



# WYRec

WEST SHORE RECREATION  
COMMISSION

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

**REGISTRATION BEGINS  
AUGUST 27**

**NON-RESIDENT SEPTEMBER 3**

**Fall 2025**



# Fall 2025 Program Highlights:

- **Sports for All Ages** – Kids can learn or build upon the fundamental skills of tennis, basketball, and soccer, while adults can enjoy tennis, pickleball, basketball and golf activities!
- **STEAM Programs** – Several options are available for Youth Art and Snapology LEGO programs at multiple elementary and intermediate schools. Also, don't miss the Kid's Night Out series where parents can plan a Friday night out while the kids have a blast engaging in a variety of STEAM activities.
- **Active Wellness** – Stay active into the fall season with Salsatone, Yoga, Pilates, Tai Chi, and many others including the new Guided Forest Bathing. Water exercise options include: Aquacise, HydroHike, AquaFit and H2O Cardio. Kids ages 7-10 can try the new Cheer & Hip Hop Dance program!
- **Trips** – Experience the chill of the fall season by touring the Eastern State Penitentiary or heading to Boston for the Jack O'Lantern Spectacular. Christmas celebrations are right around the corner at Longwood Gardens and the Smoky Mountains! Check out the Trips page for more information.

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

## FALL REGISTRATION KICKS OFF ON WEDNESDAY, AUGUST 27

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 27 8:30 a.m.** for residents of participating communities in West Shore Rec.

Non-residents may register September 3rd 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, Goldsboro 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](mailto:wsrec@wsrec.org) [westshorerec.org](http://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 Nov. and Dec.: Sept. 1, Nov. 7, 14, 21, 27, 28, Dec. 1, 5, 12, 19, 24-26, Jan. 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 3** Activity cancellation

**Press 2** Office location information

**Press \*** Staff directory

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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](mailto:acws17339@gmail.com)  
Website: [SwimWithACWS.com](http://SwimWithACWS.com)





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

Aquatic programs are held at the Natatorium inside Red Land High School.

## 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 7 – Jan 25\*, 2-5 pm

**Lap Swim Only:** Mon & Wed, Sept 8 – Nov 10, 7-8 pm

**Admission Options:**

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

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

**\*Please note** - No Rec Swim on Nov 30 and Dec 28. Other 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.

### WHEE 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 14 – Oct 19

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

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

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

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

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

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

## YOUTH ACTIVITIES

### DIVING LESSONS – Beginner to Advanced

Learn the fundamentals of springboard diving: approach and hurdle, front dives, back jumps, back dives, basics of a front flip, and diving safety precautions. Must be able to swim a minimum of 25 yards. Certified diving coach: Eric Bomberger.

Tue & Thur, Sept 16 – Oct 16

**Beginner (ages 10 and under):** 5:15-6:15 pm

**Intermediate/Advanced (ages 11 and older):** 6:30-7:30 pm

Cost: \$85; *discounted resident rate: \$65*

### 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 2-25**

**B. Sept 30 - Oct 23**

Cost: \$77; *discounted resident rate: \$59*

### 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 26.** Child must pass the current level before enrolling in the next.

**Tue & Thur, Sept 2-25**

**Tue & Thur, Sept 30 - Oct 23**

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

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

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

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

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

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

Cost: \$77; *discounted resident rate: \$59*

## ACTIVITIES FOR ADULTS 18+

### 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, Sept 7 – Nov 23

Cost: \$85; *discounted resident rate: \$65*

### 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.

**A. Mon & Wed, Sept 8 – Oct 8, 7-8 pm**

Cost: \$70; *discounted resident rate: \$54*

**B. Mon & Wed, Oct 13 – Nov 10, 7-8 pm**

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

### 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

**A. Mon & Wed, Sept 8 – Oct 8, 8-9 pm**

Cost: \$70; *discounted resident rate: \$54*

**B. Mon & Wed, Oct 13 – Nov 10, 8-9 pm**

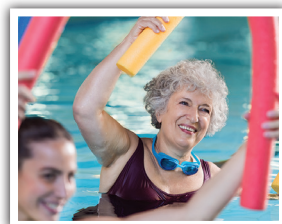
Cost: \$64; *discounted resident rate: \$49*

### H2O CARDIO

Enjoy an upbeat cardio workout in both shallow and deep water, using noodles and water barbells. Flotation belts will be used while in the deep water. Instructor: Nichole Ryan.

Tue & Thur 8-9 pm, Sept 9 – Oct 23

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



### WATER SAFETY INSTRUCTOR CERTIFICATION

Proficient swimmers age 16-up can become an American Red Cross Water Safety Instructor. Learn to teach skills that may save a life, gain terrific work experience as an aquatic professional, and earn money! Must be able to swim strokes at a Red Cross level 4 competency, attend all classes, and complete online material before Oct 3, no exceptions. Students are required to buy, download or print out their own manuals. More info at [wsrec.org/aquatics](http://wsrec.org/aquatics).

Fri, 5:30 – 9:30 pm, Oct 3 & 10

Sat, 9-6 pm, Oct 4; Sat, 9-4 pm, Oct 11

Cost: \$388; *discounted resident rate: \$299*

### LIFEGUARD INSTRUCTOR/TRAINER REVIEW

Update your Lifeguard Instructor and Instructor Trainer certification with online, classroom and in-water skill review. Online portion must be completed prior to Nov 8. Students will receive an email with instructions upon registration. Lifeguard recert available for added \$70 fee. More info at [wsrec.org/aquatics](http://wsrec.org/aquatics).

Sat, Nov 8, 9:00 am – 6:00 pm

Cost: \$159; *discounted resident rate: \$122*

### 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](http://wsrec.org/aquatics). Anyone who fails the swim test will receive a 50% refund.

Sat, Dec 20, 9:00 am – 7:00 pm

Cost: \$159; *discounted resident rate: \$122*

**REGISTRATION BEGINS  
AUGUST 27TH**

# ACTIVE WELLNESS

CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

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

## YOUTH ACTIVITIES

### 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 11 – Oct 9 B. Oct 23 – Nov 20

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

### 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.

Tue, 7:10-7:55 pm, Fishing Creek ES – bldg. I cafeteria

A. Sept 9 – Oct 7 B. Oct 21 – Nov 18

Thur, 6:10-6:55 pm, West Shore Senior Center

C. Sept 11 – Oct 9 D. Oct 23 – Nov 20

Cost: \$75; *discounted resident rate: \$58*

### KINDERDANCE

The focus is on coordination, movement, and exercise to music for 3-5 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.

Tue, 6:15-7:00 pm, Fishing Creek ES – bldg. I cafeteria

A. Sept 9 – Oct 7 B. Oct 21 – Nov 18

Thur, 7:05-7:50 pm, West Shore Senior Center

C. Sept 11 – Oct 9 D. Oct 23 – Nov 20

Cost: \$75; *discounted resident rate: \$58*

### TIGER CUBS MARTIAL ARTS

Children 4-5 years of age will benefit from the specialized curriculum which develops both sides of the body with symmetrical movements. Our Cubs learn to focus their attention, increase their confidence, and improve their coordination. Instructor: Tiger Rock Staff.

Tue, Oct 21 – Dec 2, 5:30-5:55 pm, Tiger Rock Martial Arts

Cost: \$68; *discounted resident rate: \$52*

### NEW CHEER & HIP HOP DANCE

Ages 7-10 will focus on fun cheers and modern hip hop movements with a vivacious urban feel. Our hip hop portion of the class will focus on rhythm and musicality, how to “find”, count music and dance with a team. Our cheer portion will teach various dance and cheer combinations, basic stunts, and fun choreography. Participants will also receive daily take home activities that build teamwork, confidence and leadership skills. The last day of class includes a performance to showcase what our participants have learned! Instructor: Athletes Global Staff.

Wed, Sept 17 – Oct 22, 6:30-7:30 pm, Highland Elementary

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

★ ★ ★ ★ ★

Celebrating  
35 Years of Dance  
1991-2026



Minimal class size-to-educators ratios  
Friendly knowledgeable staff  
We sell dancewear!

**Classes offered:**

- Pre-Ballet • Ballet/Pointe
- Tap • Jazz • Hip Hop • Tumbling
- Competition Team
- Contemporary/Modern

Register soon for  
2025/26 classes!

717-691-5567

studio91.com • 712 Grantham Road, Mechanicsburg

★ ★ ★ ★ ★

### JUNIOR MARTIAL ARTS

Nobody sits on the bench in this junior Taekwondo program for ages 6-11. Students will learn self-esteem, confidence, discipline, self-control, self-defense skills and much more! Our atmosphere is one of accomplishment through individual development. Instructor: Tiger Rock Staff.

Wed, Oct 22 – Dec 3, 5:30-6:15 pm, Tiger Rock Martial Arts

Cost: \$78; *discounted resident rate: \$60*

### YOUTH MARTIAL ARTS

Our training surrounds early teens ages 12-15 with good influences of like-minded peers and positive reinforcement. Students learn the benefits of functional fitness including improved flexibility, coordination, strength, endurance, focus and effective self-defense skills. Instructor: Tiger Rock Staff.

Tue, Oct 21 – Dec 2, 6:45-7:30 pm, Tiger Rock Martial Arts

Cost: \$78; *discounted resident rate: \$60*

### YOUTH EQUINE ACTIVITIES

All equine activities will be held at Total Equine Learning Center: 1206 S. Market St in Mechanicsburg, PA. Farm has an indoor & outdoor riding ring, so come rain or shine. Long pants required. Instructor: Joanne Hocker.

**Mini Horsemanship** - Enjoy pony rides and receive grooming instruction for some fun at the barn! Ages 6-12.

A. Sun, Oct 19, 1:30-3:00 pm

B. Sun, Nov 16, 1:30-3:00 pm

Cost: \$75; *discounted resident rate: \$58*

**Youth Horsemanship** - For ages 7-14. Learn the basics of horsemanship, riding technique and safety. Participate in grooming and tacking activities. Equestrian helmets also required.

C. Sat & Sun, Oct 4, 5, 11 & 12, 1:30-3:30 pm

D. Sat & Sun, Nov 1, 2, 8 & 9, 1:30-3:30 pm

Cost: \$494; *discounted resident rate: \$380*

## ACTIVITIES FOR ADULTS 18+

### ADULT MARTIAL ARTS

Improve flexibility and coordination, gain more strength and better endurance, lose weight, learn effective self-defense skills and more. Beginners welcome! We will help improve your quality of life and provide positive experiences in a non-intimidating atmosphere. Instructor: Tiger Rock Staff.

Tue, Oct 21 – Dec 2, 7:30-8:15 pm, Tiger Rock Martial Arts

Cost: \$78; *discounted resident rate: \$60*

### 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 9 – Oct 28

B. Nov 4 – Dec 23

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

### BOX (Bring On the eXtreme) – Extended Time!

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.

Wed, 6:45-8:00 pm, Lemoyne Borough - community rm

A. Sept 10 – Nov 5 (no 10/15)

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

B. Nov 12 – Dec 17 (no 11/26)

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





## 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 to the bottom right.*

### Traditional With Dance Moves:

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

A. Sept 6 – Nov 1 (no 10/18)

B. Nov 8 – Dec 27

Cost: \$48; *discounted resident rate: \$37*

### Retro Conditioning: Includes working in reverse direction.

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

C. Sept 9 – Oct 28 (no 10/14)

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

D. Nov 11 – Dec 30

Cost: \$48; *discounted resident rate: \$37*

## 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: Melanie Bryant & Renae Calhoun.

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

A. Sept 8 – Oct 27

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

B. Nov 10 – Dec 22

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

## NEW GUIDED FOREST BATHING

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.

Sun, 10:00-11:00 am, Lower Allen Comm. Park – Nature Trail

A. Sept 21

B. Oct 19

Cost: \$13; *discounted resident rate: \$10*

## HATHA FLOW YOGA & BALANCE\*

### New Saturday Option!

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 at bottom right.*

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

A. Sept 6 – Nov 1 (no 10/18)

B. Nov 8 – Dec 27

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

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

C. Sept 7 – Nov 2 (no 10/12)

D. Nov 9 – Dec 28

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

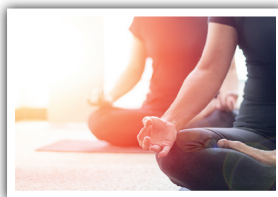
Wed, 11:00-11:45 am, Fairview Twp Fire Station #1

E. Sept 10 – Nov 5 (no 10/15)

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

F. Nov 12 – Dec 17 (no 11/26)

Cost: \$34; *discounted resident rate: \$26*



## KICKBOXING & ABS\*

Cardio Kickboxing is a combination of aerobic & boxing. Program provides an intense, total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Bring a mat for fabulous abdominal routines. Instructor: Marisa Stipe. *\*see note at bottom*

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

A. Sept 9 – Oct 28 (no 10/14)

Cost: \$49; *discounted resident rate: \$38*

B. Nov 11 – Dec 30

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

## MUSCLE PUMP\*

Contains movements to music, working eight separate muscle groups using free weights and an aerobic step. 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 at bottom*

### Cardio Pumping & Abs:

Sun, 5:45-6:30 pm, Fairview Twp Fire Station #1

A. Sept 7 – Nov 2 (no 10/12)

B. Nov 9 – Dec 28

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

### Senior Pump:

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

C. Sept 10 – Nov 5 (no 10/15)

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

D. Nov 12 – Dec 17 (no 11/26)

Cost: \$34; *discounted resident rate: \$26*

## 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 at bottom*

### All-Levels:

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

A. Sept 6 – Nov 1 (no 10/18)

B. Nov 8 – Dec 27

Cost: \$58; *discounted resident rate: \$45*

### All-Levels:

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

C. Sept 8 – Oct 27 (no 10/13)

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

D. Nov 10 – Dec 29

Cost: \$58; *discounted resident rate: \$45*

### Int/Adv:

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

E. Sept 9 – Oct 28 (no 10/14)

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

F. Nov 11 – Dec 30

Cost: \$58; *discounted resident rate: \$45*



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

*\*All activities instructed by Marisa Stipe 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.*



## 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.

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

A. Sept 5 – Oct 31 (no 9/19,9/26)

B. Nov 7 – Dec 19

Cost: \$49; *discounted resident rate: \$38*

## 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 at bottom.*

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

A. Sept 8 – Oct 27 (no 10/13)

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

B. Nov 10 – Dec 29

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

## SENIOR CHAIR YOGA\*

Chair yoga is a gentle practice in which poses are performed while seated and/or with the aid of a chair. The target audiences are aging senior citizens age 65+, and seniors with physical disabilities (this will include the blind and the deaf). This is a gentle practice that does not leave the chair. Instructor: Marisa Stipe. *\*see note at bottom*

Mon, 8:45-9:15 am, Fairview Twp Fire Station #1

A. Sept 8 – Oct 27 (no 10/13)

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

B. Nov 10 – Dec 29

Cost: \$48; *discounted resident rate: \$37*

## MAI Tai Chi

Tai Chi is *that* martial art - you know the slow one (practice slow, do fast). The slow speed means it can be practiced by most folks. The high precision means it's a challenge for nearly everyone. Tai Chi reduces stress and tension while increasing strength, focus, and balance. And, here's the biggie, we actually like each other and have fun. 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 to the regular weekly program there are theory discussions, Qigong forms, and a meditation as well as a party at the end and a few laughs along the way. (See above.) This class is great for ALL AGES. Class size is limited to five new registrants per session, please register early. For more information about MAI and Tai Chi go to [www.TC4ALL.com](http://www.TC4ALL.com)

Tue, 7-8 pm, West Shore Senior Center

Sept 9 – Dec 9 (no 10/14, 11/25)

Cost: \$169; *discounted resident rate: \$130*

## 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 at bottom*

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

A. Sept 8 – Oct 27 (no 10/13)

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

B. Nov 10 – Dec 29

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

*\*All activities instructed by Marisa Stipe 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.*

## 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 at bottom left.*

Thur, 5-6 pm, Fairview Twp Fire Station #1

A. Sept 4 – Oct 30 (no 10/16)

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

B. Nov 6 – Dec 18 (no 11/27)

Cost: \$43; *discounted resident rate: \$33*



## 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.*" Instructed by and held at Ballroom Break (100A Catherine Ct, Lewisberry).

A. Mon, Sept 8 – Oct 13, 6:30-7:30 pm

B. Mon, Oct 20 – Nov 24, 6:30-7:30 pm

C. Mon, Jan 19 – Feb 23, 6:30-7:30 pm

Cost: \$138; *discounted resident rate: \$106 per person*

## BELLY DANCE

**Level 1** – Beginners. Belly dance is a low impact, core strengthening work out that dates back thousands of years. No experience is needed, just wear comfy shoes, and bring a coin hip scarf, if you have one.

A. Mon, Sept 15 – Oct 13, 5-6 pm, West Shore Senior Center

**Level 2** – Intermediate. For students with belly dance experience.

Performance opportunities included in this class. Work on different styles of choreography including Folkloric, Traditional, Classical, and Fusion. Instructor: June Minaya.

B. Mon, Nov 3 – Dec 1, 5-6 pm, West Shore Senior Center

Cost: \$47; *discounted resident rate: \$36*

## 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

Tiger Rock Martial Arts – 3300 Hartzdale Dr, Camp Hill

Lower Allen Comm Park – 4075 Lisburn Rd, Lisburn

Fishing Creek ES – 510 Fishing Creek Rd Rd, Lewisberry

Total Equine Learning Center – 1206 S Market St, Mechanicsburg

## 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.





# ENRICHMENT

CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

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

## FAMILY AND MULTI-AGE ACTIVITIES

### PUPPY/DOG TRAINING 101

*Co-sponsored by Harrisburg Beagle Club*

Learn how to train your dog (10 weeks and older) to respond to basic commands such as sit, down, drop, etc. Topics such as walking on a loose leash, biting, chewing, dog/human body language, games and many others will also be covered. The handler must be at least 10 years old, but the entire family is encouraged to attend the session to observe. Bring a 6 ft. nylon or leather leash, a well-fitting collar, treats or toy, water, patience and a positive attitude. Instructor: Doug Parson, Gut Hunds Dog Training.

Sat, Sept 13 – Oct 25 (no 10/11), 9-10 am

Lower Allen Community Park – Fernlawn Pavilion

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

### 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, Sept 28, 8:30-11:30 am, LA Comm. Park – Fernlawn Pavilion

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

### PINCHOT PARK EXPERIENCES

Discover the gem in your own backyard! Pinchot Park's Beth Kepley-McNutt (EES) will instruct all activities. All enrolled children must be accompanied by a registered adult. Dress appropriately for the weather. Life vest will be provided and must be worn. All activities will meet at Boat mooring area #2, near Pinchot Park Office (off of route 177)

**Morning Pontoon Boat Tour** – Come out and soak up the beauty of fall at Pinchot Park with a 1.5-hour tour of our lake, taking in the sights and sounds, learning a little Pinchot Park history, and discovering the many types of critters that call our park home. For ages 6 and up; children must be accompanied by an adult. Life vests will be provided and must be worn. Cameras and binoculars recommended – you never know what we might see!

Fri, Oct 17, 10:00-11:30 am

Cost: \$13; *discounted resident rate: \$10*

**Kayaking Experience II** – Join us for a peaceful morning on Pinchot Lake, taking in the sights and sounds of nature getting ready for the day. Please bring a snack, plenty of water and shoes you do not mind getting wet. For ages 12 and up; children must be accompanied by an adult. Life vests will be provided and must be worn.

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.

Fri, Oct 3, 9:00-11:00 am

Cost: \$13; *discounted resident rate: \$10*

**Beginner Kayak** – Learn the basics of kayaking and then take a short paddle (approx. 45 mins) on Pinchot Lake! For ages 12 and up; children must be accompanied by an adult. Life vests will be provided and must be worn. Wear shoes you don't mind getting wet.

Sat, Oct 11

A. 10:30 am-12:00 pm

B. 1:30-3:00 pm

Cost: \$13; *discounted resident rate: \$10*

### **NEW** AMERICAN SIGN LANGUAGE

Discover the basics of ASL as you learn the alphabet, numbers and communication skills which include receptive (listening) and expressive (speaking), with vocabulary and grammar. This class for ages 15-up will implement daily practice using vocabulary in conversation, while introducing the American Deaf culture and history. Instructor: Athletes Global

Thur, Sept 18 – Oct 23, 6:00-7:30 pm, Crossroads MS-rm 115

Cost: \$122; *discounted resident rate: \$94*

### 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.

Wed, Oct 7, 6-9 pm, WS Rec Office at WSSD Admin Bldg.

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

### **NEW** WOMENS PERSONAL PROTECTION SEMINAR

Specially designed for women ages 16+. No experience is needed. Bring a friend and join us for a comprehensive seminar to empower women with the tools needed to identify and stop the threats they may face on any given day. With the statistics on violence against women rising, this is an incredibly valuable investment of time to learn skills that can make all the difference in preparing to face and win against these threats.

Sat, Nov 15, 6:00-7:30 pm, Tiger Rock Martial Arts

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



## ACTIVITIES FOR ADULTS 18+

### INTRO TO PHOTOGRAPHY

Have a DSLR camera and aren't sure how to use it? Still taking photos using only the AUTOMATIC mode? If yes, then this class is the perfect! Each class explores a new topic followed by hands on technique application. Weekly assignments reinforce what has been learned in class. Learn the history of photography and cameras, the science behind a DSLR, photography influences, lenses exposure triangle - aperture, shutter speed and ISO, composition techniques, and much more. Must have a DSLR or mirrorless camera. Questions send email to - [michaelyatsko@hotmail.com](mailto:michaelyatsko@hotmail.com).

Instructor: Michael Yatsko.

Thur, Oct 2 – Nov 6, 7:00-8:30 pm

Fairview Twp Fire Station #1 – 340 Lewisberry Rd, New Cumberland

Cost: \$192; *discounted resident rate: \$148*

### 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.

A. Fri, Sept 5 - 19, 3:30-5:00 pm

B. Fri, Oct 10 - 24, 6:30-8:00 pm

C. Fri, Nov 14 - 28, 3:30-5:00 pm

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

### 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, Oct 1, 6-8 pm

B. Wed, Oct 8, 3-5 pm

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

**REGISTRATION BEGINS  
AUGUST 27TH**



## 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, Oct 1 - 29, Red Mill ES – art rm

**B.** Wed, Nov 12 – Dec 17 (no 11/26), Washington Heights ES

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

**Grades 2-4:** 3:40-4:50 pm

**C.** Tue, Sept 30 - Oct 28, Fishing Creek ES – art rm

**D.** Wed, Oct 1 - 29, Red Mill ES – art rm

**E.** Tue, Nov 11 – Dec 9, Highland ES – art rm

**F.** Wed, Nov 12 – Dec 17 (no 11/26), Washington Heights ES

Cost: \$104; *discounted resident rate: \$80*

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

**G.** Sat, Nov 1 - 22, Rossmoyne ES – art rm

Cost: \$79; *discounted resident rate: \$61*

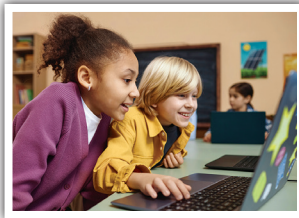
### NEW DIGITAL ARTS & ANIMATION

Digital creators age 9-12 will explore making art with their computer as one of our most exciting tools! Working individually and collaboratively, students will focus on photoshop, using it for collage and simple animation.

**Participants must bring their own device** (laptop or iPad with a mouse or stylus). Instructor: Athletes Global Staff.

Mon, Oct 27 – Nov 17, 6:00-7:30 pm, Lemoyne Boro Bldg.

Cost: \$79; *discounted resident rate: \$61*



### SNAPOLOGY STEAM CLUBS (Elementary)

Snapology's RoboRides LEGO SPIKE™ Essential focuses on building robotic versions of different vehicles and vessels. Whether the mode of transportation has wings, wheels, or floats on water, students will have a blast working with their classmates as they build & explore the basics of robotics. They will learn about a wide array of STEAM concepts as they build including the basics of coding. We support students in the development of their coding and building skills, guide them through exciting math-based extension activities, and inspire them with creative challenges. LEGO SPIKE uses a block-based coding language similar to Scratch. It also supports Python, a text-based programming language.

**Fishing Creek Elementary School** - library

Mon, 3:40-5:00 pm, Sept 29 – Nov 3 (no 10/13)

**Highland Elementary School** – library

Tues, 3:40-5:00 pm, Sept 30 – Oct 28

**Red Mill Elementary School** – library

Wed, 3:40-5:00 pm, Oct 1-29

**Hillside Elementary School** – library

Thur, 3:40-5:00 pm, Oct 2-30

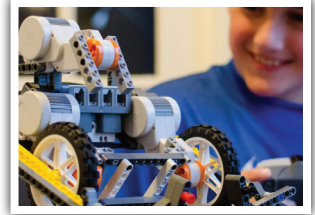
**Rossmoyne Elementary School** – art room

Thur, 3:40-5:00 pm, Oct 2-30

Cost: \$156; *discounted resident rate: \$120*

### NEW SNAPOLOGY STEAM CLUBS (Intermediate)

In Snapology's Robot Sport Challenge program, students will build and program robots to compete in sports-themed challenges! Your child will expand their engineering skills by designing and experimenting with robotic attachments and refine their computer programming abilities by creating program codes that make their bots run races, play hockey, and so much more. Students will work in groups and use LEGO® SPIKE™ Prime technology to complete these exciting challenges. LEGO SPIKE uses a block-based coding language similar to Scratch. It also supports Python, a text-based programming language.



**Old Trail Intermediate School** – library/learning commons

Mon, 3:10-5:00 pm, Sept 29 – Nov 3 (no 10/13)

**Fairview Intermediate School** – library/learning commons

Tues, 3:10-5:00 pm, Sept 30 – Nov 4 (no 10/28)

Cost: \$156; *discounted resident rate: \$120*

### SNAPOLOGY FIRST® LEGO® LEAGUE EXPLORE

Guided by Snapology coaches, students work using LEGO® elements and moving parts to build ideas and concepts. Working in teams of 2-6 children in grades 2-4 work to complete the "Unearthed" themed season building challenges. Participants 'show off' their accomplishments and interact with other Explore teams at FLL's regional festival in York on 12/18/25. All the teams are celebrated and leave with an award. Students are encouraged but not required to attend the festival.

**A.** Wed, 6-8 pm, Sept 17 – Oct 29, Rossmoyne Elem. – cafeteria

**B.** Thur, 6-8 pm, Sept 25 – Nov 6, Highland Elem. – music room

Cost: \$259; *discounted resident rate: \$199*

### SNAPOLOGY FIRST® LEGO® LEAGUE CHALLENGE

FIRST® Lego® League (FLL) is an international robotics competition program. Children grades 5-8 will compete in a local competition in York on 12/18/25, moving on to regional and national competitions depending on success. FLL is designed to get children excited about science and technology and teach them valuable employment and life skills. Teams guided by Snapology Coaches build, test, and program an autonomous robot using LEGO® SPIKE™ Prime components to solve a set of missions on an obstacle course in "Unearthed" themed season.

Mon, 6-8 pm, Sept 22 – Nov 10 (no 10/13), Fairview Int -library

Cost: \$259; *discounted resident rate: \$199*

### CHALLENGE ISLAND KID'S NIGHT OUT

Better than a sitter! Parents - plan a night out while your kids ages 6-12 get some STEAM out (Science Technology Engineering Art Math). It's sure to be a fun night for kids and parents. New for 2025 - SLIME EVERY TIME! Also includes additional STEAM challenges (more info on website) along with pizza, bottled water, and all supplies in this fun, screen-free learning activity. Instructor: Challenge Island Staff



Fri, 5:30-8:30 pm, Rossmoyne Elementary – art room

**A.** Sept 19 – Mine Island Night

**B.** Oct 17 – HallowSTEAM

**C.** Nov 14 – ThankSTEAMing

**D.** Dec 12 – STEAMing Through the Holidays

Cost: \$68; *discounted resident rate: \$52*

### SNAPOLOGY SCHOLARSHIPS

Visit [bit.ly/snapologyscholarships](https://bit.ly/snapologyscholarships) for more information and to apply.





## 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 6-27, Roof Park (FV Twp)

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

Cost: \$34; *discounted resident rate: \$26*

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

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

Cost: \$43; *discounted resident rate: \$33*

Sun, Sept 7-28, Red Land HS

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

Cost: \$34; *discounted resident rate: \$26*

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

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

Cost: \$43; *discounted resident rate: \$33*

## NEW YOUTH BASKETBALL SKILL BUILDING

Players age 7-9, it's time to prepare for the upcoming season! We will focus on shooting mechanics, one on one defense, scoring, ball handling, passing, mental preparation, fitness, conditioning, speed, agility training and more. A key objective in our academy is to ensure that every athlete is challenged in an intense and fun atmosphere that will enable them to increase their baseline basketball skills. Instructor: Athletes Global.

Tue, Sept 16 – Oct 21, 6:30-7:30 pm, Rossmoyne Elementary

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



## SOCCER SHOTS

Engaging children's soccer program for ages 2-8 with a focus on character development. Our caring team positively impacts kids' 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](mailto:harrisburg@soccershots.com).

Tue, Sept 9 – Oct 28, Highland Elementary – grass area

Register at <https://soccershots.com/harrisburgyork>

## ACTIVITIES FOR ADULTS 18+

## HIGH SCHOOL &amp; 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 7-28, 12-1 pm

Red Land HS – tennis courts

Cost: \$43; *discounted resident rate: \$33*

## PICKLEBALL CLINIC

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 6-27, 8-9 am, Roof Park**

**B. Wed, Sept 10 - Oct 1, 8-9 am, Roof Park**

Cost: \$43; *discounted resident rate: \$33*

## 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. No clubs...no problem! VGGC has some you can borrow for use during the lessons. Indicate appropriately during registration, right or left handed. Please read important additional class details at [wsrec.org](http://wsrec.org).

Instructor: White Rose Golf & Training Center Pros.

Wednesdays at Valley Green Golf Course

**B. Sept 3 – Oct 1, 5-6 pm**

**C. Sept 3 – Oct 1, 6-7 pm**

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 10 – Dec 3, 7:30-9:30 pm (12 weeks)

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

Plus WSSD facility use fee: \$33/person

**REGISTRATION BEGINS  
AUGUST 27TH**

## CANCELLED ACTIVITIES?

Too often quality activities and trips are cancelled because too many people wait until the last minute to register. Almost every activity has a minimum number of enrollees needed to cover the expenses or to make it enjoyable (think team sports). If you see an activity you like, don't hesitate to sign up to recreate!

## HEATH INSURANCE SOLUTIONS, LLC



**Liz Heath Licensed Insurance Broker**

[liz@heathinsurancesolutions.com](mailto:liz@heathinsurancesolutions.com)

- ◆ Medicare Supplement Insurance Plans
- ◆ Medicare Advantage Insurance Plans
- ◆ Part D Prescription Drug Plans
- ◆ Vision & Dental Insurance Plans
- ◆ Health Insurance Plans/Pennie Broker

**Call for a free consultation  
717-417-0000 (TTY:) 711**

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



Please visit our website ([westshorerec.org](http://westshorerec.org)) for additional details on any of the trips listed below.

## EASTERN STATE PENITENTIARY & GHOST TOUR

Witness the haunting world of crumbling cellblocks and hear about its infamous inmates on a guided tour of historic Eastern State Penitentiary. Also, experience an unusual and entertaining Ghost Tour of Philadelphia featuring haunting tales from costumed guides as you stroll the streets of Independence Park and Society Hill.

Sun, Oct 12 – depart 7:15 am (CH), Cost: \$169

## JACK O'LANTERN SPECTACULAR WITH SALEM

Carve out time for a 'fang-tastic' trip to Boston & Salem including a truly en'light'ening experience at a Jack O'Lantern Spectacular, self-guided candlelight tour at a 'bootiful' seaside castle, a 'fa-boo-lous' ghosts and graveyard trolley tour, explore the House of Seven Gables and more!

Tue-Fri, Oct 28-31 Depart 6:45 am (CH)

Cost: \$2,034 (S), \$1,596 (D), \$1,535 (T), \$1,500 (Q)

## NEW YORK CITY ON YOUR OWN

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

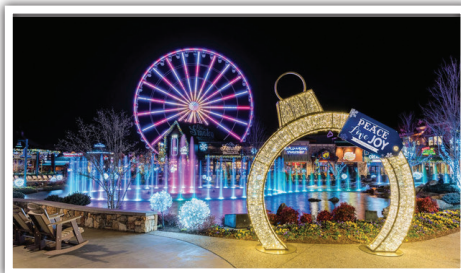
C. Sat, Oct 18, Depart 7:00 am (CH), Cost: \$99

D. Sat, Nov 29, Depart 7:00 am (CH), Cost: \$99

E. Sat, Dec 20, Depart 7:00 am (CH), Cost: \$99

## SMOKY MOUNTAIN CHRISTMAS & BILTMORE

Experience the warmth and joy of the holiday season along with spectacular scenery at the Smoky Mountains. Guided driving tour of the Great Smoky Mountain National Park, self-guided candlelight tour of Biltmore Estate, Country Tonight Christmas Show, Dolly Parton's Stampede Dinner Theatre and more!



Mon-Fri, Nov 17-21 Depart 6:30 am (CH) or 5:45 am (Y)

Cost: \$1,959 (S), \$1,655 (D), \$1,630 (T), \$1,605 (Q)

## 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.

A. Tue, Dec 2, Depart 1:45 pm (Y), Cost: \$110

B. Thur, Dec 11, Depart 1:00 pm (CH), Cost: \$110

***Check our website for details  
on any of the trips listed above.***

## 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.

**REGISTRATION BEGINS  
AUGUST 27TH**

## 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 (8.51% plus \$0.58)
- or you just enjoy using your computer.

Go to [www.activenet.active.com/westshorerec](http://www.activenet.active.com/westshorerec) for more details. There is no additional fee to register by telephone, in person or by mail.

## PLEASE REGISTER EARLY!

Residents of participating municipalities may register August 27th  
Members of non-participating communities may sign up beginning  
September 3rd. 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](http://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 (8.5% + \$0.58) 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](http://www.westshorerec.org).

**Remember, Registration begins August 27th. 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](http://www.westshorerec.org) on the Information page.*





Member of



## West Shore Recreation Commission

P.O. Box 413  
Lewisberry, PA 17339

Presorted Standard  
U.S. Postage  
**PAID**  
Mechanicsburg, PA 17055  
Permit No. 84

## BOARD OF REPRESENTATIVES

John Minito • Fairview Township  
TBD • Goldsboro Borough  
John Leverentz • Lemoyne Borough  
Wayne Branyan • Lewisberry Borough  
Joseph S. Swartz • Lower Allen Township  
Fred Miles • New Cumberland Borough

## ADMINISTRATIVE STAFF

Eric Stauffer, CPRP • Recreation Manager  
Todd Miller, CPRP • Senior Program Coordinator  
Janell Winebrenner • Office Manager  
Gretchen Greiner • Customer Service Representative

## FOLLOW WEST SHORE REC ON FACEBOOK!



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## WEST SHORE REC ON THE WEB

Visit [www.westshorerec.org](http://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.

*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.*

## FALL FAVORITES

*or try one of the new programs:*

Pilates  
Zumba  
AquaFit  
Salsatone  
Body Toning  
Senior Chair Yoga  
Guided Forest Bathing **NEW!**  
Hatha Flow Yoga & Balance  
Cheer & Hip Hop Dance **NEW!**  
Digital Arts & Animation **NEW!**  
Beginner Bonsai Workshop  
Christmas at Longwood Gardens  
Youth Basketball Skill Building **NEW!**  
Kinderdance, Kinder Gym & Kinder Tots  
Women's Personal Protection Seminar **NEW!**  
Eastern State Penitentiary & Ghost Tour  
Jack O'Lantern Spectacular with Salem **NEW!**  
Smoky Mountain Christmas & Biltmore



**Proud Supporter  
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Recreation  
Commission**

**Serving Central PA  
for 85 Years**

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