

## Winter Program Guide 2021

# PLYMOUTH TOWNSHIP PARKS & RECREATION

*No initiation or hidden fees, complimentary fitness orientation, health insurance reimbursement & much more!*

**FACE MASKS ARE REQUIRED THROUGHOUT THE ENTIRE FACILITY**

Registration Start Dates:

classes that start in February- NOW!

classes that start in March- 2/17



# GPCC HOURS

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

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

Youth: 3-17 years

Gymnasium

Indoor Track

Adults: 18-61 years

Basketball, Volleyball & Pickleball

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

**GROUP FITNESS SCHEDULE (WINTER 2021)**

**FREE To Pass Holders**

*Start dates are in class descriptions below!*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:15am – 9:05am Total Body Fitness (Michele)	
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)	9:15am-10:05am Zumba (Sathya)	9:00AM-9:50AM Vinyasa Yoga (Courtney)
10:15AM-11:05AM SilverSneaker Classic with Chairs (Teri)		10:15AM-11:05AM SilverSneaker Classic with Chairs (Teri)		10:15AM-11:05AM Sr Aerobic Fit No Chairs (Teri)		
5:45pm-6:35pm Cardio Sculpt (Michele)		5:45pm-6:35pm Yin Yoga (Courtney)	5:45pm-6:35pm Cardio Kickboxing (Michele)			

- Classes will be held in Activity Central with participant spots marked on the floor, the gymnasium, or a classroom to allow for social distancing. Masks are required throughout the building and during classes.
- All classes, except the senior classes have the option to go outside in the GPCC Park, weather permitting! The instructor will determine if it is indoors or outdoors.
- 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 prices: \$4 RES / \$5 NR
- 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! Maximum capacity: 15 **(Starts January 18)**

**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. Maximum capacity: 15 **(Starts January 14)**

**Zumba Fitness** A fusion of Latin and International music/dance themes with peppy music that creates dynamic and exciting workouts that anyone can do! Maximum capacity: 15 **(Starts January 16)**

**Total Body Fitness** Strengthen, tone and sculpt your entire body! Various equipment will be used for interval training and a mix of cardio intervals. Maximum capacity: 12 **(Starts January 16)**

# Greater Plymouth Community Center

**NEW!**

**Yin/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. Maximum capacity: 12 **(Starts January 13)**

**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. Maximum capacity: 12 **(Starts January 17)**

## Senior Aerobics Class Descriptions

Senior classes are held in the big gymnasium, masks required, spaced for social distancing! Classes are **FREE** to Annual & Monthly Pass Holders, SilverSneaker 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.

Maximum capacity: 20 **(Starts January 15)**

**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 **(Starts January 11)**

**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 **(Starts January 11)**



**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.

### **Cycle & Core** *Ages: Adults*

Weather permitting, class will be outside in the back of the building, along the walkway near the bocce courts with mask optional. Otherwise, it will be in one of our classrooms with social distancing and mask required. This fusion class combines 30 – 40 minutes of cycling and ends with exercises to strengthen the core. Burn calories and strengthen your core in the same class! If space is available, walk ins: \$13 Pass Holders/ \$15 Non-Pass Holders

5:45 PM – 6:35 PM

Price: \$32 PH / \$44 NPH

Instructor: Karen

**Session I: Tuesdays, 1/12-2/2**

Program#: 125404.01

**Session II: Tuesdays, 2/16-3/9**

Program#: 125404.02

6:10 AM – 7:00 AM (*New Time*)

Price: \$32 PH / \$44 NPH

Instructor: Karen

**Session I: Thursdays, 1/14-2/4**

Program#: 125404.04

**Session II: Thursdays, 2/18-3/11**

Program#: 125404.05



### **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 ground and back up on your own. Class will be held in one of our larger rooms and masks are required!

10:00 AM – 10:55 AM

Price: \$68 PH/\$84 NPH

Instructor: Teri

**Tuesdays and Thursdays**

**Session I: 1/12-2/4**

Program #: 185402.01

**Session II: 2/16-3/11**

Program #: 185402.02

### **Bike and Bodyweight Burn** *Ages: Adults*

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: \$34 PH/ \$42 NPH

6:00 PM – 6:45 PM

Trainer: Ed

**Session I: Wednesdays, 1/13-2/3**

Program #: 125404.10

**Session I: Wednesdays, 2/17-3/10**

Program #: 125404.11

## Greater Plymouth Community Center

### **Boot Camp** Ages: Adults

Want to spice up your exercise routine, try something different, or just push yourself harder than your normal 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.

6:00 PM – 6:55 PM

Trainer: Ed

#### Session I

**Tuesdays, 1/12-2/2**

Program #: 115402.04

**Thursdays, 1/14-2/4**

Program #: 115402.05

Price: \$34 PH/ \$42 NPH

**Tuesdays & Thursdays, 1/12-2/4**

Program #: 115402.06

Price: \$61 PH/ \$78 NPH

#### Session II

**Tuesdays, 2/16-3/9**

Program #: 115402.07

**Thursdays, 2/18-3/11**

Program #: 115402.08

Price: \$34 PH/ \$42 NPH

**Tuesdays & Thursdays, 2/16-3/11**

Program #: 115402.09

Price: \$61 PH/ \$78 NPH



### **Body Weight Burn** Ages: Adults

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

Price: \$34 PH/ \$42 NPH

6:00 PM – 6:45 PM

Trainer: Ed

**Session I: Mondays, 1/11-2/1**

Program #: 125402.01

**Session II: Mondays, 2/22-3/15**

Program #: 125402.02



## ADULT PROGRAMS

### **Adult Pottery Class** Ages 18+

This class is for beginners through advanced potters. You will learn many techniques for making a variety of forms such as plates, bowls and vases while exploring textures. You will also learn a variety of glazing and decorating techniques. 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, 2/5-2/26**

7:00 PM-8:30 PM

\$130 RES / \$162 NR

Location: Harriet Wetherill Park (Butler Pike)

Program #: 103103.01

### **60s Motown, R&B and Soul Line Dancing**

Low impact cardio dancing to both oldies and current music. Beginner through intermediate line dancing. Improve your memory, stamina and mood while dancing and even singing along with the music. Face mask required.

1:00 PM-2:00 PM

Price: \$48 RES / \$60 NR

**Session I: Mondays, 1/25- 3/8 (no Class 2/15)**

Program #: 101105.01

**Session II: Mondays, 3/15 - 4/19**

Program #: 101105.02

### **Fly Fishing – Beginner and Intermediate**

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.

12:00 PM-2:00 PM

Price: \$47 RES / \$58 NR

**Session I: Sundays, 1/24-3/7 (no class 2/14)**

Program #: 101607.01

### **Fly Tying – Advanced**

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

2:00 PM-4:00 PM

Price: \$47 RES / \$58

**Session I: Sundays, 1/24-3/7 (no class 2/14)**

Program#: 101607.03



**Pickleball at the GPCC** Monthly or annual members can reserve time daily. Maximum of 5 people per court. Monday-Friday 8:00 AM - 1:30 PM  
*Face Masks are required!*  
**RESERVATIONS ARE REQUIRED**



## PRESCHOOL PROGRAMS

### **Just for Me** 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. Activities such as crafts, games and music are included. Please bring a sippy cup to class and a face mask.

9:30AM-11:30 AM

#### **Session I: Mondays, 2/1-2/22**

Price: \$48 RES/\$60 NR

Program #: 101801.02

#### **Session II: Mondays, 3/1-3/22**

Price: \$48 RES/\$60 NR

Program #: 101801.03

9:30AM-11:30 AM

#### **Session I: Thursdays, 2/4-2/25**

Price: \$48 RES/\$60 NR

Program #: 101801.05

#### **Session II: Thursdays, 3/4-3/25**

Price: \$48 RES/\$60 NR

Program #: 101801.06

### **19 Kids Soccer** Ages: 3-5 years

This class is a fun introduction to soccer. This program involves soccer-based activities, promotes the development of motor skills, and encourages group interaction. Excellent form of exercise! Participants will receive a shirt and a medal at the end. *Face mask required!*

10:00 AM - 10:45 AM

Price: \$117 RES/\$144 NR

#### **Fridays, 2/19-3/26**

Program#101406.01



### **Tot Picassos** Ages: 2-4 years

Get ready to get messy! During this class, kids will have the chance to make the mess and we'll clean it up! They'll get to "mess" with paint, slime, sand, chalk, play-doh and so much more. Please wear or bring a smock, a face mask and a sippy cup.

9:30 AM-11:30 AM

#### **Session I: Tuesdays, 2/2-2/23**

Price: \$48 RES/\$60 NR

Program #: 101702.02

#### **Session II: Tuesdays, 3/2-3/23**

Price: \$48 RES/\$60 NR

Program #: 101702.03

### **Nut Bunch** Ages: 2-4 years

Take a trip on the wild side! Learn about animals, plants, the earth and other fun things associated with nature. Please bring a sippy cup and a face mask.

9:30 AM-11:30 AM

#### **Session I: Wednesdays, 2/3-2/24**

Price: \$48 RES/\$60 NR

Program #: 101805.02

#### **Session II: Wednesdays, 3/3-3/24**

Price: \$48 RES/\$60 NR

Program #: 101805.03

# YOUTH SPORTS

## **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 children wear leotards and ballet slippers to class. Parents are encouraged to leave. *Face mask required!*

Price: \$34 RES/\$43 NR

### **Session I: Saturdays, 1/23-3/6 (No class 2/13)**

10:00 AM - 10:45 AM

Program #: 101201.01

11:00 AM - 11:45 AM

Program #: 101201.02

### **Session II: Saturdays, 3/13-4/24 (No class 4/3)**

10:00 AM - 10:45 AM

Program #: 101201.03

11:00 AM - 11:45 AM

Program #: 101201.04

## **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. *Face mask required!*

5:00 PM - 6:00 PM

Price: \$47 RES/\$59 NR

### **Session I: Mondays, 1/25-3/8 (No Class 2/15)**

Program# 101701.01

### **Session II: Mondays, 3/15-4/26 (No Class 3/29)**

Program# 101701.02

## **Softee Hockey** Ages: 4-6 years

Foam sticks and balls will be used to teach basic hockey skills. The "FUN"amentals of the sport will be emphasized throughout the program. All players should bring a bottle of water. Parents are encouraged to leave. *Face mask required!*

10:00 AM - 10:45 AM

Price: \$29 RES/\$36 NR

### **Session I: Sundays, 2/7-2/28**

Program# 101403.02

### **Session II: Sundays, 3/7-3/28**

Program# 101403.03

## **Jump Start Sports Presents:**

### **Little Hoop Stars** 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.

*Face mask required!*

#### **Saturdays, 2/6-3/13**

9:00 AM - 9:45 AM

Price: \$117 RES/\$146 NR

Program #: 101107.01

### **Hoop Stars** Ages: 7-9 years

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

#### **Saturdays, 2/6-3/13**

10:00 AM - 11:00 AM

Price: \$117 RES/\$146 NR

Program #: 101107.02

### **Basketball Skills & Drills** Ages: 10-12 years

A six-week instructional and recreational basketball program for children in Grades 3 through 5. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in this fun-oriented program. Program is suitable for both new and advanced players. All instruction conducted by Jump Start Sports staff. All children receive a t-shirt and award. *Face mask required!*

#### **Saturdays, 2/6-3/13**

11:15 AM - 12:15 PM

Price: \$117 RES/\$146 NR

Program #: 101107.03

## YOUTH PROGRAMS

### Young Rembrandts Presents:

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

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

Young artists will be using pencils, crayons and markers to develop their art skills. We get started by drawing a Snow Globe, progress into Cowboy (or girl) Hats and some yummy Cotton Candy. Each week builds on the last as our courses are designed to develop their drawings and trigger a ton of creativity. Come draw with us! *Face mask required!*

9:00 AM - 9:45 AM

**Saturdays, 2/6-2/27**

Price: \$72 RES/\$90 NR

Program #: 103101.01

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

We're kicking off with Groovy Giraffes, a detailed Scorpion and a delicious Ice Cream Sundae. Every month YR students draw a complex Art History piece and this season we're highlighting Black women such as Claudette Colvin, Rosetta Tharp and Wilma Rudolph! Artists will be learning core art skills while boosting self-confidence and social development. We cannot wait to draw with you!

*Face mask required!*

10:00 AM - 11:00 AM

**Saturdays, 2/6-2/27**

Price: \$72 RES/\$90 NR

Program #: 103101.02

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

Get ready to giggle! Calling all class clowns, Young Rembrandts is the place for you. Our awesome artists will be drawing Stylish Dogs, Wild Monkeys, Funny Bunnies and even more silly scenes that will boost their art skills and crack everyone up! *Face mask required!*

11:15 AM - 12:15 PM

**Saturdays, 2/6-2/27**

Price: \$72 RES/\$90 NR

Program #: 103101.03

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

Each week, children will complete one project from beginning to end. Some of the projects we will be doing are animated cartoon figures, small plates, mini birdhouses, and 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. Pottery can be picked up one week after class. *Face mask required!*

5:00 PM - 6:30 PM

**Fridays, 2/5-2/26**

Price: \$130 RES/\$162 NR

Location: Harriet Wetherill Park (Butler Pike)

Program #: 103102.01

#### **After School Sports** Grades: 1-5 years

Once after school is over is a great time to burn off all that pent-up energy. Send your children to After School Sports at the community center to play fun games, sports and other high energy activities.

3:30 PM-6:00 PM

Price: \$52 RES/ \$65 NR

**Session I: Tuesdays, 1/26-3/2**

Program #: 101904.01

**Session II: Tuesdays, 3/9-4/20 (no class 3/30)**

Program #: 101904.02



## SPECIAL EVENTS

### **Valentines Day Home Decorations** *Ages: All Ages*

Celebrate the season of love with ceramic hearts for your wall or counter. You will be given the option of making one ceramic dish, plate, decorative ornament or wall hang while learning hand building, texture, and glazing techniques. All materials are included and all pieces are food safe and lead free.

*Pottery can be picked up one week after class.*

#### **Monday, 2/8**

6:30 PM-8:30 PM

Price: \$39 RES / \$49 NR

Program #: 103104.01



### **School's Out Activity Days** *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! *Face mask required.*

#### **Monday, 2/15**

9:00 AM-6:00 PM

Price: \$48 RES/ \$60 NR

Program #: 101601.03

8:00 AM-9:00 AM

Price: \$7 RES/ \$8 NR

Program #: 101601.04

### **Valentine's Day With PT Rec**

*All ages* Drive through the GPCC parking lot to see PT Rec in his finest Valentine's Day attire. Bring your favorite stuffed animal, take a group photo and get a craft kit to take home.

**FREE!** Donations appreciated.  
Masks required.

Saturday, 2/13 10:00 AM - 11:30 AM



### **Egg Scramble With The Bunny** *Ages: All Ages*

Grab your baskets and come join us for our Annual Easter Egg Scramble. Children will hunt for colorful eggs and have a chance to win a prize! The Easter Bunny will be joining us, so bring your camera! Reservations and masks are required! Please call 610-277-4312 to register. This event will be held outdoors at the GPCC Pavilion

#### **Saturday, 3/27**

9:00 AM - 10:00 AM

Per Child: \$5 RES/ \$7 NR

Program #: 102802.03



## AMERICAN RED CROSS CLASSES

### **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 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. Face mask required!

Price: \$90

**Saturday, 2/20**

8:30 AM- 3:30 PM

Program #: 103311.01

## SPRING BREAK & SUMMER CAMP

### **Obvious Choice Basketball Camp** Ages: 6-12 years

This basketball camp will be held at East Plymouth Valley Park during Colonial School Districts Spring Break. More information available soon.

**Monday-Friday, 3/29-4/2**

9:00 AM - 12:00 PM

Per Child: \$162 RES/ \$203 NR

### **2021 Summer Camp**

2020 summer camp was run with 15 children groups following all COVID safety protocols. It was offered at the GPCC and Plymouth Township parks. Depending on conditions and restrictions we will again be offering camp this summer. We will hopefully returning closer to our normal Camp GPCC and other summer programs. Please look for more details as we move closer to spring. In the meantime please contact Barb or Joanna with any questions. 610-277-4312

# 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



## PRIVATE SWIM LESSONS

**Private Swim Lessons:** At GPCC we offer 4-week 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 4-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.

### NEW 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.

**Four 40-minute classes Price: \$137 RES/\$171 NR**

**Private Registration Start Dates:**

Session I: Wednesday, February 3rd

**Private Sessions Begin:**

Session I: Monday, February 15th

\*See page 16 for information on private swim lessons offered before February 15

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.

# 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 IS 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

## Private Lesson Single Sessions

Looking for a quick lesson or two before our 4-week session starts in February? We have you covered with 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.

Registration Starts: **Wednesday, January 20th**

Sessions Begin: **Week of January 25th**

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

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

## Aqua Explorers: Parent/Child Class - Preschool Class *Ages: 6 months-3 years*

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.

Price: \$72 RES/ \$90 NR

**Saturday, 2/20-3/13** 8:15 AM-8:45 AM Program # 107101.10

## Tugboats: Water Exploration - Preschool Class *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.

Price: \$72 RES/ \$90 NR

**Saturday, 2/20-3/13** 9:00 AM-9:40 AM Program # 107301.12

## Speedboat: Primary Skills - Preschool Class *Ages: 3-5 years*

This class is designed for those 3 to 5 year olds 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.

Price: \$72 RES/ \$90 NR

**Saturday, 2/20-3/13** 10:00 AM-10:40 AM Program # 107302.13

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

This class is designed for 6-13 year olds with 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.

Price: \$72 RES/ \$90 NR

**Wednesday, 2/17-3/10** 6:00 PM-6:40 PM

Program # 107404.10





**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. **Only 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. **Only 10 spots per class.**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-9:45am <b>Deep Water</b> <i>Rose</i>	9:00am-9:45am <b>Deep Water</b> <i>Rose</i>	9:00am-9:45am <b>Deep Water</b> <i>Rose</i>	9:00am-9:45am <b>Deep Water</b> <i>Rose</i>	9:00am-9:45am <b>Deep Water</b> <i>Rose</i>
10:00am-10:45am <b>Silver Splash</b> <i>Rose</i>	10:00am-10:45am <b>Silver Splash</b> <i>Rose</i>	10:00am-10:45am <b>Silver Splash</b> <i>Rose</i>	10:00am-10:45am <b>Silver Splash</b> <i>Rose</i>	10:00am-10:45am <b>Silver Splash</b> <i>Rose</i>
	6:00pm-6:45pm <b>Deep Water</b> <i>Adel</i>			

**Mornings**

Mondays Jan 11- Mar 29  
 Tuesdays Jan 12- Mar 30  
 Wednesdays Jan 13- Mar 31  
 Thursdays Jan 14- Mar 25  
 Fridays Jan 15- Mar 26

**Evenings**

Tuesdays Jan 19- Mar 30

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.

<b>Premium Annual Card</b>	
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

<b>10 Class Punch Pass</b>	
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