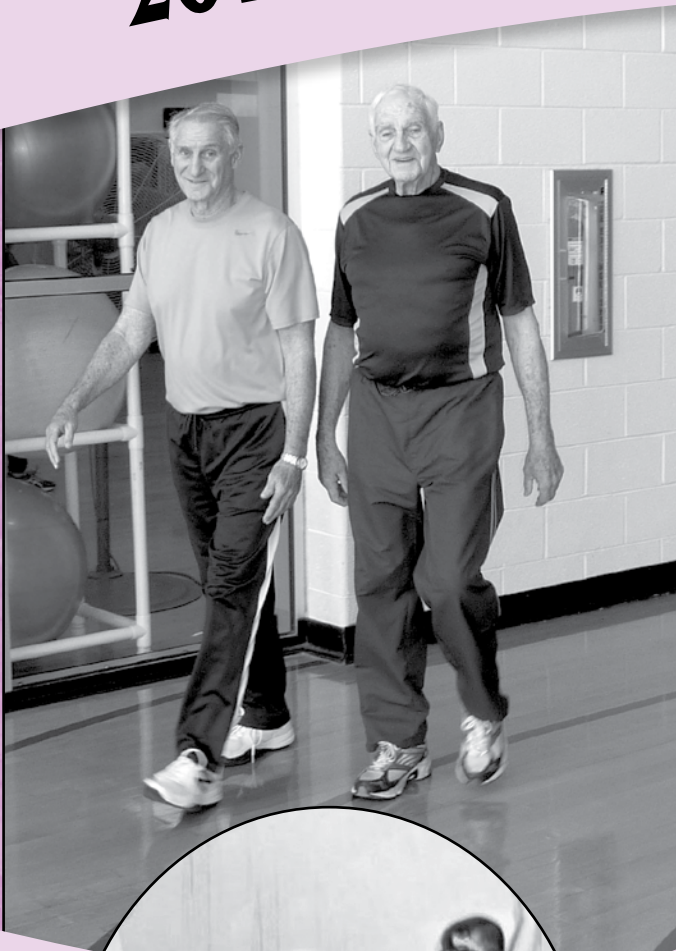


Friendship Center

family • fun • fitness

**FRIDAY FAMILY
FUN NIGHT**
MARCH 18
5:30-8:30 p.m.
See page 7
for details

2016 SPRING PROGRAM GUIDE



REGISTRATION BEGINS

FC Members (All FC Programs) — Monday, March 14

Aquatics Programs — Wednesday, March 16

All Other Programs — Friday, March 18

Visit us online at www.friendshipcntr.com

Lower Paxton Township Parks and Recreation

5000 Commons Drive, Harrisburg, PA 17112 • Phone 717-657-5635 • www.friendshipcntr.com

WELCOME



*Discover fun, new ways
to stay fit and active!*

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/ Massage Therapy discounts
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- Convenient Early Morning Hours
- Members Only Advance Registration

TABLE OF CONTENTS

Adult Sports/Leisure	12
Aerobics/Fitness/TRX.	9-11
Aquatics/Swim Lessons	14-15
Adult Arts/Crafts	13
Body Pump/Spinning/Zumba/Yoga.	10-11
Walk-In Class Schedule	20
Financial Assistance.	16
FC & Parks and Recreation Highlights.	4-5
Massage Therapy.	16
Membership and Pass Information.	3
Personal Training	16
Preschool	6-7
Program Registration/Procedures	19
Rentals	16
Seniors/Silver & Fit/Silver Sneakers.	18
Wellness.	17
Youth/Teen	7-8

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, New Year's Eve

INCLEMENT WEATHER

For closure information due to severe weather, please call the Center for details and re-opening information. Closures will be announced on radio stations WNNK 104.1, WRVV 97.3, and WITF 89.5 FM. 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 4.

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 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 Parks and Recreation Department at 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.
- Payment in full by cash, check, Visa, MasterCard, or Debit.
- Monthly bank draft available.



NO INITIATION FEES

2016 Membership Rates Categories	Lower Paxton Township Resident Discount Rate	Regular Rate
Youth/Student (13+ OR Full-Time College Student up to 22 years)	\$17.77/mo. (\$213 yr.)	\$19.30/mo. (\$232 yr.)
Adult Single (18+)	\$40.63/mo. (\$488 yr.)	\$44.88/mo. (\$539 yr.)
Adult Couple/Single Parent Family	\$56.53/mo. (\$678 yr.)	\$62.31/mo. (\$748 yr.)
Family	\$63.84/mo. (\$766 yr.)	\$70.81/mo. (\$850 yr.)
Senior Single (60+)	\$30.60/mo. (\$367 yr.)	\$33.58/mo. (\$403 yr.)
Senior Couple	\$45.22/mo. (\$543 yr.)	\$50.32/mo. (\$604 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 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.; \$15 daily 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 — \$8.00** — See page 20 for a schedule of classes that are available for walk-in visits, \$8 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

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,
& GLOBAL FIT**

*Find out if your insurance covers a membership
to the Friendship Center — 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:

Custodians / Facility Monitors / Lifeguards

Service Desk / Fitness and Swim Instructors

Applications being accepted as of January 1, 2016 for:
Summer Daycamp / Playground • Summer Brightbill Basketball

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.

(PROGRAM REGISTRATION DATES AND PROCEDURES ON PAGE 19)

**"THANK YOU"
TO OUR SPONSORS
FOR MAKING OUR MEMBER
APPRECIATION DAY A SUCCESS!**

**CRAVE / BUFFALO WILD WINGS
EDIBLE ARRANGEMENTS
SPRINT / COLOR ME MINE
CLASSIC DRY CLEANERS
BENTZ TOZER JR.**

**WE APPRECIATE
OUR 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 657-5635 for more information.

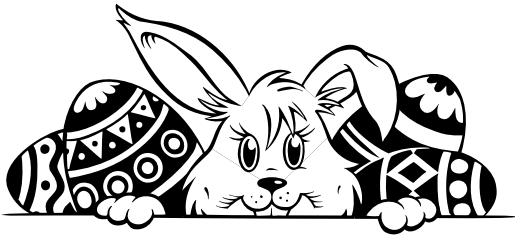
FRIENDSHIP FRIDAYS FIRST FRIDAY OF EACH MONTH

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

Friday, March 4 • Friday, April 1 • Friday, May 6

*All friends must have photo identification.
Non member guest limit one visit per 6 months.*

FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS



Breakfast with the Easter Bunny

Eat breakfast with the Easter Bunny! It's a fun-filled morning to share together with family and friends. Everyone attending must pre-register by March 3; \$7 per attendee; no refunds. Reservations required. Craft provided by Color Me Mine. Bring your Easter basket for an egg hunt!

Date: Saturday, March 12, 9:00 a.m. (#18739)

Easter Egg Stravaganza

Mark your calendars for this EGGciting EGG hunt co-sponsored by the Parks & Recreation Department and Bitting Recreation. Free for children 2-10 years old. Bring your basket to hunt for eggs and prizes! The Easter Bunny will be there too!

Date: Saturday, March 19, at 1:00 p.m. at Brightbill Park

11th Annual Trash (Can) to Treasure Project

Become a public artist! — Have your work displayed in one of Lower Paxton Township's Parks! Groups and individuals are invited to beautify township parks by transforming plain green barrel trash cans into functional pieces of art. Registration forms due by April 8. Paint cans on your own from April 18-29. Reserve your can at the Friendship Center, 657-5635. Pick up and return trash cans at the FC.

Kids Yard Sale

For ages 5-16 to sell their toys, games, collectibles, bikes, etc. All children must have adult supervision and will receive a 10x10 space with one table. Kids only - no commercial / adult sales. Must pre-register by April 21, no refunds after pre-registration date.

Date: Saturday, April 23, 2016, 9:00 a.m. (#19172)

Location: Friendship Center Parking Lot

Fee: \$10R / \$12NR / Members Free (No Shows \$10 Fee)

Summer Playground Program

The Playground Program runs from 9 a.m. -12 noon. Pre-school programs for ages 3-5 years as follows: Mon. and Wed. - Kohl Park; Tues. and Thurs. - Koons and Brightbill Parks. A \$1.00 fee is collected each preschool day. Youth programs for ages 6-12 years meet Mon. through Fri. at Lamp-light, Koons and Brightbill Parks. A \$1.50 craft fee is collected weekly. One time yearly non-refundable registration fee is \$30, payable on first day of attendance.

Dates: June 13-Aug. 5 (Closed July 4)

Friendship Center

Summer Day Camp!



Photo courtesy of Jostenski.com

Campers build friendships while enjoying recreational swimming, social activities, arts and crafts, reading, fun sport competitions, organized games, theme weeks and field trips*.

Dates: Mon.-Fri. • 7 a.m.- 6 p.m., June 13 - Aug. 19

Ages 5-11 — Friendship Center (must have completed Kindergarten)

Ages 12-14 — Colonial Park UCC

Weekly Fee: \$130M / \$150R / \$155NR

*Field trips are optional, at additional cost.

Registration begins in March — Call 657-5635, ext. 103 for details

~ SAVE THE DATE! ~

FAMILY FUN NIGHT

Friday, March 18 (see page 7)

BOOK CLUB

Tuesday, March 29, at 7:00 p.m. (see page 12)

AUTHOR NIGHT - JON D. KURTZ

Wednesday, March 30, 7:00 p.m. at East Shore Library

TGIF SUMMER CONCERTS AT HEROES GROVE

Friday, June 17 - LPT Variety Band

Friday, July 15 - The Little Brother Band / Mr. Music

Friday, July 29 - New Direction

Friday, August 19 - Steve Rudolph

ARTS & PARKS 5K RUN/WALK

Saturday, July 16, at the Friendship Center

PRESCHOOL ACTIVITIES

~ **IMPORTANT!** ~

FALL 2016 PRESCHOOL PROGRAMS EARLY REGISTRATION

9 MONTH SCHOOL YEAR WITH *MONTHLY DUES

Registration begins at 8:00 a.m.

*for Returning Students on March 21 (members),
March 23 (non-members), & March 24 (new students)
Must register in person at the Friendship Center.*

ALL CHILDREN NEED TO BE OF AGE BY 9/1/16

Morning Fun Time (Ages 2½-3)

Mon./Wed., 9:30-11:30 a.m. (9/7/16-5/31/17) (#18933)
Fee (monthly): \$82.90R/\$86.50NR/\$67.60M

Preschool Pals (Ages 3-4)

A. Tue./Thu., 9:30 a.m.-noon (9/6/16-6/1/17) (#18934)
B. Tue./Thu., 1:00-3:30 p.m. (9/6/16-6/1/17) (#18935)
Fee (monthly): \$92.80R/\$97.30NR/\$78.40M

Learning Fun Pre-K Class (Ages 4-5)

A. Mon./Wed./Fri., 9:30 a.m.-noon (9/7/16-6/2/17) (#18931)
B. Tue./Wed./Thu., 1:00-3:30 p.m. (9/6/16-6/1/17) (#18932)
Fee (monthly) \$127.90R/\$131.50NR/\$105.40M

Fun For One (Ages 12-24 mos. w/parent)

A. Tues., 9:30-10:30 a.m. (9/6/16-5/30/17) (#18939)
B. Fri., 11 a.m.-noon (9/9/16-6/2/17) (#18940)
Fee (monthly): \$27.10R/\$28.90NR/\$22.60M

Double Play (Ages 2-3 w/parent)

A. Tues., 10:45 a.m.-noon (9/6/16-5/30/17) (#18937)
B. Fri., 9:30-10:45 a.m. (9/9/16-6/2/17) (#18938)
Fee (monthly): \$30.70R/\$32.50NR/\$26.20M

Twos Together (Age 2)

Thur., 9:30-11:30 a.m. (9/8/16-6/1/17) (#18936)
Fee (monthly): \$40.60R/\$43.30NR/\$35.20M

*Payment Policy: Monthly Bankdraft

First month's fee is due with pre-registration form, payable by cash, check or VISA/MC. 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 REFUND.

For details call 657-5635, ext.112.

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

Jan. 12 - Apr. 8 (closed 3/4, 3/25)

\$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.

Dates: Thurs., 9-9:40 a.m., Apr. 14-May 19

Location: Friendship Center, Gym #2

Fee: \$66R/\$69NR/\$53M (#19090)

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.

Dates: Thurs., 9:45-10:30 a.m., Apr. 14-May 19

Location: Friendship Center, Gym #2

Fee: \$66R/\$69NR/\$53M (#19088)

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., Apr. 4-May 9 (#18991)

Ages 4-5: Wed., 4-4:45 p.m., Apr. 6-May 11 (#18990)

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

Fee: \$35R/\$38NR

Batter UP! w/Ricardo (Ages 4-6) (4 classes)

Tee-ball clinic with skills, drills, and games. Great pre-season warm-up. Parent participation expected.

Dates: Mon., 6:30-7:15 p.m., Mar. 14-Apr. 4 (#18868)

Mon., 6:30-7:15 p.m., Apr. 18-May 9 (#19159)

Mon., 6:30-7:15 p.m., May 23-June 20 (#19160)

Location: Kohl Park

Fee: \$45R/\$50NR

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

(Must be age 3 as of 9/1/15) Intro to soccer with age-appropriate skills, drills and games.

Dates: Mon., 5:45-6:30 p.m., Mar. 14-Apr. 4 (#18871)

Mon., 5:45-6:30 p.m., Apr. 18-May 9 (#19156)

Mon., 5:45-6:30 p.m., May 23-June 20 (#19157)

Location: Kohl Park

Fee: \$45R/\$50NR

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

Zumba for kids! Fun and fitness all in one!

Dates: Thurs., 5:45-6:15 p.m., Apr. 7-May 12

Location: Friendship Center, Room 112

Fee: \$42R/\$45NR/Members free! (#18974)



**REGISTER FOR YOUR
FAVORITE CLASSES ONLINE!
www.friendshipcntr.com**

PRESCHOOL / YOUTH & TEEN ACTIVITIES

Friday Family Fun Night

PRESCHOOL OPEN HOUSE

5:30 - 7:00 p.m.



FRIDAY
MARCH 18
5:30-8:30 p.m.

FAMILY FUN ACTIVITIES

Come out and play for an evening of family fun. Enjoy an evening spent swimming with your family and others, and participate in organized activities held in the gym.

Date: Friday, March 18, 5:30-8:30 p.m.

Fee: FREE to Members / \$5 per person non-member

Little Aces Tennis w/Mo C. (Ages 4-5) (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.

Dates: Sat., 9-9:45 a.m., Mar. 26, Apr. 9, 16, 23 (#19117)

Sat., 9-9:45 a.m., May 7, 21, 28, June 4 (#19118)

Sat., 9-9:45 a.m., June 11, 18, 25, July 2 (#19120)

Location: Brightbill Park

Fee: \$45R/\$50NR

Biddy Basketball (Ages 5-7) (8 classes)

An instructional program with mini-games each week.

Dates: Tues., 6-7 p.m., June 7-July 26

Location: Brightbill Park

Fee: \$60R/\$63NR (#19154)

Soccer League w/Coach Ricardo (Ages 4-18) (4 classes)

Session One spring soccer features light practice and game play format. Field locations vary.

Dates: Sat./Sun., 12-4 p.m.(TBA), Mar. 12, 13, 19, 20

Location: Sports City, 4141 Linglestown Rd.

Fee: \$65R/\$70NR (#19155)

Pee Wee Golf w/Bumble Bee (Ages 5-9) (4 classes)

Taught by age-specific instructors in an enjoyable, non-threatening atmosphere.

Dates: Sat., 3-3:30 p.m., Apr. 16- May 7 (#19139)

Sat., 11:30 a.m.-12 p.m., May 28-June 18 (#19138)

Location: Bumble Bee Hollow

Fee: \$60R/\$63NR

Youth Express w/Tomeka (Ages 6-10)

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

Dates: Sat., 9:30-10:15 a.m., Apr. 9-May 28

Location: Friendship Center, Room 118

Fee: \$46R/\$49NR/Members free! (8 classes) (#18984)

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., Mar. 26-Apr. 30

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$61R/\$64NR (6 classes) (#19153)

Kidding Around Yoga w/Erika (Ages 6-10)

"KAY" incorporates cardiovascular conditioning, fun, music, plus traditional Yoga benefits; breathing techniques, peace, and deep relaxation.

Dates: Tues., 5:30-6:30 p.m., Apr. 5-May 24

Location: Friendship Center, Room 106

Fee: \$46R/\$49NR/Members free! (8 classes) (#18973)

Art Rocks w/Tavia (Ages 7-11) (4 classes)

Have fun investigating art history and philosophy while building confidence in their art-making abilities. A variety of engaging projects that capture imaginations and get them working in a variety of art media/methods.

Dates: Fri., 4:45-6:15 p.m., Apr. 8-Apr. 29 (#18988)

Fri., 4:45-6:15 p.m., May 13-June 3 (#18989)

Location: Friendship Center, Room 112

Fee: \$72R/\$75NR/\$62M

YOUTH AND TEEN (CONT.)

Brightbill Basketball League (Ages 8-17)

Summer recreational league for organized teams and free agents! League begins end of May - first week of August. Online registration runs through Friday, April 1. For more info go to: brightbillbasketball.com

Locations: Brightbill and Koons Park

Fee: Per Player - \$65R/\$70NR

Summer 2016 Daycamp at the Friendship Center!

Children will love the fun activities camp provides for school aged youth. See page 5 for details.



Fundamentals of Hoops w/Josiah (Ages 5-12)

Learn the basics which assist in developing a great player.

Ages 5-7: Wed., 5:15-6 p.m., Apr. 6-May 25 (#19093)

Ages 8-12: Wed., 6-6:45 p.m., Apr. 6-May 25 (#19092)

Location: Friendship Center, Gym #3

Fees: \$70R/\$73NR/\$55M (8 classes)

Individual Agility & Basketball Conditioning Training w/Josiah (6-40 minute lessons)

Works on conditioning, agility, movement on court, footwork & shooting skills.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym and Fitness Center

Private: \$155R/\$160NR/\$135M per person (#19094)

Semi-Private (max 2): \$130R/\$135NR/\$110M pp (#19096)

***Tri-group (per person):** \$102R/\$107NR/\$82M (#19098)

***Group-Private (class of 4):** \$90R/\$95NR/\$72M per person (#19100) (*must register as group)

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., 6:15-7 p.m., Apr. 5-May 10

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

Fee: \$47R/\$52NR (#18992)

Spring Football League w/Ricardo (Ages 8-14)



Players develop skills through two-hand touch games.

Dates: Sat., 4:50-5:40 p.m., Apr. 9-May 14 (#19161)

Mon., 7:15-8:15 p.m., May 23-June 20 (#19173)

Location: Kohl Park

Fee: \$55R/\$60NR (4 or 5 classes)

Kickball/Dodgeball Derby w/Ricardo (Ages 8-14)



Duck, dive, dodge & kick it in this fun fitness circuit!

Dates: Sat., 4-4:50 p.m., Apr. 9-May 14 (no class 4/30)

Location: Kohl Park

Fee: \$55R/\$60NR (#19162) (5 classes)

American Red Cross Babysitting Certification

For ages 11 and up. Must attend all classes and pass test. Certified sitters' names may be kept on file for future sitter references. Good for kids home alone!

A. Mon., Wed., Thur., 6-9 p.m., Apr. 11, 13, 14 plus test date Fri., Apr. 15, 7-8:30 p.m. (#18943)

B. Mon., Wed., Thur., 6-9 p.m., Apr. 18, 20, 21 plus test date Fri., Apr. 22, 7-8:30 p.m. (#18944)

Location: Friendship Center, Room 106

Fee: \$65R/\$70NR/\$53M

Junior Golf (Ages 10-15) (4 classes)



Progressive and fun series that covers all aspects of the game from putting to full swing.

Dates: Sat., 10-11 a.m., May 28-June 18

Location: Bumble Bee Hollow

Fee: \$60R/\$63NR (#19142)

Youth Beginner Tennis w/Mo C. (Ages 6-10) (4 classes)



Players sharpen their ABC's (agility, balance, and coordination) and develop movement and footwork patterns. Some play based games. Bring a racquet & water.

Dates: Sat., 10-11 a.m., Mar. 26, Apr. 9, 16, 23 (#19122)

Sat., 10-11 a.m., May 7, 21, 28, June 4 (#19123)

Sat., 10-11 a.m., June 11, 18, 25, July 2 (#19125)

Location: Brightbill Park

Fee: \$50R/\$55NR

Youth Advanced Beginner/Intermediate Tennis w/Mo C. (Ages 7-12) (4 classes)



Develop stroke techniques; low-pressure, competitive games used to apply lessons learned. Bring racquet/water.

Dates: Sat., 11 a.m.-12 p.m., Mar. 26, Apr. 9, 16, 23 (#19127)

Sat., 11 a.m.-12 p.m., May 7, 21, 28, June 4 (#19128)

Sat., 11 a.m.-12 p.m., June 11, 18, 25, July 2 (#19130)

Location: Brightbill Park

Fee: \$50R/\$55NR

NEW! PAINT & CREATE PARTY PACKAGES

Party participants create their own masterpieces. No art experience is needed - instruction and supplies are provided.

For more information call 657-5635, ext. 115
jgrant@lowerpaxton-pa.gov



CERTIFICATION CLASSES

Healthcare Provider CPR w/South Central EMS (Ages 15+)

Adult and pediatric CPR, two rescuer scenarios, use of bag valve mask, AED, and barrier devices. Certification card issued for successfully completing a written and skills exam.

Date: Wednesday, March 30, 6-9 p.m.

Location: Friendship Center, Room 106

Fee: \$50R/\$53NR/\$40M (#18946)

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

Hands-on skills in a low stress environment; for all members of the community. CPR, AED use, and relief of choking for adults, children and infants.

Date: Thursday, March 31, 6-9 p.m.

Location: Friendship Center, Room 106

Fee: \$43R/\$46NR/\$35M (#18947)

SHALLOW WATER LIFEGUARDING CERTIFICATION

(See page 15)

ADULT FITNESS / TRX

TRX Kettlebell: Circuit Conditioning w/Karen (18+)

Suspension training exercises & kettlebell conditioning intervals. Improve your strength, mobility and balance.

Session I: Tues./Thurs., 9:15-10 a.m., Apr. 5-May 12 (#19069)

Session II: Tues./Thurs., 9:15-10 a.m., May 17-June 23 (#19070)

Location: Friendship Center, Track/Room 112

Fee: \$70R/\$73NR/\$55M (12 classes)

Spinning w/Karen (Ages 16+) (20 classes)

Build up strength/endurance/burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., Apr. 4-June 13

Location: Friendship Center, Room 115

Fee: \$84R/\$87NR/\$70M (#18968)

Large Group Training w/Karen (Ages 18+) (6 classes)

Variety of cardio + strength with a "Bootcamp feel" to it using — TRX, bosus, battle ropes, med balls; you name it!

Session I: Wed., 9:30-10:30 a.m., Apr. 6-May 11 (#19067)

Session II: Wed., 9:30-10:30 a.m., May 18-June 22 (#19068)

Location: Friendship Center, Gym #3

Fee: \$51R/\$54NR/\$40M

Kettlebells & Bootcamp w/Karen (Ages 18+)

A dynamic full body conditioning workout that can burn calories like no other strength tool!

Session I: Mon./Wed., 6-7 p.m., Apr. 4-May 11 (#19071)

Session II: Mon./Wed., 6-7 p.m., May 16-June 27 (#19072)

Location: Friendship Center, Room 112

Fee: \$70R/\$73NR/\$55M (12 classes)

ADULT FITNESS / TRX

Weekday Warrior Circuit w/ Greg, C.P.T. (Ages 16+)

Training geared toward competitive obstacle races.

Individual and team based training using functional fitness, running and bodyweight exercises to enhance physical fitness. Accept the challenge!

Session I: Mon./Wed., 6-7 p.m., Apr. 4-May 4 (#19115)

Session II: Mon./Wed., 6-7 p.m., May 16-June 20 (#19116)

Location: Friendship Center, Room 112

Fee: \$60R/\$63NR/\$45M (10 classes)

Stacked w/Karen (Ages 18+) (12 classes)

Small group personal training; establish a lifting regimen designed specifically for your strength needs/goals.

Session I: Tues./Thurs., 10:30-11:15 a.m., Apr. 5-May 12 (#19106)

Session II: Tues./Thurs., 10:30-11:15 a.m., May 17-June 23 (#19107)

Session I: Tues./Thurs., 5:45-6:30 p.m., Apr. 5-May 12 (#19110)

Session II: Tues./Thurs., 5:45-6:30 p.m., May 17-June 23 (#19111)

Fee: \$70R/\$73R/\$55M

New! Stacked participants can Add a Day (limit one per session)

Session I: Fri., 11:30 a.m.-12:15 p.m., Apr. 8-May 13 (#19108)

Session II: Fri., 11:30 a.m.-12:15 p.m., May 20-June 24 (#19112)

Session I: Sat., 7:15-8 a.m., Apr. 9-May 14 (#19109)

Session II: Sat., 7:15-8 a.m., May 21-June 25 (#19113)

Fee: \$12R/\$15R/\$10M (6 classes)

Location: Friendship Center, Fitness Center

Shockwave w/Karen (Ages 18+) (12 classes)

Keeps you in a target heart rate zone to stimulate metabolism, tone and increase energy. For all levels. Workouts include rowing, treadmill and weight room. A functional screening will be performed for new participants.

Session I: Mon./Fri., 10:30-11:30 a.m., Apr. 4-May 13 (#19073)

Session II: Mon./Fri., 10:30-11:30 a.m., May 16-June 27 (#19074)

Location: Friendship Center, Fitness Center

Fee: \$65R/\$68NR/\$55M

Stretch/Yoga w/Karen* (Ages 18+) (6 classes)

*Class is available only for those participants registered in any of Karen's classes on this page.

Session I: Wed., 9-9:30 a.m., Apr. 6-May 11 (#19075)

Session II: Wed., 9-9:30 a.m., May 18-June 22 (#19076)

Session I: Wed., 7-7:20 p.m., Apr. 6-May 11 (#19077)

Session II: Wed., 7-7:20 p.m., May 18-June 22 (#19078)

Location: Friendship Center, Gym #3/*Room 112

***Fee:** \$5R/\$8NR/Members Free

FRIDAY FAMILY FUN NIGHT!

MARCH 18 5:30-8:30 P.M.

FREE FOR MEMBERS!

See page 7



BODY PUMP™ / SPIN

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., 7:15-8:15 p.m., Apr. 4-June 13 (C) (#19167)

Tues., 9-10 a.m., Apr. 5-June 7 (MJ) (#19169)

Wed., 7:15-8:15 p.m., Apr. 6-June 8 (J) (#19168)

Thurs., 4:30-5:30 p.m., Apr. 7-June 9 (J) (#19170)

*Sat., 8:30-9:30 a.m., Apr. 9-June 11 (C, J, S) (#19171)

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

Location: Friendship Center, Room 118, *East Annex

Fee: \$60R/\$63NR/\$40M

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., March 29

Location: Friendship Center, Room 115

Fee: \$5R/\$8NR/Members free! (#19102)

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., 7-8 p.m., Apr. 4-June 13

Location: Friendship Center, Room 118/115

Fee: \$60R/\$63NR/Members free! (#19105)

Spinning™ (Ages 16+)

Spinning is an awesome low impact workout — limited space!

Dates: Tues., 6:15-7 p.m., Apr. 5-June 7 (R) (#18964)

Wed., 7-7:45 p.m., Apr. 6-June 8 (C) (#18965)

Thurs., 6:15-7 p.m., Apr. 7-June 9 (R) (#18963)

Fee: 1/week (45 mins.) \$60R/\$63NR/Members free!

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

Tues./Thurs., 5:45-6:30 a.m., Apr. 5-June 9 (MJ) (#18966)

Tues./Thurs., 4:30-5:15 p.m., Apr. 5-June 9 (Mi) (#18967)

Fee: 2/week (45 mins.) \$80R/\$83NR/Members free!

Location: Friendship Center, Room 115

Instructor code: (MJ) Mary Jo, (R) Roxane, (C) Carly, (Mi) Michele

Senior Spin (Ages 50+) (20 classes)

For seniors and/or active adults.

Dates: Mon./Wed., 8:30-9:15 a.m., Apr. 4-June 13 (#19079)

Fri., 8:30-9:15 a.m., Apr. 8-June 10 (#19080) (10 classes)

Location: Friendship Center, Room 115

Fee: \$80R/\$83NR/Members free! (2 day) (Mon./Wed.)

Fee: \$60R/\$63NR/Members free! (1 day) (Fri.)

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

YOGA / PILATES

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., Apr. 6-June 8

Location: Friendship Center, East Annex

Fee: \$70R/\$73NR/\$48M (#19087)

Friendship FREE Fitness Classes ~ Helpful Tips

Friendship FREE Fitness schedule - see page 20.

- ① Pre-register / reserve your spot; Member Registration begins March 14 at 6 a.m.
- ② Members can drop-in to a Friendship FREE class if space is available. Stop by the Service Desk for a pass.
- ③ Classes are designed for ages 16+. Youth ages 13-15 may register and attend if they are accompanied by a parent.

LOOK FOR THE FRIENDSHIP FROG 

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., Apr. 5-June 7 (A) (#19084)

*Thurs., 5:30-6:30 p.m., Apr. 7-June 9 (TBD) (#19085)

Instructor Code: (A) Ashley, (TBD) To Be Determined

Location: Friendship Center, Room 118 /*East Annex

Fee: \$75R/\$78NR/Members free!

Gentle Yoga w/Sharon (10 classes)

Slower paced class using both seated and standing 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., Apr. 6-June 8

Location: Friendship Center, Room 118

Fee: \$75R/\$78NR/Members free! (#19066)

Mixed Level Yoga (10 classes)

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

Dates: Sun., 12-1 p.m., Apr. 3-June 5 (D) (#18962)

*Tues., 5:30-6:30 p.m., Apr. 5-June 7 (G) (#18960)

Thurs., 9-10 a.m., Apr. 7-June 9 (A) (#18961)

Instructor Code: (D) Darla, (G) Gina, (A) Ashley

Location: Friendship Center, *East Annex/Room 118

Fee: \$75R/\$78NR/Members free!

AEROBICS / ZUMBA / FITNESS (CONT.)

Metabolic Express Workout w/Denise

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., Apr. 5-June 7 (#18948)

*Thurs., 5:15-5:55 p.m., Apr. 7-June 9 (#18949)

Location: Friendship Center, Room 118 / *Gym 2

Fee: \$60R/\$63NR/Members free! (10 classes)

P90X Live! w/Bryan (10 classes)

Challenging full body strength training for cardio, upper, lower & core. Multi-faceted resistance & functional training regimen; modifiable for all fitness levels.

Dates: Wed., 6:30-7:25 p.m., Apr. 6-June 8

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#19164)



Low Impact w/Lynn (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., Apr. 4-June 13

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#19086)

50+ Fitness (10 classes)

Cardio/resistance training to stay fit or get in shape.

Dates: Mon., 6-7 p.m., Apr. 4-June 13

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#19165)

Combo w/Sunny & Keli (20 classes)

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

Dates: Mon./Wed., 6-7 p.m., Apr. 4-June 13

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#18971)

Abs, Back & Legs w/Keli (10 classes)

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

Dates: Mon., 7-8 p.m., Apr. 4-June 13

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18970)

Step Conditioning w/Janeal (10 classes)

Single, double or quad step choreography with a segment of hand weights and abs. Keeps you moving.

Dates: Tues., 6-7 p.m., Apr. 5-June 7

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18958)

Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., Apr. 5-June 9

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#18950)

Lifting Workout (10 classes)

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

Dates: Wed., 9:30-10:30 a.m., Apr. 6-June 8

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#19114)



R.I.P.P.E.D. w/Olga (10 classes)

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

Dates: Thurs., 6-7 p.m., Apr. 7-June 9

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18959)

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., Apr. 9-June 11

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18969)

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., Apr. 4-June 13 (J) (#18952)

Wed., 10:30-11:30 a.m., Apr. 6-June 8 (A) (#18953)

Thurs., 10-11 a.m., Apr. 7-June 9 (J) (#18956)

*Thurs., 6:30-7:30 p.m., Apr. 7-June 9 (L) (#18954)

Fri., 9-10 a.m., Apr. 8-June 10 (A, J) (#18955)

Sat., 10:30-11:30 a.m., Apr. 9-June 11 (J) (#18957)

Instructor Code: (A) Alicia, (L) Lynn, (J) Julie

Location: Friendship Center, Room 118/*East Annex

Fee: \$60R/\$63NR/Members free!

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., Apr. 6-June 8

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18951)

GOT PHOTOS?

Did you capture some great images at a special event, program or park? If so, we would love for you to share them with us for possible use in our upcoming publications! Please email your high-resolution pictures to rscott@lowerpaxton-pa.gov or drop them off at the Friendship Center!

SPORTS / LEISURE


Book Club at the Friendship Center

“The 100 Year Old Man Who Climbed Out the Window and Disappeared” by Jonas Johansen. Free participation. Read the book in advance and join us for a group discussion.
Date: Tuesday, March 29, 7:00 p.m.

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: Thurs., 10-11 a.m., Apr. 7-June 9
Location: Friendship Center, Room 112
Fee: \$80R/\$83NR/\$52M (10 classes) (#18972)

Adult Men’s Open-Rec Basketball (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., Apr. 5-June 7 (#19081)
 Thurs., 7-9 p.m., Apr. 7-June 9 (#19083)
 -OR- Sat., 8-9:30 a.m., Apr. 9-June 11 (#19082)
Location: Friendship Center, Gym #2/#3
Fee: \$75R/\$80NR/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., Apr. 5-May 10
Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.
Fee: \$40R/\$45NR (#18993)

Women’s & Teen’s Self Defense (Ages 12+) (4 classes)

Geared to develop defensive techniques.
Dates: Wed., 7-8 p.m., Apr. 6-27
Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.
Fee: \$30R/\$33NR (#18994)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.
Dates: Tues., 3-4 p.m., Apr. 5-June 7
Location: Friendship Center, Room 118
Fee: \$42R/\$45NR/Free to Members! (#18987)

Pickleball

MONDAYS, WEDNESDAYS, FRIDAYS

EVENING HOURS:

MONDAYS, 7:30 - 9:30 p.m.

WEDNESDAYS, 7:00 - 9:00 p.m.

Free to Members / Non-members: \$4




10:30 a.m.-
12:30 p.m.

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., Mar. 24-Apr. 28
Location: Harrisburg Academy of Dance, 4409 Locust Ln.
Fee: \$61R/\$64NR (6 classes) (#19152)

“Nitro Kick” w/Master Fox (Ages 16+) (5 classes)

Cardio kickboxing fun and fitness added together to burn baby burn those calories! 
Dates: Thur., 6:45-7:45 p.m., Apr. 7-May 5
Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.
Fee: \$40R/\$45NR (#18995)

Smart Phone 101 w/Sprint

Basics as well as more involved features will be covered for both Android and Apple smartphones.
Dates: Wed., Mar. 16, 10-11 a.m. (#18797) or 6-7 p.m. (#18798)
 Wed., Apr. 20, 10-11 a.m. (#18877) 6-7 p.m. (#18878)
 Wed., May 18, 10-11 a.m. (#18879) 6-7 p.m. (#18880)
Location: Friendship Center, Social Hall
Fee: Free! Must Pre-register

Adult Golf w/Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting, chipping and equipment.
Dates: Wed., 5:30-6:30 p.m., Apr. 27-May 18 (#19146)
 Tue., 5:30-6:30 p.m., May 31-June 21 (#19147)
Advanced Beginner: Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.
Dates: Sat., 10-11 a.m., Apr. 23-May 14 (#19150)
Location: Bumble Bee Hollow
Fee: \$70R/\$73NR

Adult Beginner/Intermediate Tennis w/Mo C. (Ages 14+) (4 classes)

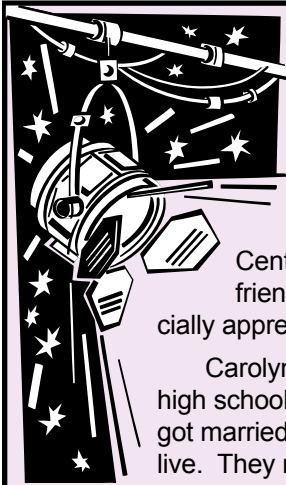
Learn proper grip, stroke techniques and body mechanics. Court strategy introduced through play based games.
Dates: Sat., 12-1 p.m., Mar. 26, Apr. 9, 16, 23 (#19132)
 Sat., 12-1 p.m., May 7, 21, 28, June 4 (#19133)
 Sat., 12-1 p.m., June 11, 18, 25, July 2 (#19134)
Location: Brightbill Park
Fee: \$50R/\$55NR

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 (#19136)
Semi-Private: (max 2): \$120R/\$125NR per person (#19137)

ADULT ARTS & CRAFTS

FAMILY, FUN & FITNESS



FAMILY SPOTLIGHT

~ The Cornthwaite Family ~

The Cornthwaite Family first discovered the Friendship Center as participants in the indoor playground program "Kids Korner". With three young children, the Friendship Center allows for lots of fun and recreation, and they liked the friendliness and cleanliness they found at the facility. They especially appreciated the welcoming staff of the babysitting room.

Carolyn Maybin and Ben Cornthwaite had been friends since their high school days in King of Prussia. They reconnected after college and got married in 2007 at Chincoteague Island, where Carolyn's parents live. They moved to the Harrisburg area in 2008 and joined the Friendship Center in 2014.



Carolyn graduated from Shippensburg University and works for Keystone Human Services in a residential home. She's an avid runner who is working towards participating in the Hershey 10K. At the center she participates in fitness classes including Yoga, Body Pump and Abs, Back and Legs. She also utilizes the step mill, treadmills and weight equipment. She loves spending time in the pool with her girls after her workouts.

Ben, an Audio Engineering graduate of Full Sail University in Florida, works as director of operations for PSAV at the Hershey Lodge. He enjoys lap swimming at the Friendship Center and occasionally utilizes the EFX machine in the fitness center when his wife "makes him."

The three Cornthwaite girls, Cecelia (6), Georgia (5) and Rosalie (1), love playing in the pool and spending time in the babysitting room. Ben and Carolyn keep them active in a variety of programs at the FC including Learning Fun Time, swim lessons, gymnastics, Zumba Kids, Kidding Around Yoga and Kids Korner.

The Friendship Center provides something for the entire family but most importantly, the facility offers them a great opportunity to recreate as a family. Together, they can have fun and get fit all at the same time!

ADULT ARTS & CRAFTS

Painting w/Jonathan (10 classes)

Group instruction is on oil paint but Jonathan will work individually with other mediums. Sketching, color mixing and painting techniques. Instructor provides oil painting supplies for the first 2 classes. For all levels.

Dates: Tues., 6:50-8:50 p.m., Apr. 5-June 7

Location: Friendship Center, Room 109

Fee: \$96R/\$99NR/\$80M (#19104)

Adult Art Class w/Don (10 classes)

Any type of art: pastels, inks, painting. Bring your own supplies.

Dates: Wed., 1-3:30 p.m., Apr. 6-June 8

Location: Friendship Center, Room 112

Fee: \$200R/\$210NR/\$180M (#18945)

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 SKI/ AMUSEMENT PARK TICKETS**

Cash and Charge only, No Checks

***2016 PARK PAVILION RENTALS**

Stop in or call ext. 103.

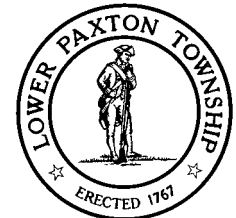
***2016 BALL FIELD / COURT RENTALS**

For 2016 reservation request information please call ext. 109.

***2016 SUMMER DAYCAMP INFORMATION**

Registration begins in March, 2016

Call ext. 103 for an informational packet.



ONLINE REGISTRATION

www.friendshipcntr.com

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

If your email address is not in our system, please call the Friendship Center to activate your online account — (717) 657-5635.

SWIM LESSONS



FEEES FOR GROUP SWIM LESSONS: \$55 M / \$82 R / \$85 NR (8 classes)

Registration begins at 6:00 a.m. March 14 (for Members) & March 16 (for Non-Members) at the Friendship Center (717-657-5635) or Online (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.

SPRING SESSION DATES	Mondays, March 28 - May 16 Tuesdays, March 29 - May 17 Wednesdays, March 30 - May 18	Thursdays, March 31 - May 19 Saturdays, April 2 - May 21 Sundays, April 3 - May 22
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Parent/Tot I (Ages 3 & under)

Orientation to water awareness and safety. Parent/child.

- Tues., 9:30 a.m. (#18998)
- Tues., 5:00 p.m. (#18997)
- Wed., 9:30 a.m. (#18996)
- Sat., 10:10 a.m. (#18999)
- Sat., 11:00 a.m. (#19000)

Parent/Tot II (Ages 3 & under)

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

- Tues., 10:10 a.m. (#19001)
- Tues., 5:40 p.m. (#19002)
- Wed., 10:10 a.m. (#19003)
- Wed., 6:20 p.m. (#19004)
- Sat., 9:40 a.m. (#19005)

Twos Tots (Age 2)

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

- Mon., 5:40 p.m. (#19006)
- Tues., 10:50 a.m. (#19007)
- Sat., 11:30 a.m. (#19008)

Tiny Tots (Age 3)

Beginner skill development and water safety.

- Mon., 9:30 a.m. (#19012)
- Wed., 10:50 a.m. (#19010)
- Wed., 5:00 p.m. (#19009)
- Thurs., 10:10 a.m. (#19011)
- Sat., 8:10 a.m. (#19013)
- Sat., 10:50 a.m. (#19014)

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

Beginner skills and water safety.

- Mon., 10:10 a.m. (#19018)
- Mon., 5:00 p.m. (#19019)
- Mon., 6:20 p.m. (#19020)
- Tues., 6:20 p.m. (#19015)
- Thurs., 9:30 a.m. (#19016)
- Thurs., 5:00 p.m. (#19017)
- Sat., 8:50 a.m. (#19021)
- Sat., 10:20 a.m. (#19022)
- Sun., 12:10 p.m. (#19023)

Angel Fish II (Ages 4 & up)

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

- Mon., 10:50 a.m. (#19027)
- Tues., 7:00 p.m. (#19026)
- Wed., 5:40 p.m. (#19024)
- Thurs., 5:40 p.m. (#19025)
- Sat., 8:20 a.m. (#19028)
- Sat., 9:30 a.m. (#19029)
- Sun., 12:50 p.m. (#19030)

Blue Fish (Ages 4 & 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. (#19033)
- Thurs., 10:50 a.m. (#19032)
- Thurs., 6:20 p.m. (#19031)
- Sat., 9:00 a.m. (#19034)
- Sun., 1:30 p.m. (#19035)

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. (#19036)
- Sat., 11:40 a.m. (#19038)
- Sun., 2:10 p.m. (#19037)

Dolphins

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

- Thurs., 5:30 p.m. (#19039)
- Sun., 2:50 p.m. (#19040)

Eels

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

- Thurs., 6:10 p.m. (#19041)
- Sun., 2:50 p.m. (#19042)

Adult Learn to Swim (Ages 16 & up)

Basic skills of swimming.

- Thurs., 7:00 p.m. (#19043)

NOTHING CANCELS A PROGRAM FASTER...

than people waiting until the last minute to register for it! All programs have a minimum enrollment — and if we don't reach the minimum by a certain date, the class gets cancelled. Please don't delay, register today!

SWIM LESSONS (CONT.) / AQUATICS

Private Swim (All Ages/Levels) (6-1/2 hour lessons)

Instructors available to provide private swim lessons from learning to swim to competitive level.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$190R/\$200NR/\$140M (#19045)

***Semi-Private (per person):** \$128R/\$133NR/\$98M (#19048)

***Tri-group (per person):** \$121R/\$126NR/\$86M (#19051)

***Group-Private (class of 4):** \$115R/\$120NR/\$75M per person (#19054) (*must register as group)

Note cancellation policy when registering!

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., Apr. 5-May 24 (#18985)

Fri., 1-3 p.m., Apr. 8-May 27 (#18986)

Location: Friendship Center, Leisure Pool/Gym #1

Fee: \$32R/\$35NR/Members free

Combo: \$40R/\$50NR - Both pool and gym (2 hours)

PADI Discover Scuba (Ages 12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Dates: Sunday, March 13, 1-3:30 p.m. (#18645)

Sunday, May 22, 1-3:30 p.m. (#19061)

Location: Friendship Center, Lap Pool

Fee: \$18R/\$21NR/\$15M

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/\$8 Drop-In

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: Fri., 10 a.m.-4 p.m., May 6-27

Location: Friendship Center

Fee: \$210R/\$215NR/\$190M (#19065)



Swim Clinic with Coach Mike (30 min. classes)

Drop-in only, no pre-registration.

Dates: Sundays, tentative beginning date Apr. 3

Sun., 10:30 a.m. - Intro Class

Sun., 11:00 a.m. - Beginners

Sun., 11:30 a.m. - Intermediate

Location: Friendship Center, Rec & Lap Pool

Fee: \$6 per child/per lesson (exact change appreciated)

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., Apr. 4-June 13

Location: Friendship Center, Lap Pool

Fee: \$80R/\$83NR/Members free! (#19058)

Whole Body Workout w/Roxane (20 classes)

Each class builds on the next using various types of equipment. Tone and build cardio strength. Boot-camp style.

Dates: Tues./Thurs., 6:05-7:05 a.m., Apr. 5-June 9

Location: Friendship Center, Therapy Pool

Fee: \$80R/\$83NR/Members free! (#19059)

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., Apr. 8-June 10

Location: Friendship Center, Therapy Pool

Fee: \$60R/\$63NR/Members free! (#19057)

Aquacise (10 or 20 classes)

Power packed, cardio workout w/little stress on joints.

Dates: Tue./Thu., 9:30-10:30 a.m., Apr. 5-June 9 (B) (#19060)

Tues., 7-8 p.m., Apr. 5-June 7 (J) (#19166) (10 classes)

Location: Friendship Center, Lap Pool

Instructor Code: (B) Bonnie, (J) Jamie

Fee: \$80R/\$83NR/Members free! (20 classes)

Fee: \$60R/\$63NR/Members free! (10 classes)

Aquatic Arthritis and Flow (10 or 20 classes)

Range of motion exercise for flexibility/coordination.

Stretching, balance coordination and relaxation.

Dates: Mon./Wed., 10:45 - 11:45 a.m., Apr. 4-June 13 (J) (#19064)

Tues./Thurs., 10:45-11:45 a.m., Apr. 5-June 9 (MJ) (#19062)

Fri, 10:45-11:45 a.m., Apr. 8-June 10 (J) (#19063) (10 classes)

Location: Friendship Center, Therapy Pool

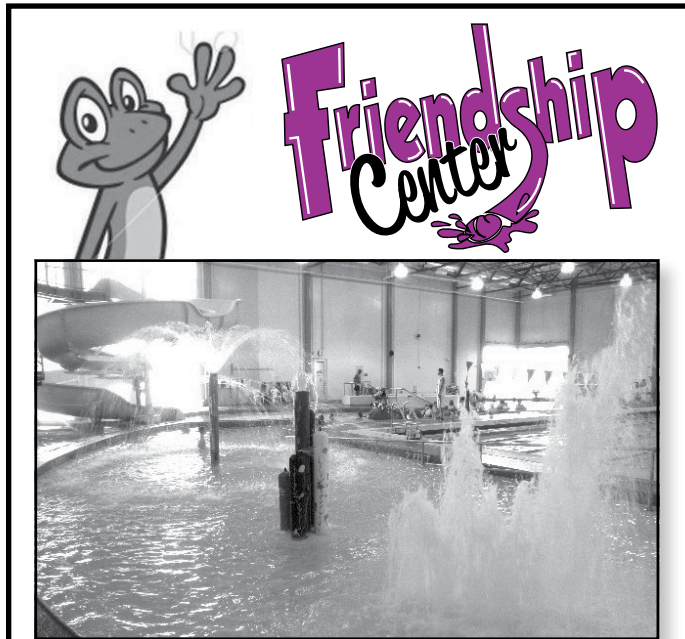
Instructor Code: (MJ) Mary Jo, (J) Jo

Fee: \$80R/\$83NR/\$55M (20 classes)

Fee: \$60R/\$63NR/\$40M (10 classes)

Register Online at: www.friendshipcntr.com

RENTALS



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

*Submit your request early!
2 week advance notice required.*

MASSAGE THERAPY

Swedish Massage

1/2 Hour — \$30 Member/\$35 NM

1 hour — \$50 Member/\$60 NM

Deep Tissue/Neuromuscular

1/2 Hour — \$40 Member/\$45 NM

Hour — \$60 Member/\$70 NM

Neck & Shoulder Massage

1/2 Hour — \$35 Member/ \$45 NM



Richard

PERSONAL TRAINING



BENTZ



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 — DAVE

Certified fitness professionals for personal training

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

FINANCIAL ASSISTANCE

The Friendship Center financial assistance program has provided many opportunities for the community with programming and membership. Donations are needed to continue to offer assistance to those in need. Contact 657-5635 for more information.

Road to Emmaus
Church



2213 FOREST HILLS DR.
HARRISBURG, PA 17112
717-377-6814

WWW.ROADTOEMMAUS.CHURCH



WELLNESS

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

- Our wellness coach and personal trainers are available to help!
- Watch for Spring Fitness Challenge info coming soon!
- Drop in to a Friendship FREE fitness class by picking up a pass at the service desk.

Wellness Coach Training w/Staff

Come get started on fitness goals. All ages can benefit from our personalized services. Here is a sampling: fitness, general nutrition, time management, varying your exercise regimen and fitness motivation.

Fee: \$42M/\$47NM (per hour)
\$29M/\$34NM (per ½ hour)

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 (#19103)

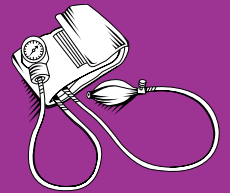
Employee Spotlight!



Super Sweet FC Babysitter GayAnn Ozwandel shares her love and care for children in the babysitting room.

Thank you GayAnn!

SPECIAL! EVERY TUESDAY & THURSDAY



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. / Thursdays, 4-6 p.m.

FC Members of the Month



Mike Platt
November



Karen Bloom
December



Shirley McCahan
January



"THANK YOU" TO OUR HOLIDAY EVENT SPONSORS!

Applebee's
Bentz Tozer / Personal Training
Canteen Vending
CD Pizza
Citizens Bank
Colonial Park Fire Company
ColorMeMine
Weis Markets

Davis Florists
Dunkin Donuts
Giant Food Stores
Harrisburg Senators Baseball
Hoffman Ford
Hershey Foods
The Coliseum
McDonald's Jonestown Rd.

The Meadows
Old Country Buffet
Twin Ponds East
Outback Steakhouse
Panera Bread
Sheetz
Texas Roadhouse



A Special Thanks to: Wine's Christmas Trees • Bill Wolfe • Gary Crissman • Memory Booth of Harrisburg • DJ Wolfbangin Hitz • North Side Elementary Wind Ensemble & Chorus • Lower Paxton Arts Council • FC Operating Board • Lower Paxton Board of Supervisors • Sprint and our Volunteers from the Community

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to the Friendship Center — 657-5635*

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., Apr. 5-June 7 Strength (B) (#18982)

*Tues., 11:15 a.m., Apr. 5-June 7 Yoga (Be) (#18975)

*Tues., 12:30 p.m., Apr. 5-June 7 Yoga (Be) (#18980)

Thurs., 8 a.m., Apr. 7-June 9 Strength (B) (#18976)

Thurs., 11:15 a.m., Apr. 7-June 9 Strength (J) (#18977)

*Thurs., 12:15 p.m., Apr. 7-June 9 Yoga (Be) (#18981)

Fri., 10:15 a.m., Apr. 8-June 10 Strength (J) (#18978)

*Fri., 11:15 a.m., Apr. 8-June 10 Yoga (Be) (#18979)

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/\$40M (10 classes)

Silver and Fit/Silver Sneakers/Forever Fit members free, must pre-register.

Instructor code: (B) Barb, (Be) Becky, (J) Julie

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.

**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 (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

MONDAY 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 (\$3)

TUESDAY 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)

WEDNESDAY 8:00-9:00 a.m. - Light Aerobics
8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class)
9:00 a.m.-12:00 p.m. - Casual Art Class w/Marty
10:00-11:00 a.m. - Spanish Class
12:00 p.m. - Mah Jongg
1:00-2:00 p.m. - Tai Chi

THURSDAY 8:00-9:00 a.m. - PEPPI/HSIM
8:40 a.m. - Aquacise (\$3/class)
10:00 a.m. - Scrabble
10:00-11:00 a.m. - German Class
10:30-11:30 a.m. - Italian Class
12:30 p.m. - Group Sewing & Crafting
1:00-2:00 p.m. - Lap Swimming/Walking (\$3)
1:30-2:30 p.m. - Line Dancing (\$3)

FRIDAY 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 and Chess Groups, day/time varies, ask at desk.

Computer lessons available by appointment, ask at desk.

SENIOR VAN SERVICE

**Please Call 657-5650
CAT Share A Ride: 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

4 WAYS TO REGISTER . . .

- **BY MAIL** — Complete the registration form below and mail with payment to the L.P. Parks and Recreation, 5000 Commons Drive, Harrisburg PA, 17112. Please include a self-addressed, stamped envelope if you want confirmation of your registration. Note: Mail-in registrations are not processed until 5 p.m. on the specified day of registration unless participant phones in on the day registration begins to activate registration earlier.
 - **BY PHONE** — Call with your Visa or Master Card (\$10 minimum) during operating hours at **657-5635**.
 - **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.
 - **NEW! ONLINE** — go to www.friendshipcntr.com to view and register for many of our programs.
1. **Friendship Center members** may register for all programs offered at the Friendship Center beginning Monday, March 14, at 6:00 a.m.
 2. Registration for **Aquatics** programs begins Wednesday, March 16, at 6:00 a.m.
Registration for **all other programs and classes** begins Friday, March 18, at 6:00 a.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.

MAIL-IN REGISTRATION FORM

Activity Name _____ Code _____
Date(s) _____ Fee: RE _____ NR _____ M _____
Name(s) _____
Address _____
City _____ Zip _____
Home Phone _____ Work _____
Township Resident? Yes/No Male/Female _____
Friendship Center member? Yes/No
Parent's Name _____ Child's Birth date _____ (if applicable)

Make checks payable to:
Lower Paxton Township Parks and Recreation
5000 Commons Drive, Harrisburg, PA 17112

ONE ACTIVITY PER FORM PLEASE
Forms are processed at the end of the business day
received, but not before registration date.

MAIL-IN REGISTRATION GUIDELINES

The Lower Paxton Township Parks and Recreation Department encourages registration by walk-in, mail-in, online or by phoning 657-5635 (with Visa, Master Card).

Please note:

ALL MAIL-IN REGISTRATIONS are not processed until 5 p.m. on the specified day of registration.

FC Members (All FC Programs) Monday, March 14
Aquatics Programs Wednesday, March 16
All Other Programs Friday, March 18

This mail-in registration does not guarantee a place in the program. Registrations are processed on a first-come, first-served basis.

SAVE THIS SCHEDULE FOR FUTURE REFERENCE!

Friendship Center Members' FREE Classes



2016 SPRING SESSION SCHEDULE

— EFFECTIVE APRIL 3, 2016 —

(Non-Members Walk-in only \$8 per class) Fitness / *Aquatic

Sundays

12:00 pm Yoga

Mondays

8:30 am Senior Spin
10:30 am Zumba
4:30 pm Low Impact
6:00 pm 50+ Fitness
6:00 pm *Masters Swimming
6:00 pm Combo
7:00 pm Spin Bootcamp
7:00 pm *Aquacise for Fun
7:00 pm Abs, Back & Legs

Tuesdays

5:45 am Spin
6:05 am *Whole Body Wkout
9:30 am *Aquacise
10:00 am Beginner Yoga
4:30 pm Spin
5:15 pm Metabolic Express
5:30 pm Yoga

6:00 pm Step & Muscle Cond.
6:15 pm Spin
7:00 pm *Aquacise
7:00 pm Fit Mix

Wednesdays

8:30 am Senior Spin
9:30 am Lifting Workout
10:30 am Zumba
11:30 am Zumba Gold
2:00 pm Gentle Yoga
4:30 pm Low Impact
6:00 pm Combo
6:30 pm P90X Live!
7:00 pm *Aquacise for Fun
7:00 pm Spin
8:00 pm *Masters Swimming

Thursdays

5:45 am Spin
6:05 am *Whole Body Wkout
9:00 am Yoga

9:30 am *Aquacise
10:00 am Zumba
4:30 pm Spin
5:15 pm Metabolic Express
5:30 pm Beginner Yoga
6:00 pm R.I.P.P.E.D.
6:15 pm Spin
6:30 pm Zumba
7:00 pm Fitness Mix

Fridays

6:05 am *Tone that Stomach
8:30 am Senior Spin
9:00 am Zumba

Saturdays

8:00 am Sat. Morning Chisel
10:30 am Zumba

** 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

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