Proudly Celebrating 50 Years
Serving the Community
1968 – 2018

Winter-Spring 2018
REGISTRATION BEGINS JANUARY 3
West Shore Rec is celebrating its 50 Year Anniversary by offering a whole new way to browse and register for activities!

**Introducing the West Shore Rec Smartphone App!**

Download the App for FREE right now and let us know what you think!

Here are just a few more highlights for the Winter/Spring 2018 season:

- **Free day of Active Wellness classes!**
  See Happy New You on page 3 for a special week of fitness beginning on January 6th, where you can try a variety of activities to find one that suits you best.

- **Prizes for residents enrolling online the first day of registration!**
  The lucky recipients will be chosen through a random drawing of residents who enroll online on Wednesday, January 3rd. Prizes include a three-foot Party Sub courtesy of Cedar Cliff Subway and West Shore Rec punch cards for Rec Swim. Winners will be notified by e-mail.

**Happy New Year!**

**FIRST DAY OF REGISTRATION: JANUARY 3RD**

So that everyone has a chance to receive this brochure and time to make activity selections, the first day registrations will be accepted is Wednesday, January 3rd at 8:30 a.m. for residents of participating communities in West Shore Rec.

Non-residents may register January 10th or the day before the program begins (whichever is sooner).

**PROGRAM REGISTRATION**

Participants must pre-register for all programs. No one will be allowed to sign up at the program site. Contact the recreation office at 717-920-9515 if you have any questions.

Special Note: In order to conduct registration as fairly as possible, we must limit the number of registrations for the same program to four individuals (does not apply to immediate family members). Thanks for your cooperation!

* Sorry, we cannot accept registrations or cancellations by e-mail or fax.

**TWO PRICES?**

Residents of participating municipalities (Fairview & Lower Allen Townships, New Cumberland, Lemoyne, Goldsboro and Lewisberry Boroughs) receive a discount on programs. The first price listed is for all others. Please note some programs have an additional WSSD Facility Use Fee.

**MAKE-UP DATES**

West Shore Rec makes every attempt to reschedule classes canceled due to inclement weather and other circumstances outside of its control. The make-up is usually rescheduled just after the original ending date. No refunds will be given for unattended make-up classes.

**CONTACT WEST SHORE REC**

717-920-9515  wsrec@wsrec.org  westshorerec.org

**OFFICE HOURS**

Monday through Friday, 8:30 am to 4:30 pm. Closed on holidays: January 1 and 15, February 19, March 30 and April 2.

**ACTIVITY CANCELLATIONS**

Call 717-920-9515 and press 5 to check on activity status.

**AUTOMATED PHONE SYSTEM DIRECTORY**

Here is what is available to you when you call our number 717-920-9515.

Press 1 Register or inquire about a program
Press 2 Directions to various facilities
Press 3 Rec Swim hours and information
Press 5 Activity cancellations
Press 6 Discount ticket prices
Press * Staff directory

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**MISSION STATEMENT**

West Shore Recreation Commission, based on an agreement of inter-governmental cooperation, is dedicated to enriching lives by providing quality recreational and leisure-time opportunities for all residents.
CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

**YOUTH ACTIVITIES**

**KINDER TOTS**
Designed especially for two year olds. Includes movement, music, fitness and fun! Blending of color, numbers and shape learning right into the class. Child must be 2 years of age prior to class. Parental assistance may be needed. Instructor: Kinderdance.

Mondays, 6:15-6:45 pm
A. January 22 – March 5 (no 2/19)
B. March 26 – May 7 (no 4/2)
Fishing Creek Elementary School – bldg. I cafeteria

Thursdays, 5:30-6:00 pm
C. January 18 – February 22
D. March 22 – April 26
West Shore Senior Center – 122 Geary Ave, New Cumberland
Cost: $60; discounted resident rate: $46

**KINDER GYM**
Boys and girls 3-5 years will be introduced to tumbling and the pre-apparatus skills of gymnastics. Emphasis is on coordination and exercise. Child must be minimum age prior to the class. Instructor: Kinderdance.

Thursdays, 6:10-6:55 pm
A. January 18 – February 22
B. March 22 – April 26
West Shore Senior Center – 122 Geary Ave, New Cumberland
Cost: $87; discounted resident rate: $67

**KINDERDANCE**
Start your preschooler off on the right foot. The focus is on coordination, movement, and exercise to music for 3-5 year old children. This class includes an introduction to ballet, tap, and acrobatics. Ballet shoes are optional; tap shoes are recommended or dress shoes that make sound. Child must be 3 years of age prior to the first class. Parental assistance is not needed. Instructor: Kinderdance.

Mondays, 6:55-7:40 pm
A. January 22 – March 5 (no 2/19)
B. March 26 – May 7 (no 4/2)
Fishing Creek Elementary School – bldg. I cafeteria

Thursdays, 7:05-7:50 pm
C. January 18 – February 22
D. March 22 – April 26
West Shore Senior Center – 122 Geary Ave, New Cumberland
Cost: $87; discounted resident rate: $67

**NEW KIDS YOGA**
Ages 6-11 will be introduced to basic yoga breath and practice daily applications. Mindfulness and meditation will be explained in simple terms with poses practiced in a safe and supportive environment. Positions, sequences and breath can be tailored to individual needs. Students will work as a community to help each other with physical balance, relaxation and understanding how diet, exercise and rest can affect their well-being. Instructor: Erica Nielsen.

Tuesdays, 6:30-7:15 pm
A. January 23 – February 20
B. March 13 – April 10
Pincin Therapeutic Massage – 1 Commercial Dr, Camp Hill
Cost: $82; discounted resident rate: $63

**PONY PRANCE FOR LITTLE TOTS**
Treat your child to a spring day on the farm with pony rides. This non-instructional prance is for ages 2-6. The Total Equine Learning Center has an indoor and outdoor ring, so come rain or shine. Instructor: Joanne Hocker.

Sunday, 1:30-3:00 pm
May 6
Total Equine Learning Center at Copper Penny Farm
Cost: $43; discounted resident rate: $33

**MINI HORSEMANSHIP LESSON**
Children 2-16 years old will take part in a mini-lesson to learn about grooming and tacking and, of course, experience riding gentle horses. The Total Equine Learning Center has an indoor and outdoor ring, so come rain or shine. Instructor: Joanne Hocker.

Sunday, 1:30-3:00 pm
A. March 18
B. April 22
Total Equine Learning Center at Copper Penny Farm
Cost: $55; discounted resident rate: $42

**YOUTH HORSEMANSHIP**
The Total Equine Learning Center has well trained horses and a roomy indoor riding facility for ages 7-17 to learn the basics of horsemanship, riding technique and safety. Ride English or Western and participate in grooming and tacking activities. Instructor: Joanne Hocker and assistants.

Saturdays, 1:00-2:30 pm
March 24 – April 28
Total Equine Learning Center at Copper Penny Farm
Cost: $374; discounted resident rate: $288

**NEW STRANGER DANGER**
As a parent it can be tough trying to explain to your kids how to react in certain situations when confronted by a stranger. That’s why we are inviting ages 6-11 to come and enjoy a great session of training with local police! They will teach your child how to be aware of their surroundings while doing so in a family fun atmosphere. Instructor: Steelton Police Chief Minium.

Saturday, April 14, 10-11 am
Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill
Cost: $7; discounted resident rate: $5

- SCHOLARSHIP AVAILABLE
- HEART HEALTHY ACTIVITY

Carmen S. Williams, Realtor®
RE/MAX Realty Associates
3425 Market St., Camp Hill
717-761-6300
Call 717-608-8526
CarmenWilliams.engageREagent.com

Dedicated Customer Service to Buyers and Sellers

717-920-9515
WWW.WESTSHOREREC.ORG
Active Wellness

**TIGER CUBS MARTIAL ARTS**

Specifically designed for children 4-5 years of age. Participants will benefit from the specialized curriculum which develops both sides of the body with symmetrical movements. When learning takes place in this balanced manner, both hemispheres of the brain are encouraged to develop simultaneously. Our Cubs learn to focus their attention, increase their confidence, and improve their coordination. They also have lots of fun! Instructor: Tiger Rock Martial Arts of Central PA.

- Fridays, 5:30-5:55 pm
  - A. January 19 – March 2 (no 2/9)
  - B. March 9 – April 20 (no 3/30)
  - Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill
  - Cost: $71; discounted resident rate: $55

**JUNIOR MARTIAL ARTS**

Nobody sits on the bench in this junior Taekwondo program for ages 6-11. Students will learn self-esteem, confidence, discipline, self-control, self-defense skills and much more! Our atmosphere, though challenging, is one of accomplishment through individual development. By focusing and trying hard, the students understand they can be extremely successful in martial arts and in life! Instructor: Tiger Rock Martial Arts of Central PA.

- Tuesdays, 6:00-6:50 pm
  - A. January 16 – February 27 (no 2/6)
  - B. March 6 – April 10
  - Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill
  - Cost: $116; discounted resident rate: $89

**NEW MARTIAL ARTS SWORD/LIGHT SABER TRAINING**

Learn the ancient weapon of the Knights, Samurai, and the Ninja with a modern twist. Our certified instructors will guide students through the proper use of sticks, swords, and light sabers! Class is designed for beginners but anyone age 8-16 can participate in the fun. Instructor: Tiger Rock Martial Arts of Central PA.

- Fridays, 7:45-8:30 pm
  - A. January 19 – March 2 (no 2/9)
  - B. January 16 – February 27 (no 2/6)
  - C. Yoga in the Park – Negley Park - grass area below upper pavilion
  - Cost: $42; discounted resident rate: $36

**HAPPY NEW YOU! ♥ FREE WELLNESS WEEK!**

Happy, Healthy New Year from West Shore Rec! A chance to acquaint yourself with many of the Active Wellness activities offered this season and “try them on for size” during a free week of fitness. Try as many as you would like, but please pre-register for each activity due to facility space and equipment limitations. Each Happy New You activity is designed for participants who have not been enrolled in that particular activity previously. Call 717-920-9515 or register online at www.westshorerec.org at no additional charge (look for Happy New You). Be sure to read the actual class description on the following pages for class details. Cost: FREE!

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Pilates - all levels</td>
<td>1/6</td>
<td>7:30-8:15 am</td>
<td>Lemoyne Borough</td>
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<tr>
<td>Booty Barre</td>
<td>1/6</td>
<td>8:25-8:55 am</td>
<td>Lemoyne Borough</td>
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<tr>
<td>Pound</td>
<td>1/6</td>
<td>9:00-9:30 am</td>
<td>Lemoyne Borough</td>
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<tr>
<td>RIPPED</td>
<td>1/6</td>
<td>9:45-10:45 am</td>
<td>Lemoyne Borough</td>
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<tr>
<td>Kickboxing &amp; Abs</td>
<td>1/7</td>
<td>5:30-6:30 pm</td>
<td>Fairview Fire #1</td>
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<tr>
<td>Hatha Flow Yoga</td>
<td>1/7</td>
<td>6:45-7:30 pm</td>
<td>Fairview Fire #1</td>
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<tr>
<td>Pi-Yo</td>
<td>1/8</td>
<td>5:15-6:00 pm</td>
<td>Fairview Fire #1</td>
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<tr>
<td>Amazing Chair Yoga</td>
<td>1/8</td>
<td>6:00-7:15 pm</td>
<td>Trinity Church</td>
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<tr>
<td>Zumba Step</td>
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<td>7:30-8:30 pm</td>
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<tr>
<td>Belly Dance - Level 1</td>
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<tr>
<td>Kickboxing &amp; Abs</td>
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<td>5:15-6:00 pm</td>
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<tr>
<td>Pilates – all levels</td>
<td>1/9</td>
<td>6:15-7:00 pm</td>
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<tr>
<td>Pound</td>
<td>1/9</td>
<td>7:15-7:45 pm</td>
<td>Lemoyne Borough</td>
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<tr>
<td>Muscle Pump Senior</td>
<td>1/10</td>
<td>10:00-10:45 am</td>
<td>Fairview Fire #1</td>
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<tr>
<td>Hatha Flow Yoga</td>
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<td>11:00-11:45 am</td>
<td>Fairview Fire #1</td>
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<td>Adv. Pilates</td>
<td>1/10</td>
<td>7:30-8:15 pm</td>
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<td>Tabata Burst Train</td>
<td>1/11</td>
<td>5:30-6:00 pm</td>
<td>Fairview Fire #1</td>
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<tr>
<td>Muscle Pump</td>
<td>1/11</td>
<td>6:15-7:00 pm</td>
<td>Fairview Fire #1</td>
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**ACTIVITIES FOR ADULTS 18+**

**NEW AMAZING CHAIR YOGA ♥**

Come experience this amazing chair class which will allow you to reap the benefits of yoga without the floor postures. Stress reduction, breathing techniques and every day uses will be covered. Perfect for all fitness levels. Bring a water bottle. Instructor: Angela Sheaffer.

- Mondays, 6:00-7:15 pm
  - A. January 15 – February 5
  - B. February 19 – March 12
  - Trinity Lutheran Church - 509 Hummel Ave., Lemoyne
  - Cost: $47; discounted resident rate: $36

**BOOTY BARRE ♥**

Pure Barre is the fastest, most effective way to change your body. It will lift your seat, tone your thighs and burn fat in record-breaking time. A fun, energetic fitness experience workout done to music, fusing techniques from Pilates, Yoga and Dance that will tone, define and chisel the whole body. You don’t even need any dance experience or a partner! Bring a mat and light hand weights. Instructor: Marisa Stipe.

- Lemoyne Borough - community room - 510 Herman Ave
  - Saturdays, 8:25-8:55 am
  - A. January 13 – March 3
  - B. March 17 – May 19 (no 4/14, 5/5)
  - Cost: $42; discounted resident rate: $32

**HAPPIEST HOUR YOGA ♥ Saturday Option!**

Using asanas (postures), mudras, pranayama (breathing techniques) and meditation, the practice of Kundalini Yoga balances the glandular system, strengthens the nervous system, and enables us to harness the energy of the mind and the emotions, so we can be in control of ourselves, rather than being controlled by our thoughts and feelings. This is yoga for everyday life, and every person. Classes A & C can be altered to accommodate using a chair if sitting on the floor is uncomfortable. Please bring a mat & water bottle. Instructor: Angela Sheaffer.

- A. Winter Survival - bring a mat & water bottle.
  - Saturdays, 8:00-9:15 am
  - January 20 – February 10
  - Trinity Lutheran Church - 509 Hummel Ave., Lemoyne
  - Cost: $47; discounted resident rate: $36

- B. Walking Yoga - combines the benefits of walking with the healing benefits of yoga. Anyone can easily learn and practice Walking Yoga.
  - Mondays, 6:00-7:15 pm
    - April 2 - 23
    - New Cumberland Borough Park – pavilion 4
    - Cost: $42; discounted resident rate: $32

- C. Yoga in the Park – enjoy the scenic views. Bring a mat/towel & water bottle.
  - Mondays, 6:00-7:15 pm
    - April 30 - May 21
    - Negley Park - grass area below upper pavilion
    - Cost: $42; discounted resident rate: $32

- SCHOLARSHIP AVAILABLE ♥ - HEART HEALTHY ACTIVITY
**HATHA FLOW YOGA**

A balanced combination of sustained poses (Hatha) as well as poses flowing in a mindful progression from one to another. Attention is always given to basic alignment & therapeutic principles. Mindfulness; observing breath and body (triputti) are an integral part of class. Classes are balanced with energy. Bring a mat. Instructor: Marisa Stipe.

- **Fairview Township Fire Station #1** – 340 Lewisberry Rd, New Cumberland
  - **Sundays**, 5:30-7:30 pm
  - **A. January 14 – March 4**
  - **B. March 18 – May 20 (no 4/1, 4/15)**
  - **Cost: $47; discounted resident rate: $36**

- **Wednesdays**, 11:00-11:45 am
  - **C. January 17 – March 14**
  - **D. March 28 – May 23**
  - **Cost: $53; discounted resident rate: $41**

**KICKBOXING & ABS**

Cardio Kickboxing is a combination of aerobic, boxing and martial arts and is one of the most popular fitness trends in recent years. The American Council on Exercise (ACE), notes that during a one-hour kickboxing workout, you can burn from 500-800 calories. Program provides an intense, total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Proper punching and kicking techniques will be taught followed by fabulous abdominal routines. Start your week out right!! Bring a mat. Instructor: Marisa Stipe.

- **Fairview Township Fire Station #1** – 340 Lewisberry Rd, New Cumberland
  - **Sundays**, 5:30-7:30 pm
  - **A. January 14 – March 4**
  - **B. March 18 – May 20 (no 4/1, 4/15)**
  - **Cost: $52; discounted resident rate: $40**

- **Lemoyne Borough - community room - 510 Herman Ave**
  - **Tuesdays**, 5:15-6:00 pm
  - **C. January 17 - March 3**
  - **D. March 20 – May 8**
  - **Cost: $48; discounted resident rate: $37**

**MUSCLE PUMP**

Muscle Pump contains movements working eight separate muscle groups performed to music using free weights and an aerobic step. Participants choose their weights based on the exercise and personal goals. Major muscle groups are worked via series of compound and isolation-based exercises including squats, presses, and dead lifts. The focus is towards muscle endurance using several repetitions and includes an abdominal portion with the most innovative core movements in the industry. Class incorporates elements of P90X and Insanity. Please bring challenging weights to class (light and heavier) and a mat. Instructor: Marisa Stipe.

- **Fairview Township Fire Station #1** – 340 Lewisberry Rd, New Cumberland
  - **Sundays**, 5:30-7:30 pm
  - **A. January 14 – March 4**
  - **B. March 18 – May 20 (no 4/1, 4/15)**
  - **Cost: $52; discounted resident rate: $40**

- **Lemoyne Borough - community room - 510 Herman Ave**
  - **Tuesdays**, 5:15-6:00 pm
  - **A. January 13 – March 3**
  - **B. March 17 – May 19 (no 4/14, 5/5)**
  - **Cost: $52; discounted resident rate: $40**

**PI-YO**

For the moderate to advanced participant, PIYo is a combination of Pilates and yoga-inspired moves that have little to NO impact. PIYo is set at a faster pace for serious fat burn, flexibility/strength training and most importantly - FUN! With upbeat music and dynamic movements, you'll experience hardcore results from this low-impact, high-octane workout! Bring a mat. Instructor: Karyn Rapsey (A) or Tim Shollenberger (B).

- **A. Wednesdays**, 5:45-6:45 pm
  - **March 14 – May 16**
  - **Lemoyne Borough - community room - 510 Herman Ave**
  - **Cost: $64; discounted resident rate: $49**

- **B. Mondays**, 5:15-6:00 pm
  - **March 26 – May 14**
  - **Fairview Township Fire Station #1** – 340 Lewisberry Rd, New Cumberland
  - **Cost: $48; discounted resident rate: $37**

**POUND**

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses. Burn calories, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Each 2-4 minute song is carefully calibrated with interval peaks and extended fat burning sequences, providing you with a great workout in a short span of time. Bring a mat, but Ripstix are provided. Instructor: Marisa Stipe.

- **Lemoyne Borough - community room - 510 Herman Ave**
  - **Saturdays**, 8:00-9:30 am
  - **A. January 13 – March 3**
  - **B. March 17 – May 19 (no 4/14, 5/5)**
  - **Cost: $42; discounted resident rate: $32**

- **Tuesdays**, 7:15-7:45 pm
  - **C. January 16 – March 6**
  - **D. March 20 – May 8**
  - **Cost: $42; discounted resident rate: $32**
**RIPPED**

RIPPED stands for R for Resistance, I for Intervals, P for Power, P for Plyometrics, E for Endurance and D for Diet & Nutrition. Once you set foot into a RIPPED class, you’ll find yourself immediately hooked by this fun, total body workout. It is a workout that masterfully combines a cardiovascular routine with weight training and core work designed to burn fat, improve cardio output, strengthen bones and build lean muscle. It will produce results you can’t get on a treadmill. Bring hand weights (2 to 10 pounds per arm), a mat, water and a towel. Instructor: Tim Shollenberger.

- **Level 1:** Mondays, February 26 – March 26 (no 3/5)
  - A. Level 1: 6:15-7:15 pm
  - B. Level 2: 7:30-8:30 pm

- **Level 2:** Mondays, April 16 – May 21 (no 4/12)
  - A. Level 1: 6:15-7:15 pm
  - B. Level 2: 7:30-8:30 pm

**TAI CHI**

What is Tai Chi? It’s a way of moving based on how the body is built. It’s relaxing, it’s rejuvenating, it’s an exercise, a martial art, and moving meditation. Doing Tai Chi helps you become stronger, healthier, better balanced. We practice slowly, increasing concentration while working on precision and detail. That’s why over 3 million people do Tai Chi. Stay with the program and you’ll learn several bare hand forms, sword, spear, fan, tai chi ball, and more. Oh… and it’s fun! Class size is limited to five new registrants per session. This is an ALL AGE class that only meets at the Senior Center. People 25-55 and young seniors will enjoy this class. Higher mileage seniors might prefer the seniors ALL AGE class that only meets at the Senior Center. People 25-55 and youngших will learn several bare hand forms, sword, spear, fan, tai chi ball, and more. Oh… and it’s fun! Class size is limited to five new registrants per session. This is an ALL AGE class that only meets at the Senior Center. People 25-55 and young seniors will enjoy this class.

A mat and 1-3 lb. hand weights (step provided). Instructor: Marisa Stipe.

- **Level 1:** Mondays, April 16 – May 21, 6:30-7:30 pm
- **Level 2:** Mondays, April 16 – May 21, 6:30-7:30 pm

**STEP CHALLENGE**

Start your week off on the right foot by STEPPING up to the CHALLENGE every Monday night! Make the commitment and you will see POSITIVE RESULTS! Basic choreography is perfect for the beginner or advanced stepper and high energy music will keep you moving. Free weights will be used for varied upper and lower body exercises, including abdominals. Please bring a mat and 3 - 5 lb. hand weights (step provided).

- **A.** Mondays, 6:15 - 7:15 pm
  - Teacher: Kathy Henry (A) or Marisa Stipe/Kathy Henry (B).
  - Cost: $51; discounted resident rate: $39

**TABATA – BURST TRAINING**

Tabata is a high-intensity workout protocol that has fitness and weight-loss benefits. Is it like CrossFit? Is it like circuit training? It is a bit of both. Tabata training is attractive because it saves a lot of time for people. It offers the maximum benefit with the least amount of time used to get those results. Bring a mat and 1-3 lb. hand weights.

- **A.** Thursdays, 5:30-6:00 pm
  - Teacher: Marisa Stipe.
  - Cost: $43; discounted resident rate: $33

**BALLROOM BASICS I**

“Dancing is the ultimate exercise . . . cleverly disguised as fun.” Dancing is a great way to relieve stress, build confidence and enjoy exercise. Learn popular dances that you can use for a lifetime of fun! Dance with a partner for a fun night out (partners preferred but not required). Instructed by and held at Ballroom Break (100A Catherine Ct, Lewisberry).

- **A.** Mondays, January 22 – February 26, 6:30-7:30 pm
- **B.** Tuesdays, March 6 – April 10, 6:00-7:00 pm
- **C.** Mondays, April 16 – May 21, 6:30-7:30 pm

**BELLY DANCE**

Belly dance is low impact, strengthens the core and improves muscle tone, cardio, flexibility & body awareness. It is very beneficial for all ages, keeping you spirited, flexible and energetic. Instructor: June Minaya.

- **Level 1:** Welcome beginners! Learn basic steps that apply to almost every style of belly dance. Begin with a low impact warm-up followed by dance combinations and easy/ fun steps. A hand out with combinations and steps included as well as a CD of great music.
- **Level 2:** Review previously learned combinations and tie them into a short choreography. Each session will be different choreography, so continuing styles have a chance to learn different styles. Music and choreography notes will be included.

- **A.** Mondays, January 15 – February 12
  - Level 1: 6:15-7:15 pm
  - Level 2: 7:30-8:30 pm

- **B.** Mondays, April 16 – May 14
  - Level 1: 6:15-7:15 pm
  - Level 2: 7:30-8:30 pm

**ZUMBA STEP**

Zumba Re-invented!

Step Aerobics performed in a Zumba style, choreographed routine by stepping up onto and down from a portable platform. Bring some Latin flavor to your step routine. Bring a mat and light to medium hand weights for Zumba Strong (step provided).

- **A.** Mondays, 7:30-8:30 pm
  - Level 1: 6:15-7:15 pm
  - Level 2: 7:30-8:30 pm

**ADULT HORSEMANSHIP**

The Total Equine Learning Center has well trained horses and a roomy indoor riding facility for ages 18+ to learn the basics of horsemanship, riding technique and safety. Ride English or Western and participate in grooming and tacking activities. Instructor: Joanne Hocker and assistants.

- **A.** Mondays, March 26 – April 2, 6:30-8:00 pm
- **B.** Tuesdays, March 19 – May 14
  - March 24 – May 12

**MORRERACE PROGRAMS LISTED UNDER AQUATICS AND SPORTS**
PUPPY/DOG TRAINING 101
Co-sponsored by Harrisburg Beagle Club
Learn how to train your dog (10 weeks and older) to respond to basic commands such as sit, down, drop, etc. Topics such as walking on a loose leash, biting, chewing, dog/human body language, games and many others will also be covered. The handler must be at least 10 years old, but the entire family is encouraged to attend the session to observe. Bring a 6 ft. nylon or leather leash, a well-fitting collar, treats or toy, water, patience and a positive attitude. Instructor: Doug Parson, Gut Hunds Dog Training.
Tuesdays, 6:00-7:00 pm
March 20 – April 24
Lower Allen Community Park – Ferlawn Pavilion
Cost: $81; discounted resident rate: $62

BEGINNER ARCHERY
A great family activity for those who always wanted to try archery. This is a beginner’s course for shooting re-curved bows. You will learn the parts of the equipment and proper shooting technique. For ages 8 & up. Instructor: Will Foster, YWCA of York.
Friday, 6:00-7:30 pm
A. April 13
B. May 11
Camp Cann-Edi-On – 870 Sheepbridge Rd, York Haven
Cost: $22; discounted resident rate: $16

NIGHT SENSORY HIKE
For ages 8 & up. A family friendly interactive hike at night to learn how people and animals adapt to darkness. No flashlights. Instructor: Will Foster, YWCA of York.
Friday, 8:00-9:30 pm
A. April 13
B. May 11
Camp Cann-Edi-On – 870 Sheepbridge Rd, York Haven
Cost: $21; discounted resident rate: $17

VERNAL POOL DISCOVERY
What is a “vernal pool”? Join us for this educational program and find out! Learn about the ecology of a vernal pool before walking a short trail out to one found at Pinchot Park. Once there, we will explore and discover the different types of critters that call a vernal pool home. For ages 3 and up; children must be accompanied by a registered adult. Please wear sturdy shoes and bring a flashlight. Instructor: Beth Kepley-McNutt, EES.
Friday, April 27, 7:00-8:00 pm
Gifford Pinchot State Park – Campground Office
Cost: $12; discounted resident rate: $9

nature walks
Join the park’s naturalist and learn all about spring in Pinchot Park! Please wear sturdy shoes and bring water. All children must be accompanied by a registered adult. Walks meet at: Gifford Pinchot State Park – Interpretive Center, Conewago Day Use Area. Instructor: Beth Kepley-McNutt, EES.
Kid’s Spring Discovery Walk: Take a short walk and discover the sights, sounds and smells of spring at Pinchot Park, and then enjoy a nature scavenger hunt! Recommended for children 4 to 10 years of age.
Saturday, April 28, 2:00-3:30 pm
Cost: $12; discounted resident rate: $9

Spring Wildflower Walk: An easy woodland stroll, identifying wildflowers and sharing bits of interesting information about the plants. For ages 10 and up.
Saturday, May 5, 2:00-3:30 pm
Cost: $12; discounted resident rate: $9

BEGINNER KAYAK EXPERIENCE – New Day!
Join us for a beginner’s kayaking experience on Pinchot Lake! Learn the basics of paddling, and a little about the different types of kayaks available. For ages 12 and up; children must be accompanied by a registered adult. Life vests will be provided and must be worn. Dress appropriately for the weather, and wear shoes you don’t mind getting wet. Instructor: Beth Kepley-McNutt, EES.
Sunday, May 13
A. 10:30 am-12:00 pm
B. 1:30-3:00 pm
Gifford Pinchot State Park – boat area #2 near park office
Cost: $14; discounted resident rate: $11

KAYAK EXPERIENCE II – Sunset Paddle
If you have participated in the Beginner Kayaking Experience and would like a longer paddle on the lake, this is for you! We will kayak a longer length of the lake, taking in the sights and sounds of an evening paddle. Please bring a snack, plenty of water, shoes you do not mind getting wet and dress for the weather. Participants must also bring a flashlight or headlamp for safety while on the water. For ages 12 and up; children must be accompanied by a registered adult. Life vests will be provided and must be worn. Instructor: Beth Kepley-McNutt, EES.
Saturday, May 5, 6:00-8:00 pm
Gifford Pinchot State Park – boat area #2 near park office
Cost: $14; discounted resident rate: $11

EVENING PONTOON BOAT TOUR
Come out and soak up the beauty of spring at Pinchot Park! Enjoy a 1.5 hour tour of our lake, taking in the sights and sounds of spring, while learning a little about the history of Pinchot Park, and discovering the different types of critters that call our park home. Children must be at least 6 years of age and accompanied by a registered adult. Life jackets will be provided and are required. Please wear appropriate clothing and bring binoculars or camera if desired. Instructor: Beth Kepley-McNutt, EES.
Saturday, May 12, 6:30-8:00 pm
Gifford Pinchot State Park – boat area #2 near park office
Cost: $14; discounted resident rate: $11

ACTIVE SHOOTER PREPAREDNESS WORKSHOP
While no one ever wants to experience one of these situations, active shooter incidents are often unpredictable and evolve quickly. In partnership with the Lower Allen Township Police Department and Tiger Rock Martial Arts, we invite you to join us for an evening of classroom training utilizing practical examples and interactive scenarios. You will learn what you can do to help anticipate and respond to an active shooter situation. Class material is designed for ages 14 and older. Participants age 14-17 must be accompanied by a paying adult age 18 or older.
Saturday, April 14, 6:00-8:00 pm
Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill
Cost: $9; discounted resident rate: $7
- SCHOLARSHIP AVAILABLE

CANCELLED ACTIVITIES? Too often quality activities and trips are cancelled because too many people wait until the last minute to register. Almost every activity has a minimum number of enrollees needed to cover the expenses or to make it enjoyable (think team sports). If you see an activity you like, don’t hesitate to sign up to recreate!
STEM CLUB WITH SYLVAN (After School)

YOUTH ACTIVITIES

Students in grades 1-6 will have the opportunity to take an in-depth look at any of four general topics: Robotics, Science, Engineering and Coding. Each course will be a continuation of what students were working on in the fall but new students are always welcome! Every school will explore a different topic each month so check the information below to see what your school is offering! Bring a snack and drink. Parents please send a note along with your child on the first day of the program notifying their teacher to dismiss them to the WSRec class. Instructor: Sylvan EDGE Staff.

Robotics: Design, build, and program robots using LEGO’s WeDo software!

Science: Work with everyday materials to interact with basic physics concepts like energy, aerodynamics, impact, etc... We will make parachutes for eggs (and hope they survive!), use the scientific process to build the longest traveling paper airplane, build straw bridges, and more!

Engineering: Learn simple machines, then apply that base knowledge to design more complex machines using LEGO®!

Coding: Become familiar with using coding blocks to create your own worlds, storyboards, and video games! Grades 1-2 will be using iPads that are provided. Grades 3-6 should bring their own laptop with wireless internet capability and the ability to run the Google Chrome browser. A limited number of laptops are available to borrow on a first-come, first-serve basis.

Lower Allen Elementary
Mondays, 3:30-5:00 pm
A. Coding: January 8-29 (no 1/15)
Cost: $99; discounted resident rate: $75
B. Science: February 5-26 (no 2/19)
Cost: $99; discounted resident rate: $75
C. Robotics: March 5-26
Cost: $128; discounted resident rate: $99
D. Engineering: April 9-30
Cost: $128; discounted resident rate: $99
E. Coding: May 7-21
Cost: $99; discounted resident rate: $75

Red Mill Elementary
Mondays, 3:30-5:00 pm
F. Science: January 8-29 (no 1/15)
Cost: $99; discounted resident rate: $75
G. Coding: February 5-26 (no 2/19)
Cost: $99; discounted resident rate: $75
H. Engineering: March 5-26
Cost: $128; discounted resident rate: $99
I. Robotics: April 9-30
Cost: $128; discounted resident rate: $99
J. Coding: May 7-21
Cost: $99; discounted resident rate: $75

Fairview Elementary
Mondays, 3:30-5:00 pm
K. Robotics: January 8-29 (no 1/15)
Cost: $99; discounted resident rate: $75
L. Science: February 5-26 (no 2/19)
Cost: $99; discounted resident rate: $75
M. Engineering: March 5-26
Cost: $128; discounted resident rate: $99
N. Coding: April 9-30
Cost: $128; discounted resident rate: $99
O. Robotics: May 7-21
Cost: $99; discounted resident rate: $75

Washington Heights Elementary
Tuesdays, 3:30-5:00 pm
P. Robotics: January 9-30
Cost: $128; discounted resident rate: $99
Q. Science: February 6-27
Cost: $128; discounted resident rate: $99
R. Science: March 6-27
Cost: $128; discounted resident rate: $99
S. Coding: April 3-24
Cost: $128; discounted resident rate: $99
T. Engineering: May 1-22
Cost: $128; discounted resident rate: $99

Rossmoyne Elementary
Tuesdays, 3:30-5:00 pm
U. Robotics: January 9-30
Cost: $128; discounted resident rate: $99
V. Coding: February 6-27
Cost: $128; discounted resident rate: $99
W. Science: March 6-27
Cost: $128; discounted resident rate: $99
X. Engineering: April 3-24
Cost: $128; discounted resident rate: $99
Y. Coding: May 1-22
Cost: $128; discounted resident rate: $99

Fishing Creek Elementary
Wednesdays, 3:30-5:00 pm
Z. Coding: January 10-31
Cost: $128; discounted resident rate: $99
AA. Robotics: February 7-28
Cost: $128; discounted resident rate: $99
BB. Engineering: March 7-28
Cost: $128; discounted resident rate: $99
CC. Science: April 4-25
Cost: $128; discounted resident rate: $99
DD. Robotics: May 2-23
Cost: $128; discounted resident rate: $99

Highland Elementary
Thursdays, 3:30-5:00 pm
EE. Engineering: January 11-25
Cost: $99; discounted resident rate: $75
FF. Coding: February 1-22
Cost: $128; discounted resident rate: $99
GG. Robotics: March 1-22
Cost: $128; discounted resident rate: $99
HH. Engineering: April 5-26
Cost: $128; discounted resident rate: $99
II. Science: May 3-24
Cost: $128; discounted resident rate: $99

Hillside Elementary
Thursdays, 3:30-5:00 pm
JJ. Science: January 11-25
Cost: $99; discounted resident rate: $75
KK. Robotics: February 1-22
Cost: $128; discounted resident rate: $99
LL. Coding: March 1-22
Cost: $128; discounted resident rate: $99
MM. Engineering: April 5-26
Cost: $128; discounted resident rate: $99
NN. Robotics: May 3-24
Cost: $128; discounted resident rate: $99
**NEW CLAY CREATIONS**

It’s time to get our hands just a little bit dirty and create some cool projects including a pinch pot, a slab project and a coil pot! Grades 1-5 will mold the air dry clay into their own creation, add texture and details, and then paint with acrylics. For the after school class we ask that parents send a note along with their child to let their school teacher know they will be attending this class. Instructor: Cathy Wagaman.

- **Monday & Wednesday**
  - A. February 5 & 7, 3:30-5:00 pm (After school)
  - B. February 26 & 28, 6:00-7:30 pm
  - Washington Heights Elementary – music room
  - Cost: $38; discounted resident rate: $29

**NEW KIDS PAINTING CLUB**

Whether you are a first time painter or have some experience we invite kids in grades 1-5 to join the club! You will create four step by step paintings using mixed media. Projects will include a starry night and cool snowy landscape, a colorful abstract painting and one inspired by pop art. For the after school class we ask that parents send a note along with their child to let their school teacher know they will be attending this class. Instructor: Kate Wasson.

- **Monday & Wednesday**
  - A. March 5-14, 3:30-5:00 pm (After school)
  - B. April 9-18, 6:00-7:30 pm
  - Highland Elementary – music room
  - Cost: $64; discounted resident rate: $49

**BABYSITTING CERTIFICATION**

Girls and boys ages 11-15 can become certified through this American Red Cross program, which provides the knowledge and skills necessary to safely and responsibly give care for children and infants. This class will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Sitters each receive an informative handbook and CD for reference and a certification card. Bring a packed lunch and a baby doll if you have one. Instructor: Cathy Wagaman.

- **Saturdays, 9:00 am – 3:00 pm**
  - A. March 10
  - B. April 7
  - Fairview Township Bldg–599 Lewisberry Rd, New Cumberland
  - Cost: $87; discounted resident rate: $67

**ACTIVITIES FOR ADULTS 18+**

**DIGITAL SLR PHOTOGRAPHY**

Sure, your smartphone can take digital photos, but to get the most out of digital photography and truly stunning photos, you need to step up to a Digital SLR Camera. Both workshops will be held at: Fairview Township Fire Station #1 – 340 Lewisberry Rd, New Cumberland. Instructor: Charlie Smith.

- **100 Getting Started:** Intro program for novices considering moving to a digital camera with interchangeable lenses (DSLR). The latest models of current entry level to high end camera and lenses will be on display and available to “try out”. Basic photography concepts, styles and equipment are introduced.
  - Saturday, January 20, 9:00am-12:00 pm
  - Cost: $12; discounted resident rate: $9

- **101 Getting the Most From Your Digital SLR Camera:** Hands-on workshop to get you up and running with the skills you need to get the most out of your camera. We’ll take you out of “automatic”, but won’t overload you with too much detail. Workshop will pay dividends with improved pictures! Must bring you own DSLR and lenses.
  - Saturday, March 3, 10:00am-3:00 pm
  - Cost: $128; discounted resident rate: $99

**EMERGENCY RESPONSE**

Learn what to do treat yourself and others when the unexpected happens! An American Heart Association course completion card will be issued that is valid for two years. No refunds available after class starts. Class held at: Lower Allen Emergency Services Bldg - 2233 Gettysburg Rd. Please use main lower entrance to Township building. Instructor: Dave Crossley.

- **First Aid:** A Heartsaver Course designed to train anyone who might be the first to respond in the community or workplace. Essential information and skill training includes: general principles of first aid, medical emergencies, injury emergencies (special emphasis on bleeding control), and environmental emergencies.
  - Tuesday & Thursday, 6:00-8:30 pm
  - January 23 & 25
  - Cost: $59; discounted resident rate: $45

- **CPR & AED:** Cardiac arrest can happen suddenly right in front of you! What do you do? This Heartsaver Course combines CPR skills training with instruction in using an automatic external defibrillator. Learn skills in adult, child and infant CPR as well as choking procedures for all age levels. Course includes practice sessions, workbook and two skill reminder cards for future reference.
  - Tuesday & Thursday, 6:00-8:00 pm
  - February 20 & 22
  - Cost: $59; discounted resident rate: $45

**MEDICARE BASICS**

Co-sponsored by Parthemore Funeral Home

This informational session is designed to educate beneficiaries who are new to Medicare or family members assisting new beneficiaries. Topics that will be covered include: Medicare Part A and B, Medicare Part D, Medicare Advantage Plans, Supplements/MediGap, Medicare coverage options, and state and federal programs that help lower costs for Part B & Part D. Instructor: Cumberland County Aging & Community Services.

- **Monday, April 9, 6:00-7:30 pm**
  - West Shore Senior Center – 122 Geary Ave, New Cumberland
  - Cost: FREE (pre-registration is required and also limited)

**Millard Freysinger Memorial Youth Scholarship Program:**

Contributions made to the Millard Freysinger Memorial fund provide financial scholarships for selected recreation activities for students* who fall under one or more of the following criteria: 1.) eligible for the free/reduced price school lunch program, 2.) recommendation from the school counselor, 3.) student’s parent is an active duty member of the military. A copy of the lunch program letter from WSSD must be included with the registration form. School counselor recommendation letters can be sent directly to our office for review. Military ID’s can be brought to our office for review before program registration. Scholarships are one-half the resident cost and are indicated with a symbol. All information will be kept completely confidential.

*who reside in a participating community

**Snow Tubing**

Ideal Winter Group Outing!

717-432-9631 x3723

www.westshorerec.org
FAMILY AND MULTI-AGE ACTIVITIES

REC SWIM
Great for family fun or individual fitness workouts. One lane is reserved for lap swimming on the weekend. Pay at the door or save 23% by purchasing a Rec Swim Punch Card. A Punch Card never expires and can be used for the whole family.

Winter/Spring Rec Swim Schedule: February 4 – May 20*
Sundays, 2-5 pm
Lap Swim Only: February 19 – May 16*
Mondays & Wednesdays, 7-8 pm

Admission Options:
A. Pay As You Go: Weekend - $5; Weeknight - $2
B. Punch Card: $26; discounted resident rate: $20

*Please note - No Rec Swim or Lap Swim on February 26, 28, April 1 and May 13. Other dates are subject to change for maintenance or emergency reasons.

BIRTHDAY POOL PARTIES
Here’s a fun and economical way to host a birthday or special event! Your group will have a splashing good time in the pool during Rec Swim and the lobby area may be scheduled (50 minute period) for cake cutting or gift opening. Reserve your date early! No refunds will be given after the Rec office closes on the Friday before your party date.

Dates: Sundays, 2-5 pm
February 4 – May 20 (no April 1 & May 13)

Size: Small Group (up to 15 swimmers)
Cost: $78; discounted resident rate: $60
Large Group (16-25 swimmers)
Cost: $117; discounted resident rate: $90

EXCLUSIVE POOL PARTIES
Groups of up to 60 swimmers may have exclusive pool time for reunions, company recreation or other occasions. More than 60 persons will require additional lifeguards at an extra fee. Refund policy: no refunds will be given 30 days or less prior to the reserved party date unless a replacement is secured.

Saturdays, 4-6 pm
February 10 – May 19
(except for March 3, 31 & May 12)
Cost: $194; discounted resident rate: $149

WHEE SWIM
Enjoy special one-on-one time with your child! Our instructor will help you and your child feel comfortable and safe in the water while practicing movements to prepare him or her for swimming strokes. One parent/guardian in the water is necessary...two are welcome! Swim diapers and tight-fitting rubber pants are recommended. Instructor: Sarah Myers.

Sundays, March 18 – April 29 (no 4/1)
A. 6-18 months: 5:00-5:30 pm
B. Age 1: 5:30-6:00 pm
C. Age 2: 6:00-6:30 pm
D. Age 3-4: 6:30-7:00 pm
Cost: $51; discounted resident rate: $39

YOUTH ACTIVITIES

YOUTH SWIM LESSONS
Youth 5-15 years are encouraged to learn water safety and enhance their water enjoyment, progressing from level 1 through 6 in the American Red Cross water safety program. You may enroll in one section only until March 28 and you must pass the current level before enrolling in the next. Instructed by certified Water Safety Instructors.

Tuesdays & Thursdays, March 1 – 27
A. Level 1  6:00-6:35 pm
B. Level 1 or 2  6:40-7:15 pm
C. Level 3 or 4  7:20-7:55 pm

Tuesdays & Thursdays, April 3 – 26
D. Level 1  6:00-6:35 pm
E. Level 2  6:40-7:15 pm
F. Level 3, 5 or 6  7:20-7:55 pm

Tuesdays & Thursdays, May 8 – 31
G. Level 1  6:00-6:35 pm
H. Level 1 or 2  6:40-7:15 pm
I. Level 3 or 4  7:20-7:55 pm
Cost: $58; discounted resident rate: $45

DIVING LESSONS – Beginner to Advanced
Enhance your fun at the swimming pool by improving your dive! Learn the fundamentals of springboard diving techniques: approach and hurdle, front dives, back jumps, back dives and basics of a front flip. Springboard diving safety precautions will also be covered. For ages 8-17 who can swim a minimum of 25 yards. Certified diving coaches: Julia Jagannath & Eric Bomberger.

Beginner/Intermediate Diving
Mondays & Thursdays, 5:30-6:30 pm
April 2-26
Cost: $53; discounted resident rate: $41

Advanced Diving
Mondays & Thursdays, 6:30-8:00 pm
March 19 – April 26
Cost: $129; discounted resident rate: $99

OPEN WATER SCUBA
Explore the underwater world by enrolling in a PADI Open Water Scuba course. You must be in good health, at least 10 years old (ages 10-17 must be accompanied by a registered adult), able to swim 200 yards, be comfortable in water, and supply a mask, snorkel, fins and booties. Bring your swimsuit to all classes. E-learning costs as well as open water check-out dives are not included in the class registration fees. Open water dives and additional costs to the class vary depending on local quarry or Florida certification destination. For more information on this course please contact Harrisburg’s West Shore SCUBA Center at 717-836-7699. Instructor: PADI certified instructors from Harrisburg’s West Shore Scuba Center.

Saturday & Sunday, 9 am-12 noon
A. March 10 & 11
B. April 14 & 15
Cost: $254 discounted resident rate: $195

ACTIVITIES FOR ADULTS 16+

WATER OTTERS
A class for 4 year olds! Designed for children to explore their water readiness prior to enrolling in Level 1 at age 5. Children must have some water experience and be able to engage in a small group without parental assistance. Instructed by a certified water safety instructor, but no certification given.

Tuesdays & Thursdays, 6:00-6:35 pm
A. March 1 – 27
B. April 3 – 26
C. May 8 – 31
Cost: $58; discounted resident rate: $45

OTHER DATES

A. Pay As You Go:
Weekend - $5; Weeknight - $2
B. Punch Card:
$26; discounted resident rate: $20

UNLESS STATED OTHERWISE, ALL AQUATIC PROGRAMS ARE HELD AT THE WEST SHORE NATATORIUM LOCATED AT RED LAND HIGH SCHOOL ON FISHING CREEK ROAD, FAIRVIEW TOWNSHIP.
**LIFEGUARD REVIEW**

Attention all current lifeguards! Only individuals with a Lifeguarding certificate that is 30 days or less beyond the expiration date may participate in a review course so make sure you rectify now. If you let your certification lapse you will need to retake the entire course. You must be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing, tread water for 2 minutes using only the legs, and complete a timed event. The timed event involves retrieving a brick in deep water and swimming it to a designated spot within 1 minute, 40 seconds. This mandatory pre-requisite testing will occur on the first day of class. **Anyone who fails the swim test will receive a refund minus a $50 administrative fee.** Students will review all skills and then must successfully demonstrate proper techniques and pass the written exams to obtain recertification. Bring your swimsuit to every class. Instructor: Kathy Wulfers.

- Saturday, 9 am-4 pm
- Sunday, 9 am-2 pm
- April 7 & 8
- Cost: $129; discounted resident rate: $99

**LIFEGUARD CERTIFICATION**

Become an American Red Cross certified pool lifeguard. You must be at least 15 years old, be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing, and tread water for 2 minutes using only the legs. You must also complete a timed event within 1 minute, 40 seconds. Exact details of the timed event can be found at www.wsrec.org or on the Red Cross website. This mandatory pre-requisite testing will occur on the first day of class. **Anyone who fails the swim test will receive a refund minus a $50 administrative fee.** Upon passing written and practical exams, you will also be certified in First Aid and CPR for the professional rescuer. Bring your swimsuit to every class. Be prepared for the pre-requisite swim test on the first night of class. Instructor: Kathy Wulfers

**Blended Learning**

Much of the classroom work will be completed on-line in this session. Upon registering for this course you will be given a link to the class material on the American Red Cross website where you will pay the $35 admin fee (not included in the price listed below). Registration deadline is March 9 and required online coursework must be completed prior to the first day of class on March 17.

- Saturdays, 9 am- 4 pm
- Sundays, 9 am-2 pm
- March 17, 18, 24, 25
- Cost: $289; discounted resident rate: $214

**HYDROFIT**

Get the best of both worlds in this liquid environment. Start in the deep and end in the shallow. Get a full body workout with intervals, circuit training (stations), core strengthening and everything in between. Let’s keep it moving!!! You must be comfortable in the deep water and wear a flotation belt. Instructor: Nancy Fink.

- Sundays, 1-2 pm
- January 7 – March 11
- Cost: $57; discounted resident rate: $44

**AQUACISE**

Looking for something to keep that energy going throughout the winter? Try this shallow water exercise experience as you test your core strength, build your cardio fitness and improve your muscle tone. Great for the beginner and those who enjoy a bit of a challenge. **We use resistance equipment for this multi-level class and you don’t have to know how to swim.** Join the fun! Instructor: Nancy Fink.

- A. Mondays & Wednesdays, 8-9 pm
  - January 8 – February 7
- B. Mondays & Wednesdays, 7-8 pm
  - February 19 – March 21
  - Cost: $57; discounted resident rate: $44
- C. Mondays & Wednesdays, 7-8 pm
  - April 2 – May 16
  - Cost: $78; discounted resident rate: $60

**WATER WORKOUT**

Let’s keep it simple…walk, run, and stretch all in the deep water. Movements will enhance cardio conditioning, muscular strength and flexibility with light intervals and equipment. This is a multi- level class challenging your fitness abilities while working at your own pace. You will wear a flotation belt to keep you in an upright position and you must be comfortable in the deep water. **Instructor: Nancy Fink.**

- Tuesdays & Thursdays, 8-9 pm
  - A. February 20 – March 22
  - Cost: $57; discounted resident rate: $44
  - B. April 3 – May 17
  - Cost: $78; discounted resident rate: $60

**HYDRO HIKE**

Toning, flexibility, strength building, cardio challenging….all done in the deep water while wearing a flotation belt. Challenge your body to a new fitness level and you’ll notice a difference in just a few weeks! All participants must be comfortable in the deep water. Join instructor Nancy Fink for this multi-level class.

- Mondays & Wednesdays, 8-9 pm
  - A. February 19 – March 21
  - Cost: $57; discounted resident rate: $44
  - B. April 2 – May 16
  - Cost: $78; discounted resident rate: $60

**ELECTRONIC COMMUNICATION**

We request your e-mail address at registration because our software allows us to provide you:
- a registration receipt
- announcements about your class
- news about West Shore Rec happenings.

We do not share or sell e-mail addresses and we resolve not to overload your inbox!

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A fire extinguisher is his idea of a nice Christmas gift.

Do you really want him to plan your funeral?

Talk with us about making arrangements in advance. Preplanning allows you to specify your preferences and relieves your family of the burden.

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**FAMILY AND MULTI-AGE ACTIVITIES**

**BEGINNER ARCHERY**
A great family activity for those who always wanted to try archery. This is a beginner’s course for shooting re-curved bows. You will learn the parts of the equipment and proper shooting technique. For ages 8 & up. Instructor: Will Foster, YWCA of York.

- Friday, 6:00-7:30 pm
  - A. April 13
  - B. May 11
  - Camp Cann-Edi-On – 870 Sheepbridge Rd, York Haven
Cost: $22; discounted resident rate: $17

**YOUTH ACTIVITIES**

**soccer clinic**
Properly introduce your youngster to the sport of soccer! Children ages 3-5 will be taught soccer skills through fun games and drills. Child must be 3 years of age prior to first class and a parent must attend and may need to participate. Instructor: UK Soccer.

- Fridays, April 6 – May 18 (no 4/27)
  - A. 6:15-7:15 pm
  - B. 7:20-8:20 pm
  - Highland Elementary School – gym
Cost: $84; discounted resident rate: $65

**boys basketball clinic**
Boys are invited to join Messiah College basketball coach Zach Hoy for 5 weeks of shooting clinics and full court play. Spring sessions will focus heavily on shooting the basketball as well as overall offensive skill work. Class sizes are kept small in order to ensure more individual attention and more repetitions in shooting the ball. Advanced 6th graders are welcome in the older class. Visit www.StrictlySkills.com for more details.

- Highland Elementary School - gymnasium
- Wednesdays, April 4 – May 2
  - A. Grades 4-6, 6:15-7:10 pm
  - B. Grades 7-9, 7:15-8:15 pm
Cost: $103; discounted resident rate: $79

**SPRiNG YOUTH TENNiS**
Get in the game! Come out and learn basic tennis skills and have fun playing tennis related games. Bring a racquet and water. All lessons instructed by Central Penn Tennis Instructors. Instructor will contact you directly via telephone in the event of weather related cancellations.

- Saturdays, April 21 – May 12
  - A. Ages 5-7: 1:15-2:00 pm
  - Cost: $30; discounted resident rate: $23
  - B. Ages 8-12 (Beg): 2:00-3:00 pm
  - C. Ages 9-16 (Adv Beg): 3:00-4:00 pm
  - Cost: $39; discounted resident rate: $30

- Cedar Cliff High School
- Sundays, April 22 – May 13
  - D. Ages 5-7: 1:15-2:00 pm
  - Cost: $30; discounted resident rate: $23
  - E. Ages 8-12 (Beg): 2:00-3:00 pm
  - F. Ages 9-16 (Adv Beg): 3:00-4:00 pm
  - Cost: $39; discounted resident rate: $30

**ACTIVITIES FOR ADULTS 18+**

**HIGH SCHOOL & ADULT TENNiS**
Dust off your racquet and get moving! Beginner players can learn and develop the strokes, strategies, and rules of this fun lifetime sport. Ages 15 & up. Bring a racquet and water. Instructor: Central Penn Tennis. Instructor will contact you directly via telephone in the event of weather related cancellations.

- Sundays, 12-1 pm
  - April 22 – May 13
  - Cedar Cliff High School – lower courts
Cost: $39; discounted resident rate: $30

**PICKLEBALL**
Pickle what? It is spreading like wildfire across the country, so get in on the fun! Pickleball combines elements of tennis, badminton and ping pong into a paddle sport that is easy to learn and appropriate for all skill levels. Simple rules and minimal equipment (paddle and plastic ball) will get you playing quickly. Ages 15 & up. Bring a paddle and water. Instructor: Tony Cooper. Instructor will contact you directly via telephone in the event of weather related cancellations.

- Saturdays, 12-1 pm, April 21 – May 12
  - Roof Park – tennis/pickleball courts
Cost: $36; discounted resident rate: $28

**MEN’S BASKETBALL**
Enjoy evenings of informal competition for fun and exercise. Teams formed on a weekly basis.

- New Cumberland Middle School
- Wednesdays, 7:30-9:30 pm (12 weeks)
- January 10 – March 28
Cost: $65; discounted resident rate: $50
Plus WSSD facility use fee: $33/person

"Thank you to our member municipalities for 50 YEARS of collaborative support!

- **Fairview Township**
- **Lower Allen Township**
- **Goldsboro Borough**
- **Lemoyne Borough**
- **Lewisberry Borough**
- **New Cumberland Borough**
PLAYZONE SUMMER DAY CAMP
Summer camp fun begins in June, but registration will begin approximately the end of February! Don’t delay in signing up to receive the 2018 PlayZone Brochure via e-mail in late February. Just call 717-920-9515 or go online to sign up for the “PlayZone Interest List”.

PlayZone is a structured, day camp experience that includes exciting field trips, refreshing swimming, organized activities, crafts, special guests, snacks and more in a safe environment. Available camp hours are Monday - Friday, 7:00 am - 5:45 pm. The camp is divided into zones: Primary Zone is designed for ages K-8 (completed kindergarten) and Secondary Zone includes ages 9-12. Both groups meet separately at Fishing Creek Elementary.

View the weekly flyers from 2017 on the Camps page at www.westshorerec.org to get an idea of the activities, trips and schedules that may be part of PlayZone 2018.

Make your summer vacation one to remember at PlayZone!

SUMMER BLAST
Children entering grades 1-5 (who have completed kindergarten) are invited to enjoy fun games, activities and crafts in an outdoor setting. Play typical playground games such as kickball, wiffleball, no-k-hockey, and capture the flag and take part in some fun activities related to the weekly theme. Sign up on a weekly basis or for the entire seven week program at a discount. Call 717-920-9515 or go online to sign up for the “Summer Blast Interest List”. You can also visit the Camps page at www.westshorerec.org for more information.

Monday thru Friday, 9 am-12 noon
June 18 – August 3
Roof Park – Fairview Township

SUMMER JOBS
Applications are being accepted for Summer Blast & PlayZone camp counselors, water safety instructors for teaching swim lessons, and new program instructors. We are also accepting applications for lifeguards and management staff for the Lemoyne Pool and West Shore Natatorium. Contact West Shore Rec for an application form at 717-920-9515 or www.westshorerec.org Don’t delay; apply today!

CAM P STAFF AUDITIONS
Don’t miss your chance to “try-out” for one of our PlayZone Summer Day Camp staff positions for this summer! Potential staff members must participate in interactive group auditions to be considered for a camp position.

Auditions will take place March 9 & 10, so please e-mail estauffer@wsrec.org and indicate you are interested in receiving the audition details.

Details posted at www.westshorerec.org
Don’t miss your chance to shine and show us your talents!

www.westshorerec.org
ELLIS ISLAND & STATUE OF LIBERTY
Arrive in Jersey City, NJ at Liberty State Park to begin a look back at our country’s heritage and history. After boarding the ferry, our first stop will be at the Ellis Island Immigration Museum. During your self-guided tour you will have the opportunity to discover what our ancestors went through as they entered the Port of New York and Ellis Island through pictorial, video/audio, and interactive exhibits at the museum. You may take time to explore your heritage if desired. Then board the ferry and take a short ride to Liberty Island, home of the Statue of Liberty. For 125 years, Lady Liberty has stood for freedom and democracy as well as international friendship.

Sunday, June 24
Radisson Penn Harris - depart 7:00 am, return 10:00 pm
Cost: $101, Adult; $89, Child (age 12 & under)

NEW YORK CITY OVERNIGHT
Take in a Broadway Show, visit a museum, enjoy a peaceful stroll through Central Park or shop ‘til you drop. Your time is your own. The Skyline Hotel offers an array of amenities including free WiFi and an indoor heated pool featuring the best view of the NYC skyline. The hotel is conveniently located near Hell’s Kitchen on 49th St. and 10th Ave. After check-in, the evening is yours to explore the city that never sleeps…with so much to see and do, the possibilities are endless.

A. Friday-Saturday, May 25-26
Radisson Penn Harris - depart 7:00 am, return 10:30 pm
Cost: $394 single; $269 double; $234 triple; $216 quad
B. Friday-Saturday, December 14-15
Radisson Penn Harris - depart 7:00 am, return 10:30 pm
Cost: $445 single; $298 double; $253 triple; $229 quad

NEW TRAIN TRACKS & FINE GLASS OF THE POCONOS
Travel north to the Pocono region where we begin our day with a hearty early lunch at the quaint Settlers Inn located in Hawley, PA. Afterwards, hop aboard the Stroubridge Line for a roundtrip, scenic train ride from Honesdale to Hawley and back traveling along the Lackawaxen River for a portion of the trip. Live narration on board will bring to life the area’s history and scenery. Next, we will visit the new Dorflinger Factory Museum which houses an extensive collection of glass produced by the Dorflinger Factory in the late 1880’s into the 1900’s. The museum consists of the Factory Office building and the Lower Cutting Shop.

Wednesday, July 11
Radisson Penn Harris – depart 6:45 am, return 9:45 pm
Cost: $156

NEW MAINE LOBSTER FESTIVAL - ROCKLAND ME
What a glorious time of year to experience the rugged Maine coastline with its picturesque, wind-swept shores and waterfront towns that offer a blend of history, culture and maritime flavor. Experience one of the New England coastline’s most popular festivals, the Annual Maine Lobster Festival in the “Lobster Capital of Maine,” Rockland. Visit www.westshorerec.org for itinerary details.

Wednesday – Sunday, August 1 - 5
Radisson Penn Harris - depart 7:00 am, return 8:00 pm
Four Points Sheraton - depart 6:45 am, return 8:00 pm
Cost: $1,479 single; $1,153 double; $1,041 triple; $991 quad

West Shore Rec has many other fabulous trips scheduled for the rest of 2018. The good news is there is no need to wait, since we are now booking reservations for all the trips listed below. Please visit our website (westshorerec.org) for additional trips and details.

- September 4-14
  - Great Lakes & Upper Midwest Trains & Boats of the Adirondacks
  - October 4
  - Two Castles & Cathedral Thunderbirds in Baltimore
  - October 22-25
  - Virginia Beach & Norfolk
  - November 16-18
  - Christmas at Newport Mansions
  - December 7
  - Christmas in DC
  - December 9-12
  - Christmas in Boston MA

TRIP INFORMATION
- Additional trip details are available at westshorerec.org
- West Shore Recreation Commission continues its partnership with Wolf’s Bus Lines to offer more trip destinations without needing to fill an entire bus. Our group will be combined with other passengers from several other pick up locations. Pick up and drop off will be at the Radisson Penn Harris parking lot (1150 Toronita St, York, PA) and/or the Four Points Sheraton (1650 Toronita St, York, PA). Additional pre-determined pick-up/drop off locations may be available, so please inquire by calling the Rec Office 717-920-9515.
- Modern Wolf’s motor coaches equipped with restrooms and air conditioning are used. Smoking and alcoholic beverages are not permitted. The gratuity for the bus driver/escort is not included in the price listed. Please note the right front seats are reserved for the trip escort.
- Help us out! Please register early for bus trips! We must reach a minimum of participants at least 30 days prior to departure. Should we have to cancel, you will receive a full refund.
- Price is per person. Payment in full required for all single-day trips. All multi-day trips require a $50 deposit per person with the remaining balance due 45 days prior to departure date. Without payment in full by due date, deposits will be forfeited and reservation cancelled.
- If you must cancel from a single-day trip, notify West Shore Rec at least 30 days before a trip to receive a refund (unless stated otherwise). For all multi-day trips, at least 45 days notice is required for a refund. After that, refunds will only be available if a replacement can be found. All trip refunds are subject to a $10 per person administrative fee.
- If you are interested in trip insurance, please let us know and we will put you in contact with a Wolf’s representative.

717-920-9515
EASY WAYS TO REGISTER

ONLINE
www.westshorerec.org or http://activenet.active.com/westshorerec

WALK IN
Office Hours: Monday – Friday, 8:30 am – 4:30 pm
WSSD ACE Building – front right pillar

PHONE
717-920-9515 with MasterCard, Visa, Discover or AmEx

MAIL IN
West Shore Recreation, P.O. Box 413, Lewisberry, PA 17339

TO MAIL IN OR DROP OFF

1. Complete The Registration Form
   Be sure all information is correct and all telephone numbers are included in the event we need to contact you about the activity. Include additional persons for the same activity from the same household on one form.

2. Enclose Payment
   A personal check may be used for the activity and made payable to West Shore Recreation. If using a credit card, provide the number, CSV code (on back of card), expiration date and a signature. Cash is accepted at the office.

3. Mail In or Drop Off
   Use the mailing address above. Service for after hours: A drop box is located outside the front entrance of the WSSD ACE building, behind the right pillar.

CONFIRMATIONS

Once you sign up it is your responsibility to attend the activity. No confirmations will be sent unless you wish to provide a self-addressed, stamped envelope or an e-mail address.

PROGRAM INFORMATION

• All program dates are subject to change.
• Age – A participant must be the proper age by the start or by the end of the program. All age requirements are set to benefit the participant and make instruction more consistent for the program leader. In some instances, the requirements have been set for the participant’s safety.
• Participants must provide their own medical insurance.
• The discounted price listed in the brochure is for residents of participating communities. The first price is for all others.
• Any person with a disability needing special accommodations to participate should contact the rec office two weeks prior to the activity.

CREATE YOUR OWN ACCOUNT AND REGISTER ONLINE!

Don’t forget, ActiveNet gives more options to you! This web-based software allows you to:
• view activities with real-time information such as spaces available and other details,
• create and update your own account,
• view your (and your family’s) participation calendar and history,
• access a custom listing of the dates of your activity,
• enroll online, including adding your name to a waiting list.

Please be aware that a convenience fee (6.5% + $0.50) is added to online enrollments, except for additions to a waiting list.

Persons who enroll online on January 3rd will be eligible for a prize drawing including a party sub compliments of the CEDAR CLIFF SUBWAY!

Find out how easy it is to create your account and register online. Get started at www.westshorerec.org.

REGISTRATION FORM

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( * - required information) • please write legibly!

OTHER INFORMATION

REFUND POLICY

A refund for any multi-session program will gladly be issued for any reason as long as you contact the office prior to the second class unless stated otherwise. After the second class, no refund will be given. A $5 administrative fee will be deducted from the refund. Refunds for one-day activities are not possible after the event has taken place. Call during office hours; e-mail requests will not be accepted. All trip refunds are subject to a $10 per person administrative fee.

CANCELLATIONS

• West Shore Rec reserves the right to cancel any program due to insufficient registration. A full refund will be given. Online convenience fees will be refunded as a credit on account for future enrollments.
• Cancellations for trips must be made at least 30 days before the trip to receive a refund unless stated otherwise.
• Inclement weather cancellations may prompt the rec office to cancel a program. If possible the session will be made up at another date. If in doubt call the office after 4:00 pm.

RETURNED CHECKS

Any checks returned for insufficient funds will be assessed an additional amount of $20 for each check.

PARTICIPATION LIABILITY

By voluntarily enrolling in any activity offered by the Commission, each individual (or the parent/guardian) agrees that West Shore Recreation Commission and its partners assume no responsibility for accident or injury sustained while participating in the activity. Each participant agrees to provide his own medical coverage and take responsibility for participating only in those activities appropriate for his personal health status. A complete statement of liability is available at www.westshorerec.org on the Information page.

Remember, Registration begins January 3rd. Enroll Early!

SECTIONS = A, B, C, D, E, etc. • LEVELS = 1, 2, 3, I, II, etc.
The opinions expressed here are those of West Shore Recreation Commission and do not necessarily reflect the views of the West Shore School District. Distribution of information and/or display of material does not constitute endorsement of any product, service, organization, company, information provider, or content by the District.

BOARD OF REPRESENTATIVES
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Michael Raback • Goldsboro Borough
Mike Sadowski • Lemoyne Borough
William Thompson • Lewisberry Borough
Edward Black • Lower Allen Township
TBA • New Cumberland Borough

ADMINISTRATIVE STAFF
Eric Stauffer, CPRP • Recreation Manager
Todd Miller, CPRP • Senior Program Coordinator
Janell Winebrenner • Customer Service Representative
Sandra Farcht • Customer Service Representative

West Shore Rec Smartphone App!
Download the App for FREE right now and let us know what you think!

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twitter.com/WestShoreRec

WEST SHORE REC ON THE WEB
Visit www.westshorerec.org for youth sports organization contacts, online registration, directions to program facilities, helpful links, and additional information on the programs in this brochure.

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