

Township of Lower Merion Parks & Recreation

RECREATION INFORMATION

WINTER 2021

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

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

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

REGISTRATION INFORMATION



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

Nothing stops a program in its tracks faster than everyone waiting until the last minute to register. Many of our programs need a minimum number of participants to run so a program may be cancelled if there are not enough registrants. Minimum number must be reached at least one week prior to the start of the program.

Please note, Winter registration will begin November 1 for Lower Merion Residents (November 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

US SPORTS INSTITUTE BASKETBALL

Ages 4 – 8 Years

The US Sports Institute offers basketball programs for players ages 4-8 of all ability levels looking to learn and develop basketball skills, strategy, and technique. With classes ranging from beginner to advanced abilities, we are sure to have something to suit every child. USSI's basketball players will be sure to improve skills and learn the importance of teamwork in this fast-paced, exciting sport.

Location: Bala Gym, Bala & Union Avenues

Days: Saturdays

Winter Session: January 9 – February 6 (5)

Winter 2 Session: February 27 – March 27 (5)

Day/Times: Saturdays

Squirts (Ages 4 – 5) 8:00 – 8:45am

Sr Squirts (Ages 5 – 6) 9:00 – 9:45am

Sr Squirts (Ages 6 – 7) 10:00 – 10:45am

Foundation (Ages 7 – 8) 11:00 – 11:45am

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

Group Limit: 16 Participants



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.

Minis – Indoors

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 in class**)

Location: Bala Gym, Bala & Union Avenues

Winter Session: January 13 – February 17 (6)

Day/Times: Wednesdays 3:05 – 3:35pm

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

Classic/Premier – Indoors

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.

Location: Bala Gym, Bala & Union Avenues

Winter Session: January 13 – February 17 (6)

Day/Times: Wednesdays 3:40 – 4:20pm

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

STEEL SOCCER

Ages 6 – 13 Years



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.

Steel Soccer was formerly UK Elite Soccer. The name has changed but the staff, philosophy and standards haven't changed!

Steel Soccer IDP Program – Indoors

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

Location: Bala Gym, Bala & Union Avenues

Day/Times: Wednesdays

Ages 6 – 7 5:00 – 6:00pm

Ages 8 – 10 6:00 – 7:00pm

Ages 11 – 13 7:00 – 8:00pm

Fall Session: November 4 – December 16 (6) No Class Nov 25

Winter Session: January 13– March 3 (8)

Fee: Fall Session Resident/\$180 Non-Resident/\$215

Winter Session Resident/\$200 Non-Resident/\$240

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 Years & Adults

Dates: Sundays, January 10 – March 21 (10) No Class Feb 14

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

HAPPYFEET

Ages 3 – 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! **Group Limit:** 18 Participants

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

Location: Bala Gym, Bala & Union Avenues

Fall Session: November 20 – December 18 (4) No class Nov 27

Winter Session: January 8 – 29 (4)

Winter 2 Session: February 5 – 26 (4)

Day/Time: Fridays **Session 1:** 10:00 – 11:00am **Session 2:** 11:00am – Noon

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



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 on current class offerings please contact greaterphila@engineeringforkids.net**

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

Group Limit: 12 Participants

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 9, 16, 23, 30 (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 9, 16, 23, 30 (4)

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

Weekend Workshops – Jr Mechanical Engineering: Widgets and Gadgets

Ages 4 – 7 Years

The Junior Mechanical Engineering classes introduce our youngest engineers to fundamental concepts of energy materials, and movement. Through open and focused exploration, students explore and construct their own roller coasters, catapults, cars and more.

Day/Time: Sundays 1:00 – 2:30pm

Winter 2 Session: February 14, 21, 28, March 7 (4)

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

Weekend Workshops – App Mechanical Engineering: Master Machines

Ages 8 – 12 Years

During the Mechanical Engineering unit, students use the Engineering Design Process to design, create, test, and improve a variety of machines and mechanical systems. Students learn basics of energy, traction, aerodynamics, and durability while constructing roller coasters, extreme defense vehicles, and an incredibly fast air-powered custom dragster.

Day/Time: Sundays 2:45 – 4:45pm

Winter 2 Session: February 14, 21, 28, March 7 (4)

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

CHESS CLUB

Ages 4 – 14 Years



Knights, captures, action!

Whether you are new to the game, learning to push pawns for the first time, or have played in numerous tournaments, and want to sharpen your skills, come to a Shining Knights Chess Club! We have trained numerous state champions and national trophy winner. We have trained even more kids to enjoy the game that they can spend hours playing with friends and family. So, whether you want to win games in your living room against your parents or win tournaments in other states, come join us and learn how to play chess or play better chess!

More information can be found at www.shiningknightschess.com

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

Day/Time: Tuesdays 5:30 – 6:30pm

Winter Session: January 5 – March 9 (10)

Fee: Resident/\$144 Non-Resident/\$170

YOUNG REMBRANDTS



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!

Drawing and Cartooning Class

Ages 5 – 13 Years

Keeping with the season, our students will create fall-themed illustrations like taffy apples and a farmer's scarecrow. Stylized art styles will be explored through our tarantula line art and Van Gogh-inspired drawing featuring vibrant sunflowers.

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

Session 1: Elementary (Ages 5 – 12) Wednesdays 5:00 – 6:00pm Dec 9 – Jan 27 (6) No Class Dec 23, 30

Session 2: Tween & Teen (Ages 11 – 16) Wednesdays 6:00 – 7:00pm Dec 9 – Jan 27 (6) No Class Dec 23, 30

Session 3: Junior (Ages 4 – 7) Saturdays 10:15 – 11:00am Dec 12 – Jan 30 (6) No Class Dec 12, Jan 2

Session 4: Elementary (Ages 6 – 13) Saturdays 11:15am – 12:15pm Dec 12 – Jan 30 (6) No Class Dec 12, Jan 2

Fee: Resident/\$105 Non-Resident/\$125

Anime Manga Club

Ages 6 – 15 Years

Does your child love Anime Manga? Sign them up for our new club and they will have lots of fun every week drawing their favorite subjects

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

Day/Time: Saturdays 12:30 – 1:30pm

Winter Session: December 12 – January 30 (6) No Class Dec 12, Jan 2

Fee: Resident/\$105 Non-Resident/\$125

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.

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: Online Zoom Classes

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

Pilates – Tuesdays 7:00 – 8:10pm

Winter Session: April 6 – June 22 (12)

Fee/\$153

Pilates – Thursdays 7:00 – 8:10pm

Winter Session: April 8 – June 24 (12)

Fee/\$153

UPCOMING TRAININGS/WORKSHOPS

KNOW YOUR MEDICARE OPTIONS – EDUCATIONAL 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 educational 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: Online Via Zoom (Subject to Change)

Dates: Thursday, February 4

Thursday, May 6

Tuesday, August 3

Tuesday, November 2

Time: 6:30 – 8:00pm

Session Fee: FREE (Registration is required) **To register visit, www.lowermerionrec.com**

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 2020 – 2021 season.
- Tickets are sold from December 2020 through early March 2021.
- 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

(610) 896-7256

Director: Linda Jackson

Program Coordinator: Crystal Galloway

Hours of Operation Subject to Change

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.riverbendeec.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.