



Penn Trafford Area Recreation Commission

PENN TRAFFORD AREA RECREATION COMMISSION

Serving Penn Trafford School District Communities:
Penn Township, Manor Borough, Penn Borough, Trafford Borough

Penn Trafford
Fitness Center
*Get Fit,
Stay Fit!*

Fall

Activity Guide

SEPTEMBER-DECEMBER 2016

ACTIVITIES FOR ALL AGES Look Inside for: Dad & Daughter Night Out, Mother/Son Fiesta, Car Cruise, Chili Golf, Swim Instruction, Babies N Ballet, Tumble Time, Dodgeball, Basketball, T Birds T Ball, Cheerleading, Happy Feet Soccer, Deck Hockey, Intro to Rifle, Tennis, Volleyball, Aqua Zumba, Piano, Yoga, Zumba, Senior Stretch & Strength, Wine Tasting, & more!

Please find your PTARC Activity Guides inserted in your Penn Trafford Star!

The 2017 Winter/Spring Activity Guide will be delivered to your home during the week of December 26th

PENN TRAFFORD FITNESS CENTER- GET FIT, STAY FIT!

The Penn Trafford Area Recreation Commission is pleased to be partnering with the Penn Trafford School District to offer residents the use of the all New and Exciting Fitness and Exercise Facility at Penn Trafford High School! We, at PTARC, are proud to have the opportunity to provide public access to this state of the art facility on Tuesday and Thursday evenings from 6:00-9:00 pm. Work at your own pace, work out your own style. Pre-registration is required for access, renewable Fit passes may be purchased for \$15/month or \$40 for a 3 month pass, per person. Adults, age 18 and up; under 18 must be accompanied by an adult.

YOU'RE INVITED!

Come see the brand new, state of the art equipment and tour the facility on

Tuesday, September 6 from 6:00-9:00 pm.

Talk to a Certified Exercise Instructor and get your Fit On!

Learn how to become a member and the many benefits included.



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PTARC

Linda G. Bires, Recreation Director
Penn Township Municipal Building
2001 Municipal Court • Harrison City, PA 15636
724-744-2171 ext. 204 or 205
Office Hours: 9:00 am-4:00 pm, Monday - Friday

www.ptarc.org

www.facebook.com/ptprecreation

NEW! PTHS FITNESS CENTER CIRCUIT-CISE

Ages 18 & up

Improve strength & aerobic fitness while you burn lots of calories during this fast-paced interval workout. Challenge yourself as you move quickly from one circuit station to the next in this intense, yet suitable for all fitness levels, workout. Equipment provided, bring a water bottle and towel.

Instructor: Lorri Muhitch

Location: PTHS Fitness Center

Time: Tuesdays, 6:00-6:45 pm ages 6-17
6:45-7:30pm ages 18 & up

1st 6 Week Session:
September 20-October 25

2nd 6 Week Session:
November 1-December 13 (No class 12/6)

Fee: PTSD residents, \$34; Non-Residents, \$42.
No cost for PTARC Fitness Center members

SPECIAL EVENTS



MOTHER / SON FIESTA NIGHT

Ages 4-12

Moms (or "substitute Moms"), spend quality time with that special young man! Have some great fun at this "Fiesta Night" celebrating October themes and Spanish fun! Come join in the activities of Dodgeball, Fun caricatures and Penn Trafford's own Nicole Burtch playing some Spanish Games & crafts! Food catered by

Ski's and Nick's, Drinks provided.

Location: Penn Middle School cafeteria

Date: Friday, October 21- 6:00-8:00 pm

Fee: Penn Trafford School District Residents \$34/ couple, \$12/additional child, Non-Residents \$42/ couple, \$12/additional child

Limit: 100 participants

PENN TOWNSHIP FALL FESTIVAL CAR CRUISE & SHOW

SUNDAY • SEPTEMBER 18 • 2016 • 12PM TO 4PM

PENN TOWNSHIP MUNICIPAL PARK

MUSIC BY WLSW POWER 104.5 DJ GEORGE

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WWW.PTARC.ORG



Ho! Ho! Ho!

Letters from the North Pole

Pre-schoolers through age 8

Astonish your child with a letter from Santa Claus this Christmas season. Santa will not reveal exactly what the child will be receiving. Letters will be mailed during the week of December 5th.

Child's Name _____

Address _____

City _____ Zip _____

Daytime Phone _____ Gender _____

Teacher _____ Grade _____

Siblings _____

Pets Name & Species _____

Requested gifts _____

Behavioral improvements or compliments Santa may suggest _____

Parent/Adult Guardian Signature _____

Fee: \$5/letter

Registration Deadline: November 30, 2016

Penn Township

Fall Festival 2016

10th YEAR

Parade

Food Booths

Craft Booths

Car Cruise

Exhibitions

Entertainment

Zambelli Fireworks

CORN DOGS

September 18, 19, and 20, 2016

P.T. Municipal Park, Harrison City, PA

FUN

for the whole family!

Details at www.penntownshipfallfestival.com.

To sponsor a booth or volunteer call 724-744-2171.



DAD & DAUGHTER NIGHT OUT

Ages 4-12

Attention all Daddy's & Daddy's little girls! Get dressed up for dinner and dancing. Spend quality time with your Daddy or that special little lady and create cherished memories.

Location: Trafford Borough Manchester Room

Time: Friday, 6:30-8:30 pm

One Day: December 2, 2016

Fee: Penn Trafford School District Residents \$29/ couple (\$12/additional child), Non-Residents \$37/couple (\$12/additional child)

Limit: 100 participants

Registration Deadline: Tuesday, November 29th



FRIENDS OF PTARC WINE TASTING EXTRAVAGANZA

Ages 21 & up

Sample award winning wines with complimenting hors d'oeuvres and decadent desserts. Catered by Manor Grille

Location: Trafford Manchester Room

Time: Saturday, November 5, 2016, 7:00-9:00 pm

\$29 per person, age 21 and up

Call 724-744-2171 ext. 205 for information and tickets

CHILI GOLF CLASSIC **Ages 12 & up**

Warm-up your clubs and your belly at PTARC's Chili Golf Classic! The season is winding down, and it might be a long winter, so let's push it a little and play a fun scramble in rain, snow (Geesh, let's hope not!) or shine! Your fee includes 18 holes of golf, shotgun start, cart, scramble rules, prizes, hole contests, chili, hot dogs & beverages for fun and exercise!

Location: The Club at Blackthorne

Time: Saturday, 10:00 am-3:00 pm

Day: September 24, 2016

Fee: \$55 per golfer, \$190 per foursome

Limit: 56 golfers **Tee Sponsorships:** \$50 each

Registration Deadline: September 13, 2016

SPOOK-TACULAR SCAVENGER HUNT **Ages 21 & up**

A fun-filled team of "scavengers" take to the streets of Penn Trafford area with a list of places to find and take pictures of your team to submit for judging. Teams have 2 hours to be as creative as they can while chasing down as many points as possible. Begin at Johnny's Wife's Place II at 7:00 p.m. for rules and directions. Return to Johnny's Wife's Place II by 9:15 pm for prizes. One drink ticket included in price. Need to have a designated driver/car and a smart device to submit the fun photos for judging and scoring. Perfect night for date night, double date, ladies night, friend night!

WEAR YOUR HALLOWEEN COSTUME FOR EXTRA POINTS!

Location: Kickoff at Johnny's Wife's Place II (Tropiana Plaza)

Time: Saturday, October 15, 7:00-10:00 p.m.

Fee: Penn Trafford School District Residents \$80 per foursome, \$25 per individual

Register by: October 7



AQUATICS

SEMI-PRIVATE SWIM **Ages 4 & up**

Participants will receive instruction where most needed as determined by the parent/student and Water Safety Instructor. Limited space is available. 4, one-half hour lessons will be scheduled per student.

Instructors: Water Safety Instructor Staff

Location: Penn Trafford High School Pool

Saturday

12:30-1:00 pm Pre-Swim ages 4-5

1:00-1:30 pm Pre-Swim ages 4-5

1:30-2:00 pm Beginners ages 6 and up

2:00-2:30 pm Beginners ages 6 and up

2:30-3:00 pm Advanced Beginners, Intermediates, Swimmers, ages 6 and up, for those who have passed beginner level

3:00-4:00 pm Babies with parents

4:00-5:00 pm Babies with parents

4 Weeks: October 15, 22, 29, Nov 5, 2016

Fee: Penn Trafford School District Residents \$75, Non-residents \$83. Additional \$15 per lesson rescheduling fee for missed class make-up.

Limit: 6 students per instructor

MULTI-GENERATIONAL ACTIVITIES

CROCHET **Ages 8 & up**

Pick one or BOTH of these fun classes! It's easy, anyone can learn! All supplies provided.

Instructor: Patty Yurko

Location: Sunrise Elem Library

Time: Wednesdays, 6:00-8:00 pm

CROCHET A SCRUBBY

Learn to make this cute kitchen essential

One Day: November 30

Fee: Penn Trafford School District Residents \$7

CROCHET A BABY BLANKET

Make and keep, or make to be donated to local hospitals for the newborns!

2 Day Session: December 7 & December 14

Fee: Penn Trafford School District Residents \$12

COLORING CLASS **Ages 18 & up**

Coloring isn't just for kids! It can also help improve concentration and stress levels. Bring your colored pencils and get ready to have some fun! The first 40 participants will receive a free coloring book and colored pencils.

Instructor: Coordinator on site

Location: Harrison Park Elementary Library

Time: Thursdays, 6:30-7:30 pm

4 Week Session: September 8-29

Fee: Penn Trafford School District Residents \$9, Non-Residents \$12

Limit: 20

NINJA STRENGTH & CONDITIONING **Ages 8 and up**

You will be trained on speed, agility, balance and strength using methods you may never have been exposed to. You will utilize all the gymnastic equipment such as bars, climbing ropes, balance beams etc. to enhance your core abilities, as well as keep it fun with relays, obstacle courses and conditioning games. Weekly challenges. Come see what it's all about!

Instructors: Alison Biondi's Gymnastic instructors

Location: Alison Biondi's Gymnastic Facility

Time: Wednesday, 5:00-6:00 pm

6 Week Session: September 7th-October 12th

Fee: Penn Trafford School District Residents \$49, Non-Residents \$57

Limit: 12

PLANETARIUM SHOW **All ages**

Come see the major constellations in the winter sky, meet the characters that make these constellations and hear the myths on how they got there. Join us as we fly through the solar system. Which planet is your favorite? Let us know so we can stop by. To conclude the show, you will be amazed by our full dome theater. You will learn about ancient astronomers and why two small pieces of glass changed astronomy.

Instructor: Jennifer Bilott

Location: Hempfield Area High School

Date: One day, Tuesday, September 27

Time: 5:00-6:00 pm

Fee: \$9 per PTSD Resident, \$12 non resident. Children, 10 and under, FREE

Pre-registration required.



ZENTANGLE ART **Ages 10 & up**

Zentangle is a start from scratch, easy to learn, relaxing, fun way to create beautiful images by drawing structured patterns. Turn stick figures into abstract art, no talent required! Art kit included.

Instructor: Paulette Harvey

Location: Sunrise Elem Library

Time: Mondays, 6:00-7:30

4 Week Session: October 24-November 21 (no class 10/31)

Fee: Penn Trafford School District Residents \$39, Non-Residents \$47

Limit: Minimum 5 participants

PRE-SCHOOL ACTIVITIES

Childhood obesity rates have been steadily increasing in the United States partly due to sedentary behavior attributed to increasing screen time. According to a new 10 year study, children who lived close to parks and recreation facilities have a lower Body Mass Index at the age of 18 than their counterparts who do not live close to parks and recreation facilities.

BABIES 'N BALLET

Ages 2-4

Learn basic steps and ballet positions. Class will introduce ballet to help develop balance, timing and creative expression. Wear leotard or shorts & t-shirt & ballet slippers.

Instructor:

Mariah Thoma

Location: PT

Ambulance

Time:

Monday, 5:30-6:00 pm

1st 6 Week Session:

Sept 19-Oct 24

2nd 6 Week

Session: November

7-December 12

Fee: Penn Trafford

School District Residents

\$34, Non-Residents \$42

Limit: 12 participants/session



BEGINNING YOG-A-LLET

Ages 2 & Up

Start your tiny dancer in a fun movement class combining Ballet and Yoga. Learn ballet positions and steps, yoga poses for stretching and balance and a short routine.

Instructor: Maggie Black

Location: Penn Township Municipal Bldg

1st 6 Week Session: September 7-October 12

Time: Wednesday, 10:30-11:00 am (ages 2-4) OR

11:00-11:30 am (ages 4 & up)

2nd 6 Week Session: October 13-November 17

Time: Thursday, 10:30-11:00 am ages 2-4 OR

11:00-11:30 am ages 4 & up

Fee: Penn Trafford School District Residents \$29,

Non-Residents \$37

Limit: 12 participants

TINY TAPPERS

Ages 3-5

Beginning tap class with emphasis on recognizing rhythm and musical patterns, strengthening motor development and taking turns. Elementary choreography introduced with fun and age appropriate music. Please wear hard soled or tap shoes and comfortable clothes.

Instructor: Mariah Thoma

Location: PT Ambulance

Time: Monday, 6:00-6:30 pm

1st 6 Week Session: September 19-October 24

2nd 6 Week Session: November 7-December 12

Fee: Penn Trafford School District Residents \$34,

Non-Residents \$42

Limit: 10 participants

TUMBLE TIME

Ages 3-6

Develop balance and tumbling skills. Group activities work on gross motor skills and teamwork while having fun! Wear comfortable clothes.

Instructor: Mariah Thoma

Location: PT Ambulance

Time: Thursdays, Ages 3-4- 5:30-6:00 pm OR

Ages 5-6 - 6:00-6:30 pm

1st 6 Week Session: September 22-October 27

2nd 6 Week Session: November 3-December 15

(No class 11/24)

Fee: Penn Trafford School District Residents \$34,

Non-Residents \$42

Limit: 12 participants per session



T BIRDS T BALL

Ages 3-4

ROOKIE LEAGUE BASEBALL

Ages 5-7

In this fun, highly instructional introduction to baseball for boys and girls, players learn the basics of throwing, catching, fielding, batting, and base running and then apply what they have learned in fun, non-competitive games. Bring a glove. Fee includes t-shirt & hat.

Instructor: Jump Start Sports

Location: Level Green Ball fields

Time: Thursday, 5:30-6:30pm ages 3-4

6:30-7:30 pm ages 5-7

5 Week Session: September 8-October 6

Fee: Penn Trafford School District Residents \$64,

Non-Residents \$72

Limit: 50 participants

LITTLE HOOP STARS BASKETBALL

Ages 4-8

Instructional and recreational basketball program where players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program.

Instructor: Jump Start Sports Coaches

Location: Level Green Elementary

Time: Monday, Little Hoop Stars - ages 4-6, 6:00-

7:00 pm; Hoop Stars - ages 6-8, 7:00-8:00 pm

6 Week Session: September 12-October 24

(No class 10/10)

Fee: Penn-Trafford School District Residents \$64,

Non-Residents \$72

Limit: 30 participants



HAPPY FEET SOCCER

Ages 3-5

Storytime with a soccer ball. An introduction to soccer through developmentally and age appropriate curriculum full of songs, games and nursery rhymes. Fun weekly activity committed to forming healthy exercise habits through soccer. Children will gain coordination and master soccer skills. This is a fun, unique, approach to soccer familiarity yet far from direct soccer instruction! However your child is guaranteed to have a blast!. Equipment provided.

Instructor: Happy Feet Coaches

Location: Level Green Elem Multi-Purpose Room

Time: Tuesday, Age 3 - 5:30-6:00 pm

Age 4-5 - 6:00-6:30 pm

6 Week Session: October 18-November 29

(no class 11/8)

Fee: Penn Trafford School District Residents \$54,

Non-residents \$62

Limit: 12 participants

PINT-SIZE POM POMS

Ages 4-6

This energetic class will teach basic cheer & dance moves with pom poms, also learn beginner jumps & gymnastics moves. Wear shorts, athletic shoes and pull back long hair. Bring pom poms.

Instructor: Alison Biondi's Gymnastic Instructor

Location: Alison Biondi's Gymnastic Facility

Time: Thursday, 5:00-6:00 pm

1st 6 Week Session: September 22-October 27

OR

2nd 6 Week Session: November 3-December 15

(No class 11/24)

Fee: Penn Trafford School District Residents \$34,

Non-Residents \$42

Limit: 12 participants/session

JR. OLYMPIAN KARATE FITNESS

Age 4-6

Have fun, hone motor skills, develop proper stretching techniques, physically strengthen muscles, and develop full body coordination in this fun karate program.

Instructor: Dustin Baldis, PSKC Certified

Location: PA Shotokan Karate Club

129 Murrysville Road, Level Green

4 Week Session: Tuesdays, September 6- 27

Time: 4:45-5:15 pm

Fee: Penn-Trafford School District Residents \$39,

Non-Residents \$47

Limit: 15 participants

PTARC Meetings

The Penn Trafford Area Recreation Commission meets the first Monday of each month at 4:00 pm in the Penn Trafford High School. Meetings are open to the public. All are welcome!

YOUTH AND TEEN ACTIVITIES

A new study published in The Archives of Pediatrics & Adolescent Medicine confirms that the more exercise a child gets, the more success he or she has in the classroom!

DECK HOCKEY Ages 4-11

Have a blast learning hockey fundamentals. Learn forehand and backhand passing, trapping, stick handling, shooting, defending and goal keeping. Play fun, low-competition games to learn team concepts. No equipment necessary. Fee includes t-shirt.

Instructor: Jump Start Sports

Location: Penn Township Municipal Park

Time: Tuesday, 5:30-6:30pm 4-6 yr
6:30-7:30pm 7-11 yr

6 Week Session: September 6-October 11

Fee: Penn Trafford School District Residents \$64, Non-Residents \$72

Limit: 50 participants

TENNIS Ages 5 & up

Beginning class for players who need to learn the four basic strokes and proper stance, grip and position. Intermediate class for players who wish to refine their strokes while adding pace, spin and control to shots. Please bring your own racquet.

Instructor: Tom Merchant

Location: Penn Township Municipal Park Tennis Courts

Time: Tuesday, 5:30-6:15 pm Munchkin Age 5-8
6:30-7:30 pm Intermediate Ages 9 & up

4 Weeks: September 13-October 4

Time: Thursday, 5:15-6:15 pm Beginner Age 9 & up
6:30-7:30 pm Semi-Private

4 Weeks: September 15-October 6

Fee: Penn-Trafford School District Residents Age 5-8 \$39, Ages 9 & up \$49, Non-Residents Age 5-8 \$47, Ages 9 & up \$57

Limit: 12 participants/class

FIGHT LIKE A GIRL Ages 10 & up

Think smarter and have the necessary skills and awareness to keep out of dangerous personal situations and to get away from an attacker.

Instructor: Cassandra Kintigh

Location: PT Ambulance

Time: Saturday 10:00 am -12:00 Noon

One day session: October 1

Fee: Penn Trafford School District Residents \$9, Non-Residents \$17

Limit: 20 participants

INTRO TO RIFLE TEAM Ages 12-16

A beginner's course on rifle shooting. Participants will learn proper safety and techniques when handling firearms as well as skills to hone marksmanship. This course will prepare those wishing to shoot for the PT Warrior Rifle Team. Ammo and rifle provided.

Instructor: Kevin Keller

Location: Trafford Sportsmen's Club

Time: Thursday, 6:00-8:00 pm

4 Week Session: October 27 - November 17

Fee: Penn Trafford School District Residents, \$54, Non-Residents, \$62

Limit: 12 participants

BEGINNER PIANO Ages 6-13

Learn the basics of piano alongside other friends. Participants will learn the notes, how to read music and songs. Keyboards provided!

Instructor: Zach Rowling

Location: Main Street Music

Time: Tuesdays, 5:30-6:30 pm

8 Week Session: September 13-November 1

Fee: Penn Trafford School District Residents \$59, Non-Residents \$67

Limit: 8 participants/session



TRAMPOLINE & FOAM PIT TUMBLING

Ages 5-10

This co-ed class will utilize in-ground trampolines, tumble tracks and foam pits. Great fun for beginners learning new tricks and the more experienced tumblers to perfect their skills.

Instructors: Alison Biondi's Gymnastic Instructors

Location: Alison Biondi's Gymnastic Facility

Time: Tuesday, 5:30-6:30 pm

6 Week Session: September 13-October 18

Fee: Penn Trafford School District Residents \$39 per session, Non-Residents \$47

Limit: 20 participants

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Export, PA 15632 in Penn Township
Website: denmarkmanorchurch.org

Rev. Meredith Hutchison, Pastor

Church Office: 724-744-4218
• Email us at: DenmarkManorUCC@outlook.com

Find us on Facebook

Sunday Worship
• Sept.-May
11 AM
• June-August
10 AM



RECREATIONAL DODGEBALL

Ages 8-12

Did you know that Dodgeball is one of the most popular kids sport out there? Dodgeball is a good overall workout. Avoiding the ball improves leg and arm strength, hand/eye coordination and gives kids a good cardio workout while having a ton of fun!

Instructor: Robbie McConnell

Location: Penn Middle School Aux Gym

Time: Thursday, 6:30-7:30 pm

8 Week Session: September 29 - November 17

Fee: Penn Trafford School District Residents \$34, Non-Residents \$42

Limit: 20 participants



YOUTH INTRO TO GUITAR

Ages 6-14

Students will learn the basics of guitar, how to read music, basic chords and improvisation. By the end of class, students will have the foundation necessary to be able to play songs and jam with friends. Bring acoustic or electric guitar.

Instructor: Dante Romito or Drew Bentley

Location: Main Street Music, 327 Main St, Irwin

Time: Monday, 7:00-8:00 pm

6 Week Session: October 3 - November 7

Fee: Penn Trafford School District Residents \$44, Non-Residents \$52

Limit: 8 participants per session

SAFE SITTER

Ages 11-14

Safe Sitter is a hands-on program teaching life-saving skills so you can be safe if you're home alone or watching younger children. You'll play fun games and do some role-playing exercises, you even get to use manikins to practice choking rescue! Beginner CPR/First Aid instruction taught.

Instructor: PT Ambulance EMT's

Location: Penn Township Ambulance

Time: Saturday, 9:30am-3:30pm

One day session: October 15

Fee: Penn Trafford School District Residents: \$69, Non-Resident \$77

Limit: 10 participants

STRANGER DANGER - CHILD SAFETY MARTIAL ART PROGRAM

Ages 6-12

RESPECT, DISCIPLINE, CONFIDENCE, EXERCISE. Learn the skills of martial arts to give your children the confidence to make the right choices. This program is intended to help children deal with today's problems and peer pressures, while also using the latest updated techniques to deal with strangers. Certified Instructors from C.S. Kim Karate

Location: McCullough Elem Multi-Purpose

Time: Monday & Thursdays, 6:30-7:30 pm

6 Week Session: Sept 26 - November 7 (no class 10/10)

Fee: \$72, PTSD Residents, includes full uniform, \$80, Non Residents

HIP HOP

Ages 6-12

This class is for students who are just starting out or have minimal experience in hip hop. You will learn various hip hop moves in a fun-filled and vibrant class environment. This is an upbeat and high energy class-so get ready to do some "funky foot work"!

Instructor: Mariah Thoma

Time: Thursday, 6:00-6:45 pm

1st 6 Week Session: September 22 - October 27

2nd 6 Week Session: Nov 3 - Dec 15 (No class 11/24)

Location: PT Ambulance

Fee: Penn Trafford School District Residents \$34, Non-Residents \$42

Limit: 12 participants/session

INTRO TO VOLLEYBALL

Ages 6-12, grades 1-6

Children in grades 1-6 will have a blast learning about the game of volleyball. Players are coached at their level and play fun, low competition games each week. Players will learn the basic fundamentals of passing, setting, hitting, and positions on the court, while in a fun, energetic, and learning environment. Free T-shirt!

Instructor: Jump Start Sports

Location: Harrison Park Elem Multipurpose room

Time: Wednesday, 6:00-7:00 pm, grades 1-3

7:00-8:00 grades 4-6

6 Week Session: September 21 - October 26

Fee: Penn Trafford School District Residents \$64 Non Resident \$72

Limit: 20 participants

Youth are valuable resources in which to be invested. Parks and recreation programs foster youth development in autonomy, identity, social relationships, conflict resolution, academics, mental health and civic engagement.



Jeff Brady, Agent

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sophomore at Westmoreland County Community College. Mariah has been dancing for 15 years, and continues her studies at Extreme Dance Center. She has been a local dance instructor for the past 4 years and has assisted Aubrey Frye with PTARC classes and programs. She is very excited to be a part of PTARC and can't wait to get started!

PTARC would like to say a special "thank you" to Aubrey Frye for her many years of teaching with Preschool and Teen programs and best of luck as she continues her studies at Slippery Rock University.

We at PTARC are happy to introduce **Mariah Thoma**. She is 20 years old, graduated from Hempfield Area Senior High School in 2015 and is currently a

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No News is Good News

After registering plan on attending! You will be contacted before the class begins only if there is a change or problem.

ADULT ACTIVITIES

Research has found that only 25% of Americans engage in the recommended levels of physical activity. Sedentary lifestyles are contributing to increasing obesity rates. The Centers for Disease Control and Prevention has proposed to increase the number of parks and recreation facilities. The benefits include improving strength, endurance and mental well-being.

SHAPE AND SHRED *Ages 18 & up*

Looking to shape up those bi's and tri's? Want to produce stronger calves and flatter abs? If you said yes, then "Shape and Shred" is the place to be! This workout is for everyone! Not one muscle group will be forgotten as we work towards a new and improved you through the use of weights, mats, bands, balls, and other fun props in ways you've never imagined! Most equipment provided, bring 2lb. and 5lb. weights.

Instructor: Lorri Muhitch

Location: Level Green Elementary School Multi-purpose rm

Time: Thursdays, 6:30-7:30 pm

1st 6 Week Session: September 22-October 27

2nd 6 Week Session: Nov 10-Dec 22 (No class 11/24)

Fee: Penn Trafford School District Residents \$34, Non-Residents \$42

Limit: 20 participants per session

STOP SUFFERING WITH DIGESTION, ELIMINATION & HORMONAL CONDITIONS

Ages 18 & up

Stop acid-reflux, bloating, stomach pain, stomach ulcer, heart burn, GERD, and cramps. Stop constipation, diarrhea, IBS, colitis, Crohn's disease, hormonal imbalance, weight gain, less muscle mass, low libido, fatigue, anxiety, irritability, depression, and insomnia.

Instructor: Dr. Lynn Webb, Chiropractor-Nutritionist, Enzyme Specialist

Location: Advanced Chiropractic & Nutrition Health Solutions-4018 Route 130, Irwin.

Time: Tuesdays, 7:00-8:00 pm

4 Week Session: September 6, 13, 30, 27

Fee: \$12/person

Limit: 10 participants

KNITTING *Ages 18 & up*

Complete a small project by the end of the program. Yarn and project provided. Please bring size 8 straight knitting needles and a bag to carry supplies.

Instructor: Marcy Burgert

Location: Chris and Kadi's Country Corner 409 Main Street, Irwin

Time: Tuesday, 11:00am-12:00 noon

6 Weeks: October 11-November 15

Fee: Penn Trafford School District Residents \$49, Non-Residents \$57

Limit: 10 participants

OVERDRIVE *Ages 15 & up*

This class is designed for all levels of fitness. Interval training that includes slow, muscle building moves and bursts of cardio to burn off the fat. Bring a mat, 3-8 lb. weights and a resistance band.

Instructor: Stacia Vallo-Martucci

Location: Sunrise Elem Multi-purpose Room

Time: Tuesday, 6:45-7:30 pm

1st 6 Week Session: Sept 13-Oct 25 (No class 10/11)

2nd 6 Week Session: Nov 1-Dec 13 (No class 11/8)

Fee: Penn Trafford School District Residents \$29, Non-Residents \$37

Limit: 30 participants per session

CRUNCH CLUB *Ages 15 & up*

Improve core strength while focusing on your abs and stomach. Bring a mat and a 3-5 lb. weight (just 1).

Instructor: Stacia Vallo-Martucci

Location: Sunrise Elem Multi-purpose Room

Time: Thursdays, 6:15-6:45 pm

1st 6 Week Session: Sept 15-Oct 27 (No class 10/13)

2nd 6 Week Session: Nov 3-Dec 15 (No class 11/24)

Fee: PTSD Residents, \$24, Non Res \$32

Limit: 30 participants per session



FUSION SCULPT *Ages 15 & up*

Burn calories as you flow through a variety of exercises to sculpt and tone your body into shape. This class is low-med impact. Bring a mat, 3-8 lbs. weights and resistance band.

Instructor: Stacia Vallo-Martucci

Location: Sunrise Elem Multi-purpose room

Time: Thursday, 6:45-7:30 pm

1st 6 Week Session: Sept 15-Oct 27 (No class 10/13)

2nd 6 Week Session: Nov 3-Dec 15 (No class 11/24)

Fee: Penn Trafford School District Residents \$29, Non-Residents \$37

Limit: 30 participants per session



AB ATTACK *Ages 15 & up*

This class focuses solely on your core and will target the abs from every single angle. Bring a mat and a 3-5 lb. weight (just 1)

Instructor: Stacia Vallo-Martucci

Location: Sunrise Elem. Multi-purpose Room

Time: Tuesday, 6:15-6:45 pm

1st 6 Week Session: Sept 13-Oct 25 (No class 10/11)

2nd 6 Week Session: Nov 1-Dec 13 (No class 11/8)

Fee: Penn Trafford School District Residents \$24, Non-Residents \$32

Limit: 30 participants per session

FLEX PASS FOR FALL EXERCISE CLASSES WITH STACIA!

Fall is always busy, so buy a FLEX PASS for ANY of Stacia's classes! Attend when it is convenient for you, either Tuesday or Thursday.

12 class Flex Pass-\$60

24 class Flex Pass-\$120

No online Registration: Must be purchased at the PTARC offices or by mailing a registration form.

Expires: December 31, 2016. Not good for Winter/Spring classes

AQUA ZUMBA *Ages 18 & up*

Splash your way into shape with an invigorating, low-impact aquatic exercise program.

Instructor: Kerri O'Brian

Location: Penn Trafford High School Pool

Time: Tuesday, 7:30-8:30 pm

8 Week Session: Oct.18-Dec 13 (No class 11/8)

Fee: Penn Trafford School District Residents \$44 Non-Residents \$52

Limit: 20 participants



PNC BANK

Kimberly W Connolly

Vice President Harrison City Branch

NMLS ID 572328

T 724-744-2141 F 724-744-3496

kimberly.connolly@pnc.com

Member of The PNC Financial Services Group

1066 Harrison City Export Road P4-P656-01-1

Jeannette Pennsylvania 15644

PTARC WANTS YOU!

If you have a special skill or talent and would be willing to share your passion with others contact PTARC at 724-744-2171 ext. 204 or 205 to discuss offering your program!

YOGA Ages 18 & up

Sun salutations and creative flow sequences are emphasized in this challenging yoga class linking your breath and movement. Yoga will help to enhance your mind, body and spirit while creating a moving meditation in a relaxed and welcoming environment. Yoga increases strength and flexibility and relieves stress. Modifications to movements and positions are offered based upon ability. Bring water bottle and mat.

Instructor: Liz Farneth

Location: Penn Middle School Main Lobby

Time: Thursday, 6:30-7:30 pm

1st 5 Week Session: September 22-October 20

2nd 5 Week Session: Nov 3-Dec 8 (No class 11/24)

Time: Thursday, 6:30-7:30

Fee: Penn-Trafford School District Residents \$49, Non-Residents \$57

Limit: Minimum 5 participants

ADULT VOLLEYBALL Ages 18 & up

Pick up games for adults, men & women!

Instructor: Michele Rohrman

Location: Penn Middle School Auxiliary Gym

Time: Thursday, 9:00-11:00 pm

12 Week Session: Sept 15-Dec 8 (No class 11/24)

Fee: Penn Trafford School District Residents \$10, Non-Residents \$18

Limit: 20 participants

PIANO LESSONS Ages 14 & up

Learn the basics of piano alongside other adults. Participants will learn the keys, how to read music and songs. Keyboards provided!

Instructor: Matt Klumpp

Location: Main Street Music, 327 Main St, Irwin

Time: Monday, 12:30-1:30 pm

8 Week Session: September 12-October 31

Fee: Penn Trafford School District Residents \$59, Non-Residents \$67

Limit: 8 participants

ZUMBA! Ages 14 & up

Ready to party yourself into shape? Now you're thinkin' Zumba! It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party. For the beginner or intermediate, this class is fun fitness for everyone!

Location: Penn Township Ambulance

Instructor: Charlotte Hartman

Time: Tuesday, 6:30-7:30 pm

1st 8 Week Session: September 6-October 25 OR

2nd 8 Week Session: November 1-December 27

(No class 11/8)

Fee: Penn Trafford School District Residents \$34, Non-Residents \$42

Limit: 15 participants

WALK WITH PTARC 18 & up

Are you interested in walking for physical activity with the company of others? Come explore the beautiful parks of Penn Trafford and help us reach our goal of 500,000 steps. Walkers enjoy a new activity tip each week. A variety of paces will be offered and friendly encouragement by our very own Coach Amanda! T-shirt provided (so everyone can recognize the group while walking!).

Instructor: Amanda Webb

Location: Level Green Elementary Park, Bushy Run Park, Municipal Park

Time: Wednesday, 8:15-9:15 am

8 Week Session: September 7-October 26

Fee: PTSD Residents \$14, Non-Resident \$22

Limit: None! All are welcome!

MEN'S BASKETBALL Ages 18 & up

Pick-up basketball games for adults. Basketball will be cancelled when schools are closed.

Location: Penn Middle School Gym

Time: 9:00-11:00 pm

Tuesday-Thursday-October 4-December 1

Fee: Penn Trafford School District Residents \$10, Non-Residents \$18

SENIOR ACTIVITIES

Easy access to parks and open green spaces is reported to reduce mortality across one's lifespan. The lack of access accounts for approximately half of poverty-related mortality. In the least green areas, the poorest individuals die at two times the rate of the wealthiest individuals. The rate of death among the poorest is reduced to 1.43 times that of the wealthiest in the greenest areas.

**PILATES LITE** Ages 50 & up

An easier, gentler beginner class to help you learn how to gain core strength, accentuate your posture, improve your

balance and agility. Please bring a mat and water bottle.

Instructor: Midge Culig

Location: Penn Township Municipal Building

5 Week Sessions: Tuesdays, 9:00-10:00 am,

Oct 4 - Nov 1 OR Nov 15 - Dec 13 OR

5 Week Session: Thursdays, 9:00-10:00 am,

Oct 6 - Nov 3 OR Nov 10 - Dec 15 (No class 11/24)

Fee: Penn Trafford School District Residents \$29,

Non-Residents \$37 each session

Limit: 12 participants

FREE! SENIOR STRETCH & STRENGTH Ages 55 & up

Sponsored by Friends of PTARC

An easy, move at your own pace approach to improving flexibility & strength needed for daily living. Geared for

the novice, this program is for men & women. Seated and standing movements. Please bring 1-5 lb. hand weights and a water bottle. Get fit! Have fun! Make friends! Please bring 1-5 lb. hand weights, exercise mat and a water bottle.

Instructor: Midge Culig

Location: Penn Township Municipal Building Commissioners Room

Time: Wednesdays, 10:00-11:00 am

*please note, no class on Wednesday Sept 7

Fee: FREE!



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PLEASE REGISTER EARLY!

Waiting to register at the last minute may cause the program you would like to attend to be cancelled. We must decide whether to hold or cancel a program according to enrollment a few days before the program is scheduled to begin. Don't delay! Register today!

FRIENDS OF PENN TRAFFORD AREA RECREATION COMMISSION

Cultivating opportunities for enrichment of parks, recreation services & facilities for the people of the Penn Trafford community.

Who Are We? Friends of Penn Trafford Area Recreation Commission is a non-profit, tax-exempt Pennsylvania corporation created in order to provide funding for community organizations including the Penn Trafford Area Recreation Commission, to support community projects, recreational programs and activities and community development projects.

What Do We Do? Friends of PTARC's goal is to raise funds to renovate existing parks and recreation facilities in the Penn Trafford area and develop new parks and recreation facilities in the Penn Trafford area.

How Can You Help? Friends of PTARC is asking community-minded organizations and individuals to donate materials, labor, and/or their time to assist in the completion of these projects.

Why Should You Help? Parks and recreation facilities provide:

- Places for **families** to hold birthday parties, bridal and baby showers, graduation parties and anniversary celebrations.

- Facilities for parents and caregivers to take **pre-school children** for fun activities, outdoor exercise and early childhood education.
- Places for after-school activities, club meetings, fitness, nature and fun activities for **school-aged children**.
- Facilities for life-long learning, fitness and wellness activities for adults. Places for **seniors** to gather, socialize, participate in activities and exercise.

Public Meetings: Regular meetings of Friends of PTARC are held the second Wednesday of every other month at 6:30 pm in the Penn Township Municipal Building.

Board of Directors

Linda Novak, Chair
Michael Ginsburg,
Vice-Chair
Gail Follador, Treasurer

Lynne Bane

Joy Clontz

Linda G. Bires, Executive
Director

724-744-2171, ext. 205



PARK REHABILITATION & DEVELOPMENT

The Trust for Public Land conducted a study on the economic value of city park systems and found that parks can contribute to the value of residential properties immediately adjacent to a park by as much as a 20 percent marginal value!

Penn Township Municipal Park Phase I Development Completed, November 2014

Provided to you by a PTARC grant award of \$265,600 from the PA Department of Conservation & Natural Resources Community Conservation Partnerships Program, the Township of Penn, Penn Township Recreation, Friends of PTARC and local community contributors.

Dog Park

The new dog park has separate small breed and large breed areas

Pond Enlargement & Walking Trails

The newly enlarged pond with fish habitat and additional walking trails are now open! The park is open from dawn to dusk. Enjoy!



PHASE II \$211,000 Awarded 2014 Completed September 2016!

In November of 2014, PTARC was awarded \$211,000 from the PA Department of Conservation & Natural Resources Community Conservation Partnerships Program, and with a matching amount from the Township of Penn, Penn Township Recreation and local community contributors for a total project cost of \$492,000!

Penn Township Municipal Park



New Playground

All new playground with areas for ages 2-5 and 5-12.

New Sport Court Area

Includes a new basketball court, new tennis court and new sand volleyball court in the expanded area of the Park!

COMMUNITY INFORMATION

MANOR BOROUGH EVENTS

Halloween Party: Sunday, October 23, 2016, 2:00 pm, Manor Borough Community Room

Trick or Treat: Monday, October 31, 6:00-8:00 pm

Holiday Celebration: Friday, December 16, 2016, 5:00 pm, Manor Borough Community Room

TRAFFORD BOROUGH EVENTS

Holiday Happenings: Saturday, December 3
HARRISON CITY AREA WOMAN'S CLUB

Craft Show: October 22th

Location: Colton Hall, Claridge
Crafts, food and share the wealth

Time: 9:00 - 2:00 pm

Crafters needed Info- presidenthcaw@gamil.com

TOYS FOR TOTS

Signups will be at Christian Life Church for the Penn Trafford area in November. If you sign up at the Christian

Life Church that is also where you will pick up your toys. For further information contact Louann Starr at 724-744-0427 in November.

PENN TRAFFORD BACKPACKS-TO-GO

This supplemental nutrition program provides a backpack filled with meals and snacks for the weekend to district children enrolled in the program, made possible through Coffee For A Cause at PTHS and donations from PT staff, community members, businesses, organizations and churches in the surrounding area. If you would like to make a monetary, gift card, food or backpack donation, please contact Lauren Traill at trailll@penntrafford.org or 724-744-2161 or Lisa Popovich at popovichl@penntrafford.org or 724-744-0302. If you feel that your child could benefit from receiving a backpack during the 2016-17 school year, please contact Mrs. Traill or Mrs. Popovich.

WESTMORELAND COUNTY PARKS & RECREATION ALLIANCE

"Partnering for a Brighter Future"

To unite and support area professionals and promote parks and recreation services in Westmoreland County through cooperation, networking, joint programming efforts and regional development. The Penn Trafford Area Recreation Commission is a member of the Westmoreland County Parks & Recreation Alliance.



DISCOUNT TICKET SALES

Why pay full price? Purchase tickets in advance at the Recreation Office and save money!

PITTSBURGH ZOO

Age 2 & up

\$12

Save \$4

Available all year!

SKI/SNOWBOARDING

SEVEN SPRINGS RESORT

Tickets on sale December 19, 2016 to March 27, 2017. Call PTARC at 724-744-2171 ext. 204 or 205 or visit www.ptarc.org after December 1 for detailed information. Cash, check, MasterCard, Visa or Discover only. Supplies limited. No refunds or exchanges.

PENN TRAFFORD AREA RECREATION COMMISSION

PTARC is a non-profit, intergovernmental agency serving the residents of the Penn-Trafford School District which includes the Boroughs of Manor, Penn & Trafford and the Township of Penn. Hempfield Area School District residents who live in Manor Borough pay the resident fee.

MISSION

To provide residents of the Penn-Trafford School District with the opportunity for life-long learning, fitness and fun through the implementation of wholesome, affordable recreation activities and the development of safe, appealing facilities.



MEMBERS

Randy Dreistadt, Chair; Larry Harrison, Vice Chair, Alexander Graziani, Treasurer

Penn Trafford School District: Dr. Matt Harris, Greg Capoccioni, Nick Petrucci, Stan Rudge

Penn Township: Larry Harrison, Tim Gwynn, Alex Graziani

Manor Borough: Jeremy Dixon, Joe Lapia

Penn Borough: Randy Dreistadt, Lisa Black

Trafford Borough: Casey Shoub, Rita Windsor

Staff

Linda G. Bires, Recreation Director

Sue Wilkie, Marilyn Rauso, Lorri Muhitch Assistants

www.ptarc.org

www.facebook.com/ptrecreation

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Individual Benefits

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Improves health and well-being

Reduces stress

Increases confidence and self-esteem

Community Benefits

Reduces crime

Keeps kids off the streets

Strengthens families

Increases community pride and volunteerism

Economic Benefits

Increases property values

Reduces health care costs

Increases productivity

Boosts tourism

Environmental Benefits

Preserves plants and wildlife

Controls air, water and soil quality

Provides accessible places to enjoy nature

Everyone benefits directly or indirectly! Yesterday's activities promote tomorrow's physical and mental wellness!

NOW ACCEPTING NEW PATIENTS

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Suite 2002, Penn Twp.
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