

Borough of

Fall/ Winter 2019-2020

CONSHOHOCKEN

Recreation Services Activity Guide



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

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

MISSION STATEMENT

Upcoming Events

- American Red Cross Blood Drives
 - September 29
 - December 1
- Halloween Pumpkin Painting
 - October 19
- Medicare Seminar
 - October 24
- Health & Wellness Fair
 - November 9
- Thanksgiving Senior Luncheon
 - November 13
- Holiday Senior Luncheon
 - December 11
- Winter Wonderland
 - December 14
- George Snear Tournament
 - December 26 & 27

See page 8 for more details!

Dear Conshohocken Residents,

Welcome to the 2019-2020 fall/winter Recreation Services Activity Guide! We hope that you have enjoyed your summer and were able to take advantage of visiting our parks and playgrounds or take part in one of our events or programs.

The Department of Recreation Services is sticking with its commitment to offer quality recreational opportunities. In 2019, we have accomplished many of our goals, including our own in-house summer camp program, participating in Montgomery County's Young Lungs at Play Smoke-Free Initiative, and adding new events. While the Department has seen an increase in participants in programs, traffic at the Community Center at the Fel, and especially participation in our events, we are not stopping there. We have added lunch time fitness classes, Tai Chi, and a barre class to our fitness offerings along with a 3 on 3 basketball tournament and Friday night dodgeball that will keep our youth busy. Read through the activity guide to take advantage of all that the Department has to offer.

As always, make sure you check out why Conshohocken is a community where you can LIVE, WORK, and PLAY! Feel free to contact the Conshohocken Community Center at the Fel to speak with one of our staff members, 610-828-3266 or visit <https://conshohockenrsp.recdesk.com> to view the new programs and events

Sincerely,

Lauren Irizarry

Lauren Irizarry
Director of Recreation Services

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 to speak with one of our employees!

DEPARTMENT DIRECTORY

Lauren Irizarry, *Director of Recreation Services*
Madison Orlor, *Administrative Assistant*
Gloria Scott, *Front Desk Associate*
Tom Brady, *Front Desk Associate*
David Leonard, *Weekday Night Supervisor*
Ronald Fry, *Weekday Night Front Desk Associate*
Geneva Gerwitz, *Weekend Front Desk Associate*
Courtland Jackson, *Weekend Front Desk Associate*
Chris Jackson, *Recreation Event Staff*

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.

PROGRAM REFUND POLICY

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!



CONNECT WITH US ON FACEBOOK!

Follow@CommunityCenterattheFel

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

CONTACT INFO

Address

515 Harry Street,
Conshohocken, PA 19428

Phone

610) 828-3266

Borough Website

www.conshohockenpa.gov

Recreation Website

conshohockenrsp.recdesk.com

Email

RecServices@conshohockenpa.gov

HOURS OF OPERATION

Monday - Thursday: 6AM - 9PM

Friday: 6AM - 7PM

Saturday & Sunday: 8AM - 4PM

HOLIDAY CLOSURES (AUG. TO FEB.)

- **Labor Day**
 - August 31 - September 2
- **Thanksgiving Day**
 - Thursday, November 28
- **Day After Thanksgiving**
 - Friday, November 29
- **Christmas Eve**
 - Tuesday, December 24
- **Christmas Day**
 - Wednesday, December 25
- **New Years Eve**
 - Tuesday, December 31
- **New Years Day**
 - Wednesday, January 1

FREE FITNESS CLASSES

Select group fitness classes are included with your membership! See page 11 for details!

SILVER SNEAKERS & PRIME MEMBERSHIPS

We're a participating facility of Silver Sneakers & Prime! Tivity Health members have 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!



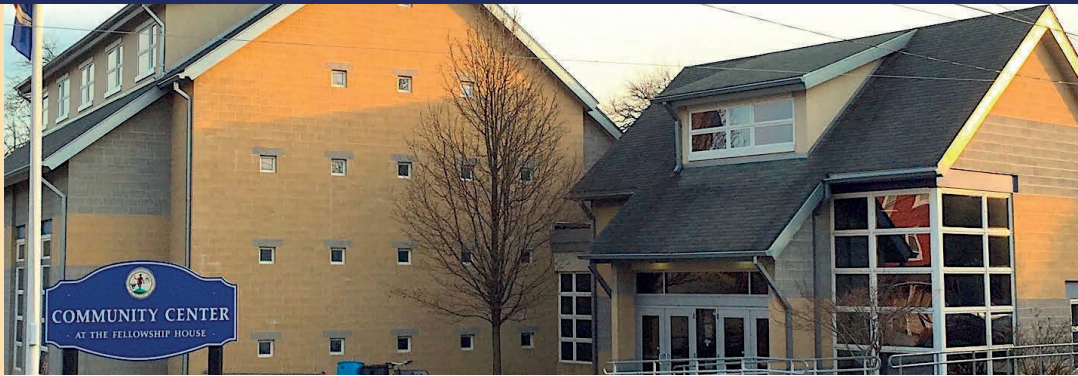
How Do I Get It?

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

REMINDERS

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 or 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 or 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.



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	\$40.00



WINTER DISCOUNT SKI TICKETS



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 (mid-December to early March). Tickets will include Blue Mountain, Big Boulder, Jack Frost, Bear Creek etc. Limited amusement park tickets will be sold until December. Call today to check on availability!

THE COMMUNITY CENTER AT THE FELLOWSHIP HOUSE

The Multipurpose 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

The 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.



The Activity Space

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



The Meeting Room

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

The 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 for pickleball games.



MARY WOOD PARK HOUSE

Rental Opportunities Now Available!

Located at 120 E. 5th Avenue. The Mary Wood Park House is perfect for hosting meetings or events.

PARKS

Live, Work, Play!

SUTCLIFFE PARK

Located at 900 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.

The Senior Field

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

The 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.

The 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 E. 6th Ave. & Hallowell St.

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.

The Mary Wood Park Pavilion

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

A.A. GARTHWAITE STADIUM (A-FIELD) Located at E. 11th Ave. & Harry St.

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).
- Enter at the utility gate on Harry St. or the pedestrian gate off of Hallowell St. to access the walking track.
- Restrooms hours are 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, and during rentals consisting of contests and tournaments

THE B-FIELD

Located at E. 13th Ave. & Hallowell St.

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

AUBREY COLLINS PARK

Located at E. Elm St.

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

2nd Avenue Meadows

Located off of W. 2nd Ave. & Maple St.

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

THE RIVERSIDE DOG PARK

Located at 227 Washington St.

Located behind The Londonbury. Available for use 7 days a week to members only. New members welcome! Membership registration is \$20 for the year and can be completed online or person at the Community Center at the Fel. You'll need: a completed registration & waiver form, your dog's license and a copy of your dog's vaccinations. Check, cash, or credit card is accepted. New members will receive an access code. To register online or to view the Dog Park Handbook visit: <http://conshohockenrsp.recdesk.com>.

Interested in renting one of our facility spaces? Give us a call or stop in for a visit! Contact RecServices@conshohockenpa.gov to schedule your reservation. 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 room selection see our website at: <http://conshohockenrsp.recdesk.com> or call 610-828-3266.



HOLD YOUR NEXT PARTY WITH US!

Birthday Party Packages

Choose from our party packages below or customize your own!

Sport-tastic Parties with Obvious Choice Sports

Obvious Choice Sports provides all the equipment, music, coaching, and lots of fun for your child's birthday party!

Visit 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

Pavilion Rentals

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 RecServices@conshohockenpa.gov or call 610-828-3266. Park permits and fees apply. Rental requests must meet all requirements to be approved prior to hosting your activity in the park.



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!

Visit 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.

Renters must contact Beanie Bounce directly regarding pricing.

AMERICAN RED CROSS BLOOD DRIVES

Sunday, September 29
Sunday, December 1

9:00 AM - 2:00 PM
515 Harry Street

Help save a life by donating blood! Donating blood is easy and rewarding. A single blood donation can help save up to three lives. *Registration is not required, but if you would like to make an appointment, visit the Red Cross website.

MEDICARE SEMINAR

Thursday, October 24

6:30 PM - 8:00 PM
515 Harry Street

Know your Medicare Options! During this seminar, you will 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 (Oct. 15 through Dec. 7) or just want to learn in preparation of that time.

Presented by Terry Smerling, a Medicare planning specialist with DelVal Senior Advisors

FREE. Registration is required. Registration begins Sept. 15th and ends Oct. 21st.

HALLOWEEN PUMPKIN PAINTING

Saturday, October 19, 2019
12:00 PM - 2:00 PM | 515 Harry Street

Join us at the Community Center at the Fel to paint your very own pumpkin! This is a free event and all supplies are included. Dress up in your Halloween costume. A raffle prize for best costume will be given away at the end of this event, so stick around! **Registration will begin Sept. 1st and is required. Registration will end Oct. 14th or until maximum capacity is reached.**

HEALTH & WELLNESS FAIR

Saturday, November 9, 2019
10:00 AM - 12:00 PM | 515 Harry Street



This Health & Wellness Fair is a great way for the Conshohocken community to obtain information about healthy living, eating, physical activity, health and mental services, and other local wellness resources. Vendor tables are available. Please contact our staff at 610-828-3266 or check our website. Registration for attendees is not required.

THANKSGIVING SENIOR LUNCHEON

Wednesday, November 13, 2019
12:00 PM - 2:00 PM | 515 Harry Street

Free Thanksgiving themed luncheon just for the seniors of the community. Registration is required and will begin on Oct. 15th and end on Nov. 8th.

HOLIDAY SENIOR LUNCHEON

Wednesday, December 11, 2019
12:00 PM - 2:00 PM
515 Harry Street

Free Holiday themed luncheon just for seniors. Registration is required and will begin on Nov. 15th and end on Dec. 7th.



WINTER WONDERLAND

Saturday, December 14, 2019
12:00 PM - 2:00 PM | 515 Harry Street

Join us at the Community Center at the Fel for a Winter Wonderland celebration! Participate in the holiday spirit and seasonal cheer by spending time with your community, joining in on arts & crafts, games and an appearance by Santa! For more information, contact the Community Center at 610-828-3266 or email RecServices@conshohockenpa.gov. **Registration begins Nov. 1st and is required. Registration ends Dec. 9th or until maximum capacity is reached.**

GEORGE SNEAR TOURNAMENT

Thursday, December 26th & Friday, December 27th
6:00 PM - 7:30 PM | 515 Harry Street

Join us this holiday season for our high school girls basketball tournament that will feature 4 local schools.





FALL PROGRAM PREVIEW

OPEN HOUSE

**TUESDAY, SEPTEMBER 10, 2019
6:00 PM - 7:30 PM**

The Department of Recreation Services invites you to attend our open house for fall and winter programs. Program and fitness providers will be in attendance to share information, answer questions and receive feedback. This is the perfect way to make sure a program is a good fit for you or your child! The Recreation Services Department offers a variety of programs for individuals of all ages.

PROGRAM PROVIDERS:

Obvious Choice Sports
Purposeful Play
Ballet By Lawren
Soccer Shots

FITNESS PROVIDERS:

Bodies by Yah - Body Blast
Yoga
Pilates

AND MORE!



**BODY BLAST
WILL BE HOLDING
A FREE DEMO
CLASS AT
7:30 PM!**

For more info please
contact the Community
Center at the Fel
(610) 828-3266

SUMMER DAY CAMP

SUMMER 2020

ARTS &
CRAFTS



TRIPS &
EVENTS



WEEKLY
SWIMMING

- Eight one-week sessions at the Community Center at the Fellowship House
- Traditional indoor/outdoor games, trips, special guests, and more
- Camp hours: 9am-4pm, extended care available for an additional fee
- Boys & girls ages 6-12
- For more information and to register, visit conshohockenrsp.recdesk.com
- Registration begins January 2, 2020
- Early bird discount will be offered until March 1, 2020

ADULT PROGRAMS

Live, Work, Play!

SENIOR BINGO

Join us every Monday for Senior Bingo in the Multi-purpose Room. Light refreshments will be included.

September 9, 2019 – December 16, 2019

Mondays | 10:00 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.

KRAV MAGA SELF DEFENSE

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. It can help increase stamina, strength, and flexibility. Krav Maga's practical approach to self-defense will make you safer and more secure.

Wednesday, November 20, 2019 | 7:30 PM – 8:30

PM Members: \$50 | Non-Members: \$60

FIRST AID, CPR, AED TRAINING

Training will be lead 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, October 12, 2019

10:00 AM – 12:00 PM | Age: 12+ | \$65

Registration is required. Please register on our website to reserve your spot. Registration will begin on Sept. 1st and end on Oct. 5th. Space is limited.

CORPORATE LUNCHTIME BBALL

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

CONSHOHOCKEN SPORTS LEAGUES

Conshohocken Sports Leagues (CSL) offers a variety of programs for adults. It's a great way to meet new people and network, all while playing sports right here in Conshohocken. Fall leagues include co-ed volleyball, soccer, etc. For more information, please visit: www.conshyleagues.com.

SENIOR CARD GAMES

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

Begins Friday, September 6, 2019

Fridays | 9:30 AM – 11:00 PM | Age: 62+

Cost: Members: FREE | Non Members: \$5

PICKLEBALL

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

Ongoing: Wednesdays & Fridays

10:00 AM – 12:00 PM | Age: 18+

Members: FREE | Non-Members: \$5

FALL / WINTER MEN'S LEAGUE

Begins October 14, 2019 | Mondays and

Wednesdays from 6:30 PM – 8:30 PM | Age 21+

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

Registration deadline: September 16, 2019

All teams enrolled in the 2019 Spring/Summer League will have first choice to register until August 28th. For more information, contact Tom Brady at 610-828-3266 or tbrady@conshohockenpa.gov.

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+

Members: FREE | Non-Members: \$6 per session

OPEN GYM TIME

The Community Center has open gym time based off the daily schedule. For information on the daily schedule please call 610-828-3266 or view online at: <https://conshohockenrsp.recdesk.com>



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

Active Fitness w/ Meg Monday, Wednesdays, Friday 8:30 AM - 9:15 AM

Join a community of active older adults for a total-body workout appropriate for all fitness levels. Classes are designed to increase flexibility, joint stability, balance, coordination, agility & strength.

H.I.I.T w/ Eileen Wednesdays 8:00 AM

H.I.I.T or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

Cardio & Core w/ 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.

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. A drop-in rate may be available based on space, but not guaranteed.

BARRE FITNESS

Ballet by Lawren is now offering a Barre Fitness class! Rooted in ballet, Pilates, and Yoga, this class will leave you feeling strong and balanced. Focusing on long, lean muscles, core strength and enhanced flexibility. No experience is required. Wear yoga type apparel. Bring a water bottle and yoga mat.

Wednesdays (8 Weeks) | 6:00 PM - 7:00 PM
FREE Demo Class: 9/11 | Session 1: 9/18 - 11/6
FREE Demo Class: 11/13 | Session 2: 11/20 - 1/29
no class 11/27, 12/25, 1/1
Fee: \$80 Members / \$90 Non-Members | Age: 18+

PILATES

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

Tuesdays (6 weeks) | Age: 18+ | 9:30 AM - 10:30 AM
FREE Demo Class: 9/17 | Session 1: 9/24 - 10/29
FREE Demo Class: 11/5 | Session 2: 11/12 - 12/17
FREE Demo Class: 1/7 | Session 3: 1/14 - 2/18
\$40 Members; \$50 Non-Members

YOGA I

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

Thursdays | 6:00 PM - 7:00 PM | Age: 18+
\$50 Members/ \$60 Non-Members
FREE Demo Class at Sutcliffe Park: 8/29
Session 1: 9/19 - 10/24
FREE Demo Class: 11/7
Session 2: 11/14 - 1/2 (No class on 11/28 and 12/26)
FREE Demo Class: 1/9

BODY BLAST

This Bodies by Yah class is designed to incorporate body weight, hand weights, and stability exercises while in a high cardio setting. The increases in your heart rate will allow you to NOT ONLY burn 100's of calories, but 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 & Thursdays (8 weeks) | 7:00 PM | Age: 18+
FREE Demo Class: 9/10 (after Fall Program Preview)
FREE Demo Class: 11/26

Tuesdays: Session 1: 9/17 - 11/19 | Session 2: 12/3 - 2/4
Thursdays: Session 1: 9/19 - 11/21 | Session 2: 12/5 - 1/30

1 day/week: \$60 Members/ \$65 Non-Members
2 days/week: \$110 Members/ \$115 Non-Members

LUNCH TIME FITNESS

Half Voltage with Bodies by Yah. This is a high-intensity interval training class that consists of multiple sets of fast-paced exercises each performed for 20 seconds combined with a brief rest of 10 seconds. Perfect for a quick workout during your lunch break. All fitness levels welcome!

Mondays, Wednesdays, Fridays (4 weeks) | Age: 18+
Time: Classes run at 11:30am, 12:15pm & 1:00pm

FREE Demo Class: 9/11
Session 1: 9/16 - 10/11
Session 2: 10/28 - 11/22
Session 3: 12/2 - 1/3

1 day/week: \$45 Members/ \$50 Non-Members
2 day/week: \$85 Members/ \$90 Non-Members
3 day/week: \$105 Members / \$110 Non-Members

TAI CHI & QIGONG

Tai Chi & Qigong is the Ancient meditative practice, which cultivates the life force (Qi or Chi) through harmonized breathing and movement sequences. Each movement utilizes fluid movements, while guiding qi energy and increasing blood circulation through the body to produce a healthy connected human organism. This free-flowing practice will help to cultivate a glowing and radiant state of well-being, with a calm and relaxed presence of mind. Please wear comfortable clothes and flat soled, flexible athletic shoes. Beginner to advanced levels welcome!

Mondays (8 weeks) | 6:00 PM - 7:00 PM

FREE Demo Class: 9/16

Session 1: 9/30 - 11/18 | Session 2: 11/25 - 1/13
\$80 Members/ \$90 Non-Members | Age: 18+

ZUMBA LOW IMPACT

Low Impact Zumba is easy to follow and you do not need any previous knowledge and experience. 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.

Tuesdays & Thursdays | 10:00 AM | Age: 18+
1 day/week: \$40 Members/\$45 Non Members
2 days/week: \$75 Members/\$85 Non Members

FREE Demo Classes: 9/12 & 11/19

Tuesdays

Session 1: 9/17 - 11/12 (No class 11/5)

Session 2: 12/3 - 2/4 (No class 12/24, 12/31)

Thursdays

Session 1: 9/19 - 11/7

Session 2: 12/5 - 1/30 (No class 12/26)

PARENT & ME PROGRAMS

PARK EXPLORERS

Conshohocken Borough has some of the finest parks in the area. Come and explore what our parks system has to offer. Meet at a different park monthly with other parents and their toddlers. Weather permitting.

First Tuesday of the month | 10:00 AM

Beginning Tuesday, September 3, 2019

- Tuesday, September 3rd: Aubrey Collins Park
- Tuesday, October 1st: Mary Wood Park
- Tuesday, November 4th: Sutcliffe Park
- Tuesday, December 3rd: 2nd Avenue Meadows Park

TINY TOTS OPEN PLAY

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. Brand new mats, equipment, and more!

Wednesdays & Fridays | 9:30 AM - 11:30 AM

Age: Crawler - 3

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! Ages are only used as a guideline. Registration is currently open for Session 1 and will end on September 8th. Registration for Session 2 will begin on September 15th and will end on November 3rd.

Wednesdays Evenings & Thursday Mornings
\$100 Members/ \$110 Non-Members

Wednesdays

Session 1 - 9/11-10/23 (no class on 10/9)

Session 2 - 11/6 - 12/18 (no class on 11/27)

Times & Ages

Baby Bears: 5 - 14 months | 3:30 PM - 4:15 PM

Little Bears: walkers - 2.5 year olds | 4:30 PM - 5:15 PM

Big Bears: 2-4 year olds | 5:30 PM - 6:15 PM

Thursdays

Session 1 - 9/12 - 10/24 (no class on 10/10)

Session 2 - 11/7 - 12/19 (no class on 11/28)

Times & Ages

Little Bears: walkers - 2.5 year olds | 9:30 AM - 10:15 AM

Big Bears: 2-4 year olds | 10:30 AM - 11:15 AM

Baby Bears: 5 - 14 months | 11:30 AM - 12:15 PM

3 V 3 BASKETBALL TOURNAMENT

Join us for the Community Center at the Fel's 1st Annual 3 V 3 Basketball Tournament. Registration is required and will be taken on a team and individual basis. Individuals will then be placed on teams by staff. Team registration will require 3 players and a substitute. Registration is currently open and will end September 20th. All participants will be asked to fill out a registration form and waiver.

Saturday, October 5th

**Age: 14-17 year olds | Fee: \$30 per team
\$20 individual registration. Game times will be based on number of teams**

FRIDAY NIGHT DODGEBALL

Youth & teens are invited to fun, safe, organized games of dodgeball the 2nd Friday of each month. Teams will be co-ed and games will be facilitated by a staff member. The program will require a minimum of 10 participants to get started. Pre-registration is not required, but it is encouraged. All participants (if not members) will need to have a waiver signed by a parent or guardian.

Teens - Ages 13-16

Friday Nights | 6:00 PM - 7:00 PM
2nd Fridays of the month beginning 9/13

Youth - Ages 8-12

Friday Nights | 6:00 PM - 7:00 PM
3rd Fridays of the month beginning 9/20

FREE for Members / \$5 Non-Members

KITCHEN WIZARDS

Rainbows are so popular with the little ones. With Kitchen Wizards, your unicorn-loving chef-in-training will transform some regular foods into rainbow hues. Fun, pretty, and yummy! Please send a beverage, and make sure your children have a big appetite!

Saturday, November 16th | 9:30 AM

Age: 5-9 year olds | \$65/child

MAD SCIENCE WORKSHOPS

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.

Saturday, November 23, 2019 | 9:30 AM 12:30 PM

Age: 6-12 year old | \$65/child

BALLET BY LAWREN

Beginner Ballet: Students will be taught the fundamentals of Ballet to include, 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. Registration is currently being taken for the fall session and will end on September 13th or until maximum capacity is reached. Registration for the winter session begins Nov. 15th until Jan. 7th or until maximum capacity is reached.

Age: 3-5 year old | Fee: \$144

Tuesdays (12 Weeks) | 3:30 PM – 4:15 PM

Session 1: 9/17 – 12/10 (No class 11/26)

Session 2: 1/14 – 3/31

Saturdays (12 Weeks) | 9:30 AM – 10:15 AM

Session 1: 9/21 – 12/14 (No class 11/30)

Session 2: 1/11 – 3/28

Ballet I: Using learned fundamentals this class will focus on body awareness, balance, stamina, strength and fluidity as we learn more complex movements both at the barre and across the floor. Flexibility and core strength will be key factors as we best prepare your student for their future both in the dance studio and throughout their everyday life!

Age: 5-6 year olds | Fee: \$144

Tuesdays (12 Weeks) | 4:30 PM - 5:15 PM

Session 1: 9/17 – 12/3 | Session 2: 1/14 – 3/31

BASEBALL CLINIC

The Recreation Services Department in conjunction with Conshohocken Little League is offering a Winter Baseball Clinic. This is a great opportunity for youth baseball players to work on their skills and prepare for the upcoming spring season. This is 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. Registration begins Nov. 1st and will end Jan. 1st or until maximum capacity is reached. If it is not reached, a drop-in fee of \$10 will be allotted until capacity is met.

Thursdays | 1/9 – 2/27

4-8 year olds: 6:15 PM – 7:00 PM

Fee: \$40 | Program Code: WBC

9-12 year olds: 7:15 PM - 8:30 PM

Fee: \$50 | Program Code: WBC01

BEFORE & AFTER CARE WITH A CHILD'S PLACE EXTENDED CARE

A Child's Place Extended Care, Inc. (ACPEC) operates out of the Community Center at the Fellowship House. ACPEC offers before and after care for school-aged children. To learn more about pricing and child care hours visit www.acpec.com or contact Danielle Earhart, Program Manager, at 610-304-8769 or danielle@acpec.com

KIDS YOGA WITH MARY

Mary will use music, games, and 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 have long been considered 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. Registration for Session 1 is currently open and will end on Sept. 10th. Registration for Session 2 will begin Sept. 15th and will end on Oct. 30th.

Sundays | 10:30 AM - 11:15 AM

Session 1: 9/15 – 10/20 | Session 2: 11/3 – 12/8

Age: 4-9 year olds | \$45/ child – Ask about our sibling discount!

THEATRE HORIZON DRAMA CLUB

In Theatre Horizon's After School Drama Club, students will create their own world-premiere performance! Class activities teach students confidence, teamwork, creativity, and acting skills that are essential for every performer. During the last half hour of the final session, students will perform a final showcase. Registration is currently open and will end on Sept. 11th.

Wednesdays | 6:15 PM - 7:45 PM

Session 1: 9/18 – 10/23

Session 2: 11/6 – 12/18 (no class on 11/27)

Age: 7-12 | Cost: \$130/child

SOCCER SHOTS

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! Registration for Soccer Shots is open. Registrations ends on Sept. 7th for Monday classes and Sept. 12th for Saturday classes.

Minis - Age: 2-3 | Fee: \$100 | Sutcliffe Park

Mondays: 9/9 - 10/21 | Time: 5:15 PM – 5:45 PM

Saturdays: 9/14 - 10/26 | Time: 9:00 AM – 9:30 AM & 10:45 AM – 11:15 AM

Classics - Age: 3-5 | Fee: \$100 | Sutcliffe Park

Mondays: 9/9 - 10/21 | Time: 5:50 PM – 6:35 PM

Saturdays: 9/14 - 10/26 | Times: 9:45 AM – 10:30 AM &

Premier - Age: 5-8 | Fee: \$100 | Sutcliffe Park

Mondays: 9/9 - 10/21 | Times: 5:50 PM - 6:35 PM

Saturdays: 9/14 - 10/26 | Times: 10:45 AM – 11:30 AM

YOUNG REMBRANDTS

Early Elementary Drawing - Ages 4- 6

Encourage your preschooler's enthusiasm for drawing. Young Rembrandts introduces drawing lessons that will excite your budding artist. Learning to draw basic shapes is an essential building block for every artist. Our lady bug and gumball machine provide excellent practice for drawing circle shapes. From there, our lessons will become more challenging. The clown puppet and Frankenstein monster are great introductions to character drawings. Other drawings like the delicious candy bag and beautiful fall scene will strengthen your child's compositional skills. Enroll your child into a Young Rembrandts class today. THEY WILL LOVE IT!

Saturdays (5 weeks) | 9:00 AM - 9:45 AM

Session 1: 9/7 - 10/5

Session 2: 10/12 - 11/9

Session 3: 11/16 - 12/14

Age: 4-6 | Cost: \$75

Drawing - Ages 7-14

Our bountiful selection of drawings introduces our students to a fascinating world of color, pattern, and design. Keeping with the season, our students will create fall-themed illustrations like taffy apples and a farmer's scarecrow. Stylized art styles will be explored through our tarantula line art and Van Gogh-inspired drawing featuring vibrant sunflowers. All this and more await your child in a Young Rembrandts classroom! Sign up today!

Saturdays | 10:00 AM - 11:00 AM

Session 1: 9/7 - 10/5

Session 2: 10/12 - 11/9

Session 3: 11/16 - 12/14

Age: 7-14 | Cost: \$75

Cartooning - Ages 8-14

Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. In our goofy animal portraits, students will learn how to personify animals, transforming them into cartoon characters. The importance of facial exaggeration and body gesture will be showcased in our illustrations featuring baseball characters and ogre expressions. Give your child the gift of learning and artistry. Enroll your student today!

Saturdays | 11:15 AM - 12:15 PM

Session 1: 9/7 - 10/5

Session 2: 10/12 - 11/9

Session 3: 11/16 - 12/14

Age: 8-14 | Cost: \$75

SCHOOLS OUT DAYS

Schools Out Days with Obvious Choice Sports

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 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.

September 30th, October 9th & November 5th

Boys & Girls | Ages 5-12

Regular Hours/Rates: 8:30 AM - 3:30 PM = \$48/day
5% off each additional sibling

WINTER BREAK CAMP

Obvious Choice Sports Winter Break Camp

Beat the winter blues with Obvious Choice Sports! We offer 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.

Boys & Girls | Ages 5-12

December 26th, 27th & 30th

Regular Hours/Rates: 8:30 AM - 3:30 PM = \$45/day OR \$125/week (all 3 days); 5% off each additional sibling

Early Care/Rates: 7:30 AM - 8:30 AM = \$4/day

Extended Care/Rates: 3:30 PM - 5:30 PM = \$8/day

INTRO TO SPORTS

Parents must be present during program

Under the leadership of the Obvious Choice Sports Coaching team, participants will be introduced to the world of organized sports. Learn about a variety of sports including soccer, hockey, basketball, and more! Each week, participants will learn the fundamentals of the sports, improve their motor skills, learn sports vocabulary, and increase their confidence! Registration is currently open and will end Sept. 10th.

Tuesdays (6 weeks) | Cost: \$65

Tuesdays, September 17 – October 22

2 Year Olds Time – 10:00 AM – 10:30 AM

3 & 4 Year Olds Time – 10:30 AM – 11:15 AM

LITTLE DRIBBLERS

Parents must be present during program

Obvious Choice Sports introduces your child to basketball! 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 work with players to build self-confidence and fine motor skills, while learning about teamwork and sportsmanship. Registration for the fall session is currently open!

Saturdays (6 weeks) | Cost: \$72

Fall Session: 9/21 – 10/26

5-7 year olds: 10:15 AM – 11:00 AM

8-10 year olds: 11:00 AM – 11:45 AM

Winter Session: 11/2 – 12/14 (No class 11/30)

3-4 year olds: 9:30 AM – 10:15 AM



Fall Opportunities at CRC

CRC Fall Youth Program

During the fall, the Conshohocken Rowing Center will be offering opportunities for youth athletes, both boys and girls, to participate on the water over 6 weekends. This program is open to the public and focused on working with athletes ages 12-17 years old. Open to all experience levels.

Practices: Fridays 4:00 to 5:30, Saturday 12:30 to 3:00, and Sunday 12:30 to 3:00.



conshohockenrowingcenter.org

rowingcrc@gmail.com

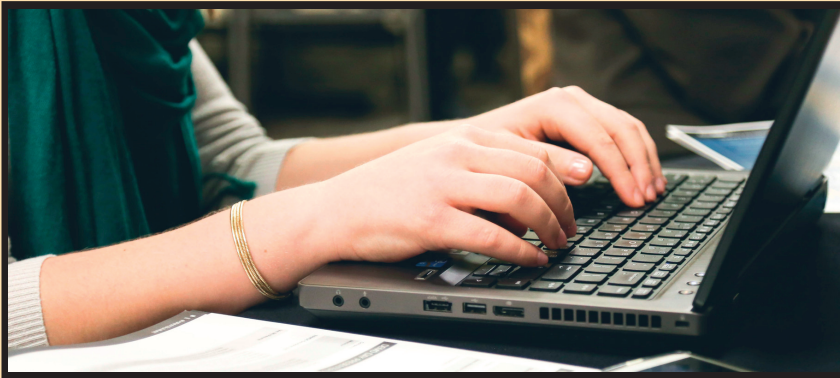
Borough of Conshohocken
Department of Recreation Services
Community Center at the Fellowship House
515 Harry Street
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HOW TO REGISTER FOR CLASSES, PROGRAMS & EVENTS

Creating Community Through People, Parks & Programming



1

REGISTER ONLINE

Easily register online for programs, events, fitness classes and more at 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 Fel 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.