FALL 2012 AND WINTER 2013
RECREATION BROCHURE

CHESS CLUB
AGES 4 TO 14
Taught by Professional Chess Instructors!
Session I: Sept 18—Dec 11 No Class November 6th
Session II: January 8—March 26
Location: Bryn Mawr Community Center, 9 S. Bryn Mawr Avenue
Day/Times: Tuesdays 5:30 — 6:30 p.m.
Fee: Per Session: Resident—$144 Non-Resident—$175
Learn how to play chess from a Silver Knights chess coach! Our coaches are professional instructors and have taught thousands of children to play chess. Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. All chess supplies provided.
Registration Limit: 25/Group

More information can be found at www.silverknightschesspa.com

RHYTHMIC GYMNASTICS
AGES 5 AND OVER
Rhythmic Gymnastics is the perfect sport to teach body awareness and control - skills that will assist in the development of athletic potential for any sporting endeavor. This is a fascinating Olympic sport that has already gained great popularity in the United States. It is a marvelous blend of traditional gymnastics, dance and ballet with the use of such apparatus as the ribbon, rope, ball, hoop and clubs. It is a sport that develops grace and beauty for young girls and challenges them to exceed while improving their skills in ballet, dance and coordination. In addition to instructional and beginners classes, special hours are offered for our competitive Rhythmic Team. The instructor at Bala Gym is Ms. Valeriya Neikova, an experienced Rhythmic coach from Bulgaria. Give your daughter the right start in life! Let her experience Rhythmic Gymnastics and watch her confidence and self-esteem grow by leaps and bounds.
Location: Bala Gym, Bala and Union Avenues
Time/Day/Fee: Please contact Valeriya Neikova at (610) 580 - 4714 or (610) 918 - 4635 or e-mail either tsedra@yahoo.com or balagymnastics@tmo.blackberry.net

Junior Tennis at Arthur Ashe Youth Tennis
Location: 4842 Ridge Ave., Philadelphia, PA 19129 (East Falls section)
Ages: 4 – 17 yrs.
Learn the fundamentals of the sport, including forehand, backhand, serve & volley, as well as basic offensive & defensive strategy.
Session 1 - Saturdays, Sept. 22, 29 Oct.13, 20, 27 Nov. 3, 10, 17, Dec. 1
Session 2 - Saturdays, Jan. 12, 19, 26 Feb. 2, 9, 23 March 2, 9, 16, 23
Time: 4 – 5 p.m. Beginner, Advanced Beginner and Intermediate
Fee: Resident/$165 Non-Resident/$190
For more information, contact David Broida - dbroida@gmail.com or (610) 864-4303.

Junior Indoor Tennis at Radnor Racquet Club
Location: Radnor Racquet Club, 175 King of Prussia Road, Radnor, PA 19087
Ages: 4 – 18 yrs. & Adults
Learn the fundamentals of the sport, including forehand, backhand, serve & volley, as well as basic offensive & defensive strategy. Instruction will be provided for Beg. & Int. players, as well as training for middle & high school tennis team members.

Dates: Sundays, September 23 - December 16 ***No Class Nov 25th***
Session 1: 3 – 4 p.m. Beginner and Advanced Beginner
Session 2: 4 – 5 p.m. Beginner and Advanced Beginner
Session 3: 5 – 6 p.m. Adv. Beg. & Intermediate
Session 4: 6 – 7 p.m. Adv. Beg. & Intermediate
Session 5: 7 – 8 p.m. Adult & Teen – all levels.
Fee: Resident/$195 Non-Resident/$225

Dates: Sundays, January 13 – March 24 ***No Class Feb 17th***
Session 6: 3 – 4 p.m. Beginner and Advanced Beginner
Session 7: 4 – 5 p.m. Beginner and Advanced Beginner
Session 8: 5 – 6 p.m. Adv. Beg. & Intermediate
Session 9: 6 – 7 p.m. Adv. Beg. & Intermediate
Session 10: 7 – 8 p.m. Adult & Teen – all levels.
Fee: Resident/$175 Non-Resident/$200

For more information, contact David Broida - dbroida@gmail.com or (610) 864-4303.

VIVA MAT PILATES: Transform flab into sculpted muscle and energize your life!
Slim your waist, stomach and hips; strengthen and tone your muscles; relieve back, wrist, neck and shoulder pain and melt away stress. You will leave each class standing taller, looking younger and be full of energy. Non-jarring exercises are tailored to fit each student's body. Perfect for men/women, ages 15 and up and all fitness levels. Wear comfortable exercise attire. Bring a large towel, mat, medium or regular strength Pilates band (go to www.vivacommunityfitness.com to purchase band and mat). For more info call 856-751-0095 or go to www.vivacommunityfitness.com
Location: Bala Gym, Corner of Bala and Union Avenues in Bala Cynwyd
Fall 2012
Session I: 7:30 – 8:30 p.m. Tuesdays Oct 2, 9, 16, 23, 30, Nov 13, 20, 27, Dec 4 & 11
No Class Nov. 6
Session II: 11 a.m. - Noon Fridays Sept 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30 & Dec 7
No Class Nov. 23
Winter 2013
Session III: 7:30 – 8:30 p.m. Tuesdays: Jan 15, 22, 29 Feb 5, 12, 19, 26 Mar 5, 12 & 19
Session IV: 11 a.m. - Noon Fridays: Jan. 18, 25, Feb. 1, 8, 15, 22, Mar. 1, 8, 15 & 22
Fee per session: Resident $120 Non Resident $150
NOTE: Save by taking 2 sessions each week, either Pilates or Zumba
Resident/$204 Non-Resident/$225

NEW!
ZUMBA - DITCH THE WORKOUT – JOIN THE PARTY!
Zumba fuses Latin rhythms and easy to follow steps with energizing music that makes you want to get up and move! Join us for an exhilarating hour of caloric-burning, body-energizing, awe-inspiring moves. For all fitness levels and ages 12 and up. Wear exercise attire, sneakers and a smile.

Targets: Legs, arms, cardiovascular system (heart & lungs).
Location: Bala Gym, Corner of Bala and Union Avenues in Bala Cynwyd
Session I: Thursdays: Sept 27, Oct 4, 11, 18, 25 Nov 1, 8, 15, 29 & Dec 6
No Class Nov 22
Session II: Thursdays: Jan 17, 24, 31 Feb 7, 14, 21, 28, Mar. 7, 14 & 21
Times: 8-9 P.M.
Fee per session: $85 Non-Resident: $130
NOTE: Save by taking 2 sessions each week, either Pilates or Zumba
Resident/$204 Non-Resident/$225

TENNIS...TOT, YOUTH & ADULT
Location: Vernon Young Park
Dates: September 12 - October 17
Days: Wednesdays
Times: 5 - 5:45 p.m. 4 to 6
6 - 7 p.m. 7 to 13
7 - 8 p.m. Adult
Fee: Residents $100 Non-Residents $120
Taught by Bert Useche, these classes will consist of basic strokes, net play, serving skills, doubles play and court strategy. Bring a racket. Schedules may vary upon registration.
Registration Limit: 10/Group

UK Elite Soccer
AGES 3 TO 5
To register for the UK Elite Program, please visit www.ukelite.com
September 17 — October 24 **Rain Dates: October 29 & 31**
Session I: 1 - 2 p.m. Monday
Session II: 2 - 3 p.m. Monday
Session III: 1 - 2 p.m. Wednesday
Session IV: 2 - 3 p.m. Wednesday
Location: South Ardmore Park
Fee: Resident/$82 Non-Resident/$93
This program is designed to allow every child the chance for maximum development and enjoyment. Each child will enjoy learning the fundamentals of soccer.
The children should wear and bring: Sneakers / Cleats, T-shirt / Sweatshirt, Shin guards, Water bottle / plenty to drink
Registration Limit: 1 Coach/12 Players

U.K. Petite Soccer "Parent and Me Class"
AGES 2 & 3
To register for the UK Elite Program, please visit www.ukelite.com
Tuesday's September 18 – October 23 **Rain Date: Oct 30**
Times: 10 - 10:45 am and 10:45 - 11:30am
Location: South Ardmore Park
Fee: Resident/$82 Non-Resident/$93

U.K. Elite Schools Out Camp
Ages 5 to 10

To register for the UK Elite Program, please visit www.ukelite.com
September 17 & 18 (Monday + Tuesday)
Times: 9 am -12 pm
Location: South Ardmore Park
Fee: Resident/$60 Non-Resident/$71

U.K. Elite Schools Out Camp(s)
Ages 5 to 10
To register for the UK Elite Program, please visit www.ukelite.com
Tuesday's September 26 or November 6
Times: 9 – 12 pm
Location: South Ardmore Park
Fee per date: Resident/$35 Non-Resident/$46
Monday's January 21 or February 18
Times: 9 – 12 pm
Location: Bala Gym, Bala & Union Avenues
Fee per date: Resident/$35 Non-Resident/$46

UK Elite Petite Games
AGES 3 TO 5
To register and for more information, please visit www.ukelite.com
September 17 — October 24 **Rain Dates: October 29 & 31**
November 5 — December 11 **Snow Dates: Dec 17 & 18**
Session I: 1 - 2 p.m. Monday
Session II: 2 - 3 p.m. Monday
Session III: 1 - 2 p.m. Wednesday
Session IV: 2 - 3 p.m. Wednesday
Location: Bala Gym, Bala & Union Avenues
Fee: Resident/$82 Non-Resident/$93
Petite Games incorporates constant movement, aerobic exercise, balance and eye-foot coordination as well as healthy social interaction. It is an ideal activity to promote all round physical development.
What participants should wear and bring: sneakers, cleats, T-shirt, sweatshirt, shin guards, water bottle and plenty to drink!
Registration Limit: 1 Coach/12 Players

UK ELITE SOCCER
AGES 3 TO 5
To register for the UK Elite Program, please visit www.ukelite.com
January 7 — February 4, 2013 Snow date: Feb 11
or February 18 — March 25, 2013 Snow date: April 1
Session I: 1 - 2 p.m. Monday
Session II: 2 - 3 p.m. Monday
Session III: 1 - 2 p.m. Tuesday
Session IV: 2 - 3 p.m. Tuesday
Location: Bala Gym, Bala and Union Avenues
Fee: Resident/$82 Non-Resident/$93
This program is designed to allow every child the chance for maximum development and enjoyment. Each child will enjoy learning the fundamentals of soccer, including Individual ball skills, rrunning with the ball, passing, controlling the ball and shooting and scoring.
Registration Limit: 20/Class

U.K. Elite Soccer Technical Program
AGES 5 TO 11
Dates: January 9 – February 27, 2013 March 6, - April 24, 2013
Days: Wednesdays
Times: 5.00 - 9.00 p.m. One Hour Sessions
Location: Bala Gym, Bala and Union Avenues
Fee: Resident - $120 Non-Resident - $140
We recognize that all players regardless of age or ability need technical and tactical development. Every UK Elite Training session follows our Unique Targeted Training System.
The UK Elite System of coaching allows players to apply skills in a practical game setting. A complete soccer player not only knows how to execute a technique but also when and where to apply it on the field.
Registration Limit: 20/Class

U.K. Elite Soccer Technical Program
AGES 5 TO 11
Dates: January 11 – March 1, 2013 March 8, - April 26, 2013
Days: Fridays
Times: 7:30 - 9.30p.m. One Hour Sessions
Location: Bala Gym, Bala and Union Avenues
Fee: Resident - $120 Non-Resident - $140
We recognize that all players regardless of age or ability need technical and tactical development. Every UK Elite Training session follows our Unique Targeted Training System.
The UK Elite System of coaching allows players to apply skills in a practical game setting. A complete soccer player not only knows how to execute a technique but also when and where to apply it on the field.
Registration Limit: 20/Class

U.K. Elite Soccer Technical Program
AGES 5 TO 11
Dates: January 13 – March 3, 2013 March 10, - April 28, 2013
Days: Sundays
Times: 6:30 - 9.30p.m. One Hour Sessions
Location: Bala Gym, Bala and Union Avenues
Fee: Resident - $120 Non-Resident - $140
We recognize that all players regardless of age or ability need technical and tactical development. Every UK Elite Training session follows our Unique Targeted Training System.
The UK Elite System of coaching allows players to apply skills in a practical game setting. A complete soccer player not only knows how to execute a technique but also when and where to apply it on the field.
Registration Limit: 20/Class

ARDMORE AVENUE COMMUNITY CENTER

122 Ardmore Ave., Ardmore
Phone Number: (610) 896-7256
Director: Linda Jackson
Program Coordinator: Larry Scovens
Program Assistant: Crystal Uter

Hours of Operation:
Monday – Friday: 3 - 10 p.m.
Saturday: 10 a.m.—6 p.m.
Sunday: CLOSED

Holiday Bazaar & Winter Carnival
To be held in early December - call for more details.
Shop 'til you drop, play carnival games and enjoy socializing with your friends and neighbors. Vendor space is available call for more details. Open to all!

There Really is a Santa
Unwrapped new toys will be accepted November 1 through Friday, December 9, 2011. Sometimes even Santa needs our help! There are many families in our immediate area that can use help during the holidays. Toys for children ages 3 to 12 may be dropped off at the Community Center after 2 p.m. daily. These toys will be distributed to needy children.

African American History Month—February
February is African American History Month! The Center has a month full of programs celebrating this strong history.

What else is going on? Call for information on these and other programs: Volleyball, Basketball, Hip-Hop, Movies, Special Events, Trips, and more!

SENIOR CENTERS AND SERVICE PROVIDERS INFORMATION:

The Center for Positive Aging in Lower Merion
117 Ardmore Avenue
Ardmore, PA 19003
(610)642-9370

ElderNet, www.eldernetonline.org
9 S Bryn Mawr Avenue
Bryn Mawr, PA 19010
(610)525 - 0706

Riverbend Environmental Education Center has a lot to offer our community year round. From

Family Fun Nights at the Parks with Riverbend, Weekly Nature Clubs and year round camps. Please contact Riverbend directly at 610-527-5234 or visit their website for more information www.riverbendeec.org.

Family Programs at Riverbend

Saturday, October 13th from 4:00-9:00	Shiverfest
Saturday, October 27th from 6:00-8:00	Full Moon Night Hike: Family Fun Night
Sunday, November 11th 2:00-4:00	Living Like the Lenape
Saturday, December 15th 6:00-8:00	Natural Ornaments: Family Fun Night

Riverbend's Year Round Camps

Come out and have a day of natural fun on your school holidays. Riverbend's Year Round Camp days are perfect for ages 5-9.

Dates and Themes for 2012-2013 School Year:

Rosh Hashanah: Monday, September 17th	Bugs and Beyond
Yom Kippur: Wednesday, September 26th	Amazing Animals
Columbus Day: Monday, October 8th	Nature Explorers
Election Day: Tuesday, November 6th	Colorful Trees
Wednesday before Thanksgiving: November 21st	Lenape and Nature
Winter Break 1: December 26th to December 28th	Animal Tracks
Winter Break 2: January 2nd to January 4th	Beaks and Feet: Wonders of Birds
Martin Luther King Jr. Day: Monday, January 21st	Shelter for Everyone
President's Day: Monday, February 18th	Deer to Dinosaurs
Spring Break 1: March25th to March, 29th	Nature in Spring
Spring Break 2: April 1st to April 5th	EcoWarriors

Fee: $75/day (9:00-3:30), extended day available for an additional fee.
To register, contact Stacy Carr-Poole at scarr@riverbendeec.org or 610-527-5234 x108.
For more information visit www.riverbendeec.org.

FIRST COURSE

What should the children wear and bring Sneakers / T-shirt / Sweatshirt / Water Bottle / Plenty to Drink

SOCCER

Session I: Saturdays, January 12 — February 2

Session II: Saturdays, February 23 — March 16

Time: 10 a.m. - 10:45 a.m. *or* 11 a.m.—11:45 a.m.

Location: Ardmore Avenue Community Center,
122 Ardmore Avenue. Ardmore, PA 19003

Age: 4 to 6 year olds

Fee: Resident — $70/ 4-week session
Non-Resident — $80/ 4-week session

Registration Limit: 15/Group

BASKETBALL

Session I: Saturdays, January 12 — February 2

Session II: Saturdays, February 23 — March 16

Time: 10 a.m. - 10:45 a.m. *or* 11 a.m.—11:45 a.m.

Location: Bala Gym, Bala & Union Avenues

Age: 4 to 6

Fee: Resident — $70/ 4-week session
Non-Resident — $80/ 4-week session

Registration Limit: 15/Group

YOUTH SPORTS

BASKETBALL CLINIC

Session I: Saturdays, January 12 — February 2

Session II: Saturdays, February 23 — March 16

Work on your basic skills and enjoy intramural games during each session.

Location: Bala Gym, Bala & Union Avenues

Days: Saturdays

Time: Noon - 1 p.m.

Age: 7 to 11

Fee: Resident — $75/ 4-week session
Non-Resident — $85/ 4-week session

Registration Limit: 25/Group

SOCCER CLINIC

Session I: Saturdays, January 12 — February 2

Session II: Saturdays, February 23 — March 16

This program involves working on ball control and basic skills. Games and game situations will be featured with teams chosen weekly.

Location: Ardmore Avenue Comm. Center 122 Ardmore Ave, Ardmore PA 19003

Day: Saturdays

Time: Noon - 1 p.m.

Age: 7 to 11

Fee: Resident—$75/ 4-week session
Non-Resident—$85/ 4-week session

Registration Limit: 25/Group

MAD SCIENCE WORKSHOPS

One Saturday a month, 10 a.m. - 1 p.m.

Mission — "We aim to spark the imagination and curiosity of children everywhere by providing them with fun, entertaining and educational activities that instill a clear understanding of what science is really about and how it affects the world around them."

Ages: 5 to 12
Fee: Residents - $45 Non-Residents - $60 *Residents - sign up for more and save!*
Sign up for 3 classes and pay $120 Resident. Sign up for all 6 and pay $240.
Location: Bryn Mawr Community Center (adjacent to Ludington Library)
9 South Bryn Mawr Avenue, Bryn Mawr PA 19010

Dates to put a place marker are the second Saturday from October through March. Please check our website for the class descriptions when they become available.

PROGRAM PROVIDERS

Lower Merion has a number of groups that offer various recreational opportunities for leagues and other activities. Visit our website to view and or print a table of Program Providers with their contact information. Each group conducts their own registration during different times of the year. Please contact them directly if you are interested in any additional information

DISCOUNT SKI LIFT TICKETS FOR LOCAL RESORTS

Please check www.lowermerion.org for the complete price list!

What you need to know:

- Tickets are non-refundable.
- We accept Cash or Check as payment.
- Tickets can be used any time during the 2011 – 2012 season
- Tickets are sold from December 2011—March 16, 2012
- These are tickets, not discount vouchers
- Call ahead for availability: (610) 645-6220
- Prices are subject to change.

REGISTRATION FORM-LOWER MERION PARKS & RECREATION

Please—only one participant and activity per form

You will not hear from us unless there is a conflict. Please keep a record of your registration.

Type of Activity:_____ Fee:_____

Location:_____ Session/Time: _____/_____

Participant's Name:_____ Age/DOB:____/_____

Telephone:_____ E-mail: _____

Address:_____ City:_____ State: ___ Zip:_____

Emergency Contact & Phone Number: _____

Medical Conditions/Allergies/Medications: _____

Physician's Name & Phone Number:_____

I, the undersigned, hereby release the Township of Lower Merion, its officers, agents, employees, sponsors, organizers, and all leaders assigned by them from all liability for any damage and injury to any person or thing in connection with the above activity. Furthermore, I hereby agree to refrain from bringing suit against any of the above named on my own behalf or on behalf of my son or daughter (named above) as a result of any damages or injuries to any person or thing that occurred in connection with the above activity. I also hereby agree to permit the video recording and or photographing of this activity for the purposes of program advertisement by the Township of Lower Merion.

_____ _____ _____

Adult Participant's or Parent's Signature Date Business Telephone

The above registration form applies to all programs, except the music program, pool membership and ski trips. Please mail to : Department of Parks and Recreation, 75 E. Lancaster Avenue, Ardmore, PA 19003-2376 or register in person Monday through Friday, 8:30 a.m.—4:30 p.m.

PLEASE MAKE CHECKS PAYABLE TO: Treasurer, Township of Lower Merion

GENERAL INFORMATION

How to Register:

- In Person
- By Mail

Registration forms can be printed from www.lowermerion.org

- Where noted, with our sub-contractors

Parks and Recreation Department
75 E. Lancaster Avenue in Ardmore
Hours of Operation: Monday - Friday from 8:30 a.m.—4:30 p.m.
The Township accepts checks or cash for payment.

Special Accommodations

If anyone seeks special accommodations, please contact the Department at least two weeks prior to

the beginning of the program.

Cancellations
The Township reserves the right to cancel any program's scheduled times, location and/or activities due to insufficient registration or weather conditions. For a recorded cancellation message please call (610) 645-6274.

Registration Information
Program registration is limited to residents of Lower Merion and Narberth Borough until two (2) weeks prior to the start of the program, when it will then be open to all non-residents. Narberth residents pay the non-resident registration rate. If a program historically reaches its registration limit, registration can be limited to Lower Merion residents only. Where a fee is charged, participants cannot split sessions. No fees are prorated, and financial assistance may be available.

Registration Priority
Walk-in registrations receive priority over other registrations in the same day. Faxed and e-mailed registrations will be accepted, but payment must be made prior to the start of the program.

Refunds
Refunds will be given only if the request is submitted prior to the end of the program and the reason for the request meets an established set of standards, which can be obtained from the Department of Parks and Recreation or found on www.lowermerion.org.

Refunds will be assessed a $10 administrative fee plus any classes attended.