

Spring 2018

Millcreek Recreation and Parks Commission



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 post-season 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 Hammill 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. Limit of three programs per season.

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

www.millcreektownship.com
Click on Departments under
Township Links



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.

Mail-In/Drop Off Registration —Spring 2018

Applicants must complete their registration forms with all necessary information, signed waiver and release of liability (see page 23 & 24) and enclosed check (payable to Millcreek Township Supervisors). Registrations will be accepted immediately in order of postmark date. MAILED/DROPPED OFF in 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

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 page 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!

www.millcreektownship.com/Residents/ParksandRecreation.aspx

SPRING 2018 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.

| | |
|------|-----------------------|
| | |
| NAME | MEDICATIONS/CONDITION |

SPRING 2018 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.

| | |
|------|-----------------------|
| | |
| NAME | 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 2018 Spring

RADIO CONTROL AIRPLANE INSTRUCTION - FREE!

Phone **John Schardt** at **814.868.1580** for more information. Great FREE family fun! NO FEE. Register at MIHS Gym.

| LOCATION | DAY | DATES | TIME |
|----------|---------|--------------------------------------|----------------|
| MIHS Gym | Fridays | 3/2 - 5/18 <i>(no class 3/30)</i> | 7:00 - 10 p.m. |



PERFECT YOUR GOLF SWING WITH TAI CHI PRINCIPLES - FREE!

Instructors: Dave and Kathy Wayman

Geared toward the higher handicap player, this workshop will introduce you to interesting techniques you can use to make sure your swing is always correct, and then burn your correct swing into muscle memory so that it is reliable and repeatable. Apply this technique year-round to practice and improve your golf swing even when you can't play or go to the driving range. Everyone should bring a 7 or 8 iron and dress in clothes you can golf in. Wear sneakers. You need to register for this event.

| LOCATION | DAY | DATES | TIME |
|-------------|----------|-------|------------------|
| Asbury Barn | Saturday | 4/7 | 3:00 - 4:00 p.m. |

You need to register for this event.

RECREATION NOTES

Zuck, Scott and Asbury Main Pavilions will be available for 2018 reservations for Saturdays and Sundays from Memorial Day to Labor Day. Reservations began on January 3, 2018.

COST IS \$75 PER DAY.

Asbury Barn reservations for 2018 are also available.

COST IS \$40 PER HOUR.

Call the Recreation office at 814.835.4122.

NEW Veteran's Park Shelter now available for rentals!

The rental season begins **April 1st** and ends **October 30th**. Reservations are now available! Please check out posted rules and regulations as well as rental agreement on our website,

www.millcreektownship.com/Residents/ParksandRecreation.aspx



OUTDOOR GOURMET GRILLING SEMINAR

Instructor: Mark Coursey

Participants will learn how to expand their knowledge of grilling fish, meats, veggies and fruit with up-close grilling methods, taste testing, recipe handouts, plus a question and answer period. Simple products will be used to create fantastic menus. The proper use of herbs and spices and liquid marinades will also be discussed.

| LOCATION | DAY | DATES | TIME |
|-------------|----------|-------|------------------|
| Asbury Barn | Saturday | 5/5 | 3:00 - 5:00 p.m. |

You need to register for this event. Cost: \$10.

MILLCREEK'S SUMMER DAY CAMP

Millcreek's Summer Day Camp program is held at Asbury Barn. **Kids ages 5-12** are welcome to join in the fun! Campers enjoy a summer full of games, arts and crafts, talent shows, festivals, outdoor sports, field trips, and more! Day camp runs **Monday-Friday from 9 a.m.-3 p.m.**, with extended hours available from **7:30 a.m.-5:30 p.m.** Children can sign up for the week, or just day. **Camp begins June 11th** and will run for 10 consecutive weeks. **Registration begins May 14th!**

Visit us on the web at www.millcreektownship.com/Residents/ParksandRecreation.aspx

Swimming Programs

2018 Spring 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 | LIFEGUARD TRAINING: RESIDENT FEE: \$175 • NON-RESIDENT FEE: \$200

MONDAY March 5 - May 14 (no class 3/26)
CLOSED..... Lifeguard Training 15 & up

TUESDAY April 3 - May 22
CLOSED..... Preschool A 3, 4 & 5
 7:00 - 7:50 p.m Level 3 6 & up
 7:30 - 8:00 p.m Preschool B 3, 4 & 5
 8:00 - 8:50 p.m Advanced Level 2 6 & up
 8:00 - 8:50 p.m Level 5 10 & up

WEDNESDAY April 4 - May 23
CLOSED..... Preschool C 3, 4 & 5
 7:00 - 7:50 p.m Level 2 6 & up
 7:30 - 8:00 p.m Level 1A 4 & 5
 8:00 - 8:30 p.m Level 1B 6 & up
 8:00 - 8:50 p.m Level 4 6 & up

THURSDAY April 5 - May 24
CLOSED..... Preschool A 3, 4 & 5
CLOSED..... Level 2 6 & up
 7:30 - 8:00 p.m Preschool B 3, 4 & 5
 8:00 - 8:50 p.m Level 4 6 & up
 8:00 - 8:50 p.m Level 6B 6 & up

SATURDAY April 7 - May 26
 10:00 - 10:30 a.m Level 1A 4 & 5
 10:00 - 10:30 a.m Preschool B 3, 4 & 5
 10:00 - 10:50 a.m Level 3 6 & up
CLOSED..... Level 4 6 & up
CLOSED..... Preschool A 3, 4 & 5
 11:00 - 11:30 a.m Preschool B 3, 4 & 5
 11:00 - 11:50 a.m Advanced Level 2 6 & up
CLOSED..... Level 5 6 & up
 11:30 a.m. - 12:00 p.m Preschool C 3, 4 & 5
 12:00 - 12:30 p.m Infants 6 - 18 mos.
 12:00 - 12:30 p.m Preschool A 3, 4 & 5
 12:00 - 12:50 p.m Level 2 6 & up
CLOSED..... Toddlers 18 mos. - 2 years
 12:30 - 1:00 p.m Level 1B 6 & up
 1:00 - 1:30 p.m Adapted Aquatics 6 & up

Call 814.835.4122 for class information.

Recreational Swimming

Admission: \$2 (per person)

The MIHS pool will be open March 17 through June 2

Pool Closed 3/26 through 3/31, 5/28

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.)

Saturdays 2:00 - 4:45 p.m.

ADULT SWIM (Adults only, 18 years +):

Mondays 7:00 - 8:00 p.m.

Wednesdays 7:00 - 8:00 p.m.

Saturdays 1:00 - 2:00 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 18 mo. -2 yrs. 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.

PRESCHOOL 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

2018 Spring



ADULT DANCE

BEGINNER JAZZ & BROADWAY DANCE

Instructor: Charlotte and Haley Haggerty

RESIDENT FEE: \$40.00 • NON RESIDENT FEE: \$50.00

| LOCATION | DAY | DATES | TIME |
|-------------|-----------|-----------|----------------|
| Asbury Barn | Saturdays | 3/24-5/12 | 8:30-9:50 a.m. |



CIRCUIT STRENGTH TRAINING

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

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

Learn how to build beautiful muscles that will boost

your metabolic rate and help you lose those unwanted extra pounds. After a proper warm-up, RN/ A.C.E. Certified Fitness Professional, Shannon Eggleston, will circuit you through an array of strength training exercises and aerobic movements that will invigorate your mood and enhance your body.

| LOCATION | DAY | DATES | TIME |
|-------------------|------------|--------------------------------|------------------|
| MIHS Dance Studio | Wednesdays | 3/21 - 5/30 (no class 3/28) | 7:00 - 8:00 p.m. |



TABATA

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

Instructor: Nylene Baney-Partsch

Strengthen and sculpt your total body with this cardio and strength based class using the Tabata format. Tabata is an exercise philosophy that advocates 20 seconds of moderate intensity to higher intensity work followed by 10 seconds of rest. This format allows for an endless variety of exercises within each 4 minute circuit. This class will incorporate conditioning moves between each Tabata circuit, allowing participants to maintain an elevated heart rate and be in the fat burning zone. Please bring 3-5 lbs weights, a mat, and water. ****Please note this will be a high intensity workout that may not be suitable for all participants, especially those with medical conditions or joint concerns.**

| LOCATION | DAY | DATES | TIME |
|-------------------|----------------|-------------------------------|----------------|
| MIHS Dance Studio | Tues. & Thurs. | 4/3 - 5/31 (no class 3/29) | 6:00-6:45 p.m. |

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 | 4/4 - 5/30 (no class 4/25, 5/2) | 7:30 - 8:30 p.m. |

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

| LOCATION | DAY | DATES | TIME |
|-------------|--------------|----------|-------------------------|
| Asbury Barn | Mon. & Thur. | 4/2-5/31 | 10:00 a.m. - 10:50 a.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 | 4/2 - 5/30 | 8:00 - 8:50 a.m. |

BEGINNER TAI CHI

| LOCATION | DAY | DATES | TIME |
|-------------|-------------|------------|------------------|
| Asbury Barn | Mon. & Weds | 4/2 - 5/30 | 9:00 - 9:50 a.m. |

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

| LOCATION | DAY | DATES | TIME |
|---------------------|---------|--|------------------|
| JS Wilson Cafeteria | Mondays | 4/2 - 6/4 (no class 4/23, 4/30, 5/28) | 7:30 - 8:30 p.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. **No class 4/9, 4/12, 5/28.**

| 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 | 3/19 - 6/4 | 5:45 - 6:30 p.m. |

STABILITY BALL WORKOUT

| LOCATION | DAY | DATES | TIME |
|-------------|---------|------------|------------------|
| Asbury Barn | Mondays | 3/19 - 6/4 | 6:30 - 7:15 p.m. |

Participants must supply their own stability ball.

MUSCLE CONDITIONING

| LOCATION | DAY | DATES | TIME |
|-------------|---------|------------|------------------|
| Asbury Barn | Mondays | 3/19 - 6/4 | 7:15 - 8:15 p.m. |

CIRCUIT STEP AEROBICS

| LOCATION | DAY | DATES | TIME |
|-------------|-----------|-------------|------------------|
| Asbury Barn | Thursdays | 3/22 - 5/31 | 5:45 - 6:30 p.m. |

STABILITY BALL WORKOUT

| LOCATION | DAY | DATES | TIME |
|-------------|-----------|-------------|------------------|
| Asbury Barn | Thursdays | 3/22 - 5/31 | 6:30 - 7:15 p.m. |

MUSCLE CONDITIONING

| LOCATION | DAY | DATES | TIME |
|-------------|-----------|-------------|------------------|
| Asbury Barn | Thursdays | 3/22 - 5/31 | 7:15 - 8:15 p.m. |

Visit us on the web at www.millcreektownship.com/Residents/ParksandRecreation.aspx

FITNESS AND RECREATION FOR ADULTS

2018 Spring (continued)



TOTAL BODY SCULPT WITH NYLENE

Instructor: Nylene Baney-Partsch

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

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.

| LOCATION | DAY | DATES | TIME |
|---------------------|---------------|-------------|----------------|
| MIHS Fitness Center | Tue. & Thurs. | 3/20 - 5/31 | 5:00-5:45 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 | 3/21 - 5/30 | 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 | 3/21 - 5/30 | 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 | 3/20 - 5/31 | CLOSED |

"GO WITH THE FLOW" CHAIR YOGA

Instructor: Kathy Smith

Gentle yoga with the use of a chair for support. Begin with meditation and deep breathing exercises to calm the mind and bring inner peace. Followed by gentle poses that stretch and strengthen muscles and joints to improve and maintain flexibility and balance. Bring yoga mat and water.

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

| LOCATION | DAY | DATES | TIME |
|----------------------------|------------------------|-------------|-------------------|
| Asbury Barn (2nd Floor) | Tuesdays and Thursdays | 3/20 - 5/31 | 12:15 - 1:00 p.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. & Thurs.) **\$40.00** **\$60.00**

| LOCATION | DAY | DATES | TIME |
|-------------|-----------|-------------|--------------------|
| Asbury Barn | Tuesdays | 3/20 - 5/29 | 10:30 - 11:15 a.m. |
| Asbury Barn | Thursdays | 3/22 - 5/31 | 8:30 - 9:15 a.m. |



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 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. | 3/19 - 5/30 (no class 3/26, 3/28) | 5:50-6:50 p.m. |

LEGS AND ABS

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

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 | 3/20 - 6/5 (No class 5/29) | 7:00-7:45 p.m. |

SELF-DEFENSE OF "TUI TE"

Instructor: Joe Logue

AGES 14 & ABOVE

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

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

A non-forceful method.

| LOCATION | DAY | DATES | TIME |
|------------------------------------|--------------|-------------------------------------|----------------|
| Westlake 6th Grade Company Area | Mon. & Weds. | 3/19 - 6/4 (no class 3/26, 5/28) | 7:00-9:00 p.m. |



ZUMBA

Instructor: Susan McCall

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! Gold cards may take any combination of 2 days for 1 class credit.

RESIDENT FEE: 1 CLASS, \$30 • NON RESIDENT FEE: 1 CLASS, \$50
2 CLASSES, \$40 **2 CLASSES, \$60**
3 CLASSES, \$60 **3 CLASSES, \$80**

| LOCATION | DAY | DATES | TIME |
|-------------|-----------|-------------------------------|------------------|
| Asbury Barn | Tuesdays | 3/20 - 5/29 | 9:30-10:15 a.m. |
| Asbury Barn | Thursdays | 3/22 - 5/31 | 7:30-8:15 a.m. |
| Asbury Barn | Fridays | 3/23 - 6/1 (no class 3/30) | 11:30-12:15 a.m. |

FITNESS AND RECREATION FOR ADULTS

2018 Spring (continued)



WATER EXERCISE

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

Instructor: Kathleen Magoon

| LOCATION | DAY | DATES | TIME |
|-----------|----------------|------------|------------------|
| MIHS Pool | Tues. & Thurs. | 4/3 - 5/31 | 7:00 - 8:00 p.m. |

DEEP WATER AEROBICS

Instructor: Kathleen Magoon

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

| LOCATION | DAY | DATES | TIME |
|-----------|------------|------------|----------------|
| MIHS Pool | Wednesdays | 4/4 - 5/30 | 8:00-8:50 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.

TABLE TENNIS/BADMINTON

| LOCATION | DAY | DATES | TIME |
|----------|-----------|------------|-------------------|
| MIHS | Thursdays | 1/4 - 5/24 | 7:00-10:00 p.m. |
| | Saturdays | 1/6 - 5/26 | 7:00 - 10:00 p.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. and Wed. (no class 5/28) | 4/2 - 5/30 | 11:00 a.m.- 1:00 p.m. |

BEGINNER AMERICAN MAHJONG

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. Space is limited to 12 participants.

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

| LOCATION | DAY | DATES | TIME |
|----------------------------|----------------------------------|------------|---------------------|
| Asbury Barn (2nd Floor) | Mon. and Wed. (no class 5/28) | 4/2 - 5/30 | 1:00 p.m.- 3:00p.m. |

ACTIVITIES FOR CHILDREN & YOUTH

2018 Spring

BABYSITTERS CLINIC

Instructor: Matt Exley, EMT, Emergency Management Coordinator

Girls and boys 11 years and older can earn certification as responsible babysitters by attending one class. Instruction includes child care, behavior, safety, security and basic first aid. National certification from the American Health and Safety Institute will be issued upon successful completion of course. Please mail in your registration. Space is limited to 20 students. Students should bring a doll or stuffed animal.

RESIDENT FEE: \$20 • NON RESIDENT FEE: \$30

| LOCATION | DAY | DATES | TIME |
|-------------------------------------|----------|-------|---------------------|
| Millcreek Township Assembly Room | Saturday | 5/5 | 8:00 a.m. - 12 noon |



DANCE & BALLET/HIP HOP

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 | 3/24-5/12 | 10:00 - 10:45 a.m. |

PRE-BALLET/TAP

| AGES | DAY | DATES | TIME |
|--------|-----------|-----------|--------------------|
| 5 to 7 | Saturdays | 3/24-5/12 | 11:00 - 11:45 a.m. |

HIP HOP

| AGES | DAY | DATES | TIME |
|---------|-----------|-----------|------------------|
| 8 to 15 | Saturdays | 3/24-5/12 | 12:00-12:45 p.m. |

MYAA SPORTS REGISTRATION

For questions, please contact MYAA at 833-3298 or go online to register at 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/Residents/ParksandRecreation.aspx

- * 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 | 4/2 - 5/21 | 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 | 4/2 - 5/21 | 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 | 4/3 - 5/22 | 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 | 4/4 - 5/23 | 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 | 3/23 - 6/1 (no class 3/30) | 9:30 a.m. - 2:30 p.m. |

BEGINNER BASKET WEAVING

Supervisor: Charles Elliott

Learn the basics of weaving in this introduction to basket making. The history of basket making will be reviewed along with the technique of weaving and beginning baskets.

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

| LOCATION | DAY | DATES | TIME |
|-------------|------------|-------------|----------------|
| Asbury Barn | Wednesdays | 3/21 - 5/30 | 7:00-9:00 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 | 3/20 - 5/29 | 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 | 3/20 - 5/29 | 7:00 - 9:00 p.m. |

BEGINNER KNITTING

Instructor: Lauren Ertsgaard

Learn to cast on, knit, purl, and bind off, as well as other basic knitting skills. We will complete a project of your choice.

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

| LOCATION | DAY | DATES | TIME |
|-------------|------------|-----------|------------------|
| Asbury Barn | Wednesdays | 3/21-5/30 | 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 | 3/22 - 5/31 | CANCELLED |

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 | 3/22 - 5/31 | 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:

| LOCATION | DAY | DATES | TIME |
|-------------|---------|-------------------------------|------------------------|
| Asbury Barn | Fridays | 3/23 - 6/1 (no class 3/30) | 9:30 a.m. - 12:30 p.m. |

BASKETS:

| LOCATION | DAY | DATES | TIME |
|-------------|---------|-----------------------------|------------------------|
| Asbury Barn | Fridays | 3/23-6/1 (no class 3/30) | 12:30 p.m. - 2:30 p.m. |