

**PRESCHOOL PROGRAMS**

# Warwick Township Parks and Recreation Winter Programs 2010

## "Let's Get Messy Playtime"

We invite preschoolers and an adult pal to join us for this messy class! We will provide all the "messy" supplies. All you need to bring is a smock and your imagination. There is no clean up, it's all provided! Parents get messy too!

WHEN: Wednesdays, Jan 27 – March 17

**Session 1:** 9 – 10 am

**Session 2:** 11:30 am – 12:30 pm

WHERE: Community Room

AGES: 2-5 years old and a parent

COST: \$57 residents / \$68 non-residents

## Cooking With Books

This program incorporates great children's literature with the science of cooking. Each class last 1 ¼ hours and consists of reading a children's book, discussing the book, a cooking activity related to the story and eating their creation!

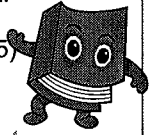
WHEN: Mondays, Feb 1 – March 15 (no class 2/15)

WHERE: Community Room

TIME: 1- 2:15 pm

AGES: 3 – 6 years old and potty trained

COST: \$82 residents / \$98 non-residents



## Children Making Music

Children Making Music is a fun, interactive music program, including lots of singing, moving to music, playing rhythm instruments, and having fun with music. The lesson also includes American Sign Language to help foster a deeper communication between child and parent. Music and children = an awesome combination!

WHEN: Tuesday's, January 19 – March 9

WHERE: Community Room #2

TIME: 11:15 am – 12 pm

AGES: 6 months – 4 years old and a parent

COST: \$90 residents / \$110 non-residents



## Little Leapin' Lions

This program is an exciting, physically active class that fosters listening skills and focuses on fun while playing with others. Mom & Dad, here is a wonderful way for you to join in and participate as your child builds strength, balance and coordination. This class makes use of musical instruments, balls, beanbags, parachutes, gymnastic equipment.

WHEN: Thursdays, Jan 7 – Feb 11

WHERE: Community Room

TIME: 11 – 11:45 am

AGES: 16 months – 3 years and parent

COST: \$60 residents / \$72 non-residents

## Little Irish Dancers

Involve your child in this Celtic Dancing Class. It is designed to teach the arts of Irish Dance and the appreciation of Celtic music. A family performance will be presented after each session.

WHEN: Mondays, Jan 25 – April 5

WHERE: Community Room #2

TIME: 5 – 6 pm

AGES: 4 – 6 year olds

COST: \$83 residents / \$100 non-residents

## Preschool Olympic Spirit Gymnastics

Involve your child in a sport designed to provide a fun, challenging and supportive environment concentration on the fundamentals of gymnastics. Every apparatus (bars, beam, floor & vault for girls, pommel horse for boys) will be covered throughout the class. This includes 10 sessions!

WHEN: Fridays, Jan 15 – March 19

**Session 1:** 5 – 5:45 pm

**Session 2:** 6 – 6:45 pm

WHERE: Airborne Gymnastics – 36D Vincent Circle, Ivyland, PA

AGES: 3 – 4 year old boys and girls

COST: \$113 residents / \$137 non-residents

## Preschool Karate

The Shotokan Karate Association (SKA) teaches Japanese Shotokan Karate. Our classes have been developed in such a way as to increase strength, flexibility, agility, balance, endurance, and coordination. Each class will show a marked difference in your self-image and self-confidence levels. You will learn all this and self confidence too! The price includes 8 weeks of class. (Join as a new student and get ½ price!!!!!!) **\*ASK ABOUT OUR INTERMEDIATE SESSION!**

WHEN: **Session 1:** Sat, Jan 2 – Feb 20

**Session 2:** Sat, Feb 27 – April 17

WHERE: Community Room from 9 – 9:45 am

AGES: 4 – 7 years old

COST: \$82 residents / \$97 non-residents (this fee does not include a \$14 yearly fee to AAU) (\*\*new students \$40 res / \$50 non res.)

**SCHOOL AGE PROGRAMS**

## American Red Cross Babysitting Course

This workshop is designed to teach you how to supervise small children. This course includes teaching how to feed babies, prepare food for young children, dressing, changing diapers, preventing accidents, responding to emergencies and job interviewing tips. Also, be prepared to show maturity. Class includes Training Manual, CD ROM, and Red Cross certification card. Please bring a pen and your lunch. Snack will be provided!

WHEN: Saturday, February 6

WHERE: Community Room #2

TIME: 9 am – 3:30 pm

AGES: 11- 15 year old boys and girls

COST: \$65 residents / \$78 non-residents



## Irish Dancers

Involve your children in this Celtic Dancing class. It is designed to teach the arts of Irish Dance and the appreciation of Celtic music. Your style of dancewear is optional, but you should arrive comfortable. A family performance will be presented after each session. Come join Maria and Nadija's Little Celtic Dancers. Price includes a 10 week class!

WHEN: Mondays, January 25 – April 5 (no class 2/15)

WHERE: Community Room #2

TIME: 6 - 7 pm

AGES: 7 - 11 year olds

COST: \$83 residents / \$100 non-residents

## Kidz Art Program

Join this drawing based art enrichment program for kids of all ages as we help build self confidence and problem solving skills! Students will experiment with a variety of artist grade materials including oil and chalk pastels, charcoal, watercolors, and prismacolor markers. Curriculum touches on animals, landscapes, people and objects. A "hands on" 3-D project will be completed. Come sparkle with us!

WHEN: Thursdays, Jan 21 – March 11

WHERE: Community Room #2

TIME: 6:30 – 7:30 pm

AGES: Boys and Girls in grades 1 - 5

COST: \$145 residents / \$175 non-residents

\*Sign ups start 1/4/2010 at 8 am

\*Stop into the township building or go to [www.warwick-bucks.org](http://www.warwick-bucks.org) to register or call 215-343-6100 for information

# Warwick Township Parks and Recreation Winter Programs 2010

## Olympic Spirit Gymnastics

Involve your child in a sport designed to provide a fun, challenging and supportive environment concentration on the fundamentals of gymnastics. Every apparatus (bars, beam, floor & vault for girls, pommel horse for boys) will be covered throughout the class. This includes 10 sessions!

WHEN: Fridays, Jan 15 – March 19  
 Session 1: 5 – 5:45 pm  
 Session 2: 6 – 6:45 pm

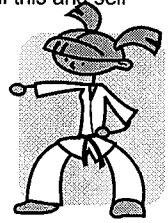
WHERE: Airborne Gymnastics – 36D Vincent Circle, Ivyland, PA  
 AGES: 5 - 12 year old boys and girls  
 COST: \$113 residents / \$137 non-residents

## Regular Shotokan Karate Class

The Shotokan Karate Association (SKA) teaches Japanese Shotokan Karate. Our classes have been developed in such a way as to increase strength, flexibility, agility, balance, endurance, and coordination. Each class will show a marked difference in your self-image and self-confidence levels. You will learn all this and self confidence, too!

WHEN: Wednesdays AND Saturdays  
 Session 1: Jan 2 – Feb 31  
 Mini Sess: March 3 – March 31

WHERE: Community Room  
 TIME: Weds: 6:30 – 8 pm, Sat: 10 – 11 am  
 AGES: 8 and up  
 COST: \$120 for residents / \$144 for non-residents  
 Mini session: \$60 for residents/ \$72 for non-residents



## Girls Intermediate Volley Tech

**Intermediate Individual Defensive Skills:** We'll be learning more sophisticated individual defensive skills as well as learning more about blocking & transition. Emphasis will be on defense and transition, but in order to implement the defensive concepts we are learning, we will be hitting and playing game situation drills.

WHEN: Wednesdays, Jan 13 – March 3  
 TIME: 6 – 8 pm  
 AGES: Girls grades 6 – 8th  
 COST: \$110 for residents / \$132 for non-residents  
 WHERE: Bridge Valley Elem School Gym



## High School Girls Volley Tech

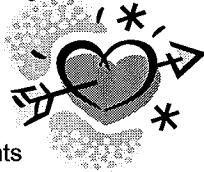
**Advance Elements of Defense:** More sophisticated individual defensive skills and different team defensive systems. We'll be sharpening our more advanced individual skills as well as working on spacing, blocking & transition. We'll also be working on defending against multiple offense.

WHEN: Thursdays, Jan 14 – March 4  
 TIME: 6 – 8 pm  
 AGES: Girls in grades 9 – 12th  
 COST: \$110 residents / \$132 non-residents  
 WHERE: Bridge Valley Elem School Gym

## Sweetheart Soiree Kids Night Out

Kids...looking for something fun to do on a Friday night? Come to the township building for our Valentine's Day party. We will be making candy for our Valentine's as well as our own cards for our loved ones. Please join us for a fun-filled evening of games, crafts and fun! Dinner and snack included.

WHEN: Friday, February 12  
 TIME: 5 – 9 pm  
 AGES: 5 – 12 year olds  
 COST: \$21 for residents / \$27 for non-residents



## Warwick American Idol Night

Do you have a hidden talent? Even if you don't, we will find one for you! Come to the township building for our Warwick Idol party! You will be performing in a mini talent show as a group or alone. Also included is dinner and bring your creativity to make some props for your talent. We also have some fun musical games ready for you! Please bring your favorite CD!

WHEN: Friday, March 12  
 TIME: 5 – 9 pm  
 AGES: 5 – 12 years old  
 COST: \$21 for residents / \$27 for non-residents



**DULT PROGRAMS**

## Beginner Digital Camera 101

Learn how to use the functions of your digital camera correctly and achieve great picture results. Class covers F-stops, shutter speeds, ISO, depth of field, composition, white balance, histograms, lenses & flash. Your level of comprehension will dramatically increase after using what you've learned on our field trip (that is included as the 5<sup>th</sup> class.) Bring your camera and instruction manual to class!

WHEN: Tuesdays, Jan 5 – Jan 26  
 WHERE: Community Room  
 TIME: 7 - 9 pm  
 AGES: over 18  
 COST: \$156 residents / \$187 non-residents



## Adobe Photoshop Beginner CS4

This is a hands on class with projects each week. You will learn menu items, options and tools. Crop and resize your photo's. Create beautiful B&W images and learn how to colorize only parts of your image for an artistic look and much more. Once you have mastered Photoshop, the capabilities are endless! This is the program the pro's use.

WHEN: Wednesdays, Jan 6 - 27  
 WHERE: Katydid Studios – 363 W Bristol Rd, Warwick  
 TIME: 6:30 – 9:30 pm  
 AGES: over 18  
 COST: \$249 residents / \$298 non-residents



\*Sign ups start 1/4/2010 at 8 am

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# Warwick Township Parks and Recreation Winter Programs 2010

## **Weigh It Forward – 8 Week Mini Camp**



Are you finally ready? Tired of trying over and over again to lose the weight? In this camp you will work with your personal Health Coach to customize a program just for you. Learn to practice healthy eating techniques for life. Find out how you can enjoy your favorite foods any time without the guilt. Weigh It Forward guides you the 4 secrets to sustainable weight loss: accountability, discipline, consistency and counseling. Each session focuses on these things: behavior modification, Super Foods & recipes, individual goals, & group support.

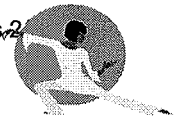
WHEN: Mondays, Feb 1 – April 5 (no class 2/15)  
 WHERE: Community Room  
 TIME: 7 – 8:30 pm  
 AGES: over 18  
 COST: \$120 residents / \$140 non-residents

## **Zumba**



Let's face it working out can be healthy, rewarding, beneficial...working out can be lots of things, but it's never been known to be much fun...until NOW! Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy! Add some Latin flavor and international zest into the mix and you have ZUMBA!! It's the best party in town.

WHEN: Mondays, Jan 25 – March 8 (no class 2/15)  
 WHERE: Bridge Valley Elementary School  
 TIME: 7 – 8 pm  
 AGES: over 18  
 COST: \$55 residents / \$66 non-residents



## **Mat Pilates: The Ultimate Body Toner**

Lose inches off your waist, stomach and hips; strengthen all your muscles, even ones you never knew about; relieve wrist, neck and shoulder pain and melt away stress with our new class! This program is perfect for men/women ages 12 and up and all fitness levels (even you beginners!) Please bring a thick mat to class and large towel. FOR MORE INFORMATION ABOUT PILATES CALL: 856-751-0095.

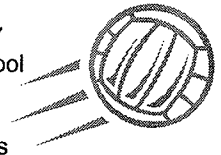
WHEN: Tuesdays, Jan 12 – March 16  
 WHERE: Doylestown Recreation Center  
 TIME: 6:30 – 7:30 pm  
 AGES: 12 and above  
 COST: \$135 residents / \$156 non-residents



## **Co-Ed Open Volleyball**

We'll be playing some friendly pick-up games of volleyball at Bridge Valley Elementary School this fall. Come out and get some exercise and meet new people. You must pre-register at the Township Building, no registrations will be taken at the school. Includes a 10 week session!

WHEN: Wednesdays, Jan 13 – March 17  
 WHERE: Bridge Valley Elementary School  
 TIME: 8 – 10 pm  
 AGES: 18 and up  
 COST: \$30 residents / \$36 non-residents



## **Men's Open Basketball**

Grab your buddies and come play in some friendly pick-up games of basketball at Bridge Valley Elementary School. You must pre-register at the Township Building, no registrations will be taken at the school. Includes a 10 week session!

WHEN: Mondays, Jan 11 – March 29 (no class 1/18 and 2/15)  
 WHERE: Bridge Valley Elementary School  
 TIME: 8 – 10 pm  
 AGES: 18 and up  
 COST: \$30 residents / \$36 non-residents



## **Wii Senior Bowling League**

Join us for some fun and fitness with your friends. This league is a bit different than any other bowling league and you don't need to be an expert bowler to be able to win. The Wii system uses a controller instead of picking up a heavy ball. All participants are welcome to Free coffee and donuts while playing these fun and friendly games.

WHEN: Mondays, Jan 25 – March 8 (no class 2/15)  
 WHERE: Community Room #2  
 TIME: 1 – 2:30 pm  
 AGES: 55 and up  
 COST: \$20 residents / \$26 non-residents



## **Wii Senior Sports League**

Join us for some fun and fitness with your friends. We will be trying our skills at Wii Baseball, Tennis, Boxing. The Wii system uses a controller and limited movement instead of over extending yourself. All participants are invited to help themselves to free coffee and snacks during these fun, friendly games.

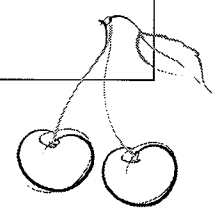
WHEN: Mondays, Jan 25 – March 8 (no class 2/15)  
 WHERE: Community Room #2  
 TIME: 2:30 – 4 pm  
 AGES: 55 and up  
 COST: \$20 residents / \$26 non-residents



## **Washington DC Cherry Blossom Festival Trip**

Come join Warwick and Doylestown Townships for this incredible trip. The 2010 festival marks the 98th celebration of the original gift of the 3,000 cherry trees from the city of Tokyo to the people of Washington, DC in 1912. Come and enjoy the spirit of the season. Bus will arrive in Washington DC about 11am with a drop off point at the National Mall. For those of you that want a tour, stay on the bus and the driver will take us for 1 hour tour of the city and all those beautiful Cherry Trees! After the tour, the driver will drop that group off at the National Mall for a day of fun on your own. Pick up will be at 5 pm with a 45 minute dinner stop at the Maryland House rest stop. Cost includes bus trip, driver tip, and guided tour. All meals on your own.

WHEN: Saturday, April 3, 2010  
 7am (bus departs at 7:15 am SHARP!)  
 WHERE: Meet at the Warwick Township Bldg.  
 COST: \$35 for residents / \$45 for non-residents



\*Sign ups start 1/4/2010 at 8 am

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