



Working Together for a Stronger Community

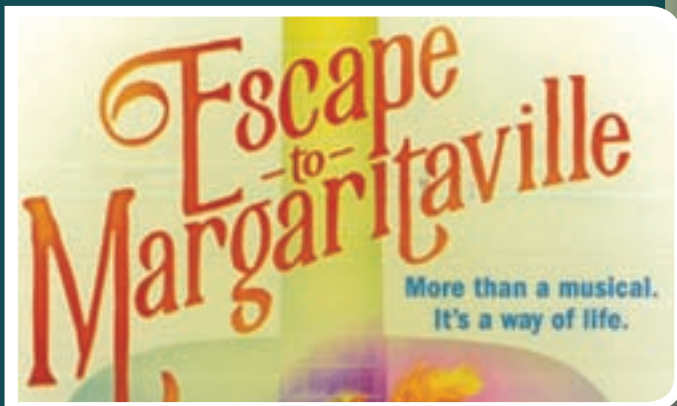


**Downingtown Area
Recreation Consortium**

**Program Catalog
Spring/Summer 2018**



DARC Adventure Camps



Broadway Shows & Bus Trips



Specialty Summer Camps

Keep until September 2018



Register Online at darc.info

It's time to celebrate! The Eagles are Super Bowl Champions and spring is almost here. We've been busy during the winter planning for our spring and summer activities. In the spirit of spring's revival we are making changes too. We are pleased to announce modifications to our camp programs, additions to our trip schedules, and a great new partnership with LL Bean and their Outdoor Discovery Schools.

Our new DARC Adventure Camps have some great new destinations and activities while keeping the favorites from last summer. For our older kids we're touring Lincoln Financial Field – home of the Eagles, touring Well's Fargo Center – home of the Flyers and Sixers, adding Dorney Park to our amusement park destinations, going Zorbing (giant hamster ball) down a ski slope, zip lining, visiting oddities at the Mutter Museum, teaching team building on a low ropes course, partnering with LL Bean's Outdoor Discovery School to learn kayaking, paddle boarding, and archery, seeing the Reading Phillies, and taking the campers indoor skydiving!

Our younger kids will be Zorbing and zip lining too, visiting Legoland, spending a day with the Salt Performing Arts during their production of Beauty and the Beast, going to the Renaissance Faire, the Philadelphia Union's Camp Day, having a day of travelling video games, seeing the Kutztown Folk Festival, and going to the newly renovated Elmwood Zoo. Our Playground Campers will have a special visit from a petting zoo during the July 4th week. We also have started a new full day Counselor in Training Program for mature 14 and 15 year olds. Please visit our registration website at downingtwnpa.myrec.com or call our office at 610-269-9260 for more details.



We are pleased to announce our new partnership with LL Bean and their Outdoor Discovery School based at Marsh Creek State Park. Not only do they provide us with summer camp help by teaching our campers active nature activities, but they have created special demonstration days that are free for all DARC families. See the back page for dates.

Our bus trips and Broadway shows are revamped. We have added more On Your Own Trips to New York and Washington. We are now scheduling many of our trips to occur during local events, shows, and festivals in these cities. You just take the bus and can chose what activities you'd like to do on your own. We have started a new companion program – Custom Broadway Group Programs. If you have a group of 12 or more, we can usually get cheaper tickets for the show of your choice when you take one of our On Your Own Trips. We have added new trip destinations like the Eastern Shore Waterfowl Festival and the Museum of the Bible in Washington. We are even planning tips to smaller local events and festivals.

We are always looking to improve our offerings. Please let us know if you have any new ideas.



Front Cover photo by Ginny Jenkins from her garden in Downingtown. Pictures above by Gregg Fidler.

Expert guides. Amazing scenery. Hundreds of outdoor activities to learn. Plus, small group tours, customized trips and adventure await you at Marsh Creek with L.L.Bean. Fun for all, ages 8 and up, all equipment included.

Since 2013 L.L.Bean’s Outdoor Discovery Schools have offered instruction and experiences in the outdoors through courses, guided trips and tours. Based at Marsh Creek State Park, the Outdoor Discovery School in the Downingtown area offers some of the most diverse programming in outdoor endeavors you will find on the east coast. All equipment is provided, and Beans’ expert instructors have a passion for sharing experiences and a sense of adventure and fun in a wide variety of offerings.

Learn Kayaking from friendly instructors with an entry level lesson to introduce you to the sport. Want to hone your skills if you are already own a kayak? L.L.Bean has skills based courses for all levels from four hours to all day covering safety, rescues, stroke skills and maneuvers; to learning the Eskimo roll.

Interested in something a little hipper? Try SUP (Stand Up Paddle Boarding) If that hooks you, L.L.Bean will take you from basics to expert with a progression of lessons designed to enhance your enjoyment and increase your confidence and ability. It’s a wonderful way to challenge yourself in a non-impact sport. The satisfaction of gliding across the water on an SUP is indescribable.



If you not a water person, we still have you covered with Wilderness Skills Courses, Map and Compass, both class room theory and Field Work, Archery Classes, Fly Casting and Guided Hikes. Many of these activities L.L.Bean offers free of charge in the Bean retail store at the King of Prussia Mall. Registration and details for all events are found at www.llbean.com/adventure.

So no excuses, family fun is just around the corner and it’s waiting for you at L.L.Bean. Most courses are appropriate for kids 8 and up with an accompanying adult.

Kayaking

Weekends, May – October

Stand Up Paddle Boarding

Weekends, June – September

Archery

Weekends, May – October

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DARC CAMPS & PLAYGROUND PROGRAMS

Half Day Playground Camps for Pre-School and Elementary School Ages

The Half Day Playground Program will be offered Mondays through Thursdays from 9 am to Noon at local elementary schools. This year we are offering camps at West Bradford, Lionville, and Pickering Valley Elementary Schools. No camp on Fridays.

Our pre-school camps (ages 3-4 & 5-6) have a lower number of campers and a higher ratio of camp staff to meet the needs of the younger children.

Each of the weeks will be based around a theme of the week (download the weekly theme summary from our website).

Day to day activities will include sports games, arts & crafts, team building activities and one day per week will be a "water day" with water related activities (weather permitting). As a special treat this year, during the July 4th week we will have a visiting petting zoo at each location.

Each camp has a Site Supervisor with professional childcare experience who supervises the camp. Our staff will consist of well-qualified college and high school students. You can sign your child up for one week or all summer. The weekly cost for 7-11 year olds is \$55 for residents. The weekly cost for younger kids - because of a higher staff ration - is \$70 for residents.

Week 1

06/18/2018 - 06/21/2018

Week 2

06/25/2018 - 06/28/2018

Week 3

07/02/2018 - 07/05/2018

Week 4

07/09/2018 - 07/12/2018

Week 5

07/16/2018 - 07/19/2018

Week 6

7/23/2018 - 07/26/2018

Week 7

07/30/2018 - 08/02/2018

Week 8

(offered only at our Lionville Elementary location)

08/06/2018 - 08/09/2018

SUMMER CAMP FAIR - OPEN HOUSE

Join us Wednesday, April 17, 5:30 - 7:30 p.m.

Lionville Elementary School

Come and learn about all the exciting camp opportunities available through DARC this summer!

We are offering half day Playground Camps at local elementary schools for ages 3 to 11.

Low Cost, High Energy Activities for your child.

We are offering full day Adventure Camps for both elementary and middle school aged children for ages 11-13.

Each day we take off on a new adventure. Some of our destinations include Lincoln Financial Field Tour, Zorbing, Zip-lining, Amusement Parks, and so much more!

We also offer over 50 specialty camps! Something for Everyone. Sports, Art, Theater, Music, Cooking, Science, Engineering, Nature, Lego, Chess Camps and More!

Door Prizes, Free T shirts, and so much more! Bring a friend.



DARC CAMPS & PLAYGROUND PROGRAMS

Elementary School Adventure Camp

Our Adventure Day Camp Program for elementary school students aged 7 to 11 sends your child on a unique activity each and every day. Unlike many other camps, we take your child by school bus to local attractions, events, museums, and a weekly pool session.

Each week there will be one “major” trip to a park or attraction, a one-day trip to a nearby State Park, and smaller trips to local attractions and community parks. We have made many changes this year to our action packed Elementary Adventure Camps. We’ve added exciting new trips and adventures including Zorbing, Zip-lining, Elmwood Zoo, Kutztown Folk Festival, and Legoland. Join us for a dynamic and thrilling summer!

Our Adventure Day Camp is offered Mondays thru Fridays from 9 am to 4 pm. Extended care (purchased separately) is available in the morning from 7:30 to 9 am and/or in the afternoon from 4 to 5:30 pm. You can sign your child up for one week or all eight weeks. Camp cost is \$225 per week for residents and \$245 per week for non-residents. Extended care is an additional \$40 per week.

The Adventure Day Camp Programs have two locations for you to choose from: All Star Baseball Academy (417 Boot Rd) in Downingtown or Power Play Ice Rink (701 Haywood Dr) in Eagle. Both Elementary Adventure Camp locations will participate in the same activities each week this summer.

Week #1 June 18-22

Laser Tag at Laserdome, Trampoline Park, Mt. Gretna Lake, State Park Pool Swimming, Elmwood Zoo

Week #2 June 25-29

Go Karting at Arnold’s, LL Bean Outdoor Adventures, Dutch Wonderland, State Park Pool Swimming, Springton Manor Farm

Week #3 July 2-6 (Excluding July 4th)

Legoland, Kutztown Folk Festival, State Park Pool Swimming, Zorbing and Zip-lining at Roundtop

Week #4 July 9-13

Rolling Video Games, Briar Bush Nature Center, Sahara Sam’s Outdoor Water Park, State Park Pool Swimming, Eastern State Penitentiary

Week #5 July 16-20

Bumper Boats and Roller Skating at Ozzy’s, Battleship New Jersey, Dutch Springs Aqua Park, State Park Pool Swimming, Tree House World

Week #6 July 23-27

Franklin Institute, Amazing Maze at Cherry Crest Farm, Philadelphia Union Soccer Camp, State Park Pool Swimming, Turkey Hill Experience

Week #7 July 30- August 3

Creek Exploration and Archery at Black Rock Retreat, Tubing on the Brandywine, Live Theater Performance of Beauty and the Beast, Clip and Climb at Spooky Nook Sports, Renaissance Faire

Week #8 August 6-10

Ballicity at Oasis, Crayola Experience, Adventure Aquarium, State Park Pool Swimming, Dutch Springs Aqua Park

Week #9 August 13-17 (offered only at our All Star location)

Mini Golf and Laser Tag at Adventure Sports in Hershey, Sahara Sam’s, Rock Climbing, State Park Pool Swimming, Field Day



DARC CAMPS & PLAYGROUND PROGRAMS

Middle School Adventure Camp

Our Adventure Day Camp Program for middle school students aged 11 to 13 sends your child on a unique activity each and every day. Unlike many other camps, we take your child by school bus to local attractions, events, museums, and a weekly pool session.

Each week there will be one “major” trip to a park or attraction, a one-day trip to a nearby State Park, and smaller trips to local attractions and community parks. We have made our middle school adventure camps even more exciting by adding new and interesting experiences. We will tour Lincoln Financial Field and hopefully get a glimpse at the Lombardi Trophy. We will test our strength and agility on ropes courses and zip lines. We will explore Medical oddities at the Mutter Museum. And of course, we will visit all the camp favorites from previous years!

Our Adventure Day Camp is offered Mondays thru Fridays from 9 am to 4 pm. Extended care (purchased separately) is available in the morning from 7:30 to 9 am and/or in the afternoon from 4 to 5:30 pm. You can sign your child up for one week or all eight weeks. Camp cost is \$250 per week for residents and \$270 per week for non-residents. Extended care is an additional \$40 per week.

The Adventure Day Camp Programs have two locations for you to choose from: All Star Baseball Academy (417 Boot Rd) in Downingtown or Bell Tavern Park (100 Bell Tavern Road) in East Caln.

Camp at Bell Tavern Park

Week #1 June 18-22

Rolling Video Game Station, Laser Tag at Laser Quest, Lincoln Financial Field Tour, Dutch Springs Aqua Park, State Park Pool Swimming

Week #2 June 25-29

Escape Room, Go Karting at Arnold's, GPS Nature Hunt and Sling Shot Targets at Refreshing Mountain, Mt. Gretna Lake, State Park Pool Swimming

Week #3 July 2-6 (Excluding July 4th)

Clementon Park, Zorbing and Zip-lining at Roundtop, Hershey Park, State Park Pool Swimming

Week #4 July 9-13

Wells Fargo (Home to the 76's and Flyers) Tour, Indoor Skydiving at IFly, Stand up Paddle Boarding with LL Bean Outdoor Adventures, The Funplex, State Park Pool Swimming

Week #5 July 16-20

Mt. Gretna Lake, Trampoline Park, Beach Day, Rock Climbing, State Park Pool Swimming

Week #6 July 23-27

High Ropes Course at Black Rock Retreat, Kayaking with LL Bean Outdoor Adventures, Reading Phillies Game, Medical Oddities at the Mutter Museum, State Park Pool Swimming

Week #7 July 30- August 3

Eastern State Penitentiary, Fun on the Farm at Cherry Crest Farm, Dutch Springs Aqua Park, Renaissance Faire, State Park Pool Swimming

Week #8 August 6-10

Turkey Hill Experience, Tubing on the Brandywine, Escape Room, Laser Tag and Go Karts, State Park Pool Swimming

Camp at All-Star Baseball

Week #1 June 18-22

Escape Room, Go Karting and Laser Tag at Arnold's, Lincoln Financial Field Tour, Mt. Gretna Lake, State Park Pool Swimming

Week #2 June 25-29

Stand up Paddle Boarding with LL Bean Outdoor Adventures, Laser Quest, Dorney Park, Ropes Course, State Park Pool Swimming

Week #3 July 2-6 (Excluding July 4th)

Zorbing and Zip-lining at Roundtop, Hershey Park, Indoor Skydiving at IFly, State Park Pool Swimming

Week #4 July 9-13

Wells Fargo (Home to the 76's and Flyers) Tour, Dutch Springs Aqua Park, Trampoline Park, Beach Day, State Park Pool Swimming

Week #5 July 16-20

Bumper Boats and Roller Skating at Ozzy's, Kayaking with LL Bean Outdoor Adventures, Fun on the Farm at Cherry Crest Farm, Funplex, State Park Pool Swimming

Week #6 July 23-27

Rolling Video Game Station, Mt. Gretna Lake, Reading Phillies Game, Eastern State Penitentiary, State Park Pool Swimming

Week #7 July 30- August 3

Medical Oddities at the Mutter Museum, Dutch Springs Aqua Park, Tubing on the Brandywine, Renaissance Faire, State Park Pool Swimming

Week #8 August 6-10

High Ropes Course at Black Rock Retreat, Outdoor Laser Tag and Bumper Boats, Rock Climbing, Turkey Hill Experience, State Park Pool Swimming

Week #9 August 13-17

Zip-lining, Trampoline Park, Sahara Sam's, GPS Nature Hunt and Sling Shot Targets at Refreshing Mountain, State Park Pool Swimming

YOUTH SPORTS CAMPS

COUNSELOR IN TRAINING PROGRAM

Do you have a teenager who is too old for our Middle School Camps, but not yet old enough for Camp Counselor employment? We offer a CIT program for teenagers who are 14 to 15 years old. We have many opportunities for them to mentor children in a supervised environment at our half day Playground Camps. We have select opportunities for more mature teenagers to provide an added hand during our full day Elementary Adventure Camps. Please call our office at 610-269-9260 or e-mail downingtowntownrec@gmail.com for more information. The link to apply for our summer jobs is <https://goo.gl/forms/JQnXES13euqEPFXE2>

Net Generation Junior Summer Tennis Camps

Our net generation players range from kids entering PK to the 6th grade. Kids are divided up into groups by age and ability. Our 8 and under players (usually 5-8 year olds) will be playing and learning on 36 foot courts with red balls. Our 10 and under players will be playing and learning on 60 foot courts with orange balls. Our 12 and under players will be playing and learning on full size courts with green dot balls. Our format is THE way to train and play for youth tennis. Focus of the camp will be on fundamentals, racquets, skills, match play, and fun! This camp is for beginner to advanced players. Players will be divided into groups according to age and ability.

Weekdays	9 - 10:15 AM
06/18/2018 - 06/22/2018	Downingtowntown West
07/02/2018 - 07/06/2018	High School Tennis
07/16/2018 - 07/20/2018	Courts
07/30/2018 - 08/03/2018	\$80 Res, \$100 Non-Res

High Performance Middle/High School Summer Tennis Camps

This camp is perfect for players wanting to take their game to the next level with drills, games and match play.

Instructed by Justin DePietropaolo; Head Coach of the Downingtown West High School Boys & Girls Tennis Teams. For more information please contact Justin at 484-883-0048 or justin@phillyteamtennis.org.

Weekdays	10:15 - 11:45 AM
06/18/2018 - 06/22/2018	Downingtowntown West
07/02/2018 - 07/06/2018	High School Tennis
07/16/2018 - 07/20/2018	Courts
07/30/2018 - 08/03/2018	\$90 Res, \$110 Non-Res

Honeybrook Golf Club - Girls Only- Junior Golf Camp

Girls Only Junior Golf Camp is a great way for young ladies to get introduced to the game of golf in a comfortable, supportive setting. The girls will learn the fundamentals such as grip, stance, setup, aim and swing. Everything will be covered from driving to putting. There will also be plenty of games and fun!

Monday-Wednesday
06/25/2018 - 06/27/2018
9 AM - 12 PM
Honeybrook Golf Club
\$140 Res, \$160 Non-Res

Honeybrook Golf Club - Junior Golf Camps (Coed)

Honeybrook Junior Golf Camps are a great way for students to get introduced to the game of golf and learn the basics in a fun environment. The students will learn the fundamentals such as grip, stance, setup, aim and swing. Everything will be covered from driving to putting. There will also be plenty of games and fun! Many of our students over the years have gone on to become great players and have made lifelong new friends.

Monday-Wednesday
07/16/2018 - 07/18/2018
08/13/2018 - 08/15/2018
9 AM - 12 PM
Honeybrook Golf Club
\$140 Res, \$160 Non-Res

YOUTH SPORTS CAMPS

Baton Twirling Camp by Alysha Depp Busza

Newcomers come join the fun and learn the skills to twirl like the Downingtown Eat/West Feature Twirlers. No experience needed! Take advantage of instruction under the former World Gold Medalist in addition to a college feature twirler who received a full ride for twirling. Baton twirling teaches a good work ethic, eye-hand coordination, flexibility, performance skills and lots more! Camp is the best time to learn new skills with the concentrated time and a motivational environment. Students will be broken into groups according to age and experience level. Be amazed at how much you can learn in this short time! We will learn and perform a routine at the end of camp.

Ages: 5 - 12
Monday - Thursday
06/18/2018 - 06/21/2018
9:30 AM - 12:30 PM
Check website for location
\$125 Res, \$145 Non-Res

Youth Basketball with United Sports Institute

Youth Basketball with United Sports Institute is a great way to introduce your child to the sport of basketball! Each session is facilitated by a USSI coach who has a background in teaching and educating in their respective sport.

USSI's Basketball Squirts program for ages 4-5 is designed to introduce your budding NBA star to the high energy game of basketball! Using proportionately sized basketballs, this program encourages players to develop motor skills and basic technique in passing, dribbling and shooting.

The summer basketball camp introduces a wide range of skills throughout the week including dribbling, passing and shooting. Each day ends with small-sided games where the coaches encourage good sportsmanship and teamwork.

Ages: 6 - 14	Ages: 3 - 5
Weekdays	Weekdays
07/30/2018 - 08/03/2018	07/30/2018 - 08/03/2018
5:30 - 7:00 PM	4:30 - 5:30 PM
Broad Run Park	Broad Run Park
\$119 Res, \$139 Non-Res	\$99 Res, \$119 Non-Res

Youth Golf with United Sports Institute

Youth Golf with United Sports Institute is a great way to introduce the game of golf to your child. These programs are all about having fun while incorporating learning tools and methodology to help your child develop their golf technique. Take a look at the youth golf programs below to choose which is best for your child.

Using the revolutionary SNAG (Starting New at Golf) system, Squirts Golf is an ideal introduction for children ages 4-5 to the game of golf. Players use modified golf clubs that encourage children to develop the correct grip and swing mechanics, and play to colorful Velcro targets rather than holes.

Senior Squirts Golf is a continuation of the SNAG system for children ages 5-7. Children will still use modified clubs but will get to develop the correct chipping, putting, and driving techniques.

Foundation Golf is for children ages 8-10 who are beginners or have some experience with the fundamentals of golf. This program will work on techniques as well as introduce the different strokes and swings.

Ages: 4 - 5	Ages: 5 - 7	Ages: 8 - 10
Weekdays	Weekdays	Weekdays
07/09/2018 - 07/13/2018	07/09/2018 - 07/13/2018	07/09/2018 - 07/13/2018
8:30 - 9:15 AM	9:30 - 11:00 AM	11:00 AM - 12:30 PM
Bell Tavern Park	Bell Tavern Park	Bell Tavern Park
\$75 Res, \$95 Non-Res	\$125 Res, \$145 Non-Res	\$125 Res, \$145 Non-Res



YOUTH SPORTS CAMPS

Youth Multi Sports with United Sports Institute

The US Sports Institute's Multi Sport programs are designed to introduce children to a variety of sports in a safe and structured environment.

Parent & Me Multi Sports programs have been designed to introduce children aged 2-3 years old to a variety of sports, all with the help of Mom or Dad! Children will have the opportunity to try Lacrosse, Soccer, T-Ball, Track & Field and Parachute Games.

The Sports Squirts and the Total Sports Squirts programs allow children ages 3-5 to experience Lacrosse, Soccer, T-Ball, and Track & Field.

The Senior Sports Squirts is a wonderful introductory level program for children ages 5-7. Players will learn key skills through small-sided scrimmages in a variety of sports including Lacrosse, Soccer, T-Ball and Track & Field.

Multi Sport Camp is the perfect summer activity for children ages 5-12. During the morning players will focus on developing their technique and skills within each sport. The afternoon will focus on small sided scrimmages in a tournament environment. Half and full day options are available.

Ages: 2 - 3	Ages: 3 - 5	Ages: 5 - 7
Sundays	Sundays	Sundays
04/15/2018 - 06/10/2018	04/15/2018 - 06/10/2018	04/15/2018 - 06/10/2018
1:30 - 2:30 PM	2:30 - 3:30 PM	3:30 - 4:30 PM
Bell Tavern Park	Bell Tavern Park	Bell Tavern Park
\$149 Res, \$169 Non-Res	\$149 Res, \$169 Non-Res	\$149 Res, \$169 Non-Res

Ages: 2 - 3	Ages: 3 - 5
Weekdays	Weekdays
06/25/2018 - 06/29/2018	06/25/2018 - 06/29/2018
4:00 - 5:00 PM	4:00 - 5:00 PM
Bell Tavern Park	Bell Tavern Park
\$99 Res, \$119 Non-Res	\$99 Res, \$119 Non-Res

Ages: 5 - 12	Ages: 5 - 12
Weekdays	Weekdays
06/25/2018 - 06/29/2018	06/25/2018 - 06/29/2018
9:00 AM - 12:30 PM	9:00 AM - 3:00 PM
Bell Tavern Park	Bell Tavern Park
\$169 Res, \$189 Non-Res	\$199 Res, \$219 Non-Res

Youth Soccer with United Sports Institute

Youth Soccer with United Sports Institute is a great way to introduce your child to soccer! Each session, your USSI coach will lead your child through a series of fun games and activities.

Parent & Me Soccer Squirts is a fun and positive introduction to soccer for children ages 2-3 with a helping hand from Mom or Dad! Kids will have fun learning the fundamental skills of soccer through structured activities, fun based games, and scrimmages.

Soccer Squirts is the next level up for children 3-5 and is another perfect introduction to soccer. Skills covered include dribbling, passing, shooting, stealing, and more.

Senior Squirts Soccer is the perfect program for players graduating from Soccer Squirts or for children ages 5-7 who are looking for their first ever soccer experience. Each session will focus on developing a particular skill including dribbling, passing, ball control, moves & turns, positioning, and more.

Soccer Camp is a great summer activity to get children ages 5-12 involved in the world's most popular sport! Soccer Camp is available in a half or full day session.

Ages: 2 - 3	Ages: 3 - 5	Ages: 5 - 7
Saturdays	Saturdays	Saturdays
04/14/2018 - 06/09/2018	04/14/2018 - 06/09/2018	04/14/2018 - 06/09/2018
1:30 - 2:30 PM	2:30 - 3:30 PM	3:30 - 4:30 PM
Bell Tavern Park F	Bell Tavern Park Field Area	Bell Tavern Park
\$130 Res, \$150 Non-Res	\$130 Res, \$150 Non-Res	\$130 Res, \$150 Non-Res

Ages: 2 - 3	Ages: 3 - 5	Ages: 5 - 12
Weekdays	Weekdays	Weekdays
07/23/2018 - 07/27/2018	07/23/2018 - 07/27/2018	07/23/2018 - 07/27/2018
4:00 - 5:00 PM	4:00 - 5:00 PM	9:00 AM - 12:30 PM
Bell Tavern Park	Bell Tavern Park	Bell Tavern Park
\$99 Res, \$119 Non-Res	\$99 Res, \$119 Non-Res	\$169 Res, \$189 Non-Res

Ages: 5 - 12	Bell Tavern Park
Weekdays	\$199 Res, \$219 Non-Res
07/23/2018 - 07/27/2018	
9:00 AM - 3:00 PM	

YOUTH SPECIALTY CAMPS

Bricks4Kidz -Mining & Crafting I Camp

MINECRAFT is a game about placing blocks to build anything you can imagine. At night monsters come out; make sure to build a shelter before that happens. Experience the world of MINECRAFT with LEGO® bricks in this fun camp!

Kids will craft their shelters and some of the mobs, critters and tools using LEGO® bricks. Sign up early! The max count for this camp is 18.

Weekdays

07/09/2018 - 07/13/2018

9:00 AM - 12:00 PM

East Brandywine Twp. Building Meeting Room

\$200 Res, \$220 Non-Res

Bricks4Kidz -Remote Control Mania Camp

Making it move is the name of the game at this exciting camp! Kids will love to see their creations in motion using LEGO® wireless remote controls. Each day, campers will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, machines and more. As they enjoy the fun of building, campers will understand the basic working principles of many ingenious devices that are part of our everyday lives.

Campers will also learn how to magnify, diminish and redirect force to move objects at different speeds and in different directions.

This camp is loads of fun and learning for budding builders. *All Campers take home a custom mini-figure.

Weekdays

07/23/2018 - 07/27/2018

9:00 AM - 12:00 PM

Downingtown Municipal Building Annex

\$190 Res, \$210 Non-Res



Bricks4Kidz- Dino World

Are you ready for the adventure of a lifetime? Put on your hiking boots and camouflage...you're about to enter Jurassic Brick Land! Campers will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying, T.Rex, and more. We'll learn about amazing dinosaurs that lived during the Jurassic period, and other extinct, prehistoric animals that roamed the earth and swam the seas during that era and millions of years later. Show us your building skills using our specialized project kits! Come learn, build and play at Jurassic Brick Land camp! Included in every camp is our wildly popular Battle Tracks where kids get to build their own motorized battle bot using their creativity and battle it out with other kid's bots!

Weekdays

08/06/2018 - 08/10/2018

9:00 AM - 12:00 PM

Downingtown Municipal Building Annex

\$190 Res, \$210 Non-Res

Bricks4Kidz- Space Wars Adventure Camp

Inspired by NASA and Star Wars™, our Space Adventures Camp is packed full of models that will make your imagination blast off! Each day, campers will learn about real-life space exploration and build models related to the NASA space program.

In addition, the day includes LEGO® Star Wars™ themed models, video games, group games, challenges and more. Bricks4Kidz® Space Adventure camp provides the spark for imagination and creativity to take off on an adventure that's out of this world!*All Campers take home a custom mini-figure.

Weekdays

08/13/2018 - 08/17/2018

9:00 AM - 12:00 PM

East Brandywine Twp. Building Meeting Room

\$190 Res, \$210 Non-Res

YOUTH SPECIALTY CAMPS

Bricks4Kidz- Transformation Creations

Get ready to build and discover how your model transforms! Campers will love the mash-up of combination models that can be rebuilt into something different. These awesome 2-in-1 models will include exciting characters, robots, vehicles and more! Follow the step-by-step building plans and ignite your inner engineer by using your imagination to transform your model into something unique. Join us for this fun-filled camp where you'll use your creativity and engineering skills to build and transform!

Weekdays

07/16/2018 - 07/20/2018

9:00 AM - 12:00 PM

East Brandywine Twp. Building Meeting Room

\$175 Res, \$195 Non-Res

Chess Camp with Shining Knights Chess

Whether you are new to the game, learning to push pawns for the first time, or have played in numerous tournaments, and want to sharpen your skills, come to a Shining Knights Chess Camp! We have trained numerous state champions and national trophy winners. We have trained even more kids to enjoy the game that they can spend hours playing with friends and family. So, whether you want to win games in your living room against your parents or win tournaments in other states, come join us and learn how to play chess or play better chess! Campers receive a tournament-style chess set and a Shining Knights T-shirt.



Monday - Thursday

07/09/2018 - 07/12/2018

9:00 AM - 12:00 PM

Pickering Valley Elementary

\$160 Res, \$180 Non-Res

Monday - Thursday

07/16/2018 - 07/19/2018

1:00 PM - 4:00 PM

East Brandywine Twp. Building Meeting Room

\$160 Res, \$180 Non-Res

Computer Explorers - 3D Printing and 3D Design Camp

The children will learn to use the most exciting new technology, 3D Printing! 3D Printing has made prosthetic hands, a tool for the international space station, and prototypes of many new products. The children will design and edit objects in 3D and then use a 3D printer to make an object that they can take home. Will it be a boat? A light saber? A piece of jewelry? A dinosaur head or something completely different?

Monday - Thursday

06/25/2018 - 06/28/2018

9:15 AM - 11:45 AM

Lionville Elementary

\$160 Res, \$180 Non-Res

Computer Explorers - Create Your Own Video Games, Animations and Stories

The children will have fun and success using a graphics-based children's programming language to create their own video games and animated stories. They will choose characters, vehicles, objects,, backgrounds and sounds and they will direct what action takes place. Will a character walk down the beach, jump in the water and go surfing? Will the crowd cheer, a dog bark and a jet engine roar?

Monday - Thursday

08/13/2018 - 08/16/2018

9:15 AM - 11:45 AM

West Bradford Elementary

\$160 Res, \$180 Non-Res

Computer Explorers - Fun with STEM From A to Z camp

What will spark your child's interests the most. This camp is the perfect way to find out. In one week, the children will do engaging, hands-on projects in the following areas of STEM:

- Building and Directing Robots
- Programming
- 3D Printing
- Creating Electronic Projects
- Designing Video Games

Monday - Thursday

07/16/2018 - 07/19/2018

9:15 - 11:45 AM

Pickering Valley Elementary

\$160 Res, \$180 Non-Res

YOUTH SPECIALTY CAMPS

Engineering For Kids - 3D Printing: Minecraft Creations

3D printing and Minecraft both represent boundless opportunity for creating even our wildest of ideas! In 3D Printing: Minecraft Creations, students will explore the basic concepts of 3D printing and computer - aided design, or CAD, to bring their most awesome Minecraft creation to life! Students will take their Minecraft design out of the world of Minecraft and learn how to extrude it into a 3D model that can then be modified to be printed in 3D.



Weekdays

08/13/2018 - 08/17/2018

12:30 - 3:30 PM

Downingtown Municipal Building Annex

\$229 Res, \$249 Non-Res

Engineering For Kids - Medieval Machinations Minecraft

MinecraftEDU is an expansive game that lets players design and create unique worlds with amazing structures. One of the more complicated aspects of MinecraftEDU is Redstone, which is MinecraftEDU's version of electrical circuitry. This class will introduce students to the many uses of Redstone through a Medieval themed adventure of creation, exploration, and castle besieging, with students making mine cart tracks to help them gather resources, working together to build their kingdom, and designing traps to defend their castle, all with the use of Redstone.



Weekdays

08/13/2018 - 08/17/2018

9:00 AM - 12:00 PM

Downingtown Municipal Building Annex

\$199 Res, \$219 Non-Res

Engineering For Kids - Out Of This World Camp

Is mankind ready to inhabit the moon? With a little help from Engineering for Kids® students, humans will be prepared to take up residence by the end of the week! Students will collaborate with their Space State teams to create the safest and most effective community on the moon. Which team will earn enough Astro-Points to be declared the winner? During Out of this World camp, students will explore three fields of engineering: aerospace, civil, and chemical. Collaborating with their Space State teams, they will design and construct a variety of projects that will enable mankind to safely inhabit the moon.



Weekdays

07/16/2018 - 07/20/2018

12:30 - 3:30 PM

Downingtown Municipal Building Annex

\$199 Res, \$219 Non-Res



YOUTH SPECIALTY CAMPS

Young Engineers Camp

We are thrilled to offer your child a summer program that is both educational and entertaining. The camp integrates a range of activities including building Lego models, games, and projects related to STEM concepts. Young Engineers was founded 10 years ago and is at the forefront of the edutainment movement. The YE Pedagogical Group developed the camp curriculum and variations of this program are offered across the USA and in dozens of countries around the world. The camp is suited for children in elementary school (grades 1 through 5).

Our instructor, Kelly, is a cell and molecular biologist, well versed in the STEM concepts and methods she will be introducing.

Each of the two weeks of camp has a different theme. The first week (June 25 to 28) is about GOING UP (AND ALL AROUND) and the second week (July 9 to 12) is about MOVING FORWARD (FAST AND SLOW). Every day campers will build a Lego model and be introduced to the scientific concepts it demonstrates, play games, and participate in activities related to the theme. During Week 1 the Lego builds will include motorized models like the Elevator and the Helicopter. The builds will be accompanied by a brief discussion of related STEM concepts like mass, gravity, power increasing transmission, and lift force.

Daily Schedules will look like this:

- 10 minutes - STEM Concept Introduction
- 20 minutes - Thematic Activity
- 70 minutes - Lego Build
- 15 minutes - Snack Break
- 30 minutes - Thematic Activity
- 30 minutes - Game Time
- 5 minutes - Summary and Close

Moving Forward (Fast and Slow)

Monday - Thursday
07/09/2018 - 07/12/2018
9:00 AM - 12:00 PM
West Bradford
Elementary
\$199 Res, \$219 Non-Res

Going Up (And All Around)

Monday - Thursday
06/25/2018 - 06/28/2018
9:00 AM - 12:00 PM
Lionville Elementary
\$199 Res, \$219 Non-Res

Intro to Film & TV - On Camera Acting & Behind the Scenes

This is Wickline Casting's original course that started 18 years ago. Your children will work as cast and crew teams in this cool camp. Kids learn basic levels of acting, directing and operating the camera. Script writing, storyboarding and improvisation will also be introduced.

They will work on lots of projects such as commercials, film scenes, music videos and public service announcements. Each day is different as they create their very own original projects. They will truly learn the basics of the biz.



Kathy Wickline, CSA (www.wicklinecasting.com) is a top casting director of TV and Film right here in the Philadelphia area and has selected real life projects for kids to enjoy while being introduced to this industry.

Weekdays

07/23/2018 - 07/27/2018
9:00 AM - 3:00 PM

East Brandywine Twp. Building
\$325 Res, \$345 Non-Res

Acting for the Camera

This camp is for the aspiring young "actors" in your household. It is here they will learn real auditioning skills by working with scripts for commercials and film readings. Your child will learn how to personalize characters and follow direction, block for camera and read with their 'co-stars'. Voice over will also be introduced. Improvisation and ad-libbing (of-script) will be taught as a basis of making acting choices and trusting their instincts. Included in the camp is take-home tutorial showing you ways to find acting jobs as well as a list of legitimate talent agencies. This camp is designed by casting director, Kathy Wickline, CSA (www.wicklinecasting.com) who holds over 10,000 casting credits in film, commercials and TV.

Ages: 8 - 15

Weekdays
08/06/2018 - 08/10/2018
9 AM - 3 PM

**East Brandywine Twp.
Building**
\$325 Res, \$345 Non-Res

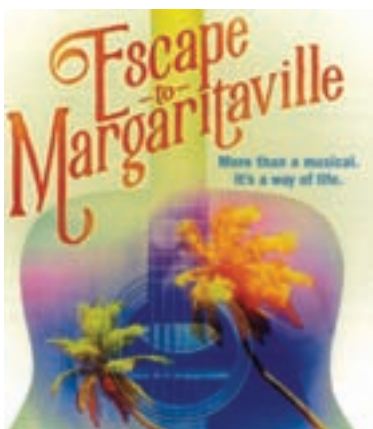
TRIPS AND TOURS

Escape to Margaritaville on Broadway

Limited Tickets Available - Register Now!

There's a new musical making waves in cities across the country. This spring, it sets sail for Broadway—and you don't want to miss your chance to jump on board!

This season, Broadway welcomes a hilarious and heartwarming new musical featuring unforgettable songs from one of music's greatest storytellers. Welcome to Margaritaville. The Los Angeles Times calls it "Pure escapism! Filled with brilliant songwriting." It's the getaway we've all been waiting for—one you won't want to miss! Get your tickets today. ESCAPE TO MARGARITAVILLE is the musical comedy featuring both original songs and your most-loved JIMMY BUFFETT classics.



ESCAPE TO MARGARITAVILLE

More than a musical. It's a way of life.

Saturday

04/07/2018

8 AM - 8:30 PM

Ashbridge Manor Rear Parking Lot

\$140 Res, \$140 Non-Res

Washington DC - On Your Own

Skip the parking fees and tolls and have us drive you to the Nation's Capital. Spend 8 hours in the city and go sightseeing, visit all of the free Smithsonian museums, or see the monuments. The day is yours to enjoy. We will drop you off near the National Mall.



Some of our On Your Own Trips coincide with specific events in the city like festivals, parades, and shows. This gives you the opportunity to attend a unique event or just do whatever strikes your fancy.

The bus will pick you up near the National Mall around 5 PM.

3/24/18 Trip - Cherry Blossom Festival
(Limited Seats Available)

9/8/18 Trip - Museum of the Bible

For our fall trip, if you select just the Wash DC on your own portion of the trip a \$10 credit (in lieu of Bible Museum tickets) will be provided.

Cherry Blossom Festival (Limited Seats Available)

Saturday

03/24/2018

7:00 AM - 8:00 PM

Ashbridge Manor Rear Parking Lot

\$50 Res, \$50 Non-Res

Museum of the Bible

Saturday

09/08/2018

7:30 AM - 8 PM

Ashbridge Manor Rear Parking Lot

\$75 Res, \$75 Non-Res

TRIPS AND TOURS

Aladdin on Broadway

A Special Weekday Matinee (this Show will sell out)

Discover a whole new world at ALADDIN, the hit Broadway musical. From the producer of The Lion King comes the timeless story of Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite.

Hailed by USA Today as "Pure Genie-Us," ALADDIN on Broadway features all your favorite songs from the film as well as new music written by Tony® and Academy Award® winner Alan Menken (Newsies) with lyrics penned by the legendary Howard Ashman (Beauty and the Beast). Directed and choreographed by Tony Award winner Casey Nicholaw (The Book of Mormon, Something Rotten!), this "Fabulous" and "Extravagant" (The New York Times) new musical boasts an incomparable design team, with sets, costumes and lighting.



Wednesday
06/27/2018
8 AM - 7:30 PM
Ashbridge Manor Rear Parking Lot
\$160 Res, \$160 Non-Res

A Bronx Tale on Broadway

A Special Weekday Matinee!

A combination of Jersey Boys and West Side Story. Based on the critically acclaimed play that inspired the now classic film, this streetwise musical will take you to the stoops of the Bronx in the 1960s—where a young man is caught between the father he loves and the mob boss he'd love to be. A Bronx Tale is directed by two-time Academy Award® winner Robert De Niro and four-time Tony Award® winner Jerry Zaks.



Wednesday
06/27/2018
8 AM - 7:30 PM
Ashbridge Manor Rear Parking Lot
\$145 Res, \$145 Non-Res

Eastern Shore Waterfowl Festival

Come with us to enjoy the fall season on the Eastern Shore of Maryland!

Since its inception in 1971, the Festival proudly continues to showcase everything the Eastern Shore has to offer with a small town feel. It's a weekend for catching up with old friends and making new ones; where people enjoy wonderful art, artists and programs, family activities, sporting events and exhibitors, and of course, good food and great music!



Guests are responsible for purchasing their own festival tickets. 2018 prices have not been released. 2017 prices were \$15 for adults - with kids 12 and under free.

Saturday 11/10/2018 8 AM - 7:30 PM	Ashbridge Manor Rear Parking Lot \$60 Res, \$60 Non-Res
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An advertisement for Stagelight Summer Camps 2018. The ad features the Stagelight logo at the top, followed by "SUMMER CAMPS 2018 At SALT Performing Arts". Below this is the slogan "Give your child the summer gift that will last a lifetime!" and the website "www.stagelightpa.com". The ad lists several camps: "THE LION KING KIDS", "IMAGINATION CAMP", "Disney CAMPS Disney Sleeping Beauty KIDS", "BROADWAY KIDS", "Disney BEAUTY & BEAST", and "Comedy IMITATION AUDITION".

TRIPS AND TOURS

The 14th Annual Vendemmia da Vinci Wine and Food Festival

Head down with us to the Vendemmia da Vinci Wine and Food Festival in October! Festival is held in Wilmington, DE and includes wine and food tastings, beer garden, live music, bocce ball tournament, silent auction, wine glass, and more are included with price! There is also a handcrafted wine & gravy contest, and a variety Italian vendors including pizza, pasta, fish and more! Don't miss this amazing opportunity to eat, drink, and be merry with your Italian favorites!



Sunday
10/07/2018
12:30 PM - 7 PM
Ashbridge Manor
\$90 Res, \$90 Non-Res

Frozen on Broadway

Take your family for Christmas! This show will sell out fast.

A FAMILY. A SECRET. AN UNFORGETTABLE JOURNEY.

This is the timeless tale of two sisters, pulled apart by a mysterious secret. Both are searching for love. They just don't know where to find it.

Created for the stage by an award-winning team, this stunning new production comes alive on Broadway through exquisite stagecraft and deepens the beloved story with twice as many songs as the original film. Discover that love is a force of nature...at Disney's new musical, Frozen.

Saturday
12/01/2018
8 AM - 7:30 PM

**Ashbridge Manor Rear
Parking Lot**
\$180 Res, \$180 Non-Res



CUSTOM BROADWAY BUS TRIPS

We are excited to announce this new program! If you have a group of 12 or more and want discount tickets to select theater performances in NYC we can get discounted tickets and provide transportation on one of our New York City On Your Own trips.

Please call our office at 610-269-9260 or e-mail us at downingtowntownrec@gmail.com for more details.

TRIPS AND TOURS

New York City - On Your Own

Skip the parking fees and tolls and have us drive you to NYC. Spend 8 hours in the city and go shopping, sightseeing, visit Central Park, visit museums, or take a carriage ride. The day is yours to enjoy in the fabulous Big Apple. We will drop you off near Radio City Music Hall.

Some of our On Your Own Trips coincide with specific events in the city like festivals, parades, and shows. This gives you the opportunity to attend a unique event or just do whatever strikes your fancy.



9th Street Food Festival

Saturday

05/19/2018

7:30 AM - 8 PM

Ashbridge Manor Rear Parking Lot

\$60 Res, \$60 Non-Res

*** We now offer wait list NYC On Your Own trips.**

These trips share buses with scheduled Broadway trips. If you don't mind traveling last minute and our bus has space available - you can travel to NYC at \$5 off our normal price!

Saturday (wait list)*

04/07/2018

7:30 AM - 8 PM

Ashbridge Manor Rear Parking Lot

\$55 Res, \$55 Non-Res

Wednesday (wait list)*

06/27/2018

8 AM - 7:30 PM

Ashbridge Manor Rear Parking Lot

\$55 Res, \$55 Non-Res

Saturday (wait list)*

12/01/2018

8 AM - 7:30 PM

Ashbridge Manor Rear Parking Lot

\$55 Res, \$55 Non-Res

Saturday (wait list)*

12/15/2018

8 AM - 7:30 PM

Ashbridge Manor Rear Parking Lot

\$60 Res, \$60 Non-Res



HEALTH AND FITNESS

Body Pump / CXWORX

This class combines the strength training of Body Pump with the core focus in CXWORX. Body Pump is the most successful group fitness program in history, BODYPUMP® is a 30 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. The class finishes with a cool-down and stretch.



Sundays 04/29/2018 - 06/17/2018 8:30 - 10:30 AM Summit Fitness \$65 Res, \$85 Non-Res	Sundays 06/24/2018 - 08/19/2018 8:30 - 10:30 AM Summit Fitness \$65 Res, \$85 Non-Res
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Step Class

Freestyle, challenging cardio hour using the Reebok Step and taught by a step master. Works leg muscles that no other class can tackle. Great, energizing start to the weekend.

Saturdays 04/28/2018 - 06/16/2018 7:30 - 8:30 AM Summit Fitness \$65 Res, \$85 Non-Res	Saturdays 06/23/2018 - 08/25/2018 7:30 - 8:30 AM Summit Fitness \$65 Res, \$85 Non-Res
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Pilates Fusion with Maureen Collins

Core conditioning focusing primarily on strengthening the back and abdominal muscles (think 6 pack!). Great for stress relief and relaxation.

Mondays
04/09/2018 - 05/14/2018
6 - 6:50 PM
West Bradford Elementary
\$50 Res, \$65 Non-Res

Endurance Spin

Group indoor cycling program designed to help you enhance your aerobic base, cardiovascular system, and increase muscle tone and strength. Spinning combines music and motivation while utilizing heart rate training to keep you in your ideal workout zone. It's not about pedaling as fast as you can. It's about going along at your own pace creating a workout that's ideal for you! Beginners to serious road riders welcome. You control the resistance, so the class is for all levels. Be prepared to sweat and burn optimum fat while being challenged.



Wednesdays 05/02/2018 - 06/20/2018 5:30 - 6:15 PM Summit Fitness \$65 Res, \$85 Non-Res	Wednesdays 06/27/2018 - 08/15/2018 5:30 - 6:15 PM Summit Fitness \$65 Res, \$85 Non-Res
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Spin 45

Group indoor cycling program designed to help you enhance your aerobic base, cardiovascular system, and increase muscle tone and strength. Spinning combines music and motivation while utilizing heart rate training to keep you in your ideal workout zone. It's not about pedaling as fast as you can. It's about going along at your own pace creating a workout that's ideal for you! Beginners to serious road riders welcome. You control the resistance, so the class is for all levels. Be prepared to sweat and burn optimum fat while being challenged.

Saturday 04/28/2018 - 06/16/2018 8 - 8:45 AM Summit Fitness \$65 Res, \$85 Non-Res	Saturday 06/23/2018 - 08/25/2018 8 - 8:45 AM Summit Fitness \$65 Res, \$85 Non-Res
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See our registration website at
downingtwnpa.myrec.com for
additional Summit Fitness programs!

HEALTH AND FITNESS

Super Summer Shape Up with Julie Seville, Lifetime Fitness

This Energizing, head-to-toe workout combines low impact aerobics, sculpting exercises using weights and bands, toning floor work and stretches. Burn calories, build muscle and improve cardiovascular fitness.

Wear workout clothes and supportive sneakers; bring mat, water, towel and hand-held weights, 3 to 6 lbs. Bring your own Dynaband or purchase at class (\$5.)

Thursdays

06/14/2018 - 08/30/2018

6:30 PM - 7:30 PM

St. Paul's Lutheran Church

\$79 Res, \$94 Non-Res

Body Sculpting with Weights & Bands with Julie Seville, Lifetime Fitness

Burn more calories by building more muscle! This strength conditioning class will work all of the major muscles of your body, producing more shapely arms and legs and a strong back and abdomen.

Learn how to safely and effectively use light hand-held weights and Dynabands to strengthen muscles, increase endurance and improve bone density.

Tuesdays

05/01/2018 - 05/22/2018

6 - 7 PM

East Ward Elementary School

\$69 Res, \$84 Non-Res

Tuesdays

06/12/2018 - 08/28/2018

6:30 - 7:30 PM

St. Paul's Lutheran Church

\$79 Res, \$94 Non-Res



Lower Body Strengthen & Tone with Julie Seville, Lifetime Fitness

Learn the most effective exercises to tone your midsection, flatten your abs, trim your thighs and firm your fanny! You don't need a gym, expensive equipment, or infomercial gadgets to get the results you want.

Combine this class with the Upper Body Workout and get a complete head to toe workout.

Thursdays

05/10/2018 - 05/31/2018

6:15 - 7:05 PM

East Ward Elementary School

\$69 Res, \$84 Non-Res

Sculpt & Tone with Julie Seville, Lifetime Fitness

This total body workout will rev up your metabolism, build energy, strengthen your bones, reduce the risk of disease, and help you to look and feel younger!

You'll improve muscle tone and strength, burn fat, and increase flexibility with this effective combination of exercises using hand held weights, dynabands, and classic floor work routines.

Tuesdays

05/01/2018 - 06/05/2018

7:30 - 8:30 PM

Glenmoore Fire Hall

\$54 Res, \$69 Non-Res

Upper Body Strengthen & Tone with Julie Seville, Lifetime Fitness

This class focuses on firming your arms and flattening your stomach. Hand held weights (3 to 5 pounds) and dynabands will be used to tone arms, chest, shoulders, and back, while a floor work segment will include a wide variety of exercises to strengthen the core muscles of the back and abdomen, resulting in a better posture and a trim and toned waistline.

Combine this class with the Lower Body Workout and get a complete head to toe workout!

Thursdays

05/10/2018 - 05/31/2018

7:10 - 8 PM

East Ward Elementary School

\$69 Res, \$84 Non-Res

HEALTH AND FITNESS

Intro to MELT

The MELT Method (MELT) is a simple self-treatment that reduces chronic pain and helps you stay healthy, youthful, and active for a lifetime. Just 10 minutes of MELT three times a week is all you need to begin reducing the effects of accumulated tension and stress caused by daily living. New research has revealed the missing link to pain-free living: a balanced nervous system and healthy connective tissue. These two components work together to provide your body support and optimal mind-body communication. MELT directly addresses these two systems of your body in a way no other self-treatment can, including diet and exercise.



The ultimate goal of MELT is to improve your body's ability to restore balance and repair itself, which can create remarkable, lasting changes. MELT offers natural pain relief, allowing you to address the true cause of chronic pain and not just masking the symptoms. If you feel stiff in the morning when you get up, this 90 minute class is for you!

Saturday
04/14/2018
12 - 1:30 PM
Bodywork by Roxanne
\$50 Res, \$65 Non-Res

Saturday
07/07/2018
12 - 1:30 PM
Bodywork by Roxanne
\$50 Res, \$65 Non-Res

Saturday
06/02/2018
12 - 1:30 PM
Bodywork by Roxanne
\$50 Res, \$65 Non-Res

Saturday
08/04/2018
12 - 1:30 PM
Bodywork by Roxanne
\$50 Res, \$65 Non-Res



Photo by Gary Gittis.

MELT Anti-Aging Workshop

If you have just a few minutes a day to help yourself look good and feel fantastic, this simple self-treatment is for you. The MELT Anti-Aging Workshop featuring the 50-Second Facelift will show you how you can reduce the sagging skin on your face and neckline and give yourself a face lift daily. Learn how to stimulate the cells that produce collagen in your skin and restore your skin's natural hydration from the inside out. Take home 7 tips for great-looking skin. You will learn other easy self-treatment techniques for reducing the common aging issues including aches and pains, stiffness, and difficulty sleeping that uses the MELT Soft Body Roller and Treatment Balls.

Saturday
06/23/2018
12 - 1 PM
Bodywork by Roxanne
Office
\$45 Res, \$60 Non-Res

Saturday
08/25/2018
12 - 1 PM
Bodywork by Roxanne
Office
\$45 Res, \$60 Non-Res

Hydrate the Lower Body with MELT

Using the soft ball and a MELT soft foam body roller you will learn how to create lasting change in your lower body by hydrating the connective tissue in your low back, hips, legs and feet. What does hydration have to do with Cellulite? When the backs of your legs are chronically compressed (sitting does this but there are many reasons that dehydration occurs) the spongy layers of connective tissue become dehydrated and the collagen network in the tissue is damaged so much so that the fatty tissue pokes through leading to the cottage-cheese effect. With lower body sequences from the book, *The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Ease the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day!*, you will be amazed at the global changes that can be felt immediately not only in your lower body but in your upper body as well.

Saturday
04/21/2018
05/19/2018
07/14/2018
12 - 1:30 PM
Bodywork by Roxanne Office
\$50 Res, \$65 Non-Res

HEALTH AND FITNESS

Beginner Kettlebells with Les Jiles @ Studio E

This class is for those wanting to challenge their fitness level and a first time to Kettlebells. This class is designed to teach the 7 primary Kettle Bell moves while safely coaching individuals with hip, back, knee, shoulder pain, or injury. Start with this Kettlebell class to build a safe and awesome foundation for your individual fitness level. Strengthen muscles, improve your endurance and energy, and tone your body.



Tuesdays

04/17/2018 - 05/22/2018

06/05/2018 - 06/26/2018

07/10/2018 - 07/31/2018

7:30 - 8:15 PM

Ashbridge Manor Studio E

\$50 Res, \$70 Non-Res

Kettlebells with Les Jiles @ Studio E

Ditch the dumbbells and fall in love with Kettlebells! Discover why Kettlebells are called the busy person's solution to fat burning, cardio and fitness.

Chester County's top personal trainer, Les Jiles, will show you the safe, effective way to strengthen, sculpt, and tone your body - plus increase your stamina - with this popular workout.

Saturday Mornings

04/21/2018 - 05/26/2018

9 - 9:45 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Wednesday Evenings

04/18/2018 - 05/23/2018

7:30 - 8:15 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Saturday Mornings

06/09/2018 - 06/30/2018

9 - 9:45 AM

Ashbridge Manor Studio E

\$50 Res, \$70 Non-Res

Wednesday Evenings

06/06/2018 - 06/27/2018

7:30 - 8:15 PM

Ashbridge Manor Studio E

\$50 Res, \$70 Non-Res

Saturday Mornings

07/14/2018 - 08/04/2018

9 - 9:45 AM

Ashbridge Manor Studio E

\$50 Res, \$70 Non-Res

Wednesday Evenings

07/11/2018 - 08/01/2018

7:30 - 8:15 PM

Ashbridge Manor Studio E

\$50 Res, \$70 Non-Res

BOSU & Stability Ball Class @ Studio E

Blast the trunk, waistline, hips and thighs! This class is designed using the BOSU and Stability balls for great trunk strength, cardio endurance, flexibility and balance. Learn how to use the trunk muscles for improving posture and burning more calories. All ages and skill levels are welcome. Focus on the alignment and muscle balance for great results and have a blast.

Mondays

04/16/2018 -

05/21/2018

6 - 6:45 PM

Ashbridge

Manor Studio E

\$75 Res, \$95

Non-Res

Mondays

06/04/2018 -

06/25/2018

6 - 6:45 PM

Ashbridge

Manor Studio E

\$50 Res, \$70

Non-Res

Mondays

07/09/2018 -

07/30/2018

6 - 6:45 PM

Ashbridge

Manor Studio E

\$50 Res, \$70

Non-Res

Thursdays

04/19/2018 -

05/24/2018

9 - 9:45 AM

Ashbridge

Manor Studio E

\$75 Res, \$95

Non-Res

Thursdays

06/07/2018 -

06/28/2018

9 - 9:45 AM

Ashbridge

Manor Studio E

\$50 Res, \$70

Non-Res

Thursdays

07/12/2018 -

08/02/2018

9 - 9:45 AM

Ashbridge

Manor Studio E

\$50 Res, \$70

Non-Res

Get it Back - Group Personal Training with Les Jiles @ Studio E

Do you need to GET IT BACK? The way it was...The way you were...

Get it Back Training is based on "FUNCTIONAL FITNESS": integrating muscle groups to move together and perform exercise tasks resulting in increased strengthening for the trunk muscles, legs and arms to improve movement, posture, balance, coordination and agility.

Class includes TRX, Battle ropes, BOSU, exercise balls, bands, hand weights and more.. The KEY to a pain free and injury free body!

Thursdays

04/19/2018 -

05/24/2018

6 - 6:55 PM

Ashbridge

Manor Studio E

\$75 Res, \$95

Non-Res

Thursdays

06/07/2018 -

06/28/2018

6 - 6:55 PM

Ashbridge

Manor Studio E

\$50 Res, \$70

Non-Res

Thursdays

07/12/2018 -

08/02/2018

6 - 6:55 PM

Ashbridge

Manor Studio E

\$50 Res, \$70

Non-Res

HEALTH AND FITNESS

Power Walk & Tone @ Studio E

A 30 minute class designed with the best features of low impact group class: easy to follow, effective in results, energizing, BIG CALORIE BURNING MILES! All fitness levels will enjoy walking inspired moves and feel results! Learn proper walking warm ups and effective strength circuits. A great way to be ready for Spring and the energy to keep moving!

Thursdays 04/19/2018 - 05/24/2018 1 - 1:30 PM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res	Thursdays 06/07/2018 - 06/28/2018 1 - 1:30 PM Ashbridge Manor Studio E \$50 Res, \$70 Non-Res	Thursdays 07/12/2018 - 08/02/2018 1 - 1:30 PM Ashbridge Manor Studio E \$50 Res, \$70 Non-Res
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Thursdays 04/19/2018 - 05/24/2018 11 - 11:30 AM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res	Thursdays 06/07/2018 - 06/28/2018 11 - 11:30 AM Ashbridge Manor Studio E \$50 Res, \$70 Non-Res	Thursdays 07/12/2018 - 08/02/2018 11 - 11:30 AM Ashbridge Manor Studio E \$50 Res, \$70 Non-Res
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Yoga Inspired Stretch @ Studio E

Kick off your week by uniting your body, mind and spirit in this "Happy Monday" beginner yoga class. This class is designed for those newer to yoga or those looking for foundational yoga to improve balance, strength and flexibility. You will learn basic yoga postures and sequences, proper breathing techniques and how to focus within to further your yoga practice. While this is a beginner class, expect to be challenged. Individual modifications welcome.



Mondays
04/16/2018 - 05/21/2018
06/04/2018 - 06/25/2018
07/09/2018 - 07/30/2018
11 - 11:55 AM
Ashbridge Manor Studio E
\$50 Res, \$70 Non-Res

Body Combat

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

Thursdays 04/26/2018 - 06/14/2018 6 - 6:45 AM Summit Fitness \$65 Res, \$85 Non-Res	Thursdays 06/21/2018 - 08/09/2018 6 - 6:45 AM Summit Fitness \$65 Res, \$85 Non-Res
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Bosu Boot Camp

Challenge yourself with the strength and balance of Bosu Ball intervals. This class will combine high intensity, low impact moves on and off the Bosu Ball that will shape and tone your body. It will also include a muscle sculpting component using the barre and various other moves including abdominal training. All levels welcomed.

Wednesdays 05/02/2018 - 06/20/2018 8 - 9 AM Summit Fitness \$65 Res, \$85 Non-Res	Wednesdays 06/27/2018 - 08/15/2018 8 - 9 AM Summit Fitness \$65 Res, \$85 Non-Res
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Honeybrook Golf Club - Golf 101 for Adults

Designed for players with zero or limited golf knowledge and experience. Each week we will cover the basics of the game of golf in a fun, relaxed atmosphere. With over 16,000 hours of instruction, PGA Professional Duane Lent will make your experience an enjoyable on our beautiful Practice Range! If you have your own golf clubs, feel free to bring them. If you do not have your own golf clubs, they will be provided free of charge.

Wednesdays
04/25/2018 - 05/23/2018
11:30 AM - 12:30 PM
Honeybrook Golf Club
\$120 Res, \$140 Non-Res

PERSONAL DEVELOPMENT

Medicare 101 Workshops

If you will be joining the ranks of Medicare soon, are already in the Medicare system and have questions, or you just want to understand what this Federal program is all about, this session is for you. Members of the APPRISE program, Pennsylvania's volunteer statewide program of insurance consultation, will present an overview of Medicare including the definitions of Medicare A, B, C; explanation of the drug benefit (Part D), types of health care insurance available in Chester County, benefits available for low income beneficiaries, and things to consider when selecting your medical coverage. A question session will follow the presentations. **MUST PRE-REGISTER!**

Thursday 05/10/2018 6:30 - 8:30 PM Downingtown Municipal Building Annex \$5 Res, \$5 Non-Res	Thursday 07/26/2018 6:30 - 8:30 PM Downingtown Municipal Building Annex \$5 Res, \$5 Non-Res
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Will Preparation Workshop by Beth Forman-Randinelli, Esq.

Do you have a will? Despite the overwhelming need for this vital legal document, most individuals don't.

Do you know what will happen to your assets and your children if you die without a will? The State will dictate who gets your assets and who will take care of your minor children.

Wouldn't you rather be in charge of those extremely important matters? This course will provide you with the elements and information you need to know when having a Will drafted by an Attorney.

Each participant will leave the session with peace of mind knowing that he/she will receive (within two weeks of the session) his/her own professionally drafted Will by a local, experienced attorney.

Tuesday 05/29/2018 7:00 - 8:30 PM Check website for location \$95 Res, \$115 Non-Res	Tuesday 08/28/2018 7:00 - 8:30 PM Check website for location \$95 Res, \$115 Non-Res
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MUSIC & ARTS INSTRUCTION

Guitar/Bass/Mandolin/Cello Instruction

Have you ever wanted to learn how to play music? Now is your chance. You can enjoy private lessons on a variety of instruments. Whether your interest is Guitar, Bass, Mandolin, or Cello* (levels one and two only) Rich McKenzie, professional player/instructor will teach you the basics and more. Folk, Country, Rock, Blues, and Irish styles covered by request.



Time slots will be assigned on a first come, first served basis.

Lesson Information

Saturday lessons - 30 minute time slots beginning at 10:30am & ending at 2:00pm

Wednesday lessons 30 minute time slots beginning at 5:30pm & ending at 8:00pm

Wednesdays 04/18/2018 - 05/23/2018 06/13/2018 - 07/25/2018 5 - 8:30 PM \$90 Res, \$110 Non-Res	Saturdays 04/21/2018 - 05/26/2018 10:30 AM - 1:30 PM \$90 Res, \$110 Non-Res
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Sessions alternate between Downingtown Boro Annex and East Caln Township Meeting rooms.

FIRST AID/CPR/BABYSITTING SAFETY

Adult/Infant/Child CPR & First Aid

By investing four hours to attend this course, you may be able to save an adult's, or child's, or infant's life. The American Safety & Health Institute instructor will train and certify individuals in the techniques needed for adult, infant and child CPR, choking and rescue breathing.

A student handbook is provided as a guide for CPR and methods to aid a choking person. First Aid is the immediate care given to the injured or suddenly ill person. This is a basic course that will concentrate on the first five minutes of care. Properly applied first aid can save lives, reduce recovery time, and quite possibly be the difference between temporary disability or lifelong disability for the victim.

An American Safety & Health Institute student handbook is provided as a guide for this basic first aid course. This course does meet OSHA and the Dept. of Transportation guidelines and you will receive certification cards upon successful completion.



Thursday

04/19/2018

05/17/2018

06/07/2018

07/19/2018

08/16/2018

5:45 - 10:00 PM

Downingtown Municipal Building Annex

\$75 Res, \$95 Non-Res

Babysitting Safety Workshops

This American Safety & Health Institute program is developed for the purpose of teaching safe and healthy techniques to teenage children in childcare and babysitting settings.

The number one priority of this program is to keep you and the children you care for safe.

Childcare/ babysitting is not just "watching" the children, but being 100% responsible for their safety and well-being. Take this course and be more confident when you accept your first babysitting job.

This course includes CPR (cardiopulmonary resuscitation) and choking for the responsive and unresponsive infant and child. You will receive a course handbook and a separate certification card upon successful completion of this class. The CPR card is good for a period of two years.



Saturday

04/28/2018

06/02/2018

08/11/2018

8:45 AM - 2:00 PM

Downingtown Municipal Building Annex

\$85 Res, \$100 Non-Res

FIRST AID/CPR/BABYSITTING SAFETY

Professional CPR (for Healthcare Providers)

This advanced CPR class is intended to certify healthcare professionals (i.e. nurses, doctors, firefighters, police, dental personnel, etc.). Adult CPR, Pediatric CPR, & AED instruction are all included. Course includes how to care for a choking or non-breathing patient.



This program does meet OSHA and the Dept. of Transportation guidelines and you will receive a certification card upon successful completion.

Enrollment

If this class does not run due to low enrollment, the instructor can make special arrangements for those professionals who need to have their certifications renewed in a timely manner.

Saturday
04/21/2018
05/19/2018
06/16/2018
07/21/2018
08/18/2018
7:45 AM - 1:00 PM
Downingtown Municipal Building Annex
\$75 Res, \$90 Non-Res

Autism Training for Babysitters

Justin Unlimited is currently offering a 4-hour course for teens and young adults interested in serving as a babysitter for families who have a child with Autism. This class can be taken as a stand-alone course; but, is best designed to serve as an “add on” to standard babysitting courses such as Safesitters® or the American Red Cross Babysitting Training®.

In our training, participants will learn:

- What important information you need to collect before parents leave the house;
- Overview of Autism & introduction to other types of special needs;
- What to expect and how to deal with the unexpected



Ages: 15 and up
Saturday
04/14/2018
Downingtown Municipal Building Annex
\$90 Res, \$105 Non-Res

A poster for the Trailblazer Run. The background is a blurred image of a trail with trees. The text is centered and reads: www.runtheday.com, PROCEEDS BENEFIT EAST BRADFORD TOWNSHIP PUBLIC TRAILS, LOCATION PARADISE FARM CAMPS 1300 VALLEY CREEK RD DOWNINGTOWN, PA 19335, RACE STARTS AT 4:00 PM, TRAILBLAZER Saturday June 16, 2018 RUN, 5 Mile Trail Run & 1.5 Mile Family Fun Hike.

www.runtheday.com

PROCEEDS BENEFIT
EAST BRADFORD TOWNSHIP
PUBLIC TRAILS

LOCATION
PARADISE FARM CAMPS
1300 VALLEY CREEK RD
DOWNINGTOWN, PA 19335

RACE STARTS AT 4:00 PM

TRAILBLAZER
Saturday June 16, 2018 **RUN**

5 Mile Trail Run & 1.5 Mile Family Fun Hike

ADULT AQUATICS

Adult Swim Lessons

Designed to meet individual swim ability levels in a group setting. This includes participants with fear of water to those interested in improving their stroke techniques. The boot camp approach will generate the positive attitude needed for your success. Ditch the 'Fear' - Learning to swim is learning the science of water and the skills to safely enjoy aquatic environments. Trust our instructors to swim you to success!



Thursdays

04/19/2018 - 05/24/2018

8:00 - 8:45 PM

Ashbridge Manor Pool

\$130 Res, \$150 Non-Res

Wednesdays

04/18/2018 - 05/23/2018

7:00 - 7:45 PM

Ashbridge Manor Pool

\$130 Res, \$150 Non-Res

Wednesday and Thursday

(Wednesday 7:00 - 7:45 PM, Thursday 8:00 - 8:45 PM)

06/06/2018 - 06/14/2018

06/20/2018 - 06/28/2018

07/04/2018 - 07/12/2018

07/18/2018 - 07/26/2018

Ashbridge Manor Pool

\$86 Res, \$106 Non-Res

Aqua "Kick It Up A Notch" Cross Training @ Aquatics Is

Enjoy in-water spinning on aquatic stainless steel bikes. Improve energy with great cardio and improve leg, trunk and arm strength. Classes are designed for all levels of intensity: triathlon cross training, sport specific training, burning calories and weight loss. A fantastic workout, for anyone regardless of how fit, flexible or coordinated.



Sunday Mornings

04/22/2018 - 05/27/2018

7:30 - 8:25 AM

Ashbridge Manor Pool

\$75 Res, \$90 Non-Res

Aqua Aerobics with Joanne Randell @ Aquatics Is

A total body AQUATIC fitness experience without joint stress. 45 minute class designed to challenge men and women to improve their cardiovascular endurance, muscle tone and strength, flexibility, core and trunk strength, agility, balance and speed. Embrace the awesome power of water, have fun, and get fit.



Beginner to advanced

levels welcome. Moderate to high intensity class.

Pick the number of classes that you want in blocks of six.

Choose the day(s) & time(s) that work best for you. Classes are held Monday mornings at 7:00, Wednesday Mornings at 10:00, and Tuesday and Thursday evenings at 7:00.

Students may attend any of these classes up to the total number of classes signed up for.

Classes

- 6 classes represent 1 per program week
- 12 classes represent 2 per program week
- 18 classes represent 3 per program week

04/16/2018 - 05/29/2018

Mondays 7 - 7:45 AM

Wednesdays 10 - 10:45 AM

Tues & Thurs 7 - 7:45 PM

Ashbridge Manor Pool

\$50 Res, \$65 Non-Res

Check out our website for additional summer aquatics programs!

ADULT AQUATICS

Aqua Power Circuit @ Aquatics Is

This is a 55 minute Interval cardio/strength circuit combination class. Burn calories by doing high energy interval training on aqua steppers, treadmills, spinning bikes, and more. Total body strength challenges using weighted balls, hand weights, exercise bands, Aqua Bars, bands, AcquaPoles, Aqualogix, Hydrotone and more. Every muscle group challenged.

This class is like personal training at a group class fee!

Mondays	Thursdays
04/16/2018 - 05/28/2018	04/19/2018 - 05/24/2018
10:00 - 10:55 AM	1:00 - 1:55 PM
Ashbridge Manor Pool	Ashbridge Manor Pool
\$75 Res, \$90 Non-Res	\$75 Res, \$90 Non-Res

Just Crusin Easy Spin @ Aquatics Is

Easy spin classes emphasize the safety of your joints and spine while you enjoy the warm water and spinning experience without joint stress and discomfort. This class offers a great combination of an easy to moderate intensity ride and a strength/tone segment. Perfect for all ages and designed to improve movement and strength as well as stamina.

Mondays	Fridays
04/16/2018 - 05/28/2018	04/20/2018 - 05/25/2018
3:00 - 3:55 PM	10:00 - 10:55 AM
Ashbridge Manor Pool	Ashbridge Manor Pool
\$75 Res, \$90 Non-Res	\$75 Res, \$90 Non-Res



Arthritis Foundation Aquatic Programs @ Aquatics Is

The Arthritis Foundation Aquatic Program is one of the Arthritis Foundations' Life Improvement Series. The program is a recreational program designed for people of any age living with arthritis, rheumatic diseases, and other related musculoskeletal conditions.

It provides socialization, education, and independence incorporating a wellness concept for symptom management and quality of life as people with arthritis 'Take Control' to help them maintain independence, and enjoy life.

Exercise in shallow warm water with easy access.

Popular program - register early!

Pick the number of classes that you want in blocks of ten.

Classes are scheduled for 2 PM every weekday over a six week period.

Students may attend any of these classes up to the total number of classes signed up for.

Weekdays	Weekdays
04/16/2018 - 05/29/2018	04/16/2018 - 05/29/2018
2:00 - 2:45 PM	2:00 - 2:45 PM
Ashbridge Manor Pool	Ashbridge Manor Pool
\$50 Res, \$70 Non-Res	\$70 Res, \$90 Non-Res

Aqua Spin & Tone @ Aquatics Is

Enjoy in-water spinning on aquatic stainless steel bikes. Improve energy with great cardio and improve leg, trunk and arm strength. Classes are designed for all levels of intensity: triathlon cross training, sport specific training, burning calories and weight loss. A fantastic workout, for anyone regardless of how fit, flexible or coordinated.

Mondays	Tuesdays
04/16/2018 - 05/21/2018	04/17/2018 - 05/22/2018
6 - 6:55 PM	7 - 7:55 AM
Ashbridge Manor Pool	Ashbridge Manor Pool
\$75 Res, \$90 Non-Res	\$75 Res, \$90 Non-Res

Tuesdays	Thursdays
04/17/2018 - 05/22/2018	04/19/2018 - 05/24/2018
6 - 6:55 PM	6 - 6:55 PM
Ashbridge Manor Pool	Ashbridge Manor Pool
\$75 Res, \$90 Non-Res	\$75 Res, \$90 Non-Res

ADULT AQUATICS

Empowering...Water Walking with Joanne Randell @ Aquatics Is

Experience the POWER of the water to increase your cardiovascular health, stamina, muscle strength, posture, balance and flexibility.

This 45 minute class will JUMP START your METABOLISM FOR INCREASED ENERGY! Walking/running in the water benefits are the same as walking on land!!! Almost anyone can walk/run in the water. All skill and intensity levels encouraged to participate. Excellent class for clients looking to reduce stress on joints and spine.



Pick the number of classes that you want in blocks of six.

Choose the day(s) & time(s) that work best for you. See our website for class times on each day. Classes are held Monday, Wednesday, and Friday Mornings at 9:00 and Monday evenings at 7:00.

Students may attend any of these classes up to the total number of classes signed up for.

Classes -

- 6 classes represent 1 per program week
- 12 classes represent 2 per program week
- 18 classes represent 3 per program week

04/16/2018 - 05/28/2018

Monday mornings 9 - 9:45 AM

Monday evenings 7 - 7:45 PM

Wednesdays 9 - 9:45 AM

Ashbridge Manor Pool

\$50 Res, \$65 Non-Res

04/16/2018 - 05/25/2018

Monday mornings 9 - 9:45 AM

Monday evenings 7 - 7:45 PM

Wednesdays 9 - 9:45 AM

Ashbridge Manor Pool

\$110 Res, \$125 Non-Res

Aquapole® Fitness

The Aqua Pole® fitness training benefits women and men of all ages and levels and is LOTS OF FUN! A truly unique workout to reduce fat, strengthen core, arm and legs and improves flexibility. Joanne Randell, owner of Aquatics Is Inc. is the #1 USA Master Trainer for AquaPole®.

This class includes bands, boxing bags, steppers and will totally challenge you. All levels of skill, beginner to advanced are welcome!

Aquatic shoes are required. This is not a pole dancing class. It is a strengthening and challenging fitness class for men and women! New participants can check www.aquaticsis.com for additional information and tips.

Tuesdays

04/17/2018 - 05/29/2018

8 - 8:45 PM

Ashbridge Manor Pool

\$75 Res, \$95 Non-Res

Wednesdays

04/18/2018 - 05/23/2018

1 - 1:45 PM

Ashbridge Manor Pool

\$75 Res, \$95 Non-Res

Aqua Aerobics with Julie Seville, Lifetime Fitness

Experience a whole new way to exercise! This total body workout makes creative use of water's natural buoyancy and resistance to give you maximum results with minimum risk of injury. Each class consists of a water walking warm-up, aerobics, and conditioning exercises including aqua abdominals. All exercises are specially designed to trim and tone the body, improve aerobic endurance and increase flexibility.

Mondays

03/05/2018 - 04/23/2018

6:30 - 7:30 PM

St. Mary's of Providence Pool

\$75 Res, \$90 Non-Res

Mondays

04/30/2018 - 06/25/2018

6:30 - 7:30 PM

St. Mary's of Providence Pool

\$75 Res, \$90 Non-Res

ADULT SPORTS & LEAGUES

Adult Tennis Clinic

This class is for anyone 18 years and older with beginner to intermediate skills. Understand completely the 3 basic strokes (ground strokes, volleys, and serves) and the importance of spins to control shots. New and returning students are welcome! Please bring your own racquet and a water bottle. Must wear appropriate sneakers (no black soled sneakers, flip flops, or sandals). A class will be added on if any classes are cancelled due to inclement weather.

Mondays

04/02/2018 - 04/23/2018

6:30 - 7:30 PM

Shadyside Park - West Bradford Twp

\$65 Res, \$85 Non-Res

Adult Tennis Leagues

DARC facilitates the scheduling of facilities for United States Tennis Association (USTA) and other leagues that our residents participate in.

We assist with adult tennis leagues in the spring / fall. Becky Desmond, USPTA, PTR Certified, coordinates the leagues. She can be reached at 610-241-4693 or bd315@aol.com with questions on the program. Please contact her before registering. DARC only accepts registrations from existing Team Captains and not individuals.

Adult League

Saturdays

April through August

Downingtown East & West High School Tennis Courts

Adult Basic Rock Climbing

The basic climbing class is the perfect introduction to rock climbing. You will learn foundational safety skills such as harnessing, knot tying and belaying and try out your new skills with supervision.

All climbing equipment is provided. Please wear comfortable clothes.

04/18/2018 - 05/02/2018

7:00 - 8:30 PM

Downingtown Rock Gym

\$50 Res, \$70 Non-Res

Adult Softball Leagues

DARC offers Adult Co-Ed & Men's Softball Leagues during the spring/summer and fall seasons. The spring/summer softball leagues generally run from late April until late June/early July. Each League is divided into Competitive and Recreational Divisions for competitive balance.

Game locations vary between Kerr Park in Downingtown and Shamona Creek Park in Upper Uwchlan. Men's League games are typically scheduled for Friday evenings and Sunday mornings. Co-Ed League games are typically scheduled for Monday thru Thursday evenings and Sunday afternoons.

All registrations will be taken on a first come, first served basis and will continue until the league is full.

Registration is by team captain only - if you desire to be on the free agent list email darcsoftball@gmail.com.

04/27/2018 - 07/01/2018

\$690 Res, \$690 Non-Res

Co-Ed or Men's Spring Softball

18 and up

<p>Programs</p> <p>Our various group programs are designed to be instructional, while also providing a fun experience for kids ages 5-18. Programs are run all year round!</p>	 <p>ALL-STAR <i>Baseball Academy</i></p> <p>Lessons</p> <p>All-Star Baseball Academy offers baseball and softball private lessons to all ages! Private lessons are individualized half-hour or hour long sessions with an experienced instructor.</p>	<p>Teams</p> <p>Our junior Teams compete in travel tournaments sponsored by AAU, USSSA and Cal Ripken Baseball. Teams typically play a fall and spring season!</p>
<p>www.allstarbaseballacademy.com 610-518-7400 Delaware Valley's #1 Baseball Training Facility. "We Train Tomorrow's All-Stars Today!"</p>		

ADULT DANCE

Art of Belly Dancing

Get in touch with your feminine energy with a fun and exotic form of exercise – belly dance! This class focuses on loving your body and curves, while teaching women the basics of belly dance including the art of finger cymbals and veil work. Burn calories while looking fabulous!



Mondays

04/23/2018 - 05/21/2018

06/11/2018 - 07/09/2018

07/16/2018 - 08/13/2018

8 - 9 PM

Blue Moon Dancesport School of Dance

\$87 Res, \$102 Non-Res

Line Dancing for Fun & Fitness

Line Dancing is a popular activity at nightclubs and weddings, and it is an excellent way to stay in shape no matter what your age. This class will teach you a variety of popular line dances including party hits like the Electric Slide and Cupid Shuffle, Fireball, Blurred Lines, Tush Push as well as several soul and country line dances too.



Wednesdays

04/25/2018 - 05/23/2018

06/13/2018 - 07/18/2018

7:00 - 8:00 PM

Blue Moon Dancesport School of Dance

\$112 Res, \$132 Non-Res

Intro to Ballroom & Latin Dancing - Beginner Level

One of our most popular programs. This beginner dance course will give you and your partner an excellent introduction to the basics of various social dances including the Foxtrot, Waltz, Tango, Cha-Cha, Rumba, Jitterbug, Salsa, and Merengue.



After finishing this course, students are able to move on to the intermediate level of this class.

No Partner required.

Mondays

04/23/2018 - 05/21/2018

06/11/2018 - 07/09/2018 07/16/2018 - 08/13/2018

7:00 - 8:00 PM

Blue Moon Dancesport School of Dance

\$112 Res, \$132 Non-Res

Wednesdays

04/25/2018 - 05/23/2018 06/13/2018 - 07/18/2018

8:00 - 9:00 PM

Blue Moon Dancesport School of Dance

\$112 Res, \$132 Non-Res

Fridays

04/27/2018 - 05/25/2018

06/15/2018 - 07/13/2018

07/20/2018 - 08/17/2018

8:00 - 9:00 PM

Blue Moon Dancesport School of Dance

\$112 Res, \$132 Non-Res

ADULT DANCE

Teen/Adult Ballet (Beginner-Intermediate)

Classical Ballet is known as a beautiful art form and is the foundation of all dance styles. With this class, students will learn a variety of ballet and lyrical dance techniques, floor combinations, and creative dance routines designed to increase flexibility and coordination, enhance rhythmic sensitivity, and heighten body awareness. Technique will be emphasized through floor combinations, barre and floor work, and jumps.



Tuesdays

04/24/2018 - 05/22/2018

06/12/2018 - 07/10/2018

07/17/2018 - 09/18/2018

7 - 8:00 PM

Blue Moon Dancesport School of Dance

\$112 Res, \$132 Non-Res

Thursdays

04/26/2018 - 05/24/2018

06/14/2018 - 07/12/2018 07/19/2018 - 08/16/2018

7 - 8:00 PM

Blue Moon Dancesport School of Dance

\$112 Res, \$132 Non-Res

Teen / Adult Tap (Beginner-Intermediate)

Always wanted to learn how to tap dance? It's easier than you think! In class, students will be taught step-by-step the basics of tap dancing including flaps, shuffles, digs, time steps, Buffalos and more. Students will also learn about musicality and how to perfect rhythms, as well as work on upbeat dance routines. Great way to meet new friends!



Thursdays

04/26/2018 - 05/24/2018

06/14/2018 - 07/12/2018

07/19/2018 - 08/16/2018

6 - 7 PM

Blue Moon Dancesport School of Dance

\$87 Res, \$102 Non-Res

Teen/Adult Hip-Hop/Funk/Jazz

Always wanted to learn how to tap dance? It's easier than you think! In class, students will be taught step-by-step the basics of tap dancing including flaps, shuffles, digs, time steps, Buffalos and more. Students will also learn about musicality and how to perfect rhythms, as well as work on upbeat dance routines. Great way to meet new friends!



Thursdays

04/26/2018 - 05/24/2018

06/14/2018 - 07/12/2018

07/19/2018 - 08/16/2018

8 - 9 PM

Blue Moon Dancesport School of Dance

\$87 Res, \$102 Non-Res

Adult Tap

Are you looking for a fun way to exercise? Put on those new tap shoes and release that dancing talent! It's a great way to get moving, regulate weight, generate energy, and literally tap your troubles away. Tap shoes required.

Tuesdays

06/19/2018 - 08/28/2018

7:45 - 8:30 PM

Victoria J. Ireys School of Dance

\$104 Res, \$124 Non-Res

Tuesdays

Intermediate Tap

06/19/2018 - 08/28/2018

7 - 7:45 PM

Victoria J. Ireys School of Dance

\$104 Res, \$124 Non-Res

YOGA AND MEDITATION

Daytime Yoga with Pearl

Yoga is the wonderful science of physical and mental well being that has withstood the test of time. You will learn exercises that tone the body and keep you flexible; breathing and meditation techniques that quiet the nervous system; and raise your energy level and dynamic positive thinking.

Mondays

04/02/2018 - 05/21/2018
10 - 11:30 AM

East Caln Twp. Building
Meeting Room

\$70 Res, \$90 Non-Res

Thursdays

04/05/2018 - 05/24/2018
10 - 11:30 AM

East Caln Twp. Building
Meeting Room

\$70 Res, \$90 Non-Res

Yoga for Your Neck & Shoulders

Get an immediate improvement in your neck and shoulders even in your first class. Tangible results keep you coming back for a whole month of healing. More than merely physical, you begin to reconnect your head and heart, giving you inner healing through the Svaroopa® yoga process of lifting and lightening your whole spine, all the way through your neck and head.

Wednesdays

04/04/2018 - 04/25/2018
7 - 8:30 PM

Downingtown Yoga & Meditation Center
\$80 Res, \$100 Non-Res

Intro to Svaroopa® Yoga Therapy

Discover a user-friendly yoga that heals what ails you and keeps you young. How? By unraveling the deepest tensions in your body, no strain — no sweat! Bring your questions and concerns, whether you are brand new or an experienced yogi. Learn how to work with your body in a whole new way. After questions, discussion and demo, you get to experience how easy it is to feel better in just a few minutes. Leave understanding your body better and with new options for how to improve.

Thursday

04/19/2018
7 - 8:30 PM

Downingtown Yoga & Meditation Center
\$5 Res, \$5 Non-Res

Bliss Yoga Poses (Twists & Seated Poses) - Wednesday Nights in June

Often called “Bliss Yoga,” Svaroopa® Yoga is slower-paced, with careful alignments customized to your body’s needs, making our classes both accessible and profound. We specialize in unraveling the layers of muscles wrapped around your spine. Each class is 90 minutes, and begins and end with a guided relaxation (yoga nidra).

Wednesdays

06/06/2018 - 06/27/2018
7:30 - 9 PM

Downingtown Yoga & Meditation Center
\$80 Res, \$100 Non-Res

Classical Yoga Poses - Saturday Mornings in May

Learn an accessible way to do the classical poses, the ones you see in yoga books and videos. Regardless of your body size, shape or condition, you can do Svaroopa® yoga. We customize the pose to your readiness, while moving you beyond where you think you can go. Get the fullest benefit from yoga! And have a lot of fun!

Saturdays

05/05/2018 - 05/26/2018
9:30 - 11 AM

Downingtown Yoga & Meditation Center
\$80 Res, \$100 Non-Res

Weekly Yoga Class

Often called “Bliss Yoga,” Svaroopa® Yoga is slower-paced, with careful alignments customized to your body’s needs, making our classes both accessible and profound. We specialize in unraveling the layers of muscles wrapped around your spine. Each class is 90 minutes, and begins and ends with a guided relaxation (yoga nidra).



YOGA AND MEDITATION

Meditation Made Easy Workshop

Discover how easy meditation can be in this one-hour intro. Instead of watching your mind, get deeper within your own Divine Essence by using the shortcuts that yogis specialize in.

Named Svaroopā® Vidya, this meditation methodology is based in yoga's tantric system. In a single evening you will learn the goal and purpose of meditation as well as the how-to basics. You can ask your questions and be ready to add meditation to your lifestyle.

Thursday
04/12/2018
7:30 - 8:30 PM

Downingtown Yoga & Meditation Center
\$5 Res, \$5 Non-Res

Meditation 101

Learn to meditate in a complete and thorough course that answers all your questions and gets you past the inner obstacles that can arise. This course makes meditation accessible for you, and supports you in the process of getting your home practice going. Most importantly, you gain an understanding of why you are doing what you are doing. Your three class meetings take you from the beginning stages to being an experienced meditator in just three weeks. You will know how to handle any difficulties you encounter in the process, so meditation becomes one of the reliable highlights of your day.

Mondays
05/07/2018 - 05/21/2018
7 - 9 PM

Downingtown Yoga & Meditation Center
\$80 Res, \$100 Non-Res

Soul Scapes - Reiki Level 1 Certification

Reiki is a simple natural, safe method of healing and self-empowerment for everyone, and can be applied to all areas of your life. Students will learn about Reiki, the history, uses, how to give a chakra balancing and how to keep aura clean. Students will have plenty of practice time, and learn how to create a healing space and altar.

Sunday
04/29/2018
10 AM - 6 PM
SoulScapes
\$150 Res, \$170 Non-Res

Soul Scapes - How To Develop Your Intuitive and Emotional Intelligence

In this class you will learn to develop your sixth sense by being guided through practical exercises such as crystal bowl meditations to deepen your consciousness and meeting your spirit guides and angles to help assist your development. We'll discuss true vs. false messages, the art of sixth sensory living, how to unlock negative energy, how to say "no" to others, and learn to do oracle card readings.

Mondays
05/07/2018 - 05/28/2018
6:30 - 8:30 PM

SoulScapes
\$75 Res, \$95 Non-Res

Yoga Flow @ Yoga at Chester Springs

This 60 minute yoga class begins with a challenging fast-paced and energizing flow, followed by stationary yoga poses designed to contour the legs, glutes, and abs.

Difficulty - This class is not suggested for beginners.

Wednesdays
02/21/2018 - 04/11/2018
05/02/2018 - 06/20/2018
06/27/2018 - 08/15/2018

9:30 - 10:30 AM
Summit Fitness
\$65 Res, \$85 Non-Res

Tai Chi; An Introduction to the Ancient Art of T'ai Chi Ch'uan

Tai Chi, an ancient exercise originating in China, is over 2,000 years old. Its slow movements are designed to bring your body, mind & spirit into balance and harmony. In doing so, it preserves your health, cures diseases (e.g. arthritis, joint pain, poor balance & coordination, lack of flexibility, etc.). It also improves and prolongs your quality of life.

The balance and harmony Tai Chi brings to your mental & physical state can permeate all aspects of your life.

With a relaxed body and a calm mind, you will be better able to cope & overcome the stresses you face on a daily basis. Don't you owe it to yourself to be healthy? Join us!

Saturday Mornings and Wednesday Evenings
03/31/2018 - 07/04/2018
Downingtown United Methodist Church
\$298 Res, \$318 Non-Res

YOUTH SPORTS & LEAGUES

ATA Martial Arts

ATA Martial Arts of West Chester Specializes in Taekwondo for all ages and levels. Participants will learn basic martial arts, self-defense and fitness while improving focus, confidence and goal setting. This course will be 4 weeks long. Participants may choose 2 beginner classes per week from our flexible class schedule. Uniform and belt included with registration fee.



Weekday evenings and Saturday mornings
05/21/2018 - 06/16/2018
ATA Martial Arts Center
\$94 Res, \$114 Non-Res

Honeybrook Golf Club - After School Program

Instructed by PGA Teaching Professional, Duane Lent, the After School Program is one of our most popular Junior Golf Programs. Students will learn and reinforce the basics of the full swing, short game, and putting. There will be plenty of games and competitions. By the end of the program, students will have a strong grasp on the basic fundamentals of the game of golf! If you have your own golf clubs, feel free to bring them. If you do not have your own golf clubs, they will be provided free of charge.

Ages: 7 - 15
Tuesdays
04/17/2018 - 05/15/2018
4:30 - 5:30 PM
Honeybrook Golf Club
\$120 Res, \$140 Non-Res

Learn to Ice Skate

Have Fun while learning the fundamentals of ice skating. The Learn to Skate Program is open to individuals of all ages; children through adult. No previous skating experience is required. Each class consists of half hour group lesson and a half hour of a supervised practice session.

Fridays 04/13/2018 - 05/25/2018 7:25 - 8:25 PM Power Play Ice Rink \$154 Res, \$174 Non-Res	Thursdays 04/12/2018 - 05/24/2018 1:40 - 2:40 PM Power Play Ice Rink \$154 Res, \$174 Non-Res
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Saturdays 04/14/2018 - 06/02/2018 11:50 AM - 12:50 PM Power Play Ice Rink \$154 Res, \$174 Non-Res	Thursdays 04/12/2018 - 05/24/2018 10:30 - 11:30 AM Power Play Ice Rink \$154 Res, \$174 Non-Res
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Learn to Play Ice Hockey

We offer a Learn to Play Hockey class that is devoted to enhancing the hockey skills needed to advance players into youth ice hockey. Our philosophy is to allow the players to develop their hockey skills while growing their love for the game.

Every week the players will work on skating skills, puck skills, and partake in some type of game to keep them coming back for more. All Participants should be able to skate around ice without falling, do some type of stop, and be able to move backwards.

We recommend all players begin their journey in the Learn to Skate program before beginning ice hockey.

Saturdays 04/14/2018 - 06/16/2018 10:55 - 11:45 AM Power Play Ice Rink \$175 Res, \$195 Non-Res	Fridays 06/22/2018 - 07/20/2018 6:25 - 7:15 PM Power Play Ice Rink \$85 Res, \$105 Non-Res	Fridays 07/27/2018 - 08/31/2018 6:25 - 7:15 PM Power Play Ice Rink \$100 Res, \$115 Non-Res
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YOUTH SPORTS & LEAGUES

Youth Tennis Leagues

DARC facilitates the scheduling of facilities for United States Tennis Association (USTA) and other leagues that our residents participate in.

We assist with a youth junior tennis league in the summer. Becky Desmond, USPTA, PTR Certified, coordinates the leagues. She can be reached at 610-241-4693 or bd315@aol.com with questions on the program. Please contact her before registering.

Monday-Thursday

Late June & July

1:00 PM - 3:00 PM

Downingtown West High School Tennis Courts

Youth Rock Climbing

Are your kids climbing the walls? This class uses fun games and activities to introduce climbers to basic skills and safety. Climbers will learn how to put on a harness, tie knots and basic climbing techniques.

All climbing equipment provided. Wear comfortable clothing.



Ages: 8 - 13

Thursdays

04/12/2018 - 05/03/2018

6:00 PM - 7:30 PM

Downingtown Rock Gym

\$56 Res, \$76 Non-Res

**Check out our website for
late spring & summer classes!**

Tikes T-Ball

Tikes T-Ball is all about the basics. Fun games and activities for first timers to help your child progress towards competitive baseball and softball. Over 4 weekly sessions, they will hone their hitting, throwing and fielding skills and learn about the game of baseball/softball.

Providing small group instruction, it's a great warm-up for your local spring youth t-ball league!

Our advanced class offers a 2:1 player/staff ratio for personalized instruction.

Please bring a water bottle & snacks.

Program taught by DARC staff with help from local middle schoolers.

Parents & Guardians are encouraged to stay in the park during the program.

Beginner Tball

Ages: 4 - 6

Fridays

04/27/2018 - 05/18/2018

5:30 - 6:30 PM

**Bell Tavern Park Field
Area**

\$85 Res, \$105 Non-Res

Advanced Tball

Ages: 5 - 7

Fridays

04/27/2018 - 05/18/2018

6:30 - 7 PM

**Bell Tavern Park Field
Area**

\$100 Res, \$120 Non-Res



Photo by Sheila Veit.

YOUTH SCIENCE, TECH, & NATURE

Where the Wild Things Live: Nature Discoverers

Be ready to discover where the wild ones live on land, in the air and in the water! Each morning we will learn about a different type of animal that lives here: birds, mammals, insects, reptiles, fish and amphibians and what makes them unique. Have fun doing hands-on, action packed nature activities: games, walks, crafts, and stories!

Ages: 4 - 5
Weekdays
07/23/2018 - 07/27/2018
9:30 AM - 12:00 PM
Broad Run Park
\$90 Res, \$110 Non-Res

Where the Wild Things Live: Nature Explorers

Take a hike on the wild side every day to explore the unique habitats of the amazing animals and plants of the field, forest, sky and stream. Join us for fun, hands-on, action-packed activities: hikes, games, and projects on our afternoon adventures on land and in the water.

Ages: 8 - 10
Weekdays
07/16/2018 - 07/20/2018
1:00 PM - 3:30 PM
Broad Run Park
\$90 Res, \$110 Non-Res

Where the Wild Things Live: Nature Detectives

What animals and plants live in the field, forest, field, sky and stream? Use your detective skills to explore and discover where they live, hide, fly, run, crawl and swim. Be ready for fun, hands-on, action-packed activities: hikes, games, and



projects as we investigate nature's mysteries every morning this week! All activities will take place outside so we recommend being prepared for the weather, getting dirty and wet. Please bring plenty of water, a snack, and sunscreen to camp every day.

Ages: 6 - 7
Weekdays
07/16/2018 - 07/20/2018
9:30 AM - 12:00 PM
Broad Run Park
\$90 Res, \$110 Non-Res

YOUTH COOKING AND NUTRITION

Healthy Hands Cooking - Kids Cooking Camp

In this fun camp, children will build self-confidence and learn skills that will last them a lifetime. We will learn how to make healthy snacks, breakfasts, lunches, and dinners from our healthy hands cooking curriculum.

Class 1: Healthy Snacking, Class 2: Healthy Breakfasts, Class 3: Healthy Lunches, Class 4: Healthy Substitution of our Favorite Foods.

Ages: 7 - 14	Ages: 7 - 14
Monday - Thursday	Monday - Thursday
06/18/2018 - 06/21/2018	07/16/2018 - 07/19/2018
9:00 AM - 12:00 PM	9:00 AM - 12:00 PM
Pickering Valley Elementary	Pickering Valley Elementary
\$245 Res, \$265 Non-Res	\$245 Res, \$265 Non-Res

Kids Cooking Workshop - 'Candy, Cakes, or Cookies'

Description: This two hour class in fun and sinfully delicious. But, everything in moderation is the motto! Recipes may include candy making, cupcake/cake making and decorating, and cookie design. Activity sheets, recipes, helpful tips, and individual workstations for hands-on activity are included in the course. The class starts with 30 minutes of nutritional education and activities.

Ages: 6 - 14
Wednesday
08/08/2018
9:30 AM - 11:30 AM
Pickering Valley Elementary
\$55 Res, \$75 Non-Res

YOUTH ART, MUSIC, AND THEATRE

Drawing & Painting Combo Camp with Beth Valitski

Students with an interest in drawing and painting basics will learn various traditional methods of sketching, drawing, and rendering with an array of materials. They will review and explore basic painting techniques and color mixing. Work by famous artists will be studied and styles looked at. Students will work toward trying new techniques and practicing with previously learned methods.

Come join the fun during this mid-summer combo camp! Rain or shine, some outside work on beautiful days!

Ages: 5 - 11
Monday - Thursday
06/25/2018 - 06/28/2018
9 AM - 12 PM

Pickering Valley Elementary
\$125 Res, \$145 Non-Res

Drawing Overview for Elementary Artists Camp with Beth Valitski

Students with an interest in drawing will learn various traditional methods of sketching, drawing, and rendering with an array of materials. Work by famous artists will be studied and styles looked at. Students will work toward trying new techniques and practicing with previously learned methods.



Come join the fun during this mid-summer camp! Rain or shine, some outside work on beautiful days!

Ages: 5 - 11
Monday - Thursday
06/18/2018 - 06/21/2018
9 AM - 12 PM

Pickering Valley Elementary
\$125 Res, \$145 Non-Res

Painting Techniques for Beginners Camp with Beth Valitski

Students will use a variety of paints and styles to create original paintings. Students are encouraged to try new techniques and experiment with materials. Basic color theories will be taught and students will have a wide range of experiences in painting methods.



Ages: 5 - 11
Monday - Thursday
07/16/2018 - 07/19/2018
9 AM - 12:45 PM
Lionville Elementary
\$125 Res, \$145 Non-Res

Trash to Treasure Art Class with Beth Valitski

Students will use a variety of materials in creating original art in 2-D & 3-D: Options for Collage/Assemblage, wind sculptures, clay, paper mache, weaving, or papermaking by interest.

No projects will be repeated from previous classes/camps. Please wear old clothes or bring an "art shirt."

Ages: 5 - 11
Monday - Thursday
07/23/2018 - 07/26/2018
9 AM - 12 PM
Bradford Heights Elementary
\$125 Res, \$145 Non-Res

Sculpture Basics Camp-Building 3-D Art with Beth Valitski

Students will use a variety of materials to create 3-Dimensional artwork. They will have fun learning techniques of sculpture, terms, and styles. Works by famous artists will be studied. If you like to build things, come sculpt with us!

Ages: 5 - 11
Monday-Thursday
07/09/2018 - 07/12/2018
9 AM - 12 PM
Lionville Elementary
\$125 Res, \$145 Non-Res

YOUTH ART, MUSIC, AND THEATRE

East Coast Recording - Pop Star Singing

If your child enjoys singing and performing then this is the class for your up and coming Super Star!

Not only will your child have a blast singing and performing their favorite karaoke songs but we will provide silly dress ups and props so your child can perform and look like their favorite pop star. On the final day of camp, all



performances will be video-recorded and made available online for you to view and enjoy. While having fun, students will also learn basic vocal warm-ups and performance tips that will help build their confidence. Students will also play singing games similar to lip-sync competition and "Name That Tune". This is a super-fun class!

Weekdays

07/09/2018 - 07/13/2018

9 AM - 4 PM

Downingtown Municipal Building Annex

\$250 Res, \$270 Non-Res

Singer Songwriting Camp

Does your child play an instrument? Is your child learning to play an instrument? Would they be interested in writing their very own songs? With this class your child will be introduced into the world of songwriting. Students will explore the concepts of tempo, feel, and style as a foundation for creating their next hit song. Students will experience writing a catchy chorus, developing and writing a verses, and introducing and placing a bridge. Students will create an intro, learn about building intensity, and completing a song. Students will experience songwriting that will last a lifetime.

Weekdays

07/30/2018 - 08/03/2018

9 AM - 4 PM

Downingtown Municipal Building Annex

\$250 Res, \$270 Non-Res

Schmata Productions - Magic & More

Love the magical world of Harry Potter? Think Dragons, Fairies, Gypsies, and Elves are cool? Then join Schmata Productions, an award winning, non-profit, community youth theatre as we make magic, create fantastic art, compete for prizes, do magic and travel to the PA Renaissance Faire. Our week will end with Magical renaissance fun for family, friends, and the community!

Weekdays

07/30/2018 - 08/03/2018

9 AM - 3 PM

Beth Chaim Reform

Congregation Building

\$260 Res, \$280 Non-Res

Schmata Productions - Theater Experience

Join Schmata Productions, an award winning, non-profit, community youth theater as we prepare a fun show for families, friends, and the community. We will play drama games, do show themed activities, rehearse, as well as create props, sets, and costumes as we celebrate Broadway musicals, past and present. With music from a dozen hit shows and century if blockbusters this revue tells the incredible history and evolution of American musical theater. No Experience needed!

Ages: 5 - 16

Weekdays

08/06/2018 - 08/10/2018

9 AM - 3 PM

Beth Chaim Reform

Congregation Building

\$260 Res, \$280 Non-Res



Photo by Cindy Longenecker.

YOUTH DANCE

Girls Ballet 1/2 - 3/4

This class is designed to introduce girls to the graces and basics of ballet, while furthering the development of vital motor skills, coordination, special awareness, and expression through movement. In class, dancers will learn French ballet terminology while working on technique through barre and center floor work.



Classes are based on the Vaganova-style teaching method, and are traditionally organized to include port- de-bras, jumps, turns, and elegant dance routines.

Ages: 7-12
Saturdays
06/16/2018 - 07/14/2018
10:15 - 11:15 AM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Ages: 7-12
Saturdays
07/21/2018 - 08/18/2018
10:15 - 11:15 AM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Little Stars Ballet & Tap

Little Stars introduces children to ballet and tap focusing on developing fundamental motor skills, spatial awareness, imagination and expression through movement. Children also learn about music and rhythm through creative exercises with props and musical instruments. Emphasis is placed on fun and the development of positive self-esteem.



Ages: 5 - 6
Mondays
07/16/2018 - 08/13/2018
6 - 6:45 PM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Ages: 3 - 5
Saturdays
07/21/2018 - 08/18/2018
9:30 - 10:15 AM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Ages: 3 - 5
Saturdays
06/16/2018 - 07/14/2018
9:30 - 10:15 AM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Ages: 5 - 6
Mondays
06/11/2018 - 07/09/2018
6 - 6:45 PM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Twinkle Toes Ballet

Twinkle Toes Ballet gently introduces little girls to the wonderful world of dance through movement, music, and imagination. The instructor combines the basic skills of ballet dance with props and musical instruments to create a fun learning environment for children to thrive.



Ages: 3 - 5
Mondays
06/11/2018 - 07/09/2018
5:15 P 6 PM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Ages: 3 - 5
Mondays
07/16/2018 - 08/13/2018
5:15 - 6 PM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Ballet / Jazz / Tap

This combo class is designed to introduce children to the graces of ballet, showy styles of Jazz and Tap dance. Students will learn various steps, leaps and turns, as well as a solid core of technique in areas such as isolation's, rhythm and coordination, expression, and performance through exercises and fun dance routines.

Ages: 7 - 12
Tuesday
06/12/2018 - 07/10/2018
6 - 7 PM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Ages: 7 - 12
Tuesday
07/17/2018 - 08/14/2018
6 - 7 PM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res



YOUTH DANCE

Hip Hop & Funk

Hip Hop n' Funk is a popular dance style that is featured in music videos seen on MTV. By breaking down stylized combinations of Street Funk, Hip-Hop, and Pop, you will soon learn to dance the patterns used by professional dancers - all while listening to the latest hits! This is a fun, high-energy class designed to get you moving!

Ages: 6 and up
Wednesdays
03/14/2018 - 04/11/2018
6 - 7 PM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Ages: 6 and up
Saturdays
06/16/2018 - 07/14/2018
11:15 AM - 12:15 PM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Ages: 6 and up
Wednesdays
04/25/2018 - 05/23/2018
6 - 7 PM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Ages: 6 and up
Wednesdays
06/13/2018 - 07/11/2018
6 - 7 PM
Blue Moon Dancesport
School of Dance
\$87 Res, \$102 Non-Res

Acro Tumbling

Are you interested in learning how to tumble without the commitment of gymnastics? Learning cartwheels, round offs, cartwheels into walkovers, and handspring back tuck side aerials, training and flexibility-cheerleaders welcome. Professional coach on staff!

Beginner
Ages: 6 - 10
Fridays
04/06/2018 - 05/25/2018
5:30 - 6:30 PM
Victoria J. Ireys School of Dance
\$120 Res, \$140 Non-Res

Intermediate/Advanced
Ages: 10 and up
Fridays
04/06/2018 - 05/25/2018
7:30 - 8:30 PM
Victoria J. Ireys School of Dance
\$120 Res, \$140 Non-Res

Acro Tumbling Camp

Are you interested in learning how to tumble without the commitment of gymnastics. Learn cartwheels, round offs, cartwheels into walkovers, and handspring back tuck side aerials, strength training and flexibility-cheerleaders welcome. Professional coach on staff! Children will participate in bare feet during class.

Tuesday
06/19/2018 - 07/24/2018
6 - 7 PM
Victoria J. Ireys School of Dance
\$90 Res, \$105 Non-Res

Kinder Dance

This class combines creative movement, rhythm activities, pre-ballet, tap and tumble. Warm-up, stretch and learn basic ballet and tap moves through song.

Ages: 3 - 4
Tuesdays
04/03/2018 - 05/22/2018
10 - 10:45 AM
Victoria J. Ireys School of
Dance
\$104 Res, \$124 Non-Res

Ages: 3 - 4
Saturdays
04/07/2018 - 05/26/2018
10 - 10:45 AM
Victoria J. Ireys School of
Dance
\$104 Res, \$124 Non-Res

Princess Dance Camps

Come join us as we visit the magical stories of Snow White, Cinderella, Sleeping Beauty and other magical fairytales. Camp includes Ballet, Creative movement, story time, games, crafts, tumbling, snack time and more!!!

Ages: 3 - 6
Tuesday and Thursday
06/19/2018 - 06/21/2018
06/26/2018 - 06/28/2018
07/17/2018 - 07/19/2018
07/24/2018 - 07/26/2018
07/31/2018 - 08/02/2018
08/07/2018 - 08/09/2018
10 AM - 12 PM
Victoria J. Ireys School of Dance
\$72 Res, \$82 Non-Res

YOUTH AQUATICS

Parent & Tot Swimming @ Downingtown Swim Academy

Downingtown Swim Academy offers a wonderful parent/child interaction in warm water pool with songs and games. Experienced instructors teach parents to work with their children in aquatic surroundings.

Parent(s) and children (6 months to 3 years of age).

Novice Swim Lessons @ Downingtown Swim Academy

The objective of this level is to help students build on their learned skills for the standard swim strokes: freestyle, backstroke, butterfly and breaststroke.

Ages: 5-12 years

Schedule: 45 minutes once a week for six classes

Pre-Beginner Swim Lessons @ Downingtown Swim Academy

The objective of this level is to help students feel comfortable in the water and enjoy the water safely through body balance positions and “face in” skills.

Ages: 3-5 years

Schedule: 30 minutes once a week for six classes

Beginner 1 Swim Lessons @ Downingtown Swim Academy

The objective of this level is to help students gain confidence through learned body balance positions and upper body movements while mastering floating on their backs, breathing and beginning stroke skills. Child should be comfortable putting their face in the water.

Ages: 3-5 years

Schedule: 30 minutes once a week for six classes

Beginner 2 Swim Lessons @ Downingtown Swim Academy

The Beginner 2 level is for students that are comfortable with putting their faces in the water and floating on their back, unaided, for a 10 second count. The objective of this level is to help students gain confidence through learned body balance positions, breathing, stroke and kicking skills.

Ages: 3-5 years

Schedule: 30 minutes once a week for six classes

Advanced Beginner Swim Lessons @ Downingtown Swim Academy

This level is for swimmers who can put their faces in the water and swim freestyle for 6 feet. The objective of this level is to help students build on their learned skills in freestyle and begin backstroke while building endurance.

Ages: 5-12 years

Schedule: 45 minutes once a week for six classes

Pre-Team Swim Lessons @ Downingtown Swim Academy

This 45 minute class focuses on improving technique and endurance in all four competitive strokes in preparation for swim team.



This class is only offered to students who have completed at least one session of group lessons and have been recommended for this level by lead instructor.

Ages: 5-12 years

Schedule: 45 minutes once a week for six classes

Visit our registration website at downingtownpa.myrec.com for the full list of dates and times for youth swim classes.

ONLINE INSTRUCTION

Experience Education To Go! Over 300 Online Courses

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively and intelligent discussion areas.



All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

How to Get Started:

Visit our Online Instruction Center at:
www.ed2go.com/darc

Start Dates:

A new section of every course in this catalog will begin quarterly:

View the online catalog for complete list of classes at
www.ed2go.com/darc

NOW HIRING SUMMER CAMP STAFF

We have begun interviewing for our summer camp staff positions. We are hiring half day Site Supervisors, full day Camp Leaders, full day Assistant Leaders, and half day Group Leaders & Assistant Leaders. As long as you are great with kids, we have the right position for people with a wide range of experience levels and age preferences. Our positions run over a nine week period from mid June through mid August and offer competitive pay - and some of our camps allow for Fridays off too!



We are especially seeking responsible Leaders with a teaching background. It is a great way for young teachers to gain additional experience with children or retired teachers to keep in touch with the new generation. You are able to choose the age group that you desire to work with.

Please call our office at 610-269-9260 or e-mail downingtwnrec@gmail.com for more information. The link to apply for our summer jobs is <https://goo.gl/forms/JQnXES13euqEPFXE2>

DISCOUNTED ATTRACTION TICKETS

We anticipate having the following discounted attraction tickets available this summer:

Adventure Aquarium
Baltimore (National) Aquarium
Busch Gardens
Clementon Park
Crayola Experience
Diggerland
Dorney Park
Dutch Wonderland
Elmwood Zoo
Franklin Institute
Hershey Park
Kennywood

Knoebels Amusement Park
Medieval Times
Morey's Pier
Museum of the American Revolution
PA Renaissance Faire
Philadelphia Zoo
Please Touch Museum
Sahara Sam's Oasis
Six Flags AMERICA
Six Flags Great Adventure

The tickets should be available beginning in May. Please check our website for availability and pricing.



per discounted (each) to Regal, and Movie Tavern



Downingtown Area Recreation Consortium

114 Bell Tavern Road
Downingtown, PA 19335

610-269-9260

www.darc.info

Office Hours

Monday - Friday
8:30 AM - 4:30 PM

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Join us in our new partnership with L.L. Bean's Outdoor Discovery School!

We have partnered with L.L. Bean to offer free kayaking, stand up paddle boarding, and archery demonstration days to DARC residents at Marsh Creek State Park.

On these select dates you can try out these activities for free:

- Sunday, May 20th
- Friday, June 22nd
- Friday, July 20th
- Friday, August 10th

The number of participants is limited.

You must register thru the DARC registration website to take advantage of these programs!

