

# SPORTS

## YOUTH ACTIVITIES

### 🌀 SQUIRTS SOCCER ❤️

Squirts Soccer is an introductory program designed for kids ages 2-4 to have fun with the ball while introducing them to the game of soccer. The program is coached by UK Soccer professional British coaches and is specific to age and ability.

Wednesdays, January 18 – February 22  
A. 10:00-10:30 am  
B. 10:45-11:15 am  
Fairview Township Fire Station #1 – 340 Lewisberry Rd  
Cost: \$64; *discounted resident rate: \$53*



### 🌀 SOCCER CLINIC ❤️

Properly introduce your youngster to the sport of soccer! Children ages 3-4 will be taught soccer skills through fun games and drills. Child must be 3 years of age prior to first class and a **parent must attend and may need to participate**. Instructor: Mark Brown.

Mondays, March 12 – April 23 (no 4/9)  
A. 6:15-7:00 pm  
B. 7:10-7:55 pm  
Washington Heights Elementary School – gym  
Cost: \$62; *discounted resident rate: \$52*

### 🌀 INDOOR SOCCER CLUB ❤️ 🌀

This fun activity for ages 4-6\* provides instruction and game play. Individual participants will be placed onto a team of 6 or 7, depending on the number of enrollees. Each child will receive a schedule of weekly matches and team information. Instructors will have full discretion to move participants from one team to another at the end of the first night to correctly distribute skill levels. Each 1-hour session will be split with half the time devoted to skill development and the other half to game competition. **Registration deadline: March 9.** (\*- must have turned 4 by 12/31/11). Instructors: UK Soccer Staff.

Fridays, 6:15-7:15 pm or 7:15-8:15 pm  
March 23 – May 4 (no 4/6)  
Washington Heights Elementary School – gym  
Cost: \$66; *discounted resident rate: \$55*

### 🌀 USTA QUICK START TENNIS ❤️

Join the fun with this great introduction to tennis that is easy to learn! Quick Start uses small nets and soft balls, allowing for a high success rate and increased confidence on the court. Class includes lots of fun games. Bring a junior size racquet. Ages 5-9. Instructor: Central Penn Tennis.

Mondays, 6:30-7:30 pm  
A. March 12 – April 2  
B. April 16 – May 7  
Newberry Elementary School – gym  
Cost: \$31; *discounted resident rate: \$26*

### 🌀 SPRING YOUTH TENNIS ❤️ 🌀

Get in the game! Come out and learn tennis skills and have fun playing tennis related games. Bring a racquet and water. All lessons instructed by Central Penn Tennis Instructors.

**Saturdays, April 7 – 28**  
A. Ages 5-7: 1-2 pm  
B. Ages 8-10: 2-3 pm  
C. Ages 11-16: 3-4 pm  
Roof Park, Fairview Township

**Sundays, April 22 – May 13**  
D. Ages 5-7: 1-2 pm  
E. Ages 8-10: 2-3 pm  
F. Ages 11-16: 3-4 pm  
Cedar Cliff High School

**Saturdays, May 12 – June 2**  
G. Ages 5-7: 1-2 pm  
H. Ages 8-10: 2-3 pm  
I. Ages 11-16: 3-4 pm  
Red Land High School  
Cost: \$34; *discounted resident rate: \$28*

### 🌀 NEW BOWLING CLUB

Learn the basics of bowling without the use of “bumpers”. Ages 6-12 will have fun while learning about proper ball delivery and game rules, plus participate in a team bowling competition on the last day. Instructor: Jean Patterson.

A. Tuesdays, 6-7 pm, January 24 – February 28  
B. Saturdays, 3-4 pm, March 10 – April 21  
Trindle Bowl – Mechanicsburg  
Cost: \$41; *discounted resident rate: \$34*

### 🌀 YOUTH GOLF LESSONS

Here's a great way for boys and girls ages 5-12 to become acquainted with this challenging lifelong sport. Indicate if clubs are needed. Instructors: Brian Davis, Head Pro and staff.

Saturdays, April 7 – 21  
A. Pee Wees – Ages 5-8 1:00-1:30 pm  
B. Juniors – Ages 9-12 2:00-2:30 pm  
Valley Green Golf Course  
Cost: \$50; *discounted resident rate: \$42*

### 🌀 BASEBALL CLINICS 🌀

Ages 8-14 can get a jump start on improving baseball skills. Offensive areas covered: the grip, stance, essential components of a swing, and proper mental approach. Defensive areas covered will be broken down by positions. Pitchers will benefit by learning mechanics, types of pitches and conditioning exercises. Instructors: Nate Ebbert, Red Land HS Head Coach & staff.

A. **Offense:** Saturday, February 11, 11 am-1 pm  
B. **Defense & Pitching:** Saturday, February 18, 11 am - 1 pm  
Red Land High School – auxiliary gymnasium  
Cost: \$42; *discounted resident rate: \$35*

### 🌀 NEW SKATEBOARDING CLINIC

Come check out this awesome skateboarding clinic put on by [Goskate.com](http://Goskate.com)! If you are a beginner age 6-17, this course will be the perfect way to get you up to speed, and if you already have some experience on your board, then we have a special program put together to build on your skills. Come on out and experience the thrill of skateboarding and get ready to show off your new skills to your friends! Bring your elbow pads, knee pads, wrist guards, and helmets, and get ready to shred!

Saturday & Sunday, 10 am-12 pm  
A. April 21 & 22  
B. May 12 & 13  
West Shore Recreation Commission – office parking lot  
Cost: \$59; *discounted resident rate: \$49*

### 🌀 INLINE HOCKEY CLINIC ❤️ 🌀

A great opportunity to learn to play roller hockey and improve hockey skating skills! Roller Hockey is a fun, non-check version of hockey played on inline skates on a full-sized, walled sport court surfaced rink. The basics of skating, hockey skills, safety, rules and team concepts will be covered. If needed, a limited number of in-line skates will be available to borrow; inquire during registration. Must provide own stick or you may purchase one at class. For ages 7-15. Instructor: Susquehanna Sports Center staff.

Saturdays, 9-10 am  
April 28 – June 9 (no 5/26),  
Susquehanna Sports Center - 1001 Bosler Ave, Lemoyne  
Cost: \$24 ; *discounted resident rate: \$20*

## ACTIVITIES FOR ADULTS 16+

### 🌀 ADULT TENNIS ❤️

It's time to dust off the racquet and get moving! Beginner players can learn and develop the strokes, strategies, and rules of this fun lifetime sport. Bring a racquet and water. Instructor: Central Penn Tennis.

Saturdays, 11:00 am – 12:30 pm  
A. April 14 – 28  
Roof Park, Fairview Township  
B. May 12 – 26  
Red Land High School  
Cost: \$26; *discounted resident rate: \$22*

🌀 - YOUTH SCHOLARSHIP

❤️ - HEART HEALTHY ACTIVITY

# SPORTS

## MEN'S BASKETBALL ♥

Enjoy evenings of informal competition for fun and exercise. Teams formed on a weekly basis.

### Lemoine Middle School

Thursdays, 8:15-10:15 pm (15 weeks)

January 12 – May 3 (no 2/16, 4/5)

Cost: \$69; *discounted resident rate: \$58*

**plus WSSD facility use fee: \$35/person**

### Red Mill Elementary School

Tuesdays (15 weeks)

January 10 – February 28: 8:30-10:30 pm and

March 6 – April 17: 8:00-10:00 pm

Cost: \$69; *discounted resident rate: \$58*

**plus WSSD facility use fee: \$35/person**



## RECREATIONAL VOLLEYBALL ♥

Enjoy evenings of informal competition for fun and exercise. Co-rec teams are formed on a weekly basis.

### Lemoine Middle School

Tuesdays (15 weeks)

January 17 – February 28: 8:45-10:15 pm and

March 6 – April 24: 7:30-9:30 pm

Cost: \$65; *discounted resident rate: \$54*

**plus WSSD facility use fee: \$35/person**

### Red Mill Elementary School

Wednesdays, 8-10 pm (15 weeks)

January 11 – April 18

Cost: \$69; *discounted resident rate: \$58*

**plus WSSD facility use fee: \$35/person**



## OVER 35 MEN'S BASKETBALL ♥

Informal competition for fun and exercise reserved especially for men 35 years and older.

### New Cumberland Middle School

Wednesdays, 7:30-9:30 pm (15 weeks)

January 11 – April 18

Cost: \$69; *discounted resident rate: \$58*

**plus WSSD facility use fee: \$35/person**

### Red Mill Elementary School

Thursdays (15 weeks)

January 12 – March 1 (no 2/9): 8:30-10:00 pm and

March 8 – April 26: 8:00-9:30 pm

Cost: \$56; *discounted resident rate: \$47*

**plus WSSD facility use fee: \$35/person**

♥ - HEART HEALTHY ACTIVITY

**WSSD Facility Fee: A fee enacted by the West Shore School District for adult use of school facilities beginning in 2012. See page 2.**

## ELECTRONIC COMMUNICATION

We request your e-mail address at registration because our software allows us to provide you:

- a registration receipt (be sure to click on the receipt link)
- announcements about your class
- special offers
- and news about West Shore Rec happenings.

We do not share or sell e-mail addresses and we resolve not to overload your inbox!

# TRIPS

## PHILADELPHIA FLOWER SHOW 🌸

Step inside an oasis of beauty and elegance in this year's show, *Hawaii, Islands of Aloha*. You'll find acres of gardens, thousands of artistic floral and horticultural displays, over 140 shops in the marketplace, and enjoy spectacular, live entertainment, gardening and culinary demonstrations, free wine tasting (ID required) and so much more.

Thursday, March 8; departing 7:00 am, returning 8:30 pm

Radisson Penn Harris Hotel – parking lot

Cost: \$84

## NEW CHERRY BLOSSOM CRUISE 🌸

Celebrate the 100<sup>th</sup> anniversary of the cherry blossoms as you cruise in style on the Potomac with wide-open views of the cherry blossoms and monuments. Afterwards, your licensed DC guide leads you on a narrated driving tour with a few stops for photos along the way. Trip includes luncheon cruise aboard the Odyssey.

Tuesday, April 3; departing 6:30 am, returning 9:30 pm

Radisson Penn Harris Hotel – parking lot

Cost: \$139

## WASHINGTON, DC OWN YOUR OWN 🌸

Spring is a wonderful time to visit the National Zoo or explore the museums and monuments around the National Mall. The motorcoach will drop off and pick up at both locations.

Sunday, April 15; departing 7:00 am, returning 9:15 pm

Radisson Penn Harris Hotel – parking lot

Cost: \$54

## NEW YORK CITY YOUR WAY 🌸

In New York City you can experience a different culture in Little Italy or Chinatown, shop 'til you drop in the garment district or at a street fair, get a bird's eye view of the city from atop the Rockefeller Center or the Empire State Building, or get a taste of it all by taking a double-decker bus tour. The day is yours to do as you please.

Saturday, April 28; departing 7:00 am, returning 10:30 pm

Radisson Penn Harris Hotel – parking lot

Cost: \$69

## MOUNT VERNON & BOAT TOUR

Mount Vernon was the beloved home of George and Martha Washington from the time of their marriage in 1759 until General Washington's death in 1799. The plantation is located along the Potomac River near the nation's capital. Your visit will include plenty of time for a tour of the Mansion house, exploration of the surrounding gardens and outbuildings of the estate, and lunch before our group embarks on an afternoon sightseeing cruise on the Potomac. A \$10 lunch voucher for the food court pavilion is included. A short rest stop is planned for the return trip.

Thursday, June 7; departing 7 am, returning 6 pm

Allen Middle School – parking lot

Cost: Adults: \$99; *discounted resident rate: \$83*

Youth 6-11 yrs: \$92; *discounted resident rate: \$77*

## New Info!

West Shore Recreation Commission has partnered with Wolf's Bus Lines to offer more trip destinations without needing to fill an entire bus. Our group of 10 to 15 persons will be combined with other passengers from several other pick up locations. Pick up and drop off will be at the Radisson Penn Harris parking lot in Camp Hill. These tours will be escorted by staff from Wolf's Bus Lines and are designated with a paw print symbol. Please note these trips require a 30 day cancellation notice to receive a refund.

## TRIP INFORMATION

- West Shore Rec Commission uses modern motor coaches equipped with restrooms and air conditioning. In consideration of others, smoking and alcoholic beverages are not permitted. The gratuity for the bus driver is not included in the price listed. Please note the right front seats are reserved for the trip escort.
- In general, brief stops are made at fast food restaurants when the travel time is over 2.5 hours each way.
- **Help us out!** Please register early for bus trips! We must reach a minimum of participants at least 24 days prior to departure or we must cancel. Should we have to cancel, you will receive a full refund.
- If you must cancel from a trip, notify West Shore Rec at least 30 days before a trip to receive a refund (unless stated otherwise). After that, a refund will only be available if a replacement can be found.