



Montgomery Township  
Community & Recreation Center  
1030 Horsham Road  
Montgomeryville, PA 18936  
[recreation@montgomerytp.org](mailto:recreation@montgomerytp.org)  
267-649-7200

# Fall 2016

# RecreationNews



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



## Membership Fees

Basic Group Exercise Classes are included in membership!

	Resident*		Non-Resident	
	Monthly	Annual	Monthly	Annual
Adult (ages 18 - 61)	\$20	\$240	\$30	\$360
Senior Adult (ages 62+) May bring one guest per visit	\$16	\$192	\$26	\$312
Single Parent Family Includes 1 parent & 2 or more children under 17	\$40	\$480	\$50	\$600
Family Includes 2 parents & all children under 17	\$50	\$600	\$60	\$720
Youth (ages 3 - 17)	\$16	\$192	\$26	\$312

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

Purchase a membership online by visiting [www.montcrc.com](http://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:

It is a pleasure to present our Fall 2016 Montgomery Township Community and Recreation Center (MontCRC) program/activity brochure. We are very excited to initiate a number of new activities and special events as well as continue a number of existing popular programs during the upcoming fall season.

As the new director of the MontCRC, I look forward to the challenge ahead in providing a comprehensive recreation/fitness program that serves all ages and abilities of the residents of Montgomery Township and the surrounding area. Please feel free to contact me at any time with your suggestions, comments, and concerns regarding our newest Township facility.

I urge you to take advantage of the tremendous resources and opportunities our Township offers for both indoor and outdoor leisure activities. The numerous venues include: the new Community and Recreation Center and 14 different parks that include athletic fields/courts, trails, playgrounds, and much more.

On behalf of the entire staff at the MontCRC, I would like to encourage you and your families to visit and participate in the varied program opportunities offered at the MontCRC. We are dedicated to making each visit a positive, healthy, and fun experience.

The Staff ...

Floyd Shaffer, 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 - Thur 5:30 am - 9:00 pm  
Friday 5:30 am - 8:00 pm  
Saturday 8:00 am - 4:00 pm  
Sunday 9:00 am - 3:00 pm

### Registrations

Program registration is available online at

**[www.montcrc.com](http://www.montcrc.com)**

Registrations are processed in the order they are received.

### 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.

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## Montgomery Township 16th Annual Autumn Festival

Please join us for this family fun event with fireworks, vendors, pumpkin decorating, scarecrow making, petting zoo, K9 demos, amusements, zip line, rides, music and food!

**Where:** William F. Maule Park at Windlestrae  
1147 Kenas Road, North Wales, PA 19454

**When:** Saturday, October 1, 2016

**Time:** 12:00 pm - 8:00 pm

**Rain or Shine!**

In the event of rain, a scaled down version of the Autumn Festival will take place at the Montgomery Township Community and Recreation Center, 1030 Horsham Road, Montgomeryville, PA 18936



# Youth & Teen Classes/Programs

## Elementary Gymnastics

Our unique gymnastics (ages 2-6) class is designed to advance each student's individual gymnastics ability in a positive environment without stress or pressure. We are proud to provide your child with a playful, fun, and safe environment where your child will achieve the best of their abilities!

Our staff is dedicated to working with your children, and they focus on creating an upbeat, enjoyable learning environment for our students.

Age: 2 - 6 years
Members: \$35 for all 6 classes or \$8 drop-in fee per class
Non-Members: \$45 for all 6 classes or \$10 drop-in fee per class
<b>Session I</b>
Date: Thursdays, September 22 - October 27
Time: 10:00 am - 10:45 am
<b>Session II</b>
Date: Thursdays, September 22 - October 27
Time: 11:00 am - 11:45 am
<b>Session III</b>
Date: Fridays, September 23 - October 28
Time: 5:30 pm - 6:15 pm
<b>Session IV</b>
Date: Fridays, September 23 - October 28
Time: 6:15 pm - 7:00 pm
<b>Session V</b>
Date: Thursdays, November 10 - December 22
Time: 10:00 am - 10:45 am
<b>Session VI</b>
Date: Thursdays, November 10 - December 22
Time: 11:00 am - 11:45 am
<b>Session VII</b>
Date: Fridays, November 11 - December 16
Time: 5:30 pm - 6:15 pm
<b>Session VIII</b>
Date: Fridays, November 11 - December 16
Time: 6:15 pm - 7:00 pm



## Tiny Tykes Gym - NEW!

In this new program, children will be exposed to a variety of activities each week like volleyball, hockey, soccer, obstacle courses, relay races and much more!

Age: 6 years & younger
Time: 10:30 am - 11:30 am
Members: \$15 for all 6 classes or \$3 drop-in fee per class
Non-Members: \$20 for all 6 classes or \$5 drop-in fee per class
<b>Session I</b>
Date: Mondays, September 19 - October 24
<b>Session II</b>
Date: Mondays, November 7 - December 13



## Learning Song and Dance - NEW!

In this new program, children will be moving around and dancing and singing along with others.

Age: 6 years & younger
Time: 10:00 am - 10:45 am
Members: \$15 for all 6 classes or \$3 drop-in fee per class
Non-Members: \$20 for all 6 classes or \$5 drop-in fee per class
<b>Session I</b>
Date: Tuesdays, September 20 - October 25
<b>Session II</b>
Date: Tuesdays, November 8 - December 14

## Gym Capers - NEW!

Gym Capers is an open play group that allows parents and young children to come to the Recreation Center and engage in weekly activities and/or play dates with other families.

Age: 6 years & younger
Time: 9:30 am - 10:15 am
Members: \$15 for all 6 classes or \$3 drop-in fee per class
Non-Members: \$20 for all 6 classes or \$5 drop-in fee per class
<b>Session I</b>
Date: Wednesdays, September 21 - October 26
<b>Session II</b>
Date: Wednesdays, November 9 - December 15



## 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, racket sports, track and field, and volleyball. This program will help develop confidence and self-esteem.

Age: 2 - 5 years
Members: \$25
Non-Members: \$35
<b>Session I</b>
Date: Saturdays, October 29 - November 19
Time: 9:00 am - 9:45 am
<b>Session II</b>
Date: Mondays, November 7 - November 28
Time: 5:30 pm - 6:15 pm



# Youth & Teen Classes/Programs

## Marlyn Abramson's New Dance Workshop

In 1973 Marlyn Abramson, Executive Director, opened the Marlyn Abramson School of Dance in Lansdale, PA. The objective was to provide a community-based school that was 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.

**For pricing, call 215-368-8785 or [www.newdanceworkshop.com](http://www.newdanceworkshop.com)**

**Studio Director:**  
**Jennifer Abramson Green**

**Executive Director:**  
**Marlyn Abramson**

Mondays	
Ballet/Tap/Gym	
Age: 3 - 5 years	
Time: 9:30 am - 10:30 am	
Ballet/Tap/Gym	
Age: 5 - 6 years	
Time: 1:30 pm - 2:30 pm	
Ballet/Tap/Gym	
Age: 3 - 5 years	
Time: 4:30 pm - 5:30 pm	
Ballet/Jazz/Hip Hop	
Age: 7 - 10 years	
Time: 5:30 pm - 6:30 pm	
Hip Hop	
Age: 10 - 14 years	
Time: 6:30 pm - 7:30 pm	

Lyrical/Ballet 1 & 2	
Age: 10 - 14 years	
Time: 7:30 pm - 8:30 pm	
Saturdays	
Ballet/Tap/Jazz	
Age: 5 - 7 years	
Time: 10:00 am - 11:00 am	
Ballet/Jazz/Hip Hop	
Age: 7 - 10 years	
Time: 11:00 am - 12:00 pm	
Jazz/Tap	
Age: 8 - 11 years	
Time: 12:00 pm - 1:00 pm	
Ballet	
Age: Seniors Only	
Time: 1:00 pm - 2:00 pm	

## Frog Hollow Tennis

Tennis training for children has been revolutionized for kids 10 and under. Kids will learn quickly and retain more while playing on a size and age-appropriate court with equipment that fits into their ability range. Kids will learn the basics of the game as well as serve, rally, and score faster. That translates to actually playing the game and having lots of fun!

Members: \$89
Non-Members: \$99
Place: Spring Valley Park Tennis Courts
Session I
Red Ball
Ages: 4 - 6 years
Date: Tuesdays, September 20 - October 11
Time: 5:15 pm - 6:15 pm
Orange Ball
Ages: 7 - 10 years
Date: Tuesdays, September 20 - October 11
Time: 6:15 pm - 7:15 pm
Session II
Red Ball
Ages: 4 - 6 years
Date: Tuesdays, October 18 - November 8
Time: 5:15 pm - 6:15 pm
Orange Ball
Ages: 7 - 10 years
Date: Tuesdays, October 18 - November 8
Time: 6:15 pm - 7:15 pm

## Jump Start Sports



### T-Ball - Fall Session

Players ages 3 - 4 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 includes all instruction and game play in one outing.

Age: 3 - 4 years
Date: Tuesdays, September 13 - October 11
Time: 5:30 pm - 6:30 pm
Location: Spring Valley Park
Members: \$79 (includes team t-shirt & award)
Non-Members: \$89 (includes team t-shirt & award)



### Soccer - Fall Session

Boys and girls ages 3 - 6 years old 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 is fun and age appropriate drills are designed to teach skills your child can use in low-key, non-competitive games.

Age: 3 - 6 years
Date: Wednesdays, September 14 - October 12
Time: 5:30 pm - 6:30 pm
Location: Spring Valley Park
Members: \$75 (includes team t-shirt & award)
Non-Members: \$85 (includes team t-shirt & award)

### Little Hoop Stars - Late Fall Session

Instructional and recreational basketball program for children Pre-K - K. 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 Jump Start Sports staff using a well-organized, fun-oriented, age-appropriate format.

Grades: Pre-Kindergarten - Kindergarten
Date: Fridays, November 8 - December 13
Time: 5:30 pm - 6:30 pm or 6:30 pm to 7:30 pm
Members: \$75 (includes team t-shirt & award)
Non-Members: \$85 (includes team t-shirt & award)

# Youth & Teen Classes/Programs

## Young Rembrandts

### Pre-School (Early Elementary)

This fall, we will cover a colorful and pattern-rich spectrum of subjects. We'll draw a radiating sun face and we'll be careful not to get tangled up in our patterned spider web we draw in October. Learn about Native American culture through a detailed tepee we'll draw in November, and celebrate the coming of the winter months with a nutcracker that takes his job seriously. We'll draw these (and many more exciting lessons!) while we enhance our fine-motor skills, learn to stay on task and follow directions, and learn the skills so critical in the classroom!

Age: 4 - 6 years
Time: 9:00 am - 9:45 am
Members: \$65
Non-Members: \$75
<b>Session I</b>
Date: Saturdays, September 10 - October 8
<b>Session II</b>
Date: Saturdays, October 15 - November 12
<b>Session III</b>
Date: Saturdays, November 19 - December 17

### Elementary

We'll kick off the fall season with a cute bear dressed and ready for school, a video game favorite pixel block character, and the geometrical world of architecture as we draw the Notre Dame Cathedral. Later, students will immerse themselves learning still life technique drawing pumpkins, a detailed scarecrow, and a silly but challenging patterned bat. Finally, get ready for winter as we turn out a "sweet" drawing of a gingerbread house. We'll draw these (and many more exciting lessons!) while we improve creative and critical thinking skills today's students need.

Age: 7 - 14 years
Time: 10:00 am - 11:00 am
Members: \$65
Non-Members: \$75
<b>Session I</b>
Date: Saturdays, September 10 - October 8
<b>Session II</b>
Date: Saturdays, October 15 - November 12
<b>Session III</b>
Date: Saturdays, November 19 - December 17

### Cartoon

This fall, we'll "fall" topsy-turvy for our cartoon lessons. Eating broccoli may not sound appetizing to some, but in a Young Rembrandts classroom, it'll make for a fun and storied drawing. The never ending rivalry rages on as the cats and dogs go at it again in the month of September. Develop a different and definitely more expressive appreciation for vegetables as we draw veggie expressions in October. In November, weirder means better as we draw unusual pets and put the pedal to the metal as we race to create cartoon car expressions in December.

Age: 8 - 14 years
Time: 11:15 am - 12:15 pm
Members: \$65
Non-Members: \$75
<b>Session I</b>
Date: Saturdays, September 10 - October 8
<b>Session II</b>
Date: Saturdays, October 15 - November 12
<b>Session III</b>
Date: Saturdays, November 19 - December 17



## Bricks 4 Kidz

### Galaxy Far Away - NEW!

Very soon ... in a galaxy not so far away ... Bricks 4 Kidz is bringing the force to you in this exciting class where we learn and build the Star Wars™ way! Students will build motorized and non-motorized models inspired by NASA and Star Wars™. Our program is packed full of models that will make your imagination blast off! Bricks 4 Kidz classes provides the spark for imagination and creativity to take off on an adventure out of this world! Each participant will take home a custom mini figure at the end of each session.

Age: 6 - 14 years
Date: Mondays, September 19 - October 24
Time: 6:00 pm - 7:00 pm
Members: \$75
Non-Members: \$85

## Babysitting 101



This interactive six-hour program, developed and presented by Child, Home and Community, is designed to help young people become more qualified and responsible as babysitters. Taught by experienced and trained workshop facilitators, the program includes: how to market yourself, how much to charge, age-appropriate play, behavior problems, first aid and safety (no CPR), and diapering baby dolls. The day is a mix of hands-on activities, classroom participation, lecture and DVD. *Please dress comfortably and bring a bagged lunch, snack and water bottle.*

Age: 11 - 14 years
Date: Saturday, October 15
Time: 9:00 am - 3:00 pm
Members: \$65
Non-Members: \$75

## Discount Tickets

Residents can purchase a variety of discount tickets for local ski resorts and The Philadelphia Flower Show during the winter season and amusement parks, zoos and aquariums 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 at [www.montcrc.com](http://www.montcrc.com) for pricing, current ticket offerings, and availability.



# Family Programs/Activities

## Back to School Family Fun Night

Come celebrate back to school in style at the Rec Center. Bring your family out and enjoy face painting, moon bounces, games, prizes, food and much more.

Date: Friday, September 16
Time: 6:30 pm - 9:00 pm
Members: \$5 per household
Non-Members: \$10 per household
** NO sign-ups needed. Children must be accompanied by an adult.



## Family Bingo Night

Looking for something fun to do with the family on a Friday night after a long week of work? Come on over to the Rec Center for Family Bingo Night! Each player will receive one bingo card and have a chance to win some fun prizes!

Date: Friday, November 12
Time: 6:30 pm - 8:30 pm
Members: \$5 per household
Non-Members: \$10 per household
Register by Wednesday, November 9. Children must be accompanied by an adult.



## Family Movie Night

Come and enjoy a night out with the family. Fresh popcorn and light refreshments will be served while enjoying a family movie.

Date: Friday, October 14
Time: 6:30 pm - 8:00 pm
Members: \$5 per household
Non-Members: \$10 per household
No sign-ups needed. Children must be accompanied by an adult.

## Pumpkin Painting & Decorating Workshop

Decorate your home this fall with an easy and fun project for the whole family. We'll provide the pumpkin and everything you need to create the perfect accessory for fall or Halloween. Not carving your pumpkin will make it last longer and you won't have the mess of scooping out seeds.

Date: Saturday, October 22
Time: 10:00 am - 11:30 am
Members: \$5 per person
Non-Members: \$10 per person
Children must be accompanied by an adult.



## Breakfast With Santa

Enjoy a delicious buffet breakfast and a visit with Santa! Our buffet includes a selection of juices, breakfast pastries, muffins, bagels and spreads, fresh fruit, scrambled eggs, buttermilk pancakes, lean pork sausage, hickory smoked bacon, sauteed potatoes and coffee or tea. After breakfast there will be time for crafts, entertainment and sharing your wish list with Santa!

Register online at [www.montcrc.com](http://www.montcrc.com).  
**NO reservations will be taken at the door.**

Date: Saturday, December 10
Time: 10:00 am - 11:30 am
Cost: Adults - \$12.00; Children (3-10) - \$6.00
Age: Children of all ages with an adult.
Register by Saturday, December 3 NO reservations will be taken at the door.



## Gingerbread House Decorating Workshop

When it comes to gingerbread houses, the fun is in the details! Get inspired with these candy-covered creations and join us for creative techniques and ideas. We'll supply the kits so all you'll need is imagination.

Date: Saturday, December 17
Time: 10:00 am - 11:30 am
Members: \$5 per person
Non-Members: \$10 per person
Children must be accompanied by an adult.

## Open Basketball

Tuesdays and Thursdays	
Time: 3:00 pm - 5:30 pm	
Members: No Fee	
Residents: No Fee	
Non-Residents and Non-Members: Day Pass Fee (\$7)	
Mondays	
Date: September 12 - December 19	
Time: 7:00 pm - 9:00 pm	
Members: No Fee	
Residents: No Fee	
Non-Members: Day Pass Fee (\$7)	

## Badminton for Fun

Come and join us for pick-up badminton every Wednesday night. Whether you are competitive or just want to hit the birdie around, come to our beautiful indoor courts to get a workout.

Date: Wednesdays, September 7 - December 21
Time: 6:00 pm - 7:00 pm (2 courts)
Members: No Fee
Non-Members: \$3

# Adult Classes/Programs



## LEARN FRENCH

### French for Travelers

If you're planning a visit to France or a French-speaking country, or if you just enjoy learning and expanding your horizons, here's the course for you! Or maybe you've been thinking about resurrecting the French you learned in high school or college and let slip away. Nothing makes travel more enjoyable than talking with residents of another country in their native language. But, even if you're not traveling to France, it's fun to order in French at a restaurant or speak a few sentences in French to native French speakers. Our instructor will guide you along and make learning French easy, enjoyable, and fun! Laissez les bontemps rouler ... Let the good times roll!

Age: 16 years and over
Date: Thursdays, September 22 - October 13
Time: 6:30 pm - 8:00 pm
Members: \$35
Non-Members: \$45

### French for Travelers 2

3 week follow up course!

Age: 16 years and over
Date: Thursdays, November 3 - November 17
Time: 6:30 pm - 8:00 pm
Members: \$25
Non-Members: \$35

## Canvas Painting

As a lover of all kinds of art, our instructors will bring the love of art to those who feel they have no artistic ability. Through fun interaction and step-by-step direction, you'll soon learn how to unleash your creative inner self and we take care of everything. All the supplies are included in the price, along with the skilled artist making sure you have a fun time unleashing your inner creativity. Express yourself with a unique painting experience.

## Canvas Painting

### Night Blossoms



Date: Friday, September 16
Time: 7:00 pm - 9:00 pm
Members: \$25
Non-Members: \$35

### 2 Pumpkins



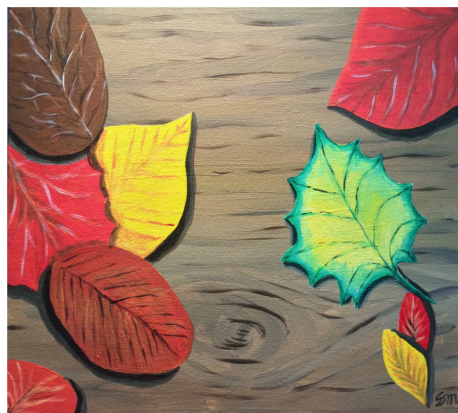
Date: Saturday, October 8
Time: 10:00 am - 12:00 pm
Members: \$25
Non-Members: \$35

### Halloween



Date: Friday, October 21
Time: 7:00 pm - 9:00 pm
Members: \$25
Non-Members: \$35

### Autumn Leaves



Date: Saturday, November 12
Time: 10:00 am - 12:00 pm
Members: \$25
Non-Members: \$35

### Elf Feet



Date: Friday, December 9
Time: 7:00 pm - 9:00 pm
Members: \$25
Non-Members: \$35





# Adult Classes/Programs

## Group Exercise Schedule

All group exercise programs are included in Recreation Center membership. For more information on the programs, please visit our website at [www.montcrc.com](http://www.montcrc.com).

\* Denotes new class starting Sept. 1st.

Age: 16 and over
Members: No fee - included in membership
Non-Members: \$5 per class
<b>Mondays</b>
<b>Tai Chi</b>
Time: 9:30 am - 10:30 am
<b>Full Body Focus*</b>
Time: 5:00 pm - 6:00 pm
<b>Pilates and Barre Fusion</b>
Time: 6:15 pm - 7:15 pm
<b>Evening Flow Yoga</b>
Time: 7:30 pm - 8:30 pm
<b>Tuesdays</b>
<b>Zumba Gold Toning</b>
Time: 9:30 am - 10:30 am
<b>Balance, Core, and More</b>
Time: 11:00 am - 12:00 pm

<b>Zumba</b>
Time: 6:15 pm - 7:15 pm
<b>Spin</b>
Time: 6:30 pm - 7:30 pm
<b>Zumba Toning</b>
Time: 7:30 pm - 8:30 pm
<b>Wednesdays</b>
<b>Spin*</b>
Time: 6:00 am - 7:00 am
<b>Zumba Gold</b>
Time: 9:30 am - 10:30 am
<b>Silver Sneakers Classic*</b>
Time: 12:00 pm - 1:00 pm
<b>Pilates and Barre Fusion</b>
Time: 6:15 pm - 7:15 pm
<b>Evening Flow Yoga</b>
Time: 7:30 pm - 8:30 pm



<b>Thursdays</b>
<b>Zumba Gold Toning</b>
Time: 9:30 am - 10:30 am
<b>Silver Sneakers Yoga* (with chair)</b>
Time: 11:00 am - 12:00 pm
<b>Full Body Focus</b>
Time: 5:00 pm - 6:00 pm
<b>Zumba</b>
Time: 6:15 pm - 7:15 pm
<b>Spin</b>
Time: 6:30 pm - 7:30 pm
<b>Fridays</b>
<b>Spin</b>
Time: 6:00 am - 7:00 am
<b>Silver Sneakers Classic*</b>
Time: 9:30 am - 10:30 pm
<b>Saturdays</b>
<b>Zumba Toning*</b>
Time: 8:30 am - 9:30 am
<b>Spin</b>
Time: 9:30 am - 10:30 am

## Health and Sports Programs/Activities

### An Introduction to Vegan Food and Cooking

Week 1 - Pay the Grocer or Pay the Doctor covers such topics as, "What is a plant-based diet?" and "Vegetarian vs. Vegan".

Week 2 - Nuts About Protein talks about, "How much protein do you need?" and "Great sources of plant protein".

Week 3 - Anything You Can Cook, I Can Cook Vegan. Topics include "Modifying Family Favorites" and "Substitutes for Everything".

Week 4 - Vegan Sweet Shop covers "Yes, Vegan Cupcakes Still Have Calories and "Baking Without Eggs".

You'll go home with great recipes to help get you started.

Age: 16 and over
Date: Thursdays, September 22 - October 13
Time: 7:00 pm - 9:00 pm
Members: \$15 per class or \$49 for all 4 classes
Non-Members: \$20 per class or \$69 for all 4 classes

### Pickle Ball

#### 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.

Date: Thursdays, September 8 - December 29
Time: 7:30 pm - 9:00 pm (3 courts)
Members: No fee
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. *This group allows for spouses with disparate ratings to play.*

Date: Thursdays, September 8 - December 29
Time: 11:00 am - 3:00 pm (3 courts)
Members: No fee
Non-Members: \$5

#### Pickle Ball Competitive Group

(rated 3.5 & 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.

Date: Wednesdays, September 7 - December 28
Time: 11:00 am - 3:00 pm (3 courts)
Members: No fee
Non-Members: \$5

# Senior Classes/Programs



## Silver Sneakers Classic - NEW!

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. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Date: Mondays and Wednesdays starting September 1st

Time: 12:00 pm - 1:00 pm

Members: No fee - included in membership

Non-Members: \$5 per class



## Silver Sneakers Yoga - NEW!

Silver Sneakers Yoga 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 seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Date: Thursdays starting September 1st

Time: 12:15 pm - 1:15 pm

Members: No fee - included in membership

Non-Members: \$5 per class

## Walk for FREE

It's time to get HEALTHIER and MORE FIT through walking. Come and join us during your lunch break inside or outside on our two tracks.

Who: Open to the public

Date: Tuesdays and Thursdays

Time: 11:00 am - 1:00 pm

Where: Indoor or Outdoor Track

## AARP Driver's Safety

Cars have changed. So have safety rules, driving conditions and the roads you travel every day.

Some drivers age 50+ have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills.

By taking this safety course, you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing, and reaction time.

### Driver's Safety Course

Date: Monday, October 3 - Tuesday, October 4

Time: 10:00 am - 3:00 pm

AARP Members: \$25 - fee includes lunch

Non-AARP Members: \$30 - fee includes lunch

Note: Please bring a valid driver's license

### Driver's Safety Refresher Course

Date: Monday, October 17

Time: 10:00 am - 3:00 pm

AARP Members: \$25 - fee includes lunch

Non-AARP Members: \$30 - fee includes lunch

Note: Please bring certificate from 8-hour course and valid driver's license.

## 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



## Senior Drop In

These active group of seniors meet 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!

## 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, September 6 at 10:00 am

Chair Exercise with Michael Mendel. Please be sure to wear comfy clothes, sneakers and a smile for a fun-filled exercise class.

### Tuesday, September 20 at 2:00 pm

Fall wreath decorating. Join us to learn the latest trends on fall wreaths. Bring a small twig wreath to decorate.

### Tuesday, October 4 at 10:00 am

Chair Exercise with Michael Mendel. Please be sure to wear comfy clothes, sneakers and a smile for a fun-filled exercise class.

### Tuesday, October 18 at 2:00 pm

Pumpkin Jars. Join us to make a decorative country inspired mason jar to fill with your favorite scent. Please bring a mason jar with lid.

### Tuesday, November 8 at 10:00 pm

Chair Exercise with Michael Mendel. Please be sure to wear comfy clothes, sneakers and a smile for a fun-filled exercise class.

### Tuesday, November 22 at 2:00 pm

DIY mini-pumpkins. Great table decoration or gift for a Thanksgiving host! (No supplies needed)

### Tuesday, December 6 at 10:00 am

Chair Exercise with Michael Mendel. Please be sure to wear comfy clothes, sneakers and a smile for a fun-filled exercise class

### Tuesday, December 20 at 2:00 pm

Holiday inspired wine glass candle holders. Great idea for gifts! (No supplies needed)

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



# 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

## Basketball Party (ages 6-12)

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

- 1 - Member \$299; Non-member \$349
- 2 - Member \$319; Non-member \$369
- 3 - Member \$339; Non-member \$389
- 2 - Member \$359; Non-member \$409

## 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-Gooey 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.

- 1 - Member \$429; Non-member \$479
- 2 - Member \$459; Non-member \$509
- 3 - Member \$479; Non-member \$529
- 2 - Member \$499; Non-member \$549

### Canvas Painting Party (ages 6-12)

Create your very own canvas painting to take home.

- 1-Member: \$299 Non Member: \$249
- 2-Member: \$319 Non Member: \$369
- 3-Member: \$339 Non Member: \$389
- 4-Member: \$359 Non Member: \$409

### Sports Theme Party (ages 6-12)

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

- 1-Member: \$259 Non Member: \$309
- 2-Member: \$279 Non Member: \$329
- 3-Member: \$299 Non Member: \$349
- 4-Member: \$319 Non Member: \$369

### 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

- 1-Member: \$299 Non Member: \$349
- 2-Member: \$319 Non Member: \$369
- 3-Member: \$339 Non Member: \$389
- 4-Member: \$359 Non Member: \$409



## NHL Street Hockey Party (ages 6-12)

Play a game of indoor hockey or shoot-out

- 1 - Member \$299; Non-member \$349
- 2 - Member \$319; Non-member \$369
- 3 - Member \$339; Non-member \$389
- 2 - Member \$359; Non-member \$409

## Arts & Crafts Party (ages 6-12)

Individual/group projects and choice of craft.

- 1 - Member \$269; Non-member \$319
- 2 - Member \$299; Non-member \$349
- 3 - Member \$319; Non-member \$369
- 2 - Member \$339; Non-member \$389

## Indoor Soccer (ages 6-12)

Have fun playing soccer inside, or even try futsal.

- 1 - Member \$299; Non-member \$349
- 2 - Member \$319; Non-member \$369
- 3 - Member \$339; Non-member \$389
- 2 - Member \$359; Non-member \$409

## 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.

- 1 - Member \$339; Non-member \$389
- 2 - Member \$379; Non-member \$429
- 3 - Member \$429; Non-member \$479
- 2 - Member \$479; Non-member \$529

Please see our website,  
[www.montcrc.com](http://www.montcrc.com)  
for more information





Montgomery Township  
Community & Recreation Center  
1030 Horsham Road  
Montgomeryville, PA 18936  
[www.montcrc.com](http://www.montcrc.com)  
267.649.7200  
Follow on Twitter @MontTwp  
Sign-up for E-News Online!

## Coming This Winter

- Arena Flag Football
- Cheerleading
- Futsal

### 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.
- If a registrant's withdrawal results in the class not meeting the minimum number of participants, a refund or pro-rated credit will not be issued to that registrant.
- 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: [RecreationDirector@montgomerytwp.org](mailto:RecreationDirector@montgomerytwp.org)

Call: 267.649.7200 - Fax: 215.855.6656

Mail: 1030 Horsham Road, Montgomeryville, PA 18936