# **GREATER PLYMOUTH COMMUNITY CENTER PROGRAM GUIDE**







**WINTER** 2024



**2910 JOLLY ROAD PLYMOUTH MEETING, PA 19462** (610) 277 - 4312INITYCENTER.ORG

Summer Camp Info Inside!

2024

# **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

# **2024 PLYMOUTH TOWNSHIP RESIDENT RATES**

	First Adult	First Youth/Senior	Add Adult/Senior	Additional Youth
Annual Passes	<b>\$4</b> 87	\$393	\$331	\$166
One-Month Passes	\$49	\$43	\$32	\$20

## **2024 NON-RESIDENT RATES**

	First Adult	First Youth/Senior	Add Adult/Senior	Additional Youth
Annual Passes	\$624	\$500	\$331	\$166
One-Month Passes	\$65	\$56	\$38	\$22

The GPCC charges an additional 3% fee for <u>all</u> credit card transactions.

# **COLLEGE PASS**

\*Valid College ID Required.

#### **1** Month Pass **\$49 3 Month Pass \$100**

This 3% fee is nonrefundable.

## **1-DAY PASS**

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

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

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

## THE GPCC IS CLOSED:

CHRISTMAS DAY - 12/25 NEW YEAR'S DAY - 1/1 EASTER SUNDAY - 3/31

## THE GPCC CLOSES EARLY: 8AM-12:30PM CHRISTMAS EVE - 12/24 NEW YEAR'S EVE - 12/31

## 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 vou 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

## Age definitions: Youth: 3-17 years Adults: 18-61 years Seniors: 62 + years

## 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.
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## **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.
- 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	\$75	\$100	\$130	\$180	- 2.2 K & A
Room B	86 ppl	\$75	\$100	\$130	\$180	
Both Room A & B	182 ppl	\$130	\$170	\$220	\$280	

## 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 ww.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. Pool does have lifeguards.
- 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.

## 2910 Jolly Road/ Plymouth Meeting, PA 19462 / 610-277-4312 / www.plymouthcommunitycenter.org

## Greater Plymouth Community Center

## LAND AEROBIC CLASSES

MUST BE AT LEAST 16 YEARS OLD TO PARTICIPATE

## Winter 2024 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 Senior Line Dancing (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 Zumba (Vanessa)	6:30pm-7:20pm Restorative Yoga (Courtney)				

## \*\*\*ADDITIONAL EVENING CLASSES COMING SOON!\*\*\*

**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!

**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. More information on page 23\*

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 by granted prior to the start date.



**Golf Conditioning** Ages: 18+ years Get an early start on preparing for the upcoming golf season! This 6-week conditioning class will prep your muscles and have them ready for that first round of 18! We will work on Upper/Lower Body strength, Core strength and flexibility focusing on the golf swing! Various equipment will be used to achieve a better golf body! Trainer: Ed

Thursdays, 7:00 PM - 7:45 PM

Session 1: 1/4 - 2/8 Price: \$57 PH/ \$69 NPH Program #: 105303.01

**Session 2: 2/22 - 3/28** Price: \$57 PH/ \$69 NPH Program #: 105303.02



## Pilates Mat Ages 18+ years

Enjoy a total-body workout using body weight and 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. We now have Pro Body Pilate Rings to offer a greater challenge during class! All levels welcome! Instructor: Carissa D

**Thursdays, 7:00PM – 7:50PM** <u>Walk-ins</u>: \$13 PH/\$15 NPH

**Session 1: 1/11 – 2/1** Price: \$38 PH / \$46 NPH Program: 103701.15 **Session 2: 2/15 – 3/7** Price: \$38 PH / \$46 NPH Program: 103701.16



## **POUND Unplugged** Ages: 18+ years

Channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing, and sweatdripping 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: \$38 PH/ \$46 NPH <u>Walk Ins:</u> \$13 PH/\$15 NPH

Tuesdays, 5:00PM-5:45PM - NEW Day & Time! Session 1: 1/9-1/30 Program #: 135402.15 Session 2: 2/13-3/5 Program #: 135402.16

Wednesdays, 7:00AM-7:45AM - NEW Day! Session 1: 1/10-1/31 Program #: 135402.13 Session 2: 2/14-3/6 Program #: 135402.14

## 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. <u>This is a high intensity class with</u> <u>limited participants.</u>

Trainer: Ed

**Session 1 Wednesdays, 1/3-1/24** 7:00PM – 7:45PM Price: \$38 PH/ \$46 NPH Program #: 125402.01

**Session 2 Wednesdays, 2/7 -2/28** 7:00PM - 7:45PM Price: \$38 PH/ \$46 NPH Program #: 125402.02

**Session 3 Wednesdays, 3/13-4/3** 7:00PM – 7:45PM Price: \$38 PH/ \$46 NPH Program #: 125402.05



## **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, 1/8-1/22 Price: \$29 PH / \$35 NPH Program #: 125404.10

#### Session 2

Mondays, 2/5-2/26\* No Class 2/19 \$29 PH/\$35 NPH Program #: 125404.11

Session 3

Mondays, 3/11-4/1 Price: \$38 PH / \$46 NPH Program #: 125404.12

## **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! Instructor: Teri

Session 1: Tuesday and Thursday, 1/9 - 2/1 10:00AM - 10:55AM

Price: \$73 PH/\$90 NPH Program #: 185402.01

Session 2: Tuesday and Thursday, 2/13 - 3/7 10:00AM - 10:55AM Price: \$73 PH/\$90 NPH Program #: 185402.02

Session 3: Tuesday and Thursday, 3/19 - 4/11 10:00AM - 10:55AM Price: \$73 PH/\$90 NPH Program #: 185402.03

## Weekend Warrior 🔫

Combine all of your favorites into one class for the ultimate total body burn. The weekend warrior will include timed intervals of boxing, suspension training and spin. Step out of your comfort zone and come challenge vourself!

Instructor: Michele G

Saturdays, 8:15 AM - 9:05 AM Session 1: 1/6 - 1/27 Price: \$38PH / \$46 NPH Program: 105101.15

Session 2: 2/10 - 3/2 Price: \$38PH / \$46 NPH Program: 105101.16

## 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: 1/9–1/30

Price: \$38 PH / \$46 NPH Program: 105101.07 Session 2: 2/13 - 3/5 Price: \$38 PH / \$46 NPH Program: 105101.08

## **Boot Camp** Ages: 18+ years

Thursdays, 6:00PM-6:50PM Session 1: 1/11-2/1 Price: \$38 PH / \$46 NPH Program #: 105101.09 Session 2: 2/15 - 3/7 Price: \$38 PH / \$46 NPH Program: 105101.10

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.

Trainer: Ed

Tuesdays, 7:00PM-7:55PM

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

Session 1 Tuesdays, 1/2-1/23 Price: \$38 PH / \$46 NPH Program #: 115402.04

Session 2 Tuesdays, 2/6-2/27 Program #: 115402.05

Session 3 Tuesdays, 3/12-4/2 Price: \$38 PH / \$46 NPH Price: \$38 PH / \$46 NPH Program #: 115402.06

## 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: 1/10 – 1/31 Price: \$38 RES/\$46 NR Program #: 103700.02

Session 2: 2/21 - 3/13 Price: \$38 RES / \$46 NR Program #: 103700.15



Session 3: 3/27 - 4/17 Price: \$38 RES / \$46 NR Program #: 103700.16

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 Classes

Special holiday classes right before the New Year! See class description on page 4! Price/class: Free for Pass Holders/\$10 Non pass holders

FIRST TIME TRAINING CLIENT

**SPECIAL: THREE 30 MINUTE SESSIONS** 

10 Sessions

**ΤΙΠΙΑ ΟΓΙ / ΕΙΠ ΟΟΌ Π** 

## Wednesday, 12/27

7:00AM-7:45AM Program #: 435402.16 **Thursday, 12/28** 6:00PM-6:45PM 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.

One-On-One 30 Minute Sessions				
PassNon-PassHoldersHolders				
1 Session	\$37	\$44		
5 Sessions	\$176	\$209		
10 Sessions	\$396			
30 Sessions	\$888	\$1,056		

One-On-One 60 Minute Sessions					
PassNon-PassHoldersHolders					
1 Session	\$55	\$65			
5 Sessions \$261		\$309			
10 Sessions \$495 \$585					
30 Sessions	\$1,320	\$1,560			

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Partner Training 60 Minute Sessions					
		Pass Holders	Non-Pass Holders		
1 Se	ssion	\$36	\$42		
5 Ses	sions	\$171	\$200		

\$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 ebauso@plymouthtownship.org.



## **ADULT PROGRAMS**

## Get Set for What's Next!™ in 2024 Ages: 18+ years

This time of year, we start to consider what we want to take on next. Get Set for What's Next<sup>sM</sup> in 2024! is a group coaching space where you will begin the process of designing and making change toward next year's vision. How this works: Come prepared with something you'd like to accomplish, change, or create (your agenda/topic) in 2024. Typical coaching areas include: Job/business changes, personal growth, professional advancement, improved work/life balance, wellness, managing priorities. In this session, you will articulate your "project", and leave with a roadmap to move forward in the direction you choose. Begin the process of creating what's next in 2024! Location: GPCC

## Tuesday, 1/9

6:45PM-8:15PM Program #: 101104.01 Price: \$60 RES/\$75 NR

## 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, 1/18-2/22** 2:30PM-4:00PM Program #: 103303.01 **Thursdays, 2/29-4/4** 2:30PM-4:00PM Program #: 103303.03

**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, 1/18-2/22 4:00PM-5:30PM Program #: 103303.02 Thursdays, 2/29-4/4 4:00PM-5:30PM Program #: 103303.04



#### 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, 1/22-3/11 10:30AM-11:30AM Program #: 101105.01 Price: \$78 RES/\$98 NR



Pickleball League by Reisel Rackets Ages: 18+ years ڬ

Get your partner, pick a team name and come out for some fun and friendly competition. Six-week round-robin league play: five weeks of regular season, sixth week playoffs. Teams will play three games per week; scores are recorded to determine team standings. Teams can be same-sex or co-ed. All skill levels are welcome.

Location: GPCC **Fridays, 1/19-2/23** 5:30PM-7:30PM Program #: 101602.01 Price per person: \$60 RES/\$75 NR

## Improv Your Life Ages: 18+ years

Are you ready to embark on an unforgettable journey filled with laughter, creativity and endless possibilities? Look no further! Our Improv Comedy Workshop is designed to help participants unlock their imagination and have a blast while learning the fundamentals

of improv comedy. Location: GPCC

**Tuesdays, 1/30-2/20** 6:00PM-8:30PM Program #: 101604.01 Price: \$150 RES/\$188 NR



#### Ableton Live 101 Ages: 15+ years

This introductory course will cover Ableton Live, a popular and flexible Digital Audio Workstation (DAW) for Mac or PC. Ableton Live is used by musicians, DJs and sound designers all over the world, both in the studio and in live performances. We will cover a broad range of basic recordings and editing topics, with a focus on getting familiar with some of Ableton's most unique features. Free and trial versions of the software are available. Location: GPCC

Wednesdays, 2/7-2/21 5:00PM-7:00PM Program #: 101102.01 Price: \$140 RES/\$175 NR

## **ADULT & CERTIFICATION PROGRAMS**

**Fly Fishing – Intermediate to Advanced** Ages: 18+ years This class is for fly tiers with up to two or more years' experience. Class will cover much more advanced fly patterns and techniques and also teach fly patterns that are proven fish catchers. All the fly's tied in this class will be proven fish catching patterns, some of which may not be found in fly tying books.

**Thursdays, 2/8-3/28\* \*No Class 2/15 or 3/21** 6:30PM - 8:30PM Program #: 101607.01 Price: \$47 RES/\$58 NR



## Fly Fishing Tactics & Strategies Ages: 18+ years

Improve your skills and catch more fish! This class will cover it all, from setting up your equipment to learning how to "read" the waters of a trout stream. Find out where fish live, how to approach them, and how to catch them. Know what they feed on, learn the types of flies to use at different times of the year plus how to present and fish them. Become a better fisherman and reduce your chances of coming up empty. This class includes particular tips and slide photos for fishing the Upper Delaware River system.

## Wednesdays 2/7-3/6

6:30PM - 8:30PM Program #: 101607.02 Price: \$47 RES/\$58 NR

#### Babysitter's Training - Ages: 11-15 years

The American Red Cross Babysitter's 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 to keep themselves and others safe and help children behave; and learn about basic child care and basic first aid.

#### Sunday, 3/3

9:30AM-3:30PM (Pack A Lunch) Program #: 103311.01 Price: \$90 (includes book and certificate)

#### Adult and Pediatric First Aid/CPR/AED- Blended Learning Ages: 15+ years

The American Red Cross Adult and Pediatric First Aid/CPR/AED blended learning course equips students to recognize and care for a variety of first-aid breathing and cardiac emergencies involving adults children and infants. It is designed for students who need a certification that satisfies OSHA workplace or other regulatory requirements. This class is taught in a blended learning format and <u>the online portion</u> (accessed via mobile desktop or tablet) must be completed prior to attending the Instructor-led skills session. Upon successful completion, a valid 2-year digital certificate for Adult and Pediatric First Aid/CPR/AED is issued. <u>Online learning</u> information will be sent a week prior to the class session, please allow 2-3 hours to complete the online portion.

#### **Sunday, 2/4** 11:00AM-1:15PM Program #: 103310.01 Price: \$95 (includes book and certificate)



## SILVER SOCIALS FREE EVENTS 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. <u>Space is limited</u> <u>and pre-registration is required!</u>

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! <u>Space is limited</u> and pre-registration is required!

Location: GPCC

**Monday, 12/11** 11:00AM-1:00PM Program #: 401114.05

**Monday, 1/8** 11:00AM-1:00PM Program #: 101114.02 **Monday, 2/26** 11:00AM-1:00PM Program #: 101114.03

**Monday, 3/18** 11:00AM-1:00PM Program #: 101114.04



SPONSORED BY: HUM

## **PRESCHOOL PROGRAMS**

#### Just For Me- Preschool Ages: 2-4 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

	January			February	•
Mondays	1/8-1/29* *No Class 1/15 3 Days	\$39 RES / \$48 NR Program #: 101801.01	Mondays	2/5-2/26* *No Class 2/19 3 Days	\$39 RES / \$48 NR Program #: 101801.06
Tuesdays	1/2-1/30 5 Days	\$63 RES / \$78 NR Program #: 101801.02	Tuesdays	2/6-2/27 4 Days	\$51 RES / \$63 NR Program #: 101801.07
Wednesdays	1/3-1/31 5 Days	\$63 RES / \$78 NR Program #: 101801.03	Wednesdays	2/7-2/28 4 Days	\$51 RES / \$63 NR Program #: 101801.08
Thursdays	1/4-1/25 4 Days	\$51 RES / \$63 NR Program #: 101801.04	Thursdays	2/1-2/29 5 Days	\$63 RES / \$78 NR Program #: 101801.09
Fridays	1/5-1/26 4 Days	\$51 RES / \$63 NR Program #: 101801.05	Fridays	2/2-2/23* *No Class 2/16 4 Days	\$51 RES / \$63 NR Program #: 101801.10
	March		April		
Mondays	3/4-3/18 3 Days	\$39 RES / \$48 NR Program #: 101801.11	Mondays	4/1-4/29 5 Days	\$63 RES / \$78 NR Program #: 201801.01
Tuesdays	3/5-3/19 3 Days	\$39 RES / \$48 NR Program #: 101801.12	Tuesdays	4/2-4/30 5 Days	\$63 RES / \$78 NR Program #: 201801.02
Wednesdays	3/6-3/20 3 Days	\$39 RES / \$48 NR Program #: 101801.13	Wednesdays	4/3-4/24 4 Days	\$51 RES / \$63 NR Program #: 201801.03
Thursdays	3/7-3/21 3 Days	\$39 RES / \$48 NR Program #: 101801.14	Thursdays	4/4-4/25 4 Days	\$51 RES / \$63 NR Program #: 201801.04
Fridays	3/1-3/22 4 Days	\$51 RES / \$63 NR Program #: 101801.15	Fridays	4/5-4/26 4 Days	\$51 RES / \$63 NR Program #: 201801.05

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

### 10:00AM-10:45AM

#### Session I: Thursdays, 1/11-2/15 (6 weeks)

 1 Adult & 1 Child: \$65 RES / \$79 NR
 Program #: 101802.01

 Additional Child: \$45
 Program #: 101802.02

## Session II: Thursdays, 2/29-3/21 (5 weeks)

 1 Adult & 1 Child: \$55 RES / \$70 NR
 Program #: 101802.03

 Additional Child: \$38
 Program #: 101802.04





Wee Play Language Ages: 3-5 years with adult Preschoolers learn Spanish through a 100% hands-on curriculum. The lesson and materials change each week but always focus on the same set of vocabulary and expressions. We teach through specially designed magnetic play sets, dolls and doctor kits, barns full of animals, and more. Each child has their own set of

materials. Location: GPCC Fridays, 2/2-3/8 1:15PM-2:00PM Program #: 101605.01 Price: \$110 RES / \$ 137 NR



## YOUTH PROGRAMS

Tiny Tumbles Location: GPCC

Price: \$115 RES / \$144 NR

Kid & Caregiver 1 Ages: 18-30 months Fridays, 1/19-2/23 11:00AM-11:30AM Program #: 101103.06 Kid and Caregiver 1 introduces the very youngest gym-goers to gymnastics equipment and a class environment. This class aims to nurture child-caregiver connections, foster engagement with novel activities and settings, support the achievement of developmental milestones, and promote learning through play.

Kid & Caregiver 2 Ages: 2 years Fridays, 1/19-2/23 10:20AM-10:50AM Program #: 101103.05 Kid and Caregiver 2 nurtures toddlers' expanding capabilities with age-appropriate challenges and increased class structure. This class aims to nurture both physical and socialemotional development, instill confidence, and equip children to participate in independent gymnastics classes.

Kinder Gymnastics Ages 5-6 years Thursdays, 1/18-2/22 4:55PM-5:40PM Program #: 101103.02 Kinder Gymnastics is designed for children who have no prior experience or are still at the beginner level. This class aims to introduce gymnastics basics, strengthen social skills, boost physical fitness, and equip students to move up to the Beginnermediate Gymnastics class.

Beginner Gymnastics Ages 7-10 years Thursdays, 1/18-2/22 5:50PM-6:35PM Program #: 101103.03 Beginner Gymnastics is designed for children who have no prior experience or are still at the beginner level. This class aims to introduce gymnastics basics, promote teamwork and sportsmanship, encourage evaluation of personal progress, boost physical fitness, and equip students to move up to the Beginnermediate Gymnastics class.

Preschool Gymnastics Ages: 3-4 years Thursdays, 1/18-2/22 4:00PM-4:45PM Program #: 101103.01 Fridays, 1/19-2/23 11:45AM-12:30PM Program #: 101103.07 Preschool Gymnastics takes tykes to the next level by introducing more challenging skills and fostering continued development of social skills and autonomy. This class aims to introduce gymnastics basics, foster goal setting and teamwork, emphasize direction following, turn taking, and problem solving skills, and nurture both physical and social-emotional development.

Beginnermediate Gymnastics Ages: 5-10 years Thursdays, 1/18-2/22 6:45PM-7:30PM Program #: 101103.04 Students who are able to perform the listed prerequisite skills can participate in Beginnermediate Gymnastics, which is more technique-focused than Beginner Gymnastics and is designed for those with prior gymnastics experience. Beginnermediate Prerequisite skills: -Forward and backward roll -Cartwheel -3/4 handstand -Casts with belly off bar -Pullover on bar with the help of a wall -bridge with head off floor

Siblings & Buddies Gymnastics Ages: 18 months-5 years Fridays, 1/19-2/23 12:40PM-1:25PM

Program #: 101103.08

Siblings & Buddies gives children the opportunity to learn and practice gymnastics alongside each other. With an adaptable curriculum, this class offers challenges of various difficulty levels to accommodate a variety of ages and abilities. Children enjoy interactive songs, explore exciting equipment, and learn fundamental gymnastics skills in a fun and safe setting. This class follows a semi-structured format, allowing children the freedom to participate in group challenges and instruction, practice skills independently, or simply explore a new environment.

## **YOUTH PROGRAMS**

Pre-School Drawing Class by Young Rembrandts Ages: 4-6 years Cartooning Class by Young Rembrandts Ages: 7-14 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 light-hearted subject matter that engages children, their needs of our youngest learners in mind. We use subjects they are sense of humor and their vivid imaginations. Maintaining a 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!

Sundays, 1/21-2/11 9:00AM - 9:45AM Price: \$78 RES / \$97 NR Program # 103101.01

Sundays, 2/18-3/10 9:00AM - 9:45AM Price: \$78 RES / \$97 NR Program # 103101.03

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, 1/11-2/22\* No Class 1/25

4:45PM-6:15PM Program #: 101313.01 Price: \$165 RES / \$198 NR



## 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 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

Price: \$45 RES/\$56 NR 12:00PM-2:00PM

Saturday, 2/3 Ages: 9-11 years Program #: 101108.01

Saturday, 2/17 Ages: 12-14 years Program #: 101108.02

Saturday, 2/24 Ages: 15-17 years Program #: 101108.03



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 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!

Sundays, 1/21-2/11 10:00AM-10:45AM Price: \$78 RES / \$97 NR Program *#* 103101.02

Sundays, 2/18-3/10 10:00AM-10:45AM Price: \$78 RES / \$97 NR Program # 103101.04

## 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, 1/17-2/21 6:15PM-7:15PM Program #: 101109.01 Price: \$180 RES/\$225 NR



Youth Tennis by Tennis Haven, Liz Baldasano, PTR Tennis lessons taught by a certified tennis instructor held indoors at the GPCC! Sundays, 2/4-2/25 Price: \$68 RES/\$85 NR

Age 5 10:00AM-10:45AM Program #: 101504.02

Ages 6-7 11:00AM-11:50AM Program #: 101504.03

Ages 7-8 12:00PM-12:50PM Program #: 101504.04

## YOUTH PROGRAMS

#### **Spring Break Basketball Camp by JumpStart Sports** Ages: 5-12 years

This camp includes hands on instruction with shooting, dribbling, defense, and more! Location: GPCC

Monday-Friday, 3/25-3/29

Half Day 9:00AM – 12:00PM Program# 201503.01 Price: \$187 RES/ \$224 NR

Full Day 9:00AM – 3:00PM (Pack a Lunch) Program# 201503.02 Price: \$247 RES/ \$296 NR

**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 funoriented program. All instruction conducted by Jump Start Sports staff. All children receive a t-shirt and award.

Sundays, 2/18-3/24 Program# 101107.02

11:00AM – 12:00PM 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.

Sundays, 2/18-3/24 Program# 101107.01 10:15AM – 11:00AM 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, 1/9 - 2/13** 5:45PM - 6:45PM Price: \$60 RES/\$75 NR Program # 101701.01 **Tuesdays, 2/27 - 4/2** 5:45PM - 6:45PM Price: \$60 RES/\$75 NR Program # 101701.02





**Floor Hockey by JumpStart Sports** Ages: 3-6 years JumpStart's experienced coaches use a variety of innovative techniques and drills to teach children the fundamental skills of floor hockey, including puck handling, shooting, positioning, and defending. This program features fun, low-key games under adult supervision, providing children with a safe and supportive environment to learn and have fun. All children receive a t-shirt and award.

**Sundays, 1/7-2/11** 10:15AM-11:00AM Program #: 101403.01 Price: \$120 RES/\$150 NR

**Youth Pickleball by JumpStart Sports** Ages: 6-12 years A fun-oriented intro to Pickleball for various ages that will teach the basic fundamentals of the sport and introduce them to competitive play based on age/gender. Players will learn rules/terminology of the game, serving, forehand, backhand, overhead, and positioning. All children receive a t-shirt and award.

**Tuesdays, 2/13-3/19** 5:45PM-6:45PM Program #: 101909.01 Price: \$120 RES/\$150 NR

## 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, 1/13-2/17** 10:00AM – 10:45AM Price: \$60 RES/\$75 NR Program # 101201.01 **Saturdays, 3/9-4/20\* \*No Class 3/30** 10:00AM – 10:45AM Price: \$60 RES/\$75 NR Program # 101201.03

## Ballet & Jazz Ages: 6-8 years

Children can continue to develop their love of dance through this more advanced program. It is recommended children wear leotards and ballet slippers for class.

**Saturdays, 1/13-2/17** 11:00AM - 11:45AM Price: \$60 RES/\$75 NR Program #: 101201.02 **Saturdays, 3/9-4/20\* \*No Class 3/30** 11:00AM – 11:45AM Price: \$60 RES/\$75 NR Program # 101201.04

## 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.



		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 Winter Session (January 2-March 22) No Class 1/15, 2/16 & 2/19

#### 2024 Spring Session (April 1-June 14) No Class 4 /10 5 /24 & 5 /27

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



#### School's Out Activity Days

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

Monday, January 15	Program #: 101601.01
Friday, February 16	Program #: 101601.03
Monday, February 19	Program #: 101601.05
Wednesday, April 10	Program #: 101601.07

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

 Monday, January 15
 Program #: 101601.02

 Friday, February 16
 Program #: 101601.04

 Monday, February 19
 Program #: 101601.06

 Wednesday, April 10
 Program #: 101601.08

### Spring Break School's Out Activity Days

Ages: K-8th Grade

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

Regular Care: 9:00AM-4:00PMPrice Per Day: \$46 RES/ \$58 NRAfter Care: 4:00PM-6:00PMPrice Per Day: \$15 RES/\$19 NR (must besigned up for Regular Care to stay for After Care)

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	Regular Care	After Care			
Monday, 3/25	Program #: 201601.01	Program #: 201601.02			
Tuesday, 3/26	Program #: 201601.03	Program #: 201601.04			
Wednesday, 3/27	Program #: 201601.05	Program #: 201601.06			
Thursday, 3/28	Program #: 201601.07	Program #: 201601.08			
Friday, 3/29	Program #: 201601.09	Program #: 201601.10			
All 5 Days Discount: \$227 RES / \$261 NR All 5 Days After Care: \$68 RES/ \$86 NR					
All 5 Days	Program #: 201601.11	Program #: 201601.12			

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## **AQUATIC CERTIFICATION PROGRAMS**

<u>Blended Learning</u> 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.

The deadline for registration or withdrawal for all American Red Cross aquatic training classes will be 7 business days prior to the first scheduled date. The ARC standards mandate a minimum of 4 participants for each training class. If we do not meet the minimum by the deadline, we will cancel the class. We and the other participants in the class require certainty that a class will run once the deadline passes. Therefore, we will not accept any cancellation or withdrawal requests after the deadline.

**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.

Price: \$350 (includes book, mask, and certificates) Pre-course Session: **Saturday, 3/2** 10:00AM-12:00PM In Person Skills Sessions: **Saturdays, 3/16 & 3/23** 10:00AM-3:00PM **Sundays, 3/17 & 3/24** 10:00AM-3:00PM Program #107801.01

#### Lifeguard Review Ages: 15+ years

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. Price: \$150

Section 1: Saturday, 2/10 8:00AM-4:00PM Program #107802.01

**Section 2: Saturday, 3/9** 8:00AM-4:00PM Program #107802.02

## LGI – Lifeguard Instructor - Blended Learning - Ages: 17+ years

This course will train lifeguarding instructor candidates to teach American Red Cross Lifeguarding, Lifeguarding - Blended Learning, Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers, and Bloodborne Pathogens Training.

**Candidate Pre-requisites for Lifeguard Instructor Course:** Interested participants must be at least 17 years of age on or before the final scheduled session of the course and possess a current Red Cross certificate for Lifeguarding/First Aid/CPR/AED. During the pre-course session, candidates must successfully demonstrate the following skills: entry, swimming approach, surface dive in deep water, rescue a passive submerged victim, rapidly extricate (with an assisting rescuer), rapid assessment, and single-

rescuer CPR for 3 minutes. Price: \$450 (includes texts and teaching materials) Pre-course Session:

Saturday, 1/20 10:00AM-2:00PM

In Person Skills Sessions: **Saturday, 1/27** 8:00AM-4:00PM **Sunday, 1/28** 8:00AM-4:00PM Program #107820.01



## 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, Butterfly, Side Stroke, & Elementary Back Stroke.

Price: \$400

Pre-course Session: Saturday, 2/3 10:00AM-12:00PM In Person Skills Sessions: Saturdays 2/17 & 2/24 10:00AM

**Saturdays, 2/17 & 2/24** 10:00AM-4:00PM **Sundays, 2/18 & 2/25** 10:00AM-4:00PM Program #107810.01

## **GROUP SWIM LESSONS**



## Important Learn to Swim Information – Read Before Registering 🗧



Please take your time to read and understand these policies before registering for our Swim Lesson program. This will help make your experience safe, productive and fun!

#### Swim Lessons & Illness

- Stay at home if your child has diarrhea, is vomiting, has a fever, has a cold or is diagnosed with COVID-19 or another infectious illness.
- Children with allergies or other minor illnesses are permitted to swim so long as they feel well enough to do so. Still, try to minimize their physical interactions with other kids and pool equipment.

#### Make-up Lessons

• We DO NOT offer make-up lessons for missed classes. Sessions are only 4-weeks, we kindly ask that you keep this in mind before registering.

#### Refunds

- To request a refund for a Group Swim Lesson, send an email to aquatic@plymouthtownship.org with the enrollee's name, class, and program number.
- Refund requests must be received no less than 7-full business days prior to the start of the session.
- A service charge of \$8.00 is assessed for each refunded registration.
- Please allow 4-6 weeks for processing.
- Refunds will not be issued for Private Swim Lessons

#### Before the Swim Lesson

- Mothers, please take your daughters to the women's locker room and fathers, please take your sons to the men's locker room. This will help cut down on the crowding in the family locker room.
- Parents with children of the opposite gender must use the family locker room, regardless of age.
- Please shower before entering the water.
- Swim lesson participants should use the bathroom before the lesson.
- All children who are not potty-trained are required to wear swim diapers.
- Swim lesson participants should not eat before their lessons.
- Please do not send a sick child to swim lessons.
- Should vomit or an accident occur in a pool, we will be forced to shut down the pool for an extended period and possibly cancel classes. Please help us avoid this situation.

#### During the Swim Lesson

- Parents are not allowed at poolside during swim lessons, especially lessons taking place in the leisure pool. You may wait up in the bleachers or in the lobby. We do invite you to the pool deck for the final lesson of the session to see how far your child has progressed.
- Parents may not leave the building during swim lessons.
- Please tie back all long hair or put it in a swim cap for swim lessons.
- We do allow goggles for swim lessons as long as they do not become a distraction or a plaything.
- We do not allow full masks that cover the nose, or nose clips.
- We do not recommend wearing water shoes in swim lessons.

## **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

## 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, 1/13-2/3	8:15-8:45AM	Program # 107101.02
Session 2	Saturday, 2/17-3/9	8:15-8:45AM	Program # 107101.12
Session 3	Saturday, 3/23-4/13	8:15-8:45AM	Program # 107101.22

## 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. Participants must be comfortable enough to get in the water with an instructor and follow directions.

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

Session 1	Monday, 1/8-1/29	5:00-5:40PM Program # 107301.01	
	Saturday, 1/13-2/3	9:00-9:40AM	Program # 107301.02
Session 2	Monday, 2/12-3/4	5:00-5:40PM	Program # 107301.11
	Saturday, 2/17-3/9	9:00-9:40AM	Program # 107301.12
Session 3	Monday, 3/18-4/8	5:00-5:40PM	Program # 107301.21
	Saturday, 3/23-4/13	9:00-9:40AM	Program # 107301.22

## 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. Participants must be comfortable enough to get in the water with an instructor and follow directions.

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

Session 1	Monday, 1/8-1/29	6:00-6:40PM	Program # 107302.01
	Saturday, 1/13-2/3	10:00-10:40AM	Program # 107302.02
Session 2	Monday, 2/12-3/4	6:00-6:40PM	Program # 107302.11
	Saturday, 2/17-3/9	10:00-10:40AM	Program # 107302.12
Session 3	Monday, 3/18-4/8	6:00-6:40PM	Program # 107302.21
	Saturday, 3/23-4/13	10:00-10:40AM	Program # 107302.22

### 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. Participants must be comfortable enough to get in the water with an instructor and follow directions.

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

Session 1	Wednesday, 1/10-1/31	5:00-5:40PM	Program # 107303.01
Session 2	Wednesday, 2/14-3/6	5:00-5:40PM	Program # 107303.11
Session 3	Wednesday, 3/20-4/10	5:00-5:40PM	Program # 107303.21







## 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, 1/9-1/30	5:00-5:40PM	Program # 107401.01
	Thursday, 1/11-2/1	6:00-6:40PM	Program # 107401.02
Session 2	Tuesday, 2/13-3/5	5:00-5:40PM	Program # 107401.11
	Thursday, 2/15-3/7	6:00-6:40PM	Program # 107401.12
Session 3	Tuesday, 3/19-4/9	5:00-5:40PM	Program # 107401.21
	Thursday, 3/21-4/11	6:00-6:40PM	Program # 107401.22

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, 1/9-1/30	6:00-6:40PM Program # 107402.01	
	Saturday, 1/13-2/3	10:00-10:40AM	Program # 107402.02
Session 2	Tuesday, 2/13-3/5	6:00-6:40PM Program # 107402.11	
	Saturday, 2/17-3/9	10:00-10:40AM	Program # 107402.12
Session 3	Tuesday, 3/19-4/9	6:00-6:40PM	Program # 107402.21
	Saturday, 3/23-4/13	10:00-10:40AM	Program # 107402.22

## 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, 1/10-1/31	6:00-6:40PM	Program # 107403.01
	Thursday, 1/11-2/1	5:00-5:40PM	Program # 107403.02
Session 2	Wednesday, 2/14-3/6	6:00-6:40PM	Program # 107403.11
	Thursday, 2/15-3/7	5:00-5:40PM	Program # 107403.12
Session 3	Wednesday, 3/20-4/10	6:00-6:40PM	Program # 107403.21
	Thursday, 3/21-4/11	5:00-5:40PM	Program # 107403.22

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, 1/13-2/3	11:00-11:40AM	Program # 107404.02
Session 2	Saturday, 2/17-3/9	11:00-11:40AM	Program # 107404.12
Session 3	Saturday, 3/23-4/13	11:00-11:40AM	Program # 107404.22

#### 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, 1/13-2/3	11:00-11:40AM	Program # 107601.01
Session 2	Saturday, 2/17-3/9	11:00-11:40AM	Program # 107601.11
Session 3	Saturday, 3/23-4/13	11:00-11:40AM	Program # 107601.21

2910 Jolly Road / Plymouth Meeting, PA 19462 / 610-277-4312 / www.plymouthcommunitycenter.org

## **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.

#### **NEW! Online Registration:**

The first day of Private Lesson sign-ups is conducted online only. Online sign-ups will go live at 6:00am on the registration start date and will be conducted on a first come first served basis at <u>www.plymouthcommunitycenter.org</u>. First time users please contact the Front Desk (610)277-4312 to set up your online account. After the first day of registration, patrons are welcome to register online, over the phone, or in person at the Front Desk. **All Private Lesson registrations are final and we do not issue refunds, please keep this in mind before registering.** Any questions, call the Aquatics Office directly at (610)313-4060.

**Private Registration Begins at 6:00 AM on the Following Start Dates:** Winter Session I: **Wednesday, January 3rd** Winter Session II: **Wednesday, February 7th** Winter Session III: **Wednesday, March 13th** 

**Private Swim Lesson Session Begins:** Winter Session I: **Monday, January 8th** Winter Session II: **Monday, February 12th** Winter Session III: **Monday, March 18th** 

## 4-Weeks: 40-Minute Class Price: \$137 RES/\$171 NR



## 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** 

	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 Winter 2024

### Water aerobics schedule is subject to change

#### WEX FEE STRUCTURE

Patrons can purchase a Water Exercise add-on (WEX) to their monthly (\$31) or annual (\$276) passes. If you have Silver Sneakers, Silver & Fit, or Renew Active, you may purchase an annual WEX pass for \$414. 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 Passe	es	Non-Resident Pa	sses
	Total		Total
Annual Adult Pass	\$763	Annual Adult Pass	\$900
Annual Senior Pass	\$669	Annual Senior Pass	\$776
Monthly Adult Pass	\$80	Monthly Adult Pass	\$96
Monthly Senior Pass	\$74	Monthly Senior Pass	\$87

## **AQUATICS SPECIAL EVENTS**

## Important Aquatics Special Event Information - Read Before Registering

- All weak or non-swimmers must be accompanied & supervised IN THE POOL by a responsible, paying adult.
- All weak or non-swimmers must wear a US Coast Guard approved life vest at all times. Loaner vests are available for those who need them.
- All attendees including Parents/Chaperones must register & pay for Special Events.
- All children 12 and under must be accompanied and supervised by a paying adult.
- The Leisure Pool is open only to people who have paid for the Special Event.
- Special Event participants may only use the Leisure Pool No lap lanes, sauna or whirlpool.
- Pre-registration is encouraged as space is limited for all Special Events.
- All GPCC Aquatics Center Rules & Policies apply during Special Events. Please take the time to review them thoroughly.

## 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

## 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



Neon Night - Pool Party Ages: All Ages Baby it's cold outside but the whole family can boogie in their bathing suits. This pool party is anything but watered-down. Neon Party favors to all and fun to the beat of a live DJ right at poolside. Children 12 and under must be accompanied by a <u>paying adult.</u> This event fills up, pre-registration is a must!

Friday, 1/125:45 PM-7:45PM\$20 Per PersonProgram #: 107504.01\$50 Family of 4Program #: 107504.02



Inflatable Float Day: Featuring a 40 ft. Inflatable Obstacle Course Ages: All Ages We'll have 40 feet of inflatable fun that will be set up in the shallow end of the Lap Pool. The kids will love navigating their way through the inflatable pop-ups and over the hurdles before making a big splash down the slide at the end! More floats all over both pools. You can even bring your own floating tubes, rafts, and toys!

Lap lanes will be available for pass holders to lap swim during the event. Kids only on the Inflatable Float, no "water wings" please. Life jackets will be available for weak or nonswimmers. **Children 12 and under must be accompanied by a <u>paying adult</u>**. This event fills up, pre-registration is a must!

Friday, 2/165:00 PM-7:00 PM\$20 Per PersonProgram #: 107505.01\$50 Family of 4Program #: 107505.02

Easter Eggstravaganza Ages: All Ages Hop your way to the Community Center for our Easter Eggstravaganza! Hunt for eggs and enjoy some family time together in the water. The features will be on, the slide will be open, and the Easter Bunny himself will be here for this eggcelent event, so be sure to join us! Children 12 and under must be accompanied by a <u>paying adult</u>. Preregister to guarantee your spot.

**Sunday, 3/24** 10:00 AM-12:00PM \$20/Person Program #: 107506.01 \$50/Family of 4 Program #: 107506.02



## SPECIAL EVENTS

#### **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



## Kids Paint Class Ages: All Ages

Kids, create your own acrylic canvas to hang in your room! All supplies included. Instructor: unWINED & PAINT Price/class: \$13 RES / \$16 NR

<u>Friday Evenings:</u> **Friday, 1/12** 6:00PM-7:30PM - Snowcat Program #: 101202.01

**Friday, 2/2** 6:00PM-7:30PM - Jar of Hearts Program #: 101202.03

**Friday, 3/8** 6:00PM-7:30PM - Peeps Truck Program #: 101202.05

**Friday, 4/19** 6:00PM-7:30PM - Lady Bugs Program #: 101202.07

<u>Saturday Mornings:</u> **Saturday, 1/20** 10:00AM-11:30AM - Penguin Program #: 101202.02

**Saturday, 2/24** 10:00AM-11:30AM - Stitch Program #: 101202.04

**Saturday, 3/16** 10:00AM-11:30AM - Bunny Hat Program #: 101202.06



## Black Heritage Day All ages

Journey through the booths displaying African American pioneers. Learn more about black culture and historical representation. Talk to a diverse group of business owners to learn how they have impacted our community.

Location: GPCC **Saturday, 2/24** 8:00AM-12:00PM



## Family B-I-N-G-O Ages: All Ages

Bring the family to the Greater Plymouth Community Center for an evening of fun and prizes. We will play 12 games of BINGO. Each game winner will receive a prize. No need to worry about dinner... we will have pizza, popcorn, candy & drinks available for purchase... so come hungry and ready to WIN!

Price per person: \$5- <u>Everyone attending must be registered</u> **Friday, 1/26** 

6:30 PM (doors open at 6PM, games start at 6:30PM) Program #: 101101.01

Friday, 3/8

6:30PM (doors open at 6PM, games start at 6:30PM) Program #: 101101.02

## Sweetheart Dance Ages: All Ages

Get dressed up, and come out to a special evening with friends and family and dance the night away. Enjoy snacking, dancing to the DJ and making a craft. Reservations are

required! Location: GPCC **Friday, 2/9** 6:30PM-8:00PM Program #: 101804.01 Price Per Person: \$10 RES/\$12 NR Child must be accompanied by a paying adult.



## Egg Scramble With The Bunny Ages: All Ages

Egg scramble, for all ages, is 10:00AM sharp! Reservations are required! Grab your baskets and come join us for our Annual Easter Egg Scramble. The Easter Bunny will be joining us, so bring your camera. There will be games and crafts available. Children will hunt for colorful eggs and have a chance to win a prize at 10AM sharp! Please call 610-277-4312 to register. This event will be held outdoors unless it rains. In case of rain, event will be held indoors.

**Saturday, 3/23** 9:00AM–10:00AM Per Child: \$5 RES/ \$7 NR Program #: 201116.01



# HECK 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.plymouth-jr-aba.org Plymouth Little League Baseball/TBall www.plymouthlittleleague.org 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

2910 Jolly Road / Plymouth Meeting, PA 19462 / 610-277-4312 / www.plymouthcommunitycenter.org

## **ADULT LEAGUES**

League Information:

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

## **Registration dates:** Start Dates: **November 30th** Deadline: **December 18th** Games begin the week of **January 8th**

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 Wednesdays 6:30PM-10:30PM		_	Men's 18 & Over Volleyball Thursdays 6:30PM-10:30PM	
	League Fees			League Fees
Residents	\$680		Residents	\$550
Non-Residents	\$750		Non-Residents	\$625
Women's 18 & Ove Mondays 7:00F	•		Women's 18 & Ove Mondays 6:30P	v
	•			v
	PM-10:30PM			M-10:00PM



Women's 18 & Ov Mondays 7:00	er "BB" Volleyball PM-10:00PM
	League Fees
Residents	\$395
Non-Residents	\$450



## **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



# 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.



## **SUMMER CAMP REGISTRAION INFORMATION**

**Registration Dates:** 

Plymouth Township Residents- Tuesday, February 13 at 9AM

Non Residents- Tuesday, February 20 at 9AM

Monthly payment must be done in person at GPCC.



# **PLYMOUTH TOWNSHIP** HOLIDAY LIGHTS CONTEST SCAN THE QR CODE TO **DOWNLOAD THE APP AND VOTE** FOR YOUR FAVORITE!

SCAN HERE FOR APPLE



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WINTER 2024 SPONSORSHIP EVENTS

One sponsorship, all the events! \$300 and \$600 options

CONTACT JOANNA FOR MORE INFORMATION jsharapan@plymouthtownship.org 610-313-8681

JAN NEON NIGHT 12 5:30 PM

FAMILY BINGO 26 6 PM

**SWEETHEART DANCE** FEB 6:30 PM

FEB INFLATABLE FLOAT DAY 16 5:30 PM

**BLACK HERITAGE DAY** 8 AM

**FAMILY BINGO** MAR 6PM

PLYMOUTH TOWNSHIP

