

Borough of

Winter / Spring 2019

# CONSHOHOCKEN

*Recreation Services Activity Guide*



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**Community Center at the Fellowship House, 515 Harry Street, Conshohocken, PA 19428**

**VISIT US AT [CONSHOHOCKENRSP.RECDESK.COM](http://CONSHOHOCKENRSP.RECDESK.COM)**

## **MISSION STATEMENT**

*Enhance the quality of life for all residents through physical, mental, cultural, social, and environmental development*

Dear Conshohocken Residents,

Welcome to the 2019 Winter/Spring Recreation Services Activity Guide!

In 2018, the Department of Recreation Services saw an increase in programming, activities, and events. The Department also introduced in-house fitness programs such as Pilates, Yoga, Low Impact Zumba, and Boot Camp. It will continue to evolve and add new programs, fitness classes, and events for all community members to utilize and enjoy! The Community Center at the Fel has also seen a facelift. If you haven't been by lately, stop in to see! We continue to invite you to provide input so we can ensure that our programming and recreational facilities meet the needs of our community. Our staff is stationed at the Community Center at the Fel and is ready to assist you in any way possible!

Feel free to stop in, call 610-828-3266 or email [RecServices@conshohockenpa.gov](mailto:RecServices@conshohockenpa.gov). For all Department information, please visit the Recreation Services page of the Borough website at [www.conshohockenpa.gov](http://www.conshohockenpa.gov). Be sure to check out everything the Recreation Services Department has to offer for this winter and spring through this Activity Guide. Get a full listing of programs, events, fitness opportunities, dates, times, fees and more!

Sincerely,

*Lauren Irizarry*

Lauren Irizarry  
Director of Recreation Services



## ***Creating Community Through People, Parks and Programming***

WE'RE HERE TO SERVE YOU!

We love to hear from our residents! In order to better serve our community we need your feedback. Please contact the Department of Recreation Services at 610-828-3266, or stop in for a visit to speak with one of our employees!

The office of the Department of Recreation Services is located at the Community Center at the Fellowship House

Address: 515 Harry Street, Conshohocken, PA 19428
Phone Number: (610) 828-3266
Borough Website: www.conshohockenpa.gov
Recreation Website: conshohockenrsp.recdesk.com
Email: RecServices@conshohockenpa.gov

DEPARTMENT DIRECTORY

- Director of Recreation Services, Lauren Irizarry.....lirizarry@conshohockenpa.gov
Administrative Assistant, Madison Orlor.....morler@conshohockenpa.gov
Front Desk Associate, Gloria Scott.....gscott@conshohockenpa.gov
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Weekend Front Desk Associate, Geneva Gerwitz.....ggerwitz@conshohockenpa.gov
Weekend Front Desk Associate, Courtland Jackson.....cvjackson@conshohockenpa.gov
Recreation Event Staff, Christopher Jackson.....cjackson@conshohockenpa.gov

Visit the Department of Recreation Services website or on Facebook to stay up to day on the latest news!



Connect with us on Facebook!
Conshohocken Community Center
at the Fellowship House

SAVE THE DATE!!!

- Red Cross Blood Drive.....February 17th
College Counseling & NCAA
Requirement Seminar.....February 26th
First Aid/CPR/AED Training.....March 9th
Donofrio Classic.....Starts March 25th
Medicare Seminar.....April 3rd
Easter Egg Hunt.....April 20th
Summer Carnival.....June 8th
Movie In The Park.....Coming July 2019!

INCLEMENT WEATHER REMINDERS

If the Borough and School District are closed, the Community Center will be closed. If the School District is closed and the Borough has a delayed opening, the Community Center will have a delayed opening in conjunction with Borough.

If the Colonial School District and Borough have a delayed opening, the Community Center will also have a delayed opening in conjunction with both the Borough and the Colonial School District. If the Colonial School District has a 2-hour delay, the before care program and Community Center will also have a 2-hour delay.

If you are unsure about a program being canceled or the Community Center being closed due to inclement weather, check the Borough website or Facebook page for updates.

**Contact Info:**  
 610-828-3266  
 515 Harry Street  
 Conshohocken, PA 19428

**Community Center  
 Hours of Operations:**

**Monday through Thursday:**

6:00 AM – 9:00 PM

**Friday:**

6:00 AM – 7:00 PM

**Saturday & Sunday:**

8:00 AM – 4:00 PM

**2019 HOLIDAY CLOSURES**

**(January – May)**

**EASTER OBSERVED**

*Saturday, April 20, 2019*

**EASTER SUNDAY**

*Sunday, April 21, 2019*

**MEMORIAL DAY OBSERVED**

*Saturday, May 25, 2019*

**MEMORIAL DAY OBSERVED**

*Sunday, May 26, 2019*

**MEMORIAL DAY**

*Monday, May 27, 2019*



**Community Center Membership Rates**

Day Pass	Resident	Non-Resident
Youth (12-17)	\$3.00	\$4.00
Adult (18-61)	\$5.00	\$6.00
Senior (62+)	\$2.00	\$3.00

Monthly Rates	Resident	Non-Resident
Youth (12-17)	\$5.00	\$7.00
Adult (18-61)	\$15.00	\$20.00
Family (4 max)	\$20.00	\$26.00
Senior (62+)	\$5.00	\$7.00

Annual Rates	Resident	Non-Resident
Youth (12-17)	\$50.00	\$65.00
Adult (18-61)	\$140.00	\$182.00
Family (4 max)	\$175.00	\$228.00
Senior (62+)	\$40.00	\$52.00

\*Memberships and day passes allow access to all amenities within the facility. All memberships include four (4) guest passes per month. Guest(s) and day pass users must sign a waiver form and be 18 or older. A parent/guardian must be present to sign a waiver form for anyone under the age of 18, and remain on site if the child is **under 12 years old**. Members must accompany guest(s) at all times. Members are not permitted to leave their guest(s) at the facility unattended/unsupervised.

\*Members and day pass users may not have access to areas of the facility that are being used for programs, events or rentals. Please call 610-828-3266 to learn more about the daily schedule.

**Free Group Fitness Classes**

Select group fitness classes are included in your membership! See page 11 for more info.

**Silver Sneakers & Prime Fitness**

The Community Center at the Fellowship House is a participating facility of Silver Sneakers & Prime through Tivity Health. Members are allowed access to our facility, fitness equipment and are also eligible to participate in free fitness classes included in our regular membership. Stop in today to see if you are eligible!

**How Do I Get It?**

Silver Sneakers & Prime is offered through your health insurance provider. If you're interested in joining Silver Sneakers or Prime Fitness, go to <http://www.tivityhealth.com> to see if your health plan offers the program.

## HERE'S HOW TO REGISTER FOR CLASSES, PROGRAMS & EVENTS



*Just Pick, Click, and Play!*

**1**

### REGISTER ONLINE

Easily register for programs, events, fitness and more at [conshohockenrsp.recdesk.com](http://conshohockenrsp.recdesk.com). Prior to registering for any activity you must first create a customer account through the RecDesk Community Portal. You will need to include your name, DOB, email, phone number and mailing address to create an account.

**2**

### REGISTER OVER THE PHONE

Call the Community Center at the Fellowship House at 610-828-3266. One of our employees will gladly assist you over the phone to create an online account, process your payment and register!

**3**

### REGISTER IN PERSON

Walk-in and in-person registration can be done at the Community Center at the Fellowship House, located at 515 Harry Street, Conshohocken, PA 19428.

#### Questions?

Give us a call at 610-828-3266. Cash, credit cards & checks accepted.

# WINTER DISCOUNT SKI TICKETS



**TICKETS TO...  
BLUE MOUNTAIN  
BIG BOULDER  
JACK FROST  
BEAR CREEK  
SEVEN SPRINGS  
& MORE!**

Looking to hit the slopes this winter? The Recreation Services Department in conjunction with Pennsylvania Parks & Recreation Society (PRPS) will be selling discount ski tickets for the winter season. Tickets will include Blue Mountain, Big Boulder/Jack Frost, Bear Creek, Seven Springs, etc.

Call today to check on availability!



## FACILITY RENTAL OPPORTUNITIES

Interested in renting one of our courts, meeting rooms, or activity spaces? Give us a call or stop in for a visit! Contact Madison Orler at [morler@conshohockenpa.gov](mailto:morler@conshohockenpa.gov) to schedule your reservation. See more about pavilion rentals on page 7.

All reservations are made on a first come, first served basis. All applicants must complete a Facility Rental Application and submit a deposit to book a reservation.

For pricing, policies and procedures, and room selection see our website at: <http://conshohockenrsp.recdesk.com> or call 610-828-3266.

### Mary Wood Park House

Rental opportunities now available at Mary Wood Park House! Perfect for hosting meetings or events.

### Community Center at the Fellowship House

#### Multi-Purpose Room

This space is ideal for hosting events, birthday parties, luncheons, programs, seminars and more! Equipped with a full kitchen, private restrooms, and comfortable seating for 150 people, this space can meet all of your needs.

- Volleyball capabilities (1 net)
- 2 basketball nets (baskets can reach 6 feet for youth)
- Multi-sport flooring
- Large open gym space

#### Basketball Gym

Regulation sized basketball gym with 6 basketball nets, bleachers on each side, announcer's table, and scoreboard capabilities. This space can be rented for sports parties, pick-up games, and more. It can also be utilized as a volleyball court (2 nets at once), and pickleball games.

#### Fitness Center

Brand new fitness equipment was installed in 2017. This space includes: seven weight machines, two treadmills, three ellipticals, two stationary bikes, one row machine, exercise balls, free weights, and scale.

#### Meeting Room

Perfect for smaller meetings, and parties. Fits about 25-30 people with tables and chairs.

#### Activity Space

Membership holders and visitors can enjoy a new ping-pong table, new air hockey table, new foosball table, and pool table! TV and lounge area perfect for relaxing, hanging out with friends, or meeting new people!



## CELEBRATE YOUR PARTY WITH US!

### Birthday Party Packages

**Hold your next party with us! Choose from our party packages below or customize your own.**

**Sport-Tastic Parties w/ Obvious Choice Sports**  
Obvious Choice Sports provides all the equipment, music, coaching, and lots of fun for your child's birthday party!

Visit the Obvious Choice Sports website at [www.ObviousChoiceSports.com](http://www.ObviousChoiceSports.com) to complete a party inquiry form.

#### **Pick two sports:**

Soccer, basketball, indoor floor hockey, kickball, indoor flag football, or dodgeball.

#### **Pricing:**

- Up to 19 Participants - \$150/ hour
- 20-29 Participants - \$200/ hour
- 30-39 Participants - \$250/hour
- 40-49 Participants - \$300/hour
- Additional Half Hour - \$50

### Beanie Bounce Party Deals

Choose from a variety of entertainment and set your own price through Beanie Bounce Party Rentals. Face painting, moon bounces, crafts, & more!

Please visit [beaniebounce.com](http://beaniebounce.com) for a full list of items available or call them at 610-272-0270.

- All inflatable moon bounces and other party entertainment are provided by Beanie Bounce Party Rentals. Discount pricing may vary during busy and off seasons.
- Two weeks notice for face painters and moon bounces preferred.

#### **Pricing**

- Renters must contact Beanie Bounce directly regarding pricing.

## Sutcliffe Park

*Entrance located at West 10th Avenue and Freedly Street*

Three full basketball courts, newly renovated playground equipment as of 2017, restrooms & concession stand, two off-street parking lots, large playing field & two pavilions.

### Senior Field

Baseball/Softball field. Large outfield available for other sports (i.e. flag football, youth soccer)

### Playground Pavilion

Located in the center of the newly renovated playground area of Sutcliffe Park. Picnic tables and benches available for public use. Electric accessible.

### Evergreen Pavilion

Located closer to the park's concession stand areas. This pavilion is shaded by trees, and also has picnic tables and benches available for public use.



## Mary Wood Park

*Located at East 6th Avenue and Hallowell Street*

Newly renovated playground completed in July of 2018. Dog friendly (dogs must be on a leash) with open grass space, perfect for families, pet owners and children to enjoy the outdoors! Plenty of on-street parking nearby.

### Mary Wood Park Pavilion

Available for party rentals and picnics, etc.! Picnic tables and benches available for public use.

## Park & Pavilion Rental Opportunities

Looking for a space to hold a birthday party or a small group gathering? Consider reserving one of our pavilions. With locations at two of our most popular parks, our pavilions provide an ideal outdoor setting for any spring, summer or fall party. All pavilions are located within steps of our newly renovated playgrounds.

To reserve one of our fields or park pavilions please contact Madison Orlor at 610-828-3226 or at [morler@conshohockenpa.gov](mailto:morler@conshohockenpa.gov). Park permits and fees apply. Rental requests must meet all requirements to be approved prior to hosting your activity in the park.

## A.A. Garthwaite Stadium (A-Field) *Entrance located at East 11th Avenue and Harry Street*

Regulation football field, two locker rooms (home & away), men's and women's restrooms, concession stand with refrigerator, press box with sound system, scoreboard capabilities, bleachers for attendees, benches for teams, small parking lot and street parking, newly installed walking track.

### Walking Track Hours of Operation

- Opens around 7:00 AM. Closes around dusk (depending on the season).
- The utility gate on Harry Street and the pedestrian gate off of Hallowell Street can be used to access the stadium and walking track.
- After April 1, 2019 (currently closed for the season) restrooms hours are open from 7:00 AM to 3:00 PM Monday through Friday and closed on weekends.
- The A-Field Stadium and walking track will be closed on holidays.

***The walking track will be closed during rentals consisting of contest, tournaments, games, events, etc. that either require an admission fee or will be a safety hazard to the general public if walking around the track.***

### B-Field

*Located at East 13th Avenue and Hallowell Street*

Non-regulation sized field suitable for practice only. Equipped with lights that can be programmed. Playground area and pavilion, which is available for party rentals, picnics and more! Small parking lot and nearby on-street parking.

### Aubrey Collins Park

*Located off of East Elm Street*

Aubrey Collins Park features playground areas, a basketball court, open grass space, horseshoe pits, nearby on-street parking, and a pavilion suitable for parties and picnics!

### 2nd Avenue Meadows

*Located off of West 2nd Avenue and Maple Street*

New playground equipment as of 2017. Park benches, open grass space and small parking lot.



### Riverside Dog Park

*Located at 227 Washington Street, along the Schuylkill River behind The Londonbury*

**Available for use 7 days a week to members only.  
2019 applications are being accepted. New members welcome!**

Registration for memberships are taken at the Community Center at the Fel during hours of operation, or done online at <https://conshohockenrsp.recdesk.com/Community/Membership>. You will need a completed registration form with waiver along with your dog's license and a copy of your dog's vaccinations. Payment can be made by check, cash, or credit card. Once all necessary forms and documents are received you will be issued an access code.

**For more info regarding registration requirements, or to learn more about rules and regulations, view the Riverside Dog Park Handbook online at <https://conshohockenrsp.recdesk.com>.**



### Riverside Dog Park Refund Policy

Dog Park memberships are non-refundable and non-transferable. The Conshohocken Dog Park Advisory Committee reserves the right to revoke memberships if a dog displays aggressive behavior towards other people or dogs or if the owner does not comply with the Dog Park rules and regulations.

**AMERICAN RED CROSS BLOOD DRIVE**

*Sunday, February 7, 2019*

9:00 AM – 2:00 PM at the Community Center at the Fellowship House (Multipurpose Room)



Help save a life by donating blood today!



**COLLEGE COUNSELING & NCAA REQUIREMENT SEMINAR**

*Tuesday, February 26, 2019*

Parents and students learn how to navigate college planning and the research and admissions process with Debbie Blume, owner of Blume College Consulting, LLC. Hear from one of the local NCAA Compliance Officers to assist your student-athlete in the recruitment process. Recommended for high school students & parents.

6:30 PM at the Community Center at the Fel  
\$20 Members/ \$25 Non Members  
Registration is required. Registration ends 2/22/19



**FIRST AID/CPR/AED TRAINING BY NARBERTH AMBULANCE**

*Saturday, March 9, 2019*

The purpose of the class is to give individuals the skills necessary to prevent, recognize and provide basic care for emergencies in adults, children, and infants until advanced medical personnel arrive.

**59TH ANNUAL ALBERT C. DONOFRIO CLASSIC**

*March 25, 2019 – April 16, 2019*

Don't miss this 4-week men's high school basketball tournament, featuring the best players in high school hoops.



**EASTER EGG HUNT**

*Saturday, April 20, 2019*

Hop over to the Community Center at the Fel for the annual Easter Egg Hunt Event! Admission is free, and prizes, crafts and refreshments will be provided! Registration is required.

**MEDICARE SEMINAR**

*Wednesday, April 3, 2019*

**Know your Medicare options!**

Learn how: Medicare works and what it covers, how Part D prescription cards work and how to pick the right one for you, the difference between Medicare supplements and Medicare Advantage plans. This seminar is suitable whether you have decisions to make during the upcoming open enrollment period or just want to learn in preparation of that time.

Presented by Terry Smerling, Medicare planning specialist With DelVal Senior Advisors



Cost: \$3/Members, \$5/Non Members  
Registration is required. Registration will begin on February 1st and will end on March 25th.

**SUMMER CARNIVAL**

*Saturday, June 8, 2019*

Celebrate the end of the school year with the Department of Recreation Services! Join us for inflatables, refreshments, music, games, and more! Registration is required.



**MOVIE IN THE PARK**

*July 2019 at Sutcliffe Park!*

Bring your chairs and blankets for this family movie fun under the stars. Food and refreshments will be available for purchase.

**\*\*Dates may be subject to change. Call or visit our website for more info\*\***

**IMPORTANT REGISTRATION REMINDERS**

Be sure to register for all events so that we can ensure there are enough supplies! To register, visit the Recreation Services website or contact the Community Center at the Fel at 610-828-3266.

**Spring / Summer Men's League**

**Begins May 6, 2019, Mondays and Wednesdays**  
from 6:30 PM – 8:30 PM

- Registration Fee: \$325.00 per team (due at the first game) + \$35 additional referee per game
- Age: 21+
- 12 Teams total | 11 games guaranteed + all teams make the playoffs

**Registration deadline:** April 12, 2019

**\*\*All teams enrolled in the 2018 Fall/Winter League will have first choice to register.**

For more information, contact Tom Brady at 610-828-3266 or tbrady@conshohockenpa.gov.

**Pickleball**

Pickleball is cross between ping-pong, tennis and badminton. The Community Center has open gym times based off the daily schedule.

**Ongoing, Mondays, Wednesdays & Fridays**

10:00 AM – 12:00 PM | Age: 18+  
Members: FREE | Non-Members: \$5

**Corporate Lunchtime Basketball**

Corporate Lunch Time Basketball is perfect for those who work in the area and want to unwind on their lunch break playing non-competitive games among colleagues.

**Ongoing, Tuesdays & Thursdays**

12:00 PM – 2:00 PM | Age: 18+  
\$5 per session or FREE w/ membership

**Sunday Morning Basketball**

Sunday Morning Basketball is held every Sunday in the gym for non-competitive pickup games.

**Ongoing, Sundays**

9:00 AM – 11:00 AM | Age: 18+  
\$6 per session or FREE w/ membership

**Open Gym Time**

The Community Center has open gym times based off the daily schedule. For information on the daily schedule please call 610-828-3266 or view online at: [conshohockenrsp.recdesk.com/Community/Calendar](http://conshohockenrsp.recdesk.com/Community/Calendar).

**Hors d'oeuvres & Dips w/Kitchen Wizards**

Enjoy a girls' night out, date night, or meet some new friends! We'll help you learn how to create some delicious new hors d'oeuvres & dip recipes.

Tuesday, March 19, 2019 | 6:30 PM | Ages 18+  
\$50 Members; \$60 Non Members  
Community Center at the Fel – Multi-Purpose Room  
Program Code: KWA1

*To register online for programs, please visit <https://conshohockenrsp.recdesk.com>. Registration will end 5 days prior to the start of the session to meet minimum requirements for the class. An additional drop-in rate may be available based on space, but not guaranteed.*

**Adult Krav Maga Self Defense Workshop with DeStolfo's Premier Martial Arts**

Krav Maga is the official system of the Israeli Military and is used by hundreds of law enforcement agencies throughout the world, but it has also captured the civilian adult market. Krav Maga techniques increase stamina, strength, and flexibility. Tested on the battlefield and in the streets, Krav Maga's practical approach to self-defense will make you safer and more secure.

**Thursday, April 18, 2019**

7:00 PM – 8:00 PM  
Members: \$50 | Non-Members: \$60  
Community Center at the Fel – Multi-Purpose Room  
Program Code: SDW1  
Registration will begin February 15, 2019

**First Aid/CPR/AED Training by Narberth Ambulance**

The purpose of the class is to give individuals the skills necessary to prevent, recognize and provide basic care for emergencies in adults, children, and infants until advanced medical personnel arrive.

**Saturday, March 9 2019**

9:00 AM – 1:00 PM | Age: 12+  
Cost: \$115 | Registration is required.  
Please register on our website to reserve your spot.  
Registration begins January 15th and ends March 4th. Space is limited.

**Senior Bingo**

Research has shown that games are good for the brain! They can stimulate memory, attention skills, and most importantly promote social interaction. Come join the seniors of the Community Center of Conshohocken every Monday in the Multi-purpose room! Light refreshments will be included

**Mondays | January 7, 2019 – June 3, 2019**

9:30 AM – 2:00 PM | Age: 62+  
\$10 membership fee due at the beginning of January (fee will be pro-rated accordingly)  
All bingo packages must be purchased separately upon arrival. Room is subject to change throughout the year. Notice will be given in advance.

**Senior Card Games**

Open card games. Cards will be supplied. Sessions will be held in the activity space.

**Ongoing, Fridays**

9:30 AM – 11:30 AM | Age: 62 +  
Members: FREE | Non-Members: \$5

**Senior Fitness**

See fitness schedule on page 11 & 12 for more info. Classes are currently being held!

**Ongoing, Mondays, Wednesdays & Fridays**

8:30 AM – 9:15 AM | Age 62 +

FREE fitness programs with a Community Center Membership. Registration is not required.  
Classes are ongoing throughout the year.

**War of the Core with Eileen**  
**Fridays**  
**8:00 AM**

Build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility.

**H.I.I.T with Eileen**  
**Wednesdays**  
**8:00 AM**

HIIT, or high-intensity interval training, is a training technique in which you give all-out with 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

**Senior Fitness with Meg**  
**Mondays, Wednesdays, Fridays**  
**8:30 AM – 9:15 AM**

Join a community of active older adults for a total-body workout appropriate for any fitness level. Classes are designed to increase flexibility, joint stability, balance, coordination, agility and muscular strength. Classes held now!

**NEW Group Fitness Classes at the Community Center at the Fel!**

To register for the following programs, please visit <https://conshohockenrsp.recdesk.com>. Registration will end 5 days prior to the start of the session to meet minimum requirements for the class. An additional drop-in rate may be available based on space, but not guaranteed.

**Bootcamp with Da'Rel Scott - 24 classes!**

If you want to get fit, get healthy, challenge your body and mind, then this group fitness boot camp hosted by Da'Rel Scott is for you! This program is designed to build strength and fitness through a variety of intense group intervals over a 1-hour period of time.

**Mondays, Wednesdays, Fridays (8 weeks)**

**FREE Demo Class** – 1/21/19 Program Code: BC05  
**Session 1:** 1/28/19 – 3/22/19 Program Code: BC06  
**FREE Demo Class** – 4/1/19 Program Code: BC07  
**Session 2:** 4/8/19 – 6/5/19 Program Code: BC08

\*No class 5/24/19 and 5/27/19

**Time:** 5:45 AM – 6:45 AM | **Age:** 18+

**Cost:** \$250 for Members; \$300 Non Members

**Cardio & Core with Eileen Gervasi**

A cardio-based class designed to strengthen and develop your core body areas: abs, back, and buttocks.

**Tuesdays (16 weeks)**

**Session 2:** 2/5/19 – 5/21/19 Program Code: CC02  
**Time:** 8:00 AM – 8:45 AM | **Age:** 18+  
**Cost:** \$45 Members; \$50 Non Members

**Yoga I with Mary Alysse Metzger**

New to yoga? Beginner level yoga is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness.

**Thursdays (6 weeks)**

**FREE Demo Class:** 1/31/19 Program Code: Y6  
**Session 1:** 2/7/19 – 3/21/19 Program Code: Y7  
**FREE Class:** 3/28/19 Program Code: Y8  
**Session 2:** 4/4/19 – 5/9/19 Program Code: Y9  
**Time:** 6:00 PM – 7:00 PM | **Age:** 18+  
**Cost:** \$50 Members; \$60 Non Members

**Body Blast with Bodies by Yah**

This Body Blast class that is designed to incorporate body weight, hand weights, and stability exercises while in a high cardio setting. The increases in your heart will allow you to NOT ONLY burn 100's of calories, but also focus on sculpting those arms, butt, and most importantly CORE at the same time!! This is a class unlike any other, hitting all the major parts of your body at once.

**Tuesdays and Thursdays (8 weeks)**

**FREE Demo Class** – 1/29/19 Program Code: BBY1  
**FREE Demo Class** – 4/2/19 Program Code: BBY6  
**TUESDAYS:**  
**Session 1:** 2/5/19 – 3/26/19 Program Code: BBY2  
**Session 2:** 4/9/19 – 5/28/19 Program Code: BBY3  
**THURSDAYS:**  
**Session 1:** 2/7/19 – 3/28/19 Program Code: BBY4  
**Session 2:** 4/11/19 – 5/30/19 Program Code: BBY5  
**Time:** 7:00 PM – 8:00 PM | **Age:** 18+  
**Cost:** 1 day/week: \$60 Members; \$65 Non Members  
2 days/week: \$110 Members; \$115 Non Members

**Pilates with Tara Leonard Henry**

Pilates is designed to strengthen the core, improve balance and flexibility and increase muscular strength and endurance. Workouts are low impact and designed to adapt for participants of all fitness levels

**Mondays (6 week)**

**FREE Demo Class:** 1/28/19 Program Code: P05  
**Session 1:** 2/4/19 – 3/11/19 Program Code: P06  
**FREE Demo Class:** 3/25/19 Program Code: P07  
**Session 2:** 4/1/19 – 5/6/19 Program Code: P08  
**FREE Demo Class:** 5/20/19 Program Code: P09  
**Session 3:** 6/3/19 – 7/8/19 Program Code: P10  
**Time:** 9:30 AM – 10:30 AM | **Age:** 18+  
**Cost:** \$40 Members; \$50 Non Members

### Low Impact Zumba with Elaine Downs

Easy to follow and no previous knowledge or experience needed! Low Impact Zumba offers a good way to begin an exercise program and is suitable for people who are looking for a new way to maintain or improve their fitness levels. It helps you remain active, it decreases stress levels and makes you feel more energetic and happy!



#### Tuesdays & Thursdays

**FREE Demo Class** – 2/5/19 & 2/7/19 Program Code: LZ1

**FREE Demo Class** – 4/18/19 Program Code: LZ4

#### TUESDAYS:

**Session 1:** 2/19/19 – 4/9/19 Program Code: LZ2

**Session 2:** 4/23/19 – 6/11/19 Program Code: LZ5

#### THURSDAYS

**Session 1:** 2/21/19 – 4/11/19 Program Code: LZ3

**Session 2:** 4/25/19 – 6/13/19 Program Code: LZ6

**Time:** 10:00 AM – 11:00 AM | **Age:** 18+

**Cost:** 1 day/week: \$40 Members; \$45 Non Members

2 days/week: \$75 Members; \$85 Non Members

### H.I.I.T. with Blazin' Body Fitness

This high intensity interval training (H.I.I.T) class consists of using your own body weight, light dumbbells, resistant bands, light medicine balls, jump ropes, and cardio. Classes are full body workouts. Modifications can be made to the workouts for all to be successful! H.I.I.T. elevates your heart rate, burning more calories in a short period of time. It is imperative to eat at least an hour to 30 minutes prior to class, preferably a source of protein, smoothie, shake, cup of oatmeal, or piece of fruit

#### Mondays & Saturdays

**Session 1:** 2/4/19 – 3/16/19 Program Code: BBF04

**Session 2:** 3/25/19 – 5/11/19 Program Code: BBF05

**Monday:** 6:30 PM | **Saturday:** 11:00 AM

**Age:** 18+ | **Cost:** \$85 Members; \$95 Non Members



### Meal Plans

Meal planning is essential to maintain your health. Meal plans are available at the cost of \$80 and will last for 2 months. Daily check-ins are also available if needed at an additional cost of \$10. Please contact Blayne Pierce at 484-645-0791, of Blazin' Body Fitness to get started! Blayne holds a B.S. Sports Management/Sports Science and is an AAI & ISMA certified personal trainer with over 10 years of experience.

### Personal Training Rates for Members & Non-Members

30 Minute Sessions			1 Hour Sessions			1 Hour Partner Sessions		
Individual	M	N-M	Individual	M	N-M	Partner	M	N-M
1 Session	\$25	\$31	1 Session	\$ 40	\$50	1 Session	\$30/person	\$40/person
5 Sessions	\$140	\$165	5 Sessions	\$210	\$245	5 Sessions	\$150/person	\$180/person
10 Sessions	\$265	\$325	10 Sessions	\$405	\$465	10 Sessions	\$ 290/person	\$355/person
30+ Sessions	\$20/hr	\$25/hr	30+ Sessions	\$30/hr	\$35/hr	<b>Max of 2 people during a training session</b>		

### The Community Center at the Fellowship House Accepts Credit Cards!

Users are now able to easily register and pay for programs and memberships online and in-person at the Community Center! All credit card transactions will be charged a processing fee of 2.65% or \$3.00 minimum, whichever is higher. Processing fees go directly to the credit card company. Visa, MasterCard and Discover are accepted.



## Tiny Tots Open Play

### **Brand new mats, equipment, and more!**

Help your child discover movement and expression! Even though your little ones aren't old enough for school, you can head to the Community Center for a fun and interactive experience with your child. No need to register ahead of time and you may come any time during the 2 hours. Please see one of our staff members at the front desk when you arrive.

### **Ongoing, Wednesdays & Fridays**

**Times:** 9:30 AM – 11:30 AM | **Age:** Crawler – 3 years

**Location:** Multipurpose Room

**Cost:** FREE for Members; \$5 for Non Members

## Purposeful Play

Interactive, developmental play program for children and parents. Movement with music, gym exploration, and parachute, all with tyke size equipment perfect for fun! Facilitated activities support physical, social, and cognitive skills. Nannies and grandparents welcome. Come with a friend, meet new friends!

### **Wednesdays**

**FREE Demo Class:** 1/23/19 Program Code: P1

**Session 1:** 1/30/19 – 3/27/19 Program Code: P2

**\*No class 2/27/19**

### **Times & Ages:**

3:30 PM – 4:15 PM | Age: 6 -14 months

4:30 PM – 5:15 PM | Age: Sturdy walkers – 2.5 years

5:30 PM – 6:15 PM | Age: 2-4 years

**Location:** Studio

**Cost:** \$120 Members; \$130 for Non Members

## Kids Yoga with Mary

Kidding Around Yoga (KAY) specializes in sharing yoga and meditation with children. Mary uses music, games, as well as other tools and activities to help children focus their minds, stretch their bodies, and deepen their breath; all while having loads of fun! Yoga and meditation has been considered, for a long time, a wonderful means of stress management. KAY uses a system based on the classical study of yoga and transforms it into an experience for children to both introduce them to yoga as well as inspire them to develop a practice to take with them in their everyday lives.

### **Sundays**

**Session 1:** 2/10/19 – 3/24/19 (No class 3/10/19)

Program Code: KAY04

**Session 2:** 4/7/19 – 5/19/19 (No class 4/21/19)

Program Code: KAY02

**Time:** 10:00 AM – 10:45 AM | **Age:** 4-9 years

**Location:** Meeting Room

**Cost:** \$45/child – Ask about our sibling discount!

*Registration ends February 5th*

## Ballet by Lauren

In this beginner's ballet program, students will be taught the fundamentals of ballet, which includes, but not limited to, the five positions, basic vocabulary and skills, stretching and classroom etiquette. Students will learn range of motion, discipline, body awareness, balance, flexibility, posture, coordination and endurance. They will also learn how to work as a group, cooperate, perform, interact, support and respect one another.

**Tuesdays (12 Weeks)** Program Code: BBL02

**Date:** 1/8/19 – 3/26/19 | **Time:** 3:30 PM – 4:15 PM

**Saturdays (12 Weeks)** Program Code: BBL03

**Date:** 1/12/19 – 3/30/19 | **Time:** 9:30 AM – 10:15 AM

**Cost:** \$144 | **Age:** 3-5 years | **Location:** Studio

## Baseball Clinic

The Recreation Services Department in conjunction with Conshohocken Little League is offering a Winter Baseball Clinic. The Winter Baseball Clinic is a great opportunity for youth baseball players to work on their skills and prepare for the upcoming spring season. The clinics will be an eight-week program geared towards teaching fundamentals and progressively building up the players arms and bodies each week so they're ready to go come spring.

### **Thursdays**

**Date:** 1/10/19 -2/28/19 | **Location:** Multipurpose Room

**Age:** 4-8 years | Program Code: WBC

**Time:** 6:15 PM – 7:00 PM | **Cost:** \$40

**Age:** 9-12 years | Program Code: WBC01

**Time:** 7:15 PM – 8:00 PM | **Cost:** \$50

**Drop-in Fee: \$10**

*\*Registration will be taken until maximum capacity is reached. If it is not reached, a drop-in fee of \$10 will be allotted until that capacity is met.*



**American Red Cross**

*Babysitting Certification Course*

**SATURDAY, MARCH 30, 2019**

**8:30 AM – 4:00 PM**

**11-15 year olds**

This class provides knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid.

Participants will receive a certification at the end of the training. Registration opens Feb 1st and ends March 18th.

**Please bring a packed lunch to the training**

**Cost: \$125 | Program Code: ARCB**

### Soccer Shots: Mini's & Classics (Ages 2-5)

Using creative and imaginative games, weekly sessions 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. Soccer Shots will expose your child to the foundations of soccer, while also having fun!

#### Saturdays (6 weeks)

**Date:** 2/2/19 – 3/9/19 | **Cost:** \$85 | **Location:** Gym

#### Mini's – Ages 2-3

Time: 9:00 AM – 9:30 AM  
Program Code: SS002

#### Classic's – Ages 3-5

Time: 9:45 AM – 10:30 PM  
Program Code: SS003



#### Tuesdays (6 weeks)

**Dates:** 2/5/19 – 3/12/19 | **Cost:** \$85  
**Location:** Multipurpose Room



#### Mini's – Ages 2-3

Time: 9:30 AM – 10:00 AM  
Program Code: SSM

#### Classic's – Ages 3-5

Time: 9:45 AM – 10:30 PM  
Program Code: SSC

#### Thursdays (6 weeks)

**Dates:** 2/7/19 – 3/14/19 | **Cost:** \$85  
**Location:** Multipurpose Room

#### Mini's – Ages 2-3

Time: 1:30 PM – 2:00 PM  
Program Code: SSM2

#### Classic's – Ages 3-5

Time: 2:05 PM – 2:50 PM  
Program Code: SSC2



### Soccer Shots – Premier (Ages 5-7)

Focusing on individual skills, fitness, and sportsmanship, each session provides an opportunity for kids to be challenged through fun games and team competitions. Children will also be introduced to tactical elements of the game as they prepare to play on competitive teams.

#### Saturdays (6 weeks)

**Dates:** 2/2/19 – 3/9/19 | **Cost:** \$85 | **Location:** Gym



#### Premier – Ages 5-7

Time: 10:45 AM – 11:30 AM  
Program Code: SS004

### Kitchen Wizards for Kids

Ages 6-11

**\$35 Members & \$45 Non Members**

#### Saturday, March 2nd Cupcake Decorating

Children will learn to tint buttercream frosting using color combinations, fill pastry bags, and practice with a variety of popular tips. Then, they will decorate their own cupcake masterpieces - one chocolate, and one vanilla. Children should bring a beverage. We'll provide take-home containers.

9:30 AM – 11:30 AM | Program Code: KWK1  
Registration ends on February 25th

#### Friday, May 10th Pasta Palooza

While Mom and Dad dine out at one of the fabulous nearby restaurants, kids can learn to make homemade pasta, meatballs, sauce, and butter cookies. This will be way better than a babysitter! Children should bring a beverage and a big appetite!

5:00 PM – 7:00 PM | Program Code: KWK2  
Registration begins March 30th and ends on May 5th

### Beginner Martial Arts Workshop with

### DeStolfo's Premier Martial Arts

**Saturday, April 6, 2019**  
**10:00 AM – 10:45 AM**

You will discover your child's best potential to build confidence, learn discipline, set goals, and achieve success! Your child will learn the importance of respect, focus, confidence and perseverance. In this course our staff is going to teach an action-packed class that is guaranteed to be a blast! We know that for every block, punch or kick we teach we can literally teach your child the value of self-value, self-defense and self-discipline. We understand that a martial arts program must be about developing a child's character.

**Ages 7-13 | Program Code: DMA1**  
**Cost: \$45 Members; \$55 Non-Members**

Registration begins February 15th and ends April 1st

### Mad Science Workshop – Detective Science

**Saturday, May 18, 2019**  
**9:30 AM – 12:30 PM**

Mad Science brings kids the fun, the amazement and the wonder of all things science. Mad Science workshops teach kids about how fun science can be, and it helps spark their imaginations. Students will become science sleuths as they investigate how chemistry provides evidence at the scene of the crime. During this hands-on detective work, children will gather and test 'crime scene' clues, make and analyze their own fingerprints, decipher codes and encrypt messages.

**Ages 6-12 | Program Code: MS04 | Cost: \$65**

Registration begins March 15th and ends May 11th

## Soccer Shots - Spring Session

All session held at the B-Field

**Saturdays 3/30/19 – 5/18/19 (8 weeks) – Cost \$116**

9:00 AM – 9:30 AM      Ages 2-3  
 9:40 AM – 10:25 AM    Ages 3-4  
 10:35 AM – 11:20 AM    Ages 3-5  
 10:35 AM – 11:20 AM    Ages 5-7

**Mondays 4/1/19 – 5/20/19 (8 weeks) – Cost \$116**

9:00 AM – 9:30 AM      Ages 2-3  
 9:40 AM – 10:25 AM    Ages 3-4  
 10:35 AM – 11:20 AM    Ages 3-5  
 10:35 AM – 11:20 AM    Ages 5-7

## Young Rembrandts

### Early Elementary Drawing (Ages 4-6) - Winter Sessions

The long winter months can easily lead to boredom or restlessness. Alleviate any creative dormancy with a fun-filled Young Rembrandts class! We begin the season with a lesson that teaches our students about simple figure drawing as they create a snowman using basic geometric shapes. Winter-themed lessons like our mittens and penguin drawings will excite the imagination. Illustrations featuring a patterned giraffe and feathery owl will provide a great introduction to drawing animals. All this and more await your budding artist.

**Saturdays (5 weeks) – Cost: \$75**

**Session 1:** 2/2/19 – 3/2/19      Program Code: YR01

**Session 2:** 3/16/19 – 4/20/19      Program Code: YR02

**\*No class 4/13/19**

**Time:** 9:00 AM – 9:45 AM | **Location:** Meeting Room

### Early Elementary Drawing (Ages 4-6) - Spring Session

This spring, Young Rembrandts introduces a variety of artistic lessons that will challenge and excite your child. A wonderfully illustrated flowerpot will capture the spirit of the spring season. A cuddly teddy bear drawing will introduce our students to basic figure drawing. If your student has a curiosity for nature, he or she will love our birdbath and snail to help strengthen their art and compositional skills. There's no better time than NOW to enroll your child into a Young Rembrandts class. All this and more await your budding young artist.

**Saturdays (5 weeks) – Cost: \$75**

**Dates:** 5/4/19 – 6/1/19      Program Code: YR03

**Time:** 9:00 AM – 9:45 AM | **Location:** Meeting Room

## Program Cancellations & Refunds

The Borough of Conshohocken reserves the right to cancel any program or camp due to insufficient enrollment. Programs and camps will run only if the minimum enrollment figure is satisfied. Cancellations will occur one week prior to the scheduled start date if applicable. A full refund will only be given when the Borough of Conshohocken cancels a program. A refund request made at least five (5) business days prior to the program will receive a refund less 5%. No refunds will otherwise be given. Refunds may take up to thirty (30) business days to process. We do not issue cash refunds. Cash, credit card, check and money orders are accepted. Register online or in-person!

## Young Rembrandts

### Drawing (Ages 7-14) - Winter Sessions

Make this a memorable winter by signing up your elementary child in a Young Rembrandts drawing class. Your child will learn about basic design and composition as they draw the Fish Below Ice and Great Wall of China. If your child is fond of sports, they will enjoy drawing our illustration featuring a Hockey Player. Besides strengthening your child's drawing and coloring skills, he or she will also learn about art history as we present lessons featuring master artists Leonardo Da Vinci and Franz Marc.

**Saturdays (5 weeks) – Cost \$75**

**Session 1:** 2/2/19 – 3/2/19      Program Code: YR04

**Session 2:** 3/16/19 – 4/20/19      Program Code: YR05

**\*No class 4/13/19**

**Time:** 10:00 AM – 11:00 AM | **Location:** Meeting Room

### Drawing (Ages 7-14) - Spring Session

The season of spring gives our artists new inspiration and lessons like the Bee Graphic and historical Model T. Every child will draw their lesson in detail and learn new techniques like how to add a little whimsy to our version of Aladdin's Lamp and some adorable baby dragons. Creativity, imagination and whole brain learning are all happening every week.

**Saturdays (5 weeks) – Cost \$75**

**Dates:** 5/4/19 – 6/1/19      Program Code: YR06

**Time:** 10:00 AM – 11:00 AM | **Location:** Meeting Room

## Young Rembrandts

### Cartooning (Ages 8-14) - Winter Sessions

Encourage your child's enthusiasm for art and help develop his or her drawing skills with a Young Rembrandts drawing class. Our cartoon drawing lessons will stoke your child's artistic fire. Your child will learn about exaggeration and drawing facial expressions in our lessons entitled "Cold Faces" and "Dad Expressions." Our students will learn how to create fully realized cartoon characters by personifying cuddly polar bears in our "Cold Weather Friends" lesson. Learning to tell a story through a series of drawings will be the focus in our illustrations featuring a humorous shaving sequence. Encourage your child's creativity.

**Saturdays (5 weeks) – Cost: \$75**

**Session 1:** 2/2/19 – 3/2/19      Program Code: YR07

**Session 2:** 3/16/19 – 4/20/19      Program Code: YR08

**\*No class 4/13/19**

**Times:** 11:15 AM – 12:15 PM | **Location:** Meeting Room

### Cartooning (Ages 8-14) - Spring Session

Our students will learn how to personify inanimate objects, as they breathe life into the sun and moon, transforming them into funny cartoon characters. A humorous bird feeding sequence will teach your child visual and sequential story telling. We'll also create drawings that feature colorful and expressive forest animals. Give your child the gift of learning and artistry.

**Saturdays (5 weeks) – Cost \$75**

**Dates:** 5/4/19 – 6/1/19      Program Code: YR09

**Time:** 11:15 AM – 12:15 PM | **Location:** Meeting Room

## Basketball for Tots – Boys & Girls, Ages 3 & 4

Obvious Choice Sports introduces your child to basketball, where they will learn to play and play for fun! Each week your child will learn basic vocabulary, practice skills like dribbling, passing, and shooting, play games, and, most importantly, have fun! The Obvious Choice Sports Coaches will work with players to build self-confidence and fine motor skills, while learning about teamwork and sportsmanship. We provide everything your child needs for an exciting and engaging morning at an affordable rate!

### Saturdays

**Date:** 3/9/19 – 4/6/19

**Time:** 9:30 AM – 10:15 AM

**Location:** Community Center at the Fel

**Cost:** \$65.00

**Discounts:** Refer a Friend, Save \$5 - use

Promo Code "Friend." 5% Off each additional sibling

## Spring/ Summer Youth Basketball League

Summer basketball is back in Conshy! The Recreation Services Department in conjunction with the Academy of Hoops will be offering this program.

### Boys and Girls, Ages 7-13

**Location:** Sutcliffe Park

**Cost:** Residents: \$75; Non-Residents: \$85

**Program Code:** SBB

- 7-9 year olds play on Monday and Wednesday nights. Games begin at the end of May. A mandatory grading session will be held on May 13th.
- 10-13 will play on Tuesdays and Thursdays with games beginning at the end of May. A mandatory grading session will be held on May 14th. Registration will be taken on an individual basis beginning March 15th and will end on May 1st.
- Coaches are needed. If you are interested, please contact us at [RecServices@conshohockepa.gov](mailto:RecServices@conshohockepa.gov).

## Academy of Hoops

Take all of the guesswork out of your basketball training this spring and summer and make it count by attending The Academy of Hoops' workout sessions. Learn from the best, Alvin Williams, 8 year NBA player and Villanova University Hall of Famer. Visit [www.theacademyofhoops.com](http://www.theacademyofhoops.com) to register for skill specific training, biddy bop workouts and private instruction at the Community Center at the Fel. Program schedule listed on the Borough website on the Recreation Services page.

All registration for the Academy of Hoops can be done online at [www.theacademyofhoops.com](http://www.theacademyofhoops.com). For questions regarding pricing and scheduling call 484-535-3055.



## Obvious Choice Sports

### School's Out Camps - Boys & Girls, K-6th Grade

When school is closed, we are open! Obvious Choice Sports offers an active and engaging alternative to sitting inside all day. We provide a safe and fun environment where youth of all skill levels will learn to play to sports, and play for fun! Activities include soccer, basketball, dodgeball, floor hockey, dance competitions and more!

**Register through Obvious Choice Sports at [www.obviouschoicesports.com](http://www.obviouschoicesports.com).**

**February 15, 2019 & February 18, 2019**

### Times & Costs:

#### Regular Hours/Rates

8:30 AM – 3:30 PM = \$50/day

#### Early Care Hours/Rates

7:30 AM – 8:30 AM = \$4/day

#### Extended Care Hours/Rates

3:30 PM – 5:30 PM = \$8/day



**Discounts:** 5% off each additional sibling  
**Location:** Community Center at the Fel

## Before & After Care with A Child's Place Extended Care

Register with a Child's Place Extended Care, Inc. for before and after school-aged childcare for the 2019-2020 school year! A Child's Place operates out of the Community Center at the Fellowship House.

**Before Care:** 7:00 AM to the start of the school day | **After Care:** End of the school day until 6:00 PM

**Half-Day Care:** End of the school day until 6:00 PM. See calendar on [www.acpec.com](http://www.acpec.com).

**Day Off Programs:** 7:00 AM – 6:00 PM. This program will operate on select days that the Colonial School District is closed.

### Program Highlights:

- State licensed and Keystone Stars accredited program
- Carefully screened, professional staff with State Police, Child Abuse and FBI Clearances
- Fun, academically based enriched curriculum that advances our mission to prepare children for a successful future in school and beyond
- Supervised homework time, outdoor play, organized and independent activities
- Monthly newsletters informing parents of various activities and events
- Multi-sibling and military discounts
- CCIS (county subsidy) accepted

Visit [www.acpec.com](http://www.acpec.com) or contact **Danielle Earhart, Program Manager**, at 610-304-8769 or [danielle@acpec.com](mailto:danielle@acpec.com)



# THE CONSHOHOCKEN ROWING CENTER



## SPRING & SUMMER OPPORTUNITIES AT THE CRC

### Spring Youth Program – March 22nd to May 5th

Ages 12 to 17, Fri 4 PM to 5:30 PM, Sat and Sun 12:30 PM to 3 PM

### Summer Junior Competitive Program

June 17th to July 26th

Ages 14 to 18, Mon-Fri 9 AM to 12 PM

### Youth Summer Camps

June 24th-28th, July 15th-19th, July 22nd-26th

Ages 10 to 17, all experience levels

### Private Rowing Lessons, April through November

Youth and adult lessons, individuals and groups, 1-on-1 instruction

**Be sure to ask about the Conshohocken Resident Discounts!**

Participants can sign up for memberships, programs & camps online through Regatta Central. Additional forms, or prerequisites may also be required. It is advised that all interested parties contact the Conshohocken Rowing Center at [rowingcrc@gmail.com](mailto:rowingcrc@gmail.com) to set up a meeting/rowing evaluation and facility tour prior to signing up online. New members must complete a swim test, and may also be subject to completing private rowing lessons if they are inexperienced rowers. If you are a resident in the Borough of Conshohocken, please email the Rowing Center Administration prior to going through the registration process to ensure you receive the appropriate discount. Email [rowingcrc@gmail.com](mailto:rowingcrc@gmail.com) and indicate your program/ membership of interest. The Rowing Center Director or one of their rowing coaches will reply and send you further details.

Visit <http://www.conshohockenrowingcenter.org> for more information!

# SUMMER



## MARK YOUR CALENDAR 2019 DATES

### Sutcliffe Park

July 11th  
July 18th  
July 25th

### Mary Wood Park

August 1st  
August 8th  
August 15th



# CONCERT

# SERIES



Bring your blankets, lawn chairs, family and friends to the 2019 Rockin' Conshohocken Summer Concert Series! The Borough of Conshohocken will be hosting musical performances at Sutcliffe and Mary Wood Park.

Limited off-street parking at Sutcliffe Park can be accessed from W. 10th Avenue and Freedly Street. On-street parking is available surrounding the park. On-street parking only is available at Mary Wood Park. Check the Borough website and social media outlets for a final performance schedule or for updates regarding inclement weather cancellations.



**WARD 1**  
**KAREN TUTINO, Member**  
ktutino@conshohockenpa.gov  
484-362-3658

Voting location:  
Marshall Lee Towers  
1 West 3rd Avenue



**WARD 2**  
**JAMES "IKE" GRIFFIN, Member**  
jgriffin@conshohockenpa.gov  
610-828-4638

Voting location:  
Community Center at the Fel  
515 Harry Street



**WARD 3**  
**TINA SOKOLOWSKI, Member**  
tsokolowski@conshohockenpa.gov  
610-828-1092 ext. 133

Voting location:  
Community Center at the Fel  
515 Harry Street



**WARD 4**  
**ANITA BARTON, Member**  
abarton@conshohockenpa.gov  
610-397-1581

Voting location:  
United Methodist Church  
20 West 6th Avenue



**WARD 5**  
**JANE FLANAGAN, Vice-President**  
jflanagan@conshohockenpa.gov  
610-828-1092 ext. 135

Voting location:  
Conshohocken Fire Company, No. 2  
819 Fayette Street



**WARD 6**  
**ROBERT STOKLEY, Senior Member**  
rstokley@conshohockenpa.gov  
610-636-7230

Voting location:  
Borough Hall  
400 Fayette Street



**WARD 7**  
**COLLEN LEONARD, President**  
cleonard@conshohockenpa.gov  
610-322-0386

Voting location:  
Fieldhouse/ "A" Field  
East 11th Avenue & Harry Street



Department of  
Recreation  
Services

Creating  
Community  
Through People,  
Parks &  
Programming