

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: April 2 – June 6 (20 Classes)

Times: 6 PM to 7 PM

Location: Hoover Elementary Multi-Purpose Room

Cost: Residents \$154/Non-Residents \$164

(Drop in - \$9)

BeFit Body & Mind Yoga

Instructor: Sabrina Kish

Individualized yoga taught in a group setting - aka Mysore style classes.

Learn how to individualize a yoga practice to your needs and desires. In this process you learn your yoga practice and can practice it anytime anywhere, even developing a home practice. This is very EMPOWERING :)

Tuesdays: April 16 – June 4

Time: 6 – 8 pm

Location: Cabin

Cost: Res. \$44 / Non. Res. \$48

Drop in: \$10 per class

BeFit Body & Mind Yoga w/ Beginner Option

Instructor: Chelsea Parcels

Thursdays: April 25 – May 30

Time: 6-7:00 pm

Location: Cabin

Cost: Res. \$33 / Non. Res. \$36

Drop in: \$10 per class

Chair Yoga

Instructor: Chelsea Parcels

Saturdays: February 23 & March 30

Time: 9:30-10:30 am

Location: Cabin

Cost per class: Res. \$10 / Non. Res. \$15

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 14

Time: 6:30-7:30 pm

Location: Community Room

AARP DRIVER SAFETY PROGRAM

This course is designed for persons 55+, but any licensed driver can take the course. Reach out to your insurance company to determine eligibility for 5% discount on insurance for taking this course.

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 4, 2019

Times for Refresher Course: 8:30 – 12:30 pm, please arrive 15 minutes before class start to complete registration, pay fee and receive class materials.

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 12 – May 30, No class 5/21

Times: 10-11 am

Location: Camp Hill Community Room

Pay as go: \$5.00

Open Water Scuba:

Harrisburg West Shore Scuba: Ron Willis

Explore the underwater world by enrolling in a PADI Open Water Scuba Course. This course is for those who wish to pursue Scuba Certification. Certification courses are taught by PADI instructors from Harrisburg's West Shore Scuba Center. Participant must be in good health and able to swim 200 yards. Students must supply your own mask, fins, snorkel and booties. This is considered personal gear and can be purchased at the scuba shop. For more details please go to our website or call the West Shore Scuba Shop at 717-836-7699.

Dates: July 27 – 28

Ages: 10 and up

Times: 10 am – 3 pm

Location: Camp Hill Borough Pool

Cost: Residents \$207 / Non-Residents \$218 (E Learning costs are not included)

YOUTH/TEEN PROGRAMS

Kids Yoga with Peaceful Poses Kids Yoga

(Instructor: Ann Fields)

Yoga classes designed just for children ages 3-7! We will be exploring themes such as Snowball Yoga, Love Yoga and hopefully some Garden Yoga! All classes explore simple yoga poses, improve balance and flexibility, enhance creativity and promote love and kindness. A positive environment cultivating compassion, respect and mindfulness. Peaceful Poses Kids Yoga provides yoga mats for children or they may bring their own. A liability waiver signature is required and distributed at the first class. Parents are asked to stay during classes. You are welcome to visit our website at www.peacefulposeskidsyoga.com or email Ann at info@peacefulposeskidsyoga.com

Mondays: Feb. 11, March 4, March 11 & March 25

Ages: 3-7

Times: 12:30 – 1:15 PM

Location: Community Room

Cost: \$10.00 per class, cash only

Tennis Lessons for Ages 6 – 8 & 9 - 14

(Instructor Greg Herb)

This program will assist you in learning how to play or will assist you in enhancing the skills you already have. Participants are asked to bring their own racquet.

Mondays/Wednesdays: June 17th – July 3rd

Time: 8:30 - 9:15 am, ages 6 – 8 (beginners); 10-11 am, ages 9 – 14 (beginners & intermediate)

Location: Siebert Park Tennis Courts

Cost: Res. \$60 / Non. Res. \$70

(Minimum 5 / Maximum 20 participants)

Registration is due one week before session.

