

Enrichment

FAMILY AND MULTI-AGE ACTIVITIES

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: \$17*

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: \$16*

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!

Enrichment

YOUTH ACTIVITIES

STEM CLUB WITH SYLVAN (After School)

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 WSRRec 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. Engineering: January 9-30

Cost: \$128; *discounted resident rate: \$99*

Q. Robotics: 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*



Enrichment

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: Kate Wasson.

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+

NEW 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 your 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

