



Department of
RECREATION SERVICES

ACTIVITY GUIDE

FALL - WINTER 2022-2023



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

MISSION STATEMENT

Children's Clothing Drive Month of September



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 for children.

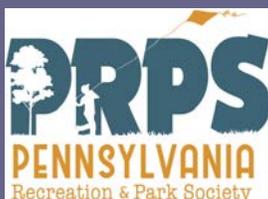
Drop Off: Community Center at the Fel
(515 Harry Street)

Drop Off Times:
Monday-Thursday: 7am-9pm
Friday: 7am-5pm
Saturday-Sunday: 8am-4pm

WINTER DISCOUNT SKI TICKETS

Looking to hit the slopes this winter?

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



Dear Conshohocken Residents,

Welcome to the 2022-2023 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.

Much has changed over the last two years, but the Recreation Services Department has adapted and continues to evolve. We have responded to the ever-changing needs of the community by providing new programs and continuing with the ones that have been successful. We are excited for our fall line-up. Please remember to register early as programs and events do fill quickly.

Now more than ever, we have realized the importance of outdoor recreation and our health. Our parks and playgrounds are some of the best around. Be sure to visit them before the cold weather comes especially our new outdoor fitness court!

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



**CONNECT WITH
US ON FACEBOOK!**

Follow @CommunityCenterattheFel

DEPARTMENT STAFF

Lauren Irizarry, Director of Recreation Services
Charlie Alcorn, Recreation Supervisor
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
David Leonard, Weekday Night Supervisor
Gloria Scott, Front Desk Associate

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.

SEEKING FITNESS INSTRUCTORS!

We are looking for experienced group fitness instructors/providers with innovative and creative ideas. Classes can be continuous (ex. 4 weeks) or a one-time workshop. Please contact Lauren Irizarry at lirizarry@conshohockenpa.gov, if interested.



The office of the Recreation Services Department is located at the Community Center at the Fellowship House

CONTACT INFO

Address

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

Phone

(610) 828-3266

Borough Website

www.conshohockenpa.gov

Recreation Website

conshohockenrsp.recdesk.com

Email

RecServices@conshohockenpa.gov

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. 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!

MEMBERSHIPS

DAILY, MONTHLY, AND ANNUAL MEMBERSHIPS OPTIONS

Daily, Monthly, and Annual Memberships – SIGN UP NOW! Purchase or renew a Community Center at the Fel membership today!

FREE FITNESS CLASSES

Select fitness classes are included with membership. Please see **page 10** for more info.

SILVER SNEAKERS & PRIME MEMBERSHIPS

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

How Do I Get It?

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



COMMUNITY CENTER MEMBERSHIP RATES

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

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

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 weight lifting 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.



Fall / Winter 2022-2023

HOLD YOUR NEXT PARTY WITH US!

Birthday Party Packages

Choose from our party packages below or customize your own!

Sport-tastic Parties with Obvious Choice Sports

Obvious Choice Sports provides all the equipment, music, coaching, and lots of fun for your child's birthday party!

Pick two sports:

Soccer, basketball, indoor floor hockey, kickball, indoor flag football, or dodgeball.

Renters must contact Obvious Choice directly regarding pricing and availability. Visit www.ObviousChoiceSports.com to complete a party inquiry form.



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

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. & Hollowell 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 utility gate on Harry St. or the pedestrian gate off of Hollowell St. to access the walking track
- A-Field restrooms are closed until further notice
- The A-Field Stadium and walking track will be closed on holidays and during rentals consisting of contests and tournaments

MARY WOOD PARK Located at E. 6th Ave. & Hollowell 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 26th
Dusk
Aubrey Collins Park

Join us for a family movie night in the park. Sing 2 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 15th
12 PM | 515 Harry Street



Happy Halloween! Join us at the Conshohocken Community Center at the Fellowship House to paint your very own pumpkin! This is a free event and all supplies 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 16th
12 PM | 515 Harry Street

Free Thanksgiving themed luncheon just for the seniors of the community. Registration is required and will begin on October 15th. It will end on November 9th or when maximum capacity is reached.



Holiday Senior Luncheon

Wednesday, December 14th
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 10th
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.**

AMERICAN RED CROSS BLOOD DRIVE

Fall Date: Sunday, October 9, 2022

Winter Date: Sunday, February 19, 2023

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

Tuesday, December 27th &
Wednesday, 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, Lower Merion, and Chester.



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.

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!

Fee for 6 Weeks: \$30 Members | \$35 Non-Members | **Age:** 18+

Time: 8:15 AM - 9:50 AM

Session	Days	Dates
1	Saturdays	9/10 - 10/15
2	Saturdays	10/22- 12/3 (no class on 11/26)
3	Saturdays	1/7/23 - 2/11/23
4	Saturdays	2/18/23 - 3/25/23

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. This class will be taught by Kerri Hanlon, co-founder and creator of the Adaptive Yoga Program at Yoga Home.

Time: 9:00 AM

Days: Wednesdays

Session	Dates	Fee
1	9/7 - 10/12	\$70
2	10/19 - 11/23	\$70
3	11/30 - 12/21	\$50



Yoga In The Park

Yoga Home will be offering yoga classes in the parks through September. Please check their online schedule at ouryogahome.com

CYCLE WITH HOPE

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!

Time: 5:30 PM | **Age:** 18+

Session	Days	Dates
1	Thursdays	9/29 - 11/3
2	Thursdays	11/10 -12/22 (no class on 11/24)

Fee for 6 Weeks: \$60 Members | \$65 Non-Members | \$15 Drop ins

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 adapted for participants of all fitness levels.

Day: Tuesdays (6 weeks) | **Time:** 12:00 PM - 12:45 PM | **Age:** 18+

Dates: 10/4 - 11/15

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

ZUMBA

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: Wednesdays (6 weeks)

Time: 10:00 AM - 10:45 AM

Dates: 9/28 - 11/2

Age: 18+

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



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 Center every Monday in the multi-purpose room! Light refreshments will be included.

Days: Mondays: Beginning September 12th

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, Fridays

Time: 8:30 AM - 9:15 AM

Age: Active Older Adults



BOOK CLUB

Registration is required and will begin September 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 *The Four Winds* by Kristin Hannah.

Days: Meets the first Tuesday of the month starting October 4th.

Time: 1:00 PM

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

ADULT PROGRAMMING

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, October 18th | **Time:** 6:30 PM
- Saturday, November 12th | **Time:** 10:00 AM
- Tuesday, November 15th | **Time:** 6:30 PM

Fee: \$5 Residents | \$10 Non-Residents

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 | **Age:** 18+

Days: Sundays

Time: 9:00 AM - 11:00 AM

Fee: Free Members | \$6 Non-Members



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. This program is free with a Community Center Membership.

Dates: Ongoing | **Age:** 18+

Days: Tuesdays & Thursdays, beginning on 9/13

Time: 12:00 PM - 2:00 PM

Fee: Free Members | \$5 per session

PICKLEBALL

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



Dates: Ongoing | **Age:** 18+

Days: Wednesdays & Fridays

Time: 10:00 AM - 12:00 PM

Fee: Free Members | \$5 Non-Members

REGISTER NOW! conshohockenrsp.recdesk.com

PICKLEBALL CLINICS **NEW!**

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

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

Dates:

- Session 1: 9/19 - 10/24
- Session 2: 11/7 - 12/6
- Session 3: 1/30/23 - 3/6/23

- **Beginner** - 10:00 AM

Learn how to play the game with TennisbyTyler's Beginner/Intro to Pickleball Clinic.

- **Intermediate** - 11:00 AM

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

KRAV MAGA SELF DEFENSE

Krav Maga is the official system of the Israeli Military and is used by hundreds of Law Enforcement agencies throughout the world, but it has also captured the civilian adult market. Krav Maga techniques increase stamina, strength, and flexibility. Tested on the battlefield and in the streets, Krav Maga's practical approach to self-defense will make you safer and more secure. Class will be taught by DeStolfo's Premier Martial Arts.

Dates: Thursday, October 6th

Time: 7:15 PM - 8:15 PM | **Age:** 18+

Fee: \$25 Residents/Members | \$30 Non-Residents

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; and 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. 15th through Dec. 7th) or just want to learn in preparation for that time. Presented by Terry Smerling, a Medicare planning specialist with DeVal Senior Advisors.

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

Dates:

- Tuesday, October 25th | **Time:** 1:00 PM - 2:30 PM
- Wednesday, October, 26th | **Time:** 6:30 PM - 8:00 PM

FALL / WINTER MEN'S BASKETBALL LEAGUE

All teams that were enrolled in the 2022 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: Starting Monday, October 10th

Times: 6:00 PM - 8:00 PM

Age: Men 21+



2022 Fall Rowing Opportunities

Conshohocken Rowing Center is back to offering its normal range of programming for youth and adults. All ages and experience levels. Check out our website for more information on fall and winter opportunities.

Be sure to ask about Conshohocken Resident Discounts



conshohockenrowingcenter.org

rowingcrg@gmail.com

GYMNASTICS WITH REFLEX SPORTS

Reflex Sports is a non-competitive, elementary gymnastics and sports fundamentals program for children. In our classes, your child gets to discover, explore, and develop their physical and mental capabilities by participating in fun, engaging, and challenging activities.

Days: Tuesdays (10 weeks)
Dates: 9/27 - 12/6 (no class 11/22)

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



Fee: \$200 Residents / Members | \$210 Non-Residents

PAINT & PLAY

Days: Fridays

- Dates:**
- Session 1: 9/9 - 10/14 (6 weeks)
 - **Fee:** \$120 Members/Residents | \$125 Non-Residents
 - Session 2: 11/11 - 12/16 (5 weeks, no class 11/25)
 - **Fee:** \$115 Members/Residents | \$120 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

FIRST NOTES

The Music Training Center is offering First Notes classes. These 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. Learn so many ways to enjoy music at home with your child!

Day: Mondays & Thursdays | **Dates:** 9/6 - 11/23
Time: 9:15 AM & 10:15 AM | **Age:** 0-4 year olds

Location: Sutcliffe Park

- Fee:** \$198 for one child
- \$125 for each additional sibling born in 2021 or earlier
 - \$0 (no cost) for siblings born in 2022
 - Drop-in class: \$25 (siblings \$12.50)



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

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: 9/21 (this is an ongoing class)
Time: 10:00 AM - 3:30 PM | **Age:** Crawler - 3
Fee: \$5 Members | \$10 Non-Members

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. Registration for Session 2 will begin on September 15th and will end on November 3rd.

- Wednesdays**
- Session 1: 9/7 - 10/12 (5 weeks, no class 10/5)
 - Session 2: 11/9 - 12/14 (5 weeks, no class 11/23)
 - **Fee:** \$100

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

- Thursdays**
- Session 1: 9/8 - 10/13 (6 weeks)
 - **Fee:** \$115 Members/Residents \$120 Non-Residents
 - Session 2: 11/10 - 12/15 (5 weeks, no class 11/24)
 - **Fee:** \$100 Members/Residents \$110 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 mos) - 1:00 PM

KIDS YOGA

Kids Yoga Students will practice movement to enhance flexibility, coordination, and more! We will focus on breathing techniques and relaxation each class. Please bring your own yoga mat or a towel for practice.

- Day:** Mondays | **Time:** 5:30 PM | **Age:** 5-9 year olds
- Dates:**
- Session 1: 9/19 - 10/24
 - Session 2: 11/7 - 12/19 (no class 11/14)
- Fee:** \$60 Members/Residents | \$65 Non-Residents

INTRO TO SPORTS

Under the leadership of the Obvious Choice Sports Coaching team, participants will be introduced to the world of organized sports. The Club will provide participants with an opportunity to learn about a variety of sports including soccer, hockey, basketball, and more! Each week, participants will learn the fundamentals of the sports, improve their motor skills, learn sports vocabulary, and increase their confidence! Registration is currently open and will end September 10th. Please visit <https://www.obviouschoicesports.com> to register.

Days: Saturdays (6 weeks)

Dates: 9/24 - 11/12 (No class on 10/15 and 11/5)

Times/Age:

- 9:00 AM: 5-6 year olds
- 10:00 AM: 7-8 year olds

Fee: \$88



REDS CAMP

Reds Camp is a 6-week program for youth, ages 8-13. The focus will be strength, speed, and agility. All levels, beginner to advance, are welcome. Hosted by Kenny Williams.

Days: Tuesdays | **Dates:** 9/27 - 11/1

Time: 6:30 PM | **Age:** 8-13 year olds

Fee: \$125

HOMEWORK HELP

Does your child need some extra assistance with their homework, managing assignments, test prep, or just a place to do your homework with other peers? Tutors from Central Montco Technical High School will be on hand to assist students as needed. Registration is required weekly.

Dates: Starting the second week in October

Time: 4:30 PM | **Grades:** 1st - 8th

Fee: Free for Members



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: Saturday, September 10th | **Fee:** \$50

Time: 10:00 AM - 11:30 AM

Age: Grades 4th-6th



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 6th – Aubrey Collins Park
- Tuesday, October 4th – Mary Wood Park
- Tuesday, November 1st – Sutcliffe Park



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: Saturday, September 24th

Time: 9:00 AM - 3:30 PM

Age: Grades 6th-8th

Fee: \$90



THEATRE HORIZON

In Theatre Horizon's After School Drama Club, students will create their own world-premiere performance! Class activities teach students confidence, teamwork, creativity, and acting skills that are essential for every performer. During the last half hour of the final session, students will perform a final showcase of their original play.

Time: 6:15 PM | **Age:** 7-12 year olds

Days: Thursdays

Dates:

- Session 1: 10/13 - 11/17 (6 weeks)
- Session 2: 2/2/23 - 3/17/23 (6 weeks)

Fee: \$145

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: 9/12-10/17 (6 weeks)

- Session Times: 4:30 PM; 5:20 PM
- Fee: \$108

Saturdays: 9/10-10/29 (8 weeks)

- Session Times: 8:45 AM; 11:05 AM
- Fee: \$144

Sundays: 9/11-10/30 (8 weeks) @ B-Field★

- Time: 12:15 PM; 1:00 PM
- Fee: \$144

Fall II Session

**Mondays: 11/21-1/9/23 (6 weeks)
(off 12/26 & 1/2/23)**

- Session Times: 4:30 PM
- Fee: \$108

**Saturdays: 11/19-1/14/23 (6 weeks)
(off 11/26, 12/24, 12/31)**

- Session Times: 8:45 AM; 10:50 AM
- Fee: \$108

Winter I Session

Mondays: 2/6-3/13/23 (6 weeks)

- Session Times: 4:30 PM
- Fee: \$108

Saturdays: 2/4-3/11/23 (6 weeks)

- Session Times: 8:45 AM; 10:50 AM
- Fee: \$108

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: 9/12-10/17 (6 weeks)

- Session Times: 4:30 PM; 5:10 PM; 6:00 PM
- Fee: \$108

Saturdays: 9/10-10/29 (8 weeks)

- Time: 9:25 AM; 10:15 AM
- Fee: \$144

Sundays: 9/11-10/30 (8 weeks) @ B-Field★

- Time: 1:00 PM
- Fee: \$144

Fall II Session

**Mondays: 11/21-1/9/23 (6 weeks)
(off 12/26, 1/2/23)**

- Session Times: 5:10 PM
- Fee: \$108

**Saturdays: 11/19-1/14/23 (6 weeks)
(off 11/26, 12/24, 12/31)**

- Session Times: 9:20 AM; 10:05 AM
- Fee: \$108

Winter I Session

Mondays: 2/6-3/13/23 (6 weeks)

- Session Times: 5:10 PM
- Fee: \$108

Saturdays: 2/4-3/11/23 (6 weeks)

- Session Times: 9:20 AM; 10:05 AM
- Fee: \$108

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: 9/12-10/17 (6 weeks)

- Session Time: 6:00 PM
- Fee: \$108

Saturdays: 9/10-10/29 (8 weeks)

- Session Time: 11:05 AM
- Fee: \$144

Fall II Session

**Mondays: 11/21-1/9/23 (6 weeks)
(off 12/26, 1/2/23)**

- Session Times: 6:00 PM
- Fee: \$108

**Saturdays: 11/19-1/14/23 (6 weeks)
(off 11/26, 12/24, 12/31)**

- Session Times: 11:25 AM
- Fee: \$108

Winter I Session

Mondays: 2/6-3/13/23 (6 weeks)

- Session Times: 6:00 PM
- Fee: \$108

Saturdays: 2/4-3/11/23 (6 weeks)

- Session Times: 11:25 AM
- Fee: \$108



FOAM DART BATTLE

A foam dart battle is any type of battle between two or more players, typically in teams, where the goal is to defeat the other team in a game of points or resources. Includes: 50 minutes of playtime, equipment, referee supervised, structured gameplay, ammo and safety glasses, music, and barricades.

Date: Saturday, October 1st | **Fee:** \$35

Times/Age:

- 1:00 PM: 4-6 year olds
- 2:00 PM: 7-9 year olds
- 3:00 PM: 10-12 year olds

SNAPOLOGY-ESCAPE ROOM

In this Thanksgiving-themed STEAM "escape room" workshop, students and their team will have a fixed amount of time to discover clues, solve puzzles, answer riddles, and manipulate contraptions to complete the assigned tasks and to ultimately unlock the box to "escape Snapology!". Teams will be divided according to age and level.

Date: Saturday, November 5th | **Time:** 10:00 AM - 11:30 AM

Age: 4-14 | **Fee:** \$25

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!

Date: 1/24/23 - 2/28/23 (6 weeks)

Times/Age:

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

Fee: \$85 Members/Residents | \$95 Non-Residents



2023 Summer Camp information will be released in December!

- Eight one-week sessions beginning 6/19
- Camp hours: 9am-4pm
- Extended care available for an additional fee.
- Boys & girls ages 6-12.
- Registration begins January 3, 2023.

WE'RE HIRING FOR A CAMP DIRECTOR AND SUMMER CAMP COUNSELORS!

The Borough of Conshohocken Department of Recreation Services is seeking enthusiastic individuals for a camp director and summer camp counselor positions. Camp counselor applicants must be at least 17+ years of age. Camp Director applicants must be 21+ years of age, have supervisory experience; college level course work in elementary or secondary education is a plus or previous experience working in a camp setting or teaching. Applications are now available: Pick-up at the Community Center at the Fellowship House (515 Harry St) or by calling 610-828-3266 or by emailing calcorn@conshohockenpa.gov.