

WINTER PROGRAMMING 2018

Photography Classes for Adults and Children NEW!

(Instructor: Michael Yatsko)

Michael started taking photographs at very young age. Some of his best memories as a child involve picking up a roll of film that was recently developed at the local Kmart. Over the years he has continued to pursue photography both on film and now digitally. He specializes in pet photography but in his free time he enjoy landscape, nature, wildlife, and macro photography. Michael is a former public school educator and would love to share his knowledge and passion for photography with you.

Michael will be offering photography classes to Ages 8 – 12 and one for Adults of all ages. For the children classes any camera or cell phone will do. For the Adult class this class is geared toward DSLR camera. Do you have a camera and aren't sure how to use it? Then this is the right class for you. Each class will begin with an exploration of a new topic followed 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 Michael will go over the history of photography and cameras, the science behind how a DSLR camera works, how the masters of photography from the past and present can influence your photography, lenses and how different ones produce different results, the exposure triangle - aperture, shutter speed and ISO and much more. If you have questions about the class, feel free to call Michael 717-979-5593.

Children's classes ages 8 - 12:

Mondays:

Dates: February 26 – April 2nd

Class Times: 6-7:30 pm

Cost: Res. \$132 / Non. Res. \$142

Location: Community Room

Adult classes all ages:

Wednesday:

Dates: February 28 – April 4th

Class Times: 6-7:30 pm

Cost: Res. \$132 / Non. Res. \$142

Location: Community Room

Zumba Gold®

(Instructor: Jenn Dusart)

This has been such a hit we will be continuing this class with the help of 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 & Thursdays:

Dates: January 9 – March 23

Times: 10-11 am

Location: Camp Hill Community Room

Pay as go: \$5.00

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 vertifirm 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 & Thursday:

Session: January 2 – March 22 (24 classes)

Time: 6 - 7 PM

Location: Hoover Elementary Multi-Purpose Room

Cost: Res. \$132 / Non-Res. \$140

Drop in rate: \$9 per class

New Year's Toxin-Free Living Class

"New Year's Resolution" to reduce toxins and teach them step by step how to do that (like a calendar style) along with some great recipes! 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: January 11

Time: 6:30-7:30 pm

Location: Community Room

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. In 1979 AARP developed a program called "55 ALIVE" to help keep older drivers independent, safe, healthy and confident while on the road. The program continues to evolve with 6 revisions, the latest in 2014, known since as the AARP Smart Driver Course. The course is available in all 50 states, the District of Columbia and US territories. 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

Date for Initial Course: March 6-7, 2017

Times Initial Course: 12:30-4:30 pm both days

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

YOUTH PROGRAMS

Martial Arts Classes for Tiger Cubs

Our early years Martial Arts Program specifically designed for children 4 and 5 years of ages. Children within this age group benefit from our Tiger Rock Martial Arts curriculum which develops both sides of the body with symmetrical movements. When learning takes place in this balanced manner, both hemispheres of the brain are encouraged to develop simultaneously. Our Cubs learn to focus their attention, increase their confidence, and improve their coordination. They also have lots of fun!

Tuesdays:

Ages: 4 - 6

Dates: January 16 – February 20

Times: 5:30-5:55 PM

Location: Tiger Rock Martial Arts of Central PA, 3300 Hartzdale Drive., Suite 111

Cost: Res. \$55/ Non. Res. \$65

Martial Arts Classes for Junior Tigers

This program offers lessons in developing self-esteem, self-control, improve coordination and flexibility, self-defense, and inner strength. These values are all taught in a safe environment with emphasis on character development.

Tuesdays:

Ages: 6 - 11

Dates: January 16 – February 20

Times: 6:00-6:50 PM

Location: Tiger Rock Martial Arts of Central PA, 3300 Hartzdale Drive., Suite 111

Cost: Res. \$89/ Non. Res. \$99

Taekwondo Classes

This program will add an exciting new facet to your life. This is open to anyone interested in trying a new activity. We work on improved flexibility, coordination, endurance, focus, and confidence. We also work on self-defense skills. Martial Arts is a fun way to exercise and develop your strength while learning to protect yourself. **Mondays:**

Ages: 6 - up

Dates: January 15 – February 19

Times: 1 – 1:50 PM

Location: Tiger Rock Martial Arts of Central PA, 3300 Hartzdale Drive., Suite 111

Cost: Res. \$89/ Non. Res. \$99

STEM CLUB WITH SYLVAN-CODING/GAME DESIGN

Students in grades 1-8 will explore the world of coding, specifically as it pertains to game design. Future coders will become familiar with using coding blocks to create their own worlds, storyboards, and video games! Participants need to 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. Bring a snack and drink.

Wednesdays:

Grades: 1-2 and 3 - 8

Dates: December 6 – December 20

Times: 3:30 – 5 PM

Location: Community Room

Cost: Res. \$75/ Non. Res. \$85

STEM CLUB WITH SYLVAN-ENGINEERING

Students in grades 1-3 & 4-6 will take an in-depth look at engineering and the workings behind it. You will learn simple machines first, then apply that base knowledge to design more complex machines! Everyone will get fun, hands-on experience using LEGO[®]. Bring a snack and drink.

Wednesdays:

Grades: 1-3 and 4 - 6

Dates: January 10 - 31

Times: 3:30 – 5 PM

Location: Community Room

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

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:

Grades: 1-3 and 4 - 6

Dates: February 7 - 28

Times: 3:30 – 5 PM

Location: Community Room

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

Acting Up for 3rd – 5th Graders

(Instructor: Joan Benson)

A ten session, high energy, tons of fun theater class with lots of costumes, props and music. Classes include hilarious skits, theater games and musical numbers. The final class is a big show where each student is a star and families are invited. Individual talents will be highlighted. A snack and drink will be provided each week. Any questions feel free to call Joan Benson at 903-3650.

Thursdays:

Grades: 3 - 5

Dates: February 1 – April 19 (10 sessions)

Times: 3:10 – 4:50 PM

Location: Camp Hill Borough Building

Cost: Res. \$143 / Non. Res. \$154

Kids 3D Art

(Instructor: Alison Juliana)

Design, create and build works of art in a 3-Dimensional space. Learn different techniques with a wide variety of art materials and objects. Explore the use of different forms, structures and surface. Original art work will be created 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!

Mondays:

Grades: 3 - 6

Dates: January 15 – February 5

Times: 6 – 7 PM

Location: Community Room

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