

Township of Lower Merion Parks & Recreation

RECREATION INFORMATION

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

Fee: Six (6) Week Session	Resident/\$130	Non-Resident/\$156
Eight (8) Week Session	Resident/\$173	Non-Resident/\$208

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.

Fall Session 1:	Thursdays	4:30 – 5:00pm	Sept 5 – Oct 10 (6)	Ashbridge Park (12)
Fall Session 2:	Thursdays	5:20 – 5:50pm	Sept 5 – Oct 10 (6)	Ashbridge Park (12)
Fall Session 3:	Saturdays	8:45 – 9:15am	Sept 7 – Oct 26 (8)	South Ardmore Park (12)
Fall Session 4:	Saturdays	9:40 – 10:10am	Sept 7 – Oct 26 (8)	South Ardmore Park (12)
Fall Session 5:	Sundays	9:00 – 9:30am	Sept 8 – Oct 27 (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 5 – Oct 10 (6)	Ashbridge Park (12)
Fall Session 2:	Thursdays	5:10 – 5:50pm	Sept 5 – Oct 10 (6)	Ashbridge Park (12)
Fall Session 3:	Thursdays	6:00 – 6:40pm	Sept 5 – Oct 10 (6)	Ashbridge Park (12)
Fall Session 4:	Saturdays	8:45 – 9:25am	Sept 7 – Oct 26 (8)	South Ardmore Park (12)
Fall Session 5:	Saturdays	9:30 – 10:10am	Sept 7 – Oct 26 (8)	South Ardmore Park (12)
Fall Session 6:	Saturdays	10:25 – 11:05am	Sept 7 – Oct 26 (8)	South Ardmore Park (12)
Fall Session 7:	Saturdays	11:20am – Noon	Sept 7 – Oct 26 (8)	South Ardmore Park (12)
Fall Session 8:	Sundays	9:45 – 10:25am	Sept 8 – Oct 27 (8)	General Wayne Park (24)
Fall Session 9:	Sundays	10:40 – 11:20am	Sept 8 – Oct 27 (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 5 – Oct 10 (6)	Ashbridge Park (12)
Fall Session 2:	Saturdays	10:25 – 11:05am	Sept 7 – Oct 26 (8)	South Ardmore Park (12)
Fall Session 3:	Saturdays	11:20am – Noon	Sept 7 – Oct 26 (8)	South Ardmore Park (12)
Fall Session 4:	Sundays	10:40 – 11:20am	Sept 8 – Oct 27 (8)	General Wayne Park (12)

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!

Location: South Ardmore Park

Fall Session: Sundays September 8 – October 20 (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/\$239

Group Limit: 15 Participants

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, visit www.phoenixulti.com/collections/camps.**

Location: General Wayne Park

Dates/Times: Tuesday 4:20 – 5:10pm

Fall Session: September 10 – October 29 (8)

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

MULTISPORTS, US SPORTS INSTITUTE

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 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. **For more information, visit www.ussportsinstitute.com.**

Location: Ashbridge Park

Fall Session: Saturdays September 14 – November 2 (8)

Parent & Me: 9:00 – 9:40am Ages 2 – 3 **Group Limit:** 12 Participants

Parent & Me: 9:45 – 10:25am Ages 2 – 3 12 Participants

Parent & Me: 10:30 – 11:10am Ages 1.5 – 2.5 12 Participants

Squirts: 10:00 – 10:50am Ages 3 – 4.5 10 Participants

Squirts: 11:00 – 11:50am Ages 4 – 5.5 10 Participants

Sr Squirts: 11:00 – 11:50am Ages 5 – 7 10 Participants

Fee: Per Session Resident/\$199 Non-Resident/\$239

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, UNIVERSAL RACKETS

Ages 6 – 14



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!

Fee: Per Session Resident/\$150 Non-Resident/\$180 **Group Limit:** 16 Participants

Fall Session:

McMoran Park

Youth Beginner/Adv Beginner	Thursdays	September 5 – October 10 (6)	4:30 – 5:30pm
Youth Adv Beginner/Intermediate	Thursdays	September 5 – October 10 (6)	5:30 – 6:30pm
Youth Beginner/Adv Beginner	Saturdays	September 7 – October 12 (6)	10:00 – 11:00am

Fall 2 Session:

McMoran Park

Youth Beginner/Adv Beginner	Saturdays	October 26 – November 30 (6)	11:00am – Noon
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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 at (610) 585-4420 or visit www.tuffkidztennisandsoccer.com.

Location: Jack M. Barrack Hebrew Academy, 272 S Bryn Mar Ave, Bryn Mawr

Dates: Saturdays September 14 – October 26 (7)

Session 1: Intermediate 11:00am – Noon Resident/\$120 Non-Resident/\$144

Session 2: Advanced Noon – 1:30pm Resident/\$160 Non-Resident/\$192

Group Limit: 15 Participants

SOCCER, STEEL SPORTS



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. This program will use Futsal balls, a specially designed ball for indoor use. **Group Limit:** 14 Participants

Location: Bala Gym, 49 Bala Avenue, Bala Cynwyd

Fall Session: Wednesdays September 25 – October 30 (6)

Time/Age: 5:00 – 6:00pm Ages 5 – 7
6:15 – 7:15pm Ages 8 – 10

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

PICKLEBALL, UNIVERSAL RACKETS

Ages 6 – 14



Universal Rackets is a pickleball and tennis company that specializes in clinics, private instruction, tournaments for all ages/levels. All staff are PPR/USPTA certified. Universal's mission is to teach tennis/pickleball to all ages/levels through high energy, upbeat and personalized instruction.

Location: Bala Gym, 49 Bala Avenue, Bala Cynwyd

Dates: Saturdays September 28 – November 2 (6)

Fall Session: Junior Beginner 10:00 – 11:00am

Fee: Resident/\$150 Non-Resident/\$180

Group Limit: 16 Participants

SOCCKER 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.

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 7 – December 19 (6) No Class Nov 28
Session 2: Sundays 9:00 – 9:30am November 17 – January 5 (6) No Class Dec 1, 29

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 7 – December 19 (6) No Class Nov 28
Session 2: Sundays 8:15 – 8:55am November 17 – January 5 (6) No Class Dec 1, 29
Session 3: Sundays 9:35 – 10:15am November 17 – January 5 (6) No Class Dec 1, 29

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 17 – January 5 (6) No Class Dec 1, 29

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

Fall 2 Session: Saturdays November 16 – December 14 (5)

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

Group Limit: 20 Participants

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

Group Limit: 24 Participants

10:00 – 10:50am Ages 5 – 7

11:00 – 11:50am Ages 7 – 8

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

TENNIS – INDOOR, DAVID BROIDA

Ages 4 – 18

Learn the fundamentals of the sport, including forehand, backhand, serve & volley, as well as basic offensive & defensive strategy. 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 October 6 – November 24 (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

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



TENNIS – INDOOR, 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. We believe that every student has unlimited potential, and we believe in nothing less than their best. **For more information, contact Jonathan Newman – <https://www.tuffkidztennisandsoccer.com> or (610) 585-4420.**

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

Dates: Sundays Nov 17 – Dec 29 (7)

Session 1: Intermediate 11:00am – Noon Resident/\$260 Non-Resident/\$312

Session 2: Advanced Noon – 1:30pm Resident/\$290 Non-Resident/\$348

Group Limit: 10 Participants

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.

For more information, contact Valeriya Neikova at (610)580-4714 or e-mail balagymnastics@gmail.com.

Location: Bala Gym, 49 Bala Avenue, Bala Cynwyd

Dates: September 2024 – May 2025

Fees Vary: One (1) Month, Three (3) Month, Six (6) Month and Full Season Options

Register for more and SAVE!

GEOVENTURES WEEKEND WORKSHOP

Ages 6 – 12



Geoventures is an outdoor programming company working with recreation departments and educational organizations to provide a variety of quality programs connecting children to nature. Our mission is to get more kids outside building knowledge and affection for nature through play.

September 28 Geocaching Treasure Hunt

Do you love hunting for hidden treasures? This camp for all ages combines traditional treasure hunt games with Geocaching using GPS tracking for a camp full of hidden surprises! Experienced staff will guide you during this active camp as you learn how to use a GPS unit for geocaching and explore the outdoors on a variety of challenges.

Location: Wynnewood Valley Park

Date/Time: Saturday 10:00am – 1:00pm

Fee: Resident/\$35 Non-Resident/\$42

Group Limit: 30 Participants

SHINING KNIGHTS CHESS CLUB

Ages 6 – 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!

For more information, visit www.shiningknightschess.com.

Location: Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue, Bryn Mawr
Session 1: Tuesdays 5:30 – 6:30pm September 10 – November 19 (10) No Class Nov 5
Session 2: Wednesdays 5:45 – 6:45pm September 11 – November 13 (10)
Fee: Per Session Resident/\$175 Non-Resident/\$210
Group Limit: 28 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.”

November 17 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!

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

Date/Time: Sunday 9:30am – 12:30pm
Fee: Resident/\$55 Non-Resident/\$66
Group Limit: 20 Participants

MEDICAL ME

Ages 6 – 12



Medical Me is a fun and engaging STEAM educational enrichment program, bringing medicine, science, and the importance of health to children ages 3 to 17, through interactive classes, camps, and special events. Our Mission is to educate young children with practical lifelong knowledge about medicine, science, and the importance of health. Our goal is to give children a better understanding and respect for the world of medicine, giving them confidence when communicating with their parents and doctors in a more in-depth manner. [For more information, visit www.medicalmemd.com](http://www.medicalmemd.com).

Location: Bryn Mawr Spring House, 9 S. Bryn Mawr Avenue, Bryn Mawr
Day/Time: Wednesdays 5:00 – 6:00pm
Fee: Resident/\$180 Non-Resident/\$216
Group Limit: 20 Participants

Cats & Dogs Veterinarian Kids September 11 – October 16 (6)

Enjoy unparalleled opportunities to immerse yourself in the fascinating world of veterinary medicine! Begin by adopting a stuffed animal that you can take home. Learn how to examine both cats and dogs of different breeds and assess their health, treat common illnesses, give them shots, and prepare for common dangers your pet may encounter.

Family Medicine for Kids October 30 – December 11 (6) No Class Nov 27

Come role play, work with models, develop skills, draw, think critically and creatively, and learn about being a doctor. Discover how to use doctor’s tools. Learn how the brain, heart, lungs, and other organs work. Not only do you practice using doctor tools, but you also take some of them home with you.



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. [For more information, visit www.builtbyme.com.](http://www.builtbyme.com)

Location: Bryn Mawr Spring House, 9 S. Bryn Mawr Avenue, Bryn Mawr
Days: Mondays September 16 – October 21 (6)
Fee: Per Session Resident/\$188 Non-Resident/\$226
Group Limit: 8 Participants

LEGO® Robotics & Coding – Science in our Lives 5:00 – 6:00pm Ages 7 – 9

This fun and interactive program centered on coding and robotics presents students with the engineering design process using LEGO® Spike Essential Education Robotics Construction Sets. Children will work in pairs on guided projects focused on the sciences - physical, life and earth & space - defining problems and brainstorming solutions, as they build LEGO prototypes simulating nature. They will develop their problem-solving and team-building skills as they test and refine their models, gaining confidence and understanding along the way.

LEGO® Robotics & Coding with Scratch MIT – Science Connections 6:15 – 7:15pm Ages 9 – 12

This fun and interactive program explores many aspects of STEM using LEGO® Spike Essential Education Robotics Construction Sets. Focusing on earth, physical, and life science topics children will work in pairs to build prototypes, such as a wind turbine and an earthquake simulator machine. They will explore ideas on how to protect Earth's environment and ways people understand and use the world around them. They will then code their designs with Scratch MIT, a block-based code, to perform various tasks and functions. Children will gain confidence and understanding as they build and explore their construction projects.

KIDS LOOK LISTEN CREATE

Ages 4 – 8



Kids Look Listen Create teaches classical music and fine art appreciation programs with stories, games, movement, and crafts. Their mission is to expose young children to classical music and fine art through active engagement, stimulate imagination and encourage unlimited interpretations of works of art and classical music, promote childhood creativity

and play by offering creative movement and open-ended crafts, and encourage ecological values by using natural and recyclable materials during the crafts. [For more information, visit www.kidslooklistencreate.com.](http://www.kidslooklistencreate.com)

Location: Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue, Bryn Mawr
Day/Time: Fridays 5:00 – 6:00pm
Fee: Per Session Resident/\$75 Non-Resident/\$90
Group Limit: 12 Participants

Fall Session September 27 – October 25 (5)

Discover how much fun classical music is! Every week get acquainted with a new piece of classical music, listen to a story, play games, and make crafts! We will listen to the following pieces of classical music by famous composers: Vivaldi's Autumn, Saint-Saëns's The Carnival of the Animals, Grieg's Peer Gynt, Dukas's The Sorcerer's Apprentice, and Mozart's The Magic Flute. Through all activities, the kids will be encouraged to use their imagination. Each class will be finished with an open-ended craft inspired by children's experiences during the class.

Fall 2 Session November 8 – December 13 (5) No Class Nov 29

Classical music stimulates imagination and takes us to the most unusual places. So... let's travel to fantastic destinations with characters from famous musical pieces by composers, like Tchaikovsky, Mozart, Mendelssohn, Rossini, Mussorgsky, and others. Kids will listen, play games, and make open-ended crafts inspired by their experiences and imagination.

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, Bryn Mawr

Group Limit: 16 Participants

Twoosy Doodlers	Saturdays	10:00 – 10:45am	Ages 1.5 – 3
Mini Doodlers	Saturdays	11:00 – 11:45am	Ages 3 – 5

Fall Session: September 14 – November 16 (10)

Story Creations

Let the pictures of your favorite stories inspire you! Make artwork in the style of the illustrators who created *The Very Hungry Caterpillar*, *Mouse Paint*, *Pout-Pout Fish*, *Chicka Chicka Boom Boom*, *A Color of His Own* and many more classics! Allow the pages to come to life as you make your own Story Creations!

Fee: Resident/\$190 Non-Resident/\$228 ***Material Fees Included in Pricing**

Doodlers	Sundays	Noon – 1:00pm	Ages 5 – 12
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Fall Session: September 15 – November 17 (10)

STEAM Dreams

Take an art STEAM adventure to discover earth and space from ocean depths to faraway galaxies! Dream of the future in visions of space travel and how we care for trees, bees, and plants. Explore amazing art to imagine unknown planets, learn about the earth, and see the wonders of science in today's world!

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

ABRAKADOODLE, PARENTS NIGHT OUT

Ages 5 – 12

Leave the gift making to us including the cards! Make a reservation and drop your child off for Arty 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, Bryn Mawr

Date: Friday, December 6

Time: 5:30 – 8:30pm

Fee: Resident/\$70 Non-Resident/\$84 ***Material Fees Included in Pricing**

Group Limit: 16 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 Monday 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! **For more information, visit www.gameonphilly.org.**

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

Day/Time: Mondays 4:30 – 6:30pm

Fall Session: September 23 – November 25 (10)

Fee: Resident/\$225 Non-Resident/\$270

Group Limit: 8 Participants



During VAC Enrichment programs, students not only learn, but also identify ways to give back to the community with their learnings under the guidance of experienced teachers. This is different from other programs in that

students immediately see the impact they're making, sparking an interest in entrepreneurship and community service. The curriculum is based around the principle that every session, students experience a personal growth moment by completing something entrepreneurial that they can show off to others in their lives. This helps them fall in love with entrepreneurship and feel empowered. [For more information visit www.vineyardappcamp.com.](http://www.vineyardappcamp.com)

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

Day/Time: Tuesdays 5:00 – 6:00pm

Fee: Per Session Resident/\$138 Non-Resident/\$166

Group Limit: 20 Participants

Cooking Around the World

Sept 10 – Oct 15 (6)

Ages 8 – 10

Does your child have a passion for cooking? Are they ready to experience new foods and expand their little palettes? Our students will be engaged while discovering how to prepare delicious international and American dishes safely and skillfully. Our mini chefs will enjoy exploring diverse recipes from Africa, Asia, Europe, and North and South America, while learning food prep tips and tricks they can use throughout their life. During our sessions, your child will play kids' games from other countries, learn food terms from around the world, and receive simple recipes they can use at home. This course is tailored for younger students and focuses on microwave cooking. Recipes include Italian Lasagna, Ghanaian Fufu Dumplings, Japanese Rice Balls (Onigiri), Mexican Quesadilla and Salsa, American Mug Cake, Chinese Chaofan, and French Fondue.

Sewing

Oct 29 – Dec 10 (6) No Class Nov 5

Ages 5 – 7

Unleash Your Creativity with Sewing! Join this exciting Sewing class to design and create unique projects. Beginner or experienced, you'll develop essential sewing skills and unleash your imagination. No experience or special materials needed, we'll provide everything. Discover various techniques, stitches, and decorative embellishments. Craft stylish garments, accessories, and home decor items. Combine learning with fun and become a sewing enthusiast. Enroll now and explore the exciting possibilities of this timeless craft. Get ready to stitch, create, and unlock endless creativity!

SCHOOL'S OUT PROGRAMS

ABRAKADOODLE, SCHOOL'S OUT

Ages 5 – 12



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!

October 3 & 4

ARTBLAST! STEAM CAMP

Calling all boys and girls who have a creative, curious mind and like to explore! Learn about how Science is an inspiration for many artists. Boost your imagination while you play and paint with magnets, explore robotic sculptures and Technology. Develop your Engineering skills and design your dream house! Create Artistic Math puzzles and much more while you ignite your creativity. Join us on the Abakadoodle® STEAM art venture and have a blast while you play games, make new friends and create art in innovative ways!

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

Days/Time: Monday & Tuesday 9:00am – 4:00pm

Fee: Per Session Resident/\$180 Non-Resident/\$216 *Material Fees Included in Pricing

Group Limit: 16 Participants

SOCCKER, STEEL SPORTS, SCHOOL'S OUT

Ages 5 – 14



This program provides a consistent path to improvement. 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: Friday, October 4

Tuesday, November 5

Fee: Per Session Resident/\$75 Non-Resident/\$90

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, visit www.phoenixulti.com/collections/camps.

Location: Bala Cynwyd Park

Dates: Thursday, October 3

Tuesday, November 5

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

HARRITON HOUSE, SCHOOL'S OUT

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

Group Limit: 8 Participants

Friday, October 4

Harvest Fare

Participants will learn about cooking in the late 18th century by preparing fall recipes using fruits and vegetables that were once grown at Harriton. The menus will include both sweet and savory dishes such as baked apples, cornbread, and pumpkin soup. We'll start by laying and lighting a good cooking fire and follow simple techniques and a historic 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.

Tuesday, November 5

Holiday Favorites

Participants will learn about cooking in the late 18th century by preparing a few favorite holiday recipes that might have been enjoyed at Harriton. The menus will include sweet dishes such as baked apples, gingerbread, and Welsh cakes. We'll start by laying and lighting a good cooking fire and follow simple techniques and a historic 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 lunch. Our cooking efforts will be enjoyed as an afternoon snack.



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/\$55 Non-Resident/\$66
 Full Day 9:00am – 3:30pm Resident/\$102 Non-Resident/\$122
 *Lunch from Noon – 12:30pm – Please send with a packed lunch

Group Limit: 20 Participants

Thursday, October 3

Full Day Jr Naturalist/Jr Geologist
AM Only Jr Naturalist

Jr Naturalist

Learn how birds and beasts catch their prey! Flow through the food chain and discover how animals and insects adapt to life on our planet. Explore how a change in the wind, water, and temperature affects all of Earth’s inhabitants. Build wooden birdhouses, dissect owl pellets and learn how animals navigate the world using scent trails. Campers will also build a bug house to observe critters and identify animals by making plaster animal tracks.

Jr Geologist

Calling all Junior Geologists! Unearth the rock cycle and discover the difference between sedimentary, metamorphic, and igneous rocks. Replicate rumbling earthquakes and explosive volcanoes, pan for gems, and create a sedimentary stacker to take home!

Friday, October 4

Full Day Rocketry/Mad Machines
AM Only Rocketry

Rocketry

Here is your chance to be a rocket scientist! Investigate the four forces of flight as you race through space learning the basics of rocket travel. Build your own Mad Science rocket to take home. If we have fair skies, we’ll even see the principles of propulsion at work with a real rocket launch!

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!

Monday, December 23

Full Day Lasers and Optics/Shocking Science
AM Only Lasers and Optics

Lasers and 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 a small indoor fireworks display to show how different metals react to heat, and learn about tricks our eyes play on us by experimenting with mirrors and optical illusions!

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!



Geoventures is an outdoor programming company working with recreation departments and educational organizations to provide a variety of quality programs connecting children to nature. Our mission is to get more kids outside building knowledge and affection for nature through play.

Location: Wynnewood Valley Park, 1505 Remington Road, Wynnewood

Time: 9:00am – 3:00pm

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

Group Limit: 30 Participants

Thursday, October 3 **Zombie Survival Camp, Part 1** **Ages 6 – 12**

Are you prepared to survive a zombie invasion? In Part 1 of this playfully spooky camp we learn real survival skills with an exciting immersive storyline. Learn proper protocol for building zombie-proof shelters and locating supply caches using GPS. Join us for one or both parts and have a blast doing games and challenges and leave with some new useful knowledge of emergencies and life in the wild!

Friday, October 4 **Zombie Survival Camp, Part 2** **Ages 6 – 12**

Are you prepared to survive a zombie invasion? In Part 2 of this playfully spooky camp, we learn real survival skills with an exciting immersive storyline. Learn to track the undead's movements, avoid contagion in challenging games, and learn to disappear with effective camouflaging skills. Join us for one or both parts and have a blast doing games and challenges and leave with some new useful knowledge of emergencies and life in the wild!

Tuesday, November 5 **Wild About Art Day** **Ages 6 – 10**

The best art is made where the wild things are! Beginners to passionate young artists are welcome to grow wild about art with us! This camp brings together an exploration of nature with a chance to be a creator. We'll learn about using natural materials to make paintings, sculptures, pressed art and more.

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 information, email YOGA206@icloud.com or follow YOGA206 on Instagram and Facebook.

Location: Virtual via Zoom

Day/Time: Tuesdays 10:00 – 11:00am

Free Introductory Class: Tuesday, August 20 10:00 – 11:00am

Fall Session: September 3 – October 22 (7) No Class Oct 15 **Fee:** Resident/\$105 Non-Resident/ \$126

Fall 2 Session: October 29 – December 17 (8) **Fee:** Resident/\$120 Non-Resident/ \$144

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
Dates: Sundays October 6 – November 24 (8)
Session 5: 7:00 – 8:00pm Adult & Teen – All Levels
Fee: Per Session Resident/\$185 Non-Resident/\$215

**TENNIS, UNIVERSAL RACKETS***Ages 18+*

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!

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

Group Limit: 16 Participants

Fall Session:**McMoran Park**

Adult – All Levels	Thursdays	Sept 5 – Oct 10 (6)	3:30 – 4:30pm
Adult – All Levels	Saturdays	Sept 7 – Oct 12 (6)	11:00am – Noon

Fall 2 Session:**McMoran Park**

Adult – All Levels	Saturdays	Oct 26 – Nov 30 (6)	Noon – 1:00pm
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PICKLEBALL, UNIVERSAL RACKETS*Ages 18+*

Universal Rackets is a pickleball and tennis company that specializes in clinics, private instruction, tournaments for all ages/levels. All staff are PPR/USPTA certified. Universal's mission is to teach tennis/pickleball to all ages/levels through high energy, upbeat and personalized instruction.

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

Group Limit: 12 Participants

Fall Session:**Sundays****Sept 15 – Oct 13 (5)****Wynnewood Valley Park**

Session 1:	Beginner	9:00 – 10:30am
Session 2:	Adv Beginner/Intermediate	10:30am – Noon
Session 3:	Intermediate Plus	Noon – 1:30pm

Fall Session:**Tuesdays****Sept 10 – Oct 8 (5)****Bala Ave Park**

Session 1:	Beginner/Intermediate	3:30 – 5:00pm
Session 2:	Intermediate Plus	5:00 – 6:30pm

Fall 2 Session:**Sundays****Oct 27 – Nov 24 (5)****Wynnewood Valley Park**

Session 1:	Beginner	Noon – 1:30pm
Session 2:	Adv Beginner/Intermediate	1:30 – 3:00pm
Session 3:	Intermediate Plus	3:00 – 4:30pm

Fall 2 Session:**Tuesdays****Oct 22 – Nov 19 (5)****Bala Ave Park**

Session 1:	Beginner/Intermediate	1:30 – 3:00pm
Session 2:	Intermediate Plus	3:00 – 4:30pm



Universal Rackets is a pickleball and tennis company that specializes in clinics, private instruction, tournaments for all ages/levels. All staff are PPR/USPTA certified. Universal's mission is to teach tennis/pickleball to all ages/levels through high energy, upbeat and personalized instruction.

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

Group Limit: 8 Participants

Fall Session: Tuesdays Sept 24 – Oct 22 (5) Bala Gymnasium

Session 1: Beginner 8:00 – 9:30am

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

Session 3: Beginner 7:45 – 9:15pm

Fall Session: Thursdays Sept 26 – Oct 24 (5) Bala Gymnasium

Session 1: Intermediate 7:45 – 9:15pm

Fall Session: Fridays Sept 27 – Oct 25 (5) Bala Gymnasium

Session 1: Intermediate 8:00 – 9:30am

Session 2: Beginner 9:30 – 11:00am

Fall 2 Session: Tuesdays Nov 12 – Dec 10 (5) Bala Gymnasium

Session 1: Intermediate 8:00 – 9:30am

Session 2: Beginner 9:30 – 11:00am

Session 3: Intermediate 7:45 – 9:15pm

Fall 2 Session: Thursdays Nov 7 – Dec 12 (5) No class Nov 28 Bala Gymnasium

Session 1: Beginner 7:45 – 9:15pm

Fall 2 Session: Fridays Nov 8 – Dec 6 (5) Bala Gymnasium

Session 1: Beginner 8:00 – 9:30am

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