

Township of Lower Merion Parks & Recreation

RECREATION INFORMATION

FALL 2023

Lower Merion Township offers a variety of programs, for both children and adults, year-round. Basketball and Tennis Clinics, Yoga Bone Boost, Ultimate Frisbee Programs, Steel Soccer Clinics and Classes, Soccer Shots and HappyFeet Programs, Shining Knights Chess Club, Young Rembrandts and Abrakadoodle Art Classes, Engineering for Kids and Play Well Technologies Classes, Mad Science Workshops, Bricks 4 Kidz Classes, US Sports Institute Classes, Pickleball and 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, Fall registration will 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 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.

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 to learn more.

Fee: Seven (7) Week Session Resident/\$152 Non-Resident/\$183
 Eight (8) Week Session Resident/\$173 Non-Resident/\$208

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)*

Fall Session 1:	Thursdays	4:30 – 5:00pm	Sept 7 – Oct 19 (7)	Ashbridge Park (12)
Fall Session 2:	Thursdays	5:20 – 5:50pm	Sept 7 – Oct 19 (7)	Ashbridge Park (12)
Fall Session 3:	Saturdays	8:45 – 9:15am	Sept 9 – Oct 28 (8)	South Ardmore Park (12)
Fall Session 4:	Saturdays	9:40 – 10:10am	Sept 9 – Oct 28 (8)	South Ardmore Park (12)
Fall Session 5:	Sundays	9:00 – 9:30am	Sept 10 – Oct 29 (8)	General Wayne Park (24)

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.

Fall Session 1:	Thursdays	4:30 – 5:10pm	Sept 7 – Oct 19 (7)	Ashbridge Park (12)
Fall Session 2:	Thursdays	5:10 – 5:50pm	Sept 7 – Oct 19 (7)	Ashbridge Park (12)
Fall Session 3:	Thursdays	6:00 – 6:40pm	Sept 7 – Oct 19 (7)	Ashbridge Park (12)
Fall Session 4:	Saturdays	8:45 – 9:25am	Sept 9 – Oct 28 (8)	South Ardmore Park (12)
Fall Session 5:	Saturdays	9:30 – 10:10am	Sept 9 – Oct 28 (8)	South Ardmore Park (12)
Fall Session 6:	Saturdays	10:25 – 11:05am	Sept 9 – Oct 28 (8)	South Ardmore Park (12)
Fall Session 7:	Saturdays	11:20am – Noon	Sept 9 – Oct 28 (8)	South Ardmore Park (12)
Fall Session 8:	Sundays	9:45 – 10:25am	Sept 10 – Oct 29 (8)	General Wayne Park (24)
Fall Session 9:	Sundays	10:40 – 11:20am	Sept 10 – Oct 29 (8)	General Wayne Park (12)

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.

Fall Session 1:	Thursdays	6:00 – 6:40pm	Sept 7 – Oct 19 (7)	Ashbridge Park (12)
Fall Session 2:	Saturdays	10:25 – 11:05am	Sept 9 – Oct 28 (8)	South Ardmore Park (12)
Fall Session 3:	Saturdays	11:20am – Noon	Sept 9 – Oct 28 (8)	South Ardmore Park (12)
Fall Session 4:	Sundays	10:40 – 11:20am	Sept 10 – Oct 29 (8)	General Wayne Park (12)

SOCCER SHOTS – INDOORS



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, 49 Bala Avenue, Bala Cynwyd

Fee: Per Session Resident/\$130 Non-Resident/\$156

Minis *(Parents accompany children on field)*

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.

Session 1: Thursdays 9:00 – 9:30am November 2 – December 14 (6) No Class Nov 23

Session 2: Sundays 9:00 – 9:30am November 5 – December 17 (6) No Class Nov 26

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: Thursdays 9:40 – 10:20am November 2 – December 14 (6) No Class Nov 23

Session 2: Sundays 8:15 – 8:55am November 5 – December 17 (6) No Class Nov 26

Session 3: Sundays 9:35 – 10:15am November 5 – December 17 (6) No Class Nov 26

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.

Session 1: Sundays 10:20 – 11:00am November 5 – December 17 (6) No Class Nov 26

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: 15 Participants

Location: South Ardmore Park

Fall Session: Sundays September 10 – October 22 (7)

Session 1: 9:00 – 10:00am

Session 2: 10:00 – 11:00am

Session 3: 11:00am – Noon

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

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

STEEL SPORTS – SOCCER



These programs are designed to improve each individual player's soccer skills. Steel United coaches will work on ball mastery, foot communication, body mechanics, speed and agility training, technical proficiency and developing a positive attitude. **Group Limit:** 14 Participants

Location:	Bala Gym, 45 Bala Ave, Bala Cynwyd, PA		
Fall Session:	Wednesdays	September 13 – October 18 (6)	
Fall 2 Session:	Wednesdays	November 1 – December 13 (6) <small>No Class Nov 22</small>	
Time/Age:	5:00 – 6:00pm	Ages	5 – 6
	6:15 – 7:15pm	Ages	7 – 8
	7:30 – 8:30pm	Ages	9 – 11
Fee:	Per Session	Resident/\$180	Non-Resident/\$216

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 25		
	Tuesday, November 7		
Fee:	Per Session	Resident/\$65	Non-Resident/\$78

QUIDDITCH/QUADBALL, LEVIO LEARNING

Ages 8 – 12



Inspired by fictional quidditch, quadball is a mixed gender sport with a unique combination of elements from basketball, dodgeball, and tag. Students will be learning the non-contact version of the sport including how to score a quaffle, throw a bludger, and catch a snitch for their team! While, the game can appear chaotic to the casual observer, once familiar with the basic rules, quadball is an

exciting team sport to watch and even more exciting to play!

Learn more about this magical new sport at www.leviolearning.com

Location:	General Wayne Park		
Dates/Times:	Thursday	4:15 – 5:15pm	
Fall Session:	October 12 – November 2 (4)		
Fee:	Per Session	Resident/\$100	Non-Resident/\$120

QUIDDITCH/QUADBALL – SCHOOL'S OUT

Ages 8 – 12



Inspired by fictional quidditch, quadball is a mixed gender sport with a unique combination of elements from basketball, dodgeball, and tag. Students will be learning the non-contact version of the sport including how to score a quaffle, throw a bludger, and catch a snitch for their team! While, the game can appear chaotic to the casual observer, once familiar with the basic rules, quadball is an

exciting team sport to watch and even more exciting to play!

Learn more about this magical new sport at www.leviolearning.com

Location:	General Wayne Park			
Dates:	Monday, September 25			
	Tuesday, November 7			
Times/Fees:	Half Day	9:00am – Noon	Resident/\$50	Non-Resident/\$60
	Full Day	9:00am – 3:00pm	Resident/\$90	Non-Resident/\$108

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 12 – October 31 (8)

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

ULTIMATE FRISBEE, SCHOOL'S OUT

Ages 7 – 15



Join Phoenix Ultimate Academy for School's Out Clinics this fall! The program will feature a variety of frisbee games and drills, plus skills instructions from our talented pro-league coaches! [For more information, please visit our website at: www.lowermerionrec.com](http://www.lowermerionrec.com)

Location: Bala Cynwyd Park

Dates: Monday, September 25

Tuesday, November 7

Times/Fees:	Half Day	9:00am – Noon	Resident/\$45	Non-Resident/\$54
	Full Day	9:00am – 3:00pm	Resident/\$75	Non-Resident/\$90

US SPORTS INSTITUTE – MULTISPORTS

Boys & Girls



USSI's flagship Multi Sports programs allow children of all ages to experience a variety of sports throughout their program. Children will have the opportunity to learn and play sports like basketball, soccer, flag football, track & field, hockey, and more!

All of our Multi Sport programs are suitable for children of all ability levels. From the recreation-level player to the more serious athlete, our multi sports programs are great fun for all. Whether your child is participating in a seasonal, weekly multi sports program, a week-long summer camp or a school's out camp, they are sure to have a blast developing their athletic skills and learning new sports. [For mor details, visit www.usportsinstitute.com.](http://www.usportsinstitute.com)

Location: Ashbridge Park

Fall Session: Saturdays September 16 – November 4 (8)

Parent & Me: 9:00 – 9:50am Ages 2 – 3

Squirts: 10:00 – 10:50am Ages 3 – 4

Squirts: 11:00 – 11:50am Ages 4 – 5

Fee: Per Session Resident/\$145 Non-Resident/\$174

Group Limit: 10 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. USSI's basketball players will be sure to improve skills and learn the importance of teamwork in this fast-paced, exciting sport.

Location: Bala Gym, 49 Bala Avenue, Bala Cynwyd PA 19004

Fall 2 Session: Saturdays November 18 – December 16 (5)

Squirts Basketball: 8:00 – 8:50am Ages 4 – 5

Sr Squirts Basketball: 9:00 – 9:50am Ages 5 – 6

Sr Squirts Basketball: 10:00 – 10:50am Ages 6 – 7

Foundation Basketball: 11:00 – 11:50am Ages 7 – 8

Group Limit: 20 Participants

Group Limit: 24 Participants

Group Limit: 24 Participants

Group Limit: 24 Participants

Fee: Per Session Resident/\$145 Non-Resident/\$174

RHYTHMIC GYMNASTICS

Ages 5 years and older



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. **Please contact Valeriya Neikova at (610)580-4714 or e-mail balagymnastics@gmail.com.**

PICKLEBALL – YOUTH, UNIVERSAL RACKETS

Ages 8 – 14



Universal Rackets is a pickleball and tennis company that specializes in clinics, private instruction, tournaments for all ages and levels. All staff are PPR/USPTA 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: 16 Participants

Fall Session:	Sundays	September 10 – October 15 (6)	South Ardmore Park
Session 1:	Junior Beginner	2:00 – 3:00pm	Resident/\$150 Non-Resident/\$180

TENNIS – INDOOR, DAVID BROIDA

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 or (610) 864-4303.

Location:	Radnor Racquet Club, 175 King of Prussia Road, Radnor, PA 19087		
Dates:	Sundays	October 1 – November 19 (8)	
Session 1:	3:00 – 4:00pm	Beginner and Advanced Beginner	
Session 2:	4:00 – 5:00pm	Beginner and Advanced Beginner	
Session 3:	5:00 – 6:00pm	Advanced Beginner & Intermediate	
Session 4:	6:00 – 7:00pm	Advanced Beginner & Intermediate	
Session 5:	7:00 – 8:00pm	Adult & Teen – All Levels	
Fee:	Per Session	Resident/\$185	Non-Resident/\$215



TENNIS, ROYAL T

Ages 7 – 12



Royal T Tennis will present a challenging, intensive tennis, skill building and tennis fitness educational program. This program which has a professional curriculum built to be on par with some of the most successful tennis academies in the world today. The modern tennis method (MTM) originated by Oscar Wegner who has taught many top players such as Rafa Nadal and Bjorn Borg. We use a sport science-based hand and eye exercise program that builds coordination, confidence and skills that provide a springboard to foundational success on the tennis court. We are presenting a program that really teaches tennis and gives children a sense of accomplishment.

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

Location:	Gladwyne Park		
Dates:	Saturdays	Sept 16 – Oct 28 (7)	
Session 1:	Beginner/Advanced Beginner	10:30 – 11:30am	Group Limit: 15 Participants
Session 2:	Intermediate/Advanced Intermediate	11:30am – 12:30pm	Group Limit: 15 Participants
Session 3:	Advanced	3:00 – 4:30pm	Group Limit: 10 Participants
Fee:	Per Session	Sessions 1 & 2	Resident/\$160 Non-Resident/\$192
		Session 3	Resident/\$190 Non-Resident/\$228

TENNIS, UNIVERSAL RACKETS

Ages 6+



Universal Rackets, founded by Tyler Stroyek, former Division I Tennis Player and USPTA Certified Tennis Instructor, currently works with over 600+ students in the area and provides world class training to all ages and levels. Tyler and his professional coaching staff do this through simple tips, strategized lesson plans, and an extreme passion for the sport. Universal Rackets looks forward to teaching the fundamentals, techniques and strategies of tennis in a fun, upbeat atmosphere!

Group Limit: 16 Participants

Fall Session: Saturdays September 9 – October 14 (6) McMoran Park

Session 1: Youth Beginner/Adv Beginner 10:00 – 11:00am Resident/\$150 Non-Resident/\$180

Session 2: Youth Adv Beginner/Intermediate 11:00am – Noon Resident/\$150 Non-Resident/\$180

Session 3: Adult Noon – 1:00pm Resident/\$180 Non-Resident/\$216

Fall Session: Tues/Thurs September 5 – 28 (8) McMoran Park

Session 1: Youth Beginner/Adv Beginner 4:30 – 5:30pm Resident/\$200 Non-Resident/\$240

Session 2: Youth Adv Beginner/Intermediate 5:30 – 6:30pm Resident/\$200 Non-Resident/\$240

Fall 2 Session: Saturdays October 28 – December 2 (6) McMoran Park

Session 1: Youth Beginner/Adv Beginner 10:00 – 11:00am Resident/\$150 Non-Resident/\$180

Session 2: Youth Adv Beginner/Intermediate 11:00am – Noon Resident/\$150 Non-Resident/\$180

Session 3: Adult Noon – 1:00pm Resident/\$180 Non-Resident/\$216

Fall 2 Session: Tues/Thurs October 10 – November 7 (8) No Class Oct 31 McMoran Park

Session 1: Youth Beginner/Adv Beginner 4:30 – 5:30pm Resident/\$200 Non-Resident/\$240

SHINING KNIGHTS CHESS CLUB

Ages 5 – 13



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

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

Day/Time: Tuesdays 5:30 – 6:30pm

Fall Session: September 19 – December 5 (10) No Class Oct 31 & Nov 7

Fee: Resident/\$165 Non-Resident/\$198

Group Limit: 30 Participants

MAD SCIENCE AFTER SCHOOL PROGRAM

Ages 6 – 12



Eliminate the mystery in chemistry & the forces that make our world work! Learn the secrets behind famous magic tricks, experience awesome forces, build some cool devices & watch them work! Build loop-de-loop flying stunt planes, use a vortex generator to create air pockets with a punch, experiment with gravity & create your own crazy crystal gardens!

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

Day/Time: Mondays 5:30 – 6:30pm

Fall Session: October 16 – November 20 (6)

Fee: Resident/\$135 Non-Resident/\$162

Group Limit: 20 Participants

DUNGEONS AND DRAGONS CLUB, GAME ON!

Ages 10 – 16



Role Playing Games (RPGs) like Dungeons & Dragons (D&D) are a great way for kids to gain and reinforce social cooperation, critical thinking, and arithmetic skills in a developmentally appropriate, fun environment of epic fantasy quests like those from the Hobbit and Lord of the Rings books and movies. In this weekly Friday after school club, experienced Dungeon Masters will guide kids through character creation, followed by role playing in a sustained campaign. Play will concentrate on the basics, so no experience is necessary, but veteran players will also have a blast!

More information can be found at <https://www.gameonphilly.org>

Location: Bryn Mawr Spring House, 9 S. Bryn Mawr Avenue
Day/Time: Fridays 4:30 – 6:30pm
Fall Session: September 8 – December 15 (11) No Class Oct 20, Nov10, Nov 24, & Dec 1
Fee: Resident/\$165 Non-Resident/\$198
Group Limit: 12 Participants

PLAY-WELL TEKNOLOGIES

Ages 7 – 11



At Play-Well we know kids are naturally gifted creators. They receive added inspiration when they dive into our massive collection of LEGO® with our trained instructors. They will explore the fundamental principles of engineering while building elaborate objects, structures and vehicles. They also learn to collaborate and create without fear of mistakes. The experience is joyful, the impact long-lasting. Our classes are not affiliated with The LEGO® Group. More information can be found at www.play-well.org

STEM Explorations with LEGO® Materials

Master your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

Location: Bryn Mawr Spring House, 9 S. Bryn Mawr Avenue
Day/Time: Thursdays 4:30 – 5:30pm
Fall Session: October 19 – November 30 (6) No Class Nov 23
Fee: Resident/\$130 Non-Resident/\$156
Group Limit: 16 Participants

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 9 – October 21 (7)
Fall 2 Session: Saturdays, October 28 – December 16 (7) No Class Nov 25
Junior Drawing and Cartoon: 10:15 – 11:00am Ages 3 – 5
Drawing and Cartooning: 11:15am – 12:15pm Ages 5 – 12
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 – 24 Participants

ABRAKADOODLE



Abrakadoodle is the global leader in visual arts education, bringing art classes, camps and special art events to children ages 20 months through 14 years of age. Abrakadoodle teachers bring exciting lessons and a wide variety of art materials while introducing children to artists, art vocabulary and techniques from around the world!

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

Group Limit: 16 Participants

Twoosy Doodlers	Wednesdays	9:30 – 10:30am	Ages 1.5 – 2
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Fall Session: September 6 – October 25 (8)

Fantasy Land

Visit the land of enchanted castles, magical unicorns, mermaids, gnomes with garden homes, flying dragons, fairytale frogs and more as we create our greatest fantasies! Young artists will fingerpaint, sculpt, make marks, collage, cut out shapes and construct to make fantasy land art filled with their favorite creatures!

Fee: Resident/\$200 Non-Resident/\$240 *Material Fees Included in Pricing

Fall 2 Session: November 1 – December 20 (7) No Class Nov 22

Kidtastic! Fantastic Kid Artists

Kids are talented artists! Learn about young artists and their journeys to create fantastic artwork. Use watercolor resist and learn about Olivia Bouler's artistic effort to save birds impacted by the Gulf Coast oil spill. Experiment with paint to create an abstract painting inspired by Australian artist Aelita Andre. Use leaves for intricate creations in the style of Polish artist Joanna Wirazka. Let young artists from around the world inspire your creations!

Fee: Resident/\$175 Non-Resident/\$210 *Material Fees Included in Pricing

Mini Doodlers	Sundays	Noon – 1:00pm	Ages 3 – 5
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Fall Session: September 10 – October 29 (8)

Fantasy Land

Visit the land of enchanted castles, magical unicorns, mermaids, gnomes with garden homes, flying dragons, fairytale frogs and more as we create our greatest fantasies! Young artists will fingerpaint, sculpt, make marks, collage, cut out shapes and construct to make fantasy land art filled with their favorite creatures!

Fee: Resident/\$200 Non-Resident/\$240 *Material Fees Included in Pricing

Fall 2 Session: November 5 – December 17 (7)

Kidtastic! Fantastic Kid Artists

Kids are talented artists! Learn about young artists and their journeys to create fantastic artwork. Use watercolor resist and learn about Olivia Bouler's artistic effort to save birds impacted by the Gulf Coast oil spill. Experiment with paint to create an abstract painting inspired by Australian artist Aelita Andre. Use leaves for intricate creations in the style of Polish artist Joanna Wirazka. Let young artists from around the world inspire your creations!

Fee: Resident/\$175 Non-Resident/\$210 *Material Fees Included in Pricing

Doodlers	Sundays	1:15 – 2:15pm	Ages 6 – 12
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Fall Session: September 10 – October 29 (8)

Painting Step by Step

Step into painting with Abrakadoodle and learn that you can create amazing artwork! These step by step projects will build confidence and offer the opportunity to create beautiful art beginning-to-end to take home or share with loved ones. Create colorful landscapes, delicate floral compositions, acrylic and watercolor paintings to hang on your walls, and home décor to brighten any room!

Fee: Resident/\$200 Non-Resident/\$240 *Material Fees Included in Pricing

Fall 2 Session: November 5 – December 17 (7)

Kidtastic! Fantastic Kid Artists

Kids are talented artists! Learn about young artists and their journeys to create fantastic artwork. Use watercolor resist and learn about Olivia Bouler's artistic effort to save birds impacted by the Gulf Coast oil spill. Experiment with paint to create an abstract painting inspired by Australian artist Aelita Andre. Use leaves for intricate creations in the style of Polish artist Joanna Wirazka. Let young artists from around the world inspire your creations!

Fee: Resident/\$175 Non-Resident/\$210 *Material Fees Included in Pricing

ABRAKADOODLE, SCHOOL'S OUT

Ages 5 -12



Abrakadoodle is the global leader in visual arts education, bringing art classes, camps and special art events to children ages 20 months through 14 years of age. Abrakadoodle teachers bring exciting lessons and a wide variety of art materials

while introducing children to artists, art vocabulary and techniques from around the world!

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

Time: 9:00am – Noon

Group Limit: 16 Participants

September 25

From Sea to Shining Sea!

America is full of beautiful monuments, skylines, landscapes, and wildlife! Explore the stunning scenery that the states have to offer. Practice painting techniques as you discover Oregon's Multnomah Falls, lighthouses along the New England coast, and rock formations in the Utah desert. Create artwork inspired by this magnificent land from sea to shining sea!

Fee: Per Session Resident/\$75 Non-Resident/\$90 *Material Fees Included in Pricing

Winter Break (Dec 27 – 29)

Our Planet! Our World!

If you love our planet this camp is for you! Our camp includes art projects, crafts, games and books that inspire us to make the planet a better place. Learn how artists are making a difference through their art. Environmental issues are brought to life while you explore a wide variety of art materials! Design a wind sculpture, a trash can that smiles, a sea globe and art installations that blend with nature. Create art inspired by endangered animals such as tigers, bees and panda sculptures that toured the world. Explore exciting STEAM concepts and be part of caring for our planet! All school day out lessons will be different, and each child will go home with two large projects.

Fee: Per Session Resident/\$75 Non-Resident/\$90 *Material Fees Included in Pricing

3 Day Session Resident/\$200 Non-Resident/\$240 *Material Fees Included in Pricing

ABRAKADOODLE, PARENTS NIGHT OUT

Ages 5 – 12



Make a reservation and drop your child off for Art Night Out! Your child will explore different artists, techniques, and medium! They may meet new friends, have a ton of fun and will come home with two completed projects that can be used for gifts or add a little more for your home décor!

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

Dates: October 20

December 1

Time: 5:30 – 8:00pm

Fee: Per Session Resident/\$50 Non-Resident/\$60 *Material Fees Included in Pricing

Group Limit: 16 Participants

ADULT PROGRAMS

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.

For more info email YOGA206@icloud.com or follow YOGA206 on Instagram and Facebook.

Day/Time/Location: Tuesdays 10:00 – 11:00am Virtual via Zoom

Fall Session: September 5 – October 17 (7) Resident/\$105 Non-Resident/ \$126

TENNIS – INDOOR, DAVID BROIDA

Ages 18+

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

Dates: Sundays October 1 – November 19 (8)

Session 5: 7:00 – 8:00pm Adult & Teen – All Levels

Fee: Per Session Resident/\$185 Non-Resident/\$215



PICKLEBALL, UNIVERSAL RACKETS

Ages 18+



Universal Rackets is a pickleball and tennis company that specializes in clinics, private instruction, tournaments for all ages and levels. All staff are PPR/USPTA 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: 16 Participants

Fall Session:	Sundays	September 10 – October 15 (6)	Wynnewood Valley Park	
Session 1:	Beginner	9:00 – 10:30am	Resident/\$210	Non-Resident/\$252
Session 2:	Adv Beginner/Intermediate	10:30am – Noon	Resident/\$210	Non-Resident/\$252
Session 3:	Intermediate/Adv Inter	Noon – 1:30pm	Resident/\$210	Non-Resident/\$252

Fall Session:	Tuesdays	September 5 – October 10 (6)	Bala Ave Park	
Session 1:	Beginner	3:30 – 5:00pm	Resident/\$210	Non-Resident/\$252
Session 2:	Intermediate	5:00 – 6:30pm	Resident/\$210	Non-Resident/\$252

Fall 2 Session:	Sundays	October 29 – December 3 (6)	Wynnewood Valley Park	
Session 1:	Beginner	10:30 – Noon	Resident/\$210	Non-Resident/\$252
Session 2:	Adv Beginner/Intermediate	Noon – 1:30pm	Resident/\$210	Non-Resident/\$252
Session 3:	Intermediate/Adv Inter	1:30 – 3:00pm	Resident/\$210	Non-Resident/\$252

PICKLEBALL – INDOOR, UNIVERSAL RACKETS

Ages 18+



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Group Limit: 8 Participants

Fall Session:	Tuesdays	September 5 – October 10 (6)	Bala Gymnasium
Session 1:	Beginner	8:00 – 9:30am	Resident/\$210 Non-Resident/\$252
Session 2:	Intermediate	9:30 – 11:00am	Resident/\$210 Non-Resident/\$252
Fall 2 Session:	Tuesdays	October 24 – November 28 (6)	Bala Gymnasium
Session 1:	Beginner	8:00 – 9:30am	Resident/\$210 Non-Resident/\$252
Session 2:	Intermediate	9:30 – 11:00am	Resident/\$210 Non-Resident/\$252
Session 3:	Beginner	7:45 – 9:15pm	Resident/\$210 Non-Resident/\$252
Fall 2 Session:	Thursdays	October 26 – November 30 (6)	Bala Gymnasium
Session 1:	Intermediate	7:45 – 9:15pm	Resident/\$210 Non-Resident/\$252

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 2023 – 2024 season.
- Tickets are sold from December 2023 through early March 2024.
- 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

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.