

**REGISTRATION BEGINS  
AUGUST 27**

**NON-RESIDENT  
SEPTEMBER 3**

**WSRec**

WEST SHORE RECREATION  
COMMISSION

[www.westshorerec.org](http://www.westshorerec.org)

**FALL 2024**

# CHECK OUT SOME PROGRAM HIGHLIGHTS FOR THE FALL 2024 SEASON:

- **Sports for Youth and Adults** – Check out our Sports page to see opportunities for kids to learn the fundamental skills of tennis, softball, and soccer. There’s also an introduction to Ninja Warrior, Parkour and World Chase Tag! We didn’t forget the fun for adults as we have tennis, pickleball, basketball and golf activities!
- **After School Programs** – Several options are available for Youth Art, LEGO and STEAM programs at multiple elementary schools. Also, don’t miss the Kid’s Night Out series where parents can plan a Friday night out while the kids have a blast engaging in a variety of STEAM activities.
- **Active Wellness** – Stay active into the fall season with Salsatone, Yoga, Pilates, Zumba, Tai Chi, Martial Arts, and many others! Water exercise options include: Aquacise, HydroHike, AquaFit and H2O Cardio.
- **Trips** – Experience the beauty of the fall season by touring Longwood Gardens and wine tasting at Chaddsford Winery. Christmas celebrations are right around the corner as well in Rhode Island, Washington, DC and New York City! Check out the Trips page for more information.

***Wishing everyone a safe, healthy and happy fall and holiday season!***



West Shore Rec offers registration on the Internet for selected programs (designated throughout the brochure with a  symbol). There is a convenience fee to use this registration option.

Visit <https://apm.activecommunities.com/westshorerec>

**Register Online go!**

## FIRST DAY OF REGISTRATION: AUGUST 27TH

So that everyone has a chance to receive this brochure and time to make activity selections, the first day registrations will be accepted is **Tuesday, August 27th 8:30 a.m.** for residents of participating communities in West Shore Rec.

Non-residents may register September 3rd 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.

**\* 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](mailto:wsrec@wsrec.org) [westshorerec.org](http://westshorerec.org)

## OFFICE HOURS

Monday through Friday, 8:30 am to 4:30 pm. Closed on holidays and Fridays in November and December: September 2, November 1, 8, 15, 22, 28, 29, December 2, 6, 13, 20, 24-27, January 1. The Recreation Office is located inside the WSSD Administration Building (507 Fishing Creek Rd). Rec Office entrance is near the flag pole.

## ACTIVITY CANCELLATIONS

Call 717-920-9515 and press 3 to check on activity status.

**In the case of inclement weather, any activity updates will be posted on the automated phone system unless otherwise specified. We ask that you call our office to check on weather related activity cancellations by dialing 717-920-9515 and pressing the number 3 on the main menu.**

## 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	Office location information
Press 3	Activity cancellations
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.*



# aquatics



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.

## 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.

**Fall Rec Swim:** Sundays, 2-5 pm  
September 8 – January 26\*

**Lap Swim Only:** Mondays & Wednesdays, 7-8 pm  
September 4 – November 11

#### Admission Options:

**A. Pay As You Go:** Weekend - \$5; Weeknight - \$2

**B. Punch Card:** \$26; *discounted resident rate: \$20*

\***Please note** - No Rec Swim on December 1 and 29. Other dates are subject to change for staffing, emergency, maintenance or other reasons outside our control. If Rec Swim is cancelled, a notification message will be recorded on our phone system up to 1 hour prior. Call 717-920-9515 and press 3.

### 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! Children must wear swim diapers. Instructor: Sarah Canulli.

Sundays, September 15 – October 20

**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

**E. Age 3-4:** 7:00-7:30 pm

Cost: \$72; *discounted resident rate: \$55*

## YOUTH ACTIVITIES

### 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.** September 3-26

**B.** October 1-24

Cost: \$75; *discounted resident rate: \$58*

## 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. **Indicate level needed on the registration form.** *You may enroll in one section only until September 27.* Instructed by certified water safety instructors. Parents may purchase a swim float for their child or one will be provided for them to use at class. Visit our website at <https://www.wsrec.org/aquatics> for details on which float to purchase if interested.

#### Tuesdays & Thursdays, September 3-26

**A.** Level 1 6:00-6:35 pm

**B.** Level 1 or 2 6:40-7:15 pm

**C.** Level 2, 5 or 6 7:20-7:55 pm

#### Tuesdays & Thursdays, October 1-24

**D.** Level 1 6:00-6:35 pm

**E.** Level 2 or 3 6:40-7:15 pm

**F.** Level 2, 4 7:20-7:55 pm

Cost: \$75; *discounted resident rate: \$58*

### American Red Cross Swim Level Descriptions

**Level 1 – Introduction to Water Skills:** Includes floating, kicking, and arm action.

**Level 2 – Fundamental Aquatic Skills:** Expand on fundamental aquatic locomotion including combined strokes on front and back and rhythmic breathing.

**Level 3 - Stroke Development:** Increase swimming skills including elementary backstroke and deep water skills.

**Level 4 - Stroke Improvement:** Develop confidence and competency beyond proceeding levels, including breaststroke, sidestroke, and diving.

**Level 5 - Stroke Refinement:** Coordinate and refine key strokes; introduce butterfly stroke, open turns, and feet-first surface dive.

**Level 6 – Swimming and Skill Proficiency:** Polish strokes to swim with more ease, efficiency, power, and smoothness over greater distances.

**good**  
**for you.**  
PENNSYLVANIA PARKS & RECREATION

**REGISTRATION BEGINS AUGUST 27TH**

# AQUATICS



## ACTIVITIES FOR ADULTS 16+

### AQUACISE

Looking for something to keep that energy going into the fall? 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.

Mondays & Wednesdays, 7-8 pm

A. September 4 – October 7

B. October 9 – November 11

Cost: \$69; *discounted resident rate: \$53*

### 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. September 4 – October 7

B. October 9 – November 11

Cost: \$69; *discounted resident rate: \$53*

### H2O CARDIO

Check out our new water fitness program with instructor Nichole Ryan! Nichole will lead participants through an upbeat cardio workout in both shallow and deep water, using noodles and water barbells. Flotation belts will be used while in the deep water.

Tuesdays, 8-9 pm, September 10 – October 22 (no 9/26)

Cost: \$82; *discounted resident rate: \$63*

### 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 recertify now. If you let your certification lapse you will need to retake the entire course. You must be able to swim 150 yards, tread water for 2 minutes using legs only, and then swim another 50 yards all without stopping. A timed event is also required which involves retrieving a brick in deep water and swimming it to a designated spot within 1 minute, 40 seconds. This mandatory pre-requisite testing must be completed upon arrival to class. Anyone who fails the swim test will receive a refund of one half their registration fee. Students will review all skills and then must successfully demonstrate proper techniques and pass the written exam to obtain recertification. Bring a packed lunch and water to class. Instructor: Kathy Wulfers.

Saturday, 9 am-7 pm, December 21

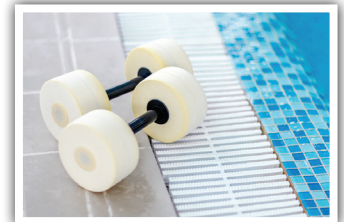
Cost: \$156; *discounted resident rate: \$120*

### AQUAFIT

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, September 8 – November 24

Cost: \$82; *discounted resident rate: \$63*



## REGISTRATION BEGINS AUGUST 27TH

### REGISTER ONLINE!

You're first in line when you register online! Create your ActiveNet account and register at your leisure for most activities. It's quick and easy and available 24 hours a day.

**Is Online Registration For Me?** Online registration may be the ideal method for you if:

- you cannot call during office hours.
- the desired program fills quickly.
- you're out of town during the busy registration time.
- you would like an instant confirmation of your registration.
- you don't mind paying a convenience fee (8.51% plus \$0.58)
- or you just enjoy using your computer.

Go to <https://apm.activecommunities.com/westshorerec/Home> for more details. **There is no additional fee to register by telephone, in person or by mail.**

Swim with the  
**Aquatic Club of the  
West Shore!**

Competitive swim team for ages 5-18  
Practices at Red Land HS  
New season starting soon!  
**SIGN UP NOW!**



Contact: [acws17339@gmail.com](mailto:acws17339@gmail.com)

Website: [SwimWithACWS.com](http://SwimWithACWS.com)



# ACTIVE WELLNESS



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.

Thursdays, 5:30-6:00 pm

**A.** September 12 – October 10

**B.** November 7 – December 12 (no 11/28)

West Shore Senior Center – 122 Geary Ave, New Cumberland

Tuesdays, 6:15-6:45 pm

**C.** September 17 – October 22 (no 10/8)

Fishing Creek Elementary School – bldg. I cafeteria

Wednesdays, 10:00-10:30 am

**D.** September 18 – October 16

**E.** November 6 – December 4

Lemoyne Borough - community room - 510 Herman Ave

Cost: \$53; *discounted resident rate: \$41*

### 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.** September 12 – October 10

**B.** November 7 – December 12 (no 11/28)

West Shore Senior Center – 122 Geary Ave, New Cumberland

Tuesdays

**C.** September 17 – October 22 (no 10/8), 6:55-7:40 pm

**D.** November 5 – December 3, 7:10-7:55 pm

Fishing Creek Elementary School – bldg. I cafeteria

Cost: \$75; *discounted resident rate: \$58*

### 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.

Thursdays, 7:05-7:50 pm

**A.** September 12 – October 10

**B.** November 7 – December 12 (no 11/28)

West Shore Senior Center – 122 Geary Ave, New Cumberland

Wednesdays, 10:45-11:30 am

**C.** September 18 – October 16

**D.** November 6 – December 4

Lemoyne Borough - community room - 510 Herman Ave

Tuesdays, 6:15-7:00 pm

**E.** November 5 – December 3

Fishing Creek Elementary School – bldg. I cafeteria

Cost: \$75; *discounted resident rate: \$58*

## YOUTH EQUINE ACTIVITIES

All equine activities will be held at Total Equine Learning Center: 1206 S. Market St in Mechanicsburg, PA. Farm has an indoor & outdoor riding ring, so come rain or shine. More details at [www.westshorerec.org](http://www.westshorerec.org). Instructor: Joanne Hocker.

### Pony Rides

Enjoy riding ponies (led rides -no instruction)! Long pants suggested.

### Little Tots - ages 2-6

**A.** Sunday, September 22, 1:30-3:00 pm

### Youth – ages 4-12

**B.** Sunday, October 6, 1:30-3:00 pm

**C.** Sunday, October 27, 1:30-3:00 pm

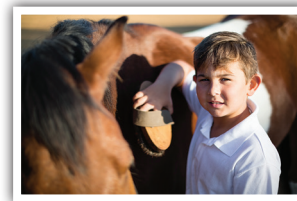
Cost: \$75; *discounted resident rate: \$58*

### Mini Horsemanship

Enjoy pony rides and receive grooming instruction for some fun at the barn! Ages 4-12. Long pants suggested.

**D.** Sunday, November 10, 1:30-3:00 pm

Cost: \$79; *discounted resident rate: \$61*



### Youth Horsemanship

For ages 7-13. Learn the basics of horsemanship, riding technique and safety. Participate in grooming and tacking activities Long pants and helmets are required.

**E.** Saturdays & Sundays, 1:00-3:00 pm

October 12, 13, 19 & 20

Cost: \$342; *discounted resident rate: \$263*



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# ACTIVE WELLNESS



## INTRO TO NINJA WARRIOR, PARKOUR AND WORLD CHASE TAG

As seen on social media and network television! Dexterity Depot is an elite training facility for Ninja Warrior, Parkour and World Chase Tag. We will focus on each of these 3 disciplines over the course of 6 classes. These sports are about overcoming not just physical obstacles, but mental and emotional ones as well. We help people of all ages increase self-confidence, self-esteem, focus, body awareness, physical strength, balance, agility, and speed. See inside the facility at Dexteritydepot.com.

Saturdays, September 7 – October 12

A. Ages 6-9: 10:00-10:50 am

B. Ages 10-14: 11:00-11:50 am

Dexterity Depot – 75 Utley Drive, Suite 102, Camp Hill

Cost: \$116; *discounted resident rate: \$89*

## 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.

Tuesdays, 5:30-5:55 pm

October 22 – November 26

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

Cost: \$70; *discounted resident rate: \$54*

## 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.

Wednesdays, 5:30-6:15 pm

October 23 – November 27

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

Cost: \$83; *discounted resident rate: \$64*

## YOUTH MARTIAL ARTS

Turn these sometimes-awkward years into a time of positive influence and strong character! Our training surrounds early teens ages 12-15 with good influences of like-minded peers and positive reinforcement. Students learn the benefits of functional fitness including improved flexibility, coordination, strength, endurance, focus and effective self-defense skills. Video games and social networking do not hold a candle to our program! Instructor: Tiger Rock Martial Arts of Central PA.

Tuesdays, 6:45-7:30 pm

October 22 – November 26

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

Cost: \$83; *discounted resident rate: \$64*

## ACTIVITIES FOR ADULTS 18+

### ADULT MARTIAL ARTS

Our program will add an exciting new experience regardless of your season in life. Improve flexibility and coordination, gain more strength and better endurance, lose weight, learn effective self-defense skills and more. No experience necessary! We will help improve your quality of life and provide consistent positive experiences in a non-intimidating atmosphere. Instructor: Tiger Rock Martial Arts of Central PA.

Tuesdays, 7:30-8:15 pm

October 22 – November 26

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

Cost: \$83; *discounted resident rate: \$64*

### AEROBIC DANCE\* *(see note at bottom of page 6)*

Everything old is new again. If you missed it the first go-around (or just plain *miss it*), there are plenty of reasons to try again. Join Marisa in low-impact aerobic dance to oldies and new music. Aerobic dancing is an incredibly effective (and enjoyable) form of movement. Feel free to dance your heart out with guided movements while burning fat and increasing heart rate. Abdominals and stretching included. Bring a mat. Instructor: Marisa Stipe.

Lemoyne Borough - community room - 510 Herman Ave

Saturdays, 9:00-9:45 am

A. September 7 – November 2 (no 10/12)

B. November 9 – December 28

Cost: \$52; *discounted resident rate: \$40*

### BOOTY BARRE\* *(see note at bottom of page 6)*

Barre encompasses adding pilates and dance movements to your workout to lift your body. This is done using a chair and a mat. Small weights are also added for muscle strength and endurance. The movements can be slow and controlled or fast and energetic. This workout will align your body and lift your muscles. Emphasis will be on your gluteal muscles. The workout will change weekly. Please bring a mat and light weights to class. Instructor: Marisa Stipe.

Lemoyne Borough - community room - 510 Herman Ave

#### **Traditional With Dance Moves:**

Saturdays, 8:25-8:55 am

A. September 7 – November 2 (no 10/12)

B. November 9 – December 28

Cost: \$47; *discounted resident rate: \$36*

**Retro Conditioning:** Includes working in reverse direction, aiding in balance and injury prevention.

Tuesdays, 7:15-7:45 pm

C. September 10 – October 29 (no 10/8)

Cost: \$42; *discounted resident rate: \$32*

D. November 12 – December 17

Cost: \$35; *discounted resident rate: \$27*

**\*All activities instructed by Marisa Stipe and Angela Sheaffer will move to an online streaming format if any reason comes up that the class can't be held "in-person". Marisa uses Facebook LIVE while Angela will use Zoom.**



# ACTIVE WELLNESS



## 🌀 BODY TONING

Body Toning is an overall workout designed to target major and minor muscle groups. This workout is a creative and fun way to work on muscular endurance and strength training. Class will consist of a quick warm up followed by concentration on arms, legs, and abs. Please bring a towel, mat, water and handheld weights. Instructor: Renae Calhoun.

West Shore Senior Center – 122 Geary Ave, New Cumberland  
Tuesdays, 5:30-6:30 pm

**A.** September 10 – October 22

**B.** November 5 – December 17

Cost: \$51; *discounted resident rate: \$39*

## 🌀 BOX (Bring On the eXtreme)

Session includes EXTREME workouts from all over the world with compound movements that engage all muscles in one go. The core movements will be intense, and your fitness journey will broaden each week. Optional personal training measurements are included. Bring a mat and 3-8 lb. hand weights. Instructor: Marisa Stipe.

Lemoine Borough - community room - 510 Herman Ave  
Wednesdays, 6:45-7:45 pm

**A.** September 11 – October 30 (no 10/9)

Cost: \$49; *discounted resident rate: \$38*

**B.** November 6 – December 18 (no 11/27)

Cost: \$43; *discounted resident rate: \$33*

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- ◆ Health Insurance/Pennie Broker



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[www.westshorerec.org](http://www.westshorerec.org)

## 🌀 CARDIO STEP

A Bench aerobic activity with movements ranging from simple to advanced. The class will start with a warm up, followed by choreographed routines on a step incorporating multiple levels of cardio, then finishing with conditioning and toning of your core, abdominals, and upper body. Please bring a mat, water and light/medium hand held weights. Instructor: Melanie Bryant & Renae Calhoun.

Fairview Twp Fire Station #1 –

340 Lewisberry Rd, New Cumberland

Mondays, 5:30-6:30 pm

**A.** September 9 – October 21

**B.** November 11 – December 23

Cost: \$51; *discounted resident rate: \$39*

## 🌀 HAPPIEST HOUR YOGA\* (see note at bottom)

This gentle yoga class is designed to stretch and strengthen the body while creating important “me time”. The emphasis of the class is to build awareness of breath and body. Gentle yoga provides a safe, non-competitive and effective welcoming environment. If you can move your body and breathe, you can do gentle yoga. Have a mat/towel, cover up & water bottle. Instructor: Angela Sheaffer.

Lemoine Borough - community room - 510 Herman Ave

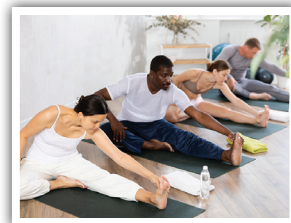
Mondays, 7:00-8:15 pm

November 11 – December 23 (no 11/25)

Cost: \$66; *discounted resident rate: \$51*

## 🌀 HATHA FLOW YOGA & BALANCE\* (see note at bottom of page 7)

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 (triputi) are an integral part of class. Classes are balanced with energy. Bring a mat. Instructor: Marisa Stipe.



Fairview Twp Fire Station #1 –

340 Lewisberry Rd, New Cumberland

Sundays, 6:45-7:30 pm

**A.** September 8 – November 3 (no 10/6)

**B.** November 10 – December 29

Cost: \$53; *discounted resident rate: \$41*

Wednesdays, 11:00-11:45 am

**C.** September 11 – October 30 (no 10/9)

Cost: \$47; *discounted resident rate: \$36*

**D.** November 6 – December 18 (no 11/27)

Cost: \$40; *discounted resident rate: \$31*

**\*All activities instructed by Marisa Stipe and Angela Sheaffer will move to an online streaming format if any reason comes up that the class can't be held "in-person". Marisa uses Facebook LIVE while Angela will use Zoom.**

# active wellness



## **KICKBOXING & ABS\*** (see note at bottom of page 8)

Cardio Kickboxing is a combination of aerobic & boxing and is one of the most popular fitness trends in recent years. 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.

Lemoine Borough - community room - 510 Herman Ave  
Tuesdays, 5:15-6:00 pm

**A.** September 10 – October 29 (no 10/8)

Cost: \$47; *discounted resident rate: \$36*

**B.** November 12 – December 17

Cost: \$40; *discounted resident rate: \$31*

## **MUSCLE PUMP\*** (see note at bottom of page 8)

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. *\*see note on page*

Fairview Twp Fire Station #1 –

340 Lewisberry Rd, New Cumberland

**Cardio Pumping & Abs:** Each class will include aerobic and anaerobic dynamic movements

Sundays, 5:45-6:30 pm

**A.** September 8 – November 3 (no 10/6)

**B.** November 10 – December 29

Cost: \$53; *discounted resident rate: \$41*

### **Senior Pump:**

Wednesdays, 10:00-10:45 am

**C.** September 11 – October 30 (no 10/9)

Cost: \$47; *discounted resident rate: \$36*

**D.** November 6 – December 18 (no 11/27)

Cost: \$40; *discounted resident rate: \$31*

## **SALSATONE**

SalsaTone is a fitness program for all levels incorporating basic aerobic movements and various styles of Latin American dance. If you prefer a little extra toning, bring a set of light weights to include.

Instructor: Melanie Bryant.

Fairview Twp Fire Station #1 –

340 Lewisberry Rd, New Cumberland

Fridays, 5:30-6:30 pm

October 11 – December 20

Cost: \$79; *discounted resident rate: \$61*

## **PILATES\*** (see note at bottom of page 8)

Pilates is a body conditioning system that works your core muscles including the abdominals, back and buttocks. Pilates' theory is that if your middle is strong, the rest of your body will become stronger as well. The exercises lengthen your muscles and help you develop balance, proper alignment, and flexibility. *Includes mat pilates, standing pilates, circular pilates, magic circle, marble work and gyrotomics.* Bring a mat. Instructor: Marisa Stipe.

**All-Levels:** Lemoine Borough - community room - 510 Herman Ave  
Saturdays, 7:30-8:15 am

**A.** September 7 – November 2 (no 10/12)

**B.** November 9 – December 28

Cost: \$56; *discounted resident rate: \$43*

**All-Levels:** Fairview Twp Fire Station #1 –  
340 Lewisberry Rd, New Cumberland

Mondays, 6:45-7:30 pm

**C.** September 9 – October 28 (no 10/7)

Cost: \$49; *discounted resident rate: \$38*

**D.** November 11 – December 30

Cost: \$56; *discounted resident rate: \$43*

**Int/Adv:** Lemoine Borough - community room - 510 Herman Ave  
Tuesdays, 6:15-7:00 pm

**E.** September 10 – October 29 (no 10/8)

Cost: \$49; *discounted resident rate: \$38*

**F.** November 12 – December 17

Cost: \$43; *discounted resident rate: \$33*

## **TAI CHI**

Tai Chi is *that* martial art - you know the slow one (practice slow, do fast). The slow speed means it can be practiced by practically anyone, but high precision means a challenge for nearly everyone. Reduces stress & tension and increases strength, focus & balance. And, here's the biggie, we actually like each other and have fun! New folks start with a basic bare hand form then progress through a curriculum that includes (5) bare hand forms as well as a fan, (2) sword, and (2) spear forms. Each class features, warm ups, fundamental exercises, Tai Chi forms, and Qigong breathing exercises. In addition to the regular weekly program there are theory discussions, Qigong forms, and a meditation as well as a party at the end and a few laughs along the way. This class is great for all ages. Class size is limited to five new registrants per session, please register early. For more information about MAI and Tai Chi go to [www.TC4ALL.com](http://www.TC4ALL.com)

Tuesdays, 7-8 pm

September 10 – December 10 (no 10/15, 11/26)

West Shore Senior Center – 122 Geary Ave, New Cumberland

Cost: \$152; *discounted resident rate: \$117*



**\*All activities instructed by Marisa Stipe and Angela Sheaffer will move to an online streaming format if any reason comes up that the class can't be held "in-person". Marisa uses Facebook LIVE while Angela will use Zoom.**



# ACTIVE WELLNESS



## ZUMBA STEP\* *Zumba Re-invented!*

(see note at bottom of page 8)

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). Instructor: Marisa Stipe.

Fairview Twp Fire Station #1 –  
340 Lewisberry Rd, New Cumberland  
Mondays, 7:35-8:35 pm  
A. September 9 – October 28 (no 10/7)  
Cost: \$51; *discounted resident rate: \$39*  
B. November 11 – December 30  
Cost: \$57; *discounted resident rate: \$44*

## ZUMBA TONING & ABS\*

(see note at bottom of page 8)

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 Twp Fire Station #1 –  
340 Lewisberry Rd, New Cumberland  
Thursdays, 5-6 pm  
A. September 12 – October 31 (no 10/10)  
B. November 7 – December 26 (no 11/28)  
Cost: \$49; *discounted resident rate: \$38*

## BALLROOM DANCING FUN

Dance with your partner to your favorite music! Learn some of the popular dances for a lifetime of enjoyment. Partners are preferred, but not required. *“Dancing is the ultimate exercise . . . cleverly disguised as fun.”* Instructed by and held at Ballroom Break (100A Catherine Ct, Lewisberry).

Mondays, 6:30-7:30 pm  
Beg: A. September 16 – October 21  
Beg: B. October 28 – December 2  
Thursdays, 7:00-8:00 pm  
Int: C. September 19 – October 24  
Cost: \$138; *discounted resident rate: \$106 per person*

## BELLY DANCE – Level 2

For intermediate level students with belly dance experience. Performance opportunities included in this class. Work on different styles of choreography including Folkloric, Traditional, Classical, and Fusion. Instructor: June Minaya.

Mondays, 6:15-7:15 pm  
A. September 9 – October 7  
B. November 4 – December 2  
West Shore Senior Center – 122 Geary Ave, New Cumberland  
Cost: \$47; *discounted resident rate: \$36*

**REGISTRATION BEGINS AUGUST 27TH**

# SUMMER CAMP REPLAY



**West Shore Rec wishes to thank all the participants and staff of our three 2024 summer long programs: PlayZone, Summer Blast and Summer Blast Junior.**

**Hope to see you next year!**

# 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.



Saturdays, 9:00-10:00 am  
September 14 – October 26 (no 10/12)  
Lower Allen Community Park – Fernlawn Pavilion  
Cost: \$81; *discounted resident rate: \$62*

### **BEGINNER BONSAI WORKSHOP**

Explore the Japanese art form known as bonsai. Join us for a beginner experience and learn the principles to create and care for a bonsai tree. Following a brief discussion of styles, design and care, you will select your tree, prune and then shape your very own masterpiece. Class includes tree, pot, wire, chopstick, care sheet, and a small pair of pruners. Instructor: Fat Cat Bonsai.

Sunday, September 29, 8:30-11:30 am  
Lower Allen Community Park – Fernlawn Pavilion  
Cost: \$116; *discounted resident rate: \$89*

## Family Is What Matters Most

Helping families in their time of need is the bedrock of our Family Tradition Of Caring. We are proud to have been taking care of families like yours for three generations. We dedicate ourselves to helping make things better when they are at their worst. Talk with us today about how we can help your family.



**717-774-7721** **www.Parthemore.com**  
Gilbert A. Parthemore, Supervisor 1303 Bridge Street, New Cumberland

### **INTRO TO PHOTOGRAPHY**

Do you have a DSLR camera and aren't sure how to use it? Are you still taking photos using only the AUTOMATIC mode? If you answered yes, then this is the perfect class for you! Each class will explore a new topic followed by some hands on application of the technique. Weekly assignments will also be given to reinforce what has been learned in class. Learn the history of photography and cameras, the science behind a DSLR, about photography influences, lenses exposure triangle - aperture, shutter speed and ISO, composition techniques, and much, much more. In order to participate you need to have a DSLR or mirrorless camera. For ages 14 through adult. If you have any questions send an email to - [michaelyatsko@hotmail.com](mailto:michaelyatsko@hotmail.com). Instructor: Michael Yatsko.

Thursdays, 7:00-8:30 pm  
October 3 – November 14 (no 10/31)  
Fairview Twp Fire Station #1 –  
340 Lewisberry Rd, New Cumberland  
Cost: \$192; *discounted resident rate: \$148*

### **KAYAK EXPERIENCES – They're back!**

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. All classes meet at Gifford Pinchot State Park Boat mooring area #2, near Park Office. Instructor: Beth Kepley-McNutt, EES.

**Beginner Experience** – Learn the basics of kayaking and join us for a short paddle on Pinchot Lake!

Sunday, September 15  
**A.** 10:30 am-12:00 pm  
**B.** 1:30-3:00 pm



**Experience II** – Join us for a leisurely paddle on the Lake, taking in the sights & sounds of nature. Experience with kayaking is expected as this is a longer paddle. Bring snack & plenty of water. For evening paddle, participants must also bring a flashlight or headlamp for safety.

**C.** Morning Paddle: Saturday, Sept. 21, 8:00-9:30 am  
**D.** Evening Paddle: Wednesday, Oct. 2, 6:00-7:30 pm  
Cost: \$16; *discounted resident rate: \$12*

## ACTIVITIES FOR ADULTS 18+

### **ADULT CPR/AED RED CROSS CERTIFICATION**

Ages 14 and older are invited to get CPR certified – and be prepared to help provide assistance when someone is faced with a cardiac or breathing emergency. You will learn to recognize and care for breathing and cardiac emergencies involving adults. Upon successful completion you will receive a digital certificate for Adult CPR/AED valid for two years. Please note: this certification does not satisfy qualifications needed for those in the healthcare profession. Instructor: Kathy Wulfers.

Monday, October 7, 6:00-9:00 pm  
West Shore Rec Office – inside WSSD Admin Bldg.  
Cost: \$83; *discounted resident rate: \$64*



# enrichment



## PAINTING WORKSHOPS

Join local artist, June Minaya for painting fun! No painting experience necessary and all supplies are included. Students will learn to use acrylic paint to create deep shadows and bold highlights in their paintings, as well as paint brush usage and techniques to create the desired effect. Each painting will begin with a light charcoal sketch. We will be working on 11" x 14" stretched canvas (or canvas board if you wish to frame your painting). Please bring a reference picture to paint from (calendar picture, brochure, printed picture, or digital image from an electronic device).

- A. Fridays, September 6 - 20, 3:30-5:00 pm
  - B. Fridays, October 4 - 18, 6:30-8:00 pm
  - C. Fridays, November 1 - 15, 3:30-5:00 pm
- West Shore Senior Center (122 Geary Ave, New Cumberland)  
Cost: \$81; *discounted resident rate: \$62*

## MEDICARE 101 EDUCATIONAL SEMINAR

*Co-sponsored by Parthemore Funeral Home*

Whether you are new to Medicare, or have been on Medicare for years, understanding Medicare can be overwhelming! If you're seeking information for yourself or helping a family member navigate Medicare's complexities, we are here to help. Instructor: Liz Heath, Heath Insurance Solutions, LLC.

- A. Wednesday, October 9, 3-5 pm
  - B. Monday, October 28, 6-8 pm
- West Shore Senior Center (122 Geary Ave, New Cumberland)  
Cost: FREE (pre-registration is required and also limited)

## YOUTH ACTIVITIES

### YOUTH ART FUN

Join local artist and instructor Allison Juliana for one of our fun and creative classes! All supplies are included.

- Ages 4-6:** Wednesdays, 5:15-6:00 pm
- A. October 9 -November 6  
Rossmoyne Elementary School – art room
  - B. November 13 – December 18 (no 11/27)  
Hillside Elementary School – art room
- Cost: \$64; *discounted resident rate: \$49*
- Grades 2-4:** 3:30-4:45 pm
- C. Wednesdays, October 9 -November 6  
Rossmoyne Elementary School – art room
  - D. Wednesdays, November 13 – December 18 (no 11/27)  
Hillside Elementary School – art room
  - E. Tuesdays, October 8 – November 5  
Washington Heights Elementary School – art room
  - F. Tuesdays, November 12 – December 10  
Highland Elementary School – art room
- Cost: \$104; *discounted resident rate: \$80*
- Ages 6-10:** Saturdays, 9:30-10:30 am
- G. September 21 – October 19 (no 10/5)  
Fishing Creek Elementary School – art room
  - H. October 26 – November 16  
Rossmoyne Elementary School – art room
- Cost: \$83; *discounted resident rate: \$64*

## 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. Learn about leadership skills, how to develop a babysitting business, keep yourself and others safe, help children behave, and learn about basic childcare and first aid. Sitters each receive an informative handbook for reference and a course completion card. Bring a packed lunch and a baby doll if you have one. Instructor: Cathy Wagaman.

- Saturdays, 9:00 am – 3:00 pm
- A. October 12
  - B. December 14
- Fairview Township Fire Station #1 –  
340 Lewisberry Rd, New Cumberland  
Cost: \$97; *discounted resident rate: \$75*

## SNAPOLOGY STEAM CLUBS (After School)

Snapology's after school STEAM Club immerses your inquisitive child (grades K-4) into a world of robotics, engineering and artistic design.

They will design and build machines, robotic creatures, remote controlled tanks and trucks, and battle robots learning programming skills too! Artistic students will create three-dimensional works of LEGO & K'NEX art including themed projects and free builds. Children gain social development and academic enrichment in our FUN club! **Activity difficulty will be scaled to be appropriate for each student's grade level.**



- Fishing Creek Elementary School** – library  
Mondays, 3:30-5:00 pm
  - A. October 21 – November 18
  - Highland Elementary School** – music room  
Tuesdays, 3:30-5:00 pm
  - B. October 15 – November 12
  - Red Mill Elementary School** – library  
Wednesdays, 3:30-5:00 pm
  - C. October 16 – November 13
  - Hillside Elementary School** – library  
Thursdays, 3:30-5:00 pm
  - D. October 17 – November 14
  - Rossmoyne Elementary School** – art room  
Thursdays, 3:30-5:00 pm
  - E. October 17 – November 14
- Cost: \$156; *discounted resident rate: \$120*

## NEW SNAPOLOGY LEGO BUILD DAY

In Snapology's creative series we offer themed LEGO builds such as minecraft, pokeman, amusement park, landscape, ninjago and endless more. Join your fellow builders in grades K-5 for a day of mind blowing academic enrichment, social development and fun.

- Saturday, October 5, 9:00 am-4:00 pm
- A. Highland Elementary School - cafeteria
  - B. Fishing Creek Elementary School – bldg. 2 APR
  - C. Rossmoyne Elementary School – art room
- Cost: \$116; *discounted resident rate: \$89*

# enrichment



## **NEW** SNAPOLOGY FIRST® LEGO® LEAGUE EXPLORE TEAM

Snapology's FIRST® LEGO® League Team # 31149 is looking for students ages 6-10 for the 2024/2025 SUBMERGED™ season. Students working in teams focus on the fundamentals of engineering as they explore real-world problems, learn to design, and code and create unique solutions made with LEGO bricks and powered by LEGO® Education SPIKE™ Essential and WeDo 2.0 technology.

Wednesdays, 6:00-8:00 pm  
September 18, October 2, 16, 30 & November 13  
Rossmoyne Elementary School – cafeteria  
Cost: \$156; *discounted resident rate: \$120*

## CHALLENGE ISLAND KID'S NIGHT OUT

Better than a sitter! Parents – plan a special night out while your kids ages 6-12 get some S.T.E.A.M out. It's sure to be a fun night for kids and parents. Each date includes STEAM activities (more info on our website) based on the theme along with pizza, a bottled water, and all supplies in this fun, screen-free activity. Instructor: Challenge Island Staff.

Fridays, 5:00-8:00 pm  
A. September 20 – Talk Like A Pirate Night  
B. October 18 – HallowSTEAM  
C. November 15 – ThankSTEAMing  
D. December 13 – STEAMing Through the Holidays  
Rossmoyne Elementary School – Art Room  
Cost: \$78; *discounted resident rate: \$60*

## CHALLENGE ISLAND STEAM ENRICHMENT (After School)

Inspired by the bestselling "I Survived" book series, this action-packed island turns some of the most famous disasters in history into cross-curricular engineering adventures. *Titanic Seas*®, *San Francisco Earthquake*®, *Grizzly Bear Campground*® and *Mount Vesuvius Eruption*® are just a few of the thrilling destinations on Disaster Island®. Activities designed for students in grades 1-4.

Thursdays, 3:30-4:30 pm, October 17 – November 21  
Washington Heights Elementary School – library  
Cost: \$140; *discounted resident rate: \$108*

## **NEW** CHALLENGE ISLAND MINI STEAM CAMPS

Join us for one or both of our mini STEAM fun camps since you have the day off school! Ages 6-12 are invited to participate in our Santa's Workshop where you will set up shop, build toys, and deliver them on time. In the Super STEAM Hero camp you will channel your extraordinary powers into a universe of challenges inspired by your favorite superhero characters.

Mondays, 9:00 am-12:00 pm  
A. December 23 – Santa's Workshop  
B. December 30 – Super STEAM Hero  
Fairview Township Fire Station #1 –  
340 Lewisberry Rd, New Cumberland  
Cost: \$65; *discounted resident rate: \$50*

## SNAPOLOGY SCHOLARSHIPS

Visit [bit.ly/snapologyscholarships](https://bit.ly/snapologyscholarships) for more information and to apply.



# SPORTS



## YOUTH ACTIVITIES

### SOFTBALL FUNDAMENTALS

Introduce your child ages 5-7 to the fundamentals of the game of softball with a college athlete and student coach. Focusing on proper technique in the field as well as batting, we will start from the beginning and break it down to help kids understand and enjoy the sport. **Participants will need to bring their own glove.** Instructor: Cailey Shimko.

Mondays & Wednesdays, 5:45-6:30 pm  
September 16-25  
Highland Elem. School – grass area near playground  
Cost: \$39; *discounted resident rate: \$30*

### SOCCER SHOTS

Soccer Shots is an engaging children's soccer program for children ages 2-8 with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum, and communication. Our coaches are the best-trained in the business and love working with children. Our expert-approved and theme-based curriculum aligns with early childhood education standards, and we provide an exceptional customer experience.

Register directly with Soccer Shots at the website below or call/email with any questions: (717) 350-8804 or [harrisburg@soccershots.com](mailto:harrisburg@soccershots.com).

Tuesday evenings, September 10 – October 29  
Highland Elem. School – grass area near playground  
Register at <https://soccershots.com/harrisburgyork> and choose "Enroll Now"

**REGISTRATION BEGINS AUGUST 27TH**



# SPORTS



## FALL 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.*

Roof Park, Fairview Township  
Saturdays, September 7 - 28

**A. Ages 5-7:** 9:15-10:00 am

Cost: \$34; *discounted resident rate: \$26*

**B. Ages 8-12 (Beg):** 10:00-11:00 am

**C. Ages 9-16 (Adv. Beg):** 11:00 am-12:00 pm

Cost: \$43; *discounted resident rate: \$33*

Red Land High School  
Sundays, September 8 - 29

**D. Ages 5-7:** 1:15-2:00 pm

Cost: \$34; *discounted resident rate: \$26*

**E. Ages 8-12 (Beg):** 2:00-3:00 pm

**F. Ages 9-16 (Adv. Beg):** 3:00-4:00 pm

Cost: \$43; *discounted resident rate: \$33*

## INTRO TO NINJA WARRIOR, PARKOUR AND WORLD CHASE TAG

As seen on social media and network television! Dexterity Depot is an elite training facility for Ninja Warrior, Parkour and World Chase Tag. We will focus on each of these 3 disciplines over the course of 6 classes. These sports are about overcoming not just physical obstacles, but mental and emotional ones as well. We help people of all ages increase self-confidence, self-esteem, focus, body awareness, physical strength, balance, agility, and speed. See inside the facility at [Dexteritydepot.com](http://Dexteritydepot.com).

Saturdays, September 7 – October 12

**A. Ages 6-9:** 10:00-10:50 am

**B. Ages 10-14:** 11:00-11:50 am

Dexterity Depot – 75 Utley Drive, Suite 102, Camp Hill

Cost: \$116; *discounted resident rate: \$89*

## ACTIVITIES FOR ADULTS 18+

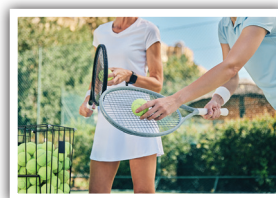
### HIGH SCHOOL & ADULT TENNIS

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  
September 8 - 29

Red Land High School – lower courts

Cost: \$43; *discounted resident rate: \$33*



## PICKLEBALL CLINIC

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.*

**A. Saturdays, Sept. 7 - 28, 8-9 am**

Roof Park – tennis/pickleball courts

**B. Wednesdays, Sept. 11 – Oct. 2, 7:30-8:30 am**

Hillside Elementary – pickleball courts

Cost: \$43; *discounted resident rate: \$33*

## 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)

September 11 – December 4 (no 11/27)

Cost: \$66; *discounted resident rate: \$51*

Plus WSSD facility use fee: \$33/person

## ADULT GOLF LESSONS

Whether you're a beginner or intermediate, there is always a lot to learn with the game of golf. Receive professional instruction on putting, chipping and the full-swing. No clubs...no problem! VGGC has some you can borrow for use during the lessons. Indicate appropriately during registration, right or left handed. Instructor: York Indoor Golf Pros.

Wednesdays, September 4 – October 2

**A. 5-6 pm**

**B. 6-7 pm**

Valley Green Golf Course - 1227 Valley Green Rd, Etters, PA

Cost: \$123; *discounted resident rate: \$95*

## DO YOU HAVE A NEW ACTIVITY IDEA?

If you have an idea for a new program you would like to see offered or would like to teach, call West Shore Rec at 920-9515.

Instructors interested in teaching will receive a course description form.



## 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!

# TRIPS



## POTOMAC EAGLE TRAIN - WV

Board the Potomac Eagle Train for a three-hour narrated excursion including a 3-course late lunch/early dinner in the Premium Dining Car. The train offers a leisurely ride through the tranquil & lush forests and pristine mountain valley known as "The Trough".

Sunday, October 6

Sportsman's Warehouse – depart 9:15 am, return 10:00 pm

Four Points Sheraton – depart 8:30 am, return 10:45 pm

Cost: \$234

## NEW FALL AT LONGWOOD & CHADDSFORD WINERY

Take a break from your daily routine and travel with Wolf's to the Brandywine Valley where beautiful landscapes and warm autumn colors welcome you with open arms. Visit Longwood Gardens and stroll through the 1,077 acres of indoor and outdoor displays. Delightfully paired with your Longwood visit is a wine tasting at Chaddsford Winery known for its evolving portfolio of dry, sweet and sparkling wines that appeal to a spectrum of tastes.

Thursday, October 17

Four Points Sheraton – depart 8:30 am, return 8:15 pm

Cost: \$122

## MOUNT VERNON ESTATE & GRISTMILL

Today, our travels take us to the magnificent Mount Vernon Estate for a guided tour of the mansion that George and Martha Washington lived in for almost 45 years. Afterward, take time to explore the estate including the Gardens, Pioneer Farm, Washington's Tomb and Slave Memorial & Cemetery, you will visit Washington's Gristmill for a guided tour of both the gristmill and distillery.

Sunday, October 20

Sportsman's Warehouse – depart 6:30 am, return 9:15 pm

Cost: \$102

## CHRISTMAS IN NEWPORT, RI WITH 3 HOMES

Amid its sandy beaches & amazing coastlines that offer unimaginable panoramic views, Newport, RI boasts an array of historic vacation retreats of the turn-of-the-century American aristocracy that are simply spectacular when dressed in Christmas finery & glowing with candlelight. Why not celebrate the lifestyles of the rich & famous with the Newport Mansions aglow during the Holiday season.

Friday – Sunday, November 22 - 24

Sportsman's Warehouse – depart 7:30 am, return 8:30 pm

Four Points Sheraton – depart 7:15 am, return 9:00 pm

Cost: \$1,273 single; \$999 double; \$950 triple; \$925 quad

## NEW YORK CITY ON YOUR OWN

There is so much to see and do in New York City, the biggest decision you will have is where to start! New York offers a wide variety of world-class sightseeing, dining and shopping opportunities for you to experience and explore.

**B.** Saturday, December 21

Sportsman's Warehouse – depart 7:00 am, return 10:15 pm

**C.** Saturday, November 23

Sportsman's Warehouse – depart 7:00 am, return 10:15 pm

Four Points Sheraton - depart 7:15 am, return 10:00 pm

Cost: \$99

## CHRISTMAS AT LONGWOOD GARDENS

Longwood Garden's Holiday Display is a popular and spectacular display of lights that attracts people of all ages year after year. Thousands of poinsettias, towering Christmas Trees and fragrant flowers transform the indoor gardens into a warm retreat celebrating the holiday season. Outdoors, 500,000 decorative lights glitter in the trees at night.

**A.** Tuesday, December 3

Four Points Sheraton – depart 1:45 pm, return 10:00 pm

**B.** Thursday, December 12

Sportsman's Warehouse – depart 1:00 pm, return 10:45 pm

Cost: \$99

## GAYLORD CHRISTMAS WITH ICE & THE WHEEL

Take a break from the hustle and bustle of the Holidays and start a new tradition by traveling with Wolf's to Washington, DC for a 1-night stay at the magnificent Gaylord National Resort. Experience the Gaylord as it is transformed into an indoor winter wonderland of holiday magic and whimsical delight. Tour highlights include a ticket to ICE! at the Gaylord Resort, a ride on the Capital Wheel, admission to the US Botanic Garden & Holiday Train Exhibit and free time at the DC Holiday Market.

Thursday - Friday, December 12 - 13

Sportsman's Warehouse – depart 9:45 am, return 7:45 pm

Four Points Sheraton – depart 9:00 am, return 8:30 pm

Cost: \$649 single; \$521 double; \$471 triple; \$446 quad

Please visit our website ([westshorerec.org](http://westshorerec.org)) for additional details on any of the trips listed above.

### TRIP INFORMATION

- ◆ Additional trip details are available on our website ([westshorerec.org](http://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 Sportsman's Warehouse parking lot (Capital City Mall, 3500 Capital City Mall Drive, Camp Hill, PA) and/or the Four Points Sheraton (1650 Toronita St, York, PA).** Additional alternate pre-determined pick-up/drop off locations may be available, so please inquire by calling the Rec Office 717-920-9515. All tours will be escorted by staff from Wolf's Bus Lines.
- ◆ West Shore Rec Commission uses modern Wolf's motor coaches equipped with restrooms and air conditioning. In consideration of others, 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 is 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 the trip departure date. Without payment in full by due date, deposits will be forfeited and reservation cancelled.
- ◆ If you must cancel from a single-day or multi-day trip, notify West Shore Rec at least 45 days before a trip to receive a refund (unless stated otherwise). 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.



## PLEASE REGISTER EARLY!

Residents of participating municipalities may register August 27th  
Members of non-participating communities may sign up beginning  
September 3rd. If a class does not have a sufficient number of  
participants registered one day prior to the beginning of the class, it will  
be cancelled, unless stated otherwise.

## EASY WAYS TO REGISTER

### ONLINE

[www.westshorerec.org](http://www.westshorerec.org) or  
<http://apm.activecommunities.com/westshorerec>

### WALK IN

Office Hours: Monday – Friday, 8:30 am – 4:30 pm

### DROP BOX

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 (8.51% + \$0.58) is added to  
online enrollments, except for additions to a waiting list.

Find out how easy it is to create your account and register online.  
Get started at [www.westshorerec.org](http://www.westshorerec.org).

Remember, Registration begins August 27th. Enroll Early!

SECTIONS = A, B, C, D, E, etc. • LEVELS = 1, 2, 3, I, II, etc.

## REGISTRATION FORM

Activity \_\_\_\_\_ Section or  
Level \_\_\_\_\_ Fee \_\_\_\_\_

Time \_\_\_\_\_ Location \_\_\_\_\_

Activity Starting Date \_\_\_\_\_

1) Participant Name \_\_\_\_\_ gender \* \_\_\_\_\_

2) Additional Name \_\_\_\_\_ gender \* \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Borough or township\* \_\_\_\_\_

Phone: Home\* \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Date(s) of Birth\* 1) \_\_\_\_\_ 2) \_\_\_\_\_

Parent or Guardian \_\_\_\_\_

Parent Birthdate (to create account) \_\_\_\_\_

Credit Card No. \_\_\_\_\_

Exp. Date \_\_\_\_\_ CSV Code (on back of card) \_\_\_\_\_

Signature \_\_\_\_\_

(\* - 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 have different requirements, please refer to Trip  
Information Box on the Trips page.
- 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](http://www.westshorerec.org) on the Information page.



## West Shore Recreation Commission

P.O. Box 413  
Lewisberry, PA 17339

Presorted Standard  
U.S. Postage  
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Mechanicsburg, PA 17055  
Permit No. 84

### BOARD OF REPRESENTATIVES

- John Minito • Fairview Township
- Brian Hannon • Goldsboro Borough
- John Leverentz • Lemoyne Borough
- Wayne Branyan • Lewisberry Borough
- Joseph S. Swartz • Lower Allen Township
- Fred Miles • 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

### FOLLOW WEST SHORE REC ON FACEBOOK AND TWITTER!



facebook.com/WestShoreRec  
twitter.com/WestShoreRec

### WEST SHORE REC ON THE WEB

Visit [www.westshorerec.org](http://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.

*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.*

### Make Your Fall FUN! with one or more of these favorite programs:



- Whee Swim
- AquaFit
- Pilates
- Tai Chi
- Yoga
- Zumba Step
- Salsatone
- BOX (Bring On the eXtreme)
- Ballroom Dancing Fun
- Kinderdance Programs
- Kids Night Out Series
- Pony Rides
- Ninja Warrior
- Softball Fundamentals
- Pickleball Clinic
- Beginner Bonsai Workshop
- Fall at Longwood & Chaddsford Winery – **New!**
- Gaylord Christmas with ICE & the Capital Wheel
- Christmas in Newport, Rhode Island







**Proud Supporter of the West Shore Recreation Commission**



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