January 15 – March 26 No Class Feb 19

Session 6: 3:00 – 4:00pm Beginner and Advanced Beginner

Session 7: 4:00 – 5:00pm Beginner and Advanced Beginner

Session 8: 5:00 – 6:00pm Advanced Beginner & Intermediate

Session 9: 6:00 – 7:00pm Advanced Beginner & Intermediate

Session 10: 7:00 – 8:00pm Adult & Teen – All Levels

Fee: Resident/\$195 Non-Resident/\$225

MAD SCIENCE WORKSHOPS



Mission — “We aim to spark the imagination and curiosity of children everywhere by providing them with fun, entertaining and educational activities that instill a clear understanding of what science is really about and how it affects the world around them.”

Location: Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue

Days/Times: Saturdays 9:30am – 12:30 pm

Fee: Per Session Resident/\$45 Non-Resident/\$60

Group Limit: 20 participants

Session 1 **February 11** ***Super Shocking Science*** ***Ages 6 – 12 yrs***

This “hair raising” program shows kids how electricity can be tons of fun! Kids will build simple circuits, make light bulbs light & buzzers buzz. They will also build their own electromagnets and static chambers to take home!

Session 2 **March 25** ***Rocketry & Flight*** ***Ages 6 – 12 yrs***

Children will build their own Estes model rocket from the bottom up and will learn the basics of rocket science. For the grand finale, kids will witness a thrilling outdoor rocket launch!

YOUNG REMBRANDTS



Our innovative, step-by-step curriculum and engaging subject matter will show your child that **drawing can be fun** and interesting! During our classes, we teach skills that will help them grow, develop and excel while your child creates memories that will last a lifetime. Your child will enjoy ALL NEW LESSONS each week!

Register at www.youngrembrandts.com/chestercounty

Elementary Drawing

Ring in the New Year with a Young Rembrandts class for your elementary student. Our budding artists will have the opportunity to flex their creative muscle as they take on fun, artistic challenges like our Jack Russell Terrier and even More Emojis in the month of January. February brings fun and culture into the classroom as our students’ learn about masquerade and dive into the mind of master artist Romero Britto. And in the month of March, get ready for some dinosaur-sized excitement as your elementary student recreates the ferocious T-Rex Young Rembrandts style!

Location: Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue

Day/Time: Saturdays 11:15am – 12:15pm

Winter Session: January 7 – February 11

Fee: 6 Week Session Resident/\$90 Non-Resident/\$120
Per Class Resident/\$20 Non-Resident/\$25

BRICKS 4 KIDZ



BRICKS 4 KIDZ

Bricks 4 Kidz, a leader in STEM (science, technology, engineering, and math) educational activities specializes in introducing children to advanced concepts in physics and engineering through hands-on play with LEGO bricks and technologies in after school enrichment programs, field trips and summer camps.

For more information, please call 484-557-3092 or visit www.bricks4kidz.com/exton.

After School Club: Winter Fun

Ages 5 – 12

Don't get left out in the cold! Bring the winter fun indoors with interactive Bricks 4 Kidz models of some popular winter activities from the hair-raising thrill of the luge to more the relaxing pace of the horse and sleigh. We'll build the all-business snowplow as well as the all-fun snow mobile. And our winter theme wouldn't be complete without ice hockey and skiing. No snow? No problem – all you need to create these winter memories are our bricks and your imagination.

Location: Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue

Day/Time: Thursdays 5:30 – 6:30pm

Winter Session: January 12 – February 16 (6 Weeks)

Session Fee: Resident/\$100 Non-Resident/\$115

Group Limit: 20 participants

CHESS CLUB

Ages 4 – 14



ShiningKnights, Ltd.

Learn how to play chess from a Shining Knights chess coach! Our coaches are professional instructors and have taught thousands of children to play chess. Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. All chess supplies provided.

More information can be found at www.shiningknightschess.com

Location: Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue

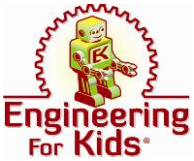
Day/Time: Tuesdays 5:30 - 6:30 pm

Winter Session: January 10 – March 28 (12 Weeks)

Session Fee: Resident/\$160 Non-Resident/\$192

Group Limit: 30 Students

ENGINEERING FOR KIDS



At Engineering for Kids we believe that children are natural born engineers who have unlimited imaginations and unbridled enthusiasm. We offer fun, hands-on learning for children ages 4 to 12. Our activities range from building flashlights and rockets to programming video games and robots. The variety of programming is extraordinary!

Location: Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue

For more information, please contact greaterphila@engineeringforkids.net

Weekend Workshops – Junior Civil Engineering: Fun Foundations (Ages 4 – 7)

Building a house to withstand the Big, Bad Wolf is where the fun begins in Junior Civil. This class is centered on exploring the concepts of building and construction through hands-on exploration and design. Students explore the engineering behind skyscrapers, bridges, roads, and more in this fun and engaging experience.

Day/Time: Sundays 1:00 – 2:30pm

Winter Session: January 15, 22, 29 and February 5 (4 Weeks)

Session Fee: Resident/\$120 Non-Resident/\$140

Group Limit: 14 participants

Weekend Workshops – Apprentice Civil Engineering: Building Up (Ages 8 – 12)

During the Civil Engineering classes, students use the Engineering Design Process to design, create, test, and refine a balsawood bridge designed to withstand the greatest force. They examine several different types of bridge designs and discover how the forces of tension, compression, bending, torsion, and shear are distributed throughout their structures.

Day/Time: Sundays 2:45 – 4:45pm
Winter Session: January 15, 22, 29 and February 5 (4 Weeks)
Session Fee: Resident/\$160 Non-Resident/\$180
Group Limit: 14 participants

Weekend Workshops – Junior Aerospace Engineering: Taking to the Skies (Ages 4 – 7)

The Junior Aerospace Engineering classes introduce our youngest engineers to fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, helicopters, and more.

Day/Time: Sundays 1:00 – 2:30pm
Winter 2 Session: February 26, March 5, 12 and 19 (4 Weeks)
Session Fee: Resident/\$120 Non-Resident/\$140
Group Limit: 14 participants

Weekend Workshops – Apprentice Aerospace Engineering: Up, Up and Away (Ages 8 – 12)

During the Aerospace Engineering classes, students use the Engineering Design Process to design, create, test, and refine a variety of flying machines. They construct a shock absorbing system designed to protect two marshmallow astronauts in a lunar vehicle, create their own air-powered rockets, and assemble a model blimp that actually takes flight!

Day/Time: Sundays 2:45 – 4:45pm
Winter 2 Session: February 26, March 5, 12 and 19 (4 Weeks)
Session Fee: Resident/\$160 Non-Resident/\$180
Group Limit: 14 participants

Parents' Night Out – Valentine's Day Ice Cream Factory Ages 6 – 11

While parents are enjoying a well-deserved romantic night out, their future engineers will be hard at work exploring the freezing processes of ice cream. After their first batch, students will manipulate the process to see if they can reduce freezing time. Students will have multiple chances to improve the properties of the ice cream.

Day/Time: Tuesday, February 14 6:00 – 8:00pm
Location: Bryn Mawr Spring House, 9 S Bryn Mawr Ave
Session Fee: Resident/\$49 Non-Resident/\$69 *Includes Pizza and Juice
Group Limit: 14 participants

RHYTHMIC GYMNASTICS



Rhythmic Gymnastics is the perfect sport to teach body awareness and control - skills that will assist in the development of athletic potential for any sporting endeavor. This is a fascinating Olympic sport that has already gained great popularity in the United States. It is a marvelous blend of traditional gymnastics, dance and ballet with the use of such apparatus as the ribbon, rope, ball, hoop and clubs. It is a sport that develops grace and beauty for young girls and challenges them to exceed while improving their skills in ballet, dance and coordination. In addition to instructional and beginner classes, special hours are offered for our competitive Rhythmic Team. The instructor at Bala Gym is Ms. Valeriya Neikova, an experienced Rhythmic coach from Bulgaria. Give your daughter the right start in life! Let her experience Rhythmic Gymnastics and watch her confidence and self-esteem grow by leaps and bounds.

Location: Bala Gym, Bala and Union Avenues
Ages: 5 yrs and Over

Please contact Valeriya Neikova at (610)580-4714 or e-mail balagymnastics@gmail.com.

ADULT CLASSES AND PROGRAMS

VIVA COMMUNITY FITNESS PILATES

Slim your waist, stomach and hips; strengthen and tone your muscles; relieve back, wrist, neck and shoulder pain and melt away stress. You will leave class standing taller, looking younger and be full of energy. Non-jarring exercises are tailored to fit each student's body. Perfect for men/women, ages 15 and up of all fitness levels. Wear comfortable exercise attire. Bring a large towel, mat, medium or regular strength Pilates band, small ball and Pilates magic circle.

Location: Bala Gym, Bala and Union Avenues

Fee: Per Session: Resident/\$132 Non-Resident/\$158

Winter Session: Tuesdays 7:30 – 8:30pm January 3 – March 21 (12)

Winter Session: Thursdays 7:30 – 8:30pm January 5 – March 23 (12)

KITCHEN WIZARDS

Discover the magic of cooking, one bite at a time!



At **Kitchen Wizards**, we help kids and adults of all ages to discover the magic of cooking, one bite at a time, through our culinary enrichment programs! Kitchen Wizards is a division of Kathy's Just Desserts, Inc.

February 16

Valentine's Day Supper Club

Adults Only

Bring your beverage of choice (non-alcoholic) and your Valentine's date or BFF, and join Kitchen Wizards in creating a delicious dinner. Your meal will feature chicken Francaise, lemon risotto, roasted asparagus, and chocolate molten lava cakes.

Location: Belmont Hills Community Center, 50 Ashland Avenue, Bala Cynwyd

Time: Thursday 6:30 – 8:30pm

Fee: Per Person Resident/\$35 Non-Resident/\$45

May 18

Mother/Daughter Cupcake Decorating

Adults Only

In one evening, you will acquire skills to decorate your own cupcakes with buttercream frosting - learn to tint frosting, fill bags, use several popular tips, practice, and decorate your own masterpieces.

Location: Belmont Hills Community Center, 50 Ashland Avenue, Bala Cynwyd

Time: Thursday 6:30 – 8:30pm

Fee: Per Person Resident/\$25 Non-Resident/\$35

UPCOMING TRAININGS

TRI STATE TRAINING



Tri-State Training has been named as the best training and Safety Company every year since its inception (2010) by various publications including several local newspapers. We are proudly accredited with the following organizations: American Heart Association (AHA), American Red Cross (ARC), American Safety and Health Institute (ASHI), COSTARS, Pennsylvania Department of Health (PA DOH), Pennsylvania Keystone Stars (PA KEYS), Volunteer Firemen's Insurance Services (VFIS).

For more information or to register, please visit www.tristatetrainingllc.com

American Heart Association (AHA) HeartSaver CPR/AED (3 hours)

Heartsaver® CPR AED is a video-based, instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This course teaches skills with the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements. This course is appropriate for ages 12 and older. CERTIFICATIONS ARE VALID FOR 2 YEARS.

Location: Bryn Mawr Spring House, 9 S. Bryn Mawr Avenue

Date: Last Wednesday of Each Month

Time: 6:00 – 9:00pm

Course Fee: \$86 per Participant

American Heart Association (AHA) HeartSaver CPR/AED/First Aid (5 hours)

American Heart Association Heartsaver® CPR/AED/First Aid course is 5 hours long and is an instructor-led course that follows a DVD presentation. Upon completion of this course each participant will receive a two-year certification which will prove them to be proficient in infant, child, adult CPR and the use of an AED. Additionally, participants will understand how to treat medical emergencies such as breathing problems, identifying heart conditions, cuts/ scrapes, broken bones, seizures and various other emergencies. This course is appropriate for ages 12 and older. CERTIFICATIONS ARE VALID FOR 2 YEARS.

Location: Bryn Mawr Spring House, 9 S. Bryn Mawr Avenue

Date: Second Saturday of Each Month

Time: 10:00am – 3:00pm

Course Fee: \$105 per Participant

American Safety and Health Institute (ASHI), Child and Babysitting Certification (5 hours)

Babysitting is serious business and a big responsibility; your child is taking care of someone else's child. Make sure they are prepared and knowledgeable in babysitting best practices as well as how to operate their first attempt at running a small business. The Child & Babysitting Safety (CABS) program is a video based and instructor led course which covers topics such as: Babysitting as a Business, Safety and Injury Prevention, Leadership, Play Time, Basic Caregiving Skills, CPR/First Aid. This course is appropriate for ages 10 and older. CERTIFICATIONS ARE VALID FOR 2 YEARS.

Location: Bryn Mawr Spring House, 9 S. Bryn Mawr Avenue

Date: Third Saturday of Each Month

Time: 9:00am – 2:00pm

Session Fee: \$120 per Participant

LIFEGUARD CERTIFICATION COURSE – FULL CERTIFICATION



This basic American Red Cross lifeguard certification program teaches participants advanced rescue techniques, water safety, accident management and preventative lifeguard skills.

Prerequisites: Must be at least 15 years old and able to complete a standard swim test. (Swim Test: Swim 300 yards continuously, tread water for 3 minutes and dive to 9 feet).

Participant must pass skills screening which is required at the first session. Red Cross Standard First Aid, CPR and AED certifications are included in this course.

Course Fees Include: American Red Cross Lifeguarding textbook, CPR pocket mask, Lifeguarding, First Aid, AED/CPR Certification cards. **Participants must attend ALL classes.**

Haverford YMCA

Location: 891 N. Eagle Road, Havertown

Contact: Joanne Gooding, Advanced Aquatic Director at jgooding@philaymca.org or 610-649-0700

Date/Time: Please call for upcoming trainings

Bryn Mawr College

Location: Bern Schwartz Center, 101 North Merion Ave, Bryn Mawr

Contact: Nikki Whitlock, Aquatics Director at nwhitlock@brynmaur.edu or 610-526-7349

Date/Time: Please call for upcoming trainings