



Montgomery Township
Community & Recreation Center
1030 Horsham Road
Montgomeryville, PA 18936

Winter 2017

Recreation News



www.montcrc.com

267-649-7200

Follow us on Twitter @MontTwp

Like Montgomery Township Community and
Recreation Center on Facebook

Community Center Membership Fees

All Basic Group Exercise Classes are included in membership!

	Resident*		Non-Resident	
	Monthly	Annual	Monthly	Annual
Adult (ages 18 - 61)	\$20	\$240	\$30	\$360
Youth (ages 3 - 17)	\$16	\$192	\$26	\$312
Family Includes 2 adults & all children under 17	\$50	\$600	\$60	\$720
Senior (ages 62+) May bring one guest per visit	\$16	\$192	\$26	\$312

* Resident fees and benefits are also extended to anyone who works in Montgomery Township

Guest Day Passes - Residents: \$7; Non-Residents: \$10

Purchase a membership online by visiting
www.montcrc.com or by visiting the
Community & Recreation Center at
1030 Horsham Road, Montgomeryville, PA 18936.

Need help with registration? Call MontCRC at 267-649-7200.

To the Citizens of Montgomery Township:

On behalf of the entire Montgomery Township Community and Recreation Center staff, it is my pleasure to present this Winter 2017 Recreation Newsletter. On the following pages, you will find community programs, fitness opportunities, and special events, designed for Township residents of all ages and abilities.

We hope our offerings will assist you and your family in making the 2017 New Year a happy, healthy, and prosperous one.

*Happy New Year,
Floyd Shaffer*

The Staff ...

Floyd Shaffer, Community & Recreation Center Director
Matt Reimel, Athletic & Recreation Coordinator
Ginny Bailey, Recreation Secretary
Dan Quimby, CRC Senior Maintenance

Community & Recreation Center

267-649-7200

Hours:

Monday - Thursday	5:30 am - 9:00 pm
Friday	5:30 am - 8:00 pm
Saturday	8:00 am - 6:00 pm
Sunday	9:00 am - 5:00 pm

Holiday Hours:

Christmas Eve	8:00 am - 2:00 pm
Christmas Day	Closed
New Year's Eve	8:00 am - 4:00 pm
New Year's Day	9:00 am - 2:00 pm
Easter	Closed

In the event of inclement weather, Center closing and program cancellation information can be found on the MontCRC website (www.montcrc.com, Facebook page, or by calling 267-649-7200.

Table of Contents

Community and Recreation Center and Membership Information	2
Pre-School Programs	3
Registration Information	4
Youth/Teen Programs	4-6
Special Events	6-7
Trip to Hershey and Wine Tasting	7
Citizens Police Academy	8
Community & Recreation Programs	8-9
Group Exercise Schedule	10-11
Sports Programs	9 and 11
Senior Programs	12-13
Gift Certificates Available	13
Birthday Party Packages	13
Discount Tickets	13
Event Room Rentals	14
Kids University Information	15
General Refund Policy	back page

Pre-School Programs

Tiny Tykes Gym



Come and join us for our Tiny Tykes gym class! In this program, kids work on their motor skills, such as kicking and throwing, as well as their team work and sharing skills. Kids will be exposed to a variety of activities each week including soccer, volleyball, relay races, obstacle courses and much more!

Ages: 2 - 5 years
Time: 10:15 am - 11:15 am
Members: \$15 for all 5 classes or \$3 drop-in fee per class
Non-Members: \$20 for all 5 classes or \$5 drop-in fee per class
Session I
Date: Mondays, January 23 - February 20
Session II
Date: Fridays, January 27 - February 24
Session III
Date: Mondays, February 27 - March 27
Session IV
Date: Fridays, March 3 - March 31

Kidz Art - NEW!

In this new program, kids will participate in a different arts and crafts project each week. Learn new ideas for craft projects to do together at home and let your child explore his/her artistic talents at an early age!

Ages: 2 - 5 years
Time: 9:30 am - 10:15 am
Members: \$15 for all 5 classes or \$3 drop-in fee per class
Non-Members: \$20 for all 5 classes or \$5 drop-in fee per class
Session I
Date: Tuesdays, January 24 - February 21
Session II
Date: Mondays, February 28 - March 28

Gym Capers



Gym Capers is an open play group that allows parents and young children to engage in physical activities and meet new friends at the same time! Here at the Community and Rec Center, we have loads of fun equipment for you and your child to play with and explore, like scooters, tunnels, balance beams, and much more!

Age: 5 years & under
Time: 9:45 am - 10:30 am
Members: \$15 for all 5 classes or \$3 drop-in fee per class
Non-Members: \$20 for all 5 classes or \$5 drop-in fee per class
Session I
Date: Wednesdays, January 25 - February 22
Session II
Date: Wednesdays, March 1 - March 29

Learning Song and Dance

Kids will have a blast learning new songs and dance moves as well as playing different types of instruments in our Learning Song and Dance class. This program incorporates fun movement and listening activities to expose kids to the wonderful world of music at an early age!

Age: 5 years & under
Time: 10:00 am - 10:30 am
Members: \$15 for all 5 classes or \$3 drop-in fee per class
Non-Members: \$20 for all 5 classes or \$5 drop-in fee per class
Session I
Date: Thursdays, January 26 - February 23
Session II
Date: Thursdays, March 2 - March 30



Little Hoop Stars

Instructional and recreational basketball program for children where 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. All coaching conducted by the Jump Start Sports staff using a well-organized, fun-oriented, age-appropriate format.

Age: Pre-K - K
Date: Fridays, January 13 - February 10
Members: \$75 (includes team t-shirt and award)
Non-Members: \$85 (includes team t-shirt and award)
Session I
Time: 5:30 pm - 6:30 pm
Session II
Time: 6:30 pm - 7:30 pm



Head Start Sports

A fun music-based fitness and sports program for pre-school age children. Our games incorporate yoga, fitness, and sports. Each week, different sports and age appropriate activities are played while working on coordination, balance, flexibility, and muscle strength. This fun, non-competitive environment helps develop a life-long love of fitness. The sports include: basketball, soccer, baseball/softball, hockey, bowling, football, lacrosse, raquet sports, track and field, and volleyball. This program will help develop confidence and self-esteem.

Age: 2 - 5 years
Date: Saturdays, January 28 - February 25 No class February 4
Time: 9:00 am - 9:45 am
Members: \$25
Non-Members: \$35

Youth/Teen Programs

Cheerleading Program

These cheer classes are designed to specifically help new students, beginners, and intermediate cheerleaders enhance and improve their techniques and skills in cheerleading. We will teach and practice motions, jumps, tumbling, and stunting. At the end of the eight week session, your child will come out perfecting their skills, learn a cheer and be able to perform a short cheer routine with all of the skills they have been taught.

Head coach Tracy Reimel, along with coaches Kimberly Conrad, Gabrielle Larson, and Deb Larson will instruct your children. All coaches are certified in AACCA and NFHS safety certified and CPR/First Aid Certified.

Date: Fridays, January 20 - March 10
Members: \$59
Non-Members: \$69
Session I
Ages: 3 - 6 years
Time: 6:00 pm - 6:45 pm
Session II
Ages: 7 - 12 years
Time: 7:00 pm - 8:00 pm



Marlyn Abramson's New Dance Workshop

The objective of the Marlyn Abramson School of Dance is to provide a community-based school that is non-competitive, performance-based, and inclusive for all children and adults. The instructional staff are university trained in dance and committed to providing students an experience that promotes individual success.



Ballet/Tap/Gym
Ages: 3 - 5 years
Date: Mondays, 9:30 am - 10:30 am
Ballet/Tap/Jazz
Ages: 5 - 7 years
Date: Saturdays, 10:00 am - 11:00 am
Ballet/Jazz/Hip Hop
Ages: 7 - 10 years
Date: Saturdays, 11:00 am - 12:00 pm
For Pricing and Information:
call 215-368-8785 or www.newdanceworkshop.com
Studio Director: Jennifer Abramson Green
Executive Director: Marlyn Abramson

Arena Flag Football Program - NEW!



With the tackle football season over, are you looking for more football action? We have the program for you. We are pleased to introduce our brand new Arena Flag Football League. Beat the cold and play inside, while looking official wearing an NFL Flag Football Reversible Eagles jersey. Each player will receive a jersey and flag belt to keep. The program will consist of 10 consecutive weeks combining skills and drills, a mini NFL style combine, regular season games including playoffs and a Super Bowl. Coaches will be assigned to teams and no equipment is required. Flag football is a non-contact sport that enhances your skills in the off season. Whether you are a beginner or an experienced player, this program will work for you. There is limited space so register today. For questions, contact Matt Reimel at mreimel@montgomerytwp.org or 267-649-7208.

Ages: 8 - 11 years
Date: Mondays, January 16 - March 20
Times: 6:00 pm - 6:40 pm; 6:45 pm - 7:25 pm; 7:30 pm - 8:10 pm (Games played on a rotating schedule)
Members: \$59 (includes jersey and belt)
Non-Members: \$69 (includes jersey and belt)
Schedule
Week 1
Skills & Drills Combine
Week 2
Skills and Drills Combine
Weeks 3 - 8
Full Games
Weeks 9 - 10
Playoffs and Super Bowl

Program registration is available online at

www.montcrc.com

Registrations are processed in the order they are received.

Need help with registration? Call us at 267-649-7200.

Cancellation Policy

Programs are subject to cancellation if there is insufficient enrollment, inclement weather, or other reasons deemed appropriate by Montgomery Township.

Please review the Refund Policy available on the back cover and at the Community & Recreation Center.

Youth/Teen Programs

Drama Develops Kids - NEW!

Whether your child is new to drama or always acting up, Drama Kids classes are the perfect way to help your kids perform better in school, at play, and in life. Our unique curriculum is fun, imaginative, and ensures all students participate and benefit in each class. Each of our class sessions culminate in a special performance for family and friends that are specially designed to give each student a chance to shine. Students can even earn achievement awards, medals and trophies.

Drama Kids Classes Give Kids a Boost of:

- Creative Thinking
- Confidence
- Imagination
- Public Speaking Skills
- And they have LOTS OF FUN!

Drama Kids Open House

Join us at a free, fun and active event for the whole family! Find out how Drama Kids weekly classes can help your kids express themselves in positive ways! Parents and siblings are welcome to play along!
Online registration required.

Date: Monday, January 23

Time: 5:30 pm - 8:30 pm

Date: Mondays, February 6 - March 27

Members: \$69

Non-Members: \$79

Lower Primary

Introduce your kids to fun self-expression through drama. It brings out the shy child and offers a great outlet for the highly expressive kids. Playful activities kids love!

Ages: 5 - 8 years

Time: 5:30 pm - 6:30 pm

Upper Primary

Kids become more comfortable expressing themselves and speaking in front of a group through mini-scenes, drama games, and individual and group activities.

Ages: 9 - 12 years

Time: 6:30 pm - 7:30 pm

Acting Academy

This is an excellent way for middle and high school students to explore and expand their acting and auditioning skills through our accelerating drama activities and performances. Public speaking, improv, and presentation skills are developed to prepare kids for the real world.

Ages: 13- 18 years

Time: 7:30 pm - 8:30 pm

Bricks 4 Kidz Workshop - The Science & Engineering of Mining and Crafting - NEW!

Experience world-building the Bricks 4 Kidz way! We'll explore the science and engineering behind Minecraft®, with LEGO® bricks! From mining ores to animals to farming, each class will feature a different science or engineering lesson followed by a mechanized or motorized Technic model of the day - moving and grooving parts. Are you ready to mine and craft the Bricks 4 Kidz way? Each student will take home a custom mini figure at the end of the session. *LEGO® is the registered trademark of the LEGO® Group of companies which does not sponsor, authorize or endorse these programs. Not an official Minecraft product. Not approved by or associated with Mojang.*

Ages: 6 - 14 years

Date: Mondays, January 9 - February 13

Time: 6:00 pm - 7:00 pm

Members: \$75

Non-Members: \$85

Mad Science Workshop - Matter of Fact - NEW!

In this class, students will learn the fundamentals of chemistry. They will construct their own marshmallow molecules, learn to distinguish between physical and chemical changes, and even get to play alchemist for a day by turning a nickel into a penny (well, almost). To finish up, children are introduced to the basics of polymers and get to make their own polymer putty to take home.

Ages: 5 - 12 years

Date: Saturday, March 11

Time: 10:00 am - 11:00 am

Members: \$10

Non-Members: \$15



Young Rembrandts



Elementary

Ring in the New Year with a Young Rembrandts class for your elementary student. Our budding artists have the opportunity to flex their creative muscle as they take on fun, artistic challenges like our Jack Russell Terrier and even more Emojis in the month of January. February brings fun and culture into the classroom as our students learn about masquerade and dive into the mind of master artist Romero Britto. In the month of March, get ready for some dinosaur-sized excitement as your elementary students recreates the ferocious T-Rex.

Ages: 4 - 14 years

Members: \$65 each session

Non-Members: \$75 each session

Session I

Date: Saturdays, January 7 - February 11
No class February 4

Time: 8:45 am - 9:45 am

Session II

Date: Saturdays, February 18 - March 18

Time: 8:45 am - 9:45 am

Cartoon

What runs from ear-to-ear and is contagious? Give up? It's the SMILE your child will have as they get to explore the fun, artistic world of Young Rembrandts cartooning! Your child will wear the biggest smile as they laugh and learn while drawing our fun superhero expressions lesson in the month of January. Then in February, our students will jump for joy and spring into action with our heroic unlikely heroes lesson. There's no better way to prepare for spring than with our bird vs. worm drawing sequence. These and many more hilarious and entertaining lessons await.

Ages: 8-14 years

Members: \$65 each session

Non-Members: \$75 each session

Session I

Date: Saturdays, January 7 - February 11
No class February 4

Time: 10:00 am - 11:00 am

Session II

Date: Saturdays, February 18 - March 18

Time: 10:00 am - 11:00 am

Youth Programs

Kitchen Wizards



Pasta Poolozia - NEW!

Children will love learning how to roll their own pasta in this class. In addition, we'll make "from scratch" meatballs and sauce - and a special dessert too!

Ages: 8 - 12 years
Date: Sunday, January 22
Time: 12:00 pm - 2:00 pm
Members: \$30
Non-Members: \$35

Restaurant Kids Menu - NEW!

A popular mean for a restaurant kids' menu is chicken fingers. We'll teach them how to make the whole meal from scratch. We'll include oven-baked chicken fingers and fries, homemade applesauce, and ice cream sundaes with hot fudge sauce and whipped cream.

Ages: 8 - 12 years
Date: Saturday, February 11
Time: 11:00 am - 1:30 pm
Members: \$30
Non-Members: \$35

Pies & MORE Pies - NEW!

At Kitchen Wizards, we love PIE! With Pi Day (3.14) coming up, we want to celebrate. Won't you join us to create your own pizza and tarheel (fudge) pie? No store-bought crusts for us, we'll make everything from scratch.

Ages: 8 - 12 years
Date: Friday, March 10
Time: 6:00 pm - 8:00 pm
Members: \$25
Non-Members: \$30



Special Events

School's Out Day Camp - NEW!

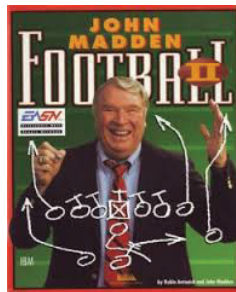


Need a safe and positive place for your child to go when there is no school? Send your child over to the Community & Recreation Center where we can care for your child for the entire day. Movies, gym activities, board games, air hockey, and MORE! Includes AM and PM snack as well as lunch.

This program has LIMITED SPACE!

Ages: 6 - 12 years
Time: 9:00 am - 5:00 pm
Members: \$35 per day - Sign up for more than 3 days and save \$5.00 per day!
Non-Members: \$45 per day - Sign up for more than 3 days and save \$5.00 per day!
Date: Monday, January 2
Date: Monday, January 16
Date: Friday, February 17
Date: Monday, March 27
Date: Wednesday, April 12
Date: Thursday, April 13
Date: Friday, April 14

Madden Tournament - NEW!



Calling all Madden™ Players! Come join us for our first ever Madden Tournament on X-Box One™. Pizza is included and you can enter to win some cool prizes. A standard tournament will be conducted as well as other mini activities. **Pre-register to guarantee your spot.**

Ages: 11 - 17 years
Date: Friday, January 20
Time: 6:00 pm - 9:00 pm
Members: Free
Non-Members: \$5

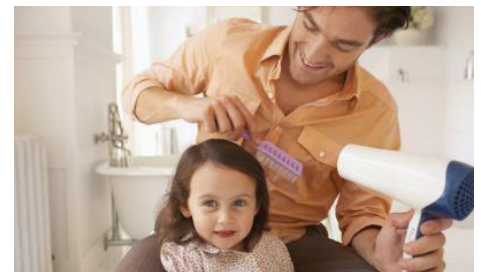


Mother/Son Cupcake Decorating Workshop - NEW!

Looking for something to do with your son? This will prove to be a fun event just for moms/grandmoms and the little boys in their lives. If you think you might not have the patience to teach your sons how to decorate cupcakes, let us show both generations how to do it. Each participant will leave with their own masterpieces - one chocolate, one vanilla.

Ages: Children 3 - 10 years
Date: Saturday, January 21
Time: 9:00 am - 10:30 am
Members: \$20 (includes 1 adult/1 child); additional child(ren) \$12 each
Non-Members: \$35 (includes 1 adult/1 child); additional child(ren) \$18 each

Daddy/Daughter Workshop - NEW!



Join us for our first interactive Daddy/Daughter workshop. Dads will get the opportunity to learn some quick and easy tips on how to do their daughter's hair, how to paint nails, and much more. No manikins! Bring your daughter for this special morning, so the next time you need to put her hair up, you will know how! Light refreshments provided

Ages: Children 2 - 10 years
Date: Saturday, January 21
Time: 9:00 am - 10:30 am
Members: \$7 (includes 1 adult/1 child); additional child(ren) \$5 each
Non-Members: \$10 (includes 1 adult/1 child); additional child(ren) \$7 each

Special Events

Parents Night Out - NEW!



Parents, are you trying to go out for a couple of hours without the kids? We have the perfect night for you! Drop your kids off and we will feed and entertain them for three hours! Staff will be onsite to supervise and organize all the activities, while you enjoy an evening out.

Participants must pre-register for this event.

Ages: 6 - 12 years
Date: Friday, February 10
Time: 6:00 pm - 9:00 pm
Members: \$7
Non-Members: \$10



Princess Breakfast Party - NEW!

Join us, as well as two Disney© Princesses for breakfast and activities. We will provide breakfast and refreshments as well as several activities for kids. All participants will be able to get pictures with one or both princesses. Children under 10 years old will not be charged. *Fee includes breakfast and activities. Participants must register prior to the event. No walk-ins.*

Disney does not sponsor, authorize or endorse these programs.

Ages: Children of all ages with an adult
Date: Saturday, February 18
Time: 9:00 am - 10:30 am
Members: \$7
Non-Members: \$10



Super Hero Party with Mystic Pizza

Come check out Spiderman™, Batman™ and more Super Heroes at this exciting event. Participants will get a chance to make their own pizzas while enjoying pictures and activities with their favorite Super Heroes. Children must be accompanied by an adult. Children will get the opportunity to roll out the dough and customize their own pizzas.

Participants must register prior to the event. No walk-ins.

Ages: Children of all ages with an adult
Date: Saturday, February 25
Time: 11:30 am - 1:00 pm
Members: \$7
Non-Members: \$10

Spring Carnival - NEW

Come join us for our Spring Carnival. Moon bounces, games, prizes and more! Concessions will be available during the event.

Must pre-register for the event. Limited space!

Ages: 12 years and under with an adult
Date: Saturday, March 25
Time: 5:00 pm - 8:00 pm
Members: \$5
Non-Members: \$7



Easter Egg Hunt - NEW!

Date: Saturday, April 8
Time: TBA

Coming in April ...

Location and details to be announced!



Trips

Hershey Chocolate and Wine Tasting - NEW!

Join us on this trip to the "Sweetest Place on Earth"! We'll travel by motor coach to Hershey's Chocolate World where we'll see the Hershey's Chocolate Tour Ride (updated for 2016), have a Chocolate Tasting Experience, and Create Your Own Candy Bar. Lunch (included) will be an assortment of sandwiches and wraps, Hershey's cocoa dusted snack mix, beverages, and assorted cookies and brownies.

After satisfying our sweet tooth, we'll visit the Vineyard at Grandview winery in Mt. Joy for a wine tasting. You'll see what wine pairing is all about by enjoying 6 wines with fine local cheese and chocolate.

Ages: 21 years and over
Date: Saturday, March 25
Time: Depart MontCRC at 7:30 am Bus departs for home at 4:30 pm
Includes: Transportation by motor coach, Hershey's Chocolate Tour Ride, Chocolate Tasting Experience, Create Your Own Candy Bar, Lunch, and Wine Tasting with Cheese and Chocolate
Members: \$75
Non-Members: \$85



Community & Recreation Programs

Kitchen Wizards

Cupcake Decorating Workshop - NEW!



Ever wondered if decorating cupcakes was difficult and time-consuming? You'll find out just how quick and easy it can be - and a lot of fun, too! Let your creativity flow along with the frosting. In one short session, you'll learn to tint frosting, fill bags, practice with some popular cupcake decorating tips, and then decorate your own masterpieces - one pre-baked chocolate and one pre-baked vanilla cupcake.

Ages: 17 years and over
Date: Monday, January 16
Time: 6:30 pm - 8:30 pm
Members: \$25
Non-Members: \$30

Valentine's Day Supper Club - NEW!



Grab your BFF, Mom, or true love for a Valentine's dinner and fun time! You'll prepare chicken Francaise, lemon risotto, roasted asparagus, and molten lava cakes. Bring your non-alcoholic beverage of choice!

Ages: 17 years and over
Date: Tuesday, February 14
Time: 6:30 pm - 8:30 pm
Members: \$35
Non-Members: \$40



Canvas Painting

As a lover of all kinds of art, our instructors will bring the love of art to those who feel they struggle with artistic ability. Through fun interaction and step-by-step direction, you'll soon learn how to unleash your creative inner self while we take care of everything. All the supplies are included along with the skilled artist making sure you have a fun time unleashing your inner creativity. Express yourself with a unique painting experience.

Ages: 18 years and over
Time: 7:00 pm - 9:00 pm
Members: \$25
Non-Members: \$35

Baby Polar Bear

Date: Friday, January 27



Hearts

Date: February 24



Frosty the Snowman

Date: Friday, March 18



Citizens Police Academy



The Montgomery Township Police Department will be hosting the 2017 Citizens Police Academy starting Wednesday, March 1, 2017. The classes will be held on Wednesday evenings from

7:00 p.m. - 9:00 p.m. March 1st through May 3th.

Our Citizens Police Academy provides community members with an in depth look of the operations of the Montgomery Township Police Department. Academy classes are taught by veteran police officers in conjunction with the Community Policing Unit. Participants will be given a tour of the Police Department, learn about the different units within the department, meet and be educated by police officers and detectives about various topics such as Patrol Procedures, Financial Crimes, Crime Scene Processing, the Criminal Justice System, and much, much more!

You must be at least 18 years of age and a resident, business owner, or non-resident employed within Montgomery Township. If you would like to register for the program please contact Officer Robert Johnson by calling 215-362-2301 or via email at rjohnson@montgomerytp.org, or. There is no cost for this program. Class size is limited to 20 community members.

Community & Recreation Programs

Understanding Your Finances - Series of FREE Courses - NEW!



Ages: 17 years and over
Cost: FREE
Wednesday, January 18 Foundations for Investing
Building your investor IQ starts with understanding the basics. Learn the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long-term goals.
Time: 6:30 pm
Saturday, February 11 College: Getting There from Here
Whether your children or grandchildren are learning to crawl or learning to drive you can help make a college education a reality. We'll discuss questions to consider as you establish a college savings goal, strategies to help you reach your goal and the features and benefits of various education savings plans.
Time: 10:00 am
Tuesday, March 14 Five Money Questions for Women
Women and men have differing considerations when it comes to long-term financial goals. For instance, because of a woman's average longer life span, your needs may be significantly different from those of your spouse or others. Does your financial strategy fit your lifestyle and needs? Join us and learn more as we explore five critical money questions for women.
Time: 6:30 pm
Thursday, March 30 Retirement by Design
How do you want to retire? Whether you are 10 or 40 years from retirement, you'll learn investment strategies you can use now to help design the retirement you want tomorrow.
Time: 7:00 pm
Register at www.montcrc.com

Sports Programs

Pickle Ball



Pickle Ball Lessons
Learn to play pickle ball, the fastest growing sport in the U.S. In this 4-week group session, you will learn the basics of serve, return, court positioning, and strategy. Marcy Lynch is a former professional racquetball player with over 30 years of teaching and coaching experience. She now plays and teaches pickle ball and is the USAPA Ambassador for the Montgomery Township area. Get started on the right path by learning to play this exciting new sport. Paddles, balls and nets provided
Ages: 18 years and over
Date: Thursdays, January 19 - February 16
Time: 7:00 pm - 8:00 pm
Members: \$40
Non-Members: \$50
Pickle Ball Social Group (rated below 3.0 or unrated)
Players in this group include beginning players as well as experienced players who put the emphasis of their experience on socializing and playing for fun.
Ages: 18 years and over
Date: Thursdays, January 5 - March 30
Time: 7:30 pm - 9:00 pm (3 courts)
Members: Included in membership
Non-Members: \$5
Pickle Ball Intermediate Group (rated 3.0 - 3.25)
This group is composed of players who have the ability to do the basic shots and even some of the more advanced shots. They may be inconsistent or just have some limitations in motor ability, experience, or want to play with their partner, friend, or spouse more frequently. <i>This group allows for spouses with disparate ratings to play.</i>
Ages: 18 years and over
Thursdays, January 5 - March 30
Time: 11:00 am - 3:00 pm (3 courts)
Members: Included in membership
Non Members: \$5

Pickle Ball Competitive Group (rated 3.5 and higher)

The competitive group includes players who have mastered most of the basics and some of the more advanced skills. Players in this group have typically been playing and developing their game for years or started out as experienced racquet players. To be assigned to this group, you need to:

- Be evaluated at this level and continue to play at a competitive level on a regular basis; or
- Be a known competitive player and continue to play at a competitive level on a regular basis; or
- Have a USAPA (Not self-evaluated) rating of 3.5 or higher.

Age: 18 years and over
Date: Wednesdays, January 4 - March 29
Time: 11:00 am - 3:00 pm (3 courts)
Members: Included in membership
Non-Members: \$5

Walk For FREE



It's time to get HEALTHIER and MORE FIT through walking. Come and join us during your lunch break inside during the cold months on our beautiful indoor track

Who: Open to the public
When: Tuesdays and Thursdays
Time: 11:00 am - 1:00 pm
Where: Indoor Track

Group Exercise Schedule

All group exercise programs are included with the Community and Recreation Center membership. For more information on the programs, please visit our website at www.montcrc.com.

Age: 16 and over
Members: No fee - included in membership
Non-Members: \$5 per class
Mondays
Tai Chi
Tai Chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. This is why the class has been considered to be a form of "meditation in motion" which promotes serenity and inner peace.
Time: 9:30 am - 10:30 am
SilverSneakers Cardio Circuit
This workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.
Time: 11:00 am - 12:00 pm
Pilates and Barre Fusion
This workout combines elements of the standard Barre-Method workout with additional emphasis on the core through various Pilates inspired movements. Get ready for whole-body exercises targeting the muscles which play the greatest role in body change!
Time: 6:15 pm - 7:15 pm
Evening Flow Yoga
A class focused on core strength, cardiovascular fitness, flexibility, and an overall sense of well-being. We will build upon basic yoga poses to target specific muscle groups while maintaining safe alignment. You don't need to be able to touch your toes; you just have to try.
Time: 7:30 pm - 8:30 pm
Tuesdays
Zumba Gold Toning
This program combines the enticing world rhythms of the Zumba Gold program with the strength-training techniques of the Zumba Toning program, creating an easy-to-follow, health-boosting dance-fitness program for the active older adult as well as beginners.
Time: 9:30 am - 10:30 am

Balance, Core, and More
Core strengthening is integral to improving balance. This class includes exercise strategies to improve balance by development of core muscles through bodyweight strength training and functional movements. These strategies can also counteract pain, injury, and age-related weakness.
Time: 11:00 am - 12:00 pm
Express Cardio Kickboxing - NEW!
An action-packed workout that unites a series of punching and kicking combinations. This class improves strength, muscle tone and endurance.
Time: 4:30 pm - 5:00 pm
Express Ab Attack - NEW!
Get ready to work through 30 hard minutes of core strengthening exercises while using weights, medicine balls, and much more!
Time: 5:00 pm - 5:30 pm
Zumba
Zumba combines high-energy dance moves with more traditional exercises such as lunges, squats, and arm curls. Throughout the routines, moves are performed to upbeat music selections, including merengue, salsa, mambo, flamenco, and hip-hop.
Time: 6:15 pm - 7:15 pm
Spin
Indoor Cycling has something for everyone! Intervals, rolling hills, sprints, climbs, runs, and surges all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!
Time: 6:30 pm - 7:30 pm
Zumba Toning
Many people who become involved with Zumba, a workout class that functions more like a party, want more. Zumba Toning keeps Zumba's essence while focusing on strength training the arms, abs, and thighs.
Time: 7:30 pm - 8:30 pm
Wednesdays
Spin
Indoor Cycling has something for everyone! Intervals, rolling hills, sprints, climbs, runs, and surges all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!
Time: 5:45 am - 6:45 am

Express Cardio Craze - NEW!
A fantastic heart pumping workout that will combine high and low impact moves that anyone can do. Only have 30 minutes? That's all we need to help you achieve your goals
Time: 8:00 am - 8:30 am
Zumba Gold
Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.
Time: 9:30 am - 10:30 am
SilverSneakers Classic
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support. Low-impact movements are programmed to energize your active lifestyle.
Time: 11:00 am - 12:00 pm
Express Body Blast - NEW!
A combination of traditional body sculpting methods using free weights, resistance bands and your own body! Designed to provide you with a total body workout in just 30 minutes! Good for all levels.
Time: 4:30 pm - 5:00 pm
Pilates and Barre Fusion
This workout combines elements of the standard Barre-Method workout with additional emphasis on the core through various Pilates inspired movements. Get ready for whole-body exercises targeting the muscles which play the greatest role in body change!
Time: 6:15 pm - 7:15 pm
Evening Yoga Flow
A class focused on core strength, cardiovascular fitness, flexibility, and an overall sense of well-being. We will build upon basic yoga poses to target specific muscle groups while maintaining safe alignment. You don't need to be able to touch your toes; you just have to try.
Time: 7:30 pm - 8:30 pm



Group Exercise Schedule

Thursdays	
Zumba Gold Toning	
This program combines the enticing world rhythms of the Zumba Gold program with the strength-training techniques of the Zumba Toning program, creating an easy-to-follow, health-boosting dance-fitness program for the active older adult as well as beginners.	
Time: 9:30 am - 10:30 am	
SilverSneakers Yoga	
This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.	
Time: 11:00 am - 12:00 pm	
Express Cardio Kickboxing - NEW!	
An action-packed workout that unites a series of punching and kicking combinations. This class improves strength, muscle tone and endurance.	
Time: 4:30 pm - 5:00 pm	
Express 10/10/10 - NEW!	
The 30 minute workout which incorporates nonstop movements to give you a total body workout. This class includes 10 minutes of cardio, 10 minutes of strength training, and 10 minutes of core conditioning. Great for all levels.	
Time: 5:00 pm - 5:30 pm	
Zumba	
Zumba combines high-energy dance moves with more traditional exercises such as lunges, squats, and arm curls. Throughout the routines, moves are performed to upbeat music selections, including merengue, salsa, mambo, flamenco, and hip-hop.	
Time: 6:15 pm - 7:15 pm	
Spin	
Indoor Cycling has something for everyone! Intervals, rolling hills, sprints, climbs, runs, and surges all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!	
Time: 6:30 pm - 7:30 pm	



Fridays	
Spin	
Indoor Cycling has something for everyone! Intervals, rolling hills, sprints, climbs, runs, and surges all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!	
Time: 5:45 am - 6:45 am	
SilverSneakers Classic	
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support. Low-impact movements are programmed to energize your active lifestyle.	
Time: 9:30 am - 10:30 am	
Saturdays	
Zumba Toning	
Many people who become involved with Zumba, a workout class that functions more like a party, want more. Zumba Toning keeps Zumba's essence while focusing on strength training the arms, abs, and thighs.	
Time: 8:30 am - 9:30 pm	
Spin	
Indoor Cycling has something for everyone! Intervals, rolling hills, sprints, climbs, runs, and surges all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!	
Time: 9:30 am - 10:30 am	



Sports Programs

Open Basketball	
Ages: 13 years and over Under 13 accompanied by an adult	
Tuesdays, January 3 - March 28 and Thursdays, January 5 - March 30	
Time: 3:00 pm - 5:30 pm	
Members: Included in membership	
Residents: No fee	
Non-Residents and Non-Members: \$5	
Mondays, January 2 - March 27	
Time: 3:00 pm - 6:00 pm	
Members: Included in membership	
Non-Members: \$5	
Wednesdays, January 4 - March 29	
Time: 4:00 pm - 8:00 pm	
Members: Included in membership	
Non-Members: \$5	
Fridays, January 6 - March 31	
Time: 3:30 pm - 6:30 pm	
Members: Included in membership	
Non-Members: \$5	
Badminton For Fun	
	
Come join us for pickup badminton. Whether you are competitive or just want to hit the birdie around, come to our beautiful indoor courts to get a nice workout.	
Ages: 17 years and over	
Members: Included in membership	
Non-Members: \$5	
Tuesdays, January 3 - March 28	
Time: 3:00 pm - 5:00 pm (4 courts)	
Fridays, January 6 - March 31	
Time: 6:00 pm - 7:00 pm (2 courts)	

Senior Programs

Senior Seminars

Enjoy our guest speakers, giving you tips and tricks you may not know, while enjoying light refreshments! Every other Tuesday during the winter.



Ages: 50 years and over

Cost: FREE - Must Pre-Register Online

Tuesday, January 17 BuxMont 55+ Presentation

Learn about this new website geared towards adults 55 and over. Explore the website calendar and view upcoming activities, events, and more. Explore the travel resources the site offers. Open discussion about what topics the public would like to see included on the website. Presented by Lisa Gendek, Site Owner.

Time: 9:30 am

Tuesday, January 31 Senior Crime Prevention University

The goal of the presentation is to make seniors **aware** of common scams, teach them to **avoid** becoming a victim, and to know who to **alert** when they are concerned for their safety and well-being. The presenter is David Shallcross of the Pennsylvania Office of the Attorney General.

Time: 10:00 am

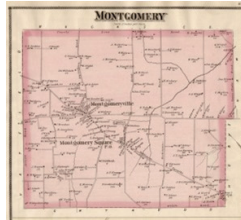
Tuesday, February 14 Seniors and Technology - Intro to the Digital World

Basic introduction on the state of technology. Computers, smartphones, tablets, and social media. Topics cover include:

- What's new in tech - Apple, Google and Microsoft
- Internet Use - Security and Scams
- Backing up your data with Time Machine
- Upgrading to Windows 10 - reasons why you should.

Feel free to bring your smartphone, tablet, or laptop to join in.

Time: 9:00 am



Tuesday, February 28 The Three Villages of Montgomery Township

Richard Roller of the Montgomery Township Historical Society will be presenting the early history of Montgomery Township and the development of the township from the original three villages to modern day metropolis.

Time: 9:00 am

Tuesday, March 14 Home Fire Safety

Learn important information to keep you safe in your home! Members of the Department of Fire Services will discuss cooking safety, smoke detector installation/maintenance, how to escape your home in the event of a fire, and other life safety tips. Presented by members of the Montgomery Township Department of Fire Services.

Time: 9:00 am

Tuesday, March 28 Focus on Fixed Income

Your income shouldn't have ups and downs just because the market does. We'll discuss different types of fixed-income investments and how they can help provide you with a stable income. Presented by: JP Northrop (Edward Jones Financial Advisor)

Time: 9:00 am

Senior Drop In



This active group of seniors meets on Mondays year round. Come in and enjoy board games, chatting with friends and coffee too!

Who: Open to the public

Date: Mondays Year Round

Time: 11:00 am - 1:00 pm

FREE - *NO signups needed!

Coloring Club



Remember the carefree days as a child, coloring in your favorite coloring book? Well, those days are not lost! Adult coloring for relaxation is the latest craze worldwide. In a recent publication of Parade magazine, the writer said, "Coloring brings you back to a simpler time, its pleasurable, it's a chance to sit and be mindful ... and, at the end you get this beautiful result". You have a real sense of accomplishment. The Community Center offers a place and time to escape to the days of your childhood.

Date: Wednesdays Year Round

Time: 11:00 am - 1:00 pm

FREE - Open to the Public

Solana Group

Providing positive senior activities at no charge to the Montgomery Township Community.

Who: Open to the Public

Cost: FREE!

Place: Senior Lounge, Montgomery Township Community & Recreation Center

Tuesday, January 10 at 2:00 pm

Homemade peppermint lip balm. Learn how to make your own lip balm to protect against the cold and snow. Also a great gift. (No supplies needed)

Tuesday, February 14 at 2:00 pm

Swirled mugs for your sweetie. Pick from red or pink, you custom swirled Valentine's Day mug will be sure to put a smile on your sweetie's face. (No supplies needed)

Tuesday, March 14 at 2:00 pm

DIY bath bombs. Do you or someone you know love their quiet time bubble bath? This is your chance to learn to make your own bath bombs! (No supplies needed)

Please RSVP to Kylie Emery at 267-460-8100 or email kemery@arborcompany.com. RSVP is required for all DIY crafts for supply purposes.

Senior Programs

APPRISE

Do you need help with Medicare? APPRISE is a **FREE** health insurance counseling program designed to help all Pennsylvanians with Medicare. Counselors are specially trained staff and volunteers who can answer your questions about Medicare and provide you with objective, easy-to-understand information about Medicare. Nancy Morris, a counselor from APPRISE, is here to help you. APPRISE is not affiliated with any insurance company. Appointments are suggested.

Who: Open to the public
Date: Tuesdays Year Round
Time: 12:30 pm - 3:30 pm
Call Nancy Morris at 610-834-1040, ext. 82 for an appointment

Connect with the Community and Recreation Center

www.montcrc.com



Like Montgomery Township Community and Recreation Center on Facebook



Follow us on Twitter @MontTwp



Sign up for E-News
Go to the Montgomery Township website,
www.montgomerytwp.org
and click on the "I Get It, Do You?" button for E-News at the bottom of the homepage.



Birthday Party Packages

Party Levels

Level 1 Party (up to 15 children)

- Includes:
- Room available 15 minutes prior to your party
 - 60 minutes on court for activities
 - 45 minutes in the party room
 - Generic decorations (table cloths, Happy Birthday signage)
 - All paper products (napkins, plates, cups, utensils)
 - 1 party host
 - 3 double cut pizzas
 - 15 Capri Suns™
 - 1 customized cake
 - 1 goodie bag for each child

Level 2 Party (16-20 children)

- Includes:
- Room available 15 minutes prior to your party
 - 60 minutes on court for activities
 - 45 minutes in the party room
 - Generic decorations (table cloths, Happy Birthday signage)
 - All paper products (napkins, plates, cups, utensils)
 - 1 party host
 - 4 double cut pizzas
 - 20 Capri Suns™
 - 1 customized cake
 - 1 goodie bag for each child

Level 3 Party (21-25 children)

- Includes:
- Room available 15 minutes prior to your party
 - 60 minutes on court for activities
 - 45 minutes in the party room
 - Generic decorations (table cloths, Happy Birthday signage)
 - All paper products (napkins, plates, cups, utensils)
 - 1 party host
 - 5 double cut pizzas
 - 25 Capri Suns™
 - 1 customized cake
 - 1 goodie bag for each child

Level 4 Party (26-30 children)

- Includes:
- Room available 15 minutes prior to your party
 - 60 minutes on court for activities
 - 45 minutes in the party room
 - Generic decorations (table cloths, Happy Birthday signage)
 - All paper products (napkins, plates, cups, utensils)
 - 1 party host
 - 5 double cut pizzas
 - 30 Capri Suns™
 - 1 customized cake
 - 1 goodie bag for each child

Optional Party Themes

Basketball Party (ages 6-12)

Foul line competition, 3 point competition, 3 v 3 games and more.

Mad Science Parties

Frozen Science Party (ages 5-9)

Perform experiments using cool and frozen dry ice in your own frozen fantasy world!

Wind & Bubble Party (ages 4-5)

Understand what air is with pinwheels and balloons!

Ooey-Gooley Party (ages 5-8)

Experiments involving polymers (anything stretchy and gooey)!

Chemistry Party (ages 9-12)

The topic of this party is Chemical Reactions through exciting and fun experiments.

Canvas Painting Party (ages 6-12)

Create your very own canvas painting to take home.

Sports Theme Party (ages 6-12)

Dodgeball, kickball, wiffle ball, open court - the gym floor is yours. Choose between 1-2 sports activities. Games can be non-traditional like mat ball or dodgeball.

NFL Flag Football Party (ages 6-12)

Choose between 32 NFL teams. The birthday guests will receive an NFL flag, reversible jersey, flag belt, and a football.

NHL Street Hockey Party (ages 6-12)

Play a game of indoor hockey or shoot-out.

Arts & Crafts Party (ages 6-12)

Individual/group projects and choice of craft.

Indoor Soccer (ages 6-12)

Have fun playing soccer inside, or even try futsal.

Head Start Sports (ages 6 & under)

For your young, active birthday boy or girl, our program provides a custom sports-oriented party playing the sports of your choice. Our coaches will lead the children through the age-appropriate fitness and sports activities while having fun.

Please see our website,
www.montcrc.com
for more information and pricing
or contact Matt at
mreimel@montgomerytwp.org

Gift Certificates Available!



Looking for the perfect gift?

Know someone difficult to shop for?

What do you get the person who has everything?

Why not a gift certificate to the Community and Recreation Center?

We have gift certificates for \$25, \$50 and \$100 that the recipient can use towards a membership or any programs offered.

One size fits all!

Gift certificates are not redeemable for cash.

Event Room Rentals

Looking for a venue for your next party, baby shower, or business meeting? Is your event too small for most banquet facilities? The Montgomery Township Community and Recreation Center has rooms to rent for any occasion! From 20 to 150 people, we can accommodate your group.



Discount Tickets

Discount Tickets

Residents can purchase a variety of discount tickets for local ski resorts and The Philadelphia Flower Show during the winter season.

Tickets for amusement parks, zoos and aquariums are available during the summer season.

Tickets to Regal Group and Frank Movie Theatres are offered year-round.

Please call 267-649-7200 or visit our website www.montcrc.com for pricing, current ticket offerings, and availability.

We provide tables and chairs and can set up the room any way you like.



Skype and Wi-Fi Available

State of the Art AV Equipment

Room Requested	Square Feet	Max. # People	Member	Non-Member
Full Gymnasium	4200	160	\$70/hr.	\$95/hr
Half Court	2100	100	\$45/hr.	\$65/hr.
Full Event Room	1900	100*	\$70/hr.	\$95/hr.
Half Event Room	1000	50*	\$45/hr.	\$95/hr.
Senior Lounge	1000	50*	\$45/hr.	\$95/hr.
Youth Lounge	725	25*	\$25/hr.	\$45/hr.
Studio 1	725	25	\$25/hr.	\$45/hr.
Studio 2	1600	40	\$45/hr.	\$95/hr.
Child Watch Area	700	25	\$20/hr.	\$35/hr.
Catering Kitchen			\$35 up to 6 hours	

*with tables and chairs

Montgomery Township Kids University

for children ages 6 through 12

June 19 - August 18, 2017

Registrations will start March 1, 2017

FEATURING:

- Arts and crafts
- Theme Days
- Sports
- Special Programs
- Games
- Optional Field and Hatfield Swim Trips

NEW THIS YEAR:

- Includes AM/PM Snack Daily and Lunch Friday



GENERAL INFORMATION	
Age	6 - 12 years
Date	Monday - Friday, June 23 - August 18 (No camp July 3 and 4)
Week 3: CLOSED MONDAY AND TUESDAY, July 3 and July 4	
REGULAR HOURS - 9:00 am-4:00 pm - 5 Days a Week	
Cost	Before 5/1: Residents - \$140 per week; Non-residents- \$155 per week After 5/1: Residents - \$155 per week; Non-residents- \$170 per week
Sign up for the entire summer, get Week of July 3 FREE (included in total fee); Otherwise \$95 for Residents; \$105 for Non-residents	
EXTRA HOURS - 8:00 am-6:00 pm - 5 Days a Week	
Cost	Before 5/1: Residents - \$160 per week; Non-residents- \$175 per week After 5/1: Residents - \$175 per week; Non-residents- \$190 per week
Sign up for the entire summer, get Week of July 3 FREE (included in total fee); Otherwise \$95 for Residents; \$105 for Non-residents	





Montgomery Township
Community & Recreation Center
1030 Horsham Road
Montgomeryville, PA 18936
www.montcrc.com
267.649.7200

Coming This Spring/Summer

- **Easter Egg Hunt - Saturday, April 8**
- **Kids University - June 19 - August 18**
- **Summer Concert Series**

General Refund Policy

MONTGOMERY TOWNSHIP REFUND POLICY

The following is Montgomery Township's policy on refunds for recreational activities and programs. Please read thoroughly before registering for a program. A registrant's written request will initiate the refund process. Please allow 3-4 weeks for a refund check to be processed. No cash refunds will be issued.

General Refund Policy

- Registrants will receive a full refund if, for any reason, the program is cancelled by Montgomery Township.
- Registrants withdrawing one week prior to the start of a program will receive a full refund, less a \$10 processing fee.
- After the start of a program, a pro-rated credit may apply, however, refunds will not be given, except for certified medical reasons; see *Pro-Rated Credit and Exception* below.
- Refunds or pro-rated credits will not be given for seasonal discount tickets (theme parks, ski tickets, etc.).

Pro-Rated Credit: Registrants withdrawing less than one week prior to the start of a program or after attendance to the first class will be issued a pro-rated credit toward a future program. No processing fee will be charged for credits.

Exception - Medical Reasons: Credit or refund requests submitted after the second class attendance and beyond are not issued, unless written documentation of a medical reason related to the registrant only, is received. The refund request must be accompanied by a physician's note certifying the absence.

Montgomery Township reserves the right to render all final decisions regarding any credit or refund requests.

Program Suggestions:

Please send us your suggestions for programs, events, or classes that you would like to see offered.

Email: fshaffer@montgomerytwp.org

Call: 267.649.7200 - Fax: 215.855.6656

Mail: 1030 Horsham Road, Montgomeryville, PA 18936