



Department of
RECREATION SERVICES

ACTIVITY GUIDE

FALL - WINTER 2024-2025



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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! Please make sure that clothes are bagged or in a container.

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



LITTLE YOGIS

Even our littlest yogis find the physical, mental and emotional benefits of a yoga practice! From stretching and strengthening immune systems to creating a great sense of calm and boosting confidence, Yoga can support your little one's development. Using age-appropriate games and storytelling, this class will give your child tools to help regulate their nervous systems and find more ease.

Dates/Themes:

- Halloween Party - October 27th
- We are Thankful - November 24th
- Winter - December 15th

Fee: \$25/session

Ages: 3 - 5

Time: 12:00 PM



Dear Conshohocken Residents,

Welcome to the 2024-2025 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.

This past spring and in the coming months Sutcliffe Park will continue to see renovations and upgrades. The basketball courts were reconstructed and finished in June. Two full courts were implemented with multiple side nets to accommodate the many players that use the courts. Construction has started for the walking trail and will continue through the end of the year for a much needed upgrade. It will be ready for use by the public in 2025. In addition to Borough funding, trail reconstruction was supported with grants from the Pennsylvania Department of Conservation and Natural Resources Bureau of Recreation and Conservation and the Commonwealth Financing Authority Greenways, Trails, and Recreation Program.

In this edition of the activity guide, you will see the addition of new programs including flag football, cheer, golf, Colombian Salsa, a casino trip and more! We are excited at the diverse offerings we are able to bring to our growing community.

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 all 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 Mulderrig, Administrative Assistant
Tom Brady, Weekday Front Desk Associate
Alexa Davenport-Collins, Weekend Front Desk Associate
Alexandra Davis, Weeknight Front Desk Associate
Chris Jackson, Weekend Front Desk Associate
Gloria Scott, Weekday Front Desk Associate
Colleen Byrne, Weeknight Front Desk Associate

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

CONTACT INFO

Address
Conshohocken Community Center
at the Fel
515 Harry Street,
Conshohocken, PA 19428

Phone
(610) 828-3266

Borough Website
www.conshohockenpa.gov

Recreation Website
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 after care staff, fitness instructors, and seasonal employment opportunities. Please contact Lauren Irizarry at lirizarry@conshohockenpa.gov, if interested.



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.



RENEW ACTIVE & ONE PASS PROGRAM

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

How Do I Get It?

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



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?

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

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://conshohockensp.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. **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 \$25 non-refundable deposit to book a reservation. For pricing, policies and room selection see our website at: <http://conshohockensp.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, air hockey table, and pool table! TV and lounge area perfect for relaxing, hanging out with friends, or meeting new people!



Meeting Room

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

Basketball Gym

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



MARY WOOD PARK HOUSE

Located at 120 E. 5th Ave.

Rental Opportunities Now Available!

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



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

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

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 fall.
- The A-Field Stadium and walking track will be closed on holidays and during rentals consisting of contests and tournaments

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

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

Mary Wood Park Pavilion

- Available for parties, picnics etc.
- Picnic benches



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

SUTCLIFFE PARK

Located at 900 Freedley Street

Sutcliffe Park

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

Senior Field

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



Evergreen Pavilion

- Available for parties, picnics etc.
- Picnic benches

Playground Pavilion

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

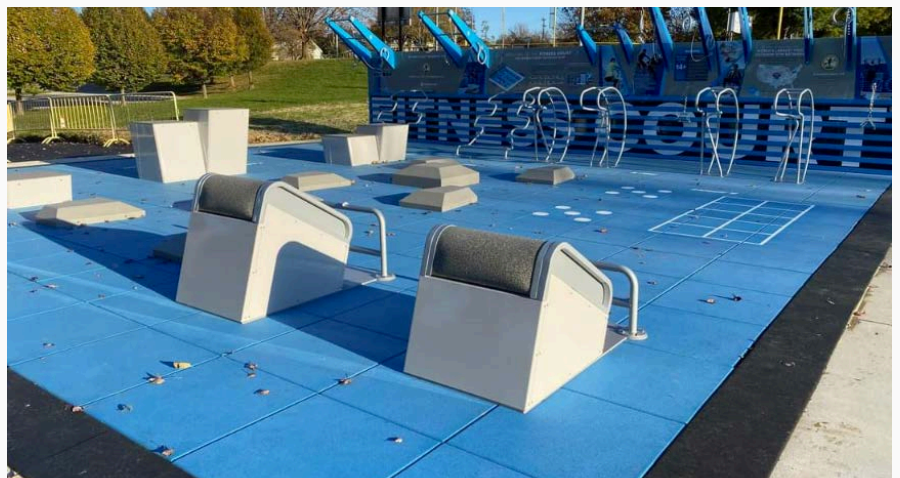


Fitness Court

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 23rd
Dusk (approx. 7:45 PM)
Mary Wood Park



In partnership with the Hispanic Heritage Association and the Mary Wood Park Commission, join us for a family movie night in the park. Coco 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 12th
12:00 PM | 515 Harry Street

Happy Halloween! Join us at the Conshohocken 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 2nd for residents, September 16th for non-residents. Registration will end October 9th or when **maximum capacity is reached**.

Thanksgiving Senior Luncheon

Wednesday, November 13th
12:00 PM | 515 Harry Street

Free Thanksgiving themed luncheon just for the seniors of the community. Registration is required and will begin on October 14th. It will end on November 8th or when maximum capacity is reached.



Holiday Senior Luncheon

Wednesday, December 11th
12:00 PM | 515 Harry Street

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



Winter Wonderland

Saturday, December 14th
12:00 PM | 515 Harry Street

Join us at the Community Center at the Fel for a Winter Wonderland celebration! Participate in the holiday spirit and seasonal cheer by spending time with your community, joining in on arts & crafts, games and an appearance by Santa! For more information, contact the Community Center at 610-828-3266 or email RecServices@conshohockenpa.gov. Registration is required and will begin November 1st for residents, November 15th for non-residents. Registration will end December 9th or when **maximum capacity is reached**.

AMERICAN RED CROSS BLOOD DRIVE

Fall Date: Saturday, November 9, 2024
Winter Date: Sunday, February 16, 2025
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

Thursday, December 26th
Friday, December 27th
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

REGISTER NOW! conshohockenrsp.recdesk.com

CONSHOHOCKEN ART LEAGUE AT MARY WOOD PARK HOUSE

INDEPENDENT STUDIES

Day: Tuesdays

Dates: 9/24 - 11/19 (no class on 11/5)

Time: 10:00 AM - 12:00 PM

Fee: \$180 Members; \$200 Non-Members; 10% discount for Art League Members

An 'open ended class' available to artists and students working in painting or drawing, able to work on their own, under the guidance of an experienced artist. Frequent individual and group critiques, art historical insight, and a supportive environment foster exciting outcomes and individual growth. Everyone with some art experience welcome. Please bring your own supplies.

INTRO TO DRAWING & PAINTING

Day: Mondays

Dates: 9/16 - 11/4

Time: 6:30 PM - 8:30 PM

Fee: \$180 Members; \$200 Non-Members; 10% discount for Art League Members

Basic Skills is a class designed for beginners as a survey of essential drawing and painting techniques. Starting with beginner drawing techniques and working up to painting students will learn the fundamental skills of these foundational art mediums. If you have ever wanted to take an art class but you are not sure where to begin this class is for you! (Supplies Included)

JAPANESE ART WORKSHOP

Dates: 3-week course; TBD

Fee: \$112 Members; \$125 Non-Members; 10% discount for Art League Members

In this class we will learn painting and collage techniques using paper, ink, pigment/pigment sticks, binders and wheat starch paste. I will teach methods that I learned while working with Japanese artists to create mixed-media work. The workshop will teach students how to prepare a substrate and other materials in order to develop images, compositions and finished work. (Supplies Included)

OPEN GALLERY

November - Date TBD

VISITING ARTIST

Date: Sunday, September 29th

Time: 1:00 PM - 3:00 PM

Ages: All

The Conshohocken Art League Visiting Artist series continues this year bringing professional artists to present their work to the Conshohocken community. At their presentation the artist will present their works - discuss their techniques, career, and style - and answer questions creating a dialogue with the local artist community.

INTRO TO ART: A SPACE FOR YOUNG ARTISTS

Day: Saturdays

Dates: 9/21 - 11/23 (no class on 10/19 and 11/9)

Time: 10:00 AM - 12:00 PM

Fee: \$112 Members; \$125 Non-Members; 10% discount for Art League Members

Our Introduction to Art class is designed to teach students, ages 6 to 12, the foundations of drawing, painting, and color theory in a fun and creative environment! Starting with basic drawing each class will build upon the students' new skills to give an overview of the fine art mediums including painting, sculpting, collage, and more. Students are encouraged to experiment with these new skills to let their artistic imaginations soar! (Supplies included)

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.

ZUMBA & CARDIO POP FITNESS

ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

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

Dates: 9/23 - 11/18 (no class on 11/4)

Time: 7:15 PM - 8:05 PM

Fee: \$85 Residents/Members | \$90 Non-Residents

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 adapt to participants of all fitness levels.

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

Dates:

- Session 1: 9/17 - 10/22
- Session 2: 10/29 - 12/10 (no class on 11/5)
- Session 3: 1/14/25 - 2/18/25

Time: 12:00 PM - 12:45 PM

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



YOGA FOR BEGINNERS



This 8-week series will introduce you to basic yoga principles, simple breath work techniques and key alignment in foundational poses.

Dates:

- Session 1: Mondays, 9/23 - 11/11
 - **Time:** 6:30 PM - 7:30 PM
- Session 2: Tuesdays, 1/14/25 - 3/4/25
 - **Time:** 9:30 AM - 10:30 AM

Fee: \$80

Yoga In The Park
Yoga Home will be offering yoga classes in the parks through August.

TAI CHI/MINDFUL MOVEMENT



Life moves so fast, let's practice slowing down to connect to the moment using breath and movement. This low impact class will help improve strength, flexibility, balance, as well as cognitive and emotional health! Other benefits include increase in energy and decrease in joint pain. No experience necessary, all levels welcome!

Day: Wednesdays | **Age:** 18+

Dates:

- Session 1: 9/11 - 10/30 (8 weeks)
 - **Fee:** \$70 Residents/Members | \$75 Non-Residents
- Session 2: 11/6 - 12/18 (7 weeks)
 - **Fee:** \$60 Residents/Members | \$65 Non-Residents

Time: 9:15 AM - 10:00 AM

KICK + CORE

Class includes interval tabata style using your own body weight with light weight dumbbell segments for approximately an hour. We then move onto our core with Pilates type movements including stretch and elongation of core muscles. The 2 style classes are a perfect combo of cardio/energy and stretching/peace.

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

Dates:

- Session 1: 9/14 - 10/26 (no class on 10/5)
- Session 2: 11/2 - 12/14 (no class on 11/30)
- Session 3: 1/4/25 - 2/8/25

Time: 8:15 AM - 9:50 AM

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



SPIN

Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! Come on in for the ride!

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

Dates:

- Session 1: 9/12 - 10/17
- Session 2: 11/7 - 12/19 (no class on 11/28)

Time: 4:30 PM

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

REGISTER NOW! conshohockenrsp.recdesk.com

ACTIVE OLDER ADULTS (62+) PROGRAMMING

Live, Work, Play!

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

BINGO

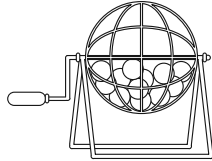
Research has shown that games are good for the brain! They can stimulate memory, attention skills, and most importantly promote social interaction. Come join the Seniors of the community every Monday in the multi-purpose room! Light refreshments will be included.

Day: Mondays beginning September 9th

Time: 10:00 AM - 2:00 PM

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!

Dates: Mondays, Thursdays, and Fridays (Ongoing)

Time: 8:30 AM - 9:15 AM

Age: Active Older Adults

CASINO TRIP

TUESDAY, OCTOBER 22ND

Age: 55+

\$50 RESIDENTS; \$60 NON-RESIDENTS



Join the Community Center at the Fel as we take a trip to Wilkes-Barre, PA to visit the Mohegan Sun Casino. The bus will depart at 8am sharp from the B-field parking lot (in-between 11th and 12th on Hollowell St) and will return at 6pm. We will be at the casino from 10am-3pm. Test your luck and win some money!

ADULT PROGRAMMING

Live, Work, Play!

PICKLEPALOOZA

NEW

Gear up for an unforgettable day! Whether you're a seasoned player or new to the game, this is the perfect opportunity to socialize, have fun, and play pickleball. PicklePalooza will feature a variety of games and point play, providing the ideal platform to test your abilities and compete against other players. Grab your friends and join us for a day of pickleball fun at Conshohocken's PicklePalooza. We can't wait to see you there!

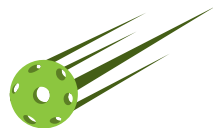
Day: Saturday, October 26th

Times:

- Beginner: 9:00 AM - 10:30 AM
- All Levels: 10:30 AM - 12:00 PM

Fee: \$30

Age: 18+



Universal
RACKETS

PICKLEBALL OPEN PLAY

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

Days: Wednesdays and Fridays

Time: 9:00 AM - 12:00 PM

Fee: Free Members | \$2 Residents | \$3 Non-Residents



PICKLEBALL CLINICS

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: 9/16 - 10/14
- Session 2: 11/4 - 12/2
- Session 3: 1/13/25 - 2/10/25

Times:

- Beginner: 9:30 AM - 11:00 AM
- Intermediate: 11:00 AM - 12:30 PM

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



CORPORATE LUNCHTIME BASKETBALL

Corporate Lunch Time Basketball is perfect for those who work in the area and want to unwind on their lunch break playing non-competitive games among colleagues.

Days: Tuesdays & Thursdays (Ongoing)

Time: 12:00 PM - 2:00 PM

Fee: Free Members | \$5 per session



INFANT CPR TRAINING

Infant CPR training will give individuals the skills necessary to prevent, recognize and provide basic care for emergencies in infants until advanced medical personnel arrive. This is a noncertification class led by Anthony Wiencek of Emergency Training Partners. Registration is required.

Dates:

- Tuesday, September 10th | **Time:** 6:30 PM
- Saturday, September 14th | **Time:** 10:00 AM
- Saturday, October 19th | **Time:** 10:00 AM
- Tuesday, October 22nd | **Time:** 6:30 PM
- Saturday, November 16th | **Time:** 10:00 AM
- Tuesday, November 19th | **Time:** 6:30 PM
- Tuesday, December 10th | **Time:** 6:30 PM
- Tuesday, January 7th | **Time:** 6:30 PM

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

FALL/WINTER MEN'S BASKETBALL LEAGUE

All teams that were enrolled in the 2024 Summer League will have first choice to register. 12 Team League, with 11 games guaranteed (all teams make PLAYOFFS). For more information, contact Tom Brady at 610-828-3266 or tbrady@conshohockenpa.gov.

Date: Mondays & Wednesdays, beginning October 7th

Times: 6:00 PM - 8:00 PM

Age: Men 21+

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

Dates:

- Fall Session: 9/25 - 11/13
- Winter Session: 1/22/25 - 3/12/25

Time: 6:30 PM - 7:30 PM

Fee: \$80 Residents/Members | \$85 Non-Residents

Location: Mary Wood Park House

LINE DANCE ALA CARTE



For experienced dancers, and those who like the challenge of learning dances with more complex choreography and timing, this just might be your new addiction! Focus on learning **ONE** dance each class. Add lots of repetition and soon you'll be having a blast wherever there's a dance floor! (Not for the novice dancer).

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

Dates:

- Fall Session: 9/25 - 11/13
- Winter Session: 1/22/25 - 3/12/25

Time: 7:45 PM - 8:45 PM

Fee: \$80 Residents/Members | \$85 Non-Residents

Location: Mary Wood Park House

SUNDAY MORNING BASKETBALL

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

Day: Sundays | **Age:** 18+

Dates: Ongoing, beginning **September 8th**

Time: 9:00 AM - 11:00 AM

Fee: Free Members | \$6 Non-Members



COLOMBIAN SALSA SERIES



Colombian Salsa Series also known as Salsa Caleña is a popular dance and music style that originated in Cali Colombia during the 1960's-70's. While it does share similarities with other salsa styles, such as Cuban and New York Style, it has distinct characteristics that set it apart. Colombian Salsa dance style is characterized by its energetic, fluid movements and by its fast paced and intricate footwork. We will be learning the basic structure and fundamentals of sounds and beats & foot work. Be ready for a high energy environment to get us moving on the dance floor!

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

Dates: 9/19 - 10/24

Time: 7:00 PM - 8:00 PM

Fee: \$180 Residents/Members | \$185 Non-Residents

Location: Mary Wood Park House

PAINT & PLAY

Fridays

Session 1: 9/6 - 10/11 (6 weeks)

- **Fee:** \$125 Members/Residents | \$130 Non-Residents

Session 2: 11/8 - 12/13 (5 weeks, no class on 11/29)

- **Fee:** \$105 Members/Residents | \$110 Non-Residents

Session 3: 1/10/25 - 2/21/25 (6 weeks, no class on 2/14)

- **Fee:** \$125 Members/Residents | \$130 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. Ages are only used as a guideline.

Wednesdays (6 weeks)

- Session 1: 9/4 - 10/16 (no class on 10/2)
- Session 2: 11/6 - 12/18 (no class on 11/22)
- Session 3: 1/15/25 - 2/19/25

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

Ages/Times

- Little Bears (walkers - 3 years): 4:30 PM (**SESSION 1 ONLY**)
- Baby Bears (5 months - crawlers): 5:30 PM
- Family Bears (walkers - 4 year olds): 6:30 PM

Thursdays (6 weeks)

- Session 1: 9/5 - 10/17 (no class on 10/3)
- Session 2: 11/7 - 12/19 (no class on 11/28)
- Session 3: 1/16/25 - 2/20/25

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

Ages/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



TINY TOTS

Help your child discover movement and expression! Even though your little ones aren't old enough for school, you can head to the Community Center for a fun and interactive experience with your child. No need to register ahead of time and you may come any time during the 4 hours.

Day: Wednesdays starting 9/11

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

Fee: Free for Members | \$5 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.

Dates:

- Fall Session: Tuesdays (10 weeks), 9/24 - 12/3 (no class on 11/5)
 - **Fee:** \$200 Members/Residents | \$210 Non-Residents
- Winter Session: Thursdays (8 weeks), 1/16/25 - 3/6/25
 - **Fee:** \$165 Members/Residents | \$175 Non-Residents

Ages/Times:

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



KIDS KARE AFTER SCHOOL PROGRAM

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.

Dates:

- Session 2: 1/2/25 - 3/14/25
 - **Fee:** 1 Child: \$550 | 2 Children: \$500 | 3 Children: \$450
- Session 3: 3/17/25 - 6/13/25
 - **Fee:** 1 Child: \$525 | 2 Children: \$475 | 3 Children: \$425
- **Time:** 3:30 PM - 5:30 PM
- **Ages:** Grades K - 3rd

BASEBALL CLINIC W/ CONSHY BASEBALL & SOFTBALL

This is a great opportunity for youth baseball players to work on their skills and prepare for the upcoming spring season. This is an eight-week program geared towards teaching fundamentals and progressively building up the players arms and bodies each week so they're ready to go come spring.

Day: Sundays

Dates: 1/5/25 - 3/2/25 (no class on 2/16/25)

Ages/Times:

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

Fee: \$100



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 (5 weeks)

Dates: 1/21/25 - 2/18/25

Ages/Times:

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

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

SKYHAWKS SPORTS ACADEMY

NEW

CHEER

Day: Tuesdays
Dates: 9/17 - 10/22
Fee: \$150
Location: B Field



CheerTots

CheerTots teaches far more than just core cheer concepts and techniques; they also explore their personal expression, agility, rhythm and teamwork. CheerTots is a great way to build self-confidence and nurture the desire to share happiness with others.

Ages: 3 - 5 | **Time:** 5:00 PM - 5:45 PM

Cheerleading

Skyhawks cheerleading teaches the skills essential to lead crowds and support the home team! Each cheerleader learns proper hand and body techniques. The program concludes with a choreographed performance.

Ages: 6 - 8 | **Time:** 6:00 PM

Ages: 9 - 12 | **Time:** 7:00 PM

GOLF

Day: Thursdays
Dates: 9/19 - 10/24
Fee: \$165
Location: B Field



GolfTots

GolfTots is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. Your toddler will learn the basic rules of golf while developing motor skills and hand eye coordination through learning the fundamental golf swing and putting stroke. The unique, games-based play program and modified learning equipment make it easier for toddlers to hit the ball and experience early success.

Ages: 3 - 5 | **Time:** 5:00 PM - 5:45 PM

Golf

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat.

Ages: 6 - 8 | **Time:** 6:00 PM

Ages: 9 - 12 | **Time:** 7:00 PM

FLAG FOOTBALL

Day: Tuesdays
Dates: 9/17 - 10/22
Fee: \$150
Location: B Field



1stDownTots

Makes learning football awesome! Kids will play flag football and get to learn the basics like throwing, passing and handling the ball. This program is especially popular due to its engaging but no-tackle atmosphere.

Ages: 3 - 5 | **Time:** 5:00 PM - 5:45 PM

Flag Football

Athletes learn skills on both sides of the football, including the core components of passing, catching, and defense - all in a fun and positive environment. The program ends with the Skyhawks Super Bowl.

Ages: 6 - 8 | **Time:** 6:00 PM

Ages: 9 - 12 | **Time:** 7:00 PM

SUPERTOTS MULTI-SPORT

A development program for kids that uses a variety of fun games to engage kids while exposing them to a variety of different sports. The goal is to build fitness, muscle coordination and sports fundamentals while fostering a love of athletics.

Day: Sundays

Dates: 9/22 - 11/3 (no class on 10/27)

Ages/Time:

- 2 - 3-year-olds - 9:30 AM - 10:10 AM
- 3.5 - 5-year-olds - 10:20 AM - 11:00 AM

Fee: \$150



SCHOOL'S OUT DAYS

When school is out, we're in! Skyhawk Sports Academy will offer their multi-sport program that is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion and teamwork.

Dates: 10/3, 11/1, 11/27, 12/23, 12/26, 12/27, 12/30, 2/14

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

*10% sibling discount

Time: 9:00 AM - 4:00 PM

Age: Grades K - 6th

CONSHOHOCKEN SUMMER DAY CAMP 2025

The Borough of Conshohocken Summer Day Camp will be back for its 7th season of summer fun beginning June 16th. Designed for campers ages 6-12 years old, the Conshohocken Summer Day Camp engages campers in a wide variety of recreational activities.

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

Registration begins January 6, 2025.

YOUTH PROGRAMMING

Live, Work, Play!

REGISTRATION IS NOW OPEN!

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 2024 Session

Location: B Field

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

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

Saturdays: 9/7 - 10/26 (8 weeks)

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

Sundays: 9/8 - 10/27 (8 weeks)

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

Fall 2 Session

Location: Community Center at the Fel

Fee: \$130

Mondays: 11/25 - 1/6/25 (6 weeks, off 12/30)

- Session Times: 4:30 PM

Saturdays: 11/23 - 1/11/25 (6 weeks, off 11/30; 12/28)

- Session Times: 8:45 AM; 10:50 AM

Winter Session

Location: Community Center at the Fel

Fee: \$130

Mondays: 2/3/25 - 3/10/25 (6 weeks)

- Session Times: 4:30 PM

Saturdays: 2/1/25 - 3/8/25 (6 weeks)

- Session Times: 8:45 AM; 10:50 AM

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 2024 Session

Location: B Field

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

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

Saturdays: 9/7 - 10/26 (8 weeks)

- Session Times: 9:25 AM
- **Fee:** \$173

Sundays: 9/8 - 10/27 (8 weeks)

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

Fall 2 Session

Location: Community Center at the Fel

Fee: \$130

Mondays: 11/25 - 1/6/25 (6 weeks, off 12/30)

- Session Times: 5:10 PM

Saturdays: 11/23 - 1/11/25 (6 weeks, off 11/30; 12/28)

- Session Times: 9:20 AM; 10:05 AM

Winter Session

Location: Community Center at the Fel

Fee: \$130

Mondays: 2/3/25 - 3/10/25 (6 weeks)

- Session Times: 5:10 PM

Saturdays: 2/1/25 - 3/8/25 (6 weeks)

- Session Times: 9:20 AM; 10:05 AM

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 2024 Session

Location: B Field

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

- Session Times: 5:50 PM
- **Fee:** \$130

Saturdays: 9/7 - 10/26 (8 weeks)

- Session Times: 10:15 AM
- **Fee:** \$173



Fall 2 Session

Location: Community Center at the Fel

Fee: \$130

Mondays: 11/25 - 1/6/25 (6 weeks, off 12/30)

- Session Times: 6:00 PM

Saturdays: 11/23 - 1/11/25 (6 weeks, off 11/30; 12/28)

- Session Times: 11:25 AM

Winter Session

Location: Community Center at the Fel

Fee: \$130

Mondays: 2/3/25 - 3/10/25 (6 weeks)

- Session Times: 6:00 PM

Saturdays: 2/1/25 - 3/8/25 (6 weeks)

- Session Times: 11:25 AM