

HavaGood Times



Published by the
Haverford Township
Department of Parks & Recreation

*To Dream
the Impossible
Dream...*



Look inside for important information regarding:

- *Summer Registration- new online procedures - page 19*
- *Grand Opening of the Community Center (CREC) - page 3*
- *Wellness Classes at the CREC for those over age 50 - page 15*

Community Corner

Parks & Recreation

Tim Denny - Director
 Brian Barrett - Assistant Director
 Hope Taylor- Scott - Recreation Supervisor
 Eric Gillard - Park Maintenance Supervisor
 Jim Davie - Operations Supervisor
 Andrew Brady - Online Program Supervisor
 Eileen Mottola -Field Permit Coordinator
 Pat Cioffi - Registrar

Life. Be In It.

Mission

Our mission is to make living in Haverford Township more enjoyable and healthier for you, your family and friends by providing top quality recreation programs, facilities and service.

The HavaGood Times is published in January, May, and September. All costs are covered by user fees and the support of our sponsors.

Board of Commissioners

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 4th - Dan Siegel
 5th - Jeff Heilmann
 6th - Larry Holmes
 7th - James McGarrity
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 9th - Bill Wechsler
 Larry Gentile - Township Mgr.

Park Board

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 Wilbur Clevens
 Maria Pardini
 Mike McClatchy

The Park Board meets the 4th Tuesday of each month at 7:30pm

Friend Us! **facebook**



People of all abilities are welcome in our programs. With your help we will do all we can to meet your needs.

See page 19 for online registration information. Create your account before May 4. It will benefit you and save time.



Contact Hope, Andrew or Tara and they will help you with any questions on registration or your online account.

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Community Recreation & Environmental Center



Grand Opening Celebration

Township Residents

You are cordially invited to join in celebrating the opening of this beautiful, LEED Certified, geo-thermal powered facility at Community Park in Haverford Reserve. The 35,000 square foot building was recently cited by the National Recreation and Parks Association as one of the top Green Buildings in Parks in the entire country. Included in the facility are; a full size gymnasium, walking track, multi-use rooms, wellness area and environmental education lab. The \$7.4 million construction cost was covered by proceeds from Haverford Reserve and grants acquired.

Schedule of Events

Thursday, June 14	7pm	Flag Raising and dedication
	7:30pm	Dedication and Ribbon Cutting at CREC
	8-9pm	Open House, refreshments
Friday, June 15	11am-6pm	Guided Tours, Meet the Instructors
	6-8pm	Games, prizes and music for all ages
Saturday, June 16	10am-2pm	Guided Tours, Meet the Instructors
	2-4pm	Games, prizes, music for all ages

(See our website for further details www.haverfordtownship.com/parks.)

Merry Place... A Place for All



Community Work Day
Saturday - May 12

Merry Place is an area designed and built by volunteer contributions for people of all ages and abilities, especially families of children with special needs.

You and your family are welcome to help spruce up Merry Place. Bring a shovel, rake, clippers or just a helping spirit and join other volunteers at Merry Place on **Saturday, May 12th from 9-10:30am.**



Volunteer Clean up



Gazebo at Life. Be In It. Day



Sand box fun



Merry Place Train Station

Darby Creek Clean Up

Saturday, April 28 8:30-12 Noon

Volunteers of all ages are invited to join in the annual creek clean up. Hosted by the Darby Creek Valley Assoc. Volunteers sign in at Merry Place when you arrive.

Merry Place Permit Policy

Merry Place is an ideal location for family, school, scout and church gatherings. In order to allow the greatest use by township residents, we limit time to 3 hour blocks and give township residents priority.

For a permit and policy information please go to our website www.haverfordtownship.com.

The Great American Camp Out

Saturday June 26th

The National Wildlife Federation (NWF) invites folks to camp out on June 25 and discover the outdoors in their backyard. If you would prefer to use Merry Place, you are welcome. Email recinfo@haverfordtownship.org to reserve your spot.

5K Run/Walk for Merry Place

Saturday, October 6.

Haverford Twp Day kicks off with the 5K and 1 mile walk for Merry Place. The run/walk takes place at Haverford Reserve. Fee: \$20 adults \$10 kids under 16. Registration forms on our website or register online now! www.haverfordtownship.com



Community Events

Haverford Township Historical Society's Heritage Festival

Sunday, June 3rd 11am - 4pm
along Karakung Drive

**Live Music - Food by local businesses
& Boy Scouts - Exhibits -
Beer Tastings - Demonstrations - Historic Tours -
Artisans - Pony Rides - Children's Activities**

The Historical Society welcomes all local organizations to participate in the Heritage Festival. Contact Tricia Woodman at johnwman@msn.com to reserve space for free. Artists and artisans are invited to reserve space for \$25.



Haverford Township Day Saturday, October 6th

Mark it on your calendar. The social event of the year. For information on vendors contact recinfo@haverfordtownship.org. To get more involved as a volunteer call Tim Denny at 610-446-9397 or email recinfo@haverfordtownship.org.

Heritage Trail Opening

Sunday, June 10

1pm at Grange Estate

The trail is a 14 mile loop passing 30 historic sites and includes 15 township parks.

The Skatium

www.haverfordtownship.com

Phone: 610-853-2226 Fax: 610-853-9212

Check the website for summer schedule and public skating times.

Stay cool in the heat!



3rd Annual Relay for Life

June 2nd and 3rd at Haverford Reserve

The American Cancer Society's Relay for Life is an overnight community celebration of life dedicated to present and former cancer patients, their families, and friends. Relay For Life raises funds for the American Cancer Society. During Relay, Team members take turns walking, camping out, enjoying entertainment, food and games in a party atmosphere!

To find out how you can be part of this celebration go to www.relayforlife.org/pahaverfordtownship or contact Dana Hoffman Tripicano at havertownrelay@yahoo.com



Community Recreation & Environmental Center

The CREC is a visible symbol of our township's commitment to our residents' health and wellness. The Mission of the CREC is to create a healthier environment and healthier individuals through education and programs. We believe the health of our community is directly related to the quality of our air, water and open spaces as well as the food we eat, the condition of our bodies and how we think.

Through the variety of programs offered we hope to create a community living room where people of different ages, means and backgrounds blend together.

We look forward to seeing you at the CREC sometime this summer.



Programs, Policies and Procedures Information

For updates on all programs offered at the CREC go to our website www.haverfordtownship.com, call or stop by the front desk and we will be glad to assist you.

Access Policy

The CREC is intended for Haverford Township residents. The walking track, lobby and deck will be open to residents free of charge except during those times when they are rented or used for township sponsored activities. For FREE times check the website or call 610-446-9397. **Anyone under age 14** must be accompanied by a responsible adult to enter the CREC and the track, lobby or deck area. All visitors must check in at the front desk upon entering.

Rental policy

The rooms, deck, environmental lab and gym space can be rented by individuals, organizations and businesses. For a listing of fees, policies and available times go to our website or contact the **Recreation Department after May 25.**

Wellness and Fitness Fees

The fees and times for classes in the wellness rooms are listed in the Health and Wellness section found in pages 14 and 15.



The Upper Deck at the CREC overlooks the North Brook woods and the Blue Route.



The multi-use room will be available to rent.

Community Park at Haverford Reserve

Freedom Playground

The 3rd Annual Touch A Truck to raise money for the playground will be held on Saturday, July 7. Check the Freedom Playground website for details.

www.freedomplay.org

Trail Map

There are almost 4 miles of trails in the open space. For a map of the trails in the open space go to our website at www.haverfordtownship.com/parks. All dogs must be on a leash on the trails. The last trail, under the Blue Route is scheduled to open in Fall 2012.

Pavilion Rental

Any group of 15 or more must have a permit to use the pavilion. For permit times and fees go to our website www.haverfordtownship.com/parks. Please help keep the pavilion area clean.

Dog Park

If you would like to help with the Dog Park improvements contact Eileen Mottola at emottola@haverfordtownship.org. Dog Park rules are posted at the entrance.



Please help keep the trails clean.



The Pavilion at Community Park. Please help keep it clean. This helps keep the bees away.

Birding at Community Park

If you are interested in learning about the birds in Community Park, doing some birding, or setting up a Birding group at the Community Park contact Peter Hickman at phickmanpa@earthlink.net.

Creating A Sustainable Park

As part of our goal to create a more environmentally friendly park we have implemented the following projects.

Warm Season Grasses

Watch for the warm season native grasses under the power line along Parkview Drive, the Meadow Trail and the PECO Trail. PECO has seeded these areas with native warm season grasses. This saves maintenance costs, prevents trees from growing up to the power lines, and provides habitat for native wildlife. Grass meadows are decreasing faster than any other native habitat. PECO will be extending the grass meadow under the power line behind the CREC.

North Brook Wetland Restoration

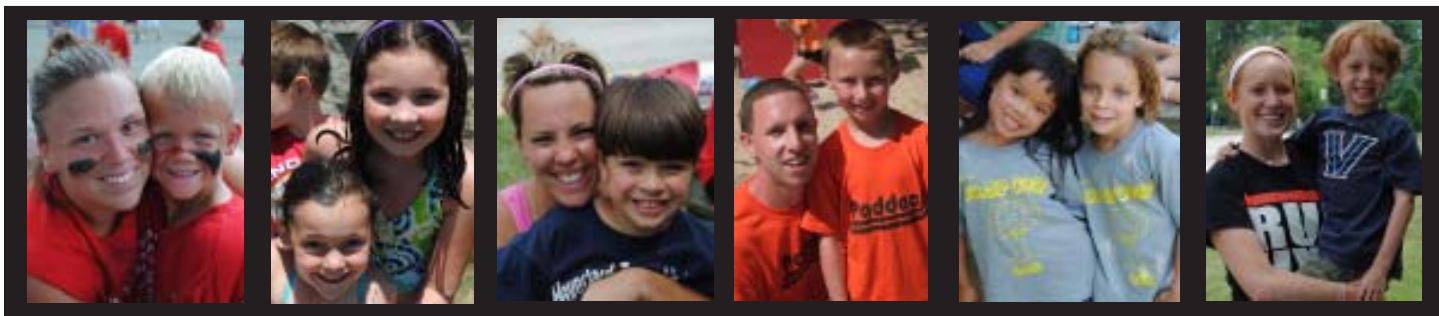
You may have noticed the tree planting and invasive plant removal in the North Brook Wetland. In 2010 we acquired a \$12,000 grant from PA Tree Vitalize Watersheds, a public/private collaboration coordinated by the Pennsylvania Horticultural Society, to restore 2 acres of wetland on the North Brook.

Community volunteers did much of the work and gained knowledge about the importance of the native forest and the best practices for invasive plant removal. With the completion of the CREC, students and nearby college students can investigate this area as an outdoor laboratory that displays a functioning native watershed and extensive wildlife from the region. The water quality of this section of North Brook will also be improved.

If you are interested in helping with this project or other restoration projects contact Peter Hickman at phickmanpa@earthlink.net

SUMMER PLAYGROUND PROGRAM

Camp like you remember it- sports, crafts, talent shows, tie dye and dodgeball... lots and lots of dodgeball. There is something for everyone supervised by our all-star staff.



Welcome to Summer 2012! Please take time to read the information below to help us provide a safe and fun environment for your child. Please keep in mind this is not Day Care. You or someone you designate must be home or accessible during the time your child is participating. **First year participants must attend a New Parent Orientation meeting at Haverford Reserve on Wed. 6/13 at 7pm or Sat. 6/23 at 9am.**

****Meet the Leaders at your site Sat 6/23 from 10-11am.****

Ages: Completed kindergarten - 12yrs

Time: 9-2:30pm (Mon-Thurs) Dates: 6/25-8/3

Fee: \$45 per week per family (\$35 for week of 7/2)

Locations: Coopertown, Grange, Paddock, Hilltop, Veterans, Merwood, Westgate.

Register online at
www.haverfordtownship.com/parks

Rainy Days & the Playgrounds

- The rainy day location is at the Haverford Sr. High
- Rainy day decisions will be made by the Rec Dept.
- Sign up for text alerts online!
- No children should arrive at the Sr. high before 9:15am.
- All children should be picked up at Sr. High by 1:30pm.

Must be a resident of Haverford Township

..... Fabulous Fridays for Playground Participants

Space is limited for trips. Participants must be registered by the Wed. before to go on Friday trips.

Crazy Village - June 29

Lazer Tag, Moonbouncing, and Arcade Games. Time:
Bus leaves Haverford Reserve at 9:30am and returns
approximately at 1:30pm. (Pack a lunch) Fee: \$20

Rock n' Bowl - July 6

Join us at Wynnewood Lanes as we dim the lights and
rock out to some great music and bowl a few games.
Fee: \$10 Time: Bus leaves Hav Reserve at 10:30am
and returns approximately at 2:30pm. (Pack a lunch)

Inline Skating- July 13

Join us for a spin at CN Skate. Make sure to pack a
lunch. Time: Bus leaves Haverford Reserve at 10:30am
and returns at approximately 1:45pm. Fee: \$10

Summer Stage- July 20

Fee: \$ 10 Time: Bus leaves the Haverford Reserve
at 10:30am and returns after the show.

Life. Be In It Day. - Fri. August 3

The best party in Havertown! Time: 10:30-2:30pm
Location: Glendale Park. Pack a lunch. Bring a tshirt for
tie-dye and wear your bathing suit.

Fridays at Haverford Reserve

Join us for games on the turf, a giant waterslide,
facepaint, and crafts. Snacks and lunch specials will be
available at the concession stand. Time: 12-2:00pm
Dates: 6/29, 7/6, 7/13, 7/20, 7,27

*Must be signed up for a playground to participate.



EXTENDED CARE PROGRAM

at Manoa School

This camp combines traditional playground activities, indoor activities, and a wide variety of crafts and games to engage and amuse your child. ECP has longer hours and extended day options to accommodate working families.

Ages: 6-12 Dates: June 25- August 10

Children must be signed in and out each day.

At 3:00pm ECP Extended Day will move to Glendale Park.



ECP is open to Haverford Township residents only.

Times	Fee Per Week	Week Of 7/2
9:00am-3:00pm	\$165	\$135
8:00am-9:00am	\$25	\$25
3:00pm-6:00pm	\$60	\$50

About ECP...

- Those who registered for the Full Day arrive at 8 am and stay until 6 pm. We will be at Manoa School from 8 am – 3 pm, at 3 pm your child will be bused to Glendale Park, where we will stay until 6 pm.
- For those not registered for the extended day, the hours of camp are 9am – 3 pm.
- We will have a bowling trip on Thursday afternoons.
- Field trips are scheduled for every Friday.
- Campers need to bring their own lunch and drink. Snacks provided.
- The fee for the full day program is \$250 per week.
- There will be no camp on Wednesday, July 4th. The fee for the week of July 4th is \$210.

Meet the Counselors

On Saturday, June 23 from 10:00-11:00am parents will have the opportunity to meet the ECP counselors at Manoa School. For you and your child's sake we strongly encourage you to attend and learn more about the daily activities, weekly schedule.

The Recreation Department reserves the right to disqualify anyone for behavior which is disrespectful or endangers the safety of themselves or others. Your child may also be disqualified for late pick-ups.



Program Registration online www.haverfordtownship.com/parks

Ages 3-14

Small Fry Soccer

Share this fun introduction to soccer and sport with your child.

Ages: 3-4 w/parent

Fee: \$ 60

Dates: 5/19-6/30 Time: 9-9:45am or 10-10:45am (Sat)

Dates: 6/6-7/18 Time: 6-6:45 or 7-7:45pm (Wed)

Location: May Session-Grasslyn June Session-Hav. Res.

Club 56

Club 56 is your ticket to summer adventure. Games, sports, crafts and active imaginations will make summer fun. Location: Normandy Park

Ages: 5-6

Dates: 6/25-8/3

Time: 9-12pm (M-F) Fee: \$70/wk (\$ 55 week of 7/2)

Art with Steve

An interactive format will power your child's imagination as we interpret shapes, color and proportion through drawing. Class fills quickly! Instructor: Steve Mogck

Ages: 5-7 Time: 1:30-3:00pm Dates: 7/9-13

Ages: 8-10 Time: 1:30-3:00pm Dates: 7/16-20

Location: CREC

Fee: \$95

Tennis Tykes

This is a fun filled introduction to tennis. Smaller net and fun drills and games will help build skills and confidence.

Instructor: Suzanne Barr

Ages: 4-6 Location: Paddock Courts Fee: \$60

Dates: 6/18-22 Time: 9-9:50 am or 10-10:50am (M-F)

Dates: 6/6-7/11 Time: 6-6:50pm (Wed) (skip 7/4)

Hip Hop Dance Camp

Looking for some cool new dance steps to your favorite songs? Learn some new hip hop and jazz moves.

Instructor: Moving Studios Location: CREC

Ages: 5-6 Time: 9-11:00am (M-F) Dates: 7/16-20

Ages: 7-9 Time: 9-11:30am (M-F) Dates: 7/23-27

Fee: \$75 for ages 5-6 Fee: \$95 for ages 7-9

Sport n' Play

Develop your sports skills with fun age appropriate games and activities. This 2 week camp will include the basics of different sports. Location: CREC

Ages: 4-5 Time: 8:45-10:15am (M-F)

Ages: 6-7 Time: 10:30-12pm (M-F)

Dates: 7/16-20 or 7/23-27 Fee: \$75

NEW! Inspired Art

Come be **Inspired** while you learn about different artists, view examples of their work, and then create your own artwork in their style. You'll bring home a beautiful work of art each day. Instructor Jen Huffnal

Ages: 6-8 Times: 8:30-10:30am Fee: \$75

Ages: 9-11 Times: 11:00-1:00pm

Dates: 6/25-6/29 Location: CREC

Tot-Lot

We make summer fun by combining games, songs, stories, and crafts. Activities will encourage interaction and develop social skills. Register by the week.

***Children must be potty trained.**

Ages: 3-5 Time: 8:45-11:45 (M-F)

Fee: \$70 week (\$55 for the week of 7/4)

Location and Dates (No programs July 4.)

Hilltop Nature Area Chatham Park

6/25-8/3 6/25-8/3

Coopertown Lynnewood

6/25-8/3 6/25-8/3



Pony Share

Introduce your child to the exciting world of ponies. This program teaches basic anatomy, safety, and grooming, participants will get a short ride 3-4 times per session.

Ages: 3-6 Time: 10:00-11:00am Fee: \$190

Ages: 7-10 Time: 11:00-12:30pm (M-F) Fee: \$215

Location: Merry Place

Dates: 7/23-7/27

Summer Explorers

Join us for a summer of exploration. Enjoy water games, nature activities, trail walks, and crafts in beautiful Merry Place. Location: Merry Place Fee: \$140 - 2 weeks

Dates: 6/4-14, 6/18-6/28, 7/2-7/12, 7/16-26

Ages: 4-6 Time: 9:00-1:00pm M-Th (Bring a lunch)

Tennis Lessons

Beginner stroke clinic will focus on fundamentals while building confidence in your stroke. Clinic will include skill games and match play. Instructor: Suzanne Barr
Ages: 7-9 Time: 9-10:20am (M-F) Dates: 6/25-29
Ages: 10-12 Time: 10:30-12:00pm(M-F)
 Location: Paddock Courts Fee: \$75

Drama Camp

Develop your thespian skills at this drama camp. Experienced teachers guide students through theatre games, improvisation, and storytelling. We will also design costumes, set and props. Pack a lunch. Location: CREC
Ages: 7-10 Time: 9:00-3:00pm Dates: 7/9-13
Ages: 10-14 Time: 9:00-3:00pm Dates: 7/16-20
 Time: 9-2:30pm (M-F) Fee: \$170

Yoga

Improve your flexibility and enhance coordination and athletic performance with traditional yoga poses.
Ages: 8-12 Dates: 6/5-7/24 Fee: \$75
 Time: 6-7pm (Tues) Location: CREC

NEW! Spy Academy

Look out 007-the Mad Science Spy Academy is here! From message decoding to metal detectors and night vision, campers will have the opportunity to check out spy equipment and even create their own edible message. Learn to uncover the science involved in evidence gathering and analysis. Figure out the science of forensics in a hands-on look at crime scenes. Location: CREC
Ages: 7-12 Time: 9:00-12pm
 Dates: 7/9-7/13 Fee: \$150

NEW! Cooking Classes

"Tweens" can cook tweens will prep and cook one dish meals and desserts, in this hands-on cooking camp designed to build basic cooking skills and confidence in the kitchen. Instructor: Chef Debi Reichert

Ages: 9-12 Time: 12:30-4pm (M-Th) Fee: \$160
 Dates: 7/9-7/12 Location: CREC

Teen Chef in this hands-on technique driven cooking camp young chefs will prep, cook and taste recipes while learning techniques that will last a life time. Bring home easy to follow recipes and have a basic understanding of skills that will allow them to create new and delicious dishes!

Ages: 13-15 Time: 12:30-4pm (M-Th) Fee: \$160
 Dates: 7/16-7/19 Location: CREC

NEW! Roots and Shoots

Participants will foster their understanding and appreciation of the natural world around them and in their community. Engage in outdoor nature experiences, live animal encounters, arts and crafts, hands on activities in the woods and through maintaining the trails and gardens around the CREC. Instructor: Jen Huffnal
Ages: 7-10 Time: 9:00-11:00am Fee: \$75
 Dates: 7/9-7/12 Location: CREC

Pippi Longstocking

Here is your ticket to summer fun. We include nature activities, tie dye, splashin' in the creek, and a field trip each session. Pack a lunch.
Ages: 9-12 Time: 11:30-2:30pm (M-Th)
 Dates: 6/25-7/5, 7/9-7/19, 7/23-8/2
 Fee: \$150/session Location: Glendale Park



Huck Finn

Grab your fishing pole and swim trunks and join us for a summer adventure. We will go hikin', fishin, tubin, and splashin. A field trip is included each session. Pack a lunch. Director: Dave Thomson Location: Glendale Park
Ages: 10-12 Time: 11-2pm (M-Th)
 Dates: 6/25-7/5, 7/9-19, 7/23-8/2 Fee: \$175/session

Golf Clinics

We will make golf fun by teaching the fundamentals- learn stance, swing, chipping and putting. Includes 4 classes on the range and the fifth session is on the course. No experience necessary, equipment provided if needed.
Ages: 7-11 Time: 9-10am (Tues) Fee: \$105
Ages: 12-16 Time: 10:30-11:30am (Tues)
 Dates: 7/10-8/7 Location: Paxon Hollow Golf Club

*New registration policy
 on page 19.*

NEW! August Camps

Camp Freedom

For those that just can't get enough of summer we have two more weeks of fun in store for you! Enjoy Freedom Playground, explore the trails, play games on the turf and do arts and crafts. We end each week with a trip on Friday. Pack a lunch and water bottle.

Ages: completed kindergarten-12yrs Fee: \$120
 Time: 9:00am-3:00pm (M-F) Dates: 8/6-10, 8/13-17
 Location: Haverford Reserve



Tiny Tykes

For those who enjoy Tot Lot and Summer Explorers then we have another winner for you. Your child will enjoy games, songs, stories, crafts along with nature activities and trail walks in a fun nurturing environment. Instructor: Lauren Fremont

Ages: 3-5 Time: 8:45-11:45am (M-F) Fee: \$ 75
 Dates: 8/6-8/10, 8/13-17 Location: CREC

Harry Potter Camp

Are you a young wizard living among Muggles? Spend a magical week exploring the wizarding world of Harry Potter. Join us for Quidditch, Potions, Defense Against the Dark Arts and much more. Pack a lunch.

Ages: 7-11 Time: 9:30-12:30 (M-F)
 Dates: 8/6-10 Fee: \$ 120
 Location: CREC

Ages 13-17

Drivers Ed

Classroom instruction that provides the knowledge to help you feel safe and confident behind the wheel. You can also qualify for discounts on your insurance.

Ages: 15-18 Location: Haverford High Room 126
 Time: 9-12pm (M&Th) Dates: 6/25-7/26 Fee: \$105

NEW!

Eco-Adventure Camp

Join us for 2 weeks of adventure and green fun. We will have a blast with scavenger hunts, hiking, building a campfire and learning survival techniques. We will also learn about the Reserve's eco system, how the watershed reduces pollution and what we can do to be eco friendly.

Ages: 12-14 Time: 6-8:00pm (M-Th)
 Dates: 7/9-19 or 7/23-8/2 Fee: \$145- 2 weeks
 Location: Haverford Reserve

Register online at
www.haverfordtownship.com/parks

Havertown Hoops

Havertown Hoops will be offering summer basketball leagues for boys completing grades 5-10 as of June 2012. League play begins June 25 and ends in July. Register online at www.leaguelineup.com/havhoops



Leaders In Training (Ages 14-15)

If you are responsible, reliable, and enthusiastic then you can apply for our summer Leaders In Training program.

Applicants must be 14 by March 1, 2012

Interviews will be held in late May. Check our website for an LIT fact sheet and application after May 11.

Sports Camps

World Class Soccer School

Make soccer fun by improving your skills and understanding of the game. Jorge Severini directs both June and August Camps. Players are divided by ages and skill level. Bring a lunch. Location: Hav Reserve
Ages: 4-16 Dates: 6/25-29 & 8/6-10

Check the website for more details

Field Hockey Camp

Improve your game with skill instruction, and small sided games. Players will need stick, shin guards, and mouthguard. Goalie instruction is available.

Director: Haverford High Head Coach Dana Ramsden

Location: Hav Reserve Time: 8:30-11:30am

Ages: 8-14 for girls entering grades 3-9 in Sept 2012.

Dates: 6/18-6/22 Fee: \$110

Basketball Clinic

Great introduction for the beginner. Clinic will emphasize basic fundamentals of dribbling, passing, shooting, defense and footwork. Location: CREC Fee: \$60- 6 wks

Age: 6 Time: 6:00-7:00pm (Tues) Dates: 6/5-7/10

Ages: 7-8 Time: 6:00-7:00pm (Th) Dates: 6/7-7/12

Cheerleading Clinic

Comprehensive cheer camp that includes hands on instruction including stunts, jumps, cheers, dance and tumbling. Location: CREC

Ages: 6-14 Dates: 7/30-8/2

Time: 6-8:30pm (M-Th) Fee: \$90

Girls Basketball Camp

Haverford College women's coach Bobbi Morgan leads this widely acclaimed camp. This camp covers all aspects of fundamental play including stations, individual instruction, league play (3 on 3 or 5 on 5). Bring a lunch.

Ages: 6-14 Fee: \$165 Dates: 6/25-6/29

Location: CREC Time: 9-2pm (M-F)

Boys Basketball Camp

Improve your game by learning fundamentals of dribbling, passing shooting and footwork. Includes competitive play.

Location: Haverford High Bring a lunch. Fee: \$150

Ages: 7-14 Dates: 7/9-7/13 Time: 9-2pm (M-F)

Directed by Haverford Coach Keith Heinrichs

NEW! Basketball League

This developmental league is a great way for beginners and experienced players to learn the game. Instruction will focus on individual skills, positions and team strategy. Players will be evaluated and placed on teams to ensure competitive balance.

Ages: 8-10 Dates: 6/5-7/12

Time: 7:00-8:00pm (Tu&Th) Fee: \$85

Girls Volleyball Camp

Develop your skills and learn game strategy. Fun filled camp will take your game to the next level.

Location: CREC Instructor: Coach Matt Green

Ages: 9-11 Time: 8:30-10:30am Fee: \$95

Ages: 12-14 Time: 11am-1pm Dates: 8/6-8/9

Runners Clinic

Do you enjoy being active and fit? Join Haverford Cross Country teams for fitness training. Participate in training runs, fitness activities and games. Includes instruction in field events. Instructor: Kristie Ritchie

Ages: 6-14 Location: High School Track Fee: \$25

Dates: 8/21 & 8/23 Time: 6:30-8pm (T & Th)

Ultimate Frisbee

Learn the fastest growing sport in the country. Ultimate Frisbee is fast paced and fun. Learn the fundamentals from experienced players and coaches.

Ages: 8-14 Location: Haverford Reserve

Time: 9-12pm (M-F) Dates: 7/9-13 Fee: \$95

Girls Lacrosse Camp

Learn from the best- acclaimed player and coach Kathleen Geiger will have you loving lacrosse. Innovative drills, games and a few surprises are included. Players need stick, goggles, and mouth guard. Fee: \$120

Ages: 9-15 Time: 8:30-11:30am

Dates: 7/30-8/3 Location: Hav Reserve

Boys Lacrosse Camp

Great camp for both beginners and experienced players, we combine skills instruction and games. Players must have their own equipment. Director: Dan Greenspun

Ages: 8-14 Location: Hav Reserve Fee: \$120

Time: 8:30-12pm (M-F) Dates: 7/16-20

Health and Wellness at the CREC

The Wellness programs offered below are intended to help you look, feel and be healthier. Our goal is to create an environment where you feel welcome and comfortable; especially those of you who have not previously participated in a wellness or fitness class. **For that reason our programs are limited in size and geared to specific ages and interests.** We hope you find a class that appeals to you as you begin your journey to better health.

Summer Specials

We welcome you to take advantage of the health benefits the CREC has to offer- Work out in the Health and Wellness Area, walk on the indoor track or shoot baskets in the gym. ***Haverford Township Residents only.**

Ages: 18 and over Dates: 6/18-8/10

Time: 7-8:20am and 3-4:20pm (M-F)

Fee: \$5 at door, 10 passes for \$45 or 20 passes for \$80

Zumba

Join the party! You'll be working up a sweat with these calorie burning and easy to follow dance steps set to Latin rhythms and pop songs. This fun and effective workout targets your legs, abs, glutes and arms. Location: CREC

Time: 6-7pm (M) Dates: 6/18-8/6

Time: 6-7pm (W) Dates: 6/20-8/20

Fee: \$85 or \$140 for 2 classes, or \$190 for both zumba classes and the zumba circuit.

Instructors: Michelle Manning (M) Caitlin Powell (W)



NEW!

Zumba Circuit

Maximize your workout! Zumba in the Circuit is 30 minutes of high-octane, Latin-inspired dance-fitness moves combined with circuit training, a series of strength exercises at timed intervals. Be in and out in 30 minutes flat. This time-effective and efficient class can be adapted for all fitness levels. Location: CREC

Time: 5:30-6:00pm (M) Instructor: Michelle Manning

Dates: 6/18-8/6 Fee: \$65

Health and Wellness Passes

Come and workout at our new facility. Choose from treadmills, ellipticals, bike and strength equipment while enjoying the great view. You pick the time that fits your schedule. **Passes are limited so register now!**

Times:

8:30-9:20am M-F (Adults) \$60

9:30-10:20am M-F (Ages 60+)* \$60

12:00-1:00pm M-F (Women 40+)* \$60

1:00-1:50pm M-F (Women)* \$60

4:30-5:20pm M-F (Adults) \$60

5:30-6:20pm Tu-F (Families) \$50

6:30-7:20pm M-Th (Adults) \$50

Dates: 6/25-8/24 (2 months)

*Trainer available to provide group orientation to equipment and assist you in achieving workout goals, at times indicated.

Questions call 610-446-9397

NEW!

Family Fitness

This fun filled class is great chance for you to laugh and sweat. We combine cardio, with fun games, exercises and activities that will keep the whole family engaged. Put your family on the road to better health while enjoying quality time together. Location: CREC

Ages: 6 years and up Time: 6:00-7:00pm (M)

Date: 6/18-7/23 Fee: \$ 75-6 weeks

NEW!

Fit n Fun

Jump start your heart with high octane fun. Create a healthier you by doing activities, games and strength training with the emphasis on fun.

Ages: 11-14 Time: 2:00-3:00pm (Tu&Th)

Dates: 6/19-7/19 Fee: \$85 Location: CREC

Register for classes online at
www.haverfordtownship.com/parks

Yoga

Feel better both mentally and physically with yoga postures and breathing. Reduce stress while increasing strength and flexibility. Instructor: Lisie Abrams

Time: 7-8pm (Tues) Dates: 6/7-7/26
Location: CREC Fee: \$75

NEW! Pilates

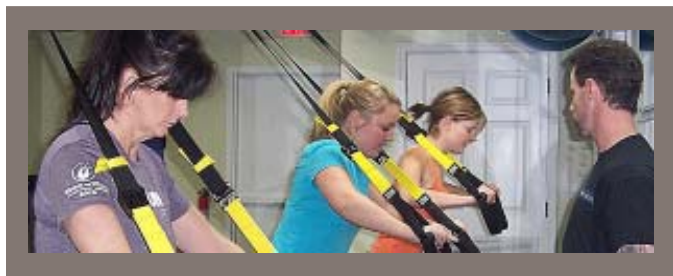
Anyone can practice Pilates. All movement is originated from the core. Movements can be modified or intensified. This class focuses on muscle control, which increases abdominal strength, improves posture and overall well-being. Pilates is a good base for all sports and recreation.

Time: 8:00am-9:00am (M) Dates: 6/4-7/23
Fee: \$75 - 8 weeks Location: CREC

TRX Suspension Training

Small group instruction for both men and women will enhance endurance, core strength, stability and flexibility. This non-stop 30 minute workout will take your fitness to the next level. Can be adapted for all fitness levels.

Times: 9:15-9:45am (Tu & Th) Dates: 6/5-6/28
Location: CREC Fee: \$95



NEW! 60+ Fitness

Fitness for Life

Do your knees hurt when you walk downstairs, or your back hurts when you bend over? You will increase your strength, bone health and balance with exercises and activities so you can take your life back. This class will help your ability to lift and chase your grandchildren, be able to mow the lawn or walk pain free.

Time: 10:30-11:30am (M&W) Dates: 6/18-7/16
Location: CREC Fee: \$50

Chair Yoga

A helpful and safe way to improve flexibility, muscle tone and circulation by using armless chairs to adapt common yoga poses. This class is beneficial to those with arthritis, diabetes, weight issues and osteoporosis.

Time: 11:00am -12:00pm (Tu) Dates: 6/19-7/24
Location: CREC Fee: \$40- 6weeks

NEW! Intro to Kettlebells

Increase your strength, flexibility and conditioning and tone your upper arms and legs while burning maximum fat in minimum time.

Instructor: Michelle Collier
Time: 5:00-6:00pm (Thurs) Dates: 6/21-7/26
Location: CREC Fee: \$65

NEW! Spinning

Small group instruction for those who are looking to burn calories. Nothing compares to a Spinning workout. A typical class will get you burning as much as 600 calories in just 40 minutes. Spinning will help you feel, sleep and look better.

Time: 7:00-8:00am (Tu & F) Dates: 7/10-8/3
Location: CREC Fee: \$75 (8 classes)

NEW! Express Circuit

A 45 minute class that will have you moving through stations lasting 45 seconds to 2 minutes. Each class will include strength and cardio training using small equipment and body weight.

Time: 11:30-11:15pm (T&Th) Dates: 6/19-7/12
Location: CREC Fee: \$85

Register for classes online at
www.haverfordtownship.com/parks

Senior Circuit

A fun way to improve overall health and wellness by providing a combination of muscle strengthening exercises with aerobic activity.

Time: 10:30-11:15am (F) Dates: 6/22-7/27
Fee: \$40 Location: CREC

Zumba Gold

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness is known for: the Latin music and easy-to-follow moves. Location: CREC

Time: 10:00am-10:45am Dates: 6/19-7/24
Location: CREC Fee: \$45

Adults

Boot Camp

With Boot Camp you can reduce fat, while increasing strength and energy level. Classes are high intensity but can be scaled to all fitness levels. Great for men and women 25-50. Instructed by Performance Fitness
Location: Haverford Reserve
Time: 6-7am (Tu & Th) Date: 5/22-6/14 Fee: \$105

Ladies Golf Lessons

Make golf fun by learning the fundamentals of swing, stance, chipping, and putting. Three classes are on the range with the 4th session played on the course.
Time: 6:30-7:30pm (Thurs) Dates: 6/7-6/28
Location: Paxon Hollow Golf Course Fee: \$100

Ladies Tennis

Stroke clinic covering the fundamentals of forehand, backhand and serve. Appropriate for all levels.
Time: 7:00-8:30pm (W) Dates: 6/6-7/11
Fee: \$80- 5 classes Location: Paddock Courts

Open Basketball

Keep yourself young with competitive pick up games.
Location: CREC
Time: 8-10am (Sat) Dates: 6/9-8/25
Time: 4:30-6:30pm (Th) Dates: 6/21-8/23
Fee: 10 passes for \$45 or \$6 at the door.

Register online at www.haverfordtownship.com/parks

Social Security

What you need to know

Learn the strategies to maximize your benefits, how working in retirement affects benefits and when is the best time for you to start to collect. Location: CREC
Time: 7:00-8:15pm Dates: July 17 (Tues)
Instructor: Ryan Lieb (CFP, AIF)

Adult Dance

Put the swing back in your step by learning, Fox Trot, Waltz and Tango. Learn how to dance 'like the stars'.
Time: 7:00-8:00pm (Tues) Location: CREC
Dates: 6/26-8/7- 6 weeks Fee: \$55 or \$95/couple

Cooking Parties

Get your family and friends together for a party that includes food prep, tasking and socializing. Different menus to choose from. For more information and fees check out our website
www.haverfordtownship.com/parks

Mens Basketball League

Play begins May 21. Location: Chestnutwold School
Team Fee is \$800 Team Shirts included.

For a team application go to our website at
www.haverfordtownship.com.

Coming this Fall...

Environmental Club

Weekly sessions for students in grades 4-8 will stress environmental education and stewardship. Learn how to be a friend to "mother earth".

Birthday Parties

Celebrate your child's birthday or special event with a party at the Community Center. You provide the party goers and we'll provide the fun. Theme parties- choose from sports, crafts, dance and more. Our party leaders will help you create memories to last a lifetime.

Family Nights

Wholesome family entertainment will include games, activities and food. We'll have something for everyone.

TGIF

We make Friday evenings fabulous for you and the kids. Participants ages 7-12 will enjoy a variety of indoor/outdoor activities at the Reserve and in the CREC, while parents enjoy time to themselves.



Check out our E- newsletter in August for more details.

Discount Tickets

Stop in the Recreation Department at 599 Glendale Rd. before you visit the theme parks this summer. Residents saved over \$20,000 last year by purchasing their tickets from us.

Location	Price	
Dorney Park	Adult (over 48") - \$35	Child (under 48") - \$25
Dutch Wonderland	General (3 and over) - \$30	
Great Adventure	Regular/Theme/Safari - \$33	
Hershey Park	Adult (Ages 9-54) - \$45.95	Child (Ages 3-8) - \$34
Morey's Pier	Waterpark(all day) - \$29, Rides \$41	Combo Adult \$43, Child \$35

Find a complete list of our amusement park tickets on our website: www.haverfordtownship.com/parks

Day Trips

New York Circle Line Cruise

Experience the grandeur of midtown and lower Manhattan on a two hour cruise. Witness magnificent views of the world's premier skyline and get a close up of the Statue of Liberty! Trip includes free time before and after the tour.

Date: September 22 Fee: \$94

Time: Departs Glendale Park at 7:30 arrives back at approximately 6:30pm.

Broadway Shows

We are looking into running trips to see the following shows: Wicked, Mary Poppins, and Lion King

The shows would be Wednesday matinees in late Fall or early Spring. If you are interested in going give us a call at 610-446-9397 or email recinfo@haverfordtownship.org

Radio City Christmas Show

Celebrate the holiday season with the world famous Rockettes at Radio City Music Hall in New York City. We are scheduling a weekday trip in early December. Check out our website or call the Recreation Department in July for details. www.haverfordtownship.com

Phillies vs Marlins

Price includes ticket and bus ride. Seats in Sec 243.

Date: Friday, July 1 Fee: \$44

Time: Bus leaves from Glendale Park at 5:30pm and returns after the game.

Phillies vs Giants

Price includes ticket and bus ride. Seats in Sec 243.

Date: Friday, July 20 Fee: \$54

Time: Bus leaves from Glendale Park at 5:30pm and returns after the game.



2012 Trip Registration Form

Trip Name _____ Trip Date _____ # in your party _____

Contact Name _____ Phone (D) _____

Address _____ City, State, Zip _____

Phone (W or cell) _____ Email _____ Amt _____ Check# _____

Fall Preview

The Fall HavaGood Times

will be available in September. A copy will be mailed to all homeowners.
The Times will also be available on our website September 14th.

LITTLE EXPLORERS



"Where we play, build, explore and have fun!"

This recreation preschool provides a warm and inviting atmosphere where children can be curious, active and creative. We'll explore the trails and outdoors at Haverford Reserve as well as Freedom Playground. Includes indoor and outdoor play, circle activities, stories and social skill building. **New location at the CREC*

Fall Session begins Sept 10.

Ages: 3-5 Times: 9-12:30pm (includes lunch time)
(with an Extended Day option)

Testimonial

Dear Lauren,

I am so grateful to have you in my children's lives. You have created a place where Riley and Cameron love to learn, explore, create, and play. You have given them the confidence to be themselves, the courage to speak their minds and the ability to find adventure in any situation. They will carry with them always the life lessons from Little Explorers.

The Fox Family

NEW!

Successfully Social

Social skills group focusing on fun, friendship, communication and play! Opportunities for supported social interactions with lots of success. We plan on offering this program at the CREC in the fall. Check our website for details in September. Questions email Hope Taylor-Scott at hscott@haverfordtownship.org.

Check our website for a complete list of Fall programming in September.

Fall Soccer

This clinic is a great way for the beginner to learn and have fun with soccer. Location: Community Park

Age: 4 Time: 12-12:50 (Sat)

Ages: 5&6 Time: 1-1:50am (Sat)

Fee: \$56- 6 weeks Dates: 9/8-10/20

Small Fry Soccer

Here's an opportunity for you and your little player to learn the game together. Location: Community Park

Ages: 3-4 with parent Fee: \$56- 6 weeks

Time: 2-2:50am or 3-3:50pm (Sat) Dates: 9/8-10/20



We combine skills clinic and intramural league play for both beginners and developing players.

Ages: 8-11 Location: Haverford Reserve

Time: 12:00-1:30pm (Sun) 6-7:15pm (Wed)

Dates: 9/8-10/21 Fee: \$85- 6 weeks

6th & 7th Grade Sports

Renew the rivalries from elementary school with your Middle School classmates.

Flag Football

We combine skills instruction and intramural league play. Location: Haverford Reserve

Grades: 6 and 7 Time: 3:15-4:45pm

Dates: 9/18-10/18 (T&Th) Fee: \$85

Field Hockey

Develop your skills with drill and small sided games.

Grades: 6 and 7 Time: 3:15-4:45pm Fee: \$85

Dates: 9/17-10/17 (M&W) Location: Hav Reserve

New Online Registration System

For your convenience the Haverford Township Recreation Department has implemented online registration for all summer activities. The benefits of the new system include:

- Easier online registration to save you time.
- More program information.
- Easy access to your family's program schedules.
- Better communication through text alerts and email.

Online registration begins Sunday, May 6 at 2pm. You need to set up an account to register online. If you have registered since January you already have an account. If you forget your account information see step 4 below.

We strongly recommend you create an account before Friday, May 4 and become familiar with the system. Even if you register in the office you need an account.

To create your account go to www.haverfordtownship.com/parks

If you have any questions please contact the office and we will be happy to help you. We will also have the staff on hand on **Wednesday and Thursday evenings** (May 2nd and 3rd) in the office from 6:30-8:30pm to assist you. Call 610-446-9397.

Creating your account is fairly simple.
Below are a few steps to assist you.

1. How do I create an account for my family?

Go to our website www.haverfordtownship.com/parks
Click the online registration button
Click the "create a account" button
Fill out your information
Save your information and add the next family member until each member of the family has an account.

2. How do I register for activities?

go to our website www.haverfordtownship.com/parks
Click the online registration button
Click "Activities" at the top of the page
Browse by activity name, ages or categories

3. How do I pay?

Choose the activity/activities you want.
Select the family member who will be participating.
Finish your checkout and pay by credit card.

4. What if I forgot my account information?

Go go to our website at www.haverfordtownship.com/parks
Click the online registration button
Click the "My Account Button"
If your password is incorrect or forgotten click "forgotten"
Enter your email address
Your temporary password will be emailed to you.

***In office registration begins Monday, May 7 at 8am.**

***Only Twp. Residents can register the first 10 days.**

Important!
You cannot register by mail-in or dropbox (except for trips).



PodLife. Be In It. Day 2011

Congratulations on the opening of the new Community Recreation & Environmental Center.



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