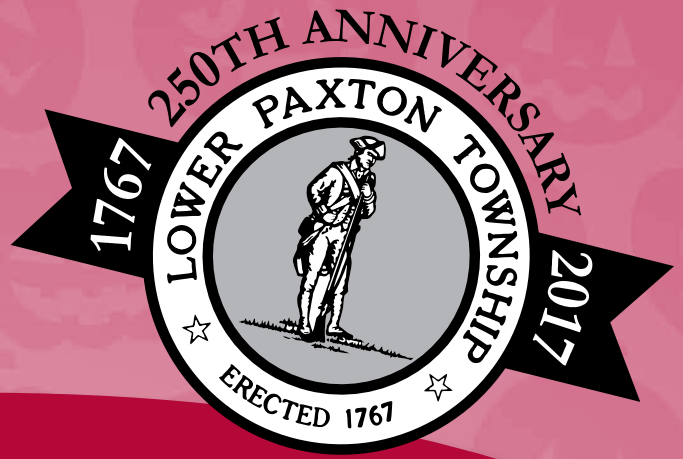


# Friendship Center

family · fun · fitness



## FALL 2017 PROGRAM GUIDE



### THIS YEAR ONLY

The Friendship Center will remain OPEN!

August 27 – September 2

Special Hours: Sunday 12 p.m.-5 p.m.

Mon – Fri: 5:30 a.m. – 7 p.m. \* Sat. 7 a.m. – 5 p.m.

We appreciate your patience  
throughout the recent construction!

### REGISTRATION DATES

FC Members (All FC Programs) — Monday, August 28

Aquatics Programs — Wednesday, August 30

All Other Programs — Friday, September 1

**Lower Paxton Township Parks and Recreation**

5000 Commons Drive, Harrisburg, PA 17112 • Phone 717-657-5635 • [www.friendshipcntr.com](http://www.friendshipcntr.com)

# WELCOME



## Your Membership Includes –

- Unlimited Use of Facilities
- Many Free In-house Fitness Classes
- 25% Discount on other Center Programs
- Pools, Fitness Center, Gymnasium
- Free Babysitting (ages 3 months-8 years)
- Personal Fitness Training/Discounts
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- Convenient Early Morning Hours
- Members Only Advance Registration

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## HOURS OF OPERATION

Monday-Thursday . . . . .	5:30 a.m. to 10 p.m.
Friday . . . . .	5:30 a.m. to 9 p.m.
Saturday . . . . .	7 a.m. to 7 p.m.
Sunday . . . . .	12 p.m. to 6 p.m.

(Subject to change based on usage)

## HOLIDAY CLOSINGS

- Thanksgiving Day, Christmas Day
- New Year's Day, Easter Sunday
- Special Hours (5:30 a.m.-2:00 p.m.)**
- Memorial Day (Monday), July 4
- Labor Day, Christmas Eve (7 a.m.-2 p.m.)
- New Year's Eve (7 a.m.-2 p.m.)

## INCLEMENT WEATHER

For closure information due to severe weather, please call the Center for details and re-opening information. Closures will be announced via Facebook, Twitter, Email and on television at WHTM 27, WGAL 8, and WHP 21.

## PROGRAM CANCELLATION

If a program other than preschool is cancelled due to severe weather, participants will be contacted by staff. Preschool programs follow Central Dauphin School District's decisions; details provided by teachers. See additional program notes on page 19.

## MEMBERSHIP CARDS

For the protection of your membership, all members MUST present their membership card when entering the facility.

## RENTALS

The Friendship Center is interested in hosting a wide variety of events. Facilities are available for parties, business meetings, community organizations, sporting events, seminars, and more. For more information on what space is available, rental fees, and specific arrangements, contact the Parks and Recreation Department at 717-657-5635. (See special packages information on page 16)

## CORPORATE MEMBERSHIP

All businesses are invited to encourage employees to join the Friendship Center. As annual members, each employee will receive a reduced rate. A complete policy statement and more information are available by contacting the Friendship Center at 657-5635.

## FINANCIAL ASSISTANCE

The Friendship Center provides financial assistance grants for programs or membership at the Friendship Center. Interested applicants may obtain an application by calling 717-657-5635.



# ANNUAL MEMBER

## Discounts and Payments

An annual membership entitles the holder use of the locker rooms, gymnasium, walking track, sun deck, natatorium, fitness center, and social hall. An annual membership is valid for one year from the purchase date and is non-transferable. Membership card must be presented whenever entering the facility.

- Lower Paxton Township residents — discounted rate for an annual membership.
- Friendship Center annual members receive program discounts and free fitness classes.
- Free babysitting for annual members while using the Center.
- Reciprocal discounts available for members of Koons Pool/Devon Manor.
- Payment in full by cash, check, credit card, or Debit.
- Monthly bank draft and Credit Cards payments available.



## NO INITIATION FEES

2017 Membership Rates Categories	Lower Paxton Township Resident Discount Rate	Regular Rate
Youth/Student (13+ OR Full-Time College Student up to 22 years)	\$18.25/mo. (\$219 yr.)	\$19.92/mo. (\$239 yr.)
Adult Single (18+)	\$41.92/mo. (\$503 yr. )	\$46.25/mo. (\$555 yr.)
Adult Couple/Single Parent Family	\$58.17/mo. (\$698 yr. )	\$64.17/mo. (\$770 yr.)
Family	\$65.75/mo. (\$789 yr. )	\$73.00/mo. (\$876 yr.)
Senior Single (60+)	\$31.50/mo. (\$378 yr. )	\$34.58/mo. (\$415 yr.)
Senior Couple	\$46.58/mo. (\$559 yr. )	\$51.83/mo. (\$622 yr.)

## MEMBERSHIP CATEGORIES

- **Youth/Student** — 13-17 years of age. Full-time college students up to 22 years of age.
- **Adult Single** — Individuals age 18 and over.
- **Adult Couple** — Both adults must be 18 years of age or older and living in the same household.
- **Single Parent Family** — Single parent and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Family** — Two parents and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Senior Single** — Individual age 60 or older.
- **Senior Couple** — One adult must be 60 years of age or older and living in the same household.
- **Health Insurance Memberships** — We participate in Silver & Fit, Silver Sneakers, Forever Fit, Global Fit, Healthways and Prime.

## PASS INFORMATION

**3, 6, 9 month memberships** — Payments must be received in full and in advance.

**\*GUEST PASS** — \$10 adults/\$7 children. Members may bring a guest(s) by purchasing a Guest Pass. Valid one day. Non-transferrable. Photo ID required!

**\*DAILY WALK-IN PASS** — **\$13 daily before 4 p.m. weekdays; \$15 weekdays after 4 p.m., weekends and holidays.** Non-members may purchase a pass to use the Friendship Center. The pass is valid for one day and is non-transferable. Photo ID required!

\*Guest/Daily Passes from Nov. 1-March 31 are limited to 5 visits per person.

**\* Walk-In Class Pass — \$10.00** — See page 20 for a schedule of classes that are available for walk-in visits, \$10 per class. (Class minimum must be met.) Must sign in at service desk to receive a Class Pass! Present Pass to Instructor. Spaces in **many classes are limited and class walk-in may not be available.**

# FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS

## Saturday, September 9 from 9:00 a.m.-noon

### FRIENDSHIP CENTER OPEN HOUSE

*Free Admission  
Tour the Facility  
Free Family Swimming  
Light Refreshments*

### Community Yard Sale

For all ages to sell their treasures!  
Receive a 10 x 10 space per spot with table.  
No commercial sales during this event. (#2104)  
**Date:** Saturday, September 9, 9 a.m.-12 noon. Must pre-register by 9/1! Rain or shine!  
**Location:** Friendship Center Parking Lot  
**Fee:** \$10R/\$12NR/Members Free (no shows \$10 fee)

YARD  
Sale

### FRIENDSHIP CENTER MEMBERS

## RECEIVE \$25

👉 REFER A FRIEND 👈

BRING FAMILY & FRIENDS  
TO YOUR HOME AWAY FROM HOME —  
**THE FRIENDSHIP CENTER!**

*If you refer a new annual member, you will receive a \$25 gift certificate towards programs or membership three months after the new membership starts.*

Must present coupon/member when joining.  
See Service Desk for additional information.

ANNUAL MEMBERSHIP ONLY. NOT REDEEMABLE FOR CASH.

*We proudly participate  
in health insurance programs:*

**SILVER AND FIT™  
SILVER SNEAKERS,  
FOREVER FIT, PRIME,  
HEALTHWAYS & GLOBAL FIT**

*Find out if your insurance covers a membership  
to the Friendship Center — 717-657-5635*

## EMPLOYMENT OPPORTUNITIES

**BE A PART OF THE TEAM THAT PROVIDES  
FAMILY, FUN AND FITNESS  
TO THE COMMUNITY!**

The Friendship Center is now accepting applications  
for the following positions: Babysitters / Facility  
Monitors / Lifeguards / Fitness and Swim Instructors

**Accepting applications from individuals with  
Rock Climbing Experience.**

## ~ SAVE THE DATE! ~

### Cupboard of Calvary Food Drive

**Date:** Accepting non-perishable food at the Friendship Center from November 1st-20th

### Toys for Tots

**Date:** Accepting toy donations at the Friendship Center from November 1st-30th. Marines come Dec. 1.

### Holiday Tree Lighting

**Date:** Friday, December 1

### Breakfast with Santa

**Date:** Saturday, December 9 at 9:00 a.m.

## FRIENDSHIP FRIDAYS FIRST FRIDAY OF EACH MONTH

*Members of the Center celebrate with complimentary coffee.  
Bring a friend (18+) for FREE and enjoy!*

Friday, Sept. 1 • Friday, Oct. 6 • Friday, Nov. 3  
All friends must have photo identification.  
Non member guest limit one visit per 6 months.

## LET'S GET CONNECTED!

Subscribe to Email Updates:  
go to [Friendshipcntr.com](http://Friendshipcntr.com)

Facebook:

Friendship Center/Lower Paxton  
Township Parks & Recreation

Twitter: @friendshipcntr



# FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS



## BRAIN MATTERS SEMINAR

**Wednesday, Sept. 20, 2017 / 6-7:30 p.m.**

Location: Friendship Center, E. Annex

Fee: \$10NR/\$8R/\$6M (#2072)

This 90 minute presentation provided by Denise Moser, will help parents, teachers (pre-school through high school), coaches and anyone who interacts with children, understand the difference between teaching boys vs. girls, attention spans, the importance of physical activity and brain power, how sugar affects the brain, homework - how much is too much and how to incorporate brain breaks into the curriculum.

## Annual Autumn Hayrides

Old-fashioned family friendly hayrides, sponsored by Lower Paxton Township Parks and Recreation, will be conducted at George Park from 5:30-9:30 p.m. on Sat., October 21. The fee is \$3 per person. Exact change is appreciated.

## Pumpkin Carving



Pumpkin carving at George Park from 5-7 p.m. on Saturday, October 21. Decorate a pumpkin and enjoy the hayrides too! Pre-registration is required for pumpkin carving; \$7 per pumpkin. Call Parks & Recreation at 717-657-5635 to pre-register. (#2107)

## Lower Paxton Township Trick or Treat

**Date:** Thursday, October 26, 6 - 8 p.m.

## Halloween Candy Exchange

### Free Workout

at the Friendship Center

**FRIDAY, OCTOBER 27**

Bring a plastic bag of wrapped candy for a FREE Workout.

Members receive a free pass.

Non-members use facility same day. Photo ID Required  
Candy donated to Bethesda Youth Center.

## DIVE-IN MOVIE

Enjoy a Family Friendly Flick while Floating in the pool! Come early to enjoy playing in the leisure pool water features, go down the slide and simply splash around. FREE to Members / \$5 per person

Bring your own innertube

**Date:** Friday, November 3

**Time:** 5:00 p.m. Open / Movie begins at 6:00 p.m.

**Location:** Friendship Center Leisure Pool

(Patrons under the age of 13 must be accompanied by a parent or guardian. Children 8 and under must stay within an arms reach of their guardian while in the pool. Personal flotation devices and other inflatable pool items under 6 ft. in one direction permitted.)



**SATURDAY, OCTOBER 14<sup>TH</sup>, 2017 • GEORGE PARK - NYES ROAD**

## DON'T MISS THIS FREE FAMILY FESTIVAL AT GEORGE PARK!

**SATURDAY, OCTOBER 14, 2017 • 10:00 A.M. – DUSK**

- 10:00 a.m. Parade \* 11:00 a.m. Festival
- \* 6:30 p.m. Fireworks \* Petting Zoo \* Inflatables
- \* Zipline \* Fishing Derby \* Skate Park
- \* Puppet Show \* Rock and Mineral Hunt
- \* Carnival Games \* Live Bands

Also featuring Historical Reenactors and Lectures, Salute to Veterans, Food Trucks and Handmade Arts & Crafts

For more info: [www.LowerPaxton250.com](http://www.LowerPaxton250.com)

## Lower Paxton Twp. Parks & Recreation

(Located in the Friendship Center)

Open Monday - Friday, 8 a.m.-5 p.m.

717-657-5635

Please contact us for:

\*DISCOUNTED AMUSEMENT PARK / SKI TICKETS

Cash and Charge only, No Checks

\*2017 PARK PAVILION RENTALS

Stop in or call ext. 103.

\*2017 BALL FIELD / COURT RENTALS

For 2017 reservation request information please call ext. 109.

## PRESCHOOL ACTIVITIES

### 2017-18 PRESCHOOL\*

Child must meet age requirement by 9/1/17

**\*Payment Policy: Monthly Bankdraft**

First month's fee is due with registration, payable by cash, check or credit card. Remaining payments will be deducted electronically from a checking or savings account on the 1st of each month from September through May. There will be NO REFUNDS. Must register in person at the Friendship Center.

**For details call 717-657-5635, ext.112.**

#### \*Double Play (Ages 2-3 w/parent)

Share songs, stories, fingerplays and simple crafts. Helps build confidence in interacting with others.

**Dates:** Tues., 9:30-10:30 a.m. (9/5/17-5/29/18) (#20012)

**Fee (monthly):** \$41R/\$43NR/\$36M

#### \*Twos Together (Age 2)

(Born before 9/1/14) A special day for twos; activities include crafts, fingerplays and a snack.

**Dates:** Thurs., 9:30-11:30 a.m. (9/7/17-5/31/18) (#20018)

**Fee (monthly):** \$51R/\$54NR/\$45M

#### \*Morning Fun Time (Ages 2½-3)

(Born before 3/1/14) A starter program focusing on beginning socialization and developmental skills, offering time to play, sing, make a craft and new friends too!

**Mon./Wed.,** 9:30-11:30 a.m. (9/6/17-5/30/18) (#20015)

**Fee (monthly):** \$93R/\$97NR/\$78M

#### \*Preschool Pals (Ages 3-4)

A two-day preschool curriculum with crafts, circle time, stories/songs, painting, and creative play.

A. Tues./Thurs., 9:30 a.m.-noon (9/5/17-5/31/18) (#20016)

B. Tues./Thurs., 1:00-3:30 p.m. (9/5/17-5/31/18) (#20017)

**Fee (monthly):** \$103R/\$108NR/\$88M

#### \*Learning Fun Pre-K Class (Ages 4-5)

Help children prepare for kindergarten with hands-on activities exploring the alphabet, numbers, stories and other learning opportunities.

A. Mon./Wed./Fri., 9:30 a.m.-noon (9/6/17-6/1/18) (#20014)

B. Tues./Wed./Thurs., 1:00-3:30 p.m. (9/5/17-5/31/18) (#20013)

**Fee: (monthly)** \$138R/\$142NR/\$115M



### Kids Korner Indoor Playground

**Ages 1-6 Years with Parent**

Visit our indoor playground and join the fun!  
**Tuesdays & Fridays, 10:30 a.m.-Noon**  
**Oct. 17 - Dec. 8** (closed 11/7, 11/10, 11/24, 12/12)  
\$3 per Child — Members ages 1-6 Free!

#### Introduction to Gymnastics w/Hbg. Gymnastics (Ages 18 mos.-3½ yrs.) (6 classes)

Intro to basic tumbling and gymnastics. Parent's assistance is required.

**Session I:** Thurs., 9-9:40 a.m., Sept. 14 - Oct. 19 (#2093)

**Session II:** Thurs., 9-9:40 a.m., Nov. 2 - Dec. 14 (#2094)

**Location:** Friendship Center, Gym #2

**Fee:** \$71R/\$76NR/\$58M

#### Gymnastics for Preschool w/Hbg. Gymnastics (Ages 3½-6 yrs.) (6 classes)

Many activities: vault, beam, and tumbling. Children will improve coordination, strength and flexibility.

**Session I:** Thurs., 9:45-10:30 a.m., Sept. 14 - Oct. 19 (#2087)

**Session II:** Thurs., 9:45-10:30 a.m., Nov. 2 - Dec. 14 (#2090)

**Location:** Friendship Center, Gym #2

**Fee:** \$71R/\$76NR/\$58M

#### Preschool Dance w/HAD (Ages 3½-6)

An intro to dance using ballet, tap, floor stretches and dance moves in a fun, easy class.

**Dates:** Wed., 6-6:50 p.m., Sept. 6 - Oct. 11

**Location:** Harrisburg Academy of Dance, 4409 Locust Ln.

**Fee:** \$55R/\$58NR (6 classes) (#2126)

#### Tiger Tots Tae Kwon Do (Ages 3-5) (6 classes)

Basics for beginners: work on concentration, motor skills and positive behavior applications along with fun.

**Ages 3-4:** Mon., 3:15-4 p.m., Sept. 25 - Oct. 30 (#2128)

**Ages 4-5:** Mon., 4:15-5 p.m., Sept. 25 - Oct. 30 (#2130)

**Location:** Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

**Fee:** \$35R/\$38NR

#### Fall Baseball w/Ricardo (Ages 3½-6) (3 or 4 classes)

(Must be age 3 as of 3/1/17) After school tee-ball program with skills, drills, and games.

**Dates:** Wed., 5-6 p.m., Oct. 18 - Nov. 1 (#2162)

\*Tues., 5:15-6 p.m., Nov. 7 - 28 (#2163)

**Location:** Kohl Park, \*Friendship Center, Gym 2

**Fee:** \$45R/\$50NR \***Fee:** \$50R/\$53NR/\$45M

#### Smurfs Soccer w/Ricardo (Ages 3½-6) (3 or 4 classes)

(Must be age 3 as of 3/1/17) Intro to soccer with age appropriate games.

**Dates:** Wed., 6-7 p.m. Sept. 20 - Oct. 4 (#2167)

Wed., 6-7 p.m. Oct. 18 - Nov. 1 (#2170)

\*Tues., 6:05-6:50 p.m., Nov. 7 - 28 (#2168)

\*\*Fri., 5-6 p.m., Dec. 1 - 15 (#2169)

\*\* Fri., 5-6 p.m., Dec. 22 - Jan. 5 (#2171)

**Location:** Kohl Park, \*Friendship Center, Gym 2/\*\*Sports City

**Fee:** \$45R/\$50NR \*/\*\***Fee:** \$50R/\$53NR/\$45M



## YOUTH & TEEN ACTIVITIES

### Zumba Kids Jr. w/Lynn (Ages 4-7) (6 classes)

Zumba for kids! Fun and fitness all in one!

**Dates:** Thurs., 5:30-6:00 p.m., Sept. 28 - Nov. 9

**Location:** Friendship Center, Room 112

**Fee:** \$45R/\$50NR/Members free! (#2080)

### Fundamentals of Hoops w/Lenny (Ages 5-7)

Learn the basics which assist in developing a great player.

**Dates:** Wed., 5:15-6 p.m., Sept. 27 - Nov. 15

**Location:** Friendship Center, Gym #3

**Fees:** \$70R/\$75NR/\$55M (8 classes) (#2078)

### Youth Express w/Tomeka (Ages 6-10) (8 classes)

Fun and action packed exercises to keep them moving while building strength, balance and coordination.

**Dates:** Sat., 9:30-10:15 a.m., Sept. 30 - Nov. 18

**Location:** Friendship Center, Room 118

**Fee:** \$50R/\$53NR/Members free! (#2074)

### Beginner Youth Tap w/HAD (Ages 6-9)

Learn the basics of tap dancing as well as rhythm and musical timing to a variety of contemporary pop music.

**Dates:** Sat., 1-2 p.m., Sept. 9 - Oct. 14

**Location:** Harrisburg Academy of Dance, 4409 Locust Ln.

**Fee:** \$61R/\$64NR (6 classes) (#2120)

### Beginner Youth Jazz w/HAD (Ages 8½-15)

Learn the basics of jazz dancing to contemporary pop music; a variety of jazz styles incorporate strength, stretching, balance and movements across the floor.

**Dates:** Sat., 12-1 p.m., Sept. 9 - Oct. 14

**Location:** Harrisburg Academy of Dance, 4409 Locust Ln.

**Fee:** \$61R/\$64NR (6 classes) (#2112)

### Beginner Youth Ballet w/HAD (Ages 6-15)

Learn the basics of ballet dancing; a variety of ballet styles incorporate strength, stretching, balance and movements across the floor.

Ages 6-8: Tues., 5:30-6:30 p.m., Sept. 5 - Oct. 10 (#2123)

Ages 9-15: Thurs., 5:30-6:30 p.m., Sept. 7 - Oct. 12 (#2114)

**Location:** Harrisburg Academy of Dance, 4409 Locust Ln.

**Fee:** \$61R/\$64NR (6 classes)

### Tennis w/ Mo C. (Ages 5-14) (4 classes)

A fun intro to fundamental ABC's (agility, balance, and coordination); foam and Lo-bounce balls are used to build confidence and increase success. Bring a racquet & water.

Ages 5-6: Sat., 9-9:45 a.m., Sept. 30 - Oct. 21 (#2098)

\*Ages 6-9: Sat., 10-11 a.m., Sept. 30 - Oct. 21 (#2096)

\*Ages 10-14: Sat., 11-12 p.m., Sept. 30 - Oct. 21 (#2099)

**Location:** Brightbill Park

**Fee:** \$45R/\$50NR \*\$50R/\$55NR

## SCHOOL'S OFF DAY CAMP K-5TH GRADE

WHAT IS  
BETTER  
THAN  
HAVING  
A DAY  
OFF FROM  
SCHOOL?



Having something to do! You'll be able to hang out with your friends throughout days filled with recreational swimming, social activities, arts and crafts, fun sport competitions, and organized games. Each child needs to pack two snacks, lunch and a waterbottle. On most days the Central Dauphin School District is out (traditional school calendar only), the Friendship Center Staff will provide Day Camp 7:00 a.m. to 6:00 p.m.

**Dates:** 2016/2017 School Year

Mon.	Oct. 9	(#2197)	Tue.	Jan 2	(#2203)
Fri.	Nov. 10	(#2198)	Mon.	Jan. 15	(#2204)
Tues.	Dec. 26	(#2199)	Mon.	Feb. 19	(#2205)
Wed.	Dec. 27	(#2200)	Fri.	Mar. 2	(#2206)
Thur.	Dec. 28	(#2201)	Thur.	Mar. 29	(#2207)
Fri.	Dec. 29	(#2202)	Mon.	Apr. 2	(#2208)
			Tues.	May 15	(#2209)

**Fee:** Per Day \$30M / \$35R / \$40NR

**Location:** Friendship Center

### Intro to Tae Kwon Do (Ages 6-13) (6 classes)

Develop basic techniques plus self-defense, focus, leadership, discipline, and following directions while having fun.

**Dates:** Tues., 5:45-6:30 p.m., Sept. 26 - Oct. 31

**Location:** Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

**Fee:** \$47R/\$52NR (#2134)

### Kickball/Dodgeball Derby w/Ricardo (Ages 8-18) (6 classes)

Duck, dive, dip & dodge in high-energy phys. Co-ed format.

**Dates:** Fri., 5-6 p.m., Dec. 1 - Jan. 5

**Location:** Sports City, 4141 Linglestown Rd.

**Fee:** \$65R/\$70NR (#2190)

### Flag Football w/Ricardo (Ages 11-13) (6 classes)

Players develop skills through two-hand touch games.

**Dates:** Fri., 6-7 p.m., Dec. 1 - Jan. 5

**Location:** Sports City, 4141 Linglestown Rd.

**Fee:** \$65R/\$70NR (#2193)

## YOUTH AND TEEN (CONT.)

### TEEN Cross Training w/Alexandra (Ages 13-17) (10 classes)

A high energy cross-training class with a new challenge each week from weightlifting to bosu balls to yoga. All experience levels welcome; learn the building blocks of fitness, improve strength, flexibility, and endurance.

**Dates:** Wed., 6:30-7:30 p.m., Sept. 27 - Nov. 29

**Location:** Friendship Center, East Annex

**Fee:** \$64R/\$69NR/Members free! (#2188)

### One on One Basketball Training (40 min. lessons)

Instructor available to provide one-on-one training; Shooting skills, footwork, movement on court.

**Dates:** By arrangement, registrants will be contacted.

**Location:** Friendship Center, Gym and Fitness Center

**Instructors:** Josiah P.

**Fee:** (1) 40 Min. \$42R/\$45NR/\$33M per person  
Package of (6) 40 Min. Lessons:

**Private:** \$155R/\$160NR/\$135M per person

**Semi-Private (max 2):** \$130R/\$135NR/\$110M pp

\***Tri-group (per person):** \$102R/\$107NR/\$82M

\***Group-Private (class of 4):** \$90R/\$95NR/\$72M per person (\*must register as group)

### Track & Field Throwing Clinic (Ages 12+) (4 - 60 minute sessions)

Take your performance and scholarship opportunities to the next level. Keystone Throwers coach, Bentz Tozer will provide one on one coaching for Shotput, Discus, Javelin or Hammer throws.

**Dates:** By arrangement, registrants will be contacted

**Location:** Multiple locations available

**Private:** \$180R/\$185NR per person

**Semi-Private: (max 2):** \$110R/\$115NR per person

### Individual Tennis Instruction w/Mo C. (Ages 5+) (4-60 minute lessons)

Instructor available to provide individual instruction.

**Dates:** By arrangement, registrants will be contacted.

**Location:** Brightbill Park

**Private:** \$180R/\$185NR per person (#1922)

**Semi-Private: (max 2):** \$120R/\$125NR per person (#1923)

### Indoor Soccer League w/Coach Ricardo (Ages 4-22)

Six sessions of indoor soccer games; co-ed teams. start times vary (youngest to oldest).

**Dates:** Fri., game times TBA (5-8 p.m.), Dec. 1 - Jan. 5

**Location:** Sports City, 4141 Linglestown Rd.

**Fee:** \$65R/\$70NR (#2263)

## ROCK CLIMBING (TENTATIVE)

### COME CLIMB THE CLIFFS!

*The Cliffs is perfect for everybody!  
Designed for every fitness level to experience  
the thrill of challenging yourself to climb to new heights!  
The climbing holds and routes, ratings of 5.1 to 5.9, have been  
designed to allow for the safest, easiest climbing available in  
Central PA. "Overhanging 5.4's are the norm!"*

### Rock Climbing 101 w/Mike (8 classes)

An introductory course highlighting the techniques used in climbing rock using hands and feet. We will boulder, top-rope, and go up high to practice and perfect techniques.

**Dates:** Tues., 7-8 p.m., Sept. 26 - Nov. 14 (#2222)

Thurs., 9-10 a.m., Sept. 28 - Nov. 16 (#2223)

**Location:** Friendship Center, The Cliffs

**Fee:** \$100R/\$110NR/\$80M

### Boomers Can (& do) Rock Climb w/Mike (50+) (8 classes)

An introductory course for active seniors highlighting the techniques used in climbing rock using hands and feet. A safe opportunity to try bouldering and top-rope.

**Dates:** Wed., 9-10 a.m., Sept. 27 - Nov. 15 (#2218)

**Location:** Friendship Center, The Cliffs

**Fee:** \$100R/\$110NR/\$80M

### Youth /Teens Rock Climbing w/Mike (8 classes)

This is an introductory course highlighting the techniques used in climbing rock using hands and feet. We will boulder, close to ground, and top-rope, go up high, to practice and perfect these techniques.

**Ages 6-10:** Thurs., 7-8 p.m., Sept. 28 - Nov. 16 (#2229)

**Ages 11-17:** \*Wed., 7-8 p.m., Sept. 27 - Nov. 15 (#2226)

**Location:** Friendship Center, The Cliffs

**Fee:** \$100R/\$110NR/\$80M

### Adaptive/Inclusive Rock Climbing 101 w/Mike (8 classes)

**Adaptive:** This course is intended for those requiring physical adaptations to climb. Uses supportive harnesses and pulley systems to facilitate going up! Folks with paraplegia, quadriplegia, and CP are specifically invited. To view these systems in action, go to [Abovelimits.org](http://Abovelimits.org) and view the videos.

**Inclusive:** This course is intended for those with cognitive challenges to include autism spectrum, Down's syndrome and other diagnoses. Research is demonstrating that Climbing is therapy for all people; the results are breathtaking.

**Dates:** Tues., 9-10 a.m., Sept. 26 - Nov. 14 (A) (#2215)

Tues., 6-7 p.m., Sept. 26 - Nov. 14 (I) (#2212)

Wed., 6-7 p.m., Sept. 27 - Nov. 15 (A) (#2219)

Course: (A) Adaptive (I) Inclusive


**Location:** Friendship Center, The Cliffs

**Fee:** \$100R/\$110NR/\$80M



## TAI CHI / YOGA / PILATES

### Mat & More from the Core w/Yvonne (10 classes)

Mat Pilates is an excellent core muscle workout for the back, abdomen, & neck! Plus total body exercises including balance and a relaxation phase at end of class. A wonderful “feel good” experience for all ages! 

**Dates:** Mon., 9:30-10:30 a.m., Sept. 25 - Nov. 27

**Location:** Friendship Center, Room 112

**Fee:** \$73R/\$78NR/\$58M (#1988)

### Weighted Yoga w/ Shani (8 classes)

Gentle yoga with free weights emphasizing building strength slow and steady.

**Dates:** Wed., 5:30-6:30 p.m., Sept. 27 - Nov. 15

**Location:** Friendship Center, E. Annex

**Fee:** \$60R/\$65NR/\$48M (#2185)

### Mid-Day Rejuvenation w/Shani (10 classes)

An express combination of stimulating movement, pilates, yoga, and deep relaxation. Moderately paced to serve diverse levels of experience. Bring a yoga mat and wear clothing that is comfortable for stretching.

**Dates:** Mon., 12-1 p.m., Sept. 25 - Nov. 27

**Location:** Friendship Center, Room 118

**Fee:** \$80R/\$85NR/Members free! (#1791)

### Tai Chi Simplified w/J. Jackson (11+/no age limit!)

Tai Chi 27 short form based on the Yang style. Movements are done slowly with emphasis on posture, balance and natural breathing in harmony w/body movements.

**Dates:** Mon., 6-7 p.m., Sept. 25 - Nov. 27 (#2067)

\*Wed., 10-11 a.m., Sept. 27 - Nov. 29 (#2068)

**Location:** Friendship Center, E. Annex / \*Room 112

**Fee:** \$59R/\$64NR/\$45M (10 classes)

### Barre w/Ashley (5 classes)

Barre is a fusion of ballet inspired moves, pilates, yoga and strength training. You'll use a chair back as the Barre, your own body weight, mini balls and light hand weights to sculpt, stretch and tone your entire body. Bring yoga mat.

**Session 1:** Thurs., 6-7 p.m., Sept. 28 - Nov. 2 (#1788)

**Session 2:** Thurs., 6-7 p.m., Nov. 16 - Dec. 21 (#1789)

**Location:** Friendship Center, Room 112

**Fee:** \$45R/\$48NR/\$36M

### Personal Yoga Training w/Shani (45 Minute Session)

For those who are intrigued by the practice of yoga but intimidated about going to a group class, or for those who would like to develop a personalized stretching routine.

**Dates:** By arrangement; participants will be contacted

**Location:** Friendship Center

**Fee:** \$55 Member/\$60 Non-Member (per session)

### Yogalates/Sculpt w/Terri (10 classes)

25 minutes of sculpting, 35 minutes of yoga/pilates blend. Great toning and core strengthening blend. Wear sneakers.

**Dates:** Wed., 4:45-5:45 p.m., Sept. 27 - Nov. 29

**Location:** Friendship Center, Room 118

**Fee:** \$74R/\$79NR/\$55M (#1824)

### Chair Yoga w/Sharon (10 classes)

This class is perfect for those with physical challenges that find it difficult to get on and off the floor as required for a traditional yoga class. Increase circulation, movement capability, and energy enhancement.

**Dates:** Wed., 12:45-1:45 p.m., Sept. 27 - Nov. 29

**Location:** Friendship Center, Room 118

**Fee:** \$80R/\$85NR/Members free! (#1793)

### Gentle Yoga w/Sharon (10 classes)

Slower paced mat class using standing and seated positions. Learn safe alignment and modifications to help you gain strength, endurance and balance as well as stress relief & relaxation. Bring a yoga mat, block, strap & towel.

**Dates:** Wed., 2-3 p.m., Sept. 27 - Nov. 29

**Location:** Friendship Center, Room 118

**Fee:** \$80R/\$85NR/Members free! (#1809)

### Beginner Yoga (10 classes)

Learn basic yoga postures: sitting, standing and lying down. Emphasis on breathing and alignment. Bring a yoga mat.

**Dates:** Tues., 10-11 a.m., Sept. 26 - Nov. 28 (A) (#1806)

\*Thurs., 5:30-6:30 p.m., Sept. 28 - Dec. 7 (S) (#1807)

**Instructor Code:** (A) Ashley (S) Shani

**Location:** Friendship Center, Room 118 / \*East Annex

**Fee:** \$80R/\$85NR/Members free!

### Mixed Level Yoga (10 classes)

A Flow Vinyasa Yoga class that builds strength and challenges flexibility and balance. Bring a yoga mat.

**Dates:** \*Tues., 5:30-6:30 p.m., Sept. 26 - Nov. 28 (G) (#1795)

Thurs., 9-10 a.m., Sept. 28 - Dec. 7 (A) (#1796)

Sun., 12-1 p.m., Sept. 24 - Nov. 26 (S) (#1797)

**Instructor Code:** (G) Gina, (A) Ashley, (S) Shani

**Location:** Friendship Center, \*East Annex/Room 118

**Fee:** \$80R/\$85NR/Members free!

**REGISTER ONLINE**  
Free classes that will be totally FREE!  
Schedule of Classes on Page 20

**AQUA YOGA**  
(See page 15 for details)

## FITNESS / TRX / DANCE

### FLEX w/Denise (10 classes)

A "heavier-weight" training program designed to optimize strength, weight loss, lean muscle gain and overall fitness. Emphasis on lifting techniques for improved muscle size & strength, and increased metabolism; 6-8 reps per set using slow, controlled movements.

**\*TRIAL CLASS:** Thurs., 6-7 p.m. Sept. 21 (#2183)

**Dates:** Thurs., 6-7 p.m., Sept. 28 - Dec. 7 (#2181)

**Location:** Friendship Center, Gym 2

**Fee:** \$73 R/\$78NR/\$58M

**\*Trial Class Fee:** \$8R /\$10NR/Members free!

### TRX AB Strength w/Sharon (Ages 16+) (10 classes)

Bodyweight exercises done to develop strength, balance, flexibility and joint stability simultaneously using resistance bands. Can be modified for all levels.

**\*TRIAL CLASS:** Wed., 9-10 a.m., Sept. 20 (#1755)

**Dates:** Wed., 9-10 a.m., Sept. 27 - Nov. 29 (#1752)

**Location:** Friendship Center, Gym

**Fee:** \$73R/\$78NR/\$55M

**\*Trial Class Fee:** \$8R /\$10NR/Members free!

### Small Group Training w/Alexandra (Ages 18+) (6 classes)

Certified Personal Trainer will provide a variety of strength and cardio exercises while providing accountability and motivation. Limited Space.

**Session I:** Mon., 9:30-10:30 a.m., Sept. 25 - Oct. 30 (#1982)

Mon., 6:30 -7:30 p.m., Sept. 25-Oct. 30 (#1983)

**Session II:** Mon., 9:30-10:30 a.m., Nov. 13 - Dec. 18 (#1984)

Mon., 6:30-7:30 p.m., Nov. 13 - Dec. 18 (#1985)

**Location:** Friendship Center, Gym #3

**Fee:** \$70R/\$75NR/\$53M

### Kickboxing w/Ayelet (Ages 16+) (10 classes)

A full-body, high-intensity workout incorporating kicks, knee strikes, and basic and advanced boxing techniques that will strengthen your whole body while improving hand-eye coordination and cardiovascular fitness. Bring your own gloves and wraps.

**\*TRIAL CLASS:** Tues., 10-10:45 a.m., Sept. 19 (#1910)

Fri., 5:30-6:30 p.m., Sept. 22 (#1912)

**Dates:** Tues., 10-10:45 a.m., Sept. 26 - Nov. 28 (#1917)

**\*\*Fri., 5:30 - 6:30 p.m., Sept. 29 - Dec. 8 (#1918)**

**Location:** Friendship Center, Room 112/118\*\*

**Fee:** \$73R/\$78NR/\$55M

**\*Trial Class Fee:** \$8R /\$10NR/Members free!

### Belly Dancing 101 w/Liz (Ages 16+) (10 classes)

Belly dance is a low impact class that strengthens the core and improves muscle tone, cardio, flexibility & body awareness. It is very beneficial for all ages, keeping you spirited, flexible and energetic.

**Dates:** Wed., 5:30-6:30 p.m., Sept. 27 - Nov. 29 (#2018)

Fri., 11-12 p.m., Sept. 29 - Dec. 8 (#2019)

**Location:** Friendship Center, Room 112

**Fee:** \$73R/\$78NR/\$58M

### Pound w/Mary Jo (Ages 16+) (8 classes)

An exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

**Dates:** Thurs., 9:30-10:15 a.m., Sept. 28 - Nov. 16 (#1996)

\*Sat., 9:45 - 10:30 a.m., Sept. 30 - Dec. 16 (#1997)

\*Sat. dates are: (9/30, 10/14, 10/21, 11/4, 11/11, 11/25, 12/2 & 12/6)

**Location:** Friendship Center, Room 112

**Fee:** \$53R/\$58NR/\$42M

### Zumba Gold w/Alicia (Ages 16+) (10 classes)

Zumba for active adults and the beginner participant.

**Dates:** Wed., 11:30 a.m.-12:15 p.m., Sept. 27 - Nov. 29

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/Members free! (#1811)

### Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

**Dates:** Mon., 10:30-11:30 a.m., Sept. 25- Nov. 27 (P) (#1972)

\*Tues., 6:30-7:30 p.m., Sept. 26 - Nov. 28 (L) (#1977)

Wed., 10:30-11:30 a.m., Sept. 27 - Nov. 29 (A) (#1973)

Thurs., 10-11 a.m., Sept. 28 - Dec. 7 (V) (#1974)

\*Thurs., 6:30-7:30 p.m., Sept. 28 - Dec. 7 (Ly) (#1975)

Sat., 10:30-11:30 a.m., Sept. 30 - Dec. 2 (J) (#1976)

**Instructor Code:** (A) Alicia, (J) Julie, (L) Leon, (J) Julie, (Ly) Lynn, (V) Vesta, (P) Paula

**Location:** Friendship Center, Room 118/\*East Annex

**Fee:** \$64R/\$69NR/Members free!

### Body Pump™ (Ages 18+) (10 classes)

A Les Mills program challenging all your major muscle groups. A great workout that tones & builds lean muscle.

**Dates:** \*Mon., 7-8 p.m., Sept. 25 - Nov. 27 (C) (#1766)

Tues., 9-10 a.m., Sept. 26 - Nov. 28 (MJ) (#1767)

Wed., 7:15-8:15 p.m., Sept. 27 - Nov. 29 (J) (#1768)

Thurs., 4:30-5:30 p.m., Sept. 28 - Dec. 7 (J) (#1769)

\*Sat., 8:30-9:30 a.m., Sept. 30 - Dec. 2 (S) (#1770)

**Instructor Code:** (C) Carly, (J) Jodie, (MJ) Mary Jo, (S) Suzanne

**Location:** Friendship Center, Room 118, \*East Annex

**Fee:** \$64R/\$69NR/Members Free!

## BABYSITTING AVAILABLE

Mon.-Sat., 9 a.m.-Noon • Mon.-Fri., 4:30-8 p.m.

### FREE FOR MEMBERS

Non-Member \$4 per child per hour

## AEROBICS

### Intro to Group Lifting w/Alexandra (Ages 16+)

Learn proper form and techniques for lifting a barbell and hand weights for your upcoming group fitness classes!

**Date:** Tues., Sept. 19, 5:15 - 6:15 p.m. (#2008)

Wed., Sept. 20, 9:30-10:30 a.m. (#2009)

**Location:** Friendship Center, Room 118

**Fee:** \$8R/\$10NR/Members free!

### Step w/Sunny (10 classes)

Mid to advanced step class involving choreography. Increase aerobic endurance while burning calories. Cardio section will end with stretches and a short ab workout.

Step experience suggested, but not required.

**Dates:** Mon., 8:30-9:30 a.m., Sept. 25 - Nov. 27 (#1813)

Wed., 8:30-9:30 a.m., Sept. 27 - Nov. 29 (#1814)

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/Members free!

### Light Lifting w/Tom (10 classes)

Using free weights for a full body workout to tone and strengthen each major muscle group.

**Dates:** Mon., 9:30-10:30 a.m., Sept. 25 - Nov. 27

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/Members free! (#1785)

### R.I.P.P.E.D. w/Ayelet (Ages 16+) (10 classes)

Total body workout, combining Resistance, Intervals, Power, Plyometrics and Endurance. Fun, safe, effective!

**Dates:** Mon., 10:30-11:30 a.m., Sept. 25 - Nov. 27

**Location:** Friendship Center, Room 112

**Fee:** \$64R/\$69NR/Members free! (#1991)

### Insanity Live w/Ayelet (Ages 16+) (10 classes)

Cardio conditioning for every fitness level. Build strength, improve cardiovascular endurance, and develop precision and speed—without lifting a single weight. Dig deep working as a team during challenging cardio drills and explosive plyometrics designed to test your limits and leave you filled with a sense of accomplishment.

**Dates:** Mon., 5:30-6:15 p.m. Sept. 25 - Nov. 27

**Location:** Friendship Center, Room 112

**Fee:** \$64R/\$69NR/Members free! (#2022)

### Combo w/Kelli & Sunny (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

**Dates:** Mon./Wed., 6-7 p.m., Sept. 25 - Nov. 29

**Location:** Friendship Center, Room 118

**Fee:** \$85R/\$90NR/Members free! (#1799)

### Abs, Back & Legs w/Kelli (10 classes)

Intense workout focused on strengthening abs, back, & legs.

**Dates:** Mon., 7-8 p.m., Sept. 25 - Nov. 27

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/Members free! (#1780)

### Metabolic Express Workout w/Denise (10 classes)

Short 40 minute high intensity explosive circuit workout. Burn up to 500+ calories. Modifications demonstrated to suit all levels of intensity. Give it a try!

**Dates:** Tues., 5:15-5:55 p.m., Sept. 26 - Nov. 28

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/Members free! (#1764)

### Work Your Core w/Michelle (10 classes)

Work your core while incorporating a variety of equipment in just 30 minutes

**Dates:** Tues., 5-5:30 p.m., Sept. 26 - Nov. 28

**Location:** Friendship Center, Room 112

**Fee:** \$40R/\$43NR/Members free! (#2003)

### Low Impact Circuit w/Denise (10 classes)

Cardio/resistance training to stay fit or get in shape. All ages welcome - formerly known as 50+ Fitness

**Dates:** Tues., 6-6:45 p.m., Sept. 26 - Nov. 28

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/Members free! (#2012)

### Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

**Dates:** Tues./Thurs., 7-7:45 p.m., Sept. 26 - Dec. 5

**Location:** Friendship Center, Room 118

**Fee:** \$85R/\$90NR/Members free! (#1819)

### Lifting Workout w/Alexandra (10 classes)

Tone and strengthen your whole body with group weight training workout done to music.

**Dates:** Wed., 9:30-10:30 a.m., Sept. 27 - Nov. 29

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/Members free! (#1816)

### Strength Fusion w/Justine (10 classes)

A full body workout using muscle power from the lower and upper body, plus the core. A fusion of strength, balance and functional training using a variety of equipment.

**Dates:** Fri., 9-10 a.m., Sept. 29 - Dec. 8

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/Members free! (#2000)

### Saturday Morning Chisel w/Keli (10 classes)

Use all forms of fitness in a cardio way. Stretch, tone and re-shape. All fitness levels.

**Dates:** Sat., 8-9 a.m., Sept. 30 - Dec. 2

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/Members free! (#2015)

**REGISTER ONLINE**

Free classes that will be totally FREE!

Schedule of Classes on Page 20



## SPIN

### Intro to Spin w/Denise (Ages 16+)

Learn bike adjustment and find out what it's all about!

**Date:** Tues., 6-6:40 p.m., Sept. 19

**Location:** Friendship Center, Room 115

**Fee:** \$8R/\$10NR/Members free! (#1772)

### Pulse Ride w/Denise (Ages 16+) (10 classes)

This high energy ride will push you to your limits - lose yourself to the beat of the music. The ride will consist of endurance sprints, hills (in & out of the saddle), rhythmic moves and resistance training using handweights.

Whether you're a seasoned athlete or a beginner, you will be challenged and motivated!

**\*TRIAL CLASS:** Fri., 10-10:45 a.m., Sept. 22 (#1777)

**Dates:** Fri., 10-10:45 a.m., Sept. 29 - Dec. 8 (#1778)

**Location:** Friendship Center, Room 115

**Fee:** \$73R/\$78NR/\$58M

**\*Trial Class Fee:** \$8R/\$10NR/Members free!

### Spin Bootcamp w/Denise (10 classes)

This high intensity workout consists of active/dynamic warm-ups, resistance/weight/functional fitness training, spin endurance (sprints/hills) and a cool down/stretch.

**Dates:** Mon., 6:30-7:30 p.m., Sept. 25 - Nov. 27

**Location:** Friendship Center, Room 112/115

**Fee:** \$64R/\$69NR/Members free! (#1774)

### Spinning™ (Ages 16+)

Spinning is an awesome low impact workout — limited space!

**Dates:** Tues., 6:15-7 p.m., Sept. 26 - Nov. 28 (R) (#1848)

Wed., 6:45-7:30 p.m., Sept. 27 - Nov. 29 (C) (#1849)

Thurs., 4:30-5:15 p.m., Sept. 28 - Dec. 7 (M) (#1850)

**Fee:** 1/week (45 mins.) \$64R/\$69NR/Members free!

**Dates:** (2 days per week) (20 classes-45 mins.)

Tues./Thurs., 5:45-6:30 a.m., Sept. 26 - Dec. 5 (MJ) (#1852)

**Fee:** 2/week (45 mins.) \$85R/\$90NR/Members free!

**Location:** Friendship Center, Room 115

**Instructor code:** (MJ) Mary Jo, (R) Roxane, (C) Carly, (M) Michelle

### Senior Spin w/Val (Ages 50+) (10 or 20 classes)

For seniors and/or active adults.

**Dates:** Mon./Wed., 8:30-9:15 a.m., Sept. 25 - Nov. 29 (#1836)

Tues./Thurs., 8:30-9:15 a.m., Sept. 26 - Dec. 5 (#1837)

Fri., 8:30-9:15 a.m., Sept. 29 - Dec. 8 (#1842)

**Location:** Friendship Center, Room 115

**Fee:** \$85R/\$90NR/Members free! (2 day) (20 classes)

**Fee:** \$64R/\$69NR/Members free! (1 day) (Fri.) (10 classes)

**Don't Forget to Scan  
Your Membership ID CARD**

## CERTIFICATION CLASSES

### American Red Cross Babysitting Certification

For ages 11 and up. One day class and must pass test.

Certified sitters' names may be kept on file for future sitter references. Good for kids home alone! Please pack a lunch and bring a doll or teddy bear.

**Dates:** Sat., Sept. 30, 9 a.m. - 4 p.m.

**Location:** Friendship Center, Room 106

**Fee:** \$75R/\$80NR/\$63M (#2076)

### Heartsaver® AED/CPR w/South Central EMS (Ages 15+)

For all members of the community; hands-on skills in a low stress environment. Adult and pediatric CPR, two rescuer scenarios, use of bag valve mask, AED, and barrier devices. If you need certification for your employment or are a healthcare provider, this course will provide that as well. Certification card issued for successfully completing a written and skills exam.

**Date:** Thursday, Sept. 28, 6-9 p.m.

**Location:** Friendship Center, Room 106

**Fee Including Exams:** \$55R/\$60NR/\$47M (#2070)

### Shallow Water Lifeguard Certification (Ages 15+)

This Red Cross course includes lifeguarding (shallow water only-up to 5 feet), first aid, CPR, and AED certifications that are good for 2 years. Part-time lifeguard shifts at the FC are ideal for active retirees and college students. Bring swimsuit/towel to each class.

**Pre-requisites:** Tread water for 2 minutes, swim 4 laps, retrieve brick in 5 feet deep water and bring it to edge of pool (can walk it back).

**Dates:** Mon.-Thurs., 4-9 p.m., Sept. 25-29

**Location:** Friendship Center

**Fee:** \$216R/\$221NR/\$196M (#1720)

## POSSIBILITY PLACE PLAYGROUND NEWS:

The Possibility Place Playground  
in George Park  
is getting a new flooring surface!


Please note the playground will need to be closed  
for one to two weeks to remove old surfacing  
and install this much needed upgrade.

The work is expected to be done  
in late September / early October.

Please contact Parks & Recreation at 717-657-5635  
for further information.

## SPORTS / LEISURE

### Adult Men's Open-Rec Basketball (Ages 18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls.   
Must pre-register! Space is limited.

**Dates:** Tues., 7-8:30 p.m., Sept. 26 - Nov. 28 (#2024)

Thurs., 7-9 p.m., Sept. 28 - Dec. 7 (#2025)

-OR- Sat., 8-9:30 a.m., Sept. 30 - Dec. 2 (#2026)

**Location:** Friendship Center, Gym #2/#3

**Fee:** \$80R/\$85NR/Free to Members!

### Intro to Hapkido/Tae Kwon Do w/Master Fox (Ages 16+) (6 classes)

Learn close quarters self-defense techniques while increasing self confidence, personal fitness, focus and stress management in a positive, goal oriented atmosphere.

**Dates:** Tues., 7-8 p.m., Sept. 26 - Oct. 31

**Location:** Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

**Fee:** \$40R/\$45NR (#2158)

### Adult Beginner/Intermediate Tennis w/Mo C. (Ages 15+) (4 classes)

Learn proper grip, stroke techniques and body mechanics. Court strategy introduced through play based games.

**Dates:** Sat., 12:15-1:15 p.m., Sept. 30 - Oct. 21

**Fee:** \$50R/\$55NR (#2101)

### Beginner Adult Ballet w/HAD (Ages 16+)

Helps tone and stretch your body while improving balance and posture in a fun and relaxing atmosphere.

**Dates:** Thurs., 8:30-9:30 p.m., Sept. 7 - Oct. 12

**Location:** Harrisburg Academy of Dance, 4409 Locust Ln.

**Fee:** \$61R/\$64NR (6 classes) (#2117)

### Women's & Teen's Self Defense (Ages 12+)


Geared to develop defensive techniques.

**Dates:** Wed., 7-8 p.m., Sept. 27 - Nov. 1

**Location:** Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

**Fee:** \$35R/\$38NR (4 classes) (#2132)

### Get Financially Fit w/Econ Wealth Management

This FREE educational discussion will help you to understand where should you save, how much is enough and how to know if you are on track to meeting your Financial Goals. 

**Dates:** Wed., Sept. 20 10-11 a.m., (#2062)

Wed., Sept. 20, 6:30-7:30 p.m. (#2063)

Tues., Oct. 17, 6:30-7:30 p.m. (#2064)

Wednesday, Nov., 15, 6:30-7:30 p.m. (#2065)

**Location:** Friendship Center, Room 106


**Fee:** FREE, must pre-register!

### Winter Adult Volleyball League

Go to: [www.lptvolleyball.leagueapps.com](http://www.lptvolleyball.leagueapps.com) for more info.


Online Registration ONLY for teams begins Sept. 11

### Book Discussion at the Friendship Center

"The Nest" by Cynthia D'Aprix Sweeney.   
Free participation. Simply read the book in advance and join us for group discussion.

**Date:** Tuesday, Sept. 19, 7:00 p.m.

### Pickleball

**Dates:** Mon./Wed./Fri., 10:30 a.m.-12:30 p.m.   
Tues./Thurs., 1-3 p.m.; Mon., 7:30-9:30 p.m.; Wed., 7-9 p.m.

**Fee:** Free to Members! / Non-members \$4 each time

### Pickleball Clinic 101 w/Noli (4 classes)

Small group lesson to learn the basics of America's fastest growing sport. No skills or equipment needed.

**Session 1:** Wed., 8-9 p.m., Sept. 27 - Oct. 16 (#2042)

Fri. 10:30 a.m.-11:30 a.m. Sept. 29 - Oct. 27 (#2043)

**Session 2:** Wed., 7-8 p.m., Nov. 1 - Nov. 22 (#2045)

Fri. 10:30 a.m.-11:30 a.m. Nov. 3 - Nov. 24 (#2046)

**Location:** Friendship Center, Gym 3

**Fee:** \$37R/\$40NR/\$29M

### Pickleball Skills Clinic w/Noli (4 classes)

Skills to focus on strategy, player placement, shot selection, and stroke techniques.

**Dates:** Mon., 8-9 p.m., Sept. 25 - Oct. 16 (#2028)

Fri. 11:30 a.m.-12:30 a.m. Sept. 29 - Oct. 27 (#2029)


**Session 2:** Mon., 7:30-8:30 p.m., Oct. 30 - Nov. 20 (#2039)

Fri. 11:30 a.m.-12:30 a.m. Nov. 3 - Nov. 24 (#2040)

**Location:** Friendship Center, Gym 3

**Fee:** \$37R/\$40NR/\$29M

### Smart Phone 101 w/Sprint

Basics as well as more involved features will be covered for both Android and Apple smartphones. 

**Dates:** Wed., Sept. 20, 10-11 a.m., (#2054) 6-7 p.m. (#2055)

Wed., Oct. 18, 10-11 a.m., (#2056) 6-7 p.m. (#2057)

Wed., Nov. 15, 10-11 a.m., (#2058) 6-7 p.m. (#2059)

**Location:** Friendship Center, Social Hall

**Fee:** FREE, must pre-register!

**ARTS & PARKS**

**5K RUN & WALK**

**THANK YOU**

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**HIGHWAY EQUIPMENT & SUPPLY CO.**

Integrity Bank, Baptist Resource Network,  
Brown & Brown Insurance, Comcast, FedEx Office,  
Freedom Auto Group, Herbert, Rowland & Grubic, Inc.,  
Swartz Kitchens and Baths, Yingst Homes, Inc.



Freddie & Valerie Pritchett

# SWIM LESSONS

**MEMBERS REGISTER EARLY!!**

## FEEES FOR GROUP SWIM LESSONS: \$40 M / \$65 R / \$70 NR (6 classes)

Register at the Friendship Center (717-657-5635) or Online ([www.Friendshipcntr.com](http://www.Friendshipcntr.com)).

Classes are 40 minutes in length.

Levels up to Angel Fish II use the Rec Pool; Levels Blue Fish through Adult use the Lap Pool.

Children who are not potty trained are required to wear swim diapers in the pool.

### SESSION 1:

Saturdays, Sept. 16 - Oct. 21  
 Sundays, Sept. 17 - Oct. 22  
 Mondays, Sept. 11 - Oct. 16  
 Tuesdays, Sept. 12 - Oct. 17  
 Wednesdays, Sept. 13 - Oct. 18  
 Thursdays, Sept. 14 - Oct. 19

### SESSION 2:

Saturdays, Nov. 11 - Dec. 16  
 Sundays, Nov. 5 - Dec. 10  
 Mondays, Nov. 6 - Dec. 11  
 Tuesdays, Nov. 7 - Dec. 12  
 Wednesdays, Nov. 8 - Dec. 13  
 Thursdays, Nov. 9 - Dec. 21

**REGISTRATION DATES**  
 MEMBERS 8/28  
 AQUATICS: 8/30

**REGISTRATION DATES**  
 MEMBERS 10/9  
 AQUATICS: 10/11

### Parent/Tot I (Ages 3 years and under)

Orientation to water awareness and safety. Parent/child.

Tues., 9:30 a.m. Ses. 1 (#1516) Ses. 2 (#1557)  
 Tues., 5:00 p.m. Ses. 1 (#1520) Ses. 2 (#1554)  
 Wed., 9:30 a.m. Ses. 1 (#1551) Ses. 2 (#1555)  
 Sat., 11:00 a.m. Ses. 1 (#1552) Ses. 2 (#1560)

### Parent/Tot II (Ages 3 years and under)

Pre-requisite: Parent/Tot I - Water safety and beginning water skill development. Parent/child.

Tues., 10:10 a.m. Ses. 1 (#1562) Ses. 2 (#1567)  
 Tues., 5:40 p.m. Ses. 1 (#1563) Ses. 2 (#1568)  
 Wed., 10:10 a.m. Ses. 1 (#1564) Ses. 2 (#1569)  
 Sat., 11:40 a.m. Ses. 1 (#1565) Ses. 2 (#1570)

### Twos Tots (Age 2)

Pre-requisite: Parent Tot I/II (no exceptions).

Mon., 5:40 p.m. Ses. 1 (#1573) Ses. 2 (#1577)  
 Tues., 10:50 a.m. Ses. 1 (#1574) Ses. 2 (#1578)  
 Thurs., 10:50 a.m. Ses. 1 (#1575) Ses. 2 (#1579)  
 Sat., 9:30 a.m. Ses. 1 (#1576) Ses. 2 (#1580)

### Tiny Tots (Age 3)

Beginner skill development and water safety.

Mon., 9:30 a.m. Ses. 1 (#1583) Ses. 2 (#1623)  
 Wed., 10:50 a.m. Ses. 1 (#1584) Ses. 2 (#1624)  
 Wed., 5:00 p.m. Ses. 1 (#1585) Ses. 2 (#1625)  
 Thur., 10:10 a.m. Ses. 1 (#1586) Ses. 2 (#1626)  
 Sat., 8:50 a.m. Ses. 1 (#1587) Ses. 2 (#1627)  
 Sat., 10:10 a.m. Ses. 1 (#1588) Ses. 2 (#1628)

### Angel Fish I (Ages 4 and up, not able to swim)

Beginner skill development and water safety.

Mon., 10:10 a.m. Ses. 1 (#1648) Ses. 2 (#1650)  
 Mon., 5:00 p.m. Ses. 1 (#1639) Ses. 2 (#1651)  
 Mon., 6:20 p.m. Ses. 1 (#1640) Ses. 2 (#1652)  
 Tues., 6:20 p.m. Ses. 1 (#1641) Ses. 2 (#1653)  
 Wed., 6:20 p.m. Ses. 1(#1644) Ses. 2 (#1654)  
 Thur., 9:30 a.m. Ses. 1 (#1642) Ses. 2 (#1655)  
 Thur., 5:00 p.m. Ses. 1 (#1643) Ses. 2 (#1656)  
 Sat., 8:10 a.m. Ses. 1 (#1645) Ses. 2 (#1657)  
 Sat., 9:40 a.m. Ses. 1 (#1646) Ses. 2 (#1658)  
 Sun., 12:10 p.m. Ses. 1 (#1638) Ses. 2 (#1649)

### Angel Fish II (Ages 4 and up, not able to swim)

Pre-requisite: Angel Fish I - Learn floating, freestyle and back stroke.

Mon., 10:50 a.m. Ses. 1 (#1663) Ses. 2 (#1667)  
 Tues., 7:00 p.m. Ses. 1 (#1661) Ses. 2 (#1668)  
 Wed., 5:40 p.m. Ses. 1 (#1662) Ses. 2 (#1669)  
 Sat., 8:20 a.m. Ses. 1 (#1664) Ses. 2 (#1670)  
 Sun., 12:50 p.m. Ses. 1 (#1660) Ses. 2 (#1666)

### Blue Fish (Ages 4 and up)

Pre-requisites: jump into water, swim 1/2 length on stomach and back. Develop freestyle, back stroke, rhythmic breathing & treading water. Progresses from Rec to Lap pool.

Mon., 7:00 p.m. Ses. 1 (#1674) Ses. 2 (#1678)  
 Thur., 6:20 p.m. Ses. 1 (#1675) Ses. 2 (#1679)  
 Sat., 9:00 a.m. Ses. 1 (#1676) Ses. 2 (#1680)  
 Sun., 1:30 p.m. Ses. 1 (#1673) Ses. 2 (#1677)

## ONLINE REGISTRATION

[www.friendshipcntr.com](http://www.friendshipcntr.com)

The Friendship Center now offers the convenience of online registration for many of your favorite programs.



## SWIM LESSONS (CONT.) / AQUATICS / AQUACISE

### Cat Fish

Pre-requisites: Tread water, swim length of Lap pool on stomach and back, surface dive and retrieve ring. Continue stroke development and learn breast stroke.

Wed., 7:00 p.m.	Ses. 1 (#1684)	Ses. 2 (#1689)
Thur., 5:40 p.m.	Ses. 1 (#1685)	Ses. 2 (#1690)
Sat., 10:20 a.m.	Ses. 1 (#1687)	Ses. 2 (#1691)
Sun., 2:10 p.m.	Ses. 1 (#1686)	Ses. 2 (#1688)

### Dolphins

Pre-requisites: Cat Fish requirements plus swimming breast stroke for one lap. Further stroke development.

Thur., 5:30 p.m.	Ses. 1 (#1693)	Ses. 2 (#1697)
Sun., 2:50 p.m.	Ses. 1 (#1694)	Ses. 2 (#1696)

### Eels

Preparation for competitive swimming. Learn butterfly stroke and increase distance.

Thur., 6:10 p.m.	Ses. 1 (#1699)	Ses. 2 (#1714)
Sun., 2:50 p.m.	Ses. 1 (#1700)	Ses. 2 (#1713)

### Adult Learn to Swim (Ages 16 and up)

Basic skills of swimming.

Thur., 7:00 p.m.	Ses. 1 (#2266)	Ses. 2 (#2267)
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### Masters Swimming

Swimming is great exercise; practicing with a group is fun and motivating. Come when you can. It's your own pace!

**Dates:** Mon., 6-7 p.m. and Wed., 8-9 p.m., ongoing

**Location:** Friendship Center, Lap Pool

**Fee:** Free to Members/\$10 Drop-In

### Swim and Gym For Homeschoolers (8 weeks)

No instruction, open swimming. Meet new friends. Low cost-great for physical fitness.

**Dates:** Tues., 11 a.m.-1 p.m., Sept. 26-Nov. 28 (#2175)

Fri., 1-3 p.m., Sept. 29-Dec. 8 (#2176)

**Location:** Friendship Center, Leisure Pool/Gym #3

**Fee:** \$42R/\$45NR (2 hours)

### Aquatic Arthritis w/Mary Jo (20 classes)

Range of motion exercise for flexibility/coordination.

**Dates:** Tues./Thurs., 10:45-11:45 a.m., Sept. 26 - Dec. 5

**Location:** Friendship Center, Therapy Pool

**Fee:** \$85R/\$90NR/\$58M (#1716)

### Swim Clinic with Coach Mike (30 min. class)

Drop-in only, no preregistration.

**Dates:** Sundays, Sept. 17 – Oct. 15

Sun., 10:30 a.m. – Intro Class

Sun., 11:00 a.m. – Beginners

Sun., 11:30 a.m. – Intermediate

**Location:** Friendship Center, Lap Pool

**Fee:** \$6 Drop In (Exact Change Appreciated)

### Walk/Jog/Run w/Joanne (10 classes)

Want the cardio/fitness of jogging but can't do it on land? Join us for a vigorous walk, jog & run class with your choice of speed using the water as resistance.

**Dates:** Mon. 6-6:45 p.m., Sept. 25 - Nov. 27

**Location:** Friendship Center, Lap Pool

**Fee:** \$42R/\$45NR/\$33M (#2178)

### Aquacise

Tone, strengthen & build cardio with little stress on joints.

**Dates:** (1 day per week) (10 classes)

Mon., 10:45-11:45 a.m., Sept. 25 - Nov. 27 (Ja) (#1729)

Wed., 10:45-11:45 a.m., Sept. 27 - Nov. 29 (Ja) (#1733)

**Fee:** 1/week (10 classes) \$64R/\$69NR/Members free!

**Dates:** (2 days per week) (20 classes)

Mon./Wed., 7-8 p.m., Sept. 25 - Nov. 29 (J) (#1726)

\*Tues./Thurs., 6:05-7:05 a.m., Sept. 26 - Dec. 5 (R) (#1727)

Tues./Thurs., 9:30-10:30 a.m., Sept. 26 - Dec. 5 (B) (#1728)

**Fee:** 2/week (20 classes) \$85R/\$90NR/Members free!

**Location:** Friendship Center, Lap Pool, \*Therapy Pool

**Instructor Code:** (B) Bonnie, (Ja) Jamie, (J) Joanne, (R) Roxane

### Tone That Stomach w/Roxane (10 classes)

Strengthen and flatten all the various stomach muscles; uses varied equipment and shallow water floor exercises.

**Dates:** Fri., 6:05-7:05 a.m., Sept. 29 - Dec. 8

**Location:** Friendship Center, Therapy Pool

**Fee:** \$64R/\$69NR/Members free! (#1741)

### Aqua Zumba w/Vesta (10 classes)

Fitness is a splash with this "Pool Party" workout! An invigorating, low-impact aquatic exercise class that gives a new meaning to the idea of a refreshing workout.

**Dates:** Fri., 10:30-11:30 a.m., Sept. 29 - Dec. 8

**Location:** Friendship Center, Therapy Pool

**Fee:** \$64R/\$69NR/Members Free! (#1747)

### H2O Circuit Fitness w/Megan (10 classes)

This hour long circuit style workout includes strengthening and toning exercises for abs, arms, and legs with a cardio foundation.

**Dates:** Fri., 9:30-10:30 a.m., Sept. 29 - Dec. 8

**Location:** Friendship Center, Lap Pool

**Fee:** \$64R/\$69NR/Members Free (#1750)

### Aqua Kriya Yoga w/Bernie (10 classes)

Combining yoga poses that are usually done on land with the supportive environment of the water. All skill levels welcome.

**Dates:** Fri., 1-2 p.m., Sept. 29 - Dec. 8

**Location:** Friendship Center, Therapy Pool

**Fee:** \$64R/\$69NR/Members Free! (#1744)

## FAMILY SPOTLIGHT - THE PATEL FAMILY

Mayur and Tina Patel live in Lower Paxton Township with their two children, Annika, age 10 and Dev, age 7. The couple was introduced to each other through family members, and at the time they lived 1,000 miles apart. Tina was born and raised in India. She moved to the United States to attend college at the University of South Carolina. Mayur is originally from the Reading area and relocated to Harrisburg to work for the House of Representatives after law school. After marrying, they made their home in the Harrisburg area.

Tina is the founder and owner of a private consulting firm. Mayur is a founder and principal of Laughner Patel Developers, a real estate firm that specializes in medical office development. He also volunteers many hours on the Lower Paxton Township Parks and Recreation Board.

Although they initially toured the facility looking for a place for the kids to learn to swim, after their first walkthrough they realized all the other things the center had to offer and as Tina says, "We were hooked." The Patel family's fondest memory of the Friendship Center may be the annual Holiday Tree Lighting event and activities, but they also have many other favorites at the family friendly facility.

The Patels and their two children have experienced many

"firsts" at the Friendship Center. Their children, Annika and Dev, not only learned to swim at the Center but also had their first basketball and gymnastic lessons and programs here. They have been members of the Lower Paxton Aquatics Club ever since they could swim. They enjoy participating in specialty camps offered for the youth over the summer - art camp is their favorite. The family also enjoyed participating in the "Trash Can to Treasure" activity. Although their favorite part of the Center is the swimming pool, they like to utilize the fitness center and basketball courts too.

The Patel family clearly defines our mission: Family, Fun and Fitness!



### Party Packages Available

**April 1 - October 31**

#### 3 HOUR PARTY PACKAGE

Splash n' Dash: \$236M/\$282R/\$304NR

Stay n' Play: \$223M/\$268R/\$288NR

Kids Swim & Indoor Gym: \$265M/\$317R/\$341NR

#### 2 HOUR POOLSIDE PACKAGE

Deck Side Fun: \$334M/\$360R/\$386NR  
(30 person limit)

#### A LA CARTE RATES / HOUR

Leisure Pool: \$135M/\$160R/\$174NR

Basketball Court: \$68M/\$81R/\$82NR

Multi-Purpose Room: \$52M/\$63R/\$67NR

*For info contact Joc at [jgrant@lowerpaxton-pa.gov](mailto:jgrant@lowerpaxton-pa.gov)  
2 week advance notice required.*

## "THANK YOU"

**SUMMER CONCERT  
& MOVIE SPONSORS**



## SPONSORSHIP OPPORTUNITIES

Businesses searching for creative, interactive ways to reach new, loyal and active customers are invited to partner with the Friendship Center and Parks and Recreation Department for great results. The cross-marketing opportunity benefits all those involved. We offer many sponsorship opportunities that can be tailored to your marketing goals and budget. Please contact the Recreation Office at 717-657-5635 for more information.

# WELLNESS & PERSONAL TRAINING



BENTZ



ALEXANDRA



DAVE

## BASIC FEES:

\$44 Member/\$49 Non-Member (per hour)

\$30 Member/\$35 Non-Member (per 1/2 hour)

### Buddy Training (2 people w/trainer)

\$34 per Member/\$39 per Non-Member (per hour)

\$24 per Member/\$29 per Non-Member (per 1/2 hour)

### "6 pack" Training (purchase 6 at one time)

\$264 Member/\$294 Non-Member (per hour)

\$180 Member/\$210 Non-Member (per 1/2 hour)

Call 657-5635 for more information.

## BENTZ ~ ALEXANDRA ~ DAVE

Certified fitness professionals for personal training



## POST REHAB & INJURY PREVENTION SPECIALIST

TOM KANE

PTA, CPT, FMS, CAFS

3DMAPS

*Bridging the gap between rehab to fitness and performance/skill camps.*

**Dates:** By arrangement; participants will be contacted

**Location:** Friendship Center

**Fee:** \$55 Member/\$60 Non-Member (per hour)

### The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

**Date:** By appointment at Friendship Center

**Fee:** Friendship Center Training Fees

### Free Injury/Balance Assessments

Are you struggling with pain and/or a nagging injury? Poor balance? You may benefit from a clinical assessment at Drayer Physical Therapy Institute's Colonial Park office. No appointment is necessary. Screening by a Physical Therapist who can let you know your options, which may include self-management techniques, physical therapy, or possibly further medical care. Call 540-1189.

### Metabolism Matters

Metabolism is the total number of calories burned each day and can be influenced by factors such as age, gender, body weight, hormones, and medications. Drayer Physical Therapy Institute offers metabolic testing to determine an individual's unique caloric budget. A personalized report and referral for nutritional counseling may be provided.

**Date:** By arrangement; participants will be contacted

**Location:** Drayer Physical Therapy Institute

**Fee:** \$46R/\$49NR/\$42M

## ARE YOU LOOKING TO GET THE MOST OUT OF YOUR FRIENDSHIP CENTER MEMBERSHIP?

Alexandra can give you a tutorial on fitness equipment and help gear the Friendship Center amenities/activities towards reaching your fitness goals.

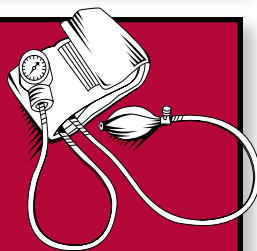
Set up a FREE appointment today!

Friendship Center Members ONLY.

## SPECIAL! EVERY TUESDAY

All are welcome to receive FREE body fat testing, weigh-ins and blood pressure screening at the Friendship Center.

Tuesdays, 10 a.m.-12 p.m.



Harrisburg  
717.746.6277



Camp Hill  
717.303.3032

INTRODUCING OUR

## Business Partnership Program

FRIENDSHIP CENTER MEMBERS

Receive \$10 off a One Hour Session



## ACTIVE ADULTS & SILVER AND FIT™

### Total Body Workout or \*Chair Yoga For Older Active Adults/Silver and Fit™

Silver and Fit is a total-body workout program for active individuals combining aerobic, flexibility, and strength training in a positive energizing environment. Exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. The yoga class provides all the benefits of traditional yoga while standing or sitting in a chair. Please bring a yoga mat. (45-50 minutes)

**Dates:** Tues., 8 a.m., Sept. 26 - Nov. 28 Strength (B) (#1831)

\*Tues., 11:15 a.m., Sept. 26 - Nov. 28 Yoga (Be) (#1826)

\*Tues., 12:30 p.m., Sept. 26 - Nov. 28 Yoga (Be) (#1827)

Thurs., 8 a.m., Sept. 28 - Dec. 7 Strength (B) (#1832)

Thurs., 11:15 a.m., Sept. 28 - Dec. 7 Strength (J) (#1833)

\*Thurs., 12:15 p.m., Sept. 28 - Dec. 7 Yoga (Be) (#1828)

Fri., 10:15 a.m., Sept. 29 - Dec. 8 Strength (J) (#1834)

\*Fri., 11:15 a.m., Sept. 29 - Dec. 8 Yoga (Be) (#1829)

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/\$44M (10 classes)

Insurance members free, must pre-register.

**Instructor code:** (B) Barb, (Be) Becky, (J) Justine

### Active Adult Track Walking (60+) \$3 per visit

Enjoy the indoor setting in our gymnasium with track walking on your own and at your pace.

**Dates:** Every Tuesday and Thursday, 7 a.m.-10 a.m.

Check-in at service desk.

## MAKE SURE TO TRY THESE CLASSES JUST FOR ACTIVE ADULTS!

- Senior Spin (60+) ~ see page 12
- Low Impact Circuit (60+) ~ see page 11
- Zumba Gold (60+) ~ see page 10
- Aquatic Arthritis (60+) ~ see page 15
- Chair Yoga/Gentle Yoga ~ see page 9
- Boomers Can (and do) Rock Climb ~ see page 8
- Active Adult Track Walking (60+) \$3 per visit

**If you are a health insurance member,  
please visit us and utilize  
your membership.**

**REMEMBER TO SCAN YOUR CARD!**

## FRIENDSHIP SENIOR CENTER

### A. Senior Center/East Annex (717-657-1547)

Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, and leisure activities (Desk hours 7:30 a.m.-1 p.m.)

### B. Senior Eligibility

The Senior Center is open to seniors 60 years and older at \$10 per year. Seniors do not need to be members of the Friendship Center or residents to participate.

### Scheduled Weekly Activities

<b>MONDAY</b>	8:00-9:00 a.m. - Light Aerobics 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class) 10:00-11:00 a.m. - Tai Chi 1:30-2:30 p.m. - Line Dancing
<b>TUESDAY</b>	8:00-9:00 a.m. - PEPPI/HSIM 8:30-9:30 a.m. - Free Blood Pressure (1st Tues.) 8:40 a.m. - Aquacise (\$3/class) 9:00-11:00 a.m. - Group Knitting & Crocheting 12:30 p.m. - Cash Bingo 1:00-2:00 p.m. - Lap Swimming/Walking (\$3)
<b>WEDNESDAY</b>	8:00-9:00 a.m. - Light Aerobics 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class) 8:30-9:30 - Free Blood Pressure (2nd Wed.) 9:00 a.m.-12:00 p.m. - Casual Art Class w/Marty 10:00-11:00 a.m. - Spanish Class 11:30 - 12:30 p.m. - Tai Chi 12:30 p.m. - Mah Jongg
<b>THURSDAY</b>	8:00-9:00 a.m. - PEPPI/HSIM 8:40 a.m. - Aquacise (\$3/class) 10:00 a.m. - Scrabble 10:30-11:30 a.m. - Italian Class 12:00 - 3:00 p.m. - Casual Art w/ Marty 12:30 p.m. - Group Sewing & Crafting 1:00-2:00 p.m. - Lap Swimming/Walking (\$3)
<b>FRIDAY</b>	8:00-9:00 a.m. - Light Aerobics 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class) 9:30 a.m. - Bridge Class w/Mr. Henning 12:30 p.m. - Group Knitting and Crocheting

Card Playing Daily: 8:00 a.m. - 3:00 p.m.

Bridge Groups, day/time varies, ask at desk.

Computer lessons available by appointment, ask at desk.

## SENIOR VAN SERVICE

**Please Call 717-657-5650**

**CAT Share A Ride: 717-232-6100**

Lower Paxton Township Senior Citizens (60 & older) Van Service for medical appointments, shopping and other necessary transportation. Available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.

# PROGRAM REGISTRATION AND PROCEDURES

## 3 WAYS TO REGISTER . . .

- **ONLINE** — go to [www.friendshipcntr.com](http://www.friendshipcntr.com) to view and register for many of our programs.
- **BY PHONE** — Call with your Credit Card (\$10 minimum) during operating hours at **717-657-5635**.
- **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.
  1. **Friendship Center members** may register for all programs offered at the Friendship Center beginning Monday, August 28, at 6:00 a.m. - 7:00 p.m.
  2. Registration for **Aquatics** programs begins Wednesday, August 30, at 6:00 a.m. - 7:00 p.m.  
Registration for **all other programs and classes** begins Friday, Sept. 1, at 6:00 a.m. - 7:00 p.m.
  3. No programming discounts will be available.
  4. A 10% service charge will be deducted from all approved refunds. A prorated refund will be issued for any requests after the first class date from the date the office is notified. Refunds for one-day activities are not possible after the event. Refunds take about 3 weeks for processing and are mailed to the original payer.
  5. The Friendship Center and the Parks and Recreation Department reserve the right to cancel activities. Full refunds are given for any canceled programs.
  6. Fee Structure: R=Resident, NR=Non Resident, M=Friendship Center Member.
  7. Registration for a multi-session class is closed after the second meeting of the class.

### *Special Program Notes*

- ◆ Pre-registration for all programs is required and should be done at least one week prior to the activity. Waiting lists are established if activities become full.
- ◆ Members must pre-register for selected free classes.
- ◆ Classes have a minimum / maximum number of participants. Space is on a first come, first serve basis. Schedule subject to change at management's discretion.
- ◆ The registration deadline for a multi-session program is after the second class of the session.
- ◆ Walk-ins must sign in at the service desk to receive a class pass! Present pass to Instructor. Spaces in **many classes are limited and class walk-in may not be available.**
- ◆ All non-member program participants **MUST** present a program participation card (distributed on the first day of class) each time they enter the facility for a class. **Lost program cards are subject to a \$10.00 fee.** Members registered for a program can present their membership card at the service desk for entry into the facility.
- ◆ Make-up classes or switching of classes are not permitted unless approved by staff.

## ONLINE REGISTRATION

**Effective May 15:** The Friendship Center has updated the Membership and Programming software. **DO NOT** be alarmed. Most changes will be transparent to you. Your experience will appear very similar to what you are accustomed to, and will even provide some enhancements.

- **FREE** Classes now **FREE** with Online Registration.
- Debit and all major credit cards now accepted to pay for memberships and programs.
- Communication via email is available for classes, billing, and other information.

## THIS YEAR ONLY

**THE FRIENDSHIP CENTER WILL REMAIN OPEN! • AUGUST 27 – SEPTEMBER 2**

Special Hours: Sunday 12 p.m.-5 p.m. \* Mon – Fri: 5:30 a.m. – 7 p.m. \* Sat. 7 a.m. – 5 p.m.

We appreciate your patience throughout the recent construction!

SAVE THIS SCHEDULE FOR FUTURE REFERENCE!

# Friendship Center Members' FREE Classes



## 2017 FALL SESSION SCHEDULE

— EFFECTIVE SEPT. 24, 2017 —

(Non-Members Walk-in only \$10 per class) Fitness / \*Aquatic

### Mondays

8:30 am Senior Spin  
 8:30 am Step  
 9:30 am Light Lifting  
 10:30 am Zumba  
 10:30 am R.I.P.P.E.D  
 10:45 am \*Aquacise  
 12:00 pm Mid Day Rejuvenation  
 5:30 am Insanity  
 6:00 pm Combo  
 6:30 pm Spin Bootcamp  
 7:00 pm \*Aquacise  
 7:00 pm Abs, Back & Legs  
 7:00 pm Body Pump

### Tuesdays

5:45 am Spin  
 6:05 am \*Aquacise  
 8:30 am Senior Spin  
 9:00 am Body Pump  
 9:30 am \*Aquacise  
 10:00 am Beginner Yoga  
 5:00 pm CORE

5:15 pm Metabolic Express  
 5:30 pm Yoga  
 6:00 pm Low Impact Circuit  
 6:15 pm Spin  
 6:30 am Zumba  
 7:00 pm Fit Mix

### Wednesdays

8:30 am Senior Spin  
 8:30 am Step  
 9:30 am Lifting Workout  
 10:30 am Zumba  
 10:45 am \*Aquacise  
 11:30 am Zumba Gold  
 12:45 pm Chair Yoga  
 2:00 pm Gentle Yoga  
 6:00 pm Combo  
 7:00 pm \*Aquacise  
 6:45 pm Spin  
 7:15 pm Body Pump

### Thursdays

5:45 am Spin  
 6:05 am \*Aquacise

8:30 am Senior Spin  
 9:00 am Mix Yoga  
 9:30 am \*Aquacise  
 10:00 am Zumba  
 4:30 pm Body Pump  
 5:30 pm Beginner Yoga  
 6:30 pm Zumba  
 7:00 pm Fitness Mix

### Fridays

6:05 am \*Tone that Stomach  
 8:30 am Senior Spin  
 9:00 am Strength Fusion  
 9:00 am \*H2O Circuit  
 10:30 am \*Aqua Zumba  
 1:00 pm \*Aqua Yoga

### Saturdays

8:30 pm Body Pump  
 10:30 am Zumba

### Sundays

12:00 pm Mixed Yoga

\*\* Class schedule subject to change at management's discretion. Members must pre-register or obtain a Drop-in pass for free classes.

**BABYSITTING AVAILABLE - FREE FOR MEMBERS!** (Non-Member — \$4 per child per hour)

Babysitting Hours: Mon.-Fri., 9 a.m.-12 noon • Mon.-Fri., 4:30-8 p.m. • Sat., 9 a.m.-noon — For more info call 657-5635  
[www.friendshipcntr.com](http://www.friendshipcntr.com)



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