

# Active Wellness

## ZUMBA TONING ♥

Zumba Toning incorporates weighted toning sticks to the Zumba workout that participants use almost like maracas. The toning sticks function like dumbbells to act as resistance weights. You get toned while doing cardio. Bring a mat, but toning sticks are provided. Instructor: Marisa Stipe.

Fairview Township Fire Station #1 – 340 Lewisberry Rd,  
New Cumberland

Thursdays, 4:30-5:15 pm

A. January 17 – March 7

B. March 21 – May 23 (no 4/11, 5/9)

Cost: \$48; *discounted resident rate: \$37*

## DANCING FUN ♥

*"Dancing is the ultimate exercise . . . cleverly disguised as fun."*

Dancing is a great way to relieve stress, build confidence and enjoy exercise. 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).

**Beginner Ballroom** - Learn popular dances that you can use for a lifetime of fun!

Mondays, 6:30-7:30 pm

A. January 14 – February 18

B. March 4 – April 8

**Refresher Ballroom** – For those that have taken a beginner class, but need to brush up on their steps.

Tuesdays, 7:00-8:00 pm

C. January 22 – February 26

Cost: \$99; *discounted resident rate: \$77 per person*

## 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 students have a chance to learn different styles. Music and choreography notes will be included.

Mondays, January 14 – February 11

A. Level 1: 6:15-7:15 pm

B. Level 2: 7:30-8:30 pm

Mondays, February 25 – March 25

C. Level 1: 6:15-7:15 pm

D. Level 2: 7:30-8:30 pm

Mondays, April 15 – May 13

E. Level 1: 6:15-7:15 pm

F. Level 2: 7:30-8:30 pm

West Shore Senior Center – 122 Geary Ave, New Cumberland

Cost: \$44; *discounted resident rate: \$34*

## ADULT HORSEMANSHIP

The Total Equine Learning Center has well trained horses and a roomy indoor riding facility for ages 18+. 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.

Mondays & Wednesdays, 6:30-8:00 pm

March 11 - 27

Total Equine Learning Center at Copper Penny Farm

Cost: \$388; *discounted resident rate: \$299*

**More active programs listed under  
Aquatics and Sports!**

♥ - HEART HEALTHY ACTIVITY

# Camps

## 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 2019 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 2018 on the Camps page at [www.westshorerec.org](http://www.westshorerec.org) to get an idea of the activities, trips and schedules that may be part of PlayZone 2019.

**Make your summer vacation one to remember at PlayZone!**

## SUMMER BLAST

Children **entering** grades 1-6 (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, nok-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](http://www.westshorerec.org) for more information.

Monday thru Friday, 9 am-12 noon

June 17 – August 2

Roof Park – Fairview Township

## SUMMER JOBS

Applications are being accepted for Summer Blast & PlayZone camp counselors, water safety instructors, and new program instructors. Contact West Shore Rec for an application form at 717-920-9515 or [www.westshorerec.org](http://www.westshorerec.org). Don't delay; apply today!

## CAMP 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 8 & 9, so please e-mail [estauffer@wsrec.org](mailto:estauffer@wsrec.org) and indicate you are interested in receiving the audition details.**

Details posted at [www.westshorerec.org](http://www.westshorerec.org)

**Don't miss your chance to shine and show us your talents!**

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