



Winter/Spring 2024 Activity Guide

Programs for Adults | Preschool | Youth | Seniors
December-May



**UPPER MERION TOWNSHIP
PARKS & RECREATION BOARD**



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

Upper Merion Township Parks & Recreation Board
Meetings 7:30pm Upper Merion Community Center
Meeting dates: 1/9, 2/13, 3/12, 4/9, 5/14

**UPPER MERION TOWNSHIP
PARKS & RECREATION TEAM**

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

Tygh Kane: Customer Service & Financial Supervisor
tkane@umtownship.org

Heather Melck: Aquatics Manager
hmelck@umtownship.org

Dylan Mutthersbaugh: Program Coordinator
dmuthersbaugh@umtownship.org

Martie Peterson: Secretary
recsec@umtownship.org

Allyson Roberts: Rental Coordinator
aroberts@umtownship.org

Dennis Rudzinski: Recreation Superintendent
drudzinski@umtownship.org

Brian Sell: Program Coordinator
bsell@umtownship.org

Gerry Testa: Maintenance Foreman
gtesta@umtownship.org

Paige Wildasin: Recreation Assistant
pwildasin@umtownship.org

**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: 1/16, 2/20, 3/19, 4/16, 5/21

**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:

Holiday Village

Saturday, Dec 2nd

12-3pm

**UM Township
Building Park**

Earth Day

Saturday, April 20th

11am-2pm

**UM Township
Building Park**

Recycling Event

Sunday, April 23rd

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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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
- OUR TOWN ALLEY:**
2912 Swede Rd, East Norriton
- 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

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....

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

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.

Group Exercise Classes: Ages 14 and older may participate in Group Exercise Classes without parent/guardian supervision. Ages 10-13 may participate in Group Exercise Classes with direct parent/guardian supervision. Ages 5-13 may participate in Group Exercise Classes designated as "Family Friendly".

COMMUNITY CENTER COMPLEX ADVISORY BOARD

Meet our Community Center Complex Advisory Board Members!



Chris Levy
Chairperson



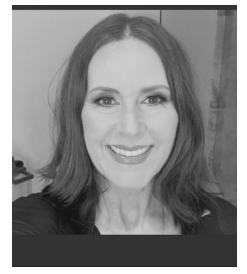
Gino Cavaliere
Vice Chairperson



Karen Huller
Board Member



Thomas Kozuchowski
Board Member



Sheila Lessin
Secretary

The purpose of the Community Center Complex Advisory Board is to initiate, provide and recommend to the Board of Supervisors, plans for the development, improvement, maintenance, equipping, operating, financing, budgeting needs, and regulating of the Township Community Center and Pool ("Community Center Complex") and to be responsible for policy decisions relative to the Township Community Center Complex.

The board meets at the Upper Merion Community Center every third Tuesday of the month at 7:30pm.

We are always looking for feedback and suggestions to help improve the Community Center Complex, so if you see us in person, come and say hi!

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 to 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

Community Center Members get access to over 35 Weekly Group Exercise Classes, including Yoga, Zumba, Circuit Fitness, Spinning, Strength & Mobility, and more!



The Group Exercise Schedule typically comes out on a monthly basis. For the Group Exercise class schedule, as well as detailed descriptions and class locations, please visit our website:

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

Class schedule/instructors are subject to change

AFTER SCHOOL PROGRAMS

Hands On Science - Afterschool Program

Ages: 5-10 (K-4th Grade)

Location: Various Schools

Instructor: "Professor" Bob Matcovich

Professor Bob is back with an Afterschool Program that consists of varying scientific topics to create a fun filled experience for the kids!

Electricity:

'Professor' Bob is back to his shocking ways!

Come along as we delve into the world of electricity. We will learn the shocking truth about static electricity, the flow of current electricity; and What in the world are Watts? This is absolutely for girls and boys!

Kitchen Science:

Kitchen Science - what science in the kitchen?

Come explore as 'Professor' Bob dons his apron and turns into Chef Robere!

Flying:

Up! UP! and AWAY! 'Professor' Bob is putting his head into the clouds! Ride along as we launch into the science of flight and flying. Airplanes, helicopters, balloons, kites, rockets and baseballs??

Space:

'Professor' Bob is headed out of this world!

Come float away to moons, planets, stars, and black holes (but watch out don't fall in!).

MIN 10 MAX 20

Cost: R-\$98, NR-\$103, PR-\$85, PNR-\$89

WAS24.1.1 Caley Tues 2/6-2/27 3:30p-4:30p

WAS24.1.2 Candlebrook Wed 2/7-2/28 3:30p-4:30p

WAS24.1.3 Roberts Thurs 2/1-2/29 3:30p-4:30p

NO CLASS: Thursday 2/15 (Roberts)

WAS24.1.4 Caley Tues 3/19-4/16 3:30p-4:30p

WAS24.1.5 Candlebrook Wed 3/13-4/17 3:30p-4:30p

WAS24.1.6 Roberts Thurs 3/14-4/11 3:30p-4:30p

NO CLASS: Tuesday 3/26 (Caley), Wednesday 3/27 & 4/10 (Candlebrook), Thursday 3/28 (Roberts)

WAS24.1.7 Caley Tues 4/30-5/21 3:30p-4:30p

WAS24.1.8 Candlebrook Wed 5/1-5/22 3:30p-4:30p

WAS24.1.9 Roberts Thurs 5/2-5/23 3:30p-4:30p

Snapology - Intro Robotics Program

Ages: 5-8

Location: Various Schools

Instructor: Snapology Staff



Children will begin to explore the world of robotics as they build simple models that teach the fundamentals of robotic design. Whether learning about sensors while building drills and magic wands, or discovering ways that gears and pulleys create movement while building helicopters and robotic dogs, your child is sure to have a great time!

NO CLASS: Mon 2/19 (Candlebrook), Thurs 2/15 (Caley), Fri 2/16 (Gulph)

Cost: R-\$200, NR-\$210, PR-\$170, PNR-\$179

WAS24.2.1 Candlebrook Mon 1/22-3/4 3:30p-4:30p

WAS24.2.2 Bridgeport Tues 1/23-2/27 3:30p-4:30p

WAS24.2.3 Roberts Wed 1/24-2/28 3:30p-4:30p

WAS24.2.4 Gulph Fri 1/26-3/8 3:30p-4:30p

Snapology - Space Wars Robotics

Ages: 7-12

Location: Various Schools

Instructor: Snapology Staff



In this Star Wars-inspired program, your padawan learner will explore the similarities of real space and the space portrayed in their favorite Star Wars movies! We will support them in the development of their coding and building skills and inspire them with creative challenges. May the force be with them as they build and grow!

NO CLASS: 4/10 (Gulph), 4/23 (Roberts)

Cost: R-\$200, NR-\$210, PR-\$170, PNR-\$179

WAS24.3.1 Bridgeport Mon 4/8-5/13 3:30p-4:30p

WAS24.3.2 Roberts Tues 4/2-5/14 3:30p-4:30p

WAS24.3.3 Gulph Wed 4/3-5/15 3:30p-4:30p

WAS24.3.4 Candlebrook Fri 4/5-5/10 3:30p-4:30p

UPPER MERION COMMUNITY CENTER

FACILITY RENTAL

Interested in renting a court, classroom or meeting room? Give us a call! Contact Allyson Roberts at aroberts@umtownship.org

For pricing and room selection please see our website:

umtownship.org/

ART, DANCE & THEATRE PROGRAMS

Ballroom Dancing

Ages: 18+

Location: UM Community Center

Instructor: Jeana Muccia

Beginners

For those who never took a class.. Learn basic movements for traditional American style ballroom dancing. Perfect for social gatherings. Weddings, date nights, and low impact exercise. All are welcome, no experience necessary. Partners are encouraged but not required.

Styles: Rumba (3 week), Swing (3 Weeks), Waltz (2 Weeks)

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

Session 1: 1/18-3/7: Thursdays 6:30-7:30p

Session 2: 3/14-4/18: Thursdays 6:30-7:30p

Advanced

The advanced class is for those who have taken dance class before and will learn more advanced moves in addition to technique in the styles being offered. Partners are encouraged but required.

Styles: Rumba (3 week), Swing (3 Weeks), Waltz (2 Weeks)

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

Session 1: 1/18-3/7: Thursdays 7:30-8:30p

Session 2: 3/14-4/18: Thursdays 7:30-8:30p

Come Draw with Young Rembrandts

Grades: K-5

Location: UM Community Center

Instructor: Young Rembrandts Staff

Young Rembrandts continues to teach fun drawing lessons at our Community Center! New lessons every week, each session! Still life, cartoons, famous artists are some of the subjects we teach- no experience necessary. Register today!

MIN 8 MAX 25

NO CLASS 2/19

Cost: R-\$177, NR-\$187, PR-\$150, PNR-\$159

WA24.1.1 Mon 2/12-4/1 5:30p-6:30p

WA24.1.2 Mon 4/8-5/20 5:30p-6:30p



Young Rembrandts

Theatre Horizon Drama Club

Ages: 7-12

Location: UM Community Center

Instructor: Theatre Horizon Staff

In Theatre Horizon Drama Club, students are familiarized with the fundamentals of acting as they create and then perform their own original play. Led by professional teaching artists, students practice and develop the Connecting C's: confidence & creativity, collaboration & communication, and community & care. Class culminates in a final showcase as students perform their world premiere original play for an audience of family and friends.

Cost: R-\$300, NR-\$310, PR-\$260, PNR-\$264

WPA241.1: Session 1: 1/27-3/16

Saturdays 10:00AM-12:00PM

WPA24.1.2 Session 2: 4/6-5/25



Young Rembrandts—Exploring Oil and Chalk Pastels (Adult)

Ages: 18+

Location: UM Community Center

Instructor: Young Rembrandts Staff

Come explore working with oil and chalk pastels on a 16x20 canvas to create beautiful artwork. A different subject/drawing will be completed in each class offered- sign up for one or more. No experience necessary. All materials included in the price.

MIN 8 MAX 25

Cost Per Session: R-\$70, NR-\$75, PR-\$60, PNR-\$64

WA24.2.1 Thurs 2/8 5:30p-7:30p

WA24.2.2 Fri 4/19 10:00a-12:00p

WA24.2.3 Wed 6/12 6:00p-8:00p



(R) Upper Merion Residents; (NR) Non-residents; (PR) Passholder Resident; (PNR) Passholder Non-Resident

Upper Merion Township Pool Open House

Stop in to see the facility and find out what activities and programs we have planned for the summer.

Meet representatives from the Stingrays swim team!

Saturday, May 18th from 1pm-3pm

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



| Registration opens for UM Residents on 1/2/2024. Non-residents will be added to a waitlist and released on 5/1/2024 as space permits. | Memberships | | Community Center Passholders | |
|--|-------------|--------------|------------------------------|--------------|
| | Resident | Non-Resident | Resident | Non-Resident |
| Adult (18+) | \$167 | \$209 | \$125 | \$157 |
| Senior (60+) | \$100 | \$125 | \$75 | \$94 |
| Teen (14-17) - no guest privileges. | \$100 | \$125 | \$75 | \$94 |
| Child (3-13) must be accompanied by an adult pool member. No Guest privileges. | \$67 | \$84 | \$50 | \$63 |
| Toddler (0-2) must be accompanied by an adult pool member. Wading pool only. No Guest privileges. | \$10 | \$13 | \$8 | \$10 |
| Swim Team Only membership (only valid during official swim team practice times and swim meets) | 48 | \$60 | 36 | \$45 |

| Guest passes and Day passes. Guest passes are purchased at the pool office by adult pool members only. | Memberships | | Community Center Passholders | |
|---|-------------|--------------|------------------------------|--------------|
| | Resident | Non-Resident | Resident | Non-Resident |
| Adult pool members may sign in up to 3 guests per day. | | | | |
| *Guest Pass, full day (purchase at the pool office) | \$13 | \$13 | \$13 | \$13 |
| *Guest Pass, after 5pm (purchase at the pool office) | \$7 | \$7 | \$7 | \$7 |
| *Guest Pass, full day, pack of 5 (purchase at the pool office) | \$60 | \$60 | \$60 | \$60 |
| *Guest Pass, after 5pm, pack of 5 (purchase at the pool office) | \$30 | \$30 | \$30 | \$30 |
| 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 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.

For more information please visit umstingrays.swimtopia.com



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

UPPER MERION TOWNSHIP POOL - 2024 SEASON

May 25 - September 2, 11am-8pm daily.

AQUATICS PROGRAMS

Swim Policies & Regulations (Indoor pool)

1. Certified lifeguards are on duty at listed times.
2. Must bring your own suit and towel.
3. Everyone must sign-in with the lifeguard before using the pool.
4. Upper Merion Township is not responsible for items lost, stolen, or left at the pool facilities.
5. No food or drinks (besides water) are permitted in the pool area.
6. **No glass** permitted in the facility (no snorkeling style goggles made from tempered glass).
7. All registrations must be done prior to visiting the high school pool.

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

Entry to the high school pool is from the back parking lot only. The Upper Merion High school pool is required to be latex free, please make sure all equipment (including swim caps, goggles, bathing suits and any other swim aids) are all latex free. No latex products will be permitted in the pool facility.

Aqua-cize

Ages: 18+

Location: Upper Merion High School 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. The new high school pool has a ramp to walk into the pool.

No latex products may be brought into the facility.

Senior rate for UM residents age 60+.

WAQ24.1.1-2 Mon and/or Thurs 4/4-5/13 7pm-8pm

1 x/week -R-\$30, NR-\$35, RS-\$20 PR-\$26, PNR-\$30, PS-\$17

2 x/week-R-\$60, NR-\$65, RS-\$40 PR-\$51, PNR-\$55, PS-\$34

Learn to swim – Adult

Ages: 14+

Location: Upper Merion High School Pool
Instructor: UMPR Staff

Receive instruction that can save your life. This class will help adults overcome their fear of the water and to learn the basic skills to achieve a minimum level of water competency. Small groups allow the adult to learn at their own pace. Min: 4, Max: 8.

No latex products may be brought into the facility.

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

WAQ24.2.1 Tue 4/2-5/7 7:30pm-8:00pm (no class 4/23)

Learn-to-Swim/Youth

Ages: 4-14

Location: UM High School Pool
Instructor: UMPR Staff

Only children who are at least 4 years old and fully toilet trained may take part in our learn to swim program. Ratio: 2 students per instructor. **Note:** Average pool temperature is 80°. **No latex products may be brought into the facility.**

Please note: For learn to swim classes, you may only sign up for 1 30 minute session per student.

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

Saturdays 4/6-5/4

WAQ24.3.1 9:30a-10:00a

WAQ24.3.2 10:00a-10:30a

WAQ24.3.3 10:30a-11:00a

WAQ24.3.4 11:00a-11:30a

WAQ24.3.5 11:30a-12:00p

Lap Swim

Ages 16+

Location: Upper Merion High School Pool

Please note: the building must be vacated by 9:15pm or 1:15pm.

No latex products may be brought into the facility.

No program 4/23.

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

WAQ24.4.1 Mon, Tue, Thu 4/2-5/14 7:30pm-9pm

Saturday 4/6-5/4 12pm-1pm

Recreational Swim

Ages 4+

Location: Upper Merion High School Pool

Only children who are at least 4 years old and fully toilet trained may take part in our Recreational Swim program. Minors under the age of 14 must be supervised by an adult at all times. Minors using floatation aids or minors who are unable to swim the width of the pool unassisted, must have an adult in the pool within arm's reach. Lap lanes will be available for lap swimming.

Please note: the building must be vacated by 1:15pm.

No latex products may be brought into the facility.

Cost: R-\$10, NR-\$15, PR-9, PNR-\$13

WAQ24.5.1 Saturday 4/6-5/4 12pm-1pm

We are hiring Swim Instructors....

Swim instructor application deadline, March 1st, 2024. Program runs on Saturday mornings from 9:30am-12pm from April 6 - May 4. Additional opportunities will be available through the summer. Applicants must be at least 14 years old, proficient swimmers and work well with children and adults. Must be available all scheduled Saturday mornings.

To apply, please have the applicant email Heather Melck at hmelck@umtownship.org to request an employment application.

HEALTH AND WELLNESS PROGRAMS

Zumba / Dance Fitness with Geni and Friends

Ages: 14+

Location: UM Community Center

Instructor: Geni Roskos and Staff

Join the party in this easy to follow progressed Latin inspired dance fitness class. Create your own schedule. Each class is 45 mins. M, W, 10AM-10:45AM. Free demo classes 1/3, 3/4, and 3/6, 5/20 and 5/22.



Session 1: 1/8/24-2/28/24

WH24.1.1 Unlimited:

Cost Unlimited: R-\$47,NR-\$52,PR-\$40,PNR-\$44

WH24.1.2 1 Class per week

Cost 1 Class p/week: R-\$37,NR-\$42, PR-\$32, PNR-\$36

WH24.1.3 Class drop in

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

Session 2: 3/18/24-5/15/24

WH24.1.4 Unlimited/Unlimited :

Cost Unlimited: R-\$52,NR-\$57,PR-\$45,PNR-\$49

WH24.1.5 1 Class per week

Cost 1 Class p/week: R-\$42,NR-\$47, PR-\$36, PNR-\$40

WH24.1.6 Class drop in

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

LOOKING FOR SOMETHING?

As new programs are added, they will be made available - for viewing - on CommunityPass.



INSTRUCTIONAL 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-\$65, NR-\$70, PR-\$55, PNR-\$60

WI23.1.1 Thu 12/7 6p-8 :30p Registration deadline: 12/4

WI.24.1.2 Wed 3/20 6p-8:30pm Registration deadline: 3/18

Adult and Pediatric First Aid/CPR/AED

In-person class for 11-15 year old's

Ages: 11-15

Location: UM Community Center (classroom)

Instructor: Heather Melck

The American Red Cross First Aid/CPR/AED program is designed to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach participants 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

Bring a packed lunch.

Cost: R-\$75, NR-\$80, PR-\$64, PNR-\$68

WI23.2.1 Wed 3/27 10am-3pm



INSTRUCTIONAL PROGRAMS

Baby Boomers Retirement Road Map

Ages: 58+

Location: UM Community Center

Instructor: John J Crowley, MBA



This is a 4-part workshop series, that will cover several key parts of your Retirement. Part 1, we will cover social security claiming strategies to optimize your social security benefit. In Part 2, Medicare basics will be covered. In Part 3, Retirement Income Planning, you will learn about the different options available to you

when you retire and what the difference are. we will discuss coordinating your Social security and Pension, with your retirement savings along with various withdrawal strategies. Part 4 is "The income for Life model". In this workshop I will discuss how to build a retirement income plan using a bucket or ladder strategy. **Min 4 Max 20**

Cost: \$1

WI24.3.1 Social Security Thurs 1/11 6:30p-8:30p

WI24.3.2 Medicare Basics Thurs 1/18 6:30p-8:30p

WI24.3.3 Retirement Income Planning Thurs 1/25 6:30p-8:30p

WI24.3.4 Income for Life Model Thurs 2/1 6:30p-8:30p

Be Your Own Bank

Ages: 30+

Location: UM Community Center

Instructor: John J Crowley, MBA

Come learn the method for the wealthy to obtain and maintain wealth for generations. Would you like to know how you can? Have a rock-solid financial plan and a predictable retirement income. Eliminate the uneasy feeling of the ups and downs of the stock and real estate markets. Be your own funding source and learn how to recapture interest that you have been giving to banks. Take advantage of current U.S. tax laws to earn money Tax Deferred and Tax Free. **Min 5 Max 45**

Cost: \$1

WI24.4.1 Thurs 2/15 6:30p-8:30p

Built by Me: LEGO® Robotics and Coding - Amazing Engineers

Grades: 1 - 3

Location: UM Community Center

Instructor: Built By Me Staff



This fun and interactive program focuses on coding and robotics as it introduces students to the engineering design process using LEGO® Essential Education Robotics Construction Sets. The young engineers will work in teams of 2 building models, such as a swing and a submarine. They will define problems, brainstorm solutions, and test their prototypes to improve their ideas. Children will gain confidence and understanding as they build and explore their construction projects.

Minimum 4, maximum 8

Cost: R-\$224, NR-\$234, PR-\$190, PNR-\$199

WI24.5.1 Tues 1/9-2/13 5:00p-6:00p

Built by Me: LEGO® Robotics and Coding with Scratch MIT - Crazy Carnival Games

Grades: 3 - 5

Location: UM Community Center

Instructor: Built by Me Staff

This fun and interactive program explores many aspects of STEM using LEGO® Spike Essential Education Robotics Construction Sets. Focusing on energy, children will work in pairs to build prototypes, such as a mini-golf course and a pinball machine. They will explore the relationship between energy and speed, and predict how energy moves from place to place. They will then code their designs with Scratch MIT, a block-based code, to perform various tasks and functions. Young engineers will broaden their understanding of energy conversion (potential and kinetic) testing solutions to improve and refine its function.

Minimum 4, maximum 8

Cost: R-\$224, NR-\$234, PR-\$190, PNR-\$199

WI24.6.1 Tues 1/9-2/13 6:15p-7:15p



Don't Go Broke in a Nursing Home

Ages: 50+

Location: UM Community Center

Instructor: John J Crowley, MBA

This workshop is ideal for individuals 50+ concerned about spending down their assets for their care. In this workshop, I will discuss the differences between traditional long-term Care and the Hybrid asset-based long-term Care Models. I will have a guest accredited elder law attorney presenting as well. We are living longer, so having a plan that addresses Long Term care is critical to achieving better retirement outcomes. Some topics I will be covering as part of this presentation are: What is Long-Term Care? Where can you receive care? Annual Cost of Nursing Home Care; How will you pay for Long-Term Care? Medicaid Planning; Long-Term Care Insurance; Other Insurance Options

Cost: \$1

WI24.7.1 Thurs 2/29 6:30p-8:30p

Elder Care and Law Seminars

Ages: 58+

Location: UM Community Center

Instructor: Law office of Andrew B. Peltzman

WORKSHOP 1: WHAT EVERYONE SHOULD KNOW ABOUT ESTATE PLANNING & WILLS

WORKSHOP 2: HOW TO GAIN MEDICAID ELIGIBILITY & GOVERNMENT PAYMENTS TO PAY FOR LONG TERM CARE

WORKSHOP 3: SPECIAL NEEDS TRUSTS & PLANNING FOR SPECIAL NEEDS INDIVIDUALS

WORKSHOP 4: PLANNING FOR AN ELDERLY FAMILY MEMBER'S INCAPACITY:

Cost: \$1

WI24.8.1 Workshop 1 Tues 2/6 6:30p-7:30p

WI24.8.2 Workshop 2 Tues 2/27 6:30p-7:30p

WI24.8.3 Workshop 3 Tues 3/5 6:30p-7:30p

WI24.8.4 Workshop 4 Tues 3/26 6:30p-7:30p

INSTRUCTIONAL PROGRAMS

Snapology - Amazing Race

Ages: 7-12

Location: UM Community Center

Instructor: Snapology Staff



Are you ready for an adventure? Send your learner on a trip with Snapology around the world to discover unique aspects of different cultures!! Not only will your student be learning about world cultures and developing an appreciation for cultural differences, but they will be competing in fun challenges to test their building and problem-solving skills.

Cost: R-\$165, NR-\$175, PR-\$140, PNR-\$149

WI24.9.1 Wed 3/6-4/17 6:00p-7:00p

Snapology - Robot Challenge

Ages: 8-14

Location: UM Community Center

Instructor: Snapology Staff



In Snapology's Robot Challenge, the students will be challenged to construct a robot to perform tasks in a simulated disaster. Students will employ their creativity along with engineering techniques they'll learn that are similar to those used by scientists in the development of real-life disaster relief robots.

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

WI24.10.1 Wed 1/10-2/14 6:15p-7:30p

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 NO CLASS 2/3 & 4/13

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

WMA24.1.1 Sat 1/13-3/9 9:00a-11:00a

WMA24.1.2 Sat 3/30-5/25 9:00a-11:00a

Fit Combat

Ages: 16+

Location: UM Community Center

Instructor: Hector Sandoval; Official Trainer

Training systems applied in group or collective classes of physical activity and Fitness include the fusion of real combat techniques from boxing and martial arts, structuring these movement patterns in an orderly and sequential manner within a challenging, stimulating, and dynamic musical framework.

Cost: R-\$85, NR-\$90, PR-\$72, PNR-\$76

WMA24.2.1 Thurs 2/8-3/14 7:00p-8:00p

Strong Nation

Ages: 16+

Location: UM Community Center

Instructor: Hector Sandoval; Official Trainer

Strong Nation combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, lunge, burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Cost: R-\$85, NR-\$90, PR-\$72, PNR-\$76

WMA24.3.1 Thurs 3/21-4/25 7:00p-7:45p

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-\$90, NR-\$95, PR-\$77, PNR-\$81

WMA24.4.1 Tues 1/9-2/27 7:00p-8:30p

WMA24.4.2 Tues 3/19-5/7 7:00p-8:30p

Self-Defense Training for Seniors

Ages: 50+

Location: UM Community Center

Instructor: Donald Leitner; 5th Degree Black Belt, American Kenpo Karate

Free unarmed self-defense training for seniors! Seniors, both men with no previous self-defense training, are invited. In addition to learning valuable self-defense skills, you will get a good workout and improve your balance, coordination, and flexibility. The program features American Kenpo Karate. **Min 8 Max 20**

Cost: FREE

WMA24.5.1 Tues & Thurs 1/4-5/30 10:30a-11:45a

OUTER LIMITS

Outer Limits Events

Ages: 14+

Instructor: UMPR Staff & Volunteers

Outer Limits purpose is to provide a challenging, adventure-oriented, recreational experience for individuals with Special Needs. The program will assist participants in developing physically, emotionally, and socially. Activities will promote athletic and skill development, improve self-confidence and increase self-reliance. Activities are directed by staff and volunteers who are interested in working with special needs individuals.

BOWLING AT OUR TOWN ALLEY 2/10 - 1-3pm: Swede Road and Germantown Pike, Norristown. Meet at lanes at 1pm, pick up at 3pm.

MOVIE DAY 3/9—time TBD Meet at KOP Regal Theater, 300 Goddard Blvd, KOP. Movie TBD. *Please bring snack or money to purchase food.*

SPRINGTIME DANCE AT THE COMMUNITY CENTER: 4/12 - 6:30-8:30pm DJ, decorations & refreshments. Bring a friend & your dance moves!

Cost: R-\$23, NR-\$28, PR-\$20, PNR-\$24

WOL24.1.1 "Bowling" Sat 2/10 - 1p-3p

WOL24.1.2 "Movie Day" Sat 3/9 - TBD

WOL24.1.3 "Spring Dance" Fri 4/12 - 6:30p-8:30p



PLAY & LEARN CLASSES (newborn to school age)

Paint and Play!

Ages: 1.5-5

Location: UM Community Center

Instructor: Marianne Sutera

Family Sensory (1.5-4 yrs) - This parent/child program is a treat for the sense, supporting whole child learning. Presenting theme as a starting point, and offering various materials to explore, sets the stage for creative thinking. Movement with music included! We value process over product. purposefulplay1@gmail.com.

Cost: R-\$148, NR-\$158, PR-\$126, PNR-\$135

Session 1

Six Sessions: Wed 1/17-2/28 (No Class 2/14)

WPL24.1.1 1.5-2.5yrs – 10:00a-11:00a

Session 2

Six Sessions: Wed 3/6-4/24 (No Class 3/27, 4/3)

WPL24.1.2 1.5-2.5yrs – 10:00a-11:00a

Session 3

Six Sessions: Wed 5/8-6/12

WPL24.1.3 1.5-2.5yrs – 10:00a-11:00a

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 20**

Cost: R-\$141, NR-\$151, PR-\$120, PNR-\$128

Session 1

Six Sessions: Tues 1/16-2/27 (No Class 2/13)

WPL24.2.1 Little Bears, Walkers-2.5yrs - 10:30a-11:15a

WPL24.2.2 Big Bears, 2-5yrs– 11:30a-12:15p

WPL24.2.3 Baby Bears, 6mos-crawlers– 12:30p-1:15

Session 2

Six Sessions: Tues 3/5-4/23 (No class 3/26, 4/2)

WPL24.2.4 Little Bears, Walkers-2.5yrs - 10:30a-11:15a

WPL24.2.5 Big Bears, 2-5yrs– 11:30a-12:15p

WPL24.2.6 Baby Bears, 6mos-crawlers– 12:30p-1:15

Session 3

Six Sessions: 5/7-6/11

WPL24.2.7 Little Bears, Walkers-2.5yrs - 10:30a-11:15a

WPL24.2.8 Big Bears, 2-5yrs– 11:30a-12:15p

PARENTS NIGHT OUT

Parents Night Out

Ages: 6-12

Location: UM Community Center

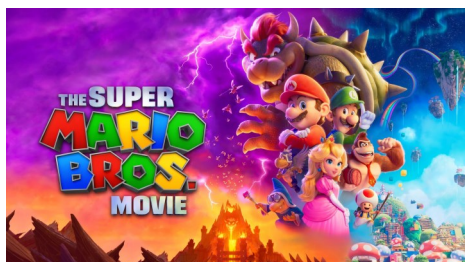
Instructor: UMPR Staff

Everyone needs a Date Night. Drop the kids off for a fun filled night of crafts, activities, pizza, and a movie! Monthly themes available online! Please bring your own water bottle. **Min 4**

Max 12

Cost: R-\$24, NR-\$29, PR-\$20, PNR-\$25

| | | |
|------------------|--------------------|----------------------|
| WPN24.1.1 | "Monsters Inc" | Fri 1/26 5:30p-8:30p |
| WPN24.1.2 | "Elementals" | Fri 2/23 5:30p-8:30p |
| WPN24.1.3 | "Super Mario Bros" | Fri 3/22 5:30p-8:30p |
| WPN24.1.4 | "Trolls 3" | Fri 4/5 5:30p-8:30p |
| WPN24.1.5 | "Minions 2" | Fri 5/10 5:30p-8:30p |



SPORTS PROGRAMS - YOUTH

Basketball - Xtreme Little Hoopers

Ages: 4-6

Location: UM Community Center

Instructor: Michelle Michael

Michelle Michael, UM Middle School Coach, AAU High-school Basketball Coach and Director of the UM Girls Basketball League, will focus on fundamental skills including: dribbling, shooting, rebounding and footwork. **MAX 20**

Cost: R-\$106, NR-\$116, PR-\$91 PNR-\$99

| | | | |
|------------------|-----------------|---------------|-------------|
| WSY24.1.1 | Ages 4-6 | Tues 4/9-4/30 | 5:30p-6:15p |
| WSY24.1.2 | Ages 4-6 | Tues 5/7-5/28 | 5:30p-6:15p |

Cost: R-\$212, NR-\$232, PR-\$182, PNR-\$198

| | | | |
|------------------|-----------------|---------------|-------------|
| WSY24.1.3 | Ages 4-6 | Tues 4/9-5/28 | 5:30p-6:15p |
|------------------|-----------------|---------------|-------------|

Basketball - Xtreme Hoops Co-ed Clinics

Grades: 1-4 & 5-8

Location: UM Community Center

Instructor: Michelle Michael



Michelle Michael, UM Middle School Coach, AAU High-school Basketball Coach and Director of the UM Girls Basketball League, will focus on fundamental skills including: dribbling, shooting, rebounding and footwork.

MAX 25 PER AGE GROUP

Cost: R-\$106, NR-\$116, PR-\$91, PNR-\$99

| | | | |
|------------------|-------------------|---------------|-------------|
| WSY24.2.1 | Grades 1-4 | Tues 4/9-4/30 | 6:15p-7:00p |
| WSY24.2.2 | Grades 5-8 | Tues 4/9-4/30 | 6:15p-7:00p |
| WSY24.2.3 | Grades 1-4 | Tues 5/7-5/28 | 6:15p-7:00p |
| WSY24.2.4 | Grades 5-8 | Tues 5/7-5/28 | 6:15p-7:00p |

Cost: R-\$212, NR-\$232, PR-\$182, PNR-\$198

| | | | |
|------------------|-------------------|---------------|-------------|
| WSY24.2.5 | Grades 1-4 | Tues 4/9-5/28 | 6:15p-7:00p |
| WSY24.2.6 | Grades 5-8 | Tues 4/9-5/28 | 6:15p-7:00p |

(R) Upper Merion Residents; (NR) Non-residents; (PR) Passholder Resident; (PNR) Passholder Non-Resident

SPORTS PROGRAMS - YOUTH CONTINUED

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:

WSY24.3.1 1 Session R-\$45, NR-\$50, PR-\$38, PNR-\$43

Basketball - Xtreme Hoops 3 v 3 Skill Development

Ages: 9-12 (4th-6th Grade) & 13-14 (7th-8th Grade)

Location: UM Community Center

Instructor: Michelle Michael



Xtreme Hoops Coach Michelle Michael helps to improve players passing, shooting, rebounding, teamwork and understanding of basketball. Players will be put on teams of 3 or 4 players. 3v3 games will be played to reinforce the skills in game situations. 3v3 allows each player more touches to shoot, pass, rebound, play defense and develop.

Min 6 Max 16

Cost: R-\$120, NR-\$130, PR-\$102, PNR-\$111

WSY24.4.1 **Ages 9-12** Thurs 4/11-5/2 5:30p-6:30p

WSY24.4.2 **Ages 13-14** Thurs 4/11-5/2 5:30p-6:30p

WSY24.4.3 **Ages 9-12** Thurs 5/9-5/30 5:30p-6:30p

WSY24.4.4 **Ages 13-14** Thurs 5/9-5/30 5:30p-6:30p

Cost: R-\$240, NR-\$260, PR-\$204, PNR-\$222

WSY24.4.5 **Ages 9-12** Thurs 4/11-5/30 5:30p-6:30p

WSY24.4.5 **Ages 13-14** Thurs 4/11-5/30 5:30p-6:30p

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.

Schedule with Michelle—60-minute private sessions

WSY24.5.1 1 Session R-\$65, NR-\$70, PR-\$55, PNR-\$60

Jumpstart Sports—Floor Hockey

Ages: 3-5 & 6-8

Location: UM Community Center

Instructor: Jump Start Sports Staff

Looking for a fun and exciting way for your child to learn and develop the skills necessary to succeed in floor hockey? Our programs are designed to provide children with a fun and engaging introduction to the sport of floor hockey, while also building important skills such as teamwork, sportsmanship, and confidence. Our experienced coaches will teach the fundamental skills of floor hockey, including puck handling, shooting, positioning, and defending.

Cost: R-\$129, NR-\$139, PR-\$110, PNR-\$118

WSY24.6.1 **Ages: 3-5** Fri 1/19-2/23 5:30p-6:30p

WSY24.6.2 **Ages: 6-8** Fri 1/19-2/23 6:30p-7:30p

Jumpstart Sports—Lacrosse

Ages: 3-5 & 6-8

Location: Heuser Park

Instructor: Jump Start Sports Staff

Our programs are designed to provide children with a comprehensive introduction to the sport of lacrosse, while also building important skills such as teamwork, sportsmanship, and confidence. Our experienced coaches will teach the fundamentals of lacrosse, including passing and catching, fielding ground balls, cradling, spacing, positioning, and defense. Our programs feature plastic sticks and soft balls, ensuring that every child can participate safely and confidently.

Cost: R-\$129, NR-\$139, PR-\$110, PNR-\$118

WSY24.7.1 **Ages: 3-5** Tues 4/9-5/14 5:30p-6:30p

WSY24.7.2 **Ages: 6-8** Tues 4/9-5/14 6:30p-7:30p

Jumpstart Sports—T-Birds T-Ball

Ages: 3-5

Location: Heuser Park

Instructor: Jump Start Sports Staff

Our t-ball programs are structured to include age-appropriate skill stations and a game each week. This "league" format allows our coaches to teach team concepts and teamwork, ensuring that children not only learn the sport but also develop essential life skills. Our leagues focus on age-appropriate skill development and teamwork. With authentic MLB caps and team tees, we aim to ignite children's enthusiasm for the game.

Cost: R-\$129, NR-\$139, PR-\$110, PNR-\$118

WSY24.8.1 Thurs 4/11-5/16 5:30p-6:30p

WSY24.8.2 Thurs 4/11-5/16 6:30p-7:30p

SPORTS PROGRAMS - YOUTH CONTINUED

NFL Flag Football - Youth Coed League

Ages: 6-15

Location: Heuser Park

Director: Flag Football America Staff



Youth boys and girls will be organized and play according to the national NFL flag football rules. The league will provide jerseys, referees, flags, fields, and footballs. Volunteer coaches are needed for teams. No prior experience is necessary. The program is a one-day commitment. This league is a 2-2.5-hour weekly commitment. During the season teams will play doubleheader games to replace the practice. Athletic attire and non-metal football cleats/sneakers required. Mouthpieces are recommended, but not required. In order to produce competitively balanced rosters, team requests will not be accepted. All players not older than 15 as of December 31st, 2023, are eligible to play. Week 1 scrimmages will be June 7, 2024.

Cost: R-\$150, NR-\$160, PR-\$128, PNR-\$136

WSY24.9.1 Sun 4/7-6/16 12:00a-6:00p

Soccer Shots

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

Location: UM Community Center & 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 12 (UMCC) 24 (Heuser)**

Cost: R-\$204, R-\$214, PR-\$173, PNR-\$182

UM Community Center

WSY24.10.1 Ages 2-3 Wed 1/17-3/6 4:30p-5:00p

WSY24.10.2 Ages 3-5 Wed 1/17-3/6 5:05p-5:45p

WSY24.10.3 Ages 5-7 Wed 1/17-3/6 5:50p-6:30p

Heuser Park

WSY24.10.4 Ages 2-3 Wed 4/3-5/22 4:30p-5:00p

WSY24.10.5 Ages 3-5 Wed 4/3-5/22 5:05p-5:45p

WSY24.10.6 Ages 5-7 Wed 4/3-5/22 5:50p-6:30p

SNAP Exercise

Ages: 6-21

Location: UM Community Center

Instructor: Linda Moser

SNAP Exercise is designed to be rewarding, challenging and fun. The program provides the opportunity for any girl or boy with intellectual and/or physical disabilities to work on basic exercise skills in a fun station format. Parents are required to stay at the Community Center for the entire class. **Min 2 Max 12**

Cost: Free

WSY24.11.1 Sat 1/13-2/10 11:30a-12:30p

SNAP Exercise Buddies

Ages: 14-100

Location: UM Community Center

Instructor: Linda Moser



Buddies are partnered with a participant, help set up, break down and store equipment. No experience is needed just a willingness to have fun and work with children with intellectual and/or physical disabilities on basic exercise skills in a fun station format. Buddies will be provided with certificates to show service hours.

Questions can be emailed to Linda Moser at lindaumspring@yahoo.com.

Cost: Free

WSY24.12.1 Sat 1/13-2/10 11:15a-12:35p

SNAP Basketball

Ages: 6-21

Location: UM Community Center

Instructor: Linda Moser



SNAP Basketball is designed to be rewarding, challenging and fun. The program provides the opportunity for any girl or boy with intellectual and/or physical disabilities to work on basic basketball skills. Parents are required to stay at the Community Center for the entire class. Please indicate shirt size for participant when registering. **Min 2 Max 12**

Cost: Free

WSY24.13.1 Sat 2/24-3/23 11:30a-12:30p

SNAP Basketball Buddies

Ages: 14-100

Location: UM Community Center

Instructor: Linda Moser

Buddies are partnered with a participant, help set up, break down and store equipment. No experience is needed just a willingness to have fun and work with children with intellectual and/or physical disabilities on basic basketball skills. Buddies will be provided with certificates to show service hours. Questions can be emailed to Linda Moser at lindaumspring@yahoo.com.

Cost: Free

WSY24.14.1 Sat 2/24-3/23 11:15a-12:35p

SPORTS PROGRAMS - YOUTH CONTINUED

Soccer Stars



Ages: 1-2, 2-3, & 3-5

Location: UM Community Center & Heuser Park

Instructor: Soccer Stars Staff

Soccer Stars Parent & Me:

A 6-week class is a fun-filled movement class for children ages 12-24 months with a parent or caregiver. Our curriculum is specifically designed to develop motor skills, cognitive development, and social interaction.

*Every child will receive a shirt for their participation in the program

Soccer Stars 2-3 year olds:

A 6-week skill based class for kids ages 2-3 years old that is focused on individual development and teamwork. Our age specific curriculum uses a child's imagination to get them moving while learning basic soccer moves and much MORE! Soccer Stars creates a fun-filled, positive, and active environment for kids to have FUN! *Every child will receive a shirt for participation in the program.

Soccer Stars 3-5 year olds:

A 6 week skill-based class for kids ages 3-5 years old that is focused on individual development and teamwork. Our age specific curriculum uses a child's imagination that allows them to learn the basic movements of soccer at their own pace and much MORE! Soccer Stars creates a fun-filled, positive and active environment for kids to learn and have FUN! *Every child will receive a shirt for their participation in the program.

Cost: R-\$177, R-\$187, PR-\$150, PNR-\$159

WSY24.15.1 **Ages 1-2** Thurs 2/1-3/7 10:00a-10:45a

WSY24.15.2 **Ages 2-3** Thurs 2/1-3/7 11:00a-11:45a

WSY24.15.3 **Ages 1-2** Sat 2/3-3/9 9:30a-10:15a

WSY24.15.4 **Ages 2-3** Sat 2/3-3/9 10:30a-11:15a

WSY24.15.5 **Ages 3-5** Sat 2/3-3/9 11:30a-12:20p

Cost: R-\$188, R-\$198, PR-\$160, PNR-\$168

WSY24.15.6 **Ages 1-2** Thurs 4/4-5/23 10:00a-10:45a

WSY24.15.7 **Ages 2-3** Thurs 4/4-5/23 11:00a-11:45a

WSY24.15.8 **Ages 1-2** Sat 4/6-5/25 9:30a-10:15a

WSY24.15.9 **Ages 2-3** Sat 4/6-5/25 10:30a-11:15a

WSY24.15.10 **Ages 3-5** Sat 4/6-5/25 11:30a-12:20p

Tennis - Radnor Racquet Club

Ages: 4-18

Location: Radnor Racquet Club

Instructor: David Broida

Learn the fundamentals of the sport, including: forehand, backhand, serve, volley and basic strategy. Instruction will be provided for beginner and intermediate players.

Cost: R-\$185, NR-\$195, PR-\$157, PNR-\$166

WSY24.16.1 Beg & Adv Beg Sun 1/7-3/3 3:00p-4:00p

WSY24.16.2 Beg & Adv Beg Sun 1/7-3/3 4:00p-5:00p

WSY24.16.3 Adv Beg & Inter Sun 1/7-3/3 5:00p-6:00p

WSY24.16.4 Adv Beg & Inter Sun 1/7-3/3 6:00p-7:00p

Universal Rackets - Youth Pickleball Clinics

Ages: 8-14

Location: UM Community Center

Instructor: Universal Rackets Staff

In the Universal Rackets Junior Pickleball clinic, students will learn the basics of Pickleball including shots, technique, rules, and strategy. At Universal Rackets our goal is to provide a supportive and encouraging environment for all players, so that they can learn and grow in the sport of Pickleball in a fun and positive upbeat atmosphere. **Class Size:** 6-32 People (8 per court)

Cost: R-\$198, NR-\$208, PR-\$168, PNR-\$177

WSA24.17.1 Thurs 1/11-2/15 5:00p-6:00p

WSA24.17.2 Thurs 2/22-3/28 5:00p-6:00p

Warrior Elite Cheer: Intro to Tumbling and Cheer

Ages: 3-9 & 10-15

Location: Warrior Elite Gym

Instructor: Janice Sbei

This FUN interactive class will introduce your athlete to beginning tumbling and intro to cheer. This 10-week program will focus on teaching your athlete the fundamental techniques used in gymnastics and cheerleading. We will concentrate on skills such as forward rolls, cartwheels, roundoff, handstands and back extension rolls, and others as your child progresses. Your athlete will also learn different stunt techniques such as Swedish Fall, Thigh Stand, Prep, Liberty, Arabesque, Scale and Extensions, all on our massive indoor Spring Floor. We will also go into the various jumps used in cheer, utilizing our 40ft tumble track to teach and tweek form and technique. The class is broken up into 15/20-minute sections, led by a USASF certified coach.

Warrior Elite Cheer Website: <https://warriorelitecheer.com/>

Cost: R-\$265, NR-\$275, PR-\$230, PNR-\$239

WSY24.18.1 Ages 3-9 Sun 1/21-3/10 5:00p-6:00p

WSY24.18.2 Ages 10-15 Sun 1/21-3/10 5:00p-6:00p

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 Spring 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/pick-up games.

Cost: R-\$150, NR-\$160, PR-\$128, PNR-\$136

WSY24.19.1 Sat 1/13-2/17 2:00p-3:30p

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 34**

Cost: R-\$106, NR-\$116, PR-\$90, PNR-\$99

WSA24.1.1 Mon 1/8-5/20 7:00p-9:00p

Coed Softball League

Ages: 18+

Location: Bob White Park & Bob Holland Park

Director: Dylan Muthersbaugh

UMPR's Coed Softball League runs from April through August. Because this is such a popular league, registration is first opened up to teams that participated the previous season - in February. If there is availability, interested new teams may register on a "first come, first serve" basis.

All interested new teams should contact Dylan Muthersbaugh at dmuthersbaugh@umtownship.org.

Cost: Team-\$850

WSA24.2.1

Pickleball- Beginner/Intermediate Adult Clinic

Ages: 18+

Location: UM Community Center

Instructor: Universal Rackets PPR-Certified Staff

The Universal Rackets 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 of-fense - 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.

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

WSA24.3.1 Thurs 1/11-2/15 6:00p-7:30p

WSA24.3.2 Thurs 2/22-3/28 6:00p-7:30p

WSA24.3.3 Thurs 4/4-5/9 6:00p-7:30p

Pickleball - Intermediate/Advanced Intermediate Adult Clinic

Ages: 18+

Location: UM Community Center

Instructor: Universal Rackets PPR-Certified Staff

The Universal Rackets 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.

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

WSA24.4.1 Thurs 1/11-2/15 7:30p-9:00p

WSA24.4.2 Thurs 2/22-3/28 7:30p-9:00p

WSA24.4.3 Thurs 4/4-5/9 7:30p-9:00p

Pickleball - 1 on 1 Training

Ages: 18+

Location: UM Community Center

Instructor: Tom Kozuchowski PPR-Certified Coach

This is a customizable individual workout session utilizing the latest Pickleball machine technology. Choose from multiple drills and focus on the shots you want to improve. All skill levels welcome.

Dates: email TKozPB@gmail.com to schedule 60 & 30 minute private sessions

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

WSA24.5.1 1 Hour Session

Cost: R-\$30, NR-\$33, PR-\$26, PNR-\$28

WSA24.5.2 30 Minute Session

Pickleball - Doubles Training (2 Players)

Ages: 18+

Location: UM Community Center

Instructor: Tom Kozuchowski PPR-Certified Coach

This is a customizable 2 player workout session utilizing the latest Pickleball machine technology. Improve your singles and doubles game with your on court partners and friends. Great for tournament prep!

Dates: email TKozPB@gmail.com to schedule 60 & 30 minute sessions

Cost: R-\$30, NR-\$33, PR-\$26, PNR-\$28

WSA24.6.1 1 Hour Session

Cost: R-\$15, NR-\$17, PR-\$13, PNR-\$14

WSA24.6.2 30 Minute Session

SPORTS PROGRAMS - ADULT

Pickleball - Beginner Adult Clinics with MLSN

Ages: 18+

Location: UM Community Center

Instructor: Fred Sicilia on Sundays

Tom Kozuchowski on Wednesdays

Start your lifelong love of pickleball with this informative Beginner class. Learn basics of the game including: what equipment is right for you, the rules, basic shot techniques, court positioning and basic strategy. **Max 4**

NO CLASS 3/10 or 3/31

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

WSA24.7.1 Sun 1/7-2/11 1:00p-2:00p

WSA24.7.2 Sun 3/3-4/21 1:00p-2:00p

WSA24.7.3 Wed 1/10-2/14 5:00p-6:00p

WSA24.7.4 Wed 3/6-4/10 5:00p-6:00p

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-\$70, NR-\$75, PR-\$59, PNR-\$64

WSA24.8.1 Wed 1/17-4/10 7:00p-9:00p

Tennis - Radnor Racquet Club (Adults and Teens)

Location: Radnor Racquet Club

Instructor: David Broida

Learn the fundamentals of the sport, including: forehand, backhand, serve, volley and basic strategy. Instruction will be provided for beginner and intermediate players, as well as training for middle and high school tennis team members.

Cost: R-\$185, NR-\$195, PR-\$157, PNR-\$166

WSA24.9.1 Adults & Teens Sun 1/7-3/3 7:00p-8:00p

Volleyball - Coed League

Ages: 18+

Location: UM Community Center

Director: Dylan Muthersbaugh



Teams are guaranteed 10 matches. The league will provide officials. Games will usually take place Tuesday evenings (schedule is subject to change).

Registration deadline is January 5th.

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

WSA24.10.1 Tues 1/16-4/2 Matches at 6:15, 7:15 or

SPORTS EVENTS - ADULT

Seniors Bowling & Luncheon

Ages: 60+ (UM Residents Only)

Location: Our Town Alley

Upper Merion Township Residents are invited to a luncheon buffet and unlimited bowling from 12-2pm. Must pre-register to participate. **Registration deadline:**

March 29th at 4pm. Please note we will not be providing an individual boxed lunch this season. We will instead be getting an appetizer buffet, pizzas, and a veggie tray. You will have 2 hours of buffet and bowling. **Max 40**



Cost: Free!

WSE24.1.1 Tues 4/9 12:00p-2:00p

Universal Rackets—PicklePalooza

Ages: 18+

Location: UM Community Center

Host: Universal Rackets Staff

Get ready for an unforgettable day at Upper Merion Township's PicklePalooza event! Whether you're a seasoned player or new to the game, this is the perfect opportunity to socialize, have fun, and play pickleball. PicklePalooza will feature a variety of games and point play, so you can test your abilities and compete against other players. Grab your friends and join us for a day of pickleball fun at Upper Merion Township's PicklePalooza. We can't wait to see you there!

MAX 30

Session 1: Beginner Palooza 9:00-11:00a

Session 2: All Levels Palooza 11:00-1:00p

Session 3: Family Palooza 1:00-3:00p

Cost: R-\$33, NR-\$38, PR-\$28, PNR-\$31

WSE24.2.1 Sunday March 10th 9:00a-3:00p

SCHOOL DAYS OUT

Crime Scene Investigation

Ages: 11-17

Location: UM Community Center

Instructor: Captain (ret) Sean Clancy

STEM principles relating to Forensics and Crime Scene Application are explored. Students will learn how to process a mock crime scene, collect fingerprints, cast footprints and much more. Current or former law enforcement Detectives will be teaching this class.

Cost: R-\$153, NR-\$163, PR-\$130, PNR-\$139

WSO24.1.1 Wed 4/10 9:00a-4:00p

Phoenix Ultimate Academy—Ultimate Frisbee

Ages: 7-18

Location: Heuser Park

Instructor: Phoenix Ultimate Academy Staff

Phoenix Ultimate Academy is the youth development program created by the Philadelphia Phoenix, Philadelphia's professional ultimate team. We aim to teach the rules and techniques of ultimate frisbee, in addition to fostering and developing skills in communication, respect, self-advocacy and conflict resolution, all of which are integral to the sport of ultimate and healthy youth development. Our School's Out Clinic will feature a variety of frisbee games and drills, plus skills instructions from our talented pro-league coaches!

Cost: R-\$106, NR-\$116, PR-\$90, PNR-\$99

WSO24.2.1 Wed 4/10 Full Day 9:00a-3:00p

Cost: R-\$64, NR-\$69, PR-\$54, PNR-\$59

WSO24.2.2 Wed 4/10 Half Day 9:00a-12:00p

Snapology—School Break Workshop: Ninjas!

Ages: 5-12

Location: UM Community Center

Instructor: Snapology Staff

Students will use their experiences with the Lego® Ninjago® series to learn about the history, culture, skills, and tactics of ninja warriors through a variety of building activities, games, and projects.



Cost: R-\$76, NR-\$81, PR-\$64, PNR-\$69

WSO24.3.1 Mon 1/15 9:00a-12:00p

Snapology—School Break Workshop: Brick City

Ages: 5-12

Location: UM Community Center

Instructor: Snapology Staff

Does your builder enjoy designing beautiful buildings and cities using LEGO® bricks? If so, this program is the perfect space for your young architect or city planner to sharpen their design and building skills!



Cost: R-\$76, NR-\$81, PR-\$64, PNR-\$69

WSO24.4.1 Tues 4/23 9:00a-12:00p

Mad Science—School Days Out

Grades: 1-5

Location: UM Community Center

Instructor: Mad Science Staff

Jan 15th - LEGO- BRIXology – CREATURES

Explore the science and engineering that lets humans invent new things based on solutions found in nature! Through the engineering design process become bioengineers solving problems with biomimicry. Put together a wind-up peacock puzzle that can move to take home!

Jan 15th - ROCKETRY

Here is your chance to be a rocket scientist! Investigate the four forces of flight as you race through space learning the basics of rocket travel. Build your own Mad Science rocket to take home.

Feb 15th—CREATIVE CHEMISTS – BUILDING WITH BONDS

Become a creative chemist through the investigation of the periodic table and the atoms that make up everything around us! Make chemical connections between different atomic models using bonds to construct molecules. Find out how chemistry connects the world.

Feb 15th—JR. PHYSICIANS- THE LUNG & THE BREATHLESS

Take a trip through the Respiratory System from the nose to the lungs. Find out how important mucus is to the human body's defense and make some Mad Mucus to take home.

Feb 16th—SLIMEY SCIENCE & SMOKEY ICE

Build model molecules, copper-plate a nickel, and make your very own ooey goey Mad Science slime and putty to take home! Witness fantastic dry ice demos with smoking & bubbling flasks!

Feb 16th— DETECTIVE SCIENCE

Help solve the Bustertown Bake-Off Mystery! We've been asked to help the police investigate the scene of the "crime," we'll dust for fingerprints, examine clues, analyze different powders and interview witnesses. Help figure out whodunit!

Feb 19th— Jr. Geologist – From Volcanoes to Geodes

Calling all Junior Geologists! Unearth the rock cycle and discover the difference between sedimentary, metamorphic, and igneous rocks. Replicate rumbling earthquakes and explosive volcanoes, pan for gems, and create a sedimentary stacker to take home!

Feb 19th -SHAKE IT UP

Immerse yourself in the world of acids and bases, solutions and solubility, and lots of crazy chemical reactions! We'll make corks pop, mix up a "magic muffin," dissolve Styrofoam, create crystal gardens and even experiment with shaving cream marbling!

April 23—ENERGY & MOTION

Forces are FUNdamental! Explore the energy of motion (potential versus kinetic energy) while tinkering with things that boink, pop, float, swing, and roll!

April 23—SHOCKING SCIENCE

Shocking fun awaits! Join us while we build simple circuits, make buzzers buzz, test our nerves, tinker with electromagnets, and even see a Van de Graaff generator create indoor lightning!

Cost: R-\$95, NR-\$100, PR-\$80, PNR-\$85

WSO24.5.1 Mon 1/15 9:00a-3:30p

WSO24.6.1 Thurs 2/15 9:00a-3:30p

WSO24.7.1 Fri 2/16 9:00a-3:30p

WSO24.8.1 Mon 2/19 9:00a-3:30p

WSO24.9.1 Tues 4/23 9:00a-3:30p

SPRING BREAK CAMPS

Mad Science—SPRING Break Camp

Grades: 1-5

Location: UM Community Center

Instructor: Mad Science Staff

Super Slimy Smokey Science -

Dive into a variety of scientific fields as you help solve a mystery, stretch silly putty and slime, copper-plate nickels, tinker with circuits, and investigate optical illusions. Become captivated by lasers, dry ice, and hair-raising experiments! You will love what happens when you mix science and fun!

NASA: Journey to Outer Space -

Take a voyage of discovery into the atmosphere and beyond as we explore planets, moons, and other space phenomena. Create a comet and build your own Mad Science rocket and participate in a real NASA style rocket launch! Campers will take home additional NASA activities to complete at home! Mad Science is the ONLY organization licensed by NASA to use these activities for Summer Camps!

Cost: R-\$353, NR-\$363, PR-\$300, PNR-\$309

WSB24.1.1 3/25-3/29 9:00a-3:30p

Overtime Athletics—Multi-Sport Spring Break Camp

Ages: 6-12

Location: Heuser park

Instructor: Overtime Athletics Staff

Spring break is here and Overtime Athletics has the camp for everyone! OTA multi-sport day camp combines traditional sports, playground favorites, contests, brain buster projects and more. Campers will be split up into teams and be assigned a coach for the week. Teams will participate in a series of high and low intensity activities together so every camper has their moment to shine. You don't want to miss out!

Half Day:

Cost: R-\$188, NR-\$198, PR-\$160, PNR-\$168

WSB24.2.1 3/25-3/29 9:00a-12:00p

Full Day:

Cost: R-\$294, NR-\$304, PR-\$250, PNR-\$258

WSB24.2.2 3/25-3/29 9:00a-4:00p

TRIPS



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WINTER EVENTS

ACTIVITIES ❄️ FOOD TRUCKS ❄️ BEER GARDEN



WINTER WONDERLAND
12/15 6PM-9PM



COCKTAIL NIGHT
1/19 6PM-9PM



VALENTINE'S DAY
2/10 11AM-2PM



AROUND THE WORLD
3/16 11AM-2PM



SPRING FLING
4/19 6PM-9PM



NOR-VIEW FARM
670 N. HENDERSON RD, KOP

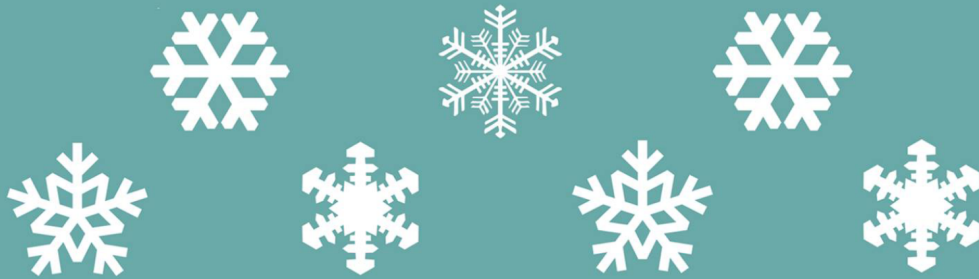


[UMFARMERSMARKET](#)



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UPCOMING EVENTS



Saturday, December 2 | 12:00PM - 3:00PM

HOLIDAY VILLAGE

Gingerbread House Contest | Tree Lighting | Food & Drinks
Holiday Vendors | Crafters & Artisans | Santa Visit
Children's Crafts | Live Music & Performances

UPPER MERION PARKS & RECREATION



EARTH DAY 2024

UMPR



SATURDAY, APRIL 20
11:00AM - 2:00PM

TOWNSHIP BUILDING PARK

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MORE INFORMATION: UMTOWNSHIP.ORG AND [@UMTOWNSHIP](https://twitter.com/UMTOWNSHIP)

UPPER MERION TOWNSHIP

4th of July

CELEBRATION

HEUSER PARK • FIREWORKS @ DUSK

JULY 4

FOR MORE INFORMATION VISIT UMTOWNSHIP.ORG

Holiday Village & Earth Day: Parking at UM Township Building (LIMITED) and Ross Road

Upper Merion Township Library



JANUARY 1 - FEBRUARY 28 | FOR ALL AGES

It's a new year and that means a whole new chance to set your reading goals! We can help you get started by registering for the 2024 Winter Reading Challenge open for all ages. Record your time spent reading over a two month period to earn some digital badges and all the bragging rights!



This year's challenge focuses on "Where We Come From" inspired by the poetic picture book for all ages by the same name. The library will be also highlighting some biographies throughout the challenge both on social media and in the building, but if biographies aren't your thing, have no fear! You can read whatever you want - it all counts!

SIGN UP AT WWW.UMTLREADS.ORG



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CURRENT EVENTS & BOOK DISCUSSIONS



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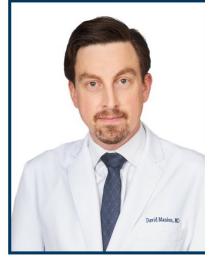
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FAAD



OLGA
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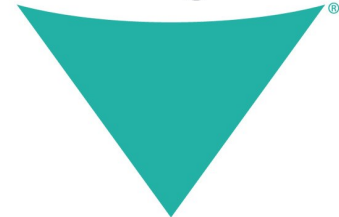


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UNIVERSITIES

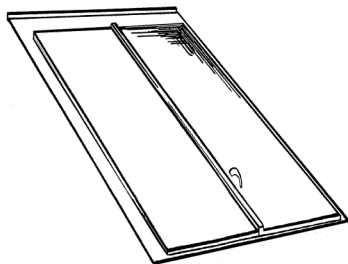
| | |
|------------------|---------------|
| Bloomsburg | Mansfield |
| California | Millersville |
| Kutztown | Shippensburg |
| Cheyney | Slippery rock |
| Clarion | Indiana |
| Edinboro | Lock Haven |
| East Stroudsburg | West Chester |

COMMUNITY COLLEGES

| | |
|--------------|----------------|
| Allegheny | Beaver |
| Bucks | Butler |
| Cambria | Delaware |
| Harrisburg | Lehigh |
| Luzerne | Montgomery |
| Northampton | Northwest Tech |
| Philadelphia | Reading |
| Westmoreland | |

Combine both of the above programs with \$407 per month for 36 months with the Montgomery G.I. Bill Selected Reserve (MGIB-SR), your drill pay, and if qualified up to an additional \$200 per month with the G.I. Bill Kicker.

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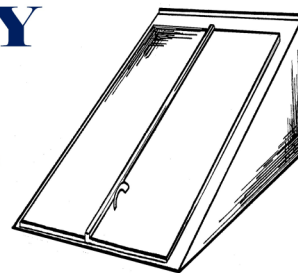


STEELWAY

Cellar Doors

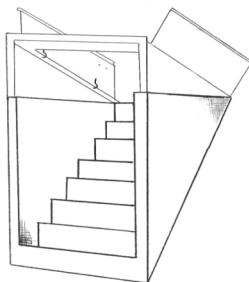
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To apply, please visit www.umt township.org/departments/human-resources/

Open Gym

Free for Passholders! Non-passholders may pay the Open Gym Fee

The Community Center offers Open Gym times that include Basketball, Pickleball, Volleyball, and more. For a full listing of the Open Gym schedule go to www.umt township.org Or Contact the Front Desk for updated Open Gym times.



**We have your
Movie Tickets!**

- o Movie Tavern: \$9
- o Regal Cinemas: \$9⁵⁰

UPPER MERION YOUTH ATHLETIC ASSOCIATION

King of Prussia Soccer Club

The King of Prussia Soccer Club was established in 1962 by our founder, Jim Baxter. Jim wanted a place for the children of our community to play "the beautiful game". Our club provides beginner and advanced soccer training for girls and boys who are 3 to 18 years old.

The King of Prussia Soccer Club will promote community vitality, through recreation and education by providing services that are responsive to the health, safety, and general welfare of the community. As a soccer club, we will endeavor to develop and encourage innovative and creative soccer players and leaders for the future. We aim to provide a positive learning environment through a player centered approach which allows the opportunity for all to play, enjoy and achieve success.

Prussians home field:
James Baxter Park
650 S. Henderson Rd.
King of Prussia, PA 19406

To register for programs: KOPSC.org
Questions? communications@kopsc.org

Connect with us!

Facebook | Twitter | Instagram

KOPSC.org



Upper Merion Youth Football & Cheer

Upper Merion Youth Vikings Football & Cheer Season Teams is 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 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 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? umbaconnect@gmail.com



Upper Merion
Community Center
431 W. Valley Forge Road
King of Prussia, PA 19406

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