



Serving Penn Trafford School District Communities:  
Penn Township, Manor Borough, Penn Borough, Trafford Borough

2020 WINTER/SPRING

# Activity Guide

Life-Long  
Learning,  
Fitness and  
Fun!

JANUARY-MAY 2020

## LOOK INSIDE FOR THESE AWESOME NEW AND RETURNING FAVORITES:

Pay Less for the Dress, American Red Cross Swim Lessons,  
Golf "FORE" Adults, Pee Wee Putters, Volleyball,  
Aqua Zumba Fitness, Pint-Size Pom Poms, Babies 'N Ballet,  
Dad & Daughter Spring Dance, Adult Exercise classes, Yoga, Pilates Lite,  
Senior Stretch & Strength, Painting and Art Classes,  
Gymnastics for boys and girls, Civil War Series, and lots more!

PTARC

Linda G. Bires, Recreation Director  
Penn Township Municipal Building  
2001 Municipal Court  
Harrison City, PA 15636

724-392-4555

Office Hours: 9:00 am-4:00 pm, Monday - Friday

[www.ptarc.org](http://www.ptarc.org)

[www.facebook.com/ptrecreation](https://www.facebook.com/ptrecreation)

**ONLINE REGISTRATION NOW AVAILABLE!**

ACTIVITIES FOR ALL AGES!



## BREAKFAST CLUB Ages K-5

Before school program for parents who need to leave before the bus comes. Drop-off time in the Multi-purpose Room at the school any time after 6:30 am. Students either walk to their class or are bused to Harrison Park Elementary School. View all info at ptarc.org

**LOCATION:** MCCULLOUGH Elementary, with busing to HARRISON PARK, Ongoing  
**FEE:** Purchase program days by buying FLEX DAYZ FROM PTARC  
**10 DAYZ FOR \$100 / 20 DAYZ FOR \$190**

Attendance is logged, use DAYZ as needed. SIMPLE & EASY - ONLY PAY FOR WHAT YOU USE!! A REMINDER EMAIL WILL BE SENT WHEN IT'S TIME TO PURCHASE MORE FLEX DAYZ. Flex dayz are available at [www.ptarc.org](http://www.ptarc.org) with a credit card or by check. Payment (made out to PTARC) and given to staff upon drop off. There is a ONE TIME PROCESSING FEE OF \$25. Payment with a credit card is available online at [www.ptarc.org](http://www.ptarc.org).

PLEASE NOTE: ADDITIONAL FORMS ARE REQUIRED, YOU WILL BE CONTACTED AFTER REGISTERING

**ONLINE REGISTRATION NOW AVAILABLE AT PTARC.ORG!**

## SPECIAL EVENTS

### NEW! PAY LESS FOR THE DRESS!

Everyone gets to feel like a Princess, and not have to pay a Princely price! Come to our event and get a great bargain on a "Second Time Around" Gown or beautiful party dress, and you might even be able to afford that Tiara! Give that beautiful dress another night out or clean out your closet. You know you will never wear that bridesmaid dress again! Donate your gently used, cleaned dress (tax deductions apply) during the weeks of February 3-14 at the Penn Trafford Area Recreation Office (M-F 9:00 am-4:00pm). Evening hours for drop-off by appointment on Monday and Wednesday evening that week. Consignments are welcome. You set your price, and PTARC will give you 65% of the sale. Accessories are welcome; including purses, shoes, and costume jewelry. Come to Biondi's Facility on Sunday, February 16th and say YES to a Dream Dress between the hours of 9:00 am and 2:00 pm. A \$5 entry fee will net you some great freebies, and every dress is only \$25 (limit 2, please) for donated dresses. Consignment dresses will be individually priced.

**LOCATION:** Alison Biondi's Gymnastic Facility  
**TIME:** 9:00 am-2:00 pm

**DATE:** Sunday, February 16th

**Donation Drop-offs:** During the week of Feb. 3-14

**ENTRY FEE:** \$5 per person

**DRESS FEE:** \$25/dress (limit 2) for donated dresses.

**Consignment dresses will be individually priced.**

#### PTARC Offices

2001 Municipal Court  
 Harrison City, PA 15636

#### Alison Biondi's Gymnastics Facility

4066 Rt 130  
 Irwin, PA 15642



### DAD & DAUGHTER NIGHT OUT Ages 4-12

Attention all Daddies & Daddy's little girls! Get dressed up for dinner and dancing. Spend quality time with your Daddy or that special little lady and create cherished memories.

**LOCATION:** Trafford Borough Manchester Room

**TIME:** Friday, 6:30-8:30 pm

**DATE:** One Day- April 24th

**FEE:** PTSD Residents: \$44/couple (\$14/additional child per family)

**Non-Residents:** \$52/couple (\$14/additional child)

**LIMIT:** 100 Participants

**REGISTRATION DEADLINE:** Tuesday, April 20th



### SOLID GOLD DANCE PARTY FOR SENIORS Ages 50 & up

FREE EVENT! Sponsored by PTARC, Friends of PTARC, Penn Township Recreation Board and Senior Life of Greensburg. It gets cold and yucky in the Winter, dark and dreary sometimes, but we have a great way to liven up your day! Come enjoy some fun entertainment with a great DJ. Request your favorites, you can dance and sing along to some toe-tapping tunes. Lunch will be provided.

**LOCATION:** TO BE ANNOUNCED

**TIME:** 11:30 am – 2:00 pm

**DATE:** Wednesday, March 18th

**FEE:** FREE

### PENN TRAFFORD BACKPACKS-TO-GO

This supplemental nutrition program provides a backpack filled with meals and snacks for the weekend to district children enrolled in the program, made possible through donations from PT staff, community members, businesses, organizations and churches in the surrounding area. If you would like to make a monetary, gift card, food or backpack donation, please contact Lauren Traill at [trailll@penntrafford.org](mailto:trailll@penntrafford.org) or 724-744-2161, or Lisa Popovich at [popovichl@penntrafford.org](mailto:popovichl@penntrafford.org) or 724-744-0302. If you feel that your child could benefit from receiving a backpack during the 2019/2020 school year, please contact Mrs. Traill or Mrs. Popovich.

## MULTI-GENERATIONAL ACTIVITIES

### FAMILY SWIM FRIDAYS

Recreational Swim. Open swim time for families, individuals and groups.

**LOCATION:** Penn Trafford High School Pool

**TIME:** Fridays, 7:30-9:00 pm

**DATES:** 11 weeks, February 7-April 24 (no 4/10)

**\*\* Subject to Change, may be cancelled without notice due to inclement weather.**

Follow PTSD school closures and schedules. When in doubt, call the PTARC offices at 724-392-4555 for a message

**FEE:** PTSD Residents: Adults \$3/night, Children under the age of 18 \$2/night.

**Non Residents:** Adults \$4/night, Children \$3/night.

### CIVIL WAR SERIES

#### "THE ARMIES AFTER GETTYSBURG"

The narrative of the Battle of Gettysburg typically ends with the triumphant repulse of Pickett's Charge. However, in the months after the battle, the Army of the Potomac and the Army of Northern Virginia faced more tests on their march out of Pennsylvania and back into Virginia. The lull between campaigns would prove crucial as both armies licked their wounds and reorganized for the dramatic third act of the war. We will discuss these events, which are often left out of the spotlight, as well as the personal effect the Battle of Gettysburg had on its participants.

**INSTRUCTOR:** Evan Portman

**LOCATION:** Penn Trafford High School LGI Room

**TIME:** Thursday, 6:30-8:00 pm

**DATE:** March 5th

**FEE:** \$10 per person

**LIMIT:** 30 Participants



#### "THE BATTLE OF MONOCACY"

By the summer of 1864, the American Civil War had yet again reached a stalemate. In an effort to break the siege of Petersburg, Robert E. Lee dispatched a Confederate Army under the command of Jubal Early to threaten Washington D.C.. Attempting to buy time for reinforcements to converge on the capital, Union forces under Lew Wallace engaged the Confederates in the Battle of Monocacy outside of Frederick, Maryland. The battle, though not large, bought one day for the Federals to rally enough troops to defend the capital from Confederate assault. We will discuss the strategy as well as individual stories of the men that fought this overlooked yet important battle.

**INSTRUCTOR:** Evan Portman

**LOCATION:** Penn Trafford High School LGI

**TIME:** Thursday, 6:30-8:00 pm

**DATE:** April 16th

**FEE:** \$10 per person

**LIMIT:** 30 Participants

Online registration at [www.ptarc.org](http://www.ptarc.org)

## AQUATICS

### AMERICAN RED CROSS SWIMMING INSTRUCTION

**BABIES WITH PARENT AGES 1-3** Parent or guardian must participate with child. Introduction to the water through fun activities.

**PRE-SWIM (Level I)** Ages 4-5

Water Exploration Skills: Children must be able to listen to oral instruction and get in the water without parents. Assists students in feeling comfortable in the water. All children below age 6 take Pre-Swim. Ages 4-5 who can float front & back by themselves and who are comfortable in deep water will be taught in a separate group.

**BEGINNERS (Levels II & III)** Ages 6 & up

Students are tested during the first class and separated by ability into Level II or Level III.

**ADVANCED BEGINNERS/INTERMEDIATES/SWIMMER**

(Levels IV, V & VI) Ages 6 & up

Child must have completed the preceding level and received a passing card to move to the next level.

**COORDINATOR:** Becky Lingenfelter

**LOCATION:** Penn Trafford High School Pool



**FIRST 10 DAY SESSION:** Weekdays (no Sat/Sun):

**DATES:** Monday-Friday, March 30-April 10

4:15-4:45 pm Babies with Parent

4:45-5:15 pm Pre-Swim

5:15-6:15 pm Beginners

**SECOND 10 DAY SESSION:** Weekdays (No Sat/Sun):

**DATES:** Monday-Friday, May 4-May 15

4:15-4:45 pm Pre-Swim

4:45-5:45 pm Beginners

5:45-6:45 pm Advanced Beginners, Intermediates, Swimmers

**ONE TEN WEEK SATURDAY SESSION**

**DATES:** Saturdays, February 22-March 28

12:30-1:00 pm Babies with Parent

1:00-1:30 pm Pre-Swim

1:30-2:30 pm Beginners

2:30-3:00 pm Babies with Parent

3:00-3:30 pm Pre-Swim

3:30-4:30 pm Advanced Beginners

**FEE:**

PTSD Residents: Babies/Pre-Swim \$54,

Beginners/Adv Beg/Intermediate/Swimmer \$64;

Non-Residents: Babies/Pre-Swim \$62,

Beginners/Adv Beg/Intermediate/Swimmer \$70

**LIMIT:** Number of students in each class is limited in order to assure safety and quality instruction.

**PLEASE REGISTER EARLY!**

Waiting to register at the last minute may cause the program you would like to attend to be cancelled. We must decide whether to hold or cancel a program according to enrollment a few days before the program is scheduled to begin. Don't delay! Register today!

### BREAKFAST WITH MICKEY AND MINNIE! Ages 1-10

Enjoy breakfast and playing games with Mickey & Minnie. Put on your mouse ears and come have a magical time! Fill your bellies with Mickey Mouse waffles and a topping bar, sausage, egg & omelets, fruit salad, and assorted breakfast pastries.

**LOCATION:** Penn Trafford High School Cafeteria

**TIME:** 9:30-11:30am

**DATE:** Saturday, April 4th

**FEE:** PTSD Residents: \$39 per one child/one adult (\$14/additional person)

**Non-Residents:** \$47 per one child/one adult (\$14/additional person)

**LIMIT:** 150 Participants

### ATTENTION MANOR BOROUGH RESIDENTS!

Hempfield Area School District residents who live in Manor Borough pay resident fee!





## **SOCCER SHOTS-MINI** Ages 2-3

Soccer Shots is a fun, high-energy, non-competitive soccer program; which is the premier intro-to-soccer experience and soccer program. This class will strive to build "stronger youth beyond the game" with their curricula aligned with PA education standards & a low-pressure atmosphere in which kids can learn and grow. Soccer Shots is the official 2-5 year-old program of US Youth Soccer! Parent participation required. All soccer equipment provided, bring water bottle. No cleats please.

**INSTRUCTOR:** Soccer Shot Coaches  
**LOCATION:** Level Green Elementary  
**TIME:** Wednesdays, 5:30-6:00 pm OR  
Wednesdays, 6:10-6:40 pm

**DATES:** 1st 6 week session: February 12-March 18 OR  
2nd 6 week session: April 1-May 6  
**FEE:** PTSD Residents \$79, Non-Residents \$87  
**LIMIT:** 10 Participants

## **SOCCER SHOTS-CLASSIC** Ages 4-5

**INSTRUCTOR:** Soccer Shots Coaches  
**LOCATION:** Level Green Elementary (indoor)  
**TIME:** Wednesdays, 6:50-7:20 pm  
**DATES:** 1st 6 week session: February 12-March 18 OR  
2nd 6 week session: April 1-May 6  
**FEE:** PTSD Residents \$79, Non-Residents \$87  
**LIMIT:** 10 Participants



## **INTRO TO GYMNASTICS FOR TOTS** Ages 2-4

Do you have a child that's constantly tumbling, dancing, cartwheeling (or attempting) around the house? Come let them try this class! Work on fundamental motor skills and basic gymnastics. All equipment will be utilized including the foam pit, trampoline, uneven bars, balance beam and vault.

**INSTRUCTOR:** Alison Biondi's Gymnastic Instructors  
**LOCATION:** Alison Biondi's Gymnastics  
**TIME:** Tuesdays, 11:45-12:30 pm  
**DATES:** 1st 4 week session: February 18-March 10 OR  
2nd 4 week session: March 24-April 14  
**FEE:** PTSD Residents \$39, Non-Residents \$47  
**LIMIT:** 12 Participants

## **HAPPY FEET SOCCER** Ages 3-5

An introduction to soccer through developmentally and age appropriate curriculum full of songs and games. Fun weekly activity committed to forming healthy exercise habits through soccer. Children will gain coordination and master soccer skills. Equipment provided.

**INSTRUCTOR:** Happy Feet Soccer Instructors  
**LOCATION:** Level Green Elementary Multi-Purpose Room  
**TIME:** Tuesdays, Age 3 ~ 6:00-6:30 pm & Age 4-5 ~ 6:30-7:00 pm  
**DATES:** 6 week session: February 18-March 31 (no class 3/24)  
**FEE:** PTSD Residents \$54, Non-Residents \$62  
**LIMIT:** 12 Participants

### **NO NEWS IS GOOD NEWS**

After registering plan on attending! You will be contacted before the class begins only if there is a change or problem.

### **ONLINE REGISTRATION NOW AVAILABLE!**

[www.ptarc.org](http://www.ptarc.org) • [www.facebook.com/ptarcreeation](http://www.facebook.com/ptarcreeation)

## **JR. OLYMPIAN KARATE FITNESS** Age 4-6

Have fun, hone motor skills, develop proper stretching techniques, physically strengthen muscles, and develop full body coordination in this fun karate program.

**INSTRUCTOR:** Dustin Baldis, PSKC Certified  
**LOCATION:** PA Shotokan Karate Club, 129 Murrysville Road, Level Green  
**TIME:** 4:45-5:15 pm  
**DATES:** 1st 4 WEEK SESSION: Tuesdays, January 21-February 11 OR  
2nd 4 WEEK SESSION: Thursdays, January 23-February 13  
**FEE:** PTSD Residents \$39, Non-Residents \$47  
**LIMIT:** 15 Participants

## **PINT-SIZE POM POMS** Ages 4-6

This energetic class will teach basic cheer & dance moves with pom poms, and learn beginner jumps & gymnastics moves. Wear shorts, athletic shoes and pull back long hair. Bring pom poms.

**INSTRUCTOR:** Carleigh Bruno, PT High School Cheerleader  
**LOCATION:** Penn Township Ambulance Center  
**TIME:** Tuesdays, 5:00-5:30 pm  
**DATES:** 1st 6 Week Session: March 3-April 7 OR  
2nd 6 Week Session: April 21-May 26  
**FEE:** PTSD Residents \$29, Non-Resident \$37  
**LIMIT:** 12 Participants



## **YOUTH AND TEEN ACTIVITIES**

### **SAFE AT HOME** Grades 4th-6th

There is no age that students are automatically ready to stay home alone. Staying home alone is a big responsibility, and all preteens need maturity and confidence to take on that responsibility. They also need to be comfortable with the idea of being home unsupervised. Finally, it is important that parents agree their child is ready to take on this responsibility and be available to support them as needed.

**INSTRUCTOR:** Penn Township Police DARE Officer  
**LOCATION:** Penn Township Police Department-2000 Commercial Court, Irwin  
**TIME:** Thursday, 6:00-7:30 pm  
**DATE:** March 26th  
**FEE:** PTSD Residents \$29, Non-Resident \$37  
**LIMIT:** 12 Participants

### **TENNIS** Ages 6 & up

Beginning class for players who need to learn the four basic strokes, proper stance, grip and position. Intermediate class for players who wish to refine their strokes while adding pace, spin and control to shots. Please bring your own racquet. Interested in Private Lessons with a Professional? Call the office to schedule your times at 724-392-4555. Adults welcome!

**INSTRUCTOR:** Tom Merchant  
**LOCATION:** Penn Township Municipal Park Tennis Courts  
**TIME:** Saturdays  
2:00-3:00 pm Beginner Ages 9 & up  
3:15-4:00 pm Munchkin Ages 5-8  
4:15-5:15 pm Private \$40/HR  
**DATES:** 6 week session May 9-June 13  
**FEE:** PTSD Residents: Age 5-8 \$39, Ages 9 & up \$49, Privates \$40/hour  
Non-Residents: Age 5-8 \$47, Ages 9 & up \$57, Privates \$48/hour  
**LIMIT:** 12 Participants



### **BAKING WITH KIDS** Ages 9-15

Does your child love to help you bake? Bring your kids to this class so they can learn the fine art of baking! Aramark's Pastry Chef, Melissa, will showcase her skills and teach kids how to make homemade Italian bread rolls, cupcakes, and fondant figures to top their cupcakes with!

**INSTRUCTOR:** Aramark Pastry Chef Melissa  
**LOCATION:** Penn Trafford High School Cafeteria  
**TIME:** 10:00-1:00 pm  
**DATE:** March 7th  
**FEE:** \$29  
**LIMIT:** 15 Participants



## **SOCCER SHOTS-PREMIER** Ages 5-8

Soccer Shots is a fun, high-energy, non-competitive soccer program; which is the premier intro-to-soccer experience and soccer program. This class will strive to build "stronger youth beyond the game" with their curricula aligned with PA education standards & a low-pressure atmosphere in which kids can learn and grow. Class focuses on foot skills. All soccer equipment provided. Bring water bottle. No cleats please.

**INSTRUCTOR:** Soccer Shot Coaches  
**LOCATION:** Level Green Elementary  
**TIME:** Wednesdays, 7:30-8:00 pm  
**DATES:** 1st 6 week session: February 12-March 18 OR  
2nd 6 week session: April 1-May 6  
**FEE:** PTSD Residents \$79, Non-Residents \$87  
**LIMIT:** 12 Participants

## **BREAKAWAY BASKETBALL** Ages 8-12

Instructional and recreational basketball program where players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Please bring a basketball and wear gym shoes!

**INSTRUCTOR:** Coach Robbie McConnell  
**LOCATION:** Penn Middle Auxiliary Gym  
**TIME:** Thursdays, 6:30-7:15 pm  
**DATES:** 6 week session: March 12-May 7 (no class 3/26, 4/9 & 4/30)  
**FEE:** PTSD Residents \$24, Non-Residents \$32  
**LIMIT:** 20 Participants

## **GYM SAMPLER CO-ED CLINIC** Ages 5-12

Want to see what gymnastics is all about? Students get to give everything a try on different equipment like spring floors, vaulting tables, trampolines, bars, balance beams, climbing ropes, foam pits, and so much more!

**INSTRUCTORS:** Alison Biondi's Gymnastic Coaches  
**LOCATION:** Alison Biondi's Gymnastic Facility  
**TIME:** Saturday, 11:30-1:30 pm  
**DATE:** One Day Clinic: April 18th  
**FEE:** PTSD Residents \$14, Non-Residents \$22  
**LIMIT:** 20 Participants



## **RECREATIONAL DODGEBALL** Ages 8-12

Did you know that Dodgeball is one of the most popular kids sport out there? Dodgeball is a good overall workout. Avoiding the ball improves leg and arm strength, hand/eye coordination, and gives kids a good cardio workout while having a ton of fun!

**INSTRUCTOR:** Robbie McConnell  
**LOCATION:** Penn Middle Auxiliary Gym  
**TIME:** Thursdays, 7:30-8:30 pm  
**DATES:** 6 week session: March 12-May 7 (no class 3/26, 4/9 & 4/30)  
**FEE:** PTSD Residents \$29, Non-Residents \$37  
**LIMIT:** 20 Participants

## **I SPEAK SPANISH I** Ages 6-10

Help your children expand their minds by enrolling them in "I speak Spanish 1"! This class helps kids learn fun, basic conversational skills, greetings, short phrases, and games. They will amaze your family and friends!

**INSTRUCTOR:** Cecilia Egnitz  
**LOCATION:** TBD  
**TIME:** Wednesdays, 6:15-7:00 pm  
**DATES:** 6 week session: March 4-April 8  
**FEE:** PTSD Residents \$29, Non-Residents \$37  
**LIMIT:** 15 Participants

Online registration at [www.ptarc.org](http://www.ptarc.org)

## ISPEAK SPANISH 2

Ages 11-16

Do you want to expand or refresh your Spanish language skills or just boost your memory and brain? It's never too late to learn a new language. Let's learn to speak Spanish! Learn conversation and grammar skills in a fun and easy way!

**INSTRUCTOR:** Cecilia Egnitz

**LOCATION:** TBD

**TIME:** Wednesdays, 7:00-8:00 pm

**DATES:** 6 week session: March 4-April 8

**FEE:** PTSD Residents \$29, Non-Residents \$37

**LIMIT:** 15 Participants

## TRAMPOLINE & FOAM PIT TUMBLING

Ages 5-10

This co-ed class will utilize in-ground trampolines, tumble tracks and foam pits. Great fun for beginners learning new tricks and the more experienced tumblers to perfect their skills.

**INSTRUCTORS:** Alison Biondi's Gymnastic Instructors

**LOCATION:** Alison Biondi's Gymnastic Facility

**TIME:** Tuesdays, 5:30-6:30 pm

**DATES:** 1st 6 week session: February 18-March 24 OR

2nd 6 week session: April 7-May 12

**FEE:** PTSD Residents \$29, Non-Residents \$37

**LIMIT:** 20 Participants

## GIRL'S FIELD HOCKEY CLINIC

Grades 2-12

"Get on the Ball" ~Learn to Play one of the fastest growing sports in Western Pennsylvania!

Girls! Learn the game or improve your skills. Basic, intermediate, and advanced skills will be taught by the PTHS Girls Field Hockey Team! Pick-up games will be played for experience. Please bring shin guards, mouth guard and water. Sticks and balls provided.

**INSTRUCTOR:** PTHS Girls Field Hockey Team along with Coach Cindy Dutt

**LOCATION:** PTHS Warrior Stadium

**TIME:** TBD-Check our website at [www.ptarc.org](http://www.ptarc.org) around mid-February

**DATES:** Individual Day Sessions : TBD

(for those that can't make all of the days, per diem is available upon request)

**FEE:** PTSD Residents \$60, Non-Residents \$68

**LIMIT:** 30 Participants

## JR. GOLF

Ages 12-17

Beginning golf etiquette and basic skills including grip, stance, and addressing the ball. Bring your own clubs. Additional cost for buckets of balls.

**INSTRUCTOR:** Ed Herbst

**LOCATION:** McDains 4440 Broadway Blvd., Monroeville

**TIME:** Mondays, 4:00-5:00 pm

**DATES:** 4 Week Session: April 20, 27, May 4, 11

**FEE:** PTSD Residents \$59, Non-Residents \$67

**LIMIT:** 12 Participants

## CHEERLEADING PREP

Ages 7-10

Learn the basics of cheerleading from a Penn Trafford High School Cheerleader. Learn proper voice, jumping skills, dance tips, round off techniques and how to be a good citizen. Learn a cheer routine and more to present at the end of your session.

**INSTRUCTOR:** Carleigh Bruno

**LOCATION:** Penn Township Ambulance Center

**TIME:** Tuesdays: 5:45-6:15 pm

**DATES:** 1st 6 Week Session: March 3-April 7 OR

2nd 6 Week Session: April 21-May 26

**FEE:** PTSD Residents \$29, Non-Residents \$37

**LIMIT:** 12 Participants



## SPRING TRAINING ROOKIE LEAGUE

Ages 5-7

Kids have a blast and hone their baseball skills for the upcoming season! Players receive instruction from Jump Start Sports Coaches in batting, fielding, and base running. They then play fun games to practice the skills they have learned.

Bring a glove.

**INSTRUCTOR:** JumpStart Sports Coaches

**LOCATION:** Penn Middle School Auxiliary Gym

**TIME:** Mondays, 6:00-7:15pm

**DATES:** 6 Week Session: February 24-March 30

**FEE:** PTSD Residents \$44, Non-Residents \$52

**LIMIT:** 24 Participants



## MAD SCIENCE

Ages 6-12

Brixology: Join us for Brixology, where students will use unique Mad Science designed LEGO® kits to build a different engineering-themed project in every class! They will use critical thinking, cooperation, and creative problem-solving to test and improve your creations! Each class will revolve around a different engineering theme- including mechanical, structural, and nautical engineering. Brixology sets the foundation for our next generation of makers!

**INSTRUCTOR:** Mad Science Instructor

**LOCATION:** McCullough Elementary

**TIME:** Mondays, 3:30-4:30 pm

**DATES:** 4 week session: February 24-March 16

**FEE:** PTSD Residents \$59, Non-Residents \$67

**LIMIT:** 20 Participants

## ARCHERY

Ages 10-16

Learn the basic skills required for this traditional sport. Proper technique will be taught as well as basic bow shooting and target skills. Equipment supplied.

**INSTRUCTOR:** Kevin Keller

**LOCATION:** Trafford Sportsman's Club

**TIME:** Tuesdays, 6:00-7:30 pm

**DATES:** 3 week session: March 17, 24 & 31

**FEE:** PTSD Residents \$24, Non-Residents \$32

**LIMIT:** 20 Participants

## TUMBLING EXTREME

Ages 7-12

This class focuses on beginner tumbling skills/jumps in a safe and fun environment. Students will be able to utilize spring floors, trampolines, tumble tracks and foam pits to gain confidence and achieve their tumbling goals. Give it a try and get your heart pumping!! FUN for all levels.

**INSTRUCTOR:** Alison Biondi's Gymnastics Instructors

**LOCATION:** Alison Biondi's Gymnastics Facility

**TIME:** Mondays, 5:00-6:00 pm

**DATES:** 6 week session: March 9-April 13

**FEE:** PTSD Residents \$34, Non-Residents \$42

**LIMIT:** 12 Participants

## INTRO TO VOLLEYBALL

Ages 8-11

Children will have a blast learning about the game of volleyball. Players are coached at their level and play fun, low competition games each week. Players will learn the basic fundamentals of passing, setting, hitting, and positions on the court, while in a fun, energetic, and learning environment. Fee includes a t-shirt.

**INSTRUCTOR:** Jump Start Sports Coaches

**LOCATION:** Penn Middle School Auxiliary Gym

**TIME:** Wednesdays, 6:00-7:00 pm

**DATES:** 1st 6 week session: February 12-March 18 OR

2nd 6 week session: April 8-May 13

**FEE:** PTSD Residents \$69, Non-Residents \$77

**LIMIT:** 20 Participants

## ADULT ACTIVITIES

### GOLF... "FORE" ADULTS!

Ages 18 & up

Beginning golf instruction for those with little or no experience. Learn the basic fundamentals of grip, set-up, swing, putting and short course. Golf course etiquette and course care included as well. Bring your clubs. Each participant must purchase a bucket of balls while at McDain's.

**INSTRUCTOR:** Jim Desch

**LOCATION:** McDains & Cloverleaf Golf Course

**TIME:** Wednesdays, 7:00-8:00 pm

**DATES:** 4 Week Session: April 29 & May 6

(McDain's)

May 13 & 20 (Cloverleaf)

**FEE:** PTSD Residents \$59, Non-Residents \$67

**LIMIT:** 10 Participants



### GET FIT BOOTCAMP

Ages 18 & up

Keep your body guessing and challenge yourself differently each class. Workouts are designed for all fitness levels and will use a variety of gym equipment in addition to other exercises. Improve your overall fitness by working at your pace and having fun!

**INSTRUCTORS:** Heide & Justin Hedding

**LOCATION:** PTHS Fitness Center

**TIME:** Thursdays, 6:30-7:30 pm

**DATES:** 1st 6 week session: January 9-February 13 OR

2nd 6 week session: February 27-April 2 OR

3rd 6 week session: April 16-May 28 (no class 5/21)

**FEE:** PTSD Residents \$34, Non-Residents \$42

**LIMIT:** 15 Participants

### ADULT TAP FOR FUN & FITNESS

Ages 15 & up

Stomp away stress while slimming down your thighs, as well as improving coordination for both guys & gals! Twenty minutes of dancing increases your heart rate equal to low impact aerobics. Relaxed pace highlighting basic steps and combinations to music. Hard shoes required, tap shoes recommended.

**LOCATION:** Penn Township Ambulance Center

**TIME:** Fridays, 7:00-7:45 pm

**DATES:** 1st 6 week session: January 24-February 28 OR

2nd 6 week session: March 13-April 24 (no class 4/10)

**FEE:** PTSD Residents \$29, Non-Residents \$37

**LIMIT:** 15 Participants

The 2020 Summer Activity Guide will be delivered to your home during the week of April 13th.

The 2020 Fall Activity Guide will be delivered to your home during the week of August 10th.

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# PENN TRAFFORD AREA RECREATION COMMISSION

Online registration at [www.ptarc.org](http://www.ptarc.org)

## SATURDAY YOGA FLOW (MORNING) Ages 16 & up

An energizing morning practice for the intermediate yogi. Building off the breath and vinyasa-style flow, this class kicks it up a notch for those who want to be challenged to grow their practice. Perfect for awakening your core strength and challenging yourself with a more dynamic flow, advanced balances and postures. Bring a mat, towel and water.

**INSTRUCTOR:** Kim McLeod

**LOCATION:** Penn Township Municipal Building, Commissioners room

**TIME:** Saturdays, 9:30 –10:30 am

**DATES:** 1st 6 week session: January 18-February 22 OR

2nd 6 week session: March 7-April 11 OR

3rd 6 week session: April 18-May 23

**FEE:** PTSD Residents \$39, Non-Residents \$47

**LIMIT:** 30 Participants

## SATURDAY CHILL YOGA (MORNING) Ages 16 & up

Ease into the weekend with a chill mid-morning yoga practice that will empower and inspire inner and outer transformation through guided meditation, gentle movement, and mindful breathing. Incorporating low lighting and relaxing music, you will be guided with compassion to explore your inner self and allow your mind to unwind. Perfect for anyone seeking to calm the mind, reduce stress, and relax the body. Bring a mat, towel and water.

**INSTRUCTOR:** Kim McLeod

**LOCATION:** Penn Township Municipal Building, Commissioners room

**TIME:** Saturdays, 10:45 - 11:45 am

**DATES:** 1st 6 week session: January 18-February 22 OR

2nd 6 week session: March 7-April 11 OR

3rd 6 week session: April 18-May 23

**FEE:** PTSD Residents \$39, Non-Residents \$47

**LIMIT:** 30 Participants

## YOGA IN THE EVENING Ages 18 & up

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. Come join us for this gentle flow yoga class and see what it's all about! Bring mat, water bottle and towel.

**INSTRUCTOR:** Kali Kearns

**LOCATION:** Penn Township Municipal Building, Commissioners room

**TIME:** Tuesdays, 6:30-7:30 pm

**DATES:** 1st 6 week session: January 7-February 25 (no class 2/4) OR

2nd 6 week session: March 10-April 21 (no class 4/7) OR

3rd 6 week session: April 2-June 16 (no class 5/5 and 6/2)

**FEE:** PTSD Residents \$34, Non-Residents \$42

**LIMIT:** 30 Participants



## GENTLE VINYASA FLOW (MORNING) Ages 18 & up

This class is structured to begin with breath work, passive stretching and a slow warmup. It will find its peak with a steady flow and strong standing postures to build heat in the body, then wind back down with soothing postures and a final rest in savasana, or resting pose. Each class will offer a practice that is both challenging and relaxing. There will be modifications to accommodate all levels. Please bring a yoga mat, towel and water.

**INSTRUCTOR:** Kali Kearns

**LOCATION:** Penn Township Municipal Building, Commissioners room

**TIME:** Mondays, 9:00-10:00 am

**DATES:** 1st 6 week session: January 6-February 10 OR

2nd 6 week session: February 24-April 6 (no class 3/30) OR

3rd 6 week session: April 13-May 18

**FEE:** PTSD Residents \$34, Non-Residents \$42

**LIMIT:** 30 Participants

## YIN YOGA (MORNING) Ages 18 & up

Yin Yoga is a quiet, meditating practice with long, deep posture holds. This class targets the body's connective tissue and promotes the mobilization of fascia while increasing circulation and flexibility. Class will close with a restorative posture. All levels welcome! Please bring a yoga mat, two towels & a water bottle.

**INSTRUCTOR:** Kali Kearns

**LOCATION:** Penn Township Municipal Building, Commissioners room

**TIME:** Friday, 9:00-10:00 am

**DATES:** 1st 6 week session: January 10-February 14 OR

2nd 6 week session: February 28-April 3 OR

3rd 6 week session: April 17-May 22

**FEE:** PTSD Residents \$34, Non-Resident \$42

**LIMIT:** 30 Participants



## CARDIO STEP & TONE (MORNING) Ages 18 & up

Step Aerobics is an energizing workout that burns more calories than traditional aerobics with particular emphasis on hips, thighs, abs and butt. Class will incorporate weights and an exercise ball for muscle conditioning. PLEASE BRING A STEP PLATFORM, 5"-7" SMALL EXERCISE BALL AND A SET OF HAND WEIGHTS TO CLASS.

**INSTRUCTOR:** Cindy Karazsia

**LOCATION:** Penn Township Municipal Building, Commissioners Room

**TIME:** Wednesdays, 10:30-11:30 am

**DATES:** 1st 6 week session: January 8-February 12 OR

2nd 6 week session: February 26-April 1

**FEE:** PTSD Residents \$29, Non-Residents \$37

**LIMIT:** 15 Participants



## LINE DANCING FOR FUN & FITNESS (MORNING) Ages 18 & up

Come out with Ms. Denise and Ms. Donna and get your boot, scoot and boogie on! Enjoy old favorites and new originals while you get some fun and exercise.

**NO PARTNER NEEDED! Fun & easy!**

**LOCATION:** Penn Township Ambulance Center

**TIME:** Tuesdays, 10:30-11:30 am

**DATES:** 1st 6 week session: February 11-March 17 OR

2nd 6 week session: March 31-May 5

**FEE:** PTSD Residents \$20, Non-Residents \$28

**LIMIT:** 15 Participants

## NEW! COOKING WITH ADULTS Ages 18 & up

Who wants to be the next Food Network Star?!! Join Aramark Chef, Zach Malavite for a night of instruction on preparing a 3 course meal. Your menu will consist of stuffed artichokes, chicken ala grecco, and a trio of dessert shot flights-YUM!

**INSTRUCTOR:** Zach Malavite

**LOCATION:** Penn Trafford High School Cafeteria

**TIME:** Monday, 5:00-9:00 pm

**DATES:** February 17th

**FEE:** \$39

**LIMIT:** 10 Participants

## AQUA ZUMBA FITNESS Ages 18 & up

Splash your way into shape with an invigorating, low-impact aquatic exercise program.

**INSTRUCTOR:** Heather Johnson

**LOCATION:** Penn Trafford High School Pool

**DATES:** Wednesdays, 8:00-9:00 pm:

8 week session: January 8-March 4 (no 2/26) OR

Thursdays, 8:00-9:00 pm

8 week session: March 5-April 30 (no class 4/9) OR

Tuesdays, 8:00-9:00 pm

8 week session: March 10-May 5 (no class 4/14)

**FEE PER SESSION:** PTSD Residents \$49, Non-Residents \$57

**LIMIT:** 20 Participants



## ZUMBA FITNESS Ages 14 & up

ZUMBA Fitness is a fun, easy-to-follow, calorie burning dance party for any fitness level. Routines feature dance and fitness moves to a combination of fast and slow rhythms from around the world. Join us as we take the "work" out of "workout!"

**INSTRUCTOR:** Heide Heddingler

**LOCATION:** McCullough Elementary School

**TIME:** Mondays, 6:30-7:30 pm

**DATES:** 1st 8 week session: January 6-March 9 (no 1/20 & 2/17) OR

2nd 8 week session: March 23-May 18 (no 4/13)

**FEE:** PTSD Residents \$45, Non-Resident \$53

**LIMIT:** 25 Participants



## ZUMBA Ages 14 & up

You have 8 weeks to party yourself into shape! Now you're thinkin' Zumba! It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party. For the beginner or intermediate, this class is fun fitness for everyone!

**INSTRUCTOR:** Charlotte Hartman

**LOCATION:** Penn Township Ambulance Center

**TIME:** Tuesdays, 6:30-7:30 pm

**DATES:** 1st 8 week session: January 7-February 25 OR

2nd 8 week session: March 10-April 28

**FEE:** PTSD Residents \$44, Non-Residents \$52

**LIMIT:** 15 Participants

## GLIDE-TONE-STRETCH ALL-IN-ONE Ages 15 & up

These exercises help you firm, tone, and build long, lean muscles. There will be a ½ hour of gliding with cardio and a ½ hour of sculpting with weights. Gliding discs are provided. You choose the weight you feel comfortable with. Bring a mat, weights, and water bottle.

**INSTRUCTOR:** Cathy Sudo

**LOCATION:** McCullough Elementary

**TIME:** Wednesdays 6:00-7:00 pm

**DATES:** 6 week session: January 15-February 19

**FEE:** PTSD Residents \$24, Non-Residents \$32

## ADULT VOLLEYBALL Ages 18 & up

Pick up games for adults, men & women!

**COORDINATOR:** Michele Rohman

**LOCATION:** Penn Middle School Auxiliary Gym

**TIME:** Tuesdays & Thursdays, 9:00-11:00 pm

13 Weeks, schedule subject to change, cancelled when schools are closed:

**DATES:** January 14-April 23 (no 3/24, 3/26, 4/7, 4/9, 4/14, 4/26)

**FEE:** PTSD Residents \$20, Non-Residents \$28

**LIMIT:** 20 Participants

## LADIES NIGHT AT THE RANGE Ages 18 & up

Women shooters, ages 18 and up learn basic pistol safety and proper shooting techniques, as well as pistol parts and terminology. You are encouraged to bring your own pistol and ammo, or try the various types available at the range. This lady only class will be conducted over three weeks, with week one being CLASSROOM ONLY, NO WEAPONS.

**INSTRUCTOR:** Kevin Keller

**LOCATION:** Trafford Sportsman's Club

**TIME:** Thursdays, 6:00-7:30 pm

**DATES:** March 12, 19, & 26

**FEE:** PTSD Residents \$49, Non-Residents \$57

**LIMIT:** 10 Participants



## DISCOUNT TICKET SALES

### PITTSBURGH ZOO Age 2 & up

#### CALL FOR PRICING

May not be valid on holidays. Please check your ticket for dates, prices subject to change. Supplies limited. No refunds or exchanges.

Cash, Check; MasterCard, Visa & Discover accepted! 2.45% convenience fee (\$3.00 minimum)

Online registration at [www.ptarc.org](http://www.ptarc.org)

## DROP-IN PASS FOR WINTER/SPRING EXERCISE CLASSES WITH STACIA!

Busy people deserve a break, so buy a DROP-IN PASS for ANY of Stacia's classes! Attend when it is convenient for you.

**FEE:** 10 class pass: \$60

**20 class pass:** \$115

**Expires:** May 31, 2020

## AB ATTACK Ages 15 & up

This ab class is designed to increase core strength and lessen lower back pain. Bring mat, resistance band & 3-10 lb. weight

**INSTRUCTOR:** Stacia Vallo-Martucci

**LOCATION:** Sunrise Elementary Multi-Purpose Room

**TIME:** Tuesdays, 6:00-6:30 pm

**DATES:** 1st 5 week session: January 7-February 4 OR

**2nd 5 week session:** February 25-March 24 OR

**3rd 5 week session:** March 31-May 12 (no class 4/14 and 4/28)

**FEE:** PTSD Residents \$20, Non-Residents \$28

**LIMIT:** 20 Participants

## OVERDRIVE Ages 15 & up

Put your body into "OVERDRIVE"! This class is med.-hi impact.

Formats covered will be kickboxing, interval training and R.I.P.P.E.D.. Bring mat, resistance band & 3-10 lb. weights.

**INSTRUCTOR:** Stacia Vallo-Martucci

**LOCATION:** Sunrise Elementary Multi-Purpose Room

**TIME:** Tuesdays, 6:35-7:20 pm

**DATES:** 1st 5 week session: January 7-February 4 OR

**2nd 5 week session:** February 25-March 24 OR

**3rd 5 week session:** March 31-May 12 (no class 4/14 & 4/28)

**FEE:** PTSD Residents \$25, Non-Residents \$33

**LIMIT:** 20 Participants



## PIYO (MORNING) Ages 18 & up

This class combines the practices of Pilates and Yoga. We will work at a moderate pace, while building strength, increasing flexibility and burning calories.

Bring a mat.

**INSTRUCTOR:** Stacia Vallo-Martucci

**LOCATION:** Penn Township Ambulance Center

**TIME:** Wednesdays, 9:15-10:00 am

**DATES:** 1st 5 week session: January 8-February 5 OR

**2nd 5 week session:** February 26-March 25 OR

**3rd 5 week session:** April 1-May 13 (no class 4/15 & 4/29)

**FEE:** PTSD Residents \$25, Non-Residents \$33

**LIMIT:** 10 Participants

## CRUNCH CLUB Ages 15 & up

This class is specific to working the core as well as lessening lower back pain.

Bring mat, resistance band and 3-10 lb. weight.

**INSTRUCTOR:** Stacia Vallo-Martucci

**LOCATION:** McCullough Elementary Multi-Purpose Room

**TIME:** Thursdays, 6:00-6:30 pm

**DATES:** 1st 5 week session: January 9-February 20 (no class 1/23 & 2/13) OR

**2nd 5 week session:** February 27-March 26 OR

**3rd 5 week session:** April 16-May 14

**FEE:** PTSD Residents \$20, Non-Residents \$28

**LIMIT:** 20 Participants



## PIYO (EVENING) Ages 15 & up

This class combines the practices of Pilates and Yoga. We will work at a moderate pace, while building strength, increasing flexibility and burning calories.

Bring a mat.

**INSTRUCTOR:** Stacia Vallo-Martucci

**LOCATION:** McCullough Elementary Multi-Purpose Room

**TIME:** Thursdays, 6:35-7:20 pm

**DATES:** 1st 5 week session: January 9-February 20 (no class 1/23 & 2/13) OR

**2nd 5 week session:** February 27-March 26 OR

**3rd 5 week session:** April 16-May 14

**FEE:** PTSD Residents \$25, Non-Residents \$33

**LIMIT:** 20 Participants

## PILATES LITE Ages 50 & up

An easier, gentler beginner class to help you learn how to gain core strength, accentuate your posture, improve your balance and agility. Please bring a mat and water bottle.

**INSTRUCTOR:** Midge Culig

**LOCATION:** Penn Township Municipal Building, Commissioners Room

**TIME:** Tuesdays, 9:00-10:00 am

**DATES:** 1st 6 week session: January 7-February 11 OR

**2nd 6 week session:** February 25-March 31 OR

**3rd 6 week session:** April 14-May 26 (no class 5/5)

**TIME:** Thursdays, 9:00-10:00 am

**DATES:** 1st 6 week session: January 9-February 13 OR

**2nd 6 week session:** February 27-April 2 OR

**3rd 6 week session:** April 6-May 28 (no class 4/30)

**FEE:** PTSD Residents \$20, Non-Residents \$27 each session

**LIMIT:** 12 Participants



**FREE! Sponsored by Friends of PTARC**

## FREE! SENIOR STRETCH & STRENGTH Ages 55 & up

Sponsored by Friends of PTARC

An easy, move at your own pace approach to improving flexibility & strength needed for daily living. Geared for the novice, this program is for men & women. Seated and standing movements. Please bring a set of hand weights between 1 lb. and 5 lb., exercise band, exercise mat, and water bottle.

Get fit! Have fun! Make friends!

**INSTRUCTOR:** Midge Culig

**LOCATION:** Penn Township Municipal Building Commissioners Room

**TIME:** Wednesdays, 9:00-10:00 am

**DATES:** Winter Session begins on January 8th This class is ongoing and will follow the PTSD schedule when there are school closings and delays. (No class 5/6).

**FEE:** FREE!

Register with the instructor your first day of attendance.

## FREE! "GOLDEN" WALKFIT Ages 50 & up

Sponsored by the Penn Township Recreation Board

This is a fun workout that combines marching & power walking with light weights. You will burn calories, improve mobility, boost circulation, and keep your heart healthy! Bring 1-3 lb. weights. A huge **THANK YOU** to Paintertown Evangelical Lutheran Church for donating the use of their space!!

**INSTRUCTOR:** Stacia Vallo-Martucci

**LOCATION:** Paintertown Evangelical Lutheran Church

(1001 Government Rd. Irwin)

**TIME:** Mondays, 9:15-10:00 am

**DATES:** 15 week session: January 27-May 18 (no class 2/17 & 4/6)

**FEE:** FREE!

**LIMIT:** 20 Participants



## FREE! SILVER DANCER-CIZE Ages 50 & up

Sponsored by the Penn Township Recreation Board

Dance your way to fitness! Includes stretching, balance, agility, range of motion and fun! Exercise to music and dance your way to Nifty after Fifty! Low impact, easy dance steps for all. Bring a towel and water bottle.

**INSTRUCTOR:** Rita Windsor

**LOCATION:** Penn Township Ambulance Center

**TIME:** Fridays, 12:30-1:30 pm

**DATES:** 8 week sessions: January 24-March 13 OR

March 27-May 22

**FEE:** FREE!

**LIMIT:** 20 Participants

# WESTMORELAND COUNTY PARKS & RECREATION ALLIANCE

## "Partnering for a Brighter Future"

To unite and support area professionals and promote parks and recreation services in Westmoreland County through cooperation, networking, joint programming efforts, and regional development.



## WESTMORELAND COUNTY PARKS SENIOR GAMES ~ MAY 5-15

Come and join in the fun of the Westmoreland County Senior Games! The slogan of the Games is to "bring a friend for fun and fitness," and anyone over 50 is more than welcome to participate! The 2020 Senior Games will take place May 5-15 at Mammoth Park and several other central Westmoreland area locations, including Penn Trafford HS Stadium for Track and Field games on Wednesday, May 13. Go to: [www.co.westmoreland.pa.us/parks](http://www.co.westmoreland.pa.us/parks) for event schedules and registration information.

# PTARC MEETINGS

The Penn Trafford Area Recreation Commission meets the first Monday of each month at 3:00 pm in the Penn Trafford High School. Meetings are open to the public. **All are welcome!**



**Dr. Carla CAPOZZI ORTHODONTICS**

*"We Create Smiles in Countless Ways"*

Leverington Professional Complex  
Suite 4001  
3520 Rte. 130, Penn Twp.  
Irwin, PA 15642

Phone: (724) 744-4074  
Fax: (724) 744-7111

E-Mail: [drc@drcaפוzzi.com](mailto:drc@drcaפוzzi.com)  
Website: [www.drcaפוzzi.com](http://www.drcaפוzzi.com)

Diplomate American Board of Orthodontics

## PENN TRAFFORD AREA RECREATION COMMISSION

PTARC is a non-profit, intergovernmental agency serving the residents of the Penn-Trafford School District which includes the Boroughs of Manor, Penn & Trafford and the Township of Penn. Hempfield Area School District residents who live in Manor Borough pay the resident fee.



### Mission:

To provide residents of the Penn-Trafford School District with the opportunity for life-long learning, fitness and fun through the implementation of wholesome, affordable recreation activities and the development of safe, appealing facilities.

### Members:

Larry Harrison, Chair, Casey Shoub, Vice Chair,  
Alex Graziani, Treasurer

**Penn Trafford School District:** Dr. Matt Harris, Greg Capoccioni,  
Nick Petrucci, Stan Rudge.

**Penn Township:** Larry Harrison, Alex Graziani, Michael Ginsburg, alternate

**Manor Borough:** Joe Lapia

**Penn Borough:** Randy Dreistadt, Bev Picklo

**Trafford Borough:** Casey Shoub, Rita Windsor

**Staff:** Linda G. Bires, Recreation Director  
Stacia Vallo-Martucci, Program Director  
Stephanie Wedge, Assistant to the Director

## LIFE-LONG LEARNING, FITNESS & FUN

**Parks & Recreation works for you, your kids, your neighbors and your communities...**

### Individual Benefits

- Improves academic performance
- Improves health and well-being
- Reduces stress
- Increases confidence and self-esteem

### Community Benefits

- Reduces crime
- Keeps kids off the streets
- Strengthens families
- Increases community pride and volunteerism

### Economic Benefits

- Increases property values
- Reduces health care costs
- Increases productivity
- Boosts tourism

### Environmental Benefits

- Preserves plants and wildlife
- Controls air, water and soil quality
- Provides accessible places to enjoy nature
- Everyone benefits directly or indirectly!
- Yesterday's activities promote tomorrow's physical and mental wellness.

The Township of Penn and the Penn Trafford Area Recreation Commission are the recipients of a Community Conservation Partnerships Program Grant Award from the Pennsylvania Department of Conservation and Natural Resources

Thanks to a grant of \$164,000 from the Pennsylvania Department of Conservation and Natural Resources (DCNR), Penn Township will continue to improve Municipal Park, the identifying jewel of this suburban community. Based on resident feedback, suggestions and comments, most requested improvements were paved walking paths, additional Handicapped Accessible restroom facilities and an Outdoor Fitness Pad. The township lacked the funds to complete the project on its own, but with the successful DCNR grant award will be able to bring this project to fruition. The DCNR Grant is being matched with donations, pledges of equipment and Township In-Kind services and Recreation Board funds for a total project cost of \$328,000.

## THE BENEFITS OF PTARC

- \$1,152,000 Grant Project Income for Penn Township
- \$126,000 Grant Project Income for Manor Borough
- \$143,000 Grant Project Income for Penn Borough
- \$320,000 Grant Project Income for Trafford Borough
- \$223,722 Grant Project & Fundraising Income for the PTARC Shelley Proskin Recreation Center



Online registration at [www.ptarc.org](http://www.ptarc.org)



## SUMMER PLAYGROUND PROGRAM

REGISTER ONLINE BEGINNING MAY 1, 2020

Date: Mondays through Fridays, JUNE 8-JULY 31TH

Time: 11:00 am-3:00 pm

Join us for outdoor fun & recreational activities for youth ages 6-13. Weekly themes, special guests, field trips and special events fill the summer with FUN! Parent or Guardian MUST register children ONLINE BEFORE THE FIRST DAY OF ATTENDANCE. Follow all the fun at Facebook.com/ptrecreation!

### Locations:

**MANOR BOROUGH (AGES 5-13)**

Lower Manor Park

**PENN BOROUGH (AGES 5-12)**

**TRAFFORD BOROUGH (AGES 6-13)**

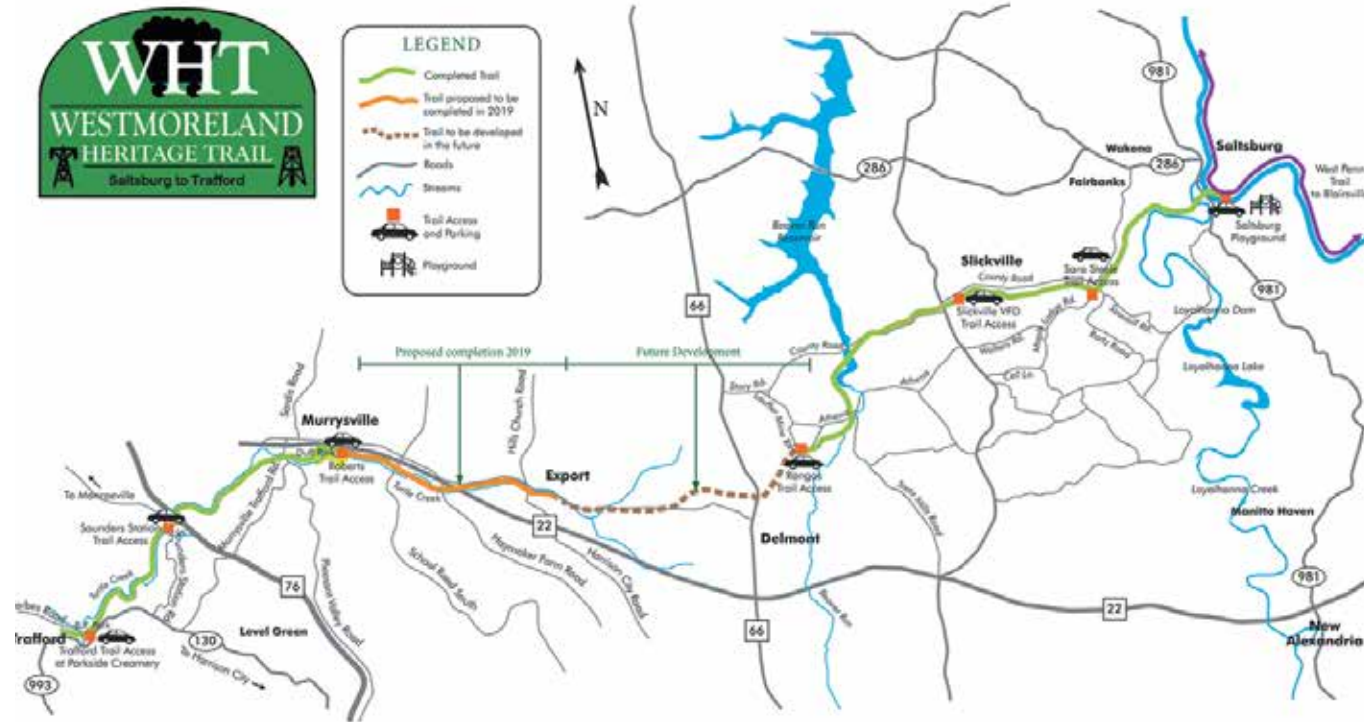
Terrace Park or Fairmont Park

**PENN TOWNSHIP (AGES 6-13)**

Municipal Park or Level Green Elementary Park or McCullough Elementary

Provided by PTARC and your local municipality!

Free of charge, DONATIONS accepted at time of registration.



## PTARC WANTS YOU!

If you have a special skill or talent and would be willing to share your passion with others contact PTARC at 724-392-4555 to discuss coordinating a program



## FRIENDS OF PENN TRAFFORD AREA RECREATION COMMISSION

Cultivating opportunities for the enrichment of parks, recreation services and facilities for the people of the Penn Trafford community.

**Who Are We?** Friends of Penn Trafford Area Recreation Commission is a non-profit, tax-exempt Pennsylvania corporation created in order to provide funding for community organizations including the Penn Trafford Area Recreation Commission, to support community projects, recreational programs and activities and community development projects.

**What Do We Do?** Friends of Penn Trafford Area Recreation Commission's goal is to raise funds to renovate existing parks and recreation facilities in the Penn Trafford area and develop new parks and recreation facilities for our residents to enjoy.

**How Can You Help?** Friends of Penn Trafford Area Recreation is asking community-minded organizations and individuals to volunteer, donate materials, labor, and/or time to assist in the completion of these facilities.

**Who Should I Contact?** To help or attain more information, please contact Linda Bires, Executive Director at 724-392-4555

**Public Meetings:** Regular meetings of Friends of Penn Trafford Area Recreation are held the first Tuesday of every other month at 6:00 pm in the Penn Township Municipal Building.

Friends of Penn Trafford Area Recreation Commission  
2001 Municipal Court  
Harrison City, PA 15636  
Linda Bires, Executive Director  
724-392-4555

# HOW TO REGISTER

**On line Registration is available at  
[www.ptarc.org](http://www.ptarc.org) with credit card payment.  
OR Complete Registration Form**

Complete the registration form including all information.  
Return your form with the required fee to:

**PTARC**  
2001 Municipal Court  
Harrison City, PA 15636

Please use a separate registration form for each individual.

## PLEASE REGISTER EARLY!

Pre-registration is required for all programs. Number of participants is limited. Registration is taken first-come, first-served. Registration is not accepted at class, as classes may be filled or cancelled. Registrations will not be accepted after classes have met for the second time.

### Payment

Registrations will not be accepted without the payment of fees. You can pay the registration fee by mail or in person at:

**PTARC**  
2001 Municipal Court  
Harrison City, PA 15636

Located in the Penn Township Municipal Building.  
Checks or money orders should be made payable to **PTARC**.

**MasterCard, Visa & Discover accepted! 2.45% convenience fee (\$3.00 minimum) applies.**  
**On line registration at [www.ptarc.org](http://www.ptarc.org)**

### Residency

PTARC serves residents of the communities of the Penn-Trafford School District including those living within the borders of Manor, Penn, and Trafford Boroughs and Penn Township. All residents of Manor Borough are included.

### Non-Resident Registration

Registrations from non-residents will be accepted. Non-Residents pay an additional \$8 for all recreation programs.

### Refund Policy

Cancellation requests made at least 3 business days prior to the start of all activities: participants may choose either a full credit voucher or monetary refund minus a \$5 processing fee. Cancellation requests received after a program has started: participants may choose between a credit voucher or monetary refund pro-rated to reflect the number of classes attended minus a \$5 processing fee. **No refund will be issued after the second meeting date of any program.** Credit vouchers may be used to register an immediate family member living in the same household for any future program within one year of the date of issue.

### Attendance

Attend the first day of the program as scheduled. **You will only be notified by PTARC if a program is filled, postponed, or canceled.** PTARC cannot be responsible for the make-up of sessions missed for personal reasons. If you miss a session, you are advised to contact the instructor about assignments or announcements. A registered participant cannot transfer his or her right to attend a program to another person.

### Class Cancellations

**Programs in schools are cancelled whenever schools are closed. Schools are closed: January 20, February 17, April 9-14, & May 1st.** PTARC reserves the right to cancel, postpone, or reschedule any program that does not meet a minimum number of class participants. Every effort will be made to reschedule sessions missed for unanticipated cancellations or postponements encountered during a program. Rescheduling is not guaranteed.

### Insurance

PTARC does not carry insurance to cover hospitalization or the medical cost of persons injured during the course of participation or spectating at any of PTARC's programs or events.  
**All participants enter programs at their own risk.**

### Accessibility

Every effort will be made for people of all abilities to participate in PTARC programs. People with disabilities requiring special accommodations, must contact the Recreation Office before the start of the program, so that arrangements can be made for successful participation.

### Financial Assistance

The Penn Trafford Area Recreation Commission is committed to serving all residents of the Penn Trafford School District regardless of financial status. If you are interested in participating in any of the programs or activities listed in this brochure, but are unable to pay the fee, please contact the Recreation Director at 724-392-4555 for information on eligibility for financial assistance.

Online registration at [www.ptarc.org](http://www.ptarc.org)



## REGISTRATION FORM

This form may be duplicated. Use one registration form for each participant. Please note that there are a maximum number of participants for each program. Full payment is due at the time of registration.

PARTICIPANT'S NAME \_\_\_\_\_  MALE  FEMALE

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

PARTICIPANT'S: BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_ GRADE \_\_\_\_\_

PARENT'S NAME (if participant is under 18 years of age) \_\_\_\_\_

DAYTIME PHONE (\_\_\_\_) \_\_\_\_\_ EVENING/CELL PHONE (\_\_\_\_) \_\_\_\_\_

Please indicate any medical conditions (including pregnancy) that PTARC and/or the instructor should be aware of:

\_\_\_\_\_

Check with your physician before beginning any exercise program. Handicapped assistance available upon request.

Program Name	Dates	Times	Location	Fee

Roster      Receipt Number \_\_\_\_\_

GOT A BUCK FOR PTARC? Add \$1 to your registration fee to help!

**Please make checks payable to: PTARC**  
**Mail form(s) with payment to:**  
 PTARC  
 2001 Municipal Court  
 Harrison City, PA 15636  
**Phone Number:**  
 724-392-4555  
**Fax Number:**  
 724-744-2172

\*Adult participant signature required below. Parent signature required below for all participants under the age of 18. The undersigned individual (parent or guardian under age 18) represents that the registrant is in good health and can participate in the above listed activity and with prior knowledge of the physical nature of the activity releases Penn-Trafford Area Recreation Commission (PTARC), and Department, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and for its affiliates or subsidiaries, officers, directors, agents, or employees from any and all responsibility for injury to the registrant through negligence or otherwise while he/she is participating in the activity. The parent, guardian, or participant assumes all risks inherent in the activity and will hold the Penn-Trafford Area Recreation Commission and Department, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and for its affiliates or subsidiaries, officers, directors, agents, or employees harmless from any and all claims or causes of action that may arise from this activity. The undersigned individual also hereby gives permission to Penn-Trafford Area Recreation Commission to use photographs of the participant for the promotion of Penn-Trafford Area Recreation events and programs. The participant agrees to hold the Penn-Trafford Area Recreation Commission, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and for its affiliates or subsidiaries, officers, directors, agents, or employees free and harmless from liability of any nature.

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 (cardholder signature) After registering, plan on attending!  
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