

PARKS & RECREATION

WINTER/SPRING 2025

The following programs are offered cooperatively by the Board of Supervisors and the Board of School Directors under the direction of the Parks and Recreation Board. For more information on any program or to register with a credit card, call 717-258-4441.

WINTER/SPRING REGISTRATION START DATE

Registration for the Winter/Spring programs will begin on Thursday, December 19. Swim Lesson registration will begin on Tuesday, February 25. (See Page 7)

PAVILION RESERVATIONS

Pavilion reservations for the summer of 2025 will be accepted for South Middleton Township residents only beginning Thursday, January 2. Reservations may be made in person at the South Middleton Township Building on Park Drive using cash, check or credit card or by phone at 717-258-4441 with a credit card. Beginning Monday, February 3 reservations will be accepted from non-residents for any available dates. Pavilion reservation fees are non-refundable and must be paid when making a reservation. Township residents are encouraged to make reservations in January for summer events.

South Middleton Park, located at 534 Park Drive, Boiling Springs; and Spring Meadows Park, located at 640 West First Street, Boiling Springs have pavilions available for rentals on weekends starting April 1 through October 31. Regular rental fees are \$75 per day. Add the use of the kitchen in Pavilion 5 for \$100 extra.

The Gazebo at Children's Lake Park, located at 4 East First Street, Boiling Springs is available for a daily rental fee of \$75.

REGISTER EARLY FOR PROGRAMS

Nothing stops a program in its tracks faster than everyone waiting until the last minute to register. Many of our activities need a minimum number of participants to run, so a program may be cancelled if there are not enough registrants. The minimum number of participants must be reached at least one week prior to the program beginning. Register early to prevent any unnecessary cancellations.

PHOTO POLICY

On occasion we may take photos or videos of individuals enrolled in programs or using park facilities. Please be aware that these images are for department use and may be used in future promotional materials.

INSTRUCTORS WANTED

The Parks and Recreation Department is always looking for new course ideas and instructors.

If you have an idea for a course, please contact Donna Ludwig at dludwig@smiddleton.com, or 717-258-4441. Teaching at South Middleton is a great experience – plus a whole lot of fun!

THE PARKS AND RECREATION OFFICE
520 PARK DRIVE, BOILING SPRINGS.
717-258-4441

HOURS: MONDAY – FRIDAY, 7:30 A.M. – 4:00 P.M.

OUR OFFICE WILL BE CLOSED:

½ Day TUESDAY, DECEMBER 24, 2024

WEDNESDAY, DECEMBER 25, 2024

½ DAY TUESDAY, DECEMBER 31, 2024

WEDNESDAY, JANUARY 1, 2025

FRIDAY, APRIL 18, 2025

LIKE US ON FACEBOOK!



SOUTH MIDDLETON PARKS & RECREATION

CANCELLATION POLICY

To receive a refund, cancellations **MUST** be made no later than 4:00 p.m. one business day prior to the start of the first class. Refunds will not be issued the day of the class. Cancellations will result in a \$5 service fee. If a program is cancelled by the Recreation Department, a full refund of the program fee will be issued.

REGISTRATION IS EASY

MAIL IN
South Middleton
Parks & Recreation
520 Park Drive
Boiling Springs, PA 17007

ONLINE
www.smiddleton.com
or
<http://activenet.active.com/smparksandrec>

PHONE IN
MC/VISA/AmEx Accepted
For Telephone Registration
717-258-4441

WALK IN
Recreation Office
520 Park Drive
Monday - Friday
7:30 AM - 4:00 PM

TO MAIL IN OR WALK IN

1. **Complete Registration Form** below. Be sure to include correct program number, phone number, email, name, grade and birth date.
2. **Enclose Payment** - A personal check may be used and should be payable to: South Middleton Township. If using VISA, MasterCard or AmEx, provide number, exp. date and CVV# on the registration form. Cash is accepted for walk-in registration only.
3. **Mail or Walk-in Registration** - Use our mailing address listed above. The Recreation Office is located in the South Middleton Township Municipal Building.

TELEPHONE REGISTRATION

Using your MasterCard, VISA or AmEx you may register for any activities by calling the Recreation Office at 717-258-4441, Monday through Friday, 7:30 a.m. – 4:00 p.m.

ONLINE REGISTRATION

Using your MasterCard, VISA or AmEx you may register for most activities by going to the website listed above and following the directions provided. A convenience fee is associated with online registration. No refund of convenience fee for cancellation.

REGISTER EARLY

If a program does not have the sufficient number of participants registered five working days prior to the start of the class, the program will be cancelled.

REFUND POLICY

We will gladly issue a refund for any program (except bus trips and special events) for any reason as long as you contact us by 4:00 p.m. at least one business day prior to the first class. A \$5 administrative fee will be deducted from the refund.

CANCELLATIONS

South Middleton Parks & Recreation reserves the right to cancel any program due to insufficient registration. A full refund of program fee will be given.

RETURNED CHECK POLICY

Any checks returned for insufficient funds will be assessed an additional \$45 or 5% of the check amount (whichever is higher) for each returned check.

CONFIRMATION

No confirmations will be sent unless you provide a self-addressed stamped envelope or an email address.

SENIOR ADULTS

Residents over 60 years of age who register to participate in programs will receive a 20% discount from the regular registration fees. You must follow the normal sign-up process by returning the registration form with payment less your 20% discount. Programs which **DO NOT** qualify: **AARP Classes, American Red Cross CPR/AED/1st Aid, Bus Trips, Senior Exercise, Sunrise Swim, Tai Chi, and Special Events.**

SOUTH MIDDLETON PARKS & RECREATION PROGRAM REGISTRATION FORM

Home Phone _____
Last Name _____ First Name _____ Cell/Work Phone _____
Address _____ Township or Boro _____
City/State _____ Zip _____ E-Mail Address _____

Name of Participant	Birthdate MM/DD/YY	Child's Grade	T-Shirt Size	Program Name	Program Number	Fee
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

20% Resident Senior Discount _____

DOES PARTICIPANT HAVE ANY SPECIAL NEEDS OR LIMITS? ☐ YES ☐ NO TOTAL \$ _____

M/C ☐ VISA ☐ AMEX ☐ CARD # _____ EXP DATE _____ CVV # _____

NAME ON CARD: _____

MAKE CHECKS PAYABLE TO: SOUTH MIDDLETON TOWNSHIP

MAIL TO: SOUTH MIDDLETON PARKS AND RECREATION

520 PARK DRIVE

BOILING SPRINGS, PA 17007

PHONE: 717-258-4441

FOR OFFICE USE ONLY

DATE REC'D _____ REC'D BY _____

MAIL/WALK-IN/TELEPHONE/E-MAIL

CASH/CHARGE/CHECK ck # _____

TRANSACTION # _____

ADULT PROGRAMS

AEROBICS

Experience a new workout each class in a fun, casual environment. Workouts include circuit training, step, low impact with weights, and body sculpting. Participants should bring an exercise mat and light hand weights. Ages: 18 years and older.

#2025300 – Session I - Tuesdays & Thursdays, January 7 – 30

Fee: \$25/RES, \$31/NR, early bird

\$35/RES, \$41/NR, after 12/31

#2025301 – Session II - Tuesdays & Thursdays, March 4 – April 15 NO CLASS 4/10

Fee: \$35/RES, \$41/NR, early bird

\$45/RES, \$51/NR, after 2/18

#2025302 – Session III - Tuesdays & Thursdays, April 22 – May 8

Fee: \$20/RES, \$26/NR, early bird

\$30/RES, \$36/NR, after 4/8

6:00 – 7:00 p.m.

Citizens, Village Fire Station, 405 Forge Road, Boiling Springs

Instructor: Carole Posavec, CGFI

BEEKEEPING 101

#2025303 - Interested in doing your part toward environmental sustainability? Do you have a vegetable garden, orchard, or do you enjoy planting? Raising your own honey bees can increase your yield 10-fold. These fascinating creatures will offer an opportunity to enjoy your existing floral habitat. In this five-week classroom course, learn the principles of beekeeping; honey bee biology; honey bee safety; how to read a hive; honey bee nutrition; and honey bee communication. There is a learning curve, however, in becoming a responsible beekeeper. Join Tiffany Ayres, Cornell Master Beekeeper, to gain the knowledge needed to become a successful “newbee” beekeeper. For more information, see SayBees Apiary on Facebook or contact saybees.apiary@gmail.com. Now is the time to start a new adventure into the hive just in time for the season to kick off. Ages: 18 years and older.

Tuesdays, April 22 – May 20

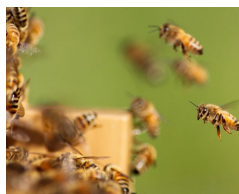
6:30 – 8:30 p.m.

Boiling Springs High School Room 108

Instructor: Tiffany Ayres, Master Beekeeper;
The Keys to Bees

Fee: \$155/RES, \$161/NR, early bird

\$165/RES, \$171/NR, after 4/8



BIRD WALKS

EXPLORE THE WORLD OF BIRDS: JOIN OUR MONTHLY BIRD WALKS!

Looking to connect with nature, sharpen your birdwatching skills, or simply enjoy a peaceful stroll outdoors? South Middleton Township is excited to offer monthly bird walks, guided by expert birders, that are perfect for both beginners and seasoned bird enthusiasts! Each month brings new bird species and unique experiences as the seasons change. Whether you're hoping to spot colorful

warblers in the spring, listen for owl calls in the fall, or witness the migration of waterfowl in winter, these walks provide a chance to engage with nature and learn about the rich birdlife that calls our area home. Pre-registration is recommended for each walk to ensure a quality experience for all participants. Sign up through “The Bird Guy” Tours website (www.thebirdguytours.com) where you'll find the schedule of upcoming walks and additional details about meeting times and locations.

- Saturday, January 18 - Winter Waterbird Watch of Children's Lake and Wittlinger Nature Preserve. Meet 9:00 a.m. – 10:30 a.m. at The Bubble (12 Front Street, Boiling Springs)
- Saturday, February 15 - Horned Larks & American Pipits. Meet 9:00 – 10:30 a.m. at South Middleton Township Building (520 Park Drive, Boiling Springs)
- Saturday, March 15 – Twilight Owl Prowl: Listen for the Screech Owls. **Meet 8:00 – 9:30 p.m.** at South Middleton Park (534 Park Drive, Boiling Springs)
- Saturday, April 19 – Early Spring Migrants and Winter Stragglers Walk. Meet 9:00 – 10:30 a.m. at Letort Spring Garden Preserve (1110 S. Spring Garden Street, Carlisle)
- Saturday, May 17 – Spring Migration Marvel: Birding at Its Best. Meet 9:00 – 10:30 a.m. at South Middleton Park (534 Park Drive, Boiling Springs)

CPR, AED & FIRST AID – ADULT & PEDIATRIC

#2025304 – This American Red Cross CPR, AED, and Basic First Aid combination training program helps students develop the knowledge, skills and confidence to respond to a medical emergency. This 4-hour class is an excellent choice for both the community and workplace setting, and conforms to the 2021 Guidelines Update for CPR and First Aid. Ages: 14 years and older.

Saturday, March 8

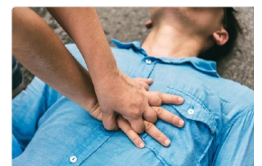
12:00 – 4:00 p.m.

South Middleton Township Meeting Room

Instructor: Billy Sellers

Fee: \$50/RES, \$56/NR, early bird

\$60/RES, \$66/NR, after 2/21



GETTING TO KNOW YOUR IPAD

#2025305 - The iPad is now more powerful than most laptops. This one-session class will focus on making you more productive with your iPad. Learn important System tools, hand-gesture navigation, online resources and tools, printing options, App Store recommendations, and more. We will even look at how to check-out audio-books and e-books from local and online library systems. See why the iPad may be the perfect single device for personal use. Class will cover iPadOS versions 16+17 and discuss some of the new features in upcoming iPadOS 18. Please bring your iPad to class and have your Apple login information (Apple ID+password) for exercises. Ages: 16 years and older.

Wednesday, February 12

6:30 – 8:00 p.m.

Boiling Springs High School Room 110

Instructor: Dennis McMahon

Fee: \$33/RES, \$39/NR, early bird

\$43/RES, \$49/NR, after 1/29

MAC-OSX CLASS

#2025306 - Apple portable devices and computers work better together than ever before. The next generation macOS versions like Ventura, Sonoma or Sequoia work seamlessly with iPhones and iPads. The core design from 2001 still remains at the heart of the Mac usability experience. This hands-on class will explore the basics and more of Apple's macOS (formerly OSX) operating system and explore key features that are part of this powerful Operating System (OS). This is a great way to get up and running with Mac if you just switched from Windows! Basic computer and keyboarding skills required. If you have a Mac laptop; please bring it to class otherwise we will use the school's iMacs. Ages: 16 years and older.

Wednesday, January 29

6:30 – 8:00 p.m.

Boiling Springs High School Room 121

Instructor: Dennis McMahon

Fee: \$33/RES, \$39/NR, early bird

\$43/RES, \$49/NR, after 1/15



Mac OS X

R.I.P.P.E.D

The One Stop Body Shock, a High Intensity Interval Training (HIIT) program. It's mission . . . "Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet ... to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective" . . . this is a SPORTS based program designed to improve performance and general health. Please bring hand weights (5-10 lbs. per arm), floor mat and water. Ages: 13 years and older.

#2025307 - Session I – Mon. & Wed., January 6 – February 12

Fee: \$83/RES, \$89/NR, early bird

\$93/RES, \$99/NR, after 12/30

#2025308 - Session II – Mon. & Wed., February 24 - April 2

Fee: \$83/RES, \$89/NR, early bird

\$93/RES, \$99/NR, after 2/10

#2025309 – Session III – Mon. & Wed., April 14 – May 14

Fee: \$70/RES, \$76/NR, early bird

\$80/RES, \$86/NR, after 3/31

6:00 – 7:00 p.m.

Citizens, Village Fire Station, 405 Forge Road, Boiling Springs

Instructor: Jeannette Kole

ZUMBA

Hate working out, bored of the gym, like to have fun and dance? Then ZUMBA is for you! ZUMBA combines Latin and international music in dance routines featuring aerobic and fitness interval training done to a combination of fast and slow rhythms. Experience the salsa, merengue, cumbia, samba, reggaeton, cha cha, flamenco, calypso, Indian, belly dance, hip hop and so much more! No dance experience required. It's time to ditch the workout and join the party! Ages: 13 years and older.

#2025310 - Session I – Mondays & Wednesdays, January 6 – February 12

Fee: \$71/RES, \$77/NR, early bird

\$81/RES, \$87/NR, after 12/30

#2025311 - Session II – Mondays & Wednesdays, February 24 - April 2

Fee: \$71/RES, \$77/NR, early bird

\$81/RES, \$87/NR, after 2/10

#2025312 – Session III – Mondays & Wednesdays, April 14 – May 14

Fee: \$60/RES, \$66/NR, early bird

\$70/RES, \$76/NR, after 3/31

5:00 – 6:00 p.m.

Citizens, Village Fire Station, 405 Forge Road, Boiling Springs

Instructor: Jeannette Kole

BUS TRIPS

PHILADELPHIA FLOWER SHOW

#2025602 – This year's theme is Gardens of Tomorrow, a journey into the future of gardening. Explore breathtaking floral displays, imaginative garden landscapes and premier plant competitions. The Philadelphia Flower Show is the nation's largest and longest running horticultural event and features stunning displays by the world's premier floral and landscape designers. The trip includes on-board show tips and gardening tidbits by garden writer, George Weigel.

Thursday, March 6

Departs: South Middleton Twp. Building at 9:00 a.m.

Fee: \$105/Person

Includes: Transportation, Show Admission and George Weigel as host.

SPRINGTIME IN NEW YORK CITY

#2025603 – Enjoy the Springtime in New York City! Travel comfortably by deluxe motor coach for a day full of NYC's famous sites on your own. With over 150 world class museums, 18,000 restaurants, 135 Broadway theatres, and an array of shopping, there is something for everyone!

Saturday, May 10

Departs: South Middleton Twp. Building at 7:00 a.m.

Fee: \$89/Person

Includes: Transportation

SALUTE AMERICA

#2025604 – Travel by deluxe motor coach to see the Statue of Liberty, Ellis Island and the 9/11 Memorial and Museum. Start the day off exploring Liberty Island and Ellis Island. Nearly half of all Americans today have ancestors that have passed through Ellis Island. Then, visit the amazing tribute of remembrance and honor to the heroes who were killed in the attacks of 9/11. The 9/11 Memorial and Museum features twin reflecting pools, sitting where the Twin Towers once stood, each nearly an acre in size and feature the largest manmade waterfalls in North America.

Saturday, June 7

Departs: South Middleton Twp. Building at 6:00 a.m.

Fee: \$149/Person

Includes: Transportation, Ferry to Ellis & Liberty Islands and 9/11 Memorial and Museum.

ADDITIONAL TRIPS COMING IN 2025

Finger Lakes Wine Festival in July, Fall into the Curve in October, Radio City Music Hall in November and Art Museum in Philadelphia and Fairmont Park.

Watch for details in the Summer 2025 Newsletter.

BUS TRIP REGULATIONS

1. Early sign up for bus trips is important. Trips are cancelled one month prior to departure date if minimum registration is not met.
2. Reservations will not be accepted unless accompanied by payment in full.
3. No refunds will be made unless:
 - a. Recreation Department cancels the trip due to insufficient registration.
 - b. A waiting list is available to fill vacancies. If no waiting list is available, those who wish to cancel are responsible to find a replacement.
4. Age requirements - anyone 17 or under must be accompanied by a parent/guardian 25 years of age or older.
5. No alcoholic beverages permitted on the bus.
6. Please be prompt for departure times. Buses will be held no more than 10 minutes.
7. Bus trips do not qualify for the senior discount.

FAMILY PROGRAMS

***Registration for these special events will begin on Thursday, February 20, VIA PHONE starting at 7:30 a.m. ***

26th ANNUAL BBQ/BINGO AND BOND

#2025600 – Boys in grades K – 6 are invited to spend some quality time with mom. This event for COUPLES (mother/son, grandmother/grandson, aunt/nephew, etc.) will include a barbeque dinner for two, followed by bingo for mom and son with great prizes. (Attire will be casual.) Register early for this popular event as seats are limited! Please remember all South Middleton Parks and Recreation programs are alcohol-free and smoke-free events.

Thursday, April 24

6:30 – 9:00 p.m.

Location: Carlisle Country Club

Fee: \$60/boy

TICKETS ARE NON-TRANSFERABLE



28th ANNUAL DADDY/DAUGHTER DATE

#2025601 - Young ladies in Grades K – 8 and their dates are cordially invited to attend the 28th Annual Daddy/Daughter Date. This evening for COUPLES (father/daughter, uncle/niece, grandfather/granddaughter, etc.) will include dinner for two, a boutonniere for dad and a long stem rose for daughter, a keepsake photo, and dancing and music by D.J. Greg. (Attire will be dressy.) Register now to reserve your space as seats are limited. Please remember all South Middleton Parks and Recreation programs are alcohol-free and smoke-free events.

Thursday, May 22

6:30 – 9:00 p.m.

Location: LeTort View Community Center

Fee: \$85/girl

TICKETS ARE NON-TRANSFERABLE

PRE-SCHOOL PROGRAMS

Registration for Little Sprouts will begin on Thursday, February 6, VIA PHONE starting at 7:30 a.m. for South Middleton Township Residents only. A parent must register their own child. Non-residents may call beginning February 7 at 7:30 a.m.

LITTLE SPROUTS PRE-KINDERGARTEN

#2025200 - Register now for the 2025 – 2026 school year. Children will prepare for kindergarten through educational centers, songs, story time, arts and crafts, holiday celebrations and more. Kindergarten readiness activities include letters, numbers, shapes, colors, and name-writing. Students must be four years old before August 1, 2025 and will enter Kindergarten in the Fall of 2026.

Mondays, Wednesdays & Fridays

September 3 – May 8

9:00 – 11:30 a.m.

St. John Evangelical Lutheran Church

Teachers: Janet Kacsur & Carol Lemon

Registration and Materials Fee: \$150 **Non-refundable**

Yearly Tuition: \$945, payment plan available

LITTLE SPROUTS PRE-SCHOOL

#2025201 – A special two days per week program for children ages 3 – 5 years old. Children will participate in story time, educational centers, arts and crafts, and holiday celebrations. Children must be at least 3 years old before August 1, 2025 and toilet trained.

Tuesdays & Thursdays, September 9 – April 30

9:00 – 11:00 a.m.

St. John Evangelical Lutheran Church

Teachers: Janet Kacsur & Carol Lemon

Registration and Materials Fee:

\$100 **Non-refundable**

Yearly Tuition: \$500,

payment plan available



AQUATICS

**All aquatic programs are held at the Boiling Springs High School Natatorium.
Dates are subject to change due to weather cancellations and make-ups.**

KAYAK POOL SESSION

#2025400 - Kayak Pool sessions are for paddlers of all skill levels in partnership with the Canoe Club of Greater Harrisburg. Beginners work on paddling efficiently to learning escapes and other safety skills. The more experienced paddlers get into learning how to roll and keeping their skills fresh during the winter months. Paddling skills and other safety aspects of white water kayaking are best learned in a pool with assistance from club instructors.

The club has a limited number of whitewater Kayaks (including nylon skirt and paddle) and a white water canoe that can be made available for these training sessions. Reservations with the Rec Department are required to ensure availability. A \$25 annual membership fee is required to take advantage of kayak and canoe usage. Children under 12 years old must be accompanied by an adult.

Sundays, January 5, 19, 26, February 2, 9, 23, March 2, 9 and April 6
11:30 a.m. – 1:30 p.m.

Instructor: Vern Graham and Canoe Club of Greater Harrisburg
Pay at the Door: \$10/person

LIFEGUARD CERTIFICATION

#2025401 – This comprehensive lifeguard, CPR for the Professional Rescuer, First Aid and AED class will prepare you for employment as a lifeguard. **PLEASE NOTE: These are blended learning classes. You will get a link for the online portion of the class with a deadline to complete everything. IN-water skills will be tested on the dates listed below.**

Please be sure to bring a notebook and pen, swim suit and towel to every session. A personal resuscitation mask will be provided with registration.

Participants must attend all classes and successfully pass skill tests and a written exam in order to be certified. Certification is through the American Red Cross and is valid for two years.

Pre-requisites:

- Be at least 15 years old.
- Swim 150 yards using the front crawl or breaststroke, tread water for 2 min using only the legs, then swim an additional 50 yards without stopping.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive to 10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds.

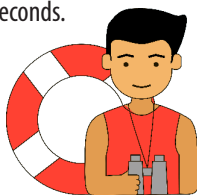
Friday, April 11 – 5:30 – 9:00 p.m.

Saturday, April 12 – 9:00 a.m. – 4:00 p.m.

Sunday, April 13 – 9:00 a.m. – 4:00 p.m.

Instructor: Billy Sellers

Fee: \$185/RES, \$191/NR, last day to register 3/28



LIFEGUARD RECERTIFICATION

#2025402 - If your lifeguarding, first aid, CPR and AED certification is coming to an end, this is your opportunity to complete a review course to recertify. Rescue skills will be polished then the written exam will be given. Must bring CPR mask.

Saturday, May 17

9:00 a.m. – 3:00 p.m.

Instructor: Billy Sellers

Fee: \$85/RES, \$91/NR, early bird

\$95/RES, \$101/NR, after 5/2

PRIVATE SWIM LESSONS

#2025403 – If you are interested in private swim lessons to better individualize the needs of the swimmer, we will be offering private and semi-private swim lessons before or after already scheduled pool activities. If you are interested, please contact Billy Sellers at 717-258-4441. Ages: 5 years and older.

Fee: \$25/for one person, per 30-minute class

\$35/for two people, per 30-minute class

RECREATION SWIM

#2025404 - Fight cabin fever with a dip in the indoor pool! The pool is open for children and adults to swim, shoot hoops in the pool side basketball net and make a splash going off the diving boards. Children under 12 years old must be accompanied by an adult.

Saturdays, January 4 – April 26

POOL CLOSED 1/11, 2/8, 2/15, 3/22, 3/29, 4/5 and 4/19

6:00 – 6:30 p.m. Tot Time – Children 4 and under with a parent

6:30 – 8:00 p.m. All swimmers

Pay at the Door: \$3/person daily admission Or

\$10/family daily admission

STROKE & CONDITIONING CAMP

#2025405 – Swimmers with one season of competitive swimming experience may register for this program. Swimmers will focus on their stroke technique for all 4 strokes, starts and finishes as well as condition the body and the mind for the summer swim season. Ages: 5 – 18 years.

Tuesdays & Thursdays, March 11 – April 24

NO CLASS 3/27

7:00 – 7:45 p.m.

Fee: \$65/RES, \$71/NR, early bird

\$75/RES, \$81/NR, after 2/25

Instructors: Natalie Lebo & Kirsten Strayer



SWIM LESSON REGISTRATION – TUESDAY, FEBRUARY 25, 2025

Registration for the Spring session will be accepted beginning Tuesday, February 25 at **7:30 a.m. VIA Phone** for South Middleton Township Residents only. Residents may only register for one session per child. Non-resident registration will be accepted beginning Friday, February 28.

NEW SUNRISE SWIM

Kick start your day with open lap swimming at the pool! Whether you're a seasoned swimmer or just starting out, our welcoming atmosphere will help you achieve your fitness goals. Senior discount not applicable.

Tuesdays & Thursdays, January 7 – May 1

POOL CLOSED ON SNOW DAYS AND 2 HOUR DELAYS

6:00 – 7:00 a.m.

#2025406 – \$40 - 10 Swims Pass, redeemable until May 1

#2025407 – \$120 Session Pass



SWIM INSTRUCTION INFORMATION

Children's classes will be held Monday thru Thursday unless otherwise indicated. Parents are welcome to stay in the pool area the first day of class and for the Graduation Ceremony on the last day. **CHILDREN MUST REACH AGE REQUIREMENT BY THE FIRST DAY OF CLASS.**

BABY BUBBLERS 1-2-3-SWIM!

A water orientation and safety course for children ages 12 months to 3 years old. You, the parent, are the teacher. A qualified instructor will assist you in developing a closer bond with your child through water fun.

KINDER KIDS

This class for ages 4 and 5 years old may be the child's first opportunity to begin developing swimming skills without mom or dad in the water.

LEARN TO SWIM:

The Learn-to-Swim Program enhances the swimmer's ability in each level. Open to children ages 6 years and older.

COURSE PROGRESSION LEVELS

Intro to Water Skills 1 - For the novice swimmer

Fundamental Aquatic Skills 2 - For the child who can float, but needs work on strokes and endurance

Stroke Development 3 - For the child who can swim, but needs work on rhythmic breathing

Stroke Improvement 4 - For the child who can rhythmic breath while swimming, but needs work on breaststroke, butterfly, backstroke and elementary backstroke

Stroke Refinement 5 - Improve skills from Stroke Improvement 4 and endurance swimming

SWIM LESSON SCHEDULE

SESSION #1

MONDAY, MARCH 24 – THURSDAY, APRIL 3

5:30 – 6:00.....	Baby Bubblers
6:00 – 6:30.....	Kinder Kids
	Intro to Water Skills 1
6:30 – 7:00.....	Fund. Aquatic Skills 2
	Stroke Development 3

SESSION #2

MONDAY, APRIL 7 - THURSDAY, APRIL 17

5:30 – 6:00.....	Baby Bubblers
6:00 – 6:30.....	Kinder Kids
	Intro to Water Skills 1
6:30 – 7:00.....	Fund. Aquatic Skills 2
	Stroke Development 3

SESSION #3

MONDAY, APRIL 28 - THURSDAY, MAY 8

5:00 – 5:30.....	Baby Bubblers
5:30 – 6:00.....	Kinder Kids
	Intro to Water Skills 1
6:00 – 6:30	Fund. Aquatic Skills 2
	Stroke Development 3
6:30 – 7:15.....	Stroke Improvement 4
	Stroke Refinement 5

FEES: \$45/RES, \$51/NR

OOPS!

Register early! Several of our programs are very popular. Sign up early. If a program looks interesting, don't hesitate ...

REGISTER TODAY!

SENIOR SPOTLIGHT

**THE FOLLOWING PROGRAMS ARE ALREADY PRICED FOR OUR SENIORS.
SENIOR DISCOUNTS DO NOT APPLY FOR THE FOLLOWING PROGRAMS.**

NEW AARP SMART DRIVER REFRESHER COURSE

This is a refresher course after taking a recognized driver safety training in the past 3 years. Check with your insurance company for a possible discount after taking this class. Plan to eat lunch before arrival and bring a drink/snack for break. Please arrive 15 minutes early to get settled in and paperwork completed. You must bring a current PA driver's license and if a member, your AARP membership card. Pre-registration required. Ages: 55 years and older.

#2025313 – Tuesday, February 4

#2025314 – Tuesday, May 6

11:45 a.m. – 4:00 p.m.

Instructor: Dave Keidel, AARP Smart Driving Instructor
South Middleton Township Building

Fee: \$20/AARP Member, \$25/Non-AARP Member

NEW AARP SMART DRIVER COURSE

AARP's 8 Hour Initial Training in Driver Safety. Check with your insurance company to see if you can earn a discount after taking this class. Plan to eat lunch before arrival and bring a drink/snack for break. Please arrive 15 minutes early to get settled in and paperwork completed. You must bring a current PA driver's license and if a member, your AARP membership card. **YOU MUST ATTEND BOTH DAYS TO RECEIVE YOUR CERTIFICATION.** Pre-registration required. Ages: 55 years and older.



#2025315 – Tuesday & Wednesday, February 11 & 12

#2025316 – Tuesday & Wednesday, May 13 & 14

11:45 a.m. – 4:00 p.m.

Instructor: Dave Keidel, AARP Smart Driving Instructor
South Middleton Township Building

Fee: \$20/AARP Member, \$25/Non-AARP Member

LUNCH BUNCH ... MORE THAN JUST A MEAL

Bring Friends, Meet Friends, Make Friends! You will never eat alone with this fun senior group. Adults 55 years and up may join us each month for an opportunity to engage in conversation, socialize and meet new friends. Each month we will meet at a different location. Transportation and lunch are on your own. Reservations must be made with the Recreation Office to reserve your spot at least one week before the date of the lunch. Call 717-258-4441 to reserve your spot.

#2025317 – Friday, February 7 – Miseno's II

#2025318 – Friday, March 7 – TJ Rockwell's

#2025319 – Friday, April 4 – Sunnyside

11:30 a.m. – 1:00 p.m.

Instructor: South Middleton Parks & Recreation Staff

SENIOR BINGO

#2025320 – Have the winter blues? Join us on the fourth Wednesday of each month January – April for some bingo. This once a month activity will be lots of fun, plus a way to meet new friends. Bring your BINGO voice and your favorite dessert to share with all who participate. Ages: 50 years and older.

Wednesdays, January 22, February 26, March 26 and April 23

2:00 – 4:00 p.m.

St. John's Lutheran Church, 111 Walnut Street, Boiling Springs

Instructors/Sponsored by: South Middleton Parks & Recreation Department

Fee: Free, however registration is encouraged

SENIOR EXERCISE PROGRAM – ARTHRITIS FOUNDATION

It's not as boring as the title may sound. We have a blast! You do not have to have arthritis to participate and benefit. Classes include gentle range of motion exercises and short cardio segments and are suitable for all fitness levels. Exercises and cardio can be standing or sitting/holding onto a chair. You will use tubing, balls and light weights. Chairs, tubing and balls are provided. Please bring your light weights and wear sneakers. Come and join us, it's a HOOT! Ages: 55 years & up.

NEW **#2025321 – Session I – Mon. & Wed.,** February 3 – March 19
9:15 – 10:15 a.m.

Fee: \$75/RES, \$81/NR, early bird

\$85/RES, \$91/NR, after 1/20

NEW **#2025322 – Session I – Mon. Only,** February 3 – March 17
9:15 – 10:15 a.m.

Fee: \$40/RES, \$46/NR, early bird

\$50/RES, \$56/NR, after 1/20

NEW **#2025323 – Session I – Wed. Only,** February 5 – March 19
9:15 – 10:15 a.m.

Fee: \$40/RES, \$46/NR, early bird

\$50/RES, \$56/NR, after 1/22

#2025324 – Session I – Mon. & Wed., February 3 – March 19
10:30 – 11:30 a.m.

Fee: \$75/RES, \$81/NR, early bird

\$85/RES, \$91/NR, after 1/20

#2025325 – Session I – Mon. Only, February 3 – March 17
10:30 – 11:30 a.m.

Fee: \$40/RES, \$46/NR, early bird

\$50/RES, \$56/NR, after 1/20

#2025326 – Session I – Wed. Only, February 5 – March 19
10:30 – 11:30 a.m.

Fee: \$40/RES, \$46/NR, early bird

\$50/RES, \$56/NR, after 1/22

NEW **#2025327 – Session II – Mon. & Wed.,** April 7 – May 21
9:15 – 10:15 a.m.

Fee: \$75/RES, \$81/NR, early bird

\$85/RES, \$91/NR, after 3/24

NEW **#2025328 – Session II – Mon. Only**, April 7 – May 19
9:15 – 10:15 a.m.
Fee: \$40/RES, \$46/NR, early bird
\$50/RES, \$56/NR, after 3/24

NEW **#2025329 – Session II – Wed. Only**, April 9 – May 21
9:15 – 10:15 a.m.
Fee: \$40/RES, \$46/NR, early bird
\$50/RES, \$56/NR, after 3/26

#2025330 – Session II – Mon. & Wed., April 7 – May 21
10:30 – 11:30 a.m.
Fee: \$75/RES, \$81/NR, early bird
\$85/RES, \$91/NR, after 3/24

#2025331 – Session II – Mon. Only, April 7 – May 19
10:30 – 11:30 a.m.
Fee: \$40/RES, \$46/NR, early bird
\$50/RES, \$56/NR, after 3/24

#2025332 – Session II – Wed. Only, April 9 – May 21
10:30 – 11:30 a.m.
Fee: \$40/RES, \$46/NR, early bird
\$50/RES, \$56/NR, after 3/26

Citizens, Village Fire Station, 405 Forge Road, Boiling Springs
Instructor: Lisa Ecker, AFEP

TAI CHI FOR ARTHRITIS

#2025333 – The **Tai Chi for Arthritis Program®** is designed to improve the quality of life for people with and without arthritis through practicing Sun Style Tai Chi; one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. Participants should wear comfortable clothing and supportive shoes. Ages: 18 years and older.

Tuesdays & Thursdays, March 4 – April 10
10:00 – 11:00 a.m.

Citizens, Village Fire Station 405 Forge Road, Boiling Springs
Instructor: Carole Posavec

Fee: \$43/RES, \$49/NR, early bird
\$53/RES, \$59/NR, after 2/18



CRAFT CORNER

CLEAN & SIMPLE CARDS

#2025334 – You will enjoy a wonderful evening making a variety of beautiful cards. These cards will pop with color and a variety of accessories. All supplies provided and participants in attendance for the evening will receive a special gift. Ages: 18 years and older.

Wednesday, February 12

6:00 – 8:30 p.m.

Boiling Springs High School Room 301

Instructor: Mitzi Ruszkowski

Fee: \$20/RES, \$26/NR, early bird
\$30/RES, \$36/NR, after 1/29



provided to take home. All supplies provided and participants in attendance for the evening will receive a special gift. Ages: 18 years and older.

Wednesday, January 29

6:00 – 8:30 p.m.

Boiling Springs High School Room 301

Instructor: Mitzi Ruszkowski

Fee: \$20/RES, \$26/NR, early bird
\$30/RES, \$36/NR, after 1/15

GATEFOLD CARDS

#2025337 – You will make a variety of beautiful gatefold cards. These cards open in the middle instead of the side. These are easy to create and assemble. All supplies provided and participants in attendance for the evening will receive a special gift. Ages: 18 years and older.

Wednesday, March 26

6:00 – 8:30 p.m.

Boiling Springs High School Room 301

Instructor: Mitzi Ruszkowski

Fee: \$20/RES, \$26/NR, early bird
\$30/RES, \$36/NR, after 3/12

MOSAIC FOUR LEAF CLOVER CLASS

#2025338 – Learn to make a beautiful green four leaf clover mosaic in this beginner-level workshop, no prior experience is needed! During the class, you will get to pick from multiple shades of machine-tumbled stained glass to create your one-of-a-kind decorated four leaf clover. You will learn the basics of making a mosaic to create your work of art. Since the glass is machine-tumbled, it is sea glass smooth

FUN FOLD UNIQUE CARDS

#2025336 – This class will show you how you can create something beautiful in less than 10 minutes. You will be completing 10 cards. Templates for the cards

and safe to handle for all ages. You will be able to take your clover home with you at the end of the class. All materials included in the class. Ages: 8 years and up.

Tuesday, March 11

6:00 – 8:00 p.m.

Boiling Springs High School Room 301

Instructor: Amanda Rife, Mosaic Montage

Fee: \$55/RES, \$61/NR, early bird

\$65/RES, \$71/NR, after 2/25

MOSAIC HEART CLASS

#2025339 – In this beginner level workshop, learn to make a beautiful red mosaic heart. During the class, you will get to pick from multiple shades of machine tumbled stained glass to create your one-of-a-kind decorated 10" heart. You will learn the basics of making a mosaic to create your work of art. Since the glass is machine tumbled, it is sea glass smooth and safe to handle for all ages. You will take your heart home with you at the end of the class. All materials included in the class. Ages: 8 years and up.

Tuesday, February 18

6:00 – 8:00 p.m.

Boiling Springs High School Room 301

Instructor: Amanda Rife, Mosaic Montage

Fee: \$55/RES, \$61/NR, early bird

\$65/RES, \$71/NR, after 2/4



MOSAIC PEEPS

#2025340 – Peeps are an Easter favorite and now you can mosaic your own! Learn to make a beautiful pink or blue Peeps mosaic in this beginner-level workshop. During the class, you will get to pick from multiple shades of machine-tumbled stained glass to create your one-of-a-kind decorated Peeps mosaic. You will learn the basics of making a mosaic to create your work of art. Since the glass is machine-tumbled, it is sea glass smooth and safe to handle for all ages. You will be able to take your Peep home with you at the end of the class. All materials included in the class. Ages: 8 years and up.

Tuesday, April 8

6:00 – 8:00 p.m.

Boiling Springs High School Room 301

Instructor: Amanda Rife, Mosaic Montage

Fee: \$55/RES, \$61/NR, early bird

\$65/RES, \$71/NR, after 3/25

MOSAIC SEA TURTLE CLASS

#2025341 – In this one-night, beginner-level class you will learn to make a beautiful green sea turtle mosaic. During the class, you will get to pick from multiple shades of machine-tumbled stained glass to create your one-of-a-kind decorated sea turtle. You will learn the basics of making a mosaic and about the supplies needed to create your work of art. Since the glass is machine-tumbled, it is sea glass smooth and safe to handle for all ages. You will be able to take your sea turtle home with you at the end of the class. All materials included in class. Ages: 8 years and up.

Tuesday, May 6

6:00 – 8:00 p.m.

Boiling Springs High School Room 301

Instructor: Amanda Rife, Mosaic Montage

Fee: \$55/RES, \$61/NR, early bird

\$65/RES, \$71/NR, after 4/22



MOSAIC SNOWMAN

#2025342 – In this one-night, beginner-level class you will make a beautiful snowman mosaic. During the class, you will get to pick from machine-tumbled stained glass to create your one-of-a-kind decorated Snowman. You will learn the basics of making a mosaic and about the supplies needed to create your work of art. Since the glass is machine-tumbled, it is sea glass smooth and safe to handle for all ages. You will be able to take your snowman home with you at the end of the class. All materials included in the class. Ages: 8 years and up.

Tuesday, January 21

6:00 – 8:00 p.m.

Boiling Springs High School Room 301

Instructor: Amanda Rife, Mosaic Montage

Fee: \$55/RES, \$61/NR, early bird

\$65/RES, \$71/NR, after 1/7

MOSAIC STRAWBERRY

#2025343 – Learn to make a beautiful red and green strawberry mosaic in this beginner-level workshop, no prior experience needed! During the class, you will get to pick from multiple shades of machine-tumbled stained glass to create your one-of-a-kind decorated strawberry mosaic. You will learn the basics of making a mosaic to create your work of art. Since the glass is machine-tumbled, it is sea glass smooth and safe to handle for all ages. You will be able to take your strawberry home with you at the end of the class. All materials included in the class. Ages: 8 years and up.

Tuesday, May 13

6:00 – 8:00 p.m.

Boiling Springs High School Room 301

Instructor: Amanda Rife, Mosaic Montage

Fee: \$55/RES, \$61/NR, early bird

\$65/RES, \$71/NR, after 4/29



OPEN PANEL GREETING CARDS

#2025344 – Using acetate or vellum sheets, you will create gorgeous window looking cards. These are easy to make. Join in on an evening creating beautiful cards. All supplies provided and participants in attendance for the evening will receive a special gift. Ages: 18 years and older.

Wednesday, March 5

6:00 – 8:30 p.m.

Boiling Springs High School Room 301

Instructor: Mitzi Ruszkowski

Fee: \$20/RES, \$26/NR, early bird

\$30/RES, \$36/NR, after 2/19

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 South Middleton Rec happenings

*We do not share or sell e-mail addresses
and will not overload your inbox!*

STUDENT PROGRAMS

CHEERLEADING

#2025202 – Let's Go Bubblers! Join the Varsity Bubbler Cheerleaders and show your school spirit by learning cheers and chants to root our team on to victory. In support of National Girls and Women in Sports Day, participants will cheer the first half of the January 16 Girls Varsity Basketball game. Spaces are limited, so sign up early. A shirt is included in the fee. Grades 1–6. **Registration**

Deadline: Monday, January 6.

Tuesday & Wednesday, January 14 & 15
6:00 – 8:00 p.m.

Iron Forge Elementary School Gym

Instructors: Bubbler Varsity Cheerleaders

Fee: \$34/RES, \$40/NR, early bird

\$44/RES, \$50/NR, after 12/30



DECORATE A CAKE

#2025203 – Kids, here's your chance to make a Valentine's Cake for your favorite valentine. Come out with your favorite adult and together you will decorate your own Valentine's cake. Each child must be accompanied by an adult. Ages: 4 – 7 years.

Tuesday, February 11, 6:00 – 7:00 p.m.

Boiling Springs High School Room 110

Instructor: Donna Ludwig

Fee: \$10/RES, \$16/NR, early bird

\$20/RES, \$26/NR, after 1/28

EASTER BUNNY BUTT CAKE

Make your very own bunny cake. You will assemble, frost and decorate. All supplies included in the class. Ages: 6 – 12 years.

Wednesday, April 16

#2025216 – Ages 6 – 8, 5:30 – 6:30 p.m.

Fee: \$23/RES, \$29/NR, early bird

\$33/RES, \$39/NR after 4/2

#2025217 – Ages 9 – 12, 6:45 – 7:45 p.m.

Fee: \$25/RES, \$31/NR, early bird

\$35/RES, \$41/NR, after 4/2

Boiling Springs High School Room 110

Instructor: Nicole Murdoch

EASTER EGG HUNT

#2025205 – Guaranteed to be lots of fun! Expect a visit from the Easter Bunny and an Easter Egg Hunt. Bring your own basket. Ages: 2 – 8 years.

Saturday, April 12

10:00 a.m. – **BE PROMPT**

Spring Meadows Park Pavilion #5

Free



FLAG FOOTBALL

#2025206 – **ARE YOU READY FOR SOME FLAG FOOTBALL?** Come out and learn the basics of this fun game under the direction of the Boiling Springs

Varsity Football Coaches and players. Games and skill sessions will be held on Sundays. T-shirt included in registration. Grades: 1 – 8.

Sundays, April 6 – May 18

NO CLASS 4/20 & 5/11

1:00 – 3:00 p.m.

Boiling Springs High School Turf Field

Instructor: Boiling Springs Varsity Football Staff

Fee: \$50/RES, \$56/NR, early bird

\$60/RES, \$66/NR, after 3/24

GRINCH'S CANDY CANE HUNT

#2024223 – There is a rumor that the Grinch stole all the candy canes from Bubbler-ville and took them back to Who-ville until after Christmas. However, he is planning to return them in time for us to have a Candy Cane Hunt in Spring Meadows Park. WHO knows, we might even have a visit from the Grinch! Prizes will be awarded for special candy canes. Pre-registration is required by December 30. Don't forget to dress warm, the event will be held outside. Ages: 2 – 8 years.

Saturday, January 4

10:30 a.m. – **BE PROMPT**

Spring Meadows Park Pavilion 5

Fee: Free, however registration is required by December 30

KIDS YOGA

#2025207 – Encourage movement and stretching through the fun of kid's yoga! Bring yoga, mindfulness, positive body image and confidence to your child through this unique class. With the increasing demands that society puts on our children, we need to give them healthy strategies and outlets to cope with stress at a young age. Yoga-based games, stories and music will be incorporated into our fun-filled class! Instructor, Chelsea Montagnese is a registered yoga teacher and a licensed pediatric speech-language pathologist. Children can bring their own yoga mat or one can be provided. Ages: 5 – 10 years.

Wednesdays, February 5 – 26

7:00 – 8:00 p.m.

Iron Forge Elementary School Main Lobby

Instructor: Chelsea Montagnese

Fee: \$45/RES, \$51/NR, early bird

\$55/RES, \$61/NR, after 1/22



PRE-SCHOOL DANCE

#2025208 – Join in the fun of learning ballet, tap and jazz. Learn to sequence steps together and practice listening and dancing to music. Leotard, tights and ballet slippers are recommended, tap shoes will be available the first night for your child to borrow for the session (Please include shoe size on registration). Participants must be toilet trained. Parental assistance is not needed for this program. Ages: 3 – 6 years.

Tuesdays, February 4 – March 25

5:45 – 6:30 p.m.

Yellow Breeches Middle School Cafeteria

Instructor: Jenny Bistline

Fee: \$53/RES, \$59/NR, early bird

\$63/RES, \$69/NR, after 1/21

SAFE SITTER – BABYSITTING COURSE

#2025209 - Safe Sitter®, an up-to-date and well-rounded youth development program with a medical basis, teaches young teen babysitters everything they need to know to keep themselves and the children in their care safe. The nationally-recognized, pediatrician-developed program includes child care techniques, basic first aid, rescue techniques (like choking infant and child rescue), babysitting as a business, and online and cell phone safety. Participants will receive a certificate of completion. Bring a baby doll and a packed lunch.

Registration deadline is Friday, February 21. Grades: 6 and up.

Saturday, March 8

9:30 a.m. – 2:30 p.m.

South Middleton Township Meeting Room

Instructors: Donna Ludwig & Sarah Colondrillo

Fee: \$49/RES, \$55/NR

SPARK IDEAS – SCIENCE EXPLORATION

Spark Ideas is designed to guide children through STEM investigation. Materials are included in the fee. Grades: 2 – 5.

NEW #2025210 – Forensic Science – Crime solving techniques including fingerprinting, chromatography, splash patterns and other skills to explain mysteries.

Thursdays, January 23 – February 13

6:00 – 7:00 p.m.

Rice Elementary STEM Room

Instructor: Jessica St Clair

Fee: \$60/RES, \$66/NR, early bird

\$70/RES, \$76/NR, after 1/9

NEW #2025211 – Chemistry – No explosions, but plenty of chemical reactions. We'll explore chemistry around us. It's not magic, it's science.

Thursdays, March 20 – April 10

6:00 - 7:00 p.m.

Boiling Springs High School Room 110

Instructor: Jessica St Clair

Fee: \$60/RES, \$66/NR, early bird

\$70/RES, \$76/NR, after 3/6



SPRING FIELD HOCKEY

#2025212 – Participants will love learning the sport of field hockey! The BSHS field hockey coaches will help teach ball control and field positioning. Participants must bring their own shin guards, mouth guard, and stick; cleats are recommended but not required. A complete stick package can be purchased by going to www.longstreth.com. Sticks and shin guards can be borrowed on the first day. Grades: K – 6.

Mondays & Wednesdays, April 28 – May 7
4:45 – 6:00 p.m.

Spring Meadows Park Football Field

Instructor: Bayley Leonard

Fee: \$25/RES, \$31/NR, early bird

\$35/RES, \$41/NR, after 4/14



TODDLER TUMBLE TIME

#2025213 – Work on motor skills with your toddler while they have fun! Toddler Tumble Time will have music for your little one to dance along with, as well as skills practice with climbing, jumping, rolling and taking turns with others. Ages: 1.5 to 3.5 years.

Tuesdays & Thursdays, April 8 - 22

5:15 – 5:45 p.m.

Boiling Springs High School Auxiliary Gym

Instructor: Kara Dayhoff

Fee: \$55/RES, \$61/NR, early bird

\$65/RES, \$71/NR, after 3/25

VOLLEYBALL CLINIC

#2025214 – This clinic aids players in fine-tuning their volleyball skills and provides the instruction needed to play on a volleyball team - including skill development, rotations, offense/defense, and game play strategies. Ideal for players looking to try-out for a spring or fall volleyball program, or players who have previously attended a beginner volleyball clinic and want to advance in the game. Grades: 6 – 8.

Sundays, January 5 - February 2

4:00 - 5:30 p.m.

Yellow Breeches Middle School Gym

Instructors: Annie Kondas and High School Players

Fee: \$60/RES, \$66/NR, early bird

\$70/RES, \$76/NR, after 12/30



NEW YOUTH STRENGTH TRAINING

#2025215 – Build stronger, healthier bodies and minds using weights and body weight. We will be using circuit training to work the major muscle groups of the body while incorporating some cardio. Kids will feel energized and empowered after these workouts! Ages: 10 – 18 years.

Tuesdays, February 25 – April 1

6:15 – 7:00 p.m.

Rice Elementary Gym

Instructor: Kristin Gardner

Fee: \$60/RES, \$66/NR, early bird

\$70/RES, \$76/NR, after 2/11

Participants in South Middleton Parks and Recreation Department programs and activities participate at their own risk. The Township, the School District, the Parks and Recreation Department, its agents, servants and/or employees cannot be held responsible or liable for any accident and/or injury which may occur. Participants must rely on their own accident or health insurance.