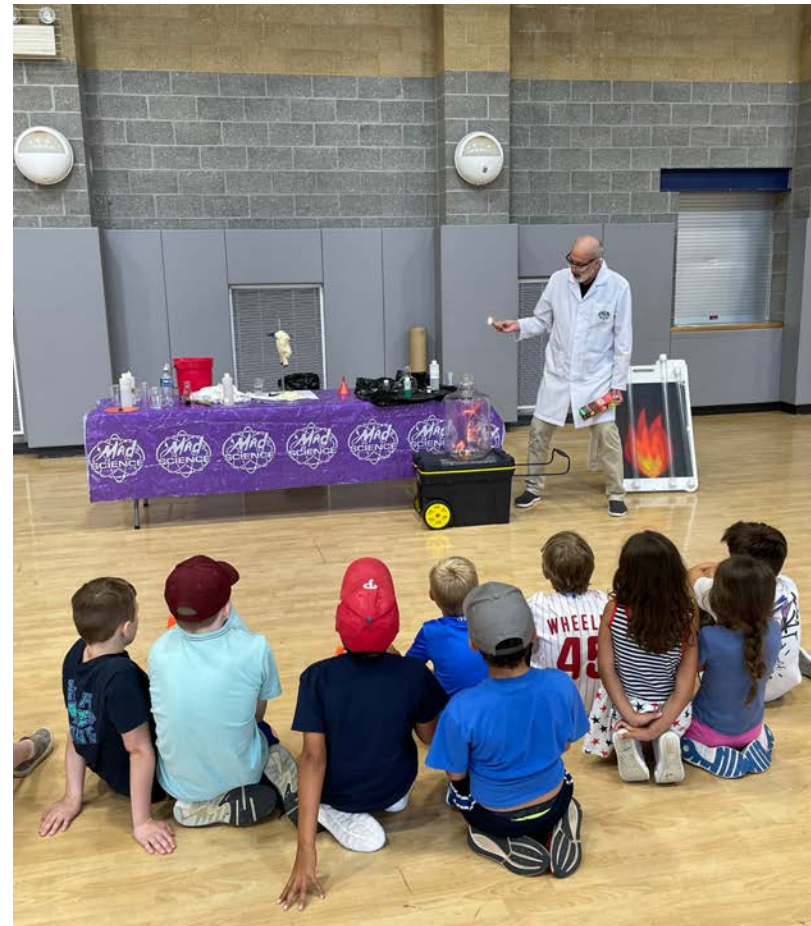




Department of
RECREATION SERVICES

ACTIVITY GUIDE

SPRING - SUMMER 2024



INSIDE THIS ISSUE

A Message From The Department
Contact & Connect
Membership Information
Rental Opportunities

Facilities
Parks
Events
Programs



**CONNECT WITH
US ON FACEBOOK!**

Follow @CommunityCenterattheFel

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

MISSION STATEMENT

SUMMER DISCOUNT TICKETS

Conshohocken Borough's Department of Recreation Services in conjunction with Pennsylvania Recreation & Parks Society offers discounted tickets. Tickets may be purchased at the Community Center at the Fel located at 515 Harry St., Conshohocken, PA 19428. Tickets offered are Adventure Aquarium, Morey's Pier, Philadelphia Zoo, Tree Trails Adventure, Splash Zone and more. Call for availability and pricing.

Discounted tickets are also available for Dorney Park, Hersheypark, Six Flags, Cedar Point, Diggerland, Kings Dominion, Legoland, Disney World, Universal Studios, Movie Tickets, Broadway/Off-Broadway Shows, Cirque du Soleil, and more. Login or create an account to view discounts: www.prps.org/memberdeals.



Pickleball Open Play

Wednesdays & Fridays
9:00 AM - 12 PM

Pickleball is cross between ping-pong, tennis and badminton.

<u>Member Fee:</u>	<u>Non-Member Fee:</u>
Free	\$2 Residents
	\$3 Non-Residents



Dear Conshohocken Residents,

Welcome to the 2024 spring/summer Recreation Services Activity Guide!

As a parks and recreation department, our goal is to provide our community with a diverse and comprehensive list of programs, offerings, and facilities. We invite you to take advantage of all that our department and Conshohocken Borough have to offer. Keep an eye out for exciting updates and improvements this spring and summer at our parks and facilities.

As the spring and summer approach, our department has been busy planning programming, events, and summer camps. With our summer day camp full, we are, again, able to offer specialty camps which are listed on page 15. We have also added some new programs that include Lacrosse, Let's Get Moving, and Yoga & Book Club.

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://conshohockensrp.recdesk.com> to view the programs and events.

Sincerely,

Lauren Irizarry

Lauren Irizarry
Director of Recreation Services



DEPARTMENT STAFF

Lauren Irizarry, Director of Recreation Services
Charlie Alcorn, Recreation Supervisor
Valéz Jackson, Recreation Coordinator
Rachel Jonas, Administrative Assistant
Tom Brady, Weekday Front Desk Associate
Alexa Davenport-Collins, Weekend Front Desk Associate
Alexandra Davis, Weeknight Front Desk Associate
Chris Jackson, Weekend Front Desk Associate
Gloria Scott, Weekday Front Desk Associate
Colleen Byrne, Weeknight Front Desk Associate

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.

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.

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.

REFUND POLICY

Refunds (less 5%) 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.

COMMUNITY CENTER OPPORTUNITIES

We are looking for members to join our team! We have openings for after care staff, fitness instructors, and seasonal employment opportunities. Please contact Lauren Irizarry at lirizarry@conshohockenpa.gov, if interested.



The office of the Recreation Services Department is located at the Community Center at the Fel.

CONTACT INFO

Address

Conshohocken Community Center
at the Fel
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: 7AM – 9PM

Friday: 7AM – 5PM

Saturday: 8AM – 4PM

Sunday: 8AM – 4PM

View the Recreation Services daily calendar for details on holiday closures and activities.

HOW TO REGISTER FOR CLASSES, PROGRAMS & EVENTS

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.

2

REGISTER OVER THE PHONE: Call us at 610-828-3266. To register by phone, a credit card is needed.

3

REGISTER IN PERSON: Visit us at the Community Center. Cash, checks, and credit cards are accepted in person.



MEMBERSHIP INFORMATION

Live, Work, Play!

RENEW ACTIVE & ONE PASS PROGRAM

We're a participating facility of Renew Active/ One Pass! The Renew Active and One Pass programs provide eligible members access to this location at no cost through your insurance. You will have access to all the services and privileges, and/or classes that are normally a part of our standard membership.

How Do I Get It?

Renew Active/ One Pass is offered through your health insurance provider. Learn more at UHCRenewActive.com



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.



COMMUNITY CENTER MEMBERSHIP RATES

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

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

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://conshohockensrp.recdesk.com>

REMINDERS

Memberships and day passes allow access to full usage of all amenities within the facility. Some of these amenities include: a gymnasium, which features a full-size basketball court, a fitness center with cardio and weightlifting machines, and a game table area. **Annual memberships** include three (3) guest passes per month. Guest(s) and day pass users must complete paperwork, sign a waiver form and be 18 or older. **A parent/guardian must be present to sign a waiver form if under 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 will 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.

RENTAL OPPORTUNITIES

Live, Work, Play!

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. See **page 6** for facility rental options.



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. See **page 7 and 8** for pavilions available to rent.

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!

Purposeful Play

Purposeful Play offers a 45 minute party geared towards 1 - 4 year olds with movement and music, an obstacle course and parachute play.

Contact Marianne at Purposefulplay1@gmail.com for more information.



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.



THE COMMUNITY CENTER AT THE FEL

Located at 515 Harry St.

Multi-Purpose Room

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

- Volleyball capabilities (one net)
- Two basketball nets (baskets can reach six feet for youth)
- Multi-sport flooring
- Large open gym space

Fitness Center

This space includes: seven weight machines, two treadmills, three ellipticals, two stationary bikes, one row machine, exercise balls, free weights, and a scale.



Activity Space

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



MARY WOOD PARK HOUSE

Located at 120 E. 5th Ave.

Rental Opportunities Now Available!

The Mary Wood Park House is perfect for hosting meetings or small events.



Meeting Room

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

Basketball Gym

Regulation sized basketball gym with six 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 (two nets at once), and for pickleball games.





A.A. GARTHWAITE STADIUM (A-FIELD) Located off of 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 and benches for teams
- Small parking lot and street parking
- Walking track

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

- Playground equipment
- Park benches
- Small parking lot

The Meadow

- Open grass space available for parties, picnics, etc.

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
- Small parking lot and street parking

B-Field Pavilion

- Available for parties, picnics etc.
- Picnic bench

AUBREY COLLINS PARK Located at E. Elm St.

- Playground equipment
- Basketball court
- Street parking
- Open field
- Horseshoe pit

Aubrey Collins Pavilion

- Available for parties, picnics etc.
- Picnic benches

HAINES & SALVATI MEMORIAL PARK Located off of Wood St.

- Basketball court
- Park benches
- Parking
- Trash receptacles

Walking Track Hours of Operation

- Opens around 7:00 AM. Closes around dusk (depending on the season)
- Enter at the pedestrian gate off of Hallowell St. to access the walking track
- A-Field restrooms will be open for the Spring
- The A-Field Stadium and walking track will be closed on holidays and during rentals consisting of contests and tournaments

MARY WOOD PARK Located at E. 6th Ave. & Hallowell St.

- Playground
- Open grass space
- Plenty of street parking nearby

Mary Wood Park Pavilion

- Available for parties, picnics etc.
- Picnic benches



To learn more about renting one of our Pavilions spaces, see **page 5**.

SUTCLIFFE PARK

Located at 900 Freedley Street

Sutcliffe Park

- Three full basketball courts
- Playground equipment
- Concession stand
- Off-street parking lot
- Restrooms are available seasonally from 7 AM - 8 PM

Senior Field

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



Evergreen Pavilion

- Available for parties, picnics etc.
- Picnic benches

Playground Pavilion

- Available for parties, picnics etc.
- Picnic benches
- Electricity available



Fitness Court

The new fitness court is now open and available for public use at Sutcliffe Park. This world-class outdoor bodyweight circuit training system is designed so that people of all levels and abilities can get a full body workout in just 7 minutes. Each station utilizes body weight to increase fitness levels. Instructions for each workout can be found on the wall decals or through the downloadable Fitness Court app available on iPhone and Android devices. The app includes guided audio workouts and tutorial videos; graded difficulties, HIIT, upper, lower and full body routines; and workouts hosted by expert celebrity trainers and influencers.

The new fitness court includes the following equipment and features:

- Plyometric / Squat Boxes
- Lunge Step Course
- Agility Dots
- Agility Ladders
- 2 Bending Stations
- Concrete Border
- Rubberized Tile Surface
- Progressive Training Wall
- 2 Sets of Destabilized Pushing Handles
- 2 Sets of Stabilized Pushing Ladders
- 7 Progressive Foothold Strips
- 2 Sets Rowing Handles
- 4 Full Body Rowing Stations
- 2 Sets of Bicep Curl Rings
- 2 Sets of Muscle-Up Rings
- 2 Sets of Stabilized Pull-Up Bars



Donofrio Tournament

Monday, March 25th - Tuesday, April 16th
7PM & 8:30PM | 515 Harry Street

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

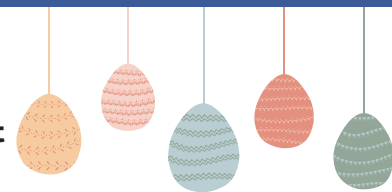
Ticket Prices:

- Senior (62+): \$3.00
- Adult (18-61): \$6.00
- Children (6-17): \$2.00
- Under 5: Free
- Tournament Pass: \$40.00 (not valid for Semi & Final Games)

***Tournament Bracket will be available 2 weeks prior to the start.**

Easter Egg Hunt

Saturday, March 30th
10AM | 515 Harry Street



Hop over to the Community Center at the Fel for the annual Easter Egg Hunt! The event will be held outdoors rain or shine. Admission is FREE. Prizes and refreshments will be provided with a special visit from the Easter Bunny!

Registration currently open and required. It will end on Wednesday, March 20th or when maximum capacity is reached. Space is limited!



Movies in the Park

Friday, August 23rd
Dusk | Aubrey Collins Park

Join us for a family movie night in the park. Be sure to bring a blanket and chair. Light food and refreshments available for purchase. Movie is TBD.



Senior BBQ Luncheon

Wednesday, June 12th
12PM | 515 Harry Street

Join us for a free BBQ to kick off the summer. This event is for the seniors (62+) of the community. Registration is required and will begin May 1st. Registration will end June 1st or when maximum capacity is reached. To register, call the Community Center at 610-828-3266.



AMERICAN RED CROSS BLOOD DRIVE



Dates:

- Friday, May 3rd
- Saturday, August 10th

Time: 9:00AM - 2:00PM

Location: 515 Harry Street

Help save a life by donating blood today! 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.

Clothing Drive: The Month of September

Colonial Neighborhood Council is in need of clothing for children of all ages. For the month of September, we will be collecting gently used and new clothing!

Drop Off: Community Center at the Fel (515 Harry Street)

Drop Off Times:
 Monday-Thursday: 7am - 9pm
 Friday: 7am - 5pm
 Saturday-Sunday: 8am - 4pm



REGISTER NOW! conshohockenrsp.recdesk.com

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

Active Fitness (62+)

Mondays, Thursdays, & Fridays
8:30 AM

A fun and energizing workout for active older adults that is sure to keep you moving! Classes are designed to increase flexibility, joint stability, balance, coordination, agility, and muscular 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.

Group Fitness Programs 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 the minimum required participants for the class to run. An additional drop-in rate may be available based on space, but not guaranteed.

YOGA FOR BEGINNERS

This 6 week series will introduce you to basic yoga principles, simple breath work techniques and key alignment in foundational poses.

Day: Tuesdays (6 weeks) | **Age:** 14+
Time: 6:30 PM - 7:30 PM
Dates: April 23rd - May 28th
Fee: \$60



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 adapt to participants of all fitness levels.

Day: Tuesdays (6 weeks) | **Age:** 18+
Time: 12:00 PM - 12:45 PM
Dates:

- Session 1: 3/12 - 4/16
- Session 2: 4/30 - 6/4

Fee: \$60 Members | \$65 Non-Members



CHAIR YOGA WITH YOGA HOME

This is a gentle form of yoga that is practiced seated on a chair or standing using a chair for support. Ideal for those seeking the physical and mental benefits of yoga who have limited mobility or balance as a result of the aging process, injury or other medical issues. Expect to experience the many benefits of practice, including stress reduction, increased flexibility and strength, and cultivating the mind-body connection.

Days: Wednesdays (6 weeks)
Time: 6:30 PM - 7:30 PM
Dates: April 24th - May 29th
Fee: \$70
• Drop in: \$12



Yoga In The Park

Yoga Home will be offering yoga classes in the parks throughout the summer. Check our daily schedule at conshohockenrsp.recdesk.com or Yoga Home (ouryogahome.com).

KICK + CORE

Come join the fun! We'll be burning calories, sculpting muscle and strengthening core. We will cardio kickbox to the beat! Class includes interval tabata style using your own body weight in moves and sculpt/work body with light weight dumbbells segments for approximately an hour. After that, we will move onto our core with Pilates type movements including stretch and elongation of core muscles. The 2 style classes are a perfect combo of cardio/energy and stretching/peace. It's an awesome way to start the weekend and feel great afterwards too!

Day: Saturdays (6 weeks) | **Age:** 18+
Time: 8:15 AM - 9:50 AM

Dates:

- Session 1: 2/24 - 4/13 (no class on 3/2 & 3/30)
- Session 2: 4/20 - 6/1 (no class on 5/25)
- Session 3: 6/8 - 7/13

Fee: \$42 Members/Resident | \$45 Non-Members



YOGA & BOOK CLUB

NEW

Join us each month as we dive into a text that helps us better understand our yoga practice. Yoga is so much more than moving through a series of postures on your mat. These classes are designed to support you in gaining insight into yogic texts and philosophy. Yoga Home Teachers will select texts that inform their teaching, create an asana practice using the book as inspiration, and then facilitate group discussion. The style of asana will vary depending on the teacher, but know we'll be providing plenty of options throughout practice so all can participate. Check conshohockenrsp.recdesk.com for the book of the month.

Day: 4th Thursday of the month | **Age:** 18+
Time: 6:00 PM - 8:00 PM

Dates:

- March 28th
- April 25th
- May 23rd

Fee: \$25 per session

Location: Mary Wood Park House



SPIN

Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride! Register early to reserve your spot. Space is limited!

Day: Thursdays (4 weeks) | **Age:** 18+

Time: 4:30 PM

Dates:

- Session 1: 4/18 - 5/9
- Session 2: 5/16 - 6/6

Fee: \$45 Residents/Members | \$50 Non-Residents | \$15 drop in



***All programs listed in this activity guide will take place at the Community Center at the Fel unless otherwise stated.**

ACTIVE OLDER ADULTS (62+) PROGRAMMING

Live, Work, Play!

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 every Monday in the multi-purpose room! Light refreshments will be included.

Days: Mondays ending May 20th. Program will resume in September.

Time: 10:00 AM

Age: 62+

Membership Fee: \$10 membership fee due at the beginning of January. Fee will be pro-rated accordingly.



ACTIVE FITNESS

A fun and energizing workout for active older adults that is sure to keep you moving! Classes are designed to increase flexibility, joint stability, balance, coordination, agility, and muscular strength. Classes are currently being held!

Date: Mondays, Thursdays, and Fridays (Ongoing)

Time: 8:30 AM - 9:15 AM

Age: Active Older Adults



REGISTER NOW! conshohockenrsp.recdesk.com

PICKLEBALL CLINICS BY UNIVERSAL RACKETS

Beginner: Learn how to play the game with Universal Racket's Beginner/Intro to Pickleball Clinic.

Intermediate: Universal Racket's Intermediate Clinic will consist of skills and drills, dinking, drive and drop serves, returns, court positioning and more!

Day: Mondays (5 weeks) | **Age:** 18+

Dates:

- Session 1: 4/1 - 4/29
- Session 2: 5/6 - 6/10 (no class on 5/27)

Times:

- Beginner: 9:30 AM
- Intermediate: 11:00 AM

Fee: \$210 Residents/ Members | \$220 Non-Residents



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.

Dates: Ongoing

Days: Tuesdays & Thursdays

Time: 12:00 PM - 2:00 PM

Fee: Free Members | \$5 per session



INFANT CPR TRAINING

Infant CPR training will give individuals the skills necessary to prevent, recognize and provide basic care for emergencies in infants until advanced medical personnel arrive. This is a noncertification class led by Anthony Wiencek of Emergency Training Partners. Registration is required.

Dates:

- Sat., April 13th | **Time:** 10:00 AM
- Tues., May 7th | **Time:** 6:30 PM
- Tues., May 21st | **Time:** 6:30 PM
- Tues., July 2nd | **Time:** 6:30 PM
- Sat., July 20th | **Time:** 10:00 AM
- Sat., August 3rd | **Time:** 10:00 AM

Fee: \$15 Residents | \$20 Non-Residents



LINE DANCE FUSION

If you haven't noticed, yet ... Line Dance is back, and it's energized! It's varied and inclusive, which means you learn all kinds of dance moves to a huge variety of music. What a cool way to get the physical, mental and social benefits of solo dancing! Appropriate for all levels, from those new to dance through experienced dancers.

Day: Wednesdays | **Time:** 6:45 pm - 7:45 pm | **Age:** 18+

Dates:

- Session 1: 4/3 - 5/22 (8weeks)
- Session 2: 6/5 - 6/26 (4 weeks)
- Session 3: 7/10 - 7/31 (4 weeks)

8 weeks Fee: \$80 Residents/Members | \$85 Non-Residents

- **Location:** Mary Wood Park House

4 weeks Fee: \$45 Residents/Members | \$50 Non-Residents

SPRING/SUMMER MEN'S BASKETBALL LEAGUE

All teams that were enrolled in the 2023-2024 Fall/Winter League will have first choice to register. 12 Team League, with 11 games guaranteed (Plus all teams make PLAYOFFS). For more information, contact Tom Brady at 610-828-3266 or tbrady@conshohockenpa.gov.

Date: Mondays and Wednesdays, beginning

Monday, May 6th

Times: 6:00 PM - 8:00 PM

Age: Men 21+



SUNDAY MORNING BASKETBALL

Sunday Morning Basketball is held every Sunday in the gym for non-competitive pickup games. This program is free with a Community Center Membership.

Dates: Ongoing, ending in July. Program will resume in September.

Age: 18+

Days: Sundays

Time: 9:00 AM - 11:00 AM

Fee: Free Members | \$6 Non-Members



CRC

CONSHOHOCKEN ROWING CENTER



Be part of the programming at CRC. The club offers spring and fall youth programs for all experience levels. Youth camps and programs for ages 10 and up. With competitive rowing opportunities during the summer and fall.

Membership is available for adults with adult classes during the summer. Private rowing lessons are available for adults and youth athletes - April through November

Be sure to ask about Conshohocken Resident partial discounts!

conshohockenrowingcenter.org

rowingcrc@gmail.com

PAINT & PLAY

Days: Fridays (6 weeks)

Dates: Session 1: May 10th - June 14th

- **Fee:** \$120 Members/Residents | \$125 Non-Residents

Toddler Sensory - This parent/toddler art class is a treat for the senses! The focus is on process over product as they thread with varied materials, movement, and music, and messy fun!

- **Age:** 1.5 - 2.5 year olds | **Time:** 9:30 AM

Preschool Art - This parent/child class supports whole child learning with lots of opportunity to experiment with paint, varied materials, and sensory play as a theme is threaded with imagination, art, and movement to music.

- **Age:** 2.5 - 5 year olds | **Time:** 11:30 AM

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 are welcome. Come with a friend, meet new friends! Ages are only used as a guideline.

Thursdays (9 weeks)

- Session 1: April 11th - June 13th (no class on 5/2)
 - **Fee:** \$180 Members/Residents | \$185 Non-Residents

Age/Times:

- Little Bears (walkers - 2.5 year olds): 10:00 AM
- Big Bears (2 - 5 year olds): 11:00 AM
- Baby Bears (6 months - crawlers): 12:00 PM
- Bitty Bears (newborn - 6 months): 1:00 PM



Wednesdays (6 weeks)

- Session 1: May 8th - June 12th (no class on 5/1)
 - **Fee:** \$120 Members/Residents | \$125 Non-Residents

Age/Times

- Baby Bears (5 months - crawlers): 5:30 PM
- Family Bears (walkers - 4 year olds): 6:30 PM



KIDS KARE AFTER SCHOOL PROGRAM

Kids Kare After School Program is a safe, fun, supervised program that offers a solution for working parents of Conshohocken Elementary. Afternoons will include a snack, homework time, physical activities, and crafts. Registration is required. Space is limited.

Dates:

- Session 3: April 1st - June 14th
 - **Fee:** 1 Child: \$700 | 2 Children: \$650 | 3 Children: \$600
- **Time:** 3:30 PM - 5:30 PM
- **Age:** Grades K - 3rd

BUILT BY ME STEM

Days: Tuesdays (6 weeks)

Dates: April 30th - June 4th

Fee: \$170 Members/Residents | \$175 Non-Residents



LEGO® Robotics and Coding - Adventures

This fun, interactive program will introduce students to coding and robotics using the LEGO® Education Robotics Construction Sets. Children will learn basic programming skills, simple engineering concepts, and the names of the robotic components. They will work in pairs on guided projects building models, attaching sensors and motors, and using a computer to program the model's behavior. Children will gain confidence and understanding as they build and code their robots.

- **Age:** Grades 2-3 | **Time:** 6:00 PM

LEGO® Robotics and Coding with Scratch MIT - On the Go

This fun and interactive program explores many aspects of STEM using LEGO® Essential Education Robotics Construction Sets. Focusing on means of transportation, students will work in pairs to build prototypes as they learn the engineering design process. They will then code their designs with Scratch MIT, a block-based code, to perform various tasks and functions. Young engineers will construct ships and helicopters as they learn and refine their observation, problem-solving, and team-building skills.

- **Age:** Grades 3-5 | **Time:** 7:15 PM

GYMNASTICS WITH REFLEX SPORTS

Reflex Sports is a non-competitive, elementary gymnastics and sports fundamentals program for children. In our classes, your child gets to discover, explore, and develop their physical and mental capabilities by participating in fun, engaging and challenging activities.

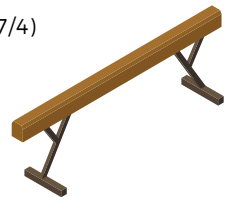
Days: Thursdays (8 weeks)

Date: June 20th - August 15th (no class on 7/4)

Ages/Times:

- 1-3 year olds - 4:00 PM
- 4-7 year olds - 4:45 PM
- 2-3 year olds - 5:30 PM
- 4-7 year olds - 6:15 PM

Fee: \$165 Members/Residents | \$175 Non-Residents



BASKETBALL CAMP-SPRING BREAK

Professional level, former WNBA and overseas coach, Misha Horsey, is ready to take your player to the next level. In this week long camp, campers will develop strength to finish, develop proper shooting habits, increase player confidence, and learn how to score off the ball. This is perfect for your athletes that want to be one step ahead for the next season.

Date: Monday, March 25th - Friday, March 29th

Time: 9 AM - 3 PM

Ages: Grades 3rd - 8th

Fee: \$200 Members/Residents | \$210 Non-Residents



BASKETBALL CLINICS WITH MOORE BROTHERS BASKETBALL

In this introductory program, your child will be introduced to basic basketball skills including dribbling, passing, shooting, rules of the game, and defense. Drills and exercises will be designed to teach your player fundamentals, sportsmanship, and teamwork!

Program will be instructed by Ronald Moore, former PW standout, Division I player, and professional athlete.

Day: Tuesdays (5 weeks)

Dates: July 9th - August 6th

Ages/Times:

- 5-7 year olds – 6:00 PM
- 8-11 year olds – 7:00 PM

Fee: \$100 Members/Residents | \$110 Non-Residents

#CHEERBOSS CHEERLEADING AND TUMBLING “POP UP” CLINIC

Our Pop-Up Stunt Workshops will offer a 3 hour instructional stunting day working with different athletes to build their skills and perfect their techniques.

Dates:

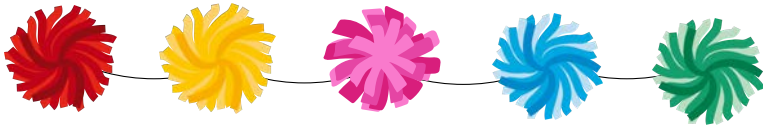
- Saturday, April 20th
- Saturday, May 18th
- Sunday, June 30th

Time: 1:00 PM – 4:00 PM

Age: 5 - 17

Fee: \$55 members/Residents | \$60 Non-Residents

- For all 3 sessions: \$155 Members/Residents | \$170 Non-Residents



SAFE @ HOME

Safe@Home by Safe Sitter® is a 90-minute program designed for students in grades 4-6 to prepare them to be safe when they are home alone. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. The program is designed to prepare students for their first steps towards independence.

Date: Wednesday, May 8th

Time: 6:00 PM - 7:30 PM

Age: Grades 4th - 6th

Fee: \$50



SAFE SITTER® ESSENTIALS W/ CPR

Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students learn:

- **Safety Skills:** Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies.
- **Child Care Skills:** Students learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering.
- **First Aid & Rescue Skills:** Learning skills such as choking rescue and CPR is often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses. (CPR included in Safe Sitter® Essentials with CPR and Safe Sitter® Expanded.)
- **Life & Business Skills:** The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.

Date: Tuesday, March 26th

Time: 9:00 AM – 3:30 PM

Age: Grades 6th - 8th

Fee: \$90



LACROSSE CLINIC

NEW

Coach Siena's clinics will teach all aspects of the lacrosse game: stickwork, dodging footwork, defensive footwork and game IQ. In the 1-hour session, Coach Siena will build up from individual skills to group skills/concepts and will wrap up the session with live play. Come expecting to work hard, get out of your comfort zone, and get 1% better!

Dates:

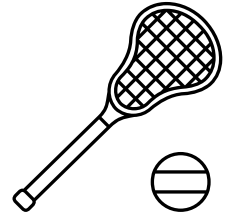
- Monday, May 6th
- Monday, May 20th

Ages/Time:

- 8-10 year olds - 5:00 PM
- 11-14 year olds - 6:00 PM

Fee: \$65 Members/Residents | \$70 Non-Residents

Location: A-Field



LET'S GET MOVING!

Join our #Cheerboss coaches for this energetic class that will get you up and moving with music, team games, obstacle courses and much more!

Day: Saturdays (6 weeks)

Dates: April 6th - May 18th

(no class on 4/27)

Ages/Times:

- 2 - 4 year olds – 9:30 AM
- 5 - 10 year olds – 10:30 AM

Fee: \$125 Members/Residents | \$130 Non-Residents



SPECIALTY CAMPS

Week of June 17th-21st

Time: 9am - 12pm

Fee: \$190

Non-Res. Fee: \$195

Location: Park House

CREATE - A - COOK

This hands-on, fun, cooking programs is for Junior Chefs of all skill levels. Learn new cooking and baking skills, explore flavors from around the world, and create new friendships! Students will learn to follow both simple recipes while working as a team. Our theme is designed to build confidence and each Junior Chefs' personal culinary artistry. Ages 8-12

Week of June 24th-28th

Time: 9am - 3pm

Fee: \$200

Non. Res Fee: \$205

Location: Park House

THEATRE HORIZON

Theatre Horizon's Summer Drama Camp, young actors spend a week working as an ensemble to create an original play - full of drama, comedy, suspense, and one-of-a-kind characters. Professional teaching artists guide campers through playwriting basics and fun improvisation games. On the last day, they perform their world premiere play for an audience! Ages 7-12

Week of July 8th-12th

Time: 9am - 12pm

Fee: \$325

Location: Park House

YOUNG REMBRANDTS

Join us for a fun week filled with artistic activities! We will explore different drawing styles(drawing, cartooning, anime manga), patterns and different coloring media such as colored pencils, markers, watercolor pencils and oil pastels. Different subjects will be taught each day. No experience necessary. Spots are limited- register today! Ages 5-12

Week of July 15th-19th

Time: 9am - 3pm

Fee: \$325

Non-Res. Fee: \$330

Location: Aubrey Collins

BASKETBALL CAMP

Professional level, former WNBA and overseas coach, Misha Horsey, is ready to take your player to the next level. In this week long camp, campers will develop strength to finish, develop proper shooting habits, increase player confidence, and learn how to score off the ball. This is perfect for your athletes that want to be one step ahead for the next season. Ages 8-13

Week of July 22nd-26th

Time: 9am - 3pm

Fee: \$200

Non-Res. Fee: \$205

Location: A-Field

LET'S GET MOVING

This camp by #CheerBoss will keep you moving and grooving all week! With our energetic staff and exciting games, you will be eager to get to camp each day! We will play team games, obstacle courses, arts and crafts, and much more! Don't miss out on the fun! Ages 5-12

Week of July 22nd-26th

Time: 1pm - 4pm

Fee: \$230

Location: Park House

SHINING KNIGHTS CHESS

If you are new to the game, learning to push pawns for the first time, or have played in numerous tournaments, and want to sharpen your skills, come to a Shinning Knights Chess Camp! Whether you want to win games in your living room against your parents or win tournaments in other states, come join us and learn how to play chess or play better chess! Ages 6-13

Week of July 29th-Aug.2nd

Time: 9am - 12pm

Fee: \$200

Location: Park House

MAD SCIENCE

NASA: STEM Explorers - Developed in partnership with NASA, our campers will think and act like NASA innovators during this hands-on program inspired by the NASA OPTIMUS PRIME Research Challenge (NASA OPSPARC). Use creative and collaborative skills to design a mission patch, train like an astronaut, build a Mars rover and solve real-world engineering problems. How might you use space suit cooling tubes be used to solve a problem here on Earth? Ages 6-12

Week of Aug.5th-9th

Time: 9am - 12pm

Fee: \$185

Location: Park House

BRICKS 4 KIDZ

Inspired by NASA and Star Wars™, our Space Adventures Camp is packed full of models that will make your imagination blast off! Each day, campers will learn about real-life space exploration and build models related to the NASA space program. In addition, the day includes LEGO®Star Wars™ themed models, video games, group games, challenges and more. Ages 5-12

Week of Aug.12th-16th

Time: 9am - 3pm

Fee: \$200

Non. Res Fee: \$205

Location: Park House

THEATRE HORIZON

In Theatre Horizon's Summer Drama Camp, young actors spend a week working as an ensemble to create an original play - full of drama, comedy, suspense, and one-of-a-kind characters. Professional teaching artists guide campers through playwriting basics and fun improvisation games. On the last day, they perform their world premiere play for an audience! Ages 7-12

Week of August 19th-23rd

Time: 9am - 3pm

Fee: \$200

Non-Res. Fee: \$205

Location:Comm. Ctr

LET'S GET MOVING

This camp by #CheerBoss will keep you moving and grooving all week! With our energetic staff and exciting games, you will be eager to get to camp each day! We will play team games, obstacle courses, arts and crafts, and much more! Don't miss out on the fun! Ages 5-12

YOUTH PROGRAMMING CONTINUED....

Live, Work, Play!

TINY TOTS

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 4 hours. Please see one of our staff members at the front desk when you arrive.

Days: Wednesdays

Dates: Ongoing; ending May 29th. Program will resume in September.

Time: 10:00 AM - 2:00 PM | **Age:** Crawler - 3-year-olds

Fee: Free for Members | \$5 Non-Members



FIRST NOTES

First Notes classes are interactive, live experiences for the whole family! Taught by the same experienced, skilled musicians who teach in our schools, classes are filled with live music and fun activities for everyone in the family. You and your child will learn to sing songs, solfeggio melodies ("do-re-mi"), basic counting and rhythm (quarter and eighth notes), and fun ways to use small homemade instruments! One of the BEST things about First Notes Babies is that you will learn so many ways to enjoy music at home with your child!

Day: Mondays & Thursdays

Date: Outdoor Classes will begin April 1st (The session will begin indoors at the Music Training Center on March 13th)

Time: 9:15 AM & 10:15 AM | **Age:** 0-4 year olds

Location: Sutcliffe Park

Registration will be taken through the Music Training Center's website, <https://ppac.musictraining.com/enroll/enroll.asp>



REGISTRATION IS NOW OPEN!

Soccer Shots

Soccer Shots Minis

Ages: 2-3 year olds

Spring 2024 Session

Location: B Field

Fee: \$173

Mondays: 4/1 - 5/20 (8 weeks, no 5/27)

- Session Times: 4:30 PM; 5:15 PM

Saturdays: 4/6 - 6/1 (8 weeks, no 5/25)

- Session Times: 8:45 AM; 10:10 AM

Sundays: 4/7 - 6/2 (8 weeks, no 5/26)

- Time: 12:15 PM

Summer 2024 Session

Location: B Field

Mondays: 6/17 - 7/15 (5 weeks)

- Session Times: 4:30 PM; 5:15 PM
- **Fee:** \$108

Saturdays: 6/22 - 8/3 (7 weeks)

- Session Times: 8:45 AM; 10:10 AM
- **Fee:** \$152

Soccer Shots Classics

Ages: 3-5 year olds

Spring 2024 Session

Location: B Field

Fee: \$173

Mondays: 4/1 - 5/20 (8 weeks, no 5/27)

- Session Times: 4:30 PM; 5:05 PM; 5:50PM

Saturdays: 4/6 - 6/1 (8 weeks, no 5/25)

- Session Times: 9:20 AM; 10:50 AM

Sundays: 4/7 - 6/2 (8 weeks, no 5/26)

- Time: 12:50 PM

Summer 2024 Session

Location: B Field

Mondays: 6/17 - 7/15 (5 weeks)

- Session Times: 4:30 PM; 5:05 PM; 5:50 PM
- **Fee:** \$108

Saturdays: 6/22 - 8/3 (7 weeks)

- Session Times: 9:20 AM; 10:50 AM
- **Fee:** \$152

Soccer Shots Premier

Ages: 5-8 year olds

Spring 2024 Session

Location: B Field

Fee: \$173

Mondays: 4/1 - 5/20 (8 weeks, no 5/27)

- Session Times: 5:50PM

Saturdays: 4/6 - 6/1 (8 weeks, no 5/25)

- Session Times: 10:05 AM

Summer 2024 Session

Location: B Field

Mondays: 6/17 - 7/15 (5 weeks)

- Session Times: 5:50 PM
- **Fee:** \$108

Saturdays: 6/22 - 8/3 (7 weeks)

- Session Times: 10:05 AM
- **Fee:** \$152

