

*Working Together for a Stronger Community*



## Downingtown Area Recreation Consortium

### Program Catalog Fall 2019

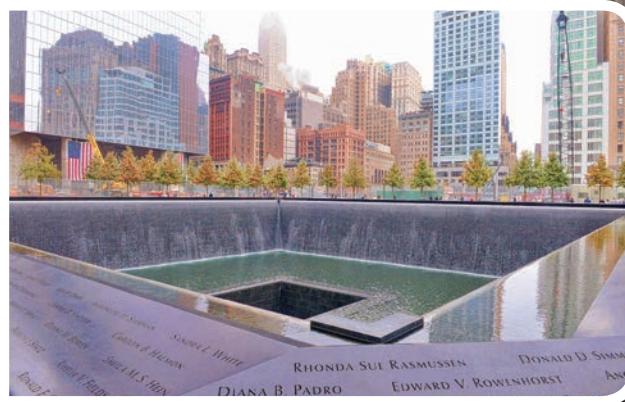
*Keep until December 2019*



**Fitness**



**After School Programs**



**Trips and Vacations**



**Health and Wellness**



**Register Online at [darc.info](http://darc.info)**



# Community PARTNERSHIPS

Russells Dance and Baton Studio

## FREE Dance & Baton Day for DARC Residents Only

### Baton Twirling Classes

Introduce your child to Baton twirling. This class teaches hand eye coordination, learning to toss, twirls, movements, rolls on the body, marching and dance movements. If you want to wow the crowd, twirl for your school, and do something truly amazing, join us for this FREE introductory class. Batons will be provided for this class.

**Saturday**

**10/26/2019**

**1 - 1:30 PM (ages 11 and up)**

**1:30 - 2:00 PM (ages 6 - 10)**



### Acro Tumbling

Try this introductory class to acro tumbling which teaches your child to the basic skills of: tumbling, leaps, cartwheels, walkovers and more. Learn FUN dance moves. No tumbling experience required.

**Saturday**

**10/26/2019**

**Ages 4-8 years**

**2- 2:30 PM**

### Broadway Jazz

Join us for an introductory Jazz class. Using the sounds from Broadway learn different jazz techniques while enhancing your strength, coordination and control of your body movements. Please wear sneakers or jazz shoes if you have them.

**Saturday**

**10/26/2019**

**Ages 16 and up**

**2:30 - 3:30 PM**

## QPR - Suicide Prevention Task Force

Just as People trained in CPR and Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.



QPR is a nationally recognized, evidence-based suicide prevention training developed by Paul Quinnett, PhD, a clinical psychologist and the founder of the QPR Institute. ([www.qprinstitute.com](http://www.qprinstitute.com)) It is a training for every-day citizens to become "Gatekeepers." Participants need no other clinical training or education.



QPR Gatekeepers may be parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foreman, police officers, caseworkers, fire fighters, and many others who are in a position to recognize and refer someone at risk of suicide. Gatekeepers are trained to recognize a crisis and the warning signs that someone may be contemplating suicide. They help by following the simple QPR steps and by providing hope.

The Substance Abuse and Mental Health Service Administration (SAMHSA) has a national registry of scientifically based approaches for preventing and treating mental health and substance use disorders, and for preventing suicide. Only 12 suicide prevention programs or interventions have met the rigorous requirements to be listed on the registry. QPR is one.

**Wednesday**

**10/16/2019**

**6:30 - 8:30 PM**

**Downingtown Municipal Building Annex**

# Greetings RESIDENTS!

It's hard to believe that a beautiful fall season will be here soon. As with every season DARC is working hard planning a variety of programs and events for you and your family.

We are pleased to announce two new partnership programs for our communities in October. On October 16, from 6:30-8:30pm, the QPR-Suicide Prevention Task Force will be holding a suicide prevention training for every-day citizens. Then on Saturday, October 26 join DARC at Russell's Dance and Baton Studio for a free day of dance & baton lessons. This is a great way to introduce your family to the sport of baton, acro-tumbling and Broadway jazz.



Beyond these events, we hope you will take some time to review this brochure and check out the variety of additional programs and events planned to help you “recreate” a better life. We have something for everyone and know we can make your fall a memorable one.

As always, we welcome your comments and suggestions to further enhance our services. Please feel free to stop by the DARC office or give us a call at (610)269-9260.

Sincerely,

Nicole  
Executive Director

*Working Together for a Stronger Community*

## CONTENTS

<b>Trips and Tours</b> . . . . .	2	<b>Youth Science, Tech &amp; Art.</b> . . . . .	25
<b>First Aid/CPR/Babysitting Safety</b> . . . . .	4	<b>Youth Cooking &amp; Nutrition.</b> . . . . .	26
<b>Health and Fitness</b> . . . . .	5	<b>Youth Aquatics</b> . . . . .	27
<b>Adult Sports &amp; Leagues</b> . . . . .	15	<b>Youth Dance.</b> . . . . .	28
<b>Adult Dance</b> . . . . .	17	<b>Discounted Tickets</b> . . . . .	31
<b>Adult Leisure &amp; Instruction.</b> . . . . .	19	<b>Community Events.</b> . . . . .	32
<b>Adult Aquatics</b> . . . . .	20	<b>Online Instruction</b> . . . . .	33
<b>Youth Sports &amp; Leagues</b> . . . . .	23	<b>DARC Registration Policies.</b> . . . . .	33

# TRIPS AND TOURS

## 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 artifact’s, photos, audio, visual footage, first person testimonials and memorabilia.



We will make a dinner stop (on your own) at either a Wegman’s or Whole Foods Market Cafe en route home.

**TRIPS BOOK QUICKLY!! RESERVE YOUR SEATS SOON!**

### Trip Information

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

Return: Approx. 7:45PM

This trip will require a minimum of 35 participants in order to run. Your full registration fee will be refunded if the trip minimum is not met.

**Saturday**

**09/07/2019**

**8:30 AM - 7:45 PM**

**West Whiteland Township Building Parking Lot**

**\$140 Res, \$140 Non-Res**



## Ain't Too Proud on Broadway

**The Life and Times of The Temptations**

**Five Guys. One Dream.** And a Sound That Would Make Music History.

AIN'T TOO PROUD is the electrifying new musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. With their signature dance moves and unmistakable harmonies, they rose to the top of the charts creating an amazing 42 Top Ten Hits with 14 reaching number one. The rest is history — how they met, the groundbreaking heights they hit and how personal and political conflicts threatened to tear the group apart as the United States fell into civil unrest. This thrilling story of brotherhood, family, loyalty and betrayal is set to the beat of the group's treasured hits, including “My Girl,” “Just My Imagination,” “Get Ready,” “Papa Was a Rolling Stone” and so many more.

By request of our customers to make some of our Broadway Trips more affordable we are offering mezzanine seating for this show.

The original ticket block purchased is 15 seats - more are available - if sold out when registering, register for the wait list and call our office at 610-269-9260.

**Saturday**

**11/23/2019**

**8:30 AM - 8:30 PM**

**Ashbridge Manor Rear Parking Lot**

**\$165 Res, \$165 Non-Res**



# TRIPS AND TOURS



## Atlantic City Casino Bus Trip

Feeling lucky and ready to place some bets? Then travel with us to Atlantic City, the home to some of the most exciting casino resorts featuring both slots and table games. Everyone traveling with us will receive a \$25 slot machine credit to Tropicana Resorts. In addition to the Casino, you may decide to enjoy the boardwalk, the beach and many of the excellent restaurants or the world-class entertainment.

To gamble at any casino, a patron must be at least 21 years of age and present valid identification. Acceptable forms of identification include: state issued driver's license, state issued ID card, passport, military ID, or alien registration card.

Slot play package subject to change.

**10/16/2019**

**9:00 AM - 8:00 PM**

**Ashbridge Manor Rear Parking Lot**

**\$50 Res, \$50 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.



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 Radio City between 5:50 PM and 6:00PM depending on the trip schedule. No stops on the way home.

**11/23/2019**

**12/14/2019**

**8:30 AM - 8:00 PM**

**Ashbridge Manor Rear Parking Lot**

**\$55 Res, \$55 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



## TREASURES OF IRELAND

**\$3,825**

WITH BOOKING DISCOUNT  
\$3,925 PP REGULAR DOUBLE  
MARCH 24- APRIL 1, 2020



## ALBUQUERQUE BALLOON FIESTA

**\$2,575**

WITH BOOKING DISCOUNT  
\$2,675 PP REGULAR DOUBLE  
OCTOBER 9-14, 2020

# 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.



**Thursday** 5:45 - 10 PM  
**09/19/2019** **Downingtown Municipal**  
**10/17/2019** **Building Annex**  
**11/14/2019** **\$75 Res, \$95 Non-Res**  
**12/12/2019**

## 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.

**Ages 11 - 15**  
**Saturday**  
**10/05/2019**  
**12/07/2019**  
**9 AM - 2 PM**  
**Downingtown 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.

### 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.



**Ages 16 and up**  
**Saturday**  
**09/21/2019**  
**10/19/2019**  
**11/16/2019**  
**12/14/2019**  
**9 AM - 1 PM**  
**Downingtown Municipal Building Annex**  
**\$75 Res, \$95 Non-Res**

## DON'T WAIT TO REGISTER!

*Don't wait until the last minute to sign up for a program. Some of our programs fill up immediately; don't be disappointed, register early!*

Almost every activity has a minimum number of enrollees needed to cover the expenses or to make it enjoyable (think team sports). If you see an activity you like, don't hesitate sign up today!

# HEALTH AND FITNESS

## Active Aging Fitness!! with Maureen Collins

Train and slow the aging process by focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention and balance and have FUN participating.

Anyone can come even those with disabilities. We will use chairs.

### Fall 1

50 and up

Mondays

09/16/2019 - 10/28/2019

5 - 5:45 PM

West Bradford

Elementary

\$50 Res, \$70 Non-Res

### Fall 2

50 and up

Mondays

11/04/2019 - 12/16/2019

5 - 5:45 PM

West Bradford

Elementary

\$50 Res, \$70 Non-Res

## Adult Small Group Personal Training @ Lionville School of Dance

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.

### Mondays

09/09/2019 - 10/21/2019

11/04/2019 - 12/16/2019

11 - 11:45 AM

\$165 Res, \$185 Non-Res

### Wednesdays

09/11/2019 - 10/23/2019

11/06/2019 - 12/18/2019

11 - 11:45 AM

\$165 Res, \$185 Non-Res

### Fridays

09/13/2019 - 10/25/2019

11/08/2019 - 12/20/2019

11 - 11:45 AM

\$165 Res, \$185 Non-Res

## Barre Class - Strengthen, Lengthen and Tone by Susan Pogharian

Come enjoy the benefits of Barre as we strengthen, lengthen and tone your muscles. We'll not only work on leg muscles, but also arms and core so your whole body will feel great! No ballet experience required, and all ability levels welcome. Come as you are and watch your body gently transform.



Bring yoga mat. (3-5 lb weights optional)

### Mondays & Thursdays

09/16/2019 - 10/10/2019

9:30 - 10:30 AM

West Pikeland Township

\$93 Res, \$113 Non-Res

## Beginner Kettlebells @ Ashbridge Manor Studio E - Lester Jiles

First time exercising with 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.

### Tuesdays

Fall 1

09/10/2019 - 10/15/2019

10/29/2019 - 12/03/2019

7:30 - 8:25 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res





# HEALTH AND FITNESS

## 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!



### Mondays

09/09/2019 - 10/14/2019

10/28/2019 - 12/02/2019

7:15 PM - 8:10 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

## Boot Camp by Leann Pacinelli

The class will begin with a dynamic warm up to prepare you for the class. Each class combines high intensity cardio exercises such as Burpees, Jump Squats, and Donkey Kicks, in addition to various strength exercises utilizing your body-weight such as pushups, triceps dips, and Handstand Mountain-climbers. The class will finish with roughly 8 minutes of abdominal exercises.

Please bring a yoga mat and water to every class.

### Tuesdays & Thursdays

09/03/2019 - 10/10/2019

8:30 - 9:30 AM

Bell Tavern Park Field Area

\$170 Res, \$190 Non-Res

## Butts and Guts by Leann Pacinelli

Tone and Shape your backside while strengthening and sculpting your abs - this class is designed to tone every muscle of your core, glutes, and thighs.

All Levels are welcome - your own body weight can be used for all exercises, however, the instructor will provide resistance loops, bands and medicine balls for more intensity.

### Mondays & Wednesdays

09/09/2019 - 10/16/2019

10:30 - 11:15 AM

Downingtown Municipal Building - Annex

\$150 Res, \$170 Non-Res

## Core, Cardio & Power- Personal Training in a group setting. 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 joint stability.



**Cardio**- Improve your heart health, endurance and stamina with intervals and total body movements. All levels welcome.

**Power**- Move through appropriate progressions. Learn how to add more reps, more sets, more resistance and speed to increase your power.

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

### Fall 1

Thursdays

09/12/2019 - 10/17/2019

6 PM - 6:55 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

### Fall 2

Thursdays

10/31/2019 - 12/12/2019

6 PM - 6:55 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

## H I I T (High Intensity Interval Training) by Leann Pacinelli

A high intensity workout utilizing a training technique in which you give an all out effort through quick bursts of exercise, followed by short, often active, recovery periods.

This type of training gets and keeps your heart rate up and burns more fat in less time. All experience levels welcome. Please bring a mat, water and light to medium dumbbells (5-8lbs).

### Mondays

09/09/2019 - 10/14/2019

5:00 - 6:00 PM

Lionville Middle School

\$110 Res, \$130 Non-Res



# HEALTH AND FITNESS

## 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.**

**Fall 1**  
**Wednesdays**  
 09/11/2019 - 10/16/2019  
 7:30 PM - 8:25 PM  
 Ashbridge Manor Studio E  
 \$75 Res, \$95 Non-Res

**Fall 1**  
**Saturdays**  
 09/14/2019 - 10/19/2019  
 9:30 AM - 10:25 AM  
 Ashbridge Manor Studio E  
 \$75 Res, \$95 Non-Res

**Fall 2**  
**Wednesdays**  
 10/30/2019 - 12/11/2019  
 7:30 PM - 8:25 PM  
 Ashbridge Manor Studio E  
 \$75 Res, \$95 Non-Res

**Fall 2**  
**Saturdays**  
 11/02/2019 - 12/14/2019  
 9:30 AM - 10:25 AM  
 Ashbridge Manor Studio E  
 \$75 Res, \$95 Non-Res

## 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.



### Notes -

Bring a mat, 2# medicine ball, & water.

Instructor will provide bands.

**Mondays**  
**Fall 1**  
 09/16/2019 - 10/28/2019  
 6 - 6:50 PM  
 West Bradford  
 Elementary  
 \$60 Res, \$75 Non-Res

**Mondays**  
**Fall 2**  
 11/04/2019 - 12/16/2019  
 6 - 6:50 PM  
 West Bradford  
 Elementary  
 \$60 Res, \$75 Non-Res

## Pilates Mat Class

Pilates Mat Class Developed by Joseph H. Pilates as a form of physical therapy, Pilates is a system of exercises that target the deep muscles of your core. Pilates strengthens the stabilizing muscles of your body, so that your posture, balance, and entire core strength all improve. Wear workout clothing, no shoes required, bring your mat. 6 - 45 minute classes for \$90. Classes are on-going. You pick when you want to start.

Lionville School of Dance, Exton.

**Tuesdays**  
 09/10/2019 - 10/15/2019  
 10:45 AM - 11:30 AM  
 Lionville School of Dance  
 \$90 Res, \$110 Non-Res

## Women's Self Defense Class - Anne Kirk, PT, DPT, SFMA

This 6 hour course is a MUST for all Teen and Adult women and is designed for women of all ages and fitness levels!!

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. Our system of realistic defense provides women with knowledge to make an educated decision about resistance.

**Tuesdays**  
 09/10/2019 - 10/15/2019  
 6 - 7:00 PM  
 Ashbridge Manor Studio E  
 \$100 Res, \$120 Non-Res

# HEALTH AND FITNESS

## 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 of 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.



<b>Thursdays</b> 09/12/2019 - 10/17/2019 9:00 - 9:55 AM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res	<b>Thursdays</b> 10/31/2019 - 12/12/2019 6 - 6:55 PM Ashbridge Manor Studio E \$75 Res, \$95 Non-Res
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## 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

### Programs

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

Please see our programs on pages 17, 18 and 30



610-458-9160 ext. 110

[EagleDanceAcademy.com](http://EagleDanceAcademy.com)

## Zumba @ Lionville School of Dance

### Love to Dance? Wish Working Out was Fun?

Now it is! Learn various dance styles set to fun, upbeat music (pop, salsa, merengue, swing, reggaeton, cumbia, hip hop) from the Dance 4 Fitness LLC certified instructors.

No matter your dance experience, we aim to make you smile while burning calories and learning popular dance moves. Leave class feeling energized and ready to tackle the rest of your day.



This is a Beginner class. It's appropriate for adults who have been away from exercise and/or Zumba® due to an illness, injury, surgery, lifestyle change, or a break in your workout routine. Ease back into dancing again with this class full of low impact moves to help you reach your fitness and wellness goals. Dance 4 Fitness is waiting for YOU!

### LOCATION:

Classes are held in a large studio space at the Lionville School of Dance (11 S Village Ave, Exton, PA) with a professional "sprung floor" that is specially designed to help absorb shock to enhance performance and reduce injuries.

### Early Fall

#### Mondays

09/09/2019 - 10/21/2019

12 - 12:45 PM

Lionville School of Dance

\$95 Res, \$115 Non-Res

### Late Fall

#### Mondays

11/04/2019 - 12/16/2019

12 - 12:45 PM

Lionville School of Dance

\$95 Res, \$115 Non-Res

### Monday, Wednesday, Friday

11/02/2018 - 12/30/2019

Lionville School of Dance

\$115 Res, \$135 Non-Res

# HEALTH AND FITNESS

## 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.

<b>Early Fall</b> <b>Tuesdays</b> <b>09/10/2019 - 10/29/2019</b> <b>6 - 7:00 PM</b> <b>St. Paul's Lutheran Church</b> <b>\$75 Res, \$85 Non-Res</b>	<b>Late Fall</b> <b>Tuesdays</b> <b>11/05/2019 - 12/10/2019</b> <b>6 - 7:00 PM</b> <b>St. Paul's Lutheran Church</b> <b>\$60 Res, \$70 Non-Res</b>
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## 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.

Equipment needed -

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.

<b>Early Fall</b> <b>Tuesdays</b> <b>09/10/2019 - 10/29/2019</b> <b>7:30 - 8:30 PM</b> <b>Glenmoore Fire Hall</b> <b>\$75 Res, \$85 Non-Res</b>	<b>Late Fall</b> <b>Tuesdays</b> <b>11/05/2019 - 12/10/2019</b> <b>7:30 PM - 8:30 PM</b> <b>Glenmoore Fire Hall</b> <b>\$60 Res, \$70 Non-Res</b>
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## 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!

Equipment Needed -

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.

<b>Early Fall</b> <b>Thursdays</b> <b>09/12/2019 - 11/07/2019</b> <b>7:10 - 8:00 PM</b> <b>B &amp; J Excavating</b> <b>\$75 Res, \$85 Non-Res</b>	<b>Late Fall</b> <b>Thursdays</b> <b>11/14/2019 - 12/12/2019</b> <b>7:10 - 8:00 PM</b> <b>B &amp; J Excavating</b> <b>\$38 Res, \$48 Non-Res</b>
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## 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.

Equipment Needed -

Bring a mat, towel, and water

<b>Early Fall</b> <b>Thursdays</b> <b>09/12/2019 - 11/07/2019</b> <b>6:15 - 7:05 PM</b> <b>B &amp; J Excavating</b> <b>\$75 Res, \$85 Non-Res</b>	<b>Late Fall</b> <b>Thursdays</b> <b>11/14/2019 - 12/12/2019</b> <b>6:15 - 7:05 PM</b> <b>B &amp; J Excavating</b> <b>\$38 Res, \$48 Non-Res</b>
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# 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.



Register early - space is limited and classes fill up quickly!

### Equipment -

Bring a small mat and wear loose fitting clothes.

<b>Mondays</b> 09/23/2019 - 11/11/2019 10 - 11:30 AM East Caln Twp. Building Meeting Room \$70 Res, \$90 Non-Res	<b>Thursdays</b> 09/26/2019 - 11/14/2019 10 - 11:30 AM East Caln Twp. Building Meeting Room \$70 Res, \$90 Non-Res
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## Free Your Neck Yoga Workshop

Melt the tension that gives you a stiff, tight, painful neck. Discover how progressive release of spinal tension, from tail to top, improves your neck dramatically. Learn a series of gentle neck movements as a self-massage for your neck as well as important abdominal activators to give your spine needed support. Your neck will be light, lifted and easy when you leave and you'll know how to take care of it yourself.



**Friday**  
10/25/2019  
2 - 5:00 PM  
Downtown Yoga & Meditation Center  
\$95 Res, \$115 Non-Res

## Mindfulness and Meditation

Mindfulness and meditation have the potential to positively impact our lives. Research has shown that it helps to decrease feelings of depression and anxiety, prevent depressive relapse, lower blood pressure and assist with chronic pain. Research has also shown that meditation changes the structure of our brain. For example, after 8 weeks of practice, brain scans show that it shrinks the amygdala, our fear and worry center. Join Carey O'Toole, A Naropa University MA graduate, whose clinical training program focused on mindfulness and meditation.

\* This is a training course and not considered counseling\*

Please Provide your own meditation cushion (you can use a chair instead, which will be provided) and yoga mat and purchase the book, How to Meditate by Pema Chodron

<b>Session 1</b> <b>Thursdays</b> 10/03/2019 - 10/24/2019 4:30 - 6:00 PM Marsh Creek - 6th Grade Center Gym \$140 Res, \$160 Non-Res	<b>Session 2</b> <b>Thursdays</b> 11/07/2019 - 12/05/2019 4:30 - 6:00 PM Marsh Creek - 6th Grade Center Gym \$140 Res, \$160 Non-Res
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<b>Session 1 - Drop in</b> <b>Thursdays</b> 10/03/2019 - 10/24/2019 4:30 - 6:00 PM Marsh Creek - 6th Grade Center Gym \$40 Res, \$60 Non-Res (per class)	<b>Session 2 - Drop in</b> <b>Thursdays</b> 11/07/2019 - 12/05/2019 4:30 - 6:00 PM Marsh Creek - 6th Grade Center Gym \$40 Res, \$60 Non-Res (per class)
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# YOGA AND MEDITATION

## Preschool Yoga by Maureen Digby **NEW!**

The benefits of yoga go beyond exercise. Children develop and awareness of their bodies & how they move, as well as learning mindfulness of strategies for understanding and controlling emotions. We will connect children's books with yoga poses to develop growing bodies and minds.

**Ages 3 - 6**

**Wednesdays**

**09/18/2019 - 10/23/2019**

**10 - 10:40 AM**

**East Caln Twp. Building Meeting Room**

**\$90 Res, \$110 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.).

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**

**09/07/2019 - 12/07/2019**

**Downingtown United Methodist Church**

**\$135 Res, \$155 Non-Res**

**Saturday Mornings and Wednesday evenings**

**09/04/2019 - 12/04/2019**

**Downingtown United Methodist Church**

**\$225 Res, \$245 Non-Res**

**Wednesday evenings**

**09/04/2019 - 12/04/2019**

**6:30 - 7:30 PM**

**Downingtown United Methodist Church**

**\$135 Res, \$155 Non-Res**

## Weekly Yoga Class

Often called "Bliss Yoga," Svaroopaa® 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).



At Downingtown Yoga & Meditation Center

**Wednesdays**

**10/02/2019 -**

**10/23/2019**

**9:30 - 11:00 AM**

**\$80 Res, \$100**

**Non-Res**

**Heart Openers**

**Wednesdays**

**12/04/2019 -**

**12/25/2019**

**7:30 - 9:00 AM**

**\$80 Res, \$100**

**Non-Res**

**Neck and**

**Shoulders**

**Saturdays**

**11/02/2019 -**

**11/23/2019**

**9:30 - 11:00 AM**

**\$80 Res, \$100**

**Non-Res**

## Yoga for Strength & Flexibility by Susan Pogharian **NEW!**

Come enjoy Yoga for Strength & Flexibility as we move through different yoga poses, strengthening the body, improving balance and increasing flexibility. Both mind and body will benefit from stretching and breathing incorporated into the practice. Whether you wish to build strength, prevent pain, increase mobility or seek an outlet for stress relief, yoga is a wonderful method to achieve your goal! All ages and abilities welcome.

**Mondays 1x week**

**09/16/2019 - 10/07/2019**

**10:45 AM - 11:45 AM**

**West Pikeland Township**

**\$44 Res, \$64 Non-Res**

**Thursdays 1x week**

**09/19/2019 - 10/10/2019**

**8:15 - 9:15 AM**

**West Pikeland Township**

**\$44 Res, \$64 Non-Res**

**Mondays and Thursdays (2x week)**

**09/16/2019 - 10/10/2019**

**West Pikeland Township**

**\$73 Res, \$93 Non-Res**

# YOGA AND MEDITATION

## Yoga & Meditation Series

After each yoga class, you get to meditate (and we teach you how). This gives you an easy, yet powerful inner experience every time. Doing poses before meditation has been part of the authentic yoga tradition for many millennia. Why? Because it works so well! Your three-month series features a carefully planned curriculum to move you from beginning to advanced levels quickly and easily. You enjoy the full inward trajectory in every class, giving you a deepening sense of inner peace and pure beingness. You're growing into your Self.

### Mondays

09/09/2019 - 11/25/2019

7 - 8:30 PM

Downingtown Yoga & Meditation Center

\$270 Res, \$290 Non-Res

## Yoga Series

Discover what the scientists have been researching - that yoga and meditation improve your life in every way. Along with physical improvements, your mood and perspective improve, bringing a quality of peace and happiness to your life. Join us with other new students in learning easy ways to make an immediate difference in your quality of life.

### Yoga for Beginners

#### Mondays

09/09/2019 - 10/14/2019

7 - 9:00 AM

Downingtown Yoga & Meditation Center

\$135 Res, \$150 Non-Res

### Yoga Improves your Life

#### Saturdays

10/19/2019 - 11/23/2019

7:00 AM - 9:00 AM

Downingtown Yoga & Meditation Center

\$135 Res, \$150 Non-Res



## Yoga Stretch Class

Yoga Stretch Class releases your body's natural feel-good chemicals. Yoga Stretch helps to protect against arthritis. It helps ease the pain of arthritis. Stretching keeps the muscles and tendons from shortening and becoming brittle which happens with age without stretching. Yoga is scientifically proven to be excellent for the body, mind, and spirit. 6 classes for \$90. You pick when you want to start. Classes are on-going. 1 hour.

### Tuesdays

09/10/2019 - 10/15/2019

9:30 - 10:30 AM

Lionville School of

Dance

\$90 Res, \$110 Non-Res

### Thursdays

09/12/2019 - 10/17/2019

9:30 - 10:30 AM

Lionville School of

Dance

\$90 Res, \$110 Non-Res

**Green Street  
Grill**

**Open 7 Days A Week**

**Mon-Sat 7:00-2:30**

**Sunday 7:00-2:00 (Breakfast Only)**

*Milltown Square*

*150 E. Pennsylvania Ave*

*Downingtown, PA 19335*

**Takeout Available**

**(610) 873-1700**

**greenstgrill.com**



# PERSONAL DEVELOPMENT

## Finding the Joy and Comedy in Parenting

Find the Joy and Comedy in Parenting while shaping successful children! This humorous talk by presenter Karen Truncellito, a parent, teacher and author, addresses parents' journeys as they navigate behavioral, emotional and academic issues while forming accomplished children.

**Tuesday**

**10/01/2019**

**7 - 9:00 PM**

**Lionville Middle School**

**\$10 Res, \$30 Non-Res**

## 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!



This workshop combines topics usually covered in three separate workshops: Retirement Planning, Social Security optimization and Medicare choices into a single course giving participants insight into how to manage and coordinate all three topics.

**Tuesday**

**10/01/2019**

**6 - 9:00 PM**

**Downingtwn Municipal Building Annex**

**\$20 Res, \$30 Non-Res**

## 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**

**09/12/2019**

**11/07/2019**

**6:30 - 8:30 PM**

**Downingtwn Municipal Building Annex**

**\$10 Res, \$10 Non-Res**

## What is your Social Security Strategy with Michael Skiff

"What's Your Social Security" walks you through common, but surprisingly complex situations including: How being married, divorced or widowed impacts your benefits, strategies 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 workshop is by wait-list only. Sign up to the wait-list without paying - then once the minimum class size of 4 is met our staff will contact you to schedule.

**Tuesday**

**10/15/2019**

**6 - 8:00 PM**

**East Caln Twp. Building Meeting Room**

**\$20 Res, \$30 Non-Res**

# PERSONAL DEVELOPMENT & MUSIC

## Will Preparation Workshop by Beth Forman-Rondinelli, Esq.

Do you have a will? Despite the overwhelming need for this vital legal document, most individuals delay in having their Last Will prepared.



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. You will learn why every person needs a Will, what turmoil could occur if you die without having a Will, and why attempting to create your own Will online is a very bad idea.

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**  
**11/19/2019**  
**7 - 8:30 PM**  
**East Caln Twp. Building Meeting Room**  
**\$95 Res, \$115 Non-Res**

## Guitar/Bass/Mandolin/Cello Instruction by 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. Contact the DARC office if you have an interest in duo lessons. **Participants must provide your own instruments. Please note your instrument and your preferred time slot during registration.**

**Wednesday Evenings**  
**09/18/2019 - 10/23/2019**  
**Downingtwn Municipal Building Annex**

**Wednesday Evenings**  
**10/30/2019 - 12/11/2019**  
**Downingtwn Municipal Building Annex**

**Saturday Mornings**  
**09/21/2019 - 11/02/2019**  
**East Caln Twp. Building Meeting Room**

**Saturday Mornings**  
**11/09/2019 - 12/21/2019**  
**East Caln Twp. Building Meeting Room**



## Piano Instructor Wanted

**W**e are looking for an instructor to provide piano lessons through DARC. Please call us at 610-269-9260 or e-mail [downingtwnrec@gmail.com](mailto:downingtwnrec@gmail.com) if you have an interest.

# ADULT SPORTS & 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!**

**Wednesdays**

**09/18/2019 - 11/06/2019**

**7:15 - 9:15 PM**

**Downingtown Middle School Gymnasium**

**\$85 Res, \$100 Non-Res**

## Adult Tennis Clinic

This class is for anyone 18 years and older with beginner to intermediate skills. The class will include instruction & review of the basic strokes of the game. Strategies learned will be applied to singles and doubles in match play. 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.

For more information you can contact the instructor. Becky Desmond, USPTA, PTR Certified. (610-269-8037) or [bd315@aol.com](mailto:bd315@aol.com).

**Mondays**

**09/09/2019 - 09/30/2019**

**9:00 - 11:00 AM**

**East Brandywine Community Park Tennis Courts**

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

## Adult Corn Hole League

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. Cornhole or Corn Toss is similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags instead of horseshoes and metal stakes. 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. Scoring can be swift and the lead may change hands several times in a match before the winner is decided. The game is generally played tournament style with an individual being named the champion at the end of the tournament.



**MUST PRE-REGISTER!**

**Wednesdays**

**09/04/2019 - 11/20/2019**

**7:15 - 9:15 PM**

**P.J. Whelihan's Pub + Restaurant**

**\$45 Res, \$65 Non-Res**

## Kickball League

DARC is looking at starting a winter Kickball League (Jan- Feb). If you are interested in playing please email us at [downingtowntownrec.org](mailto:downingtowntownrec.org).





# ADULT SPORTS & LEAGUES

## DARC Adult Softball Leagues

DARC offers Adult Co-Ed & Men's Softball Leagues. The fall softball leagues generally run from early September until late October/early November. 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.

The Competitive Divisions play mainly at Kerr Park. Men's League games are typically scheduled for Friday evenings and Sunday mornings. Co-Ed Recreational League games are typically scheduled for Monday and Wednesday evenings and Sunday afternoons. Co-Ed Competitive League games are typically scheduled for Tuesday and Thursday evenings and Sunday afternoons.

Our season consists of a 10 game regular season and a double elimination playoff. All game balls included in price.

### Co-Ed Fall Softball - Competitive Division 18 and up

09/03/2019 - 11/24/2019  
\$680 Res, \$680 Non-Res

### Co-Ed Fall Softball - Recreational Division 18 and up

09/03/2019 - 11/24/2019  
\$680 Res, \$680 Non-Res

### Mens Fall Softball - Competitive Division 18 and up

09/03/2019 - 11/24/2019  
\$680 Res, \$680 Non-Res

### Mens Fall Softball - Recreational Division 18 and up

09/03/2019 - 11/24/2019  
\$680 Res, \$680 Non-Res



## Honeybrook Golf Club - Couples Golf Clinic

This Couples Golf Clinic is designed for couples of all ages and abilities with little or no golfing experience, as well as those looking to improve their games. Our relaxed and fun clinics are taught by Duane Lent, PGA Teaching Professional.



Our itinerary includes five Clinics:

- Full Swings- Proper Grip, Posture, Aim, Ball Placement and Swing Techniques!
- Chipping- Proper Setup and Club Selection for Shorter Golf Shots!
- Putting- Proper Grip, Posture, Aim, Ball Placement and The Putting Stroke!
- Sand Shots- Proper Setup and Club Selection for Sand Bunker Shots!
- Trouble Shot- Downhill, Uphill, and Deep Rough Shots will be covered!

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 if needed. Please wear golf attire.

### Fridays

08/16/2019 - 09/20/2019  
6 - 7:00 PM

Honeybrook Golf Club  
\$140 Res, \$160 Non-Res

## Congratulations to our Spring Softball Champions!

**Lione's Pizza**  
Co-Ed Competitive  
Division Champions

**St. Anthony's Lodge**  
Men's Competitive  
Division Champions

**Just Here for the Bear**  
Co-Ed Recreational  
Division Champions

**Upride Indians**  
Men's Recreational  
Division Champions

Our fall season begins the week after Labor Day. If you are interested in forming a new team or being added to the free agent list, e-mail us at [darcsoftball@gmail.com](mailto:darcsoftball@gmail.com).

# ADULT DANCE

## 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.



### Adult Tap Beginner

**Mondays**

09/16/2019 - 11/04/2019

9:30 AM - 10:15 AM

Victoria J. Ireys School of Dance

\$112 Res, \$132 Non-Res

### Advanced Beginner

**Mondays**

09/16/2019 - 11/04/2019

10:15 AM - 11:00 AM

Victoria J. Ireys School of Dance

\$112 Res, \$132 Non-Res

### Adult Tap Intermediate

**Mondays**

09/16/2019 - 11/04/2019

11:00 AM - 11:45 AM

Victoria J. Ireys School of Dance

\$112 Res, \$132 Non-Res

### Adult Tap Intermediate

**Tuesdays**

09/17/2019 - 11/05/2019

7:00 PM - 7:45 PM

Victoria J. Ireys School of Dance

\$112 Res, \$132 Non-Res

## Ballet Barre Fit Class

Ballet Barre Fit Class focuses on total body toning, sculpting, mobility, joint flexibility, balance, and grace. Uses classical ballet barre moves as well as strengthening and stretching exercises. Standing sequences using rhythmic isometrics in a full range of motion will help you feel stronger and more balanced, and will help to give you poise. Wear comfy clothing. Bare foot, socks, or ballet slippers. 6 - 1 hour classes for \$90. You pick when you want to start. Classes are on-going.

**Wednesdays**

09/11/2019 - 10/16/2019

9:30 - 10:30 AM

Lionville School of Dance

\$90 Res, \$110 Non-Res

## Beginner Adult Ballet @ Eagle Dance Academy

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. There is no recital for this class.



**Tuesdays**

09/17/2019 - 12/10/2019

7:30 - 8:30 PM

Power Play Ice Rink Eagle Dance Academy

\$250 Res, \$270 Non-Res

## Intro to Ballroom, Latin & Social Dancing - FOR SINGLES & COUPLES

One of our most popular programs, this beginner dance course offers an excellent introduction to the basics of various social and ballroom dances including the Slow Dance, Foxtrot, Waltz, Tango, Swing, Jive, Jitterbug, Cha-Cha, Rumba, Mambo, Salsa, Samba, Argentine Tango, Hustle(Disco), Merengue and Bachata. After your first few lessons, enjoy a night out with us at our weekly club parties! When finished with the Intro to Ballroom course, students will progress on to our Ballroom Syllabus Program.

**Wednesdays**

09/18/2019 - 12/11/2019

8 - 9:00 PM

Power Play Ice Rink Eagle Dance Academy

\$250 Res, \$270 Non-Res

# ADULT DANCE

## 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

09/18/2019 - 12/04/2019

7 - 8:00 PM

Power Play Ice Rink Eagle Dance Academy

\$250 Res, \$270 Non-Res

## Philly Bhangra Club

Philly Bhangra Club is a fitness program that combines aerobic exercise, culture and music. It is the ultimate dance workout taking powerful Bhangra moves & turn them in fun easy-to-follow fitness workouts. People of all ages are nurtured in changing their lives and strengthening their bodies. Come move to the beat of the LIVE dhol and unleash your inner being to a higher level. With the dance choreography directly influenced by the music and dance of modern Bhangra styles, Philly Bhangra Club is a fresh and exciting addition to the world of fitness and dance.



### Tuesdays

09/03/2019 - 09/24/2019

10/01/2019 - 10/22/2019

11/05/2019 - 11/26/2019

12/03/2019 - 12/24/2019

6 - 8:30 PM

T.B.D.

\$60 Res, \$80 Non-Res

## Salsa/Mambo Dance Instruction Workshop

Have fun while getting instruction in basic/intermediate partnering and solo dance patterns. Learn turn combinations, footwork, timing and rhythm coordination. Add style to your dancing with Afro Latino body movement, body isolation and musicality. Take what you learn to the night clubs for social dancing, parties, or do the high impact drills at home for exercise and fun. Dance partner not required. Wear comfortable clothing. Leather sole shoes or dance shoes are recommended for all the turning, spinning, sliding, kicking, etc. that we do. Join the worldwide excitement of Latin dance. See you there!



### Saturdays

09/21/2019 - 11/09/2019

3 - 4:30 PM

Power Play Ice Rink - Eagle Dance Academy

\$110 Res, \$130 Non-Res

### Saturdays - Drop In

09/21/2019 - 11/09/2019

3 - 4:30 PM

Power Play Ice Rink - Eagle Dance Academy

\$20 Res, \$20 Non-Res (per class)





# ADULT LEISURE & INSTRUCTION

## Bee Keeping 101 (An introduction to Beekeeping)

Interested in beekeeping? This program will give you an overview of the art and science of beekeeping and what it takes to get into the beekeeping.

They will go over what is Bee Keeping entails and how the beekeeper's year coincides with the annual life cycle of the honey bee. This "introduction" will allow attendees to assess if they think they can make the required commitment, take further classes to learn more about beekeeping, and will help dissuade those who may otherwise take on something they are not prepared for. We will also present information on the other ways anyone can help the bees without becoming a beekeeper.

**Saturday, 09/21/2019**      **Bondsville Mill Park**  
**9 - 10:00 AM**                      **\$15 Res, \$30 Non-Res**

## Monarch Migration

Enjoy a family fun event at The East Brandywine Township Bondsville Mill Park to celebrate monarch migration. Monarch butterflies make an amazing migration during the autumn. Find out where the monarchs go during the winter and what they need for their journey. Find out how to tag a monarch and who tracks these gorgeous butterflies.



Cost is \$15/\$35 per family. A family is defined as a parent and two children. Please dress for the weather as a portion of the program may be outside.

**Saturday, 09/21/2019**      **Bondsville Mill Park**  
**10 - 11:30 AM**                      **\$15 Res, \$35 Non-Res**

## Monarchs and Milkweed

Come learn about raising Monarch butterflies from egg to caterpillar to adult butterfly. Also, learn how to harvest and grow milkweed.

Cost is \$15/\$35 per family. A family is defined as a parent and two children. Please dress for the weather- as a portion of the program may be outside.

Park has uneven surfaces and a Port-a-potty. Bottled drinking water supplied.

**Saturday, 09/28/2019**      **Bondsville Mill Park**  
**10 - 11:30 AM**                      **\$15 Res, \$35 Non-Res**

## Beginner Crochet

During these four classes you will discover that once you learn the basic crochet stitches and how to combine them, you can make almost any project.



Items to bring on the first day of class: 3 1/2 or 4 ounce skein of #4 or worsted weight yarn, a size "j" plastic or aluminum hook and scissors. Variegated colored yarn is recommended. PLEASE, NO clack or white yarn. Please bring a sweater, the meeting room areas are often cool. All levels of experience are welcome.

Notes -

This class is by wait-list only. Sign up to the wait-list without paying - then once the minimum class size of 5 is met our staff will contact you to schedule.

**Mondays**  
**09/30/2019 - 10/21/2019**  
**7 - 9:00 PM**  
**West Bradford Township**  
**\$50 Res, \$70 Non-Res**

## Knitting - A Beginner Scarf

Always wanted to learn to knit? Here's your chance. Learn to cast on knit, purl, blind off and read a knitting pattern while making a cozy scarf for yourself or as a gift. This is a great first class for beginners.



Instructor: Katie Hutton

Participants will need to bring: Needles, skeins of yarn, scissors (etc.)

Supply List will be provided.

**Tuesdays**  
**10/01/2019 - 10/29/2019**  
**6:30 - 8:30 PM**  
**East Caln Twp. Building Meeting Room**  
**\$45 Res, \$65 Non-Res**

# ADULT AQUATICS

## 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. Improve cardiovascular endurance, muscle tone and strength, flexibility, trunk strength, agility, balance and speed. Embrace the awesome power of water, have fun, and get fit.



All equipment supplied. Beginner to advanced levels welcome. Moderate to high intensity class.

Instructors: Joanne Randell & Aquatics Is, Inc. Staff

### **Mondays**

09/09/2019 - 10/14/2019  
7:00 AM - 7:45 AM  
Ashbridge Manor Pool  
\$55 Res, \$75 Non-Res

### **Tuesdays**

09/10/2019 - 10/15/2019  
7:00 PM - 7:45 PM  
Ashbridge Manor Pool  
\$55 Res, \$75 Non-Res

### **Wednesdays**

09/11/2019 - 10/16/2019  
10:00 AM - 10:45 AM  
Ashbridge Manor Pool  
\$55 Res, \$75 Non-Res

### **Thursdays**

09/12/2019 - 10/17/2019  
7:00 PM - 7:45 PM  
Ashbridge Manor Pool  
\$55 Res, \$75 Non-Res

## Did You See Our Bus Trips?

See pages 2-3 for our Bus Trips to New York City and Atlantic City!



## 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.

### **Mondays**

09/09/2019 - 10/14/2019  
Ashbridge Manor Pool  
\$55 Res, \$75 Non-Res

### **Wednesdays**

09/11/2019 - 10/16/2019  
9:00 AM - 9:45 AM  
Ashbridge Manor Pool  
\$55 Res, \$75 Non-Res

### **Fridays**

09/13/2019 - 10/18/2019  
9:00 AM - 9:45 AM  
Ashbridge Manor Pool  
\$55 Res, \$75 Non-Res

# ADULT AQUATICS

## Accelerated Adult Swim Lessons

A personalized lesson plan gives your instructor the chance to access your skills, and develop a curriculum that's just right for you. Learning to swim may seem out of reach to adults who doubt their skills, but in our program we will provide with the foundation you'll need to progress and develop into the swimmer you want to be.

Beginner lessons will start with the very basics and work at your individual pace. Remember that learning to swim is progressive and beginners must build a strong foundation before moving on to more difficult skills and swim strokes. Instructors will work with you to achieve your individual swimming goals in the shortest time possible!

### Thursdays

09/12/2019 - 10/17/2019

11/07/19 - 12/12/19

8 - 8:45 PM

Ashbridge Manor Pool

\$130.00 Res, \$150.00 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.

Purchase water flotation/weight bars (\$30 pair) from the instructor on the first night of class. Wear aqua shoes or old (clean) sneakers. In the case of inclement weather (thunderstorms, snow, etc.) class may be cancelled.

### Early Fall

**Mondays**

09/09/2019 - 10/28/2019

6:30 PM - 7:30 PM

St. Mary's of Providence

\$75 Res, \$85 Non-Res

### Late Fall

**Mondays**

11/04/2019 - 12/09/2019

6:30 PM - 7:30 PM

St. Mary's of Providence

\$60 Res, \$70 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.

Participants must wear shoes. No swim skills necessary. Warm water, shallow pool, easy access.

Choose the time and days that work for you.

### Time Days

11:00 AM M,F

2:00 PM T,W,TH

### 20 classes

**Monday-Friday**

09/09/2019 - 10/18/2019

Ashbridge Manor Pool

\$70 Res, \$90 Non-Res

### 10 classes

**Monday-Friday**

09/09/2019 - 10/18/2019

Ashbridge Manor Pool

\$50 Res, \$70 Non-Res





# ADULT AQUATICS

## **Aquapole® Fitness & Aqua Kickbox Training with Joanne Randell @ Aquatics Is**

The AQUAPOLE® fitness training benefits women and men of all ages and levels and is Lots of fun! A truly unique workout to reduce fat, strengthen trunk, arms and legs and improve flexibility, balance and coordination. This class includes ACQUAPOLES, boxing bags, steppers, and more for a total body challenge.

### **Mondays**

09/09/2019 - 10/14/2019

10/28/2019 - 12/02/2019

1 - 1:55 PM

Ashbridge Manor Pool

\$75 Res, \$90 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.

### **Sundays**

09/15/2019 - 10/20/2019

11/03/2019 - 12/08/2019

7:30 - 8:25 AM

Ashbridge Manor Pool

\$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.

### **Fridays**

09/13/2019 - 10/18/2019

10 - 10:55 AM

Ashbridge Manor Pool

\$75 Res, \$90 Non-Res

### **Mondays**

09/09/2019 - 10/14/2019

2 - 2:55 PM

Ashbridge Manor Pool

\$75 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**

09/09/2019 - 10/14/2019

6 - 6:55 PM

Ashbridge Manor Pool

\$75 Res, \$90 Non-Res

### **Tuesdays**

09/10/2019 - 10/15/2019

7 - 7:55 AM

Ashbridge Manor Pool

\$75 Res, \$90 Non-Res

### **Tuesdays**

09/10/2019 - 10/15/2019

6 - 6:55 PM

Ashbridge Manor Pool

\$75 Res, \$90 Non-Res

### **Thursdays**

09/12/2019 - 10/17/2019

6 - 6:55 PM

Ashbridge Manor Pool

\$75 Res, \$90 Non-Res

## **Aqua Power Circuit**

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, AquafitGear Bars, bands, AquaPoles, Aqualogix, Hydrotone and more. Every muscle group challenged. This class is like personal training at a group class fee! Moderate to high intensity level.

Aquatic Shoes Required.

### **Mondays**

09/09/2019 - 10/14/2019

10/28/2019 - 12/02/2019

10:30 - 10:55 AM

Ashbridge Manor Pool

\$75 Res, \$95 Non-Res

### **Thursdays**

09/12/2019 - 10/17/2019

11/07/2019 - 12/12/2019

1 - 1:55 PM

Ashbridge Manor Pool

\$75 Res, \$95 Non-Res

# YOUTH SPORTS & LEAGUES

## Adult-Child Bowling League

1-2 Adults and 1-2 Children per team. Join us as a 2 person or 4 person team. Light weight balls and shoe rentals included. Bowl 3 games/week. Pre-bowl option available if you know you need to miss a Saturday.

**Sundays**

**09/08/2019 - 12/22/2019**

**6:15 - 8:30 PM**

**Palace Bowling & Entertainment Center**

**\$280 Res, \$300 Non-Res**

## Pee Wee / Bumper Bowling League

Learn to bowl with certified coaches.

Bowl 2 games / week. Light weight balls and shoes included.

Coaching starts at 8:30 am, scoring starts at 9:00 am

Pre-bowling available if you know you will miss a Saturday.

**Ages 4 - 8**

**Saturdays**

**09/07/2019 - 12/21/2019**

**8:30 - 10:30 AM**

**Palace Bowling & Entertainment Center**

**\$120 Res, \$140 Non-Res**

## Junior & Senior Bowling League

Coaching by certified coaches.

Bowl 3 games / week.

Light weight balls and shoe rentals included.

Coaching at 8:00 am, scoring at 8:30 am

Pre-bowling available if you know you will miss a Saturday.

Junior Players (Ages 7-12)

Senior Players(Ages 13-18)

**Ages 7 - 18**

**Saturdays**

**09/07/2019 - 12/21/2019**

**8 - 10:30 AM**

**Palace Bowling & Entertainment Center**

**\$180 Res, \$200 Non-Res**



## Honeybrook Golf Club - Junior Golf Clinic Fall Series

Instructed by PGA Teaching Professional, Duane Lent, the Fall Series Clinics are one of our most popular Junior Golf Programs. Students will learn and reinforce the basics of Driving, Chipping, and Putting. There will be plenty of games and competitions! By the end of the program, students will have a strong grasp on the 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**

**Saturdays**

**09/07/2019 - 09/28/2019**

**12:30 - 1:45 PM**

**Honeybrook Golf Club**

**\$140 Res, \$160 Non-Res**

## 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!

**Notes:**

Equipment is not needed for the beginner group class, but a beginner's glove is helpful.

Program taught by DARC staff with help from local middle schoolers. Parents & Guardians are encouraged to stay in the park during the program.

**Ages 4 - 6**

**Fridays**

**09/20/2019 - 10/25/2019**

**5:30 - 6:30 PM**

**Bell Tavern Park Field Area**

**\$85 Res, \$105 Non-Res**



# YOUTH SPORTS & LEAGUES

## 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.



### Learn to Skate Notes:

**HELMET RULE:** All children under the age of 7 are **REQUIRED** to wear a bike or approved ice hockey helmet. We do not loan out helmets!

**Early Fall Session 1**  
Ages 4 - 6  
Thursdays  
09/12/2019 - 10/17/2019  
1:40 - 2:40 PM  
\$139 Res, \$159 Non-Res

**Late Fall Session 2**  
Ages 4 - 6  
Thursdays  
10/24/2019 - 12/19/2019  
1:40 - 2:40 PM  
\$139 Res, \$159 Non-Res

**Early Fall Session 1**  
Ages 4 and up  
Thursdays  
09/12/2019 - 10/17/2019  
5 - 5:30 PM  
\$95 Res, \$115 Non-Res

**Late Fall Session 2**  
Ages 4 and up  
Thursdays  
10/24/2019 - 12/19/2019  
5 - 5:30 PM  
\$95 Res, \$115 Non-Res

**Early Fall Session 1**  
Ages 6 and up  
Fridays  
09/13/2019 - 10/25/2019  
7:25 - 8:25 PM  
\$139 Res, \$159 Non-Res

**Late Fall Session 2**  
Ages 6 and up  
Fridays  
11/01/2019 - 12/20/2019  
7:25 - 8:25 PM  
\$139 Res, \$159 Non-Res

**Early Fall Session 1**  
Ages 4 and up  
Saturdays  
09/14/2019 - 10/26/2019  
12:05 - 1:05 PM  
\$139 Res, \$159 Non-Res

**Late Fall Session 2**  
Ages 4 and up  
Saturdays  
11/02/2019 - 12/21/2019  
12:05 - 1:05 PM  
\$139 Res, \$159 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 the 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.

Rental skates are provided free of charge for those who need them.

**Ages 4 - 14**  
**Saturdays**  
09/14/2019 - 10/26/2019  
11/02/2019 - 12/21/2019  
11:10 AM - 12:00 PM  
**Power Play Ice Rink**  
\$139 Res, \$159 Non-Res

## Baton Twirling @ Russell's Dance & Baton

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 \$40.00

**Ages 4 - 8**  
**Wednesdays**  
09/11/2019 - 10/30/2019  
5 - 5:45 PM  
\$140 Res, \$160 Non-Res

**Ages 4 - 8**  
**Wednesdays**  
11/06/2019 - 12/18/2019  
5:00 - 5:45 PM  
\$130 Res, \$150 Non-Res

**Ages 9 and up**  
**Wednesdays**  
09/11/2019 - 10/30/2019  
5:45 - 6:30 PM  
\$140 Res, \$160 Non-Res

**Ages 9 and up**  
**Wednesdays**  
11/06/2019 - 12/18/2019  
5:45 PM - 6:30 PM  
\$130 Res, \$150 Non-Res



# YOUTH SCIENCE, TECH & ART

## Coding and Robotics

MIT Scratch for animations, games and storytelling; mobile app development; web design and development; build, code and test robots; Minecraft modding; code, control and fly drones; programming in python; 3D design and printing.

Parents are given constant feedback about child's progress via Seesaw app.

**Ages 6 - 15**

**Wednesdays**

**09/11/2019 - 11/27/2019**

**5:30 - 7:30 PM**

**East Caln Twp. Building Meeting Room**

**\$267 Res, \$287 Non-Res**

## Engineering For Kids - Jr. Hardware Engineering: Scratch with Makey Makey

When your favorite song comes on the radio do you sit quietly or do you dance around and play the air drum solo? In Musical Adventures with Scratch and Makey Makey, we are going to explore how different sounds are created and we will create our own interpretations of common musical instruments like drums, piano, guitar, and even a recorder, and we will create our very own dancing program, all through the use of Makey Makey and Scratch to bring our music to life! The last day will end with a bang, or at least a really great mini concert from all our students!

**Ages 5 - 8**

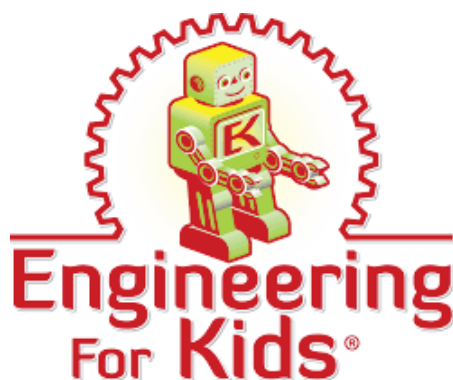
**Thursdays**

**09/26/2019 - 11/07/2019**

**5:45 - 6:45 PM**

**East Caln Twp. Building Meeting Room**

**\$127 Res, \$147 Non-Res**

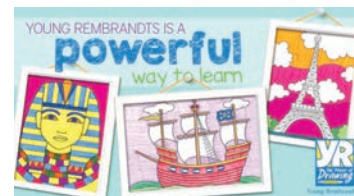


## Young Rembrandts - Preschool Drawing

Encourage your preschooler's enthusiasm for art. This fall, Young Rembrandts introduces drawing lessons that will excite your budding artist. A vibrant drawing of a rainbow

will introduce our students to the wonderful world of color. An illustration of an airplane will take them to new heights. A delicious

looking drawing of an ice cream sundae will delight those with a sweet tooth and learning to draw a friendly lion has never been more fun. These are just a few of the many great lessons our students will learn. There's no better time than NOW to enroll you child into a Young Rembrandts class!



**Ages 3 - 6**

**Tuesdays**

**09/17/2019 - 10/29/2019**

**11/05/2019 - 12/17/2019**

**10 - 10:45 AM**

**East Caln Twp. Building Meeting Room**

**\$115 Res, \$135 Non-Res**

## Young Rembrandts - Elementary Drawing

Back-to-school is in full swing at Young Rembrandts, as we present drawing lessons that encompass a fascinating world of color, pattern, and design. Students will strengthen their marker rendering skills as they draw a detailed gumball machine. A drawing of a sandwich will make them hunger for more art. We'll travel back in time to the age of the pharaohs as we illustrate a decorative, Egyptian headdress. An illustration celebrating the fall season will introduce our colorists to warm and cool colors. All this and more await your child in a Young Rembrandts classroom! Sign up today!

**Ages 6 - 12**

**Tuesdays**

**09/17/2019 -**

**10/22/2019**

**3:45 - 4:45 PM**

**TBD**

**\$99 Res, \$119**

**Non-Res**

**Ages 6 - 12**

**Wednesdays**

**09/18/2019 -**

**10/23/2019**

**3:45 - 4:45 PM**

**TBD**

**\$99 Res, \$119**

**Non-Res**

**Ages 6 - 12**

**Thursdays**

**09/19/2019 -**

**10/24/2019**

**3:45 - 4:45 PM**

**TBD**

**\$99 Res, \$119**

**Non-Res**

# YOUTH COOKING & NUTRITION

## Halloween Treats by The Crafty Chef Academy

Join us for a spooky good time as we make really cool sweet savory treats for your Halloween Celebration!



**Tuesday**  
**10/29/2019**  
**6 - 7:30 PM**  
**Marsh Creek - 6th Grade Center**  
**\$45 Res, \$65 Non-Res**

## It's Fall Y'all by The Crafty Chef Academy

We're welcoming one of the best times of year! Falling leaves, bonfires, pumpkins. Join us as we create fall flavors that you can enjoy all season long!



**Tuesday**  
**09/24/2019**  
**6- 7:30 PM**  
**Pickering Valley Elementary**  
**\$45 Res, \$65 Non-Res**

## Meal Makeover (\*NEW\* Parent and Child program)

Parents cook, kids cringe. Join us for a fun class where we pair child favorites with parent desires. We'll teach you ways to make that Mac n Cheese yummy and nutritious. We have several other fun recipes up our sleeves!



**Tuesday**  
**10/15/2019**  
**6 - 7:30 PM**  
**Lionville Middle School**  
**\$55 Res, \$75 Non-Res**

## Thanksgiving Throw-down (NEW\* Parent/Child)

Some of the best culinary delights are made for this wonderful holiday. Join us as we show how grateful we are for knowing how to cook up yumminess! We're kicking it up competition style as parents battle children!



**Tuesday**  
**11/19/2019**  
**6 - 7:30 PM**  
**Lionville Middle School**  
**\$65 Res, \$85 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 [downingtownrec@gmail.com](mailto:downingtownrec@gmail.com) for more information.

# YOUTH AQUATICS

## Novice/Stroke Development Swim Lessons

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



Tuesdays or Thursdays / Mornings or Afternoons

**Ages 5-12 years**

**Schedule: 45 minutes, once a week for six classes**

## Advanced Beginner Swim Lessons @ Downingtown Swim Academy

The objective of this level is to help students build on their learned skills and begin the basics of freestyle and backstroke while building endurance.



**Ages 5-12 years**

**Schedule: 45 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 5-9 years**

**Schedule: 30 minutes, once a week for six classes**

## Parent & Tot Swimming @ Downingtown Swim Academy

A parent/child interaction with songs and games. Experienced instructors teach parents to work with their children in aquatic surroundings. Parents please wear water shoes.



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

**Schedule: 30 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**

Visit our registration website at [downingtownpa.myrec.com](http://downingtownpa.myrec.com)  
for the full list of dates and times for youth swim classes.

**All Classes Begin the Week of September 9<sup>th</sup>, 2019.**



# YOUTH DANCE

## 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! Clean sneakers or ballet slippers.

<b>Beginner</b>	<b>Intermediate</b>
<b>Ages 6 - 10</b>	<b>Ages 5 - 10</b>
<b>Fridays</b>	<b>Fridays</b>
<b>09/20/2019 - 11/08/2019</b>	<b>09/20/2019 - 11/08/2019</b>
<b>6:30 - 7:30 PM</b>	<b>7:30 - 8:30 PM</b>
<b>Victoria J. Irely School of Dance</b>	<b>Victoria J. Irely School of Dance</b>
<b>\$120 Res, \$140 Non-Res</b>	<b>\$120 Res, \$140 Non-Res</b>

## Ballet 1 & 2 @ Eagle Dance Academy

This class is designed to introduce 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. Classes are offered on either Monday or Saturday for 7 weeks. There is a mandatory dress required and not included in the price.

**Lyrical - Monday**  
**Ages 7 - 12**  
**09/16/2019 - 12/09/2019**  
**6:30 - 7:30 PM**  
**Power Play Ice Rink Eagle Dance Academy**  
**\$250 Res, \$270 Non-Res**

**Ballet 1 - Saturday**  
**Ages 7 - 12**  
**Saturday**  
**09/14/2019 - 12/07/2019**  
**11:30 AM - 12:30 PM**  
**Power Play Ice Rink Eagle Dance Academy**  
**\$250 Res, \$270 Non-Res**

**Ballet 2/Lyrical - Saturday**  
**Ages 7 - 12**  
**09/14/2019 - 12/07/2019**  
**12:30 - 1:30 PM**  
**Power Play Ice Rink Eagle Dance Academy**  
**\$250 Res, \$270 Non-Res**

## Bitty Ballet Level 1 & 2

Bitty Ballet is a program designed for preschool & early education children as an introduction to dance and the basics of ballet. Ballet is a wonderful stepping stone to encourage group participation, listening to an instructor and a true love of dance and movement.



Level 1 is for ages 2.5 - 3.5. Level 2 is for ages 3.5 - 5  
No experience necessary, dance attire recommended.

<b>Level 1</b>	<b>Level 1</b>	<b>Level 2</b>
<b>Tuesdays</b>	<b>Saturdays</b>	<b>Saturdays</b>
<b>09/17/2019 - 10/22/2019</b>	<b>09/21/2019 - 10/26/2019</b>	<b>09/21/2019 - 10/26/2019</b>
<b>10 - 10:45 AM</b>	<b>9:30 - 10:15 AM</b>	<b>10:15 - 11:00 AM</b>
<b>Downingtwn Municipal Building Annex</b>	<b>East Caln Twp. Building Meeting Room</b>	<b>East Caln Twp. Building Meeting Room</b>
<b>\$90 Res, \$110 Non-Res</b>	<b>\$90 Res, \$110 Non-Res</b>	<b>\$90 Res, \$110 Non-Res</b>

## Contemporary / Lyrical @Russell Dance & Baton Studio

Contemporary dance is a style of expressive dance that combines elements of all dance genres including modern jazz, lyrical and classical ballet. A focus within Contemporary dance is to connect the mind and the body through fluid dance movements that can portray a variety of emotions. Students will study across the floor and floor work combinations allowing them to express themselves and move their body in different shapes and forms that are not traditional to other styles of dance. Lyrical dance is a flowing style, filled with emotion, technique and styles.

**Ages 8 and up**  
**Wednesdays**  
**09/11/2019 - 10/30/2019**  
**6:30 PM - 7:15 PM**  
**Russells Dance and Baton Studio**  
**\$140 Res, \$160 Non-Res**

**Ages 8 and up**  
**Wednesdays**  
**11/06/2019 - 12/18/2019**  
**6:30 - 7:15 PM**  
**Russells Dance and Baton Studio**  
**\$130 Res, \$150 Non-Res**

# YOUTH DANCE

## Hip Hop Classes by Victoria J. Irey School of Dance

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. No street shoes.

**Beginner - Mondays**

**Ages 5 - 6**

**09/16/2019 - 11/04/2019**

**6:45 - 7:30 PM**

**Victoria J. Irey School of Dance**

**\$120 Res, \$140 Non-Res**

**Beginner - Mondays**

**Ages 7 - 9**

**09/16/2019 - 11/04/2019**

**7:30 PM - 8:15 PM**

**Victoria J. Irey School of Dance**

**\$120 Res, \$140 Non-Res**

**Beginner (All Boys) - Mondays**

**Ages 6 and up**

**09/16/2019 - 11/04/2019**

**8:15 PM - 9:00 PM**

**Victoria J. Irey School of Dance**

**\$120 Res, \$140 Non-Res**

**Advanced - Tuesdays**

**Ages 12 and up**

**09/17/2019 - 11/05/2019**

**7:45 PM - 8:45 PM**

**Victoria J. Irey School of Dance**

**\$120 Res, \$140 Non-Res**

## Irish Step Dancing by Victoria J. Irey School of Dance

Come try this fun and exciting traditional dance of Ireland or brush up on your technique. Please wear comfortable clothing. Jazz shoes or ballet slippers required.



**Ages 5 and up**

**Mondays**

**09/16/2019 - 11/04/2019**

**6:00 - 6:45 PM**

**Victoria J. Irey School of Dance**

**\$112 Res, \$132 Non-Res**

## Kinder Dance by Victoria J. Irey School of 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. Leotard and tights, ballet slippers or tap shoes required.

**Ages 3 - 5**

**Wednesdays**

**09/18/2019 - 11/06/2019**

**10 - 10:45 AM**

**\$112 Res, \$132 Non-Res**

**Ages 3 - 5**

**Saturdays**

**09/21/2019 - 11/09/2019**

**10 - 10:45 AM**

**\$112 Res, \$132 Non-Res**

**Ages 3 - 5**

**Wednesdays**

**09/18/2019 - 11/06/2019**

**12:30 - 1:15 PM**

**\$112 Res, \$132 Non-Res**

**Ages 3 - 5**

**Tuesdays**

**09/17/2019 - 11/05/2019**

**10 - 10:45 AM**

**\$112 Res, \$132 Non-Res**



**Order Online**  
**LionessPizza.com**

# YOUTH DANCE

## Teen Ballet - Beginner-Intermediate @ Eagle Dance Academy

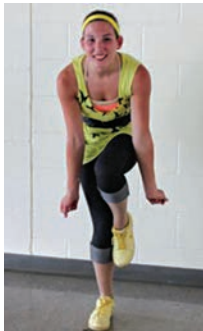
Classical Ballet is known as a beautiful art form and is the foundation of all dance styles. With this class, students will learn a variety of ballet and lyrical dance techniques, floor combinations, and creative dance routines designed to increase flexibility and coordination, enhance rhythmic sensitivity, and heighten body awareness. Technique will be emphasized through floor combinations, barre and floor work, and jumps. There is a mandatory dress required and not included in the price.



**Beginner-Intermediate - Session 1**  
**Ages 12 - 17**  
**09/17/2019 - 12/10/2019**  
**6:30 - 7:30 PM**  
**Power Play Ice Rink Eagle Dance Academy**  
**\$250 Res, \$270 Non-Res**

## Teen Hip-Hop/Funk/Jazz @ 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 11 - 16**  
**Thursdays**  
**09/12/2019 - 12/05/2019**  
**6:30 - 7:30 PM**  
**Power Play Ice Rink Eagle Dance Academy**  
**\$250 Res, \$270 Non-Res**

## Twinkle Toes Ballet/Tap @ Eagle Dance Academy

Twinkle Toes Ballet/Tap 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.

There is a mandatory dress required not included in the price.

**Ages 3 - 5**  
**Mondays**  
**09/16/2019 - 12/09/2019**  
**5:30 - 6:30 PM**  
**Power Play Ice Rink Eagle Dance Academy**  
**\$250 Res, \$270 Non-Res**

**Ages 3 - 5**  
**Saturdays**  
**09/14/2019 - 12/07/2019**  
**10:30 - 11:30 AM**  
**Power Play Ice Rink Eagle Dance Academy**  
**\$250 Res, \$270 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**  
**09/14/2019 - 12/07/2019**  
**1:45 - 2:45 PM**  
**Power Play Ice Rink Eagle Dance Academy**  
**\$250 Res, \$270 Non-Res**

**Ages 7 - 11**  
**Tuesdays**  
**09/17/2019 - 12/03/2019**  
**5:30 - 6:30 PM**  
**Power Play Ice Rink Eagle Dance Academy**  
**\$250 Res, \$270 Non-Res**



# DISCOUNTED TICKETS



## DARC Attraction Tickets for the Fall

*Summer is over and school has started.  
But we still have the following tickets left for sale.*

Attraction	Price	Available Until End of
Hershey Park	\$56 adult / \$45 child	September
Dorney Park	\$45	September
Dutch Wonderland	\$40	September
Six Flags Great Adventure	\$44	October (valid thru 12/31/2019)
PA Renaissance Faire	\$27 adult / \$10 child	October
Diggerland USA	\$27	October (valid thru 12/31/2019)
Adventure Aquarium	\$25 adult / \$21 child	December (valid thru 8/15/2020)
Baltimore Aquarium	\$34 adult / \$22 child	December (valid thru 1/30/2020)
Crayola Experience	\$18	December
Franklin Institute	\$19	December (valid thru 3/31/2020)
Museum of the American Revolution	\$17 adult / \$11 child	December
Philadelphia Zoo	\$20	December (valid thru 12/31/2019)



### Again this year!

We will be selling special Hersheypark Seasonal Tickets. We will have Hersheypark in the Dark and Christmas CandyLane tickets. You will have the option of paying for these with a credit card and receiving your tickets electronically.

Please call our office or check out our website or Facebook page beginning in October for pricing.

# COMMUNITY EVENTS

## Downingtown Borough

[www.downingtown.org](http://www.downingtown.org)

**Saturday, September 14**

Log House Art & Craft Show at Kerr Park



**Sunday, September 29**

Downingtown Fall Fest

## West Bradford Township

[westbradford.org](http://westbradford.org)



**Sunday, October 6**

Marshallton Triathlon

[www.marshalltontriathlon.net](http://www.marshalltontriathlon.net)

**Saturday, October 19 (5-8 PM; raindate Oct. 20)**

Fall Family Fun Festival

## Upper Uwchlan Township

[www.upperuwchlan-pa.gov](http://www.upperuwchlan-pa.gov)

**November 30**

Tree Lighting

Raindate December 1



## East Brandywine Township

[www.ebrandywine.org](http://www.ebrandywine.org)

### Speakers Series – Fall 2019

**Sunday, September 15**

Property Research in East Brandywine Township

**Sunday, October 20**

Penn and the Lenape

**Sunday, November 17**

History of the American Flag



**Sunday, October 13 (12 - 3 PM)**

Fall Harvest Festival

Costume Parade begins at noon for children age 12 and under, pumpkin painting, scarecrow building (bring your own clothes), rides, food, music, games, trunk or treat.

**Sunday, December 1 (3 - 5 PM)**

Tree Lighting Ceremony

Ornament making, tree decorating, cookies, hot chocolate, games, caroling. Donations to the Lord's Pantry encouraged for a chance to "Flip the Switch." Hats, mittens, socks, non-perishables.

**The gardens at Bondsville Mill are playing host to a number of butterfly species including the Monarch.**

In September and October there will be several programs on butterflies in general and the Monarch in particular.

Programs will be posted on the Bondsville Mill Facebook page and at the Mill. To be in the know, email [smoser@ebrandwine.org](mailto:smoser@ebrandwine.org) and you'll be included on the weekly Mill Updates.



# 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](http://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](http://www.ed2go.com/darc)

## DARC REGISTRATION POLICIES

### Registrations:

Registrations are open until an activity reaches maximum capacity. All registrations are accepted on a first come-first serve basis. Please register at least 72 hours prior to the start of an activity; this could make the difference between whether or not a program runs. Activity cancellations due to low enrollment are typically made 72 hours before the start of the program.

### Late Registrations:

Registrations made after the 72-hour deadline will incur a \$20 late fee.

### Refunds:

Refunds will be given up to one week prior to the first class, minus a \$20 administration fee. No refunds will be issued after this time unless accompanied by medical documentation from a physician. In the event of illness, please notify the DARC office immediately if a refund is desired. Approved refunds will be prorated to reflect attendance and issued as an account credit. Full refunds are issued for programs that are cancelled by DARC. Refunds cannot be given after the start of the program or after an instructor has been paid. No refunds will be issued due to cancellations resulting from inclement weather. **A \$20 administration fee will be deducted from all credits or refunds issued. No Exceptions!** Please allow 2-3 weeks for a refund or credit to be processed.

### Bus Trip Refunds:

Refunds, minus a \$20 administration fee, will be issued only if the seat can be resold. Full refunds will be given if a trip is cancelled.

### Returned Check Fee:

Any checks returned to DARC for insufficient funds, will result in a \$30 cash fee.





Downingtown Area Recreation Consortium  
114 Bell Tavern Road  
Downingtown, PA 19335

610-269-9260  
[www.darc.info](http://www.darc.info)

**Office Hours**  
Monday - Friday  
8:30 AM - 4:30 PM



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## Check Out Our New and Exciting Program Offerings, Something for Everyone!

- Active Aging Fitness
- High Intensity Interval Training
- Bee Keeping
- Beginner Crochet
- Family Meal Makeovers
- Preschool Yoga
- Young Rembrandts - Art Classes
- Coding and Robotics

