



Parks and Recreation Department

700 Meredith Drive / Venetia, PA 15367

724.942.5000 / www.peterstownship.com

COMMUNITY RECREATION CENTER HOURS

Monday through Friday 8:30 a.m. to 9 p.m.

Saturday 9 a.m. to 5 p.m.

Sunday 1 to 5 p.m.

CRC Holiday Hours

CLOSED on the respective dates:

Labor Day and Floor Refurbishing – Thursday, Aug. 31 through Monday, Sept. 4

SESSION 5

(8 weeks)

Sept. 5 through Oct. 31

Registration begins

Aug. 21

Easy ways to register:

Online: www.peterstownship.com

Walk in: cash/check/Visa/MasterCard accepted

Mail in: check and registration form to the Parks and Recreation Department, 700 Meredith Drive, Venetia, PA 15367



Class and Event Registration: Registering at the first class is risky.

What if a program is cancelled?

Please register for programs at least one week prior to the start date to avoid cancellation. All classes must meet a predetermined minimum number of participants to be held. The Parks and Recreation Department reserves the right to cancel, combine or change any aspect of a program it deems necessary. Residents are given first priority during the registration process for events and classes. Sports programs are open to residents only.

Refund policy:

Full refunds will be given if requested more than 7 days before a class begins. All refunds requested by participants less than 7 days before a class begins will be assessed a \$5 processing fee, plus any supplies already purchased. Refunds will not be given after the second class. Sorry, but refunds are not offered for special one-day classes or events, unless canceled. Call 724.942.5000 for information regarding day trips. Please allow 2 to 4 weeks for refunds to be processed.

Special Events ...



Look out for starburst for New Programs and New One Day Events in this issue.

HAPPY BIRTHDAY

BIRTHDAY PARTY PACKAGES

2 Packages available, both include:

- Room for food, cake, gifts etc.
- Pizza (you can order additional if needed)
 - Plates and napkins
 - Gym time for play

Call the recreation center for availability and additional package information.



REMINDER: FISHING DERBY

Join us for the 18th Annual McMurray Rotary and Peters Township Fishing Derby at Peters Lake Park. All kids in grades Kindergarten through 5th are eligible to participate. Awards will be given for the LARGEST fish, SMALLEST fish, the FIRST caught, and MOST fish caught. Don't miss the chance to win great prizes! Smaller prizes are awarded just for participating. Pre-registration suggested.

Day: Saturday, Aug. 19

Time: 10 a.m. to Noon

Fee: \$5 Resident / \$10 Non-Resident

Location: Peters Lake Park

TENNIS CENTER

Located in the Municipal Complex ~ 724.941.1330

The Tennis will be running Junior and Adult programs throughout September and October. Our last 2017 outdoor sessions for both adults and juniors will run Sept. 25 through Oct. 13 and then we will transition into the indoor bubble season on Oct. 18. Details can be found on our web site or call or stop in at the pro shop for more information.

ADULT PROGRAMMING:

You can find an adult class each day. Some are held in the morning and some in the evenings. Programs include:
Drill Court
USTA Doubles and Singles Practice
Cardio Classes

JUNIOR PROGRAMMING:

We will run a fall Junior Program Sep. 25 through Oct. 13. Our Indoor Junior Programming begins Oct. 18 and runs through April 26, 2018.

BUBBLE SEASON CONTRACT COURT TIME:

You can pay in advance for permanent court time for the 2017/2018 Indoor season anytime this September and October.



LEAGUE PLAY:

Check out our League opportunities for the upcoming Indoor season. We have a league for you regardless of your level. League Levels run from 2.5 to 4.5.

MEMBERSHIP:

Program discounts are available to all Tennis Center Members. We have many different membership categories for you to choose from. Please check out our web site, call us or stop by to find out more information.

CONCERTS & SPECIAL EVENTS

Peterswood Park Amphitheater

Sun. Sept. 10 (1 p.m.)	Scott & Rosanna (Acoustic Folk/Rock)*
Sat. Sept. 16 (1 p.m.)	Teen Talent Show
Sun. Sept. 17 (2 p.m.)	"The Big Bad" Children's Theater provided by The Abbey Players, Youth Theater
Sun. Sept. 24 (1 p.m.)	Well Strung (Bluegrass)* • Caustelot Creamery Cinnamon Rolls



VISIT WWW.PETERSTOWNSHIP.COM FOR DETAILS!

* BEER & WINE PERMITTED AT EVENTS AS NOTED *

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FRIDAY NIGHT FLICKS "OUTDOOR MOVIES"

Aug. 25 **Moana** (rated PG)

Oct. 13 **Ghostbusters**
(1984 original, rated PG)

Bring a blanket or lawn chair and enjoy a movie under the stars at our amphitheater in Peterswood Park! All movies are free and will begin at dusk.

Special Events ...



TRICK OR TREAT TRAIL

(AGES 10 AND UNDER)

Come dressed in costume and trick or treat along the paved trail *Pre-registration is required.

Day: Saturday, Oct. 21

Time: 1 p.m. (line up begins at 12:45 p.m.)

Fee: FREE

Location: Community Recreation Center (near baseball field)
Attention Local Businesses! We are looking for businesses and organizations to set up along the trail and pass out treats.

This is a great opportunity to reach out to the families in our community. We are asking for a contribution of \$10 to participate. Please contact Lisa Morris at 724.942.5000 or ltaylor@peterstownship.com for more information or to sign up.

HAUNTED TRAIL XVII ZOMBIE HOLLOW

Brains... BRAINS!!! The park is infested with the living dead... Zombies are lurking in the dark forest waiting for their next meal. Who's next?

Dates: Friday, Oct. 6 & Saturday, Oct. 7

Time: 7:30 to 10 p.m.

Fee: \$5 per person

Location: Peterswood Park (next to the Recreation Center)



HAUNTED TRAIL FOR KIDS!

(AGES 8 AND UNDER)

We welcome our brave little ghouls and goblins to arrive early and take a walk on our kid-friendly haunted trail. Prior to our big event this evening, kids and parents (a must) are invited to walk the trail, meet our spooky actors, and check out our scenes! The trail may be muddy—please wear appropriate footwear. Strollers are not recommended.

Date: Saturday, Oct. 7

Time: 6:15 to 6:45 p.m.

Fee: \$5 per person

VOLUNTEERS NEEDED

If you like scaring people, storytelling or need service hours, we would love to talk to you! This is a great opportunity for families, groups and individuals to get involved with one of our biggest events of the year. We are looking for storytellers (high school to adult) to narrate the story line and lead groups through our Haunted Trail, as well as scene actors (ages 13 years & up) to act out a scene along the trail. Meetings will be starting soon, so don't miss out! Call or email ltaylor@peterstownship.com for details and to sign up!

Meeting Dates/Times: Wed., Sept. 13 @ 7 p.m.

Wed., Sept. 20 (meeting time TBA)

Wed., Sept. 27 @ 7 p.m.

Wed., Oct. 4 (walk through) @ 6 p.m.



PRESCHOOL

JOHNNY APPLESEED

(AGES 3 TO 5 YEARS)

Minimum 6 – Maximum 20

Preschoolers will meet new friends while learning about Johnny Appleseed, playing games, and making a painted apple craft! A special apple snack will be provided. **Instructor:** Recreation Staff

Day: Thursday, Oct. 19

Time: 10 to 11 a.m.

Fee: \$5 Member / \$8 Non-Member

Location: Community Recreation Center, Peterswood Park

Registration Deadline: Tuesday, Oct. 17

JUMPBUNCH PRE-K MULTI SPORTS

(AGES 3 TO 5 YEARS)

Minimum 4 – Maximum 15

Introduction to learning basic skills of a new sport each week using safe, colorful equipment. Sports include soccer, hockey, t-ball, basketball, lacrosse, paddle sports, kickball, and volleyball. **Instructor:** Allie Pennetti

Day: Wednesdays

Time: 11:30 a.m. to Noon

Fee: \$73 Member / 110 Non-Member

BABYCAKES

(AGES 3 MONTHS TO 1 YEAR)

Minimum 6 – Maximum 15

Wonderful music and learning class with flashcards, music, colors, songs, shapes, and small instruments in a guided fun learning group. Coarse requirement for early Child Development (NAPPA). **Instructor:** Bren Norris

Day: Thursdays

Time: 10:15 to 10:45 a.m.

Fee: \$85 Member / \$128 Non-Member

MINI ME MUSIC

(AGES 1 TO 3 YEARS)

Minimum 6 – Maximum 15

Fun music and movement class with songs, different styles of music, rhythm, and dance. Coarse requirement for early Child Development (NAPPA).

Instructor: Bren Norris

Day: Thursdays

Time: 11 to 11:45 a.m.

Fee: \$100 Member / \$150 Non-Member

MINI ME MUSIC AND MOVEMENT

(AGES 3 TO 5)

Minimum 6 – Maximum 15

Classic music and movement, song, dance, rhythm, and basic music through movement. FUN great class for Early Childhood Development (NAPPA).

Instructor: Bren Norris

Day: Thursdays

Time: 1 to 1:45 p.m.

Fee: \$100 Member / \$150 Non-Member

HAPPYFEET "STORY TIME WITH A SOCCER BALL"

Minimum 5 – Maximum 12

HappyFeet engages children in a fun activity committed to helping them form healthy exercise habits through soccer! This is an ideal program for first time soccer players or any child with energy to burn! **Instructor:** Coach Kat

AGES 2 TO 3 YEARS

Day: Tuesdays **Time:** 5:30 to 6 p.m.

AGES 3 TO 5 YEARS

Day: Tuesdays **Time:** 6 to 6:30 p.m.

Fee: \$80 Member / \$120 Non-Member

SILLY SCIENCE I (6 WEEKS)

(AGES 2 – 6)

Minimum 8 – Maximum 20

Each little scientist is active with creating, playing, and learning different concepts in Science. This class will include Going to the Moon, Goo Slime Bugs, Magical Science, Spy Science, and Dinosaur Days. Kathy Lesica Heinz

Day: Tuesdays **Time:** 1 to 2 p.m.

Fee: \$71 Member / \$107 Non-Member

Supply Fee: \$30 to be paid to the instructor the first day of class

C.S. KIM KARATE / AUTHENTIC KARATE

(AGES 3 TO 5 YEARS)

Minimum 2 – Maximum 20

Martial Arts training with curriculum that includes drills and skills designed to build and condition each student's attitude, behavior, and character development. Programs teach valuable life skills that focus on Goal Setting, positive attitude, relationship building, communications, and leadership.

Certified Instructor: C.S. Kim Karate

Day: Thursdays

Time: 12 to 12:45 p.m.

Fee: \$80 Member / \$120 Non-Member

Uniform Fee: \$25 orders placed at first class

YOUTH AND TEEN

JUMPBUNCH MULTI SPORT

(AGES 5 TO 6 YEARS)

Minimum 4 – Maximum 15

Introduction to learning basic skills of a new sport each week using safe, colorful equipment. Sports include soccer, hockey, t-ball, basketball, lacrosse, paddle sports, kickball, and volleyball. We will play additional games and activities as well. **Instructor:** Allie Pennetti

Day: Wednesdays

Time: 10:30 to 11:15 a.m.

Day: Wednesdays

Time: 1 to 1:45 p.m.

Fee: \$80 Member / 120 Non-Member

TEEN TALENT SHOW

(AGES 12 TO 18 YEARS)

Do you have a special talent and love performing in front of an audience? We are looking for singers, dancers, comedians, actors, magicians, and other individual and group acts to perform! Prizes will be awarded. Contact Lisa Morris at 724.942.5000 or email ltaylor@peterstownship.com to sign up.

Day: Saturday, Sept. 16

Time: 1 p.m.

Location: Amphitheater, Peterswood Park

Audition: Thursday, Sept. 7 @ 6 p.m.

Registration Deadline: Thursday, Sept. 7

TWEEN NIGHT

(AGES 9 TO 12 YEARS)

Minimum 8 – Maximum 20

A night for tweens to socialize, play games (basketball, air hockey, ping pong, board games, etc.), make a craft, and enjoy snacks. Drop them off for an evening of chaperoned fun. Pre-registration is required.

Day: Friday, Nov. 17

Time: 6 to 8 p.m.

Fee: \$5 Member / \$8 Non-Member

Location: Community Recreation Center

Registration Deadline: Thursday, Nov. 16

C.S. KIM KARATE / AUTHENTIC KARATE

(AGES 6 TO 12 YEARS)

Minimum 4 – Maximum 20

Discipline based authentic martial arts teaching coordination, general fitness, hi-energy drills, and skills. Designed to build and condition student's attitude, behavior, and character development. Teach valuable life skills that focus on Goal Setting, positive attitude, relationship building, communications, and leadership. **Certified**

Instructor: C.S. Kim Karate

Day: Thursdays

Time: 6 to 6:50 p.m.

Fee: \$80 Member / \$120 Non-Member

Uniform Fee: \$25 orders placed at first class

ADULT PROGRAMS

PILATES

(AGES 18 AND OVER)

Minimum 8 – Maximum 20

Strengthening and lengthening movements targeting the smaller and stabilizing muscles. Most of the class is conducted while lying down or seated. A dynamic practice designed to build muscle, tone the core, and increase flexibility. No experience needed.

Instructor: Dana Barone

Day: Mondays **Time:** 9 to 10 a.m.

Fee: \$65 Member / \$98 Non-Member

BURN AND SCULPT

(AGES 18 AND OVER)

Minimum 6 – Maximum 20

We will blend basic, low-impact cardio moves with challenging strength exercises, to create the total body workout. Non-stop class will challenge every muscle, using the resistance band, weights, and ball. Reach all of your fitness goals with this one-hour class! **Certified Instructor:** Jennifer Alexander with over 20 years of experience.

Day: Mondays OR Wednesdays

Time: 9 to 10 a.m.

Fee: \$45 Member / \$68 Non-Member

BACK TO BASICS: KEEP FIT FOR LIFE!

(AGES 18 AND OVER)

Minimum 5 – Maximum 20

A complete and varied workout for all ages and is suitable for those starting or returning to an exercise program. Combines low-impact cardio, strength training, balance, core work, and yoga. Emphasizes joint-friendly movements and building endurance, muscle tone, and strength. **AAFA Certified Group Exercise Instructor:** Gail Witsenke

Day: Mondays

Time: 10 to 11 a.m.

Fee: \$50 Member / \$75 Non-Member

CARDIO PUMP EXPRESS (45 MINUTES)

(AGES 16 AND OVER)

Minimum 5 – Maximum 20

Bootcamp style cardio circuit workout: bench, plyometric, bosu, medicine balls, agility ladders etc. to build endurance. P90X uses weights to strengthen and tone upper / lower body. **Certified Instructor:** Ann Bondi

Day: Mondays

Time: 5:30 to 6:15 p.m.

Fee: \$34 Member / \$51 Non-Member

DANCE IT OUT!

(AGES 18 AND OVER)

Minimum 5 – Maximum 25

Total body cardio dance workout, created by Billy Blanks Jr. Includes Hip Hop, Country, Bollywood, Disco, Latin, and more! No experience required. For all fitness levels. Get in shape, have FUN doing it! **Certified Instructor:** Ashley Wilson

Day: Mondays **Time:** 6:45 to 7:45 p.m.

Day: Thursdays **Time:** 9 to 10 a.m.

Fee: \$45 Member / \$68 Non-Member

INSANITY – 30 MINUTES

(AGES 18 AND OVER)

Minimum 4 – Maximum 15

Insanity a total body workout without equipment based on "max interval training." You'll work hard for three-minute intervals, with 30-second periods of rest in between. Some moves are easier than others but, modifications for every move!

Certified Instructor: Jessica Berardino

Day: Mondays **Time:** 8:15 to 8:45 p.m.

Day: Thursdays **Time:** 7:30 to 8 p.m.

Fee: \$30 Member / \$45 Non-Member

20/20/20

(AGES 18 AND OVER)

Minimum 6 – Maximum 20

This class will keep you moving, two 20-minute segments of cardio exercise and 20 minutes of total body sculpting. Each class will offer different segments to challenge you without boring you with the same weekly routine. **Certified Instructor:** Jennifer Alexander with over 20 years of experience.

Day: Tuesdays **Time:** 9 to 10 a.m.

Fee: \$45 Member / \$68 Non-Member



SOCIAL/WEDDING DANCES

(AGES 18 AND OVER)

Minimum 6 – Maximum 24

Get comfortable on the floor! Learn basic steps perfect for having fun at any social/wedding dances. Foxtrot, Salsa, Tango, Samba. **Instructor:** Kathy Burchill

Day: Tuesdays **Time:** 6:30 to 7:45 p.m.

Fee: \$85 Member / \$128 Non-Member

BEGINNER/INTERMEDIATE YOGA

(AGES 18 AND OVER)

Minimum 6 – Maximum 20

This class offers a blend of various styles of yoga – Kripalu, Ashtanga, Sivananda, and Yin yoga. Increase strength, flexibility, and endurance and reduce the effects of stress using breath work, meditation, and yoga posture. **YOGA MAT REQUIRED! Certified Yoga Instructor:** Terry Gustas, Certified R.Y.T.

Day: Tuesdays **Time:** 8:50 to 9:50 a.m.

Fee: \$60 Member / \$90 Non-Member

ART IN THE PARK



VINTAGE IN BLOOM: A TOAST TO PAINTING

(AGES 21 AND OVER)

Minimum 6 –

Maximum 14

Bring your drink of choice and enjoy an afternoon of painting and meeting new friends. You will paint a wooden hanging pallet-style sign that reads: "love grows best in houses just like this". Class will take place at the amphitheater.

Instructor: Morgan Milton, Owner of Vintage in Bloom

Day: Oct. 1

Time: 2 to 4 p.m.

Fee: \$30 Resident /

\$45 Non-Resident

B.Y.O.B (alcoholic beverages

permitted) Beer and Wine ONLY



EVENING YOGA

(AGES 16 AND OVER)

Minimum 8 – Maximum 35

Good choice for beginners. Experienced hands on teaching of traditional yoga postures, meditation, and relaxation.

Great for stretching and releasing stress for a healthier lifestyle. **Certified Instructor:** Lynn Duda, LMT, 500 E-RYT

Day: Tuesdays **Time:** 6 to 7 p.m.

Fee: \$65 Member / \$98 Non-Member

ZUMBA

(AGES 18 AND OVER)

Minimum 10 – Maximum 75

ZUMBA is a fusion of Latin and International music and dance themes creating a dynamic, exciting, effective fitness system. **Certified Zumba Instructor:** Debbie Colditz

Day: Tuesdays (AGES 16 AND UP)

Time: 7:15 to 8:15 p.m.

Day: Wednesdays **Time:** 9 to 10 a.m.

Day: Fridays **Time:** 9 to 10 a.m.

Fee: \$50 Member / \$75 Non-Member



HIIT AND KICK

(AGES 16 AND OVER)

Minimum 5 – Maximum 20

Unleash your Inner Athlete! Cardio conditioning, kickboxing, and total body strength drills utilizing the principle of MAX Interval Training. Alternating periods of exercise and rest will challenge and

change your body.

All levels welcome. **Certified Instructor:** Ann Bondi

Day: Wednesdays **Time:** 10 to 11 a.m.

Fee: \$45 Member / \$68 Non-Member

MIXED LEVEL – YOGA FOR EVERY BODY

(AGES 18 AND OVER)

Minimum 8 – Maximum 15

This Hatha Yoga class joins the breath (prana) to the postures (asanas) to create a flowing practice. This class is designed to increase strength, flexibility, and balance for overall health, well-being, and harmony. **Instructor:** Gayle Zacharia, Certified RYT

Day: Wednesdays OR Thursdays

Time: 9 to 10 a.m.

Fee: \$65 Member / \$98 Non-Member



CIZE LIVE

(AGES 14 AND OVER)

Minimum 5 – Maximum 25

Learn a professionally choreographed hip hop dance routine in this workout that feels more like FUN than FITNESS! No dance experience needed, only a desire to move to a good beat. **Certified Instructor:** Ashley Selva

Day: Tuesdays

Time: 7:15 to 8 p.m.

Fee: \$50/Member / \$75 Non-Member



PIYO LIVE

(AGES 16 AND OVER)

Minimum 5 – 20 Maximum

Stretch, strengthen, and perfect your balance in this full body workout inspired by Pilates and yoga! Using only your body weight, you'll perform a series of low-impact, high-intensity movements. Yoga mat recommended.

Certified Instructor: Ashley Selva

Day: Tuesdays **Time:** 8 to 9 p.m.

Fee: \$55 Member / \$83 Non-Member

BOOT CAMP

(AGES 16 AND OVER)

Minimum 6 – Maximum 25

Boot camp is a fun, hour long fitness class dedicated to bodyweight exercises along with strengthening and cardio circuits for a great, full body workout. All levels are welcome! **Instructor:** Natalie Corkos

Day: Wednesdays **Time:** 7:45 to 8:45 p.m.

Fee: \$50 Member / \$75 Non-Member

ADULT VOLLEYBALL

(AGES 18 AND OVER)

Minimum 6 – Maximum 18

Interested in playing recreational volleyball? Join us in this adult program that is open to all skill levels and be ready to have some serious fun! Previous



knowledge of the game is a plus and you must register before playing. **Coordinator:** Dave Davis

Day: Thursdays **Time:** 6:30 to 9 p.m.

Fee: \$30 Member / \$45 Non-Member

T'AI-CHI CH'UAN

(AGES 18 AND OVER)

Minimum 5 – Maximum 20

T'AI-CHI CH'UAN gives you the tools to RELAX and MOVE. As you practice... you will find balance, develop coordination, concentration, and leg strength. Proven to be an excellent exercise for STRESS, Arthritis, Heart Disease, and many other ailments. Please bring socks or slippers to wear for the class **Instructor:** Tamara Stark

Day: Thursdays **Time:** 11 to 11:45 a.m.

Fee: \$65 Member / \$98 Non-Member

YOGA FLOW

(AGES 18 AND OVER)

Minimum 6 – Maximum 12

A vinyasa style yoga linking the breath with the poses for a continuous flow. Designed to promote flexibility, strength, and a calm being. Beginners to advanced students welcome. Bring yoga mat and an open mind. **Instructor:** Gayle Zacharia RYT

Day: Thursdays **Time:** 6 to 7 p.m.

Fee: \$65 Member / \$98 Non-Member

C.S. KIM KARATE / AUTHENTIC KARATE

(AGES 13 AND OVER)

Minimum 4 – Maximum 20

Challenging, high energy workout learning self-defense, physical fitness to build and condition each student's attitude, behavior, and character development. Teach valuable life skills, focus on Goal Setting, positive attitude, relationship building, communications, and leadership. **Certified Instructor:** C.S. Kim Karate

Day: Thursdays **Time:** 7 to 8 p.m.

Fee: \$80 Member / \$120 Non-Member

Uniform Fee: \$25 orders placed at first class

MORNING MASH-UP

(AGES 16 AND OVER)

Minimum 5 – Maximum 20

HIIT drills of Insanity rev your heart rate for 30 minutes of cardio. P90X uses weights to strengthen upper and lower body for 30 minutes. This class keeps you in the fat burning zone for hours!

Certified Instructor: Ann Bondi

Day: Fridays **Time:** 9 to 10 a.m.

Fee: \$45 Member / \$68 Non-Member

BUTZ AND GUTZ

(AGES 16 AND OVER)

Minimum 5 – Maximum 20

Intense workout for your abdominal muscles, including core stabilization and core strengthening work. Isolation exercises targeting hips and glutes designed to give you buns of steel. A great work out to tone those problem areas.

Certified Instructor: Ann Bondi

Day: Fridays **Time:** 10 to 10:30 a.m.

Fee: \$25 Member / \$38 Non-Member

ZUMBA (90 MINUTES)

(AGES 18 AND OVER)

Minimum 10 – Maximum 75

This is the one-hour Zumba class followed by an additional 30 minutes of Zumba Toning. It is a total body workout that will elevate the participant's fitness regime. Bring 1 to 3 lb. hand weights or Zumba Toning sticks. **Certified Zumba Instructor:** Debbie Colditz

Day: Fridays **Time:** 9 to 10:30 a.m.

Fee: \$75 Member / \$113 Non-Member

ASHTANGA POWER YOGA

(AGES 18 AND OVER)

4 Minimum – 14 Maximum

Enjoy the sights and sounds of nature in this outdoor Ashtanga Yoga Class. A sequence of physically demanding postures designed to provide Cardio, Strength, & Flexibility to the body while calming the Mind. **Instructor:** Jeff Black, 200 HR RYT All classes held at the amphitheater

Day: Fridays **Time:** 9 to 10 a.m.

Fee: \$65 Member / \$98 Non-Member

2017 ONE DAY BUS TRIP

Each trip requires a minimum of 25 adults. For more information or to register, check our website for more details or stop by the Recreation Center.



BOXCAR ESCAPADE

Minimum 25 – Maximum 50

Board Amtrak and take a one-way train ride from Pittsburgh to Altoona and experience the famous Horseshoe Curve. We will then travel by coach to Boyer's Candy Outlet, visit the Horseshoe Curve Visitor Center and Benzel's Pretzel Outlet. Enjoy lunch at the Casino Restaurant and a stop at the Railroader's Memorial Museum.

Day: Thursday, Oct. 26

Time: Departure: 6:15 a.m. Return: 7 p.m.

Fee: \$152 (includes transportation, admissions, meal, taxes, and driver gratuity)

Registration Deadline: Monday, Sept. 18



OUR CHRISTMAS DINNER

Minimum 25 – Maximum 50

Celebrate the holiday season with a festive trip to Sugarcreek, Ohio. Enjoy a delicious family-style lunch at Dutch Valley and see "Our Christmas Dinner" musical at the Ohio Star Theater, where you will find out what happens when Christmas plans are interrupted by surprise guests and an unexpected snowstorm! Following the show, prepare for the holidays with a visit to a bakery, market, and gift shop.

Day: Thursday, Dec. 7

Time: Departure: 7:45 a.m.

Return: 7:30 p.m.

Fee: \$120 (includes transportation, show, meal, taxes, and driver gratuity)

Registration Deadline: Tuesday, Oct. 17

PROGRAMS FOR MATURE ADULTS

ZUMBA GOLD

(AGES 50 AND OVER)

Minimum 5 – Maximum 30

Lower intensity, modified Latin/international dance Zumba fitness party for active older adults. Enjoy easy-to-follow Zumba choreography which focuses on improving muscular conditioning, flexibility, balance, coordination & cardiovascular capacity while moving to golden oldies, Latin sizzlers or the latest pop hits! **Certified Zumba**

Gold Instructor: Gail Witsenke

Day: Tuesdays **Time:** 1:15 to 2:15 p.m.

Day: Thursdays **Time:** 10 to 11 a.m.

Fee: \$50 Member / \$75 Non-Member



SENIOR PICNICS/LUNCHEONS

Picnics/luncheons are held on the second Wednesday of each month from noon to 2 p.m., and include entertainment, an interesting speaker, or interactive activity. This is a free event, but we ask that you bring a covered dish or dessert to share.

PICNIC:

Day: Sept. 13 - Harvest Brunch

Time: Noon to 2 p.m.

Enjoy pumpkin pancakes hot off the griddle!

Location: Shelter 1 – Peterswood Park

LUNCHEON:

Day: Oct. 11 - Karaoke sing-alongs with DJ Ray

Time: Noon to 2 p.m.

Location: Community Recreation Center

VACCINATION CLINIC

Seasonal flu and pneumonia shots are available at no charge with Medicare and some commercial health coverage. Participants must present a Medicare Part B or a commercial health insurance card at the time of the vaccination. Please stop by the Community Recreation Center or call 724.942.5000 to schedule your appointment.

Day: Thursday, Sept. 28

Time: 11 a.m. to 2 p.m.

SILVERSNEAKERS®

MUSCULAR STRENGTH & RANGE OF MOVEMENT CLASSES:

(AGES 65 AND OVER)

Minimum 6 – Maximum 30

Let's party! Hand weights, tubing, and balls are the "pump you up" tools used for strength, agility, balance, endurance, and joint flexibility. Get ready for great times and great friends in this chair based class. **Certified Instructor:** Anne Brucker

Day: Tuesdays and Thursdays **Time:** 10 to 10:50 a.m.

SILVERSNEAKERS CIRCUIT

(AGES 65 AND OVER)

Minimum 6 – Maximum 30

Fitness will increase cardiovascular, muscular endurance with a standing circuit workout. Strength workout with hand-held weights, elastic tubing, and a ball is alternated with low-impact aerobic exercises. A chair for standing support, stretching, and relaxation exercises. **Certified Instructor:** Suzie Bode

Day: Fridays

Time: 9 to 9:50 a.m.

Fee: \$80 Member / \$120 Non-Member

(Fee, if not covered by health insurance); this includes all classes offered in the session.





CARD GROUPS

BRIDGE

We are looking for new players! Group meets September through May. For more information, call Joan Knoll at 724.743.1767

- Marathon Bridge: First Tuesday of every month from 9:30 a.m. to 1 p.m.
- Duplicate Bridge: Third Tuesday of every month from 9:30 a.m. to 1 p.m.

Fee: \$15 per year used for supplies and a charitable donation.

Location: Community Room, 200 Municipal Drive, in the back of the Police Station (off of McMurray Road, near the Library)

500 BID

Card Players meet the 4th Tuesday afternoon of the month at the Recreation Center from 1 to 4 p.m. Drop-ins welcome. No pre-registration required. Men and women of all ages are welcome. Beverages and snacks are provided. Donations welcome. For more information, call Rae Helman at 724.941.1081.



DOG OBEDIENCE CLASSES



PUPPY KINDERGARTEN CLASS – 6 WEEKS

Minimum 3 – Maximum 8

Socialization to other puppies and people, and offers training in basic obedience exercises. We'll teach sit, down, come, walk nicely on leash, not jump and so much more. Playtime and socialization is part of every class. Bring a bath mat or small rug for your dog and small treats. **Instructor:** Paula Shimko

Dates: Mondays **Time:** 7 to 8 p.m.

Fee: \$130 Resident / \$195 Non-Resident

Prerequisite: Puppies must have had their first set of vaccinations. Pre-School is for pups from 8 to 16 weeks old as of the date of the first class. Only flat buckle collars and harnesses may be used in this class. No prongs or choke collars are permitted.

FAMILY MANNERS OBEDIENCE – DOGS OVER 5 MONTHS (6 WEEK CLASS)

Minimum 3 – Maximum 8

Basic exercises are taught for 'sit,' 'down,' 'heel,' 'leave it,' 'drop it,' and coming when called. Many other safety exercises are taught as well. Positive reinforcement based. We will not use any type of force with your dog. Use of treats or toys to motivate the dogs. **Instructor:** Paula Shimko

Dates: Mondays

Time: 8:15 to 9:15 p.m.

Fee: \$130 Resident / \$195 Non-Resident

Prerequisite: Needed for class: Small treats, regular collar, and a mat (bath mat, or small rug) (no prong collars, shock collars, or pinch collars permitted)



NOTE FOR BOTH CLASSES: All dog classes are held at the Peters Township Community Room located at 200 Municipal Drive McMurray, PA in the police building(rear) off of McMurray Road. Dogs must be in good health...no aggressive dogs.