

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 Sports Clinics and Classes, Soccer Shots and HappyFeet Programs, Shining Knights Chess Club, Young Rembrandts Art Classes, Engineering for Kids Classes, Mad Science Workshops, US Sports Clinics, Bricks 4 Kidz Classes, Kitchen Wizards Cooking Classes and much, much more.

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

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

REGISTRATION INFORMATION



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

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

Please note, Winter registration is now open. Spring/Summer will begin February 1 for Lower Merion Residents (February 15 for Non-Residents).

ON-LINE REGISTRATION

The Parks and Recreation Department uses a software system for our Membership and Program Registration. This program enables participants to view programs offered and register on-line (convenience fees may apply). If you have on-line access, please visit www.lowermerionrec.com to create or log in to your account.

MAIL-IN/WALK-IN REGISTRATION

Registration forms can be mailed in or dropped off to our office, located in the Township Administration Building. Envelopes should be addressed as follows:

Lower Merion Township – Parks and Recreation
75 E Lancaster Ave
Ardmore PA 19003

Please note registrations will be processed as received.

CANCELLATION, REGISTRATION AND REFUND POLICY

Please review the policies on-line prior to registering for a program.



PHOTO POLICY

On occasion, we may take photos or video of individuals enrolled in programs or using Township facilities. Please be aware that these images are for Township use and may be used in future promotional materials.

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 list 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.

WINTER PROGRAMS

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		
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:	24 Participants		

STEEL SPORTS, MULTISPORTS

Ages 5 – 9



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.

Xplore Multisport: A six (6) week program introducing athletes to multiple sports through FUNdamental breakdowns and free play. The program features a well-balanced plan of activities focused on a long-term development of participants as athletes and people, on and off the field.

Location:	Bala Gym, Bala & Union Avenues		
Winter Session:	January 12 – February 16 (6)		
Winter 2 Session:	March 2 – April 6 (6)		
Days:	Wednesdays	5:00 – 6:00pm	Ages 5 – 6
		6:15 – 7:15pm	Ages 7 – 9
Fee:	Per Session	Resident/\$150	Non-Resident/\$180

STEEL SOCCER, SCHOOL'S OUT

Ages 7 – 9



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 ages 5-14 years. 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:	Bala Gym, Bala & Union Avenues		
Time:	9:00am – Noon		
Winter Session:	Monday, January 17 (MLK Day)		
Winter 2 Session:	Monday, February 21 (President's Day)		
Fee:	Per Session	Resident/\$45	Non-Resident/\$54

SOCCER SHOTS

Ages 2 – 5



Soccer Shots is the premier intro to soccer program in the United States teaching children soccer and character development through its innovative curriculum and imaginative games. Visit us at www.soccershots.org to learn more.

Location: Bala Gym, Bala & Union Avenues

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**)

Session 1: Mondays 11:00 – 11:30am January 10 – March 7 (7) No Class Jan 17, Feb 21

Session 2: Thursdays 9:00 – 9:30am January 13 – February 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.

Session 1: Mondays 11:40 – 12:20pm January 10 – March 7 (7) No Class Jan 17, Feb 21

Session 2: Thursdays 9:40 – 10:20am January 13 – February 24 (7)

JONSPORT TENNIS / ROYAL T TENNIS ACADEMY



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.

For more information, contact Jonathan Newman – www.mytennislessons.com or (610) 585-4420.

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

Session 1: Beginner Saturdays Nov 20 – Jan 22 (8) No Class Dec 25, Jan 1 2:00 – 3:00pm Ages 7 – 14

Session 2: Inter Olympics Sundays Nov 21 – Jan 23 (8) No Class Dec 26, Jan 2 4:00 – 5:00pm Ages 7 – 14

Session 3: Inter/Adv Olym Saturdays Nov 20 – Jan 22 (8) No Class Dec 25, Jan 1 3:00 – 4:00pm Ages 7 – 14

Fee: Per Session Resident/\$180 Non-Resident/\$216

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 year & 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



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.

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

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 Participants

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

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.

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

Winter Session: Tuesdays 7:00 – 8:10pm January 11 – March 29 (12)

Thursdays 7:00 – 8:10pm January 13 – March 31 (12)

Fee: Per Session Resident/\$160 Non-Resident/\$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 information, please contact YOGA206@icloud.com or follow YOGA206 on Instagram/Facebook.

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

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

Winter Session

Bone Boost: Wednesdays Jan 5 – Feb 16 (6) No Class Jan 26 10:00 – 11:00am Bala Gymnasium

Bone Boost, Virtual: Tuesdays Jan 4 – Feb 15 (6) No Class Jan 25 10:00 – 11:00am Virtual via Zoom

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 Unless Otherwise Noted - Subject to Change

Dates: Thursday, Feb 3 *Thursday, May 5 In Person Tuesday, Aug 2 Tuesday, Nov 1

Time: 6:30 – 8:00pm

Fee: FREE To Register please 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 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.



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 1, 2022.

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 28** (weekends only) and will open **Saturday, June 18**, seven days a week for the regular summer season, closing on Labor Day, **Monday, September 5** (Schedule subject to change). Pools are open weekdays, Noon to 8:00pm and weekends/holidays from 11:00am – 8:00pm.

All 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 20 – August 12, 2022** 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 20 – August 12, 2022** 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, July 24** (rain or shine) beginning at **3:00pm**. **The lap pool will be CLOSED for this event**, but will re-open once event is complete.