

# Warwick Township's Spring Recreation Programs 2010

## Preschool Programs

### "Let's Get Messy" Playtime

Calling all preschoolers: if you like getting messy you will love this class. All you have to do is bring your parent(s) and smocks for both of you and join us for a fun organized chaotic hour. All the supplies will be provided, this class is meant for the parent and child to work together to create their "Messy Masterpieces!"

WHEN: Fridays, March 26 – May 21 (no class 4/2)  
 TIME: 10 – 11 am  
 AGES: 2-5 years old and a parent  
 COST: \$57 for residents / \$68 for non-residents



### Preschool Drawing Program

Young Rembrandts will be providing this fantastic preschool drop-off art program. Classes provide preschoolers skills necessary to draw complex images while they discover the world of art, color, develop fine motor skills, and learning skills that are essential to future classroom success.

WHEN: Thursdays, March 25 – May 13  
 TIME: 5:30 – 6:15 pm  
 AGES: 3 ½ - 6 year olds  
 COST: \$104 residents / \$124 non-residents

### Paint Me A Story Preschool Class

This story and painting hour is designed as a child/parent program. First we will read an exciting story and discuss it. Then we will paint a ceramic piece that coordinates with that specific story. Each week expect something completely different and fun!

WHEN: Tuesdays, March 30 – May 4  
 TIME: 9:30 – 10:30 am  
 AGES: 3 - 6 year olds  
 COST: \$100 residents / \$120 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! \*there is a \$5 materials fee due to the instructor at the beginning of class.

WHEN: Wednesdays, April 7 – May 12  
 TIME: 1 – 2:15 pm  
 AGES: 3 – 6 (must be 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: Tuesdays, March 30 – May 18  
 WHERE: Community Room #2  
 TIME: 11:15 am – 12 pm  
 AGES: 6 months – 4 years old and parent  
 COST: \$92 for residents / \$112 for 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 and much more!

WHEN: **Session 1:** Thursdays, March 18 – April 22  
**Session 2:** Thursdays, May 6 – June 10  
 WHERE: Community Room #2  
 TIME: 11 – 11:45 am  
 AGES: 16 months – 3 years old and a parent  
 COST: \$60 residents / \$72 non-residents

### Miss Kelli's Tiny Dancers

With over 30 years dance experience, Miss Kelli will introduce your child to ballet, tap and acrobatics. Using her amazing creativity, she will teach the basics of creative dance, using short routines and touch on acrobatics. No shoes or dance outfits required. Join Miss Kelli for this fun energetic hour!

WHEN: Mondays, April 12 – May 17  
 TIME: 9:30 – 10:30 am  
 AGES: 3 – 5 year olds  
 COST: \$65 residents / \$78 non-residents



### Little Irish Dancers

This Celtic Dancing Class is designed to teach the art of Irish Dance and the appreciation of Celtic music. Your style and dancewear is optional. Please arrive comfortable. A family performance will be presented after each session. Presented by Nadija's Little Celtic Dancers.

WHEN: Fridays, March 26 – May 21 (no class 4/2)  
 TIME: 5 – 6 pm  
 AGES: 3 - 11 years old  
 COST: \$83 for residents / \$99 for 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, April 9 – June 11  
**Session 1:** 5 – 5:45 pm  
**Session 2:** 6 – 6:45 pm  
 WHERE: Airborne Gymnastics-1537 Campus Dr, Warminster  
 AGES: 3 – 4 year old boys and girls  
 COST: \$113 residents / \$137 non-residents

### Preschool Shotokan Karate







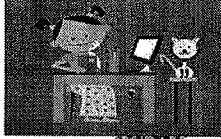

The Shotokan Karate Association (SKA) teaches Japanese Shotokan Karate. Our classes have been developed in such a way as to increase strength, flexibility, agility, balance, endurance, and coordination. Each class will show a marked difference in your self-image and self-confidence levels. You will learn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

WHEN: Saturdays, April 24 – June 19 (no class 5/29)  
 TIME: 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 ONLY: \$40 residents / \$50 non-res  
 \*\*\*Intermediate Session available 9:45 – 10:30

\*Sign ups start 3/1/10 at the Warwick Township Building from 8 am – 4 pm (M – Th,) 7 am – 3 pm (Fri) or online at [www.warwick-bucks.org](http://www.warwick-bucks.org). Call 215-343-6100 for more information.

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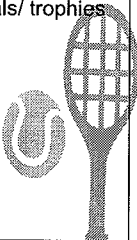
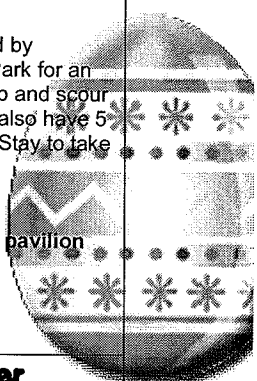

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<p align="center"><b><u>UK Elite Petite</u></b></p> <p>This is an introduction to soccer in a FUN learning environment! The experienced UK Elite trainers develop motor skills, coordination, social skills and confidence while teaching your children how to play soccer.</p> <p>WHEN: Wednesdays, April 14 – May 19  <b>Session 1:</b> 12 - 1 pm  <b>Session 2:</b> 1 - 2 pm            Fridays, April 16 – May 21  <b>Session 3:</b> 4 – 5 pm  <b>Session 4:</b> 5 – 6 pm  <b>STEPS:</b> 6 – 7 pm (is for ages 5 – 7 ONLY!)</p> <p>WHERE: The large pavilion at Community Park            AGES: 3-5 years old boys and girls            COST: \$97 for residents / \$116 for non-residents</p> 	<p align="center"><b><u>UK Elite Sports Program</u></b></p> <p>A fun introduction to the world of sports through activity based programs. All children will develop and improve their hand eye coordination, movement, and balance, striking and fielding using a variety different balls and equipment. Parents, welcome to stay and enjoy the fun!</p> <p>WHEN: Thursdays, April 15 – May 20  <b>Session 1:</b> 1 - 2 pm  <b>Session 2:</b> 2 - 3 pm</p> <p>WHERE: Field 1 at Community Park            AGES: 3-5 years old boys and girls            COST: \$97 for residents / \$116 for non-residents</p>
<p><b>School Age Programs</b></p> <p align="center"><b><u>Tye Dye Party</u></b> </p> <p>Kids...looking for something fun to do on a Friday night? Come to the township building to dye some garments. T-shirts will be provided, but you may also bring 1 article of clothing to dye (ex: pillow case, socks, bandanas, book cover, etc.) In addition to "dying" we will also do some crafts, play games and have a great time! Snack and dinner are also included.</p> <p>WHEN: Friday, April 9 from 5 – 9 pm            AGES: 5 – 12 years old            COST: \$25 residents / \$30 for non-residents</p>	<p align="center"><b><u>"Kids Night Out" Luau</u></b> </p> <p>Kids...looking for something fun to do on a Friday Night? Come to the township building for a fantastic night at the Warwick Luau. We will learn how to Hula Dance, do crafts, play games and have a cook-out. Wear your favorite Hawaiian shirt and join us for some fun. Dinner and snack included.</p> <p>WHEN: Friday, May 7 from 5 – 9 pm            AGES: 5 – 12 years old            COST: \$25 residents / \$30 for non-residents</p> 
<p align="center"><b><u>Family Wii Bowling Night</u></b> </p> <p>Grab your family and neighbors and head to the township building for some friendly competition. You don't need to be an expert bowler to be able to win. Compete against your friends for a fun family prize. Free refreshments will be served.</p> <p>WHEN: Friday, April 16 from 6:30 – 9ish (it's finished)            AGES: All Ages            COST: \$20 per family (only 4 can compete – you are able to substitute if your family is larger than 4.)</p>	<p align="center"><b><u>American Red Cross Babysitting Course</u></b></p> <p>This 1 day 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. *snacks will be provided!!!</p> <p>WHEN: Saturday, May 8            WHERE: Community Room #2            TIME: 9 am – 3:30 pm            AGES: 11- 15 year old boys and girls            COST: \$65 residents / \$78 non-residents</p>
<p align="center"><b><u>Tween Safety Class</u></b> </p> <p>Are your kids too old to have a sitter, but not yet ready to stay home alone? Give them the confidence to be able to stay home by themselves without worrying. Our instructor will teach them how to keep busy, what to do in emergencies, how to prevent accidents and basic first aid. Class includes fun and games, snack and certificate.</p> <p>WHEN: Monday, April 5            TIME: 9 am – 12 pm            AGE: 7 - 11 year olds            COST: \$39 residents / \$47 non-residents</p> 	<p align="center"><b><u>Kidz Art Program</u></b></p> <p>Students will experiment with a variety of artist grade materials including oil pastels, chalk pastels, charcoal, watercolors and prismacolor markers. Curriculum touches on animals, landscapes, people and objects. A hands on 3-D project will also be completed! *this price includes an 8 week program!!!</p> <p>WHEN: Session 1: Thursdays, March 18 – April 22            Session 2: Thursdays, April 29 – June 3            TIME: 6:30 – 7:30 pm            WHERE: Community Room #2            AGES: 1<sup>st</sup> – 5<sup>th</sup> graders            COST: \$109 residents / \$130 non-residents</p>
<p align="center"><b><u>Spring Break Science Class</u></b></p> <p>Looking for something to do on spring break? Come spend the morning doing Miss Susan's favorite science experiments and engineering activities. We will pick some favorites from outer space, the human body, chemistry, physics, famous inventions, fun gadgets and more! Please bring snack to class.</p> <p>WHEN: Friday, April 2            TIME: 9 am – 12 pm            AGES: 6 - 12 year olds            COST: \$45 residents / \$54 non-residents</p>	<p align="center"><b><u>Mad Science Program</u></b> </p> <p>Join us for 6 weeks of Amazing Fun in the Mad Science Lab experimenting with Mother Nature &amp; More! All new class that is filled with experiments that fizz, quake and boggle your minds! Children will investigate Kitchen Chemistry, Earthquakes &amp; Volcanoes as well as Mad Machines. Come and get "rocking" with your friends.</p> <p>WHEN: Tuesdays, March 23 – May 4 (no class 4/6)            TIME: 4:30 – 5:30 pm            AGES: K – 5<sup>th</sup> graders            COST: \$94 residents / \$113 non-residents</p>

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<p><b><u>Kids Shotokan Karate</u></b></p> <p>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!</p> <p>WHEN: Wednesdays <b>AND</b> Saturdays, April 3 – May 26            TIME: Weds: 6:30 – 8 pm, Sat: 10:30 – 11:30 am            AGES: 8 and up            COST: \$120 for residents / \$144 for non-residents            **price doesn't include an AAU annual fee of \$14 payable instructor</p> 	<p><b><u>Flag Football Program</u></b></p> <p>Flag Football is a great way to introduce young athletes to this popular sport that is rich in tradition. Players learn catching, passing and de-flagging, as well as the rules and the strategies of offense and defense.</p> <p>WHEN: Thursdays, March 25 – April 29            WHERE: Community Park, Field 1            TIME: 6 – 7 pm            AGES: 6 – 10 years old            COST: \$65 for residents / \$78 for non-residents</p> 
<p><b><u>UK Elite Steps Program</u></b></p> <p>Developing confidence through our "Games Based Learning" approach to basic skill and techniques. Soccer players can learn skills or continue to develop their skills with experienced coaches who will provide individual evaluations.</p> <p>WHEN: Fridays, April 16 – May 21            TIME: 6 – 7 pm            WHERE: Community Park, Field 1            AGES: 5 - 7 years old boys and girls            COST: \$97 for resident / \$116 for non-residents</p>	<p><b><u>KB Kids Tennis Program</u></b></p> <p>Come join this beginner tennis program. The emphasis will be placed on basic skills, techniques, drills, activities, games, fitness and fun! This class includes 5 weeks of lessons!</p> <p>WHEN: Tuesdays, April 27 – May 25            TIME: 5:30 – 6:30 pm            WHERE: Guinea Lane Tennis Courts            AGES: 6 - 12 years old boys and girls            COST: \$99 for residents / \$119 for non-residents</p>
<p><b><u>Jr. High/Sr. High Tennis League</u></b></p> <p>This league is for Jr./Sr. High tennis players that are already on teams or just want to improve their games. Players will be able to compete while instructors help with their game. The emphasis is on fitness, competition and skills. Medals/ trophies will be awarded to the top players.</p> <p>WHEN: Saturdays, May 1 – May 29            TIME: 8 – 9:30 am            WHERE: Guinea Lane Tennis Courts            AGES: 13 – 18 years old            COST: \$99 for residents / \$119 for non-residents</p> 	<p><b><u>Girls Intermediate Volley Tech Program</u></b></p> <p>This program is for experienced girls in grades 6 – 8th . The program will focus on understanding the concepts behind different offensive systems as well as an introduction to multiple offense. We will also be teaching individual skills and more advanced team concepts. The program will feature high repetition drills and game situation play that will integrate the concepts that are being taught.</p> <p>WHEN: Wednesdays, April 7 – May 19            WHERE: Bridge Valley Elementary School Gym            TIME: 6 – 8 pm            AGES: Girls in grades 6 - 8            COST: \$100 residents / \$132 non-residents</p>
<p><b><u>High School Girls Advanced Volley Tech</u></b></p> <p><b>Focus on Offensive Systems &amp; Continuing Multiple Offense</b></p> <p>This is a program for players with high school volleyball experience in grades 9-12 and will focus on understanding the concepts behind different offensive systems and learning new ones. We will also continue to build on what we know about multiple offense as well as teaching more advanced individual skills and team concepts</p> <p>WHEN: Thursdays, April 8 – May 27            WHERE: Bridge Valley Elementary School Gym            TIME: 6 – 8 pm            AGES: Girls in grades 9 – 12th            COST: \$110 residents / \$132 non-residents</p>	<p><b><u>15<sup>th</sup> Annual Egg Hunt</u></b></p> <p>Celebrate Spring with Warwick's Egg hunt sponsored by Commerce Bank. Bring the children to Community Park for an afternoon of family fun as the kids join their age group and scour the park for eggs. (each with it's own surprise!) We also have 5 "special" prizes for those who find the golden ticket. Stay to take pictures with the Easter Bunny! FREE!!!</p> <p>WHEN: <b>Saturday, March 27, 2010</b>            WHERE: <b>Community Park, Field 1 – behind large pavilion</b>            TIME: <b>1 pm (starts promptly!)</b>            AGES: <b>2 – 10 (broken down in age categories)</b>            COST: <b>FREE</b></p> 
<p><b><u>Adult Programs</u></b></p> <p><b><u>Zumba</u></b></p> <p>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.</p> <p>WHEN: Mondays, March 22 – May 10            TIME: 7 – 8 pm            AGES: over 18            COST: \$55 residents / \$66 non-residents</p> 	<p><b><u>Pilates: The Ultimate Body Toner</u></b></p> <p>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!) Grab some friends and join this fun class. Please bring a thick mat to class and large towel. FOR MORE INFORMATION ABOUT PILATES CALL: 856-751-0095.</p> <p>WHEN: Tuesdays, May 4 – June 22            WHERE: Doylestown Activity Center, Wells Rd, Doylestown            TIME: 6:30 – 7:30 pm            AGES: 12 and above            COST: \$95 residents / \$114 non-residents</p>

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# Warwick Township's Spring Recreation Programs 2010

## Kickboxing and Abs

Get ready for a high-energy workout incorporating a variety of creative combinations, boxing techniques and lots of fun. Experience an awesome abs & back workout in each class too!

WHEN: Mondays, March 22 – May 10  
WHERE: Fitlife, 157 Railroad Dr, Ivyland Pa  
TIME: 10:15 – 11:15 am  
AGES: 18 and above  
COST: \$64 for residents / \$76 for non-residents

## Cardio Kickboxing

This intense, fat burning, total body workout will help improve your strength, endurance, balance and flexibility. Each class will include strength-training exercises, utilizing weights, resistance bands and stability balls.

WHEN: Mondays, March 22 – May 10  
WHERE: Fitlife, 157 Railroad Dr, Ivyland Pa  
TIME: 6:45 – 7:45 pm  
AGES: 18 and above  
COST: \$64 for residents / \$76 for non-residents

## Pilates, Abs, Back & Butt

Get the core benefits with resistance to define the arms and legs. This class will utilize Pilates rings, weights, gliders, and mini balls to challenge you. This class is suitable for beginner and intermediate levels.

WHEN: Fridays, March 26 – May 14  
WHERE: Fitlife, 157 Railroad Dr, Ivyland Pa  
TIME: 10:30 – 11:30 am  
AGES: 18 and above  
COST: \$64 for residents / \$76 for non-residents

## 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. Bring your camera and instruction manual to class!

WHEN: Tuesdays, March 16 – April 6  
WHERE: Katydid Photography Studio (363 Bristol Rd, Warwick)  
TIME: 7 – 9 pm  
AGES: over 18  
COST: \$199 residents / \$230 non-resident

## 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!

WHEN: Mondays, March 15 – April 5  
WHERE: Katydid Studios – 363 W Bristol Rd, Warwick  
TIME: 6:30 – 9:30 pm  
COST: \$249 residents / \$298 non-residents

## Intermediate Camera Course

Continuation of beginner course. Learn new techniques and tricks. Night exposure, filters, zooming, external flash and more are covered. Editing your PICNIK and uploading & organizing tips. Bring your camera, lenses, tripods and any other gadget!

WHEN: Tuesdays, April 13 – April 27  
WHERE: Katydid Studios – 363 W Bristol Rd, Warwick  
TIME: 7 – 9 pm  
COST: \$149 residents / \$179 non-residents

## KB Adult and Senior Tennis Program

Come, have some fun! The emphasis on this program will be placed on basic skills, techniques, drills, activities, games and fitness. This price includes a 5 week program and a tennis towel. The instructors are PTR certified.

WHEN: Saturdays, May 1 – May 29  
TIME: 8:30 – 9:30 am  
WHERE: Guinea Lane Tennis Courts  
AGES: 18 and up  
COST: \$99 for residents / \$119 for 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.

WHEN: Wednesday, April 7 – May 19 (7 weeks)  
WHERE: Bridge Valley Elementary School  
TIME: 8 – 10 pm  
AGES: 18 and up  
COST: \$25 residents / \$30 non-residents

## A-Level Reverse Co-Ed Volleyball Program

This Volley Tech program will consist of playing according to reverse co-ed USVA rules. This game is played on a women's height net. Men can only hit back row attack & the women do all the front row hitting and blocking. Come, learn more!

WHEN: Mondays, April 12 – May 10  
TIME: 6 – 8 pm  
WHERE: Bridge Valley Elementary School  
AGES: A level players Adult co-ed  
COST: \$50 residents / \$62 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.

WHEN: Mon, April 12 – June 14 (no class 5/17, 5/24 & 5/31)  
WHERE: Bridge Valley Elementary School  
TIME: 8 – 10 pm  
AGES: 18 and up  
COST: \$25 residents / \$30 non-residents (7 weeks)

## 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. 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, April 5 – May 24  
WHERE: Community Room #2  
TIME: 7 – 8:30 pm  
AGES: over 18  
COST: \$120 residents / \$140 non-residents

## Washington DC Cherry Blossom Festival Trip

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: \$40 for residents / \$55 for non-residents

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