

Township of Lower Merion Parks & Recreation

RECREATION INFORMATION

WINTER 2019

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 open, Spring and Summer registration will begin February 1 for Lower Merion Residents (February 15 for Non-Residents).

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 12 — February 2 (4)

Session 1: 10:00 – 10:45am Ages 4 – 5 Years

Session 2: 11:00 – 11:45am Ages 6 – 8 Years

Session 3: Noon – 12:45pm Ages 6 – 8 Years

Fee: Per Session Resident/\$100

Group Limit: 16 Participants

February 23 – March 16 (4)

Session 4: 10:00 – 10:45am

Session 5: 11:00 – 11:45am

Session 6: Noon – 12:45pm

Non-Resident/\$110

SOCCER SHOT



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.soccershots.org to learn more.

Location: Bala Gym, Bala & Union Avenues

Fees Per Session: Resident/\$99 Non-Resident/\$119

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 7 – February 25 (6) No Class Jan 21, Feb 18

Winter Indoor Session 2: Thursdays 9:15 – 9:45am January 10 – February 14 (6)

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 7 – February 25 (6) No Class Jan 21, Feb 18

Winter Indoor Session 2: Thursdays 9:55 – 10:35am January 10 – February 14 (6)

League

Ages 5 – 7 Years

Soccer Shots League is a program created for instructional game play. The games are designed to be fun, but this program is to teach children how to play in a team based setting. In a 3v3, 4v4, or 5v5 format. Spacing, timing, defensive, and offensive concepts (individual and team) will be introduced. The goal of the program is for players to have fun and continue to develop as soccer players in a game based setting.

Winter Indoor Session 1: Sundays 6:30pm – 7:15pm Jan 13 – Feb 17 (6) Bala Gym

Winter Indoor Session 2: Sundays 7:20pm – 8:05pm Jan 13 – Feb 17 (6) Bala Gym

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 18 – March 1 (7)

Group Limit: 18 participants

HappyFeet Little Toes

Ages 2 – 3.5 Years

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 Years

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.

UK Elite offers a variety of programs in and around Lower Merion Township.

Please visit their website for a list of current class schedules

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

UK Elite – Petite Soccer Clinic – Winter (Indoors)

Ages 3 – 5 Years

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 7 – February 12 (6)

Winter 2 Session: February 25 – April 2 (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 Years**

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 16 – March 6 (8)

5:00 – 6:00pm 6:00 – 7:00pm 7:00 – 8:00pm 8:00 – 9:00pm

Fee: Per Session Resident/\$170 Non-Resident/\$180**UK Elite – Schools Out Clinic – Winter (Indoors)****Ages 5 – 10 Years****Location:** Bala Gym, Bala & Union Avenues**Time:** 9:00am – Noon**Winter Session:** Monday, January 21 (MLK Day)**Winter 2 Session:** Monday, February 18 (President’s Day)**Fee:** Per Session Resident/\$40 Non-Resident/\$45**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**Ages:** 4 – 18 Years & Adults**Dates:** Sundays, January 13 – March 24 (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:** Per Session Resident/\$195 Non-Resident/\$225**CHESS CLUB****Ages 4 – 14 Years**

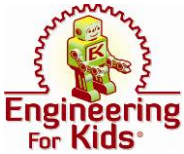
● ShiningKnights, Ltd. ●

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. **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 8 – March 12 (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

For a current class schedule, please visit www.lowermerionrec.com

Weekend Workshops – Jr. Civil Engineering: Fun Foundation Ages 4 – 7 Years

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: Saturdays 10:30am – Noon

Winter Session: January 12, 19, 26, February 2 (4)

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

Weekend Workshops – App Civil Engineering: Building Up Ages 8 – 12 Years

During the Civil Engineering classes, students use the Engineering Design Process to design, create, test, and refine a balsa wood 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: Saturdays 12:30 – 2:30pm

Winter Session: January 12, 19, 26, February 2 (4)

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

Weekend Workshops – Jr. Engineering of Travel Ages 4 – 7 Years

In Engineering of Travel, students will explore areas of engineering such as mechanical, civil, marine, and aerospace engineering. They will explore the thought process behind road design, construct shapes that make sound bridges and test them, design a boat to float across the ocean, and discover and build designs that let us travel through the air and even into space.

Day/Time: Sundays 1:00 – 2:30pm

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

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

Weekend Workshops – Momentum Madness Ages 8 – 12 Years

Zero to sixty in two seconds?! How fast can an object go without compromising safety? Students in this camp will work with their Pit Crew to design and build vehicles, such as dragsters and hovering levitrons, which should be able to withstand astonishing speeds. Fasten your seat belt, the race has begun!

Day/Time: Sundays 2:45 – 4:45pm

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

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

YOUNG REMBRANDTS

Ages 5 – 12 Years



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

Make this a memorable winter by signing up your elementary child in a Young Rembrandts drawing class. Your child will learn about basic design and composition as they draw a boot still life and a detailed armadillo. If your child is fond of sports, he or she will enjoy drawing our illustration featuring a hockey player. More refined and technical drawing techniques will be explored as our students draw Henry Ford's historical Model T automobile. Besides strengthening your child's drawing and coloring skills, he or she will also learn about art history as we present lessons featuring master artists Leonardo Da Vinci and Franz Marc. Enroll your child today!

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

Day/Time: Saturdays 11:15am – 12:15pm

Winter Session: February 9 – March 16 (6)

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

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

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 8 – March 19 (11) Resident/\$121 Non-Res/\$144

Pilates – Thursdays 7:30 – 8:30pm

Winter Session: January 10 – March 21 (11) Resident/\$121 Non-Res/\$144

UPCOMING TRAININGS/WORKSHOPS

KNOW YOUR MEDICARE OPTIONS – INFORMATIONAL WORKSHOP



This seminar is suitable for those individuals that need to make decisions for open/initial enrollment period, want information to be prepared when the time comes or for those making decisions for loved ones. This 90-minute workshop will guide you in making the right choice when planning for Medicare and Medicare Advantage decisions. Presented by Steve Perlman, Independent Medicare Planning Specialist with DelVal Senior Advisors. During this free seminar you will learn:

- How Medicare works and what it covers.
- How Part "D" prescription cards work and how to pick the right one for you.
- The differences between Medicare supplements and Medicare Advantage plans.

Location: Ludington Library Auditorium, 5 S. Bryn Mawr Ave, Bryn Mawr

Workshops: Tuesday, February 12

Time: 6:30 – 8:00pm

Session Fee: FREE (Registration is NOT required. First come, first serve seating.)

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.

OTHER PARKS AND RECREATION INFORMATION

DISCOUNT SKI LIFT TICKETS FOR LOCAL RESORTS

Please check www.lowermerion.org for the complete price list!

What you need to know:

- Tickets are non-refundable.
- We accept Cash, Check or Credit Card (fees apply) as payment.
- Tickets can be used any time during the 2018 – 2019 season
- Tickets are sold from December 2018 through early March 2019
- These are tickets, not discount vouchers
- Call ahead for availability 610.645.6220
- Prices are subject to change.



ARDMORE AVENUE COMMUNITY CENTER

122 Ardmore Ave., Ardmore
Phone Number: (610) 896-7256
Director: Linda Jackson
Program Coordinator: Larry Scovens
Program Assistant: Crystal Uter

Hours of Operation
Monday – Friday: 3:00 – 10:00pm
Saturday: 10:00am – 6:00pm
Sunday: CLOSED

Holiday Bazaar & Winter Carnival

To be held in early December - call for more details.

Shop 'til you drop, play carnival games and enjoy socializing with your friends and neighbors. Vendor space is available call for more details. Open to all!

There Really is a Santa

Unwrapped new toys will be accepted November through early December. Sometimes even Santa needs our help! There are many families in our immediate area that can use help during the holidays. Toys for children ages 3 to 12 may be dropped off at the Community Center after 2pm daily. These toys will be distributed to needy children.

What else is going on? Call for information on these and other programs: Volleyball, Basketball, Hip-Hop, Movies, Special Events, Trips, and more!

SENIOR CENTERS AND SERVICE PROVIDERS INFORMATION

The Center for Positive Aging in Lower Merion (PALM)
www.palmseniors.org
117 Ardmore Avenue
Ardmore, PA 19003
(610)642-9370

ElderNet
www.eldernetonline.org
9 S Bryn Mawr Avenue
Bryn Mawr, PA 19010
(610)525 – 0706

RIVERBEND

Riverbend offers programs for the community that help to motivate and educate the next generation to care for our natural world. Parents may be interested in Riverbend's Summer Exploration Camp and Year-Round Camp offered on school holidays. In addition, they offer weekend family programs throughout the year. The 30-acre preserve is open to the public at no cost from dawn to dusk every day of the year. For more information, please visit www.riverbendec.org or call 610.527.5234.

LOWER MERION CONSERVANCY

The Lower Merion Conservancy invites you to come with us to explore the nature and history of Lower Merion in new and fun ways in a very exciting place: our outdoor classroom full of native Pennsylvania streams, forests and meadows.

PROGRAM PROVIDERS

Lower Merion has a number of groups that offer various recreational opportunities for leagues and other activities. Visit our website to view and or print a table of Program Providers with their contact information. Each group conducts their own registration during different times of the year. Please contact them directly if you are interested in any additional information.