

## WINTER PROGRAMMING

REGISTER ON OUR WEBSITE!

### ADULT CLASSES

#### 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:** January 8 – March 28

**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:** January 8 – March 28 (24 classes)

**Time:** 6 - 7 PM

**Location:** Hoover Elementary Multi-Purpose Room

**Cost:** Res. \$154 / Non-Res. \$164

**Drop in rate:** \$9 per class

#### BeFit Body & Mind Yoga

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 :)

Mysore style classes are the ideal way for beginners to learn but we also offer a beginner class where the entire class will learn together.

The teachers at BeFit Yoga follow a much gentler and individualized framework that loosely follows the ashtanga yoga system where appropriate. And where necessary will build individualized therapeutic practices, or specific practices for how you want to use your yoga.

**Instructor:** Sabrina Kish

**Tuesdays:** January 8 – March 26

**Time:** 6 – 8 pm

**Instructor:** Chelsea Parcels

**Thursdays:** January 3 – March 28, No Class Feb. 14

**Time:** 4:30-6 pm

**Location:** Cabin

**Cost:** Res. \$66 / Non. Res. \$72

**Drop in:** \$10 per class

#### BeFit Body & Mind Beginner Yoga

**Instructor:** Chelsea Parcels

In this class feel how breathing calms your nervous system, learn to move in rhythm with your breath, and learn some of the foundational yoga poses in beginning your yoga journey.

**Thursdays:** January 3 – March 28, No Class Feb. 14

**Time:** 4:30-6pm

**Location:** Cabin

**Cost:** Res. \$66 / Non. Res. \$72

**Drop in:** \$10 per class

### **Led Primary Series of Ashtanga Yoga**

**Instructor:** Sabrina Kish

Students are cued through the Primary Series of Ashtanga yoga learning the breathing/moving synchronicity and how to get in and out of the poses staying with your breath. Modifications can be given where necessary. The class is appropriate for anyone who has learned primary series mysore style or who has a consistent practice. Primary series is known as Yoga Chikitsa, which means yoga therapy — it is specifically designed to help our bodies detox and relax.

**Sundays:**

**Dates:** January 6 – March 31, No class Jan. 13

**Time:** 5-6pm

**Location:** Cabin

**Cost:** Res. \$60.50 / Non. Res. \$66.50

**Drop in:** \$10 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 17

**Time:** 6:30-7:30 pm

**Location:** Community Room

### **AARP DRIVER SAFETY PROGRAM**

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:** March 4

**Times:** 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

### **YOUTH PROGRAMS**

#### **Kids Yoga with Peaceful Poses Kids Yoga**

(Instructor: Ann Fields)

Ann Fields, founder of Peaceful Poses Kids Yoga, has her RYT-200 (registered yoga teacher) certification and is a member of Yoga Alliance. She has a BFA in Ballet and has taught children of all ages in the ballet world for over 20 years. She is also an adjunct professor at Harrisburg Area Community College (HACC) where she teaches yoga and Pilates. She resides in Camp Hill, with her husband and three boys.

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](http://www.peacefulposeskidsyoga.com) or email Ann at [info@peacefulposeskidsyoga.com](mailto:info@peacefulposeskidsyoga.com)  
**Mondays:** Jan. 14, Feb. 4, Feb. 11, March 4, March 11 & March 25

**Ages:** 3-7

**Times:** 12:30 – 1:15 PM

**Location:** Community Room

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

**Drop In:** \$10.00 per class, cash only

#### **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.

**Thursdays:** Dec. 6 – 20

**Grades:** 1-2 and 3 - 8

**Times:** 4 – 5:30 PM

**Location:** Community Room

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

#### **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.

##### **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.

**Thursdays:** Jan. 3 - 31

**Grades:** 1-3 and 4 - 6

**Times:** 4 – 5:30 PM

**Location:** Community Room

**Cost:** Res. \$125/ Non. Res. \$135

#### **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.

**Thursdays:** Feb. 7 - 28

**Grades:** 1-3 and 4 - 6

**Dates:** February 7 - 28

**Times:** 3:30 – 5 PM

**Location:** Community Room

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

**Kids Creative Art Classes**

(Instructor: Allison 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 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!

**Monday:** February 4 – February 25

**Grades:** 3 - 6

**Times:** 6:30 – 7:30 PM

**Location:** Community Room

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