

Chambersburg Recreation Department



2016 Winter / Spring Program Guide
235 S. 3rd Street, Chambersburg, PA 17201

717-261-3275

Website: www.chambersburgpa.gov/rec_dep

The Chambersburg Area School District does not sponsor or sanction this program/event/activity.

General Information

Administrative Staff

Superintendent of Recreation

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717-261-3275 x 7402

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Program Registration:

Participants must pre-register for all programs. No one will be permitted to register at the program site.

Two Prices?

- Residents of the Borough of Chambersburg receive a discount on programs.
- Non-residents are persons who live anywhere outside of Chambersburg Borough limits.

Activity Cancellations

Inclement weather may prompt the Rec Office to cancel a program. When in doubt call 717-263-6859, or visit our blog for announcements at www.borough.chambersburg.pa.us/blog2/blog6.php

Confirmations

Once you register, it is your responsibility to attend the activity unless you hear that a program has been canceled.

Program Information:

- Age Requirements

A participant must be the indicated age by the start 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.

- Injury

Participation in our programs and leagues is at your own risk. We advise participants to carry their own accident/liability insurance.

REGISTER ONLINE!! Programs with an "*" are available online for registration at www.chambersburgreonline.com

Scholarship Opportunities Available!

The Recreation Department provides discretionary funding for program scholarships. Interested individuals must register at least ONE WEEK prior to a program's indicated deadline, must present any current income statement, and will be issued on a first-come, first-serve basis.

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Toddler Pre-school & Home School Open Gym

Moms, Dads and Caregivers -

Looking for a place to let your kids burn some energy during these winter months?! Bring them to our free-play, "open gym" to play with basketballs, soccer balls, scooters, and other gym toys! Held at the Rec Center and is ongoing!

Toddler / Pre-school:

Day	Time	Cost
M / W / F	9 AM-12 PM	\$2/Child; \$1/Boro child Children under 2 - FREE!

Home School:

Day	Time	Cost
W	2:30-4:00 PM	\$2 / Child; \$1/Boro child Children under 2 - FREE!

Teeny Boppers

This semi-structured class introduces children 1 1/2 - under 3 years of age to basic gymnastic, gross motor, and socialization activities in a fun, safe environment. Active circle-time songs, games, ball and parachute play are only a few of the fun activities children will enjoy. This is a parent / child class requiring parents to be actively involved with their child. The first 15 minutes of class provides an opportunity for free play exploration. Held at the Rec Center.

Date	Day	Time	Reg. Deadline
*1/19 - 2/23	Tues	10-11 AM	1/12
*3/8 - 4/12	Tues	10-11 AM	3/1

Cost / Session: \$45 / Boro Res. \$35

Sporties for Shorties

This pre-school fitness program, for children 3 years of age, introduces the basics of soccer, basketball, and tee-ball in a fun-filled, non-competitive environment. Additional group games and other fun physical activities also enable children to develop social and gross motor skills, as well as instill an excitement for sports and games. Held at the Rec Center.

Date	Day	Time	Reg. Dead.
*1/20 - 2/24	Wed	10-11 AM	1/13
*3/9 - 4/13	Wed	10-11 AM	3/2

Cost / Session: \$45 / Boro Res. \$35

Biddy Basketball

This program, designed for children 4-5 years of age, incorporates games and activities that teach the basic skills and concepts of basketball through a variety of fun, lead-up games, sport-specific skill stations, and basic game scenarios. This class is sure to capture the interest of all young basketball enthusiasts. Held at the Rec Center.

Date	Day	Time	Reg. Deadline
*1/21 - 2/25	Thurs	10-11 AM	1/14

Cost / Session: \$45 / Boro Res. \$35

Tiny Tee's Tee-Ball

Action packed and loads of fun, this program for children 4-5 years of age, incorporates the basic fundamentals of Tee-ball through a series of lead-up games, fun skill stations and game situations. Held at the Rec Center.

Date	Day	Time	Reg. Deadline
*3/10 - 4/14	Thurs	10-11 AM	3/3

Cost / Session: \$45 / Boro Res. \$35

Date	Day	Time	Reg. Deadline
*3/23 - 4/20	Wed	5:45-6:45 PM	3/16

Cost / Session: \$39 / Boro Res. \$29

Indoor Swimming Lessons: Pre-Beginner

Join us for swimming lessons at Menno Haven's Menno Village, indoor pool! Students will be taught appropriate techniques following Red Cross swimming guidelines! This session is for children 4-5 years of age.

Date	Day	Time	Reg. Deadline
*1/26 - 2/23	Tues	5:45-6:15 PM	1/19
*1/26 - 2/23	Tues	6:15-6:45 PM	1/19
*1/23- 2/20	Sat	9:30-10 AM	1/19
*1/23- 2/20	Sat	10-10:30 AM	1/19
*3/8- 4/5	Tues	5:45-6:15 PM	3/1
*3/8- 4/5	Tues	6:15-6:45 PM	3/1
*3/5- 4/2	Sat	9:30-10 AM	3/1
*3/5- 4/2	Sat	10-10:30 AM	3/1
*4/19 - 5/17	Tues	5:45-6:15 PM	4/12
*4/19 - 5/17	Tues	6:15-6:45 PM	4/12
*4/16 - 5/14	Sat	9:30-10 AM	4/12
*4/16 - 5/14	Sat	10-10:30 AM	4/12

Cost / Session: \$45 / Boro Res. \$35

Youth Sports, Variety, and Teen Programs -3-

Elementary Spring Soccer League

Spring soccer begins earlier this year - April 9! If you're enrolled in K-5th grades and would like to participate in our spring soccer league, please contact your elementary school for more information. Parents whose home-schooled children wish to participate, should contact the public elementary school that their child would attend if he/she were enrolled in the CASD.

Look for information in March!

Run for Fun

Have fun & get fit with NSCA Certified Personal Trainer, Samantha Stratton! Running *IS* Fun! Participants, ages 9-14, will be introduced to the basics of running including: proper form, attire, nutrition, warm-ups, and stretching. Meets at Memorial Park Band Shell and activities take place within the park.

Date	Day	Time	Cost
*4/11 - 5/16	Mon	5:45-6:45 PM	\$45 / Boro Res. \$35

Registration Deadline: 4/4

Hip Hop

Come be yourself and learn to dance during this fun, upbeat class that will teach the fundamentals of rhythm, sense of direction & coordination, along with basic choreography. Intermediate levels will learn more complex teaching of rhythm, style and form. Join Kelli Rodas, local hip hop dancer and choreographer, who has worked with many CASD students to enhance their love for music and dance. Kelli's hip-hop experience takes root in Chambersburg, but she has since studied at the Metropolitan School of the Arts in Alexandria, VA, as well as taken master's-level classes from renown choreographers such as Sara Bivens, Zoey Cruz, Gary Beauford, and Chelsea Bennett. Currently in her second year of teaching classes at the Chambersburg Capital Theater, Kelli expands to offer additional lessons at the Rec. Dept. hoping to enhance your child's love for the arts by teaching many different hip hop techniques in a fun environment encouraging positive self-expression! Held at the Rec Center.

Grade	Date	Day	Time
*K-8th	2/5-3/11	Frid	6:00-7:00 PM
*K-8th	2/6-3/12	Sat	11:30 AM -12:30 PM

Cost: \$45 / Boro Res. \$35

Registration Deadline: 1/29



Red Cross Swimming Lessons: Level 1

The Recreation Department now offers indoor swimming lessons! Held at Menno Haven's Menno Village, indoor pool, students will be taught appropriate techniques following Red Cross swimming guidelines! For children 6 years of age and older.

Date	Day	Time	Reg. Deadline
*1/26 - 2/23	Tues	6:45-7:30 PM	1/19
*1/23 - 2/20	Sat	10:30-11:15 AM	1/19
*3/8 - 4/5	Tues	6:45-7:30 PM	3/1
*3/5 - 4/2	Sat	10:30-11:15 AM	3/1
*4/19 - 5/17	Tues	6:45-7:30 PM	4/12
*4/16 - 5/14	Sat	10:30-11:15 AM	4/12

Cost / Session: \$55 / Boro Res. \$45



Red Cross Swimming Lessons

Advanced Beginner (Level 2/3)

Intermediate/Advanced (Level 3/4)

Instructed by our WSI certified staff (Water Safety Instructor), trained under the Red Cross system, your child will gain a higher level of confidence as instructors guide participants through the skills necessary to further develop stroke techniques, stamina, and abilities in the water. Held at Penn Hall Pool. A description of skills/strokes that will be covered in each level will be included on the registration form.

Advanced Beginner (Level 2/3)

Date	Day	Time	Reg. Dead
*1/28- 2/25	Thurs	6-7 PM	1/21
*3/10 - 4/7	Thurs	6-7 PM	3/3
*4/21 - 5/19	Thurs	6-7 PM	4/14

Cost / Session: \$55 / Boro Res. \$45

Intermediate/Advanced (Level 3/4)

Date	Day	Time	Reg. Dead
*1/28- 2/25	Thurs	6-7 PM	1/21
*3/10 - 4/7	Thurs	6-7 PM	3/3
*4/21 - 5/19	Thurs	6-7 PM	4/14

Cost / Session: \$55 / Boro Res. \$45

Prerequisites: Level 2/3 - min age of 6 & pass Level 1
Level 3/4 - must pass Level 2

Youth Sports, Variety, and Teen Programs -4-

Picture Perfect: Youth Photography Class

Youth, ages 10-14, interested in learning how to operate their digital camera and take great photos, should join our local photographer to become snap-shot savvy! This 5-week program will involve topics and how to's for shooting portraits, action photos, close-ups and landscape / scenery. Bring your favorite photos to the last class for judging and a photo gallery opportunity. Held at Rec Center.

Requirements: Personal Digital Camera

Date	Day	Time	Cost
*2/4 - 3/3	Thurs	6-7 PM	\$45 / Boro Res. \$35

Registration Deadline: 1/28



Youth & Adult Indoor Golf Clinic

Beginner golf enthusiasts, ages 9 and older, are invited to join us indoors at the Rec Center, with former Golf Pro Terry Gontz, and learn the basics of the grip, stance, swing, rules, proper use of the clubs and golf etiquette.

Date	Day	Time	Reg. Deadline
*3/29 - 4/26	Tues	6-7 PM	3/22

Cost: \$55 / Boro Resident \$45

Cupid's Craft Corner

Children in 1st-5th grades are invited to join us at the Rec Center to create some of their own cards and gifts that Mom, Dad, or friends would love to receive as a Valentine token!

Date	Day	Time	Cost
*2/6	Sat	9:30-11:00 AM	\$19 / Boro Res. \$15

Registration Deadline: 1/29

USSF, Grade 8, Soccer Referee Course

The Eastern Pennsylvania Soccer Association will present a USSF Grade 8 Entry Level Referee Course for any interested teen or adult, age 14 and older (must be 14 by the end of the last class). Upon obtaining certification, referees are eligible to officiate CPYSL and other Premiere League games. Held at the Recreation Center.

Date	Day	Time
2/25, 3/1 - 3/10	T / TH	6:30-9:30 PM

Cost	Reg. Deadline
\$125 / Boro Res. \$115	1/29 (FIRM)

Daddy-Daughter Dinner-Dance

All fathers (or father figures) and daughters, 6-18 years of age, are invited to join us at the Recreation Center for some father - daughter quality time within an elegant evening of dancing, games, fun contests, and fine catered dining from the Main Street Deli. Each couple will also receive a free, 5 x 7 photo and a token gift bag to commemorate the occasion. Dress is Sunday-best to semi-formal.

Date	Day	Time	Cost
*4/22	Friday	6:30-9 PM	\$55 / Couple

Registration Deadline: 4/11

6th-9th Grade Volleyball League

Youth in 6th-9th grades are invited to participate in this fun, instructional /competitive league. Each match lasts approx. 1 hour, beginning at 6:00 PM, and are held in 1-hr increments. A match consists of 3 games. Held at the Recreation Center.

Date	Day	Time	Cost
3/21 - 5/9	Mon.	1st game begins at 6 PM	\$55 / Boro Res. \$45

Registration Deadline: 3/7

6th-9th Grade Spring Soccer League

This co-ed, recreational league provides teenagers with an opportunity to participate in recreational soccer without having to travel out of town. Everyone plays! Participants should expect to play at least half of each game. Games are held Saturday mornings in 1-hr. increments. Location TBD.

Date	Day	Cost
Begins 4/9	Saturday	\$55 / Boro Res. \$45

Time: First game begins at 9 AM

Registration Deadline: 3/23



Yoga Opportunities!

Join CJ Lacy Hanks, Certified 200 RYT Yoga Instructor, as she guides you through movements to increase your strength and flexibility of the mind body and soul. Comfortable classes perfect for the yoga newbie to experienced yogi.

Introduction to Yoga

Never gone to a yoga class, but are interested in giving it a try? Or maybe you've done yoga in the past but want to reconnect with the basics and your body. Come to breathe, stretch, strengthen, and learn to listen to what your body is telling you. This class is for all levels! Please bring your own mat.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Reg. Deadline</u>
1/21-3/24	Thursdays	9-10 AM	1/15

Cost: 10 Class Pass - \$69 / \$59 Boro Res.
5 Class Pass - \$39 / \$35 Boro Res.
Pay per class - \$10 / \$9 Boro Res.

Lunch Break Yoga

This is a class for the particularly busy person. Strengthen and stretch your body while practicing mindfulness and learning practical ways to take a break from your busy schedule no matter where it takes you. Only 30 minutes long, you don't even need to bring a mat or change of clothing!

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Reg. Deadline</u>
2/3-3/9	Wednesdays	12:15-12:45 PM	1/29

Cost: 6 Class Pass - \$39 / \$29 Boro Res.
4 Class Pass - \$28 / \$22 Boro Res.
Pay per class - \$7 / \$6 Boro Res.

Yoga for Strength

This class will be sure to build muscle and endurance, as well as offer opportunities to increase flexibility and improve your mind-body connection. Please bring your own mat.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Reg. Deadline</u>
1/20-3/23	Wednesdays	5:30-6:30 PM	1/15

Cost: 10 Class Pass - \$69 / \$59 Boro Res.
5 Class Pass - \$39 / \$35 Boro Res.
Pay per class - \$10 / \$9 Boro Res.

Adult, 7 V 7 Spring Soccer

Spring, adult soccer (for ages 16+) begins April 24, runs for 6-weeks, and concludes with a post-season tournament for the top 6 teams in the league. Games held Sunday afternoons. Location TBD. Team registration only.

<u>Date</u>	<u>Day</u>	<u>Time</u>
Begins April 24	Sun	1 PM-?

Reg. Deadline: April 11

Cost / Team: \$235 + \$5 for each Non-Boro Res.



Youth & Adult Indoor Golf Clinic

Beginner golf enthusiasts are invited to join us indoors at the Rec. Center, with former Golf Pro Terry Gontz, and learn the basics of the grip, stance, swing, rules, proper use of the clubs and golf etiquette.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Reg. Deadline</u>
*3/29 - 4/26	Tues	6-7 PM	3/22

Cost: \$55 / Boro Res. \$45



Picture Perfect: Adult Photography Class

Adults interested in learning how to operate their digital camera and take great photos, should join our local photographer to become snap-shot savvy! This 5 week program will involve topics and how to's for shooting portraits, action photos, close-ups and landscape / scenery. Bring your favorite photos to the last class for judging and a photo gallery opportunity. Held at Rec Center.

Requirements: Personal Digital Camera



<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Cost</u>
*2/4 - 3/3	Thurs	7-8 PM	\$45 / Boro Res. \$35

Registration Deadline: 1/28

USSF, Grade 8, Soccer Referee Course

The Eastern Pennsylvania Soccer Association will present a USSF Grade 8, Entry Level Referee Course for any interested teen or adult, age 14 and older (must be 14 by the end of the last class). Upon obtaining certification, referees are eligible to officiate CPYSL and other Premiere League games. Held at the Rec Center.

<u>Date</u>	<u>Day</u>	<u>Time</u>
2/25, 3/1 - 3/10	T / TH	6:30 - 9:30 PM

Cost Registration Deadline
\$125 / Boro Res. \$115 1/29 (FIRM)

Swimming Lessons for Adults!

Adult lessons - for beginner swimmers and those wishing to refine their strokes! Instructed by our WSI certified staff (Water Safety Instructor), trained under the Red Cross system, you will gain a higher level of confidence as instructors guide participants through the skills necessary to further develop a greater comfort-level, stroke techniques, stamina, and confidence in the water. Held at Penn Hall Pool.

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Reg. Deadline</u>
*Thurs	1/28 - 2/25	7-8 PM	1/21
*Thurs	3/10 - 4/7	7-8 PM	3/3
*Thurs	4/21 - 5/19	7-8 PM	4/14

Cost: \$55 / Boro Res. \$45

Prerequisites: Age 16+

Winter Party Package & Adult Programs Continued

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Winter Gymnasium Party Package

Sports enthusiast having a birthday? Basketball or indoor soccer team wanting an extra practice/scrimmage? Pre-schoolers having a birthday or just looking to run and play with friends using fun, age-appropriate equipment? Then plan to host your event in the Chambersburg Recreation Center's Gym! The space is conducive for the following activities or events: basketball, game-filled birthday parties, badminton, DJ'd events, or moon bounce. Other activities may be permitted but will need to be approved prior to registration. We will provide 2 1/2 hours for your event, tables and chairs for any food, and balls or other necessary equipment discussed upon registration. Able to accommodate groups up to 40 people. Rentals are first-come, first serve, and you must register at least two weeks prior to your event.

Day	Dates	Times
Fridays	1/8 - 4/22	6-8:30 PM
Sundays	1/24 - 3/20	4-6:30 PM



Cost: \$105 / Boro Res. \$95

***Must register no later than two weeks prior to your event.**

Indoor Yard Sale & Home-Based Business Showcase

"One man's trash is another man's treasure." Bring your "gently-used" treasures to our annual indoor yard sale! No need to worry about the weather, and bargain shoppers can hit all the sales in one, large, indoor location! We will only accept one of each type of home-based business.

A great venue to buy and sell infant-adult clothing, toys, home décor and much more!!
Come see/shop what local, direct-sales vendors are offering in the area!

Date	Day	Time
4/1 & 4/2	Fri & Sat	8 AM - 1 PM

Cost / 8' table: \$10 / table for 1 day
 \$15 / table for 2 days

Registration Deadline: 3/28

Light -n- Lively Aerobics

This low-impact aerobic program is sure to jump-start your heart and liven your spirit! All exercises are safe for anyone suffering with joint ailments. Bring a mat and wear appropriate work-out attire. Participants may also stay for an additional 1/2 hour of weight work, which promotes building bone density and muscle strength. Drop-in program at the Rec. Center held in Gym II.

Date	Day	Time	Cost
Ongoing	T / TH	9-10 AM	\$2 / day
Ongoing	T / TH	10-10:30 AM	\$1 / day

Free... "How To" Classes Compliments of Sprint!

Tired of hitting the wrong button on your Smartphone? Enjoy learning the ins and outs of your Android (Samsung and HTC) and Apple devices during this detailed **one on one** device workshop **for all carriers!** You will learn the benefits and differences of both Operating Systems, and helpful tips and tricks to use your Smartphone. You will also learn e-mail setup, use of the app store, unique features and more! Held at the Rec Center. **Must register one week prior to each class.**

Beginner Classes: for those just getting started:

iPhone

Tues. 1/19, 10-11 AM; Mon. 2/1, 10-11 AM

Android

Mon. 1/25, 6-7 PM; Tues. 2/16, 10-11 AM

Intermediate Class: for those wanting to get the most out of their device:

iPhone

Thurs. 1/21, 6-7 PM; Tues. 2/9, 6-7 PM

Android

Thurs. 1/28, 10-11 AM; Tues. 2/23, 6-7 PM

Adult Hip Hop



9th graders through adults are invited to join Kelli Rodas, local hip hop dancer and choreographer, during this fun, upbeat class that will teach the fundamentals of rhythm, sense of direction & coordination, along with basic choreography. Kelli studied at the Metropolitan School of the Arts in Alexandria, VA, as well as taken master's-level classes from renown choreographers such as Sara Bivens, Zoey Cruz, Gary Beauford, and Chelsea Bennett. *Come be yourself and learn to dance!* Held at the Rec Center.

Date	Day	Time	Reg. Deadline
*2/5-3/11	Frid	7-8 PM	1/29
*2/6-3/12	Sat	1-2 PM	1/29

Cost: \$45 / Boro Res. \$35

Intro to Essential Oils and DIY EO's

"What is this?" you might ask! Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants, which have been used throughout history for their medicinal and therapeutic benefits. Modern scientific study and trends toward more holistic approaches to wellness are driving a revival and new discovery of essential oil health applications. Learn how to help manage your family's health using essential oils. Topics include: The Basics of Essential Oils; Makeover your Medicine Cabinet; Supporting Your Immune System. Sample oils and make a different DIY product at each class.

Dates	Day	Time
*2/8, 3/7, 4/4	Mon.	6-8 PM

Cost / class: \$9 / \$7 for Borough Residents
 Includes the cost of DIY ingredients

Registration Deadline: 2/5, 3/3, 3/30

Registration Information

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Registration Reminders

Mail-in

Chambersburg Recreation Department, 235 S. 3rd St., Chambersburg, PA 17201

You may use the form below to register for all programs, *except Leagues or Party Package* (please contact the Rec Office for these registration forms).

Walk-in

Office Hours: Monday through Friday, 8:00 AM - 5:00 PM

On-line

At your convenience! www.chambersburgreconline.com

(However, not all programs apply. Program marked with an "*" are available for online registration)

Payment Methods

Mail: Please send a check payable to *"Recreation Department"*

In Person: Cash, Check, VISA or Mastercard payments are accepted.

On-line: Credit Card (New process! - no additional fees required)

Other Registration Information

Refund Policy

We will offer refunds for any program, provided you contact us before the program's registration deadline. After this time, refunds will not be issued except for medical emergencies. A \$5.00 administrative fee will be retained by the Recreation Department for each refund issued.

Register Early!

Please register early! If a program does not receive sufficient registration by the indicated deadline it will be canceled.

Returned Checks

Any check returned for insufficient funds will be assessed an additional \$25.00 fee.

Mail-in Registration Form: *Do NOT use this form to register for any League or Party Package*
Send, with payment, to: Chambersburg Recreation Department, 235 S. 3rd St., Chambersburg, PA 17201

Participant's Name _____ M ___ F ___ Age _____ DOB _____ Grade _____
Program Name _____ T-Shirt Size (when applicable) Youth _____ Adult _____

Participant's Name _____ M ___ F ___ Age _____ DOB _____ Grade _____
Program Name _____ T-Shirt Size (when applicable) Youth _____ Adult _____

Participant's Name _____ M ___ F ___ Age _____ DOB _____ Grade _____
Program Name _____ T-Shirt Size (when applicable) Youth _____ Adult _____

Parent's / Guardian's Name _____
Address _____ City _____ Zip _____

Circle Residency: Borough Guilford Greene Hamilton Lurgan Letterkenny Other

Email Address _____

Home Phone _____ Work / Cell Phone _____

Amount Enclosed: _____ Date Sent: _____ Office Info: Date Received _____

The Chambersburg Area School District does not sponsor or sanction this program/event/activity.