

WYRec

WEST SHORE RECREATION
COMMISSION

www.westshorerec.org

REGISTRATION BEGINS
AUGUST 26

NON-RESIDENT SEPTEMBER 2

FALL 2026

WELCOME TO THE FALL 2026 PROGRAM GUIDE!

Whether you're looking to learn a new skill, stay active, express your creativity, or connect with others in the community, you'll find opportunities for every age and interest in this season's lineup. We invite you to explore our diverse selection of programs and join us for another season of learning, recreation, and fun.

Program Highlights

Youth Programs

Art & Painting
Theatre & Acting
Chess Club
Anime & Cartoon Drawing
LEGO® STEAM Clubs
Swim Lessons

Adult Programs

Puppy Training
Spanish Language
Beekeeping 101
Yoga, Tai Chi & Pilates
Tennis & Golf
Zumba & More

Bus Trips

Potomac Eagle Train
Longwood Gardens
Cape May Christmas
New York City
Mifflinburg Christkindl Market
Plus additional seasonal trips

Wishing everyone a safe, healthy and happy fall and holiday season!

FIRST DAY OF REGISTRATION: AUGUST 26

So that everyone has a chance to receive this brochure and time to make activity selections, the first day registrations will be accepted is **Wednesday, August 26th 8:30 a.m.** for residents of participating communities in West Shore Rec.

Non-residents may register September 2nd or the day before the program begins (whichever is sooner).

PROGRAM REGISTRATION

Participants must pre-register for all programs. No one will be allowed to sign up at the program site. Contact the recreation office at 717-920-9515 if you have any questions.

*** Sorry, we cannot accept registrations or cancellations by e-mail or fax.**

TWO PRICES?

Residents of participating municipalities (Fairview & Lower Allen Townships, New Cumberland, Lemoyne and Lewisberry Boroughs) receive a discount on programs. The first price listed is for all others. Please note some programs have an additional WSSD Facility Use Fee.

MAKE-UP DATES

West Shore Rec makes every attempt to reschedule classes canceled due to inclement weather and other circumstances outside of its control. The make-up is usually rescheduled just after the original ending date. No refunds will be given for unattended make-up classes.

CONTACT WEST SHORE REC

717-920-9515 wsrec@wsrec.org westshorerec.org

MISSION STATEMENT

West Shore Recreation Commission, based on an agreement of inter-governmental cooperation, is dedicated to enriching lives by providing quality recreational and leisure-time opportunities for all residents.

OFFICE HOURS

Monday through Friday, 8:30 am to 4:30 pm. Closed on holidays and Fridays in November and December: September 7, November 6, 13, 20, 26, 27, 30, December 4, 11, 18, 24, 25, 28, January 1. The Recreation Office is located inside the WSSD Administration Building (507 Fishing Creek Rd). Rec Office entrance is near the flag pole.

ACTIVITY CANCELLATIONS

Call 717-920-9515 and press 3 to check on activity status.

In the case of inclement weather, any activity updates will be posted on the automated phone system unless otherwise specified. We ask that you call our office to check on weather related activity cancellations by dialing 717-920-9515 and pressing the number 3 on the main menu.

AUTOMATED PHONE SYSTEM DIRECTORY

Here is what is available to you when you call our number 717-920-9515.

Press 1	Register or inquire about a program
Press 2	Office location information
Press 3	Activity cancellations
Press *	Staff directory

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West Shore Rec offers registration on the Internet for selected programs (designated throughout the brochure with a  symbol). There is a convenience fee to use this registration option. Visit <https://apm.activecommunities.com/westshorerec>

 **Register Online** **go!**

AQUATICS

All aquatic programs are held at the West Shore Natatorium located inside Red Land High School (560 Fishing Creek Rd, Lewisberry, PA)

FAMILY AND MULTI-AGE ACTIVITIES

REC SWIM

Pay at the door or save 23% with a Rec Swim Punch Card. Punch Cards never expire and can be used for the whole family.

Fall Rec Swim: Sun, Sept 13 – Oct 11*, 2-5 pm

Lap Swim Only: Mon & Wed, Aug 31 – Oct 14, (no 9/7) 7-8 pm

Admission Options:

A. Pay As You Go: Weekend - \$5; Weeknight - \$2

B. Punch Card: \$26; *discounted resident rate:* \$20

***Please note** - Dates are subject to change for any reason. If Rec Swim is cancelled, a message will be recorded on our phone system up to 1 hour before the program. Call 717-920-9515 and press 3 before traveling to the pool.

WHEEL SWIM

Our instructor will help you and your child feel comfortable and safe in the water while practicing movements to prepare him or her for swimming strokes. One parent/guardian in the water is necessary...two are welcome! Children must wear swim diapers. Instructor: Sarah Canulli.

Sun, Sept 13 – Oct 11

A. 6-18 months: 5:00-5:30 pm

B. Age 1: 5:30-6:00 pm

C. Age 2: 6:00-6:30 pm

D. Age 3-4: 6:30-7:00 pm

E. Age 3-4: 7:00-7:30 pm

Cost: \$64; *discounted resident rate:* \$49

YOUTH ACTIVITIES

WATER OTTERS

Designed for children 4 years old to explore their water readiness prior to enrolling in Level 1 at age 5. Children must be able to engage in a small group without parental assistance.

Tue & Thur, 6:00-6:35 pm

A. Sept 1-22

B. Sept 24 - Oct 15

Cost: \$72; *discounted resident rate:* \$55

YOUTH SWIM LESSONS

Ages 5-15 years will learn water safety and enhance their water enjoyment, progressing from level 1 to 6 in the Red Cross water safety program. **Enroll in one section only until Sept 23.** Child must pass the current level before enrolling in the next.

Tue & Thur, Sept 1-22

A. Level 1 6:00-6:35 pm

B. Level 1, 2 6:40-7:15 pm

C. Level 3, 4 7:20-7:55 pm

Tue & Thur, Sept 24 - Oct 15

D. Level 1 6:00-6:35 pm

E. Level 2 6:40-7:15 pm

F. Level 3, 5, 6 7:20-7:55 pm

Cost: \$72; *discounted resident rate:* \$55



ACTIVITIES FOR ADULTS 16+

AQUAFIT

Start in the deep and end in the shallow. Get a full body workout with intervals, circuit training (stations), core strengthening and everything in between. You must be comfortable in the deep water and wear a flotation belt. Instructor: Nancy Fink.

Sun, 1-2 pm, Aug 30 – Oct 11

Cost: \$46; *discounted resident rate:* \$35

AQUACISE

Challenge your cardio fitness, tone your muscles and increase your core strength with this shallow water class through exercises and resistance equipment. Tell a friend to sign up and enjoy this exercise experience together! Instructor: Nancy Fink.

Mon & Wed, Aug 31 – Oct 14, 7-8 pm

Cost: \$98; *discounted resident rate:* \$75

HYDRO HIKE

Toning, flexibility, strength building, cardio challenging all done in the deep water while wearing a flotation belt. All participants must be comfortable in the deep water. Instructor: Nancy Fink

Mon & Wed, Aug 31 – Oct 14, 8-9 pm

Cost: \$98; *discounted resident rate:* \$75

LIFEGUARD REVIEW

Only individuals with a Lifeguarding certificate 30 days or less beyond the expiration date may participate in a review course. You must pass the mandatory pre-requisite swim test on the first day of class. More information listed at wsrec.org/aquatics. Anyone who fails the swim test will receive a 50% refund.

Sat, Oct 10, 9:00 am – 7:00 pm

Cost: \$188; *discounted resident rate:* \$145

WEST SHORE NATATORIUM RENOVATION UPDATE

The West Shore School District is planning a major renovation of the West Shore Natatorium. As of early August, the current schedule calls for the facility to close on October 16, with construction expected to begin in late October or early November. The renovation is anticipated to take at least one year to complete. As a result, no aquatics programs are being scheduled after October 16 at this time. Because the construction schedule is subject to change, please visit our website or follow our Facebook page for the latest updates.

Swim with the
Aquatic Club of the West Shore!

Competitive swim team for ages 5-18
Practices at Red Land HS
New season starting soon!
SIGN UP NOW!

Contact: acws17339@gmail.com
Website: SwimWithACWS.com

Scan Me!

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ACTIVE WELLNESS

CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

Please visit our website (westshorerec.org) and click on the ActiveNet link for more information on each activity.

YOUTH ACTIVITIES

KINDERDANCE WITH ME

For ages 15-24 months. Little movers and their favorite adult are involved in cute upbeat class filled with interactive songs and props that are just right for them! The class curriculum offers age appropriate exposure to developmental milestones through dance and sensory-motor activities while nurturing the bond between caregiver and child. Instructor: Kinderdance.

Wed, 9:30-10:00 am, Lemoyne Borough - community rm
Oct 14 – Nov 18
Cost: \$65; *discounted resident rate: \$50*

KINDER TOTS

Includes movement, music, fitness and fun! Blending of color, numbers and shape learning right into the class. Designed for two year olds (must be 2 prior to class). Parental assistance may be needed. Instructor: Kinderdance.

Thur, 5:30-6:00 pm, West Shore Senior Center
A. Sept 10 – Oct 22 (no 9/17) B. Oct 29 – Dec 10 (no 11/26)
Wed, 10:15-10:45 am, Lemoyne Borough - community rm
C. Oct 14 – Nov 18
Cost: \$65; *discounted resident rate: \$50*

KINDER GYM

Boys and girls 3-5 years will be introduced to tumbling and the pre-apparatus skills of gymnastics. Emphasis is on coordination and exercise. Child must be minimum age prior to the class. Instructor: Kinderdance.

Thur, 6:10-6:55 pm, West Shore Senior Center
A. Sept 10 – Oct 22 (no 9/17) B. Oct 29 – Dec 10 (no 11/26)
Tue, 7:10-7:55 pm, Fishing Creek ES – bldg. I cafeteria
C. Sept 15 – Oct 20 D. Nov 3 – Dec 8
Cost: \$92; *discounted resident rate: \$71*

KINDERDANCE

The focus is on coordination, movement, and exercise to music for 3-6 year old children. Includes an introduction to ballet, tap, and acrobatics. Ballet shoes are optional; tap shoes are recommended or dress shoes that make sound. Child must be 3 years of age prior to the first class. Parental assistance is not needed. Instructor: Kinderdance.

Thur, 7:05-7:50 pm, West Shore Senior Center
A. Sept 10 – Oct 22 (no 9/17) B. Oct 29 – Dec 10 (no 11/26)
Tue, 6:15-7:00 pm, Fishing Creek ES – bldg. I cafeteria
C. Sept 15 – Oct 20 D. Nov 3 – Dec 8
Wed, 11:00-11:45 am, Lemoyne Borough - community rm
E. Oct 14 – Nov 18
Cost: \$92; *discounted resident rate: \$71*

NINJA OBSTACLE TRAINING FOR KIDS

Get ready to run, jump, climb, traverse, and swing like a ninja! Each week, kids will take on exciting obstacle challenges that build strength, balance, and confidence in a fun, safe, and supportive environment. Perfect for all skill levels. Instructor: USA Ninja Challenge Staff.

Fri, Sept 11 – Oct 2, USA Ninja Challenge – Camp Hill
A. Ages 6-8, 5:45-6:45 pm
B. Ages 8-13, 7:00-8:00 pm
Cost: \$117; *discounted resident rate: \$90*

TIGER CUBS MARTIAL ARTS

Our youngest students build a strong foundation through fun, age-appropriate activities that develop balance, coordination, and confidence. Cubs age 4-5 learn to focus their attention, follow directions, and believe in themselves—all while moving, kicking, and growing in a positive, encouraging environment. Instructor: Tiger Rock.

Wed, Oct 14 – Nov 25, 5:30-5:55 pm, Tiger Rock Martial Arts
Cost: \$68; *discounted resident rate: \$52*

JUNIOR MARTIAL ARTS

No one sits on the bench in this high-energy class! Kids age 6-11 build confidence, discipline, self-control, and respect while learning real self-defense skills in a fun and supportive setting. Every student is encouraged to grow, achieve, and shine—both on and off the mat. Instructor: Tiger Rock.

Wed, Oct 14 – Nov 25, 6:00-6:45 pm, Tiger Rock Martial Arts
Cost: \$78; *discounted resident rate: \$60*



TEEN MARTIAL ARTS

Train in a positive, motivating environment surrounded by peers who share your goals. Build strength, flexibility, coordination, and focus while developing practical self-defense skills. Ages 12-15 will gain confidence, discipline, and fitness as they challenge themselves and reach new heights. Instructor: Tiger Rock.

Tue, Oct 13 – Nov 24, 6:45-7:45 pm, Tiger Rock Martial Arts
Cost: \$80; *discounted resident rate: \$62*

ACTIVITIES FOR ADULTS 18+

ADULT MARTIAL ARTS

Enhance your fitness, confidence, and well-being in a friendly, non-intimidating setting. Improve strength, flexibility, and endurance while learning effective self-defense skills. Our supportive instruction for ages 16+ helps build confidence, reduce stress, and enhance overall well-being to help you thrive. Instructor: Tiger Rock.

Tue, Oct 13 – Nov 24, 7:45-8:45 pm, Tiger Rock Martial Arts
Cost: \$80; *discounted resident rate: \$62*

BALLROOM DANCING FUN

Learn some of the popular dances for a lifetime of enjoyment. Partners are preferred, but not required. "Dancing is the ultimate exercise . . . cleverly disguised as fun." All classes are 6:30-7:30 pm and held at Ballroom Break.

A. Mon, Sept 21 – Oct 26
B. Mon, Nov 2 – Dec 7
Cost: \$138; *discounted resident rate: \$106 per person*

BODY TONING

An overall workout designed to target major and minor muscle groups. A creative, fun way to work on muscular endurance and strength training with a quick warm up followed by concentration on arms, legs, and abs. Please bring a towel, mat, water and handheld weights. Instructor: Renae Calhoun

Tue, 5:30-6:30 pm, West Shore Senior Center
A. Sept 8 – Oct 27 B. Nov 3 – Dec 22
Cost: \$62; *discounted resident rate: \$48*

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🌟 BOOTY BARRE*

Barre encompasses adding pilates and dance movements to your workout to lift your body. This is done using a chair and a mat. Small weights are also added for muscle strength and endurance. Please bring a mat and light weights. Instructor: Marisa Stipe. **see note below*

Traditional With Dance Moves:

Sat, 8:25-8:55 am, Lemoyne Borough - community rm

A. Sept 5 – Oct 31

Cost: \$57; *discounted resident rate: \$44*

B. Nov 7 – Dec 26

Cost: \$51; *discounted resident rate: \$39*

Retro Conditioning: Includes working in reverse direction.

Tue, 7:15-7:45 pm, Lemoyne Borough - community rm

C. Sept 8 – Oct 27

D. Nov 10 – Dec 29

Cost: \$51; *discounted resident rate: \$39*

🌟 BOX (BRING ON THE EXTREME)*

Session includes EXTREME workouts from all over the world with compound movements that engage all muscles in one go. The core movements will be intense, and your fitness journey will broaden each week. Bring a mat and 3-8 lb. hand weights. Instructor: Marisa Stipe.

**see note below*

Wed, 6:30-7:45 pm, Lemoyne Borough - community rm

A. Sept 9 – Oct 28

B. Nov 4 – Dec 30 (no 11/25)

Cost: \$65; *discounted resident rate: \$50*

🌟 CARDIO STEP

Simple to advanced aerobic choreographed routines on a Step incorporating multiple levels of cardio, then finishing with conditioning and toning of your core, abdominals, and upper body. Please bring a mat, water and light/medium hand weights. Instructor: Renae Calhoun & Melanie Bryant.

Mon, 5:30-6:30 pm, Fairview Twp Fire Station #1

A. Sept 14 – Oct 26

B. Nov 9 – Dec 21

Cost: \$55; *discounted resident rate: \$42*

🌟 GUIDED FOREST BATHING – EXTENDED TIME!

Step into the stillness of nature and awaken all of your senses to the beauty of the forest. Join Kim Little Hoover, Certified Mindful Outdoor Guide, for a slow walk that invites you to be present and mindful. Calm the mind, slow your heart rate and boost your mood. Connect with the Earth in real time, not screen time. Expect a centering of breath, gentle stretching, a slow guided walk and quiet time. Plus gather for herbal tea to close the experience. Held at Lower Allen Comm. Park – Nature Trail.

A. Sat, Oct 3, 10:00-11:30 am

B. Tue, Oct 20, 10:00-11:30 am

Cost: \$19; *discounted resident rate: \$15*

🌟 MAI TAI CHI

The master is good to people who are good and good to people who are not good. That is true goodness. And that's Tai Chi. New folks start with a basic bare hand form then progress through a curriculum that includes (5) bare hand forms as well as a fan, (2) sword, and (2) spear forms. Each class features, warm ups, fundamental exercises, Tai Chi forms, and Qigong breathing exercises. In addition there are theory discussions, Qigong forms, and a meditation as well as a party at the end and a few laughs along the way. This class is great for ALL AGES. Class size is limited for First Time Participants. For more information about MAI and Tai Chi go to www.TC4ALL.com

Tue, Sept 8 – Dec 8 (no 10/20, 11/24), WS Senior Center

First Time MAI Participant: 7-8 pm

Returning MAI Participant: 7-8 pm

Cost: \$161; *discounted resident rate: \$124*

🌟 HATHA FLOW YOGA & BALANCE*

A balance of sustained poses (Hatha) and poses flowing in a mindful progression. Attention given to basic alignment & therapeutic principles. Observing breath and body (triputi) are an integral part of class. Bring a mat. Instructor: Marisa Stipe. **see note below*

Sat, 9:10-9:40 am, Lemoyne Borough - community rm

A. Sept 5 – Oct 31

Cost: \$57; *discounted resident rate: \$44*

B. Nov 7 – Dec 26

Cost: \$51; *discounted resident rate: \$39*

Sun, 6:45-7:30 pm, Fairview Twp Fire Station #1

C. Sept 6 – Nov 1

Cost: \$64; *discounted resident rate: \$49*

D. Nov 8 – Dec 27

Cost: \$56; *discounted resident rate: \$43*

Wed, 11:00-11:45 am, Fairview Twp Fire Station #1

E. Sept 9 – Oct 28

F. Nov 4 – Dec 30 (no 11/25)

Cost: \$56; *discounted resident rate: \$43*

🌟 MUSCLE PUMP*

Contains movements to music, working eight separate muscle groups using free weights, aerobic step and progressive overload. Participants choose weights based on the exercise and personal goals. Please bring challenging weights to class (light and heavier) and a mat. Instructor: Marisa Stipe. **see note below*



All Levels:

Thur, 6:00-6:45 pm, Fairview Twp Fire Station #1

A. Sept 3 – Oct 29

Cost: \$62; *discounted resident rate: \$48*

B. Nov 5 – Dec 17 (no 11/26)

Cost: \$42; *discounted resident rate: \$32*

Cardio Pumping & Abs:

Sun, 5:30-6:30 pm, Fairview Twp Fire Station #1

C. Sept 6 – Nov 1

Cost: \$82; *discounted resident rate: \$63*

D. Nov 8 – Dec 27

Cost: \$73; *discounted resident rate: \$56*

Senior Pump:

Wed, 10:00-10:45 am, Fairview Twp Fire Station #1

E. Sept 9 – Oct 28

F. Nov 4 – Dec 30 (no 11/25)

Cost: \$56; *discounted resident rate: \$43*

🌟 SENIOR CARDIO DANCE & ABS*

Designed to improve the health and well-being of older adults 50+ through aerobic exercise, strength training, and balance activities. A different form of cardio will be introduced weekly, each low impact & easy to follow. Includes dance, Zumba & traditional aerobics with low intensity ab workouts. Bring a mat. Instructor: Marisa Stipe. **see note below*

Mon, 9:30-10:30 am, Fairview Twp Fire Station #1

A. Sept 14 – Oct 26

Cost: \$52; *discounted resident rate: \$40*

B. Nov 9 – Dec 28

Cost: \$60; *discounted resident rate: \$46*

**All activities instructed by Marisa Stipe and just the SalsaTone activity with Melanie Bryant will move to an online streaming format if any reason comes up that the class can't be held "in-person". Marisa uses Facebook LIVE while Melanie will use Zoom.*

ACTIVE WELLNESS

PILATES*

Pilates works core muscles including the abdominals, back and buttocks. Exercises lengthen your muscles and help you develop balance, proper alignment, and flexibility. *Includes mat pilates, standing pilates, circular pilates, magic circle, marble work and gyrotonics.* Bring a mat. Instructor: Marisa Stipe. **see note below*

All-Levels:

Sat, 7:30-8:15 am, Lemoyne Borough - community rm

A. Sept 5 – Oct 31

Cost: \$69; *discounted resident rate: \$53*

B. Nov 7 – Dec 26

Cost: \$61; *discounted resident rate: \$47*

Int/Adv:

Tue, 6:15-7:00 pm, Lemoyne Borough - community rm

C. Sept 8 – Oct 27 D. Nov 10 – Dec 29

Cost: \$61; *discounted resident rate: \$47*

All-Levels: Extended time!

Mon, 8:30-9:15 am, Fairview Twp Fire Station #1

E. Sept 14 – Oct 26

Cost: \$53; *discounted resident rate: \$41*

F. Nov 9 – Dec 28

Cost: \$61; *discounted resident rate: \$47*

All-Levels:

Mon, 6:45-7:30 pm, Fairview Twp Fire Station #1

G. Sept 14 – Oct 26

Cost: \$53; *discounted resident rate: \$41*

H. Nov 9 – Dec 28

Cost: \$61; *discounted resident rate: \$47*

SALSATONE*

SalsaTone is for all levels incorporating basic aerobic movements and various styles of Latin American dance. If you prefer a little extra toning, bring a set of light weights. Instructor: Melanie Bryant. **see note below*

Fri, 5:30-6:30 pm, Fairview Twp Fire Station #1

Oct 16-Dec 18(no 11/27)

Cost: \$66; *discounted resident rate: \$51*

NEW ZUMBA + LIFT*

Merges the high-energy dance cardio of traditional Zumba with strength training. It is designed to bridge the gap between cardio and weightlifting, offering a “one-stop” workout that builds lean muscle, strengthens joints, and burns fat through alternating intervals. Must bring set of heavy hand weights and a mat. Instructor: Marisa Stipe. **see note below*

Tue, 5:15-6:00 pm, Lemoyne Borough - community rm

A. Sept 8 – Oct 27

B. Nov 10 – Dec 29

Cost: \$59; *discounted resident rate: \$45*

ZUMBA STEP* ZUMBA RE-INVENTED!

Step Aerobics performed Zumba style with a choreographed routine using an aerobic step. Bring a mat and light to medium hand weights for Zumba Strong.

Instructor: Marisa Stipe. **see note below*

Mon, 7:35-8:35 pm, Fairview Twp Fire Station #1

A. Sept 14 – Oct 26

Cost: \$55; *discounted resident rate: \$42*

B. Nov 9 – Dec 28

Cost: \$62; *discounted resident rate: \$48*

ZUMBA TONING & ABS*

Incorporates weighted toning sticks to the Zumba workout used almost like maracas. Toning sticks function like dumbbells to act as resistance. Bring a mat, but toning sticks are provided. Instructor: Marisa Stipe.

**see note below*

Thur, 5-5:45 pm, Fairview Twp Fire Station #1

A. Sept 3 – Oct 29

Cost: \$60; *discounted resident rate: \$46*

B. Nov 5 – Dec 17 (no 11/26)

Cost: \$40; *discounted resident rate: \$31*



**All activities instructed by Marisa Stipe and just the SalsaTone activity with Melanie Bryant will move to an online streaming format if any reason comes up that the class can't be held "in-person". Marisa uses Facebook LIVE while Melanie will use Zoom.*

LOCATIONS

Lemoyne Borough - community room - 510 Herman Ave; West Shore Senior Center – 122 Geary Ave, New Cumberland;
Fairview Twp Fire Station #1 – 340 Lewisberry Rd, New Cumberland; Ballroom Break - 100A Catherine Ct, Lewisberry;

ENRICHMENT

FAMILY AND MULTI-AGE ACTIVITIES

AKC STAR PUPPY

Start your puppy (10 weeks–1 year) off on the right paw with our AKC STAR Puppy program! This engaging class helps young dogs and their families build a foundation in manners, confidence, and communication while working toward the AKC STAR Puppy distinction. The whole family is welcome to join in the fun, but an adult handler must be registered and present during class. Please bring a 6ft nylon or leather leash, a well-fitting collar, and treats or toy. Copy of up-to-date rabies, bordetella, and distemper vaccinations from a veterinarian is required (breeder paperwork cannot be accepted). Instructor: Maddi Bowen, Greenlin Pet Resorts

Thur, Oct 15 – Nov 19, 6:30-7:30 pm

Greenlin Pet Resorts – 925 Linda Ln, Camp Hill

Cost: \$81; *discounted resident rate: \$62*

We appreciate the continued support from the Harrisburg Beagle Club

BEGINNER BONSAI WORKSHOP

Explore the Japanese art form known as bonsai. Join us for a beginner experience and learn the principles to create and care for a bonsai tree. Following a brief discussion of styles, design and care, you will select your tree, prune and then shape your very own masterpiece. Class includes tree, pot, wire, chopstick, care sheet, and a small pair of pruners. Instructor: Fat Cat Bonsai.

Sun, 8:30-11:30 am, LA Community Park

Sept 13 – Fernlawn Pavilion

Cost: \$116; *discounted resident rate: \$89*

ADULT CPR/AED RED CROSS CERTIFICATION

Adult CPR/AED certification for ages 14-up. Learn to recognize and provide care for breathing and cardiac emergencies involving adults. This certification is **NOT** for those in the healthcare profession. Instructor: Kathy Wulfers.

Tue, Oct 6, 6-9 pm, WS Rec Office at WSSD Admin Bldg.

Cost: \$83; *discounted resident rate: \$64*

KAYAKING EXPERIENCES

Discover the gem in your own backyard! For ages 12 & up, however all children must be accompanied by a registered adult. Dress appropriately for the weather and wear shoes you don't mind getting wet. Life vest will be provided and must be worn. Please bring water. Meet at Boat mooring area #2, near Pinchot Park Office (off of route 177). Instructor: Pinchot Park's Beth Kepley-McNutt (EES).

Basics of Kayaking – Learn the basics of kayaking and then take a short paddle (approx. 45 mins) on Pinchot Lake!

A. Sat, Sept 19, 10:30 am – 12:00 pm

B. Sat, Sept 19, 1:30-3:00 pm

Cost: \$14; *discounted resident rate: \$11*

Kayaking II Wildlife Watch Paddle - Join us for a peaceful morning on Pinchot Lake, taking in the sights and sounds of nature. Please bring a snack. Experience with kayaking is expected, as we will be out on the lake for a longer approx. 2 hour paddle, depending on weather and water conditions.

C. Sat, Oct 3, 11:00 am-1:00 pm

Cost: \$14; *discounted resident rate: \$11*

ACTIVITIES FOR ADULTS 18+

NEW BASIC LIFE SUPPORT FOR HEALTHCARE PROVIDERS

This American Red Cross Basic Life Support (BLS) course provides participants with the knowledge and skills they need to assess, recognize and care for patients who are experiencing respiratory arrest, cardiac arrest, airway obstruction or opioid overdose. When a patient experiences a life-threatening emergency, healthcare providers need to act swiftly and promptly. The course emphasizes providing high-quality care and integrating psychomotor skills with critical thinking and problem solving to achieve the best possible patient outcomes. After registration you will receive an email with access to the online portion of the course which must be completed before Nov. 7. Instructor: Kathy Wulfers.

Sat, Nov 7, 9:30 am-12:00 pm, Fairview Twp Firestation #1

Cost: \$123; *discounted resident rate: \$95*

BEEKEEPING 101

Designed for anyone curious about pollinators or interested in starting their own beekeeping journey. Led by Cornell Master Beekeeper Tiffany Ayres, this course introduces participants to honeybee safety, nutrition, biology, communication, basic beekeeping principles, hive observation, and practical ways to support pollinators. Whether you are exploring a new hobby or preparing to care for bees, this course provides a strong foundation in honeybee knowledge and responsible beekeeping.

6:30-8:30 pm, Keys to Bees Farm -620 Gutshall Rd, Boiling Springs

A. Thur, Sept 24 – Oct 22

B. Tue, Oct 6 – Nov 3

Cost: \$180; *discounted resident rate: \$170*

NEW SPANISH LANGUAGE

Build your confidence and strengthen your Spanish language skills in a welcoming and supportive environment. This class for ages 16 and up focuses on improving participants' abilities in reading, writing, speaking, and listening while developing stronger comprehension skills for everyday communication. Participants will also learn essential digital skills to help them stay connected with family, friends, and online resources. Whether you're looking to refresh your existing skills or continue learning, this class provides practical tools to help you communicate with greater confidence. Instructor: Athletes Global.

Mon & Wed, Nov 2-18, 6:30-8:00 pm,

Fairview Intermediate – conference room

Cost: \$238; *discounted resident rate: \$183*

ADULT PAINTING WORKSHOPS

Join artist, June Minaya for painting fun! No experience necessary and supplies included. Use acrylic paint to create deep shadows and bold highlights in paintings, learn paint brush usage and techniques to create the desired effect. Each painting begins with a light charcoal sketch on 11" x 14" stretched canvas (or canvas board). Bring a reference picture to paint from (calendar picture, brochure, printed picture, or digital image from an electronic device). Held at West Shore Senior Center.

Mon, 3:30-5:00 pm

A. Oct 12 – 26

B. Nov 9 - 23

Cost: \$89; *discounted resident rate: \$69*

MEDICARE 101 EDUCATIONAL SEMINAR

Whether you are new to Medicare, or have been on Medicare for years, understanding Medicare can be overwhelming! If you're seeking information for yourself or helping a family member navigate Medicare's complexities, we are here to help. Instructor: Liz Heath, Heath Insurance Solutions, LLC. Held at West Shore Senior Center.

A. Wed, Sept 30, 3-5 pm

B. Wed, Oct 7, 6-8 pm

Cost: FREE (pre-registration is required and is also limited)

YOUTH ACTIVITIES

YOUTH ART FUN

Join local artist and instructor Allison Juliana for one of our fun and creative classes! All supplies are included.

Ages 4-6: 5:15-6:00 pm

A. Wed, Sept 30 – Oct 28, Fishing Creek ES – art rm

B. Wed, Nov 11 – Dec 16 (no 11/25), Rossmoyne ES – art rm

Cost: \$65; *discounted resident rate: \$50*

Grades 2-4: 3:35-4:50 pm

C. Tue, Sept 29 – Oct 27, Hillside ES – art rm

D. Wed, Sept 30 – Oct 28, Fishing Creek ES – art rm

E. Tue, Nov 10 – Dec 8, Washington Heights ES – art rm

F. Wed, Nov 11 – Dec 16 (no 11/25), Rossmoyne ES – art rm

Cost: \$105; *discounted resident rate: \$81*

Ages 6-10: 9:30-10:30 am

G. Sat, Oct 17 – Nov 7, Highland ES – art rm

Cost: \$81; *discounted resident rate: \$62*

YOUTH PAINTING WORKSHOP

Painting fun with no experience necessary and supplies included!

Ages 13-17 learn how to create a painting from a picture, focusing on foundational techniques like color mixing, brushwork, and composition using charcoal to layout a sketch on 11x14 inch size canvas. Please bring a picture of subject matter you are interested in painting (can be on an electronic device). Landscapes, pets, characters, and still life photos are encouraged. Acrylic paints are used, so wear old clothes. Instructor: artist, June Minaya. Held at West Shore Senior Center.

Mon, Sept 14 - 28, 6:30-8:00 pm

Cost: \$89; *discounted resident rate: \$69*



Crystal Clean Maids

A Team 'Maid' for the Job!

www.CrystalCleanMaids.com

ANIME & CARTOON DRAWING

Learn how to draw in popular manga, anime, and cartoon styles while exploring fun artistic techniques. Budding artists ages 9-14 will read and discuss their favorite (and least favorite) manga while practicing their drawing skills. Elements of Japanese culture will be investigated through engaging crafts, activities, and games. It's a creative and fun environment for anyone who enjoys drawing and anime-style art. Instructor: Athletes Global.

Tue, Sept 29-Oct 20, 6:15-7:45 pm, Rossmoyne ES - cafeteria
Cost: \$159; *discounted resident rate: \$122*

YOUTH THEATRE & ACTING

Students in grades 3-5 and 6-12 will discover, explore and develop the artist within! Our focus will be on voice, acting, stage presence, creativity, singing and dancing and cold script reading skills while learning creative dramatics. The last class ends with a short play as our grand finale where we encourage parents and peers to attend! Instructor: Athletes Global Staff.

Sat, Oct 10 – Nov 7 (no 10/31)
A. Grades 3-5, 9:00-10:00 am
Cost: \$107; *discounted resident rate: \$82*
B. Grades 6-12, 10:15 am-12:15 pm
Highland Elem. – cafeteria
Cost: \$196; *discounted resident rate: \$163*

CHESS CLUB

Learn and improve your skills in one of the world's greatest strategy games. Participants in grades 5-9 will build confidence while developing strategic thinking and stronger decision-making skills. Players will learn the complete rules of chess, basic checkmates, piece values, and key ideas of attack and defense. The program also introduces tactical tricks and simple endgame strategies to help players think ahead and win more games. Instructor: Athletes Global

Tue, Nov 3-24, 6:30-8:00 pm, Highland Elementary - library
Cost: \$159; *discounted resident rate: \$122*

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Liz Heath *Licensed Insurance Broker*

liz@heathinsurancesolutions.com

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- ◆ Medicare Advantage Insurance Plans
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- ◆ Vision & Dental Insurance Plans
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717-417-0000 (TTY: 711)

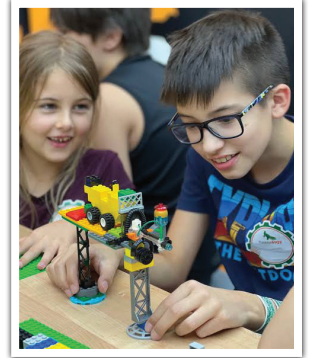
I'll be a helping hand for your Medicare & Health Insurance Needs

SNAPOLOGY STEAM CLUBS

Students in grades 1-4 will explore engineering, coding, robotics and stop motion animation using WeDo 2.0, Essential, Spike Prime and Technic LEGO Education kits. This ultimate experience will surely elevate your child's confidence in a FUN, interactive and safe environment.

Elementary Afterschool: 3:40-5:15 pm

Fishing Creek Elementary - library
A. Mon, Sept 21 – Oct 19 (no 10/12)
B. Thur, Sept 24 – Oct 22 (no 10/1)
C. Wed, Oct 21 – Nov 11
Highland Elementary – library
D. Tue, Sept 22 – Oct 13
E. Mon, Oct 26 – Nov 16
Red Mill Elementary – library
F. Tue, Sept 22 – Oct 13
G. Mon, Oct 26 – Nov 16
Hillside Elementary – library
H. Wed, Sept 23 – Oct 14
I. Tue, Oct 20 – Nov 10
J. Thur, Oct 22 – Nov 19 (no 11/5)
Rossmoyne Elementary – art room
K. Wed, Sept 23 – Oct 14
L. Tue, Oct 20 – Nov 10
Cost: \$115; *discounted resident rate: \$89*



Intermediate Afterschool: 3:10-5:15 pm

M. Wed, Sept 30 – Nov 4, Fairview Intermediate – conference room
N. Thur, Oct 1 – Nov 5, Old Trail Intermediate – library
Cost: \$194; *discounted resident rate: \$149*

FIRST® LEGO® LEAGUE WITH SNAPOLOGY

This year's FIRST LEGO League BIOGLOW season takes children on an exciting journey through fascinating ecosystems of the world. Students explore how nature, technology, and innovation connect while developing creative solutions to real-world challenges by building and testing their own robots using LEGO Education technology. Teamwork, creativity, and problem-solving are central to this experience.

Explore: 6:15-7:30 pm, Grades 1-4

A. Tue, Sept 22 – Nov 3 (no 10/27), Fishing Creek Elem – library
B. Wed, Sept 23 – Oct 28, Highland Elem - library
Cost: \$194; *discounted resident rate: \$149*

Challenge: 6:15-7:30 pm, Grades 5-8

C. Mon, Sept 21 – Nov 2, Old Trail Intermediate - library
D. Thur, Sept 24 – Nov 5, Fairview Intermediate – conference room
Cost: \$194; *discounted resident rate: \$149*

BABYSITTER'S TRAINING

Prepare to be a safe, confident, and capable babysitter! This American Red Cross course helps youth ages 11-16 develop the skills they need to care for infants and children responsibly. Through hands-on activities, interactive videos, and group discussions, students will learn essential babysitting techniques, including feeding, diapering, holding, and comforting children. The course also covers important topics such as child safety, emergency response, and basic caregiving responsibilities. Bring a packed lunch. Please Note: CPR/AED certification is NOT included in this course. Certified Instructor: Maggie Curtis.

Sat, Oct 24, 9:00 am – 2:00 pm, Fairview Twp Fire Station #1
Cost: \$82; *discounted resident rate: \$63*

REGISTRATION BEGINS
AUGUST 26

YOUTH ACTIVITIES

FALL YOUTH TENNIS

Learn basic tennis skills and have fun playing tennis related games. Bring a racquet and water. All lessons instructed by Central Penn Tennis Instructors. *Instructor will contact you directly via telephone in the event of weather related cancellations.*

Sat, Sept 12 – Oct 3, Roof Park (FV Twp)

A. Ages 5-7: 9:15-10:00 am

Cost: \$36; *discounted resident rate: \$28*

B. Ages 8-12 (Beg): 10:00-11:00 am

C. Ages 9-16 (Adv. Beg): 11:00 am-12:00 pm

Cost: \$45; *discounted resident rate: \$35*

Sun, Sept 13 – Oct 4, Red Land HS

D. Ages 5-7: 1:15-2:00 pm

Cost: \$36; *discounted resident rate: \$28*

E. Ages 8-12 (Beg): 2:00-3:00 pm

F. Ages 9-16 (Adv. Beg): 3:00-4:00 pm

Cost: \$45; *discounted resident rate: \$35*

SOCCER SHOTS

Soccer Shots is an engaging children's soccer program for children ages 2-8 with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum, and communication. Register directly with Soccer Shots at the website below or call/email with any questions:

(717) 350-8804 or harrisburg@soccershots.com.

Tuesday evenings, September 8 – October 27

Highland Elem. School – grass area near playground

Register at: <https://bit.ly/4pIRkNg>



SCAN TO
REGISTER FOR
SOCCER SHOTS



ACTIVITIES FOR ADULTS 18+

HIGH SCHOOL & ADULT TENNIS

Beginner players can learn and develop the strokes, strategies, and rules of this fun lifetime sport. Ages 15 & up. Bring a racquet and water. Instructor: Central Penn Tennis. *Instructor will contact you directly via telephone in the event of weather related cancellations.*

Sun, Sept 13 – Oct 4, 12-1 pm, Red Land HS – tennis courts

Cost: \$45; *discounted resident rate: \$35*

DO YOU HAVE A
NEW ACTIVITY IDEA?

If you have an idea for a new program you would like to see offered or would like to teach, call West Shore Rec at 920-9515. Instructors interested in teaching will receive a course description form.



PICKLEBALL CLINICS

Get in on the fun! Pickleball combines elements of tennis, badminton and ping pong into a paddle sport. It is easy to learn, and for all skill levels with simple rules and minimal equipment.

Ages 15 & up. Bring a paddle and

water. Instructor: Tony Cooper. *Instructor will contact you directly via telephone in the event of weather related cancellations.*

A. Sat, Sept 12 – Oct 3, 8-9 am, Roof Park

B. Wed, Sept 9 - 30, 8-9 am, Roof Park

Cost: \$45; *discounted resident rate: \$35*



ADULT GOLF LESSONS

Whether you're a beginner or intermediate, there is always a lot to learn with golf. Receive professional instruction on putting, chipping and the full-swing. Lessons will use a mix of outdoor options and indoor simulator instruction depending on type of stroke & weather. Must bring own clubs. Instructor: White Rose Golf & Training Center Pros.

C. Wednesdays, Sept 9 – 30, 6-7 pm

Valley Green Golf Course

Cost: \$123; *discounted resident rate: \$95*

MEN'S BASKETBALL

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

New Cumberland Middle School

Wed, Sept 9 – Dec 2 (no 11/25), 7:30-9:30 pm (12 weeks)

Cost: \$66; *discounted resident rate: \$51*

Plus WSSD facility use fee: \$33/person

**good
for you.**
PENNSYLVANIA PARKS & RECREATION

REGISTER ONLINE

You're first in line when you register online! Create your ActiveNet account and register at your leisure for most activities. It's quick and easy and available 24 hours a day.

IS ONLINE REGISTRATION FOR ME?

Online registration may be the ideal method for you if:

- you cannot call during office hours.
- the desired program fills quickly.
- you're out of town during the busy registration time.
- you would like an instant confirmation of your registration.
- you don't mind paying a convenience fee (9.5% plus \$0.65)
- or you just enjoy using your computer.

Go to <https://apm.activecommunities.com/westshorerec/Home> for more details. There is no additional fee to register by telephone, in person or by mail.

Please visit our website (westshorerec.org) for additional details on any of the trips listed below.

POTOMAC EAGLE TRAIN RIDE



Board the Potomac Eagle Train for a three-hour narrated excursion including a 3-course late lunch/early dinner in the Premium Dining Car. A leisurely ride through the tranquil and

pristine mountain valley known as "The Trough", with views of lush forests and the chance to see the American Bald Eagle.

Cost: \$253

A. Sun, October 4 – Depart 7:15 am (CH)

B. Sun, October 18 – Depart 8:15 am (Y)

NEW YORK CITY ON YOUR OWN

New York City... the biggest decision you will have is where to start! NYC offers a wide variety of world-class sightseeing, dining and shopping opportunities for you to experience and explore.

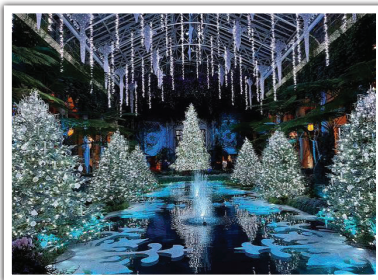
Cost: \$99

D. Sat, Nov 28 - Depart 7:00 am (CH)

E. Sat, Dec 19 - Depart 7:00 am (CH)

CHRISTMAS AT LONGWOOD GARDENS

Longwood Garden's Holiday Display is a popular and spectacular display of lights that attracts people of all ages year after year. Thousands of poinsettias, towering Christmas Trees and fragrant flowers transform the indoor gardens into a warm retreat celebrating the holiday season.



Outdoors, 500,000 decorative lights glitter in the trees at night.

Cost: \$129

A. Tue, Dec 1 - Depart 1:00 pm (CH)

B. Wed, Dec 9 - Depart 1:45 pm (Y)

DICKENS CHRISTMAS FESTIVAL



Rekindle that old-fashioned Holiday spirit in Wellsboro at the Dickens of a Christmas Celebration. The quaint streets come to life with strolling musicians, singers and dancers, a pleasing variety of food and craft vendors, and the buildings are decorated to create

a festive Victorian atmosphere to usher in the holiday season. A delightful lunch is included at the Penn Wells Restaurant upon arrival in Wellsboro.

Cost: \$148

Sat, Dec 5 - Depart 6:45 am (CH)

CAPE MAY CHRISTMAS CELEBRATION

Leave the hustle and bustle of the holidays behind and join us for a trip to Cape May, NJ to wrap yourself in the joyful warmth and beauty of the season in this charming, seaside town. Stroll through the heart of Cape May as you browse



the Washington Street Mall, delight in a narrated Holiday Trolley Tour, enjoy a living history experience and learn about holidays past at the Historic Physick Estate & Carroll Gallery, enjoy a holiday-themed presentation and shop at Historic Smithville.

Sun-Mon, Dec 6-7, Depart 8:00 am (CH) or 7:45 am (Y)

Cost: \$607 (S), \$502 (D), \$469 (T), \$453 (Q)

MIFFLINBURG CHRISTKINDL MARKET

Each holiday season Mifflinburg offers its own version of an authentic Christmas Market, inspired by the 700-year-old traditional German Christkindl Market, or Christ Child Market. The town's market has nearly 100 festive outdoor huts featuring unique handmade crafts and traditional Christkindl treats like Hungarian goulash, savory sausages, German beer and more. Enjoy a wine tasting at Union Cellars Winery and a stop at Purity Candy Company.

Cost: \$83

Fri, Dec 11 - Depart 8:30 am (CH)

TRIP INFORMATION

◆ West Shore Recreation partners with Wolf's Bus Lines to offer more trip destinations without needing to fill an entire bus. Group will be combined with passengers from several other pick up locations. **Pick up and drop off will be at the Sportsman's Warehouse parking lot (Capital City Mall, 3500 Capital City Mall Drive, Camp Hill, PA) and/or the Four Points Sheraton (1650 Toronita St, York, PA).** All tours escorted by Wolf's staff.

◆ Wolf's 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/escort is not included in the price listed. Please note the right front seats are reserved for the trip escort.

◆ **Help us out!** Please register early for bus trips! We must reach a minimum of participants at least 30 days prior to departure.

◆ Price is per person. Payment in full is required for all single-day trips. All multi-day trips require a \$50 deposit per person with the remaining balance due 45 days prior to the trip departure date. Without payment in full by due date, deposits will be forfeited and reservation cancelled.

◆ If you must cancel from a trip, notify West Shore Rec at least 45 days before a trip to receive a refund (unless stated otherwise). All trip refunds are subject to a \$10 per person administrative fee.

◆ If you are interested in trip insurance or Wolf's "Pack Plan", please let us know and we will put you in contact with a Wolf's representative.

PLEASE REGISTER EARLY!

Residents of participating municipalities may register August 26th. Members of non-participating communities may sign up beginning September 2nd. If a class does not have a sufficient number of participants registered one day prior to the beginning of the class, it will be cancelled, unless stated otherwise.

EASY WAYS TO REGISTER

ONLINE

www.westshorerec.org or
<http://apm.activecommunities.com/westshorerec>

WALK IN

Office Hours: Monday – Friday, 8:30 am – 4:30 pm

DROP BOX

WSSD ACE Building – front right pillar

PHONE

717-920-9515 with MasterCard, Visa, Discover or AmEx

MAIL IN

West Shore Recreation, P.O. Box 413, Lewisberry, PA 17339

TO MAIL IN OR DROP OFF

1. Complete The Registration Form

Be sure all information is correct and all telephone numbers are included in the event we need to contact you about the activity. Include additional persons for the same activity from the same household on one form.

2. Enclose Payment

A personal check may be used for the activity and made payable to West Shore Recreation. If using a credit card, provide the number, CSV code (on back of card), expiration date and a signature. Cash is accepted at the office.

3. Mail In or Drop Off

Use the mailing address above. Service for after hours: A drop box is located outside the front entrance of the WSSD ACE building, behind the right pillar.

CONFIRMATIONS

Once you sign up it is your responsibility to attend the activity. No confirmations will be sent unless you wish to provide a self-addressed, stamped envelope or an e-mail address.

PROGRAM INFORMATION

- All program dates are subject to change.
- Age – A participant must be the proper age by the start or by the end of the program. All age requirements are set to benefit the participant and make instruction more consistent for the program leader. In some instances, the requirements have been set for the participant's safety.
- Participants must provide their own medical insurance.
- The discounted price listed in the brochure is for residents of participating communities. The first price is for all others.
- Any person with a disability needing special accommodations to participate should contact the rec office two weeks prior to the activity.

CREATE YOUR OWN ACCOUNT AND REGISTER ONLINE!

Don't forget, ActiveNet gives more options to you! This web-based software allows you to:

- view activities with real-time information such as spaces available and other details,
- create and update your own account,
- view your (and your family's) participation calendar and history,
- access a custom listing of the dates of your activity,
- enroll online, including adding your name to a waiting list.

Please be aware that a convenience fee (9.5% + \$0.65) is added to online enrollments, except for additions to a waiting list.

Find out how easy it is to create your account and register online. Get started at www.westshorerec.org.

Remember, Registration begins August 26. Enroll Early!

SECTIONS = A, B, C, D, E, etc. • LEVELS = 1, 2, 3, I, II, etc.

REGISTRATION FORM

Activity _____ Section or Level _____ Fee _____

Time _____ Location _____

Activity Starting Date _____

1) Participant Name _____ gender * _____

2) Additional Name _____ gender * _____

Street Address _____

City _____ Zip _____

Borough or township* _____

Phone: Home* _____ Work _____ Cell _____

E-Mail Address _____

Date(s) of Birth* 1) _____ 2) _____

Parent or Guardian _____

Parent Birthdate (to create account) _____

Credit Card No. _____

Exp. Date _____ CSV Code (on back of card) _____

Signature _____

(* - required information) • **please write legibly!**



OTHER INFORMATION

REFUND POLICY

A refund for any multi-session program will gladly be issued for any reason as long as you contact the office prior to the second class unless stated otherwise. After the second class, no refund will be given. A \$5 administrative fee will be deducted from the refund. Refunds for one-day activities are not possible after the event has taken place. Call during office hours; e-mail requests will not be accepted. All trip refunds are subject to a \$10 per person administrative fee.

CANCELLATIONS

- West Shore Rec reserves the right to cancel any program due to insufficient registration. A full refund will be given. Online convenience fees will be refunded as a credit on account for future enrollments.
- **CANCELLATIONS FOR TRIPS HAVE DIFFERENT REQUIREMENTS, PLEASE REFER TO TRIP INFORMATION BOX ON THE TRIPS PAGE.**
- Inclement weather cancellations may prompt the rec office to cancel a program. If possible the session will be made up at another date. If in doubt call the office after 4:00 pm.

RETURNED CHECKS

Any checks returned for insufficient funds will be assessed an additional amount of \$20 for each check.

PARTICIPATION LIABILITY

By voluntarily enrolling in any activity offered by the Commission, each individual (or the parent/guardian) agrees that West Shore Recreation Commission and its partners assume no responsibility for accident or injury sustained while participating in the activity. Each participant agrees to provide his own medical coverage and take responsibility for participating only in those activities appropriate for his personal health status. A complete statement of liability is available at www.westshorerec.org on the Information page.



West Shore Recreation Commission

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Lewisberry, PA 17339

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facebook.com/WestShoreRec

The opinions expressed here are those of West Shore Recreation Commission and do not necessarily reflect the views of the West Shore School District. Distribution of information and/or display of material does not constitute endorsement of any product, service, organization, company, information provider, or content by the District.

**FROM TODDLERS TO ACTIVE
ADULTS, DISCOVER NUMEROUS
OPPORTUNITIES TO LEARN,
PLAY, AND CONNECT THIS
FALL SUCH AS...**

- Kinderdance
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- Zumba + Lift
- Beginner Bonsai
- Beekeeping 101
- Painting & Drawing
- Bus Trips Celebrating the Magic of Christmas



REGISTER ONLINE TODAY!

WEST SHORE REC ON THE WEB

Visit www.westshorerec.org for youth sports organization contacts, online registration, directions to program facilities, helpful links, and additional information on the programs in this brochure.



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Commission**

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