

Borough of

Fall/ Winter 2018-2019

CONSHOHOCKEN

Recreation Services Activity Guide



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

VISIT US AT CONSHOHOCKENRSP.RECDESK.COM

MISSION STATEMENT

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

Dear Conshohocken Residents,

Welcome to the 2018-2019 fall/winter Recreation Services Activity Guide! We hope that you have enjoyed your summer and were able to take advantage of visiting our parks and playgrounds or take part in one of our events or programs.

As many of you are aware, the Conshohocken Borough Parks have seen revitalization with the latest being Mary Wood Park. Our Public Services Department worked diligently on this project and finish the park even when the weather was not cooperating. Since its opening, our residents have been enjoying what the new park has to offer. The Mary Wood Park Playground features a pavilion available for rentals, a 75' zipline, 6-23 months play area, 2-5 year old play area, and 5-12 year old play area.



As the new Director, my focus is to enhance the quality of recreational opportunities that meets the diverse needs of this community and its members. This fall and winter, the Recreation Services Department will roll out new programs such as a drama club and science workshops to its own fitness classes ranging from youth to seniors. The Community Center at the Fel will also be hosting informational seminars such as Medicare Planning, Wellness Workshops, etc. Our Department will, of course, keep the programs and events that have been a success, i.e. Senior Bingo, Winter Wonderland, and our Senior Holiday Luncheons. There will be something for everyone!

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

Sincerely,

Lauren Irizarry

Lauren Irizarry
Director of Recreation Services

We are here to serve you!

We love to hear from our residents! In order to better serve our community we need your feedback. Please contact the Community Center at the Fellowship House at 610-828-3266, or stop in for a visit to speak with one of our employees!

Office: 515 Harry Street, Conshohocken, PA 19428
Phone Number: (610) 828-3266
Borough Website: www.conshohockenpa.gov
Recreation Website: <https://conshohockenrsp.recdesk.com>
Email: RecServices@conshohockenpa.gov

Hours of Operation:
 Monday – Thursday: 6:00am – 9:00pm
 Friday: 6:00am – 7:00pm
 Saturday & Sunday: 8:00am – 4:00pm

DEPARTMENT DIRECTORY

Director of Recreation Services	Lauren Irizarry	lirizarry@conshohockenpa.gov
Administrative Assistant	Madison Orler	morler@conshohockenpa.gov
Front Desk Associate Administration	Gloria Scott	gscott@conshohockenpa.gov
Front Desk Associate Leagues/Tournaments	Tom Brady	tbrady@conshohockenpa.gov
Weekday Night Supervisor	David Leonard	dleonard@conshohockenpa.gov
Weekday Night Front Desk Associate	Ronald Fry	rfry@conshohockenpa.gov
Weekend Front Desk Associate	Geneva Gerwitz	ggerwitz@conshohockenpa.gov
Weekend Front Desk Associate	Courtland Jackson	cvjackson@conshohockenpa.gov
Recreation Event Staff	Christopher Jackson	cjackson@conshohockenpa.gov

Visit the Department of Recreation Services website or on Facebook to see what's happening!



Connect with us on Facebook!
 Conshohocken Community Center
 at the Fellowship House

2018-2019 Fall/ Winter Holiday Closures

Labor Day, Observed	<i>September 1, 2018</i>
Labor Day, Observed	<i>September 2, 2018</i>
Labor Day	<i>September 3, 2018</i>
Thanksgiving Day	<i>November 22, 2018</i>
Day After Thanksgiving	<i>November 23, 2018</i>
Christmas Day	<i>December 25, 2018</i>
New Year's Day	<i>January 1, 2018</i>

Inclement Weather Reminders

If the Borough and School District are closed, the Community Center will be closed. If the School District is closed and Borough has a delayed opening, the Community Center will have a delayed opening in conjunction with Borough.

If the Colonial School District and Borough have a delayed opening, the Community Center will also have a delayed opening in conjunction with both the Borough and the Colonial School District. If the Colonial School District has a 2-hour delay, the before care program and Community Center will also have a 2-hour delay.

If you are unsure about a program being canceled or the Community Center being closed due to inclement weather, check the Borough website or Facebook page for updates.

The Conshohocken Community Center at the Fellowship House *Located at 515 Harry Street*

Looking for a location to host your next event, birthday party, or meeting? We have space for that! Check out the amenities available for rent at the Fel, or stop in for a visit; we're located at 515 Harry Street. For a complete fee schedule or to schedule your reservation, please call 610.828.3266.

Multi-Purpose Room

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

- Volleyball capabilities (1 net)
- 2 basketball nets (baskets can reach 6 feet for youth)
- Multi-sport flooring
- Large open gym space



Basketball Gym

Regulation sized basketball gym with 6 basketball nets, bleachers on each side, announcer's table, and scoreboard capabilities. This space can be rented for sports parties, pick-up games, and more. It can also be utilized as a volleyball court (2 nets at once), and pickleball games.

Fitness Center

Brand new fitness equipment was installed in 2017. This space includes: seven weight machines, two treadmills, three ellipticals, two stationary bikes, one row machine, exercise balls, free weights, and scale.



Meeting Room

Newly removed in 2017. Perfect for smaller meetings, and parties. Fits about 25-30 people with tables and chairs.

Activity Space

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

Party Packages

Hold your next birthday party with us! Space is limited so call today! For rental fees and policies contact 610-828-3266 or email morler@conshohockenpa.gov.

Sport-Tastic Parties with Obvious Choice Sports

Obvious Choice Sports provides all the equipment, music, coaching, and lots of fun for your child's birthday party! Visit the Obvious Choice Sports website at www.ObviousChoiceSports.com to complete a party inquiry form. Pick from two sports: soccer, basketball, indoor floor hockey, kickball, indoor flag football, or dodgeball.



Up to 19 Participants - \$150/ hour; 20-29 Participants - \$200/ hour; 30-39 Participants - \$250/hour;
40-49 Participants - \$300/hour; Additional Half Hour - \$50

Beanie Bounce Party Deals

Choose from a variety of entertainment and set your own price through Beanie Bounce Party Rentals.

- Face painting, moon bounces, crafts, fun & MORE!
- Renters must contact Beanie Bounce directly regarding pricing.
- Please 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.



Sutcliffe Park *Entrance located at West 10th Avenue and Freedly Street*

Three full basketball courts, newly renovated playground equipment as of 2017, restrooms & concession stand, two off street parking lots, large playing field & two pavilions.



Senior Field

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

Playground Pavilion

Can be rented for parties, picnics and more! Picnic tables and electricity available.

Evergreen Pavilion

Available for parties, picnics etc. Picnic tables & benches.

A.A Garthwaite Stadium (A-field) *Entrance located at East 11th Avenue and Harry Street*

Regulation football field, two locker rooms (home & away), men's and women's restrooms, concession stand with refrigerator, press box with sound system, scoreboard capabilities, bleachers for attendees, benches for teams, small parking lot and street parking, newly installed walking track.

Walking Track Hours of Operation

- Opens around 7am. Closes around dusk (depending on the season).
- The utility gate on Harry Street & the pedestrian gate off of Hollowell Street can be used to access the facility
- Restrooms are open from 7am to 3pm on Monday – Friday only. Closed on weekends.
- The A-Field Stadium will be closed on holidays.



The walking track will be closed during rentals consisting of contest, tournaments, games, events, etc. that either require an admission fee or will be a safety hazard to the general public if walking around the track. Please call 610-828-3266 for calendar details.

B-Field *Located at East 13th Avenue and Hallowell Street*

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



Mary Wood Park *Located at East 6th Avenue and Hallowell Street*

Newly renovated playground completed in July of 2018. Dog friendly with open grass space, perfect for families, pet owners and children to enjoy the outdoors! Plenty of on street parking nearby.

Mary Wood Park Pavilion

Available for party rentals, and picnics etc. Picnic benches available for general use.

Aubrey Collins Park *Located off of East Elm Street*

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

2nd Avenue Meadows

Located off of West 2nd Avenue and Maple Street

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



To reserve a park or one of our facility spaces please contact 610-828-3266 or email morler@conshohockenpa.gov. Rental requests must meet all requirements to be approved.

Riverside Dog Park *Located at 227 Washington Street, along the Schuylkill River behind The Londonbury*



Available for use 7 days a week to members only! Accepting new members. Registration can be taken at the Conshohocken Community Center at the Fel or can be done online at: <https://conshohockenrsp.recdesk.com>.

New members must complete a registration form and sign a waiver. They must also provide a copy of their dog license and copy of their dog's rabies vaccination. Payment can be made by check, cash, or credit card. Once all necessary forms and

documents are received new members will be issued an access code.

<u>Day Pass</u>		
Youth (12-17)	\$3.00/R	\$4.00/NR
Adult (18-61)	\$5.00/R	\$6.00/NR
Senior (62+)	\$2.00/R	\$3.00/NR
<u>Monthly Rates</u>		
Youth (12-17)	\$5.00/R	\$7.00/NR
Adult (18-61)	\$15.00/R	\$20.00/NR
Family (4 members max)	\$20.00/R	\$26.00/NR
Senior (62+)	\$5.00/R	\$7.00/NR
<u>Annual Rates</u>		
Youth (12-17)	\$50.00/R	\$65.00/NR
Adult (18-61)	\$140.00/R	\$182.00/NR
Family (4 members max)	\$175.00/R	\$228.00/NR
Senior (62+)	\$40.00/R	\$52.00/NR

Purchase or renew a membership with the Community Center at the Fel today!

Memberships and day passes allow access to all amenities within the facility. All memberships include four (4) guest passes per month. Guest(s) and day pass users must sign a waiver form and be 18 or older. A parent/guardian must be present to sign a waiver form for anyone under the age of 18, and remain on site if the child is **under 12 years old**. Members must accompany guest(s) at all times. Members are not permitted to leave their guest(s) at the facility unattended/unsupervised.

Members and day pass users may not have access to areas of the facility that are being used for programs, events or rentals. Please call 610-828-3266 to learn more about the daily schedule.

PRPS Discount Tickets!

Looking to hit the slopes this winter? The Recreation Services Department in conjunction with Pennsylvania Parks & Recreation Society (PRPS) will be selling discount ski tickets for the winter season (mid-December to early March). Tickets will include Blue Mountain, Big Boulder/Jack Frost, Bear Creek etc. Limited amusement park tickets will be sold until December. Call today to check on availability!



American Red Cross Blood Drive

Save the Date!

Sunday, September 23, 2018

9:00 AM – 2:00 PM

At the Community Center at the Fel
In the Multi-Purpose Room

Help save a life by donating blood today



Wellness Workshop for Working Professionals *Friday, October 12, 2018 from 11:30am – 1:30pm*



Hosted by Revive Wellness Therapy & Nutrition. Includes table topics such as: nutrition for wellness, holistic self-care, and habits for a healthy work-life balance! Join us at 11:30am for a complimentary yoga session. Lunch will be provide from 12:00pm-1:30pm. Meet the Revive Wellness staff, and learn tips and strategies for improved wellbeing.

If you're unable to make the entire session, feel free to stop in for as long as you can! This event is meant for gathering, lunching, and learning.

Pre-Registration is required. Registration will begin on September 1st and end on October 9th. Visit <https://conshohockenrsp.recdesk.com> to register today.

Medicare Seminar *Wednesday, October 10, 2018 from 6:30pm -8:00pm*

Know your Medicare options! Learn how Medicare works and what it covers, how part D prescription cards work and how to pick the right one for you, learn the difference between Medicare supplements and Medicare Advantage plans. Suitable from those making decisions for the upcoming open enrollment period (October 15th through December 7th) or for those who just want to learn more information to prepare for the further. This is a **FREE** seminar, but registration is required. Registration will begin on September 1st and end on October 9th



Presented by Terry Smerling, a Medicare planning specialist with Del Val Senior Advisors.

Halloween Pumpkin Painting *Saturday, October 27, 2018 from 12:00pm -2:00pm*



Happy Halloween! Join us at the Conshohocken Community Center at the Fellowship House to paint your very own pumpkin! This is a free event and all supplies are included. Be sure to dress up in your Halloween costume to win a prize and participate in community fun. A raffle prize will be given away at the end of this event so stick around!

Thanksgiving Senior Luncheons

Wednesday, November 14, 2018 from 12:00pm -2:00pm

Holiday Senior Luncheon

Wednesday, December 12, 2018 from 12:00pm -2:00pm

FREE senior luncheons for the community! Join us at the Community Center at the Fellowship House, located at 515 Harry Street. For more information please contact 610-828-3266.





Winter Wonderland

Saturday, December 15, 2018 from 12:00pm -2:00pm

Join us for a Winter Wonderland celebration! Enjoy the holiday spirit and seasonal cheer by spending time with your community. Participate in arts & crafts, games and stick around for an appearance by Santa! For more information, contact the Community Center at 610-828-3266 or email RecServices@conshohockenpa.gov. Event will be held at the Community Center at the Fellowship House in the Multi-Purpose Room.

George Snear Tournament

Thursday, December 27, 2018 & Friday & December 28, 2018
from 6:00pm-9:00pm

Two day High School girls basketball tournament. Please contact the Community Center at the Fel for game schedule information and for entry costs. Tournament will be held in the gym of the Community Center.



Important Registration Reminders

Be sure to register for all events to ensure the Recreation Department has enough supplies! To register, visit the Borough website, and go the Recreation Services Page or contact the Community Center at 610-828-3266

The Community Center at the Fellowship House

NOW Accepts Credit Cards!

Users are now able to easily register and pay for programs and memberships online and in-person at the Community Center! All credit card transactions will be charged a processing fee of 2.65% or \$3.00 minimum, whichever is higher. Processing fees go directly to the credit card company. Visa, MasterCard and Discover are accepted.



Fall/Winter Men's League *October 15, 2018 to February 11, 2019*



- League plays on Monday and Wednesday nights from 6:30pm – 8:30pm
- Registration Fee is \$325.00 per team - due at the first game | Men 21+
- \$35/team referee fee is paid to referees before the start of the game
- 12 Teams total | 11 games guaranteed + all teams make the playoffs!

Registration deadline: September 17, 2018.

****All teams enrolled in the 2018 Spring/Summer League will have first choice to register until August 28, 2018.**

For more information, contact Tom Brady at 610-828-3266 or tbrady@conshohockenpa.gov.

Conshohocken Sports Leagues

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

Pickleball

*Ongoing, Mondays, Wednesdays & Fridays
from 10:00am – 12:00pm*

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

- Members: FREE
- Non-Members: \$5 | Age: 18+

Corporate Lunchtime Basketball

Ongoing, Tuesdays & Thursdays from 12:00pm – 2:00pm

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.

- \$5 per session or free w/ membership | Ages: 18+

Sunday Morning Basketball

Every Sunday from 9:00am – 11:00am

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

- \$6 per session or free w/ membership | Ages: 18+

Open Gym Time

The Community Center has open gym times based off the daily schedule. For information on the daily schedule please call 610-828-3266.



Daily Calendar at the Community Center at the Fel

Usage schedule of the facility varies on a daily basis. Please contact the Community Center at 610-828-3266 for an up to date schedule of all activities. Residents and community members may also view the daily calendar online at: <https://conshohockenrsp.recdesk.com/Community/Calendar>.

Senior Bingo *Mondays, September 10, 2018 to December 10, 2018 from 9:30am – 2:00pm*

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 of Conshohocken every Monday in the Multi-purpose room! Light refreshments will be included



- Ages: 62+
- \$10 membership fee due at the beginning of January. Fee will be pro-rated accordingly.
- **Room is subject to change throughout the year. A notice will be given in advance.
- **All bingo packages must be purchased separately upon arrival.



Senior Card Games *Fridays, starts September 7, 2018 from 9:30am – 11:30am*

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

- Members: Free | Non-Members: \$5 | Ages: 62+

Senior Fitness *Mondays, Wednesdays & Fridays from 8:30am – 9:15am*

Please see the Community Center Fitness Schedule on Page 13 and 14 for more information. Classes are currently being held!

Silver Sneakers & Prime Fitness

The Conshohocken Community Center at the Fellowship House is one of the 10,000+ facilities enrolled in the Silver Sneakers & Prime Network. We partner with Tivity Health to allow Silver & Prime members access to our facility and fitness equipment. Members 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 Silver Sneakers or Prime Fitness, go to <http://www.tivityhealth.com> to see if your health plan offers the program. If you can't find your health plan, call their customer service number and ask when they will offer this valuable active adult exercise program!

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

War of the Core with Eileen

Fridays starting 9/7
8:00 am

Build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility.

H.I.I.T with Eileen

Wednesdays starting 9/5
8:00am

HIIT, or high-intensity interval training, is a training technique in which you give all-out with 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

Senior Fitness with Meg

Mondays, Wednesdays, Fridays
8:30 am – 9:15 am

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

NEW 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 minimum requirements for the class. An additional drop-in rate may be available based on space, but not guaranteed.

Bootcamp with Da'Rel Scott - 24 classes!

If you want to get fit, get healthy, challenge your body and mind, then this group fitness boot camp hosted by Da'Rel Scott is for you! This program is designed to build strength and fitness through a variety of intense group intervals over a 1-hour period of time.

Mondays, Wednesdays, Fridays (8 weeks)

FREE Class – 9/10 Program Code: BC03

Session 1: 9/17 – 11/5 Program Code: BC01

FREE Class – 11/12 Program Code: BC04

Session 2: 11/19 – 1/11 Program Code: BC02

*No class 11/23 and 12/24

Time: 5:45am – 6:45am | **Age:** 18+

Cost: \$250 for Members; \$300 Non Members

Cardio & Core with Eileen Gervasi

A cardio -based class designed to strengthen and develop your core body areas: abs, back, and buttocks.

Tuesdays (16 weeks)

Session 1: 9/4 – 12/18 Program Code: CC01

Session 2: 1/8 – 4/30 Program Code: CC02

Time: 8:00am – 8:45am | **Age:** 18+

Cost: \$35 Members; \$40 Non Members

Zumba with Elaine Downs

Low Impact Zumba is easy to follow and you do not need any previous knowledge and experience. Low Impact Zumba offers a good way to begin an exercise program and is suitable for people who are looking for a new way to maintain or improve their fitness levels. It helps you remain active, it decreases stress levels and makes you feel more energetic and happy.

Thursdays

FREE class – 9/6 Program Code: Z03

Session 1: 9/13 – 11/1 Program Code: Z01

FREE class – 11/15 Program Code: Z04

Session 2: 11/29 – 1/17 Program Code: Z02

Time: 10:00am | **Age:** 18+

Cost: \$40 for Members
\$45 for Non Members



Blazin' Body Fitness - H.I.I.T

with Blayne Pierce

This High Intensity Interval Training class consists of using your own body weight, light dumbbells, resistant bands, light medicine balls, jump ropes, and cardio. Classes will be full body workouts. Modifications will be made to the workouts for all to be successful! H.I.I.T. elevates your heart rate burning a lot of calories in a short period of time. It is imperative to eat at the minimum at least an hour to 30 minutes prior to class, preferably a source of protein, smoothie, shake, cup of oatmeal, or piece of fruit.

Mondays

Session 1: 9/17 – 10/22 Program Code: BBF01

Session 2: 11/5 – 12/10 Program Code: BBF02

Session 3: 1/7 – 2/11 Program Code: BBF03

Time: 7:00pm | **Age:** 18+

Cost: \$50 Members; \$60 Non Members



Pilates with Tara Leonard Henry

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

Mondays (6 week)

FREE class – 9/10 Program Code: P02

Session 1: 9/17 – 10/22 Program Code: P01

FREE class – 11/5 Program Code: P04

Session 2: 11/12 – 12/17 Program Code: P03

Time: 9:30am – 10:30am | **Age:** 18+

Cost: \$40 Members; \$50 Non Members

Yoga I with Mary Alysse Metzger

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

Thursdays

Session 1: 9/20 – 10/25 Program Code: Y3
FREE Class – 11/8 Program Code: Y5
Session 2: 11/29 – 1/3 Program Code: Y4
FREE Class – 1/17 Program Code: Y6

Time: 6:00pm – 7:00pm | **Age:** 18+
Cost: \$50 Members; \$60 Non Members



Zumba with Jaime Frantz

Zumba combines high energy and motivating music with unique moves and combinations that allow the

Zumba participants to dance away their worries. It is based on the principle that a workout should be 'FUN AND EASY TO DO' in order for Zumba participants to stick to the Zumba fitness program to achieve long-term health benefits. Zumba is not only great for the body, but it is also great for the mind.

Wednesdays (6 weeks)

Session 1: 9/19 – 10/24 Program Code: ZA01
FREE class – 11/7 Program Code: ZA03
Session 2: 11/14 – 12/19 Program Code: ZA02
 *No class on 11/21

Time: 7:00pm – 8:00pm | **Age:** 18+
Cost: \$50 Members; \$60 Non Members

Meal Plans

Meal planning is essential in maintaining your health and wellness. Meal plans are available at the cost of \$80 and will last for 2 months. Daily check-ins are available if needed at an additional cost of \$10. Please contact Blayne Pierce at 484-645-0791, of Blazin' Body Fitness to get started! Blayne holds a B.S. Sports Management/Sports Science and is an AAAI & ISMA certified personal trainer with over 10 years of experience.



Personal Training Rates for Members & Non-Members

30 Minute Sessions			1 Hour Sessions			1 Hour Partner Sessions		
Individual	M	N-M	Individual	M	N-M	Partner	M	N-M
1 Session	\$25	\$31	1 Session	\$ 40	\$50	1 Session	\$30/person	\$40/person
5 Sessions	\$140	\$165	5 Sessions	\$210	\$245	5 Sessions	\$150/person	\$180/person
10 Sessions	\$265	\$325	10 Sessions	\$405	\$465	10 Sessions	\$ 290/ person	\$355/person
30+ Sessions	\$20	\$25	30+ Sessions	\$30/hour	\$35	Max of 2 people during a training session		

Stroller Strides with Fit4Mom *Tuesdays, Starts September 4, 2018 from 9:30am – 10:30am*

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining the little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally & physically. You'll leave class feeling connected, successful & energized. No more mama guilt! This class is all about self-care in a supportive and encouraging environment.

- Classes will be held at Sutcliffe Park
- After 10/31 classes will be held in the Community Center at the Fel in the Multi-Purpose Room
- To register go to <https://kop.fit4mom.com>.



Tiny Tots Open Play *Wednesdays & Fridays from 9:30am – 11:30am*



Help your child discover movement and expression! Even though your little ones aren't old enough for school, you can head to the Community Center for a fun and interactive experience with your child. No need to register ahead of time and you may come any time during the 2 hours. Please see one of our staff members at the front desk when you arrive. Brand new mats, equipment, and more!

- Location: Community Center at the Fel in the Multi-Purpose Room
- Cost: FREE for Members; \$5 for Non Members | Age: 2-5

American Red Cross Babysitting Certification Class

This class will provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, help children behave, and learn about basic child care and first aid. Participants will receive a certification at the end of the training.

Saturday, November 10, 2018

8:30am – 4:00pm

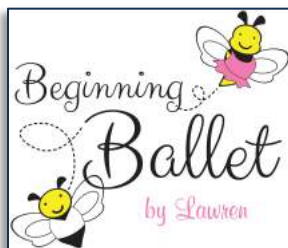
Held at Community Center at the Fel in the Multi-Purpose Room

Age: 11-15 year olds | Price: \$125 | Program Code: ARCB

Registration will begin August 15, 2018



PLEASE BRING A PACKED LUNCH TO THE TRAINING



Ballet by Lauren

In this Beginner's Ballet program, students will be taught the fundamentals of Ballet to include, but not limited to, the five positions, basic vocabulary and skills, stretching and classroom etiquette. Students will learn

range of motion, discipline, body awareness, balance, flexibility, posture, coordination and endurance. They will also learn how to work as a group, cooperate, perform, interact, support and respect one another.

Tuesdays (12 Weeks)

Session 1: 9/11 – 12/4

Program Code: BBL01

Session 2: 1/8 – 3/26

Program Code: BBL02

Times: 3:30pm – 4:15pm | **Age:** 3-5 year olds

Location: Community Center at the Fel – Studio

Price: \$144 – A One-time new student registration fee will be due to the instructor at the beginning of the first class.

Kids Yoga with Mary

Kidding Around Yoga (KAY) specializes in sharing yoga and meditation with children. This particular class at the Community Center is for ages 4-9. Mary will use music, games, as well as other tools and activities to help children focus their minds, stretch their bodies, and deepen their breath; all while having loads of fun. Yoga and meditation has been considered, for a long time, a wonderful means of stress management. KAY uses a system based on the classical study of yoga and transforms it into an experience for children to both introduce them to yoga as well as inspire them to develop a practice to take with them in their everyday lives.

Sundays

Session 1: 9/16 – 10/21

Program Code: KAY01

Session 2: 11/4 – 12-9

Program Code: KAY02

Session 3: 1/13 – 2/17

Program Code: KAY03

Times: 10:00am – 10:45am | **Age:** 4-10 year olds

Location: Community Center at the Fel – Meeting Room

Price: \$45/child – Ask about our sibling discount!



Mad Science Workshops

Mad Science brings kids the fun, the amazement and the wonder of all things science. Mad Science workshops teach kids about how fun science can be, and it helps spark their imaginations.

Choose between three different workshops or register for all! Each one will be unique and different.



Saturdays

Detective Science: 9/29

Program Code: MS01

Laser & Optics: 10/13

Program Code: MS02

Mad Machines: 11/17

Program Code: MS03

Times: 9:30am 12:30pm | **Age:** 6-12 year olds

Location: Community Center at the Fel – MP Room

Price: \$65

Theatre Horizon – Drama Club

In Theatre Horizon's After School Drama Club, students learn the basic techniques actors use on stage by using their imaginations, bodies, and voices to create characters and tell stories. Through improv games and acting exercises, students learn collaboration, focus, movement, quick-thinking, and the skills essential to every performer. During the last half hour of the final session, students will perform a final showcase.

Thursdays

Session 1: 9/20 – 10/25

Program Code: TH01

Session 2: 11/8 – 12/20

Program Code: TH02

Times: 6:15pm – 7:45pm | **Age:** 7-12 years old

Location: Community Center at the Fel – MP Room

Price: \$115

Self Defense Workshops with DeStolfo's

Premier Martial Arts

Kids: Join us for an introduction to martial arts! Fitness and Fun while gaining focus, self-control and confidence!

Adults: Learn the basics of martial arts and be prepared with both mental and physical self-defense.

Session 1: Tuesday, 9/25

Program Code: SDW1

Session 2: Thursday, 10/18

Program Code: SDW2

Session 3: Tuesday, 11/13

Program Code: SDW3

Session 4: Thursday, 12/13

Program Code: SDW4

Session 5: Thursday, 1/24

Program Code: SDW5

Times: 7pm Kids (Ages 7-13) | 8pm Adults (Ages 14+)

Location: Community Center at the Fel – MP Room

Price (per session): Members: \$40; Non-Members \$50

Sew Young Club

Sew Young Club is a club for young sewers who enjoy working side-by-side in a friendly environment that encourages and inspires sewing skill growth. We believe everyone is a sewer deep down inside, looking to express him or herself and we want to help you find your voice. Each and every one of our instructors has experience in sewing and in the classroom. You not only get teachers with great sewing technique but also great teaching technique too.

Mondays

Dates: 9/17 – 10/22 | **Program Code:** SYC01
Times: 6:00pm – 8:00pm | **Age:** 8-13 years old
Location: Community Center at the Fel – Meeting Room
Price: \$200 Members; \$230 Non-Members

Soccer Shots – Mini’s & Mini Classics

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!

Mini’s Mondays (8 weeks)

Dates: 9/10 - 10/29 | **Program Code:** SS04
Times: 5:15pm – 5:45pm | **Age:** 2 years old
Location: Sutcliffe Park
Price: \$116

Mini Classics Saturdays (8 weeks)

Dates: 9/15-11/3 | **Program Code:** SS01
Times: 9:00am – 9:30am | **Age:** 2-3 years old
Location: Sutcliffe Park
Price: \$116

Mini Classics Saturdays (6 weeks)

Dates: 2/2 – 3/9 | **Program Code:** SS002
Times: 9:00am – 9:30am | **Age:** 2-3 years old
Location: Community Center at the Fel – Gym
Price: \$85



Soccer Shots – Classic

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!

Saturdays (8 weeks)

Dates: 9/15 – 11/3 | **Program Code:** SS02
Times: 9:45am – 10:30am | **Age:** 3-5 years old
Location: Sutcliffe Park
Price: \$116

Saturdays (6 weeks)

Dates: 2/2 – 3/9 | **Program Code:** SS003
Times: 9:45am – 10:30am | **Age:** 3-5 years old
Location: Community Center at the Fel - Gym
Price: \$85

Soccer Shots – Classic & Premier

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.

Mondays (8 weeks)

Dates: 9/10 – 10/29 | **Program Code:** SS05
Times: 5:50 pm – 6:35 pm | **Age:** 3-7 years old
Location: Sutcliffe Park
Price: \$116

Saturdays (8 weeks)

Dates: 9/15 – 11/3 | **Program Code:** SS03
Times: 10:45 am – 11:30 am | **Age:** 3-7 years old
Location: Sutcliffe Park
Price: \$116

Saturdays (6 weeks)

Dates: 2/2 – 3/9 | **Program Code:** SS004
Times: 10:45 am – 11:30 am | **Age:** 3-7 years old
Location: Community Center at the Fel – Gym
Price: \$85





Young Rembrandts Early Elementary Drawing (Ages 4-6)

Encourage your preschooler's enthusiasm for drawing.

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

Saturdays (5 weeks)

Session 1: 9/8 – 10/6 Program Code: YR01
Session 2: 10/13 – 11/10 Program Code: YR02
Session 3: 11/17 – 12/15 Program Code: YR03

Times: 9:00am – 9:45am | **Age:** 4-6 years old
Location: Community Center at the Fel - Meeting Room
Price: \$75

Young Rembrandts – Drawing (Ages 7-14)

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

Saturdays

Session 1: 9/8 – 10/6 Program Code: YR04
Session 2: 10/13 – 11/10 Program Code: YR05
Session 3: 11/17 – 12/15 Program Code: YR06

Times: 10:00am – 11:00am | **Age:** 7-14 years old
Location: Community Center at the Fel - Meeting Room
Price: \$75



Young Rembrandts – Cartooning (Ages 8-14)

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

Saturdays

Session 1: 9/8 – 10/6 Program Code: YR07
Session 2: 10/13 – 11/10 Program Code: YR08
Session 3: 11/17 – 12/15 Program Code: YR09

Times: 11:15 pm – 12:15 pm | **Age:** 8-14 years old
Location: Community Center at the Fel - Meeting Room
Price: \$75

Obvious Choice Basketball (Ages 7-12)

This co-ed basketball program provides basketball players the opportunity to prepare for the season ahead! Each week will feature offensive skill and drill development, as well as speed and condition training and mini-games/contests. Programs are made to fit the skill level of each age group.

Saturdays (6 weeks)

Dates: 9/15 – 10/20

Times & Ages:

8:45 am – 9:30 am
Rookies (Ages 7-8)

9:45 am – 10:30 am
Juniors (Ages 9-10)

10:45 am – 11:30 am
Seniors (Ages 11-12)



Location: Community Center at the Fel – Gym
Price: \$68

5% sibling discounts! Refer a friend and get \$5 off your total. Email admin@obviouschoicesports.com for details.

Registration will be taken through Obvious Choice Sports. To register, please visit <https://www.obviouschoicesports.com/>.



**OBVIOUS CHOICE
SPORTS**

Obvious Choice Basketball for Tots

(Ages 3-4)

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

Saturdays (6 weeks)

Dates: 11/3 – 12/15

Times: 9:30am – 10:15am | **Age:** 3-4 year olds

Location: Community Center at the Fel – Gym

Price: \$68

5% sibling discounts! Refer a friend and get \$5 off your total. Email admin@obviouschoicesports.com for details.

Registration will be taken through Obvious Choice Sports. To register, please visit <https://www.obviouschoicesports.com/>.

Obvious Choice Sports School's Out

When school is closed, we are open! Obvious Choice Sports offers an active and engaging alternative to sitting inside all day. We provide a safe and fun environment where youth of all skill levels will learn to play to sports and play for fun! Activities include soccer, basketball, dodgeball, floor hockey, dance competitions and more! Register through Obvious Choice Sports at www.obviouschoicesports.com.

Dates: 9/10; 9/19; 11/6; 12/31

**Additional dates will be available in the spring!*

Ages: K-6th grade boys & girls

Location: Community Center at the Fel Gym & Meeting Room

Regular Hours/Rates: 8:30am - 3:30pm = \$50/day

**5% off each additional sibling*

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

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



Obvious Choice Sports Winter Break Camp

Beat the winter blues with Obvious Choice Sports! We offer an active and engaging alternative to sitting inside all day. We provide a safe and fun environment where youth of all skill levels will learn to play to sports and play for fun! Activities include soccer, basketball, dodgeball, floor hockey, dance competitions and more! Register through Obvious Choice Sports at www.obviouschoicesports.com.

Dates: 12/26 – 12/28

Ages: K-6th grade boys & girls

Location: Community Center at the Fel Gym & Meeting Room

Regular Hours/Rates: 8:30am - 3:30pm = \$45/day

OR \$125/week (all 3 days)

**5% off each additional sibling*

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

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

Academy of Hoops



Take all of the guesswork out of your basketball training this spring and summer and make it count by attending The Academy of Hoops' workout sessions. Learn from the best, Alvin Williams, 8 year NBA player and Villanova University Hall of Famer. Visit www.theacademyofhoops.com to register for skill specific training, biddy bop workouts and private instruction at the Community Center at the Fel. Program schedule listed on the Borough website on the Recreation Services page.

All registration for the Academy of Hoops can be done online at www.theacademyofhoops.com. For questions regarding pricing and scheduling call 484-535-3055.

Program Cancellations & Refunds Reminders

The Borough of Conshohocken reserves the right to cancel any program or camp due to insufficient enrollment. Programs and camps will run only if the minimum enrollment figure is satisfied. Cancellations will occur one week prior to the scheduled start date if applicable. A full refund will only be given when the Borough of Conshohocken cancels a program. A refund request made at least five (5) business days prior to the program will receive a refund less 5%. No refunds will otherwise be given. Refunds may take up to thirty (30) business days to process. We do not issue cash refunds. Cash, credit card, check and money orders are accepted. Register online or in-person!

Before & After Care with A Child's Place Extended Care

Register with A Child's Place Extended Care, Inc. for before & after school-aged childcare for the 2018-2019 school year! A Child's Place operates out of the Community Center at the Fellowship House.



Child Care Hours:

Before Care: 7:00am until the start of the school day

After Care: End of the school day until 6:00pm

Half Day Care: End of the school day until 6:00pm. See calendar on www.acpec.com

Day Off Programs: 7:00am – 6:00pm. This program will operate on select days that the Colonial School District is closed (see calendar on website)

Program Highlights:

- State licensed and Keystone Stars accredited program
- Carefully screened, professional staff with State Police, Child Abuse and FBI Clearances
- Fun, academically based enriched curriculum that advances our mission to prepare children for a successful future in school and beyond
- Supervised homework time, outdoor play, organized and independent activities
- Monthly newsletters informing parents of various activities and events
- Multi-sibling and military discounts
- CCIS (county subsidy) accepted

Visit www.acpec.com or contact Danielle Earhart, Program Manager, at 610-304-8769 or danielle@acpec.com

THE CONSHOHOCKEN ROWING CENTER



2018 Fall Programs

Fall Youth – FREE for residents, Non-residents \$825
Runs weekends 9/14 – 10/21, Ages 13-17

The Conshohocken Rowing Center has numerous opportunities for both kids and adults. Check the CRC's website and social media for updates & new programming.

Private & Adaptive Rowing Lessons

Available March through November, by appointment only. Private lessons are 50% off for residents!
\$100/hour per individual | \$150/ hour for a group of 2

Memberships

Individual - \$650/NR, \$262/R | Family - \$825/NR, \$387/R
Recreational - \$125/NR, \$64/R (no access to boathouse)

Participants can sign up for memberships, programs & camps online through Regatta Central. Additional forms, or prerequisites may also be required. It is advised that all interested parties contact the Conshohocken Rowing Center at rowingcrc@gmail.com to set up a meeting/rowing evaluation and facility tour prior to signing up online. New members must complete a swim test, and may also be subject to completing private rowing lessons if they are inexperienced rowers. If you are a resident in the Borough of Conshohocken, please email the Rowing Center Administration prior to going through the registration process to ensure you receive the appropriate discount. Email rowingcrc@gmail.com and indicate your program/ membership of interest. The Rowing Center Director or one of their rowing coaches will reply and send you further details.

Visit <http://www.conshohockenrowingcenter.org> for more information!

Mayor's Office Hours

at the

Community Center at the Fellowship House

515 Harry Street

4th Wednesday of the month

4:30pm - 6:00pm

&

3rd Saturday of the month

10:00am - 12:00pm



Connect with the Mayor



yaronson@conshohockenpa.gov



Yaniv Aronson



yanivaronson



conshymayor



ConshohockenMayor.com



484-532-8144



Department of
Recreation
Services

Creating
Community
Through People,
Parks &
Programming



WARD 1
KAREN TUTINO, Member
ktutino@conshohockenpa.gov
484-362-3658

Voting location:
Marshall Lee Towers
1 West 3rd Avenue



WARD 2
JAMES "IKE" GRIFFIN, Member
jgriffin@conshohockenpa.gov
610-828-4638

Voting location:
Community Center at the Fel
515 Harry Street



WARD 3
TINA SOKOLOWSKI, Member
tsokolowski@conshohockenpa.gov
610-828-1092 ext. 133

Voting location:
Community Center at the Fel
515 Harry Street



WARD 4
ANITA BARTON, Member
abarton@conshohockenpa.gov
610-397-1581

Voting location:
United Methodist Church
20 West 6th Avenue



WARD 5
JANE FLANAGAN, Vice-President
jflanagan@conshohockenpa.gov
610-828-1092 ext. 135

Voting location:
Conshohocken Fire Company, No. 2
819 Fayette Street



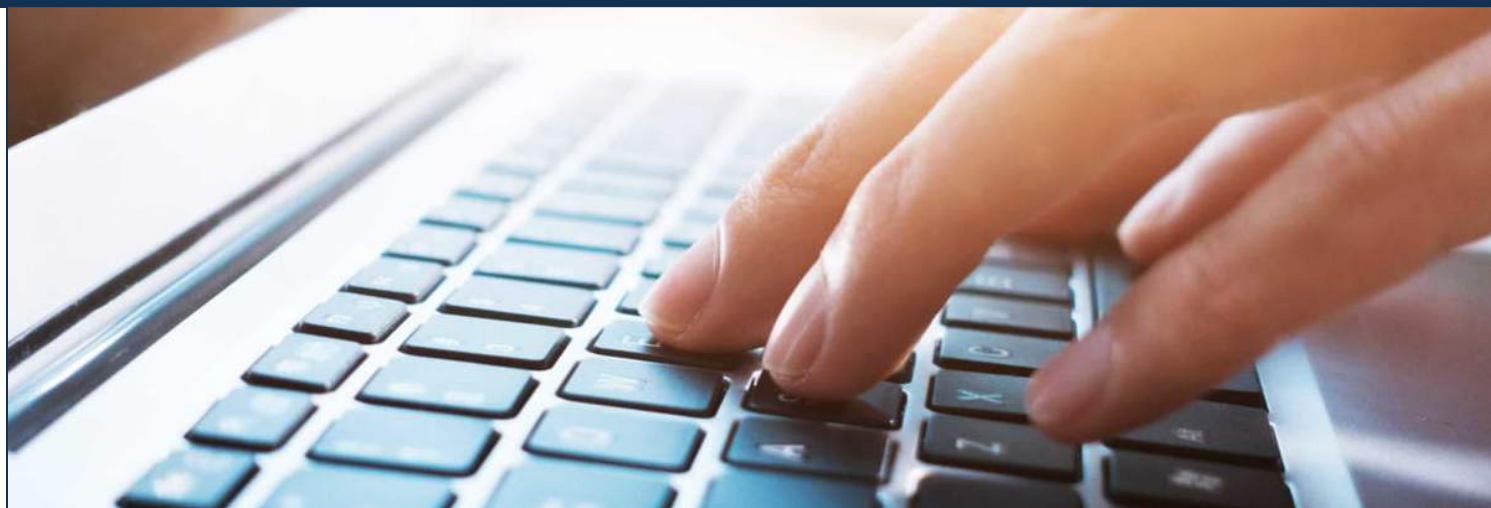
WARD 6
ROBERT STOKLEY, Senior Member
rstokley@conshohockenpa.gov
610-636-7230

Voting location:
Borough Hall
400 Fayette Street



WARD 7
COLLEN LEONARD, President
cleonard@conshohockenpa.gov
610-322-0386

Voting location:
Fieldhouse/ "A" Field
East 11th Avenue & Harry Street



HOW TO REGISTER

Easy To Register Just Pick, Click, and Play!

1

REGISTER ONLINE

To register online you must first create a customer account through the RecDesk Community Portal prior to registering for an activity.

Please visit:

<http://conshohockenrsp.recdesk.com>

2

REGISTER IN PERSON

We welcome in-person registration at:
The Conshohocken Community Center
at the Fellowship House

515 Harry Street
Conshohocken, PA 19428



Questions?

Give us a call at 610-828-3266.
Cash, credit cards, & checks accepted.

Creating Community Through People, Parks, & Programming