

# Township of Lower Merion Parks & Recreation

## RECREATION INFORMATION

### SPRING 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, Abrakadoodle Art Classes, and Play-Well Technologies and Built By Me Classes, Mad Science Workshops, US Sports Institute Classes 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.

**Please note, Spring registration will open February 1 (February 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](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.

# SPRING PROGRAMS

## SOCCER SHOTS

*Ages 2 – 7*



Soccer Shots is the premier intro to soccer program in the United States teaching children soccer and character development through its innovative curriculum and imaginative games. More information can be found at [www.soccershots.org](http://www.soccershots.org).

**Fee:** Per 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**

<b>Spring Session 1:</b>	Thursdays	4:30 – 5:00pm	March 28 – May 16 (8)	Ashbridge (12)
<b>Spring Session 2:</b>	Thursdays	5:20 – 5:50pm	March 28 – May 16 (8)	Ashbridge (12)
<b>Spring Session 3:</b>	Saturdays	8:45 – 9:15am	March 23 – May 11 (8)	South Ardmore (12)
<b>Spring Session 4:</b>	Saturdays	9:30 – 10:00am	March 23 – May 11 (8)	South Ardmore (12)
<b>Spring Session 5:</b>	Saturdays	10:50 – 11:20am	March 23 – May 11 (8)	South Ardmore (12)
<b>Spring Session 6:</b>	Sundays	9:00 – 9:30am	March 24 – May 19 (8) <small>No Class 3/31</small>	General Wayne (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.

<b>Spring Session 1:</b>	Thursdays	4:30 – 5:10pm	March 28 – May 16 (8)	Ashbridge (12)
<b>Spring Session 2:</b>	Thursdays	5:10 – 5:50pm	March 28 – May 16 (8)	Ashbridge (12)
<b>Spring Session 3:</b>	Thursdays	6:00 – 6:40pm	March 28 – May 16 (8)	Ashbridge (12)
<b>Spring Session 4:</b>	Saturdays	8:45 – 9:25am	March 23 – May 11 (8)	South Ardmore (12)
<b>Spring Session 5:</b>	Saturdays	9:20 – 10:00am	March 23 – May 11 (8)	South Ardmore (12)
<b>Spring Session 6:</b>	Saturdays	10:05 – 10:45am	March 23 – May 11 (8)	South Ardmore (12)
<b>Spring Session 7:</b>	Saturdays	10:50 – 11:30am	March 23 – May 11 (8)	South Ardmore (12)
<b>Spring Session 8:</b>	Saturdays	11:35am – 12:15pm	March 23 – May 11 (8)	South Ardmore (24)
<b>Spring Session 9:</b>	Sundays	9:45 – 10:25am	March 24 – May 19 (8) <small>No Class 3/31</small>	General Wayne (24)
<b>Spring Session 10:</b>	Sundays	10:40 – 11:20am	March 24 – May 19 (8) <small>No Class 3/31</small>	General Wayne (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.

<b>Spring Session 1:</b>	Thursdays	6:00 – 6:40pm	March 28 – May 16 (8)	Ashbridge (12)
<b>Spring Session 2:</b>	Saturdays	10:05 – 10:45am	March 23 – May 11 (8)	South Ardmore (12)
<b>Spring Session 3:</b>	Sundays	10:40 – 11:20am	March 24 – May 19 (8) <small>No Class 3/31</small>	General Wayne (12)

## 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)

**MULTISPORTS, US SPORTS INSTITUTE***Ages 1.5 – 6.5*

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

**Group Limit:** 12 Participants unless otherwise indicated \* (10 Participants)

**Location:** Ashbridge Park  
**Day/Dates:** Saturdays April 13 – June 8 (8) No Class 5/25  
**Fee:** Per Session Resident/\$199 Non-Resident/\$239

**Parent & Me**

Introduce your child to the world of sport in a supportive, non-competitive environment. With help from their parent, young children will learn a variety of movement skills through games and activities from various sports, including lacrosse, soccer, T-ball, track & field, and football. All of this is done with the support and guidance of a parent by their side. With a parent actively participating by their side, your child will enjoy quality bonding time while learning fundamental sports skills through enjoyable games and activities. Our program is carefully tailored to promote both physical and personal growth, encompassing not only motor skills development but also valuable life skills such as patience, teamwork, and self-confidence.

**Session 1:** 8:30 – 9:10am Ages 1.5 – Under 3  
**Session 2:** 9:15 – 9:55am Ages 2 – 3.5  
**Session 3:** 10:00 – 10:40am Ages 1.5 – Under 3  
**Session 4:** 10:45 – 11:25am Ages 2 – 3.5

**Squirts/Senior Squirts**

Participants have the opportunity to experience Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey & Flag Football. All sports are taught in a safe, structured and fun learning environment.

**Session 1:** 8:30 – 9:15am Ages 3 – 4.5\*  
**Session 2:** 9:20 – 10:05am Ages 4 – 5.5\*  
**Session 3:** 10:10 – 10:55am Ages 3 – 4.5\*  
**Session 4:** 11:00 – 11:45am Ages 5 – 6.5

**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.

**Location:** General Wayne Park  
**Day/Time:** Tuesdays 4:20 – 5:10pm  
**Spring Session:** April 2 – May 21 (8)  
**Fee:** Resident/\$160 Non-Resident/\$192  
**Group Limit:** 30 Participants

**HAPPYFEET***Ages 3 – 5*

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

**Group Limit:** 12 Participants

**Location:** South Ardmore Park  
**Day/Time:** Sundays 9:00 – 10:00am 10:00 – 11:00am 11:00am – Noon  
**Spring Session:** March 17 – April 28 (7)  
**Spring 2 Session:** May 5 – June 23 (7) No Class 5/26  
**Fee:** Per Session Resident/\$189 Non-Resident/\$227

**QUADBALL/QUIDDITCH, LEVIO LEARNING***Ages 7 – 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! More information can be found at [www.leviolearning.com](http://www.leviolearning.com).

**Location:** Ashbridge Park  
**Day/Time:** Mondays 4:30 – 6:00pm  
**Spring Session:** April 22 – May 13 (4)  
**Fee:** Per Session Resident/\$150 Non-Resident/\$180  
**Group Limit:** 10 Participants

**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!

**Location:** McMoran Park  
**Group Limit:** 16 Participants

<b>Saturdays</b>	<b>11:00am – Noon</b>	<b>Beginner/Advanced Beginner</b>	
<b>Spring Session:</b>	March 16 – April 20 (6)	Resident/\$150	Non-Resident/\$180
<b>Spring 2 Session:</b>	May 4 – June 8 (6)	Resident/\$150	Non-Resident/\$180
<b>Saturdays</b>	<b>1:00 – 2:00pm</b>	<b>Beginner/Advanced Beginner</b>	
<b>Spring Session:</b>	March 16 – April 20 (6)	Resident/\$150	Non-Resident/\$180
<b>Spring 2 Session:</b>	May 4 – June 8 (6)	Resident/\$150	Non-Resident/\$180
<b>Tuesdays/Thursdays</b>	<b>5:00 – 6:00pm</b>	<b>Beginner/Advanced Beginner</b>	
<b>Spring Session:</b>	April 16 – May 16 (10)	Resident/\$250	Non-Resident/\$300
<b>Spring 2 Session:</b>	May 28 – June 20 (8)	Resident/\$200	Non-Resident/\$240

**TENNIS, PAM RENDE – L3***Ages 4 – 17*

Tennis for beginner, advanced beginner and intermediate levels. Learn the FUNdamentals of the game including the grips, the strokes, scoring with pointplay and matchplay all while having fun! Matchplay and strategy for advanced players.

**Location:** Lower Merion High School Tennis Courts, 245 E Montgomery Avenue, Ardmore Location Subject to Change  
**Day/Dates:** Saturdays April 13 – May 18 (6)  
**Session 1:** 9:00 – 10:00am Beginner / Advanced Beginner  
**Session 2:** 10:00 – 11:00am Advanced Beginner / Intermediate  
**Fee:** Per Session Resident/\$120 Non-Resident/\$144

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.

## TENNIS, ROYAL T

Ages 7 – 14



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

**Location:** Gladwyne Park  
**Day/Dates:** Saturdays April 20 – June 1 (7)  
**Session 1:** 10:30am – Noon Intermediate  
**Session 2:** 12:30 – 2:00pm Advanced  
**Fee:** Per Session Resident/\$220 Non-Resident/\$264  
**Group Limit:** 15 Participants

## 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:** Saturday 9:30am – 12:30pm  
**Fee:** Per Session Resident/\$52 Non-Resident/\$62  
**Group Limit:** 20 Participants

### April 20 Jr. Physicians – The Lung and the Breathless

Take a trip through the Respiratory System from the nose to the lungs. Find out how important mucus is to the human body's defense and make some Mad Mucus to take home. Create model inflatable lungs while exploring how oxygen circulates through the body. From the lungs to the heart, see how these different organs work together to make your body tick!

### May 4 Brixology – Creatures

Explore the science and engineering that lets humans invent new things based on solutions found in nature! Through the engineering design process, bioengineers solve problems with biomimicry. Put together a wind-up peacock puzzle that can move to take home!

### June 1 World of Engineering and Design – Pitch Your Product

Let's design and build a prototype of the perfect tool/item that everybody needs. Anyone, at any age, can be a business entrepreneur! We're learning how to turn an idea into a retail product.

## 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 Community Center, 9 S. Bryn Mawr Avenue  
**Day/Time:** Fridays 4:30 – 6:30pm  
**Spring Session:** April 5 – June 7 (10)  
**Fee:** Resident/\$225 Non-Resident/\$281  
**Group Limit:** 7 Participants



## CHESS CLUB, SHINING KNIGHTS

Ages 5 – 13



ShiningKnights, Ltd.

Learn how to play chess from a Shining Knights chess coach! Our coaches are professional instructors and have taught thousands of children to play chess. Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. All chess supplies provided. More information can be found at [www.shiningknightschess.com](http://www.shiningknightschess.com).

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

**Session 1:** Tuesdays 5:30 – 6:30pm April 2 – June 11 (10) No Class 4/23

**Session 2:** Wednesdays 5:30 – 6:30pm April 3 – June 5 (10)

**Fee:** Per Session Resident/\$165 Non-Resident/\$198

**Group Limit:** 30 Participants

## NATIONAL CSI INVESTIGATION CAMP

Ages 10 – 17



National CSI Camp is a leading educational provider in the forensic science space. National CSI Camp delivers unique, hands-on CSI training experiences for mature middle and high school-aged students, with a particular interest in science, law enforcement and/or forensics. By bringing competent, personable, and enthusiastic police detectives into teach high school-aged kids, National CSI aims to promote a positive bond between the police and their community. For more information visit [www.NationalCSICamp.org](http://www.NationalCSICamp.org).

### Level I

STEM concepts relating to forensics and solving crime scenes are explored. The lecture, labs and exercises will cover many “CSI” topics including collecting, analyzing, and classifying fingerprints, creating & examining blood spatter patterns, casting footprints, and so much more. This is a very hands-on and interactive enrichment class for students.

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

**Date:** Saturday, April 6

**Time:** 9:00am – 4:00pm

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

**Group Limit:** 25 Participants

## PLAY-WELL TEKNOLOGIES

Ages 6 – 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](http://www.play-well.org)

### Spring into STEM with LEGO® Materials

Celebrate the coming of Spring with Play-Well and tens and thousands of LEGO® parts! Build chirping birds, design blossoming flowers, and take a ride on a paddle boat. 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

**Spring Session:** April 18 – May 23 (6)

**Fee:** Resident/\$138 Non-Resident/\$166

**Group Limit:** 16 Participants



Built by Me offers STEM robotics and coding programs geared to children in grades 1 - 5. Our mission is to teach children to create via technology. Our programs are all interactive, collaborative, hands-on, project-based, and focused on using technology to create and learn new skills while having fun! Within our tight age ranges we break our classes down even further, grades 1 -3 and 3 - 5, so children can gain the appropriate skills at their level of maturity. More information can be found at [www.builtbyme.com](http://www.builtbyme.com).

**Location:** Bryn Mawr Spring House, 9 S. Bryn Mawr Avenue  
**Days:** Mondays April 8 – May 13 (6)  
**Fee:** Resident/\$188 Non-Resident/\$226

**LEGO® Robotics & Coding – Adventures 5:00 – 6:00pm Ages 7 – 9 Group Limit: 8 Participants**

This fun, interactive program will introduce students to coding and robotics using the LEGO® Education Robotics Construction Sets. Children will learn basic programming skills, simple engineering concepts, and the names of the robotic components. They will work in teams of 2 on guided projects building models, attaching sensors and motors, and using a computer to program the model's behavior. Children will gain confidence and understanding as they build and code their robots.

**Robotics and Coding with mBot Robot 6:15 – 7:15pm Ages 9 – 12 Group Limit: 8 Participants**

If your child is excited about robots and coding this is the perfect class for them. Young engineers will discover the basics of coding and robotics as they learn how to program the mBot robot to complete a variety of tasks. This fun and interactive program will have them track (and probably chase) their mBots to go through a maze and to sing, while building and expanding their coding skills. Along the way, they'll develop their troubleshooting and problem-solving skills, as well.

**ABRAKADOODLE**

Ages 3 – 12



Abrakadoodle is the global leader in visual arts education, bringing art classes, camps and special art events to children of all ages. 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! Material Fees included in pricing.

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

**Amazing American Artists Sundays May 5 – 19 (3) Group Limit: 16 Participants**

Come along to America, land of some amazing artists! Create artworks inspired by famous artists who explore color, celebrate uniqueness, innovate with paint, depict familiar scenes, and highlight different cultures. You will learn about Thiebaud's enticing goodies, Grandma Moses' charming landscapes, Steinberg's fascinating figures and more. Have fun with these Amazing American artists and create your own amazing art!

<b>Session:</b> Mini Doodlers	Ages 3 – 5	Noon – 1:00pm	Resident/\$60	Non-Resident/\$72
Doodlers	Ages 5 – 12	1:15 – 3:15pm	Resident/\$120	Non-Resident/\$144

# SPRING BREAK/SCHOOL'S OUT PROGRAMS

## ABRAKADOODLE

Ages 5 – 12



Join Abrakadoodle for a morning of Art! Our Art Camps include art lessons, music, games, crafts, music and special activities for children ages 5-12. Abrakadoodle art program offers a multi-media art program that is both educational and fun. Our curriculum is focused on the elements of art, art techniques, styles, art history and the sequential development of skills. Students create artwork inspired by famous artists, art styles and world cultures while they celebrate their creativity and uniqueness. Our lessons use a variety of safe non-toxic art materials that bring an engaging multi-arts experience to students.

**Group Limit:** 16 Participants

### March 25 – 29, Spring Break

### Doodle and Design

### Bryn Mawr Spring House

Discovery happens with eyes wide open! With artfully educated eyes, students notice design in nature, engineered structures, human-made products and more in the surrounding world! This new awareness of art elements and principles enhances the joy of discovery in the visual world. Abrakadoodle artists doodle and design to explore new techniques, exciting materials, art history, and design-loving artists!

**Time/Fee:** AM Only 9:00am – Noon Resident/\$200 Non-Resident/\$240

## MAD SCIENCE

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.” **FULL DAY and HALF DAY OPTIONS!**

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

**Time/Fee:** AM Only 9:00am – Noon Resident/\$200 Non-Resident/\$240  
Full Day 9:00am – 3:30pm Resident/\$375 Non-Resident/\$450

\*Lunch from Noon – 12:30pm – Please send with a packed lunch

### March 25 – 29, Spring Break

**Full Day** NASA: Journey to Outer Space/Super Slimy

**Group Limit:** 17 Participants

**AM Only** Super Slimy Smokey Science

**Group Limit:** 17 Participants

#### NASA: Journey to Outer Space

Take a voyage of discovery into the atmosphere and beyond as we explore planets, moons, and other space phenomena. Create a comet and build your own Mad Science rocket and participate in a real NASA style rocket launch! Campers will take home additional NASA activities to complete at home! Mad Science is the ONLY organization licensed by NASA to use these activities for Summer Camps!

#### Super Slimy Smokey Science

Dive into a variety of scientific fields as you help solve a mystery, stretch silly putty and slime, copper-plate nickels, tinker with circuits, and investigate optical illusions. Become captivated by lasers, dry ice, and hair-raising experiments! You will love what happens when you mix science and fun!

## STEEL SOCCER, SCHOOL'S OUT

Ages 5 – 14



This camp provides a consistent path to improvement for 5- to 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

**Date/Time:** Tuesday, April 23 9:00am – Noon

**Fees:** Resident/\$65 Non-Resident/\$78



## XPLORE MULTISPORT, STEEL SPORTS

*Ages 5 – 14*



Join Steel Sports for a week-long program introducing athletes to sports that are played around the world. Athletes will learn basic rules while engaging in free play and competitive games. Sports for World Games include: Badminton, Baseball, Basketball, Gaga ball, Floor Hockey, Flag Football, Flag rugby, Ultimate Frisbee, Cricket, Lacrosse, Softball, Handball, Volleyball, Soccer and MORE.

**Location:** Hilltop Preparatory School, 737 S Ithan Ave, Bryn Mawr  
**Dates/Time:** March 25 – 28 9:00am – Noon  
**Fee:** Resident/\$215 Non-Resident/\$258

## ULTIMATE FRISBEE, PHOENIX ULTIMATE

*Ages 7 – 15*



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

**Location:** Bala Cynwyd Park  
**Date:** Tuesday, March 26  
**Time/Fee:**

AM Only	9:00am – Noon	Resident/\$54	Non-Resident/\$65
Full Day	9:00am – 3:00pm	Resident/\$90	Non-Resident/\$108

## HARRITON HOUSE

*Ages 8 – 12*



Come to the Harriton House for a day of history! Our engaging programs include hands-on activities centered on the 300+ years of history at Harriton House. Best suited to children ages 8 – 12, the programs bring history to life in a meaningful way. The Harriton Association operates the historic house for the Township of Lower Merion, offering programs, public and school tours, preserving and restoring Harriton House, and other amenities within the park.

**Location:** Harriton House, 500 Harriton Rd, Bryn Mawr  
**Time:** 10:00am – 3:00pm  
**Fee:** Per Session Resident/\$60 Non-Resident/\$72

### Wednesday, March 27

### Colonial Cooking

**Group Limit: 8 Participants**

Participants will learn about cooking in the late 18th century by preparing their lunch over the hearth in the c. 1790 kitchen at Harriton House. The menu will include a hearty vegetable soup and cornbread. We'll start by laying and lighting a good cooking fire and follow simple techniques and a historical recipe to make the meal. Participants will use kitchen tools such as knives, heavy pots, and pans, and will be working around the fire. A list of ingredients and safety tips will be distributed upon registration. Students should bring a re-fillable water bottle and may wish to bring a lunch as an alternative to what is being cooked.

### Friday, March 29

### Farm Life

**Group Limit: 10 Participants**

This mostly outdoor class will give participants the opportunity to get to know our friendly farm animals up close and personal. We will go through a typical day of farm "chores" and plant some seeds to grow into useful plants for the chickens. Because the class will be working with animals, participants should be prepared to get dirty and to smell barn odors. Participants should bring their own lunch and a re-fillable bottle of water, Harriton House will provide an afternoon snack.

Lower Merion Township is looking for motivated and reliable summer lifeguards to ensure the safety of members and guests at the Belmont Hills and Ardmore Avenue Pools. Please email [recreation@lowermerion.org](mailto:recreation@lowermerion.org) for employment opportunities.

# ADULT CLASSES AND PROGRAMS

## LOWER MERION TOWNSHIP WOMEN'S SOFTBALL

*Players and Teams Wanted!*



- Modified Pitch Softball League open to women 18 and over.
- Games are played on Monday and Wednesday nights from May through August in LMT.
- Teams and individual Players are wanted.

If you are interested, please call (610) 645-6220 or e-mail [recreation@lowermerion.org](mailto:recreation@lowermerion.org).

## 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](mailto:YOGA206@icloud.com) or follow YOGA206 on Instagram and Facebook.**

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

**Spring Session:** April 23 – June 4 (7)

**Fee:** Resident/\$105 Non-Resident/ \$126

## PICKLEBALL, UNIVERSAL RACKETS



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

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

**Spring – Sundays** March 17 – April 21 (5) No Class 3/31 Wynnewood Valley Park

**Session 1:** Beginner Noon – 1:30pm

**Session 2:** Adv Beginner/Intermediate 1:30 – 3:00pm

**Session 3:** Level 3.0 – 4.0 3:00 – 4:30pm

**Spring – Tuesdays** April 9 – May 7 (5) Bala Ave Park

**Session 1:** Beginner/Intermediate 4:30 – 6:00pm

**Session 2:** Intermediate Plus 6:00 – 7:30pm

**Spring 2 – Sundays** May 5 – June 2 (5) Wynnewood Valley Park

**Session 1:** Beginner 9:30 – 11:00am

**Session 2:** Adv Beginner/Intermediate 11:00am – 12:30pm

**Session 3:** Level 3.0 – 4.0 12:30 – 2:00pm

**Spring 2 – Tuesdays** May 21 – June 18 (5) Bala Ave Park

**Session 1:** Beginner/Intermediate 8:00 – 9:30am

**Session 2:** Intermediate Plus 9:30 – 11:00am

## TENNIS, UNIVERSAL RACKETS



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

<b>Saturdays</b>	<b>Noon – 1:00pm</b>	<b>Adult – All Levels</b>	<b>McMoran Park</b>
<b>Spring Session:</b>	March 16 – April 20 (6)	Resident/\$180	Non-Resident/\$216
<b>Spring 2 Session:</b>	May 4 – June 8 (6)	Resident/\$180	Non-Resident/\$216
<b>Tuesdays/Thursdays</b>	<b>6:00 – 7:00pm</b>	<b>Adult – All Levels</b>	<b>McMoran Park</b>
<b>Spring Session:</b>	April 16 – May 16 (10)	Resident/\$300	Non-Resident/\$360
<b>Spring 2 Session:</b>	May 28 – June 20 (8)	Resident/\$240	Non-Resident/\$288

## TENNIS, PAM RENDE – L3



Looking for a great way as a beginner to learn the game? Or are you an intermediate who has not played in a while and are looking for a way to get out, play points and get a good workout? This is it! Taught by certified pros in a fun and enjoyable way you will gain sport knowledge while having fun and hitting lots of balls.

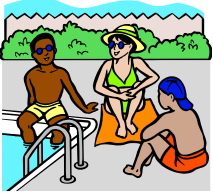
<b>Location:</b>	Lower Merion High School Tennis Courts, 245 E Montgomery Avenue, Ardmore <small>Location Subject to Change</small>		
<b>Day/Dates:</b>	Saturdays	April 13 – May 18 (6)	
<b>Session 1:</b>	11:00am – Noon	Beginner and Advanced Beginner	
<b>Session 2:</b>	Noon – 1:00pm	Advanced Beginner and Intermediate	
<b>Fee:</b>	Per Session	Resident/\$120	Non-Resident/\$144

# OTHER PARKS AND RECREATION INFORMATION

## LOWER MERION TOWNSHIP – POOL INFORMATION

The Department of Parks and Recreation operates two outdoor swimming pools.

- The **Ardmore Pool** is located behind the Community Center on Ardmore Ave in Ardmore—610.642.4338.
- The **Belmont Hills Pool** is located at 122 Mary Waters Ford Road in Bala Cynwyd—610.668.2411.



Separate memberships are required for each pool. Full Season, Half Season and Pay As You Go Memberships are available.

Membership applications, fee tables and supporting information can be found at [www.lowermerionrec.com](http://www.lowermerionrec.com) or at the Department of Parks and Recreation.

Memberships **must** be purchased through the Department of Parks and Recreation, 75 E. Lancaster Avenue, Ardmore, before attending the pools. **Memberships can be purchased on-line, via mail, or in person.**

The Pools will open on **Saturday, May 25** (weekends only) and will open **Monday, June 17**, seven days a week for the regular summer season, closing on Labor Day, **Monday, September 2** (Schedule subject to change). Pools are open weekdays, Noon to 8:00pm and weekends/holidays from 11:00am – 8:00pm.

**All members must provide proof of Lower Merion residency.** Photocopies of residency are acceptable. You may complete the membership process through the mail.

**Morning Adult Swim** at Belmont Hills Pool will be held from **June 17 – August 9, 2024** every Monday through Friday from **8:00 – 9:00am** (as operations allows) to *members of either pool **only***.

**Tot Pool Hours** at Belmont Hills Pool will be held from **June 17 – August 9, 2024** every Monday through Friday beginning at **10:00am** (as operations allows) to *members of either pool **only***. Members will **ONLY** be permitted to use the Tot Pool.

The Annual Cardboard Boat Regatta will be held **Sunday, July 28** (rain or shine) beginning at **3:00pm**. **The lap pool will be CLOSED for this event**, but will re-open once event is complete.

## FLAT ROCK PARK BOATING FACILITIES

- Township-owned boating facilities are provided at Flat Rock Park. The general public is permitted use of these facilities provided appropriate permits are obtained.
- **There is no fee to obtain a permit.**
- All Boat Trailers are required to obtain a permit to park at the Flat Rock Park Boating Facility.
- The boating facilities are available for use by motorized and non-motorized boats, including canoes and kayaks.
- The recreational boating season is year round, but floating docks will only be in the water from approximately April 1 to November 15.
- The hours of Flat Rock Park are from Dawn until Dusk.

### **Boat Trailer Parking Permit**

To apply for a Trailer Parking Permit, individuals must complete a Boat Trailer Parking Permit Application.

**Permit application forms can be found on the Township web site at [www.lowermerion.org](http://www.lowermerion.org). Applications can be submitted via mail, in person, or on-line. Please visit [www.lowermerionrec.com](http://www.lowermerionrec.com) for more details.**

## DISCOUNT TICKETS FOR LOCAL AMUSEMENT PARKS AND ATTRACTIONS

Please check [www.lowermerionrec.com](http://www.lowermerionrec.com) 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 2024 season.
- Tickets are sold from May through September 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 at the AACC?** Call for the most up to date 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