

# Township of Lower Merion Parks & Recreation

## RECREATION INFORMATION

### SPRING 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](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. 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](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.

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.

# SPRING PROGRAMS

## SOCCER SHOTS

*Ages 2 – 7*



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 Per 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>Spring Session 1:</b>	Thursdays	4:30 – 5:00pm	March 31 – May 19 (8)	Ashbridge Park
<b>Spring Session 2:</b>	Thursdays	5:20 – 5:50pm	March 31 – May 19 (8)	Ashbridge Park
<b>Spring Session 3:</b>	Saturdays	8:45 – 9:15am	March 26 – May 14 (8)	South Ardmore Park
<b>Spring Session 4:</b>	Saturdays	9:40 – 10:10am	March 26 – May 14 (8)	South Ardmore Park
<b>Spring Session 5:</b>	Sundays	9:00 – 9:30am	March 27 – May 22 (8) <sup>No Class 4/17</sup>	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>Spring Session 1:</b>	Thursdays	4:30 – 5:10pm	March 31 – May 19 (8)	Ashbridge Park
<b>Spring Session 2:</b>	Thursdays	5:10 – 5:50pm	March 31 – May 19 (8)	Ashbridge Park
<b>Spring Session 3:</b>	Thursdays	6:00 – 6:40pm	March 31 – May 19 (8)	Ashbridge Park
<b>Spring Session 4:</b>	Saturdays	8:45 – 9:25am	March 26 – May 14 (8)	South Ardmore Park
<b>Spring Session 5:</b>	Saturdays	9:30 – 10:10am	March 26 – May 14 (8)	South Ardmore Park
<b>Spring Session 6:</b>	Saturdays	10:25 – 11:05am	March 26 – May 14 (8)	South Ardmore Park
<b>Spring Session 7:</b>	Saturdays	11:20 – 12:00pm	March 26 – May 14 (8)	South Ardmore Park
<b>Spring Session 8:</b>	Sundays	9:45 – 10:25am	March 27 – May 22 (8) <sup>No Class 4/17</sup>	General Wayne Park
<b>Spring Session 9:</b>	Sundays	10:40 – 11:20am	March 27 – May 22 (8) <sup>No Class 4/17</sup>	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>Spring Session 1:</b>	Thursdays	6:00 – 6:40pm	March 31 – May 19 (8)	Ashbridge Park
<b>Spring Session 2:</b>	Saturdays	10:25 – 11:05am	March 26 – May 14 (8)	South Ardmore Park
<b>Spring Session 3:</b>	Saturdays	11:20 – 12:00pm	March 26 – May 14 (8)	South Ardmore Park
<b>Spring Session 4:</b>	Sundays	10:40 – 11:20am	March 27 – May 22 (8) <sup>No Class 4/17</sup>	General Wayne Park

## 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](http://www.nlsports.org)

**STEEL SOCCER**

April 11 – 15

Ages 5 – 14



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!**

**School's Out Camp – Spring Break**

<b>Location:</b>	South Ardmore Park		
<b>Dates:</b>	April 11 – 15 (Monday – Friday)		
<b>Times/Fees:</b>	Half Day	9:00am – Noon	Resident/\$180 Non-Resident/\$200
	Full Day	9:00am – 3:00pm	Resident/\$240 Non-Resident/\$270

**HAPPYFEET**

Ages 3 – 5



HappyFeet introduces soccer to children in the most FUN way that will increase participation, excitement, and learning! We use a story time approach to teach kids soccer skills while improving confidence, coordination, and character! **Group Limit:** 12 Participants

<b>Location:</b>	South Ardmore Park		
<b>Day/Time:</b>	Sundays	9:00 – 10:00am	10:00 – 11:00am 11:00am – Noon
<b>Spring Session:</b>	March 13 – May 1 (8)		<b>Spring 2 Session:</b> May 8 – June 26 (8)
<b>Fee:</b>	Per Session	Resident/\$199	Non-Resident/\$238

**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.

<b>Location:</b>	General Wayne Park <small>Location Subject to Change</small>		
<b>Dates/Times:</b>	April 5 – May 26 (8)	4:20 – 5:10pm	Tuesdays or Thursdays
<b>Fee:</b>	Per Session	Resident/\$150	Non-Resident/\$180

**ULTIMATE FRISBEE, SCHOOL'S OUT**

Ages 7 – 15

Join Phoenix Ultimate Academy for an Election Day School's Out Clinic. The program will feature a variety of frisbee games and drills, plus skills instructions from our talented pro-league coaches!

<b>Location:</b>	Bala Cynwyd Park		
<b>Date:</b>	Tuesday, May 17		
<b>Times/Fees:</b>	Half Day	9:00am – Noon	Resident/\$45 Non-Resident/\$54
	Full Day	9:00am – 3:00pm	Resident/\$75 Non-Resident/\$90

**PICKLEBALL, TENNISBYTYLER**

Ages 14+



TennisbyTyler is a pickleball and tennis company that specializes in clinics, private instruction, tournaments for all ages and levels. All staff are PPR/USPTA/TennisbyTyler certified. Our mission is simple: to teach tennis and pickleball to all levels and ages through structured, high energy, upbeat and personalized instruction. **Group Limit:** 20 Participants

**Location:** McMoran Park

<b>Spring Session:</b>	Sundays	March 6 – April 10 (6)	<b>Spring 2 Session:</b>	Tuesdays	April 19 – May 24 (6)
<b>Session 1:</b>	Beginner	1:00 – 2:20pm	<b>Session 1:</b>	Beginner	8:00 – 9:20am
<b>Session 2:</b>	Beginner	2:30 – 3:50pm	<b>Session 2:</b>	Beginner	9:30 – 10:50am
<b>Session 3:</b>	Intermediate	4:00 – 5:20pm	<b>Session 3:</b>	Intermediate	11:00am – 12:20pm
<b>Fee:</b>	Per Session	Resident/\$210			Non-Resident/\$252

**DAVID BROIDA SPRING TENNIS***Ages 4 – 17*

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. Match play singles and doubles for intermediate players.

**Location:** Lower Merion High School Tennis Courts (Location Subject to Change)  
245 E Montgomery Avenue, Ardmore (across Montgomery Ave. from school/far right corner)

**Dates:** Saturdays April 23 – June 4 (6) No Class May 28

**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

**JONSPORT TENNIS / ROYAL T TENNIS ACADEMY**

TUFF training is designed to give participants the tools needed to help them reach their full potential. Our program offers a solid foundation of skills, along with proper throwing and running movements. The program's short term goal is to help participants solidify the techniques of tennis, while gaining confidence and having fun. The long term goal is to provide a great experience that will begin a lifelong love for the sport.

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

**Fee:** Per Session Resident/\$90 Non-Resident/\$108 **Group Limit:** 15 Participants

<b>Spring Session:</b>	Saturdays	April 2 – May 28 (8)	No Class 4/16	Gladwyne Park
<b>Session 1:</b>	Beginner TUFF Kidz	11:00am – Noon	Ages 7 – 14	
<b>Session 2:</b>	Advanced TUFF Kidz	Noon – 1:30pm	Ages 7 – 14	
<b>Session 3:</b>	Adult TUFF – All Levels	4:00 – 5:30pm	Ages 15+	

<b>Spring Session:</b>	Sundays	April 3 – May 29 (8)	No Class 4/17	Penn Wynne Park
<b>Session 1:</b>	Intermediate TUFF Kidz	Noon – 1:00pm	Ages 7 – 14	
<b>Session 2:</b>	Adult TUFF – All Levels	1:00 – 2:30pm	Ages 15+	

**US SPORTS INSTITUTE – MULTISPORTS***Ages 2 – 7*

USA Sport Group brings together the finest providers of sports camps and classes for all ages and ability levels. All activities promote hand-eye coordination, movement, balance and most importantly FUN!

**Location:** Ashbridge Park

**Days/Dates:** Saturdays April 23 – June 18 (7) No Class May 28

**Fee:** Resident/\$185 Non-Resident/\$222

<b>Parent &amp; Me</b>	<b>9:00 – 9:50am</b>	<b>Ages 2 – 3</b>
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**With a parent participating by their side, this program will** stimulate a child's imagination, develop motor skills and encourage social interaction. Children will experience a different sport within each class, including Soccer, Lacrosse, T-ball, Basketball, Floor hockey and Flag Football.

<b>Squirts</b>	<b>10:00 – 10:50am</b>	<b>Ages 3 – 5</b>
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Participants have the opportunity to experience Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey & Flag Football. All sports are taught in a safe, structured and fun learning environment.

<b>Senior Squirts</b>	<b>11:00 – 11:50am</b>	<b>Ages 5 – 7</b>
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Players will learn key skills through small-sided scrimmages in a variety of sports, including Lacrosse, Soccer and Flag Football. All senior curriculums create an environment which allows players to develop and progress within sport.

USA Sport Group brings together the finest providers of sports camps and classes for all ages and ability levels. All activities promote hand-eye coordination, movement, balance and most importantly FUN!

**Location:** Gladwyne Park  
**Days/Dates:** April 11 – 15  
**Time:** 9:00am – Noon  
**Fee:** Resident/\$195                      Non-Resident/\$234

## 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 contact [greaterphila@engineeringforkids.net](mailto:greaterphila@engineeringforkids.net)

**Location:** Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue  
**Group Limit:** 16 Participants

### **Weekend Workshops      Jr Aerospace Engineering: Taking to the Skies      Ages 4 – 7**

The Junior Aerospace Engineering program introduces our youngest engineers to fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, hot air balloons, and more.

**Day/Time:** Saturdays    10:30am – Noon  
**Spring Session:** March 26, April 2, 9, 16 (4)  
**Session Fee:** Resident/\$120                      Non-Resident/\$140

### **Weekend Workshops      App Aerospace Engineering: Up, Up & Away      Ages 8 – 12**

During our Aerospace Engineering program, students use the Engineering Design Process to design, create, test, and refine a variety of flying machines. They construct a shock absorbing system designed to protect two marshmallow astronauts in a lunar vehicle, create their own air-powered rockets, and assemble a hot air balloon model that actually takes flight!

**Day/Time:** Saturdays    12:30 – 2:30pm  
**Spring Session:** March 26, April 2, 9, 16 (4)  
**Session Fee:** Resident/\$160                      Non-Resident/\$180

### **Weekend Workshops      Jr Space Pioneers      Ages 4 – 7**

Embark on fun journey to space with Scratch! Send an astronaut to the moon and defend your moon base from space rocks. Learn how to use Scratch to create and program sprites, backdrops and basic scripts. Create a new program each day, leave with evidence of your wild space adventure, and be inspired to explore the universe of programming as a Space Pioneer.

**Day/Time:** Sundays    1:00 – 2:30pm  
**Spring Session:** April 3, 10, 24 and May 1 (4) No Class April 17  
**Session Fee:** Resident/\$120                      Non-Resident/\$140

### **Weekend Workshops      Electronic Game Design: Invader Defense      Ages 8 – 12**

Video games are everywhere and in almost every form you can imagine. In the Electronic Game Design: Invader Defense program, we will create our own version of an invader defense game where we will defend against an invasion. We will use the Engineering Design Process to create a storyboard to outline the rules of play and characters for our game.

**Day/Time:** Sundays    3:00 – 5:00pm  
**Spring Session:** April 3, 10, 24 and May 1 (4) No Class April 17  
**Session Fee:** Resident/\$160                      Non-Resident/\$180



## CHESS CLUB

*Ages 4 – 14*



Learn how to play chess from a Shining Knights chess coach! Our coaches are 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. 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 - 6:30 pm  
**Spring Session:** March 15 – May 24 (10) No Class May 17  
**Session Fee:** Resident/\$150 Non-Resident/\$180 **Group Limit:** 30 Students

## SPRING BREAK CHESS CAMP

*April 11 – 14 No Class April 15*

*Ages 5 – 14*

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. More information can be found at [www.shiningknightschess.com](http://www.shiningknightschess.com).

**Location:** Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue  
**Days:** Monday – Thursday  
**Full Day:** 9:00am – 4:00pm **AM Half Day:** 9:00am – Noon **PM Half Day:** 1:00 – 4:00pm  
**Fee:** Half Day Resident/\$180 Half Day Non-Resident/\$216  
Full Day Resident/\$300 Full Day Non-Resident/\$360

## YOUNG REMBRANDTS



Each season we offer classes that enhance drawing skills, train students in color theory and boost self-confidence. Enroll your student in a Young Rembrandts drawing class. Our bountiful selection of drawings introduces our students to a fascinating world of color, pattern, and design.

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

**Days:** Saturdays  
**Times:** Junior Drawing and Cartooning Class 10:15 – 11:00am Ages 4 – 7  
Drawing and Cartooning Class 11:15am – 12:15pm Ages 6 – 13  
Anime Manga Club 12:30 – 1:30pm Ages 6 – 15  
**Session 1:** January 29 – March 19 (8) **Fee:** Resident/\$140 Non-Resident/\$168  
**Session 2:** March 26 – May 14 (8) **Fee:** Resident/\$140 Non-Resident/\$168  
**Session 3:** May 21 – June 18 (5) **Fee:** Resident/\$90 Non-Resident/\$108

## 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 [Recreation@lowermerion.org](mailto:Recreation@lowermerion.org). A captains' meeting will be held in April and individuals will be contacted shortly thereafter.

## SPECIAL RECREATION WEEKEND CLUB

*For adults with special needs*

The Special Rec Weekend Club will meet on select days each month for trips to the movies, mini golf, theatre, shopping and much, much more. Trips vary session to session. Participants must sign up in advance. Group will meet for departure at Lower Merion Twp Administration Building, 75 E Lancaster Avenue, Ardmore. Transportation is provided by Lower Merion Township.

**Days/Time:** Days and Times Vary

**Age:** 18 years and older

**Please visit [www.lowermerionrec.com](http://www.lowermerionrec.com) for a Current Schedule.**

Schedule is subject to change.

Refunds will not be offered for missed trips.

**Fee:** Varies To Register please visit: [www.lowermerionrec.com](http://www.lowermerionrec.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.

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

**Location:** Bala Gym, Bala and Union Avenues

**Summer Session:** Tuesdays 7:30 – 8:30pm April 19 – June 21 (9) No class 5/17  
Thursdays 7:30 – 8:30pm April 21 – June 16 (9)

**Fee:** Per Session Resident/\$125 Non-Resident/\$150

## DANCEOLOGY

Reap the gifts of moving creatively: breathe, stretch, contract, release, sway, jump, express, sweat, relate, heal, envision, play. No technique or dogma, just plenty of time and space to dance freely and discover. Bring an intention and we will provide a diverse soundscape, a somatic warm-up and light facilitation to muse your moves. Open to every body—no dance experience is necessary. Classes Meet the 2<sup>nd</sup> Sunday of each month.

**Location:** Bala Gym, Bala and Union Avenues

**Dates:** Sundays February 13/ March 13/ April 10/ May 8

**Time:** 9:30 – 11:00am

**Fee:** Per Session Resident/\$25 Non-Resident/\$30

## 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, May 5 In Person Tuesday, Aug 2 Tuesday, Nov 1

**Time:** 6:30 – 8:00pm

**Fee:** FREE To Register please visit: [www.lowermerionrec.com](http://www.lowermerionrec.com)