

# Township of Lower Merion Parks & Recreation

## RECREATION PROGRAM INFORMATION

### FALL 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](http://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, Fall registration is open August 1 (August 15 for Non-Residents), Winter registration will begin October 1 for Lower Merion Residents (October 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](http://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](mailto:recreation@lowermerion.org) or give us a call 610.645.6220.

# FALL PROGRAMS

## 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 [www.soccershots.org](http://www.soccershots.org) to learn more.

**Fee:** Seven (7) Week Session      Resident/\$116      Non-Resident/\$140  
Eight (8) Week Session      Resident/\$136      Non-Resident/\$162

### Minis

### Ages 2 – 3

**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**)

<b>Fall Session 1:</b>	Thursdays	5:10 – 5:40pm	Sept 9 – Oct 21 (7)	Ashbridge Park
<b>Fall Session 2:</b>	Saturdays	8:45 – 9:15am	Sept 11 – Oct 30 (8)	South Ardmore Park
<b>Fall Session 3:</b>	Saturdays	9:40 – 10:10am	Sept 11 – Oct 30 (8)	South Ardmore Park
<b>Fall Session 4:</b>	Sundays	9:00 – 9:30am	Sept 12 – Oct 31 (8)	General Wayne Park

### Classic

### Ages 3 – 5

**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.

<b>Fall Session 1:</b>	Thursdays	5:00 – 5:40pm	Sept 9 – Oct 21 (7)	Ashbridge Park
<b>Fall Session 2:</b>	Thursdays	5:55 – 6:35pm	Sept 9 – Oct 21 (7)	Ashbridge Park
<b>Fall Session 3:</b>	Saturdays	8:45 – 9:25am	Sept 11 – Oct 30 (8)	South Ardmore Park
<b>Fall Session 4:</b>	Saturdays	9:30 – 10:10am	Sept 11 – Oct 30 (8)	South Ardmore Park
<b>Fall Session 5:</b>	Saturdays	10:25 – 11:05am	Sept 11 – Oct 30 (8)	South Ardmore Park
<b>Fall Session 6:</b>	Saturdays	11:20am – Noon	Sept 11 – Oct 30 (8)	South Ardmore Park
<b>Fall Session 7:</b>	Sundays	9:45 – 10:25am	Sept 12 – Oct 31 (8)	General Wayne Park
<b>Fall Session 8:</b>	Sundays	10:40 – 11:20am	Sept 12 – Oct 31 (8)	General Wayne Park

### Premier

### Ages 5 – 8

**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.

<b>Fall Session 1:</b>	Thursdays	5:55 – 6:35pm	Sept 9 – Oct 21 (7)	Ashbridge Park
<b>Fall Session 2:</b>	Saturdays	10:25 – 11:05am	Sept 11 – Oct 30 (8)	South Ardmore Park
<b>Fall Session 3:</b>	Saturdays	11:20am – Noon	Sept 11 – Oct 30 (8)	South Ardmore Park
<b>Fall Session 4:</b>	Sundays	10:40 – 11:20am	Sept 12 – Oct 31 (8)	General Wayne Park

## HAPPYFEET SOCCER

Ages 3 – 5



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.

### HappyFeet

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!

**Location:** South Ardmore Park

**Fee:** Per Session Resident/\$199 Non-Resident/\$238

**Fall Session 1:** Fridays 10:30 – 11:30am Sept 10 – Oct 29 (8)

**Fall Session 2:** Sundays 9:00 – 10:00am Sept 12 – Oct 31 (8)

**Fall Session 3:** Sundays 10:00 – 11:00am Sept 12 – Oct 31 (8)

**Fall Session 4:** Sundays 11:00am – Noon Sept 12 – Oct 31 (8)

**Group Limit:** 12 Participants

## STEEL SPORTS – SCHOOL'S OUT



Steel Sports is a social impact company committed to creating a new standard in youth sports and coaching while forging the next generation of leaders and creating a positive experience for 100,000 athletes and their families each year.

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

**Group Limit:** 50 Participants

### Monday, September 7 and Tuesday, September 8

**AM Only:** 9:00am – Noon Resident/\$80 Non-Resident/\$96 Ages 5-14

**Full Day:** 9:00am – 3:00pm Resident/\$120 Non-Resident/\$144 Ages 7-14

### Tuesday, September 16

**AM Only:** 9:00am – Noon Resident/\$45 Non-Resident/\$54 Ages 5-14

**Full Day:** 9:00am – 3:00pm Resident/\$60 Non-Resident/\$72 Ages 7-14

## ULTIMATE FRISBEE, PHOENIX ULTIMATE ACADEMY

Ages 7 – 15



Phoenix Ultimate Academy is the youth development program created by the Philadelphia Phoenix, Philadelphia's professional ultimate team. The Phoenix Ultimate Academy aims to teach the rules and techniques of ultimate frisbee, in addition to fostering and developing skills in communication, respect, self-advocacy and conflict resolution, all of which are integral to the sport of ultimate and healthy youth development.

For more information, please visit our website at: [www.lowermerionrec.com](http://www.lowermerionrec.com)

## DAVID BROIDA – FALL 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 Beginner & Intermediate players, as well as training for middle & high school tennis team members.

**For more information, contact David Broida – [dbroida@gmail.com](mailto:dbroida@gmail.com) or (610) 864-4303.**

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

**Ages:** 4 – 18 yrs & Adults

**Dates:** Sundays, September 19 – November 21 (10)

<b>Session 1:</b>	3:00 – 4:00pm	Beginner and Advanced Beginner
<b>Session 2:</b>	4:00 – 5:00pm	Beginner and Advanced Beginner
<b>Session 3:</b>	5:00 – 6:00pm	Advanced Beginner & Intermediate
<b>Session 4:</b>	6:00 – 7:00pm	Advanced Beginner & Intermediate
<b>Session 5:</b>	7:00 – 8:00pm	Adult & Teen – All Levels
<b>Fee:</b>	Per Session	Resident/\$195      Non-Resident/\$225



## JONSPORT TENNIS / ROYAL T TENNIS ACADEMY



This tennis program utilizes a great teaching method which is currently used at some of the best tennis academies in the world. JonSport/Royal T Tennis has developed world class and national level players, as well as helped many area tennis players of all ages to play better tennis and enjoy the game. Their goal, as a tennis program, is to help all that come to them to have more fun playing tennis.

The Tennis Olympic program is geared for intermediate and advanced level tennis kids from ages 8-13. Tennis Olympics is a program which teaches the different skills such as volley, serve, serve return, ground strokes in events like the Olympics to capture the imagination of the students and engages them in the process of learning. It is fun, slightly competitive, and definitely holds the attention of the participants with the mystique of the Olympics. Awards are offered for effort in this program, as does the Olympics.

If you have a child that does not fall within that age category and feel he/she would be able to compete at the intermediate/advanced level for Tennis Olympics in particular, please reach out via text or email and we can find a way to include them. If you do not know where your child should be placed, either beginner, intermediate, or advanced, please reach out and we can guide you.

**For more information, contact Jonathan Newman – [www.mytennislessons.com](http://www.mytennislessons.com) or (610) 585-4420.**

**Location:** Gladwyne Park

<b>Session 1:</b>	Beginner	Saturdays	Sept 11 – Oct 30 (8)	10:00 – 11:00am	Ages 7 – 14
<b>Session 2:</b>	Beginner	Sundays	Sept 12 – Oct 31 (8)	2:00 – 3:00pm	Ages 7 – 14
<b>Session 3:</b>	Inter Olym	Sundays	Sept 12 – Oct 31 (8)	Noon – 1:00pm	Ages 7 – 14
<b>Session 4:</b>	Inter/Adv Olympic	Saturdays	Sept 11 – Oct 30 (8)	11:00am – Noon	Ages 7 – 14
<b>Session 5:</b>	Adults – All Levels	Sundays	Sept 12 – Oct 31 (8)	1:00 – 2:00pm	Ages 15+
<b>Fee:</b>	Per Session	Resident/\$90	Non-Resident/\$108		
<b>Group Limit:</b>	15 Participants				

## NEXT LEVEL SPORTS



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

**To register for any NLS Program, please visit [www.nlsports.org](http://www.nlsports.org)**

## BASKETBALL, US SPORTS INSTITUTE

Ages 4 – 8



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, 49 Bala Avenue, Bala Cynwyd PA 19004

**Fall Session:** Saturdays, November 20 – December 18 (5)

**Fee:** Per Session      Resident/\$120      Non-Resident/\$144

**Squirts Basketball:**      8:00 – 8:45am      Ages 4 – 5

**Sr Squirts Basketball:**      9:00 – 9:45am      Ages 5 – 6

**Sr Squirts Basketball:**      10:00 – 10:45am      Ages 6 – 7

**Foundation Basketball:**      11:00 – 11:45am      Ages 7 – 8

**Group Limit:** 16 Participants

## LOWER MERION LACROSSE CLUB – BOX LACROSSE

Ages 6 – 8



The **Lower Merion Lacrosse Club** (previously known as the Belmont Hills Lacrosse Club) is a box lacrosse program for boys ages 6 – 8 years. Players will learn offensive/defensive strategies, fundamental stick skills, off ball movement, offensive/defensive skills, fundamental dodges (such as the face dodge, the roll dodge, the spin dodge, the bull dodge, and the split dodge), how to cradle, and proper face off techniques.

Although this is a box lacrosse program, the fundamental skills developed will all carry over to the field lacrosse game. The program is not limited to Lower Merion residents, all are welcome. No prior experience is required.

**Location:** Lewis J. Smith Park – Hockey Rink (Belmont Hills Hockey Rink)

**Day/Time:** Wednesday 6:00 – 7:20pm

**Fall Session:** September 15 – November 3 (8)

**Session Fee:** Resident/\$120      Non-Resident/\$144

**Group Limit:** 35 Participants

## RHYTHMIC GYMNASTICS

Ages 5 and up



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](mailto:balagymnastics@gmail.com).**

## 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 14. Our activities range from building flashlights and rockets to programming video games and robots. The variety of programming is extraordinary! **Group Limit:** 10 Participants

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

Are you ready to get down and dirty searching for solutions to some of our biggest environmental problems? In Junior Environmental, students ponder some truly "hot" environmental issues. Students in this program save endangered animals, help plants grow and create protection from the Sun's heat. By investigating natural processes like erosion, animal adaptations, and plant growth; we discover ways that we as engineers can be inspired by the world around us to take on all sorts of challenges.

**Day/Time:** Saturdays 10:30am – Noon

**Fall Session:** October 2, 9, 16, 23 (4)

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

### Weekend Workshops – App Environmental Engineering: Go Green Ages 8 – 12

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

**Day/Time:** Saturdays 12:30 – 2:30pm

**Fall Session:** October 2, 9, 16, 23 (4)

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

### Weekend Workshops – Jr Robotics: Simple Machines United Ages 4 – 7

We use simple machines every day, 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

**Day/Time:** Sundays 1:00 – 2:30pm

**Fall 2 Session:** October 24, November 7, 14, 21 (4) No Class Oct 31

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

### Weekend Workshops – EV3 Robots: Robot Olympics Ages 8 – 14

During the LEGO® Robotics Olympics program, students design and program robots to compete in simulated Olympic events such as sprinting in a race, throwing a basketball, and shooting a puck into a hockey goal. Students use LEGO® robotics and computers to learn principles of robotics, computer programming, and teamwork.

**Day/Time:** Sundays 3:00 – 5:00pm

**Fall 2 Session:** October 24, November 7, 14, 21 (4) No Class Oct 31

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

## SHINING KNIGHTS CHESS CLUB

Ages 4 – 14



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](http://www.shiningknightschess.com)

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

**Day/Time:** Tuesdays 5:30 – 6:30pm

**Fall Session:** September 21 – November 30 (10) No Class Nov 2

**Session Fee:** Resident/\$150 Non-Resident/\$180

**Group Limit:** 30 Participants

## YOUNG REMBRANDTS



Young Rembrandts believes everyone can, and should learn how to draw, and they want to give everyone an opportunity to find their inner artist. Join YR for a series of classes where they will discuss different drawing and coloring techniques and coloring media. At Young Rembrandts, they teach children to draw - the fundamental skill of all visual arts.

Each week Young Rembrandts present brand-new lessons and keep artists busy learning new drawing techniques and skills. Their innovative, step-by-step curriculum and engaging subject matter will show your child that drawing can be fun and interesting! During each class, they 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! Each season offers classes that enhance drawing skills, train students in color theory and boost self-confidence. [For more information, please visit www.youngrembrandts.com/chestercounty](http://www.youngrembrandts.com/chestercounty)

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

**Fall Session:** Saturdays, September 18 – November 6 (8)

**Junior Drawing and Cartoon:** 10:15 – 11:00am Ages 4 – 6

**Drawing and Cartooning:** 11:15am – 12:15pm Ages 5 – 13

**Anime Manga Club** 12:30 – 1:30pm Ages 6 – 13

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

**Group Limit:** Jr Drawing – 12 Participants Anime and Drawing/Cartooning – 16 Participants

# ADULT FITNESS 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.

**For more info or to purchase equipment call 856-751-0095 or go to [www.vivacommunityfitness.com](http://www.vivacommunityfitness.com)**

**Location:** Virtual via Zoom

**Time:** 7:00 – 8:10pm

**Fall – Tuesdays:** Sept 14 – Dec 14 (13) No Class Nov 2

**Fall – Thursdays:** Sept 16 – Dec 23 (13) No Class Nov 11, 25

**Fee:** Per Session \$165

**Group Limit:** 15 Participants

## YOGA206 BONE BOOST

Concerned about bone health? Been diagnosed with osteopenia, osteoporosis or a medical condition that might lead to bone loss? Or are you 50+ years old and pro-active about strengthening your bone health for optimal movement? Join Abby Contract for YOGA206 BONE BOOST. YOGA206 BONE BOOST is an all-levels 60 minutes mat & chair yoga class focusing on bone strength. Boost bone strength with a safe yoga practice of adapted poses. Practice movement and breath to benefit body and mind. Yoga is a weight bearing exercise, that with specific poses, uses oppositional forces to stimulate bone cells. Strong bones protect organs, connect joints and support muscles. Improve your body's health and maintain a functional, independent lifestyle of balance, flexibility, and mobility with yoga. Class is intended for participants of all levels, age fifty and over. Participants must be able to safely sit on and rise from a mat. Each YOGA206 BONE BOOST session consists of six virtual classes: Tuesdays are virtual via Zoom, Wednesdays are in-person.

**For more info email [YOGA206@icloud.com](mailto:YOGA206@icloud.com) or follow YOGA206 on Instagram and Facebook.**

**Fee:** Per Session Resident/\$78 Non-Resident/\$94

**Group Limit:** In Person – 13 Participants Virtual via Zoom – 15 Participants

### Fall Session

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**Bone Boost:** Wednesdays Sept 15 – Oct 20 (6) 10:00 – 11:00am Bala Gymnasium

**Bone Boost, Virtual:** Tuesdays Sept 14 – Oct 19 (6) 10:00 – 11:00am Virtual via Zoom

### Fall 2 Session

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**Bone Boost:** Wednesdays Oct 27 – Dec 1 (6) 10:00 – 11:00am Bala Gymnasium

**Bone Boost, Virtual:** Tuesdays Oct 26 – Nov 20 (6) 10:00 – 11:00am Virtual via Zoom



## DANCE WELLNESS

Ages 18 and up



In times of celebration, transition or strife, our ancient ancestors would come together to dance. They understood the power of dance to lift spirits, facilitate change and unite the community. Now you can discover the gifts of moving creatively in community for yourself.

Stretch, breathe, contract, release, rock, roll, feel, express, sweat and heal—anything goes! This practice can be used as meditation, to enhance self-awareness and physical well-being, to support creativity and problem-solving or simply for play. We'll start slow and deep and then move through a variety of rhythms and music genres. This class is adaptable to all individual needs and abilities.

**Location:** Virtual via Zoom

**Group Limit:** Intro Class – 20 Participants      Dance Jam Sessions – 12 Participants

### Introductory Session (10:00 – 11:00am):

**Intro to Dance Jam:**      Sept 11      FREE

### Dance Jam Sessions (10:00 – 11:00am):

<b>Dance Jam Session 1:</b>	Sept 14 – Nov 2 (8)	Res/\$105	Non-Res/\$126
<b>Dance Jam Session 2:</b>	Sept 18 – Nov 6 (8)	Res/\$105	Non-Res/\$126
<b>Dance Jam Session 3:</b>	Nov 9 – Dec 28 (8)	Res/\$105	Non-Res/\$126
<b>Dance Jam Session 4:</b>	Nov 13 – Dec 31 (7) <small>No Class Dec 25</small>	Res/\$90	Non-Res/\$108
<b>Dance Jam Unlimited:</b>	Sept 14 – Dec 31	Res/\$280	Non-Res/\$336

### Dance Jam Second Sundays (10:00 – 11:00am):

<b>September 12:</b>	Res/\$20	Non-Res/\$24
<b>October 10:</b>	Res/\$20	Non-Res/\$24
<b>November 14:</b>	Res/\$20	Non-Res/\$24
<b>December 12:</b>	Res/\$20	Non-Res/\$24
<b>All Sundays (4):</b>	Res/\$75	Non-Res/\$90

## 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:** Virtual via Zoom

**Workshop:** Tuesday, November 22      6:30 – 8:00pm

**Session Fee:** FREE