

2021 Winter

Millcreek Recreation and Parks Commission

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

www.millcreektownship.com
Click on Departments under
Township Links

Online Registration is available
for all programs at
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 Hammertmill 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 2021

Applicants must complete their registration forms with all necessary information, signed waiver and release of liability (see pages 27-28) 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

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 27-28) 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!

WINTER 2021 *Please use this form for all activities.*

[] []

FAMILY LAST NAME (Child name if different than parent)

HOME PHONE

WORK PHONE

Mr. Mrs. Ms.

ADDRESS

ZIP CODE

FIRST NAME	AGE	ACTIVITY	LOCATION	DAY	TIME	FEE

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

Please mail registration and signed waiver to: MILLCREEK RECREATION AND PARKS DEPARTMENT, MILLCREEK MUNICIPAL BUILDING, 3608 WEST 26TH ST., ERIE, PA 16506

*All checks returned to us after deposit will be assessed a non-sufficient funds (NSF) fee.

MILLCREEK TOWNSHIP ACKNOWLEDGMENT — ASSUMPTION OF RISK, RELEASE, AND INDEMNITY AGREEMENT

This is a legally binding document. It waives and releases certain legal rights. Please read it carefully before signing it. I or my minor child wish to participate in programs offered by Millcreek Township and Millcreek Township's Recreation and Parks Department (hereafter "Released Parties"). Released Parties also includes the Millcreek Township School District when programs are held on the District's property and/or in its facilities. Released Parties also include the officers, directors, managers, officials, trustees, agents, employees, or other representatives of each entity. On behalf of myself and my minor child listed below, I give permission to attend and participate in the program for which application is attached.

- I represent that I understand the nature of the program, for which application is attached, and that I or my minor child are qualified, in good health and in proper physical condition to participate in such program. I acknowledge and agree that if I believe any condition of the program is unsafe, that I or my minor child will immediately discontinue participation in the program.
- I understand and acknowledge that my or my minor child's participation in the program for which application is attached exposes me or my minor child to risk of personal injury, including but not limited to serious personal injury and/or death, and loss or damage to personal property. I understand that the dangers and risks of practicing or participating in the program for which the application is attached may not only result in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social, and recreational activities, and generally to enjoy life. I accept, on my behalf and/or on behalf of my minor child, all the risks of participating in or observing such programs, even if they are created by the carelessness or negligence of a Released Party or anyone else. The risks to which I or my minor child may be exposed include, but are not limited to accidental injury from any equipment used in the activity. I EXPRESSLY AND VOLUNTARILY ASSUME ON BEHALF OF MYSELF AND/OR MY MINOR CHILD ALL RISK OF PERSONAL INJURY, DEATH OR PROPERTY DAMAGE that may result from my participation or my minor child's participation in all such programs operated by the Released Parties.
- COVID-19. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization.

COVID-19 is extremely contagious resulting in symptoms that may be mild to symptoms that may result in death. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing, frequent hand-washing and masking where possible. The Released Parties have put in place preventative measures aimed at reducing the spread of COVID-19; however, they cannot guarantee that you or your child will not become infected with COVID-19 while participating in any program. Further, attending programs operated by the Released Parties may increase your risk and your child's risk of contracting COVID-19.

ASSUMPTION OF RISK: I have read and understood the above warning concerning COVID-19. I or on behalf of my minor child hereby choose to accept the risk of contracting COVID-19 for myself and/or my minor child in order to utilize programming offered by the Released Parties. These programs are of such value to me and/or to my child, that I accept the risk of being exposed to, contracting, and/or spreading COVID-19 in order for me and/or my minor child to participate in programming operated by the Released Parties.

WAIVER OF LAWSUIT/LIABILITY: I hereby forever release and waive my right to bring suit against the Released Parties in connection with exposure, infection, and/or spread of COVID-19 related to participating in programming operated by the Released Parties. I understand that this waiver means I give up my right and my minor child's right to bring any claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claim I or my minor child may have to seek damages, whether known or unknown, foreseen or unforeseen.

COMPLIANCE WITH SAFETY GUIDELINES. I am familiar with federal, state, and local laws, orders, directives, and guidelines related to COVID-19, including the Centers for Disease Control and Prevention (CDC) guidance on COVID-19. I or my minor child will comply with all such orders, directives, and guidelines while participating in the program, including, without limitation, requirements related to hand sanitation, social distancing, and use of face coverings. I or my minor child will also follow all instructions of the Released Parties and/or while participating in the program. I or my minor child agree not to attend the program if I or my minor child is

experiencing symptoms of the COVID-19 (such as cough, shortness of breath, fever or any other symptom identified by the Centers for Disease Control, have a confirmed or suspected case of COVID-19, or have come in contact in the last fourteen (14) days with a person who has been confirmed or suspected of having COVID-19.

4. In consideration for the opportunity for me or my minor child to participate in the programs operated by the Released Parties, I and my heirs, executors, administrators, successors, assigns and personal representatives, hereby RELEASE AND DISCHARGE the Recreation and Parks Department of Millcreek Township, Millcreek Township and the Millcreek Supervisors, and their officers, directors, employees, agents, independent contractors, volunteers and affiliates (also included within the definition of "Released Parties") from any and all liability, known or unknown, past, present, or future, for personal injury, death, property damage, medical expenses, or other losses CAUSED BY THE NEGLIGENCE OR STRICT LIABILITY of the Released Parties, and I hereby RELEASE AND WAIVE such claims on behalf of myself and/or on behalf of my minor children.

5. I also agree NOT TO SUE OR MAKE A CLAIM AGAINST THE RELEASED PARTIES now or at any time in the future, or allow anyone to do so on my behalf or on behalf of my minor child, for personal injury, death, or property damage sustained as a result of my or my minor child's participation. I will indemnify and hold harmless the Released Parties from all claims, judgments and costs, including attorneys' fees, incurred in connection with any such claim or claims.

6. I fully understand and agree that the Released Parties, at their sole discretion, may terminate my or my minor child's involvement as a participant at any time and for any reason.

7. I verify that no warranties or representations have been made to me concerning the activities both stated and not stated in this Agreement. I understand and intend that this document act as the broadest and most inclusive assumption of risk, waiver, release of liability, agreement not to sue and indemnity as permitted by the laws of the Commonwealth of Pennsylvania. If any portion of this Agreement is held to be invalid, I agree that the rest of it shall continue in full force and effect.

I ACKNOWLEDGE THAT I HAVE CAREFULLY READ AND FULLY UNDERSTAND THIS ACKNOWLEDGMENT, ASSUMPTION OF RISK, RELEASE AND INDEMNITY AGREEMENT. I HAVE HAD ALL OF MY QUESTIONS ANSWERED TO MY SATISFACTION BY MILLCREEK TOWNSHIP, THE RECREATION AND PARKS DEPARTMENT, AND KNOWINGLY AND WILLINGLY ASSUME ALL RISKS. I INTEND TO BE LEGALLY BOUND BY THIS AGREEMENT.

Signature of PARTICIPANT

Print Name

Date

Signature WITNESS

Print Witness Name

Date

IF STUDENT/PARTICIPANT IS UNDER 18 YEARS OF AGE:

As parent/guardian of (Please Print Child's Name) _____

Intending to be legally bound, I on behalf of the minor-participant, hereby agree to all terms and provisions stated on the above portion of this form.

Parent/Guardian Name (Please Print): _____

Parent/Guardian Signature: _____

Date

FITNESS AND RECREATION FOR ADULTS

2021 Winter



ADULT DANCE

JAZZ AND BROADWAY

Instructor: Charlotte Haggerty

All students need to wear a mask entering and exiting class and maintain social distancing during class.

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

BEGINNER JAZZ & BROADWAY DANCE

LOCATION	DAY	DATES	TIME
Asbury Barn	Saturdays	1/9-2/27	8:30 - 9:50 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.

All students need to wear a mask entering and exiting class and maintain social distancing during class.

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

ADVANCED TAI CHI

LOCATION	DAY	DATES	TIME
Asbury Barn	Mon. & Weds	1/4- 3/17	8:00 - 8:50 a.m.

BEGINNER TAI CHI SESSION ONE

LOCATION	DAY	DATES	TIME
Asbury Barn	Mon. & Weds	1/4-3/17	9:00 - 9:50 a.m.

BEGINNER TAI CHI SESSION TWO

LOCATION	DAY	DATES	TIME
Asbury Barn	Mon. & Weds	1/4-3/17	10:00 - 10:50 a.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.

All students need to wear a mask entering and exiting class and maintain social distancing during class.

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

LOCATION	DAY	DATES	TIME
Asbury Barn	Mon. & Wed.	1/4-3/17	11:00 a.m. - 11:50 a.m.



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.

All students need to wear a mask entering and exiting class and maintain social distancing during class.

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

LOCATION	DAY	DATES	TIME
Asbury Barn	Tue. & Thurs.	1/5 - 3/11	5:15 p.m.



YOGA

Instructor: Jeanne Espey

All students need to wear a mask entering and exiting class and maintain social distancing during class.

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	1/6-3/17	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	1/6-3/17	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.

All students need to wear a mask entering and exiting class and maintain social distancing during class.

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

LOCATION	DAY	DATES	TIME
Asbury Barn	Tuesday/Thursday	1/5-3/18	11:00 a.m. - noon

Session 1, and then Session 2 will be the 12:10-1:00pm time listed next page

YOGA COMBO, SESSION 2

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.

All students need to wear a mask entering and exiting class and maintain social distancing during class.

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

LOCATION	DAY	DATES	TIME
Session2	Tues.&Thurs.	1/5-3/18	12:10 - 1:00 p.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!

All students need to wear a mask entering and exiting class and maintain social distancing during class.

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

LOCATION	DAY	DATES	TIME
Asbury Barn	Monday	1/4- 3/8	6:00 - 7:00 p.m.

ACTIVITIES FOR CHILDREN & YOUTH

2021 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.

All students need to wear a mask entering and exiting class and maintain social distancing during class.

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

BEGINNER

AGES	DAY	DATES	TIME
3 and 4	Saturdays	1/9-2/27	10:30- 11:15 a.m.

PRE-BALLET/TAP

AGES	DAY	DATES	TIME
5 to 7	Saturdays	1/9-2/27	11:30-12:15 p.m.

HIP HOP

AGES	DAY	DATES	TIME
8 to 15	Saturdays	1/9-2/27	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.



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:

Daniel Ouellet, John Morgan, Jim Bock

Recreation and Parks Commission: *Nicolina Pierce, Heather Hinz, Lisa Cappabianca*

The Millcreek Township School District

Visit us on the web at www.millcreektownship.com

2021 Winter

Millcreek Township Recreation and Parks Notes and Events

Visit us on the web at www.millcreektownship.com

VETERANS PARK SHELTER AVAILABLE FOR RENTALS!

Rental season begins April 1st and ends October 30th.
Reservations will be accepted beginning
January 4, 2021.

For a list of rules and regulations and a copy of our rental agreement, please visit our website at millcreektownship.com/residents/parksandrecreation.aspx

RECREATION NOTES

Zuck, Scott and Asbury Main Pavilions will be available for 2021 reservations for Saturdays and Sundays from May 22 to September 12, 2021. Reservations begin on January 4, 2021.

ALL HOLIDAY WEEKENDS WILL BE ON FIRST COME FIRST SERVE BASIS.

Asbury Barn reservations for 2021 are also available.
Call the Recreation office at 835-4122.

ARTS & crafts

- 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.
- 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

Wearing a mask will be required during class.

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	1/4 - 3/8	1:00-3:00 p.m.

PAINTING FOR ALL LEVELS*

Instructor: Darlene Bennett

Wearing a mask will be required during class.

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	1/4-3/8	3:00 - 5:00 p.m.

PASTELS

Instructor: Darlene Bennett

Wearing a mask will be required during class.

Pastel paper is preferable for this class.

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

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

ACRYLICS

Instructor: Darlene Bennett

Wearing a mask will be required during class.

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	1/6 - 3/10	3:00 - 5:00 p.m.

BEGINNER CROCHET

Instructor: Lauren Ertsgaard

Wearing a mask will be required during class.

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	Wednesdays	1/6-3/10	6:00 - 8:00 p.m.

INTERMEDIATE KNITTING AND CROCHET

Instructor: Lauren Ertsgaard

Wearing a mask will be required during class.

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	1/7-3/11	6:00 - 8:00 p.m.