

Downingtown Area Recreation Consortium (DARC) WINTER 2023 PROGRAMS

MUSIC LESSONS:

Have you ever wanted to learn how to play an instrument and make music?

- Guitar/Bass/Mandolin/Cello Instruction: Wednesdays - 01/04/23-02/15/23 - 30 minute lessons
Instructor: Rich McKenzie
- Piano Lessons: 1/2 hr. or 1 hr. times slots based on your schedule, beginning in March.
Instructor: Mark Bramucci



ART PROGRAMS:

Art Class (for Adults and Children) at the Chrysalis Art Center
(6 weeks classes beginning the week of 01/08/23).

- Beginner Pottery
- Introduction to Oil Painting
- Saturday Adult Group Art Lessons
- Youth Art Classes
- Afterschool Art- Tues/Thurs
- Let's Draw
- Wool Art Painting Workshops
- Teen Art Workshops
- Primary Art Experiences (ages 3-5)

Abakadoodle Art (Ages 18months-14years)

Get your hands messy as you shine light on ancient cave paintings, make beautiful patterned African art, explode with Pop Art, and create vibrant landscapes. Have a paintbrush ready to paint on canvas!

- Fairy Tale Art (Ages: 18months-10years)
- Kids on Canvas (Ages: 8-14years)

Location: Upland Farm Park, Dates: 01/12-03/04/23 (Thursdays or Saturdays)

Young Rembrandts- Drawing and Cartooning Art Class (Ages: 5-12)

Does your child enjoy drawing or cartooning? If so, check out this class where your child will experience a new media and technique each week with a mix of our drawing, cartooning, anime and pastel lessons.

Location: Downingtown Borough Building

Dates: Tues. 01/24-03/14/23 5:00-6:00pm or Sat. 01/28-03/18/23 10:00-11:00am

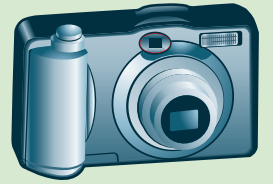
HEALTH & FITNESS CLASSES:

- **Active Aging Fitness** with Maureen Collins Mondays from 5-6PM
- **Basic Beginner Barre** with Ingrid Guthrie Wednesdays from 10-11AM
This beginner barre class is inspired by elements of ballet, yoga and pilates. Our easy movements will help strengthen and tone your body.
- **Beginner Yoga Stretch** with Ingrid Guthrie Tuesday or Thursdays from 10-11AM
- **Daytime Yoga with Pearl** - Mondays or Thursdays 10-11:30AM
- **Beginner Tai Chi with Dr. Tolbert** - either Mon & Wed or Tues & Sat.
Tai Chi's slow movements are designed to bring your body, mind and spirit into balance and harmony. It helps preserve your health and aid arthritis, joint pain, poor balance and coordination.
- **Cardio Dance Fitness with Dance 4 Fitness** - Tues/Wed/Thurs 9-10AM
Dance Party - Enjoy an aerobic workout to a fast-paced beat that promotes heart health and stronger muscles. Dance & Tone - This high energy dance fitness program with dumbbells/toning sticks will help you burn 400-1000 calories per class as you move and groove. Small Group Personal Training Live on Zoom -Mondays from 9-9:45am
- **Basic Kettlebells**- Each class, explore a new exercise for kettlebells, optimizing your form before launching before into a kettlebell class workout. Improve your movement, learn more about fitness, and get a good sweat going. All fitness levels are welcome! Taught by Kinetic Physical Therapy at USTC : Tues/Thurs 12-1 or 1-2pm.
- **Studio Kettlebells**- This popular workout class uses kettlebells to help strengthen, sculpt, and condition. While focusing on increasing stamina, burn fat, and incorporate cardio in your daily activity. Exercises will include mobility, core strengthening, bodyweight exercises, and dynamic movements to compliment kettlebell conditioning. Taught by Kinetic Physical Therapy at USTC : Tuesdays 12-1pm and Thursdays 1-2pm
- **HIIT**- High-Intensity Interval Training will push you to your full potential with all-out effort through quick bursts of exercise. Exercises include but are not limited to, speed drills, plyometric, and bodyweight exercises for a total body-conditioning workout. With Kinetic Physical Therapy at USTC - Fridays 12:30pm



LEISURE AND INSTRUCTION CLASSES:

- The Art of Ecology Classes taught by certified National Geographic Educator Marissa Jacobs in 2023.
 - Winter Birding & Attracting Diversity with Feeders - January
 - Wildflowers of Winter Hike & Botanical Illustration Workshop - February
 - Spring Foraging Guided Walk & Tasting - March
 - Spring Migration Birding & Window Cling Workshop - April
 - Mother's Day Orchid Kokedama Workshop - May
- **What is your Social Security Strategy?** This class 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. Location: East Caln Twp Building Tues. 02/07/23 6-8PM
- **Photography Classes** with Mark Bergkvist
Want to learn more about taking pictures with your camera. Check out one of these many photography classes:
 - Boot Camp 1: Exposure & Camera Basics
 - Boot Camp 2: The Art of Seeing Creatively
 - Spectacular SmartPhone Photography
 - One Day- WOW Trips - Travel to local sites and take pictures.
 - Pet Photography



DANCE & GYMNASICS PROGRAMS:

Are you looking for an adult dance class or a dance class for your child? DARC offers several different dance classes at several different locations. We have partnerships with Eagle Dance Academy, Victory Irey School of Dance and Innovative Performing Arts Center. Listed below are all your class options.

EAGLE DANCE ACADEMY

- Youth Ballet & Tap (Mondays at 6PM)
- Hip-Hop & Funk (Tuesdays at 6:15PM)
- Teen/Adult Tap (Tuesdays at 7:15PM)
- Ballet 2/Lyrical (Mondays at 7PM)
- Beginner Adult Ballet (Mondays at 8PM)
- Adult Hip-Hop (Tuesdays at 8:15PM)

VICTORIA IREY DANCE STUDIO

(8 weeks) all begin Week of Jan 16, 2023

- Ballet/Tap/Tumble (Wednesdays 4:30PM)
- Jazz (Ages 6-8)(Mondays 6PM)
- Kinderdance (Sat. 10AM or Thurs. 4PM)
- PeeWee Jazz (Mondays 6PM)
- Acro Beginner (Fridays 7PM)
- Adult Tap Advanced Beginner (Mon. 11AM or Tues. 8:15PM)
- Adult Tap- Beginner (Monday 7:30PM)
- Jazz-Intermediate (Wednesday 8:15PM)
- Jazz-Ages 8-11 (Tuesdays 6:15PM)
- Kinderdance (Thursdays 4PM)
- Hip-Hop Beginner (Fridays 5:15PM)
- Acro Intermediate (Fridays 7:30PM)



YOUTH SPORTS:

- Learn to Ice Skate at Power Play Ice Rink - Thursday Tots, Fridays or Saturdays- Ages 6 & up.
- Meraki Run Club - is an innovative enrichment program using running to teach valuable lesson.
- Indoor Soccer Shots Program for Ages 2-8 at All Star Baseball Academy. Wednesday & Saturday.
- Learn to Play Ice Hockey at Power Play Ice Rink



PRESCHOOL PROGRAMS:

- Pre-School Art at Chrysalis Art Center
- Twinkle Toes at Eagle Dance Academy
- Mommy & me Learn to Skate and FUN at Power Play Ice Rink
- Indoor Soccer Shots for Ages 2-5
- Pre-School Yoga
- Bitty Ballet

FIRST AID/CPR/BABYSITTING SAFETY:

- Adult/Infant/Child CPR & First Aid Class Thursdays at 5pm
- Babysitting Safety Workshops- Jan. 7, March 4, or May 6
- Professional CPR (for healthcare providers) Saturdays 9AM



COOKING CLASSES WITH THE CRAFTY CHEF ACADEMY:

If your child loves to cook then try one of these great cooking classes with Ms. Chanelle.

- Cocoa Cupcakes- Jan 9- 6:30PM
- Presidential Picks- Feb. 6 at 5:30PM
- Restaurant Remix- March 13 at 6PM
- A Gift for MOM!- May 8 at 5:30PM
- Dining Through the Decades- Jan. 23 at 5:30PM
- Cupcakes and Candies- Feb 13 at 6PM
- Easter EATS!- April 3 at 6PM



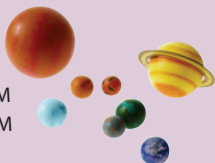
SCIENCE, TECH & NATURE:

Engineering for Kids (Ages 4-7/8-14) programs will allow your child to exploring Science, Technology, Engineering, and Math alongside peers in a fun and challenging way is sure to be a lasting memory for all.

- Jr. Mechanical Engineering-Let's Make Toys - Thurs. 01/12-02/16/23 4:30PM
- Jr. Aerospace Engineering- Taking to the Skies - Thurs. 03/09-04/13/23 4:30PM
- App Mechanical Engineering- Let's Make Toys - Thurs. 01/12-02/16/23 6:00PM
- App Aerospace Engineering- Up, Up, & Away- Thurs. 03/09-04/13/23 6:00PM

STEM Programs Using LEGO's by Play Well TEKologies (Ages 5-7/7-11) allow your child to explore engineering through LEGO's. They will explore, solve problems and express themselves as they build numerous projects.

- Adventures in Stem with LEGO's (Ages 5-7) Thurs. 01/12-02/16/23 at 3:30PM
- Minecraft Master Engineering with Lego (Ages 7-11) Fri. 01/13-02/17/23 at 3:30PM



Downingtown Area
Recreation Consortium



Summer Camp
Registrations
Live on Web
February 15th

Check For Additional Program Options on our website darc.info

114 Bell Tavern Road • Downingtown, PA 19335
610.269.9260 • darc.info