

Working Together for a Stronger Community



Downingtown Area Recreation Consortium

Program Catalog Winter 2019

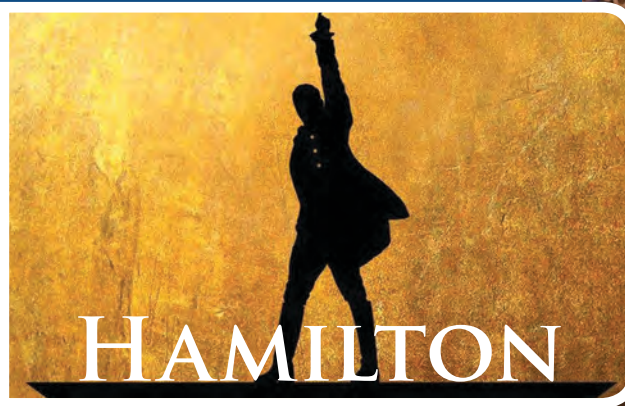
Keep until March 2019



**Professional Development &
Personal Enrichment**



Health & Fitness



Trips and Shows



Ski & Snowboard Tickets



Register Online at darc.info



NEW DANCE STUDIO in Eagle Now Taking Enrollments!

**Located just above the
Turnpike, we are the closest
dance academy to your schools!**

St. Elizabeth • Windsor Christian Academy
Pickering Valley • Shamona Creek • Beth Israel
West Vincent • Sixth Grade Center

2018-19 Programs

Ballet • Twinkle Toes • Youth Hip Hop/Funk
Teen Hip Hop/Funk/Jazz • Ball Room • Line Dance

No registration, commitment or new membership fees!
Simply register for the class online at www.darc.info or in person.

EagleDanceAcademy.com • 610-458-9160 ext. 110



TAKE ME ICE SKATING

**Ice Skating Lessons • Parties
Public Skating • Learn to Play**



PowerPlayRinks.com • 610-458-9160



Community Partnership between Darc and Eagle Dance Academy

Every Day brings a chance for you to draw in a breath, kick off your shoes, and dance.

Join us for a **FREE** Fun filled day of Dance at the newly opened Eagle Dance Academy at Power Play Ice Rink!

Saturday, February 16th, 2019 10 am - 2 pm

DARC Community Residents only! You **must** register before attending.

Register at www.DARC.info. Register according to age and the class/experience you would like to join in on!

Ages 3 to 6. 10:00- 11:00. Free Twinkle Toes Ballet Class~Introduce your children to the wonderful world dance~ the class includes instruction in basic ballet and props and music to create a super fun environment. After the class your children will have the chance to meet with a real live Prince or Princess!

Ages 7-11. 11:00-12:00. Free Hip Hop Class~ Just like you see in the popular music videos. This is a fun, high-energy class designed to get you moving! After the class you will have a chance to Demo some cool new fortnight dance moves. This is a great opportunity to get fortnight players up and mobile!

Ages 12-17. 12:00- 1:00. Free Hip Hop Class~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! After the class you will have the chance to learn some cool new fortnight moves!

Adults: 1:00-2:00. Free Line Dance Class- 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. You will experience a variety of popular line dances including party hits like the Electric Slide and Cupid Shuffle, Fireball, Blurred Lines, and Tush Push. Get ready to show off your moves at those spring weddings!

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TRIPS AND TOURS



Frozen on Broadway

We were able to get a limited block of Wednesday matinee tickets in March with balcony seating for a reasonable price.

They will make a great holiday gift and will sell out soon!

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.

Wednesday

3/13/2019

8:00 AM - 7:30 PM

Ashbridge Manor Rear Parking Lot

\$145 Res, \$145 Non-Res



The Prom on Broadway

THERE'S NO BUSINESS LIKE GETTING IN OTHER PEOPLE'S BUSINESS.

See The Prom, the next hit from Broadway's Musical Comedy Dream Team – the geniuses behind The Book of Mormon, Aladdin, The Drowsy Chaperone, Elf, Mean Girls...must we go on?

What happens when four stars leave the bright lights of Broadway and take leading roles in a small-town controversy making national headlines? Big drama. Bigger laughs. And the biggest musical showstoppers in years! You'll agree with Variety, The Prom is "musical comedy heaven!"

Starring Tony Award® nominee Brooks Ashmanskas (Something Rotten!), Tony Award winner Beth Leavel (The Drowsy Chaperone) and two-time Tony Award nominee Christopher Sieber (Shrek) leading a cast of 27.

Saturday

04/20/2019

8:30 AM - 8:30 PM

Ashbridge Manor Rear Parking Lot

\$150 Res, \$150 Non-Res



DOWNINGTOWN AREA RECREATION CONSORTIUM

114 BELL TAVERN ROAD, DOWNINGTOWN, PA 19335

PHONE: 610-269-9260 • FAX: 610-269-9264

EMAIL: DOWNINGTOWNREC@GMAIL.COM

WEBSITE: WWW.DARC.INFO



GREAT TRAINS & GRAND CANYONS

\$2445 WITH BOOKING DISCOUNT
\$2545 PP REGULAR DOUBLE
MAY 5-10, 2019

CAPE COD AND THE ISLANDS

\$1950 PER PERSON DOUBLE
JULY 21-27, 2019

Tootsie on Broadway

Tootsie is the new comedy musical coming to Broadway.

Tootsie tells the story of a talented but difficult actor who struggles to find work until an audacious, desperate stunt lands him the role of a lifetime.

Tootsie features an original score by Tony Award-winner David Yazbek (*The Band's Visit*, *The Full Monty*, *Dirty Rotten Scoundrels*), a book by Robert Horn (*13*; *Dame Edna*, *Back with a Vengeance*), choreography by Tony Award nominee Denis Jones (*Holiday Inn*, *Honeymoon in Vegas*), and musical direction by Andrea Grody (*The Band's Visit*). Tootsie is directed by eight-time Tony Award nominee and Olivier Award winner Scott Ellis (*She Loves Me*, *On the Twentieth Century*).

Saturday

04/20/2019

8:30 AM - 8:30 PM

Ashbridge Manor Rear Parking Lot

\$175 Res, \$175 Non-Res

King Kong on Broadway

King Kong, the world's most epic modern myth comes alive on Broadway through an innovative mix of robotics, puppetry, music and stagecraft.

King Kong follows the ambitious young actress Ann Darrow and maverick filmmaker Carl Denham as they voyage from the bustling streets of 1930s New York to an uncharted island to capture the world's greatest wonder. At the center of this 21st-century theatrical reimagining: a 2,000-pound, 20-foot high gorilla and the woman who risks everything to help him.

Directed and choreographed by Olivier winner Drew McOnie, King Kong features an electrifying new score by Marius de Vries (*La La Land*) and Eddie Perfect (*Strictly Ballroom The Musical*), and a book by Jack Thorne, the Olivier Award-winning writer of *Harry Potter and the Cursed Child*. Don't miss this exhilarating, emotional encounter with a legend that's always been too big to contain.

Saturday

06/29/2019

8:30 AM - 8:30 PM

Ashbridge Manor Rear Parking Lot

\$155 Res, \$155 Non-Res

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.

We offer two types of NYC on your own trips.

Regular trips - these trips are DARC run on a bus specifically for an OYO trip. They depart at either 8 or 8:30 am and go directly to NYC without any stops.

Wait list trips - these

trips are shared with a DARC run trip going to a Broadway show. They depart at either 8 or 8:30 am and go directly to NYC without any stops. The OYO seats are only filled if extra seats are available after the Broadway trip is booked. The cost is \$5 cheaper than regular trips, you can sign up for the wait list for free, and we will let you know about 5 days beforehand if seating is available.

Wait List Trips

Wednesday 3/13/2019 8 AM - 8 PM

Saturday 4/20/19 and 6/29/19 8:30 AM - 8 PM

Ashbridge Manor Rear Parking Lot

\$55 Res, \$55 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 downingtownrec@gmail.com for more details.



TRIPS AND TOURS

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 or Tidal Basin around 5:00 PM. No stops on the way home.

4/6/19 Trip - Cherry Blossom Festival

The Cherry Blossoms bloom in D.C. over a typical 3 week period in March/April depending on the weather. This trip is within the time period of the typical bloom period, but we cannot guarantee Mother Nature's cooperation!

Saturday

04/06/2019

8:00 AM - 8:00 PM

West Whiteland Township Building Parking Lot

\$55 Res, \$55 Non-Res

Baltimore - On Your Own (Hamilton Traveling Production Option)

Skip the parking fees and tolls and have us drive you to Baltimore MD. Spend the day in the city and go sightseeing, visit the inner harbor, Maryland Zoo or National Aquarium. The day is yours to enjoy. We will drop you off near the inner harbor.

Our 7/13/19 Trip coincides with the Baltimore run of the travelling production of the Hamilton musical. Group tickets are **not** available for this show, but individual tickets can be purchased on your own. The production is scheduled for the Hippodrome Theatre at the France-Merrick Performing Arts Center.

See our website for a link to the Hamilton Ticket e-mail notification sign-up.

DARC has discounted tickets available for purchase for the Baltimore Aquarium and Baltimore Zoo.

Baltimore - On Your Own (Hamilton Touring Production)

Saturday

07/13/2019

8:30 AM - 7:30 PM

Ashbridge Manor Rear Parking Lot

\$65 Res, \$65 Non-Res

9/11 Memorial Museum Trip

Arrive at the Freedom Tower and visit the 9/11 Museum (tickets included), which was built on the foundation of the two towers that fell on Sept. 11, 2001. One of the two main exhibits, the "In Memoriam" exhibit honors those killed on 9/11 and during the bombing of the World Trade Center on Feb. 26, 1993. The historical exhibit examines what led up to the attacks, the aftermath and its after affects around the world. The Museum displays artefact's, photos, audio, visual footage, first person testimonials and memorabilia.



We will make a dinner stop (on your own) at a Wegman's Market Cafe en route home.

TRIP BOOKS QUICKLY!! RESERVE YOUR SEATS SOON!

Trip Information

Depart: 8:30AM from the parking lot of the West Whiteland Township Building

Saturday

09/07/2019

8:30 AM - 7:45 PM

West Whiteland Township Building Parking Lot

\$140 Res, \$140 Non-Res

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.



This course does meet OSHA and the Dept. of Transportation guidelines and you will receive certification cards upon successful completion.

Thursdays

1/17/2019, 2/14/2019, 3/14/2019, 4/18/19, 5/16/19
5:45 - 10:00 PM

Downtown Municipal Building Annex
\$75 Res, \$95 Non-Res



Photo by James Dougherty

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

2/2/2019, 4/6/19, 6/1/19
8:45 AM - 2:00 PM

Downtown Municipal Building Annex
\$85 Res, \$100 Non-Res

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.

Saturdays

1/19/2019, 2/16/2019, 3/16/19, 4/20/19, 5/18/19
9 AM - 1 PM

Downtown Municipal Building Annex
\$75 Res, \$95 Non-Res



HEALTH AND FITNESS

Adult Small Group Personal Training

We will warm-up each class with some dancing to get our muscles ready to work. We have some fun music that will surely disguise the exercise!

Groups will focus on Upper body strengthening, Core, Balance, Postural muscles, Lower body strengthening, and Flexibility training.

Cindy has been an Occupational Therapist for the last 18 years working with clients from ages 16-100+. Leslie is a Certified Personal Trainer and has been working in the fitness industry as a group instructor as well as personal trainer for 25+ years.

Their focus is to keep the exercises safe, fun, functional, and set realistic expectations with their clients to achieve their goals.

We are located at the Lionville School of Dance in Exton at 11 South Village Avenue.

Wednesdays

1/30/2019 - 3/13/2019

11 AM - 12 PM

Lionville School of Dance

\$200 Res, \$220 Non-Res

Senior Adult Personal Training

With a focus on the needs of Senior citizens each session starts with a dancing type of warm up. Then groups go through a series of instructor led training exercises that are different from week to week to focus on upper body, lower body and core strengthening to help enhance balance, posture and coordination. You leave each week with a written exercise plan.

Cindy has been an Occupational Therapist for the last 18 years working with clients from ages 16-100+. Leslie is a Certified Personal Trainer and has been working in the fitness industry as a group instructor as well as personal trainer for 25+ years.

We are located at the Lionville School of Dance in Exton at 11 South Village Avenue. The building is accessible to all as we do have an elevator.

Mondays

1/07/2019 - 2/25/2019

11 - 11:45 AM

Lionville School of Dance

\$165 Res, \$185 Non-Res

Beginner Kettlebells @ Ashbridge Manor Studio E - Lester Jiles

First time to Kettlebells? Start with this class to build a safe and awesome foundation for your fitness with Kettlebells. Strengthen muscles, improve your endurance and energy, and tone your body.



Early Winter

Tuesdays

1/08/2019 - 2/12/2019

7:30 - 8:25 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Late Winter

Saturdays

3/2/2019 - 04/06/2019

10:30 - 11:25 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Early Winter

Saturdays

1/12/2019 - 2/16/2019

10:30 - 11:25 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Late Winter

Tuesdays

2/26/2019 - 04/2/2019

7:30 - 8:25 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Kettlebells @ Studio E - Lester Jiles

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. Bring yoga mat or towel.



Note: Experience is preferred; new participants should consider the Intro class.

Early Winter

Saturdays

1/12/2019 - 2/16/2019

9:30 - 10:25 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Late Winter

Wednesdays

2/27/2019 - 05/15/2019

7:30 - 8:25 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Early Winter

Wednesdays

1/09/2019 - 2/13/2019

7:30 - 8:25 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Late Winter

Saturdays

3/2/2019 - 04/06/2019

9:30 - 10:25 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Beginner TRX Suspension Training

The program is a functional training tool with moves designed to deliver fast, effective workouts building strength, power, endurance, and mobility. Tailored to



your fitness level, the TRX tightens your core, builds muscle, and torches calories. This amazing tool will enable you to achieve peak performance, reach your goals, and get the results you want!

Early Winter Mondays 1/07/2019 - 2/11/2019 7:15 - 8:10 PM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res	Late Winter Mondays 2/25/2019 - 04/1/2019 7:15 - 8:10 PM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res
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Fusion Class - 30' Power Up Walk & Strength Circuit

Jump on board with Trish (Certified WALK AT HOME Instructor) for an energizing 30 minute class Safe Indoor Walk is designed with the best features of a low impact, multi muscle, calorie torching, walk based workout!

Move through a progressive and individually challenged circuit incorporating all muscle groups for improved total body strength. Learn how to add more reps, more sets, more resistance and speed to increase your power.

Early Winter Thursdays 1/10/2019 - 2/14/2019 11:30 AM - 12 PM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res	Late Winter Thursdays 2/28/2019 - 04/04/2019 11:30 AM - 12 PM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res
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Yoga Inspired Stretching @ Aquatics Is

The benefits of stretching are countless. From improved flexibility and balance to increased injury prevention and muscle performance. Stretching is as important as any other form exercise, maybe even more. In this class we will combine gentle stretching exercises with mindful breathing and stress relieving dynamic movements. We will focus on releasing tension in the large muscle groups with a goal of increasing flexibility and total body relaxation.



Early Winter Mondays 1/07/2019 - 2/11/2019 10 - 10:55 AM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res	Late Winter Mondays 2/25/2019 - 04/1/2019 10 - 10:55 AM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res
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Early Winter Wednesdays 1/09/2019 - 2/13/2019 10 - 10:55 AM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res	Late Winter Wednesdays 2/27/2019 - 04/3/2019 10 - 10:55 AM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res
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Core, Cardio & Power- Personal Training in a group setting with Joanne Randall

Core & Back Strength - This class is based on "Functional Fitness": integrating muscle groups to move together and perform exercise tasks resulting increased cardio endurance, weight loss and improved strength. Individual coaching in a group setting with attention to healthy back exercises, safe progressions and stability of all joints.

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

Early Winter Thursdays 1/10/2019 - 2/14/2019 6 - 6:55 PM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res	Late Winter Thursdays 2/28/2019 - 04/04/2019 6 - 6:55 PM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res
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HEALTH AND FITNESS

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

1/07/2019 - 2/11/2019

6:15 - 7:05 PM

West Bradford Elementary

\$50 Res, \$65 Non-Res

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

This effective combination of exercises using hand-held weights, Dynabands and classic floorwork routines will rev up your metabolism, build energy, strengthen your bones and reduce the risk of disease. You'll improve muscle tone and strength, burn fat, and increase flexibility.

Bring a mat, towel, water and hand-held weights (3 to 5 pounds). Dynabands (\$5) must be purchased the first night, or bring your own.

Early Winter

Tuesdays

1/08/2019 - 2/26/2019

6 - 7 PM

St. Paul's Lutheran Church

\$75 Res, \$95 Non-Res

Late Winter

Tuesdays

3/05/2019 - 04/23/2019

6 - 7 PM

St. Paul's Lutheran Church

\$75 Res, \$95 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.

Early Winter

Tuesdays

1/08/2019 - 2/26/2019

7:30 - 8:30 PM

Glenmoore Fire Hall

\$72 Res, \$87 Non-Res

Late Winter

Tuesdays

3/05/2019 - 04/23/2019

7:30 - 8:30 PM

Glenmoore Fire Hall

\$72 Res, \$87 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 informercial gadgets to get the results you want.

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

Early Winter

Thursdays

1/3/2019 - 2/21/2019

6:15 - 7:05 PM

Robbins RD, Downingtown

\$70 Res, \$80 Non-Res

Late Winter

Thursdays

2/28/2019 - 04/18/2019

6:15 - 7:05 PM

Robbins RD, Downingtown

\$70 Res, \$80 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!

Early Winter

Thursdays

1/3/2019 - 2/21/2019

7:10 - 8 PM

Robbins RD, Downingtown

\$70 Res, \$80 Non-Res

Late Winter

Thursdays

2/28/2019 - 04/18/2019

7:10 - 8 PM

Robbins RD, Downingtown

\$70 Res, \$80 Non-Res



Bosu Boot Camp @ Sumitt Fitness

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.

Early Winter	Late Winter
Wednesdays	Wednesdays
1/2/2019 - 2/20/2019	2/27/2019 - 3/20/2019
8 - 9 AM	8 - 9 AM
Summit Fitness	Summit Fitness
\$75 Res, \$90 Non-Res	\$50 Res, \$65 Non-Res

Step Class @ Summit Fitness

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.

Early Winter	Late Winter
Saturdays	Saturdays
1/05/2019 - 2/23/2019	3/2/2019 - 3/23/2019
7:30 - 8:30 AM	7:30 - 8:30 AM
Summit Fitness	Summit Fitness
\$75 Res, \$90 Non-Res	\$50 Res, \$65 Non-Res

Spin Power @ Summit Fitness

Come and enjoy a Group Indoor Cycling program designed to help you enhance your cardiovascular system in a fun, challenging environment. Upbeat music motivates you to burn lots of calories and increase muscle tone and strength without risk of injury. Options are given to incorporate Power-based Training on our new Spinner Blade Ion bikes. The power meters on the bikes show you exactly how hard you are working at all times and how you can improve your own experience! This class is for all levels from beginners to serious road riders.



Visit our website for specific dates and times of this program.

Body Pump @ Summit Fitness

The original barbell class that strengthens your entire body. This 45 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for- and fast.

Early Winter	Late Winter
Tuesdays	Tuesdays
1/08/2019 - 2/26/2019	3/05/2019 - 3/26/2019
6 - 6:50 AM	6 - 6:50 AM
Summit Fitness	Summit Fitness
\$75 Res, \$90 Non-Res	\$50 Res, \$65 Non-Res

Body Pump / CXWORX @ Summit Fitness

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.

CXWORX provides the vital ingredient for a stronger body. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30 minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercise.

Early Winter	Late Winter
Sundays	Saturdays
1/06/2019 - 2/24/2019	3/09/2019 - 3/30/2019
9:30 - 10:30 AM	9:30 - 10:30 AM
Summit Fitness	Summit Fitness
\$75 Res, \$90 Non-Res	\$50 Res, \$65 Non-Res



YOGA AND MEDITATION

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.



Instructor -Kusuma (Karobi) Sachs

Wednesdays 1/16/2019 - 1/30/2019 7 - 9 PM Downingtown Yoga & Meditation Center \$80 Res, \$95 Non-Res	Thursdays 3/07/2019 - 3/21/2019 7 - 9 PM Downingtown Yoga & Meditation Center \$80 Res, \$95 Non-Res
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Meditation Made Easy

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.

Instructor - Rukmini (Maria) Abbruzzi

Thursday
2/21/2019
7:30 - 8:30 PM
Downingtown Yoga & Meditation Center
\$5 Res, \$5 Non-Res



Weekly Yoga Class

Often called "Bliss Yoga," Svaroopā 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).

Saturdays 1/05/2019 - 1/26/2019 9:30 - 11 AM Downingtown Yoga & Meditation Center \$80 Res, \$95 Non-Res	Saturdays 3/2/2019 - 3/23/2019 9:30 - 11 AM Downingtown Yoga & Meditation Center \$80 Res, \$95 Non-Res
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Yoga for Strength and Flexibility

Slow yoga, meeting you where you are at and moving you ahead. Every pose is customized to your needs and abilities. Every class includes a personalized assessment with mid-week calls with your teacher to keep you on track between classes. Discover how easy it is to feel better. Learn to take care of your body in a whole new way, while you discover a deeper inner dimension that fills your heart and fuels your life.

Saturdays
2/23/2019 - 3/16/2019
7 - 9 AM
Downingtown Yoga & Meditation Center
\$101 Res, \$116 Non-Res

Yoga Series

Slow yoga, meeting you where you are at and moving you ahead. Every pose is customized to your needs and abilities. Every class includes a personalized assessment with mid-week calls with your teacher to keep you on track between classes. Discover how easy it is to feel better. Learn to take care of your body in a whole new way, while you discover a deeper inner dimension that fills your heart and fuels your life.

Yoga for Neck & Shoulders Thursdays 1/24/2019 - 2/28/2019 9:30 - 11:30 AM Downingtown Yoga & Meditation Center \$135 Res, \$150 Non-Res	Yoga for Inner Peace Mondays 3/25/2019 - 04/29/2019 7 - 9 PM Downingtown Yoga & Meditation Center \$135 Res, \$150 Non-Res
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Intro to Svaroop® Yoga Therapy

Unlock your innate healing potential through Svaroop® Yoga Therapy. This program shows you what private sessions can do for you. Bring your aches and pains with you. We'll begin with an explanation of how yoga therapy approaches your need. Then you'll observe a short demonstration of a real yoga therapy session, with a volunteer from those in attendance. See what happens- both what is happening as well as the profound changes the client enjoys. You can tell if this will help, and you'll now how to follow up for yourself.

Thursday
2/28/2019
7 - 8:30 PM
Downtown Yoga & Meditation Center
\$5 Res, \$5 Non-Res

Yoga Pain Clinic

Do you live in pain? Looking for an alternative way to manage your pain? Learn how to live a pain-free life! Svaroop® yoga can reduce and eliminate pain – come and see how. Find out how yoga can help you with your aches and pains. Learn what is going on from yoga's perspective and experience a few body-friendly yoga poses selected specifically for those in attendance. At the end of the program, you will know if classes or private therapy sessions will be likely to help you.

Thursday
1/17/2019
7 - 9:30 PM
Downtown Yoga & Meditation Center
\$5 Res, \$5 Non-Res

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 1/07/2019 - 2/25/2019 10 - 11:30 AM East Caln Twp. Building Meeting Room \$70 Res, \$90 Non-Res	Thursdays 1/10/2019 - 3/07/2019 10 - 11:30 AM East Caln Twp. Building Meeting Room \$70 Res, \$90 Non-Res
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Gentle Yoga~All Levels Welcome

Focuses on gentle stretches, hip openers and breath work. It's designed to help students slowly stretch tight muscles and relax the body. Ideal for anyone who feels overwhelmed or stressed and wants to feel better. All fitness levels welcome.



Wednesdays
1/2/2019 - 2/20/2019
9 - 10 AM
Balance Dance Center
\$110 Res, \$125 Non-Res

Tai Chi: An Introduction to the Ancient Art of Tai 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.



With a relaxed body and a calm mind, you will be better able to cope & overcome the stresses you face on a daily basis. Instructor: Alfred J. Tolbert

Wednesday Evenings and Saturday Mornings
1/12/2019 - 04/13/2019
Downtown United Methodist Church
\$225 Res, \$225 Non-Res

Hot Stationary Yoga @ Yoga at Chester Springs

A one-hour non-flow class. Postures are in a specific sequence for optimum detoxification and benefits for your body and mind. Room is heated to 88 degrees.



Thursdays - Early Winter 1/3/2019 - 2/21/2019 7 - 8 PM Summit Fitness \$75 Res, \$95 Non-Res	Thursdays - Late Winter 2/28/2019 - 3/21/2019 7 - 8 PM Summit Fitness \$50 Res, \$70 Non-Res
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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. **MUST PRE-REGISTER!**

Monday 1/15/2019 6:30 - 8:30 PM Downingtwn Municipal Building Annex \$10 Res, \$10 Non-Res	Thursday 3/07/2019 6:30 - 8:30 PM Downingtwn Municipal Building Annex \$10 Res, \$10 Non-Res
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What is your Social Security Strategy with Michael Skiff

"Securing Social Security" walks you through common, but surprisingly complex situations including: How being married, divorced or widowed impacts your benefits, how to give your Social Security check a government-guaranteed boost, and how benefits for one spouse are affected based on when and how the other spouse files. This presentation will educate you on the many decisions involved in claiming Social Security, as well as their consequences, and provide strategies to maximize the benefits received.



Wednesday 2/13/2019 6 - 8 PM	East Caln Twp. Building Meeting Room \$20 Res, \$30 Non-Res
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2019 Happy New You

It's time for big changes! New Year resolutions fizzle out quickly once the excitement of the Holidays is over. Come join us as we develop a 5 step plan filled with inspired action to help you focus on making 2019 the most powerful transformative year of your life.

Tuesdays 1/08/2019 - 2/12/2019 6:30 - 8:30 PM	On-Line Instruction \$125 Res, \$140 Non-Res
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Will Preparation Workshop by Beth Forman-Rondinelli, 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 2/19/2019 7:00 - 8:30 PM East Caln Twp. Building Meeting Room \$95 Res, \$115 Non-Res
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Into the Red Zone: Optimizing Social Security, Medicare and other Near-Retirement Decisions

If you are planning to retire with the next 10 years, then welcome to your retirement "red zone". This is when precision planning and execution will be critical for your financial success. In this one-evening workshop, experienced practitioners will share key insights on Social Security income optimization strategies, Medicare enrollment and coverage planning, retirement plan distribution strategies, investment portfolio income generation strategies and more! Participants will also receive a do-it-yourself workbook and other materials complete with personal calculation worksheets to help plan your retirement red zone actions. Don't miss this information packed workshop!



Tuesday 1/22/2019 6 - 9 PM	Downingtwn Municipal Building Annex \$15 Res, \$25 Non-Res
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FreedWoman Retreats~ Womens Wilderness Walks

Spending time in nature can ground us and connect us to others. Join Sara from FreedWoman Retreats as she leads you through a woman's circle and hike in order to discover your grounding from within. There will be some yoga , stretching, guided meditation, and Oracle card drawings.



Wednesdays - Early Winter 1/09/2019 - 1/30/2019 12:30 - 2:30 PM East Branch Brandywine Trail \$40 Res, \$60 Non-Res	Wednesdays - Mid Winter 2/06/2019 - 2/27/2019 12:30 - 2:30 PM East Branch Brandywine Trail \$40 Res, \$60 Non-Res
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Wednesdays - Late Winter
3/06/2019 - 4/3/2019
12:30 - 2:30 PM
East Branch Brandywine Trail
\$40 Res, \$60 Non-Res

Promoting Your Child's Academic Success- Preschool through College

In this entertaining, informative talk, a former classroom teacher and author and a former university professor and engineer give parents suggestions as to how to keep their children at the top of their class. Presenters Dr Nick and Karen Truncellito, both now in private education practice many years, share their methods and answer questions on helping children with behavioral problems, dyslexia and other reading issues, math anxiety, grammar, writing, and study skills.

Wednesday 3/13/2019 7:30 - 9 PM West Whiteland Twp. Bldg. \$10 Res, \$10 Non-Res	Wednesday 5/29/2019 7:30 - 9 PM East Brandywine Twp. Bldg. \$10 Res, \$10 Non-Res
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Travel Blogging 101 with Ruth Zavitsanos

Did you have an amazing summer vacation? Have you visited some far off places that kept you snapping photo after photo? Maybe you took your grandkids to Disney or you had an internship at a national park or your going on college visits.

Each participant will leave the two-part workshop with one travel blog ready to share with friends, family and social media.

Saturdays 1/05/2019 & 1/12/2019 10 - 11 AM	East Caln Twp. Building Meeting Room \$45 Res, \$65 Non-Res
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Women's Self Defense Class - Anne Kirk, PT, DPT, SFMA

Kirk's Premier Martial Arts and Krav Maga Self-Defense Systems for Women is a comprehensive course exclusively for women that teaches realistic self-defense tactics and techniques. The curriculum begins with awareness, prevention, risk reduction and avoidance, and progresses to the basics of hands-on defense training with Krav Maga.



Though it is not a Martial Arts program, the curriculum is dedicated to teaching women concepts and techniques to defend against various types of assaults, by utilizing proven self-defense and martial arts tactics.

Ages 13 and up Tuesdays 1/08/2019 - 2/12/2019	6 - 7 PM Ashbridge Manor Studio E \$99 Res, \$119 Non-Res
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Designer Tips and Insider Tricks with Maria Rorke

We will discuss the importance of furniture placement, wall decor, and window treatments. We will also focus on color choices and ways to put your personal stamp on your space. This class will offer inspiration and expert advice that will help transform your home and help you avoid costly design and decorating mistakes.

Thursdays
1/10/2019 - 1/31/2019
6:30 - 8 PM
East Brandywine Twp. Building
\$125 Res, \$145 Non-Res



ADULT SPORTS AND LEAGUES

'Over 30' - Pick-Up Basketball

Meet weekly to play some basketball, meet some new friends, and get some exercise. Sign up as an individual; teams are drawn weekly by a rotating captains. Multiple teams rotate in and out for short games.



Register Early! Space is limited to 20 players ages 30 and over. Please bring a dark colored shirt and a light colored shirt each night for team colors.

MUST PRE-REGISTER!

Ages: 30 and up

Wednesday

2/06/2019 - 3/27/2019

7:15 - 9:15 PM

Pickering Valley Elementary Gymnasium

\$85 Res, \$100 Non-Res

Adult Corn Hole League

New Winter Location!

P.J. Whelihan's Pub + Restaurant

Meet weekly to play some corn hole, meet some new friends, and have some fun. Sign up as an individual; teams are drawn weekly by a random drawing. Contestants take turns pitching their corn bags at the cornhole platform until a contestant reaches the score of 21



points. A corn bag in the hole scores 3 points, A bag leaning into the hole scores 2 points, while one on the platform scores 1 point. The game is generally played tournament style with an individual being named the champion at the end of the tournament.

MUST PRE-REGISTER!

Wednesdays

1/09/2019 - 2/27/2019

7:15 - 9:15 PM

P.J. Whelihan's Pub +

Restaurant

\$30 Res, \$30 Non-Res

MUSIC AND ARTS INSTRUCTION

Guitar/Bass/Mandolin/Cello Instruction - with Rich McKenzie

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.

Wednesdays

1/09/2019 - 2/13/2019

4 - 8:30 PM

Downingtown Municipal Building Annex

\$75 Res, \$95 Non-Res

Wednesdays

2/27/2019 - 04/3/2019

4 - 8:30 PM

Downingtown Municipal Building Annex

\$7 Res, \$95 Non-Res



Piano Instructor Wanted

We are looking for an instructor to provide piano lessons through DARC. Please call us at 610-269-9260 or e-mail downingtownrec@gmail.com if you have an interest.

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

1/2/2019 - 2/27/2019

7 - 8 PM

Power Play Ice Rink Eagle Dance Academy

\$105 Res, \$120 Non-Res

Adult Jazz Dance

High energy, popular music, and fun highlight this class as students work on strength, flexibility, and choreography. Students are celebrated as they explore their own sense of individuality and style. No experience in necessary. Bring a friend and dance! All Levels Welcome!

Saturdays

1/05/2019 - 2/23/2019

9:30 - 10:30 AM

Balance Dance Center

\$110 Res, \$125 Non-Res

Tuesdays

1/08/2019 - 2/2/2019

7:30 - 8:30 PM

Balance Dance Center

\$110 Res, \$125 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.



Beginner Adult Tap

Mondays

1/07/2019 - 2/25/2019

10:15 - 11 AM or

11:15 AM - 12 PM

Victoria J. Ireys School of Dance

\$104 Res, \$124 Non-Res

Intermediate Adult Tap

Tuesdays

1/08/2019 - 2/26/2019

8 - 8:45 PM

Victoria J. Ireys School of Dance

\$104 Res, \$124 Non-Res

Did you know...your special talents and skills are wanted at DARC?

We are expanding our programs and **WANT YOU!** If you are interested in becoming an instructor, or have a great idea for a program, please call us at (610) 269-9260 or e-mail us at downingtowntnrec@gmail.com.





ADULT AQUATICS

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.



Early Winter Sundays 1/13/2019 - 2/17/2019 8 - 8:55 AM Ashbridge Manor Pool \$75 Res, \$90 Non-Res	Late Winter Sundays 3/3/2019 - 04/07/2019 8 - 8:55 AM Ashbridge Manor Pool \$75 Res, \$90 Non-Res
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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.

Classes

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

Mondays 1/07/2019 - 2/11/2019 2/25/2019 - 4/1/2019 7 - 7:45 AM Ashbridge Manor Pool \$55 Res, \$75 Non-Res	Wednesdays 1/09/2019 - 2/13/2019 2/27/2019 - 4/3/2019 10 - 10:45 AM Ashbridge Manor Pool \$55 Res, \$75 Non-Res
Tuesdays 1/07/2019 - 2/11/2019 2/25/2019 - 4/1/2019 7 - 7:45 AM Ashbridge Manor Pool \$55 Res, \$75 Non-Res	Thursdays 1/10/2019 - 2/14/2019 2/28/2019 - 4/4/2019 7 - 7:45 AM Ashbridge Manor Pool \$55 Res, \$75 Non-Res

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.

Early Winter Mondays 1/07/2019 - 2/11/2019 10 - 10:55 AM Ashbridge Manor Pool \$75 Res, \$90 Non-Res	Early Winter Thursdays 1/10/2019 - 2/14/2019 1 - 1:55 PM Ashbridge Manor Pool \$75 Res, \$90 Non-Res
Late Winter 18 and up Mondays 2/25/2019 - 04/1/2019 10 - 10:55 AM Ashbridge Manor Pool \$75 Res, \$90 Non-Res	Late Winter 18 and up Thursdays 2/28/2019 - 04/04/2019 1 - 1:55 PM Ashbridge Manor Pool \$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.

Pick the number of classes that you want in blocks of ten. Choose the day(s) & time(s) that work best for you. See our website for class times on each day.

10 or 20 classes Early Winter Monday through Friday 1/7/2019 - 2/15/2019 Ashbridge Manor Pool \$50 Res, \$70 Non-Res	10 or 20 classes Late Winter Monday through Friday 2/25/2019 - 04/5/2019 Ashbridge Manor Pool \$50 Res, \$70 Non-Res
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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.

Classes

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

Mondays

1/07/2019 - 2/11/2019 and 2/25/2019 - 4/1/2019

9 - 9:45 AM and 7 - 7:45 PM

Ashbridge Manor Pool

\$55 Res, \$75 Non-Res

Wednesdays

1/09/2019 - 2/13/2019 and
2/27/2019 - 4/3/2019

9 - 9:45 AM

Ashbridge Manor Pool

\$55 Res, \$75 Non-Res

Fridays

1/11/2019 - 2/15/2019 and
3/1/2019 - 4/15/2019

9 - 9:45 AM

Ashbridge Manor Pool

\$55 Res, \$75 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.

Early Winter

Mondays

1/07/2019 - 2/25/2019

6:30 - 7:30 PM

St. Mary's of Providence

\$75 Res, \$85 Non-Res

Late Winter

Mondays

3/04/2019 - 04/22/2019

6:30 - 7:30 PM

St. Mary's of Providence

\$75 Res, \$85 Non-Res





YOUTH SPORTS & LEAGUES

Baton Twirling

Have you ever seen a baton twirler? Baton twirling is a sport that we are bringing back to Pennsylvania . These classes includes hand eye coordination, learning to toss, twirls, movements, rolls on the body, marching and all while including dance movements and gymnastics. Baton twirling is a unique sport that is great for all types of performers.

You will need a baton, if you do not have one you may purchase one at the studio for \$40

Ages 8 - 14	Ages 4 - 8
Mondays	Wednesdays
1/14/2019 - 2/04/2019	1/16/2019 - 2/06/2019
5 - 5:45 PM	5:30 - 6:15 PM
Russells Dance and	Russells Dance and
Baton Studio	Baton Studio
\$75 Res, \$95 Non-Res	\$75 Res, \$95 Non-Res

Have a BALL - The Palace Bowling & Entertainment Center

The Saturday morning junior bowling league is for youth ages 4 and up interested in learning to bowl, while competing with other teams for average and wins. Coaching available before scoring weekly. "Pre-bowling" is an option if you know you will miss a week due to scheduling conflicts.

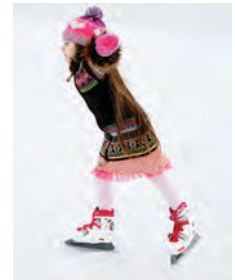
The Sunday night adult child league is open to teams of 1 adult and 1 child competing for wins weekly. "Pre-bowling" is an option if you know you will miss a week due to scheduling conflicts.

Junior League	Adult/Child League
Saturdays	Sundays
Ages 4 - 18	Ages 9 - 12
Saturdays	Saturdays
1/05/2019 - 04/06/2019	1/12/2019 - 04/13/2019
8:20 - 10:20 AM	6:15 - 8:15 PM
Palace Bowling &	Palace Bowling &
Entertainment Center	Entertainment Center
\$160 Res, \$180 Non-Res	\$160 Res, \$180 Non-Res



Learn to Ice Skate @ Power Play Ice Rinks

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. Each student may bring one parent on the ice during their practice session for a small fee. No siblings or friends may be on the ice unless registered in the class.



Early Winter	Late Winter
Thursdays Tots	Thursdays Tots
Ages 3 - 6	Ages 3 - 6
1/3/2019 - 2/14/2019	2/21/2019 - 04/04/2019
1:40 - 2:40 PM	1:40 - 2:40 PM
Power Play Ice Rink	Power Play Ice Rink
\$135 Res, \$150 Non-Res	\$135 Res, \$150 Non-Res

Early Winter	Late Winter
Thursdays	Thursdays
Ages 4 and up	Ages 4 and up
1/3/2019 - 2/14/2019	2/21/2019 - 04/04/2019
5 - 5:30 PM	5 PM - 5:30 PM
Power Play Ice Rink	Power Play Ice Rink
\$85 Res, \$105 Non-Res	\$85 Res, \$105 Non-Res

Early Winter	Late Winter
Fridays	Fridays
Ages 4 and up	Ages 4 and up
1/04/2019 - 2/15/2019	2/22/2019 - 04/05/2019
7:25 - 8:25 PM	7:25 PM - 8:25 PM
Power Play Ice Rink	Power Play Ice Rink
\$135 Res, \$150 Non-Res	\$135 Res, \$150 Non-Res

Early Winter	Late Winter
Saturdays	Saturdays
Ages 4 and up	Ages 4 and up
1/05/2019 - 2/23/2019	3/2/2019 - 04/13/2019
11:50 AM - 12:50 PM	11:50 AM - 12:50 PM
Power Play Ice Rink	Power Play Ice Rink
\$135 Res, \$150 Non-Res	\$135 Res, \$150 Non-Res

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 - Early Winter	Saturdays - Late Winter
Ages 4 - 14	Ages 4 - 14
1/05/2019 - 2/16/2019	3/2/2019 - 04/13/2019
10:55 - 11:45 AM	10:55 - 11:45 AM
Power Play Ice Rink	Power Play Ice Rink
\$135 Res, \$150 Non-Res	\$135 Res, \$150 Non-Res



Photo of Kerr Park by Joan Andrews.



Bricks4Kidz- Creative Engineering - ALL NEW THEMES

This hour-long class is a fun, enriching experience for your child. Kids build a new MOTORIZED project each week using the Classic LEGO bricks much loved by generations of children.

Our Unique models aren't the kits you find on the shelves of a toy store. They are designed by Bricks 4 Kidz to teach concepts across a variety of subject



areas. Each unit is based on engaging themes such as space, inventions, famous buildings and more. We kick things off with a discussion about key concepts relation to the model, then get right into the model building. Working with a partner your child will experience the hands-on fun of seeing a model come together piece-by-piece, from concept to completion.

Ages 5 - 12
Tuesdays
1/15/2019 - 2/19/2019
3:35 - 4:35 PM
Shamona Creek Elementary
\$90 Res, \$110 Non-Res

Computer Explorers - Fun with STEM From A to Z

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 the Actions of Robots
- Programming
- 3D Printing
- Creating Electronic Projects
- Designing Video Games

Ages 8 - 11
Wednesdays
3/20/2019 - 05/1/2019
4 - 5 PM
Lionville Elementary
\$110 Res, \$130 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?

Ages 6 - 10
Wednesdays
1/16/2019 - 2/20/2019
4 - 5 PM
Lionville Elementary
\$110 Res, \$130 Non-Res

Engineering for Kids - Jr. Mechanical Engineering : Let's Make Toys

In the Junior Mechanical Engineering: Let's Make Toys classes, our youngest engineers will be introduced to fundamental concepts of energy, materials, and movement. Students will explore and construct six different toys through this unit, including spinners, magical boomerang cans, wind-up whirligigs, and more.

Ages 5 - 7
Mondays
1/07/2019 - 2/11/2019
5 - 6 PM
Upper Uwchlan Township School House
\$129 Res, \$149 Non-Res

Engineering for Kids - Mechanical Engineering : Master Machines

During the Mechanical Engineering unit, students use the Engineering Design Process to design, create, test and improve a variety of machines and mechanical systems. Students learn basics of energy, traction, aerodynamics and durability while constructing roller coasters, eggstreme defense vehicles and an incredibly fast air-powered custom dragstar.

Ages 8 - 12
Wednesday
1/09/2019 - 2/13/2019
5:30 PM - 6:30 PM
Upper Uwchlan Township School House
\$129 Res, \$149 Non-Res

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 www.DARC.info
for the full list of dates and times for youth swim classes.



YOUTH DANCE

Hip Hop Classes

This class is full of fast paced, fast beat dance steps to hip hop music. Come check out the newest addition to our staff and learn the many different styles of hip hop! Please wear comfortable clothes and clean sneakers.



Beginner Hip Hop
Ages 6 - 9
Mondays
1/07/2019 - 2/25/2019
7 - 7:45 PM
Victoria J. Ireys School of Dance
\$104 Res, \$124 Non-Res

Intermediate/Advanced Hip Hop
Ages 12 and up
Mondays
1/07/2019 - 2/25/2019
8 - 9 PM
Victoria J. Ireys School of Dance
\$104 Res, \$124 Non-Res

Irish Step Dancing

Come try this fun and exciting traditional dance of Ireland or brush up on your technique.



Ages 6 and up
Mondays
1/07/2019 - 2/25/2019
5 - 6 PM
Victoria J. Ireys School of Dance
\$104 Res, \$124 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.

Beginner
Ages 5 - 11
Fridays
1/04/2019 - 2/22/2019
5:45 - 6:45 PM
Victoria J. Ireys School of Dance
\$96 Res, \$116 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
Saturdays
1/12/2019 - 3/2/2019
10 - 10:45 AM
Victoria J. Ireys School of Dance
\$96 Res, \$116 Non-Res

Ages 3-4
Tuesdays
1/08/2019 - 2/26/2019
10 AM - 10:45 AM
Victoria J. Ireys School of Dance
\$96 Res, \$116 Non-Res

Ballet Technique

The beginner level focuses on body placement, basic terminology, strength and flexibility.



The intermediate level builds on the fundamental concepts, introduces new terminology and steps.

Beginner
Ages 6 - 11
Tuesdays
1/08/2019 - 2/26/2019
6:30 - 7:30 PM
Balance Dance Center
\$110 Res, \$125 Non-Res

Intermediate Teens
Ages 12 - 18
Mondays
1/07/2019 - 2/25/2019
5:30 - 6:30 PM
Balance Dance Center
\$110 Res, \$125 Non-Res

Hip-Hop

Learn the foundations of hip hop and incorporate these concepts in fun routines that blend poppin', lockin', steppin', top rockin', breakin', and krump. Dance to the hottest hip-hop tunes while staying on top of the latest dance moves.



Ages 6-8
Saturdays
1/05/2019 - 2/23/2019
10:30 - 11:30 AM
Balance Dance Center
\$110 Res, \$125 Non-Res

Ages 8 - 11
Saturdays
1/05/2019 - 2/23/2019
11:30 AM - 12:30 PM
Balance Dance Center
\$110 Res, \$125 Non-Res

Pre-Dance: Dance for Joy

The joy of dance discovered early-creativity, coordination, and rhythm are the focus of this introductory level.



Ages 3 - 5
Thursdays
 1/3/2019 - 2/21/2019
 4:30 - 5:30 PM
 Balance Dance Center
 \$110 Res, \$125 Non-Res

Ages 3 - 5
Tuesdays
 1/08/2019 - 2/26/2019
 5:30 - 6:30 PM
 Balance Dance Center
 \$110 Res, \$125 Non-Res

Modern / Lyrical

Modern/Lyrical techniques class concentrates on proper alignment, use of breath, quality of structural form, oppositional energy, moving through space, directional changes, fall and recovery, speed and performance quality. Movement concepts are explored through improvisation and original choreography.



Kids
Ages 6 - 8
Wednesdays
 1/2/2019 - 2/20/2019
 4:30 PM - 5:30 PM
 Balance Dance Center
 \$110 Res, \$125 Non-Res

Beginner Teens
Ages 12 - 18
Tuesdays
 1/08/2019 - 2/26/2019
 7:30 - 8:30 PM
 Balance Dance Center
 \$110 Res, \$125 Non-Res

Jazz Dance

High energy, popular music, and fun highlight this class as students learn to think fast, move quickly, and explore their own sense of individuality in style. Technique, choreography, strength, and flexibility - the total dancer is nurtured and celebrated. Various styles of jazz dance are explored including, funk, lyrical, and afro-jazz. Attire: please wear t-shirt or leotard, jazz pants/yoga pants, bare feet or jazz shoes.

Beginner Teens
Ages 12-18
Fridays
 1/04/2019 - 2/22/2019
 4:30 - 5:30 PM
 Balance Dance Center
 \$110 Res, \$125 Non-Res

Intermediate/Advanced Teens
Ages 12 - 18
Wednesdays
 1/2/2019 - 2/20/2019
 7:30 - 8:30 PM
 Balance Dance Center
 \$110 Res, \$125 Non-Res

Jazz / Acro

Do you love to dance + tumble? This class is for you. Learn dance movements, stretching flexibility, tumbling all in one class. Come and have fun at our brand new location in Downingtown.

Additional Information: Wear dance clothes, hair pulled back and jazz shoes.

Ages 8 - 15
Mondays
 1/14/2019 - 2/04/2019
 5:45 - 6:30 PM
 Russells Dance and Baton Studio
 \$75 Res, \$95 Non-Res





YOUTH DANCE

Twinkle Toes Ballet @ Eagle Dance Academy

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



Ages 3 - 5	Ages 3 - 5
Mondays	Saturdays
1/07/2019 - 2/25/2019	1/05/2019 - 2/16/2019
5:15 - 6 PM	10 - 10:45 AM
Eagle Dance Academy=	Eagle Dance Academy
\$98 Res, \$113 Non-Res	\$98 Res, \$113 Non-Res

Youth Hip-Hop & Funk @ Eagle Dance Academy

Hip Hop n' Funk is a popular dance style that is featured in music videos seen on TV. 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! There is a mandatory dress required and not included in the price.



Ages 7 - 11
Saturdays
1/05/2019 - 2/16/2019
12 - 1 PM
Eagle Dance Academy
\$105 Res, \$120 Non-Res

ADVERTISE HERE!



Reach over 41,000 Homes and 69,000 people through the DARC catalog and website!

Special multi-edition pricing is available. Call 610-269-9260 or e-mail downingtowntrec@gmail.com for more information.

Cookies and Cocoa

What better way to celebrate the winter and holiday season than making delicious hot cocoa and cookies to go with it. Learn how to set up a hot cocoa bar. You'll make healthy cocoa kits to take home or give as gifts too! We'll make a festive craft and/or play festive games as well.

Monday
1/07/2019
5:30 - 7:00 PM
Marsh Creek - 6th Grade Center
\$40 Res, \$50 Non-Res



Soup Saved the Day!

Easy and Cozy is what comes to mind when we think of soup. Come learn how to make delicious soups and sides. We'll play a game or 2 and make 3 soup recipes with sides. Chefs will come home with Mason jars full of their creations to share with the family.

Monday
1/28/2019
5:30 - 7:30 PM
Marsh Creek - 6th Grade Center
\$55 Res, \$65 Non-Res

Candy Making Class

By the end of this class, you'll know how to melt chocolates and melt hearts! We'll start with melting and then making a variety of sweet candy confections that we'll box up to give as gifts to our sweethearts.

Monday
2/11/2019
6 - 7:30 PM
Marsh Creek - 6th Grade Center
\$40 Res, \$45 Non-Res

Think and Eat GREEN - St. Patty's Day Class

You won't need the "luck of the Irish" to enjoy all things GREEN. Once again we are taking a page out of our healthy hands cooking recipes and teaching your child why green foods are power foods, and then learn to make some delicious (and nutritious) green foods for themselves! We'll also make 2 to 4 recipes such as "Minty Shamrock Smoothies", "Lucky Leprechaun Dip", "Over The Rainbow Chicken Wraps", and "Green Clover Dessert Bites". (Please email me if your child is outside this age range and would like to attend this class)

Monday
3/11/2019
5:30 - 7:30 PM
Marsh Creek - 6th Grade Center
\$55 Res, \$65 Non-Res



COMMUNITY



It's Not Too Early to Think About Summer!

DARC is looking for people who are great with kids to lead our camp programs this summer. We will start interviewing for all of our summer part-time camp positions in March, but we are looking right now for committed, responsible individuals to be leaders at each of our camp locations.

Playground Camp site leaders to supervise our elementary school locations for ages 3-11 in the mornings. Certified teachers are preferred for these positions.

Middle School Adventure Camp site leaders to coordinate the daily trips for ages 11-13 full days.

Elementary School Day Camp site leaders to coordinate the daily trips for ages 7-11 full days.

A **summer Office Assistant** to handle camp scheduling and inquiries.

**For more information on these positions please call
Lisa at 610-269-9260 or e-mail downingtowntnrec@gmail.com**

<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>www.allstarbaseballacademy.com 610-518-7400</p> <p>Delaware Valley's #1 Baseball Training Facility. "We Train Tomorrow's All-Stars Today!"</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>
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COMMUNITY



Congratulations to our Fall Softball Champions!

You all survived the rainiest softball season ever!

Ron's Original Bar & Grill

Co-Ed Competitive Division Champions

Prestige Worldwide
Co-Ed Recreational Division Champions

Dad & Sons

Men's Competitive Division Champions

Bulldogs

Men's Recreational Division Champions

Our spring season begins in late March / early April. Team registration begins in late February for existing teams. If you are interested in forming a new team or being added to the free agent list, e-mail us at darcsoftball@gmail.com.

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2019 DISCOUNT LIFT TICKETS

Available from mid-December to the end of March

No Refunds

		Gate	DARC	Save
	Midweek	\$50	\$35	\$15
	Weekend/Holiday	\$60	\$51	\$9
	Night (4pm to 10pm)	\$37	\$27	\$10
	Midweek	\$55	\$49	\$6
	Weekend/Holiday	\$65	\$59	\$6
	Night (4pm to 10pm)	\$40	\$34	\$6
	Adult Midweek	\$50	\$42	\$8
	Adult Weekend/Holiday	\$65	\$54	\$9
	Youth Midweek	\$35	\$30	\$5
	Youth Weekend/Holiday	\$49	\$42	\$3
Elk Mountain	Midweek	\$55	\$54	\$1
	Weekend/Holiday	\$69	\$65	\$4
Shawnee Mountain	Midweek Adult/Youth	\$55/\$42	\$40	\$2-\$15
	Weekend/Holiday/Adult/Youth	\$65/\$50	\$50	\$10-\$15
	Ski/Snowboard Packages***	\$105	\$80	\$25
Roundtop/Liberty/Whitetail	Midweek	\$71-\$77	\$57	\$14-\$21
	Weekend/Holiday	\$78-\$84	\$69	\$9-\$15

*** Ski/Snowboard Package includes lift ticket, ski or snowboard rental, and beginner lesson (optional).



\$30 any day tickets, \$5-\$12 in savings!

ONLINE INSTRUCTION

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How to Get Started:

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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

SEASONAL PHOTO CONTEST!

Are you an amateur photographer who would like to have your photo appear on our front cover?

To complement our new seasonal front page theme we would like to have our residents snap photos and send them to us. If we use your photo on our cover you will win a \$20 DARC program voucher good towards a future DARC program of your choice and get a cover photo credit.

We are looking for photos taken within the Downingtown Area School District boundaries of either seasonal activities or nature shots. We also welcome photos taken of recreational activities or even your family, pets, or friends having seasonal fun.

Send your electronic photos (or share a link) to downingtownrec@gmail.com. Put "Attention Photo Contest" in the subject line and include contact information should your photo be selected. DARC will retain the publishing rights to any photos submitted for the contest.





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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