



Department of
RECREATION SERVICES

ACTIVITY GUIDE

FALL - WINTER 2026 - 2027



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US ON FACEBOOK!**

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General Information

Live, Work, Play!

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

MISSION STATEMENT

DEPARTMENT STAFF

Lauren Irizarry, Director of Recreation Services
Charlie Alcorn, Recreation Supervisor
Valéz Jackson, Recreation Manager
Tyrell Taylor, Recreation Coordinator
Rachel Mulderrig, Administrative Specialist
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 the 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 for summer camp programs must be requested a minimum of thirty (30) business days prior to the start. 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 summer camp counselors 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

<https://register.capturepoint.com/Conshohocken>

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: <https://register.capturepoint.com/Conshohocken>. To register online, a credit card is needed. Prior to registering for any activity you must first create a customer account through the CommunityPass 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?

Learn more at UHCRenewActive.com to see if your health plan offers this program.

Renew Active
by UnitedHealthcare

One Pass

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!

tivity
HEALTH

How Do I Get It?

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)	\$6.00	\$8.00
Adult (18-61)	\$17.00	\$22.00
Family (4 max)	\$22.00	\$29.00
Senior (62+)	\$6.00	\$8.00

Annual Rates	Resident	Non-Resident
Youth (12-17)	\$55.00	\$72.00
Adult (18-61)	\$155.00	\$200.00
Family (4 max)	\$193.00	\$250.00
Senior (62+)	\$45.00	\$58.00

Day Passes	Resident	Non-Resident
Youth (12-17)	\$4.00	\$5.00
Adult (18-61)	\$6.00	\$7.00
Senior (62+)	\$3.00	\$4.00

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://register.capturepoint.com/Conshohocken>

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: <https://register.capturepoint.com/Conshohocken> or call 610-828-3266. See **page 5** 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 6 and 7** 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!



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 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

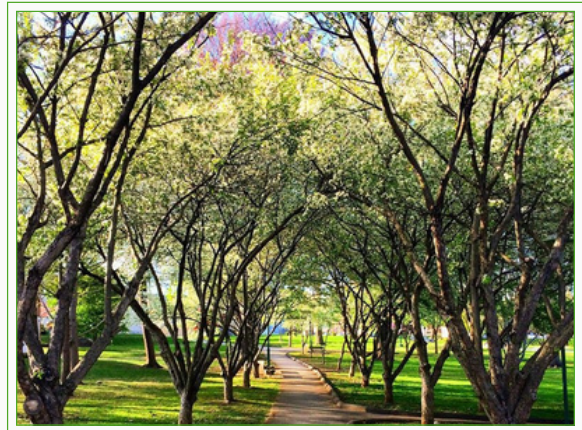
MARY WOOD PARK

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 4**.

SUTCLIFFE PARK

Located at 900 Freedley Street

Sutcliffe Park

- 2 full basketball courts
- Playground equipment
- Concession stand
- Off-street parking lot
- Restrooms are available seasonally from 7:00 AM - 8:00 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 fitness court is 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 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



MOVIE NIGHT IN THE PARK

THURSDAY, AUGUST 27TH
"BAD GUYS 2" - BEGINS AT DUSK
MARY WOOD PARK

BE SURE TO BRING YOUR OWN CHAIR OR BLANKET!

THE SNACK SHACK WILL HAVE SNACKS AND DRINKS FOR SALE.

Halloween in the Park

Saturday, October 10th
12:00 PM | Mary Wood Park

Join us at Mary Wood Park to pick a pumpkin from the patch, paint it and make your own witch's potion! This is a free event and all supplies will be included. Be sure to dress up in your Halloween costume to win a prize and participate in community fun. A raffle prize for best costume will be given away at the end of this event, so stick around! Registration is required and will begin September 1st for residents, September 15th for non-residents. Registration will end October 5th or when maximum capacity is reached.

Thanksgiving Senior Luncheon

Wednesday, November 18th
12:00 PM | 515 Harry Street

Free Thanksgiving themed luncheon just for the seniors of the community. Registration is required and will begin on October 13th. It will end on November 6th or when maximum capacity is reached.



Holiday Senior Luncheon

Wednesday, December 9th
12:00 PM | 515 Harry Street

Free Holiday themed luncheon just for the seniors of the community. Registration is required and will begin on November 10th. It will end on December 4th or when maximum capacity is reached.



Winter Wonderland

Saturday, December 12th
12:00 PM | 515 Harry Street

Join us at the Community Center at the Fel for a Winter Wonderland celebration! Participate in the holiday spirit and seasonal cheer by spending time with your community, joining in on arts & crafts, games and an appearance by Santa! For more information, contact the Community Center at 610-828-3266 or email RecServices@conshohockenpa.gov. Registration is required and will begin November 3rd for residents, November 17th for non-residents. Registration will end December 8th or when maximum capacity is reached.

Family Bingo

Friday, February 5th
6:30 PM | 515 Harry Street

Join us for an evening with family and friends playing bingo and winning prizes! Doors open at 6:15pm and games will begin at 6:45pm. Drinks, pizza, popcorn, and candy will be available for purchase. Registration is required! Children must be accompanied by a registered adult.

Fee:

- Family Pack: \$40: includes (4) bingo packets and a pizza
- Individual Cost: \$6 per person: includes (1) bingo pack
 - One large pizza: \$25

AMERICAN RED CROSS BLOOD DRIVE

Fall Date:

- Wednesday, September 2nd
 - 8:00 AM - 1:00 PM

Winter Date:

- Sunday, January 17th
 - 9:00 AM - 2:00 PM

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.



George Snear Tournament

Monday, December 28th
Tuesday, December 29th
6:00 PM & 7:30 PM | 515 Harry Street

Join us this holiday season for our high school girls basketball tournament that will feature 4 local schools; Norristown, Agnes Irwin, Radnor, and Chester.

Adult Ticket Prices:

\$5 / Day
\$8 / 2 Day Pass

Child Ticket Prices:

\$3 / Day
\$5 / 2 Day Pass

Clothing Drive

Drop Off Times:

Monday - Thursday: 7:00 AM - 9:00 PM
Friday: 7:00 AM - 5:00 PM
Saturday - Sunday: 8:00 AM - 4:00 PM

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!





CASINO TRIP

WEDNESDAY, NOVEMBER 4TH

Departing at 9:00 AM
Returning at 3:30 PM

Age: 21+

Join the Community Center at the Fel as we take a trip to Bethlehem to visit the Wind Creek Casino. The bus will depart at 9:00am sharp from the B-Field parking lot and will return at approximately 3:30pm. Test your luck and win some money!

\$25 slot voucher per person

\$50 RESIDENTS
\$60 NON-RESIDENTS

To register, visit
<https://register.capturepoint.com/Conshohocken>
or call the Community Center at 610-828-3266.

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 - 9:15 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 - 8:45 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 - 8:45 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

Registration is required for the following programs. 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

Class includes interval tabata style using your own body weight with light weight dumbbell segments for approximately an hour. We then 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.

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

Dates:

- Session 1: 9/12 - 10/17
- Session 2: 10/24 - 12/5 (no class on 11/28)
- Session 3: 12/12 - 1/30/27 (no class on 12/26 & 1/2/27)
- Session 4: 2/6/27 - 3/13/27

Time: 8:15 AM - 9:50 AM

Fee: \$42 Residents/Members | \$45 Non-Residents | \$8 drop in

CARDIO POP WITH CONSHYDANCEFITNESS

Cardio Pop combines hip hop, pop, and international dance music. These classes are designed to get your heart rate up and boost cardio endurance all while feeling like you're at a dance club! You'll leave feeling energized and upbeat with these easy-to-learn choreographies. All levels welcome to join this music fueling dance party!

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

Dates:

- Session 1: 9/14 - 10/26 (no class on 10/19)
- Session 2: 11/9 - 12/14

Time: 7:00 PM - 7:50 PM

Fee: \$75 Residents/Members | \$80 Non-Residents



Check our website for indoor classes this fall and winter!

BOOTCAMP WITH YOUR BABY

Bootcamp with Your Baby is a total body workout designed for moms, dads, caregivers, and babies ages 6 weeks - 1.5 years. We use our babies as our equipment and get in a fun & uplifting workout in a safe & supportive environment.

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

Dates:

- Session 1: 9/21 - 10/26
- Session 2: 11/9 - 12/14
- Session 3: 1/11/27 - 2/15/27

Time: 9:45 AM - 10:15 AM

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



PILATES

Pilates is exercise designed to strengthen the core, improve balance and flexibility, increase muscular strength and endurance.

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

Dates:

- Session 1: 9/15 - 10/20
- Session 2: 10/27 - 12/8 (no class on 11/3)
- Session 3: 1/12/27 - 2/16/27

Time: 9:30 AM - 10:15 AM

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



YOGA IN THE PARK

Yoga Home will be offering yoga classes in the parks through August. To register visit <https://ouryogahome.com/>.

Saturdays - 9:00 AM at Sutcliffe Park
Wednesdays - 6:00 PM at Mary Wood Park



CHAIR YOGA

Join us for a gentle 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. Classes will be held at Yoga Home, 148 E. 8th Ave., Conshohocken.

See Yoga Home's schedule and register at <https://ouryogahome.com/schedule/>

YOGA FOR BEGINNERS

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

Day: Mondays (8 weeks) | **Age:** 18+

Dates:

- Fall Session: 9/14 - 11/2
- Winter Session: 1/11/27 - 3/1/27

Time: 5:30 PM - 6:30 PM

Fee: \$90

ACTIVE OLDER ADULTS (62+) PROGRAMS

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. Light refreshments will be included.

Days: Mondays, beginning September 14th

Time: 10:00 AM

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

ARTS & CRAFTS

Join us for a fun and engaging arts and crafts class. This session is designed for seniors of all skill levels to explore different crafts. This class offers a welcoming and creative environment where participants can explore various artistic projects, learn new skills, and enjoy the company of others. Depending on the month, the craft will be tailored to a theme or holiday. Whether you are a seasoned artist or looking to try something new, come enjoy a relaxing environment where you can express yourself and create something beautiful to take home.

Day: Fridays (first Friday of the month)

Dates: 10/2, 11/6, 12/4, 2/5

Time: 10:30 AM

Fee: \$5 per class Members | \$10 per class Non-Members

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!

Dates: Mondays, Thursdays, and Fridays (Ongoing)

Time: 8:30 AM - 9:15 AM

Age: Active Older Adults



SILVER SCREEN CLASSICS

Join us for monthly classic movies that offer seniors a nostalgic, matinee experience, featuring beloved films from the Golden Age of Hollywood. *Included with Community Center membership.

Day: Tuesdays (second Tuesday of the month)

Dates: 9/8, 10/13, 11/10, 12/8, 1/12, 2/9

Time: 1:00 PM



ADULT PROGRAMS

Live, Work, Play!

SUNDAY MORNING BASKETBALL

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

Day: Sundays | **Age:** 30+

Time: 9:00 AM - 11:00 AM

Fee: Free Members | \$6 per session

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.

Days: Tuesdays & Thursdays (Ongoing)

Time: 12:00 PM - 2:00 PM

Fee: Free Members | \$5 per session

PICKLEBALL OPEN PLAY

Day: Tuesdays, Wednesdays & Fridays (Ongoing)

Time: 9:00 AM - 12:00 PM

Fee: Free Members | \$4 Residents | \$5 Non-Residents

FALL/WINTER MEN'S BASKETBALL LEAGUE

All teams that were enrolled in the 2026 Spring/Summer League will have first choice to register. 10 Team League, with 10 games guaranteed (all teams make PLAYOFFS). For more information, contact Tom Brady at 610-828-3266 or tbrady@conshohockenpa.gov.

Date: Mondays & Wednesdays, beginning Monday, October 5th

Times: 6:00 PM - 8:00 PM

Age: Men 21+

COACHING ACADEMY WITH PHIL MARTELL

This four-part itinerary is designed for youth and middle school coaches to allow you to elevate your practice sessions. Coaches will present drills so that your practice sessions will be effective and efficient. Registration link will be posted to our website.

Day: Saturday, October 24th

Time: 9:30 AM - 12:30 PM

Fee: \$30



ART CLASSES WITH THE CONSHOHOCKEN ART LEAGUE

***ALL ART CLASSES WILL BE HELD AT THE MARY WOOD PARK HOUSE**

BASIC SKILLS 1: INTRO TO DRAWING

Our first Basic Skills class is designed for beginners as a survey of essential drawing. Each class will also cover the history of each technique and how famous artists have used them in their works. (Supplies Included)

Day: Thursdays (8 weeks) | **Age:** 16+

Dates: 9/24 - 11/12

Time: 6:30 PM - 8:30 PM

Fee: \$200 Members | \$210 Non-Members | 10% discount for Art League Members

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BASIC SKILLS 2: PAINTING

Our second Basic Skills class focuses on painting techniques that build upon the drawing techniques learned in our Basic Skills Drawing class. Students will then be guided in an application of this technique to create their own painting! (Supplies included)

Day: Mondays (8 weeks) | **Age:** 16+

Dates: 9/21 - 11/9

Time: 6:30 PM - 8:30 PM

Fee: \$200 Members | \$210 Non-Members | 10% discount for Art League Members

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INDEPENDENT STUDIES

An 'open ended' class available to artists and students working in painting or drawing, able to work on their own, under the guidance of an experienced artist.

Day: Tuesdays (8 weeks) | **Age:** 16+

Dates:

- Fall: 9/22 - 11/17 (no class on 11/3)
- Winter: 1/5 - 2/23

Time: 10:00 AM - 12:00 PM

Fee: \$200 Members | \$210 Non-Members | 10% discount for Art League Members

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WHITE-LINE WOODCUT WORKSHOP

In this class we will learn how to do a white-line woodcut. This is a painterly print created by carving the lines of an image onto a plank of pine, registering the paper, and then transferring an image with watercolor or gouache.

Stay tuned for dates and details!

PICKLEBALL CLINICS

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

Dates:

- Session 1: 9/14 - 10/12
- Session 2: 10/19 - 11/16
- Session 3: 11/23 - 12/21
- Session 4: 1/11/27 - 2/8/27

Times:

- Beginner Intermediate - 9:00 AM
- Intermediate & Up - 10:30 AM

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



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:

- Tuesday, September 15th | **Time:** 6:30 PM
- Tuesday, October 13th | **Time:** 6:30 PM
- Tuesday, November 10th | **Time:** 6:30 PM
- Saturday, November 14th | **Time:** 10:00 AM
- Tuesday, December 8th | **Time:** 6:30 PM
- Tuesday, January 5th | **Time:** 6:30 PM
- Saturday, January 9th | **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. Appropriate for all levels, from those new to dance through experienced dancers.

Wednesdays (8 weeks) | **Age:** 18+

- Fall: 9/30 - 11/18
- Winter: 1/27 - 3/17

Mondays (8 weeks)

- Winter: 1/25 - 3/15

Time: 6:30 PM - 7:30 PM

Fee: \$96 Members/Residents | \$101 Non-Residents

Location: Mary Wood Park House

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ALA CARTE

For experienced dancers, and those who like the challenge of learning dances with more complex choreography and timing, this just might be your new addiction! Focus on learning **ONE** dance each class. (Not for the novice dancer).

Wednesdays (8 weeks) | **Age:** 18+

- Fall: 9/30 - 11/18
- Winter: 1/27 - 3/17

Time: 7:40 PM - 8:40 PM

Fee: \$96 Members/Residents | \$101 Non-Residents

Location: Mary Wood Park House

WEST COAST SWING, BASICS, & BEYOND

NEW!

From sophisticated to playful, West Coast Swing is a wonderful dance to watch, and even more wonderful to do. It is danced to a HUGE variety of music, unlike most other dance forms, which keeps it continually interesting and new. We'll cover 6-count and 8-count basics, then "play" with some variations. Partners recommended but not required.

Day: Mondays (8 weeks)

Dates: 1/25/27 - 3/15/27

Time: 7:40 PM - 8:40 PM

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

Location: Mary Wood Park House

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

TEEN & YOUTH PROGRAMS

Live, Work, Play!

BASKETBALL OPEN GYM

We are reserving a two-hour time slot strictly for our younger teens to utilize open gym. Games will be coordinated by staff.

Day: First Wednesday of the month
Dates: 9/2, 10/7, 11/4, 12/2, 1/6/27, 2/3/27
Times: 3:30 PM - 5:30 PM
Ages: 12 - 14
Fee: Free to members or with purchase of a day pass



SPORTS SAMPLER

Sports Sampler is an engaging, instructional program designed to introduce teens to a variety of sports in a fun, inclusive, and low-pressure environment. This program allows participants to explore multiple sports while building skills, confidence, and teamwork. Teens will rotate through several sports such as basketball, soccer, flag football, pickleball, floor hockey, kickball, ultimate frisbee, and other age-appropriate activities. Each sport is introduced with fundamental rules and skill-building drills, followed by organized games that encourage participation and friendly competition. Led by staff, sessions emphasize instruction, fair play, and participant engagement. Activities are modified as needed to ensure safety and inclusion. The Teen Sports Sampler League is ideal for teens who want to stay active, try new sports, or build confidence in a supportive group setting.

Day: Saturdays (5 weeks) | **Ages:** 12 - 15
Dates: 9/12 - 11/7 (no class on 9/19, 9/26, 10/10, 10/24)
Time: 10:00 AM - 12:00 PM
Fee: \$50 Residents/Member | \$60 Non-Residents

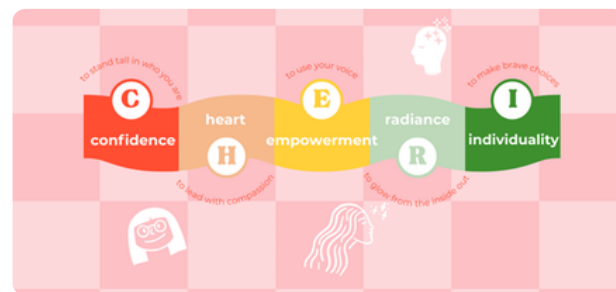
TWEEN GIRLS NIGHT OUT: THE BEAUTY OF BEING YOU WITH VERI CHERI

Date: Tuesday, January 26th
Times: 6:30 PM - 8:00 PM
Ages: For girls 8 - 13
Fee: \$39

Grab your girls and join us for a feel-good, confidence-boosting Tween Girls Night Out! This interactive evening blends connection and creativity into a fun, uplifting experience designed just for ages 8-13. In today's culture of comparison and perfectionism, girls need spaces where they can "keep it real" and celebrate who they are. During this special night out, participants will:

- Explore a meaningful story about individuality and self-worth.
- Experience hands-on clay mixing and create a one-of-a-kind keepsake
- Discover the CHERI framework (Confidence, Heart, Empowerment, Radiance, Individuality)
- Build connection and courage through playful group trivia

We want girls to leave feeling seen, supported, and proud of what makes them shine. Space is limited to keep the experience personal and interactive.



CONSHOHOCKEN SUMMER DAY CAMP 2021

The Borough of Conshohocken Summer Day Camp will be back for its 9th season of summer fun beginning June 14th.

- Designed for campers ages 6-12 years old, the Conshohocken Summer Day Camp engages campers in a wide variety of recreational activities.
- Offering nine one-week sessions each with a unique theme, campers will participate in weekly field trips, swimming, arts and crafts, traditional camp games, and more!
- Camp is housed at the Community Center at the Fel which features a recreational facility and an outdoor play area at Mary Wood Park.
- Regular camp hours are from 9am-4pm, with an option for extended day.

Registration begins for residents on Tuesday, January 12, 2021.



PAINT & PLAY

Fridays (5 weeks)

- Session 1: 9/18 - 10/16
- Session 2: 11/6 - 12/11 (no class on 11/27)
- Session 3: 1/15/27 - 2/19/27 (no class on 2/12/27)
 - **Fee:** \$105 Members/Residents | \$110 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!

- **Ages:** 1.5 - 2.5 | **Time:** 9:30 AM - 10:30 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.

- **Ages:** 2.5 - 5 | **Time:** 11:30 AM - 12:30 PM

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. Ages are only used as a guideline.

Wednesdays (6 weeks)

- Session 1: 9/16 - 10/21
- Session 2: 11/4 - 12/16 (no class on 11/25)
- Session 3: 1/13/27 - 2/24/27 (no class on 2/10/27)

Ages/Times:

- Baby Bears (5 months - crawlers): 5:00 PM
- Family Bears (sturdy walker - 4 years): 6:00 PM

Fee: \$126 Members/Residents | \$131 Non-Residents

Thursdays (6 weeks)

- Session 1: 9/17 - 10/22
- Session 2: 11/5 - 12/17 (no class on 11/26)
- Session 3: 1/14/27 - 2/25/27 (no class on 2/11/27)

Ages/Times:

- Baby Bears (6 months - crawlers): 9:30 AM
- Little Bears (walkers - 2.5): 10:30 AM
- Big Bears (2 - 5): 11:30 AM
- Bitty Bears (newborn - 6 months): 12:30 PM

Fee: \$126 Members/Residents | \$131 Non-Residents



INTRO TO ART: A SPACE FOR YOUNG ARTIST

Conshohocken Art League Introduction to Art class is designed to teach students, the foundations of drawing, painting, color theory and art history in a fun and creative environment! Starting with basic drawing, each class will build upon the students' new skills to give an overview of the fine art mediums.

Days: Saturdays (8 weeks) | **Ages:** 6 - 12

Dates: 9/26 - 11/21 (no class on 10/17)

Time: 10:00 AM - 12:00 PM

Fee: \$125 Members | \$130 Non-Members | 10% discount for Art League Members

Location: Mary Wood Park House



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.

Dates:

- Tuesdays (10 weeks)
 - Fall Session: 9/15 - 11/24 (no class on 11/3)
 - **Fee:** \$220 Members/Residents | \$225 Non-Residents
- Thursdays (8 weeks)
 - Winter Session: 1/14/27 - 3/11/27 (no class on 2/11/27)
 - **Fee:** \$175 Members/Residents | \$180 Non-Residents

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



JUNIOR PICKLEBALL WITH UNIVERSAL RACKETS

In the Universal Rackets Junior Pickleball clinic students will learn the basics of pickleball including shots, technique, rules, and strategy. At Universal Rackets our goal is to provide a supportive and encouraging environment for all players, so that they can learn and grow in the sport of pickleball in a fun and positive upbeat atmosphere.

Dates:

- Session 1: 9/17 - 10/15
- Session 2: 10/22 - 11/19

Times:

- Level 1 - 5:30 PM - 6:30 PM
- Level 2 - 6:30 PM - 7:30 PM

Ages: 7 - 13-years-old

Fee: \$125



SCHOOL'S OUT DAYS WITH SKYHAWKS

When school is out, we are in! Skyhawks Spring Break Camp is a multi-sport program that is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport along with vital life lessons such as sportsmanship, inclusion, and teamwork.

Dates:

- Wednesday, November 25th
- Monday, December 28th
- Tuesday, December 29th
- Wednesday, December 30th
- Friday, February 12th
- Wednesday, March 10th

Time: 9:00 AM - 4:00 PM

Ages: 5 - 12 (K - 6th)

Fee: \$85/day



SKYHAWKS SPORTS ACADEMY

BASEBALL TOTS

Step up to the plate with BaseballTots. These classes focus on developing motor skills and baseball basics like throwing, catching, hitting, and running. It's all about fun, skill development, and creating memorable moments. BaseballTots fosters a love for baseball from the start!

Day: Tuesdays (6 weeks)

Dates: 9/15 - 10/20

Ages/Time:

- 2-3 - 5:00 PM - 5:40 PM
- 3-4 - 5:50 PM - 6:30 PM

Fee: \$155

Location: B Field



GOLF

Day: Thursdays (6 weeks)

Dates: 9/17 - 10/22

Fee: \$155

Location: B Field



GolfTots

A unique golfing experience inspired by Payne Stewart Golf Experiences. Our programs offer expert instruction in putting, chipping, pitching, and full swings, ideal for young athletes eager to master golf. Parent participation is required.

Ages: 2 - 4 | **Time:** 5:00 PM - 5:40 PM

Beginner Golf

Powered by Payne Stewart Golf Experiences, is the ideal entry-level program for PGA Junior Golf Camps. Using fun, games-based play and modified equipment, kids quickly develop putting, chipping, pitching, and full swing skills. Simple motions and learning rhymes make it easy to remember and repeat.

Ages: 5 - 10 | **Time:** 5:50 PM - 6:50 PM

BASKETBALL

Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court!

Day: Tuesdays (5 weeks)

Dates:

- Winter I: 1/5/27 - 2/2/27
- Winter II: 2/16/27 - 3/16/27

Ages/Time:

- 4 - 5 - 5:00 PM - 5:40 PM
- 5 - 7 - 5:50 PM - 6:30 PM

Fee: \$130

Location: Community Center at the Fel



MULTI-SPORT

Day: Sundays (6 weeks)

Dates: 9/13 - 10/18

Fee: \$155

Location: Community Center at the Fel



MultiSport Tots

Kickstart your child's athletic journey with Multi-Sport Tots! Suitable for kids ages 1.5 to 3, this program offers a variety of sports through fun, age-appropriate activities, enhancing balance, coordination, and fitness. Parent participation is required for ages 1.5 to 3, fostering bonding and fun. This is a dynamic introduction to sports, packed with learning and teamwork! **Ages:** 2 - 3 | **Time:** 9:30 AM - 10:10 AM

MultiSport Tots

Kickstart your child's athletic journey with Multi-Sport Tots! Suitable for kids ages 3 to 4, this program offers a variety of sports through fun, age-appropriate activities, enhancing balance, coordination, and fitness. Parent participation is required for ages 3 to 4, fostering bonding and fun. This is a dynamic introduction to sports, packed with learning and teamwork!

Ages: 3 - 4 | **Time:** 10:20 AM - 11:00 AM

BASEBALL CLINIC WITH CONSHOHOCKEN BASEBALL & SOFTBALL

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

Day: Sundays

Dates: 1/10/27 - 3/7/27 (no class on 1/17)

Ages/Time:

- 5-7 year olds - 9:00 AM - 9:50 AM
- 8-12 year olds - 10:00 AM - 10:50 AM

Fee: \$100



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.

Day: Wednesdays

Dates: Ongoing; starting September 9th

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

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



YOUTH PROGRAMMING

Live, Work, Play!

SOCCKER SHOTS

REGISTRATION IS NOW OPEN!

Soccer Shots Minis

Ages: 18months - 3

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!

Fall Session

Mondays: 9/14 - 10/19 (6 weeks)

- Session Times: 4:30 PM; 5:20 PM
- Fee: \$130
- Location: B-Field

Saturdays: 9/12 - 10/31 (8 weeks)

- Session Times: 8:45 AM; 10:10 AM
- Fee: \$173
- Location: Sutcliffe Park

Sundays: 9/13 - 11/1 (8 weeks)

- Time: 3:00 PM
- Fee: \$173
- Location: B-Field

Fall 2 Session

Location: Community Center at the Fel
 Fee: \$130

Mondays: 11/16 - 12/21 (6 weeks)

- Session Times: 4:30 PM

Saturdays: 11/7 - 1/9/27 (6 weeks, off 11/28, 12/26, 1/2/27)

Session Times: 9:00 AM

Winter Session

Location: Community Center at the Fel
 Fee: \$158

Mondays: 1/25/27 - 3/8/27 (7 weeks)

- Session Times: 4:30 PM

Saturdays: 1/23/27 - 3/6/27 (7 weeks)

- Session Times: 9:00 AM; 10:20 AM

Soccer Shots Classics

Ages: 3 - 5

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

Fall Session

Mondays: 9/14 - 10/19 (6 weeks)

- Session Times: 4:30 PM; 5:10 PM; 6:00 PM
- Fee: \$130
- Location: B-Field

Saturdays: 9/12 - 10/31 (8 weeks)

- Session Times: 9:20 AM; 10:50 AM
- Fee: \$173
- Location: Sutcliffe Park

Sundays: 9/13 - 11/1 (8 weeks)

- Time: 2:15 PM
- Fee: \$173
- Location: B-Field

Fall 2 Session

Location: Community Center at the Fel
 Fee: \$130

Mondays: 11/16 - 12/21 (6 weeks)

- Session Times: 5:10 PM

Saturdays: 11/7 - 1/9/27 (6 weeks, off 11/28, 12/26, 1/2/27)

- Session Times: 8:15 AM; 9:35 AM

Winter Session

Location: Community Center at the Fel
 Fee: \$158

Mondays: 1/25/27 - 3/8/27 (7 weeks)

- Session Times: 5:10 PM

Saturdays: 1/23/27 - 3/6/27 (7 weeks)

- Session Times: 8:15 AM; 9:35 AM

Soccer Shots Premier

Ages: 5 - 8

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

Fall Session

Mondays: 9/14 - 10/19 (6 weeks)

- Session Times: 6:00 PM
- Fee: \$130
- Location: B-Field

Saturdays: 9/12 - 10/31 (8 weeks)

- Session Times: 11:35 AM
- Fee: \$173
- Location: Sutcliffe Park



Fall 2 Session

Location: Community Center at the Fel
 Fee: \$130

Mondays: 11/16 - 12/21 (6 weeks)

- Session Times: 6:00 PM

Saturdays: 11/7 - 1/9/27 (6 weeks, off 11/28, 12/26, 1/2/27)

- Session Times: 10:20 AM

Winter Session

Location: Community Center at the Fel
 Fee: \$158

Mondays: 1/25/27 - 3/8/27 (7 weeks)

- Session Times: 6:00 PM

Saturdays: 1/23/27 - 3/6/27 (7 weeks)

- Session Times: 10:20 AM