

Township of Lower Merion Parks & Recreation

RECREATION INFORMATION

WINTER 2018

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, Soccer Shots and HappyFeet Programs, Shining Knights Chess Club, Young Rembrandts Art Classes, Engineering for Kids Classes, Mad Science Workshops, Soccer Shots Classes, 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/Summer registration will begin on or around February 1.

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 follows:
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 13 — February 3 (4)

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/\$90

Group Limit: 16 Participants

February 24 – March 17 (4)

Session 4: 10:00 – 10:45am

Session 5: 11:00 – 11:45am

Session 6: Noon – 12:45pm

Non-Resident/\$100

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 19 – March 2 (7)

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

SOCCKER SHOTS



Soccer Shots is the premier intro to soccer program in the United States teaching children soccer and character development through its innovative curriculum and imaginative games. Visit us at www.socckershots.org to learn more.

Location: Bala Gym, Bala & Union Avenues

Minis

Ages 2 – 3 Years

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active. **(Parents accompany children on field)**

Winter Indoor Session 1: Mondays 11:00 – 11:30am January 22 – March 5 (6) No Class Feb 19
Winter Indoor Session 2: Thursdays 9:15 – 9:45am January 25 – March 1 (6)
Fees Per Session: Resident/\$99 Non-Resident/\$119

Classic/Premier

Ages 3 – 5 Years

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation.

Winter Indoor Session 1: Mondays 11:40am – 12:20pm January 22 – March 5 (6) No Class Feb 19
Winter Indoor Session 2: Thursdays 9:55 – 10:35am January 25 – March 1 (6)
Fees Per Session: Resident/\$99 Non-Resident/\$119

UK ELITE



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 8 – February 13 (6)

Winter 2 Session: February 26 – April 3 (6)

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 10 – February 28 (8)
5:00 – 6:00pm 6:00 – 7:00pm 7:00 – 8:00pm 8:00 – 9:00pm
Sundays January 14 – March 4 (8)
6:30 – 7:30pm 7:30 – 8:30pm 8:30 – 9:30pm

Fee: Per Session Resident/\$170 Non-Resident/\$180
UK Elite – Schools Out Clinic – Winter (Indoors) **Ages 5 – 10 yrs**

Location: Bala Gym, Bala & Union Avenues

Time: 9:00am – Noon

Winter Session: Monday, January 15 (MLK Day)

Winter 2 Session: Monday, February 19 (President’s Day)

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

UK Elite – Schools Out Camp – Spring Break **Ages 5 – 14 yrs**

Location: South Ardmore Park

Spring Break: 3 Day Option – March 26 – 28 (Monday – Wednesday)
 5 Day Option – March 26 – 30 (Monday – Friday)

Times/Fees:	5 Day – Half Day	9:00am – Noon	Resident/\$150	Non-Resident/\$160
	5 Day – Full Day	9:00am – 3:00pm	Resident/\$215	Non-Resident/\$225
	3 Day – Half Day	9:00am – Noon	Resident/\$95	Non-Resident/\$105
	3 Day – Full Day	9:00am – 3:00pm	Resident/\$135	Non-Resident/\$145

DAVID BROIDA – WINTER INDOOR TENNIS

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 Broida – 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 14 – March 25 (10) No Class Feb 18

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



CHESS CLUB

Ages 4 – 14



Shining Knights, 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. **Group Limit:** 30 Students

More information can be found at www.shiningknightschess.com

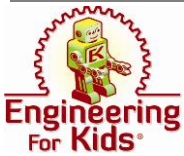
Location: Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue

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

Winter Session: January 9 – March 13 (10)

Session Fee: Resident/\$140 Non-Resident/\$168

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 on current class offerings please contact greaterphila@engineeringforkids.net

Weekend Workshops – Jr. Robotics Engineering: Adventure Stories Ages 4 – 7

This class is a perfect mixture of fun and learning, using LEGO® WeDo™ Robots. Using LEGO® bricks, students build an airplane rescue, a giant escape, and a sailboat storm. They also learn how to program and operate their creations using a laptop computer.

Day/Time: Saturdays 10:30am – Noon
Winter Session: January 13, 20, 27, February 3 (4)
Fee: Resident/\$120 Non-Resident/\$140
Group Limit: 16 participants

Weekend Workshops – EV3 Robotics: Robo Battles Ages 8 – 12

Robo Battles curriculum is designed to introduce students to the world of not only building, but also programming basic robots. Throughout this course the students will explore different ways in which a robot could be utilized to engage in various battle challenges.

Day/Time: Saturdays 12:45 pm – 2:45 PM
Winter Session: January 13, 20, 27, February 3 (4)
Fee: Resident/\$160 Non-Resident/\$180
Group Limit: 12 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: Wednesday, February 14 6:00 – 8:00pm
Location: Bryn Mawr Spring House, 9 S Bryn Mawr Ave
Session Fee: Resident/\$49 Non-Resident/\$69 **Group Limit:** 16 participants
Includes Pizza and Juice

Weekend Workshops – Jr. Environmental Engineering: Thinking Green Ages 4 – 7

In Junior Environmental, students ponder some truly “hot” environmental issues. Students in this class save endangered animals, help plants grow and create protection from the sun’s heat. By investigating natural process like erosion, animal adaptations, and plant growth; we discover ways that we as engineers can be inspired by the world around us to take on all sorts of challenges.

Day/Time: Saturdays 10:30am – Noon
Winter 2 Session: February 24, March 3, 10, 17 (4)
Fee: Resident/\$120 Non-Resident/\$140
Group Limit: 16 participants

Weekend Workshops – Apprentice Environmental Engineering: Go Green

Ages 8 – 12

During the Environmental Engineering classes, students use the Engineering Design Process to design, create, test, and refine basic solutions related to alternative energy and environmental issues. They learn principles behind crafting efficient wind-powered machines and discover how those machines can be used to help reduce the use of fossil fuels. During the culminating project, students test different materials to discover which ones most effectively clean up after an oil spill.

Day/Time: Saturdays 12:45 pm – 2:45 PM

Winter 2 Session: February 24, March 3, 10, 17 (4)

Fee: Resident/\$160 Non-Resident/\$180

Group Limit: 16 participants

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

Drawing Workshop – Favorite Apps and Video Games

Art is all around us, including on phones and online! Join Young Rembrandts for a workshop mimicking the amazing imagery of our Favorite Apps and Video Games! Every day students will learn new illustration and coloring techniques inspired by popular video games. Artwork is inspired by a pixel block characters, plants, zombies and many more classic apps and games. If your child loves to game or draw, they'll have a blast putting their own personal touches on some of these favorites! Register your special gaming artist today!

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

Day/Time: Saturdays 11:15am – 12:15pm

Winter Session: February 10 – March 17 (6)

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

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

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

Winter Session 1: Thursdays January 18 – February 22 (6) 6:00 – 7:00pm

Winter Session 2: Saturdays January 27 – March 3 (6) 10:00 – 11:00am

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

Group Limit: 14 participants

NEXT LEVEL SPORTS



Next Level Sports (NLS®) develops the leadership potential of today's youth to achieve their personal best in academics and sports through skill-based programs that teaches positive values, wellness, responsibility, conflict resolution, and goal setting. NLS offers basketball, football and track programs, as well as week long summer camps.

To register for any NLS Program, please visit www.nlsports.org

RHYTHMIC GYMNASTICS

Ages 5 years and older



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

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

ADULT CLASSES AND PROGRAMS

ADULT ICE SKATING



Looking forward to the Winter Olympics? Wonder how those amazing skaters do what they do? Join us at the Philadelphia Skating Club and Humane Society and be introduced to the wonderful sport of ice skating. Enjoy 30 minutes of group instruction taught by qualified instructors and 30 minutes of free skate time. Skaters of all ability levels are welcome. Not

only will you get the enjoyment of gliding on the ice, ice-skating is a wonderful way to improve balance, muscle and bone strength, and burn lots of calories! Program includes skate rental. Skaters should wear long pants, socks and light jacket.

For more information or to register, call 610-642-8700 or email pschs@pschs.org.

Location: Philadelphia Skating Club & Humane Society, 220 Holland Avenue, Ardmore

Ages: 18 yrs and Older

Day/Time: Tuesdays 8:45-9:45am

Dates: January 9 – February 27 (8)

Fees: Residents/\$190 Non-Residents/\$190

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

For more info or to purchase equipment call 856-751-0095 or go to www.vivacommunityfitness.com

Pilates – Tuesdays 7:30 – 8:30pm

Winter Session: January 9 – March 20 (11) Resident/\$121 Non-Res/\$144

Pilates – Thursdays 7:30 – 8:30pm

Winter Session: January 11 – March 22 (11) Resident/\$121 Non-Res/\$144

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).

CLASSES ARE SCHEDULED ON AN AS NEEDED BASIS

If interested, please contact Tri State Training 1.866.503.3430 or info@tristatetraining.com

For more information, please visit www.tristatetrainingllc.com

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.

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.

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.