

Township of Lower Merion Parks & Recreation

RECREATION INFORMATION

WINTER 2022

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 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 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

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 Beginner & Intermediate players, as well as training for middle & high school tennis team members.

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

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

Ages: 4 – 18 yrs & Adults

Dates: Sundays, January 9 – March 20 (10) No Class Feb 13

| | | |
|--------------------|---------------|--|
| 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 |



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 or (610) 585-4420.

Location: Radnor Racquet Club, 175 King of Prussia Road, Radnor

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|----------------------------------|-------------|---|--------------------|-------------|
| Session 1: Beginner | Saturdays | Nov 6 – Jan 8 (8) <small>No Class Dec 25, Jan 1</small> | 2:00 – 3:00pm | Ages 7 – 14 |
| Session 2: Inter Olympics | Sundays | Nov 7 – Jan 9 (8) <small>No Class Dec 26, Jan 2</small> | 4:00 – 5:00pm | Ages 7 – 14 |
| Session 3: Inter/Adv Olym | Saturdays | Nov 6 – Jan 8 (8) <small>No Class Dec 25, Jan 1</small> | 3:00 – 4:00pm | Ages 7 – 14 |
| Session 4: Adv Olym | Saturdays | Nov 6 – Jan 8 (8) <small>No Class Dec 25, Jan 1</small> | 5:00 – 6:00pm | Ages 7 – 14 |
| Session 5: Adults – Inter | Sundays | Nov 7 – Jan 9 (8) <small>No Class Dec 26, Jan 2</small> | 5:00 – 6:00pm | Ages 15+ |
| Fee: | Per Session | Resident/\$180 | Non-Resident/\$216 | |

Group Limit: 15 Participants

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 | | |
| Winter Session: | Saturdays, January 8 – February 5 (5) | | |
| Winter 2 Session: | Saturdays, February 26 – March 25 (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 | | |

SOCCER SHOTS

Ages 2 – 8



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.

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|------------------|--------------------------------|--------------------|--|
| Location: | Bala Gym, Bala & Union Avenues | | |
| Fee: | Resident/\$116 | Non-Resident/\$140 | |

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)**

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|-------------------|-----------|-----------------|--|
| Session 1: | Mondays | 11:00 – 11:30am | Jan 10 – Mar 7 (7) No Class Jan 17, Feb 21 |
| Session 2: | Thursdays | 9:00 – 9:30am | Jan 13 – Feb 24 (7) |

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.

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|-------------------|-----------|-----------------|---|
| Session 1: | Mondays | 11:40 – 12:20pm | Jan 10 – Mar 7. (7) No Class Jan 17, Feb 21 |
| Session 2: | Thursdays | 9:40 – 10:20am | Jan 13 – Feb 24 (7) |

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.

For more information on current class offerings, please visit our website www.lowermerionrec.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!

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

Group Limit: 10 Participants

Weekend Workshops – Jr Chemical Engineering: Crazy Concoctions Ages 4 – 7

The Junior Chemical Engineering program introduces our youngest engineers to fundamental concepts of solids, liquids, and solutions. Students investigate the properties of several crazy concoctions and make their own samples of bubbles, play dough, flub, and more.

Day/Time: Sundays 1:00 – 2:30pm

Winter Session: January 9, 16, 23, 30

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

Weekend Workshops – App Chemical Engineering: Mix It Up Ages 8 – 14

During our Chemical Engineering program, students use the Engineering Design Process to design, create, test, and refine various mixtures and solutions with different chemical properties. They develop solutions to clean up an oil spill, synthesize their own rocket fuel, and investigate the secrets behind color pigmentation.

Day/Time: Sundays 2:45 – 4:45pm

Winter Session: January 9, 16, 23, 30

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

Weekend Workshops – Jr Scratch & Makey Makey: Musical Adventures Ages 4 – 7

When your favorite song comes on the radio do you sit quietly, or do you dance around and play the air drum solo? In Musical Adventures with Scratch and Makey Makey, we are going to explore how different sounds are created and we will create our own interpretations of common musical instruments like drums, piano, guitar, and even a recorder, and we will create our very own dancing program, all through the use of Makey Makey and Scratch to bring our music to life! The last day will end with a bang, or at least a great mini concert from all of our students!

Day/Time: Saturdays 10:30am – Noon

Winter 2 Session: February 19, 26, March 5, 12

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

Weekend Workshops – App Hardware Engineering: Get Wired with Makey Makey Ages 8 – 14

Imagine designing a piano using celery or creating a custom digital training program. Now, envision playing video games using just your body, a bit of wire and your own imagination. In our hardware engineering program, students engineer their own customized video game controllers using a Makey Makey device and materials that can be found in just about any kitchen. Through application of circuitry, acoustical engineering and video game design, students discover new ways to interact with technology, all while creating unique designs in a fun collaborative environment.

Day/Time: Saturdays 12:30 – 2:30pm

Winter 2 Session: February 19, 26, March 5, 12

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

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**

Location: Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue
Day/Time: Tuesdays 5:30 – 6:30pm
Winter Session: January 4 – March 8 (10)
Session Fee: Resident/\$150 Non-Resident/\$180
Group Limit: 30 Students

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**

Location: Bryn Mawr Spring House, 9 S. Bryn Mawr Avenue
Winter Session: Saturdays, November 13 – January 22 (8) No Class Nov 27, Dec 25, Jan 1
Winter 2 Session: Saturdays, January 29 – March 19 (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

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.

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

2022 Basketball Season

Ages 5 – 12

Location: Penn Wynne ES, Welsh Valley MS, Lower Merion HS (Lower Gym)
Days: Saturdays
Winter Session: January 8 – March 12
Session Fee: Resident/\$150 Non-Resident/\$150

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

Location: Virtual via Zoom
Time: 7:00 – 8:10pm
Winter – Tuesdays: January 11 – March 29 (12)
Winter – Thursdays: January 13 – March 31 (12)
Fee: **Fee:** Per Session \$160
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 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 2 Session

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: 12 Participants

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

October 10: Res/\$20 Non-Res/\$24

November 14: Res/\$20 Non-Res/\$24

December 12: Res/\$20 Non-Res/\$24

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 2 6:30 – 8:00pm

Session Fee: FREE

OTHER PARKS AND RECREATION INFORMATION

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 www.lowermerion.org. Applications can be submitted via mail, in person, or on-line. Please visit www.lowermerionrec.com for more details.**

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 2021 – 2022 season.
- Tickets are sold from December 2021 through early March 2022.
- These are tickets, not discount vouchers.
- Call ahead for availability 610.645.6220.
- Prices are subject to change.



ARDMORE AVENUE COMMUNITY CENTER

122 Ardmore Ave., Ardmore

Phone Number: (610) 896-7256

Director: Linda Jackson

Program Coordinator: Crystal Galloway

Hours of Operation

Monday – Friday: 3:00 – 10:00pm

Saturday: 10:00am – 6:00pm

Sunday: CLOSED

Holiday Bazaar & Winter Carnival

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

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

There Really is a Santa

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

What else is going on? Call for information on these and other programs.

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.