



# Fall Fun

**Classes Begin Monday, October 5, 2009**

## Program Registration

### When

Saturdays, September 19 & 26 • 10:00 a.m. to 2:00 p.m.

Monday through Friday, September 21 through 25  
9:00 a.m. to Noon, 1:00 p.m. to 4:00 p.m.

Monday, September 21 • 6:30 p.m. to 8:30 p.m.

### Where

Register for all programs at either center.

#### LaMott Community Center

7420 Sycamore Avenue, LaMott, PA • 215-635-3255

**Note:** Street closed on September 19 at 11:30 a.m. for LaMott Fair.

#### Rowland Community Center

400 Myrtle Avenue, Cheltenham, PA • 215-379-2233

## Registration Guidelines

1. Township residents have priority for all programs. Non-residents are eligible to register for only certain programs and at higher fees, as indicated by the "NR" amounts.
2. Registrations are accepted in the order in which they are received (except non-residents).
3. Register in person; registrations are not accepted by telephone or mail.
4. Refunds or adjustments will not be made for missed classes or for individuals who discontinue a class.
5. Refunds will be issued if a program is canceled or the class is full.
6. No refunds will be made in cases of falsified information.
7. An extra \$3 fee will be charged for all late registrations.
8. Please remember, separate checks are required for swim lessons.

## Community Center Membership

*Cheltenham Township residents only* (September through August)

Ages	Fee
Under Age 18	\$10
Age 18 and Over	\$15

**Note:** Membership is good for both centers.

## Proxy Registration Policy

Someone other than a parent – a proxy – will be allowed to register a child for a program, **providing all of the following conditions are met:**

1. The parent must complete and sign a registration form in front of a Parks and Recreation Staff member at one of our community centers during the week preceding the first registration day. The signed form can then be given to the proxy for registration and must be accompanied by the correct registration fee.
2. Proxies may register children from only one family besides their own.
3. A child registered by proxy must have a completed registration form for each class.
4. The proxy must wait in the regular registration lines to register the child. If the class reaches maximum capacity before the proxy can register the child, the child will not be allowed in that particular class. The proxy will not be allowed to register the child in another program/class without the parent's prior written consent for that program/class. Therefore, parents should consider completing more than one consent form.
5. If any of the above guidelines are violated, the registration by proxy will not be allowed.

## Winter Class Closings

On days when Cheltenham public schools close due to holidays or inclement weather, programs and classes will not be held. Listen to KYW or WCAU-AM radio for Cheltenham's school closing number 306 or watch cable television Channel 42. Postponed classes will be made up at the end of the program.

## Tell Us

Anyone who has a disability and requires an accommodation to participate in any of these programs should notify the Parks and Recreation Staff during registration.

Ideas, problems or suggestions are always welcomed by the Parks and Recreation Department. If you would like to suggest new courses, discuss current programs or report problems, call Brian Hinson, Recreation Superintendent, at 215-885-0496.



## Aerobics

### Body Shaping

Co-ed • Ages 16 & Over • 12 Weeks • \$50 (NR \$75) Fee • Limit 40

Great for both beginners and advanced, this class offers a workout without jumping, using low-impact aerobics and weight training. Bring your own hand weights and mat or towel.

**Rowland Community Center**  
MONDAYS & WEDNESDAYS beginning Oct. 5  
8:00 p.m. to 9:00 p.m.

**LaMott Community Center**  
TUESDAYS & THURSDAYS beginning Oct. 6  
8:00 p.m. to 9:00 p.m.

### Combo Workout

Co-ed • Ages 16 & Over • 20 Sessions • \$85 (NR \$110) Fee • Limit 18

An early morning workout for every fitness level combining cardio, strength and flexibility.

**LaMott Community Center**  
TUESDAYS & FRIDAYS beginning Sept. 29

6:00 a.m. to 7:00 a.m.

Class will be held on Nov. 4 instead of Nov. 3. No class Nov. 27.

## Arts and Crafts

### Creative Art Time

Co-ed • Ages 6 & Up • 12 Weeks • \$35 (NR \$52) Fee • Limit 15

Make creative 3-D crafts while exploring the world of paint, papier-mâché and collages.

**LaMott Community Center**  
MONDAYS beginning Oct. 5  
6:00 p.m. to 7:00 p.m.

## Basketball

### Co-ed Adult Basketball

Play choose-up games for fun, relaxation and exercise beginning Sept. 1. Community center membership is required.

**Rowland Community Center**  
MONDAYS, TUESDAYS & WEDNESDAYS  
6:00 p.m. to 7:45 p.m.

**SATURDAYS**  
9:30 a.m. to Noon

### Co-ed Open Gym Basketball

Co-ed • Ages 30 & Over • Fee \$25

Play choose-up games without advance registration, but proof of Township residency and age is required.

**Cedarbrook Middle School**  
WEDNESDAYS beginning Oct. 14  
7:00 p.m. to 9:00 p.m.

## Cooking

**NEW**

### Cake Decorating

Co-ed • Ages 11 & Over • 12 Weeks • \$60 (NR \$90) Fee • Limit 10

Have fun learning beginner and advanced cake-decorating techniques, including creating flowers and borders from butter cream icing, fondant and gum paste. Make an entire wedding cake and pocketbook cake. All supplies provided.

**LaMott Community Center**  
THURSDAYS beginning Oct. 8  
6:00 p.m. to 8:00 p.m.

## Dance

Co-ed • Ages 3 & Over • Fees for all dance classes \$110 (NR \$165) for 24 weeks, includes \$40 for recital costume; \$40 (NR \$60) for 12 weeks (no costume) • Limit 12, unless otherwise noted.

### Preschool Creative Dance I

Ages 3 - 4 • Limit 10  
This mobility experience is designed to improve toddlers' flexibility and creativity through basic ballet and kid-nastic movements. Instruction may include games or storytime.

**Rowland Community Center**  
WEDNESDAYS beginning Oct. 7  
5:00 p.m. to 5:40 p.m.

**LaMott Community Center**  
TUESDAYS beginning Oct. 6  
6:00 p.m. to 6:40 p.m.

### Preschool Creative Dance II

Ages 4 - 5 • Limit 10  
Level II emphasizes the development of dance techniques using ballet movements.

**Rowland Community Center**  
WEDNESDAYS beginning Oct. 7  
5:45 p.m. to 6:35 p.m.

**Glenside Hall**  
WEDNESDAYS beginning Oct. 7  
4:00 p.m. to 4:50 p.m.

**LaMott Community Center**  
THURSDAYS beginning Oct. 8  
6:00 p.m. to 6:50 p.m.

### Beginner Ballet

Ages 6 & Over  
An introduction to the foundation and techniques of classical ballet.

**Glenside Hall**  
WEDNESDAYS beginning Oct. 7  
6:00 p.m. to 6:50 p.m.

**LaMott Community Center**  
THURSDAYS beginning Oct. 8  
7:00 p.m. to 7:50 p.m.

### Intermediate Ballet & Jazz

Ages 8 & Over  
An extension of the beginner ballet class emphasizing more complex interpretations. Previous dance experience is required.

**Glenside Hall**  
WEDNESDAYS beginning Oct. 7  
7:00 p.m. to 7:50 p.m.

**LaMott Community Center**  
SATURDAYS beginning Oct. 10  
10:00 a.m. to 10:50 a.m.

### Beginner Tap

Ages 6 & Over  
Students will learn the fundamentals and basic movements of tap dancing.

**LaMott Community Center**  
TUESDAYS beginning Oct. 6  
6:50 p.m. to 7:40 p.m.

**Glenside Hall**  
WEDNESDAYS beginning Oct. 7  
5:00 p.m. to 5:50 p.m.

### Beginner Tap and Jazz

Ages 6 & Over  
An introduction to basic rhythms and footwork in tap dancing and the foundations of jazz.



**A.M. WORKOUT.** Get fit in early morning workouts that target cardio, strength and flexibility in challenging and changing classes twice a week. Summer sessions occur outdoors, while fall and winter classes are held at the LaMott Community Center.



**Rowland Community Center**  
WEDNESDAYS beginning Oct. 7  
6:40 p.m. to 7:30 p.m.

### Intermediate Tap and Jazz

Ages 8 & Over

An extension of the beginner tap and jazz class emphasizing more complex tap/jazz combinations. Previous dance experience is required (two years in "Beginner Tap and Jazz").

**Rowland Community Center**  
THURSDAYS beginning Oct. 8  
7:00 p.m. to 7:50 p.m.

### Fancy Feet Dancers

Ages 10 & Over

A creative approach to basic dance steps from ballet, jazz and tap. Previous dance experience is required.

**Rowland Community Center**  
THURSDAYS beginning Oct. 8  
8:00 p.m. to 9:00 p.m.

### Glenside Hall

WEDNESDAYS beginning Oct. 7  
8:00 p.m. to 9:00 p.m.

## Belly Dance

Co-ed • Ages 16 & Over • 8 Weeks • \$25 (NR \$38) Fee • Limit 15

This total body workout starts with Pilates and yoga stretching, then belly dancing movements are broken down into easy steps. Please wear comfortable clothing.

**LaMott Community Center**  
SATURDAYS beginning Oct. 10  
11:15 a.m. to 12:15 p.m.

## Contra Dance

Co-ed • Ages 8 & Over • Year Round • \$7 - \$8 Fee/Night, depending on the band

This combination of American square and contra dancing is fun and easy to learn. Callers teach each dance and prompt you through the moves while live music plays. Beginners are

welcome! Call 215-402-0133 for more information.

### Glenside Hall

THURSDAYS

Instruction for beginners:  
7:30 p.m. to 7:50 p.m.

Dance: 8:00 p.m. to 11:00 p.m.

## Halloween

### Halloween Parties

Co-ed • All Ages & Families • \$3 Fee per Person

Join us if you dare in ghoulish games, a costume contest, tricks and treats.

### LaMott Community Center

SATURDAY, Oct. 31

6:00 p.m. to 8:00 p.m.

Call 215-635-3255 by Saturday, Oct. 24, if you plan to attend.

Play Halloween bingo, make a monster mask and enjoy treats.

### Rowland Community Center

FRIDAY, Oct. 23

7:00 p.m. to 8:30 p.m.

Call 215-379-2233 to register by Oct. 21.

## Harvest Festival

This spectacular community event promises fun for the whole family with pumpkin decorating, Acorn Arcade games, great live music, haunted hayrides, a craft sale and delicious food followed by a fireworks finale at a beautiful 45-acre park in Wyncote.

### Curtis Arboretum

1250 W. Church Road, Wyncote  
SATURDAY, Oct. 10

Noon to Dark

(Rain date Oct. 11)

### Hayride Contest

Create a scary/haunted or cute/friendly scene for the hayride area. The grand prize winner receives \$250, 2nd place earns \$150 and 3rd place receives \$100. A refundable \$25 entry fee is required. For details, call



**HAYRIDE.** A main attraction at the Community Harvest Festival, hayrides through beautiful Curtis Arboretum pass by scary and cute scenes created for the hayride contest. The grand prize winner for the best scene earns \$250. Call 215-887-6200, ext. 760, to learn more.

the Rowland Community Center at 215-887-6200, ext. 760.

## Kidnastics

Co-ed • Ages 3 - 6 • 10 Weeks • \$25 (NR \$38) Fee • Limit 10  
Youngsters improve basic coordination, flexibility and balance through tumbling skills.

### Rowland Community Center

TUESDAYS beginning Oct. 6

Ages 3-4: 4:00 p.m. to 4:50 p.m.

Ages 5-6: 5:00 p.m. to 5:50 p.m.

## Open Gyms

LaMott and Rowland Community Centers offer open gyms for indoor sports beginning Sept. 1. Call the LaMott Community Center at 215-635-3255 or Rowland Community Center at 215-379-2233 for more information.

## Self-Defense

### Judo

Co-ed • Ages 6 & Over • 12 Weeks • \$35 (NR \$50) Fee • Limit 20

A self-defense class will increase your flexibility, strength and endurance while

teaching you the techniques of judo.

### Rowland Community Center

THURSDAYS beginning Oct. 8

Beginners: 6:30 p.m. to 7:30 p.m.

Advanced: 7:30 p.m. to 8:30 p.m.

### Tae Kwon Do

Co-ed • Ages 6 & Over • 12 Weeks • \$50 (NR \$75) Fee • Limit 20

Learn the basic techniques of Korean karate, emphasizing physical conditioning, self-defense and discipline.

### LaMott Community Center

MONDAYS & WEDNESDAYS

beginning Oct. 5

6:30 p.m. to 7:30 p.m.

## Senior Citizens

### Seniors Clubs

Active senior citizen clubs meet regularly at both community centers and always welcome new members for bingo, cards, guest speakers, entertainment, casino trips and more. Call the LaMott Community Center at 215-635-3255 or Rowland Community Center at 215-379-2233 for more information.

### LaMott Community Center

THURSDAYS beginning Sept. 3  
11:00 a.m.



**Rowland Community Center**  
First & Third FRIDAYS of each month beginning Sept. 11  
11:00 a.m.

**Mature Driving Course**

Co-ed • Ages 55 & Over • \$14 Fee • Limit 35

Seniors can save 5% on their auto insurance by attending this two-day class, sponsored by the AARP. Call 215-887-6200, ext. 760, for registration.

**Rowland Community Center**

TUESDAY & THURSDAY,

Oct. 27 & 29

9:00 a.m. to 1:00 p.m.

Participants must attend both days of this eight-hour course.

Register by Oct. 21.

**NEW Sewing**

**Beginner Sewing**

Co-ed • Ages 8 & Over • 6 Weeks • \$35 (NR \$52) Fee •

Limit 10

Children with little or no sewing experience can learn the basics with a sewing kit that will be provided.

**LaMott Community Center**

SATURDAYS beginning Oct. 10

11:15 a.m. to 12:15 p.m.

**Intermediate Sewing**

Co-ed • Ages 8 & Over • 6 Weeks • \$35 (NR \$52) Fee •

Limit 8

Youngsters with some basic sewing experience will make a project from old washed jeans, using sewing machines provided by the instructor.

**LaMott Community Center**

SATURDAYS beginning Oct. 10

12:30 p.m. to 1:30 p.m.

**Ski Lift Tickets**

Save money and avoid long lines by purchasing discounted lift tickets to Big Boulder/Jack Frost, Blue Mountain, Elk Mountain, Camelback Ski Area,

**Swimming**

**Children's Instructional Program**

Co-ed • Ages 2 & Over • 8 Weeks • \$25 Fee

Can your children swim? This program offers lessons for toddlers through advanced beginners, based upon ability.

**Cheltenham High School Pool**

SATURDAYS beginning Oct. 10 • 9:00 a.m. to 11:45 a.m.

**Registration**

*Cheltenham Township residents only.* Registration for swim lessons will be offered during regular registration at both community centers beginning Saturday, Sept. 19. Separate checks are required for swimming lessons.

**Sessions**

9:00 a.m. to 9:30 a.m. – Level II, III & IV

9:45 a.m. to 10:15 a.m. – Level I, II & V/VI

10:30 a.m. to 11:00 a.m. – Level I, II & III

11:15 a.m. to 11:45 a.m. – Level II, III & IV

**Note:** Classes are tentative, depending upon registration demands. Level I class requires parent participation for every lesson.

**Recreational Swimming**

Enjoy evening swims at the high school pool. Swimmers must provide their own towels, bathing suits and locks for the lockers. The Township is not responsible for personal belongings.

**Cheltenham High School Pool - Beginning Oct. 7**

WEDNESDAYS • 7:45 p.m. to 9:45 p.m.

FRIDAYS • 7:00 p.m. to 9:45 p.m.

Residents may purchase season tags good until January 6, 2010, or pay daily fees.

Ages	Season Fee	Daily Fee
Adults	\$25	\$3
Youths (Under Age 18) or College Students (Up to Age 23 with I.D.)	\$15	\$2
Seniors (Age 62 & Over)	\$15	\$2



**LESSONS.** *Cheltenham youngsters can learn to swim in both autumn and summer through programs offered by the Township Parks and Recreation Department.*

Bear Mountain or Shawnee Mountain at the Township Administration Building. Beginning in December, the non-refundable tickets are on sale weekdays from 9:00 a.m. to Noon and 1:00 p.m. to 3:00 p.m.

**NEW Theater**

Co-ed • Ages 11 - 17 • 10 Weeks • \$65 (NR \$98) Fee • Limit 15

The Sankofa Youth Theatre for Creative Arts offers professional support for youths interested in re-enactments, storytelling and drumming to trace the African-American heritage in LaMott and Glenside.

**LaMott Community Center**

SATURDAYS beginning Oct. 10  
11:30 a.m. to 1:30 p.m.

**Volleyball**

Co-ed • Ages 16 & Over  
Enjoy a friendly game of volleyball. Advance registration is not necessary, but community center membership and Township residency is required.

**Rowland Community Center**

Beginner Players

TUESDAYS beginning Sept. 22

8:00 p.m. to 10:00 p.m.

**Cheltenham Elementary School**

Intermediate Players

WEDNESDAYS beginning Sept. 23

7:00 p.m. to 9:00 p.m.

**Youth Group**

Co-ed • Teens  
Aldersgate's LaMott Teen Group continues interpersonal skill development, peer and family counseling, trips and special activities. Call Bonnie Johns at 215-657-4545.

**LaMott Community Center**

MONDAYS & WEDNESDAYS

beginning in November

6:00 p.m. to 9:00 p.m.