REGISTRATION BEGINS AUGUST 28TH

YOUR GUIDE TO FUN!
FALL FUN WITH WEST SHORE REC

Fall is a wonderful time to treat your family to some fun-tastic festivities! This recreation guide features many activities to develop new skills and confidence, improve health and wellness, decrease your stress levels, and add joy to your life, no matter what your age or ability level. Remember, you can use West Shore Rec’s ActiveNet to search for activities by age, day of week, time of day, location, instructor, title and other options.

We will again award a prize to a lucky recipient of a random drawing of residents who enroll online on Wednesday, August 28th, the first day of fall registration. The prize is a three-foot Party Sub courtesy of Cedar Cliff Subway. The winner will be notified by e-mail.

Ready to get started? Visit West Shore Rec’s website and click on ActiveNet to learn how easy it is to create your account and activate the extra benefits! You’ll also find answers to Frequently Asked Questions and real time information about all of the fall activities. As always, you are welcome to call or visit the office for questions or registration.

West Shore Rec will be moving late Fall 2013 to the West Shore School District Bldg. located at 507 Fishing Creek Road in Lewisberry.

FIRST DAY OF REGISTRATION: August 28th
So that everyone has a chance to receive this brochure and time to make activity selections, the first day registrations will be accepted is Wednesday, August 28th at 8:30 a.m. for residents of participating communities in West Shore Rec.
Non-residents may register September 4th or the day before the program begins (whichever is sooner).

PROGRAM REGISTRATION
Participants must pre-register for all programs. No one will be allowed to sign up at the program site. Contact the recreation office at 920-9515 if you have any questions.

Special Note: In order to conduct registration as fairly as possible, we must limit the number of registrations for the same program to four individuals (does not apply to immediate family members). Thanks for your cooperation!

TWO PRICES?
Residents of participating communities (all townships and boroughs in the West Shore School District except for Wormleysburg) receive a discount on programs. The first price listed is for all others. Please note some programs now have an additional WSSD Facility Use Fee.

MAKE-UP DATES
West Shore Rec makes every attempt to reschedule classes canceled due to inclement weather and other circumstances outside of its control. The make-up is usually rescheduled just after the original ending date. No refunds will be given for unattended make-up classes.

CONTACT WEST SHORE REC
920-9515  wsrec@wsrec.org  westshorerec.org

In the case of inclement weather, any activity updates will be posted on the automated phone system unless otherwise specified. We ask that you call our office to check on weather related activity cancellations by dialing 920-9515 and pressing the number 5 on the main menu.

OFFICE HOURS
Monday through Friday, 8:30 am to 4:30 pm. The office will be closed Sept. 2, Nov. 28, 29, Dec. 24, 25 and 26.

ACTIVITY CANCELLATIONS
Call 920-9515 and press 5 to check on activity status.

AUTOMATED PHONE SYSTEM DIRECTORY
Here is what is available to you when you call our number 920-9515. 
Press 1  Register or inquire about a program
Press 2  Directions to various facilities
Press 3  Rec Swim hours and information
Press 5  Activity cancellations
Press 6  Discount ticket prices
Press *  Staff directory

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West Shore Rec offers registration on the Internet for selected programs (designated throughout the brochure with a symbol). There is a convenience fee to use this registration option. Visit https://activenet014.active.com/westshorerec
* Sorry, we cannot accept registrations or cancellations by e-mail or fax.
**ACTIVE WELLNESS**

Consult your physician before starting any exercise program.

**FAMILY & MULTI-AGED ACTIVITIES**

**WUSHU (Training & Conditioning)**

Wushu is a term that encompasses all Chinese Martial Arts. Students age 8-18 will receive insight and encouragement towards better flexibility, physical conditioning, integrity, and practical application through the study of Chinese Martial Arts. Course focuses on Changquan, which means Long Fist, and is known for its agile, continuous, and explosive movements. Wear comfortable clothes and bring a water bottle. Sign up for one or both nights. Instructor: Andres Gutierrez.

- Washington Heights Elementary – gym/cafeteria
  - Tuesdays, 6:15-7:15 pm
  - A. September 24 – December 10 (no 11/26)
  - B. September 19 – December 12 (no 10/31, 11/28)
  - Cost: $65; discounted resident rate: $53

**KINDER GYM**

Boys and girls 3-5 years will be introduced to tumbling and the pre-apparatus skills of gymnastics. Emphasis is on coordination and exercise. Child must be minimum age prior to the class. Instructor: Kinderdance.

- Thursdays, 6:15-7:15 pm
  - A. September 12 – October 17
  - B. October 24 – December 12 (no 10/31, 11/28)
- Fishing Creek Elementary School – bldg. 1 cafeteria
  - Cost: $87; discounted resident rate: $67

**KINDERDANCE**

Start your preschooler off on the right foot. The focus is on coordination, movement, and exercise to music for 3-5 year old children. This class includes an introduction to ballet, tap, and acrobatics. Ballet shoes are optional; tap shoes are recommended or dress shoes that make sound. Child must be 3 years of age prior to the first class. Parental assistance is not needed. Instructor: Kinderdance.

- Tuesdays, 6:45-7:30 pm
  - A. September 17 – October 22
  - B. November 5 – December 10
- WSRC Office Building – 2nd floor (704 Lisburn Rd, Camp Hill)
  - Thursdays, 6:15-7:00 pm
  - C. September 12 – October 17
  - D. October 24 – December 12 (no 10/31, 11/28)
- Fishing Creek Elementary School – bldg. 1 cafeteria
  - Cost: $57; discounted resident rate: $67

**NEW IRISH CEILI DANCING**

For Beginners – Enjoy the rhythms of Celtic music, while learning Irish group dances called Ceilí’s (pronounced “Kay-LEE”) with others. This class will be conducted in a fun, non-competitive manner, emphasizing the heritage passed down which celebrates life back in Ireland and here in America too. Shorts and t-shirts should be worn. If you have ballet slippers or jazz shoes, feel free to bring them along. Bring a water bottle. Instructor: Rebel Heart Irish Dancers.

- Fridays, 6:15-7:00 pm
  - A. September 13 – October 18
- Mondays, 6:15-7:00 pm
  - A. September 15 – November 3
  - B. November 10 – December 29
- WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
  - Cost: $49; discounted resident rate: $38

**MINI HORSEMANSHIP LESSON**

Children 2-16 years old will take part in a mini-lesson to learn about grooming and tacking and, of course, experience riding gentle horses. The Total Equine Learning Center has an indoor and outdoor ring, so come rain or shine. Instructor: Joanne Hocker.

- Sunday, 1:30-3:00 pm
  - A. October 13
  - B. November 3
- Total Equine Learning Center at Copper Penny Farm
  - Cost: $48; discounted resident rate: $37

**YOUTH HORSEMANSHIP**

The Total Equine Learning Center has well trained horses and a roomy indoor riding facility for ages 7-17 to learn the basics of horsemanship, riding technique and safety. Ride English or Western and participate in grooming and tacking activities. Instructor: Joanne Hocker and assistants.

- Saturdays, 1:00-2:30 pm
  - A. October 2 – December 7
- Total Equine Learning Center at Copper Penny Farm
  - Cost: $347; discounted resident rate: $267

**ACTIVITIES FOR ADULTS 16+**

**NEW BODY BLAST BOOT CAMP**

Camp will include workouts that involve using your own bodyweight. Little to no equipment is needed to get a good effective workout. You can expect to incorporate bodyweight exercises that build strength as well as cardio endurance with everything from squats & lunges, to jumping jacks & push ups. Class is for any fitness level and there are always modifications depending on each individual's capability. Exercises can be modified for a more or less intense workout. Instructor: Cortney Lynn.

- Thursdays, 5:15-6:15 pm
  - A. September 19 – October 12
  - B. September 24 – December 10
- Roof Park – Fairview Twp (meet at pavilion with green roof)
  - Cost: $51; discounted resident rate: $39

**NEW BOOTY BARRE**

Pure Barre is the fastest, most effective way to change your body. It will lift your seat, tone your thighs and burn fat in record-breaking time. A fun, energetic fitness experience workout done to music, fusing techniques from Pilates, Yoga and Dance that will tone, define and chisel the whole body. You don’t even need any dance experience or a partner! Bring a mat. Instructor: Marisa Stipe.

- Saturdays, 8:25-8:55 am
  - A. September 21 – November 9 (no 10/12)
  - B. November 16 – December 28
- Lemoyne Borough - community room - 510 Herman Ave.
  - Cost: $31; discounted resident rate: $24

**KICKBOXING & ABS**

Cardio Kickboxing is a combination of aerobic, boxing and martial arts and is one of the most popular fitness trends in recent years. The American Council on Exercise (ACE), notes that during a one-hour kickboxing workout, you can burn from 500-800 calories. Program provides an intense, total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Proper punching and kicking techniques will be taught followed by fabulous abdominal routines. Start your week out right!! Instructor: Marisa Stipe.

- Sundays, 6:00-7:00 pm
  - A. September 15 – November 3
  - B. November 10 – December 29
- WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
  - Cost: $49; discounted resident rate: $38

**REGISTRATION BEGINS AUGUST 28TH**

www.westshorerec.org

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MUSCLE PUMP ♥ Daytime Session Added!
Muscle Pump contains movements working eight separate muscle groups performed to music using free weights and an aerobic step. Participants choose their weights based on the exercise and personal goals. Major muscle groups are worked via a series of compound and isolation-based exercises including squats, presses, and dead lifts. The focus is towards muscle endurance using several repetitions and includes an abdominal portion with the most innovative core movements in the industry. Class incorporates elements of P90X and Insanity. Please bring challenging weights to class (light and heavier). Instructor: Marisa Stipe.

Day: Wednesdays, 10:00-10:45 am
A. September 18 – October 30
B. November 6 – December 18
WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Cost: $41; discounted resident rate: $32

Eve: Thursdays, 6:15-7:00 pm
C. September 19 – October 31
D. November 7 – December 26 (no 11/28)
WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Cost: $55; discounted resident rate: $42

PILOTES – ALL LEVELS ♥
Pilates is a body conditioning system that works your core muscles including the abdominals, back and buttocks. Pilates’ theory is that if your middle is strong, the rest of your body will become stronger as well. The exercises lengthen your muscles and help you develop balance, proper alignment and flexibility. Bring a mat. Instructor: Marisa Stipe.

Tuesdays, 6:25-7:10 pm
A. September 17 – October 29
B. November 5 – December 17
WSRC Office Building – 2nd floor (704 Lisburn Rd, Camp Hill)
Cost: $52; discounted resident rate: $40

PILATES LEVEL 2 ♥
As with the “All Levels” class, Pilates is a body conditioning system that works your core muscles including the abdominals, back and buttocks. This Level 2 class will add standing Pilates, circular Pilates, use of the magic circle (provided) and gyrokenesis to the class work. This is for the student with an understanding of the Pilates fundamentals or who has some dance experience. Bring a mat. Instructor: Marisa Stipe.

Thursdays, 7:15-8:00 pm
A. September 19 – October 31
B. November 7 – December 26 (no 11/28)
WSRC Office Building – 2nd floor (704 Lisburn Rd, Camp Hill)
Cost: $52; discounted resident rate: $40

NEW RESTORATIVE AROMATIC HATHA YOGA ♥
Combining the highest Medicinal Grade Aromatherapy (Essential Oils are aromatic compounds naturally extracted from plants), yogic breath, chest opening poses, twists and forward bends with self-massage will rejuvenate, detox, bring mind/body to deep relaxation and balance. You will feel like never before! All levels are welcome. Wear layers and bring a mat & water. Instructor: Jaque Hanson.

Mondays, 7:30-8:30 pm
A. September 9 – October 14
B. October 28 – December 2
Kundalini Yoga & Wellness - 309 Third St., New Cumberland
Cost: $55; discounted resident rate: $42

RIPPED ♥
R.I.P.P.E.D. is the total body workout that is sweeping the country and getting rave reviews from men and women who are burning fat and reshaping their bodies like never before. The workout is carefully planned and fits perfectly with the music. Adaptable to any fitness level. Try it once and you’ll be hooked! Bring hand weights (2 to 8 pounds per arm), water and towel. Instructor: Tim Shollenberger.

Saturdays, 9:45-10:45 am
A. September 14 – October 26
B. November 9 – December 21
WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Cost: $46; discounted resident rate: $35

STEP CHALLENGE ♥
Get Stepping this fall! Class consists of basic choreography (suitable for beginner or advanced stepper) with high energy music, followed by varied upper and lower body exercises using free weights. You will see positive results if you STEP up to the CHALLENGE! Please bring mat and 3-5 lb. hand weights (step provided). Instructor: Kathy Henry.

Mondays & Wednesdays, 6:15-7:15 pm
A. September 9 – October 23
B. November 4 – December 23 (no 11/27)
WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Cost: $39; discounted resident rate: $35

STEP & TONE ♥
This dynamic class includes a challenging cardiovascular workout on The Step plus strength training in which weights will be used. Pilates and advanced abdominal movements will be added at the end for abdominal strength and stretching. You will work 641 muscles in this class and burn approximately 800-1,000 calories. Please bring a mat and 5-8 lb. hand-weights. Instructor: Marisa Stipe.

WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Mondays, 7:30-8:30 pm
A. September 16 – November 4
Cost: $51; discounted resident rate: $39
B. November 11 – December 23
Cost: $46; discounted resident rate: $35

STRESS MANAGEMENT YOGA (BEGINNERS) ♥
Through intentional breathing exercise, sound current, deep relaxation and meditation, you dynamically experience the wealth of potential and resources at hand within themselves, while attaining the skills necessary to maintain the inner connection and strength. You may experience: increased peace of mind, a deeper sense of security, optimism toward the future, a heartened sense of self, improved concentration, mental and emotional clarity and control, expanded awareness and a revitalized mind/body/spirit. Wear layers and bring a mat & water. Instructor: Jaque Hanson.

Wednesdays, 5:00-6:30 pm
A. September 11 – October 16
B. October 30 – December 4
Kundalini Yoga & Wellness - 309 Third St., New Cumberland
Cost: $74; discounted resident rate: $57

SUNSET YOGA IN THE PARK ♥
Unwind, de-stress and relax the body while enjoying a view of the Susquehanna River from beautiful Negley Park in Lemoyne. Yoga in the Park is suitable for yoga students of all levels. Helps to bring the body, mind and spirit into balance so that you can be in control of yourself rather than being controlled by thoughts or emotions. Each class consists of conscious and focused breath work, warm up postures, a yoga kriya, relaxation and meditation. Please bring a yoga mat or towel and a water bottle. Instructor: Angela Sheaffer.

Mondays, 6:00-7:15 pm
September 16 – October 7
Negley Park - grass area below upper pavilion
Cost: $40; discounted resident rate: $31

- HEART HEALTHY ACTIVITY
ACTIVE WELLNESS

TABATA with INSANITY Free Demo Offered!
Come try a FREE demo class on Tues., Aug. 27! Is Tabata the ultimate cardio workout that provides the fastest way to fitness and fat loss? Can 4 minutes of exercise be enough for fat burning? A 1996 study documented the significant benefits of high-intensity intermittent training. The conclusion of the study, which has been repeated across countless studies since, is Tabata Interval training bouts of only 4 minutes can do more to boost anaerobic and aerobic capacity than an hour of endurance exercise. INSANITY is the hardest workout program ever. Build lean muscle and upper-body definition with strength-training and power moves. Instructor: Marisa Stipe.

DEMO: Tuesday, August 27, 5:45-6:15 pm
WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Cost: FREE, pre-registration is required!

Tuesdays, 7:30-8:00 pm
A. September 18 – October 30
B. November 6 – December 18
WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Cost: $64; discounted resident rate: $49

Walking Yoga in the Park
This walking meditation class is based on a Kundalini yoga technique, and involves making strong, purposeful strides in rhythm with breathing. Walking meditation is meditation in action and uses the experience of walking as our focus. We become mindful of our experience while walking. In each session we will begin with gentle stretching movements, learn a specific breath pattern and apply to our walking meditation and end with some light stretching. This class is suitable for all levels. Please wear comfortable walking shoes and bring a towel or yoga mat and a water bottle. Instructor: Angela Sheaffer.

Mondays, 5:30-6:30 pm
October 14 – November 4
New Cumberland Borough Park - gazebo
Cost: $36; discounted resident rate: $28

Walking Yoga in the Park

TAI CHI
Does a RELAXING exercise seem impossible? Wait, there's more. Tai Chi is also a martial art (the most practiced martial art in the world). Over 3 million people do Tai Chi to increase strength and balance, reduce pain, to help regulate blood pressure/blood sugar levels, and because it’s just plain fun. Stay with the program long enough and you’ll learn several bare hand forms, sword, spear, tai chi ball, applications and more. Did we say it's fun? Class size is limited to five new registrants per session, please register early. This is an ALL AGE class (it only meets at the Senior Center). People 25-55 and young seniors will enjoy this class. Class will be held outdoors as weather permits. Instructors: Andrew Baker and Chloe Pittinos.

Tuesdays, 7-8 pm
September 17 – December 10 (no 10/15, 11/26)
West Shore Senior Center – 122 Geary Ave., New Cumberland
Cost: $114; discounted resident rate: $88

Yoga Fitness - Daytime!
Yoga Fitness is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of Hatha yoga, it blends balance, strength, flexibility and power in a fitness format. Yoga Fitness overcomes the mystery of yoga by delivering a practical, user-friendly style for any fitness level. It will help reduce the risk of injury and augments recovery for ailments including stress, lower back pain and tension. Bring a mat. Instructor: Marisa Stipe.

Thursdays, 10:00-10:45 am
A. September 19 – October 31
B. November 7 – December 26 (no 11/28)
WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Cost: $41; discounted resident rate: $32

NEW YOGA BASICS WORKSHOP
Are you ready for new tools for a happier and more relaxed life? Through intentional breathing, exercise, sound, deep relaxation and contemplation, you will dynamically experience the wealth of potential and resources at hand within themselves, while attaining the skills necessary to maintain the inner connection and strength that may revitalize your mind-body balance. You will experience: basic yogic postures, basic yogic breath techniques, opening the mind to stillness. Great for Beginners! Bring a mat & water. Instructor: Jaque Hanson.

Saturdays, 2:00-4:30 pm
A. September 7
B. October 5
C. November 2
WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Cost: $23; discounted resident rate: $18

NEW YOGA FAB ABS & GONG WORKSHOP
We will focus on the first, second and third chakras, which are located in the mid to lower abdominals. This is a fantastic abdominal self-empowering workout that will benefit the digestive and immune systems for optimum health. The gong meditation will deeply relax you. Bring a mat & water. Instructor: Jaque Hanson.

Saturdays, 8:30-10:30 am
A. September 21
B. October 19
C. November 9
WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Cost: $23; discounted resident rate: $18

NEW YOGA RECOVERY WORKSHOP
Open to all who are looking to overcome self-destructive behavior or addictive tendencies. In the cutting edge of breaking habits and addictive behaviors using yogic therapeutic technology that is precise and proven effective. Addresses alcohol, drugs, smoking, eating disorders, gambling, work, shopping, and technologies addictions including management of stress, depression, fatigue and anxiety. All levels are welcome! Bring a mat & water. Instructor: Jaque Hanson.

Saturdays, 11 am-1 pm
A. September 21
B. October 12
C. November 9
WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Cost: $20; discounted resident rate: $15

Yoga Fitness - Daytime!

Provide your e-mail address to receive a copy of your registration receipt.

www.westshorerec.org

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**ACTIVE WELLNESS**

**ZUMBA**

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training and resistance training to tone and sculpt your body while burning fat. We provide 2.5 pound sand-filled toning sticks, which are very similar to maracas. Come to the party! Instructor: Marisa Stipe.

- **Mondays, 5:15-6:15 pm**
  - A. September 17 – October 29
  - B. November 5 – December 17
- **WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)**
- **Cost:** $70; discounted resident rate: $54

**BEGINNER BALLROOM SAMPLER**

“Dancing is the ultimate exercise . . . cleverly disguised as fun.” Sample the basics in the popular Ballroom and Latin Dances, Fox Trot, Swing, Hustle, Waltz, and Rumba. This is a fun and easy class! Partners preferred but not required. Instructor: Ballroom Break.

- **Mondays, 6-7 pm**
  - A. September 16 – October 14
  - B. October 28 – November 25
- **Thursdays, 6-7 pm**
  - A. October 24 – November 21
- **Ballroom Break - Lewisberry**
- **Cost:** $83; discounted resident rate: $64 per person

**BEYOND THE BASICS BALLROOM SAMPLER**

This class is an extension of the beginner class. New fun steps, styling, and new lead-follow secrets to enhance your dancing will be taught. Partners preferred but not required. Instructor: Ballroom Break.

- **Mondays, 7-8 pm**
  - A. September 16 – October 14
  - B. October 28 – November 25
- **Ballroom Break - Lewisberry**
- **Cost:** $83; discounted resident rate: $64 per person

**MINI HORSEMANSHIPS LESSON**

Children 2-16 years old will take part in a mini-lesson to learn about grooming and tacking and, of course, experience riding gentle horses. The Total Equine Learning Center has an indoor and outdoor ring, so come rain or shine. Instructor: Joanne Hocker.

- **Sunday, 1:30-3:00 pm**
  - A. October 13
  - B. November 3
- **Total Equine Learning Center at Copper Penny Farm**
- **Cost:** $48; discounted resident rate: $37

**BELLY DANCE**

Flirty, feminine and fun, belly dance promotes flexibility, grace and coordination. Low impact class will focus on stretching, muscle control with belly dance movements, combos and choreography. Wear comfortable clothes and bring towel or mat for stretching. Hip scarves available or bring your own! Inquire about a discount if registering for both Beginner and Intermediate class during the same session. Instructor: Beginner - Jaheela (Diane Hanse) and Intermediate - Elishoba (Liz Yarnell).

- **Fairview Township Fire Station #1 – 340 Lewisberry Rd., New Cumberland**
- **Intro:**
  - Learn basic body movements and travel steps.
  - **Thursday, 6:15-7:45 pm**
  - A. September 12
  - **Cost:** $12; discounted resident rate: $9
  - **Beg:**
  - Start building your body dictionary of movement including combinations and a choreography.
  - **Thursdays, 6:15-7:15 pm**
  - A. September 19 – October 17
  - **B.** September 19 – October 17
  - **C.** November 7 – December 12
  - **Cost:** $38; discounted resident rate: $29
- **Inter:**
  - Continue refining dancing skills while learning new moves.
  - **Thursdays, 7:30-8:30 pm**
  - D. September 19 – October 17
  - **E.** November 7 – December 12
  - **Cost:** $38; discounted resident rate: $29

**FALL FOILAGE BOAT TOUR**

Come on out and soak up the beauty of fall at Pinchot Park! Enjoy a 1.5 hour tour of our lake, taking in the gorgeous display of fall colors from our trees, while learning a little about the history of Pinchot Park, and discovering the different types of critters that call our park home. Children must be at least 6 years of age and accompanied by a registered adult. Life jackets will be provided and are required. Please wear appropriate clothing and bring binoculars or camera if desired. Instructor: Beth Kepley-McNutt, EES.

- **Sunday, October 6, 11:00 am-12:30 pm**
  - Gifford Pinchot State Park – boat area #2 near park office
- **Cost:** $14; discounted resident rate: $11

**SANTA’S CRAFT WORKSHOP**

Come on out and pretend to be one of Santa’s elves in the workshop! Students in grades 1-5 are invited to create at least 4 crafts they can keep for themselves or give away as a gift. These will be fun “kid-friendly” crafts so elves of all skill levels are welcome. All craft supplies and a snack are included. Instructor will be available to supervise students immediately after school dismissal. Space is limited so register early! Instructor: Gina Curtis.

- **A. December 6, 3:30-5:30 pm**
  - Highland Elem. – music room
- **B. December 9, 3:30-5:30 pm**
  - Fishing Creek Elem. – APR
- **C. December 16, 3:30-5:30 pm**
  - Washington Heights Elem. – music room
- **Cost:** $38; discounted resident rate: $29
**Family & Multi-Aged Activities**

### Puppy/Dog Training 101
Learn how to train your dog (10 weeks and older) to respond to basic commands such as sit, down, drop, etc. Topics such as walking on a loose leash, biting, chewing, dog/human body language, games and many others will also be covered. The handler must be at least 10 years old, but the entire family is encouraged to attend the session to observe. Bring a 6 ft. nylon or leather leash, a well-fitting collar, treats or toy, water, patience and a positive attitude. Instructor: Doug Parson, Gut Hunds Dog Training.
- Tuesdays, 6-7 pm
- September 10 – October 15
- Lower Allen Community Park – Fernlawn Pavilion
- Cost: $94; discounted resident rate: $72

### American Heart CPR & AED
This Heartsaver Course combines the newly revised CPR skills training with instruction in using an automatic external defibrillator. Ages 12 and older will learn skills in adult, child and infant CPR as well as choking procedures for all age levels. Course includes practice sessions, workbook and two skill reminder cards for future reference. Certification is valid for two years. No refunds available after class starts. Please use main lower entrance to Township building. Instructor: Dave Crossley.
- Monday & Tuesday, 6-8 pm
- November 18 & 19
- Lower Allen Emergency Services Bldg. - 2233 Gettysburg Rd.
- Cost: $59; discounted resident rate: $45

### American Heart First Aid
This Heartsaver Course for ages 12+ is designed to train anyone who might be the first to respond in the community or workplace. Essential information and skill training include: general principles of first aid, medical emergencies, injury emergencies, and environmental emergencies. Certification is valid for two years. No refunds available after class starts. Please use main lower entrance to Township building. Instructor: Dave Crossley.
- Monday & Tuesday, 6:00-8:30 pm
- October 28 & 29
- Lower Allen Emergency Services Bldg - 2233 Gettysburg Rd.
- Cost: $59; discounted resident rate: $45

### Youth Activities

#### Kids' Fall Nature Discovery Walk
Join the park’s naturalist and learn all about fall in the park! We will take a short walk and discover the sights, sounds and smells of autumn at Pinchot Park, and then enjoy a tree scavenger hunt and a fall craft! Please wear sturdy shoes and be prepared to be outdoors. Recommended for children 4 to 10 years of age; all children must be accompanied by a registered adult. Instructor: Beth Kepley-McNutt, EES.
- Saturday, October 12, 11:00 am-12:30 pm
- Gifford Pinchot State Park – Interpretive Center
- Conewago Day Use Area
- Cost: $12; discounted resident rate: $9

#### Beginner Kayak Experience
Join us for a beginner’s kayaking experience on Pinchot Lake! Learn the basics of paddling, and a little about the different types of kayaks available. For ages 12 and up; children must be accompanied by a registered adult. Life vests will be provided and must be worn. Dress appropriately for the weather, and wear shoes you don’t mind getting wet. Instructor: Beth Kepley-McNutt, EES.
- Saturday, September 28
  - A. 10:30 am-12:00 pm or B. 1:30-3:00 pm
- Gifford Pinchot State Park – boat area #2 near park office
- Cost: $14; discounted resident rate: $11

#### Fall Foliage Boat Tour
Come out and soak up the beauty of fall at Pinchot Park! Enjoy a 1.5 hour tour of our lake, taking in the gorgeous display of fall colors from our trees, while learning a little about the history of Pinchot Park, and discovering the different types of critters that call our park home. Children must be at least 6 years of age and accompanied by a registered adult. Life jackets will be provided and are required. Please wear appropriate clothing and bring binoculars or camera if desired. Instructor: Beth Kepley-McNutt, EES.
- Sunday, October 6, 11:00 am-12:30 pm
- Gifford Pinchot State Park – boat area #2 near park office
- Cost: $14; discounted resident rate: $11

#### Kinder Tots
This activity is designed especially for two year olds to develop gross motor skills, creativity through movement, and body awareness while having fun learning numbers, colors, shapes, and songs. Child must be 2 years of age prior to class. Parental assistance may be needed. Instructor: Kinderdance.
- Tuesdays, 6:00-6:30 pm
  - A. September 17 – October 22
  - B. November 5 – December 10
- WSRC Office Building – 2nd floor (704 Lisburn Rd, Camp Hill)
- Cost: $60; discounted resident rate: $46

#### School’s Out LEGO Mania
Welcome to the world of LEGOS! Children ages 6-10 will use creativity & ingenuity while participating in themed building challenges, games, etc. Teamwork will be used to solve building problems along the way as they learn new building techniques through these fun activities. LEGOS will be provided for use during the class. If you think you have LEGO talent, then come out and show us your stuff! Instructor: Deena Du.
- Monday, October 14, 10:00 am-12:00 pm
- Fairview Township Fire Station #1 – 340 Lewisberry Rd., New Cumberland
- Cost: $21; discounted resident rate: $16

*Scholarship Available*
ENRICHMENT

INCREDIBLE ART
Explore different drawing techniques as we use a variety of mediums. Ages 7-9 will sketch with charcoal, draw with watercolor pencils and use oil paints as well as other possible mediums. Instructor: Jillann Barker.
Wednesdays, 6:15-7:15 pm
October 2 – 23
Highland Elementary School – cafeteria
Cost: $31; discounted resident rate: $39

BABYSITTING CERTIFICATION
Girls and boys ages 11-14 can become certified through this American Red Cross program, which covers the skills, functions and first aid for a responsible babysitter. Sitters each receive an informative handbook and CD for reference and a certification card. Being a packed lunch and a baby doll if you have one. Instructor: Cathy Wagaman.
Saturdays, 9:00 am – 3:00 pm
A. October 5
B. November 2
West Shore Recreation Commission Office
Cost: $82; discounted resident rate: $63

SANTA’S CRAFT WORKSHOP
Come on out and pretend to be one of Santa’s elves in the workshop! Students in grades 1-5 are invited to create at least 4 crafts they can keep for themselves or give away as a gift. These will be fun “kid-friendly” crafts so elves of all skill levels are welcome. All craft supplies and a snack are included. Instructor will be available to supervise students immediately after school dismissal. Space is limited so register early! Instructor: Gina Curtis
A. December 6, 3:30-5:30 pm, Highland Elem. – music room
B. December 9, 3:30-5:30 pm, Fishing Creek Elem. - APR
C. December 16, 3:30-5:30 pm, Washington Heights Elem. – music room
Cost: $38; discounted resident rate: $29

ACTIVITIES FOR ADULTS 16+

FEARLESS PUBLIC SPEAKING
In a relaxed and fun environment, participants will learn basic public speaking skills and techniques to conquer the fear associated with speaking in public. Learn how to find information, construct an effective speech, and gain credibility as a speaker in professional and personal settings. Instructor: Jason Jones.
Wednesdays, 6:00-8:00 pm
September 11 – 25
Lemoyne Borough Community Room – 510 Herman Ave.
Cost: $42; discounted resident rate: $32

WRAPPED LEATHER BRACELET
Learn how to create a trendy leather wrapped bracelet, choosing from among a variety of colors of leather and beads. These popular bracelets are stylish, versatile, fun to wear and make great gifts. Arrive early to allow plenty of time to make your selections before class begins. Cost of materials will vary with choices, with a minimum cost of approximately $15. Ages 13 & up. Instructor: The Potomac Bead Co.
Tuesday, September 24, 5-7 pm
Potomac Bead Co. – 54 W. Main St., Mechanicsburg
Cost: $13; discounted resident rate: $10

WOMEN’S SELF-DEFENSE
For ages 15 & up. Gain confidence as you learn to use skills and techniques to avoid a threatening situation. If the attack can’t be avoided, you will learn to handle the most common attacks that occur on the street. This will include defenses against chokes, headlocks, punches, grips and slams. Front and rear gun defenses as well as defending against knives, bats and clubs will also be covered. Instructor: Doug Parson.
Thursdays, 6:30-7:30 pm
September 12 – October 17
WSRC Office Building – 2nd floor (704 Lisburn Rd., Camp Hill)
Cost: $94; discounted resident rate: $72

CAR CARE CLINIC FOR WOMEN
Enjoy the hands on training as you learn how to care for and trim your own potted Bonsai. Common sense plant care including soil types, fertilizers, insect control and wiring will be discussed so you can keep the plant you will enjoy the hands on training as you learn how to care for and trim your own potted Bonsai. Common sense plant care including soil types, fertilizers, insect control and wiring will be discussed so you can keep the plant you will take home healthy and happy! The Art of Bonsai is extremely relaxing and meditative. Barbara Forgas, South Point School House.
Thursday, September 26, 6:00-7:00 pm
South Point School House – 763 Siddonsburg Rd., Lewisberry
Cost: $78; discounted resident rate: $60

BONSAI WORKSHOP
Enjoy the hands on training as you learn how to care for and trim your own potted Bonsai. Common sense plant care including soil types, fertilizers, insect control and wiring will be discussed so you can keep the plant you will take home healthy and happy! The Art of Bonsai is extremely relaxing and meditative. Barbara Forgas, South Point School House.
Thursday, September 26, 6:00-7:00 pm
South Point School House – 763 Siddonsburg Rd., Lewisberry
Cost: $78; discounted resident rate: $60

MEDICARE BASICS: WHAT YOU NEED TO KNOW
This informational session is designed to educate beneficiaries who are new to Medicare or family members assisting new beneficiaries. Topics that will be covered include: Medicare Part A and B, Medicare Part D, Medicare Advantage Plans, Supplements/MediGap, Medicare coverage options, and state and federal programs that help lower costs for Part B & Part D. Instructor: Cumberland County Aging & Community Services.
Wednesday, November 6, 6:00-8:00 pm
West Shore Senior Center – 122 Geary Ave., New Cumberland
Cost: FREE (pre-registration is required and also limited)

YOUTH SCHOLARSHIP PROGRAM:
West Shore Recreation Commission provides financial scholarships for selected recreation activities for students* who are eligible for the free or reduced price school lunch program. Please provide a recommendation from the school counselor or a copy of the letter from WSSD regarding the lunch program with the registration form. Scholarships are one-half the resident cost and are indicated with a symbol. All information will be kept completely confidential.

*who reside in a participating community

ELECTRONIC COMMUNICATION – We request your e-mail address at registration because our software allows us to provide you: a registration receipt; announcements about your class; news about West Shore Rec happenings. We do not share or sell e-mail addresses and we resolve not to overload your inbox!

West Shore Recreation Commission
920-9515
ENRICHMENT

**MAGNETIC WRAP BRACELET/NECKLACE**
Learn to make a versatile magnetic wrap bracelet that can double as a necklace. Choose your beads from a wide variety of options to create your own unique design. Arrive early to give ample time to select your beads before class begins. Cost of materials will vary according to selection, but plan on a minimum cost of approximately $15-$20. Ages 13 & up. Instructor: The Potomac Bead Co.

Thursday, October 17, 5-7 pm
Potomac Bead Co. – 54 W. Main St., Mechanicsburg
Cost: $13; discounted resident rate: $10

**BASIC BEADING NECKLACE & BRACELET**
Learn the basics of creating a necklace & bracelet and design your own unique pieces, choosing from among a wide variety of Czech glass, gemstones, pearls, crystals, and much more, complemented with findings in precious or base metals. With your newly acquired skills you can continue creating jewelry for any occasion or to give as gifts. You will select materials for your pieces prior to class time, so come early to allow plenty of opportunity to make your choices. Cost of materials can vary according to selection, but plan on a minimum cost of approximately $15-$20. Ages 13 & up. Instructor: The Potomac Bead Co.

Tuesday, November 12, 5-7 pm
Potomac Bead Co. – 54 W. Main St., Mechanicsburg
Cost: $13; discounted resident rate: $10

**COMPUTER TRAINING - Level 1**
For those with very little or no experience with a computer. Here you will cover icons, the start menu, tools used to move, adjust, open and close windows, and various ways to access help. Basic commands used in word processing, saving documents to both the desktop and other media are also included. Suitable for both PC and Macintosh computer users. Instructor: Eulah “Cookie” Grugan.

Monday & Thursday, 6:00-7:30 pm
October 7 & 10
St. Theresa’s School - computer lab (2nd floor)
Cost: $51; discounted resident rate: $39

**COMPUTER TRAINING - Level 2**
For those who have attended the Beginner class or possess those skills. Using Microsoft Word 2007 you will learn to use the menus to format documents, which include fonts, styles, cut, copy and paste commands, spell check, toolbars and more! Instructor: Eulah “Cookie” Grugan.

Tuesday, Thursday & Monday, 6:00-7:30 pm
October 15, 17 & 21
St. Theresa’s School - computer lab (2nd floor)
Cost: $74; discounted resident rate: $57

**COMPUTER TRAINING - Level 3**
This class is geared to those who have attended Computer 2 class or possess those skills. Begin to learn the software most widely used today - *Microsoft Word 2007*. Formatting and managing documents and files will be covered, as well as creating shortcuts. Also included are tips to help you file and locate your work on your hard drive. Instructor: Eulah “Cookie” Grugan.

Monday & Thursdays, 6-8 pm
October 24, 28, 31
St. Theresa’s School - computer lab (2nd floor)
Cost: $98; discounted resident rate: $75

**COMPUTER TRAINING - Level 4**
This class is designed for those who have either taken the Level 3 class or possess equivalent skills. Come learn advanced techniques for *Microsoft Word 2007* by using styles, templates and tables that will make your work simpler. Basic graphics and different formats will also be covered to help you “dress up” your documents. Instructor: Eulah “Cookie” Grugan.

Mondays & Thursdays, 6-8 pm
November 4, 7 & 11
St. Theresa’s School - computer lab (2nd floor)
Cost: $98; discounted resident rate: $75

**BEGINNER EXCEL**
Learn how to create, modify, print and format spreadsheets using *Microsoft Word 2007*. Simple charts and basic formulas will be included. Prerequisites: completion of Computer Training (level 3) class or a basic knowledge of computer use and functions plus basic understanding of documents. Instructor: Eulah “Cookie” Grugan.

Monday & Thursday, 6-8 pm
November 18 & 21
St. Theresa’s School - computer lab (2nd floor)
Cost: $65; discounted resident rate: $50

**INTERMEDIATE EXCEL**
Enhance your skills by taking the next step. More advanced charts and formulas will be included, as well as a variety of uses for spreadsheets. Prerequisites: completion of Beginner Excel class or basic knowledge of computer use and functions plus basic understanding of spreadsheets. Instructor: Eulah “Cookie” Grugan.

Tuesday & Thursday, 6-8 pm
December 3 & 5
St. Theresa’s School - computer lab (2nd floor)
Cost: $65; discounted resident rate: $50

**BEGINNER POWERPOINT**
PowerPoint is a slide program that is on most employer’s “required skills” list. Learn to create a program, insert data and pictures, and fine tune your presentation. Prerequisites: completion of Computer 4 or knowledge of computer use and functions, including cutting, pasting, inserting data and pictures, and manipulating information. Instructor: Eulah “Cookie” Grugan.

Monday & Thursday, 6-8 pm
December 9 & 12
St. Theresa’s School - computer lab (2nd floor)
Cost: $65; discounted resident rate: $50

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ENRICHMENT
FAMILY & MULTI-AGED ACTIVITIES

REC SWIM 🌟
Great for family fun or individual fitness workouts. One lane is reserved for lap swimming on the weekend. Pay at the door or save 23% by purchasing a Rec Swim Punch Card. A Punch Card never expires and can be used for the whole family.

Fall Rec Swim:
- Sundays, 2-5 pm
  - September 8 – January 26

Lap Swim Only:
- Mondays & Wednesdays, 7-8 pm
  - September 4 – November 6 (no 9/25, 10/2)

Admission Options:
- A. Pay As You Go: Weekend - $5; Weeknight - $2
- B. Punch Card: $26; discounted resident rate: $20

*Please note - No Rec Swim on December 1 and 29. Other dates are subject to change for maintenance, emergency or scheduling reasons.

BIRTHDAY POOL PARTIES
Here’s a fun and economical way to host a birthday or special event! Your group will have a splashing good time in the pool during Rec Swim and the lobby area may be scheduled (50 minute period) for cake cutting or gift opening. Reserve your date early!

Dates:
- Sundays, 2-5 pm
  - September 8 – January 26 (no 12/1 & 29)

Size:
- Small Group (up to 15 swimmers)
  - Cost: $78; discounted resident rate: $60
- Large Group (16-25 swimmers)
  - Cost: $117; discounted resident rate: $90

Any Size Group may have exclusive pool time for reunions, company recreation or other occasions. More than 60 persons will require additional lifeguards at an extra fee.

OPEN WATER SCUBA
Complete your certification that allows you to dive anywhere in the world! You must be at least 12 years old, able to swim 200 yards, be comfortable in water and supply a mask, snorkel and fins. If you do not already own equipment, wait until after the first class when equipment needs will be discussed. Additional open water dives, at an additional cost, are required for certification. Please see www.westshorerec.org/aquatics.htm for self-study details. Bring your swimsuit to all classes. Instructor: Fred Starner, Harrisburg Scuba Center.

Thursday, Sept. 12, 6:30-8:30 pm at Harrisburg Scuba
Saturday, Sept. 21, 10 am – 4 pm at WS Natatorium
Sunday, Sept. 22, 8 am – 2 pm at WS Natatorium
Cost: $218; discounted resident rate: $168

WHEE SWIM
Enjoy special one-on-one time with your child! Our instructor will help you and your child feel comfortable and safe in the water while practicing movements to prepare him or her for swimming strokes. One parent/guardian in the water is necessary...two are welcome!

Instructor: Lisa Waldman.

Mondays, September 16 – October 21
A. 6-18 months: 3:30-4:00 pm
B. Age 2: 4:30-5:00 pm
C. Age 1: 4:00-4:30 pm
D. Age 3: 5:00-5:30 pm
Cost: $49; discounted resident rate: $38

WATER OTTERS
A class for 4 year olds! Designed for children to explore their water readiness prior to enrolling in Level 1 at age 5. Children must have some water experience and be able to engage in a small group without parental assistance. Instructed by a certified water safety instructor, but no certification given.

A. Tuesdays & Thursdays, 6:00-6:35 pm
  - September 5 – October 1
B. Tuesdays & Thursdays, 6:00-6:35 pm
  - October 8 – November 5 (no 10/31)
Cost: $56; discounted resident rate: $43

CANCELLLED ACTIVITIES? Too often quality activities and trips are cancelled because too many people wait until the last minute to register. Almost every activity has a minimum number of enrollees needed to cover the expenses or to make it enjoyable (think team sports). If you see an activity you like, don’t hesitate to sign up to recreate!
**AQUATICS**

**YOUTH SWIM LESSONS**
Youth 5-15 years are encouraged to learn water safety and enhance their water enjoyment, progressing from level 1 through 6 in the American Red Cross water safety program. Indicate level needed on the registration form. You may enroll in one section only until October 1. Instructed by certified water safety instructors.

- **Tuesdays & Thursdays, September 5 – October 1**
  - **A. Level 1** 6:00-6:35 pm
  - **B. Level 1 or 2** 6:40-7:15 pm
  - **C. Level 2 or 3** 7:20-7:55 pm

- **Tuesdays & Thursdays, October 8 – November 5 (no 10/31)**
  - **D. Level 1** 6:00-6:35 pm
  - **E. Level 2 or 3** 6:40-7:15 pm
  - **F. Level 4, 5 or 6** 7:20-7:55 pm

Cost: $56; discounted resident rate: $43

**DIVING LESSONS – Beginner & Intermediate**
Enhance your fun at the swimming pool by improving your dive! Learn the fundamentals of springboard diving techniques: approach and hurdle, front dives, back jumps, back dive and basics of a front flip. Springboard diving safety precautions will also be covered. For ages 8-17 who can swim a minimum of 25 yards, Certified diving coach: Bradley Buchter.

- **Thursdays & Fridays, September 12 – October 18**
  - **Beginner:** 5:30-6:30 pm
  - **Intermediate:** 6:30-8:00 pm

Cost: $86; discounted resident rate: $66

**Diving Lessons – Advanced**

- **Tuesdays & Thursdays, September 25 – October 1**
  - **A. Level 1** 6-8 pm
  - **B. Level 1 or 2** 8-10 pm

Cost: $52; discounted resident rate: $40

**ACTIVITIES FOR ADULTS 16+**

**LIFEGUARD CERTIFICATION**
Become an American Red Cross certified pool lifeguard. You must be at least 15 years old, be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing, and tread water for 2 minutes using only the legs. You must also complete a timed event within 1 minute, 40 seconds. This mandatory pre-requisite testing will occur on the first day of class. Upon passing written and practical exams, you will also be certified in First Aid and CPR for the professional rescuer. Bring your swimsuit to every class. First night meets at the West Shore Natatorium for the pre-requisite swim test. Instructor: Kathy Wulfers.

- **Tuesdays & Thursdays, September 25 – October 4, 6-10 pm**
  - **A. Level 1** 6-8 pm
  - **B. Level 1 or 2** 8-10 pm

Cost: $315; discounted resident rate: $242

**HYDRO HIKE**
Let's step it up a notch! This shallow water class will get you pumping with some interval and circuit training, resistance equipment and upbeat music to keep you moving! Every night is a new adventure! You should be comfortable moving in shallow water. Water shoes recommended. Instructor: Nancy Fink.

- **Tuesdays & Thursdays, September 12 – October 17**
  - **A. September 5 – October 17 (8 dates)**
  - **B. October 3 – November 6 (10 dates)**

Cost: $42; discounted resident rate: $32

**WATER WORKOUT**
Looking for something to keep that energy going into the fall? Try this shallow water exercise experience as you test your core strength, build your cardio fitness and improve your muscle tone. Great for the beginner and those who enjoy a bit of a challenge. We use resistance equipment for this multi-level class and you don’t have to know how to swim. Join the fun! Instructor: Kathy Wulfers.

- **Mondays & Wednesdays, 7-8 pm**
  - **A. September 4-30 (8 dates)**

Cost: $42; discounted resident rate: $32

**LIFEGUARD REVIEW**
Attention all current lifeguards! Only individuals with a current Lifeguarding/First Aid/CPR/AED certificate may participate in a review course so make sure you recertify now. If you let your certification expire you will need to retake the entire course. You must be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing, tread water for 2 minutes using only the legs, and complete a timed event. The timed event involves retrieving a brick in deep water and swimming it to a designated spot within 1 minute, 40 seconds. This mandatory pre-requisite testing will occur on the first day of class. Students will review all skills and then must successfully demonstrate proper techniques and pass the written exams to obtain recertification. Bring your swimsuit to every class. Instructor: Kathy Wulfers.

- **Saturday, 9 am-4 pm**
  - **December 21 & 22**

Cost: $116; discounted resident rate: $89

**AQUACISE**
Looking for something to keep that energy going into the fall? Try this shallow water exercise experience as you test your core strength, build your cardio fitness and improve your muscle tone. Great for the beginner and those who enjoy a bit of a challenge. We use resistance equipment for this multi-level class and you don’t have to know how to swim. Join the fun! Instructor: Nancy Fink.

- **Mondays & Wednesdays, 7-8 pm**
  - **A. September 4-30 (8 dates)**

Cost: $42; discounted resident rate: $32

**AQUA FIT**
Let’s step it up a notch! This shallow water class will get you pumping with some interval and circuit training, resistance equipment and upbeat music to keep you moving! Every night is a new adventure! You should be comfortable moving in shallow water. Water shoes recommended. Instructor: Nancy Fink.

- **Tuesdays & Thursdays, 8-9 pm**
  - **A. September 5 – October 1 (8 dates)**
  - **B. October 3 – November 5 (10 dates)**

Cost: $52; discounted resident rate: $40

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SOCCER CLINIC
Properly introduce your youngster to the sport of soccer! Children ages 3-5 will be taught soccer skills through fun games and drills. Child must be 3 years of age prior to first class and a parent must attend and may need to participate. Instructor: UK Soccer.
Fridays, September 13 – October 25 (no 10/18)
A. 6:00-7:00 pm
B. 7:05-8:05 pm
Allen Middle School – gym
Cost: $65; discounted resident rate: $54

GIRLS & BOYS BASKETBALL CLINICS
Strictly Skills Basketball is offering small group basketball instruction. The boy's and co-ed instructor will be Messiah College assistant men’s coach Mark Seidenburg. Each girl’s session will be led by two experienced Messiah College women’s basketball players. The sessions will provide innovative and fundamental instruction of basketball skills as well as time to practice the skills in 2 on 2 and 3 on 3 formats. Class size is kept small in order to maximize the instruction given to each player. Visit www.StrictlySkillsBasketball.com for more details.
Highland Elementary School - gymnasium
Mondays, September 16 – October 14
A. Girls Grades 3-5, 6:15-7:15 pm
Cost: $97; discounted resident rate: $75
Tuesdays, September 17 – October 8 & Thurs., Oct. 10
C. Co-ed Grades 1-3, 6:15-7:00 pm
Cost: $82; discounted resident rate: $63
D. Boys Grades 4-6, 7:05-8:05 pm
Cost: $97; discounted resident rate: $75

FALL YOUTH TENNIS
Get in the game! Come out and learn basic tennis skills and have fun playing tennis related games. Bring a racquet and water. All lessons instructed by Central Penn Tennis Instructors. Instructor will contact you directly via telephone in the event of weather related cancellations.
Roof Park, Fairview Township
Saturdays, September 14 – October 5
A. Ages 5-7: 1:15-2:00 pm
Cost: $27; discounted resident rate: $21
B. Ages 8-12 (Beg): 2:00-3:00 pm
C. Ages 9-16 (Adv Beg): 3:00-4:00 pm
Cost: $36; discounted resident rate: $28

Cedar Cliff High School
Sundays, September 15 – October 6
D. Ages 5-7: 1:15-2:00 pm
Cost: $27; discounted resident rate: $21
E. Ages 8-12 (Beg): 2:00-3:00 pm
F. Ages 9-16 (Adv Beg): 3:00-4:00 pm
Cost: $36; discounted resident rate: $28

HIGH SCHOOL & ADULT TENNIS
It’s time to dust off the racquet and get moving! Beginner players can learn and develop the strokes, strategies, and rules of this fun lifetime sport. Ages 15 & up. Bring a racquet and water. Instructor: Central Penn Tennis. Instructor will contact you directly via telephone in the event of weather related cancellations.
Saturdays, 12-1 pm
A. September 14 – October 5
Roof Park, Fairview Township
Cost: $36; discounted resident rate: $28

MEN’S BASKETBALL
Enjoy evenings of informal competition for fun and exercise. Teams formed on a weekly basis.
New Cumberland Middle School
Wednesdays, 7:30-9:30 pm (12 weeks)
September 11 – December 4 (no 11/27)
Cost: $65; discounted resident rate: $50 plus WSSD facility use fee: $35/person
Allen Middle School
Thursdays, 8:15-10:15 pm (10 weeks)
September 12 – November 14
Cost: $55; discounted resident rate: $42 plus WSSD facility use fee: $35/person

RECREATIONAL VOLLEYBALL
Enjoy evenings of informal competition for fun and exercise. Co-rec teams are formed on a weekly basis.
Allen Middle School
Tuesdays, 8:15-10:15 pm (10 weeks)
September 17 – November 19
Cost: $55; discounted resident rate: $42 plus WSSD facility use fee: $35/person

DO YOU HAVE A NEW ACTIVITY IDEA?
If you have an idea for a new program you would like to see offered or would like to teach, call West Shore Rec at 920-9515. Instructors interested in teaching will receive a course description form.
INTREPID & CIRCLE LINE CRUISE
A dynamic, interactive and educational experience awaits you aboard the USS Intrepid Aircraft Carrier (Museum) and during your narrated Circle Line Hudson Harbor Cruise. The Intrepid is dedicated to the exhibition and interpretation of history, science and service. Take time to ride in the A-6 Cockpit Simulator, visit the Virtual Flight Zone, and tour the inside of the world’s fastest commercial airplane, Concorde. Optional admission ($6pp) available to the Space Shuttle Pavilion for those wishing to see NASA’s retired shuttle “Enterprise” that just recently arrived. Your Circle Line 2-hour narrated harbor cruise will provide captivating views of the famous New York City skyline including the Statue of Liberty, Ellis Island, Brooklyn Bridge and the Empire State Building.
Sunday, September 22; departing 7:00 am, returning 10:30 pm
Radisson Penn Harris Hotel – parking lot
Cost: $123 (adult); $112 (child 12 & under)

POTOMAC EAGLE TRAIN RIDE
Depart for Romney, WV to board the Potomac Eagle for a three-hour narrated train ride including a late lunch/early dinner aboard the train. The train ride offers a spectacular view of the tranquil and pristine mountain valley known as “the Trough.” Enjoy the view of lush forests and the chance to see the magnificent national symbol - the American Bald Eagle. These majestic birds soar above their natural habitat, undisturbed by the low rumblings of the occasional train. Eagle sightings occur on over 90% of the train excursions.
Sunday, October 13; departing 9:30 am, returning 9:30 pm
Radisson Penn Harris Hotel – parking lot
Cost: $165

ICE! AT THE GAYLORD NATIONAL
Enjoy free time for lunch and shopping at your leisure at the National Harbor. The National Harbor brings together recreation, work, living and entertainment in a way that has never been done before. The main event for this tour is ICE! At the Gaylord National (Theme: Twas the Night Before Christmas). Two million twinkling lights, amazing nightly indoor snowfall, beautiful dancing fountains set to the season’s most loved music, the stunning 60-foot glass Tree of Light. ICE! is created of 2 million lbs of ice, hand-sculpted by 40 international artisans and kept at a chilling 9 degrees. The attraction features holiday scenes, including thrilling ice slides that stand more than 2 stories tall. (Jackets will be provided). Also included is a tour of the D.C. memorials featuring: a drive by of The White House, The National WW II Memorial and Washington Monument along with stops at the Vietnam Veterans Memorial, Lincoln Memorial, Korean War Veterans Memorial and the New MLK Jr. National Memorial. If time permits, we will also stop at the FDR Memorial and view the spectacular Jefferson Memorial. Dinner is included at Harriet’s Restaurant for a buffet. As we travel homeward, we will be stopping in Watkins, MD for the Festival of Lights. This spectacular holiday drive-through event has more than one million twinkling lights! A fun trip for all ages!
Saturday, November 30; departing 8:00 am, returning 1:00 am (Sunday morning)
Radisson Penn Harris Hotel – parking lot
Cost: $153 (adult); $136 (child 12 & under)

NEW YORK CITY YOUR WAY
In New York City you can experience a different culture in Little Italy or Chinatown, shop ‘til you drop in the garment district or at a street fair, get a bird’s eye view of the city from atop the Rockefeller Center or the Empire State Building, or get a taste of it all by taking a double-decker bus tour. The day is yours to do as you please.
Saturday, December 7; departing 7:00 am, returning 10:30 pm
Radisson Penn Harris Hotel – parking lot
Cost: $72

NO SMOKING REMINDER
Please remember there is no smoking or tobacco allowed at any West Shore Rec activity or on any West Shore School District property. This includes outside entrances and parking lots. Thank you for your cooperation.

www.westshorerec.org

TRIPS
West Shore Rec wishes to thank all the participants and staff of our three 2012 summer long programs: PlayZone, Summer Blast and Summer Blast Junior. Hope to see you next year!

SERVICES

SKI TICKETS
Discounted tickets for Ski Roundtop, Whitetail and Ski Liberty resorts may be available in December. Call 920-9515 or visit www.westshorerec.org for information in early December.

GIFT CERTIFICATES
Give a friend or loved one the long-lasting gift of a recreation activity – either an old favorite or a new experience. Any amount can be placed on the recipient’s account and a certificate printed to present.

REGISTER ONLINE
You’re first in line when you register online! Create your ActiveNet account and register at your leisure for most activities. It’s quick and easy and available 24 hours a day.

Is Online Registration For Me?
Online registration may be the ideal method for you if:
• you cannot call during office hours.
• the desired program fills quickly.
• you’re out of town during the busy registration time.
• you would like an instant confirmation of your registration.
• you don’t mind paying a convenience fee (6.5% plus $0.50)
• or you just enjoy using your computer.

Go to www.active.net/westshorerec for more details.

There is no additional fee to register by telephone, in person or by mail.
**EASY WAYS TO REGISTER**

- **ONLINE**
  - [www.westshorerec.org](http://www.westshorerec.org)
  - [https://activenet014.active.com/westshorerec](https://activenet014.active.com/westshorerec)

- **WALK IN**
  - Office Hours: Monday – Friday, 8:30 am – 4:30 pm

- **DROP BOX**
  - West Shore Rec Office – front porch
  - 920-9515 with MasterCard, Visa, Discover or AmEx

- **MAIL IN**
  - West Shore Recreation, 704 Lisburn Rd., Suite 101 Camp Hill, PA 17011

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**TO MAIL IN OR DROP OFF**

1. **Complete The Registration Form**
   - Be sure all information is correct and all telephone numbers are included in the event we need to contact you about the activity. Include additional persons for the same activity from the same household on one form.

2. **Enclose Payment**
   - A personal check may be used for the activity and made payable to West Shore Recreation. If using a credit card, provide the number, expiration date and a signature. Cash is accepted at the office.

3. **Mail In or Drop Off**
   - Use the mailing address above. Service for after hours: A drop box is located outside the front entrance of the office, behind the left white column.

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**OTHER INFORMATION**

**PLEASE REGISTER EARLY!**

Residents of participating municipalities may register August 28th!

Members of non-participating communities may sign up beginning September 4th. If a class does not have a sufficient number of participants registered one day prior to the beginning of the class, it will be cancelled, unless stated otherwise.

**REFUND POLICY**

A refund for any multi-session program will gladly be issued for any reason as long as you contact the office prior to the second class unless stated otherwise. After the second class, no refund will be given. A five dollar administrative fee will be deducted from the refund. Refunds for one-day activities are not possible after the event has taken place. Call during office hours; e-mail requests will not be accepted.

**CANCELLATIONS**

- West Shore Rec reserves the right to cancel any program due to insufficient registration. A full refund will be given. Online convenience fees will be refunded as a credit on account for future enrollments.
- Cancellations for trips must be made at least 30 days before the trip to receive a refund unless stated otherwise.
- Inclement weather cancellations may prompt the rec office to cancel a program. If possible the session will be made up at another date. If in doubt call the office after 4:00 pm.

**CONFIRMATIONS**

Once you sign up it is your responsibility to attend the activity. No confirmations will be sent unless you wish to provide a self-addressed, stamped envelope or an e-mail address.

**PROGRAM INFORMATION**

- All program dates are subject to change.
- Age – A participant must be the proper age by the start or by the end of the program. All age requirements are set to benefit the participant and make instruction more consistent for the program leader. In some instances, the requirements have been set for the participant’s safety.
- Participants must provide their own medical insurance.
- The discounted price listed in the brochure is for residents of participating communities. The first price is for all others.
- Any person with a disability needing special accommodations to participate should contact the rec office two weeks prior to the activity.

**RETURNED CHECKS**

Any checks returned for insufficient funds will be assessed an additional amount of $20 for each check.

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**REGISTRATION FORM**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Section or Level</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>Location</td>
<td></td>
</tr>
<tr>
<td>Activity Starting Date</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) Participant Name</td>
<td>gender *</td>
<td></td>
</tr>
<tr>
<td>2) Additional Name</td>
<td>gender *</td>
<td></td>
</tr>
<tr>
<td>Street Address</td>
<td></td>
<td></td>
</tr>
<tr>
<td>City</td>
<td>Zip</td>
<td></td>
</tr>
<tr>
<td>Borough or township*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: Home*</td>
<td>Work</td>
<td>Cell</td>
</tr>
<tr>
<td>E-Mail Address</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date(s) of Birth*</td>
<td>1)</td>
<td>2)</td>
</tr>
<tr>
<td>Parent or Guardian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parent Birthdate (to create account)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Credit Card No.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exp. Date</td>
<td>Signature</td>
<td></td>
</tr>
</tbody>
</table>

( * - required information) • please write legibly!
The opinions expressed here are those of West Shore Recreation Commission and do not necessarily reflect the views of the West Shore School District. Distribution of information and/or display of material does not constitute endorsement of any product, service, organization, company, information provider, or content by the District.

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Sandra Farcht • Customer Service Representative

WEST SHORE REC ON THE WEB
Visit www.westshorerec.org for youth sports organization contacts, league results, online registration, directions to program facilities, helpful links, and additional information on the programs in this brochure.

Make Your Fall Fabulous with your favorite activity or one of these NEW ideas:
Belly Dance (Intermediate returns) – page 6
Body Blast Boot Camp – page 3
Booty Barre – page 3
Fearless Public Speaking – page 8
Irish Ceili Dancing – page 3
Muscle Pump (daytime edition) – page 4
Restorative Aromatic Hatha Yoga – page 4
Tabata With Insanity (daytime edition) – page 5

FOLLOW WEST SHORE REC ON FACEBOOK AND TWITTER!
facebook.com/WestShoreRec
twitter.com/WestShoreRec

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