



Department of  
RECREATION SERVICES

# ACTIVITY GUIDE

SPRING - SUMMER 2025



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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

### DEPARTMENT STAFF

**Lauren Irizarry**, Director of Recreation Services  
**Charlie Alcorn**, Recreation Supervisor  
**Valéz Jackson**, Recreation Manager  
**Rachel Mulderrig**, Administrative Specialist  
**Tom Brady**, Weekday Front Desk Associate  
**Alexa Davenport-Collins**, Weekend Front Desk Associate  
**Alexandra Davis**, Weeknight Front Desk Associate  
**Chris Jackson**, Weekend Front Desk Associate  
**Gloria Scott**, Weekday Front Desk Associate  
**Colleen Byrne**, Weeknight Front Desk Associate

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](http://www.conshohockenpa.gov)

#### Recreation Website

[conshohockenrsp.recdesk.com](http://conshohockenrsp.recdesk.com)

#### Email

[RecServices@conshohockenpa.gov](mailto:RecServices@conshohockenpa.gov)

### HOURS OF OPERATION

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

**Friday:** 7AM - 5PM

**Saturday:** 8AM - 4PM

**Sunday:** 8AM - 4PM

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

### HOW TO REGISTER FOR CLASSES, PROGRAMS & EVENTS

- 1 REGISTER ONLINE:** Go to: [conshohockenrsp.recdesk.com](http://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.



### 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 summer camp counselors opportunities. Please contact Lauren Irizarry at [lirizarry@conshohockenpa.gov](mailto:lirizarry@conshohockenpa.gov) if interested.

## 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](http://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)	\$6.00	\$8.00
Adult (18-61)	\$17.00	\$22.00
Family (4 max)	\$22.00	\$29.00
Senior (62+)	\$6.00	\$8.00

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

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

### OPEN GYM TIME:

The Community Center has open gym time based off the daily schedule. For information on the daily schedule please call 610-828-3266 or view online at: <https://conshohockensrsp.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](mailto: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](mailto: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](mailto: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](http://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!



## MARY WOOD PARK HOUSE

Located at 120 E. 5th Ave.

### Rental Opportunities Available!

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



### 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

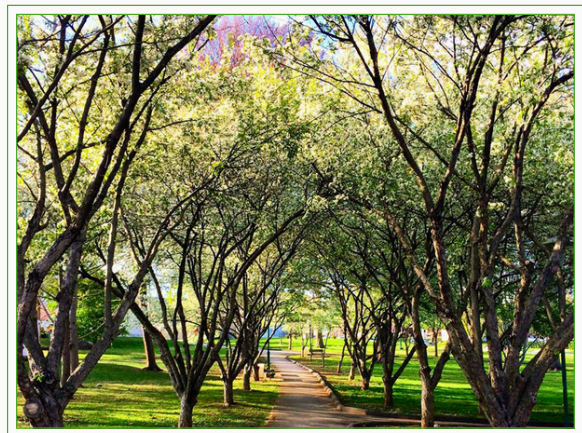
## MARY WOOD PARK

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

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

### Senior Field

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



### Evergreen Pavilion

- Available for parties, picnics etc.
- Picnic benches

### Playground Pavilion

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



### Fitness Court

The fitness court is 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 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



## 63rd Albert C. Donofrio Classic

Monday, March 31st - Thursday April 17th  
7:00PM & 8:30PM | 515 Harry Street

Don't miss this basketball tournament rich in tradition and talent, featuring the best players in high school hoops.

Ticket Prices:

- Senior (62+): \$3.00
- Adult (18-61): \$6.00
- Children (6-17): \$2.00
- Under 5: Free
- Tournament Pass: \$40.00 (not valid for Semi & Final Games)

**\*Tournament Bracket will be available 2 weeks prior to the start.**

## Easter Egg Hunt

Saturday, April 19th  
10:00 AM | 515 Harry Street

Hop over to the Community Center at the Fel for the annual Easter Egg Hunt! The event will be held outdoors rain or shine. Admission is FREE. Prizes and refreshments will be provided with a special visit from the Easter Bunny!

Registration is required for each child participating. Registration begins February 3rd for residents. Registration will open to all on February 17th and end April 14th or when maximum capacity is reached.



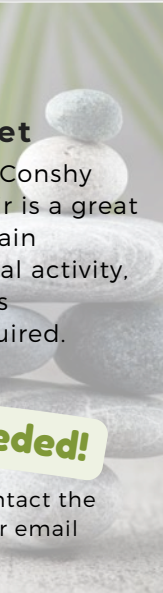
## Health & Wellness Fair

Tuesday, May 13th  
6:00PM - 8:00 PM | 515 Harry Street

Brought to you by the Recreation Services and Conshy Cryo Wellness Studio, the Health & Wellness Fair is a great event for the Conshohocken community to obtain information about healthy living, eating, physical activity, mental health services, and other local wellness resources. Registration for attendees is not required.

**Health & Wellness Vendors Needed!**

Interested health and wellness vendors should contact the Community Center at the Fel at 610-828-3266 or email [RecServices@conshohockenpa.gov](mailto:RecServices@conshohockenpa.gov).



## Senior BBQ Luncheon

Wednesday, June 4th  
12:00PM | 515 Harry Street

Join us for a free BBQ to kick off the summer. This event is for the seniors (62+) of the community. Registration is required and will begin May 1st. Registration will end June 1st or when maximum capacity is reached. To register, call the Community Center at 610-828-3266.



## AMERICAN RED CROSS BLOOD DRIVE

Dates:

- Saturday, July 12th
- Saturday, August 2nd

Time: 9:00AM - 2:00PM

Location: 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.

## Movie in the Park

Friday, August 22nd  
Dusk | Mary Wood Park

Join us for a family movie night in the park. Be sure to bring a blanket and chair. Light food and refreshments available for purchase. Movie is TBD.







# FAMILY BINGO NIGHT

**FRIDAY, MAY 2ND**

**DOORS OPEN - 6:15PM**

**GAMES BEGIN - 6:45PM SHARP**

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

Fee:

- Family Pack: Includes (4) bingo packets and a pizza
- Individual Cost: \$5 per person includes (1) bingo pack

To register, visit [conshohockenrsp.recdesk.com](http://conshohockenrsp.recdesk.com) or call the Community Center at 610-828-3266.



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

### Active Fitness (62+)

**Mondays, Thursdays, & Fridays**  
**8:30 AM**

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:** Tuesdays | **Age:** 18+

**Dates:**

- Session 1: 4/22 - 6/17 (8 weeks, no class on 5/20)
  - **Fee:** \$85 Residents/Members | \$90 Non-Residents
- Session 2: 7/1 - 8/5 (6 weeks)
  - **Fee:** \$65 Residents/Members | \$70 Non-Residents

**Time:** 7:15 PM - 8:05 PM

## 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: 2/26 - 4/9 (7 weeks)
  - **Fee:** \$60 Residents/Members | \$65 Non-Residents
- Session 2: 4/23 - 6/11 (8 weeks)
  - **Fee:** \$70 Residents/Members | \$75 Non-Residents

**Time:** 9:15 AM - 10:00 AM

## 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: 3/4 - 4/8
- Session 2: 4/22 - 5/27

**Time:** 12:00 PM - 12:45 PM

**Fee:** \$60 Members | \$65 Non-Members



## 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 2: 3/29 - 5/10 (no class on 4/19)
- Session 3: 5/17 - 6/28 (no class on 5/24)

**Time:** 8:15 AM - 9:50 AM

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



## YOGA CLASSES

### YOGA FOR BEGINNERS

This 6 week series will introduce you to basic yoga principles, simple breath work techniques and key alignment in foundational poses.

**Day:** Mondays (6 weeks) | **Age:** 14+

**Time:** 6:00 PM - 7:00 PM

**Dates:** April 21st - June 2nd (no class 5/26)

**Fee:** \$60

### YOGA IN THE PARK

Yoga Home will be offering yoga classes in the parks beginning May 3rd. To register visit <https://ouryogahome.com/>.

Saturdays - 9am at Sutcliffe Park  
Wednesdays - 6pm at Mary Wood Park



### LITTLE YOGIS

Even our littlest yogis find the physical, mental and emotional benefits of a yoga practice!

Dates/Themes:

- St. Patrick's Day - March 8th
- Spring - April 6th
- Cinco de Mayo - May 4th

Fee: \$20/session

Ages: 3 - 5

Time: 11:00 AM

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

# ACTIVE OLDER ADULTS (62+) PROGRAMS

*Live, Work, Play!*

## BINGO

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

**Days:** Mondays ending June 2nd. Program will resume in September.

**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!

**Dates:** Mondays, Thursdays, and Fridays (Ongoing)

**Time:** 8:30 AM - 9:15 AM

**Age:** Active Older Adults



# ADULT PROGRAMS

*Live, Work, Play!*

## PICKLEPALOOZA

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, May 17th

**Times:**

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

**Fee:** \$30

**Age:** 18+



## SUNDAY MORNING BASKETBALL

### Men

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

**Day:** Sundays (Ongoing)

**Time:** 9:00 AM - 11:00 AM

**Fee:** Free Members | \$6 Non-Members



### Women

Women's Sunday Morning Basketball will be held once a month on Sundays in the gym for competitive, self-led pickup games

**Day:** Sundays

**Dates:** 4/27, 5/18, 6/8

**Time:** 11:00 AM - 1:00 PM

**Fee:** Free Members | \$6 Non-Members

## 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!

**Advanced:** Students will dive deep into advanced strategies, honing their skills through targeted repetition, high-level tactics, and refined techniques.

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

**Dates:**

- Session 1: 2/17 - 3/17
- Session 2: 4/7 - 5/5
- Session 3: 5/12 - 6/16 (no clinic on 5/26)

**Times:**

- Beginner: 9:30 AM - 11:00 AM
- Intermediate: 11:00 AM - 12:30 PM
- Advanced: 12:30 PM - 2:00 PM

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



## PICKLEBALL OPEN PLAY

Pickleball is cross between ping-pong, tennis and badminton

**Day:** Wednesdays & Fridays (Ongoing)

**Time:** 9:00 AM - 12:00 PM

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



## ART CLASSES WITH THE CONSHOHOCKEN ART LEAGUE

### BASIC SKILLS 1: DRAWING

Our first Basic Skills class is designed for beginners as a survey of essential drawing. Utilizing the most basic artist materials, each class will begin with demonstrations of drawing techniques, followed by students' personal experimentations with those materials. Each class will also cover the history of each technique and how famous artists have used them in their works. (Supplies Included)

**Day:** Thursdays (8 weeks)

**Dates:** 3/6 - 4/24

**Time:** 6:30 PM - 8:30 PM

**Fee:** \$200 Residents | \$210 Non-Residents | 10% discount for Art League or Community Center Members

**Location:** Mary Wood Park House

### BASIC SKILLS 2: PAINTING

Our second Basic Skills class focuses on painting techniques that build upon the drawing techniques learned in our Basic Skills Drawing class. Each class will begin with demonstrations of a new painting technique followed by a lesson on a famous artist and how they used this technique in their work. Students will then be guided in an application of this technique to create their own painting! (Supplies included)

**Day:** Mondays (8 weeks)

**Dates:** 3/3 - 4/21

**Time:** 6:30 PM - 8:30 PM

**Fee:** \$200 Residents | \$210 Non-Residents | 10% discount for Art League or Community Center Members

**Location:** Mary Wood Park House

## 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:**

- Saturday, May 3rd | **Time:** 10:00 AM
- Tuesday, May 13th | **Time:** 6:30 PM
- Tuesday, June 10th | **Time:** 6:30 PM
- Saturday, July 12th | **Time:** 10:00 AM
- Tuesday, July 15th | **Time:** 6:30 PM
- Saturday, August 2nd | **Time:** 10:00 AM
- Tuesday, August 5th | **Time:** 6:30 PM

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

## SPRING/SUMMER MEN'S BASKETBALL LEAGUE

All teams that were enrolled in the 2024 Winter 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](mailto:tbrady@conshohockenpa.gov).

**Date:** Mondays & Wednesdays, beginning May 5th

**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:** 3/26 - 5/14

**Time:** 6:30 PM - 7:30 PM

**Fee:** \$88 Residents/Members | \$93 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:** 3/26 - 5/14

**Time:** 7:45 PM - 8:45 PM

**Fee:** \$88 Residents/Members | \$93 Non-Residents

**Location:** Mary Wood Park House

## 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



## OPEN GOLF - PENN CLUB ON 2ND NEW

Penn Club on 2nd is an indoor golf simulator club in the heart of Conshohocken. For the first time, we are offering open golf sessions. The club offers three simulator bays featuring Trackman technology and over 300 courses to choose from. Whether you are a serious golfer or just want to have fun, give the club a try. Participants must bring their own clubs. Limited space available.

**Dates/Times:**

- Session 1: Tuesday, April 29th - June 3rd
  - **Time:** 10:00 AM - 12:00 PM
- Session 2: Tuesday, June 24th - August 5th
  - **Time:** 10:00 AM - 12:00 PM
- Session 3: Wednesday June 11th - July 23rd
  - **Time:** 6:00 PM - 8:00 PM

**Fee:** \$250 per person, per session

**Age:** 18+

**Location:** Penn Club on 2nd (207 Forest St., Conshohocken)

## Create-a-Cook

6/16 - 6/20 [9am - 12pm]

Fee: \$185R / \$190Non-R

This hands-on, fun, cooking programs is for Junior Chefs of all skill levels. Learn new cooking and baking skills, explore flavors from around the world, and create new friendships! Students will learn to follow both simple recipes while working as a team. Our theme is designed to build confidence and each Junior Chefs' personal culinary artistry.

Ages 8-15

## Create-a-Cook

6/23 - 6/27 [9am - 12pm]

Fee: \$185R / \$190Non-R

This hands-on, fun, cooking programs is for Junior Chefs of all skill levels. Learn new cooking and baking skills, explore flavors from around the world, and create new friendships! Students will learn to follow both simple recipes while working as a team. Our theme is designed to build confidence and each Junior Chefs' personal culinary artistry.

Ages 8-15

## Colonial Soccer

6/23 - 6/27 [9am - 12pm]

Fee: \$239

Please visit Colonial Soccer's website at <https://www.colonialsoccerclub.org/> for camp information and registration.

Grades: K-5th

# SPECIALTY Summer CAMPS

Registration is now open! To register, visit [conshohockenrsp.recdesk.com](http://conshohockenrsp.recdesk.com) or call the Community Center at 610-828-3266.

## Wild Things Preserve

7/7 - 7/11 [9am - 12pm]

Fee: \$180

These lessons use innovative hands-on activities that provide campers with a unique foundation for associative learning. Whenever appropriate, live animals are brought into the camp and incorporated into the lesson in a way where students can hold and interact with them. Learning about natural habitats for living creatures, what they need to survive, how we impact/help them, and how the environment plays a roll has never been more fun!

Ages: 6-10

## Skyhawks Multi-Sport Camp

7/14 - 7/18 [9am - 12pm]

Fee: \$ 175

Multi-Sport programs are 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.

Ages: 6-12

## Skyhawks - Golf

7/21 - 7/25 [9am - 12pm]

Fee: \$175

Beginner 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: 6-12

## "Play-Well"

7/28 - 8/1 [9am - 12pm]

Fee: \$175

STEM FUNDamentals using LEGO® Materials - Level up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

Ages: 5-10

## Skyhawks Lacrosse Camp

8/4 - 8/8 [9am - 12pm]

Fee: \$175

Join Skyhawks Lacrosse, endorsed by USA Lacrosse! This program teaches young athletes essential lacrosse skills like stick handling and shooting in a supportive, non-contact setting. We provide all equipment, though personal sticks are welcome. Perfect for beginners or improving players, each session fosters a deep love for the game.

Ages: 6-12

## Theatre Horizon Drama Camp

8/11 - 8/15 [9am - 3pm]

Fee: \$210 R / \$215 Non-R

Young actors spend a week working as an ensemble to create an original play - full of drama, comedy, suspense, and one-of-a-kind characters. Professional teaching artists guide campers through playwriting basics and fun improvisation games. On the last day, they perform their world premiere play for an audience!

Ages: 7-12

## Skyhawks Multi-Sport Camp

8/18 - 8/22 [9am - 12pm]

Fee: \$175

Multi-Sport programs are 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.

Ages: 6-12

## PAINT & PLAY

**Fridays** (5 weeks)

- Session 1: 3/14 - 4/11
- Session 2: 5/2 - 6/6 (no class on 5/23)

**Fee:** \$120 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. Come with a friend, meet new friends! Ages are only used as a guideline.

**Wednesdays** (6 weeks)

- Session 1: 4/30 - 6/4

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

**Age/Times:**

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

**Thursdays** (11 weeks)

- Session 1: 3/13 - 6/5 (no class 4/17 & 4/24)

**Fee:** \$220 Members/Residents | \$225 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



## DRAMA CAMP-SPRING BREAK

In Theatre Horizon's spring break Drama Camp, young actors spend a week working as an ensemble to create an original play - full of drama, comedy, suspense, and one-of-a-kind characters. Professional teaching artists guide campers through playwriting basics and fun improvisation games. On the last day of camp, they perform their world premiere play for an audience of friends and family using props and costumes they made themselves! Drama Camp is a place to make new friends, build ensemble skills, take on leadership roles, and explore creativity. Curtain up!

**Dates:** 4/14 - 4/18

**Time:** 9:00 AM - 3:00 PM

**Ages:** 7 - 12

**Fee:** \$210 Residents | \$215 Non-Residents

**Location:** Mary Wood Park House

## WILD THINGS PERSERVE

NEW

Join Wild Things Preserve as we embrace learning, activities, and FUN! These lessons use innovative hands-on activities that provide registrants with a unique foundation for associative learning. Whenever appropriate, live animals are brought into the class and incorporated into the lesson in a way where students can hold and interact with them. Learning about natural habitats for living creatures, what they need to survive, how we impact/help them, and how the environment plays a role has never been more fun!

**Days:** Wednesdays

**Dates:** 4/23 - 5/28

**Time:** 6:00 PM - 7:00 PM

**Ages:** 6 - 10

**Fee:** \$130



## 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:** Thursdays (8 weeks)

**Dates:**

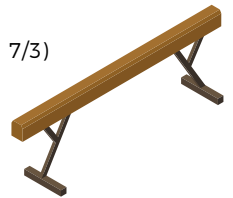
- Spring Session: 4/24 - 6/12
- Summer Session: 6/26 - 8/21 (no class on 7/3)

**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

**Fee:** \$165 Members/Residents | \$175 Non-Residents

**Location:** Mary Wood Park



## JUNIOR PICKLEBALL WITH UNIVERSAL RACKETS

NEW

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

**Day:** Mondays

**Dates:** 4/28 - 5/19

**Time:** 6:00 PM

**Ages:** 7 - 13

**Fee:** \$125



## ZUMBAPALOOZA FOR KIDS & FAMILIES

NEW

Join this high-energy dance party! ZumbaPalooza features kid-friendly routines based on Zumba choreography. Parents and/or caregivers are encouraged to dance, too!

**Date:** Saturday, April 5th

**Time:** 10:00 AM - 10:45 AM

**Ages:** 5 - 9

**Fee:** \$25 per family



## SKYHAWKS SPORTS ACADEMY

### FLAG FOOTBALL

This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and join us for a game where everyone wins!

**Day:** Tuesdays

**Dates:**

- Spring: 3/25 - 4/22
- Spring II: 5/6 - 6/3

**Boys Division:**

- **Ages:** 6 - 8 | **Time:** 4:30 PM
- **Ages:** 9 - 12 | **Time:** 5:40 PM

**Girls Division:**

- **Ages:** 6 - 8 | **Time:** 4:30 PM
- **Ages:** 9 - 12 | **Time:** 5:40 PM

**Fee:** \$125

**Location:** B Field



### GOLF

**Day:** Thursdays

- Spring: 3/27 - 4/24
- Spring II: 5/8 - 6/5

**Fee:** \$135

**Location:** B Field



### GolfTots

Join us for a unique golfing experience inspired by Payne Stewart Golf Experiences. Our programs offer expert instruction in putting, chipping, pitching, and full swings, ideal for young athletes eager to master golf. Start a rewarding journey in the world of golf with us! Parent participation is required.

**Ages:** 3 - 5 | **Time:** 4:45 PM - 5:25 PM

### Beginner Golf

Swing into Skyhawks Beginner Golf, powered by Payne Stewart Golf Experiences. Our fun, games-based approach and specialized equipment ensure early success. We teach key skills like putting and chipping through engaging activities. Ideal for beginners and those improving, join us for joyful progress on the greens!

**Ages:** 6 - 12 | **Time:** 5:35 PM - 6:35 PM

### 3-ON-3 INSTRUCTIONAL LEAGUE MOORE BROTHERS BASKETBALL

This 3v3 instructional basketball league will allow players to learn spacing, defensive agility and footwork, and improve fundamentals. Players will be placed on teams. Games are 15 minutes long or first to 15 points, whichever comes first. Each team is guaranteed to play 2 games. Games will be controlled by referees. Program will be instructed by Chuck and Ronald Moore, former PW standouts, Division I players, and professional athletes. An evaluation will be held to determine teams.

**Day:** Tuesdays (5 weeks)

**Dates:** 7/8 - 8/5 (Evaluation Day TBD)

**Ages:** 6 - 9

**Times:** 6:00 PM, 6:15 PM, 6:30 PM, 6:45 PM

**Fee:** \$145 Members/Residents | \$155 Non-Residents. Reversible jersey included

**Location:** Sutcliffe Park

### MULTI-SPORT TOTS

- Kickstart your child's athletic journey with Multi-SportTots! Suitable for kids ages 2 to 5, this program offers a variety of sports through fun, age-appropriate activities, enhancing balance, coordination, and fitness. Parent participation is required for ages 2 to 3, fostering bonding and fun. This is a dynamic introduction to sports, packed with learning and teamwork!

#### Wednesdays

**Dates:**

Spring: 3/26 - 4/23

Spring II: 5/7 - 6/4

**Ages/Time:**

- 2 - 3-year-olds - 4:30 PM - 5:10 PM
- 4 - 5-year-olds - 5:20 PM - 6:00 PM

**Fee:** \$125

**Location:** A-Field

#### Sundays

**Dates:**

Spring: 3/30 - 5/4 (no class on 4/20)

Spring II: 5/11 - 6/15 (no class on 5/25)

**Ages/Time:**

- 2 - 3-year-olds - 9:30 AM - 10:10 AM
- 4 - 5-year-olds - 10:20 AM - 11:00 AM

**Fee:** \$125

**Location:** Community Center at the Fel

### NEURODIVERSE FITLETICS

Skyhawks Neurodivergent Fitletics provides opportunities for neurodivergent children to build the life skills of fitness and movement through fun and engaging activities that are adaptable to the unique and varied needs of the neurodivergent community. \*Parent presence required.

**Day:** Thursdays

**Dates:**

Session 1: 4/24 - 5/8

Session 2: 5/15 - 5/29

**Ages/Time:**

- Kindergarten - 5th grade - 6:00 PM - 6:45 PM
- 6th grade - 12th grade - 7:00 PM - 7:45 PM

**Fee:** \$105/session



### CONSHOHOCKEN ART LEAGUE: INTRO TO ART

Our Introduction to Art class is designed to teach students, 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)

**Days:** Saturdays (6 weeks)

**Dates:** 3/8 - 4/12

**Time:** 10:00 AM - 12:00 PM

**Ages:** 6 - 12

**Fee:** \$100 Residents | \$115 Non-Residents | 10% discount for Art League & Community Center Members

**Location:** Mary Wood Park House

# YOUTH PROGRAMS

*Live, Work, Play!*

**REGISTRATION IS NOW OPEN!**

## Soccer Shots

### Soccer Shots Minis

Ages: 2-3 year olds

### Spring 2025 Session

Location: B Field

Fee: \$173

**Mondays: 3/31 - 5/19 (8 weeks)**

- Session Times: 4:30 PM; 5:15 PM

**Saturdays: 3/29 - 5/17 (8 weeks)**

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

**Sundays: 3/30 - 6/1 (8 weeks, Off 4/20 & 5/25)**

- Session Time: 12:15 PM

### Summer 2025 Session

Location: B Field

Fee: \$158

**Mondays: 6/16 - 7/28 (7 weeks)**

- Session Times: 4:30 PM; 5:15 PM

**Saturdays: 6/21 - 8/9 (7 weeks, no 7/5)**

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

### Soccer Shots Classics

Ages: 3-5 year olds

### Spring 2025 Session

Location: B Field

Fee: \$173

**Mondays: 3/31 - 5/19 (8 weeks)**

- Session Times: 4:30 PM; 5:05 PM; 5:50 PM

**Saturdays: 3/29 - 5/17 (8 weeks)**

- Session Times: 9:20 AM; 10:50 AM

**Sundays: 3/30 - 6/1 (8 weeks, Off 4/20 & 5/25)**

- Session Time: 12:50 PM

### Summer 2025 Session

Location: B Field

Fee: \$158

**Mondays: 6/16 - 7/28 (7 weeks)**

- Session Times: 4:30 PM; 5:05 PM; 5:50 PM

**Saturdays: 6/21 - 8/9 (7 weeks, no 7/5)**

- Session Times: 9:20 AM; 10:50 AM

### Soccer Shots Premier

Ages 5-8 year olds

### Spring 2025 Session

Location: B Field

Fee: \$173

**Mondays: 3/31 - 5/19 (8 weeks)**

- Session Times: 5:50 PM

**Saturdays: 3/29 - 5/17 (8 weeks)**

- Session Times: 10:05 AM

### Summer 2025 Session

Location: B Field

Fee: \$158

**Mondays: 6/16 - 7/28 (7 weeks)**

- Session Times: 5:50 PM

**Saturdays: 6/21 - 8/9 (7 weeks, no 7/5)**

- Session Times: 10:05 AM



## SUMMER DISCOUNT TICKETS

Conshohocken Borough's Department of Recreation Services in conjunction with Pennsylvania Recreation & Parks Society offers discounted tickets. Tickets may be purchased at the Community Center at the Fel located at 515 Harry St., Conshohocken, PA 19428. Tickets offered are Adventure Aquarium, Morey's Pier, Philadelphia Zoo, Tree Trails Adventure, Splash Zone and more. Call for availability and pricing.

Discounted tickets are also available for Dorney Park, Hersheypark, Six Flags, Cedar Point, Diggerland, Kings Dominion, Legoland, Disney World, Universal Studios, Movie Tickets, Broadway/Off-Broadway Shows, Cirque du Soleil, and more. Login or create an account to view discounts:

[www.prps.org/memberdeals](http://www.prps.org/memberdeals)

## Tiny Tots Open Play

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

**Day:** Wednesdays

**Dates:** Ongoing; ending May 29th. Program will resume in September.

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

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

