

ADULT CLASSES

Jacki's Aerobic Dance

(Instructor: Sandy Cronin)

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.

Tuesdays/Thursdays:

Dates: March 27 – May 31 (20 Classes)

Times: 6 PM to 7 PM

Location: Hoover Elementary Multi-Purpose Room

Cost: Residents \$132/Non-Residents \$140

(Drop in - \$9)

Healthy Cooking with Essential Oils

This class will be focusing on recipes and super simple "busy life" tips and tricks to carry health and wellness throughout weeknights. This class is FREE and open to the public, be sure to reserve your seat today, as the class is limited to 15. Call the Recreation Office: 737-4548.

Thursday:

Date: March 15

Time: 6:30-7:30 pm

Location: Community Room

AARP DRIVER SAFETY PROGRAM

AARP has been involved in driver education since 1969 beginning with its volunteers teaching the Defensive Driving Course of the National Safety Council. The course is designed for persons age 50 or older, but any licensed driver may attend. A Participant Guidebook features reader friendly print, full color pages, an easy to follow format and supplemental course videos. Additional, trained volunteer instructors provide state-specific information for location where class is held. At course end each participant is given a Certificate of Completion. It is up to the participant's automobile insurance company to determine if a discount on premiums is warranted. The Initial Course is 8 hours on two days, and the refresher course is one 4 hour session on a single day. To maintain an insurance premium discount, the course must be repeated within 3 years.

Please arrive 15 minutes before class start to complete registration, pay fee and receive class materials. **What to bring:** Driver's License, current AARP Card if member. (Permissible to bring beverage or snack as there are no vending machines on premises.)

Date for Refresher Course: March 5, 2018

Times for Refresher Course: 8:30 – 12:30 pm

Location: Prosser Hall at the Camp Hill Borough Building

Cost: AARP Member with valid AARP Card \$15, Non Member \$20. Make Check payable to AARP

Zumba Gold®

(Instructor: Jenn Dusart)

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.

Tuesdays and Thursdays:

Dates: February 13 – May 31, No class 5/15

Times: 10-11 am

Location: Camp Hill Community Room

Pay as go: \$5.00

YOUTH/TEEN PROGRAMS

STEM CLUB WITH SYLVAN-ROBOTICS

Students in grades 1-3 & 4-6 are invited to design, build, and program robots using LEGO's WeDo software! Builds will range from fun and fast to the complex and fascinating. Bring a snack and drink.

Wednesdays: 2/7-3/28

Grades: 1-3 and 4 - 6

Times: 3:30 – 5 PM

Location: Community Room

Cost: Res. \$99/ Non. Res. \$109

STEM CLUB WITH SYLVAN-SCIENCE

Work with everyday materials to interact with basic physics concepts like energy, aerodynamics, impact, etc... We will make parachutes for eggs (and hope they survive!), use the scientific process to build the longest traveling paper airplane, build straw bridges, and more!

Wednesdays: 3/7 – 3/28

Grades: 1-3 and 4 - 6

Times: 3:30 – 5 PM

Location: Community Room

Cost: Res. \$99/ Non. Res. \$109

STEM CLUB WITH SYLVAN - CODING

Become familiar with using coding blocks to create your own worlds, storyboards, and video games! Grade 1-3 will be using iPads that are provided. Grades 4-6 should bring their own laptop with wireless internet capability and the ability to run the Google Chrome browser. A limited number of laptops are available to borrow on a first-come, first-serve basis.

Wednesdays: 4/4 – 4/25

Grades: 1-3 and 4 - 6

Times: 3:30 – 5 PM

Location: Community Room

Cost: Res. \$99/ Non. Res. \$109