

Friendship Center

family · fun · fitness



WINTER 2016 PROGRAM GUIDE

REGISTRATION BEGINS

FC Members (All FC Programs) — Monday, December 7
Aquatics Programs — Wednesday, December 9 • All Other Programs — Friday, December 11

Visit us online at www.friendshipcntr.com



Photos courtesy of Jostenski.com

Lower Paxton Township Parks and Recreation

5000 Commons Drive, Harrisburg, PA 17112 • Phone 717-657-5635 • www.friendshipcntr.com

WELCOME



*Discover fun, new ways
to stay fit and active!*

Your Membership Includes –

- Unlimited Use of Facilities
- Many Free In-house Fitness Classes
- 25% Discount on other Center Programs
- Pools, Fitness Center, Gymnasium
- Free Babysitting (ages 3 months-8 years)
- Personal Fitness Training/ Massage Therapy discounts
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- Convenient Early Morning Hours
- Members Only Advance Registration

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HOURS OF OPERATION

Monday-Thursday 5:30 a.m. to 10 p.m.
 Friday 5:30 a.m. to 9 p.m.
 Saturday 7 a.m. to 7 p.m.
 Sunday 12 p.m. to 6 p.m.

(Subject to change based on usage)

HOLIDAY CLOSINGS

Thanksgiving Day, Christmas Day
 New Year’s Day, Easter Sunday

Special Hours (5:30 a.m.-2:00 p.m.)

Memorial Day (Monday), July 4
 Labor Day, Christmas Eve, New Year’s Eve

INCLEMENT WEATHER

For closure information due to severe weather, please call the Center for details and re-opening information.

Closures will be announced on radio stations WNNK 104.1, WRVW 97.3, and WITF 89.5 FM. and on television at WHTM 27, WGAL 8, and WHP 21.

PROGRAM CANCELLATION

If a program other than preschool is cancelled due to severe weather, participants will be contacted by staff. Preschool programs follow Central Dauphin School District’s decisions; details provided by teachers. See additional program notes on page 4.

MEMBERSHIP CARDS

For the protection of your membership, all members MUST present their membership card when entering the facility.

RENTALS

The Friendship Center is interested in hosting a wide variety of events. Facilities are available for parties, business meetings, community organizations, sporting events, seminars, and more. For more information on what space is available, rental fees, and specific arrangements, contact the Parks and Recreation Department at 657-5635. (See special packages information on page 16)

CORPORATE MEMBERSHIP

All businesses are invited to encourage employees to join the Friendship Center. As annual members, each employee will receive a reduced rate. A complete policy statement and more information are available by contacting the Parks and Recreation Department at 657-5635.

YOU BELONG HERE!

ANNUAL MEMBER

Discounts and Payments

An annual membership entitles the holder use of the locker rooms, gymnasium, walking track, sun deck, natatorium, fitness center, and social hall. An annual membership is valid for one year from the purchase date and is non-transferable. Membership card must be presented whenever entering the facility.

- Lower Paxton Township residents — discounted rate for an annual membership.
- Friendship Center annual members receive program discounts and free fitness classes.
- Free babysitting for annual members while using the Center.
- Reciprocal discounts available for members of Koons Pool.
- Payment in full by cash, check, Visa, MasterCard, or Debit.
- Monthly bank draft available.



2016 Membership Rates (tentative) Categories	Lower Paxton Township Resident Discount Rate	Regular Rate
Youth/Student (13+ OR Full-Time College Student up to 22 years)	\$17.77/mo. (\$213 yr.)	\$19.30/mo. (\$232 yr.)
Adult Single (18+)	\$40.63/mo. (\$488 yr.)	\$44.88/mo. (\$539 yr.)
Adult Couple/Single Parent Family	\$56.53/mo. (\$678 yr.)	\$62.31/mo. (\$748 yr.)
Family	\$63.84/mo. (\$766 yr.)	\$70.81/mo. (\$850 yr.)
Senior Single (60+)	\$30.60/mo. (\$367 yr.)	\$33.58/mo. (\$403 yr.)
Senior Couple	\$45.22/mo. (\$543 yr.)	\$50.32/mo. (\$604 yr.)

MEMBERSHIP CATEGORIES

- **Youth/Student** — 13-17 years of age. Full-time college students up to 22 years of age.
- **Adult Single** — Individuals age 18 and over.
- **Adult Couple** — Both adults must be 18 years of age or older and living in the same household.
- **Single Parent Family** — Single parent and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Family** — Two parents and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Senior Single** — Individual age 60 or older.
- **Senior Couple** — One adult must be 60 years of age or older and living in the same household.
- **Health Insurance Memberships Welcome** — We participate in Silver & Fit, Silver Sneakers, Forever Fit, and Prime.

PASS INFORMATION

3, 6, 9 month memberships — Payments must be received in full and in advance.

***GUEST PASS** — \$10 adults/\$7 children. Members may bring a guest(s) by purchasing a Guest Pass. Valid one day. Non-transferrable. Photo ID required!

***DAILY WALK-IN PASS** — **\$13 daily before 4 p.m.; \$15 daily after 4 p.m., weekends and holidays.** Non-members may purchase a pass to use the Friendship Center. The pass is valid for one day and is non-transferable. Photo ID required!

*Guest/Daily Passes from Nov. 1-March 31 are limited to 5 visits per person.

*** Walk-In Class Pass — \$8.00** — See page 20 for a schedule of classes that are available for walk-in visits, \$8 per class. (Class minimum must be met.) Must sign in at service desk to receive a Class Pass! Present Pass to Instructor. Spaces in many classes are limited and class walk-in may not be available.

FRIENDSHIP CENTER SPECIALS



GIFT CERTIFICATE SALE

Give the gift of family, fun and fitness!
Purchase a \$50 Gift Certificate and receive a FREE FC Shirt while supplies last.

Must be purchased between December 1-24.
Limit 1 per person.

Special Program Notes

- ◆ Pre-registration for all programs is required and should be done at least one week prior to the activity. Waiting lists are established if activities become full.
- ◆ Members must pre-register for selected free classes.
- ◆ Classes have a minimum / maximum number of participants. Space is on a first come, first serve basis. Schedule subject to change at management's discretion.
- ◆ The registration deadline for a multi-session program is after the second class of the session.
- ◆ Walk-ins must sign in at the service desk to receive a class pass! Present pass to Instructor. Spaces in **many classes are limited and class walk-in may not be available.**
- ◆ All non-member program participants **MUST** present a program participation card (distributed on the first day of class) each time they enter the facility for a class. **Lost program cards are subject to a \$10.00 fee.** Members registered for a program can present their membership card at the service desk for entry into the facility.
- ◆ Make-up classes or switching of classes are not permitted unless approved by staff.

(PROGRAM REGISTRATION DATES AND PROCEDURES ON PAGE 19)

ONLINE REGISTRATION

www.friendshipcntr.com

The Friendship Center now offers the convenience of online registration for many of your favorite programs.

If your email address is not in our system, please call the Friendship Center to activate your online account — (717) 657-5635.

Why “WEIGHT” to Join!

Perfect time to maintain through the Holidays.

November 16-30 — Purchase an annual membership, pay the first month upon joining and you won't make another payment till January 15! No payments during the month of December!

December 1-31 — Purchase an Annual membership and receive a FREE Gift. While supplies last, not redeemable for cash or on renewals within the past 6 months.

“FREE” Fitness Class

Bring in a non-perishable food item and/or a toy for the collections below and receive a FREE class pass. (Limit one pass per charity.) Pass must be used by December 10 towards a Friendship FREE Class.

CUPBOARD OF CALVARY FOOD DRIVE

Date: Accepting non-perishable food at the Friendship Center from November 1 - 23



The Friendship Center is proud to participate in “Toys For Tots” as a drop site. Donations will be accepted November 1-December 4. Marines will be presented the toys at the annual Tree Lighting on December 4.

EMPLOYMENT OPPORTUNITIES

BE A PART OF THE TEAM THAT PROVIDES FAMILY, FUN AND FITNESS TO THE COMMUNITY!

The Friendship Center is now accepting applications for the following positions:

Custodians / Facility Monitors / Lifeguards /
Service Desk / Fitness and Swim Instructors

Applications being accepted as of January 1, 2016 for:
Summer Daycamp / Playground • Summer Brightbill Basketball

FRIENDSHIP FRIDAYS

FIRST FRIDAY OF EACH MONTH

Members of the Center celebrate with complimentary coffee.
Bring a friend (18+) for free and enjoy!

Friday, Jan. 8 • Friday, Feb. 5 • Friday, Mar. 4

All friends must have photo identification.
Non member guest limit one visit per 6 months.

FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS

Holiday Tree Lighting

Friday, December 4, 2015 at 7:00 p.m.

Enjoy the Township's Annual Tree Lighting festivities at the Friendship Center. Featuring a sing-along in anticipation of Santa arriving by fire truck. Warm up inside and enjoy music with refreshments, arts & crafts, prizes and a visit with Santa.

Breakfast with Santa

Join Santa for breakfast at the Friendship Center. Bring your camera to take a photo with the Jolly Man himself! Reservations are required, space is limited. Everyone attending must be pre-registered by Friday, December 4. \$7 per person. Special surprise provided by Color Me Mine.

Date: Saturday, December 12, 2015, 9:00 a.m. (#18360)

Member Appreciation

TO SHOW OUR APPRECIATION TO THE MEMBERS OF THE FRIENDSHIP CENTER, THE STAFF WILL HOST A SPECIAL DAY, DEDICATED TO OUR MEMBERS —

JANUARY 29

IT'S A SPECIAL "THANK YOU" FOR BEING SO SPECIAL TO US!

Fun with Friends for Freddie

featuring Jim Milbrand/Variety Band

Sing, dance and enjoy the musical stylings of the Lower Paxton Variety Band, directed by Jim Millbrand. Proceeds benefit the Friendship Center's Freddie the Frog Replacement Project. For singles or couples.

Supported by Lower Paxton Township's:

Arts Council, Community Engagement Committee, Parks & Recreation Board, Greenway Committee, and the Friendship Center Operating Board.

DATE: Saturday, January 23, 2016

TIME: 7:00 p.m. - 9:00 p.m.

FEE:

\$10.00
in Advance
per person

\$15.00 at the
Door per person



Breakfast with the Easter Bunny

Eat breakfast with the Easter Bunny! It's a fun-filled morning to share together with family and friends. Everyone attending MUST pre-register. \$7 per attendee. Craft provided by Color Me Mine. Bring your Easter basket for an egg hunt!

Date: Saturday, March 12, 2016, 9:00 a.m. (#18739)

Get Fit Weight Loss Challenge

8 WEEK CHALLENGE

Starting January 12, 2016

FC
Members
ONLY

\$25 Per Person to Participate

Weekly prize drawings to keep you accountable!

Biggest Loser Male and Female Grand Prize:

\$250 per person*

(Based on percentage of weight loss)

Prizes will be awarded to

2nd Place (Male / Female) 3rd Place (Male / Female)

*Minimum of 40 participants must be enrolled, otherwise biggest loser male and female each receive 20% of registration fees collected.

Must be 18+ to participate.

THANK YOU!



to

CommunityAid

for their generous donation to the Friendship Center Financial Aid Assistance Program

SPONSORSHIP OPPORTUNITIES

Businesses searching for creative, interactive ways to reach new, loyal and active customers are invited to partner with the Friendship Center and Parks and Recreation Department for great results. The cross-marketing opportunity benefits all those involved. We offer many sponsorship opportunities that can be tailored to your marketing goals and budget. Please contact the Recreation Office at 657-5635 for more information.

~ SAVE THE DATE! ~

Movie Night - "Twin Spirits":

Date: Friday, February 12 at 7:00 p.m.

Easter Egg Stravaganza

Date: Saturday, March 19 at 1:00 p.m.

Summer Daycamp Registration

Date: Registration begins in March

Kids Yard Sale

Date: Saturday, April 23 at 9:00 a.m.

PRESCHOOL ACTIVITIES

2015-16 PRESCHOOL*

Child must meet age requirement by 9/1/15

***Payment Policy: Monthly Bankdraft**

First month's fee is due with registration, payable by cash, check or VISA/MC. Remaining payments will be deducted electronically from a checking or savings account on the 1st of each month from September through May. THERE WILL BE NO REFUNDS. Must register in person at the Friendship Center.

For details call 657-5635, ext.112.

*Double Play (Ages 2-3 w/parent)

Share songs, stories, fingerplays and simple crafts. Helps build confidence in interacting with others.

Fri., 9:30-10:45 a.m. (9/11/15-6/10/16) (#17703)

Fee: (monthly) \$29.10R/\$30.90NR/\$24.60M

*Twos Together (Age 2)

(Born before 9/1/13) A special day for twos; activities include crafts, fingerplays and a snack.

Thurs., 9:30-11:30 a.m. (9/10/15-6/9/16) (#17704)

Fee: (monthly) \$39.00R/\$41.70NR/\$33.60M

*Morning Fun Time (Ages 2½-3)

(Born before 3/1/13) A starter program focusing on beginning socialization and developmental skills, offering time to play, sing, make a craft and new friends too!

Mon./Wed., 9:30-11:30 a.m. (9/9/15-6/8/16) (#17705)

Fee: (monthly) \$81.30R/\$84.90NR/\$66.00M

*Preschool Pals (Ages 3-4)

A two-day preschool curriculum with crafts, circle time, stories/songs, painting, and creative play.

A. Tues./Thurs., 9:30 a.m.-noon (9/8/15-6/9/16) (#17706)

B. Tues./Thurs., 1:00-3:30 p.m. (9/8/15-6/9/16) (#17707)

Fee: (monthly) \$91.20R/\$95.70NR/\$76.80M

*Learning Fun Pre-K Class (Ages 4-5)

Help children prepare for kindergarten with hands-on activities exploring the alphabet, numbers, stories and other learning opportunities.

A. Mon./Wed./Fri., 9:30 a.m.-noon (9/9/15-6/10/16) (#17708)

B. Tues./Wed./Thurs., 1:00-3:30 p.m. (9/8/15-6/9/16) (#17709)

Fee: (monthly) \$126.30R/\$129.90NR/\$103.80M



Kids Korner Indoor Playground

AGES 1-6 YEARS WITH PARENT

Visit our indoor playground and join the fun!

Tuesdays & Fridays, 10:30 a.m.-Noon

Winter Session: Jan. 12 - Apr. 15 (closed 1/29, 2/12, 3/4, 3/25)

\$3 per Child — Members ages 1-6 Free!

Introduction to Gymnastics w/Hbg. Gymnastics (Ages 18 mos.-3½ yrs.) (6 classes)

Intro to basic tumbling and gymnastics. Parent's assistance is required.

Session I: Thurs., 9-9:40 a.m., Jan. 14-Feb. 18 (#18666)

Session II: Thurs., 9-9:40 a.m., Mar. 3-Apr. 7 (#18667)

Location: Friendship Center, Gym #2

Fee: \$66R/\$69NR/\$53M

Gymnastics for Preschool w/Hbg. Gymnastics (Ages 3½-6 yrs.) (6 classes)

Many activities: vault, beam, and tumbling. Children will improve coordination, strength and flexibility.

***Session I:** Thurs., 9:45-10:30 a.m., Jan. 14-Feb. 18 (#18664)

Session II: Thurs., 9:45-10:30 a.m., Mar. 3-Apr. 7 (#18665)

Location: Friendship Center, Gym #2

Fee: \$66R/\$69NR/\$53M

Tiger Tots Tae Kwon Do (Ages 3-5) (6 classes)

Basics for beginners: work on concentration, motor skills and positive behavior applications along with fun.

Ages 3-4: Mon., 3:15-4 p.m., Jan. 11-Feb. 15 (#18686)

Ages 4-5: Wed., 4-4:45 p.m., Jan. 13-Feb. 17 (#18685)

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$35R/\$38NR

Pee Wee SNAG Golf w/Maria (Ages 3-6 years)

An exciting and colorful way to teach new golfers the different strokes of golf.

Session I: Sat., 11:05-11:35 a.m., Jan. 23-Feb. 6 (#18818)

Session II: Sat., 11:05-11:35 a.m., Feb. 27-Mar. 12 (#18819)

Location: Friendship Center, Gym #2

Fee: \$68R/\$71NR/\$55M (3 classes)

Batter UP! w/Ricardo (Ages 4-6) (3 or 4 classes)

Tee-ball clinic with skills, drills, and games. Great pre-season warm-up. Parent participation expected.

Dates: Thurs., 6-7 p.m., Feb. 11-25 (#18867)

***Mon., 6:30-7:15 p.m., Mar. 14-Apr. 4 (#18868)**

Location: Friendship Center, Gym #2 / *Kohl Park

Fee: \$50R/\$53NR/\$45M / ***Fee:** \$45R/\$50NR

Smurfs Soccer w/Ricardo (Ages 3½-6) (4 classes)

(Must be age 3 as of 7/1/15) Intro to soccer with age-appropriate skills, drills and games.

Dates: Mon., 6:15-7 p.m., Jan. 11-Feb. 1 (#18869)

Mon., 6:15-7 p.m., Feb. 8-29 (#18872)

***Mon., 5:45-6:30 p.m., Mar. 14-Apr. 4 (#18871)**

Location: Friendship Center Gym #2 / *Kohl Park

Fee: \$50R/\$53NR/\$45M / ***Fee:** \$45R/\$50NR

PRESCHOOL / YOUTH & TEEN ACTIVITIES

Movement 4 Tots w/Denise (Ages 2½-5 w/parent)

Tot-friendly equipment and activities will engage children as they improve hand/eye coordination, balance, agility & endurance. Educational concepts will also be incorporated into the fun throughout each class.

Dates: Sun., 4-4:35 p.m., Jan. 10-31

Location: Friendship Center, Gym 2

Fee: \$43R/\$46NR/\$35M (4 classes) (#18842)

Zumba Kids Jr. w/Lynn (Ages 4-7) (6 classes)

Zumba for kids! Fun and fitness all in one!

Dates: Thurs., 5:45-6:15 p.m., Jan. 14-Feb. 18

Location: Friendship Center, Room 112

Fee: \$42R/\$45NR/Members free! (#18777)

Storybook Science + Art w/GO STEAM! (Ages 4-6)

Dive into the world of picture books while exploring art & science activities and experiments. Blow bubble art, mix up some “oobleck”, build a house of sticks & more!

Dates: Mon., 1:30-2:45 p.m., Jan. 25, Feb. 1, 8, 22

Location: Friendship Center, Room 106

Fee: \$52R/\$55NR/\$44M (4 classes) (#18837)

Creative Math Fun w/GO STEAM! (Ages 4-6)

Join us for math fun, games, and art including basic number skills, patterns, symmetry, measurements & more!

Dates: Mon., 1:30-2:45 p.m., Mar. 7, 14, 21, Apr. 4

Location: Friendship Center, Room 106

Fee: \$52R/\$55NR/\$44M (4 classes) (#18838)

Celebrate Your Birthday!

AT THE FRIENDSHIP CENTER!

Enjoy 1 hour in the Leisure Pool with the water features / slide PLUS 1 hour in a party room!

ONLY \$187 (Max. 40 people)

Price based on FC member rate.

Available: Friday evenings - Saturday or Sunday after 1 p.m.

For more information call 657-5635 ext.115

jgrant@lowerpaxton-pa.gov

Art Rocks w/Tavia (Ages 7-11) (4 classes)

Have fun investigating art history and philosophy while building confidence in their art-making abilities. A variety of engaging projects that capture imaginations and get them working in a variety of art media/methods.

Dates: Fri., 4:45-6:15 p.m., Jan.15-Feb. 5 (#18741)

Fri., 4:45-6:15 p.m., Feb. 19-Mar. 11 (#18742)

Location: Friendship Center, Room 112

Fee: \$72R/\$75NR/\$62M

Youth Express w/Julie (Ages 6-10)

Fun and action packed exercises to keep them moving while building strength, balance and coordination.

Dates: Sat., 9:30-10:15 a.m., Jan. 16-Mar. 5

Location: Friendship Center, Room 118

Fee: \$46R/\$49NR/Members free! (8 classes) (#18843)

Kidding Around Yoga w/Erika (Ages 6-10)

“KAY” incorporates cardiovascular conditioning, fun, music, plus traditional Yoga benefits; breathing techniques, peace, and deep relaxation.

Dates: Tues., 5:30-6:30 p.m., Jan. 12-Mar. 1

Location: Friendship Center, Room 106

Fee: \$46R/\$49NR/Members free! (8 classes) (#18778)

Junior SNAG Golf w/Maria (Ages 7-14 years)

An exciting and colorful way to teach new golfers the different strokes of golf.

Session I: Sat., 10:15-11 a.m., Jan. 23-Feb. 6 (#18816)

Session II: Sat., 10:15-11 a.m., Feb. 27-Mar. 12 (#18817)

Location: Friendship Center, Gym #2

Fee: \$80R/\$83NR/\$65M (3 classes)

Jump Start Speed & Agility w/Parisi Speed School (Ages 7-11) (8 classes)

Improve fundamental athletic skills and confidence. Program has been proven to enhance: coordination, running technique, flexibility, injury prevention, and quickness.

Dates: Mon./Wed., 5-6 p.m., Jan. 11-Feb. 3

Location: Friendship Center, Gym 3

Fee: \$72R/\$75NR/\$60M (#18815)

Beginner Youth Tap w/HAD (Ages 7-10)

Learn the basics of tap dancing as well as rhythm and musical timing to a variety of contemporary pop music.

Dates: Sat., 1-2 p.m., Jan. 9-Feb. 13

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$61R/\$64NR (6 classes) (#18875)

Beginner Youth Jazz w/HAD (Ages 8½-15)

Learn the basics of jazz dancing to contemporary pop music; a variety of jazz styles incorporate strength, stretching, balance and movements across the floor.

Dates: Sat., 12-1 p.m., Jan. 9-Feb. 13

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$61R/\$64NR (6 classes) (#18874)

Intro to Tae Kwon Do (Ages 6-13) (6 classes)

Develop basic techniques plus self-defense, focus, leadership, discipline, and following directions while having fun.

Dates: Tues., 6:15-7 p.m., Jan. 12-Feb. 16

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$47R/\$52NR (#18684)

YOUTH AND TEEN (CONT.)

Fundamentals of Hoops w/Lenny (Ages 5-12)

Learn the basics which assist in developing a great player.

Ages 5-7: Wed., 5:15-6 p.m., Jan. 11-Mar. 14 (#18669)

Ages 8-12: Wed., 6-6:45 p.m., Jan. 11-Mar. 14 (#18668)

Location: Friendship Center, Gym #3

Fees: \$70R/\$73NR/\$55M (8 classes)

Individual Basketball Instruction w/Lenny (6-40 minute lessons)

Instructor available to provide individual instruction.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym

Private: \$155R/\$160NR/\$135M per person (#18670)

Semi-Private (max 2): \$130R/\$135NR/\$110M pp (#18673)

Friday Night Teen Pick-Up Basketball (Ages 13-17)

No organized teams. Court Monitor will assign teams.

Limited space. Registration begins at 6:15 p.m. Must show photo ID and/or guest receipt if applicable.

Dates: Fri., December 11-February 26, 6:30-8:30 p.m.

(Pre-registration begins at 6:15 p.m. promptly)

Fee: Guest-\$5 / Pay & Play-\$10 / Members Free!

*Guest: Paid a FC guest fee prior to 6:00 p.m.

**Pay & Play: Only permitted in gym from 6:15-8:30 p.m.

Summer 2016 Daycamp at the Friendship Center!

Children will love the fun activities camp provides for school aged youth. Program begins at the end of the school year. Registration begins in March. To be placed on our mailing list for informational packet call 657-5635, ext. 103.

Cardio Tennis w/Ricardo (Ages 7-11) (3 or 4 classes)

Move to the ball in a high energy circuit. Bring a racket.

Dates: Thurs., 5-6 p.m., Feb. 11-25 (#18866)

*Mon., 5-5:45 p.m., Mar. 14-Apr. 4 (#18865)

Location: Friendship Center, Gym #2 / *Kohl Park

Fee: \$50R/\$53NR/\$45M / ***Fee:** \$45R/\$50NR

Sports City w/Coach Ricardo (Ages 3-18)

Six 45-minute dodgeball, two-hand touch football or soccer classes. Start times vary (youngest to oldest).

Dates: Fri., 5:30-10 p.m. (TBA), Jan. 29-Mar. 4

Location: Sports City, 4141 Linglestown Rd.

Fee: \$65R/\$70NR (6 classes) (#18873)

Coach Lenny



CERTIFICATION CLASSES

Healthcare Provider CPR w/South Central EMS (Ages 15+)

Basic Life Support materials are covered such as adult and pediatric CPR, two rescuer scenarios, use of bag valve mask, AED, and barrier devices. Course certification card issued for successfully completing a written and skills exam.

Date: Wednesday, January 6, 6-9 p.m.

Location: Friendship Center, Room 106

Fee: \$50R/\$53NR/\$40M (#18663)

Heartsaver Community CPR/AED w/South Central EMS (Ages 15+)

American Heart Assoc. Hands-on skills in a low stress environment; for all members of the community. CPR, AED use, and relief of choking for adults, children and infants.

Date: Thursday, January 7, 6-9 p.m.

Location: Friendship Center, Room 106

Fee: \$43R/\$46NR/\$35M (#18662)

SHALLOW WATER LIFEGUARDING CERTIFICATION

(See page 15)

LET US HELP YOU "MAINTAIN / DON'T GAIN!" THROUGH THE HOLIDAYS!

KEEP IT MOVING WITH AQUACISE, ABS BACK & LEGS, SPIN, AND MORE IN OUR HOLIDAY MINI SESSION OF CLASSES!

See the Friendship Center Service Desk for Details or visit us at www.friendshipcntr.com

ADULT FITNESS / TRX

Choose It to Lose It Weight Loss Program w/Karen

Meet Wednesdays with the group to focus on weight loss concerns, specialty workouts, weigh-ins and nutrition discussions. Choose 2-4 of any of Karen's classes on this page to complete fitness goals for the program (classes will be arranged during initial consultation with Karen for health assessments.)

Session I: Wed., 11:30 a.m.-noon, Jan. 13-Feb. 17 (#18820)

Session II: Wed., 11:30 a.m.-noon, Feb. 24-Mar. 30 (#18821)

Session I: Wed., 7-7:30 p.m., Jan. 13-Feb. 17 (#18823)

Session II: Wed., 7-7:30 p.m., Feb. 24-Mar. 30 (#18824)

Fee for one session: \$235R/\$238NR/\$183M

Fee for both sessions: \$405R/\$408NR/\$320M

a.m. session (#18822) / p.m. session (#18825)

Location: Friendship Center, Social Hall

TRX Kettlebell: Circuit Conditioning w/Karen (18+)

Suspension training exercises & kettlebell conditioning intervals. Improve your strength, mobility and balance.

Session I: Tues./Thurs., 9:15-10 a.m., Jan. 12-Feb. 18 (#18772)

Session II: Tues./Thurs., 9:15-10 a.m., Feb. 23-Mar. 31 (#18773)

Location: Friendship Center, Track/Room 112

Fee: \$70R/\$73NR/\$55M (12 classes)

Spinning w/Karen (Ages 16+) (20 classes)

Build up strength/endurance/burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., Jan. 11-Mar. 18

Location: Friendship Center, Room 115

Fee: \$84R/\$87NR/\$70M (#18745)

Large Group Training w/Karen (Ages 18+) (6 classes)

Variety of cardio + strength with a "Bootcamp feel" to it using — TRX, bosus, battle ropes, med balls; you name it!

Session I: Wed., 9:30-10:30 a.m., Jan. 13-Feb. 17 (#18774)

Session II: Wed., 9:30-10:30 a.m., Feb. 24-Mar. 30 (#18775)

Location: Friendship Center, Gym #3

Fee: \$51R/\$54NR/\$40M

Kettlebells & Bootcamp w/Karen (Ages 18+)

A dynamic full body conditioning workout that can burn calories like no other strength tool!

Session I: Mon./Wed., 6-7 p.m., Jan. 11-Feb. 17 (#18768)

Session II: Mon./Wed., 6-7 p.m., Feb. 22-Mar. 30 (#18769)

Location: Friendship Center, Room 112

Fee: \$70R/\$73NR/\$55M (12 classes)

Triad w/Karen (Ages 18+)

Spin, kettlebells and yoga! Cardio, strength and flexibility in a high energy, fun and "personalized" group setting.

Session I: Sat., 8:15-9:30 a.m., Jan. 16-Feb. 20 (#18826)

Session II: Sat., 8:15-9:30 a.m., Feb. 27-Apr. 2 (#18827)

Location: Friendship Center, Room 115/112

Fee for one session: \$70R/\$73NR/\$55M (6 classes)

Fee for both: \$122R/\$125NR/\$95M (#18828) (12 classes)

Fitness Trainer Karen R.



Stacked w/Karen (Ages 18+) (12 classes)

Small group personal training; establish a lifting regimen designed specifically for your strength needs/goals.

Session I: Tues./Thurs., 10:30-11:15 a.m., Jan. 12-Feb. 18 (#18829)

Session II: Tues./Thurs., 10:30-11:15 a.m., Feb. 23-Mar. 31 (#18830)

Session I: Tues./Thurs., 5:45-6:30 p.m., Jan. 12-Feb. 18 (#18833)

Session II: Tues./Thurs., 5:45-6:30 p.m., Feb. 23-Mar. 31 (#18834)

Fee: \$70R/\$73R/\$55M

New! Stacked participants can Add a Day (limit one per session)

Session I: Fri., 11:30 a.m.-12:15 p.m., Jan. 15-Feb. 19 (#18831)

Session II: Fri., 11:30 a.m.-12:15 p.m., Feb. 26-Apr. 1 (#18835)

Session I: Sat., 7:15-8 a.m., Jan. 16-Feb. 20 (#18832)

Session II: Sat., 7:15-8 a.m., Feb. 27-Apr. 2 (#18836)

Fee: \$12R/\$15R/\$10M (6 classes)

Location: Friendship Center, Fitness Center

Shockwave w/Karen (Ages 18+) (12 classes)

Keeps you in a target heart rate zone to stimulate metabolism, tone and increase energy. For all levels. Workouts include rowing, treadmill and weight room. A functional screening will be performed for new participants.

Session I: Mon./Fri., 10:30-11:30 a.m., Jan. 11-Feb. 19 (#18770)

Session II: Mon./Fri., 10:30-11:30 a.m., Feb. 22-Apr. 1 (#18771)

Location: Friendship Center, Fitness Center

Fee: \$65R/\$68NR/\$55M

Stretch / Yoga w/Karen* (Ages 18+) (6 classes)

*Class is available only for those participants registered in any of Karen's classes on this page.

Session I: Wed., 9-9:30 a.m., Jan. 13-Feb. 17 (#18764)

Session II: Wed., 9-9:30 a.m., Feb. 24-Mar. 30 (#18765)

Session I: Wed., 7-7:20 p.m., Jan. 13-Feb. 17 (#18766)

Session II: Wed., 7-7:20 p.m., Feb. 24-Mar. 30 (#18767)

Location: Friendship Center, Gym #3/*Room 112

***Fee:** \$5R/\$8NR/Members Free

BODY PUMP™ / SPIN

Body Pump™ (Ages 18+) (10 classes)

A Les Mills program challenging all your major muscle groups. A great workout that tones & builds lean muscle.

Dates: *Mon., 7:15-8:15 p.m., Jan. 11-Mar. 14 (C) (#18811)

Wed., 9:30-10:30 a.m., Jan. 13-Mar. 16 (MJ) (#18814)

Wed., 7:15-8:15 p.m., Jan. 13-Mar. 16 (J) (#18813)

Thurs., 4:30-5:30 p.m., Jan. 14-Mar. 17 (J) (#18812)

Instructor Code: (C) Carly, (MJ) Mary Jo, (J) Jodie

Location: Friendship Center, Room 118, *East Annex

Fee: \$60R/\$63NR/\$40M

YOGA / PILATES

Yogalates/Sculpt w/Terri (10 classes)

25 minutes of sculpting, 35 minutes of yoga/pilates blend. Great toning and core strengthening blend.

Wear sneakers.

Dates: Wed., 4:45-5:45 p.m., Jan. 13-Mar. 16

Location: Friendship Center, East Annex

Fee: \$70R/\$73NR/\$48M (#18779)

Friendship FREE Fitness Classes ~ Helpful Tips

- ① Pre-register / reserve your spot; Member Registration begins Dec. 7 at 6 a.m.
- ② Members can drop-in to a Friendship FREE class if space is available. Stop by the Service Desk for a pass.
- ③ Classes are designed for ages 16+. Youth ages 13-15 may register and attend if they are accompanied by a parent.

LOOK FOR THE
FRIENDSHIP
FROG

(Friendship FREE
Fitness schedule -
see page 20.)

Spin Bootcamp w/Denise (10 classes)

This high intensity workout consists of active/dynamic warm-ups, resistance/weight/functional fitness training, spin endurance (sprints/hills) and a cool down/stretch.

Dates: Mon., 7-8 p.m., Jan. 11-Mar. 14

Location: Friendship Center, Room 118/115

Fee: \$60R/\$63NR/Members free! (#18848)

Intro to Spin w/Denise (Ages 16+)

Learn bike adjustment and find out what it's all about!

Dates: Mon., 5:30-6:10 p.m., November 30 (#18840)

Sat., 9-9:40 a.m., December 5 (#18841)

Mon., 10:30-11:10 a.m., January 4 (#18839)

Location: Friendship Center, Room 115

Fee: \$5R/\$8NR/Members free!

Spinning™ (Ages 16+)

Spinning is an awesome low impact workout — limited space!

Dates: Tues., 6:15-7 p.m., Jan. 12-Mar. 15 (R) (#18748)

Wed., 7-7:45 p.m., Jan. 13-Mar. 16 (C) (#18749)

Thurs., 6:15-7 p.m., Jan. 14-Mar. 17 (R) (#18747)

Fee: 1/week (45 mins.) \$60R/\$63NR/Members free!

Dates: (2 days per week) (20 classes-45 mins.)

Tues./Thurs., 5:45-6:30 a.m., Jan. 12-Mar. 17 (MJ) (#18751)

Tues./Thurs., 4:30-5:15 p.m., Jan. 12-Mar. 17 (Mi) (#18746)

Fee: 2/week (45 mins.) \$80R/\$83NR/Members free!

Location: Friendship Center, Room 115

Instructor code: (MJ) Mary Jo, (R) Roxane, (C) Carly, (Mi) Michele

Senior Spin w/Anmarie (Ages 50+) (20 classes)

For seniors and/or active adults.

Dates: Mon./Wed., 8:30-9:15 a.m., Jan. 11-Mar. 16 (#18743)

Fri., 8:30-9:15 a.m., Jan. 15-Mar. 18 (#18744) (10 classes)

Location: Friendship Center, Room 115

Fee: \$80R/\$83NR/Members free! (2 day) (Mon./Wed.)

Fee: \$60R/\$63NR/Members free! (1 day) (Fri.)

Yoga Dance w/Ashley (10 classes)

Combine yoga and dance! Flow through traditional and non-traditional poses choreographed to music. Previous yoga experience is helpful but not necessary.

Dates: Tues., 9-10 a.m., Jan. 12-Mar. 15

Location: Friendship Center, Room 118

Fee: \$75R/\$78NR/Members free! (#18856)

Beginner Yoga (10 classes)

Learn basic yoga postures: sitting, standing and lying down. Emphasis on breathing and alignment. Bring a yoga mat.

Dates: Tues., 10-11 a.m., Jan. 12-Mar. 15 (A) (#18854)

*Thurs., 5:30-6:30 p.m., Jan. 14-Mar. 17 (V) (#18855)

Instructor Code: (A) Ashley, (V) Venus

Location: Friendship Center, Room 118 /*East Annex

Fee: \$75R/\$78NR/Members free!

Gentle Yoga w/Darren (10 classes)

Slower paced class using both seated and standing positions. Learn safe alignment and modifications to help you gain strength, endurance and balance as well as stress relief & relaxation. Bring a yoga mat, block, strap & towel.

Dates: Wed., 1-2 p.m., Jan. 13-Mar. 16

Location: Friendship Center, Room 118

Fee: \$75R/\$78NR/Members free! (#18853)

Mixed Level Yoga (10 classes)

A Flow Vinyasa Yoga class that builds strength and challenges flexibility and balance. Bring a yoga mat. 

Dates: Sun., 12-1 p.m., Jan. 10-Mar. 13 (D) (#18852)

*Tues., 5:30-6:30 p.m., Jan. 12-Mar. 15 (G) (#18850)

Thurs., 9-10 a.m., Jan. 14-Mar. 17 (A) (#18851)

Instructor Code: (D) Darla, (G) Gina, (A) Ashley

Location: Friendship Center, *East Annex/Room 118

Fee: \$75R/\$78NR/Members free!

NEW
SUNDAY
CLASS

AEROBICS / ZUMBA / FITNESS (CONT.)

Metabolic Express Workout w/Denise

Short 40 minute high intensity explosive circuit workout. Burn up to 500+ calories. Modifications demonstrated to suit all levels of intensity. Give it a try!

Dates: Tues., 5:15-5:55 p.m., Jan. 12-Mar. 15 (#18844)

*Thurs., 5:15-5:55 p.m., Jan. 14-Mar. 17 (#18845)

Location: Friendship Center, Room 118 / *Gym 2

Fee: \$60R/\$63NR/Members free! (10 classes)

P90X Live! w/Bryan (8 classes)

Challenging full body strength training for cardio, upper, lower & core. Multi-faceted resistance & functional training regimen; modifiable for all fitness levels.

Dates: Tues., 6:30-7:25 p.m., Jan. 12-Mar. 1

Location: Friendship Center, East Annex

Fee: \$44R/\$47NR/\$36M (#18846)

Low Impact w/Lynn (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., Jan. 11-Mar. 16

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#18786)

50 + Fitness w/Annmarie (10 classes)

Cardio/resistance training to stay fit or get in shape.

Dates: Mon., 6-7 p.m., Jan. 11-Mar. 14

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#18740)

Combo w/Sunny & Keli (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

Dates: Mon./Wed., 6-7 p.m., Jan. 11-Mar. 16

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#18782)

Abs, Back & Legs w/Keli (10 classes)

Intense workout focused on strengthening abs, back, & legs.

Dates: Mon., 7-8 p.m., Jan. 11-Mar. 14

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18781)

Step Conditioning w/Janeal (10 classes)

Single, double or quad step choreography with a segment of hand weights and abs. Keeps you moving.

Dates: Tues., 6-7 p.m., Jan. 12-Mar. 15

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18752)

Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., Jan. 12-Mar. 17

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#18784)

HIIT/Abs w/Olga (10 classes)

High intensity workout plus focus on abs.

Dates: Wed., 6:30-7:30 p.m., Jan. 13-Mar. 16

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#18792)

R.I.P.P.E.D. w/Olga (10 classes)

Total body workout, combining Resistance, Intervals, Plyometrics & Endurance. Fun, safe, and effective.

Dates: Thurs., 6-7 p.m., Jan. 14-Mar. 17

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18785)

Saturday Morning Chisel w/Keli (10 classes)

Use all forms of fitness in a cardio way. Stretch, tone and re-shape. All fitness levels.

Dates: Sat., 8-9 a.m., Jan. 16-Mar. 19

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18783)

Babies at the Barre™ w/Tori (babies 8+ weeks)

A barre & pilates inspired class for moms and their babies (worn in a carrier w/proper head support). Moms should have dr. approval before starting any postnatal exercise.

Session I: Mon., 4:30-5:30 p.m., Jan. 11-Feb.15 (#18790)

Session II: Mon., 4:30-5:30 p.m., Feb. 29-Apr. 4 (#18791)

Location: Friendship Center, Room 112

Fee: \$78R/\$81NR/\$63M (6 classes)

Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

Dates: Mon., Jan. 11-Mar. 14, 10:30-11:30 a.m. (J) (#18805)

Wed., Jan. 13-Mar. 16, 10:30-11:30 a.m. (A) (#18806)

Thurs., Jan. 14-Mar. 17, 10 a.m. (J) (#18810)

*Thurs., Jan. 14-Mar. 17, 6:30-7:30 p.m. (L) (#18807)

Fri., Jan. 15-Mar. 18, 9-10 a.m. (A, J) (#18808)

Sat., Jan. 16-Mar. 19, 10:30-11:30 a.m. (J) (#18809)

Instructor Code: (A) Alicia, (L) Lynn, (J) Julie

Location: Friendship Center, Room 118/*East Annex

Fee: \$60R/\$63NR/Members free!

Zumba Gold w/Alicia (Ages 16+) (10 classes)

Zumba for active adults and the beginner participant.

Dates: Wed., 11:30 a.m.-12:15 p.m., Jan. 13-Mar. 16

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#18780)



See page 20 for Friendship "FREE"
Fitness Class Schedule

SPORTS / LEISURE

Book Club at the Friendship Center

“The Dressmaker” by Rosalie Ham. Free participation. Simply read the book in advance and join us for a group discussion.

Date: Tuesday, November 17, 7:00 p.m.

Tai Chi Simplified w/J. Jackson (11+/no age limit!)

Tai Chi 27 short form based on the Yang style. Movements are done slowly with emphasis on posture, balance and natural breathing in harmony w/body movements.

Dates: Thurs., 10-11 a.m., Jan. 14-Mar. 17

Location: Friendship Center, Room 112

Fee: \$80R/\$83NR/\$52M (10 classes) (#18776)

Adult Men’s Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls.  Must pre-register! Space is limited.

Dates: Tues., 7-8:30 p.m., Jan. 12-Mar. 15 (#18571)

Thurs., 7-9 p.m., Jan 14-Mar. 17 (#18573)

-OR- Sat., 8-9:30 a.m., Jan. 16-Mar. 19 (#18572)

Location: Friendship Center, Gym #2/#3

Fee: \$75R/\$80NR/Free to Members!

Intro to Hapkido/Tae Kwon Do w/Master Fox (Ages 16+) (6 classes)

Learn close quarters self-defense techniques while increasing self confidence, personal fitness, focus and stress management in a positive, goal oriented atmosphere.

Dates: Tues., 7-8 p.m., Jan. 12-Feb. 16

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$35R/\$40NR (#18689)

Women’s & Teen’s Self Defense (Ages 12+) (4 classes)

Geared to develop defensive techniques.

Dates: Wed., 7-8 p.m., Jan. 13-Feb. 3

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$30R/\$33NR (#18688)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Jan. 12-Mar. 15

Location: Friendship Center, Room 118

Fee: \$42R/\$45NR/Free to Members! (#18787)



**MONDAY,
WEDNESDAY,
FRIDAY**

10:30 a.m.-
12:30 p.m.

**EVENING HOURS:
WEDNESDAYS, 7-8:30 p.m.**

Free to Members / Non-members: \$4

Beginner Adult Ballet w/HAD (Ages 16+)

Helps tone and stretch your body while improving balance and posture in a fun and relaxing atmosphere.

Dates: Thurs., Jan. 7-Feb. 11, 8:30-9:30 p.m.

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$61R/\$64NR (6 classes) (#18876)

Smart Phone 101 w/Sprint

Get to know your “mobile” smartphone better. Basics as well as more involved features will be covered for both Android and Apple smartphones. Free! Must pre-register.

Dates: Wed., Feb. 17, 10-11 a.m. (#18795) 6-7 p.m. (#18796)

Wed., Mar. 16, 10-11 a.m. (#18797) or 6-7 p.m. (#18798)

Location: Friendship Center, Social Hall

Fee: Free!

FREE MOVIE AT THE FRIENDSHIP CENTER

“TWIN SPIRITS”



**Friday, February 12,
7:00 P.M.**

A theatre piece/concert featuring Sting and his wife Trudie Styler portraying classical composer Robert Schuman and his wife, pianist Clara Wieck Schuman.

ADULT ARTS & CRAFTS

Painting w/Jonathan (10 classes)

For beginners through experienced painters. Group instruction is on oil paint but Jonathan will work individually with other mediums. Basic concepts of sketching, color mixing and painting techniques. Instructor provides oil painting supplies for the first two classes.

Dates: Tues., 6:50-8:50 p.m., Jan. 12-Mar. 15

Location: Friendship Center, Room 109

Fee: \$96R/\$99NR/\$80M (#18661)

Adult Art Class w/Don (10 classes)

Any type of art: pastels, inks, painting. Bring your own supplies.

Dates: Wed., 1-3:30 p.m., Jan. 13-Mar. 16

Location: Friendship Center, Room 112

Fee: \$200R/\$210NR/\$180M (#18660)

Card Making Class w/Roxane

Make cards for upcoming holidays and everyday. Bring a pair of tweezers and crafting scissors. Includes 10 cards.

Date: Wed., Feb. 10, 6-8:30 p.m.

Location: Friendship Center, Conf. Room

Fee: \$23R/\$26NR/\$19M (#18762)

FAMILY, FUN & FITNESS



FAMILY SPOTLIGHT

~ The Gifford Family ~

Cindy Gifford finds the Friendship Center a great place to meet people. In 2000, the year the Center opened, Cindy joined the facility and would exercise an hour on the treadmill each time she visited. It's through these treadmill moments that Cindy met another mom and they've continued their friendship many years later.

Cindy grew up in Bethlehem, Pa and graduated from Penn State. Her husband Glenn grew up in Camp Hill, attended Cedar Cliff H. S., and also continued his education at Penn State. However, they didn't meet at Penn State; they met in the parking lot at Gannett Fleming where Cindy worked as an Engineer. Glenn graduated with a degree in Marketing and works in Medical Device Sales for Alcon Laboratories. They married in 1991 and settled in Lower Paxton Township.

When the Gifford's children were born, Cindy became a "Domestic Volunteer" for their family, making her main priority taking care of her children and husband. Their daughter Amy graduated from Bishop McDevitt and is a senior nursing student at Penn State. She currently works in a Nurse Externship at the Hershey Medical Center when available. She remembers that prior to the Friendship Center, the area had few pools. Amy loves to swim so having a pool available to the community has been wonderful for her. She has participated in education courses, swimming and fitness classes at the Center. She has started to spend special moments with mom next to her on the treadmill at the Friendship Center.

The Gifford's also have a son, Gary, who attends Central Dauphin. When not in school, he works at Levin Promotional Products and Hershey Park. Like the others in the family, Gary is a big fan of swimming. He currently swims for Collegiate Aquatics and has also been a member of the Colonial Country Club, Latshmere and C. D. High School swim teams. Gary also plays the piano and loves to draw and paint. He has been active at the Friendship Center all his life, starting in Fun for One and Toddler Music classes. He loves to workout at the Center and now that he is 18, he really enjoys the spa.

Glenn Gifford (dad) enjoys going to the gym and finds that family activities along with being a Penn State fan occupies his time when not working. He enjoys the variety of exercise options at the Friendship Center and does them all, including cardio, strength, swimming and basketball. Cindy and Glenn have focused their lives around family activities and they have found the Friendship Center to be a family friendly place - both employees and patrons. This "Charter Member" family has had many good times together at the Friendship Center and looks forward to many more. In Cindy's words, "Family, Fun and Fitness for sure!"



Lower Paxton Twp. Parks & Recreation (Located in the Friendship Center)

Open Monday - Friday, 8 a.m.-5 p.m. • 717-657-5635

Please contact us for:

***DISCOUNTED SKI TICKETS**

Cash and Charge only, No Checks

***2016 PARK PAVILION RENTALS**

Pavilion rentals for 2016 will be accepted beginning January 19, 2016, at 8 a.m. Stop in or call ext. 103.

***2016 BALL FIELD / COURT RENTALS**

For 2016 reservation request information please call ext. 109.

***2016 SUMMER DAYCAMP INFORMATION**

Registration begins in March, 2016

Call ext. 103 for an informational packet.

Congratulations to the Lower Paxton Township 1st Annual Photo Contest Winners!

MICHAEL BRICKER

MAYA DALEY

NEIL WEISER

PRANEETA BANDI

Thank You to all who participated!

**Winning photos are on display
at the Friendship Center**

ONLINE REGISTRATION

www.friendshipcntr.com

The Friendship Center now offers the convenience of online registration for many of your favorite programs.

If your email address is not in our system, please call the Friendship Center to activate your online account — (717) 657-5635.

SWIM LESSONS



FEEES FOR GROUP SWIM LESSONS: \$55 M / \$82 R / \$85 NR (8 classes)

Registration begins at 6:00 a.m. December 7 (for Members) & December 9 (for Non-Members) at the Friendship Center (717-657-5635) or Online (www.Friendshipcntr.com).

Classes are 40 minutes in length. Levels up to Angel Fish II use the Rec Pool; Levels Blue Fish through Adult use the Lap Pool. Children who are not potty trained are required to wear swim diapers.

WINTER SESSION DATES

Mondays, Jan. 11 - Feb. 29	Thursdays, Jan. 14 - Mar. 3
Tuesdays, Jan. 12 - Mar. 1	Saturdays, Jan. 16 - Mar. 5
Wednesdays, Jan. 13 - Mar. 2	Sundays, Jan. 17 - Mar. 6

Parent/Tot I (Ages 3 & under)

Orientation to water awareness and safety. Parent/child.

Tues., 9:30 a.m. (#18600)
 Tues., 5:00 p.m. (#18607)
 Wed., 9:30 a.m. (#18602)
 Sat., 10:10 a.m. (#18601)
 Sat., 11:00 a.m. (#18603)

Parent/Tot II (Ages 3 & under)

Pre-requisite: Parent/Tot I.
 Water safety and beginning water skill development. Parent/child.

Tues., 10:10 a.m. (#18584)
 Tues., 5:40 p.m. (#18589)
 Wed., 10:10 a.m. (#18588)
 Wed., 6:20 p.m. (#18591)
 Sat., 9:40 a.m. (#18586)

Twos Tots (Age 2)

Pre-requisite: Parent Tot I/II (no exceptions).

Mon., 5:40 p.m. (#18594)
 Tues., 10:50 a.m. (#18596)
 Sat., 11:30 a.m. (#18598)

Tiny Tots (Age 3)

Beginner skill development and water safety.

Mon., 9:30 a.m. (#18610)
 Wed., 10:50 a.m. (#18615)
 Wed., 5:00 p.m. (#18613)
 Thurs., 10:10 a.m. (#18611)
 Sat., 8:10 a.m. (#18612)
 Sat., 10:50 a.m. (#18614)

Angel Fish I (Ages 4 & up, not able to swim)

Beginner skills and water safety.

Mon., 10:10 a.m. (#18619)
 Mon., 5:00 p.m. (#18616)
 Mon., 6:20 p.m. (#18617)
 Tues., 6:20 p.m. (#18618)
 Thurs., 9:30 a.m. (#18620)
 Thurs., 5:00 p.m. (#18622)
 Sat., 8:50 a.m. (#18624)
 Sat., 10:20 a.m. (#18623)
 Sun., 12:10 p.m. (#18621)

Angel Fish II (Ages 4 & up)

Pre-requisite: Angel Fish I
 Floating, freestyle and back stroke.

Mon., 10:50 a.m. (#18625)
 Tues., 7:00 p.m. (#18630)
 Wed., 5:40 p.m. (#18626)
 Thurs., 5:40 p.m. (#18627)
 Sat., 8:20 a.m. (#18631)
 Sat., 9:30 a.m. (#18628)
 Sun., 12:50 p.m. (#18629)

Blue Fish (Ages 4 & up)

Pre-requisites: jump into water, swim 1/2 length on stomach and back.

Develop freestyle, back stroke, rhythmic breathing & treading water.
 Progresses from Rec to Lap pool.
 Mon., 7:00 p.m. (#18632)
 Thurs., 10:50 a.m. (#18634)
 Thurs., 6:20 p.m. (#18633)
 Sat., 9:00 a.m. (#18635)
 Sun., 1:30 p.m. (#18636)

Cat Fish

Pre-requisites: Tread water, swim length of Lap pool on stomach and back, surface dive and retrieve ring. Continue stroke development and learn breast stroke.

Wed., 7:00 p.m. (#18637)
 Sat., 11:40 a.m. (#18638)

Dolphins

Pre-requisites: Cat Fish requirements plus swimming breast stroke for one lap. Further stroke development.

Thurs., 5:30 p.m. (#18639)
 Sun., 2:10 p.m. (#18640)

Eels

Preparation for competitive swimming. Learn butterfly stroke and increase distance.

Thurs., 6:10 p.m. (#18641)
 Sun., 2:10 p.m. (#18642)

Starts and Turns (Ages 8 & up)

Pre-requisite: Dolphins or Eels or on a swim team. Increase competitiveness by improving starts on and off the blocks and perfecting turns for the different strokes.

Sun., 2:50 p.m. (#18643)

Adult Learn to Swim (Ages 16 & up)

Basic skills of swimming.

Thurs., 7:00 p.m. (#18644)

Register Online at:
www.friendshipcntr.com

SWIM LESSONS (CONT.) / AQUATICS

Private Swim (All Ages/Levels) (6-1/2 hour lessons)

Instructors available to provide private swim lessons from learning to swim to competitive level.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$190R/\$200NR/\$140M (#18648)

***Semi-Private (per person):** \$128R/\$133NR/\$98M (#18651)

***Tri-group (per person):** \$121R/\$126NR/\$86M (#18654)

***Group-Private (class of 4):** \$115R/\$120NR/\$75M per person (#18657) (*must register as group)

Note cancellation policy when registering!

Swim and Gym For Homeschoolers (8 weeks)

No instruction, open swimming. Meet new friends. Low cost-great for physical fitness.

Dates: Tues., 11 a.m.-1 p.m., Jan. 12-Mar. 1 (#18788)

Fri., 1-3 p.m., Jan. 15-Mar. 4 (#18789)

Location: Friendship Center, Leisure Pool/Gym #1

Fee: \$32R/\$35NR/Members free

Combo: \$40R/\$50NR - Both pool and gym (2 hours)

PADI Discover Scuba (Ages 12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Dates: Sunday, December 13, 1-3:30 p.m. (#18406)

Sunday, March 13, 1-3:30 p.m. (#18645)

Location: Friendship Center, Lap Pool

Fee: \$18R/\$21NR/\$15M

Masters Swimming

Swimming is great exercise; practicing with a group is fun and motivating. Come when you can. It's your own pace!

Dates: Mon., 6-7 p.m. and Wed., 8-9 p.m., ongoing

Location: Friendship Center, Lap Pool

Fee: Free to Members/\$8 Drop-In

Shallow Water Lifeguard Certification (Ages 15+)

This Red Cross course includes lifeguarding (shallow water only-up to 5 feet), first aid, CPR, and AED certifications that are good for 2 years. Part-time lifeguard shifts at the FC are ideal for active retirees and college students. Bring swimsuit/towel to each class.

Pre-requisites: Tread water for 2 minutes, swim 4 laps, retrieve brick in 5 feet deep water and bring it to edge of pool (can walk it back).

Dates: Fri., 10 a.m.-4 p.m., Jan. 8-29

Location: Friendship Center

Fee: \$210R/\$215NR/\$190M (#18647)



Thank you LPAC for another great year!

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., Jan. 11-Mar. 16

Location: Friendship Center, Lap Pool

Fee: \$80R/\$83NR/Members free! (#18861)

Whole Body Workout w/Roxane (20 classes)

Each class builds on the next using various types of equipment. Tone and build cardio strength. Boot-camp style.

Dates: Tues./Thurs., 6:05-7:05 a.m., Jan. 12-Mar. 17

Location: Friendship Center, Therapy Pool

Fee: \$80R/\$83NR/Members free! (#18863)

Tone That Stomach w/Roxane (10 classes)

Strengthen and flatten all the various stomach muscles; uses varied equipment and shallow water floor exercises.

Dates: Fri., 6:05-7:05 a.m., Jan. 15-Mar. 18

Location: Friendship Center, Therapy Pool

Fee: \$60R/\$63NR/Members free! (#18864)

Aquacise w/Bonnie (20 classes)

Power packed, cardio workout w/little stress on joints.

Dates: Tues./Thurs., 9:30-10:30 a.m., Jan. 12-Mar. 17

Location: Friendship Center, Lap Pool

Fee: \$80R/\$83NR/Members free! (#18862)

Aqua Flow and Balance w/Jo (10 classes)

Stretching and range of motion exercises promoting balance, flexibility, coordination and relaxation.

Dates: Mon., 10:45-11:45 a.m., Jan. 11-Mar. 14 (#18859)

Fri., 10:45-11:45 a.m., Jan. 15-Mar. 18 (#18860)

Location: Friendship Center, Therapy Pool

Fee: \$60R/\$63NR/\$40M

Aquatic Arthritis w/Mary Jo (10 or 20 classes)

Range of motion exercise for flexibility/coordination.

Dates: Tues./Thurs., 10:45-11:45 a.m., Jan. 12-Mar. 17 (#18857)

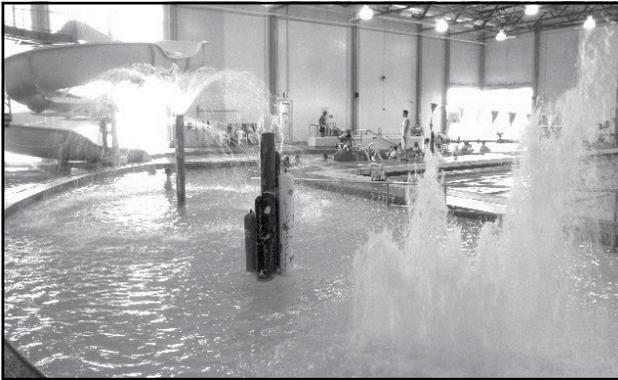
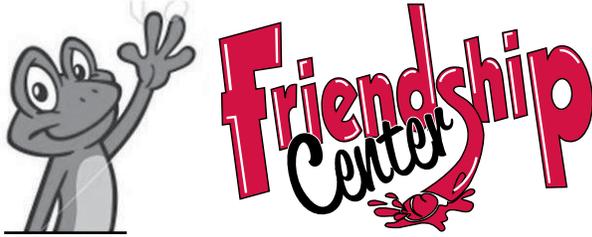
Wed., 10:45-11:45 a.m., Jan. 13-Mar. 16 (#18858) (10 classes)

Location: Friendship Center, Therapy Pool

Fee: \$80R/\$83NR/\$55M (20 classes)

Fee: \$40R/\$43NR/\$28M (10 classes)

RENTALS



Deckside Fun Party Package

2 HOUR POOLSIDE PACKAGE

Deck Side Fun: \$334M/\$360R/\$386NR
(30 person limit)

A LA CARTE RATES / HOUR

Leisure Pool: \$135M/\$160R/\$174NR
Basketball Court: \$68M/\$81R/\$82NR
Multi-Purpose Room: \$52M/\$63R/\$67NR

*Submit your request early!
2 week advance notice required.*

MASSAGE THERAPY

Swedish Massage

1/2 Hour — \$30 Member/\$35 NM
1 hour — \$50 Member/\$60 NM

Deep Tissue/Neuromuscular

1/2 Hour — \$40 Member/\$45 NM
Hour — \$60 Member/\$70 NM

Neck & Shoulder Massage

1/2 Hour — \$35 Member/ \$45 NM



Richard

PERSONAL TRAINING



BENTZ



DAVE

BASIC FEES:

\$44 Member/\$49 Non-Member (per hour)
\$30 Member/\$35 Non-Member (per 1/2 hour)

Buddy Training (2 people w/trainer)

\$34 per Member/\$39 per Non-Member (per hour)
\$24 per Member/\$29 per Non-Member (per 1/2 hour)

"6 pack" Training (purchase 6 at one time)

\$264 Member/\$294 Non-Member (per hour)
\$180 Member/\$210 Non-Member (per 1/2 hour)

Call 657-5635 for more information.

BENTZ — DAVE

Certified fitness professionals for personal training

The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

Date: By appointment at Friendship Center

Fee: Friendship Center Training Fees

REFER A FRIEND

BRING FAMILY & FRIENDS TO YOUR HOME AWAY FROM HOME ... THE FRIENDSHIP CENTER!

If you refer a new member, you will receive a \$25 gift certificate towards programs or membership three months after the new membership starts.

**Must present coupon/member when joining.
See Service Desk for additional information.**

ANNUAL MEMBERSHIP ONLY. NOT REDEEMABLE FOR CASH.

FINANCIAL ASSISTANCE

The Friendship Center financial assistance program has provided many opportunities for the community with programming and membership. Donations are needed to continue to offer assistance to those in need. Contact 657-5635 for more information.

WELLNESS

ARE YOU LOOKING TO GET THE MOST OUT OF YOUR FRIENDSHIP CENTER MEMBERSHIP?

- Our wellness coaches and personal trainers are available to help!
- Our Get Fit Weight Loss Challenge for members begins January 12!
- Drop in to a Friendship FREE fitness class by picking up a pass at the service desk.



Wellness Coach Training w/Staff

Come get started on fitness goals. All ages can benefit from our personalized services. Here is a sampling: fitness, general nutrition, time management, varying your exercise regimen and fitness motivation. (#18847)

Fee: \$42M/\$47NM (per hour)
\$29M/\$34NM (per 1/2 hour)

Free Injury/Balance Assessments

Are you struggling with pain and/or a nagging injury? Poor balance? You may benefit from a clinical assessment at Drayer Physical Therapy Institute's Colonial Park office. No appointment is necessary. Screening by a Physical Therapist who can let you know your options, which may include self-management techniques, physical therapy, or possibly further medical care. Call 540-1189.

Metabolism Matters

Metabolism is the total number of calories burned each day and can be influenced by factors such as age, gender, body weight, hormones, and medications. Drayer Physical Therapy Institute offers metabolic testing to determine an individual's unique caloric budget. A personalized report and referral for nutritional counseling may be provided.

Date: By arrangement; participants will be contacted

Location: Drayer Physical Therapy Institute

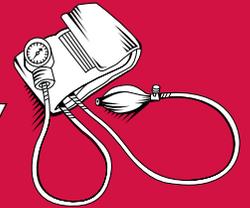
Fee: \$46R/\$49NR/\$42M (#18849)

Employee Spotlight!



Wellness coaches Greg Evans and Annmarie Schwartz are here to help you in your health and fitness journey!

SPECIAL! EVERY TUESDAY & THURSDAY



All are welcome to receive **FREE** body fat testing, weigh-ins and blood pressure screening at the Friendship Center
Tuesdays, 10 a.m.-12 p.m. / Thursdays, 4-6 p.m.

FC Members of the Month



Robin Brightbill



Edward Wierzbicki

Pro-Optix

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Dr. David J. Bryden
Optometrist

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Total Body Workout or * Chair Yoga For Older Active Adults/Silver and Fit™

Silver and Fit is a total-body workout program for active individuals combining aerobic, flexibility, and strength training in a positive energizing environment. Exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. The yoga class provides all the benefits of traditional yoga while standing or sitting in a chair. Please bring a yoga mat. (45-50 minutes)

Dates: Tues., 8 a.m., Jan. 12-Mar. 15 Strength (B) (#18753)

*Tues., 11:15 a.m., Jan. 12-Mar. 15 Yoga (Be) (#18754)

*Tues., 12:30 p.m., Jan. 12-Mar. 15 Yoga (Be) (#18758)

Thurs., 8 a.m., Jan. 14-Mar. 17 Strength (B) (#18755)

Thurs., 11:15 a.m., Jan. 14-Mar. 17 Strength (J) (#18756)

*Thurs., 12:15 p.m., Jan. 14-Mar. 17 Yoga (Be) (#18759)

Fri., 10:15 a.m., Jan. 15-Mar. 18 Strength (J) (#18757)

*Fri., 11:15 a.m., Jan. 15-Mar. 18 Yoga (Be) (#18760)

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/\$40M (10 classes)

Silver and Fit/Silver Sneakers/Forever Fit members free, must pre-register.

Instructor code: (B) Barb, (Be) Becky, (J) Julie

Active Adult Track Walking (60+) \$3 per visit

Enjoy the indoor setting in our gymnasium with track walking on your own and at your pace.

Dates: Every Tuesday and Thursday, 7 a.m.-10 a.m.

Check-in at service desk.

**If you are a health insurance member,
please visit us and utilize
your membership.**

REMEMBER TO SCAN YOUR CARD!

FRIENDSHIP SENIOR CENTER

A. Senior Center/East Annex (657-1547)

Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, and leisure activities (Desk hours 7:30 a.m.-1 p.m.)

B. Senior Eligibility

The Senior Center is open to seniors 60 years and older at \$10 per year. Seniors do not need to be members of the Friendship Center or residents to participate.

Scheduled Weekly Activities

MONDAY 8:00-9:00 a.m. - Light Aerobics
8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class)
10:00-11:00 a.m. - Tai Chi
1:30-2:30 p.m. - Line Dancing (\$3)

TUESDAY 8:00-9:00 a.m. - PEPPi/HSIM
8:30-9:30 a.m. - Free Blood Pressure (1st Tues.)
8:40 a.m. - Aquacise (\$3/class)
9:00-11:00 a.m. - Group Knitting & Crocheting
12:30 p.m. - Cash Bingo
1:00-2:00 p.m. - Lap Swimming/Walking (\$3)

WEDNESDAY 8:00-9:00 a.m. - Light Aerobics
8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class)
9:00 a.m.-12:00 p.m. - Casual Art Class w/Marty
10:00-11:00 a.m. - Spanish Class
12:00 p.m. - Mah Jongg
1:00-2:00 p.m. - Tai Chi

THURSDAY 8:00-9:00 a.m. - PEPPi/HSIM
8:40 a.m. - Aquacise (\$3/class)
10:00 a.m. - Scrabble
10:00-11:00 a.m. - German Class
10:30-11:30 a.m. - Italian Class
12:30 p.m. - Group Sewing & Crafting
1:00-2:00 p.m. - Lap Swimming/Walking (\$3)
1:30-2:30 p.m. - Line Dancing (\$3)

FRIDAY 8:00-9:00 a.m. - Light Aerobics
8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class)
9:30 a.m. - Bridge Class w/ Mr. Henning
12:30 p.m. - Group Knitting and Crocheting

Card Playing Daily: 8:00 a.m. - 3:00 p.m.

Bridge and Chess Groups, day/time varies, ask at desk.

Computer lessons available by appointment, ask at desk.

SENIOR VAN SERVICE

**Please Call 657-5650
CAT Share A Ride: 232-6100**

Lower Paxton Township Senior Citizens (60 & older) Van Service for medical appointments, shopping and other necessary transportation. Available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.

PROGRAM REGISTRATION AND PROCEDURES

4 WAYS TO REGISTER . . .

- **BY MAIL** — Complete the registration form below and mail with payment to the L.P. Parks and Recreation, 5000 Commons Drive, Harrisburg PA, 17112. Please include a self-addressed, stamped envelope if you want confirmation of your registration. Note: Mail-in registrations are not processed until 5 p.m. on the specified day of registration unless participant phones in on the day registration begins to activate registration earlier.
 - **BY PHONE** — Call with your Visa or Master Card (\$10 minimum) during operating hours at **657-5635**.
 - **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.
 - **NEW! ONLINE** — go to www.friendshipcntr.com to view and register for many of our programs.
1. **Friendship Center members** may register for all programs offered at the Friendship Center beginning Monday, December 7, at 6:00 a.m.
 2. Registration for **Aquatics** programs begins Wednesday, December 9, at 6:00 a.m.
Registration for **all other programs and classes** begins Friday, December 11, at 6:00 a.m.
 3. No programming discounts will be available.
 4. A 10% service charge will be deducted from all approved refunds. A prorated refund will be issued for any requests after the first class date from the date the office is notified. Refunds for one-day activities are not possible after the event. Refunds take about 3 weeks for processing and are mailed to the original payer.
 5. The Friendship Center and the Parks and Recreation Department reserve the right to cancel activities. Full refunds are given for any canceled programs.
 6. Fee Structure: R=Resident, NR=Non Resident, M=Friendship Center Member.
 7. Registration for a multi-session class is closed after the second meeting of the class.

MAIL-IN REGISTRATION FORM

Activity Name _____ Code _____
Date(s) _____ Fee: RE _____ NR _____ M _____
Name(s) _____
Address _____
City _____ Zip _____
Home Phone _____ Work _____
Township Resident? Yes/No Male/Female _____
Friendship Center member? Yes/No
Parent's Name _____ Child's Birth date _____ (if applicable)

Make checks payable to:
Lower Paxton Township Parks and Recreation
5000 Commons Drive, Harrisburg, PA 17112

ONE ACTIVITY PER FORM PLEASE
Forms are processed at the end of the business day
received, but not before registration date.

MAIL-IN REGISTRATION GUIDELINES

The Lower Paxton Township Parks and Recreation Department encourages registration by walk-in, mail-in, or by phoning 657-5635 (with Visa, Master Card).

Please note:

ALL MAIL-IN REGISTRATIONS are not processed until 5 p.m. on the specified day of registration.

FC Members (All FC Programs) Monday, December 7

Aquatics Programs Wednesday, December 9

All Other Programs Friday, December 11

This mail-in registration does not guarantee a place in the program. Registrations are processed on a first-come, first-served basis.

SAVE THIS SCHEDULE FOR FUTURE REFERENCE!

Friendship Center Members' FREE Classes



2016 WINTER SESSION SCHEDULE

— EFFECTIVE JANUARY 10, 2016 —

(Non-Members Walk-in only \$8 per class) Fitness / *Aquatic

Sundays

12:00 pm Yoga

Mondays

8:30 am Senior Spin

10:30 am Zumba

4:30 pm Low Impact

6:00 pm 50+ Fitness

6:00 pm *Masters Swimming

6:00 pm Combo

7:00 pm Spin Bootcamp

7:00 pm *Aquacise for Fun

7:00 pm Abs, Back & Legs

Tuesdays

5:45 am Spin

6:05 am *Whole Body Wkout

9:00 am Yoga Dance

9:30 am *Aquacise

10:00 am Beginner Yoga

4:30 pm Spin

5:15 pm Metabolic Express

5:30 pm Yoga

6:00 pm Step & Muscle Cond.

6:15 pm Spin

7:00 pm Fit Mix

Wednesdays

8:30 am Senior Spin

10:30 am Zumba

11:30 am Zumba Gold

1:00 pm Gentle Yoga

4:30 pm Low Impact

6:00 pm Combo

6:30 pm HIIT / Abs

7:00 pm *Aquacise for Fun

7:00 pm Spin

8:00 pm *Masters Swimming

Thursdays

5:45 am Spin

6:05 am *Whole Body Wkout

9:00 am Yoga

9:30 am *Aquacise

10:00 am Zumba

4:30 pm Spin

5:15 pm Metabolic Express

5:30 pm Beginner Yoga

6:00 pm R.I.P.P.E.D.

6:15 pm Spin

6:30 pm Zumba

7:00 pm Fitness Mix

Fridays

6:05 am *Tone that Stomach

8:30 am Senior Spin

9:00 am Zumba

Saturdays

8:00 am Sat. Morning Chisel

10:30 am Zumba

**** Class schedule subject to change at management's discretion**

BABYSITTING AVAILABLE - FREE FOR MEMBERS!

Non-Member — \$4 per child per hour

Babysitting Hours: Mon.-Fri., 9 a.m.-12 noon • Mon.-Fri., 4:30-8 p.m. • Sat., 9 a.m.-noon — For more info call 657-5635

www.friendshipcntr.com

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