

2019 Winter

# Millcreek Recreation and Parks Commission

Millcreek Municipal Building  
3608 West 26th Street  
Erie, Pennsylvania 16506-2037  
814/835-4122

[www.millcreektownship.com](http://www.millcreektownship.com)  
Click on Departments under  
Township Links

Online Registration is available  
for all programs at  
[Millcreektownship.com](http://Millcreektownship.com)



*Please check our website for any closings or cancellations; see weather conditions or scheduling conflicts. All classes at Millcreek schools will be cancelled when Millcreek schools are closed due to weather.*



The Millcreek School Board has made Gold Cards available to all Millcreek residents who are 60 years of age or older. These Gold Card holders are entitled to free admission to all HOME athletic events (except for all District 10 postseason events), to all plays and musical productions in the schools of the Millcreek Township School District (except for McDowell Center for Performing Arts dinner theaters), and also to participate without charge (except for materials used or events noted as special events) in any of the programs sponsored by the Millcreek Township Parks and Recreation Department. (Gold Card information does not apply to Erie Veterans Stadium, Gannon Hammermill Center, and District or Metro meets.) Gold Cards can be obtained from the switchboard of the Millcreek Education Center, 3740 West 26th Street, Erie, Pa., any weekday during the hours of 8 a.m. and 4:30 p.m. or from the parks and recreation office in the Millcreek Municipal Building. Gold Card holders must register each season before attending their first class. Registration should be mailed in as soon as possible.

## Mail-In/Drop Off Directions — Winter 2019

Applicants must complete their registration forms with all necessary information, signed waiver and release of liability (see pages 23-24) and enclosed check (payable to Millcreek Township Supervisors). Registrations will be accepted immediately in order of postmark date. MAIL IN or DROP OFF your completed application to Millcreek Municipal Building c/o the Recreation Department at the above listed address.

Once you have MAILED/DROPPED OFF the registration form, you should consider the enrollee accepted for the activity unless otherwise notified. We will make all necessary calls regarding adjustments, etc., as soon as possible. Material lists and class information sheets can be printed from our website – [www.millcreektownship.com](http://www.millcreektownship.com)

## MAIL-IN Registration for Residents of Millcreek Township:

This includes families who live in or own property in Millcreek Township. This privilege extends to persons who work in Millcreek Township but not their families.

The Waiver and Release of Liability must be signed by adult participants or by a parent or legal guardian on behalf of minors before participation. The Recreation and Parks Commission, Millcreek Township and its supervisors, and the Millcreek Township School District assume no liability for injuries that may be suffered as a result of participation in these activities.

If you have read, signed and agree to the Waiver and Release of Liability, fill out the proper registration form. Take care to include all the necessary information (your address and phone number, the class, skill level where applicable, location, etc. on each form). MAIL the

completed registration form, signed Waiver and Release of Liability (see pages 23-24) and check or money order payable to Millcreek Township Supervisors.

We are sorry, but the volume of registrations and other limitations make it impossible to reserve a particular place for you in a class if you telephone or if the registration requirements are not met when you first MAIL your application. It is important that you give us a phone number where you can be reached during our office hours and also during children's class times. We will respect the privacy of unlisted numbers except for urgent calls.

There will be no refunds unless a class is eliminated or changed by the recreation department, or a medical excuse is presented at the beginning of the program. There will be no refunds due to inclement weather!

Visit us on the web at [www.millcreektownship.com](http://www.millcreektownship.com)

# Winter 2019 SWIM Registration Form

\_\_\_\_\_ [ ] \_\_\_\_\_ [ ]  
 FAMILY LAST NAME (Child name if different than parent) HOME PHONE WORK PHONE

Mr.  Mrs.  Ms. ADDRESS ZIP CODE

## Swimming, Activity & Season Pass Registrations *(Please list a 2nd choice for all swimming registrations.)*

FIRST NAME	AGE	LEVEL	DAY	TIME	FEE

Please sign waiver on back

**ATTENTION:** Please list any medication(s) your child is currently taking or needs to be administered during our programs. Please list any health or behavior related conditions for which your child is being treated.

\_\_\_\_\_ MEDICATIONS/CONDITION

# Winter 2019 PROGRAM Registration Form

*Please use this form for all other activities other than swimming.*

\_\_\_\_\_ [ ] \_\_\_\_\_ [ ]  
 FAMILY LAST NAME (Child name if different than parent) HOME PHONE WORK PHONE

Mr.  Mrs.  Ms. ADDRESS ZIP CODE

FIRST NAME	AGE	ACTIVITY	DAY	TIME	FEE

Please sign waiver on back

**ATTENTION:** Please list any medication(s) your child is currently taking or needs to be administered during our programs. Please list any health or behavior related conditions for which your child is being treated.

\_\_\_\_\_ MEDICATIONS/CONDITION

**Please make checks payable to: Millcreek Township Supervisors / Please sign waiver on back**

Please mail registration and signed waiver to:  
**Millcreek Recreation and Parks Department,**  
**Millcreek Municipal Building,**  
**3608 West 26th St., Erie PA 16506**

I (we) agree to the regulations for operation of the facilities; understand that the use of the pools and gyms are at the risk of the participant. **All checks returned to us after deposit will be assessed a non-sufficient funds (NSF) fee.**

# Waiver and Release of Liability

On behalf of all participants, adults, minors and parents of participating minors in Millcreek Township Recreation and Parks Department programs.

On behalf of myself and any of my minor children listed below as applicants, I give permission to attend and participate in the program for which application is attached. I understand that the Recreation and Parks Commission of Millcreek Township, Millcreek Township and the Millcreek Supervisors, and the Millcreek Township School District assume no liability for injury incurred as a result of any participation in any of the various activities of the Recreation and Parks Department of Millcreek Township. On behalf of myself and on behalf of any of my minor children participating hereunder, I agree to release, give up, forego, waive and discharge the Recreation and Parks Commission of Millcreek Township, Millcreek Township and Supervisors, Millcreek Township School District, their officers, representatives, and employees from any and all liability, claims, demands, causes of action arising out of or in any way connected with any programs being operated

by the Recreation and Parks Department of Millcreek Township. The undersigned hereby assumes all risk of injury or damages to the person on behalf of myself and any minors to which I am parent, guardian, or next friend, as any injuries and damages would occur as a result of participation in the programs of the Recreation and Parks Department of Millcreek Township.

This document is intended to be a complete and full release, waiver, relinquishment, giving up, foregoing, and discharge of all claims and damages of every kind against the Recreation and Parks Department of Millcreek Township, Millcreek Township and the Millcreek Supervisors, and the Millcreek Township School District which I or my minor children might incur as a result of participation in the programs of the Millcreek Recreation and Parks Commission; and the undersigned does hereby agree to hold the Recreation and Parks Commission of Millcreek

Township, Millcreek Township and Millcreek Supervisors, and the Millcreek Township School District free and clear from all loss and liability of any kind. Furthermore, as parent, guardian, and next friend of any minors hereunder, the undersigned hereby expressly agrees to indemnify and forever hold harmless the Recreation and Parks Commission of Millcreek Township, Millcreek Township and the Millcreek Supervisors, and the Millcreek Township School District against loss or any claims, demands, causes of action that might be brought by any minor or on his/her behalf to defray damages incurred while participating in any programs of the Recreation and Parks Department of Millcreek Township. As parent, guardian, or next friend, I hereby waive all exemption rights under all state laws against any claims for reimbursement or indemnification.

PARENT OR GUARDIAN OF MINOR CHILDREN

ADULT PARTICIPANT

## Millcreek Township Recreation and Parks Notes and Events

2019 Winter

### RADIO CONTROL AIRPLANE INSTRUCTION - FREE!

Phone Tom Womack at 512-415-7456 or email womackair@yahoo.com.

Great FREE family fun! NO FEE. Register at MIHS Gym.

LOCATION	DAY	DATES	TIME
MIHS Gym	Fridays	1/4 - 5/17	7:00 - 10:30 p.m.
**No flying 3/30			



### VETERANS PARK SHELTER AVAILABLE FOR RENTALS!

Rental season begins April 1st and ends October 30th.

Reservations will be accepted beginning January 2, 2019.

For a list of rules and regulations and a copy of our rental agreement, please visit our website at [www.millcreektownship.com/residents/parksandrecreation.aspx](http://www.millcreektownship.com/residents/parksandrecreation.aspx)

### RECREATION NOTES

Zuck, Scott and Asbury Main Pavilions will be available for 2019 reservations for Saturdays and Sundays from Memorial Day to Labor Day. Reservations begin on January 2, 2019.

Asbury Barn reservations for 2019 are also available. Call the Recreation office at 835-4122.



## BREAKFAST WITH SANTA!

Please join us for a holiday pancake breakfast with crafts and cheer

on **December 8th from 9am-12 noon at the Asbury Barn, 4106 Asbury Road.** The Asbury Barn will be transformed into a festive holiday scene and there will even be an appearance by Santa and Mrs. Claus! A variety of crafts will be offered, suitable for all ages! Also there will be a special holiday performance by our adult dance program!

To register for Breakfast with Santa, please fill out the programs registration form, including the names and ages of all guests joining us (both adult and child). Please note Gold Cards will not be eligible for this event. Pricing for Breakfast with Santa will be **\$5/person**. Seating is limited, so please register early!!

### GOURMET FINGER FOODS

Instructor: Mark Coursey Cost: \$10 / You must pre-register. Tasty wintertime hors d'oeuvres to share with family and friends during wintertime get-togethers or Super Bowl Sunday.

LOCATION	DAY	DATE	TIME
Asbury Barn	Saturday	1/12	2:00 - 4:00 p.m.

# Swimming Programs

## 2019 Winter Swimming Programs at McDowell Intermediate

Mail-in registrations will be accepted immediately. Consider your application accepted unless otherwise notified. **Please respect our age requirements.** Any age requirements are based according to your child's age on the first day of class.

**RESIDENT FEE: \$40 • NON-RESIDENT FEE: \$80**

<b>SATURDAY</b>	<b>January 5 - March 9</b> (no class 2/16, 2/23)	<b>AGE</b>
11:00 – 11:30 a.m	<b>Preschool A</b>	3, 4 & 5
11:00 – 11:50 a.m	<b>Advanced Level 2</b>	6 & up
11:00 – 11:50 a.m	<b>Level 5</b>	6 & up
11:30 – 12:00 noon	<b>Preschool C</b>	3, 4 & 5
12:00 – 12:30 p.m	<b>Preschool B</b>	3, 4 & 5
12:00 – 12:30 p.m	<b>Level 1B</b>	6 & up
12:00 – 12:50 p.m	<b>Level 3</b>	6 & up
12:30 – 1:00 p.m	<b>Level 1A</b>	3, 4 & 5
12:30 – 1:00 p.m	<b>Preschool A</b>	4 & 5
1:00 – 1:50 p.m	<b>Level 4</b>	6 & up
1:00 – 1:50 p.m	<b>Level 2</b>	6 & up
1:00 – 1:50 p.m	<b>Level 6A</b>	6 & up

<b>MONDAY</b>	<b>January 7 - February 25</b>	<b>AGE</b>
7:00- 7:30	<b>Preschool A</b>	3,4, &5
7:00- 7:30 p.m	<b>Preschool B</b>	3,4, &5
7:30-8:00	<b>Preschool C</b>	3, 4, &5
7:00 - 7:50 p.m	<b>Level 3</b>	6 & up
7:30-8:00p.m	<b>Level 1B</b>	6 & up

<b>TUESDAY</b>	<b>January 8 - February 26</b>	<b>AGE</b>
7:00 – 7:30 p.m	<b>Preschool A</b>	3, 4 & 5
7:00-7:30	<b>Preschool B</b>	3, 4, &5
7:30-8:00	<b>Preschool C</b>	4 &5
7:00 – 7:50 p.m	<b>Level 2</b>	6 & up
7:30 – 8:00 p.m	<b>Level 1A</b>	4 & 5

## Recreational Swimming

**Admission: \$2** (per person)

**The MIHS pool will be open January 2 through March 16**

**Pool Closed** 1/10,1/17, 1/24, 1/31, 2/7, 2/15, 2/16, 2/22, 2/23

**Long hair must be tied back.** Bathing caps are not required.

**Groups of 15 or more** planning to use the pool should call the Recreation Office at 835-4122.

**Children under 12** must be accompanied by a parent.

Children 12 and above must be able to swim one length of the pool to be unattended.

### OPEN SWIM:

Recreational swimming for all residents of Millcreek Township.  
(No lap swimming permitted.)

**Cancelled**  
~~7:00 - 9:00 p.m.~~  
**Saturdays** 3:00 - 5:30 p.m.

### ADULT SWIM (Adults only, 18 years +):

**Mondays** 7:00 - 8:00 p.m.  
**Saturdays** 2:00 - 3:00 p.m.

*\*\*Please note: Week night lap swimmers share pool space with swimming lessons and McDowell divers.*

## Swimming Prerequisites:

**INFANTS & TODDLERS:** 6-18 mos. and 18mo -2yrs.

If still in diapers, cloth diapers and rubber pants or little swimmer diapers as necessary. Students must be accompanied during lessons by an adult, 18 or older, at all times.

**PRE-SCHOOL LESSONS:** Ages 3-5 without parental assistance.

**Preschool A** Non-floaters, 30 min. lesson

**Preschool B** Floats without support (front & back). Front glide without support, 30 min. lesson

**Preschool C** (4 & 5 years old) combined stroke front and back, deep water orientation. 30 min. lesson

To enroll in the following skill levels you must be able to accomplish the following skills:

**LEVEL 1A:** Completed Preschool C but are not yet 6 years old. 30 min. lesson.

**LEVEL 1B:** For students age 6 and up who are apprehensive toward the water.

**LEVEL 2:** Children age 6 years old and up .Beginner lesson no fear of the water.

**ADVANCED LEVEL 2:** 6 years old and up who have attended one Level 2 class.

**LEVEL 3:** Orientation to deep water. Combined stroke front with kick and arm stroke 25 yards, back float with kick 15 yards.

**LEVEL 4:** Submerge and retrieve objects, Survival float 1 minute in deep water, dive in deep water surface and tread water for 1 minute, surface swim front crawl stroke 25 yards and back crawl stroke 25 yards, elementary back stroke 25 yards.

**LEVEL 5:** Swim 25 yards elementary back stroke and breaststroke crawl. Swim 25 yards back crawl. Dive into deep water & swim 50 yards front crawl. Tread water for 1 minute back float for 1 minute and survival swim for 1 minute.

**LEVEL 6A:** Swim 25 yards coordinated breast stroke (Swimming & diving) 50 yards back crawl. Perform shallow dive and 75 yards front crawl, 50 yards elementary back stroke.

To complete LEVEL 6A- 500 yards of continuous swim using the following strokes: 100 yards front crawl, 100 yards back crawl, 50 yards breast and elementary back stroke, side stroke, butterfly, 100 yards of your choice. Jump into deep water-survival float 5 minutes and back float 5 minutes.

**LEVEL 6B:** Lifeguard readiness for students 10 and up

**LIFEGUARD TRAINING:** Must be 15 years or older and be able to swim 300 yards, surface dive to nine feet, swim underwater and retrieve a brick and return to start with brick and tread water for two minutes.

**ADAPTED AQUATICS:** Includes learning disability, trainable or educable special needs and visual/hearing impaired. Limited to one student per instructor. Students must be accompanied by an adult on deck as well as in the locker room.

# FITNESS AND RECREATION FOR ADULTS 2019 Winter



## ADULT DANCE

### JAZZ AND BROADWAY

Instructor: Haley Haggerty

RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00

### BEGINNER JAZZ & BROADWAY DANCE

LOCATION	DAY	DATES	TIME
Asbury Barn	Saturdays	1/5 - 2/23	8:30 - 9:50 a.m.



## NEW MAHJONG

### AMERICAN MAHJONG (BEGINNER)

Instructors: Jim and Laura Oldham

Learn the fascinating game of American Mahjong.

Mahjong is a rummy-like game played with tiles rather than cards. The game originated in China, dating back to the time of Confucius.

RESIDENT FEE: \$40 • NON RESIDENT FEE: \$60

LOCATION	DAY	DATES	TIME
Asbury Barn 2nd Floor	Mon. & Weds.	1/3 - 2/21	11:00 a.m. - 1:00p.m.

## AMERICAN MAHJONG

Instructors: Jim and Laura Oldham

Some Mahjong experience is required for this session of open play. All participants must bring a 2017 National Mahjong Card. Space is limited to 20 participants. All participants MUST REGISTER.

RESIDENT FEE: \$40 • NON RESIDENT FEE: \$60

LOCATION	DAY	DATES	TIME
Asbury Barn (2nd Floor)	Mon. & Wed	1/3 - 2/21	1:15 - 3:15 p.m.



## BEGINNER KICK BOXING

Instructor: Karle Lyons

Kickboxing, which combines elements of boxing, martial arts, and aerobics, provides overall physical conditioning. Reduce stress, increase strength, and build muscle tone. An exercise mat and light weights are recommended.

RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00

LOCATION	DAY	DATES	TIME
MIHS Dance Studio	Wednesdays	1/2-3/13	7:00 - 8:00 p.m.



## TABATA

Instructor: Karle Lyons

High-intensity interval training following the interval exercise training strategy with 8 cycles, alternating periods of short intense anaerobic exercise with less intense recovery periods. Exercises will include cardio, weights, stretch bands, and floor work such as abs and strength training. These short intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning components.

RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00

LOCATION	DAY	DATES	TIME
Asbury Barn	Tuesday	1/8-3/12	7:00-7:45 p.m.
MIHS Auxiliary Gym	Thursday	1/3-3/14	7:00-7:45 p.m.

## INTRODUCTION TO TAI CHI

Instructors: Dave and Kathy Wayman

Tai Chi is an ancient Chinese martial art. Today it is practiced as an exercise that promotes the flow of "Chi" or energy in the body, leading to good health, good balance, and a positive mental outlook. Advanced class is for students who have learned the 111 postures of the Yang style form.

RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00

### ADVANCED TAI CHI

LOCATION	DAY	DATES	TIME
Asbury Barn	Mon. & Weds	1/7 - 3/11	8:00 - 8:50 a.m.

### BEGINNER TAI CHI

LOCATION	DAY	DATES	TIME
Asbury Barn	Mon. & Weds	1/7-3/11	9:00 - 9:50 a.m.

RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00

LOCATION	DAY	DATES	TIME
JS Wilson Cafeteria	Mondays	1/7 - 3/11	7:30 - 8:30 p.m.

(No class 1/15, 2/19)

## INTRODUCTION TO QI GONG

Instructors: Dave and Kathy Wayman

Qi Gong (chee-kung) is an ancient healing art from China. The art consists of very slow and gentle movements. It will restore and increase your energy, reduce anxiety, improve balance, and help you maintain a healthy active lifestyle.

RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00

LOCATION	DAY	DATES	TIME
JS Wilson Cafeteria	Wednesdays	1/9 - 3/13	7:30 - 8:30 p.m.

RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00

LOCATION	DAY	DATES	TIME
Asbury Barn	Mon. & Thur.	1/7-3/14	10:00 a.m. - 10:50 a.m.

## ADULT AEROBICS

Instructor: Laurie Gualtier-King

The following programs are for persons 18 years or older, or anyone ages 14 - 17 who attends class accompanied by a participating adult. Wear comfortable clothes and sneakers with good support. Bring a mat, towel, or a small blanket for floor work. You may also want to bring a water bottle and light weights.

RESIDENT:	(1 CLASS/WEEK)	\$30.00	NON-RESIDENT:	\$50.00
	(2 CLASSES/WEEK)	\$40.00		\$60.00
	(3 CLASSES/WEEK)	\$60.00		\$80.00
	(4 CLASSES/WEEK)	\$80.00		\$100.00

### KETTLEBELL WORKOUT

A cardio and strength training exercise program using the kettlebell or a single hand weight. This program is geared toward an experienced exerciser. Participants must supply their own kettlebell or hand weight.

LOCATION	DAY	DATES	TIME
Asbury Barn	Mondays	1/7 - 3/11	5:45 - 6:30 p.m.

### MUSCLE CONDITIONING

LOCATION	DAY	DATES	TIME
Asbury Barn	Mondays	1/7 - 3/11	6:30- 7:30 p.m.

### CIRCUIT STEP AEROBICS

LOCATION	DAY	DATES	TIME
Asbury Barn	Thursdays	1/10-3/14	5:45 - 6:30 p.m.

### MUSCLE CONDITIONING

LOCATION	DAY	DATES	TIME
Asbury Barn	Thursdays	1/10-3/14	6:30-7:30 p.m.

Participants must supply their own stability ball.

Visit us on the web at [www.millcreektownship.com](http://www.millcreektownship.com)

# FITNESS AND RECREATION FOR ADULTS 2019 Winter



## TOTAL BODY SCULPT WITH NYLENE

*Instructor:* Nylene Baney

This total body conditioning class gets the job done in 1 hour! With two different classes Tues and Thurs

both choreographed to target different muscles each class. The class is designed to incorporate various techniques which include circuit training, TABATA timer, PLYO and much more! All while working your upper and lower body individually or simultaneously, using free weights or just your own bodyweight. This class is centered on creating core strength and increasing your heart rate, keeping you in that "FAT BURNING ZONE." The class format changes every session so no getting bored with the routines. These workouts are designed to burn more calories in 24 hours than just cardio alone. Better yet, you will pack on lean muscle mass that will aid in changing the shape of your body giving you that well-sculpted physique and help increase bone density to fight against Osteoporosis. Bring 3-8 pound weights to class along with a mat and bottle of water.

**RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00**

LOCATION	DAY	DATES	TIME
MIHS Fitness Center	Tue. & Thurs.	1/8 - 3/14 (no class 2/5, 2/7)	5:15 p.m.



## YOGA

*Instructor:* Nancy Rovin

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

### CHAIR YOGA

A gentle form of yoga for those with limited flexibility using seated and standing poses. Maintain joint mobility, stretch and strengthen the body using the chair for support — yoga mat required.

LOCATION	DAY	DATES	TIME
Asbury Barn	Wednesdays	1/2 - 3/13	5:30 - 6:15 p.m.

### HATHA 1 YOGA BEGINNER AND BEYOND

A multi-level format for beginners or for experienced students to strengthen their current practice. Posture, breath work, and guided relaxation. Yoga mat/block/strap recommended.

LOCATION	DAY	DATES	TIME
Asbury Barn	Wednesdays	1/2 - 3/14	6:30 - 7:30 p.m.

## YOGA COMBO

*Instructor:* Kathy Smith

Yoga for both beginners and experienced students. A combination of meditation, deep breathing, poses, cardio, and stretches to improve and maintain strength, flexibility and inner peace.

**RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Tuesday/Thursday	1/8- 3/21	11:00 a.m. - 12:00

## "GO WITH THE FLOW" YOGA

*Instructor:* Kathy Smith

Beginners and experienced students are welcome. Meditation and deep breathing exercises to calm the mind and bring inner peace. These exercises will be followed by gentle flowing poses that stretch and strengthen muscles and joints to maintain flexibility. Bring yoga mat.

**RESIDENT FEE: \$40 • NON RESIDENT FEE: \$60**

LOCATION	DAY	DATES	TIME
Asbury Barn (2nd Floor)	Tues. & Thurs.	1/2-3/21	12:10 p.m.- 1:00p.m.

## STRETCH, STRENGTHEN, FLEX, AND POSE

*Instructor:* Susan McCall

For those interested in improving strength, flexibility and mobility. Limited weight bearing. Yoga mat required.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

(For Tues. & Fridays)	\$40.00	\$60.00	
LOCATION	DAY	DATES	TIME
Asbury Barn	Tuesdays	1/8 - 3/12	8:30-9:15 a.m.
Asbury Barn	Thursdays	1/3 - 3/14	8:30-9:15 a.m.



## NEW PILOSLIDE

*Instructor:* Shannon Eggleston, B.S., RN, A.C.E.

"PiloSlide" is an infusion utilizing the "core" principles of the Pilates method and "Sliding". This class is designed

for an intermediate level exerciser. The PiloSlide method emphasizes building strength of the torso while focusing on balance, muscular endurance, and flexibility to lengthen the spine and streamline the legs, arms and lift the buttock. This technique is safe, efficient, and effective when executed in a controlled manner. Many of the specific exercises can be modified to meet the needs of individuals to enhance the exercise experience. Visit [empoweringwellnesserie.com](http://empoweringwellnesserie.com) to learn more about this new exercise creation.

**Supplies Needed:** Yoga mat, 2 washcloths, one pair of fuzzy socks, water, a hand towel, and a willingness to learn!

**RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00**

LOCATION	DAY	DATES	TIME
MIHS Dance Studio	Mon. & Wed.	1/7-3/15	5:50-6:50 p.m.

## LEGS AND ABS

*Instructor:* Karle Lyons

The core provides a muscular framework that protects your precious cargo, strengthens the back, and improves posture. It aids movement and lends balance and stability to your whole body. In this class you will experience an intense core workout that will sculpt and define your legs and abs. Exercises will include planks, crunches, squats, lunges, kicks, and other fun toning and ab defining moves. Be sure to bring a mat, weights (3-8lbs, 5lbs is recommended) and a water bottle.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
MIHS Dance Studio	Mondays	1/7 -3/11	7:00-7:45 p.m.

## SELF-DEFENSE OF "TUI TE"

*Instructor:* Joe Logue

**AGES 14 & ABOVE**

Teaches the student how to use muscle moving techniques to disbalance an attacker and redirect his aggression.

A non-forceful method.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Westlake 6th Grade Company Area	Mon. & Weds.	1/7 -3/13 (no class 2/18)	7:00-9:00 p.m.

# FITNESS AND RECREATION FOR ADULTS 2019 Winter *(continued)*



## ZUMBA

Combines high energy and motivating Latin music that allows you to dance away your worries, and it's a great sweat! You DO NOT need a partner for Zumba nor do you need dance experience. Look, feel, live better and join the dance party!

*Instructor: Susan McCall*

**RESIDENT FEE: \$40.00 Tuesdays AND Thursdays (a.m. classes)**

**NON RESIDENT FEE: \$60.00 Tuesdays AND Thursdays (a.m. classes)**

### ZUMBA

LOCATION	DAY	DATES	TIME
Asbury Barn	Tues., Thurs. & Fri.	1/3 - 3/15	7:30-8:15 a.m.



## WATER EXERCISE

*Instructor: Kathleen Magoon*

**RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$60.00**

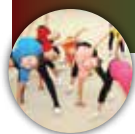
LOCATION	DAY	DATES	TIME
MIHS Pool	Tues. & Thurs.	1/8 - 3/14 <i>((no class 1/10, 1/17, 1/24, 1/31, 2/7))</i>	7:00 - 8:00 p.m.



## ADULT SEASON GYM PASS

A \$20.00 Season Gym Pass entitles the holder (Adult - ages 18 and over) to these activities. Passes are purchased at the gym.

# ACTIVITIES FOR CHILDREN & YOUTH 2019 Winter



## DANCE & BALLET/HIP HOP

*Instructor: Samantha Howard*

Dance and ballet classes are held at Asbury Barn for eight weeks. Parents of 3- and 4-year-olds must wait on the first floor of the barn while classes are taking place on the second floor.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$40.00**

### BEGINNER

AGES	DAY	DATES	TIME
3 and 4	Saturdays	1/5 - 2/23	10:30- 11:15 a.m.

### PRE-BALLET/TAP

AGES	DAY	DATES	TIME
5 to 7	Saturdays	1/5 - 2/23	11:30-12:15 p.m.

### HIP HOP

AGES	DAY	DATES	TIME
8 to 15	Saturdays	1/5 - 2/23	12:30-1:15 p.m.



## MYAA SPORTS REGISTRATION

For questions, please contact MYAA at 833-3298 or go online to register at [myaasports.com](http://myaasports.com).

**Our Recreation Program**  
Our recreation program, and the facilities of the Department are available to Millcreek Township citizens and through the combined efforts of:

**Ashley Marsteller**, *Director of the Millcreek Recreation and Parks Department*

**Londa Cirillo**, *Secretary to the Director*

**Millcreek Supervisors:**  
*John Groh, John Morgan, Jim Bock*

**Recreation and Parks Commission:** *Nicolina Pierce, Heather Hinz, John DiPlacido*

**The Millcreek Township School District**

Visit us on the web at [www.millcreektownship.com](http://www.millcreektownship.com)

# ARTS & crafts

2019 Winter

- Must be 18 years old or 14-17 accompanied by an adult.
- Registration is required for all classes.
- Art classes and crocheting classes - NO materials are provided.

- Chair caning, basket making and jewelry making materials are purchased at class.
- Gold Card holders must pay for materials in classes where materials are included in cost of class.

## MIXED MEDIA FOR ALL LEVELS

*Instructor:* Darlene Bennett

Art classes will include using several mediums in one painting such as colored pencils, acrylics, watercolor, pastels, India ink, and paper making. The use of various rice papers for texture will add to the fun of our creativity.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Mondays	1/7 - 3/11	1:00-3:00 p.m.

## PAINTING FOR ALL LEVELS\*

*Instructor:* Darlene Bennett

Come with ideas in mind—if you don't have any I'll give you some!

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Mondays	1/7 - 3/11	3:00 - 5:00 p.m.

## PASTELS

*Instructor:* Darlene Bennett

Pastel paper is preferable for this class.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Tuesdays	1/8 - 3/12	3:00 - 5:00 p.m.

## ACRYLICS

*Instructor:* Darlene Bennett

Acrylics can be used for much more than what you thought! This class will show you multiple usages and techniques for acrylic paint. Come join and find out more! Please bring water color paper for this class.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Wednesdays	1/9 - 3/13	3:00 - 5:00 p.m.

## KNITTING AND CROCHETING CIRCLE

*Instructor:* Lauren Ertsgaard

This class covers intermediate and advanced levels, with special techniques thrown in. Project work is the norm in this class... basic skills are assumed but will be reviewed as needed. Students should choose a project and come get help with it any time during the day on Friday. Over the years, this class has become a social circle and we do special things such as carry-in lunches, day trips in spring, summer and fall with a yearly luncheon in January.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Fridays	1/11 - 3/15	9:30 a.m. - 2:30 p.m.

## BEGINNER CROCHET

*Instructor:* Lauren Ertsgaard

Learn to chain, single, double and triple crochet. We will complete a project of your choice.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Tuesdays	1/8 - 3/12	7:00 - 9:00 p.m.

## SEAT WEAVING/CHAIR SEAT CANING

*Instructor:* Charles Elliott

We specialize in antique chair restoration, specifically chairs that have woven seats. We have chairs woven with wicker cane webbing, fiber rush herringbone cane, flat reed, and of course, chair caning represented in these courses. It takes time to weave these seats, but our weavers are so proud of the finished products.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Tuesdays	1/8 - 3/12	7:00 - 9:00 p.m.

## INTERMEDIATE KNITTING AND CROCHET

*Instructor:* Lauren Ertsgaard

This class is for students with basic knowledge of knitting and crochet. Some special techniques will be covered. Instruction will be given to help expand your knit and crochet skill set. Students will complete a project of their choice.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Thursdays	1/10 - 3/14	7:00 - 9:00 p.m.

## SPECIAL BASKETS: AMERICAN HERITAGE BASKETS

*Instructor:* Charles Elliott

Start with a small Berry Basket to practice some basic basket-making skills. We will then move to hand weave the following type of baskets: Letter wall basket • Kentucky rib basket • Holiday basket  
Materials cost \$15.00 provided at class.

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

LOCATION	DAY	DATES	TIME
Asbury Barn	Thursdays	1/10 - 3/14	7:00 - 9:00 p.m.

## INTRODUCTION TO CHAIR SEAT CANING AND BASKET MAKING

*Instructor:* Charles Elliott

Bring your own chair for caning, fiber rush, shaker style. Material costs \$20.00 to be paid in class/chair. \$5.00/basket

**RESIDENT FEE: \$30.00 • NON RESIDENT FEE: \$50.00**

**CHAIRS AND BASKETS:**

LOCATION	DAY	DATES	TIME
Asbury Barn	Fridays	1/11 - 3/15	9:30 a.m. - 12:30 p.m.