

Youth Programs

NEW!! Youth Musicians Class

(Instructor: Alice Charland)

This music class is designed for children ages 6 and under. They are provided opportunities to play instruments, dance, play music games, move and of course- sing! Experiencing the beat, vocal exploration, and exposure to solfeggio syllables are some of the musical objectives children have fun learning. Mrs. Charland holds a BS in Music Education from Penn State University and has taught general music, middle school chorus, and private piano for the past 10 + years. There are 15 spaces available for this 45 min class- join today!

Fridays:

Ages: 6 - under

Dates: Session 1: September 9 – October 21 (No class October 7)

Dates: Session 2: October 28 – December 9 (No class November 25)

Times: 9:30 – 10:15 AM

Location: Cabin in Siebert Park

Cost: Residents \$55.00 / Non-Residents \$60.00

Kids Creative Art Classes

(Instructor: Alison Juliana)

An opportunity for young art enthusiasts who are looking to enhance their artist skills. This class will outline various drawing and painting techniques as well as experimentation with a wide variety of art materials. Original art work will be created each week to take home upon completion. All supplies are included in the cost of the program. Please wear clothing that is appropriate to get a little messy!

Tuesday:

Grades: 3 - 6

Dates: September 13 – October 4

Times: 6:30 – 7:30 PM

Location: Cabin in Siebert Park

Cost: Res. \$82 / Non. Res. \$88

Acting Up for 3rd – 5th Graders

(Instructor: Joan Benson)

Acting Up is a fun-filled class with lots of costumes, props, music. We will be acting out skits, little plays and musical numbers. This is a high-energy, creative class which will teach the basics of theatre. The last class will be a show for parents, relatives and friends. A snack and drink will be provided each week. Any questions feel free to call Joan Benson at 903-3650.

Wednesday:

Grades: 1 - 3

Dates: September 14 – November 9 (No class 10/19)

Times: 3:15 – 4:30PM

Location: Camp Hill Borough Building

Cost: Res. \$110 / Non. Res. \$120

Youth Basketball Program

(Boys and Girls Grades 3rd - 6th)

Camp Hill Recreation will be having a basketball program for 3rd through 6th grade students. There will be information coming to all students through the school in the beginning of the school year. Please drop off registration to the Camp Hill Recreation office at 2145 Walnut Street.

2nd – 4th Grade Boys and Girls Basketball Clinics

(Coordinator: Alison Goodwin)

Camp Hill Recreation will be offering a 2nd – 4th Grade Clinic to all who are interested. This is an instructional clinic. Please go to our website and look under Recreation and click on dark green button to register.

Sunday:

Dates: September 18 – October 30, No clinic October 9th

Time: 5– 6 PM (Both Boys and Girls)

Location: Eisenhower Elementary School

Cost: \$35.00 per child

Adult Classes

Fall Vinyasa Flow Yoga Series

(Instructor: Melissa Jo Knepper)

Join Melissa Jo Knepper, RYT200, beginning on Thursday, September 15, for yoga classes crafted to invigorate the body, inspire the mind and assist your spirit in finding peace and tranquility. Classes will vary each week but will be focused on connecting your breath to movement, gentle warm up asanas(postures), invigorating flow, long holds, inversions, balance work, and relaxation. This yoga class is suitable for beginners and current students looking for an outlet to remove the stress from their lives and come into balance while still getting a invigorating workout. Melissa Jo Knepper took her first yoga class in 1995 and realized that by practicing yoga she would gain the knowledge to change her life. Melissa has been teaching Vinyasa yoga since August of 2013 and became Registered Yoga Alliance Instructor at the RYT200 level. Make plans to join Melissa on Thursdays to experience the journey of yoga...come relax and renew! Please *bring a yoga mat, block, strap, blanket, bottle of water (if you have these available) and wear comfortable clothes.*

Thursdays:

Dates: Fall Session 2015 – Thursday, September 8 – Thursday, December 15 (12 classes)

No Class - October 13, October 20, and November 24

**Due to the possibility of snow or ice classes may be rescheduled at the discretion of the instructor for the safety of the students.*

Time: 6 – 7 PM

Location: Cabin in Siebert Park

Cost per 12 Class session: \$88 resident / \$98 non-resident

Drop In: \$10.00 per class

Deadline to Register: September 2, Min. per class 5/Max. per class 20

Beginners Gentle Yoga

(Instructor: Darren Shartle)

Join Darren, RYT 200 yoga instructor, for a beginner / gentle yoga class on Tuesday mornings this fall. She has been teaching yoga for over a year since completing the teacher training program at OM MY YOGA in Camp Hill.

Darren is also a personal trainer and health coach who is is passionate about helping people of all ages improve their health naturally. She enjoys incorporating all elements of her wellness training and education background into yoga classes. This class is excellent for beginners as well as anyone who enjoys a gentle practice.

Classes include carefully orchestrated movements, and well-measured stretches, including range of motion and balance postures.

Darren's yoga classes are designed to meet yoga students "where they are". She provides a compassionate, non-competitive environment that is welcoming to all. Students are encouraged to wear comfortable clothing, and bring a mat and a blanket or bolster.

Tuesdays:

Dates: September 13 – October 18

Time: 10:30-11:30 am

Location: Cabin

Cost per session: \$40 resident / \$45 non-resident

Drop In: \$9.00 per class

Min. 6/Max. 20

Afternoon Pilates (Mat & Barre)

(Instructor: Lynette Pertschi)

The Pilates Method is an approach in mind and body integration that was created by Joseph Pilates in the 1920s. The fundamental principles focus on balance, concentration, control, centered awareness, fluid movements, and breathe. Pilates enhances core strength that increases flexibility, coordination and spatial awareness. Pilates engages the whole person, not just the muscles. For everybody from an athlete to a mother, Pilates will develop and enhance stamina, posture, alignment and core strength for elite performance to everyday activities. Pilates focuses on the core muscles first, specifically stomach, butt and back, in a sense, working the muscles from the inside out. This achieves and maintains a balanced aligned body. Just a few benefits from Pilates are: Balance, Posture, Flexibility, Range of Motion, Longer and Leaner Muscles.

Tuesdays and Thursdays:

Dates: September 6 – December 22

Times: 3:30 – 4:20 pm

Location: Camp Hill Community Room

Pay as go: \$10.00

Jacki's Aerobic Dance

This class provides a one hour fun class of well choreographed routines to upbeat music. This dance workout class includes a warm up, abdominal work and vertiform for the hips and thighs. Hand held weights (max. 6 pounds per hand) and ankle weights (2 ½ pounds per leg) are optional. All routines, including the booster, six aerobic dances and cool down can be geared to anyone's fitness level.

Tuesday:

Session: Sept 6 - Dec. 6 (14 Classes)

Time: 6:00 PM to 7:00 PM

Location: Hoover Elementary Multi-Purpose Room

Cost: Res. \$77 / Non-Res. \$83

Drop in rate: \$9 per class

Jacki Sorensen's Strong Step(TM)

(Instructor: Sandy Cronin)

Jacki Sorensen's Strong Step(TM) is a low-impact, high energy, maximally effective fitness class that's fun and easy! Using a STEP to increase lower body resistance, the subtly choreographed routines have an athletic style that appeals to anyone interested in getting a head-to-toe workout. In your Get-It-All-Together class you'll stretch, squat, press, crunch and "aerobic condition" yourself into a total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock 'n Roll, Country, Hip Hop and more! Come and experience the effectiveness and excitement of our regular roll-out of new routines to keep you challenged and motivated. Grab your water bottle, and put on your athletic shoes!

Thursday:

Session: Sept 8 - Dec. 15 (No class 11/24)

Time: 5 - 6 PM

Location: Community Room

Cost: Res. \$77 / Non-Res. \$83

Drop in rate: \$9 a class.

Co-Ed Volleyball

(Coordinator: Richard Sandusky)

Come and join in on the fun and exercise of recreational volleyball. Teams are picked each night to mix and match talent and encourage socialization. This program is open to adults over 18 yrs, old. We must have a minimum number of paid in full players to have the program available for drop in players.

Wednesday:

Dates: September 14– November 16, 11/30, 12/7, 12/14-12/31

Time: 8-10 PM

Location: Camp Hill High School Gym

Cost: Residents \$36 / Non-Residents \$48

Drop in: Res.\$3 / Non-Res. \$4

Zumba Gold®

Pay as you go!

(Instructor: Jenn Dusart)

This has been such a hit this summer we will be continuing it this fall! These are pay as you go classes. Zumba Gold® uses Latin and international rhythms such as salsa, merengue, cumbia, and many more to create a fun fitness program for the active older adult population or the true beginner (deconditioned participant). It addresses the anatomical, physiological and psychological needs specific to these populations.

Tuesday and Thursdays:

Dates: August 30 – December 15th, No Class 11/8 or 11/24

Times: 10 -11 AM

Location: Camp Hill Community Room

Pay as go: \$5.00

55 Alive, Mature Driving

55 Alive teaches preventive measures to use when driving that can help save lives. Produced by the American Associated of Retires Persons (AARP) and conducted throughout the country in two half-day sessions. The total of eight hours of instruction helps refine existing skills and develop safe, defensive driving techniques. The curriculum also is designed to remind you of skills and techniques you once learned but perhaps fail to use regularly, and update you on the rules of the road. This class is offered to motorists age 50 and older. There are no driving tests or written tests given. If you do complete this class you will receive a certificate which you can give to your insurance company and receive 5% off your insurance rates.

Dates: October 6, 2016

Time: 12:30-4:30 PM, Please arrive 15 minutes early for registration.

What to Bring: Drivers License and AARP Membership Card

Location: Prosser Hall at the Camp Hill Borough Building

Cost: \$15.00 for AARP Members / \$20.00 for Non-members. **Make checks payable to AARP**