



Department of
RECREATION SERVICES

ACTIVITY GUIDE

FALL - WINTER 2023-2024



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**CONNECT WITH
US ON FACEBOOK!**

Follow @CommunityCenterattheFel

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

MISSION STATEMENT

Clothing Drive

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

Drop Off Times:

Monday - Thursday: 7:00 AM - 9:00 PM

Friday: 7:00 AM - 5:00 PM

Saturday - Sunday: 8:00 AM - 4:00 PM



Nutrition and Delicious Class

Tuesday, October 17th
6:30 PM

Join Lani Midway, Registered Dietitian Nutritionist, for a one hour session providing a fresh look at nutrition for you and your family. There will be new, healthy, delicious recipes, a goody bag for everyone, and time for Q & A!

- Pro tips for meal planning and meal prep
- Yummy, healthy snacks
- Health and Nutrition Goals
- Understanding goal setting and strategies for reaching your goals.



Dear Conshohocken Residents,

Welcome to the 2023-2024 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.

We have added new offerings in 2023 with the ever-changing needs of the community. With our summer day camp filling in just a few days, my staff and I were able to add week long specialty summer camps, i.e., Moore Brothers Basketball Camp, Bricks 4 Kidz, Theatre Horizon Drama Camp, etc. We also added Line Dance Fusion to our adult programming. This fall and winter, we will continue to offer the programs that have been successful, and also, add new, exciting programs for our residents to take advantage of. There will be an after school care program, evening pickleball clinics, cheer workshops and classes, H.I.I.T Sculpt, and more!

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

Sincerely,

Lauren Irizarry

Lauren Irizarry
Director of Recreation Services



DEPARTMENT STAFF

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

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

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

HOURS OF OPERATION

Monday - Thursday: 7AM - 9PM

Friday: 7AM - 5PM

Saturday: 8AM - 4PM

Sunday: 8AM - 4PM

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

CANCELLATION POLICY

Conshohocken Borough reserves the right to cancel any program. In the event a program is canceled, a full refund will be issued. Programs are subject to cancellations if they do not meet minimum enrollment. Inclement weather may also be a reasonable cause.

INCLEMENT WEATHER POLICY

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

If the Colonial School District and Borough have a delayed opening, the Community Center will also have a delayed opening in conjunction with the Borough and the Colonial School District.

PHOTO POLICY

The Recreation Services Department takes photos of program participants, members and/or visitors. These photos are for Borough use only and may appear on flyers, publications and social media outlets.

REFUND POLICY

Refunds (less 5%) must be requested a minimum of five (5) business days prior to the start of the program or event. Refunds may take up to thirty (30) business days to process. We do not issue cash refunds. Once a program session begins, refunds will not be offered. All discount ticket sales are final and non-refundable.

COMMUNITY CENTER OPPORTUNITIES

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

JOIN US



HOW TO REGISTER FOR CLASSES, PROGRAMS & EVENTS

- 1 REGISTER ONLINE:** Go to: conshohockenrsp.recdesk.com. To register online, a credit card is needed. Prior to registering for any activity you must first create a customer account through the RecDesk Community Portal.
- 2 REGISTER OVER THE PHONE:** Call us at 610-828-3266. To register by phone, a credit card is needed.
- 3 REGISTER IN PERSON:** Visit us at the Community Center. Cash, checks, and credit cards are accepted in person.



MEMBERSHIP INFORMATION

Live, Work, Play!

RENEW ACTIVE & ONE PASS PROGRAM

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

How Do I Get It?

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



SILVER SNEAKERS & PRIME MEMBERSHIPS

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



How Do I Get It?

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



COMMUNITY CENTER MEMBERSHIP RATES

*Please note that there will be a rate increase beginning January 2024.

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

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

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

OPEN GYM TIME:

The Community Center has open gym time based off the daily schedule. For information on the daily schedule please call 610-828-3266 or view online at: <https://conshohockensrp.recdesk.com>

REMINDERS

Memberships and day passes allow access to full usage of all amenities within the facility. Some of these amenities include: a gymnasium, which features a full-size basketball court, a fitness center with cardio and weightlifting machines, and a game table area. **ONLY annual memberships** include three (3) guest passes per month. Guest(s) and day pass users must complete paperwork, sign a waiver form and be 18 or older. A parent/guardian must be present to sign a waiver form if under 18 and remain on site if the child is under 12 years old. Members must accompany guest(s) at all times. Members are not permitted to leave their guest(s) at the facility unattended/unsupervised.

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

RENTAL OPPORTUNITIES

Live, Work, Play!

Give us a call or stop in for a visit! Contact RecServices@conshohockenpa.gov to schedule your reservation. All reservations are made on a first come, first served basis. All applicants must complete a Facility Rental Application and submit a deposit to book a reservation. For pricing, policies and room selection see our website at: <http://conshohockenrsp.recdesk.com> or call 610-828-3266. See **page 6** for facility rental options.



Pavilion Rentals

Our pavilions provide an ideal outdoor setting for any spring, summer or fall party. All pavilions are located within steps of our newly renovated playgrounds. See **page 7 and 8** for pavilions available to rent.

To reserve one of our fields or park pavilions please contact RecServices@conshohockenpa.gov or call 610-828-3266. Park permits and fees apply. Rental requests must meet all requirements to be approved prior to hosting your activity in the park.



HOLD YOUR NEXT PARTY WITH US!

Birthday Party Packages

Choose from our party packages below or customize your own!

Purposeful Play

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

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



Beanie Bounce Party Deals

Choose from a variety of entertainment and set your own price through Beanie Bounce Party Rentals. Face painting, moon bounces, crafts, & more!

Visit beaniebounce.com for a full list of items available or call them at 610-272-0270.

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

Renters must contact Beanie Bounce directly regarding pricing.



THE COMMUNITY CENTER AT THE FEL

Located at 515 Harry St.

Multi-Purpose Room

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

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

Fitness Center

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



Activity Space

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



MARY WOOD PARK HOUSE

Located at 120 E. 5th Ave.

Rental Opportunities Now Available!

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



Meeting Room

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

Basketball Gym

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





A.A. GARTHWAITE STADIUM (A-FIELD) Located off of E. 11th Ave. & Harry St.

- Regulation football field
- Two locker rooms (home & away)
- Men's and women's restrooms
- Concession stand with refrigerator
- Press box with sound system
- Scoreboard capabilities
- Bleachers and benches for teams
- Small parking lot and street parking
- Walking track

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

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.

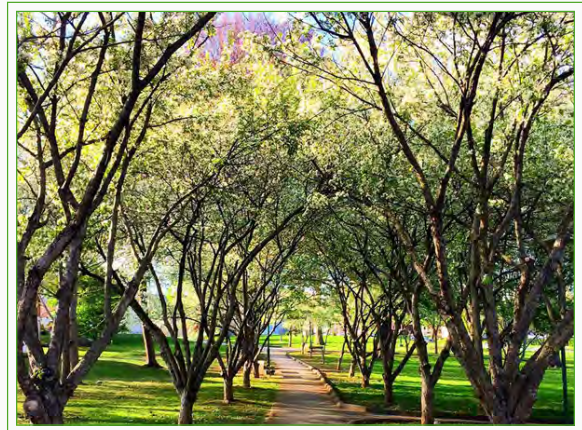
- Basketball court
- Park benches
- Parking
- Trash receptacles

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

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

Mary Wood Park Pavilion

- Available for parties, picnics etc.
- Picnic benches



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

SUTCLIFFE PARK

Located at 900 Freedley Street

Sutcliffe Park

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

Senior Field

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



Evergreen Pavilion

- Available for parties, picnics etc.
- Picnic benches

Playground Pavilion

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



Fitness Court

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

The new fitness court includes the following equipment and features:

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



Movie in the Park

Friday, August 25th
Dusk
Aubrey Collins Park

Join us for a family movie night in the park. The Super Mario Bros Movie will be the featured movie. Be sure to bring a blanket and chair. The Snack Shack will have light food and refreshments available for purchase.



PUMPKIN PAINTING

Saturday, October 14th
12 PM | 515 Harry Street



Happy Halloween! Join us at the Community Center at the Fel to paint your very own pumpkin! 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 11th or until maximum capacity is reached.**

Thanksgiving Senior Luncheon

Wednesday, November 15th
12 PM | 515 Harry Street

Free Thanksgiving themed luncheon just for the seniors of the community. Registration is required and will begin on October 16th. It will end on November 9th or when maximum capacity is reached.



Holiday Senior Luncheon

Wednesday, December 13th
12 PM | 515 Harry Street

Free Holiday themed luncheon just for the seniors of the community. Registration is required and will begin on November 15th. It will end on December 7th or when maximum capacity is reached.

Winter Wonderland

Saturday, December 9th
12 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, arts & crafts, 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 1st for residents, November 15th for non-residents. **Registration will end December 3rd or when maximum capacity is reached.**

Dreams Come True Party

Saturday, February 24th
10 AM | 515 Harry Street

Fee: \$20 Residents ; \$25 Non-Residents



Join us for a morning with princesses and superheroes! Light refreshments will be served. Registration is required. It will begin January 1st for residents and January 15th for non-residents. **Registration will end February 15th or when maximum capacity is reached.**

AMERICAN RED CROSS BLOOD DRIVE

Fall Date: Sunday, October 29th
Winter Date: Sunday, February 18th

9:00 AM - 2:00 PM
515 Harry Street



Help save a life by donating blood today! Donating blood is easy and rewarding. A single blood donation can help save up to three lives. *Registration is not required, but if you would like to make an appointment, visit the Red Cross website.

George Snear Tournament

Wednesday, December 27th
Thursday, December 28th
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

KIDS NIGHT OUT PARENTS NIGHT OFF

Friday, January 26th
5 PM - 8 PM | 515 Harry Street

Drop off your child for our first ever Kids Night Out, Parents Night Off! Your child will enjoy activities, crafts, indoor movie on the big screen, popcorn, and pizza

Age: 5 - 10 year olds
Fee: \$25 Members/Residents | \$30 Non-Residents | \$5 Sibling Discount

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

Active Fitness (62+)

Mondays, Thursdays, & Fridays
8:30 AM

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

H.I.I.T w/ Eileen

Wednesdays
8:00 AM

H.I.I.T or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

Cardio & Core w/ Eileen

Fridays
8:00 AM

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

Group Fitness Programs at the Community Center at the Fel!

To register for the following programs, please visit <https://conshohockenrsp.recdesk.com>. Registration will end 5 days prior to the start of the session to meet the minimum required participants for the class to run. An additional drop-in rate may be available based on space, but not guaranteed.

YOGA FOR BEGINNERS

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

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

Dates:

- Session 1: 9/20 - 10/25
 - **Time:** 6:30 PM - 7:30 PM
- Session 2: 1/10 - 2/14
 - **Time:** 6:00 PM - 7:00 PM

Fee: \$85 Members ; \$90 Non-Members



PILATES

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

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

Time: 12:00 PM - 12:45 PM

Dates:

- Session 1: 9/19 - 10/24
- Session 2: 11/14 - 12/19
- Session 3: 1/16/24 - 2/20/24

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



CHAIR YOGA WITH YOGA HOME

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

Days: Wednesdays (6 weeks)

Time: 9:00 AM

Dates:

- Session 1: 9/6 - 10/11
- Session 2: 10/18 - 11/22
- Session 3: 11/29 - 12/20 (4 weeks)

Fee:

- 6 Week Sessions: \$75
- 4 Week Sessions: \$50
- Drop in available!



Yoga In The Park

Yoga Home will be offering yoga classes in the parks through September. Check their daily schedule at [Yoga Home \(ouryogahome.com\)](http://ouryogahome.com).

KICK + CORE

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

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

Time: 8:15 AM - 9:50 AM

Dates:

- Session 1: 9/23 - 10/28
- Session 2: 11/4 - 12/16
(no class on 11/25)
- Session 3: 1/6/24 - 2/10/24
- Session 4: 2/17/24 - 3/23/24

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



H.I.I.T. SCULPT

NEW

All levels of fitness are welcome! Register for one day a week or two!

Day: Tuesdays & Thursdays | **Age:** 18+

Time: 6:00 PM

Dates:

- Free Demo Class
 - Monday: 9/18
 - Monday: 1/8/24
- Session 1:
 - Mondays: 9/25 - 10/30
 - Wednesdays: 9/27 - 11/1
- Session 2:
 - Wednesdays: 11/8 - 12/13
(no class on 11/22)
 - Mondays: 11/13 - 12/18
- Session 3:
 - Wednesdays: 1/10/24 - 2/14/24
 - Mondays: 1/15/24 - 2/19/24



Fee:

- 1 day a week: TBD
- 2 days a week: TBD

SPIN

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

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

Time: 4:30 PM

Dates:

- Session 1: 9/14 - 10/19
- Session 2: 10/26 - 12/7 (no class on 11/23)

Fee: \$65 Residents/Members | \$70 Non-Residents | \$15 drop ins



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

ACTIVE OLDER ADULTS (62+) PROGRAMMING

Live, Work, Play!

BINGO

Research has shown that games are good for the brain! They can stimulate memory, attention skills, and most importantly promote social interaction. Come join the Seniors of the Community every Monday in the multi-purpose room! Light refreshments will be included.

Days: Mondays, beginning September 11th

Time: 10:00 AM

Age: 62+

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



ACTIVE FITNESS

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

Date: Mondays, Thursdays, and Fridays: Ongoing

Time: 8:30 AM - 9:15 AM

Age: Active Older Adults



REGISTER NOW! conshohockenrsp.recdesk.com

ADULT PROGRAMMING

Live, Work, Play!

PICKLEBALL CLINICS BY UNIVERSAL RACKETS

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

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

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

Dates:

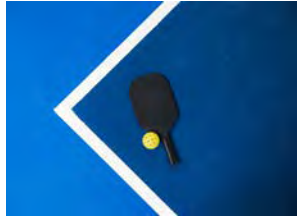
- Session 1: 9/18 - 10/23
- Session 2: 11/6 - 12/11
- Session 3: 1/22 - 2/26

Times:

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

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

Universal
RACKETS



Dates:

- Mondays
 - Session 1: 9/18 - 10/23
- Thursdays
 - Session 2: 1/25 - 2/29

Times:

- Beginner: 5:30 PM
- Intermediate: 7:00 PM

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

Age: 18+

MEDICARE SEMINAR

Know your Medicare Options! During this seminar, you will learn: How Medicare works and what it covers, How Part D prescription cards work and how to pick the right one for you, The difference between Medicare supplements and Medicare Advantage plans. This seminar is suitable whether you have decisions to make during the upcoming open enrollment period (Oct. 15 through Dec. 7) or just want to learn in preparation of that time. Presented by Terry Smerling, a Medicare planning specialist with DelVal Senior Advisors.

Dates:

- Tuesday, October 24th | **Time:** 6:30 PM - 8:00 PM
- Wednesday, October 25th | **Time:** 1:00 PM - 2:30 PM

Fee: FREE! Registration is required and will begin on September 15th and end on October 20th.

SUNDAY MORNING BASKETBALL

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

Dates: Ongoing, will resume on Sept. 10th

Age: 18+

Days: Sundays

Time: 9:00 AM - 11:00 AM

Fee: Free Members | \$6 Non-Members



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REGISTER NOW! conshohockenrsp.recdesk.com

LINE DANCE FUSION

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

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

Dates:

- Session 1: 9/20 - 10/25 (6 weeks)
- Session 2: 11/1 - 12/13 (6 weeks, no class on 11/22)
- Session 3: Class will be held in January. Dates are TBD.

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

Location: Mary Wood Park House

FALL/WINTER MEN'S BASKETBALL LEAGUE

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

Date: Mondays and Wednesdays:

Beginning Monday, October 9th

Times: 6:00 PM - 8:00 PM

Age: Men 21+



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:

- Tues., September 19th | **Time:** 6:30 PM
- Sat., September 23rd | **Time:** 10:00 AM
- Sat., October 21st | **Time:** 10:00 AM
- Sat., November 11th | **Time:** 10:00 AM
- Tues., November 14th | **Time:** 6:30 PM
- Tues., January 2nd | **Time:** 6:30 PM
- Sat., January 6th | **Time:** 10:00 AM
- Sat., February 3rd | **Time:** 10:00 AM

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



BOOK CLUB

Registration is required and will begin August 1st.

Books will be chosen by the staff at the Community Center. Staff will facilitate discussion of the chosen book. The book for the month of October is *Code Name Sapphire* by Pam Jenoff.

Days: Meets the first Tuesday of the month starting October.

Time: 1:00 PM

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



Fall/Winter 2023-2024 Guide

PAINT & PLAY

Days: Fridays

Dates:

- Session 1: 9/22 - 10/20 (5 weeks)
 - **Fee:** \$100 Members/Residents | \$105 Non-Residents
- Session 2: 11/3 - 12/15 (6 weeks, no class 11/24)
 - **Fee:** \$115 Members/Residents | \$120 Non-Residents
- Session 3: 1/12 - 3/22 (10 weeks, no class 2/16)
 - **Fee:** \$200 Members/Residents | \$205 Non-Residents

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

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

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

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



PURPOSEFUL PLAY

Interactive developmental play program for children and parents. Movement with music, gym exploration, and parachute, all with tyke size equipment perfect for fun! Facilitated activities support physical, social, and cognitive skills. Nannies and grandparents are welcome. Come with a friend, meet new friends! Ages are only used as a guideline. Registration is currently open for Session 1 and will end on September 8th.

Thursdays

- Session 1: 9/21 - 10/19 (5 weeks)
 - **Fee:** \$95 Members/Residents | \$100 Non-Residents
- Session 2: 11/2 - 12/14 (6 weeks, no class on 11/23)
 - **Fee:** \$115 Members/Residents | \$125 Non-Residents
- Session 3: 1/11/24 - 3/21/24 (10 weeks, no class on 2/15)
 - **Fee:** \$190 Members/Residents | \$200 Non-Residents

Age/Times

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

Wednesdays

- Session 1: 9/20 - 10/18 (5 weeks)
 - **Fee:** \$95 Members/Residents | \$100 Non-Residents
- Session 2: 11/1 - 12/13 (6 weeks, no class on 11/22)
 - **Fee:** \$115 Members/Residents | \$125 Non-Residents
- Session 3: 1/10/24 - 3/20/24 (10 weeks, no class on 2/14)
 - **Fee:** \$190 Members/Residents | \$200 Non-Residents

Age/Times

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



BUILT BY ME

NEW

Days: Thursdays (6 weeks)

Dates: 9/28 - 11/2

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

LEGO® Robotics and Coding - Adventures

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

- **Age:** Grades 2-3 | **Time:** 5:30 PM - 6:30 PM

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

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

- **Age:** Grades 3-5 | **Time:** 6:45 PM - 7:45 PM

#CHEERBOSS CHEERLEADING AND TUMBLING

NEW

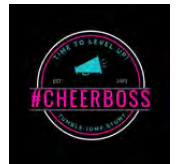
Pop Up™ Clinic: Our Pop Up Stunt Workshops will offer a 3 hour instructional stunting day working with different athletes to build their skills and perfect their techniques.

Date: Sunday, September 24th

Ages: 5-17

Time: 1:00 PM - 4:00 PM

Fee: \$55/per athlete



Days: Sundays (4 weeks)

Dates: 10/1 - 10/22

Fee: \$100 Members/Residents | \$105 Non-Residents

Mommy & Me: Our Mommy and Me class will teach the very beginnings of cheerleading and tumbling. Our class will include motions, jumps and tumbling, all while using songs, music and games! It's a great way for Mommy's (or Daddy's) to enjoy some bonding time with their little future cheerleader while learning important beginner cheerleading skills!

- **Age:** 18 months - 4 year olds | **Time:** 9:00 AM - 9:45 AM

Cheer Divas - Our cheer divas class will teach beginnings of cheerleading, tumbling and stunting skills as well as build up skills already acquired. Our coaches will teach correct technique for all aspects of cheer and focus on leveling up the basics!

- **Age:** 5 - 10 year olds | **Time:** 10:00 AM - 10:45 AM

FIRST NOTES

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

Day: Mondays & Thursdays

Date: 9/11 - 11/24

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

Location: Sutcliffe Park



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

KIDS KARE AFTER SCHOOL PROGRAM

NEW

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

Dates:

- Session 1: 9/5 - 12/22
 - **Fee:** 1 Child: \$700 | 2 Children: \$650 | 3 Children: \$600
- Session 2: 1/2/24 - 3/22/24
 - **Fee:** 1 Child: \$575 | 2 Children: \$525 | 3 Children: \$475
- Session 3: 4/1/24 - 6/14/24
 - **Fee:** 1 Child: \$700 | 2 Children: \$650 | 3 Children: \$600
- **Time:** 3:30 PM - 5:30 PM
- **Age:** Grades K - 3rd



SAFE @ HOME

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

Date: Thursday, September 21st

Time: 6:00 PM - 7:30 PM

Age: Grades 4th - 6th

Fee: \$50



SAFE SITTER® ESSENTIALS W/ CPR

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

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

Date: Monday, September 25th

Time: 9:00 AM - 3:30 PM

Age: Grades 6th - 8th

Fee: \$90



SCHOOL'S OUT DAYS

NEW

When school is out, we're in! Let your child come to the Community Center at the Fel on days off from school. Participants will stay busy with activities, crafts, arts, sports, and more. Registration is required for each date. Space is limited.

Dates: 9/25, 11/22, 1/15, 2/16, 2/19

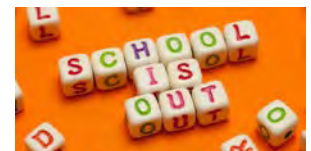
Fee per day: \$40 Members | \$45 Residents | \$50 Non-Residents

Winter Break Camp: December 27th, 28th, & 29th

- **Fee for 3 days:** \$125 Members | \$130 Residents | \$135 Non-Residents

Time: 9:00 AM - 4:00 PM

Age: Grades K - 6th



TINY TOTS

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

Days: Wednesdays

Dates: Ongoing; will start on 9/20

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

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

SOCCER SHOTS

Soccer Shots Minis

Ages: 2-3 year olds

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 I Session

Location: Sutcliffe Park

REGISTRATION IS NOW OPEN!

Mondays: 9/11 - 10/16 (6 weeks)

- Session Times: 4:30 PM; 5:15 PM
- Fee: \$130

Saturdays: 9/16 - 11/4 (8 weeks)

- Session Times: 8:45 AM
- Fee: \$173

Sundays: 9/10 - 10/29 (8 weeks) @ B Field★

- Time: 1:15 PM
- Fee: \$173

Fall II Session

Mondays: 11/20 - 1/8/24 (6 weeks)
(off 12/25 & 1/1)

- Session Times: 4:30 PM
- Fee: \$130

Saturdays: 11/18 - 1/6/24 (6 weeks)
(off 11/25 & 12/30)

- Session Times: 8:45 AM; 10:50 AM
- Fee: \$130

Winter I Session

Mondays: 1/29/24 - 3/4/24 (6 weeks)

- Session Times: 4:30 PM
- Fee: \$130

Saturdays: 1/27/24 - 3/2/24 (6 weeks)

- Session Times: 8:45 AM; 10:50 AM
- Fee: \$130

Soccer Shots Classics

Ages: 3-5 year olds

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 I Session

Location: Sutcliffe Park

REGISTRATION IS NOW OPEN!

Mondays: 9/11 - 10/16 (6 weeks)

- Session Times: 4:30 PM; 5:05 PM; 5:50 PM
- Fee: \$130

Saturdays: 9/16 - 11/4 (8 weeks)

- Session Times: 9:25 AM; 10:15 AM; 11:05 AM
- Fee: \$173

Sundays: 9/10 - 10/29 (8 weeks) @ B-Field★

- Time: 1:50 PM
- Fee: \$173

Fall II Session

Mondays: 11/20 - 1/8/24 (6 weeks)
(off 12/25 & 1/1)

- Session Times: 5:10 PM
- Fee: \$130

Saturdays: 11/18 - 1/6/24 (6 weeks)
(off 11/25 & 12/30)

- Session Times: 9:20 AM; 10:05 AM
- Fee: \$130

Winter I Session

Mondays: 1/29/24 - 3/4/24 (6 weeks)

- Session Times: 5:10 PM
- Fee: \$130

Saturdays: 1/27/24 - 3/2/24 (6 weeks)

- Session Times: 9:20 AM; 10:05 AM
- Fee: \$130

Soccer Shots Premier

Ages 5-8 year olds

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 I Session

Location: Sutcliffe Park

REGISTRATION IS NOW OPEN!

Mondays: 9/11 - 10/16 (6 weeks)

- Session Time: 5:50 PM
- Fee: \$130

Saturdays: 9/16 - 11/4 (8 weeks)

- Session Time: 11:05 AM
- Fee: \$173



Fall II Session

Mondays: 11/20 - 1/8/24 (6 weeks)
(off 12/25 & 1/1)

- Session Times: 6:00 PM
- Fee: \$130

Saturdays: 11/18 - 1/6/24 (6 weeks)
(off 11/25 & 12/30)

- Session Times: 11:25 AM
- Fee: \$130

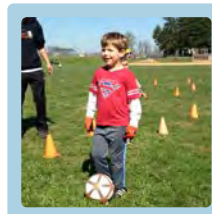
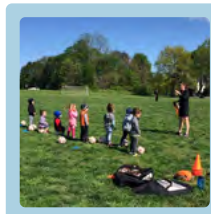
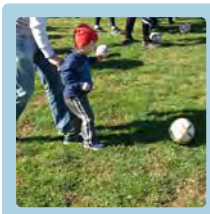
Winter I Session

Mondays: 1/29/24 - 3/4/24 (6 weeks)

- Session Times: 6:00 PM
- Fee: \$130

Saturdays: 1/27/24 - 3/2/24 (6 weeks)

- Session Times: 11:25 AM
- Fee: \$130



YOUTH PROGRAMMING CONTINUED....

Live, Work, Play!

PARK EXPLORERS

Conshohocken Borough has some of the finest parks in the area. Come and explore what our parks system has to offer. Meet at a different park monthly with other parents and their toddlers. Weather permitting.

Day: Tuesdays

Time: 10:30 AM

Location:

- Tuesday, September 5th - B Field Park
- Tuesday, October 3rd - Mary Wood Park
- Tuesday, November 7th - Aubrey Collins Park



BASKETBALL CLINICS WITH MOORE BROTHERS BASKETBALL

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

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

Day: Tuesdays

Dates: 1/23/24 - 2/20/24

Ages/Times:

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

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



Conshohocken Rowing Center 2023 Programs and Offerings

During the fall of 2023, the Conshohocken Rowing Center will be offering opportunities for both boys and girls to participate in practices on the water. This program is open to the public and focused on working with athletes ages 12-17 years old.

Fall Programs

CRC Fall 2-Day Weekend Sculling Program

Accepting 20-24 athletes

Span over 5 weekends

Practices: Sat and Sun 12:30 to 2 p.m.

Accepting athletes of all experience levels, ages 12-17

Visit our Regatta Central portal for Registration.

The goal is to help athletes learn and refine the basics of rowing and prepare them for additional programs in the summer or the following school year. All interested participants should email

rowingcrc@gmail.com.

Registration for both programs is done online through Regatta

Central.

Further details and discounts are available for residents of the Borough of Conshohocken

2024 Conshohocken Summer Camp

- Nine one-week sessions beginning 6/19
- Camp hours: 9:00 AM - 4:00 PM
- Extended care available for an additional fee
- Boys & girls ages 6-12
- Registration begins January 8, 2024

The Borough of Conshohocken Department of Recreation Services is seeking enthusiastic individuals for summer camp counselor positions. Camp counselor applicants must be at least 16+ years of age. Applications are now available: pick-up at the Community Center at the Fel (515 Harry St) or by calling 610-828-3266 or by emailing calcorn@conshohockenpa.gov.

