

Working Together for a Stronger Community



Downingtown Area Recreation Consortium

Program Catalog Winter 2020

Keep until May 2020



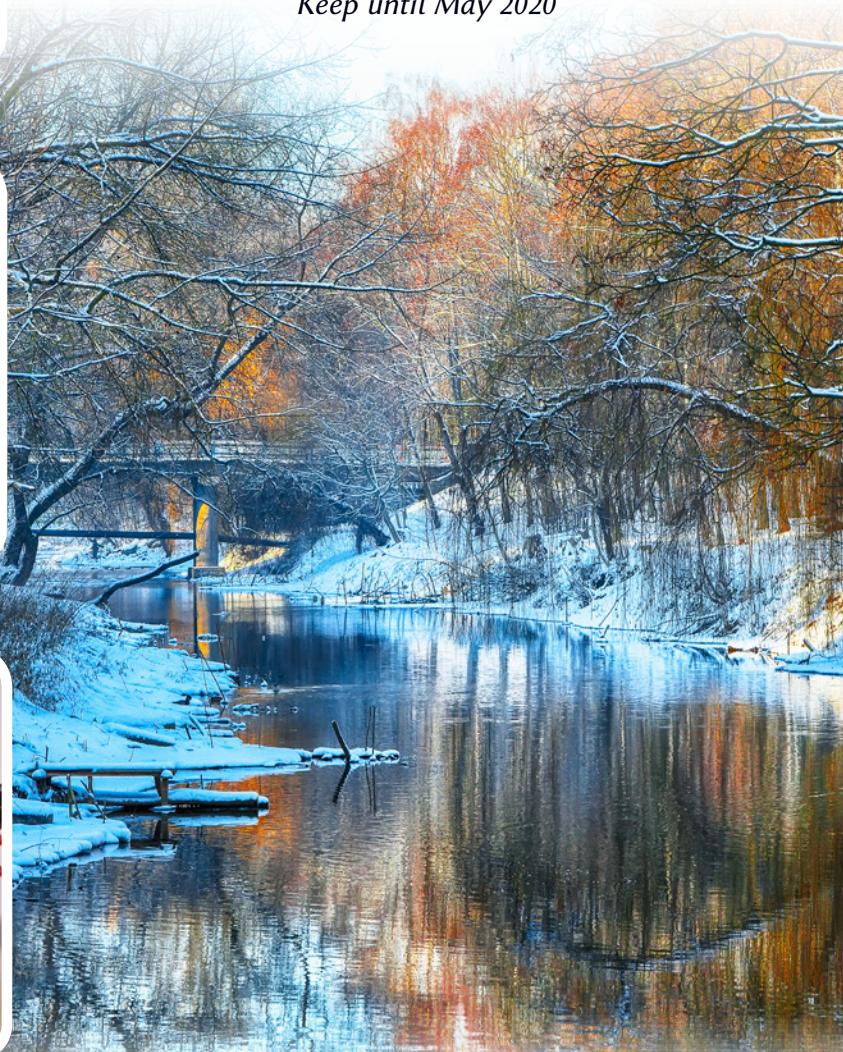
Cape May Wine Trip



Dance



Adult Sports & Leagues



Register Online at darc.info



Music & Arts

What's YOUR Social Security Strategy?

Presented by:



Daniel P. Batty
CFP®, ChFC®, CFBS, CFS®, CLTC

Michael Skiff
CFP®, ChFC®

"What's YOUR Social Security Strategy?" walks you through common, but surprisingly complex situations including:

- How to choose between the hundreds of possible claiming strategies to give your Social Security check a government-guaranteed boost
- How benefits for one spouse are affected based on when and how the other spouse files
- How being married, divorced or widowed impacts your benefits

This presentation will educate you on the many decisions involved in claiming Social Security, as well as their consequences, and provide strategies to maximize your benefits received.

REGISTER NOW! for our upcoming seminars. Information online at downingtownpa.myrec.com or call 610-269-9260

Social Security Seminar Dates Winter 2020

Location	Address	Date	Time
West Bradford Twp Building	1385 Campus Dr. Downingtown, PA	1/15/2020	6:00-8:00 p.m.
West Pikeland Twp Building	1645 Art School Rd. Chester Springs, PA	2/4/2020	6:00-8:00 p.m.
East Caln Twp Building	110 Bell Tavern Rd. Downingtown, PA	2/12/2020	6:00-8:00 p.m.

Greetings RESIDENTS

As the year comes to an end, we are reflecting on the last 12 months and preparing for the New Year. We hope you and your family had a chance to make wonderful memories at our programs and events this year! We want to thank you, our community businesses and the Boroughs & Townships for their continued support.

Take a few moments to read through our brochure to see what we are offering this Winter and Spring. We offer programs for everyone, from infants to our active seniors. Be sure to notice all the NEW programs we have added! And you don't want to miss our community partnership with Power Play Ice Rink - free skate night. We hope you will come make memories with us this year - we've got a little bit of something for everyone! Don't forget to follow us on Facebook, Instagram and Twitter for photos and event reminders.

Sincerely,

Nicole
Executive Director

Community PARTNERSHIPS

Power Play Rink Free Skate Night

Power Play Rink has graciously offered up their rink for a free night of ice skating for their community. Whether you're looking for something to do solo, a date night with your significant other, a chance to introduce the kids, or just trying to freshen up your skills.

Rental skates are limited, sign-up early.

Sun. 2/16/20 7:15 PM

All ages welcome

Must pre-register on DARC website

Note: For DARC residents only



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BUS TRIPS AND TOURS



Jack Frost/Big Boulder Ski/Snowboard Trip

It's that time of year to shake the dust off of your skis and snowboards and hit the slopes. Take a bus ride with us for an all day adventure of fun, and fresh air at both Jack Frost and Big Boulder. The first half of the day will be at Jack Frost and the second half at Big Boulder. Different packages are listed below and includes the cost of both mountains, lift ticket and rental fee will cover both mountains. Lunch is not included in the price, but there is a restaurant and snacks in the lodge. The lodge also has coin lockers for .50 per entry, and lockers available for 15 dollars a day both are not included in the packages. There are cubbies all around the lodge that are free to use.

All equipment renters must print, fill, and bring the form (located online when registering) on the day of the trip.

All Inclusive: This package includes a lesson, rentals, and lift pass, along with the ride there.

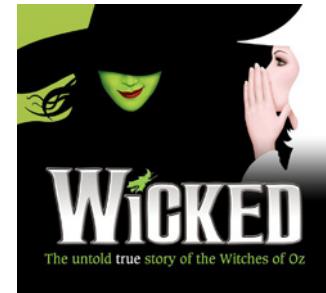
Mon. 02/17/2020 8:45 AM - 9:00 PM

Fee: \$128.50 Res/Non-Res*

*Look online for the different packages ranging from \$45-\$135.

WICKED- The Untold Story of Witches of Oz Trip

WICKED is the untold story of the Witched of Oz. Long before Dorothy drops in, two other girls meet in the land of Oz. One born with emerald-green skin is smart, fiery, and misunderstood. The other is beautiful, ambitious, and very popular.



We will arrive in New York around 10:30AM. Enjoy the city, see the sights or go shopping until the matinee at 2:00 PM. After the show you will have time for a quick dinner before we depart for home at 6:00PM. No stops in either direction.

Sat. 03/14/2020 7:45 AM - 8:30 PM

Location: Ashbridge Manor Rear Parking Lot

Fee: \$165 Res, \$165 Non-Res

Coming Soon in May

Cape May Wine Tour



Sat. 05/9/2020 8 AM - 8 PM

BUS TRIPS AND TOURS

Washington DC / Cherry Blossom Festival - 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.



The bus will pick you up near the National Mall or Tidal Basin around 5:00 PM. No stops on the way home.

Sat. 04/04/2020 8:45 AM - 8:00 PM

Location: West Whiteland Township Building Parking Lot

Fee: \$60 Res, \$60 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 theatre district.



The bus will pick you up near theatre district (8th/51st) between 5:50 and 6:00 p.m. depending on the trip schedule. No stops on the way home.

Sat. 03/14/2020 7:45 AM - 8:30 PM

Location: Ashbridge Manor Rear Parking Lot

Fee: \$60 Res, \$60 Non-Res



DOWNTOWN AREA RECREATION CONSORTIUM

114 BELL TAVERN ROAD, DOWNTON, PA 19335

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

EMAIL: DOWNTOWNREC@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

Premier World Discovery Trips

Downington Area Recreation Consortium is excited to continue its partnership with Premier World Discovery! Founded in 1999, Premier is an innovative tour operator specializing in the group travel market. By partnering with Premier, we are able to offer both our residents and those in the surrounding community an opportunity to take trips we never could have offered on our own!

Just Announced: Two Brand New Trips for 2020!

Treasures of Ireland

10 days in the beautiful country of Ireland. Staying 2 nights in Belfast, 2 nights in Dublin, 2 night Killarney, and 2 nights in Limerick. With a tour of Dublin, a visit to Old Jameson Whiskey Distillery, a medieval banquet, and much more!

Tues. 03/24/2020

Albuquerque Balloon Festival

6 days in New Mexico for the exciting Balloon Festival. With 2 nights in Albuquerque, and 3 nights in Santa Fe. Experience of the most photographed events in the world, with over 100 colorful balloons from around the world. Visit the Indian Pueblo Cultural Center, and tour El Santuario, plus much more!

Fri. 10/9/2020

*Visit us to see a full breakdown of the trip itinerary.

*To register for this trip please print the appropriate trip form, fill it out and send or bring with payment to Downington Area Recreation Consortium. Please see form for payment options.

HEALTH AND FITNESS

Adult Small Group Personal Training

Groups will focus on Upper body strengthening, Core, Balance, Postural muscles, Lower body strengthening, and Flexibility training. Their focus is to keep the exercises safe, fun, functional, and set realistic expectations with their clients to achieve their goals.

Mon. 01/06/2020 - 02/17/2020 11 - 11:45 AM
Mon. 03/02/2020 - 04/13/2020 11 - 11:45 AM
Wed. 01/08/2020 - 02/19/2020 11 - 11:45 AM
Wed. 03/04/2020 - 04/15/2020 11 - 11:45 AM
Fri. 01/10/2020 - 02/21/2020 11 - 11:45 AM
Fri. 03/06/2020 - 04/24/2020 11 - 11:45 AM

Location: Lionville School of Dance

Fee: \$165 Res, \$185 Non-Res

NEW! Baby Boomers BootCamp

For folks over 55, the benefits that regular exercise provides, are even more important as you are faced with the negative aspects of aging. A decrease in lean muscle mass, bone-density loss and a decrease in your metabolic rate, are just a few.

Wed. 01/01/2020 - 01/31/2020 8:30 - 9:30 AM
Wed. 01/15/2020 - 02/14/2020 8:30 - 9:30 AM
Mon. 02/03/2020 - 02/28/2020 8:30 - 9:30 AM
Mon. 02/17/2020 - 03/13/2020 8:30 - 9:30 AM
Mon. 03/02/2020 - 04/01/2020 8:30 - 9:30 AM
Wed. 04/01/2020 - 05/01/2020 8:30 - 9:30 AM
Wed. 04/15/2020 - 05/15/2020 8:30 - 9:30 AM

Location: CrossFit Rock Solid

Fee: \$150 Res, \$170 Non-Res

NEW! PiYoBa with Susan Pogharian

Pilates, Yoga, and Barre fusion class combining the best of each technique. Pilates movements strengthen the core, yoga poses improve flexibility and balance, and your legs lengthen and tone from the Barre techniques.

Thur. 01/09/2020 - 01/30/2020 9:45 - 10:45 AM

Location: Power Play Ice Rink Eagle Dance Academy

Fee: \$60 Res, \$80 Non-Res

HIIT (High Intensity Interval Training) with 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.

Mon. 01/06/2020 - 02/10/2020 5 - 6 PM
Wed. 01/08/2020 - 02/12/2020 5 - 6 PM

Location: Lionville Middle School Main Gym

Fee: \$110 Res, \$130 Non-Res

Programs with Julie Seville

Body Sculpting with Weights & Bands

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.

Tues. 01/07/2020 - 02/25/2020 6 - 7 PM

Tues. 03/03/2020 - 04/21/2020 6 - 7 PM

Location: St. Paul's Lutheran Church

Fee: \$75 Res, \$85 Non-Res

Lower Body Strengthen & Tone

Learn the most effective exercises to tone your midsection, flatten your abs, trim your thighs and firm your fanny!

Thur. 01/09/2020 - 02/27/2020 6:15 - 7:05 PM

Thur. 03/05/2020 - 04/23/2020 6:15 - 7:05 PM

Location: B & J Excavating

Fee: \$75 Res, \$85 Non-Res

Sculpt & Tone with Julie Seville

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!

Tues. 01/07/2020 - 02/25/2020 7:30 - 8:30 PM

Tues. 03/03/2020 - 04/21/2020 7:30 - 8:30 PM

Location: Glenmoore Fire Hall

Fee: \$75 Res, \$85 Non-Res

Upper Body Strengthen & Tone

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.

Thur. 01/09/2020 - 02/27/2020 7:10 - 8 PM

Thur. 03/05/2020 - 04/23/2020 7:10 - 8 PM

Location: B & J Excavating

Fee: \$75 Res, \$85 Non-Res



HEALTH AND FITNESS

Programs @ Ashbridge Manor in Studio E

Beginner 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.



Tues. 01/07/2020 - 02/11/2020 7:30 - 8:30 PM

Fee: \$75 Res, \$95 Non-Res

Advanced 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.

Wed. 01/08/2020 - 02/12/2020 7:30 - 8:30 PM

Sat. 01/11/2020 - 02/15/2020 9:30 - 10:30 AM

Fee: \$75 Res, \$95 Non-Res

Core, Cardio & Power- Personal Training in a Group Setting

Integrating muscle groups to move together and perform exercise tasks resulting increased cardio endurance, weight loss and improved strength.

Thur. 01/09/2020 - 02/13/2020 6 - 6:55 PM

Fee: \$75 Res, \$95 Non-Res

Beginner TRX Suspension Training

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!

Mon. 01/06/2020 - 02/10/2020 7 - 7:55 PM

Tues. 01/07/2020 - 02/11/2020 9 - 9:55 AM

Fee: \$75 Res, \$95 Non-Res



Mat Pilates

A low-impact exercise class that builds strength, tones the muscles and creates a long, lean body frame. Mat Pilates is an effective, precise set of exercises. Accessible to everyone at any level of fitness and provides countless benefits.

Tues. 01/07/2020 - 02/11/2020 10:15 - 11:10 AM

Fee: \$75 Res, \$95 Non-Res

Women's Self-Defense Course

Will address the specific threats women may be confronted with should a hostile scenario arise using the principles of Krav Maga to hone situational awareness and teach practical techniques.

Tues. 01/07/2020 - 02/11/2020 6 - 7 PM

Fee: \$75 Res, \$95 Non-Res

Balletton™ by Barre Above:

Fusion style conditioning for the "non" dancer, dance pilates and fitness. A fun invigorating workout to develop core strength, muscular endurance, dynamic balance and flexibility without the use of equipment or props.

Sat. 01/11/2020 - 02/15/2020 10:45 - 11:40 AM

Fee: \$75 Res, \$95 Non-Res

Programs with Maureen Collins

Active Aging Fitness!!

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

Mon. 01/13/2020 - 03/02/2020 5 - 5:50 PM

Location: West Bradford Elementary

Fee: \$50 Res, \$70 Non-Res

Pilates Fusion

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



Mon. 01/13/2020 - 03/02/2020 6 PM - 6:50 PM

Location: West Bradford Elementary

Fee: \$60 Res, \$75 Non-Res

HEALTH AND FITNESS

Programs @ Summit Fitness

Spin Power

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.

Tues. 01/07/2020 - 02/25/2020 9 - 9:45 AM

Tues. 03/03/2020 - 04/21/2020 9 - 9:45 AM

Tues. 04/28/2020 - 06/16/2020 9 - 9:45 AM

Wed. 01/01/2020 - 02/19/2020 6 - 6:45 AM

Wed. 02/26/2020 - 04/15/2020 6 - 6:45 AM

Wed. 04/22/2020 - 06/10/2020 6 - 6:45 AM

Fee: \$75 Res, \$90 Non-Res



Barre Fusion

Full-body conditioning workout using exercise balls, gliding discs, hand held weights and resistance tubing. The sequencing patterns and isometric movements target specific muscle groups and will improve strength, balance, flexibility and posture.

Wed. 01/01/2020 - 02/19/2020 6:30 - 7:15 PM

Wed. 02/26/2020 - 04/15/2020 6:30 - 7:15 PM

Fee: \$75 Res, \$90 Non-Res

Les Mills RPM Cycling

RPM is the indoor cycling workout where you ride to the rhythm of power music. Take on the terrain with your team through hills, flats, mountain peaks, time trials, and interval training.

Mon. 01/06/2020 - 02/24/2020 6 - 6:45 AM

Mon. 03/02/2020 - 04/20/2020 6 - 6:45 AM

Fee: \$75 Res, \$90 Non-Res

Step Class

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

Tues. 01/07/2020 - 02/25/2020 8 - 8:45 AM

Tues. 03/03/2020 - 04/21/2020 8 - 8:45 AM

Fee: \$75 Res, \$90 Non-Res

Body Pump

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.

Sun. 01/05/2020 - 02/23/2020 9:30 - 10:30 AM

Sun. 03/01/2020 - 04/19/2020 9:30 - 10:30 AM

Fee: \$75 Res, \$90 Non-Res

Baptiste Power Yoga

Whether you are looking to lose weight, trying to increase your strength and stamina, or seeking to go deeper within, Baptiste Power Yoga can take you there. It isn't just the ultimate work- out, it is the ultimate transformational program.

Mon. 01/06/2020 - 02/24/2020 7 - 8 PM

Mon. 03/02/2020 - 04/20/2020 7 - 8 PM

Sun. 01/05/2020 - 02/23/2020 8 - 9 AM

Sun. 03/01/2020 - 04/19/2020 8 - 9 AM

Fee: \$75 Res, \$90 Non-Res



YOGA AND MEDITATION

Daytime Yoga with Pearl

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.

Mon. 01/13/2020 - 03/02/2020 10 - 11:30 AM
Mon. 03/23/2020 - 05/18/2020 10 - 11:30 AM
Thur. 01/16/2020 - 03/05/2020 10 - 11:30 AM
Thur. 03/26/2020 - 05/14/2020 10 - 11:30 AM

Location: East Caln Twp. Building Meeting Room
Fee: \$70 Res, \$90 Non-Res

Yoga Inspired Stretching

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.



Thur. 01/09/2020 - 02/13/2020 9 - 9:55 AM

Location: Ashbridge Manor Studio E
Fee: \$75 Res, \$95 Non-Res

NEW! Preschool Yoga by Maureen Digby

Children develop an 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.



Wed. 01/22/2020 - 03/11/2020 9:45 - 10:30 AM
Wed. 03/18/2020 - 04/29/2020 9:45 - 10:30 AM

Location: East Caln Twp. Building Meeting Room
Fee: \$90 Res, \$110 Non-Res

NEW! Yoga Stretch w/ Rosalee

This class will utilize a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. You will increase strength, improve flexibility and posture, and practice balance.

Thur. 01/09/2020 - 02/13/2020 6:15 - 7:15 PM
Thur. 02/20/2020 - 03/26/2020 6:15 - 7:15 PM

Location: East Caln Twp. Building Meeting Room
Fee: \$75 Res, \$95 Non-Res

Yoga and Meditation @ Downingtown Yoga & Meditation Center

Yoga & Meditation Series

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.

Mon. 01/06/2020 - 03/23/2020 7 - 9 PM
Mon. 04/06/2020 - 06/22/2020 7 - 9 PM

Fee: \$270 Res, \$290 Non-Res

Half Day Workshop

Your Half-Day Workshop is a longer yoga class, which gives you more time to make deep changes in your body, mind and heart as well as to open to the deeper dimensions of your own Self.

Tue. 01/21/2020 9 AM - 12 PM
Tue. 02/04/2020 9 AM - 12 PM
Tue. 03/10/2020 9 AM - 12 PM
Sat. 04/11/2020 2 - 5 PM
Sat. 05/30/2020 2 - 5 PM

Fee: \$95 Res, \$115 Non-Res



YOGA AND MEDITATION

Meditation 101

This course makes meditation accessible for you, and supports you in the process of getting your home practice going.

Wed. 01/22/2020 - 02/05/2020 7 - 9 PM

Thur. 04/02/2020 - 04/16/2020 7 - 9 PM

Wed. 05/13/2020 - 05/27/2020 7 - 9 PM

Fee: \$80 Res, \$100 Non-Res

Mindfulness, Meditation, & Me

Learn how mindfulness and meditation can help you with your life. This introductory program makes it easy for you to meditate while explaining how it works.

Wed. 01/15/2020 11:15 AM - 12:30 PM or 1 - 2:15 PM

Sat. 02/29/2020 11:30 AM - 1 PM or 1:30 - 3 PM

Fee: \$5 Res, \$5 Non-Res

Meditation Made Easy

In a single evening you will learn the goal and purpose of meditation as well as the how-to basics. Instead of watching your mind, get deeper within your own Divine Essence by using the shortcuts that yogis specialize in.

Thur. 03/26/2020 7:30 - 8:30 PM

Wed. 05/06/2020 7:30 - 8:30 PM

Fee: \$5 Res, \$5 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, improves and prolongs your quality of life.

Sat. 01/04/2020 - 04/04/2020 9 - 10 AM

Wed. 01/08/2020 - 04/08/2020 6:30 - 7:30 PM

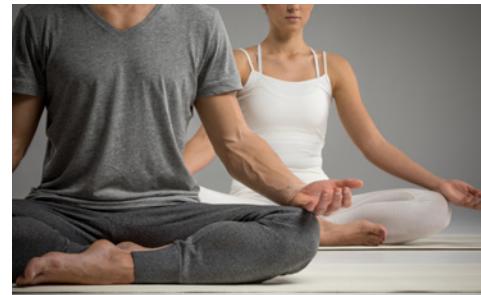
Location: Downingtown United Methodist Church

Fee: \$135 Res, \$155 Non-Res

Wed. & Sat. 01/04/2020 - 04/11/2020 6:30 - 7:30 PM / 9 - 10 AM

Location: Downingtown United Methodist Church

Fee: \$225 Res, \$245 Non-Res



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

AQUATIC PROGRAMS

Aquatic Programs by Aquatics Is

"Kick It Up A Notch" Cross Training

Enjoy in-water spinning on aquatic stainless steel bikes. Improve energy with great cardio and improve leg, trunk and arm strength.

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.

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.

Aquapole® Fitness & Aqua Kickbox Training

The 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 improves flexibility, balance and coordination

Body Tone

Tone and strengthen your muscles in a low intensity class designed to introduce land exercise using hand weights, resistance bands, stability balls, and TRX bands.



Aqua Easy Spin

This class offers a great combination of an easy to moderate to intensity ride that is perfect for all ages and designed to improve movement, strengthen and stamina.

Aqua Spin

IN-Water spinning is the perfect way to stay motivated and in shape during the colder seasons of the year, and is a fantastic workout for anyone regardless of how fit, flexible or coordinated you are.

Empowering Water Walking

This 45 minute class will JUMP START your METABOLISM FOR INCREASED ENERGY! Walking/runnng in the water benefits are the same as walking on land!!!

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.

Mon. 01/06/2020 - 02/24/2020 6:30 - 7:30 PM

Mon. 03/02/2020 - 04/20/2020 6:30 - 7:30 PM

Location: St. Mary's of Providence

Fee: \$75 Res, \$85 Non-Res

Aquatic Programs by Downingtown Swim Academy

Parent-Tot Swim Lessons

Downingtown Swim Academy offers a wonderful parent/child interaction in a warm water pool with songs and games. Experienced instructors guide parents to work with their children in aquatic surroundings. Swim diapers required. 6 months to 3 years.



Pre-Beginner & Beginner 1 Swim Lessons

This level is to help students feel comfortable in the water and enjoy the water safety through body balance positions and "face in" skills. Swim goggles required.

Beginner 2 Swim Lessons

This level is to help students feel comfortable in the water and enjoy the water safety through body balance positions and "face in" skills. Swim goggles required.

Advanced Beginner Swim Lessons

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. Swim goggles required.

Pre-Team Swim Lessons

This 45 minute class focuses n improving technique and endurance in all four competitive strokes in preparation for swim team. Swim goggles required.

To see a full list of dates, times, and prices for Aquatic Programs by Aquatics Is & Downingtown Swim Academy, please visit our website.

ADULT LEISURE & INSTRUCTION

NEW! Photography Classes With Mark Bergkvist

Spectacular Smart Phone Photography

We will provide you with the knowledge and techniques so you can use your smart phone to take photographs that are so amazing no one would believe your phone took them and not a professional DSLR.

Wed. 04/01/2020 - 04/08/2020 6:30 - 9 PM

Location: Marsh Creek - 6th Grade Center

Fee: \$119 Res, \$139 Non-Res

Photography Boot Camp I / Camera & Exposure Basics

Join us for a FUN & INTERACTIVE introduction to a DSLR camera course! You will learn what all those buttons and dials do and when to use them and teach you what compositional elements make a great photograph.

Sun. & Wed. 03/04/2020 - 03/25/2020

Location: Marsh Creek - 6th Grade Center

Fee: \$229 Res, \$249 Non-Res

Photography Boot Camp II / The Art of Seeing Creatively

In five short sessions, we will show you how to take more captivating images with straight-forward camera and software techniques. We will give you new ideas and inspire you to raise your photography to greater levels.

Wed. & Sat. 04/15/2020 - 05/02/2020

Location: Marsh Creek - 6th Grade Center

Fee: \$229 Res, \$249 Non-Res



NEW! One Day WOW! Trips

Philadelphia City Hall & Broad Street At Night

This one night class will focus on shooting at night around Philadelphia City Hall down Broad Street and the surrounding area. Most of the architectures and buildings in this area are uniquely lit at night providing photographic opportunities simply not found during the day.

Sun. 05/10/2020 6:30 - 9 PM

Location: Center City, Philadelphia

Fee: \$44 Res, \$54 Non-Res

The Art of Pet Photography

Capturing the heart and soul of our furry friends goes beyond just knowing how to push the shutter button. Learn how to capture your pet's emotions, feelings and soul. We will teach you techniques for creating powerful formal portraits as well as fun silly ones that show your pet's unique personality.

Sun. 05/17/2020 9 AM - 2 PM

Location: East Goshen Park

Fee: \$79 Res, \$89 Non-Res

Old City Philadelphia

Join us as we do a photographic walking tour around Old City Philadelphia, including Independence Hall, the Liberty Bell, Betsy Ross House, Elfreth's Alley, Christ Church, and many more historic locations.

Sun. 05/31/2020 9 AM - 2 PM

Location: Old City, Philadelphia

Fee: \$49 Res, \$59 Non-Res



Pennhurst Asylum - Abandoned, Decaying, and HAUNTED!

We have been granted permission to photograph this historic site that has been abandoned for 30 years and is in a state of decay. Many say this place is haunted by the souls of those who once resided there. Unique photographic opportunities are around area corner.

Sat. 05/09/2020 9 AM - 1 PM

Location: Spring City

Fee: \$111 Res, \$121 Non-Res

ADULT LEISURE & INSTRUCTION



What is your Social Security Strategy with Michael Skiff

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.

Wed. 01/15/2020 6 - 8 PM West Pikeland Twp. Building
Wed. 02/04/2020 6 - 8 PM West Pikeland Twp. Building
Wed. 02/12/2020 6 - 8 PM East Caln Twp. Building
Fee: \$20 Res, \$30 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.



Mon. 03/16/2020 - 04/06/2020 7 - 9 PM

Location: West Bradford Township
Fee: \$50 Res, \$70 Non-Res

Into the Red Zone: Optimizing Social Security, Medicare and other Near-Retirement Decisions

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!



Tue. 01/28/2020 6 - 9 PM

Location: Downingtown Municipal Building Annex
Fee: \$20 Res, \$30 Non-Res

NEW! Paint & Sip

Just bring a beverage and a snack and we'll do the rest to help you discover your artist inside. No experience necessary for an evening of painting and fun.

Sat. 02/08/2020 7 - 9 PM

Sat. 04/25/2020 7 - 9 PM

Location: Downingtown Municipal Building Annex

Fee: \$35 Res, \$55 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 downingtownrec@gmail.com.

DANCE & GYMNASTICS

Bitty Ballet Level 1 & 2

Bitty Ballet is a program designed for preschool children as an introduction to dance and the basics of ballet. Six-week sessions with a session show for 2.5 to 5 year olds.



Tue. 01/28/2020 - 03/03/2020 10 - 10:45 AM

Location: Downingtown Municipal Building Annex

Fee: \$95 Res, \$115 Non-Res

Programs @ Eagle Dance Academy

Beginner Adult Ballet

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.

Tue. 01/14/2020 - 06/02/2020 7:30 - 8:30 PM

Fee: \$375 Res, \$395 Non-Res

Line Dancing for Fun & Fitness

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

Wed. 01/15/2020 - 06/03/2020 7 - 8 PM

Fee: \$350 Res, \$370 Non-Res

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. Ages 3-5.

Mon. 01/06/2020 - 06/01/2020 5:30 - 6:30 PM

Sat. 01/11/2020 - 06/06/2020 10:30 - 11:30 AM

Fee: \$350 Res, \$370 Non-Res

Teen Ballet - Beginner-Intermediate

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.

Tue. 01/14/2020 - 06/02/2020 6:30 - 7:30 PM

Fee: \$350 Res, \$370 Non-Res

Ballet 1 & 2

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.

Mon. 01/06/2020 - 06/01/2020 6:30 - 7:30 PM

Sat. 01/11/2020 - 06/06/2020 11:30 AM - 12:30 PM

Sat. 01/11/2020 - 06/06/2020 12:30 - 1:30 PM

Fee: \$350 Res, \$370 Non-Res

Youth Hip-Hop & Funk

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 profession dancers - all while listening to the latest hits!

Ages 7-11.



Sat. 01/11/2020 - 05/23/2020 1:45 - 2:45 PM

Tue. 01/14/2020 - 06/02/2020 5:30 - 6:30 PM

Fee: \$350 Res, \$370 Non-Res

Teen Hip-Hop/Funk/Jazz

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 profession dancers - all while listening to the latest hits!

Thur. 01/16/2020 - 06/04/2020 6:30 - 7:30 PM

Fee: \$350 Res, \$370 Non-Res

Programs @ Lionville School of Dance

Zumba - for Adults

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.

Mon. 01/06/2020 - 03/09/2020 12 - 12:45 PM

Fee: \$105 Res, \$125 Non-Res

Dance Lite (beginner Zumba) - for adults

Beginner-level choreography combined with a variety of music styles to help all participants sweat, move/groove, and smile together. (No experience necessary).

Mon. 01/06/2020 - 03/09/2020 12 - 12:45 PM

Fee: \$105 Res, \$125 Non-Res

DANCE & GYMNASTICS

Programs @ Balance Dance Center

Modern/Lyrical - Kids

Class concentrates on proper alignment and quality of structural form while encouraging students to explore physical movement through music and creative expression. Ages 6-8.

Wed. 01/08/2020 - 02/26/2020 4:30 - 5:30 PM

Fee: \$145 Res, \$165 Non-Res

Modern/Lyrical - Teens

Modern/lyrical techniques class concentrates on proper alignment and quality of structural form while encouraging students to explore physical movement through music and creative expression. Movement concepts are explored through improvisation and original choreography. Ages 13-18.

Fri. 01/03/2020 - 02/21/2020 6:30 - 7:30 PM

Fee: \$145 Res, \$165 Non-Res

Hip Hop - Kids

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.

Sat. 01/04/2020 - 02/22/2020 10:30 - 11:30 AM

Sat. 01/04/2020 - 02/22/2020 11:30 AM - 12:30 PM

Tue. 01/07/2020 - 02/25/2020 7:30 - 8:30 PM

Fee: \$145 Res, \$165 Non-Res

Hip Hop - Teens: Kids

Learn the foundations of hip hop and incorporate these concepts in fun routines that blend poppin', lockin', steppin', top rockin', breakin', and krump. Ages 13-18.

Tue. 01/07/2020 - 02/25/2020 8:30 - 9:30 PM

Fee: \$145 Res, \$165 Non-Res



Jazz - Kids

Jazz - Teens: Beginner

Jazz - Teens: Intermediate

Jazz Dance - Adults

See our website for a complete list of descriptions, dates, times, and prices.

Programs @ Victoria J. Irey School of 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.

Mon. 01/13/2020 - 03/02/2020 10:15 - 11 AM

Mon. 01/13/2020 - 03/02/2020 11 - 11:45 AM

Fee: \$112 Res, \$132 Non-Res

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!

Ages: 5 - 7

Mon. 01/13/2020 - 03/02/2020 6:45 - 7:30 PM

Fee: \$120 Res, \$140 Non-Res

Ages: 12 and up

Tues. 01/14/2020 - 03/03/2020 8 - 9 PM

Tue. 01/14/2020 - 03/03/2020 7:15 - 8 PM

Fee: \$104 Res, \$124 Non-Res

Beginner Hip Hop (All Boys)

Ages: 6 and up

Mon. 01/13/2020 - 03/02/2020 7:30 - 8:30 PM

Fee: \$120 Res, \$140 Non-Res

Irish Step Dancing

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

Mon. 01/13/2020 - 03/02/2020 6 - 6:45 PM

Fee: \$112 Res, \$132 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 3-5.

Wed. 01/15/2020 - 03/04/2020 10:45 - 11:30 AM

Sat. 01/18/2020 - 03/07/2020 10 - 10:45 AM

Fee: \$112 Res, \$132 Non-Res

Acro Tumbling

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

Fri. 01/17/2020 - 03/06/2020 6:30 - 7:30 PM

Fri. 01/17/2020 - 03/06/2020 7:30 - 8:30 PM

Fee: \$120 Res, \$140 Non-Res

DANCE & GYMNASTICS

Programs @ Eagle Dance Academey

Jazz - Kids

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 6-11.

Tue. 01/07/2020 - 02/25/2020 5:45 - 7:30 PM

Fee: \$120 Res, \$150 Non-Res

Jazz - Teens - Beginner

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 13-18.

Fri. 01/03/2020 - 02/21/2020 6:30 - 7:30 PM

Fee: \$120 Res, \$150 Non-Res

Jazz - Teens - Intermediate

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 13-18.

Wed. 01/08/2020 - 02/26/2020 8:30 - 9:30 PM

Fee: \$120 Res, \$150 Non-Res

Jazz Dance - Adults

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.

Sat. 01/04/2020 - 02/22/2020 9:30 - 10:30 AM

Fee: \$120 Res, \$150 Non-Res

Programs @ Russells Dance and Baton Studio

Baton Twirling

Baton twirling is a unique sport that is great for all types of performers. A great way to have fun, juggle, toss and lots of movements. You will need a baton, if you do not have one you may purchase one at the studio for \$40.00. We do have extras to borrow also! Ages 5-13.

Wed. 01/15/2020 - 03/04/2020 5 - 5:45 PM

Fee: \$105 Res, \$125 Non-Res

One Day Camp

Sat. 01/11/2020 12- 2 PM

Fee: \$35 Res, \$55 Non-Res

Contemporary / Lyrical

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 8-13.

Wed. 01/15/2020 - 03/04/2020 7:15 - 8 PM

Fee: \$105 Res, \$125 Non-Res

Ballet

Our ballet classes are for all ages and levels include a floor stretch, barre work with positions, technique, stretching and arm work as well as center combinations that are both adagio and allegro. All students will learn the proper posture, carriage, and how to be confident about themselves.



Wed. 01/15/2020 - 03/04/2020 7:45 - 8:45 PM

Fee: \$115 Res, \$135 Non-Res

Combination Classes ballet/jazz

Two different dance techniques are introduced that helps with the development of coordination, musicality, loco motor skills, listening awareness while fostering their natural creativity in a stress free environment and developing their social skills. Ages 3-7.

Fri. 01/17/2020 - 03/06/2020 4:45 - 5:30 PM

Fee: \$105 Res, \$125 Non-Res

Acro Dance

Acro Dance is the beautiful fusion of the artistic motion of dance and the athleticism of acrobatics. Acro Dancers complete skills or tricks integrating musicality, emotional expression, extension, control and lines. Our Acro Dance program targets dancers to be stronger and more flexible, which will transfer over into other dance forms. Ages 5-10.

Wed. 01/15/2020 - 03/04/2020 5:45 - 6:30 PM

Fee: \$105 Res, \$125 Non-Res

Jazz/Acro Classes

Jazz dance with acro allows students to explore "attitude or sass" within dance to upbeat styled music. Jazz is an extension of Ballet often having similar steps that are "turned-in" or "parallel" and is a great fuse and technique and personal style. Ages 5-10.

Fri. 01/17/2020 - 03/06/2020 5:30 - 6:15 PM

Fee: \$105 Res, \$125 Non-Res

ADULT SPORTS & LEAGUES

New! Adult Dodgeball League

Coed teams of eight or more face off in a 9 week tournament, every team plays once a week. Now is the time to duck, dive, jump, and swerve, because in 3. 2. 1. DODGEBALL!



Wed. 01/22/2020 - 03/25/2020 6 - 9:30 PM

Location: Beaver Creek Elementary School Gym

Fee: \$300 Res, \$300 Non-Res (per team)

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. The game is generally played tournament style with an individual being named the champion at the end of the tournament.

Wed. 01/08/2020 - 03/25/2020 7:15 PM - 9:15 PM

Location: P.J. Whelihan's Pub + Restaurant

Fee: \$45 Res, \$65 Non-Res Drops: \$5 Res, \$5 Non-Res

Adult Rock Climbing Class

The basic climbing class is the perfect introduction to rock climbing. You will learn foundational safety skills such as harnessing, knot tying and belaying so that you make use the gym on your own.

Tue. 01/07/2020 - 01/21/2020 7:30 - 9 PM

Tue. 02/11/2020 - 02/25/2020 7:30 - 9 PM

Tue. 03/17/2020 - 03/31/2020 7:30 - 9 PM

Location: Downingtown Rock Gym

Fee: \$50 Res, \$70 Non-Res

Honeybrook Golf Club - Golf 101

Designed for players with zero or limited golf knowledge and experience. Each week we will cover the basics of the game of golf in a fun, relaxed atmosphere with PGA Professional Duane Lent.

Wed. 04/22/2020 - 05/20/2020 11:30 AM - 12:30 PM

Location: Honeybrook Golf Club

Fee: \$125 Res, \$145 Non-Res

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 rotating captains. Multiple teams rotate in and out for short games.

Wed. 03/04/2020 - 04/22/2020 7:15 - 9:15 PM

Fee: \$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.

Mon. 04/13/2020 - 05/04/2020 6 - 7:30 PM

Location: East Brandywine Community Park Tennis Courts

Fee: \$100 Res, \$120 Non-Res

Adult Men & Women Tennis Leagues (18+):

Tennis matches, levels 2.5, 3.0, 3.5, & 4.0 are played at Downingtown East & West High Schools Saturday Mornings April to June.

Sat. 04/18/2020 - 06/27/2020 9 - 11 AM

Location: Downingtown West High School Tennis Courts

Fee: \$250 Res, \$250 Non-Res

DARC Adult Softball Leagues

DARC offers Adult Co-Ed & Men's Softball Leagues. 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.

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. Ages 18 and up.

05/04/2020 - 07/29/2020

Fee: \$680 Res, \$680 Non-Res (per team)



YOUTH SPORTS & LEAGUES

Adult-Child Bowling League

Join us as a 2 person or 4 person team. 1-2 Adults and 1-2 Children per team. Teams will bowl three games a week, balls and shoe rentals included. Ages 6 and up.



Sun. 01/05/2020 - 04/05/2020 6:15 - 8:30 PM

Location: Palace Bowling & Entertainment Center

Fee: \$140 Res, \$160 Non-Res

Junior & Senior Bowling League

Coaching by certified coaches, each team will bowl three games a week. Balls and shoe rentals included.

Sat. 01/04/2020 - 04/04/2020 8:20 - 10:30 AM

Location: Palace Bowling & Entertainment Center

Fee: \$160 Res, \$180 Non-Res

Pee Wee / Bumper Bowling League

Coaching by certified coaches, each team will bowl three games a week. Balls and shoe rentals included. Ages 4-8.

Sat. 01/04/2020 - 04/04/2020 8:20 - 10 AM

Location: Palace Bowling & Entertainment Center

Fee: \$120 Res, \$140 Non-Res

Youth Rock Climbing

Are your kids climbing the walls? This class uses fun games and activities to introduce climbers to basic skills and safety. Climbers will learn how to put on a harness, tie knots and basic climbing techniques. Ages 8-13.

Thur. 01/16/2020 - 02/06/2020 5:30 - 7 PM

Thur. 02/20/2020 - 03/12/2020 5:30 - 7 PM

Thur. 03/19/2020 - 04/09/2020 5:30 - 7 PM

Location: Downingtown Rock Gym

Fee: \$50 Res, \$70 Non-Res

NEW!

*Look for our pre-school & youth sports
being offered by LYA Camps.*

LYA SUMMER
SPORTS CAMPS



Learn to Play Ice Hockey

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. Ages 4-14.



Sat. 01/04/2020 - 02/15/2020 11:10 AM - 12 PM

Sat. 02/22/2020 - 04/04/2020 11:10 AM - 12 PM

Sat. 04/11/2020 - 05/23/2020 11:10 AM - 12 PM

Location: Power Play Ice Rink

Fee: \$139 Res, \$159 Non-Res

Learn to Ice Skate

Have Fun while learning the fundamentals of ice skating. The Learn to Skate Program is open to individuals of all ages; children through adult. No previous skating experience is required.



Ages 4 and up.

Fri. 01/03/2020 - 02/14/2020 7:25 - 8:25 PM

Fri. 02/21/2020 - 04/03/2020 7:25 - 8:25 PM

Fri. 04/10/2020 - 05/22/2020 7:25 - 8:25 PM

Fri. 05/29/2020 - 07/10/2020 7:25 - 8:25 PM

Sat. 01/04/2020 - 02/15/2020 12:05 - 1:05 PM

Sat. 02/22/2020 - 04/04/2020 12:05 - 1:05 PM

Sat. 04/11/2020 - 05/23/2020 12:05 - 1:05 PM

Fee: \$139 Res, \$159 Non-Res

Thur. 01/02/2020 - 02/13/2020 5 - 5:30 PM

Thur. 02/20/2020 - 04/02/2020 5 - 5:30 PM

Thur. 04/09/2020 - 05/21/2020 5 - 5:30 PM

Fee: \$95 Res, \$115 Non-Res

Ages 4 - 6 (Tots)

Thur. 01/02/2020 - 02/13/2020 1:40 - 2:40 PM

Thur. 02/20/2020 - 04/02/2020 1:40 - 2:40 PM

Thur. 04/09/2020 - 05/21/2020 1:40 - 2:40 PM

Fee: \$139 Res, \$159 Non-Res

Location: Power Play Ice Rink

Regal Ultimate Movie Packs

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.



MUSIC & ARTS INSTRUCTION

Art with Beth Valitski

Primary Art - Recreational Program

Saturday morning primary recreational art program including foundational art experiences for 5-7 yr olds. Development of basic art concepts, terms, and techniques in a studio setting. Variety of art materials/media explored. Art showcase at the end of each session. Insightful classes for emerging artists!

Sat. 03/07/2020 - 04/18/2020 10 - 11:15 AM

Sat. 05/02/2020 - 06/13/2020 10 - 11:15 AM

Location: Chrysalis Art Center for Emerging Artists

Fee: \$185 Res, \$205 Non-Res

Elementary Art - Recreational Program

Saturday morning intermediate recreational art program including foundational art experiences for developing artists. Drawing, painting, sculpture activities using a variety of materials encouraging personal expression and pursuit of individual interests in a group setting. Insightful classes for the emerging artists! Art showcase at the end of each session. Ages 8-12.

Sat. 03/07/2020 - 04/18/2020 12 - 1:30 PM

Sat. 05/02/2020 - 06/13/2020 12 - 1:30 PM

Location: Chrysalis Art Center for Emerging Artists

Fee: \$225 Res, \$245 Non-Res

Teen Art - Recreational Program

Draw, paint, sculpt, design using our materials, expertise and workshop space. Artist(s) will be available for consultation or guidance as needed. Individualized project development, collaboration options, resources to share. Work in a studio environment on your own creative ideas and art medium, store your ongoing projects here and optional showcase. Additional studio time available. Ages 13-18.

Sat. 03/07/2020 - 04/18/2020 2 - 4 PM

Sat. 05/02/2020 - 06/13/2020 2 - 4 PM

Location: Chrysalis Art Center for Emerging Artists

Fee: \$225 Res, \$245 Non-Res

NEW! "Hump Day" Creative Outlet (For Adults)

Need a break to pursue your creative self in a relaxing environment? Steal some time for yourself and come Draw, Paint, Sculpt, and Design using our materials, expertise, storage, and workshop space.

Wed. 03/04/2020 - 04/08/2020 6 - 8 PM

Wed. 04/22/2020 - 05/27/2020 6 - 8 PM

Location: Chrysalis Art Center for Emerging Artists

Fee: \$225 Res, \$245 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 several unique and fun pictures. Ages 5-12.

Thurs. 01/16/2020 - 02/20/2020 5 - 6 PM

Thurs. 02/27/2020 - 04/02/2020 5 - 6 PM

Thurs. 04/09/2020 - 05/14/2020 5 - 6 PM

Location: Pickering Valley Elementary School

Tue. 02/04/2020 - 03/24/2020 4:45 - 5:45 PM

Tue. 03/31/2020 - 05/19/2020 4:45 - 5:45 PM

Location: Downingtown Municipal Building Annex

Fee: \$99 Res, \$119 Non-Res

Guitar/Bass/Mandolin/Cello Instruction by Rich Mckenzie

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.

Wed. 01/08/2020 - 02/12/2020 5 - 8 pm (1/2 hr lessons)

Wed. 03/04/2020 - 04/08/2020 5 - 8 pm (1/2 hr lessons)

Wed. 04/22/2020 - 05/27/2020 5 - 8 pm (1/2 hr lessons)

Location: Downingtown Municipal Building Annex

Fee: \$90 Res, \$110 Non-Res

NEW! Piano Lessons

Learn to play the piano through private lessons with either Miss Jordan or Mr. Bramucci. Lessons will be tailored to the interests and goals of the individual students and will include varied repertoire.



Lessons with Mr Bramucci will be located near Downingtown East High School. Lessons with Miss Jordan will be located near Crops grocery store in Guthriesville.

Fee: \$150 Res, \$170 Non-Res 30 minutes

Fee: \$210 Res, \$230 Non-Res 60 minutes

Piano lessons are offered in six-week increments starting on different days of the week. Lessons are offered in 30 or 60 minute sessions. To see available start dates and time slots, visit our website.

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.



Thur. 01/16/2020 5:45 - 10 PM
Thur. 02/13/2020 5:45 - 10 PM
Thur. 03/19/2020 5:45 - 10 PM
Thur. 04/16/2020 5:45 - 10 PM
Thur. 05/14/2020 5:45 - 10 PM

Location: Downingtown Municipal Building Annex

Fee: \$75 Res, \$95 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. Ages 16 and up.

Sat. 01/18/2020 9 AM - 1 PM
Sat. 02/15/2020 9 AM - 1 PM
Sat. 03/21/2020 9 AM - 1 PM
Sat. 04/18/2020 9 AM - 1 PM
Sat. 05/16/2020 9 AM - 1 PM

Location: Downingtown Municipal Building Annex

Fee: \$75 Res, \$90 Non-Res

Babysitting Safety Workshops

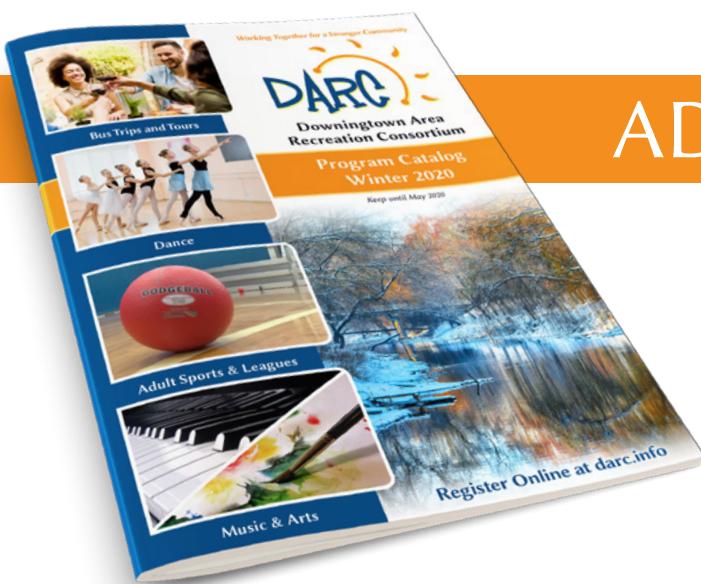
This American Safety & Health Institute program is developed for the purpose of teaching safe and healthy techniques to teenage children in childcare and babysitting settings. Students will learn CPR and choking for responsive and unresponsive infant and child. Ages 11-15.



Sat. 02/01/2020 8:45 AM - 2 PM
Sat. 04/04/2020 8:45 AM - 2 PM

Location: Downingtown Municipal Building Annex

Fee: \$85 Res, \$100 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 downingtonrec@gmail.com for more information.

CULINARY ARTS

Cooking with Craft Chef Academy

January - Cookies & Cocoa

Learn how to set up a hot cocoa bar and you'll make healthy cocoa kits to take home or give as gifts too! Of course cookies to go with! Ages 6 and up.

Mon. 01/06/2020 6 - 7 PM

Location: Pickering Valley Elementary

Fee: \$40 Res, \$60 Non-Res

January - Cozy Comfort Soups

We're making a couple of yummy and nutritious soups along with delicious sides. Chefs will come home with mason jars of their creations to share with the family. Ages 6 and up.

Mon. 01/27/2020 6 - 7:30 PM

Location: Pickering Valley Elementary

Fee: \$55 Res, \$75 Non-Res



February - Candy Making Class

We'll start with melting and then making a variety of sweet candy confections that we'll box up to give as gifts to our sweethearts. Ages 6 and up.

Mon. 02/10/2020 6 - 7 PM

Location: Pickering Valley Elementary

Fee: \$40 Res, \$60 Non-Res

March - Happy St. Patty's

We'll take a culinary journey over the rainbow to the pot o' gold while incorporating healthy recipes, but some sure to be new favorite sweet treats, too! Ages 6 and up.

Mon. 03/09/2020 6 - 7:30 PM

Location: Pickering Valley Elementary

Fee: \$55 Res, \$75 Non-Res



It's Not Too Early to Think About Summer!

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

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

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

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

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



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

SCIENCE, TECH & NATURE

Computer Explorers

Create and Code Apps for the iPad

The children will learn serious coding for the iPad in a seriously fun way! They will use a version of the language used by pros to create the most popular apps. This course is incredibly engaging. Ages 7-10.

Wed. 03/11/2020 - 04/15/2020 3:45 - 4:45 PM

Location: Lionville Elementary

Fee: \$125 Res, \$145 Non-Res

Create Animations, Stories and Video Games

Using a nationally acclaimed coding program to create animated stories and video games they will choose characters, objects, vehicles, backgrounds and sounds, and they will direct what action takes place. Ages 7-9.

Wed. 01/15/2020 - 02/19/2020 3:45 - 4:45 PM

Location: Lionville Elementary

Fee: \$125 Res, \$145 Non-Res

Crazy Concoctions

Engineering For Kids - Jr. Chemical Engineering

Crazy Concoctions introduces our youngest engineers to fundamental concepts of solids, liquids, and solutions. Students will make their own sample of bubbles, play dough, flub, and more. Ages 5-8.



Thur. 01/23/2020 - 03/12/2020 6 - 7 PM

Location: T.B.D.

Fee: \$127 Res, \$147 Non-Res

WIZE - Coding, Robotics, Web Design, and Animation

Web Design Using HTML, Javascript, and CSS

Learn to build websites using the tools that professionals utilize.

The websites are themed and uniquely built based on the area of interest, hobbies, business ideas, and social impact. Ages 6-10.



Wed. 01/08/2020 - 03/25/2020 5:30 - 6:30 PM

Location: East Caln Twp. Building Meeting Room

Fee: \$360 Res, \$380 Non-Res

Interactive Programming in Python

This class is designed to help students learn how to build interactive applications using Python. Learners create interesting GUI projects and games in the course. Ages 6-10.

Wed. 01/08/2020 - 03/25/2020 6:30 - 7:30 PM

Location: East Caln Twp. Building Meeting Room

Fee: \$360 Res, \$380 Non-Res

Lego Robotics & Game Animations w/ MIT Scratch

Students will learn computational thinking by building robots & programming them (Lego Robotics) and by creating animations & games using MIT Scratch. They will also learn integration between the two. Ages 6-10.

Mon. 01/06/2020 - 04/13/2020 5:30 - 6:30 PM

Location: Downingtown Municipal Building Annex

Fee: \$360 Res, \$380 Non-Res

DISCOUNT ATTRACTION TICKETS

**Movie Tavern	\$10
**Regal	\$11
*Adventure Aquarium Adult/Child	\$25/21
*Baltimore Aquarium Adult/Child	\$34/22
*Crayola Experience	\$18
*Franklin Institute	\$19

Call us for prices to your favorites:
Hershey Park, Busch Gardens, and Sesame Place.

*Only selling until Dec. 31st! Purchase while we still have them!
**Cash Only!



*Makes Great
Stocking Stuffers!*

DISCOUNTED TICKETS



Elk Mountain

Hidden Valley

Roundtop/Liberty/Whitetail

Seven Springs

Shawnee Mountain

Philadelphia Flower Show***

		Gate	DARC	Save
	Midweek	\$50	\$35	\$15
	Weekend/Holiday	\$60	\$51	\$9
	Night (4pm to 10pm)	\$33	\$27	\$6
	Adult Midweek	\$55	\$44	\$11
	Adult Weekend/Holiday	\$68	\$56	\$12
	Youth Midweek	\$40	\$32	\$8
	Youth Weekend/Holiday	\$52	\$44	\$8
	Midweek	\$60	\$54	\$6
	Weekend/Holiday	\$70	\$64	\$6
	Night (4pm to 10pm)	\$45	\$34	\$6
Elk Mountain	Midweek	\$55	\$54	\$1
	Weekend/Holiday	\$69	\$65	\$4
Hidden Valley	Monday-Thursay All Day	\$45-\$50	\$44-\$40	\$1-\$6
	Sunday -Thursay Twilight	\$44-\$48	\$40	\$4-\$8
Roundtop/Liberty/Whitetail	Midweek	\$71-\$77	\$57	\$14-\$20
	Weekend/Holiday	\$78-\$84	\$69	\$9-\$15
	Night	\$49	\$46	\$3
Seven Springs	Monday-Thursay All Day	\$69	\$59	\$10
	Sunday -Thursay Twilight	\$63-\$83	\$47	\$16-\$36
Shawnee Mountain	Midweek Adult/Youth	\$55/\$42	\$40	\$2-\$15
	Weekend/Holiday/Adult/Youth	\$68/\$50	\$50	\$9-\$15
	Lift/Rental Anytime/All Ages	\$108	\$77	\$31
	Ski/Snowboard Packages**	\$115	\$85	\$30
Philadelphia Flower Show***	Adult Admission	\$48	\$34	\$14
	Young Friend (18-29)	\$25	\$22	\$3
	Child Admission (5-17)	\$20	\$17	\$3

*Ski Tickets available from mid-December to the end of March (No Refunds)

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

***The nations most beautiful flower show. Theme this year: Riviera Holiday.

DARC REGISTRATION POLICIES

Registrations: Registrations are open until an activity reaches maximum capacity. All registration 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 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.



Downington Area Recreation Consortium

114 Bell Tavern Road

Downington, PA 19335

610-269-9260

www.darc.info

@downingtonrec

@dtownrec

@DowningtonRec

Office Hours

Monday - Friday

8:30 AM - 4:30 PM



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SUMMER CAMP FAIR

**Join us Wednesday, April 15, 5:30 - 7:30 p.m.
Lionville Elementary School**

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

We are offering half day Playground Camps at local elementary schools for ages 3 to 11. Low Cost, High Energy Activities for your child.

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

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

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



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