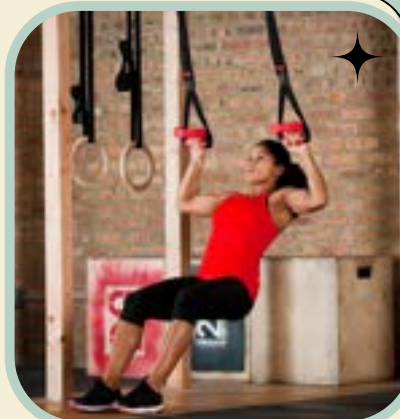


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Fall Program Guide

GREATER PLYMOUTH COMMUNITY CENTER



**GET 10% OFF
ANNUAL PASSES!
OCTOBER
14TH THRU 20TH**



2910 JOLLY ROAD, PLYMOUTH MEETING, PA

(610) 277-4312

WWW.PLYMOUTHCOMMUNITYCENTER.ORG

BUILDING HOURS

Monday - Thursday: 6:00am-9:00pm

Friday: 6:00am-8:00pm

Saturday & Sunday 8:00am-4:00pm

LAP POOL HOURS

Monday - Thursday: 6:10am-8:45pm*

Friday 6:10am-7:45pm

Saturday & Sunday 8:10am-3:45pm

LEISURE POOL HOURS

Saturday & Sunday 12:00pm-3:00pm

Pool hours subject to change.

*Mon. - Thur. 6:45-8:45pm and Fri. 6:45-7:45pm is designated time for programming & rentals in the Lap Pool. The Aquatic Center will be open for Sauna & Whirlpool use. If lanes are unoccupied by rentals or programming they will be available for patron use. Evening use will be very limited & will vary day to day.

*Fitness Center *Lap Pool 25-yards w/ 11 lanes *Warm-water whirlpool *Gymnasium *Basketball, Volleyball & Pickleball *All land aerobic classes included in the price of your pass *Men's, Women's & Family Locker Room *Monthly payment options available for annual members *Indoor Track *Sauna

2023 PLYMOUTH TOWNSHIP RESIDENT RATES

	First Adult	First Youth/Senior	Add Adult/Senior	Additional Youth
Annual Passes	\$464	\$374	\$315	\$158
One-Month Passes	\$47	\$41	\$30	\$19

2023 NON-RESIDENT RATES

	First Adult	First Youth/Senior	Add Adult/Senior	Additional Youth
Annual Passes	\$594	\$476	\$315	\$158
One-Month Passes	\$62	\$53	\$36	\$21

The GPCC charges an additional 3% fee for all credit card transactions.

This 3% fee is nonrefundable.

Please check social media and our website for any updates to GPCC hours.

COLLEGE PASS

*Valid College ID Required.

1 Month Pass	\$47
3 Month Pass	\$95

1-DAY PASS

This pass gives you access to the fitness center, pool and gymnasium. Age restrictions apply.

Monday-Thursday	\$15
Friday-Sunday	\$18

THE GPCC IS CLOSED:

CLEANING WEEK 8/28 THRU 9/1

LABOR DAY - 9/4

THANKSGIVING DAY - 11/23

CHRISTMAS DAY - 12/25

NEW YEAR'S DAY - 1/1

THE GPCC CLOSES EARLY:

8AM-12:30PM

CHRISTMAS EVE - 12/24

NEW YEAR'S EVE - 12/31

Land Aerobics

- Must be 16 years or older to participate.

Gymnasium

- Must be 12 or older without adult supervision

Aquatics Center

- Must be 13 or older without adult supervision

Fitness Center

- Must be 13 years or older to use on a membership.
- Must be 16 years or older to use on a day pass.

Age definitions:

Youth: 3-17 years

Adults: 18-61 years

Seniors: 62 + years

Verifying Residency

As a general guideline (not 100% accurate), the Township's borders are Butler Pike, Township Line Road, Arch Road/ New Hope Street, and 12th Avenue in Conshohocken. Our staff can check your address. Inability to provide proof of Plymouth Township residency will automatically qualify you as a non-resident.

Adults:

Valid PA driver's license
PA Non-driver ID card
Military ID
Renter's Lease Agreement
Voter's Registration Card

Children:

School ID card w/ photo
Most recent report card

Greater Plymouth Community Center

ROOM RENTALS

Planning a special occasion? Need a meeting place for your organization or group? Rent a room at the Greater Plymouth Community Center and decorate it for your next event. Perfect for meetings, trainings or that special occasion! Food and refreshments are permitted; however, alcoholic beverages are prohibited. Please contact Shawn Mazei for more information. The GPCC does not accept personal checks under \$50.

- Price below is by hour.
- Reservations must be made in person at the Greater Plymouth Community Center or online at [ww.plymouthcommunitycenter.org](http://www.plymouthcommunitycenter.org).
- No reservations will be taken over the phone.
- A \$50 non-refundable deposit is due at the time of booking.
- The reservation time should include set-up and clean-up time.
- Please do not arrive prior to the time reserved.
- You must be cleaned up by your designated end time.
- Clean the premises after rental by wiping off countertops, tables, and chairs; clean up spills and place all trash in trash cans.
- Payment for all rentals must be made at least seven (7) days in advance.
- No soliciting, recruiting or loitering is permitted in any non-rented facilities.
- Activity and use of property shall be limited to the designated area (including, for access only, the hallways).
- Use of the facility (gymnasium, pool or fitness center) is **not** included in the rental.
- Rentals must be a minimum of 2 hours.
- Use of profane language, illegal drugs, alcoholic beverages, firearms, gambling, chewing tobacco and smoking on Plymouth Township property is strictly prohibited (by Township Ordinance).

	Room Capacity	Resident	Non-Resident	Resident Business	Non-Resident Business
Room A	96 ppl	\$70	\$95	\$120	\$160
Room B	86 ppl	\$70	\$95	\$120	\$160
Both Room A & B	182 ppl	\$120	\$160	\$200	\$260



POOL PARTY BUNDLE

Pool parties are back at the GPCC! The pool party bundle includes a room and a group swim reservation for up to 20 swimmers.

Saturdays & Sundays
12PM-3PM

Up to 20 children swimmers*

*Parents are free to swim in the Leisure Pool. Any children over the max of 20 will cost \$50 each.

Resident \$435 / Non-Resident \$495


- Reservations can be made in person at the Greater Plymouth Community Center, over the phone, or online at www.plymouthcommunitycenter.org. Please provide an active email as this is our main method of communication regarding your reservation.
- Please review leisure pool rules prior to booking your event as there are age and height restrictions.
- A \$50 non-refundable deposit is due at the time of booking.
- No staff is provided. Children must be supervised at all times.
- No food provided. You are welcome to bring your own. Alcohol and tobacco are prohibited.
- Party-goers only have access to the leisure pool. The lap pool, sauna, and heated whirlpool are excluded from the bundle.
- Room rental policies still apply to pool party bundles. Please see said policies above.

Please contact Shawn Mazei at smazei@plymouthtownship.org or 610-277-6122 for more information.

LAND AEROBIC CLASSES

MUST BE AT LEAST 16 YEARS OLD TO PARTICIPATE

Fall 2023 GROUP FITNESS SCHEDULE *
FREE To Monthly & Annual Pass Holders

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				7:30am-8:20am Slow Flow Yoga (Courtney)	8:30am-9:20am Cardio Kickboxing (Gail)	
9:00am-9:50am Sr Aerobics Mix with Chairs (Teri)	9:00am-9:50am Line Dancing for Seniors (Gail) 	9:00am-9:50am Sr Aerobics Mix with Chairs (Teri)	9:00am-9:50am Chair Yoga (Louise)	9:00am-9:50am Sr Aerobics Mix with Chairs (Teri)	9:30am-10:20am Zumba (Lynette)	9:15am-10:05am Vinyasa Yoga (Stephanie)
10:15am-11:05am SilverSneaker Classic w/ Chairs (Teri)	10:00am-10:50am Total Body Fitness (Eileen)	10:15am-11:05am SilverSneaker Classic w/ Chairs (Teri)	10:00am-10:50am Total Body Fitness (Eileen)	10:15am-11:05am SilverSneaker Classic w/ Chairs (Teri)		
6:00pm-6:50pm Total Body Fitness (TBD)	6:00pm-6:50pm Zumba (Vanessa)	6:30pm-7:20pm Restorative Yoga (Courtney)	6:00pm-6:50pm HIIT (TBD)			

Cardio Kickboxing Punch and kick your way through 50 minutes of non-stop, high energy kickboxing combinations combined with agility drills and core work for an intense full body workout.

HIIT = High Intensity Interval Training. Various formats and timed intervals will be used. Bodyweight, cardio and resistance training incorporated into each class for an intense total body workout. Modifications given, all fitness levels welcomed!

Zumba Fitness A fusion of Latin and International music/dance themes with peppy music that creates dynamic and exciting workouts that anyone can do!

Total Body Fitness Strengthen, tone and sculpt your entire body! Various equipment will be used for interval training and a mix of cardio intervals.

Restorative Yoga A soothing, restorative practice composed of long-held postures often using props to relax & rejuvenate. This style of yoga focuses on a passive approach to target deep connective tissue, fascial release and joint health. It offers the perfect balance to a cardio/strength-based workout, or simply an exhausting day. All levels welcome.

Slow Flow Vinyasa Yoga A slower style yoga class, includes focusing on breath, becoming aware of the body, and stripping away the chatter of the mind. All levels and abilities welcome.

Vinyasa Yoga A style of yoga characterized by sequencing postures moving from one to another, seamlessly, using breath. Otherwise known as a "flow style" of yoga. It is a class that offers both yin and yang - powerful, energetic movements paired with focus on breath and calming the nervous system. Each class will be familiar, yet offer variation in postures and breathing techniques. All levels welcome.

Walk-In: \$12 RES/\$14 NR

***Check our app, website, and social media for updates to schedule**

Senior Aerobics Class Descriptions

Senior classes are held in Activity Central (Aerobics Room)

***NEW* Line Dancing for Seniors** Dance your way into wellness! You will learn basic line dances while improving your strength, balance, and coordination. No equipment needed. Beginning to Intermediate levels. No chairs used during this class.

Senior Aerobics Mix A fun mix of choreographed, non-impact, and toning exercises geared for the more mobile, active, older adults. Intermediate fitness level or higher; chairs are optional.

SilverSneakers Classic Various equipment will be used to focus on strengthening muscles and increasing range of motion for daily life activities. A chair is used for seated exercises or standing support. This is a low intensity class for beginners to intermediate.

Chair Yoga A unique yoga style that adapts positions and poses through creative use of a chair. Includes breathing exercises, basic poses, use of supports, meditation and relaxation. Suitable for all ages and fitness levels

PREMIUM TRAINING CLASSES

Smaller class size than regular group fitness classes for a more personalized workout!

REFUND INFO: Classes run based on having enough participants to cover the cost of the class. Refunds can only be granted prior to the start date.

Fit to Run Ages: 16+ years

Ever think about running a 5k or just even losing weight, gaining muscle, and building endurance? Now is your chance to enjoy the fresh outside air, make new friends, and scratch running a 5k race* off your bucket list! This 8 week program will not only help you build enough endurance to run 3.1 miles (or 30 min straight) but also will help you look and feel better! This class is held outside rain or shine and will meet at the Band shell behind the Community Center. Running tech shirt included with the price of class! This is a beginner class, no previous running experience needed! (Must be in good health and slightly active) Trainer: Ed

Looking for a great 5k to do? The Annual Fox Trot 5k is being held in Plymouth Township a few days after this program ends on Sat Nov. 4th! This 5k is voluntary but most of our class usually participates as the last step towards achieving your goal!

Monday/Tuesday/Thursday, 9/5 - 10/30

5:40PM - 6:30PM

Price: \$144 PH / \$159 NPH (Tech T shirt included!)

Program #: 405402.01



POUND Unplugged Ages: 18+ years

Channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Blending 30 minutes of high-intensity training with 10 minutes of rhythmic breathing, mindfulness and meditation, POUND Unplugged will make you sweat, release, and boost neurochemicals before quickly settling back into a peaceful, recharged, and empowered state.

Instructor: Carissa D

Price: \$36 PH / \$44 NPH



Session 1: Mondays, 9/18 - 10/9

7:00AM - 7:50AM

Program #: 435402.13

Session 2: Mondays, 10/23 - 11/13

7:00AM - 7:50AM

Program #: 435402.14

Pilates Mat Fundamentals Ages 18+ years

Learn all about Pilates mat fundamentals while being guided through a total-body workout using body weight as well as light resistance, working just to the point of fatigue for the fastest toning experience. Each class will incorporate the pelvic floor, abs, and spinal muscles resulting in a stronger core, improvement in joint mobility and overall flexibility, thus helping to prevent against age-related and athletic injuries.

Instructor: Carissa D

Thursdays, 7:00PM - 7:50PM

Walk-ins: \$13 PH / \$15 NPH

Session 1: 9/21 - 10/12

Price: \$36 PH / \$44 NPH

Program: 403701.13

Session 2: 10/26 - 11/16

Price: \$36 PH / \$44 NPH

Program: 403701.14

Session 3: 11/30 - 12/21

Price: \$36 PH / \$44 NPH

Program: 403701.15



Body Weight Burn Ages: 18+ years

This class combines our suspension training with variations of boot camp style exercises using your body weight and minimal equipment. We will work the whole body in various angles and positions while constantly engaging the core for a great overall workout. This is a high intensity class with limited participants.

Trainer: Ed

Session 1

Wednesdays, 10/4-10/25

7:00PM - 7:45PM

Price: \$36 PH / \$44 NPH

Program #: 425402.09

Session 2

Wednesdays, 11/1 - 11/29*

*No Class 11/22

7:00PM - 7:45PM

Price: \$36 PH / \$44 NPH

Program #: 425402.05

Session 3

Wednesdays, 12/6 - 12/20

7:00PM - 7:45PM

Price: \$27 PH / \$33 NPH

Program #: 425402.07



PREMIUM TRAINING CLASSES

Bike and Bodyweight Burn Ages: 18+years

This class uses spin bikes and your own body weight to do multiple Boot Camp style exercises with minimal equipment. This is not a spin class, you will be on and off the bike multiple times to incorporate interval training so no special shoes are required, just sneakers. This is a high intensity class.

Trainer: Ed

Walk-ins: \$13 PH/\$15 NPH

7:00PM - 7:45PM

Session 1

Mondays, 9/11 -10/2* No class 9/25

Price: \$27 PH/ \$33 NPH

Program #: 425404.25

Session 2

Mondays, 10/9-10/30

\$36 PH/ \$44 NPH

Program #: 425404.26

Session 3

Mondays, 11/6 -11/27

Price: \$36 PH/ \$44 NPH

Program #: 425404.23

Session 4

Mondays, 12/4 -12/18

Price: \$27 PH/ \$33 NPH

Program #: 425404.24

Core Balance for Active Older Adults

Ages: Seniors

Designed for active older adults who would like to improve their balance, stability, and posture. Various techniques will be used to strengthen the core and leg muscles. You will find yourself enjoying improved stamina for activities of daily life! Class meets twice a week. You must be able to get down on the floor and get back up on your own!

Session 1: Tuesday and Thursday, 9/26 - 10/19

10:00AM - 10:55AM

Price: \$71 PH/\$88 NPH

Program #: 485402.01

Instructor: Gail

Session 2: Tuesday and Thursday, 10/24 - 11/16

10:00AM - 10:55AM

Price: \$71 PH/\$88 NPH

Program #: 485402.02

Instructor: Teri

Session 3: Tuesday and Thursday, 11/28 - 12/21

10:00AM - 10:55AM

Price: \$71 PH/\$88 NPH

Program #: 485402.03

Instructor: Teri

Fitness Boxing

Boxing and agility skills class that will incorporate all of the basic components of boxing with the use of a freestanding punching bag and gloves to offer a cardio toning, stress-relieving workout with intervals of body weight and core exercises.

Instructor: Michele G

Tuesdays, 6:00PM-6:50PM

Session 1: 9/12 - 10/3

Price: \$36 PH / \$44 NPH

Program: 405101.01

Session 2: 10/10 - 11/7*

*NO Class 10/31

Price: \$36 PH / \$44 NPH

Program: 405101.02

Session 3: 11/14 - 12/5

Price: \$36 PH / \$44 NPH

Program: 405101.03

Thursdays, 6:00PM-6:50PM *New Time!

Session 1: 9/14 - 10/5

Price: \$36 PH / \$44 NPH

Program #: 405101.04

Session 2: 10/12 - 11/2

Price: \$36 PH / \$44 NPH

Program: 405101.05

Session 3: 11/9 - 12/7 (no class 11/23)

Price: \$36 PH / \$44 NPH

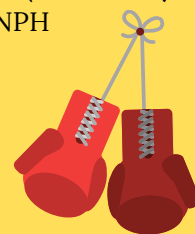
Program: 405101.06

Saturdays, 8:15AM - 9:05AM

Session 1: 9/23 - 10/14

Price: \$36 PH / \$44 NPH

Program: 405101.07



Boot Camp Ages: 18+ years

Want to spice up your exercise routine or try something different, or just start your weekend off right with a great workout? This class can be a great supplement to your normal weekly exercise routine; it will get your heart pumping and your muscles screaming! A variety of exercises will be used to burn fat, build muscle, increase endurance, and push you to the limit! This is a high intensity class held outside by the band shell, behind the Community Center.

Trainer: Ed

Walk-ins: \$13 PH/ \$15 NPH

Session 1 - Outside

Wednesdays, 9/6-9/27

6:00PM - 6:55PM

Price: \$36 PH/ \$44 NPH

Program #: 415402.16

Location: GPCC Bandshell

Session 2 - Inside

Tuesdays, 11/7-11/28

7:00PM - 7:55PM

Price: \$36 PH/ \$44 NPH

Program #: 415402.29

Location: GPCC

Session 3 - Inside

Tuesdays, 12/5-12/19

7:00PM - 7:55PM

Price: \$27 PH/ \$33 NPH

Program #: 415402.30

Location: GPCC

YOUTH FITNESS CLASS

Zumba for Kids Ages 5 - 12 years

Want a great way to teach kids that exercise is fun? Have them try Zumba kids and Kids Jr. A fun 50 minute class filled with games and dance routines of various rhythms including Latin America, hip-hop and afro beats. Come join the fun!

Instructor: Lynette

Wednesdays, 5:30PM - 6:20PM

Session 1: 9/20 - 10/11

Price: \$36 RES/\$44 NR

Program #: 403700.14

Session 2: 10/25 - 11/15

Price: \$36 RES/\$44 NR

Program #: 403700.15



HOLIDAY CLASSES

These classes require pre-registration! Please sign up at the front desk.

Holiday Boot Camp

Don't let the holidays make you Lazy!! Get a great workout in before you start celebrating! This class will get your heart pumping and your muscles screaming! A variety of exercises will be used to burn fat, build muscle, increase endurance, and push you to the limit! This is a high intensity class held inside our gym. Must register at the front desk in advance!

Trainer: Ed

Saturday, 12/30

8:30AM-9:25AM

Price/class: Free for Pass Holders! \$10 Non Pass Holders

Program #: 415402.05

POUND Unplugged Holiday Class

A special holiday class right before the New Year! See class description on page 4!

Thursday, 12/28

6:00PM-6:50PM

Price/class: Free for Pass Holders/\$10 Non pass holders

Program #: 435402.15

PERSONAL AND PARTNER TRAINING

One-On-One and Partner Training

Specialized attention from one of our certified personal trainers targeting your specific fitness goals with customized programming. We have 60 or 30 minute sessions available for all levels of fitness.



**FIRST TIME TRAINING CLIENT
SPECIAL: THREE 30 MINUTE SESSIONS**

FOR \$92 PH/ \$110 NPH



One-On-One 30 Minute Sessions		
	Pass Holders	Non-Pass Holders
1 Session	\$35	\$42
5 Sessions	\$166	\$200
10 Sessions	\$315	\$378
30 Sessions	\$840	\$1,008

One-On-One 60 Minute Sessions		
	Pass Holders	Non-Pass Holders
1 Session	\$53	\$62
5 Sessions	\$252	\$295
10 Sessions	\$477	\$558
30 Sessions	\$1,272	\$1,488

Partner Training 60 Minute Sessions		
	Pass Holders	Non-Pass Holders
1 Session	\$36	\$42
5 Sessions	\$171	\$200
10 Sessions	\$324	\$380

SEMI-PRIVATE PERSONAL TRAINING COMMON GOAL...INDIVIDUAL RESULTS

3 - 5 Clients with a trainer

Youth, Adults, Seniors, Beginners to advanced fitness levels.

Days and times depend on trainer availability and your schedule.

Price per person: Pass Holders \$29/hr session; Non-Pass Holder \$35/hr session
(minimum 4 - one hour sessions) Tailor the number of sessions to meet your group's goals!

Do you have a small group of friends, teammates, wedding party, or family that would like to train together? Let our trainers help improve your sport performance or prep you for the upcoming season, lose weight, tone up, make your workouts more productive, or just motivate you! Semi-private personal training is a more affordable way to enjoy the benefits of a trainer.

Minimum requirements are that you must have at least 3 in your group and pay for at least 4 sessions for an hour each. You can decide how many sessions beyond the minimum that your group would like. Requests for more than 5 in your group will be considered.

If interested please fill out a Request for Semi-Private Training form that is located on our website, by stopping in the fitness center to request one, or contact mbevan@plymouthtownship.org or ebaus@plymouthtownship.org.



ADULT PROGRAMS

Adult Tennis Fundamentals Ages: 18+ years

Location: East Plymouth Valley Park

Wednesdays, 9/13- 10/11

6:30PM-7:20PM

Program #: 401501.03

Price: \$83 RES/\$103 NR

TENNIS FOR FITNESS® Ages: 18+ years

Location: East Plymouth Valley Park

Wednesdays, 9/13- 10/11

7:30PM-8:20PM

Program #: 401501.04

Price: \$83 RES/\$103 NR



InDi Studio – Adult Pottery Class Ages: 16 + years

In this four-week class, you will learn about hand building pottery, textures, and glazing. Every class will begin with a lesson on a pottery technique. Over the four weeks, you will be able to take what you have learned to create and glaze 3 unique pieces. Please join us to create, meet others, and relax. All supplies included. All pottery will be fired and dropped off at the Parks and rec office within a week of the last class. For pictures of previous projects check out our Facebook page: www.facebook.com/indistudio.org or find us on Instagram @INDIStudio1

Pottery can be picked up one week after class

Thursdays, 10/5-10/26

7:00PM-8:30PM

Price: \$156 RES/ \$187 NR

Location: HWP - 2642 Butler Pike

Program # 403102.01



Fly Tying – Beginner and Intermediate Ages: 18+ years

This class is for beginners with no experience and fly tiers with up to one to two years' experience. In this class you will learn all the correct techniques for tying dry fly's, wet fly's, nymph patterns and streamers. You will also learn how to choose the right fly tying materials to tie with and how to use them. Plus all the fly's we tie in this class will be proven fish catching patterns, some of which may not be found in fly tying books. These are patterns that you can go out fishing with and have good success using them for many years to come.

Wednesdays, 9/27 – 11/1

6:30PM-8:30PM

Program #: 401607.01

Price: \$47 RES / \$58 NR

Fly Tying – Advanced Ages: 18+ years

This class is for people who have experience in fly tying and wanting to improve their skill level. This will be a special class covering all Catskill dry fly patterns with matching wet fly's. This class will teach how and why I have improved these classic fly patterns over the years. The program will show why they are much more successful with these new improvements. The first night students need to bring their own tools and some materials for tying dry fly's. Everyone can use the teacher's materials as needed for the first night.

Thursdays, 9/28, 10/5, 10/12, 10/26, 11/9, 11/30

6:30PM-8:30PM

Program #: 401607.02

Price: \$47 RES / \$58 NR



SAVE THE DATE!

Roxborough School of Nursing HEALTH FAIR

Saturday, October 21, 2023

9:00 AM – 12:00 PM

Location: GPCC

Watch for more details!

Check out the Silver Socials on page 20!

Silver Socials are free events hosted at the GPCC for GPCC members. Socials and seminars are offered year-round!

Information about these events are posted on our social media sites.

ADULT PROGRAMS

PICKLEBALL BY UNIVERSAL RACKETS



Pickleball Clinic- Beginner *Ages: 18+ years*
The Universal Rackets Beginner Pickleball Clinic will consist of learning serving and returning, how to keep score and rules, dinking and controlling the ball. Basic shot techniques and court positioning will be taught. The clinic is structured into segments, so each session builds off of the previous lesson. After the session is done, a student with no prior pickleball experience will turn into a confident player and be able to play fully on their own outside of class. Location: GPCC
Price: \$210 RES/\$250 NR

Thursdays, 9/14-10/19

2:30PM-4:00PM Program #: 403303.01

4:00PM-5:30PM Program #: 403303.02

Thursdays, 11/2-12/14 (no class 11/23)

2:30PM-4:00PM Program #: 403303.03

Pickleball Clinic- Intermediate

Ages: 18+ years

The Universal Rackets Intermediate Pickleball Clinic will consist of serving, shot techniques, strategy, rules & scoring. Sessions will go over how to control the kitchen, touch shots, backhand & forehand drives and offense-to-defense transitioning. Students will hone their dinking and block-volleying, paired with a vast understanding of court positioning to set up their partner for a put away poach overhead smash. Plenty of match play will be included. Location: GPCC
Price: \$210 RES/\$250 NR

Thursdays, 11/2-12/14 (no class 11/23)

4:00PM-5:30PM Program #: 403303.04



Spanish For Beginners

Ages: 18+ years

For new students or those that want to refresh the basics of Spanish grammar. That is, how to structure a simple sentence and its components. Learn to enunciate and improve your ability to recognize sounds. Through vocabulary-building exercises, students will also learn practical phrases useful in real-life situations. Students will be required to purchase the textbook "Easy Spanish: Step-By-Step" by Barbara Bregstein (available on Amazon and Barnes & Noble. Approximately \$14)
Location: GPCC

Mondays, 10/2-12/4

10:30AM-11:30AM

Program #: 401105.01

Price: \$78 RES/\$98 NR



Self Care: Emotional & Social Wellness

Ages: 18+ years

Equipping participants with daily tools to help with the wellness of emotional and social health. These tools will invigorate and aspire participants to give themselves permission to value themselves through self-care in an authentic manner. Participants will leave the class with the ability to recognize their value, exhibit their value, and give value to others.

Instructor: Gail Plant- DIVE Consulting LLC

Location: GPCC

Tuesdays, 10/3-10/17

6:30PM-8:00PM

Program #: 401108.01

Price: \$132 RES/\$165 NR



Pick-up Pickleball at the GPCC

Monday-Friday 6am-1pm

Subject to Change



PRESCHOOL PROGRAMS

Just For Me- Preschool Ages: 2.5-4 years

A special time set aside for your child to begin socializing with other children and participating in activities on their own. Physical, social and cognitive skills are all emphasized, and both free play and structured time are balanced in a comfortable and relaxed atmosphere. Activities such as crafts, games and music are included. **Different crafts for each class.**

Please bring a sippy cup to class, labeled with the child's name on it. It is recommended that children are potty trained because we do not provide diaper changing. This is a DROP OFF program.

9:30AM-11:30 AM

September		
Mondays	9/11-9/25 3 Days	\$39 RES / \$48 NR Program #: 401801.01
Tuesdays	9/5-9/26 4 Days	\$51 RES / \$63 NR Program #: 401801.02
Wednesdays	9/6-9/27 4 Days	\$51 RES / \$63 NR Program #: 401801.03
Thursdays	9/7-9/28 4 Days	\$51 RES / \$63 NR Program #: 401801.04
Fridays	9/8-9/29 4 Days	\$51 RES / \$63 NR Program #: 401801.05

October		
Mondays	10/2-10/30 5 Days	\$63 RES / \$78 NR Program #: 401801.06
Tuesdays	10/3-10/31 5 Days	\$63 RES / \$78 NR Program #: 401801.07
Wednesdays	10/4-10/25 4 Days	\$51 RES / \$63 NR Program #: 401801.08
Thursdays	10/5-10/26 4 Days	\$51 RES / \$63 NR Program #: 401801.09
Fridays	10/6-10/27 4 Days	\$51 RES / \$63 NR Program #: 401801.10

November		
Mondays	11/6-11/27 4 Days	\$51 RES / \$63 NR Program #: 401801.11
Tuesdays	11/7-11/28 4 Days	\$51 RES / \$63 NR Program #: 401801.12
Wednesdays	11/1-11/29 5 Days	\$63 RES / \$78 NR Program #: 401801.13
Thursdays	11/2-11/30* *No Class 11/23 4 Days	\$51 RES / \$63 NR Program #: 401801.14
Fridays	11/3-11/17 3 Days	\$39 RES / \$48 NR Program #: 401801.15

December		
Mondays	12/4-12/18 3 Days	\$39 RES / \$48 NR Program #: 401801.16
Tuesdays	12/5-12/19 3 Days	\$39 RES / \$48 NR Program #: 401801.17
Wednesdays	12/6-12/20 3 Days	\$39 RES / \$48 NR Program #: 401801.18
Thursdays	12/7-12/21 3 Days	\$39 RES / \$48 NR Program #: 401801.19
Fridays	12/1-12/22 4 Days	\$51 RES / \$63 NR Program #: 401801.20

Adult/Child Messy Time Playgroup Ages: 1-4 years with adult

Get ready to get messy! During this class, you and your child will have the chance to make the mess and we'll clean it up! They'll get to "mess" with paint, sand, play dough and so much more. Please wear or bring a smock to each class.

Walk-ins- \$14 per child Program #: 401802

10:00AM-10:45AM

Session I: Thursdays, 9/14-10/12 (5 weeks)

1 Adult & 1 Child: \$55 RES / \$65 NR Program #: 401802.01

Additional Child: \$37 Program #: 401802.02

Session II: Thursdays, 10/26-11/16 (4 weeks)

1 Adult & 1 Child: \$44 RES / \$52 NR Program #: 401802.03

Additional Child: \$28 Program #: 401802.04

Session III: Thursdays, 11/30-12/21 (4 weeks)

1 Adult & 1 Child: \$44 RES / \$52 NR Program #: 401802.05

Additional Child: \$28 Program #: 401802.06



YOUTH PROGRAMS

Tiny Tumblers Ages: 3-10 years



Students learn fundamental gymnastics skills, participate in age-appropriate challenges, and explore exciting apparatus in a safe and engaging setting. Our program enables children to boost physical fitness while fostering goal-setting, teamwork and self-confidence. Location: GPCC
Price: \$105 RES/\$131 NR

Saturdays, 9/23-10/28 (no class 9/30)



Ages: 2-3.5 years (adult/child)

11:15AM-11:45PM

Program #:402704.01

Ages: 3-4.5 years

12:00PM-12:45PM

Program #:402704.02

Ages: 5-6 years

2:00PM-2:45PM

Program #:402704.04

Ages: 4-5.5 years

1:00PM-1:45PM

Program #:402704.03

Ages: 7-10 years

3:00PM-3:45PM

Program #:402704.05

Hoop Stars by JumpStart Sports Ages: 7-9 years

A six-week instructional and recreational basketball program for children in Grades 1 and 2. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in this fun-oriented program. All instruction conducted by Jump Start Sports staff. All children receive a t-shirt and award.

Sunday, 10/1-11/5

11:00AM - 12:00PM

Program# 401408.02

Price: \$120 RES/\$150 NR

Little Hoop Stars by JumpStart Sports Ages: 4-6 years

A six-week instructional and recreational basketball program for children in Pre-K and Kindergarten (must be 4 years-old). Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in this fun-oriented program. All instruction conducted by Jump Start Sports staff. All children receive a t-shirt and award.

Sunday, 10/1-11/5

10:15AM - 11:00AM

Program# 401408.01

Price: \$120 RES/\$150 NR

Kids Karate Ages: 5-9 years

A basic introduction to Karate. Certified Karate instructors will cover introductory topics of karate and martial arts. Coordination and flexibility are emphasized.

Tuesdays, 9/12 - 10/17

5:45PM - 6:45PM

Price: \$60 RES/\$75 NR

Program # 401701.01

Tuesdays, 10/24 - 11/28

5:45PM - 6:45PM

Price: \$60 RES/\$75 NR

Program # 401701.02

Twinkle Toes Ages: 3-5 years

Children can develop their love of dance through this program. Ballet is the focus for this introduction to dance. It is recommended children wear leotards and ballet slippers. Parents are invited to a performance during the last class. Parents are encouraged to leave for all other classes.

Saturdays, 9/23 - 10/28

10:00AM - 10:45AM

Price: \$51 RES/\$64 NR

Program # 401201.01

Saturdays, 9/23 - 10/28

11:00AM - 11:45AM

Price: \$51 RES/\$64 NR

Program # 401201.02

Saturdays, 11/4-12/16*

***No class 11/25**

10:00AM - 10:45AM

Price: \$51 RES/\$64 NR

Program # 401201.03

Saturdays, 11/4-12/16*

***No class 11/25**

11:00AM - 11:45AM

Price: \$51 RES/\$64 NR

Program # 401201.04

Hummingbirds Soccer by Jumpstart Sports Ages: 3-5 years

Jump Start Sport soccer program teaches children the fundamentals of soccer using a wide variety of fun and age appropriate drills as well as game play. Boys and girls have fun and learn the basics of soccer: dribbling, passing, trapping, shooting, and positioning. Each session consists of instruction and low-key, non-competitive soccer games. Please bring a water bottle.

Thursdays, 9/14 - 10/19

5:30PM-6:15PM

Price: \$120 RES/\$150 NR

Location: GPCC Softball Field 2903 Walton Rd

Program # 401909.01



T-Birds T-Ball by JumpStart Sports Ages: 3-5 years

A fun and highly instructional introduction to baseball for 3-5 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, non-competitive games. Children play a rotating schedule of games. Everyone comes at 10AM the first day and then a game schedule is provided.

Location: GPCC Softball Field - 2903 Walton Rd

Saturday, 9/23-10/28

Games at 10:00 AM or 11:00 AM

Program #: 401411.01

Price: \$120 RES/\$150 NR



YOUTH PROGRAMS

Young Rembrandts Pre-School Elementary Ages: 4-6 years

Your preschooler's mind is hard at work building the knowledge and skills it will use for a lifetime. Now, more than ever, it is important to challenge their curious minds with activities that will keep them engaged and eager to learn! The Young Rembrandts pre-school program is specifically designed with the needs of our youngest learners in mind. We use subjects they are familiar with such as animals and toys, as well as their favorite learning tools - pictures, stories, touching, and doing- to enhance social and conflict resolution skills while improving listening, fine-motor skills, and time-on-task. Give your preschooler the information they are hungry for and be amazed by what they will create!

Session I: Saturdays, 9/23 - 10/14

9:00AM - 9:45AM

Price: \$78 RES/\$97 NR

Program # 403101.01

Session II: Saturdays, 10/21 - 11/11

9:00AM - 9:45AM

Price: \$78 RES/\$97 NR

Program # 403101.04

Session III: Saturdays, 11/18 - 12/16*

*No class 11/25

9:00AM - 9:45AM

Price: \$78 RES/\$97 NR

Program # 403101.07



Young Rembrandts Elementary Ages: 7-14 years

Our elementary learners are at the crucial time of development when they decide whether they are good at something or not. This decision will affect not only the rest of their academic career, but their lifetime learning as well. The Young Rembrandts elementary program provides the tools this age group needs to succeed at drawing - a teaching tool from which the majority of learners prefer and ALL learners benefit! Our program works because it is not only hands-on and visual...it is simply fun. Add to this our innovative guided instruction, topics that kids love and relate to, and instructors that know how to reach this group; we take kids from thinking they're not 'artists' to knowing they can achieve this, and everything else, they put their minds to.

Session I: Saturdays, 9/23 - 10/14

10:00AM - 11:00AM

Price: \$78 RES/\$97 NR

Program # 403101.02



Session II: Saturdays, 10/21 - 11/11

10:00AM - 11:00AM

Price: \$78 RES/\$97 NR

Program # 403101.05

Session III: Saturdays, 11/18 - 12/16*

*No class 11/25

10:00AM - 11:00AM

Price: \$78 RES/\$97 NR

Program # 403101.08

Young Rembrandts Cartooning Ages: 8-14 years

For all kids who need to stay engaged and laughing, our cartooning classes are surely the most fun you can have while learning! This entertaining program combines Young Rembrandts' innovative, hands-on teaching method with light-hearted subject matter that engages children, their sense of humor and their vivid imaginations. Maintaining a quick pace and drawings that tell a story also help kids to stay on-task, learn from their mistakes, find new solutions to a problem and communicate ideas and concepts through pictures - skills with lifetime benefits!

Session I: Saturdays, 9/23 - 10/14

11:15AM - 12:15PM

Price: \$78 RES/\$97 NR

Program # 403101.03

Session II: Saturdays, 10/21 - 11/11

11:15AM - 12:15PM

Price: \$78 RES/\$97 NR

Program # 403101.06



Session III: Saturdays, 11/18 - 12/16*

*No class 11/25

11:15AM - 12:15PM

Price: \$78 RES/\$97 NR

Program # 403101.09

Self Care: Emotional & Social Wellness for Children

Equipping participants with age-appropriate daily tools to help with the wellness of emotional and social health. These tools will invigorate and inspire participants to give themselves permission to value themselves through self-care in an authentic manner. Participants will leave the class with the ability to recognize their value, exhibit their value, and give value to others. Instructor: Gail Plant- DIVE Consulting LLC

Location: GPCC

Price: \$45 RES/\$56 NR

12:00PM-2:00PM

Saturday, 9/30 Ages: 9-11 years

Program #: 401110.01

Saturday, 10/14 Ages: 12-14 years

Program #: 401110.02

Saturday, 10/28 Ages: 15-17 years

Program #: 401110.03



InDi Studio - Kids Pottery Class Ages: 5-15 years

In this four-week class, you will learn about hand building pottery, textures, and glazing. Every class will begin with a lesson on a pottery technique. Over the four weeks, you will be able to take what you have learned to create and glaze 3 unique pieces. Please join us to create, meet others, and relax. All supplies included. All pottery will be fired and dropped off at the Parks and rec office within a week of the last class. For pictures of previous projects check out our Facebook page: www.facebook.com/indistudio.org or find us on Instagram @INDIStudio1 Pottery can be picked up one week after class.

Thursdays, 10/5-10/26

5:30PM - 6:15PM

Price: \$156 RES/\$187 NR

Location: HWP (Harriet Wetherill Park) 2642 Butler Pike

Program # 403102.02

YOUTH PROGRAMS

Pokémon Engineering using LEGO® Materials Ages: 5-9 years

Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!!

Location: GPCC

Thursdays, 9/14-10/19

4:45PM-6:15PM

Program #: 401313.01

Price: \$165 RES/\$198 NR



Built By Me STEM Learning- Robotics and Coding with mBot Robot Ages: 8-12 years

If your child is excited about robots and coding this is the perfect class for them. Young engineers will discover the basics of coding and robotics as they learn how to program the mBot robot to complete a variety of tasks. This fun and interactive program will have them track (and probably chase) their mBots to go through a maze and sing, while building and expanding their coding skills. Along the way, they'll develop their troubleshooting and problem-solving skills, as well.

Location: GPCC

Wednesdays, 9/20-10/25 6:15PM-7:15PM

Program #: 401109.01

Price: \$180 RES/\$225 NR



Built By Me STEM Learning- Be the Game Designer with Scratch MIT - Adventures Edition Ages: 8-12 years

Children will learn to code using Scratch MIT, a programming platform developed by MIT that is geared towards children. Students will design, build, test, troubleshoot and play games using this block-based code. Students will start off by creating a simple game and will continue developing and improving their coding skills by building more complex games. By the end of the class, they will create their own unique games to play at home and share with family and friends. A laptop or Chromebook is required. Location: GPCC

Location: GPCC

Wednesdays, 9/20-10/25 5:00PM-6:00PM

Program #: 401109.02

Price: \$180 RES/\$225 NR



SCHOOL'S OUT ACTIVITY DAYS

Youth Tennis Ages 11-14 years

Tennis lessons taught by a certified tennis instructor.

Tuesdays, 9/12 - 10/10

6:45PM-7:35PM

Price: \$83 RES/\$103 NR

Program #: 401504.03



Ages: K-6th Grade

Looking for a fun place to send your kids when they're off from school? Send them to the GPCC! Each day will consist of a variety of games, sports and a project. Must pack a lunch and a snack.

Regular Care: 9:00AM-4:00PM

Price Per Day: \$46 RES/ \$58 NR

Tuesday, November 7 Program #:401601.01

Wednesday, December 27 Program #:401601.03

Thursday, December 28 Program #:401601.05

After Care: 4:00PM-6:00PM (must be signed up for Regular Care to stay for After Care)

Price Per Day: \$15 RES/\$19 NR

Tuesday, November 7 Program #:401601.02

Wednesday, December 27 Program #:401601.04

Thursday, December 28 Program #:401601.06

AFTER SCHOOL RENDEZVOUS

Need a fun place for your child to go after school? Send them to the Greater Plymouth Community Center's After School Program! Snack is provided for the after school children. Customize your schedule. Sign up for only the days of the week you need, or all 5 days at a discounted rate. For your convenience, we will meet on Colonial School District half days. Free bus transportation from Colonial Elementary, Colonial Middle School, Plymouth Elementary, & Ridge Park Elementary is available. We offer a monthly payment option. The After School Rendezvous program will participate in activities such as sports, games, the playground and the Active Zone.

For more information please contact Barb Griffis at 610-313-4062 or at Bgriffis@plymouthtownship.org.

* After School Rendezvous runs from after school to 6:00pm.

* There will be NO After School Program when school closes due to Covid related issues.

* In case of inclement weather and Colonial School District closes early, there will be NO After School Program.

All children will be sent home on their regular bus.

2023 Fall Session (September 5- December 22)

No Class 9/25, 11/7, 11/22, 11/23, & 11/24

Days/Dates	K-3rd	4th-8th	Res-Pass	RES	NR-Pass	NR
Mondays, 9/11-12/18	401902.01	401902.07	\$232	\$267	\$283	\$334
Tuesdays, 9/5-12/19	401902.02	401902.08	\$232	\$267	\$283	\$334
Wednesdays, 9/6-12/20	401902.03	401902.09	\$232	\$267	\$283	\$334
Thursdays, 9/7-12/21	401902.04	401902.10	\$232	\$267	\$283	\$334
Fridays, 9/8-12/22	401902.05	401902.11	\$232	\$267	\$283	\$334
All 5 Days	401902.06	401902.12	\$1,044	\$1,201	\$1,276	\$1,501



2024 Winter Session (January 2-March 22)

No Class 1/15, 2/16 & 2/19

Days/Dates	K-3rd	4th-8th	Res-Pass	RES	NR-Pass	NR
Mondays, 1/8-3/18	101902.01	101902.07	\$174	\$200	\$213	\$250
Tuesdays, 1/2-3/19	101902.02	101902.08	\$174	\$200	\$213	\$250
Wednesdays, 1/3-3/20	101902.03	101902.09	\$174	\$200	\$213	\$250
Thursdays, 1/4-3/21	101902.04	101902.10	\$174	\$200	\$213	\$250
Fridays, 1/5-3/22	101902.05	101902.11	\$174	\$200	\$213	\$250
All 5 Days	101902.06	101902.12	\$783	\$900	\$957	\$1,126

2024 Spring Session (April 1-June 14)

No Class 4/10, 5/24 & 5/27

Days/Dates	K-3rd	4th-8th	Res-Pass	RES	NR-Pass	NR
Mondays, 4/1-6/10	201902.01	201902.07	\$160	\$184	\$196	\$230
Tuesdays, 4/2-6/11	201902.02	201902.08	\$160	\$184	\$196	\$230
Wednesdays, 4/3-6/12	201902.03	201902.09	\$160	\$184	\$196	\$230
Thursdays, 4/4-6/13	201902.04	201902.10	\$160	\$184	\$196	\$230
Fridays, 4/5-6/14	201902.05	201902.11	\$160	\$184	\$196	\$230
All 5 Days	201902.06	201902.12	\$720	\$828	\$880	\$1,035



CERTIFICATION PROGRAMS



Lifeguard Training - Blended Learning - Ages: 15+ years

The purpose of this course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Candidate Pre-requisites for Lifeguard Training Courses: 300 yard swim, 2 minute treading water without use of arms, and timed 20 yard swim and brick retrieval at 13 feet depth without goggles.

Program #407801.01

Price: \$350 (includes books, mask, and certificates)

Dates & Times:

Pre-course Session:

Saturday, 9/16 10:00AM-12:00PM

In-Person Skills Sessions:

Saturdays, 9/30 & 10/7 10:00AM-3:00PM

Sundays, 10/1 & 10/8 10:00AM-3:00PM

Blended Learning combines online learning with in-person skills sessions conducted by a Red Cross certified instructor. The blended learning online sessions offer students a variety of elements to learn program content including videos, lesson narration and special interactive features. This allows for individualized, self-paced learning. Once the online session has been successfully completed, students practice skills and are assessed by the instructor during the in-person skills sessions.

WSI - Water Safety Instructor - Blended Learning - Ages: 16+ years

This course will train instructor candidates to teach water safety, including the Basic Water Rescue Course, six levels of the Learn-to-Swim program and Parent and Child Aquatics. The purpose of the course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use course materials, how to conduct training sessions, and how to evaluate participants' progress.

Candidate Pre-requisites for Water Safety Instructor Courses: Interested participants should be at least 16 years of age on or before the last day of the instructor course and show proficient ability in the following strokes: Front Crawl, Back Crawl, Breast Stroke, Side Stroke, & Elementary Back Stroke.

Program #407810.01

Price: \$400

Dates & Times:

Pre-course Session:

Saturday, 10/28 10:00AM-12:00PM

In Person Skills Sessions:

Saturdays, 11/11 & 11/18 10:00AM-4:00PM

Sundays, 11/12 & 11/19 10:00AM-4:00PM

Lifeguard Review

The purpose of this course is to recertify current ARC lifeguards whose certifications are about to expire. Participants will briefly review course information and practice their lifeguarding skills and knowledge before testing. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years.

Candidate Pre-requisites for Lifeguard Review Courses: Current certification in Red Cross Lifeguarding/First Aid/CPR/AED & a CPR Mask is required to participate. Participants must also complete a 300 yard swim, 2 minutes treading water without use of arms, and a timed 20 yard swim and brick retrieval at 13 feet depth without goggles.

Session I

Saturday, 9/23 8:00AM-4:00PM

Program #407802.01

Price: \$150

Session II

Saturday, 11/4 8:00AM-4:00PM

Program #407802.02

Price: \$150

WATER AEROBICS

Deep Water Exercise: This is an intense workout without the stress on joints. Good for people with knee, hip, or back problems. Participants wear flotation belts and must be comfortable in deep water to participate.

Silver Sneaker Splash: Activate your aqua urge for variety! Silver Sneakers Splash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

WALK-IN: \$20

Water Aerobics Schedule Fall 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00AM-9:45AM	Deep Water (Rose)	Deep Water (Rose)	Deep Water (Rose)	Deep Water (Rose)	Deep Water (Kathy)	Deep Water (Adel)	Deep Water (Rose)
10:00AM-10:45AM	SilverSneaker Splash (Rose)	SilverSneaker Splash (Rose)	SilverSneaker Splash (Rose)	SilverSneaker Splash (Rose)	SilverSneaker Splash (Kathy)		
6:00PM-6:45PM		Deep Water (Adel)	Deep Water (Janine)	Deep Water (Adel)			

Water aerobics schedule is subject to change

WEX FEE STRUCTURE

Patrons can purchase a Water Exercise add-on (WEX) to their monthly (\$29) or annual (\$263) passes. If you have Silver Sneakers, Silver & Fit, or Renew Active, you may purchase an annual WEX pass for \$394. SilverSplash is only included in the Silver Sneakers membership. With WEX, patrons will be able to use the entire community center and take unlimited Water Fitness classes!

Resident Passes		Non-Resident Passes	
	Total		Total
Annual Adult Pass	\$727	Annual Adult Pass	\$857
Annual Senior Pass	\$637	Annual Senior Pass	\$739
Monthly Adult Pass	\$76	Monthly Adult Pass	\$91
Monthly Senior Pass	\$70	Monthly Senior Pass	\$82

PRIVATE SWIM LESSONS

Private Swim Lessons: At GPCC we offer Private Swim Lessons in 4-week sessions that run on the same schedule as our group lessons. We create a master schedule with availability, you select a day & time that works for you and you come once a week for the 4-week session. All private swim lessons will be one-on-one with an experienced GPCC swim instructor.

EMAIL SIGN-UP!

Registration will begin via email at 12:00am on the registration start date and will be conducted on a first come first served basis. After the first day of registration, patrons are welcome to register over the phone (610)313-4060 or in person. Registration will continue until all lessons are filled.

1. Send an email to aquatic@plymouthtownship.org with "GPCC Private Swim Lesson" typed in subject line and the Name, Birth Date, Address (of the student), & the Best Phone Number to contact you during our regular business hours in the body of the email. We will not accept email requests sent prior to 12:00am.
2. An automated email will be sent confirming that your request has been received
3. Aquatics Management will contact you during our regular business hours using the phone number you provided. We will only make two attempts to call the number provided – if we cannot reach you, we will move on to the next request.
4. You are then able to select an available time slot that will be yours for the session - full payment is due via credit card

Private Registration Start Date:

Fall Session I: Wednesday, September 6th

Fall Session II: Wednesday, October 11th

Fall Session III: Wednesday, November 15th

Price: \$137 RES/\$171 NR

Private Session Begins:

Fall Session I: Monday, September 11th

Fall Session II: Monday, October 16th

Fall Session III: Monday, November 20th



SWIM LESSONS

Aqua Explorers: Preschool Class- Ages: 6 months-3 years- Parent/Guardian In-Water Participation Required

Students will learn to feel comfortable in the water with the adult's reassurance. Children will experience water adjustment, front kicking, back float, water entries and exits. Parents will learn holding positions and basic safety skills. Songs and other fun activities are used to make children feel comfortable in the water.

4 weeks: 30 minute class-Price: \$72 RES/\$90 NR

Session 1	Saturday, 9/16-10/7	8:15-8:45AM	Program # 407101.02
Session 2	Saturday, 10/21-11/11	8:15-8:45AM	Program # 407101.12
Session 3	Saturday, 11/25-12/16	8:15-8:45AM	Program # 407101.22

Tugboats: Water Exploration - Ages: 3-5 years

The objective in this class is to orient students to the aquatic environment through supported floating, arm paddling, kicking on front and back, and water safety. 4 weeks: 40 minute class-Price: \$72 RES/\$90 NR

Session 1	Monday, 9/11-10/2	5:00-5:40PM	Program # 407301.01
	Saturday, 9/16-10/7	9:00-9:40AM	Program # 407301.02
Session 2	Monday, 10/16-11/6	5:00-5:40PM	Program # 407301.11
	Saturday, 10/21-11/11	9:00-9:40AM	Program # 407301.12
Session 3	Monday, 11/20-12/11	5:00-5:40PM	Program # 407301.21
	Saturday, 11/25-12/16	9:00-9:40AM	Program # 407301.22

Speedboat: Primary Skills - Ages: 3-5 years

This class is designed for those who have the ability to front float with face in the water for 5 seconds and back float with no support for 5 seconds. Basic swimming skills are taught and improved upon.

4 weeks: 40 minute class- Price: \$72 RES/\$90 NR

Session 1	Monday, 9/11-10/2	6:00-6:40PM	Program # 407302.01
	Saturday, 9/16-10/7	10:00-10:40AM	Program # 407302.02
Session 2	Monday, 10/16-11/6	6:00-6:40PM	Program # 407302.11
	Saturday, 10/21-11/11	10:00-10:40AM	Program # 407302.12
Session 3	Monday, 11/20-12/11	6:00-6:40PM	Program # 407302.21
	Saturday, 11/25-12/16	10:00-10:40AM	Program # 407302.22

Submarine: Stroke Readiness - Ages: 3-5 years

This class is designed for those who have the ability to swim 5 yards on back & front without support. Participants learn rotary breathing, water safety and basic swim skills are improved upon. 4 weeks: 40 minute class- Price: \$72 RES/\$90 NR

Session 1	Wednesday, 9/13-10/4	5:00-5:40PM	Program # 407303.01
Session 2	Wednesday, 10/18-11/8	5:00-5:40PM	Program # 407303.11
Session 3	Wednesday, 11/22-12/13	5:00-5:40PM	Program # 407303.21

Private Lesson Single Sessions

If you can't commit to an entire session of privates, we are happy to offer Private Lesson Single Sessions. Each Private is 40-minutes long with an experienced GPCC instructor. Choose to sign up for just one or as many as you like! Perfect for people with busy schedules and for any skill level. Availability is limited and will vary with our instructors' schedules.

Availability is limited and will vary with our instructor's schedules. For registration or to check on availability call Aquatics directly at (610)313-4060.

Price per session: \$40 Resident/\$50 Non-resident

GROUP SWIM RESERVATIONS

The GPCC Leisure Pool is an ideal place to bring a camp or have a party. Group Swim Reservations are available during any of our scheduled open recreation times. You'll get a 2-hour swim with unlimited access to our two story water slide, spray features & funny fish slide for small children...With our indoor water park style pool, you'll never have to worry about: Bee Stings, Sunburns, or Rainy Days! For more information or to book your group, send an email to aquatic@plymouthtownship.org or call the Aquatics Office at 610-313-4060.

Price: \$350 for up to 30 swimmers

Time: 2-Hours during open swim

\$100 Add-on Fee for larger groups up to 50

SWIM LESSONS

Tadpole: Water Exploration –Beginner Class- Ages: 6-13 years

The objective of this class is to build comfort and safety in the water. Elementary swim skills are introduced: floating, arm paddling, kicking on front and back, and water safety. 4 weeks: 40 minute class-Price: \$72 RES/\$90 NR

Session 1	Tuesday, 9/12-10/3	5:00-5:40PM	Program # 407401.01
	Thursday, 9/14-10/5	6:00-6:40PM	Program # 407401.02
Session 2	Tuesday, 10/17-11/7	5:00-5:40PM	Program # 407401.11
	Thursday, 10/19-11/9	6:00-6:40PM	Program # 407401.12
Session 3	Tuesday, 11/21-12/12	5:00-5:40PM	Program # 407401.21
	Thursday, 11/30-12/21	6:00-6:40PM	Program # 407401.22

Goldfish: Primary Skills – Beginner Class- Ages: 6-13 years

This class is for children who have the ability to front float with face in the water for 5 seconds and back float with no support for 5 seconds. Basic swimming skills are taught and improved upon.

4 weeks: 40 minute class-Price: \$72 RES/\$90 NR

Session 1	Tuesday, 9/12-10/3	6:00-6:40PM	Program # 407402.01
	Saturday, 9/16-10/7	10:00-10:40AM	Program # 407402.02
Session 2	Tuesday, 10/17-11/7	6:00-6:40PM	Program # 407402.11
	Saturday, 10/21-11/11	10:00-10:40AM	Program # 407402.12
Session 3	Tuesday, 11/21-12/12	6:00-6:40PM	Program # 407402.21
	Saturday, 11/25-12/16	10:00-10:40AM	Program # 407402.22

Seahorse: Stroke Readiness – Intermediate Class- Ages: 6-13 years

This class is designed for 6-13 year olds with the ability to swim 5 yards on back & front without support and are able to use alternating leg & arm motions. Participants learn rotary breathing, water safety and basic swim skills are improved upon.

4 weeks: 40 minute class-Price: \$72 RES/\$90 NR

Session 1	Wednesday, 9/13-10/4	6:00-6:40PM	Program # 407403.01
	Thursday, 9/14-10/5	5:00-5:40PM	Program # 407403.02
Session 2	Wednesday, 10/18-11/8	6:00-6:40PM	Program # 407403.11
	Thursday, 10/19-11/9	5:00-5:40PM	Program # 407403.12
Session 3	Wednesday, 11/22-12/13	6:00-6:40PM	Program # 407403.21
	Thursday, 11/30-12/21	5:00-5:40PM	Program # 407403.22

Seal: Stroke Development - Intermediate Class Ages: 6-13 years

This class is designed for those who have the ability to swim front and back crawl 25 yards. Participants improve their aquatic skills and increase their endurance by swimming the strokes for greater distances and with more advanced proficiency. 4 weeks, 40 minute class-Price: \$72 RES/\$90 NR

Session 1	Saturday, 9/16-10/7	11:00-11:40AM	Program # 407404.02
Session 2	Saturday, 10/21-11/11	11:00-11:40AM	Program # 407404.12
Session 3	Saturday, 11/25-12/16	11:00-11:40AM	Program # 407404.22

Adult Swim Lessons - Ages 13+

Learn beginning through intermediate swimming skills and strokes while breaking through any hesitations or fears of the water. 4 weeks, 40 minute class-Price: \$72 RES/\$90 NR

Session 1	Saturday, 9/16-10/7	11:00-11:40AM	Program # 407601.01
Session 2	Saturday, 10/21-11/11	11:00-11:40AM	Program # 407601.11
Session 3	Saturday, 11/25-12/16	11:00-11:40AM	Program # 407601.21

AQUATICS SPECIAL EVENTS

The Leisure pool will be closed to the public for all special events. All children under the age of 12 must be accompanied by a PAYING adult. Pre-registration is encouraged as space is limited for all special events.

Swim with The Little Mermaid

Put on your swimsuit and spend a magical evening with the Little Mermaid! Ariel will be here to greet, interact and take pictures with children for a full hour! You'll enjoy a mermaid question and answer session, story time, interactive games & Mermaid training in the pool (Time Permitting). All of this and the pool will stay open until 7:45pm to practice your newly acquired Mermaid skills! The program is only open to 20 participants –Pre-registration & Parental supervision is required.

Friday, 9/29 6:00PM–7:45PM

\$65 RES/ \$75 NR for Parent & Child

Program #: 407506.01

\$35 RES/ \$40 NR for Additional Child

Program #: 407506.02



Craft Your Own Pool Noodle Lightsabre

Come to the GPCC Leisure Pool in your Jedi or Sith bathrobes and build your own lightsabre! The Aquatics Department will provide you with pool noodles and parts & supplies to assemble your lightsabre, and then customize the hilt the way the Force guides you. Accompanying adults are welcome to build their own as well! Once constructed, you may bring your lightsabre into the leisure pool to play with.

Friday, 11/17 5:00PM–7:45PM

\$40 RES/\$50 NR for Parent & Child

Program #: 407501.01

\$25 RES/ \$30 NR for Additional Child

Program #: 407501.02



Pool-O-Ween

The entire aquatics center is transformed into an eerie water playground with Halloween themed music. The lights are low, creepy creatures may be wandering the deck and there will be glow necklaces for all. The event ends with a huge candy scramble – where bags of candy will be thrown into the pool for the children to gather up and take home.

Friday, 10/20 6:00PM–8:00PM

\$20 Per Person Program #: 407503.01

\$50 for a Family of 4 Program #: 407503.02



Pool Pumpkin Patch



Did you know pumpkins float? Join us for a unique and fun way to pick a pumpkin...in our pool! We'll have a boatload of Pumpkins floating in the pool for participants to find and select the perfect pumpkin! Pumpkins can be taken home or decorated at one of our decoration/carving stations. The pool area will be decorated for the Halloween season and families are encouraged to take pictures and selfies with our various displays. Participants are welcome to stay for open swim after the event.

Sunday, 10/15 10:00AM–12:00PM (Open Swim 12–3 PM)

\$20 Per Person – Each admission Includes 1 Pumpkin

Program #: 407502.01



Winter Water-land at the Pool

The pool will be decorated for the season and once again we'll be teaming up with the Harmonville Fire Co. to collect toys for the less fortunate. Starting December 1st we'll have a bin set up in the lobby asking our patrons for donations of store-quality toys.

Donations will be accepted through Friday December 15th the night of our huge special event...

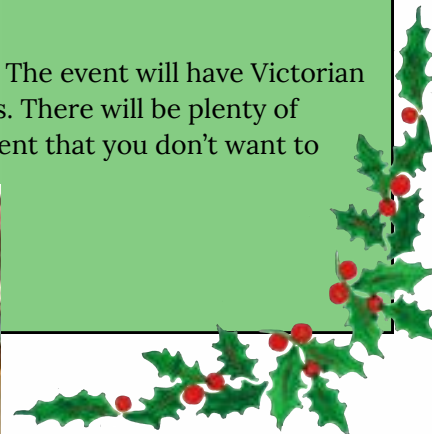
H2oliday Splash

Welcome the holiday season with a celebration of all things winter that will warm your heart. The event will have Victorian Carolers performing and Santa will be stopping by before his long night of delivering presents. There will be plenty of photo opportunities and Santa will be taking Christmas requests! It's a magical setting and event that you don't want to miss – early registration is a must.

Friday, 12/15 6:00PM–7:45PM

\$20 Per Person Program #: 407525.01

\$50 for a Family of 4 Program #: 407525.02



SPECIAL EVENTS

Kids Paint Class Ages: 5-12 years

Kids, create your own acrylic canvas to hang in your room!

All supplies included.

Instructor: unWINED & PAINT

Price/class: \$13 RES / \$16 NR

Friday Evenings:

Friday, 9/22

6:00PM-7:30PM - Truck

Program #: 401102.01



Friday, 10/13

6:00PM-7:30PM - Witches

Program #: 401102.03



Friday, 12/15

6:00PM-7:30PM - The Grinch

Program #: 401102.07

Saturday Mornings:

Saturday, 9/30

10:00AM-11:30AM - Pumpkin Initial

Program #: 401102.02



Saturday, 10/28

10:00AM-11:30AM - Cat & Pumpkin

Program #: 401102.04



Saturday, 11/18

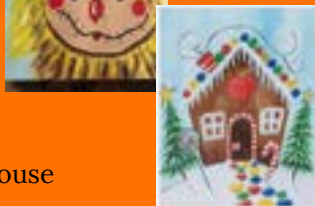
10:00AM-11:30AM - Scarecrow

Program #: 401102.05

Saturday, 12/9

10:00AM-11:30AM - Gingerbread House

Program #: 401102.06



Hayride/Pumpkin Pick Age: Family Children under 12 must be accompanied by an adult.

Join Plymouth Township Parks & Recreation and Maple Acres Farm for a hayride and pumpkin pick. Purchasing a pumpkin is optional; payment for pumpkin is through Maple Acre Farms.

Location: Harriet Wetherill Park- 2639 Narcissa Road

Saturday, 10/7

1:00PM - 3:00PM

Price: \$3/person per ride- no reservations required



Campfire & Hayride Ages: Families (suggested age 5 and up)

Join us for a fall evening at Harriet Wetherill Park. We will go on a hayride around the park, gather 'round the roaring fire for some s'mores and the kids will do a craft to take home. Bring a blanket or chair if you plan to sit around the fire. Pre-registration required. Location: Harriet Wetherill Park- 2642 Butler Pike

Saturday, 10/7

7:00PM - 8:30PM

Price: \$10/person

Program #: 402702.03



Veterans Day Celebration

Area Veterans are invited to join us on **Wednesday, November 8th** at 2:00PM at the Plymouth Township Service and Devotion Monument (ceremony held indoors if it rains). Please RSVP to Sarah Heitzenrater at 610-313-8680 or sheitzenrater@plymouthtownship.org. By RSVPing your name will be included in the program for the event.

Registration deadline: Tuesday, November 7.



Outdoor Holiday Market- Crafters & Vendors

Need a gift for someone? Looking for some cool handmade crafts? Hanukkah and Christmas are right around the corner! Check out the unique and handmade items at our Outdoor Holiday Market. Spread the word! Interested in being a vendor?

Please contact Joanna Sharapan at jsharapan@plymouthtownship.org.

Location: Colonial Middle School (716 Belvoir Road)

Saturday, 11/18

10:00AM-2:00PM

Price: \$20/spot

Program#: 401112.02



SPECIAL EVENTS



Holiday Tree Lighting Ceremony

Plymouth Township invites you to the annual tree lighting ceremony. It will kick off at 6:00PM at the Service and Devotion Monument **Location: Corner of Walton Road and Germantown Pike**

Wednesday, November 29
6:00PM

Graham Cracker House Workshop *Ages: All Ages*
Make your home more festive by displaying your own unique creation made out of graham crackers and candy. All supplies provided. Each person wishing to decorate a house must register.

Registration deadline: 11/28

Saturday, 12/2 10:00AM-11:00AM

Program #: 402102.01

Price: \$15 per house to be built



Breakfast with Santa

Ages: All Ages
Come to family time with Santa. Shake his hand and bring your own camera to take pictures. We will also have a game room. A light breakfast will be served. All children must be accompanied by a paying adult. Ages 2 years and under are free with paying adult. **Location: GPCC**

Saturday, 12/16

9:00AM-10:30AM

Price: \$10/person Program #: 401602.01

Price/family of 4: \$30 Program #: 401602.02

Free- children 2 and under Program #: 401602.03



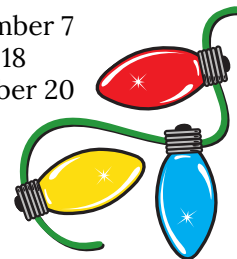
Holiday Lights Contest

Who has the brightest and most decorated house in Plymouth Township? Don't want to decorate but want to join in the fun? Vote for "The People's Choice" Award. More information will be on our website in December. Plymouth Township Residents Only- Free to enter
Call 610-277-4312 or go online to register. *your address will be shared for judging purposes (including on publications for "The People's Choice" Award) Program #: 401415.01

Registration Deadline: December 7

Judging Period: December 8-18

Winners Announced: December 20



Own Your Own In New York City

Ages: 4+ years
Saturday, December 2nd

Depart GPCC @ 7:30 AM

Depart NYC @ 6:00 PM

Program #: 404101.25

Price: \$60/person

Registration Deadline **November 4th**



Silver Socials

These events are free and only open to GPCC members!

Holiday Potluck

Ages: 55+ years
Time to gather and share with friends - old and new! Bring your favorite dish to share and try some new ones! Sign up with your shareable dish at the front desk. Space is limited and pre-registration is required!

Location: GPCC

Monday, December 18th

11:00AM-1:00PM

Program #: 401114.01



Coffee & Cards

Ages: 55+ years
GPCC seniors are invited to enjoy some light refreshments while playing classic card and board games! We will provide coffee, donuts, and a wide assortment of games. Feel free to bring your favorite game or games from home! Space is limited and pre-registration is required!

Location: GPCC

Monday, 9/18

11:00AM-1:00PM

Program #: 401114.02

Monday, 11/13

11:00AM-1:00PM

Program #: 401114.04

Monday, 10/16

11:00AM-1:00PM

Program #: 401114.03

Monday, 12/11

11:00AM-1:00PM

Program #: 401114.05



CHECK OUT OUR PARKS!



ALAN WOOD PARK 642 FULTON STREET	Play apparatus, basketball court, small volleyball area, two picnic tables and grills. Limited parking.
BLACK HORSE PARK 436 SCHOOL LANE	Play apparatus, youth baseball/softball field, two 10 ft. basketball courts, an open field, park benches and picnic tables. Parking lot.
COLWELL PARK 1340 HILLCREST ROAD	Youth playground and tot-lot, in-line/basketball court, multi-purpose field, horseshoe area, multi-purpose trail, sand volleyball courts, pavilion, small program shelter and restrooms. Parking lot.
COMMUNITY CENTER PARK 2910 JOLLY ROAD & 2903 WALTON ROAD	The 76,000 square foot Center houses the Parks & Recreation Department offices, 2 indoor pools, gym, fitness center, rental and program rooms. Park contains a youth playground and tot lot, NCAA baseball field, softball field, soccer field, recreational field, pavilion, bocce courts, sand volleyball courts, amphitheater, multipurpose trail and outdoor bathrooms. Parking lots on Jolly and Walton Roads.
EAST PLYMOUTH VALLEY PARK 900 GERMANTOWN PIKE (EPV)	Youth playground and tot lot, four baseball fields (three with 60 ft. baselines (one lighted), one with 90 ft. baselines), four lighted tennis courts, two basketball courts (one lighted), one lighted football field, pavilion with picnic tables, park benches, pond and a multipurpose building housing restrooms, concession stand, work and storage areas. Parking lot.
HARRIET WETHERILL PARK 2639 NARCISSA ROAD & 2642 BUTLER PIKE (HWP)	Scenic natural area for passive recreation. Stonedust and paved walking trails, interpretive signage, paths to meadows, wooded areas, streams and fields currently being farmed. Butterfly garden, youth playground, tot lot and 2 picnic pavilions. Parking lots on both Narcissa Road and Butler Pike.
JOHN F. KENNEDY PARK 480 JEFFERSON ST	Youth playground and tot lot, multi-purpose field, two tennis courts, horseshoe pit, scenic natural area, walking trail, multi-purpose court for street hockey, pavilion, picnic tables and park benches. Secondary access from Jefferson Street. Two parking lots.
PLYMOUTH HILLS, PLYMOUTH MEETING & SANDWOOD	Undeveloped open space Plymouth Hills: Camelot Drive (2.7 acres), Plymouth Meeting: Sierra Road (2.9 acres) Sandwood: Sandwood Road (3.4 acres)

Plymouth Township Youth and Adult Organizations function as their own entities. Each organization consists of volunteers who serve and operate with a board of officers to coordinate and manage the daily functions of each league.

Plymouth Junior ABA Basketball League

www.plymouthjraba.org

Plymouth Little League Baseball/TBall

www.plymouthlll.website.siplay.com

Greater Norristown Wrestling Club

www.gnwc.org

P-W Spartans Football League

www.pwspartans.org

P-W Spartans Cheerleading

www.pwspartans.org

Colonial Soccer Club

www.colonialsoccerclub.org

P-W Ice Hockey

www.pwicehockey.com

Mt. Carmel Sr./Jr. Legion

www.mtcarmelmounties.com

ADULT LEAGUES

League Information:

- 10 Week Session (8 games guaranteed)
- Top 4 Playoffs
- Ref Fee included in league fees!
- Basketball teams must have the same color jerseys/shirts.

Registration dates:

Start Dates: August 7th
 Deadline: August 28th
 Games begin the week of September 11th

If your team is interested in playing and the registration deadline has passed, please call to check availability! If you would like to play in one of our leagues but don't have a team, please contact Shawn at smazei@plymouthtownship.org or 610-277-6122.

Men's 18 & Over Basketball
Tuesdays & Wednesdays 6:30PM-9:30PM

	League Fees
Residents	\$680
Non-Residents	\$750

Men's 18 & Over Volleyball
Thursdays 6:30PM-11:00PM

	League Fees
Residents	\$550
Non-Residents	\$625

Women's 18 & Over "A" Volleyball
Mondays 6:30PM-11:00PM

	League Fees
Residents	\$550
Non-Residents	\$625

Women's 18 & Over "B" Volleyball
Mondays 6:30PM-10:00PM

	League Fees
Residents	\$395
Non-Residents	\$450



Women's 18 & Over "BB" Volleyball
Mondays 6:30PM-10:00PM

	League Fees
Residents	\$395
Non-Residents	\$450



Fall Sponsorship Information Coming Soon!

Sponsorship will include Campfire & Hayrides, Veterans Day Celebration, Holiday Tree Lighting, Breakfast With Santa and more!

To receive more information please email Joanna
jsharapan@plymouthtownship.org



HOW TO REGISTER

Online: www.plymouthcommunitycenter.org, in person or by phone: 610-277-4312. To get started, you will need a User ID and password. If you are currently in our database, call the front desk or e-mail us at info@plymouthtownship.org for your User ID . Use this as your password also.

If you desire, you may change your password once you have signed in. If you are NOT in the database, call the front desk to be set up. You will need the following: Your name, address, phone number, e-mail address; and the names & birth dates of any family member you wish to register.

Photo Information

We may take your picture during recreation programs, at events, and at the Community Center. Photos may be displayed at the Community Center, on our website, Social Media pages, in our Program Guide, in the Township Newsletter, on the Township's cable channel (Comcast 22 & Verizon 43), or submitted to newspapers. Please let us know if this presents a problem.

Safety/Waiver of Liability

The Plymouth Township Parks and Recreation Department is dedicated to providing safe facilities, equipment and programs, as well as qualified staff. Nevertheless the Township is not responsible for any injuries sustained as a result of participation in any Department- sponsored activity or while using Department facilities. It is recommended that anyone enrolled in a class/program/trip, or using Township facilities, make provisions for adequate coverage with their own insurance plan. Also, please check with your doctor before enrolling in any activity which requires walking, fitness, swimming, etc. It is the assumption of our Department that the participant knows the risks involved with the class/program/trip.

***Follow us on social media for updates
on the GPCC and our programs!***



@gpccplymouthtwp



@gpccplymouthtwp



facebook.com/plymouthtownship

New and Improved
GPCC App

Completely New and Easy
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Plymouth" in the Android
Google Play Store

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