



Department of
RECREATION SERVICES

ACTIVITY GUIDE

SEPTEMBER - OCTOBER 2020

EVENTS, MEMBERSHIPS, PARKS, PROGRAMS

NEW COVID-19 SAFETY MEASURES PG. 2

- Community Center Access
- New Safety Protocols
- Program Guidelines
- Membership Availability

FALL PROGRAMS & EVENTS

Virtual and in-person

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

MISSION STATEMENT

COVID-19 News

The Community Center at the Fel will be reopening with reduced hours of operation and new policies and procedures. Please note that the operations and programming of the Community Center will be evaluated on a week-by-week basis. The facility will shut down and re-open as applicable per CDC protocols as it relates to COVID-19.

Hours of operation beginning Monday, September 21st are as follows:

- Monday – Thursday:
 - 7:00 AM – 8:00 PM
- Friday: 7:00 AM – 5:00 PM
- Saturday: 8:00 AM – 12:00 PM
- Sunday: CLOSED

New Safety Procedures & Facility Restrictions

- The Community Center doors will remain locked. Only those registered for programming and use of the fitness center will be permitted access.
- CDC guidelines along with safety and sanitizing procedures will be implemented.
- Temperature checks will be performed prior to entering the facility.
- Face coverings are required throughout the facility including the fitness center.
- Physical distancing will be imposed at the facility and during programs/classes.
- The basketball gymnasium will be closed until further notice.
- Fitness Center will be available by appointment. Appointments can be made with staff by calling 610-828-3266.
- Monthly and Annual memberships will be available.
- Active annual memberships will be honored for the length of the shutdown, please speak to a staff member.
- Monthly memberships will be honored for the month of March ending 3/31
- Rentals (indoor and outdoor) will not be permitted.

Dear Conshohocken Residents,

We hope that you have managed to stay healthy during this time of uncertainty. We are pleased to announce that the Community Center at the Fel will be reopening on Tuesday, September 8th with a limited schedule.

COVID-19 has affected life as we know it, especially certain aspects of recreation. During the quarantine, the Recreation Department offered virtual programs, activities, and contests. We hope that you were able to participate and that we were able to provide some relief while at home.

As you know, information on COVID-19 is ever changing and constant. This edition of the Conshohocken Borough Recreation Services Activity Guide will cover September to October. We have planned programs, activities and events, but they will be contingent on the aforementioned. Our main goal is to keep our patrons safe. We will continue to monitor the information that is being released and make our decisions based on what is best for the entire community. There will be new guidelines and procedures for programs, rentals, and access to the Community Center at the Fel. We ask for everyone's patience, understanding, and cooperation. We cannot wait to see everyone!

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

Sincerely,

Lauren Irizarry

Lauren Irizarry
Director of Recreation Services

INTERESTED IN OFFERING A CLASS?

The Conshohocken Department of Recreation Services is always looking for new programs to add to its offerings. We take pride in providing a wide range of quality programs for our residents and visitors. It is with the help of our instructors that we are able to provide a diverse and valuable service to our community. If you are interested in instructing and proposing a program, please email RecServices@conshohockenpa.gov with your proposal. Classes that are the same or similar to those currently offered will not be considered.



DEPARTMENT DIRECTORY

Lauren Irizarry, Director of Recreation Services

Madison Orlor, Administrative Assistant

Gloria Scott, Front Desk Associate

Tom Brady, Front Desk Associate

David Leonard, Weekday Night Supervisor

Ronald Fry, Weekday Night Front Desk Associate

Geneva Gerwitz, Weekend Front Desk Associate

Alexa Davenport-Collins, Weekend Front Desk Associate

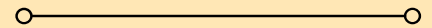
Chris Jackson, Recreation Event Staff



CONNECT WITH US ON FACEBOOK!

Follow @CommunityCenterattheFel

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

Recreation Website

conshohockenrsp.recdesk.com

Email

RecServices@conshohockenpa.gov



UPDATED HOURS OF OPERATION DUE TO COVID-19

Monday - Thursday: 7AM – 8PM

Friday: 7AM – 5PM

Saturday: 8AM – 12PM

Sunday: CLOSED

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. If the Colonial School District has a 2-hour delay, the before care program and Community Center will also have a 2-hour delay.

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.

REGISTER NOW! conshohockenrsp.recdesk.com

Upcoming Events!
(SEPT. TO OCT.)

Visit page 5 for additional details!

MEMBERSHIP INFORMATION

Live, Work, Play!

MEMBERSHIPS

MONTHLY AND ANNUAL MEMBERSHIPS OPTIONS

Purchase or renew your membership at the Community Center at the Fel today! Daily passes and guest passes will not be offered until further notice.

FREE FITNESS CLASSES

Select group fitness classes are included with your membership! See page 7 for details!

SILVER SNEAKERS & PRIME MEMBERSHIPS

We're a participating facility of Silver Sneakers & Prime! Tivity Health members have access to our facility, fitness equipment and are also eligible to participate in free fitness classes included in our regular membership. Stop in today to see if you are eligible!



How Do I Get It?

Silver Sneakers & Prime is offered through your health insurance provider. If you're interested in joining visit <http://www.tivityhealth.com> to see if your health plan offers this program.



COMMUNITY CENTER MEMBERSHIP RATES

Monthly Rates

	Resident	Non-Resident
Youth (12-17)	\$5.00	\$7.00
Adult (18-61)	\$15.00	\$20.00
Family (4 max)	\$20.00	\$26.00
Senior (62+)	\$5.00	\$7.00

Annual Rates

	Resident	Non-Resident
Youth (12-17)	\$50.00	\$65.00
Adult (18-61)	\$140.00	\$182.00
Family (4 max)	\$175.00	\$228.00
Senior (62+)	\$40.00	\$52.00



REMINDERS

Memberships allow access to all amenities within the facility. A parent or guardian must be present to sign a waiver form for anyone under the age of 18, and remain on site if the child is **under 12 years old**. Members must accompany guest(s) at all times. You must be at least 15 years of age to use the fitness center.

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.

PUMPKIN PAINTING TO GO

Pick up times from Thursday, October 22nd through Saturday, October 24th
515 Harry Street

Paint your very own pumpkin this Halloween! Registration is now open. Registration is required and will be taken through RecDesk to the first 50 participants (will increase if needed). Pick up times will be designated beginning Thursday, October 22nd through Saturday, October 24th. This is a free event and all supplies will be included. To go bags will include small pumpkin, paint, paint brushes, candy and goodies. Participants will be asked to submit photos of their painted pumpkins and send to the Recreation Services Department. Pictures will be posted to social media and website.

DON'T
MISS IT!



Register online at
[conshohockenrsp.recdesk.com!](http://conshohockenrsp.recdesk.com)



Youth and Adult Lessons, Individuals and Groups, 1-on-1 Instruction

Conshohocken Rowing Center provides programming for athletes of all ages and experience levels. Due to current regulations and restrictions we are offering limited programming for the fall and winter. Check our website for updates and program offerings. **Go CRC!**

Be sure to ask about Conshohocken Resident Discounts!



conshohockenrowingcenter.org

rowingcrc@gmail.com



- Playground equipment.
- Park benches.
- Small parking lot.

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.

behind *The Londonbury* along the
Schuylkill River Trail.

**Available for use for members only
7 days a week**

If you were a member while the dog park was closed during the COVID-19 shutdown, your membership will be extended until March 30, 2021. The application process for 2021 will begin January 1st. Memberships are valid the calendar year (January 1st until December 31st).

How To Register For A Membership

- Registration will be taken at the Conshohocken Community Center at the Fel or you can register online at: <https://conshohockenrsp.recdesk.com>.
- You will need a completed registration form with waiver along with your dog's license and a copy of your dog's vaccinations.
- Payment can be made by check, cash, or credit card.
- Once all necessary forms and documents are received you will be issued an access code.

View the Dog Park Handbook available on the Borough website at www.conshohockenpa.gov.

Located at E. Elm St.

Closed for renovations. Check the Borough's website for further updates.

2020 dog park applications are still being accepted until 10/1/20

Located at E. 11th Ave. & Harry St.

- Regulation football field.
- Two locker rooms (home & away).
- Men's and women's restrooms.
- Concession stand with refrigerator.
- Press box with sound system.
- Scoreboard capabilities.
- Bleachers 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 utility gate on Harry St. or the pedestrian gate off of Hallowell St. to access the walking track.
- A-Field restrooms are closed until further notice.
- The A-Field Stadium and walking track will be closed on holidays and during rentals consisting of contests and tournaments.

Located at E. 6th Ave. & Hallowell St.

- Playground.
- Open grass space.
- Dog friendly park (dogs must be on a leash).
- Plenty of street parking nearby.



- Three full basketball courts.
- Playground equipment.
- Concession stand.
- Off-street parking lot
- **Restrooms are not available at this time**

The Senior Field •••••

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

The following group fitness programs are **FREE** with a Community Center Membership. Classes are ongoing throughout the year. Due to COVID-19 registration will be required. Call our staff today to register!



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 minimum requirements for the class. 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!

FREE Demo: 10/3

Location: Community Center at the Fel | **Age:** 18+

Time (Kick): 9:00 AM - 10:15 AM

Time: (Core): 10:15 AM - 10:45 AM

Session	Days	Dates
1	Saturdays	10/10-10/31

Fee for 4 Weeks: \$25 Members | \$30 Non-Members

BODY BLAST

This Bodies by Yah class is designed to incorporate body weight, hand weights, and stability exercises within a high cardio setting. The increases in your heart rate will allow you to NOT ONLY burn 100s of calories, but focus on sculpting your arms, butt, and most importantly CORE at the same time! This is a class unlike any other, hitting all the major parts of your body at once.

FREE Demo Classes: 9/29

Time: 7:00 PM | **Location:** Community Center at the Fel

Age: 18+

Session	Days	Dates
1	Tuesday	10/6-10/27
1	Thursday	10/1-10/22

Fee for 4 Weeks: 1 day/week - \$40 Members | \$45 Non-Members
2 days/ week - \$75 Members | \$80 Non-Members

YOGA WITH YOGA HOME

The Recreation Services Department is pleased to partner with Yoga Home to offer outdoor classes. To register and view fees, visit www.ouryogahome.com/schedule.

Ages: 18 + or 12 & older with an adult

Mondays, Tuesdays, Wednesdays, Fridays

Dates: September 1st - October 2nd

Time: 6:00 PM

Location: A-Field

Thursdays

Dates: September 3rd - October 1st

Time: 6:00 PM

Location: Sutcliffe Park

Saturday & Sunday

Dates: Through September 30th

Time: 9:00 AM

Location: B-Field



OUTDOOR BOOT CAMP W/ HOPE

55 minutes. A blend of interval and circuit training to provide a balanced mix of strength and conditioning. Think personal training in group setting outside. Class is held at Sutcliffe Park. Bring a set of Hand Weights, Mat & Water.

FREE Demo Classes: 9/10

Time: 4:30 PM | **Location:** Sutcliffe Park | **Age:** 18+

Session	Days	Dates
1	Thursday	9/17-10/8
1	Thursday	10/15-11/5

Fee for 4 Weeks: \$25 Members | \$30 Non-Members

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 (4 weeks) | **Location:** Sutcliffe Park

Session 1: 9/15-10/6

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

Session 2: 10/13-11/3

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



Fee for 4 weeks: \$80 Resident | \$90 Non-Resident

PAINT IN THE PARK

Bring your little artist to Mary Wood Park for a morning full of creativity. Children will be instructed on how to paint a 3D painting on their own canvas. Supplies included. **Registration is currently open and will end on September 27th.**



Date: Saturday, October 2nd

Location: Mary Wood Park

Times/Ages

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

Fee: \$25 Residents

\$35 Non-Residents

PURPOSFUL PLAY

Purposeful Play is moving outdoors at the Community Center at the Fel! This interactive developmental play program for children and parents is just what your child needs. Movement with music, gym exploration, and parachute, all with tyke size equipment perfect for fun! Facilitated activities support physical, social, and cognitive skills. Ages are only used as a guideline.

Registration is currently open for Session 1 and will end on September 8th. Registration for Session 2 will begin on September 15th and will end on November 3rd.

Days: Saturdays (4 weeks) | **Fee:** \$78

Session 1: 9/19-10/10

- 9:30 AM: Family Bears (Sturdy walkers - 4 year olds)
- 10:30 AM: Baby Bears (5 - 14 months)

KIDS YOGA W/ YOGA HOME

Students will practice movement to enhance flexibility, coordination, and more! We will also focus on breathing techniques and relaxation each class. Yoga taps into both the mind and body, and allows us to act in a way that honors the best version of who we are. Classes are fun, interactive and age appropriate. Class will be taught by Jennifer McCracken, who brings her expertise as an educator, yoga and fitness enthusiast to her teaching. Class will be taught outside with all COVID precautions. Please bring your own yoga mat or a towel for practice.

Day: Wednesday | **Dates:** 9/30-10/21

Time: 4:00 PM – 4:30 PM | **Age:** 6-11 year olds

Location: Outside at the Community Center at the Fel

Fee: \$40 Resident | \$50 Non-Resident



YOGA FOR MIDDLE SCHOOLERS W/ YOGA HOME

Students will practice movement to enhance flexibility, coordination, and more! We will also focus on breathing techniques and relaxation each class. Yoga taps into both the mind and body, and allows us to act in a way that honors the best version of who we are. Build self-confidence, connect with others and see how yoga can help you navigate your world. Class will be taught by Jennifer McCracken, who brings her expertise as an educator, yoga and fitness enthusiast to her teaching. Class will be taught outside with all COVID precautions. Please bring your own yoga mat or a towel for practice.

Time: 3:30 PM - 4:15 PM | **Grades:** 6th - 8th

Location: Outdoors at the Community Center at the Fel

Session Days Dates

1	Monday	9/28-10/19
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Fee for 4 Weeks: \$40 Members | \$50 Non-Members

THEATRE HORIZON'S VIRTUAL DRAMA EXPERIENCE

Zoom theatre classes for grades 1-8. For more information and to register, please visit:

<http://theatrehorizon.org/education/virtualfall.php>

Session 1: Varies by grade starts as early as September 23, 2020

Session 2: Varies by grade starts as early as November 4, 2020

Fee: Pay what you decide

Use the code FallConsh20 to waive the \$5 registration fee!

SOCCER SHOTS

***Registration for Soccer Shots is currently open. Registration will end on September 11th for Monday classes and September 10th for Saturday classes.**

Soccer Shots Minis

Ages: 2-3 year olds

Location: Sutcliffe Park

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!

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

- Time: 5:15 PM - 5:45 PM
- Fee: \$85

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

- Time: 8:45 AM - 9:15 AM
- Fee: \$115

Soccer Shots Classics

Ages: 3-5 year olds

Location: Sutcliffe Park

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

- Time: 5:50 PM - 6:35 PM
- Fee: \$85

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

- 9:30 AM - 10:10 AM
- 10:25 AM - 11:05 AM
- 12:15 AM - 12:55 PM
- Fee: \$115

Soccer Shots Premier

Ages 5-8 year olds

Location: Sutcliffe Park

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

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

- 11:20 AM - 12:00 PM
- Fee: \$115



ADULT PROGRAMMING

VIRTUAL FRENCH CONVERSATION

This class provides an introduction to the French language. Learn everyday expressions, basic grammar, and pronunciation! All levels of French encouraged. No prior study of French required. This is a pay-what-you-decide class ranging from a minimum of \$10 to \$45 (cost of actual class). Once registered, you will receive a Zoom link from the instructor via email provided.

- **Days:** Wednesdays
- **Dates:** 9/23-10/28
- **Time:** 6:30 PM - 7:30 PM
- **Fee:** Varies



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 non-certification class led by Anthony Wiencek of Emergency Training Partners. COVID-19 and CDC recommendations will be implemented. **Fee: \$5 Resident | \$10 Non-Resident**

Monday, October 19, 2020

- **Time:** 6:30 PM

PAINT IN THE PARK

Paint in the Park with Couleur Fuziono. Enjoy a night out with friends, date night, or meet some new friends! We are sure you're going to love this 2-hour scenic themed paint party evening in Mary Wood Park. All supplies are included. Registration is currently open and will end on September 26th.

Date: Friday, October 2nd | **Time:** 7:00 pm

Location: Mary Wood Park | **Ages:** 21+

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

CONSHOHOCKEN SPORTS LEAGUE

Conshohocken Sports Leagues (CSL) offers a variety of programs for adults. It's also a great way to meet new people and network, all while playing sports right here in Conshohocken. Fall leagues will be outdoors and include:

- Co-ed Volleyball
- Soccer
- And more!

For more information, visit www.conshyleagues.com.



2021 Summer Camp information will be released in December!

HOW TO REGISTER FOR CLASSES, PROGRAMS & EVENTS

Creating Community Through People, Parks & Programming



1

REGISTER ONLINE

Go to: conshohockenrsp.recdesk.com. To register online, a credit card is needed. Prior to registering for any activity you must first create a customer account through the RecDesk Community Portal. You will need to include your name, DOB, email, phone number and mailing address to create an account.

2

REGISTER OVER THE PHONE

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

3

REGISTER IN PERSON

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

