



Summer 2023 Activity Guide

Programs for Adults | Preschool | Youth | Seniors
June-August



UMPR
UPPER MERION PARKS AND RECREATION

**UPPER MERION TOWNSHIP
PARKS & RECREATION BOARD**

Mike Trachtenberg, Chairperson
Mary Ann Ahearn, Vice Chair
Holly Meade, Secretary
Mark Vondra
Kyle Marchese, Student Member
Kathy Garro
Paul Salamy
Neil Sardinias
Tina Garzillo, Board Liaison
Dan Russell, Staff Liaison



Upper Merion Township Parks & Recreation Board
Meetings 7:30pm Upper Merion Community Center
Meeting dates: 5/9, 6/13, 7/11, 8/8

**UPPER MERION TOWNSHIP
PARKS & RECREATION TEAM**

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

Tygh Kane: Customer Service Financial Supervisor
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Heather Melck: Aquatics Manager
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Dylan Muthersbaugh
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Martie Peterson: Secretary
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Allyson Roberts: Rental Coordinator
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Dennis Rudzinski: Recreation Superintendent
drudzinski@umtownship.org

Brian Sell: Program Coordinator
bsell@umtownship.org

Gerry Testa: Maintenance Foreman
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Paige Wildasin: Recreation Assistant
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**UPPER MERION COMMUNITY CENTER
COMPLEX ADVISORY BOARD**

Chris Levy, Chairperson
Gino Cavaliere, Vice Chair
Sheila Lessin, Secretary
Karen Huller
Thomas Kozuchowski
Paul Salamy
Terry Stevens
Greg Waks, Board Liaison
Dennis Rudzinski, Staff Liaison



Upper Merion Community Center Complex Advisory Board
Meetings 7:30pm Upper Merion Community Center
Meeting dates: 5/16, 6/20, 7/18, 8/15

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



Special Events

Upper Merion Parks and Recreation proudly presents the following lineup of Special events and noteworthy dates:

Farmers Market

Every Saturday

Starting May 13th

9am-1pm

@Nor-view Farm

4th of July

Tuesday July 4th

@Heuser Park

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

If you have questions, please call the Park and Rec office before registering.



610-265-1071

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HOW TO REGISTER



Registering Online

1. Visit: <https://register.communitypass.net/>
2. Login to an existing account or create a new account
3. Click the "Register Now" button, then select the activities you would like to register for.

Registering In-person

Stop by the UM Community Center Front Desk
431 W Valley Forge Road, King of Prussia PA 19406

Forms of Payment:

Only Credit Card accepted Online.

Cash, Check, and Credit Card are accepted at the Community Center Front Desk

With **CommunityPass** you can:

- See current and future registrations
- View receipts
- Edit account information at any time
- Get email and/or text notifications
- And more....

PROGRAM LOCATIONS

BAXTER PARK:
650 S. Henderson Rd, KOP

BELMONT PARK:
200 Anderson Dr, KOP

BRIDGEPORT SCHOOL:
900 Bush St, Bridgeport

BOB CASE FIELD:
295 Abrams Mill Rd, KOP

BOB WHITE PARK:
485 Falcon Rd, Wayne, PA 19087

CALEY SCHOOL:
725 Caley Rd, KOP

CANDLEBROOK SCHOOL:
310 Prince Frederick St, KOP

EXECUTIVE ESTATES PARK:
Longview Rd, KOP

GULPH SCHOOL:
650 S Henderson Rd, King of Prussia
GULPH MILLS INDOOR TENNIS CLUB:
610 South Henderson Rd, KOP

HEUSER PARK:
694 W. Beidler Rd, KOP

RADNOR RACQUET CLUB:
175 King of Prussia Rd, Radnor

ROBERTS SCHOOL:
889 Croton Rd, Wayne

SWEDELAND PARK:
B Street & River Road, Swedeland, KOP
UPPER MERION AREA HIGH SCHOOL:
435 Crossfield Rd, KOP

UPPER MERION AREA MIDDLE SCHOOL:
450 Keebler Rd, KOP
Please use rear entrance, off of Crossfield Rd to enter building.

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

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

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

VALLEY FORGE NATIONAL HISTORICAL PARK:
1400 North Outer Line Drive, KOP

WALKER FIELD:
Old Fort & William Rd, KOP

For directions and park rental information please visit our website;
www.umtownship.org/departments/parks-recreation

UPPER MERION POLICIES

Registration Info:

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 Parks & Recreation 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 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 & full payment.
- For Senior Citizen prices ages 60 and up: must be an Upper Merion Resident to qualify for activities (UMASD residents).
- Prices, dates, times & locations are subject to change without notice.
- For inclement weather, check our web site or contact the Park & Recreation Department (610-265-1071) or program coordinator 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.
- Students 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 usually depart from and return to Upper Merion Township Building Lower Lot or the UM Community Center.
- Do not board bus before the chaperones.
- Children under the age of 5 are not permitted on trips transported by school buses.

Refund Policies:

UMPR Community Center Passholder Refund Policy

- No refunds will be given for Annual memberships.
- Passholders who have a monthly membership payment may only cancel their membership after the second month. Monthly membership payments may be cancelled 15 days before the next scheduled payment after the second month.

- Passholders who have a one month membership are not eligible for program/pool discounts.
- Only active passholders are eligible for program and pool discounts. Passholders who cancel their membership and who received a discount as a result of their membership will be responsible for paying the difference in program fees if the program is taking place at the time of cancellation or is to take place after the cancellation.

UMPR Pool Membership Refund Policy

- Pool memberships are non-refundable.

UMPR Class and Program Refund Policy

- Classes: refunds must be requested prior to the start of the second class. There are no makeups, pro-rating, or refunds for missed classes.
- One or two-day events: refunds must be requested one-week in advance of the event.
- Excursions or Outings: refunds must be requested seven days in advance of the trip date. No refunds will be issued less than 7 days prior to the trip date unless spots can be filled from a waitlist.
- 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.)

UMPR Camp and Camp Trip Refund Policy

- Camps (ADC, ADC2, Camp Beech tree, and Consortium for the Arts, Weekly Camps): refunds must be requested prior to the start of camp. Camps are non-refundable after the start.
- Camp trip cancellations: Camp trips are non-refundable after registration.

UMPR Discount Ticket and Daily/Open Gym Pass Refund Policy

- Discount Tickets: purchases are non-refundable.
- Daily Passes and Open Gym Passes: purchases are non-refundable.

Requests for refunds must be approved by the Department.

*(*Refund checks are mailed within 30-60 days and are subject to a \$10 processing fee. Credit card purchases may be refunded within 7 days of purchase.)*

COMMUNITY CENTER INFO

Contact Info:

610-265-1071
431 W. Valley Forge Road,
King of Prussia, PA 19406

Hours of Operation:

Monday through Friday 5:00a-9p
Saturday and Sunday 8:00a-5p
Hours subject to change

Child Watch

Temporarily Closed until further notice

UMCC Holiday Schedule

New Year's Day	Closed
Easter Sunday	Closed
Memorial Day	Closing at 5 pm
Independence Day	Closing at 5 pm
Labor Day	Closing at 5 pm
Thanksgiving Eve	Closing at 5 pm
Thanksgiving Day	Closed
Christmas Eve	Closing at 3 pm
Christmas Day	Closed
New Year's Eve	Closing at 5 pm

**Membership Fees
subject to change**

Upper Merion Community Center Membership Rates

(Members receive a 15% discount on UMPR programs/ 25% discount on Pool Memberships)

Passholder Category	Resident Annual	Resident MONTHLY	Non- Resident Annual	Non- Resident MONTHLY
Adult	\$ 341.00	\$ 28.42	\$ 425.00	\$ 35.42
*Adult Couple	\$ 514.00	\$ 42.84	\$ 646.00	\$ 53.83
Senior (60+)	\$ 273.00	\$ 22.75	\$ 341.00	\$ 28.42
*Sr. Couple	\$ 409.00	\$ 34.09	\$ 515.00	\$ 42.92
Youth (3-17)	\$ 273.00	\$ 22.75	\$ 341.00	\$ 28.42
*Family (2 adults & max 4 kids)	\$ 735.00	\$ 61.25	\$ 919.00	\$ 76.58
*Single Parent Fam. (1 adult, max 2 kids)	\$ 367.00	\$ 30.59	\$ 462.00	\$ 38.50
Additional Child Charge (beyond the family maximum)	\$50 per child			
Service Member Discounts: Veterans Active Volunteer Fire and EMS Citizen Board Members	5% discount on all membership categories			
**30 Day Membership -Child, Adult, or Senior	\$30-Residents; \$40-Non-Residents;			
***Open Gym	\$5-Residents; \$10-Non-Residents; Free to Passholders			
***Daily Pass	\$10-Residents; \$15-Non-Residents; Free to Passholders			

RenewActive™
by UnitedHealthcare

Silver&Fit
Exercise & Healthy Aging Program

HEALTHWAYS
SilverSneakers®
FITNESS

Additional Details:

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

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

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

**Passholders who have a 30 day membership are not eligible for program/pool discounts.

***Open gym: An Open Gym Pass provides non-passholders use of all scheduled open gym for the day. Participants must sign waiver. Those under 18 years of age must have a parent/guardian signed waiver at each visit.

***Daily Pass: A Daily Pass provides non-passholders unlimited use of the fitness center, group exercise classes, and scheduled open gym for the full day. Participants must sign waiver each visit. Those under 18 years of age must have a parent/legal guardian signed waiver.

UMCC - Age Policy:

Open Gym: Ages 11 and older may participate in Open Gym without parent/guardian supervision.

Fitness Center: Ages 14 and older may utilize the Fitness Center without parent/guardian supervision, after receiving a Fitness Orientation from a Fitness Specialist. Ages 10-13 may utilize the cardio equipment in the Fitness Center with direct parent/guardian supervision. Ages 10-13 are not permitted to use weights or strength machines for their safety.

COMMUNITY CENTER FITNESS CENTER

Fitness Center Offerings:

- Fitness Orientations
- Fitness Assessments
- Quick Start Workout
- Personal Training
- Blood Pressure Reading
- Body Composition

How to Sign Up:

To sign up for personal training or do reserve your spot in our various group exercise classes, follow the link below:


<https://umprccgroupexercise.as.me/schedule.php>

Or use the below QR Code



GROUP EXERCISE INFO



SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Hatha Yoga 9:00-10:00am L Lynn/Brittany (MB)	Circuit Fitness 5:45-6:30am M Fitness Staff (LAR)	All Gas No Brakes 5:45-6:30am H Fitness Staff (LAR)	Spinning: Arms & Intervals 5:45-6:30am L Melissa B (SS)	Octagon Express 5:45-6:30am H Fitness Staff (FC)	Strength & Mobility 5:45-6:30am L Fitness Staff (LAR)	Sunrise Yoga 8:30-9:30a L Lynn (MB)
Strength & Mobility 9:30-10:15am L Fitness Staff (LAR)	Functional Movement & Stretch 9:30-10:15am L Fitness Staff (LAR)	Tri It Out 9:30-10:15am M Fitness Staff (LAR)	Strength & Mobility 9:30-10:15am L Fitness Staff (LAR)	Circuit Fitness 9:30-10:15am M Fitness Staff (LAR)	Octagon Express 9:30-10:15am H Fitness Staff (FC)	Spinning® 9:00-10:00am L Rotation (SS)
	Chair Yoga 10:45-11:45am L Julie (LAR)	Gentle Yoga 10:45-11:45am L Iris (MB)	Senior Strength 10:45-11:30am L Fitness Staff (LAR)	Gentle Yoga 10:45-11:45am L Iris (MB)	Senior Strength 10:45-11:45am L Fitness Staff (LAR)	Got Grit 9:00-9:45am H Laura/Alissa (LAR)
Zumba Gold® 12:15-1:15pm L Cheryl (LAR)	Strength 12:00-12:45pm L Fitness Staff (LAR)	Zumba Gold Toning® 12:00-1:00pm L Patrice (LAR)		Zumba Gold Toning® 12:00-1:00pm L Patrice (LAR)	Functional Movement & Stretch 12:00-12:45pm L Fitness Staff (LAR)	Zumba® 10:00-11:00am M Nicole (LAR)
<p>In order to avoid class disruptions, please arrive 5 minutes prior to the start of class.</p> 	Strength & Mobility 5:00-5:45pm L Fitness Staff (LAR)	Bells, Bands, & Bosu 5:00-5:45pm L Fitness Staff (LAR)	Circuit Fitness 5:00-5:45pm M Fitness Staff (LAR)	Total Body Conditioning 5:00-5:45pm M Fitness Staff (LAR)	Tabata, Abs, & Stretch 5:00-5:45pm M Fitness Staff (LAR)	Bells, Bands, & Bosu 11:30-12:15pm L Fitness Staff (LAR)
	Movement & Meditation 6:00-7:00pm L Leslie (MB)	Yogilates 5:30-6:30pm M Lynn (MB)			Yin Yoga 5:00-6:00pm L Josie/Julie (MB)	<p>KEY/LEGEND: Ages 14+ may join all classes independently. L= Low Impact/Intensity M= Moderate Impact/Intensity H= High Impact/Intensity MB = MINDBODY ROOM SS = SPINNING STUDIO FC = FITNESS CENTER LAR = LARGE AEROBICS ROOM</p>
	Aerobic Spin® 6:00-7:00pm L Rotating (SS)	Latin Spin!® 6:00-7:00pm L Alicia (SS)	Zumba® 6:15-7:15pm L Nicole (LAR)	Spinning® 6:00-7:00pm L Rotating (SS)		

Reserve your spot using the Acuity app today! QR code above.

The Group Exercise Schedule is updated on a Monthly Basis.

For Group Exercise times, class descriptions and class locations, please visit our website:

<https://www.umtownship.org/departments/parks-recreation/community-center/>

Class schedule/instructors are subject to change

AQUATICS PROGRAMS

Adult Triathlon / Swim Training

Ages: 14+

Location: Upper Merion Township Pool

Director: John Kenny, john@frenchcreekracing.com.

Are you looking to become a faster or more efficient swimmer with a friendly group of adult swimmers? Join our coached group! All ages and abilities are welcome to join. The only prerequisite is to be able to complete a single lap of the pool without stopping. Join to have fun, to get into shape, or for friendly competition in a positive environment. Train for fitness, for a triathlon, or an open water swim. Daily swimmers must register for the date they plan to swim. Registrations must be done online prior to visiting the pool.

No class on swim meet nights.

Must be registered through UM Township

Monday: 6/5-8/28 8:15pm-9:30pm
Thursday: 6/1-8/31 8:15pm-9:30pm
Saturday: 6/3-9/2 8:30am-10am (not 7/22)

SAQ23.8.1 Daily R-\$15, NR-\$20, PR-\$13, PNR-\$17
SAQ23.8.2 1x/week R-\$130, NR-\$140, PR-\$111, PNR-\$119
SAQ23.8.3 2x/week R-\$220, NR-\$230, PR-\$187, PNR-\$196
SAQ23.8.4 Unlimited R-\$275, NR-\$285, PR-\$234, PNR-\$242

Aqua-cize

Ages: 18+

Location: Upper Merion Township Pool

Instructor: Bob Crooks

Multi-level workout and training (cardio, balance, stretching, and strengthening). Individual preference for low to high impact participation. Great for people who have joint problems. Come join us for a fun workout. Sign up for 1 or 2 days per week. 2 weather cancellations have been included for the program.

Senior rate for UM residents age 60+.

Outdoor pool members: \$10 for 1 day a week, and \$20 for 2 days per week.

SAQ23.7.1-2 Mon and/or Thurs 6/22-8/7 6:45p-7:45p
1 day a week -R-\$25, NR-\$30, S-\$15 PR-\$21, PNR-\$26 PS-\$13
2 days a week -R-\$50, NR-\$55, S-\$30 PR-\$43, PNR-\$47 PS-\$26

Learn-to-Swim

Ages: 3+

Location: Upper Merion Township Pool or UM high school pool

Instructor: UMPR Staff

Only children who are at least 3 years old and fully toilet trained may take part in our learn to swim program.

Please note: For learn to swim classes, you may only sign up for 1 class per session. Lesson participants who are not pool members will be admitted 5 minutes prior to class and must leave right after class. Parents must wait in the designated area, not on the pool deck. All classes are for all levels.

Cost: R-\$70, NR-\$75, PR-\$60, PNR-\$64 per session.

Levels:

All classes for ages 3-14 will be for all swim levels.

Tadpole - Introduction to swimming. 3 participants : 2 instructors.

Frog - Fundamentals, can swim about 5 feet independently. 4 participants : 2 instructors.

Fish - Strokes, can swim about 15 feet independently.

3 participants:1 instructor.

Levels (continued):

Adult, for ages 14+ 3 participants : 1 instructor.

S.N.A.P. (Special Needs Adaptive Program). For ages 4-21. The goal of S.N.A.P. swimming is to provide any boy or girl with intellectual and/or physical disabilities a chance to work on basic skills. It is a water safety program, not a learn to swim program.

Ratio: 1 participant : 1 instructor. **Add your name to the waitlist for this program.**

Private lessons: ration 1:1.

Learn-to-Swim (Monday & Wednesday) High School pool

Session 1: no class 7/3.

SAQ23.1.1	ages 4-14	6/19-7/5 4:00-4:30pm
SAQ23.1.2	ages 4-14	6/19-7/5 4:30-5:00pm
SAQ23.1.3	ages 4-14	6/19-7/5 5:00-5:30pm
SAQ23.1.4	ages 4-14	6/19-7/5 5:30-6:00pm
SAQ23.1.5	ages 4-14	6/19-7/5 6:00-6:30pm
SAQ23.1.6	adults 14+	6/19-7/5 6:30-7:00pm

Learn-to-Swim (Tuesday & Thursday)

UM Township Pool (outdoors)

Session 2: no class 7/4.

SAQ23.2.1	ages 3-14	6/20-7/6	9:00-9:30am
SAQ23.2.2	ages 3-14	6/20-7/6	9:30-10am
SAQ23.2.3	ages 3-14	6/20-7/6	10-10:30am
SAQ23.2.4	ages 3-14	6/20-7/6	10:30-11am

Learn-to-Swim (Saturday)

UM Township Pool (outdoors)

Session 3: No class 7/22.

SAQ23.3.1	ages 3-14	6/24-7/29	9:00-9:30am
SAQ23.3.2	ages 3-14	6/24-7/29	9:30-10am
SAQ23.3.3	ages 3-14	6/24-7/29	10-10:30am
SAQ23.3.4	S.N.A.P.	6/24-7/29	10:30-11am

Learn-to-Swim (Monday & Wednesday)

High School Pool

Session 4:

SAQ23.4.1	ages 4-14	7/10-7/24	4:00-4:30pm
SAQ23.4.2	ages 4-14	7/10-7/24	4:30-5:00pm
SAQ23.4.3	ages 4-14	7/10-7/24	5:00-5:30pm
SAQ23.4.4	ages 4-14	7/10-7/24	5:30-6:00pm
SAQ23.4.5	ages 4-14	7/10-7/24	6:00-6:30pm
SAQ23.4.6	adults 14+	7/10-7/24	6:30-7:00pm

Learn-to-Swim (Tuesday & Thursday)

UM Township Pool (outdoors)

Session 5:

SAQ23.5.1	ages 3-14	7/11-7/25	9:00-9:30am
SAQ23.5.2	ages 3-14	7/11-7/25	9:30-10am
SAQ23.5.3	ages 3-14	7/11-7/25	10-10:30am

AQUATICS PROGRAMS Continued

Learn-to-Swim (Parent/Child)

Ages: 18 months to 3 years

Location: Upper Merion Township Wading Pool

Instructor: UMPR Staff

A parent/guardian (16 years or older) must go in the water with the child. This class will introduce your child to basic skills. You will learn how to safely work with your child in the water, and how to prepare and encourage your child to try the skills. You will be introduced to water safety topics. This program will lay the foundation for learning to swim. Class will be held in the wading pool.

Please note: Children not fully potty trained must wear swim diapers in the wading pool.

Cost: R-\$40 NR-\$45, PR-\$34, PNR-\$38 per session.

SAQ23.5.4 18 months-3 7/11-7/25 10:30-11am

Learn-to-Swim (Private lessons)

UM Township Pool members only (outdoors)

Ages: 3+

Location: Upper Merion Township Pool

Instructor: UMPR Staff

Private lessons are available to members of the Upper Merion Township pool only. **Ratio: 1 instructor : 1 participant.**

Session 6 Cost: R-\$100, NR-\$110, PR-\$85, PNR-\$94

Session 6:

Monday & Wednesday No class 7/3.

SAQ23.6.1	ages 3+ 6/19-7/5	9:45a-10:15a
SAQ23.6.2	ages 3+ 6/19-7/5	10:15a-10:45a
SAQ23.6.3	ages 3+ 6/19-7/5	2:45p-3:15p
SAQ23.6.4	ages 3+ 6/19-7/5	3:15p-3:45p
SAQ23.6.5	ages 3+ 7/10-7/24	9:45a-10:15a
SAQ23.6.6	ages 3+ 7/10-7/24	10:15a-10:45a
SAQ23.6.7	ages 3+ 7/10-7/24	2:45p-3:15p
SAQ23.6.8	ages 3+ 7/10-7/24	3:15p-3:45p

Tuesday & Thursday

SAQ23.6.9	ages 3+ 6/20-7/6	2:45p-3:15p
SAQ23.6.10	ages 3+ 6/20-7/6	3:15p-3:45p
SAQ23.6.11	ages 3+ 7/11-7/25	2:45p-3:15p
SAQ23.6.12	ages 3+ 7/11-7/25	3:15p-3:45p

Session 9 Cost: R-\$25, NR-\$30, PR-\$21, PNR-\$26

Session 9: between 6/19 and 7/25.

SAQ23.9.1 ages 3+ 1 lesson

Schedule at the pool office.

Lifeguard Camp

Ages: 12-14

Location: Upper Merion Township Pool

COURSE PREREQUISITES: Participants must be able to swim 25m front crawl while breathing to the front or side.

Lifeguard camp will give participants an introduction to skills needed in order to get certified as a lifeguard.

Participants are not required to master or perfectly execute skills. They will learn techniques and build stamina during this program. Bring an extra towel, a snack and water bottle to each class, and come prepared to get in the water (please apply sunscreen before coming to class).

Min 5 Max 20

Cost: R-\$30, NR-\$35, PR-\$26, PNR-\$30

SAQ23.10 Mon-Thu 7/31-8/3 12pm-1:30pm

Swim Instructor Camp

Ages: 12-14

Location: Upper Merion Township Pool

COURSE PREREQUISITES: Participants must be able to swim 25m front crawl while breathing to the front or side.

Swim Instructor Camp is designed to teach participants how to be a swim instructor with our program. Participants will learn teaching techniques, swimming strokes, and water safety during this program. Bring an extra towel, a snack and water bottle to each class, and come prepared to get in the water (please apply sunscreen before coming to class).

Min 5 Max 20

Cost: R-\$20, NR-\$25, PR-\$17, PNR-\$21

SAQ23.11 Mon-Thu 7/31-8/3 11am-12pm

AMERICAN RED CROSS PROGRAMS

Adult and Pediatric First Aid/CPR/AED

Ages: 14+

Location: UM Community Center (classroom)

Instructor: Heather Melck

The American Red Cross First Aid/CPR/AED blended learning program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter and to decide whether advanced medical care is needed.

Min 5 Max 10

The blended learning option includes an online portion and an instructor-led classroom skills session. The online portion must be

completed before attending the in-class portion and will take about 3 hours. Completion certificate must be handed in to complete the classroom portion of the class. Online link will be sent after registration.

Cost: R-\$60, NR-\$65, PR-\$51, PNR-\$55

SI.23.1.2 Tue 6/6 6p-8 :30p Registration deadline: 6/2



**American
Red Cross**

Upper Merion Township Pool Open House

Members and non-members, join our pool staff and find out what activities and programs we have planned for the summer.

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.



Registration opens for non-residents after 5/20/23 if space is still available.	Memberships		Community Center Passholders	
	Resident	Non-Resident	Resident	Non-Resident
Adult (18+)	\$159	\$199	\$119	\$149
Senior (60+)	\$95	\$119	\$71	\$89
Teen (14-17) - no guest privileges.	\$95	\$119	\$71	\$89
Child (3 - 13) must be accompanied by an adult pool member. No guest privileges.	\$64	\$80	\$48	\$60
Toddler (0-2) must be accompanied by an adult pool member. Wading pool only. No Guest privileges.	\$6	\$8	\$5	\$6

Guest passes and Day passes	Memberships		Community Center Passholders	
	Resident	Non-Resident	Resident	Non-Resident
*Guest Pass, full day (purchased at the pool by adult pool members only)	\$12	\$12	\$12	\$12
*Guest Pass, after 5pm (purchased at the pool by adult pool members only)	\$6	\$6	\$6	\$6
*Guest Pass, full day, pack of 5 (purchased at the pool by adult pool members only)	\$50	\$50	\$50	\$50
*Guest Pass, after 5pm, pack of 5 (purchased at the pool by adult pool members only)	\$25	\$25	\$25	\$25
Day Pass, a limited number of day passes, for UM residents only. Must be purchased online prior to visiting the pool.	\$20		\$20	

UPPER MERION TOWNSHIP POOL - 2023 SEASON

May 27 - September 4, 11am-8pm.

Upper Merion Stingrays Summer Swim Team

The Stingrays is a parent run competitive swim team that swims against other local summer swim clubs. Our season runs from May to July. Meets are held Tuesday and/or Thursday evenings.

Practices start the week after Memorial Day and continue throughout the season.

Swimmers ages range from young to old (as long as they can safely swim one length of the pool). The goal of the Stingrays is to encourage kids to have fun, continue swimming and show good sportsmanship.

For more information please visit umstingrays.swimtopia.com



All Team participants must be members of the Upper Merion Township Pool

HEALTH AND WELLNESS

Self-Defense Training for Seniors

Ages: 50+

Location: UM Community Center

Instructor: Donald Leitner

Ages: 50+

Free unarmed self-defense training for seniors. Both men and women with no previous self-defense or martial arts training are invited to join this free beginners' program. In addition to learning valuable self-defense skills, you will get a good workout and improve your balance, coordination, and flexibility. The program features the techniques of American Kenpo Karate. To join, you need to be a community-living adult aged 50 years or older; be able to walk and stand independently; be able to follow verbal and written directions; be healthy enough for physical effort similar to a group exercise class; and have no previous training in self-defense or martial arts. **Min 8 Max 20**

Cost: FREE

SH22.1.1 Tues & Thurs 6/1-8/31 10:30a-11:45p

Zumba / Dance Fitness with Geni and Friends

Ages: 14+

Location: UM Community Center

Instructor: Geni Roskos and Staff

A 45 minute Zumba class followed by a 15 minute exercise technique and strength training instruction. No classes 6/21, 7/10 and 7/12.

Monday-Wednesday 6/5-7/5 (No Class 6/21)

Cost Unlimited: R-\$24, NR-\$29, PR-\$20, PNR-\$24

SH.22.2.1 Unlimited/Unlimited

Cost 1 Class per week: R-\$19, NR-\$24, PR-\$16, PNR-\$20

SH.22.2.2 1 Class per week

Cost Drop In: R-\$6, NR-\$8, PR-\$5, PNR-\$6

SH.22.2.3 1 Class drop in

Monday-Wednesday 7/17-8/9 (No Class 7/10, 7/12)

Cost Unlimited: R-\$24, NR-\$29, PR-\$20, PNR-\$24

SH.22.2.1 Unlimited/Unlimited

Cost 1 Class per week: R-\$19, NR-\$24, PR-\$16, PNR-\$20

SH.22.2.2 1 Class per week

Cost Drop In: R-\$6, NR-\$8, PR-\$5, PNR-\$6

SH.22.2.3 1 Class drop in



PLAY & LEARN

Paint and Play!

Ages: 1.5-5

Location: UM Community Center

Instructor: Marianne Sutera

Toddler Sensory (1.5-2.5 yrs) - This parent/toddler art class is a treat for the senses! We focus on process over product as a theme is threaded with varied materials, movement with music, & messy fun! purposefulplay1@gmail.com.

Preschool Art (2.5-5 yrs) - This parent/child class supports whole child learning with lots of opportunity to experiment with paint, varied materials, and sensory play as we thread a theme with imagination, art, & movement to music. purposefulplay1@gmail.com. **Min 4 Max 10**

Cost: R-\$148, NR-\$158, PR-\$126, PNR-\$134

Six Sessions: Weds 6/28-8/9. NO CLASS 7/5

SPL23.1.1 1.5-2.5yrs – 10:00a-11:00a

SPL23.1.2 2-5yrs – 12:30p-1:30p

Purposeful Play

Ages: Newborn-5yrs

Location: UM Community Center

Instructor: Marianne Sutera

Interactive developmental play program for children and parents. Movement with music, gym exploration, and parachute, all with tyke sized equipment perfect for fun! From tummy time for newborns to gym skills for preschoolers, our facilitated activities support physical, social, and cognitive skills. Nannies and grandparents welcome. Come with a friend, meet new friends! Ages are guidelines, your class should match your child's personal development. Purposefulplay1@gmail.com **Min 4 Max 12**

Cost (6 weeks): R-\$141 NR-\$151, PR-\$120, PNR-\$128

Six Sessions: Tues 6/27-8/8, NO CLASS 7/4

SPL23.2.1 Little Bears, Walkers-2.5yrs - 10:00a-10:45a

SPL23.2.2 Family Bears, 1.5-5yrs– 11:00a-11:45a

SPL23.2.3 Baby Bears, 6mos-14 mos– 12:00p-12:45p

SPL23.2.4 Bitty Bears, 0-6mos—1:00p-1:45p

MARTIAL ARTS CLASSES

Filipino Martial Arts - Eskrima

Ages: 10+

Location: UM Community Center

Instructor: Bing Canete; 5th Degree Black Belt

Eskrima, also known as Kali or Arnis, is the national sports and traditional martial arts of the Philippines that teaches self-defense including: weapons combat, hand-to-hand combat, grappling and takedown. Students will be trained in weapons combat and progress to hand-to-hand combat, using the Cacoy Canete Doce Pares System. **Min 4 Max 30**

Cost: R-\$176, NR-\$186, PR-\$150, PNR-\$158

SMA23.1.1 Sat 6/24-8/12 10:00a-12:00



Tae Kwon Do - Mike Coleman

Ages: 7+

Location: UM Community Center

Instructor: Mike Coleman; 4th Degree Black Belt

Mixed class for a variety of ages and abilities, including beginners age 7+. Learn Tae-Kwon-Do in a fun but structured environment that fosters discipline, respect, and the work ethic needed for success not just in martial arts, but in life.

Cost: 1 day per week R-\$75, NR-\$80, PR-\$64, PNR-\$68

SMA23.2.1 Tues 6/6-8/8 7:00p-8:15p

SPORTS PROGRAMS - YOUTH

Basketball - Boys Summer League



Ages: 8-9 (entering 3rd & 4th grade)
 10-12 (entering 5th & 6th grade)
 12-14 (entering 7th & 8th grade)
 14-17 (entering 9th, 10th, 11th & 12th grade)

Location: UM Community Center

Instructor: EAS Events

Learn the fundamentals, improve your skills, and have fun playing summer basketball. Boys entering 5th-12th grade can register as individuals only. Registration fee includes preseason clinic sessions and league games. League format will be based on the number of registrants (age groups may be combined) and will include playoffs. Games may be scheduled on Wednesdays and/or Fridays. There will be a minimum of one game per week. Times may vary and are subject to change.

Cost: R-\$176, NR-\$186, PR-\$150, PNR-\$158

SY23.1.1 Gr. 3-4 Wed & Fri 6/14-7/28 5:30p-9:00p
SY23.1.2 Gr. 5-6 Wed & Fri 6/14-7/28 5:30p-9:00p
SY23.1.3 Gr. 7-8 Wed & Fri 6/14-7/28 5:30p-9:00p
SY23.1.4 Gr. 9-12 Wed & Fri 6/14-7/28 5:30p-9:00p

Basketball - Xtreme Hoops - 1-on-1 Training

Ages: 11+

Location: UM Community Center

Instructor: Michelle Michael



This is an advanced and intense individual workout session designed to help aspiring players develop advanced basketball shooting skills. The workout will include the use of the latest technology in basketball shooting. Sessions are paid in advance through Parks and Rec, and scheduled at www.xtreme-hoops.com. Click on "Make a Reservation" or email Michelle Michael at ShellyM@girlshoops.org.

Dates: Schedule with Michelle—60-minute private sessions

Cost:

WSY23.2.1 1 Session R-\$65, NR-\$70, PR-\$55, PNR-\$57

Basketball - Xtreme Hoops - Group Training

Ages: 11+

Location: UM Community Center

Instructor: Michelle Michael



This is an advanced and intense group workout session designed to help aspiring players develop advanced basketball shooting skills. The workout will include the use of the latest technology in basketball shooting. Sessions are paid in advance through Parks and Rec, and scheduled at www.xtreme-hoops.com. Click on "Make a Reservation" or email Michelle Michael at ShellyM@girlshoops.org.

Dates: Schedule with Michelle—60-minute group sessions

Cost:

WSY23.3.1 1 Session R-\$40, NR-\$45, PR-\$34, PNR-\$38

WSY23.3.2 5 Sessions R-\$190, NR-\$200, PR-\$162, PNR-\$170

NFL Flag Football - Youth Coed League

Ages: 6-15

Time: 2-hour increments between 2-6pm

Location: Heuser Park

Director: Flag Football America Staff



Youth coed players will be organized and play according to national NFL flag rules. The league will provide jerseys, referees, flags, fields and footballs. Volunteer coaches are needed for teams; No prior experience is necessary. All volunteer coaches will be supported by the league staff. The program is a 1-day commitment. 1-hour practice is scheduled before a 1-hour game weekly. During the season teams will play double-header games to replace the practice. Athletic attire and non-metal cleats/sneakers required. The league will follow the most-current CDC guidelines and safety protocols. League directors will contact you via email about your exact assessment time on 8/27/2023. For competitive balance, team requests will not be honored. Because of the success of the program, we increased the age participation. If you are 14-years-old or younger on December 31, 2022 you are eligible to play.

Cost: R-\$187, NR-\$197, PR-\$159, PNR-\$167

SY23.4.1 Sun 8/27-10/29 2:00p-6:00p

Soccer Shots

Ages: 2-3, 3-5, & 5-7

Location: Heuser Park

Instructor: Soccer Shots Staff



MINI (2-3-year old) - Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as, using your feet, dribbling and the basic rules of the game.

CLASSIC (3-5-year old) - Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting.

PREMIER (5-7-year old) - Soccer Shots Premier focuses on individual skill, fitness and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction.

Min 6 Max 24

Cost: R-\$160, R-\$170, PR-\$136, PNR-\$145 (No class 7/3)

SY23.5.1 Ages 2-3 Mon 6/19-8/14 5:00p-5:30p

SY23.5.2 Ages 3-5 Mon 6/19-8/14 5:35p-6:15p

SY23.5.3 Ages 5-7 Mon 6/19-8/14 6:20p-7:00p

Youth Coed Flag Football Training Academy

Ages: 6-14

Location: UM Community Center

Instructor: Flag Football America Staff



The purpose of the Flag Football Academy is to learn fundamentals, improve skills, and have fun playing flag football in a safe environment. The program emphasizes skills and drills needed for the upcoming Fall 2023 youth NFL flag football season. This is a training camp designed to develop passing, catching and flag-grabbing techniques for each, individual player. Weekly sessions will include open play and pick-up games.

Cost: R-\$158, NR-\$168, PR-\$135, PNR-\$143

SY22.8.1 Thurs 8/3-9/7 6:30p-8:00p

SPORTS PROGRAMS - ADULT

Basketball - Men's 30 and Up

Ages: Men 30+

Location: UM Community Center

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**

Cost: R-\$61, NR-\$66, PR-\$52, PNR-\$56

SA22.1.1 Mon 6/5-8/28 7:00p-9:00p

Pickleball - Beginner Adult Clinics

Ages: 18+

Location: Bob White

Instructor: Universal Rackets PPR-Certified Staff

The Universal Rackets (formerly TennisbyTyler) Beginner Pickleball Clinic will consist of learning serving and returning, how to keep score and rules, dinking and controlling the ball. Basic shot techniques and court positioning will be taught. The clinic is structured into segments, so each session builds off of the previous lesson. After the session is done, a student with no prior pickleball experience will turn into a confident player and be able to play fully on their own outside of class. **Min 6 Max 12**

Cost: R-\$247, NR-\$257, PR-\$210, PNR-\$218

SA23.2.1 Thurs 6/8-7/13 4:00p-5:30p

SA23.2.2 Thurs 7/27-8/231 4:00p-5:30p

Pickleball - Beginner/Intermediate Adult Clinics

Ages: 18+

Location: Bob White

Instructor: Universal Rackets PPR-Certified Staff

The Universal Rackets (formerly TennisbyTyler) Beginner/Intermediate Pickleball Clinic will consist of serving, shot techniques, strategy, rules & scoring. Sessions will go over how to control the kitchen, touch shots, backhand & forehand drives and offense-to-defense transitioning. Students will hone their dinking and block-volleying, paired with a vast understanding of court positioning to set up their partner for a put away poach overhead smash. Plenty of match play will be included.

Min 6 Max 12

Cost: R-\$247, NR-\$257, PR-\$210, PNR-\$218

SA23.3.1 Thurs 6/8-7/13 5:30p-7:00p

SA23.3.2 Thurs 7/27-8/231 5:30p-7:00p

Pickleball - Intermediate/Advanced Adult Clinics

Ages: 18+

Location: Bob White

Instructor: Universal Racket PPR-Certified Staff

The Universal Rackets (formerly TennisbyTyler) Intermediate/Advanced Pickleball Clinic will consist of strategy, repetition, high level tactics & techniques, specific in game drills & situations and plenty of match play. This clinic is catered towards the competitive pickleball player who wants to improve their game. **NO CLASS 7/3**

Min 6 Max 12

Cost: R-\$247, NR-\$257, PR-\$210, PNR-\$218

SA23.3.1 Mon 6/5-7/17 7:00p-8:30p

SA23.3.2 Mon 7/24-8/28 7:00p-8:30p

Volleyball - Adult Pick Up Games

Ages: 18+

Location: UM Community Center

Instructor: UMPR Staff



Players will split into teams and play informal and fun volleyball games. Must be registered for the full session in order to play.

Cost: R-\$55, NR-\$60, PR-\$47, PNR-\$51

SPORTS - ADULT LEAGUES

Volleyball - Coed League

Ages: 18+

Location: UM Community Center

Director: UMPR

Teams are guaranteed 10 matches. The league will provide officials. Games will take place on Tuesday evenings. Registration deadline is June 6. For more info, send an email to drudzinski@umtownship.org.

Cost: Team - \$500; Individual - \$85

SAL23.1.1 Tues 6/13-8/15 Evenings



UPPER MERION YOUTH ATHLETIC ASSOCIATION

King of Prussia Soccer Club

KOPSC Summer Soccer

KOPSC Summer Soccer is for kids aged 3 - 15 in July! The program runs for four weeks on Saturdays from July 9th to July 30th at Baxter Fields in King of Prussia.

Ages 3 - 5 from 9:00 am to 10:00 am

Ages 6 - 15 from 9:00 am to 10:15 am

The age 6 - 15 group will also be divided to place players with similar aged players.

The Summer Soccer program will feature skills building activities and small-sided games with an emphasis on fun for the younger groups.

https://system.gotsport.com/programs/Y03408744?reg_role=player

To register: KOPSC.org | Registration closes February 4th

Questions? communications@kopsc.org

Connect with us!

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KOPSC.org



Upper Merion Lacrosse Club

The Upper Merion Lacrosse Club is a non-profit organization that was formed in 2005 to promote quality lacrosse education to the Upper Merion Township community. The Club aspires to be an outstanding educational-athletic organization that provides a high-quality experience to every athlete. It seeks to do this by:

- Developing it's youth athletes by teaching them the skills, tactics and strategies of the game in a fun and positive environment;
- Encouraging it's youth athletes to give back to the community selfless acts of charity and good deeds;
- Promoting good sportsmanship on the part of its youth athletes, parents, coaches and administrators;
- Providing it's youth athletes with the tools necessary to achieve success in life off the field, by creating an environment that focuses on the fundamentals of team building and sportsmanship.

We invite all members of our community to join us in our endeavor to be the leading youth sports organization in Upper Merion Township. We believe that there is only one way we can accomplish this - together by mentoring players and instilling in them important values that will enable them to experience success.

www.uppermerionlacrosse.com



Upper Merion Youth Football & Cheer

Upper Merion Youth Vikings Football & Cheer 2023 Season Teams for ages 5 to 12, flag and tackle football and competitive cheer. A three month program beginning in August through end of October. Multiple practices per week at Heuser Park, with Saturday games across the Delaware Valley.

Visit <http://www.umyouthfootball.com/> for registration information and more.



Upper Merion Baseball & Softball Association

Open to all UMASD residents including Bridgeport, Gulph Mills, Wayne and West Conshohocken. The organization offers Quickball, Baseball and Softball for ages 3-21.

For more information and to register, please visit: www.umbabaseball.com or www.umbasoftball.com

Questions? umbacconnect@gmail.com



Upper Merion Township Library

Quick Tips for Using the Library

Getting a Library Card

Fill out an [application](#) online (click on "[Get a Library Card](#)") and submit it through email to receive a library barcode and password from the library within 48 hours. Your physical library card can be picked up at the library.

Placing Holds Online

Request physical materials through the online catalog and pick them up in the library or curbside. Materials can be requested from libraries throughout MCLINC. Visit the [MCLINC catalog](#) to browse.

Accessing Online Resources from Home

We have a robust collection of online resources that students and families can access at home including [Tutor.com](#), online language learning, research databases, test preparation and much more. Visit our [eLibrary](#) to learn more about these great resources.

Accessing eBooks & eMedia

The library has a number of ways to access eBooks, eMagazines, downloadable music, movies, TV shows, and comics. Understand the [difference](#) between OverDrive and Hoopla. [OverDrive](#) can be accessed through an app or on your computer. Learn how easy [Hoopla](#) is to navigate and start exploring!

Programming

The library will offer in-person and virtual programming through the winter/spring. Check our [online calendar](#) for upcoming programs and events that you can attend. Some are available for a specific date and time and others can be done on your own schedule.

Reading Suggestions

Looking for something to read to relax and de-stress? Check out our extensive online [reading recommendations](#) for a fiction or nonfiction title to fit your needs.



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To apply, please visit <https://www.umtownship.org/departments/human-resources/> and submit an employment application.