

**UPPER MERION TOWNSHIP
PARKS & RECREATION BOARD**



Tina Garzillo, Chairperson
Mike Trachtenberg, Vice Chair
Mary Ann Ahearn
Neil Sardinias
Rob DeFelice, Secretary

Upper Merion Township Parks & Recreation Board
Meetings 7:30pm
Upper Merion Community Center
Meeting dates: 1/10, 2/14, 3/14, 4/11, 5/9, 6/13

**UPPER MERION TOWNSHIP
PARKS & RECREATION TEAM**

Daniel Russell: Parks & Recreation Director
drussell@umtownship.org

GlennAnne Chabala: Asst. Dir. of Parks & Recreation
gchabala@umtownship.org

Sudha Suryadevara: Recreation Superintendent
sudha@umtownship.org

Dennis Rudzinski: Program Coordinator
drudzinski@umtownship.org

Sue Hoffman: Program Coordinator
shoffman@umtownship.org

Gerri Vattimo: Marketing & Special Events Manager
gvattimo@umtownship.org

Heather Melck: Aquatics Manager
hmelck@umtownship.org

Pat Andrien: Financial Supervisor
pandrien@umtownship.org

Gwen Alvord: Customer Service Supervisor
galvord@umtownship.org

Martie Peterson & Kristine Ayling: Secretaries
recsec@umtownship.org

Gerry Testa; Maintenance Foreman
gtesta@umtownship.org



Programs with this symbol are able to accommodate participants with special needs.

Please call the Parks and Recreation Department before registering with any questions regarding our Adaptive Recreation programs.

UM COMMUNITY COMMENT CORNER



"The staff is friendly and willing to help in anyway they can!"

"The facility is beautiful and the fitness center equipment is state of the art!"

"The general exercise classes are a great way to stay fit and motivated!"

Like what you hear? Join the UMCC today!

**Find and Like us on Facebook & Follow us on Twitter & Instagram
Upper Merion Parks and Recreation**



SAVE THE DATES
Upper Merion Parks and Recreation Department proudly presents the following line up of **Special Events** coming your way...

Thursday 3/30
Summer Program Preview Party

Saturday 4/15
ADC and Consortium Early Bird Deadline

Saturday 4/22
Earth Day Celebration

Saturday 5/20
UMT Pool Open House

COMMUNITY CENTER INFORMATION

Community Center Information :

Phone Number:

610-265-1071

Address:

431 W Valley Forge Road, King of Prussia, PA 19406

Community Center and Fitness Center Hours of Operation:

Monday through Friday 5:00am-9:00pm

Saturday and Sunday 8:00am-5:00pm

Child Watch:

Fee: Free for Community Center passholders \$3.00/hour per child for non-passholders

Hours: Monday – Friday, 9:00am - 12:00pm

Monday – Friday, 4:00pm - 8:00pm

Saturdays and Sundays, 9:00am - 12:00pm

Ages: 3 months to 10 years



Monthly Rates Available! See the Front Desk for more information!

Upper Merion Community Center Rates			
Passholder Category	Annual Resident	Annual Non-Resident	
Adult	\$325	\$405	
Adult Couple	\$490	\$615	
Senior (60+) / Youth (3-17)	\$260	\$325	
Sr. Couple	\$390	\$490	
Family (2 adults and up to 4 children)	\$700	\$875	
College Rate (Valid 12/10/16-1/15/17)	\$30	\$35	
Single Parent Family (1 adult and up to 2 children)	\$350	\$440	
Additional Child Charge (beyond the family maximum)	\$50 per child		
Special Categories: Vetrans Active Volunteer Fire and EMS Citizen Board Members	5% discount on all categories		
*Daily Pass	\$15		

*Daily Pass is offered to those 11 years or older who do not carry a Passholder Membership.

*A Family consists of parents and/or legal guardian with children (under the age of 23) living in the same household. UMPR holds the right to ask for proof of dependency and residency.

*A couple consists of two adults in the same household as spouses or partners. UMPR holds the right to ask for proof of residency.

*Dependents age 23 and younger must be son/daughter or prove dependency on primary applicant.

*Paid in full memberships and 3month memberships are non-refundable. Monthly memberships have a 30 day cancellation policy.

UMCC How To Guide:

Entry:

All individuals entering the UMCC **must** check-in at our Front Desk located on the main floor.

Front Desk:

Our Front Desk Team is here to help you! Whether it's checking into a program, registering for a program or answering your questions we've got your back! Here are just a few things we can help you with:

- Registering for programs
- Checking into the Community Center
- Registering your membership and key fob
- Selling discount tickets



Key Fob:

All Passholders will receive a key fob. On your first visit, stop by the Front Desk and have your picture taken and we will register a key fob to your account.



Fitness Center:

All Passholders of the UMCC have access to our Fitness Center. Entry is located in the Main Lobby across from the Front Desk. You **MUST** swipe your UMCC membership key upon entry into the Fitness Center.

SilverSneakers:

All SilverSneakers members will have complimentary access to the following:

- Fitness Center
- Group Exercise Classes
- Walking Track
- Open Gym Time



Silver & Fit

All Silver & Fit members will have complimentary access to the following:

- Fitness Center
- Group Exercise Classes
- Walking Track
- Open Gym Time



Child Watch:

General Rules

4 children maximum at one time for each Child Watch staff. The following ratios will be followed as closely as possible: Maximum of **two infants** (ages 3 months to 24 months), **two toddlers** (age 2 years), and **four children** ages 3 years and up.

Due to limited space, the Child Watch service is available to you if:

- You are participating in a class
- You are using an active portion of the facility fitness center,
- One child is participating in a class and you are using an active portion of the center.
- You and another child are participating in a class together.
- Available for Passholders, non-Passholders must pay a fee of \$3 per hour.
- Reserve in advance at the Front desk

Hours: Monday – Friday, 9:00am - 12:00pm
Monday – Friday, 4:00pm - 8:00pm
Saturdays and Sundays, 9:00am - 12:00pm

Ages: 3 months to 10 years



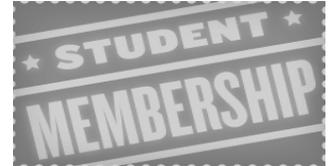
UMPR SPECIAL OFFERINGS



College Break Membership

Must show current and valid college ID at time of purchase. You will have complimentary access to the following:

- Fitness Center, Group Exercise Classes, Walking Track and Open Gym Time
- Dates available: December 10th 2016—January 15 2017**



Age	Location	Date	Cost
College Student	Community Center	12/10-1/15	R-\$30, NR-\$35

Bowling & Luncheon

Upper Merion Township Residents are invited to a luncheon followed by 2 games of bowling at Facenda Whitaker Lanes on Swede Rd in Norristown. Must pre-register to participate.

Registration deadline: April 14th at 4pm. Please note lunch choice when registering.

Max 50

1. Ham & Cheese 2. Tuna 3. Turkey 4. Italian



Code	Age	Location	Date	Time	Cost
WE 1	62 and up	Facenda Whitaker Lanes	Tue; 4/18	Lunch - 12pm	FREE

Date Night!

Instructor: UMPR Staff.

You work hard all week and deserve a date night! Drop the kids off at the Community Center and let them enjoy pizza, games and a movie! Go on, enjoy yourselves while your kids enjoy a night of fun! Must pre-register via Community Pass .

Every 3rd Friday of the month **starting January 2017!** 5:00pm – 8:45pm. January –May



Code	Age	Location	Date	Time	Cost	Passholder Cost
WE 2	5-13	UM Community Center	Every 3rd Friday January—May	5:00pm – 8:45pm	R-\$20, NR-\$35	PR-\$17, PNR-\$30

FREE Metabolism and Weight Loss Seminar

Instructor: Dr. John Garzillo

What is metabolism? Can I change my metabolism? Staff from the Henderson Center's Department of Weight Management and Dietetics will be speaking on metabolism, how it can be measured, and how it can be changed . This is an educational series, please see page 10 on Metabolism Testing days and times.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WE 3	All ages	UM Community Center	Sunday 1/8	11:00a-12:00p	FREE	FREE

Sign Up Early!!! Classes will be cancelled if minimum class size is not reached.

AFTER SCHOOL ACTIVITIES

PLEASE NOTE:

For all After School Programs: Elementary Schools require a weekly note when staying for an after school activity. If the school doesn't receive a note, your child will be dismissed at the regular time, in their normal way.

Dance – After School Teen Dance Fitness

Instructor: Susie Geib. A fun dance enhanced class perfect for beginner and experienced dancers. This class takes it up a notch with ultra cool dance moves that will have everyone dancing like there's no tomorrow. No dance experience required! Tuesday's 1/10, 1/17, 1/24, 1/31, 2/7. For more information contact Susie Geib at susiegeib@gmail.com.



Code	Age	Location	Date	Time	Cost
WH 1	11-18	Community Center	Tue 1/10-2/7	4:00pm-5:00pm	R-\$99, NR-\$114, PR\$84, PNR-\$96

Hands-On Science - Electronics and Robots

Instructor: "Professor" Bob Matcovich is bringing them back - ROBOTS! We will be studying electricity and how it makes our robots work! Is the battery good or bad? Is the wire broken or not? Is the circuit open or closed? We will answer these, and more, on our quest for robot knowledge. This is a great and fun way for boys AND GIRLS to learn basic electricity concepts. Sign-up early. **Min: 10; Max: 20. Please send a note to school weekly.**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 1.1	K-4th grade	Roberts	Tue; 1/24-2/21	3:30p-4:30p	R-\$75, NR-\$90	PR-\$64, PNR-\$77
WI 1.2	K-4th grade	Caley	Thurs; 1/26-2/23	3:30p-4:30p	R-\$75, NR-\$90	PR-\$64, PNR-\$77
WI 1.3	K-4th grade	Candlebrook	Tue; 3/7-4/4	3:30p-4:30p	R-\$75, NR-\$90	PR-\$64, PNR-\$77

Hands-On Science - Rockets!

Instructor: "Professor" Bob Matcovich is bringing back the classic Rockets! We will not only explore the physics of rockets, but we will put that knowledge to the test by building our own rockets to take home! If there was ever a class to get our future scientists excited about science - this is it! Like all of Professor Bob's classes, this is a GIRLS and boys class. Don't let down our future science community by thinking 'she' can't do it, - she can!...Please note there is a \$15 material fee included in the price. Sign-up early. **Min: 10; Max: 20. Please send a note to school weekly.**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 2.1	K-4th grade	Roberts	Tue; 4/25-5/23	3:30p-4:30p	R-\$90, NR-\$105	PR-\$77, PNR-\$89
WI 2.2	K-4th grade	Caley	Thurs; 4/27-5/25	3:30p-4:30p	R-\$90, NR-\$105	PR-\$77, PNR-\$89
WI 2.3	K-4th grade	Candlebrook	Wed; 5/17-6/7	3:30p-4:30p	R-\$70, NR-\$85	PR-\$59, PNR-\$72

KidzArt

Instructor: Holly Meade. Come join the fun. This art enrichment program enables students to have a creative experience while experimenting with different art techniques and mediums. The program is designed to help foster self-expression, critical thinking skills, and problem solving in a hands-on environment. **Min: 8; Max: 20. Please send a note to school and we do have a snack., please provide your own.**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WA 1.1	K-4th grade	Candlebrook	Tue; 1/10-2/14	3:30p-5:00p	R-\$75, NR-\$90	PR-\$64, PNR-\$76
WA 1.2	K-4th grade	Caley	Wed; 1/11-2/15	3:30p-5:00p	R-\$95, NR-\$110	PR-\$81, PNR-\$93
WA 1.3	K-4th grade	Roberts	Tue; 4/4-5/16 no class 4/11	3:30p-5:00p	R-\$75, NR-\$90	PR-\$64, PNR-\$76

No refunds will be issued after the start of the 2nd class.

Sports Spectacular

Instructor: Overtime Athletics. www.otathletics.com. Do you love to play sports? Each week we'll play a different sport or game. Get moving with games like Basketball, Soccer, Flag Football, Kickball, Capture the Flag, Wiffle Ball, Bump and Bite, Knights and Dragons, Numbers Game, Tag Games, Safe Base and MORE! We'll work on teamwork, sportsmanship and fitness, all while having FUN. Sign up today! **Min 10; Max 30. Please send a note to school weekly.**



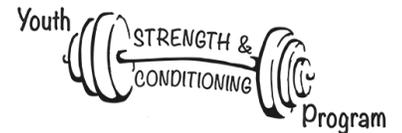
Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 1.1	K-4th grade	Caley	Tue; 4/18-5/23	3:30p-4:30p	R-\$70, NR-\$85	PR-\$59, PNR-\$72
WS 1.2	K-4th grade	Roberts	Wed; 4/19-5/24	3:30p-4:30p	R-\$70, NR-\$85	PR-\$59, PNR-\$72
WS 1.3	K-4th grade	Candlebrook	Thurs; 4/20-5/25	3:30p-4:30p	R-\$70, NR-\$85	PR-\$59, PNR-\$72

Sport Performance Training and Conditioning Youth

Instructor: Ryan Smith, NASM coach.

Our focus will be on speed, agility, conditioning, flexibility and core strength.

For athletes of all abilities and skill levels! Come see what we are all about!



Code	Age	Location	Date	Time	Cost	Passholder Cost
WH 11.1	7+	UM Community Center	Mon & Wed 1/2-1/25	4:00p-4:45p	R-\$50 NR-\$65	PR-\$42 PNR-\$55
WH 11.2	7+	UM Community Center	Mon & Wed 1/2-1/25	5:00p-5:45p	R-\$50 NR-\$65	PR-\$42 PNR-\$55
WH 11.3	7+	UM Community Center	Mon & Wed 1/30-2/22	4:00p-4:45p	R-\$50 NR-\$65	PR-\$42 PNR-\$55
WH 11.4	7+	UM Community Center	Mon & Wed 1/30-2/22	5:00p-5:45p	R-\$50 NR-\$65	PR-\$42 PNR-\$55
WH 11.5	7+	UM Community Center	Mon & Wed 2/27-3/22	4:00p-4:45p	R-\$50 NR-\$65	PR-\$42 PNR-\$55
WH 11.6	7+	UM Community Center	Mon & Wed 2/27-3/22	5:00p-5:45p	R-\$50 NR-\$65	PR-\$42 PNR-\$55
WH 11.7	7+	UM Community Center	Mon & Wed 3/27-4/19	4:00p-4:45p	R-\$50 NR-\$65	PR-\$42 PNR-\$55
WH 11.8	7+	UM Community Center	Mon & Wed 3/27-4/19	5:00p-5:45p	R-\$50 NR-\$65	PR-\$42 PNR-\$55
WH 11.9	7+	UM Community Center	Mon & Wed 4/24-5/17	4:00p-4:45p	R-\$50 NR-\$65	PR-\$42 PNR-\$55
WH 11.10	7+	UM Community Center	Mon & Wed 4/24-5/17	5:00p-5:45p	R-\$50 NR-\$65	PR-\$42 PNR-\$55

Discount Ski Tickets at the UMCC



Bear Creek	Price
Midweek	\$34
Weekend/Holiday (All ages)	\$62

JFBB	Price
Adult Weekend/Holiday (18+)	\$49
Youth Weekend/Holiday (7-17)	\$40

Blue Mountain	Price
Weekend/Holiday (All ages)	\$63

**Cash or Credit
Card ONLY!
No Checks Please!**

Register at the UMCC Front Desk or online at <https://register.communitypass.net>

AQUATICS PROGRAMS

Policies & Regulations

- 1) Certified lifeguards are on duty at listed times.
- 2) Must bring your own suit and towel. Upper Merion Township is not responsible for items lost, stolen, or left at the pool facilities.
- 3) Children must be fully potty-trained, no swim diapers allowed in the indoor pool .
- 4) Children under the age of 14 must be supervised by an adult at Recreational Swim.
- 5) Everyone must sign-in at beginning of Lap/Recreational Swim.
- 6) No food or drinks are permitted in the pool area, no glass permitted in the facility.

Please use the rear entrance off Crossfield Rd.

NOTE: The pool water temperature is set at a level to facilitate interscholastic competition. Average temperature is 80°.

Learn to Swim/Adult

Instructor: UMPR Staff. Receive instruction that can save your life. Small groups allow the adult to learn at their own pace.

Use rear entrance off Crossfield Rd. **Min: 3, Max: 6.**

Code	Age	Location	Date	Time	Cost	Passholder Cost
WP 1.1	18+	Middle School Pool	Mon; 1/23-2/13	7:00p-8:00p	R-\$40, NR-\$50	PR-\$34, PNR-\$43
WP 1.2	18+	Middle School Pool	Mon; 3/13-4/3	7:00p-8:00p	R-\$40, NR-\$50	PR-\$34, PNR-\$43

Learn-to-Swim/Youth

Instructor: Only children who are at least 3 years old and fully potty trained may take part in our learn to swim program. A parent of a 3 year old may go in the water with their child. Ratio: 2 students per instructor.

Note: Average pool temperature is 80°. **Please use Crossfield Rd. entrance. Min: 8, Max: 16.**



Please note: For learn to swim classes, you may only sign up for 1 class per student.

Code	Age	Location	Date	Time	Cost	Passholder Cost
WP 2.1	3-15	Middle School Pool	Sat, 1/7-2/11	9:00a-9:30a	R-\$60, NR-\$75	PR-\$51, PNR-\$64
WP 2.2	3-15	Middle School Pool	Sat, 1/7-2/11	9:30a-10:00a	R-\$60, NR-\$75	PR-\$51, PNR-\$64
WP 2.3	3-15	Middle School Pool	Sat, 1/7-2/11	10:00a-10:30a	R-\$60, NR-\$75	PR-\$51, PNR-\$64
WP 2.4	3-15	Middle School Pool	Sat, 1/7-2/11	10:30a-11:00a	R-\$60, NR-\$75	PR-\$51, PNR-\$64
WP 2.5	3-15	Middle School Pool	Sat, 1/7-2/11	11:00a-11:30a	R-\$60, NR-\$75	PR-\$51, PNR-\$64
WP 2.6	3-15	Middle School Pool	Sat, 1/7-2/11	11:30a-12:00p	R-\$60, NR-\$75	PR-\$51, PNR-\$64

Recreational & Lap Swim

List all family members on registration form. **Pool closed: 1/16, 2/20, 3/9, 4/10-4/17.**

Please note: The building must be vacated by the ending time.

Monday-Thursdays are Lap swim only, Saturdays are recreational swim only.

Rec and Lap swim are included as part of the outdoor pool membership. You must still register for lap/rec swim in order to participate in these programs.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WP 3.1 Lap Swim	18+	Middle School Pool	1/9-5/4 Mon-Thu	Mon, 7:00p-9:30p Tue, 8:00p-9:30p Wed, 8:00p-9:30p Thur, 8:00p-9:30p	Individual R\$30, NR\$40, S\$10 Family R\$50, NR\$60	Ind. PR\$26, PNR\$34, PS\$9 Fam. R\$43, NR\$51
WP 3.2 Rec Swim	Potty trained +	Middle School Pool	1/7-2/11 2/18-3/4	Sat, 12:00p-1:30p Sat, 11:00a-1:00p	Individual R\$10, NR\$15 Family R\$20, NR\$30	Individual R\$9, NR\$13 Family R\$17, NR\$26

Sign Up Early!!! Classes will be cancelled if minimum class size is not reached.



UPPER MERION TOWNSHIP POOL

Registration begins January 3
Pool Open May 27 - September 4
11am-8pm, Daily



(Open weekends only, while UM schools are in session)

Membership includes access to UMPR Recreational & Lap Swim at UMMS for the 2017 calendar year

- Children under 14 years of age must be supervised by an adult at all times.
- Members may use a maximum of 5 guest passes per day, guests may only be signed in by an adult or senior member.
- Memberships are not transferable & nonrefundable, center pricing only available to annual passholders.
- Glass in any form, alcohol, and tobacco products (including vaping) are not permitted in the facility.
- Pets, except service animals, are not allowed in the facility.
- Children not fully toilet trained may only swim in the wading pool. No swim diapers permitted in the bigger pools. Wading pool is only for children 5 years of age or younger.
- Lifeguards may refuse a swimmer of any age, admission to any area, of any pool if the swimmer does not exhibit sufficient skill to ensure his or her safety.
- No floatation devices on the waterslide, children must be at least 42" tall to ride the waterslide.
- The pool will be open 11am-8pm daily (except when Upper Merion schools are in session).
- The pool will remain open during all inclement weather, except thunderstorms.

2017 UMT Pool *NEW* Rates are coming soon! Check our website and social media outlets for special announcements!

Upper Merion Township Pool Open House

Members and non-members, bring a friend and join our pool staff for some fun and games. Find out what activities and programs we have planned for the summer. See our off season upgrades! Meet representatives from the Stingrays swim team!

Saturday, May 20th from 1pm-3pm

Contact Heather Melck, Aquatics Manager at hmelck@umtownship.org for more info.



Now hiring Summer Swim Instructors and Lifeguards

Swim staff must be 14 years of age to apply and lifeguards must be 15 years old to apply and hold a current lifeguard certification. Deadline for swim staff and lifeguards to apply is April 15. Visit www.umtownship.org for a job application. Contact Heather Melck at hmelck@umtownship.org for more info.

No refunds will be issued after the start of the 2nd class.

COOKING CLASSES

Cooking Classes with Kitchen Wizards for Kids and Teens!

Instructor: Kitchen Wizards

1.1 Pie and More Pie!- hand made pizzas and individual "Tar Heel" dessert pie!

1.2 Restaurant Kids' Menu- Chicken Fingers, Oven-baked fries, homemade applesauce and hand made ice cream sundaes!

1.3 Pasta Palooza -Children will learn how to make homemade pasta and meatballs and sauce!

1.4 Cinco de Mayo- In honor of this holiday, prepare tacos, nachos, and Mexican chocolate chip cookies!

Don't forget you get eat what you prepare!



Code	Age	Location	Date	Time	Cost	Passholder Cost
WC 1.1	Kids 7+	UM Community Center	Sat 1/28	11:00a-1:30p	R-\$25, NR\$40	PR-\$21, PNR-\$34
WC 1.2	Kids 7+	UM Community Center	Sat 2/4	11:00a-1:30p	R-\$25, NR\$40	PR-\$21, PNR-\$34
WC 1.3	Kids 7+	UM Community Center	Sat 2/18	11:00a-1:30p	R-\$25, NR\$40	PR-\$21, PNR-\$34
WC 1.4	Kids 7+	UM Community Center	Sat 5/6	2:00p-4:00p	R-\$25, NR\$40	PR-\$21, PNR-\$34

Cooking Classes with Kitchen Wizards for Adults!

Instructor: Kitchen Wizards

2.1 Chicken Dinner Ideas Series- 3 week series, learn to cook quick and easy chicken dinner meals for your family! 1/12,1/19,1/26 . Join the series or just one night!

2.2 Valentines Day Brunch- Bring your Valentine's; includes breakfast casserole, bacon, dried cherry scones, granola yogurt parfaits, and orange juice.

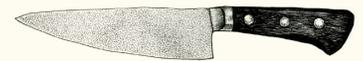
2.3 Wearin' of the GREEN St. Patty's Special- Enjoy cooking an Irish meal of ham, green mashed potatoes, Irish Soda Bread, and Irish potato candy!

2.4 Life is a Box of Chocolates Series- Take the mystery out of using a candy thermometer. Learn to make peanut brittle, toffee, home-made caramel turtle patties, as well as easier recipes like Buckeyes, peppermint patties, and chocolate pretzels and Oreos.

2.5 Mother Day Brunch- Celebrate the mother(s) in your life with this "experience" gift - making a delicious brunch together and enjoying a meal with your mom, MIL, or wife.

Don't forget you get to eat what you prepare!

LEARN TO COOK



Code	Age	Location	Date	Time	Cost	Passholder Cost
WC 2.1	18+	UM Community Center	Thursdays 1/12 -1/26 Single Session	6:00p-8:00p	R-\$30, NR\$45	PR-\$25, PNR-\$38
WC 2.1	18+	UM Community Center	Thursdays 1/12 -1/26 Full Series includes all 3 classes	6:00p-8:00p	R-\$80, NR\$95	PR-\$68, PNR-\$81
WC 2.2	18+	UM Community Center	Sunday 2/12 (pair)	11:00a-1:30p	R-\$35, NR\$50	PR-\$29, PNR-\$42
WC 2.3	18+	UM Community Center	Wednesday 3/15	6:00p-8:00p	R-\$30, NR\$45	PR-\$25, PNR-\$38
WC 2.4	18+	UM Community Center	Wednesdays 4/5,4/12,4/19 Full Series	6:30p-8:30p	R-\$70, NR\$85	PR-\$59, PNR-\$72
WC 2.5	18+	UM Community Center	Saturday 5/13	11:30p-1:30p	R-\$35, NR\$50	PR-\$29, PNR-\$42

Cooking – Five Ingredients or Less Cooking Series!

Instructor: Mary Matcovich. In this 4 class series make meals at home with family and friends easier and more appealing to everyone who graces your table! Recipes are easy to prepare and ingredients are readily available! For the parent with little time or the young adult just learning to cook for themselves, this is the class for you! For more information contact Mary Matcovich at matcovmL@hotmail.com

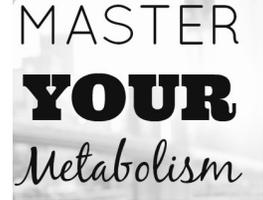
Code	Age	Location	Date	Time	Cost	Passholder Cost
WC 3.1	14+	UM Community Center	Friday Series, 1/13, 1/20, 1/27,2/3	6:00p-8:00p	R-\$40, NR-\$55	PR-\$34, PNR-\$47
WC 3.2	14+	UM Community Center	1 Class Option	6:00p-8:00p	R-\$12, NR-\$15	PR-\$10, PNR-\$13

Register at the UMCC Front Desk or online at <https://register.communitypass.net>

HEALTH AND WELLNESS PROGRAMS

Discover Your Exact Metabolism

Instructor: Dr. Jonathan Garzillo. Want to know your exact metabolism? Counting calories or just watching what you eat? Do you have ten minutes? Get your metabolism tested just by breathing! We use a state-of-the-art device that measures your metabolism through breathing. Questions? Come to our FREE seminar (page 4) on January 8th or contact Dr. Jonathan Garzillo at hender-soncntr@gmail.com.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WH 2.1	18+	UM Community Center	Sun 1/15	10:00a-1:00p	R-\$49, NR-\$64	PR\$41, PNR-\$54
WH 2.2	18+	UM Community Center	Sun 2/12	10:00a-1:00p	R-\$49, NR-\$64	PR\$41, PNR-\$54

Golf Fitness Class

Instructor: Brian Becker. Have you ever wondered “How do I get rid of this slice?” or “Why do I keep having lower back pain while playing?” Golf Fitness class is founded on the principles of the Titleist Performance Institute (TPI); the worlds leading organization that specializes in golf fitness. Our program focuses on increasing a golfer’s mobility and stability, the key components in the golf swing. Sign up now to improve your overall fitness and golf game!



Code	Age	Location	Date	Time	Cost	Passholder Cost
WH 3.1	14-17	UM Community Center	Sat 1/7-1/28	10:00a-11:00a	R-\$50, NR- \$65	PR-\$42 PNR-\$55
WH 3.2	14-17	UM Community Center	Sat 2/4-2/25	10:00a-11:00a	R-\$50, NR- \$65	PR-\$42 PNR-\$55
WH 3.3	14-17	UM Community Center	Sat 3/4-3/25	10:00a-11:00a	R-\$50, NR- \$65	PR-\$42 PNR-\$55
WH 3.4	18+	UM Community Center	Sat 1/7-1/28	9:00a-10:00a	R-\$50, NR- \$65	PR-\$42 PNR-\$55
WH 3.5	18+	UM Community Center	Sat 2/4-2/25	9:00a-10:00a	R-\$50, NR- \$65	PR-\$42 PNR-\$55
WH 3.6	18+	UM Community Center	Sat 3/4-3/25	9:00a-10:00a	R-\$50, NR- \$65	PR-\$42 PNR-\$55

Hypnosis- Relaxation through Hypnosis

Instructor: Barry Wolfson—You can reduce your stress using creative visualization, imagery and hypnosis techniques to improve your quality of life. Achieve relaxation without much effort or time. Classes are 45-minutes. For more information please go to hypnosisnj.com .



Code	Age	Location	Date	Time	Cost	Passholder Cost
WH 4.1	14+	UM Community Center	Tues 1/17	8:00p-8:45p	R-\$52, NR-\$67	PR\$44, PNR-\$56
WH 4.2	14+	UM Community Center	Mon 5/1	8:00p-8:45p	R-\$52, NR-\$67	PR\$44, PNR-\$56

Sign Up Early!!! Classes will be cancelled if minimum class size is not reached.

Hypnosis- Stop Smoking with Hypnosis

Instructor: Barry Wolfson— Through hypnosis, smoking cessation is easily achieved in a one hour session. Eliminate the craving for tobacco while minimizing discomfort. Please bring a small pillow to class. In a relaxed state, allow kind and healthy suggestions to enter your mind to help you achieve your goals. For more information see hypnosisnj.com.

**STOP
SMOKING**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WH 5.1	14+	UM Community Center	Tues 1/17	6:00p-7:00p	R-\$52, NR-\$67	PR\$44, PNR-\$56
WH 5.2	14+	UM Community Center	Mon 5/1	6:00p-7:00p	R-\$52, NR-\$67	PR\$44, PNR-\$56

Hypnosis- Lose Weight with Hypnosis

Instructor: Barry Wolfson— Through hypnosis, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Please bring a small pillow to class. In a relaxed state, allow kind and healthy suggestions to enter your mind to help you achieve your goals. For more information see hypnosisnj.com



Code	Age	Location	Date	Time	Cost	Passholder Cost
WH 6.1	14+	UM Community Center	Tues 1/17	7:00p-8:00p	R-\$52, NR-\$67	PR\$44, PNR-\$56
WH 6.2	14+	UM Community Center	Mon 5/1	7:00p-8:00p	R-\$52, NR-\$67	PR\$44, PNR-\$56

Simplex Health Seminars

Instructor: Simplex Health. We believe your path to better health needs to move beyond conventional thinking. We bring a fresh approach with our doctor-approved and dietitian-supported programs, developed around prevention, nutrition, and diabetes education. Please come to our LOW COST Health Seminars:

7.1— **Inflammation and Your Health:** Come learn about how inflammation can have negative detrimental impacts on your health and how to combat it!

7.2— **Healthy Eating for You and Your Family Cooking Demo!** : We will go through simple but unique tips and tricks to getting your whole family on board to eat better and healthier.

7.3 **Eat Fat and Lose Weight:** Fat is not bad for you! The right fats can aid in weight loss, come learn about eating fat to lose weight.

7.4— **The Power of Food Cooking Demo:** We will discuss the power of real food and how it can reverse diabetes and obesity, the role of insulin in a weight-loss and how food choices play a key role in treatment.



simplexhealth

Code	Age	Location	Date	Time	Cost	Passholder Cost
WH 7.1	14+	UM Community Center	Tues 1/14	6:00p-7:00p	R-\$5, NR-\$10	PR\$4, PNR-\$8
WH 7.1	14+	UM Community Center	Mon 2/20	6:00p-7:00p	R-\$5, NR-\$10	PR\$4, PNR-\$8
WH 7.2	14+	UM Community Center	Tues 2/7	6:00p-7:00p	R-\$5, NR-\$10	PR\$4, PNR-\$8
WH 7.2	14+	UM Community Center	Thurs 3/9	6:00p-7:00p	R-\$5, NR-\$10	PR\$4, PNR-\$8
WH 7.3	14+	UM Community Center	Mon 3/13	6:00p-7:00p	R-\$5, NR-\$10	PR\$4, PNR-\$8
WH 7.4	14+	UM Community Center	Tues 3/21	6:00p-7:00p	R-\$5, NR-\$10	PR\$4, PNR-\$8



Dr. Martin Luther King, Jr. National Holiday Celebration

January 11, 2017 at 7:00pm
UM Middle School Auditorium
450 Keebler Rd. , King of Prussia

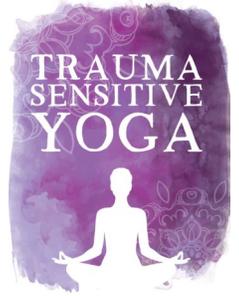
**“Dr. Martin Luther King, Jr.:
We stumble. We fall. We rise. We move forward.”**

For more info, please contact MLK Day Holiday Committee Treasurer, David Broida, at dbroida@gmail.com or 610-645-0837

No refunds will be issued after the start of the 2nd class.

Women's Trauma-Sensitive Yoga

Instructor: Jillian Getting. Trauma-sensitive yoga (TSY) is a gentle, all-levels class that uses yoga forms as opportunities to notice what we feel in our bodies and to practice making choices about what to do with our bodies. Through yoga we can experiment with breathing, moving, strengthening, stretching and resting. This presentation of yoga is not religious and there will be no hands-on, physical assists. Please wear clothing appropriate for physical activity and bring a mat. More information at www.jgettingyoga.com.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WH 8.1	18+	UM Community Center	Tues, 2/7-2/28	7:00p-8:00p	R-\$60, NR-\$75	PR\$51, PNR-\$63
WH 8.2	18+	UM Community Center	Tues, 3/7-3/28	7:00p-8:00p	R-\$60, NR-\$75	PR\$51, PNR-\$63

Zumba with Geni and Friends

Instructor: Geni Roskos and staff

Join the party in this easy to follow dance fitness class that includes Latin, international, and pop music rhythms. 10 week session signup options: Unlimited, Unlimited Senior 60+, 11 classes buy 10 get 1 free, 5 classes and 1 class. Create your own flexible workout schedule from AM, PM, and Gold classes. See our Front Desk Staff for class locations at the UMCC!



Mondays, Wednesdays and Fridays: 9:45am-10:45am

Tuesday Nights: 7:00pm-8:00pm and Thursday Nights: 6:00pm-6:45pm

NO CLASSES 4/13, 4/14, 4/17, 5/29

Code	Age	Location	Date	Unlimited	Unlimited Senior	11 Classes	5 Classes	1 Class
WH 9.1	14 +	UM Community Center	1/9-3/17	R-\$65, NR-\$80 PR-\$55 NR-\$68	R-\$50, NR-\$65 PR-\$42 NR-\$55	R-\$40, NR-\$55 PR-\$34 NR-\$46	R-\$22, NR-\$37 PR-\$18 NR-\$31	R-\$5, NR-\$8 PR-\$4 PNR-\$6
WH 9.2	14 +	UM Community Center	3/27-6/9	R-\$65, NR-\$80 PR-\$55 NR-\$68	R-\$50, NR-\$65 PR-\$42 NR-\$55	R-\$40, NR-\$55 PR-\$34 NR-\$46	R-\$22, NR-\$37 PR-\$18 NR-\$31	R-\$5, NR-\$8 PR-\$4 PNR-\$6



Free Zumba Demos!
Come try us out during any of the above times the week of:
January 3rd-6th or March 20th-24th!



Zumba Gold with Geni and Friends

Instructor: Geni Roskos. All the fun of Zumba designed for the 50+ participant and anyone desiring modifications - a less intense but still invigorating Latin dance fitness class. **No class JANUARY 16 and FEBRUARY 20 and APRIL 17. See our Front Desk Staff for class locations at the UMCC.**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WH 10.1	Active Adult	UM Community Center	Mon, 1/9-3/13	12:15pm-1:00pm	R-\$16, NR-\$31	PR-\$13, PNR-\$26
WH 10.2	Active Adult	UM Community Center	Mon, 3/27-5/22	12:15pm-1:00pm	R-\$16, NR-\$31	PR-\$13, PNR-\$26

Register at the UMCC Front Desk or online at <https://register.communitypass.net>

UMCC FITNESS CENTER



Upper Merion Fitness Specialists are also available for personal, small group and family training sessions at an additional fee. Our Revolve Fit Training program is carefully and intelligently designed with emphasis on 4 essential fitness principles, revolved daily. Gone are one size fits all workouts! No more repeating the same random exercises over and over hoping they're doing something! We meet you where you are and help you meet whatever goals you are chasing: weight loss or maintenance, overall strength and functionality for life, and even sport-specific enhancement.

To schedule an appointment contact the Fitness Staff at 610-265-1071.

FREE Fitness Orientations!

If you haven't done so already, be sure to set up an appointment for your **2 complimentary fitness orientations** with one of our fitness team members. Our Fitness Specialists love working out and want to share that with you! We will show you how to safely and effectively use all of the equipment that the Upper Merion Fitness Center has to offer!



Now offering Nutrition Counseling!

At Simplex Health, we believe your path to better health needs to move beyond conventional thinking. We bring a fresh approach with our doctor-approved and dietitian-supported programs, developed around prevention, nutrition, and diabetes education.

For more information please visit simplexhealthcorp.com or call **1-484-450-8488**
Based on your health insurance, this could come at no cost to you!

Our **Fitness Center** is proud to announce the partnership with **Simplex Health!**



simplexhealth

Fitness Center Hours: M-F 5am-9pm, S-S 8am-5pm

Passholder



Group Exercise

We proudly bring you a wide-variety of class formats and instructor styles to meet everyone's fitness needs whether you are looking for an intense cardio burn, muscle building weight training or a hybrid of the two. **We also offer 2 family-friendly classes in which passholders age 10 and older are welcome to join in a workout that is safe and fun for all ages!**

TODAY IS A GOOD DAY TO
WORKOUT

Classes offered daily!
Check for our latest Group Exercise Schedule on our website!
www.umtowsnip.org

Balance, Core and More: Safely put your balance to the test. Increase joint stability, core strength, mobility and flexibility.

Body Shop: Low-impact total body strength training designed to let you work at your own pace, focusing on form for max results.

Bootcamp: Classic calisthenics mixed with strength exercises designed to enhance muscular strength, muscular endurance, cardio, and more!

Core Zone: Tone and define your midsection and work on injury prevention by strengthening your abs, obliques and lower back.

Dance & Define: Mix together fun dance choreography with Tae Bo and balance moves that will tone, define and shape your body.

Dance Party: Re-define fun with new dance moves and trendy music! Open to pass holders ages 10 and older.

Fit for Life: Keep your body healthy and fit for everyday activities with safe, functional strengthening and cardiovascular movements.

Gentle Chair Yoga: Relax, stretch and strengthen the body. Build awareness of the breath and the body while increasing flexibility.

HIIT: High intensity interval training will leave you strong and sweaty! Work hard, work fast and get results!

INSANITY: Based on MAX training principles: high intensity bursts and short breaks. Push yourself to a new level for fast results.

Octagon Express: Come get strong and sweaty in the heart of the fitness center with circuit training around the Octagon in our fitness center.

Pilates Fusion: Strengthen and lengthen with a hybrid class featuring basic yoga poses incorporated into classic mat Pilates moves.

Pure Strength: Build strength, add definition, increase bone density, and decrease body fat by increasing your lean muscle.

Rise+Yoga: Stretch your body, awaken your mind, and fuel your spirit to start your day energized and ready to move with ease.

Spinning: Pedal your way to excellent cardiovascular conditioning with a well-trained, certified Spinning instructor.

Total Body: Incorporate strength and cardio in one total body workout. You will strengthen your muscles and heart at the same time!

Track Athletics: Use the track and your own body for a new twist on old school gym classes. Open to passholders ages 10 and older.

Tread +Shred: Efficiently use your time with 1-3 minute intervals on and off the treadmill. Mix cardio and strength to burn and firm!

Vinyasa Yoga: Flow between poses, challenging your endurance, flexibility and strength. Previous yoga experience is suggested.

Yin Yoga: Stretch your body and mind, hold poses longer and focus on deepening the breath.

Group exercise classes are included at no additional charge to all passholders, Silver Sneakers members and guests who have paid the day pass fee. Classes are held on a first-come first-served basis. All instructors are certified fitness professionals that can offer you a safe, fun and effective workout. Please wear proper fitness attire: closed-toe sneakers, flexible clothing. Yoga and Pilates participants can be barefoot for class but shoes should be worn throughout the rest of the building before and after class. The Group Exercise Schedule changes every 3 months. To best serve you, we update our website and flyers every 3 months. If you have any questions please contact Sue Hoffman at shoffman@umtowsnip.org

INSTRUCTIONAL PROGRAMS

Adventurers Magic Academy Magic Class

Instructor: Adventurers Magic Academy . Magic lessons unlike anything ever offered before. Learn the true secrets of magic from a licensed, professional magician! For centuries, the best magicians have learned the secrets of this art from other magicians. Sure you can learn tricks from a book, a video, or a magic kit. But the secrets of a true magician are passed down from magician to young magician in person. Discover Magic is a one of a kind program, internationally recognized and created by some of the top magicians of our time. In this course kids are given top secret file folders and custom tricks with full color instructions. Tricks you won't find anywhere else in fact. Each student will receive a key code giving them access to an online video vault where they can review what they learned in class and learn bonus tricks. **Min 4 Max 15**



Session ONE and Two are both 5 classes and 90 minutes of magic instruction and fun. **Session TWO is for those that have completed session ONE during a previous season.** Parents for more information, please visit www.adventurersmagicacademy.com

Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 3.1	8-12 <i>Session ONE</i>	UM Community Center	Sat, 1/7-2/4	10:30a-12:00p	R-\$125, NR-\$140	PR-\$106, PNR-\$119
WI 3.2	8-12 <i>Session TWO</i>	UM Community Center	Sat, 1/7-2/4	12:30p-2:00p	R-\$125, NR-\$140	PR-\$106, PNR-\$119

Babysitting

Instructor: UMPR Staff. To provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Bring a bag lunch. **Min 8, Max 16**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 13	11-15	UM Community Center	Tues, 4/11	9:30a-3:30p	R-\$50, NR-\$60	R-\$43, NR-\$51

Computer Explorers/3D Design and 3D Printing

Instructor: Computer Explorers Staff. You will become part of perhaps the most exciting new technology, 3D Printing! You will use excellent software to design 3D objects and then use 3D printing to actually make an object that you can take home. Will it be a Minecraft Character? A jewelry charm? A dinosaur? A boat? **Min 6 Max 12**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 4	10-13	UM Community Center	Tues 1/10-2/21	4:30p-5:45p	R-\$150, NR-\$165	PR-\$127, PNR-\$140

Computer Explorers/Intro to Coding/ Design Your Own Programs

Instructor: Computer Explorers Staff. The children will have fun and success as they discover the logic required to create their own set of instructions and then put them into the desired sequence. The children will first complete guided lessons, including how to fix something that is not working, then they will create their own programs that they can share with family and friends. **Min 6 Max 12**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 5	6-8	UM Community Center	Wed, 3/8-4/12	4:30p-5:30p	R-\$115, NR-\$130	PR-\$98, PNR-\$110

Emergency First Responder (First Aid, CPR, AED) Training

Instructor: Ronald Boice. The Emergency First Response (EFR) Course provides the necessary education and training to make sure that you are confident in your ability to provide someone with aid in the event of a medical emergency. You will learn skills such as Emergency Scene Assessment, CPR, First Aid, and Automatic External Defibrillator (AED). For questions, contact Ronald Boice at ron@captronsdiving.com



Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 6.1	12+	UM Community Center	Sat1/14	11a-4p	R-\$200, NR-\$215	PR-\$170, PNR-\$182
WI 6.2	12+	UM Community Center	Sun 2/19	11a-4p	R-\$200, NR-\$215	PR-\$170, PNR-\$182
WI 6.3	12+	UM Community Center	Sat 3/11	11a-4p	R-\$200, NR-\$215	PR-\$170, PNR-\$182
WI 6.4	12+	UM Community Center	Sun 4/9	11a-4p	R-\$200, NR-\$215	PR-\$170, PNR-\$182
WI 6.5	12+	UM Community Center	Sun 5/21	11a-4p	R-\$200, NR-\$215	PR-\$170, PNR-\$182

Sign Up Early!!! Classes will be cancelled if minimum class size is not reached.

Hands-On Science– Evenings

Instructor: “Professor” Bob Matcovich is back to his old hijinks! His antics will include chemistry, electricity, magnets, robots, airplanes, movie special effects and lots more. If you have ever dreamed of mad scientists and mixing potions, this is for you. Sign-up early **Min: 10; Max: 20.**



AR

Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 7	6-10	UM Community Center	Tue; 3/7-4/18	6:30p-7:30p	R-\$90, NR-\$105	PR-\$76, PNR-\$89

Math Mosaic

Instructor: Golden Key Russian School. Our classes present math as a fun activity for children by engaging them in solving logic puzzles, constructing cool patterns, building with blocks, holding dice competitions, and playing games. Through these activities, students are introduced to geometry, probability, functions, algebra and other topics at an age-appropriate level. They develop critical thinking and problem-solving skills and gain confidence in their math abilities while developing an appreciation for the beautiful subject of mathematics. **Min 6 Max 12**



Code	Age	Location	Date	Time	Cost	Passholder Cost
Session 1						
WI 8.1	3-4	UM Community Center	Wed 1/11-2/15	11:00a-12:00p	R-\$120, NR-\$135	PR-\$102, PNR-\$115
WI 8.2	5-6	UM Community Center	Thur 1/12-2/16	5:30p-6:30p	R-\$120, NR-\$135	PR-\$102, PNR-\$115
WI 8.3	7-8	UM Community Center	Thur 1/12-2/16	5:30p-6:30p	R-\$120, NR-\$135	PR-\$102, PNR-\$115
Session 2						
WI 8.4	3-4	UM Community Center	Wed 3/1-4/5	11:00a-12:00p	R-\$120, NR-\$135	PR-\$102, PNR-\$115
WI 8.5	5-6	UM Community Center	Thur 3/2-4/6	5:30p-6:30p	R-\$120, NR-\$135	PR-\$102, PNR-\$115
WI 8.6	7-8	UM Community Center	Thur 3/2-4/6	5:30p-6:30p	R-\$120, NR-\$135	PR-\$102, PNR-\$115
Session 3						
WI 8.7	3-4	UM Community Center	Wed 4/19-5/24	11:00a-12:00p	R-\$120, NR-\$135	PR-\$102, PNR-\$115
WI 8.8	5-6	UM Community Center	Thur 4/20-5/25	5:30p-6:30p	R-\$120, NR-\$135	PR-\$102, PNR-\$115
WI 8.9	7-8	UM Community Center	Thur 4/20-5/25	5:30p-6:30p	R-\$120, NR-\$135	PR-\$102, PNR-\$115

Parenting Center

Instructor: Janet Main and Cynthia Grivner. Are you interested in helping your child behave? Are sibling issues with your children causing problems in your home? Are you unsure of appropriate child development milestones and expectations for your child? Join our group at the Parenting Center. For more information please call 484-212-5895 or email umparenting@gmail.com. **No class 12/22 12/29, 4/13**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 9.1	Parents	UM Township Building	Thur 12/8-3/9	9:30-11:00am	R-\$200, NR-\$300	PR-\$170, PNR-\$255
WI 9.2	Parents	UM Township Building	Thur 3/16--6/8	9:30-11:00am	R-\$200, NR-\$300	PR-\$170, PNR-\$255

Purposeful Play and Create with Marianne (formerly Gymboree)

Instructor: Marianne Mandarano. Create at your own pace! This 4 week program offers children the opportunity to work with the many mediums of art. Each week we combine a theme with free painting, movement with music, tactile play and much more! First session is snowflake and the second is dedicated to shapes! For more information please email Marianne at purposefulplay1@gmail.com **Adult participation required. Min 5, Max 12**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 10.1	18mos –4yrs	UM Community Center	Fri 1/6-1/27	10:00am-11:00am	R-\$80, NR-\$95	PR-\$68, PNR-\$80
WI 10.2	18mos –4yrs	UM Community Center	Fri 2/3-2/24	10:00am-11:00am	R-\$80, NR-\$95	PR-\$68, PNR-\$80

Register at the UMCC Front Desk or online at <https://register.communitypass.net>

Purposeful Play with Marianne (formerly Gymboree)

Instructor: Marianne Mandarano. Parent/child interactive developmental play program. 45 minute class of facilitated activities supportive of cognitive, social, and physical development. Music circle, gym time and parachute play all included in the fun. For more information on the below age groups, please email Marianne at purposefulplay1@gmail.com (cost is for child only. Parent attendance is free)

Adult participation required. Min 5, Max 12

Please see below for classes and ages.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 11.1	Walkers– 4yrs	UM Community Center	Tue 1/3-2/7	10:00a-10:45a	R-\$90, NR-\$105	PR-\$76, PNR-\$89
WI 11.2	6-14months	UM Community Center	Tue 1/3-2/7	11:00a-11:45a	R-\$90, NR-\$105	PR-\$76, PNR-\$89
WI 11.3	Newborn-6month	UM Community Center	Tue 1/3-2/27	12:00a-12:45a	R-\$90, NR-\$105	PR-\$76, PNR-\$89
WI 11.4	Walkers– 4yrs	UM Community Center	Tue 2/14-3/21	10:00a-10:45a	R-\$90, NR-\$105	PR-\$76, PNR-\$89
WI 11.5	6-14months	UM Community Center	Tue 2/14-3/21	11:00a-11:45a	R-\$90, NR-\$105	PR-\$76, PNR-\$89
WI 11.6	Newborn-6month	UM Community Center	Tue 2/14-3/21	12:00a-12:45a	R-\$90, NR-\$105	PR-\$76, PNR-\$89
WI 11.7	Walkers– 4yrs	UM Community Center	Tue 4/18-4/23	10:00a-10:45a	R-\$90, NR-\$105	PR-\$76, PNR-\$89
WI 11.8	6-14months	UM Community Center	Tue 4/18-4/23	11:00a-11:45a	R-\$90, NR-\$105	PR-\$76, PNR-\$89
WI 11.9	Newborn-6month	UM Community Center	Tue 4/18-4/23	12:00a-12:45a	R-\$90, NR-\$105	PR-\$76, PNR-\$89

Shining Knights Chess

Instructor: Shining Knights Chess. Whether you are new to the game, learning to push pawns for the first time, or have played in numerous tournaments, and want to sharpen your skills, come to a Shining Knights Chess Club! We have trained numerous state champions and national trophy winners. We have trained even more kids to enjoy the game that they can spend hours playing with friends and family. So, whether you want to win games in your living room against your parents or win tournaments in other states, come join us and learn how to play chess or play better chess! **min 8. No class 4/10, 4/17**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WI 12	6-13	UM Community Center	Mon; 3/6-5/22	5:30p-6:30p	R-\$135, NR-\$150	PR-\$120, PNR-\$127



Let's Celebrate your birthday at the Upper Merion Community Center!

No mess, No fuss, leave the planning to US!

With our passionate party leaders hosting your event we will ensure your guests will have a blast! Our leaders will host, assist in set up and clean up, lead the activities of your choice and serve your food, drinks and cake! You will find that we offer an array of party themes and time options. Our Preschool parties are one hour and a half and our 5-9 year old parties are two hours long.

STARTS JANUARY 2017

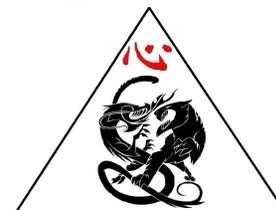
For more information check our website: umtownship.org/parksandrec

No refunds will be issued after the start of the 2nd class.

MARTIAL ARTS

Martial Arts Grappling for Kids

Instructor: East Montgomery Martial Arts Academy. This program utilizes the grappling arts of Judo and Brazilian Jiu-Jitsu. Our Youth Program is designed to empower kids by providing them with the mental and physical tools to face and overcome adversity. Our unique Anti-Bullying focus deals with one of the most serious problems in schools today. If you are looking to protect your child and instill in them discipline, confidence and self-reliance, look no further. No experience required. Students can wear regular gym attire.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 1	5-12	UM Community Center	Mon; 1/9-3/27	5:30p-6:30p	R-\$110, NR-\$125	PR-\$83, PNR-\$106

Tae Kwon Do- Black Belt

Instructor: Matt Glidden. Students will advanced their Tae Kwon Do training. Students will also develop their teaching skills to teach others. For 1st Degree Black Belts and higher ranks in Tae Kwon Do. Students are required to attend this class to test for all degrees of black belt. Red Belt, Black stripes also required to attend.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 2.1	All	UM Community Center	Tue; 1/3, 2/7, 3/7	7:00p-9:00p	R-\$30, NR-\$40	PR-\$25, PNR-\$34
WS 2.2	All	UM Community Center	Tue; 4/4, 5/2, 6/6	7:00p-9:00p	R-\$30, NR-\$40	PR-\$25, PNR-\$34

Tae Kwon Do - Matt Glidden

Instructor: Matt Glidden. Students will be learning the basic fundamentals of Tae Kwon Do, which is a Korean Martial Art. Master Glidden is a 5th Degree Black Belt and Master Instructor. Students will learn stances, blocks, punches, kicks, and patterns. Students from White Belt, Yellow Stripe and higher should take Advanced class. **No class 5/29**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 3.1	7+ Beginner	UM Community Center	Mon & Wed; 1/4-3/15	7:00p-7:45p	R-\$90, NR-\$105	PR-\$76, PNR-\$89
WS 3.2	7+ Advanced	UM Community Center	Mon & Wed; 1/4-3/15	7:45p-9:15p	R-\$90, NR-\$105	PR-\$76, PNR-\$89
WS 3.3	7+ Beginner	UM Community Center	Mon & Wed; 3/27-6/7	7:00p-7:45p	R-\$90, NR-\$105	PR-\$76, PNR-\$89
WS 3.4	7+ Advanced	UM Community Center	Mon & Wed; 3/27-6/7	7:45p-9:15p	R-\$90, NR-\$105	PR-\$76, PNR-\$89

Tae Kwon Do - Mike Coleman

Instructor: Mike Coleman, 4th Deg Black Belt in Tae Kwon Do. Beginner class for beginners & all children ages 6 –10. Intermediate class for students over 10 or who have completed the beginner program and have been invited to move up. Advanced class is for children with advanced belts & all adults. **Community Center Passholders will be given a 15% discount which is not reflected below**



Code	Age	Location	Date	Time	Cost (2 day/wk)	Cost (1 Day/wk)
<u>Session 1</u>						
WS 4.1	Beginner	UM Community Center	Tue & Thu; 1/10-3/16	5:30p-6:30p	R-\$75, NR-\$90	R-\$50, NR-\$60
WS 4.2	Intermediate	UM Community Center	Tue & Thu; 1/10-3/16	6:30p-7:30p	R-\$75, NR-\$90	R-\$50, NR-\$60
WS 4.3	Advanced	UM Community Center	Tue & Thu; 1/10-3/16	7:30p-8:30p	R-\$75, NR-\$90	R-\$50, NR-\$60
<u>Session 2</u>						
WS 4.4	Beginner	UM Community Center	Tue & Thu; 3/28-6/8	5:30p-6:30p	R-\$75, NR-\$90	R-\$50, NR-\$60
WS 4.5	Intermediate	UM Community Center	Tue & Thu; 3/28-6/8	6:30p-7:30p	R-\$75, NR-\$90	R-\$50, NR-\$60
WS 4.6	Advanced	UM Community Center	Tue & Thu; 3/28-6/8	7:30p-8:30p	R-\$75, NR-\$90	R-\$50, NR-\$60

Sign Up Early!!! Classes will be cancelled if minimum class size is not reached.

Music Classes

Guitar

Instructor: Professor Stephen Kleiman, kleimans@arcadia.edu. Lessons are available in both electric and acoustic styles for all skill levels. Music Theory included in 30-minute private instruction. Because of his ability to perform on many stringed instruments, and is comfortable in a variety of styles, he is one of the most sought after Musician/Teachers in the Tri-State area. Stephen has performed with Grammy winners Diane Schuur, Al Martino, comedian Rich Little, The Woody Herman Big Band, the Harrisburg Symphony Orchestra and Broadway Shows. **PLEASE BRING OWN INSTRUMENT.**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WM 1.1	7+	UM Community Center	Mon, 1/23-2/13	6p, 6:30p, 7p, 7:30p, 8p, 8:30p	R-\$130, NR-\$145	PR-\$110, PNR-\$123
WM 1.2	7+	UM Community Center	Wed, 1/25-3/1	6p, 6:30p, 7p, 7:30p, 8p, 8:30p	R-\$195, NR-\$210	PR-\$165, PNR-\$178
WM 1.3	7+	UM Community Center	Mon, 3/6-3/27	6p, 6:30p, 7p, 7:30p, 8p, 8:30p	R-\$130, NR-\$145	PR-\$110, PNR-\$123
WM 1.4	7+	UM Community Center	Wed, 3/22-4/26	6p, 6:30p, 7p, 7:30p, 8p, 8:30p	R-\$195, NR-\$210	PR-\$165, PNR-\$178
WM 1.5	7+	UM Community Center	Mon, 4/17-5/22	6p, 6:30p, 7p, 7:30p, 8p, 8:30p	R-\$195, NR-\$210	PR-\$165, PNR-\$178
WM 1.6	7+	UM Community Center	Wed, 5/17-6/7	6p, 6:30p, 7p, 7:30p, 8p, 8:30p	R-\$130, NR-\$145	PR-\$110, PNR-\$123

Guitar, Bass, Piano, or Keyboard Lessons

Instructor: Mike Gallagher. 30-minute weekly private lessons on the instrument of choice. Learn everything from basic techniques to your favorite songs and more in a relaxed and fun environment. Mike is a professional instructor with over 20 years of teaching and performing experience. Please indicate instrument and class time when registering. Email Mike at mgrocks@gmail.com with any questions or for more information. **PLEASE BRING OWN INSTRUMENT, we only provide piano.**

Code	Age	Location	Date	Time	Cost	Passholder Cost
WM 2.1	5+	UM Community Center	Wed; 1/4-1/25	2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:00, 6:30, 7:00	R-\$120, NR-\$135	PR-\$102, PNR-\$115
WM 2.2	5+	UM Community Center	Wed; 2/1--2/22	2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:00, 6:30, 7:00	R-\$120, NR-\$135	PR-\$102, PNR-\$115
WM 2.3	5+	UM Community Center	Wed; 3/1-3/29	2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:00, 6:30, 7:00	R-\$150, NR-\$165	PR-\$127, PNR-\$140
WM 2.4	5+	UM Community Center	Wed; 4/5-4/26	2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:00, 6:30, 7:00	R-\$120, NR-\$135	PR-\$102, PNR-\$115
WM 2.5	5+	UM Community Center	Wed; 5/3-5/31	2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:00, 6:30, 7:00	R-\$150, NR-\$165	PR-\$127, PNR-\$140
WM 2.6	5+	UM Community Center	Wed; 6/7-6/28	2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:00, 6:30, 7:00	R-\$120, NR-\$135	PR-\$102, PNR-\$115

Piano Lessons with Melanie Eberhard

Instructor: Melanie Eberhard. Thirty-minute one-to-one sessions with an experienced teacher of 30 years. Melanie has an educational background including music learning methodologies for elementary age and early childhood. Melanie adapts well to different ages, abilities, and learning styles. If you have questions, please contact Melanie through the Parks and Recreation office.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WM 3.1	6+	UM Community Center	Tues, 1/10-2/7	3:15, 3:45, 4:15, 4:45, 5:15, 5:45	R-\$120, NR-\$135	PR-\$102, PNR-\$115
WM 3.2	6+	UM Community Center	Tues, 2/21-4/4	3:15, 3:45, 4:15, 4:45, 5:15, 5:45	R-\$210, NR-\$225	PR-\$178, PNR-\$191
WM 3.3	6+	UM Community Center	Tues, 4/18-5/30	3:15, 3:45, 4:15, 4:45, 5:15, 5:45	R-\$210, NR-\$225	PR-\$178, PNR-\$191

SPORTS – YOUTH

Basketball/Boys Clinics with Ed

Instructor: Ed Swayze. Basketball clinic run by an experienced coach working on the fundamentals, and development of skills (shooting, passing, dribbling, rebounding, fitness and knowledge of the game). This clinic is for new players, as well as players looking to develop their skills in hopes of playing AAU /school ball. Emphasis on learning, improving, and enjoying the game of basketball. (10ft Rims)

Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 5.1	Grades 3 & 4	UM Community Center	Thur; 4/6-5/11	4:30p-5:25p	R-\$85, NR-\$100	PR-\$72 PNR-\$85
WS 5.2	Grades 5 & 6	UM Community Center	Thur; 4/6-5/11	5:30p-6:25p	R-\$85, NR-\$100	PR-\$72 PNR-\$85

Basketball/Boys Hoops Clinics

Instructor: Michelle Michael and Jason Quenzer. Head Boys Basketball Coach at Upper Merion High School will be holding a clinic focusing on skill development through stations that include shooting, rebounding, passing, ball handling, conditioning, and other basketball related skills. All skill levels are welcome. **Max 20**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 6.1	Grades 5-8	UM Middle School	Tues, 3/21-4/11	6:15p-7:00p	R-\$70, NR-\$85	PR-\$59, PNR-\$72
WS 6.2	Grades 5-8	UM Middle School	Tues, 4/25-5/16	6:15p-7:00p	R-\$70, NR-\$85	PR-\$59, PNR-\$72

Basketball/Girls Hoops Clinic

Instructor: Michelle Michael. AAU basketball coach and director of Girls Basketball Programs. All levels are welcome. Instructor will focus on fundamental skills dribbling, passing, shooting, rebounding and foot-work. Players will receive feedback from instructor. Bring water bottle.



Code	Age	Location	Date	Time	Cost	Passholder Cost
<u>Session 1</u>						
WS 7.1	Grades 2-4	UM Community Center	Mon; 3/13-4/3	5:30p-6:15p	R-\$70, NR-\$85	PR-\$59, PNR-\$72
WS 7.2	Grades 5-8	UM Community Center	Mon; 3/13-4/3	6:15p-7:00p	R-\$70, NR-\$85	PR-\$59, PNR-\$72
WS 7.3	Grades 5-8	UM Middle School	Tues, 3/21-4/11	5:30p-6:15p	R-\$70, NR-\$85	PR-\$59, PNR-\$72
<u>Session 2</u>						
WS 7.4	Grades 2-4	UM Community Center	Mon; 4/24-5/15	5:30p-6:15p	R-\$70, NR-\$85	PR-\$59, PNR-\$72
WS 7.5	Grades 5-8	UM Community Center	Mon; 4/24-5/15	6:15p-7:00p	R-\$70, NR-\$85	PR-\$59, PNR-\$72
WS 7.6	Grades 5-8	UM Middle School	Tues, 4/25-5/16	5:30p-6:15p	R-\$70, NR-\$85	PR-\$59, PNR-\$72

Basketball/Little Hoop Stars

Instructor: Jump Start Sports staff. Instructional and recreational basketball program. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Then they apply what they've learned in low competition games.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 8	4-5	UM Community Center	Tue; 1/10-2/14	5:30p-6:30p	R-\$95, NR-\$110	PR-\$81, PNR-\$94

Register at the UMCC Front Desk or online at <https://register.communitypass.net>

Basketball/Xtreme Hoops

Instructor: Michelle Michael. This is an advanced and intense workout session designed to help aspiring players to develop advanced basketball shooting skills. The workout will include the use of the latest technology in basketball shooting. It incorporates game-like shooting situations such as shooting off the dribble, shooting off the pass, and shooting off a screen. Space is limited. Player must arrive 15 minutes prior to start in athletic attire.



Sessions are paid in advance through Parks & Rec and scheduled at www.xtreme-hoops.com. Click on Make a Reservation or Email Michelle Michael at ShellyM@girlshoops.org. **One hour sessions can be scheduled on Friday nights from 1/6-6/16. The location will be the Upper Merion Community Center.**

Once sessions are scheduled, 24 HOURS NOTICE FOR CANCELLATIONS are required or session will be forfeited by participant. All passes expire 6 months from the date of purchase. NO refunds will be given for expired passes. PLEASE BRING A PRINTED COPY OF YOUR REGISTRATION RECEIPT. For multi session registrations, you will be given a voucher card at the first session for subsequent sessions.

Code	Age	Session Options	Location	Cost	Passholder Cost
WS 9.1	11+	1 Single – 60 minute Session	UM Community Center	R-\$30, NR-\$40	PR-\$21, PNR-\$30
WS 9.2	11+	Block of 5 – 60 minute Sessions	UM Community Center	R-\$125, NR-\$140	PR-\$106, PNR-\$119
WS 9.3	11+	Block of 10 – 60 minute Sessions	UM Community Center	R-\$225, NR-\$240	PR-\$191, PNR-\$204

Flag Football—Youth Coed League

Instructor: Flag Football America. The UMPR Coed League is open to Boys and Girls Ages 6-16. Players will be divided up into age and skill appropriate groups. This program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. The Flag Football America program is designed to educate players about football while emphasizing participation and sportsmanship. It's all about safety and fun! Our programs are developed around making sure each participant is having fun and improving their skill level regardless of previous football experience. There will be weekly flag football skill building training sessions and competitive games. 1 Day Per Week Commitment: Practice + Game.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 10	6-16	Heuser Park	Fri; 4/7-5/19	6:30p-8:00p	R-\$99, NR-\$114	PR-\$84, PNR-\$97

Football/Blair Thomas Football Academy

Instructor: Blair Thomas from the Blair Thomas Football Academy has designed an 8-week winter football fundamentals program for all students 7 and up. The program will teach the fundamentals of all positions including QB, RB, WR, OL, DB, LB AND DL. The object of this program is to instruct kids on the fundamentals needed to succeed on the football field with a major focus on stance start, throwing mechanics, ball handling, teamwork and motivation. **Min:10 Max:20**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 11	7-18	UM Community Center	Tues; 1/17-3/7	4:30p-5:30p	R-\$95, NR-\$105	PR-\$81, PNR-\$89

Playball

Instructor: Ed Swayze. Playball is a specialized sports program that uses sports as a means to assist the development in children. The focus is on stability, locomotion, and manipulation then working up to sequential movements. Preparing the children to be competent and confident - all while having fun.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 12.1	2-4	UM Community Center	Sat, 1/7-2/25	8:30a-9:15a	R-\$80, NR-\$95	PR-\$68 PNR-\$81
WS 12.2	2-4	UM Community Center	Sat, 3/11-4/29	8:30a-9:15a	R-\$80, NR-\$95	PR-\$68 PNR-\$81

No refunds will be issued after the start of the 2nd class.

Phys. Ed 2 Get Ahead

Instructor: Ed Swayze. This program is the big brother to Playball. Phys. Ed 2 Get Ahead is a movement oriented program with 3 specific components: motor domain, cognitive domain, & affective domain. The hope is to develop vigorous healthy life style, which includes appropriate activities and attitudes for all stages of life. Any questions, please contact Ed Swayze 215-512-5000 / playballswayze@comcast.net. **Min 4 Max 15**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 13.1	5-7	UM Community Center	Sat, 1/7-2/25	9:15a-10:00a	R-\$80, NR-\$95	PR-\$68 PNR-\$81
WS 13.2	5-7	UM Community Center	Sat, 3/11-4/29	9:15a-10:00a	R-\$80, NR-\$95	PR-\$68 PNR-\$81

Pickleball For Kids

We are bringing Pickleball to the kids in Upper Merion! Pickleball is a sport that combines different elements of tennis, badminton and table tennis to create a fun game that anyone can play. This sport is easy to learn and gets the kids away from those screens and moving at the community center. With your Community Center membership kids can be in class while you workout.



Instructor: Carl Richard. Basic Technique, Strategy and Court Positioning are the focus of this fun 1 hour drill and play Pickleball Clinic. The class has a different focus each week so you can improve your game all year long! Call Carl at 610-306-0677 or email him at tennisprocarl@aol.com for more details. **No Class 5/29 Min 4 Max 8**

Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 14.1	6-16	UM Community Center	Mon; 1/9-3/13	5:00p-6:00p	R-\$100 NR-\$115	PR-\$85, PNR-\$98
WS 14.2	6-16	UM Community Center	Mon; 3/27-6/5	5:00p-6:00p	R-\$100 NR-\$115	PR-\$85, PNR-\$98
WS 14.3	6-16— Daily rate	UM Community Center	Mon; 1/9-3/13 Mon; 3/27-6/5	5:00p-6:00p	R-\$12 NR-\$15	R-\$10 NR-\$13

S.N.A.P. Sports and Fitness

Special Needs Adaptive Program sport and fitness is designed to be rewarding, challenging and fun. The goal of SNAP sport and fitness is to provide any boy or girl with intellectual and/or physical disabilities a chance to work on basic sport and fitness skills. **Min: 4 Max: 12**



S.N.A.P. Sports and Fitness needs volunteer Buddies, Buddies need to be at least 14 years of age. Buddies need to be available from 11:15 a.m. to 12:35 p.m. Buddies will be provided with certificates to show service hours.

15.1—Exercise: Learn body awareness through a safe strength and cardio conditioning workout. January-February

15.2— Exercise Buddies Needed

15.3— Basketball: Learn basketball fundamentals February—March

15.4— Basketball Buddies Needed

15.5- Track and Field: To learn body awareness through running and jumping events.

15.6— Track and Field Buddies Needed

Code	Age	Location	Date	Time	Cost
WS 15.1	10-21	UM Community Center	Sat; 1/14-2/11	11:30a-12:30p	FREE
WS 15.2	Buddies 14 and up	UM Community Center	Sat; 1/14-2/11	11:15a-12:35p	FREE
WS 15.3	6-21	UM Community Center	Sat; 2/25-3/25	11:30a-12:30p	FREE
WS 15.4	Buddies 14 and up	UM Community Center	Sat; 2/25-3/25	11:15a-12:35p	FREE
WS 15.5	6-21	UM Community Center	Sat; 4/8-5/6	11:30a-12:30p	FREE
WS 15.6	Buddies 14 and up	UM Community Center	Sat; 4/8-5/6	11:15a-12:35p	FREE

Soccer/Hummingbirds

Instructor: Jump Start Sports staff. Have fun and learn the basics of soccer: dribbling, passing, trapping, shooting, and positioning. Each session consists of instruction in each aspect of the game, participation in fun, age appropriate, drills that are designed to teach skills, and low-key non-competitive game.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 16	3-6	Belmont	Sat; 4/22-5/27	3:30p-4:30p	R-\$95, NR-\$110	PR-\$81, PNR-\$94

Register at the UMCC Front Desk or online at <https://register.communitypass.net>

Soccer - UK Elite IDP

Instructor: UK Elite. The INDIVIDUAL DEVELOPMENT PROGRAM or IDP provides a forum for players to work on their own specific areas of strength & development. The coach will work on the specific detail required to perfect areas of the game. Each player will develop their technique, muscle memory and the ability to consistently reproduce a high level of skill in the game setting.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 17.1	5-7	UM Community Center	Sat; 1/14-3/4	2:00p-3:00p	R-\$150, NR-\$165	PR-\$128, PNR-\$140
WS 17.2	5-9	UM Community Center	Wed, 1/18-3/8	6:00p-7:00p	R-\$150, NR-\$165	PR-\$128, PNR-\$140
WS 17.3	5-9	UM Community Center	Wed, 3/22-5/10	6:00p-7:00p	R-\$150, NR-\$165	PR-\$128, PNR-\$140

Soccer/UK Petite

Instructor: U.K. Elite Soccer. Your child's FIRST soccer experience! Exciting soccer games in a safe environment. Concentrates on motor skill & coordination development as well as social skill building with other children and confidence building. Children should bring sneakers or cleats (sneakers for indoors), shin guards & water bottle.

Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 18.1	3-5	UM Community Center	Sat; 1/14-3/4	1:00p-2:00p	R-\$150, NR-\$165	PR-\$128, PNR-\$140
WS 18.2	3-5	UM Community Center	Wed, 1/18-3/8	5:00p-6:00p	R-\$150, NR-\$165	PR-\$128, PNR-\$140
WS 18.3	3-5	UM Community Center	Wed, 3/22-5/10	5:00p-6:00p	R-\$150, NR-\$165	PR-\$128, PNR-\$140

T-Ball/T-Birds

Instructor: Jump Start Sports staff. Players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, non-competitive games. Sessions are one hour long, one day per week, and include all instruction and game play in one outing.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 19	3-4	Swedeland	Mon; 4/10-5/15	5:30p-7:30p	R-\$95, NR-\$110	PR-\$81, PNR-\$94

Tennis/Junior Clinics

Instructor: Carl Richard. For Ages 6-16. Top quality instruction designed to develop fundamentals, improve your game and fitness, while making you a better competitor regardless of ability level and age. Register Early! Call Carl at 610-306-0677 or email him at tennisprocarl@aol.com for more details.

Developmental Training:

Ages 6-10. Advanced beginner intermediate. Basic skills (forehand, backhand, volley, serve and scoring) are reinforced while players are learning to compete. Students will learn to hit the ball with consistency, allowing them to start enjoying the game.

Competitive Training:

Ages 9-16. Recommended intermediate/advanced for students who have developed some consistency and are competing in matches. The technique will continue to be reinforced, while placement and strategy are taught and footwork is emphasized.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 20.1	Developmental	Bob White Tennis Courts	Wed; 3/29-5/24	4:30p-5:30p	R-\$125, NR-\$140	PR-\$106, PNR-\$119
WS 20.2	Competitive	Bob White Tennis Courts	Wed; 3/29-5/24	5:30p-6:30p	R-\$125, NR-\$140	PR-\$106, PNR-\$119

Tennis/Radnor Racquet Club

Instructor: David Broida. Learn the fundamentals of the sport, including forehand, backhand, serve, volley and basic strategy. Instruction will be provided for Beg. & Int. players, as well as training for middle & high school tennis team members.

No class 2/19. For more information, contact David Broida, dbroida@gmail.com or (610) 864-4303.

Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 21.1	4-18 Beg & Adv Beg	Radnor Racquet Club	Sun; 1/8-3/26	3:00p-4:00p	R-\$195, NR-\$210	PR-\$165, PNR-\$178
WS 21.2	4-18 Beg & Adv Beg	Radnor Racquet Club	Sun; 1/8-3/26	4:00p-5:00p	R-\$195, NR-\$210	PR-\$165, PNR-\$178
WS 21.3	4-18 Adv Beg & Interm	Radnor Racquet Club	Sun; 1/8-3/26	5:00p-6:00p	R-\$195, NR-\$210	PR-\$165, PNR-\$178
WS 21.4	4-18 Adv Beg & Interm	Radnor Racquet Club	Sun; 1/8-3/26	6:00p-7:00p	R-\$195, NR-\$210	PR-\$165, PNR-\$178
WS 21.5	Adult & Teens All Levels	Radnor Racquet Club	Sun; 1/8-3/26	7:00p-8:00p	R-\$195, NR-\$210	PR-\$165, PNR-\$178

Tennis/Youth Indoor

Instructor: Julian Krinsky School of Tennis. This program is designed for children of all skill levels. Program includes instruction, drills, strategy and matches. Please bring a water bottle. **Max: 16.**

Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 22.1	6-10	Gulph Mills Tennis Club	Sun 1/15-3/19	6:30p-7:30p	R-\$135, NR-\$150	PR-\$115, PNR-\$127
WS 22.2	11and up	Gulph Mills Tennis Club	Sun 1/15-3/19	7:30p-8:30p	R-\$135, NR-\$150	PR-\$115, PNR-\$127

Tennis/UMPR Tennis League

Instructor: Carl Richard. We need young players to represent Upper Merion for some team tennis tournaments in the spring, summer and fall. We will be starting a junior match play and game-based instruction to develop our teams. Call Carl at 610-306-0677 or email him at tennisprocarl@aol.com for more details.

UMPR Tennis League are matches against each other, team based, and played on Wednesday nights in the middle school gyms. Children will be placed into a team, and the teams will play against each other. We are teaching the game through match play. The first week will explain the teams and expectations etc. and a mock match will be played. Then there will be 8 weeks of matches. The end of the session will have a free tennis party and prize giveaways.

Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 23.1	6-10	UM Middle School	Wed 2/1-3/22	5:30p-6:30p	R-\$96, NR-\$111	PR-\$82, PNR-\$94
WS 23.2	8-13	UM Middle School	Wed 2/1-3/22	6:30p-7:30p	R-\$96, NR-\$111	PR-\$82, PNR-\$94

UMBA/Baseball Skill Building

Instructor: Upper Merion Baseball Association. This program is offered by UMBA and provides a skill development program for baseball. This is a great opportunity for kids who intend to play spring/summer baseball to work on developing skills prior to the season. There will be a small fee to help cover the administrative costs of the programs. All coaches are volunteers. Any questions please contact Tony Metricarti at tmetricarti@gmail.com. **Max 25**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 24.1	7-8	UM Middle School	Tues 1/10-3/14	6:00p-7:00p	R-\$10, NR-\$15	PR-\$8, PNR-\$13
WS 24.2	9-10	UM Middle School	Tues 1/10-3/14	7:00p-8:00p	R-\$10, NR-\$15	PR-\$8, PNR-\$13
WS 24.3	11-12	UM Middle School	Tues 1/10-3/14	8:00p-9:00p	R-\$10, NR-\$15	PR-\$8, PNR-\$13

UMBA/Softball Skill Building

Instructor: Upper Merion Baseball Association. This program is offered by UMBA and provides a skill development program for softball. This is a great opportunity for kids who intend to play spring/summer softball to work on developing skills prior to the season. There will be a small fee to help cover the administrative costs of the programs. All coaches are volunteers. Any questions please contact Tony Metricarti at tmetricarti@gmail.com. **Max 25**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 25.1	7-8	UM Middle School	Thur 1/12-3/16	6:00p-7:00p	R-\$10, NR-\$15	PR-\$8, PNR-\$13
WS 25.2	9-10	UM Middle School	Thur 1/12-3/16	7:00p-8:00p	R-\$10, NR-\$15	PR-\$8, PNR-\$13
WS 25.3	11-12	UM Middle School	Thur 1/12-3/16	8:00p-9:00p	R-\$10, NR-\$15	PR-\$8, PNR-\$13

UMBA/Pitching & Catching

Instructor: Upper Merion Baseball Association. This program provides a skill development program for boys and girls who want to learn to pitch fastpitch baseball or softball. This is a great opportunity for kids who intend to play spring/summer baseball or softball to work on developing skills prior to the season. There will be a small fee to help cover the administrative costs of the programs. All coaches are volunteers. Any questions please contact Tony Metricarti at tmetricarti@gmail.com. **Max 12 No Class 1/16, 2/20**

Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 26.1	8-12 Boys	UM Middle School	Mon 1/9-3/13	6:00p-7:00p	R-\$10, NR-\$15	PR-\$8, PNR-\$13
WS 26.2	7-10 Girls	UM Middle School	Mon 1/9-3/13	7:00p-8:00p	R-\$10, NR-\$15	PR-\$8, PNR-\$13
WS 26.3	11-12 Girls	UM Middle School	Mon 1/9-3/13	8:00p-9:00p	R-\$10, NR-\$15	PR-\$8, PNR-\$13

Sign Up Early!!! Classes will be cancelled if minimum class size is not reached.

SPORTS –ADULT LEAGUES

Basketball Men’s League

The UMPR Men’s Basketball League is a competitive and fun league for all adult men 18 and older. Teams are guaranteed 10 regular season league games. The league will provide officials and score keepers. Games will usually take place Wednesday and Thursday evenings between 6pm-11pm. Individual sign ups are welcome. For the official league rules or more information please go to www.umtownship.org/parksandrec or contact Dennis Rudzinski, at drudzinski@umtownship.org

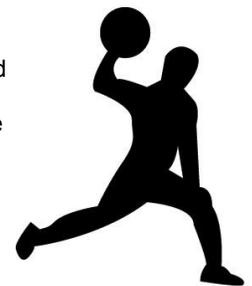


Registration deadline is January 6th. If your team is interested in playing and the registration deadline has passed, please call to check availability.

Code	Age	Location	Date	Time	Cost
WL 1	18+	UM Community Center	Wed & Thurs 1/18-4/6	6pm-11pm	Team-\$500 Indv-\$50

Coed Dodgeball League

Sign up a team and come play some Dodgeball at the Upper Merion Community Center. Teams are guaranteed 10 regular season matches. The league will provide officials, dodgeballs, and a good experience. Games will usually take place Friday evenings between 6pm-10pm. Individual sign ups are welcome. For the official league rules or more information please go to www.umtownship.org/parksandrec or contact Dennis Rudzinski, at drudzinski@umtownship.org



Registration deadline is January 17th. If your team is interested in playing and the registration deadline has passed, please call to check availability.

Code	Age	Location	Date	Time	Cost
WL 2	18+	UM Community Center	Fridays 1/27-4/14	6pm-10pm	Team-\$400 Indv-\$50

Coed Softball League

UMPR’s Coed Softball League is a 28 team league that runs from April through August. Games usually take place at Belmont, Caley, Bob White, & Swedeland Fields. Teams usually average one game per week. **Because this is such a popular league, registration is first opened up to teams that participated the previous season, in February.** If there is availability, interested new teams are contacted in early March. All interested new teams, should contact Dennis Rudzinski at drudzinski@umtownship.org. For more information, please visit www.umtownship.org/parksandrec

All interested new teams, should contact Dennis Rudzinski at drudzinski@umtownship.org

Coed Volleyball League

The UMPR Coed Volleyball League is a fun opportunity to get out and play in an organized league setting with friends. Teams are guaranteed 10 regular season matches. The league will provide officials. Games will usually take place Tuesday evenings between 6pm-11pm. Individual sign ups are welcome. For the official league rules or more information please go to www.umtownship.org/parksandrec or contact Dennis Rudzinski, at drudzinski@umtownship.org.



Registration deadline is January 6th. If your team is interested in playing and the registration deadline has passed, please call to check availability.

Code	Age	Location	Date	Time	Cost
WL 3	18+	UM Community Center	Tues 1/17-4/4	6pm-11pm	Team-\$450 Indv-\$50

Register at the UMCC Front Desk or online at <https://register.communitypass.net>

SPORTS –ADULT LEAGUES CONT...

Flag Football/Adult Coed League

Instructor: Flag Football America. The UMPR Coed Flag Football League is a competitive and recreational version of a popular American game. Teams will be organized and play according to national rules and regulations. League will include regular season league games, statistics, awards and playoffs. The league will provide the referees, flags, field and footballs. This is a great activity for individuals and teams. Athletic attire and non-metal football cleats/sneakers required. Visit <http://www.flagfootballamerica.com/umpr> for more info.



Code	Age	Location	Date	Time	Cost
WL 4	18 and up	Heuser Park	Sun; 3/19-6/11	9:00a-1:00p	Team-\$775 Ind.-\$90

SPORTS –ADULT PROGRAMS

Basketball/30 and Up

Players will split into teams and play informal and fun basketball games. Must be registered for the full session in order to play. Sign up early, space is limited. **Max 35. No UM Middle School class 1/16, 2/20, 4/10, 4/17, 5/8**

Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 27.1	Men-30 and up	UM Middle School	Mon, 1/9--5/22	7:00p-9:30p	R-\$65, NR-\$80	PR-\$55, PNR-\$68
WS 27.2	Men-30 and up	UM Community Center	Mon, 1/9-5/22	7:00p-9:00p	R-\$80, NR-\$95	PR-\$68, PNR-\$81
WS 27.3	Men-30 and up	UM Community Center	Sun, 1/8-5/21	8:00a-10:00a	R-\$80, NR-\$95	PR-\$68, PNR-\$81

Pickleball/Adult Daytime Clinics

Instructor: Carl Richard. Learn every aspect of the game including– what equipment is right for you, basic shot techniques, rules, court positioning, basic strategy, where to play and when.....ALL in this 1.5-hour class! Start your lifelong love of Pickleball with this fully informative class! Call Carl at 610-306-0677 or email him at tennisprocarl@aol.com for more details. **Min 4 Max 8**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 28.1	Adult- Beginner	UM Community Center	Wed, 1/11-3/15	11:00a-12:30p	R-\$100 NR-\$115	PR-\$85, PNR-\$98
WS 28.2	Adult– Advanced	UM Community Center	Wed, 1/11-3/15	1:00p-2:30p	R-\$100 NR-\$115	PR-\$85, PNR-\$98
WS 28.3	Adult- Beginner	UM Community Center	Wed, 4/5-6/7	11:00a-12:30p	R-\$100 NR-\$115	PR-\$85, PNR-\$98
WS 28.4	Adult– Advanced	UM Community Center	Wed, 4/5-6/7	1:00p-2:30p	R-\$100 NR-\$115	PR-\$85, PNR-\$98
WS 28.5	Adult– Daily Rate	UM Community Center	Wed, 1/11-3/15 Wed, 4/5-6/7	11:00a-12:30p or 1:00p-2:30p	R-\$12 NR-\$15	R-\$10 NR-\$13

Pickleball/Adult Evening Clinics

Instructor: Carl Richard. Basic Technique, Strategy and Court Positioning are the focus of this fun 1 hour drill and play Pickleball Clinic. The class has a different focus each week so you can improve your game all year long! Call Carl at 610-306-0677 or email him at tennisprocarl@aol.com for more details. **No Class 5/29, Min 4 Max 8**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 29.1	Adult– All Levels	UM Community Center	Mon; 1/9-3/13	6:00p-7:00p	R-\$100 NR-\$115	PR-\$85, PNR-\$98
WS 29.2	Adult– All Levels	UM Community Center	Mon; 3/27-6/5	6:00p-7:00p	R-\$100 NR-\$115	PR-\$85, PNR-\$98
WS 29.3	Adult– Daily Rate	UM Community Center	Mon; 1/9-3/13 Mon; 3/27-6/5	6:00p-7:00p	R-\$12 NR-\$15	R-\$10 NR-\$13

No refunds will be issued after the start of the 2nd class.

Tennis/Adult Indoor

Instructor: Julian Krinsky School of Tennis. Men and women of all skill levels are welcome. Program includes instruction, drills, strategy and matches. Please bring water bottle. **Max: 16.**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 30	18 and up	Gulph Mills Tennis Club	Fri, 1/13-3/17	7:00p-8:00p	R-\$135, NR-\$150	PR-\$115, PNR-\$127

Tennis/Adult Outdoor with Bob Green

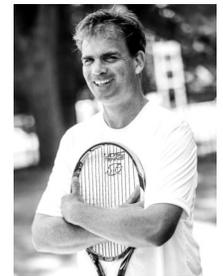
Instructor: Bob Green, USTA / PTR certified. Bob is a former U.S.T.A. Player Development Coach with Area Training Center experience. Men and women 18 years and older of all skill levels are welcome. Emphasis on drills and play for intermediate students and on stroke mechanics for beginners. Must bring a water bottle. Drill / Play class for intermediates who are NTRP 3.0 and up. If your strokes are in place and you would like to participate in high energy drills and point/game play, this clinic is for you.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 31.1	18+ NTRP 3.0+	Bob White Tennis Courts	Tue & Thu; 4/4-4/27	6:30p-7:30p	R-\$100, NR-\$115	PR-\$85, PNR-\$97
WS 31.2	18+ Novice	Bob White Tennis Courts	Tue & Thu; 4/4-4/27	7:30p-8:30p	R-\$100, NR-\$115	PR-\$85, PNR-\$97
WS 31.3	18+ NTRP 3.0+	Bob White Tennis Courts	Tue & Thu; 5/16-6/8	6:30p-7:30p	R-\$100, NR-\$115	PR-\$85, PNR-\$97
WS 31.4	18+ Novice	Bob White Tennis Courts	Tue & Thu; 5/16-6/8	7:30p-8:30p	R-\$100, NR-\$115	PR-\$85, PNR-\$97

Tennis/Adult Clinics

Instructor: Carl Richard. For Ages 18+. Top quality instruction designed to develop fundamentals, improve your game and fitness, while making you a better competitor regardless of ability level and age. Register Early! Space is limited! These classes are for tennis players who want to learn/improve by game based learning teaching style. Basic skills (forehand, backhand, volley, serve and scoring) are reinforced while players are learning to compete. Students will learn to hit the ball with consistency, allowing them to really start enjoying the game. The technique will continue to be reinforced, while placement and strategy are taught and footwork is emphasized. Call Carl at 610-306-0677 or email him at tennisprocarl@aol.com for more details.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 32	18 and up	Bob White Tennis Courts	Wed; 3/29-5/24	6:30p-7:30p	R-\$125, NR-\$140	PR-\$106, PNR-\$119

Volleyball/Adult Program

Instructor: Jon Rudzinski. Coed Volleyball for all levels. Participants will split into teams and take part in informal and fun volleyball games, learning the fundamentals of the game. **Max: 25.**



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 33	18 and up	UM Community Center	Wed; 1/4--4/5	8:00p-10:00p	R-\$50, NR-\$65	PR-\$42, PNR-\$55

UPPER MERION COMMUNITY CENTER

Open Gym Times

Grab your friends and come play games at the Community Center. We have Open Gym times that include Basketball, Pickleball, Volleyball, Badminton, etc.

For a full listing of the Open Gym schedule go to www.umtownship.org/parksandrec



Sign Up Early!!! Classes will be cancelled if minimum class size is not reached.

SPRING BREAK/NO SCHOOL PROGRAMS

Soccer/UK Elite 1 Day Camps

Instructor: U.K. Elite Soccer, www.ukelite.com.

Players will experience and benefit from our curriculum through our Technical, Tactical, Functional & Physical field sessions. They will all have a common goal: improve their individual game and become better players. We challenge them to work hard, raise their expectations and performance level. Please bring a water bottle and a healthy lunch for 9-3pm option.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 34.1	5-10	UM Community Center	Mon, 1/16	9:00a-12:00p	R-\$40, NR-\$50	PR-\$34, PNR-\$42
WS 34.1	5-10	UM Community Center	Mon, 1/16	9:00a-3:00p	R-\$70, NR-\$85	PR-\$60, PNR-\$72
WS 34.2	5-10	UM Community Center	Mon, 2/20	9:00a-12:00p	R-\$40, NR-\$50	PR-\$34, PNR-\$42
WS 34.2	5-10	UM Community Center	Mon, 2/20	9:00a-3:00p	R-\$70, NR-\$85	PR-\$60, PNR-\$72

Soccer/Spring Break Camp

Director: UK Elite Staff. This Spring Break Camp is designed to improve the technical skills of today's young soccer player. Focus on individual skills as well as 1v1, 1v2, 2v1 and 2v2 situations. Conditioned and Regular Scrimmages. Please bring water bottle and snack.



Code	Age	Location	Date	Time	Cost	Passholder Cost
WS 35.1	5-14	Baxter Field	Mon-Wed 4/10-4/12	9:00a-12:00p	R-\$108, NR-\$126	PR-\$91, PNR-\$107
WS 35.2	5-14	Baxter Field	Mon-Wed 4/10-4/12	9:00a-3:00p	R-\$163, NR-\$204	PR-\$138, PNR-\$173

UPPER MERION COMMUNITY CENTER FACILITY RENTAL



Interested in renting a court, classroom or meeting room? Give us a call!
Rental opportunities available!

For pricing and room selection please see our website: umtownship.org/parksandrec

No refunds will be issued after the start of the 2nd class.

TRIPS & EXCURSIONS

TRIP CANCELLATION POLICY

Requests for trip refunds/credits must be requested 7 days in advance of trip date; no refunds will be issued less than 7 days prior to trip date unless spot can be filled from waitlist.

Philadelphia Flower Show: Wonders of Holland

Discount Tickets Only. From windmills, wooden shoes and cheese, to bicycles, canals and vibrant tulip and flower fields, the largest flower show in the U.S. will share diverse stories of horticulture, innovative eco-design, and modern urban greening and sustainability efforts of the Netherlands, March 11 – 19, 2017 at the Pennsylvania Convention Center. **Tickets sold at UM Community Center ONLY.**



Code	Location	Date	Cost
WT 1	Penn. Convention Center	3/11-3/19	\$28

Washington D.C.

Transportation by motor coach. Drop off at the Air & Space Museum. Visit over 3,000 Cherry Blossom Trees in full bloom (pending weather). Also, stroll along the National Mall and check out the **New** African American Museum, Capitol Building, the Martin Luther King Jr. National Memorial, Washington Monument, White House, Lincoln Memorial, Jefferson Memorial, WWII Memorial, etc. You can also visit the numerous, free Smithsonian museums.

Must pre-register at UM Community Center or online at www.umtownhip.org



Code	Location	Date	Cost	Passholder Cost
WT 2	Washington D.C	Saturday, April 8th	R-\$47, NR-\$62	PR-\$40, PNR-\$52

Brewery Tour of Philly

Take the Brewery Tour of Philly with us! Our trip includes a 2-stop private tour, flight samples, entrance fees, beer expert tour guide, and VIP lanyards. The tour wouldn't be complete without a complimentary hand twisted Philly style pretzel! With round trip transportation from King of Prussia, this is a trip you can't miss!

Sign up soon to reserve a space today!

Must pre-register at UM Community Center or online at www.umtownhip.org



Code	Location	Date	Cost	Passholder Cost
WT 3	Philly Brew Tour	Saturday May 13th	R-\$80, NR \$95	PR-\$68, PNR-\$80

DISCOUNT MOVIE TICKETS

**Cash or Credit Card ONLY!
No Checks Please!**



Discount Regal Movie Tickets & Collegeville Movie Tavern

Movie Tavern and Regal tickets are valid for any movie at any time. Regal Tickets are good at all Regal Cinemas, United Artists Theaters, or Edwards Theaters.

Tickets are available at the

Community Center Front Desk for \$9.00 each.

Movie Tavern tickets are \$8.00 each.

Register at the UMCC Front Desk or online at <https://register.communitypass.net>

2017 ADVENTURE DAY CAMP

Adventure Day Camp is a camp experience for children 5-13 years old, children must have completed kindergarten. Campers participate in daily crafts, games, and sports! Campers will have the opportunity to have fun and make new friends!

For an added fee, campers will also have the opportunity to sign up for bus-ride field trips such as the zoo, the movies and swimming pool! This information will be available in the spring.

This is a six-week camp that runs from June 19-July 28. **No camp July 4.** For UM residents with 3 or more children, enrolled in the full 6 weeks, the cost is \$280 per child after the second child. Please note the half day AM session will run from 8:15-1:00pm and the half day PM session from 1:00-5:30pm

HOURS	Jan 3-Apr 15 Resident Rate	Jan 3-Apr 15 Non Resident Rate	Jan 3-Apr 15 Passholder Resident Rate	Jan 3-Apr 15 Passholder Non Resident Rate
8:15-5:30	\$685	\$785	\$580	\$670
9:00-4:00	\$580	\$680	\$495	\$580
Half Day AM or PM	\$530	\$630	\$450	\$535
Weekly	\$160	\$175	\$140	\$150

HOURS	After Apr 15 Resident Rate	After Apr 15 Non Resident Rate	After Apr 15 Passholder Resident Rate	After Apr 15 Passholder Non Resident Rate
8:15-5:30	\$735	\$835	\$630	\$720
9:00-4:00	\$630	\$730	\$545	\$630
Half Day AM or PM	\$580	\$680	\$500	\$585
Weekly	\$210	\$225	\$190	\$200

Adventure Day Camp I has TWO GREAT locations! Which one best suits your needs?

Middle School, 450 Keebler Road
Use Activity Code: [ADC1M](#)

Roberts Elementary, 889 Croton Road
Use Activity Code: [ADC1R](#)

2017 CAMP BEECHTREE

Camp Beechtree is a camp experience for children 3-6 years old. Campers participate in daily activities such as games, arts & crafts, songs and movement, splash pool, story time and more! Children must be fully potty-trained; no diapers or pull-ups are permitted. Please provide a snack, beverage and lunch. This is a six-week camp that runs from June 19-July 28. **No camp July 4.**

HOURS	Resident Rate	Non Resident Rate	Passholder Resident Rate	Passholder Non Resident Rate
9-1	\$435	\$535	\$370	\$455
Weekly	\$90	\$105	\$75	\$90

Camp Beechtree has TWO GREAT locations! Which one best suits your needs?

Candlebrook Elementary, 310 Prince Frederick
Use Activity Code: [CBC](#)

Roberts Elementary, 889 Croton Road
Use Activity Code: [CBR](#)

2017 ADVENTURE DAY CAMP II

Adventure Day Camp II is a three week extension of ADC I. It runs from July 31- Aug 18.

New Location: Community Center. This three-week session has field trips and food events just like ADC I. Sign up for these in mid-July. Campers aged 5-13 enjoy games, sports, and crafts. As with ADC I, all campers have to have completed kindergarten.

HOURS	Jan 3-Apr 15 Resident Rate	Jan 3-Apr 15 Non Resident Rate	Jan 3-Apr 15 Passholder Resident Rate	Jan 3-Apr 15 Passholder Non Resident Rate
8:15-5:30	\$375	\$475	\$320	\$405
Weekly	\$160	\$175	\$140	\$150

HOURS	After Apr 15 Resident Rate	After Apr 15 Non Resident Rate	After Apr 15 Passholder Resident Rate	After Apr 15 Passholder Non Resident Rate
8:15-5:30	\$425	\$525	\$370	\$455
Weekly	\$210	\$225	\$190	\$200

Job Opportunities

Program Instructors



UMPR is now **HIRING PROGRAM INSTRUCTORS** for the **UPPER MERION COMMUNITY CENTER**

Do you have a talent and a passion for Cooking, Art, Aquatics, Education, Athletics, Health, etc? Are you looking to share this passion with others in the community? Upper Merion Parks and Recreation is currently taking proposals for Program Instructors of all kinds. If you would like to offer a program with UMPR, please complete and submit a "Program Proposal" to UMPR. To obtain a Program Proposal, or to learn more about what it means to be an instructor with UMPR, check out www.umtownship.org/parksandrec.

Birthday Party Leaders

UMPR is now **HIRING BIRTHDAY PARTY LEADERS** for the **UPPER MERION COMMUNITY CENTER**

The Birthday Party Leader will report to the Program Coordinator and will lead organized birthday parties at the Upper Merion Community Center. The birthday party leader is responsible for providing a memorable, safe and fun experience for all birthday party attendees. To learn more about becoming a Birthday Party Leader, please go to www.umtownship.org/parksandrec or contact Sue Hoffman at shoffman@umtownship.org



2017 Consortium for the ARTS



Take your love of the arts further! The Consortium is designed to nurture the creative experience for students who have demonstrated excellence in the arts. From sculpture to musical theater, we have something for every creative mind. Consortium instructors are teachers and directors from area schools as well as professional artists and musicians working in their field.

The Consortium is open to all students, entering grades 5 – 12. Students are welcome from all school districts. Students will be selected on a first-come, first-served basis.

Curriculum choices include Main Stage Musical Theatre, Theatre Development, Art, Creative Writing, Band, Orchestra, Sculpture, and NEW Stagecraft. Please note your **top three choices** on your registration form. Main Stage Musical Theater, 50 students entering grades 7-12 will be chosen. For Theater Development, 20 students entering grades 5-6 will be accepted. Students interested in Main Stage Musical Theatre are encouraged to register early as these spots will fill on a first-come, first-served basis.

Consortium will take place, June 19-July 21, Monday-Fridays from 8:30am-12:30pm. For those looking for additional program time, please refer to pages 30-31 for ADC 1/2 Day Camp options.

Note: Programs will not meet on Tuesday July 4th.

During the final week of the Consortium, Music students present an evening concert. Art and Sculpture students prepare and present an art show for parents which includes the final projects of the Creative Writing class. Theater Development presents a short performance piece. Musical Theater students present three performances of a full scale musical!

This summer's program will take place at **Upper Merion Area High School**. All participants will need to provide their own transportation.



2017 Tuition Rates

Early Bird Rates – Register by April 15th	
Resident	\$350
Non-Resident	\$450
Resident Passholder	\$300
Non-Resident Passholder	\$380

Standard Rates – Deadline is June 9th	
Resident	\$400
Non-Resident	\$500
Resident Passholder	\$350
Non-Resident Passholder	\$430

Deadline for all registrations is Friday, June 9th.

For questions regarding Consortium programs contact Cheryl and Danielle, consortiumforthearts@gmail.com
All registrations will go directly to the **Upper Merion Community Center**, 610-265-1071.





Upper Merion Township Library

175 W. Valley Forge Road, King of Prussia, PA 19406
610-265-4805 / 610-265-4806 / www.umtownship.org/library



Adult & Teen Department

18th Annual Black History Celebration

Stepping Out with
Black History

Saturday, February 25, 2017, 10am-3pm

Winter Reading Program begins January 3

Adult Coloring Sessions

Every Second Monday of the month at 2 pm and 7 pm

Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. We have puzzles as well for those who are interested!

Teen Advisory Group

Students in grades 9 - 12 who are interested in community service projects can join TAG. If you would like to join TAG, please call the library at (610) 265-4805 or contact Sangeetha @ ssrini@mclinc.org. Certificates will be given for the number of hours each Teen volunteered in TAG. Check our online calendar for various programs and book discussion schedule.

Financial Literacy @ the Library

Workshops throughout the year raising awareness in money management. Check our online calendar for the exact date & time throughout the year.

College Admission Process Made Easy

For High School Students and families. Must register for Monday, March 13, 2017 at 7:00 pm, Valley Forge Room

ESL Conversation Group

Meets Tuesdays at 1:00pm in Valley Forge Room.
Registration not required.

Tech Night

Own a tablet or cellphone but have trouble using it? Planning on buying or upgrading, but the latest technology is over your head? Our teen volunteers are here to help you.

January 9 at 7:00 pm
February 6 at 7:00 pm
March 6 at 7:00 pm

Knit Nite

For all ages – from veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always eager to pass on their skills. Advanced knitters are usually available to help with patterns and designs.

January 23 at 7:00 pm
February 27 at 7:00 pm
March 27 at 7:00 pm

Fitness classes at the Community Center Sponsored by the Library & Park & Rec Dept.

We will have FREE fitness classes at the new community center for our library patrons many times a year. Membership not required but MUST REGISTER THROUGH THE LIBRARY. Please check our online calendar for dates and times.

Children's Department

Beanstack

Families receive personalized book recommendations, log reading, and find learning tips to extend reading! Check it out on the library's website!

Preschool Expo

Looking for a preschool for your little one? We're partnering with the Mother's Club to provide families with a one-stop shop for area preschools. January 25 ~ 6:30pm

Family Reading Month

April is Family Reading Month. We'll have a special kick-off event on March 29th to celebrate Pennsylvania's One Book, Every Young Child Initiative. March 28 at 6:30pm

Character Ball (Dance Party)

Dress as your favorite character and dance your socks off!
(April 12 ~ 6:30pm, families with children ages 3 and up)

Birth – 5 years

1,000 Books Before Kindergarten

Help your child learn early literacy skills by reading to them every day! Register at the library!

Six-Week Story Time Classes

Winter session begins January 23
Spring session begins March 27

Saturday Storytimes

Join us for a Saturday storytime filled with stories, songs, and more geared for children ages 2 – 5 and their families.
(1/14, 2/4, 3/18, 4/29, 5/20 at 10:30am)

Parent/Child Workshop

Attend this play workshop series with child development specialists on hand to answer questions. 4 consecutive Fridays beginning March 3 for ages 1 – 3 at 10:00 am.

Grades K – 4

Fun Fridays

Early Dismissal Fridays + The Library = FUN!
(1/14, 2/10, 3/10, 4/21, 5/12 ~ 2:00pm, grades 1 - 4)

Crazy 8s – Math Club

Math is all around us and it's fun! Don't believe us? Check out our Crazy 8s Math Club.
(1/23, 2/6, 3/6, 4/3, 6:30pm, grades 3 – 5)

Full STEAM Ahead

We'll be exploring Science, Technology, Engineering, Arts and Math in this interactive program.
(1/18, 2/15, 3/15 ~ 6:30pm, grades 3 – 7)

Grades 5 – 8

Junior Friends Meeting

Join our Middle School group and help the library with volunteer opportunities. 1/16, 2/13, 3/13, 4/17, 5/1 ~ 7:00pm

Spring Play

Join us for some reader's theatre as our culminating event to Family Reading Month! Auditions will be March 8 ~ 7:00pm, Performance will be May 2 ~ 6:30pm

For more information or to register for any of these events, please call the Adult Department (610-265-4805), the Children's Department (610-265-4806), visit our website at <http://www.umtownship.org/library> or stop by the library



THE BEST OF TIMES

UPPER MERION SENIOR SERVICE CENTER

431 W. Valley Forge Road (in the new Community Center)

Reach us at 610-265-4715. On the web at www.umssc.org

Assisting in the Needs of Older Adults in the Community

WE LOVE TO PARTY



WE ARE ACTIVE AND FIT



WE STAY INFORMED



WE PLAY GAMES AND HAVE FUN



... AND WE LOVE TO PARTY!



JOIN IN THE FUN WITH ADULT ACTIVITIES, CLUBS & SPECIAL EVENTS. . .

Exercise

Chair
Tai Chi
Yoga

Games

Bingo
Mah Jongg
Wii Games
Board Games

Play Cards

Bridge
Canasta
Pinochle
Poker

Group Activities

Friday Flicks
Line Dancing
Sing-A-Long

Hobbies

Art Classes
Book Club
Gardening
Quilting, Knitting, Crocheting

Musical Band

Bring your instrument
and join the band!

Weekly Discussion

Computer Club
Current Events
Financial/Investments

Special Events Open to Community / Educational Events

Refer to website www.umssc.org for details

If you are 55 yrs or older, live in the township or nearby areas, *don't miss out! Join now!* What a great way to have fun, meet new friends, challenge your skills, learn something new and enjoy the activities of your choice! *New home - same low membership fee! Only \$15!* Call us at 610-265-4715 or visit us on the web at www.umssc.org.

BECOME A MEMBER! ONLY \$15.00 YEARLY

UPPER MERION REGISTRATION POLICIES

All Activities and Trips:

- Only people who are registered prior to the start of an activity will be permitted to participate.
- Classes may be cancelled prior to their start if the minimum number has not been reached.
- Upper Merion Township Parks & Rec. complies with the Americans With Disabilities Act.
- Participants must abide by all rules & regulations set forth by Upper Merion Parks & Recreation relating to participation in the above trips & activities, including Upper Merion Area School District rules & regulations pertaining to illegal drugs, weapons, and smoking.
- All activities and trips are filled on a first-come first-served basis. A spot can ONLY be reserved upon receipt of completed registration & entire fee.
- Senior Citizen prices for ages 62 and up, must be an Upper Merion Residents to qualify for most activities (UMASD residents).
- Prices, dates, times & locations are subject to change without notice.
- In inclement weather, check our web site or contact the Park & Recreation Department (610-265-1071) or program director to see if the activity is cancelled. Classes will be made-up if time permits. www.umtownship.org
- When UMASD schools are closed, all activities taking place at UMASD facilities are cancelled.
- Upper Merion Township is not responsible for lost, stolen, or misplaced items.
- Anyone staying after school to attend a program must provide a written note to the school office.

Trip Info:

- Prices for trips include ticket & transportation, unless noted. Any tickets will be distributed on the bus.
- Buses depart from and return to Upper Merion Township Building Lower Lot. Please park in the lowest level parking spaces.
- Do not board bus before the chaperones.
- Children under the age of 5 are not permitted on trips transported by School busses.

Refund Policy:

- If insufficient enrollment causes a class to be cancelled, notification will be given and full tuition refunded, or a credit will be given for future use. (The Upper Merion Parks and Recreation Department reserves the right to cancel, postpone, combine classes, or change instructors.)
- Refunds will only be issued by township check within 30 -60 days and are subjected to \$10 processing fee.
- All requests for refunds must be made prior to the start of the second class. No refunds will be given unless notified before the start of the second class. There are no make-ups, pro-rating or refunds for missed classes.

- Requests for trip refunds must be requested 7 days in advance of trip date; no refunds will be issued less than 7 days prior to trip date unless spot can be filled from waitlist.
- For ADC, ADC2, Camp Beechtree, and Consortium for the Arts: Cancellations prior to the start of camp will be assessed a \$10 administrative fee. NO Refunds will be given after the Start of Camp.

Waiver Release:

- I understand that Upper Merion Township shall have the right at their discretion to enforce established rules of conduct and/or terminate individual's participation for failure to maintain these standards, or for actions or conduct detrimental to or incompatible with the welfare, comfort, or interest of the group and its program.
- I hereby grant Upper Merion Township and any of their directors, agents, and other representatives full authority to take whatever action they consider to be warranted regarding said participants health and safety, and fully release them from any liability for such actions taken on participant's behalf.
- I will furnish a certified birth certificate or proof of birth of the said participant upon request by Upper Merion Township.
- I understand and agree that once said program has begun, no refunds are provided for said participants; unless, program is cancelled by Township or organization sponsoring program. Request for refund must be made prior to the start of the second class.
- To the best of my knowledge, the participant is in good health and is able to participate in the activity. I understand that while the recreation program staff makes the safety of participants its top priority, no recreational activity is without some inherent risk of bodily harm.
- In cases of accidents, I release Upper Merion Township from all claims to personal injury and property damage which may result from participation in the above trips, activities, camps, and other programs.
- The participant will abide by all rules and regulations set forth by Upper Merion Parks & Recreation relating to participation in the above trips and activities, including Upper Merion Area School District rules and regulations pertaining to illegal drugs, weapons, and smoking.
- As an adult/ parent/guardian, I am responsible for all transportation to and from the activity or bus pick-up point.
- Upper Merion Township is not responsible for lost, stolen, or misplaced items.
- I hereby grant permission to allow photographs and videos to be taken of this activity for Upper Merion Township publicity purposes.
- I have read, understand, and agree to the above items and the registration policies. (All participants of UMPR Programs accept these policies upon registration.)

ONLINE REGISTRATION SYSTEM



Registering for our classes, camps, and programs is just a few clicks away!
Use our online software, *CommunityPass* to create an account or log into an existing account to complete your registrations.

Through *CommunityPass* you have the ability to:

- Create an account for yourself and/or your family, complete with a unique family ID and username of your choosing for future log-ins
- Register for available activities and programs at your convenience
- Receive special text and email alerts about important program announcements, cancellations, and updates
- View your current and future registrations and schedules all in one place

Creating an account

1. Go to the Upper Merion Township website, umtownship.org, click "Parks and Rec" under the "Departments" tab at the top
2. Scroll down the main Parks and Rec page to find the *CommunityPass* logo, click the link underneath titled "Sign up for programs and memberships here". This link will take you off the township site and onto the *CommunityPass* server
3. Click the blue button that says "Create an Account", found beneath the "Welcome New Users!" greeting. Fill out all pertinent information for yourself and any additional family, when you are finished click "Create" and then you're in!

Forms of Payment:

Cash, Check, or Credit Card are accepted in Office.
Only Credit Card accepted Online.

Please note: All Credit Card transactions will be processed a 2.45% fee, per transaction.

Logging in/Registering for Programs

1. Using the same link from the Parks and Rec page within the township website, go to the *CommunityPass* site and log in using the username and password you chose when creating the account
2. Click the "Register for activities" button to start the registration process. Use the search bar to find the program you are looking for.
3. Find the "Useful Links" tab just below the register link to check account balances, current and future registrations, and all account information that can be edited at any time.



Questions, Comments, Concerns?
We are here to help you!

Contact Upper Merion Parks & Rec at
(610) 265-1071

LOCATIONS

BAXTER PARK: 650 S. Henderson Rd, KoP

BELMONT PARK CLASSROOM: 200 Anderson Dr.; follow driveway on left side of bldg. Park near playground.

BRIDGEPORT SCHOOL: 900 Bush St. Bridgeport

BOB CASE FIELD: 295 Abrams Mill Rd, King of Prussia, PA

BOB WHITE PARK: Falcon Rd.; Gulph Rd. to Croton Rd., left on to Brookwood Rd., left onto Mallard Rd., left on Falcon Rd.

BOWMAN DANCE STUDIO: 107 Dekalb St, Bridgeport, PA

CALEY SCHOOL: 725 Caley Road, King of Prussia

CANDLEBROOK SCHOOL: 310 Prince Frederick St. KOP

EXECUTIVE ESTATES PARK: Longview Rd, KoP

FACENDA WHITAKER LANES: 2912 Swede Road, East Norriton, PA 19401

GULPH MILLS INDOOR TENNIS CLUB: 610 South Henderson Rd. King of Prussia, PA 19406

GULPH SCHOOL: 650 South Henderson Rd.; near Gulph Rd.; park in upper lot.

HEUSER PARK: 694 W. Beidler Rd. King of Prussia

RADNOR RACQUET CLUB, 175 King of Prussia Rd, Radnor

ROBERTS SCHOOL: 889 Croton Rd. Wayne, PA 19087

SWEDELAND PARK: B Street & River Road, Swedeland, PA

UPPER MERION AREA HIGH SCHOOL: 435 Crossfield Rd

UPPER MERION AREA MIDDLE SCHOOL: 450 Keebler Rd.

UPPER MERION BOATHOUSE: 400 Falls View Dr. Bridgeport, Pa 19405. Enter at Rt. 202 and Front Street, Bridgeport. Turn west and follow road by the river.

UPPER MERION COMMUNITY CENTER 431 W. Valley Forge Rd, KOP

UPPER MERION TOWNSHIP BLDG: 175 W. Valley Forge Rd.

UPPER MERION TOWNSHIP OUTDOOR POOL 431 W. Valley Forge Rd, KOP

VALLEY FORGE NATIONAL HISTORICAL PARK: 1400 North Outer Line Drive, King of Prussia, PA 19406.

WALKER FIELD: Old Fort & William Rd, KoP

For directions and park rental information please see our website; www.umtownship.org