



# NEWSLETTER

## WINTER 2022/2023

### FACILITY HOURS:

M-F 5:30 AM-9:00 PM · SAT 7:00 AM-7:00 PM · SUN 9:00 AM-7:00 PM

Check out our [Facebook](#), [Instagram](#) or [www.derrytownship.org](http://www.derrytownship.org) for program registration, pool schedules, gymnasium schedule, and fitness group schedules.

### DATES TO REMEMBER:

THANKSGIVING- FACILITY <i>CLOSED</i>	NOV 24
DHA HOLIDAY TREE LIGHTING	DEC 3
SANTA'S HOLIDAY SWIM FEST	DEC 9
CHRISTMAS EVE- FACILITY HOURS	8:00 am-12:00 pm
CHRISTMAS DAY-FACILITY <i>CLOSED</i>	DEC 25
NEW YEAR'S EVE- FACILITY HOURS	8:00 am-12:00 pm
NEW YEAR'S EVE-FACILITY <i>CLOSED</i>	JAN 1

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# Membership Fees

<u>DAILY FEE</u>	<u>RESIDENT</u>	<u>NON-RESIDENT</u>
Adult (12+)	\$ 10.00	\$ 12.50
Youth (2-11)	\$ 8.00	\$ 10.00
Senior (65+)	\$ 8.00	\$ 10.00
Family	N/A	N/A

## 10-ADMISSION

Adult (12+)	\$ 90.00	\$ 113.00
Youth (2-11)	\$ 72.00	\$ 90.00
Senior (65+)	\$ 72.00	\$ 90.00
Family	N/A	N/A

## 1-MONTH

Adult (12+)	\$ 62.00	\$ 78.00
Youth (2-11)	\$ 45.00	\$ 56.00
Senior (65+)	\$ 45.00	\$ 56.00
Family <sup>(5)</sup>	\$ 101.00	\$ 126.00

## 3-MONTH

Adult (12+)	\$ 172.00	\$ 215.00
Youth (2-11)	\$ 125.00	\$ 156.00
Senior (65+)	\$ 125.00	\$ 156.00
Family <sup>(5)</sup>	\$ 281.00	\$ 351.00

## ANNUAL

Adult (12+)	\$ 550.00	\$ 688.00
Youth (2-11)	\$ 400.00	\$ 500.00
Senior (65+)	\$ 400.00	\$ 500.00
Family <sup>(5)</sup>	\$ 900.00	\$1,125.00

## MONTHLY EFT

Adult (12+)	\$ 49.00	\$ 60.00
Youth (2-11)	\$ 37.00	\$ 45.00
Senior (65+)	\$ 37.00	\$ 45.00
Family <sup>(5)</sup>	\$ 78.00	\$ 97.00

### **Membership:**

Membership includes use of the fitness center with participation in select group exercise classes, gymnasium, activity lounge, indoor lap pool, indoor leisure pool, outdoor pool, and spray ground.

*\*The Derry Township Community Center offers Silver Sneakers® Memberships for individuals with participating insurance providers, please contact [parkshelpdesk@derrytownship.org](mailto:parkshelpdesk@derrytownship.org).*

# AQUATIC PROGRAMS

*Lesson registration opens about two weeks prior to lesson start. Watch for registration dates on our Facebook, Instagram, and Enews!*



*Have you subscribed to our Enews?*

**SIGN-UP TODAY!**

## Preschool-Level 1 Ages 3-5yrs

Orients children to the aquatic environment and helps them gain basic survival skills. Introductory level for non-swimming 3-5 year olds. Exit Skills are floating unassisted, glide to the walls with eyes down, and jump into deep water, float on back, then make way to the wall. It is common to participate in several sessions of each level before successfully demonstrating each skill.

## Preschool-Level 2 Ages 3-5yrs

Must have successfully completed Preschool Level 1 exit skills. Preschool Level 2 helps children gain basic coordination and develop propulsive skills to be comfortable in and around water. Exit Skills are jump into deep water, swim freestyle 15 yards, elementary backstroke 25 yards, kick and breathe to the side with kickboard 25 yards (straight arms), and backstroke 15 yards. It is common to participate in several sessions of each level before successfully demonstrating each skill.

### IMPORTANT:

*\*The Aquatic Staff strives to provide the highest quality instruction possible for your child. If interested in multiple sessions, do not wait to register for the desired sessions.*

**Prerequisite for Lessons** - Children with more than a 3-month break from lessons should repeat the previous level as a refresher course. It's not uncommon to take the same class several times before mastering all the skills. And, while lessons are underway, please navigate to another part of the building so children can focus on the lesson at hand. Members or day pass guests may use our lobby or fitness center during lessons. Non-members, please stay in the building but try to make yourself sparse. To find out more information regarding lessons, click on the [Swim FAQ sheet: DerryTWPCCommCtrSwimFAQSheet \(canva.com\)](#).

## Level 1 · Ages 6-12yrs

Level 1 is an introduction to water skills that orients children to the aquatic environment and helps them gain basic survival skills. Introductory level for non-swimming 6-12 year olds. Exit Skills are float unassisted, glide to the wall with eyes down, jump into deep water, float on back, then make way to the wall. It is common to participate in several sessions of each level before successfully demonstrating each skill.

## Level 2 · Ages 6-12yrs

Must have successfully completed Level 1 exit skills. Level 2 covers fundamental skills that help children gain basic coordination and develop propulsive skills to be comfortable in and around water. Exit Skills are jump into deep water, swim freestyle 25 yards, elementary backstroke 25 yards, kick and breathe to the side with kickboard 25 yards (straight arms), and backstroke 15 yards. It is common to participate in several sessions of each level before successfully demonstrating each skill.

## Level 3 · Ages 6-12yrs

Must have successfully completed Level 2 exit skills. Level 3 helps children start to improve stroke development. Exit skills are jump into deep water, swim freestyle 25 yards, eyes down and breathing to the side, backstroke 25 yards, breaststroke 50 yards with equipment, and dive in then swim 25 yards. It is common to participate in several sessions of each level before successfully demonstrating each skill.

## WaterTots · Ages 9mo.-3yrs

WaterTot's is a parent/child class for children ages 9 months to 3 years designed to provide experience and activities to acclimate children to the aquatic environment through songs and games while continuing reinforcement of basic skills, such as stomach and back positions, kicking, and breath control. A goal of this class is to increase the child's comfort level in the aquatic environment and begin working with an instructor. Parent participation is required. Swim diapers are required.

## Adult Beginner · Ages 18+

The Adult Beginner swim lesson level is designed for participants 18 years and older who have minimal aquatic experience and skills. Participants will learn to be comfortable in the water, to float without support, kick on front and back, and basic water safety skills.

# AQUATIC CLASSES

## AquaFit • Mon & Wed 10:00-10:45 am

This shallow water aquatic exercise class consists of a warmup and warm down encompassing an energetic cardio fitness workout using aqua resistance and music to keep participants moving.

## AquaPower • Tues 5:30-6:15 pm

Our AquaPower class is designed for participants who are looking for a challenging water workout! Easy on the joints, but an intense workout for the body, AquaPower will run in the 7-12 ft-deep competition pool. With motivating music and movements designed to build your endurance and strength, AquaPower is a great class for those who want to cross train from running, biking, or other land exercises that are repetitive on the joints.

## Aqua Tone & Stretch • Sun 2:45-3:30 pm

Provides an overall workout using all muscle groups. The primary focus in class is on stretching along with abdominal and muscle toning. Aqua belts and aqua barbells will be utilized.

## Fluid Motion • Mon & Wed 9:30-10:00 am

This low impact class will focus on walking with the water's natural resistance and stretching for participants looking to transition into aquatic exercise or an alternative to their high impact exercise routine.

*\*Drop-in fees apply to all Aquatic exercise classes.*

MEM: \$5

RES: \$10

NON-RES: \$12.50

## Beginners Diving • Ages 8+

The **Beginners Program** is designed for children **age 8** and up to learn the fundamentals of springboard diving. **\*No experience is necessary, but participants must be able to swim the width of the deep end of the pool.** The program will include: stretching/flexibility basics, strength development activities, and drills designed to improve the forward and backward takeoffs. Additionally, divers will learn the forward and backward takeoffs. The goal of the program is to equip participants with the skills to perform the very basic dives and progress to more complex dives, ability permitting. \$30 AAU Insurance Fee made payable to John Ricci.

Sat 1:00-1:45 PM  
#7129 Jan 7-Feb 11

Mem \$100  
Res \$115  
Non-Res \$130

Competition pool lane 1, 2, 3

# GROUP EXERCISE DESCRIPTIONS

## Agility & Balance

This class will challenge and improve your balance and make you more agile. You will exercises that will move your joints in different patterns. You'll come away stronger and more mobile.

## Bootcamp Workout

Bootcamp Workout involves 3 rounds of 9 strength building circuits, with 2 minutes of cardio before and after each round. Class starts with a warm-up and

## BPM Cycling / Cycling

Indoor cycling or "spinning" provides a high-energy workout that burns calories and improves endurance and strength. During a typical class, various types of terrain—such as hills that you have to climb—are simulated to increase the intensity the workout. BPM Cycling uses a rhythmic approach to spinning that follows the beat of the music.

## Cardio Combo

This class is an energy filled cardio/ muscle training workout that gets your heart pumping and muscles moving. Not too intense, yet not too easy. This class will give you a perfect cardio and toning workout all in one!

## Cardio HIIT

This class incorporates an Exertube and bodyweight series designed to get the heart rate up without using weights. This class will improve your control over moving your own body. It incorporates intervals throughout a full body routine that will burn calories with ease!



## Core & More Yoga

Walk taller, feel stronger and enjoy the beats! Focus on core strength, muscle balance, and a full body stretch to decrease muscle tension and gain flexibility. Great for all ages, athletes and anyone looking to enhance their game!

## Full Body Strength®

With bodyweight exercises and the use of various strength training equipment such as dumbbells, bars, exertubes, etc.), Full Body Strength will work your entire body from head to toe. Class will include a 5-min. warm-up and 5-min. final stretch.

## Kickbox Fitness

Kickbox Fitness is a form of martial arts derived from karate but tailored to improve your overall fitness level. It borrows moves from multiple types of martial arts including boxing, Muay Tai, and full-contact karate. Although the name implies that kicking is priority, you'll use both your hands and feet as points of contacts with a fun, energizing workout of punches and kicks.

## LaBlast®

LaBlast® is a dance fitness program based on all the ballroom dances you see on Dancing with the Stars which was created by Emmy-nominated choreographer & DWTS pro, Louis van Amstel. It is partner-free, includes all components of fitness, and uses music from every era & genre.

## LaBlast® Line Dancing

Are you ready to take traditional line dancing out of the saddle and on to the ballroom floor, while blasting it to a whole new level of fun and fitness? Then LaBlast® Line Dance is for you! Easy-to-learn dances including Disco, Foxtrot, Samba, Paso Doble, and more get you moving to all four walls in no time at all. All dances are partner-free and can be done anywhere, making LaBlast® Line Dance the next social dance revolution. Put a smile on your face and join the fun!

# GROUP EXERCISE DESCRIPTIONS

## Level 1 Cycling®

This cycling class will get your heart pumping but is geared for an easier, less strenuous workout than a traditional Cycling class. You'll have fun while boosting your cardiovascular endurance. Level 1 Cycling is great for beginners, seniors, or anyone looking for a lower intensity, but still effective, class.

## Level 1 Strength

Based on a philosophy of functional fitness, this class is designed to build strength, improve balance, and increase flexibility. Full body and isolation movements will be incorporated using a variety of fitness tools such as resistance bands, dumbbells, balls and more. Great for beginners, seniors, or anyone looking for a strength class in which you can really work at your own level.

## LifeStretch®

LifeStretch® is a mobility-stretch program that is designed to help you become more flexible in body, mind and spirit so that you feel not only more functionally mobile but also more capable to deal with the physical and mental demands of your life. Movements progress through entire chains of neuro-myo-fascia as opposed to targeting isolated, single muscles. LifeStretch® unique use of self-traction creates space in joints, greater ease of movement, and yields bigger gains in mobility. With regular class participation, you will realize huge gains in mobility and function.

## Power HIIT

Focused on improving muscular endurance, starting with activation rounds using Exertubes and bodyweight. This is followed by the strength section of the class using personalized weights. Designed to be modifiable for all fitness levels. Enjoy a different workout each week designed to target different parts of the body.

## Power Yoga

Power Yoga is a faster-paced, Vinyasa Flow style of yoga designed to energize and build endurance while strengthening, lengthening, and toning muscles. Emphasis will be placed on linking breath with movement while taking time to feel everything from exhaustion to bliss. Modifications will be offered for poses to suit participants of all levels.

## Restorative/ Ying Yoga

This class will allow you to experience restoration and peace in your mind and body. It's a slower-paced, calming practice that holds a variety of positions to stretch, push past discomfort, and find rest. It incorporates traditional Chinese medicine that targets the meridian lines in the body and supports organ health. By relaxing instead of activating muscles in postures, Yin Yoga allows you to pause from everyday life and time your own well-being through movement and breath. Suitable for all levels.

## Rhythmic Pilates

If you like to dance and workout, this is the class for you! You'll learn functional Pilates movements that focus on flexibility, stability, strength, and range of motion. While maintaining important focus, movements will be derived from your core and controlled to the rhythm of fun pop music.

## SilverSneakers® Circuit

SilverSneakers® Circuit incorporates upper body strength work alternated with low-impact cardio using a chair for standing support. This class is great for seniors, individuals with special medical conditions, or anyone looking for a lower intensity class that still provides an invigorating, overall workout.

## Strength & Core

Strength & Core will focus on building strength in your upper and lower body as well as in your back and core. You will learn proper form for strength movements and add weight to challenge yourself, no matter what your level. This class will incorporate compound movements for large muscle groups and intricate movements for smaller muscle groups for a comprehensive workout.

## Strength, Stability & Stretch

Resistance exercises target strength while adding an additional component for balance. The workout includes dynamic and static stretching to improve range of motion. All 3 elements of this class are combined to support an active lifestyle.

## Strength & Tone

Strength & Tone aims to improve daily living skills through better strength, agility, balance, and flexibility. The class promotes progressive resistance where your training load is increased as your muscles become stronger. Core work will be incorporated and is designed to build core and back muscle groups that will improve your posture and increase your flexibility while exercising. Instructor will use a variety of equipment in this class.

## Tabata & Core

Four Tabata (high-intensity 4-minute intervals) segments combined with bodyweight core exercises will challenge your strength and stamina during this early morning workout. This class is a great combination of cardio, strength, and core.

## Vin-to-Ying Yoga

This class is an excellent mixture of both effort and ease. 30 minutes of powerful Vinyasa Flow followed by 30 minutes of passive poses held for longer periods of time, targeting the deeper tissues of the body. Suitable for all levels.

## Zumba®

Everybody and EVERY body! Zumba is an exercise class that feels more like a party! Low-intensity and high-intensity moves are combined for an interval-style, calorie-burning dance fitness party. Zumba is a total workout that combines all elements of fitness – cardio, muscle conditioning, balance, and flexibility while boosting your energy with a serious dose of awesome with each class. Bring your energy and your smile.

## Zumba Gold®

Zumba Gold modifies traditional Zumba moves with lower intensity, lower impact moves, and smooth transitions. It utilizes an engaging blend of Latin and international style music along with some catchy pop. Class will focus on the elements of cardiovascular conditioning, balance, range of motion, and coordination. Zumba Gold is great for the beginner exerciser, active older adult, or anyone who prefers not to go "full-out" for whatever reason.

# YOGA PROGRAMS

Next Generation  
**YOGA**<sup>®</sup>  
 and Mindfulness  
 with **Cindy Lesher**

## Mommy & Me Yoga · Ages 9-24 months

Mommy/daddy/caregiver with babies 9-24 months are invited to join [Next Generation Yoga with Cindy Lesher](#) for some yoga fun. You and your baby will be guided to connect while doing playful yoga poses, animated breathing exercises, and imaginative relaxation techniques together. Music, picture books and age-appropriate props are intertwined with yoga poses enhancing language development, motor coordination and play skills. Mindfulness, movement, learning points, visualization, sensory integration, along with fun stuff bring you and your little one together. No yoga experience required. *Please bring your own yoga mat and water bottle.*

Thu 9:30-10:00 AM  
 #7160 Jan 12-Feb 23

Mem \$126  
 Res \$132  
 Non-Res \$138  
 Small Fitness Studio



## Mommy & Me Yoga · Ages 2-4

Mommy/daddy/caregiver with kids ages 2-4 are invited to join [Next Generation Yoga with Cindy Lesher](#) for some yoga fun. Yoga comes to life for you and your little one in these fun and creative classes designed to stimulate a young child's growing curiosity. Playful yoga poses, animated breathing exercises and imaginative relaxation techniques teach 2-4 year-olds about their growing bodies. Sprinkled with music, crafts, picture books and age-appropriate props, we'll capture their attention while enhancing language development, motor coordination and play skills. Classes are an equal balance between active and passive poses. You will engage and bond with your child on their level. No yoga experience required. *Please bring your own yoga mat and water bottle.*

Thu 10:15-10:45 AM  
 #7162 Jan 12-Feb 23

Mem \$126  
 Res \$132  
 Non-Res \$138  
 Small Fitness Studio

## After School Yoga · Ages 5-7

Cooperative games, theme activities, storytelling, music, and art engage the natural energy and enthusiasm of the 5, 6, and 7 year old child. [Next Generation Yoga with Cindy Lesher](#) will help your child explore yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in self-expression, body image, social skills, positive thinking, and environmental awareness. *Please bring a yoga mat and water.*

Tues 4:30-5:15 PM  
 #7163 Jan 10-Feb 21

Mem \$105  
 Res \$110  
 Non-Res \$115  
 Small Fitness Studio



## After School Yoga · Ages 8-10

Acknowledging the maturing independence of 8, 9 and 10-year olds, these classes by [Next Generation Yoga with Cindy Lesher](#), these classes encourage a deeper sense of body awareness, self-exploration and interpersonal skills. Alive with flowing sequences, balancing poses, breathing exercises, and creative relaxation techniques, children are sure to relish in themselves. Partner poses and cooperative Yoga games inspire positive peer interactions.

Tues 5:30-6:15 PM  
 #7164 Jan 10-Feb 21

Mem \$105  
 Res \$110  
 Non-Res \$115  
 Small Fitness Studio



## After School Yoga · Ages 11-13

Following the same sequence as Adult Yoga, this class incorporates traditional yoga poses, flowing sequences, breathing exercises, deep-relaxation, and meditation techniques as well as self-reflection. Individual, partner, and group yoga poses along with mindfulness activities keep the students engaged and curious about yoga. Students will gain a deeper understanding of the physical and philosophical aspects of yoga. Class presented by [Next Generation Yoga with Cindy Lesher](#). *Please bring a yoga mat and water.*

Tues 3:30-4:15 PM  
 #7165 Jan 10-Feb 21

Mem \$105  
 Res \$110  
 Non-Res \$115  
 Small Fitness Studio



# WELLNESS PROGRAMS

## Transformative Wellness Workshop · Ages 16+

Learn how to nurture the mind-body relationship, with Jennifer Decker, PhD. Reduce stress, manage weight, eat nutritiously at home and on the go, create an exercise plan that fits a busy schedule, and improve the career/personal life balance. *This Workshop will be conducted virtually and can be done from the comfort of your own home. After registering, Jennifer will send you your Zoom link for access.*

**Session 1: Shifting from a mindset of deprivation to one of nourishment.** We will talk about the underlying issues of mainstream diet and exercise culture-many that lead to body image issues, as well as learn how to reframe from a mindset of deprivation to one of nourishment.

**Session 2: Fundamentals of nutrition.** We will discuss the basics of macronutrients, how to put a balanced meal together, getting the rainbow of produce, and the role nutrition plays in obtaining optimal health.

**Session 3: Fundamentals of movement.** This session will cover the basics of proper movements and how to create an exercise plan.

**Session 4: A Somatic approach.** We will learn how the mind and body are interconnected and how to take care of that relationship and live more in balance.

**Session 5: Establishing boundaries to promote optimal health.** We will discuss how to establish work/family/personal life balance to foster a self-care lifestyle.

**Session 6: Tying it together/create a plan for lasting life-style changes or behaviors.** We will summarize what we have learned thus far and begin to create lifestyle plans.

Tues 5:30-6:15 PM  
#7171 Jan 17-Feb 28  
\*No class Feb 14

Mem \$90  
Res \$95  
Non-Res \$100  
Classroom 2



## Rise & Shine— It's Hypno Time! · All Ages

Start your day with an invigorating morning meditation/hypnosis so that whatever comes your way, you know your mindset is on point and your confidence intact! Regardless of the weather, you'll be walking on sunshine! Bring a fully charged cellphone to record your "Step into Your Power" hypnosis meditation. (Phones will be required to be on the Do Not Disturb function during class.) Open to all ages. This class will be taught by Michelle Williard Hoffer who is a certified Neuro Linguistic Practitioner, Stress Management Consultant, Consulting Hypnotist, and Mindful Cognitive Behavioral Instructor. Michelle gives global corporate, group, and school setting presentations as well as one-on-one sessions. Her success in the hypnotherapy and MBCT fields is noteworthy. Michelle holds a Bachelor in Elementary Education with post graduate credits equating a master's degree. Michelle is the author of Soaring Minds Workbook and Journal, Soaring with Goal Achievement, Soaring with Forgiveness, and the groundbreaking The ABC's of Narcissism.

Wed 6:30-7:15 AM  
#7104 Dec 7-28

Mem \$200  
Res \$210  
Non-Res \$220  
Small Fitness Studio

## Stress & Anxiety Relief · Ages 12+

You deserve to relax. Come for 3 group meditations where you'll boost your confidence, release stress/anxiety and become the YOU that you want to be. Bring a fully charged cell phone to record your stress relief hypnosis meditation. (Phones will be required to be on Do Not function during class.) This class will be taught by Michelle Williard Hoffer who is a certified Neuro Linguistic Practitioner, Stress Management Consultant, Consulting Hypnotist, and Mindful Cognitive Behavioral Instructor. Michelle gives global corporate, group, and school setting presentations as well as one-on-one sessions. Her success in the hypnotherapy and MBCT fields is noteworthy. Michelle holds a Bachelor in Elementary Education with post graduate credits equating a master's degree. Michelle is the author of Soaring Minds Workbook and Journal, Soaring with Goal Achievement, Soaring with Forgiveness, and the groundbreaking The ABC's of Narcissism.

Fri 10:45 AM-11:45 AM  
#7107 Dec 2-16

Mem \$200  
Res \$210  
Non-Res \$220  
Small Fitness Studio



# FITNESS PROGRAMS

## Sweat in Sweats · Ages 16+

During the winter months, it's very important to get good workouts in! "Sweat in Sweats" is a 6-week transformation challenge that is designed to get you fast results! Join small group training sessions wearing full sweats to get the metabolism boost and burn extra calories! No need to worry about your body image! You'll meet with Personal Trainer, Nate Daugherty, 4 times per week, and also get workout tips for your own training, nutrition coaching, and form correction to help you get the most out of your workouts.

\*Register for either the Morning or Afternoon session.

Morning Session

Tues & Thurs 8:00-8:45 am  
 Saturday 10:00-10:45 am  
 #7172 Jan 10-Feb 18

Afternoon Session

Mon-Thurs 5:15-5:45 PM  
 #7182 Jan 9-Feb 16

Mem \$120  
 Res \$125  
 Non-Res \$130

Meet in Fitness Center

Mem \$120  
 Res \$125  
 Non-Res \$130

Meet in Fitness Center



**LifeStretch**  
feel the freedom®

**START TODAY WITH 1:1 PERSONAL TRAINING**

Deb Tregua is a certified Lifestretch® instructor with a long history of group and personal exercise leadership including Pilates, fascial stretch, pain management, and other mobility-oriented methods.

Lifestretch® 1:1 is personal training during which you will enjoy assisted, hands-on stretching techniques. Sessions are done on the massage table with the client fully dressed in loose or fit clothing.

Sessions are by Appointment only.  
**\$50 MEMBERS/\$55 RESIDENT/  
 \$60 NON-RESIDENT**

**Current and longtime clients have this to say about Lifestretch® 1:1:**

"Regular sessions help me with my overall body flexibility and particularly with my back pain."

"I have been active my whole life and being flexible has always been a challenge. Lifestretch® 1:1 has helped me enormously because it is different from traditional stretching. It's a combination of stretching and massage. I have learned a new way to stretch on my own and maintain the mobility that we discover through the sessions."

"Being stretched is a great way to relieve muscle soreness, and joint tenderness and improve overall flexibility. It gives you the ability to stretch more than you could do on your own, plus it feels wonderful."

✉ FOR MORE INFORMATION & TO SCHEDULE AN APPOINTMENT CONTACT:  
 jnms@goughinspirederrytownship.org

**QUESTIONS?**  
 717-533-7138

📍 DERRY TOWNSHIP COMMUNITY CENTER  
 805 COCOA AVE, HERSHEY, PA

✉ parkshelpdesk@derrytownship.org

**MEET THE TRAINERS**  
 DEC 8TH • 5:00-7:00 PM  
 DEC 9TH • 9:00-11:30 AM

**SHAPE YOUR BODY!**

**PERSONAL TRAINERS**

**Personal Training will**

- Help you achieve your goals
- Provide motivation and accountability
- Help you avoid injury or work around medical conditions
- Give you confidence knowing you are doing things correctly
- Make working out FUN!

Jennifer Decker

Nate Daugherty

Deb Tregua

Kathy Simons

Come meet our trainers, get your questions answered, and learn how personal training can help you in so many ways.

Deb Tregua, our certified LifeStretch instructor, will be onsite to provide FREE LifeStretch demos.

805 COCOA AVENUE • HERSHEY, PA  
 parkshelpdesk@derrytownship.org

**No registration necessary!**

# ENRICHMENT PROGRAMS

## Art Exploration for Kids · Ages 6-10

Learn about a different famous artist each day and create an original artwork in the same style as the artist! We will explore different techniques as well as various materials to create original artwork each week. *\*Classes taught by Allison Juliana.*

Thurs 5:45-6:45 PM  
#7145 Jan 19-Feb 23

Mem \$105  
Res \$110  
Non-Res \$115  
Classroom 2



## Youth Illustration · Ages 11-15

Learn more about illustration and use your creativity and imagination to develop an original work. We will learn about the basics through practice with the goal of creating an original finalized illustration by the end of the session! *\*Classes taught by Allison Juliana.*

Thurs 7:00-8:00 PM  
#7146 Jan 19-Feb 23

Mem \$105  
Res \$110  
Non-Res \$115  
Classroom 2



## Magic 101: An Introduction to Magic · Ages 6+

In this program all participants, children or adults, will learn simple sleight-of-hand, various principles of magic, and of course, learn how to do a variety of tricks. In addition, each participant will be given a number of magic tricks by the instructor, as well as learning how to do other effects with everyday household items. This class is designed to allow each participant not only to learn, but to have fun while doing so. Both children and adults are welcome. Participants will also receive video tutorials to keep. *\*Class is taught by The Amazing Magi*

Sat 10:00-11:00 AM  
#7166 Jan 7-Feb 11

Mem \$105  
Res \$110  
Non-Res \$115  
Party Room



## Intro to Photography · Ages 14+

Do you have a DSLR camera and aren't sure how to use it?

Are you still taking photos using only the AUTOMATIC mode?

If you answered yes to either of these questions, then this is the perfect class for you! Each class will begin with an exploration of a new topic allowed by some hands-on application



of the technique or idea. Weekly assignments will also be given to reinforce what has been learned in class. During this class you will learn about the history of photography and cameras, the science behind how a DSLR camera works, lenses and how different ones produce different results, the exposure triangle - aperture, shutter speed and ISO, lots of composition techniques, and much, much more. *In order to participate you need to have a DSLR or mirrorless camera. \*Class is taught by Michael Yatsko Photography\**

Tues 6:00-7:30 PM  
#7144 Jan 17-Feb 21

Mem \$140  
Res \$150  
Non-Res \$160  
Classroom 1

## Home Recording Studio 101 · Ages 16+

We will cover the setup of a home recording studio. The DAW (Digital Audio Workstation), mixing, instrumentation, audio, and recording you will come out with creating your own song! *\*Workshops taught by Maria Wilson Music.*

Sat & Sun 2:00-5:00 PM  
#7041 Feb 11 & 12

Mem \$250  
Res \$255  
Non-Res \$260  
Classroom 1



# KARATE PROGRAMS



## Karate Lil-Dragons · Ages 3-4

Learn martial arts in this ongoing class. Parents must stay but do not need to participate. This class is for children who are ready to go at it alone in a class setting. Parents will be close by for support if needed. Children will learn many martial arts skills in this fun skilled setting. \*Classes taught by DeAngelis Martial Arts.

Thurs 6:15-6:45 PM  
#6968 Dec 15-Jan 5  
#7151 Jan 12-Feb 2  
#7156 Feb 9-Mar 2

Mem \$45  
Res \$50  
Non-Res \$55  
Event Room 1, 2, 3

## Karate Tigers · Ages 5-7

Karate Tigers is an ongoing class that is side by side with the Lil Dragons so siblings can be together. We will learn all the basics of martial arts plus the more traditional side such as katas. Safety & Life Skills, self-defense. This is a fun-filled class. \*Classes taught by DeAngelis Martial Arts.

Thurs 6:15-6:45 PM  
#6977 Dec 15-Jan 5  
#7150 Jan 12-Feb 2  
#7155 Feb 9-Mar 2

Mem \$45  
Res \$50  
Non-Res \$55  
Event Room 1, 2, 3

## Karate- Advanced Tigers · Ages 5-7

Classes consist of traditional martial arts, Moo Duck Kwan Tang Soo Do, sparring, one-steps, kata, self-defense, endurance & strength training. DAMA provides a full martial arts curriculum. DAMA was awarded The School of the Year 2011 by the WKU Hall of Honors, 2013 Excellence in Teaching, 2014, 2015, 2016, 2017, Promotion of the Martial Arts Award from the Action Martial, Arts Magazine Hall of Fame. **(You must have permission from Head Instructor to enroll in Advanced Tigers).** \*Classes taught by DeAngelis Martial Arts.

Thurs 6:45-8:00 PM  
#7103 Dec 15-Jan 5  
#7152 Jan 12-Feb 2  
#7157 Feb 9-Mar 2

Mem \$50  
Res \$55  
Non-Res \$60  
Event Room 1, 2, 3

## Karate Dragons · Ages 8+

Families are welcome. Classes consist of traditional Martial Arts Sparring, one-steps, kata, self-defense, endurance, and strength training. \*Classes taught by DeAngelis Martial Arts.

Thurs 6:45-8:00 PM  
#6993 Dec 15-Jan 5  
#7158 Jan 12-Feb 2  
#7153 Feb 9-Mar 2

Mem \$50  
Res \$55  
Non-Res \$60  
Event Room 1, 2, 3



## Karate Weapons Class · Ages 6+

Martial Arts Weapons Class. You must be enrolled in the Karate Dragons to attend the Weapons class. \*Classes taught by DeAngelis Martial Arts.

Thurs 8:00-8:30 PM  
#7000 Dec 15-Jan 5  
#7154 Jan 12-Feb 2  
#7159 Feb 9-Mar 2

Mem \$15  
Res \$20  
Non-Res \$25  
Event Room 1, 2, 3



# MUSIC PROGRAMS

## Kids Guitar Workshop for Beginners · Ages 8-17

In this class we will learn a variety of techniques, chords, how to read charts, tabs, rhythms, and strum patterns and how to apply the concepts to rock, country, & blues. *\*Participants must bring their own guitar. \*Workshop taught by Maria Wilson Music.*

Sat 12:00-2:00 PM  
#7142 Jan 7

Mem \$50  
Res \$55  
Non-Res \$60  
Classroom I



## Adult Guitar Workshop for Beginners · Ages 18+

In this class we will learn a variety of techniques, chords, how to read charts, tabs, rhythms, and strum patterns and how to apply the concepts to rock, country, & blues. *\*Participants must bring their own guitar. \*Workshop taught by Maria Wilson Music.*

Sat 4:00-6:00 PM  
#7127 Jan 7

Mem \$50  
Res \$55  
Non-Res \$60  
Party Room

## Crosstown Drumming Circle · Ages 14+

Join Maria Wilson for this hand drumming circle. Maria will give instruction on different rhythms, techniques on different drums including congas, Cajon, and djembe. *Participants should bring their own drums. \*Workshop taught by Maria Wilson Music. \*Class meets on the last Sunday of the month.*

Tues 6:00-8:00 PM  
#7143 Jan 29-Apr 30

Mem \$68.50  
Res \$73.50  
Non-Res \$78.50  
Classroom I



# PICKLEBALL PROGRAMS

## Beginner Pickleball Clinic · All Ages

This 4 session clinic is for players who have been playing pickleball and want to improve their skill set. We will work on becoming consistent with serve/return, moving forward after the return, and keeping shots at the no-volley zone ("kitchen") low. Game-based drills will be used to work on specific skills. Bringing your own paddle is encouraged. *\*Classes taught by Mark Seaton.*

Mon Jan 9-30

#7133 7:00-8:00 AM

#7136 8:00-9:00 AM

#7139 9:00-10:00 AM

Feb 6-27

#7137 8:00-9:00 AM

#7140 9:00-10:00 AM

Mar 6-27

#7138 8:00-9:00 AM

#7141 9:00-10:00 AM

Mem \$60  
Res \$65  
Non-Res \$70  
Gymnasium - Court 1



# SOCCER SHOTS



## DERRY TOWNSHIP COMMUNITY CENTER Winter INDOOR Soccer

**Thursdays starting January 12**

Thursday morning, late afternoon, and evening options

Enroll online at [harrisburgyork.soccershots.com](http://harrisburgyork.soccershots.com)

**Programs for Ages 2-8**

Winter indoor league for ages 5-8/K-2nd held at limited locations



Questions? Contact us at

[harrisburg@soccershots.com](mailto:harrisburg@soccershots.com)

# SNAPALOGY



# SNAPOLOGY

## STEM/STEAM PROGRAMS

*Inspire the Next Generation*

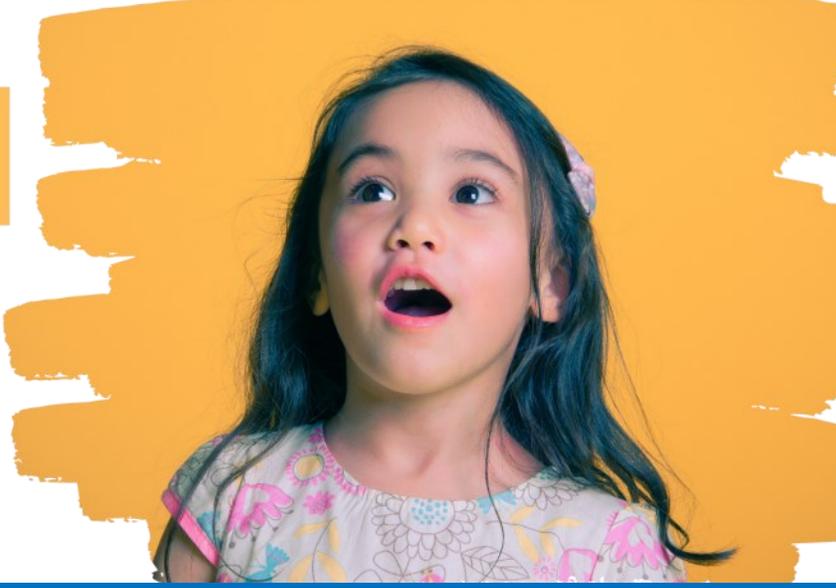
“to inspire children to pursue careers in STEM fields...”



“Play is our brain’s favorite way of learning.”

**REGISTER NOW**  
<https://bit.ly/3Bv5jAu>

*Snapology is the premier partner for STEAM programs (Science, Technology, Engineering, Art & Math), offering year-round programs in schools, community facilities, homes and in our Discovery Centers (select locations only). Kids have so much fun in our classes and camp activities that they don't even realize they're learning STEM / STEAM concepts.*



# Park Rental Fees

## PARK/ATHLETIC FIELDS



### PARK FEE SCHEDULES

(Shank & Gelder Park Shelters ONLY, the residency requirements is 80%)

	RESIDENT	NON-RESIDENT
12:00 AM-4:00 PM	\$ 60.00	\$ 85.00
4:00 PM-Dusk	\$ 60.00	\$ 85.00
11:00 AM-Dusk	\$ 85.00	\$ 120.00

\$25 Non-refundable deposit is due at the time of request for shelter rentals.

\*Special events subject to additional fees.

### ATHLETIC FIELDS

Resident	<i>No Charge</i>
Non-Resident	\$ 40.00 per hr.
Resident & Non-Profit Event Fee	\$ 40.00 per hr.
Non-Resident	\$ 60.00 per hr.

An event consists of clinics, tournaments, or non-league play.

# Party Packages

	FRIDAY	SATURDAY	SUNDAY
<u>Gym Party</u>			
Res \$140	6:00-8:00 PM	12:30-2:30 PM	12:30-2:30 PM
Non-Res \$175 (2hrs in party room, last hour In gym)		4:30-6:30 PM	4:30-6:30 PM
<u>Swim Party</u>			
Res \$220	6:00-8:00 PM	12:30-2:30 PM	12:30-2:30 PM
Non-Res \$275 (2hrs. in party room, 1hr. In leisure pool)		4:30-6:30 PM	4:30-6:30 PM
<u>Swim &amp; Gym Party</u>			
Res \$270	5:00-8:00 PM	11:00-2:00 PM	11:00-2:00 PM
Non-Res \$340 (3hrs. party room-1hr, 1hr. in leisure pool, Last hour in gym)		3:00-6:00 PM	3:00-6:00 PM

Fill out the form and email it to [parkshelpdesk@derrytownship.org](mailto:parkshelpdesk@derrytownship.org).

\$50 Non-refundable deposit required to schedule.

Checks payable to "Derry Township".

\*Requests are not guaranteed until a contract is generated and signed by both parties and payment is made in full.

# RENTALS



## REQUEST FOR USE OF DERRY TOWNSHIP PARK & RECREATION FACILITIES

Name of Requesting Organization
Name of Responsible Person
Address
Telephone Number
E-mail Address
Estimated Attendance:

Date(s) 1<sup>st</sup> choice \_\_\_\_\_ 2<sup>nd</sup> choice \_\_\_\_\_

Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday

Description of Event			
Pavilion Hours		Gelder Park	Shank Park
<input type="checkbox"/> 11:00am – 3:00pm	\$60 Res / \$85 Non-Res	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> 4:00pm – Dusk	\$60 Res / \$85 Non-Res		
<input type="checkbox"/> 11:00am – Dusk	\$80 Res / \$120 Non-Res		

***Rental must be requested two weeks in advance***

***\$25 non-refundable deposit required to schedule a request.***

***Please note: A certificate of insurance listing the Township of Derry as additional insured is required for organizations and vendors if request is granted.***

605 Cocoa Avenue, Hershey, PA 17033 • (717) 533-7138  
Scan To: parkshelpdesk@derrytownship.org

1. Fill Out Request For Use Form.
2. Submit Form to [parkshelpdesk@derrytownship.org](mailto:parkshelpdesk@derrytownship.org).
3. Prepare payment and Certificate of Liability Insurance (for organizations) Pending Contract.



## DERRY TOWNSHIP COMMUNITY CENTER EVENT REQUEST FORM

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EVENT: \_\_\_\_\_

DATE: \_\_\_\_\_

ALTERNATE DATE: \_\_\_\_\_

Event Package/Time: \_\_\_\_\_

Fill Out Form and Email to [parkshelpdesk@derrytownship.org](mailto:parkshelpdesk@derrytownship.org)

50% Non-Refundable Deposit Required to Schedule.

Township of Derry Department of Parks and Recreation  
605 Cocoa Avenue  
Hershey, PA 17033  
(717) 533-7138

*Requests are not guaranteed until a contract is generated and signed by both parties and payment is made in full.*

**Requests must be made two weeks in advance**

EVENT PACKAGES:	MONDAY - FRIDAY	SATURDAY	SUNDAY
<b>Classroom 1, 2 or Flexroom</b> (per room) Res: \$45 NRes: \$55 (per hour)	4:00pm – 8:00pm	*Call for Specific Availability	*Call for Specific Availability
<b>Event Room 1, 2, 3</b> (per section) Res: \$75 NRes: \$95 (per hour)	4:00pm – 8:00pm	*Call for Specific Availability	*Call for Specific Availability
<b>Entire Event Room (1,2,3 w/Outside Patio)</b> Res: \$800 NRes: \$1,000 (4 hours)	4:00pm-8:00pm	9:00am-1:00pm 2:00pm-6:00pm	9:00am-1:00pm 2:00pm-6:00pm
<b>Multi-Purpose/Party Room</b> Res: \$45 NRes: \$55 (per hour)	8:00am-5:00pm	X	X

**NOTES:**

\*See Reverse for Facility Guidelines prior to submitting request.

605 Cocoa Ave, Hershey, PA 17033 • (717) 533-7138  
Scan To: [parkshelpdesk@derrytownship.org](mailto:parkshelpdesk@derrytownship.org)

1. Fill Out Events Request Form.
2. Submit Form to [parkshelpdesk@derrytownship.org](mailto:parkshelpdesk@derrytownship.org).
3. Prepare payment and Certificate of Liability Insurance (for organizations) Pending Contract.



## DERRY TOWNSHIP COMMUNITY CENTER EVENT REQUEST FORM

### FACILITY GUIDELINES

#### Accommodations:

- (6) 30''x60'' Rectangular Tables
- (22) 60'' Round Tables
- (176) Chairs

#### Special Requests:

*(All delivery items must be dropped off and picked up within the facility rental time frame.)*

- Table linens, flatware, dishes, glasses, etc. are not provided by the Derry Township Community Center.
- Food Service must be provided by a pre-approved certified caterer with a certificate of liability insurance stating the Township of Derry as an additional insured.
- Alcohol is permitted if provided by a pre-approved RAMP-certified PLCB vendor with a certificate of liability insurance stating the Township of Derry as an additional insured.
- Entertainment/Music vendors must supply a certificate of liability insurance stating the Township of Derry as an additional insured.
- The Derry Township Community Center does not guarantee the ability to accommodate IT access requests – equipment is not supplied.

#### Prohibited Items:

- Decorations may not be affixed to any portion of the building.
- Signs must be approved in advance by the Derry Township Community Center and removed at the end of the event.
- Only battery-operated candles are permitted.
- Glitter is not permitted.
- Bubbles are not permitted inside the building.
- Sparklers and fireworks are not permitted.
- The Derry Township Community Center is a smoke-free property.

605 Cocoa Ave, Hershey, PA 17033 • (717) 533-7138  
Scan To: [parkshelpdesk@derrytownship.org](mailto:parkshelpdesk@derrytownship.org)

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## DERRY TOWNSHIP COMMUNITY CENTER PARTY REQUEST FORM

**Parties must be requested two weeks in advance.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EVENT: \_\_\_\_\_

DATE: \_\_\_\_\_

ALTERNATE DATE: \_\_\_\_\_

PARTY PACKAGE/TIME: \_\_\_\_\_

Fill Out Form and Email to [parkshelpdesk@derrytownship.org](mailto:parkshelpdesk@derrytownship.org)

\$50 Non-Refundable Deposit Required to Schedule.

Township of Derry Department of Parks and Recreation  
605 Cocoa Avenue  
Hershey, PA 17033  
(717) 533-7138

*Requests are not guaranteed until a contract is generated and signed by both parties and payment is made in full.*

PARTY PACKAGES:	FRIDAY	SATURDAY	SUNDAY
<b>Gym Party</b> Res: \$140 NRes: \$175 <i>(2hrs in party room, 1 hr. in gym)</i>	6:00pm-8:00pm	12:30pm-2:30pm 4:30pm-6:30pm	12:30pm-2:30pm 4:30pm-6:30pm
<b>Swim Party</b> Res: \$220 NRes: \$275 <i>(2hrs. in party room, 1 hr. in leisure pool)</i>	6:00pm-8:00pm	12:30pm-2:30pm 4:30pm-6:30pm	12:30pm-2:30pm 4:30pm-6:30pm
<b>Swim &amp; Gym Party</b> Res: \$270 NRes: \$340 <i>(3 hrs. in party room, 1 hr. in gym, 1 hr. in leisure pool)</i>	5:00pm-8:00pm	11:00pm-2:00pm 3:00pm-6:00pm	11:00pm-2:00pm 3:00pm-6:00pm

**NOTES:** Click or tap here to enter text.

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Scan To: [parkshelpdesk@derrytownship.org](mailto:parkshelpdesk@derrytownship.org)

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## INFORMATION



### Contact Us:

605 Cocoa Avenue • Hershey, PA 17033 • (717) 533-7138

Email: [parkshelpdesk@derrytownship.org](mailto:parkshelpdesk@derrytownship.org)

Follow Us On [Facebook](#) & [Instagram](#)

@Derry Township Parks and Recreation

Website: [www.derrytownship.org/departments/parks-and-recreation](http://www.derrytownship.org/departments/parks-and-recreation)

Memberships/Program Registration:

[Derry Township Parks and Recreation \(activecommunities.com\)](http://Derry Township Parks and Recreation (activecommunities.com))

Pool, Aquatics, & Group Exercise Schedules:

[www.derrytownship.org/departments/parks-and-recreation](http://www.derrytownship.org/departments/parks-and-recreation)

### Derry Township Department of Parks and Recreation Advisory Board

**Robert Bennett, Chairman**

**Beth Shaw, Vice Chairwoman**

**Paul Latham, Secretary**

**Jack Bishop**

**Michael Corado**

**Katherine English**

**Terry Singer**