

# Township of Lower Merion Parks & Recreation

## RECREATION INFORMATION

### WINTER 2023

Lower Merion Township offers a variety of programs, for both children and adults, year-round. US Sports Classes, Pickleball and Tennis Clinics, Adult Fitness Classes, 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 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. Please note, Winter registration will open November 1 (November 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.

# WINTER PROGRAMS

## SOCCER SHOTS

Ages 2 – 8



Soccer Shots is the premier intro to soccer program in the United States teaching children soccer and character development through its innovative curriculum and imaginative games.

Visit us at [www.soccershots.org](http://www.soccershots.org) to learn more.

**Group Limit:** 12 Participants

**Location:** Bala Gym, 49 Bala Avenue, Bala Cynwyd

**Fee:** Per Session Resident/\$126 Non-Resident/\$151

### 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 January 12 – February 23 (7)

**Session 2:** Sundays 9:00 – 9:30am January 15 – February 26 (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:** Thursdays 9:40 – 10:20am January 12 – February 23 (7)

**Session 2:** Sundays 9:35 – 10:15am January 15 – February 26 (7)

### 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 January 15 – February 26 (7)

## 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 14 – February 11 (5)

**Winter 2 Session:** Saturdays, February 25 – March 25 (5)

**Squirts Basketball:** 8:00 – 8:45am Ages 4 – 5

**Group Limit:** 20 Participants

**Sr Squirts Basketball:** 9:00 – 9:45am Ages 5 – 6

**Group Limit:** 24 Participants

**Sr Squirts Basketball:** 10:00 – 10:45am Ages 6 – 7

**Group Limit:** 24 Participants

**Foundation Basketball:** 11:00 – 11:45am Ages 7 – 8

**Group Limit:** 24 Participants

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

## DAVID BROIDA – WINTER 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.**

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

**Dates:** Sundays, January 8 – March 19 (10) No Class Feb 19

|                    |               |  |
|--------------------|---------------|--|
| <b>Session 6:</b>  | 3:00 – 4:00pm | Beginner and Advanced Beginner         |
| <b>Session 7:</b>  | 4:00 – 5:00pm | Beginner and Advanced Beginner         |
| <b>Session 8:</b>  | 5:00 – 6:00pm | Advanced Beginner & Intermediate       |
| <b>Session 9:</b>  | 6:00 – 7:00pm | Advanced Beginner & Intermediate       |
| <b>Session 10:</b> | 7:00 – 8:00pm | Adult & Teen – All Levels              |
| <b>Fee:</b>        | Per Session   | Resident/\$195      Non-Resident/\$225 |



## JONSPORT TENNIS / ROYAL TUFFKIDZ

Intermediate / Advanced



This tennis program utilizes a great teaching method which is currently used at some of the best tennis academies in the world. JonSport/Royal Tuffkidz has developed world class and national level players, as well as helped many area tennis players of all ages to play better tennis and enjoy the game. Their goal, as a tennis program, is to help all that come to them to have more fun playing tennis and develop to the level of their choice. We have intermediate to advanced level players. Our program is challenging and very well planned to produce creative

and skillful tennis players of good character.

**Group Limit:** 10 Participants

**For more information, contact Jonathan Newman – (610) 585-4420.**

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

**Ages:** 7 – 14

**Winter – Session 1:** Saturdays      January 21 – March 4 (7)      2:30 – 4:00pm  
**Fee:** Resident/\$290      Non-Resident/\$348

**Winter – Session 2:** Sundays      January 22 – March 5 (7)      2:00 – 3:00pm  
**Fee:** Resident/\$270      Non-Resident/\$324

## TENNISBYTYLER – PICKLEBALL

Ages 18+



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.

**Location:** Bala Gym, 49 Bala Avenue, Bala Cynwyd

**Winter Session:** Tuesdays, January 17 – February 21 (6)

**Winter 2 Session:** Tuesdays, March 7 – April 11 (6)

**Intermediate Class:** 9:30 – 11:00am

**Beginner Class:** 11:00am – 12:30pm

**Fee:** Per Session      Resident/\$210      Non-Resident/\$252

**Group Limit:** 8 Participants

## 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 SPORTS – XPLORE MULTISPORT



Xplore Multisport is a program used to introduce 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.

**Group Limit:** 14 Participants

**Location:** Bala Gym, 45 Bala Ave, Bala Cynwyd, PA

**Winter Session:** Wednesdays, January 11 – February 15 (6)

**Winter 2 Session:** Wednesdays, March 1 – April 5 (6)

|                    |               |             |             |                |                    |
|--------------------|---------------|-------------|-------------|----------------|--------------------|
| <b>Ages 5 – 6:</b> | 5:00 – 6:00pm | <b>Fee:</b> | Per Session | Resident/\$175 | Non-Resident/\$210 |
| <b>Ages 7 – 9:</b> | 6:15 – 7:30pm | <b>Fee:</b> | Per Session | Resident/\$199 | Non-Resident/\$238 |

## 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](mailto:balagymnastics@gmail.com).**

## 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](http://www.shiningknightschess.com)**

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

**Day/Time:** Tuesdays 5:30 – 6:30pm

**Winter Session:** January 10 – March 14 (10)

**Session Fee:** Resident/\$157 Non-Resident/\$188

**Group Limit:** 30 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

**Winter Session:** Saturdays, January 14 – February 25 (7)

**Junior Drawing and Cartoon:** 10:15 – 11:00am Ages 4 – 6 **Group Limit:** 12 Participants

**Drawing and Cartooning:** 11:15am – 12:15pm Ages 5 – 13 **Group Limit:** 24 Participants

**Anime Manga Club** 12:30 – 1:30pm Ages 6 – 13 **Group Limit:** 24 Participants

**Fee:** Per Session Resident/\$140 Non-Resident/\$168



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

### **Fairy Tale Art – Twoosy Doodlers**

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This special parent/child class is a highly recommended first art class for toddlers. Twoosy Doodlers develop their sensory skills, as well as fine and gross motor skills. They learn about color, texture, and more while experimenting with new engaging materials.

**Ages:** 20 to 36 Months  
**Day/Time:** Wednesdays 9:00 – 10:00am  
**Winter Session:** January 11 – March 1 (8)  
**Session Fee:** Resident/\$188 Non-Resident/\$225  
**Group Limit:** 12 Participants

### **Fairy Tale Art**

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Take a creative journey deep into the world of fairy tales! These are the familiar, beloved stories of fantastic worlds, royal lives, and dramatic transformations that we know and love. Along the way, students learn about disguises, color mixing, patterns, composition, and more. Favorite stories are connected to works of renowned artists and artworks such as British designer William Morris, American artist Walter Anderson, and the McCoy Pottery Company. Students will live “Happily Ever After” in this creative storybook of experiences that only Abrakadoodle can offer!

**Winter Session:** January 8 – February 26 (8)  
**Mini Doodlers:** Sundays 1:00 – 2:00pm Ages 3 to 5 Years  
**Doodlers:** Sundays 2:00 – 3:00pm Ages 6 to 10 Years  
**Session Fee:** Resident/\$188\* Non-Resident/\$225\*  
 \*\$20 Materials Fee Collected at on the First Day  
**Group Limit:** 15 Participants

### **Kids on Canvas**

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These are no ordinary paintings! Get ready for a Kids on Canvas® painting adventure that features fabulous artists, acrylic painting techniques, and most importantly, buckets of fun! Create paintings that explore patterns, include texture, and incorporate design while learning about the great Dutch master Vincent van Gogh, colorful Brazilian artist Romero Britto, and celebrated Cuban painter Amelia Peláez. We also have some super, Picasso-style fun!

**Winter Session:** January 8 – February 26 (8)  
**Doodlers:** Sundays 3:00 – 4:00pm Ages 10 to 12 Years  
**Doodlers Plus:** Sundays 4:00 – 5:00pm Ages 12 to 14 Years  
**Session Fee:** Resident/\$208\* Non-Resident/\$250\*  
 \*\$25 Materials Fee Collected at on the First Day  
**Group Limit:** 15 Participants



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

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

### **Weekend Workshops – Junior Industrial Engineering: Fun Factory** **Ages 4 – 7**

The Junior Industrial Engineering program introduces our youngest engineers to fundamental concepts of simple machinery, cooperative building, and the assembly line process. Through open and focused exploration, students explore and construct simple machines and then use an assembly line process to produce a delicious treat!

**Day/Time:** Sundays 1:00 – 2:30pm

**Winter Session:** January 8, 15, 22, 29

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

### **Weekend Workshops – App Industrial Engineering: A - Line Productions** **Ages 8 – 14**

During the Industrial Engineering classes, students use the Engineering Design Process to design, create, test, and refine efficient systems for production. Students explore foundational concepts of industrial engineering such as: assembly lines, safety, stamping, sorting and distributing materials. Students see just how fun and creative industrial engineering can be as they create their own ice cream factory and 3-D copies of designs.

**Day/Time:** Sundays 3:00 – 5:00pm

**Winter Session:** January 8, 15, 22, 29

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

### **Weekend Workshops – Junior Robotics: Move it, Move it!** **Ages 4 – 7**

Robotics engineering combines science, technology, engineering and math to develop useful machines that run on automatic controls. Robots come in a variety of shapes and sizes, and are each designed for unique tasks that range from lifting simple objects to cleaning up large-scale natural disasters.

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

**Winter 2 Session:** February 18, 25, March 4, 11

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

### **Weekend Workshops – Software Engineering: Scratch Video Sensing!** **Ages 8 – 14**

What's more fun than playing an interactive video game? Writing one! Video sensing allows students to design and program their own video games and then test them by interacting with the program via webcam. In this Scratch program, students work together to create their own games, art, and musical instruments while exploring coding foundations. Get up and get moving with Engineering for Kids and Scratch: Video Sensing!

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

**Winter 2 Session:** February 18, 25, March 4, 11

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

## ADULT FITNESS PROGRAMS

### VIVA YOGA: THE ULTIMATE ANTI-AGING AND STRESS BUSTER

This all levels Hatha style Yoga class promotes health and wellness for the body, mind and spirit. New to yoga and experienced yogis are welcome. You will stretch, tone and strengthen every body part that will improve your posture, relieve back and neck pain and help you look and feel younger. Learn deep breathing that eases stress and expels toxins and yoga postures that build strength while calming your mind. Wear exercise attire and bring a mat. For more info call Viva Community Fitness at 856-304-4494 or visit [www.vivacommunityfitness.com](http://www.vivacommunityfitness.com)

**Location:** Bala Gym, 49 Bala Avenue, Bala Cynwyd

**Time:** 7:30 – 8:30pm

**Winter – Tuesdays:** January 10 – March 28 (12)

**Winter – Thursdays:** January 12 – March 30 (12)

**Fee:** Resident/ \$192 Non-Resident/ \$230

### YOGA206 BONE BOOST

Concerned about bone health? Have you 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 bones for optimal movement? Join Abby Contract for YOGA206 BONE BOOST.

YOGA206 BONE BOOST, is a 60-minute mat & chair class focusing on bone strength with scientifically-proven, safely-adapted yoga poses. Class geared for persons with medical conditions, osteopenia, osteoporosis or those pro-active about bone health. Increase muscle, balance and boost bones. Class intended for participants of all levels, age fifty and over. Participants must be able to sit on and rise from a mat.

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

**Location:** Virtual via Zoom

**Day/Time:** Tuesdays 10:00 – 11:00am

|                                 |                             |                 |                     |
|---------------------------------|-----------------------------|-----------------|---------------------|
| <b>Free Introductory Class:</b> | Monday, December 12         | 10:00 – 11:00am | Zoom                |
| <b>Winter Session:</b>          | January 3 – February 14 (7) | Resident/\$105  | Non-Resident/ \$119 |
| <b>Winter 2 Session:</b>        | February 21 – March 28 (6)  | Resident/\$90   | Non-Resident/ \$102 |

## 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 Galloway

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.