



*Department of*  
RECREATION SERVICES

# ACTIVITY GUIDE

SPRING - SUMMER 2023



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

## MISSION STATEMENT

NEW

### NOW ACCEPTING:

**Renew Active**  
by **UnitedHealthcare** **One Pass™**

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](http://UHCRenewActive.com)

### 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 Fellowship House located at 515 Harry St., Conshohocken, PA 19428. Tickets offered are Adventure Aquarium, Dutch Wonderland, Franklin Institute, Morey's Pier, Philadelphia Zoo, Splash Zone and more. Call for availability and pricing.



#### Dear Conshohocken Residents,

Welcome to the 2023 Spring/Summer Recreation Services Activity Guide!

With the mild winter we are having, my hope is that you and your family were able to stay outdoors longer and utilize our parks. Selfishly, I am hoping for at least one snow storm to see children sledding at Sutcliffe Park.

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 is busy planning programming, events, and summer camps. Due to our summer day camp filling within days, we are happy that we are able to add specialty camps to our offerings. Take a look on page 13 of the guide.

If I or any of our staff can be of help to you, let us know. We hope to see you and your family at our summer camps, an outdoor movie night, or around at the Community Center at the Fel or one of our parks. We wish you a safe and happy summer!

Sincerely,

*Lauren Irizarry*

Lauren Irizarry  
Director of Recreation Services



**CONNECT WITH  
US ON FACEBOOK!**

Follow @CommunityCenterattheFel



## DEPARTMENT STAFF

**Lauren Irizarry**, Director of Recreation Services  
**Charlie Alcorn**, Recreation Supervisor  
**Rachel Jonas**, Administrative Assistant  
**Tom Brady**, Front Desk Associate  
**Alexa Davenport-Collins**, Weekend Front Desk Associate  
**Alexandra Davis**, Weekday Night Front Desk Associate  
**Chris Jackson**, Front Desk Associate  
**David Leonard**, Weekday Night Supervisor  
**Gloria Scott**, Front Desk Associate

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

## CONTACT INFO

### Address

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

### Phone

(610) 828-3266

### Borough Website

[www.conshohockenpa.gov](http://www.conshohockenpa.gov)

### Recreation Website

[conshohockenrsp.recdesk.com](http://conshohockenrsp.recdesk.com)

### Email

[RecServices@conshohockenpa.gov](mailto: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.

## 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.

## SEEKING FITNESS INSTRUCTORS!

We are looking for experienced group fitness instructors/providers with innovative and creative ideas. Classes can be continuous (ex. 4 weeks) or a one-time workshop. Please contact Lauren Irizarry at [lirizarry@conshohockenpa.gov](mailto:lirizarry@conshohockenpa.gov), if interested.



## HOW TO REGISTER FOR CLASSES, PROGRAMS & EVENTS

1

**REGISTER ONLINE:** Go to: [conshohockenrsp.recdesk.com](http://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!

## MEMBERSHIPS

### DAILY, MONTHLY, AND ANNUAL MEMBERSHIPS OPTIONS

Daily, Monthly, and Annual Memberships – SIGN UP NOW! Purchase or renew a Community Center at the Fel membership today!

## FREE FITNESS CLASSES

Select fitness classes are included with membership. Please see **page 10** for more info.

## 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

Youth (12-17)
Adult (18-61)
Family (4 max)
Senior (62+)

### Resident

\$5.00
\$15.00
\$20.00
\$5.00

### Non-Resident

\$7.00
\$20.00
\$26.00
\$7.00

### Annual Rates

Youth (12-17)
Adult (18-61)
Family (4 max)
Senior (62+)

### Resident

\$50.00
\$140.00
\$175.00
\$40.00

### Non-Resident

\$65.00
\$182.00
\$228.00
\$52.00

### Day Passes

Youth (12-17)
Adult (18-61)
Senior (62+)

### Resident

\$3.00
\$5.00
\$2.00

### Non-Resident

\$4.00
\$6.00
\$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://conshohockenrsp.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 weight lifting machines, and a game table area. **ONLY 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](mailto: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](mailto: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.



Spring / Summer 2023

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

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

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, foosball table, and pool table! TV and lounge area perfect for relaxing, hanging out with friends, or meeting new people!



### 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.



## 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.





## 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

## 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

### 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

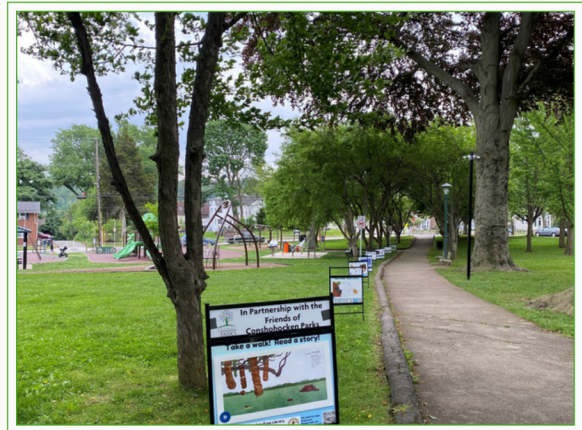
## MARY WOOD PARK

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 27th - Tuesday, April 18th  
7 PM & 8:30 PM | 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 Semi & Final Games)

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

## Earth Day

### The Month of April

Celebrate Earth Day this April with The Community Center at the Fel. We invite youth, teens, and adults to submit a poem, song, short story, drawing, etc. about Earth Day! The artworks will be displayed in the lobby of the Community Center.

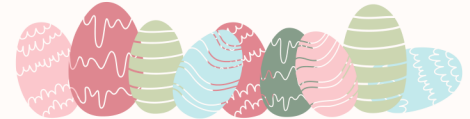
We will be taking submissions all throughout the month of April. You can submit your artwork via email to [recservices@cconshohockenpa.gov](mailto:recservices@cconshohockenpa.gov) or you can drop them off at the Community Center (515 Harry Street).

## Easter Egg Hunt

**Saturday, April 8th  
10 AM | 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 Saturday, April 1st or when maximum capacity is reached. Space is limited!



## Senior BBQ Luncheon

**Wednesday, June 7th  
12 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. 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.



## Movies in the Park

Dusk

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. Movies are TBD.

**Friday, June 9th  
Aubrey Collins Park**

**Friday, August 25th  
Sutcliffe Park**

## AMERICAN RED CROSS BLOOD DRIVE

**Dates: Saturday, May 6th  
Saturday, August 12th  
Sunday, October 29th**

**Time: 9:00 AM - 2:00 PM  
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: 7 am - 9 pm

Friday: 7 am - 5 pm

Saturday-Sunday: 8 am - 4 pm



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.

## 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 | **Age:** 18+

**Time:** 8:15 AM - 9:50 AM

**Dates:**

- Session 1: 4/15 - 5/20
- Session 2: 6/3 - 7/22 (no class on 7/1)

**Fee:** \$30 Members | \$35 Non-Members | \$6.50 Drop In

## 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

**Time:** 9:00 AM

**Dates:**

- Winter Session: 2/22 - 3/29
- Spring Session: 4/5 - 5/10
- Spring II Session: 5/17 - 6/21

**Fee:** \$70 | Drop in: \$12



## 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 adapted for participants of all fitness levels.

**Day:** Tuesdays (6 weeks) | **Age:** 18+

**Time:** 12:00 PM - 12:45 PM

**Dates:**

- Session 1: 3/28 - 5/2
- Session 2: 5/9 - 6/13

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



## YOGA FOR BEGINNERS

This 4 week series will introduce you to basic yoga principles, simple breath work techniques and key alignment in foundational poses.

**Day:** Tuesdays (4 weeks) | **Age:** 14+

**Time:** 6:30 PM - 7:30 PM

**Date:** 4/25 - 5/16

**Fee:** \$60



### 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](https://conshohockenrsp.recdesk.com) or Yoga Home ([ouryogahome.com](http://ouryogahome.com)).



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

**Days:** Mondays: Ongoing, Ends on June 5th. Will resume in Sept.  
**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



ADULT PROGRAMMING

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:**  
• Saturday, March 4th | **Time:** 10:00 AM  
• Tuesday, March 7th | **Time:** 6:30 PM  
• Saturday, April 29th | **Time:** 10:00 AM  
• Tuesday, May 2nd | **Time:** 6:30 PM  
**Fee:** \$5 Residents | \$10 Non-Residents



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, Ends on July 2nd, will resume in Sept.  
**Age:** 18+  
**Days:** Sundays  
**Time:** 9:00 AM - 11:00 AM  
**Fee:** Free Members | \$6 Non-Members



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. This program is free with a Community Center Membership.

**Dates:** Ongoing, Ends June 15th, will resume in Sept.  
**Age:** 18+  
**Days:** Tuesdays & Thursdays  
**Time:** 12:00 PM - 2:00 PM  
**Fee:** Free Members | \$5 per session

PICKLEBALL

Come try the newest craze! Pickle ball is a cross between ping pong, tennis and badminton.

**Dates:** Ongoing | **Age:** 18+  
**Days:** Wednesdays & Fridays  
**Time:** 9:00 AM - 12:00 PM  
**Fee:** Free Members | \$2 Resident | \$3 Non-Resident



## PICKLEBALL CLINICS BY UNIVERSAL RACKETS

**Day:** Mondays | **Age:** 18+

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

**Dates:**

- Session 1: 4/3 - 5/8
- Session 2: 5/15 - 6/26 (no class on 5/29)

Universal  
RACKETS

- **Beginner** - 9:30 AM

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

- **Intermediate** - 11:00 AM

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

## BOOK CLUB

Registration is required and will take place on the first Thursday of the month. Books will be chosen by the staff at the Community Center. Staff will facilitate discussion of the chosen book.

**Days:** Meets the first Thursday of the month

**Time:** 9:30 AM

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



## ESTATE PLANNING BASICS

Have you or a family member ever discussed the need for having an estate plan in the event of death or incapacity but don't know where to start? Do you have the need to name a guardian for minor children or worry about who will care for an adult disabled child in the event something happens to you? This seminar presented by Nicole LaBletta, Esq. of LaBletta & Walters LLC will explore the documents everyone should have to address these issues as well as provide some examples of what happens without them and good reasons for planning sooner rather than later.

**Date:** Thursday, April 27th

**Times:** 6:30 PM

**Fee:** FREE

HeyDay Athletics 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, visit [www.heydayathletics.com](http://www.heydayathletics.com)

## 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:**

- Spring 1: 3/15 - 4/19 (6 weeks)
- Spring 2: 5/3 - 6/7 (6 weeks)
- Summer 1: 6/21 - 7/12 (4 weeks)
- Summer 2: 7/26 - 8/16 (4 weeks)

• **Fee:**

- Spring: \$60 Residents/Members | \$65 Non-Residents
- Summer: \$45 Residents/Members | \$50 Non-Residents

**Location:** Mary Wood Park House



## SPRING / SUMMER MEN'S BASKETBALL LEAGUE

All teams that were enrolled in the 2022 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](mailto:tbrady@conshohockenpa.gov).

**Date:** Mondays and Wednesdays: beginning Monday, May 1st

**Times:** 6:00 PM - 8:00 PM

**Age:** Men 21+

## INTERNET PRIVACY

This class focuses on methods, techniques and procedures to minimize personal information that is found online. Our Team will explain how to locate your distinctive online attributes and how your data appears on the Internet. The team will also show participants how to manage, remove (if applicable) and prevent your personal information from reappearing online. The procedures and methods reviewed during this instruction are primarily free and easy to apply. Every member of the XposURE team are active law enforcement. The team has worked and assisted in investigations on the Federal, State, and local levels utilizing open-source techniques as well as social media applications. All members of the XposURE team are active law enforcement with a concentration in online digital investigations and intelligence. \*\*A parent/guardian is required to accompany their child for the youth workshop.

**Date:**

- Adult Workshop: Monday, May 8th
- Youth/Parent Workshop: Monday, May 15th

**Times:** 6:00 PM

**Fee:** \$35 Residents/Members | \$40 Non-Residents





# SPECIALTY CAMPS

**Week** of June 19th-23rd  
**Time:** 9am - 12pm  
**Fee:** \$170  
**Non-Res. Fee:** \$175  
**Location:** Community Center

## 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. For boys and girls ages 6-12.

**Week** of June 19th-23rd  
**Time:** 9am - 3pm  
**Fee:** \$200  
**Non. Res Fee:** \$205  
**Location:** Sutcliffe Park

## BASEBALL CAMP

This week long baseball camp will be led and instructed by Chestnut Hill College's Head Baseball Coach, Ed O'Melia. Daily drills and activities will focus on the proper fundamentals of hitting, fielding, and base running while building player confidence and sportsmanship. Whether you are just beginning or are an experienced player, every camper will learn what they can improve upon to reach their potential. For boys and girls ages 6-12.

**Week** of June 26th-30th  
**Time:** 9am - 12pm  
**Fee:** \$195  
**Non-Res. Fee:** \$200  
**Location:** Sutcliffe Park

## USA SPORT CAMP

This camp is open to both boys and girls! Our flagship Multi-Sports Camp gives players the opportunity to experience over 10 different sports across a fun-filled week of camp. Every camp is coached by our professional and energetic coaches who are trained to encourage maximum participation, good sportsmanship, and above all - FUN! For boys and girls ages 5-11.

**Week** of July 10th-14th  
**Time:** 9am - 12pm  
**Fee:** \$325  
**Non-Res. Fee:** \$330  
**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!  
 For boys and girls ages 5-12.

**Week** of July 17th-21st  
**Time:** 9am - 12pm  
**Fee:** \$170  
**Non-Res. Fee:** \$175  
**Location:** Sutcliffe Park

## THE MOORE BROTHERS

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! Camps will be led by the Moore Brothers, Chuck and Ronald. Both PW, college standouts, and oversees professionals now coaching in Colonial School District. For boys and girls ages 5-12.

**Week** of July 24th-28th  
**Time:** 9am - 12pm  
**Fee:** \$185  
**Non-Res. Fee:** \$190  
**Location:** Park House

## BRICKZ4KIDZ

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. For boys and girls ages 5-12.

**Week** of July 31st-Aug.4th  
**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! For boys and girls ages 6-11.

**Week** of Aug.7th-11th  
**Time:** 1pm - 4pm  
**Fee:** \$220  
**Non-Res. Fee:** \$225  
**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! For boys and girls ages 6-13.

**Weeks** of Aug.14th-18th  
 Aug.21st-25th  
**Time:** 9am - 3pm  
**Fee:** TBD  
**Non-Res. Fee:**  
**Location:** Community Center at the Fel

## OBVIOUS CHOICE SPORTS

This multi-sport camp offers youth of all skills levels a safe opportunity to Learn to Play and Play for Fun! Campers will be introduced to a variety of sports including basketball, soccer, dodgeball, flag football, lacrosse, floor hockey, kickball, dance-offs and more! Our camp is designed to increase self-confidence and help youth build skills they can take with them for a lifetime, on and off the court/field. Join us for end-of-summer fun! Registration will be taken through Obvious Choice Sports at obviouschoicesports.com. For boys and girls grades K-6.

## 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:** Tuesdays

**Dates:** 6/20 - 8/22 (8 weeks, no class on 7/4)

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

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

**Location:** Mary Wood Park



## PAINT & PLAY

**Days:** Fridays

**Dates:**

- Spring Session: 3/17 - 4/28 (6 weeks, no class 4/7)
  - **Fee:** \$120 Members/Residents | \$125 Non-Residents
- Summer Session: 5/19 - 6/16 (4 weeks, no class 5/26)
  - **Fee:** \$80 Members/Residents | \$85 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



## 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:** Thursday, April 20th | **Fee:** \$50

**Time:** 6:00 PM - 7:30 PM

**Age:** Grades 4th-6th



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

**Days:** Wednesdays

**Dates:** Ongoing; will end on May 31st

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

**Fee:** \$5 Members | \$10 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 are welcome. Come with a friend, meet new friends! Ages are only used as a guideline. Registration is currently open for the Spring Session.

**Thursdays**

- Spring Session: 3/16 - 4/27 (6 weeks, no class 4/6)
  - **Fee:** \$120 Members/Residents | \$125 Non-Residents
- Summer Session: 5/18 - 6/15 (5 weeks)
  - **Fee:** \$100 Members/Residents | \$105 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 mos) - 1:00 PM

**Wednesdays**

- Summer Session: 5/7 - 6/14 (5 weeks)
  - **Fee:** \$100 Members/Residents | \$105 Non-Residents

**Age/Times**

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



## KIDS YOGA

Students will practice movement to enhance flexibility, coordination, and more! We will focus on breathing techniques and relaxation each class. Please bring your own yoga mat or a towel for practice. Class will be instructed by Yoga Home.

**Day:** Mondays | **Time:** 5:30 PM | **Age:** 5-9 year olds

**Dates:** April 24 - June 5 (no class on 5/29)

**Fee:** \$60 Members/Residents | \$65 Non-Residents



## 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 | **Dates:** Outdoor Classes will begin April 1st (The session will begin indoor on March 13th) and will end on May 22nd.

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

**Location:** Sutcliffe Park

**Fee:** \$198 for one child

- \$125 for each additional sibling born in 2021 or earlier
- \$0 (no cost) for siblings born in 2022
- Drop-in class: \$25 (siblings \$12.50)

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



## 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:** Monday, April 3rd

**Time:** 9:00 AM - 3:30 PM

**Age:** Grades 6th-8th

**Fee:** \$90



REGISTRATION IS NOW OPEN!

## SOCCER SHOTS

### Soccer Shots Minis

Ages: 2-3 year olds

#### Spring 2023 Session

**Location:** B Field

**Mondays: 3/27 - 5/15 (8 weeks)**

- Session Times: 4:30 PM; 5:15 PM
- Fee: \$154

**Saturdays: 3/25 - 5/13 (8 weeks)**

- Session Times: 8:45 AM
- Fee: \$154

**Sundays: 3/26 - 5/21 (8 weeks)**

- Time: 12:15 PM
- Fee: \$154

#### Summer 2023 Session

**Location:** B Field

**Mondays: 6/19 - 8/7 (8 weeks)**

- Session Times: 4:30 PM; 5:15 PM
- Fee: \$164

**Saturdays: 6/24 - 8/12 (8 weeks)**

- Session Times: 8:45 AM
- Fee: \$164

### Soccer Shots Classics

Ages: 3-5 year olds

#### Spring 2023 Session

**Location:** B Field

**Mondays: 3/27 - 5/15 (8 weeks)**

- Session Times: 4:30 PM; 5:05 PM; 5:50 PM
- Fee: \$154

**Saturdays: 3/25 - 5/13 (8 weeks)**

- Session Times: 9:25 AM; 10:15 AM; 11:05 AM
- Fee: \$154

**Sundays: 3/26 - 5/21 (8 weeks)**

- Time: 12:50 PM
- Fee: \$154

#### Summer 2023 Session

**Location:** B Field

**Mondays: 6/19 - 8/7 (8 weeks)**

- Session Times: 4:30 PM; 5:05 PM; 5:50 PM
- Fee: \$164

**Saturdays: 6/24 - 8/12 (8 weeks)**

- Session Times: 9:25 AM; 10:15 AM; 11:05 AM
- Fee: \$164

### Soccer Shots Premier

Ages 5-8 year olds

#### Spring 2023 Session

**Location:** B Field

**Mondays: 3/27 - 5/15 (8 weeks)**

- Session Time: 5:50 PM
- Fee: \$154

**Saturdays: 3/25 - 5/13 (8 weeks)**

- Session Time: 11:05 AM
- Fee: \$154

#### Summer 2023 Session

**Location:** B Field

**Mondays: 6/19 - 8/7 (8 weeks)**

- Session Times: 5:50 PM
- Fee: \$164

**Saturdays: 6/24 - 8/12 (8 weeks)**

- Session Times: 11:05 AM
- Fee: \$164



## YOUTH PROGRAMMING CONTINUED....

*Live, Work, Play!*

### 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.

**Day:** Tuesdays

**Time:** 10:30 AM

**Location:**

- Tuesday, April 4th - Sutcliffe Park
- Tuesday, May 2nd - Mary Wood Park
- Tuesday, June 6th - Aubrey Collins Park



### BASKETBALL CLINICS WITH MOORE BROS.

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:** 7/11 - 8/8

**Ages/Times:**

- 5-7 year olds - 6:00 p.m.
- 8-11 year olds - 7:00 p.m.

**Location:** Sutcliffe Park

**Fee:** \$85 Members/Residents | \$95 Non-Residents

## Conshohocken Rowing Center - 2023 Programs and Offerings

Residents of the Borough of Conshohocken get a 50% discount on all programming and opportunities.

All Programs are open to the public:

#### Spring Programs

CRC Youth Weekend Program - \$875 (\$437.50 residents)  
 This 5-weekend, 10 practices, sculling program is customized for athletes to row in small groups and get more individualized coaching. The camp is for ages 13-17 and sessions will run on Saturdays and Sundays from 12:30 to 2:00. Focus will be proper technique, boat moving skills, and continued training. Athletes will be grouped by age and skill level.

Private Lessons - Land Training  
 \$75 per session (\$37.50 residents)

Private Lessons - River Training  
 \$150 per session (\$75 residents)

#### Summer Programs

Competitive Junior Program - \$1950 (\$975 residents)

Full details:  
<http://www.conshohockenrowingcenter.org/summer-junior-programs>

Youth Summer Camps - \$725 (\$362.50 residents)

Full details:  
<http://www.conshohockenrowingcenter.org/about-1-1>  
 Session 1 (June 19-June 23)  
 Session 2 (July 17-July 21)  
 Session 3 (July 24-July 28)

#### Fall Programs

Fall Competitive Rowing - \$1950 (\$975 residents)

CRC Youth Fall Weekend Program - \$875 (\$437.50 residents)

This 5-weekend, 10 practices, sculling program is customized for athletes to row in small groups and get more individualized coaching. The camp is for ages 13-17 and sessions will run on Saturdays and Sundays from 12:30 to 2:00. Focus will be proper technique, boat moving skills, and continued training. Athletes will be grouped by age and skill level.

Yearly Memberships:

Individual - \$850 (\$425 residents)

Family - \$975 (\$487.50 residents)

Dock Access for Kayak, Canoe, Stand Up Paddle - \$175 (\$87.50 residents)