

Working Together for a Stronger Community



Downingtown Area Recreation Consortium

Program Catalog Fall 2018

Keep until December 2018



Waterfowl Festival Trip
Saturday, November 10th



Health & Fitness



Adult Sports & Leagues



After School Programs



Register Online at darc.info

Downingtown Area Recreation Consortium (DARC) Community Partnerships - Giving back to our Residents

This summer - as part of our 25th anniversary – we started a new community partnership program with businesses and civic organizations in our area. We know that many of you participate in our programming throughout the year, but we also wanted to increase our offerings of family activities and increase awareness of the great organizations and businesses that our community is home to. We intend to offer these free, or reduced cost, activities on a seasonal basis for our 41,000 families as long as we can find local partners interested in working with us.



Our initial partnership this summer with LL Bean's Outdoor Discovery School allowed our families to try out archery, paddle boarding, and kayaking at Marsh Creek Lake for free. It met with such rave reviews that we also decided to send our camps there.

To see photos and a description go to the following link- <https://longtrilahead.blogspot.com/> and view the June 28, 2018 entry.

If you represent a business or civic organization that has a family friendly activity that you would like to offer to our residents, please e-mail us at downingtownrec@gmail.com.



Front Cover photo of French Creek Park by Ron Zanoni. Pictures above by Richard S. Costello.

Chester County Choral Society - Holiday Concert in Downingtown

We are excited to announce our newest **community partnership** with the Chester County Choral Society!

The Chester County Choral Society, based in Chester County, Pennsylvania, is a non-profit avocational chorale dedicated to excellence in performing diverse choral music in order to enrich the cultural life of its members, audiences and community. Founded in 1973 as an ecumenical choir with members drawn from five area church choirs, the Society has grown to include singers from throughout the Delaware Valley.

They have graciously provided a limited number of free tickets to their holiday concert on Saturday, December 15th at St. Joseph's Church in Downingtown beginning at 7:30 PM.

Lottery & Ticket Information

Due to the high demand for our free community partnership programs, we will be distributing 40 tickets on a lottery basis. Each household in a participating DARC municipality is entitled to one entry for one free ticket. The last day for entry is November 18th. Selected households will be notified the week of Thanksgiving. Visit our website under "Community Partnerships" to register.



Beginning in early November we will also have additional tickets available for purchase for their two performances –

Sat, Dec. 15 at 7:30 PM
(St. Joseph's Church in Downingtown)

Sun, Dec. 16 at 3:30 PM
(Church of the Good Samaritan in Paoli)

Advance purchase tickets are \$18 for adults, \$12 for seniors, and \$5 for students.



Visit their website at ChesterCountyChoralSociety.org

CONTENTS

Trips and Tours	2	Adult Aquatics	17
First Aid/CPR/Babysitting Safety	5	Youth Sports & Leagues	18
Health and Fitness	6	Youth Science, Tech & Theater	20
Yoga and Meditation	12	Youth Aquatics	21
Personal Development	14	Youth Dance	22
Adult Sports & Leagues	15	Community Events	26
Adult Dance	16	Online Instruction	29
Adult Leisure & Instruction	16	Seasonal Photo Contest	29



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 around 5 PM.

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

Museum of the Bible

Saturday

09/08/2018

7:30 AM - 8 PM

Ashbridge Manor Rear Parking Lot

\$75 Res, \$75 Non-Res

Eastern Shore Waterfowl Festival

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

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



Guests are responsible for purchasing their own festival tickets at the festival. 2018 prices are \$15 for adults - with kids 12 and under free.

Saturday

11/10/2018

8 AM - 7:30 PM

Ashbridge Manor Rear Parking Lot

\$65 Res, \$65 Non-Res

Pretty Woman on Broadway

Two-time Tony winner Jerry Mitchell directs and choreographs the musical featuring a cast led by Tony winner Steve Kazee and film star Samantha Barks.

In *Pretty Woman: The Musical*, Vivian (Barks) and Edward (Kazee)

are unlikely soulmates who overcome all odds to find each other...and



themselves. The musical features a score by Bryan Adams and Jim Vallance and a book by the film's screenwriter J.F. Lawton and late director Garry Marshall.

Saturday

10/27/2018

8 AM - 7:30 PM

Ashbridge Manor

\$160 Res, \$160 Non-Res

American Girl Place

Join us for a Holiday trip to the American Girl Place in New York City! See the store decorated for Christmas.

Travel by coach bus to the Rockefeller Center area. Have free time to explore some of the city before taking Afternoon Tea at the American Girl Cafe with your doll. Shop the American Girl Place and create your own doll or set up your own reservation for a spa treatment at the American Girl Salon.



This trip consists of coach bus transportation & afternoon tea. Add ons from the American Girl Store must be reserved through the store

Saturday

12/01/2018

8 AM - 7:30 PM

Ashbridge Manor Rear Parking Lot

\$100 Res, \$100 Non-Res

Frozen on Broadway

Take your family for Christmas! These limited tickets will sell out fast.

A FAMILY. A SECRET. AN UNFORGETTABLE JOURNEY.

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

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

Saturday

12/01/2018

8 AM - 7:30 PM

Ashbridge Manor Rear Parking Lot

\$250 Res, \$250 Non-Res

Because of the show's popularity, we only have a very limited number of tickets (Orchestra Row Q) that we are able to offer to the December 1st, 2 PM performance. They will make a great early Christmas present! These tickets are only sold in blocks of two.

We are working to secure moderately priced, group tickets to a spring 2019 show. If you may be interested at that time, please sign up for the wait list by e-mailing us at downingtowntownrec@gmail.com.



Puffs (or Seven Increasingly Eventful Years at a Certain School of Magic & Magic) - A Harry Potter Inspired Comedy

For seven years a certain boy wizard went to Wizard School. This, however, is not his story. This is the story of the Puffs... who just happened to be there too. A play for anyone who has never been destined to save the world. "An alternative narrative for the underdog" (*Wall Street Journal*).

Puffs, or: Seven Increasingly Eventful Years at a Certain School of Magic & Magic is a Potter inspired comedy for anyone who has ever felt like a secondary character in someone else's story. The play that "never goes more than a minute without a laugh" (*Nerdist*) gives



you a new look at a familiar adventure from the perspective of three new heroes just trying to make it through magic school. Alongside them are the Puffs, a group of well-meaning, loyal rejects with a thing for badgers "who are so lovable and relatable, you'll leave the theater wishing they were in the stories all along" (*Hollywood Life*). Their "hilariously heartfelt!" (*Metro*) and epic journey takes the classic story to new places and reimagines what a boy wizard hero can be.

As a special treat for parents and families, all matinee performances are appropriate for young wizards from ages 8 and up - Parents can relax knowing their kids won't learn any new "curses." That's wizard humor!

Saturday

12/01/2018

8 AM - 7:30 PM

Ashbridge Manor Rear Parking Lot

\$110 Res, \$110 Non-Res

CUSTOM BROADWAY BUS TRIPS

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

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



TRIPS AND TOURS

Feast of San Gennaro - Little Italy New York City

Take a weekend trip to Italy! Little Italy in NYC that is. The Feast of San Gennaro is New York's City's largest festival. This year marks the festival's 92nd anniversary since it began in 1926, when groups of Italian immigrants settled in what is now known as New York City's "Little Italy."



The New York festival, an 11-day salute to the patron saint of Naples, is run by Figli di San Gennaro (Children of San Gennaro), a non-profit organization devoted to preserving the spirit and faith of the early Italian community. Both locals and tourist flock to the Feast of San Gennaro to participate in the parades, religious processions, musical performances — and, of course to overindulge in the variety of Italian foods offered.

Saturday
09/22/2018
9:30 AM - 8:30 PM
Ashbridge Manor Rear Parking Lot
\$65 Res, \$65 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.

Saturday
10/20/2018
8:30 AM - 8:30 PM
Ashbridge Manor Rear
Parking Lot
\$60 Res, \$60 Non-Res

Saturday (wait list)*
12/01/2018
8 AM - 7:30 PM
Ashbridge Manor Rear
Parking Lot
\$60 Res, \$60 Non-Res

Saturday
11/17/2018
8:30 AM - 8:30 PM
Ashbridge Manor Rear
Parking Lot
\$60 Res, \$60 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	

Adult/Infant/Child CPR & First Aid

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

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

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



Thursdays

09/13/2018, 10/18/2018, 11/15/2018, 12/13/2018

5:45 - 10:00 PM

Downingtown Municipal Building Annex

\$75 Res, \$95 Non-Res



Photo by Joanne Propsner.

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.



Saturdays

10/06/2018, 12/01/2018

8:45 AM - 2:00 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.

Saturdays

09/15/2018, 10/20/2018, 11/17/2018, 12/15/2018

7:45 AM - 1:00 PM

Downingtown Municipal Building Annex

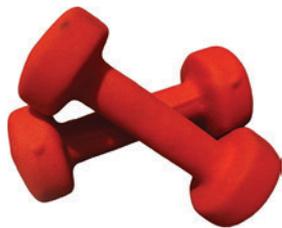
\$75 Res, \$90 Non-Res



HEALTH AND FITNESS

Body Pump / CXWORX

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



Sundays - Early Fall
09/16/2018 - 11/04/2018
9:30 - 10:30 AM
Summit Fitness
\$75 Res, \$95 Non-Res

Sundays -Late Fall
11/11/2018 - 12/02/2018
9:30 - 10:30 AM
Summit Fitness
\$50 Res, \$70 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.

Mondays - Early Fall
09/17/2018 - 10/29/2018
6 - 6:50 PM
Bradford Heights
Elementary
\$60 Res, \$75 Non-Res

Mondays - Late Fall
11/05/2018 - 12/17/2018
6 - 6:50 PM
Bradford Heights
Elementary
\$60 Res, \$75 Non-Res

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.

Mondays
09/10/2018 - 10/22/2018
11 - 11:45 AM
Lionville School of Dance
\$200 Res, \$220 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.



Mondays - Early Fall
 09/10/2018 - 10/29/2018
 6 - 6:45 AM
 Summit Fitness
 \$75 Res, \$95 Non-Res

Saturdays - Late Fall
 11/10/2018 - 12/01/2018
 8 - 8:45 AM
 Summit Fitness
 \$50 Res, \$70 Non-Res

Mondays - Late Fall
 11/05/2018 - 11/26/2018
 6 - 6:45 AM
 Summit Fitness
 \$50 Res, \$70 Non-Res

Wednesdays - Early Fall
 09/12/2018 - 10/31/2018
 5:30 - 6:15 PM
 Summit Fitness
 \$75 Res, \$95 Non-Res

Saturdays - Early Fall
 09/15/2018 - 11/03/2018
 8 - 8:45 AM
 Summit Fitness
 \$75 Res, \$95 Non-Res

Wednesdays - Late Fall
 11/07/2018 - 11/28/2018
 6 - 6:45 AM
 Summit Fitness
 \$50 Res, \$70 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.



Tuesdays - Early Fall
 09/11/2018 - 10/30/2018
 6 - 7 PM
 East Ward Elementary School (LGI Room)
 \$85 Res, \$95 Non-Res

Tuesdays - Late Fall
 11/06/2018 - 11/27/2018
 6:30 - 7:30 PM
 East Ward Elementary School (LGI Room)
 \$56 Res, \$66 Non-Res

Upper Body Strengthen & Tone with Julie Seville, Lifetime Fitness

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

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

Thursdays - Early Fall
 09/13/2018 - 11/01/2018
 7:10 - 8 PM
 East Ward Elementary School
 \$85 Res, \$95 Non-Res

Thursdays - Late Fall
 11/08/2018 - 11/29/2018
 7:10 - 8 PM
 East Ward Elementary School
 \$52 Res, \$62 Non-Res

Volunteers Needed

Would you like to help your community? Do you have school, job, or fraternal community service hours that you would like to use? We are always looking for short or medium term help with our activities. You could do a specific improvement project, take photos of our programs, general office help, keep score, get camp supplies ready, or help us improve our website. Call or e-mail us if you'd like to help out. We'll find a fun task for you to do while helping your community!



HEALTH AND FITNESS

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.

Thursdays - Early Fall
09/13/2018 - 11/01/2018
6:15 - 7:05 PM
East Ward Elementary School
\$85 Res, \$95 Non-Res

Thursdays - Late Fall
11/08/2018 - 11/29/2018
6:15 - 7:05 PM
East Ward Elementary School
\$52 Res, \$62 Non-Res

Intro to MELT

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



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

Saturdays
09/08/2018, 10/13/2018, 12/01/2018
12 - 1:30 PM
Bodywork by Roxanne Office
\$50 Res, \$65 Non-Res

MELT Anti-Aging Workshop

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



Saturdays
10/27/2018, 12/15/2018
12 - 1 PM
Bodywork by Roxanne Office
\$45 Res, \$60 Non-Res

Hydrate the Lower Body with MELT

Using the soft ball and a MELT soft foam body roller you will learn how to create lasting change in your lower body by hydrating the connective tissue in your low back, hips, legs and feet. What does hydration have to do with Cellulite? When the backs of your legs are chronically compressed (sitting does this but there are many reasons that dehydration occurs) the spongy layers of connective tissue become dehydrated and the collagen network in the tissue is damaged so much so that the fatty tissue pokes through leading to the cottage-cheese effect.

Saturdays
09/15/2018, 11/10/2018
12 - 1:30 PM
Bodywork by Roxanne Office
\$50 Res, \$65 Non-Res

See other Melt Programs on our Website

Beginner Kettlebells with Les Jiles @ Studio E

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.

Saturdays

11/10/2018 - 12/15/2018

10:30 - 11:25 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Tuesdays

09/18/2018 - 10/23/2018

7:30 - 8:25 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Saturdays

09/22/2018 - 10/27/2018

10:30 - 11:25 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Tuesdays

11/06/2018 - 12/11/2018

7:30 - 8:25 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Kettlebells with Les Jiles @ Studio E

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

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



Saturdays - Early Fall

09/22/2018 - 10/27/2018

9:30 - 10:25 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Wednesdays - Early Fall

09/19/2018 - 10/24/2018

7:30 - 8:25 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Saturdays - Late Fall

11/10/2018 - 12/15/2018

9:30 - 10:25 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Wednesdays - Late Fall

11/07/2018 - 12/12/2018

7:30 - 8:25 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Yoga Inspired Stretching

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.



Mondays - Early Fall

09/17/2018 - 10/22/2018

10:30 - 11:25 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Mondays - Late Fall

11/05/2018 - 12/10/2018

10:30 - 11:25 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Wednesdays - Early Fall

09/19/2018 - 10/24/2018

10:30 - 11:25 AM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Wednesdays - Late Fall

11/07/2018 - 12/12/2018

10:30 - 11:25 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!



Mondays - Early Fall

09/17/2018 - 10/22/2018

7:30 - 8:25 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res

Mondays - Late Fall

11/05/2018 - 12/10/2018

7:30 - 8:25 PM

Ashbridge Manor Studio E

\$75 Res, \$95 Non-Res



HEALTH AND FITNESS

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 in 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.

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 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.

Thursdays - Early Fall	Thursdays - Late Fall
09/20/2018 - 10/25/2018	11/08/2018 - 12/13/2018
6 - 6:55 PM	6 - 6:55 PM
Ashbridge Manor Studio E	Ashbridge Manor Studio E
\$75 Res, \$95 Non-Res	\$75 Res, \$95 Non-Res

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 designed with the best features of a low impact, multi muscle, calorie torching, walk based workout! *Easy to follow! Effective results! Energizing! Big calorie-burning Miles!



*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.

Thursdays	Thursdays
09/20/2018 - 10/25/2018	11/08/2018 - 12/13/2018
1 - 1:30 PM	1 - 1:30 PM
Ashbridge Manor Studio E	Ashbridge Manor Studio E
\$75 Res, \$95 Non-Res	\$75 Res, \$95 Non-Res

Regal Movie Pass News

Regal Movie Ticket Price Increase (effective Sept 1st)

Regal has increased our ticket prices – But you still end up saving money!

Regal has notified us that they have increased their ticket prices by \$1. So effective on September 1st our discounted Regal tickets will now cost \$11.

However, due to competition from Movie Tavern, they have also eliminated the \$1.50 recliner seating surcharge that you had to pay when you redeemed your ticket. This means you now end up saving fifty cents extra by using DARC movie passes at Regal.

Just in time for the holidays! For a limited time, while supplies last - DARC now offers Regal Ultimate Movie Packs.

Ultimate Movie Packs are a great holiday or birthday gift. For \$35 you receive two Premiere Movie Tickets and a \$10 concessions gift card.



Small Group Personal Training by Lionville School of Dance

Group personal training is an individualized instruction where trainer has the opportunity to correct posture alignment, etc, and modify the exercise to match the needs of each person in the group.

Fridays 09/07/2018 - 11/09/2018 7 - 8 AM Lionville School of Dance \$225 Res, \$245 Non-Res	Mondays 09/10/2018 - 11/12/2018 7 - 8 AM Lionville School of Dance \$225 Res, \$245 Non-Res	Wednesdays 09/05/2018 - 11/07/2018 7 - 8 AM Lionville School of Dance \$225 Res, \$245 Non-Res
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Fridays 09/07/2018 - 11/09/2018 8 - 9 AM Lionville School of Dance \$225 Res, \$245 Non-Res	Mondays 09/10/2018 - 11/12/2018 8 - 9 AM Lionville School of Dance \$225 Res, \$245 Non-Res	Wednesdays 09/05/2018 - 11/07/2018 8 - 9 AM Lionville School of Dance \$225 Res, \$245 Non-Res
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Women's Self Defense Class - Anne Kirk

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

What this course includes...

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.

Tuesdays
09/18/2018 - 10/23/2018
6 - 7 PM
Ashbridge Manor Studio E
\$99 Res, \$119 Non-Res

Zumba @ Lionville School of Dance

Grooving to the beats of salsa, flamenco, and meringue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular. The Latin-inspired dance workout is one of the most



popular group exercise classes in the world. The high energy classes are set to upbeat music and feature choreographed dance numbers that you might see in a nightclub.

You don't need to be a great dancer to feel welcome in a Zumba class. With the tag line, 'Ditch the Workout, Join the Party,' the classes emphasize moving to the music and having a good time, no rhythm required. Effective and fun class that will help you burn between 500-1000 calories per class. Join us and experience the fun. You'll get a great cardio workout that melts fat, strengthens your core, and improves flexibility. Come join the party!

Mondays 09/10/2018 - 11/12/2018 9:15 - 10:30 AM Lionville School of Dance \$115 Res, \$135 Non-Res	Fridays 09/07/2018 - 11/09/2018 9:15 - 10:30 AM Lionville School of Dance \$115 Res, \$135 Non-Res
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Wednesdays
09/05/2018 - 11/07/2018
9:15 - 10:30 AM
Lionville School of Dance
\$115 Res, \$135 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.



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!

Mondays 09/17/2018 - 11/05/2018 10 - 11:30 AM East Caln Twp. Building Meeting Room \$70 Res, \$90 Non-Res	Thursdays 09/20/2018 - 11/08/2018 10 - 11:30 AM East Caln Twp. Building Meeting Room \$70 Res, \$90 Non-Res
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Gentle Yoga

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.

Saturdays
09/08/2018 - 10/20/2018
8 - 9 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
09/05/2018 - 12/01/2018
Downingtown United Methodist Church

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 Fall
09/13/2018 - 11/01/2018
7 - 8 PM
Summit Fitness
\$75 Res, \$95 Non-Res

Thursdays - Late Fall
11/08/2018 - 11/29/2018
7 - 8 PM
Summit Fitness
\$50 Res, \$70 Non-Res

Restorative/ Yin Yoga @ Chester Springs Yoga

This Yin-Restorative practice is a passive slow- paced style of yoga. The longer held postures in this class are designed for deep release of the connective tissues such as ligaments, tendons. In addition, releasing the joints, hips, and spine. This class will open your heart, energize your body and leave you fully relaxed. Commonly known for the length of time in each posture normally held anywhere (from 2-5 minutes). The Yin/restorative practice will calm the body and nervous system and take you in a physical and mental journey of self discovery

Tuesdays - Early Fall
09/11/2018 - 10/30/2018
9:30 - 10:30 AM
Summit Fitness
\$75 Res, \$95 Non-Res

Tuesdays - Late Fall
11/06/2018 - 11/27/2018
9:30 - 10:30 AM
Summit Fitness
\$50 Res, \$70 Non-Res



Intro to Svaroopa® Yoga

Unlock your innate healing potential through Svaroopa 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

09/20/2018

7 - 8:30 PM

Downingtown Yoga & Meditation Center

\$5 Res, \$5 Non-Res

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 Svaroopa® 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

Monday

09/24/2018

7:30 PM - 8:30 PM

Downingtown Yoga & Meditation Center

\$5 Res, \$5 Non-Res



Weekly Yoga Class

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

Weekly Yoga Class - Four Sessions

Wednesdays and Saturdays

09/01/2018 - 09/29/2018

10/03/2018 - 10/31/2018

11/03/2018 - 11/28/2018

12/01/2018 - 12/29/2018

9:30 AM - 8:30 PM

Downingtown Yoga & Meditation Center

\$80 Res, \$100 Non-Res

Yoga Makes You Young

Melt away the years with slow yoga. Learn surprisingly easy practices that make an immediate difference.

Every pose is customized to your needs and ability, to reduce your pain and boost your aliveness.



Simultaneously you smile more easily, breathe more fully, love more openly and discover there is more within you than you imagined.

Fridays

09/07/2018 - 10/26/2018

10 AM - 12 PM

Downingtown Yoga & Meditation Center

\$170 Res, \$190 Non-Res



PERSONAL DEVELOPMENT

Medicare 101 Workshops

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

Monday 09/10/2018 6:30 - 8:30 PM Downingtown Municipal Building Annex \$5 Res, \$5 Non-Res	Thursday 11/08/2018 6:30 - 8:30 PM Downingtown Municipal Building Annex \$5 Res, \$5 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.

Tuesday
10/09/2018
6:30 - 8:30 PM
East Caln Twp. Building Meeting Room
\$20 Res, \$30 Non-Res

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
11/27/2018
7:00 - 8:30 PM
East Caln Twp. Building Meeting Room
\$95 Res, \$115 Non-Res

MUSIC AND ARTS INSTRUCTION

Guitar/Bass/Mandolin/Cello Instruction

Have you ever wanted to learn how to play music? Now is your chance. You can enjoy private lessons on a variety of instruments.

Whether your interest is Guitar, Bass, Mandolin, or Cello* (levels one and two only) Rich McKenzie, professional player/instructor will teach you the basics and more. Folk, Country, Rock, Blues, and Irish styles covered by request.



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

Wednesdays 09/19/2018 - 10/24/2018 4:00 - 8:30 PM See website for location \$90 Res, \$110 Non-Res	Wednesdays 11/07/2018 - 12/12/2018 4:00 - 8:30 PM Downingtown Municipal Building Annex \$90 Res, \$110 Non-Res
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Adult Tennis Clinic

This 4-session program is geared towards adults with beginner to intermediate skills. Understand completely the 3 basic strokes (ground strokes, volleys, and serves) and the importance of spins to control shots. New and returning students are welcome!



Sundays

09/16/2018 - 10/07/2018

9 - 10:30 AM

East Brandywine Community Park Tennis Courts

\$65 Res, \$85 Non-Res

'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

09/19/2018 - 11/07/2018

7:15 - 9:15 PM

Downingtown Middle School Gymnasium

\$85 Res, \$100 Non-Res

Adult Corn Hole League

New Location!

Estrella Tacos y Mas in Downingtown

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

08/22/2018 - 09/26/2018

7:15 - 9:15 PM

Estrella Tacos y Mas

\$30 Res, \$30 Non-Res

DARC Adult Softball Leagues

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

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

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

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

09/05/2018 - 11/18/2018

\$800 Res, \$800 Non-Res

Co-Ed or Men's Fall Softball

18 and up



ADULT DANCE

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

09/08/2018 - 10/20/2018

9:30 - 10:30 AM

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

09/10/2018 - 10/29/2018

10:15 - 11 AM

Victoria J. Ireys School of Dance

\$104 Res, \$124 Non-Res

Intermediate Adult Tap

Mondays

09/10/2018 - 10/29/2018

11:15 AM - 12 PM

Victoria J. Ireys School of Dance

\$104 Res, \$124 Non-Res

Bollywood!

Bollywood dance is a fusion of the rich heritage and styles of classical Indian dance with the contemporary moves of hip-hop and jazz. This dance style is energetic and fun! Both males and females are welcome!

Fridays

09/07/2018 - 10/26/2018

6:30 - 7:30 PM

Balance Dance Center

\$110 Res, \$125 Non-Res

Adult 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 no recital for this class.

Early Fall

Ages 18 and up

Thursdays

09/20/2018 - 10/25/2018

7:30 - 8:30 PM

Power Play Ice Rink
Eagle Dance Academy

\$90 Res, \$110 Non-Res

Late Fall

Ages 18 and up

Thursdays

11/01/2018 - 12/13/2018

7:30 - 8:30 PM

Power Play Ice Rink
Eagle Dance Academy

\$90 Res, \$110 Non-Res

ADULT LEISURE & INSTRUCTION

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 2018 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

08/17/2018 - 09/28/2018

6 - 7 PM

Honeybrook Golf Club

\$130 Res, \$150 Non-Res

Adult Swim Lessons

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

Thursdays - Early Fall 09/13/2018 - 10/18/2018 8 - 8:45 PM Ashbridge Manor Fit for Life Studio \$130 Res, \$150 Non-Res	Thursdays - Late Fall 11/01/2018 - 12/13/2018 8 - 8:45 PM Ashbridge Manor Fit for Life Studio \$130 Res, \$150 Non-Res
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Arthritis Foundation Aquatic Programs @ Aquatics Is

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

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

Exercise in shallow warm water with easy access.

Popular program - register early!

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

Choose the day(s) & time(s) that work best for you. See our website for class times on each day.

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

10 classes Early Fall Monday through Friday 09/17/2018 - 10/19/2018 11 - 11:45 AM Ashbridge Manor Pool \$50 Res, \$70 Non-Res	20 classes Early Fall Monday through Friday 09/18/2018 - 10/09/2018 2 - 2:45 PM Ashbridge Manor Pool \$70 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

09/17/2018 - 10/22/2018
7 - 7:45 AM
Ashbridge Manor Pool
\$55 Res, \$75 Non-Res

Saturdays

11/10/2018 - 12/15/2018
7 - 7:45 AM
Ashbridge Manor Pool
\$55 Res, \$75 Non-Res





YOUTH SPORTS & LEAGUES

Honeybrook Golf Club - Junior Golf Clinic Fall Series

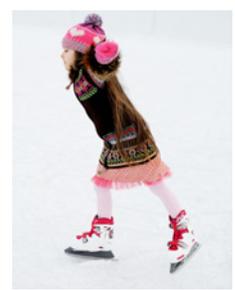
Instructed by PGA Teaching Professional, Duane Lent, the Fall Series Clinics are one of our most popular Junior Golf Programs. Students will learn and reinforce the basics of Driving, Chipping, and Putting. There will be plenty of games and competitions! By the end of the program, students will have 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
Saturday
09/08/2018 - 09/29/2018
12:30 - 1:45 PM
Honeybrook Golf Club
\$140 Res, \$160 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. **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!



Dress warmly (coats, sweatshirt, long pants, gloves are recommended).

NOTE: Different fees for sessions due to difference in number of classes.

Early Fall Session
Thursdays Tots
Ages 3 - 6
09/13/2018 - 10/25/2018
1:40 - 2:40 PM
Power Play Ice Rink
\$135 Res, \$150 Non-Res

Late Fall Session 2
Thursdays Tots
Ages 3 - 6
11/01/2018 - 12/20/2018
1:40 - 2:40 PM
Power Play Ice Rink
\$135 Res, \$150 Non-Res

Early Fall Session 1
Thursdays
Ages 4 and up
09/13/2018 - 10/25/2018
5 - 5:30 PM
Power Play Ice Rink
\$85 Res, \$105 Non-Res

Late Fall Session 2
Thursdays
Ages 4 and up
11/01/2018 - 12/20/2018
5 - 5:30 PM
Power Play Ice Rink
\$85 Res, \$105 Non-Res

Early Fall Session 1
Fridays
4 and up
09/07/2018 - 10/19/2018
7:25 - 8:25 PM
Power Play Ice Rink
\$135 Res, \$150 Non-Res

Late Fall Session 2
Fridays
Ages 4 and up
10/26/2018 - 12/14/2018
7:25 - 8:25 PM
Power Play Ice Rink
\$135 Res, \$150 Non-Res

Early Fall Session
Saturdays
4 and up
09/15/2018 - 10/27/2018
11:50 AM - 12:50 PM
Power Play Ice Rink
\$135 Res, \$150 Non-Res

Late Fall Session
Saturdays
Ages 4 and up
11/03/2018 - 12/22/2018
11:50 AM - 12:50 PM
Power Play Ice Rink
\$135 Res, \$150 Non-Res



- Learn to Skate • Beginner Hockey Skating
- Learn to Play Hockey • League Hockey
- Public Skating • Birthday Parties
- Hockey & Figure Skating Equipment

701 HAYWOOD DRIVE, EXTON, PA

610-458-9160



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!

Equipment is not needed for the beginner group class.

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

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

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

Beginner T-Ball	Advanced T-Ball
Fridays	Fridays
Ages 4 - 6	Ages 5 - 7
09/07/2018 - 09/28/2018	09/07/2018 - 09/28/2018
5:30 - 6:30 PM	6:30 - 7 PM
Bell Tavern Park Field Area	Bell Tavern Park Field Area
\$85 Res, \$105 Non-Res	\$100 Res, \$120 Non-Res

After School Youth Tennis Clinic by Becky Desmond

This introductory, 4 session program teaches players in 1st thru 3rd grade basic skills and techniques. Taught by Becky Desmond, USPTA, PTR Certified who has decades of experience in teaching tennis to children.

Instruction on proper grip, preparation, and swing path for each stroke, as well as basic footwork patterns and stances.

Grades 1 - 3
Mondays
09/10/2018 - 10/01/2018
5 - 6 PM
East Brandywine Community Park Tennis Courts
\$65 Res, \$85 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.

Fridays
Ages 4 - 14
09/07/2018 - 10/19/2018
7:25 - 8:25 PM
Power Play Ice Rink
\$100 Res, \$115 Non-Res

Early Fall Session
Saturdays
Ages 4 - 14
09/15/2018 - 10/27/2018
10:55 - 11:45 AM
Power Play Ice Rink
\$135 Res, \$150 Non-Res

Late Fall Session
Saturdays
Ages 4 - 14
11/03/2018 - 12/22/2018
10:55 - 11:45 AM
Power Play Ice Rink
\$135 Res, \$150 Non-Res





YOUTH SCIENCE, TECH & THEATER

Bricks4Kidz- After School Classes

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 related 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.



LEGO® is a registered trademark of the LEGO® Group of companies which does not sponsor, authorize or endorse these programs.

Ages 5 - 10
Thursdays
09/27/2018 - 11/01/2018
3:45 - 4:45 PM
Brandywine Wallace Elementary
\$105 Res, \$130 Non-Res

Engineering for Kids - Junior Aerospace Engineering : Taking to the Skies

The Junior Aerospace Engineering classes introduce our youngest engineers to fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, helicopters, and more.



Ages 4 - 7
Thursdays
10/04/2018 - 11/08/2018
5 - 6 PM
East Caln Twp. Building Meeting Room
\$127 Res, \$147 Non-Res

STEM by Young Engineers

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

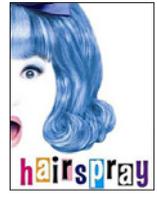


Each week's class will focus on a particular STEM concept. Students will build a motorized Lego model that will demonstrate the concept and briefly discuss what their models do to help reinforce the concept.

Grades 1 - 4	Grades 1 - 4
Tuesdays	Wednesdays
09/11/2018 - 11/13/2018	09/12/2018 - 11/14/2018
3:45 - 5 PM	3:45 - 5 PM
Lionville Elementary	Pickering Valley Elementary
\$205 Res, \$225 Non-Res	\$205 Res, \$225 Non-Res

Schmata Productions - HAIRSPRAY, Jr.

A true community theater group where our kids are the stars! Great for beginners AND experienced students. We rehearse most Sundays in Malvern from January – May and our performances take place the end of May or early June at West Chester University's MainStage Theater. After January, we add Wednesday evening rehearsals (6:15 – 8:15 PM) for small groups and leads; most cast members will not have to attend every week. We plan to participate in a local theater competition as well (the weekend of 5/3-5/5). Please check out our website (SchmataProductions.org) or email with specific questions (Gina@SchmataProductions.org). Past shows include Fiddler on the Roof, Seussical, Once on This Island, Beauty & the Beast, High School Musical, & many more!



Ages 5 - 16	Beth Chaim Reform
Sundays	Congregation Building
12/09/2018 - 05/26/2019	\$333 Res, \$358 Non-Res
1 - 4 PM	

Parent & Tot Swimming @ Downingtown Swim Academy

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

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

Novice Swim Lessons @ Downingtown Swim Academy

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

Ages: 5-12 years

Schedule: 45 minutes once a week for six classes

Pre-Beginner Swim Lessons @ Downingtown Swim Academy

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

Ages: 3-5 years

Schedule: 30 minutes once a week for six classes

Beginner 1 Swim Lessons @ Downingtown Swim Academy

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

Ages: 3-5 years

Schedule: 30 minutes once a week for six classes

Beginner 2 Swim Lessons @ Downingtown Swim Academy

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

Ages: 3-5 years

Schedule: 30 minutes once a week for six classes

Advanced Beginner Swim Lessons @ Downingtown Swim Academy

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

Ages: 5-12 years

Schedule: 45 minutes once a week for six classes

Pre-Team Swim Lessons @ Downingtown Swim Academy

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



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

Ages: 5-12 years

Schedule: 45 minutes once a week for six classes

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



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.

Beginner Ages 5 - 11 Fridays 09/14/2018 - 11/02/2018 5:30 - 6:30 PM Victoria J. Ireys School of Dance \$104 Res, \$124 Non-Res	Intermediate/Advanced Ages 10 and up Fridays 09/14/2018 - 11/02/2018 6:30 - 7:30 PM Victoria J. Ireys School of Dance \$104 Res, \$124 Non-Res
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Children's Ballet/ Tap/ Tumble

This class is for your little aspiring ballerina. Barre warm up, stretches, traveling steps, turns, and simple combinations are included in this class. Learn grace, style, and balance. Ballet slippers and leotard required.



Ages 5.5 - 6.5 Mondays 09/10/2018 - 10/29/2018 5:45 - 6:45 PM Victoria J. Ireys School of Dance \$104 Res, \$124 Non-Res	Ages 7-8.5 Tuesdays 09/11/2018 - 10/30/2018 5 - 6 PM Victoria J. Ireys School of Dance \$104 Res, \$124 Non-Res
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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 Ages 6 - 9 Mondays 09/10/2018 - 10/29/2018 7 - 7:45 PM Victoria J. Ireys School of Dance \$104 Res, \$124 Non-Res	Intermediate/Advanced Ages 6 - 9 Mondays 09/10/2018 - 10/29/2018 7:45 - 8:45 PM Victoria J. Ireys School of Dance \$104 Res, \$124 Non-Res
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Irish Step Dancing

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



Ages 6 and up
Mondays
09/10/2018 - 10/29/2018
5 - 5:45 PM
Victoria J. Ireys School of Dance
\$104 Res, \$124 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 to 4 Saturdays 09/15/2018 - 11/03/2018 10 - 10:45 AM Victoria J. Ireys School of Dance \$104 Res, \$124 Non-Res	Ages 3 to 4 Tuesdays 09/11/2018 - 10/30/2018 10 - 10:45 AM Victoria J. Ireys School of Dance \$104 Res, \$124 Non-Res
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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 09/04/2018 - 10/23/2018 4:30 - 5:30 PM Balance Dance Center \$110 Res, \$125 Non-Res	Beginner Teens Ages 12 - 18 Fridays 09/07/2018 - 10/26/2018 5:30 - 6:30 PM Balance Dance Center \$110 Res, \$125 Non-Res
Beginner II Ages 8-11 Mondays 09/10/2018 - 10/29/2018 4:30 - 5:30 PM Balance Dance Center \$110 Res, \$125 Non-Res	Intermediate Teens Ages 12 - 18 Mondays 09/10/2018 - 10/29/2018 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.



Saturdays Ages 12 - 19 09/08/2018 - 10/20/2018 12:30 - 1:30 PM Balance Dance Center \$110 Res, \$125 Non-Res	Saturdays Ages 6-8 09/08/2018 - 10/20/2018 10:30 - 11:30 AM Balance Dance Center \$110 Res, \$125 Non-Res	Saturdays Ages 9 - 11 09/08/2018 - 10/20/2018 11:30 AM - 12:30 PM Balance Dance Center \$110 Res, \$125 Non-Res
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Bollywood!

Bollywood dance is a fusion of the rich heritage and styles of classical Indian dance with the contemporary moves of hip-hop and jazz. This dance style is energetic and fun! Both males and females are welcome!

Ages 13 - 18 Fridays 09/07/2018 - 10/26/2018 7:30 - 8:30 PM Balance Dance Center \$110 Res, \$125 Non-Res
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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 09/06/2018 - 10/25/2018 4:30 - 5:30 PM Balance Dance Center \$110 Res, \$125 Non-Res
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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.

Ages 6 - 9 Tuesdays 09/04/2018 - 10/23/2018 6:30 - 7:30 PM Balance Dance Center \$110 Res, \$125 Non-Res	Intermediate/Advanced Teens Ages 12 - 18 Wednesdays 09/05/2018 - 10/24/2018 7:30 - 8:30 PM Balance Dance Center \$110 Res, \$125 Non-Res
Beginner Teens Ages 12 - 18 Fridays 09/07/2018 - 10/26/2018 4:30 - 5:30 PM Balance Dance Center \$110 Res, \$125 Non-Res	Beginner II 9-11 Ages 9 - 11 Thursdays 09/06/2018 - 10/25/2018 6:30 PM - 7:30 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.



Beginner Teens Ages 12 - 18 Tuesdays 09/04/2018 - 10/23/2018 7:30 - 8:30 PM Balance Dance Center \$110 Res, \$125 Non-Res	Kids Ages 9 - 11 Wednesdays 09/05/2018 - 10/24/2018 5:30 - 6:30 PM Balance Dance Center \$110 Res, \$125 Non-Res	Teens Ages 12 - 18 Wednesdays 09/05/2018 - 10/24/2018 6:30 - 7:30 PM Balance Dance Center \$110 Res, \$125 Non-Res
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YOUTH DANCE

Ballet/Contemporary @ Eagle Dance Academy

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

Early Fall Ages 7 - 13 Mondays 09/10/2018 - 10/22/2018 7:05 - 8:05 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res	Late Fall Ages 7 - 13 Mondays 10/29/2018 - 12/10/2018 7:05 - 8:05 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res
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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.



Early Fall Ages 12 - 17 Tuesdays 09/11/2018 - 10/23/2018 7:20 - 8:20 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res	Late Fall Ages 12 - 17 Tuesdays 10/30/2018 - 12/11/2018 7:20 - 8:20 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res
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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.

Early Fall Ages 7 - 11 Saturdays 09/15/2018 - 10/20/2018 1:15 - 2:15 PM Power Play Ice Rink Eagle Dance Academy \$100 Res, \$120 Non-Res	Late Fall Ages 7 - 11 Saturdays 10/27/2018 - 12/08/2018 1:15 - 2:15 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res
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Teen Hip-Hop/Funk/Jazz @ Eagle Dance Academy

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



Early Fall Ages 11 - 16 Thursdays 09/20/2018 - 10/25/2018 6:20 - 7:20 PM Power Play Ice Rink Eagle Dance Academy \$100 Res, \$120 Non-Res	Late Fall Ages 11 - 16 Thursdays 11/01/2018 - 12/13/2018 6:20 - 7:20 PM Power Play Ice Rink Eagle Dance Academy \$100 Res, \$120 Non-Res
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Twinkle Toes Ballet @ Eagle Dance Academy

Twinkle Toes Ballet gently introduces little girls 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.



Early Fall Ages 3 - 5 Mondays 09/10/2018 - 10/22/2018 5:15 - 6 PM Power Play Ice Rink Eagle Dance Academy \$108 Res, \$133 Non-Res	Early Fall Ages 3 - 5 Saturdays 09/15/2018 - 10/20/2018 10 - 10:45 AM Power Play Ice Rink Eagle Dance Academy \$94 Res, \$114 Non-Res
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Late Fall Ages 3 - 5 Mondays 10/29/2018 - 12/10/2018 5:15 - 6 PM Power Play Ice Rink Eagle Dance Academy \$108 Res, \$128 Non-Res	Late Fall Ages 3 - 5 Saturdays 10/27/2018 - 12/15/2018 10 - 10:45 AM Power Play Ice Rink Eagle Dance Academy \$108 Res, \$128 Non-Res
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Ballet & Jazz Combo @ Eagle Dance Academy

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

Early Fall Ages 7 - 13 Tuesdays 09/11/2018 - 10/23/2018 5:15 - 6:15 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res	Late Fall Ages 7 - 13 Tuesdays 10/30/2018 - 12/11/2018 5:15 - 6:15 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res
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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.

Early Fall Ages 7 - 12 Mondays 09/10/2018 - 10/22/2018 6 - 7 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res	Early Fall Ages 7 - 12 Saturdays 09/15/2018 - 10/20/2018 11 AM - 12 PM Power Play Ice Rink Eagle Dance Academy \$100 Res, \$120 Non-Res
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Late Fall Ages 7 - 12 Mondays 10/29/2018 - 12/10/2018 6 - 7 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res	Late Fall Ages 7 - 12 Saturdays 10/27/2018 - 12/08/2018 11 AM - 12 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res
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Ballet 3 & 4 @ Eagle Dance Academy

In this 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.

Early Fall Ages 7 - 13 Tuesdays 09/11/2018 - 10/23/2018 6:15 - 7:15 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res	Early Fall Ages 7 - 13 Saturdays 09/15/2018 - 10/20/2018 12 - 1 PM Power Play Ice Rink Eagle Dance Academy \$100 Res, \$120 Non-Res
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Late Fall Ages 7 - 13 Tuesdays 10/30/2018 - 12/11/2018 6:15 - 7:15 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res	Late Fall Ages 7 - 13 Saturdays 10/27/2018 - 12/15/2018 12 - 1 PM Power Play Ice Rink Eagle Dance Academy \$115 Res, \$135 Non-Res
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COMMUNITY EVENTS

Downingtown Borough

downingtowntown.org/events.html

Saturday, September 15

Log House Art & Craft Show at Kerr Park



Sunday, September 30

Downingtown Fall Fest

Friday, November 24

Downingtown Borough Christmas Tree Lighting

Saturday, December 1

Santa at the Log House



Saturday, December 8

Downingtown Good Neighbor Christmas Parade

West Bradford Township

westbradford.org



Sunday, October 7

Marshallton Triathlon

www.marshalltontriathlon.net

Saturday, Oct 20

Fall Family Fun Festival

Saturday, Dec 1

Marshallton Tree Lighting

West Pikeland Township

westpikeland.com/whats-happening



Sunday, September 30

Songs of Irving Berlin

The Theatre at Yellow Springs

thetheatreatyellowsprings.org

East Brandywine Township

ebrandywine.org/calendar.aspx

Friday, September 7

Family Movie in the Park – The Last Jedi

Sunday, October 14

Fall Harvest Festival

Sunday, December 2

Community Tree Lighting

Upper Uwchlan Township

upperuwchlan-pa.gov

Saturday, November 24

Holiday Tree Lighting

West Whiteland Township

westwhiteland.org/calendar.aspx



Sunday, September 23

Exton Park Community Day

COMMUNITY EVENTS

Congratulations to our Spring Softball Champions!

*You all survived the
rainiest softball season ever!*

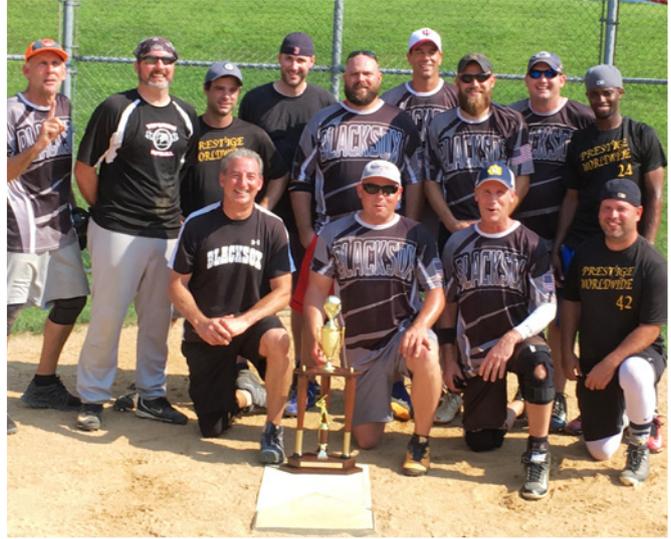
**Wood's Construction
Co-Ed Competitive
Division Champions**

**Scrubs
Co-Ed Recreational
Division Champions**

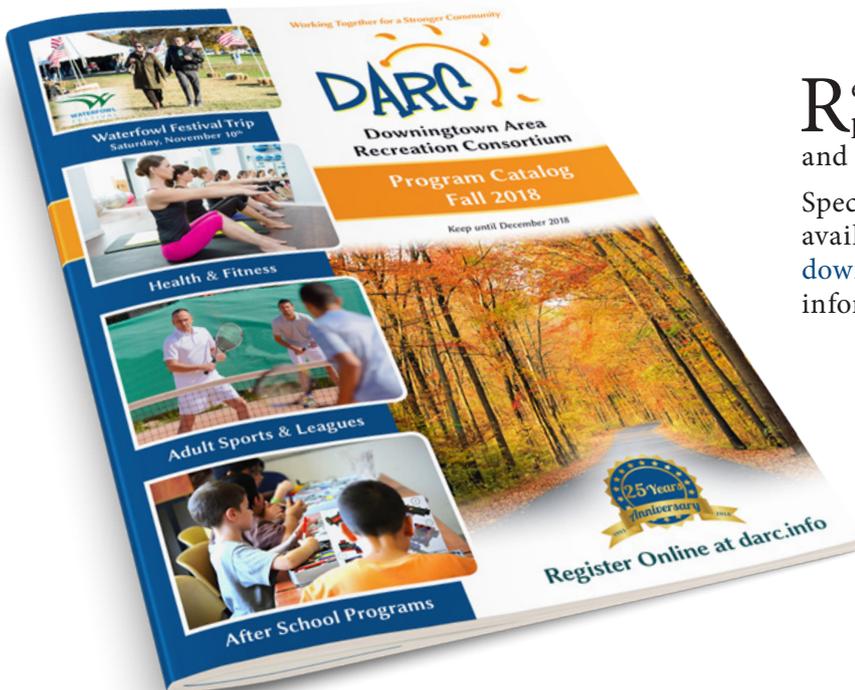
**Blacksox
Men's Competitive
Division Champions**

**Stragglers
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.



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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	\$54 adult / \$42.50 child	September
Dorney Park	\$45	September
Dutch Wonderland	\$38	September
Six Flags Great Adventure	\$43	October (valid thru 12/2018)
PA Renaissance Faire	\$27 adult / \$10 child	October
Diggerland USA	\$27	October
Adventure Aquarium	\$23 adult / \$19 child	December (valid thru 9/2019)
Baltimore Aquarium	\$34 adult / \$22 child	December (valid thru 4/2019)
Crayola Experience	\$17	December (valid thru 4/2019)
Franklin Institute	\$18.50	December (valid thru 4/2019)
Museum of the American Revolution	\$15.50 adult / \$10 child	December
Philadelphia Zoo	\$20	December



New this year!

We will also be selling special Hersheypark Seasonal Tickets. We will have Hersheypark in the Dark and Christmas Candylane tickets. You also 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.

ONLINE INSTRUCTION

Experience Education To Go! Over 300 Online Courses

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



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

How to Get Started:

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

Start Dates:

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

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

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

Join us in visiting our Community's hidden history!

On Sunday, October 7th there will be afternoon open houses highlighting key historical structures in Downingtown, East Caln, and West Bradford. Did you ever wonder what it was like to live in one of the earliest log homes in the area? Then visit the Downingtown Log House. Have you heard about a "Serpentine Stone" house, but never visited one? Then visit the stone Ashbridge House in East Caln Township. Do you want to see a real blacksmith shop? Then visit historic Marshalton in West Bradford Township. Each of these sites will be open from 1 to 4 pm. Please see our website for addresses and more information under "Community Partnerships."

