

Whitemarsh

RECREATOR



Fall 2020



**RECREATE
RESPONSIBLY
WITH W.T.P.R.**



Dear Whitemarsh Residents,

Thank you for remaining strong and steadfast for our community while we've all been dealing with the COVID-19 Pandemic. 2020 has flown by and we are quickly approaching the fall which is always a great time in Whitemarsh Township. I hope you all have enjoyed the beautiful summer weather and are excited to usher in the crisp air of autumn. We may be sad to see the end of the summer fun this year, but our Parks and Recreation Department has planned a busy and enjoyable fall season with programs for people of all ages and abilities to attend, while still remaining safe!



Our special events calendar may look a little different than usual due to COVID-19, but still has mini-events that the whole family will love. Join us for "Chalk It Up", a new chalk design competition being held in Miles Park this fall! On top of that, we can't forget all the exciting events surrounding the Halloween season! A new twist is being spun on our Annual "Teenie Halloweenie" being moved outside. This event for little ones will be on Tuesday, October 20th, with two sessions, one from 10:00am-12:00pm and one from 2:00pm-4:00pm at the Cedar Grove Barn. Come dressed in your costume for sessions filled with social distanced crafts, games, and treats! Our NEW Halloween event this fall will be the "Witches Hayride" at Cedar Grove Barn in late October. Take a hayride with your family and pay a visit to the ghastly Witch of Whitemarsh!

Glancing over at the recreational programs the Parks and Recreation Department is hosting this fall, you'll find something for residents of all ages and abilities. There is a NEW Fall Day Camp with a Learning Lab outdoors at Miles Park in September and October to assist families with childcare during this challenging school phase. In addition, be sure to check out the variety of fitness programs, youth sport lessons, toddler enrichment classes, adult programming, and even more that the Parks and Recreation Department has to offer. This fall has great options that includes NEW outdoor programs "Playground Buddies" for ages 3-5 (pg 13), Storytime for ages 6 weeks to 5 years (pg 13), Martial Arts in the Parks for ages 6-11 (pg 13), and Not Your Grandmother's Bingo for the whole family (pg 13).

The Department will continue to have Virtual Program offerings through the fall and into winter as the colder months approach. I encourage you to email (parkandrec@whitemarshwp.org) or call (610-828-7276) the Parks and Recreation Department to sign up for their Eblasts which include not only program and activity updates but the NEW Virtual Engagement series' Staycation, Healthy Hub, and Nature's Touch. These resources, as well as our current Senior Scoop for our adult population and Take-Out-Tuesday's to support local businesses, will become staples of the Virtual line-up to educate and enrich the community.

Never forget if programs are not your passion, get out and enjoy a stroll or picnic in one of our beautiful community parks. From a hike through the nature of the Wells Street Open Space Trails to the bouncing ADA accessible children's playgrounds of Leeland Park & Koontz Park, there is a healthy adventure in our Parks and Recreation areas.

My fellow Supervisors and I wish you a safe and wonderful fall season and hope that you will take advantage of the many exciting opportunities and mini-events that the Parks and Recreation Department has to offer!

Sincerely,

Laura Boyle Nester

Laura Boyle Nester, Chair
Whitemarsh Township
Board of Supervisors





PARKS & RECREATION

DEPARTMENT INFORMATION

Administration Office

2391 Harts Lane
Lafayette Hill, PA 19444
(610) 828-7276
www.whitemarshparks.org

Office Hours

Monday - Friday
8:30am - 4:30pm

Administrative Staff

Tom Blomstrom
Director
TBlomstrom@whitemarshtwp.org

Jon Walker
Recreation Superintendent
JWalker@whitemarshtwp.org

Emily Labowitz
Program Coordinator
ELabowitz@whitemarshtwp.org

Mike Lannutti
Program Coordinator
MLannutti@whitemarshtwp.org

Jim McGuire
Facilities Manager
JMcGuire@Whitemarshtwp.org



WHITEMARSH TOWNSHIP

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Fran McCusker, Vice-Chair
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Whitemarsh RECREATOR



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4th Annual MLK Clothing Drive Fundraiser

Proceeds support the Colonial Neighborhood Council
and Whitemarsh Township Day



Collecting usable & wearable men's, women's, and children's clothing, shoes, accessories, belts, handbags, hats, scarves, ties, gloves, and other similar items.

Donations should be placed in standard 13-gallon kitchen trash bags, or any other drawstring garbage bags. No hangers, please!

Drop-Off Location: Cedar Grove Barn
100 Cedar Grove Road, Conshohocken, PA 19428

In-Person Drop-Off Dates & Times

Wednesday, January 13th: 8AM-2PM
Thursday, January 14th: 8AM-2PM
Friday, January 15th: 8AM-2PM
Saturday, January 16th: 8AM-12PM
Monday, January 18th: 8AM-2PM

Non-Staffed Drop-Off

At times that staff are not on-site, you are still able to drop bagged donations in the designated area under the overhang. Donation deadline is Thursday, January 21st at 8PM.

(610) 828-7276
www.whitemarshparks.org



By Phone: (610) 828-7276

Office hours are Mon - Fri
8:30am - 4:30pm

To register by phone, a credit card is needed. If you do not already have an online account, one will be created for you.

In Person: Koontz Park
2391 Harts Lane
Lafayette Hill, PA 19444

Office hours are Mon - Fri
8:30am - 4:30pm

Cash, checks, and credit cards are accepted in person. If you do not already have an online account, one will be created for you.

Online: Community Pass Website

To register online, a credit card is needed. If you do not already have an online account, one will be created for you. Once an account is created, you can register you and your family members for current and future programs & events.

<https://register.communitypass.net/whitemarsh/>

All major credit cards are accepted.



Cancelled Programs & Events

In the event of a cancellation, a full refund will be provided.

Refund Policy

Refunds must be requested a minimum of two weeks prior to the start of the program or event. All refunds have a \$5.00 processing fee that will be withheld from the original payment.

Questions? Comments? Suggestions?

Contact the Parks & Recreation Office at (610) 828-7276 or e-mail one of the Parks & Recreation Team Members Below!

Thomas Blomstrom, Director
TBlomstrom@whitemarshwp.org

Jon Walker, Recreation Superintendent
JWalker@whitemarshwp.org

Emily Labowitz, Program Coordinator
ELabowitz@whitemarshwp.org

Mike Lannutti, Program Coordinator
MLannutti@whitemarshwp.org

Jim McGuire, Facilities Manager
JMcGuire@whitemarshwp.org



Programming

Some programs have multiple sessions. Each session is independent of the last and you must register and pay for each session. Payments must be received before your registration is considered complete.

Prices, dates, times, locations, and class limits are subject to change. Although we do our best to avoid changes, some may occur due to unavoidable circumstances.

Registrations are accepted online, over the phone, and in person at our Parks & Recreation Administrative Office in Koontz Park, located at 2391 Harts Lane, Lafayette Hill, PA 19444.

We highly recommend that you sign up early, as many programs do fill quickly.

Age Requirements

Age qualification is determined by the age of the participant as of the first day of the program or class. Certain programs, classes, and events require a parent/guardian to attend and/or participate. If applicable, this requirement will be listed in the program's description.

Medical Information

Medical information is required for all program participants, and all information will be kept confidential. This includes, but is not limited to, allergies, learning disabilities, and other professional diagnoses. Please communicate any changes in medical information to us to help us make your experience safe and fun!

Inclement Weather

Cancellations and location changes are communicated in a number of ways. Please reference the Parks & Recreation Facebook Page (@Whitemarsh Parks) or website (www.whitemarshparks.org) for notices.

Cancellation & Refund Policy

Whitemarsh Township reserves the right to cancel any program. In the event a program is cancelled, a full refund will be issued. If you wish to cancel a registration for any reason, a minimum of two weeks from the start date of the program or class is required to receive a full refund. Refunds are not issued after the program or class start date. There is a \$5.00 processing fee on all refunds.

E-mail

Please be sure to use your most up-to-date e-mail address upon registering. Your e-mail will be used to receive receipts, notifications, and more. As a policy, we do not share e-mail addresses.

Photos

Smile! Photographs will be taken at most programs. Any photos taken could possibly be used in Township publications, websites, or other media. If you prefer not to be photographed, please let us know immediately.



WHITEMARSH TOWNSHIP



PARKS AND RECREATION

TEENIE HALLOWEENIE 2020

OCTOBER 20TH

10^{AM} - 12^{PM}

- OR -

2^{PM} - 4^{PM}

COME DRESSED IN COSTUME FOR A SPOOKTACULAR TIME!

100 CEDAR GROVE ROAD, CONSHOHOCKEN, PA 19428

\$5.00 PER-CHILD - AGES 2 THROUGH 6

PICK YOUR TIMESLOT. PRE-REGISTRATION IS REQUIRED.

PRE-REGISTRATION DEADLINE IS FRIDAY, OCT. 16TH

(610) 828-7276

WWW.WHITEMARSHPARKS.ORG

WHITEMARSH TOWNSHIP

PARKS & RECREATION



WITCH'S HAYRIDE

OCTOBER 27TH & 29TH

TAKE A HAYRIDE TO VISIT THE WITCH OF WHITEMARSH AT CEDAR GROVE PARK.

THE FRIENDLY WITCH OF WHITEMARSH WILL SHARE SOME HALLOWEEN STORIES & CANDY-CORNY JOKES, BEFORE SENDING YOU ON YOUR WAY WITH A SPECIAL TREAT!

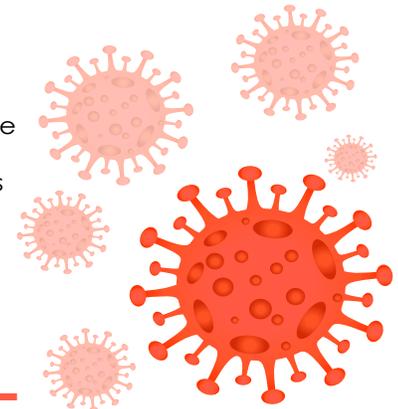
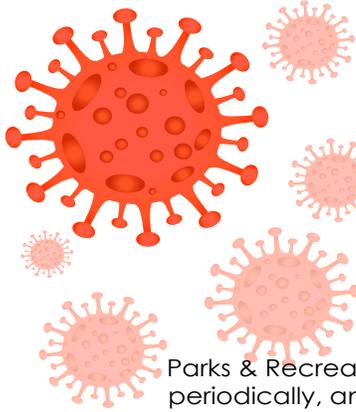
THIS HAYRIDE IS NOT A HAUNTED HAYRIDE, AND IS PERFECT FOR YOUNGER CHILDREN!
CHILDREN MUST BE ACCOMPANIED BY AN ADULT WHEN RIDING THE HAYWAGON.

PRE-REGISTRATION IS REQUIRED

30MIN TIMESLOTS | 5:30PM - 9:00PM | \$5 PER-PERSON

100 CEDAR GROVE ROAD, CONSHOHOCKEN, PA 19428

TO REGISTER, CALL OR VISIT | WWW.WHITEMARSHPARKS.ORG | (610) 828-7276



We hope that you and your family have remained safe & healthy during these extraordinary times. As you may be aware, many programs, activities, and special events are being cancelled throughout the county, region, and state due to the COVID-19 pandemic. Understandably, our department has been receiving questions regarding how COVID-19 will affect our camps, programs, and special events. To help answer some of the most common questions that we've been receiving from the community, Camp, Programs, & Parks COVID-19 Updates webpage was created. As new developments occur, this webpage will be kept up-to-date by the Parks & Recreation Department. Please continue to check back periodically, and be sure to follow us on Facebook at "WhitemarshParks" for additional news & information.

WWW.WHITEMARSHPARKS.ORG/COVIDUPDATES

Pre-Jazz/Hip Hop 1

Ages: 4-6 **Min/Max:** 3/8
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

This class provides an introduction to jazz technique, including warm-ups, across the floor focusing on traveling and timing, and center floor combinations in both jazz and hip hop.

SESSION	DAYS	DATES	TIMES
1	Monday	9/14-10/19	5:45pm - 6:15pm

Pre-Jazz/Hip Hop 2

Ages: 4-6 **Min/Max:** 3/8
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

This class provides an introduction to jazz technique, including warm-ups, across the floor focusing on traveling and timing, and center floor combinations in both jazz and hip hop.

SESSION	DAYS	DATES	TIMES
1	Tuesday	9/8-10/13	4:15pm - 4:45pm

Pre Jazz/Hip Hop 3

Ages: 4-6 **Min/Max:** 3/8
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

This class provides an introduction to jazz technique, including warm-ups, across the floor focusing on traveling and timing, and center floor combinations in both jazz and hip hop.

SESSION	DAYS	DATES	TIMES
1	Wednesday	9/9-10/14	4:45pm - 5:15pm

Beginner Jazz/Hip Hop 1

Ages: 6-8 **Min/Max:** 3/10
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

Dancers will participate in warm-ups, stretching & flexibility, introduction to turns, across the floor focusing on traveling, beats, and timing, and center floor combinations in both jazz and hip hop. Dancers will learn confidence while enjoying a fun and energetic class.

SESSION	DAYS	DATES	TIMES
1	Tuesday	9/8-10/13	5:45pm - 6:15pm

Beginner Jazz/Hip Hop 2

Ages: 6-8 **Min/Max:** 3/10
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

Dancers will participate in warm-ups, stretching & flexibility, introduction to turns, across the floor focusing on traveling, beats, and timing, and center floor combinations in both jazz and hip hop. Dancers will learn confidence while enjoying a fun and energetic class.

SESSION	DAYS	DATES	TIMES
1	Wednesday	9/9-10/14	4:00pm - 4:30pm

Beginner Jazz/Hip Hop 3

Ages: 6-8 **Min/Max:** 3/10
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

Dancers will participate in warm-ups, stretching & flexibility, introduction to turns, across the floor focusing on traveling, beats, and timing, and center floor combinations in both jazz and hip hop. Dancers will learn confidence while enjoying a fun and energetic class. **No class 9/17.**

SESSION	DAYS	DATES	TIMES
1	Thursday	9/10-10/22	4:00pm - 4:30pm



Intermediate Jazz/Hip Hop

Ages: 8-12 **Min/Max:** 3/10
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

Dancers will participate in warm-ups, stretching & strive for flexibility, will be introduced to more challenging turns, across the floor steps and combos, focusing on traveling, beats, and timing. Center floor combinations in both jazz and hip hop will be part of curriculum as well. Dancers will learn confidence while enjoying a fun and energetic class. **No class 9/17.**

SESSION	DAYS	DATES	TIMES
1	Thursday	9/10-10/22	4:45pm - 5:15pm

Advanced Jazz/Hip Hop 1

Ages: 9-13 **Min/Max:** 4/8
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

Dancers will be more challenged with advancing technique. Begin a higher level of turns, leaps and combinations. Along with intense stretching to focus on flexibility, dancers will also be encouraged to learn the charisma of performing.

SESSION	DAYS	DATES	TIMES
1	Wednesday	9/9-10/14	5:30pm - 6:15pm

Silly Slippers 1

Ages: 3-5 **Min/Max:** 3/6
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

Sing and dance to follow-the-words music, introducing different body movements, rhythm, and coordination. A great introduction to future dance classes!

SESSION	DAYS	DATES	TIMES
1	Monday	9/14-10/19	4:15pm - 4:45pm



Advanced Jazz/Hip Hop 2

Ages: 9-13 **Min/Max:** 4/10
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

Dancers will be more challenged with advancing technique. Begin a higher level of turns, leaps and combinations. Along with intense stretching to focus on flexibility, dancers will also be encouraged to learn the charisma of performing. **No class 9/17.**

SESSION	DAYS	DATES	TIMES
1	Thursday	9/10-10/22	5:30pm - 6:15pm



THERE WILL BE NO COSTUMES OR DANCE RECITAL DURING THE 2020 FALL SEASON.

Silly Slippers 2

Ages: 3-5 **Min/Max:** 3/6
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

Sing and dance to follow-the-words music, introducing different body movements, rhythm, and coordination. A great introduction to future dance classes!

SESSION	DAYS	DATES	TIMES
1	Tuesday	9/8-10/13	5:00pm - 5:30pm

Boys Hip Hop

Ages: 6-8 **Min/Max:** 3/8
Fee: \$60.00 Whitemarsh Res / \$70.00 Non-Res
Location: Miles Park Pavilion

This 30 minute class is a perfect way for the boys to let their energy out and learn how to move their feet! Some basic and funky steps and combinations will be introduced in a way that is fun for them and allow them to express themselves to music they like.

SESSION	DAYS	DATES	TIMES
1	Monday	9/14-10/19	5:00pm - 5:30pm



WHAT IS SOCIAL DISTANCING?

Social distancing means staying away from close contact in public spaces. It includes actions like staying out of places where lots of people gather and maintaining distance — approximately 6 feet — from others.

Social distancing also includes minimizing contact with people by avoiding public transportation when possible, limiting nonessential travel, working from home, and skipping social gatherings.

All Pennsylvanians should practice social distancing — not just those who are seriously ill or at high risk.

Social distancing is a proven way to slow the spread of pandemics.

Jump, Jive, & Jam: Jumping Frogs!

Ages: 18 mos-2 yrs **Min/Max:** 5/10
Fee: \$120.00 Whitemarsh Res / \$140.00 Non-Res
Location: Miles Park Concession Stand

Music and movement classes outdoors in nature are a blast! We dance, move, learn rhythms, pretend and have fun! Classes are socially distanced and families are encouraged to bring their own instruments and blanket. Masks are recommended for adults and children over 2. ***Age groupings are suggested, but not mandatory. If your child's age does not match the preferred class time, let us know and we can make exceptions.**

SESSION	DAYS	DATES	TIMES
1	Tuesday	9/22-10/27	9:30am - 10:15am

Miles Park Monday Fun Club

Ages: K-3rd Grade **Min/Max:** 2/10
Fee: \$60.00 - 3 classes
Location: Miles Park Concession Stand

Looking for extra care, or maybe just something exciting for your child to do after school? Fun Club is an after school program for kids in Kindergarten through 3rd grade from Whitemarsh Elementary. Each day will feature sports, games, crafts, and activities! **Children must provide their own transportation. No class on 9/28.**

SESSION	DAYS	DATES	TIMES
1	Monday	9/14-10/5	3:30pm - 6:00pm

Kids in Motion

Ages: 2-4 yrs **Min/Max:** 6/10
Fee: \$70.00 Whitemarsh Resident / \$80.00 Non-Resident
Location: Miles Park Concession Stand

Kids in Motion is a movement class for children ages 2-4 that focuses on motor skill development and socialization through music, dance, and games. Please dress comfortably and come prepared to move! **One parent/guardian is required to attend and participate in the course. This is an outdoor socially distant class.**

SESSION	DAYS	DATES	TIMES
1	Wednesday	9/9-10/14	10:00am - 10:45am

Jump, Jive, & Jam: Jiving Monkeys!

Ages: 0-18 mos **Min/Max:** 5/10
Fee: \$120.00 Whitemarsh Res / \$140.00 Non-Res
Location: Miles Park Concession Stand

Music and movement classes outdoors in nature are a blast! We dance, move, learn rhythms, pretend and have fun! Classes are socially distanced and families are encouraged to bring their own instruments and blanket. Masks are recommended for adults and children over 2. ***Age groupings are suggested, but not mandatory. If your child's age does not match the preferred class time, let us know and we can make exceptions.**

SESSION	DAYS	DATES	TIMES
1	Tuesday	9/22-10/27	10:30am - 11:15am

Miles Park Wednesday Fun Club

Ages: K-3rd Grade **Min/Max:** 2/10
Fee: \$120.00 - 6 classes
Location: Miles Park Concession Stand

Looking for extra care, or maybe just something exciting for your child to do after school? Fun Club is an after school program for kids in Kindergarten through 3rd grade from Whitemarsh Elementary. Each day will feature sports, games, crafts, and activities! **Children must provide their own transportation.**

SESSION	DAYS	DATES	TIMES
1	Wednesday	9/9-10/14	3:30pm - 6:00pm

Messy Masters

Ages: 2-4 yrs **Min/Max:** 6/10
Fee: \$70.00 Whitemarsh Resident / \$80.00 Non-Resident
Location: Cedar Grove Park

Join us for this hands-on, creative class where your children can come make a mess to their heart's content while engaging in sensory play! Each week will feature a different project such as making slime or play-doh, messy painting, or mad science experiments. We will provide smocks, but please come dressed for the mess! **One parent/guardian is required to attend and participate in the course. This is an outdoor socially distant class.**

SESSION	DAYS	DATES	TIMES
1	Tuesday	9/8-10/13	10:00am - 10:45am

Playground Buddies

Ages: 2+ **Min/Max:** 6/10
Fee: \$10.00 Whitemarsh Res / \$15.00 Non-Res
Location: Varies

Join other parents in our Playground Buddies program. Each week we will meet in one of our parks to allow for adults and kids to socialize. Whitemarsh staff will provide the snacks and location all you have to do is show up. This is a great opportunity to meet other parents in the area as well as to let your child socialize. Our parks and playground areas are the perfect location to socialize while keeping a social distance while your kids play.

SESSION	DAYS	DATES	TIMES
1	Fridays	9/18-10/23	10:00am - 11:00am

Parents Morning Out

Ages: 6-11 yrs **Min/Max:** 5/30
Fee: \$25.00 Whitemarsh Resident / \$30.00 Non-Resident
Location: Miles Park Pavilion

Kids, join us for a morning of games, crafts, free play and movies! Parents, grocery shop in peace, complete a workout without any interruptions, go down town for brunch with friends! Breakfast with juice or water is included as well as a snack closer to 11:00am. This is a great program for children to slowly integrate socializing with distancing policies. **You must register for each individual week separately. This is an outdoor program.**

SESSION	DAYS	DATES	TIMES
1	Saturday	9/12	8:00am - 12:00pm
2	Saturday	9/19	8:00am - 12:00pm
3	Saturday	9/26	8:00am - 12:00pm
4	Saturday	10/3	8:00am - 12:00pm
5	Saturday	10/10	8:00am - 12:00pm
6	Saturday	10/17	8:00am - 12:00pm

Not Your Grandmother's Bingo!

Ages: Any **Min/Max:** 5/30
Fee: \$5.00 per card - 30 available per round
Location: Miles Park Pavilion

Join us at Miles Park Pavilion for Not Your Grandmother's Bingo! This isn't a slow paced bingo where you wait for a letter and a number, it's a smash-up of easy trivia and bingo! Shout out the answers, mark them on your cards and win prizes! Take your chances by signing up for just one card, or rig your chances by buying others by calling the parks department. **Please bring a blanket or lawn chairs in case you are too late to get a picnic table!**

SESSION	DAYS	DATES	TIMES
1	Saturday	9/12	1:00pm - 2:30pm
2	Saturday	10/10	1:00pm - 2:30pm

Martial Arts in the Park

Ages: 5-11 **Min/Max:** 6/12
Fee: \$15.00 Whitemarsh Res / \$20.00 Non-Res
Location: Leeland Park

Looking for a fun way to get your child engaged and fit while having fun. Join us for our beginner martial arts with DeStolfo's Premier Martial Arts! In this course instructors are going to teach beginner martial arts classes that are guaranteed to be a lot of fun and educational. We know that for every block, punch or kick we teach, we can also teach your child the value of self-value, self-defense and self-discipline.

SESSION	DAYS	DATES	TIMES
1	Wednesday	9/16	5:00pm - 5:30pm
2	Wednesday	9/23	5:00pm - 5:30pm
3	Wednesday	9/30	5:00pm - 5:30pm
4	Wednesday	10/7	5:00pm - 5:30pm

Whitemarsh Story Time

Ages: 6 wks-5 yrs **Min/Max:** 5/10
Fee: \$5.00 Whitemarsh Resident / \$10.00 Non-Resident
Location: Cedar Grove Park

Using picture books, Whitemarsh Story Time introduces a new kind of adventure. A Whitemarsh Staff Member will dress up as the Cookie Monster and read two books. Each child will receive a cookie at the end of the class! **One parent/guardian is required to attend and participate in the course. This is an outdoor socially distant class.**

SESSION	DAYS	DATES	TIMES
1	Monday	9/14	10:00am - 10:30am
2	Monday	9/21	10:00am - 10:30am
3	Monday	9/28	10:00am - 10:30am
4	Monday	10/5	3:00pm - 3:30pm
5	Monday	10/12	3:00pm - 3:30pm
6	Monday	10/19	3:00pm - 3:30pm

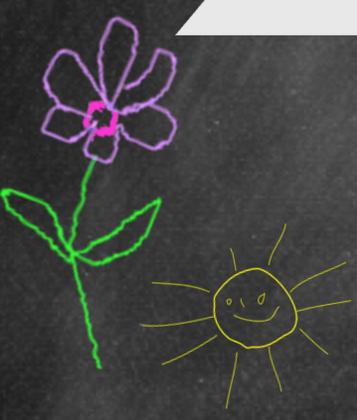
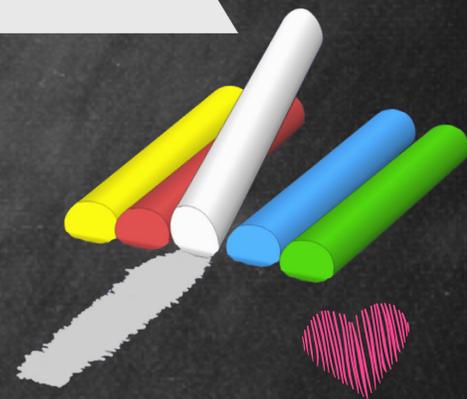
WEAR A CLOTH MASK **PRACTICE SOCIAL DISTANCING** **WASH HANDS OFTEN**



WHITEMARSH TOWNSHIP
CHALK IT UP
CONTEST

Saturday, October 17, 2020

Miles Park
Excercise Track
10AM-12PM



Join us for our first ever Chalk it Up Contest at Miles Park with your family and compete for a chance to win a trophy! Registration is \$10.00 a family. Pre-Registration is required.

Judging to take place at 12PM



www.whitemarshparks.org

610-828-7276



MOORE BROTHERS BASKETBALL PRESENTS



BASKETBALL CAMP AFTER SCHOOL

WEEK 1: SEPT. 14- 18 @ 4PM-6PM

WEEK 2: SEPT. 21-25 @ 4PM-6PM



MILES PARK, LAFAYETTE HILL, PA

BOY'S & GIRL'S AGES 6-13

Registration per week: \$150 for Residents

\$171 for Non-Residents

FOR MORE INFORMATION:

Register.comcommunitypass.net Or call 610-828-7276

Download our App: Moore Brothers





Little Kickers

Ages: 2-4 **Min/Max:** 6/12
Fee: \$50.00 Whitemarsh Res / \$58.00 Non-Res

Location: Miles Park Soccer Field

Join the Parks & Recreation Staff for a fun time on the soccer field. Participants will enjoy activities introducing them to the game of soccer through colors, shapes, numbers, and more! This program delivers education through activity as well as play. Please bring a water bottle each day. **PARENT PARTICIPATION IS REQUIRED. We will be practicing social distancing during this program and be very spaced out.**

SESSION	DAYS	DATES	TIMES
1	Fridays	9/18-10/23	10:00am - 10:30am
2	Wednesdays	9/16-10/21	4:00pm - 4:30pm

i9 Lacrosse Camp

Ages: 4-12 **Min/Max:** 10/20
Fee: \$100.00 Whitemarsh Res / \$125.00 Non-Res

Location: Miles Park Soccer Field

Our Lacrosse Camp is for children that are new to the game of Lacrosse and want to discover what the buzz is all about. Lacrosse participants will learn the fundamentals of the game through a variety of skills, drills, and games and activities. This is a non contact lacrosse camp, and the only required equipment is a lacrosse stick. We will provide all other lacrosse equipment needed for Camp. Participants will also receive an i9Sports Participant Shirt, snacks, trophy and end of week celebration. **Parents of non school-aged children are required to attend.**

SESSION	DAYS	DATES	TIMES
1	Mon-Fri	9/21-9/25	3:00pm - 5:00pm

i9 Cheerleading Camp

Ages: 4-12 **Min/Max:** 10/20
Fee: \$100.00 Whitemarsh Res / \$125.00 Non-Res

Location: Miles Park Soccer Field

Young athletes will learn all the essential skills in the i9 Sports cheerleading camp to guide the crowd to root for the home team. Each camper will learn cheers, proper hand and body movements, as well as jumping techniques. There is no stunting, but a big focus on fun. Each cheerleader learns important life skills such as team building and leadership. The week concludes with a performance demonstrating the skills learned. **Parents of non school-aged children are required to attend.**

SESSION	DAYS	DATES	TIMES
1	Mon-Fri	10/12-10/16	3:00pm - 5:00pm

i9 Track and Field Camp

Ages: 4-12 **Min/Max:** 10/20
Fee: \$100.00 Whitemarsh Res / \$125.00 Non-Res

Location: Miles Park Soccer Field

This camp will work on developing the techniques needed for success in track events(short & long distance, hurdles, field games, etc) and do so with age-appropriate instruction. On Friday, there will be a mini track meet with awards. **Parents of non school-aged children are required to attend.**

SESSION	DAYS	DATES	TIMES
1	Mon-Fri	9/14-9/18	3:00pm - 5:00pm

i9 Soccer Camp

Ages: 4-12 **Min/Max:** 10/20
Fee: \$100.00 Whitemarsh Res / \$125.00 Non-Res

Location: Miles Park Soccer Field

This camp will focus on learning new skills, game strategies, and good sportsmanship. Campers will participate in a variety of games and activities which will help them develop the fundamentals of the game of soccer, are great exercises, and are tons of fun! There will be daily practices and games each day which will incorporate and focus on the skills we worked on while practicing. **Parents of non school-aged children are required to attend.**

SESSION	DAYS	DATES	TIMES
1	Mon-Fri	9/28-10/2	3:00pm - 5:00pm

i9 Baseball Camp

Ages: 4-12 **Min/Max:** 10/20
Fee: \$100.00 Whitemarsh Res / \$125.00 Non-Res

Location: Miles Park - Lower Softball Field

i9 Sports baseball camp will help participants gain an understanding and appreciation for playing the game "the right way". The schematic curriculum teaches the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment by i9 Sports Certified Staff. All athletes, regardless of skill level, will learn new baseball skills along with valuable sportsmanship lessons such as respect, teamwork, and responsibility. **Parents of non school-aged children are required to attend.**

SESSION	DAYS	DATES	TIMES
1	Mon-Fri	10/5-10/9	3:00pm - 5:00pm

i9 Flag Football Camp

Ages: 4-12 **Min/Max:** 10/20
Fee: \$100.00 Whitemarsh Res / \$125.00 Non-Res

Location: Miles Park Soccer Field

Participants will learn the basics of football in a non-contact environment. Flag football is a great way to learn about the sport while remaining safe and having fun! **Parents of non school-aged children are required to attend.**

SESSION	DAYS	DATES	TIMES
1	Mon-Fri	10/19-10/23	3:00pm - 5:00pm



MASKS ARE MANDATORY IN ALL PUBLIC SPACES



Cardio, Strength, & Stretch Interval

Ages: 16+ **Min/Max:** 5/12
Session Fee: \$63.00 Whitemarsh Res / \$72.00 Non-Res
Location: Outdoors - Koontz Park - Basketball Court

A low impact cardio and total body strengthening interval workout that will fire up the cardiovascular system and strengthen the entire body. We will use light hand weights (1-4 lbs) and pilates mat-based strengthening exercises. Each class will end with a good stretch to elongate working muscles. It is strongly suggested that you refrain from eating at least one hour prior to class. Participants are required to bring their own equipment to class. **Recommended equipment includes: Light Hand Weights, Workout/Yoga Mat, Small Towel, Water, and Comfortable Clothing.**

SESSION	DAYS	DATES	TIMES
1	Mondays	9/14-10/19	8:00am - 9:00am

Functional Bootcamp (Virtual)

Ages: 16+ **Min/Max:** 5/25
Session Fee: \$70.00 Whitemarsh Res / \$80.00 Non-Res
Location: Virtual via Zoom

Whether you want to tone muscles, build muscles, flatten your stomach, lose weight, or lose inches, this bootcamp's combination of exercises will help you reach your goals quicker than traditional exercise and workout classes! The class will use varying physical activities such as calisthenics, plyometrics, kickboxing, core exercises, and resistance training.

SESSION	DAYS	DATES	TIMES
1	Mondays	11/2-12/14	5:30pm - 6:30pm

Functional Bootcamp (Outdoors)

Ages: 16+ **Min/Max:** 5/12
Session Fee: \$63.00 Whitemarsh Res / \$72.00 Non-Res
Location: Outdoors - Koontz Park - Basketball Court

Whether you want to tone muscles, build muscles, flatten your stomach, lose weight, or lose inches, this bootcamp's combination of exercises will help you reach your goals quicker than traditional exercise and workout classes! The class will use varying physical activities such as calisthenics, plyometrics, kickboxing, core exercises, and resistance training.

SESSION	DAYS	DATES	TIMES
1	Mondays	9/14-10/19	6:15pm - 7:15pm

Pilates (Virtual)

Ages: 16+ **Min/Max:** 5/25
Session Fee: \$70.00 Whitemarsh Res / \$80.00 Non-Res
Location: Virtual via Zoom

The "Pilates" method seeks to increase the strength, flexibility, and control of the body. It is a body conditioning routine that helps build strength, endurance, and coordination in the legs, abdominals, arms, and back. The six principles of Pilates are: concentration, control, center, flow, precision, and breathing. They are used to emphasize core strength and stabilization.

SESSION	DAYS	DATES	TIMES
1	Wednesdays	11/4-12/16	5:30pm - 6:30pm

YOU SHOULD CONSULT WITH YOUR PHYSICIAN BEFORE STARTING ANY NEW WORKOUT REGIMENT!



Pilates (Outdoors)

Ages: 16+ **Min/Max:** 5/12
Session Fee: \$63.00 Whitemarsh Res / \$72.00 Non-Res
Location: Outdoors - Koontz Park - Basketball Court

The "Pilates" method seeks to increase the strength, flexibility, and control of the body. It is a body conditioning routine that helps build strength, endurance, and coordination in the legs, abdominals, arms, and back. The six principles of Pilates are: concentration, control, center, flow, precision, and breathing. They are used to emphasize core strength and stabilization.

SESSION	DAYS	DATES	TIMES
1	Wednesdays	9/16-10/21	6:15pm - 7:15pm



Zumba (Outdoors)

Ages: 16+ **Min/Max:** 5/15
Class Fees: \$10.00 Per Class - Whitemarsh Residents & Non-Res
Location: Outdoors - Koontz Park - Basketball Court

Zumba is a fitness program that combines Latin and international music with calorie-torching dance moves. Zumba routines take the “work” out of workout and mix low-intensity and high-intensity moves for an interval-style dance party. Zumba® Fitness classes are often called “exercise in disguise”. Get a total body workout combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, and boosted energy! **No previous dance experience or equipment needed! A water bottle & comfortable clothing are recommended.**

SESSION	DAY	DATES	TIMES
1	Saturday	9/5	9:00am - 10:00am
2	Saturday	9/12	9:00am - 10:00am
3	Saturday	9/19	9:00am - 10:00am
4	Saturday	10/10	9:00am - 10:00am
5	Saturday	10/17	9:00am - 10:00am
6	Saturday	10/24	9:00am - 10:00am
7	Saturday	10/31	9:00am - 10:00am
8	Saturday	11/14	9:00am - 10:00am
9	Saturday	11/21	9:00am - 10:00am

#RecreateResponsibly

<p>KNOW BEFORE YOU GO</p>	<p>PLAN AHEAD</p>	<p>STAY CLOSE TO HOME</p>
<p>PRACTICE PHYSICAL DISTANCING</p>	<p>PLAY IT SAFE</p>	<p>LEAVE NO TRACE</p>

Gentle Flow Yoga (AM)

Ages: 16+ **Min/Max:** 5/12
Session Fee: \$63.00 Whitemarsh Res / \$72.00 Non-Res
Location: Outdoors - Koontz Park - Basketball Court

This class is great for beginners wishing to start a practice and those who appreciate moving slowly and consciously through the postures. Yoga practice helps to improve core strength, posture, balance, and flexibility, in addition to releasing physical and emotional stress. Individuals needs are addressed in a safe, nurturing, non-competitive environment. **Participants are required to bring their own equipment to class. Recommended equipment includes: Yoga Mat, Small Towel, Water, and Comfortable Clothing.**

SESSION	DAYS	DATES	TIMES
1	Mondays	9/14-10/19	9:30am - 10:30am



Zumba (Virtual)

Ages: 16+ **Min/Max:** 5/25
Session Fees: **Session 1 or 2:** \$54.00 Whitemarsh Res / \$60.00 Non-Res
Session 3: \$27.00 Whitemarsh Res / \$30.00 Non-Res

Location: Virtual via Zoom

Zoom information & instructions will be received via e-mail upon registration.

Zumba is a fitness program that combines Latin and international music with calorie-torching dance moves. Zumba routines take the “work” out of workout and mix low-intensity and high-intensity moves for an interval-style dance party. Zumba® Fitness classes are often called “exercise in disguise”. Get a total body workout combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, and boosted energy! **No previous dance experience or equipment needed!**

SESSION	DAYS	DATES	TIMES
1	Tuesdays	9/1-10-6	7:00pm - 8:00pm
2	Tuesdays	10/13-11/24	7:00pm - 8:00pm
3	Tuesdays	12/1-12/15	7:00pm - 8:00pm

Gentle Flow Yoga (PM)

Ages: 16+ **Min/Max:** 5/12
Class Fee: \$12.00 Per Class - Whitemarsh Residents & Non-Residents
Location: Outdoors - Koontz Park - Basketball Court

This class is great for beginners wishing to start a practice and those who appreciate moving slowly and consciously through the postures. Yoga practice helps to improve core strength, posture, balance, and flexibility, in addition to releasing physical and emotional stress. Individuals needs are addressed in a safe, nurturing, non-competitive environment. **Participants are required to bring their own equipment to class. Recommended equipment includes: Yoga Mat, Small Towel, Water, and Comfortable Clothing.**

SESSION	DAY	DATES	TIMES
1	Tuesday	9/15	5:30pm - 6:30pm
2	Tuesday	9/22	5:30pm - 6:30pm
3*	Tuesday	9/29	5:30pm - 6:30pm

*On Tuesday, 9/29, in lieu of the normal program registration fee, we will be collecting donations to benefit the Colonial Neighborhood Council. Participants are asked to bring \$10 or more of recently purchased non-perishable food items, or a cash donation that will be used to purchase & donate additional items from the CNC's Wish List.

Gingerbread House Decorating Contest

Whitemarsh
PARKS & RECREATION 1704-1900

2020

Join in the fun of our first annual Gingerbread House Decorating Contest! \$25.00 Per-Entry. Each entry includes one preassembled gingerbread house. Pick-up your materials at the Parks & Recreation Office, decorate your house at home, and enter by submitting photos of your decorated house!

Pre-Registration is Required

Registration Deadline: Dec. 4th

Materials Pick-Up at Koontz Park

Pick-Up Date: Dec. 14th

Submit Photo Entries via Email

Entry Deadline: Dec. 20th

1st, 2nd, and 3rd Place Winners

Winners Announced: Dec. 21st

Entries judged
on creativity
and overall
appearance

Official
contest rules
will be sent out
prior to
pick-up!

Prizes For
1st, 2nd, & 3rd
Place Winners!



For More Information or To Register - Call or Visit
(610) 828-7276 or www.whitemarshparks.org

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JOIN THE BATTLE. BEAT THE BUG.

STOP THE SPREAD OF THE SPOTTED LANTERNFLY.

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Search for all spotted lanternfly life stages



Egg mass
Sept.-June



Early nymph
April-July

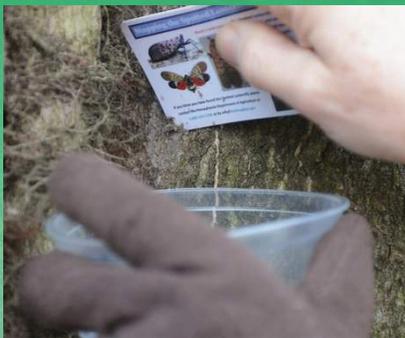


Late nymph
July-Sept.



Adult
July-Dec.

SCRAPE. SQUASH. REPORT.



Scrape
egg masses into a
container of rubbing
alcohol or hand sanitizer



Squash
any bugs
you see

**Contact your
State Department of
Agriculture**

Report
any sightings





WHITEMARSH
Art
CENTER

CREATING WITH COMPOSITION AND COLOR

Online | 4 weeks, Sept. 17 to Oct. 8 | Thursdays from 5:30 PM - 6:15 PM

Each class, we will look at examples of famous artists' work to inspire students to explore and develop their own creativity and unique visual languages. Students will learn about color and composition through fun weekly projects.

VIRTUAL STILL LIFE COMPETITION - COMING SOON!

Online | Paint from 8 AM - 5 PM, awards at 8 PM | A TBD Saturday this September

On Saturday morning right before 8 AM, we'll post a list of four common household items. Artists will have until 5 PM to set up then paint or draw their still lifes with these items. Throughout the day, participants will send us their progress photos to post online. Final entries must be submitted by 5 PM. Winners will be announced at 8 PM!

YOUR HELP ENSURES OUR FUTURE

Our art center is very reliant on class income and recent course cancellations due to COVID-19 impact us significantly. We've reliably and proudly served the community since 1964 and are pursuing ways we can weather this current crisis. Whitemarsh Art Center needs your support to ensure our future and to continue online education offerings.



DONATE

THERE ARE MANY WAYS YOU CAN HELP

We depend on the generosity of our community, foundations, corporations and individual donors to continue our work. In addition to financial support, the art center needs volunteers to assist with classroom activities, organizing events and board initiatives. We understand if you're not in a position during this unprecedented time to donate. However, if you are please make a donation in any amount.

To make a donation of goods or services, please use the contact us form or call the Whitemarsh Art Center at: (610) 825-0917

100 Cedar Grove Road | Conshohocken, PA 19428 | (610) 825-0917 | office@whitemarsharts.org

"LIKE" US ON FACEBOOK: WHITEMARSH PARKS | (610) 828-7276 | WWW.WHITEMARSHPARKS.ORG



Organization	Website	Contact Info
Colonial Community Aquatics	www.ColonialCommunityAquatics.com	CCAswimInfo@gmail.com
Colonial Soccer Club	http://www.colonialsoccerclub.org	president@colonialsoccerclub.org Adam Kaye
Conshohocken Bulldogs Lacrosse	http://www.conshybulldogs.net	Contact via Website
The Highlands Mansion	https://www.highlandshistorical.org/	info@highlandshistorical.org
Historic Hope Lodge	http://www.historichopelodge.org/	hopelodgepa@gmail.com
Philly Sport & Social Club	http://www.playphillysports.com	Eric@playphillysports.com Eric Long - Director
Plymouth Jr. ABA	http://plymouth-jr-aba.website.siplay.com/	rhhimmelreich@gmail.com Bob Himmelreich
Plymouth Whitemarsh Aquatic Club	http://www.pwaquatic.org	Contact via Website
Plymouth Whitemarsh Colonials Ice Hockey	http://www.pwcolonials.pointstreaksites.com	Tbyrnes101@aol.com Tom Byrnes
Plymouth Whitemarsh Spartans Football	http://www.pwspartans.org	Kenzso85@gmail.com Ken Kline - President
Whitemarsh Community Art Center	http://www.whitemarsharts.org	office@whitemarsharts.org
Whitemarsh Foundation	http://www.whitemarshfoundation.org/	kimsheppard@whitemarshfoundation.org Kim Sheppard
Whitemarsh Girls Basketball	http://www.wgbl.net	mikeschu1965@gmail.com Mike Schumacher
Whitemarsh Girls Softball	http://www.wgslsoftball.com	admin@wgslsoftball.com
William Jeanes Memorial Library	http://www.jeaneslibrary.org	jeansinfo@mclinc.org
Whitemarsh Little League	http://www.whitemarshlittleleague.com	whitemarshll@comcast.net
Whitemarsh Youth Basketball League	http://www.whitemarshbasketball.org	President@whitemarshbasketball.org

These community organizations are run independently from the Whitemarsh Township Parks & Recreation Department. Please contact the organizations directly with any questions pertaining to their leagues, programs, or events. Thank you!

Whitemarsh Township Parks & Recreation would like to thank our partners and sponsors who helped bring you the wonderful programs and events listed in this issue of the Recreator.



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Whitemarsh Township Parks & Recreation

Weekly Email Schedule

TAKE-OUT TUESDAY

"Take-Out Tuesdays" features a local restaurant each week that is open for business. Keep an eye out for a potential "Park and Rec Special" for that day. Help us support the local small businesses!

VIRTUAL PROGRAMS WHEN AVAILABLE

We also love promoting virtual programs that can benefit our residents. From Wissahickon Trails to Music lessons, we'll let you know about Virtual Programs you can participate in!

STAYCATION/HEALTH HUB/NATURE'S TOUCH WEDNESDAY

Keep an eye out for our informative emails regarding fun activities to do in the area, health tips and nature information to fully and safely enjoy the great area around us.

SENIOR SCOOP THURSDAYS

Senior Scoop features activities and community resources that focuses on the senior members of our community. From virtual trips to crafting, there's a fun activity in each email.

Please remember to continue staying safe through social distancing and by washing your hands! Also keep an eye out for some of our previous email campaigns as they may make a return as winter approaches. If you'd like to be added to our email list, please contact

parksandrecreation@whitemarshtwp.org.