

Borough of CONSHOHOCKEN

Spring & Summer 2020

Recreation Services Activity Guide



INSIDE THIS ISSUE



A Message From The Department.....	2	Rental Opportunities.....	7
Contact & Connect.....	3	Events.....	8
Membership Info.....	4	Summer Camp Info.....	9
Discount Tickets.....	4	Adult Programs.....	10
Facilities.....	5	Fitness.....	11
Parks.....	6	Youth Programs.....	13

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 Drive
 - February 16th
- Don't Stall, Just Call Panel Discussion
 - March 5th
- 60th Annual Albert C. Donofrio
 - March 23rd - April 14th
- Easter Egg Hunt
 - April 11th
- Medicare Seminar
 - April 15th
- Senior BBQ
 - June 3rd
- Summer Carnival
 - June 13th
- Movie in the Park
 - June 19th
 - August 28th

See page 8 for more details!

Dear Conshohocken Residents,

There were many noticeable changes made to the Conshohocken Community Center in 2019! The lobby, activity and studio spaces were painted to refresh the overall interior of the building, and updates continue to be made as needed. One of the most notable renovations to the Community Center was the installation of new flooring in the lobby, office and activity space areas.

Construction to replace the flooring began in October 2019 and was completed the first week of November. The lobby entranceway and office flooring was resurfaced with new tile and the flooring in the activity space was replaced with new carpeting.

The renovations to the Community Center have been extremely positive and well received. It has also brightened up the facility. When members and program participants walk in there is that *wow* factor now. It makes them want to come back.

Stop into the Community Center at the Fellowship House today to see some of the changes mentioned above. We're located at 515 Harry Street, Conshohocken, PA 19428. More updates and renovations to the Community Center are expected in 2020.

Sincerely,

Lauren Irizarry

Lauren Irizarry
Director of Recreation Services

WE'RE HERE TO SERVE YOU!

Questions? Comments? Suggestions? We love to hear from our residents! Contact us at 610-828-3266 or visit us at the Community Center at the Fellowship House to speak with an 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*
- Chris Jackson**, *Recreation Event Staff*

INCLEMENT WEATHER POLICY

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 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.



REFUND POLICY

Refunds must be requested a minimum of five (5) business days prior to the start of the program or event. Refunds may take up to thirty (30) business days to process. We do not issue cash refunds. Once a program session begins, refunds will not be offered. All discount ticket sales are final and non-refundable.

CANCELLATION POLICY

Conshohocken Borough reserves the right to cancel any program. In the event a program is canceled, a full refund will be issued. Programs are subject to cancellations if they do not meet minimum enrollment. Inclement weather may also be a reasonable cause.

PHOTO POLICY

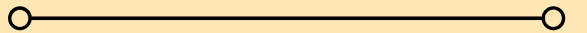
The Recreation Services Department takes photos of program participants, members and/or visitors. These photos are for Borough use only and may appear on flyers, publications and social media outlets.



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

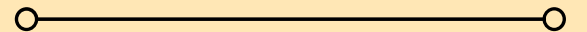


HOURS OF OPERATION

Monday - Thursday: 6AM - 9PM

Friday: 6AM - 7PM

Saturday & Sunday: 8AM - 4PM



HOLIDAY CLOSURES (JAN. TO AUG.)

- **Easter Observed**
 - Saturday, April 11th
- **Easter**
 - Sunday, April 12th
- **Memorial Day Observed**
 - May 23rd - May 24th
- **Memorial Day**
 - Monday, May 25th
- **Independence Day Observed**
 - Friday, July 3rd (closed at 6pm)
- **Independence Day**
 - Saturday, July 4th
- **Summer Hours Begin**
 - (closed Sundays through Labor day)
 - Sunday, July 5th

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	\$52.00



PRPS DISCOUNT TICKETS

The Recreation Services Department in conjunction with Pennsylvania Parks & Recreation Society (PRPS) will be selling discount tickets. Tickets to Blue Mountain, Big Boulder/Jack Frost, Bear Creek etc. will be sold until mid-March. Philadelphia Flower Show tickets will also be available! Amusement Park tickets including Hershey Park, Dorney, Park, Philadelphia Zoo, Adventure Aquarium, Diggerland, Morey's Pier, etc. will be available for the spring and summer. 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 small events.



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 multipurpose outfield available for 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.

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 300 Washington St.



Located behind The Londonbury along the Schuylkill River Trail. 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. Check, cash, or credit card is accepted. New members will receive an access code. To register, you'll need: a completed registration & waiver form, your dog's license and a copy of your dog's vaccinations. To view the Dog Park Handbook or to register online, please visit: <http://conshohockenrsp.recdesk.com>.

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.

2020 dog park applications are now being accepted!



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.



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.



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

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 DRIVE

Sunday, February 16th

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.

DON'T STALL, JUST CALL PANEL DISCUSSION

Thursday, March 5th

6:30 PM
515 Harry Street

The CTC Wellness Foundation invites the community to a powerful evening of alcohol awareness, education and potentially lifesaving information.

Are you a parent concerned about your child and the prevalence of underage drinking among their friends? Are you anxious about sending a child off to college with the blackout culture being rampant? Do you know the signs of alcohol poisoning? Would you know what to do if someone was found unresponsive and intoxicated in your basement? What is medical amnesty and what does it mean? Join Mary Ciammetti of Don't Stall, Just Call #theyouwillknow.

Panel includes: Dr. Patricia DiGiacomo of LaSalle University, Eileen Behr formerly of Temple University, The Chief of Police of Drexel University, along with others who have insight into alcohol issues within families.

FREE. Registration is required. Registration begins February 1st and ends on March 3rd.

60TH ANNUAL ALBERT C. DONOFRIO

March 23, 2020 - April 14, 2020 | 515 Harry Street
Games start at 7:00 PM & 8:30 PM

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

**Entry fees: \$3 for seniors (62+) | \$2 for children (6-17)
\$6 for adults (18-61) | Free for children under 5
Tournament Pass \$40 (*not valid for semi & final games)**

2020 Sponsorship opportunities available! Call 610-828-3266

EASTER EGG HUNT

Saturday, April 11th | 10:00 AM - 12:00 PM | 515 Harry Street

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! **FREE. Registration is required. Registration begins March 1st and ends April 8th or until maximum capacity is reached.**

MEDICARE SEMINAR

Wednesday, April 15, 2020 | 6:30 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 for those that must make decisions for an upcoming open enrollment period or for those looking to learn more in preparation. Presented by Terry Smerling, a Medicare planning specialist with DelVal Senior Advisors. **FREE. Registration is required. Registration begins February 1st and ends April 10th.**



SENIOR BBQ

Wednesday, June 3, 2020 | 12:00 PM | 515 Harry Street

Join us for a free BBQ to kick off the summer. This event is for the seniors (62+) of the community. **FREE. Registration is required. Registration begins May 1st and ends June 1st. To register, call 610-828-3266.**

SUMMER CARNIVAL

Saturday, June 13, 2020
12:00 PM - 2:00 PM | 515 Harry Street

Celebrate the end of the school year with the Department of Recreation Services! Join us for inflatables, refreshments, music, games, and more! **FREE. Registration is required. Registration begins May 1st and ends June 9th.**

***All dates may be subject to change. Call the Community Center at the Fel for more info or visit the Recreation Services website.**

MOVIE IN THE PARK

Friday, June 19th & Friday, August 28th
Movie will begin at dusk | Sutcliffe Park

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

SUMMER DAY CAMP

SUMMER 2020

ARTS &
CRAFTS



TRIPS &
EVENTS



WEEKLY
SWIMMING

- Eight one-week sessions beginning 6/22 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 online, please visit conshohockenrsp.recdesk.com.
- Registration begins January 2, 2020.
- Early bird discount will be offered until March 1, 2020.

The Borough of Conshohocken Department of Recreation Services is seeking enthusiastic individuals for summer camp counselor positions.

Camp counselors are responsible for maintaining a safe, fun, and orderly environment for groups of children ages 6-12 years. Counselors are expected to demonstrate leadership, facilitate and engage in camp activities with campers, and communicate with staff members and parents. Daily duties will be assigned to assist in the operations of the camp day.

Applicants must be at least 18 years of age or rising Freshman in college. Applications now available:

- Pick-up at the Community Center at the Fellowship House (515 Harry St)
- by calling 610-828-3266
- by emailing cdougherty@conshohockenpa.gov

WE'RE HIRING
SUMMER CAMP
COUNSELORS!

SENIOR BINGO

Join us every Monday for Senior Bingo in the Multi-purpose Room. Light refreshments will be included. Room is subject to change throughout the year. Notice will be given in advance.

January 6, 2020 - June 1, 2020

Mondays | 10:00 AM | Age: 62+

Costs:

- o **\$10 Annual Membership Fee. *Due in January (prorated accordingly).**
- o **All bingo packages must be purchased separately upon arrival.**

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+

Cost: \$5 per session or FREE w/ membership

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. Registration is open and ends on March 7th.

Wednesday, March 11th

7:00 PM - 8:00 PM

Cost: \$25

PAINT IN THE PARK

Painting in the park with Couleur Fuzion. Enjoy a girls' night out, date night, or meet some new friends! We are sure you're going to love this 2-hour scenic themed paint party evening in Mary Wood Park. All supplies are included. Registration is required. Registration begins March 1st and ends May 24th.

Friday, May 29th

7:00 PM | Age: 21+

Cost: \$45 Residents | \$50 Non-Residents

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.

Ongoing: Fridays

9:30 AM – 11:30 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

SPRING/SUMMER MEN'S LEAGUE

Begins May 4, 2020 | Mondays and Wednesdays from 6:30 PM – 8:30 PM | Age 21+

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

Registration deadline: April 6, 2020

All teams enrolled in the 2019-2020 Fall/Winter League will have first priority to register. 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 (62+) 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.

Registration is required for the fitness classes listed below. 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 is not guaranteed. To register online please visit: <https://conshohockenrsp.recdesk.com>.

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 (socks optional). Bring a water bottle and yoga mat.

FREE Demo: 2/5 **Age: 18+ | Time: 7:00 PM**

Fee for 1 day/week: \$70 Members | \$80 Non-Members
6 Weeks: 2 days/ week: \$120 Members | \$130 Non-Members

Session	Days	Dates
1	Monday	2/10 - 3/16
1	Wednesday	2/12 - 3/18

TRX WITH MIXX FITNESS

Keep your muscles working and your body challenged with this 45 minute TRX workout! Format will vary weekly, but each class will consist of TRX and a variety of other strength work. You'll love the way you look and feel!

Age: 18+ **Fee: \$75 Members | \$85 Non-Members**
Cost Per Session - 4 Classes Per Session

Session	Days	Dates	Time
1	Monday	2/3 - 2/24	9:30 AM
1	Wednesday	2/5 - 2/26	12:15 PM
2	Monday	3/2 - 3/23	9:30 AM
2	Wednesday	3/4 - 3/25	12:15 PM

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.

FREE Demo Classes: 1/30, 4/16 **Age: 18+ | Time: 6:00 PM**

Fee for \$50 Members
6 Weeks: \$60 Non-Members

Session	Days	Dates
1	Thursday	2/6 - 3/12
2	Thursday	4/23 - 5/28

Summer Yoga In The Park!
Stay tuned for dates & details.
\$5 each session

BODY BLAST

This Bodies by Yah class is designed to incorporate body weight, hand weights, and stability exercises within a high cardio setting. The increases in your heart rate will allow you to NOT ONLY burn 100s of calories, but focus on sculpting your 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.

FREE Demo Classes: 2/13 & 4/16 **Age: 18+ | Time: 7:00 PM**

Fee for 1 day/week - \$40 Members | \$45 Non-Members
5 Weeks: 2 days/ week - \$75 Members | \$80 Non-Members

Fee for 1 day/week - \$60 Members | \$65 Non-Members
8 Weeks: 2 days/ week - \$110 Members | \$115 Non-Members

Session	Days	Dates
1	Tuesday	2/18 - 3/17
1	Thursday	2/20 - 3/19
2	Tuesday	4/21 - 6/9
2	Thursday	4/23 - 6/11
3	Tuesday	6/16 - 8/4
3	Thursday	6/18 - 8/6

PILATES

Pilates is 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.

FREE Demo Classes: 2/25, 4/14, 6/2
Age: 18+ | Time: 9:30 AM

Fee for 4 Weeks: \$35 Members | \$40 Non-Members
Fee for 6 Weeks: \$40 Members | \$50 Non-Members

Session	Days	Dates
1	Tuesday	1/14 - 2/18
2	Tuesday	3/3 - 4/7
3	Tuesday	4/21 - 5/26
4	Tuesday	6/9 - 6/30

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 clothing and flat soled, flexible athletic shoes. Beginner to advanced levels welcome!

FREE Demo Class: 1/27 Age: 18+ | Time: 6:00 PM

Fee: \$80 Members | \$90 Non-Members
Cost Per Session

Session	Days	Dates
1	Monday	2/3 - 3/16
2	Monday	4/20 - 6/15
3	Monday	6/22 - 8/10

LOW IMPACT ZUMBA

Low Impact Zumba is easy to follow and no previous knowledge or experience is needed. It's a good way to begin an exercise program and is suitable for people looking for a new way to maintain or improve their fitness levels. It also helps decrease stress levels and makes you feel more energetic and happier!

FREE Demo Classes: 2/11, 4/21 Age: 18+ | Time: 10:00 AM

Fee for 1 day/week - \$40 Members | \$45 Non-Members
6 Weeks: 2 days/ week - \$75 Members | \$80 Non-Members

Session	Days	Dates
1	Tuesday	2/18 - 4/14
1	Thursday	2/20 - 4/16
2	Tuesday	4/28 - 6/16
2	Thursday	4/30 - 6/18

***No class: 4/7 & 4/9**

PARENT & ME PROGRAMS

PARK EXPLORERS

Conshohocken Borough has some of the finest parks in the area. Come and explore what our parks have 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, April 7, 2020

- o **Tuesday, April 7th: Aubrey Collins Park**
- o **Tuesday, May 5th: Mary Wood Park**
- o **Tuesday, June 2nd: Sutcliffe Park**
- o **Tuesday, July 7th: 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
Location: Community Center - Multi-purpose Rm.

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 or meet new friends! Ages are only used as a guideline. Registration required. Registration is currently open for Session 1 and will end on January 13th. Registration for Session 2 begins on January 1st and ends on February 24th.

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

Wednesdays
 o **Session 1 - 1/15 - 2/19**

Times & Ages
 o **Family Bears: walkers - 4 year olds | 5:00 PM - 5:45 PM**
 o **Baby Bears: 5 - 14 month olds | 6:00 PM - 6:45 PM**

Thursdays
 o **Session 1 - 1/16 - 2/20**
 o **Session 2 - 2/27 - 4/2**

Times & Ages
 o **Little Bears: walkers - 2.5 year olds | 9:30 AM - 10:15 AM**
 o **Big Bears: 2- 4 year olds | 10:30 AM - 11:15 AM**
 o **Baby Bears: 5 - 14 months | 11:30 AM - 12:15 PM**
 o **Bitty Bears: newborn - 6 month olds | 12:30 PM - 1:15 PM**

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 your athlete's arms and bodies each week so they're ready to go come spring. Registration is open and will be taken 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

Location: Community Center at the Fel - Multi-purpose Rm

4-8 year olds | Fee: \$40 | Time: 6:20 PM - 7:00 PM

9-12 year olds | Fee: \$50 | Time: 7:20 PM - 8:30 PM

FRIDAY NIGHT DODGEBALL

Youth & teens ages 11-14 are invited to join in fun, safe, organized games of dodgeball each month. Teams are co-ed and games are facilitated by a Community Center employee. 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 already members) must have a waiver signed by a parent or guardian.

Fee: FREE Members / \$5 per session for Non-Members

**Ages: 11-14 year olds
Time: 6:00 PM – 7:00 PM**

3rd Friday of the month starting in February. See dates below:

- o **February 21**
- o **March 20**
- o **April 17**
- o **May 15**



STORY TIME KIDS YOGA

Read, move, and play at Yoga Story Time! This class, designed for kids 2-5 year olds will include 1-2 stories, mindful movement (sometimes dancing!), singing, breath work, and relaxation. The final ten minutes of class will consist of a craft that connects to the book/theme of the class. Story Time Yoga is a great way to get kids ready for school, while also developing body and spatial awareness, coordination, control, and balance. An adult must be present, and is encouraged to participate!

**Age: 2-5 year olds | Cost: \$55 Members/ \$65 Non-Members
Days: Tuesdays | Times: 9:30 AM – 10:15 AM**

Session 1: 2/4 – 3/10

Session 3: 5/19 – 6/23

Session 2: 3/24 – 5/5 (No class 4/7) Session 4: 6/30 – 8/4

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 required. Registration is currently open and will end on January 1st. Space is limited.

Age: 3-5 year old | Location: Community Center - Studio

Session 1 | 12 Weeks | Fee: \$144

Saturday: 1/11 - 3/28 | 9:30 AM - 10:15 AM & 10:30 AM - 11:15 AM

Tuesday: 1/14 - 3/31 | 5:00 PM - 5:45 PM

Session 2 | 8 Weeks | Fee: \$96

Saturday: 4/4 - 5/28 | 9:30 AM - 10:15 AM

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 old | Location: Community Center - Studio

Session 1 | 12 Weeks | Fee: \$144

Tuesday: 1/14 - 3/31 | 6:00 PM - 6:45 PM

Session 2 | 8 Weeks | Fee: \$96

Tuesday: 4/21 - 6/9 | 5:00 PM - 5:45 PM

Jazz I: In this Jazz I class, dancers will learn fun and trendy dance steps. The class will focus on strength, flexibility, and conditioning techniques with progressions including turns, kicks, and leaps.

Age: 5-6 year old | Location: Community Center - Studio

Session 1 | 8 Weeks | Fee: \$96

Tuesday: 4/21 - 6/9 | 6:00 PM - 6:45 PM

SUMMER CAMP WITH BALLET BY LAWREN

Ballet Camp: July 6th - July 8th

Jazz Camp: July 13th - July 15th

Tap Camp: July 20th - July 22nd

Hip Hop Camp: July 27th - July 29th

Age: 8-12 year old

Fee: \$60/Week

Days: Monday-Wednesday

Time: 5:30 PM - 7:00 PM



AFTER SCHOOL YOGA

After School Yoga offers kids a positive environment to decompress from the day through movement and breath work. Yoga poses will help develop flexibility, balance, coordination, and strength. The kid-friendly breath work will improve focus and concentration. Most importantly, classes are designed to be FUN!

Age: 7-11 year olds | Cost: \$55 Members / \$65 Non-Members
Days: Tuesdays | Times: 4:15 PM – 5:15 PM

Session 1: 2/4 – 3/10
Session 2: 4/21 – 5/26

PAINT IN THE PARK

Hosted by Couleur Fuzion - Bring your little artist(s) to Mary Wood Park for a morning full of creativity. Children will be instructed on how to paint a 3D painting on their own canvas. Supplies included. Registration is required. Registration begins March 1st and ends May 25th.

Ages: 2-10 year olds | Cost: \$25 Resident / \$35 Non-Resident
Date: Saturday, May 30, 2020 | Location: Mary Wood Park

Times:

- o 2-4 year olds: 10:00 AM – 11:00 AM
- o 5-10 year olds: 12:00 PM – 1:30 PM

LITTLE DRIBBLERS

Parents must be present during program

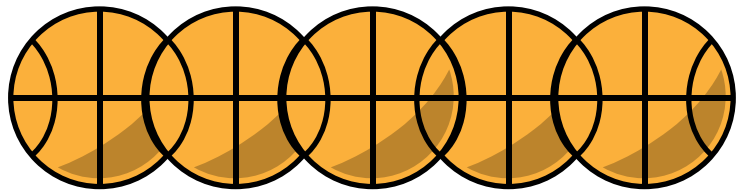
Obvious Choice Sports introduces your child to basketball! Each week your child will learn basic vocabulary, practice skills like dribbling, passing and shooting, play games, and most importantly, have fun! Obvious Choice Sports Coaches will work with players to build self-confidence and fine motor skills,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

Registration is currently open and must be completed through Obvious Choice Sports. To register, please visit <https://www.obviouschoicesports.com>.

Ages: 3-7 year olds | Cost: \$78
Days: Saturday (6 Weeks) | Dates: 3/21 - 5/2

Times:

- o 3-4 year olds | 9:30 AM - 10:15 AM
- o 5-7 year olds | 10:15 AM - 11:00 AM



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!

Winter Session

Days: Saturdays | Cost: \$85 | Ages: 2-8
Location: Community Center at the Fel

Dates: 2/1 – 3/7 (6 Weeks)
 Ages/Times:

- o 2-3 year olds: 8:00 AM – 9:15 AM
- o 3-5 year olds: 9:25 AM – 10:05 AM
- o 5-8 year olds: 10:15 AM – 10:55 AM
- o 2-3 year olds: 11:05 AM – 11:35 AM
- o 3-5 year olds: 11:45 AM – 12:25 PM



Spring Session

Days: Saturdays & Mondays
Ages 2-8 | Cost: \$100 | Location: B-Field

Saturdays | Dates: 3/28 – 5/9 (7 Weeks)
 Ages/ Times:

- o 2-3 year olds: 8:00 AM – 9:15 AM
- o 3-5 year olds: 9:25 AM – 10:05 AM
- o 5-8 year olds: 10:15 AM – 10:55 AM
- o 2-3 year olds: 11:05 AM – 11:35 AM
- o 3-5 year olds: 11:45 AM – 12:25 PM

Mondays | Dates 3/30 – 5/11 (7 Weeks)
 Ages/ Times:

- o 3-5 year olds: 5:05 PM – 5:45 PM
- o 2-3 year olds: 5:15 PM – 5:45 PM
- o 3-5 year olds: 5:50 PM – 6:30 PM
- o 5-8 year olds: 5:50 PM – 6:30 PM

Summer Session

Days: Saturdays & Mondays
Ages 2-8 | Cost: \$85 | Location: B-Field

Saturdays | Dates: 6/13 – 7/25 (6 Weeks)
 Ages/Times:

- o 2-3 year olds: 9:00 AM – 9:30 AM
- o 3-5 year olds: 9:40 AM – 10:25 AM
- o 5-8 year olds: 10:35 AM – 11:15 AM
- o 2-3 year olds: 10:35 AM – 11:05 AM

Mondays | Dates: 6/8 – 7/13 (6 Weeks)
 Ages/Times:

- o 3-5 year olds – 5:05 PM – 5:45 PM
- o 2-3 year olds – 5:15 PM – 5:45 PM
- o 3-5 year olds – 5:50 PM – 6:30 PM
- o 5-8 year olds – 5:50 PM – 6:30 PM

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 will begin February 1st and ends April 15th.

Ages: 7-12 year olds | Fee: \$130
Days: Wednesday | Dates: 4/22 - 5/27
Times: 6:15 PM - 7:45 PM

OBVIOUS CHOICE SPORTS SCHOOL'S OUT

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.

Ages: Boys & Girls K-6 | Regular Hours: 8:30 AM - 3:30 PM
Rates: \$48.50/day *5% off each additional sibling
Dates:

- o January 20, 2020
- o February 14, 2020
- o February 17, 2020
- o March 16, 2020



SPRING/ SUMMER YOUTH BASKETBALL LEAGUE

The Recreation Services Department in conjunction with Obvious Choice Sports will be offering this program. A mandatory grading session will be held prior to the season. For more information, please contact RecServices@conshohockenpa.gov. Registration will be taken on an individual basis beginning March 15th and ending May 1st.

Coaches are needed. If you are interested, please contact us at RecServices@conshohockepa.gov.

Ages: Boys and Girls 7-13 years old
Cost: \$75 Residents | \$85 Non-Residents
Location: Sutcliffe Park

- 7-9 year olds will play on Monday and Wednesday nights with games beginning the end of May.
- 10-13 will play on Tuesdays and Thursdays with game beginning the end of May.

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 Froio, Executive Director, at 484-894-2262 or email dfroio@acpkids.com.



Spring and Summer Opportunities at CRC

Spring Youth Program - Mar. 20 to May 1
 Ages 12 to 17, Fri 4-5:30 PM, Sat and Sun 12:30 to 3 PM
 Summer Junior Competitive Program - June 15 to July 24
 Ages 14 to 18, Mon-Fri 9 AM to 12 noon
 Youth Summer Camps - June 22-26, July 13-17, July 20-24
 Ages 10 to 17, All experience levels
 Private Rowing Lessons - April through November
 Youth and Adult lessons, Individual and Groups, 1-on-1 Instruction

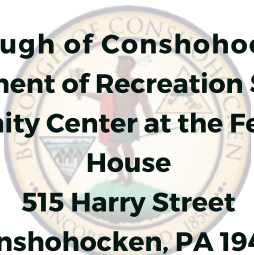
Be sure to ask about Conshohocken Resident Discounts!



conshohockenrowingcenter.org

rowingcrc@gmail.com

**Borough of Conshohocken
Department of Recreation Services
Community Center at the Fellowship
House
515 Harry Street
Conshohocken, PA 19428**



PRSR STD
U.S. POSTAGE
PAID
HARRISBURG, PA
PERMIT NO. 609

*****ECRWSEDDM***

Postal Customer

HOW TO REGISTER FOR CLASSES, PROGRAMS & EVENTS

*Creating Community Through
People, Parks & Programming*



1

REGISTER ONLINE

Go to: conshohockenrsp.recdesk.com. To register online, a credit card is needed. 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 us at 610-828-3266. To register by phone, a credit card is needed. If you do not already have an online account, one will be created for you.

3

REGISTER IN PERSON

Visit us at the Community Center. Cash, checks, and credit cards are accepted in person. If you do not already have an online account, one will be created for you.