

## SUMMER 2021 PROGRAM GUIDE

# GREATER PLYMOUTH COMMUNITY CENTER

2910 Jolly Road  
Plymouth Meeting, PA 19462  
610-277-4312

### FACE MASKS REQUIRED

No initiation fees, complementary fitness orientation, full access to the whole facility and more!



Goat  
Yoga



Swim  
Lessons



One Week  
Camps

# GPCC HOURS

Monday & Friday 6:00am-7:00pm

Tuesday, Wednesday & Thursday 6:00am-8:00pm

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

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

Fitness Center

Men's, Women's & Family  
Locker Room

All land aerobic classes  
included in the price of  
your pass

Lap Pool 25-yards w/ 11 lanes

Monthly payment options  
available for annual members

Age definitions:

Warm-water whirlpool

Gymnasium

Indoor Track

Youth: 3-17 years

Basketball, Volleyball & Pickleball

Adults: 18-61 years

Seniors: 62 + years

## PLYMOUTH TOWNSHIP RESIDENT RATES

	First Adult	First Youth/Senior	Add Adult/ Senior	Additional Youth
Annual Passes	\$442	\$346	\$225	\$135
One-Month Passes	\$43	\$35	\$24	\$14

## NON-RESIDENT RATES

	First Adult	First Youth/Senior	Add Adult/ Senior	Additional Youth
Annual Passes	\$566	\$443	\$225	\$135
One-Month Passes	\$57	\$46	\$30	\$16

### Fitness Center

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

### Land Aerobics

- Must be 16 years and older to participate.

### Aquatic Center

- Must be 13 years and older to use without adult supervision.
- Anyone 12 years and under can use with adult supervision.

## COLLEGE PASS

(Valid College ID required.)

1 Month Pass	\$30
3 Month Pass	\$75

**LAND AEROBIC CLASSES**

MUST BE AT LEAST 16 YEARS OLD TO PARTICIPATE

**NO CLASSES  
5/28 & 5/29**

**May 2021 GROUP FITNESS SCHEDULE**

**FREE To Pass Holders**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:15am – 9:05am Outdoor Total Body Fitness (Michelle) <i>*No Class 5/8*</i>	
9:00am-9:50am Sr Aerobics Mix with Chairs (Teri)		9:00am-9:50am Sr Aerobics Mix with Chairs (Teri)		9:00am-9:50am Sr Aerobics Mix with Chairs (Teri)	9:00am-9:50am Outdoor Zumba (Sathya)	9:00am-9:50am Outdoor Vinyasa Yoga (Courtney) <i>*No Class 5/23*</i>
10:15am-11:05am SilverSneaker Classic with Chairs (Teri)	<b>NEW!</b> 10:00am – 10:50am Outdoor Total Body Fitness (Eileen)	10:15am-11:05am SilverSneaker Classic with Chairs (Teri)	<b>NEW!</b> 10:00am – 10:50am Outdoor Total Body Fitness (Eileen)	10:15am-11:05am Sr Aerobic Fit No Chairs (Teri)		
5:45pm-6:35pm Outdoor Cardio Sculpt (Michele)		5:45pm-6:35pm Restorative Yoga (Courtney)	5:45pm-6:35pm Outdoor Cardio Kick-boxing (Michele) <i>*No Class 5/27*</i>			

**\*Check website and social media for updates to schedule\***

- All classes, except the senior classes and Wednesday Yoga will be outside in the GPCC Park, weather permitting! Inclement weather will bring the classes indoors and following COVID-19 protocols. Masks are optional for outdoor classes and mandatory for indoor classes!
- These classes are FREE to Annual and Monthly Pass Holders but space is limited so we can abide by the CDC and Health Department’s recommendations during COVID-19 restrictions.
- If space is available, walk-ins will be accepted.
- Walk-in price: \$10
- Download our app for class updates!

**Cardio Sculpt** Mix of cardio with body weight, and resistance training using free weights and bands. Modifications given for beginners to advance fitness levels!

**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.

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

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

# Greater Plymouth Community Center

NEW!

**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.

NEW!

**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.

## Senior Aerobics Class Descriptions

**Senior classes are held in Activity Central (Aerobics Room), masks required, spaced for social distancing! Classes are FREE to Annual & Monthly Pass Holders, SilverSneaker, Renew Active and Silver & Fit Participants!**

**Senior Aerobics Fit** A similar format to Senior Aerobics Mix but includes non-impact to low impact aerobics, strength training and balance but geared towards those who do not need support from a chair. \*Intermediate to Advanced fitness level required. 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.  
Maximum capacity: 20

**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. Maximum capacity: 20



## 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 \$84 PH/ \$100 NPH**

One-On-One 30-Minute Session		
	Pass Holders	Non-Pass Holders
1 Session	\$32	\$38
5 Sessions	\$152	\$181
10 Sessions	\$288	\$342
30 Sessions	\$768	\$912

One-On-One 60-Minute Session		
	Pass Holders	Non-Pass Holders
1 Session	\$48	\$56
5 Sessions	\$228	\$266
10 Sessions	\$432	\$504
30 Sessions	\$1,152	\$1,344

Partner Training 60-Minute Session		
	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](mailto:mbevan@plymouthtownship.org) or [ebauso@plymouthtownship.org](mailto:ebauso@plymouthtownship.org).



## PREMIUM TRAINING CLASSES

Smaller class size than regular group fitness classes for a more personalized workout! Plenty of room for social distancing in all classes, hand sanitizer and disinfectant wipes will be available. Masks are required for all indoor classes as mandated by the state during Covid-19.

### Outdoor 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 outside, under the Pavilion in the GPCC Park. You must be able to get down on the floor and get back up on your own!

10:00 AM – 10:55 AM

Instructor: Teri

**Session I: Tuesdays and Thursdays, 6/8 – 7/1**

Program #: 285402.04

Price: \$68 PH/\$84 NPH

**Session II: Tuesdays and Thursdays, 7/13 – 8/5**

Program #: 385402.01

Price: \$68 PH/\$84 NPH

**Small Group Training: 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. Walk ins: \$13 Pass Holders/ \$15 Non Pass Holders

6:30 PM – 7:25 PM

Trainer: Ed

Price: \$24 PH/ \$33 NPH

**Session I: Tuesdays, 6/1-6/15**

Program #: 215402.01

**Session I: Thursdays, 6/3-6/17**

Program #: 215402.02

**Session I: Tuesdays & Thursdays, 6/1-6/17**

Program #: 215402.03

Price: \$42 PH/ \$61 NPH

**Session II: Tuesdays, 7/13-7/27**

Program #: 315402.01

**Session II: Thursdays, 7/15-7/29**

Program #: 315402.02

**Session II: Tuesdays & Thursdays, 7/13-7/29**

Program #: 315402.03

Price: \$42 PH/ \$61 NPH

### Bike and Bodyweight Burn Ages: Adults

This class is held outdoors unless inclement weather then it will be held indoors (mask required indoors). 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. Walk ins: \$13 Pass Holders/ \$15 Non Pass Holders

Price: \$24 PH/ \$33 NPH

6:30 PM – 7:15 PM

Trainer: Ed

**Wednesdays**

**Session I: 6/2-6/16**

Program #: 225404.12

**Session II: 7/14-7/28**

Program #: 325404.05

**Session III: 8/11-8/25**

Program #: 325404.06

**Mondays**

**Session I: 7/12-7/26**

Program #: 325404.08

**Session II: 8/9-8/23**

Program #: 325404.09



**Session III: Tuesdays, 8/10-8/24**

Program #: 315402.07

**Session III: Thursdays, 8/12-8/26**

Program #: 315402.08

**Session III: Tuesdays & Thursdays, 8/10-8/26**

Program #: 315402.09

Price: \$42 PH/ \$61 NPH

# ADULT PROGRAMS

## Private Tennis Lessons

Get individualized tennis instruction from our tennis professional. Choose a date and time that works best for your schedule. Lessons will be 50-minute sessions. Lessons will be held at East Plymouth Valley Park and can be scheduled by Shawn Mazei at the Greater Plymouth Community Center or at 610-277-6122.

Price Per Lesson: \$50 Res/\$63 NR

## Adult Tennis Ages 18+

### Wednesdays, 6/30-7/21

\$65 Res/ \$81 NR

Location: East Plymouth Valley Park

Fundamentals

6:30pm-7:20pm

Program #: 301503.01

Tennis For Fitness

7:30pm-8:20pm

Program #: 301503.02

## Adult & Pediatric CPR/AED Ages: 14+ years

(if under 14 please call 610-313-8681) The Adult and Pediatric CPR/AED classroom course incorporates the latest science and teaches students to how to respond to cardiac and choking emergencies in victims of any age - adults (12+ years) and pediatric (infants and children up to 12 years). Students who successfully complete this course will receive official American Red Cross certification for Adult and Pediatric CPR/AED valid for two years.

### Thursday, 8/5

5:00PM – 8:00 PM

Price: \$80

Program # 303310.02



## Pickleball at the GPCC

Monthly or annual members can reserve time daily.

Maximum of 5 people per court.

Monday-Friday 6:00 AM - 9:00 AM

Evenings & Weekends call for availability.

Face Masks are required!

RESERVATIONS ARE REQUIRED

## The Adult and Pediatric

### First Aid/CPR/AED Blended Course

Ages: 14+ years (if under 14 please call 610-313-8681) This course teaches students to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children, and infants. The course meets OSHA/workplace requirements. This course includes an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 2 hours 30 minutes to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult First Aid/CPR/AED valid for two years. NOTE: A valid email address is required at the time of registration to complete the online portion of the course. You must bring a printed or digital copy of the certificate from the completed online training, or you will not be allowed to complete the classroom portion of the course.

### Thursday, 5/13

5:00pm- 8:00pm

Price: \$85

Program # 203310.01

# YOUTH PROGRAMS

## Young Rembrandts Presents:

**PARTICIPANTS WILL NEED TO BRING PENCILS, CRAYONS AND MARKERS TO EACH CLASS.**

### **Preschool Drawing Class** Ages: 4-6 years

Wonderful drawings of adventurous astronauts and friendly monsters will excite the imagination. We reach new heights with our hot air balloon and many nature-inspired drawings like our bees and flower baskets. There's no better time than now to enroll your student! *Face mask required!*

9:00am- 9:45am

**Saturdays, 5/8-5/22**

Price: \$54 Res/\$67 NR

Program #: 201103.04

### **Elementary Drawing Class** Ages: 7-14

Students will learn how to think outside of the box as they learn to draw a space monster and create stylized drawings of flowers, snails and more. We'll also explore historical themes with our comic book-inspired drawing and a portrait of Canadian hero, Terry Fox. Sign up for classes today! *Face mask required!*

10:00am - 11:00am

**Saturdays, 5/8-5/22**

Price: \$54 Res/\$67 NR

Program #: 201103.05

### **Cartoon Drawing Class** Ages: 7-14

Young Rembrandts Cartooning students will learn the essential skills they need to create exciting cartoon characters with expressive faces and dynamic poses. They will develop their visual story telling skills as they draw sequential images and jokes. Students will learn to create fun, off-the-wall characters based on people, animals, and even food. All this and more await our students. Enroll your student today! *Face mask required!*

11:15am - 12:15pm

**Saturdays, 5/8-5/22**

Price: \$54 Res/\$67 NR

Program #: 201103.06

### **T-Birds T-Ball** Ages: 3-5

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. First day everyone comes at 10:00am. A schedule will be given on first day with your time.

Location: GPCC softball field- Walton Road

**Saturday, 6/12-7/24 (no Class 7/3)**

10:00am or 11:00am

Price: \$95 Res / \$118 NR

Program #: 309108.01

### **Twinkle Toes** Ages: 3-5 years

Children can develop their love of dance through this program. Ballet is the main focus for this introduction to dance. It is recommended that children wear leotards and ballet slippers for the younger class.

Parents are encouraged to leave.

Price: \$51 Res/ \$65 NR

**Saturdays, 6/19-7/31 (no class 7/3)**

10:00am-10:45am

Program #:301201.01

11:00am-11:45am

Program #:301201.02

### **Babysitting Course** Ages: 11-15 years

The American Red Cross Babysitter Training Course is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Please pack a lunch.

Saturday, 8/7

**8:30 AM- 3:30 PM**

Program #:303311.01

Price: \$90



# YOUTH PROGRAMS



## Youth Tennis

This class will introduce how to use forehand and backhand, volley and serve. Participants are required to bring a racquet to class.

Location: East Plymouth Valley Park

Price: \$65 Res / \$81 NR

### Ages: 6-7 years

Saturdays, 7/10-7/31

8:30am- 9:20am

Program #: 301504.04

### Ages: 8-10 years

Saturdays, 7/10 -7/31

9:30am- 10:20am

Program #: 301504.05

### Ages: 11-14 years

Tuesdays, 6/29-7/20

6:45pm- 7:35pm

Program #: 301504.06

## Kids Karate Ages: 5-9 years

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

5:00pm- 6:00pm

Price: \$47 Res/ \$59 NR

**Session I: Mondays, 5/3-6/14 (no class 5/31)**

Program #:201701.01

**Session II: Mondays, 6/21-8/2 (no class 7/5)**

Program #:301701.01

## GPCC Youth Outdoor Basketball League

Fun and learning are the most important points of these co-ed programs. The first week we will evaluate all kids and create teams, the second week we will have a team practice. The next 6 weeks will be games. Every player will enjoy equal playing time and will receive a TEAM T-SHIRT. Parents are highly encouraged to volunteer! Depending on enrollment, the games and dates are subject to change. If we have to cancel a game due to the weather, a prorated credit will be issued. Games are either at 6:00pm or 7:15pm. You will know what time you play once you receive your schedule. Face mask required!

Location: East Plymouth Valley Park

\$55 Res/\$69 NR

### Ages: 6-7 years

Mondays, 6/14-8/9 (No game 7/5)

6:00pm or 7:15pm

Program #: 308701.01

### Ages: 7-8 years

Tuesdays, 6/15-8/10 (No Game 7/6)

6:00pm or 7:15pm

Program #: 308701.02

### Ages: 8-9 years

Wednesdays, 6/16-8/11 (No game 7/7)

6:00pm or 7:15pm

Program #: 308701.03

### Ages: 9-10 years

Thursdays, 6/17-8/12 (No game 7/8)

6:00pm or 7:15pm

Program #: 308701.04



# YOUTH PROGRAMS

## **Exploring Archery** Ages: 6-17 years

Archery is a universal, lifetime sport...anyone can do it! It builds upper body and core strength, along with balance and hand-eye coordination. Archery develops strong problem-solving skills, focus, determination and patience! "Exploring Archery" will introduce you to the sport of archery. All equipment, including bows, arrows (field tip), quivers, targets, safety netting and cones will be provided. This program will help students practice precision and proper form, while promoting the joy and fulfillment that archery can bring! Each week is a new and exciting lesson plan. Students can develop at their own pace in a safe and fun environment! Taught by certified (USA Archery), experienced instructors from Shooting Star Archery Academy. Masks & close-toed shoes required. Location: Harriet Wetherill Park- Butler Pike entrance

### **Session I: Wednesdays, 6/9-7/14**

Ages: 6-17 years 5:00pm -6:00pm

Program #: 301506.01

Ages: 6-12 years 6:00pm-7:00pm

Program #: 301506.02

Price: \$135 Res / \$168 NR

### **Session II: Wednesdays, 7/21-8/25**

Ages: 6-17 years 5:00pm -6:00pm

Program #: 301506.03

Ages: 6-12 years 6:00pm-7:00pm

Program #: 301506.04

Price: \$135 Res / \$168 NR

## **Kids Pottery Class** Ages 5- 15

Schedule some fun time for your kid to play in the mud! Young artists will have fun exploring their imagination, develop creativity and gain confidence all by working with clay. A project towards the end of the session that will allow your child to create a piece based on their own personal interests. We welcome all skill levels and abilities. All supplies are included and pieces are fired at the Pottery works Studio. Glazes and clay are food safe and lead free. Pottery can be picked up one week after class. Face Mask Required!

### **Fridays, 5/7 - 5/28**

5:00pm-6:30pm

Price: \$130 Res / \$162 NR

Program #: 203101.03

## **Computer Coding** Ages: 10-15 years

Students will learn how to program a computer from the round up using the popular JavaScript programming language. By the end of class, each student will have created his/her own web-based game and a functioning chatbot. Topics include basic programming concepts (e.g. syntax, data types and structures, program control and flow, and error handling) as well as an introduction to HTML and CSS. No previous experience required. Students must bring a laptop with some pre-installed, free software from Microsoft. Students should pack lunch and a snack.

Saturday, 7/10

9:00am - 4:00pm

Price: \$65 RES/\$82 NR

Program #: 303312.01

## **AFTER SCHOOL PROGRAM 2021/2022**

**Interest list is on our website.**

**Sign-up to receive informational  
emails about Plymouth Township  
Parks & Recreation's 2021/2022  
After School Program.**

## SPECIAL EVENTS

### **Namaaste Goat Yoga** Age: 5+ years

Renew your inner spirit with a fun, relaxing, giggle filled goat yoga class at Harriet Wetherill Park- Butler Pike entrance. The goat in me honors the goat in you! A triple threat to de-stress, Namaaste Goat Yoga is a great way to break from your normal mindset and reap the benefits of animal/laughter therapy and yoga! Open to yogis of every skill level, Namaaste Goat Yoga is not your typical but still relaxing form of beginner level yoga that always involves smiles, laughter, giggles and of course, goats! Our miniature goat breeds are just the right size (think Beagle-size or smaller) to jump on your back, snuggle in your lap or take a nap on your mat as you move through our certified instructor's guidance. Watch your cares melt away with every goat touch and kiss. Beyond trendy, goat yoga is here to stay as many find unexpected joy in being in the moment and presence of goats. 45 minute beginner friendly goat centric yoga class and 15 minute goat snuggle/picture time with 9-15 of our baby/miniature goats. Participants need to provide their own mat/towel/blanket on which to do the yoga. Covid policies: [www.namaastegoatyoga.com](http://www.namaastegoatyoga.com). *Children 12 and under must be accompanied by a parent- parent must also be registered for the program*

**Sunday, 5/23** 12:00pm -1:00pm Program #: 201113.01  
Price/class: \$40 1:15pm-2:15pm Program #: 201113.03

### **DIY- Greeting Cards**

Learn how to create homemade cards using Creative Memories products. Class fee includes materials to hand craft 12 decorative cards with envelopes, a box to store them in, adhesive, foam squares, stickers and embellishments. During the class you will have hands-on experience crafting a few cards paired with basic step by step group instruction. There will also be time to work at your own pace with or without additional instruction. Feel free to try out the latest Creative Memories cutters, punches and border punch system. Other cards and card kits will be available for purchase.

### **Thursday, 6/10**

6:30pm-8:30pm

Price: \$50 RES / \$62 NR

Adults

Children 6-9 with Parent

Children 10+

Program #:302706.01

Program #:302706.02

Program #:302706.03



## BASKETBALL RESERVATIONS

RESERVATIONS ARE REQUIRED. NO RESERVATION = NO ENTRY

- Reservations are 1 hour long.
- No day passes- must have a monthly or annual pass
- Maximum 4 people per court
- No full court games
- Face mask must be worn at all times!
- Bring your own ball

Failure to wear a mask correctly, will result in dismissal for the day. Please call the front desk at 610-277-4312 to make your reservation. \*subject to change

# GPCC SUMMER CAMP

- A 5 year old may only attend Camp GPCC or Playground Camp if they have completed Kindergarten.
- There is no camp Monday, July 5th
- Payment Schedule: 75% due at booking and June 4 payment is due in full.
- Paperwork due June 4th.
- Face mask required!

## **Camp GPCC (6-12 years)** Location: GPCC

This traditional day camp has a wide variety of activities including arts and crafts, sports and swimming. Campers will be separated into smaller groups. COVID guidelines and protocols will be followed- see Camp GPCC Health & Safety Plan on our website for more information. Masks will be required. Campers must bring a lunch, snack and bathing suit daily. All release forms must be signed by a parent or legal guardian. Everything subject to change based on COVID restrictions. Contact:

**Barb Griffis, [bgriffis@plymouthtownship.org](mailto:bgriffis@plymouthtownship.org)**

9 AM-5 PM

Monday-Friday, June 14th-August 20th

Price Per Week: \$210 RES / \$263 NR

\*July 6th week \$168 Res/ \$210 NR

6-7 years Program #: 309601

8-9 years Program #: 309602

10-12 years Program #: 309603

## **Teen GPCC (12-15 years)** Location: GPCC

This camp offers daily activities that include athletic competitions, food projects, and other awesome games. COVID guidelines and protocols will be followed- see Teen Camp Health & Safety Plan on our website for more information. Masks will be required. Campers must bring a lunch, snack and bathing suit daily. All release forms must be signed by a parent or legal guardian. Everything subject to change based on COVID restrictions. Contact:

**Shawn Mazei, [smazei@plymouthtownship.org](mailto:smazei@plymouthtownship.org)**

9 AM-5 PM

Tuesday-Thursday, July 6th-July 29th

Price Per Week: \$128 RES / \$160 NR

Program #: 309609



## **Playground Camp (6-12 years)**

Location: Plymouth Elementary

Come and enjoy traditional playground activities including arts and crafts, sports and water days. The Playground Camp is informal with minimal structure.

Campers will be separated into smaller groups. COVID guidelines and protocols will be followed- see Playground Camp Health & Safety Plan on our website for more information. Masks will be required.

Campers must bring a lunch, snack and bathing suit (for water activities) daily. All release forms must be signed by a parent or legal guardian. Everything subject to change based on COVID restrictions.

Location: Plymouth Elementary- held completely outdoors unless it is raining. **Contact:**

**Malcolm Smith, [msmith@plymouthtownship.org](mailto:msmith@plymouthtownship.org)**

9 AM-3 PM

Monday-Friday, June 21st-July 30th

Price: \$340 RES / \$425 NR

6-8 years Program #: 309701.01

9-12 years Program #: 309701.02



# ONE WEEK SUMMER CAMPS

## **Crafty Creations** *Ages: 4-7 years*

Your kids will love creating different arts and crafts projects. We will be using a different medium each day. Please bring a snack and drink daily. Face mask required!

Location: GPCC

**6/14-6/18**

9:30 AM-11:30 AM

Price: \$62 RES/ \$78 NR

Program # 309101.01

## **Obvious Choice Sports Basketball** *Ages: 5-10 years*

Campers will experience hands on instruction by collegiate and varsity level basketball players, play in an NBA like week-long league and receive prizes and awards for individual efforts and completion of the camp. Games are set up so that each camper gets a maximum amount of playing time. Campers can also look forward to mini contests, skill development drills, and watching game tape. Daily themes like hustle and defense make the Obvious Choice Basketball Camp the place to be! Face mask required!

Location: GPCC

**6/14-6/18**

9:00 AM-3:00 PM

Price: \$186 RES/ \$242 NR

Program # 309715.01

## **Chess by Chess Wizards** *Ages: 6-12 years*

You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camps include fun team chess games (like bughouse), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. Face mask required!

Location: GPCC

**6/21-6/25**

9:00 AM-12:00 PM

Price: \$165 Res/ \$206 NR

Program # 309403.01

12:00 PM-3:00 PM

Price: \$165 Res/ \$206 NR

Program # 309403.02

9:00 AM-3:00 PM

Price: \$260 Res/ \$325 NR

Program # 309403.03

## **Superhero Adventure** *Ages: 4-7 years*

Calling all Superheroes! It's time to take a break from saving the world and make superhero crafts and play games. So put on your costume and cape, and join us for a week long Superhero Adventure! Please bring a snack and drink daily. Face mask required!

Location: GPCC

**6/14-6/18**

9:30 AM-11:30 AM

Price: \$62 RES/ \$78NR

Program # 309105.01

## **Young Rembrandts: LEARN ANIME/MANGA DRAWING**

*Ages: 7-14 years!*

Join the Anime Manga workshop and learn to draw your favorite Japanese style art. This five-day workshop will tap into everyone's imagination while learning to draw cute manga inspired characters, accessories and costumes. Your child's talent is about to take off - register now to save your child's spot in this kawaii workshop focused on technique and creativity! Face mask required!

Location: GPCC

**6/14-6/18**

9:00 AM-11:00 AM

Price: \$180 RES/ 216 NR

Program # 309102.01

## **Young Rembrandts: AFRICAN SAFARI WORKSHOP**

*Ages: 7-14 years*

We will explore the exciting land and many animals that inhabit Africa. In five days, we will draw a variety of animals in various scenes with different media. To keep things exciting, we will explore the African Safari through the fun technique of cartoon as well. We will even challenge our artistic talents by creating 2 large scenes - one in a graphic style filled with a variety of animals and another focusing on the twists and turns of an African snake. Our exploration through Africa allows for a bounty of adventure and creativity. Face mask required!

Location: GPCC

**6/28-7/2**

9:00 AM-11:00 AM

Price: \$180 RES/ \$216 NR

Program # 309102.02

# ONE WEEK SUMMER CAMPS

## **Pottery Works: Nature Art** Ages 5 and up

Kids will study the outdoor world of birds, bugs, plants and more in this fun, hands-on exploration of the intersecting worlds of art and nature. Artist will develop art and science awareness and be encouraged to explore a variety of media. Each child will take home a terrarium, clay sculpture (terracotta) and oil base clay nature projects. Please bring small snack or drink. For questions go to [potteryworksmobile.com](http://potteryworksmobile.com) (Contact Malcolm for a full day discount) Face mask required! Location: HWP- Butler Pike entrance

**6/28-7/2**

9:00 AM-12:00 PM

Price: \$165 RES/ \$206 NR

Program # 309116.01

12:30 PM-3:30 PM

Price: \$165 RES / \$206 NR

Program # 309116.02

Register for both  
and stay for lunch!

## **Loose in the Lab by Science Explorers** Ages: 7-11 years

In the morning sessions you'll make a groovy lava lamp test tube, mix up chemical reactions, erupt a volcano, make chalkboard and fluffy slime, build a solar oven to make treats, launch pompoms with your own catapult, create your own motorized invention, make a foaming "matter monster", and go on a fossil dig. Then, stay for the afternoon as we mix up "sunny slime" that reacts to UV light, get loud as we make clucking cups and musical chimes, build spin art machines, blast off film canister rockets, make sun prints, create acid and base art, experiment with the unique properties of water, and make fizzy bath poppers and fizzing CO2 reactions. Face mask required! Location: HWP- Butler Pike

**7/6-7/9 (no class 7/5)**

9:00 AM-12:00 PM

Price: \$180 RES

Program#: 309303.03

9:00 AM-3:30 PM

Price: \$316 RES

Program#: 309303.04

Non-Residents must  
register online at  
[www.ScienceExplorers.com](http://www.ScienceExplorers.com)  
or contact Science Explorers  
directly at 1-877-870-6517.



## **Soccer by i9 Sports** Ages: 4-12 years

i9 Sports Soccer Camp will help participants gain an understanding and appreciation for playing the game "the right way". The schematic curriculum teaches the fundamentals of dribbling, passing, shooting, offense, Defense, Game Strategy and Teamwork in a fun, positive environment by i9 Sports Certified Staff. All athletes, regardless of skill level, will learn New Soccer skills along with valuable sportsmanship lessons such as respect, teamwork, and responsibility. Included in the Registration: We provide all equipment needed for use at Soccer Camp i9 Sports Participant, Shirts, Trophy, and Snacks. Face mask required!

Location: Colwell Park

**7/12-7/16**

9:00 AM-12:00 PM

Price: \$135 RES/ \$169 NR

Program # 309201.03

## **CSI: Radical Reactions & Detective Science** Ages 7-12

**Morning:** Mad Science brings awe-inspiring experiments paired with thought-provoking detective work to campers, nurturing scientific interests and evoking fascination. Children will learn about chemical reactions as they grow crystals, create sidewalk chalk from scratch, and design chromatography t-shirts to take home. Campers become trained science sleuths as they investigate the role of chemistry at the scene of a crime. We spark curiosity by asking children to make thorough observations while dusting for fingerprints. Children will learn about chemical reactions as they grow crystals, create sidewalk chalk from scratch, and design chromatography t-shirts to take home.

**Full Day:** Dive into a variety of scientific fields as you mix and stretch silly putty and slime, copperplate nickels, and investigate the mysteries of optical illusions. Become captivated by lasers, dry ice, watch hair-raising Van de Graaff experiments, help solve a mystery, and so much more! Tinker with circuits, catapults, and experience what happens when you mix science and fun! Come get SLIMED with all of your Friends! Face mask required!

Location: HWP- Butler Pike entrance

**7/12 - 7/16**

9:30 AM - 12:30 PM

Price: \$175 RES / \$228 NR

Program# 309709.01

9:30 AM - 4:00 PM

Price: \$325 RES/ \$423 NR

Program# 309709.02

# ONE WEEK SUMMER CAMPS

## **Theater Camp by Theatre Horizon** *Ages: 7-12 years*

Young actors spend the week working as a team to create a play full of drama, comedy, suspense, mystery, and action! The last day of camp there will be a performance for family. Bring a lunch, drink and snack, and only wear comfortable clothing and shoes, no skirts or flip-flops please! (Contact Malcolm for a multiple week's discount)

Location: Ridge Park Elementary

9:00 am-3:00 pm

Price: \$185 CSDRD/\$223 NR

7/12-7/16 Program #:309103.01

7/19-7/23 Program #: 309103.02

7/26-7/30 Program #: 309103.03

## **Sports Experience** *Ages: 4-7 years*

Your child will be introduced to a variety of fun sports and participate in activities to encourage team play and group interaction. Please bring a water bottle daily.

Face mask required!

Location: EPV

7/26-7/30

9:30 AM-11:30 AM

Price: \$62 RES /\$78 NR

Program#:309402.01

## **Cheerleading by i9 Sports** *Ages: 4-12 years*

This camp teaches young athletes all the essential skills to guide the crowd to root on the home team with cheers, chants and stunts (non -dangerous). Important life skills such as team building and leadership, and how much fun it is to be a cheerleader! The week concludes with a performance demonstrating what they learned for their parents/guardians. Face mask required!

Location: GPCC-Pavilion

7/26-7/30

9:00 AM-12:00 PM

Price: \$135 RES/\$169 NR

Program#:309201.02



## **Track and Field by i9 Sports** *Ages: 4-12 years*

Participants will be introduced to a variety of track and field events, as well as learn how a track and field athlete practices and prepares for a track meet. Participants will learn the fundamentals of each event, practice each event and work their way up to a mini track meet at the end of camp. Each runner will be provided with an official i9 Sports Participant shirt, participation trophy, track meet ribbons and an end of camp celebration. Participants should wear "gym" clothes and sneakers. Please bring a water bottle. All sports equipment will be provided. Face mask required!

Location: GPCC- Pavilion

7/19-7/23

9:00 AM-12:00 PM

Price: \$135 RES/ \$169 NR

Program #:309201.01

## **STEM Lab Extravaganza by Science Explorers**

*Ages: 7-11 years*

Get ready to concoct cool chemistry creations, formulate new physics ideas, engineer solutions to problems, and investigate how your own body works. In the morning sessions you'll uncover the mysterious world of microbes, make "gassy" putty, build a working lung model, compete in a tower building challenge, and best of all, learn some cool science magic tricks to play on your siblings or wow your relatives at the family reunion. Stay for the afternoon sessions and you'll mix up gooey snotty slime, learn the ins and outs of the digestive system, construct a ping-pong launcher, and make an oscilloscope to create laser art, build your own bristle-bot racer and learn even more science magic!

Location: HWP- Butler Pike

7/19-7/23

9:00 AM-12:00 PM

Price: \$225

Program#:309303.05

9:00 AM-3:30 PM

Price: \$395

Program#:309303.06

**Non-Residents must register online at [www.ScienceExplorers.com](http://www.ScienceExplorers.com) or contact Science Explorers directly at 1-877-870-6517.**

# ONE WEEK SUMMER CAMPS

## **TBall by i9 Sports** Ages: 4-12

This Camp will help participants gain an understanding and appreciation for playing the game "the right way". The schematic curriculum teaches the fundamentals of hitting, fielding, running the bases, Fielding Positions, Game Strategy and Teamwork in a fun, positive environment by i9 Sports Certified Staff. All athletes, regardless of skill level, will learn New Tball skills along with valuable sportsmanship lessons such as respect, teamwork, and responsibility. We provide all equipment needed for use at Tball Camp, i9Sports Participant Shirt, Trophy, Snacks. Face mask required!

Location: GPCC-Softball Field

**8/2-8/6**

9:00 AM-12:00 PM

Price: \$135 RES /\$169 NR

Program#:309201.04

## **Final Frontiers: Sea and Space** by Science Explorers

Ages: 7-11 years

Explore the mysterious realms of sea and space as you enter the exciting worlds of marine biology and astronomy! Dive in and examine weird wonders of the sea, observe the anatomy of a real fish and learn the ancient technique of gyotaku or "fish rubbing", and discover the ocean's living fossils. Then blast off to discovering space and stars as you make an out-of-this-world solar system model, prepare for lift-off as you build and launch your own stomp rocket while learning about Newton's Laws of Motion, complete a mission to Moon, and design and build a space capsule that will safely bring your "eggstronaut" in for a landing. As we come back down to earth. Transform polymers into a rainbow of color, investigate the properties of light when you build a kaleidoscope, explore the concept of density as you create a colorful density tower, build a metal detector to identify conductors, demonstrate how air pressure can lift objects and make them fly, and conduct a powder analysis lab. Face mask required!

Location: HWP- Butler Pike

**8/2-8/6**

9:00 AM-12:00 PM

Price: \$225 RES

Program # 309303.01

9:00 AM-3:30 PM

Price: \$395 RES

Program # 309303.02

## **Mad Science Presents: NASA STEM Explorers! @**

**Morning** : Ages 7-12 years Think and act like NASA innovators during this hands-on program inspired by the NASA OPTIMUS PRIME Spinoff Promotion and Research Challenge (NASA OPSPARC). Use creative and collaborative skills to design a mission patch, train like an astronaut, and solve real-world engineering problems. How might space suit cooling tubes be used to solve a problem here on Earth? This Camp is out of this World!

**Full Day**: Use creative and collaborative skills to design a mission patch, train like an astronaut, and solve real-world engineering problems. How might space suit cooling tubes be used to solve a problem here on Earth? Stay for Lunch and participate in the Mad Science Camp during the Afternoon -> Explore all of the cells, organs, muscles, and bones that make up YOU! Put yourself together from the inside out, while learning about all the systems that make your body tick! Get microscopic while making a model cell, create a stethoscope to hear your heartbeat, and build and inflate model lungs that work just like yours! Campers will get a little sticky while making "Mad Mucus" and a mashed potato brain!

Face Mask required!

Location: HWP- Butler Pike entrance

**8/9-8/13**

9:30 AM - 12:30 PM

Price: \$175 RES / \$228 NR

Program#:309709.03

9:30 AM - 4:00 PM

Price: \$325 RES / \$423 NR

Program:#309709.04

## NOW BOOKING PAVILIONS



GREATER PLYMOUTH COMMUNITY CENTER PARK

COLWELL PARK

HARRIET WETHERILL PARK

CALL 610-277-4312 FOR MORE INFORMATION



# ONE WEEK SUMMER CAMPS

## **Pottery Design by Pottery Works** Ages: 5-15 years

The first half of the day they will be exploring with terracotta and the second half of the day with modeling clay (oil based.) Everyday they will be learning about hand building and glazing techniques that apply to their age group. Some of their options in terracotta are cell phone holders, animals and feathers, with extra time to create something unique to them. With the oil-based clay, they can attach their creations to a carabineer clip and necklace. Please bring a light snack and drink. Pick up for all fired work will be within 10 days from the last day of camp. For more information, please contact potteryworksmobile.com. Face Mask required!

Location: GPCC

**8/9-8/13**

9:00 AM-12:00 PM

Price: \$165 RES / \$206 NR

Program#: 309704.01

Register for both  
and stay for lunch!

## **Jewelry Design by Pottery Works** Ages: 8 - 15 years

Don't buy all those trendy necklaces with pearls and shells this summer! Design your own. Young designers (campers) will learn jewelry techniques like macramé basics, beading, creating and wrapping loops. Each camper will design and bring home necklaces, bracelets, key chain, and a jewelry holder. The instructor will make sure every camper thrives regardless of skill level.

Location: GPCC

**8/9-8/13**

12:30pm-3:30pm

Price: \$165 RES / \$206 NR

Program#: 309704.02

## **Chess by Chess Wizards** Ages: 6-12 years

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camps include fun team chess games (like bughouse), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. Unleash your brain power and spend part of your vacation with Chess Wizards! Face mask required!

Location: GPCC

**8/23-8/27**

9:00 AM-12:00 PM

Price: \$165 RES / \$206 NR

Program#:309403.04

12:00 PM-3:00 PM

Price: \$165 RES / \$206 NR

Program#:309403.05

9:00 AM-3:00 PM

Price: \$260 RES / \$325 NR

Program#:309403.06

## **Superhero Adventure** Ages: 4-7 years

Calling all Superheroes! It's time to take a break from saving the world and make superhero crafts and play games. So put on your costume and cape, and join us for a week long Superhero Adventure! Please bring a snack and drink daily.

Location: GPCC

**8/16-8/20**

9:30 PM-11:30 AM

Price: \$62 RES / \$78 NR

Program:#309105.02

## **Obvious Choice Sports Basketball** Ages: 11-14 years

Campers will experience hands on instruction by collegiate and varsity level basketball players, play in an NBA like week-long league and receive prizes and awards for individual efforts and completion of the camp. Games are set up so that each camper gets a maximum amount of playing time. Campers can also look forward to mini contests, skill development drills, and watching game tape. Daily themes like hustle and defense make the Obvious Choice Basketball Camp the place to be! Face Mask required!

Location: GPCC

**8/16-8/20**

9:00 AM-3:00 PM

Price: \$186 RES / \$242 NR

Program:#309715.02

## **Princess Extravaganza** Ages: 4-7 years

Put on your most beautiful Princess dress and step out for a week of make-believe fun. We will listen to our favorite fairy tale princess stories, decorate our own crown and wand, play games and enjoy lots of other fun princess things. Children must be fully potty trained. Please bring a snack and drink daily. Face Mask required!

Location: GPCC

**8/16-8/20**

9:30 AM-11:30 AM

Price: \$62 RES / \$78 NR

Program:#309105.03

## **Just for Me** Ages: 3-5 years

Your child will begin to socialize with others while participating in many different activities including arts and crafts, music and games. Children must be fully potty trained. Please bring a snack and drink daily. Face mask required!

Location: GPCC

**8/23-8/27**

9:30 AM-11:30 AM

Price: \$62 RES / \$78 NR

Program#:309101.04

# AQUATICS CENTER

## Swim Lesson Information

### POLICIES AND PROCEDURES

#### *Group Swim Lessons are back at the GPCC!*

Swim Lesson Changes due to Covid-19

- STAY HOME IF YOU OR YOUR CHILD ARE EXHIBITING ANY COVID-19 SYMPTOMS.
- Please arrive on time, dressed and ready to swim.
- Face coverings are mandatory in GPCC except when actually swimming.
- Social distancing is required on the pool deck as well as while in the water practicing skills.
- All instructional equipment will be disinfected between users.
- At this time, all group swim lessons will be taught from the pool deck & our instructors will be wearing protective facemasks or face shields.

### CLASS INFORMATION

**Preschool and Beginner Classes** require in-water participation from a responsible parent/guardian. Parents/Guardians will be in the water to support the swimmer as GPCC Swim Instructors will provide instruction from a safe social distance on the pool deck.

- We ask that only one parent accompany the child for swim lessons.
- Our staff will provide instruction on how to safely hold and support your child in the water.
- It is important for the in-water participating parent/guardian to feel comfortable in water that is chest-deep, and that they are able to physically support their child in the water.

**Intermediate/Advanced Classes** will be conducted in lap lanes and participants should be able to swim on their own. They will follow the lead of the instructor, who will provide instruction from a safe social distance on the pool deck.

- Parents of Intermediate and Advanced swim lesson participants are to check their swimmer in with the instructor and take seat in the bleacher area. Bleachers are marked for proper social distancing.
- Please fill the upper benches first so patrons can enter/exit the area at a safe social distance.

# SWIM LESSONS



**EXTENDED 6 WEEK SUMMER SESSION!**



## **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.

6 weeks: 30 Minute Class

Price: \$108 RES/ \$135 NR

Tuesdays, 6/22-8/3	(No Class 7/6)	9:00 AM-9:30 AM	Program # 307101.01
Tuesdays, 6/22-8/3	(No Class 7/6)	5:00 PM-5:30 PM	Program # 307101.02
Wednesdays, 6/23-8/4	(No Class 7/7)	9:00 AM-9:30 AM	Program # 307101.03
Saturdays, 6/26-8/7	(No class 7/3)	8:15 AM-8:45 AM	Program # 307101.04

## **Tugboats: Water Exploration - Ages: 3-5 years- Parent/Guardian In- Water Participation Required**

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.

6 weeks: 40 minute Class

Price: \$108 RES/ \$135 NR

Monday, 6/21-8/2	(No Class 7/5)	9:00 AM-9:40 AM	Program # 307301.01
Monday, 6/21-8/2	(No Class 7/5)	5:00 PM-5:40 PM	Program # 307301.02
Wednesday, 6/23-8/4	(No Class 7/7)	5:00 PM-5:40 PM	Program # 307301.03
Friday, 6/25-8/6	(No Class 7/9)	9:00 AM-9:40 AM	Program # 307301.04
Saturday, 6/26-8/7	(No Class 7/3)	9:00 AM-9:40 AM	Program # 307301.05

## **Speedboat: Primary Skills - Ages: 3-5 years- Parent/Guardian In- Water Participation Required**

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.

6 weeks: 40 Minute Class

Price: \$108 RES/ \$135 NR

Wednesday, 6/23-8/4	(No Class 7/7)	5:00 PM-5:40 PM	Program # 307302.01
Thursday, 6/24-8/5	(No Class 7/8)	9:00 AM-9:40 AM	Program # 307302.02
Thursday, 6/24-8/5	(No Class 7/8)	5:00 PM-5:40 PM	Program # 307302.03
Saturday, 6/26-8/7	(No Class 7/3)	10:00 AM-10:40 AM	Program # 307302.04

## **Tadpole: Water Exploration -Beginner Class- Ages: 6-13 years- Parent/Guardian In- Water Participation Required**

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.

6 weeks: 40 Minute Class

Price: \$108 RES/ \$135 NR

Thursday, 6/24-8/5	(No Class 7/8)	7:00 PM-7:40 PM	Program # 307401.01
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# SWIM LESSONS



**EXTENDED 6 WEEK SUMMER SESSION!**



## **Goldfish: Primary Skills – Beginner Class– Ages: 6-13 years- Parent/Guardian In- Water Participation Required**

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.

6 weeks: 40 Minute Class

Price: \$108 RES/ \$135 NR

Tuesday, 6/22-8/3	(No Class 7/6)	6:00 PM-6:40 PM	Program # 307402.01
Wednesday, 6/23-8/4	(No Class 7/7)	7:00 PM-7:40 PM	Program # 307402.02

## **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.

6 weeks: 40 Minute Class

Price: \$108 RES/ \$135 NR

Wednesday, 6/23-8/4	(No Class 7/7)	6:00 PM-6:40 PM	Program # 307403.01
Thursday, 6/24-8/5	(No Class 7/8)	6:00 PM-6:40 PM	Program # 307403.02
Saturday, 6/26-8/7	(No Class 7/3)	10:00 AM-10:40 AM	Program # 307403.03

## **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.

6 weeks: 40 Minute Class

Price: \$108RES/ \$135 NR

Monday, 6/21-8/2	(No Class 7/5)	6:00 PM-6:40 PM	Program # 307404.01
Tuesday, 6/22-8/3	(No Class 7/6)	7:00 PM-7:40 PM	Program # 307404.02
Wednesday, 6/23-8/4	(No Class 7/7)	6:00 PM-6:40 PM	Program # 307404.03
Saturday, 6/26-8/7	(No Class 7/3)	11:00 AM-11:40 AM	Program # 307404.04

## **Stingray: Stroke Refinement & Proficiency – Advanced Class Ages: 6-13 years**

This class is designed for 6-13 year olds with the ability to swim multiple lengths of all strokes with proper breathing technique. Participants work on improving coordination and endurance of learned strokes and learn flip turns & diving techniques.

6 weeks: 40 Minute Class

Price: \$108 RES/ \$135 NR

Wednesday, 6/23-8/4	(No Class 7/7)	7:00 PM-7:40 PM	Program # 307405.01
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## PRIVATE SWIM LESSONS

**Non-Contact Private Swim Lessons:** At GPCC we offer an extended 6-week Summer Private Lesson sessions. Aquatics Management creates a master schedule of available days and times. You are then able to select an available day & time that will be yours for the 6-week session. All private swim lessons will be one-on-one with an experienced GPCC swim instructor.

**Novice/Beginner Child Private Lessons** require in-water participation from a responsible parent/guardian. Parents/Guardians will be in the water to support the swimmer as GPCC Swim Instructors will provide instruction from a safe social distance on the pool deck.

**Intermediate/Advanced Child & Adult Private Lessons** will be conducted in lap lanes and participants should be able to swim/stand on their own. They will follow the lead of the instructor, who will provide instruction from a safe social distance on the pool deck.

### 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.

**Six 40-minute classes**

**Price: \$204 RES/\$258 NR**

**Non-Contact Private Registration Start Dates:** Wednesday, June 16th

**Non-Contact Private Sessions Begin:** Monday, June 21st

1. Send an email to [aquatic@plymouthtownship.org](mailto: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.

**Non-Contact Private Lesson Single Sessions:** If you can't commit to an entire session of privates, we are also offering Private Lesson Single Sessions. Each Single Session 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.

**Registration Starts:** Wednesday, May 26th

**Sessions Begin:** Week of June 7th

For availability or to Register call Aquatics Directly at (610)313-4060

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

# Greater Plymouth Community Center

## 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. 15 spots per morning class and 10 spots for evening class.

**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. 12 spots per class.

Registration for each class will be “first-come-first-serve” at the Front Desk each day. Space is limited. You must have or purchase a Premium Annual Card or 10 Class Punch Pass to register. Silver Sneakers members are also welcome to take SilverSneaker Splash.

### May 2021 WATER AEROBICS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-9:45am	Deep Water (Rose)	Deep Water (Rose)	Deep Water (Rose)	Deep Water (Rose)	Deep Water (Rose)
10:00am-10:45am	SilverSneaker Splash (Rose)	SilverSneaker Splash (Rose)	SilverSneaker Splash (Rose)	SilverSneaker Splash (Rose)	SilverSneaker Splash (Rose)
6:00pm-6:45pm		Deep Water (Adel)		Deep Water (Adel)	



### 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. 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. ARC: Efforts will still be in place to maintain social distancing except for aspects of training that can only be performed with closer distances and/or contact. In these cases we will minimize close proximity and contact of students and instructors to those activities which cannot be performed without this close contact.

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

Dates: 5/7, 5/21, 5/28, 6/4 & 6/11

Time: 5:00pm-9:00pm

Program #307801.03

Candidate Pre-requisites for Lifeguard Training Courses:

Candidates will be required to pass a swim test on the first day of class to continue course training. Test includes: 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.

**\*Check website and social media for updates to schedule\***

#### 10 Class Punch Pass

This punch pass can be used for any water exercise class. Punch passes expire one year from the date of purchase.

Residents	\$125
Non Residents	\$145

#### Premium Annual Card

Allows you to attend any water exercise class you wish. The card expires one year from the date of purchase. Electronic Funds Transfer (EFT) monthly payment options available.

Residents	
\$59.17/month	\$710 in full
Non Residents	
\$68.92/month	\$827 in full

# LAP LANE RESERVATIONS

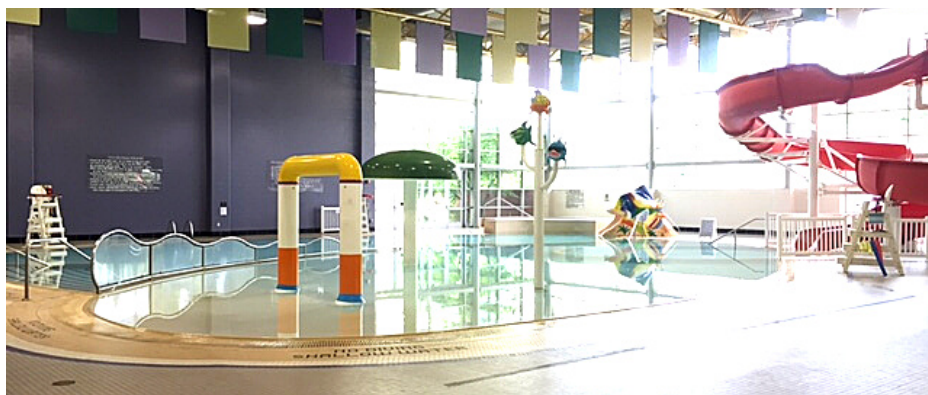
We have several easy options to make Lane Reservations at the GPCC:

Email- for making reservations in advance. Front desk- stop by the front desk to make your reservation in person. Walk-ins- for last minute or day of reservations. For those without email, a reservation form can be filled out at the front desk if desired.

## Reservation Options

- Send an email to **GPCCLanes@PlymouthTownship.org** with the following information:
  - a. Name and Phone Number
  - b. Reservation Date(s) and Time(s)
  - c. Specify shallow end (half lane for water walking only) or deep end (lap swim/water workout)
    - Please let us know if you require use of the chair lift for pool access.
  - d. We will send you confirmation or an email with alternate options if reservation is unavailable.
  - e. Your reservation is set! Please check in at the front desk when you arrive.
- Stop by the front desk to make your reservation in person
- Walk-in Reservations (Last Minute/Day of Reservations):
  - a. Call (610)277-4312 or stop at the front desk for availability
  - b. If a reservation is available, please provide your name, and the front desk will provide you with a lane number.
  - c. Your reservation is set! Please check in at the front desk when you arrive.
- Walk-in Second Reservation
  - a. Please ask at the front desk only.
- Cancellations
  - a. Please call the front desk at (610) 277-4312 to cancel your reservation if you cannot make it.

**\*\*See website for complete details at [www.PlymouthCommunityCenter.org](http://www.PlymouthCommunityCenter.org)\*\***

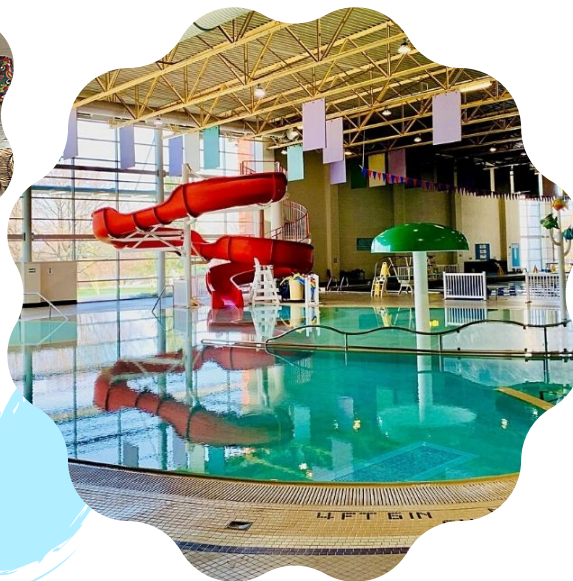




## EVERY SATURDAY & SUNDAY STARTING MAY 2ND

- Reservations are for families and can be made on our website through *Sign-up Genius*.
- Reservations are available for 12:00pm & 2:00pm.
- Each reservation is for one and a half hours
- There are five reservations available for each time slot.
- Each reservation is for one household/family up to five (5) and all must live in the same residence.
- At least one parent or guardian must have a valid GPCC membership.

Website: [www.PlymouthCommunityCenter.org](http://www.PlymouthCommunityCenter.org)





# PARK INFORMATION

**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**  
220 FAIRFIELD ROAD

Youth playground and tot lot, multi-purpose field, two tennis courts, two bocce 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**

Keith Gallagher, President  
[www.plymouthjraba.org](http://www.plymouthjraba.org)

## **P-W Spartans Cheerleading**

Brittany Walk, Cheer Director  
[www.pwspartans.org](http://www.pwspartans.org)

## **Plymouth Little League Baseball/TBall**

Bryan McKernan, President  
[www.plymouthlll.website.siplay.com](http://www.plymouthlll.website.siplay.com)

## **Colonial Soccer Club**

John Dean, President  
[www.colonialsoccerclub.org](http://www.colonialsoccerclub.org)

## **Greater Norristown Wrestling Club**

Aaron Barkmeyer & Jason Sugalski, Co-Presidents [www.gnwc.org](http://www.gnwc.org)

## **P-W Ice Hockey**

Kevin Fandozzi, [pwicehockeyfandozzi@gmail.com](mailto:pwicehockeyfandozzi@gmail.com)  
[www.pwicehockey.com](http://www.pwicehockey.com)

## **Plymouth Slow-Pitch Softball League**

Lee Fryer, President

## **Mt. Carmel Sr./Jr. Legion**

Tom Longo,  
Director [www.mtcarmelmounties.com](http://www.mtcarmelmounties.com)

## **P-W Spartans Football League**

Eric Hegarty, President [www.pwspartans.org](http://www.pwspartans.org)

# HOW TO REGISTER

Online: [www.plymouthcommunitycenter.org](http://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](mailto: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, 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. A signed waiver along with a COVID 19 waiver is required for participation in all programs.

## 2021 Performances In The Park

Wednesday, June 30 Movie begins at dusk	MOVIE: Frozen 2	
Wednesday, July 7 7:00 PM	CONCERT: Shot of Southern	Nashville in the Northeast
Wednesday, July 14 Movie begins at dusk	MOVIE: Toy Story 4	
Wednesday, July 21 7:00 PM	CONCERT: Kate Says	Rock to country, originals and covers...Classic music with a "Kate Says" twist
Wednesday, July 28 Movie begins at dusk	MOVIE: The Croods	
Wednesday, August 4 7:00 PM	CONCERT: The BeatTells	The best Beatles tribute band in Philadelphia

For more information please see our website or Joanna Sharapan 610-313-8681

Wanted: Sponsors, Community Groups, Businesses, Crafters



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**LOOK FOR OUR FALL  
 PROGRAM GUIDE IN AUGUST**  
 .....

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