Township of Lower Merion Parks & Recreation RECREATION INFORMATION SUMMER 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 <u>www.lowermerionrec.com</u> 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, Summer registration is open.

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 <u>www.lowermerionrec.com</u> 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 <u>recreation@lowermerion.org</u> or give us a call 610.645.6220.

SUMMER PROGRAMS

BALA CYNWYD TOT LOT

Back again this year will be a playground program for tots and their caregivers. A caregiver must remain with the participant at all times. This will be a half-day program which will include arts and crafts, games and group activities. Please register and register *early*. Space is limited. **This is an outdoor program, so if it rains it will be cancelled for the day. Registration Limit:** 20/session

Location:Bala Cynwyd PlaygroundDates:June 24 – August 2 No Program July 4Days/Time:Monday – Friday9:00am – NoonFee:Residents/\$125Non-Residents/\$145

PLAYGROUND ACTIVITIES CAMP

Participants will be involved in a range of activities including arts and crafts, games, group activities and special events. On occasion, optional day trips will be a part of the programming for which additional fees will be charged. In case of inclement weather, the program will be cancelled.

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Ages:	6 and over (must have completed kindergarten prior to the start of the program)			
Dates:	June 24 – August 2 No Program July 4 and ½ Day Program on August 2			
Days/Time:	Monday – Friday 9:00am – 3:00pm			
Locations:	ions: General Wayne Park South Ardmore Park Wynnewood Vall		Wynnewood Valley Park	
Fees: Six W	eek session:	Resident/\$275	Non-Resident/\$330	
Per W	eek:	Resident/\$100	Non-Resident/\$120	

Pre-Registration is required: Register in the Parks & Recreation Dept, you cannot register at the playground. Proof of residency is required for Lower Merion Residents. This can include (but is not limited to) the child's Township Library Card, Township Public School Report Card or ID.

LOWER MERION YOUTH SPORTS PROGRAMS	Boys and Girls	Ages 6 – 12

Participants will learn the basic skills of the specific sport in a fun environment. Games will be used to develop and improve skills throughout the program.

Baseball/Softball Clinic *Participants will need to bring their own glove.

Participants will learn the fundamental skills for baseball from a former professional Minor League Baseball Coach, including hitting, fielding, throwing, and baserunning. Camp is made to be instructional so that players can develop skills while also having a great time with friends through games, competitions, and friendly knowledgeable staff.

Date:	July 22 – 26	
Day/Time:	Monday – Friday	9:00am – 3:00pm
Location:	General Wayne Park	
Fee:	Residents/\$135	Non-Residents/\$155



Basketball Clinic

Ages 4 – 6

Registration is limited - Register early!

SUMMER MUSIC PROGRAM

Dates:

Ages 7 – 17



Think of all the hard work you have put into learning your instrument during the school year.
Don't miss this opportunity to stay in tune!
Location: Lower Merion HS, 315 E Montgomery Ave, Ardmore
Days/Time: Monday through Friday 9:00am – 3:00pm

June 24 – August 2 (Six Weeks) No Camp July 4, Half Day Aug 2

Session Fee: \$940/Resident \$1,130/Non-Resident

SPECIAL RECREATION AFTERNOON CAMP

For Children with Special Needs

Participants will spend the afternoon with Lower Merion Township staff, swimming at our Belmont Hills public pool (weather permitting). Transportation WILL NOT be provided at the end of camp. Parent pick up ONLY.

In case of inclement weather, the program will be cancelled. There will be no refund or makeup for this program and any extreme cases of inclement weather (i.e. an entire week lost due to inclement weather) will be handled on an occurrence basis and a credit issued toward a future program.

*For those families participating in Lower Merion ESY, after school transportation may be available. Please contact Lower Merion School District for more information.

Location: Belmont Hills Pool, 122 Mary Watersford Rd, Bala Cynwyd

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Dates:	June 25 – August 1 N	o Program July 4
Days/Time:	Monday – Friday, 12	:30 – 4:00pm
Ages:	7 – 18 yrs	
Fees:	Resident/\$700	Non-Resident/\$840
Registration	Limit: 10 Participants	

YOUNG SPORTS

Boys and Girls Ages 3-6



Founded locally in 2007, these award-winning programs emphasize and inspire fun and at the same time, develop a child's gross motor activity through highly engaging activities. Our #1 goal is to give children a happy and healthy start in athletics! Participants will have the opportunity to experience Football, Baseball, Lacrosse, Soccer and "Goofy Games". For Boys and Girls, Ages 3 – 6.

For more information, please visit <u>www.young-sports.com</u>

Location:	Ashbridge Park			
Day/Time:	Thursdays 6:45 – 7:30pm			
Session:	June 20 – July 25 (6)			
Session Fee:	Resident/\$105 Non-Resident/\$125			
Group Limit:	24 participant	S		

Lower Merion Township is looking for motivated and reliable summer lifeguards to ensure the safety of members and guests at the Belmont Hills and Ardmore Avenue Pools. Please check our website for upcoming Lifeguard Training Courses or email recreation@lowermerion.org for employment opportunities.

DAVID BROIDA TENNIS

Instruction provided for beginner, advanced beginner and intermediate levels. Learn the fundamentals of the game, including proper grip, stance, positioning on court, serve, volley, forehand, backhand, and offensive/defensive strategy with David Broida and Staff. Match play singles and doubles for intermediate players. For more information, please contact David at (610) 864-4303 or <u>dbroida@gmail.com</u>

McMoran Park Tennis Clinic (Belmont Hills)

Location:	154 Mary Watersford Road, Bala Cynwyd, next to Belmont Hills Library			
Dates:	Saturdays, June 22 -	- July 27 (6)		
Ages:	4 – 17 yrs			
Session 1:	9:00 – 10:00am	Beginner and Advanced Beginner		
Session 2:	10:00 – 11:00am	Advanced Beginner and Intermediate		
Fee:	Resident/\$95	Non-Resident/\$115		

McMoran Park Adult/Teen Tennis Lessons

Location:	154 Mary Watersford Road, Bala Cynwyd, next to Belmont Hills Library			
Dates:	Tuesdays & Thursdays, June 18 – July 23 (10) no class July 4			
Ages:	Adults and Teens Ag	e 13 and Over		
Session 1:	5:30 – 6:30pm Beginner and Advanced Beginner			
Session 2:	6:30 – 7:30pm Advanced Beginner and Intermediate			
Fee:	Resident/\$135	Non-Resident/\$150		

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 <u>www.ukelite.com</u>

UK Elite Petite and Individual Development Soccer Clinic – Summer

Ages 3 – 5 and 5 – 8

A fun introduction for 3, 4, and 5-year-olds to the world of soccer through activity based program. The emphasis is on a "Games Based" approach to coaching soccer within a fun learning environment. This program is designed to allow every child the chance for maximum development and enjoyment. Each child will enjoy learning the fundamentals of soccer, including individual ball skills, running with the ball, passing, controlling the ball, shooting and scoring.

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Location: South Ardmore Park – Lower Field
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Day/Time: Wednesdays: 5:00 – 6:00pm

Session 1: June 12 – July 24 (7)

Fee: Resident/\$105 Non-Resident/\$115

UK Elite Soccer Petite Camp

Ages 3 – 5

The UK Petite Sports program has been designed to introduce young children to a variety of sports in a safe environment. All the games and sports will be activities to help balance, speed, agility, fast controlled movement, hand/eye and eye/foot coordination. All will be key factors in early development of children in sport, this will also improve their social interaction.

Location: South Ardmore Park Day/Time: Monday – Friday: 9:00 – 10:30am

Session 1: June 10 – 14

Session 2: June 17 – 21

Fee Per Session: Resident/\$125 Non-Resident/\$135

UK Elite Community Soccer Camp

This program provides a consistent path to improvement for 5 - 14 year olds. Each STEP is designed with the age, experience and ability of the player in mind. This program gives every player the chance to fully realize their potential. Each child will enjoy learning the fundamentals of soccer, including individual ball skills, running with the ball, passing, controlling the ball, shooting and scoring.

Location: South Ardmore Park

Days: Monday – Friday					
Ages/Times:	5 – 14 yrs	Half Day	9:00ar	n – Noon	
	7 – 14 yrs	Full Day	9:00ar	n – 3:00pm	
Session 1:	June 17 – 21	Ses	ssion 4:	August 19 - 23	
Session 2:	June 24 – 28	Ses	ssion 5:	August 26 – 30	
Session 3:	July 22 – 26				
Fee Per Sessi	on: Half D	ay Re	sident/\$17	5 Non-Re	sident/\$185
	Full Da	ay Re	sident/\$23	5 Non-Re	sident/\$245

UK ELITE INTERNATIONAL SPORTS GAMES



Brought to you by UK Elite Soccer. Full day International Sports Games camps. Each day will have a fun balance of instruction and play from games around the world, all instruction provided by qualified international sports coaches. This week long camp features International Sports such as Volleyball, Touch Rugby, Cricket, Handball, Flag Football, Badminton and more.

To register, please visit <u>www.ukelite.com</u>

Days/Times:	Monday – Friday			
Session 1:	July 8 – 12 Mo	Moran Park		
Session 2:	August 12 – 1	6 South Ardmo	ore Park	
Ages:	5 – 14 yrs	Half Day	9:00am – Noon	
	7 – 14 yrs	Full Day	9:00am – 3:00pm	
Fee:	Half Day	Resident/\$17	5 Non-Resident/\$185	
	Full Day	Resident/\$23	5 Non-Resident/\$245	

SOCCER 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 <u>www.soccershots.org</u> to learn more.

<u>Minis</u>

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)

Location:	Ashbr	idge Park		
Summer Sessi	on 1:	Mondays	6:00 – 6:30pm	June 17 – July 22 (6)
Summer Sessi	on 2:	Saturdays	9:00 – 9:30am	June 22 – July 27 (6)
Fees Per Sessi	on:	Resident/\$99	Non-Resident	t/\$119

Classic/Premier

Ages 3 – 6 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.

Soccer Shots Premier focuses on individual skill, fitness and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.

Location: Ashbridge Park

Summer Session 1:	Mondays	6:40 – 7:25pm	June 17 – July 22 (6)
Summer Session 2:	Saturdays	9:40 – 10:25am	June 22 – July 27 (6)
Fees Per Session:	Resident/\$99	Non-Resident	/\$119

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 www.happyfeetphilly.com

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.

Summer Session 1:	Tuesdays	6:00 – 6:30pm	June 18 – July 30 (7)	Ashbridge Park
Summer Session 2:	Sundays	11:00 – 11:30am	June 23 – August 4 (7)	South Ardmore Park
Fee: Per Session	Resident/\$99	Non-Reside	ent/\$109	
Group Limit: 18 par	ticipants			

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!

Summer Session 1:	Tuesdays	6:30 – 7:30pm	June 18 – July 30 (7)	Ashbridge Park
Summer Session 2:	Sundays	9:00 – 10:00am	June 23 – August 4 (7)	South Ardmore Park
Summer Session 2:	Sundays	10:00 – 11:00am	June 23 – August 4 (7)	South Ardmore Park
Fee: Per Session	Resident/\$12	9 Non-Resid	lent/\$144	
Group Limit: 18 par	ticipants			

US SPORTS INSTITUTE

US SPORTS

USA Sport Group brings together the finest providers of sports camps and classes for all ages and ability levels. For more information, please visit ussports institute.com. All activities promote hand-eye coordination, movement, balance and most importantly FUN! Additional information can be found at <u>www.ussportsinstitute.com</u>

Location: M

McMoran Park

Multi Sports - Day Camp	Boys and Girls	Ages 5 – 12 yrs
Players will have the opportunity to experience up	o to 4 different sports each day. Sports	s included: Baseball,
Basketball, Cricket, Flag Football, Hockey, Handba	II, Lacrosse, Soccer, Rugby and more!	

Session 1: June 24 – 28
*Session 2: July 1 – 3 (3 Day Session, Monday – Wednesday)

- **Session 3:** July 15 19
- Session 4: July 29 August 2
- **Session 5:** August 12 16

<u> Multi Sports – Full Day Camp</u>

The Full Day Multi-Sports camp offers campers the chance to experience many additional sports and daily sports challenges along with the entire sports lineup of the half-day camp. This is the true sports camp experience with so much to do in so little time!

Time: 9:00am – 4:00pm

Fee:	Per Session	Resident/\$219	Non-Resident/\$259
	*Session 2	Resident/\$129	Non-Resident/\$155

Multi Sports – Half Day AM Camp

The Half-Day Multi-Sports Camp gives our younger participants the opportunity to experience over 15 sports in a week! Campers will receive technical instruction in each sport and will then experience the sport in a realistic game situation.

Times: 9:00am - 12:30pm

Fee:	Per Session	Resident/\$189	Non-Resident/\$224
	*Session 2	Resident/\$113	Non-Resident/\$136

<u> Multi Sports – Half Day PM Camp</u>

The Half-Day Multi-Sports Camp gives our younger participants the opportunity to experience over 15 sports in a week! Campers will receive technical instruction in each sport and will then experience the sport in a realistic game situation.

Times: 1:00pm – 4:00pm

Fee:	Per Session	Resident/\$169	Non-Resident/\$210
	*Session 2	Resident/\$99	Non-Resident/\$119

Lacrosse	Camp	Boys and Girls	<u> Ages 6 – 11</u>			
	This program is the ide	al introduction to the sport of lacrosse.	The program is taught in a relaxed			
	atmosphere with the e	nphasis on fundamental skills and tech	nique; helping all children to progress			
	and succeed. Children	vill learn how to play lacrosse through a	a series of fun activities, and then			
	take part in small scrim	e part in small scrimmages to put into practice what they have learned. Participants will be split				
	up into age appropriat	e groups. All equipment is provided for	the program (program is non contact			
	so no protective clothir	g is required).				
Data /Tim		0.00 m 12.20 m				

Date/Time:	July 22 – 26	9:00am – 12:30pm
Fee:	Resident/\$189	Non-Resident/\$224

<u>Golf – Camp</u>		Boys and Girls	Ages 5 – 10
Using the SNA	AG (Starting New at G	olf System) the modified golf clubs will en	courage players to develop the
correct chipp	ing, putting and drivi	ng techniques. All Golf Camp curriculums of	create an environment which
allows player:	s to develop and prog	ress within sport.	
Date:	August 19 – 23		
Session 1:	Ages: 5 – 7 yrs	9:00 – 11:00am	
Fee:	Resident/\$119	Non-Resident/\$140	
Total Sports -	- Parent & Me	Boys and Girls	Ages 2 – 3 yrs
This class offe	ers young children an	introduction to playing fun games that rev	volve around a soccer ball with
one of their p	arents. The Parent a	nd Child classes will have a fun curriculum	that utilizes soccer to increase
early physical	and emotional deve	opment. The fun, healthy and exciting wo	rld of soccer can now be part of
their active lif	festyle.		
Session 1:	July 15 – 19		
Session 2:	August 12 – 16		
Time:	5:00 – 5:45pm		
Fees Per Sess	ion: Resident/\$9	9 Non-Resident/\$119	
Total Sports -	- Squirts	Boys and Girls	Ages 3 – 5 yrs
Participants h	ave the opportunity	o experience Lacrosse, Soccer, Basketball,	, T-Ball, Floor Hockey & Flag
Football. All s	ports are taught in a	safe, structured and fun learning environm	ient.
Session 1:	July 15 – 19		
Session 2:	August 12 – 16		
Time:	5:00 – 5:45pm		
Fees Per Sess	ion: Resident/\$9	9 Non-Resident/\$119	

ABAILEY MIND & BODY YOUTH FITNESS

Come in for an ABMB (ABaileyMind&Body) workout emphasizing an increase in the fun while decreasing the calories. Join ACSM Certified Fitness Trainer / Instructor Avanté Bailey for a one of a kind cross training experience that includes obstacles, boxing pad work, resistance bands, along with plenty of other surprises and as the title states it is appropriate for All Fitness Levels and all ages! , so if this is your first program or one of many new ones you are encouraged to show up and find out what it feels like to get immediate results of enhanced mood, increased

energy levels and an overall positive outlook while obtaining your physical goals! Location: Bala Gymnasium, Bala and Union Avenues Session 1: Mondays 6:00 – 7:00pm

NATIONAL CSI INVESTIGATION CAMP

This educational class for students who have an interest in law enforcement or related forensic sciences. Students will learn general problem-solving skills and how physics, geometry, triangles and the Pythagorean theorem; simple algebraic math, sin/cosine problems relating to blood splatter and bullet trajectory, and other science disciplines that relate to solving a crime scene. After the classroom portion of the lecture, student will identify process a mock murder crime scene by collecting evidence using the most up-to-date modern techniques and methodologies learned

during the lecture portion of the class. The class is designed to challenge all students while having fun solving the crime. This class is taught by Captain (ret) Sean Clancy formerly of the Atlantic County Prosecutor's Office. To find out more information about National CSI Camp visit <u>www.NationalCSIcamp.org</u>.

Location: Lower Merion High School

Ages 12 – 16 Years



Ages 11 – 14 Years



nnal

NationalCSIcamp.org

Days/Times: Monday – Friday

9:00am-3:00pm

*Lunch from Noon – 12:30pm – Please send with a packed lunch. July 8 – 12

Footprint Analysis

Process a mock crime scene

Fee Per Session: Resident/\$400 Non-Resident/\$480

TINKERGARTEN

Session 1:



Summer is a perfect time to incorporate outdoor, play-based learning in your family routine and build a family culture around making memorable fun and learning happen in nature together. Our 18 - 36 month old classes focus on helping young explorers make the most of their outdoor classroom and

benefit from the opportunity to play with and learn from children of various ages. This allows both the oldest and youngest build a foundation in capacities including imagination, creativity, focus/self control, persistence, empathy and teamwork. Parents and caregivers also learn about how children develop and how outdoor play supports this process during class and through our emails and photos. As always, siblings are most welcome to come to class together. Our passionate, expert teachers are trained to adjust activities to meet children where they is developmentally and guide them in activities that are fun, memorable and designed for learning.

To register or for more information, please visit www.tinkergarten.com

Session 1:	July 29 – Augu	ust 2nd	9:30 –	10:45am	Merion Botanical Park
Fee:	Per Session	Resident/\$85	with Code	Non-Resident,	/\$100
Group Limit:	12 participant	ts			

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 we learn, we build, we play with **LEGO**[®] Bricks 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. For a current class schedule, please visit www.lowermerionrec.com Bryn Mawr Spring House O South Bryn Mawr Avenue location

LOCALI	on:	DIVITIVIAWI SP	ning house, 9 south bryn Ma	wi Avenue		
AM Se	ession:	9:00am – No	on			
Ages:		5 – 10 yrs				
Fee:	Reside	ent/\$210	Non-Resident/\$240	Group Limit:	16 Participants	

Session 1 Let's Build an Amusement Park July 8 – 12

Get your ticket to ride at Bricks 4 Kidz very own Amusement Park! Campers will build a new ride each day, learning how to make things spin, roll, turn and rock. Then they will take what they have learned to design their own thrills and challenges. Motorized models maximize the action and the fun. Each camp day includes carnival- themed games, group challenges, model-building and more.

July 15 – 19 Session 2 **Jurassic Brick World**

Are you ready for an adventure of a lifetime? Put on your hiking boots and camouflage, you're about to enter Jurassic Brick world. Campers will build a world that comes to life with gentle brontosaurs, ferocious Velociraptor, Terrifying T- rex, and more. We'll learn about amazing dinosaurs that lived during the Jurassic period and other extinct, prehistoric animals that roamed the earth and swam the oceans during the era and millions of years later. Show us your building skills using our specialized project Kits!!

August 5 – 9 Session 3 Super Hero Camps

Enter the dark city where a dangerous jokester and other evil villains wreak havoc. Thankfully there is a bat hero who comes out each night to fight against these evil-doers! The good guys will ride into action as campers build motorized models of the bat hero's speedy vehicle and bat girl's sleek motorcycle. But keep the bat light searching for the evil jokester's motorized low rider vehicle cruising through the city streets as well. Send the bat hero swinging on his grappling hook technic model from one skyscraper to the next as he fights crime with his trusty super sidekick. Campers will use their imaginations, building skills and crime-fighting passion in this thrilling camp of bat heroes and villains!

August 12 – 16 Session 4 Model Designer Camp

How do LEGO® bricks model designers come up with their creations? How do their ideas go from concept to completion? This camp explores the creative process of model design. Campers learn the functions of different to create all kinds of solid structures and moving parts. Toward the end of the week, each child has the opportunity to present his or her own design.

THEATRE HORIZON DRAMA CAMP

HORIZON

Ages 7 – 11 Years

This action-packed drama camp is taught by Philadelphia theatre THEATRE professionals. Young actors spend the week working as a team to create a play full of drama, comedy, suspense, mystery, and action! They are guided through playwriting, fun improvisational

games and acting exercises that encourage creativity and self-confidence. Students will also learn the basics of stagecraft, how to speak loudly and clearly, how to work in teams and how to accept and respect others' ideas. On the last day, they perform their world premiere play for an audience using props and costumes. Curtain up!

Location:	Bala Cynwyd Middle	School, 510 Bry	n Mawr	Ave, Bala Cynwyd, PA 19004 (Location subject to change)
Days:	Monday – Friday			
Time:	9:00am – 3:00pm			
*Session 1:	July 1 – 5 No camp July 4	Session 2:	July 22 -	- 26
Session 3:	July 29 – August 2	Session 4:	August	5 – 9
Wear/Bring:	A lunch, drink and a s	snack, comfort	able clotl	ning and shoes (no skirts or flip-flops please!)
Fee:	Per Session	Resident/\$17	5	Non-Resident/\$205
	*Session 1	Resident/\$14	0	Non-Resident/\$165
Registration Limit: 22/session				

HARRITON APPRENTICESHIP

Harriton's Apprenticeship Summer Camp allows today's youngsters to learn to care for sheep and chickens, a horse and to bottle feed calves. We'll work with traditional tools in wood and iron & tour through the historic house to learn about antique buildings and furniture. Sometimes we'll run down and have lunch on the creek bed, and on the last day we have our big picnic! This program is run free of charge for township residents, though donations to Historic Harriton House are greatly appreciated. Your contribution will help assure the continuation of Harriton's educational programs, and the preservation of the historic site. Location: Harriton House, 500 Harriton Rd, Bryn Mawr

July 22 – 26* Session 1: Session 2: July 29 – August 2* **Days/Times:** Monday – Friday 9:30am – 2:30pm Ages: 11 – 14 yrs Resident/\$35 Non-Resident/\$45 Fee: Per Session **NO REFUNDS. NO EXCEPTIONS. Registration Limit:** 10/session – *Participants will only be permitted to register for ONE Session.



GAME ON! (Dungeons & Dragons)

Game On! is a project of Federation of Neighborhood Center (FNC) to bring tabletop role playing games (RPGs) like Dungeons & Dragons (D&D) to under served groups that might benefit from its social and entertainment benefits. Kids gain and reinforce social cooperation, critical thinking, and arithmetic skills in a developmentally appropriate, fun environment of epic fantasy role play like from the Hobbit and Lord of the Rings books and movies. Adults benefit from play too but our project is concentrating on school-age youth. Help us bring "gaming for good" to your neighborhood. "Game On!," as we say.

Location:	Bryn Mawr Spring Ho	use, 9 S Bryn Mawr Ave
Ages:	10 and up	· ·
PM Session:	12:30 – 4:30pm	
Dates:	July 15 – 19	
Fee:	Resident/\$170	Non-Resident/\$204

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. All campers will receive a chef's hat (toque), apron, certificate of completion, and recipe booklet - as well as lots of food they help prepare! *Please note camp will run Monday, Tuesday and Thursday 9:00am – Noon (No camp Wednesday)

Location:Belmont Hills Community Center, 50 Ashland Avenue, Bala CynwydTime:9:00am – NoonFee:Per SessionResident/\$140Non-Resident/\$150

August 5, 6 & 8Fruits & Veggies Never Tasted So GoodAges 5 – 9If you'd like your children to incorporate more F&Vs into their daily food habits, this camp may just do the
trick! We'll make only fruit and vegetable recipes, and even the pickiest kids will be surprised at how good it
can be!

August 12, 13 and 15Chocolate, Chocolate, and MORE ChocolateAges 8 – 12Children will spend the week making everything chocolate - cupcakes, candies, cookies, and many other
desserts where chocolate is the main ingredient. Lots of samples to come home and share with the family.

August 19, 20 and 22Cooking Around the WorldAges 9 – 13THIS year, we'll travel to other countries, without leaving the kitchen. We'll explore cuisines from Spain,
Poland, Greece, and the Good Old USA!

CHESS CLUB	Ages 4 – 14
	Learn how to play chess from a Shining Knights chess coach! Our coaches are
G	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
•ShiningAnights,Ati	More information can be found at <u>www.shiningknightschess.com</u>
Location: Bry	yn Mawr Community Center, 9 S. Bryn Mawr Avenue
Day/Time: Tu	esdays 5:30 – 6:30pm
Cummon Cossion.	1 lung 2E = A lung 12 (10)

Summer Session: June 25 – August 27 (10)Session Fee:Resident/\$145Non-Resident/\$174

CHESS CAMP

Spend the week playing and learning about chess from the Shining Knights chess coaches! Campers are assigned to groups by skill level, and classes are tailored to appeal to total beginners through experienced and highly-rated tournament players. Activities include learning openings, tactics and endgames, studying master games, playing games against fellow students and analyzing the students' games. Campers will take short breaks for snacks and fresh air every hour and full-day campers have lunch and recess from Noon – 1:00pm. For more information please visit www.shiningknightschess.com

Location:	Bryn Mawr Commun	nity Center, 9 S.	. Bryn Mawr Avenue		
Ages:	5 – 14 yrs				
Full Day:	9:00am – 4:00pm	AM Half Day	/: 9:00am – Noon	PM Half Day:	1:00 – 4:00pm
Session 1:	June 24 – 28	Session 2:	July 15 – 19		
Session 3:	August 5 – 9	Session 4:	August 19 – 23		
Fee:	Half Day Resident/\$2	200 Half 🛛	Day Non-Resident/\$240)	
	Full Day Resident/\$3	30 Full D	ay Non-Resident/\$385		

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.

Register at www.youngrembrandts.com/chestercounty

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

Ages: 6 – 10 yrs

FULL DAY and HALF DAY OPTION!

 FULL DAY Session: 9:00am - 3:30pm
 AM Session: 9:00am - Noon
 PM Session: 12:30 - 3:30pm

 *Sign Up for both AM and PM Sessions and lunch time care (Noon - 12:30pm) is included.
 *Lunch from Noon - 12:30pm - Please send with a packed lunch.

Fee:

Per SessionHalf DayResident/\$225Non-Resident/\$270Full DayResident/\$350Non-Resident/\$400*Session 1Half DayResident/\$180Non-Resident/\$215Full DayResident/\$299Non-Resident/\$350

Session 1 July 1 – 5 No class July 4

AM Session Baking and Cooking Drawings

During these four, fun-filled days, young chefs and artists will join forces to cook up one of the tastiest workshops yet. Young Rembrandts students will learn to illustrate the thing we all love to do - eat! Students will draw, decorate, build and color everything in the kitchen that relates to cooking and baking. Drawings will include funny kitchen cartoons, detailed still life scenes and delicious details to make them complete. Prepare for artwork that looks good enough to eat! Register your artistic chef now!

PM Session African Safari Camp

Go on a Safari adventure with Young Rembrandts this summer! We will explore the exciting land and many animals that inhabit Africa. In four days we will draw a variety of animals in various scenes with different media. To keep things exciting, we will explore the African Safari through the fun technique of cartoon as well. We will even challenge our artistic talents by creating 2 large scenes – one in a graphic style filled with a variety of animals and another focusing on the twists and turns of a African snake completed with pastel chalks. Our exploration through Africa allows for a bounty of adventure and creativity.

Session 2 July 29 – August 2 <u>AM Session Cartoon Camp</u> Does your child have a great sense of humor to complement his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. Our students will learn how to personify inanimate objects, as they breathe life into the sun and moon, transforming them into funny cartoon characters. A humorous bird feeding sequence will teach your child visual and sequential story telling. We'll also create drawings that feature colorful and expressive forest animals. Give your child the gift of learning and artistry. Enroll your student today!

PM Session Cartoon Zoo Workshop

Do you love animals? Join us for a trip through the zoo as we learn to cartoon a variety of animals found in the zoo. We will learn cartoon expressions, movement, exaggeration, sequencing to tell a joke while drawing giraffes, elephants, bears, monkeys and more. Students will complete several cartoon drawings each day. Materials used include pencils, Sharpies[™] and markers.

MAD SCIENCE CAMP

	Mission — "We air	n to spark the imagination a	nd curiosity of children everywhere by providing	
Challes A	them with fun, ent	ertaining and educational ad	ctivities that instill a clear understanding of what	
SCIENCE	science is really ab	out and how it affects the w	orld around them."	
	Location: Bry	n Mawr Community Center,	9 South Bryn Mawr Avenue	
FULL DAY and	d HALF DAY OPTION	1		
Full Day Fee:	9:00am – 4:00pm	Resident/\$300	Non-Resident/\$350	
*Lunch from Noon	– 12:30pm – Please send with	a packed lunch		
Half Day Fee	: 9:00am – Noon	Resident/\$175	Non-Resident/\$220	
Group Limit:	20 Students			
Ages: 6 – 12 yrs				
Session 1	July 8 – 12	Super Slimy Smokey Scie	ence & Mad Machines & Rockin' Rockets	

Session 1July 8 – 12Super Slimy Smokey Science & Mad Machines & Rockin' RocketsDive into a variety of scientific fields as you mix and stretch silly putty and slime, copperplate nickels, and
investigate the mysteries of optical illusions. Become captivated by lasers, dry ice, watch hair-raising Van de
Graaff experiments, help solve a mystery, and so much more! Tinker with circuits, catapults, and experience
what happens when you mix science and fun! Come Get Slimed with your Friends!Full Day Mini Mad Scientists will also delve into a multitude of scientific subjects as they learn about the Earth
and it's animal inhabitants, simple machines, rocketry, flight, and chemical reactions; there's something for
evenue as a ser construct a reacted prime tracks

everyone! Investigate the layers of the Earth, build and race a car, construct a rocket, create animal tracks, build a bug house, and grow your very own crystal gardens to take home! There's so much in store; it's simply Sensational! Blast Off to Fun!

Session 2 July 22 – 26 Eureka! Launching with Legends and Take Flight to the Future

Anyone can be an inventor! Discover the work of da Vinci, Edison, Tesla, and Benjamin Franklin and use what you learn to invent solutions to everyday problems, prepare patent proposals, receive a patent certificate, build your own catapult, and even launch projectiles off a large trebuchet! Budding inventors bring home a model catapult, a mysterious spinning stick, a helicopter, and countless other cool inventions. **Take a Trip in Time with the Legends!**

Full Day participants, bring your imagination and let it SOAR as you create a squadron of paper airplanes the Wright brothers would be proud of! Explore technological advances in flight: hot air balloons, flying machines, and spacecraft. Launch a variety of stomp rockets, and even take one home! Learn about lasers, microgravity, and space stations. Become inspired by Verne and Asimov and build submarines, brainstorm the telecommunications and transportation of the future. This camp culminates with campers building their own sci-fi inspired light sabers that they can take home, along with their dreams! **The Future is Now!**

Session 3 August 12 – 16 NASA & Mad Science Future Space Explorers



Mad Science has teamed up with NASA in a quest for exploration! We'll take a voyage of discovery into the atmosphere and beyond as we explore planets, moons, and other space phenomena in our solar system. Campers will investigate the mechanics of unique flying machines, such as balloon-copters, boomerangs, and mini hovercrafts. Children will learn how early "pilots" navigated throughout space as they create their own sextant and sundial. Kids will get a firsthand experience of the challenges of living in space as they try assemble a satellite while training to be an astronaut. Kids will love to build their

own Mad Science rocket and participate in a real "NASA" style rocket launch. Campers will have lots of projects to make and many cool NASA take homes, including a gravity assisted launcher, a Shuttle Copter, and more! Mad Science is the ONLY organization licensed by NASA to use these activities for Summer Camps. **This Camp is Out of this World!**

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! For more information, please visit engineeringforkids.com

AM Session: 9:00am – Noon

PM Session: 12:30 – 3:30pm Group Limit: 16 Participants Unless Otherwise Noted

*Sign Up for both AM and PM Sessions and lunch time care (Noon – 12:30pm) is included.

July 1 – 5 No Class July 4 AM Session Jr Twisted Fairy Tale

Fee: Resident/\$170 Non-Resident/\$204

Location: Bryn Mawr Spring House, 9 S Bryn Mawr Ave

Ever wonder how we got to the Happily Ever After in traditional fairy tales? Students will explore a few fairy tales from different points of view and engage in activities to investigate solutions for each fairy tale's obstacles. In the Twisted Fairy Tales Camp, we will design a getaway vehicle for the heroine from Kate and the Beanstalk, help The Three Billy Goats Fluff devise a method to cross the bridge quietly and not wake the Troll, and construct an edible reef entirely from candy to protect The Three Little Fish from the Big Bad Shark! Join us as we explore the Engineering of Fairy Tales!

<u>July 1 – 5</u> ⊧	No Class July 4 AM Session	Heroes Week	Ages 8 – 12
Fee:	Resident/\$170	Non-Resident/\$204	

Location: Bryn Mawr Community Ctr, 9 S Bryn Mawr Ave

It's a bird, it's a plane, it's...Heroes Week! Students will join other engineers their age as they seek ways to protect the world and save mankind in the process. They will join a league of heroes and will compete against other leagues by performing engineering-related challenges, such as saving an ecosystem from a potentially lethal oil spill. Only one group will end the week as the ultimate league of super heroes!

July 1 – 5 No Class July 4	PM Session	Wreck-it Week!	

Ages 8 – 12

Ages 4 – 7

Fee:Resident/\$170Non-Resident/\$204Location:Bryn Mawr Community Ctr, 9 S Bryn Mawr Ave

Smash! Crash! BOOM! Students in this camp will join Wrecking Companies for the week and will attempt to work their way up the ranks of their company from Intern to President. They will compete against other wrecking companies in various engineering-related challenges, such as building a bridge from balsawood and constructing safety mechanisms to protect a raw egg from impact. Put on your hard hats and safety goggles and join the fun!

July 22 – 26AM SessionJr LEGO Robotics: Simple Machines UnitedAges 4 – 7

Fee:Resident/\$199Non-Resident/\$238

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

We use simple machines everyday, but many times without even recognizing them. In Junior Robotics: Simple Machines United, students will explore the basic concepts of simple machines and how we use them to achieve even our most grandiose goals! Students will use LEGO[®] WeDo[™] construction and resource kits to produce new and exciting builds that will be used to create Kelvin's Amusement Park.

<u> July 22 – 26</u>	PM Session	App LEGO Robotics: Ocean N	Aissions	Ages 8 – 12
Fee:	Resident/\$199	Non-Resident/\$238	Group Limit:	12 Participants
Location:	Bryn Mawr Spring House, 9 S. Bryn Mawr Ave			
This LEGO [®] R	s LEGO® Robotics: Ocean Missions curriculum is designed to introduce students to the world of robotics ir			

an interesting and engaging way. The goal is to teach students about the building and programming aspects of robotics as it relates to real-world issues in ocean exploration.

<u> July 29 – Aug</u>	ust 2 AM Session	Jr Pirate Academy	Ages 4 – 7
Fee:	Resident/\$199	Non-Resident/\$238	

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

Arg Matey! Come join Kelvin's crew as we sail the ocean blue searching for buried treasure. Join us as students build their very own pirate ship, go fishing for treasure, and work together in Kelvin's crew to create a delicious treat that is more precious than gold. Hop aboard the Green Ghost and set sail as we explore The Engineering of Pirates!

0 0			
<u>July 29 – August 2</u>	AM Session	App Design the Future	Ages 8 – 12
Fee: Resid	dent/\$199	Non-Resident/\$238	
Location: Bryn	Mawr Commur	ity Center, 9 S. Bryn Mawr Avenue	
What does the futu	re look like? Joir	n us as we embark on an odyssey to explore the future	of transportation,
manufacturing and	structural. Let's	take a look at the innovations of today and apply ther	n to create the
designs of tomorroy	w as we explore	ways to harness clean energy and house a growing hu	man population.
Become an enginee	r and help Desi	gn the Future.	
July 29 – August 2	PM Session	Sail the Seas	Ages 8 – 12
Fee: Resid	dent/\$199	Non-Resident/\$238	
Location: Bryn	Mawr Commur	ity Center, 9 S. Bryn Mawr Avenue	
Avast, me maties! J	ump on board a	nd join the crew to work together to explore the every	/-day engineering
challenges that pira	ites were once f	aced with. During this week, students will explore the	ideas of buoyancy
and surface area as	they design the	ir pirate ships, the sails for their ships, and a system to	retrieve sunken
treasures! So what	do you say; Are	ye' ready to sail the seas?	
<u>August 26 – 30</u>	AM Session	Jr Engineering of Power and Energy	Ages 4 – 7
Fee: Resid	dent/\$199	Non-Resident/\$238	
Location: Bryn	Mawr Spring H	ouse, 9 S. Bryn Mawr Avenue	
In the Power and Er	hergy camp, joir	us as we look at ways to get things movingno batter	ies required. In this
camp, students exp	lore the founda	tional concepts of potential and kinetic energy by build	Jing their very own
toys. Additionally, s	tudents will exp	lore natural power and energy sources such as falling	water and the sun.
Get ready for a sho	ck in this energe	tic and engaging engineering experience!	
<u>August 26 – 30</u>	AM Session	Software Programming: Scratch Video Sensing	Ages 8 – 12
Fee: Resid	dent/\$/\$199	Non-Resident/\$238	
Location: Bryn	Mawr Commur	ity Center, 9 S. Bryn Mawr Avenue	
What's more fun th	an playing an in	teractive video game? Writing one! Video sensing allo	ws students to design
and a second determined at a second determined by the Construction of the Construction of the Construction of the			

and program their own video games and then test them by interacting with the program via webcam. In this

Scratch program, students work together to create their own games, art, and musical instruments while exploring coding foundations. Get up and get moving with Engineering for Kids and Scratch: Video Sensing!

 August 26 – 30
 PM Session
 3D Printing: Super Heroes to the Rescue
 Ages 8 – 12

 Face
 Desident (\$220
 Non Desident (\$200)
 Non Desident (\$200)

Fee:Resident/\$229Non-Resident/\$268Location:Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue

3D printers are one of the most widely applicable and fun inventions on the tech scene today! In 3D Printing: Superheroes to the Rescue, we will explore the basic concepts of 3D printing and computer-aided design, or CAD, to design and create our very own 3D printed superhero! Students will take their hand drawn design and learn how to extrude it into a 3D model that can then be modified to be printed in 3D.

ADULT CLASSES AND PROGRAMS

LOWER MERION TOWNSHIP WOMEN'S SOFTBALL Players and Teams Wanted!

- Modified Pitch Softball League open to women 18 and over.
- Games are played on Monday and Wednesday nights from May through July in LMT.
- Teams and individual Players are wanted.
- If you are interested, please call (610) 645-6220 or e-mail <u>Recreation@lowermerion.org</u>. A captains' meeting will be held in April and individuals will be contacted shortly thereafter.

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. Nonjarring 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 <u>www.vivacommunityfitness.com</u>

7:30 – 8:30pm		
July 2 – September 3 (10)	Resident/\$120	Non-Res/\$144
<u>7:30 – 8:30pm</u>		
June 27 – September 5 (10) No class July 4	Resident/\$120	Non-Res/\$144
	July 2 – September 3 (10) 7:30 – 8:30pm	July 2 – September 3 (10) Resident/\$120 7:30 – 8:30pm

FIT4MOM Main Line

Stroller Strides/Stroller Barre

Stroller Strides is a total fitness program that moms can do with their babies. It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Taught by certified and specially trained fitness instructors, it is a great workout for any level of exerciser. Stroller Strides instructors weave songs and activities into the routine designed to entertain and engage baby, while moms are led through a series of exercises specific to her role as mom.

To register or for more information, please visit mainline.fit4mom.com

Location/Day/Time: Ashbridge Park Tuesdays and/or Thursdays 9:30 – 10:30am

Session: Early April through Mid November Fees: Fees Vary – Monthly Passes Available - First Class is Free

ABAILEY MIND & BODY ADULT FITNESS

Ages 15 and Older

New



Come in for an ABMB (ABaileyMind&Body) workout emphasizing an increase in the fun while decreasing the calories. Join ACSM Certified Fitness Trainer / Instructor Avanté Bailey for a one of a kind cross training experience that includes obstacles, boxing pad work, resistance bands, along with plenty of other surprises and as the title states it is appropriate for All Fitness Levels and all ages! , so if this is your first program or one of many new ones you are encouraged to show up and find out what it feels like to get immediate results of enhanced mood, increased energy levels

and an overall positive outlook while obtaining your physical goals! Location: Bala Gymnasium, Bala and Union Avenues Session 1: Mondays 7:00 – 8:00pm Session

Session 2: Thursdays 6:00 - 7:00pm

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 <u>info@tristatetraining.com</u> For more information, please visit <u>www.tristatetrainingllc.com</u>

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.

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@brynmawr.edu or 610-526-7349
Date/Time:	Please call for upcoming trainings

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 <u>free</u> <u>seminar</u> 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, August 13
- **Time:** 6:30 8:00pm
- Session Fee: FREE (Registration is encouraged but not required. First come, first serve seating.) To Register please visit: <u>www.lowermerionrec.com</u>

OTHER PARKS AND RECREATION INFORMATION

DISCOUNT TICKETS FOR LOCAL AMUSEMENT PARKS AND ATTRACTIONS

Please check www.lowermerionrec.com 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 2019 season.
- Tickets are sold from May through September 2019.
- These are tickets, not discount vouchers
- Call ahead for availability 610.645.6220
- Prices are subject to change.

ROSIE'S SENIOR JAMBOREE

All Senior Citizens are invited to attend the 39th Annual Senior Jamboree. This event is free of charge! Lunch in the Park with entertainment and giveaways from our generous sponsors. This event has been enjoyed by many throughout the years.

Date: Wednesday, July 10 Time: 11:00am – 2:00pm **Location:** South Ardmore Park

(Rain date is Thursday, July 11)

LOWER MERION TOWNSHIP – POOL INFORMATION

The Department of Parks and Recreation operates two outdoor swimming pools.

- The **Ardmore Pool** is located behind the Community Center on Ardmore Ave in Ardmore—610.642.4338. •
- The **Belmont Hills Pool** is located at 122 Mary Waters Ford Road in Bala Cynwyd—610.668.2411.



Separate memberships are required for each pool. Registration will begin March 4, 2019.

Membership applications, fee tables and supporting information can be found at www.lowermerionrec.com or at the Department of Parks and Recreation.

Memberships **must** be purchased through the Department of Parks and Recreation, 75 E. Lancaster Avenue, Ardmore, before attending the pools. Memberships can be purchased on-line, via mail, or in person.

The Pools will open on Saturday, May 25 (weekends only) and will open Saturday, June 15, seven days a week for the regular summer season, closing on Labor Day, Monday, September 2 (Schedule subject to change). Pools are open weekdays, Noon to 8:00pm and weekends/holidays from 11:00am – 8:00pm.

All new members must provide proof of Lower Merion residency. Photocopies of residency are acceptable. You may complete the membership process through the mail.

Morning Adult Swim at Belmont Hills Pool will be held from June 17 – August 9, 2019 every Monday through Friday from 8:00 – 9:00am (as operations allows) to members of either pool only.

Tot Pool Hours at Belmont Hills Pool will be held from June 17 – August 9, 2019 every Monday through Friday beginning at 10:00am (as operations allows) to members of either pool only. Members will ONLY be permitted to use the Tot Pool.



The Annual Cardboard Boat Regatta will be held **Sunday, August 4** (rain or shine) beginning at **3:00pm**. **The lap pool will be CLOSED for this event,** but will re-open once event is complete.

INSTRUCTIONAL SWIM LESSONS

All classes are conducted in accordance with American Red Cross standards. You must be a resident of the Township of Lower Merion or a current Pool Member to register for lessons.

Days: Monday – Friday

Fee per Session:Resident/\$70Non-Resident/\$80Schedules are subject to change based on registration

Class Descriptions

- Aqua Tot Infant to approximately age 4. Will need an adult in the water. Five tots with adults per class.
- Beginner 1 Non-swimmer of any age. Up to six participants per class.
- Beginner 2 Swimmers who want to improve their stroke. Up to six participants per class.
- Advanced Beginner Swimmers that can swim one length of the pool. Up to six participants per class.
- Intermediate A good swimmer working on stroke and endurance. Up to six participants per class.

Instructional Swim Program – Belmont Hills

Pre-registration is required. Registration processed at Belmont Hills Pool ONLY.

Session 1	June 17 – 28	Registration begins Noon on June 1 (Weekends Only)
Session 2	July 1 – 12	Registration begins 8:00am on June 24
Session 3	July 15 – 26	Registration begins 8:00am on July 8
Session 4	July 29 – August 9	Registration begins 8:00am on July 22
8:30 – 9:00am	Beginner 1, Beginner	1, Beginner 2, Beginner 2, Advanced Beginner
9:15 – 9:45am	Beginner 1, Beginner	1, Beginner 2, Beginner 2, Advanced Beginner, Intermediate
10:00 – 10:30am	Beginner 1, Beginner	1, Beginner 2, Beginner 2, Aqua Tot
10:45 – 11:15am	Beginner 1, Beginner	1, Beginner 2, Beginner 2, Aqua Tot

Instructional Swim Program – Ardmore Ave

Pre-registration is required. Registration processed at Ardmore Pool ONLY.

July 1 – 12	Registration begins 8:00am on June 24			
July 15 – 26	Registration begins 8:00am on July 8			
July 29 – August 9	Registration begins 8:00am on July 22			
Beginner 2 & Aqua Tot				
Beginner 1 & Aqua Tot				
Beginner 1 & Advanc	ed Beginner			
	July 15 – 26 July 29 – August 9 Beginner 2 & Aqua To Beginner 1 & Aqua To			

FLAT ROCK PARK BOATING FACILITIES

- Township-owned boating facilities are provided at Flat Rock Park. The general public is permitted use of these facilities provided appropriate permits are obtained.
- There is no fee to obtain a permit.
- All Boat Trailers are required to obtain a permit to park at the Flat Rock Park Boating Facility.
- The boating facilities are available for use by motorized and non-motorized boats, including canoes and kayaks.
- The recreational boating season is year round, but floating docks will only be in the water from approximately April 1 to November 15.
- The hours of Flat Rock Park are from Dawn until Dusk.

Boat Trailer Parking Permit

To apply for a Trailer Parking Permit, individuals must complete a Boat Trailer Parking Permit Application. Permit application forms can be found on the Township web site at <u>www.lowermerion.org</u> or the recreation website at www.lowermerionrec.com. Applications can be submitted via mail, in person, or on-line. Please visit either website for more details.

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

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 <u>www.riverbendeec.org</u> 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.

REGISTRATION FORM - LOWER MERION PARKS & RECREATION

Type of Activity:		Fee:					
Location:	Session/Time:						
Participant's Name:							
Age DOB		Home Te	lephone:				
Address:							
City:				State:	Zip:		
Emergency Contact & Phone Nu							
Medical Conditions/Allergies/Med	dications:						
Physician's Name & Phone Num	ber:						
I, the undersigned parent/child parti employees, sponsors, organizers, a to any person or thing in connection bringing suit against any of the abov above) as a result of any damages activity. I also hereby agree to pern of program advertisement by the To	nd all lead with the all ve named c or injuries t nit the vide	ers assigned by bove activity. F on my own beha o any person o o recording and	them, from all lia urthermore, I her alf or on behalf of thing that occur	ability for any d reby agree to re f my son or dau red in connecti	amage and injury efrain from ughter (named on with the above		
Print Parent's Name					· · · · · · · · · · · · · · · · · · ·		
Parent's Email							
Adult Participant's or Parent's Si	gnature	DOB	// Date		ime Telephone		
The above registration form applies Parks & Recreation, 75 E. Lancaste Friday, 8:15am – 4:30pm.							
Please make che	ecks payab	le to: Treasur	er, Township of	Lower Merion	I		

GENERAL INFORMATION

Special Accommodations

Special accommodations can be provided by contacting the Department at least two weeks prior to the beginning of the program.

Cancellations

The Township reserves the right to cancel any programs, scheduled times, location and/or activities due to insufficient registration or weather conditions.

Refunds

Refunds will be given only if the reason for the request meets an established set of standards, which can be obtained from the Department of Parks & Recreation. Check website for Refund Policy and Processing Fee.