

# Township of Lower Merion Parks & Recreation

## RECREATION INFORMATION

### FALL 2022

Lower Merion Township offers a variety of programs, for both children and adults, year-round. Basketball and Tennis Clinics, Viva Community Fitness Pilates, Ultimate Frisbee Programs, 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, US Sports Institute Classes, Pickleball and 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)

#### 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/\$126      Non-Resident/\$151  
 Eight (8) Week Session      Resident/\$144      Non-Resident/\$173

### 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 | 4:30 – 5:00pm  | Sept 8 – Oct 20 (7)  | Ashbridge Park     |
| <b>Fall Session 2:</b> | Thursdays | 5:20 – 5:50pm  | Sept 8 – Oct 20 (7)  | Ashbridge Park     |
| <b>Fall Session 3:</b> | Saturdays | 8:45 – 9:15am  | Sept 10 – Oct 29 (8) | South Ardmore Park |
| <b>Fall Session 4:</b> | Saturdays | 9:40 – 10:10am | Sept 10 – Oct 29 (8) | South Ardmore Park |
| <b>Fall Session 5:</b> | Sundays   | 9:00 – 9:30am  | Sept 11 – Oct 30 (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 | 4:30 – 5:10pm   | Sept 8 – Oct 20 (7)  | Ashbridge Park     |
| <b>Fall Session 2:</b> | Thursdays | 5:10 – 5:50pm   | Sept 8 – Oct 20 (7)  | Ashbridge Park     |
| <b>Fall Session 3:</b> | Thursdays | 6:00 – 6:40pm   | Sept 8 – Oct 20 (7)  | Ashbridge Park     |
| <b>Fall Session 4:</b> | Saturdays | 8:45 – 9:25am   | Sept 10 – Oct 29 (8) | South Ardmore Park |
| <b>Fall Session 5:</b> | Saturdays | 9:30 – 10:10am  | Sept 10 – Oct 29 (8) | South Ardmore Park |
| <b>Fall Session 6:</b> | Saturdays | 10:25 – 11:05am | Sept 10 – Oct 29 (8) | South Ardmore Park |
| <b>Fall Session 7:</b> | Saturdays | 11:20am – Noon  | Sept 10 – Oct 29 (8) | South Ardmore Park |
| <b>Fall Session 8:</b> | Sundays   | 9:45 – 10:25am  | Sept 11 – Oct 30 (8) | General Wayne Park |
| <b>Fall Session 9:</b> | Sundays   | 10:40 – 11:20am | Sept 11 – Oct 30 (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 | 6:00 – 6:40pm   | Sept 8 – Oct 20 (7)  | Ashbridge Park     |
| <b>Fall Session 2:</b> | Saturdays | 10:25 – 11:05am | Sept 10 – Oct 29 (8) | South Ardmore Park |
| <b>Fall Session 3:</b> | Saturdays | 11:20am – Noon  | Sept 10 – Oct 29 (8) | South Ardmore Park |
| <b>Fall Session 4:</b> | Sundays   | 10:40 – 11:20am | Sept 11 – Oct 30 (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. During this stage your child will flourish within our imagination-based curriculum. Not only will they begin to develop excellent gross motor skills they will also begin to develop a healthy recognition of their own self-concept! Here our class time jumps to 1 hour as we allow time to introduce fun, non-competitive games along with our imagination-based learning approach. During your child's time with us at this stage they will begin to learn basic and advanced soccer moves with the ball. These moves are then incorporated into the stories and games that we play with your children to increase repetition without it ever feeling like practice!

**Group Limit:** 16 Participants

**Location:** South Ardmore Park

**Fall Session 1:** Sundays 9:00 – 10:00am Sept 11 – Oct 30 (8)

**Fall Session 2:** Sundays 10:00 – 11:00am Sept 11 – Oct 30 (8)

**Fall Session 3:** Sundays 11:00am – Noon Sept 11 – Oct 30 (8)

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

## STEEL SPORTS – SCHOOL'S OUT

Ages 5 – 14



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

**Times:** 9:00am – Noon

**Dates:** Monday, September 26

Tuesday, September 27

Wednesday, October 5

Tuesday, November 8

**Fee:** Per Session Resident/\$45 Non-Resident/\$54

## STEEL SPORTS – XPLORE MULTISPORT



This program provides a consistent path to improvement for 5–10 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:** Bala Gym, 45 Bala Ave, Bala Cynwyd, PA

**Session 1:** 5:00 – 6:00pm Ages 5 – 6 Wednesdays September 14 – October 19

**Session 2:** 6:15 – 7:15pm Ages 7 – 9 Wednesdays September 14 – October 19

**Session 3:** 5:00 – 6:00pm Ages 5 – 6 Wednesdays November 2 – December 14

**Session 4:** 6:15 – 7:15pm Ages 7 – 9 Wednesdays November 2 – December 14

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

## 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)

**Location:** General Wayne Park

**Dates/Times:** Tuesday 4:20 – 5:10pm

**Fall Session:** September 6 – October 25 (8)

**Fee:** Per Session Resident/\$160 Non-Resident/\$192

## US SPORTS INSTITUTE – MULTISPORTS

*Boys & Girls*



USA Sport Group brings together the finest providers of sports camps and classes for all ages and ability levels. For more information, please visit [ussportsinstitute.com](http://ussportsinstitute.com). All activities promote hand-eye coordination, movement, balance and most importantly FUN!

Players will have the opportunity to experience up to 4 different sports each day. Sports included: Baseball, Basketball, Cricket, Flag Football, Hockey, Handball, Lacrosse, Soccer, Rugby and more! Additional information can be found at [www.ussportsinstitute.com](http://www.ussportsinstitute.com)

|                         |  |                |                    |
|-------------------------|--|----------------|--------------------|
| <b>Location:</b>        | Ashbridge Park                           |                |                    |
| <b>Fall Session:</b>    | Saturdays, September 17 – November 5 (8) |                |                    |
| <b>Parent &amp; Me:</b> | 9:00am – 9:50am                          | Ages 2 – 3     |                    |
| <b>Squirts:</b>         | 10:00am – 10:50am                        | Ages 3 – 5     |                    |
| <b>Senior Squirts:</b>  | 11:00am – 11:50am                        | Ages 5 – 7     |                    |
| <b>Fee:</b>             | Per Session                              | Resident/\$195 | Non-Resident/\$230 |

## US SPORTS INSTITUTE – SCHOOL'S OUT

*Boys & Girls, Ages 5 – 11*



USA Sport Group brings together the finest providers of sports camps and classes for all ages and ability levels. For more information, please visit [ussportsinstitute.com](http://ussportsinstitute.com). All activities promote hand-eye coordination, movement, balance and most importantly FUN!

Players will have the opportunity to experience up to 4 different sports each day. Sports included: Baseball, Basketball, Cricket, Flag Football, Hockey, Handball, Lacrosse, Soccer, Rugby and more!

|                  |                     |                    |  |
|------------------|---------------------|--------------------|--|
| <b>Location:</b> | Gladwyne Park       |                    |  |
| <b>Dates:</b>    | September 26 and 27 |                    |  |
| <b>Time:</b>     | 9:00am – 12:00pm    |                    |  |
| <b>Fee:</b>      | Resident/\$99       | Non-Resident/\$119 |  |

## 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. USSI's basketball players will be sure to improve skills and learn the importance of teamwork in this fast-paced, exciting sport.

|                               |  |                |                    |
|-------------------------------|--|----------------|--------------------|
| <b>Location:</b>              | Bala Gym, 49 Bala Avenue, Bala Cynwyd PA 19004 |                |                    |
| <b>Fall Session:</b>          | Saturdays, November 19 – December 17 (5)       |                |                    |
| <b>Fee:</b>                   | Per Session                                    | Resident/\$130 | Non-Resident/\$156 |
| <b>Squirts Basketball:</b>    | 8:00 – 8:45am                                  | Ages 4 – 5     |                    |
| <b>Sr Squirts Basketball:</b> | 9:00 – 9:45am                                  | Ages 5 – 6     |                    |
| <b>Sr Squirts Basketball:</b> | 10:00 – 10:45am                                | Ages 6 – 7     |                    |
| <b>Foundation Basketball:</b> | 11:00 – 11:45am                                | Ages 7 – 8     |                    |

## DAVID BROIDA – FALL INDOOR TENNIS

*Ages 4 – 18 & Adults*

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.**

|                   |   |                                  |                    |
|-------------------|---|----------------------------------|--------------------|
| <b>Location:</b>  | Radnor Racquet Club, 175 King of Prussia Road, Radnor, PA 19087 |                                  |                    |
| <b>Dates:</b>     | Sundays   | October 2 – December 11 (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 – MATCH PLAY

Ages 15+



The match play will include coaching in technique and tactics to learn how to build points with consistency and control. Each match will be supervised by an expert (teaching professional) who will advise and encourage players in skills and strategy to better understand the game and be more successful on the court with the motivation to enjoy the game and meet new friends around tennis.

**Location:** Gladwyne Park  
**Match Play:** Sundays Sept 18 – Oct 30 (7) 1:00 – 2:30pm  
**Fee:** Resident/\$130 Non-Resident/\$156

## 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).**

## 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. 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 6 – November 15 (10) No Class Nov 8  
**Fee:** Resident/\$157 Non-Resident/\$188

## YOUNG REMBRANDTS



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. **For more information, visit [www.youngrembrandts.com/chestercounty](http://www.youngrembrandts.com/chestercounty)**

**Location:** Bryn Mawr Spring House, 9 S. Bryn Mawr Avenue  
**Fall Session:** Saturdays, September 10 – October 22 (7)  
**Fall 2 Session:** Saturdays, October 29 – December 17 (7) No Class Nov 26  
**Junior Drawing and Cartoon:** 10:15 – 11:00am Ages 3 – 5  
**Drawing and Cartooning:** 11:15am – 12:15pm Ages 5 – 13  
**Anime Manga Club** 12:30 – 1:30pm Ages 5 – 13  
**Fee:** Per Session Resident/\$140 Non-Resident/\$168  
**Group Limit:** Jr Drawing – 12 Participants Anime and Drawing/Cartooning – 24 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! **Group Limit:** 10 Participants

### Weekend Workshops – Junior Marine Engineering

**Ages 4 – 7**

What causes something to sink or float? How can engineers help explore and protect the ocean below? These questions and more are all explored in Junior Marine. In this program, students explore the concepts of marine engineering and mechanics, harnessing the power of water, and discovering designs that help us make the impossible possible.

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

**Fall Session:** October 1, 8, 15, 22 (4)

**Fee:** Resident/\$129 Non-Resident/\$155

### Weekend Workshops – App Marine Engineering: Making Waves

**Ages 8 – 14**

During the Marine Engineering classes, students use the Engineering Design Process to design, create, test, and refine several types of marine based devices and vehicles. Students construct working prototypes that teach and reinforce the concepts of above water transportation, underwater exploration, and harnessing the power of water. They gain exposure to careers in naval, ocean, and marine engineering as well as naval architecture.

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

**Fall Session:** October 1, 8, 15, 22 (4)

**Fee:** Resident/\$172 Non-Resident/\$206

### Weekend Workshops – Civil Engineering: Fun Foundations

**Ages 4 – 7**

Building a house to withstand the Big, Bad Wolf is where the fun begins in Junior Civil. This program is centered on exploring the concepts of building and construction through hands-on exploration and design. Students explore the engineering behind skyscrapers, bridges, roads, and more in this fun and engaging experience.

**Day/Time:** Sundays 1:00 – 2:30pm

**Fall 2 Session:** October 23, 30, November 6, 13 (4)

**Fee:** Resident/\$129 Non-Resident/\$155

### Weekend Workshops – App Civil Engineering: Building Up

**Ages 8 – 12**

During our Civil Engineering program, students use the Engineering Design Process to design, create, test, and refine a balsa wood bridge designed to withstand the greatest force. They examine several different types of bridge designs and discover how the forces of tension, compression, bending, torsion, and shear are distributed throughout their structures.

**Day/Time:** Sundays 3:00 – 5:00pm

**Fall 2 Session:** October 23, 30, November 6, 13 (4)

**Fee:** Resident/\$172 Non-Resident/\$206

## MAD SCIENCE AFTER SCHOOL PROGRAM

**Ages 6 – 12**



The Crazy Chemworks course gives students the opportunity to work in the lab like a real scientist! They will learn about polymers while creating some ooey-gooey slime, experience the extremes of the pH scale while creating reactions between acids and bases, and manipulate matter in all of its three states. In every class, children build a fun and educational take-home project such as a reaction tube, atomic coins and an action flask to extend the learning at home!

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

**Day/Time:** Mondays 5:30 – 6:30pm

**Fall Session:** October 10 – November 28 (8)

**Fee:** Resident/\$147 Non-Resident/\$176

## 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)**

**Time/Location:** 7:00 – 8:00pm Virtual via Zoom  
**Fall – Tuesdays:** September 6 – December 27 (13) No Class Sept 20, Oct 4, Oct 25  
**Fall – Thursdays:** September 8 – December 15 (13) No Class Oct 27, Nov 24  
**Fee:** Resident/\$205 Non-Resident/\$246

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

**Day/Time/Location:** Tuesdays 10:00 – 11:00am Virtual via Zoom  
**Fall Session:** September 6 – October 25 (7) No Class Sept 27 Resident/\$91 Non-Resident/ \$109  
**Fall 2 Session:** November 1 – December 20 (8) Resident/\$104 Non-Resident/ \$125

## 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 1 6:30 – 8:00pm  
**Session Fee:** FREE



## OTHER PARKS AND RECREATION INFORMATION

### DISCOUNT SKI LIFT TICKETS FOR LOCAL RESORTS

Please check [www.lowermerion.org](http://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 2022 – 2023 season.
- Tickets are sold from December 2022 through early March 2023.
- 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 Uter

Program Coordinator: Quahsim Gredic

Hours of Operation

Monday – Friday: 3:00 – 10:00pm

Saturday: 10:00am – 6:00pm

Sunday: CLOSED

**What is going on?** Call for information regarding programming information.

### SENIOR CENTERS AND SERVICE PROVIDERS INFORMATION

The Center for Positive Aging in Lower Merion (PALM)

[www.palmseniors.org](http://www.palmseniors.org)

117 Ardmore Avenue

Ardmore, PA 19003

(610) 642-9370

ElderNet

[www.eldernetonline.org](http://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](http://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.