

Township of Lower Merion Parks & Recreation

RECREATION INFORMATION

WINTER 2024

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

Please note, Winter registration will open November 1 (November 15 for Non-Residents).

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.

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.

WINTER PROGRAMS

BASKETBALL, US SPORTS INSTITUTE

Ages 4 – 8



The US Sports Institute offers basketball programs for players ages 4-8 of all ability levels looking to learn and develop basketball skills, strategy, and technique. With classes ranging from beginner to advanced abilities, we are sure to have something to suit every child. USSI's basketball players will be sure to improve skills and learn the importance of teamwork in this fast-paced, exciting sport.

Location: Bala Gym, 49 Bala Avenue, Bala Cynwyd

Winter Session: Saturdays January 13 – February 10 (5)

Winter 2 Session: Saturdays February 24 – March 23 (5)

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

Group Limit: 20 Participants

Sr Squirts Basketball: 9:00 – 9:50am Ages 5 – 7

Group Limit: 24 Participants

Sr Squirts Basketball: 10:00 – 10:50am Ages 5 – 7

Group Limit: 24 Participants

Sr Squirts Basketball: 11:00 – 11:50am Ages 5 – 7

Group Limit: 24 Participants

Foundation Basketball: 12:00 – 12:50pm Ages 7 – 8

Group Limit: 24 Participants

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

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. [For more information visit www.soccershots.org](http://www.soccershots.org).

Location: Bala Gym, 49 Bala Avenue, Bala Cynwyd

Fee: Per Session Resident/\$152 Non-Resident/\$183

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 18 – February 29 (7) **Group Limit:** 12 Participants

Session 2: Sundays 9:00 – 9:30am January 21 – March 3 (7) **Group Limit:** 16 Participants

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 18 – February 29 (7) **Group Limit:** 12 Participants

Session 2: Sundays 8:15 – 8:55am January 21 – March 3 (7) **Group Limit:** 16 Participants

Session 3: Sundays 9:35 – 10:15am January 21 – March 3 (7) **Group Limit:** 16 Participants

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 21 – March 3 (7) **Group Limit:** 16 Participants

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, 49 Bala Ave, Bala Cynwyd, PA

Winter Session: Wednesdays January 10 – February 14 (6)

Winter 2 Session: Wednesdays February 28 – April 10 (6) No Class March 27

Session 1: 5:00 – 6:00pm Ages 5 – 6

Session 2: 6:15 – 7:15pm Ages 7 – 8

Session 3: 7:30 – 8:30pm Ages 9 – 11

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

STEEL SPORTS – SCHOOL'S OUT

Ages 5 – 10



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. **Group Limit:** 14 Participants

Location: Bala Gym, 49 Bala Avenue, Bala Cynwyd

Times: 9:00am – Noon

Dates: Monday, January 15

Monday, February 19

Fee: Per Session Resident/\$65 Non-Resident/\$78

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

TENNIS, ROYAL T

Ages 7 – 14



Royal T Tennis will present a challenging, intensive tennis, skill building and tennis fitness educational program. This program 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 – (610) 585-4420.**

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

Group Limit: 10 Participants

Winter Session: Sundays January 14 – February 18 (6)

Tuff Enuff Kidz (Advanced Intermediate) 1:00 – 2:00pm Resident/\$220 Non-Resident/\$264

Extreme Dream Team Kidz (Advanced Elite) 2:00 – 3:00pm Resident/\$240 Non-Resident/\$288

Winter 2 Session: Sundays March 3 – April 14 (6) No Class March 31

Tuff Enuff Kidz (Advanced Intermediate) 1:00 – 2:00pm Resident/\$220 Non-Resident/\$264

Extreme Dream Team Kidz (Advanced Elite) 2:00 – 3:00pm Resident/\$240 Non-Resident/\$288

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

Dates: Sundays January 7 – March 3 (8) No Class Feb 18

Session 6:	3:00 – 4:00pm	Beginner and Advanced Beginner
Session 7:	4:00 – 5:00pm	Beginner and Advanced Beginner
Session 8:	5:00 – 6:00pm	Advanced Beginner & Intermediate
Session 9:	6:00 – 7:00pm	Advanced Beginner & Intermediate
Session 10:	7:00 – 8:00pm	Adult & Teen – All Levels

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



RHYTHMIC GYMNASTICS

Ages 5+



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.**

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

Group Limit: 30 Participants

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

Day/Time: Tuesdays 5:30 – 6:30pm

Winter Session: January 9 – March 12 (10)

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

BRICKS 4 KIDZ

Ages 6 – 12



Wheels in Motion –Students will use LEGO® Bricks, axles, pulleys, gears, and motors to build a variety of models on wheels. Some are familiar vehicles, such as fire engines and delivery trucks. Others are more spectacular, such as the Rescue Robot and K-9 Bot. Do you have a need for speed? Put your Speed Bot model to the test as you race against

others using remote controls! We'll explore concepts of speed and force and gain non-vehicle knowledge from the unconventional Wheels in Motion models as well. Let's roll!

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

Day/Time: Tuesdays 5:00 – 6:00pm

Winter Session: January 9 – February 13 (6)

Fee: Resident/\$125 Non-Resident/\$150

Group Limit: 18 Participants

PLAY-WELL TEKNOLOGIES



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. **Group Limit:** 16 Participants

For more information visit www.play-well.org

Pokémon Master Engineering using LEGO® Materials

Ages 7 – 11

LEGO® Master, I choose you!! In the race to be crowned the Ultimate Pokémon Champion, we need your help! Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title.

Learn from our Play-Well Pokémon Masters so you can make it to the top!

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

Winter Session: January 10 – February 14 (6)

Day/Time: Wednesdays 4:30 – 5:30pm

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

Minecraft Engineering using LEGO® Materials

Ages 6 – 9

Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

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

Winter Session: February 24, March 2, 9, 16 (4)

Day/Time: Saturdays 9:30 – 11:00am

Fee: Resident/\$95 Non-Resident/\$114

MAD SCIENCE WEEKEND WORKSHOP

Ages 6 – 12



Mission — “We aim to spark the imagination and curiosity of children everywhere by providing them with fun, entertaining and educational activities that instill a clear understanding of what science is really about and how it affects the world around them.”

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

Date/Time: Sunday 9:30am – 12:30pm

Fee: Per Session Resident/\$52 Non-Resident/\$62

Group Limit: 20 Participants

January 21 Exploration Chemistry – Building with Bonds

Become a creative chemist through the investigation of the periodic table and the atoms that make up everything around us! Make chemical connections between different atomic models using bonds to construct molecules.

Whether it is long stretchy chains of molecules in the form of silly putty or structured atoms in the form of crystal gardens, find out how chemistry connects the world.

February 11 Shocking Science

Shocking fun awaits! Join us while we build simple circuits, make buzzers buzz, test our nerves, tinker with electromagnets, and even see a Van de Graaff generator create indoor lightning!

March 17 Detective Science

Help solve the Bustertown Bake-Off Mystery! We’ve been asked to help the police investigate the scene of the “crime;” we’ll dust for fingerprints, examine clues, analyze different powders and interview witnesses. Help figure out whodunit!



Mission — “We aim to spark the imagination and curiosity of children everywhere by providing them with fun, entertaining and educational activities that instill a clear understanding of what science is really about and how it affects the world around them.” **FULL DAY and HALF DAY OPTIONS!**

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

Group Limit: 20 Participants

AM Only: 9:00am – Noon **Full Day:** 9:00am – 3:30pm

Monday, January 15

Full Day Slimey Science & Smokey Ice/Chemical Curiosities **Fee:** Resident/\$100 Non-Resident/\$120

AM Only Chemical Curiosities **Fee:** Resident/\$52 Non-Resident/\$62

Slimey Science & Smokey Ice

Build model molecules, copper-plate a nickel, and make your very own ooey gooey Mad Science slime and putty to take home! Witness fantastic dry ice demonstrations with smoking & bubbling flasks!

Chemical Curiosities

Mix up potions and experiment with all kinds of chemical reactions! Combine chemicals to create exothermic reactions, examine our non-Newtonian fluid, make your own sidewalk chalk and crystal gardens to take home!

Friday, February 16

Full Day Mad Machines/Lasers & Optics **Fee:** Resident/\$100 Non-Resident/\$120

AM Only Lasers & Optics **Fee:** Resident/\$52 Non-Resident/\$62

Mad Machines

Discover simple machines! Unravel the power of pulleys, build catapults and claw grabber devices! We'll compile all that we've learned & build our own Mad Science Drag Racers to race and take home!

Lasers & Optics

Become immersed in the world of lasers, light, and color! Discover how laser light differs from white light as we bend & shine beams of light all around the room and dissect white light with our special specs! Witness small indoor fireworks displays to show how different metals react to heat and learn about tricks our eyes play on us by experimenting with mirrors and optical illusions!

Monday, February 19

Full Day Energy & Motion/Shake it Up **Fee:** Resident/\$100 Non-Resident/\$120

AM Only Shake It Up **Fee:** Resident/\$52 Non-Resident/\$62

Energy & Motion

Forces are FUNdamental! Explore the energy of motion (potential versus kinetic energy) while tinkering with things that boink, pop, float, swing, and roll!

Shake It Up

Immerse yourself in the world of acids and bases, solutions and solubility, and lots of crazy chemical reactions! We'll make corks pop, mix up a “magic muffin,” dissolve Styrofoam, create crystal gardens and even experiment with shaving cream marbling!

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.

ABRAKADOODLE



Abakadoodle 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. Abakadoodle 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
Fee: Per Session Resident/\$140 Non-Resident/\$168 *Material Fees Included in Pricing

Mini Doodlers **Sundays** **Noon – 1:00pm** **Ages 3 – 5**

Winter Session: January 7 – February 18 (7)

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!

Winter 2 Session: March 3 – April 21 (7) No Class March 31

Art from the Heart – Little artists have big hearts full of love! Our youngest artists explore hands-on creations about themselves, family members, neighbors, and friends. Experience the fun of painting, printing, puppets, collage, and more. Practice sharing and get a taste of how we and the people we love relate to the great big world! *Art From the Heart* is the perfect way for little ones to explore life through the universal language of art!

Doodlers **Sundays** **1:15 – 2:15pm** **Ages 6 – 12**

Winter Session: January 7 – February 18 (7)

FAB Art: Fun and Beautiful – Everything we create is FAB – Fun And Beautiful as we explore watercolor techniques, papers, 3D art and perspective. Design FUN art featuring unique masks, fish that grow and even lovable minions. Create BEAUTIFUL art as we fold and cut paper in unique ways, paint tonal gradations, learn to crop images, and invent your own designs. Let your creativity flow to make FAB art!

Winter 2 Session: March 3 – April 21 (7) No Class March 31

Kids on Canvas: Masters Reinvented – What is a great way to learn about masters' paintings? Reinvent them! Explore great master paintings from ancient Grecian urns to Monet's landscape brushstrokes to Warhol's portraits—then add a fun twist to recreate these famous works anew! Use new painting methods and designs to create parodies, unusual portraits, and personalized still lifes in the styles of the masters.

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**

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

Winter Session: Saturdays, January 13 – February 24 (7)

Winter 2 Session: Saturdays, March 2 – April 20 (7) No class March 30

Junior Drawing and Cartoon	10:15 – 11:00am	Ages 3 – 5	Group Limit: 12 Participants
Drawing and Cartooning	11:15am – 12:15pm	Ages 5 – 12	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

ADULT FITNESS PROGRAMS

PICKLEBALL – INDOOR, 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: 8 Participants

Location:	Bala Gym, 49 Bala Avenue, Bala Cynwyd		
Winter Session:	January 9 – February 8 (5)		
Winter 2 Session:	February 20 – March 21 (5)		
Session 1:	Beginner	Tuesdays	8:00 – 9:30am
Session 2:	Intermediate	Tuesdays	9:30 – 11:00am
Session 3:	Beginner	Tuesdays	7:45 – 9:15pm
Session 4:	Beginner	Wednesdays	8:00 – 9:30am
Session 5:	Intermediate	Wednesdays	9:30 – 11:00am
Session 6:	Intermediate	Thursdays	7:45 – 9:15pm
Fee:	Per Session	Resident/\$210	Non-Resident/\$252

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 osteopenia, osteoporosis, other medical conditions affecting bone density and those pro-active about bone health. Class intended for participants of all levels, age fifty and over, and participants must be able to sit on and rise from a mat. Boost muscle, balance and bones.

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

Location:	Virtual via Zoom		
Day/Time:	Tuesdays	10:00 – 11:00am	
Fee:	Per Session	Resident/\$105	Non-Resident/ \$126

Free Introductory Classes:	Thursday, January 4	10:00 – 11:00am	Zoom
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Winter Session: January 9 – February 20 (7)

Free Introductory Classes:	Thursday, February 22	10:00 – 11:00am	Zoom
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Winter 2 Session: February 27 – April 16 (7) No Class March 26

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 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

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.riverbendec.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.