

Township of Lower Merion Parks & Recreation

RECREATION INFORMATION

SPRING 2025

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, Soccer Shots, HappyFeet, Steel Sports and R5 Soccer Programs, Shining Knights Chess Club, Abrakadoodle Art Classes, Play-Well Technologies, Bricks 4 Kidz 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.

Please note, Spring registration will open February 3 (February 17 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.

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.

Fee: Per 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.

Spring Session 1:	Thursdays	4:30 – 5:00pm	March 27 – May 15 (8)	Ashbridge (12)
Spring Session 2:	Thursdays	5:20 – 5:50pm	March 27 – May 15 (8)	Ashbridge (12)
Spring Session 3:	Saturdays	8:45 – 9:15am	March 22 – May 10 (8)	South Ardmore (12)
Spring Session 4:	Saturdays	9:30 – 10:00am	March 22 – May 10 (8)	South Ardmore (12)
Spring Session 5:	Saturdays	10:50 – 11:20am	March 22 – May 10 (8)	South Ardmore (12)
Spring Session 6:	Sundays	9:00 – 9:30am	March 23 – May 18 (8) <small>No Class 4/20</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.

Spring Session 1:	Thursdays	4:30 – 5:10pm	March 27 – May 15 (8)	Ashbridge (12)
Spring Session 2:	Thursdays	5:10 – 5:50pm	March 27 – May 15 (8)	Ashbridge (12)
Spring Session 3:	Thursdays	6:00 – 6:40pm	March 27 – May 15 (8)	Ashbridge (12)
Spring Session 4:	Saturdays	8:45 – 9:25am	March 22 – May 10 (8)	South Ardmore (12)
Spring Session 5:	Saturdays	9:20 – 10:00am	March 22 – May 10 (8)	South Ardmore (12)
Spring Session 6:	Saturdays	10:05 – 10:45am	March 22 – May 10 (8)	South Ardmore (12)
Spring Session 7:	Saturdays	10:50 – 11:30am	March 22 – May 10 (8)	South Ardmore (12)
Spring Session 8:	Saturdays	11:30am – 12:10pm	March 22 – May 10 (8)	South Ardmore (12)
Spring Session 9:	Sundays	9:45 – 10:25am	March 23 – May 18 (8) <small>No Class 4/20</small>	General Wayne (24)
Spring Session 10:	Sundays	10:40 – 11:20am	March 23 – May 18 (8) <small>No Class 4/20</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.

Spring Session 1:	Thursdays	6:00 – 6:40pm	March 27 – May 15 (8)	Ashbridge (12)
Spring Session 2:	Saturdays	10:05 – 10:45am	March 22 – May 10 (8)	South Ardmore (12)
Spring Session 3:	Sundays	10:40 – 11:20am	March 23 – May 18 (8) <small>No Class 4/20</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

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!

Location: South Ardmore Park
Day/Time: Sundays 9:00 – 10:00am 10:00 – 11:00am 11:00am – Noon
Spring Session: March 16 – April 27 (7)
Spring 2 Session: May 11 – June 22 (7)
Fee: Per Session Resident/\$189 Non-Resident/\$227
Group Limit: 12 Participants

SOCCER, R5 SPORTS*Ages 3 – 10*

R5 Sports is a youth sports training company that runs active sports programs and camps. R5 Sports specializes in youth soccer programs and has an extensive summer camp program.

For more information, visit www.R5Sports.net.

Group Limit: 24 Participants

Pre-School Soccer*Ages 3 – 5*

This soccer program is designed for 3-5yrs. We will work on ABC's -Agility, Balance and Coordination as well as learn the fundamentals of the game through exciting games.

Location: South Ardmore Park
Spring Session: Thursdays April 3 – May 29 (8) No Class 4/17
Session 1: 10:00 – 11:00am
Session 2: 11:00am – Noon
Fee: Per Session Resident/\$200 Non-Resident/\$240

Soccer*Ages 5 – 10*

This indoor soccer training program is designed to improve the athlete technically with the foundations of the game. We will be working on dribbling to penetrate, passing combinations, finishing, 1v1 attacking and defending. There will be work on small group tactics (2v1's, 1v2's, 2v2's) to improve the player in these situations. There will be scrimmages as well (3v3's, 4v4's).

Location: Penn Wynne Park
Spring Session: Tuesdays April 1 – May 27 (8) No Class 4/15
Session 1: 5:15 – 6:30pm Ages 5 – 7
Session 2: 6:30 – 7:45pm Ages 8 – 10
Fee: Per Session Resident/\$225 Non-Resident/\$270

ULTIMATE FRISBEE, PHOENIX ULTIMATE ACADEMY*Ages 6 – 15*

Phoenix Ultimate Academy is the youth development program created by the Philadelphia Phoenix, Philadelphia's professional ultimate team. Phoenix Ultimate Academy's mission is to increase opportunities for Philadelphia area youth of all backgrounds, ages and skill levels to learn the exciting, new, non-contact sport of ultimate from professional caliber players and instructors.

Location: General Wayne Park
Day/Time: Tuesdays 4:20 – 5:10pm
Spring Session: April 1 – May 20 (8)
Fee: Resident/\$160 Non-Resident/\$192
Group Limit: 30 Participants



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!

Location: Ashbridge Park
Day/Dates: Saturdays April 26 – June 21 (8) No Class 5/24
Fee: Per Session Resident/\$205 Non-Resident/\$246

Parent & Me *(Parents accompany children on field)*

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: 9:00 – 9:40am Ages 1.5 – 2.5
Session 2: 9:45 – 10:25am Ages 2 – 3.5
Session 3: 10:30 – 11:10am Ages 2 – 3.5
Group Limit: 12 Participants

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: 9:00 – 9:45am Ages 3 – 4.5
Session 2: 9:50 – 10:35am Ages 4 – 5.5
Session 3: 10:40 – 11:25am Ages 4 – 5.5
Group Limit: 10 Participants

TENNIS, ROYAL T



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: Jack M Barrack Hebrew Academy, 272 S Bryn Mawr Ave, Bryn Mawr
Days/Dates Saturdays March 29 – May 10 (7)
 Sundays March 30 – May 18 (7) No Class 4/20
Beginner: 10:00 – 11:00am Ages 5 – 12 **Fee:** Resident/\$160 Non-Resident/\$192
Intermediate: 11:00am – 12:30pm Ages 7 – 13 **Fee:** Resident/\$180 Non-Resident/\$216
Advanced: 12:30 – 2:00pm Ages 9 – 14 **Fee:** Resident/\$190 Non-Resident/\$228
Group Limit: 15 Participants

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, 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!

Location: McMoran Park

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

Group Limit: 16 Participants

Spring Session – Saturdays **March 15 – April 19 (6)**

Beginner/Advanced Beginner 9:00 – 10:00am
Junior Performance 11:00am – Noon

Spring Session – Thursdays **April 10 – May 15 (6)**

Beginner/Advanced Beginner 4:30 – 5:30pm
Advanced Beginner/Intermediate 5:30 – 6:30pm

Spring 2 Session – Saturdays **May 3 – June 7 (6)**

Beginner/Advanced Beginner 9:00 – 10:00am
Junior Performance 11:00am – Noon

Spring 2 Session – Thursdays **May 29 – July 3 (6)**

Beginner/Advanced Beginner 4:30 – 5:30pm
Advanced Beginner/Intermediate 5:30 – 6:30pm

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 Ave, Ardmore Location Subject to Change

Day/Dates: Saturdays April 26 – May 31 (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

PICKLEBALL – YOUTH – INDOOR, UNIVERSAL RACKETS

Ages 6 – 16



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

Spring Session: Saturdays April 12 – May 10 (5)

Spring 2 Session: Saturdays May 24 – June 21 (5)

Beginner/Advanced Beginner: 9:00 – 10:00am Ages 6 – 14

Advanced Beginner/Intermediate: 10:00 – 11:00am Ages 6 – 14

Junior Performance: 11:00am – Noon Ages 10 – 16

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

Group Limit: 16 Participants



Hiking Hound Adventures, LLC is a woman owned, family operated small business who wants to get everyone outdoors. With Hiking Hound Adventures, LLC it's not just a hike or a paddle. The goal is to connect everyone with nature and build fundamental outdoors skills to make sure clients are safe and confident when heading outside. They want to help individuals and families grow and be successful in their outdoor pursuits. Making sure adventures form memories that last a lifetime. **For more information, visit www.hikinghoundadventures.com.**

Little Tykes Go On Hikes *(Parents accompany children on hike)*

Ages 3+

Hiking with kids can be an intimidating topic. During this 45-minute course, Hiking Hound Adventures, LLC will be on the trail with little ones and their guardians to tackle some of the most asked questions surrounding taking kids into the woods. Through fun games and hands-on activities, we cover safety, choosing the right trail, packing considerations, and much more!

Nature BINGO! Hike: April 26 10:00 – 11:00am Rolling Hill Park
Trailblazers Treasure Hunt: May 19 6:00 – 7:00pm Wynnewood Valley Park
Fee: Resident/\$20 Non-Resident/\$24
Group Limit: 10 Participants

Maps and Compass Course

Ages 12 – 16

Learn the essentials of map reading and compass navigation in this 90-minute class. Spend the first half-hour learning map components like scale and contour lines, as well as compass parts and techniques such as taking bearings and finding your location on a map. The final hour is hands-on field instruction. Here students will put theory into practice and help gain confidence navigating diverse terrain using a map and compass.

Spring Session: May 18 4:00 – 5:30pm Rolling Hill Park
Fee: Resident/\$30 Non-Resident/\$36
Group Limit: 15 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: January – June 2025
Fees Vary: **Register for more and SAVE!**

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 for employment opportunities.



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!

Location: Bryn Mawr Spring House, 9 S Bryn Mawr Ave, Bryn Mawr

Twoosy Doodlers (Ages 1.5 – 3) March 29 – May 17 (8) Saturdays 9:00 – 9:45am

Cute and Cuddly Mommy and Me Art Class

Calling little art lovers of all things cute and cuddly! Who doesn't love to snuggle up with a favorite blanket, cuddle a cute teddy bear, or hug and kiss loved ones? Young artists will explore these ideas and more in their artwork through the lens of beloved children's book characters and illustrations. Students will have cute and cuddly sensory experiences, talk about emotions, and delve into favorite stories. It's time to cuddle up with good books and make some amazing cute and cuddly artwork!

Fee: Resident/\$150 Non-Resident/\$180 *Material Fees Included in Pricing

Mini Doodlers (Ages 3 – 5) March 29 – May 17 (8) Saturdays 10:00 – 10:45am

Cute and Cuddly Mommy and Me Art Class

Calling little art lovers of all things cute and cuddly! Who doesn't love to snuggle up with a favorite blanket, cuddle a cute teddy bear, or hug and kiss loved ones? Young artists will explore these ideas and more in their artwork through the lens of beloved children's book characters and illustrations. Students will have cute and cuddly sensory experiences, talk about emotions, and delve into favorite stories. It's time to cuddle up with good books and make some amazing cute and cuddly artwork!

Fee: Resident/\$150 Non-Resident/\$180 *Material Fees Included in Pricing

Doodlers (Ages 5 – 12) March 30 – May 18 (7) No Class 4/20 Sundays Noon – 1:00pm

OOH LA LA! Art Class

We will leverage our unique imaginations and create masterpieces with watercolors, Model Magic® modeling compound, chalk, tempera paints, special crayons, oil pastels, acrylic paints and more while exploring color, designing vertical garden sculptures, and building nocturnal animals. Bubbles pop with drawing chalk! A still life explodes onto paper with construction paper crayons and watercolors. Don't forget oil pastels that inspire lively molas. Have a colorful time creating your own unique masterpieces using so many different materials!

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

Special Recreation (Ages 5 – 12) March 30 – May 18 (7) No Class 4/20 Sundays 1:15 – 2:15pm

OOH LA LA! Art Class

This art class is designed to provide a creative and supportive environment for children with special needs and their parents. Focused on fostering self-expression and building confidence, the class encourages children to explore different art materials and techniques at their own pace, while offering parents the opportunity to engage in the creative process alongside their children.

We will leverage our unique imaginations and create masterpieces with watercolors, Model Magic® modeling compound, chalk, tempera paints, special crayons, oil pastels, acrylic paints and more while exploring color, designing vertical garden sculptures, and building nocturnal animals. Bubbles pop with drawing chalk! A still life explodes onto paper with construction paper crayons and watercolors. Don't forget oil pastels that inspire lively molas. Have a colorful time creating your own unique masterpieces using so many different materials!

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

CHESS CLUB, SHINING KNIGHTS

Ages 6 – 13



ShiningKnights, Ltd.

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 Shining Knights Chess Club! We have trained numerous state champions and national trophy winners. We have trained even more kids to enjoy the game that they can spend hours playing with friends and family. So, whether you want to win games in your living room against your

parents or win tournaments in other states, come join us and learn how to play chess or play better chess!

All chess supplies provided. **For more information, visit www.shiningknightschess.com.**

Location: Bryn Mawr Community Center, 9 S Bryn Mawr Ave, Bryn Mawr

Session 1: Tuesdays 5:30 – 6:30pm March 18 – May 27 (10) No Class 5/20

Session 2: Wednesdays 5:45 – 6:45pm March 19 – May 21 (10)

Fee: Per Session Resident/\$187 Non-Resident/\$224

Group Limit: 28 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 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 Ave, Bryn Mawr

Day/Time: Mondays 4:30 – 6:30pm

Spring Session: March 31 – June 9 (10) No Class 5/26

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

Group Limit: 7 Participants

VAC ENRICHMENT

Ages 5 – 11



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 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.**

Location: Bryn Mawr Spring House, 9 S Bryn Mawr Ave, Bryn Mawr

Spring Session: Fridays April 4 – June 6 (8) No Class 4/18, 5/23

Session 1 5:00 – 6:00pm Ages 5 – 8

Session 2 6:00 – 7:00pm Ages 8 – 11

Fee: Per Session Resident/\$230 Non-Resident/\$276

Group Limit: 20 Participants

Blend It Up

Does your child enjoy exploring new flavors and creating tasty treats? Our Blending Basics program introduces young enthusiasts to the art of making smoothies, dips, and more. Students will learn to blend a variety of nutritious and delicious recipes from around the globe, including Mediterranean Hummus, Mexican Guacamole, and American Smoothies. Our sessions are packed with fun, offering kids the chance to learn blending techniques, understand safety protocols, and enhance their culinary vocabulary. Join us for a blending adventure where your child will discover how simple ingredients can be transformed into exciting and healthy creations!

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 Ave, Bryn Mawr

Day/Time: Fridays 5:00 – 6:00pm

Spring Session: April 11 – May 9 (5)

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

Group Limit: 12 Participants

Fine Art

In this program, kids will be introduced to famous artists and their art through stories and games. They will discuss paintings and architecture. Among other things, we will notice colors and shapes and discuss some of the techniques and ideas artists used. Children will be familiarized with works by Renoir, Rousseau, Gaudi, Klee, and Picasso. Each class will end with an open-ended craft inspired by works of art, stories, and presented materials.

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 Ave, Bryn Mawr

Day/Time: Wednesdays 5:00 – 6:00pm

Spring Session: April 23 – May 28 (6)

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

Group Limit: 20 Participants

Med School for Kids

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.

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 Ave, Bryn Mawr

Time: 9:30am – 12:30pm

Fee: Per Session Resident/\$55 Non-Resident/\$66

Group Limit: 20 Participants

Sunday, May 11

Creative Chemist – 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.



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 Ave, Bryn Mawr

Days: Mondays April 7 – May 19 (6) No class 4/14

Fee: Resident/\$188 Non-Resident/\$226

Group Limit: 10 Participants

LEGO® Robotics & Coding – World of Sports **5:00 – 6:00pm** **Ages 7 – 9**

Enhance your child's STEM knowledge while building and programming their own robots, unleashing their creativity along the way. This fun, interactive program will introduce students to coding and robotics using LEGO® Spike Essential Robotics Sets. Working in pairs, they build models centered on sports, attach different sensors and motors, and then program their robots' behavior. This hands-on experience boosts confidence and understanding of STEM as children engage in building and coding their robots. Join us for an inspiring journey!

Robotics and Coding with Scratch MIT – Ingenious Creations **6:15 – 7:15pm** **Ages 9 – 12**

This exciting STEM program is designed to immerse students in the world of engineering, robotics, and coding using LEGO® Spike Essential Robotics Construction Sets. Students will work in pairs building various models and then programming them using Scratch MIT, a block-based code, to perform various tasks. Through hands-on activities, students will cultivate their engineering design skills by identifying problems, brainstorming innovative solutions, and testing prototypes. Students will deepen their understanding of STEM and build confidence. Join us for an inspiring journey!

BRICKS 4 KIDZ

Ages 6 – 12



Bricks 4 Kidz is back with BRAND NEW and AWESOME LEGO® models for your Master Builder to create! In this After School LEGO® class, your child will learn science, technology, engineering, math and the arts with a different LEGO® model build theme each week. Your Master Builder will have a chance to create motorized LEGO® models. such as a fire truck, spin art, a fast car, and many more, all out of LEGO® bricks! Join us for this AWESOME Fall After School class and try them ALL! Anything is possible in a Bricks 4 Kidz class.

Location: Bryn Mawr Spring House, 9 S Bryn Mawr Ave, Bryn Mawr

Spring Session: April 8 – May 13 (6)

Day/Time: Tuesdays, 5:00 – 6:00pm

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

Group Limit: 16 Participants

Wheels in Motion

These wheels are ready to roll! Students will use LEGO® Bricks, axles, pulleys, gears, and motors to build a variety of models on wheels. Some are familiar vehicles, such as a fire engine 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 your 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!



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.

For more information visit, www.play-well.org

Location: Bryn Mawr Spring House, 9 S Bryn Mawr Ave, Bryn Mawr

Day/Time: Thursdays 5:00 – 6:00pm

Spring Session: April 17 – June 5 (8)

Fee: Resident/\$190 Non-Resident/\$228

Group Limit: 16 Participants

Machine Mayhem using LEGO® Materials

Design your custom LEGO® creation to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs and then combine these with tools like drills, hammers, and battering rams. You will refine your masterpiece by sparring with friends and overcoming obstacles all while applying real-world engineering and physics concepts to help you bash and crash your way to victory!

SPRING BREAK/SCHOOL'S OUT PROGRAMS

ABRAKADOODLE, SCHOOL'S OUT

Ages 5 – 12



The best thing to do when 'School's Out' is to join Abrakadoodle for a Day of Art! Our Art Camps include art lessons, 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. Each child will go home with 4 large major projects and several mini projects/activities. Each day out camp is different; it's safe to sign up for multiple days out!

Group Limit: 16 Participants

Location: Bryn Mawr Spring House, 9 S Bryn Mawr Ave, Bryn Mawr

Monday, March 31

Yummy Art Camp

Get your spoon, paintbrush and chocolate syrup ready – we're going to create Art! From cupcake design to mosaics with food to chocolate syrup painting – it's all about the wonderful and wacky world of food art! We'll build spaghetti sculptures, learn about food artists such as Vic Muniz, and play "foodie" games. We'll even make our own incredible edibles! (No peanut or peanut oils will be used.)

Time: 9:00am – 4:00pm

Fee: Resident/\$120 Non-Resident/\$144 *Material Fees Included in Pricing

April 14 – 18, Spring Break

Mad About Movies! Art Camp

You will LOVE this camp if you love movies and the kooky characters, animations and illustrations in them. From minions to dinosaurs to out of this world environments! Together, marvelous movies and art make for some movie madness! Campers learn how movies are made, tell movie stories and recreate favorite movie characters! Explore animation, storyboards, movie music, games and more while making new friends and exploring creative abilities.

Time: AM Session 9:00am – Noon

PM Session 1:00pm – 4:00pm

Fee: Per Session Resident/\$220 Non-Resident/\$264 *Material Fees Included in Pricing

MAD SCIENCE, SCHOOL'S OUT

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 Ave, Bryn Mawr

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

Monday, March 31

Shake It Up (Full Day)

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!

Detective Science (AM Only & Full Day)

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!

HARRITON HOUSE, SCHOOL'S OUT



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 – 14, 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: 10 Participants

Monday, March 31

March into Spring at Harriton

Ages 10 – 14

Welcome spring on the Harriton Farmstead with an engaging session of hands on history. Participants will learn about the history of farming on the Harriton Estate from the early 18th century up through the early 20th century. We'll handle a variety of farming implements, take care of the animals, and plant some edible flowers for the chickens to enjoy throughout the rest of the year. Participants should be prepared to spend most of the day outdoors and should wear closed-toed shoes. Please bring lunch, Harriton Association will provide snacks.

Two Sessions

Asparagus & Onions: Spring on the Harriton Farm

Ages 8 – 12

Participants will explore Harriton Park to discover the remaining features from the years of farming here at Harriton. We'll learn about the variety fruits and vegetables grown here at Harriton during the time that Charles Thomson conducted agricultural experiments on his estate. In addition to being a founding member of the Philadelphia Society for Promoting Agriculture which was established in 1785, Thomson was known for growing a wide variety of food crops here at Harriton. We'll tour the barn, try out antique hand-operated farming equipment, gather eggs, and meet and work with the goats and sheep.

Session 1: Wednesday, April 16

Session 2: Tuesday, May 20

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**Dates:** Monday, March 31
Monday, April 14
Tuesday, May 20

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

GEOVENTURES, SCHOOL'S OUT*Ages 6 – 10*

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**Time:** 9:00am – 3:00pm**Fee:** Per Session Resident/\$320 Non-Resident/\$384**Group Limit:** 25 Participants**April 14 – 18, Spring Break Nature Adventures Camp**

Be explorers of the plant and animal world all around us. Together we'll encounter creatures, identify prints and tracks, explore ecosystems, play stealthy games and hunt for natural treasures. Join us for a great adventure every day! Each day will include hands-on challenges, discussions, active games and teamwork.

SOCCER, R5 SPORTS, SCHOOL'S OUT*Ages 5 – 14*

R5 Sports is a youth sports training company that runs active sports programs and camps. R5 Sports specializes in youth soccer programs and has an extensive summer camp program. This 3-hour soccer program will work on ball skill techniques, tactical understanding (1v1's), passing and shooting. We will start with a dynamic warm up and finish with small-sided games.

Location: South Ardmore Park**Times:** 9:00am – Noon**Dates:** Monday, March 31
Tuesday, May 20**Fee:** Per Session Resident/\$65 Non-Resident/\$78**Group Limit:** 24 Participants**HILL TOP WORLD GAMES, R5 SPORTS, SCHOOL'S OUT***Ages 6 – 14*

This weeklong camp will introduce the athletes to different Sports that are played around the world. Athletes will learn the basic rules while engaging in free play and competitive games. Sports and World Games Include: Handball, Cricket, Volleyball, Ultimate Frisbee, Wiffleball, Kick Ball, Soccer, and MORE.

Location: Hill Top Preparatory School, 737 S Ithan Ave, Bryn Mawr**Dates:** Monday – Friday, April 14 – 18

Times/Fees:	Full Day	9:00am – 3:00pm	Ages 7-14	Resident/\$250	Non-Resident/\$300
	AM Only	9:00am – Noon	Ages 6-14	Resident/\$190	Non-Resident/\$228



This Spring Break Camp provides an additional opportunity for development and improvement. Each step is designed with the age, experience, and ability of the player in mind. This Spring Break camp will give 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: Monday – Thursday, April 14 – 17

Time/Fees:	AM Only	9:00am – Noon	Resident/\$220	Non-Resident/\$264
	Full Day	9:00am – 3:00pm	Residents/\$285	Non-Resident/\$342

ADULT CLASSES AND PROGRAMS

HIKING HOUND ADVENTURES



Hiking Hound Adventures, LLC is a woman owned, family operated small business who wants to get everyone outdoors. With Hiking Hound Adventures, LLC it's not just a hike or a paddle. The goal is to connect everyone with nature and build fundamental outdoors skills to make sure clients are safe and confident when heading outside. They want to help individuals and families grow and be successful in their outdoor pursuits. Making sure adventures form memories that last a lifetime. [For more information, visit www.hikinghoundadventures.com](http://www.hikinghoundadventures.com).

Backpacking Fundamentals

Rolling Hill Park

This course focuses on the fundamentals of wilderness backpacking, ideal for beginners and seasoned adventurers alike. You'll learn vital Leave No Trace principles, helping to preserve the stunning landscapes you explore. Discover how to select and set up a campsite, ensuring comfort and safety in the great outdoors. Our expert instructors will guide you through crucial water filtration techniques to keep you hydrated on your journey. We'll also learn effective methods for maintaining camp hygiene and keeping your food secure from wildlife. The Backpacking Fundamentals course is designed to provide you with hands-on experience and actionable insights, setting you up for success in your outdoor pursuits. By the end of this engaging session, you'll have the confidence and competence to hit the trails, ready for your next adventure!

Spring Session: April 26 Noon – 2:00pm
Fee: Resident/\$30 Non-Resident/\$36
Group Limit: 15 Participants

Tails on Trails: Intro to Hiking with Dogs

Rolling Hill Park

This comprehensive course covers everything that you need to know to embark on hiking adventures with your dog confidently. It begins with essential safety tips, so you can keep your pup protected from the elements and potential hazards. Learn how to properly equip your dog with the right gear and understand the best practices for handling different trail conditions. Trail etiquette is a key focus in Tails on Trails -- discover how to navigate shared paths courteously, ensuring that your hiking experience is enjoyable for everyone. Leave No Trace principles are another crucial element of this course. You will learn you how to minimize your environmental impact and ensure that you and your pup leave the trails just as beautiful as you found them.

Spring Session: May 7 6:00 – 6:45pm
Fee: Resident/\$20 Non-Resident/\$24
Group Limit: 6 Participants

PICKLEBALL – INDOOR, 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.

Location: Bala Gymnasium**Fee:** Per Session Resident/\$210 Non-Resident/\$252**Group Limit:** 8 Participants**Spring Session: Tuesdays April 1 – 29 (5)**

Beginner 8:00 – 9:30am

Intermediate 9:30 – 11:00am

Beginner 7:45 – 9:15pm

Spring Session: Wednesdays April 2 – 30 (5)

Ages 65+ 8:00 – 9:30am

Intermediate 9:30 – 11:00am

Intermediate 7:45 – 9:15pm

Spring 2 Session: Tuesdays May 13 – June 10 (5)

Intermediate 7:45 – 9:15pm

Spring 2 Session: Wednesdays May 14 – June 11 (5)

Beginner 7:45 – 9:15pm

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.

Fee: Per Session Resident/\$210 Non-Resident/\$252**Group Limit:** 12 Participants**Spring – Sundays March 16 – April 13 (5) Wynnewood Valley Park**

Beginner 9:00 – 10:30am

Adv Beginner/Intermediate 10:30am – Noon

Intermediate Plus Noon – 1:30pm

Spring – Tuesdays April 8 – May 6 (5) Bala Ave Park

Beginner/Intermediate 4:30 – 6:00pm

Intermediate Plus 6:00 – 7:30pm

Spring 2 – Sundays April 27 – May 25 (5) Wynnewood Valley Park

Beginner 9:00 – 10:30am

Adv Beginner/Intermediate 10:30am – Noon

Intermediate Plus Noon – 1:30pm

Spring 2 – Tuesdays May 20 – June 17 (5) Bala Ave Park

Beginner/Intermediate 8:00 – 9:30am

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!

Location: McMoran Park

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

Group Limit: 16 Participants

Saturdays 10:00 – 11:00am Adult – All Levels

Spring Session: March 15 – April 19 (6)

Spring 2 Session: May 3 – June 7 (6)

Thursdays 6:30 – 7:30pm Adult – All Levels

Spring Session: April 10 – May 15 (6)

Spring 2 Session: May 29 – July 3 (6)

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.

Location: Lower Merion High School Tennis Courts, 245 E Montgomery Ave, Ardmore Location Subject to Change

Day/Dates: Saturdays April 26 – May 31 (6)

Session 1: 11:00am – Noon Beginner/Advanced Beginner

Session 2: Noon – 1:00pm Advanced Beginner/Intermediate

Fee: Per Session Resident/\$120 Non-Resident/\$144

YOGA206 BONE BOOST

Concerned about bone health? Been diagnosed with osteopenia, osteoporosis or a medical condition that might lead to bone loss? Or are you 50+ years old and pro-active about strengthening your bone health for optimal movement? **Join Abby Contract for YOGA206 BONE BOOST.** YOGA206 BONE BOOST is an all-levels 60 minutes mat & chair yoga class focusing on bone strength. Boost bone strength with a safe yoga practice of adapted poses. Practice movement and breath to benefit body and mind. Yoga is a weight bearing exercise, that with specific poses, uses oppositional forces to stimulate bone cells. Strong bones protect organs, connect joints and support muscles. Improve your body's health and maintain a functional, independent lifestyle of balance, flexibility, and mobility with yoga. Class is intended for participants of all levels, age fifty and over. Participants must be able to safely sit on and rise from a mat.

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

Free Introductory Class:	Thursday, April 10	10:00 – 11:00am	Zoom
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Day/Time/Location: Tuesdays 10:00 – 11:00am Virtual via Zoom

Spring Session: April 29 – June 17 (8)

Fee: Resident/\$120 Non-Resident/ \$144

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.

OTHER PARKS AND RECREATION INFORMATION

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. Applications can be submitted via mail, in person, or on-line. Please visit www.lowermerionrec.com for more details.